

No-Cook Black Bean Salad

Ingredients

½ cup thinly sliced red onion, 1 medium ripe avocado (pitted and roughly chopped), ¼ cup cilantro leaves, ¼ cup lime juice, 2 tablespoons extra-virgin olive oil, 1 clove garlic (minced), ½ teaspoon salt, 8 cups mixed salad greens, 2 medium ears corn (kernels removed) or 2 cups frozen corn (thawed and patted dry) 1 pint grape tomatoes (halved) 1 (15 ounce) can black beans (rinsed)

Directions

Place onion in a medium bowl and cover with cold water. Set aside. Combine avocado, cilantro, lime juice, oil, garlic and salt in a mini food processor. Process, scraping down the sides as needed, until smooth and creamy. Just before serving, combine salad greens, corn, tomatoes and beans in a large bowl. Drain the onions and add to the bowl, along with the avocado dressing. Toss to coat.



White Bean & Sun-Dried Tomato Gnocchi

Ingredients

½ cup sliced oil-packed sun-dried tomatoes + 2 tablespoons oil from the jar, divided 1 package shelf-stable gnocchi (16 ounce), 1 can low-sodium cannellini beans rinsed (15 ounce), 1 package baby spinach (5 ounce), 1 large shallot (minced), ⅓ cup low-sodium no-chicken broth or chicken broth, ⅓ cup heavy cream, 1 tablespoon lemon juice, ¼ teaspoon salt, ¼ teaspoon ground pepper, 3 tablespoons fresh basil leaves

Directions

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, about 5 minutes. Add beans and spinach and cook until the spinach is wilted, about 1 minute. Transfer to a plate. Add the remaining 1 tablespoon oil to the pan and heat over medium heat. Add sun-dried tomatoes and shallot; cook, stirring, for 1 minute. Increase heat to high and add broth. Cook until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, lemon juice, salt and pepper. Return the gnocchi mixture to the pan and stir to coat with the sauce. Serve topped with basil.



Fruit & Veggie Smoothie

Ingredients

1 ½ cups baby spinach
1 small banana sliced
1 cup frozen strawberries
⅔ cup unsweetened vanilla
coconut milk or other
nondairy milk



Directions

Add spinach, banana, strawberries and coconut milk (or other milk) to a blender. Blend on medium-low speed, using the tamper as necessary, until well combined.

Increase speed to medium-high and blend until very smooth.

Zucchini Chocolate Cake

Ingredients

1 1/4 cups flour
1 1/4 cups all-purpose flour
3/4 cup cocoa powder
2 teaspoons baking powder
1/2 teaspoon salt
1 cup packed light brown sugar 2/3
cup canola oil
1/2 cup buttermilk
4 large eggs
6 tablespoons granulated sugar 2
teaspoons vanilla extract
2 1/2 cups shredded zucchini (about 2
medium)
3/4 cup semisweet chocolate chips

Frosting (optional)

1 (8oz. package) reduced-fat cream
cheese at room temperature
2/3 cup confectioners' sugar
1/3 cup low-fat plain strained
(Greek-style) yogurt
2 tablespoons whole milk
1 teaspoon vanilla extract



Directions

To prepare cake: Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray. Whisk whole-wheat flour, all-purpose flour, cocoa, baking powder and salt in a large bowl until well combined.

Whisk brown sugar, oil, buttermilk, eggs, granulated sugar and 2 teaspoons vanilla in a medium bowl until combined. Using a rubber spatula, gently fold the sugar mixture into the flour mixture until almost fully combined and a few dry streaks remain. Fold zucchini and chocolate chips into the batter until evenly incorporated. Spread the batter evenly into the prepared baking pan.

Bake until a wooden pick inserted in the center comes out clean, about 30 minutes. Let cool completely in the pan on a wire rack, about 1 hour. To prepare frosting (if using): Combine cream cheese, confectioners' sugar, yogurt, milk and vanilla in a medium bowl. Beat with an electric mixer on medium- high speed until smooth and creamy, 2 to 4 minutes. Spread the frosting evenly over the top of the cooled cake.