

Grilled Garlic Mushroom with Hummus

Ingredients:

- 1/8 cup extra virgin olive oil
- 2 garlic cloves, minced
- 1/8 tsp salt
- 1/4 tsp pepper
- 8 medium portabella or other flat mushrooms
- 1/2 cup baby spinach leaves
- 1 tsp chopped chives
- 1/4 cup hummus (see recipe)



Nutrition Facts

Serving Size 1 mushroom (181g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 10g **3%**

 Dietary Fiber 3g **12%**

 Sugars 3g

Protein 4g

Vitamin A 2% • Vitamin C 6%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

Preheat grill to high heat. Combine oil, garlic and salt and pepper in a small bowl. Place mushrooms stem-side down on a grill tray. Brush mushrooms with garlic oil to coat. Grill for 2 minutes. Turn mushrooms and brush with oil. Grill for another 2-3 minutes or just until tender. Place spinach and grilled mushrooms on serving plates. Spoon a 1/4 cup of hummus on each mushroom. Sprinkle with chives, season with pepper and serve.

Hummus

Ingredients:

2 (15 ounce) cans garbanzo beans, drained
½ cup roasted tahini paste
¼ cup lemon juice
1 tsp grated lemon zest, minced
2 cloves garlic
¼ cup packed flat leaf parsley
¼ cup chopped green onions
1 tsp salt
2 tsp ground black pepper

Nutrition Facts

Serving Size 3 tbsp (45g)
Servings Per Container 24

Amount Per Serving

Calories 70 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 3g

Vitamin A 2% • Vitamin C 4%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Directions:

Place garbanzo beans, tahini paste, lemon juice, lemon zest, garlic, parsley, and green onion in the bowl of a food processor. Blend until smooth, adding water if the mixture is too thick.

Cannellini Bean Soup

Ingredients:

- 2 ½ cup cannellini beans
- 1 ¾ cup barley, cooked
- 3 quarts water
- 1 tsp olive oil, extra virgin
- 2 cloves garlic, minced
- 1 large white onion, diced
- 2 cups low sodium vegetable broth
- ¼ tsp salt
- 2 celery ribs with leaves, chopped
- 2 tbsp fresh oregano
- ⅛ tsp ground black pepper



Nutrition Facts	
Serving Size 1 1/2 cups (376g)	
Servings Per Container 12	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

Place the beans in a large pot and cover with water. Let the beans soak overnight. Drain the beans the next day and cover with water. Place over medium-high heat. Bring to boil and reduce heat to a simmer. Cook until soft, about an hour. Drain the beans and set aside. Rinse the pot well. Place the olive oil. In the same pot over medium heat. Add garlic and onion. Cook slowly over medium until onions are translucent. Add beans back to the pot and stir well. Add vegetable broth and salt. Cook for about 10 minutes, stirring occasionally. Add celery, oregano and pepper. Cook for about 20 minutes. Add cooked barley. Using a stick blender, blend to your ideal texture. May be served hot or cold.

Grilled Garlic Asparagus

Ingredients:

- 1 lb asparagus spears
- 2 cloves garlic, minced
- Olive Oil cooking spray



Nutrition Facts

Serving Size 1 cup (231g)
Servings Per Container 2

Amount Per Serving

Calories 50 **Calories from Fat 5**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 5g	

Vitamin A 35% • Vitamin C 25%
Calcium 6% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

Wash and trim ends from asparagus. Place asparagus side by side not touching on a hot grill and spray with olive oil spray, roll and spray opposite side. Sprinkle minced garlic over asparagus, Grill on medium heat until charred, turn and grill on opposite side.