

Apple Slices with Goat Cheese and Pistachios

Ingredients:

- 1/4 cup creamy goat cheese spread or fresh goat cheese
- 2 Granny Smith apples, cored and cut into 24 slices
- 2 tablespoons finely chopped pistachios
- 2 tablespoons finely chopped candied ginger

Method:

Spread 1/2 teaspoon goat cheese onto the end of each apple slice and then arrange on a platter. Sprinkle cheese end with pistachios and candied ginger; serve. If not serving right away, to avoid browning, toss apples with a splash of lemon juice before assembly.

Nutritional Info:

Per Serving: Serving size: 1 piece, 20 calories (5 from fat), 1g total fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 3g carbohydrate (0g dietary fiber, 2g sugar), 1g protein

Simple Black Bean Soup

Ingredients:

- 1 pound dried black beans (about 2 1/2 cups), rinsed
- 2 medium onions, chopped
- 1 large red bell pepper, seeded and chopped
- 4 cloves garlic, finely chopped
- 1 tablespoon ground cumin
- 1 teaspoon ground chipotle pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons nutritional yeast
- 1 tablespoon fresh lime juice
- 1/2 ripe avocado, chopped

Method:

Soak the beans overnight or 6 to 8 hours prior to cooking. Drain and rinse.

In a large pot, bring 1/2 cup water to a simmer over medium-high heat. Add onions, bell pepper and garlic and cook, stirring frequently, until onions are translucent and beginning to brown, about 10 minutes. Stir in cumin and chipotle and cook 1 minute, stirring. Add drained beans and 10 cups water. Bring soup to a boil, then lower to a simmer and cook, uncovered, for 1 1/2 to 2 hours, until beans are tender. Remove 4 cups soup and carefully purée in a blender. Return purée to pot and stir in cilantro, nutritional yeast and lime juice. Spoon into bowls for serving and garnish with avocado.

Nutritional Info:

Per Serving: 120 calories (25 from fat), 2.5g total fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 20g carbohydrate (7g dietary fiber, 2g sugar), 7g protein

Carrot, Red Onion and Cilantro Salad

Ingredients:

- Salt and ground black pepper, to taste
- 2 pounds carrots, thinly sliced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon finely grated ginger
- 1/2 teaspoon honey
- 1/2 cup roughly chopped cilantro
- 1/2 small red onion, very thinly sliced
- 1/2 cup roughly chopped roasted, salted almonds

Method:

Bring a large pot of salted water to a boil. Add sliced carrots and cook until just tender, about 2 minutes. Meanwhile, whisk together oil, lemon juice, ginger, honey and salt and pepper to taste in a large bowl. When carrots are done, drain and transfer to bowl with dressing. Gently toss cilantro and onions into carrots. Garnish with almonds and serve warm or at room temperature.

Nutritional Info:

Per Serving: 170 calories (100 from fat), 12g total fat, 1.5g saturated fat, 0mg cholesterol, 280mg sodium, 15g carbohydrate (5g dietary fiber, 7g sugar), 3g protein

Oat Bran Muffins:

Ingredients:

- 1 cup (130 grams) whole wheat flour
- 1 cup (150 grams) oat bran
- 1/3 cup (75 grams) light brown sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 teaspoon grated orange zest (outer skin of orange)
- 1 large egg, lightly beaten
- 1/4 cup (60 ml) molasses
- 1 teaspoon pure vanilla extract
- 2 tablespoons canola oil
- 1 1/4 cup (300 ml) milk
- 1/2 cup (70 grams) raisins or currants

Method:

Preheat oven to 400 degrees F (205 degrees C) and place rack in the center of the oven. Line a 12 cup muffin pan with paper liners or else spray with a nonstick vegetable spray.

In a large bowl, stir together the flour, oat bran, sugar, baking powder, baking soda, salt, ground cinnamon, and orange zest.

In another bowl whisk together the lightly beaten egg, molasses (or honey), vanilla extract, oil, and milk.

Add the wet ingredients to the dry ingredients, and stir just until moistened. Gently stir in the raisins. (The batter will be quite thin.)

Pour or ladle the batter to fill the muffin cups, and bake about 16 to 20 minutes or until a toothpick inserted into the center of a muffin comes out clean. Remove from oven and place on a wire rack to cool slightly before serving.

Makes about 12 standard-sized muffins.

References:rec

Read more: <http://www.joyofbaking.com/muffins/OatBranMuffins.html#ixzz2IS76v0Hx>

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