



Hoppin' John with Mustard Greens

- 2 cups water
- 2 Tbsp whole grain Dijon mustard
- 1 Tbsp olive or vegetable oil
- 3½ cups chopped onion
- 1/3 tsp dried or 1 tsp fresh chopped thyme
- 1 cup uncooked brown rice
- 4 garlic cloves, minced
- 4 cups cooked black-eyed peas
- 4 cups mustard greens, chopped and trimmed

1. Combine water, mustard, and thyme in a small bowl. Stir and set aside.
2. Heat a large pot over medium-high heat. Sauté onion the oil for 6 minutes. Add rice and garlic, cook, stirring, for 2 minutes.
3. Stir in water mixture, bring to a boil. Cover reduce heat, and simmer for 15 minutes.
4. Add black-eyed peas and mustard greens. Cover and cook for 5 minutes.
5. Stir the mixture well, cover and cook for an additional 5 minutes, or until greens and rice are tender.



Makes: 6 servings

Nutrition Information:

CALORIES 310 (13% from fat); FAT 4.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 90mg; CARBOHYDRATE 57g; FIBER 9g; PROTEIN 13g; CALCIUM 10%; IRON 20%



Strawberry-Rhubarb Fruit Bars

Crust:

- 1 cup old-fashioned rolled oats
- 1½ cups all-purpose flour
- ½ cup sugar
- ½ tsp salt
- 4 Tbsp cold unsalted butter, cut into small pieces
- 1 large egg
- 2 Tbsp canola or vegetable oil
- 1 tsp vanilla extract
- Cooking spray

Fruit Filling:

- 3 cups fresh strawberries, diced and divided
- 3 cups fresh rhubarb, diced and divided
- ¼ cup orange juice
- ¼ cup sugar
- ¼ cup cornstarch
- 1 tsp vanilla extract



1. Combine flour, sugar, salt, and ¾ cups oats in a large bowl and stir. Add butter and stir until well incorporated.
2. Whisk egg, oil, and 1 tsp vanilla extract in a small bowl. Add this mixture to the oat and flour mixture. Stir very well until mixture begins to look crumbly. Measure out ½ cup of this mixture and combine it with the remaining ¼ cup oats. Set aside to use as topping.
3. Preheat oven to 350°F. Generously coat a 9-by-13 inch baking dish with cooking spray.
4. Combine 2 cups strawberries, 2 cups rhubarb, orange juice, and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly until mixture is thick, 4-5 minutes. Stir in remaining strawberries, rhubarb and vanilla.
5. Spread the dough evenly into the baking dish, pressing firmly to form a crust. Spread fruit filling over crust.
6. Sprinkle with reserved topping. Bake for 15 minutes. Reduce oven temp to 300°F and bake 25-30 minutes more, until crust is light brown. Let cool completely before cutting into bars.

Makes: 18 servings

Nutrition Information:

CALORIES 150 (30% from fat); FAT 5g (sat 2g); CHOLESTEROL 15mg; SODIUM 200mg; CARBOHYDRATE 24g; FIBER 2g; PROTEIN 3g; CALCIUM 6%; IRON 6%