**Green Salad with White Beans, Apples, and Walnuts**

Serves 4

Ingredients:

½ cup walnut pieces

3 tbsp. extra virgin olive oil

1 tbsp. plus 1 tsp. apple cider vinegar

1 tsp. chopped fresh thyme leaves

½ tsp. Dijon mustard

1 medium garlic clove, finely minced

Ground black pepper to taste

14 oz. can low sodium white beans, drained, rinsed

1 bunch chicory or hearty lettuce, thinly sliced

½ medium Granny Smith apple, diced

In a dry skillet over medium heat, toast walnuts for 2 minutes, stirring frequently, until fragrant; cool. For dressing, in a bowl whisk together oil, vinegar, thyme, mustard, garlic, ¼ tsp. salt, and pepper. In a bowl, toss the beans with 1 tsp. of the dressing. In a large bowl, combine lettuce with walnuts, apples, dressed beans, and remaining dressing; toss to coat.

**Shells with Sausage with Peas**

Ingredients:

1 small onion, chopped

2 sweet sausage links

1/2 lb. small shells

1 cup frozen peas

½ cup ricotta cheese

Pesto sauce (to your liking)

Parmesan cheese

1 egg, beaten

Salt and pepper to taste

Brown onions and sausage. Cook shells al dente in chicken broth. Drain. Add egg to ricotta cheese, mix well. Add all ingredients to shells. Taste until mixed well. Pour into baking dish. Sprinkle with olive oil. Tap with grated cheese of your choice. Bake at 350° for 25 minutes.

**Baked Beans**

Ingredients:

1 package Oscar Mayer Bacon Pieces

16 oz. can pork and beans

16 oz. can butter beans, drained

15.5 oz. can kidney beans, drained

¾ cup package brown sugar

1 cup Ketchup

10 oz. cheddar cheese, cubed

1 medium onion, chopped, sautéed

Mix all ingredients in 3 quart baking dish. Bake for 1 ½ hours at 350°.

**Easy Roasted Red Pepper Hummus**

Ingredients:

2 cloves garlic, minced

15 oz. can garbanzo beans, drained

1/3 cup tahini

1/3 cup lemon juice

½ cups roasted red peppers

¼ tsp. dried basil

In an electric food processor, combine garlic, beans, tahini, and lemon juice. Process until the mixture is smooth. Add roasted peppers and basil; process until the peppers are finely chopped. Season with salt and pepper. Transfer hummus to small bowl, cover and chill until you are ready to serve.

**Slow-Cooker Black Bean and Sausage Soup**

5 servings

Ingredients:

16 oz package dried green beans

2.2 oz package beef onion soup and dip mix

5 cups water

½ smoked pork sausage

½ cup chopped carrot

½ cup chopped celery

½ tsp salt

3 bay leaves

1 cup canned crushed tomatoes

2 tsp hot sauce

Chopped green onions for garnish

Rinse and sort beans according to package. In a large bowl, place beans, and cover with water, 2 inches above beans. Cover and let stand for 8 hours. Drain. In an electric slow cooker, stir together beans, soup mix, water, sausage, carrot, celery, salt, and bay leaves cover and cook on low for 10 hours, or until beans are tender. Remove and discard bay leaves. In the container of an electric blender, add 3 cups bean mixture; process until smooth. Remove sausage, and chop into small pieces; add sausage and pureed bean mixture to remaining bean mixture in slow cooker. Stir in tomatoes and hot sauce. Garnish with green onions.

**Sautéed Greens with White Beans and Garlic**

Serves 6 to 8

Ingredients:

2 tbsp extra-virgin olive oil

3 to 4 cloves garlic, thinly sliced

¼ tsp crushed red pepper flakes, optional

1 ½ lb mixed greens, trimmed and roughly chopped

1 cup low-sodium chicken or vegetable broth

2 15 oz cans no-salt added cannellini or other white beans, rinsed, drained

¼ tsp sea salt

¼ tap ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and pepper flakes and cook, stirring often, until golden brown, about 5 minutes. Add greens and cook, tossing often, until wilted and bright green, about 3 to 4 minutes. Transfer to a colander to drain. Return skillet to heat. Add broth to skillet and deglaze, scraping up any browned bits. Add beans and simmer until hot throughout about 2 to 3 minutes. Return greens to skillet, toss gently and season with salt and pepper.

**Phyllo-Crusted Goat Cheese and Lentil Pie**

Serves 8

Ingredients:

2 tbsp extra virgin olive oil

1 medium onion, cut into 1/3 inch, diced

1 fennel bulb, cut into 1/3 inch, diced

1 red bell pepper, 1/3 inch, diced

2 garlic cloves, very finely chopped

1 cup French green lentils

2 tsp fennel seeds

Kosher salt

2 cups water

¼ cup chopped mint

1 tbsp chopped thyme leaves

1 tbsp red wine vinegar

8 oz soft goat cheese

Freshly ground black pepper

1 stick unsalted butter, melted

14 9 by 14 inch sheets of phyllo dough

In a large saucepan, heat olive oil. Add the onion, fennel, red pepper, and garlic and cook over moderately high heat until softened, about 5 minutes. Stir in the lentils, fennel seeds, and a pinch of salt. Add the water and bring to a simmer. Cover and cook over low heat until the lentils are just tender, about 35 minutes. Drain the lentils in a strainer and let cool for 15 minutes. Preheat the oven to 375°. In a large bowl, mix the lentils with the mint, thyme, and vinegar. Crumble in the goat cheese, season with salt and pepper; mix well. Brush a 10 inch glass pie plate with melted butter. Lay 1 sheet of phyllo over the pan; tuck it into the pan and let the ends hang over the side. Brush the phyllo generously with butter. Repeat with 6 more sheets, rotating each on 45 degrees to create a circle of overhang dough. Spread the lentil filling in the pan and top with the remaining 7 sheets, buttering between each one, to make a top crust. Loosely roll up all of the overhang dough to create a 1 inch wide border. Brush border with butter. Using a sharp knife, cut the pie into 8 wedges, cutting through the top layer of dough only. Bake the pie for 1 hour and 40 minutes, until the top is golden brown. Transfer to a rack and cool.

**Texas Caviar**

Ingredients:

1 can black-eyed peas, drained and rinsed

1 can pinto beans, drained and rinsed

1 can white shoepeg corn, drained

Small jar pimento, 4 oz., chopped

Jalapenos from jar, 4 oz., drained

2 cups celery, chopped small

2 cups onion, chopped small

2 cups green pepper, chopped small

Boil, let cool, pour over beans and vegetables:

1 tsp. salt

½ tsp. pepper

1 tbsp. water

½ cup oil

¾ cup apple cider vinegar

1 cup sugar

Marinate overnight. Eat as is or with tortilla chips.

**Triple-Chocolate Brownies**

Ingredients:

½ stick unsalted butter, plus more for baking pan

¼ cup black beans, rinsed, drained, and pureed until completely smooth

½ cup semisweet chocolate, chopped

1/3 cup unsweetened chocolate

1 1/3 cup sugar

2 large eggs, plus 1 large egg white

1 ½ tsp. pure vanilla extract

1 cup all-purpose flour, spooned and leveled

¼ cup unsweetened cocoa powder

½ tsp. baking powder

½ tsp. fine salt

Preheat oven to 350°. Lightly butter a 9 inch square baking pan and line with parchment paper, leaving a 2 inch overhang on all sides. In a large microwave safe bowl, combine butter, bean puree, and chocolates. Microwave in 30 second increments, stirring each time, until melted and smooth, about two minutes. Whisk in sugar, eggs, egg white, and vanilla until smooth. In a small bowl, whisk together flour, cocoa powder, and salt. Stir into chocolate mixture until just combined. Pour batter into pan; smooth top. Bake until top is cracked and a toothpick inserted in center has moist crumbs attached, about 25 minutes. Let cool completely in pan on a wire rack. Using parchment paper, lift brownie from pan and cut into 16 squares.

**Mocha Latte Parfaits**

Serves 4

Ingredients:

1 cup semisweet chocolate chips, divided

½ tsp. shortening

Chocolate jimmies

3 tbsp. half and half cream

2 egg yolks, lightly beaten

2tsp vanilla extract

1 tsp. instant coffee granules

Ingredients for latte cream:

2 tsp. instant coffee granules

1 ½ cup heavy whipping cream, divided

1/3 cup confectioners’ sugar

In a microwave, melt ½ cup chocolate chips and shortening; stir until smooth. Dip rims of four parfait glasses in chocolate; sprinkle with jimmies. Let stand until set. In a small saucepan, combine the cream, egg yolks, vanilla, coffee granules, and remaining chocolate chips. Cook and stir over medium heat until mixture reaches 160° or is thick enough to coat the back of a metal spoon. Cool, stirring several times. In a small bowl, dissolve coffee granules in 1 tbsp. whipping cream. Add remaining cream; beat cream mixture until it begins to thicken. Add confectioners’’ sugar; beat until soft peaks form. Fold 1 ½ cup of cream mixture into cooled chocolate mixture. Spoon about ¼ cup chocolate mousse into each parfait glass; spoon or pipe about ¼ cup cream mixture over mousse. Repeat layers. Refrigerate for at least 2 hours.

**Spaetzle**

Ingredients:

1 cup flour

¼ cup milk

2 to 3 eggs

2 tsp. seltzer water

Pinch of nutmeg if desired

Ingredients for topping:

Breadcrumbs

Melted butter

Mix together until smooth; you may need to add either flour or milk, depending on how thick it is. Spoon dough into potato press and let the Spaetzle drop into boiling water. One press at a time. They are done when they float to the top. Spoon them out and repeat until dough is gone. I usually make mine with some kind of gravy. Melt the butter and stir in the breadcrumbs until flakey. Sprinkle over Spaetzle.

**Rotini and Cauliflower**

Ingredients:

1 head cauliflower, cut into florets

14 ½ oz. box rotini pasta

¼ cup olive oil

4 cloves garlic, peeled, sliced

¼ tsp. red pepper flakes

15 oz. can cannellini beans, drained, rinsed

½ cup grated Parmesan cheese

¼ cup plain bread crumbs

½ cup packed basil leaves

1 tsp. salt

Bring a large pot of salted water to a boil. Add cauliflower. Cook for 4 minutes. Remove with slotted spoon to bowl. Add pasta to pot. Cook for 10 minutes. Reserve 1 cup liquid. Drain pasta. Put pasta back in the pot. Heat oil in large non-stick skillet over medium high heat. Add garlic. Cook for 1 minute. Stir in cooked cauliflower. ½ tsp. salt, red pepper, and beans. Heat through. Spoon mixture into pasta. Add some reserve liquid and remaining salt. To serve: tear in basil, stir in cheese, and top with bread crumbs.

**Pasta and Beans**

Serves 4

Ingredients:

¼ cup olive oil

2 large cloves garlic, minced

Onion, minced

1/8 tsp. hot red pepper flakes

3 peeled plum tomatoes, crushed, from a can

½ tsp. salt

2 ½ to 3 cups cooked cannelloni beans, cooking water reserved

1 lb. cooked ditalini pasta, cooking water reserved

In a 3 quart saucepan, combine oil, garlic, and hot pepper flakes over medium-low heat. As soon as the garlic begins to color, add the tomatoes and salt. With a wooden spoon, break up the larger pieces of tomato. Increase the heat slightly and sizzle for about 5 minutes. Stir in cooked beans and enough bean water to cover. Bring to a boil, stirring frequently. Lower the heat and simmer gently for 5 minutes. Stir in the cooked pasta and simmer gently over medium heat for 2 minutes. Add reserve pasta water if necessary.

**Taco Soup**

Ingredients laying in following in order do not stir or drain:

3 chicken breasts, skinless and boneless, frozen

1 package taco seasoning mix

3 cans beans, your choice

28 oz. can tomatoes, diced, and seasoned

1 can whole kernel corn

Layer in order and do not stir. Cook in crockpot on low for 6 to 8 hours. Remove chicken breasts, shred, and return to soup.

**Three Bean Casserole**

Ingredients:

10 oz. package frozen Lima Beans

4 11 oz. baked beans

1 lb. Italian link sausage or pork linked sausage

½ lb. cooked ham, cut into ½ inch cubes

½ lb. kielbasa, sliced

½ cup onion, chopped

8 oz. can tomato sauce

½ cup Ketchup

2 tsp. salt

½ tsp. pepper

½ tsp. dry mustard

Brown sausage and cut into ½ inch pieces. Mix everything into crockpot. Cook on high for four hours.

**Ravioli Salad**

Ingredients:

1 package frozen cheese or meat Ravioli, cooked to directions

1 Bag Spring Salad Greens

Golden Raisins, Cranberries, Glazed Pecans, Cubed Apples

Plush Wine

Feta Cheese

Put salad greens in a large bowl. Add the remaining ingredients and toss.

**Tuscan Bean Stew**

1/2 lb Italian sausage, sweet or hot

1 tbsp oil

2 celery ribs

2/3 carrots, optional

1 medium onion

4 cloves garlic

3 cups chicken broth

4 cups water

1 can white beans

Spinach, to taste

1 cup dry pasta

Sauté meat in oil, breaking into small pieces, until almost cooked. Cut vegetables in small pieces. Mince garlic. Add water and broth. Place in oven at 250° for an hour. Return to stove top. Add beans and spinach to taste. Slimmer slowly then add dry pasta.