

Three Bean Salad (Michigan Bean Commission)

Ingredients:

- 15 ounce can cranberry beans (drained and rinsed well)
- 15 ounce can pinto beans (drained and rinsed well)
- 15 ounce can dark red kidney beans (drained and rinsed well)
- 1 large sweet red onion, peeled and finely chopped
- 2 Tablespoons chopped parsley
- 3/4 cup vinaigrette (recipe below)
- Vinaigrette
 - » 1 teaspoon Dijon mustard
 - » 2 teaspoons sugar
 - » 6 Tablespoons red wine vinegar
 - » Salt and pepper to taste
 - » 1/2 cup extra virgin olive oil

Directions:

1. In a small bowl, whisk the mustard, sugar, vinegar, salt and pepper. Gradually whisk in olive oil. Set aside.
2. For salad: Place the rinsed and drained beans in a large bowl. Add the onion and parsley and mix to combine. Add 1/2 of the vinaigrette, blending well. Add additional vinaigrette to taste.



Asian Coleslaw (United Soybean Board)

Crunchy Topping

- 1 package Ramen Noodles (do not use seasoning packet)
- 3 ounces slivered almonds
- 1/2 cup sunflower seeds
- 1/4 cup trans-fat free margarine

Break up the noodle block and mix with the remaining ingredients. Place on a cookie sheet and bake for 12 to 15 minutes at 350 degrees until golden brown. Cool and set aside.

Salad

In a large mixing bowl add:

- 1 bag shredded cabbage
- 2 cups shredded broccoli
- 1 cup fresh or frozen edamame
- 4 green onions, chopped

Dressing

- 1/2 cup rice wine vinegar
- 2 Tablespoons low sodium soy sauce
- 1/2 cup sugar
- 3/4 cup of soybean oil

Mix sugar and vinegar together. Combine the soy sauce with the oil. Slowly add to the sugar mixture to emulsify. Add to the cabbage mixture right before serving and garnish with crunchy topping. Serving size: 1/2 cup

Nutrition Information (per serving):

Calories: 240
Fat: 14 grams

Carbohydrate: 22 grams
Fiber: 4 grams

Protein: 6 grams
Sodium: 120 mg



Don's Mock Sausage (Adapted from "The No-Salt, Lowest-sodium International Cookbook" by Don Gazzaniga)

Ingredients:

- 6 ounces lean ground turkey
- 2 ounces lean ground pork
- 1/4 teaspoon ground pepper
- 1 pinch ground cloves
- 1/2 teaspoon ground sage
- 1/2 teaspoon minced fresh garlic or garlic powder
- 1/2 teaspoon salt
- 1/8 teaspoon onion powder
- 1/8 teaspoon allspice
- 1 teaspoon extra virgin olive oil

Directions:

1. In a medium size bowl, mix together ingredients except for the oil.
2. Shape into 6 evenly sized patties and cook in a nonstick pan with the olive oil over medium heat. Cook each side for 5 to 8 minutes or until browned.
3. Serve hot with eggs, egg substitute, as a breakfast sandwich on a whole wheat English muffin, in a whole wheat tortilla with vegetables, salsa and low-fat cheese, or at dinner with freshly steamed broccoli, asparagus or squash and sliced tomatoes.

Nutrition Information (per serving):

Calories: 79

Protein: 7 grams

Fat: 5 grams

Sodium: 45 mg



Mary's Quick Fish Recipe

Ingredients:

- 2 lbs. of whitefish, washed and rinsed
- 1/4 cup white wine
- 4 cups of vegetables - broccoli, carrots, onions, pea pods, red peppers
- Salt, pepper and dill to taste (Mrs. Dash is also a good seasoning to use)
- Aluminum foil

Directions:

1. Place above ingredients on a piece of aluminum foil and on a cooking tray or plate
2. Place vegetables on the bottom, then fish, then sprinkle wine on the top with seasonings
3. Fold aluminum foil over fish packet and bake at 350 degrees for 15 to 20 minutes, fish is done when it flakes
4. Serves 4



Overnight Cherry Almond Oatmeal

(Today's Diet and Nutrition Magazine)

Ingredients:

- 1 ¹/₂ cups steel-cut oats
- 6 cups water
- 2 to 3 tablespoons sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1/4 teaspoon kosher salt
- 2/3 cup dried cherries
- 1/3 cup wheat germ
- 1/2 cup sliced almonds

Directions:

1. Add the first six ingredients (oats through salt) to the crock of a 5 to 6 quart slow cooker. Mix well, cover, and cook on low for 8 hours (overnight)
2. When you're ready to eat, add the cherries, wheat germ and almonds and stir to mix. If desired, serve each portion topped with a little milk. (Leftover oatmeal can be refrigerated for up to five days)
3. Makes 6 servings

Nutrition Information (per serving):

Fat: 6 grams (1 gram saturated, 1 gram polyunsaturated, 3 grams monounsaturated)
Calories: 212 Carbohydrate: 34 grams Sodium: 81 mg
Protein: 6 grams Fiber: 8 grams

