

# French Style Bean Stew



[health@hadassah.org](mailto:health@hadassah.org) • [hadassah.org/everybitecounts](http://hadassah.org/everybitecounts)

**HADASSAH THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC.**

©2018 Hadassah, The Women's Zionist Organization of America, Inc. Hadassah, the H logo and Hadassah the Power of Women Who Do are registered trademarks of Hadassah, The Women's Zionist Organization of America, Inc.

HADASSAH



# Couscous stuffed portobello mushroom caps with mozzarella



[health@hadassah.org](mailto:health@hadassah.org) • [hadassah.org/everybitecounts](http://hadassah.org/everybitecounts)

**HADASSAH THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC.**

©2018 Hadassah, The Women's Zionist Organization of America, Inc. Hadassah, the H logo and Hadassah the Power of Women Who Do are registered trademarks of Hadassah, The Women's Zionist Organization of America, Inc.

HADASSAH



## FRENCH STYLE BEAN STEW

### Ingredients

Makes 6 Servings

#### For the Blackened Fish:

- 2 medium dried bay leaves
- 6 cups water
- 8 oz. dried black beans, sorted for stones and shiveled beans, rinsed, drained
- 2 medium carrots (chopped)
- Cooking spray
- 1/2 cup dry white wine (regular or nonalcoholic)
- 1 1/2 tsp. dried fennel seeds (crushed)
- 4 medium garlic cloves (crushed, minced)
- 8 oz. dried Great Northern beans or other dried white beans, sorted for stones and shiveled beans, rinsed, drained
- 1 large green bell pepper (chopped)
- 1/4 cup light or dark molasses
- 1 large onion (chopped)
- 1/2-3/4 tsp. crushed red pepper flakes
- 3 medium ribs of celery
- 1/2 tsp. salt
- 1/2 dried thyme (crushed)
- 16 oz. canned, no-salt-added tomato sauce
- 1 1/4 cups fat-free, low-sodium vegetable broth

### Recipe

- In a Dutch oven, stir together the water and beans. Bring to a boil over high heat. Reduce the heat and simmer for 5 minutes. Remove from the heat. Let stand, covered, for 1 hour. Or, put the water and beans in a large bowl. Let stand, covered, for 6 to 12 hours. With either method, drain the beans in a colander, rinse, and drain again. Set aside.
- When the beans are ready, dry the Dutch oven and lightly spray with cooking spray. Cook the celery, carrots, bell pepper, onion, and garlic over medium heat for 20 minutes, or until tender, stirring occasionally. Stir in the remaining ingredients and the beans. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 2 1/2 to 3 hours, or until the beans are tender, adding water if necessary and stirring occasionally. Discard the bay leaves before serving the stew.

### Nutrients

Calories .....	359	Cholesterol .....	0 mg
Total Fat .....	1.0 g	Sodium .....	275 mg
Saturated Fat .....	0.0 g	Total Carbohydrate .....	68 g
Trans Fat .....	0.0 g	Dietary Fiber .....	13 g
Polyunsaturated Fat .....	0.5 g	Sugars.....	26 g
Monounsaturated Fat .....	3.0 g	Protein .....	18 g

Copyright © 2018 American Heart Association, [heart.org/recipes](http://heart.org/recipes)

## COUSCOUS STUFFED PORTOBELLO MUSHROOM CAPS WITH MOZZARELLA

### Ingredients

Makes 4 Servings

- 8 portobello mushrooms (with caps that are around 5 inches in diameter)
- 3/4 cup chopped scallions (both green and white parts removed)
- 2 Tbsp chopped black olives
- 1 1/2 cups chopped plum tomatoes (about 3 plum tomatoes)
- 3/4 cup dried couscous
- 1/4 teaspoon ground black pepper
- 1 1/2 Tbsp canola oil
- 1 Tbsp balsamic vinegar
- 1 1/4 cups boiling water
- 3 oz shredded, fat-free mozzarella

### Recipe

- Preheat oven to 400 degrees F.
- To clean the portobello mushrooms, remove and discard the stems from each mushroom. Then, using a spoon, scrape the black gills from the underside of each mushroom and discard gills. Place each mushroom cap onto a large foil-lined baking sheet. Bake mushrooms in oven until soft, about 20 minutes.
- Meanwhile, chop the scallions, olives, and tomatoes; add to a medium bowl along with couscous, pepper, oil, and vinegar. Bring 1 1/4 cups of water to a boil, either on the stove top or in a microwave. Add into the bowl, stirring to combine, and cover tightly with a lid or plastic wrap. Let couscous steam 10 to 15 minutes until cooked. Use a fork to fluff couscous.
- When mushroom caps are done, use a paper towel to blot off any extra moisture on mushroom. Divide couscous mixture among the mushroom caps, filling each one. Top with the cheese and place back in the oven until cheese melts, about 10 minutes. Remove from oven and serve.

### Nutrients

Calories .....	261	Potassium .....	0 mg
Total Fat .....	6.7 g	Total Carbohydrate .....	37.3 g
Saturated Fat .....	0.5 g	Dietary Fiber .....	5.5 g
Trans Fat.....	0.0 g	Sugars .....	5.1 g
Polyunsaturated Fat .....	1.8 g	Added Sugars .....	0 g
Monounsaturated Fat .....	3.4 g	Protein .....	14.0 g
Cholesterol .....	3.8 mg	Calcium .....	0 mg
Sodium .....	311 mg		

Copyright © 2018 American Heart Association, [heart.org/recipes](http://heart.org/recipes)

# Massaged Kale salad



[health@hadassah.org](mailto:health@hadassah.org) • [hadassah.org/everybitecounts](http://hadassah.org/everybitecounts)

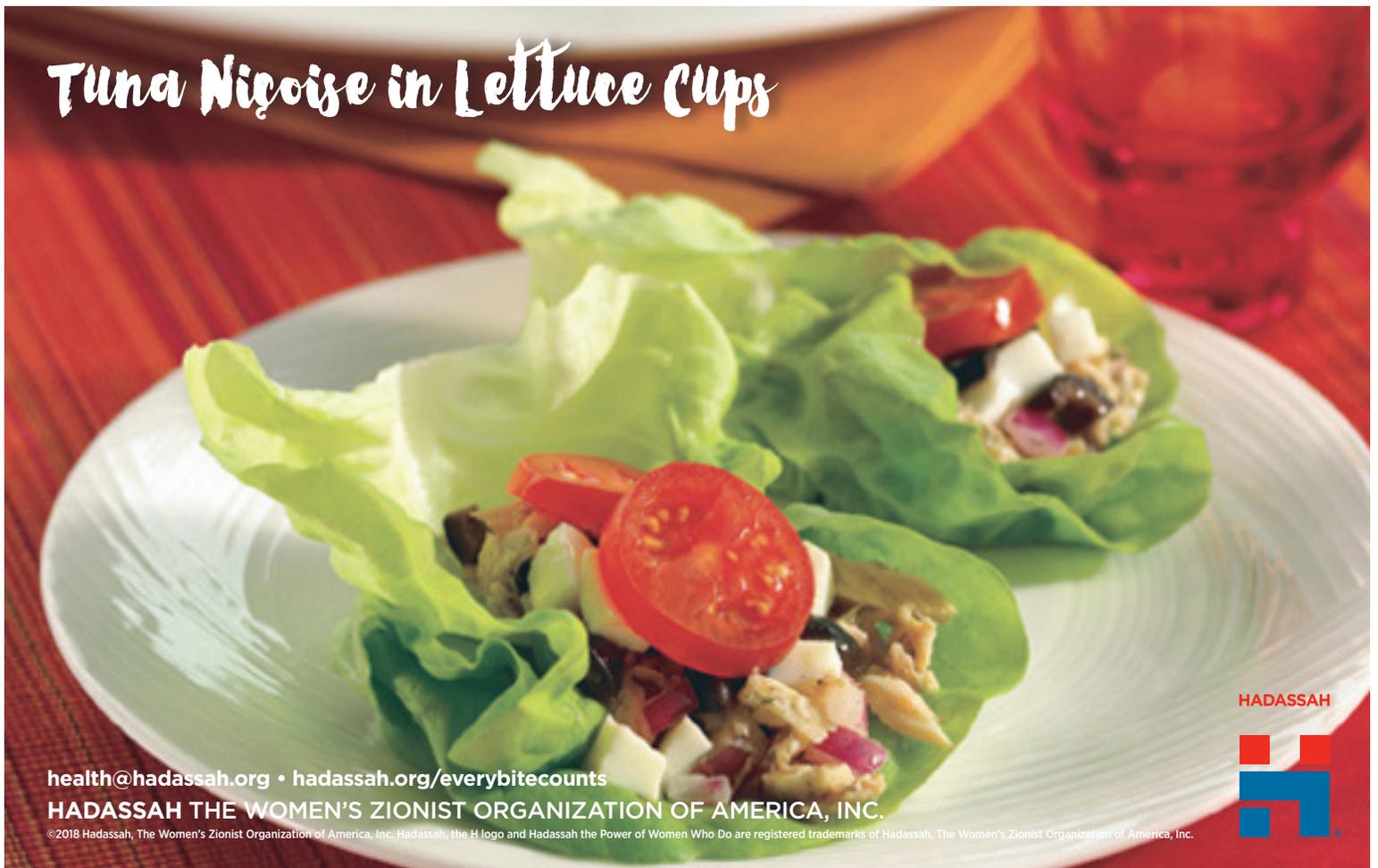
**HADASSAH THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC.**

©2018 Hadassah, The Women's Zionist Organization of America, Inc. Hadassah, the H logo and Hadassah the Power of Women Who Do are registered trademarks of Hadassah, The Women's Zionist Organization of America, Inc.

HADASSAH



# Tuna Niçoise in Lettuce Cups



[health@hadassah.org](mailto:health@hadassah.org) • [hadassah.org/everybitecounts](http://hadassah.org/everybitecounts)

**HADASSAH THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC.**

©2018 Hadassah, The Women's Zionist Organization of America, Inc. Hadassah, the H logo and Hadassah the Power of Women Who Do are registered trademarks of Hadassah, The Women's Zionist Organization of America, Inc.

HADASSAH



## MASSAGED KALE SALAD

### Ingredients

Makes 4 Servings

- 8 cups chopped, stemmed kale (about 1 large bunch)
- 3 Tbsp. lemon juice
- 2 Tbsp. canola oil
- 1/2 tsp. yellow or Dijon mustard
- 1/8 tsp. ground black pepper
- 3 Tbsp. unsalted, hulled sunflower seeds or 3 Tbsp. unsalted, hulled pumpkin seeds (also called pepitas)
- 2 Tbsp. grated, reduced-fat Parmesan cheese

### Recipe

- Prepare the kale: Lay each leaf onto a cutting board. Use a knife to cut each side of the kale leaf's rib to remove and discard it. (Kale ribs are quite bitter and tough, making it best to remove.) Repeat with remaining leaves. Then, slice the kale into about 1/2-inch pieces. If kale is still wet from washing, dry it in a salad spinner.
- In a large bowl, add lemon juice, oil, mustard, and pepper. Use a fork to mix dressing together. Add the chopped kale into the bowl. Use your fingers to gently massage the dressing into the kale until the kale has wilted from 8 cups to 6 cups, just a few minutes.
- Top kale salad with pumpkin seeds and Parmesan cheese. Serve.

### Nutrients

Calories .....	184	Cholesterol .....	4 mg
Total Fat .....	12.4 g	Sodium .....	115 mg
Saturated Fat .....	0.9 g	Total Carbohydrate .....	15 g
Trans Fat .....	0.0 g	Dietary Fiber .....	3 g
Polyunsaturated Fat .....	4.0 g	Sugars .....	1 g
Monounsaturated Fat .....	5.7 g	Protein .....	8 g

Copyright © 2018 American Heart Association, [heart.org/recipes](http://heart.org/recipes)

## TUNA NIÇOISE IN LETTUCE CUPS

### Ingredients

Makes 8 Servings

- 2 Tbsp. chopped red onion
- 1 Tbsp. red wine vinegar
- 2 tsp. Dijon mustard (lowest sodium available)
- 1 tsp. olive oil (extra virgin preferred)
- 1/4 tsp. dried dillweed (crumbled)
- 1/4 tsp. sugar
- 1/8 tsp. pepper
- 5 oz. canned, very-low-sodium chunk light tuna, packed in water, drained, flaked
- 16 large Bibb lettuce leaves (about 2 heads)
- 2 Tbsp. chopped black olives (drained)
- 2 large eggs, hard-boiled, yolks discarded and whites chopped
- 4 cherry tomatoes (sliced)

### Recipe

- In a small bowl, stir together the onion, vinegar, mustard, oil, dillweed, sugar, and pepper. Stir in the tuna. Spoon 1 tablespoon of spread onto each lettuce leaf. Top, in order, with the olives, egg whites, and cherry tomatoes.
- To eat as a wrap, fold the left and right sides of the lettuce leaf toward the center. Starting from the unfolded side closest to you, roll the wrap towards the remaining unfolded side to enclose the filling.

### Nutrients

Calories .....	40	Cholesterol .....	8 mg
Total Fat .....	1.5 g	Sodium .....	68 mg
Saturated Fat .....	0.0 g	Total Carbohydrate .....	2 g
Trans Fat .....	0.0 g	Dietary Fiber .....	1 g
Polyunsaturated Fat .....	0.0 g	Sugars .....	1 g
Monounsaturated Fat .....	0.5 g	Protein .....	6 g

Copyright © 2018 American Heart Association, [heart.org/recipes](http://heart.org/recipes)