

weekly *recipes*



Refried Bean And Avocado Soft Tacos

- 2 cups shredded romaine lettuce
- 2 roma tomatoes
- 2 avocados
- 2 cloves garlic
- 1 medium white onion
- (8) 365 Everyday Value® corn tortillas
- 1 ½ cup 365 Everyday Value® low sodium vegetable broth
- 1 can (29 ounces) 365 Everyday Value® no salt added pinto beans (about 3 cups)
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 1 ½ teaspoons ground cumin

1. Heat a large skillet over medium heat until hot. Add onion and garlic and cook 3 to 4 minutes or until beginning to stick to skillet. Stir in 1/2 cup broth and continue to cook 6 to 8 minutes or until onion is translucent and very tender. Reduce heat to medium-low, add beans and cook 2 to 3 minutes to soften, stirring frequently.

2. Mash beans with a potato masher. Stir in remaining broth, cumin, pepper and salt. Cook 2 minutes longer or until warmed through, stirring occasionally and adding water or more broth as needed for desired consistency.

3. In a dry skillet, warm each tortilla to soften. Top with a generous scoop bean mixture. Add lettuce, tomato and avocado. Fold in half and serve with your favorite salsa.

Nutritional Info:

Per Serving: 420 calories (110 from fat), 13g total fat, 1.5g saturated fat, 0mg cholesterol, 340mg sodium, 64g carbohydrate (20g dietary fiber, 5g sugar), 14g protein

Healthy Turkey Meatloaf

- 4 cloves garlic
- 1 large carrot
- 1 stalk celery
- 2 ½ cups baby spinach
- 1 yellow onion
- 3 tablespoons low sodium soy sauce or tamari
- ¼ cup 365 Everyday Value® no sugar added ketchup or barbeque sauce
- 1 ¼ cup quinoa
- ½ teaspoon ground black pepper
- 1 tablespoon chia seeds
- 1 ½ pound ground lean turkey or chicken

1. Preheat the oven to 425°F. Line a small baking sheet with parchment paper.

2. Combine onion and garlic in a food processor and pulse until finely chopped. Transfer to a large skillet.

3. Combine carrot and celery in the processor and pulse until chopped. Add spinach and pulse a few times more. Add to the skillet. Set the skillet over medium heat and cook, stirring, until vegetables release their liquid.

4. Continue cooking, stirring frequently, until liquid evaporates and vegetables begin to brown, about 8 minutes; add water 1 tablespoon at a time if needed to prevent vegetables from sticking.

5. Transfer to a large bowl and let cool slightly. Add chia seeds, ground meat, quinoa, soy sauce and pepper to the bowl and mix gently with your hands.

6. Scrape mixture onto the prepared baking sheet and form into a loaf about 4 inches wide and 10 inches long; dampen your hands if the mixture is very sticky. Spread top of loaf with ketchup. Bake until cooked through and browned, about 40 minutes. Let cool for 5 minutes before slicing.

Nutritional Info:

Per Serving: 170 calories (30 from fat), 3.5g total fat, 0.5g saturated fat, 80mg cholesterol, 360mg sodium, 13g carbohydrate (2g dietary fiber, 3g sugar), 21g protein

Eggplant Bolognese

- 3 tablespoons chopped fresh basil
- 2 teaspoons chopped fresh rosemary
- 2 carrots
- 1 medium onion
- 1 stalk celery
- 3 cloves garlic
- 12 ounces button or cremini mushrooms
- 1 medium eggplant (about 1 pound)
- 1 ½ cups 365 Everyday Value® low-sodium vegetable broth
- 1 can (28 ounces) 365 Everyday Value® no salt added crushed or diced tomatoes
- 2/3 cup 365 Everyday Value® unsweetened almond milk
- 1 pound 365 Everyday Value® whole wheat or other whole grain pasta
- 3 tablespoons 365 Everyday Value® no salt added tomato paste
- ¼ teaspoon freshly ground black pepper
- 1 cup dry red wine

1. Bring red wine to a simmer in a large pot over medium heat. Add onion, carrots, celery and garlic and cook, stirring frequently, until onion is translucent and very tender and most of the wine has evaporated, about 10 minutes.

2. Add eggplant, mushrooms and rosemary and cook until vegetables are tender, about 5 to 10 minutes.

3. Stir in tomato paste and cook 1 minute, stirring constantly. Add tomatoes, broth and pepper and bring to a boil, stirring frequently. Reduce heat to medium low and simmer 20 minutes, stirring occasionally.

4. Remove from the heat and stir in almond milk and 2 tablespoons chopped basil. To serve, cook pasta in boiling water until al dente. Drain thoroughly. Serve sauce over pasta and garnish with remaining basil.

Nutritional Info:

Per Serving: 170 calories (5 from fat), 1g total fat, 0g saturated fat, 0mg cholesterol, 105mg sodium, 29g carbohydrate (7g dietary fiber, 8g sugar), 6g protein