

Lone Star Caviar

Barbara J. Pyper, M.S., R.D., C.D., F.H.C.F.A., F.C.S.I.

Texans insist that eating Lone Star Caviar on New Year's Day is good luck. I serve this northerner's version all year in Seattle because my guests love it, and I am proud to serve such a nutrition-packed dip.

Serves: 8

Hands-on time: 20 minutes

- 2 15-ounce cans black-eyed peas, drained and rinsed
- 1 medium-size red bell pepper, trimmed, seeded, and cut into ¼-inch dice
- ½ medium-size red or yellow onion, cut into ¼-inch dice
- 2 green onions, thinly sliced
- 2 jalapeño peppers, trimmed, seeded, and finely diced, or ⅓ cup canned jalapeño slices, finely diced
- 3 to 4 cloves garlic, minced
- ½ teaspoon hot pepper sauce, optional
- ½ cup reduced-fat Italian salad dressing
- ½ teaspoon salt, or to taste

Mix the black-eyed peas, peppers, onion, green onion, and garlic. Add the hot pepper sauce and salad dressing; toss lightly. Add salt to taste and stir. Refrigerate until ready to serve.

NUTRITION PER SERVING

| | |
|---------------|----------|
| Serving size | ½ cup |
| Calories | 110 kcal |
| Fat | 2 g |
| Saturated fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 590 mg |
| Carbohydrates | 18 g |
| Dietary fiber | 4 g |
| Protein | 6 g |

NUTRITION NUGGET

Black-eyed peas are a good source of protein and fiber.

VARIATION

For additional color in this dip, try adding other types of beans or some frozen corn.

SERVING SUGGESTION

This dip is great served with baked corn chips or baked pita chips.

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Tortilla Roll-Ups

Brenda Bracewell Valera, R.D.

Tortillas are popular in Texas at just about every meal. This appetizer version is sure to become a party favorite.

Serves: 12

Hands-on time: 20 minutes

Chill time: 4 to 24 hours

- 1 4½-ounce can chopped green chilis, or 1 fresh jalapeño pepper, chopped
 - 1 medium-size red bell pepper, minced
 - 1 medium-size green bell pepper, minced
 - 1 carrot, grated
 - 1 to 3 cloves garlic, minced
 - 8 ounces light cream cheese, softened (1 cup)
 - 4 ounces nonfat sour cream (½ cup)
 - ½ teaspoon ground cumin
 - ¼ teaspoon cayenne pepper
 - 6 10-inch whole wheat or flavored tortillas
- salsa

Combine the chilis, bell peppers, carrot, and garlic in a medium-size bowl; mix well and set aside.

Combine the cream cheese, sour cream, cumin, and cayenne until well blended. Use a fork or a food processor. Fold the vegetable mixture into the cream cheese mixture. Spread the mixture evenly over the tortillas; roll tightly. Wrap in foil or plastic wrap and refrigerate at least 4 hours or up to 24 hours.

Slice each tortilla into 6 pieces. Serve with salsa.

NUTRITION PER SERVING

| | |
|---------------|----------|
| Serving size | 3 slices |
| Calories | 80 kcal |
| Fat | 1.5 g |
| Saturated fat | 1 g |
| Cholesterol | 5 mg |
| Sodium | 320 mg |
| Carbohydrates | 14 g |
| Dietary fiber | 2 g |
| Protein | 5 g |

NUTRITION NUGGET

Salsa is low in calories, yet high in flavor and a wonderful way to add extra vegetables to your diet, especially corn, tomatoes, and onions. If substituting flavored tortillas in this recipe, check the fat content. Often extra fat is used to make the tortillas more pliable.

COOK'S TIPS

Wear gloves when working with peppers. For a milder flavor, substitute Anaheim or ancho chilis. Removing the seeds also lessens the heat of chilis.

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Easy Cheesy Beef Quesadillas

Laura Faler Thomas, M.Ed., R.D., L.D.

Southwest inspired, these quesadillas take on flavors from around the world—starting in Philadelphia and into the Mediterranean. They require little time in the kitchen, so plan them for busy nights, or serve them as party appetizers and impress the most discerning palate.

Serves: 6 as a main course or 12 as an appetizer

Hands-on time: 10 minutes

Cooking time: 10 minutes

- ½ pound extra-lean ground beef
- 1 small zucchini, chopped
- 1 16-ounce can fat-free refried beans
- 6 10-inch flour tortillas
- ½ cup shredded sharp cheddar cheese, and/or Colby or Jack cheese (2 ounces)
- ½ cup salsa
- 1 medium-size tomato, chopped
- 1 medium-size green bell pepper, chopped

Cook the beef and zucchini in a large nonstick skillet over medium-high heat 5 to 7 minutes. Stir in the refried beans; cook 4 minutes or until heated through. Remove the beef mixture from the skillet; do not wash the pan.

Spread 1/3 of the mixture evenly over each of 3 tortillas. Sprinkle evenly with cheese. Top each with another tortilla. Cook each quesadilla in the skillet over medium-high heat for 1 minute per side or until the cheese is melted. Cut each into 4 wedges; serve with the salsa, chopped tomato, and pepper.

NUTRITION PER SERVING

| | |
|---------------|--------------------|
| Serving size | 1 wedge, appetizer |
| Calories | 210 kcal |
| Fat | 6 g |
| Saturated fat | 2 g |
| Cholesterol | 10 mg |
| Sodium | 410 mg |
| Carbohydrates | 27 g |
| Dietary fiber | 3 g |
| Protein | 10 g |

NUTRITION PER SERVING

| | |
|---------------|-----------------------|
| Serving size | 2 wedges, main course |
| Calories | 420 kcal |
| Fat | 12 g |
| Saturated fat | 2 g |
| Cholesterol | 10 mg |
| Sodium | 820 mg |

Carbohydrates 54 g
Dietary fiber 6 g
Protein 20 g

VARIATION

Make your own refried beans by mashing 1¼ cups black or pinto beans with your favorite spices, such as cumin and cayenne.

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