

High-Fiber Recipes for Digestive Health



BlueCross BlueShield of Mississippi

It's good to be Blue.

Try these tasty and nutritious recipes high in fiber and low in fat!

Peach Oat Muffins

Yields: 24 muffins

Ingredients

- ¼ cup chopped pecans
- 1 ¾ cups uncooked regular oats
- 1 cup sugar
- ½ cup canola oil
- 2 large eggs
- 1 ¼ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup peach nectar
- 1 cup nonfat buttermilk
- 5 cups wheat bran cereal
- ½ cup chopped dried peaches

Directions

1. Heat pecans in a small nonstick skillet over medium-low heat, stirring often, 2 to 4 minutes or until toasted.
2. Process oats in a food processor or blender, about 45 seconds or until finely ground.
3. Beat sugar and oil at medium speed with an electric mixer 1 minute. Add eggs, one at a time, beating until blended after each addition. (Mixture will be light yellow.)
4. Combine ground oats, flour, baking soda, and salt in a small bowl. Stir together peach nectar and buttermilk in a small bowl. Add oat mixture to sugar mixture alternately with peach mixture, beginning and ending with oat mixture. Stir until blended after each addition. Gently stir in bran flakes, dried peaches, and toasted pecans. Spoon batter evenly into lightly greased muffin cups, filling each ¾ full.
5. Bake at 375° for 20 minutes or until golden brown.

Source: Southern Living

Couscous, Sweet Potato and Black Soybean Salad

Serves: 5

Ingredients

- ¾ cup water
- ⅔ cup wheat couscous
- 16 ounces cubed and peeled sweet potato
- ¼ cup fat-free lime-basil vinaigrette
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon salt
- 1 (15-ounce) can no-salt-added black soybeans
- 2 cups baby spinach
- 5 tablespoons crumbled reduced-fat feta cheese
- 3 green onions, chopped

Directions

1. Bring ¾ cup water to boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
2. While couscous stands, place sweet potato on a microwave-safe plate. Microwave at HIGH 5 minutes or until tender.
3. Combine vinaigrette, pepper, and salt in a large bowl; stir well with a whisk. Add couscous, sweet potato, soybeans, and spinach; toss gently to coat. Top each serving with cheese; sprinkle evenly with onions.

Source: Oxmoor House

Chili-Cheese Black Bean Enchiladas

Serves: 6 (serving size 2 enchiladas)

Ingredients

- ½ cup chopped onion
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon chili powder
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (12-ounce) bag frozen soy crumbles, thawed
- ¾ cup bottled salsa
- ½ cup (3 ounces) block-style fat-free cream cheese, softened
- 1 cup (4 ounces) shredded reduced-fat extra sharp cheddar cheese, divided
- 12 (6-inch) corn tortillas
- 1 (10-ounce) can enchilada sauce

Directions

1. Preheat oven to 350° F.
2. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion, and sauté 4 minutes or until tender. Stir in cumin, oregano, chili powder, garlic, beans, and soy crumbles. Cook 2 minutes, stirring mixture frequently.
3. Stir in salsa, and cook 1 minute. Remove from heat, and add cream cheese and ½ cup cheddar cheese, stirring until cheese melts.
4. Warm tortillas according to package directions. Spread ½ cup enchilada sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Spoon about ½ cup black bean mixture down center of each tortilla, and roll up. Arrange enchiladas, seam sides down, crosswise in dish. Pour remaining enchilada sauce evenly over enchiladas and sprinkle with ½ cup cheddar cheese. Bake at 350° for 20 minutes or until thoroughly heated.

Source: Cooking Light