

Be Well Mac salad (serves 6)

Ingredients

- Vegetable Pasta – 1 pkg cooked according to package directions.
- Celery – 2 stalks, diced
- Carrots – 2 medium, diced
- Bell peppers (any color) – 1 cup diced
- Red onion – ¼ cup finely diced
- Ripe avocado – 2
- Lime juice – 1 tsp
- ¼ cup plain, nonfat greek yogurt
- Parsley – fresh chopped, ¼ cup
- Fresh ground pepper



Directions

1. Prepare the pasta according to directions on the package. When cooked, drain, rinse and cool.
2. In a large bowl, mash the avocados; add the lime juice and yogurt. Mix to combine.
3. Add the cooled pasta, celery, carrots, peppers, onion and parsley. Mix to combine. Season with fresh ground pepper.
4. Options: Add chopped boiled egg whites, add raw broccoli or cauliflower, mix garlic powder with the avocado and yogurt before adding to the pasta & veggie mix

Nutritional Information per serving

Cal. 349.1; Tot. Fat 10.6 g; Chol. 0 mg; Sodium 40.3 mg; Potassium 496.8 mg; Carb 13.3 g; Prot 4 g.

Black bean hummus (serves 6)

Ingredients

- Black beans (low sodium), 1 can rinsed and drained
- Onion, ¼ chopped
- Garlic powder, 1 tsp
- Cumin, ¼ tsp
- Cayenne pepper, 1/4-1/2 tsp
- Chili powder, 2 tsp
- Lime juice, 2 tsp
- Olive oil, 2 Tbsp
- Water, 2 Tbsp



Directions - In a food processor or blender, combine all ingredients. Puree until smooth. For an extra “kick”, add some fresh, finely diced jalapeno.

Nutritional Information per serving

Cal. 82.6; Tot. Fat 4.8 g; Chol. 0 mg; Sodium 89.3 mg; Potassium 195.2mg; Carb 9.4 g; Prot 2.6 g.