

Pomegranate Salsa

Ingredients

1 15 oz can black beans, rinsed and drained
2 cups pomegranate arils
1 small jalapeño, minced, seeds removed
1/4 cup red onion, chopped
1/4 cup cilantro, chopped
1 large avocado, diced
2 tablespoons fresh lime juice
Salt and freshly ground black pepper, to taste
Tortilla chips, for serving

Directions

1. In a medium bowl, combine black beans, pomegranate arils, jalapeño, onion, cilantro, avocado, lime juice, salt, and pepper. Gently stir. Serve with tortilla chips.

Pita Chips From chopchopmag.org Makes: 4 Servings

Ingredients

2 whole wheat pita breads
2 teaspoons olive oil
1/4 teaspoon kosher salt
You can also add sesame seeds, poppy seeds or a combination

Directions

1. Preheat oven to 425 degrees.
2. Using scissors, cut each pita into 8 triangles. Open up each triangle and cut it again to make 2 triangles. You should have 32 triangles total.
3. Put the triangles on a baking sheet. Using a brush or your clean fingers, lightly coat the triangles with oil and sprinkle with the salt.
4. Bake until the pita is lightly golden, about 5 minutes.

White Bean Dip From chopchopmag.org Makes: 6 Servings

Ingredients

1 16-ounce can white beans, drained and rinsed with cold water
1 to 2 garlic cloves, peeled and chopped
1/4 cup olive oil
3 tablespoons fresh lemon juice (about 1 lemon)

Instructions

1. Add the white beans, garlic, oil, and lemon juice to a food processor or blender. Process until completely smooth. If you are adding any extra spices, do it now.
2. Spoon into a serving bowl, cover and refrigerate at least 1 hour and up to 2 days.

(Almost) Any-Herb Pesto From chopchopmag.org Makes: 2 Servings

Ingredients

- 2 garlic cloves or scallions, sliced
- 1 1/2 cup packed fresh herb leaves: basil, parsley, mint, or cilantro (or a combination)
- 1/3 cup raw or lightly toasted almonds, pine nuts, walnuts, or pecans (to toast the nuts, put them on a small baking sheet in a 350-degree oven until they are fragrant and look a shade darker, ~5 minutes)
- 1 cup grated parmesan, romano, or asiago or shredded cheddar or crumbled feta or goat cheese
- 3 cups olive oil
- 1/2 teaspoon salt

Instructions

1. Put the garlic, herbs, and nuts in the bowl of the food processor fitted with a steel blade or a blender and process until well chopped.
2. Add the cheese, olive oil, and salt and process until smooth, stopping from time to time to scrape down the sides of the blender jar or food processor bowl with the spatula.
3. Use right away, or transfer to a container, cover, and refrigerate up to 3 days.

Stuffed Cherry Tomatoes From chopchopmag.org Makes: 4 Servings

Ingredients

- 20 cherry tomatoes
- 1/2 recipe Summery Tuna Salad
- 1/2 cup Any-Herb Pesto (for drizzling, if you like)

Instructions

1. Cut a thin slice off the top of each tomato. Using the spoon or melon baller, scoop out the tomato pulp and discard it (or set it aside to eat later). As you hollow each tomato, turn it upside down and put it on the paper towels to drain as you prepare the rest.
2. Just before serving, spoon a little bit of the tuna salad into each tomato and drizzle with a teaspoon of pesto (if you like).

Summery Tuna Salad From chopchopmag.org Makes: 4 Servings

Ingredients

- 2 (5-ounce) cans tuna packed in water or oil
- 2 tablespoons olive oil (or oil reserved from the tuna)
- 1/4 cup Greek or plain yogurt
- 1 small cucumber, peeled (or not) and diced
- 2 scallions, greens and whites, chopped
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped fresh dill

Instructions

1. Drain tuna well. Put the drained tuna and everything else in the bowl and stir well. Taste the salad. Does it need more dill, another pinch of salt? If so add it, then taste again.
2. Serve right away or, cover and refrigerate at least 1 hour and up to overnight.