

Cooking with the Cats

Heart Healthy Edition



Red Lentils Tacos

Yields: 4

Ingredients

1/2 medium onion, finely diced
1/2 green bell pepper, finely diced
1 tsp minced garlic
1 cup red lentils
2 Tbsp taco seasoning
3 cups of water
Olive oil



1. Lightly oil a large skillet over medium-high heat. Add the onion & green pepper and cook until onions are slightly translucent and the vegetables are beginning to soften about 3-4 minutes.
2. Next add minced garlic and cook 1 additional minute until garlic is fragrant.
3. Mix in the taco seasoning, lentils, and water. Cover and cook 13-16 minutes, stirring occasionally until the lentils are cooked and no water remains in the taco filling.
4. Serve red lentil taco meat in warm tortillas with your favorite taco garnishes.



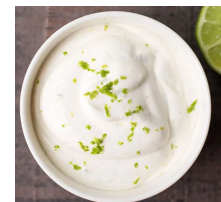
Mrs. Dash Seasoning is a Salt-Free blend to flavor your foods

Lime Crema

Ingredients

2 cups Greek yogurt
6 Tbsp lime juice
1/2 tsp granulated garlic
1/2 tsp salt

1. In a bowl, add all ingredients. Whisk well to combine.
2. Place in the refrigerator until it's time to serve.

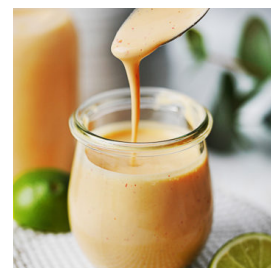


Chipotle Crema

Ingredients

2 cups Greek yogurt
4 chipotle peppers, seeds removed
6 tsp lime juice
1/2 tsp garlic powder
1.5 tsp Mrs. Dash seasoning

1. In a blender or food processor, add all ingredients.
2. Blend until the chipotle pepper is pureed and incorporated well with the yogurt.
3. Taste and adjust the lime juice and Mrs. Dash as needed.



Pico De Gallo

Yields: 8

Ingredients

- 1/4 red onion, diced
- 1/2 white onion, diced
- 4 small tomatoes, diced
- 4 Tbsp lime juice
- 4 cloves garlic, diced
- 1 jalapeno, finely chopped
- 1/4 cup cilantro, chopped
- 1/3 tsp salt
- 1/2 tsp ground pepper

1. Dice tomatoes, onions, garlic, and jalapeno peppers and place in a bowl.
2. Chop cilantro and add to the bowl.
3. Add lime juice. Season with salt and ground pepper.
4. Mix to combine.



Mango Salsa



Yields: 8

Ingredients

- 2 ripe mangoes, peeled pitted and diced
- 1 small red onion, diced
- 1/2 red bell pepper, diced
- 1 jalapeno, seeded and minced
- 1/2 cup cilantro, chopped
- 2 Tbsp lime juice



1. Peel and remove the pit from the mango and dice.
2. Remove seeds from jalapenos and mince.
3. Dice red onion and red bell pepper. Finely chop cilantro.
4. Toss all ingredients together in a bowl until combined.



Salsa Verde

Yields: 6

Ingredients

- 6 tomatillos (green tomatoes)
- 1/3 cup white onion, chopped
- 1 jalapeno pepper, seeded and chopped
- 3 garlic cloves, roughly chopped
- 1/2 cup fresh cilantro, chopped
- 2 Tbsp lime juice

1. Clean the green tomatoes and remove the area around the stem. Cut them into quarters and place on a baking sheet.
2. Turn on the broiler and broil the tomatoes for 3 - 5 minutes or until lightly brown.
3. Add the broiled green tomatoes and the rest of the ingredients into a food processor or blender.
4. Pulse until all ingredients are finely chopped. Drain the excess liquid.
5. Place in refrigerator before serving. Enjoy!

Mexican Street Corn

Yields: 8



Ingredients

2 cans of yellow sweet corn
1 tsp kosher salt
1 tsp chili powder
1 tsp smoked paprika
1/4 cup lime juice
1/2 cup light mayonnaise
1/2 cup low fat sour cream
1 green bell pepper, finely diced
1/2 cup cherry tomatoes, sliced
1/2 bunch cilantro, minced



1. Cover corn with water and bring to a boil for two minutes.
2. Drain and spread out on sheet pans to cool in the refrigerator.
3. Put cooled corn in a large mixing bowl.
4. While corn is cooking, chop bell peppers, tomatoes and cilantro. Add peppers, tomatoes, and cilantro to bowl with corn and mix well.
5. In a separate bowl, add lime juice, mayo, sour cream, chili powder, smoked paprika, and salt. Mix well.
6. Mix dressing with corn and transfer to a large bowl and refrigerate until service.
7. Dust with chili powder and top with cilantro.

Cilantro Brown Rice

Yields: 4

Ingredients

2 cups uncooked Minute brown rice
2 cups water
1 lime, zested and juiced
1/2 cup cilantro, chopped
2 tsp garlic powder
Salt and pepper to taste

1. In a saucepan, add desired amount of rice and water per package serving size.
2. Boil water and reduce to medium heat. Cover and simmer for 10 minutes or until water is absorbed.
3. While rice is cooking, chop cilantro and set aside.
4. Remove rice from heat and fluff.
5. Add cilantro, lime juice and garlic powder to rice. Season with salt and pepper to taste.



Black Bean Brownies

Yields: 24

Ingredients

1 can black beans – rinsed and drained
2/3 cup oatmeal
3/4 cup canola oil
4 eggs
1/2 cup unsweetened cocoa powder
1 cup sugar
1 teaspoon vanilla extract
3/4 cup mini chocolate chips
1 tsp baking powder
1 tsp salt
Cooking spray

1. Preheat oven to 350 degrees F.
2. Spray bottom and sides of a 9 X 12 pan with cooking spray.
3. Open can of beans and pour into a strainer and rinse.
4. In a blender, puree the beans and oatmeal with the oil. Add the eggs, cocoa, sugar and vanilla. Blend on medium high until very smooth.
5. Pour into a medium bowl and add baking powder, salt and chocolate chips and stir until combined.
6. Pour brownie mix into pan and spread into the corners.
7. Bake about 25-30 minutes until the surface looks matte around the edges and the center is set.
8. Let cool about 15 minutes before cutting. Enjoy!