Grab 'n' Go Dinner
Food Demonstration of the Week

"Full of Beans"

Healthy Hummus
1 (15 oz) can garbanzo beans, rinsed and drained well
2 cloves of garlic
4 to 6 Tbsp lemon juice
2 Tbsp olive oil
3 Tbsp tahini (ground sesame seed)
1/2 tsp ground cumin
1/2 tsp salt (or to taste)
1/2 cup plain lowfat yogurt

1) Place garbanzo beans and garlic in food processor or blender; puree until smooth.
2) Add lemon juice, olive oil, tahini, cumin, salt and yogurt; blend until thoroughly smooth. Taste and add more salt, garlic, or lemon juice as needed.
3) Transfer to a serving bowl and cover. Refrigerate until ready to serve.
4) Serve with toasted pita bread or fresh veggies. Will keep up to 5 days in the refrigerator.

Makes 12 servings (3 Tbsp each)

California Black Bean Burgers
1 (15 oz) can reduced-sodium black beans, rinsed and drained
1 (4.5 oz) can chopped green chilies
1 cup plain bread crumbs
1 tsp chili powder
1 large egg, beaten
1/4 cup yellow cornmeal
2 Tbsp vegetable oil
6 hamburger buns, toasted
2 Tbsp light mayonnaise
1 1/4 cups shredded lettuce
3 Tbsp thick and chunky salsa

1) In food processor or blender, place beans. Cover and process until slightly mashed; remove from processor to medium bowl. Stir chilies, bread crumbs, chili powder and egg into beans.
2) Shape mixture into 6 patties, each about 1/2" thick. Coat each patty with the cornmeal.
3) In 10" skillet, heat oil over medium heat. Cook patties in oil for 5-10 minutes, turning once, until crisp and thoroughly cooked on both sides.
4) Spread bottom halves of buns with mayonnaise. Top with lettuce, patties, salsa and tops of buns.

Makes 6 servings.

Dark Fudge Brownies

1 (15 oz) can unseasoned black beans, rinsed and drained well
4 oz unsweetened solid baking chocolate
1 Tbsp light butter or margarine
3/4 cup egg substitute
3/4 cup Splenda Blend (or 1 1/2 cups sugar)
3 Tbsp all-purpose flour
2 Tbsp instant coffee granules
1/2 cup chopped walnuts

1) Preheat oven to 350 degrees. Spray a 9" x 13" baking dish with nonstick cooking spray.
2) Place chocolate and butter in a small microwaveable bowl; microwave for 60 to 90 seconds, stirring often until smooth.
3) Place drained beans and 1/4 cup egg substitute into a food processor; blend until it forms a very smooth puree.
4) In a large bowl, place the bean puree, sugar (or Splenda Blend), flour, coffee granules, the rest of the egg substitute, and the melted chocolate. Stir until thoroughly combined.
5) Pour into the prepared pan; sprinkle with walnuts. Bake for 30 to 35 minutes, or until brownie begins to pull away from sides of the pan.
6) Cool completely; cut into 30 bars with a knife dipped in hot water.

Other easy & healthy bean ideas:

- Sprinkle a half cup of rinsed, drained kidney beans over a mixed green salad
- Add your favorite rinsed canned beans to canned condensed soup; heat and serve
- Puree rinsed, drained Cannelini (white) beans and use to replace all or part of the oil in a quick bread recipe, such as muffins or banana bread
- Mash or puree any type of canned rinsed beans, and add to ground beef or ground turkey for spaghetti sauce or for making meatballs or meatloaf
- Spread fat-free refried beans on a corn tortilla, top with shredded reduced fat Mexican-blend cheese, and pop under the broiler until cheese melts; serve with salsa

Nutrition Facts (Black Beans)

Serving size 1/2 cup
Servings per container about 3 1/2

Amount/Serving
Calories 70 Calories from Fat 0

	% Daily Value*
Total Fat 0 g	**0%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	**0%**
Cholesterol 0 mg	**0%**
Sodium 480 mg	**20%**
Total Carbohydrate 17 g	**6%**
Dietary Fiber 6 g	**24%**
Sugars 1 g	
Protein 5 gm	

Vitamin A 0% Vitamin C 4%
Calcium 6% Iron 10%
Folic Acid 32%

*Percent Daily Values are based on a 2,000 calorie diet.

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