

Thin Fried Green Beans Ingredients

1 lb. Fresh Green Beans
1 cup Bread Crumbs (I use Panko, but grind them more)
1/4 tsp Black Pepper
1/2 tsp Salt
1/4 tsp Garlic powder
1/2 tsp Onion powder
pinch of Cayenne pepper (optional)
2 Egg Whites
Pan Spray

Directions

Wash and trim green beans and thoroughly dry them.
In a medium bowl, combine breadcrumbs, salt, pepper, garlic powder, onion powder, and cayenne.
Whisk egg whites to break them up completely.
Pre-heat oven to 425.
Coat a baking sheet with non-stick spray.
Keeping one hand dry and one hand wet, dip a green bean in the eggs, lift it out and shake off any excess egg, put green bean in bread crumbs mixture and coat completely, lift out and shake off any excess bread crumbs, then transfer green bean to prepared baking sheet.
Repeat with remaining green beans.
Bake for about 30 minutes, turning once, until browned, crispy, and tender to the bite.
Serve hot.

These are great dipped in a **Wasabi Ranch Dressing**...
Use the Cowgirl Ranch Recipe and add some Prepared Wasabi paste to taste!!

Better for Ya Blue Cheese Dressing

Ingredients

1/4 cup Blue Cheese finely chopped or in crumbles
1/2 cup non-fat Greek yogurt
Juice of 1/2 a lemon, plus Zest
1 tablespoon White Vinegar
1/4 teaspoon Salt
Cracked Black Pepper to taste
1/4 teaspoon Garlic powder
1/4 teaspoon Onion powder
Drizzle of Honey or Agave

Directions

Finely chop and then break apart blue cheese into small crumbles, set aside. Combine Greek yogurt, lemon juice and vinegar in a bowl or jar and mix well. Add all seasonings and a drizzle of agave or honey and stir well with fork then add the cheese..

If the cheese keeps getting stuck and/or clumping to the fork during stirring, just remove it and break it up and continue stirring. You need to totally mash up all the larger clumps and totally combine it so nobody picks up on the yogurt hiding in there!

Just keep mixing until you can't taste the yogurt.

The thickness of the dressing will vary depending on the brand of Greek yogurt you use. Some are really thick so if necessary, add water (one tablespoon at a time) and stir until dressing reaches desired consistency.

NOT GUILTY Brownies

Cowgirl Ranch Dressing

Ingredients

1 (15 ounce) can Black Beans, rinsed and drained 3
1/2 cup Fat Free Mayonnaise
1 cup Fat Free Eggs
1 cup Fat Free Greek yogurt
3 tablespoons Vegetable Oil
1 cup Low Fat Buttermilk
1/4 cup Cocoa Powder
3 Tbsp fresh Chives, finely chopped
1/4 cup fresh Parsley, chopped
1 pinch Salt
1 large clove Garlic, grated
1 teaspoon Vanilla Extract
juice of 1/2 Lemon, plus Zest
3/4 cup White Sugar
1 teaspoon Instant Coffee (I use Starbucks) 1/2 cup
1/2 tsp salt
1/2 cup chocolate chips
1/2 tsp Black Pepper
1/2 cup Mini Chocolate Chips (for top)
1/4 cup Nuts, Chopped (optional)

Directions

Directions
In a blender or food processor, combine all the ingredients and puree until smooth. Store in an air-tight container or jar in the fridge, up to 10 days.
If you want a thicker ranch, add less buttermilk. For a thinner consistency, add more buttermilk.

NOT GUILTY Brownies

Ingredients

Lean Green Guacamole

1 (15ounce) can Black Beans, rinsed and drained

Ingredients

3 tablespoons Vegetable Oil

1/4 cup Cocoa Powder

1 large Zucchini, cut into 1/2-inch cubes

1 pinch Salt

1 large ripe Avocado, cubed

1/4 cup Cilantro, coarsely chopped fresh

1 teaspoon Vanilla Extract

1/4 cup Onion, finely chopped

1 teaspoon Instant Coffee (use Starbucks) 1/2 cup

2 Cloves Garlic, grated

2 tablespoons Lime Juice & Zest

1/2 cup Mini Chocolate Chips, (for top)

1/4 teaspoon Salt

1/4 cup Nuts, Chopped (optional)

Directions

Directions

Place zucchini in a microwave-safe dish, cover with a damp paper towel and microwave on High until tender, 4 to 5 minutes. Drain in a sieve, pressing lightly on the zucchini to extract any liquid.

Transfer the zucchini to a large bowl; add avocado, cilantro, onion, garlic, lime juice, hot sauce and salt and coarsely mash until combined

No Dipping Spinach Artichoke Dip

Ingredients

- 1 9-ounce box Frozen Artichoke hearts (appx 18)
- 2/3 cup cooked spinach
- 1/3 cup Caramelized Shallot & Garlic
- 1/4 cup Corn Powder
- Salt & Pepper to taste
- 4-5 thin slices Low Fat Swiss Cheese
- 1 teaspoon Vanilla Extract
- 3/4 cup White Sugar
- 1 teaspoon Instant Coffee (I use Starbucks) 1/2 cup chocolate chips
- 1/2 cup Mini Chocolate Chips (for top)
- 1/4 cup Nuts, Chopped (optional)

Preparation

Combine spinach and onion mixture with salt & pepper. Top each artichoke heart with the spinach mixture. Top the spinach with a sprinkle of Parmesan then a thin piece of the Swiss, just to cover. Broil until cheese melts, 1 to 2 minutes.
Serve on a Spoon or Platter.

Nutrition

Approximately Per serving: 20 calories; 1 g fat (1 g sat , 0 g mono); 4 mg cholesterol; 1 g carbohydrates; 0 g added sugars; 1 g protein; 1 g fiber; 94 mg sodium; 78 mg potassium.

~~NOT GUILTY~~ **Skinner Game Day Wings**

Ingredients

1 (15 ounce) can Black Beans, rinsed and drained
3 Eggs
20 Chicken Whole Wings or 40 Segments
3 Small Onion, thick sliced
3 tablespoons Vegetable Oil
2 Celery Stalks, Large Chunks
1 tablespoon Low Sodium Seasoning
1/4 cup Corn Powder
1/2 teaspoon Pinch Salt
1/2 teaspoon Red Pepper Flakes
1/2 cup Smart Balance Spread
1 teaspoon Vanilla Extract
1/2 cup Your Fav Hot Sauce
3/4 cup White Sugar
1 teaspoon Instant Coffee (I use Starbucks) 1/2 cup
1/2 teaspoon Garlic Powder
couple dashes chocolate chips Black Pepper
1/2 cup Mini Chocolate Chips (for top)
1 tablespoon Dried Parsley
1/4 cup Nuts Chopped (optional)
Few dashes Cajun Seasoning

Instructions

Add chicken wings, onion slices, celery, seasoning salt, and red pepper flakes to a large pot.
Fill the pot with just enough water to cover the ingredients in the pot.
Bring to a boil and immediately reduce heat to a simmer.
Simmer for 10-12 minutes. (chicken will not be fully cooked)
Remove the chicken from the water.
Dry the chicken off completely. Get it as dry as you can.
Grease a baking sheet generously with cooking spray.
Place chicken on the sheet pan.
Broil on LOW for 12 minutes. Flip the chicken and broil for another 10 minutes or until chicken is done and crisp.
In a saucepan melt the earth balance.
Add the hot sauce, garlic powder, parsley, black pepper and cajun seasoning.
Stir until heated, do not boil. Remove from heat.
Toss chicken in the hot sauce mixture.
Plate and serve with celery stick, carrots, blue cheese dressing and ranch dressing.

NOT GUILTY Brownies

Ingredients

1 (15ounce) can Black Beans, rinsed and drained 3
Eggs
3 tablespoons Vegetable Oil
1/4 cup Cocoa Powder
1 pinch Salt
1 teaspoon Vanilla Extract
3/4 cup White Sugar
1 teaspoon Instant Coffee (I use Starbucks) 1/2 cup
chocolate chips
1/2 cup Mini Chocolate Chips (for top)
1/4 cup Nuts, Chopped (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 square baking dish.
Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar, and instant coffee in a blender; blend until smooth; stir in the chocolate chips; pour the mixture into the prepared baking dish. Sprinkle the mini chocolate chips and nuts (if using) over the top of the mixture.
Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes.