

# Cooking with Six Ingredients or

## Orange Creamsicle Smoothie



**Serving Size:** About 4 servings (4-6 oz each)

**Total Time:** 5 minutes

### Ingredients

- 1/2 cup low fat greek yogurt
- 4 tablespoons frozen orange juice concentrate
- 1/2 cup frozen carrots \*
- 1 frozen banana \*
- 1 cup frozen mango chunks\*
- 1/4 - 1/2 cup water OR vanilla almond milk

\* Freezing fruit is not required, but by doing so you won't have to use ice. This results in a smoother beverage.

### Directions

1. Add all ingredients in blender and blend until smooth.
2. Add additional water OR almond milk to achieve desired consistency.
3. Pour in glass and enjoy!

**Note:** For a smoothie on the go, make the night before and freeze in disposable cups. Set cup on counter when you wake up and smoothie will be ready to go when you are!

### Nutrition

#### **Nutrition Facts Per Serving:**

Calories	126.7
Carbohydrates	27 g
Cholesterol	0
Fat	.5 g
Fiber	2 g
Protein	3.3 g
Sodium	41.3 mg



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# Sweet Potato Fries



**Serving Size:** serves 4

**Total Time:** 40 minutes

## Ingredients

- 2 medium sweet potatoes, rinsed and dried
- 2 tablespoons olive oil
- 2 teaspoons smoked paprika
- 1 teaspoon coarse salt
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1/2 teaspoon cumin

## Directions

1. Preheat the oven to 450 degrees.
2. Cut the potatoes into 1/4 inch thin strips, or to your desired thickness and length. Mix all other ingredients together in a bowl and toss with the potatoes until they are evenly coated.
3. Transfer the potatoes to a large baking sheet covered with parchment paper. Spread the potatoes in a single layer. Try not to overcrowd or have multiple layers of fries - you want them to be roasted, not steamed.
4. Place in the oven and cook for 25-30 minutes, turning the fries once or twice during that time to cook evenly. May take more or less time, depending on the size and thickness you cut the fries.
5. Remove once the edges slightly begin to brown and fries begin to crisp. Sprinkle coarse salt on top when they are hot out of the oven.

## Nutrition

### Nutrition Facts Per Serving:

Calories	124
Carbohydrates	14.7 g
Cholesterol	0 mg
Fat	7 g
Fiber	2.5 g
Protein	1.4 g
Sodium	618.9 mg



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# Two Beans+ Corn Sloppy Joes



**Serving Size:** 4 servings, 1/4 cup each  
**Total Time:** 10 minutes

## Ingredients

- 4 tablespoons olive oil
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can of black beans, rinsed and drained
- 1/3 cup dry breadcrumbs
- 1/4 cup canned or frozen whole-kernel corn, drained
- 1 medium red or yellow onion chopped
- 1 large egg
- 1/4 teaspoon ground cayenne pepper

## Directions

1. Place beans in a large bowl and mash with fork to make a chunky mixture.
2. Add 2 tablespoons, bread crumbs, onion, corn, egg, and cayenne.
3. Stir until evenly mixed.
4. Add remaining 2 table spoons olive oil to large skillet over medium-high heat.
5. Form mixture into 4 equal patties and cook for 4 minutes each side or until crisp and beginning to brown.
6. Remove from skillet, add to bun and serve with desired additions such as lettuce, tomato, ketchup, sour cream, etc.

## Nutrition

**Nutrition Facts Per Serving: (for burger only)**

Calories	514
Carbohydrates	80.8 g
Cholesterol	46.5
Fat	12.2 g
Fiber	14.8 g
Protein	21.8 g



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## Fast Microwave Asparagus



**Serving Size:** 4 servings

**Total Time:** 8 minutes

### Ingredients

- 1 lb asparagus
- 1/2 cup water
- Olive oil
- Pinch of salt or garlic salt

### Directions

1. Clean fresh asparagus and snap off ends. Discard ends
2. In a microwave safe bowl, pour water and lay asparagus with tips pointing towards the outer edge.
3. Drizzle lightly with olive oil.
4. Sprinkle lightly with salt or garlic salt.
5. Place in microwave. Microwave on high for 1 to 3 minutes depending on desired firmness.
6. Enjoy!

### Nutrition

#### Nutrition Facts Per Serving:

Calories	25
Carbohydrates	4.6 g
Cholesterol	0 mg
Fat	0.2 g
Fiber	2.2 g
Protein	2.7 g
Sodium	16.7 mg



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