

Recipes: Snacks

Baked Sweet Potato Fries

Baked Yams

Citrus Carrots

Fresh Shrimp and Black Bean Nachos

Honey Baked Apples

Kidney Bean Salsa

White Bean Puree

Baked Sweet Potato Fries

4 small sweet potatoes
1 tbs butter, melted
1/4 tsp salt
1 dash nutmeg

Preheat oven to 450 degrees

Spray a large baking pan with non-stick cooking spray

Scrub potatoes and cut lengthwise into quarters, then cut each quarter into 2 wedges.

Arrange potatoes in a single layer in pan.

Combine butter, salt, and nutmeg.

Brush onto potatoes and coat evenly.

Bake in a 450 degree oven 20 minutes or until brown and tender.

Serves 4

Nutrition Facts

Nutrition (per serving): 148.6 calories; 17% calories from fat; 2.9g total fat; 7.8mg cholesterol; 153.7mg sodium; 844.1mg potassium; 29.0g carbohydrates; 2.0g fiber; 3.0g protein.

Baked Yams

1 cup dried prunes
3 medium yams, cut into 1/4 inch squares
2 tsp butter, melted
2 Tbs lemon juice
2 Tbs fruit juice (orange or apple)
1/2 tsp salt

Soak prunes in a small bowl of warm water for 10 minutes and then drain.

Steam yams over boiling water, until tender.

Arrange layer of yams on bottom of oiled small baking dish. Brush with butter.

Top with layer of prunes. Alternate layers until all is used.

Blend juices and salt together and pour over yams and prunes.

Bake at 350 degrees for about 35 minutes.

Serves 4

Nutrition Facts

Nutrition (per serving): 256.8 calories; 7% calories from fat; 2.3g total fat; 5.2mg cholesterol; 303.1mg sodium; 1254.0mg potassium; 59.6g carbohydrates; 7.7g fiber; 2.9g protein.

Citrus Carrots

1 lb baby carrots
2 tbs balsamic vinegar
1/2 cup orange juice
1 large orange, peeled and chopped into small segments
1 tbs green onions, finely chopped
1 tbs fresh dill, chopped

Steam carrots in a steamer until tender or plunge carrots into boiling water and cook for about 10 - 12 minutes until tender.

Drain off all water and rinse with cold water.

Combine carrots, vinegar and orange juice in a serving bowl.

Stir to combine.

Add orange segments, onions and dill.

Lightly toss and serve.

Serves 3

Nutrition Facts

Nutrition (per serving): 107.2 calories; 7% calories from fat; 1.0g total fat; 0.0mg cholesterol; 54.0mg sodium; 633.5mg potassium; 24.7g carbohydrates; 4.3g fiber; 2.2g protein.

Fresh Shrimp and Black Bean Nachos

3/4 cup cilantro, fresh chopped
1/2 cup red onion, diced
2 Tbs fresh limejuice
1 Tbs olive oil
1 tsp worcestershire sauce
1/2 tsp salt
1/4 tsp black pepper
3/4 lb medium shrimp, cooked, peeled, and chopped
2 cups tomatoes, seeded, diced
1/2 cup avocado, diced peeled
1 cup 15 oz. black beans, drained
1/2 tsp ground cumin
4 cups baked tortilla chips

Combine cilantro, onion, lime juice, oil, worcestershire sauce, salt, pepper and shrimp in a large bowl; toss well. Cover and refrigerate for 30 minutes. Add tomato and avocado; stir well.

Place the beans and cumin in a food processor, and process 30 seconds or until smooth. Spread each chip with 1-teaspoon black-bean mixture. Top with 1-tablespoon shrimp salsa.

Serves 5

Nutrition Facts

Nutrition (per serving): 309.9 calories; 38% calories from fat; 13.8g total fat; 124.3mg cholesterol; 599.2mg sodium; 616.0mg potassium; 29.2g carbohydrates; 6.8g fiber; 19.4g protein.

Honey Baked Apples

4 medium baking apples (golden delicious)
1/2 cup brown sugar
1/2 tsp cloves, ground
1/2 tsp cinnamon
1/2 cup honey
1/2 cup water

Preheat oven to 400 degrees

Core and slice apples into 1/2" rings. Place them in a shallow baking dish

In a saucepan, combine and heat brown sugar, cloves, cinnamon, honey and water

Pour over apples and bake 15 minutes or until tender, turning to baste once or twice

Serves 4

Nutrition Facts

Nutrition (per serving): 307.6 calories; 1% calories from fat; 0.5g total fat; 0.0mg cholesterol; 14.0mg sodium; 265.3mg potassium; 81.1g carbohydrates; 3.7g fiber; 0.4g protein.

Kidney Bean Salsa

1 can 14 oz. red kidney beans, drained
2 medium tomatoes, chopped
1 medium yellow pepper, chopped
1 medium avocado, chopped
1 tbs cilantro, finely chopped
2 tbs lime juice

Combine all ingredients in large bowl. Mix well. Serve with warm tortillas or whole wheat chips.

Serves 4

Nutrition Facts

Nutrition (per serving): 241.0 calories; 37% calories from fat; 10.8g total fat; 0.0mg cholesterol; 439.5mg sodium; 996.1mg potassium; 31.2g carbohydrates; 12.2g fiber; 9.0g protein.

White Bean Puree

1 can 14 oz. cannellini beans
2 tbs olive oil
1 tbs lemon juice
1 tbs dry white wine
1/2 clove garlic, minced

Blend or process all ingredients in a food processor until almost smooth. Serve with crusty bread, whole wheat crackers, or fresh vegetables.

Serves 3

Nutrition Facts

Nutrition (per serving): 325.7 calories; 25% calories from fat; 9.6g total fat; 0.0mg cholesterol; 12.4mg sodium; 1258.9mg potassium; 43.3g carbohydrates; 10.4g fiber; 16.0g protein.