



Skillet Red Beans and Rice

Serves: 6

Ingredients

- 4 cloves garlic, minced
- 2 cans red beans, drained and rinsed
- 1/2 cup summer sausage, chopped
- 1 large onion, chopped
- 1 1/2 cup celery, chopped
- 1 large bell pepper, chopped
- 2 tsp creole seasoning
- Salt and pepper to taste
- 3 cups cooked brown rice



Instructions:

1. Add all ingredients but the rice to the skillet.
2. Bring to a simmer on medium heat for 5-10 minutes.
3. Add cooked rice and heat through. Enjoy!

Garlic Edamame

Serves: 4-6



Ingredients

- 1 bag frozen unshelled edamame
- 3 cloves garlic
- 2 TBS cooking oil (olive is best, but canola or vegetable will work)
- salt to sprinkle
- 1 tsp low sodium soy sauce

Instructions:

1. Boil or microwave edamame as directed on package. Drain and set aside.
 2. In a skillet, heat 2 TBS oil. Crush the 3 garlic cloves, but leave them in one piece.
 3. Add crushed garlic and edamame to the skillet and sauté until the outside of the edamame are just browning.
 4. Remove from heat. Drizzle soy sauce over the edamame. Sprinkle salt. Serve with an empty bowl on the side to collect empty shells.*
- *Edamame is eaten by popping the soy beans out of the shell, then discarding the shell.

