

Texas Black Bean Salsa

INGREDIENTS

- 1 cup black beans
- 1/3 cup peeled, diced tomatoes
- 2/3 white onion, finely chopped
- 1/4 tsp. jalapeno pepper, seeded and diced
- 4 tsp red wine vinegar
- 2 Tbsp. cilantro leaves, chopped
- 3 Tbsp. red bell pepper, diced

DIRECTIONS

1. Simmer beans until tender.
2. Combine tomatoes, onion, jalapeno pepper, vinegar, cilantro and red bell pepper in a small reactive bowl.
3. Add the black beans and toss together lightly.
4. Cover and refrigerate until ready to serve.

Italian Home-Style Salad

INGREDIENTS

- 1 head romaine lettuce
- 8 fresh basil leaves
- 1 cucumber, peeled, seeded
- 2 lg. stalks celery, chopped
- 2 oz. provolone cheese, 1/4 in. julienned
- 1/2 cup chickpeas, rinsed and drained
- 1/4 tsp. black pepper, ground

DIRECTIONS

1. Tear romaine and basil leaves into small pieces.
2. Cut cucumber in half lengthwise and cut into slices. Add to bowl.
3. Add all other vegetables, cheese and pepper. Toss to mix.
4. Top with dressing and serve chilled (see recipe for dressing).

Italian Home-Style Dressing

INGREDIENTS

- 1/3 cup extra virgin olive oil
- 2 Tbsp. red wine vinegar
- 1 lemon, juiced

DIRECTIONS

1. Whisk together olive oil, vinegar and lemon juice.
2. Pour over salad to serve.

Quick Corn Chili

INGREDIENTS

- 2 Tbsp. olive oil
- 1 onion, diced
- 1 tsp. cayenne pepper

2 tsp. dried oregano
1 lb corn, frozen
2 14.5-oz. cans stewed tomatoes Mexican style
1 15-oz. can dark red kidney beans, low sodium
1¼ lb. lean ground turkey
2 tsp. chicken bouillon granules
1 cup water
¼ tsp. black pepper
1½ cup tomato sauce, unsalted
2 Tbsp. tomato paste, unsalted

DIRECTIONS

1. In a large skillet, brown the ground turkey and drain.
2. In a large pot, cook onion in oil over medium heat for 1 minute. Stir in the cayenne pepper and oregano and cook 1 minute more.
3. Stir in the corn, tomatoes, kidney beans, chicken bouillon granules, ground turkey, water, pepper, tomato sauce and tomato paste.
4. Cook uncovered until heated and slightly thickened, about 10 minutes.

Swiss Chard & White Bean Soup

INGREDIENTS

8 cups Kitchen Basics® chicken broth, no added sodium or fat
8-oz. Parmesan rind
1 garlic clove
2 Tbsp. olive oil
1 dried red chili pepper, crumbled
4 cups Swiss chard leaves, ribboned
2 cups Cannellini beans
¼ tsp. ground black pepper
1 tsp. lemon zest

DIRECTIONS

1. Over low heat, soak Parmesan rind in 8 cups chicken stock for 45 minutes or until rinds are soft. Strain the liquid and reserve.
2. In soup pot, sauté garlic clove in olive oil over medium heat. Add dried red chili, Swiss chard, and stir to coat.
3. Add warm stock and Cannellini beans and bring to a simmer.
4. Season with pepper and lemon zest.

Spaghetti Pie

INGREDIENTS

non-stick vegetable cooking spray
6-oz whole grain spaghetti
⅓ cup skim milk
1 egg
1 egg white
½ lb. lean ground turkey
½ cup onion, chopped
1 clove garlic, chopped

1¼ cup tomato sauce, unsalted
½ cup cottage cheese, non-fat
5-oz part-skim Mozzarella cheese, grated

DIRECTIONS

1. Preheat oven to 350⁰F. Coat a 9 inch pie pan with vegetable spray.
2. Cook spaghetti *al dente*. Drain and set aside.
3. Whisk milk, egg, and egg white in a large mixing bowl. Set aside.
4. Combine ground turkey, onion, and garlic in nonstick skillet over medium heat. Cook until done; add tomato sauce, cook 5 minutes.
5. Add cooked spaghetti to the egg mixture and toss to coat.
6. Spread spaghetti in pie pan, cover with cottage cheese. Spread tomato sauce and meat evenly over cheese and sprinkle with Mozzarella and mushrooms.
7. Bake for 20 minutes.

Fish In Foil

4 3-oz fish filets
1 cup Texas Salsa (see recipe)
2 lemons
fresh ground black pepper

DIRECTIONS

1. Preheat Oven to 425⁰F. Take one piece of foil and spray with cooking spray.
2. Place filet on foil and squeeze ½ lemon on top and cover with ground black pepper. Then top with ¼ cup Texas Salsa.
3. Wrap the fish tightly in foil like a package. Repeat process with each filet.
4. Bake 13 minutes closed, then open the package and continue to cook until fish turns opaque .
5. Remove from foil. Be careful when removing fish from foil, there will be liquid in the bottom.

Chicken Manicotti

INGREDIENTS

¾ tsp. oregano
½ tsp. marjoram
¾ tsp. sweet basil
¼ tsp. ground black pepper
1 6-oz. can tomato paste, no salt added
1 cup water
3 cloves garlic, minced
4 4-oz. boneless, skinless chicken breast
4 oz. low-fat cottage cheese
2 oz. part-skim mozzarella, grated
1 tsp. olive oil
1 tsp. fresh rosemary

DIRECTIONS

1. In small bowl, combine oregano, marjoram, basil and pepper.
2. In saucepan, blend tomato paste, water & 1 clove garlic. Add ¾ seasoning mixture. Bring to boil, reduce heat & simmer 10 minutes.

3. Rinse chicken, pat dry and pound to ¼ inch thickness.
4. Sauté rosemary, 2 cloves garlic, and olive oil, add chicken breast for about 2 minutes.
5. In small bowl, combine remaining spices with cottage cheese. Spoon mixture onto center of chicken breast and roll chicken breast, jellyroll style.
6. Spoon half of tomato mixture into bottom of 10x6 inch pan. Arrange chicken rolls on top, seam side down. Spoon the remaining tomato mixture over chicken and top with mozzarella cheese.
7. Bake 45 minutes.

Applesauce Brownies

INGREDIENTS

- ¾ cup Splenda® Sugar Blend
- ½ cup Smart Balance® 50/50 buttery spread
- 2 eggs
- 2 Tbsp. unsweetened cocoa powder
- 2 cups applesauce, unsweetened
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1½ cups all-purpose flour
- ½ cup walnuts, chopped

DIRECTIONS

1. Preheat oven to 350°F.
2. Cream ¾ cups Splenda® and Smart Balance® spread. Add eggs.
3. Sift the cocoa, baking soda, cinnamon and flour ingredients and add to first mixture, alternating with applesauce.
4. Pour into 10½ X 15½ inch brownie pan.
5. Chop walnuts and sprinkle over batter. Bake for 30 minutes.

Whole Wheat Honey Biscuits

INGREDIENTS

- 1 cup lukewarm water
- 2 Tbsp. dry active yeast
- 2 Tbsp. honey
- 1¼ cup whole wheat flour
- 1¼ cup all-purpose flour

DIRECTIONS

1. Pour the water into a large mixing bowl. Stir in the yeast and let sit until mixture is slightly bubbly, about 10 minutes. Then, add the honey and flours, and mix well.
2. Lightly coat a muffin tin with cooking spray. Fill each cup halfway with batter.
3. Let the muffin tin sit somewhere warm until the batter has doubled in size (about 30-40 mins).
4. While dough is rising, preheat oven to 350°F. Bake for 20 minutes. Let sit in tins for 5-10 mins. before removing.

Creamed Corn Muffins

INGREDIENTS

1 cup whole wheat flour
1 cup yellow corn meal
4 tsp. baking powder
2 Tbsp. Splenda® Sugar Blend
2 egg, beaten lightly
1 cup skim milk
3 Tbsp. Smart Balance® 50/50 butter blend
1 cup cream style corn

DIRECTIONS

1. In a large bowl, combine flour, corn meal, baking powder and Splenda® sugar blend.
2. In a medium bowl, combine eggs, milk, Smart Balance® 50/50 butter blend, and corn. Add this mixture to the dry mixture, stirring them until ingredients are just moistened.
3. Spoon batter into small greased muffin tins. Bake in oven at 425⁰F for 15 minutes or until tops are golden.