

Tomato, Pepper, and Black Bean Salad

1 slicing tomato, chopped
1 yellow, red, or orange bell pepper, chopped
1 can reduced sodium black beans
4 T. balsamic vinegar
4 oz. goat cheese, crumbled

To assemble:

1. Combine slicing tomato with juices and pepper.
2. Drain black beans. Add beans to vegetables.
3. Gently stir in balsamic vinegar.
4. Add crumbled goat cheese to garnish and serve.

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Grilled Pepper Fajita Street Tacos

1 onion, cut into strips
1 red bell pepper, cut into strips
1 orange bell pepper, cut into strips
1 yellow bell pepper, cut into strips
2 T. olive oil
2 T. fajita seasoning
12 tortillas, street taco size

To prepare:

1. Heat olive oil in a saute pan over medium heat.
2. Saute onion until translucent.
3. Saute peppers.
4. Add fajita seasoning to taste.
5. Heat tortillas. Once heated, add fajita mix to tortillas and serve. Add additional toppings as desired.

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Spaghetti Squash

1 spaghetti squash
1 jar of pasta sauce with vegetables
Parmesan cheese

To prepare:

1. Carefully cut spaghetti squash lengthwise.
2. Place spaghetti squash, flesh side down in microwave safe dish. Add 1 cup of water.
3. Microwave spaghetti squash until fork inserts easily. (Times will vary depending on microwave wattage.)
4. One cooked, carefully remove flesh from squash using a fork. Squash should resemble spaghetti noodles.
5. Toss with pasta sauce. Serve with Parmesan cheese.

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Green Beans and Bacon

<https://www.spendwithpennies.com/bacon-green-beans/>

1 ½ to 2 lb. green beans washed, ends trimmed
6 slices raw bacon chopped
1 clove garlic minced
salt and black pepper to taste

Instructions

1. Place chopped bacon into a large skillet and cook over medium heat until crispy.
2. Remove bacon with a slotted spoon and set aside on a paper towel lined plate.
3. Discard all but (approx) 1 tablespoon of bacon drippings.
4. Add green beans to pan and cook over medium heat until they are lightly browned, stirring occasionally (about 8 minutes).
5. Add garlic and bacon, toss and cook for 1 minute more.

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Honey Glazed Carrot

<https://www.bettycrocker.com/recipes/honey-glazed-carrots/2b6c66b3-e1a4-4460-8564-21433fd7a8f4>

1 lb. ready to eat baby carrots
2 T. honey
1 T. butter or margarine
Ground nutmeg, if desired

1. In a 2-quart saucepan, place carrots in 1 inch of water. Heat to boiling; reduce heat to low. Cover; simmer 10 to 15 minutes or until tender. Drain well.
2. Add honey and butter to carrots in saucepan. Cook, stirring frequently, until butter is melted and carrots are glazed. Sprinkle with nutmeg.

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Baked Zucchini

<https://www.cookingclassy.com/baked-zucchini/>

Ingredients

2 lb. zucchini, sliced into ½ inch thick slices
2 T. olive oil
2 cloves garlic, minced
1 ½ t. Italian seasoning
½ c. grated Parmesan cheese
salt and black pepper to taste
2 T. finely chopped fresh parsley (optional)

Instructions

1. Preheat oven to 350 degrees. Spray baking sheet with non-stick cooking spray.
2. In a small mixing bowl stir together olive oil, garlic, Italian seasoning, salt and pepper.
3. Place zucchini coins in a large mixing bowl. Pour oil mixture over zucchini and toss well until evenly coated.
4. Pour onto baking sheet then spread out into a single layer. Top with parmesan.
5. Bake in preheated oven until just starting to soften about 7 - 9 minutes. Remove zucchini and transfer oven rack closer to broiler. Preheat broiler.
6. Let broil until cheese is golden brown and zucchini is tender, about 2 - 3 minutes longer.
7. Sprinkle with parsley and serve warm.

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