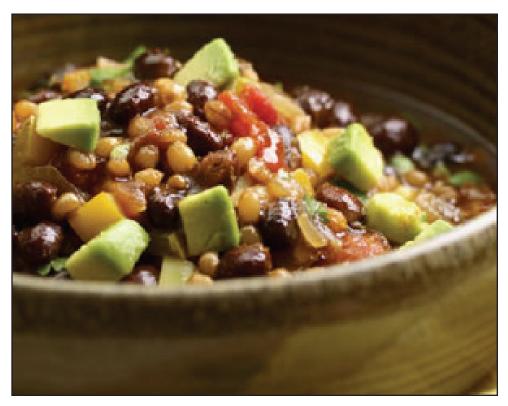
# FOOD & DINING



### **ZESTY WHEAT BERRY-BLACK BEAN CHILI**

This rib-sticking chili offers a hearty mix of wheat berries, beans, peppers and onion. Feel free to add an additional chipotle pepper to crank up the heat in this one-pot meal. Cooked wheat berries will keep for up to 1 month in your freezer and there's no need to thaw them; just stir them directly into the chili.

Servings: 6 servings, about 1 1/2 cups each

Total Time: 1 hour

Ease of Preparation: Easy

Health: Heart Healthy, Low Sat Fat, Low Cholesterol, High Fiber

# **Ingredients:**

Zesty Wheat Berry-Black Bean Chili

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- 1 large yellow bell pepper, chopped
- 5 cloves garlic, minced 2 teaspoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2-teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 15-ounce cans black beans, rinsed
- 2 14-ounce cans no-salt-added diced tomatoes, undrained
- 1-2 canned chipotle peppers in adobo sauce, minced (see Tip)
- 2 cups vegetable broth
- 2 teaspoons light brown sugar
- 2 cups Cooked Wheat Berries (recipe follows)

Juice of 1 lime

1 avocado, diced

1/2 cup chopped fresh cilantro

1: Heat oil in a Dutch oven over mediumhigh heat. Add onion, bell pepper, garlic, chili powder, cumin, oregano, salt and pepper, and cook, stirring occasionally, until tender, about 5 minutes. Add beans, tomatoes, chipotle to taste, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.

2: Stir in cooked wheat berries and heat through, about 5 minutes more. (If using frozen wheat berries, cook until thoroughly heated.) Remove from the heat. Stir in limejuice. Garnish each bowl with avocado and cilantro.

# **Nutrition:** (Per serving)

Calories - 386

Carbohydrates - 61

Fat - 11

Saturated Fat - 1 Monounsaturated Fat - 7

Protein - 14

Cholesterol - 0

Dietary Fiber - 15

Potassium - 311

Sodium - 703

Nutrition Bonus - Vitamin C (130 daily value), Fiber (72 dv), Folate (48 dv), Iron & Vitamin A (25 dv).

Tip: Canned chipotle peppers (smoked jalapeños) in adobo sauce add heat and a smoky flavor. Look for the small cans with other Mexican foods in large supermarkets. Once opened, store in an airtight container for up to 2 weeks in the refrigerator or 6 months in the freezer.

By Cheryl Sternman Rule-EatinWell, Courtesy of Arcamax.com •



### **CRANBERRY-ORANGE-NUT COOKIES**

Crisp, moist and chewy, this cookie created by Georgene Egri of Walnut Creek, California, has the essential ingredients for the holidays: citrus, nuts and cranberries. These cookies travel well for gift giving and lunchboxes.

Servings: 2 1/2 dozen cookies

Total Time: 1 1/2 hours

Ease of Preparation: Easy

Health: Low Sodium, Low Calorie, Low Carb, Low Sat Fat, Low Cholesterol, Heart Healthy, Diabetes Appropriate, Healthy Weight

# **Ingredients:**

Cranberry-Orange-Nut Cookies

1 1/2 cups whole-wheat pastry flour

1-teaspoon baking powder

1-teaspoon baking soda

1/2-teaspoon salt 1 cup chopped walnuts

1/2 cup chopped dried cranberries

1 cup plus 3 tablespoons sugar, divided

1/2-cup smooth, unsweetened applesauce 1/4-cup canola oil

1 tablespoon freshly grated orange zest

3 tablespoons orange juice

# **Steps:**

1: Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries.

2: Whisk 1-cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients

and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes.

3: Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.

4: Put the remaining 3 tablespoons sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1 1/2-inch balls, and then roll in sugar to coat. Place 2 inches apart on the prepared baking sheet.

5: Bake the cookies until barely golden brown, 12 to 15 minutes. Cool on the pan for 1 minute; transfer to a wire rack to cool completely.

# **Nutrition:** (Per cookie)

Calories - 102

Carbohydrates - 15

Fat - 5 Saturated Fat - 0

Monounsaturated Fat - 1

Protein - 1

Cholesterol - 0 Dietary Fiber - 1

Potassium - 24

Sodium - 94

Prepare the dough through Step 2, cover and refrigerate for up to 3 days. Store the cookies in an airtight container at room temperature for up to 5 days.

By EatinWell, Courtesy of Arcamax.com •

