



# Low-Fat Cooking



## BLACK BEAN DIP

- 3 c. Black Beans, dried
- 2 c. Salsa
- 1/2 t. Salt
- 1 t. cumin

1. Place dried beans in a 3 quart saucepan and cover with water (about 2" above bean).
2. Cover and cook on medium high until vapo-valve clicks. Reduce heat to medium-low and cook for about 45 min or until beans are tender.
3. Place all ingredients in a food processor and blend until smooth.
4. Serve with veggies or chips!

## MEXICAN QUINOA CASSEROLE

- 3 Garlic cloves, cut on cone #1
- 1 c. Quinoa
- 1 c. Salsa
- 1 1/2 c. Water or Vegetable Broth
- 1 1/2 c. Black Beans (or 1 15oz can)
- 1 c. Corn
- 1/12 Fire---Roasted Diced Tomatoes (or 1 14oz can)
- 1 tsp Chili Powder
- 1 tsp Cumin
- Salt, pepper or Adobo to taste

1. Add all ingredients to 11" skillet and stir. Cover and cook on medium heat until vapo-valve clicks. Reduce heat to low and cook for 15-20 minutes until quinoa is tender.
2. Serve!

## HARVEST PASTA

- 2 c Butternut Squash, cut on cone #3
- 2 c Sweet Potato, cut on cone #3
- 1 Onion, cut on cone #3
- 1 head Garlic, cone #1
- 1 c Corn
- 1 t. Black Pepper
- 1 t. Salt
- 1/2 t. Cinnamon
- 1/2 t. Sage
- 1 c Almond Milk
- 1 c Vegetable Broth
- 1 lb. Penne or Bowtie Pasta

1. Add squash, sweet potato, onion, garlic corn, and spices into EOC, cover and set to 350 until vapo-valve clicks. Lower heat to 190 and cook for 10 minutes.
4. Cook the pasta until tender.
5. Add the cooked vegetables, soy milk & broth to a blender and process until smooth. Pour sauce over the pasta noodles and gently mix. Serve hot!

## STRAWBERRY CHERRY APPLESAUCE

- 4 Red Apples, cone #2
- 2 c. Strawberries (partially frozen), cone #2
- 1 c. Pitted Dark Cherries
- Sweetener if Desired (Maple Syrup/Agave)

1. Place fruit in 3qt saucepan and cover.
2. Cook over medium, until valve clicks, then reduce heat to low and cook for 25 mins.

## **EASY ENCHILADA PIE**

1 Onion  
1 Zucchini  
1 Squash  
12 Corn Tortillas  
2 Carrots  
3 c. cooked Beans (Black or Pinto)  
1 small can Green Chilies  
1 jar Green Enchilada Sauce  
Cumin, Chili Powder, Garlic Powder

1. Layer as follows in the 12" EOC

- Onion, cut on cone #2
- Zucchini & Squash, cut on cone #2
- 1/3 can sauce
- 4 Tortillas
- Beans
- Sprinkle spices on top
- Carrots, cut on cone #1
- 1/3 can sauce
- 4 Tortillas
- Green Chilies
- 1/3 can sauce

2. Cover and cook at medium (350 degrees) until vapo-valve sounds. Reduce heat to low (180) and cook for 20 minutes.