



CINNAMON APPLE CHIPS

LOW CALORIE

NUTRITIONAL INFORMATION: Calories: 95, Fat: 1g, Cholesterol: 0mg, Sodium: 2mg, Carbohydrate: 25g, Fiber: 4g, Protein: 1g; Sugar: 19g

INSTAPOT VEGETARIAN CHILI

HIGH IN PROTEIN AND FIBER

NUTRITIONAL INFORMATION: Serving size: $\frac{3}{4}$ cup; Calories: 268, Fat: 2g, Cholesterol: 0mg, Sodium: 1044mg, Carbohydrate: 50g, Fiber: 12g, Protein: 14g, Sugar 5g

ALMOND BUTTER

A GOOD SOURCE OF FIBER

NUTRITIONAL INFORMATION: Calories: 159, Fat: 13g, Cholesterol: 0mg, Sodium: 120mg; Carbohydrate: 7g, Fiber: 3g, Protein: 6g, Sugar 2g



GET TO KNOW YOUR KITCHEN GADGETS- RECIPES

CINNAMON APPLE CHIPS – SERVES 1

INGREDIENTS:

1 medium apple
½ tsp ground cinnamon

PREPARATION:

Slice apple slices approximately 1/8-inch thick (goal is to have apple slices be as uniform as possible). It is optional to core the apples before slicing. Toss with cinnamon.

Spray an air fryer basket with cooking spray and arrange apple slices in a single layer in the basket. Cook at 375°F for 12 minutes, turning the slices every 4 minutes. Slices will not be crisp when done cooking but will continue to crisp while cooling. Repeat as needed with remaining apple slices.

INSTANT POT VEGETARIAN CHILI - SERVES 6

INGREDIENTS:

2 red bell peppers, diced
1/2 yellow onion, diced
1/2 jalapeno, seeded and minced (optional)
4 cloves garlic, minced
1 tablespoon chili powder
1/2 tablespoon paprika
1 teaspoon ground cumin
1/2 teaspoon salt
1-2 teaspoon black pepper
2 1/2 cups vegetable broth
1 (8 oz) can tomato sauce
1/2 cup quinoa, dry
1 (15 oz) can black beans, drained and rinsed
1 (15 oz) can kidney beans, drained and rinsed
1 (15 oz) can corn, drained and rinsed or 1 cup frozen corn
Optional Toppings: avocado, cilantro, lime juice, cheese, tortilla chips

PREPARATION:

Place peppers, onion, jalapeno, garlic, spices, broth, tomato sauce, and quinoa into the InstantPot. Cover and lock the lid (make sure the steam releasing handle is pointing to sealing). Cook using the manual button (make sure it's set to high pressure) and set the timer on the InstantPot to 8 minutes.* The Instant Pot will beep when it's finished.

Flip the valve to "venting" for a quick release. Turn Instant Pot off and stir in beans and corn. Let stand, uncovered for 5-10 minutes to let the mixture slightly thicken.

**It takes time for the Instant Pot to come to pressure, THEN the timer will start counting down from 8 minutes.*

ALMOND BUTTER – SERVES 16

INGREDIENTS:

3 C raw almonds
1 tsp salt
1 TB honey (optional)

PREPARATION:

Preheat the oven to 350° Fahrenheit. Spread the almonds across a large, rimmed baking sheet lined with foil or parchment paper and toast the almonds for 10 minutes, stirring halfway.

Let the almonds cool until they're just warm (not hot), about 10 minutes.

Place almonds, salt, and honey (if using) into a blender. Starting on lowest speed, blend mixture until coarsely chopped, about 30 seconds to 1 minute. Increase speed and blend about 1 to 2 minutes more until a smooth paste forms, scraping down sides as needed. If you prefer a smoother, runnier almond butter, blend for an additional 1 to 2 minutes on high.

