

Slow-Cooker Butternut Black Bean Chili

1/8th of recipe (about 1 heaping cup): 173 calories, 0.5g total fat (0g sat fat), 532mg sodium, 35g carbs, 9g fiber, 8.5g sugars, 8g protein

Freestyle™ [SmartPoints®](#) value 0*

Prep: 15 minutes

Cook: 3 - 4 hours on high or 7 - 8 hours on low

Ingredients:

One 14.5-oz. can fire-roasted tomatoes (not drained)

2 1/2 cups canned crushed tomatoes

2 tsp. chopped garlic

2 tsp. chili powder

1 1/2 tsp. ground cumin

1/8 tsp. salt

Two 15-oz. cans black beans, drained and rinsed

4 cups peeled butternut squash, cut into bite-sized pieces (about 3/4 of a medium squash)

1 cup chopped red onion

1 cup chopped red bell pepper

1/4 cup seeded and chopped jalapeño pepper (about 1 medium pepper)

Optional toppings: fresh cilantro, light sour cream

Directions:

Pour both types of tomatoes into a slow cooker. Add garlic and seasonings. Mix well.

Add remaining ingredients, and gently stir.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until veggies have softened.

MAKES 8 SERVINGS

HG Tips: Look for pre-cut butternut squash in the produce aisle, or [click here](#) for squash-cutting tips. And when handling jalapeños, don't touch your eyes (that pepper juice can sting), and wash your hands well immediately afterward.

Radish, Mango and Apple Salad

Bernice Aguilar

Serves 4

Ingredients:

10-15 radishes

1 apple, peeled, cored and thinly sliced

2 celery sticks, thinly sliced

1 small *ripe* mango

fresh dill sprigs, to garnish

Salad Dressing:

1/2 cup sour cream

2 teaspoon creamed horseradish

1 tablespoon fresh dill

salt and ground black pepper

Preparation:

To prepare the dressing, blend together the sour cream, horseradish and dill in a small bowl and season with a little salt and pepper.

Top and tail the radishes and slice them thinly. Put in a bowl together with the apple and celery.

Halve the *ripe* mango lengthwise, cutting either side of the stone. Make even, criss-cross cuts through the flesh of each side section and bend it back to separate the cubes. Remove the cubes with a small knife and add to the bowl. Pour the dressing over the vegetables and fruit and stir gently so that all the ingredients are well coated. Garnish with dill springs and serve.

Source: "Salad!" (Editor Steven Wheeler).

Apple-Celery Salad-Christine Scarlett

Toast some chopped walnuts and set aside to cool. Chop some organic apples and organic celery hearts into bite sized pieces. Toss in a salad bowl with the squeezed juice of several Meyer (or regular) lemons to prevent browning. Mix in raw honey to taste. Add a splash of vanilla extract, if desired. Mix in dried fruits(s) of your choice, I like dried cherries and raisins, but dried cranberries are great in the fall. Toss in cooled nuts. You could substitute pecans if you prefer. Taste and adjust quantities, if needed. Serve chilled as is, or on a bed of butter lettuce. Proportions are personal preference.

Leftovers can be used for a quick breakfast the next morning. Or throw it in as part of a green smoothie.

A quick fish dish from Men's Health kitchen

Low Fat Tuna Linguini Serves 4

Sheil Biagioni

In a medium-size skillet, saute 1/4 cup diced onion, a crushed garlic clove, 1/2 teaspoon dried thyme, and 1/4 teaspoon dried basil in 1 tablespoon olive oil for about 5 minutes.

Add 2 tablespoons dry white wine and a can of tuna. Simmer for 10 minutes and serve over 1 pound linguine.

439 calories, 6 grams fat, 30 grams protein, 65 grams carbohydrates

note: I omit wine but add pinch of cloves because initially made that way by funny accident and we liked it better!

Scalloped Potatoes - Healthy (with or without ham)

The new American Heart Association Cookbook, pg 461 (modified)

Submitted by Carl Ruetz

Serves: 6

2 lbs Potatoes, baking, peeled and sliced 1/8" thick

Cooking spray

2 Tbls Vegetable oil

1 Onion, large, chopped finely

2 cloves Garlic, minced

1/4 cup Flour

2 1/4 cups Milk, low-fat

3 Tbls Parsley, fresh, chopped finely (or 1 Tbls dried)

1/8 tsp & 1/8 tsp Salt (divided)

1/4 tsp & 1/4 tsp Pepper, (white preferred) (divided)

2 Tbls Shredded or grated Romano or Parmesan Cheese

Combine

2 Tbls Bread Crumbs, dried (Panko preferred)

1. Preheat oven to **325°**. Lightly spray 8" square glass baking dish with **cooking spray**.
2. In medium sauce pan, heat **oil** over medium-high heat and sauté **onion** until softened. Add **garlic** and sauté for 30 seconds more.
3. Whisk in **flour** and cook for 1 minute. Whisk in **milk** and whisk constantly for 3 to 4 minutes until sauce is thickened. Whisk in **1/8 tsp salt**, **1/4 tsp pepper**, and **parsley**. Remove from heat.
4. Arrange **potatoes** in baking dish. Sprinkle with remaining **1/8 tsp salt** and **1/4 tsp pepper**. Pour sauce over **potatoes**. Sprinkle with **combined cheese & bread crumbs**. Spray topping with **cooking spray**. Bake for 1 hour and 30-45 minutes.

Variation: Add low-sodium baked ham slices or cubes to potato arrangement.

Per serving (w/o ham): calories 198; total fat 2.0 g; sat fat 0.5 g; poly 0.5 g; mono 1.0 g; chol 3 g; sodium 194 mg; carbs 39 g; fiber 3 g; sugars 8 g; protein 7 g;

Mediterranean Fish

L. Hoffman

2 med. tilapia*
1/2 med. onion, 1/2" dice
1/2 lg. red pepper, roasted or seared slice 1/4" **
4-6 pss. jarred marinated artichokes, about 2oz
optional: tomato, olives, chick peas, etc pinch saffron
Sauté onion in olive oil over medium
til tender and golden. Add pepper and
artichokes. Remove. Sear fish on each
side til golden and cooked through.
Return veggies to warm up. Serve over
fish. Serves 2. →

- * Use fish you enjoy. I've used tilapia, swai, steelhead or cod.
- ** I peel as much of the whole pepper as possible, clean out seeds, quarter it, and sear in a hot skillet or oven roast in a hot pan. I reserve a freeze half for another dish.

Light Broccoli Salad

4 cups broccoli

1-1/2 cups green grapes (halved)

1 cup chopped celery

1 cup raisins

1/4 cup salted sunflower kernels

Put in large bowl. Mix dressing below, pour over broccoli mixture and toss well. Chill 1 hour

Dressing (whisk together)

1/3 cup lt. mayonnaise

1/4 cup plain fat-free yogurt

3 Tbls. Sugar

1 Tbls. White Vinegar

GERMAN LENTIL SOUP with ITALIAN SAUSAGE



INGREDIENTS

- 2 Tablespoons olive oil
- 2 carrots, peeled and chopped
- 2 stalks celery, finely chopped
- 1 medium onion, finely chopped

- 1 package (16 oz) lentils, rinsed and picked through

- 1 lb mild Italian sausage, browned
- 8 cups water or vegetable broth or chicken broth
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon thyme
- *Optional add-ins

DIRECTIONS

- 1) In 5-quart Dutch oven, heat oil over medium-high heat. Add carrots, celery, and onion; cook, stirring frequently, until carrots are tender-crisp, about 10 minutes.
- 2) Remove vegetables and then brown the sausage. *Drain fat.* Cut into slices.
- 3) Add lentils, water or broth, bay leaf, salt, thyme, and add-ins, if desired. Heat to boiling over high heat. Reduce heat; cover and simmer 45 minutes.
- 4) Discard bay leaf. Makes 11 cups or 6 main-dish servings.

Each serving: About 343 calories, 21g protein, 52g carbohydrate, 7g total fat (1g saturated), 3 mg cholesterol, .498 mg sodium.

*Optional add-ins:

- ✓ 1 cup chopped spinach
- ✓ 1 cup chopped kale

• sun-dried tomatoes

• Cooked pasta or rice can also be added after simmered & cooked.

7 February 2018

Tricia

CRUNCHY CHICKPEAS ^D

Submitted
by Shari
Cook

- 4 cups garbanzo beans, drained and rinsed
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground chili powder
- ~~1/2 teaspoon cayenne pepper~~

PREHEAT OVEN TO 400°, and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.

Serves 12 (1 ounce each)

CRUNCHY MEDITERRANEAN SALAD WITH GRILLED SHRIMP

- 1 pound wild caught shrimp, peeled and deveined
- 1 tablespoon ~~grape seed~~ ^{OLIVE} oil
- 2 cups romaine lettuce, shredded
- 2 cups baby spinach
- 1 medium tomato, chopped
- 1/2 cucumber, chopped
- 4 tablespoons fresh parsley, chopped
- 1/8 large red onion, sliced thinly
- 2 tablespoons feta cheese
- 8 kalamata or black olives
- 2 tablespoons antioxidant salad dressing (see recipe, p. 304)
- 1/2 cup crunchy chickpeas (see recipe, p. 312)

BRUSH SHRIMP with grape seed oil. Grill in a hot grill pan for about 2 minutes on each side or until bright pink. Chop lettuce, spinach, and parsley into bite-size pieces. Chop tomato and cucumber. Combine all vegetable ingredients in a bowl. Toss with 2 tablespoons of the salad dressing. Top with grilled shrimp and crunchy chickpeas.

Serves 2

ANTIOXIDANT SALAD DRESSING ^D

- 1/4 cup ~~raw unfiltered~~ apple cider vinegar
- 2 tablespoons extra-virgin olive, ~~grape seed, or coconut oil~~
- 1 clove garlic, crushed
- 2 tablespoons lemon juice, plus 1 teaspoon grated zest
- 1 teaspoon ground flax seed
- 1 teaspoon dry mustard
- 1/2 teaspoon oregano
- Ground black pepper and salt to taste

BRISKLY WHISK TOGETHER vinegar and oil until mixed well (or you can put them in a closed container and shake vigorously). Add remaining ingredients, and whisk (or shake) together until well incorporated. You can vary this dressing to suit your taste by adding other herbs and spices such as basil, tarragon, rosemary,

Cracked wheat c'

Toma to paste (Sauce) and
Green Beans (V onions)

2 cups raw cracked wheat
Sauté'd in $\frac{1}{4}$ cup olive oil
& 1 small diced onion

After sauté'd, add the
2 cups cracked wheat &
1 small can T. paste mixed
with $\frac{3}{4}$ cups water. Cook on low
heat til almost done & add
1 can (drained) green beans
for another 5-10 minutes.

Enjoy!

Marion Talip