

Dried Beans

Yield: 8 servings

Serving size: ½–¾ cup

- 1 pound dried beans
- 1 gallon water (16 cups), divided

1. Place beans in a large bowl.
2. Sort through beans and discard any stones/wrinkled beans.
3. Pour 8 cups of water over beans.
4. Cover and keep beans on kitchen counter overnight.
5. Drain and rinse beans.
6. Place beans in a large stockpot and cover beans with 8 cups of fresh water.
7. Cook over medium-high heat until the water just begins to bubble..
8. Turn heat to medium-low and cook beans for 1–3 hours, depending on the type of bean being used (larger beans will take longer to cook than small beans).
9. Add more water during the cooking process, if necessary.
10. Test beans every 10 minutes or so near the end of the cooking time.
11. Drain.

Nutrition Facts	
3/4 cup black beans	
Serving size	(530g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 35g	13%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 3mg	15%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Roasted Vegetable Lasagna Roll Ups

Yield: 8 servings • **Serving size:** 2 roll ups

- Cooking spray
- 2 large eggplant, half-peeled, sliced into 1-inch thick rounds
- Pinch of Kosher salt
- 3 yellow squash, sliced into 1-inch thick rounds
- 3 zucchini, sliced into 1-inch thick rounds
- 1 large yellow onion, chopped
- 8 ounces button mushrooms, sliced
- 1 TBSP olive oil
- 1 can (15-ounce) no salt added petite diced tomatoes with liquid
- 1 can (30-ounce) no salt added tomato sauce
- ¼ teaspoon ground black pepper
- ½ teaspoon dried, rubbed oregano
- ½ teaspoon dried basil
- ½ teaspoon dried, rubbed thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 box lasagna noodles, cooked according to package directions
- 2 cups 2% mozzarella cheese, shredded
- ½ cup parmesan cheese, grated

1. Preheat oven to 375°.
2. Spray a 13 by 9-inch casserole dish with cooking spray; set aside.
3. Sprinkle eggplant with salt and let them drain in a colander for 15 minutes. Rinse eggplant and pat dry.
4. In a bowl, toss vegetables with oil. Arrange vegetables in a single layer on a baking sheet.
5. Roast vegetables for 30 minutes.
6. Meanwhile, in a medium-sized saucepan, add diced tomatoes and tomato sauce. Stir in all seasonings. Simmer for 5 minutes over medium-high heat or until sauce has thickened, stirring occasionally.
7. Coat a large glass baking dish with a thin layer of the tomato sauce.
8. Place lasagna noodles in a single layer on a clean work surface.
9. Spread equal amounts of veggies and mozzarella cheese on each noodle.
10. Roll up each noodle and place in prepared dish. Cover with remaining sauce and top with parmesan cheese.
11. Cover dish with foil and bake for 25 minutes.
12. Let stand for 5 minutes before serving.

Freezes well: Freeze entire dish or a portion in a freezer-safe container. Defrost in refrigerator.

Nutrition Facts	
2 roll ups (566g)	
Serving size	(566g)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 350mg	15%
Total Carbohydrate 68g	25%
Dietary Fiber 8g	29%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 512mg	40%
Iron 4mg	20%
Potassium 1381mg	30%

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