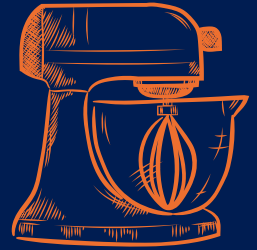




NOURISH UNH: WHAT'S COOKING?



BLACK BEAN SOUP

Ingredients:

- 1 can (15 ounces) black beans (low sodium), rinsed and drained
- 1-1/2 cups chicken broth
- 3/4 cup chunky salsa
- 1/2 cup canned whole kernel corn (low sodium), drained
- Dash hot pepper sauce (optional)
- 2 tsp lime juice
- 1 cup shredded cheddar cheese
- 2 Tbsp chopped green onions

Directions:

1. In a microwave-safe bowl, combine the black beans, chicken broth, salsa, corn and optional hot pepper sauce
2. Cover and microwave on high until heated through, about 2 minutes.
3. Pour into 4 serving bowls; drizzle each with lime juice. Sprinkle with cheese and green onions.

Recipe and image from:
www.tasteofhome.com



CHOCOLATE ZUCCHINI MUFFINS

Ingredients:

- 1 1/4 cup whole wheat flour (or other flour of your choice)
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking soda
- 1/4 tsp salt
- 2 Tbsp olive oil
- 1/3 cup honey (or agave nectar, pure maple syrup)
- 1 tsp vanilla extract
- 1 egg
- 1 cup shredded zucchini (about 1 zucchini)
- 1 ripe mashed banana (or 1/4 cup unsweetened applesauce)
- 1/2 cup milk of your choice
- 1/2 cup regular or mini chocolate chips

Directions:

1. Preheat oven to 350 degrees F.
2. Line 12 cup muffin tin with cupcake liners, spraying inside with a nonstick cooking spray.
3. Squeeze shredded zucchini of excess water with a paper towel.
4. Whisk together flour, cocoa powder, baking soda, and salt.
5. In a separate bowl, add olive oil, honey/maple syrup, vanilla, egg. Mix until smooth and combined. Add zucchini, banana/applesauce and milk; mix again. Slowly add dry ingredients and mix until just combined. Gently fold in chocolate chips.
6. Divide batter into prepared liners. Bake 22-25 minutes or until toothpick inserted into middle comes out clean.
7. After 5 minutes, remove muffins and transfer to wire rack to cool.

Recipe adapted from www.ambitiouskitchen.com
Image from www.ohsweetbasil.com

Nutrition Facts

Check for low-sodium canned food products if available, as canned foods can contain a lot of hidden sodium, which can increase your blood pressure.

Beans are a great plant-base protein and iron source!



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