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| Healthy Refried BeansIngredients: * 2 cans of low-sodium or no salt added pinto beans, drained and rinsed
* ½ onion, diced
* 1 tsp. of butter
* 2 garlic cloves, chopped
* 1 tbsp of paprika
* 1 ½ tsp. salt
* 1 ½ tsp. cumin
* For topping: scallions, tomatoes, diced avocado (or any veggies in your refrigerator)

Directions:1. In a skillet, sauté the onion and garlic in butter over medium-high heat until lightly golden, roughly 2-3 minutes.
2. Using a large spoon, transfer the beans to a food processor. Add the sautéed onion and garlic to the food processor along with paprika, salt, and cumin. Process until smooth, or add water to achieve smooth consistency.
3. Remove mixture from food processor and serve with scallions, tomatoes, and/or diced avocado as toppings.
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| Healthy Fried Rice**Ingredients:*** 2 c. of cooked brown rice (or use “riced” cauliflower)
* 2 tbsp. sesame or canola oil
* 1 can of low-sodium or no salt added peas (or 1.5 c frozen peas)
* 2-3 carrots, shredded
* 1 garlic clove, minced
* 2 eggs, slightly beaten
* ¼ c. low-sodium soy sauce

**Directions:**1. In a skillet, heat oil (sesame or canola) on medium-high heat.
2. Add shredded carrots, peas, and minced garlic to the skillet. Cook until tender (8-10 minutes).
3. Lower the heat to medium-low and push vegetable mixture to one side.
4. On the other side of the skillet, add slightly beaten eggs. Cook until scrambled.
5. When eggs are scrambled, add cooked brown rice (or “riced” cauliflower) and low-sodium soy sauce. Mix all together and cook until all ingredients are thoroughly heated.
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| Black Bean and Vegetable QuesadillaIngredients: * 1 can low-sodium or no salt added black beans, rinsed and drained
* 2 medium zucchinis, thin slices or grated
* 1 bunch of spinach (about 4 cups), chopped
* 1 c. low-sodium or no salt added canned corn, rinsed and drained
* ½ c. of full-fat cheese
* 1 tbsp. canola oil
* ½ tsp. ground black pepper
* 6 whole-wheat flour tortillas

**Directions:**1. Rinse and prepare zucchini, spinach, and corn.
2. Heat oil in a large skillet over medium-high heat. Add zucchini and cook until zucchini is semi-soft (roughly 5 minutes). Add corn and spinach, and cook until all ingredients are tender (roughly 5 more minutes). Remove from heat and place in a medium-sized bowl.
3. Add black beans and black pepper to the veggie mixture. Stir to combine. Add 1-2 tsp. of water and mash beans lightly with a fork to create a paste.
4. Spread vegetable mixture evenly on half of a tortilla. Add shredded cheese on top of the mixture and fold the tortilla over. Press with spatula to flatten
5. Spray skillet with non-stick cooking spray and cook for 4 minutes per side, or until both sides are golden brown.
6. Remove from heat and cut each quesadilla into wedges.
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| Chicken Quesadilla Ingredients: * 1 lb. shredded chicken (use leftovers if you have them!!)
* 1 onion, chopped
* 2 peppers, chopped (red, green or yellow)
* 1 tbsp. canola oil
* ½ tsp. ground black pepper
* 6 whole-wheat flour tortillas

**Directions:**1. Rinse and prepare onion and green peppers.
2. If you are preparing the chicken, season chicken with salt and pepper before roasting/baking/poaching. When cooked, shred or dice the chicken
3. Heat oil in a large skillet over medium-high heat. Add onion and green pepper and cook until everything is tender (roughly 5 minutes). Remove from heat and place in a medium-sized bowl.
4. Spread vegetable and mixture evenly on half of a tortilla. Add shredded cheese on top of the mixture and fold the tortilla over. Press with spatula to flatten
5. Spray skillet with non-stick cooking spray and cook for 4 minutes per side, or until both sides are golden brown.
6. Remove from heat and cut each quesadilla into wedges.

Note: Get creative and use any leftover vegetables you have in place of peppers.  |  |