

## **Any-Bean Dip** (<https://www.chopchopfamily.org/recipe/any-bean-dip>)

### Ingredients

- 1 (15 oz) can beans, drained and rinsed (your choice: kidney, black, white, chickpeas)
- 1 garlic clove, peeled and finely minced
- ¼ cup olive or other vegetable oil
- 3 TBSP lemon juice (fresh or bottled) Or apple cider vinegar
- Pinch salt
- Optional add-in's: grated zest of 1 lemon or lime, ½ cup chopped fresh basil, parsley or cilantro

### Directions

1. Put all the ingredients in a food processor and process until completely smooth.

## **Peanut Butter Yogurt Dip** (<https://foodhero.org/recipes/peanut-butter-yogurt-dip>)

### Ingredients

- ½ cup nonfat plain yogurt
- ¼ cup peanut butter (or almond butter or sunflower butter)
- ¾ tsp cinnamon

### Directions

1. In a small bowl, mix together the yogurt and peanut butter. Add cinnamon. Serve with slices of fruit or vegetables. Refrigerate leftovers within 2 hours.

## **Rice Salad** (<https://foodhero.org/recipes/rice-salad>)

### Ingredients

- 2 cups cooked brown rice, cooled
- ¼ cup chopped celery
- 1 medium apple chopped
- ¼ cup raisins
- 2 TBSP chopped almonds
- ½ cup non-fat plain yogurt
- 2 tsp orange juice

### Directions

1. Combine rice, celery, apple, raisins and almonds in a medium bowl. Mix well.
2. In a small bowl, combine yogurt and orange juice. Pour yogurt mixture over rice mixture and mix well.

Notes: Add any of your favorite fruits for variety.

## **Tuna Pasta Salad** (<https://foodhero.org/recipes/tuna-pasta-salad>)

### Ingredients

- 2 cups uncooked whole wheat pasta (any shape) (~3 cups cooked)
- 2 cans (5 ounces each) tuna or salmon
- ½ cup chopped zucchini
- ¼ cup chopped carrot
- 1/3 cup diced onion
- ¼ cup mayonnaise or low-fat Italian/Balsamic dressing

### Directions

3. Cooked macaroni according to package directions, drain and cool.
4. Drain the tuna and/or salmon.
5. Mix all ingredients together in a bowl. Chill until ready to serve

Notes: Try substituting different vegetables (green peas, bell peppers). Any meat of choice (ham, chopped chicken) can be substituted for the tuna/salmon.