

Blueberry Bean Muffins

(makes 12 muffins)

Ingredients

1 can (15 oz) red kidney beans
1/3 cup nonfat milk
1/2 cup sugar
1/4 cup butter
3 eggs
2 tsp vanilla
1 cup all-purpose flour
1/2 cup whole wheat flour
1 tsp baking soda
1 1/4 tsp cinnamon
1/2 tsp salt
3/4 tsp ground cloves
pinch ground nutmeg
1 cup blueberries, fresh or frozen



Directions

1. Preheat oven to 375°F.
2. Wash hands with soap and water.
3. Process beans and milk in food processor or blender until smooth.
4. Mix sugar and butter in large bowl. Beat in eggs and vanilla. Mix in bean mixture until well blended.
5. Stir together dry ingredients (flours, baking soda, and spices) in a separate bowl. Add to bean and egg mixture. If fresh, gently rub blueberries under cool running water. Gently stir in blueberries.
6. Spoon mixture into 12 greased or paper-lined muffin cups. Bake muffins in oven until toothpick inserted in centers come out clean, about 20 to 25 minutes.
7. Cool in pans on wire racks 5 minutes until removing.

Tip: Any canned bean variety can be easily substituted.

Nutrition Facts per serving: 180 calories, 6g total fat, 300mg sodium, 27g carbohydrate, 3g fiber, 6g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension.

The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at go.illinois.edu/dmp or find us on Facebook or Twitter @uie_DMP

Jicama Summer Salad

(serves 6)

Ingredients

Half of 1 jicama, peeled and diced
3 cups strawberries, sliced
6 oz. container blueberries
1 can (15 oz.) mandarin oranges, drained
1 Tbsp lime juice
2 1/2 Tbsp honey
1/2 tsp cinnamon



Directions

1. Wash hands.
2. Wash produce. Cut jicama and strawberries into sizes listed.
3. In a large bowl, combine jicama, strawberries, blueberries, and mandarin oranges
4. Mix together lime juice, honey, and cinnamon in a small bowl until well mixed. Drizzle over jicama mixture. Serve immediately or store in the refrigerator 3-4 days.

Tip: If you have never used jicama, peel it like a potato and dice. It is sweet and crunchy raw, like an apple.

Nutrition Facts per serving: 120 calories, 0g total fat, 10mg sodium, 31g carbohydrate, 4g fiber, 1g protein

Recipe by: Lisa Peterson, University of Illinois Extension, Nutrition & Wellness Educator

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Lemon Blueberry Cheesecake

(serves 12)

Ingredients and Directions

Crust

1 ½ cups graham cracker crumbs
3 Tbsp nonfat plain yogurt

1. Preheat oven to 350°F. In a medium bowl, mix together graham cracker crumbs and yogurt. Press into a greased 8x8-inch pan or 9-inch round pan. Bake for 5 minutes and let cool.

Filling

1 (8 oz.) package Neufchatel cheese
¾ cup nonfat plain yogurt
⅓ cup granulated sugar
2 Tbsp fresh lemon juice
Zest of one small lemon
2 egg whites
1 tsp vanilla extract
2 Tbsp all-purpose flour
1 cup fresh blueberries

1. Wash hands.
2. In a large bowl, beat Neufchatel cheese, yogurt and sugar with an electric hand mixer. Add the lemon juice, zest, egg whites, vanilla, and flour and beat until fully combined. Fold in blueberries.
3. Pour filling over the crust and return to oven. Bake at 350°F for 25-30 minutes. Remove from oven, allow to cool and refrigerate for at least 3 hours before serving.

Tip: Our oven needed 45 minutes to fully bake the filling, so keep cooking until the center is firm.

Nutrition Facts per serving: 280 calories, 9g total fat, 300mg sodium, 45g carbohydrate, 2g fiber, 6g protein

Recipe by: Jenna Smith, University of Illinois Extension, Nutrition & Wellness Educator

