

### Black Bean and Corn Salsa



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**1 (16 oz) can black beans, rinsed and drained**

**1 (7 oz) can corn, drained**

**½ cup Italian dressing**

**2 cloves garlic, minced**

**3 tbsp fresh chopped cilantro**

**¾ tsp chili powder**

**½ tsp hot pepper sauce**

**1 ⅔ cup Benefiber® Powder**

**1 tomato, chopped**

**½ cup chopped sweet onion**

**½ cup chopped green pepper**

Combine black beans, corn, Italian dressing, garlic, cilantro, chili powder, hot pepper sauce and Benefiber® Powder. Cover and refrigerate 4 to 5 hours. Add tomato, onion and green pepper before serving; toss gently. Makes about 5 cups. Serving size 2 tbsp. Each serving contains 2 tsp of Benefiber® Powder.

### Cajun Chicken Salad



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**3 tbsp paprika**  
**¼ tsp dried basil**  
**¼ tsp dried oregano**  
**¼ tsp dried thyme**  
**¼ tsp cayenne pepper**  
**½ tsp salt, divided**  
**1 clove garlic, minced**  
**¼ cup lime juice**  
**1 tbsp honey**  
**⅓ cup + 2 tsp Benefiber® Powder**  
**1½ lbs boneless, skinless chicken breast halves**  
**2 bunches salad greens**  
**1 hard-cooked egg, chopped**  
**1 tomato, cut into wedges**  
**1 small cucumber, sliced**  
**1 (3 oz) can sliced black olives**

Combine first six ingredients and ¼ tsp salt in small bowl; set aside. For dressing, combine lime juice, honey, remaining salt and Benefiber® Powder in another small bowl; set aside. Dust chicken breasts generously with seasoning mix. Place in skillet, cook over high heat until blackened and cooked through, 4 to 5 minutes per side. Let cool slightly; cut into slices. Arrange lettuce in shallow serving dish. Place chicken slices in center. Garnish with egg, tomato, cucumber and olives. Pour honey-lime dressing over top. Serves 4. Each serving contains 2 tsp of Benefiber® Powder.

### Tuna Tortellini



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- 3 (6½ oz) cans tuna, drained**
- 1 (10¾ oz) can cream of mushroom soup**
- ¼ cup + 2 tsp Benefiber® Powder**
- 8 oz cheese-filled tortellini, cooked**
- 1 small onion, minced**
- ½ cup diced sweet red pepper**
- 1 (4 oz) jar sliced mushrooms**
- ½ tsp salt**
- 12 oz shredded sharp cheddar cheese**

Preheat oven to 400°. Grease an 11 x 9 inch casserole. Combine tuna, soup, Benefiber® Powder, tortellini, onion, red pepper, mushrooms and salt in a large bowl; mix evenly. Pour into prepared dish. Top with cheese. Bake 20 minutes. Serves 4. Each serving contains 2 tsp of Benefiber® Powder.



DESSERT & DRINKS

## Guiltless Lemon Icebox Pie



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1 (3 oz) pkg fat-free, sugar-free instant vanilla pudding mix  
½ cup Benefiber® Powder  
2 cups cold fat-free milk  
½ tbsp sugar-free lemonade mix  
1 (8 inch) reduced-fat graham cracker crust  
½ cup fat-free frozen whipped topping, thawed

Mix pudding with cold milk and Benefiber® Powder according to pkg directions. Add lemonade mix and stir until well blended. Pour into graham cracker crust. Top with whipped topping and refrigerate until set. Serves 8. Each serving contains 2 tsp of Benefiber® Powder.





DESSERT & DRINKS

## Frosty Fruit Smoothie



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**1 cup orange juice or other fruit juice**  
**1 tbsp + 1 tsp Benefiber® Powder**  
**1 banana**  
**2 cups frozen fruit of your choice --**  
**peaches, berries, melon, or whatever**  
**you have.**

Place the juice and Benefiber® Powder in a blender and blend 30 seconds. Add the banana and blend until smooth. Blend in the frozen fruit. Serves 2. Each serving contains 2 tsp of Benefiber® Powder.

