

Appetizers

Cheesy Garbanzo Spread

Makes about 2 cups

This delicious spread has the look and taste of spreadable cheese and takes only seconds to prepare. Try it on bread and crackers, in casseroles, and as a filling for quesadillas. Look for jars of water-packed roasted red peppers near the pickles and olives in your supermarket. Tahini is available in the ethnic food section of many supermarkets and in natural food stores.

- 1 15-ounce can garbanzo beans
- 1/2 cup roasted red peppers
- 3 tablespoons tahini (sesame seed butter)
- 3 tablespoons lemon juice

Drain the garbanzo beans, reserving the liquid, and set the liquid aside. Place the beans in a food processor or blender with the roasted red peppers, tahini, and lemon juice. Process until very smooth. If using a blender, you will have to stop it occasionally and push everything down into the blades with a rubber spatula. The mixture should be quite thick, but if it is too thick to blend, add a tablespoon or two of the reserved bean liquid.

Recipe from Eat Right, Live Longer by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.

Creamy Spinach Dip

Serves 10 to 12

Great for a family gathering or as a dish to pass for a holiday cocktail party.

- 1 container non-dairy (vegan) sour cream substitute
- 1 tablespoon lemon juice
- 1/2 cup salsa
- 1 package frozen spinach, thawed and drained
- 1 package vegetable soup mix

Combine ingredients and refrigerate for 1 hour before serving. Serve with raw vegetable pieces or chunks of crusty bread.

Recipe adapted from old family favorite by PCR
nutrition director Amy Lanou, Ph.D.

Guacamole Plus

Makes 2 1/2 cups

This guacamole is enriched with fiber from the peas and cancer-fighting phytochemicals from the garlic, salsa, scallions, and lemon.

1 cup frozen green peas or 1 cup drained and rinsed canned peas
1 ripe avocado, peeled
1/2 cup mild salsa
1 clove garlic, minced, or 1 teaspoon chopped garlic
1 scallion, minced (*optional*)
juice of 1 lemon
1/2 teaspoon cumin
1 tablespoon fresh cilantro, chopped (*optional*)
salt and pepper, to taste

If using frozen peas, blanch peas in boiling water for 2 minutes, then cool with cold water and drain. Cut avocado into large chunks. Mash avocado and peas together using a potato masher or fork, or, if a very creamy texture is desired, in a food processor. Mix in salsa, garlic, scallion (if using), lemon juice, cumin, and cilantro (if using). Add salt and pepper to taste.

Hummus

Makes about 2 cups

1 can garbanzo beans
2 tablespoons tahini (sesame butter)
1/4 cup lemon juice
3 scallions, chopped
1 tablespoon chopped garlic (about 3 cloves)
1 teaspoon cumin
1/2 teaspoon black pepper
1/2 cup roasted red peppers (*optional*)

Drain garbanzo beans, reserving the liquid from the can, and rinse the beans.

Place all ingredients except reserved bean liquid in food processor and process until smooth. Add reserved bean liquid as needed for a smoother consistency.

Spread on whole-wheat pita bread or serve as a dip for vegetables.

Recipe by PCRM dietitian Jennifer Keller, R.D.

Mockamole

Serves 6

If you long for your favorite south-of-the-border dip but don't want the fat of avocado, try this reduced-fat version of guacamole. You can use either green peas or green beans for part of the avocado. Green peas will give this dip a slightly sweet flavor that we found especially appealing.

1 avocado
2 cups cooked peas or 1 cup cooked green beans
2 tablespoons chopped onion
1/4 cup salsa (or more to taste)
2 tablespoons fresh lime juice
salt to taste

Blend the avocado and peas or green beans together in a blender, until smooth. Stir in the onion and salsa. Just before serving, stir in the fresh lime juice and salt. Serve with baked tortilla chips.

*Recipe from The Vegetarian No-Cholesterol Family-Style Cookbook
by Kate Schumann and Virginia Messina, M.P.H., R.D.*

Roasted Sweet Potato Wedges

Serves 4

2 medium-sized sweet potatoes, cut into wedges
1/8 teaspoon cinnamon
1/4 teaspoon season salt

1/4 teaspoon ground cumin
1/8 teaspoon pepper
1/4 teaspoon garlic powder

Preheat oven to 450°F.

Combine all ingredients in a plastic bag. Seal and shake. Place sweet potato wedges on a baking sheet coated with cooking spray (do not overlap). Bake at 450°F for 20 minutes or until very tender, flipping potatoes once during cooking.

*Recipe from PCRM Weight Loss Study Cooking Demonstration;
contributed by PCRM dietitian Brie Turner-McGrievy, M.S., R.D.*

Tomato Corn Salsa

Makes 3 1/2 cups

Corn adds fiber and color to this lycopene-rich dip or topping.

1 cup fresh or frozen corn kernels, thawed
2 cups diced tomatoes
2 tablespoons diced red onions
1/4 cup diced green bell peppers
1 tablespoon chopped fresh basil
1/2 to 1 fresh green chile, minced or 1/2 to 1 teaspoon of your favorite chili sauce
1 tablespoon fresh lime juice
1 teaspoon rice or cider vinegar

If corn is not thawed completely, either blanch it in boiling water to cover for 1 to 2 minutes, or microwave it until thawed. Drain. In a large bowl, combine all of the ingredients and set aside for 15 to 20 minutes to allow the flavors to develop. Add salt, if desired and serve at room temperature.

*Recipe adapted from Moosewood Restaurant Low-Fat Favorites
by The Moosewood Collective.*

Veggies in a Blanket

Makes 40 individual pieces

8 flour tortillas

1/2 cup non-dairy (vegan) cream cheese substitute or hummus

4 grated carrots

8 lettuce leaves, a couple handfuls of baby spinach leaves, or 1 container sprouts

Warm tortillas in a dry pan, if desired. Spread vegan cream cheese or hummus on the tortillas. Add carrots and lettuce, spinach, or sprouts. Roll up each tortilla, secure each with 5 evenly placed toothpicks, and slice into 5 individual rolls per tortilla (one toothpick per roll).

Variations: Add thin sticks of cucumber or sweet red pepper before rolling.