

The Healthy Cook

Black Beans & Quinoa with Roasted Peppers

 SERVES 4

- 2 red or yellow bell peppers
- 1 poblano or green bell pepper
- 3 Tbs. extra-virgin olive oil
- 1 Tbs. lemon juice
- ½ tsp. kosher salt
- ¼ tsp. dried oregano
- 1 scallion, minced
- 1 cup cooked quinoa
- 1 15 oz. can no-salt-added black beans, drained and rinsed



1. Cut the peppers in half lengthwise. Place them skin side up on a lined baking sheet. Broil until blistered and charred in places, 10-12 minutes. When cool enough to handle, peel off the skin and dice the peppers.
2. In a large bowl, whisk together the oil, lemon juice, salt, and oregano. Mix in the peppers and all the remaining ingredients.

Per serving (1 cup): calories 270 | total fat 12 g | sat fat 1.5 g | carbs 31 g | fiber 8 g | protein 9 g | sodium 260 mg

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Chickpeas with Cherry Tomatoes

 SERVES 4

- 2 Tbs. extra-virgin olive oil
- 5 cloves garlic, thinly sliced
- 1 pint cherry tomatoes, chopped
- 1 15 oz. can no-salt-added chickpeas, drained
- ½ tsp. kosher salt



1. In a large pan, heat the oil and garlic over medium-high heat until the garlic starts to sizzle. Cook, stirring constantly, until the garlic just starts to color, about 1 minute.
2. Stir in the tomatoes. Cook, stirring often, until the tomatoes start to break down, 2-3 minutes.
3. Stir in the chickpeas and heat through. Season with the salt.

Per Serving (cup): calories 180 | total fat 8 g | sat fat 1 g | carbs 21 g | fiber 5 g | protein 7 g | sodium 270 mg