

# Easy Sheet Pan Nachos



## Easy Sheet Pan Nachos

These loaded nachos are perfect for a casual dinner or a party snack. Adding the salsa and other toppings after the nachos bake keeps the chips crisp.

### Ingredients

12 ounces gluten-free tortilla chips

1 tablespoon olive oil

1 pound ground beef or ground turkey

1 small onion, diced

2 cloves garlic, minced

3 tablespoons gluten-free taco seasoning

15 ounces canned pinto beans, drained & rinsed

1 cup frozen corn kernels

1  $\frac{1}{2}$  cups shredded cheddar cheese, or monterey jack (or a combination)

Toppings (optional)

Pico de gallo or salsa

Sour cream  
Guacamole  
Sliced black olives  
Pickled jalapenos  
Chopped cilantro

#### Method

1. Preheat oven to 425° F. Lightly spray a rimmed baking sheet with nonstick cooking spray or line with aluminum foil.
2. Place tortilla chips in a single layer onto prepared baking sheet. Set aside.
3. Heat olive oil in a large nonstick skillet over medium-high heat until shimmering. Add ground beef. Cook, breaking up beef with a wooden spoon as it cooks, until beef browns and no pink spots remain, about 3-5 minutes. Add onion and cook until soft, about 2 minutes. Add garlic. Cook for 1 minute. Drain excess fat if needed. Stir in taco seasoning.
4. Top tortilla chips evenly with the cooked ground beef, pinto beans, corn and cheese.
5. Bake until the cheese melts and nachos are heated through, about 7-8 minutes.
6. Remove from the oven. Sprinkle desired toppings evenly over the warm nachos. Serve immediately.

Source: Gluten-Free Living Magazine (6 servings)

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## [Beans and Rice](#)



## Beans and Rice

You can't go wrong with rice and beans. This combo makes for a nutritious and hearty side dish. Give this a twist with a unique seasoning.

### Ingredients

1  $\frac{1}{2}$  cups white rice  
3 cups vegetable broth  
2 bay leaves  
2 tablespoons olive oil  
 $\frac{1}{2}$  white onion, finely chopped  
2 cloves garlic, finely chopped  
30 ounces canned black beans or red beans, drained and rinsed  
2 tablespoons old bay seasoning  
 $\frac{1}{2}$  lime, juiced

### Method

1. Start by cooking the rice in vegetable broth with the bay leaves, preferably in a rice cooker, if possible.
2. While the rice is cooking, add olive oil to a large pan and heat. Add onion and garlic to oil and begin to cook over

medium heat until brown and translucent. Add beans, Old bay, and lime juice. Continue to sauté for 5 minutes.

3. Once rice is fully cooked, remove bay leaves, combine with bean mixture and serve hot.

Source: Gluten-Free Living Magazine (5 servings)

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## Crispy Falafel Pita with Yogurt Sauce

# Crispy Falafel Pita with Yogurt Sauce

### Ingredients



- 2  $\frac{1}{2}$  (8-inch) pita breads
- 1 (15-ounce) can chickpeas, rinsed
- $\frac{1}{4}$  cup chopped fresh parsley
- 1 large egg
- 1  $\frac{1}{2}$  teaspoons ground cumin
- Salt and pepper
- 1 cup plain whole-milk yogurt
- 1 tablespoon lemon juice
- 2 vine-ripened tomatoes, chopped (1 cup)
- $\frac{1}{2}$  cup vegetable oil

## Method

1. Tear  $\frac{1}{2}$  pita into small pieces and process in food processor until finely ground, about 15 seconds. Add chickpeas, 2 tablespoons parsley, egg, 1 teaspoon cumin,  $\frac{3}{4}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon pepper and pulse until chickpeas are coarsely chopped and mixture is cohesive, about 10 pulses. Divide mixture into 16 patties, about 2 inches in diameter.

2. Whisk yogurt, lemon juice, remaining 2 tablespoons parsley, remaining  $\frac{1}{2}$  teaspoon cumin,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon pepper together in bowl. Season tomatoes with salt and pepper to taste.

3. Heat oil in 12-inch nonstick skillet over medium-high heat until just smoking. Fry patties until golden brown, about 2 minutes per side. Cut remaining 2 pitas in half and stuff each pocket with  $\frac{1}{4}$  cup tomatoes, 4 falafel, and  $\frac{1}{4}$  cup yogurt sauce. Serve.

## Notes



Our favorite brand of canned chickpeas is Pastene.

**Source: Cook's Country (4 servings)**

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# Vegetarian Tamale Pie



**Vegetarian Tamale Pie**

## Ingredients

2 (28 oz.) cans diced tomatoes, drained with 2 cups of liquid reserved  
1 onion, chopped  
4 cloves garlic, chopped  
1 tablespoon vegetable oil  
1  $\frac{1}{4}$  teaspoon kosher salt, plus more as needed  
Freshly ground pepper, to taste  
1 tablespoon minced chipotle in adobo sauce  
1 tablespoon chili powder  
4 teaspoons lime juice

2 (15 oz.) cans black beans, rinsed and drained (or 3 cups cooked beans)  
2 (15 oz.) cans pinto beans, rinsed and drained (or 3 cups cooked beans)  
1  $\frac{1}{2}$  cups fresh or frozen corn  
1 zucchini, cut into  $\frac{1}{2}$ -inch cubes  
 $\frac{1}{4}$  cup minced fresh cilantro  
1 teaspoon dried oregano  
8 ounces Monterey Jack cheese, shredded (or pepper jack for added spice)  
4 cups water  
1  $\frac{1}{2}$  cups coarse cornmeal

#### Method

1. Preheat the oven to 475° F. Line a rimmed baking sheet with aluminum foil. In a mixing bowl, combine the tomatoes, onion, garlic, oil and  $\frac{1}{2}$  teaspoon of the salt. Toss to combine, then spread out on the prepared baking sheet. Roast, stirring occasionally, until the vegetables begin to brown at the edges, about 35-40 minutes.
2. Remove the vegetables from the oven and lower the oven temperature to 375° F. Transfer the roasted vegetables and any juices to a blender. Add in the chipotle, chili powder, lime juice and reserved tomato juice. Puree until the mixture is slightly chunky, 8-10 seconds. Season with salt and pepper to taste. Combine the sauce with the beans, corn, zucchini, cilantro and oregano in a 9 x 13-inch baking dish. Mix well, then spread into an even layer. Spread the shredded cheese in an even layer over the top.
3. Bring the water to a boil in a medium to large saucepan over high heat. Add in the remaining  $\frac{3}{4}$  teaspoon of salt, then slowly add in the cornmeal, whisking vigorously to prevent clumping. Reduce the heat to medium-high and cook, whisking constantly, until the cornmeal begins to soften and the mixture thickens, about 3 minutes. Remove from the heat and season with salt and pepper to taste. Spread the warm cornmeal mixture over the casserole with a spatula, pushing it to the

edges of the baking dish.

4. Cover with foil and bake for 30 minutes. Remove the foil and continue to bake until the crust is beginning to brown and the filling bubbles, about 30-35 minutes. Let cool 10 minutes before serving.

Source: The Complete Vegetarian Cookbook (8 servings)

7 WW Freestyle SmartPoints

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## Sofrito Pinto Beans

### **Sofrito Pinto Beans**

We take a shortcut to the rich, deep flavor of slow-simmered beans by starting with a quick sofrito—aromatics sautéed until tender with tomato and vinegar—and adding canned pinto beans. The result is better than any seasoned bean you'll find in a can.

### Ingredients

1 tablespoon extra-virgin olive oil  
1 cup finely chopped yellow onion  
1 cup finely chopped red bell pepper  
 $\frac{1}{2}$  cup water  
2 tablespoons unsalted tomato paste  
1 tablespoon apple cider vinegar  
 $\frac{1}{2}$  teaspoon kosher salt  
1 (15-oz.) can unsalted pinto beans, rinsed and drained

### Method

Heat oil in a large skillet over medium-high. Add onion and pepper; sauté 5 minutes. Stir in  $\frac{1}{2}$  cup water, tomato paste, vinegar, and salt; bring to a simmer. Cook 10 minutes or until

thickened, stirring occasionally. Stir in beans; cook 3 minutes or until mixture is thoroughly heated.

Source: Cooking Light (Servings: 4 | Yield: Serves 4 (serving size: about 2/3 cup))

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## Bean- And- Bull Burritos



### **Bean- And- Bull Burritos**

#### Ingredients

16 ounces refried beans, or pinto beans

$\frac{1}{2}$  pound extra-lean ground beef

6 8" low-fat flour tortillas

1 cup reduced fat cheddar cheese, monterey jack cheddar

$\frac{1}{4}$  teaspoon garlic powder

$\frac{1}{2}$  cup salsa

$\frac{1}{2}$  teaspoon dried oregano

juice of 1/2 lime

#### Method

Brown the beef and garlic powder in a nonstick skillet over medium heat. Dump in the beans, salsa, oregano, and lime

juice. Simmer for 5 to 8 minutes, until slightly thickened. Slop an equal amount onto each of the tortillas, top each with an equal amount of the cheese, and roll up.

Notes

Alternate

Top each burrito with low-fat sour cream, chopped scallions, and more salsa. Have the leftover 1/2 lime with a shot of tequila.

Source: Prevention (6 servings)

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## Curried Chicken and Chickpea Stew



### **Curried Chicken and Chickpea Stew**

Curry powder and chickpeas turn this slow-cooker chicken stew into a hearty Middle Eastern-style dinner.

Ingredients

1 ½ lbs. boneless, skinless chicken breasts, cut into 2-inch pieces

1 ½ lbs. boneless, skinless chicken thighs, cut into 2-inch pieces

1 tablespoon olive oil

1 tablespoon curry powder

½ teaspoon salt

2 onions, thinly sliced

4 cloves garlic, finely chopped

1 28-oz. can diced tomatoes with juice

2 15-oz. cans chickpeas, rinsed and drained

#### Method

1. Combine chicken, olive oil, curry powder and salt in slow cooker and toss to coat.

2. Sprinkle onions and garlic on top of chicken. Pour tomatoes on top. Cover and cook on low for 6 to 8 hours.

3. During last hour of cooking, stir in chickpeas. Taste and season with salt and pepper.

4. Serve hot.

#### Notes

Made in my aroma rice cooker using the slow cooking setting, taking 3 hours total time.

Source: MyRecipes.com (8 servings)

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## [Tortellini, Spinach, and Black Bean Soup](#)



## **Tortellini, Spinach, and Black Bean Soup**

### **Ingredients**

32 ounces of chicken stock  
1 15-ounce can of fire-roasted diced tomatoes  
1 can of black beans, drained and rinsed  
 $\frac{1}{2}$  tablespoon of dried basil  
1 teaspoon cumin  
1-2 dashes of cayenne pepper  
Salt and pepper (to taste)  
1 9-ounce package of Buitoni Sweet Italian Sausage Tortellini  
1 cup fresh spinach

### **Method**

1. Pour the chicken stock and the entire can of diced tomatoes into a large pot. Add the black beans, basil, cumin, pepper, and salt. Bring to a boil and simmer for 20 minutes.
2. Add the tortellini and cook for 8-10 minutes (according to the package instructions).
3. Add the fresh spinach into the pot and cook for an additional minute.
4. Season with salt and pepper (to taste). Serve immediately.

Source: Red Tricycle (4 servings)

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# Parmesan, Kale & White Bean Burgers



## **Parmesan, Kale & White Bean Burgers**

I adapted this slightly from the original making 8 patties instead of 6 and in the prep since my patty mixture felt loose.

### Ingredients

$\frac{1}{2}$  onion, diced  
2 garlic cloves, minced  
2 large leaves kale, stems removed, leaves chopped  
2 tablespoons water  
 $\frac{1}{2}$  teaspoon ground cumin  
 $\frac{1}{8}$  teaspoon red pepper flakes  
 $\frac{1}{8}$  teaspoon paprika  
salt and pepper, to taste  
3 cups cooked white beans (or 2, 15 oz. cans rinsed and drained)  
1 teaspoon red wine vinegar  
 $\frac{1}{4}$  cup grated parmesan  
2 sun-dried tomatoes, diced  
 $\frac{1}{2}$  cup panko breadcrumbs  
2 eggs

### Method

1. In a skillet set over medium heat, cook onion and garlic,

in bit of oil, until softened. Add kale, water and spices. Cook until kale is wilted. Mash beans in a large bowl with a potato masher or the back of a fork. Add kale mixture and remaining ingredients, mashing as you go. Season mixture with salt and pepper. Divide and form into 8 patties.

2. Cook on the grill or the stove top over medium heat, until both sides are browned and patties are heated through.

3. Serve 2 patties over a bed of salad greens with a drizzle of salad dressing of your choice.

#### Notes

These can be made ahead and chilled until ready to cook.

From author: Adapted from The Catskill Kiwi.

Melissa's note – I chilled these in the freezer for 15 minutes before cooking in a hot pan on the cooktop because my mixture was wet, maybe because I used panko breadcrumbs. The chill period helped the patties stay together for the cook.

Source: Kitchen Simplicity (4 servings | 8 burgers)

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## Tuscan-Style Tuna Salad

### **Tuscan-Style Tuna Salad**

This streamlined version of a northern Italian idea is perfect for a summer evening: no-fuss, no-cook and big taste. You can even make it ahead and store it, covered, in the refrigerator for several days. If you do, use it as a wrap filling for the next day's lunch.

#### Ingredients

2 6-ounce cans chunk light tuna, drained (see Note)

1 15-ounce can small white beans, such as cannellini or great northern, rinsed (see Ingredient note)

10 cherry tomatoes, quartered  
4 scallions, trimmed and sliced  
2 tablespoons extra-virgin olive oil  
2 tablespoons lemon juice  
 $\frac{1}{4}$  teaspoon salt  
Freshly ground pepper, to taste

#### Method

Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

#### Prep

- Active: 10 Minutes

Source: [EatingWell.com](http://EatingWell.com) (4 servings)