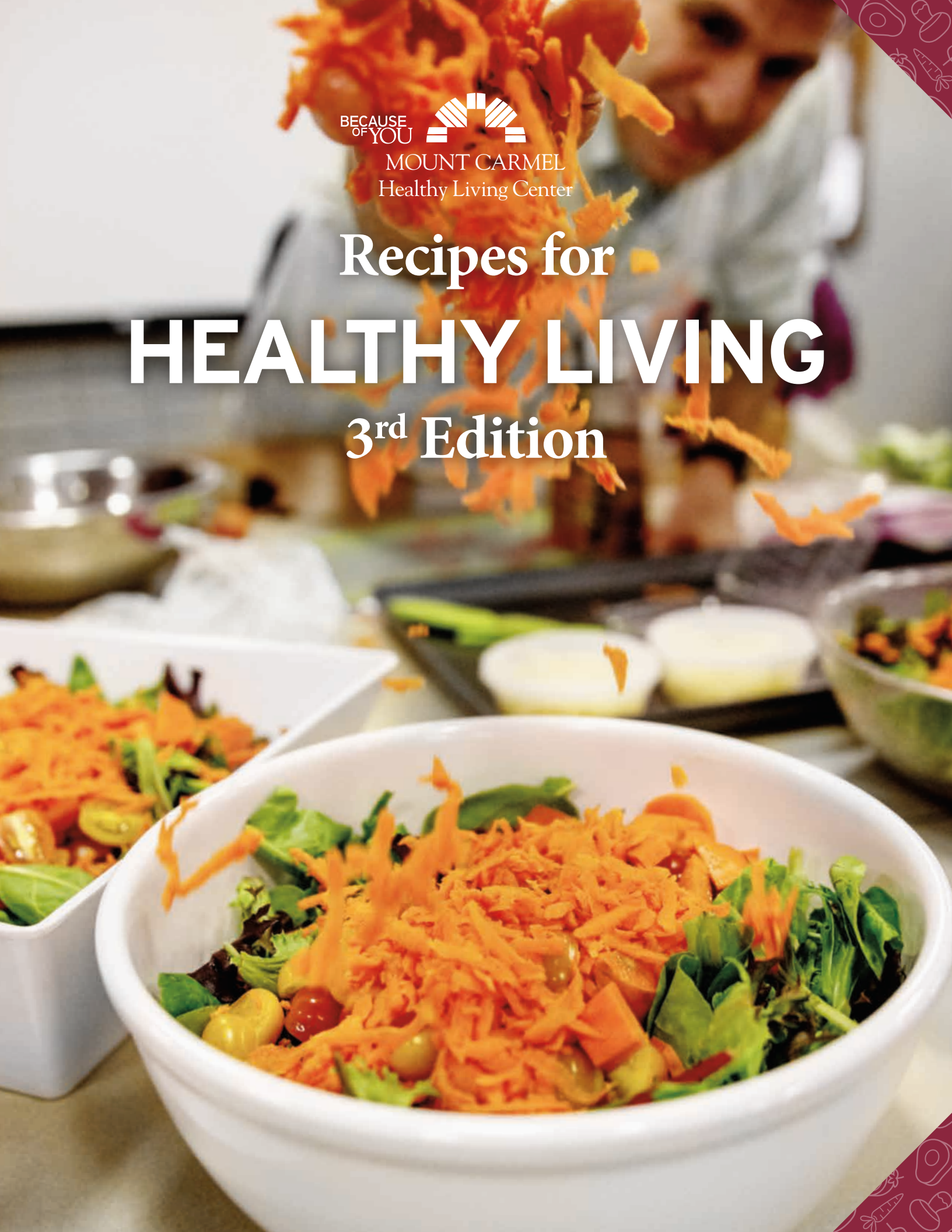




BECAUSE
OF YOU

MOUNT CARMEL
Healthy Living Center

Recipes for
HEALTHY LIVING
3rd Edition



Mount Carmel's Healthy Living Center is a community health and wellness center that offers free programs and services aimed at preventing and managing chronic medical conditions, encouraging healthy habits and promoting wellness.



The healthy, budget-friendly recipes offered in this book have been shared with hundreds at our free monthly **cooking demos and C.H.E.F.S.** classes and now we would like to share them with you. From soups and main courses to desserts and snacks, we hope you find a recipe or two you can incorporate into your weekly meal planning.

A special thanks to Pam Archer for her many contributions to our cooking classes and for helping make Recipes For Healthy Living a reality!

CONTACT US

To learn more about the Healthy Living Center or to take advantage of our free community health and wellness programs, email us at healthylivingcenter@mchs.com, visit us online at mountcarmelhealth.com/hlc or call us:

Main Phone: 614-234-4660

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The programs and services provided at the Healthy Living Center are funded through generous donations to the Mount Carmel Foundation. If you are considering a donation go to mountcarmelfoundation.org and click on Make A GIFT. Please refer to the Healthy Living Center in the Gift Designation space.

Thank you.

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THE MEDITERRANEAN DIET

The focus of this diet is 9 nutritious food groups. Adding just a few of these healthy food groups into your diet can result in better mental and physical health and may prevent deaths from heart disease and cancer.

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Food Group	How Much?	Foods to Try
Vegetables	2-3 cups <i>per day</i>	Dark leafy greens, carrots, squash, peppers, eggplant, cucumbers, tomatoes
Legumes	2 cups <i>per week</i>	Lentils, peas, beans, okra, chickpeas, peanuts
Fruits and Nuts	Fruit: 1-1 ½ cups <i>per day</i> Nuts: ¼ cup <i>per day</i>	Apples, berries, citrus, peaches, grapes, almonds, walnuts, cashews, pistachios
Cereals and Whole Grains	1 ½ cups <i>per day</i> (“whole” grain on ingredient list)	Brown rice, corn, popcorn, quinoa, whole wheat breads, corn tortillas, oats
Fish	2 4-ounce servings <i>per week</i>	Cod, drum, tuna, salmon, crabs, clams, shrimp, scallops, oysters, mackerel
Oils / Fats	Choose plant-based fats over animal fats	Unsaturated oils such as olive, canola, sesame, sunflower, safflower, cottonseed
Dairy	Less than 1 cup (8 ounces) <i>per day</i>	Low fat and fermented: yogurt, cheese, kefir, cottage cheese, ricotta cheese
Meats	3-4 ounces (about 1 serving) <i>per day</i>	Pork tenderloin, chicken breast or trimmed thigh, lean ground beef
Alcohol	Women: 1 drink <i>per day</i> Men: 2 drinks <i>per day</i>	All alcohols are included but should be consumed with meals. Avoid binge drinking.

SWEET POTATO CHICKPEA BOWL

MAIN DISH

Ingredients:

Vegetable Filling

- 2 tablespoons olive oil, divided
- 1 medium red onion, sliced in wedges
- 2 large sweet potatoes, halved
- 2 cups broccoli florets (*about 1 medium crown*)
- 3 cups kale, larger stems removed
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup cooked barley (*about ½ cup dry barley*)

Spiced Chickpeas

- 1 15-ounce can chickpeas, drained, rinsed and patted dry
- 1 teaspoon cumin
- ¾ teaspoon chili powder
- ¾ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Tahini Sauce

- ¼ cup tahini (ground sesame seeds)
- 1 tablespoon honey
- Juice of ½ lemon
- 2–4 tablespoons hot water (to thin sauce)

Directions

1. Preheat oven to 400° F. Arrange sweet potatoes and onions on baking sheet. Drizzle both with ½ tablespoon oil, making sure the flesh of the sweet potatoes is well coated. Place skin side down on the sheet. Bake for 10 minutes, then remove from oven.
2. Flip sweet potatoes and add broccoli. Drizzle broccoli with 1½ teaspoons oil and season with a pinch each salt and pepper. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with 1½ teaspoons oil and season with salt and pepper. Bake for another 4-5 minutes then set aside.
3. While vegetables are roasting, heat a large skillet over medium heat until hot. Add chickpeas to a mixing bowl and toss with spices and seasonings.
4. When pan is hot, heat remaining ½ tablespoon oil; add chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. Once the chickpeas are browned and fragrant, about 10 minutes or so, remove from heat and set aside.
5. Prepare sauce by adding tahini, honey and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.
6. To serve, slice sweet potatoes into bite size pieces. Divide vegetables among 4 serving bowls; top with spiced chickpeas, barley and tahini sauce.

Yield:
4 servings

Total Cost:
\$7.65

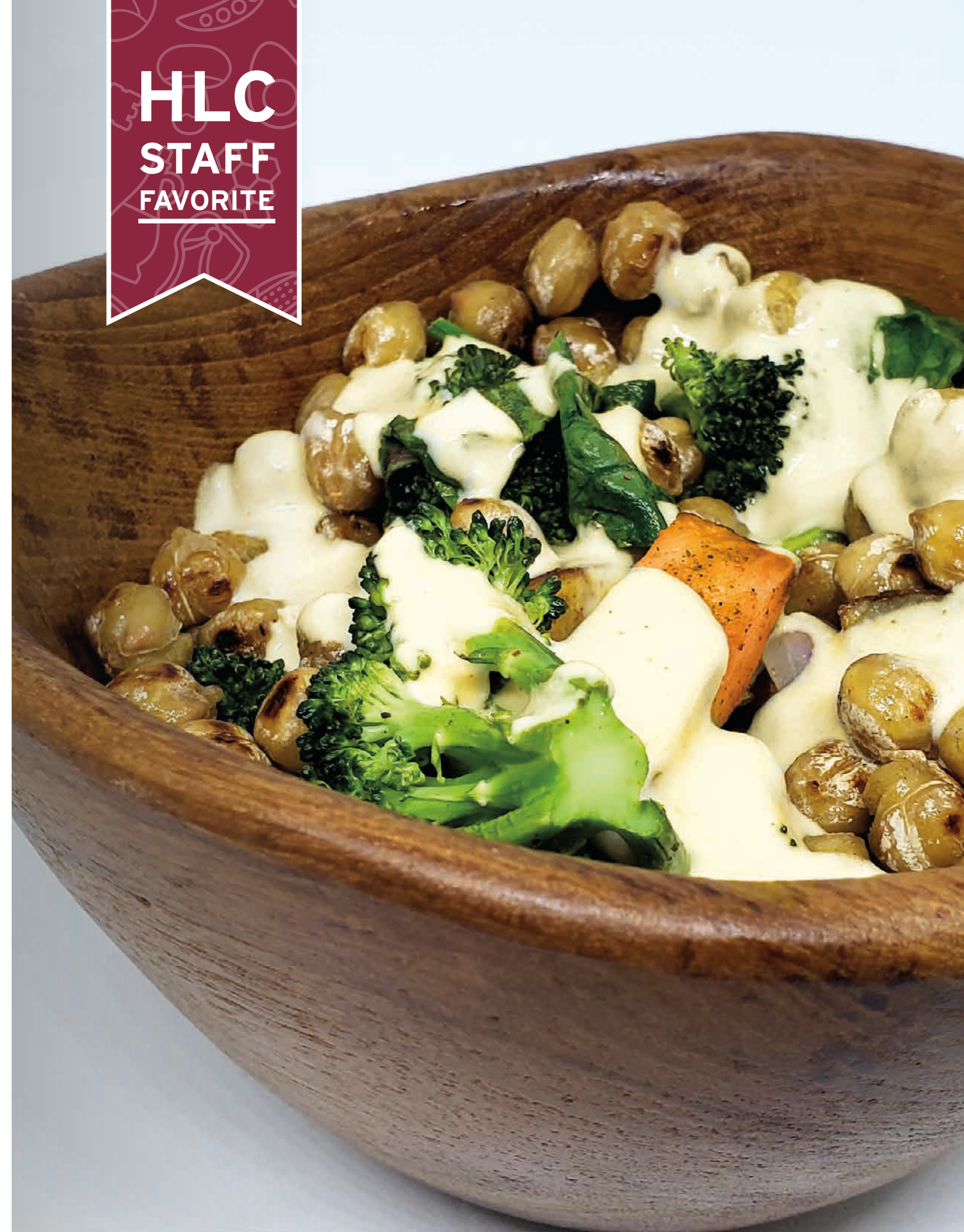
Cost per Serving:
\$1.91

Variations/Tips: Use whatever vegetables you like that roast well. Swap out barley for quinoa, couscous, brown rice or other whole grains. Cook barley and make tahini sauce ahead and refrigerate. Dish is best when fresh, though leftovers will keep for a few days in the fridge. Use leftover tahini to make your own hummus.

Source: Adapted from MinimalistBaker.com

Nutritional Info (per serving): 450 calories; 18g fat (2.5g saturated); 14g protein; 63g carbohydrates; 13g fiber; 590mg sodium

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EASY BAKED FISH FILLETS

— MAIN DISH —



Ingredients:

1½ pounds tilapia (*fresh, or frozen and thawed*)
 Cooking spray
 1 tablespoon fresh lime juice
 1 tablespoon light mayonnaise
 ⅛ teaspoon onion powder
 ⅛ teaspoon black pepper
 ½ cup fresh breadcrumbs
 1½ tablespoons butter, melted, or olive oil
 2 tablespoons chopped fresh parsley

Directions

1. Preheat oven to 425° F.
2. Place fish in an 11 x 7-inch baking dish coated with cooking spray.
3. Combine lime juice, mayonnaise, onion powder, and pepper in a small bowl, and spread over fish.
4. Sprinkle with breadcrumbs; drizzle with butter or olive oil. Bake at 425° for 15-20 minutes or until fish flakes easily when tested with a fork.
5. Sprinkle with parsley. Serve with a leafy green salad and your favorite vegetable.

Yield:
4 servings

Total Cost:
\$7.14

Cost per Serving:
\$1.78

Variations/Tips: Use any firm white fish: cod, haddock, or grouper also work well. Substitute lemon juice for the lime juice. Instead of regular breadcrumbs use whole wheat breadcrumbs.

Source: Cooking Light

Nutritional Info (per serving): 223 calories; 7.5g fat (2.7g saturated); 33.6g protein; 5.3g carbohydrate; 0.2g fiber; 223mg sodium.

STRAWBERRY AND CUCUMBER TABBOULEH

— MAIN DISH —



Ingredients:

1 cup water
 ½ cup bulgur
 2 tablespoons olive oil
 1 teaspoon lemon zest
 1 teaspoon fresh lemon juice
 ⅝ teaspoon kosher salt
 ¼ teaspoon black pepper
 ¾ cup chopped strawberries
 ½ cup seeded and chopped cucumber
 ¼ cup chopped toasted almonds
 1½ tablespoons chopped fresh mint
 1 tablespoon chopped fresh parsley (*curly or flat leaf*)

Directions

1. Bring water and bulgur to a boil in a saucepan over high heat. Reduce heat to medium-low; cover and cook until tender and most of the water is absorbed, about 12 minutes. Cool.
2. To make dressing, combine olive oil, lemon zest, lemon juice, salt and pepper in small bowl and whisk to combine.
3. Add bulgur to large bowl; pour dressing over and stir to combine. Toss with strawberries, cucumber, toasted almonds, fresh mint and fresh parsley.
4. Serve at room temperature. Refrigerate any unused portion.

Yield:
4 servings

Total Cost:
\$3.28

Cost per Serving:
\$0.82

Serving Size: ¾ cup

Variations/Tips: To toast nuts, bake on a cookie sheet in a 350° F oven for 10-12 minutes. To make recipe in advance, cook and refrigerate the bulgur up to 3 days ahead and toss with remaining ingredients just before serving. Or make the whole salad up to 2 days in advance (*except for the nuts*) and pack it for lunch. Use quinoa, couscous or brown rice in place of bulgur. Add 1 can rinsed chickpeas for a meatless meal or serve topped with feta and grilled chicken. Recipe can easily be doubled.

Source: CookingLight.com

Nutritional Info (per serving): 185 calories; 12g total fat (1g saturated fat); 18g carbohydrates; 4g fiber; 305mg sodium; 4g protein

BROCCOLI MAC & CHEESE

— MAIN DISH —



Ingredients:

Cooking spray
 12 ounces whole wheat elbow macaroni (about 3 cups)
 1½ tablespoons butter
 ½ cup diced onion
 ¼ cup flour
 2 cups fat-free milk
 1 cup fat-free and reduced sodium chicken broth
 2 teaspoons Dijon mustard
 8 ounces (2 cups) reduced-fat shredded sharp cheddar cheese
 ¼ teaspoon salt
 ¼ teaspoon freshly ground pepper
 12 ounces fresh broccoli, cut into florets (about 5 cups or 1 large bunch)
 2 tablespoons grated parmesan cheese
 ¼ cup unseasoned bread crumbs
 ½ teaspoon garlic powder

Directions

1. Cook pasta and broccoli together in a large pot of boiling water, according to package directions, reducing cooking time by 2 minutes. Spray a 9-inch by 13-inch baking dish with cooking spray.
2. Preheat oven to 375°F. In a large, heavy skillet, melt butter. Add onion; cook over low heat about 2 minutes. Add flour and cook another minute, or until the flour is golden and well combined.
3. Add milk and chicken broth and whisk, raising heat to medium-high until it comes to a boil; cook about 5 minutes or until the sauce becomes smooth and thick. Season with salt and pepper.
4. Once the sauce is thick, remove from heat, add mustard and cheese and mix well until cheese is melted. Add cooked macaroni and broccoli and mix well.
5. Pour into prepared baking dish. Mix breadcrumbs with garlic powder and parmesan cheese then sprinkle over pasta mixture. Spray mixture with cooking spray (this helps the breadcrumbs brown).
6. Bake for 15-20 minutes, or until the breadcrumbs are golden brown.

Yield: 8 servings	Total Cost: \$6.33	Cost per Serving: \$0.79
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Variations/Tips: Use olive oil instead of butter. For a vegetarian meal, use vegetable broth in place of chicken broth. Use frozen broccoli florets, thawed, in place of fresh. Season the breadcrumbs with any of your favorite spices (*Italian seasoning, paprika, onion powder, etc.*). Freeze leftovers.

Source: adapted from Skinnytaste.com

Nutritional Info (per serving): 315 calories; 10g fat (1.4g saturated); 18g protein; 44g carbohydrate; 6g fiber; 216mg sodium

WALNUT AND ROSEMARY OVEN-FRIED CHICKEN

— MAIN DISH —



Ingredients:

¼ cup low-fat buttermilk
 2 tablespoons Dijon mustard
 4 (6-ounce) chicken breasts
 ⅓ cup panko (Japanese breadcrumbs)
 ⅓ cup finely chopped walnuts
 2 tablespoons grated Parmesan cheese
 1 teaspoon minced fresh rosemary (or about ½ teaspoon dried)
 ¼ teaspoon kosher salt
 ¼ teaspoon freshly ground black pepper
 Non-stick cooking spray
 Rosemary leaves (optional)

Directions

1. Preheat oven to 425° F. Combine buttermilk and mustard in a shallow dish, stirring with a whisk. Add chicken to buttermilk mixture, turning to coat.
2. Combine breadcrumbs, nuts, cheese, rosemary, salt and pepper in a shallow dish.
3. Remove chicken from buttermilk mixture; discard buttermilk mixture. Coat chicken on both sides in breadcrumb mixture.
4. Arrange a wire rack on a large baking sheet; coat rack with cooking spray. Arrange chicken on rack; coat chicken lightly with cooking spray to ensure breadcrumbs don't burn.
5. Bake at 425° for 15 minutes or until chicken is done (165° F internal temperature). Garnish with rosemary leaves, if desired.

Yield: 4 servings	Total Cost: \$4.78	Cost per Serving: \$1.17
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Variations/Tips: For a crispier breading, heat a small skillet over medium-high heat. Add breadcrumbs to pan; cook 3 minutes or until golden. Stir frequently, being careful not to burn, then proceed to step 2. You can use whole-wheat breadcrumbs instead of panko. Use chopped pecans or almonds in place of the walnuts. Instead of the fresh rosemary, use ¼ to ½ teaspoon dried rosemary. To make this meal more kid friendly, serve with a honey-mustard dipping sauce.

Source: Cooking Light

Nutritional Info (per serving): 292 calories; 9.6g total fat (1.6g saturated fat); 6.8g carbohydrates; .9g fiber; 471mg sodium; 42.7g protein; 101mg cholesterol

HONEY CASHEW CHICKEN WITH RICE

MAIN DISH

Ingredients:

1 cup brown rice
2 (6-ounce) skinless, boneless chicken breast halves
2 tablespoons cornstarch
½ teaspoon salt
½ teaspoon freshly ground black pepper
1 tablespoon canola oil
1 tablespoon dark sesame oil
2 cups broccoli florets
1 cup frozen shelled edamame, thawed
2 garlic cloves, minced
1 medium yellow onion, finely chopped
1 red bell pepper, sliced
½ cup dry-roasted cashews, unsalted
1 tablespoon rice vinegar
3 tablespoons honey
2 tablespoons lower-sodium soy sauce
1 tablespoon Sriracha (*hot chile sauce, such as Huy Fong*)

Directions

1. In a medium saucepan, bring 2 cups water to a boil. Stir in rice; reduce heat, cover and simmer 45-50 minutes. Remove from heat; let stand covered for 5 minutes or until water is absorbed.
2. Cut chicken into 1-inch cubes. Combine chicken, cornstarch, salt and pepper in a bowl; toss to coat.
3. Heat a large skillet over medium-high heat. Add canola and sesame oils and when oil is hot, add chicken mixture. Sauté for 4 minutes or until lightly browned. Increase heat to high, and add broccoli, edamame, garlic, onion and red bell pepper.
4. Cook 5 minutes or until vegetables are crisp-tender and chicken is done, stirring frequently. Stir in cashews.
5. While vegetables are cooking, combine vinegar and remaining ingredients in a small bowl; stir with a whisk. Add vinegar mixture to chicken mixture; toss to coat. Serve with rice.

Yield:
4 servings

Total Cost:
\$7.59

Cost per Serving:
\$1.90

Serving Size: ½ cup of rice and 1 cup chicken mixture.

Variations/Tips: Include your favorite veggies: asparagus, mushrooms, carrots, different colored peppers. Don't overcrowd your pan so the vegetables cook evenly. Use shrimp or cubed pork tenderloin in place of chicken. Add bamboo shoots, water chestnuts and/or pineapple chunks.

Source: MyRecipes.com

Nutritional Info (per serving): 470 calories; 17.6g total fat (2.7g saturated fat); 50.9g carbohydrates; 4.5g fiber; 638mg sodium; 29.1g protein.

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SWEET POTATO & BLACK BEAN ENCHILADA SKILLET

— MAIN DISH —

Ingredients

2 teaspoons olive oil
1 medium yellow onion, diced
3 cloves of garlic, minced
1 small jalapeno pepper, seeded and diced
3 cups ½-inch cubes peeled and diced sweet potatoes
1 teaspoon cumin
1 teaspoon chili powder
½ teaspoon salt
¼ teaspoon ground black pepper
1 15-ounce can black beans, rinsed and drained
8 yellow corn tortillas, cut into thick strips
1 15-ounce can red enchilada sauce
1 cup reduced-fat Colby Jack or Mexican cheese, divided in half
Cilantro and Greek yogurt for serving (optional)

Directions

1. Heat olive oil over medium-high heat in large oven-proof skillet. Add onions, garlic, and jalapeno pepper; cook 2-3 minutes until onions become translucent and garlic is fragrant.
2. Add cubed sweet potato, cumin and chili powder and season with salt and pepper. Cook, stirring occasionally, until the potatoes are slightly tender, 15-18 minutes.
3. Add the black beans, corn tortilla pieces, and can of enchilada sauce and stir to combine. Reduce heat to medium-low and sprinkle ½ cup of cheese.
4. Stir again and simmer for a few minutes. Turn on your oven broiler to high. Sprinkle an additional ½ cup of cheese over the top of the enchilada mixture and place in oven under broiler for 3-5 minutes until cheese melts and tortilla edges become golden brown. Remove from heat and serve immediately.
5. If desired, top with cilantro, Greek yogurt, guacamole, or hot sauce.

Yield: 6 servings

Variations/Tips: Use butternut squash in place of the sweet potatoes. Only cook the squash until tender; if you overcook it, it will turn to mush. Use your favorite type of cheese in place of the Colby or Mexican cheese.

Source: AmbitiousKitchen.com

Nutritional Info (per serving): 282 calories; 7g total fat (3g saturated fat); 44g carbohydrates; 8g fiber; 1010mg sodium; 12g protein



SKILLET APPLE PORK CHOPS

— MAIN DISH —

Ingredients

1 ½ tablespoons olive oil, divided
4 6-oz. bone-in pork chops or 4 4-oz. boneless pork chops
¾ teaspoon kosher salt, divided
¾ teaspoon freshly ground black pepper, divided
½ cup unsalted chicken stock or broth
1 teaspoon Dijon mustard
1 teaspoon dried sage or 1 tablespoon chopped fresh sage
½ teaspoon dried rosemary or 1½ teaspoons chopped fresh rosemary
2 large apples, thinly sliced (do not peel)
1 small red onion, thinly vertically sliced

Directions

1. Heat a large skillet over medium-high heat. Add 1½ teaspoons oil to pan; swirl to coat.
2. Sprinkle pork chops evenly with ¾ teaspoon salt and ¾ teaspoon pepper. Add pork to pan; cook 5 minutes on each side or until pork is done. Remove from pan.
3. Combine stock or broth and mustard, stirring with a whisk.
4. Add remaining 1 tablespoon oil to pan; swirl. Add remaining ¾ teaspoon salt, remaining ¾ teaspoon pepper, sage, rosemary, apple, and onion to pan; cook 4 minutes, stirring occasionally.
5. Stir in stock mixture. Return pork to pan; cook 3 minutes or until liquid is reduced by half.
6. Serve with mashed or roasted sweet potatoes and steamed broccoli.

Yield:
4 servings

Total Cost:
\$8.79

Cost per Serving:
\$2.19

Serving Size: 1 pork chop and ⅓ cup apple mixture

Variations/Tips: Substitute one 16 oz. pork tenderloin for the pork chops. Cut into ½-inch thick slices and follow directions in Step 2 (you can reduce the cooking time a bit since the meat is boneless). You can also use 4 4-oz. boneless chicken thighs in place of pork. If you have leftover chicken broth, freeze it in ice cube trays. When frozen, place cubes in a freezer bag labeled with the item and date. If you can't find low-sodium chicken broth, eliminate the ¾ teaspoon salt in Step 4.

Source: Adapted from MyRecipes.com

Nutritional Info (per serving): 245 calories; 9.6g total fat (2g saturated fat); 81mg cholesterol; 15g carbohydrates; 3g fiber; 476mg sodium; 27g protein



LENTIL SALAD

— MAIN DISH —

Ingredients

1 cup dry brown or green lentils
1 bay leaf
2 sprigs fresh thyme (*optional*)
1 cup finely diced carrots
½ cup finely diced celery
¼ cup finely diced red bell pepper
¼ cup finely diced red onion
¼ cup minced parsley
1 clove garlic, minced
5 tablespoons lemon juice
1 tablespoon olive oil
½ teaspoon dried thyme
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper

Directions

1. In a medium saucepan combine lentils, bay leaf, and thyme sprigs (*if using*).
2. Add enough water to cover by 1 inch.
3. Bring to boil, reduce heat and simmer uncovered until lentils are tender but not mushy, about 16 to 20 minutes.
4. Drain lentils and discard bay leaf and thyme sprigs (*if using*).
5. Place lentils in a large bowl with carrots, celery, red pepper, red onion, parsley, and garlic.
6. In small bowl, mix lemon juice, olive oil, thyme, salt and pepper.
7. Toss with lentil mixture and stir well to combine and serve chilled or at room temperature.

Yield:
5 servings

Total Cost:
\$2.97

Cost per Serving:
\$0.59

Serving Size: Almost 1 cup

Variations/Tips: Lentils are cheapest when you buy them in the bulk foods section of your grocery store. There are many kinds; brown or green work best in this recipe. This is a great dish to make ahead and keep in the refrigerator as the flavors get better with time! Doubles easily to serve a large crowd or to take to a potluck.

Source: Adapted from Skinnytaste.com

Nutritional Info (per serving): 102 calories; 3g total fat (.4g saturated fat); 20g carbohydrates; 9g fiber; 255mg sodium; 7g protein



BAKED ZITI AND SUMMER VEGGIES

— MAIN DISH —

Ingredients

4 ounces uncooked ziti (*about 1¼ cups dry pasta*)
1 tablespoon olive oil
1½ cups chopped yellow squash
1½ cups chopped zucchini
½ cup chopped onion
2 cups chopped tomato
2 garlic cloves, minced
1 cup (4 ounces) shredded part-skim mozzarella cheese, divided
2 tablespoons chopped fresh basil
2 teaspoons chopped fresh oregano
¾ teaspoon salt, divided
⅛ teaspoon crushed red pepper
¼ cup (2 ounces) part-skim ricotta cheese
1 large egg, lightly beaten
Non-stick cooking spray

Directions

1. Cook pasta according to package directions, omitting salt and oil.
2. Preheat oven to 400° F.
3. Heat a large skillet over medium-high heat. Add oil to pan. Add squash, zucchini, and onion; sauté 5 minutes. Add tomato and garlic; sauté 3 minutes. Remove from heat; stir in pasta, ½ cup mozzarella, basil, oregano, ½ teaspoon salt, and pepper.
4. Combine ricotta, remaining salt, and egg. Stir into pasta mixture. Spoon into an 8-inch square glass or ceramic baking dish coated with cooking spray; sprinkle with remaining ½ cup mozzarella. Bake at 400° for 15 minutes or until bubbly and browned.

Yield:
4 servings

Total Cost:
\$5.41

Cost per Serving:
\$1.35

Serving Size: 1½ Cups

Variations/Tips: Use whole grain pasta instead of regular pasta; substitute penne, farfalle, rotini or rigatoni noodles. Use 2 teaspoons dried instead of fresh herbs (ratio is 3:1 fresh to dried herbs). Replace ricotta cheese with cottage cheese. Add leftover cooked chicken for additional protein.

Source: Adapted from MyRecipes.com

Nutritional Info (per serving): 301 calories; 12.1g total fat (5.3g saturated fat); 16.5g protein; 32.8g carbohydrates; 4.1g fiber; 640mg sodium

VEGETABLE LASAGNA

MAIN DISH

Ingredients

Non-stick cooking spray
12 whole wheat lasagna noodles
1 teaspoon olive or canola oil
8 ounces white or cremini mushrooms, sliced
1 medium zucchini, diced
1 large carrot, grated or finely diced
1 medium onion, chopped
½ teaspoon salt, divided
3 cups fresh spinach, chopped
3 cloves garlic, minced
1 teaspoon dried basil or 1 tablespoon fresh
1 teaspoon dried oregano or 1 tablespoon fresh
¼ teaspoon black pepper
1 (28-ounce) can no-salt added crushed tomatoes or tomato sauce
1 large egg
1 cup part-skim ricotta cheese
8 ounces (2 cups) shredded mozzarella cheese

Directions

1. Preheat the oven to 350° F.
2. Cook noodles according to package directions. Drain noodles in colander and run under cold water until cool. Place noodles on cookie sheet lined with waxed paper.
3. Heat oil in a medium saucepan over medium heat. Add mushrooms, zucchini, carrot, onion and ¼ teaspoon salt; cook for 5 minutes. Toss in spinach and stir to combine.
4. Stir garlic, basil, oregano, ¼ teaspoon salt and pepper into can of tomatoes to make a sauce.
5. In medium bowl, whisk egg with a fork. Mix in ricotta and 1½ cups mozzarella cheese.
6. Spray 9 x 13-inch baking dish with cooking spray. Spread ½ cup tomato sauce on bottom of dish.
7. Layer 3 noodles on sauce. Next add 1 cup cheese mixture, ⅓ of vegetable mixture and ⅔ cups tomato sauce. Repeat layers two more times. Top with remaining 3 noodles.
8. Cover with remaining tomato sauce. Top with remaining ½ cup mozzarella cheese.
9. Bake until lasagna is bubbly and cheese is lightly browned on top, about 45 minutes. Remove from oven and let cool 10 minutes before cutting.

Yield:
8 servings

Total Cost:
\$10.75

Cost per Serving:
\$1.79

Variations/Tips: In place of fresh, use thawed frozen spinach (be sure to squeeze out excess water) and canned mushrooms. Substitute low-fat cottage cheese for the ricotta cheese. This is a great recipe to use up leftover spinach and any other vegetables in your refrigerator: use what you have and what you like. Recipe freezes well; freeze in single-serving portions for up to 3 months.

Source: Adapted from Chef Mallory Buford

Nutritional Info (per serving): 307 calories; 9.8g total fat (4.8g saturated fat); 17.5 protein; 9.4g carbohydrates; 6.4g fiber; 454mg sodium



SWEET POTATO AND BLACK BEAN VEGGIE BOWL

— MAIN DISH —

Ingredients

3 sweet potatoes, diced
 1 red onion, diced
 1 tablespoon vegetable oil
 1 (10-12 ounce) bag frozen corn, thawed
 2 (15-ounce) cans black beans, drained and rinsed
 1 cup crumbled cotija cheese (or any crumbled white cheese, like feta)
 1½ cups brown rice

Directions

1. Preheat oven to 400° F.
2. Toss sweet potato and red onion with vegetable oil, roast for about 20 minutes, or until sweet potato softens and onion browns on the edges
3. When cooled, mix red onion and sweet potato mixture with thawed corn, drained black beans and cheese. Toss and serve over brown rice. Top with salsa or avocado as desired.

Yield: 7½ servings	Total Cost: \$6.86	Cost per Serving: \$0.91
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Serving Size: 1½ cups

Variations/Tips: Eat with spinach or other greens instead of rice for fewer carbohydrates, or serve with grilled chicken for more protein. Season with cilantro, garlic, or pepper as desired.

Nutritional Info (per serving): 238 calories; 5g total fat (3g saturated fat); 8g protein; 37g carbohydrates; 5g fiber; 196mg sodium

TURKEY POT PIE

— MAIN DISH —

Ingredients

2 tablespoons butter, olive or canola oil
 1 onion, chopped
 2 stalks celery, chopped
 3 carrots, chopped
 4 tablespoons flour
 1 teaspoon dried thyme
 3 cups chicken or turkey broth or stock
 2 potatoes, diced (*leave peel on*)
 2 cups shredded cooked turkey
 ½ teaspoon ground black pepper
 2 tablespoons chopped fresh parsley
 1 cup frozen peas, thawed
 1 prepared pie crust
 1 egg, lightly beaten
 Non-stick cooking spray

Directions

1. Preheat oven to 425° F. Spray an oblong casserole dish with cooking spray.
2. Melt butter or oil in saucepan and cook chopped onion until tender.
3. Stir in celery and carrots and cook for 2 minutes.
4. Stir in flour and thyme; cook for 1 minute. Add chicken broth and bring to a simmer.
5. Add potatoes and simmer until tender, 12-15 minutes. Stir in turkey, pepper, parsley and peas.
6. Pour mixture into casserole. Top with pie crust and brush with egg.
7. Bake for 30 minutes or until crust is golden.

Yield: 6 servings	Total Cost: \$7.66	Cost per Serving: \$1.28
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Variations/Tips: Add minced garlic with the onion in step 2. Use cooked chicken in place of turkey. Use 2-3 teaspoons dried parsley in place of fresh. You can also make your own pie crust, or make biscuit dough and drop by tablespoonfuls on top of casserole. To save on calories, carbs and sodium, use cookie cutters to cut smaller portions of the pie crust or omit crust altogether.

Source: Food Network Kitchens

Nutritional Info (per serving): 386 calories; 17g total fat (5g saturated fat); 22g protein; 40g carbohydrates; 4g fiber; 530mg sodium

SHRIMP TACOS WITH CORN SALSA

MAIN DISH

Ingredients:

Tacos

1 pound medium uncooked shrimp, peeled and deveined
1 tablespoon olive or canola oil
1 clove garlic, minced
½ teaspoon ground cumin
½ teaspoon chili powder
¼ teaspoon kosher salt
¼ teaspoon cayenne pepper (optional)
8 (6-inch) soft corn tortillas

Corn Salsa

1 cup frozen corn, thawed, or fresh corn kernels (about 2 ears)
½ cup diced tomatoes
2 tablespoons chopped red onion
1 lime, zested and juiced (reserve lime juice)
1 avocado, peeled and diced (optional)
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
2 tablespoons chopped fresh cilantro (optional)

Cumin-Scented Yogurt

¼ cup plain reduced-fat yogurt
¼ teaspoon cumin
Lime juice (reserved from salsa)

Directions

1. In a bowl whisk together oil, garlic, cumin, chili powder, salt and cayenne pepper (if using). Add in shrimp and toss to coat completely. Cover and refrigerate for 20 minutes.
2. While shrimp is marinating, make salsa. Combine corn, tomatoes, onions, 1 tablespoon lime juice, avocado, salt, pepper and cilantro (if using) in a medium bowl; toss gently.
3. Combine yogurt, cumin and lime juice and zest (if using) in small bowl and stir to combine.
4. Cook shrimp in a skillet on medium heat until pink and cooked through, about 2 minutes on each side. Turn off heat and cover to keep warm.
5. Warm tortillas according to package directions. Place 2 tortillas on each of 4 plates. Top each tortilla with about 4 shrimp, 2 tablespoons corn mixture and 1½ teaspoons yogurt topping.

Yield:
4 servings

Total Cost:
\$11.55

Cost per Serving:
\$2.89

Serving Size: 2 tortillas plus toppings

Variations/Tips: Use yellow or green onions instead of red. Make a double batch of salsa and serve as a side to grilled chicken, pork or beef, or serve with baked tortilla chips. Toss the corn with a teaspoon of oil and broil or roast in the oven until browned for extra flavor. Use purchased salsa in place of corn salsa, or omit salsa and use shredded lettuce, diced tomatoes, avocados and onions instead.

Source: Adapted from Lifeambrosia.com

Nutritional Info (per serving): 302 calories; 6g total fat (.7g saturated fat); 22g protein; 41g carbohydrates; 6g fiber; 520g sodium





CHICKEN ZUCCHINI MEATBALLS

— MAIN DISH —

Ingredients

Cooking spray
1 cup finely shredded zucchini
¼ teaspoon kosher salt, divided
1 pound lean ground chicken
1 egg, lightly beaten
½ cup panko bread crumbs
½ cup grated parmesan cheese
2 cloves garlic, minced
1 tablespoon chopped freshly parsley
2 tablespoons chopped fresh basil (or 2 teaspoons dried)
¼ teaspoon crushed red pepper

Directions

1. Preheat oven to 350° F. Line a 15 x 10-inch baking sheet with foil; coat with nonstick cooking spray.
2. Line a colander with paper towels; add zucchini. Sprinkle ¼ teaspoon salt over zucchini. Let stand 20 minutes, pressing occasionally to remove moisture.
3. In a large bowl combine zucchini, chicken, egg, panko, cheese, garlic, parsley, basil, crushed red pepper and remaining ¼ teaspoon salt.
4. Shape rounded tablespoons of mixture into 21 meatballs; place on prepared pan. Spray lightly with cooking spray.
5. Bake 25 minutes or until cooked through (165° F).
6. Serve warm with a marinara or spaghetti sauce. Or make a meatball sandwich: in a 425° F oven, toast a whole wheat bun until lightly toasted. Add 3 meatballs, top with mozzarella cheese, sauce and fresh basil; heat in oven to melt cheese.

Yield: 7 Servings

Serving Size: 3 meatballs per serving

Variations/Tips: Bake ahead then refrigerate in an airtight container up to 5 days or freeze up to 3 months. For appetizer portions, make 42 meatballs instead of 21.

Source: Better Homes and Gardens August 2018

Nutritional Info (per serving): 151 calories; 8g total fat (3g saturated fat); 6g carbohydrates; 0g fiber; 230mg sodium; 15g protein



SEARED TURKEY CUTLETS WITH BRUSSELS SPROUTS

— MAIN DISH —

Ingredients

1 pound turkey cutlets
1 tablespoon salt free garlic seasoning
1 tablespoon olive oil
2 ounces shallot, peeled and sliced
8 ounces Brussels sprouts
¾ cup low sodium chicken broth
¼ cup fresh cranberries
6 fresh sage leaves, chopped
1½ teaspoons red wine vinegar

Directions

1. Pound turkey cutlets until ¼ to ½-inch thick. Sprinkle both sides of cutlets with garlic seasoning.
2. Heat olive oil in large non-stick skillet over medium high heat. Add cutlets to skillet and sear until golden brown and cooked through, about 3 minutes per side. Transfer to platter and cover to keep warm. Do not discard skillet or oil.
3. In same pan, add shallots and sauté over medium high heat until slightly browned.
4. Add Brussels sprouts, chicken broth, cranberries and chopped sage to pan, cover and cook over medium high heat until Brussels sprouts are crisp but tender, about 5 minutes.
5. Stir in vinegar, then heat over high heat until most liquid has reduced.
6. Spoon Brussels sprouts over turkey, garnish with fresh sage leaves as desired.

Yield: 4 servings

Variations/Tips: As a great healthy side dish serve with 1/4 cup of brown rice.

Nutritional Info (per serving): 191 calories; 4g total fat (1g saturated fat); 8g carbohydrates; 3g fiber; 121mg sodium; 31g protein



CAULIFLOWER CRUST PIZZA

— MAIN DISH —

Ingredients

1 12-ounce package riced cauliflower
1 egg
1/3 cup shredded mozzarella cheese
1 tablespoon grated parmesan cheese
1/2 teaspoon Italian seasoning, basil or oregano

Toppings

1/2 cup crushed tomatoes or tomato sauce
1 teaspoon dried basil or oregano
Your choice of vegetables: artichokes, asparagus, roasted garlic, mushrooms, onions, peppers, tomatoes, sundried tomatoes, etc.
1 cup shredded mozzarella cheese

Directions

1. Preheat oven to 400° F. Prepare the riced cauliflower according to package directions.
2. Drain cooked cauliflower in a colander, pressing out as much moisture as possible with a dish towel or paper towels. Stir in egg, cheeses and herbs, if desired.
3. Spray a baking sheet with non-stick cooking spray (*or use parchment paper on a pizza stone*). Press cauliflower mixture into an 11-inch circle.
4. Bake 25 minutes or until edges are brown and crust is crisp (*it will not get as crisp or hard as pizza dough*).
5. While crust is baking, add seasonings to tomatoes and mix well. Prepare toppings by dicing or slicing them into evenly-sized pieces.
6. Top crust with sauce, desired pizza toppings and cheese. Bake 8 to 10 minutes or until cheese is melted and toppings are hot.

Yield: 4 Servings

Variations/Tips: You can find the riced cauliflower in the refrigerated or freezer section of your grocery store. Use a grater or a food processor to finely shred a head of cauliflower. Use fresh basil or oregano instead of dried. Buy pizza sauce instead of using crushed tomatoes or tomato sauce. Sauté your vegetables for a richer flavor or use them raw if you prefer a little crunch to your veggies.

Nutritional Info (per serving): 228 calories; 11g total fat (6g saturated fat); 20g carbohydrates; 8g fiber; 431mg sodium; 17g protein



SPAGHETTI SQUASH WITH TURKEY BOLOGNESE

— MAIN DISH —

Ingredients

1 medium spaghetti squash (4 pounds)
Cooking spray
1 tablespoon & 2 teaspoons olive oil, divided
1 large onion, chopped
1 large carrot, peeled and chopped
1 celery stalk, chopped
3 cloves garlic, minced
1 pound lean ground turkey
1/2 teaspoon kosher salt
Freshly ground black pepper to taste
1 28-ounce can crushed tomatoes
1/2 cup tomato sauce
1/4 cup freshly chopped parsley, plus more for garnish
2 teaspoons dried oregano
Freshly grated Parmesan, for serving (*optional*)

Directions

1. Heat oven to 400° F. Slice squash in half lengthwise and scoop out seeds. Rub each half with 1 teaspoon olive oil. Place squashes cut side down on baking sheet and roast until tender, 45-50 minutes. Use a fork to scrape out the “spaghetti.”
2. Meanwhile, make Bolognese. In a large skillet or pot over medium heat, heat oil. Add onion, carrot, celery and garlic and cook until tender, 5 to 7 minutes. Add ground turkey and cook until no longer pink, 5 minutes more. Season with salt and pepper.
3. Add crushed tomatoes, tomato sauce, parsley, and dried oregano. Let simmer until thickened, 10 to 15 minutes.
4. Toss with cooked spaghetti squash. Garnish with additional parsley and Parmesan cheese if desired.

Yield: 6 servings

Serving Size: About 1 cup of spaghetti squash with sauce

Variations/Tips: Use whole wheat pasta in place of spaghetti squash. Replace the tomato sauce with 1/2 cup of dry white or red wine. Freeze any leftover sauce.

Source: Delish.com

Nutritional Info (per serving): 232 calories; 6g total fat (1g saturated fat); 26g carbohydrates; 6g fiber; 601mg sodium; 22g protein

GRILLED CHICKEN SALAD WITH STRAWBERRIES AND FETA

— MAIN DISH —



Ingredients

- 3 tablespoons olive oil, divided
- 3 tablespoons white balsamic vinegar, divided
- 4 (4-ounce) skinless, boneless chicken breast halves
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- Non-stick cooking spray
- ⅛ teaspoon sugar
- 2 cups halved strawberries
- 4 cups baby spinach
- ½ small red onion, very thinly sliced
- ⅓ cup feta cheese, crumbled

Directions

- Combine 2 tablespoons oil and 2 tablespoons vinegar in a large zip-top plastic bag. Add chicken to bag; seal. Let stand 10 minutes, turning occasionally.
- Heat a grill pan or skillet over medium-high heat. Remove chicken from marinade; discard marinade.
- Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Coat pan with cooking spray.
- Add chicken to pan; grill 7 minutes on each side or until done (165° F). Cool and cut into slices.
- Combine remaining 1 tablespoon oil, remaining 1 tablespoon vinegar, remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper and sugar in a large bowl, stirring with a whisk or fork.
- Add strawberries; toss to coat. Add spinach and onion to strawberry mixture; toss gently to combine.
- Sprinkle feta over salad. Divide salad among 4 plates; top evenly with sliced chicken.

Yield:
4 servings

Total Cost:
\$8.26

Cost per Serving:
\$2.07

Serving Size: 1 chicken breast half and 1 cup of salad

Variations/Tips: Use canola oil in place of olive oil; substitute any type of flavored vinegar you have on hand. Use a combination of dark, leafy greens like romaine and/or kale in place of the spinach. Top with your favorite cheese instead of feta. Add toasted walnuts or almonds for additional crunch and protein.

Source: Adapted from Cooking Light, May 2015

Nutritional Info (per serving): 358 calories; 17.3g total fat (4g saturated fat); 39g protein; 10g carbohydrates; 2g fiber; 565g sodium

CHICKEN-POBLANO TORTILLA SOUP

— SOUPS —



Ingredients

- 2 tablespoons olive oil
- 1½ cups chopped yellow onion
- 1 cup finely chopped carrot
- 1 poblano pepper, finely chopped
- 4 cups unsalted chicken stock or broth
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ¼ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 14½-oz. can unsalted diced tomatoes, undrained
- 12 ounces cooked and shredded chicken
- ½ cup chopped fresh cilantro, optional
- 3 6-inch soft yellow corn tortillas, cut into strips and baked
- 1 avocado, diced
- 6 lime wedges
- Cilantro sprigs for garnish

Directions

- Preheat oven to 375° F
- Heat a Dutch oven or large saucepan over medium-high heat. Add oil to pan and warm the oil.
- Add onion, carrot, and poblano pepper; sauté 8 minutes.
- Add broth, chili powder, cumin, salt, black pepper, and tomatoes; bring to a boil over high heat.
- Cover, reduce heat, and simmer until carrot is tender, about 8 minutes. Stir in chicken and cilantro, if desired; cook for another minute or two.
- While the soup cooks, stack the tortillas and cut into 1/4-inch strips and then in half. Place on baking sheet and spray with cooking spray. Bake at for 8-10 minutes or until crispy and golden brown.
- Ladle about 1½ cups soup into each of 6 bowls. Top with tortilla strips, avocado, lime wedges and cilantro, if desired.

Yield:
6 servings

Total Cost:
\$9.47

Cost per Serving:
\$1.58

Serving Size: About 1½ cups

Variations/Tips: The healthiest and easiest way to cook chicken in a hurry is to poach it. Place boneless, skinless chicken breasts or thighs in skillet or saucepan. Add water or unsalted chicken broth to cover and bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 15 minutes, or until chicken reaches 165° internally. You can also use leftover rotisserie chicken breasts and/or thighs.

Source: Adapted from CookingLight.com

Nutritional Info (per serving): 255 calories; 12.5g fat (2.2g saturated); 19g protein; 18g carbohydrate; 5.5g fiber; 220mg sodium

BUTTERNUT SQUASH SOUP

SOUPS

Ingredients

2 tablespoons olive or canola oil
4 cups peeled butternut squash (from a 2-pound squash), cut in 1-inch cubes
1 large yellow onion, coarsely chopped
1 celery stalk, coarsely chopped
2 carrots, coarsely chopped
1 large Granny Smith apple, coarsely chopped
1 teaspoon chili powder
1 teaspoon dried sage
4 cups low-sodium vegetable broth or stock
Salt and freshly ground black pepper
2 tablespoons reduced fat sour cream or plain yogurt, optional

Directions

1. In a large soup pot, heat oil over medium-high heat until hot. Add the squash, onion, celery, carrots and apple. Sauté until the vegetables are golden and starting to soften, about 10-12 minutes.
2. Add the chili powder, sage and a pinch of salt and cook for 30 seconds longer.
3. Add the broth and bring the mixture to a boil. Reduce the heat and simmer until the squash is very soft, about 40 minutes.
4. At this point, you can serve the soup as chunky soup. If you have a blender, work in batches by adding a few cups of the soup to the blender at a time and mix until smooth. (*Be careful as the soup is hot.*) If you don't have a blender, use a potato masher to mash the vegetables.
5. Add salt and pepper to taste. Stir in sour cream or yogurt, if desired.

Yield:
8 servings

Total Cost:
\$7.72

Cost per Serving:
\$0.96

Serving Size: 1 cup per serving

Variations/Tips: In place of the chili powder and sage, use a combination of cinnamon, allspice and/or nutmeg for a sweeter soup. Feel free to use chicken broth in place of the vegetable broth if you don't need to make the soup vegetarian. The soup can be frozen (don't add the sour cream or yogurt until you reheat it.) If you have leftover squash, toss it with olive oil in a large bowl; season with salt and black pepper. Arrange coated squash on a baking sheet. Roast in a 425° F oven until squash is tender and lightly browned, approximately 25-30 minutes.

Source: Adapted from Laura in the Kitchen: Favorite Italian American Recipes Made Easy

Nutritional Info (per serving): 112 calories; 3.6g total fat (.5g saturated fat); 5.0g protein; 22.9g carbohydrates; 5.9g fiber



CHILI VERDE

SOUPS



ROASTED GARLIC, RED PEPPER AND POTATO SOUP

SOUPS



Ingredients

1½ pounds boneless pork shoulder roast
 1 tablespoon olive oil
 1 15-ounce can Great Northern or navy beans, rinsed and drained
 12 ounces fresh tomatillos, husked and chopped
 ½ cup chopped onion (1 medium)
 1 4-ounce can diced green chile peppers, undrained
 2 cloves garlic, minced
 ¾ teaspoon ground cumin
 ½ teaspoon salt
 1 14-ounce can low-sodium chicken broth
 1 cup chopped fresh spinach leaves
 2 teaspoons lime juice
 Low-fat plain yogurt (optional)
 Snipped fresh cilantro (optional)

Directions

1. Trim fat from meat. Cut meat into ¾-inch pieces. In a large skillet, heat oil over medium-high heat. Cook half of the meat in hot oil until brown; remove meat from skillet. Repeat with the remaining meat. Drain off fat.
2. Transfer meat to a 3½- or 4-quart slow cooker. Stir in drained beans, tomatillos, onion, undrained chile peppers, garlic, cumin, and salt. Pour broth over mixture in cooker.
3. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3½ to 4 hours.
4. Stir in spinach and lime juice. If desired, top each serving with yogurt and/or cilantro.

Yield:
6 servings

Total Cost:
\$7.32

Cost per Serving:
\$1.22

Variations/Tips: Use pork tenderloin in place of pork shoulder roast. Instead of fresh tomatillos, use two 11-ounce cans tomatillos, rinsed, drained, and coarsely chopped. Serve over brown rice to add whole grains to the meal.

Source: BHG.com

Nutritional Info (per serving): 300 calories; 11 fat (3g saturated); 29g protein; 21g carbohydrate; 4g fiber; 606mg sodium

Ingredients

1 garlic bulb
 2 cups reduced-sodium chicken broth
 2 Yukon Gold potatoes, peeled and diced (~2 cups)
 1 large onion, diced
 1 celery stalk, diced
 1 large carrot, diced
 ¼ teaspoon salt
 ⅛ teaspoon freshly ground pepper
 1 7-oz. jar roasted red peppers, drained
 2 teaspoons fresh thyme

Directions

1. Preheat the oven to 425° F. Cut the top third off the garlic bulb and discard. Wrap the garlic in foil and bake until soft, about 45 minutes. Let cool.
2. Meanwhile, combine the broth, potatoes, onion, celery, carrot, salt and pepper in a Dutch oven; bring to a boil. Reduce heat and simmer, covered, until the vegetables are tender, about 20 minutes. Remove from the heat and cool slightly.
3. Purée the roasted red peppers in a blender. Transfer to a small bowl and set aside.
4. Squeeze the garlic bulb pulp into a clean blender or food processor. Add the broth-and-vegetable mixture in batches to the blender and purée. Stir in the thyme. Serve with the roasted red pepper purée.

Yield: 4 servings

Serving Size: 1 cup of soup with 2 tablespoons roasted red pepper purée

Variations/Tips: You can serve this elegant soup in two ways. Either drizzle the roasted pepper puree onto each serving and swirl gently with a spoon or toothpick for a marbled effect, or stir it in completely for a beautiful crimson-colored soup. Although the soup won't freeze well (*potato purées tend to break down in the freezer*), it will keep in the refrigerator for up to 4 days.

Source: WeightWatchers

Nutritional Info (per serving): 128 calories; 1g total fat (0g saturated fat); 27g carbohydrates; 5g fiber; 335mg sodium; 5g protein



STRAWBERRY & JALAPEÑO SALSA

APPETIZERS & SIDE DISHES

Ingredients

1 cup strawberries, finely diced
¼ cup red onion, finely diced
1 medium jalapeño pepper, seeded and minced
1 tablespoon cilantro, finely chopped
1 tablespoon orange juice
1½ teaspoon lemon juice
Salt and pepper to taste

Directions

1. Mix all ingredients together. Refrigerate until ready to eat.
2. Serve with homemade baked tortilla chips. To make chips, preheat the oven to 350° F.
3. Stack 2-3 tortillas and cut the pile into sixths to make chips.
4. Repeat with as many tortillas as you plan to make.
5. Spread the chips out in a single layer on two large baking sheets and spray lightly with cooking spray. Season with salt if desired.
6. Bake until golden brown and crisp, rotating the baking sheets once, about 10-13 minutes. Watch closely so the chips do not burn.
7. Store chips in an airtight container.

Yield: 4 Servings

Variations/Tips: This is a great way to use strawberries when they are in season. Recipe easily doubles or triples. If the onion has too strong a flavor, you can rinse it under cold water and pat it dry after you have diced it. Serve the salsa as a side with grilled chicken or fish.

Source: Calgiant.com

Nutritional Info (per serving): 22 calories; 0g total fat (0g saturated fat); 5g carbohydrates; 1g fiber; 147mg sodium; 1g protein



SHAVED ZUCCHINI SALAD WITH PARMESAN & ALMONDS

APPETIZERS & SIDE DISHES

Ingredients

½ cup olive oil
2 tablespoons fresh lemon juice
½ teaspoon coarse kosher salt
½ teaspoon freshly ground black pepper
¼ teaspoon dried crushed red pepper flakes
2 pounds medium zucchini and yellow squash, trimmed
½ cup coarsely chopped fresh basil
¼ cup almonds, toasted (*slivered, sliced or chopped whole almonds*)
Salt and pepper to taste
Small wedge of Parmesan cheese

Directions

1. Whisk oil, lemon juice, ½ teaspoon coarse salt, black pepper, and crushed red pepper flakes in small bowl to blend. (You can also use a glass jar since this makes a lot of dressing; keep the extra for later.) Set dressing aside.
2. Use a vegetable peeler or a V-slicer and work from top to bottom of each zucchini, cutting zucchini into ribbons (about 1/16 inch thick). Place ribbons in large bowl.
3. Add basil and nuts, then dressing, being careful not to overdress. Toss to coat.
4. Season to taste with salt and pepper.
5. Using vegetable peeler, shave strips from Parmesan wedge over salad. Serve at room temperature.

Yield: 6 servings

Variations/Tips: Use toasted pine nuts instead of almonds. If you have a spiralizer, you can use it to create "zoodles" for this salad.

Source: Epicurious.com

Nutritional Info (per serving): 305 calories; 24g total fat (8g saturated fat); 8g carbohydrates; 2g fiber; 785mg sodium; 1g protein

HLC
STAFF
FAVORITE



SKINNY SPINACH ARTICHOKE DIP

APPETIZERS & SIDE DISHES

Ingredients

4 ounces reduced-fat cream cheese, room temperature
2 cups plain non-fat Greek yogurt
10 ounces frozen spinach, defrosted and well-drained
½ cup jarred artichokes, drained and chopped
¼ cup freshly grated Parmesan cheese
⅓ cup Feta cheese, crumbled
2 teaspoons minced garlic
¼ teaspoon crushed red pepper flakes, optional
Zest and juice of 1 lemon
½ teaspoon kosher salt
Cooking spray

Directions

1. In a large bowl, mix together all ingredients until well incorporated.
2. Transfer to a 1-quart baking dish sprayed with cooking spray.
3. Bake at 350° F for 20-25 minutes or until light and fluffy.
4. Serve with cut veggies, baked tortilla chips or pita chips.

Yield: About 12 servings

Serving Size: ¼ cup

Variations/Tips: To remove all the water from the spinach, use an old kitchen towel. Wrap the spinach and twist the towel to squeeze out the liquid. You can use artichokes from a can or frozen artichokes that have been cooked and cooled slightly. If you don't have a lemon, use ¼ cup non-fat milk in place of lemon juice. Increase parmesan cheese to ½ cup if you don't have feta cheese.

Source: AMindfulMom.com

Nutritional Info (per serving): 158 calories; 8g total fat (4g saturated fat); 10g carbohydrates; 2g fiber; 434mg sodium; 13g protein



BROCCOLI- APPLE-SLAW

APPETIZERS & SIDE DISHES

Ingredients

½ cup canola mayonnaise
2 tablespoons apple cider vinegar
1½ tablespoons prepared horseradish
1½ teaspoons sugar
1½ teaspoons grated lemon zest
¼ teaspoon salt
2 cups julienne-cut Honeycrisp apple
¼ cup slivered red onion
1 12-ounce package broccoli slaw

Directions

1. Whisk together mayonnaise, vinegar, horseradish, sugar, lemon zest, and salt in a large bowl.
2. Add apple, onion, and broccoli slaw; toss to coat.

Yield: 6 servings

Serving Size: 1 cup

Variations/Tips: You can find broccoli slaw in the produce section with the packaged salads. Use your favorite apple (red is nice for contrast). This crunchy, creamy, and tangy salad would pair well with any number of grilled meats or a pan-seared pork chop.

Source: Adapted from MyRecipes.com

Nutritional Info (per serving): 134 calories; 10g total fat (1g saturated fat); 10g carbohydrates; 2g fiber; 122mg sodium; 2g protein

APPLE AVOCADO SALSA

APPETIZERS & SIDE DISHES



Ingredients

1 Granny Smith apple, diced
 1 avocado, pitted, peeled and diced
 ½ cup diced red pepper
 ¼ cup finely chopped red onion
 4 tablespoons chopped fresh cilantro
 ½ teaspoon grated lime rind
 2 tablespoons fresh lime juice
 Salt and pepper to taste

Directions

1. Mix together all ingredients in a large bowl.
2. Keep covered and chilled until ready to serve. Use as a topping for turkey burgers or tacos, as a snack with baked tortilla chips, or as a side to grilled chicken, fish or pork.

Yield:
6 servings

Total Cost:
\$4.25

Cost per Serving:
\$0.71

Serving Size: ½ cup

Variations/Tips: Use yellow or green onions (also called scallions) in place of red onion. Substitute lemon juice for lime juice. Add a pinch of cayenne pepper or diced jalapeno to taste for spicier salsa. Season with 1/2 teaspoon fresh garlic, garlic powder, chili powder or cumin if desired.

Source: Adapted from MyRecipes.com

Nutritional Info (per serving): 76 calories; 4.5g fat (.6g saturated); 1.3g protein; 8.6g carbohydrate; 3.6g fiber; 100mg sodium

CRISPY ZUCCHINI- POTATO PANCAKES

APPETIZERS & SIDE DISHES



Ingredients

2 cups shredded russet potatoes
(about 2 large)
 2 cups shredded *(unpeeled)*
 zucchini *(medium size)*
 ¾ teaspoon salt
 1 large egg
 3 green onions, sliced
(white and some of the green)
 2 tablespoons yellow cornmeal
 ½ teaspoon dried oregano
 ⅛ teaspoon freshly ground
 black pepper
 2 teaspoons olive oil
 Plain Greek or regular yogurt
 Unsweetened applesauce

Directions

1. Toss the potatoes, zucchini and salt in a large bowl. Let stand 10 minutes. Squeeze out the liquids and discard.
2. Stir in the egg, green onions, cornmeal, oregano and pepper.
3. Heat ½ teaspoon of the olive oil in a large non-stick skillet over medium heat.
4. Form the zucchini mixture, about 3 tablespoons at a time, into a ball in your hands. Squeeze out excess liquid then drop into pan and flatten with a spatula. Repeat until you have 8 pancakes.
5. Cook until lightly browned, about 12 minutes, turning and adding another ½ teaspoon of the oil after 6 minutes. Repeat with the remaining oil and zucchini mixture *(you may have to cook in batches based on the size of your skillet)*.
6. Serve warm with a dollop of Greek yogurt and/or applesauce.

Yield: 4 servings

Serving Size: 2 pancakes

Variations/Tips: Save time and get more fiber by leaving the potatoes unpeeled. Use diced yellow onion instead of green onions. Use any dried herb you like: basil, rosemary, tarragon, thyme, etc. If using fresh herbs, use three times as much.

Source: Adapted from Weightwatchers.com

Nutritional Info (per serving): 225 calories; 4g total fat (1g saturated fat); 42g carbohydrates; 5g fiber; 478mg sodium; 8g protein



TEX-MEX RED & SWEET POTATO SALAD

APPETIZERS & SIDE DISHES

Ingredients

Cooking spray
1 pound Red Bliss potatoes, cut into 1½-inch cubes
1 pound sweet potatoes, peeled, and cut into 1½-inch cubes
4 teaspoons olive oil
2 medium onions, chopped
6 tablespoons olive oil or canola mayonnaise
3 tablespoons fresh cilantro, chopped
1 teaspoon lemon zest, grated
½ teaspoon kosher salt
½ teaspoon ground cumin
¼ teaspoon coriander
⅛ teaspoon cayenne pepper

Directions

1. Preheat the oven to 425° F. Spray a large rimmed baking sheet with nonstick spray. Combine the red and sweet potatoes with 2 teaspoons of the oil in a large bowl; arrange in a single layer on the sheet. Roast, tossing occasionally, until well browned and tender, 35–40 minutes. Transfer to a large bowl.
2. Meanwhile, heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add the onions and cook, stirring occasionally, until golden and tender, 12–15 minutes. Transfer to the bowl with the potatoes.
3. Combine the mayonnaise, cilantro, lemon zest, salt, cumin, coriander and cayenne in a small bowl. Add to the potato mixture and mix well. Serve warm or at room temperature.

Yield: 8 servings

Serving Size: ½ cup

Variations/Tips: Red Bliss potatoes are small red potatoes that are harvested before they reach maturity. Often called new potatoes, they are low in starch and sweet in flavor, making them ideal for roasting. You can also use redskin potatoes.

Source: Weight Watchers Turnaround Cookbook

Nutritional Info (per serving): 210 calories; 13g total fat (2g saturated fat); 23g carbohydrates; 3g fiber; 163mg sodium; 2g protein



GREEN SALAD WITH CRANBERRIES, APPLES AND PEPITAS

APPETIZERS & SIDE DISHES

Ingredients

Green Salad

5 ounces (*about 5 cups*) spring greens salad blend
1 large Granny Smith apple
⅓ cup dried cranberries
¼ cup pepitas (green pumpkin seeds)
2 ounces chilled goat cheese, crumbled (*about ⅓ cup crumbled*)

Apple Cider Vinaigrette

¼ cup olive oil
1½ tablespoons apple cider vinegar
1½ teaspoons honey
1 teaspoon Dijon mustard
Salt and freshly ground black pepper, to taste

Directions

1. Toast the pepitas in a medium-sized skillet over medium heat. Stir frequently, until they turn golden on the edges and make little popping noises. Transfer the pepitas to a small bowl to cool.
2. Use a glass jar to make the dressing. Add the olive oil, vinegar, honey and mustard and shake until emulsified. Season to taste with salt and black pepper.
3. Just before serving, chop the apple into thin, bite-sized pieces. Place your greens in a large serving bowl. Top with sliced apple, dried cranberries and toasted pepitas.
4. Drizzle the salad with just enough dressing to lightly coat the leaves once tossed (*you probably won't need all of it*). Gently toss to mix all of the ingredients, top with crumbled goat cheese and serve.

Yield: 4 side salads

Variations/Tips: Save time and buy roasted pumpkin seeds. Use feta cheese in place of goat cheese and raisins instead of cranberries. Add spinach and/or kale to the mixed greens. Double the dressing; store leftovers in the fridge up to 2 weeks.

Source: Cookie and Kate

Nutritional Info (per serving): 293 calories; 21g total fat (5g saturated fat); 23g carbohydrates; 4g fiber; 307mg sodium; 6g protein



ROASTED GARLIC

APPETIZERS & SIDE DISHES

Ingredients

- 1 head of garlic
- 1 teaspoon olive oil
- 1 large square of foil

Directions

1. Preheat oven to 350° F.
2. Cut off the top fourth of the head of garlic to expose the cloves.
3. Drizzle with olive oil and rub the oil over the cloves with your fingers.
4. Wrap head loosely in foil, making sure to seal the package tightly.
5. Bake in oven for one hour.
6. Remove from oven and let cool slightly before using.
7. Squeeze cloves out of head. Use the roasted garlic instead of butter and spread on whole wheat bread or crackers.

Yield: 1 head

Variations/Tips: Roast multiple heads at once using a muffin tin covered with foil. Roasted garlic should be used within a few hours of making. It doesn't keep very well in the refrigerator, but you can easily freeze cloves for future use. Use roasted garlic on pizza and in soups, omelets, hummus and salads.

Nutritional Info (per serving): 93 calories; 5g total fat (1g saturated fat); 12g carbohydrates; 1g fiber; 6mg sodium; 2g protein



BROCCOLI TOTS

APPETIZERS & SIDE DISHES

Ingredients

- 4 cups broccoli florets
- ½ cup diced yellow onion
- 2 large eggs, lightly beaten
- ½ cup panko breadcrumbs (*preferably whole wheat*)
- ⅔ cup reduced-fat shredded cheddar cheese
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- Cooking spray

Directions

1. Preheat oven to 400° F. Grease a baking sheet with nonstick cooking spray or parchment paper and set aside.
2. Blanch the broccoli in boiling water for 1 minute. Remove broccoli and immerse in cold water to stop the cooking process. Drain well, using a paper towel to dry the florets.
3. Chop broccoli finely and mix thoroughly with the egg, onions, cheddar, garlic powder, onion powder, salt and pepper. Add the breadcrumbs then combine well.
4. Place mixture in the refrigerator for about 15 minutes to firm up the mixture a bit (*this will make it easier to work with*). Using your hands, scoop up small portions of the mixture (*about 1-2 tablespoons*), form into tater tot shapes and place them on the baking sheet.
5. Mist the tops with cooking spray or olive oil and bake for 10 minutes. Flip them over, mist tops, and bake for an additional 10 minutes until the outsides are golden brown and crispy.

Yield: 6 servings

Serving Size: 5 tots

Variations/Tips: Use a 12-oz. bag of riced broccoli in place of the broccoli florets. Substitute mozzarella cheese for the cheddar cheese. Mince fresh garlic and use instead of garlic powder.

Source: Joy Bauer, Today.com

Nutritional Info (per serving): 90 calories; 3g total fat (1g saturated fat); 9g carbohydrates; 2g fiber; 542mg sodium; 8g protein

APPLE CHUTNEY

VINAIGRETTES & MARINADES

Ingredients

1 teaspoon olive oil
½ teaspoon ground ginger
¼ cup minced yellow onion
2 tablespoons apple cider vinegar
¼ cup pitted and chopped dates
¼ cup golden raisins
3 cups peeled, cored and diced Granny Smith apples (*about 2 large or 3 medium apples*)
¼ teaspoon salt
1 teaspoon ground cinnamon
2 tablespoons water
⅛ teaspoon red chili flakes (*optional*)

Directions

1. In a medium saucepan, heat olive oil over medium heat. Add the dried ginger and stir until ginger is dissolved, about 20 seconds. Do not let it burn!
2. Add onions, cooking until fragrant, about 2-3 minutes.
3. Add vinegar and give the mixture a good stir to loosen up any stuck onions.
4. Add the remaining ingredients and reduce heat to low. Let chutney cook until fruit has broken down into a chunky sauce, 15-20 minutes (*may take longer depending on your stove-top heat*).
5. Taste and add more seasonings if needed. Remove from heat and let sit until ready to serve.
6. Refrigerate chutney for up to two weeks or freeze for longer storage.

Yield:
4 or 12 servings

Total Cost:
\$3.65

Cost per Serving:
\$0.91

Serving Size: Side: ½ cup | Condiment: ⅛ cup

Variations/Tips: Use 1 teaspoon minced fresh ginger in place of dried ginger. Omit dates and use double the raisins; or omit raisins and double the dates! Use dark raisins instead of golden raisins. Use any type of apple that is good for cooking, such as Gala, Honey Crisp or Jonathan apples. Serve as a side dish with pork or chicken; serve as a condiment on burgers, or on top of a grain bowl. Enjoy a spoonful with a piece of cheese as an afternoon snack.

Source: Adapted from NaturallyElla.com

Nutritional Info (per serving): 120 calories; 1g total fat (0g saturated fat); 29g carbohydrates; 4g fiber; 148mg sodium; 1g protein



CRANBERRY CHUTNEY

VINAIGRETTES & MARINADES



Ingredients

- 1 cup water
- ¾ cup white sugar
- 1 12-ounce package fresh cranberries (~3 cups)
- 1 cup Granny Smith apples, peeled, cored and diced
- ¼ cup apple cider vinegar
- ½ cup raisins
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground allspice
- ⅛ teaspoon ground cloves

Directions

1. In a medium saucepan combine the water and sugar. Bring mixture to a boil over medium heat.
2. Add the cranberries, apples, apple cider vinegar, raisins and spices. Bring to a boil, then simmer gently for 10 minutes stirring often.
3. Pour mixture into a mixing bowl. Place plastic wrap directly on the surface of the sauce.
4. Cool to room temperature and serve or cover and refrigerate up to two weeks in a glass container. Bring chutney to room temperature before serving.

Yield: 10 servings	Total Cost: \$4.50	Cost per Serving: \$0.45
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Serving Size: 3 tablespoons

Variations/Tips: Use other apples that are good for cooking like Fuji, Gala, or Golden Delicious. Add the zest of one orange for a nice citrus taste. Add toasted chopped walnuts or pecans for some crunch. Chutney can be made a few days ahead which will allow the flavors to mellow (or use less apple cider vinegar). Serve with turkey cutlets or pork tenderloin. Use the leftovers on turkey sandwiches.

Source: Adapted from AllRecipes.com

Nutritional Info (per serving): 104 Calories; 0.2 Fat (0g saturated); 0.4g Protein; 26.8g Carbohydrate; 2.2g Fiber; 2mg Sodium

RASPBERRY VINAIGRETTE

VINAIGRETTES & MARINADES



Ingredients

- ½ cup raspberries (fresh or frozen)
- ¼ cup red wine vinegar
- 2-3 tablespoons honey
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup fresh basil leaves (optional)
- ½ cup olive oil

Directions

1. In a blender or food processor combine raspberries, red wine vinegar, honey, salt, pepper, and basil. Process until well combined
2. With the food processor still running, drizzle in the oil until the salad dressing comes together and emulsifies. Allow flavors to blend at room temperature for a few minutes before serving.
3. Store fresh-made vinaigrette in a covered container in the fridge for 3 to 4 days. Whisk before serving.

Yield: 12 servings (about 2 tablespoons per serving)

Nutritional Info (per serving): 141 calories; 13.6g total fat (1.9g saturated fat); 5.3g carbohydrates; 0.5g fiber; 121mg sodium; 0.1g protein

VINAIGRETTES

VINAIGRETTES & MARINADES

Directions

1. Shake all ingredients for your variation in a tightly-lidded container or glass jar, or whisk together in a small bowl.
2. Let stand 10 minutes to rehydrate dried herbs and blend flavors.
3. Shake again then dress salad as desired.

Yield: About 1/4 cup

Refrigerate any unused portion.

BASIC VINAIGRETTE

3 tablespoons olive oil
(*can use canola*)

2 tablespoons vinegar
(*white, apple cider, red or white wine, raspberry, etc.*)

Salt and ground black pepper to taste

ITALIAN VINAIGRETTE

Basic vinaigrette
(*use olive oil and red wine vinegar*)

½ teaspoon minced garlic

½ teaspoon Italian seasoning

1 pinch crushed red pepper flakes
(*optional*)

MUSTARD DRESSING

Italian Vinaigrette

1 teaspoon prepared mustard
(*yellow, Dijon or spicy brown*)

1-3 teaspoons honey (*optional*)

BASIC CREAMY VINAIGRETTE DRESSING

Basic Vinaigrette

2-3 tablespoons reduced-fat mayonnaise, sour cream or plain yogurt (*regular or Greek*)

PARMESAN-PEPPER DRESSING

Basic Creamy Vinaigrette

1 tablespoon grated Parmesan cheese

⅛ teaspoon fresh ground black pepper (*or to taste*)

CREAMY GARLIC DRESSING

Basic Creamy Vinaigrette

1 garlic clove, put through a garlic press or crushed with side of knife into a paste

Ground black pepper

1 pinch Italian seasoning (*optional*)

LEMON DRESSING

3 tablespoons olive oil

3 tablespoons lemon juice

½ teaspoon dried oregano

½ teaspoon minced garlic

BALSAMIC VINAIGRETTE

3 tablespoons oil

1 tablespoon balsamic vinegar

½ teaspoon minced garlic

Salt and ground black pepper to taste





SKINNY CHOCOLATE PEANUT BUTTER NO-BAKE COOKIES

DESSERTS & SNACKS

Ingredients

½ cup creamy peanut butter
1 small very ripe banana,
mashed (*about ⅓ cup*)
⅓ cup honey
¼ cup unsweetened cocoa
powder (*like Hershey's*)
¼ cup skim milk
3 cups quick-cooking (*instant*)
oats
⅛ teaspoon salt
⅓ cup mini or regular
chocolate chips, optional

Directions

1. Line a baking sheet with parchment paper or a silicone baking mat. Set aside.
2. Melt peanut butter and mashed banana together in a large skillet over low heat until fully melted and combined. Remove from heat and mix in the honey, cocoa powder, milk, oats, and salt. The mixture will be thick and fudgy.
3. Drop cookie dough (*about 1 heaping tablespoon per cookie*) on the baking sheet, molding the cookie into desired shape. Press a few chocolate chips onto tops, if desired. Place in the refrigerator for at least 2 hours before enjoying.
4. Cookies remain fresh up to 10 days when stored (*covered*) in the refrigerator. Cookies freeze well up to 3 months.

Yield: 22 Cookies

Variations/Tips: You can use crunchy peanut butter instead of creamy. Use maple syrup or agave in place of the honey. Instead of regular milk, use soy or almond milk. You can use rolled (*old-fashioned*) oats instead of the quick-cooking oats; although it will change the texture slightly the cookies will still taste good! Or make your own quick oats at home by pulsing 3 cups of whole rolled oats in the blender or food processor about 4 times (*or for 5 seconds*).

Source: SallysBakingAddiction.com

Nutritional Info (per serving): 117 calories; 5g total fat (1g saturated fat); 17g carbohydrates; 2g fiber; 41mg sodium; 3g protein



RASPBERRY GREEK YOGURT BARK

DESSERTS & SNACKS

Ingredients

2 cups plain, reduced-fat (2%)
Greek yogurt
Zest of 1 lemon
2 tablespoons honey
1 cup frozen raspberries
½ cup shelled pistachios
¼ cup slivered almonds, toasted

Directions

1. Line a 9×7 baking dish or small baking sheet with aluminum foil.
2. In a medium bowl, combine the first 3 ingredients. Stir until well incorporated.
3. Add the berries, pistachios, and slivered almonds to the mixture. Fold in until well incorporated.
4. Spread the mixture evenly in the baking dish or on a baking sheet, and place in the freezer for about 2-3 hours, or until hardened. (*If using a small baking sheet, you may not use the entire surface area. The yogurt mixture should be about ½-inch thick on the baking sheet.*)
5. Once hardened, remove the bark from the dish and either cut or break up into pieces.
6. Allow to thaw for about 5 minutes before eating.

Yield: 10 servings

Variations/Tips: To make Raspberry Greek Yogurt “Shots”, pour the Greek yogurt mixture into 10, 2-ounce shot glasses (as opposed to pouring the mixture in a baking dish or on a baking sheet), cover, and place the filled shot glasses in the freezer. Allow to thaw for several minutes before eating.

Source: Redrazz.org

Nutritional Info (per serving): 104 calories; 5g total fat (1g saturated fat); 9g carbohydrates; 2g fiber; 16mg sodium; 7g protein

APPLE PEAR CRANBERRY CRISP

DESSERTS & SNACKS



Ingredients

Filling

- 3 Granny Smith apples, cored and sliced
- 2 Bartlett pears, cored and sliced
- 1 cup fresh cranberries
- Juice from 1 lemon
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons pure maple syrup

Toppings

- ¼ cup melted or softened butter
- 1 cup rolled (*old fashioned*) oats
- ½ cup whole wheat flour
- ¾ cup light or dark brown sugar
- 1 teaspoon ground cinnamon

Directions

1. Preheat oven to 375° F.
2. In a bowl, combine all ingredients for the filling. Set aside.
3. In a separate microwave-safe bowl, melt butter (*or use softened butter*). Add oats, flour, sugar, and cinnamon, stirring well to combine.
4. Line the bottom of a 9 x 9-inch baking dish or casserole dish with the apple pear mixture and top it with the rolled oat mixture.
5. Bake uncovered for 40 minutes or until top is browned.
6. Serve warm.

Yield:
9 servings

Total Cost:
\$6.91

Cost per Serving:
\$0.77

Variations/Tips: Use honey in place of the maple syrup if preferred. Filling and topping can be prepared ahead and refrigerated separately then assembled when ready to bake. You can also bake it ahead and warm before serving.

Source: Aisle7.com

Nutritional Info (per serving): 137 calories; 6g total fat (3g saturated fat); 0g protein; 23g carbohydrates; 4g fiber; 3mg sodium

CINNAMON ROASTED ALMONDS

DESSERTS & SNACKS



Ingredients

- 1 egg white
- 1 teaspoon cold water
- 3 cups whole raw almonds
- 1 tablespoon ground cinnamon
- ¼ teaspoon grated nutmeg
- Pinch of salt

Directions

1. Preheat oven to 250° F.
2. In a large mixing bowl, whisk egg white and water until frothy. Add almonds and stir to coat all almonds.
3. Mix cinnamon, nutmeg and salt and toss with almonds until well coated.
4. Spread on a baking sheet lined with parchment paper or foil sprayed with cooking spray. Bake for 1 hour, stirring every 15 minutes.
5. Let cool completely before storing in an airtight container.

Yield: 12 servings

Serving Size: ¼ cup

Variations/Tips: For a savory snack, toss 3 cups whole raw almonds with 2 tablespoons olive oil, 1 teaspoon salt and 1 teaspoon dried (*or 1 tablespoon fresh*) rosemary until almonds are well coated. Spread into a single layer on a large baking sheet. Roast at 350° F for 10 minutes. Stir, then continue roasting for another 10 minutes. Experiment with different spices and different nut combinations for a tasty and healthy snack!

Skillet version: Toast 2 cups almonds in dry skillet over medium heat, stirring frequently, until fragrant, about 3 minutes. Transfer almonds to a bowl. In a small bowl, stir together 1 teaspoon cumin, ¼ teaspoon garlic powder, ¼ teaspoon cayenne pepper and ½ teaspoon salt. Heat 2 teaspoons olive oil in skillet over medium heat. Stir spices into the oil; cook, stirring until warm, about 30 seconds. Add the almonds and cook, stirring frequently, until the nuts are warm and the spices are evenly distributed. Add ¼ teaspoon hot pepper sauce, if desired; stir to distribute. Remove almonds from pan and cool before serving. (*Foodnetwork.com*)

Source: RachelCooks.com

Nutritional Info (per serving): 210 calories; 18g total fat (1g saturated fat); 8g carbohydrates; 5g fiber; 53mg sodium; 8g protein



CRANBERRY ORANGE MUFFINS

DESSERTS & SNACKS

Ingredients

1 cup whole-wheat flour
1 cup all-purpose flour
½ cup sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup fresh or frozen cranberries, chopped
1 egg
1 teaspoon grated orange zest
¾ cup orange juice (*about 2 large oranges*)
¼ cup unsweetened applesauce
Cooking spray

Directions

1. Preheat oven to 350° F.
2. In a large bowl, combine flours, sugar, baking powder, baking soda, and salt.
3. Stir in cranberries.
4. In a small bowl, beat egg, orange zest, orange juice and applesauce.
5. Add wet mixture to dry ingredients; stir to combine until just moistened. Do not overmix.
6. Spray muffin tin with cooking spray (*or insert muffin liners*) and spoon mixture into tins until ¾ full.
7. Bake for 20 minutes or until lightly browned.

Yield: 12 muffins

Variations/Tips: Use ¼ cup canola oil or ¼ cup melted coconut oil in place of the applesauce. If you don't have whole-wheat flour, use 2 cups all-purpose flour. Freeze any leftovers and heat in microwave for a breakfast treat.

Source: JoyfulHealthyEats.com

Nutritional Info (per serving): 123 calories; 1g total fat (0g saturated fat); 27g carbohydrates; 2g fiber; 156mg sodium; 3g protein



OATMEAL COOKIE ENERGY BITES

DESSERTS & SNACKS

Ingredients

2½ cups rolled oats
8 pitted dates finely diced (*about 1 cup loosely packed*)
1 cup creamy peanut butter
¼ cup honey (*or pure maple syrup*)
1 teaspoon vanilla extract
¼ teaspoon sea salt
1 teaspoon ground cinnamon
½ cup mini semi-sweet chocolate chips
¾ cup raisins or dried cranberries (*optional*)

Directions

1. Combine the oats, dates, peanut butter, honey (*or maple syrup*), vanilla, sea salt and cinnamon in a large bowl. With a hand mixer, blend until completely combined. (*If you don't have a hand mixer, use a large spatula or mix with your hands.*)
2. Roll mixture into large ball to make sure it sticks together. If necessary, add more peanut butter a tablespoon at a time until you reach desired consistency.
3. Once it comes together, add the chocolate chips (*and raisins or cranberries if using*) and mix well with your hands. Roll into balls. You can also press the mixture into an 8" x 8" or 9" x 9" square pan lightly sprayed with cooking spray or lined with foil that extends over the edge of the pan. Chill the bars before cutting.
4. Store balls or bars in the refrigerator for one week or in the freezer for up to one month.

Yield: 20 balls or bars

Variations/Tips: Use your favorite peanut butter from a jar or freshly ground peanut butter. You can use almond butter instead of peanut butter. Instead of the mini-chips, chop a chocolate bar or larger chocolate chips into small chunks.

Source: Adapted from What Molly Made

Nutritional Info (per serving): 170 calories; 8g total fat (2g saturated fat); 22g carbohydrates; 2g fiber; 79mg sodium; 4g protein



CRANBERRY PUMPKIN COOKIES

DESSERTS & SNACKS

HLC
STAFF
FAVORITE

Ingredients

1 cup brown sugar
1¼ cups rolled oats (*old-fashioned oats*)
2 cups whole wheat flour
1½ teaspoons baking soda
½ teaspoon baking powder
½ teaspoon salt
1 teaspoon pumpkin pie spice (*heaping*)
6 tablespoons applesauce
6 tablespoons pumpkin purée
2 egg whites
¾ teaspoon vanilla extract
½ cup dried cranberries

Directions

1. Preheat the oven to 350°F.
2. Place sugar, oats, flour, baking soda, baking powder, salt and pumpkin pie spice in a large bowl and mix until combined.
3. Add remaining ingredients and mix well.
4. Roll the cookies into 36 golf ball-sized balls with cooking oil-sprayed hands.
5. Place on cookie sheet(s) about 2 inches apart, giving them room to spread slightly.
6. Flatten cookies with the palm of your hand or with the bottom of a glass sprayed with cooking spray.
7. Bake about 8 minutes for moist cookies and 10-12 minutes for dry cookies.
8. Store in plastic containers between layers of waxed paper.

Yield: 36 cookies

Variations/Tips: Can use raisins instead of dried cranberries. Cookies freeze well and helps with portion control!

Source: Adapted from MyRecipes.com

Nutritional Info (per serving): 67 calories; 0g total fat (0g saturated fat); 15g carbohydrates; 1g fiber; 9mg sodium; 1g protein



ZUCCHINI CHOCOLATE BROWNIES

DESSERTS & SNACKS

Ingredients

2 eggs
1½ teaspoons vanilla extract
¾ cup granulated sugar
¼ cup unsweetened applesauce
1 cup whole wheat flour
½ cup unsweetened cocoa powder (*like Hershey's*)
1½ teaspoons baking soda
¼ teaspoon salt
2 cups grated zucchini
1 cup semi-sweet or bittersweet chocolate chips (*chopped if desired*)

Directions

1. Preheat the oven to 350° F. Line a 9" x 9" pan with parchment paper or spray with baking spray.
2. In a large bowl, mix together the eggs, vanilla, sugar and applesauce.
3. In a separate medium bowl, mix together the flour, cocoa powder (*sifted if it's lumpy!*), baking soda and salt. Make sure there are no clumps before going on to the next step.
4. Add the dry mix to the wet; gently stir until combined. Be sure not to over mix!
5. Fold in the zucchini and 1 cup chocolate chips.
6. Pour the batter into the pan and even the surface with a spatula or knife.
7. Bake for 30 to 35 minutes or until a toothpick inserted in the middle doesn't come out gooey. It might still be sticky, but should not have raw batter on it.
8. Store in an airtight container for up to 2 days at room temperature or up to one week in the refrigerator. (*We recommend storing them in the refrigerator right from the beginning due to their high moisture content.*)

Yield: 16 brownies

Variations/Tips: Add 1/2 cup toasted walnuts or pecans if desired.

Nutritional Info (per serving): 133 calories; 4g total fat (2g saturated fat); 24g carbohydrates; 3g fiber; 168mg sodium; 3g protein

4-INGREDIENT PEANUT BUTTER COOKIES

DESSERTS & SNACKS

Ingredients

1 cup natural creamy or chunky peanut butter
¾ cup sugar
1 large egg
¾ teaspoon vanilla extract

Directions

1. Preheat oven to 350° F.
2. In a large bowl mix beat peanut butter and sugar together.
3. Once combined, beat in egg and vanilla extract and mix just until fully incorporated.
4. Using a tablespoon or your hands, form dough into 20 equal-sized balls and place, at least 2 inches apart, on a baking sheet lightly sprayed with cooking spray.
5. Press lightly with the bottom of a glass to flatten. Use the tines of a fork to imprint a criss-cross shape on each cookie, then place in oven.
6. Bake for 8-10 minutes, or until lightly browned on the bottom, but not fully set. *(They will continue to set once out of the oven.)*
7. Remove from oven and let cool 15 minutes. Remove from cookie sheet to a cooling rack.

Yield:
20 cookies

Total Cost:
\$1.92

Cost per Serving:
\$0.10

Serving Size: 1 cookie

Variations/Tips: These cookies freeze well. Wrap them individually in waxed paper then place in a plastic freezer bag. Or stack them in layers separated by wax paper and seal them in a covered airtight container. Will freeze up to 3 months (if they last that long). Don't forget to label and date your containers!

Source: Adapted from PopSugar

Nutritional Info (per serving): 105 calories; 6.7g total fat (0.9g saturated fat); 9.7g carbohydrates; 0.8g fiber; 63mg sodium; 3.5g protein





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