

Bean Muffins

Yield: 12 muffins

- 1 cup mashed pinto beans
- 2 cups white flour
- 2 teaspoon of honey
- 2 teaspoon baking powder
- ½ teaspoon of salt
- 2 eggs
- 1 cup milk
- ½ cup olive oil

Method:

Mix all dry ingredients.

In separate bowl mix eggs, add milk, oil, and mashed beans.

Mix all ingredients only to moist all ingredients together.

Add some butter or pam spray to muffin pan. Pour mixed mix to ½ each muffin pan.

Bake at 400 degree for 20-25 minutes.

Recipe by Zaida Gutierrez



Italian Pasta Salad

Serves: 6

12 oz box of Spiral Noodles (Swap regular pasta for: Whole Wheat, Chick Pea or Veggie)

3/4 cup diced cucumbers

3/4 cup of cherry tomatoes halves

1/2 cup of black olives

1 cup of fresh mozzarella balls

1/2 cup of pepperoni (swap for Turkey)

1/2 cup of thinly sliced carrots

1/2 cup of bell peppers diced

Garnish with parsley, salt, pepper, oregano & parmesan cheese

Italian Dressing 1 part white wine vinegar, 2 parts olive oil, sprinkle of garlic powder

Method:

Cook whole box of pasta per directions.

Drain and rinse with cold water.

Add chopped ingredients and store in fridge.

Recipe by Christina Oiler



Traditional Sri Lankan Cutlet with Ketchup

Serves: ?

14 oz canned light tuna

3 oz of sweet potatoes and 5 oz of broccoli

5 oz. of fresh ginger and garlic

1 medium onion, chopped

1 green chili

½ tsp Turmeric

Salt and pepper

1 TBSP fresh lime juice

Crushed oatmeal

Method:

Boil the sweet potato until soft. Peel off skin and cut into small pieces then mash it until smooth.

Finely chop onion, garlic, green chili

Chop up broccoli fine and freeze

Heat medium nonstick pan and add chopped onion, garlic, chili mixture

Cover and saute until onion starts to turn brown

Add tuna and ground broccoli and cover for 5 minutes and stir it until combined.

Add seasoning

Add potato and lime and mix until smooth

Let cool and make into small balls and set aside.

Grind the oatmeal until smooth and brown on top of the stove

Turn over to 375F

When cool (both mixtures – fish balls and oatmeal coating) coat each ball into oatmeal and place on greased baking sheet.

Bake for 20 minutes until brown and crispy.



Serve with karapincha dip or ketchup

Karapincha Dip

1 fresh green chili

1 small onion, chopped

Fresh lime juice from ½ of a lime

A bunch of freshly ground curry leaves

Method:

Wash a bunch of curry leaves and set aside

Chop small onion

Add green chili

Blend together and add water to make a smooth liquid

Add lime juice and mix it slowly

Ready to serve

Recipe by Yamuna Brahakmanage

Note: asked where to find the curry leaves? in Hillsborough - Patel/ House of Spice

Chocolate Applesauce Cake

1 cup all-purpose flour
1 1/4 cup natural cocoa powder
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon sea salt
2 large eggs
1 cup Mott's® Applesauce
1 cup granulated sugar
1 teaspoon vanilla extract
4 tablespoons unsalted butter melted

Method:

Preheat oven to 350 F and prepare a 9-inch round cake pan by either a) spraying it with a baking spray containing flour, b) buttering and flouring the pan, or c) buttering the pan and lining it with parchment paper.

In a bowl, combine the flour, cocoa powder, baking powder, baking soda, and salt, then stir thoroughly to combine. Set aside.

In a large mixing bowl, combine the eggs, applesauce, sugar, and vanilla. Stir to combine. Then, while whisking continuously, drizzle in the melted butter.

Add the dry mixture to the wet mixture and stir until combined. Batter will be very thick. Scrape the batter into the prepared cake pan and smooth out the top evenly.

Bake for about 25 minutes, or until a toothpick inserted in the middle comes out with moist crumbs but no wet batter attached.

Cool in the pan on a rack for 15 minutes, then set the cake on a rack and let cool completely. Store airtight for freshness.

Note: Instead of using a whole stick of butter, this cake uses just four tablespoons of butter and replaces the rest with Mott's® Natural Applesauce. This reduces the fat content

Recipe by Lisa Murphy

