

# WEST VIRGINIA

# Delights

for every season



healthy • family • friendly • fare

# Spring Recipes

## Appetizers

Apple Strawberry Salsa with Cinnamon Tortilla Chips.....	1
Greek Yogurt Peanut Butter Fruit Dip.....	2
Yummy Bean Dip.....	2
Southwest Corn and Bean Salsa.....	3

## Beverage

Mango Yogurt Smoothie .....	4
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## Breakfast

Mini Mushroom & Salsa Quiches .....	5
Peanut Butter Strawberry Wrap.....	6
Simple Yogurt Breakfast .....	6
Breakfast Blueberry-Oatmeal Cakes .....	7
Eggs and Canadian Bacon in Pita Pockets .....	8

## Main Dishes

Chicken Salad .....	9
Enchilada Chicken Recipe.....	9
Apricot Glazed Pork Tenderloin .....	10
Black Bean Burgers.....	11
Crab or Salmon Cakes .....	11
Spaghetti with Ramps.....	12
Vegetarian Lasagna.....	13
Herb Crusted Salmon Fillets.....	14
Veggie Wraps .....	15
Fish Tacos .....	16
Greek Wrap .....	17

## Sides

Fresh Broccoli Salad .....	18
Roasted Asparagus .....	19
Fried Potatoes with Ramps .....	19
Roasted Vegetable Bulgur Salad.....	20
Blueberry Fields Salad .....	21
Spinach with Garlic Vinaigrette .....	22
Strawberry Vinaigrette .....	22

## Desserts

Nicer than Rice Pudding.....	23
Apple Graham Delight .....	23
Lightened Up Key Lime Pie.....	24
Banana Chip Cake .....	25
Vanilla Berry Parfaits .....	25
Mixed Berry Cobbler.....	26
Strawberry Waffle Sandwiches.....	27

# Apple Strawberry Salsa with Cinnamon Tortilla Chips

*Yields: 8 servings  
Prep Time: 10 min  
Cook Time: 10 min*

*From: <http://sparkpeople.com>*

## **Salsa:**

- 2 medium apples (Fuji or Gala preferred),  
chopped and peeled
- 1 cup sliced fresh strawberries
- 2 medium kiwi fruit, peeled and chopped
- 2 small orange, peeled and chopped
- ¼ cup diced fresh pineapple
- 1 Tbsp Splenda (or to taste)
- 2 Tbsp sugar-free strawberry or apricot jam

## **Tortillas:**

- 8 whole wheat tortillas
- 2 Tbsp melted light butter or buttery spread
- 2 Tbsp honey
- 2 tsp cinnamon
- Pam buttery spray (optional)

Mix the fruits together with the Splenda and blend in food processor or chopper until consistency of salsa. Add the sugar free jam and mix. Chill.

Preheat oven to 375 degrees.

Mix the butter, honey, and cinnamon together.

Spray the tortillas with Pam spray if desired, and spread the buttery mixture on each tortilla and stack in 4's. Cut both stacks into 8 sections each.

Place carefully on cookie sheets which have been greased or sprayed with Pam spray.

Bake for 8-10 minutes or just until slightly crispy. Watch very carefully so they don't get too crisp. Cool slightly before serving with the chilled salsa.

## **Nutrition Information Per Serving**

Calories .....	204
Fat .....	4.8 g
Carbohydrate. ....	41.3 g
Fiber .....	6.3 g
Protein .....	4.5 g
Sodium .....	424 mg

# Greek Yogurt Peanut Butter Fruit Dip

*Yields: 6 servings  
Prep Time: 5 min  
Cook Time: 0 min*

*From: Family Fresh Meals*

- 6 oz plain Greek yogurt (use non-fat for less calories and fat per serving)
- 1 Tbsp honey
- 1 Tbsp creamy peanut butter
- 1 tsp vanilla extract
- ¼ tsp ground cinnamon

Mix all ingredients together and enjoy with fresh fruit.

## Nutrition Information

Calories ..... 61  
Fat ..... 4 g  
Carbohydrate..... 5 g  
Fiber ..... 6.3 g  
Protein ..... 2 g  
Sodium ..... 29 mg

*Yields: 1 serving  
Prep Time: 5 min  
Cook Time: 0 min*

# Yummy Bean Dip

*From: WVU Extension Service, Gloria F. Wagner, MS LD and Julie Matthews, NOI*

## Nutrition Information

Calories ..... 90  
Fat ..... 0 g  
Carbohydrate.... 15 g  
Fiber ..... 5 g  
Protein ..... 6 g  
Sodium ..... 125 mg

- 1/3 cup cooked beans
- 1 tsp plain nonfat yogurt
- 1 Tbsp salsa

(May also substitute fat free refried beans for the cooked, whole beans – sodium content will increase to 356mg)

Place beans in small zip bag. Squeeze out any excess air.

Mash beans with fingers. After beans are smashed, add yogurt and salsa.

Seal zip bag and mix with fingers.

Open and enjoy your dip with corn chips. Serve with baked tortilla chips or fresh vegetables.

# Southwest Corn and Bean Salsa

From: TRY-FOODS International

- 1 (15 oz) can Great Value black beans, rinsed and drained
- 1 (8¾ oz) can whole kernel golden sweet corn, drained
- ½ cup sliced green onions
- 1 (4-oz) can diced green chile peppers, drained
- 2 tbsp. lime juice
- 2 tbsp. olive oil
- 1 tbsp. chopped fresh cilantro
- ¼ tsp. garlic salt
- ⅛ tsp. ground red pepper or cayenne

In medium bowl stir together beans, corn, onions, chile peppers, lime juice, red or cayenne pepper, olive oil, cilantro and garlic salt.

Cover and chill for 1 to 2 hours. Serve cold over fish, in tacos, or with tortilla chips.

Yields: 28  
(2 Tbsp) servings  
Prep Time: 10 min  
Cook Time: 0 min

## Nutrition Information

Calories .....	22
Fat .....	1 g
Carbohydrate.....	3 g
Fiber .....	1 g
Protein .....	11 g
Sodium .....	52 mg

# Mango Yogurt Smoothie

*From: 3-A-Day of Dairy*

- 4-7 ice cubes
- 1 cup plain fat free yogurt
- $\frac{3}{4}$  cup canned mango slices, drained (or use fresh/frozen)
- 1 tsp sugar substitute if desired

Place ice in bottom of a blender. Add yogurt, mango, sugar sub (if desired). Blend ingredients until smooth.

Pour into a glass and garnish with mango slices if desired. Serve immediately.

*Yields: 1 serving  
Prep Time: 10 min  
Cook Time: 0 min*

## **Nutrition Information**

Calories ..... 180  
Fat ..... 0 g  
Carbohydrate..... 40 g  
Fiber ..... 2 g  
Protein ..... 11 g  
Sodium ..... 140 mg

*Yields: 1 dozen mini quiches*

*Prep Time: 30 min*

*Cook Time: 30 min*

**Nutrition Information**

Calories .....90  
Fat .....5 g  
Carbohydrate.....3 g  
Fiber .....0 g  
Protein .....9 g  
Sodium .....217 mg

# Mini Mushroom & Sausage Quiche

*From: EatingWell ([http://www.eatingwell.com/recipes/mini\\_mushroom\\_sausage\\_quiches.html](http://www.eatingwell.com/recipes/mini_mushroom_sausage_quiches.html))*

- 8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces
- 1 teaspoon extra-virgin olive oil
- 8 ounces mushrooms, sliced
- ¼ cup sliced scallions
- ¼ cup shredded Swiss cheese
- 1 teaspoon freshly ground pepper
- 5 eggs
- 3 egg whites
- 1 cup 1% milk

Position rack in center of oven; preheat to 325 degrees F. Coat a nonstick muffin tin generously with cooking spray (see Tip).

Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6-8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5-7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.

Whisk eggs, egg whites, and milk in a medium bowl. Divide the egg moisture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.

Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

***Make ahead tip:*** *Individually wrap in plastic and refrigerate for up to 3 days, or freeze for up to a month. To reheat, remove plastic, wrap in a paper towel, and microwave on high for 30-60 seconds.*



# Peanut Butter- Strawberry Wrap

*Yields: 1 serving  
Prep Time: 5 min  
Cook Time: 0 min*

*From: Flat Belly Diet Family Cookbook*

- 1 whole wheat tortilla (8")
- 2 Tbsp natural unsalted crunchy peanut butter
- ½ cup sliced strawberries

Lay the tortilla on a work surface. Spread with the peanut butter.

Cover with the strawberries. Roll into a tube. Slice on the diagonal into the desired number of pieces.

## **Nutrition Information**

Calories .....332  
Fat .....19 g  
Carbohydrate.....31 g  
Fiber .....7 g  
Protein .....10 g  
Sodium .....230 mg

*Yields: 1 serving  
Prep Time: 10 min  
Cook Time: 0 min*

# Simple Yogurt Breakfast

*From: Cathy Shaw, RD, LD*

## **Nutrition Information**

Calories ..... 298  
Fat ..... 10 g  
Carbohydrate..... 30 g  
Fiber ..... 6.7 g  
Protein ..... 24 g  
Sodium ..... 105 mg

- 1 cup plain Greek yogurt
- ½ cup fresh or frozen (thawed) berries (blueberries, raspberries, strawberries, etc.)
- 2 tbsp. chopped walnuts
- 1 tsp honey (may also use alternative sweeteners if desired—Truvia, Splenda, etc.)

Place Greek yogurt in a cereal bowl. Top with remaining ingredients and enjoy! Can be made the night before and refrigerated in a to-go container.



*Yields: 6 servings  
Prep Time: 15 min  
Cook Time: 30 min*

# Breakfast Blueberry-Oatmeal Cakes

## Nutrition Information

Calories ..... 264  
Fat ..... 9 g  
Carbohydrate..... 41 g  
Fiber ..... 4 g  
Protein ..... 7 g  
Sodium ..... 219 mg

From: EatingWell ([http://www.eatingwell.com/recipes/breakfast\\_blueberry\\_oatmeal\\_cakes.html](http://www.eatingwell.com/recipes/breakfast_blueberry_oatmeal_cakes.html))

- 2½ cups old fashioned rolled oats
- 1½ cups low-fat milk
- 1 large egg, lightly beaten
- ⅓ cup pure maple syrup
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup blueberries, fresh or frozen

\*\*\*Make ahead tip: Wrap airtight and refrigerate for up to 2 days or freeze for up to 3 months.

Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed **at least 8 hours and up to 12 hours.**

Preheat oven to 275 degrees F. Coat a 12-cup nonstick muffin tin with cooking spray.

Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder, and salt into the soaked oats until well combined. Divide the moisture among the muffin cups (about 1/4 cup each). Top each with 1 tablespoon blueberries.

Bake the oatmeal cakes until they spring back when touched, 25 to 30 minutes. Let cool in the pan for 10 minutes. Loosen and remove with a paring knife. Serve warm.

# Eggs and Canadian Bacon in Pita Pockets

*From: Better Homes and Gardens*

- 1 egg
- 2 egg whites
- 1½ ounces Canadian-style bacon, finely chopped
- 4½ teaspoons water
- 1 tablespoon chopped fresh chives (optional)
- Dash salt
- Nonstick cooking spray
- 1 large pita bread round
- ¼ cup shredded cheddar cheese

In a small bowl beat together egg, egg whites, Canadian bacon, water, chives (if desired), and salt.

Lightly coat a medium nonstick skillet with cooking spray. Heat over medium heat. Add egg mixture to skillet. Cook, without stirring, until mixture begins to set on the bottom and around edge. Using a spatula or a large spoon, lift and fold the partially cooked eggs so the uncooked portion flows underneath. Continue cooking about 2 minutes or until eggs are cooked through but are still glossy and moist. Remove from heat.

Cut pita bread in half crosswise. Fill pita halves with egg mixture. Sprinkle with cheese. Makes 2 servings.

*Yields: 2 servings  
Prep Time: 10 min  
Cook Time: 0 min*

## **Nutrition Information**

Calories .....	233
Fat .....	9 g
Carbohydrate.....	18 g
Fiber .....	1 g
Protein .....	18 g
Sodium .....	734 mg

# Chicken Salad

From: WVU Extension

*Yields: 6 servings  
Prep Time: 15 min  
Cook Time: 0 min*

- 1½ cups cooked chicken, diced and drained
- 1 green pepper chopped
- ½ cup onion chopped
- 1 cup celery, diced
- 1-2 carrots grated or chopped
- ¾ cup light mayonnaise
- 20 red seedless grapes
- ½ cup chopped apple

## Nutrition Information

Calories .....201  
Fat ..... 11 g  
Carbohydrate.....15 g  
Fiber .....1.4 g  
Protein ..... 11 g  
Sodium .....225 mg

Mix all ingredients together and chill before serving. Great alone or in a whole wheat pita or wrap.

*Yields: 4 servings  
Prep Time: 15 min  
Cook Time: 20 min*

# Enchilada Chicken

*From: Originally published as Enchilada Chicken  
in Healthy Cooking April/May 2012, p56*

## Nutrition Information

Calories ..... 265  
Fat ..... 11 g  
Carbohydrate.....2 g  
Fiber .....trace g  
Protein ..... 38 g  
Sodium ..... 252 mg

- 4 boneless skinless chicken breast halves (6 oz each)
- 2 teaspoons salt-free Southwest chipotle seasoning blend (or any Mexican seasoning blend you like)
- 1 tablespoon olive oil
- ¼ cup enchilada sauce
- ½ cup shredded sharp cheddar cheese
- 2 tablespoons minced fresh cilantro

Sprinkle chicken with seasoning blend. In an ovenproof skillet, brown chicken in oil. Top with enchilada sauce, cheese, and cilantro. Bake at 350 degrees F for 18-20 minutes or until a thermometer reads 170 degrees F.

# Apricot Glazed Pork Tenderloin

From: Cathy Shaw, RD, LD

- 1¼ pound roast
- 1 Tbsp olive oil
- ¼ tsp salt
- ¼ tsp pepper
- ⅓ cup apricot preserves
- 2 Tbsp honey mustard

Brush pork roast with olive oil. Season with salt and pepper. Place on an aluminum foil lined broiler pan. Broil 5½" from heat for 10 minutes or until browned, turning once.

Combine preserves and honey mustard; spread over pork. Continue to broil 10 more minutes, turning once, or until meat thermometer inserted in the center of the meat registers 155 degrees. Cover pork with aluminum foil, and let stand 5 minutes before slicing.

*If you prefer to use pork loin chops:*

Choose 5 boneless pork loin chops (about 4 oz each, ¾" thick)

Brush pork with olive oil; season with salt and pepper. Place on an aluminum foil lined broiler pan. Broil 5½" from heat for 6-7 minutes each side or until desired doneness (make sure it's cooked, through!!). While pork chops are cooking, in a small sauce pan mix together apricot preserves and honey mustard and heat slowly until "syrupy". Once the pork is done, plate pork and drizzle warm apricot glaze over each piece. Enjoy!

Yields: 5 servings  
Prep Time: 10 min  
Cook Time: 15 min

## Nutrition Information

Calories .....	290
Fat .....	9.85 g
Carbohydrate .....	12.75 g
Fiber .....	trace g
Protein .....	35 g
Sodium .....	191 mg

# Black Bean Burgers

From: Brooke Nissim-Sabat, MS, RD, LD

- 1 medium onion
- 2 cloves garlic
- 2 tablespoons olive oil
- 2 cups cooked black beans, drained (mash some and leave some whole)
- ½ jalapeno pepper, minced
- 1 egg
- ½ cup breadcrumbs
- 1 small sweet potato, grated
- ½ teaspoon cumin
- ½ teaspoon chili powder
- Sour cream, cilantro, and lime for garnish

Sauté onion and garlic in olive oil. Combine the remaining ingredients in a large bowl until well mixed. Shape into patties and broil until brown on both sides. Serve with sour cream, cilantro, and lime.

*Yields: 6 servings  
(6 burgers)  
Prep Time: 10 min  
Cook Time: 10 min*

## Nutrition Information

Calories ..... 169  
Fat ..... 6 g  
Carbohydrate..... 23 g  
Fiber ..... 6 g  
Protein ..... 7 g  
Sodium ..... 52 mg

*Yields: 8 servings  
Prep Time: 10 min  
Cook Time: 15 min*

# Crab or Salmon Cakes

From: Cathy Shaw, RD, LD

## Nutrition Information

Calories ..... 187  
Fat ..... 10 g  
Carbohydrate..... 9 g  
Fiber ..... 1 g  
Protein ..... 14 g  
Sodium ..... 384 mg

- 1 lb back fin blue crab (may use canned lump or claw meat, or boneless canned salmon, drained)
- 1 egg
- 2 Tbsp light mayonnaise
- 1 Tbsp mustard
- 1 tsp Old Bay seafood seasoning
- 1 tsp Worcestershire sauce
- ½ tsp lemon juice
- ¾ cup plain bread crumbs
- 1 Tbsp canola oil

Combine all ingredients except canola oil. Mix together by hand and form 8 patties. Heat oil in a skillet over medium heat. Cook patties in oil about 5-6 minutes on each side until browned and cooked through.

# Spaghetti with Ramps

From: Chef Mario Batali, courtesy of Martha Stewart  
(<http://www.marthastewart.com/328111/spaghetti-with-ramps?czone=food/produce-guide-cnt/spring-produce-recipes&gallery=974116&slide=328111&center=276955>)

- Coarse salt
- 1 lb dry spaghetti or linguini
  - 2 Tbsp extra virgin olive oil, plus a little more for drizzling
  - 8 oz fresh ramps, white roots ends and green leafy tops separated
  - 1-2 Tbsp crushed red pepper flakes
  - 2 Tbsp dry bread crumbs

Bring 6 quarts of water to a boil in a large saucepan over high heat. Add 2 Tbsp salt (optional) and return to a boil. Add spaghetti and cook according to package directions, until tender but still al dente. Heat olive oil in a 12-14" skillet over medium high heat. Add root ends from ramps to pan and cook, stirring, until tender. Season with red pepper flakes and salt. Add leafy greens from ramps and cook, stirring, until wilted.

Drain pasta and add to skillet. Toss gently to coat pasta with sauce. Divide pasta evenly between warm plates. Drizzle with a little olive oil and sprinkle with bread crumbs. Serve immediately.

Yields: 6 servings  
Prep Time: 15 min  
Cook Time:  
15-20 min

## Nutrition Information

Calories .....	332
Fat .....	11.3 g
Carbohydrate.....	49 g
Fiber .....	1.2 g
Protein .....	9.4 g
Sodium .....	819 mg

*Yields: 8 servings  
Prep Time: 10 min  
Cook Time: 70 min*

# Vegetarian Lasagna

*From: Joan Starlipper, MS, RDN, LD*

## Nutrition Information

Calories .....320  
Fat ..... 13 g  
Carbohydrate.....31 g  
Fiber .....4 g  
Protein .....9.4 g  
Sodium ..... 58 mg

- 8 lasagna noodles
- 10 oz package frozen chopped spinach
- 15 oz can no-salt-added tomato sauce
- 14½ oz can diced tomatoes
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup chopped green or red sweet pepper
- 1½ teaspoons dried basil or oregano, crushed
- ¼ cup olive oil
- ½ teaspoon salt
- 2 bay leaves
- 2 cloves garlic, minced
- 1 beaten egg
- 2 cups fat-free ricotta cheese
- ¼ cup grated parmesan cheese
- ½ teaspoon black pepper
- 1 cup shredded part-skim mozzarella cheese (4 oz)

Cook noodles and spinach separately according to package directions; drain well. Set aside.

**For sauce:** In a large saucepan, stir together tomato sauce, un-drained diced tomatoes, celery, onion, sweet pepper, olive oil, basil, or oregano, bay leaves, salt, and garlic.

Bring sauce to boil; reduce heat. Simmer, uncovered, for 20-25 minutes or until sauce is thick, stirring occasionally. Discard bay leaves.

Meanwhile, for filling: stir egg, ricotta cheese, Parmesan cheese, and black pepper together in a bowl. Stir in spinach.

Spread about 1/3 cup of the sauce in a 13x9x2 inch baking dish. Top with half the noodles, half of the filling, and half of the remaining sauce. Repeat layers, ending with the sauce.

Bake, uncovered, in 350 degree oven for 25-30 minutes.

Sprinkle with mozzarella cheese. Bake about 5 minutes more until heated through. Let stand 10 minutes before serving.



# Herb Crusted Salmon Fillets

*Yields: 4 servings  
Prep Time: 10 min  
Cook Time: 15 min*

*From: SparkPeople ([http://recipes.sparkpeople.com/recipe\\_details.asp?nutrition\\_id=11624926](http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=11624926))*

- 4 small Atlantic Salmon portions (4 oz each)
- 1 cup Wholegrain Breadcrumbs
- 1 Tbsp chives, roughly chopped
- 1 Tbsp parsley, roughly chopped
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp lemon peel, grated
- ¼ cup lemon juice

NOTE: you can vary the herb blend, or sprinkle with low sodium soy and add ginger, etc. for an Asian taste.

Pre-heat oven to 400 degrees F.

Season salmon fillets lightly on both sides with salt and pepper. Place skin side down on an oven tray lined with baking paper.

Process all ingredients, except the lemon juice, in a food processor until combined and chopped.

Sprinkle the salmon portions with lemon juice and put the breadcrumb mixture on top of the salmon fillets, pressing down on top.

Spray lightly with canola spray, and cook for 10-15 minutes until just cooked through.

## **Nutrition Information**

Calories .....259.5  
Fat .....14.4 g  
Carbohydrate.....7.2 g  
Fiber .....1.1 g  
Protein .....24.6 g  
Sodium .....200 mg

*Yields: 4 servings  
Prep Time: 10 min  
Cook Time: 0 min*

# Veggie Wraps

*From: the Dole 5-A-Day Cookbook*

## **Nutrition Information**

Calories .....200  
Fat .....6 g  
Carbohydrate.....30 g  
Fiber .....5 g  
Protein .....9 g  
Sodium .....256 mg

- 2 tsp olive oil
- ½ cup chopped onion
- ½ cup shredded carrots
- ½ cup chopped red or green bell pepper
- 1½ cup chopped summer squash (yellow or zucchini)
- 1 cup baby spinach leaves
- ¼ tsp ground black pepper
- 4 Tbsp Neufchatel cream cheese (or whipped cream cheese)
- 4 7" whole wheat tortillas

Heat oil in skillet over medium heat. Add onion, carrots, and bell pepper and cook for 3 minutes. Stir in the summer squash and cook another 3 minutes. Add spinach and season with pepper. Remove from heat and allow to cool before assembling the wraps.

Spread 1 Tbsp cream cheese on each tortilla. Add the veggies, roll tight, and cut each wrap in half.

# Fish Tacos

From: *Taste of Home Healthy Cooking*

Yields: 8 servings  
Prep Time: 10 min  
Cook Time: 15 min

- ¾ cup fat free sour cream
- 1 Tbsp fresh cilantro leaves
- 4 Tilapia filets (4 oz each)
- 1 egg white, beaten
- 1 Tbsp canola oil
- ½ tsp each: white pepper, cayenne pepper, and paprika
- 8 six inch tortillas
- 1 4-ounce can chopped green chiles
- 1 Tbsp lime juice
- ½ cup all-purpose flour
- ½ cup panko bread crumbs
- ½ tsp salt
- 1 large tomato, finely chopped

## Nutrition Information

Calories .....	196
Fat .....	3 g
Carbohydrate.....	26 g
Fiber .....	2 g
Protein .....	16 g
Sodium .....	303 mg

Place sour cream, cilantro, chiles, and lime juice in food processor; cover and process until blended, set aside.

Cut each Tilapia filet lengthwise into 2 portions. Place the flour, egg white, and bread crumbs in separate shallow bowls. Dip Tilapia in flour, then egg white, then crumbs.

In large skillet over medium heat, cook Tilapia in oil in batches for 4-5 minutes on each side or until fish flakes easily with a fork. Combine the seasonings and sprinkle over fish.

Place a portion of fish on each tortilla and top with 2 Tbsp of sour cream mixture. Sprinkle with tomato.

To boost veggie intake try adding leafy green lettuce, red pepper strips, or purple onion as well. You may also want to add salsa for extra flavor.

*Yields: 1 serving  
Prep Time: 10 min  
Cook Time: 0 min*

# Greek Wrap

*From: Cathy Shaw, RD, LD*

## **Nutrition Information**

Calories .....269  
Fat ..... 11 g  
Carbohydrate.....33 g  
Fiber .....2 g  
Protein ..... 17 g  
Sodium .....600 mg

- 1 whole grain wrap (tested with a Best Life Flat Out Light wrap)
- 4 tbsp. roasted garlic hummus (tested with Cedar's which is lower in sodium)
- 2 leaves of romaine lettuce or 1/2-1 cup baby spinach leaves
- ¼ cup sliced fresh onion, red bell pepper, and diced cucumber or zucchini
- 2 Tbsp crumbled, reduced fat feta cheese

Spread hummus on wrap. Top with lettuce/spinach. Add vegetables and feta. Roll wrap up like a burrito. Wrap in foil to take in a cold lunch cooler.

# Fresh Broccoli Salad

*From: Taste of Home Healthy Cooking*

*Yields: 8 servings  
Prep Time: 20 min  
Cook Time: 0 min*

- 6 cups fresh broccoli florets
- 1 can (8 oz) sliced water chestnuts, drained
- 1/2 cup dried cranberries
- 1/4 cup chopped red onion
- 3/4 cup reduced fat mayo
- 3/4 cup fat free plain yogurt (may use fat free Greek yogurt if you like)
- 1 1/2 tsp sugar (may substitute Splenda)
- 1 1/2 tsp cider vinegar
- 1 1/2 tsp Dijon mustard
- 1/4 tsp salt
- 1/8 tsp pepper
- 1/4 cup slivered almonds, toasted

In a large bowl, combine broccoli, water chestnuts, cranberries, and onion.

In a small bowl, whisk the mayo, yogurt, sugar, or Splenda, vinegar, mustard, salt, and pepper. Pour over salad; toss to coat. Just before serving, sprinkle with almonds.

## **Nutrition Information**

Calories ..... 144  
Fat ..... 8 g  
Carbohydrate..... 16 g  
Fiber ..... 3 g  
Protein ..... 3 g  
Sodium ..... 272 mg

# Roasted Asparagus

From: Cathy Shaw, RD, LD

Yields: 4 servings  
Prep Time: 10 min  
Cook Time: 15 min

- 1 bunch medium fresh asparagus (20 spears)
- 1 tbsp. extra virgin olive oil
- Garlic salt
- Fresh ground pepper

Preheat oven to 400 degrees F. Wash and trim asparagus. Arrange asparagus in a single layer on a foil lined baking sheet.

Drizzle with olive oil. Add garlic salt and fresh ground pepper to taste. Toss to coat.

Roast in oven at 400 degrees F for 12-15 minutes — you may want to toss around with tongs half way through cooking.

## Nutrition Information

Calories ..... 50  
Fat ..... 3.6 g  
Carbohydrate..... 4 g  
Fiber ..... 1.8 g  
Protein ..... 1.9 g  
Sodium ..... 125.2 mg

Yields: 6 servings  
Prep Time: 10 min  
Cook Time: 10 min

# Fried Potatoes with Ramps

From: Adapted from the original recipe from the Kitchen at Stonewall Resort, Roanoke, WV

## Nutrition Information

Calories ..... 230  
Fat ..... 9.6 g  
Carbohydrate..... 31 g  
Fiber ..... 4.7 g  
Protein ..... 6 g  
Sodium ..... 56 mg

- 4 cups ramps, cleaned and sliced into 1 inch pieces
- 3 Tbsp olive oil or canola oil
- 4 medium potatoes, sliced (may peel if desired)
- 3 large eggs
- Salt and pepper

Heat oil in a large skillet; add sliced ramps and potatoes. Season with salt and pepper to taste. Fry until tender.

Break the eggs over the ramps and potatoes and stir to mix well. Fry for about 2 minutes or until eggs are cooked on bottom.

Turn and fry the other side for 2-4 minutes longer, until eggs are cooked.

# Roasted Vegetable Bulgur Salad

*Yields: 6 servings  
Prep Time: 10 min  
Cook Time: 30 min*

*From: Brooke Nissim-Sabat, RD, LD*

Your choice of vegetables: 2 carrots, 1 red bell pepper, 1 red onion, 4 beets, 1 sweet potato, etc.

- 1 cup boiling water
- 1 cup dry bulgur
- 2 tablespoons oil
- Juice and a little zest of one lemon

- ½ cup feta cheese
- Salt, dried oregano, thyme, and black pepper (optional—season to taste)
- Handful of walnuts (optional)

Preheat oven to 400 degrees F. Chop vegetables into the size that you would like to eat. Heat water to boiling and add bulgur, salt, and lemon zest.

Turn off heat below water and let sit, covered, while you prepare the rest of the dish

Arrange veggies on a baking sheet. Drizzle with oil, herbs, and spices. Roast for 30 minutes.

Once the bulgur has absorbed the water, add the lemon juice. When vegetables are tender and still hot, toss with the bulgur, walnuts, and crumbled feta in a large bowl.

## **Nutrition Information**

Calories .....	221
Fat .....	8 g
Carbohydrate.....	33 g
Fiber .....	8 g
Protein .....	8 g
Sodium .....	3 mg



# Blueberry Fields Salad

*From: Adapted from Southern Living magazine*

## Dressing:

- 1/2 cup balsamic vinegar
- 1/3 cup blueberry preserves
- 1/3 cup olive oil

## Salad:

- 1 cup chopped walnuts
- 2 5.5oz packages spring mix
- 2 cups fresh blueberries
- 1 small red onion, halved and sliced
- 1 cup crumbled feta cheese

If desired, toast walnuts in a small skillet over med-high heat, stirring constantly for about 5 minutes until fragrant.

Whisk together vinegar and next 2 ingredients in a small bowl and salt and pepper to taste. Combine walnuts, spring mix, and next 3 ingredients in a large bowl. Serve with the vinaigrette.

*Yields: 10 servings  
Prep Time: 20 min  
Cook Time: 0 min*

## Nutrition Information

Calories .....	230
Fat .....	18 g
Carbohydrate.....	15 g
Fiber .....	2 g
Protein .....	5 g
Sodium .....	185 mg

# Spinach with Garlic Vinaigrette

*Yields: 4 servings  
(1¾ cups  
per serving)  
Prep Time: 20 min  
Cook Time: 0 min*

*From: SuperFast 20-minute cooking , Cooking Light*

- 1½ tablespoons extra-virgin olive oil
- 1 tablespoon white wine vinegar
- ½ teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon salt
- 2 garlic cloves, minced
- 6 cups baby spinach leaves  
(about 6 oz)
- ¼ cup vertically sliced red onion

Combine the first 6 ingredients in a large bowl, stirring well with a whisk.

Add 6 cups spinach and red onion; toss to coat.

## **Nutrition Information**

Calories .....66  
Fat .....5.1 g  
Carbohydrate...5.2 g  
Fiber .....1.9 g  
Protein .....1.1 g  
Sodium .....147 mg

*Yields: 20 servings  
(2 tbsps per serving)  
Prep Time: 20 min  
Cook Time: 0 min*

# Strawberry Vinaigrette

*From: Joan Starliper, MS, RDN, LD*

## **Nutrition Information**

Calories .....30  
Fat .....1.4 g  
Carbohydrate..54.6 g  
Fiber .....trace g  
Protein .....0 g  
Sodium .....1 mg

- 1 package (16 oz) frozen unsweetened strawberries, thawed
- 6 tablespoons lemon juice
- ¼ cup sugar
- 2 tablespoons cider vinegar
- 2 tablespoons olive oil
- ⅛ teaspoon poppy seeds

Place the strawberries in a blender; cover and process until smooth.

Add lemon juice and sugar. While processing, gradually add vinegar and oil in a steady stream process until thickened.

Stir in poppy seeds.

Transfer to a bowl or jar; cover and store in the refrigerator. Yields 2.5 cups.

# Nicer than Rice Pudding

From: Cathy Shaw, RD, LD

- 1 cup 1% low fat cottage cheese
- 1 tsp instant vanilla pudding mix
- 2 Tbsp skim milk
- 1 Tbsp raisins
- Pinch of cinnamon

If desired, can use sugar free pudding mix.

In a medium bowl, combine cottage cheese and pudding mix. Add milk and stir. Add raisins and cinnamon and stir again until all the ingredients are evenly combined. Cover and refrigerate for 15 minutes.

Yields: 1 serving  
Prep Time: 20 min  
Cook Time: 0 min

## Nutrition Information

Calories ..... 140  
Fat ..... 1 g  
Carbohydrate.... 18 g  
Fiber ..... 2 g  
Protein ..... 15 g  
Sodium ..... 523 mg

Yields: 2 servings  
Prep Time: 20 min  
Cook Time: 0 hour

# Apple Graham Delight

From: WVU Extension

## Nutrition Information

Calories ..... 177  
Fat ..... 1 g  
Carbohydrate... 37 g  
Fiber ..... 1.5 g  
Protein ..... 0.6 g  
Sodium ..... 97 mg

- 1 teaspoon cinnamon
- 1 teaspoon Splenda
- 12 oz unsweetened applesauce
- 6 graham crackers
- 8 oz fat free whipped topping

Mix cinnamon, Splenda, and applesauce. Place on graham cracker on a serving plate. Spread with 2 heaping tablespoons of applesauce. Repeat layers ending with applesauce. Spread whipped topping over top and sides. Refrigerator for 2 hours before slicing.

# Lightened Up Key Lime Pie

From: Shannon Sliter Satterwhite, MS, RD for Southern Living 2010

- 1 (14 oz) can fat-free sweetened condensed milk
- $\frac{3}{4}$  cup egg substitute (such as Egg Beaters)
- $\frac{1}{2}$  cup fresh Key Lime juice
- 2 tsp Key Lime zest
- 1 (6 oz) reduced fat, ready-made, graham cracker crust
- 1 (8 oz) container fat-free frozen whipped topping, thawed

\*\*\*Regular fresh lime juice and zest may be substituted. You can also try it with lemon—use fresh lemon juice and lemon zest.

## Instructions

Preheat oven to 350 degrees. Whisk together first 4 ingredients until well-blended. Pour mixture into pie crust; place pie on a baking sheet. Bake at 350 F for 17 minutes or until pie is set.

Remove pie from baking sheet to wire rack and let pie cool completely (about 1 hour).

Chill 3-4 hours.

Top with whipped topping just before serving.

Garnish with lime peel strips as desired.

Yields: 8 servings  
Prep Time: 20 min  
Cook Time: 4.5 hours

## Nutrition Information

Calories .....	300
Fat .....	4.3 g
Carbohydrate.....	55 g
Fiber .....	8 g
Protein .....	7.7 g
Sodium .....	194 mg

# Banana Chip Cake

From: Joan Starliper, MS, RDN, LD

- 1 pkg (8½ oz yellow cake mix)
- 1¼ cups water
- 3 eggs
- ½ cup unsweetened applesauce
- 1 medium banana, mashed
- 1 cup miniature semisweet chocolate chips
- ½ cup chopped walnuts

In a large bowl, combine the cake mix, water, eggs, and applesauce; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Stir in the bananas, chips, and walnuts.

Transfer to a 10-in fluted tube pan coated with cooking spray and sprinkled with flour. Bake at 350 for 40-50 minutes or until a toothpick inserted near the center comes out clean.

Cool for 10 minutes before removing from pan to a wire rack to cool completely.

*Yields: 16 servings*  
*Prep Time: 20 min*  
*Cook Time: 1 hour*

## Nutrition Information

Calories .....233  
Fat .....9 g  
Carbohydrate....38 g  
Fiber .....1 g  
Protein .....3 g  
Sodium .....225 mg

*Yields: 4 servings*  
*Prep Time: 15 min*  
*Cook Time: 0 min*

## Nutrition Information

Calories ..... 177  
Fat ..... 1.85 g  
Carbohydrate. 34.7 g  
Fiber ..... 1.5 g  
Protein ..... 6.8 g  
Sodium ..... 93 mg

# Vanilla Berry Parfaits

From: WVU Extension

- 2 (8 oz) containers low fat vanilla yogurt (or fat free)
- 1 (10 oz) package frozen mixed berries
- 1 tablespoon crushed graham crackers
- ⅛ teaspoon ground nutmeg

Cover bottom of 2 small glasses with a layer of yogurt. Cover layer with berries, repeat until both glasses are full, ending with a fruit layer. Sprinkle with graham crackers and nutmeg.

# Mixed Berry Cobbler

From: Joan Startiper, MS, RDN, LD

Yields: 6 servings  
Prep Time: 20 min  
Cook Time: 1 hour

- 2 cups granola
- ½ cup 1% low-fat milk
- 24 oz frozen mixed berries
- ¼ cup firmly packed brown sugar
- ¼ cup Splenda
- 2 tsp cornstarch
- 1 tsp ground cinnamon
- ½ tsp orange zest
- ¼ tsp nutmeg
- Vegetable cooking spray
- Plain or vanilla fat-free yogurt

Preheat oven to 350 degrees. Stir together granola and milk in a small bowl. Let stand 5 minutes.

Toss together berries, sugar, Splenda, cornstarch, cinnamon, orange zest, and nutmeg. Spoon mixture into a 8-inch square baking dish

Stir granola mixture, and spoon over berry mixture. Lightly coat with cooking spray.

Bake at 350 for 1 hour or until bubbly. Serve with yogurt.

## Nutrition Information

Calories .....	328
Fat .....	8.1 g
Carbohydrate.....	55 g
Fiber .....	8.6 g
Protein .....	8.8 g
Sodium .....	133 mg

# Strawberry Waffle Sandwiches

Yields: 4 servings  
Prep Time: 10 min  
Cook Time: 10 min

From: *Cooking Light* ([www.myrecipes.com/recipe/cream-cheese-waffle-sandwiches-50400000130022/](http://www.myrecipes.com/recipe/cream-cheese-waffle-sandwiches-50400000130022/))

- 1/3 cup of light cream cheese
- 2 tsp honey (optional)
- 8 slices of 100% whole grain sandwich bread
- 1 1/2 cup of sliced fresh strawberries
- 1/4 cup of low fat granola
- 1 Tbsp salted sunflower seed kernels
- Non-stick cooking spray

If desired, in a small bowl, cream together cream cheese and honey (can simply use plain cream cheese to reduce added sugar).

Spread one side of bread slices with cream cheese.

Top 4 of the bread slices with strawberries, granola, and sunflower seed kernels.

Top with remaining 4 bread slices, spread side down.

Coat a waffle maker with cooking spray, if necessary.

Allow maker to heat according to manufacturer directions.

Cook sandwiches one at a time in the waffle maker about 2 minutes or until golden brown.

Use a fork to lift sandwich off the waffle maker. Cut into halves and serve.

## Nutrition Information

Calories .....	224
Fat .....	8 g
Carbohydrate.....	30 g
Fiber .....	6 g
Protein .....	10 g
Sodium .....	340 mg



# Summer Recipes

## Appetizers

Crisp Cucumber Salsa .....	28
Kiwifruit-Caribbean Salsa .....	28
Fiery Grilled Peach and Habanero Salsa .....	29
Roasted Kale Chips .....	30
Extra Easy Hummus .....	30
Easy Summer Salsa .....	31

## Breakfast

Banana Bread Oatmeal .....	32
Blueberry Flaxseed Muffins .....	33
Hot Tomato Grits .....	34

## Beverages

Peanut Butter Smoothie .....	34
------------------------------	----

## Main Dishes

Panko-Topped Fish with Easy Greek Salad .....	35
Island Chicken with Pineapple Salsa .....	36
Spaghetti with Kale, Lemon, and Garlic .....	37
Teriyaki Pineapple Turkey Burgers .....	38
Veggie Stuffed Bell Peppers .....	39
End-of-Summer Pasta .....	40
Slow Cooker Marinara Chicken and Vegetables .....	41
Hummus and Grilled Vegetable Wraps .....	42
Quick Fajitas with Pico de Gallo .....	43
Vegetable Pizza (Cold) .....	44
Fajita Pizza .....	45
Fresh Tomato and Corn Pizza .....	46

## Sides

Grilled Corn Salad .....	47
Strawberry-Melon-Spinach Salad .....	48
Couscous Black Bean Salad .....	49
Prosciutto Wrapped Asparagus .....	50
Balsamic Green Beans .....	50
Sensational Foil-Pack Vegetables .....	51
Summer Tomato, Onion & Cucumber Salad .....	52
Healthified Classic Potato Salad .....	53

## Desserts

Zucchini Brownies .....	54
Pineapple Pudding Cake .....	55
Chocolate Stuffed Banana .....	56
Fruit Pizza .....	57

# Crisp Cucumber Salsa

From: *Simple and Delicious Magazine*

Yields: 10 servings  
or 2½ cups  
Prep Time: 20 min

- 2 cups finely chopped, seeded, peeled cucumber
- ½ cup finely chopped, seeded tomato
- ¼ cup chopped red onion
- 2 Tbsp minced, fresh parsley
- 1 jalapeno pepper, seeded and chopped
- 4½ tsp minced, fresh cilantro
- 1 garlic clove, minced or pressed
- ¼ cup reduced-fat sour cream
- 1½ tsp lemon juice
- 1½ tsp lime juice
- ¼ tsp ground cumin
- ¼ tsp seasoned salt
- Tortilla chips

## Nutrition Information

Calories ..... 16  
Fat ..... 1.2 g  
Carbohydrate..... 1.1 g  
Fiber ..... trace  
Protein ..... 1 g  
Sodium ..... 50 mg

In a small bowl, combine the first seven ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin, and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.

Yields: 6 servings  
Prep Time: 30 min

# Kiwifruit-Caribbean Salsa

From: *Try-Foods International*

## Nutrition Information

Calories ..... 92  
Fat ..... 0 g  
Carbohydrate..... 23 g  
Fiber ..... 3 g  
Protein ..... 2 g  
Sodium ..... 4 mg

- 2 cups chopped, fresh, or canned pineapple
- 2 yellow or red bell peppers, seeded and chopped
- 3 kiwifruit, peeled and chopped
- 1 small red onion, finely chopped
- 1 cup chopped, peeled mango
- ¼ cup finely chopped, fresh cilantro
- 1 tsp chopped, seeded jalapeno pepper
- Juice of 1 lime

*Serving suggestion: serve with fish, grilled chicken, or baked tortilla chips.*

Combine pineapple, bell peppers, kiwi, onion, mango, cilantro, jalapeno, and lime juice. Cover and chill for 2 hours.

*Yields: 15 servings*  
*Prep Time: 30 min*

# Fiery Grilled Peach and Habanero Salsa

*From: Cooking Light, Aug 2009*

## Nutrition Information

Calories ..... 20  
Fat ..... 0 g  
Carbohydrate..... 5 g  
Fiber ..... 1 g  
Protein ..... 0 g  
Sodium ..... 78 mg

- 4 large peeled peaches, halved and pitted  
(about 1 lb)
- 2 (¼ inch thick) slices red onion
- Cooking spray
- 2 Tbsp chopped fresh cilantro
- 1 Tbsp lime juice
- 1 tsp sugar
- 1 tsp grated orange rind
- 1 tsp finely chopped and seeded habanero  
pepper
- ½ tsp salt

*Serving suggestion: Pair with grilled pork tenderloin, grilled fish, grilled chicken, or baked tortilla chips.*

Prepare grill or grill pan to medium high heat. Lightly coat peaches and onion with cooking spray. Grill peaches 2 minutes on each side.

Cool and chop peaches.

Grill onion 3 minutes on each side.

Cool and chop onion. Combine peaches, onion, cilantro, and remaining ingredients in a medium bowl; toss well.

Let stand 15 minutes.

# Roasted Kale Chips

From: *Nutrition Diva*  
([nutritiondiva.quickanddirtytips.com](http://nutritiondiva.quickanddirtytips.com))

- 3 cups kale
- 1 Tbsp vegetable oil
- Your choice of seasoning: Mrs. Dash, crushed red peppers, etc.

*Very important: Do not leave the kitchen! It only takes about 10 seconds to go from crisp, bright green kale chips to charred cinders, so keep a very close eye on things. (If your oven runs hot, set it for 325°)*

Wash raw kale and tear into bite size pieces. Discard any thick stems and ribs. Very important: dry kale thoroughly on paper towels before continuing.

Gently toss the torn kale with a tiny bit of vegetable oil or use a spray bottle. Spread kale in a single layer on a baking sheet and sprinkle lightly with seasonings.

Bake at 350° until crisp (5 to 10 minutes).

*Yields: 6 servings*  
*Prep Time: 10 min*  
*Cook Time: 10 min*

## Nutrition Information

Calories ..... 36  
Fat ..... 2 g  
Carbohydrate..... 3 g  
Fiber ..... 1 g  
Protein ..... 1 g  
Sodium ..... 14 mg

*Yields: 6 servings*  
*Prep Time: 15 min*  
*Cook Time: 2 hours*

# Extra Easy Hummus

From: *WVU Extension*

- 1 can (15.5 oz) Garbanzo beans/chickpeas, drained, reserving liquid
- 1 clove garlic, crushed
- 2 tsp ground cumin
- ½ tsp salt
- 1 Tbsp olive oil

In mixer or food processor, mix the beans until smooth. Add garlic, cumin, salt, and olive oil. Blend together.

Paste may be thick, so you can add reserved juice until the consistency is where you prefer. Serve with pretzels, pita chips or fresh vegetables.

## Nutrition Information

Calories ..... 110  
Fat ..... 3.2 g  
Carbohydrate..... 17 g  
Fiber ..... 3.3 g  
Protein ..... 3.8 g  
Sodium ..... 414 mg

*Yields: 16 servings*  
*Prep Time: 15 min*

# Easy Summer Salsa

*From: Weight Watchers Magazine, May-June 2005; adapted by HPC Kerry Gabbert*

## Nutrition Information

Calories ..... 62  
Fat ..... 0 g  
Carbohydrate..... 11 g  
Fiber ..... 4 g  
Protein ..... 3 g  
Sodium ..... 105 mg

- 2 cans black beans (reduced sodium),  
drained and rinsed
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 cup cherry or grape tomatoes, diced
- 1 peach, diced
- 2 Tbsp diced cilantro (can add more taste)
- 2½ Tbsp lime juice
- 1 Tbsp taco or fajita seasoning, reduced  
sodium variety
- Optional: 1 Tbsp diced red onion

Combine all ingredients in bowl, mix.  
Refrigerate. The flavors are better if the salsa  
marinates overnight.

# Banana Bread Oatmeal

Yields: 1 serving  
Prep Time: 5 min  
Cook Time: 5 min

From: SparkPeople ([recipes.sparkpeople.com/  
recipe\\_details.asp?nutrition\\_id=62740563](http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=62740563))

- ½ cup oats
- 1 cup 2% milk
- ½ teaspoon vanilla
- ¼ teaspoon cinnamon
- Dash of nutmeg
- 1 packet Truvia
- ½ banana, mashed

Cook oats as directed on the package using the milk instead of water.

When done cooking, mix in remaining ingredients and enjoy!

## Nutrition Information

Calories ..... 335  
Fat ..... 8.2 g  
Carbohydrate.. 56.1 g  
Fiber ..... 5.8 g  
Protein ..... 13.7 g  
Sodium ..... 101 mg

# Blueberry Flaxseed Muffins

Yields: 12 muffins  
Prep Time: 10 min  
Cook Time: 20 min

From: Brooke Nissim-Sabat, MS, RD, LD

- 1/2 cup oil
- 1/2 cup sugar
- 1/2 cup orange juice
- 1 egg, beaten
- 2 cups flour (try 1 cup white and 1 cup whole wheat)
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 cup ground flaxseeds
- 1 tsp orange zest
- 1 cup fresh or frozen blueberries
- 1/2 cup chopped walnuts, dash nutmeg, and/or cinnamon (optional)

Preheat oven to 400°F.

Combine all ingredients and bake in muffin tins. Makes 12 muffins.

Also, try other frozen fruit and nuts such as cranberry almond.

## Nutrition Information

Calories .....	235
Fat .....	1 g
Carbohydrate.....	29 g
Fiber .....	3 g
Protein .....	4 g
Sodium .....	128 mg



# Hot Tomato Grits

From: Cathy Shaw, RD, LD

Yields: 6 servings  
Prep Time: 30 min  
Cook Time: 20 min

- 2 bacon slices, cooked
- 2 14½-ounce cans chicken broth  
(reduced or low-sodium preferred)
- ½ tsp salt (optional)
- 1 cup quick cooking grits
- 2 large tomatoes, chopped  
(can peel if preferred)
- 2 Tbsp canned chopped green chiles
- 1 cup 2% milk shredded cheddar cheese

## Nutrition Information

Calories .....188  
Fat .....6 g  
Carbohydrate.....28 g  
Fiber .....3 g  
Protein .....11 g  
Sodium .....786 mg  
(if salt is omitted then  
592 mg)

Bring broth and salt to boil. Stir grits, tomato, chiles and bacon. Return to a boil and cover. Stir often. Reduce heat to simmer 15-20 minutes. Stir in cheese and cover until it melts.

Yields: 2 servings  
Prep Time: 5 min  
Cook Time: 0 min

# Peanut Butter Smoothie

From: Chobani

## Nutrition Information

Calories .....300  
Fat .....10 g  
Carbohydrate.....38 g  
Fiber .....3 g  
Protein .....17 g  
Sodium .....180 mg

- 1 cup Chobani Vanilla Greek yogurt
- 1 cup chocolate soy milk (or fat-free/low-fat dairy milk)
- 1 ripe banana, frozen
- 1 Tbsp smooth peanut butter
- 2 Tbsp honey (optional)

Puree Chobani yogurt, chocolate soy milk, banana, peanut butter, and honey (if using) in a blender until smooth. Serve.

*Yields: 4 servings*  
*Prep Time: 15 min*  
*Cook Time: 30 min*

# Panko-topped Fish with Easy Greek Salad

## Nutrition Information

Calories ..... 218  
Fat ..... 9 g  
Carbohydrate.....11 g  
Fiber ..... 2 g  
Protein ..... 25 g  
Sodium ..... 299 mg

*From: Parents Magazine*

- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper, divided
- 1 lb. fish fillets (use any flaky white fish your family likes), cut into 4 portions
- 1/2 cup panko bread crumbs
- 2 tsp. extra virgin olive oil
- 1/2 medium seedless cucumber, halved lengthwise and sliced (1 cup)
- 1 cup grape tomatoes, halved lengthwise
- 1/4 cup chopped scallions
- 1/4 cup roughly chopped pitted Kalamata olives
- 1 Tbsp extra-virgin olive oil
- 2 tsp red-wine vinegar
- Lemon wedges, for serving

Preheat oven to 400°F and line a baking sheet with parchment paper. Use the salt and 1/8 tsp. of the pepper to season both sides of the fillets; set them on baking sheet.

In a small bowl stir together the panko and 2 tsp. olive oil. Sprinkle mixture evenly over fish, pressing down lightly to help crumbs adhere. Bake for 12 to 15 minutes or until fish flakes when tested with a fork and crumbs are golden.

To prepare the salad, in a bowl stir together the cucumber, tomatoes, scallions, olives, 1 Tbsp oil, vinegar, and the remaining 1/8 tsp. pepper.

# Island Chicken with Pineapple Salsa

## (Chef Meg's Makeover)

From: SparkPeople ([http://recipes.sparkpeople.com/recipe\\_details.asp?nutrition\\_id=19773478](http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=19773478))

16 ounces boneless, skinless chicken

### Marinade:

- 1 can (8 ounces) unsweetened crushed pineapple, juice only (reserve fruit for salsa)
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp honey
- 2 cloves garlic, minced
- ¼ tsp red pepper flakes

### Salsa:

- Pineapple from strained can
- 1 mango, peeled & diced
- 2 kiwis, peeled & diced
- ¼ cup red onion, diced fine
- 1 lime, juiced
- 1 Tbsp cilantro, chopped
- 1 Tbsp jalapeno pepper, diced fine (optional)

Open pineapple and strain to separate juice from fruit. Place juice in a baking dish. Add soy sauce, honey, garlic, and red pepper to dish and stir.

Slice chicken breasts into four 4-oz strips. If thick, pound out to flatten with a meat mallet or rolling pin. Place chicken in the marinade and refrigerate for 2 hours or overnight.

Prepare salsa by combining all ingredients. Preheat grill to medium heat or turn on broiler and place rack in the middle of the oven, about 6" away from the heat source.

Grill or broil chicken for 4-5 minutes per side or until the meat reaches an internal temperature of 165 degrees. Serve with fruit salsa.

Yields: 4 servings,  
3 oz cooked meat  
and ½ cup of salsa  
Prep Time: 15 min,  
2 hours overnight  
Cook Time: 15 min

### Nutrition Information

Calories .....	252.2
Fat .....	1.8 g
Carbohydrate.....	32.6 g
Fiber .....	0.8 g
Protein .....	27.9 g
Sodium .....	305.9 mg

*Yields: 1 serving  
Prep Time: 5 min  
Cook Time: 15 min*

**Nutrition Information**

Calories ..... 378  
Fat ..... 18 g  
Carbohydrate..... 44 g  
Fiber ..... 9 g  
Protein ..... 12 g  
Sodium ..... 108 mg

# Spaghetti with Kale, Lemon, and Garlic

*From: Jess Thomson; [www.jessthomson.wordpress.com](http://www.jessthomson.wordpress.com)*

- Spaghetti for one (a bundle about the diameter of a dime—1/8 of box)
- 1 Tbsp good extra virgin olive oil
  - 5 sprigs kale (droopy kale is fine), very finely chopped
  - Pinch red pepper flakes
  - Salt and freshly ground pepper
  - 1 large garlic clove, finely chopped
  - Juice of 1 lemon wedge
  - 2 Tbsp grated Parmesan cheese

Cook the pasta al dente according to package directions.

When the pasta is almost done, heat the oil over medium heat in a large skillet.

Add the kale, red pepper flakes to taste, and season with salt and pepper.

Cook and stir for 3 or 4 minutes, until the kale starts to get a bit crisp.

Add the garlic and cook, stirring, for another minute. Add drained pasta, lemon juice, and Parmesan cheese, and stir to combine.

# Teriyaki Pineapple Turkey Burgers

From: Cathy Shaw, RD, LD

- 4 Dole pineapple slices, canned (packed in 100% juice)
- 1/4 cup lower sodium teriyaki sauce
- 1 lb lean ground turkey or chicken (93% lean)
- 1/2 tsp grated fresh ginger or 1/8-1/4 tsp ground ginger
- 1/4 cup plain panko bread crumbs
- 4 slices reduced fat cheddar cheese (such as Kraft Natural 2% milk Cheddar Cheese slices)
- 4 whole wheat hamburger buns

Note: you can use fresh pineapple for this recipe; just purchase 100% pineapple juice separately if desired.

Drain pineapple and reserve 1/4 cup of juice. Stir together teriyaki sauce and reserved pineapple juice in a small bowl.

Mix together turkey, ginger, bread crumbs, and about 2-3 Tbsp of the teriyaki sauce mixture.

Shape into 4 patties. Grill patties, brushing with remaining teriyaki mixture, until brown and cooked through.

Top with cheese slices and melt. Place pineapple slices on grill and cook until lightly golden brown. Serve burgers topped with a grilled pineapple slice on a whole wheat hamburger bun.

Yields: 4 servings  
Prep Time: 15 min  
Cook Time: 10 min

## Nutrition Information

Without bun

Calories .....	292
Fat .....	12 g
Carbohydrate.....	17 g
Fiber .....	1 g
Protein .....	29 g
Sodium .....	570 mg

# Veggie-Stuffed Bell Peppers

Yields: 6 servings  
Prep Time: 20 min  
Cook Time: 45 min

From: <http://www.pillsbury.com>

- 3 large red or green bell peppers
- 1 (15 oz) can black beans, drained and rinsed
- 1 (11 oz) can of corn, drained
- $\frac{1}{3}$  cup sliced green onions
- 2 Tbsp plain bread crumbs
- 2 Tbsp grated parmesan cheese
- 2 Tbsp lime juice
- $\frac{1}{8}$  tsp sugar
- $\frac{1}{3}$  cup finely shredded Mexican cheese blend

Cut the bell peppers in half lengthwise; remove stems, seeds, and ribs. Place cut side up in a disposable foil pan. In medium bowl, combine all remaining ingredients except cheese; mix well. Spoon mixture into pepper halves. Cover pan with foil.

To bake: assemble in a disposable foil pan; cover with foil. Bake at 400 F for 45 minutes, add cheese during the last 5 minutes of baking. To grill: heat grill. Place pan on gas grill over medium heat or charcoal grill 4-6 inches from medium coals. Cook 20-25 minutes or until peppers are tender. Uncover. Sprinkle with cheese, cook an additional 3-5 minutes or until cheese is melted.

## Nutrition Information

Calories .....	200
Fat .....	4 g
Carbohydrate.....	22 g
Fiber .....	7 g
Protein .....	11 g
Sodium .....	480 mg

# End-of-Summer Pasta

From: *Simple Suppers* by Mark Bittman

Yields: 4 servings  
Prep Time: 15 min  
Cook Time: 25 min

- ¼ cup extra-virgin olive oil
- 2 medium eggplants, cut into ½-1 inch chunks
- Salt
- Freshly ground black pepper
- 1 lb farfalle or other dried pasta
- 6 small or 3 medium tomatoes, cored, seeded, and cut into 1/2-to-1 inch chunks
- 1-2 tsp thinly sliced garlic
- ½ cup freshly grated Parmesan cheese
- Chopped fresh basil for garnish (optional)

Bring a pot of salted water to a boil for the pasta. Meanwhile, heat oil in a large skillet over medium-high heat. When the oil is hot, add the eggplant, sprinkle with salt and pepper to taste, and stir occasionally until it's browned and tender, about 15 minutes.

Add pasta to boiling water and prepare as directed. While it's cooking, add the tomatoes and garlic to the eggplant mixture and cook, stirring occasionally, until everything is nicely softened, about 10 more minutes.

When the pasta is done, drain and toss with the eggplant sauce and Parmesan. Adjust the seasoning and garnish with basil if you like.

## Nutrition Information

Calories .....	445
Fat .....	12 g
Carbohydrate.....	70 g
Fiber .....	9 g
Protein .....	15 g
Sodium .....	210 mg

*Yields: 8 servings  
Prep Time: 5-10 min  
Cook Time: 6 hours*

# Slow Cooker Marinara Chicken & Vegetables

*From: Chef Meg from SparkPeople Recipes*

## **Nutrition Information**

Calories ..... 176  
Fat ..... 3.6 g  
Carbohydrate..... 8 g  
Fiber ..... 1.8 g  
Protein ..... 27 g  
Sodium ..... 130 mg

- 2 pounds boneless, skinless chicken breasts
- 4 cloves garlic, peeled and crushed
- 4 tomatoes, chopped or one 14.5-oz can low-sodium tomatoes, drained
- 4 medium ribs celery, diced (1 cup) (may substitute onion)
- 2 small zucchini, diced (2 cups)
- 1 bell pepper, cored, seeded, and diced
- 1 18-oz jar low-sodium marinara sauce
- 1 tsp dried basil
- 1 tsp dried thyme

Place the chicken in the slow cooker; add the garlic, tomatoes, celery, zucchini, and pepper. Pour the marinara sauce over all, and sprinkle the basil and thyme on top.

Set the slow cooker on low and cook for 6-7 hours. Before serving, shred the chicken with a fork.



# Hummus and Grilled Vegetable Wraps

Yields: 4 wraps  
Prep Time: 10 min  
Cook Time: 10 min

From: *"The Food You Crave: Recipes for a Healthy Life"*  
by Ellie Krieger, MS, RD

- 2 medium zucchini cut lengthwise into 1/4-inch thick slices
- 2 tsp olive oil
- 1/8 tsp salt
- Pinch of fresh ground pepper
- 1 cup store-bought hummus (plain or any flavor you prefer)
- 4 whole wheat wraps (~8-9" diameter)
- 1/4 cup pine nuts (or any nuts your prefer like sliced almonds)
- 2 jarred, roasted red peppers, drained, rinsed, and quartered
- 2 cup lightly packed baby spinach leaves
- 1/2 cup red onion, thinly sliced into half-moons
- 1/4 cup fresh mint leaves (optional)

Preheat the grill or your grill pan over medium heat. Brush both sides of zucchini slices with olive oil and season with salt and pepper. Grill until tender and slightly browned, about 4 minutes each side.

Spread 1/4 cup of your hummus over each wrap. Sprinkle 1 Tbsp of nuts on top. Top with 3 slices of zucchini, 2 pieces of red pepper, 1/2 cup of spinach leaves, and a few sliced onions. Add a tablespoon of mint leaves if you like. Roll each of them up and cut in half to serve.

If you want ways to reduce sodium in this dish, omit salt and check labels on hummus, wrap and jarred peppers for lower sodium products.

## Nutrition Information

Calories .....	320
Fat .....	8 g
Carbohydrate.....	42 g
Fiber .....	8 g
Protein .....	12 g
Sodium .....	795 mg

*Yields: 4 servings  
(serving size:  
2 filled tortillas and  
1/3 cup Pico de Gallo)  
Prep Time: 15 min  
Cook Time: 30 min*

**Nutrition Information**

**Calories**

..... 338 (top round)

..... 350 (top sirloin)

**Fat**

..... 8 g (top round)

..... 10 g (top sirloin)

**Carbohydrate**

..... 32 g

**Fiber**

..... 4.4 g (top round)

..... 4.8 g (top sirloin)

**Protein**

..... 32 g (top round)

..... 31 g (top sirloin)

**Sodium**

... 475 mg (top round)

... 479 mg (top sirloin)

# Quick Fajitas with Pico de Gallo

*From: Beef USA*

- 1 pound well-trimmed boneless beef top round or top sirloin steak cut 3/4-inch thick
- 2 small flour tortillas
- Lime wedges (optional)
- Cilantro sprigs (optional)

***Marinade:***

- 2 Tbsp fresh lime juice
- 2 tsp vegetable oil
- 2 large cloves garlic, crushed

***Pico de Gallo:***

- 1 cup seeded, chopped tomato
- 1/2 cup diced zucchini
- 1/4 cup chopped fresh cilantro
- 1/4 cup prepared picante sauce or salsa
- 1 Tbsp fresh lime juice

Place beef steak in plastic bag; add marinade ingredients, turning to coat. Close bag securely and marinate in refrigerator 20-30 minutes, turning once. Wrap tortillas securely in heavy-duty aluminum foil.

Meanwhile in medium bowl, combine Pico de Gallo ingredients. Mixing well.

Remove steak from marinade, discard marinade. Place steak on grid over medium, ash-covered coals. Grill steak, uncovered, 8-9 minutes (10-12 minutes for top sirloin steak) for medium rare to medium doneness, turning occasionally. During last 5 minutes, place tortilla packet on outer edge of grid, turning occasionally.

Trim fat from steak; carve crosswise into very thin slices. Serve beef in tortillas with Pico de Gallo.

# Vegetable Pizza (Cold)

From: <http://www.sparkpeople.com>

- 1 pizza crust (either prepared or make yourself)
- 1 8-oz cream cheese (1/3 less fat), softened
- 1 cup light mayonnaise
- 1/2 package Hidden Valley Ranch dressing (dry mix)
- 1/2 cup each: carrots, cauliflower, and broccoli
- 1/4 cup each: mozzarella & cheddar cheese (shredded)

\*\*\*Low fat or fat-free cheese can be substituted instead of regular cheese.

Bake crust as directed. Let it cool; meanwhile, prepare cream cheese, mayo, and ranch dressing together.

Spread over cooled crust. Chop veggies. Cover pizza with vegetables and cheese, and cut pizza into 4x4 squares.

Yields: 16 servings  
Prep Time: 15 min  
Cook Time: 30 min

## Nutrition Information

Calories ..... 153.2  
Fat ..... 9 g  
Carbohydrate ..... 14.6  
Fiber ..... 1.4 g  
Protein ..... 4.3 g  
Sodium ..... 387 mg

*Yields: 8 servings*  
*Prep Time: 15 min*  
*Cook Time:*  
*18-22 min*

# Fajita Pizza

*From: Cathy Shaw, RD, LD adapted from Sparkpeople.com*

## Nutrition Information

Calories ..... 234  
Fat ..... 10 g  
Carbohydrate.... 21 g  
Fiber ..... 4 g  
Protein ..... 15 g  
Sodium ..... 537 mg

- 1 medium green pepper, sliced
- 1 medium red pepper, sliced
- 1 medium sweet onion, sliced
- 2 boneless skinless chicken breasts (4oz each) cut in thin strips
- 1 package thin crust refrigerated pizza dough (whole wheat if you can find it)
- 1 tsp vegetable oil, divided
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1 garlic clove, finely chopped
- 1/4 cup thick and chunky salsa
- 8 oz shredded reduced fat Mexican blend cheese (divided)
- 1 Tbsp snipped, fresh cilantro
- 2 fresh plum tomatoes, diced (optional)

Preheat oven to 425 degrees F. Sprinkle pizza stone or pan with flour or cornmeal. Unroll pizza dough and arrange on the baking stone shaping to fit to the edges.

Heat skillet over medium high heat. Add 1/2 tsp of oil and chicken. Stir fry until chicken no longer pink. Remove from skillet. Add remaining oil with onion, bell peppers and seasonings to skillet. Stir fry until veggies are crisp-tender. Remove skillet from heat; stir in chicken and salsa.

Sprinkle 1/2 of cheese evenly over crust. Arrange chicken mixture over the cheese, then sprinkle remaining cheese over chicken mixture. Bake 18-22 minute or until crust is golden brown. Remove from oven. Sprinkle with cilantro. Allow to cool 10 minutes. Cut into 8 wedges. Serve with additional salsa, tomatoes, and fat free sour cream as desired.

# Fresh Tomato and Corn Pizza

*Yields: 8 slices*  
*Prep Time:*  
*10-15 min*  
*Cook Time: 45 min*

*From: Adapted from Southern Living magazine*

- 3 plum tomatoes, sliced
- ¼ tsp salt
- ⅛ tsp coarsely ground pepper
- 1 pre-baked/packageged "thin crust" whole wheat pizza crust
- Parchment paper
- ¼ cup refrigerated or jarred pesto sauce/spread
- ½ cup fresh corn kernels (corn from ½ a large fresh ear)
- ¼ cup grated Parmesan cheese
- 6 ounces fresh mozzarella, thinly sliced
- 3 Tbsp fresh basil leaves, torn or loosely chopped

\*\*\*Note: tested with Mama Mary's whole wheat 12" pizza crust

Preheat oven to 450 F. Place tomato slices on paper towels. Sprinkle with salt and pepper (salt can be omitted to reduce sodium). Let stand 15-20 min.

Place pizza crust on parchment paper lined baking sheet. Spread with pesto. Stir together corn and Parmesan. Top pizza with corn mixture, tomato slices, and mozzarella slices.

Bake at 450 for 14 minutes or until cheese is melted and golden. Remove from oven and top with basil leaves.

## **Nutrition Information**

Calories .....	174
Fat .....	10 g
Carbohydrate.....	17 g
Fiber .....	3 g
Protein .....	10 g
Sodium .....	307 mg

*Yields: 6 servings  
Prep Time: 15 min  
Cook Time: 1 hour*

**Nutrition Information**

Calories ..... 188  
Fat ..... 13 g  
Carbohydrate..... 19 g  
Fiber ..... 3 g  
Protein ..... 3 g  
Sodium ..... 66mg

# Grilled Corn Salad

*From: HOMEMADE! Magazine*

- 1/2 cup Great Value cider vinegar
- 1/2 cup Great Value olive oil
- 1 Tbsp sugar
- 1/8 tsp salt
- 1/4 tsp freshly cracked black pepper
- 4 ears of corn, unshucked
- 1 12-oz pkg. cherry tomatoes, halved, or grape tomatoes
- 1/2 cup diced sweet onion
- 1/2 cup chopped fresh parsley

Coat grill rack with nonstick cooking spray. Preheat grill to medium-high. Whisk vinegar, oil, sugar, salt, and pepper in small bowl; set aside.

Grill corn, covered with grill lid, 25-30 minutes or until tender, turning occasionally. Cool slightly. Cut corn kernels from cobs and place in bowl. Toss together with cherry tomatoes, onion and parsley and pour vinegar marinade over the top. Chill at least 1 hour.

# Strawberry-Melon-Spinach Salad

From: Betty Crocker

## ORANGE-HONEY DRESSING

- 1/4 cup orange juice
- 1/4 cup honey
- 2 Tbsp vegetable oil
- 2 tsp Dijon mustard

## SALAD

- 12 cups bite-size pieces of spinach
- 2 cups sliced strawberries
- 2 cups cubed cantaloupe
- 6 medium green onions, sliced (6 tablespoons)

Variation: Try a variety of fruits for this recipe – blackberries, honeydew, grapes add color and flavor. May sub pre-washed salad greens for spinach leaves.

Dressing can be prepared 2 days ahead and refrigerated. Shake before using.

In tightly covered container, shake dressing ingredients.

In very large bowl, toss salad ingredients with dressing.

Yields: 16, 1 cup servings  
Prep Time: 10 min  
Cook Time: 0 min

## Nutrition Information

Calories .....	60
Fat .....	2 g
Carbohydrate.....	9 g
Fiber .....	1 g
Protein .....	1 g
Sodium .....	35 mg

*Yields: 10 servings*  
*Prep Time: 15 min*  
*Cook Time: 0 min*

# Couscous Black Bean Salad

*From: Cathy Shaw, RD, LD*

## Nutrition Information

Calories ..... 206  
Fat ..... 8 g  
Carbohydrate..... 32 g  
Fiber ..... 7 g  
Protein ..... 6 g  
Sodium ..... 296 mg

- 1 Tbsp chicken bouillon granules  
(reduced sodium if desired)
- 1 10-oz pkg whole wheat couscous (or 1-1/2 cup dry)
- 1 large green pepper, chopped
- 1 cup chopped, seeded cucumber
- 1 small red onion, chopped
- 1 medium tomato, seeded and chopped
- 1 16-oz can black beans, drained & rinsed  
(reduced sodium if desired)
- 1/3 cup olive oil
- 1/3 cup cider vinegar
- 1 tsp dried basil
- 2 cloves minced garlic
- 1/4 tsp pepper
- Few dashes of Tabasco sauce

Combine 2 cup water and bouillon in medium sauce pan. Bring to boil, add couscous. Cover and let stand 5 minutes or until liquid is absorbed. Combine couscous, black beans, cucumber, peppers, and onion in a large bowl.

For dressing, combine oil, vinegar, basil, garlic, pepper, and hot sauce. Mix well with a whisk or in a food processor.

Pour dressing over the couscous mixture and toss to coat well. Chill, and to serve, sprinkle with chopped tomato.



# Prosciutto Wrapped Asparagus

From: *Giada De Laurentis – Foodnetwork.com*

- Fresh asparagus spears (18), trimmed
- 1 Tbsp olive oil
- Salt and freshly ground black pepper
- 9 paper thin slices prosciutto, halved lengthwise

Preheat oven to 400 degrees.

Cut ends off each spear and arrange on a heavy baking sheet. Drizzle with olive oil, sprinkle with salt and pepper, toss. Roast until asparagus is tender 12-15 minutes. Cool completely.

Wrap each asparagus with 1/2 slice of prosciutto, exposing tips. Arrange on a platter and serve at room temperature.

*Yields: 6 servings  
(1 serving = 3 spears)  
Prep Time: 15 min  
Cook Time: 12-15 min*

## Nutrition Information

Calories .....	68.4
Fat .....	4.6 g
Carbohydrate.....	2.2 g
Fiber .....	1 g
Protein .....	5.6 g
Sodium .....	376 mg

*Yields: 4 servings  
Prep Time: 10 min  
Cook Time: 7 min*

# Balsamic Green Beans

From: *Southern Living*

## Nutrition Information

Calories .....	122
Fat .....	7 g
Carbohydrate.....	15 g
Fiber .....	4 g
Protein .....	2 g
Sodium .....	625 mg

- 1 lb fresh green beans, trimmed
- 2 Tbsp balsamic vinegar
- 1 Tbsp light brown sugar
- 1 tsp Dijon mustard
- 2 shallots, minced
- 2 Tbsp olive oil
- 1 tsp salt
- 1/2 tsp ground pepper

Cook green beans in boiling, salted water 5-6 minutes until crisp-tender; drain. Plunge green beans into ice water to stop the cooking process, and drain.

Stir together vinegar, brown sugar, and mustard until smooth.

Cook shallots in hot oil skillet over medium heat, stirring often, 1 minute or until tender. Stir in vinegar mixture, salt and pepper. Add green beans; toss to coat. Serve immediately.

*\* To reduce sodium, reduce or omit salt.*

*Yields: 6 servings,  
3/4 cup each  
Prep Time: 20 min  
Cook Time: 20 min*

# Sensational Foil-Pack Vegetables

## Nutrition Information

Calories .....45  
Fat .....1.5 g  
Carbohydrate.....6 g  
Fiber .....2 g  
Protein .....2 g  
Sodium .....170 mg

*From: kraftrecipes.com*

- 1 zucchini, cut into 1-1/2 inch chunks
- 1 cup button mushrooms
- 1 each red and yellow pepper, cut into 1½ inch pieces
- 1 cup large cherry tomatoes
- ¼ cup KRAFT Lite Italian Dressing
- 2 Tbsp KRAFT Grated Parmesan Cheese

## **Substitute**

If you don't have heavy duty foil, you can use a double layer of regular foil instead.

Heat grill to medium-high heat.

Combine vegetables, tomatoes, and dressing. Spoon onto center of large sheet heavy-duty foil folded to make packet.

Grill 8 to 10 minutes or until vegetables are crisp-tender, turning after 4 min. Cut slits in foil to release steam before opening packet. Sprinkle vegetable mixture with cheese.

## **Special Extra**

Toss vegetables and tomatoes with 1 Tbsp. pesto along with the dressing. Or, sprinkle cooked vegetable mixture with chopped fresh parsley just before serving.

# Summer Tomato, Onion & Cucumber Salad

From: [eatingwell.com/recipes/tomato\\_onion\\_cucumber\\_salad.html](http://eatingwell.com/recipes/tomato_onion_cucumber_salad.html)

- 3 Tbsp vinegar
- 1 tsp canola oil
- ½ tsp salt
- ½ tsp freshly ground pepper, or more to taste
- 2 medium cucumbers
- 4 medium tomatoes, cut into 1/2-inch wedges
- 1 Vidalia or other sweet onion, halved and very thinly sliced
- 2 Tbsp coarsely chopped fresh herbs, such as flat-leaf parsley, chives, and/or tarragon
- 1 tsp honey (optional)

Whisk vinegar, oil, honey, salt, and pepper in a large shallow bowl.

Slice the cucumbers into thin rounds.

Add the cucumber slices, tomatoes, and onion to the dressing; gently toss to combine.

Let stand at room temperature for at least 30 minutes and up to 1 hour.

Just before serving, add herbs and toss again.

*Yields: 6 servings,  
1½ cup each  
Prep Time: 20 min  
Cook Time: 30 min*

## **Nutrition Information**

Calories ..... 58  
Fat ..... 3 g  
Carbohydrate ..... 1 g  
Fiber ..... 2 g  
Protein ..... 1 g  
Sodium ..... 202 mg

*Yields: 8 servings  
(3/4 cup each)  
Prep Time: 15 min  
Cook Time: 1 hour*

# Health-ified Classic Potato Salad

## Nutrition Information

Calories ..... 200  
Fat ..... 9 g  
Carbohydrate..... 26 g  
Fiber ..... 2 g  
Protein ..... 4 g  
Sodium ..... 370 mg

*From: <http://www.bettycrocker.com>*

## Salad:

- 6 medium red potatoes (2 lb), unpeeled
- 2 hard-cooked eggs, chopped
- 2 medium stalks celery, thinly sliced (1 cup)
- 1 medium onion, chopped (1/2 cup)

## Dressing:

- 3/4 cup reduced-fat mayonnaise
- 1/2 cup fat-free sour cream
- 1 Tbsp yellow mustard
- 1 tsp cider vinegar
- 1/2 tsp salt
- 1/4 tsp pepper

Place potatoes in 4-quart saucepan add enough water just to cover potatoes. Heat to boiling. Reduce heat to low cover and simmer 20-30 min or until tender.

Drain; let stand until cool enough to handle. Cut potatoes in cubes.

In large bowl, place potatoes, eggs, celery, and onion; toss gently to mix. In small bowl, mix dressing ingredients until well blended. Add dressing to potato mixture; toss gently to coat.

Cover; refrigerate at least 1 hour or until serving time.

# Zucchini Brownies

From: Adapted from <http://www.stockpilingmoms.com/2012/07/zucchini-brownies/#>

- 1½ cup granulated sugar
- ½ cup oil or 1/2 cup unsweetened apple sauce
- 2 cup all purpose flour
- ¼ cup cocoa
- 2 cup finely shredded zucchini
- 1½ tsp vanilla
- 1 tsp salt
- 1½ tsp baking soda
- 1 cup chocolate chips (whole or melted)
- 2 eggs

Preheat oven to 350 degrees F.

Lightly grease a 13x9 baking pan with cooking spray or oil.

Combine sugar, eggs, oil, flour, salt, and baking soda in a bowl.

Add cocoa, zucchini (no need to pat dry) and vanilla. Mix until well combined with beaters.

Stir in the chocolate chips or melt chocolate chips and add to batter mix (I softened in the microwave, half melted, half not).

Pour brownie batter into pan and bake for 30-35 minutes or until the brownies are set.

Cool and cut brownies into 1½" squares and serve (should make 30).

Yields: 30 servings

Prep Time: 15 min

Cook Time: 30 min

## Nutrition Information

Calories .....	137
Fat .....	5.8 g
Carbohydrate.....	20 g
Fiber .....	1 g
Protein .....	2 g
Sodium .....	150 mg

Yields: 20 servings

Prep Time: 15 min

Cook Time: 30 min

### Nutrition Information

Calories ..... 131  
Fat ..... 2 g  
Carbohydrate..... 24 g  
Fiber ..... 1 g  
Protein ..... 3 g  
Sodium ..... 217 mg

# Pineapple Pudding Cake

From: *Taste of Home* ([tasteofhome.com/recipes/pineapple-pudding-cake/print](http://tasteofhome.com/recipes/pineapple-pudding-cake/print))

- 1 package (9 oz) yellow cake mix
- 1½ cups cold fat-free milk
- 1 package (1 oz) sugar-free instant vanilla pudding mix
- 1 package (8 oz) fat-free cream cheese
- 1 can (20 oz) unsweetened crushed pineapple, well drained
- 1 carton (8 oz) frozen fat-free whipped topping, thawed
- ¼ cup chopped walnuts, toasted
- 20 maraschino cherries, well drained

Prepare cake mix batter according to package direction; pour into a 13-in. x 9-in. baking pan coated with cooking spray.

Bake at 350 degrees F for 15-20 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack.

In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set.

In a small bowl, beat cream cheese until smooth. Beat in pudding mixture until blended. Spread evenly over cake. Sprinkle with pineapple; spread with whipped topping. Sprinkle with walnuts and garnish with cherries. Refrigerate until serving.

# Chocolate Stuffed Banana

*Yields: 8 servings*  
*Prep Time: 15 min*  
*Cook Time: 30 min*

*From: American Health Magazine, June 1999*

- 8 large, ripe bananas, unpeeled
- ½ cup semisweet chocolate chips

Heat grill. Make a 5" slice lengthwise in each unpeeled banana, following its natural curve. Place each banana in center of a 12 inch square piece of heavy duty aluminum foil. Fill slice in each banana with 1 Tbsp. chocolate chips, pressing them into the fruit, press banana back together.

Wrap bananas in foil, tightly sealing the edges. Cook on grill over medium heat, covered, turning occasionally for 30-45 minutes or until bananas are very hot. Remove from grill and serve warm.

## **Nutrition Information**

Calories .....	156
Fat .....	4 g
Carbohydrate.....	34 g
Fiber .....	3 g
Protein .....	2 g
Sodium .....	2 mg

*Yields: 8 servings  
Prep Time: 15 min  
Cook Time: 30 min*

# Fruit Pizza

*From: WVU Extension*

## **Nutrition Information**

Calories ..... 101  
Fat ..... 3 g  
Carbohydrate..... 15 g  
Fiber ..... 1 g  
Protein ..... 0 g  
Sodium ..... 175 mg

- Ready prepared pizza dough, whole wheat
- 8 oz lite cool whip
- 1 cup strawberries
- 1 cup blueberries
- 1 kiwi

Spread cool whip on baked and cooled pizza dough. Place cut fruit on top. Slice and serve.



# Fall Recipes

## Appetizers

Healthy Apple Butter .....	58
Pumpkin Seeds .....	58
Apple Peanut Butter Bites .....	59
Fresh Guacamole .....	60
Blueberry Smoothie .....	59
Buffalo Chicken Meatballs .....	61

## Breakfast

Fruity Breakfast Parfait .....	62
Buckwheat Pancakes .....	63
Mouth-watering Muffins .....	64
Crock Pot Pumpkin Pie Steel Cut Oats .....	64

## Main Dishes

Hearty Turkey Chili .....	65
Crock Pot White Chili .....	65
Black Bean 'N Pumpkin Chili .....	66
Ellie Krieger's Navy Bean Soup with Ham... A Classic Comfort Soup .....	67
Venison Stew .....	68
Savory Chicken Vegetable Soup .....	69
Lemon Chicken Saltimbocca .....	70
Hoppin' John Stew with Cheddar Cheese Grits .....	71
Holiday Turkey Casserole .....	72
Bistro Apple Panini .....	73

## Sides

Apple Cole Slaw .....	74
Applesauce .....	74
Warm Lentil Salad .....	75
Festive Sweet Potato Casserole .....	76
Sweet potatoes and Apples Au Gratin .....	77
Mashed Potatoes .....	78
Mock Mashed Potatoes .....	78
Easy Vegetable Stuffing .....	79
Civil War Cornbread .....	80

## Desserts

Pumpkin Spice "Brownies" .....	81
Apple Crunch .....	82
Crock-Pot Baked Apples .....	83
Gingerbread Cupcakes .....	84
Guiltless Pumpkin Pie .....	85

# Healthy Apple Butter

From: [www.food.com/recipe/healthy-apple-butter-171978](http://www.food.com/recipe/healthy-apple-butter-171978)

- 8 pounds apples, peeled, cored and diced
- 1½ cups apple juice
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg, more to taste

Place apples in a blender or food processor with apple juice and blend until smooth.

Transfer to the slow cooker, set on low and cook for 6 to 7 hours. Stir occasionally.

Let mixture cool; re-blend and stir in spices.

If desired, add more spices to taste.

Store in the refrigerator after cooling to room temperature.

*Yields: 12 servings*  
*Prep Time: 15 min*  
*Cook Time: 6 hours*

## Nutritional Information

Calories ..... 173.9  
Fat ..... 0.6 g  
Carbohydrate..... 45.8 g  
Fiber ..... 7.5 g  
Protein ..... 0.8 g  
Sodium ..... 4 mg

# Pumpkin Seeds

From: <http://www.foodnetwork.com>

## Nutrition Information

Serving size: 1 oz./35 g  
Calories ..... 126  
Fat ..... 5 g  
Carbohydrate..... 34 g  
Fiber ..... 8 g  
Protein ..... 5 g  
Sodium ..... 12 mg

Pumpkin  
Olive oil  
Salt  
Pepper

Remove seeds from pumpkin flesh, rinse well with cool water and dry well.

Toss seeds with olive oil, salt and pepper.

Roast on sheet pan in oven at 375 F for 7-10 minutes.

Will keep in an air tight container for 1 week.

# Apple Peanut Butter Bites

*Yields: 16 servings  
Prep Time: 15 min  
Cook Time: 0 min*

*From: Cathy Shaw, RD, LD*

- 4 Granny smith apples, quartered and cored
- 8 Tbsp. creamy peanut butter
- 1 cup granola
- 4 Tbsp. melted chocolate (optional)

Quarter apples and remove the core. Spread each apple quarter with ½ Tbsp. of creamy peanut butter. Dip in granola and drizzle with melted chocolate if desired.

## Nutritional Information

Calories .....	140
Fat .....	8 g
Carbohydrate.....	12 g
Fiber .....	3 g
Protein .....	3 g
Sodium .....	37 mg

*Yields: 1 serving  
Prep Time: 10 min  
Cook Time: 10 min*

# Blueberry Smoothie

*From: Cathy Shaw, RD, LD*

## Nutrition Information

Calories .....	141
Fat .....	0.6 g
Carbohydrate.....	27.5 g
Fiber .....	2.1 g
Protein .....	8.2 g
Sodium .....	109 mg

- ½ cup frozen blueberries
- ½ cup sugar free, fat free vanilla yogurt
- ½ cup skim milk

Put all 3 ingredients in blender. Blend until smooth. Enjoy!



# Fresh Guacamole

From: <http://stylingmyeveryday.com/2014/01/07/guacamole-the-incredible-avocado>

Yields: 10 servings  
Prep Time: 15 min  
Cook Time: 0 min

- 3 fresh avocados, halved, seeded and peeled
- 2 limes, juiced
- ½ medium onion, diced
- ½ bell pepper, diced
- 1 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 Tbsp. chopped cilantro
- ½ tsp salt

Prepare onion, bell pepper, jalapeno, tomatoes, and cilantro.

Place in a bowl and toss to mix. Halve the avocados, remove seed, core and scoop out with a spoon in the bowl on top of the other vegetables.

Pour lime juice on the top of all, making sure avocados are well coated.

Using a potato masher, add the salt and mash until desired consistency.

## Nutrition Information

Calories .....	84
Fat .....	7 g
Carbohydrate.....	6 g
Fiber .....	4 g
Protein .....	1 g
Sodium .....	121 mg

# Buffalo Chicken Meatballs

*Yields: 28 servings  
(per 4 meatballs)  
Prep Time: 10 min  
Cook Time: 20 min*

*From: <http://shrinkingkitchen.com/buffalo-chicken-meatballs>*

- 1 pound lean ground chicken
- 1 egg
- ½ cup panko breadcrumbs
- 1 carrot
- 1 stalk celery
- 2 green onions
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- 1 ounce crumbled blue cheese
- ½ cup your favorite hot sauce divided
- 1 tablespoon butter

Preheat the oven 350F. Line a cookie sheet with foil and coat with nonstick spray.

Cut the celery, carrot and green onion into large chunks and throw into a food processor. Pulse to chop into small bits.

In a large bowl, combine the vegetable mixture, chicken, egg, breadcrumbs, garlic powder, salt, 1/2 the hot sauce and the blue cheese.

Gently fold together to combine, but don't over mix.

Form the mixture into small meatballs – you should get about 28 small meatballs.

Place the meatballs on the cookie sheet. Bake for 20 minutes.

While the meatballs are baking, put the rest of the hot sauce and the butter into a microwave safe dish.

Microwave about 30 seconds, until butter melts.

Stir well to combine.

Remove the meatballs from the oven and allow to cool for a few minutes.

Place the meatballs onto a serving dish and drizzle with butter/hot sauce mixture.

## **Nutrition Information**

Calories .....	157
Fat .....	8.7 g
Carbohydrate.....	5.8 g
Fiber .....	0.6 g
Protein .....	13.8 g
Sodium .....	741 mg



*Yields: 4 servings*  
*Prep Time: 10 min*  
*Cook Time: 0 min*

# Fruity Breakfast Parfait

*From: Dole 5-a-day Cookbook*

## **Nutrition Information**

Calories ..... 224  
Fat ..... 6 g  
Carbohydrate..... 41 g  
Fiber ..... 6 g  
Protein ..... 6 g  
Sodium ..... 42 mg

- 2 cups chopped, fresh pineapple
- 1 cup frozen raspberries, thawed (or fresh raspberries)
- 1 cup low fat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- $\frac{1}{3}$  cup chopped dates
- $\frac{1}{4}$  cup sliced almonds

In four, six-ounce sundae glasses, layer pineapple, raspberries, yogurt, bananas, and dates.

You may also do this in a glass trifle bowl instead of separate bowls.

Sprinkle the top with almonds and enjoy!

# Buckwheat Pancakes

From: Mayo Clinic; [www.mayoclinic.org](http://www.mayoclinic.org)

Yields: 6 servings  
Prep Time: 10 min  
Cook Time: 10 min

- 2 egg whites
- 1 tablespoon canola oil
- ½ cup fat-free milk
- ½ cup all-purpose (plain) flour
- ½ cup buckwheat flour
- 1 tablespoon baking powder
- 1 tablespoon sugar
- ½ cup sparkling water
- 3 cups sliced fresh strawberries

In a small bowl, whisk together the egg whites, canola oil, and milk. In another bowl, combine the flours, baking powder, and sugar.

Add the egg white mixture and the sparkling water and stir until slightly moistened.

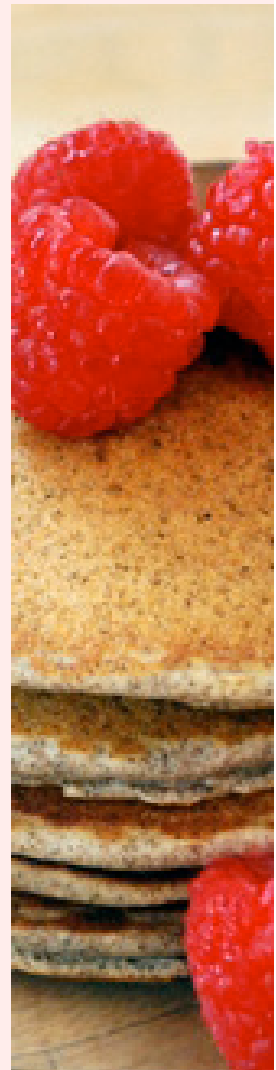
Place a non-stick frying pan or griddle over medium heat. When a drop of water sizzles as it hits the pan, spoon 1/2 cup pancake batter into the pan.

Cook until the top surface of the pancake is covered with bubbles and the edges are lightly browned, about 2 minutes.

Turn and cook until the bottom is well-browned and the pancake is cooked through, 1-2 minutes longer. Repeat with the remaining pancake batter.

## Nutrition Information

Calories .....	143
Fat .....	3 g
Carbohydrate.....	24 g
Fiber .....	3 g
Protein .....	5 g
Sodium .....	150 mg



# Mouth-watering Muffins

From: *WVU Extension*

- 1 cup cooked mashed sweet potatoes
- 1½ cup flour
- 2¼ teaspoon baking powder
- ¾ teaspoon salt
- 1 cup sugar
- 2/3 teaspoon cinnamon
- 2 large eggs
- ¾ cup vegetable oil
- ½ cup chopped walnuts or pecans (optional)
- ½ cup raisins (optional)

Preheat oven to 350 degrees. In large bowl, combine sweet potatoes, flour, baking powder, salt, sugar, and cinnamon.

Add eggs and oil; blend well. Stir in nuts and raisins. Pour batter into greased muffin cups until ¾ full.

Bake for 15 minutes or until tops are springy. Remove from pan and serve warm.

*Yields: 18 servings*  
*Prep Time: 10 min*  
*Cook Time: 15 min*

## Nutrition Information

Calories ..... 212  
Fat ..... 12 g  
Carbohydrate ..... 26 g  
Fiber ..... 0.7 g  
Protein ..... 2.02 g  
Sodium ..... 109.7 mg

*Yields: 4 servings*  
*Prep Time: 10 min*  
*Cook Time: 8 hours*

# Crock Pot Pumpkin Pie Steel Cut Oats

From: [www.sugarfreemom.com](http://www.sugarfreemom.com)

## Nutrition Information

Calories ..... 171  
Fat ..... 3 g  
Carbohydrate ..... 32 g  
Fiber ..... 6 g  
Protein ..... 6 g  
Sodium ..... 3 mg

- 1 cup steel cut oats
- 3 cups water
- 1 cup canned pumpkin puree
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 2 teaspoons pumpkin pie spice
- ½ cup honey or 2 teaspoons vanilla liquid stevia

Combine all ingredients in your slow cooker and cook on low for 8 hours.



*Yields: 8 servings  
(1¼ cup each)*

*Prep Time: 10 min*

*Cook Time: 8-10  
hours*

**Nutrition Information**

Calories .....329  
Fat .....10 g  
Carbohydrate.....31 g  
Fiber .....8 g  
Protein .....29 g  
Sodium .....545 mg

# Hearty Turkey Chili

*From: Joan Starliper, MS, RDN, LD*

- 2 lbs. lean ground turkey
- 1 large onion, chopped
- 2 celery ribs, chopped
- 4 garlic cloves, minced
- 1 can low sodium kidney beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 33 ounces reduced-sodium V8 juice
- 1 cup reduced-sodium beef broth
- 1 can (6 oz) tomato paste
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. curry
- ½ tsp salt
- ½ tsp. crushed red pepper flakes
- 2 bay leaves

Combine all ingredients in crock pot and cook on high for 8-10 hours. Discard bay leaves before serving.

# Crock Pot White Chili

*From: Better Homes and Gardens Crock Pot  
Cookbook*

- 3 15-oz cans white beans, drained and rinsed (Cannellini, Great Northern, Pinto)
- 2½ cups chopped, cooked chicken
- 1 cup chopped onion
- 1½ cups chopped sweet bell pepper (any color)
- 2 jalapeno peppers, stemmed and chopped
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- ½ teaspoon salt
- ½ teaspoon dried oregano
- 3½ cups chicken broth

Combine all ingredients in a 4-5 quart slow cooker. Cover and cook on low for 8-10 hours or 4-5 hours on high.

May top with shredded cheddar cheese and broken tortilla chips, if desired.

*Yields: 8 servings  
Prep Time: 10 min  
Cook Time: 8-10  
hours*

**Nutrition Information**

Calories .....257  
Fat .....3 g  
Carbohydrate.....31 g  
Fiber .....3 g  
Protein .....27 g  
Sodium .....879 mg

# Black Bean 'N Pumpkin Chili

From: Joan Starliper, MS, RDN, LD

- 1 medium onion, chopped
- 1 medium sweet yellow pepper,  
chopped
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 3 cups chicken broth
- 2 cans (15 oz each) black  
beans, rinsed and drained
- 2½ cups cubed cooked turkey
- 1 can (15 oz) solid-pack pumpkin
- 1 can (14.5 oz) no added salt  
diced tomatoes, undrained
- 2 teaspoons dried parsley flakes
- 2 teaspoons chili powder
- 1½ teaspoons dried oregano
- 1½ teaspoons ground cumin

In a large skillet, sauté the onion, yellow pepper, and garlic in oil until tender. Transfer to a 5-qt slow cooker; stir in the remaining ingredients.

Cover and cook on low for 4-5 hours or until heated through.

Yields: 10 servings  
Prep Time: 10 min  
Cook Time:  
4-5 hours

## Nutrition Information

Calories .....	192
Fat .....	5 g
Carbohydrate.....	21 g
Fiber .....	7 g
Protein .....	16 g
Sodium .....	487 mg

# Ellie Krieger's Navy Bean Soup with Ham

Yields: 8 servings  
Prep Time: 10 min  
Cook Time: 1.5 hours

From: *Ellie Krieger MS, RDN*

- 1 pound dried navy beans
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 large carrot, diced
- 1 cup of celery diced
- 1 Tbsp. crumbled fresh sage
- 4 cups low sodium beef broth
- 4 cups water
- 1 bay leaf
- 1 tsp. salt
- 1 tsp. black pepper
- 4 oz lean ham steak, cubed
- 1 cup chopped, fresh parsley leaves

Pick over beans and discard any stones.

Soak beans in cold water for at least 8 hours.

Drain and rinse well.

Heat oil in soup pot over medium high heat.

Add onion and cook, stirring until soft, about 4 minutes.

Add garlic and cook for 30 seconds.

Add carrot, celery, and sage and cook until vegetables begin to soften, about 5 minutes.

Add beans, beef broth, water, bay leaf, salt, and pepper and bring to a boil.

Reduce heat to med low, cover and cook until beans have begun to soften, about 1 hour.

Add ham and cook uncovered, until beans are soft and soup has thickened, about 30 minutes more.

Serve garnished with parsley.

## Nutrition Information

Calories .....	250
Fat .....	4 g
Carbohydrate.....	38 g
Fiber .....	15 g
Protein .....	6 g
Sodium .....	530 mg

# Venison Stew

From: <http://allrecipes.com>

- 2 tablespoons vegetable oil
- 2 pounds venison stew meat
- 3 onions, chopped
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- ½ teaspoon dried oregano
- 1 tablespoon salt
- 3 cups water
- 7 small potatoes, peeled and quartered
- 1 pound carrots, cut into 1 inch pieces
- ¼ cup all-purpose flour
- ¼ cup water

In a skillet, deeply brown the meat in oil. Add onions, garlic, Worcestershire sauce, bay leaf, oregano, salt, and water.

Simmer, covered, for 1-1/2 to 2 hours, or until meat is tender.

Add potatoes and carrots; cook until tender.

Combine flour and water.

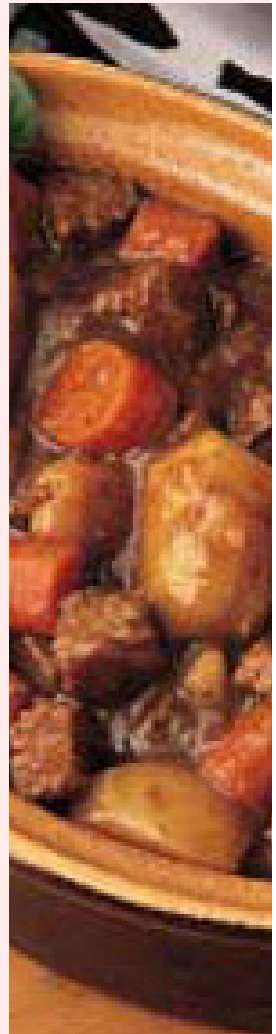
Stir into the stew.

Remove bay leaf before serving.

Yields: 7 servings  
Prep Time: 10 min  
Cook Time:  
1.5-2 hours

## Nutrition Information

Calories ..... 386  
Fat ..... 7.5 g  
Carbohydrate... 44.6 g  
Fiber ..... 6.5 g  
Protein ..... 34.8 g  
Sodium ..... 1147 mg



# Savory Chicken Vegetable Soup

*From: Joan Starliper, MS, RDN, LD*

- 2½ cups fat-free chicken broth
- ¾ cups onion, chopped
- Non-fat cooking spray
- 1¼ cups carrots, chopped
- 1¼ cups celery, chopped
- 1¼ cups turnips, diced
- 2 cans (16 oz) diced tomatoes with juice—no salt added
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon dried rosemary leaves
- ¼ teaspoon pepper
- 2 cups chicken, cooked and diced

In a large saucepan, stir-fry chopped onions in non-fat cooking spray.

Add chicken broth and spices, and bring the mixture to a slow boil. Add remaining vegetables and reduce heat to medium for 10 minutes.

Stir in chicken. Simmer covered for another 10 minutes to blend flavors. Top with corn chips &/or reduced fat shredded cheese.

*Yields: 8 servings  
Prep Time: 30 min  
Cook Time: 20 min*

## **Nutrition Information**

Calories .....	135
Fat .....	3 g
Carbohydrate.....	7 g
Fiber .....	6.5 g
Protein .....	20 g
Sodium .....	149 mg



# Lemon Chicken Saltimbocca

*Yields: 4 servings  
Prep Time: 15 min  
Cook Time: 15 min*

*From: Cooking Light*

- 4 4-oz pieces of boneless, skinless chicken
- 1/8 tsp salt
- 12 fresh sage leaves (or sub a sprinkle of rubbed sage on each breast)
- 2 oz very thinly sliced prosciutto cut into 8 thin strips
- 4 tsp extra virgin olive oil
- 1/3 cup fat-free, lower sodium chicken broth (such as Swanson 33% less sodium chicken broth)
- 1/3 cup lemon juice
- 1/2 tsp. cornstarch

Sprinkle chicken evenly with salt. Place 3 sage leaves on each cutlet (or sprinkle with a little rubbed sage), wrap each cutlet with prosciutto, securing the leaves in place. Heat large skillet over medium heat. Add 1 Tbsp. oil to pan and swirl to coat. Add chicken to pan; cook 2 min on each side or until done (the thicker the chicken, the longer it will take).

Remove chicken from pan and keep warm.

Combine broth, lemon juice and cornstarch in a small bowl; stir with whisk until smooth. Add cornstarch mixture and the remaining 1 tsp of olive oil to pan; bring to a boil. Cook for 1 min or until slightly thickened, stirring constantly with a whisk. Spoon sauce over chicken.

## **Nutrition Information**

Calories .....	202
Fat .....	7.5 g
Carbohydrate....	2.3 g
Fiber .....	7 g
Protein .....	30.5 g
Sodium .....	560 mg

# Hoppin' John Stew with Cheddar Cheese Grits

From: *Southern Living*

- 1 Tbsp. butter
- 1 cup chopped cooked ham
- 1 medium onion, chopped
- 1 15-oz cans black eyed peas, drained and rinsed
- 2 10-oz cans diced tomatoes with green chillies
- 1 cup frozen corn kernels
- 1 tsp sugar (optional)
- ¼ fresh cilantro, chopped

## **Cheese Mixture:**

- 2 cups water
- 1 tsp chicken bouillon
- 1 tbsp lite margarine
- ½ cup quick-cooking grits
- 1 cup reduced-fat shredded cheddar cheese

Sauté ham and onions in butter until onion is tender. Stir in black eyed peas and next 3 ingredients. Cover and simmer on low 15 minutes.

Stir occasionally. Remove from heat; stir in cilantro and serve with grits.

## **Cheese Mixture:**

Bring water, bouillon and margarine to a boil in medium saucepan over medium heat. Whisk in grits and return to a boil. Reduce heat to low and simmer 5 minutes or until thickened, stirring occasionally. Stir in cheese until melted.

*Yields: 8 servings*  
*Prep Time: 15 min*  
*Cook Time: 15 min*

## **Nutrition Information**

### *Calories*

Stew:..... 166  
Grits:..... 132

Fat .....  
Stew:..... 3 g  
Grits:..... 3.5 g

### *Carbohydrate*

Stew:..... 28 g  
Grits:..... 16 g

Fiber .....  
Stew:..... 6.5 g  
Grits:..... 6 g

### *Protein*

Stew:..... 8.6 g  
Grits:..... 8 g

### *Sodium*

Stew:..... 700 mg  
Grits:..... 194 mg

# Holiday Turkey Casserole

*Yields: 6 servings  
(1.5 cup per serving)  
Prep Time: 15 min  
Cook Time: 1 hour+*

*From: Joan Starliper, MS, RDN, LD*

- 2 cups water
- 1 cup brown rice
- 2 cups cubed butternut squash
- 1 tablespoon butter
- ½ cup chopped onion
- ½ teaspoon salt
- 1 teaspoon ground pepper
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 cup skim milk
- 3 tablespoons all-purpose flour
- 1 cup shredded sharp cheddar cheese
- 2 cups cooked, cubed turkey
- 2 cups chopped green apple (leave skin on)
- ½ cup dried cranberries

## **Nutrition Information**

Calories ..... 410  
Fat ..... 12 g  
Carbohydrate..... 52 g  
Fiber ..... 5 g  
Protein ..... 25 g  
Sodium ..... 407 mg

In a saucepan, combine water and rice. Bring to a boil. Reduce heat to low, cover tightly and simmer 35-45 minutes or until all water is absorbed.

Steam cubed squash in microwave for 2 minutes on high.

Preheat oven to 350. Lightly coat a 9x13 inch baking pan with oil or cooking spray.

Melt butter in a skillet over medium heat, add onions and cook until tender and translucent. Add salt, pepper, rosemary, and thyme to melted butter.

In a small bowl, whisk together flour and milk, add to skillet and cook, stirring constantly, until mixture begins to bubble. Add cheese to milk mixture in two batches, whisking until cheese melts. Remove from heat.

In prepared baking dish, combine cooked rice, steamed squash, turkey, apples, and cranberries. Pour creamy sauce over and gently mix all ingredients are coated.

Bake for 30 minutes or until hot and bubble and top is lightly browned.



# Bistro Apple Panini

From: Modified from *Southern Living*

- 1 slice reduced-sodium turkey bacon, cooked
- 2 medium slices Italian or other crusty bread
- ¼ Granny Smith apple, thinly sliced
- 1 ounce Cabot (or other) 75% Reduced-fat Sharp Cheddar Cheese, thinly sliced
- ½ tsp Dijon mustard
- 1 tbsp light spread (such as Olivio Light)

Spread 1/2 Tbsp. light margarine on 1 side of each side of bread. Build sandwich by layering apples, cheese, and bacon slice.

Spread underside of top slice of bread with 1/2 tsp. Dijon mustard. Grill on indoor grill pan or in a frying pan until golden brown on both sides and the cheese starts to melt.

*Yields: 1 sandwich  
Prep Time: 10 min  
Cook Time: 10 min*

## **Nutrition Information**

Calories ..... 258  
Fat ..... 10.7 g  
Carbohydrate..... 26 g  
Fiber ..... 2 g  
Protein ..... 14.5 g  
Sodium ..... 599 mg

**Tip:** *You can cook bacon in microwave. Just place on a microwave safe plate lined with paper towels and cook on high to desired crispness. It will take less time to cook than regular bacon... so keep your eye on it!*

# Apple Cole Slaw

*Yields: 8 servings  
Prep Time: 20 min*

*From: Southern Living*

- ¼ cup apple cider vinegar
- 2 tbsp. Dijon mustard
- 1 tbsp. honey
- ¾ tsp. salt
- ¼ tsp. fresh ground pepper
- ¼ cup canola oil
- 2 10-oz packages shredded coleslaw mix
- 2 celery ribs, sliced
- 2 Honey Crisp, Gala, or Pink Lady apples, chopped

Whisk together 1st 5 ingredients. Gradually add in oil in a slow steady stream; whisk constantly until blended.

Stir together cole slaw mix and next 2 ingredients in a large bowl.

Add vinegar mixture, tossing to coat.

## Nutrition Information

Calories ..... 130  
Fat ..... 7 g  
Carbohydrate..... 17 g  
Fiber ..... 3 g  
Protein ..... 1 g  
Sodium ..... 330 mg

*Yields: 12 servings  
Prep Time: 20 min  
Cook Time: 30 min*

# Applesauce

*From: Cathy Shaw, RD, LD*

## Nutrition Information

Calories ..... 79  
Fat ..... 0 g  
Carbohydrate..... 22 g  
Fiber ..... 3 g  
Protein ..... 0 g  
Sodium ..... 2.5 mg

- 8 medium cooking apples peeled and diced  
*(I like to mix McIntosh and Rome or Gala)*
- 1 cup water
- ¼ cup packed brown sugar (optional)
- 1 tsp cinnamon
- ¼ tsp nutmeg

Heat apples and water to boiling over medium heat, stirring occasionally.

Reduce heat and simmer, stirring occasionally to break up apples. (You can use a potato masher).

Add sugar and spices and allow to cook down to desired consistency and enjoy! Makes about 2 quarts (12, 2/3c servings or 16, 1/2 c servings)

# Warm Lentil Salad

From: *Snack-Girl*; [www.snack-girl.com/snack/easy-warm-lentil-salad/recipe](http://www.snack-girl.com/snack/easy-warm-lentil-salad/recipe)

- 1 cup lentils
- 3 cups water
- 3 strips center cut bacon
- 1 onion, chopped
- Parsley (optional for garnish)

## **Dressing:**

- 2 tablespoons olive oil
- 1 tablespoon wine vinegar
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Heat lentils and water in a saucepan until boiling. Reduce heat to a simmer and cook for 20 minutes or until lentils are tender. Drain lentils and put back into saucepan.

In a frying pan, cook bacon until crispy over medium heat. Drain bacon on paper towel and pour most of the fat out of the pan. Chop bacon. Add onions and cook until browned.

When lentils are done and in warm saucepan, add bacon, onion, and dressing ingredients. Be sure to add salt and pepper.

*Yields: 6 servings;  
3/4 cup for a serving  
Prep Time: 10 min  
Cook Time: 20 min*

## **Nutrition Information**

Calories .....	173
Fat .....	5.8 g
Carbohydrate.....	24.1 g
Fiber .....	10.3 g
Protein .....	9.7 g
Sodium .....	94 mg



# Festive Sweet Potato Casserole

*Yields: 12 servings;  
2/3 cup per serving  
Prep Time: 20 min  
Cook Time: 25 min*

*From: Joan Starliper, MS, RDN, LD*

- 2 pounds sweet potatoes, peeled and chopped
- $\frac{3}{4}$  cup granulated sugar
- $\frac{1}{4}$  cup fat-free milk
- 3 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 1 teaspoon lemon extract
- $\frac{1}{2}$  teaspoon salt
- 2 large eggs
- Cooking spray

## **Topping:**

- $\frac{1}{3}$  cup all-purpose flour
- $\frac{2}{3}$  cup packed brown sugar
- $\frac{1}{8}$  teaspoon salt
- 2 tablespoons melted butter
- $\frac{1}{2}$  cup chopped pecans

To prepare potatoes, place in a Dutch oven; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until tender; drain. Cool 5 minutes.

Place potatoes in a large bowl; add granulated sugar, milk, melted butter, extracts, and salt. Beat with a mixer until smooth. Add eggs; beat well. Pour potato mixture into a 13x9-inch baking pan coated with cooking spray.

To prepare topping, combine flour, brown sugar, and salt; stir with a whisk. Stir in melted butter. Sprinkle flour mixture evenly over potato mixture; arrange pecans evenly over top.

Bake at 350 for 25 minutes or until golden.

## **Nutrition Information**

Calories .....	258
Fat .....	9.2 g
Carbohydrate....	42 g
Fiber .....	2.5 g
Protein .....	3.3 g
Sodium .....	199 mg

# Sweet Potatoes and Apples Au Gratin

From: [www.tasteofhome.com/recipes/sweet-potatoes-and-apples-au-gratin](http://www.tasteofhome.com/recipes/sweet-potatoes-and-apples-au-gratin)

- 3 cup thinly slice tart apples (3 large)
- 1 tsp lemon juice
- 3 lb sweet potatoes, peeled and thinly sliced (5 med)
- ¼ cup maple syrup
- 1 Tbsp. butter, melted
- ½ tsp. salt
- ¼ tsp. pepper
- 1 cup soft bread crumbs
- 2 tsp olive oil
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp vinegar

Place apples in a large bowl and sprinkle with lemon juice. Add sweet potatoes, syrup, butter, salt and pepper. Toss to coat. Transfer to 3qt baking dish coated with cooking spray. Bake uncovered at 400 degrees for 35-40 min or until apples are tender, stirring once.

In a small bowl, combine bread crumbs, oil, cinnamon, nutmeg and vinegar. Sprinkle over potato mixture. Bake 10-15 min longer or until topping is golden brown.

Yields: 12 servings  
Prep time: 35-40 min  
Cook time: 10-15 min

## Nutrition Information

Calories .....	130
Fat .....	2 g
Carbohydrate.....	27 g
Fiber .....	3 g
Protein .....	2 g
Sodium .....	136 mg

# Mashed Potatoes

From: [www.eatingwell.com](http://www.eatingwell.com)

- 3 pounds baking potatoes,  
(about 8 potatoes), peeled  
and cut into 1½ inch chunks
- Salt, to taste
- ½ cup reduced-sodium chicken broth, heated
- 2 tablespoons reduced-fat sour cream
- Freshly ground pepper, to taste

Place potatoes in a large heavy pot and cover with cold salted water. Bring to a boil over high heat.

Reduce heat to low and simmer, partially covered, until tender, 10-15 minutes.

Drain the potatoes and return to the pot. Off the heat, mash potatoes, adding enough hot broth to make a smooth puree.

Stir in sour cream and season with salt and pepper.

Yields: 6 servings  
Prep Time: 30 min  
Cook Time: 20 min

## Nutrition Information

Calories ..... 178  
Fat ..... 1 g  
Carbohydrate..... 40 g  
Fiber ..... 3 g  
Protein ..... 5 g  
Sodium ..... 62 mg

Yields: 4 servings  
Prep Time: 20 min  
Cook Time: 15 min

# Mock Mashed Potatoes

From: <http://www.food.com>

## Nutrition Information

Calories ..... 94.1  
Fat ..... 6.2 g  
Carbohydrate... 8.4 g  
Fiber ..... 2.9 g  
Protein ..... 3.2 g  
Sodium ..... 116 mg

- 1 medium cauliflower, cut into pieces
- 2 Tbsp. margarine
- 1 ounce nonfat sour cream or 1 ounce fat-free half-and-half
- Salt
- Pepper

Cook cauliflower until fork tender.

Drain and mash cauliflower by hand or in food processor until desired consistency.

Mix in margarine and sour cream, to taste.

Add salt and pepper to taste.

# Easy Vegetable Stuffing

From: Janelle Humphrey-Rowan, ND

Yields: 8 servings  
Prep Time: 10 min  
Cook Time: 25-30 min

- 2 Tbsp. butter or margarine
- 1½ cups frozen bell pepper and onion stir-fry (from 1-lb bag)
- 2 cups Green Giant Valley Fresh Steamers frozen broccoli cuts
- 1 cup Green Giant Valley Fresh Steamers frozen Niblets corn
- 1¾ cups Progresso chicken broth (from 32-oz carton)\*\*
- 4 cups sage and onion-seasoned stuffing cubes (from 14-oz bag)
- ¼ teaspoon dried thyme leaves

Heat oven to 350 F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, melt butter over medium-high heat. Add stir-fry vegetables. Cook 1-2 minutes, stirring occasionally, until tender. Stir in broccoli and corn.

Cook 2-4 minutes, stirring occasionally, until vegetables are thawed. Stir in broth. Heat to boiling remove from heat. Stir in stuffing cubes and thyme. Spoon in baking dish.

Cover with foil; bake 25-30 minutes or until thoroughly heated.

*\*\*To reduce sodium content, use low or reduced-sodium broth*

## Nutrition Information

Calories .....	200
Fat .....	4 g
Carbohydrate.....	24 g
Fiber .....	3 g
Protein .....	3.2 g
Sodium .....	750 mg

# Civil War Cornbread

*This recipe came with a purchase of fresh stone ground cornmeal from Jackson's Mill in Lewis County.*

- ¾ cup flour
- 2 Tbsp. sugar
- 1 tsp. baking powder
- 1 tsp. salt
- 1½ cup cornmeal
- 2 eggs
- 1¼ cup milk (skim or 1%)
- ¼ cup melted butter (unsalted)

Sift the first 4 dry ingredients into bowl. Add cornmeal, mixing well.  
Combine eggs and milk in small bowl, mixing well.  
Stir into flour mixture, blending well.  
Mix in butter.  
Spoon into a greased and floured 9" square pan. Bake at 425 degrees for 25-30 minutes or until golden brown.

*Yields: 9 servings  
Prep Time: 10 min  
Cook Time: 25-30 min*

## **Nutrition Information**

Calories ..... 195  
Fat ..... 7 g  
Carbohydrate..... 28 g  
Fiber ..... 0.7 g  
Protein ..... 5 g  
Sodium ..... 353 mg



# Pumpkin Spice “Brownies”

From: Cathy Shaw, RD, LD

- 1 15-ounce can pumpkin
- 1 box Spice Cake Mix
- 2-3 Tbsp water
- ½ cup white chocolate chips (optional)

Combine pumpkin, cake mix and 2-3 Tbsp. water in mixing bowl until well-blended... batter will be thick.

Fold in white chocolate chips (if desired).

Spray a 9x13" baking pan with Pam. Spread mixture into pan and bake at 350 for about 25 minutes—check for doneness—knife should come out clean.

If thicker brownies are desired, use 2 8x8" pans. They will need a longer cooking time.

Yields: 24 servings  
Prep Time: 10 min  
Cook Time: 25-30 min

## Nutrition Information

Calories .....	108
Fat .....	2.8 g
Carbohydrate.....	21 g
Fiber .....	0.7 g
Protein .....	1 g
Sodium .....	138 mg

# Apple Crunch

From: WVU Extension

- 8 medium apples (sliced thin)
- $\frac{1}{3}$  cup flour
- 1 teaspoon cinnamon
- 1 cup rolled oats
- $\frac{1}{3}$  cup brown sugar (packed)
- $\frac{1}{4}$  cup trans fat free margarine or butter
- $\frac{1}{2}$  cup raisins (optional)
- $\frac{1}{2}$  cup walnuts (optional)
- Vegetable spray

Spray pan with vegetable spray.

Place apples and raisins in baking pan.

In mixing bowl, combine flour, cinnamon, oats, walnuts, and sugar.

Cut in margarine using a pastry blender or 2 knives. Sprinkle the flour/oat mixture over the apples.

Bake at 350 degrees for 35-40 minutes.

*Variations: peach crisp: substitute 6 cups canned drained or fresh peaches for the apples.*

Yields: 8 servings  
Prep Time: 10 min  
Cook Time: 25-30 min

## Nutrition Information

Calories ..... 261  
Fat ..... 7.5 g  
Carbohydrate..... 47 g  
Fiber ..... 0.7 g  
Protein ..... 4 g  
Sodium ..... 138 mg

# Crock-Pot Baked Apples

From: <http://www.skinnychef.com>

- 1/4 cup brown sugar
- 1/4 cup walnuts, chopped
- 2 tablespoons trans-fat free margarine or butter
- 1 teaspoon cinnamon
- 6 Gala or Macintosh apples, cored
- 1/2 cup apple juice or apple cider
- 2 tablespoons orange liquor (optional)

In a large bowl, mix brown sugar, walnuts, margarine or butter, and cinnamon.

Use a grapefruit spoon that has the sharp edges (or a melon baller or small pairing knife) and core most of the way through, I leave about 1/2 inch apple left at the bottom. You could remove the skin but I find that it helps to hold the apple together as it bakes – it also adds extra fiber which is always a plus.

Fill the apples with filling and place them in the crock-pot. If you don't have apple juice or cider, you can use apple lime juice or apple vinegar (diluted with water and a little sugar).

Set the crock-pot on high heat and cook 2-1/2 to 3 hours until the apples are soft and begin to collapse. If you don't have a crockpot, you can use a 7x11 casserole dish or stock pot. Preheat the oven to 350 F and cover the pan with aluminum foil. They'll take about 45 minutes to one hour. A glass baking dish is also an option, just be sure to lower the heat slightly 5-10 degrees since glass can cause food to burn. If you're making this recipe for a large crowd, you could do these in the oven in a large disposable roasting pan and just double the recipe. They also taste delicious with a scoop of low-fat frozen vanilla yogurt.

*Yields: 8 servings*  
*Prep Time: 30 min*  
*Cook Time: 2-1/2 to 3 hours*

## Nutrition Information

Calories .....	261
Fat .....	7.5 g
Carbohydrate.....	47 g
Fiber .....	0.7 g
Protein .....	4 g
Sodium .....	138 mg

**Substitution:** *If you don't want to use walnuts, you could use pecans or go nut-free by substituting with 1/4 cup of chopped raisins, prunes, or granola! Another great substitution is 1/4 cup of rolled quick oats moistened with a tablespoon of water before stuffing the apples.*

**Tip:** *You can refrigerate these for up to 3 days, but store them in an air-tight container so they don't pick up odors from the fridge.*

# Gingerbread Cupcakes

From: Joan Starliper, MS, RDN, LD

- 1<sup>1</sup>/<sub>3</sub> cups all-purpose flour
- <sup>3</sup>/<sub>4</sub> teaspoon cinnamon
- <sup>3</sup>/<sub>4</sub> teaspoon ginger
- <sup>1</sup>/<sub>2</sub> teaspoon salt
- <sup>1</sup>/<sub>2</sub> teaspoon baking powder
- <sup>1</sup>/<sub>2</sub> teaspoon soda
- <sup>1</sup>/<sub>2</sub> teaspoon allspice
- <sup>1</sup>/<sub>2</sub> cup firmly packed brown sugar
- <sup>1</sup>/<sub>2</sub> cup butter, softened to room temperature
- <sup>1</sup>/<sub>2</sub> cup boiling water
- <sup>1</sup>/<sub>2</sub> cup molasses
- 1 egg, slightly beaten

## **Pumpkin Cream Cheese Frosting:**

- 8 oz cream cheese, softened to room temperature
- <sup>1</sup>/<sub>2</sub> cup canned pumpkin
- <sup>1</sup>/<sub>2</sub> cup powdered sugar
- <sup>1</sup>/<sub>2</sub> teaspoon cinnamon

**Cupcake:** In a large bowl, combine the first 7 ingredients. Add remaining ingredients; blend well. Pour batter in to cupcake liners place into a muffin tin. Bake at 350 for 25-30 minutes.

**Frosting:** Blend all ingredients together with mixer. Makes 30 tablespoons; enough to frost all cupcakes.

Yields: 15 cupcakes  
(or one 8-9" square pan)

Prep Time: 10 min

Cook Time: 25-30 minutes

## **Nutrition Information**

### *Calories*

Cupcake: ..... 154

Frosting:..... 39

### *Fat*

Cupcake: ..... 6.6g

Frosting:..... 2.7g

### *Carbohydrate*

Cupcake: ..... 22g

Frosting:..... 18g

### *Fiber*

Cupcake: ..... 1g

Frosting:..... 0.4g

### *Protein*

Cupcake: ..... 2.4g

Frosting:..... 0g

### *Sodium*

Cupcake: ..... 206mg

Frosting:..... 70mg

# Guiltless Pumpkin Pie

Yields: 8 servings  
Prep Time: 10 min  
Cook Time: 40-45 minutes

From: Joan Starliper, MS, RDN, LD

- 2 large eggs
- ½ cup granulated sugar
- 1½ teaspoons pumpkin pie spice
- ¼ teaspoon salt
- 1 15-oz can pumpkin
- 2/3 cup fat-free evaporated milk

Preheat oven to 350. Spray a 9-inch pie plate with cooking spray set aside.

Place eggs in large bowl and beat with fork. Add sugar, spices, and salt mix will.

Stir in pumpkin and evaporated milk.

Pour mixture into prepared pie plate. Bake for 40-45 minutes or until center is set.

Remove from oven and cool.

Serve with whipped topping with crushed ginger-snaps.

## Nutrition Information

Calories .....	113
Fat .....	2 g
Carbohydrate.....	21 g
Fiber .....	2 g
Protein .....	3 g
Sodium .....	139 mg



# Winter Recipes

## Appetizers

Roasted Red Pepper Bruschetta.....	86
Buffalo Cauliflower Recipe.....	87
Healthy Buffalo Chicken Dip.....	88
Pumpkin Pie Spiced Pecans.....	89

## Beverage

Slow Cooker Christmas Wassail.....	90
------------------------------------	----

## Breakfast

Sausage, Egg, and Cheese Breakfast Roll-Up.....	91
Whole Wheat Banana Pancakes.....	92
Peanut Butter and Banana Sandwich.....	93
No Cook Apple Cinnamon Refrigerator Oatmeal.....	93
Apple and Greek Yogurt Pancakes.....	94

## Main Dishes

Crock Pot Zesty Beef and Vegetable Soup.....	95
Weight Watchers Hearty Three-Bean Chili.....	96
Black Bean Soup.....	97
Hamburger Minestrone.....	98
Slow-Cooker Salsa Chicken.....	99
Sausage & Vegetable Skillet Dinner.....	100
Cheesy Meatloaf Minis.....	101
Butternut Squash Casserole (AKA Healthy Mac & Cheese!).....	102
Broiled Tilapia Parmesan.....	103
Inside-Out Cabbage Rolls.....	104

## Sides

Winter Fruit Waldorf Salad.....	105
Cranberry Apple Stuffing.....	106
Salsa Cornbread.....	107
Orange Fruit Slaw.....	108
Maple-Biscuit Vinaigrette.....	108
Easy spicy Seasoned Broccoli.....	109
Parmesan Roasted Brussels Sprouts.....	109

## Desserts

Fruit Trifle.....	110
White Chocolate Cranberry Biscotti.....	111
Simple "Cheesecake" Dessert.....	112
Pina Colada Pudding Parfaits.....	112
Chocolate Chip Cookies.....	113

# Roasted Red Pepper Bruschetta

From: *Cathy Shaw, RD, LD adapted from  
Southern Living*

- 1 (12 oz) jar roasted red peppers, drained well and finely chopped
  - ½ cup finely chopped plum tomato
  - ¼ cup finely chopped purple onion
  - 2 Tbsp balsamic vinegar
  - 1 Tbsp olive oil
  - ½ tsp salt
  - ½ tsp sugar
  - ½ tsp freshly ground black pepper
  - 1 French baguette—cut into 28 slices
- Salt and pepper
- ¼ cup crumbled garlic and herb flavored feta cheese

Combine first 3 ingredients in a bowl. Combine vinegar, 1 Tbsp olive oil, salt, pepper, and sugar; pour over pepper mixture. Toss. Cover and chill until ready to serve.

Arrange baguette slices on a large ungreased baking sheet. Brush lightly with olive oil. Sprinkle with salt and pepper.

Bake at 400 for 4 minutes until barely toasted.

Spoon 1 Tbsp of pepper mixture onto each toast; top with crumbled feta.

Broil 5-1/2" from heat for 3 min or until bubbly. Serve warm.

*Yields: 28 servings  
Prep Time: 10 min  
Cook Time: 10 min*

## Nutrition Information

Calories .....	66.1
Fat .....	2.9 g
Carbohydrate....	8.2 g
Fiber .....	6 g
Protein .....	1.6 g
Sodium .....	174 mg

*Yields: 3 servings,  
1 cup each  
Prep Time: 10 min  
Cook Time: 20 min*

**Nutrition Information**

Calories ..... 120  
Fat ..... 0.9 g  
Carbohydrate. 21.3 g  
Fiber ..... 6.2 g  
Protein ..... 8.5 g  
Sodium ..... 362 mg

# Buffalo Cauliflower Recipe

*From: Snack-Girl (<http://www.snack-girl.com/snack/buffalo-cauliflower/recipe>)*

- 1.5 pound cauliflower ( about 1/2 large head or one small head)
- 2 egg whites
- 1/3 cup panko or other bread crumbs
- 3 tablespoons Frank's Red Hot Sauce (optional)

Heat oven to 425 F. Line a rimmed baking sheet with parchment paper.

Core cauliflower and cut into small florets. Beat egg whites with a fork until frothy. Mix egg whites and cauliflower in a bowl until the cauliflower is coated. Add panko and mix until cauliflower is coated with bread crumbs.

Bake for 20 minutes or until cauliflower is crispy. Drizzle on Frank's Red Hot Sauce and serve.





# Healthy Buffalo Chicken Dip

Yields: 1/4 cup per serving  
Prep Time: 10 min  
Cook Time: 35 min

From: <http://www.cooks.com>

- 1 (8 oz pkg) reduced-fat cream cheese, softened
- 1/2 cup fat-free ranch dressing
- 1/3 cup buffalo wing sauce
- 2 Tbsp. water
- 1 1/2 cups shredded cooked chicken breast
- 1 cup reduced-fat shredded Colby-Monterey Jack cheese
- 2 tbsp. chopped green onions
- Celery sticks and other veggies for dipping &/ or multigrain crackers

Heat oven to 350 F. In a medium bowl, beat cream cheese with mixer on medium speed until smooth. Beat in dressing, buffalo sauce, and water until blended.

Stir in chicken and cheese. Spread in a 1-quart baking dish.

Cover with foil.

Bake for 30-35 minutes or until hot and bubbly.

Stir. Top with onions. Serve with veggies or crackers.

## Nutrition Information

Calories .....	110
Fat .....	6 g
Carbohydrate.....	4 g
Fiber .....	0 g
Protein .....	9 g
Sodium .....	508 mg

*Yields: 20 servings;  
5 cups  
Prep Time: 20 min  
Cook Time: 15 min*

**Nutrition Information**

Calories .....202  
Fat ..... 20 g  
Carbohydrate..... 7 g  
Fiber .....3 g  
Protein ..... 2 g  
Sodium .....59 mg

# Pumpkin Pie Spiced Pecans

*From: Taste of Home; <http://www.tasteofhome.com/recipes/pumpkin-pie-spiced-pecans/print>*

- 2 tablespoons sugar
- 1 teaspoon pumpkin pie spice
- ½ teaspoon salt
- ½ teaspoon ground ginger
- 2 tablespoons water
- 2 tablespoons honey
- 2 teaspoons canola oil
- 1¼ pounds pecan halves (~5 cups)

Combine the sugar, pie spice, salt, and ginger; set aside. In a Dutch oven, bring the water, honey, and oil to a boil. Add pecans cook and stir until all of the liquid is evaporated, about 1 minute. Immediately sprinkle with reserved sugar mixture; toss to coat.

Transfer to an ungreased 15-in. x 10-in. x 1-in. baking sheet. Bake at 325 F for 15-20 minutes or until browned, stirring twice. Cool on a wire rack. Store in an airtight container.

# Slow Cooker Christmas Wassail

*Yields: 16 servings  
Prep Time: 10 min  
Cook Time: 4-6  
hour*

*From: SparkPeople; [http://recipes.sparkpeople.com/recipe\\_details.asp?nutrition\\_id=24841904](http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=24841904)*

- 6 inches cinnamon stick, broken
- 12 whole cloves
- 6 cup water
- 1 12-oz can frozen cranberry juice concentrate
- 1 12-oz can frozen raspberry juice blend concentrate
- 1 12-oz frozen apple juice concentrate
- 1 cup brandy
- $\frac{1}{3}$  cup lemon juice
- $\frac{1}{4}$  cup sugar

Cut a 6" square from a double thickness of cheese cloth and tie around cinnamon and cloves. Add to slow cooker with water, juice concentrates, brandy, lemon juice and sugar. Cover and cook on low for 4-6 hours or on high 3-4 hours.

## **Nutrition Information**

Calories ..... 81.6  
Fat ..... 0.1 g  
Carbohydrate.. 13.8 g  
Fiber ..... 3 g  
Protein ..... 0 g  
Sodium ..... 200 mg

*Yields: 2 servings  
Prep Time: 10 min  
Cook Time: 15 min*

# Sausage, Egg & Cheese Breakfast Roll-Up

## **Nutrition Information**

Calories ..... 220.9  
Fat ..... 10.7 g  
Carbohydrate. 19.3 g  
Fiber ..... 8.3 g  
Protein ..... 19.9 g  
Sodium ..... 428 mg

*From: SparkPeople; [http://recipes.sparkpeople.com/recipe\\_details.asp?nutrition\\_id=24927366](http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=24927366)*

- ½ cup egg substitute
- 2 sliced mushrooms
- ¼ red bell pepper, chopped
- ¼ green bell pepper, chopped
- 1 Tbsp chopped red onion
- ½ cup spinach, torn
- 2 turkey sausage patties, precooked and broken up
- ¼ cup shredded cheddar cheese
- 2 (8-inch) whole-wheat tortillas

Preheat pan, and spray with nonstick cooking spray.

Scramble egg with pre-chopped veggies and pre-cooked sausage in bowl, mix and cook. Add cheese and allow to melt slightly.

Turn off stove, place tortillas on top of eggs to warm for a moment, then remove.

Fill tortillas, roll up and serve.

# Whole Wheat Banana Pancakes

*Yields: 15 servings;  
1 pancake each  
Prep Time: 10 min  
Cook Time: 10 min*

*From: SparkPeople user SHANFANNIN*

- 2 medium, very ripe bananas, mashed
- 1 cups nonfat milk
- 2 eggs, beaten
- 1 tsp. vanilla extract
- 1 Tbsp. artificial sugar
- 4 tsp. baking powder
- 2 cups whole wheat flour

Mix bananas, milk, eggs, and vanilla in one bowl and set aside. In another bowl, mix dry ingredients.

Slowly pour wet ingredients into dry ingredients. Spray a non-stick skillet with cooking spray.

Recipe makes about 15 average sized pancakes. Serve with sugar-free syrup or fresh fruit.

## **Nutrition Information**

Calories .....89.9  
Fat .....1.1 g  
Carbohydrate.17.2 g  
Fiber .....2.3 g  
Protein .....4.1 g  
Sodium .....157 mg



# Peanut Butter and Banana Sandwich

*Yields: 1 sandwich  
Prep Time: 10 min  
Cook Time: 0 min*

*From: Cathy Shaw, RD, LD*

- 1 whole wheat sandwich thin or bagel thin
- 1 tbsp. creamy or crunchy peanut butter
- ½ banana, sliced

Toast sandwich thin or bagel thin to desired doneness.

Spread both sides with peanut butter and top with banana slices.

May put sides together like a sandwich “to-go.”

## Nutrition Information

Calories .....248  
Fat .....10 g  
Carbohydrate....39 g  
Fiber .....2.3 g  
Protein .....10 g  
Sodium .....241mg

*Yields: 1 serving  
Prep Time: 10 min  
Cook Time: 7 hours*

# No Cook Apple Cinnamon Refrigerator Oatmeal

## Nutrition Information

Calories ..... 297  
Fat ..... 4 g  
Carbohydrate.... 54 g  
Fiber ..... 2.3 g  
Protein ..... 14 g  
Sodium ..... 77 mg

*<http://www.happygoluckyblog.com/2012/05/no-cook-refrigerator-oatmeal-in-jar.html>*

*In a small mason jar combine:*

- ¼ cup uncooked old fashioned oats
- ¼ cup skim milk
- ¼ cup low fat plain yogurt
- 1 tsp honey
- 3 large spoonful of chunky applesauce (preferably unsweetened)
- ½ tsp. cinnamon

Secure lid on jar and shake to combine.  
Place in the refrigerator overnight and it's ready to eat in the morning!

No need to cook.

If you prefer it warm, remove lid and heat in the microwave

# Apple and Greek Yogurt Pancakes

Yields: 6 servings  
Prep Time: 10 min  
Cook Time: 10 min

From: Daniela @ Food Recipes HQ

- 1 cup all-purpose flour
- 4 apples
- 1 egg
- 3 tablespoons Greek yogurt
- 1 teaspoon baking powder
- 1 tablespoon honey
- 2 tablespoons oil to cook
- Powdered sugar (optional)

Note: feel free to use non-fat Greek yogurt if you like, and try whole wheat flour or a combination of whole wheat and all-purpose flour.

Cook the apples in boiling water for about 5 minutes. The pot must be large to contain enough water to cover the apples. Cool down the apples, then peel, coarsely grate them. For a thicker consistency, you can cut one apple in slices.

Whisk the flour, baking powder, and honey together.

Combine the egg, the yogurt, and stir in the apples.

Heat a thin layer of oil in a skillet over medium heat. Drop large spoonful of batter into the pan and flatten it out a little. Cook until golden underneath, flip the pancake and cook them for an additional 2 minutes.

Dust with powdered sugar and serve immediately.

## Nutrition Information

Calories .....	177
Fat .....	6 g
Carbohydrate.....	28 g
Fiber .....	2 g
Protein .....	4 g
Sodium .....	87 mg

# Crock Pot Zesty Beef and Vegetable Soup

*Yields: 6 servings;  
use a 3½-5 quart  
slow cooker  
Prep Time: 10 min  
Cook Time: 8-10  
hours*

*From: Better Homes and Gardens Crock Pot Cookbook*

- 1 lb lean ground beef or lean ground turkey (93% lean if possible)
- ½ cup chopped onion
- 2 cloves of garlic, minced
- 2 cups pre-shredded coleslaw mix (found with the salad in the produce aisle)
- 1 10-oz package frozen whole kernel corn
- 1 9-oz package of frozen cut green beans
- 4 cups of spicy V8 Juice
- 1 14½ oz can of Italian style stewed tomatoes
- 2 Tbsp Worcestershire sauce
- 1 tsp. dried basil
- ¼ tsp. pepper

## **Nutrition Information**

Calories .....269  
Fat .....10 g  
Carbohydrate....29 g  
Fiber .....8 g  
Protein .....19 g  
Sodium .....925 mg

Tip: use Low Sodium V8 to cut the sodium to 585 mg per serving. Skip the spicy version if your family prefers a milder taste

In a large skillet, cook ground meat, onion, and garlic until meat is brown and onion is tender. Drain fat.

In a slow cooker crock, combine meat mixture, coleslaw mix, frozen corn, green beans, vegetable juice, undrained tomatoes, Worcestershire sauce, basil and pepper.

Cover; cook on low for 8-10 hours or on high for 4-5 hours.



# Weight Watchers Hearty Three-Bean Chili

*From: Weight Watchers Magazine; January/February  
1998*

- 1 teaspoon vegetable oil
- 2 cups onions, chopped
- 3 cloves garlic, minced
- 2 tablespoons chili powder
- 1½ tablespoons ground cumin
- ½ teaspoon salt
- 2 cans (14-1/2 oz each) no-salt-added  
stewed tomatoes, undrained
- 2 cans (15 oz each) black beans, drained
- 1 (16 oz can) kidney beans, drained
- 1 (14½ oz) can fat-free beef broth
- ½ cup water
- 1 large green bell pepper, cut into 1-inch  
pieces
- 1 large red bell pepper, cut into 1-inch pieces

Heat oil in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 5 minutes or until tender.

Stir in chili powder, cumin, and salt; sauté 1 minute.

Add tomatoes and next 7 ingredients bring to a boil

Cover, reduce heat, and simmer 30 minutes, stirring occasionally.

Can also prepare ingredients as above and place in a slow cooker or Crock Pot on low for 2-3 hours.

*Yields: 8 servings  
(serving size: 1½  
cups)*

*Prep Time: 10 min*

*Cook Time: 30 min*

## **Nutrition Information**

Calories .....276

Fat .....3.9 g

Carbohydrate 48.3 g

Fiber .....8.1 g

Protein .....14.7 g

Sodium .....535 mg



*Yields: 6 servings  
Prep Time: 10 min  
Cook Time: 15 min*

# Black Bean Soup

*From: Brooke Nissim Sabat, RD, LD and Liz Quintana  
EdD, RD, LD, CDE*

## **Nutrition Information**

Calories ..... 111  
Fat ..... 61g  
Carbohydrate..... 18 g  
Fiber ..... 4 g  
Protein ..... 6 g  
Sodium ..... 395 mg

- 1 15 oz can black beans , drained and rinsed
- 1 15 oz can low or reduced sodium fat free chicken, beef, or vegetable broth
- 1 cup favorite tomato salsa
- 1 cup frozen cut corn
- 1-2 Tbsp cilantro or parsley, chopped

May use reduced or low sodium canned beans as well as fresh salsa to reduce sodium further. May also add some cumin, salt, pepper and cayenne for some additional flavor if desired!

For some variety, try other types of beans as well as adding other vegetables you may have on hand (peppers, onions, potatoes, etc) and lean meat (chicken, beef, pork).

Combine all in a stockpot, except cilantro. Bring to a simmer. May blend with an immersion blender to desired texture.

Add more liquid if soup becomes too thick. Serve with lime wedges, cilantro, and may add a dollop of plain Greek yogurt or sour cream. Whole wheat tortillas go well with this also!

# Hamburger Minestrone

*Yields: 9 servings  
(about 3 quarts)  
Prep Time: 10 min  
Cook Time: 15 min*

*From: Joan Starliper, MS, RDN, LD*

- 1 pound lean ground beef
- ½ cup chopped onion
- 2 garlic cloves, minced
- 6 cups water
- 1 can (28 ounces) diced tomatoes, undrained
- 1½ cups sliced zucchini
- 1 can (16 oz) kidney beans, rinsed and drained
- 1½ cups frozen whole kernel corn, thawed
- 1 cup shredded cabbage
- 1 celery rib with leaves, chopped
- 2 teaspoons beef bouillon granules
- 1 teaspoon Italian seasoning
- ½ cup uncooked elbow macaroni

In a Dutch oven, cook the beef, onion, and garlic over medium heat until meat is no longer pink; drain.

Add the water, tomatoes, zucchini, beans, corn, cabbage, celery, bouillon, and Italian seasoning; bring to boil. Add macaroni.

Reduce heat; cover and simmer for 15 minutes or until macaroni is tender.

## **Nutrition Information**

Calories .....	194
Fat .....	4 g
Carbohydrate.....	25 g
Fiber .....	6 g
Protein .....	15 g
Sodium .....	517 mg

*Yields: 8, 1 cup servings of chicken*  
*Prep Time: 10 min*  
*Cook Time: 6-8 hours*

**Nutrition Information**

Calories ..... 164.9  
Fat ..... 2.5 g  
Carbohydrate... 7.3 g  
Fiber ..... 2.1 g  
Protein ..... 27.6 g  
Sodium ..... 253.3 mg

# Slow-Cooker Salsa Chicken

*From: CHEF\_MEG for Spark People Cookbook: Love Your Food, Lose the Weight.*

- 2 pounds (32 oz) chicken breasts, boneless and skinless
- 1 cup salsa, homemade or purchased
- 1 cup petite diced canned tomatoes (choose low sodium)
- 2 tablespoons Taco Seasoning
- 1 cup onions, diced fine
- ½ cup celery diced fine (can use diced pepper instead)
- ½ cup carrots, shredded (or diced)
- 3 tablespoons sour cream, reduced fat or fat free

Place the chicken in a slow cooker. Sprinkle the taco seasoning over the meat then layer the vegetables and salsa on top.

Pour half a cup water over the mixture, set on low and cook for 6-8 hours.

The meat is cooked when it shreds or reaches an internal temperature of 165 degrees Fahrenheit. When ready to serve, break up the chicken with two forks then stir in the sour cream.

# Sausage & Vegetable Skillet Dinner

*Yields: 4 servings  
(2 cups each)  
Prep Time: 15 min  
Cook Time: 15 min*

*From: Taste of Home; [http://www.tasteofhome.com/recipes/sausage – vegetable-skillet-dinner/print](http://www.tasteofhome.com/recipes/sausage-vegetable-skillet-dinner/print)*

- 1 tablespoon olive oil
- 1 package (12 oz) fully cooked Italian chicken sausage links, cut into 1-inch pieces
- 1 large onion, chopped
- 3 garlic cloves, minced
- ¼ teaspoon crushed red pepper flakes
- 8 medium red potatoes ( about 2 pounds), thinly sliced
- 1 package (10 oz) frozen corn
- 1¼ cups vegetable broth
- ¼ teaspoon pepper
- 2 cups fresh baby spinach

Note: reduce sodium by using low sodium vegetable broth. You can also use vegetarian or turkey sausage.

In a 12-in. skillet, heat oil over medium-high heat. Add sausage and onion; cook and stir until sausage is browned and onion is tender. Add garlic and pepper flakes; cook 1 minute longer. Add potatoes, corn, broth, and pepper; bring to a boil. Reduce heat; simmer, covered, 12-15 minutes or until potatoes are tender. Add spinach, cook just until wilted.

## **Nutrition Information**

Calories ..... 413  
Fat ..... 11 g  
Carbohydrate.... 58 g  
Fiber ..... 7 g  
Protein ..... 22 g  
Sodium ..... 804 mg

# Cheesy Meatloaf Minis

From: *Cooking Light Magazine*

*Yields: 6 servings  
Prep Time: 15 min  
Cook Time: 15 min*

- ½ cup fresh breadcrumbs (or dry)
- 1 cup chopped onion
- 2 garlic cloves, chopped
- ½ cup ketchup, divided
- 3 ounces white cheddar cheese, diced
- ¼ cup chopped fresh parsley, or 2 Tbsp. dry
- 2 Tbsp. grated parmesan cheese
- 1 Tbsp. horseradish
- 1 Tbsp. Dijon mustard
- ¾ tsp dried oregano
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1½ ground sirloin
- 1 large egg, lightly beaten

## **Nutrition Information**

Calories ..... 256  
Fat ..... 11.6 g  
Carbohydrate.. 11.2 g  
Fiber ..... 7 g  
Protein ..... 28.5 g  
Sodium ..... 620 mg

Note: This may be altered to reduce sodium by using reduced sodium cheeses, reduced sodium ketchup, and eliminating the salt. Of course, adding additional herbs and spices to your taste will give it your own personal flare!

Preheat oven to 425 degrees.

Toast breadcrumbs in a skillet over medium high heat for about 3 minutes, stirring frequently (optional).

Heat a skillet over medium high heat; coat pan with cooking spray. Add onion and garlic, sauté for 3 minutes.

Combine onion mixture, breadcrumbs, 1/4 cups ketchup, and remaining ingredients in a bowl.

Shape into 6 (4x2 inch) loaves and place on a broiler pan coated with cooking spray. Spread 2 Tbsp. of ketchup over each (if desired). Bake at 425 for 25 minutes or until done.

*Yields: 6 servings  
Prep Time: 15 min  
Cook Time: 30 min*

**Nutrition Information**

Calories ..... 330  
Fat ..... 13 g  
Carbohydrate.... 39 g  
Fiber ..... 3 g  
Protein ..... 17 g  
Sodium ..... 349 mg

# Butternut Squash Casserole (AKA— Healthy Mac & Cheese!)

*From: Cathy Shaw, RD, LD adapted from  
Parents Magazine*

1/2 butternut squash, peeled and cut into 1/2 inch cubes (or purchase pre-peeled and cubed butternut squash from the produce dept. — way easier!) this should be about 2 cups.

- 2 teaspoons olive oil
- 1/2 teaspoon salt
- 1/2 pound whole wheat elbow macaroni
- 2 Tbsp. butter
- 2 Tbsp. flour
- 1 1/2 cup reduced fat milk (not skim)
- 1 3/4 cup low fat cheddar cheese, shredded and divided

Preheat oven to 375. Toss squash with olive oil and salt on a foil-lined tray. Bake for 20 minutes or until tender and set aside.

Cook pasta for 2 min less than the package directions; drain and place in a bowl with squash. Meanwhile, melt butter over low heat. Whisk in flour and cook for 2 min.

Slowly whisk in milk. Bring mixture to a boil, then simmer for 3 minutes, stirring occasionally. Add 1 1/2 cups of the cheese; stir until melted. Stir the cheese sauce into the pasta and squash.

Spoon in 6 greased individual ramekins. Sprinkle with remaining cheese. Bake 10 minutes.

# Broiled Tilapia Parmesan

From: SparkPeople; [http://recipes.sparkpeople.com/recipe\\_details.asp?nutrition\\_id=4011420](http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=4011420)

- 1/4 cup Parmesan cheese
- 2 Tbsp butter, softened
- 1 Tbsp plus 1 1/2 tsp mayonnaise
- 1 Tbsp fresh lemon juice
- 1/8 tsp dried basil
- 1/8 tsp ground black pepper
- 1/8 tsp onion powder
- 1/8 tsp celery salt
- 1 pound tilapia filets

Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.

In a small bowl, mix together the parmesan cheese, butter, mayonnaise, and lemon juice. Season with dried basil, pepper, onion powder, and celery salt. Mix well and set aside.

Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the parmesan cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.

Yields: 4 servings  
Prep Time: 15 min  
Cook Time: 15 min

## Nutrition Information

Calories .....	177.2
Fat .....	10.3 g
Carbohydrate.....	1.8 g
Fiber .....	3 g
Protein .....	18.7 g
Sodium .....	243 mg



*Yields: 6 servings  
(1 1/3 cups)  
Prep Time: 15 min  
Cook Time: 30 min*

**Nutrition Information**

Calories ..... 224  
Fat ..... 8 g  
Carbohydrate.... 23 g  
Fiber ..... 5 g  
Protein ..... 21 g  
Sodium ..... 502 mg

# Inside-Out Cabbage Rolls

*From: Taste of Home; <http://www.tasteofhome.com/recipes/inside-out-cabbage-rolls/print>*

- 1 pound ground beef
- 1 large onion, chopped
- 1 large green pepper, chopped
- 2 small head cabbage, chopped
- 1 can (10 oz) diced tomatoes and green chilies
- 1 cup reduced-sodium beef broth
- 1 can (8 oz) pizza sauce
- 1 cup cooked brown rice
- 1/2 cup shredded reduced-fat cheddar cheese

In a Dutch oven, cook the beef, onion, and green pepper over medium heat until meat is no longer pink; drain.

Stir in the cabbage, tomatoes, broth and pizza sauce. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until cabbage is tender, stirring occasionally.

Stir in rice; heat through. Remove from the heat. Sprinkle with cheese; cover and let stand until cheese is melted.

# Winter Fruit Waldorf Salad

*Yields: 16 servings  
Prep Time: 15 min  
Cook Time: 0 min*

*From: <http://www.bettycrocker.com>*

- 2 medium unpeeled red apples, diced
- 2 medium unpeeled pears, diced
- ½ cup thinly sliced celery
- ½ cup golden raisins
- ½ cup chopped dates
- ¼ cup mayonnaise or salad dressing
- ¼ cup Yoplait Original 99% fat-free orange crème yogurt (from 6 oz container)
- 2 tablespoons frozen orange juice concentrate
- 8 cups shredded lettuce
- Walnut halves, if desired

In a large bowl, mix apples, pears, celery, raisins, and dates. In a small bowl, mix mayonnaise, yogurt, and juice concentrate until well blended. Add to fruit; toss to coat. (Salad can be refrigerated up to 1 hour.) Serve salad on lettuce. Garnish with walnut halves.

## **Nutrition Information**

Calories .....	100
Fat .....	3 g
Carbohydrate.....	17 g
Fiber .....	2 g
Protein .....	1 g
Sodium .....	30 mg

*Yields: 10 servings  
Prep Time: 15 min  
Cook Time: 15 min*

**Nutrition Information**

Calories .....90.6  
Fat .....1.3 g  
Carbohydrate..16.6 g  
Fiber .....2.1 g  
Protein .....3.3 g  
Sodium .....550 mg

# Cranberry Apple Stuffing

*From: SparkPeople; [http://recipes.sparkpeople.com/recipe\\_details.asp?nutrition\\_id=25709497](http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=25709497)*

- 6 cups bread cubes toasted
- 1 cup diced onion
- 1 cup thinly sliced celery (if you like smaller pieces, dice)
- 1 cup diced apple (Honey Crisp is the best)
- 1/4 cup Craisins (raisins work just as well)
- 1 cup (or more to desired consistency) turkey stock (drippings from the turkey set aside, or in the refrigerator, and allow to cool, and skim the fat from the top and discard) OR you can use reduced-sodium chicken broth
- 1/2 tsp pepper, black
- 1/2 tsp salt
- 1 tbsp. poultry seasoning
- 1 tsp garlic powder
- 1 tsp sage, ground

Preheat oven to 325 degrees. In a sauce pan large enough to hold all ingredients and mix, put 1/2 cup of Turkey stock, add spices, onion, celery, and apples. Sauté until onion clear and celery and apple tender add raisins and 1/2 cup more Turkey stock.

Add bread cubes a little at a time until all vegetables are mixed in. Add more Turkey stock until bread cubes are evenly coated and mixed with vegetables.

Place pan in the oven for 15 minutes.

# Salsa Cornbread

From: *EatingWell*; [http://www.eatingwell.com/recipes/salsa\\_cornbread.html](http://www.eatingwell.com/recipes/salsa_cornbread.html)

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- ½ cup cornmeal
- 2 teaspoons baking powder
- ½ teaspoon salt
- Freshly ground pepper, to taste
- 3 large eggs, lightly beaten
- ½ cup buttermilk, or equivalent buttermilk powder
- 1 tablespoon butter, melted
- 1 tablespoon honey
- ½ cup drained canned corn kernels
- 1 small onion, diced
- ½ cup chopped tomato
- 1 clove garlic, minced
- 1 jalapeno pepper, seeded and minced
- ½ cup grated cheddar cheese

Preheat oven to 425 degrees. Place a 9-inch cast-iron skillet in the oven to heat.

Whisk all-purpose flour, whole-wheat flour, cornmeal, baking powder, salt and pepper in a large bowl.

Whisk eggs, buttermilk, butter, and honey in a medium bowl. Add the egg mixture to the dry ingredients; mix with a rubber spatula. Stir in corn, onion, tomato, garlic, jalapeno.

Remove the skillet from the oven and coat it with cooking spray. Pour in the batter, spreading evenly. Sprinkle the cheese over the top. Bake the cornbread until golden brown and a knife inserted into the center comes out clean after 20-25 minutes. Serve warm.

*Yields: 10 servings*  
*Prep Time: 35 min*  
*Cook Time: 55 min*

## Nutrition Information

Calories .....	138
Fat .....	4 g
Carbohydrate.....	20 g
Fiber .....	1 g
Protein .....	6 g
Sodium .....	319 mg

*Yields: 6 servings*  
*Prep Time: 15 min*  
*Cook Time: 0 min*

## Orange Fruit Slaw

*From: Joan Starliper, MS, RDN, LD*

### Nutrition Information

Calories ..... 104  
Fat ..... 3 g  
Carbohydrate..... 20 g  
Fiber ..... 3 g  
Protein ..... 3 g  
Sodium ..... 133 mg

- 3 cups shredded cabbage
- 1 medium navel orange, peeled and sections
- 1 cup seedless red grapes, halved
- 1 medium apple, chopped
- ½ cup finely chopped celery
- 1 carton 6 oz. reduced-fat orange yogurt
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup toasted almonds, walnuts or pecans

In a large bowl, combine the cabbage, orange, grapes, apple, and celery. Stir in the yogurt, salt, and pepper; toss until well coated. Cover and refrigerate until serving. Sprinkle with nuts just before serving.

## Maple-Balsamic Vinaigrette

*From: Joan Starliper, MS, RDN, LD*

- ½ cup balsamic vinegar
- ¼ cup maple syrup
- 2 teaspoons Dijon mustard
- Salt and pepper to taste
- 1 cup extra-virgin olive oil

Place vinegar, maple syrup, Dijon mustard, salt, and pepper into a blender. Pulse to combine, then add the olive oil in a steady stream with the motor running.

Drizzle 1-2 tablespoons on salad. Good on salads containing chicken or shrimp!

*Yields: 16 servings*  
*Prep Time: 15 min*  
*Cook Time: 0 min*

### Nutrition Information

Calories ..... 123  
Fat ..... 12.6 g  
Carbohydrate.... 3.4 g  
Fiber ..... 0 g  
Protein ..... 0 g  
Sodium ..... 8 mg

# Easy Spicy Seasoned Broccoli

*Yields: 4 servings  
Prep Time: 15 min  
Cook Time: 7 min*

*From: AllRecipes; <http://allrecipes.com/>*

- 16 oz package of frozen broccoli (thawed)
- 1 Tbsp. olive oil
- ½ tsp. crushed red pepper flakes
- Salt to taste

Rinse and pat dry the broccoli after thawing. Heat the olive oil in a large skillet over medium heat. Add the crushed red pepper and heat 1 minute.

Add broccoli and stir fry until it begins to get crispy, about 5-7 minutes. Season with salt if desired and serve.

## Nutrition Information

Calories .....61  
Fat .....3.8 g  
Carbohydrate.....5.6 g  
Fiber .....3.5 g  
Protein .....3.2 g  
Sodium .....124 mg

*Yields: 6 servings  
Prep Time: 15 min  
Cook Time:  
20-24 min*

# Parmesan Roasted Brussels Sprouts

*From: Cathy Shaw, RD, LD*

## Nutrition Information

Calories .....137  
Fat .....7 g  
Carbohydrate.....14 g  
Fiber .....3.5 g  
Protein .....9 g  
Sodium .....163 mg

- 2 pounds fresh Brussels sprouts
- 2 Tbsp. olive oil
- ½ cup grated parmesan cheese
- Salt and pepper to taste

Preheat oven to 400 degrees.

Prep Brussels sprouts by cutting off bottoms and any loose leaves and wash well. Cut sprouts in halves or quarters.

Toss sprouts with olive oil in a large bowl or Ziploc bag until evenly coated.

Spread sprouts in a single layer on a foil lined baking sheet. Sprinkle with salt and pepper as desired. Roast 20-24 minutes, stirring once.

Remove from the oven. Sprinkle with parmesan and return to the oven for 2 minutes or until cheese is melted. Serve immediately.

*Yields: 8 servings*  
*Prep Time: 15 min*  
*Cook Time: 0 min*

**Nutrition Information**

Calories ..... 221  
Fat ..... 0.6 g  
Carbohydrate ..... 46 g  
Fiber ..... 3.5 g  
Protein ..... 5.7 g  
Sodium ..... 177 mg

# Fruit Trifle

*From: WVU Extension Program*

- 1 large box (1.5 oz) fat free/sugar free instant vanilla pudding
- 3 cups skim milk
- 1 small container fat free whipped topping
- 1 angel food cake
- 1 can of any commodity fruit drained or 1 pint of fresh fruit

Break angel food cake into bite size pieces and place half on bottom of bowl. Prepare pudding with milk according to the direction on the package. Next, add half the pudding, half the whipped topping and half the fruit, then repeat.

Tips: this recipe is very versatile and will work for any season, use canned fruits if necessary and fresh fruit when possible. The taste can also be changed by changing the flavor of the pudding, for example try chocolate with fresh strawberries.

# White Chocolate Cranberry Biscotti

Yields: 36 servings  
Prep Time: 15 min  
Cook Time:  
40-45 min

From: SparkPeople; [http://recipes.sparkpeople.com/recipe\\_details.asp?nutrition\\_id=67798943](http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=67798943)

- ½ cup butter softened
- 1 cup sugar
- 2 egg whites
- 2 whole eggs
- 1 tsp vanilla
- 3 cups all-purpose flour
- 1 tbsp. baking powder
- ¾ cups dried cranberries
- ¾ cup vanilla or white chocolate chips

In a large mixing bowl, cream butter and sugar with mixer. Add egg white/eggs one at a time, beating well after each addition. Beat in vanilla. Combine flour and baking powder; gradually add to creamed mixture. Stir in cranberries and vanilla chips. Divide dough into 3 portions.

On ungreased baking sheets (though I found lightly greasing might be a good idea) shape each portion into a 10x2 inch rectangle. Bake at 350 for 20-25 min or until lightly browned. Cool for 5 min.

Transfer to a cutting board and cool a little longer. Cut diagonally with a serrated knife into 3-4 inch slices. Place cut side down on ungreased baking sheets. Bake for 15-20 minutes or until golden brown. Remove to wire racks to cool. Store in airtight container.

## Nutrition Information

Calories .....	118.4
Fat .....	4.3 g
Carbohydrate..	18.8 g
Fiber .....	3.5 g
Protein .....	2 g
Sodium .....	52 mg



# Pina Colada Pudding Parfaits

*Yields: 8 servings*  
*Prep Time: 15 min*  
*Cook Time: 30 min*

*From: Taste of Home*

- 3 cups skim milk
- 2 envelopes whipped topping mix
- 2 packages (1 oz each) sugar free instant vanilla pudding mix
- 2 cans (8 oz each) unsweetened crushed pineapple, undrained
- ½ tsp coconut extract
- ¼ cup flaked coconut, toasted
- 8 maraschino cherries

In a large bowl, whisk milk, whipped topping, and pudding mix for 2 minutes. Stir in the pineapple and extract.

Spoon into 8 dessert dishes or stemmed glasses (3-4 cups each). Cover and refrigerate for 30 minutes or until chilled.

Sprinkle each serving with 1/2 Tbsp. of toasted coconut and cherry.

## Nutrition Information

Calories ..... 171  
Fat ..... 3 g  
Carbohydrate..... 31 g  
Fiber ..... 1 g  
Protein ..... 4 g  
Sodium ..... 350 mg

*Yields: 7 servings*  
*Prep Time: 15 min*  
*Cook Time: 0 min*

# Simple “Cheesecake” Dessert

*From: Sherry Spagnuolo, RD, LD*

## Nutrition Information

Calories ..... 146  
Fat ..... 4 g  
Carbohydrate..... 24 g  
Fiber ..... 2 g  
Protein ..... 5 g  
Sodium ..... 421 mg

- 1 small box of vanilla instant pudding (you can use sugar-free if preferred)
- ½ cup of skim milk
- 1 8-oz fat-free or low-fat cream cheese
- 1 8-oz container of light cool whip
- 1¾ cup fresh berries

Mix the first 3 ingredients, then add cool whip and continue to mix. Serve in bowls and top with 1/4 cup fresh berries.

# Chocolate Chip Cookies

Yields: 30 servings  
Prep Time: 15 min  
Cook Time: 15-20 min

From: Joan Starliper, RD, LD

- ¾ cup old-fashioned rolled oats
- 1 cup whole wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup unsalted butter, softened
- ½ cup canola oil
- ⅓ cup granulated sugar
- ⅓ cup packed brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup dark chocolate chips

Preheat oven to 350F. Coat 2 baking sheets with cooking spray.

Grind oats in a food processor. Transfer to a medium bowl and stir in flour, baking soda, and salt.

Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy.

While mixer is running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.

Drop the dough by heaping teaspoonfuls at least 1 inch apart, onto the baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 10-15 minutes, depending on the oven.

Cool the cookies 2 minutes on baking sheets. Transfer to wire rack to cool completely.

## Nutrition Information

Calories .....	99
Fat .....	5 g
Carbohydrate.....	12 g
Fiber .....	1 g
Protein .....	2 g
Sodium .....	64 mg