

Fiesta Hummus

- 1 can garbanzo beans
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- dash cayenne pepper
- 2 garlic cloves, minced
- 1/2 cup plain, non-fat yogurt
- 1 tablespoon lime juice
- 1 tablespoon sesame oil
- 1-2 finely chopped jalapeno peppers
- 2 tablespoons chopped cilantro

Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

Oregon State University



Layered Black Bean Dip

- 1 can (15 ounce) black beans, drained and rinsed
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/2 cup salsa, thick and chunky
- 1/2 cup light sour cream
- 1/4 cup chopped green onions
- 2 ounces grated reduced-fat cheddar cheese

Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish. Top with salsa, sour cream, green onions and grated cheese.

Cornell Cooperative Extension of Onondaga County

Cranberry Sauce

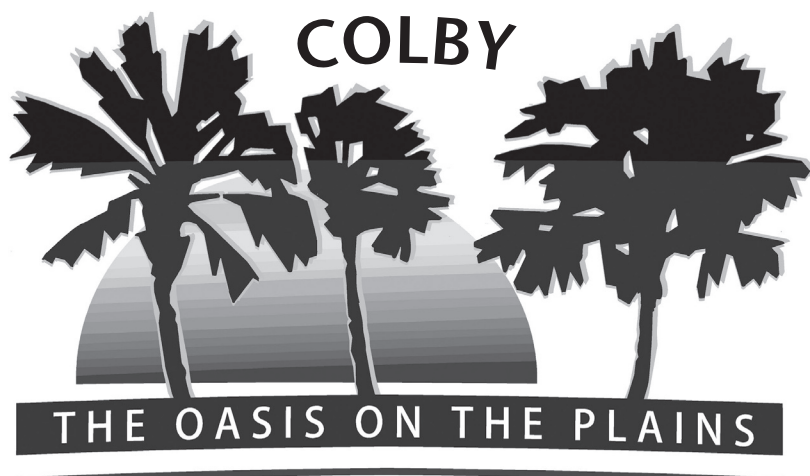
- 1 bag fresh cranberries
- 1/2 cup sugar
- 1 cup orange juice
- pinch ground cloves
- pinch ground cinnamon

Place all of the ingredients in a large sauce pan and heat over medium-high heat until the mixture comes to a boil. Stir occasionally.

Cook until the cranberries are tender, about 10 minutes. Remove from heat and allow to set for 5 minutes. Serve warm or chill until ready to serve.

Serves 6. Each 1/2 cup serving: 96 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 15 mg sodium, 27 g carbohydrate, 4 g fiber, <1 g protein. Diabetic exchange: 2 fruit.

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