

BUILD A HEART SMART PANTRY RECIPES

White Bean Pesto Dip - Serves 6

INGREDIENTS:

1 15-ounce can cannellini beans (white kidney beans), rinsed, drained
¼ cup purchased pesto
2 to 3 teaspoons fresh lemon juice

PREPARATION: Process beans in processor until smooth. Stir in pesto. Add lemon juice to taste. Season with salt and pepper. Stir dip before serving. Dip with carrot, celery sticks or sliced apples or pears or use as a spread.

NUTRITION FACTS: Serving Size: 2 tablespoons; Calories 90; Fat 5g; Sodium 160mg; Cholesterol 0mg; Carbohydrate 10g; Fiber 3g; Protein 3g

Kale Chips - Serves 4

INGREDIENTS:

1 large bunch kale, tough stems removed, leaves torn into pieces
1 tablespoon extra-virgin olive oil
¼ teaspoon salt

PREPARATION: Position racks in upper third and center of oven; preheat to 400°F. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 2 large, rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.) Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

NUTRITION FACTS: 110 calories; 5g fat (1g sat, 3g mono); Cholesterol 0mg; Carbohydrates 16g; Protein 5g; Fiber 6g; Sodium 210mg; Potassium 642mg

