



GOOD NUTRITION WILL BENEFIT YOUR LIFE

Barley Hoppin' John- From Eating Well Magazine- September/October 2010

Traditionally made with rice, this classic Southern dish gets great toothsome texture here from quick-cooking barley instead. Serve with a green salad.

4 servings, 1 1/2 cups each

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 small red bell pepper, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 14-ounce can vegetable broth
- 1 cup quick-cooking barley
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 2 teaspoons lemon juice
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 2 15-ounce cans black-eyed peas, rinsed



Preparation

Heat oil in a large nonstick skillet over medium heat. Add onion, bell pepper and celery. Cook until the vegetables soften, 3 to 4 minutes. Add garlic and cook 1 minute. Add broth, barley, thyme, lemon juice, crushed red pepper and salt; bring to a boil. Reduce heat, cover and simmer until the barley is done, 15 to 20 minutes. Remove from the heat and stir in black-eyed peas. Cover and let stand for 5 minutes. Serve hot.

Nutrition

Per serving : 320 Calories; 5 g Fat; 1 g Sat; 3 g Mono; 0 mg Cholesterol; 58 g Carbohydrates; 12 g Protein; 11 g Fiber; 677 mg Sodium; 529 mg Potassium, 3 Carbohydrate Serving, Exchanges: 3 1/2 starch, 1 vegetable, 1 lean meat, 1 fat



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OAT APPLE FLAX PANCAKES- Recipe from: **Cholesterol Down, Dr. Janet Brill**

<http://www.drjanet.com/blog>



Yield: 6 servings

*(serving size: 1/6th of recipe,
152 grams of pancake batter)*

Ingredients:

- 1 cup Old-fashioned oats
- ½ cup flour
- 1/3 cup ground flaxseeds
- 4 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 3 egg whites, stiffly beaten
- 1 ¼ cup light soy milk
- 1 tablespoon canola oil
- 1 cup shredded apple

In a food processor, process oats into a fine flour-like consistency. In a large bowl, combine oat flour, flour, flaxseed, sugar, baking powder, salt, cinnamon and nutmeg. In a separate bowl, whisk egg whites until foamy and set aside.

In a small bowl, mix together soy milk and oil and add to flour mixture. In the food processor, chop the apple into small pieces and add to flour mixture. Fold in egg mixture and stir all ingredients until just combined.

In a hot griddle coated with canola oil, pour in ~ 1/3 cup of batter for each pancake and cook until bubbles appear. Flip pancake and cook until just brown. Serve warm and garnish with Take Control margarine, pure maple syrup and chopped almonds if desired.

Nutritional Information per Serving (152 grams pancake batter or ~ 2/3 cup—2 pancakes):

Calories: 320, Fat: 10 g, Cholesterol: 0 mg, Sodium: 667 mg, Carbohydrate: 51 g,
Dietary Fiber: 6 g, Sugars: 17 g, Protein: 10 g