**Indian Kidney Beans**

4 cups red kidney beans  
1 cup raw onions, chopped  
2 garlic cloves, minced  
1 16-ounce can crushed tomatoes  
1 tsp salt  
1 Tbsp pepper, red or cayenne  
2 cups water  
1 Tbsp canola oil

1. In a large pot or Dutch oven, sauté onions in oil until softened. Add garlic and sauté until fragrant, about one minute.  
2. Add crushed tomatoes, cook for 3-4 minutes.  
3. Add kidney beans, water, salt, and pepper. Cook until heated through, about 5 minutes.

Note: You can use canned kidney beans for faster preparation, but be sure to rinse beans before adding them to the pot.

**Makes:** 8 servings  
**Nutrition Information:**  
CALORIES 350 (7% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 380mg; CARBOHYDRATE 63g; FIBER 15g; PROTEIN 22g; CALCIUM 10%; IRON 40%

---

**Baked Apple Chips**

4 apples (preferably a crisp, flavorful variety like Gala or Honeycrisp)  
3 Tbsp sugar  
2 Tbsp cinnamon

1. Preheat the oven to 200°F.  
2. Slice apples thinly crosswise, about 1/8-inch thick, with a mandolin or sharp knife.  
3. Arrange apple slices in a single layer on parchment-lined baking sheets. In a small bowl, combine sugar and cinnamon. Sprinkle the mixture evenly over apple slices.  
4. Bake in the top third of the oven until apples are dry and crisp, about 2 hours.  
5. Remove from oven and let chips cool completely before removing from baking sheet. Will keep in a sealed container for up to 3 days

**Makes:** 8 servings  
**Nutrition Information:**  
CALORIES 70 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 19g; FIBER 3g; PROTEIN 0g; CALCIUM 2%; IRON 2%