

# Appetizers and Snacks

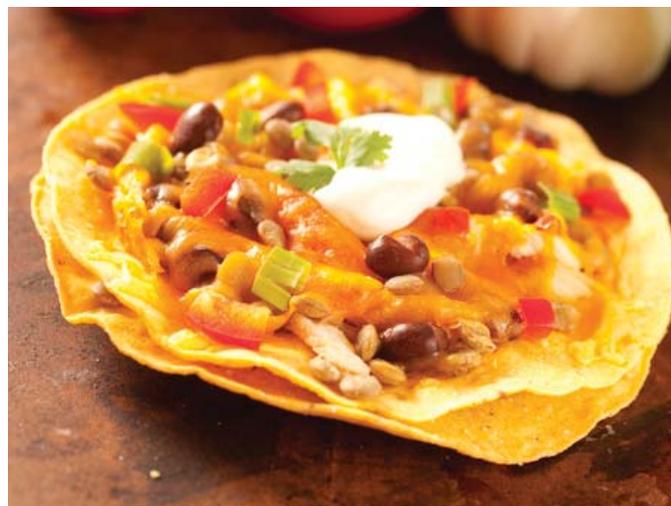


Hummus Dippers  
Page 30



Lentil (or Black Bean) Mini Pizzas  
Page 31

*(photo by John Borge)*



Mexican Tostadas  
Page 32

*(photo by John Borge)*



## Bean Quesadillas

- 4 (10-inch) tortillas, whole-wheat or white
- 1 (15.5-oz.) can chili beans
- 1 c. shredded cheese, divided (such as Monterey Jack)
- 1 c. salsa (optional)
- 1 c. shredded lettuce (optional)

Open can of beans; pour onto plate, stir and mash with fork, if desired. Place tortilla on plate and spread one-half of beans on tortilla. Sprinkle  $\frac{1}{2}$  c. cheese over beans and cover with second tortilla and cook in a frying pan until cheese melts. Use a spatula to transfer to plates when finished. Repeat with second quesadilla. Cut each quesadilla into four pieces. Serve warm and top with salsa and lettuce, if desired.

*Makes four servings.*

*Per serving: 430 calories, 16 g fat, 18 g protein, 58 g carbohydrate, 7 g fiber and 1,070 mg sodium*

\*Recipe courtesy of Northarvest Bean Growers\*

## Black Bean Quesadillas

- 1 (15.5-oz.) can black beans, drained, rinsed
- $\frac{1}{4}$  c. chopped tomato
- 3 Tbsp. chopped cilantro
- 8 (6-inch) whole-wheat tortillas
- 4 oz. soy cheese/Jalapeno Jack, shredded
- 32 spinach leaves, shredded
- 1 c. salsa of choice

Preheat oven to 350 F. Mash beans. Stir in tomato and cilantro. Spread evenly onto four tortillas. Sprinkle with cheese, spinach and salsa. Top with remaining tortillas. Bake tortillas on ungreased cookie sheet for 12 minutes. Cut into wedges and serve.

*Makes eight servings.*

*Per serving: 250 calories, 8 g fat, 11 g protein, 32 g carbohydrate, 6 g fiber and 480 mg sodium*

*Featured in: FN1485, "Now Serving: Beans!" available at [www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf)*



## Black Bean Quesadillas 2

- 1 (15.5-oz.) can black beans, drained and rinsed
- ½ c. shredded Pepper Jack cheese
- ½ c. Roma tomatoes, diced
- 4 8-inch whole-wheat tortillas
- 2 tsp. canola oil, divided
- 1 ripe avocado, diced (optional)

Combine beans, cheese and ¼ c. tomatoes in a medium bowl. Place tortillas on a work surface. Spread ½ c. filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

Heat 1 tsp. oil in a large nonstick skillet over medium heat. Add two quesadillas and cook, turning once, until golden on both sides, two to four minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 tsp. oil and quesadillas. Serve the quesadillas with avocado (optional) and the remaining tomatoes.

*Makes four servings.*

*Per serving: 310 calories, 10 g fat, 13 g protein, 42 g carbohydrate, 6 g fiber and 550 mgs sodium*

## Chicken and Black Bean Quesadilla

- 2 whole-wheat tortillas
- ½ c. cooked chicken
- ¼ c. canned black beans, drained and rinsed
- ¼ c. shredded cheese
- ¼ c. bell peppers, chopped
- Salsa, sour cream (optional)

Place pan on stove and turn to medium heat. Put one tortilla in pan, add half of the cheese, add the other toppings and sprinkle on the other half of the cheese. Place other tortilla on top of cheese and cover pan for approximately two to four minutes. Flip quesadilla very carefully to heat other side approximately one to two minutes. Cut into six pieces and serve with salsa and sour cream.

*Makes two servings.*

*Per serving: 250 calories, 7 g fat, 18 g protein, 29 g carbohydrate, 4 g fiber and 620 mg sodium*

*Featured in: FN1473, "Cooking 101: Hot Tips About Food Storage," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf)*



## Confetti Quesadilla

- 2 c. fat-free plain yogurt
- 1 c. finely minced cilantro
- 1 tsp. cumin
- 12 soft corn tortillas
- 1 c. (4-oz.) shredded reduced-fat Monterey Jack cheese
- 1 c. (4-oz.) shredded reduced-fat Colby cheese
- ½ c. fresh corn kernels or black beans
- ½ c. coarsely chopped cilantro
- 1 red bell pepper, finely minced
- 1 jalapeno pepper, finely minced

Line a large strainer with a coffee filter or paper towel and place over a mixing bowl. Pour in yogurt and let sit until some of the liquid has drained away and yogurt is the consistency of sour cream. Transfer to a small mixing bowl. Stir in cilantro and cumin. Preheat large skillet over low heat.

Line up six tortillas. Divide cheese, corn, cilantro and peppers among tortillas, then cover each with a second tortilla. Place a tortilla on dry skillet or grill and warm until cheese is melted and tortilla is slightly golden. Flip and cook other side until golden. Cut into wedges and serve. Repeat with remaining quesadillas. Serve each wedge with a dollop of cilantro yogurt dip.

*Makes six servings.*

*Per serving: 300 calories, 9 g fat, 16 g protein, 39 g carbohydrate, 3 g fiber and 440 mg sodium*

*Featured in: Eat Smart Play Hard Magazine 2010 available at [www.ag.ndsu.edu/eatsmart](http://www.ag.ndsu.edu/eatsmart)*

3-A-Day Dairy recipe courtesy of Char Heer, Midwest Dairy Council



## Hummus Dippers

### Hummus Ingredients

- 1 (15.5-oz.) can chickpeas (garbanzo beans)
- 4 Tbsp. tahini
- $\frac{3}{4}$  c. lemon juice
- 3 cloves garlic, minced

To prepare hummus, puree peas in blender or food processor. Add remaining ingredients; blend until thick and smooth.

### Dipper Ingredients

- 1 recipe Hummus
- 2 eggs, lightly beaten
- $\frac{3}{4}$  c. bread crumbs (try whole wheat)
- $\frac{1}{4}$  c. Parmesan cheese
- Large pinch of salt

To prepare dippers, preheat oven to 350 F. Lightly beat the eggs in a bowl. In separate bowl, mix bread crumbs, Parmesan and salt together. Set up hummus, beaten eggs and bread crumb mixture into an assembly line. Roll the hummus into 1-inch portions or balls and dip into eggs, then bread crumb mixture. Set breaded hummus on greased baking sheet 1 inch apart. Bake for 10 to 15 minutes and then turn on broil setting and brown dippers two to five minutes. Serve warm with favorite dipping sauce.

*Hummus – Makes 12 servings.*

*Per serving: 70 calories, 3 g fat, 3 g protein, 10 g carbohydrate, 2 g fiber and 160 mg sodium*

*Dippers – Makes 18 servings.*

*Per serving: 70 calories, 3 g fat, 3 g protein, 7 g carbohydrate, 1 g fiber and 95 mg sodium*



## Lentil (or Black Bean) Mini Pizzas

- 1/3 c. dry lentils, rinsed (or substitute drained, rinsed canned black beans)
- 1 1/3 c. water
- 4 (6-inch) whole-wheat pitas
- 1 medium zucchini, thinly sliced
- 1/4 c. red onion, thinly sliced into rings
- 1/2 c. red bell pepper, chopped
- 1/4 tsp. black pepper
- 1/8 tsp. salt
- 1/2 c. garlic-and-herbs spreadable cheese
- 6 Tbsp. shredded Asiago cheese (or cheese of choice)

In a 1-qt. saucepan, combine lentils with water and bring to a boil; reduce heat, cover and simmer gently until lentils are just tender, about 25 minutes. Drain lentils and set aside.

(Note: If using black beans, drain and rinse them and begin preparation at this point.)

Preheat broiler and place pitas on a nonstick baking sheet; broil for three minutes. Heat a nonstick skillet over medium heat; coat with cooking spray. Add zucchini, onion, red bell pepper, black pepper and salt. Sauté mixture for three minutes or until vegetables are crisp tender. Stir in lentils. Remove pitas from the oven, then spread 2 Tbsp. of spreadable cheese on each pita. Top evenly with vegetables and shredded cheese. Broil three minutes or until edges are brown and cheese is melted.

*Makes four servings.*

*Per serving: 340 calories, 13 g fat, 13 g protein, 45 g carbohydrate, 7 g fiber and 710 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf)*



## Mexican Tostadas

- 1/3 c. lentils
- 1 1/3 c. water
- 2 Tbsp. vegetable oil
- 1 lb. chicken breasts, boneless, skinless
- 2/3 c. green onion, finely chopped
- 2 cloves garlic, minced
- 1 (16-oz.) jar medium salsa (or your choice)
- 1 c. black beans, drained and rinsed
- 1 1/2 c. bell pepper, chopped
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 8 tostadas

In a medium saucepan, bring lentils and water to a boil, reduce heat, cover and simmer until lentils are tender. In a frying pan, cook chicken until it reaches an internal temperature of 165 F. Heat oil in a separate pan and sauté onion and garlic in oil, stirring constantly. Reduce heat and add salsa, lentils, black beans and seasonings. Shred or cube chicken and add to the salsa mixture. Continue cooking until heated through. Portion onto tostadas and top with peppers and your other favorite toppings.

*Makes eight servings.*

*Per serving: 220 calories, 8 g fat, 15 g protein, 21 g carbohydrate, 3 g fiber and 820 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ags.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ags.ndsu.edu/pubs/yf/foods/fn1508.pdf)*

## Mexican Veggie Pizza

- 12 small flour or corn tortillas
- Vegetable oil or margarine
- 1 (15.5-oz.) can refried beans
- 1/4 c. onion, chopped
- 2 oz. fresh or canned green chili peppers, diced (optional)
- 6 Tbsp. salsa or taco sauce
- 3 c. vegetables, chopped (such as broccoli, mushrooms, bell peppers)
- 1/2 c. mozzarella cheese (part-skim), shredded

Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan; set aside. Heat refried beans, onion and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat. Spread about a cup of the bean mixture on each tortilla pizza.

Sprinkle with 1 Tbsp. salsa and then top with 1/2 c. of chopped vegetables, 1 tsp. chili peppers and 1 Tbsp. cheese for each pizza. Return to frying pan and heat until cheese melts. Serve immediately.

*Makes six servings.*

*Per serving: 310 calories, 7 g fat, 47 g carbohydrate, 7 g fiber and 1,010 mg sodium*



## Taco Sticks

1 c. canned pinto or kidney beans,  
drained and rinsed

1 tsp. chili powder

½ tsp. salt

¼ tsp. garlic powder

4 stalks of celery

1 c. salsa

With a fork, mash the beans with the chili powder, garlic powder and salt. Try to make it smooth. Wash celery. Cut each stalk of celery into three pieces. Spread bean mixture on the celery sticks. Top with some salsa and serve.

*Makes four servings.*

*Per serving: 100 calories, 0.5 g fat, 5 g protein, 18 g carbohydrate, 7 g fiber and 580 mg sodium*

*Featured in: FN1384, "Now Serving: Tasty Healthful Meals on a Budget," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1384.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1384.pdf)*