



Filling up on Fiber

January 2015

Black Bean Wrap

Mayoclinic.com

Makes: 6 servings | Prep Time: 15 minutes | Cook Time: 5 minutes

Ingredients

- 1 1/2 cups canned black beans, rinsed and drained
- 1 1/2 cups frozen corn kernels, thawed to room temperature
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons chopped green chili peppers
- 4 green onions, diced
- 1 tomato, diced
- 1 tablespoon chopped garlic
- 6 fat-free whole grain tortillas, 10 inches in diameter
- 3/4 cup shredded cheddar cheese
- 3/4 cup salsa

Directions

1. In a microwave safe bowl, add the black beans, corn, cilantro, chili peppers, onions, tomato and garlic. Stir to mix evenly. Microwave on high power for 30 seconds to 1 minute. Stir and heat again for 30 seconds to 1 minute. Repeat until the mixture is hot.
2. Place 2 tortillas between paper napkins or paper towels and warm in the microwave for 20 seconds on high. Repeat with the remaining tortillas.
3. To serve, place about 1/2 cup bean mixture on 1 tortilla. Top with 2 tablespoons cheese and 2 tablespoons salsa. Fold in the sides and fold the bottom of the tortilla up over the filling, then roll to close. Repeat with remaining tortillas and serve immediately.

Nutritional Information (per serving): Calories 395, Total Fat 11g, Saturated Fat 6g, Trans Fat 0g, Cholesterol 15mg, Sodium 752mg, Total Carbohydrate 58g, Dietary Fiber 12g, Sugars 0g, Protein 16g

Tomato Basil Pizza

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Makes: 4 servings | Prep Time: 20 minutes | Cook Time: 10 to 20 minutes

Ingredients

1 cup whole wheat flour
1 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon sugar
1 teaspoon yeast
1 teaspoon olive oil
3/4 cup warm water
2 cups canned unsalted crushed tomatoes, drained
2/3 teaspoon dried basil
2/3 teaspoon ground black pepper
1/2 teaspoon garlic powder
1 cup reduced-fat mozzarella cheese

Directions

1. Preheat the oven to 375°F. Lightly coat a 10-inch round pizza pan with cooking spray.
2. In a large bowl, combine the flours, salt, sugar and yeast. Add the oil and warm water and mix well.
3. Turn the dough out onto a generously floured work surface. With floured hands, knead the dough for 1 minute. If dough is too sticky, add flour 1 teaspoon at a time. Gather into a loose ball. Cover dough with plastic wrap and let rest 10 minutes.
4. In a small bowl, stir together the tomatoes, basil, black pepper and garlic powder.
5. Roll out dough and press into the prepared baking pan. Spread the tomato mixture over the dough. Top with cheese. Bake until the dough is browned and the cheese is bubbly, about 10 to 20 minutes. Cut the pizza into 8 slices and serve immediately.

Nutritional Information (per serving, serving size 2 slices): Calories 337, Total Fat 6g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 18mg, Sodium 480mg, Total Carbohydrate 54g, Dietary Fiber 7g, Protein 15g

Tex-Mex Taco Salad

EatingWell

Makes: 2 servings | Cook Time: 10 minutes

Ingredients

1/2 cup prepared salsa
2 tablespoons nonfat plain Greek yogurt
1/2 teaspoon canola oil
1 small onion, chopped
2 cloves garlic, minced
8 ounces lean ground beef or turkey
1 large plum tomato, diced
1/2 cup canned kidney beans, rinsed
1 teaspoon ground cumin
1 teaspoon chili powder
1/8 teaspoon salt, or to taste
2 tablespoons fresh cilantro
4 cups shredded romaine lettuce
1/4 cup shredded sharp Cheddar cheese

Directions

1. Combine salsa and yogurt in a large bowl.
2. Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, 1 to 2 minutes. Add beef (or turkey) and cook, stirring often, until cooked through, 3 to 5 minutes. Add tomato, beans, cumin, chili powder and salt; cook, stirring, until the tomato begins to break down, about 2 minutes. Remove from the heat, stir in cilantro and 2 tablespoons of the salsa mixture.
3. Add lettuce to the remaining salsa mixture and toss to coat. Divide the lettuce between 2 plates, top with the cooked meat and sprinkle with cheese.

Nutritional Information (per serving): Calories 343, Total Fat 13g, Saturated Fat 5g, Cholesterol 81mg, Sodium 851mg, Total Carbohydrates 26g, Fiber 8g, Protein 32g