

Healthy recipes that taste great

By Angel Carpenter
Blue Mountain Eagle

Hummus

This delicious dip won't pack on the pounds and makes a great snack with carrot and celery sticks and slices of bell pepper, cucumber or jicama. It's flavorful and you can adjust the texture and flavor to your liking.

Ingredients:

1 can (15 to 16 oz) garbanzo beans (chickpeas), drained, reserve liquid

1/2 tsp. salt

1 garlic clove

1/4 C. lemon juice

1/4 C. olive oil

2 Tbsp. sesame seeds, or tahini (ground sesame seeds)

Directions:

Place ingredients in blender, or food processor. Blend until uniform, adding bean liquid as needed. Serve with vegetables, corn chips, pita chips or crackers.

Barbecue Chicken Ranch Salad

Ready for something new and healthy, yet filling? I think this salad fits the bill. This is my own version of similar recipes I've seen and tried. Of course, you can add your own twist of favorite ingredients!

Ingredients:

One head of lettuce, cleaned and chopped

1 C. frozen corn, prepared

1 tomato, chopped

1 can black beans, drained

juice of one lime

1 1/2-2 C. cheddar cheese, shredded

4 chicken breasts, thawed salt and pepper

1/2 C. barbecue sauce (Sweet Baby Rays or your choice)

Ranch dressing

Optional ingredients:

chopped mushrooms, cilantro, green onion, cucumber, red bell pepper, croutons or tortilla strips

Directions:

Preheat oven to 400 degrees

F. Place chicken in a greased casserole dish. Sprinkle with salt and pepper and drizzle with the barbecue sauce. Cover with foil and bake for 30 minutes, or until done. Shred the chicken.

Evenly distribute the ingredients on four dishes. Plate up the lettuce and layer with chicken, beans, corn and tomatoes. Add croutons or tortilla strips and top with cheese. Squeeze lime juice on top and add ranch dressing to your taste.

Yummy Spinach Salad with Poppyseed Dressing

This salad is one of my favorites, contributed by Joelene Floyd. It has a great mixture of flavors.

Ingredients:

Spinach Salad:

1 head lettuce

1 bunch spinach

3/4 lb. sliced mushrooms

1/2 lb. shredded Swiss cheese

Sprinkle on top:

1/2 lb. cooked crumbled bacon

1 can mandarin oranges, drained

1/2 C. glazed slivered almonds (To glaze almonds: cook on stove top over low heat 1/2 cup slivered almonds with 3 Tbs. sugar, stirring for about 5-10 min., adding a 1/2 tsp. of water during the process.)

Dressing:

1 Tbs. poppy seeds

1/2 C. white vinegar

3/4 C. oil

2 Tbs. mustard (prepared)

1/3 C. sugar

1/3 C. grated onion

3/4 tsp. salt

Directions:

Joelene said she likes to use romaine lettuce and add more fresh veggies such as broccoli, cauliflower, shredded carrots, cranberries or raisins. If you're pressed for time, try using the Kraft brand of poppyseed dressing, Hormel prepackaged real bacon bits and prepackaged honey slivered almonds.



Hummus



Barbecue Chicken Ranch Salad