



CREOLE MUSTARD DIPPING SAUCE

15 Servings

INGREDIENTS:

½ Cup prepared Creole mustard
½ Cup spicy brown mustard
1 tsp lemon juice
1 tsp prepared horseradish

PREPARATION:

Stir all ingredients in a medium mixing bowl until thoroughly incorporated.

PESTO BRUSHCETTA FLATBREAD

4 Servings

INGREDIENTS

4-5 roma tomatoes cored, seeds taken out and med dice
½ red onion sm dice
¼ cup prepared pesto
¼ cup prepared balsamic vinaigrette
1 package of crumbled feta
salt and pepper to taste
4 flatbreads(multigrain)

PREPARATION:

Preheat oven to 400 degrees F. Combine all the ingredients but the feta and the bread into mixing bowl and mix thoroughly. Place foil on 2 large baking sheets and divide the flat bread evenly not overlapping each other. Spread the tomato mix evenly on the all the flat breads you're going to be baking. Sprinkle generously with feta cheese. Bake for 12-15 min until crispy. Let rest 5 min before cutting into each flatbread unto about 8 slices. Serve hot or room temp for up to 4 hours.

SPICY WHITE BEAN DIP

6-8 Servings

INGREDIENTS

- 1 14-ounce can cannellini beans, rinsed and drained
- 1 clove garlic (cracked from skin)
- 1 1/2 tablespoons extra-virgin olive oil (EVOO)
- 4 sprigs fresh mint leaves
- 6 sprigs fresh thyme leaves, stripped from stem (2 tablespoons)
- Coarse salt and black pepper
- 3 tablespoons chives, chopped
- 1/4 teaspoon cayenne pepper (can add more if you want a little extra kick)

PREPERATION:

Pulse all ingredients except chives in food processor until a smooth paste forms and transfer to a bowl. Garnish with chives sprinkled on top. Serve with Pita chips, carrots, or carrot chips.

VEGGIE CHILI

8 Servings

INGREDIENTS:

- 2 Tbsp olive oil
- 1 medium onion, chopped
- 1 medium bell pepper, seeded and chopped
- 4 cloves garlic minced
- 1 cup vegetable broth
- 1 can (32 oz) crushed tomatoes
- 1 can (14 oz) black beans, drained and rinsed
- 1 can (14 oz) red kidney beans, drained and rinsed
- 1 can (14 oz) garbanzo beans, drained and rinsed
- 1 to 1 1/2 Tbsp cumin
- 1 to 1 1/2 Tbsp chili powder
- 1/4 teaspoon cayenne pepper (or more to give it a little extra kick)
- 6 dashes Tabasco sauce
- Salt (to taste)

PREPARATION:

Heat oil over medium heat. Add onion and peppers, sauté 4-5 minutes until translucent. Add garlic and cook 1 minute. Add broth, reduce by half (2-3 minutes). Add tomatoes, beans, cumin, chili powder, hot sauce, cayenne, and salt. Stir in refried beans a little bit at a time until chili thickens (note: you may not need entire can).

TURKEY CHILI

9 servings

INGREDIENTS

1 lb of lean ground turkey (97/3)
1 large onion (200g)
1 can of rotel (1 $\frac{3}{4}$ cups)
1 can stewed tomatoes (1 $\frac{3}{4}$ cups)
1 can of tomato paste (5 Tbsp)
1 can of black beans (1 $\frac{3}{4}$ cups)
1 can of red kidney beans (1 $\frac{3}{4}$ cups)
1 can of whole kernel corn (1 $\frac{3}{4}$ cups)
6 cups of water

PREPERATION

Brown the turkey in a large sauce pot over medium high heat. Dice the onion and add to the browned turkey; reduce the heat to medium, cover, and allow the onion to steam until nearly translucent. Next add all canned ingredients, making sure to drain and rinse the beans (Do not drain any other canned ingredient). Before adding water, cover and bring the ingredients to a boil. Once the water has been added, again bring the ingredients to a boil before reducing the heat to medium low and allowing the chili to simmer for 30-90 minutes.

Applesauce Chocolate Chip Cookies

24 Servings

Ingredients

1 $\frac{1}{2}$ c whole wheat flour
1 tsp baking soda
3 egg whites
 $\frac{1}{2}$ c brown sugar
 $\frac{1}{4}$ c natural cane sugar
1 cup unsweetened natural applesauce
1 tsp pure vanilla extract
 $\frac{1}{2}$ c dark chocolate chips
* $\frac{1}{4}$ c oats if desired
*Dash of cinnamon if desired

Instructions

Preheat the oven to 350 and line 3 baking sheet with parchment paper (or LIGHTLY rub with oil). In a medium mixing bowl, stir together flour and baking soda. In a separate medium mixing bowl, combine egg whites and sugars. Mix thoroughly until sugars have dissolved. Add applesauce and stir until thoroughly combined. Slowly add the flour/baking soda (about $\frac{1}{4}$ of the total volume at a time) to the egg mixture. Once flour has been incorporated add the vanilla extract and mix just enough to combine. Add the chocolate chips (and oats if desired) and stir to distribute chips throughout. Using a regular tablespoon, drop spoonfuls on baking sheet – 8 cookies per sheet. Bake for 10-12 minutes or until cookies are firm.