

# Cowboy Caviar

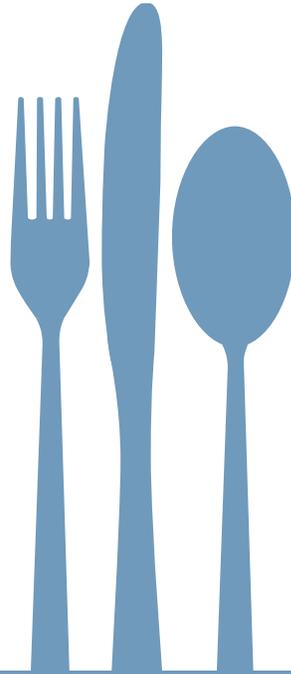
## DIRECTIONS

1. Add and mix all ingredients in a large bowl. Serve with tortilla chips or as is.



## INGREDIENTS

- 1/2 cup olive oil
- 1/3 cup white wine vinegar
- 1 tsp. chili powder
- 1 pound Roma tomatoes, diced
- 15-ounce can black-eyed peas, rinsed and drained
- 15-ounce can black beans, rinsed and drained
- 11-ounce can corn, rinsed and drained
- 1 red onion, diced
- 1 diced bell pepper
- 1 cup chopped cilantro



# Cowboy Caviar

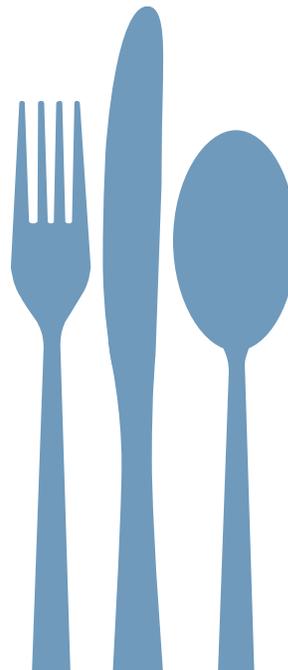
## DIRECTIONS

1. Add and mix all ingredients in a large bowl. Serve with tortilla chips or as is.



## INGREDIENTS

- 1/2 cup olive oil
- 1/3 cup white wine vinegar
- 1 tsp. chili powder
- 1 pound Roma tomatoes, diced
- 15-ounce can black-eyed peas, rinsed and drained
- 15-ounce can black beans, rinsed and drained
- 11-ounce can corn, rinsed and drained
- 1 red onion, diced
- 1 diced bell pepper
- 1 cup chopped cilantro



# Hummus Queso

## DIRECTIONS

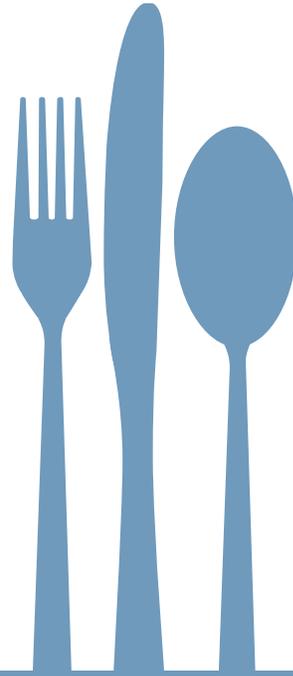
1. Add chickpeas, garlic, olive oil and jalapeno to food processor. Blend.
2. Add hummus and milk to a small pot and bring to boil over heat, whisk together.
3. Remove from heat and stir in cheese.
4. Top with tomato and cilantro.



CABARRUS  
HEALTH  
ALLIANCE

## INGREDIENTS

- 2 15-ounce cans of chickpeas, rinsed and drained
- Garlic cloves
- 1/2 cup olive oil
- 1 jalapeno
- 1/2 cup milk
- 8 oz. shredded cheddar cheese
- 1 tomato chopped
- Cilantro
- Chips or vegetables for serving



# Hummus Queso

## DIRECTIONS

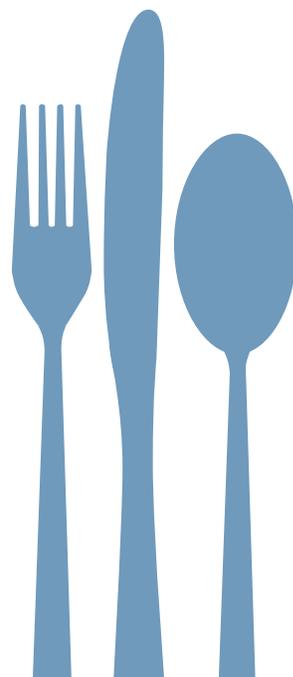
1. Add chickpeas, garlic, olive oil and jalapeno to food processor. Blend.
2. Add hummus and milk to a small pot and bring to boil over heat, whisk together.
3. Remove from heat and stir in cheese.
4. Top with tomato and cilantro.



CABARRUS  
HEALTH  
ALLIANCE

## INGREDIENTS

- 2 15-ounce cans of chickpeas, rinsed and drained
- Garlic cloves
- 1/2 cup olive oil
- 1 jalapeno
- 1/2 cup milk
- 8 oz. shredded cheddar cheese
- 1 tomato chopped
- Cilantro
- Chips or vegetables for serving



# Pretzel Turkey Meatballs

## DIRECTIONS

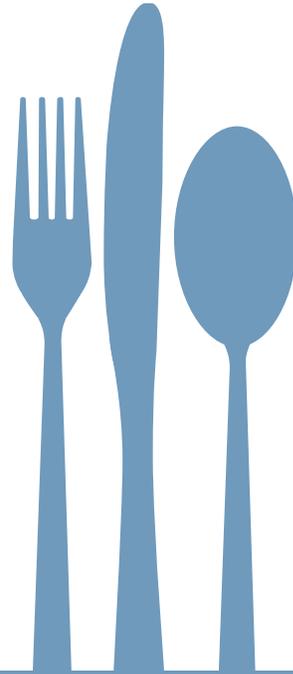
1. Preheat oven to 375 degrees.
2. Combine all ingredients into a bowl and mix well.
3. Roll meatballs into 1" balls and placed on parchment paper lined baking sheet.
4. Bake for 20 minutes or until cooked through.
5. Top with more mustard or sriracha sauce.



CABARRUS  
HEALTH  
ALLIANCE

## INGREDIENTS

- 1 pound ground turkey breast
- 1/2 cup crushed pretzels
- 1 tsp. garlic powder
- 1.5 tsp. smoked paprika
- 3 tbsp. spicy brown mustard
- 2 tbsp. yellow mustard



# Pretzel Turkey Meatballs

## DIRECTIONS

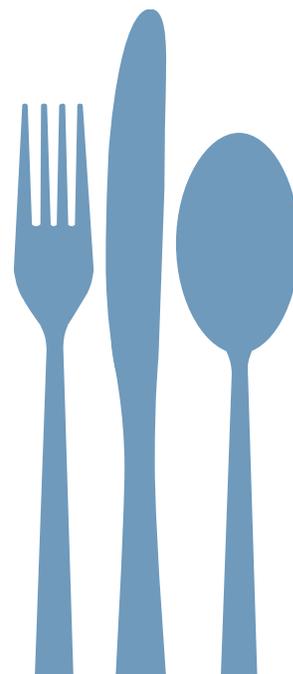
1. Preheat oven to 375 degrees.
2. Combine all ingredients into a bowl and mix well.
3. Roll meatballs into 1" balls and placed on parchment paper lined baking sheet.
4. Bake for 20 minutes or until cooked through.
5. Top with more mustard or sriracha sauce.



CABARRUS  
HEALTH  
ALLIANCE

## INGREDIENTS

- 1 pound ground turkey breast
- 1/2 cup crushed pretzels
- 1 tsp. garlic powder
- 1.5 tsp. smoked paprika
- 3 tbsp. spicy brown mustard
- 2 tbsp. yellow mustard



# Spinach Tomato Basil Pinwheels

## DIRECTIONS

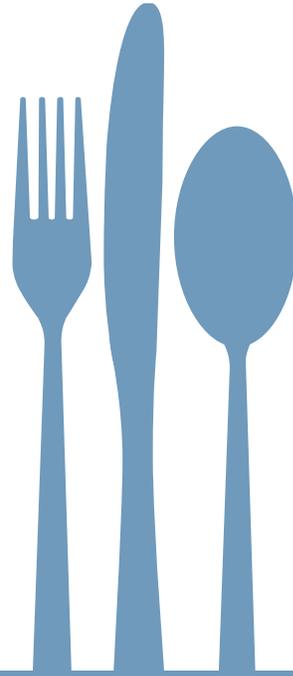
1. Puree beans, garlic, and olive oil in food processor (add more water if necessary).
2. Add bean puree with the sun-dried tomatoes, spinach, basil and cheese to a large bowl and mix.
3. Lay tortillas flat and add mixture to both, roll tightly and slice into pinwheels.



CABARRUS  
HEALTH  
ALLIANCE

## INGREDIENTS

- 15-ounce can white beans, drained and rinsed
- 1/4 cup olive oil
- 1/2 cup sun-dried tomatoes
- 2 cloves garlic
- 2 cups chopped raw spinach
- 1 cup fresh basil
- 1/4 cup Parmesan cheese
- Whole-wheat tortillas



# Spinach Tomato Basil Pinwheels

## DIRECTIONS

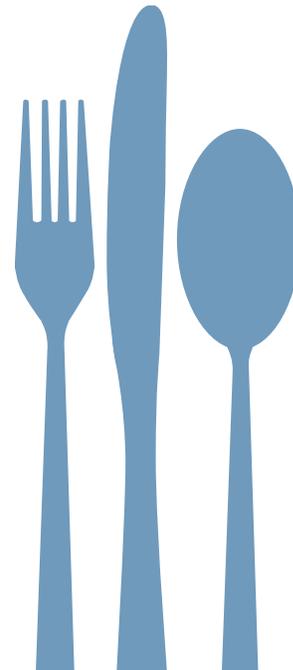
1. Puree beans, garlic, and olive oil in food processor (add more water if necessary).
2. Add bean puree with the sun-dried tomatoes, spinach, basil and cheese to a large bowl and mix.
3. Lay tortillas flat and add mixture to both, roll tightly and slice into pinwheels.



CABARRUS  
HEALTH  
ALLIANCE

## INGREDIENTS

- 15-ounce can white beans, drained and rinsed
- 1/4 cup olive oil
- 1/2 cup sun-dried tomatoes
- 2 cloves garlic
- 2 cups chopped raw spinach
- 1 cup fresh basil
- 1/4 cup Parmesan cheese
- Whole-wheat tortillas



# Sweet Potato Nachos

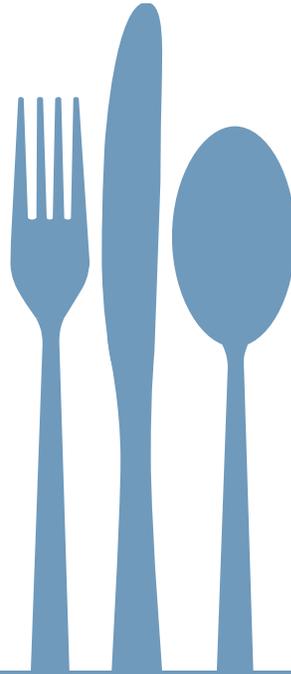
## DIRECTIONS

1. Preheat oven to 425 and spray baking sheet with cooking spray.
2. Slice sweet potatoes into 1/4 inch coins and plan in large bowl. Add olive oil and spices and evenly coat.
3. Transfer to baking sheet and bake for 40 minutes, turning halfway.
4. Prepare remaining ingredients and once the potatoes are done, transfer to aluminum lined baking sheet and add the ingredients. Turn down oven to 400 and bake for 5-7 more minutes.
5. Top with optional toppings and enjoy!



## INGREDIENTS

- 2 sweet potatoes
- 1.5 tbsp. olive oil
- 1 tsp. garlic powder
- 3/4 tsp. Italian seasoning
- 1/2 tsp. cumin
- 1/2 cup corn
- 3/4 cup black beans
- 1/2 cup sliced peppers
- 1/2 cup sliced grape tomatoes
- 1 cup cheese
- Optional toppings: avocado, Greek yogurt, salsa



# Sweet Potato Nachos

## DIRECTIONS

1. Preheat oven to 425 and spray baking sheet with cooking spray.
2. Slice sweet potatoes into 1/4 inch coins and plan in large bowl. Add olive oil and spices and evenly coat.
3. Transfer to baking sheet and bake for 40 minutes, turning halfway.
4. Prepare remaining ingredients and once the potatoes are done, transfer to aluminum lined baking sheet and add the ingredients. Turn down oven to 400 and bake for 5-7 more minutes.
5. Top with optional toppings and enjoy!



## INGREDIENTS

- 2 sweet potatoes
- 1.5 tbsp. olive oil
- 1 tsp. garlic powder
- 3/4 tsp. Italian seasoning
- 1/2 tsp. cumin
- 1/2 cup corn
- 3/4 cup black beans
- 1/2 cup sliced peppers
- 1/2 cup sliced grape tomatoes
- 1 cup cheese
- Optional toppings: avocado, Greek yogurt, salsa

