

The NMSD Monthly Morsel Nutrition Newsletter 12/20-12/26

Jenn's Texas Toast Pizzas

Ingredients

2 tbsp olive oil
1 lb. sausage of choice
1/3 c yellow onion, sliced thin
1/2 tsp fennel seed
1 tsp dried basil
1/2 tsp salt
1 tsp dried oregano
1 tsp dried parsley
1 tsp minced garlic
1 1/2 c tomato sauce
5 slices garlic Texas toast
3/4 c shredded mozzarella cheese

Preparation

Preheat oven to 400. Prepare a nonstick or foil covered baking sheet. In medium saucepan, heat olive oil until shimmering. Add onion and sauté until translucent. Add garlic, and heat until fragrant. Add sausage and seasonings; cook over medium heat until crumbled, and fully cooked-the sausage is no longer pink and beginning to caramelize. Drain. Return to stove over medium heat until the meat is beginning to stick to the bottom of the pan, then add tomato sauce and deglaze the pan. Keep on a low simmer until sauce is heated, then top 5 slices of bread on prepared baking sheet. Cover with shredded mozzarella. Place in oven for 7-10 minutes or until cheese is melted and beginning to bubble. Enjoy!

Picadillo

Ingredients

1 c uncooked brown rice
2 c water
2 tsp vegetable oil
1 yellow onion, peeled and diced
2 cloves garlic, peeled and minced
1 bell pepper cored seeded and diced
1 1/2 tsp dried oregano
1 tsp ground cumin
1/4 tsp black pepper
1/4 tsp salt
3/4 lb. ground beef
One-14.5-ounce can diced tomatoes with liquid
One-15.5-ounce can low-sodium black beans, drained and rinsed in cold water
1/4 c chopped green olives
1/4 c raisins

Preparation

In a medium sized pot, boil 2 cups of water with salt. Add brown rice, reduce heat to a simmer and allow to cook until almost all the water is absorbed. Turn off and leave covered for 10 minutes to finish cooking and absorbing the liquid. Fluff before serving. Place a large skillet on the stove over medium heat, and add oil when hot. Add onion, bell pepper and garlic. Cook and stir until fragrant and onion is softened and slightly caramelized. Add oregano, cumin, pepper and salt-stir well. Add beef in small amounts, stirring and cooking until the meat is no longer pink and beginning to brown. Drain. Add beans and tomatoes and simmer together for about until 15 minutes until well blended. Add olives and raisins. Stir well, and cook about 2 minutes, or until warmed thoroughly. Serve over rice, and leftovers may be saved in the refrigerator for up to 3 days, or frozen for up to 3 months.



Sage Fried White Beans

Ingredients

6 tbsp olive oil
One-15-ounce can of white beans, rinsed and drained
1/2 tsp ground sage
1/4 tsp ground thyme
1/8 tsp black pepper
1/8 tsp salt

Preparation

Heat the olive oil in a skillet over medium-high heat. Stir in beans, and toss to coat. Season with sage, thyme, pepper, and salt. Cook 5 minutes, or until beans are slightly crisp.



Tomato and Pasta Soup

Ingredients

Two-10.5-ounce cans chicken broth
7 1/2 c water
2-10.75-ounce cans of tomato soup, condensed
5 tsp chicken bouillon powder
1 1/2 c diced carrot
1 1/2 c diced celery
1 c green peas
1 1/2 c uncooked pasta of choice
1/2 c fresh parsley

Preparation

Place water, chicken broth, tomato soup, chicken bouillon, carrots, celery, peas and pasta in large stock pot and bring to boil. Reduce heat and simmer for 30 minutes, or until vegetables are tender. Sprinkle with parsley just before serving.

Lemony White Bean Hummus

Ingredients

One-15-ounce can of northern beans
1/2 c nonfat Greek yogurt
2 tbsp lemon juice
1 tbsp olive oil
1/2 tsp ground cumin
1/2 tsp salt
1/2 tsp black pepper
Paprika for garnish

Preparation

Combine beans, yogurt, lemon juice, olive oil, cumin, salt, and pepper in the bowl of a food processor; mix until smooth. Top with paprika; serve with veggies, pita or crackers.



MERRY
CHRISTMAS