



Taste and Savor

1 Quick Recipe:

Fall Veggie Chili

2 TB Avocado or Olive Oil
 1 Cup Chopped Red Onion
 1 Yellow or Orange Bell Pepper
 Seeds and Chopped
 3 Grated Garlic Cloves
 2 (15 OZ) Cans Black Beans
 4 Cups Chopped (about 1/2")
 Sweet Potatoes, roasted at
 425F for about 30 minutes
 with a sprinkle of turmeric,
 salt, pepper and tossed or
 sprayed with Extra Virgin Olive
 Oil
 2 (15 OZ) Cans Fire Roasted
 Chopped Tomatoes
 1/2 Cup Orange* Lentils
 4 Cups Veggie Broth
 1 TB Chili Powder
 1 Tsp Cumin
 1 Tsp Dried Oregano
 1/4 Cup Chopped Cilantro
 1/4 Cup Chopped Green Onions,
 plus more for garnish
 1 TB Lime Juice
 Sea Salt and Black Pepper to taste

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



1 Cup Shredded Sharp Cheddar
 1/2 Cup Nonfat Greek Yogurt

Sauté the onion and pepper in the oil. When soft, about 5 - 7 minutes, add the garlic and cook and stir until fragrant, about 1 minute. Add the next 8 ingredients to the pot and simmer for 20 - 30 minutes. When warmed through, stir in the cilantro and green onions. Season with salt and pepper. Top with additional green onions, shredded cheddar and nonfat greek yogurt.

2 Kitchen Scoop

*Use Orange (red) Lentils whenever you are making a creamy dish, as they are much softer when cooked, than green, black or brown lentils. I love lentils for the healthy kitchen, they are tiny powerhouses of flavor AND nutrition. They are super source of fiber lowering cholesterol - the same fiber helps regulate blood sugar! In a study Lentils also provide significant amounts of folate and magnesium - perfect nutrition for a healthy heart!

3 Clever Idea

My favorite brand of fire roasted tomatoes are from Muir Glen, a company found in 1991 by a group of entrepreneurs interested in making the best tomatoes available for everyone. Organic and packaged without any synthetic chemical additives of any kind.

4 Cheers!

Smoking Loon Pinot Noir
Valle Central Chile
About \$12.00

If you love fruit-forward "new world style" pinot noir, you'll like this juicy cranberry flavored sipper from the Valle Central in Chile - one of the largest wine regions in South America. With just a touch herb flavor, it goes great with the spicy-not-hot chili, pairing especially well with the roasted sweet potatoes and spices.