

## Beans, Veggies, Pumpkin Seeds and Rice

-By Tricia Silverman, RD, MBA

### Ingredients

- 1 T Organic or expeller pressed canola oil or extra virgin olive oil
  - 1 Red onion, chopped
  - 4 cups Cherry tomatoes chopped in half, can chop them while cooking if short on time
  - 2 T Raw pumpkin seeds
  - Batch Brown rice cooked using 2 additional tsp of oil for total batch
  - Batch Beans cooked or from the can, rinsed
- Any bean can do such as kidney beans, cannellini beans, black-eyed peas

### Directions:

1. Sauté onion in the oil for 4-5 minutes in a frying pan
2. Add the tomatoes, and stir-fry until tender
3. Add the spinach until it cooks down and is still a bright green
4. Remove mixture from heat and put mixture in bowl
5. Put pumpkin seeds in pan and stir for 2-3 minutes to lightly toast and then mix with the rest of the ingredients
6. Serve mixture with cooked brown rice and beans

Makes 8 servings

Nutritional analysis is for ½ cup rice and ½ cup beans for each serving.

### Spice mixture variations to choose from:

- Garam masala and optional pinch of salt
- Italian seasoning and optional pinch of salt
- Ginger, garlic powder, splash of reduced sodium soy sauce or Tamari

### Optional Sprinkles:

Pecorino Romano cheese or Greek feta cheese



<b>Nutrition Facts</b>	
Serving Size (294g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 300	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 51g	<b>17%</b>
Dietary Fiber 11g	44%
Sugars 2g	
<b>Protein</b> 13g	
Vitamin A 35%	Vitamin C 35%
Calcium 4%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# NO COOK NO FAIL MEXICAN BEAN SALAD

*Melissa Layne's*

*simple kitchen*

## **INGREDIENTS:**

3 cans of any beans (or you can soak and dry)

(I like black, kidney and Great Northern)

A jar of salsa (mild, medium, tomatillo or hot depending on taste) or cut cherry tomatoes

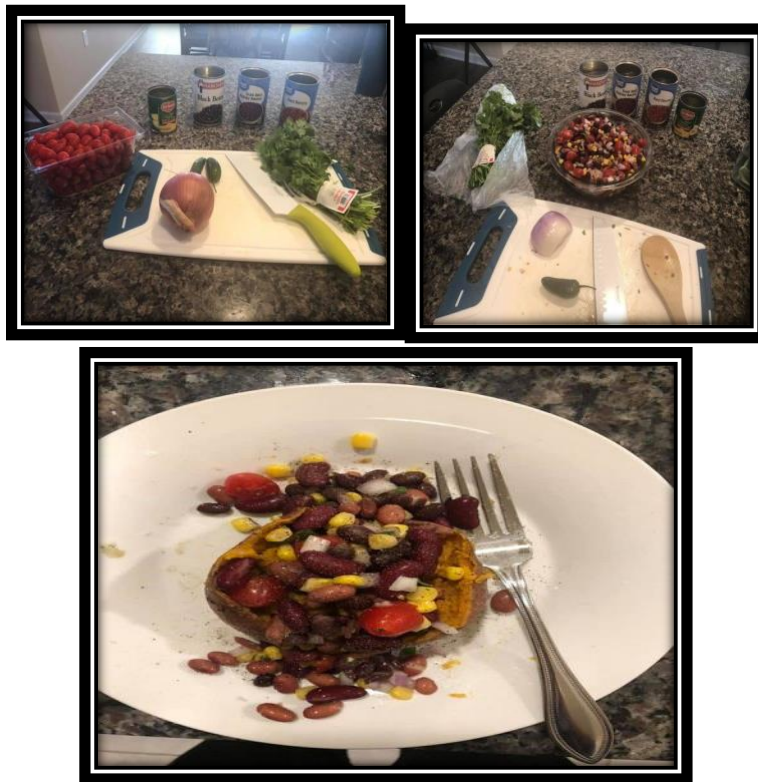
A bunch of cilantro

A whole lime (I like 2 limes)

Optional – roasted corn salad or a can of corn and a chopped onion and jalapeno.

## **DIRECTIONS:**

Chop cilantro, onion, jalapeno. Rinse and drain beans. Drain corn. Mix everything except lime in a large bowl. Cut lime in half and squeeze over mixture. Refrigerate and serve over baked sweet potato, eggs, chopped chicken, avocado, toast, or top with grilled shrimp. The longer it sits in the refrigerator the more the ingredients marry.



Photos courtesy of Maddie Martaus.



## refreshing rainbow salad

Total time: 15 minutes



Lunch Leftovers

The sweet, tart flavor combined with the crunchy texture of this simple slaw appeals to those who may not enjoy a typical leafy green salad.

½ 12-ounce bag of rainbow slaw (also called California slaw or broccoli slaw)

1 Granny Smith apple, washed, cored and cut in quarters (do not remove peel)

3–4 teaspoons lemon juice

½ cup slivered almonds, toasted\* (toasting is optional, but optimal)

½ cup golden raisins

### GROCERY LIST:

12-ounce bag of rainbow slaw (also called California Slaw or broccoli slaw)

Granny smith apple (1)

Lemon or lemon juice

Slivered almonds (½ cup)

Golden raisins (½ cup)

1. Briefly pulse the apple (6 pulses) in a food processor or blender. Add the slaw and briefly pulse (2 pulses, just enough to make sure the big pieces are bite-sized). Note: The other half of the bag of slaw will be used on Day 51 in the Easy Asian Stir-Fry.
2. Transfer slaw mix to a large bowl. Add the lemon juice, almonds, and raisins.
3. Toss and serve promptly.

### Yield: 6 servings

(serving size: generous ½ cup)

### Nutrient Breakdown:

Calories 127

Fat 5g

Carbohydrate 19g

Fiber 7g

Sodium 12mg

Protein 3g

(This recipe has 4g of sugar, all from fruit, so none of it is considered added sugar.)

### Plate Plan choices:

1 fruit, 1 vegetable, 1 fat