

FOOD & DINING



SHREDDED TURKEY & PINTO BEAN BURRITOS

We created this with leftover turkey in mind. Leftover or rotisserie chicken can also be used. Make it a Meal: Serve with guacamole and chopped jalapeno peppers and/or hot sauce - and a cold cerveza.

Servings: 6 servings

Total Time: 40 minutes

Ease of Preparation: Easy

Health: Heart Healthy, Low Sat Fat, High Fiber, High Potassium, High Calcium

Ingredients:

- Shredded Turkey & Pinto Bean Burritos
- 1-tablespoon canola oil
- 1 medium onion, halved and sliced
- 2 cloves garlic, minced
- 1-tablespoon ground cumin
- 1-teaspoon chile powder
- 1 15-ounce can diced tomatoes with green chiles
- 2 tablespoons lime juice
- 4 cups shredded cooked turkey or chicken
- 1 15-ounce can pinto beans, rinsed
- 6 10-inch whole-wheat flour tortillas or

wraps, warmed (see Tip)

3/4 cup grated Monterey or pepper Jack cheese

2 cups shredded green cabbage

Steps:

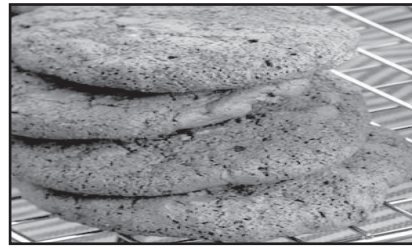
1: Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until softened, about 2 minutes. Stir in garlic, cumin and chile powder and cook for 30 seconds. Add tomatoes and lime juice; bring to a boil. Reduce heat to a simmer and cook until the onions are very soft, 16 to 20 minutes. Stir in turkey (or chicken) and beans and continue cooking until the mixture is heated through, 3 to 5 minutes more. Divide the turkey-bean mixture among tortillas (or wraps). Top each with cheese and cabbage, roll into burritos and serve.

Nutrition: (Per serving)

- Calories - 392
- Carbohydrates - 37
- Fat - 12
- Saturated Fat - 5
- Monounsaturated Fat - 4
- Protein - 38
- Cholesterol - 84
- Dietary Fiber - 6
- Potassium - 616
- Sodium - 652
- Nutrition Bonus - Calcium, Iron & Vitamin C (20 daily value), Potassium (18 dv).

Prepare the filling (Step 1), cover and refrigerate for up to 2 days.
Tip: To warm tortillas: Wrap in foil and bake at 300°F until steaming, or wrap in barely damp paper towels and microwave on High for 30 to 45 seconds.

By EatinWell, Courtesy of Arcamax.com •



CHEWY CHOCOLATE COOKIES

We can't resist big, soft, fudgy cookies, like those found in glass jars on bakeshop counters. These freeze exceptionally well layer them in a freezer-safe container between sheets of wax paper; thaw 15 minutes at room temperature before serving.

Servings: about 45 cookies

Total Time: 1 1/2 hours

Ease of Preparation: Easy

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

Ingredients:

- Chewy Chocolate Cookies
- 3/4 cup all-purpose flour
- 3/4-cup whole-wheat pastry flour
- 3 tablespoons unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1/2-teaspoon salt
- 6 large egg whites
- 3/4 cup granulated sugar
- 1 1/2 cups packed dark brown sugar
- 1-tablespoon vanilla extract
- 3 ounces unsweetened chocolate, chopped and melted (see Tip)

Steps:

1: Position rack in the center of the oven; preheat to 350° F. Line a large baking sheet with parchment paper or a silicone baking mat.

2: Whisk all-purpose flour, whole-wheat flour, cocoa powder, baking soda and salt in a medium bowl. Beat egg whites in a large bowl with an electric mixer until foamy, about 1 minute. Beat in granulated sugar in a slow, steady stream. Scrape down the sides, then beat in brown sugar 1 tablespoon at a time. Beat until smooth, about 3 minutes. Beat in vanilla and melted chocolate. Stir in the dry ingredients with a wooden spoon until just incorporated.

3: Drop the batter by tablespoonfuls onto the prepared baking sheet, 1 1/2 inches apart.

4: Bake the cookies until flat yet springy, with slightly cracked tops, 10 to 12 minutes. Cool on the pan for 5 minutes, then transfer to a wire rack to cool completely. Let the pan cool for a few minutes before baking another batch; replace parchment paper if torn or scorched.

Tip: Two foolproof ways to melt chocolate:

1. Bring 1 inch of water to a simmer in a double boiler set over medium-high heat, then place chocolate in the top pan. Stir until half the chocolate has melted. Remove the bowl and continue stirring until the chocolate has fully melted. Cool for 5 minutes at room temperature. 2. Place the chocolate in a microwave-safe bowl and microwave on High for 1 minute. Stir well, then continue microwaving in 30-second increments on High until two-thirds of the chocolate has melted, stirring well after each heating. Remove the bowl and continue stirring until all the chocolate has melted. Cool for 5 minutes at room temperature.

By Bruce Weinstein & Mark Scarbrough, EatinWell, Courtesy of Arcamax.com •



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