



AULTCARE WELLNESS RECIPE

ASPARAGUS HUMMUS



Ingredients:

¾ lb. asparagus, cut into 1 inch pieces

1 (14 oz.) can garbanzo beans (chickpeas),
drained & rinsed

2 cloves garlic, minced

1 tablespoon tahini (sesame paste)

1 tablespoon fresh lemon juice

1 tablespoon asparagus cooking water
(see instructions)

1 pinch cayenne pepper

⅛ teaspoon salt (or more, to taste)

2 tablespoons extra virgin olive oil

Perfectly Blended



Yield: 2 cups **Serving Size:** 2 tablespoons **Calories per serving:** 56.6 **Fat per serving:** Total Fat 2.5g; Saturated Fat 0.3g **Per serving:** Calories 56.6 / Total Fat 2.5g / Saturated Fat 2.5g / Cholesterol 0mg / Sodium 102.5mg / Total Carbohydrates 7.1g / Fiber 1.5g / Sugars 0g / Protein 1.8g / WW (Old Points) 1 / WW (Points+) 1



AUTCARE WELLNESS RECIPE

CHICKPEA & QUINOA BOWL WITH ROASTED RED PEPPER SAUCE



Ingredients:

1 (7-ounce) jar roasted red peppers, rinsed

¼ cup slivered almonds

4 tablespoons extra-virgin olive oil, divided

1 clove garlic, minced

1 teaspoon paprika

½ teaspoon ground cumin

¼ teaspoon crushed red pepper (optional)

2 cups cooked quinoa

¼ cup Kalamata olives, chopped (optional)

¼ cup finely chopped red onion

1 (15-ounce) can chickpeas, rinsed

1 cup diced cucumber

¼ cup crumbled feta cheese

2 tablespoons finely chopped fresh parsley



Serving Size: 1 ½ cups **Calorie:** 479 **Fat:** 25g **Protein:** 13g **Sodium:** 646mg **Carbohydrate:** 50g

Instructions:

Step 1: Place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.

Step 2: Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.

Step 3: To serve, divide the quinoa mixture among 4 bowls and top with equal amounts of the chickpeas, cucumber and the red pepper sauce. Sprinkle with feta and parsley.

Instructions:

Step 1: Trim off the woody stalk ends of the asparagus, about 1 to 2 inches.

Step 2: Bring a large saucepan of salted water to a boil over high heat. Prepare a bowl filled with ice water.

Step 3: Add the asparagus pieces and cook until the asparagus is tender, 2 to 3 minutes. Just before the asparagus is finished cooking, scoop out 1 tablespoon of the cooking water and set aside.

Step 4: Drain and immediately plunge the asparagus into the ice water to stop the cooking.

Step 5: Transfer the asparagus to the bowl of a food processor, along with the garbanzo beans, garlic, tahini, lemon juice, reserved cooking water, cayenne and salt. Process until the ingredients are well combined.

Step 6: With the processor running, slowly pour in the olive oil. Process until smooth.

Step 7: Serve with crackers and/or raw vegetables.