

California Avocado-Bean Salad with Salsa Verde

Serves 6 | Serving Size: 1 cup

- 1 (15-oz) can organic black beans, well-drained
- 1 (15-oz) can organic cannellini or other white beans, well-drained
- 1 cup diced red onion
- 1 $\frac{1}{3}$ cups diced red or yellow bell pepper
- 1 large jalapeño pepper with or without seeds, minced (optional)
- $\frac{1}{4}$ cup chopped fresh cilantro
- $\frac{2}{3}$ cup commercially made tomatillo sauce (salsa verde)
- 1 Hass avocado, peeled and diced
- $\frac{1}{4}$ tsp sea salt, or to taste



1. In large bowl combine the beans, onion, bell pepper, jalapeño (if using), and cilantro.
2. Stir in the tomatillo sauce. Then add the avocado and salt and stir gently. Serve as a salad.

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Exchanges/Choices:

- 1 Starch
- 1 Vegetable
- 1 Fat

Calories 150
Total Fat 5 g
Saturated Fat 1 g
Cholesterol 0 mg
Sodium 150 mg

Total Carbohydrate 22 g
Dietary Fiber 6 g
Sugars 4 g
Protein 6 g

Turkey Artichoke Wraps

Serves 4 | Serving Size: 1 wrap | Prep Time: 15 minutes

- 6 Tbsp light cream cheese with chives and onions
- 6 whole-wheat tortillas*
- 12 oz smoked deli-style turkey breast lunch meat
- 1 14-oz can quartered artichoke hearts, drained
- 3 plum tomatoes, thinly sliced



Spread 1 Tbsp cream cheese on 1 tortilla. Add 2 oz turkey meat, 2 oz artichoke hearts, and 3 tomato slices. Fold in the left and right side of the tortilla until the edges are about 1 inch apart and then roll from the top down.

*Each tortilla should have 30 g carbohydrate and 4 g dietary fiber per serving.

Nutrition Bonus: If you like, mix up this recipe by trying any of the flavored low-carb tortillas, such as spinach.

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Exchanges/Choices:

- 2 Starch
- 1 Vegetable
- 1 Lean Meat
- 1 Fat

Calories 270
Calories from fat: 65
Total Fat 7 g
Saturated Fat 1.8 g
Trans Fat 0 g
Cholesterol 25 mg

Sodium 1005 mg
Total Carbohydrate 35 g
Dietary Fiber 5 g
Sugars 4 g
Protein 16 g

Roasted Wild Salmon Fillet with Orange-Miso Sauce

Serves 4 | Serving size: 1 fillet plus 3 Tbsp sauce

1 (5.3-oz) container fat-free Greek yogurt or ½ cup yogurt cheese	2 tsp Dijon mustard	16 oz Alaskan Wild King salmon center-cut fillet with skin, cut into 4 (4-oz) portions
1 ½ tsp orange zest (grated peel; divided use)	1 tsp grated fresh ginger root	2 tsp naturally brewed reduced-sodium soy sauce
3 Tbsp orange juice	¼ tsp toasted sesame oil	2 Tbsp finely chopped pine nuts
1 Tbsp mellow white miso	¼ tsp sea salt, or to taste	

1. Preheat the oven to 400°F. In a medium bowl, whisk the yogurt, ¾ tsp zest, orange juice, miso, mustard, ginger, oil, and salt and set aside.
2. Line a large baking sheet with parchment paper. Place the salmon on the sheet, skin side down. Brush the salmon with soy sauce and pat nuts onto the salmon with your fingers. Roast uncovered for 10 minutes or until done as desired.
3. Spoon the Orange-Miso Sauce onto 4 plates. Place the salmon on top of the sauce and sprinkle with remaining orange zest.

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Exchanges/Choices:

1/2 carbohydrate
4 lean meat

Calories 250

Total Fat 11 g
Saturated Fat 1 g

Cholesterol 70 mg

Sodium 480 mg

Total Carbohydrate 6 g

Dietary Fiber 2 g

Sugars 4 g

Protein 30 g

Pumpkin Bread Pudding

Serves: 4 | Prep Time: 45 Minutes | Cook Time: 25 Minutes | Total Time: 1 Hour 10 Minutes

3 cups French bread, cubed	8 packets SPLENDA® ESSENTIALS™ No Calorie Sweetener with Fiber
⅔ cup 1% low fat milk	¼ teaspoon pumpkin pie spice
¼ cup canned pumpkin	¼ teaspoon ground cinnamon
1 egg	1 teaspoon vanilla extract
1 egg white	2 teaspoons chopped pecans

1. Preheat oven to 350° F. Spray four (4 oz) ramekins with nonstick cooking spray. Set aside until ready to use.
2. Cut bread into one-inch cubes. Set aside.
3. Mix milk, pumpkin, egg, egg white SPLENDA® ESSENTIALS™ No Calorie Sweetener with Fiber, spices and vanilla together in a medium mixing bowl. Add bread chunks and stir until bread is coated. Allow bread to soak up moisture for 10-15 minutes.
4. Spoon bread pudding into the prepared ramekins. Top with chopped pecans. Place ramekins on a cookie sheet and cover with foil. Bake for 10 minutes. Remove foil and bake another 10-15 minutes or until firm to the touch. Serve warm or chilled.



NOTE: Serving Size: 1 ramekin (about 4 oz)

Nutrition Information per Serving

Calories 140

Calories from fat: 35

Total Fat 4 g

Saturated Fat 1 g

Cholesterol 55 mg

Sodium 220 mg

Total Carbohydrate 23 g

Dietary Fiber 4 g

Sugars 9 g

Protein 8 g

This recipe is provided compliments of



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