

Make Earth Day Every Day with

## ***Nutritious Tidbits: Quick Simple Yummy Morsels...***



### **HASTY HUMMUS ROLLS**

#### ***Ingredients***

- Basic hummus (see below)
- Soft lavash, wheat tortilla, or chapatti
- Vegetables or herbs of choice

Using a basic hummus, you can create roll-ups that can serve as appetizers, snacks, or part of a full meal. Creativity is key. You can use any type of bean for the hummus, *along with any vegetables or seasonings you have on hand*. You will need a wrapper that will hold up to the filling, whether you serve these as sliced pinwheels or burrito-style.

To assemble, spread hummus evenly on soft lavash, tortilla, or chapatti, add chopped vegetables and carefully roll to form a long cylinder. Let the roll rest a bit, and serve whole or sliced into 1-inch rounds. Serve “a cappella” or with appropriate sauces.

**VARIATIONS** (Add one or more within each category to create different tastes.)

- Middle Eastern: chopped fresh parsley, pitted calamata olives, tomato (seeded), fresh dill
- Mediterranean: fresh basil, diced sun-dried tomato, roasted red bell pepper, roasted garlic
- Southwestern: cilantro, jalapeno, tomato (seeded), avocado
- Indian: curried peas-carrot-potato (works well with lentil hummus)

#### ***Basic Hummus***

*Like most beans, garbanzo beans (chick peas) are rich in the best sort of fiber - soluble fiber - which helps to eliminate cholesterol from the body. They are a good source of folate, vitamin E, potassium, iron, manganese, copper, zinc, calcium and protein. As a high-potassium, low-sodium food, chick peas can help reduce blood pressure.*

#### ***Ingredients***

To make about 2 cups

- 2 cups cooked, drained chick peas (or other cooked/canned bean; or sprouted garbanzos)
- 2 T raw sesame seed paste (tahini)
- 1 t garlic, chopped or pressed
- 3 T lemon juice
- ¼ C water
- 1 T olive oil
- sea salt to taste

Blend all ingredients in a food processor until smooth. Adjust seasoning and texture to taste.

***Nutritional value of plain hummus: (1/2 C) 210 cal; 5g fiber; 10g fat; 90mg Omega-3 fatty acids; 10mg Vit C; 75mcg folate; 62mg calcium; 36mg magnesium; 214mg potassium; 6g protein***

### ***What's Food Got to Do with It?***

#### ***Did you know..?***

- When we eat “certified organic” foods, we help all life on Earth.
- Each vegan meal saves as much as:
  - ▶ 2500 gallons of water
  - ▶ 50 pounds of topsoil
  - ▶ 4 pounds of greenhouse gases
  - ▶ ⅓ gallon of fossil fuel
  - ▶ a pound of harmful chemical pesticides
- You can live a healthier, more sustainable life by choosing a plant-based diet!

## **SALSA FRESCA (fresh sauce)**

*With the use of a blender or food processor, this sauce can be prepared quickly. By hand, it will take a little longer and will render a drier, chunkier version. Both are fresh and delicious.*

### ***Ingredients***

To make about 2 cups

1 clove garlic	2 C ripe red tomatoes; seeded and coarsely chopped
1/2 medium onion, coarsely chopped	2 T salad oil
1 or 2 jalapeños, stemmed and seeded OR other hot chilies	1 T fresh lime juice
1 T fresh cilantro leaves (optional)	Salt and pepper to taste



In a blender, combine the garlic, onion, chilies, cilantro and half the tomatoes, and whirl until ingredients are finely chopped. Add the oil, lime juice and the remaining tomatoes, and whirl again just to combine. Add salt and pepper to taste. Will keep, refrigerated, for only 2 days.

**Nutritional value: (1/2 C) 55 cal; 2g fiber; 3g fat; 1325 units Vit A; 35mg Vit C**

## **GUACAMOLE (avocado dip)**

*The success of any guacamole depends almost entirely on the avocado used. The most delicious avocados are well ripened, creamy/nutty varieties.*

### ***Ingredients***

To make about 2 cups

2 C ripe avocado, mashed	1 t fresh cilantro, finely minced (optional)
1-2 t cider vinegar	1 T jalapeño, finely minced
2 t fresh lime juice	OR pinch cayenne
1/4 C tomato, minced	salt and pepper to taste
1 T onion, minced	



Combine all ingredients, stirring well. Adjust seasonings to suit your taste. Serve as a dip with tortilla chips or raw veggies, as a spread for sandwiches, or a condiment with soups and salads.

**Nutritional value: (1/2 C) 60 cal; 4g fat; 900 units Vit A; 20mg Vit C; 12mg calcium; 27mg magnesium; 3g protein**

## ***What's Food Got to Do with It?***

### ***Did you know..?***

- Worldwide, *animal agriculture* contributes more anthropogenic greenhouse gas emissions to our atmosphere than all cars and light trucks combined. (UN Food & Agriculture Organization)
- Twenty percent of all fossil fuel in the U.S. goes toward food production. (Michael Pollan, *The Omnivore's Dilemma*)
- Cutting meat from your diet is the simplest, most effective way to prevent chronic disease. (Physician's Committee for Responsible Medicine)
- Vegan diets are cholesterol-free and greatly reduce saturated fats that can cause heart disease, stroke, diabetes and many types of cancer.
- A diet of fresh fruits, vegetables and whole grains provides complete proteins in healthier amounts than diets that include dairy, eggs & meat.
- You need to make healthy food choices now to prevent serious disease in your future.



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