

Easy Refried Beans

Quick and easy homemade refried beans! These beans are soft, flavorful, and good enough to eat all by themselves!

Yield:

about 2 cups

Ingredients:

2 cups cooked pinto beans*

2 tablespoons oil

1 small clove garlic, minced

1 tablespoon chopped onion

1 tablespoon chopped green pepper

1/4 teaspoon ground cumin

~1/2 cup water, as needed

Salt, to taste

Your favorite hot sauce, to taste

Chopped fresh cilantro, optional Instructions:

1.

Heat heavy skillet or pan (I use cast iron) over medium heat.

Add oil,

then add beans, garlic, onion, pepper, and cumin. Cook and stir, mashing

with a spoon or spatula as you stir and adding a little water as

needed.

2. Cook until beans are hot and as smooth as desired (I like mine

chunky!). Add salt to taste and a few splashes of hot sauce along with

freshly chopped cilantro if desired.

Serve hot with tortilla chips for dipping, or use in any recipe calling for refried beans.



Granola (adapted for our family from Tammy's Recipes)

Granola

Yield:

10 cups

Ingredients:

6 c rolled oats

1/2 c brown sugar (or better yet, maple sugar...slightly less is necessary)

3/4 c wheat germ

1/2 c flaked coconut

1/4 c sesame seeds (skip most of the time)

1 c chopped walnuts, almonds, pecans, golden flax seeds, or raw sunflower seeds (I use walnuts or almonds and sunflower seeds, chia seeds, and ground flax and I use more than a cup total...probably closer to 2 cups total)

1/2 c nonfat dry milk

2/3 c honey (or better yet, maple syrup, use same amount)

2/3 c vegetable oil (I prefer canola oil...it is healthier)

2 T water (I just use milk instead of water here and if things seem too dry because of added nuts etc, add another one tablespoon)

1 1/2 t vanilla (not necessary if you are going for maple flavor, but add equal amount of milk instead)

1 c raisins (Don't add until serving)

Instructions:

1. In a large bowl combine oats, brown sugar, wheat germ, coconut, sesame seeds, sunflower seeds, and nonfat dry milk (in other words, all the dry stuff).

2. Combine honey, oil, water, and vanilla (all the wet stuff). Add to oat mixture and mix thoroughly.

3. Turn into two large shallow greased baking pans or cookie sheets. Heat in 300 degree oven for 30-40 minutes or until lightly toasted. Stir twice during heating.

4. Let cool for 15 minutes after removing from the oven and then stir again. Store in tightly sealed container. Add raisins before serving, or not at all.

Additional Notes:

Granola will be "wet" even when it is done baking. It doesn't dry out or become crispy until it is cooling. So don't worry if it looks like it didn't turn out!

If stored in a sealed container or bag, away from sunlight or humidity, your granola will last a number of weeks. Granola may also be frozen for longer storage.

This recipe can be totally adapted using different nuts and seeds.

I usually double this recipe because it goes over really well. Also, this is a hearty breakfast and will keep an adult satisfied until lunch!

Quinoa Tabbouleh w/ Chicken

- 1/2 cup uncooked quinoa
- 3/4 cup water
- 1 1/2 cups quartered grape tomato
- 3/4 cup shredded cooked chicken breast
- 3/4 cup minced fresh flat-leaf parsley
- 1/2 cup finely chopped red bell pepper
- 1/2 cup diced English cucumber
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation

1. Combine quinoa and water in a small pot, bring to a boil, cover and let sit, removed from heat for 15 minutes or until tender. Cool quickly by running it under cold water.
2. Add remaining ingredients; toss well.