

STRETCHING YOUR PANTRY-BEANS & BEYOND



ROASTED RED PEPPER DIP

A GOOD SOURCE OF ANTIOXIDANTS

NUTRITIONAL INFORMATION: Serving size: 2 Tablespoons; Calories 50; Fat 1g; Sat Fat: 0g; Sodium 85mg; Carbohydrate 7g; Fiber 1g; Protein 2g; Cholesterol 0mg; Sugars 1g

MEXICAN QUINOA SALAD

A GOOD SOURCE OF FIBER AND PROTEIN

NUTRITIONAL INFORMATION: Serving size: 1 ½ Cups: Calories 458; Fat 28g; Sat Fat 5.6g; Sodium 440 mg; Carbohydrate 46.5g; Fiber 9.6g; Protein 13.8g; Cholesterol 15mg; Sugars 7g

HEALTHY BANANA BREAD

A GOOD SOURCE OF POTASSIUM

NUTRITIONAL INFORMATION: Serving size: 1 slice; Calories 221; Fat 5.9g; Sat Fat 3.4g; Protein 4.7g; Sodium 243mg; Carbohydrate 39.4g; Fiber 3.1g; Protein 4.7g; Sugars 20g; Potassium 179 mg



STRETCHING YOUR PANTRY-BEANS & BEYOND

ROASTED RED PEPPER DIP – YEILD 3 CUPS

INGREDIENTS:

4 red bell peppers (*see note below to use jarred roasted red peppers)
1–2 tablespoons olive oil
1 can (15 oz) chickpeas, drained, rinsed and patted dry
½ cup plain low-fat yogurt (or plain low-fat Greek yogurt)
2 cloves garlic
2 teaspoons lemon juice
½ teaspoon cumin
¼ teaspoon salt

PREPARATION:

Preheat the oven to 450 degrees F. Wash the bell peppers. Remove the stems and the seeds and cut into quarters. Place the bell peppers onto a baking sheet. Drizzle with olive oil. Place in the preheated oven and roast for 15-20 minutes or until the bell peppers are beginning to char. Remove from the oven and, using tongs, place the bell peppers in a large bowl. Cover with plastic wrap and let steam for 15-20 minutes. Taking 1 piece at a time, peel the skin from the bell peppers. They should come off easily. Discard the skins. Pat dry the bell peppers with a paper towel, removing any water and oil.

*Note – save the time, use jarred roasted red peppers and continue with preparation below.

Place the bell peppers in a food processor. Blend until it reaches a smooth consistency. Add in the chickpeas, yogurt, garlic cloves, lemon juice, cumin and salt. Pulse until thoroughly combined. Pour desired amount into a serving dish. Can be served warm or cold. Store in an airtight container for up to 1 week.

Freezer tip: This recipe makes approximately 3 cups. If this amount is more than you will eat in 1 week, freeze some of it by placing in a freezer safe bag and laying flat in the freezer. Can be stored in the freezer for up to 6 months.

MEXICAN QUINOA SALAD - SERVES 6

INGREDIENTS:

1 ½ cups corn (fresh, frozen or canned)
1 medium zucchini, cut lengthwise into 1/4-inch planks
6 tablespoons extra-virgin olive oil
¼ cup lime juice
1 ½ teaspoons ground cumin
3 cups cooked quinoa
3 cups baby arugula (or seasonal greens)
1 (15 ounce) can no-salt-added black beans, rinsed
1 cup salsa (pick your favorite)
½ cup chopped fresh cilantro, divided
¾ cup crumbled feta or goat cheese
1 avocado, diced, divided

STRETCHING YOUR PANTRY-BEANS & BEYOND

PREPARATION:

Heat a grill pan coated with cooking spray over medium-high heat. Grill zucchini, turning once, until charred and tender, about 2 minutes per side and remove. Coarsely chop zucchini. Grill corn, turning occasionally, until slightly charred.

Whisk oil, lime juice and cumin in a large bowl. Add the zucchini, the corn, quinoa, arugula, beans and half each of salsa, cilantro, cheese and avocado. Gently toss to combine. Top with the remaining salsa, cilantro, cheese and avocado.

Tip: To make ahead, prepare salad as directed, omitting avocado. Cover and refrigerate for up to 3 days. Add avocado just before serving.

HEALTHY BANANA BREAD– SERVES 10

INGREDIENTS:

1 $\frac{3}{4}$ cups white whole-wheat flour
1 $\frac{1}{2}$ teaspoons baking powder
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup unsalted butter or coconut oil, softened
2 large eggs
1 $\frac{1}{2}$ cups mashed ripe bananas (about 3)
 $\frac{1}{4}$ cup buttermilk (**See Note below)
1 teaspoon vanilla extract
 $\frac{1}{2}$ cup chopped walnuts or chocolate chips (optional)

PREPARATION:

Preheat oven to 350 degrees F. Coat a 9-by-5-inch loaf pan with cooking spray.

Whisk flour, baking powder, cinnamon, salt and baking soda in a medium bowl.

Beat sugar and butter (or coconut oil) in a bowl with an electric mixer on medium-high until well combined. Add eggs, one at a time, beating well after each adding. Add banana, buttermilk and vanilla; beat until combined. Add flour mixture; beat on low speed until just combined. Fold in walnuts (or chocolate chips), if using. Pour the batter into the prepared pan.

Bake until a toothpick inserted in the center comes out clean, 45 to 55 minutes. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

**Note: There are substitutes for buttermilk in baking. For each cup of buttermilk, you can use 1 tablespoon of white vinegar or lemon juice plus enough milk to measure 1 cup. Stir, then let stand for 5 minutes. You can also use 1 cup of plain yogurt or 1- $\frac{3}{4}$ teaspoons cream of tartar plus 1 cup milk.

