

## Pumpkin Flax Quickbread – All Rights Reserved © 2009 Allrecipes.com

### Ingredients:

2 tablespoons flax seed meal	1 teaspoon baking soda
6 tablespoons water	1 teaspoon ground cinnamon
1½ cups sugar	¾ teaspoon salt
1 cup canned pumpkin puree	½ teaspoon baking powder
½ cup applesauce	½ teaspoon ground nutmeg
1⅓ cups all-purpose flour	¼ teaspoon ground cloves
⅓ cup whole wheat flour	

### Directions:

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x5 inch loaf pan.
- Whisk together flax seed meal and water. Mix in sugar, pumpkin and apple sauce.
- In a large bowl, stir together all-purpose flour, whole wheat flour, baking soda, cinnamon, salt, baking powder, nutmeg, and cloves. Add flour mixture to pumpkin mixture; stir until smooth. Pour batter into prepared pan.
- Bake in preheated oven for 60 to 70 minutes, until a toothpick inserted into center of the loaf comes out clean.

**Servings:** 12      **Nutrition Per Serving:** Calories 180, Total Fat: 1.1 g, Cholesterol: 0 mg, Sodium: 316 mg, Total Carbohydrate: 41.2 g, Dietary Fiber: 2 g, Protein: 2.4 g

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## Quinoa and Black Bean Salad - American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org)

### Ingredients:

1½ cups quinoa	¼ teaspoon cayenne pepper
1½ cups canned black beans, rinsed and drained	¼ cup fresh coriander leaves, chopped fine
1½ Tablespoons red wine vinegar	⅓ cup fresh lime juice
1½ cups cooked corn (fresh, canned or frozen)	½ teaspoon salt
1 red bell pepper, seeded and chopped	1¼ teaspoon ground cumin
4 scallions, chopped	⅓ cup olive oil
1 teaspoon garlic, minced fine	

### Instructions:

- Rinse quinoa in a fine sieve under cold running water until water runs clear. Put quinoa in a pot with 2¼ cups water. Bring to a boil, then cover and simmer 20 minutes or until water is absorbed and quinoa is tender. Fluff quinoa with a fork and transfer to a large bowl and allow to cool.
- While quinoa is cooking, in a small bowl toss beans with vinegar and salt and pepper to taste.
- Add beans, corn, bell pepper, scallions, garlic, cayenne and coriander to the quinoa. Toss well.
- In a small bowl whisk together lime juice, salt, cumin and add oil in a stream while whisking. Drizzle over salad and toss well with salt and pepper. Salad may be made a day ahead and refrigerated, covered. Bring to room temperature before serving.

**Servings:** 16 side-dishes      **Nutrition Per Serving:** Calories: 140, Total Fat: 6 g (< 1 g Sat. Fat), Sodium: 153 mg, Total Carbohydrate: 19 g, Dietary Fiber: 3 g, Protein: 4 g.