

Recipes contributed by Ninette Mouser

■ Lentil Soup

3 carrots, chopped
3 ribs celery, chopped
1 yellow onion, chopped
1 clove shallot, chopped
3 cloves garlic, pressed
8 cups organic vegetable broth
2 cups lentils, rinsed
1 teaspoon thyme
1 bay leaf
1 can no salt added diced tomatoes, or fresh diced tomatoes

Put all in a crock pot on low for 8 hours.

15 minutes before ready to serve add:

1 ½ teaspoon balsamic vinegar
1 teaspoon salt
1 teaspoon fresh ground pepper
1 teaspoon cumin
1 bunch Swiss chard, chopped
Remove bay leaf before serving

■ Beef and Black Bean Chili

1 pound lean ground beef (Laura's brand 92% or 96%)
2 – 15 oz. cans of reduced sodium black beans, undrained (Bush's brand)
1 cup medium chunky salsa
2 – 8 oz cans no salt added tomato sauce
1 tablespoon reduced sodium chili seasoning mix from package
Reduced fat cheddar cheese (Cabot brand light or extra light)
Baked tortilla chips

Cook ground beef in large skillet until brown. Drain, wipe out pan, and return meat to pan. Drain and mash 1 can of beans. Add mashed beans, undrained beans, salsa, tomato sauce, and seasoning. Mix. Cook over medium heat 10 minutes or until heated. Serve with shredded cheese and tortilla chips.

■ Black Eyed Pea Chicken Soup

4 cooked chicken breasts, chopped
1 teaspoon olive oil
1 large onion, chopped
3 cloves garlic, pressed
1 teaspoon chili powder
1 - 14.5 oz. can no salt added diced tomatoes
1 - 14 oz. can 100% fat free, 33% less sodium, no msg chicken broth (Swanson brand)
1 can diced green chilies
1 teaspoon dried oregano

1 teaspoon ground coriander
1 teaspoon ground cumin
2 cans no salt added black eyed peas, undrained
½ teaspoon salt
½ teaspoon fresh ground pepper
Juice of 1 lime
½ cup chopped cilantro

Heat oil in Dutch oven. Add onion and cook until soft. Add garlic and cook 20 seconds. Add remaining except lime and cilantro. Bring to boil. Reduce heat, simmer 20 minutes. Add lime juice and cilantro.

■ **Black Bean Soup**

½ tablespoon olive oil
1 medium onion, chopped
1 medium carrot, thinly sliced
2 cloves garlic, pressed
3 – 15 oz. cans reduced sodium black beans, undrained (Bush's brand)
1- 14.5 oz. can no salt added diced tomatoes
1 14 oz. can 100% fat free, 33% less sodium, no msg chicken broth (Swanson brand)
1 teaspoon ground cumin
¼ teaspoon fresh ground pepper
Fat free yogurt, plain

Heat oil in Dutch oven. Add onion and carrot and cook until soft. Add garlic and cook 20 seconds. Add beans, tomatoes, broth, cumin and pepper. Bring to boil, reduce heat, simmer uncovered 1 hour. Serve with dollop of yogurt.

■ **One Pot Spaghetti**

1 pound lean beef (Laura's brand 96%)
1 small onion, chopped
2 cloves garlic, pressed
3 – 14.5 oz. cans no salt added diced tomatoes, undrained
1 – 8 oz. can no salt added tomato sauce
1 – 6 oz. can tomato paste
2 cups water
1 teaspoon Italian seasoning
½ teaspoon salt
Dash fresh ground pepper
7 oz. dry spaghetti, broken up
Freshly grated parmesan cheese
Freshly chopped basil

Cook first 3 ingredients in large Dutch oven. Drain, wipe out and return meat to pan. Stir in tomatoes and next 7 ingredients. Bring to boil. Add pasta. Cover, reduce heat and simmer 20 minutes. Stir often. Top with cheese and basil.

■ **Turkey Burgers**

- 1 ¼ 93% lean ground turkey
- ½ cup fat free ricotta cheese
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 teaspoons canola oil

Combine turkey, ricotta, Worcestershire, mustard, salt, and pepper together in a large bowl with hands until combined. Divide into 4 portions and lightly toss from hand to hand to form a ball then lightly flatten to a 1" patty. Heat oil over medium heat until smoking. Lay burgers in center and cook for 4 minutes. Flip and continue to cook 4 minutes more. Reduce heat to low, partially cover, and continue to cook 4 minutes. Flip and cook 6 minutes more.

■ **Oatmeal Muesli**

- 1 cup old fashioned oats
- 1 cup chopped apple
- ¾ cup apple juice
- 4 oz. low fat vanilla yogurt (add more apple juice if using Greek Yogurt)
- 2 tablespoons walnuts and raisins

Combine all ingredients and refrigerate overnight. Serve with skim milk.

■ **Baked Apple Oatmeal**

- 1 1/3 cup old fashioned oats
- ¼ cup raisins
- 1 ½ cup skim milk
- ¼ cup brown sugar
- ½ teaspoon cinnamon
- 1/8 teaspoon salt
- ¾ cup shredded apple (1 medium)
- 1/3 cup chopped walnuts

Heat oven to 350 degrees. Mix all ingredients and put in sprayed 1 ½ quart casserole dish. Bake uncovered for 30 minutes.

■ **Couscous Salad**

- 1 package frozen broccoli stir fry vegetables
- 1 ¼ cup water
- 10 oz. package garlic couscous
- ¼ cup fat free Caesar salad dressing, divided
- 10 oz. package fresh spinach
- ½ cup fat free feta cheese

Combine vegetables, water and seasoning packet in large saucepan. Bring to boil. Add couscous and stir. Remove from heat, cover and let stand 5 minutes. Stir in 1

tablespoon dressing. Remove and discard spinach stems, slice. Drizzle with remaining dressing. Spoon couscous over spinach. Sprinkle with feta cheese.

- Green Chili Tortilla Casserole

8 – 6 inch corn tortillas
 4. oz. can chopped green chiles, drained
 1 cup shredded reduced fat cheddar
 1 medium red bell pepper, chopped
 4 green onions, sliced
 ½ cup egg substitute
 1 cup reduced fat buttermilk

Preheat oven to 325 degrees. Spray 9 inch square baking dish. Tear tortillas in bite size pieces. Arrange half in dish. Top with half green chilies, half cheese, half bell pepper, half green onions. Repeat layers. Set aside. Stir egg substitute and buttermilk together and pour over tortilla mixture. Bake uncovered for 30 – 35 minutes until knife inserted in center comes out clean.

- Black Bean Lasagna

2 – 16 oz. cans reduced sodium black beans, drained and rinsed (Bush brand)
 1 cup chunky salsa
 2 cups spaghetti sauce (Prego Heart Smart)
 1 teaspoon minced garlic
 1 teaspoon cumin
 15 oz. fat free ricotta cheese
 1/3 cup grated parmesan cheese
 1 egg white
 1/3 cup skim milk
 6 “no cook” lasagna noodles
 1 cup shredded Monterey Jack cheese
 1 cup reduced fat mozzarella cheese

Preheat oven to 30 degrees. In large bowl combine beans, salsa, spaghetti sauce, garlic and cumin. Set aside. In large bowl whip egg white with fork. Add ricotta, parmesan and milk. Spray 13” x 9” pan. Spread 1 cup bean mixture on bottom of dish. Cover with 3 noodles. Layer half of ricotta mixture, then half of the Monterey Jack and half of the mozzarella. Repeat layers of noodles, beans, ricotta, mozzarella and Monterey Jack. Cover and bake for 30 minutes. Uncover and bake 10 minutes more. Let stand 10 minutes.