

Black Bean and Mango Salsa

Serves 4-6

Ingredients

- 1 (15-ounce) can black beans, rinsed and drained
- 1 mango, finely diced
- ½ cup finely diced red onion
- 2 roasted red tomatoes
- 1 tablespoon grated fresh gingerroot
- 1 cup freshly chopped cilantro leaves
- 1 tablespoon lime zest
- 1 tablespoon orange zest
- 4 tablespoons lime juice
- 1 orange, juiced
- 2 tablespoons olive oil
- Salt and freshly ground black pepper
- Roasted red tomatoes:
 - 2 large red tomatoes, quartered
 - 1 tablespoon olive oil
 - Coarse sea salt and fresh black pepper

Directions

1. For the Roasted Red Tomatoes: Preheat broiler on low. Quarter the tomatoes and place them on a baking sheet. Drizzle with 1 tbsp olive oil, sprinkle with sea salt and fresh black pepper, to taste. Place in oven and broil for about 5 to 7 minutes until slightly golden brown and softened. Cool.
2. Put the beans into a large bowl and add the diced mango, red onion, roasted tomatoes, grated ginger root, cilantro, lime zest, orange zest and juices and drizzle with 2 tbsp olive oil. Season with salt and pepper, to taste. Lightly toss, cover and refrigerate until ready to serve.

Nutrition per serving

Calories: 297, Fat: 11g, Carbohydrates: 43g, Protein: 10g

Caprisee Salad

Serves 6

Ingredients

- 3 vine-ripe tomatoes, ¼-inch thick slices
- 1 pound fresh mozzarella, ¼-inch thick slices
- 20 to 30 leaves (about 1 bunch) fresh basil
- Balsamic vinegar, to taste
- Olive oil, to taste
- Salt and pepper, to taste

Directions

1. Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter.
2. Drizzle the salad with vinegar and olive oil and season with salt and pepper, to taste.

Nutrition per serving

Calories: 171, Fat: 8g, Carbohydrates: 3g, Protein: 8g

Tomato, Basil & Millet (Quinoa) Salad

Serves 4

Ingredients

- ½ cup millet or quinoa, rinsed and thoroughly drained
- 1 cup low-sodium or no salt added vegetable broth
- ½ cup black-eyed peas or legume of choice, rinsed and drained
- ½ cup chopped green onions
- 2 tablespoons thinly sliced fresh basil
- ¼ cup olive oil (use less to taste)*
- ½–1 cup red and/or yellow bell pepper
- ¼–½ cup balsamic vinegar (less or more to taste)*
- ¼ teaspoon freshly ground black pepper
- Other seasonings as desired (dried oregano, thyme, etc.)
- ½ pint basket of cherry tomatoes, halved
- 3 large leaves of green or red leaf lettuce, rinsed and patted dry, used for serving

Directions

1. Set a large, heavy bottom skillet over high heat.
2. Add the drained millet/quinoa to the skillet and dry it out. Toast millet/quinoa until it turns light brown and emits toasted aroma, 3–10 minutes.
3. Turn off heat. Add the vegetable broth slowly to minimize splattering.
4. Bring the millet/quinoa to a boil. Cover, decrease the heat to low and simmer about 20–25 until the liquid is absorbed and the millet/quinoa is tender.
5. Remove from the heat and let stand covered for 5 minutes.
6. Transfer the millet/quinoa to a large bowl and fluff with a fork. Set aside to cool.
7. To assemble the salad, add the black-eyed peas (edamame), onions and basil to the cooled millet/quinoa.
8. In a small bowl, whisk together the oil, vinegar, pepper and other seasonings. Pour over the millet/quinoa mixture and toss to coat.
9. Add the tomatoes and toss to incorporate just before serving. Taste and correct the seasonings, spoon over lettuce leaves and serve.

Nutrition per serving

Calories: 290, Fat: 11 g, Carbohydrates: 39g, Protein: 8 g

* Total calories and fat will change based on alternate changes from original recipe.

Apple Pineapple Crisp

Serves 4

Ingredients

- 4 medium tart apples (i.e. granny smith)
- 1 cup canned crushed pineapple in juice
- ½ cup quick oatmeal or ½ cup regular oatmeal (not instant)
- ⅛ teaspoon ground nutmeg
- 1 banana, frozen

Directions

1. Preheat the oven to 375 degrees.
2. Spray an 8X8 square baking dish with cooking spray.
3. Peel, core, and slice the apples.
4. Put them in the pan.
5. Add the canned pineapple and mix it all together.
6. Put the frozen banana in the microwave until it is defrosted and mushy.
7. Meanwhile, in a small bowl, add the oatmeal and nutmeg and stir well.
8. Peel the banana (it will be runny) and add it to the oatmeal.
9. This will clump up and be very sticky.
10. Put the oatmeal mixture on top of the apples.
11. I use my hands but it is sticky and not real easy.
12. You may, if you want, spray the top of the crisp with cooking spray or olive oil spray but I didn't find it made much difference.
13. Bake for 20-25 minutes or until the topping is starting to brown.
14. Serve warm or cold.

Nutrition per serving

Calories: 174.6, Fat: 1g, Carbohydrates: 42.3g, Protein: 2.5g

Black Bean Burgers

Serves 6

Ingredients

- 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- 1 egg
- ½ yellow onion, chopped
- 1 cup whole wheat bread crumbs
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon garlic powder or granules
- Salt and pepper to taste
- Hot sauce to taste
- 1 to 2 tablespoons extra-virgin olive or canola oil
- 6 whole wheat hamburger buns
- 6 green leaf lettuce leaves
- 2 tomatoes, sliced
- ½ small red onion, thinly sliced

Directions

1. Put beans in a large bowl and mash well with a fork.
2. Add egg, yellow onion, bread crumbs, oregano, basil, garlic powder, salt, pepper and hot sauce. Mix well to combine then shape into 6 patties.
3. Heat oil in a large skillet over medium heat. Arrange patties in a single layer (working in batches, if needed) and cook, flipping once, until golden brown on both sides and cooked through, about 10 minutes total.
4. Transfer to buns, top with lettuce, tomatoes and red onions and serve.

Nutrition per serving

Calories: 290, Fat: 7g, Carbohydrates: 47g, Protein: 12g

Sweet Potato Apple Cake

Serves 9

Ingredients

- Natural cooking spray
- 1 cup whole wheat pastry flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- ½ cup brown sugar
- 1 egg
- 1 large apple, peeled, cored and grated
- 1 (¾-pound) sweet potato, peeled and grated
- 1 teaspoon vanilla extract
- ½ cup chopped walnuts

Directions

1. Preheat oven to 350°F.
2. Lightly oil an (8-inch) baking pan with cooking spray; set aside.
3. In a large bowl, whisk together flour, baking soda, salt, cinnamon and nutmeg; set aside.
4. In a second large bowl, whisk together sugar and egg until well combined. Stir in apple, sweet potato, vanilla and walnuts and then add apple mixture to flour mixture and stir to combine.
5. Transfer batter to prepared pan and bake until cake pulls away from the edges and is deep golden brown, 40 to 50 minutes.
6. Set aside to let cool and then cut into squares and serve.

Nutrition per serving

Calories: 190, Fat: 5g, Carbohydrates: 34g, Protein: 4g

Black Bean Brownies

Serves 16

Ingredients

- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 3 large eggs
- $\frac{1}{3}$ cup melted Smart Balance, more for the baking dish
- $\frac{1}{4}$ cup cocoa powder
- $\frac{1}{8}$ teaspoon salt
- 2 teaspoon gluten-free vanilla extract
- $\frac{1}{4}$ cup plus $\frac{1}{2}$ teaspoon Truvia
- $\frac{1}{2}$ cup 60% dark chocolate chips
- $\frac{1}{3}$ cup finely chopped walnuts

Directions

1. Preheat oven to 350.
2. Butter an 8-inch baking pan.
3. Place the black beans, eggs, melted smart balance, cocoa powder, salt, vanilla extract and Truvia in the bowl of a food processor and blend until smooth.
4. Remove the blade and gently stir in the chocolate chips and walnuts.
5. Transfer mixture to the prepared pan.
6. Bake the brownies for 30 to 35 minutes, or until just set in the center. Cool before cutting into squares.

Nutrition per serving

Calories: 107, Fat: 16g, Carbohydrates: 17g, Protein: 5g