



Indian Kidney Beans

- 4 cups red kidney beans
- 1 cup raw onions, chopped
- 2 garlic cloves, minced
- 1 16-ounce can crushed tomatoes
- 1 tsp salt
- 1 Tbsp pepper, red or cayenne
- 2 cups water
- 1 Tbsp canola oil



1. In a large pot or Dutch oven, sauté onions in oil until softened. Add garlic and sauté until fragrant, about one minute.
2. Add crushed tomatoes, cook for 3-4 minutes.
3. Add kidney beans, water, salt, and pepper. Cook until heated through, about 5 minutes.

Note: You can use canned kidney beans for faster preparation, but be sure to rinse beans before adding them to the pot.

Makes: 8 servings

Nutrition Information:

CALORIES 350 (7% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 380mg; CARBOHYDRATE 63g; FIBER 15g; PROTEIN 22g; CALCIUM 10%; IRON 40%



Baked Apple Chips

- 4 apples (preferably a crisp, flavorful variety like Gala or Honeycrisp)
- 3 Tbsp sugar
- 2 Tbsp cinnamon

1. Preheat the oven to 200°F.
2. Slice apples thinly crosswise, about 1/8-inch thick, with a mandolin or sharp knife.
3. Arrange apple slices in a single layer on parchment-lined baking sheets. In a small bowl, combine sugar and cinnamon. Sprinkle the mixture evenly over apple slices.
4. Bake in the top third of the oven until apples are dry and crisp, about 2 hours.
5. Remove from oven and let chips cool completely before removing from baking sheet. Will keep in a sealed container for up to 3 days



Makes: 8 servings

Nutrition Information:

CALORIES 70 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 19g; FIBER 3g; PROTEIN 0g; CALCIUM 2%; IRON 2%