

## 2.8: Healthy Snack Recipes

### Sunflower Lentil Spread

#### Ingredients

1 (15-oz.) can lentils, rinsed & drained  
 1 tbsp. lemon juice  
 ¼ tsp. salt  
 ¼ tsp. pepper  
 2 tbsp. sunflower seeds  
 1 celery stalk, finely diced  
 1 scallion, finely diced  
 2 tbsp. chopped, fresh parsley  
 2 pitas, halved



#### Preparation

1. Combine lentils, lemon juice, salt & pepper in a blender; process until smooth.
2. Stir in sunflower seeds, celery, scallions & parsley.
3. Microwave pita at HIGH for 1 minute. Serve with spread. Serves 4.

#### Nutrition (per serving)

Calories: 180  
 Fat: 3g  
 Carbs: 29g  
 Fiber: 10g  
 Protein: 10g

## Warm Pear with Cinnamon Ricotta

#### Ingredients

1 small pear, halved & cored  
 ¼ cup low-fat ricotta cheese  
 ¼ tsp. ground cinnamon



#### Preparation

1. Preheat broiler or toaster oven. Place pear on baking sheet; broil 10-12 minutes or until tender.
2. Combine ricotta and cinnamon in a small bowl. Top warm pear with ricotta mixture. Serves 1.

#### Nutrition (per serving)

Calories: 170  
 Fat: 5g  
 Carbs: 27g  
 Fiber: 5g  
 Protein: 8g