



Baked Stuffed Onions

4 garlic cloves, minced
8 medium yellow onions, unpeeled
1 cup loosely packed fresh basil
½ cup loosely packed fresh flat-leaf parsley
½ tsp salt
Black pepper, to taste
3 Yukon gold potatoes, peeled and cut into 2-inch cubes

1. Preheat the oven to 450°F. Cut off the top quarter of each onion, and wrap each onion in aluminum foil. Cook onions until soft, about an hour and a half.
2. Remove onions from oven, unwrap, and let cool for 15 minutes. Peel and discard skins. Working from the center of each onion, pull out all but two layers, leaving a shell. Place shells in a small baking dish. Measure 2 cups of onion flesh.
3. Chop the onion flesh finely. Add basil, parsley, garlic, salt, and pepper. Mix well.
4. Bring a large saucepan of water to a boil. Add potatoes and cook until fork tender, about 20 minutes. Drain.
5. Mash potatoes with a fork and add onion mixture. Stuff onion shells with this filling. Bake stuffed onions until soft and golden, about 30 minutes.

Makes: 4 servings

Nutrition Information:

CALORIES 210 (2% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 330mg; CARBOHYDRATE 47g; FIBER 8g; PROTEIN 6g; CALCIUM 10%; IRON 10%



Spring Four-Bean Salad

½ cup dried lentils, rinsed
1½ cup frozen shelled edamame
15 ounces canned kidney beans, low sodium
15 ounces canned cannellini beans, low sodium
3½ Tbsp red wine vinegar
1 large garlic clove, minced
1 tsp finely chopped fresh thyme leaves
2 tsp honey
¼ tsp salt
Black pepper, to taste
¼ cup chopped fresh parsley

1. Combine lentils and 2½ cups water in a small saucepan. Bring to a boil, lower heat and simmer until tender but not mushy, about 20 minutes. Drain well and transfer to a large bowl.
2. In the same saucepan, add another 2½ cups water and bring to a boil. Add edamame and simmer 5 minutes. Drain, rinse under cold water and add to bowl with lentils. Add kidney beans and cannellini beans.
3. In a small bowl, whisk together vinegar, garlic, thyme, honey, salt and pepper. Pour over salad and toss to coat. Stir in parsley. Let sit for at least 10 minutes before serving.

Makes: 6 servings

Nutrition Information:

CALORIES 200 (10% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 33g; FIBER 9g; PROTEIN 14g; CALCIUM 6%; IRON 20%