

Vegetable of the Month: BEANS

Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes

This is a complete vegetarian meal that is easy to prepare, colorful and full of flavor. The pungent taste of mustard greens and sweetness of the sweet potatoes is a wonderful combination giving you a great way to enjoy the many health benefits from the nutritious ingredients in this recipe. The sweet potatoes are creamy tasting without heavy cream, and the mustard greens are sautéed using our Healthy Sauté cooking method making this great tasting dish low in fat. Serves 4

Prep and Cook Time: 30 minutes

Ingredients:

2 medium sweet potatoes peeled and sliced thin
1 medium onion cut in half and sliced thin
3 medium cloves garlic, sliced
½ cup + 1 TBS chicken or vegetable broth
½ tsp curry powder
¼ tsp turmeric
1 bunch mustard greens, rinse, remove stems and chop
1 15oz can diced tomatoes
1 15oz can garbanzo beans, drained
3 TBS extra virgin olive oil
salt and white pepper to taste

Directions:

Bring water to a boil in a steamer with a tight fitting lid. Peel and slice sweet potatoes in fairly thin slices so they will steam quickly, 5-10 minutes. While steaming potatoes, slice onion and garlic. Heat 1 TBS broth in 12inch skillet. Healthy Sauté onion in broth over medium heat for about 4-5 minutes stirring frequently, until translucent. Add garlic, curry powder, turmeric, and mustard greens. Cook stirring occasionally until mustard greens are wilted, about 5 minutes. Add garbanzo beans, diced tomatoes, salt and pepper. Cook for another 5 minutes. Mash sweet potatoes with olive oil, salt and pepper. If you need to thin potatoes more you can add a little broth. Serve mustard greens with mashed sweet potatoes.

Red Kidney Bean Soup with Lime Yogurt Serves 4

This hearty, spicy bean soup is very quick and easy to prepare. It has a lot of flavor, and is high in vegetable protein without being high in fat. It makes a perfect healthy vegetarian meal on a cold day.

Prep and Cook Time: Prep time: 15 minutes Cooking time: 20 minutes

Ingredients:

1 medium onion, chopped
1 medium carrot chopped in 1/2 inch pieces
1 stalk celery chopped in 1/2 inch pieces
4 medium cloves garlic, chopped
3 cups + 1 TBS chicken or vegetable broth
3 TBS tomato paste
1 TBS ground cumin
2 TBS red chili powder
1 TBS dried oregano
1 15oz can organic red kidney beans, drained
salt & pepper to taste
Lime yogurt
½ cup plain yogurt
1 TBS lime or lemon juice
1 TBS chopped fresh cilantro

Directions:

Prepare onions, garlic, carrot, and celery. Heat 1 TBS broth in medium sized soup pot. Healthy Sauté onion in broth over medium heat for about 5 minutes, stirring frequently, until translucent. Add garlic, carrots, celery, and continue to sauté for another minute.

Add broth, tomato paste, kidney beans, and spices. Bring to a boil. Once it comes to a boil, reduce heat to medium low and simmer uncovered for another 15-20 minutes, or until vegetables are tender. Let cool for a few minutes while making lime yogurt. Make lime yogurt by combining yogurt, lime juice, and cilantro in separate small bowl. Blend soup. Be careful to start blender on low speed so hot soup does not erupt and burn you. And make sure you don't fill blender more than half full. Season with salt and pepper to taste. Reheat, and pour into serving bowls, top with a spoonful of lime yogurt, and serve.

15 Minute Greek Garbanzo Bean Salad Serves 4

This high protein, fresh tasting, vegetarian salad is very quick and easy to prepare. In fact it can be made in just 15 minutes from start to finish, and can be kept for a few days in the refrigerator, getting more flavorful as it marinates longer.

Prep and Cook Time: 15 minutes

Ingredients:

1 15 oz can garbanzo beans, drained and rinsed
2/3 cup minced scallion
3 medium cloves garlic, pressed
1 medium ripe tomato, seeds removed and chopped
3 medium ribs celery diced about 1/2 inch pieces
3 TBS fresh lemon juice
2½ TBS chopped fresh mint
3 TBS chopped fresh parsley
extra virgin olive oil to taste
*(optional) ¼ cup feta cheese
1 small head chopped romaine lettuce, outer leaves removed, and discarded
salt & cracked black pepper to taste

Directions:

Mix all ingredients except lettuce and cheese in a bowl and season with salt & pepper to taste. Serve on bed of chopped romaine lettuce and sprinkle with feta cheese.

Pureed Navy Beans Serves 4

Pureed navy beans are a great accompaniment to a meal that you might otherwise serve with potatoes or rice. They add extra flavor and nutrition with very little work. Our Healthy Sauté cooking method makes this even healthier by using no heated oils or fat.

Prep and Cook Time: 15 minutes

Ingredients:

2 cans navy beans, drained
1 medium onion, chopped
6 cloves garlic, chopped
1 tsp chopped fresh rosemary
2 + 1 TBS vegetable broth
salt and black pepper to taste

Directions:

Heat 1 TBS broth in a 10-inch stainless steel skillet. Healthy Sauté onions in broth over medium heat for 5 minutes stirring frequently, until translucent. Add garlic and continue to sauté for another minute stirring constantly. Add beans, rosemary and the remaining 2 TBS of broth. Cook for another 5 minutes. Puree in blender making sure you don't fill more than half full, and start on low speed. You will have to stop the blender a couple times and scrape the sides with a rubber spatula. Season with salt and pepper. It is best to stop the blender a couple of times and scrape the sides. By being patient with this, you won't need to add extra liquid, and your beans will have a firmer consistency when done.

Pinto Beans with Greens Serves 4

Prep and Cook Time: 30 minutes

Ingredients:

1 15 oz can pinto beans
1 medium sized onion, chopped
4 cloves garlic, chopped
½ cup vegetable stock
1 15 oz can of diced tomatoes, drained
1 ½ lbs kale or collard greens
2 TBS lemon juice
1 TBS olive oil
salt and pepper to taste

Directions:

Remove stems from greens, rinse and chop. This is done by folding each leaf in half and cutting off stem. Chop in large pieces, and rinse in colander. Healthy Sauté onion in large dry sauté pan over medium low heat for 5 minutes stirring frequently. Add garlic and continue to sauté for another minute. Add vegetable stock, tomatoes, and greens and simmer until they are tender, about 15 minutes. Season with salt and pepper. Remove from heat and stir in olive oil and lemon juice. Serve hot.

Broiled Rosemary Chicken over Pureed Lentils Serves 4

This is a complete meal that is highly nutritious and delicious. It takes a few minutes longer to cook and clean up than most of our recipes, but is well worth it. It is a great meal to prepare when you have company and want to make something special.

Prep and Cook Time: 35 minutes

Ingredients:

3 boneless chicken breasts with skin (6oz each)
1 15oz can lentils, drained
1 medium sized onion, chopped
3 cloves garlic, chopped
1 ½ cups crimini mushrooms, sliced
3 TBS vegetable or chicken stock
½ tsp dried thyme, or 1 TBS fresh
½ tsp dried sage, or 1 TBS fresh
½ cup walnuts
3 TBS fresh lemon juice
1 ½ TBS chopped fresh rosemary, or 2 tsp dried
2 cloves pressed garlic
1 TBS olive oil
salt and pepper to taste

Directions:

Preheat broiler to low and place baking pan big enough to hold chicken under heat in middle of oven. Do not use glass or pyrex for this. Season chicken breasts with a little salt and pepper. When pan is hot place chicken breasts in hot pan and return to middle rack under broiler. Broil for just about 15-20 minutes. While chicken is broiling, bring pot of water large enough to cook the chard to a boil. Chop onion, garlic, mushrooms and herbs. Healthy Sauté in medium sauté pan over medium low heat for just about 5 minutes, stirring frequently. Add drained canned lentils, walnuts and 3 TBS stock and heat through. Puree in blender or food processor with salt and pepper to taste. You will have to scrape sides of blender with a rubber spatula a few times. Place lemon juice, pressed garlic, chopped rosemary, salt and pepper in small sauté pan and heat on stove for a minute. Turn off heat and whisk in olive oil. Remove skin from chicken, slice, into thirds, and serve with pureed lentils and chard. Drizzle rosemary lemon broth over everything. Serve.

Black Bean Chili Serves 4

If you are looking for a nutritious chili that is easy to prepare this recipe is for you. It is made with healthy ingredients that are easy to have on hand and can be used in many dishes, such as soft tacos, tostados, frittata, enchiladas, or enjoyed on its own. The Healthy Sauté cooking method makes this recipe even healthier without using heated oils, fat or compromising flavor.

Prep and Cook Time: 30 minutes

Ingredients:

1 medium onion chopped
1 medium green bell pepper diced about ¼ inch pieces
1-1/2 cups + 1 TBS vegetable broth
6 medium cloves garlic, chopped
2 cans black beans, drained
1 can (8oz) tomato sauce
1 can (15oz) diced tomatoes, (do not drain)
2 TBS ground cumin
2 TBS red chili powder
2 TBS dried oregano
1 cup corn kernels, fresh or frozen
¼ cup fresh chopped cilantro
salt & black pepper to taste

Directions:

Heat 1 TBS broth in a medium size soup pot. Healthy Sauté onion and bell pepper in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic, cumin, red chili powder and continue to sauté for another minute.

Add 1 ½ cups broth and rest of ingredients, except cilantro and corn.

Simmer for another 20 minutes uncovered. Add corn and cook for another 2 minutes. Add chopped cilantro and season with salt & pepper to taste.

Curried Lentils Serves 4

This is a great tasting healthy vegetarian bowl meal that will warm you on a cool day. The flavor is even better the next day. It is a good recipe to make when you want to prepare a dish that can be stored in the refrigerator and reheated for a quick meal. Kale is not usually found in such recipes, but it is great and adds more flavor and nutritional benefits making this a complete dish with protein and vegetables.

Prep and Cook Time: prep time: 15 minutes; cooking time: 30 minute

Ingredients:

1 cup brown or green lentils, washed and picked over
4 cups + 1 TBS vegetable broth
1 medium onion, chopped
3 medium cloves garlic, chopped
2 medium carrots, diced into 1/4 inch pieces
2 medium celery stalks, diced into 1/4 inch pieces
2 cups finely chopped kale
2 tsp curry powder
1 15oz can diced tomatoes (do not drain)
3 TBS chopped fresh cilantro
salt and black pepper to taste

Directions:

Rinse lentils in strainer and sort through, removing debris.

Heat 1 TBS broth in medium soup pot. Healthy Sauté onion in broth over medium heat for 5 minutes stirring frequently, until translucent.

Add garlic, carrots, celery, and kale. Continue to sauté for another couple of minutes. Add curry powder and mix to bring out its flavor.

Add rinsed and drained lentils, broth and tomatoes. Bring to a boil, reduce heat to medium low, and simmer uncovered until lentils and vegetables are tender, about 30 minutes. Add cilantro and season with salt and pepper to taste.

Healthy Cooking Tips:

Chopping the kale, carrots and celery into the size recommended allows them to cook thoroughly in the time it takes the lentils to cook. The dish also has a better appearance, when they are in proportion to the lentils. In this kind of dish you don't want them el dente. They are better when cooked longer. Their nutrients are not lost, as they are retained in the broth.