



Bean & Barley Chili

2 cups dried pinto beans
2 large onions, finely chopped
2 carrots, finely chopped
2 celery stalks, finely chopped
2 cloves of garlic, minced
1 Tbsp canola or vegetable oil
6 cups water
1 cup vegetable or reduced-sodium chicken broth
½ cup pearl barley
1 28-ounce can plum tomatoes, drained and chopped
2 tsp ground cumin
1 tsp dried oregano
2 tsp crushed red pepper
1 bay leaf
½ tsp salt
4 tsp cider vinegar
½ tsp sugar
Ground pepper, to taste

1. Soak beans in cold water in a large pot overnight, or for at least 8 hrs. (Or cook beans in boiling water for 2 minutes, cover and let sit for 1 hr). Drain and rinse.
2. Heat oil in a large pot over medium heat. Add onions, carrots and celery. Cook for 5-10 min. Add garlic, cumin and oregano, cook and stir for 1 minute.
3. Add water, bay leaf and beans. Bring to a simmer and skim foam from surface. Cover and simmer over low heat for 1¼ hrs, stirring occasionally.
4. Add broth, crushed red pepper, tomatoes, barley, and salt. Simmer, partially covered, until beans and barley are tender, about 45 min. Remove bay leaf.
5. Season with vinegar, sugar and pepper.



Makes: 8 servings

Nutrition Information:

CALORIES 280 (9% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 52g; FIBER 13g; PROTEIN 13g; CALCIUM 10%; IRON 20%



Warm Red Cabbage Salad

4 cups red cabbage, thinly sliced (about ¼ of a large head)
1 crisp, sweet apple, such as Braeburn or Gala, cut into matchsticks
2 large carrots, grated
1 shallot, minced
1 Tbsp olive or vegetable oil
¾ tsp caraway seeds
¼ tsp salt
1 Tbsp red-wine vinegar
½ tsp Dijon mustard
½ tsp ground pepper
2 Tbsp chopped walnuts, toasted (optional)



1. Heat oil in a large saucepan over medium heat. Add cabbage, caraway seeds and salt. Cook, covered, stirring occasionally, for 8-10 minutes.
2. Remove from heat. Add apple, carrots, shallot, vinegar, mustard, and pepper. Stir until combined.
3. If using walnuts, heat a small dry skillet over medium-low heat. Chop walnuts and cook, stirring, until lightly browned and fragrant, about 2-3 minutes. Sprinkle over salad.
4. Serve and enjoy!

Makes: 6 servings

Nutrition Information:

CALORIES 80 (44% from fat); FAT 4g (sat 1g); CHOLESTEROL 0mg; SODIUM 135mg; CARBOHYDRATE 11g; FIBER 3g; PROTEIN 1g; CALCIUM 4%; IRON 4%