

# Bean Dip

1½ cups cooked kidney or black beans  
½ T olive oil  
1 small lemon, juiced  
1 clove garlic, crushed  
½ onion, finely chopped  
1 tsp cumin  
pinch salt  
1 T sesame tahini  
½ tsp coriander  
2 T Italian parsley, finely chopped  
¼ tsp chili pepper

Mash beans with fork in a bowl to a coarse paste (or use a food processor). Blend bean paste with oil, lemon, garlic and onion. Add cumin, salt, tahini, coriander, parsley and pepper. Mix thoroughly. Serve with fresh cut vegetables.

Prep time: 15 minutes  
Cooking time: none  
Yield: 8 servings  
Serving size: ¼ cup

*Healthy Tip: Refrigerate perishable foods immediately after preparation to maintain freshness and storage life.*

## Nutritional profile per serving:

Calories:	68	<u>Blocks</u>
Protein (g):	3.3	0.5
Carbohydrate (g)	9.7	1.1
Fat(g):	2.1	0.7
Saturated Fat(g):	0.3	
Cholesterol(mg):	0.0	
Fiber(g):	1.0	
Sodium(mg):	77.5	

# Mexi-Rice Salad

1 cup wild rice  
2 cups water  
¼ tsp sea salt  
1 fresh tomato, diced  
1 green pepper, chopped  
1 medium red onion, chopped  
½ cup black olives, sliced  
¼ cup fresh cilantro  
1 T olive oil  
1 tsp oregano  
1 tsp cumin, ground  
½ tsp black pepper  
pinch of cayenne

Bring 2 cups of water to a boil then add the rice and a pinch of sea salt. Reduce heat and simmer for 35-40 minutes or until water is absorbed. Combine all remaining ingredients into a bowl. When rice is ready, mix everything into one bowl, toss, and serve.

Prep time: 10 to 15 minutes  
Cook time: 40 - 45 minutes  
Yield: 4 servings  
Serving size: ¾ cup

*Healthy Tip: To lose weight, men should eat between 1,600 - 2,000 calories each day.*

## Nutritional profile per serving:

Calories:	127	<u>Blocks</u>
Protein (g):	2.2	0.3
Carbohydrate (g):	5.1	0.6
Fat (g):	11.3	3.8
Saturated Fat(g):	1.2	
Cholesterol(mg):	0.0	
Fiber(g):	4.2	
Sodium(mg):	516.3	

# Chicken Rosemary

2 T olive oil  
2 tsp. of Molly McButter  
2 cloves garlic, crushed  
4 oz. of dry white wine  
2 fresh sprigs of rosemary  
1 tsp black pepper  
2 whole boneless, skinless chicken breasts, rinsed

In a skillet, over medium heat, heat oil, butter mix, garlic, white wine, rosemary, and black pepper. Place sauce to the side. Place chicken on a petite broiler and baste with sauce. Place the broiler on the bottom rack of the oven and cook chicken for 10 minutes. Turn chicken pieces over to color them all over. Baste again after turning and cook for 10 more minutes.

Prep time: 10 minutes  
Cook time: 20 minutes  
Yield: 4 servings  
Serving size: ½ chicken breast

*Healthy tip: Chicken is a high protein food that is a low in saturated fat.*

## Nutritional profile per serving:

Calories:	172	<u>Blocks</u>
Protein (g):	27.7	4.0
Carbohydrate (g):	2.7	0.3
Fat (g):	5.0	1.7
Saturated Fat(g):	1.6	
Cholesterol(mg):	36.5	
Fiber(g):	0.0	
Sodium(mg):	33.8	

# Stuffed Sweet Peppers

2 ½ cups vegetable broth	2 tsp oregano
1 cup barley	1 tsp basil
1 large red onion, diced	1 tsp rosemary
2 carrots, grated	½ tsp salt
1 zucchini, grated	½ tsp fresh ground black pepper
2 cloves garlic, pressed	2 (16 oz.) can crushed tomatoes
1 cup frozen peas	4 oz. parmesan cheese
2 T olive oil	2 yellow peppers
2 green peppers	2 red peppers

In a large saucepan, bring broth to a boil, then add barley. Reduce heat and let simmer for 1 hour or until barley is tender. Prepare onion, carrots, zucchini, and garlic. Simmer onions in olive oil until golden brown. Next add garlic, zucchini, carrots, and peas until slightly brown. Mix dry spices into tomatoes. When barley is ready, mix in vegetables, tomato sauce, and ½ of parmesan cheese. Cut tops from peppers and remove the seeds. Keep the caps of the peppers for baking. Stuff ingredients into peppers and sprinkle cheese on top before baking. Place pepper caps on all peppers and bake for 20-25 minutes at 350° F.

Prep time: 20 minutes  
Cook time: 1 hour, 30 min.  
Yield: 6 servings  
Serving size: 1 stuffed pepper

*Healthy Tip: Try rice cakes and natural peanut butter or yogurt for a healthy snack.*

## Nutritional profile per serving:

Calories:	327	<u>Blocks</u>
Protein (g):	14.7	2.1
Fat (g):	11.4	3.8
Carbohydrate (g):	44.3	4.9
Saturated Fat(g):	4.6	
Cholesterol(mg):	15.1	
Fiber(g):	6.0	
Sodium(mg):	922.0	

# Yes! Cheesecake

- Crust:** 1 cup graham cracker crumbs  
3 T melted butter  
¼ cup granulated sugar  
2 tsp cinnamon
- Filling:** 2 cups strained low-fat vanilla yogurt (strained 24 to 36 hrs)  
2 eggs, beaten  
1 tsp vanilla  
3 T granulated sugar  
1 ½ T cornstarch
- Topping:** ½ cup nonfat sour cream  
2 T granulated sugar  
½ tsp vanilla

Combine graham cracker crumbs, melted butter, sugar and cinnamon, mix well. In a 8” springfoam cake pan or pie pan (sprayed with non-stick vegetable spray), pat the graham cracker mixture into the bottom and 1 to 2 inches up the sides. Chill. Preheat oven to 375°F. Whip all ingredients for the filling together until smooth and pour into the prepared crust. Bake 25 minutes. Cool.

While cake is cooling, mix all ingredients for the topping until smooth and creamy. Pour topping over cake and bake for an additional 10 minutes at 375°F. Chill in the refrigerator for several hours before serving.

- Prep time: 15 minutes  
Cooking time: 35 minutes  
Yield: 8 servings  
Serving size: 1 slice

*Healthy Tip: Substituting plain, low-fat yogurt for sour cream saves 350 calories per cup.*

## Nutritional profile per serving:

Calories:	186	<u>Blocks</u>
Protein (g):	5.7	0.5
Fat (g):	4.6	1.5
Carbohydrate (g):	30.9	3.4
Saturated Fat(g):	5.6	
Cholesterol(mg):	88.4	
Fiber(g):	0.1	
Sodium(mg):	156.7	