

Easy, delicious recipes from your blender

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(HealthDay)—Blenders aren't just for whipping up fruity drinks. You can also use them to make delicious savory recipes such as dressings, spreads and soups, all in seconds.

For a tasty black bean dip that's delicious hot or cold, [blend](#) a 15-ounce can of cooked black beans (perfect for helping reach daily fiber goals) with two cloves of peeled garlic and a cup of your favorite low-salt salsa. Watching calories? Use celery stalks and bell pepper quarters instead of chips to scoop it up.

If you have two minutes, you can make a calorie-friendly cold avocado soup that's sweet, tangy and high in nutrients. Blend a half-cup of green or red grapes with the flesh of a whole avocado, a handful of almonds and a splash of tangy vinegar.

Olive tapenade is a chunky puree that can be used as a sauce for pasta or chicken, as a spread for sandwiches or wraps, and as a topping for a great tasting simple zucchini dish to enjoy as an appetizer or vegetarian meal.

Zucchini Bites With Tapenade

- 1 cup olives
- 1/4 cup extra virgin olive oil
- Juice and zest of 1 lemon
- 2 garlic cloves
- 2 medium zucchini, stems removed and cut in half lengthwise
- 1 cup whole-milk mozzarella, shredded

Preheat oven to 400 degrees.

Blend the olives, oil, [lemon juice](#) and zest, and the [garlic](#) until chunky. Place the zucchini halves on a baking sheet lined with parchment paper and liberally spread on the tapenade, using as much as desired. Sprinkle with the cheese and bake until bubbly and brown, about 20 to 25 minutes. Cool slightly, cut into 2-inch chunks and serve.

Yield: 4 appetizer or 2 main course servings

More information: Take your blender breakfast to a healthier level with a [green smoothie recipe](#) from the USDA.

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