

Brussel Sprout Chips

Ingredients:

- 1 pound large Brussel sprouts
- 1 tablespoon olive oil
- $\frac{3}{4}$ teaspoon kosher salt
- 1 lime, cut in half

Preparation:

1. Preheat oven to 350° F.
2. Line baking sheet with parchment.
3. Trim $\frac{3}{4}$ in off the ends of sprouts, where they attach to the stalk.
4. Pull off the outer leaves and rinse sprouts well in a bowl of water. Remove additional leaves as necessary to remove dirt from interior leaves. Dry thoroughly.
5. Peel the remaining leaves, making sure to keep them whole, and place into small mixing bowl.
6. Peel from the bottom of the sprout. When you reach the center of the sprout, you won't be able to peel any more leaves; discard the core.
7. Add the olive oil. With a wooden spoon or clean hands, stir the sprouts with oil to coat well.
8. Arrange the leaves on the prepared baking sheet in one layer. Bake for 10 minutes or until the chips begin to crisp at the edges.
9. Remove from oven. Sprinkle with salt. Allow to cool for several minutes.
10. Before serving, squeeze lime juice over the top to taste.

Makes $\frac{3}{4}$ Cup

Tasty Sweet Peppers on Toast

Ingredients:

- 2 to 3 medium sweet peppers of any variety
- 1 tablespoon olive oil
- Salt
- 5 small slices country-style bread or baguette

Preparation:

1. Wash and dry the pepper.
2. Line a baking sheet with parchment.
3. Place the peppers on the prepared baking sheet and drizzle with $\frac{1}{2}$ tablespoon of olive oil.
4. Roast at 375° F for 20 minutes, or until the skin begins to bubble or blacken.
5. Remove from the oven and allow to cool completely. Remove the skin: gently pull skin away from stem slowly, working from the stem side downward. To remove stem, slice open pepper and gently pull stem away from flesh. Scoop out seeds with a clean hand. Discard stem, skin, and seeds.
6. Slice the roasted pepper into thin slices, lengthwise. Place a few slices on each piece of bread and drizzle with the remaining olive oil. Sprinkle with salt to taste.

Makes 5 Toasts

Avocado Toast

Ingredients:

- ½ baguette or other long, narrow rustic-style bread
- 2 ripe avocados
- 2 tablespoons olive oil
- Kosher salt
- Pepper
- Ancho chili powder or ground Marash red pepper (optional)

Preparation:

1. Slice 10 pieces of bread, about ¼-inch thick, and toast (see note).
2. Slice avocados: set avocados down on cutting board and slice in half lengthwise. Twist both sides in opposite directions to separate the halves. To remove the pit, insert your knife into the side of the pit, facing the blade away from you. Then lift the knife upward and the pit will come right out.
3. Slice each avocado lengthwise into ¼-inch-wide slices. Scoop the slices out with a spoon, and set on a plate or cutting board.
4. Place 2 or 3 slices into each piece of toast and mash with the back of a fork.
5. Drizzle about ½ teaspoon olive oil over the avocado on each toast. Sprinkle with a pinch each of salt, pepper, and ancho chili powder.

Note: If the toaster doesn't work for smaller size toasts, pan fry the bread over medium-high heat with a drizzle of olive oil in the pan. Fry each side for 1 to 2 minutes.

Makes 10 Toasts

Healthy Breakfast Burrito

Ingredients:

- 4 flour tortillas
- 1 cup prepared chili
- 1 cup shredded cheese
- 4 eggs
- ¼ cup buttermilk
- 8 tablespoons salsa

Preparation:

1. Preheat oven to 425°F
2. Place flour tortillas on an oven-proof tray. Top each tortilla with ¼ cup chili and ¼ cup shredded cheese. Set aside.
3. Crack the eggs into a medium mixing bowl. Add buttermilk and whisk gently with a fork.
4. Pour the egg mixture into a lightly greased nonstick pan over medium-low heat. Scraping the sides and bottom of the pan frequently, scramble the eggs for 6-8 minutes, or until cooked to desired doneness.
5. Place a quarter of the scrambled eggs into each burrito. Top with salsa. Roll each burrito to close.
6. Place in preheated oven for 8-10 minutes. Serve.

Note: If you do not have buttermilk at home, use ¼ tablespoon of lemon juice plus enough milk to measure ¼ cup. Stir, then let stand for five minutes.

Makes 4 burritos

Fruit Smoothies

Ingredients:

- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries
- ½ teaspoon ground cinnamon (optional)

Preparation:

1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender. If using cinnamon, add now.
3. Cover and blend until smooth.

Notes:

- Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes. Use fruits in season when you can.
- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
- Freeze slices of fruits that are about to go bad. Use those in your smoothies.
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.

Makes 2 cups