

**Easy, Healthy Appetizers:
Belgian Endive**



This is a fairly simple recipe to make; it's one of those relatively healthy recipes too! Makes 70-80 pieces (two large platters), to serve 25-50, depending on how much food there is.

Ingredients:

- One 8-oz. package cream cheese
- 8 oz. Blue Cheese or Gorgonzola
- 1/2 c. sugar
- 1 tsp. chili powder
- 2 c. pecans, chopped
- 1/4 c. butter
- 1 1/4 lb. or so (about 10 small endives)
- 1-2 clusters of red grapes, washed and cut into smaller clumps
- Optional: Honey (preferably in a squeezable bear)

Let cheeses sit out to get to room temperature. Add to mixer and beat on high for several minutes until smooth:
> **One 8-oz. package cream cheese > 8 oz. Blue Cheese or Gorgonzola**

Meanwhile, prepare pecans. First, mix together: > **1/2 c. sugar > 1 tsp. chili powder**

In skillet, on medium heat, slowly brown until sugar's melted and nuts are golden, stirring constantly: > **2 c. pecans, chopped > 1/4 c. butter > the sugar mixed w/spice**

Turn the caramelized nuts out onto wax paper, spreading to avoid clumping. Let cool.

Prepare the endive. Use: > **1 1/4 lb. or so (about 10 small endives)**

Cut the ends off endives, separating leaves. Spread each leaf with the cream cheese/ blue cheese mix, arranging on platter as you go.

Garnish the leaves spread with cheese with: > **The caramelized pecans**

Optional: Top off that with a light drizzle of: > **Honey (preferably in a squeezable bear)**

Warm the honey slightly if it's too thick. I actually forgot the honey last time, and it was still excellent. The sweetness of the nuts (and honey) counters the slight bitterness of the endive perfectly. To serve, you can garnish with: > **1-2 clusters of red grapes, washed and cut into smaller clumps**

The platter looks elegant, and tastes great.

<http://pccuisine.com/Appetizers/belgian-endive-appetizers.html>

Butter-Bean Spread

1 2/3 cups

Active Time: 10 minutes

Total Time: 10 minutes

NUTRITION PROFILE

Diabetes appropriate | Low calorie | Low carbohydrate | Low cholesterol | Low saturated fat | Heart healthy | Healthy weight | Gluten free |

[View Our Nutrition Guidelines »](#)

INGREDIENTS

- 1 16-ounce can butter beans, drained and rinsed
- 1 scallion, sliced
- 1 small clove garlic, chopped
- 1/2 cup nonfat plain yogurt
- 1/4 cup grated Parmesan cheese
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon red-wine vinegar
- 1/2 teaspoon chopped fresh rosemary, or 1/4 teaspoon dried
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

TRY THIS RECIPE WITH:

[Butter-Bean Spread Roll-Up Sandwich](#)

MORE HEALTHY RECIPE IDEAS

[Healthy Bean Dips Recipes](#)

[Fresh Recipes for Lima Beans](#)

[Healthy Bean Dips Recipes](#)

[100-Calorie Snacks](#)

YOU MIGHT ALSO LIKE

[White Bean Spread](#)

[Lima Bean Spread with Cumin & Herbs](#)

[Tuscan White Bean Spread](#)

[White Bean Spread with Sage](#)

[Black Bean Dip](#)

PREPARATION

1. Puree butter beans, scallion, garlic, yogurt, Parmesan, oil, vinegar, rosemary, salt and pepper in a food processor until smooth.

TIPS & NOTES

Make Ahead Tip: Cover and refrigerate for up to 4 days.

NUTRITION

Per 2-tablespoon serving: 35 calories; 2 g fat (0 g sat , 1 g mono); 2 mg cholesterol; 5 g carbohydrates; 0 g added sugars; 2 g protein; 1 g fiber; 132 mg sodium; 102 mg potassium.

Carbohydrate Servings: 1/2

Exchanges: Per 2 servings: 1/2 starch, 1/2 fat

http://www.eatingwell.com/recipes/butter_bean_spread.html

Turkish Red Pepper Spread

About 3/4 cup

Active Time: 15 minutes

Total Time: 15 minutes

NUTRITION PROFILE

Low calorie | Low carbohydrate | Low cholesterol | Low saturated fat | Heart healthy | Healthy weight |

[View Our Nutrition Guidelines »](#)

INGREDIENTS

1/4 cup chopped walnuts
1 7-ounce jar roasted red peppers, rinsed
1/2 cup fresh breadcrumbs, (see Tip)
1 large clove garlic, crushed
1 tablespoon extra-virgin olive oil
1 tablespoon lemon juice, or to taste
1 1/2 teaspoons ground cumin
1/4 teaspoon crushed red pepper
Salt

MORE HEALTHY RECIPE IDEAS

[Low-Calorie Holiday Recipes](#)
[Make-Ahead Christmas Recipes](#)
[Easy Recipes for Radishes](#)
[Make-Ahead Christmas Recipes](#)
[Easy Entertaining: 15-Minute Appetizers and Drinks](#)

YOU MIGHT ALSO LIKE

[Roasted Red Pepper Dip](#)
[Ham & Red Pepper Spread](#)
[Mediterranean Red Pepper Sauce](#)
[Orange-Infused Roasted Green Beans & Red Peppers](#)
[Red & White Salad](#)

PREPARATION

1. Toast walnuts in a small dry skillet over medium heat, stirring, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.
2. Combine all ingredients in a food processor and process until smooth. Adjust seasoning with more lemon juice and salt, if desired.

PREPARATION

1. Toast walnuts in a small dry skillet over medium heat, stirring, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.
2. Combine all ingredients in a food processor and process until smooth. Adjust seasoning with more lemon juice and salt, if desired.

TIPS & NOTES

Tip: To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/3 cup crumbs.

NUTRITION

Per tablespoon: 41 calories; 3 g fat (0 g sat , 1 g mono); 0 mg cholesterol; 4 g carbohydrates; 1 g protein; 1 g fiber; 115 mg sodium; 14 mg potassium.

Exchanges: 1/2 vegetable, 1/2 fat

http://www.eatingwell.com/recipes/turkish_red_pepper_spread.html

Veggie Salsa/Relish

Ingredients:

One Green, yellow, red pepper

2-3 different hotter peppers

2 carrots

2 stalks celery

1 red onion

4 tomatillos

4 garlic cloves

Cumin

Mexican Cinnamon

Salt and Pepper

1. Roast tomatillos and garlic at 300 for 30-40 minutes.
2. Cut all other veggies into bits or use a food processor to chop up, and combine in a bowl.
3. When tomatillos and garlic are done, cut and add to veggies.
4. Add cumin, cinnamon, salt and pepper until you get the desired flavor.
5. Can sit in fridge for up to 5 days.

Source: Daryl Anne Stangl and Jeff Stangl

Pasta with Garlic, Sausage, White Beans, and Broccoli

Prep time: 10 Minutes

Cook time: 20 Minutes

Servings: 4

Keep broccoli in your fridge at all times – it holds up well and is an excellent source of vitamins A and C.

8 oz. Rotini
4 cups broccoli florets
4 oz. sweet Italian sausage, removed from the casing
1 T Extra virgin olive oil
6 cloves garlic, sliced
1 can (14-19oz) cannellini beans, rinsed and drained
¾ cup reduced-sodium chicken broth
1/8 t salt
¼ t freshly ground black pepper
¼ cup grated romano cheese

Bring a large pot of lightly salted water to a boil. Add the pasta and cook according to the package directions. Add the broccoli to the pot during the final 2 minutes of cooking. Drain the pasta and broccoli.

Heat in a large nonstick skillet over medium-high heat. Add the sausage and cook, breaking it into smaller pieces with a wooden spoon, until the sausage starts to brown, 4 to 5 minutes. Add the oil and garlic and cook until the garlic starts to brown, 1 to 2 minutes. Stir in the beans and cook for 1 minute. Remove from the heat and stir in the cheese.

Serve Immediately.

Serving size – 1 cup

Calories: 400

Total Fat: 9g

Saturated Fat: 3g

Sodium: 550 mg

Carbohydrate: 60g

Dietary Fiber: 7g

Protein: 20g

Calcium: 15%

Source: *400 Calorie Fix*™ : *The Easy New Rule for Permanent Weight Loss!*

by Liz Vaccariello with Mindy Hermann, RD, and the Editors of Prevention®

Alfresco Bean Salad

From: Taste of Home - The Comfort Food Diet Cookbook

Prep/Total Time 25 Minutes

¼ cup lime juice

4-1/2 teaspoons olive oil

½ teaspoon chili powder

Dash salt and pepper

1 can (16 ounces) red beans, rinsed and drained

1 can (15 ¼ ounces) whole kernel corn, drained

1 (can 15 ounces) garbanzo beans or chickpeas, rinsed and drained

2 medium tomatoes, seeded and chopped

1 cup coarsely chopped fresh cilantro

1 small yellow onion, chopped

1 small red onion chopped

1 jalapeno pepper, seeded and chopped

In large bowl, whisk the lime juice, oil, chili powder, salt and pepper. Add the remaining ingredients and toss to coat.

Chill until serving.

Yield: 12 servings

Editor's note: wear disposable gloves when cutting hot peppers. Avoid touching your face.

Nutrition Facts: 2/3 cup equals 146 calories, 3g fat (trace saturated fat), 0 cholesterol, 360 mg sodium, 23 g carbohydrate, 6g fiber, 6g protein. Diabetic Exchanges: 1-1/2 starch, 1 lean meat.

Variation of the above presented today: omit cilantro and substitute green pepper for jalapeno pepper.

Foolproof, One Bowl Banana Cake



By Sarah Chana on March 09, 2006

★★★★★ 24 Reviews

 **Prep Time:** 5 mins **Total Time:** 35 mins **Servings:** 12

About This Recipe

"Made for those of us who often only have time to bake in the wee hours of the morning (or when we are half asleep), this super easy banana cake offers a great way to use up the , overripe bananas sitting on the top of your refrigerator, and still make something that everyone will enjoy. It can be frosted or not, but I usually don't bother; it stands on its own. Another winner from "The Makings of a Meal.""

Ingredients

- 1/2 cup margarine
- 2 eggs
- 1 teaspoon vanilla
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 1/4 cups sugar
- 1 1/2 cups mashed bananas (about 5 bananas)
- 2 cups flour
- 1/4 teaspoon salt

Directions

1. Mix all the ingredients together in a large bowl until smooth.
2. Pour into a greased or sprayed 9"x13" pan.
3. Bake at 350F for 30-40 minutes.
4. Can be frozen for later use.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (75 g)		Total Fat 4.8g	7%
Servings Per Recipe: 12		Saturated Fat 1.1g	5%
Amount Per Serving	% Daily Value	Cholesterol 31.0mg	10%
Calories 220.4		Sugars 23.2 g	9%
Calories from Fat 43	19%	Sodium 233.6mg	13%
		Total Carbohydrate 41.3g	4%
		Dietary Fiber 1.0g	92%
		Sugars 23.2 g	6%
		Protein 3.4g	