



Summer holidays are fast approaching. Pack up your picnic basket with a healthy twist of your old favorites. Let's take that juicy burger and make it better and more delicious. How about that those beans? Yes, there is a version of baked beans without brown sugar that's loaded with goodness and is kind to your heart. All this and more!

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Presentation for National Kidney Foundation of Wisconsin April, 2017

Spinach Turkey Burgers

Adding spinach to the burgers produces a deliciously moist burger. These can also be made into sliders served on buns or meatballs served with your favorite sauce or as appetizers.

Makes 6 burgers or 12 sliders

2 cloves garlic, minced

1-1/2 pounds lean ground turkey

1 egg

1 bunch spinach, chopped fine (yes, the whole bunch)

2 green onions, finely chopped

1/4 cup fresh basil, chopped

1/2 teaspoon freshly ground black pepper

Optional: 1/2 cup fresh Parmesan cheese

1. In a large bowl combine all ingredients and mix well. Form into 6 hamburger patties.
2. Heat large skillet to medium-high heat. Place burgers in pan and cook for 3-4 minutes on each side.
3. If baking is easier for you: place on baking sheet in 350° oven or better yet put them on the grill and cook until done, 15 to 18 minutes. If using a meat thermometer temperature must reach 165 degrees.

Per serving: *203 calories, 9g fat, 3g sat fat, 1g carbohydrates, 23g protein, 203mg sodium, trace fiber, 305mg potassium*

Variations:

Add 1-1/2 cups white mushrooms, chopped

1/2 cup grated carrots

Better Baked Beans

Serves 8-10

A healthier version of the traditional baked beans! It seems like a lot of ingredients, but many of the spices may already be in your cupboard.

3 15-ounce cans navy beans
2 tablespoons olive oil
2 cups yellow onion, minced
2 tablespoons ginger, minced
2 tablespoons chili powder
2 teaspoons cumin
1 teaspoon allspice
1/2 teaspoon salt
2 medium carrots diced
2 tablespoons garlic, minced
1 red or green bell pepper, chopped
1/4 cup grainy prepared mustard
1/4 cup dark molasses
2 tablespoons honey
2 tablespoons cider vinegar
1 15-ounce can low sodium diced tomatoes
1/2 cup Italian parsley, chopped

1. Preheat oven to 350°.
2. Empty the cans of beans into a colander and drain and rinse thoroughly. Set aside. If available, purchase no sodium added beans.
3. Heat a large skillet over medium heat. Add the olive oil and swirl to coat the pan. Add onion, spices and salt and cook for about 5 minutes, stirring often.
4. Add carrots, garlic, ginger and bell pepper, stir to combine and turn heat to low. Simmer for 8 to 10 minutes or until carrots are tender.
5. Stir in the mustard, molasses and vinegar. Cook for 1 minute, then pour in the tomatoes with all their liquid. Bring to a boil, lower the heat to a simmer and cook for 5 minutes. Remove from heat and gently stir in beans.
6. Transfer to a 9x13-inch pan, cover with foil and bake for 40 minutes. Top with parsley and serve.

Per serving: 260 calories, 5g fat, 1g sat fat, 47g carbohydrates, 13g protein, 409mg sodium, 12g fiber, 871mg potassium

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Corn and Black Bean Quinoa Salad

Serves 12

Salad

2/3 cup red quinoa
2 bottled roasted red peppers
3 large fresh ears of corn, husked
1 15-ounce can (1½ cups) black beans (drained and rinsed)
1/2 large red onion, small dice
2 cups cherry tomatoes, cut in half
1/2 cup cilantro leaves, chopped
1 avocado, cubed
1/2 cup crumbled cotija or white cheese, optional

Dressing:

1/4 cup fresh lime juice (approx. 1 large lime)
6 tablespoons extra virgin olive oil
1 teaspoon cumin
1 clove garlic, minced
1/2 teaspoon sea salt
Hot sauce, optional

Salad

1. Bring 4 cups water to boil in a medium saucepan. Add quinoa and 1/4 teaspoon salt; simmer until tender but still crunchy, 10-14 minutes. Drain well and cool by transferring into large bowl.
2. Add red peppers to bowl with quinoa.

3. Wrap corn ears individually in waxed paper and microwave or boil for 6 minutes. Cool and cut kernels off the husk and place in the bowl with the quinoa.
4. Add remaining ingredients: onion, tomatoes, cilantro and avocado to the salad

Dressing

1. Make dressing by whisking together lime juice, oil, cumin, garlic, salt and hot sauce, if using. Pour dressing over salad and stir gently to combine. Sprinkle with cheese if desired. Chill and serve.

Per 1 cup serving: *210 calories, 11g fat, 2g sat. fat, 160 mg sodium, 22 g carbohydrates, 4g fiber, 6g protein, 349mg potassium*

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Sautéed Apple and Pear Slices – Quick and Easy

Serves 6

An especially good dessert served over ice-cream or topped with whipped cream.

5 apples, peeled and sliced into eighths

2 pears. peeled and sliced into eighths

1/3 cup water

Sprinkle of cinnamon

1/3 cup walnuts, chopped

1. Peel, core and slice apples and pears. Heat a large sauté pan over medium high heat, add water, apple and pear slices and cook until tender, about 8 minutes. Add cinnamon and walnuts.
2. Continue to sauté until fruit is soft. It can be refrigerated at this point or served immediately. Reheat and serve with whipped cream or ice cream.

Per serving: *143 calories, 5g fat, 1g sat fat, 27g carbohydrates, 2g protein, 0g sodium, 4g fiber, 170mg calcium*

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