



Southwest Quinoa Cakes

http://www.eatingwell.com/recipes/southwest_quinoa_cakes.html

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This healthy quinoa cake recipe is packed with protein from the black beans, eggs, cottage cheese and quinoa. We like to serve the quinoa cakes with a mouthwatering and incredibly easy blender salsa; if you don't like the heat, leave out the chipotle pepper. We like the look of red quinoa, but any color quinoa will work just as well.

6 servings | Active Time: 35 minutes | **Total Time:** 1 hour

Ingredients

- 2 cups water
- 1 cup quinoa, preferably red quinoa
- 4 large eggs, lightly beaten
- 1 cup canned black beans, rinsed
- 3/4 cup reduced-fat cottage cheese
- 1/4 cup sliced scallions
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt, plus a pinch, divided
- 1 cup shredded pepper Jack cheese
- 1 14-ounce can fire-roasted diced tomatoes
- 1 clove garlic
- 1 small chipotle pepper in adobo sauce (see Tip)
- 1/4 cup chopped fresh cilantro
- 1 avocado, chopped

Preparation

1. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.
2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce to a simmer, cover and cook until the grains are tender and reveal their spiraled germ, about 15 minutes. Transfer to a large bowl and let cool for about 10 minutes.
3. Add eggs, beans, cottage cheese, scallions, flour, baking powder and 1/4 teaspoon salt to the quinoa and stir until well combined. Divide the mixture among the muffin cups (about 1/4 cup each). Top each quinoa cake with about 1 tablespoon cheese.
4. Bake the cakes until puffed and a little brown on top, about 20 minutes. Let cool in the pan for 5 minutes. Gently loosen and remove with a paring knife.
5. Meanwhile, place tomatoes, garlic, chipotle pepper and a pinch of salt in a blender and puree until smooth. Transfer to a small bowl and stir in cilantro.
6. Serve the cakes with the salsa and avocado.

Nutrition

Per serving :365 Calories; 17 g Fat; 6 g Sat; 5 g Mono; 140 mg Cholesterol; 35 g Carbohydrates; 19 g Protein; 7 g Fiber; 662 mg Sodium; 515 mg Potassium

2 Carbohydrate Serving

Exchanges: 2 starch, 1/2 vegetable, 1 lean meat, 1 medium-fat meat, 1 fat

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate the salsa (Step 5) for up to 3 days; bring to room temperature before serving.
- Chipotle chile peppers in adobo sauce are smoked jalapeños packed in a flavorful, spicy sauce. Look for the small cans with Mexican foods at large supermarkets. Once opened, they'll keep for up to 2 weeks in the refrigerator or 6 months in the freezer.

Article Link: http://www.webmd.com/food-recipes/curried-chicken-pitas?ecd=wnl_dab_011315&ctr=wnl-dab-011315_id-stry&mb=

Food & Recipes

Curried Chicken Pitas



This Recipe Is:

- LOWER CHOLESTEROL
- LOWER SODIUM
- LOWER CALORIE

WebMD Recipe from EatingWell.com

Cranberries and pear are sweet counterpoints in this tangy curried chicken salad. Toasted sliced almonds add a nutty crunch.

Ingredients Prep: 15 minutes | Total Time: 15 minutes

- 6 tablespoons nonfat plain yogurt
- 1/4 cup low-fat mayonnaise
- 1 tablespoon curry powder
- 2 cups cooked, cubed chicken breast (see Tip)
- 1 ripe but firm pear, diced
- 1 stalk celery, finely diced
- 1/2 cup dried cranberries
- 1/4 cup sliced or slivered almonds, toasted (see Tip)
- 4 4- to 5-inch whole-wheat pita breads, cut in half
- 2 cups sprouts

Instructions

- Combine yogurt, mayonnaise and curry powder in a large bowl. Add chicken, pear, celery, cranberries and almonds; toss to combine.
- Fill each pita half with 1/2 cup chicken salad and 1/4 cup sprouts.

Tip

Tip: If you don't have cooked chicken, poach about 12 ounces chicken breast for this recipe. Place boneless, skinless chicken breast in a medium skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes. To toast sliced or slivered almonds: Place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

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Nutritional Information

Makes: 4 servings

No Flour Peanut Butter Cookies (Gluten-free)

Ingredients

- 1 cup sugar
- 1 cup natural peanut butter
- 1 large egg

Directions

- 1) Preheat oven to 375 degrees F
 - 2) Mix all three ingredients
 - 3) Scoop out the dough and roll it into one inch balls
 - 4) Place on prepared cookie sheet 2 inches apart
 - 5) Use a flat bottomed cup to somewhat flatten each dough ball out or press flat with a fork
 - 6) Cook for exactly 9 minutes
 - 7) Once removed from the oven, let the cookies cool for a few minutes before placing them on a cooling rack
 - 8) Recipe should yield about 36 cookies
- *Best to eat after they cool (they are firmer)

Nutrition Info

Calories: 67.9

Fat: 3.7g

Carbohydrates: 6.9g

Protein: 1.7g

Banana Bread

Ingredients

2 cups flour
3/4 cup sugar
3 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 egg
3/4 cup milk
1/4 cup applesauce
1 1/2 cups mashed bananas

Nutrition Info

Calories: 147.8

Fat: 0.9g

Carbohydrates: 32.3g

Protein: 3.5g

Directions

Preheat oven to 350. Grease bread loaf pan, unless it's non stick.

Mix all dry ingredients into a large bowl, make sure to mix well.

Mix all wet ingredients in another bowl, make sure to mix thoroughly.

Add liquid mix to dry mix and stir thoroughly.

Put into bread loaf pan and cook for approximately 55 to 65 minutes. I always start checking the colour around 50 minutes, should be a nice golden brown. Insert a toothpick in centre to check if it's done. Toothpick may be moist from bananas, just make sure it's not moist from batter.

Let bread cool in pans for about 5 to 10 minutes. Run a knife along outside edge to loosen sides.

Looking for something sweet, add chocolate chips, just make sure to add in your calories.

This bread is great warm with peanut butter on it.