



This recipe is a great way to use up leftover turkey or chicken . . .

Santa Fe Stew (6 servings)

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| 1 butternut squash, peeled & cut into 1" chunks* | 1 TBSP chili powder |
| 2 red or green bell peppers, cut into 1" chunks | 2 tsp ground cumin |
| 1 large onion, cut into 1" chunks | 1 tsp pepper |
| 1 (14 oz) can reduced sodium chicken broth | 2 cups cooked diced turkey (or chicken) |
| 1 ½ cups water | 1 (15 oz) can black beans, rinsed & drained |
| 2 jalapeno peppers, halved & seeded (optional) | ½ cup fresh cilantro, chopped |

In a large pot combine squash, bell peppers, onion, broth, water, jalapenos, chili powder, cumin & pepper. Cover and bring to a boil over high heat; reduce heat and simmer until squash is tender, about 30 - 35 minutes. Mash some of the squash against the side of the pot to thicken the stew. Stir in turkey, beans and cilantro; warm over medium heat until heated through (about 5 minutes). Remove jalapenos before serving. Serve this heart-healthy stew with warm corn tortillas or whole wheat rolls.

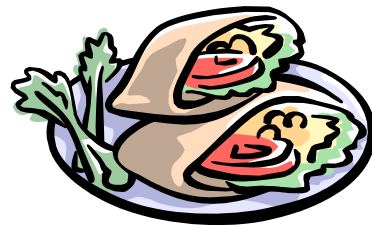
* Microwaving the squash for 5-6 min. will make it easier to peel and cut. Be sure to make some knife cuts into the squash so steam can escape while microwaving.

Nutrition information, per serving:

230 calories, 5 g total fat, 1 g saturated fat, 40 mg cholesterol, 450 mg sodium, 31 g carbohydrate, 9 g dietary fiber, 20 g protein, 110% Vitamin C, 350% Vitamin A, 15% iron, 10% Calcium.

Hummus (chick pea dip) 2 cups

- 3 garlic cloves
- 1/4 tsp. salt
- 2 cups chick peas (garbanzo beans), drained and rinsed
- 3 T. tahini (sesame seed paste)
- 1/2 tsp. ground cumin
- 3 T. fresh lemon juice
- 1/4 cup water
- 2 T. extra virgin olive oil
- 1/4 cup fresh parsley leaves, coarsely chopped



On a cutting board, mince and mash the garlic. In a food processor (or blender) place the garlic, salt, chick peas, tahini, cumin, lemon juice and water; process until smooth, about one minute. If too thick, add more water as needed to get desired consistency. Taste and add more lemon juice, salt or cumin as desired.

Divide the hummus between shallow serving dishes and smooth the top; drizzle with the olive oil and the parsley. Serve the hummus with pita wedges or fresh vegetables.

Nutrition information, per 2 Tbsp: 70 calories, 3.5 g fat, 0 saturated fat, 0 cholesterol, 125 mg sodium, 8 g total carbohydrate, 1 g dietary fiber, 2 g protein.