

Happy New Year to all of you! My guess is that many of you have decided to make some healthy changes in diet and lifestyle for 2005. Please call for an appointment with the Nutrition Clinic if you would like some professional guidance or help in looking at your current patterns and setting specific and reasonable goals for the coming year. Healthy eating is NOT about deprivation but involves making small and gradual positive changes that last a lifetime!

Eating breakfast is a key part of healthy eating as skipping breakfast slows your metabolism down and gives you the munchies later on (often satisfied with less healthy food choices!) One of my clients shared this yummy breakfast cookie recipe that you can make on the weekend and use for weekday breakfasts on the go or snacks. Try it with nonfat milk or yogurt and perhaps a piece of fruit!

### **Breakfast Cookies**

Preheat oven to 350 degrees.

Mix dry ingredients in bowl: 3/4 cup brown sugar  
1 and 1/2 cup rolled oats  
1 cup flour  
1 cup whole wheat flour  
1 and 1/2 tsp. baking soda  
1 and 1/2 tsp. baking powder  
1/2 tsp. salt  
3/4 tsp. cinnamon

Stir in: 1/4 cup canola oil  
3/8 cup prune puree (or use 3.5 oz Prunes with Apples baby food or applesauce)  
1 egg (or 1/4 cup egg substitute)  
1 tsp. vanilla extract

Then add ONE of the following: 3/4 cup peanut butter OR 2/3 cup chopped pecans OR 1 cup dried fruit.

Add 1-2 Tbsp. of water if needed to make dough stick together but as little as possible or cookies will turn out sticky. Form dough into walnut sized balls and then flatten on sprayed cookie sheet. Bake for 10-12 minutes.

It's soup weather! The folks at Bush Beans make it easy with canned beans (no more overnight soaking!) Did you know black beans are the highest in antioxidants that help our bodies to fight aging and many chronic diseases? And think of the fiber they offer!

### **Bush's Best Cajun Black Bean Soup**

Prep time: 8 to 10 minutes cooking time: 20 minutes

Serves 6

2 Tbsp. olive or canola oil  
1 onion, chopped  
3 cloves garlic, chopped  
1 tsp. cumin  
3 tsp. chili powder  
1/2 tsp. oregano  
3 cans (15 ounces each) Bush's Best Black Beans  
Black pepper, Salsa, Shredded cheese, fresh herbs to taste

Heat oil in large pot over medium heat. Add onion, cook 5 minutes. Stir in garlic, cumin, chili powder, and oregano. Rinse and puree 1 can of black beans. Add to pot. Rinse other 2 cans of beans in colander and add to pot (do not puree these cans). Reduce heat and simmer for 15 minutes, stirring often. Add black pepper, cheese, salsa and herbs to suit your taste.

Here's a super easy recipe to do in your slow cooker. And it has both fruit and vegetable and 2 lean protein sources!

### **Pineapple Salsa Chicken**

3 to 6 skinless chicken breasts (amount depends on if you want leftovers!)  
1 can pineapple tidbits (drain off the juice-add to your glass of orange juice at next breakfast!)  
1 can black beans (do not drain)  
32 ounce jar of mild to medium chunky style salsa (or use canned tomatoes with Mexican spices!)

Place thawed chicken breasts in slow cooker. Top with other ingredients. Cook on LOW setting for 6-8 hours. Serve with warm tortillas and/or rice.  
Leftovers are great served in tortilla with condiments as desired.

Wishing each of you a happy and healthy start to 2005!

Sally

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