



15 MINUTE RECIPES

Extra Easy Hummus!

Ingredients:

- 15 ounces (1 can) chickpeas (garbanzo beans)
- 1 clove garlic
- 2 teaspoons dried cumin
- ½ teaspoon salt
- 1 tablespoon olive oil



Preparation:

1. Strain chickpeas, reserving liquid.
2. Combine all ingredients in food processor.
3. Blend at a low speed. Gradually add reserved bean liquid until hummus reaches desired consistency.

Source: <http://allrecipes.com/recipe/extra-easy-hummus/>

Grilled Fruit

Ingredients:

- Assorted fresh fruit (peaches, pineapple, mango, pears, etc.)
- Olive oil
- 2 limes
- Sugar or honey, to taste



Preparation:

1. Preheat grill to 400° F.
2. Cut stone fruit into quarters and pineapples into wedges.
3. Toss fruit in approximately one teaspoon of olive oil. Place on grill.
4. Grill 4 – 5 minutes per side or until grill marks show. (You can also use a grill pan or barbecue.)
5. Squeeze lime juice over fruit and add zest. Sprinkle sugar or drizzle honey over fruit.
6. For a different method, try cooking fruit on a skewer.

Kale Chips

Ingredients:

- 1 large bunch kale
- 3 tablespoons olive oil
- Salt and black pepper, to taste



Preparation:

1. Preheat oven to 350° F.
2. Wash, rinse and dry kale. Separate leaves from stems and tear into small pieces (about 2 inches).
3. Place kale pieces in large bowl. Toss with oil, salt and pepper until leaves are evenly coated. Spread kale evenly on large baking sheet. Bake for 8 minutes.
4. Remove kale from oven and turn. Continue baking for another 8 minutes or until kale is crispy. Watch carefully - kale changes fast from crispy to burnt. Serve warm.

Microwave Popcorn

Ingredients:

- ⅓ cup popcorn



Preparation:

1. Add popcorn to a brown paper lunch bag. (Don't add oil.) Fold over edge.
2. Cook in microwave on high for 3 minutes. Listen to popcorn - when you no longer hear kernels popping, remove bag from microwave and pour popcorn into large bowl.

Popcorn Seasoning Recipes

The Classic:

Lightly sprinkle ¼ - ½ teaspoon salt over freshly popped popcorn

Pizza Popcorn:

- 2 tablespoons Parmesan cheese
- 1 teaspoon oregano
- ½ teaspoon dried tomato powder



Zesty Popcorn:

- 1 teaspoon chili powder
- ½ teaspoon cumin



Sweet Popcorn:

- 2 teaspoons sugar (OR tiny amount of dark chocolate shavings)
- ½ teaspoon cinnamon

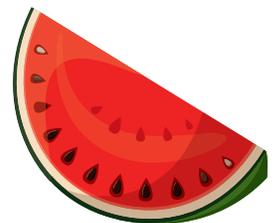
Salt and Vinegar Popcorn:

Lightly salt (¼ - ½ teaspoon)
Spritz with malt vinegar

Watermelon and Strawberry Lemonade

Ingredients:

- 8 cups cubed watermelon
- 1 cup halved strawberries
- ½ cup fresh lemon juice
- 1 cup white sugar
- 2 cups water



Preparation:

Combine all ingredients in blender and blend until smooth.

Source: www.allrecipes.com





15 MINUTE RECIPES

Arugula Salad

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- 4 to 6 cups arugula leaves, rinsed and dried

Preparation:

1. In large salad bowl, whisk together oil, lemon juice, and salt to make dressing.
2. Toss with arugula and your favorite salad mix-ins!

Salad addition ideas:

- Sliced strawberries
- Blueberries
- Crumbled feta cheese
- Walnuts
- Sliced avocado
- Broccoli
- Chickpeas
- Leftover roasted vegetables



Source: About.com



Smoothies



Ingredients:

- 1 cup greens – kale or spinach
- 1 cup fruit (pick one) - banana, strawberry, OR mango
- 1 cup fruit (pick one) - blueberry, pineapple, OR raspberries
- ½ cup liquid - plain yogurt, 100% fruit juice, almond milk OR water

Preparation:

1. Chop greens and fruit into 1 inch pieces
2. Blend all ingredients together in a blender and serve!

Note: For cold smoothies, freeze the fruit beforehand, or you can add ice!

Ice Cream

Ingredients:

- 1 cup half and half
- 2 tablespoons sugar
- ½ teaspoon vanilla extract
- Ice cubes
- ½ cup salt (preferably rock salt)
- 1 pint-size zip-top bag
- 1 gallon-size zip-top bag

Preparation:

1. Combine half and half, sugar and vanilla extract in pint-size bag and seal it tightly, removing as much air as possible.
2. Fill gallon-size bag with ice and salt, then place sealed smaller bag inside as well. Seal larger bag.
3. Shake and gently squeeze bag. Make sure inner bag is constantly surrounded by ice during this step. Shake bags until mixture hardens. It will take about 5 minutes.
4. When ice cream is frozen, remove ice cream bag from ice bag. Ice cream is ready to eat!

Note: If you want extra pizzazz, add some peppermint pieces, crumbled up cookies, or chocolate syrup to vanilla ice cream.

