



RECIPE

Sweet Potato Nachos

QUICK TIPS

Tip: For easy clean-up, line your baking pan with foil before spraying with nonstick cooking spray, allowing you to toss the foil after use.

Tip: A well-stocked spice cabinet is an easy way to add flavor without added sodium—however, be sure to look for spices and seasoning mixes without added salt.

INGREDIENTS

3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds

1 Tbsp. olive oil

1 tsp. chili powder

1 tsp. garlic powder

1 1/2 tsp. paprika

1/3 cup black beans (drained, rinsed)

1/3 cup reduced-fat, shredded cheddar cheese

1/3 cup chopped tomato (1 plum tomato)

OR

1/3 cup no-salt-added, canned, diced tomatoes (drained, rinsed)

1/3 cup chopped avocado

DIRECTIONS

1. Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5–10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.



RECIPES GUIDE

RECIPE

Sliced Fruit with Honey-Vanilla Yogurt Dip

QUICK TIPS

Cooking Tip: While the Greek yogurt has a thicker consistency that is perfect for a dip, any plain yogurt can be substituted—just expect a slightly thinner dip.

Keep it Healthy: Flavored yogurts are packed with extra sugar and preservatives. Skip those and make your own at home. Just stir in any natural sweetener like honey or maple syrup along with a handful of chopped fruit.

Tip: Taste-tests have shown no taste difference between pure vanilla extract and imitation vanilla. Imitation vanilla is a lot cheaper too, so it's an excellent option.

INGREDIENTS

- 2 cups green or red grapes (halved, if desired)
- 2 medium bananas, peeled and sliced (about 2 cups banana slices)
- 1 red or green apple, cored, thinly sliced
- 1 1/2 cups plain, fat-free Greek yogurt
- 1 Tbsp. honey
- 1 tsp. vanilla extract

DIRECTIONS

1. Chop and prepare each fruit: halve the grapes (if desired); peel and slice the bananas; and slice the apple. Arrange on a large plate or platter.
2. In a small bowl, add yogurt, honey, and vanilla extract. Stir together until combined. To serve, dip fruit into the yogurt.



RECIPE

Creamy Spinach Feta Dip

INGREDIENTS

10.5 oz frozen, chopped, packaged spinach

1/2 cup fat-free yogurt

1/2 cup reduced-fat sour cream

1/2 cup fat-free feta cheese (crumbled)

1 tsp garlic (minced, from jar)

1/3 cup fresh, chopped parsley or dill

OR

2 tsp dried parsley or dill

1/2 tsp black pepper

6 whole-wheat pitas (quartered)

DIRECTIONS

1. Cook spinach according to package directions and drain in colander (press with fork to drain completely).
2. Combine all ingredients in a bowl and mix well. Refrigerate for 1 hour and serve with pita slices.



RECIPE

Red and Green Bell Pepper Bites

QUICK TIPS

Cooking Tip: Flavorful toasted almonds and zesty lemon-pepper contrast nicely with crisp bell pepper pieces in this festive appetizer.

INGREDIENTS

- 1 medium green bell pepper
- 1 medium red bell pepper
- 1/4 cup unsalted, unroasted, sliced almonds
- 4 oz. fat-free, or, reduced-fat cream cheese (softened)
- 1 tsp. no-salt-added lemon pepper seasoning blend
- 1 tsp. fresh lemon juice

DIRECTIONS

1. Cut each bell pepper in half lengthwise; discard the stems, ribs and seeds. Cut each half into six pieces. Arrange the pieces with the skin side down on a decorative serving platter. Set aside.
2. In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer 1 tablespoon of the almonds to a small plate and reserve for garnishing. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.
3. In a medium mixing bowl, beat the cream cheese, lemon pepper seasoning blend, and lemon juice with an electric mixer for 1 to 2 minutes, or until creamy. Add the ground almonds and beat for 10 seconds, or until combined.
4. Spoon the mixture into a piping bag fitted with a wide star or round tip. Or snip the corner off a resealable plastic bag (a plastic freezer bag works well) and spoon in the mixture. Pipe about 1 teaspoon of the mixture onto each bell pepper piece. Garnish with the sliced almonds.