

Chia Orange Yogurt (adapted from tasteofhome.com) Yield: 1 serving

Ingredients:

1/3 cup fat-free milk
1/4 cup old-fashioned oats
1/4 cup fat-free plain Greek yogurt
1 TBSP orange marmalade spreadable fruit
2 tsp chia seeds
1/2 tsp vanilla extract
1/3 cup orange segments, chopped

Directions:

- In a jar with a tight-filling lid, combine all ingredients. Cover and shake well to combine. Refrigerate overnight (8 hours).

Orange Rice Salad (from foodhero.org) Yield: 5 cups

Ingredients:

2 cups cooked, cooled brown rice
1/2 cup celery, diced
3/4 cup dried fruit (raisins, cranberries, mixture)
1/4 cup chopped nuts
2 TBSP vegetable oil
1 TBSP orange juice or vinegar
1/2 cup parsley, chopped (or 1 tsp dried parsley)
3 green onions, washed and thinly sliced
1 can (15 oz) mandarin oranges with juice
1/2 tsp each salt and pepper

Directions:

- Mix all ingredients together in a medium bowl. Chill for an hour to let flavors blend.

Spinach and Black Bean Enchiladas (from foodhero.com) Yield: 8 Enchiladas

Ingredients:

- 1 package (10 oz) frozen spinach, thawed
- 1 can (15 oz) black beans, drained and rinsed
- 1 ½ cups corn (thawed if frozen, drained if canned)
- 3 green onions, thinly sliced
- ½ cup chopped cilantro
- 2 cups shredded cheese (mozzarella, cheddar, Monterey jack or blend)
- 1 can (28 oz) enchilada sauce (about 3 cups)
- 8 whole wheat flour or corn tortillas (7-8 inches)

Directions:

1. Preheat oven to 375°. Drain/squeeze excess moisture from thawed spinach.
2. In a large bowl, combine spinach, beans, corn, onions, cilantro and 1.5 cups cheese.
3. Lightly spray a 13x9" baking dish with nonstick cooking spray. Add a small amount of enchilada sauce to coat bottom of dish.
4. Fill tortillas with spinach mixture. Roll up tightly and place seam side down in the baking dish.
5. Pour remaining sauce over enchiladas and sprinkle with remaining cheese.
6. Bake for 20 minutes or until heated through and cheese is bubbly. Serve warm.