

These two recipes have a hidden ingredient—canned beans. A painless way to boost fiber and nutrients.

DEVEILED EGGS SURPRISE

Halve 4 hardboiled eggs, and scoop the centers into a small bowl.

To the small bowl, add:

- 1 tsp chopped sweet pickle
- ½ tsp finely-chopped fresh thyme
- ½ tsp EACH salt and ground pepper
- 2 tsp mayonnaise
- 1 tsp finely-chopped fresh parsley
- ¼ cup onion hummus

Combine well. Mound into hardboiled egg halves, and top with a sprinkling of paprika and chopped chives. Makes 8 halves.

SPICY GINGER-MOLASSES COOKIES

In mixing bowl, beat with electric mixer:

- ½ cup soft butter
- ½ cup canned black bean puree*
- ½ cup brown sugar
- ½ cup white sugar

When light and fluffy, add:

- 6 T molasses
- 1 large egg. Stir well.

Add:

- 2 ½ cups flour
- 2 ¼ tsp baking soda
- 1 T ground ginger
- ½ tsp ground allspice
- ¼ tsp ground black pepper
- ¼ tsp ground chipotle pepper
- ¼ tsp ground red pepper

Stir well. Form into ball. Refrigerate for 2 hours.

To bake, roll each walnut-sized ball in sanding sugar and place on parchment-covered baking sheet. Bake at 350 degrees for about 11 minutes. Don't overbake. Cool on wire racks. Makes 3 dozen.

*drain a can of black beans, and whix in food processor until absolutely smooth