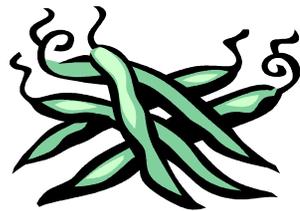




## Green Bean Salad

- 1½ pounds trimmed green beans, cut into 2-3 in. pieces
- ½ cup finely chopped red onion or shallots
- 2 Tbsp balsamic vinegar
- 1½ Tbsp olive or vegetable oil
- ¾ cup chopped fresh basil leaves
- ¾ cup grated fat free Parmesan cheese (about 1½ ounces)
- Salt and pepper to taste

1. Place the chopped onions in a small bowl of water, and let sit while you prepare the rest of the salad.
2. Bring a large pot of water to a boil. Add the green beans and blanch for 2 minutes, until the beans are just barely cooked through but still crisp.
3. While the beans are cooking, prepare a large bowl of ice water. When the beans are ready, use a slotted spoon to remove them from the boiling water and into the ice water to stop the cooking.
4. Drain the beans and the red onions, and place the beans, red onions, and chopped basil in a large bowl.
5. Sprinkle with olive oil, balsamic, Parmesan cheese, and salt and pepper.
6. Toss to combine.
7. Chill until ready to serve.



Makes: 6 servings

### Nutrition Information:

CALORIES 130 (30% from fat); FAT 4.5g (sat 1g); CHOLESTEROL 5mg; SODIUM 230mg; CARBOHYDRATE 16g; FIBER 3g; PROTEIN 8g; CALCIUM 20%; IRON 10%



## Roasted Pumpkin and Wild Rice Pilaf

- 1 sugar or pie pumpkin (about 2-2½ lbs.), peeled, seeded, and cut into ¾- 1 in. pieces (yields about 4-5 cups)
- 1 medium onion, cut into ½-¾ in. cubes
- 2 Tbsp olive or vegetable oil
- ½ cup water
- 3 to 4 Tbsp maple syrup
- 2 cups cooked wild rice
- Salt and pepper to taste



1. Preheat the oven to 400 degrees. Prepare the wild rice according to package directions to yield 2 cups of cooked rice. Set aside.
2. In a roasting pan, combine the pumpkin, onion, oil, and salt and pepper. Toss to coat.
3. Pour the water and 2 Tbsp of the maple syrup over the pumpkin pieces.
4. Cover the pan tightly with aluminum foil and bake for 30 minutes. After 30 minutes, remove the foil and roast for an additional 30 minutes.
5. When the mixture is tender and starting to brown, remove from the oven. Add wild rice and remaining maple syrup. Stir and enjoy.

Makes: 6 servings

### Nutrition Information:

CALORIES 160 (28% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 55mg; CARBOHYDRATE 27g; FIBER 2g; PROTEIN 3g; CALCIUM 4%; IRON 8%