

VEGETABLE QUESADILLAS

Serves: 4 Total Time: 25 min

INGREDIENTS

| | |
|---------|-------------------------|
| 10 | Flour Tortilla (6 inch) |
| 1/2 cup | Green Bell Pepper |
| 1/2 cup | Corn (frozen or can) |
| 1/2 cup | Green Onion |
| 1/2 cup | Diced Tomatoes |
| 2 tbsp. | Cilantro |
| 1/2 cup | Shredded Cheese |

DIRECTIONS

- Spray pan with non-stick spray
- Add bell pepper, green onion, tomatoes and corn. Once cooked, add cilantro.
- Heat tortillas
- Place equal amounts of cheese and vegetables mix.
- Fold in half and cook until lightly browned.



TURKEY SKILLET DINNER

Serves: 4 Total Time: 25 min

INGREDIENTS

| | |
|----------|-------------------|
| 3/4 lbs | Ground Turkey |
| 1 | Chopped Onion |
| 3 | Diced Tomatoes |
| 3 Tbsp | Tomato Paste |
| 2 | Diced Zucchini |
| 1 tsp | Basil |
| 1/2 tsp. | Salt, or to taste |

DIRECTIONS

- Spray non-stick cooking spray in pan
- Brown Turkey and Onions
- Add tomatoes, tomato paste and seasoning.
- Cook on medium for 10 minutes
- Add zucchini and cook for 5 minutes



RAINBOW RICE SALAD

Serves: 6 Total Time: 25 min

INGREDIENTS

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|------------|------------------------------|
| 3 cups | Brown Rice (cooked) |
| 1 | Cucumber, Diced |
| 3 | Colorful Bell Pepper (Diced) |
| 1/2 | Avocado |
| 1/4 cup | Soy Sauce |
| 1 1/2 tsp. | Sugar |
| 1 tbsp | Olive Oil |
| | Pepper to taste |

DIRECTIONS

- Mix brown rice and vegetables.
- In separate bowl, mix soy sauce, sugar, olive oil, salt and pepper.
- Add dressing and brown rice mixture.



HOW TO COOK BROWN RICE

Serves: 5 Total Time: 45 min

INGREDIENTS

| | |
|----------|------------|
| 1 cup | Brown Rice |
| 1 1/2 cu | Water |
| 1/4 tsp | Salt |

DIRECTIONS

- Add 1 cup of brown rice
- Add the water and salt and bring to a boil
- Cover, bring to a simmer for 30 minutes
- Left the cooked rice sit for 10 minutes
- Fluff the rice with a fork.



BLACK BEAN BURGER

Serves: 4 Total Time: 20 min

INGREDIENTS

1 cup Black Bean, Cooked
1 Onion, Diced
1 Egg, beaten
1/3 cup Salsa
1 cup Bread Crumbs
Salt & Pepper to taste

DIRECTIONS

- Cook onion in pan
- Mash black beans with fork, then add the onion, beaten egg, salt and pepper.
- When smooth, add bread crumbs.
- Spray cooking spray in pan
- Shape patties and cook on each side for 5 minutes of until browned.
- Add salsa on top of the patty and serve.



HOW TO PREPARE DRY BEANS

Total Time: 8 hours

INGREDIENTS

Beans (Black or Pinto)
Water

DIRECTIONS

- Soak Beans
- Place beans in pot, cover with water
- Cover the pot.
- Soak overnight in the refrigerator.
- In the morning, drain and rinse beans

- Boil Beans
- 2 cups of water for each pound of dry beans
- Heat to boil and boil for 3 minutes
- Remove from heat, cover and soak for 1 hour.

