

Vegetarian Chili

2 tbsp. olive or vegetable oil
1 medium yellow onion, chopped
1 large red pepper, seeded and chopped
1 green pepper, seeded and chopped
1 yellow pepper, seeded and chopped
1 large jalapeno pepper, seeded and chopped
4 cloves of garlic, crushed and chopped
3 cups reduced sodium vegetable stock
2 cups water (plus more if too thick)
1 (32oz) can crushed tomatoes
1 (14oz) can black beans
1 (14oz) can of garbanzo beans
1 (14oz) can of dark red kidney beans
1 (14oz) can of green lentils or uncooked and rinsed lentils
½ cup pearled barley
1 tbsp. ground cumin
2 tbsp. chili powder
1 tsp. cayenne hot pepper sauce
2 tbsp. unsweetened dark cocoa powder
Black pepper
Sea salt to taste

Over moderate heat, add oil to deep pot and combine onion, peppers, and garlic, sauté for 3-5 minutes to soften vegetables. Deglaze pan with broth and water, add tomatoes, beans, lentils, and barley, stirring to combine. Season chili with cumin, chili powder, hot pepper sauce and dark cocoa powder, heat to boiling and then turn down to simmer. Simmer away for 25 minutes or until grains are cooked thru.



Nutrition Facts

Serving Size 153 g

Amount Per Serving

Calories 281	Calories from Fat 27
	% Daily Value*
Total Fat 3.0g	5%
Cholesterol 0mg	0%
Sodium 101mg	4%
Total Carbohydrates 48.8g	16%
Dietary Fiber 15.4g	62%
Sugars 5.6g	
Protein 16.5g	

Vitamin A 16%	•	Vitamin C 51%
Calcium 9%	•	Iron 29

Nutrition Grade A

* Based on a 2000 calorie diet

Nutritional Analysis

Good points

- Very low in saturated fat
- No cholesterol
- Low in sodium
- Very High in dietary fiber
- High in iron
- High in manganese
- High in thiamin
- High in vitamin C

Corn Muffins

¾ cup flour
¾ cup whole wheat flour
1 cup cornmeal, fine ground
½ tsp. salt
1 tablespoon double acting baking powder
2 large eggs
½ cup canola oil
1 cup 2% milk
15 oz. creamed corn



Blend all of the dry ingredients together in the mixer bowl

Add eggs, 1/2 cup milk and oil.....mix together on med-high speed for 1 minute (scrape sides and bottom 1/2 way through) and at end.

Add remaining 1/2 cup milk, slowly, just until blended (low speed)

Add can creamed corn, and mix just until blended.

QUANTITY:

Makes 14-16 regular muffins, or 44 mini-muffins

Preheat oven to 350 degrees Fahrenheit

Spray pans or line with papers.

For regular muffins: Fill cups 2/3 full and bake in oven for 25-30 minutes - test with toothpick until it comes out clean and muffin edges are golden brown.

For mini-muffins: Fill to top of mini-cup (approximately 2 tablespoons of batter) and bake for 19-20 minutes.

Remove from pan and cool on wire rack.

Nutrition Facts

Serving Size 25 g

Amount Per Serving

Calories 55

Calories from Fat 25

% Daily Value*

Total Fat 2.8g **4%**

Trans Fat 0.0g

Cholesterol 9mg **3%**

Sodium 82mg **3%**

Total Carbohydrates 6.8g **2%**

Sugars 0.6g

Protein 1.2g

Vitamin A 1%

Vitamin C 1%

Calcium 1%

Iron 2%

Nutrition Grade B

* Based on a 2000 calorie diet

Sunshine Muffins

- 1 orange
- ½ cup orange juice
- 1 egg
- 1 ripe banana
- ¼ cup of oil
- ¾ cup of whole wheat flour
- ½ cup oatmeal
- ¼ cup ground chia
- ¼ cup dried unsweetened coconut
- ½ cup sugar (or ¼ cup sugar and 2 tsp. stevia)
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. fine sea salt
- ½ cup dried cranberries or raisins (optional)
- ½ cup chopped sunflower seeds or nuts (optional)
- ¼ cup shredded carrots



Cut oranges into 8 pieces. Put cut-up orange (that's right-the whole orange – I removed the stem attachment), orange juice, egg, banana and oil into the blender. Blend until smooth. In a large bowl add flour, oatmeal, chia, coconut, sugar, stevia, baking powder, baking soda, cranberries, sunflower seeds and carrots. Blend. Add blender mixture to bowl and fold just until mixed.

QUANTITY:

Makes 14-16 regular muffins, or 44 mini-muffins

Preheat oven to 375 degrees Fahrenheit
Spray pans or line with papers.

For regular muffins: Fill cups 2/3 full and bake in oven for 15-20 minutes - test with toothpick until it comes out clean and muffin edges are golden brown.

For mini-muffins: Fill to top of mini-cup (approximately 2 tablespoons of batter) and bake for 12-15 minutes.

Remove from pan and cool on wire rack.

Nutrition Facts

Serving Size 21 g

Amount Per Serving

Calories 52	Calories from Fat 25
	% Daily Value*
Total Fat 2.8g	4%
Trans Fat 0.0g	
Cholesterol 4mg	1%
Sodium 60mg	2%
Total Carbohydrates 6.1g	2%
Dietary Fiber 1.1g	4%
Sugars 2.3g	
Protein 1.1g	
Vitamin A 3%	Vitamin C 7%
Calcium 2%	Iron 2%

Nutrition Grade B

* Based on a 2000 calorie diet