

### **Red Beans and Brown Rice (Vegan)**

2 c. red beans, cooked	1 c. sweet green pepper
2 c. brown rice, cooked	4 cloves garlic, minced
2 tbsp. olive oil	½ tsp. salt
1 c. onion, chopped	¼ tsp. pepper
1 c. celery, chopped	1 tsp. hot sauce

1. Heat the olive oil in a large sauté pan and sauté the onions, celery, and pepper until soft.
2. Add the garlic and sauté for 2 minutes.
3. Season with salt, pepper, and hot sauce.
4. Combine in a casserole dish with the cooked beans and rice, mixing well. Taste and adjust the seasoning.
5. At this point, it can be refrigerated for later.
6. Heat the dish, covered, in the oven at 350° for 40 minutes.

### **Breakfast on the Run**

2 whole frozen bananas	¼ c. wheat germ
1 c. milk	2 tsp. vanilla
½ c. plain yogurt	1 tsp. granulated sugar

Place all ingredients in blender and purée. Garnish with nutmeg.

### **Greens and Citrus Salad**

4 c. baby spinach leaves and mixed salad greens	8 oz. sugar snap peas, halved
2 c. sliced strawberries or 1 pkg. dried cranberries	½ c. pecan halves
1 (15-oz.) can mandarin orange segments, drained	½ c. raspberry vinaigrette dressing

Toss together in a large bowl. Enjoy!

### **Artichoke and Asparagus Salad**

2 tbs. olive oil	2-3 shakes crushed red pepper
2 small onions, chopped	1 can artichoke hearts, cut up
1 lb. asparagus (about a bunch), cut in chunks	½ pkg. basil pesto sauce (with a little cheese)
2 tsp. fresh garlic (or to taste)	1 lb. penne pasta, cooked

Cook first 6 items in a frying pan in the order listed. Stir in pasta. Enjoy!

### **Beef Stroganoff**

1 lb. lean ground beef	1 can reduced fat cream of mushroom soup
1 clove garlic	1 small carton reduced fat sour cream
1 small onion, chopped	1 c. frozen peas

Brown together the beef, garlic, and onion and drain fat. Add soup, sour cream, and peas and warm thoroughly. Serve over rice.

### **Easy Alfredo Chicken and Rice**

4 boneless, skinless chicken breasts	3 tbsp. grated parmesan cheese
1 jar Alfredo sauce	1 ½ c. uncooked rice
1 can chicken broth	

1. Preheat oven to 400°.
2. Season chicken with salt and pepper.
3. In a bowl, combine Alfredo sauce, broth, 1 tbsp. cheese and rice.
4. Spray a 13"x9" baking dish with cooking spray and pour mixture in. Arrange mixture on top of rice mixture
5. Cover with aluminum foil and bake for 35-45 minutes.
6. Remove foil, sprinkle with remaining cheese, and bake for 10 minutes, making sure the chicken is fully cooked.

### **Crepes**

2 eggs (or 4 egg whites for a lower fat option)	1 c. flour
1 c. milk	4 tbsp. butter or margarine

Combine all ingredients and beat with a blender, or with a whisk for 5 minutes. Cook on a skillet, making them very thin.

Fill with fresh fruit or ice cream.

### **Produce Salad**

1 can kidney beans, drained	1 cucumber, chopped
1 can corn	1 green pepper, chopped
1 tomato, chopped	1 red pepper, chopped
1 red onion, chopped	1 ½ c. shredded lettuce (give or take)
1 bag corn chips (optional)	1 bottle light Catalina salad dressing
1 can black beans, drained	

Mix together and drizzle with dressing. Enjoy!

### **Yogurt Pie**

16. oz. yogurt , any flavor  
8 oz. cool whip or whipped topping

Mix together and put in a graham cracker crust. Freeze. Should make 2 pies.

### **Sweet Corn and Bean Salad**

1 ½ c. kidney beans	2 tbsp. basil
1 c. sweet corn	¼ tsp. salt
1 c. tomato	1/8 tsp. pepper
¼ c. sweet green pepper	1 oz. lime juice
2 tbsp. parsley	

Combine ingredients in a dish. Chill before serving. Optional: add the zest of lime and a dash of your favorite hot sauce.