

Recipes

Lean Black Bean Enchiladas Supreme

Ingredients

Serves 4

12 large cabbage leaves
1 large onion, chopped
3 garlic cloves, chopped
1 tbsp chili powder
1 tsp cumin
2 cups black beans, rinsed and drained
1 cup cooked quinoa
1/3 cup 1% cottage cheese
1 cup fire-roasted diced tomatoes
3/4 cup enchilada sauce
3/4 cup shredded 2% cheese, monterey jack or Mexican blend

Directions

Preheat oven to 350°F. Spray 2 13 x 9-inch baking pans with nonstick spray.

In a large saucepan, add 4 cups of water and bring to boil. Remove core from cabbage and carefully peel off 12 leaves. Remove from heat. Place cabbage leaves into water for 5-10 minutes or until soft. Remove cabbage leaves using tongs and place leaves on paper towels.

Spray a large skillet with nonstick spray. Sauté onions for about 5-6 minutes over medium heat. Add garlic, chili powder, cumin, black beans, and quinoa. Cook for another 2-3 minutes, stirring often. Remove from heat. Add cottage cheese and diced tomatoes and mix until well combined.

Add 1/4 cup of enchilada sauce to bottom of pan and spread evenly. Fill each cabbage leaf with an equal amount of filling, about 1/3 cup each. Fold enchilada and place seam-side down into baking pan. Repeat with all cabbage leaves. Pour remaining enchilada sauce evenly over enchiladas.

Top with shredded cheese. Cover with aluminum foil and bake for 15-20 minutes or until bubbly on top. Serve hot.

Homemade Humus (A great source of omeg-3)

Ingredients

1 (14.5 oz) can Chickpeas
1 lemon
1/4 tsp sea salt
1 clove garlic
2 tbsp. tahini
2 tbsp. olive oil
Optional: Red peppers, olives

Directions for processor

Drain liquid from chickpeas

Add chickpeas, squeezed lemon juice, sea salt, garlic, tahini and olive oil - blend

Fry red pepper in pan until edges get a little crispy and add optional(s) if desire.
Add a little olive oil if you want thinner Humus

Cauliflower Breadsticks!

1 large head of cauliflower
2 cloves garlic, grated or minced
2 large eggs, lightly beaten
4 oz low fat mozzarella cheese
1/2 teaspoon onion powder
salt
pepper

Directions

Preheat oven to 450 degrees.

Chop the cauliflower into chunks and place into microwave for about 5 minutes or until soft

Place the cauliflower into a food processor and blend until it's a mashed potato texture

In a medium bowl, stir together cauliflower, eggs, cheese, and seasonings

Lightly spray a baking pan with spray oil and coat with the mixture (about 1/2 inch thick)

Bake at 450 degrees for 20-25 minutes or until the top starts to brown.

Sauerkraut Salad (A great way to get probiotics)

Ingredients

1 (14.5 oz) can sauerkraut
2 medium tomatoes
1 tsp dry oregano
Salt and pepper to taste

Directions

Drain liquid from homemade sauerkraut, add organic chopped tomatoes and oregano. Season with sea salt and pepper to taste.

Beet Kvass (drink)

How to make a natural Probiotic for digestion and liver
<http://www.youtube.com/watch?v=Cp1eBaFIRFw>