**Three Bean Salad ![C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DWTYVYG9\MC900250819[1].wmf]()**

*Ingredients:*

2 cups canned green beans

1 red onion

1/2 cup [rice wine vinegar](http://www.foodterms.com/encyclopedia/rice-vinegar/index.html)

1/2 cup oil

Salt and pepper

1 1/2 cups canned garbanzo beans, drained

1 1/2 cups canned dark red kidney [beans](http://www.foodterms.com/encyclopedia/beans/index.html), drained

*Directions:*

Dice the red [onion](http://www.foodterms.com/encyclopedia/onion/index.html). Whisk the vinegar, oil and salt and pepper together in a bowl with a tight fitting lid, then add the green beans, garbanzo beans, red [kidney](http://www.foodterms.com/encyclopedia/kidney/index.html) beans, and onion and seal with the lid. Shake gently to coat the beans and then refrigerate overnight. Serve chilled as a salad or side dish.

*Nutrition Information:*

This salad has a high amount of fiber and protein, which will help to keep you full and satisfied!

Protein: 6 g Carbohydrate: 15 g Fiber: 5 g

**Orange Banana Smoothie**nocoupons ![C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DWTYVYG9\MC900057989[1].wmf]()

*Ingredients:*

1 1/2 cups freshly squeezed [orange](http://www.foodterms.com/encyclopedia/orange/index.html) juice (4 oranges)

1 tablespoon freshly squeezed [lime](http://www.foodterms.com/encyclopedia/lime/index.html) juice

1 cup strawberries, tops removed, and cut in 1/2

1 to 1 1/2 ripe bananas

*Directions:*

Combine the orange juice, lime juice, strawberries, and [banana](http://www.foodterms.com/encyclopedia/banana/index.html) in a [blender](http://www.foodterms.com/encyclopedia/blender/index.html) and process until smooth. Refrigerate until cold.

*Nutrition Information:*

When you’re feeling like you may get sick, boost your immune system with this fruity drink. It is full of vitamin C, which will help you fight off that nasty bug.

Protein: 2 g

Carbohydrates: 33 g

![C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6RV4ZIQZ\MC900250611[1].wmf]() **Honey Mustard Chicken Bake**

*Ingredients:*

4 chicken breasts, skinned (or 1 Trader Joe’s Chicken Done Right Package)

1 butternut squash, peeled, cut into 1" cubes (or 1 Trader Joes butternut squash cubes)

1 onion, chopped

3 cloves garlic, minced

3/4 cup creamy honey mustard salad dressing

1/2 tsp. dried tarragon leaves

2 cups sugar snap peas

*Directions:*

Preheat oven to 425 degrees F. Place chicken, squash, and onion in 15x10" jelly roll pan. Combine garlic, salad dressing, and dried tarragon and brush half of this mixture over chicken and vegetables. Roast at 425 degrees F for 20 min.

Remove pan from oven, stir food and add sugar snap peas. Drizzle remaining honey mustard mixture over chicken and vegetables. Bake for 20-25 minutes longer. chicken's

**![C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DWTYVYG9\MC900383152[1].wmf]()No Bake Chocolate Oatmeal Cookies**

*Ingredients:*

1 cup sugar

1 stick butter (1/2 cup)

1/2 cup milk

1 teaspoon vanilla

2 ½ TB cocoa

½ cup peanut butter

3 cups oats

*Directions:*

In a medium saucepan, combine all ingredients except peanut butter and oats and cook over medium heat. Let boil for 5 minutes, stirring constantly.

Remove from heat and stir in peanut butter and oats. Spoon out quickly onto wax paper or aluminum foil. Cookies will harden as the set.

*Nutrition Information:* These cookies are a sweet way to end your meal. They contain fiber from the oats, and protein from the peanut butter. Not too nutritionally shabby for a cookie, eh?

Carbohydrate: 15 g Fiber: 2 g Protein: 2 g

**Healthy Snack Ideas**

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| **Fruits & Nuts** – This wonderful combination gives us fiber and protein for a satisfying snack. Have a piece of fresh fruit and a small handful of nuts. A great twist on this one is fruit with nut butter spread on top.  |
| **Yogurt parfait** – plain, low-fat yogurt with fresh fruit mixed in. Using plain yogurt you control how much sweetener you add. Also try adding a dash of vanilla or some cinnamon for different flavors. For a heartier snack add a handful of cereal or granola. |
| **Popcorn** – pop your own light popcorn for a great, tasty snack. You can even be adventurous with spices. Try adding curry, onion powder, or anything else you like after it’s popped. |
| **Hummus & veggies** – the chickpeas in hummus offer lots of good fiber and protein, it has no cholesterol and is a very fulfilling, tasty snack.  |
| **Ants on a Log** – be a kid again and enjoy celery with nut butter and a few raisins or cranberries on top. |

Cooking Class:

Easy and Nutritious Meals Made Fast!

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