

# Apple-Cabbage Slaw with Light Cider Vinaigrette

Serves: 6

Recipe from Chef Jim Warner of OSU Nutrition Services:

<https://wexnermedical.osu.edu/nutrition-services>

**Items Needed:** cutting board, knife, 2 bowls, whisk, tongs/serving spoon, grater, measuring cups, measuring spoons

## Ingredients:

- 2 cups shredded red cabbage
- 1 cup shredded green cabbage
- 1 cup grated carrot
- 1 cup julienned apple
- ½ cup sliced green onion
- 1 handful fresh cilantro; chopped or hand shredded
- 2 tbsp. agave nectar or 1 tsp sugar
- 2 tbsp. apple cider vinegar
- 1 tbsp. lime juice
- 2 tbsp. extra virgin olive oil
- salt and pepper to taste
- 1/4 teaspoon cayenne pepper

## Directions:

1. Shred cabbage into fine strips using a knife.
2. Shred carrots using large holed side of a grater.
3. Julienne or dice apple. If serving later in the day wait to add apples just before serving to prevent browning.
4. Slice green onions and chop or tear cilantro.
5. Add ingredients to large mixing bowl.
6. In separate mixing bowl or jar add remaining ingredients: 2 tbsp. agave nectar, 2 tbsp. apple cider vinegar, 1 tbsp. lime juice, 2 tbsp. extra virgin olive oil, dash of salt and pepper, 1/4 teaspoon cayenne pepper. Whisk until well blended or shake jar with secured lid.
7. Toss and serve chilled.

## Nutrition Information:

Calories: 80 Fat: 5 g Carbs: 10 g Protein: 1 g Fiber: 3 g **Sodium:** 74 mg

# Pineapple and Black Bean Fajitas

Serves 4

Recipe from Women's Day Magazine

**Items needed:** Kitchen knife, cutting board foil, 2 baking sheets, mixing bowl, wooden spoon, can opener, measuring spoons

## Ingredients:

- 1 (15-oz.) can black beans, rinsed
- 1 tbsp. finely chopped chipotles in adobo
- 1/4 small pineapple, cored and cut into thin 1/2" pieces
- 2 small red peppers, sliced
- 1 small red onion, thinly sliced
- 8 small corn tortillas, warmed
- Fresh cilantro, for serving
- Sour cream, for serving

## Directions:

1. Heat oven to 425 degrees F or an outdoor grill to medium-high. Tear off four 12" squares of foil and arrange on two baking sheets.
2. Toss together the beans and chipotles, then divide among the pieces of foil. Top with the pineapple, peppers and onion. Cover with another piece of foil and fold each edge up and over three times. Roast or grill (covered) for 15 minutes.
3. Transfer each packet to a plate. Using scissors or a knife, cut an "X" in the center and fold back the triangles. Spoon the mixture into tortillas and top with cilantro and sour cream, if desired.

## Nutrition Information:

Calories: 229 Fat: 2g Carbs: 48g Protein: 9g Fiber: 10g Sodium: 280mg

# Chocolate Pudding

Serves 8

Recipe from Chef Jim Warner of OSU Nutrition Services:

<https://wexnermedical.osu.edu/nutrition-services>

**Items needed:** Food processor, measuring cups, measuring spoons, spatula, bowl, kitchen knife, cutting board

## Ingredients:

- 2 avocados
- 1 banana
- ½ cup unsweetened cocoa powder
- ½ cup dates, pitted, soaked in water for a few hours, drained
- 1 tsp pure vanilla extract

## Directions:

Combine all ingredients in a food processor until smooth, scraping down sides of bowl as needed. Transfer to a bowl or individual serving bowls and chill several hours before serving.

## Nutritional Facts:

Calories: 190 Fat: 11g Carbs: 24g Protein: 3g Fiber: 5g Sodium: 0mg