



Food as Medicine: Cooking for Healthy Weight Management

Recipes by Allison Harrell



Loaded Black Bean Dip



Ingredients:

Makes: 3 cups

Black Bean Dip Ingredients:

- 2 (15 oz) cans low sodium black beans, rinsed and drained
- 1 jalapeño, seeded and chopped
- 4 green onions, separate white and green parts
- 1/2 cup cilantro, loosely chopped
- 2 limes, juiced
- 4 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/4 teaspoon table salt
- 1/8 teaspoon black pepper

Black Bean Topping Ingredients:

- 1/2 cup organic corn
- 1/2 cup red bell pepper, diced
- 2 tablespoons cotija cheese or feta cheese
- 2 tablespoons cilantro, chopped with stems removed
- 2 plum tomatoes, diced
- 1 small avocado, diced
- 1 lime cut into wedges

Loaded Black Bean Dip



Instructions:

Make the black bean base:

STEP 1:

In a food processor, puree the black beans, jalapeño pepper, garlic, green onion (white part), cilantro, lime juice, garlic, cumin, chili powder, salt, and pepper.

STEP 2:

Transfer the black bean dip to an airtight bowl and refrigerate until ready to serve.

STEP 3:

Serve with Tortilla chips and/or raw vegetables.

To serve black bean dip COLD:

Place pureed bean dip in a serving bowl. Sprinkle bell pepper, cheese, cilantro, tomatoes, avocado, and lime over the bean dip. Serve chilled.

To serve the black bean dip HOT:

Heat the dip via microwave or stove. Transfer to a serving bowl and add toppings. Serve warm.

Tempeh Tacos



Ingredients:

Makes: 3 servings

Tempeh Taco Ingredients:

- Avocado oil spray
- 1/2 cup onion, small dice
- 1/2 cup red pepper, small dice
- 4 cloves garlic
- 8 ounces tempeh
- 2 teaspoons onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 3/4 teaspoon oregano
- 1 (14.5 oz) can of diced tomatoes
- 2 tablespoons low-sodium tamari

Optional Toppings Ingredients per Taco:

- 3 Grape tomatoes, chopped
- 1/4 Avocado, sliced
- 1 teaspoon red onion minced
- 1 teaspoon Cilantro
- 2 Lime slices
- *Vegan cilantro crema – see recipe

Serve with:

- 6 organic corn tortillas

Tempeh Tacos



Instructions:

STEP 1:

Steam tempeh for 4 minutes to release bitter flavor. Once steamed, let it cool so you can crumble it with your hands (you can add it to the freezer for 5 minutes). Once you can handle the tempeh, crumble it into smaller pieces.

STEP 2:

In a large pan on medium-high heat, spray with avocado oil. Add onion, pepper, and garlic and sauté for 2 minutes.

STEP 3:

Add crumbled tempeh to the pan and cook for 7 minutes, stirring until lightly golden. Add splashes of water as needed to deglaze the pan.

STEP 4:

Stir in the spices and cook for 30 seconds. Then, add the diced tomato and tamari, cooking for 5 minutes, stirring often.

Nutty Balanced Brownies

From the Easy Diabetes
Desserts Cookbook by
Mary Ellen Phillips, RDN



Ingredients:

- 1/3 cup unsweetened applesauce
- 2 tablespoons maple syrup
- 1/3 cup unsalted butter, melted
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 cup almond flour
- 1/2 cup rolled oats

Makes: 16 brownies

- 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 cup chocolate chips or chocolate chunks, divided
- 2 tablespoons chopped pecans
- 2 tablespoons chopped walnuts

Nutty Balanced Brownies



Instructions:

STEP 1:

Preheat your oven to 375°F and grease a 9 x 9-inch pan with your preferred cooking spray. Set it aside.

STEP 2:

In a large bowl, combine the applesauce, maple syrup, melted butter, egg, and vanilla extract. Whisk them together well until they form a uniform mixture. Then set that bowl aside.

STEP 3:

Now add the almond flour, oats, cocoa powder, baking soda, and baking powder in a blender or food processor and process until everything is combined and the oats are ground up, about 15 to 20 seconds. Add this dry mixture to the previously mixed wet ingredients and stir it with a whisk until fully combined. (The batter may be a bit lumpy, but that's okay!) Then mix in 1/4 cup of the chocolate chips.

STEP 4:

Pour the batter into the prepared pan. Sprinkle the chopped pecans and chopped walnuts on top of the batter along with the remaining 1/4 cup of chocolate chips. Place the pan in the oven and bake for 20 minutes, or until a knife or toothpick inserted in the center comes out clean. Let the brownies cool for a bit before slicing into them.

STEP 5:

Store cut brownies in an airtight container on the counter for up to 3 days, in the refrigerator for up to 7 days, or in the freezer for up to 6 months.

STEP 6:

TIP: Feel free to swap out the nuts for different toppings to mix up the flavors a bit!