

Winning Recipe: Crispy Baked Polenta with Black Beans

Ingredients:

- 1 roll of precooked polenta
- 1 tablespoon olive oil
- ½ cup low-sodium tomato sauce
- 1 bell pepper, chopped
- 1 can low-sodium black beans, drained and rinsed
- 1 handful chopped basil
- Low fat mozzarella cheese, grated

Instructions:

Preheat oven to 400 degrees.

Rub olive oil on a baking pan. Slice polenta into half-inch slices and layer in the pan. Spread a small spoonful of tomato sauce on each polenta slice (too much will make the polenta soggy). Add bell pepper and black beans on top. Sprinkle with chopped basil and grated cheese. Bake in the oven until cheese is bubbly (around 20 minutes).

Russell's Veggie Delight Bagel Sandwich

Ingredients:

- 1 sundried tomato bagel or bagel of your choice
- 2 ounces reduced-fat garden vegetable cream cheese
- 2 slices of tomato
- 3 slices of cucumber
- 1 round slice of green bell pepper
- 2-3 slices of avocado
- 1/8 cup sprouts

Instructions:

Split bagel and toast in the toaster. Divide cream cheese on each half of the bagel. Add remaining ingredients and enjoy!

Lentil Salad

Ingredients:

- Cooked lentils (one can or two cups boiled in water per package instructions)
- 4 bell peppers, one of each color (green, red, yellow and orange), chopped
- 1 cup cilantro, chopped
- Lemon juice to taste
- Salt and pepper to taste
- Drizzle of vegetable oil

Instructions:

Combine all ingredients in a bowl.
Serve and enjoy!

Crockpot Chicken and Tomato Tacos

Ingredients:

- 1 pound raw chicken breast
- 2 cans Rotel tomatoes and green chili
- 1 package taco seasoning
- 3/4 cup water
- 1 package corn tortillas
- Avocado (optional)
- Pico de gallo salsa (optional)

Instructions:

Mix tomatoes, taco seasoning and water in the crock pot. Add chicken and make sure it's covered by the tomato and seasoning mixture. Set crock pot to high and cook for five to six hours or until chicken shreds easily when stirred. Eat with corn tortillas, avocado and pico de gallo or your favorite taco toppings.

Spinach Berry Salad

Ingredients:

- 1 bag of your favorite salad greens (baby spinach, butter lettuce, etc.), rinse before using
- Strawberries, rinsed and sliced
- 1 red onion, thinly sliced
- Your favorite cheese (goat cheese is a good choice)
- Nuts of any kind (you can determine how many nuts you want on the salad)
- Salt and pepper to taste
- Balsamic dressing

Instructions:

Mix all ingredients. Toss to coat with dressing. Serve and enjoy!