



Healthy Utah Cookbook

This is your one-stop shop for healthy recipes! Add variety to your diet and boost your nutrition by trying some of these delicious dietitian-approved recipes.

Click the links below to find recipes in each category:

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Salads

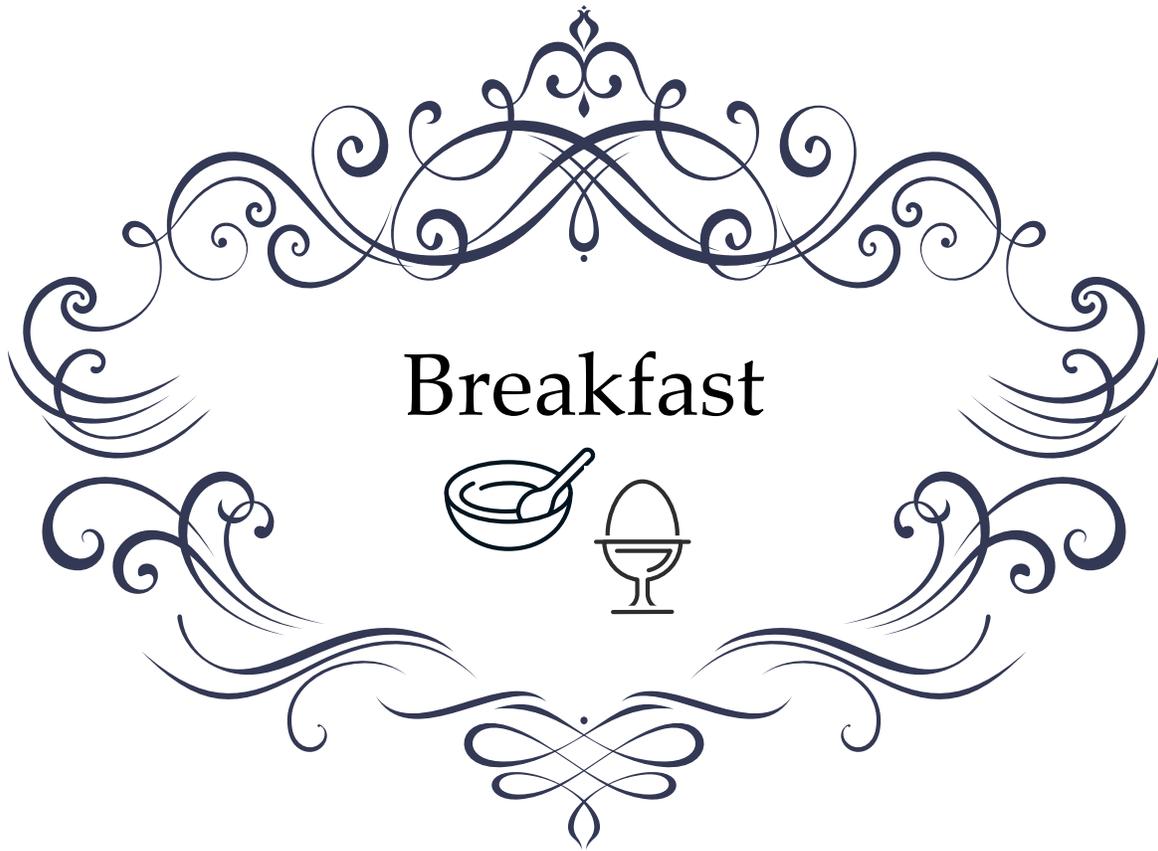
Snacks

Desserts

Have a healthy recipe you want to share with other PEHP members? Submit it by email to healthyutah@pehp.org.

Recipes can be copied and pasted into email body or attached in a separate document. Please include source of information.

All recipes will be reviewed and approved by a PEHP Healthy Utah Registered Dietitian before being added to the Cookbook.



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Breakfast Pita

Recipe Source: PEHP Healthy Utah Staff
Serves 1

Ingredients:

2 hard-boiled eggs
1-2 handfuls fresh spinach, chopped
2 Tbsp feta cheese
1 Tbsp chopped sun-dried tomatoes
1 6-inch whole-wheat pita pocket
Salt and pepper

Steps:

- Peel the eggs and remove one yolk to discard. Coarsely chop the remaining yolk and whites, season lightly with salt and pepper, and set aside.
- Toss the spinach with the feta, sun-dried tomatoes, and egg.
- Stuff or roll your pita with the filling. Alternatively, toast your pita then cut into wedges and eat it alongside the egg and spinach mixture as you would a salad.

Tips: You can easily change the types of vegetables in this recipe. Diced red onion, sweet or roasted red pepper, fresh tomatoes, olives, and cucumber would be good additions. This is also an excellent filling for whole wheat tortillas.

Nutritional Facts: Calories: 383, Carbohydrates: 40grams, Protein: 22 grams, Total Fat: 15 grams, Saturated Fat: 6 grams, Cholesterol: 388 mg, Sodium: 642 mg, Fiber: 5 grams, Total Sugars: 5 grams.

Easy Muffin Tin Eggs

Recipe Source: showmethelyummy.com/healthy-egg-muffin-cups

Serves: 12 Muffins Cook Time: 15 Minutes

Ingredients:

- 1 tablespoon olive oil
- 4 whole eggs
- 4 egg whites
- 2 cups baby spinach-roughly chopped (measure and pack before dicing)
- 1 cup red pepper (measured after dicing)
- 1 cup green pepper (measured after dicing)
- 1 cup yellow onion (measured after dicing)
- 1 cup mushrooms (measured before dicing)
- 2 cloves garlic, minced
- Salt, to taste
- Hot sauce, optional for drizzling on top

Steps:

- Preheat the oven to 350 degrees and lightly grease a muffin tin with cooking spray.
- Dice spinach, peppers, onion, and mushroom into small sizes and mince garlic.
- Heat a non-stick pan over medium heat. Add the olive oil, peppers, onion, and a pinch of salt. Sauté for 5-7 minutes or until the peppers are tender. Add in the spinach and mushrooms. Cook for another 2 minutes, then add the minced garlic.
- In large bowl whisk eggs and egg whites. Add the cooked vegetables into egg mixture and distribute evenly by stirring a few times.
- Pour the mixture evenly into the greased muffin tin. Cook for 15 minutes or until the tops of the eggs are firm and an inserted toothpick comes out clean.

Tips: Add any vegetables you like. This is a great way to get rid of vegetables that need to be used up. Store in the refrigerator for up to four days. These can also be frozen. To thaw put in the refrigerator overnight then warm in the microwave.

Nutritional Facts (per serving): Calories: 65, Carbohydrates: 3 grams, Protein: 6 grams, Total Fat: 3 grams, Saturated Fat: 0.75 grams, Cholesterol: 62 mg, Sodium: 77 mg, Fiber: 1 gram, Total Sugars: 2 grams.

Egg White Omelet with Spinach and Cottage Cheese

Recipe Source: www.marthastewart.com

Serves 1

Ingredients:

3 large egg whites
Coarse salt and ground black pepper
1 tsp olive oil
1 cup packed baby spinach
¼ cup low-fat cottage cheese
2 Tbsp grated Parmesan

Steps:

- In a medium bowl, whisk together egg whites and 1 Tbsp water. Season with salt and pepper and set aside.
- In a medium nonstick skillet, heat oil over medium-high. Add spinach and season with salt and pepper. Cook until wilted and tender, about 1 minute.
- Add egg whites. Cook until nearly set, using a flexible heatproof spatula to pull sides of omelet toward center as uncooked egg whites run underneath, 1-2 minutes.
- Dollop cottage cheese on top of omelet and sprinkle with Parmesan. Gently slide omelet onto a serving plate, folding it over on itself by tipping skillet slightly.

Tips: Feel free to add other vegetables to the step when you sauté the spinach. Red bell pepper, sliced green onion, or sliced mushrooms could be good options. This is a great base for other omelet fillings you like!

Nutritional Facts: Calories: 187, Carbohydrates: 6 grams, Protein: 22 grams, Total Fat: 8 grams, Saturated Fat: 3 grams, Cholesterol: 11 mg, Sodium: 618 mg, Fiber: 1 gram, Total Sugars: 2 grams.

Hard-Boiled Egg Whites with Avocado

Recipe Source: www.marthastewart.com

Ingredients:

8 large eggs
2 avocados, preferably Hass
¼ tsp coarse salt
Freshly ground black pepper
1 Tbsp extra-virgin olive oil

Steps:

- Cover eggs with cold water in a large saucepan. Bring to a boil then remove from heat. Let eggs stand, covered, 8 minutes.
- Transfer eggs with a slotted spoon to an ice-water bath and let cool.
- Peel eggs and separate yolks from whites. Discard yolks. Tear whites into 1-inch pieces and divide evenly among 4 bowls.
- Halve and pit the avocados. Using a spoon, scrape out half an avocado into each bowl of egg whites.
- Divide salt among servings and season with pepper. Drizzle each serving with ¾ tsp olive oil.

Tips: Serve with whole wheat toast and fruit for a balanced meal. Try topping the eggs and avocado with a chunky salsa, chopped tomato, or fresh herbs like basil or cilantro.

Nutritional Facts (per serving): Calories: 348, Carbohydrates: 10 grams, Protein: 15 grams, Total Fat: 29 grams, Saturated Fat: 6 grams, Cholesterol: 373 mg, Sodium: 276 mg, Fiber: 7 grams, Total Sugars: 2 grams.

Mini Ham and Cheese Quinoa Cups

Recipe Source: Iowa Girl Eats

Makes 18 small muffin cups

Ingredients:

- 2 cups cooked quinoa (about $\frac{3}{4}$ cup uncooked)
- 2 eggs
- 2 egg whites
- 1 cup shredded zucchini
- 1 cup shredded sharp cheddar cheese
- $\frac{1}{2}$ cup diced ham
- $\frac{1}{4}$ cup loosely packed parsley, chopped
- 2 Tablespoons shredded or grated parmesan cheese
- 2 green onions, chopped
- Salt and pepper to taste

Steps:

- Preheat oven to 350 degrees. Combine all ingredients in a large bowl and mix to combine. Liberally spray a mini muffin tin with non-stick spray and spoon mixture to the top of each cup. Bake for 15-20 minutes, or until edges of the cups are golden brown. Let cool for at least 5 minutes before removing from the mini muffin tin.
- To freeze: Place baked cups on a baking sheet then freeze until solid and transfer to a freezer bag. Microwave for 20-40 seconds depending on how many you are reheating.
- For regular-sized muffin tins: Bake for 25-30 minutes

Tips: Add small diced canned chilis for extra spice and flavor.

Nutritional Facts (per serving): Calories: 102, Carbohydrates: 5 grams, Protein: 6 grams, Total Fat: 6 grams, Saturated Fat: 3 grams, Cholesterol: 29 mg, Sodium: 176 mg, Fiber: 1 gram, Total Sugars: 0 grams.

Spinach, Feta, and Artichoke Breakfast Bake

Recipe Source: www.skinnytaste.com, 8 servings

Ingredients:

10 oz fresh spinach, chopped
1/2 cup scallions, finely chopped
3/4 cup artichokes (from canned), drained and patted dry
1/3 cup diced red pepper
1 clove garlic, minced
1 Tbsp fresh dill, chopped
8 large eggs
4 large egg whites
1/4 cup fat free milk
2 Tbsp grated Parmesan cheese
1 1/4 tsp kosher salt
1/4 tsp ground pepper
1/2 cup crumbled feta cheese

Steps:

- Preheat oven to 375°F. Spray a 9x13 baking dish with oil.
- In a small bowl combine spinach, scallions, artichoke, red pepper, garlic and dill. Pour into the casserole dish spreading evenly.
- In another bowl, whisk together the eggs, egg whites, milk, Parmesan, salt pepper. Mix in feta cheese and pour over vegetables.
- Bake until a knife inserted near the center comes out clean, 32-35 minutes. Let stand 8-10 minutes before cutting into 8 pieces.

Tips: You can add even more vegetables! If you don't have fresh spinach, 10 oz frozen spinach can be used (thawed, drained, and patted dry). The flavor will be slightly different with frozen spinach.

Nutritional Facts (per serving): Calories: 135, Carbohydrates: 5 grams, Protein: 12 grams, Total Fat: 7 grams, Saturated Fat: 3 grams, Cholesterol: 196 mg, Sodium: 611 mg, Fiber: 1 gram, Total Sugars: 2 grams.

Chia Seed Pudding

Recipe Source: Feel Good Foodie

Servings: 1

Ingredients:

½ cup milk (almond or low-fat milk)

2 TBSP chia seeds

1 teaspoon of honey

¼ cup of blueberries, other fruit or topping of your choice

Steps:

- Put ½ cup of almond or low-fat milk in a bowl or mason jar
- Add chia seeds
- Add sweetener to taste
- Top with fruit or other toppings of choice

Nutritional Facts (Per Serving): Calories: 196, Carbohydrates: 26 grams, Protein: 8 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 6 mg, Sodium: 58 mg, Fiber: 8 grams, Sugars: 15 grams.

English Muffin with Apple and Cheddar

Recipe Source: www.marthastewart.com

Serves 1

Ingredients:

1 whole wheat English muffin, split
1 apple, thinly sliced
3 Tbsp grated cheddar cheese

Steps:

- Place English muffin cut side up in a toaster oven or on a baking sheet under the broiler. Toast until lightly browned.
- Divide half of the apple slices evenly between the muffin halves. Top each with half the cheese. Broil until the cheese is melted.
- Serve with remaining apple slices on the side.

Tips: This can be also be made with a ripe pear instead of the apple.

Nutritional Facts: Calories: 350, Carbohydrates: 61 grams, Protein: 12 grams, Total Fat: 8 grams, Saturated Fat: 4 grams, Cholesterol: 21 mg, Sodium: 379 mg, Fiber: 9 grams, Total Sugars: 30 grams.

Pear Crumble Coffee Cake

Recipe Source: www.joythebaker.com

Serves 12

Ingredients:

For the cake:

1 ¼ cup each all-purpose flour and whole wheat flour
2 tsp baking powder
1 tsp baking soda
¾ tsp salt
1 tsp ground cinnamon
½ tsp ground ginger
½ tsp freshly grated nutmeg
¼ cup granulated sugar
¼ cup packed light brown sugar
3 Tbsp canola oil
3 Tbsp unsalted butter, melted and cooled slightly
3 Tbsp unsweetened applesauce
2 large eggs
1 cup low-fat buttermilk
2 tsp pure vanilla extract
2 pears, ripe but firm, unpeeled, cut into 1-inch chunks

For the topping:

2 Tbsp each all-purpose flour and whole wheat flour
3 Tbsp light brown sugar
½ tsp ground cinnamon
Pinch salt
1 ½ Tbsp unsalted butter, cold and cut into ¼-inch cubes

Steps:

- Place rack in upper third of oven and preheat oven to 350°. Lightly spray an 8x8 baking dish with cooking spray.
- In a large bowl, whisk together flours, baking powder, baking soda, salt, and spices and sugars. Set aside.
- In medium bowl, whisk together oil, melted butter, applesauce, eggs, buttermilk, and vanilla. Add the wet ingredients to the dry ingredients, stirring gently. Before dry ingredients are fully incorporated, gently fold in the pears. Do not over-mix. Spoon the batter into the prepared pan.
- To make the crumble, in a small bowl combine the flour, sugar, cinnamon, and salt. Add the butter and use your fingers to break it down into the dry ingredients until crumbly. Generously sprinkle topping on cake batter.
- Bake 25-35 minutes or until a toothpick inserted in center of comes out with moist crumbs. Let cool before slicing. Cake will last 3 days wrapped well and stored in the refrigerator.

Tips: Use white whole wheat flour if possible – it has a milder wheat flavor and is less dense than red or regular whole wheat flour. Apples can be used instead of pears.

Nutritional Facts (per serving): Calories: 262, Carbohydrates: 40 grams, Protein: 6 grams, Total Fat: 9 grams, Saturated Fat: 3 grams, Cholesterol: 43 mg, Sodium: 386 mg, Fiber: 3 grams, Total Sugars: 16 grams.

Baked Oatmeal

Recipe Source: www.melskitchencafe.com

Ingredients:

6 cups old-fashioned oats
¾ cup brown sugar
½ cup oil
½ cup applesauce
2 cups low-fat milk
4 beaten eggs
1 tsp vanilla extract
1 Tbsp baking powder
1 ½ tsp salt

Steps:

- Preheat the oven to 350°. Spray a 9x13 baking dish lightly with cooking spray and set aside.
- In a large mixing bowl, stir together the oats, brown sugar, baking powder, and salt. Set aside.
- In a smaller bowl, whisk together the oil, applesauce, milk, eggs, and vanilla. Add to the dry ingredients all at once and stir to combine.
- Pour mixture into prepared baking dish. Bake 20-25 minutes, or until a toothpick inserted in the center comes out with moist crumbs. Serve warm in bowls with milk and fresh fruit.

Tips: This recipe is still delicious if you cut the sugar down further. For fresh fruit on top, try blueberries, apples, bananas, or peaches, or any combination!

Nutritional Facts (per serving): Calories: 498, Carbohydrates: 66 grams, Protein: 13 grams, Total Fat: 21 grams, Saturated Fat: 3 grams, Cholesterol: 96 mg, Sodium: 641 mg, Fiber: 6 grams, Total Sugars: 26 grams.

Blueberry and Almond Baked Steel-Cut Oats

Recipe Source: www.melskitchencafe.com

Serves 9

Ingredients:

1 cup steel cut oats
3/4 cup sliced almonds
1 1/4 tsp baking powder
1 1/2 tsp cinnamon
1/8 tsp nutmeg
1/8 tsp salt
2 2/3 cup unsweetened almond or regular low-fat milk
1 tsp vanilla extract
2 eggs
2 Tbsp honey or pure maple syrup
1 Tbsp canola oil
1-2 cups fresh or frozen blueberries

Steps:

- In a medium bowl, mix the oats, almonds, baking powder, cinnamon, nutmeg, and salt.
- In another bowl or large liquid measuring cup, whisk the milk, vanilla, eggs, honey, and oil together until smooth.
- Pour the wet ingredients over the oat mixture and stir to combine.
- Lightly grease a 9x9 baking dish. Toss the blueberries over the bottom of the dish. Give the oatmeal mixture a final stir and pour over the blueberries. Cover with plastic wrap and refrigerate 8-12 hours or overnight.
- When ready to bake, preheat the oven to 350°. Uncover the baking dish and bake 55-60 minutes until the mixture is set and oats are tender but still slightly chewy. Stir to combine, or leave as is and scoop out portions.
- Serve with additional milk to stir into oatmeal, if desired.

Tips: This recipe is so simple to prepare the night before. The taste is like a baked custard. You can easily substitute diced apple (unpeeled) or another type of fruit for the blueberries, or use a combination of fruit. Chopped walnuts or pecans would be good substitutes for the almonds if desired. Alternatively, the fruit and nuts can be completely omitted in the baking step and just added at the end to each serving.

Nutritional Facts (per serving): Calories: 202, Carbohydrates: 25 grams, Protein: 8 grams, Total Fat: 8 grams, Saturated Fat: 1 grams, Cholesterol: 45 mg, Sodium: 148 mg, Fiber: 4 grams, Total Sugars: 10 grams

Cardamom Quinoa Porridge

Recipe Source: www.marthastewart.com

Serves 2

Ingredients:

½ cup rinsed quinoa
1 ¾ cup unsweetened almond milk, divided
½ cup water
½ tsp vanilla extract
¼ tsp ground cardamom
Dash salt
1 sliced pear, divided
4 Tbsp toasted sliced almonds, divided

Steps:

- In a saucepan, bring quinoa, ¾ cup almond milk, water, vanilla, cardamom, and salt to a boil. Reduce heat and simmer, covered, until liquid is absorbed, about 15 minutes.
- Remove from heat and let rest 5 minutes, then fluff with a fork.
- For each serving, top ½ cup quinoa with ½ cup almond milk, ½ sliced pear, and 2 Tbsp almonds.

Tips: Instead of pear and almonds, you can also top the porridge with chopped apples, raisins, and walnuts.

Nutritional Facts (per serving): Calories: 304, Carbohydrates: 44 grams, Protein: 10 grams, Total Fat: 11 grams, Saturated Fat: 1 grams, Cholesterol: 0 mg, Sodium: 300 mg, Fiber: 8 grams, Total Sugars: 10 grams.

Carrot-Raisin Baked Oatmeal

Recipe Source: www.wholefoodsmarket.com

Serves 8

Ingredients:

2 cups rolled oats
½ cup chopped pecans, toasted
½ cup raisins
1 tsp baking powder
¾ tsp ground cinnamon
½ tsp fine sea salt
1 cup low-fat milk or nondairy beverage
2 eggs
2 tsp vanilla extract
1 cup shredded carrots

Steps:

- Preheat the oven to 350°. Lightly coat a 9 inch pie plate or 24-cup mini-muffin pan with cooking spray.
- In a large bowl, stir together oats, pecans, raisins, baking powder, cinnamon, and salt.
- In a separate bowl, whisk together milk, eggs, and vanilla until evenly blended. Stir in carrots. Add carrot mixture to oat mixture and stir until blended.
- Transfer batter to the prepared pie plate or spoon into muffin cups. Bake until firm and lightly golden on top, about 35 minutes for the pie plate or 20 minutes for the muffin pan. Let cool slightly. If baking in a pie plate, cut into 8 wedges and serve with additional milk.

Tips: This is tasty with diced apple, peach, or pear added on top of each serving.

Nutritional Facts (per serving): Calories: 186, Carbohydrates: 25 grams, Protein: 6 grams, Total Fat: 7 grams, Saturated Fat: 1 gram, Cholesterol: 48 mg, Sodium: 244 mg, Fiber: 3 grams, Total Sugars: 9 grams.

Classic Granola

Recipe Source: Megan Gordon on www.thekitchn.com

Makes 6 cups

Ingredients:

- 3 cups old-fashioned rolled oats
- 2 ½ cups unsalted nuts and seeds (if using roasted nuts or seeds, add after baking to prevent burning)
- 1 ½ tsp salt
- ¼ tsp cinnamon (optional)
- ¼ tsp cardamom (optional)
- ½ cup canola or olive oil
- ½ cup honey, maple syrup, or other liquid sweetener
- ¾ tsp vanilla
- ¾ cup dried fruits, chopped

Steps:

- Set out all ingredients. Preheat oven to 350°F.
- In a large bowl, mix oats and (unroasted) nuts and seeds. Stir in the salt, cinnamon, and cardamom if using.
- Stir in the oil, sweetener, and vanilla. Mix well.
- Turn the granola out onto a parchment-lined half-sheet pan, spreading evenly.
- Bake for 40 minutes or until light brown and toasty, stirring every 15 minutes or so to ensure even cooking.
- Remove from the oven and add dried fruits and any roasted nuts. Stir to combine.
- Let cool until granola is firmed and dried out. Store in an airtight container for 7-10 days, or refrigerate for longer.

Tips: For clumpy granola, pat the wet mixture into the baking sheet with a spatula and don't stir while baking. After cooking and cooling, remove it from the pan in chunks and store like normal. Try different combinations of nuts, seeds, and fruit (Suggestions are almonds, walnuts, pecans, cashews, hazelnuts, sesame or sunflower seeds, chia or flax seeds, and unsweetened coconut. For dried fruit try cranberries, blueberries, apricots, peaches, cherries, or raisins.)

Nutritional Facts (per ¼ cup serving): Calories: 202, Carbohydrates: 19 grams, Protein: 4 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 30 mg, Fiber: 2 grams, Total Sugars: 8 grams.

Steel-Cut Oatmeal 3 Ways

Recipe Source: www.thekitchn.com

4 servings

Ingredients:

3 cups water (up to 4 for creamier oatmeal)

1 cup steel-cut oats

Dash salt

Traditional method:

- Bring water to boil in a saucepan over high heat. Stir in oats and salt.
- Return to a rolling boil (just a few seconds). Reduce heat to low to keep oats barely simmering. Simmer 20-30 minutes, stirring occasionally, until oats are tender. Longer cooking will make thicker oatmeal.
- Serve immediately or let oats cool then refrigerate, covered, for up to one week. Reheat with a little milk or water.

Quick-cook overnight variation:

- Combine oats, water, and dash salt in a 2-quart saucepan. Bring to a rolling boil over medium heat.
- Turn off the heat and cover the pan. Leave it on the stove overnight.
- In the morning, reheat the entire batch of oatmeal on the stove or individual servings in the microwave. For a thinner, creamier oatmeal, stir in milk before reheating.

No-cook variation:

This method yields a chewy texture, similar to a very dense cold cereal.

- Substitute 2 cups low-fat milk for the water. Pour oats and milk into a container with a lid.
- Stir in any desired toppings (see tips below), cover, and refrigerate overnight.
- In the morning, give the oats a quick stir and serve.

Tips: Be creative with your toppings – raisins or other dried fruits, chopped fresh fruit, nuts, peanut butter, cinnamon, and vanilla extract will add variety and make your oatmeal more filling. All of these methods are perfect for portioning single servings in advance for a week of easy grab-and-go breakfasts!

Nutritional Facts (per serving, no toppings): Calories: 150, Carbohydrates: 27 grams, Protein: 5 grams, Total Fat: 2 grams, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 80 mg, Fiber: 4 grams, Total Sugars: 1 grams.

Blueberry Almond French Toast Bake

Recipe Source: *Ellie Krieger, The Food Network*

8 servings

Ingredients:

1 whole wheat baguette (about 18-inches long), cut into 1-inch cubes
8 large eggs
2 cups low-fat milk
1 tsp vanilla extract
½ tsp cinnamon
¼ cup pure maple syrup
2 cups fresh blueberries
¼ cup sliced or chopped almonds

Steps:

- Spray a 9x13 inch baking pan with cooking spray. Arrange the bread in a single layer in the baking pan.
- In a large mixing bowl, whisk together the eggs, milk, vanilla, cinnamon, and maple syrup. Carefully pour the egg mixture evenly over the bread in the pan. Press down lightly to make sure all bread is saturated.
- Scatter the blueberries and almonds evenly on top. Cover with aluminum foil and refrigerate overnight.
- In the morning, preheat the oven to 350°F. With the foil still on, bake the French toast about 30 minutes, then uncover and bake about 10 more minutes until golden brown and no liquid is seen on top.
- Serve warm, cold, or room temperature.

Tips: This is also delicious without baking the blueberries on top. Instead, just serve them alongside the French toast as a topping. Chopped apples are also a great addition. If you like a more dense texture, use an 8 ½ x 11 baking dish instead.

Nutritional Facts (per serving): Calories: 237, Carbohydrates: 30 grams, Protein: 12 grams, Total Fat: 8 grams, Saturated Fat: 2 grams, Cholesterol: 189 mg, Sodium: 248 mg, Fiber: 3 grams, Total Sugars: 14 grams.

Buckwheat Waffles

Recipe Source: www.cookieandkate.com

Yield: 5 waffles

Ingredients:

1 cup buckwheat flour

1 Tbsp sugar

1 ¼ tsp baking powder

1 tsp baking soda

¼ tsp salt

¼ tsp cinnamon

1 ¼ cups low-fat buttermilk

¼ cup canola oil

1 large egg

Topping suggestions: fresh chopped fruit, applesauce, almond or peanut butter, honey, or pure maple syrup

Steps:

- Preheat waffle iron. If desired, preheat oven to 200°F to keep waffles warm until ready to serve.
- In a medium mixing bowl, whisk together the buckwheat flour, sugar, baking powder, baking soda, salt, and cinnamon.
- In a liquid measuring cup or small bowl, whisk together the buttermilk, canola oil, and egg. Pour the wet mixture into the dry mixture and stir them together just until moistened. (A few small lumps should remain.)
- Spray waffle iron with cooking spray if needed. Pour batter onto hot waffle iron, close lid and cook according to your waffle iron directions. Carefully lift waffle out of iron and serve immediately or place in oven to keep warm. Avoid stacking waffles or they will lose their crispiness. Repeat with remaining batter as necessary.
- Serve with desired toppings.

Tips: You may get lighter and crispier waffles if you let the batter rest for 5-10 minutes before cooking.

Nutritional Facts (per serving): Calories: 229, Carbohydrates: 23 grams, Protein: 6 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 40 mg, Sodium: 502 mg, Fiber: 2 grams, Total Sugars: 6 grams.

Caramelized Peach and Oat Pancakes

Recipe Source: www.cookieandkate.com

Yield: About 8 pancakes

Ingredients:

2/3 cup plain yogurt
2 Tbsp canola oil
1 Tbsp lemon juice
1 Tbsp honey
2 tsp vanilla extract
2 eggs
1 cup oat flour (one cup of rolled oats blended to a fine powder in blender or food processor)
1/2 tsp baking soda
1/4 tsp salt
1/2 tsp ground ginger
1/4 tsp ground cinnamon
1 peach, halved, pitted and very thinly sliced

Steps:

- In a small bowl, stir together the yogurt, oil, lemon juice, honey, and vanilla. Beat in the eggs.
- In a medium bowl, whisk together the oat flour, baking soda, salt, ginger, and cinnamon.
- Form a well in the center of the dry ingredients and pour in the wet ingredients. With a big spoon, stir just until the dry ingredients are thoroughly moistened but do not overmix. Let the batter sit for 10 minutes.
- Heat a stovetop skillet over medium-low heat, or use an electric griddle and heat to 325°. Give the batter one gentle stir then scoop a scant 1/4 cup batter onto the pan or griddle. Place 2-3 peach slices on top of the pancake. Let the pancake cook until the top edges just lose their shine and the underside is lightly golden.
- Flip the pancake with a spatula and cook for another 1-2 minutes until golden brown. Adjust heat as necessary during cooking process. Serve immediately.

Tips: These pancakes were delicious with a drizzle of 100% pure maple syrup. Or, try topping with additional peach slices and a sprinkle of cinnamon.

Nutritional Facts (per serving): Calories: 123, Carbohydrates: 13 grams, Protein: 4 grams, Total Fat: 6 grams, Saturated Fat: 1 gram, Cholesterol: 48 mg, Sodium: 186 mg, Fiber: 1 gram, Total Sugars: 6 grams.

Cottage Cheese Pancakes

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

¾ cup white whole wheat flour
1 ½ tsp sugar
¾ tsp baking powder
¼ tsp baking soda
¾ cup low-fat cottage cheese
⅔ cup low-fat milk
1 egg
½ tsp vanilla extract

Steps:

- In a large bowl, stir together flour, sugar, baking powder, and baking soda. Set aside.
- In a medium bowl, whisk together cottage cheese, milk, egg, and vanilla. Add the wet ingredients to the flour mixture, stirring gently just to combine.
- Heat a large non-stick skillet over medium heat. Working in batches, drop ¼ cupfuls of batter into pan (2-3 at a time).
- Cook until bottoms are set and just golden and the tops have small bubbles, about 1 minute. Turn pancakes and cook until just firm in the center 1-3 minutes more. Repeat using remaining batter.

Tips: This recipe makes a very light pancake, but with a slightly wetter texture than a usual pancake. Pancakes are delicious topped with fresh fruit, such as blueberries, strawberries, sliced peaches, or diced apple. If not serving at once, keep pancakes warm on a cookie sheet in a 175° oven.

Nutritional Facts (per serving): Calories: 150, Carbohydrates: 22 grams, Protein: 11 grams, Total Fat: 3 grams, Saturated Fat: 1 gram, Cholesterol: 50 mg, Sodium: 288 mg, Fiber: 2 grams, Total Sugars: 5 grams.

Oatmeal Pancake Mix

*Recipe Source: www.melskitchencafe.com
1 cup mix yields 6 pancakes, makes 10 cups.*

Ingredients for mix:

3 ½ cups rolled oats
5 cups whole wheat flour
3 Tbsp sugar
3 Tbsp baking powder
1 Tbsp salt
1 Tbsp baking soda
1 cup canola oil

Ingredients for pancakes:

1 cup pancake mix
1 egg
½ cup buttermilk (or up to 1 cup)

Steps:

- Grind the oats in a blender or food processor until powdery. Pour into the bowl of a mixer with the paddle attachment (or can stir by hand).
- Add remaining dry ingredients to the bowl and mix to combine.
- While mixer is running on low speed (or stirring gently by hand), drizzle the oil into the bowl slowly. When all the oil has been added, stop the mixer and squeeze a clump of mix in your hand. If it stays together, it is just right. If it is still crumble, add another teaspoon of oil until the consistency is correct.
- Store in an airtight container for up to two weeks at room temperature or indefinitely in the freezer or refrigerator.
- To make pancakes, whisk together 1 cup of mix with 1 egg and ½ cup buttermilk, or up to 1 cup for thinner pancakes. The mixture may seem thin but will thicken as the oats soak up the buttermilk while the griddle preheats.
- Heat a non-stick griddle. Drop ¼ cup batter for each pancake onto the griddle, leaving space in between to spread. When the bubbles come to the surface (but before they break), flip the pancakes to cook the second side just about another minute.

Tips: Use white whole wheat flour for a lighter texture. Freshly ground flour yields the best texture, but if using store-bought just stir and fluff the flour before spooning into the measuring cup and leveling. Scooping the flour might give more flour than needed, so using a spoon and level is best.

Nutritional Facts (per serving): Calories: 109, Carbohydrates: 13 grams, Protein: 4 grams, Total Fat: 5 grams, Saturated Fat: 1 gram, Cholesterol: 32 mg, Sodium: 238 mg, Fiber: 2 grams, Total Sugars: 2 grams.

Overnight Oatmeal Cinnamon Pancakes

Recipe Source: www.melskitchencafe.com

Yield: 15-20 Pancakes

Ingredients:

2 cups quick oats
¾ cup whole wheat flour
1 tsp baking soda
1 tsp baking powder
1 ¼ tsp cinnamon
¼ tsp ground nutmeg
1 Tbsp honey
2 large eggs
1 tsp vanilla
2 ½ cups buttermilk

Steps:

- Prepare the batter the night before you want to cook these! In a large bowl, mix the oatmeal, flour, baking soda, baking powder, cinnamon, and nutmeg.
- In a separate mixing bowl, whisk together the honey, eggs, vanilla, and buttermilk.
- Add the wet ingredients to the dry ingredients and stir just until combined. Cover with plastic wrap or a lid and refrigerate overnight.
- The next morning, stir the batter lightly (will be fairly thick). Heat a non-stick griddle or skillet to medium-low or medium heat.
- Drop ¼ cup rounds of batter on the preheated griddle, leaving space in between for room to spread. Cook 2-3 minutes, until bubbles begin to pop on the surface. Quickly flip using a pancake turner.
- Cook for another minute or so until cooked through. Remove from griddle and serve warm.

Tips: Try topping with diced apples, bananas, applesauce, or other fruit.

Nutritional Facts (per serving): Calories: 100, Carbohydrates: 16 grams, Protein: 5 grams, Total Fat: 2 grams, Saturated Fat: 1 gram, Cholesterol: 26 mg, Sodium: 171 mg, Fiber: 2 grams, Total Sugars: 3 grams.

Overnight Raised Waffles

Recipe Source: www.melskitchencafe.com

Yield: 8-12 waffles depending on size

Ingredients:

3 ½ cups low-fat milk
¼ cup canola oil
4 large eggs
2 tsp vanilla
4 cups whole wheat flour (or 2 cups white whole wheat and 2 cups all-purpose flour)
1 Tbsp granulated sugar
1 tsp salt
1 Tbsp instant yeast

Steps:

- Make the batter 12-24 hours in advance and refrigerate tightly covered. Use a bowl that gives the batter at least double the space to puff and rise so the batter doesn't overflow.
- In a medium saucepan, combine the milk and oil and warm over medium-low heat until the mixture is warm to the touch. Set aside.
- Whisk together the eggs and vanilla in a small bowl and set aside.
- In a large bowl, whisk together the flour, sugar, salt, and yeast.
- Stir the warm milk/oil mixture into the dry ingredients, stirring just until combined. Whisk in the egg mixture, stirring just until incorporated.
- Cover the bowl with plastic wrap and refrigerate at least 12 hours, up to 24 hours.
- When ready to make waffles, stir the batter down gently. Heat a waffle iron and cook the waffles according to manufacturer's directions. Amount of batter per waffle will vary depending on iron used.

Tips: These waffles are delicious with all whole wheat flour, but you can use half all-purpose if you or your family prefer a mixture. Suggested toppings: natural peanut butter with sliced banana; diced apples with honey and cinnamon; fresh or warmed berries, mashed slightly to make a syrup, with a sprinkle of powdered sugar on top.

Nutritional Facts (per serving): Calories: 288, Carbohydrates: 41 grams, Protein: 12 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 79 mg, Sodium: 300 mg, Fiber: 5 grams, Total Sugars: 6 grams.

Pumpkin Spice Quinoa Breakfast Cookies

Recipe Source: www.skinnytaste.com

Yield: 24 cookies (2 per serving)

Ingredients:

1 ½ cup water
¾ cup raw quinoa, rinsed well in strainer and drained
1 cup all-purpose flour
3 Tbsp packed light brown sugar
¼ cup ground flaxseed (flaxseed meal)
1 Tbsp pumpkin pie spice
1/8 tsp salt
½ cup pureed pumpkin
2 Tbsp canola oil
1 tsp pure vanilla extract
1 egg white
2 Tbsp honey or pure maple syrup

Steps:

- Add water and quinoa to a saucepan. Cover and bring to a boil. Reduce heat to low and simmer, 15 minutes. Remove from the heat and allow to cool, uncovered, while other ingredients are prepared.
- Preheat oven to 350°. Line a baking sheet with parchment paper (or waxed paper). Set aside.
- Add flour, sugar, ground flaxseed, pumpkin pie spice, and salt to a large bowl and stir to combine. Measure 1 ½ cups of the cooked quinoa and add to the dry ingredients, stirring with a wooden spoon until quinoa is coated and no clumps of quinoa remain. Set aside.
- In a small bowl, whisk pumpkin, oil, vanilla, egg white, and honey to a small bowl. Stir well. Pour the wet mixture into the quinoa mixture and stir to combine.
- One tablespoon at a time, scoop mixture onto prepared baking sheet, leaving just a small space between each cookie. With dampened fingers, slightly press each cookie and smooth any rough edges. The cookies will basically maintain their same shape when baked.
- Bake in the preheated oven for 20-25 minutes until cooked through. Let cookies cool on the sheet for 10 minutes, then transfer to a cooling rack. The longer they cool, the better the cookies will stay together.

Tips: If you already have cooked quinoa on hand, you will need 1 ½ cups and you can omit the first step.

Nutritional Facts (per serving): Calories: 172, Carbohydrates: 23 grams, Protein: 3 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 40 mg, Sodium: 33 mg, Fiber: 1 gram, Total Sugars: 7 grams.

Whole Wheat German Pancakes

Recipe Source: www.sparkpeople.com

Yield: 4 servings

Ingredients:

1 Tbsp butter
3 eggs
½ cup skim or low-fat milk
½ cup whole wheat flour
Dash salt
Dash nutmeg
¼ tsp vanilla (optional)

Steps:

- Heat oven to 450°. Place butter in a 9-inch round or 8x8 baking dish and melt in oven while preheating. Be careful not to burn butter. Remove from oven and set aside.
- Meanwhile, whisk eggs in a small bowl. Set aside.
- In a medium bowl, whisk milk, flour, salt, nutmeg, and vanilla (if using) until smooth. Add eggs and stir until combined.
- Swirl melted butter in pan, including on the sides, then pour batter into dish. Bake 15-20 minutes or until set in the middle and lightly browned on edges. Remove and let cool slightly before cutting.
- Cut into squares or wedges and serve warm with fresh fruit on top, or sprinkled lightly with powdered sugar and lemon juice.

Tips: Using white whole wheat flour or whole wheat pastry flour will give a lighter texture than hard red whole wheat. Measure flour by fluffing it, scooping it lightly into a measuring cup, and then leveling. This helps avoid using too much flour. If you aren't ready to use all whole wheat, try using half wheat and half white.

Nutritional Facts (per serving): Calories: 144, Carbohydrates: 13 grams, Protein: 8 grams, Total Fat: 7 grams, Saturated Fat: 3 grams, Cholesterol: 149 mg, Sodium: 163 mg, Fiber: 2 grams, Total Sugars: 2 grams.

Blueberry Banana Smoothies

Recipe Source: www.nutritiontwins.com

Serves 2

Ingredients:

- 1 cup plain non-fat Greek yogurt
- 1 cup raw spinach or kale, loosely packed
- ½ cup frozen, unsweetened blueberries
- ½ cup frozen, unsweetened pineapple chunks
- 1 large banana, broken into 1-inch pieces
- 2 tsp unsweetened coconut flakes

Steps:

- Place all ingredients in blender, with yogurt closest to the blade. Blend until smooth and there are no large chunks. Divide between glasses.

Tips: This is quite thick, so you may want to add water or low-fat milk a tablespoon at a time until you reach desired consistency.

Nutritional Facts (per serving): Calories: 180, Carbohydrates: 38 grams, Protein: 8 grams, Total Fat: 1 gram, Saturated Fat: 1 gram, Cholesterol: 2 mg, Sodium: 103 mg, Fiber: 5 grams, Total Sugars: 25 grams.

Cherry Almond Chiller

Servings: 1

Ingredients:

1 cup frozen cherries

½ cup 1% milk

½ cup non-fat vanilla Greek yogurt

½ TBSP honey

1/8 teaspoon almond extract

Optional: add 1 TBSP ground flax seed and top with chopped almonds

Blend until smooth and enjoy!

- Calories: 298

Steps:

- Place all ingredients in blender, with yogurt closest to the blade. Blend until smooth and there are no large chunks.

Nutritional Facts (per serving/not including nuts and flax seed): Calories: 211, Carbohydrates: 43 grams, Protein: 9 grams, Total Fat: 2 grams, Saturated Fat: 1 gram, Cholesterol: 7 mg, Sodium: 69 mg, Fiber: 3 grams, Total Sugars: 37 grams.

Fresh Green Smoothie

Recipe Source: www.foodnetwork.com

Serves 1-2

Ingredients:

- 1 cup chopped fresh or frozen pineapple (unsweetened)
- 1 cup packed chopped fresh spinach or kale (stems removed)
- 1 cup frozen green grapes
- 1 Tbsp fresh lemon juice
- 1 tsp finely grated fresh ginger
- 1 tsp ground flaxseed

Steps:

- Put all ingredients into a blender and blend on high until very smooth, turning the blender off and pushing down ingredients toward blade as necessary. Add 1-2 tablespoons of water if needed to adjust consistency. Pour into glasses and serve immediately.

Tips: This is a very refreshing combination! Feel free to try mint along with or instead of the ginger. To make this more substantial, you can add a cup of low-fat plain yogurt.

Nutritional Facts (per serving): Calories: 168, Carbohydrates: 43 grams, Protein: 2 grams, Total Fat: 1 grams, Saturated Fat: 0 gram, Cholesterol: 0 mg, Sodium: 16 mg, Fiber: 3 grams, Total Sugars: 38 grams.

Green Hawaii Smoothie

Servings: 1

Ingredients:

- 1 cup of non-fat vanilla Greek yogurt
- 1 banana, frozen or fresh
- 1 cup pineapple, frozen or fresh
- 1 cup fresh baby spinach, packed
- 1/4-1/2 cup orange juice, apple juice or milk
- Ice optional

Steps:

- Blend until smooth, if using frozen fruit, use 1/2 cup of liquid

Tips from the Kitchen: Use milk instead of orange or apple juice to decrease the sugar content.

Nutritional Facts (per serving): Calories: 383, Carbohydrates: 85 grams, Protein: 16 grams, Total Fat: 1 grams, Saturated Fat: 0 grams, Cholesterol: 5 mg, Sodium: 209 mg, Fiber: 9 grams, Total Sugars: 59 grams.

Infused Water Combinations

Recipe Source: www.dailyburn.com

Strawberry Mint

Ingredients:

6-8 sliced strawberries
1 cup of mint leaves
40 oz cold water

Citrus Mint

Ingredients:

1 sliced grapefruit
2 sliced lemons
2 sliced cucumbers
1 handful of fresh mint leaves, torn
64 oz water

Watermelon Basil

Ingredients:

2 slices of watermelon, cut into thirds or quarters
Small handful of basil, scrunched
64 oz water

Blueberry Orange

Ingredients:

2 mandarin oranges, cut into wedges
1 cup of blueberries
48 oz water

Tips: If you like, mash up the ingredients slightly in the pitcher. Let sit in the refrigerator for at least one hour before serving. Serve cold for best results. Discard herbs and fruit after 12 hours.

No Significant Nutritional value when just water is ingested.

Peachy Keen Smoothies

Recipe Source: www.foodnetwork.com

Serves 4

Ingredients:

2 ripe peaches, halved, pitted, and cut into chunks (with skins)

1 cup low-fat cottage cheese

½ cup low-fat milk

1-2 Tbsp honey

2 Tbsp fresh lemon juice

Pinch salt

Pinch nutmeg

Steps:

- Puree the peaches, cottage cheese, milk, honey, lemon juice, salt, and nutmeg, and 1 cup of ice in a blender until smooth. Divide among glasses, and sprinkle with additional nutmeg if desired.

Tips: A little vanilla extract is also a great addition.

Nutritional Facts (per serving): Calories: 117, Carbohydrates: 19 grams, Protein: 9 grams, Total Fat: 1 gram, Saturated Fat: 1 gram, Cholesterol: 4 mg, Sodium: 316 mg, Fiber: 1 gram, Total Sugars: 17 grams



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Coconut Curry Chicken Wraps

Recipe Source: www.wholefoodsmarket.com

Servings: 2

Ingredients:

½ cup light coconut milk
1 Tbsp Thai green curry paste
2 Tbsp chopped fresh cilantro
1 ¼ cups shredded cooked chicken
¼ cup shredded carrots
2 Tbsp thinly sliced green onions
4 (8-inch) whole wheat tortillas
1 cup shredded green leaf lettuce
2 Tbsp chopped roasted unsalted peanuts

Steps:

- In a medium bowl, whisk together coconut milk and curry paste until smooth. Stir in cilantro, chicken, carrots, and green onions. Toss to coat.
- Arrange tortillas in a single layer on a flat surface. Place one quarter of the lettuce down the center of each tortilla followed by one quarter of the chicken mixture. Sprinkle chopped peanuts on top, using ½ Tbsp per wrap.
- Roll up tortillas snugly, tucking the ends in. Halve each crosswise and serve immediately, or wrap in plastic wrap and refrigerate until ready to eat.

Tips: This makes a great grab-and-go lunch. Make sure to use the canned coconut milk, not the coconut milk sold in the refrigerated section. You can also add shredded cabbage to the wrap with or instead of the lettuce for added crunch. If you like things spicier, add some hot chili sauce (like Sriracha) or crushed red pepper flakes.

Nutritional Facts: Calories: 492, Carbohydrates: 48 grams, Protein: 38 grams, Total Fat: 16 grams, Saturated Fat: 6 grams, Cholesterol: 74 mg, Sodium: 1108 mg, Fiber: 9 grams, Total Sugars: 5 grams.

Jalapeño Popper-Chicken Panini

Recipe Source: www.eatingwell.com

Servings: 2

Ingredients:

2 (8 oz) boneless skinless chicken breasts, trimmed, cut in half crosswise
¼ tsp salt
¼ tsp ground black pepper
1 Tbsp canola oil
½ cup reduced-fat whipped cream cheese
5 Tbsp chopped pickled jalapeños
8 slices crusty whole-wheat bread, or other good quality whole-wheat sandwich bread
1 large tomato, cut into 8 slices

Steps:

- Place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or heavy saucepan to an even ¼-inch thickness. Sprinkle both sides with salt and pepper.
- Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the chicken and cook until no longer pink in the middle, 3 to 4 minutes per side. Transfer to a plate.
- Preheat a Panini maker to high.
- Combine cream cheese and jalapeños in a small bowl. Spread 1 Tbsp of the mixture on one side of each piece of bread. Divide the chicken and tomato among 4 of the pieces and top with the remaining bread.
- Cook 2 sandwiches at a time in the Panini maker until warmed through and bread is crisped, about 2-3 minutes.

Tips: Add raw spinach on top of the chicken is a great way to include more vegetables. If you don't prefer cooked tomato, sautéed red pepper slices are a delicious substitution.

Nutritional Facts: Calories: 544, Carbohydrates: 55 grams, Protein: 42 grams, Total Fat: 17 grams, Saturated Fat: 4 grams, Cholesterol: 94 mg, Sodium: 1136 mg, Fiber: 8 grams, Total Sugars: 8 grams.

Smashed Chickpea and Avocado Salad Sandwich

Recipe Source: www.twopeasandtheirpod.com

Servings: 2

Ingredients:

1 (15 oz) can chickpeas
1 large ripe avocado
¼ cup fresh cilantro, chopped
2 Tbsp chopped green onion
Juice of 1 small lemon or lime
Salt and pepper, to taste
Whole grain bread, pita, or tortillas, for serving
Fresh spinach and other desired toppings

Steps:

- Rinse and drain the chickpeas. Add to a large bowl along with the avocado and mash with a fork or potato masher.
- Add cilantro, green onion, and lime/lemon juice and stir to combine. Season to taste with salt and pepper.
- Spread on bread, pita, or in a tortilla for a wrap. Add any other favorite sandwich toppings.

Tips: Fresh sliced tomatoes, cucumber, and fresh spinach are a delicious combination for this filling. It can also be used as a dip for whole grain crackers and cut up vegetables.

Nutritional Facts: Calories: 496, Carbohydrates: 62 grams, Protein: 20 grams, Total Fat: 21 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 811 mg, Fiber: 21 grams, Total Sugars: 4 grams.

Taco Salad Wraps

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

1 (15 oz) can black beans or red kidney beans, rinsed and drained well
2 tsp olive oil
1 tsp ground cumin
¼ tsp chili powder
¼ tsp salt
6 (10-inch) whole wheat flour tortillas
3 plum tomatoes, cut into ¼-inch dice
1 ½ cups shredded purple cabbage
1 avocado, cut into ¼-inch dice
1 mango, cut into ¼-inch dice
6 large green-leaf lettuce leaves
Optional toppings:
Crumbled queso fresco or crumbled cojita
Chopped fresh cilantro
Salsa or pico de gallo

Steps:

- With a potato masher or fork, mash beans, olive oil, cumin, chili powder, and salt in a medium bowl.
- Spread 2 Tablespoons bean mixture on each tortilla halfway between the center and bottom edge. Top with 1-2 Tablespoons diced tomato, and about ¼ cup shredded cabbage.
- Top wraps with 1-2 Tablespoons each avocado and mango, followed by a lettuce leaf. Sprinkle with cheese and cilantro, if using.
- Fold sides of tortilla over filling, then roll from the bottom to form a cylinder. Serve salsa on the side, if using.
- To make ahead, fill tortilla as directed, leaving the salsa on the side. Wrap the tortilla in waxed paper and tape the ends to secure until ready to eat.

Tips: The mango adds a fun twist, so be sure to include it! You can also use pinto beans as one alternative to the black or kidney beans. The original recipe did not include shredded cabbage, but we added it to get another vegetable and more color. We preferred shredding the lettuce for inside the wrap, rather than keeping the leaves whole as directed in the recipe.

Nutritional Facts: Calories: 458, Carbohydrates: 71 grams, Protein: 14 grams, Total Fat: 15 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 700 mg, Fiber: 15 grams, Total Sugars: 18 grams. **Does not include optional toppings.**

Turkey Caesar Sandwich

Recipe Source: www.marthastewart.com

Servings: 1

Ingredients:

1 Tbsp grated Parmesan cheese
2 Tbsp light mayonnaise
2 tsp freshly squeezed lemon juice
1 dash (about 5 drops) Worcestershire sauce
Salt and ground black pepper
2 slices whole wheat or whole grain bread
2 or 3 leaves romaine lettuce
3 oz thinly sliced smoked turkey

Steps:

- In a small bowl, combine Parmesan, mayonnaise, lemon juice, and Worcestershire. Season with salt and pepper.
- Spread dressing on both bread slices.
- Break lettuce into large pieces and layer half on 1 slice of bread. Top with turkey, remaining lettuce, and bread.

Tips: Adding a couple sprinkles of garlic powder and a dash of cayenne pepper gave this dressing a kick and boosted the flavor. Instead of a sandwich, try putting the dressing on a wrap with spinach, tomato, and pulled chicken or turkey. The original recipe is for one sandwich, but the dressing is enough for two.

Nutritional Facts: Calories: 388, Carbohydrates: 29 grams, Protein: 34 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 74 mg, Sodium: 1416 mg, Fiber: 5 grams, Total Sugars: 6 grams.

Burrito Bowls

Recipe Source: www.bhg.com

Servings: 6

Ingredients:

4 cups cauliflower florets
3 TBSP canola oil or olive oil
½ tsp salt
1 lb lean boneless pork loin or skinless, boneless chicken breast halves, cut into thin bite size strips
1TBSP reduced-sodium taco seasoning mix
Non-stick cooking spray
1 medium poblano pepper, cut into thin bite-size strips
2 cups frozen whole kernel corn, thawed
1 cup canned, reduced-sodium black beans, rinsed and drained
1 lime
1 medium avocado, halved, pitted and peeled
5 cups shredded romaine lettuce
1 cup refrigerated pico de gallo
¼ cup shredded reduced-fat Mexican-style four-cheese blend (1 oz)
Lime wedges and/or chopped fresh cilantro (optional)

Steps:

- Preheat oven to 425 degrees F. Place cauliflower in a food processor. Cover and pulse several times until cauliflower is evenly chopped into rice-size pieces. (If necessary, process cauliflower in batches). Transfer cauliflower to a foil-lined 15x10-inch baking pan. Drizzle with 1 TBSP of the oil and sprinkle with ¼ tsp salt; toss to coat. Spread cauliflower in an even layer in the pan. Roast, uncovered, 23-25 minutes or until lightly charred, stirring once.
- Meanwhile, in a bowl toss together pork strips or chicken, 2 tsp of the taco seasoning, and the remaining ¼ tsp salt. Coat an extra-large nonstick skillet with cooking spray; heat over medium high heat. Cook pork/chicken and poblano pepper in a hot skillet, 4-6 minutes or until pork is just slightly pink, stirring occasionally. Reduce heat to medium-low. Add corn and beans; cook about 2 minutes or until heated. Remove ½ tsp zest and squeeze 3 TBSP juice from lime. In a bowl mash together avocado and lime zest. In another bowl whisk together the remaining 2 TBSP oil, remaining 1 tsp taco seasoning, and the lime juice.
- Divide lettuce among six serving bowls. Top with cauliflower and pork mixture. Spoon avocado mixture into center of bowls. Top with pico de gallo and cheese. Drizzle with the lime juice mixture. If desired, serve with lime wedges and/or cilantro.

Nutritional Facts: Calories: 334 , Carbohydrates: 31 grams, Protein: 26 grams, Total Fat: 15 grams, Saturated Fat: 2 grams, Cholesterol: 45 mg, Sodium: 604 mg, Fiber: 7 grams, Total Sugars: 6 grams.

Crustless Broccoli and Onion Quiche

Recipe Source: PEHP Healthy Utah Staff

Servings: 2

Ingredients:

1 TBSP olive oil
½ large onion diced
2 cups broccoli florets, cut into 1-inch pieces
4 large eggs
1 cup milk of choice (dairy, rice, soy, almond)
¼ c freshly grated Pecorino Romano cheese (or cheese of choice)
½ tsp salt
Freshly ground black pepper
½ t dried oregano
¼ cup whole wheat or brown rice flour

Steps:

- Preheat oven to 350°. Spray 9-inch baking dish with nonstick olive oil cooking spray and set aside.
- In a large skillet, heat oil over medium heat. Add onion and cook, stirring frequently, until softened, about 3 minutes. Add broccoli and cook about 5 minutes or until tender. Transfer vegetables to prepared pan.
- Combine eggs, milk, cheese, seasoning, and flour in a blender-blend low until smooth, about 1-2 minutes. Pour egg mix evenly over vegetables-sprinkle with paprika (optional) and bake until set, about 35 minutes. Cool quiche 10 minutes before serving.

Nutritional Facts: Calories: 384 , Carbohydrates: 28 grams, Protein: 23 grams, Total Fat: 21 grams, Saturated Fat: 6 grams, Cholesterol: 382 mg, Sodium: 834 mg, Fiber: 4 grams, Total Sugars: 11 grams.

Little Italy Chicken Pitas with Sun-Dried Tomato Vinaigrette

Recipe Source: www.cookinglight.com

Servings: 4

Ingredients:

2 TBSP balsamic vinegar
1 ½ TBSP sun-dried tomato oil
1 TBSP chopped drained oil-packed sun-dried tomatoes
¼ tsp freshly ground black pepper
1 garlic clove, minced
4 cups (about ¾ pound) shredded, cooked chicken breast
1 cup chopped tomato (about 1 medium)
½ cup (2 oz) grated Asiago cheese
¼ cup thinly sliced fresh basil
6 (6-inch) pitas, cut in half
3 cups mixed baby greens

Steps:

- Combine first 5 ingredients in a large bowl. Stir in chicken, tomato, cheese, and basil. Line each pita half with ¼ cup greens. Divide chicken mixture evenly among pita halves.

Nutritional Facts: Calories: 514, Carbohydrates: 59 grams, Protein: 40 grams, Total Fat: 14 grams, Saturated Fat: 4 grams, Cholesterol: 84 mg, Sodium: 735 mg, Fiber: 8 grams, Total Sugars: 6 grams.

Loaded Sweet Potatoes with Black Beans

Recipe Source: <http://hayliepomroy.com>

Serves 6

Ingredients:

- 6 medium sweet potatoes
- 1 medium yellow onion, diced
- 2 tsp minced garlic
- 2 tsp dried oregano
- 1 tsp fennel seed, crushed
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1/8 tsp ground nutmeg
- 1/4 tsp freshly ground pepper

- 1/2 tsp sea salt

- 3 TBSP vegetable broth or water

- 1 14.5-ounce can fire-roasted tomatoes

- 2 15-ounce cans black beans, drained and rinsed

- Green onion or chives, for serving

Steps:

- Preheat oven to 450° F.
- Scrub the potatoes, wrap each one in foil, and bake them for 1 hour. (You can microwave the sweet potatoes on high for 8 minutes, flipping the potatoes halfway through cooking time).

Meanwhile, make the black beans:

- In a medium saucepan over medium-high heat, saute the onion, garlic, oregano, fennel seed, cinnamon, cumin, nutmeg, pepper, and salt in vegetable broth until the onion softens, about 5 minutes.
- Stir in the tomatoes with their juice and the beans, turn the heat to medium-low, cover, and cook until the tomatoes and beans have broken down slightly, about 15 minutes.
- Uncover the pot and turn off the heat (the bean mixture will thicken as it cools slightly).
- Cut a lengthwise slit on one side of each sweet potato.
- Scoop out flesh into a bowl and mash well.
- Refill each skin with the mashed sweet potato.
- Top with 2/3 cup of the bean mixture and a sprinkling of snipped chives or green onion.

Nutritional Facts: Calories: 259, Carbohydrates: 52 grams, Protein: 10 grams, Total Fat: 1 gram, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 877 mg, Fiber: 11 grams, Total Sugars: 9 grams.

One-Pan Pasta

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

1 (15 oz) can diced tomatoes
12 oz whole wheat penne pasta
1 onion, thinly sliced
4 cloves garlic, thinly sliced
½ tsp red pepper flakes
3-4 sprigs fresh basil, plus torn leaves for garnish
2 Tbsp extra-virgin olive oil
1 teaspoon salt
¼ tsp black pepper
Water
½ cup freshly grated Parmesan cheese, for serving

Steps:

- Pour the tomatoes into a fine mesh strainer placed over a large liquid measuring cup to catch the juice. Gently press the tomatoes with a spoon until chunky but not completely dry. Set the juice aside.
- In a large, straight-sided skillet, combine tomatoes, pasta, onion, garlic, red pepper flakes, basil, oil, salt, and pepper.
- To the tomato juice, add enough water to equal 4 ½ cups. Add this juice/water mixture to the skillet.
- Bring mixture to a boil over medium-high heat. Boil pasta, uncovered, stirring pasta every few minutes with a wooden spoon, about 9 minutes. Pasta should be al dente and most of the water evaporated.
- Divide among individual serving bowls and top each with grated Parmesan.

Tips: You can also use 12 oz of fresh cherry or grape tomatoes (halved if large) in place of the canned tomatoes. Just use all water for the 4 ½ cups liquid in step 3.

Nutritional Facts: Calories: 275, Carbohydrates: 36 grams, Protein: 9 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 9 mg, Sodium: 1013 mg, Fiber: 6 grams, Total Sugars: 5 grams.

Rotini and White Beans with Kale

Recipe Source: Katie Ferraro, ACE Fitness

Servings: 2

Ingredients:

12 oz whole wheat rotini
1 lb kale or other dark green leafy vegetable
1 Tbsp olive oil
1 clove garlic, minced
¼ tsp crushed red pepper
1 (15 oz) can low-sodium white beans, rinsed and drained
2 Tbsp lemon juice

Steps:

- Fill a large saucepan with water and heat to boiling. Add rotini and cook 9-11 minutes, or according to package directions, until pasta is al dente (still firm to the bite).
- Meanwhile, rinse greens thoroughly and cut away the ribs and stems. Snip ribs and stems into 1-inch pieces and leaves into 2-inch pieces.
- Heat olive oil in large skillet over medium heat. Add garlic and crushed red pepper. Cook for 30 seconds, just until fragrant.
- Stir in greens and beans. Cover and cook for 2-3 minutes or until greens begin to wilt. Uncover and cook for an additional 5 minutes, adding a bit of water if mixture is drying out.
- Drain pasta, reserving cooking water. Return pasta to saucepan and stir in greens and bean mixture. Add lemon juice. Add pasta water, ¼ cup at a time, if mixture is dry.

Tips: For extra color, try adding diced red pepper along with the kale and beans, or stir in fresh tomatoes with the pasta.

Nutritional Facts: Calories: 673, Carbohydrates: 118 grams, Protein: 36 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 817 mg, Fiber: 25 grams, Total Sugars: 8 grams.

Sesame Noodles

Recipe Source: www.marthastewart.com

Servings: 2

Ingredients:

12 oz whole wheat spaghetti
1 bunch broccoli, cut into florets, stalks peeled and thinly sliced
2 red bell peppers (ribs and seeds removed), thinly sliced
1 large onion, halved and thinly sliced
¼ cup creamy peanut butter
1 Tbsp brown sugar
2 Tbsp rice vinegar
1 Tbsp low-sodium soy sauce
1 Tbsp toasted sesame oil
2 garlic cloves, minced
½ tsp red pepper flakes, or to taste

Steps:

- In a large pot of boiling water, cook spaghetti 3 minutes less than al dente. Add broccoli, bell peppers, and onion. Cook until pasta is al dente, about 3 more minutes.
- Remove from heat and drain pasta and vegetables, reserving ½ cup pasta water.
- While pasta and vegetables are cooking, in a large bowl whisk together peanut butter, sugar, rice vinegar, soy sauce, oil, garlic, and red pepper flakes.
- Add hot pasta and vegetables, tossing to coat. Thin sauce with pasta water, a little at a time, if necessary (sauce thickens as it cools).
- Serve at room temperature or chilled.

Tips: Natural peanut butter works well. Experiment with whatever vegetables you like – cabbage, cauliflower, pea pods, and carrots would also work well.

Nutritional Facts: Calories: 568, Carbohydrates: 84 grams, Protein: 22 grams, Total Fat: 20 grams, Saturated Fat: 4 grams, Cholesterol: 0 mg, Sodium: 460 mg, Fiber: 14 grams, Total Sugars: 20 grams.

Simple Peach, Basil, and Ricotta Flatbread

Recipe Source: www.cookieandkate.com

Servings: 1

Ingredients:

2 whole grain pitas (large)

3/4 cup low-fat ricotta cheese

1 large ripe yellow peach, sliced thinly

1/4 cup basil chiffonade (Stack leaves, roll tightly into a log shape, and slice very thinly)

Salt and black pepper

Balsamic vinegar reduction

Steps:

- Preheat the oven to 425°. Place the flatbread in a cast iron pan, baking sheet, or perforated pizza pan. (This ensures a crispy flatbread.)
- Spread ricotta evenly across the flatbread using 1/3 cup per flatbread, leaving 1/2 inch around the edges. Arrange peach slices on top of the ricotta, using 1/2 peach per flatbread.
- Bake 10-12 minutes until flatbread is crisped on edges and bottom. Sprinkle with basil, salt and freshly ground black pepper. Drizzle with balsamic reduction to taste, slice, and serve immediately.

Tips: You can buy balsamic reduction or just make your own by bringing one cup balsamic vinegar to a boil in a small, thick-bottomed saucepan over medium heat. Reduce the heat to a simmer and cook, stirring often, until the vinegar is reduced by about half. Be careful to not overcook or the vinegar becomes too thick and sticky. Once cooled, the reduction can be stored in an airtight jar at room temperature. Use on top of pizzas, vegetables, salads, or in sandwiches. This recipe is also delicious with apples or pears instead of peaches, or even strawberries!

Nutritional Facts: Calories: 557, Carbohydrates: 100 grams, Protein: 28 grams, Total Fat: 2 grams, Saturated Fat: 0 grams, Cholesterol: 30 mg, Sodium: 842 mg, Fiber: 5 grams, Total Sugars: 22 grams.



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Lightened Up Crock Pot Beef Stroganoff

Recipe Source: www.shrinkingkitchen.com

Ingredients:

1 (1 lb) top round steak (1 inch thick), trimmed
1 cup chopped onion
2 TBSP chopped fresh parsley
2 TBSP Dijon mustard
 $\frac{3}{4}$ tsp salt
 $\frac{1}{2}$ tsp dried dil
 $\frac{1}{2}$ tsp black pepper
2 cups sliced mushrooms
3 garlic cloves, minced
5 TBSP all-purpose flour

1 cup beef broth

Dash of Worcestershire sauce

1 (8 oz) container low-fat sour cream
Cooked noodles

Steps:

- Cut steak diagonally across grain into $\frac{1}{4}$ -inch-thick slices.
- Place steak and next 8 ingredients (through garlic) in a slow cooker and stir well.
- Lightly spoon flour into a dry measuring cup and level with a knife.
- Place flour in a small bowl. Gradually add broth, stirring with a whisk until blended.
- Add broth mixture and Worcestershire sauce to slow cooker; stir.
- Cover with lid. Cook on high for 4 hours or low for 7-8 hours, until steak is tender.
- Turn slow cooker off, remove lid, and let stroganoff stand 10 minutes.
- Stir in sour cream. Serve stroganoff over noodles.

Tips: Use whole grain noodles or brown rice for serving.

Nutritional Facts: per serving Calories: 543, Carbohydrates: 62grams, Protein: 53 grams, Total Fat: 9 grams, Saturated Fat: 2 grams, Cholesterol: 107 mg, Sodium: 1131 mg, Fiber: 6 grams, Total Sugars: 4 grams.

Lightened-Up Shepherd's Pie

Recipe Source: www.skinnytaste.com

Ingredients:

1 ½ lbs Yukon Gold potatoes, diced
¾ cup fat free chicken broth
2 Tbsp reduced-fat sour cream
Pinch of paprika
1 lb 95% lean ground beef
1 tsp oil
1 medium onion, diced
1 celery stalk, chopped
2 cloves garlic, diced
8 oz mushrooms, diced
10 oz frozen mixed vegetables
2 TBSP flour
1 cup fat free beef broth
2 tsp tomato paste
1 TBSP Worcestershire sauce
1 tsp freshly chopped rosemary leaves
1 tsp freshly chopped thyme leaves
Salt and pepper

Steps:

- Boil potatoes in a medium pot of salted water until cooked and soft. Drain and mash with chicken broth, sour cream, ½ tsp salt and pepper. Set aside.
- Preheat oven to 400° F.
- In a large sauté pan, brown meat over medium high heat, breaking the meat up with a wooden spoon as it cooks. Season with ½ tsp salt and pepper to taste. When cooked, set aside on a plate.
- To the same pan, add the oil, onion, garlic, mushrooms and celery and sauté on medium heat about 6-8 minutes, until the vegetables are tender.
- Add the flour, frozen vegetables, beef broth, tomato paste, Worcestershire sauce, rosemary, thyme, and cooked meat. Mix well and simmer on low about 8-10 minutes.
- Spread the meat mixture on the bottom of a casserole dish. Top with mashed potatoes and sprinkle with paprika.
- Bake 20-25 minutes, then place under the broiler 1-2 minutes until the potatoes turn golden. Remove from oven and let cool 5 minutes before serving.

Tips: Use the leanest ground beef or ground white meat turkey or chicken.

Nutritional Facts: per serving Calories: 965, Carbohydrates: 107 grams, Protein: 84 grams, Total Fat: 24 grams, Saturated Fat: 9 grams, Cholesterol: 207 mg, Sodium: 1097 mg, Fiber: 15 grams, Total Sugars: 18 grams.

Ronaldo's Beef Carnitas

Recipe Source: www.allrecipes.com

Ingredients:

1 (4 lb) chuck roast
1 (4.5 oz) can chopped green chilies
1-2 Tbsp chili powder
½ tsp dried oregano
½ tsp ground cumin
2 cloves garlic, minced
½ tsp salt

Steps:

- Preheat oven to 300°.
- Place roast on heavy-duty foil large enough to enclose the meat. In a small bowl, combine remaining ingredients and mix well. Rub mixture over the meat.
- Wrap the meat completely in foil and place in a roasting pan.
- Bake in the preheated oven 3 ½-4 hours, or until the roast just falls apart with a fork. Remove from oven and shred completely with two forks.

Tips: Serve shredded meat in corn tortillas or small whole wheat flour tortillas with chopped cilantro, diced onion, and sliced radish.

Nutritional Facts: per serving Calories: 346, Carbohydrates: 1 grams, Protein: 34 grams, Total Fat: 22 grams, Saturated Fat: 9 grams, Cholesterol: 136 mg, Sodium: 154 mg, Fiber: 0 grams, Total Sugars: 0 grams.

Sloppy Joes

Recipe Source: *Better Homes and Gardens*

Ingredients:

1 lb extra lean (93%) ground beef
1 medium yellow onion, chopped
1 small green sweet pepper, chopped
1 (8 oz) can no-salt-added tomato sauce
2 Tbsp water
1 tsp chili powder
1 tsp Worcestershire sauce
½ tsp garlic powder
Dash of bottled hot pepper sauce
Salt and black pepper
6 whole-wheat buns or Kaiser rolls, split and toasted

Steps:

- In a large skillet, cook beef, onion, and sweet pepper until meat is brown and vegetables are tender, stirring to break up any meat. Drain off fat.
- Stir tomato sauce, water, chili powder, Worcestershire sauce, garlic powder, and hot pepper sauce into beef mixture in skillet. Bring to boiling then reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally. Season to taste with salt and pepper.
- Serve on toasted rolls or buns.

Tips: Ground white meat chicken or turkey can be used in place of beef. To spice up the sandwich, try topping it with banana peppers or sliced jalapenos.

Nutritional Facts: per serving Calories: 319, Carbohydrates: 30 grams, Protein: 30 grams, Total Fat: 8 grams, Saturated Fat: 3 grams, Cholesterol: 67 mg, Sodium: 331 mg, Fiber: 5 grams, Total Sugars: 6 grams.

Chicken and Cornmeal Dumplings

Recipe Source: www.diabeticlivingonline.com

Ingredients:

2 medium carrots, thinly sliced
1 stalk celery, thinly sliced
1/3 cup fresh or frozen corn kernels
1/2 of a medium onion, thinly sliced
2 cloves of garlic, minced
1 tsp fresh rosemary or 1/2 tsp dried rosemary, crushed
1/4 tsp ground black pepper
2 chicken thighs, skinned
1 cup reduced sodium chicken broth
1/2 cup fat free milk
1 TBSP all-purpose flour
1 recipe Cornmeal Dumplings (see recipe below)

Steps:

- In a 1 1/2 or 2 quart slow cooker, combine carrots, celery, corn, onion, garlic, rosemary, and 1/4 tsp pepper.
Top with chicken. Pour broth over mixture in cooker.
- Cover and cook on low-heat setting for 7-8 hours or on high-heat setting for 3 1/2-4 hours. If no heat setting is available, cook for 5 to 5 1/2 hours.
- Transfer chicken to a cutting board; cool slightly. When cool enough to handle, cut chicken off bones; discard bones. Chop chicken; return to mixture in cooker. In a small bowl, combine milk and flour until smooth. Stir into mixture in cooker.
- Using two spoons, drop cornmeal dumplings dough into four mounds on top of hot chicken mixture. Cover and cook for 20-25 minutes more or until a toothpick inserted into a dumpling comes out clean. (Do not lift cover during cooking). If desired, sprinkle each serving with coarse pepper.

Cornmeal Dumplings

Ingredients:

| | |
|-----------------------|----------------------|
| 1/4 cup flour | Dash of salt |
| 1/4 cup cornmeal | 1 TBSP fat-free milk |
| 1/2 tsp baking powder | 1 TBSP canola oil |
| 1 egg white | |

Directions:

1. In a medium bowl, stir together flour, cornmeal, baking powder, and salt. In a small bowl combine egg white, milk, and oil. Add egg mixture to flour mixture; stir just until moistened.

Tips: Any reasons we like the recipe, tips to make it healthier/easier, good foods to eat it with, etc.

Nutritional Facts: per serving Calories: 312, Carbohydrates: 24grams, Protein: 22 grams, Total Fat: 14 grams, Saturated Fat: 3 grams, Cholesterol: 90 mg, Sodium: 161mg, Fiber: 3 grams, Total Sugars: 5 grams.

Chicken and Potatoes with Garlic Parmesan Cream Sauce

Recipe Source: www.damndelicious.net

Ingredients:

6 bone-in, chicken thighs, skin removed
1 TBSP Italian seasoning
Salt and pepper to taste
Cooking spray
3 cups baby spinach, roughly chopped
16 ounces red or Yukon gold potatoes, halved; skins on
2 TBSP chopped fresh parsley leaves
For the Garlic Parmesan Cream Sauce
1 TBSP butter, 1 TBSP olive oil
4 cloves of garlic, minced
2 TBSP all-purpose flour
1 cup low sodium chicken broth, or more (as needed)
1 tsp dried thyme
½ tsp dried basil
½ cup 1% milk
½ cup freshly grated Parmesan
Salt and Pepper to taste

Steps:

- Preheat oven to 400 degrees. Lightly oil a 9x13 baking dish or coat with nonstick spray.
- Season chicken with Italian seasoning, salt and pepper. Coat a non-stick skillet with cooking spray and heat to high heat. Add chicken, and sear both sides until golden brown, about 1-2 minutes per side; set aside.
- To make the garlic Parmesan cream sauce, melt butter and olive oil in the skillet over medium heat. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes. Whisk in flour until lightly browned, about 1 minute.
- Gradually whisk in chicken broth, thyme and basil. Cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in milk and Parmesan cheese until slightly thickened, about 1-2 minutes. If the mixture is too thick, add more milk as needed; season with salt and pepper, to taste.
- Place chicken in a single layer into the prepared baking dish. Top with potatoes, spinach and cream sauce.
- Place into oven and roast until completely cooked through, reaching an internal temperature of 165 F, about 25-30 minutes. Serve immediately, garnished with fresh parsley, if desired.

Tips: You can try this recipe using chicken breasts.

Nutritional Facts: per serving Calories: 360, Carbohydrates: 20 grams, Protein: 34 grams, Total Fat: 16 grams, Saturated Fat: 5 grams, Cholesterol: 167 mg, Sodium: 317 mg, Fiber: 2 grams, Total Sugars: 2 grams.

Green Chile Chicken Burgers

Recipe Source: www.marthastewart.com

Ingredients:

1 lb ground chicken
1 tsp ground cumin
2 (4 oz) cans diced green chiles, drained
1 cup packed cilantro leaves, chopped, plus additional for serving
Salt and black pepper

4 whole wheat buns or English muffins, split
1 beefsteak tomato, sliced into 1/2-inch thick slices
Low-fat sour cream, green leaf lettuce, and Dijon mustard (optional), for serving

Steps:

- Heat grill to medium-high. Combine chicken, cumin, chiles, chopped cilantro, 1/2 tsp salt, and 1/4 tsp black pepper in a large bowl. Shape mixture into 4 patties.
- Brush grill grates with oil and grill burgers, flipping once, until golden brown and a thermometer inserted into thickest parts registers 165°, about 8-10 minutes. Set burgers aside and cover to keep warm.
- Grill buns, cut sides down, just until toasted, about 1 minute.
- Serve burgers on buns with sliced tomato, remaining cilantro, lettuce, and a dollop of sour cream with Dijon, if desired

Tips: Ground turkey can be used in place of chicken. Fire-roasted green chiles add great flavor!

Nutritional Facts: per serving Calories: 331, Carbohydrates: 34 grams, Protein: 26 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 98 mg, Sodium: 541 mg, Fiber: 7 grams, Total Sugars: 6 grams.

Easy Honey Garlic Chicken

Recipe Source: cafedelites.com (recommended from Healthy Utah staff)

Serves 6

Ingredients:

3 chicken breasts, sliced horizontally in half
Salt and pepper, to season
2 tsp garlic powder, to season
6 cloves garlic, crushed
1/3 cup honey
1/4 cup water
2 TBSP rice wine vinegar
1 TBSP low sodium soy sauce

Steps:

- Season chicken with salt, pepper and garlic powder; set aside.
- Heat a pan or skillet over medium high heat; sear chicken breasts on both sides until golden and cooked through.
- When the chicken is done and cooked through, add the garlic between the chicken and fry until fragrant (about 30 seconds). Add the honey, water, vinegar and soy sauce. Increase heat to medium-high and continue to cook until the sauce reduces down and thickens slightly (about 3-4 minutes).
- Garnish with parsley and serve over vegetables, rice, pasta, or with a salad.

Nutritional Facts: per serving Calories: 137, Carbohydrates: 17 grams, Protein: 14 grams, Total Fat: 2 grams, Saturated Fat: 0 grams, Cholesterol: 43 mg, Sodium: 124 mg, Fiber: 0 grams, Total Sugars: 14 grams.

One-Pan Chicken and Mushrooms with Egg Noodles

Recipe Source: www.marthastewart.com

Serves 6

Ingredients:

2 slices bacon, cut crosswise into ½-inch pieces
2.5 lbs boneless skinless chicken thighs, fat trimmed
Salt and freshly ground pepper
1 Tbsp canola oil
8 oz button mushrooms (halved if large)
8 oz shallots, halved (quartered if large) and peeled
3 cups low-sodium chicken broth
1 can (5 oz) fat-free evaporated milk or 2% milk
8 oz whole wheat egg noodles (about 5 cups dry)
½ cup chopped fresh dill, plus more for serving

Steps:

- Cook bacon in a large skillet (that has a lid) over medium until browned, 7-9 minutes. Drain on paper towels and set aside. Discard fat from pan.
- Season chicken with salt and pepper. Swirl canola oil in pan over medium-high. Add chicken and cook, turning a few times, until browned all over, about 10-12 minutes. Transfer to a plate.
- Wipe out pan if needed. Add mushrooms and shallots and season lightly with salt. Cook, stirring to scrape up browned bits, until golden brown in places, 5-7 minutes. Add broth and cream and bring to a boil. Stir in noodles.
- Add chicken and accumulated juices to pan. Cover then reduce heat and simmer, stirring once halfway through, until chicken is just cooked through, 10-12 minutes.
- Uncover and simmer until thickened, 2-3 minutes. Stir in ½ cup dill and top with bacon. Serve, with additional dill.

Tips: Try turkey bacon instead of regular. This dish will thicken as it sits so it's fine if the sauce seems a bit thin when you first remove it from the heat.

Nutritional Facts: per serving Calories: 593, Carbohydrates: 37 grams, Protein: 60 grams, Total Fat: 22 grams, Saturated Fat: 6 grams, Cholesterol: 303 mg, Sodium: 342 mg, Fiber: 3 grams, Total Sugars: 8 grams.

Pat and Gina's Oven-Fried Chicken

Recipe Source: Pat and Gina Neely, *The Food Network*

Serves 6-8

Ingredients:

2 large eggs, beaten
1 Tbsp Dijon mustard
1 Tbsp honey
1 Tbsp hot sauce
Salt and ground black pepper
2 ½ cups panko bread crumbs
1 tsp salt
½ tsp ground black pepper
½ tsp smoked paprika
¼ tsp cayenne pepper
¼ tsp garlic powder
8 pieces (3 lbs) bone-in, skinless chicken thighs and/or drumsticks

Steps:

- Preheat the oven to 400°F. Fit a sheet pan with a wire rack and spray with nonstick cooking spray.
- In a pie plate or shallow bowl, whisk the eggs, mustard, honey, hot sauce, and a dash each of salt and pepper.
- Add the panko, 1 tsp salt, and ½ tsp black pepper, paprika, cayenne, and garlic powder to another pie plate and whisk to combine.
- Dredge the chicken through the wet mixture, then the dry mixture, patting the breading on so it adheres.
- Arrange pieces on the prepared rack on the baking sheet, leaving ample space between each piece of chicken.
- Give the chicken a spritz of cooking spray to help brown and crisp the coating.
- Put on the upper rack of the oven and bake until the chicken is golden and crisp. The temperature should register 160°F on a thermometer in the thickest part of the chicken, about 45 minutes.
- Transfer to a serving platter and serve.

Tips: This recipe has a lot of heat, so decrease the hot sauce if desired. Panko bread crumbs create a perfect crispy coating, more than regular bread crumbs, and are usually found in the baking aisle.

Nutritional Facts: per serving Calories: 458, Carbohydrates: 31 grams, Protein: 47 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 270 mg, Sodium: 640 mg, Fiber: 1 grams, Total Sugars: 2 grams.

Roasted Squash and Chicken Thighs

Recipe Source: Adapted from www.rachaelrayshow.com

Serves 8

Ingredients:

Extra virgin olive oil (EVOO)
Salt and Pepper
Nutmeg
2 acorn squash
8 bone-in chicken thighs
½ cup grainy Dijon mustard
½ cup pure maple syrup
Garlic, 4 cloves minced or through a press
3 to 4 sprigs rosemary, leaves stripped and chopped

Steps:

- Heat oven to 400° F.
- Halve squash and remove seeds. Slice into ½ inch thick half moons. Pile squash on a rimmed, nonstick baking sheet (lined with foil for easier clean up) and drizzle with about 2 TBSP EVOO. Season it with salt, pepper, and nutmeg. Toss squash to coat and arrange in an even layer.
- In a large mixing bowl, combine mustard and syrup. Add the garlic and rosemary.
- Season the chicken with salt and pepper; add to bowl and toss to coat evenly. Arrange the chicken over the squash in an even layer, roast to an internal temperature of 165°F and deeply golden and glazed, about 35-40 minutes.

Tips: The original recipes calls for chicken thighs with the skin on, but you can remove the skin and it turns out beautifully, with less fat. You could also use a Dijon that is not grainy. Serve with homemade stuffing balls.

Nutritional Facts: per serving Calories: 351, Carbohydrates: 31 grams, Protein: 31 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 140 mg, Sodium: 509 mg, Fiber: 3 grams, Total Sugars: 12 grams.

Spaghetti Squash Alfredo with Chicken

Recipe www.lexiscleankitchen.com

Ingredients:

1 spaghetti squash, roasted
1 large onion, sliced
2 TBSP butter
2 garlic cloves, minced
1 pound boneless chicken breasts, cubed
½ cup olive oil type mayonnaise
2 TBSP milk (regular, almond, or soy)
½ tsp garlic powder
½ tsp onion powder
Pinch of salt, more to taste if needed
Pinch of red pepper flakes, more to taste
½ cup fresh parmesan cheese
Chopped fresh parsley, for garnish

Steps:

- Preheat oven to 400°.
- Slice spaghetti squash in half and scrape out seeds. Drizzle with extra-virgin olive oil and place face down on a lined baking sheet and roast for 30 minutes or until fork tender.
- Make caramelized onions: In a skillet heat 1 TBSP of butter with onions. Sauté on medium-low heat until onions begin to caramelize and brown, but not burn. Yields about 1 cup of caramelized onions.
- In a skillet over medium heat, heat butter and sauté garlic for 1 minute. Season chicken with salt and pepper and add into the skillet. Let cook for 6 minutes, or until no pink remains, flipping halfway through.
- Add in mayo, milk and spices. Mix to combine
- Add in caramelized onions and spaghetti squash. Toss to combine. Add the parmesan cheese and adjust as desired.
- Garnish with fresh parsley and serve hot.

Nutritional Facts: per serving Calories: 635, Carbohydrates: 50 grams, Protein: 34 grams, Total Fat: 35 grams, Saturated Fat: 9 grams, Cholesterol: 127 mg, Sodium: 550 mg, Fiber: 10 grams, Total Sugars: 19 grams.

Stir-Fried Chicken and Vegetables

Recipe Source: Robin Miller, Food Network

Ingredients:

1 Tbsp peanut or canola oil
2-3 garlic cloves, minced
1 Tbsp minced fresh ginger
1 lb boneless, skinless chicken breasts, cut into strips
1 medium onion, diced
2 cups sliced carrots
1 red bell pepper, seeded and sliced into thin strips
1 (15-oz) can baby corn, drained (optional)
2 cups broccoli florets
¼ cup reduced-sodium soy sauce
2 tsp cornstarch
1 cup reduced-sodium chicken broth (cold or room-temperature)
Hot cooked brown rice, for serving.

Steps:

- Dissolve cornstarch in chicken broth in a small bowl to create a slurry. Set aside.
- Heat oil in a wok or large skillet over medium-high heat.
- Add garlic and ginger and cook 1 minute, stirring constantly (don't let garlic burn).
- Add chicken and cook 3-4 minutes until starting to brown, stirring constantly.
- Add onions, carrots, and peppers and cook 1 minute.
- Add remaining vegetables and cook 2 minutes.
- Add soy sauce and cook 2 minutes, until vegetables are crisp-tender.
- Give the cornstarch slurry a quick stir and add to wok. Simmer 2 minutes until sauce thickens, stirring to coat vegetables and chicken.
- Serve over hot cooked brown rice.

Tips: A sprinkle of crushed red pepper flakes for some heat is a great addition. Vegetables to add or substitute could be zucchini, mushrooms, bean sprouts, and celery.

Nutritional Facts: per serving Calories: 414, Carbohydrates: 51 grams, Protein: 35 grams, Total Fat: 9 grams, Saturated Fat: 1 grams, Cholesterol: 83 mg, Sodium: 702 mg, Fiber: 7 grams, Total Sugars: 11 grams.

Sweet and Sour Chicken with Pineapple and Red Onion

Recipe Source: www.melskitchencafe.com

Serves 4-6

Ingredients:

For the sauce:

- 3 Tbsp red wine vinegar
- 1 ½ Tbsp tomato sauce
- 2 Tbsp pineapple juice or orange juice
- ¼ tsp salt

For the chicken:

- ¾ lb boneless, skinless chicken breast, cut into uniform pieces
- 1 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 2 Tbsp canola oil
- 1 medium red onion, peeled and cut into thin strips
- 1 (20 oz) can pineapple tidbits, drained (reserve juice)
- 3 medium green onions, green parts cut into ¼-inch lengths and white parts minced
- 1 Tbsp minced garlic
- 1 Tbsp minced fresh ginger

Steps:

- For the sauce, combine all ingredients in a small bowl and set aside.
- Toss the chicken with the soy sauce and vinegar in a medium bowl. Set aside for 15 minutes, tossing once or twice.
- Heat a 12-inch skillet over high heat for 3-4 minutes. Add 1 Tbsp oil and swirl it so the oil evenly coats the bottom of the pan. Heat the oil until it just starts to shimmer and smoke.
- Drain the chicken and add it to the pan. Stir-fry until seared and just cooked, 2-3 minutes. Scrape the chicken and all the liquid into a bowl. Keep warm.
- Let the pan come back up to temperature, 1-2 minutes. When hot, drizzle in 2 tsp oil. When the oil just starts to smoke, add the onions and stir-fry until just tender crisp, 1-2 minutes. Add the pineapple and cook 1 minute. Add the scallion greens and cook 15-30 seconds.
- Clear the center of the pan and add the white parts of the scallions, garlic, and ginger. Drizzle with ½ tsp oil. Mash into the pan with the back of a spatula. Cook until fragrant but not colored, 10 seconds. Remove the pan from heat and stir the scallions, garlic, and ginger into the vegetables for 20 seconds.
- Return the pan to the heat and add the cooked chicken. Stir in the sauce and stir-fry until the ingredients are well-coated with sauce and sizzling hot, about 1 minute. Serve immediately over hot cooked brown rice.

Nutritional Facts: per serving Calories: 168, Carbohydrates: 16 grams, Protein: 13 grams, Total Fat: 6 grams, Saturated Fat: 1 grams, Cholesterol: 41 mg, Sodium: 248 mg, Fiber: 1 grams, Total Sugars: 12 grams.

Teriyaki Chicken Thighs

Recipe Source: Ellie Krieger, The Food Network
Serves 6 (1 piece per serving)

Ingredients:

¼ cup low-sodium soy sauce
2 Tbsp brown sugar
2 Tbsp water
2 Tbsp rice vinegar
2 garlic cloves, minced or crushed with a garlic press
1 tsp finely grated fresh ginger
¼ tsp red pepper flakes
2 lbs boneless skinless chicken thighs
2 tsp sesame seeds

Steps:

- Combine the soy sauce, brown sugar, water, vinegar, garlic, ginger, and red pepper flakes in a small bowl. Stir until the sugar dissolves.
- Place chicken pieces in a resealable plastic bag, then pour soy sauce mixture over. Seal the bag and marinate the chicken in the refrigerator, turning once, for 1-4 hours.
- Heat the broiler to high. Arrange the chicken on a broiler pan and broil until brown, 8-10 minutes. Flip the chicken and broil until almost cooked through, about 8 minutes longer. Sprinkle with sesame seeds and cook until the seeds turn golden brown and the chicken is done, about 2 minutes longer.

Tips: You can also use bone-in, skinless chicken thighs. This goes well served with a mandarin green salad or stir-fried vegetables and brown rice.

Nutritional Facts: per serving Calories: 302, Carbohydrates: 6 grams, Protein: 38 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 201 mg, Sodium: 547 mg, Fiber: 0 grams, Total Sugars: 4 grams.

Easy Crockpot Chicken Noodle Soup

Recipe Source: Adapted from www.familyfreshmeals.com

Serves 8

Ingredients:

1 ½ pounds boneless chicken breasts
2 cups carrots, peeled and chopped
1 medium yellow onion, diced
3 stalks celery, chopped
3-4 garlic cloves, minced or put through a press
3 TBSP extra virgin olive oil
½ tsp dried thyme
1 bay leaf
6 cups low-sodium chicken broth
1 cup of water
Salt and freshly ground pepper to taste
2 cups uncooked wide, whole-wheat egg noodles
3 TBSP chopped fresh parsley

Steps:

- In a 6 quart crock pot add in the chicken breasts, carrots, onion, celery, garlic, olive oil, thyme and bay leaf.
- Next add in chicken broth, water, and season with salt and pepper.
- Cover and cook on low heat 6-7 hours.
- Remove chicken breasts and cut into bite sized pieces. Place back into crock pot. Add in egg noodles and parsley.
- Cover and cook just until noodles are tender, 5-10 minutes.

Tips: You can make your own chicken broth. You could also add other seasonings.

Nutritional Facts (per serving): Calories: 230, Carbohydrates: 15 grams, Protein: 23 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 77 mg, Sodium: 776 mg, Fiber: 2 grams, Total Sugars: 3 grams.

Jerre's Black Bean and Pork Chile Crock-Pot

Recipe Source: www.thedailymeal.com

Serves: 8

Ingredients:

- 1 ½ pounds of pork tenderloin, cut into 2- inch strips
- 1 small onion, coarsely chopped
- 1 small red pepper, coarsely chopped
- 3 (15 ounce) cans of black beans
- 1 (16 ounce) jar salsa
- ½ cup chicken broth
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 2 teaspoons chili powder

Steps:

- Combine pork tenderloin, onion, red pepper, black beans, salsa, chicken broth, oregano, cumin and chili powder in slow cooker. Cook on low for 8-10 hours or on high for 4-5 hours.
- Break up pieces of cooked pork to thicken the chili before serving.

Tips: Goes great with a whole grain baguette or tortilla chips. To make pork more tender, cook on low for 8-10 hours.

Nutritional Facts (per serving): Calories: 275, Carbohydrates: 27 grams, Protein: 31 grams, Total Fat: 4 grams, Saturated Fat: 1 gram, Cholesterol: 62 mg, Sodium: 967 mg, Fiber: 8 grams, Total Sugars: 4 grams.

Slow Cooker Tomato Basil Soup

Recipe Source: www.melskitchencafe.com

Serves 6-8

Ingredients:

2 (14.5 oz) cans reduced-sodium petite diced tomatoes, undrained
1 cup finely diced celery
1 cup finely diced carrots
1 cup finely diced onions
1 tsp dried oregano
1 Tbsp dried basil
4 cups low-sodium chicken broth
1 bay leaf
3 Tbsp olive oil
½ cup flour
1 cup freshly grated Parmesan cheese
2 cups fat free half and half, lightly warmed
½ tsp salt
¼ tsp black pepper, or to taste

Steps:

- In a 5-quart slow cooker, combine the tomatoes, celery, carrots, onions, oregano, basil, broth, and bay leaf. Cover and cook on low 5-7 hours until the vegetable become tender.
- About 45 minutes before serving, heat the oil over low heat in a medium saucepan. Add the flour and cook, stirring constantly, until the mixture is golden, about 3 minutes. The mixture will be crumbly but that's okay.
- Whisking constantly, slowly ladle in 1 cup (or a ladleful) or the hot soup from the slow cooker. Whisk until smooth and bubbly. Add another cup of soup and stir again until smooth. Add 1-2 cups more and stir until smooth.
- Stir the creamy, hot mixture back into the slow cooker. Add the cheese, half and half, and salt and pepper and stir to combine.
- Cover and cook on low for 30 minutes until ready to serve. (At this point, you can blend for smoother texture, if desired.)

Tips: This recipe also works on the stovetop if you reverse the steps a bit. Start by heating the oil and adding the celery, onions, and carrots for a quick sauté, then add the flour and stir for 3 minutes. Add the tomatoes, broth, oregano, basil, and bay leaf. Simmer until the vegetables are tender. About 30 minutes before serving, add the cheese and half and half, along with the salt and pepper. Heat through but do not boil. You can blend at this point if desired.

Nutritional Facts (per serving): Calories: 260, Carbohydrates: 21 grams, Protein: 8 grams, Total Fat: 17 grams, Saturated Fat: 7 grams, Cholesterol: 34 mg, Sodium: 976 mg, Fiber: 3 grams, Total Sugars: 8 grams.

Slow Cooker Chicken Chili

Recipe Source: *The Food Network*

Ingredients:

1 Tbsp vegetable oil
2 lbs lean ground chicken
Kosher salt
4 garlic cloves, minced
1 medium onion, finely diced
¼ cup chili powder
2 tsp ground cumin
¼ tsp ground cinnamon
Pinch ground cloves
1 cup low-sodium chicken broth
1 (15 oz) can no-salt-added pinto beans, drained and rinsed
1 (15 oz) can no-salt-added cannellini beans, drained and rinsed
1 (28 oz) can no-salt-added diced tomatoes
6 sun-dried tomatoes, finely chopped
1 Tbsp minced chipotle in adobo
2 tsp molasses
2 tsp Worcestershire sauce
Freshly ground black pepper
Optional garnishes: sliced green onion, lime wedges, reduced fat sour cream

Steps:

- Heat 2 teaspoons oil in a large nonstick skillet over high heat. Add the ground chicken and 1 teaspoon salt, breaking meat apart with wooden spoon until evenly browned. Transfer to a 4-6 quart slow cooker.
- Turn the heat to medium and add the remaining 1 teaspoon of oil to the skillet. Add the garlic and onions, stirring occasionally until onions soften.
- Add the chili powder, cumin, cinnamon, and cloves and stir constantly for 1 minute to cook the spices.
- Pour in the chicken broth and stir, scraping up all the browned bits on the pan. Transfer to the slow cooker
- Add the pinto and cannellini beans, 2 cups water, diced and sun-dried tomatoes, chipotle, molasses, Worcestershire sauce, and a dash of salt and black pepper. Stir to combine.
- Cover and cook on low for 6 hours.
- Garnish with green onions, lime wedges, and low-fat sour cream, if desired.

Tips: Try this recipe with less chili powder and chipotle if you don't like too much heat.

Nutritional Facts (per serving): Calories: 400, Carbohydrates: 31 grams, Protein: 35 grams, Total Fat: 16 grams, Saturated Fat: 4 grams, Cholesterol: 130 mg, Sodium: 785 mg, Fiber: 10 grams, Total Sugars: 7 grams.

Slow Cooker Coconut Curry Pork

Recipe Source: www.melskitchencafe.com

Ingredients:

2 ½ lbs boneless pork roast
1 large red bell pepper, diced
½ cup diced onion
1 (14 oz) can light coconut milk
3 cloves garlic, minced
2 Tbsp brown sugar
1 Tbsp curry powder
1 tsp ground ginger
1 tsp salt
½ tsp black pepper
2 Tbsp cornstarch
2 Tbsp fresh lime juice
Fresh cilantro, chopped, for garnish

Steps:

- Spray the inside of a 5-6 quart slow cooker with cooking spray. Add the pork, red pepper, and onion.
- In a bowl, whisk together the coconut milk, garlic, brown sugar, curry powder, ginger, salt, and pepper. Pour the sauce into the slow cooker. Cover and cook on low for 8 hours or on high for 4-5 hours (depending on size of pork roast).
- Leaving pork in the slow cooker, shred it coarsely using two forks. Mix the cornstarch and lime juice together in a small bowl and stir the mixture into the pork. Turn the slow cooker to high and cook for 10-15 minutes until the sauce is slightly thickened.
- Serve pork over quinoa or rice, sprinkled with cilantro.

Tips: Use a boneless pork loin for a leaner cut. Serve over a whole grain such as quinoa or brown rice. Pairs well with broccoli that has been sautéed with crushed red pepper flakes and garlic.

Nutritional Facts: per serving Calories: 448, Carbohydrates: 13 grams, Protein: 51 grams, Total Fat: 21 grams, Saturated Fat: 15 grams, Cholesterol: 138 mg, Sodium: 508 mg, Fiber: 1 grams, Total Sugars: 6 grams.

Slow-Cooker Greek Stuffed Peppers

Recipe Source: www.marthastewart.com

Ingredients:

4 large red bell peppers
1 (15 oz) can no-salt added cannellini beans, rinsed and drained
1 cup (4 oz) crumbled feta
½ cup whole wheat couscous
4 green onions, white and green parts separated, thinly sliced
1 garlic clove, minced
1 tsp dried oregano
Salt and freshly ground black pepper
Lemon wedges for serving

Steps:

- Slice a very thin layer from the base of each bell pepper so they sit flat. Slice off tops just below stem. Discard stems, chop tops, and place in a medium bowl. Remove ribs and seeds from peppers.
- Add beans, feta, couscous, green onion whites, garlic, and oregano to bowl. Season with salt and pepper and toss to combine.
- Stuff peppers with bean mixture. Place upright in slow cooker. Cover and cook on high for 4 hours.
- Sprinkle peppers with green onion greens. Serve with lemon wedges.

Tips: Green bell peppers can be used but red peppers have a milder taste. If you don't have cannellini beans, substitute another variety such as garbanzo, great northern, or even kidney beans. Be sure to place peppers so they are not touching the sides of the slow cooker to avoid burning.

Nutritional Facts: per serving Calories: 325, Carbohydrates: 45 grams, Protein: 17 grams, Total Fat: 9 grams, Saturated Fat: 6 grams, Cholesterol: 33 mg, Sodium: 652 mg, Fiber: 10 grams, Total Sugars: 11 grams.

Slow Cooker Whole Wheat Spinach Lasagna

Recipe Source: www.thrivinghomeblog.com

Serves 8-10

Ingredients:

13-14 pieces (most of a 16 oz package) uncooked whole wheat lasagna noodles
12 oz part-skim mozzarella cheese, shredded and divided (about 3 cups)
1 (15 oz) container low-fat ricotta cheese
2 eggs, beaten
2 cloves garlic, minced
2 Tbsp dried parsley flakes
1 Tbsp dried basil (or 1 Tbsp Italian seasoning blend)
¼ tsp pepper
½ tsp salt
3 cups fresh spinach, finely chopped
1 cup freshly grated Parmesan cheese
7-8 cups jarred marinara sauce (about 2-3 24 oz jars)

Steps:

- Coat the inside of a large slow cooker crock with cooking spray.
- In a mixing bowl, stir together 2 cups mozzarella cheese, ricotta, eggs, garlic, parsley, basil, pepper, salt, spinach, and Parmesan.
- Layer the lasagna in the slower cooker as follows (being generous with the sauce):
 - Sauce: Start by spreading a base layer of marinara over the bottom of the crock.
 - Noodles: Layer noodles next, breaking them apart as needed to fill in the gaps.
 - Sauce: Spread another layer of sauce over the noodles.
 - Cheese: Spread the mozzarella mixture over all the noodles.
 - Repeat the noodles/sauce/cheese two more times.
 - Top the casserole with one last layer of noodles (so you'll have four layers of noodles total), one last layer of sauce, then 1 cup of shredded mozzarella over the top. (You will not have a ricotta layer on the top.)
- Cook on low for 3 hours. Do not overcook. Let sit before cutting to serve to allow layers to set a bit.

Tips: This lasagna was cooked for 3 hours on high instead of on low as the directions specify and it was not overcooked. Test the instructions given in the recipe first before trying a higher temperature.

Nutritional Facts: per serving Calories: 391, Carbohydrates: 34 grams, Protein: 22 grams, Total Fat: 18 grams, Saturated Fat: 8 grams, Cholesterol: 79 mg, Sodium: 1108 mg, Fiber: 6 grams, Total Sugars: 11 grams.

Instant Pot Short Ribs

Recipe Source: The Flavorbender

Servings: 4

Ingredients:

6 lbs short ribs (about 8 short ribs)
Salt and season generously
3 tbsp olive oil
1 medium onion (thickly sliced)
½ cup bourbon (can use coffee or red wine)
1 tbsp paprika
1 tsp cayenne pepper
3 tbsp sugar
3 tbsp balsamic vinegar
6 cloves garlic
Thyme (2-3 fresh sprigs)
1 cup beef stock

Steps:

- Fill a large bowl with cold water. Immerse the short ribs. Rinse the ribs in cold water to wash off excess blood. Drain and pat dry the short ribs with paper towels. Generously sprinkle salt on all the ribs, on both sides.
- Switch on the Instant Pot to the saute setting on high. When the Instant Pot is hot, pour about 2 tbsp of olive oil. When the oil is hot, place about 3-4 short ribs in the Instant Pot to caramelize and sear. It is important not to overcrowd the bottom in order to get a nice caramelization. Sear the ribs on all sides, about 2-3 minutes per side. Place the caramelized ribs on a plate. Repeat with the rest of the short ribs.
- For the next step, you will only need about 1 tbsp of oil in the Instant Pot. Discard the excess oil if there is more than 1 tbsp in the pot at this point.
- Place the thickly sliced onion in the pot and add the bourbon. De-glaze the bottom of the Instant Pot to make sure that all the caramelized bits on the bottom are mixed with the bourbon. Add the paprika, cayenne pepper, sugar, and balsamic vinegar. Then switch off the saute function on the Instant Pot.
- Place the short ribs back into the Instant Pot and add garlic, thyme, and a pinch of salt. Pour the stock over the short ribs. Close the Instant Pot. Choose the manual high-pressure function and set it to high. Cook the short ribs for 45 minutes, followed by a 10-15-minute natural release.

Nutritional Facts: Calories: 1006, Carbohydrates: 17 grams, Protein: 96 grams, Total Fat: 50 grams, Saturated Fat: 21 grams, Cholesterol: 293 mg, Sodium: 447 mg, Fiber: 1 gram.

BBQ Chicken Quesadillas

Recipe Source: www.budgetbytes.com

Makes 10 quesadillas

Ingredients:

1.5 cups chopped cooked chicken
1, 15 oz can black beans, rinsed and drained
¼ of a red onion
1 jalapeno (optional)
½ cup fresh cilantro
2 cups shredded cheddar cheese (you can use 2%)
1 tsp chili powder
½ tsp smoked paprika (regular paprika works too)
¼ tsp salt
½ cup bbq sauce
10, 7-inch flour tortillas

Steps:

- Add the chopped chicken and drained black beans to a large bowl. Finely dice the red onion. Remove the seeds from the jalapeno, then finely dice. Pull the cilantro leaves from their stems and roughly chop. Add the onion, jalapeno, cilantro, shredded cheddar, chili powder, smoked paprika, salt, and bbq sauce to the bowl with the chicken and beans. Stir until everything is evenly combined.
- Place about 1/3 cup of the bbq chicken mixture on each tortilla and spread it evenly over one half of the surface. Fold the tortilla closed. Cook the filled and folded tortillas in a dry skillet over medium-low heat, until the outside is brown and crispy, the filling heated through, and the cheese has melted. Cut each quesadilla in half and serve.

Nutritional Facts: per serving Calories: 350, Carbohydrates: 39 grams, Protein: 20 grams, Total Fat: 12 grams, Saturated Fat: 6 grams, Cholesterol: 40 mg, Sodium: 739 mg, Fiber: 6 grams, Total Sugars: 5 grams.

Beef Chimichangas

Recipe Source: www.eatingwell.com

Ingredients:

1 Tbsp olive oil
1 cup chopped onion
2 cloves garlic, minced
1 lb lean (90% or leaner) ground beef
1 cup finely chopped mushrooms
1 Tbsp chili powder
1 tsp ground cumin
1 tsp dried oregano
½ tsp salt
1 cup reduced-sodium canned refried beans
1 (4 oz) can chopped green chiles
Olive or canola oil cooking spray
6 (8-inch) whole wheat flour tortillas
6 Tbsp shredded cheddar cheese
1 ½ cups shredded romaine lettuce
Fresh tomato salsa

Steps:

- Place a large baking sheet in the oven and preheat to 425°.
- Heat oil in a large skillet over medium heat. Add onion and garlic and cook, stirring, until the onion is soft, about 2 minutes. Add beef, mushrooms, chili powder, cumin, oregano, and salt.
- Cook, breaking up the beef with a spoon, until the beef is no longer pink, 4 to 6 minutes. Stir in refried beans and chiles, and stir until heated through, 1-2 minutes.
- Remove the hot baking sheet from the oven, place on a heatproof surface, and coat with cooking spray. Place a tortilla on a clean work surface and spread 2/3 cup of the beef mixture along the bottom third. Sprinkle with 1 Tbsp cheese, tuck the sides over the filling, and roll up from the bottom into a burrito. Place seam-side down on baking sheet.
- Repeat with remaining tortillas, filling, and cheese. Spray the tops and sides of the chimichangas with cooking spray.
- Bake chimichangas until browned, 10-15 minutes. Serve topped with lettuce and salsa.

Tips: Ground turkey can be used in place of beef if desired. Look for refried beans made without hydrogenated oils or lard.

Nutritional Facts: per serving Calories: 492, Carbohydrates: 32 grams, Protein: 35 grams, Total Fat: 24 grams, Saturated Fat: 11 grams, Cholesterol: 95 mg, Sodium: 1119 mg, Fiber: 6 grams, Total Sugars: 3 grams.

Black Bean and Butternut Squash Enchilada Skillet

Recipe Source: www.melskitchencafe.com

Ingredients:

1 Tbsp canola oil
½ cup chopped red or yellow onion
2 cloves garlic, finely minced
1 jalapeno, seeded and diced (optional)
4 cups peeled, seeded, and diced butternut squash
1 tsp salt
½ tsp black pepper
1 tsp ground cumin
2 tsp chili powder
1 (15 oz) can black beans, rinsed and drained
8 corn tortillas, cut in thirds then sliced in half
2 cups green enchilada sauce
2-3 cups cooked, cubed chicken
¼ cup chopped cilantro
4 oz shredded Monterey Jack cheese (about 1 cup), divided

Steps:

- In a large 12-inch nonstick skillet, heat the oil over medium heat and add the onion, garlic, and jalapeno if using. Cook 5-7 minutes, stirring occasionally, until the onions soften.
- Stir in the butternut squash, salt, pepper, cumin, and chili powder. Cook about 10-12 minutes, stirring every few minutes until the squash is tender.
- Stir in the beans, tortillas, and enchilada sauce. Bring the mixture up to simmer and cook for a couple of minutes so the tortillas can soak up some of the sauce and start to cook down just a bit.
- Add the chicken, cilantro, and ½ cup of the cheese. Stir to combine and heat through. Sprinkle the remaining ½ cup cheese on top, cover, and let the mixture sit over medium-low heat just until the cheese melts.

Tips: For a filling meatless meal, leave out chicken. Leave it as is or add an additional cup of beans.

Nutritional Facts: per serving Calories: 328, Carbohydrates: 35 grams, Protein: 25 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 57 mg, Sodium: 810 mg, Fiber: 7 grams, Total Sugars: 4 grams.

Black Bean and Sweet Potato Burritos

Recipe Source: www.melskitchencafe.com

Yield: 6-8 burritos

Ingredients:

2 sweet potatoes, cubed small (about 3-4 cups)
1 jalapeno, seeded and finely diced
1 red pepper, diced small
1 small onion, diced small (about 1/2 cup)
2 tsp olive oil
1 tsp cumin
1 tsp chili powder
1/2 tsp salt
1/4 tsp black pepper
1 (15 oz) can black beans, rinsed and drained
1/2 cup chopped fresh cilantro
2 tsp fresh lime juice (from about 1 lime)
6 oz shredded cheese (sharp cheddar, Monterey Jack, or a combination)
6-8 burrito-size whole wheat tortillas

Steps:

- Preheat the oven to 425°F. On a foil-lined large rimmed baking sheet, toss together the sweet potatoes, jalapeno, red pepper, and onion. Drizzle with olive oil, then sprinkle with the cumin, chili powder, salt, and pepper. Stir to combine and coat vegetables well. Roast 15-20 minutes, just until vegetables are tender but not mushy. Remove vegetables and reduce oven temperature to 375°F.
- Let the vegetable mixture cool. Scrape the mixture into a large bowl and toss with the black beans, cilantro, and lime juice. Taste the mixture, adding another dash of salt and pepper if needed. Refrigerate the mixture until ready to assemble burritos (up to 3-4 days), or use immediately.
- Place 3-4 tortillas on a microwave-safe plate, cover with a damp paper towel, and microwave for 15-20 seconds until tortillas are pliable. Place 1/4 cup or of the vegetables in the center of the tortilla, sprinkle with a little cheese, then fold in sides of tortilla and roll up. Place seam-side down on a baking sheet. Repeat with remaining tortillas.
- Bake in a 375°F oven for about 10-15 minutes, until heated through and the top of the tortilla is golden brown. Adjust the baking time as needed if the filling has been refrigerated. For a softer tortilla, wrap each burrito in foil before baking. Serve immediately.

Tips: Fresh salsa on the side is delicious!

Nutritional Facts: per serving Calories: 317, Carbohydrates: 46 grams, Protein: 13 grams, Total Fat: 10 grams, Saturated Fat: 4 grams, Cholesterol: 21 mg, Sodium: 626 mg, Fiber: 8 grams, Total Sugars: 4 grams.

Burrito Pie

Recipe Source: www.allrecipes.com

Ingredients:

2 lbs extra lean ground beef or ground turkey
1 onion, chopped
2 tsp minced garlic
1 (2.25 oz) can sliced black olives, drained
1 (4.5 oz) can chopped green chilies
1 (10 oz) can diced tomatoes and green chilies, drained
1 (16 oz) can red enchilada sauce
2 (16 oz) cans reduced-sodium, low-fat refried beans
10-12 (8-inch) whole wheat flour tortillas
9 oz shredded Colby cheese

Steps:

- In a large saucepan over medium heat, sauté the ground beef or turkey for 5 minutes. Add the onion and garlic and sauté 5 more minutes, or until meat is cooked through. Drain excess fat.
- To meat mixture in saucepan, add the olives, green chilies, tomatoes, enchilada sauce, and refried beans. Stir thoroughly, reduce heat to low, and simmer 20-30 minutes.
- Preheat oven to 350°.
- Spray a 9x13 baking dish with cooking spray. Spread a thin layer of the meat mixture in baking dish. Cover with a layer of tortillas, followed by more of the meat mixture and a third of the cheese. Repeat tortilla, meat, cheese pattern two more times, ending with cheese.
- Bake in the preheated oven 20-30 minutes until cheese is slightly brown and bubbly.

Tips: Choose tortillas made without any partially hydrogenated oils or shortening. Use low-fat cheese. Shredded, cooked chicken can be used instead of beef, and just add the chicken to the onions and garlic with the beans, etc. to simmer.

Nutritional Facts: per serving Calories: 412, Carbohydrates: 37 grams, Protein: 30 grams, Total Fat: 16 grams, Saturated Fat: 8 grams, Cholesterol: 67 mg, Sodium: 1155 mg, Fiber: 7 grams, Total Sugars: 4 grams.

Chicken Mole in Tacos

Recipe Source: www.eatingwell.com

Ingredients:

1 (15 oz) can no-salt-added diced tomatoes
1 cup low-sodium chicken or vegetable broth
½ cup almonds, toasted
¼ cup sesame seeds, toasted
2 oz ancho chiles (dried poblanos), stemmed and seeded
4 cloves garlic, crushed
1 Tbsp dried oregano
1 ¼ tsp salt
½ tsp ground cinnamon
¼ tsp ground allspice
¼ tsp ground cloves
8 boneless skinless chicken thighs, trimmed (about 3 ½ lbs)
1 oz Mexican or bittersweet chocolate, grated (about 2 Tbsp)
16 corn tortillas, warmed
Radish slices, chopped cilantro, avocado slices, and lime wedges for serving

Steps:

- Combine tomatoes and their juice, broth, almonds, sesame seeds, chiles, garlic, oregano, salt, cinnamon, allspice, and cloves in a blender. Puree for 1 minute, or until smooth, scraping down the sides once or twice.
- Pour the sauce into a 5-6 quart slow cooker. Nestle the chicken thighs into it, making sure all are covered with sauce. Cover and cook on high 3-5 hours, or on low 6-8 hours.
- Remove the chicken from the sauce into a large bowl. Using 2 forks, shred the chicken into bite-size pieces. Stir the chocolate into the sauce then add the chicken back in.
- Serve the chicken mole in warmed corn tortillas topped with radish slices, cilantro, and avocado slices with lime wedges on the side, if desired.

Tips: Ancho chiles are dried poblanos and can often be found in the produce section with other spices, or in a specialty or ethnic grocery store.

Nutritional Facts: per serving Calories: 234, Carbohydrates: 18 grams, Protein: 19 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 70 mg, Sodium: 276 mg, Fiber: 5 grams, Total Sugars: 2 grams.

Enchilada Pie

Recipe Source: Set for Life by Jane Merrill and Karen Sunderland

Ingredients:

1 pound extra lean ground beef or lean ground turkey
1 large onion, diced
1-2 cloves of garlic, diced
1 10oz can enchilada sauce, mild or hot
1 28 oz can tomatoes, slightly blended
1 8oz can tomato sauce
½ tsp salt
1 tsp chili powder
½ can olives (drained); sliced
Corn tortillas
½ cup shredded sharp cheddar cheese

Steps:

- Brown ground beef or turkey, onion and garlic. Add enchilada sauce, tomatoes, tomato sauce, salt, and chili powder. Simmer uncovered for 20 minutes. Add olives. Put ½ cup to 1 cup of sauce in the bottom of a large 9x13 inch baking dish or two smaller ones. Line pan with half the tortillas. Cover with half the sauce mixture. Repeat with tortillas and sauce. Top with cheese. Cover. Bake in a 350° oven for 25-30 minutes until hot and bubbly.

Tips: Add spices like cumin or chiles in adobo. Spice it up or down, according to your liking!

Nutritional Facts: per serving Calories: 378, Carbohydrates: 34 grams, Protein: 31 grams, Total Fat: 15 grams, Saturated Fat: 3 grams, Cholesterol: 79 mg, Sodium: 1569 mg, Fiber: 8 grams, Total Sugars: 14 grams.

Lighter Chicken Enchiladas

Recipe Source: www.marthastewart.com

Serves 4-6

Ingredients:

Coarse salt and ground black pepper
1 lb boneless skinless chicken thighs
1 Tbsp canola oil
1 medium yellow onion, thinly sliced
2 garlic cloves, minced
¼ cup all-purpose flour
1 tsp ground cumin
1-2 Tbsp canned chipotles (minced) in adobo
1 (14.5 oz) can reduced sodium chicken broth
8 (6-inch) corn tortillas
½ grated Monterey Jack cheese

Steps:

- In a large skillet with a tight-fitting lid, bring 1-inch water to a boil. Add chicken. Cover. Reduce heat to medium-low. Simmer 5 minutes then remove skillet from heat. Let chicken steam, covered, until opaque and cooked throughout, at least 12-14 minutes. Transfer chicken to a medium bowl, shred with two forks. Set aside.
- While chicken is cooking, make sauce. In a medium saucepan, heat oil over medium. Add onion and sauté, stirring occasionally, until softened, about 4-5 minutes. Add garlic, cook until fragrant (without burning), 1 minute, stirring constantly. Add flour, cumin, and chipotles in adobo. Cook, whisking, 1 minute.
- Whisk in broth and ½ cup water. Bring to a boil. Reduce to a simmer and cook, whisking occasionally, until sauce has thickened slightly, 5-8 minutes. Season with salt and pepper. Transfer 1 cup of sauce to chicken and stir.
- Preheat oven to 400°. Pour ¼ cup sauce into bottom of a greased 8-inch square baking dish. Set aside.
- Stack tortillas and wrap in a double layer of damp paper towels. Microwave until hot, about 1 minute. Fill each tortilla with chicken mixture, roll up tightly, and arrange, seam side down, in baking dish. Cover with remaining sauce, and top with cheese.
- Bake until hot and bubbling, 15-20 minutes. Let cool 5 minutes before serving.

Tips: Garnish each serving with cilantro if desired, and additional salsa. This recipe is a little different because of the addition of chipotles in adobo. It's a great change of pace from the normal enchilada flavor!

Nutritional Facts: per serving Calories: 259, Carbohydrates: 22 grams, Protein: 21 grams, Total Fat: 10 grams, Saturated Fat: 3 grams, Cholesterol: 79 mg, Sodium: 183 mg, Fiber: 3 grams, Total Sugars: 1 grams.

Acorn Squash Lasagna

Recipe Source: www.marthastewart.com

Serves 4-6

Ingredients:

4 cups basic acorn squash puree (directions below), or 2 (12 oz) packages frozen winter squash puree, thawed

½ tsp dried rubbed sage

Coarse salt and ground pepper

1 (15 oz) container part-skim ricotta cheese

1 cup freshly grated Parmesan cheese, divided

8 no-boil whole wheat lasagna noodles (half an 8 oz package)

Steps:

- Preheat oven to 400°. Lightly brush an 8-inch square baking dish with canola oil, set aside. In a medium bowl, mix squash puree with sage, 1 ½ tsp salt, and ¼ tsp pepper.
- In another bowl, mix ricotta with ½ cup Parmesan, 1 tsp salt, and ¼ tsp pepper. Set aside.
- Lay 2 lasagna noodles in the bottom of prepared dish. Spread with half the squash mixture. Layer with 2 more noodles and spread with half the ricotta mixture. Repeat layering with remaining noodles and mixtures. Sprinkle top (ricotta mixture) with remaining ½ cup Parmesan.
- Cover baking dish with foil, place on a rimmed baking sheet. Bake until lasagna is heated through, about 45 minutes. Remove foil and continue baking until golden on top, 20-25 minutes.
- *To make 4 cups basic acorn squash puree:*
 - Preheat oven to 400°. Place 2 whole acorn squash on a rimmed baking sheet. Bake, turning occasionally, until very tender when pierced with the tip of a paring knife, about 1 hour.
 - When cool enough to handle, halve each squash lengthwise. Scoop out and discard seeds. Scrape out flesh from halves and transfer to a food processor or blender. Process until smooth.
 - The squash can also be cooked in the microwave: Place whole squash on a paper towel. Microwave on high, turning occasionally, until very tender when pierced with the tip of a paring knife, 20 to 25 minutes. Proceed with second step.

Tips: Squash puree can be made ahead of time and refrigerated or frozen to use later.

Nutritional Facts: Calories: 238, Carbohydrates: 26 grams, Protein: 14 grams, Total Fat: 10 grams, Saturated Fat: 6 grams, Cholesterol: 33 mg, Sodium: 316 mg, Fiber: 5 grams, Total Sugars: 0 grams.

Fettuccine with Creamy Red Pepper Feta Sauce

Recipe Source: Ellie Krieger, The Food Network

Ingredients:

1 Tbsp olive oil
1 small onion, chopped
2-3 garlic cloves, peeled and chopped
1 (16 oz) jar roasted red peppers, drained and chopped
½ cup low-sodium chicken or vegetable stock
1 cup crumbled feta cheese or a 6 oz block
1 lb whole wheat fettuccine
Salt
Freshly ground black pepper
1 Tbsp chopped fresh parsley leaves

Steps:

- Heat the oil in a heavy skillet over medium heat. Sauté onion and garlic until soft, about 10 minutes. Stir frequently so garlic doesn't burn.
- Add roasted red peppers and sauté until heated through. Remove from heat and let cool slightly.
- Put a large pot of water on to boil for cooking pasta. Cook pasta according to package directions (to al dente).
- Meanwhile, place onion/pepper mixture in a high-quality blender or food processor with the stock and all but 2 tablespoons of the feta. Process until combined and smooth, about 30 seconds. Pour sauce back into the cooking skillet.
- When pasta is cooked to al dente, scoop it into the sauce with a slotted spoon, tongs, or other utensil to drain water. Stir gently to combine, adding more pasta water a tablespoon at a time if the pasta seems too dry. The sauce should cling nicely to the pasta.
- Season with salt and pepper to taste.
- Divide among individual pasta bowls, or pour into one large serving bowl. Sprinkle with parsley and remaining feta.

Tips: If you want to add vegetables, thawed frozen green peas or fresh spinach work well in this dish. Just stir them in at the same time you combine the sauce and pasta.

Nutritional Facts: per serving Calories: 399, Carbohydrates: 52 grams, Protein: 13 grams, Total Fat: 12 grams, Saturated Fat: 4 grams, Cholesterol: 22 mg, Sodium: 276 mg, Fiber: 8 grams, Total Sugars: 4 grams.

Fettuccine with Lightened Alfredo Sauce

Recipe Source: www.foodnetwork.com

Serves 4

Ingredients:

1 TBSP unsalted butter
1 clove garlic, minced
1 tsp grated lemon zest
2 tsp all-purpose flour
1 cup low-fat 2% milk
 $\frac{3}{4}$ tsp salt
2 TBSP non-fat cream cheese
 $\frac{3}{4}$ cup grated Parmesan cheese, plus more for topping
3 TBSP chopped fresh parsley
12 oz fettuccine
Freshly ground black pepper

Steps:

- Melt the butter in a skillet over medium heat. Add the garlic and lemon zest and cook until the garlic is slightly soft, about 1 minute.
- Add in the flour and cook, stirring with a wooden spoon, 1 minute. Whisk in the milk and $\frac{3}{4}$ tsp salt and cook, whisking constantly, until just thickened, about 3 minutes.
- Add the low-fat cream cheese and Parmesan cheese; whisk just until melted, about 1 minute.
- Stir in the chopped parsley.
- Meanwhile, bring a large pot of salted water to a boil. Add the fettuccine and cook until al dente.
- Reserve 1 cup of cooking water then drain pasta and return to the pot.
- Add the sauce and $\frac{1}{2}$ cup of the reserved cooking water to the pasta and gently toss to combine, adding more cooking water as needed to loosen.
- Divide among bowls and top with Parmesan and pepper.

Nutritional Facts (per serving): Calories: 519, Carbohydrates: 81 grams, Protein: 21 grams, Total Fat: 11 grams, Saturated Fat: 6 grams, Cholesterol: 35 mg, Sodium: 1868 mg, Fiber: 5 grams, Total Sugars: 5 grams.

Fettuccini with Lightened Alfredo Sauce

Recipe Source: www.foodnetwork.com

Serves 4

Ingredients:

1 TBSP unsalted butter
1 clove garlic, minced
1 tsp grated lemon zest
2 tsp all-purpose flour
1 cup low-fat 2% milk
 $\frac{3}{4}$ tsp salt
2 TBSP non-fat cream cheese
 $\frac{3}{4}$ cup grated Parmesan cheese, plus more for topping
3 TBSP chopped fresh parsley
12 oz fettuccine
Freshly ground black pepper

Steps:

- Melt the butter in a skillet over medium heat. Add the garlic and lemon zest and cook until the garlic is slightly soft, about 1 minute.
- Add in the flour and cook, stirring with a wooden spoon, 1 minute. Whisk in the milk and $\frac{3}{4}$ tsp salt and cook, whisking constantly, until just thickened, about 3 minutes.
- Add the low-fat cream cheese and Parmesan cheese; whisk just until melted, about 1 minute.
- Stir in the chopped parsley.
- Meanwhile, bring a large pot of salted water to a boil. Add the fettuccine and cook until al dente.
- Reserve 1 cup of cooking water then drain pasta and return to the pot.
- Add the sauce and $\frac{1}{2}$ cup of the reserved cooking water to the pasta and gently toss to combine, adding more cooking water as needed to loosen.
- Divide among bowls and top with Parmesan and pepper.

Nutritional Facts (per serving): Calories: 519, Carbohydrates: 81 grams, Protein: 21 grams, Total Fat: 11 grams, Saturated Fat: 6 grams, Cholesterol: 35 mg, Sodium: 1868 mg, Fiber: 5 grams, Total Sugars: 5 grams.

Lemon Butter Pasta with Artichokes and Capers

Recipe Source: toriavey.com

Serves 4-6

Ingredients:

8 oz whole wheat angel hair pasta or spaghetti
1 jar (8 oz) quartered artichoke hearts
2 Tbsp olive oil, divided
1 Tbsp butter
¼ cup shallots, minced
3 Tbsp capers, rinsed
Zest of one lemon, about 2 tsp
½ tsp crushed red pepper, optional
¼ tsp salt
5 Tbsp lemon juice, or more to taste
3 Tbsp chopped parsley, divided

Steps:

- Cook pasta per package directions. Rinse under cool water for a moment to keep the noodles loose. Reserve.
- In a large sauté pan or sauce pan, heat 1 Tablespoon olive oil over medium heat. Add artichokes and cover. Cook until warmed through and slightly browned. Remove from pan and reserve.
- Using the same pan, heat remaining Tablespoon olive oil and the butter over medium high heat. Once the butter has melted, add the shallots, capers, lemon zest, crushed red pepper (if using), and salt. Cook until the shallots are translucent.
- Carefully add the lemon juice and cook, stirring, until a sauce develops. This will happen quickly.
- Add the cooked pasta, 2 Tablespoons parsley, and artichokes to pan. Toss to evenly coat. If the pasta seems too dry, add water a few teaspoons at a time, to loosen it a bit. It should not be thick or heavy. The noodles should be lightly coated with the sauce.
- Garnish with remaining parsley and serve hot.

Tips: Be sure to zest your lemon before juicing it. Red onion can be substituted for the shallot but it will be a slightly different flavor. If you like food with a Mediterranean flair, this might become one of your favorites! This can be served on its own as a main dish or along side simple grilled chicken.

Nutritional Facts: per serving Calories: 215, Carbohydrates: 27 grams, Protein: 6 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 8 mg, Sodium: 647 mg, Fiber: 4 grams, Total Sugars: 2 grams.

Lightened Chicken Alfredo

Recipe Source: blog.myfitnesspal.com

Ingredients:

8 oz whole grain penne pasta
8 cups (6 oz) fresh baby spinach
2 tsp butter
1 garlic clove, minced
1 TBSP all-purpose flour
1 ½ cups low-fat milk
4 oz low-fat cream cheese, softened
¼ cup grated Parmesan cheese
2 cups shredded or chopped cooked chicken breast
¼ tsp coarsely ground black pepper

Steps:

- Cook pasta in boiling water in a large soup pot for 8 minutes until tender. Remove from heat. Add spinach and let stand 15 to 30 seconds, stirring occasionally, until spinach is wilted. Drain and pour into a large bowl. Set aside.
- Melt butter in the same pot over medium heat. Add garlic and sauté 1 minute. Add flour and cook 1 minute (mixture will be crumbly). Whisk in milk. Cook, whisking constantly, for 2 minutes.
- Add cream cheese, salt and pepper, and stir until smooth.
- Stir in chicken, cook 1 minute or until heated through. Add sauce to pasta and stir to combine. Serve immediately.

Tips: Save the drained pasta water and add 1 Tbsp at a time to the mixture of pasta and sauce if it seems dry after combining in the last step.

Nutritional Facts: per serving Calories: 334, Carbohydrates: 34 grams, Protein: 27 grams, Total Fat: 10 grams, Saturated Fat: 5 grams, Cholesterol: 63 mg, Sodium: 361 mg, Fiber: 6 grams, Total Sugars: 6 grams.

Linguine with Spicy Red Clam Sauce

Recipe Source: www.cookinglight.com

Serves 4

Ingredients:

- 1 (9-ounce) package linguine (try whole grain linguine)
- 1 TBSP olive oil
- ½ cup chopped onion
- 1 TBSP bottled minced garlic (or 3 fresh garlic cloves)
- ½ tsp crushed red pepper
- 2 TBSP tomato paste
- 1 (14.5 ounce) can no-salt added diced tomatoes, un-drained
- 2 (6.5 cans) minced clams, undrained
- 2 TBSP chopped fresh parsley
- 1 TBSP chopped fresh basil
- 1 TBSP chopped fresh oregano

Steps:

- Cook pasta according to package directions, omitting salt and fat. Drain.
- Heat olive oil in a large non-stick skillet over medium-high heat. Add onion, garlic, and crushed red pepper to pan; sauté 3 minutes or until onion is lightly browned. Stir in tomato paste and tomatoes; cook 4 minutes or until thick, stirring constantly. Stir in clams; cook 2 minutes or until thoroughly heated.
- Remove from heat. Stir in parsley, basil, and oregano. Serve with pasta.

Tips: If you prefer using dried herbs, use 2 tsp parsley, 1 tsp basil and 1 tsp oregano.

Nutritional Facts: per serving Calories: 338, Carbohydrates: 59 grams, Protein: 14 grams, Total Fat: 5 grams, Saturated Fat: 0 grams, Cholesterol: 8 mg, Sodium: 587 mg, Fiber: 4 grams, Total Sugars: 6 grams.

Muffin Tin Mini Lasagnas

Recipe Source: www.traceysculinaryadventures.com

Ingredients:

| | |
|----------------------------|-----------------------------------|
| 12 oz lean ground turkey | 1 ½ tsp dried oregano, divided |
| 1 medium onion, chopped | A pinch of red pepper flakes |
| ½ cup chopped mushrooms | 1 ½ cups part-skim ricotta cheese |
| ¼ tsp salt | ½ tsp dried basil |
| ¼ tsp pepper | 24 wonton wrappers |
| 1 (15 oz) can tomato sauce | 1 cup part-skim mozzarella cheese |
| 2 garlic cloves, minced | Fresh basil, for serving |

Steps:

- Preheat oven to 375° F. Spray a 12-cup muffin tin generously with nonstick cooking spray. Set aside.
- Add the ground turkey, onions, mushrooms, salt, and pepper to a large skillet set over medium heat. Using a wooden spoon, break the turkey up into small crumbles and cook for about 10 minutes, or until the turkey has browned.
- Stir in the garlic and cook for 30 seconds to 1 minute, just until fragrant.
- Add the tomato sauce, 1 tsp of the oregano, and the red pepper flakes, and stir to combine.
- Taste and season with additional salt and pepper if desired.
- Bring the sauce to a gentle boil, then reduce the heat and simmer for 10 minutes. Remove from the heat and set aside.
- In a medium bowl, stir together the ricotta, the remaining ½ tsp of oregano, the basil, and a pinch each of salt and pepper.
- To assemble: Press 1 wonton wrapper into each well of the muffin pan. Be sure to press them into the bottom and sides of the pan. Working with half of the ricotta mixture, divide it among the wells of the pan evenly, pressing the ricotta into an even layer. Working with half of the tomato sauce, divide it among the wells of the pan, spreading in an even layer rather than mounding. Sprinkle 2 tsp of the mozzarella over the top of each mini lasagna.
- Press a second wonton wrapper onto each mini lasagna, then repeat the process of layering using the second half of the ricotta mixture, the remaining half of the tomato sauce and finally two more teaspoons of the mozzarella per cup.
- Bake for 10 minutes, or until the cheese is melted and bubbly. Remove the muffin pan to a wire rack and let the mini lasagnas cool for a few minutes before removing them. Garnish with fresh basil before serving, if desired.

Tips: If you don't like mushrooms, try green pepper instead, diced small.

Nutritional Facts: per serving Calories: 164, Carbohydrates: 15 grams, Protein: 15 grams, Total Fat: 5 grams, Saturated Fat: 3 grams, Cholesterol: 28 mg, Sodium: 419 mg, Fiber: 1 grams, Total Sugars: 2 grams.

Ravioli with Arugula and Pecorino

Recipe Source: www.eatingwell.com

Ingredients:

1 lb fresh or frozen cheese ravioli, preferably whole wheat
1 large clove garlic, minced
½ tsp kosher salt
¼ cup extra-virgin olive oil
2 large shallots, sliced
3 TBSP red-wine vinegar
1 tsp Dijon mustard
Freshly ground pepper, to taste
6 cups arugula
½ cup shaved Pecorino Romano or Parmesan cheese

Steps:

- Bring a large pot of water to a boil. Cook ravioli until tender, 7-9 minutes or according to package directions.
- Meanwhile, mash garlic and salt into a paste with the side of a chef's knife or back of a spoon. Heat oil in a small skillet over medium heat. Add the garlic paste and shallots and cook, stirring often, until just starting to brown, 2-3 minutes. Stir in vinegar, mustard, and pepper; remove from heat.
- Drain ravioli well. Place in a large bowl and toss with arugula and the dressing. Serve sprinkled with cheese.

Tips: You could toss with other hearty greens, like chard or kale. You might want to steam these types of greens separately before tossing.

Nutritional Facts: per serving Calories: 305, Carbohydrates: 23 grams, Protein: 9 grams, Total Fat: 20 grams, Saturated Fat: 5 grams, Cholesterol: 23 mg, Sodium: 803 mg, Fiber: 2 grams, Total Sugars: 6 grams.

Sausage and Roasted Vegetable Penne

Recipe Source: www.foodnetwork.com (Melissa d'Arabian)

Serves 4

Ingredients:

1 sweet onion, cut into wedges
1 medium zucchini, sliced in 1/2 lengthwise
1 red bell pepper, cheeks removed
1/2 pound button mushrooms, stemmed
2 1/2 TBSP olive oil, divided
Salt and Pepper
1/2 pint grape tomatoes, washed and dried
2 sweet or hot Italian sausages, thinly sliced or casings removed
1/4 cup white wine (or low sodium chicken broth)
12 ounces whole-grain penne, cooked according to package instructions, 1/2 cup pasta water reserved
Fresh Parmesan cheese

Steps:

- Preheat oven to 400 degrees F.
- In a bowl, toss all the vegetables, except the tomatoes, with 1 1/2 TBSP oil. Season with salt and pepper, to taste. Arrange on a baking sheet and roast, until caramelized, about 30 minutes, turning the vegetables halfway through the cooking time.
- In a small bowl, add the tomatoes and the remaining olive oil and toss to coat. Add to the baking sheet, at the halfway point of cooking to caramelize.
- Meanwhile in a large skillet over medium heat, add the sausage and sauté until cooked through. Turn up the heat and deglaze with the wine or broth. Once the vegetables are cooked, cool slightly, then coarsely chop. Add the vegetables and any pan juices to the sausage in the skillet. Toss in the cooked penne, adding reserved pasta water, if needed, to moisten. Season with salt and pepper to taste.
- Serve in bowls sprinkled with Parmesan.

Tips: You can decrease the pasta to 8 ounces if you'd like a higher vegetable to pasta ratio. You do not have to chop the vegetables after roasting; they can be left in larger pieces.

Nutritional Facts: per serving Calories: 369, Carbohydrates: 48 grams, Protein: 16 grams, Total Fat: 14 grams, Saturated Fat: 3 grams, Cholesterol: 13 mg, Sodium: 283 mg, Fiber: 8 grams, Total Sugars: 9 grams.

Skillet Gnocchi with Chard and White Beans

Recipe Source: adapted from www.shockinglydelicious.com

Ingredients:

1 Tbsp plus 1 teaspoon extra-virgin olive oil, divided
1 (16 oz) package shelf stable gnocchi
1 yellow onion, thinly sliced
4 cloves garlic, finely minced
½ cup water
6 cups chard leaves (about 1 small bunch) or spinach
1 (15 oz) can diced tomatoes with Italian seasonings
1 (15 oz) can white beans, rinsed and drained
¼ tsp freshly ground pepper
¼ cup finely shredded Parmesan cheese

Steps:

- Heat 1 Tbsp oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5-7 minutes. Transfer to a bowl.
- Add the remaining 1 tsp oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook on low until the onion is soft, 4-6 minutes.
- Add chard (or spinach) and cook, stirring until starting to wilt, 1-2 minutes.
- Stir in tomatoes and their juice, beans, and pepper and bring to a simmer. Stir in gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Tips: Pecorino Romano can be used instead of Parmesan. You can add more garlic if you'd like. The recipe was tested with 5 cloves.

Nutritional Facts: per serving Calories: 475, Carbohydrates: 82 grams, Protein: 19 grams, Total Fat: 8 grams, Saturated Fat: 2 grams, Cholesterol: 21 mg, Sodium: 1285 mg, Fiber: 11 grams, Total Sugars: 6 grams.

Crock-Pot Balsamic Pork Roast

Recipe Source: www.skinnytaste.com

Ingredients:

2 pound boneless pork shoulder roast (sirloin roast)
Kosher salt, to taste
½ tsp garlic powder
½ tsp red pepper flakes
½ cup low sodium chicken or vegetable broth
½ cup balsamic vinegar
1 TBSP Worcestershire Sauce
1 TBSP honey

Steps:

- Season the pork with salt, garlic powder and red pepper flakes and place it in the slow cooker.
- Mix together the broth, vinegar and Worcestershire sauce and pour it over the pork, then pour the honey over and set the timer for 4 hours on high or 6-8 hours on low.
- Once the pork is cooked and tender (it should shred easily with a fork), remove from the slow cooker with tongs into a serving dish.
- Break apart lightly with two forks and put back in the slow cooker and ladle ½ cup sauce over the pork and keep warm until ready to eat.

Tips: Try adding sliced onions for extra flavor.

Nutritional Facts: per serving Calories: 286, Carbohydrates: 6 grams, Protein: 31 grams, Total Fat: 14 grams, Saturated Fat: 5 grams, Cholesterol: 108 mg, Sodium: 120 mg, Fiber: 0 grams, Total Sugars: 5 grams.

Grecian Pork Tenderloin

Recipe Source: www.allrecipes.com

Ingredients:

¾ cup fresh lime juice
¼ cup olive oil
3 cloves garlic, sliced
1 tsp salt
3 Tbsp dried oregano leaves
2 (1 lb) pork tenderloins

Steps:

- In a large heavy-duty zip-top plastic bag, combine lime juice, olive oil, garlic, salt, and oregano. Add tenderloins seal bag, and turn to coat in marinade. Marinate in the refrigerator 2-5 hours.
- Brush cold grill rack with oil and preheat grill for medium heat.
- Remove tenderloins from bag and place on grill. Discard marinade. Grill pork over medium heat for 20-30 minutes, or until a meat thermometer inserted in the thickest part registers 160°, turning once. Let stand 5-10 minutes before slicing.

Tips: Lemon juice can be substituted for the lime juice. For a full meal, serve over brown rice with broccoli or other vegetable. This is also a flavorful meat to use on top of salad!

Nutritional Facts: per serving Calories: 232, Carbohydrates: 3 grams, Protein: 30 grams, Total Fat: 11 grams, Saturated Fat: 2 grams, Cholesterol: 83 mg, Sodium: 356 mg, Fiber: 1 grams, Total Sugars: 0 grams.

Noodles with Roast Pork and Almond Sauce

Recipe Source: www.cookinglight.com

Ingredients:

½ tsp canola oil
½ pound pork tenderloin, trimmed
½ tsp salt, divided
¼ tsp black pepper
8 oz whole wheat uncooked fettuccine
¼ cup almond butter
2 ½ Tbsp low-sodium soy sauce
2 Tbsp rice vinegar
1 Tbsp minced peeled fresh ginger
1 ½ tsp chili garlic sauce
1 cup thinly sliced green onions
¼ cup finely chopped fresh mint

Steps:

- Preheat oven to 425°F.
- Drizzle oil in an ovenproof skillet. Sprinkle pork with 1/8 tsp salt and pepper and place in pan.
- Bake at 425° for 10 minutes. Turn pork over, and bake an additional 10 minutes or until a thermometer registers 155°. Place pork on a cutting board. Let stand 10 minutes then shred into small pieces.
- Cook pasta according to package directions, omitting salt and fat. Drain pasta in a colander over a bowl, reserving 2 Tbsp pasta water. Keep pasta warm.
- Combine almond butter, reserved pasta water, remaining salt, soy sauce, vinegar, ginger, and chili garlic sauce.
- Divide pasta evenly among 4 bowls. Top evenly with sauce, pork, onions, and mint.

Tips: You could cook the pork in a slow cooker.

Nutritional Facts: per serving Calories: 371, Carbohydrates: 40 grams, Protein: 26 grams, Total Fat: 12 grams, Saturated Fat: 2 grams, Cholesterol: 41 mg, Sodium: 978 mg, Fiber: 5 grams, Total Sugars: 5 grams.

Sweet and Spicy Pork and Pineapple Tacos

Recipe Source: www.melskitchencafe.com

Serves 6-8

Ingredients:

2 lbs pork tenderloin, trimmed and cut into 1-inch cubes
Salt and pepper
1 Tbsp canola oil
4 garlic cloves, finely minced or pressed
1 tsp ground cumin
2 tsp chili powder
Pinch of cayenne pepper (or more to taste)
1 (20 oz) can pineapple chunks, drained, reserving ¼ cup juice
2-3 Tbsp chopped fresh cilantro
Corn tortillas for serving

Steps:

- Heat oil in a large non-stick skillet over medium heat. Sprinkle salt and pepper over the pork pieces and add to the hot skillet, browning on each side until golden. (The pork doesn't need to cook all the way through in this step, just get a nice color on all the pieces.)
- Stir in the garlic, cumin, chili powder, and cayenne. Cook for 1-2 minutes, stirring constantly. Add the juice and pineapple and simmer the mixture until the pork is cooked through, 7-9 minutes.
- Stir in the cilantro. Serve with corn tortillas.

Tips: For a little bit of a fajita twist on this dish, add sliced yellow onion and green and red pepper strips with the spices.

Nutritional Facts: per serving Calories: 278, Carbohydrates: 23 grams, Protein: 32 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 83 mg, Sodium: 966 mg, Fiber: 3 grams, Total Sugars: 10 grams.

Thai Red Curry Mussels

Recipe Source: Eatingwell.com

Makes 4 Servings

Ingredients:

2 teaspoons peanut or canola oil
2 medium cloves of garlic, minced
2 scallions, thinly sliced, whites and greens separated
Zest and juice of 1 lime
1-2 teaspoons Thai red curry paste
1/4 ounce "lite" coconut milk
1 tablespoon of brown sugar
2 teaspoons of fish sauce
4 pounds of mussels, scrubbed and debearded
6 cups trimmed watercress (1-2 bunches) or chopped spinach
2 tablespoon thinly sliced basil for garnish

Steps:

- Heat oil in a large high-sided skillet or Dutch oven over medium-high heat. Add garlic, scallion whites, lime zest and curry paste to taste. Cook until fragrant and the paste is sizzling (about 1-3 minutes).
- Add lime juice, coconut milk, brown sugar and fish sauce. Bring to a boil and let cook for 2 minutes.
- Add mussels and return to a simmer, cover and cook for 6 minutes. Spread watercress (or spinach) over the mussels, cover and cook until slightly wilted (about 4 minutes).
- Stir into the mussels (discard any unopened mussels)
- Serve garnished with scallion greens and basil.

Tips: Goes great with a whole grain baguette

Nutritional Facts (Per Serving): Calories: 513, Carbohydrates: 27 grams, Protein: 57 grams, Total Fat: 19 grams, Saturated Fat: 8 grams, Cholesterol: 127 mg, Sodium: 1760 mg, Fiber: 2 grams, Sugars: 6 grams.

Tuna Noodle Casserole with Cauliflower

Recipe Source: www.marthastewart.com

Serves 6

Ingredients:

8 oz whole wheat rotini or other pasta
1 lb cauliflower, broken into 1-inch florets (about 4 cups)
Salt and freshly ground pepper
1 Tbsp unsalted butter
3 Tbsp canola or olive oil
1 medium yellow onion, finely chopped (about 1 ¼ cups)
2 stalks celery, cut at an angle into 1/8-inch slices
5 Tbsp all-purpose flour
1 tsp garlic powder
2 cups low-fat milk
2 (5 oz) cans solid tuna in water, drained and flaked
½ tsp hot sauce, such as Tabasco
¼ cup lightly packed fresh flat-leaf parsley leaves

Steps:

- Preheat oven to 375°. Lightly coat a 2 ½ quart casserole dish with cooking spray.
- Cook pasta in a large pot of boiling water for 4 minutes. Add cauliflower and cook until tender, about 4-5 minutes more. Reserve ½ cup water, drain pasta mixture, and set it aside.
- In the same pot, melt butter and oil together over medium heat. Add onion and celery, season with salt and pepper. Cook until onion is softened, stirring occasionally, about 6 minutes. Add flour and garlic powder and cook, stirring constantly, 2 minutes.
- Slowly stir in milk until mixture is thickened, about 3 minutes. (Best if you use a whisk for this step.) Remove from heat. Gently stir in tuna, hot sauce, and pasta mixture. Season with salt and pepper, and additional garlic powder and hot sauce if preferred. If mixture is too thick, add reserved pasta water and stir gently to combine.
- Transfer to prepared dish, cover loosely with foil, and bake 15 minutes. Uncover, increase heat to 425°, and bake until lightly browned, 10-12 minutes. Top with parsley and serve immediately.

Tips: This casserole can be made with chicken instead of tuna. You may want to add additional garlic powder and hot sauce, so taste the mixture before baking. Instead of the flat-leaf parsley, you can top the casserole before baking with 1 cup of whole wheat bread crumbs (easy to make in a blender from 1-2 pieces of bread!) mixed with 1 tsp canola oil, and a dash each of garlic powder, black pepper, and dried parsley.

Nutritional Facts: per serving Calories: 257, Carbohydrates: 27 grams, Protein: 17 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 24 mg, Sodium: 190 mg, Fiber: 4 grams, Total Sugars: 7 grams.

Curried Coconut Quinoa and Greens With Roasted Cauliflower

Recipe Source: www.cookieandkate.com

Ingredients:

Roasted Cauliflower

1 head cauliflower, cut into bite-sized florets
1 Tbsp olive oil
¼ tsp cayenne pepper
Sea salt

Curried Coconut Quinoa with Greens

2 tsp olive oil
1 medium yellow onion, chopped
1 tsp ground ginger
1 tsp ground turmeric
½ tsp curry powder
½ tsp ground cardamom
1 (14 oz) can light coconut milk
½ cup water
1 cup quinoa, rinsed well in a fine mesh colander
¼ cup raisins
1 tsp sea salt
1 Tbsp apple cider vinegar
4 cups baby arugula or chopped chard or spinach
2 green onions, chopped, for garnish
Red pepper flakes, for garnish

Steps:

- Roast the cauliflower: Preheat oven to 425°F. Toss the cauliflower florets with the 1 Tbsp olive oil, cayenne pepper and a light sprinkle of sea salt. Roast for 25 to 30 minutes on the middle rack, turning halfway, until the cauliflower is tender and golden on the edges. Set aside.
- Cook the quinoa: In a large pot with a lid, warm the 2 tsp olive oil over medium heat. Add the onion and cook until it is turning translucent, stirring often, about 5 minutes. Add the ginger, turmeric, curry powder, and cardamom and stir until fragrant, about 30 seconds. Pour in the coconut milk, water, rinsed quinoa and raisins. Bring the mixture to a boil, then cover and reduce heat to a simmer. Cook for 15 minutes, then remove the pot from heat and let it rest for 5 minutes.
- Fluff the quinoa with a fork. Stir in the salt, vinegar and greens (if you intend to eat this dish as leftovers, I recommend storing leafy greens separate from the quinoa, as the greens don't reheat well). Divide the quinoa into bowls and top with roasted cauliflower. Garnish with sliced green onions and red pepper flakes if desired.

Tips: This is a fun recipe to try a unique but delicious combination of flavors!

Nutritional Facts: per serving Calories: 406, Carbohydrates: 53 grams, Protein: 11 grams, Total Fat: 18 grams, Saturated Fat: 6 grams, Cholesterol: 0 mg, Sodium: 95 mg, Fiber: 8 grams, Total Sugars: 15 grams.

Tandoori Tofu

Recipe Source: www.eatingwell.com

Ingredients:

2 tsp paprika
1 tsp salt, divided
½ tsp ground cumin
½ tsp ground coriander
¼ tsp ground turmeric
3 TBSP extra-virgin olive oil
1 TBSP minced garlic
1 TBSP lime juice
2 (14 oz) packages extra-firm or firm water-packed tofu, drained
2/3 cup nonfat plain yogurt
6 TBSP sliced scallions or chopped fresh cilantro for garnish

Steps:

- Preheat grill to medium-high heat.
- Combine paprika, ½ tsp salt, cumin, and coriander and turmeric in a small bowl. Heat oil in a small skillet over medium heat. Add garlic, lime juice and the spice mixture. Cook, stirring, until sizzling and fragrant, about 1 minute. Remove from heat.
- Slice each tofu block crosswise into 6 slices; pat dry. Use about 3 TBSP of the spiced oil to brush both sides of the tofu slices. Sprinkle with the remaining ½ tsp salt. Reserve the remaining spiced oil.
- Oil the grill rack. Grill the tofu until it has marks and is heated through, 2-3 minutes per side.
- Combine yogurt with the reserved spiced oil in a small bowl. Serve the grilled tofu with the yogurt sauce, garnished with scallions or cilantro, if desired.

Tips: Better with only one block of tofu to intensify flavors. Keep all other measures same. Serve with brown rice and grilled zucchini.

Nutritional Facts: per serving Calories: 301, Carbohydrates: 11 grams, Protein: 20 grams, Total Fat: 21 grams, Saturated Fat: 3 grams, Cholesterol: 2 mg, Sodium: 608 mg, Fiber: 1 grams, Total Sugars: 2 grams.

Thai Coconut Chicken with Pineapple Salsa

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

1 ½ lbs boneless, skinless chicken thighs, cut into ½-inch wide strips
Coarse salt and freshly ground black pepper
1 Tbsp peanut, safflower, or canola oil
2 Tbsp minced garlic
1 Tbsp minced peeled fresh ginger
1-2 tsp fish sauce
1 cup well-shaken light coconut milk
1 ½ cups chopped fresh pineapple, divided
⅓ cup chopped scallions
1 Thai chili, thinly sliced crosswise
2 cups hot cooked brown rice, (preferably sticky rice) for serving

Steps:

- Season chicken with salt and pepper. Heat oil in a large skillet over medium-high heat. Cook chicken, stirring occasionally, until opaque and golden brown in places, about 3 minutes.
- Add garlic and ginger, stir, and cook until fragrant, about 30 seconds.
- Add fish sauce, coconut milk, and ½ cup pineapple and bring to a boil. Stir, reduce heat to low, and partially cover. Simmer until chicken is cooked through, about 8 minutes.
- Meanwhile, in a small mixing bowl, stir together remaining pineapple, scallions, and chili.
- To serve, divide chicken with sauce among individual serving bowls. Top with rice and pineapple salsa.

Tips: If you can't find brown sticky rice, brown basmati or jasmine will work too. Fish sauce can lend a strong flavor, so start with a teaspoon then add more to taste. A Thai chili is quite hot and may be found in an Asian market or some supermarkets. A jalapeno pepper can be substituted, with the seeds removed if you don't want it too spicy. For more vegetables, add big chunks of zucchini and red pepper at the same time as the coconut milk, or try other vegetables you like.

Nutritional Facts: per serving Calories: 452, Carbohydrates: 38 grams, Protein: 38 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 136 mg, Sodium: 880 mg, Fiber: 3 grams, Total Sugars: 8 grams.

Thai Style Chicken and Quinoa Salad

Recipe Source: www.melskitchencafe.com

Ingredients:

1½ cups uncooked quinoa, rinsed well
2 cups cooked chicken, chopped or shredded
½ cup chopped carrots
½ cup shelled edamame
½ cup chopped red pepper
4 green onions, chopped
½ cup chopped roasted peanuts
½ cup freshly chopped cilantro
Salt and pepper to taste

Sauce:

4 Tbsp sweet chili sauce
2 Tbsp rice vinegar
2 Tbsp canned coconut milk
1 Tbsp packed light brown sugar
2 tsp creamy peanut butter
2 garlic cloves, finely minced
1 lime juiced, about 2 Tbsp
Pinch of ground ginger

Steps:

- Prepare quinoa according to package directions.
- While quinoa is cooking, combine all of the sauce ingredients together in a liquid measure and whisk to combine (or pulse in a blender).
- Scoop cooked quinoa into a large bowl. Stir in the sauce and mix well.
- Stir in the chicken, carrots, edamame, red pepper, green onions, peanuts and cilantro. Add salt and pepper to taste. Serve warm, room temperature or chilled.

Tips: Reduce brown sugar in the dressing. Use brown rice instead of quinoa if you prefer.

Nutritional Facts: per serving Calories: 387, Carbohydrates: 43 grams, Protein: 26 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 40 mg, Sodium: 215 mg, Fiber: 6 grams, Total Sugars: 10 grams.

Awesome Turkey Meatballs

Recipe Source: <http://thrivinghomeblog.com>

Ingredients:

1 medium carrot, finely shredded or minced in a food processor
½ small onion, finely chopped or minced in a food processor
2 cloves of garlic, minced by hand or in a food processor
1/3 cup fresh loosely packed parsley, finely chopped or minced in a food processor
½ cup grated Parmesan cheese
1 egg
1 cup bread crumbs
3 TBSP ketchup
1 tsp salt

½ tsp pepper
1 pound lean ground turkey

Steps:

- Preheat oven to 400 degrees. Cover a sheet pan that has sides or a 9x13 casserole dish with parchment paper or foil for easy clean-up.
- In a large bowl, combine the carrot, onion, garlic, parsley, Parmesan, egg, breadcrumbs, ketchup, salt and pepper.
- Mix in the ground turkey. Combine all ingredients well.
- Roll meat mixture into meatballs, using about 2 TBSP of mixture per meatball. They will be about 1 ½ inches in diameter. Place on the sheet pan, leaving a little room in between each one.
- Bake 18-20 minutes or until cooked through. Internal temp should be 165 degrees.

Tips: A small food processor makes recipes like this super easy and facilitates the addition of vegetables to recipes. Instead of using a TBSP to roll the meatballs, a cookie scoop works well.

Nutritional Facts: per serving Calories: 344, Carbohydrates: 28 grams, Protein: 31 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 120 mg, Sodium: 1187 mg, Fiber: 2 grams, Total Sugars: 6 grams.

Grilled Turkey Burgers

Recipe Source: Better Homes and Gardens

Ingredients:

1 egg
1/4 cup fine dry bread crumbs
1/4 cup finely chopped green sweet pepper
2 green onions, finely chopped
1/2 tsp salt
1 pound ground raw turkey
2 Tbsp orange marmalade
5 wheat sandwich buns or English muffins
Optional for topping:
Shredded lettuce
Tomato slices, halved
Onion slices

Steps:

- In a large mixing bowl combine egg, bread crumbs, green pepper, onions, milk, salt, and pepper. Add turkey and mix gently but thoroughly. Shape mixture into five 3/4-inch thick patties.
- Grill patties on an uncovered grill directly over medium coals for 6 minutes. Turn patties and brush with marmalade. Grill for 8-12 minutes more or until an instant-read thermometer inserted in side of patty registers 165° F.
- Toast cut sides of buns on grill. Serve patties in buns and, if desired, with lettuce, tomato, and onion.

Tips: Use quick oats instead of bread crumbs. These can be cooked under the broiler in the oven, or on the stove-top in a skillet sprayed with cooking spray over medium heat.

Nutritional Facts: per serving Calories: 320, Carbohydrates: 35 grams, Protein: 26 grams, Total Fat: 9 grams, Saturated Fat: 1 grams, Cholesterol: 89 mg, Sodium: 593 mg, Fiber: 3 grams, Total Sugars: 10 grams.

Stuffed Turkey Burgers

Recipe Source: Ellie Krieger on www.foodnetwork.com

Serves 4

Ingredients:

1 ¼ lbs lean ground turkey breast
½ cup chopped roasted red peppers, divided
½ cup shredded part-skim mozzarella cheese, divided
Salt
Freshly ground black pepper

Steps:

- Divide turkey into 4 equal rounds. Make 2 patties out of each round so you have 8 patties total.
- Sprinkle 4 of the patties with 2 Tablespoons each of roasted red peppers and cheese. Top with remaining patties, working the turkey around the edges to seal the burgers closed. Season with salt and a few grinds of pepper.
- Grill or broil until cooked through, 5-7 minutes per side, and until internal temperature reaches 165°F.

Tips: These burgers are delicious served without a bun, alongside roasted sweet potatoes and a green salad. They can easily be suited to your preference! Variations include using a different type of cheese inside, topping with pesto, or adding diced sautéed onions and mushrooms to the filling. If you want to save time, don't worry about stuffing the burgers. Just use your hands to gently combine the turkey with the cheese and red peppers in a bowl, then divide into 4 patties and cook as directed.

Nutritional Facts: per serving Calories: 236, Carbohydrates: 2 grams, Protein: 31 grams, Total Fat: 12 grams, Saturated Fat: 2 grams, Cholesterol: 90 mg, Sodium: 341 mg, Fiber: 0 grams, Total Sugars: 2 grams.

Turkey and Swiss Sloppy Joes

Recipe Source: www.melskitchencafe.com

Serves 8

Ingredients:

2 lbs ground turkey
½ cup chopped onion
¼ tsp dried thyme
2 cloves garlic, finely minced, or ½ tsp garlic powder
½ tsp salt
¼ tsp black pepper
2 cups 1% milk
2 Tbsp all-purpose flour
6 oz swiss cheese, shredded or cubed (about 1 cup)
2 tsp Worcestershire sauce
1 Tbsp Dijon mustard
Whole wheat buns or rolls for serving

Steps:

- In a 12-inch non-stick skillet set over medium heat, cook the ground turkey, onion, thyme, garlic, salt and pepper for 6-7 minutes, breaking the meat into small pieces as it cooks, until cooked through. Drain any excess grease and set the skillet off the heat.
- In a small dish, stir the milk into the flour until smooth and no lumps remain.
- Return the skillet to medium heat. Add the milk mixture to the ground turkey.
- Bring the mixture to a simmer. Reduce heat to medium-low and simmer 5-6 minutes, or until thickened. Remove from heat.
- Stir in the cheese until melted. Add the Worcestershire sauce and Dijon, and stir to combine.
- Serve the meat mixture on buns.
- The mixture will thicken as it stands and cools, so if you won't be serving it right away (or are reheating for leftovers), consider adding a bit more milk or broth.

Tips: If you use all white turkey meat, the sloppy joes will have less fat and fewer calories than using dark turkey meat. This is a fun variation to the normal tomato-based sloppy joe – the swiss cheese is delicious! Serve along with a green salad, or raw cut-up vegetables and fruit.

Nutritional Facts: per serving Calories: 384, Carbohydrates: 34 grams, Protein: 34 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 81 mg, Sodium: 557 mg, Fiber: 5 grams, Total Sugars: 7 grams.

Turkey Meatloaf with Feta and Sun-dried Tomatoes

Recipe Source: Giada De Laurentiis, *The Food Network*

Ingredients:

- ½ cup plain, whole-wheat bread crumbs
- 5 Tbsp chopped fresh flat-leaf parsley
- ¼ cup chopped garlic and herb-marinated sun-dried tomatoes
- 2 cloves garlic, minced
- 2 eggs, lightly beaten
- 2 Tbsp low-fat milk
- ½ cup crumbled feta cheese
- 1 tsp salt
- ½ tsp black pepper
- 1 lb ground turkey

Steps:

- Place an oven rack in the center of the oven. Preheat the oven to 375°.
- Spray a 9x5 inch loaf pan with cooking spray.
- In a large bowl, stir together the bread crumbs, parsley, sun-dried tomatoes, garlic, eggs, milk, feta, salt and pepper. Add the turkey and gently stir to combine until evenly distributed, being careful not to overwork the meat.
- Carefully pack the meat mixture into the prepared pan and bake until internal temperature registers 165°, about 45 minutes.
- Remove from oven and let rest for 5 minutes.
- Transfer to a cutting board and slice. Put on a serving platter and serve.

Tips: Look for ground white meat turkey. Old-fashioned oats can be used instead of bread crumbs.

Nutritional Facts: per serving Calories: 250, Carbohydrates: 11 grams, Protein: 27 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 82 mg, Sodium: 855 mg, Fiber: 2 grams, Total Sugars: 3 grams.

Cheesy Black Bean Lasagna

Recipe Source: www.melskitchencafe.com

Serves 10-12

Ingredients:

1-2 tsp olive oil
½ cup chopped onion
2 garlic cloves, finely minced (or ½ tsp garlic powder)
1 (6 oz) can tomato paste
½ tsp dried oregano
1 tsp cumin
1 tsp chili powder
½ tsp salt
¼ tsp black pepper
2 (15 oz) cans black beans, rinsed and drained
1 (28 oz) can crushed or diced tomatoes
1 ½ cups low-sodium vegetable or chicken broth
2 cups (about 15 oz) part-skim ricotta or low-fat cottage cheese
¼ cup chopped fresh cilantro
2 cups shredded Monterey Jack cheese
9-12 no-boil whole wheat lasagna noodles (enough for 3 layers)

Steps:

- Preheat the oven to 350°F. Lightly grease a 9x13 baking dish. Set aside.
- In a large 12-inch nonstick skillet, heat the oil over medium heat and add the onion and garlic. Sauté 2-3 minutes until the onions become translucent.
- Stir in the tomato paste, oregano, cumin, chili powder, salt, and black pepper. Mix until the ingredients come together. Add the beans, tomatoes, and broth. Using the back of a spoon or a potato masher, lightly mash the beans. Bring the mixture to a simmer and cook 8-10 minutes, stirring often.
- In a medium bowl, stir together the ricotta or cottage cheese, cilantro, and 1 cup of the Monterey Jack cheese.
- Spread about ½ cup of the sauce mixture on the bottom of the prepared pan. Layer three noodles, 1/3 of the sauce mixture, followed by 1/3 of the cheese mixture. (Just dollop it in spoonfulls; it doesn't need to be a completely even layer.) Repeat two more times. Sprinkle the remaining cup of cheese on top.
- Cover with lightly greased foil and bake in preheated oven for 30 minutes. Uncover and bake another 10 minutes until the edges are bubbling and the lasagna is heated through. Let stand 10 minutes before cutting and serving.

Tips: You may want to drain the cottage cheese and blend slightly if using instead of ricotta.

Nutritional Facts: per serving Calories: 274, Carbohydrates: 27 grams, Protein: 16 grams, Total Fat: 12 grams, Saturated Fat: 6 grams, Cholesterol: 30 mg, Sodium: 689 mg, Fiber: 6 grams, Total Sugars: 6 grams.

Crispy Baked Tofu Teriyaki Bowl

Recipe Source: www.coffeeandquinoa.com

Serves 3

Ingredients:

For the tofu:

1 block firm or extra firm tofu
2 Tbsp low-sodium soy sauce
½ Tbsp canola oil
1 Tbsp cornstarch

For the vegetables:

1 lb fresh green beans, trimmed and halved
1 red bell pepper, cut in large chunks
½ Tbsp canola oil

To serve:

2 cups cooked brown rice
2 green onions, thinly sliced
Sesame seeds (optional)

For the Teriyaki sauce:

¼ cup low-sodium soy sauce
2 Tbsp rice vinegar
2 ½ Tbsp brown sugar or honey
½ Tbsp sesame oil
½ Tbsp grated fresh ginger
1 clove garlic, minced
½ Tbsp cornstarch mixed with 2 Tbsp cold water

Steps:

- Preheat the oven to 450°.
- To drain tofu: Remove tofu from package and cut into bite-sized triangles. Arrange on a cookie sheet layered with paper towels. Top with more paper towels, another cookie sheet, and a heavy skillet to drain for 15 minutes.
- For the sauce (while tofu drains): Whisk soy sauce, vinegar, brown sugar, sesame oil, ginger, and garlic in a small saucepan. Stir in the cornstarch/water mixture. Bring to a simmer, stirring, until mixture thickens, 3-4 minutes. Remove from heat and pour into a small pitcher or glass measuring cup.
- To bake tofu: In a large bowl, pour soy sauce and oil over the tofu and sprinkle with cornstarch. Toss gently until no dry spots remain. Spray a metal cooling rack with oil, place rack on a cookie sheet, and arrange tofu in a single layer on the rack. Bake until deep brown and chewy, about 25-30 minutes, flipping halfway through.
- For the vegetables: On a cookie sheet, toss beans and red pepper with oil. Spread in a single layer. When tofu has about 15-20 minutes left, place vegetables below the tofu, stirring halfway through, until beans are crisp tender.
- To serve, divide rice, tofu, and vegetables among three bowls. Top with sauce, green onions, and sesame seeds.

Tips: Do not use regular soy sauce or this dish will be much too salty – use low-sodium as called for.

Nutritional Facts: per serving Calories: 487, Carbohydrates: 71 grams, Protein: 21 grams, Total Fat: 15 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 1173 mg, Fiber: 8 grams, Total Sugars: 21grams.

Kale, Black Bean, and Avocado Burrito Bowl

Recipe Source: www.cookieandkate.com

Servings: 3

Ingredients:

1 cup brown rice, rinsed
1 bunch curly kale, ribs removed and chopped small
1 lime, juiced, plus additional ¼ cup lime juice
2 Tbsp olive oil
½ jalapeno, seeded and finely chopped
½ tsp cumin
¼ tsp salt
1 avocado, pitted and cut into big chunks
½ cup mild green salsa
½ cup fresh cilantro leaves
2 (15 oz) cans low-sodium black beans, rinsed and drained
½ cup chopped red onion
3 cloves garlic, pressed or minced
¼ tsp chili powder
¼ tsp cayenne pepper (optional)
Hot sauce (optional)
Fresh tomatoes, diced, for garnish

Steps:

- Bring a big pot of water to boil. Add rinsed brown rice and boil, uncovered, for 30 minutes. Turn off heat, drain the rice, and return it to the pot. Cover and let the rice steam for 10 minutes. Fluff with a fork and set aside.
- Meanwhile, whisk together the ¼ cup lime juice, olive oil, chopped jalapeno, cumin, and salt in a large bowl. Add the chopped kale and toss to combine. Set aside.
- In a food processor or blender, combine the avocado chunks, green salsa, cilantro, and juice of remaining lime. Blend well and set aside.
- In a medium saucepan, heat 1 Tbsp olive oil over medium-low heat. Sauté the red onion and garlic until fragrant. Add the beans, chili powder, and cayenne if using. Cook until the beans are warmed through and softened, stirring frequently. Mix in a splash of water if the beans seem dry at any point.
- To serve, spoon ½ cup rice into each individual bowl. Top with beans, kale, and avocado salsa. Garnish with tomatoes and a dash of hot sauce, if using.

Tips: Could substitute cooked quinoa or another whole grain for the rice if desired.

Nutritional Facts: Per Serving: Calories: 574, Carbohydrates: 82 grams, Protein: 22 grams, Total Fat: 21grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 914 mg, Fiber: 28 grams, Total Sugars: 6 grams.

Lentil Burgers

Recipe Source: www.foodnetwork.com

Servings: 3

Ingredients:

$\frac{3}{4}$ cup brown lentils, rinsed, strained, and picked through
1 $\frac{3}{4}$ cups plus 1 TBSP low-sodium vegetable broth or water
2 tsp extra-virgin olive oil
 $\frac{1}{2}$ a large red onion, finely chopped
Juice of $\frac{1}{2}$ lemon
Kosher salt
8 oz fresh baby spinach
2 large cloves garlic, minced
Freshly ground black pepper
 $\frac{1}{2}$ tsp ground cumin

1 cup whole wheat breadcrumbs

$\frac{1}{2}$ cup walnuts, toasted and finely chopped

3 whole-grain hamburger buns, optional

Baby arugula, basil, roasted red bell peppers, additional red onion slices, and spicy mustard, for serving (not included in nutritional facts)

Steps:

- Bring the lentils and 1 $\frac{3}{4}$ cup of the broth to a boil in a medium saucepan over high heat. Reduce heat to medium low, partially cover and simmer until the lentils are fully softened and the liquid is absorbed, about 30 minutes.
- Transfer to a medium bowl with the remaining 1 TBSP broth and mash well with a potato masher. Set aside.
- Heat the oil in a large nonstick skillet over medium heat. Add the chopped onion, lemon juice, and $\frac{1}{4}$ tsp salt and cook, stirring, until softened, about 6 minutes.
- Add the spinach, garlic, 1 $\frac{1}{2}$ tsp black pepper, and cumin and stir until the spinach is wilted, about 3 minutes.
- Add the spinach mixture, breadcrumbs, walnuts, and $\frac{3}{4}$ tsp salt to the lentils and mix thoroughly. Cover and refrigerate for at least 1 hour or overnight.
- Preheat the grill to medium-high. Form the mixture into six 4-inch patties and spray with cooking spray on each side. Grill until nice grill marks form, about 3 minutes per side. Place the patties in the buns (if using) with the sliced onion and other toppings, as desired, and serve.

Tips: For a lighter meal, eat the burgers with greens and veggies (no bun). Can also be cooked on an electric griddle indoors.

Nutritional Facts: Per Serving: Calories: 607, Carbohydrates: 77 grams, Protein: 23 grams, Total Fat: 25 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 368 mg, Fiber: 17 grams, Total Sugars: 10 grams.

Pizza with Lemon and Brussels Sprouts

Recipe Source: www.marthastewart.com

Serves 3

Ingredients:

2 tsp olive oil
½ lb whole wheat pizza dough (homemade or store-bought)
3 oz fresh mozzarella, thinly sliced, part skim
½ cup finely grated fresh Parmesan cheese
2 cups packed Brussels sprouts leaves
Salt and freshly ground black pepper
5 paper-thin lemon slices, cut into half-moons (from ½ lemon)

Steps:

- Preheat the oven to 475°. Spray a 9-inch round cake pan with cooking spray. Press dough flat in pan, spreading to edges. (If it retracts, let rest 5 minutes before continuing). Brush a 1-inch border around edge with 1 tsp olive oil.
- Scatter mozzarella and half the Parmesan evenly over dough, leaving a ½-inch border around edge.
- In a medium bowl, toss Brussels sprouts with remaining Parmesan, 1 tsp oil, 1/8 tsp salt, and ¼ tsp pepper. Scatter sprout mixture over cheeses and top with lemon.
- Bake 15-20 minutes on the middle rack in oven until dough is cooked through, crust is golden, and edges or sprouts are starting to char. Let cool slightly before removing from pan and slicing.

Tips: If the lemon slices are too thick, they will be hard to chew and won't caramelize properly. So if you can't get paper-thin lemon slices, an alternative is to zest then juice the lemon. Toss juice from ½ the lemon with the Brussels sprouts when you combine them with the cheese, salt, and pepper. Sprinkle zest on the Brussels sprouts mixture after adding it to the pizza.

Nutritional Facts: Per Serving: Calories: 457, Carbohydrates: 44 grams, Protein: 19 grams, Total Fat: 23 grams, Saturated Fat: 7 grams, Cholesterol: 30 mg, Sodium: 768 mg, Fiber: 5 grams, Total Sugars: 5 grams.

Spicy Spaghetti Squash with Black Beans

Recipe Source: www.wholefoods.com

Serves 1

Ingredients:

1 medium spaghetti squash, halved lengthwise and seeded (about 4 cups)
2 tsp olive oil
½ cup chopped red onion
1 jalapeño pepper, seeded and minced
½ cup red bell pepper, chopped
1 cup cooked black beans
½ cup sweet corn, frozen or fresh
1 tsp chili powder
½ cup fresh cilantro, finely chopped, divided
1 Tbsp lime juice
1 tsp fine sea salt

Steps:

- Preheat oven to 375°. Arrange squash in a large baking dish, cut-sides down. Pour ½ cup water into the dish and bake until just tender, 30-35 minutes. Rake with a fork to remove flesh in strands, leaving the shell intact for stuffing.
- For the filling, heat the oil in a large skillet over medium heat. Add onion, jalapeño, and bell pepper, and cook for 2 minutes or until soft. Add beans, corn, and chili powder. Cook, stirring frequently, 1 minute longer.
- Add cooked squash, ¼ cup cilantro, lime juice, and salt. Cook 1 minute until heated through.
- Fill squash halves with filling, mounding mixture in the center. Garnish each half with 2 Tablespoons cilantro.

Tips: You can leave out the jalapeño if you don't like the heat, or you can use a small can of diced green chilies instead. This recipe can easily be made ahead, just store the filling and squash shells separately, refrigerated, then fill and reheat when ready to serve. Top with cilantro after reheating.

Nutritional Facts: Per Serving: Calories: 609, Carbohydrates: 110 grams, Protein: 24 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 2538 mg, Fiber: 30 grams, Total Sugars: 28 grams.

Spinach and Cheese Enchiladas

Recipe Source: www.melskitchencafe.com

Servings: 3

Ingredients:

4 tsp oil, divided
½ onion, chopped
1 bell pepper, diced
9 oz fresh spinach
1-2 Tbsp water
3 Tbsp all-purpose flour
2 Tbsp chili powder
1 Tbsp ground cumin
2 tsp dried oregano
2 tsp garlic powder
2 cups low-sodium chicken or vegetable broth
2 tsp white vinegar
4 oz Monterey jack cheese (about 1 cup)
2 oz sharp cheddar cheese (about ½ cup)
10 corn tortillas

Steps:

- For the filling, heat 1 tsp oil in a large nonstick skillet over medium heat. Add the onion and bell pepper and cook, stirring occasionally, 3-4 minutes or until the onion is translucent. Add the spinach, water, and a dash of salt and pepper. Cover the skillet and cook 2-3 minutes until the spinach is wilted. Scrape mixture to a plate, set aside.
- In the same skillet over medium heat, add the remaining 3 tsp oil and heat until hot. Add the flour, chili powder, cumin, oregano, and garlic powder. Whisk to combine. Continue stirring and moving it about the skillet 1-2 minutes.
- Slowly add one cup broth, whisking vigorously to avoid clumps. Once incorporated, add the rest of the broth gradually. Cook, whisking constantly, until the mixture is thick and bubbling, 3-4 minutes. Stir in the vinegar and salt and pepper to taste.
- Preheat the oven to 350°F. Lightly grease an 8x8 baking dish. Spread half the sauce in the pan. Cover tortillas on a plate with a damp paper towel and heat in microwave about 30 seconds until soft and pliable. (Repeat process as needed while filling tortillas.)
- Scoop some of the spinach mixture (leaving excess moisture on the plate) into each tortilla, sprinkle with about 1 Tablespoon cheese, and roll up. Place seam side down in a baking dish.
- Pour the rest of the sauce over the enchiladas. Sprinkle with remaining cheese. Bake 15-20 minutes until hot and bubbling. Let rest 10-15 minutes before serving.

Tips: Optional toppings could include diced avocado, chopped tomatoes, and chopped fresh cilantro. You can also make this dish by layering the tortillas, spinach filling, and cheese like a lasagna instead of rolling individual enchiladas. Still start with pouring half the sauce on the bottom of the pan as the first layer, and finish with sauce then cheese. You can add black beans (rinsed and drained) to the spinach filling after it has cooked to bulk these up a bit.

Nutritional Facts: Per Serving: Calories: 583, Carbohydrates: 62 grams, Protein: 25 grams, Total Fat: 28 grams, Saturated Fat: 13 grams, Cholesterol: 54 mg, Sodium: 701 mg, Fiber: 13 grams, Total Sugars: 7 grams.



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Banana Carrot Bread

Recipe Source: www.melskitchencafe.com

Yields: One loaf, ~8 pieces

Ingredients:

2 cups lightly measured all-purpose flour
1 tsp baking soda
½ tsp salt
½ tsp ground cinnamon
½ tsp ground nutmeg
1 cup mashed very ripe bananas (about 3 medium bananas)
¼ cup lightly packed brown sugar
⅓ cup coconut oil, melted, or canola oil
¼ cup unsweetened applesauce
2 large eggs
½ tsp vanilla
1 cup finely grated carrots (no need to peel first)

Steps:

- Preheat oven to 350°F. Line the bottom of a 9x5-inch loaf pan with a rectangle of parchment or waxed paper. Grease the bottom and sides well with nonstick cooking spray. Set aside.
- In a large bowl, whisk together the flour, baking soda, salt, cinnamon, and nutmeg. Set aside.
- In a medium bowl or large liquid measuring cup, whisk together the bananas, brown sugar, oil, applesauce, eggs, and vanilla.
- With a rubber spatula, gently fold and stir the wet ingredients into the dry ingredients along with the carrots. Be careful not to overmix.
- Spread the batter evenly in the prepared pan and bake 50-60 minutes until a knife or toothpick inserted in the center of the loaf comes out with just a few moist crumbs.
- Cool in the pan 10 minutes before turning out onto a cooling rack to cool completely.

Tips: Whole wheat flour can easily be substituted for half of the all-purpose flour. If the top of the bread begins to brown too quickly before the middle is done, cover loosely with a sheet of aluminum foil.

Nutritional Facts (per serving): Calories: 299, Carbohydrates: 44 grams, Protein: 6 grams, Total Fat: 11 grams, Saturated Fat: 8 grams, Cholesterol: 47 mg, Sodium: 333 mg, Fiber: 3 grams, Total Sugars: 14 grams.

Classic 100% Whole Wheat Bread

Recipe Source: www.kingarthurfLOUR.com

Yield: 1 loaf

Ingredients:

1 - 1 1/8 cups lukewarm water*

1/4 cup canola oil

1/4 cup honey, molasses, or real maple syrup

3 - 3 1/2 cups whole wheat flour (use white whole wheat for a lighter texture)

2 1/2 tsp instant yeast (or 1 packet active dry yeast dissolved in 2 Tbsp of water from the recipe)

1/4 cup nonfat dried milk

1 1/4 tsp salt

* Use the greater amount of water in winter or in a dry climate, the lesser amount in summer or a humid climate.

Steps:

- In a large bowl, combine all ingredients (using the lesser amount of flour) and stir until the dough starts to leave the sides of the bowl. Add more flour if necessary, being careful not to over-flour. Transfer the dough to a lightly greased surface, oil your hands, and knead it 6-8 minutes until smooth and supple. (You can also do this step in an electric mixer.)
- Transfer the dough to a lightly greased bowl, cover, and let rise until puffy (not necessarily doubled), 1-2 hours.
- Transfer dough to lightly oiled surface and shape into a 9-inch log. Place in a lightly greased 9x5 loaf pan, cover lightly with greased plastic wrap or a light towel, and allow to rise for 1-2 hours, or until the center has crowned about 1 inch above the rim of the pan. Towards the end of the rising time, preheat the oven to 350°.
- Bake the bread 30-40 minutes, checking after about 20 minutes and covering with foil if needed to prevent over-browning.
- Remove the bread from the oven and turn it out onto a wire rack to cool. Cool completely before slicing, and store in a plastic bag at room temperature.

Tips: Measure your flour by sifting it lightly then spooning it into your measuring cup before leveling. Otherwise it's easy to use too much flour. Also, even if the bread recipe says to add all ingredients at once, it's good practice with bread or other yeast doughs to start with just part of the flour then add more, gradually, until the dough is the right texture. (This just takes practice to know by feel when your dough is the right texture.) Molasses is delicious as the sweetener but honey will be a milder flavor if that is your preference. Consider combining equal parts of two different sweeteners!

Nutritional Facts (per serving): Calories: 223, Carbohydrates: 38 grams, Protein: 6 grams, Total Fat: 7 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 296 mg, Fiber: 5 grams, Total Sugars: 7 grams.

Fluffy Whole Wheat Dinner Rolls

Recipe Source: www.melskitchencafe.com

Yield: 12 rolls

Ingredients:

1 ½ cups warm water
¾ Tbsp instant yeast (or 1 Tbsp active dry yeast)
2 Tbsp granulated sugar or honey
2 Tbsp canola oil
1 tsp salt
¼ cup vital wheat gluten
3-4 cups whole wheat flour

Steps:

- In the bowl of a stand mixer, or in a large bowl by hand, combine the warm water and yeast. (If using active dry yeast, let the yeast proof in the water for 5 minutes or so until foamy before adding the other ingredients.) Add the sugar, oil, salt, gluten, and 2 cups of the flour.
- While mixing, gradually add some of the remaining flour until the dough has pulled away from the sides of the bowl. Judge the dough by how it feels, not necessarily by the exact flour amount called for in the recipe – you may not need to use all the flour. The dough should be soft and smooth but still tacky to the touch.
- Knead the dough until it is very smooth and elastic, about 7 minutes in a mixer or 10-12 minutes by hand. As the dough is kneaded, it will continue to absorb liquid and become less sticky so take care not to over-flour at first. You can always add a bit of flour partway through if the dough seems overly sticky.
- If kneading by hand, try using a bit of oil or cooking spray on the counter instead of flour to help prevent stickiness. Lightly spray a large bowl with cooking spray and place the dough in the bowl. Cover the bowl with lightly greased plastic wrap. Let the dough rise until it doubles, 1-2 hours.
- Lightly punch down the dough and turn it out onto a lightly greased countertop. Divide the dough into 12 equal pieces and form the dough into round balls.
- Place the rolls on a lightly greased or silpat-lined 11x17 baking sheet about an inch or two apart. Cover the rolls with lightly greased plastic wrap. Let the plastic wrap gently hang over the sides of the pan to fully cover the rolls but not press them down. Let the rolls rise until doubled, about 45 minutes.
- Preheat the oven to 400°. Bake 12-14 minutes until lightly browned and cooked through.

Tips: Use white (versus red) whole wheat flour for the best results. It will create a lighter texture, closer to rolls made with all-purpose flour. Vital wheat gluten can be found in the baking or natural foods aisle of your grocery store (near the flour). It helps develop the gluten in the flour so your rolls will be fluffier even with using whole wheat flour. It also adds protein!

Nutritional Facts (per serving): Calories: 182, Carbohydrates: 33 grams, Protein: 7 grams, Total Fat: 3 grams, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 196 mg, Fiber: 5 grams, Total Sugars: 3 grams.

Ginger Blueberry Muffins

Recipe Source: www.inspiredtaste.net

Yield: 12 muffins

Ingredients:

¾ cup rolled oats

1 cup all-purpose flour

2½ tsp baking powder

½ tsp salt

½ cup granulated sugar

1/3 cup canola oil

1 large egg

2 tsp finely grated fresh ginger

1½ tsp vanilla extract

¾ cup low-fat milk (dairy or non-dairy)

8 oz fresh or frozen blueberries (about 1 cup)

Glaze (optional):

½ cup powdered sugar

1 Tbsp milk (dairy or non-dairy)

¼ tsp vanilla extract

Steps:

- Heat oven to 400°F. Spray a standard 12-cup muffin tin lightly with cooking spray or line with baking cups.
- Add oats to a blender or food processor and pulse until the oats are finely ground. You should have a generous ½ cup of oat flour.
- Whisk oat flour, all-purpose flour, baking powder, and the salt together. Set aside.
- In a separate bowl, whisk the sugar, oil, egg, ginger, vanilla, and milk until well blended.
- Add the dry ingredients to the sugar mixture, stirring just until combined. Carefully fold in the blueberries.
- Divide the batter between muffin cups, filling ¾ full.
- Bake until muffins are light brown and spring back lightly when you press the middle, 15-18 minutes. Let cool in tin for 5 minutes then remove muffins to a rack to cool slightly.
- Meanwhile, make glaze by whisking powdered sugar with milk and vanilla until smooth. With muffins still slightly warm, spoon glaze over muffins, allowing it to drip down the sides.

Tips: ½ tsp of ground ginger can be used if you don't have fresh ginger on hand.

Nutritional Facts (per serving): Calories: 190, Carbohydrates: 28 grams, Protein: 3 grams, Total Fat: 7 grams, Saturated Fat: 1 gram, Cholesterol: 16 mg, Sodium: 112 mg, Fiber: 1 gram, Total Sugars: 16 grams.

Applesauce Oat Muffins

Recipe Source: www.melskitchencafe.com

Yield: 12 muffins

Ingredients:

1 cup old-fashioned rolled oats
1 cup unsweetened applesauce
½ cup low-fat milk
1 large egg
1 tsp vanilla
4 Tbsp canola oil
¼ cup sugar
¾ cup whole wheat flour
1 tsp baking powder
½ tsp baking soda
1 tsp cinnamon
¼ tsp salt
½ cup dried cranberries or raisins, optional

Steps:

- Preheat oven to 375°. Line a 12-cup muffin tin with liners or grease the muffin cups. Set aside.
- In a medium bowl, stir together the oatmeal, applesauce, milk, egg, vanilla, oil, and sugar. Set aside.
- In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon, salt, and cranberries or raisins (if using).
- Make a well in the center and pour in the applesauce mixture. Stir just until combined. (Don't over-mix or the muffins will be dense and dry.) It's okay if the muffin batter seems a bit wet.
- Distribute the batter evenly among the 12 muffin cups. Bake for 15-20 minutes until a toothpick inserted comes out clean. Be careful to not over-bake!
- Remove the muffins to a rack to cool completely. (Once cool, you can place muffins in a large freezer Ziploc bag, squeeze all the air out, seal, then freeze the muffins.)

Tips: Instead of (or in addition to) the dried fruit, you could also add ½ cup of chopped nuts. Pecans are particularly delicious, especially if you toast them first!

Nutritional Facts (per serving): Calories: 149, Carbohydrates: 23 grams, Protein: 3 grams, Total Fat: 6 grams, Saturated Fat: 1 gram, Cholesterol: 16 mg, Sodium: 60 mg, Fiber: 2 grams, Total Sugars: 12 grams.

Honey Pumpkin Bread

Recipe Source: www.cookieandkate.com

Yield: One 9x5-inch loaf

Ingredients:

⅓ cup canola oil

½ cup honey

2 eggs

1 cup pumpkin purée

¼ cup low-fat milk (or non-dairy milk)

1 tsp vanilla

1 ½ tsp pumpkin pie spice blend (or see substitute below)

1 tsp baking soda

½ tsp salt

1 ¾ cups white whole wheat flour (or 1 cup white whole wheat flour plus ¾ cup all-purpose)

Optional: ½ cup mix-ins like chopped walnuts or pecans, semi-sweet chocolate chips, raisins, dried cranberries, etc.

Steps:

- Preheat oven to 325° and lightly grease a 9x5-inch loaf pan.
- In a large bowl, whisk together the oil and honey. Add the eggs and whisk until blended.
- Add the pumpkin puree, milk, and vanilla and whisk to combine.
- In a separate bowl, combine the pumpkin pie spice, baking soda, salt, flour, and mix-ins (if using). With a wooden spoon, gently stir the dry ingredients into the pumpkin mixture just until combined.
- Pour the batter into the prepared loaf pan and sprinkle lightly with additional cinnamon if desired. If you would like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
- Bake for 50-60 minutes, or until a toothpick inserted near the center comes out a little wet with moist crumbs. (If you bake until it comes out completely clean, you may have over-baked.) Let the bread cool in the loaf pan for 10 minutes before turning out onto a wire rack to cool. Wait at least 20 minutes before slicing.

Tips: If you don't have pumpkin pie spice you can use ½ tsp cinnamon, ½ tsp ground ginger, ¼ tsp ground nutmeg, and ¼ tsp cloves or allspice instead.

Nutritional Facts (per serving): Calories: 215, Carbohydrates: 31 grams, Protein: 5 grams, Total Fat: 9 grams, Saturated Fat: 1 gram, Cholesterol: 38 mg, Sodium: 261 mg, Fiber: 3 grams, Total Sugars: 14 grams.

Jay's Signature Pizza Crust

Recipe Source: www.allrecipes.com

Yield: 2 pizza crusts

Ingredients:

2 ¼ tsp active dry yeast
½ tsp brown sugar
1 ½ cups warm water (110°F)
½ tsp salt
2 Tbsp olive oil
1 ¾ cup whole wheat flour
1 ½ cup white all-purpose flour

Steps:

- In a large bowl, dissolve the yeast and brown sugar in the water and let sit for 10 minutes until foamy. This is called proofing the yeast. (If it doesn't foam, your yeast may be old or your water was too hot.)
- Whisk the salt and oil into the yeast mixture. With a wooden spoon, mix in all the whole wheat flour and 1 cup of the white flour until flour is mostly incorporated.
- Turn dough onto a clean, well-floured surface, and knead in more flour, a couple of Tablespoons at a time, until the dough is no longer sticky.
- Place the dough into a well-oiled bowl, and cover with a cloth. Let the dough rise until doubled, about 1 hour.
- Punch down the dough, and form a tight ball. Allow the dough to relax a minute before rolling out to fit your pan.
- To prepare the pizza, have your sauce and favorite toppings ready. Preheat the oven to 450°F. If you are baking the pizza on a stone, you may top your pizza and bake immediately. If you are baking in a pan, lightly oil the pan and let the dough rise in the pan 15-20 minutes before topping and baking.
- Bake pizza in preheated oven until the cheese and crust are golden brown, about 15-20 minutes.

Tips: If using a pan, you can also bake the crust alone for about 10 minutes until just firm before topping. After putting on your sauce and toppings, finish baking for the remainder of the time. This can keep your crust from getting soggy if you use a lot of toppings.

Nutritional Facts (per pizza crust): Calories: 866, Carbohydrates: 153 grams, Protein: 28 grams, Total Fat: 18 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 596 mg, Fiber: 15 grams, Total Sugars: 2 grams.

My Mom's Muffins

Recipe Source: www.thepioneerwoman.com

Yield: 12 muffins

Ingredients:

1 cup whole wheat flour
½ cup all-purpose flour
¼ cup ground flaxseed (flaxseed meal)
1 cup regular old-fashioned oats
6 Tbsp packed brown sugar
½ tsp salt
1 tsp baking soda
2 tsp baking powder
½ tsp ground cinnamon
½ cup walnuts or pecans, roughly chopped
½ cup raisins
1 cup low-fat buttermilk
1 egg
1 whole ripe banana, peeled and mashed with a fork
½ cup unsweetened applesauce
¼ cup molasses

Steps:

- Preheat the oven to 350°. Line a 12-count muffin tin with liners or lightly spray cups with cooking spray.
- In a large bowl, combine flours, flaxseed, oats, brown sugar, salt, baking soda, baking powder, cinnamon, walnuts, and raisins.
- In a separate bowl or liquid measuring cup, whisk together buttermilk, egg, banana, applesauce, and molasses.
- Pour the wet ingredients into the dry ingredients, stirring with a wooden spoon just until it barely comes together. Batter should be wet and sticky.
- Scoop ¼ cup helpings into each of the muffin cups and bake 16-18 minutes, or until golden brown. Let cool 2 minutes then remove muffins from tin.

Tips: Use white (versus red) whole wheat flour for the best results. It will create a lighter texture, closer to muffins made with only all-purpose flour. Adding one teaspoon vanilla gives a richer flavor. A good way to check if muffins are done is to tap the top of a muffin gently with your finger. If it keeps the indent, let it bake for 1-2 more minutes. When the muffin barely springs back, it is done.

Nutritional Facts (per serving): Calories: 239, Carbohydrates: 38 grams, Protein: 5 grams, Total Fat: 9 grams, Saturated Fat: 1 gram, Cholesterol: 16 mg, Sodium: 253 mg, Fiber: 3 grams, Total Sugars: 19 grams.

Perfect Pumpkin Chocolate Chip Bread

Recipe Source: www.melskitchencafe.com

Yield: 2 (9x5 inch) loaves

Ingredients:

2 ½ cups white flour
1 cup whole wheat flour (preferably white whole wheat)
1 ½ cups granulated sugar
2 tsp baking soda
2 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp salt
1 cup semi-sweet chocolate chips (regular or mini)
1 (15 oz) can pumpkin puree (not pie filling)
½ cup unsweetened applesauce
½ cup canola oil
4 large eggs
2/3 cup water or buttermilk

Steps:

- Preheat the oven to 350°. Grease two 9x5 inch loaf pans, or three 8 ½x4 ½ inch loaf pans.
- In a large bowl, mix flours, sugar, baking soda, cinnamon, nutmeg, and salt together. Set aside.
- In a separate small bowl, mix the chocolate chips with 1-2 tablespoons of the flour mixture. (This prevents chocolate chips from sinking to the bottom when the bread is baked.) Set aside.
- In a medium bowl or large liquid measuring cup, whisk together canned pumpkin, applesauce, oil, eggs, and water (or buttermilk) until well combined. Stir into dry ingredients just until moistened and a few dry streaks remain.
- Gently fold the chocolate chips into the batter. Pour batter evenly in prepared pans.
- Bake the bread 50-70 minutes or until a toothpick inserted in the center comes out with a few crumbs. Remove the bread from the oven and let it sit about 10 minutes. Run a knife gently around the edges of the loaves and turn them out onto a wire rack (right side up).
- Let bread cool completely, then slice and serve. This bread is even better the next day.

Tips: Both white whole wheat and red whole wheat flours are considered whole grains. You can use either one in this recipe, but white whole wheat will give less of a "wheat" flavor and a lighter texture. To freeze the bread up to 2 months, after cooling wrap the bread in plastic and then a layer of aluminum foil.

Nutritional Facts (per serving): Calories: 326, Carbohydrates: 50 grams, Protein: 6 grams, Total Fat: 12 grams, Saturated Fat: 3 grams, Cholesterol: 47 mg, Sodium: 343 mg, Fiber: 3 grams, Total Sugars: 27 grams.

Sweet Molasses Bread

Recipe Source: www.melskitchencafe.com

Yield: 2-3 loaves

Ingredients:

- 2 ½ cups warm water (about 110°)
- 1 ½ Tbsp instant yeast
- 5 Tbsp molasses
- 2 Tbsp unsweetened, natural cocoa powder
- 3 Tbsp canola oil
- 5 Tbsp honey
- 2 tsp salt
- 3 Tbsp vital wheat gluten (optional, but it will make the bread lighter and softer)
- 4 cups white whole wheat flour
- 2-3 cups all-purpose flour (use bread flour if not using the wheat gluten)
- 1 Tbsp butter

Steps:

- In the bowl of an electric stand mixer fitted with a dough hook (or in a large bowl with a wooden spoon if making by hand), combine the water, yeast, molasses, cocoa, honey, salt, gluten (if using), and 2 cups of the whole wheat flour. Mix until combined.
- With the mixer running, slowly add 1 more cup of whole wheat flour. Start adding the remaining whole wheat flour then the white flour gradually until the dough pulls away from the sides of the bowl. Knead for 7-10 minutes (about 15 if kneading by hand). The dough should be soft and slightly tacky but shouldn't leave much residue on your fingers if you grab a piece.
- Turn dough into a large, lightly oiled bowl, cover with greased plastic wrap or light towel. Let rise until doubled.
- Lightly punch down the dough and divide into three equal pieces. Form into tight oval loaves and place on lightly greased baking sheets (use two baking sheets to avoid crowding bread). Lightly cover with greased plastic wrap or a light towel. Let rise until puffy and doubled in size.
- Preheat the oven to 375°. Bake the loaves for 25-35 minutes, rotating partway through if using 2 sheets. Remove from oven and brush 1 tsp of butter over each loaf to soften crust. Remove from sheets to wire rack to cool.

Tips: Be sure to knead the bread long enough to let the gluten develop. Add the flour gradually in step 2 to avoid over-flouring, which would make the bread tough. This could be made with all whole wheat flour but you would want to knead the dough for a few minutes longer.

Nutritional Facts (per serving): Calories: 146, Carbohydrates: 28 grams, Protein: 5 grams, Total Fat: 3 grams, Saturated Fat: 0 grams, Cholesterol: 1 mg, Sodium: 160 mg, Fiber: 2 grams, Total Sugars: 5 grams.

Vanilla Peach Muffins

Recipe Source: www.inspiredtaste.net

Ingredients:

- 1 cup whole wheat flour
- ½ cup oat flour
- 6 Tbsp sugar, plus 1 ½ tsp for muffin tops
- 2 tsp baking powder
- 1 tsp ground ginger, plus 1/8 tsp for muffin tops
- 1 tsp ground cinnamon, plus 1/8 tsp for muffin tops
- ½ tsp salt
- ¼ cup vegetable or canola oil
- 1 egg
- ½ cup low-fat milk (approximately)
- 1 ½ tsp vanilla extract
- 1 large peach (about 1 ¼ cups), pit removed and finely diced

Steps:

- Heat oven to 400°F. Spray a standard 12-cup muffin tin lightly with cooking spray or line with baking cups.
- Whisk flour, 6 Tbsp sugar, baking powder, 1 tsp ginger, 1 tsp cinnamon, and salt until well blended.
- In a 1-cup liquid measure, combine vegetable oil and egg. Pour enough milk to reach the 1 cup line. Add vanilla extract and whisk until blended.
- Pour wet ingredients into dry and stir gently with a fork just until combined. Do not over-mix or muffins will be tough. Muffin batter will be thick.
- Gently fold in peaches then divide batter among the muffin cups, about ¾ full.
- Make sugar topping by combining remaining 1 ½ tsp sugar, 1/8 tsp ginger, and 1/8 tsp cinnamon. Lightly sprinkle spiced sugar over muffins.
- Bake muffins about 15-18 minutes, just until tops are lightly golden and centers do not stay indented when pressed gently with a finger. Let muffins cool in tin for 5 minutes, then transfer to a wire rack to cool completely.

Tips: If you prefer less of a whole wheat taste or texture, you can use all oat flour. To make oat flour, just blend up old-fashioned oats until you have a fine powder.

Nutritional Facts (per serving): Calories: 207, Carbohydrates: 30 grams, Protein: 4 grams, Total Fat: 9 grams, Saturated Fat: 1 gram, Cholesterol: 24 mg, Sodium: 167 mg, Fiber: 3 grams, Total Sugars: 14 grams.

Whole Grain Peanut Butter and Honey Banana Muffins

Recipe Source: www.melskitchencafe.com

Yields: 12-16 Muffins

Ingredients:

2 cups (10 oz) white whole wheat flour
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1/4 tsp ground nutmeg or cinnamon
1 1/2 cup mashed bananas (about 3 large)
1/3 cup honey
1/4 cup coconut oil, melted, or canola oil
1 large egg
1 tsp vanilla extract
1/2 cup creamy peanut butter
1/3 cup low-fat milk or almond milk

Steps:

- Preheat the oven to 350°F. Line a standard 12-cup muffin tin with paper liners or use non-stick cooking spray. (This batch makes about 16 muffins so you will need part of another tin or bake in two batches.)
- In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and nutmeg (or cinnamon).
- In a large bowl, whisk together the mashed bananas, honey, oil, egg, vanilla, peanut butter, and milk. Mix until well combined.
- Add the dry ingredients to the wet mixture and stir just until combined. Do not overmix or muffins will be tough. (It's okay if it's a little lumpy as long as there aren't large clumps of flour.)
- Scoop the batter into the muffin liners, using a scant 1/4 cup of batter for each muffin cup.
- Bake 17-18 minutes, just until the top springs back lightly to the touch. Be careful not to over-bake.
- Remove the muffins from the tin and cool completely on a wire rack. Once cool, these muffins will keep for a couple of days if well-covered at room temperature.

Tips: To avoid hydrogenated oils, use a natural peanut butter. Look for one that doesn't have any added sugar.

Nutritional Facts (per serving): Calories: 157, Carbohydrates: 17 grams, Protein: 3 grams, Total Fat: 9 grams, Saturated Fat: 1 gram, Cholesterol: 14 mg, Sodium: 134 mg, Fiber: 1 gram, Total Sugars: 11 grams.

Whole Wheat Pumpkin Blueberry Muffins

Recipe Source: www.melskitchencafe.com

Yield: 12-14 muffins

Ingredients:

1 2/3 cup whole wheat flour
1 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
1/4 tsp ground nutmeg
1/4 tsp allspice
1 cup canned pumpkin puree
1/4 cup low-fat buttermilk
4 Tbsp canola oil
1/2 cup brown sugar
1 large egg
1 cup fresh or frozen blueberries

Steps:

- Preheat oven to 350°.
- In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, and allspice. Set aside.
- In another bowl, whisk together the pumpkin, buttermilk, canola oil, brown sugar, and egg until combined. Pour the dry ingredients into the center of the wet mixture and toss the blueberries right on top of the flour mixture.
- Using a rubber spatula or wooden spoon, fold the ingredients together gently but quickly just until combined. (Over-mixing causes muffins to be dense.) It's okay if the batter seems a little thick and slightly lumpy.
- Lightly grease a 12-cup muffin tin or line with paper liners. Fill the muffin cups 3/4 full and bake 20-25 minutes until the tops spring back lightly when touched gently with your finger.
- Remove the muffins from the tin and let cool completely on a cooling rack.

Tips: If the blueberries tend to sink to the bottom of your muffins, try tossing the blueberries in the bowl of flour first before adding the flour and berries to the wet mixture.

Nutritional Facts (per serving): Calories: 155, Carbohydrates: 25 grams, Protein: 3 grams, Total Fat: 5 grams, Saturated Fat: 1 gram, Cholesterol: 14 mg, Sodium: 204 mg, Fiber: 3 grams, Total Sugars: 10 grams.

Whole Wheat Walnut Biscuits

Recipe Source: www.kingarthurflour.com

Yield: About a dozen 2-inch biscuits

Ingredients:

2 cups white whole wheat flour
1 cup all-purpose flour
2 ½ tsp baking powder
1 tsp salt
½ cup cold unsalted butter
1 cup chopped walnuts
1 large egg
1 cup buttermilk

Steps:

- Preheat the oven to 425°. Line a baking sheet with parchment paper.
- Whisk together the flours, baking powder, and salt in a large mixing bowl.
- Cut the butter into pats, then work it into the dry ingredients to form coarse crumbs. Toss in the nuts.
- Whisk together the egg and milk. Add to the flour mixture and blend lightly until the dough is just evenly moistened. Do not overwork the dough or your biscuits will be tough!
- Turn the dough onto a lightly floured work surface (it's okay if it is still a bit shaggy). Fold it over on itself three or four times until it comes together. Again, use a gentle hand and do not overwork the dough.
- Pat the dough into a 1-inch thick circle. Use a 2-inch biscuit cutter to cut rounds. Pat the scraps together and cut additional biscuits.
- Transfer biscuits to the prepared pan and bake 10-12 minutes until tops are just golden. Remove from oven and serve warm.

Tips: Both white and red whole wheat flours are considered whole grains. You can use white whole wheat or red whole wheat flour in this recipe, but white whole wheat will yield a lighter biscuit with less of a "wheat" taste. The keys to good, tender biscuits are to use cold milk and butter and do not handle the dough any more than necessary.

Nutritional Facts (per serving): Calories: 256, Carbohydrates: 26 grams, Protein: 7 grams, Total Fat: 15 grams, Saturated Fat: 6 grams, Cholesterol: 37 mg, Sodium: 241 mg, Fiber: 3 grams, Total Sugars: 1 gram.



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Better-For-You Broccoli Cheddar Soup

Recipe Source: www.foodnetwork.com

Serves 6

Ingredients:

2 stalks broccoli
1 small onion, finely chopped
1 medium red-skinned potato, diced
¼ cup all-purpose flour
3 cups low-sodium chicken or vegetable broth
Salt and freshly ground black pepper
¼ tsp freshly grated nutmeg
1 cup grated extra-sharp Cheddar cheese
1 tsp Worcestershire sauce
1 (12 oz) can fat-free evaporated milk
2 scallions, thinly sliced

Steps:

- Separate the stems and the florets from the broccoli. Trim and discard the bottom of the broccoli stems and peel the tough outer layers, if desired. Finely chop the stems and coarsely chop the florets. Set aside separately.
- Mist a large pot with nonstick cooking spray and heat over medium heat. Add the broccoli stems, onions, and potatoes, and cook, stirring, until softened, 7-10 minutes.
- Add the flour and cook, stirring, until lightly toasted, 1-2 minutes. Stir in the broth and bring to a boil. Reduce the heat to maintain a simmer and continue to cook, stirring occasionally, until thickened and the vegetables are tender, 12-15 minutes.
- Meanwhile, combine the reserved florets and ½ cup water in a small saucepan. Bring to a boil, cover, and continue to steam until the florets are bright green and crisp-tender, about 5 minutes.
- Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat. Stir in the cheddar, Worcestershire sauce, and milk. Season with salt and pepper. Garnish with scallions.

Tips: Leaving the peels on the potatoes will give extra vitamins and fiber, as well as add color to the soup. By using a sharp cheddar cheese instead of mild, you can use less cheese but still lots of flavor. Feel free to play around with other strong cheeses, such as smoked Gouda or swiss.

Nutritional Facts (per serving): Calories: 203, Carbohydrates: 24 grams, Protein: 12 grams, Total Fat: 7 grams, Saturated Fat: 4 grams, Cholesterol: 19 mg, Sodium: 504 mg, Fiber: 3 grams, Total Sugars: 10 grams.

Black Bean and Pumpkin Chili

Recipe Source: www.melskitchencafe.com

Serves 8

Ingredients:

1 medium onion, chopped
1 medium sweet yellow pepper, chopped
1 Tbsp olive oil
3 garlic cloves, minced
2 cups low-sodium chicken broth
2 (15 oz) cans low-sodium black beans, rinsed and drained
2 ½ cups cubed cooked turkey
1 (15 oz) can solid-pack pumpkin
1 (14.5 oz) can diced tomatoes with juice
2 tsp dried parsley flakes
2 tsp chili powder
1 ½ tsp dried oregano
1 ½ tsp ground cumin
½ tsp salt

Steps:

- In a large 12-inch skillet, heat the oil over medium heat. Add the onion and yellow pepper to the skillet and sauté until barely tender, about 1-2 minutes. Add the garlic and cook one minute longer.
- Transfer the mixture to a slow cooker. Stir in the remaining ingredients to the slow cooker. Cover and cook on low 5 hours.

Tips: Ground turkey can be used. Just brown it first in the skillet before cooking the vegetables, add it to the slow cooker, then sauté the onion, pepper, and garlic.

Nutritional Facts (per serving): Calories: 254, Carbohydrates: 30 grams, Protein: 21 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 39 mg, Sodium: 375 mg, Fiber: 11 gram, Total Sugars: 5 grams.

Black-Eyed Pea Chili

Recipe Source: CookSmart

Servings: About 1.5 cups

Ingredients:

- 1 Tbs. Canola oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 pound of ground lean turkey
- 1 large green bell pepper, diced
- 1 jalapeno pepper, finely diced
- 1 Tbs. chili powder
- 1 (15 ounce) can black-eyed peas, drained and rinsed
- 1 (28-ounce) can crushed fire-roasted tomatoes, with juice
- ½ cup low-sodium chicken broth or water**
- ¼ cup reduced fat-sour cream**
- ¼ cup fresh cilantro leaves**

Steps:

- Heat the oil in a large pot over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 3 minutes. Add the garlic and cook 30 seconds more. Add the turkey and cook, breaking it up with the spoon, until it is no longer pink, about 4 minutes. Stir in the bell pepper, jalapeno pepper and chili powder, cook for 1 more minute.
- Add the black-eyed peas, tomatoes, and chicken broth to water. Bring to a boil, then reduce the heat to medium-low, cover and simmer, stirring a few times. Simmer until ingredients soften, about 20 minutes.
- Serve topped with a dollop of sour cream and sprinkle with cilantro leaves.

Nutritional Facts: Calories: 400, Carbohydrates: 37 grams, Protein: 31 grams, Total Fat: 17 grams, Saturated Fat: 4.5 grams, Cholesterol: 95 mg, Sodium: 660 mg, Fiber: 8 grams.

Carrot Bisque

Recipe Source: PEHP Healthy Utah Staff

Ingredients:

5 cups chopped carrots
½ cup chopped white potato
½ cup cubed butternut squash
¾ cup chopped onions
3 Tbsp butter
4 cups light chicken broth
1 bay leaf
2 cups reduced-fat (2%) milk
Salt and black pepper

Steps:

- In a large skillet, sauté carrots, potatoes, squash, and onions in butter for 10 minutes. Cover and cook for another 10 minutes over moderate heat.
- Add chicken broth and bay leaf and simmer, covered, 45 minutes or until vegetables are tender.
- Remove the bay leaf. In a blender, food processor, or with an immersion blender, puree the mixture and transfer back to the saucepan.
- Stir in milk and add salt and pepper to taste. Stir until heated through.
- Pour into bowls. Garnish with parsley if desired.

Tips: Try substituting olive or canola oil for the butter. For variety, you can use a sweet potato instead of the white potato, or try a Yukon gold potato for a slightly creamier texture.

Nutritional Facts (per serving): Calories: 183, Carbohydrates: 21 grams, Protein: 7 grams, Total Fat: 9 grams, Saturated Fat: 5 grams, Cholesterol: 22 mg, Sodium: 209 mg, Fiber: 4 grams, Total Sugars: 10 grams.

Chicken and Lentil Chili

Recipe Source: MyFitnessPal's Recipes

Servings: 8 (about 1.5 cups)

Ingredients:

- 1 medium onion, chopped
- 2 cups chopped carrots
- 3 cloves garlic, minced
- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- 1 cup dried brown lentils, rinsed
- 1 cup dried black beans, rinsed
- 4 cups no-salt-added, fat-free chicken broth
- 1 (8 ounce) can no-salt-added tomato sauce
- 3 tablespoons chile powder
- 1 tablespoon plus 1.5 teaspoons ground cumin
- ½ teaspoon salt**
- ½ cup reduced-fat sour cream**
- 1 tablespoon fresh cilantro leaves

Steps:

- Coat slow cooker with cooking spray. Place onion, carrots and garlic at the bottom. Top with chicken, lentils and black beans. Stir in broth, tomato sauce, chile powder, cumin and salt.
- Cook on low for 8 hours. Stir before serving. Top each serving with 1 tablespoon sour cream and 1 tablespoon cheese. Garnish evenly with cilantro.

Nutritional Facts: Calories: 282, Carbohydrates: 39 grams, Protein: 28 grams, Total Fat: 6 grams, Saturated Fat: 3 grams, Cholesterol: 38 mg, Sodium: 448 mg, Fiber: 18 grams Sugar: 6 grams.

Chicken Coconut Curry Soup

Recipe Source: www.melskitchencafe.com

Serves 6

Ingredients:

1 Tbsp olive oil
1 ½ lbs chicken breast, cut into 1-inch pieces
Salt and pepper for seasoning
½ cup chopped yellow onion
1 red bell pepper, finely chopped
2 cups low-sodium chicken broth
1 (14 oz) can unsweetened light coconut milk
½ Tbsp fish sauce
Dash cayenne pepper, or more to taste
½ Tbsp curry powder
1 Tbsp fresh lime juice (about 1 medium lime)
¼ cup chopped fresh cilantro, plus additional for serving
3 cups hot, cooked brown rice for serving

Steps:

- In a large pot, heat the oil over medium heat until it is hot and shimmering. Pat the chicken pieces dry with a paper towel and season them lightly with salt and pepper. Add to the hot oil and cook 1-2 minutes, stirring occasionally.
- Add the onions and red pepper. Cook 2-3 minutes until the onions and peppers are slightly softened. The chicken and vegetables don't need to be fully cooked as they will simmer and cook further in the next step.
- Add the chicken broth, coconut milk, fish sauce, cayenne, and curry powder. Stir to combine. Bring the soup to a simmer and cook, gently, for 10-15 minutes. Stir in the lime juice and cilantro. Season to taste with salt and pepper.
- Serve a ladle or two of the soup over ½ cup of rice in each bowl. Garnish with additional cilantro.

Tips: The author said that ¼ teaspoon of red pepper flakes was not too much heat for her family of small children. So if you like things a little spicier, use an additional ¼ teaspoon.

Nutritional Facts (per serving): Calories: 359, Carbohydrates: 17 grams, Protein: 29 grams, Total Fat: 20 grams, Saturated Fat: 14 grams, Cholesterol: 83 mg, Sodium: 490 mg, Fiber: 2 grams, Total Sugars: 2 grams.

Coconut, Carrot, and Chickpea Soup

Recipe Source: www.wholefoodsmarket.com

Ingredients:

1 Tbsp coconut oil
1 medium yellow onion, chopped
2 cloves garlic, minced
½ tsp curry powder
½ tsp ground cumin
¼ tsp ground ginger
1 ½ lbs carrots, coarsely chopped
1 (15 oz) can no-salt-added garbanzo beans (chickpeas), rinsed and drained
4 cups low-sodium vegetable broth
½ cup canned light coconut milk
¾ tsp fine sea salt

Steps:

- In a large saucepot, heat coconut oil over medium heat until melted. Add onion and cook about 5 minutes or until tender, stirring occasionally.
- Add garlic, curry powder, cumin, and ginger and cook 1 minute, stirring constantly to prevent burning.
- Stir in carrots, beans, and broth. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer 15-20 minutes or until carrots and beans are very tender.
- Stir in coconut milk. Use an immersion blender to puree soup then stir in salt. Alternatively, let the soup cool slightly and carefully puree in batches in a traditional blender.

Tips: Garnishes could include chopped cilantro, chopped unsalted roasted peanuts, and/or toasted unsweetened coconut flakes.

Nutritional Facts (per serving): Calories: 192, Carbohydrates: 26 grams, Protein: 6 grams, Total Fat: 8 grams, Saturated Fat: 6 grams, Cholesterol: 0 mg, Sodium: 1025 mg, Fiber: 7 grams, Total Sugars: 7 grams.

Creamy Roasted Cauliflower Soup

Recipe Source: MyFitnessPal
Servings: 4 (about 1 and 1/3rd cups)

Ingredients:

- 1 medium head of cauliflower
- 2 tablespoons olive oil
- 4 whole garlic cloves, unpeeled
- ½ teaspoon freshly ground black pepper**
- ¼ teaspoon salt**
- 1 medium onion
- 4 cups low-sodium vegetable broth
- 1 medium russet potato, peeled and chopped
- 1 bay leaf
- 1 cup plain unsweetened oat or hemp milk
- ½ teaspoon freshly ground nutmeg**
- 1-2 tablespoons fresh lemon juice
- 2 tablespoons chopped parsley, for garnish

Steps:

- Preheat the oven to 400 degrees. Cut the cauliflower into 2-inch florets and thinly slice the center stalk. Toss the cauliflower, garlic, 1 tablespoon of the olive oil, pepper and salt on a rimmed baking sheet. Roast the cauliflower until deep brown in places, about 30 minutes.
- Meanwhile, heat the remaining oil in a soup pot over medium heat. Add the onion and saute until translucent and beginning to brown, 5 minutes. Peel the garlic cloves and discard the skins. Put the cauliflower and garlic in pot, reserving ½ cup of the smallest cauliflower pieces for garnish. Add the broth, potatoes and bay leaf and bring to a simmer. Cover and reduce the heat to medium-low, and simmer until the vegetables are very tender, 25 minutes.
- Discard the bay leaf. Add the oat milk and puree the soup with an immersion blender in the pot until smooth. Alternatively, blend in batches in a regular blender with the lid slightly ajar to let the steam escape. Add the nutmeg and stir to combine. If the soup is too thick, add warm water to adjust. Serve, garnished with the reserved roasted cauliflower and parsley.

Nutritional Facts: Calories: 268, Carbohydrates: 32 grams, Protein: 10 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 838 mg, Fiber: 6 grams Sugar: 8 grams.

Curried Zucchini Soup

Recipe Source: www.marthastewart.com

Serves 6

Ingredients:

1 Tbsp olive oil
1 medium onion, chopped
Coarse salt
2 garlic cloves, minced
2 tsp curry powder
1 ½ lbs zucchini (about 3 medium), sliced 1 inch thick
1 baking potato, unpeeled, cut into 1-inch chunks
½ cup sliced almonds, toasted, for garnish

Steps:

- Heat oil in a large saucepan over medium heat. Add onion and ½ tablespoon salt. Cook, stirring occasionally, until the onion is soft, 4-5 minutes. Add garlic and curry powder. Cook, stirring constantly, until fragrant, about 1 minute.
- Add zucchini, potato, and 4 cups water. Bring to a boil. Reduce heat and simmer until vegetables are tender, about 10-15 minutes.
- In batches, carefully puree soup in a blender (do not fill more than halfway) until smooth, or use an immersion blender. Serve immediately or let cool and refrigerate. To serve, ladle portions into individual bowls and garnish with almonds.

Tips: This soup is surprisingly flavorful for being simple to make and having few ingredients. Serve with a green salad and whole wheat toasted pita bread for a full meal.

Nutritional Facts (per serving): Calories: 92, Carbohydrates: 11 grams, Protein: 2 grams, Total Fat: 5 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 5 mg, Fiber: 2 grams, Total Sugars: 2 grams.

Easy Chili Con Carne

Recipe Source: Food Network

Serves 6-8

Ingredients:

- ½ pound of lean ground beef or turkey
- 1 onion, chopped
- 1 green pepper, chopped
- 1 (28 oz) can diced tomatoes
- 2 (15 oz) cans pinto or red kidney beans, drained
- 1 (8 oz) can tomato sauce
- ½ tsp salt, optional
- 1 tsp cumin
- 1 TBSP chili powder
- 1 bay leaf

Steps:

- In a 6-quart pan, brown ground beef, onion, and green pepper until meat is lightly browned and vegetables are tender. Drain and discard fat (if needed).
- Stir in remaining ingredients. Cover and simmer for 30 minutes to 1 hour. Remove bay leaf before serving.

Tips: You can use any type of bean you would like or add one can of corn.

Nutritional Facts (per serving): Calories: 210, Carbohydrates: 31 grams, Protein: 16 grams, Total Fat: 3 grams, Saturated Fat: 1 grams, Cholesterol: 23 mg, Sodium: 836 mg, Fiber: 9 grams, Total Sugars: 6 grams.

Grandma's Chicken Noodle Soup

Recipe Source: www.allrecipes.com

Ingredients:

12 cups low-sodium chicken or vegetable broth
1 tsp salt
1 tsp poultry seasoning
1 cup chopped celery
1 cup chopped onion
2 ½ cups whole wheat wide egg noodles
3 cups diced, cooked chicken

Steps:

- In a large saucepan or Dutch oven, combine broth, salt, and poultry seasoning. Bring to a boil. Stir in celery, onion. Reduce heat, cover, and simmer 8 minutes.
- Add noodles to saucepan, bring back to a simmer, and cook 7 more minutes until vegetables are tender and noodles are just cooked but not mushy.
- Stir in chicken and heat through.

Tips: You can use regular whole wheat pasta instead of egg noodles if you prefer, or whole wheat egg noodles.

Nutritional Facts (per serving): Calories: 231, Carbohydrates: 19 grams, Protein: 28 grams, Total Fat: 4 grams, Saturated Fat: 1 gram, Cholesterol: 85 mg, Sodium: 2323 mg, Fiber: 2 grams, Total Sugars: 3 grams.

Green Lentil Soup with Curried Brown Butter

Recipe Source: www.melskitchencafe.com

Serves 4-6

Ingredients:

1 Tbsp olive oil
1 large yellow onion, chopped
3 cloves garlic, chopped
¼ tsp red pepper flakes
5 ½ cups low-sodium chicken or vegetable broth
1 ½ cups green lentils (or green split peas), picked over and rinsed
1 ½ tbsp butter
1 Tbsp Indian curry powder
¾ cup light coconut milk
¼ tsp salt
Whole wheat croutons or toasted bread, for dipping (optional)

Steps:

- In a large saucepan over medium heat, combine the olive oil, onion, garlic, red pepper flakes, stirring frequently until the onions soften, about 5-7 minutes. Stir in the broth and lentils. Simmer, covered, until the lentils are tender. (This can be 20-50 minutes so check occasionally.)
- While the lentils simmer, melt the butter in a small saucepan over medium heat and let it brown. (Watch it carefully since butter can burn quickly!) As soon it starts to smell nutty and fragrant, stir in the curry powder and cook for about 30 seconds.
- When the lentils are finished cooking, remove the pot from the heat, stir in the coconut milk and ¼ tsp salt and puree with an immersion blender. (Or carefully transfer the soup to a blender in batches to puree.) Blend the soup until completely smooth, or leave with a bit of texture if preferred.
- Stir the spiced butter into the soup. Ladle into individual bowls. Serve with toasted bread, if using.

Tips: This is a fragrant, flavorful soup. The lentils are a great source of fiber and protein so the soup is a perfect meatless meal!

Nutritional Facts (per serving): Calories: 414, Carbohydrates: 48 grams, Protein: 18 grams, Total Fat: 19 grams, Saturated Fat: 11 grams, Cholesterol: 11 mg, Sodium: 1472 mg, Fiber: 12 gram, Total Sugars: 4 grams.

Homestyle Potato Soup

Recipe Source: Cooking Light

Servings: 7

Ingredients:

- 4 cups cubed peeled baking potato
- 1 cup chopped onion
- 1 cup thinly sliced celery
- $\frac{3}{4}$ cup thinly sliced carrot
- 3 tablespoons butter, cut into small pieces
- $1\frac{1}{4}$ teaspoons salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 1 (14 ounce) can vegetable broth
- 3 garlic cloves, minced
- $\frac{1}{4}$ cup all-purpose flour
- $1\frac{1}{2}$ cups 2% reduced fat milk
- 7 tablespoons shredded reduced fat sharp cheddar cheese

Steps:

- Place first 9 ingredients in a 4.5 -quart crockpot; stir well. Cover and cook on LOW 6-7 hours or until vegetables are tender. Increase heat to HIGH.
- Lightly spoon flour in a bowl, gradually add milk, stirring with a whisk until blended. Stir into soup. Cook uncovered, 25 minutes or until thick, stirring frequently. Ladle soup into individual bowls, and sprinkle cheese (add additional pepper if desired).

Nutritional Facts: (per serving) Calories: 194, Carbohydrates: 27 grams, Protein: 6 grams, Total Fat: 8 grams, Saturated Fat: 5 grams, Cholesterol: 22 mg, Sodium: 809 mg, Fiber: 2 grams.

Lentil Curry

Recipe Source: www.marthastewart.com

Serves 6-8

Ingredients:

1 Tbsp olive oil
1 medium onion, finely chopped
2 Tbsp curry powder
1 lb sweet potatoes (washed but unpeeled), cut into 1-inch chunks
1 head (2 ½ lbs) cauliflower, stemmed and separated into florets
1 cup brown lentils, picked over, well rinsed, and drained
2 cans (14.5 oz) reduced-sodium diced tomatoes with juice
Salt and black pepper
Plain low-fat yogurt, for serving

Steps:

- In a nonstick Dutch oven (or good 5-quart pot with a tight-fitting lid), heat oil over medium heat. Add onion and cook, stirring frequently until softened, about 7 minutes.
- Add curry powder. Cook, stirring constantly, 1 minute. Stir in sweet potatoes, cauliflower, lentils, tomatoes and their juice, and 1 ½ cups water. Season lightly with salt and pepper.
- Bring mixture to a boil. Reduce heat to a simmer. Cover and cook until lentils and sweet potatoes are tender, 20-30 minutes. Serve immediately, with dollops of yogurt on individual servings.

Tips: Chopped fresh cilantro also makes a pretty garnish for this dish. For a fun twist, try eating this curry in the traditional way without utensils, eating with your hands using whole wheat na'an or flatbread as your spoon.

Nutritional Facts (per serving): Calories: 237, Carbohydrates: 45 grams, Protein: 11 grams, Total Fat: 3 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 92 mg, Fiber: 10 grams, Total Sugars: 10 grams.

Moroccan Lentil Quinoa Soup

Recipe Source: *Feasting at Home*

Servings: 5

Ingredients:

| | |
|---|--|
| 2 tablespoons olive oil | 2 teaspoons cumin |
| One onion, diced | 1 teaspoon chili powder |
| 5-6 garlic cloves, roughly chopped | 1 teaspoon coriander |
| 3 parsnips, diced (2 cups) | 1 teaspoon cinnamon |
| 1 red bell pepper, diced | 1 teaspoon dried thyme (or add a few bay leaves) |
| 1 poblano pepper, diced | ½ teaspoon turmeric |
| One 14-ounce can diced tomatoes | 1 teaspoon maple syrup (or honey) |
| 4 cups vegetable broth (or chicken broth) | ¾ cup red lentils (split lentils) |
| 1 teaspoon fresh lime juice | ¼ cup quinoa |
| 1.5 teaspoon salt | Garnish: fresh cilantro, parsley, scallions, mint or avocado |

Steps:

- Heat the oil in a large pot over medium-high heat. Add the onion and garlic and saute for 3-4 minutes, stirring until fragrant. Lower heat to medium, add the parsnips, bell pepper and poblano and stir for 3-4 minutes. Add the diced tomatoes and vegetable broth. Stir in salt, cumin, chili powder, coriander, cinnamon, turmeric, thyme, and maple syrup.
- Stir in the red lentils and quinoa. Give a good stir.
- Bring to a boil, cover and lower heat so it is gently simmering. Simmer until lentils are tender, about 10-12 minutes.
- Taste and adjust salt if needed. Add the fresh lime juice. Add optional garnish.

Nutritional Facts: (per serving excluding garnish) Calories: 265, Carbohydrates: 42 grams, Protein: 11 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 759 mg, Fiber: 9 grams, Sugar 9 grams.

Pork Pozole

Recipe Source: www.cookinglight.com

Serves 4

Ingredients:

1 tsp olive oil
8 oz boneless pork shoulder, trimmed and cut into 1/2-inch pieces
1 cup chopped onion
4 garlic cloves, minced
1 1/2 tsp ground cumin
1/2 tsp ground red pepper (cayenne pepper)
2 1/2 cups low-sodium chicken or vegetable broth
1/2 cup salsa verde
1 (28 oz) can hominy, rinsed and drained
1/4 cup chopped fresh cilantro leaves, for garnish
4 radishes, sliced, for garnish
1 lime, cut into wedges, for garnish

Steps:

- Heat a large heavy-bottomed pot over medium-high heat. Add oil and swirl to coat. Add pork, sauté 5 minutes, turning to brown all sides.
- Remove pork from pan, reserving 1 Tablespoon drippings in pan. Add onion to pan and sauté 4 minutes, stirring occasionally. Add garlic and sauté 1 minute, stirring constantly.
- Return pork to pan and stir in cumin and red pepper. Add broth, salsa, and hominy and bring to a boil. Cover, reduce heat, and simmer 40-50 minutes or until pork is very tender, stirring occasionally.
- Ladle 1 1/4 cups soup into each of 4 bowls. Top each serving with 1 Tablespoon cilantro and 1 sliced radish. Serve with lime wedges.

Tips: You can usually save a little bit of money by buying your pork in the larger piece and then asking your butcher to cube it for you, rather than buying the pork already cut up. You'll also save time by not having to cut it yourself. The garnishes really add to the soup so don't leave them out!

Nutritional Facts (per serving): Calories: 324, Carbohydrates: 35 grams, Protein: 15 grams, Total Fat: 14 grams, Saturated Fat: 4 grams, Cholesterol: 40 mg, Sodium: 1333 mg, Fiber: 7 grams, Total Sugars: 6 grams.

Red Lentil Chicken Soup

Recipe Source: *Chicken and Egg* by Janice Cole

Ingredients:

6 boneless, skinless chicken thighs (about 1 ¼ lbs), cut into 1-inch pieces
2 Tbsp ground cumin
1 tsp ground cinnamon
¾ tsp ground allspice
1 Tbsp olive oil
2 large onions, chopped
2 celery ribs, sliced
4 garlic cloves, minced
6 cups reduced sodium chicken broth
1 (28 oz) can diced tomatoes
1 ¼ cup red lentils (can substitute brown lentils)
1 tsp kosher salt
½ tsp ground black pepper
¼ tsp red pepper flakes
½ cup chopped fresh cilantro

Steps:

- Toss the chicken in a medium bowl with the cumin, cinnamon, and allspice until coated. Add the olive oil to a large pot and heat over medium-high heat. Sauté the chicken for 3-5 minutes or until lightly browned on all sides.
- Add the onions and celery and cook for 3 minutes or until slightly softened.
- Stir in the garlic and cook for 30 seconds, or until fragrant, being careful not to let it burn.
- Pour in the chicken broth and stir in the tomatoes, lentils, salt, pepper, and red pepper flakes. Bring to a boil and reduce the heat, simmering partially covered for 30-45 minutes, stirring occasionally, until the lentils are tender and the soup is slightly thickened. If mixture starts to look a little dry, or for a thinner soup, add more chicken broth or water.
- Stir in the cilantro before serving.

Tips: You can leave out the chicken for a vegetarian dish. Just skip step 1 and add the spices to the vegetable mixture when you sauté them in the oil in step 2. Sliced carrots along with the celery and onion were a great addition, as were canned chickpeas (rinsed and drained) added with the lentils.

Nutritional Facts (per serving): Calories: 394, Carbohydrates: 33 grams, Protein: 43 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 140 mg, Sodium: 1478 mg, Fiber: 8 grams, Total Sugars: 5 grams.

Roasted Cauliflower and White Cheddar Soup

Recipe Source: www.melskitchencafe.com

Serves 4-6

Ingredients:

1 head cauliflower
4 whole cloves garlic
2 Tbsp olive oil
½ cup diced yellow onion
½ tsp dried thyme
½ tsp dried rosemary
4 cups low-sodium chicken broth
½ cup low-fat milk
6 oz sharp white cheddar cheese, shredded (about 1 ½ cups)
Salt and pepper to taste
Fresh parsley for garnish

Steps:

- Preheat oven to 400°. Wash and trim the cauliflower into bite-size pieces. Toss with the cloves of garlic and one tablespoon of olive oil. Scrape the mixture onto a rimmed baking sheet and roast for 20-25 minutes until the cauliflower is crisp-tender and golden in spots.
- Remove the garlic cloves, let them cool slightly, and finely chop.
- In a large saucepan, heat the remaining tablespoon of olive oil and add the onion, cooking until the onion is translucent, 4-5 minutes, stirring often. Add the chopped garlic, thyme, and rosemary. Cook for another minute.
- Stir in the cauliflower and broth. Bring to a simmer, cover and cook for 15 minutes.
- Carefully ladle the soup in batches in a blender and puree until smooth. (Or use an immersion blender.) Stir the pureed soup back in the pot. Add the milk and cheese.
- Stir and cook on low heat until the cheese is melted. Add salt and pepper to taste, if needed.
- Ladle the soup into bowls and sprinkle with fresh parsley.

Tips: Delicious served with a green salad and whole wheat rolls or bread.

Nutritional Facts (per serving): Calories: 220, Carbohydrates: 6 grams, Protein: 11 grams, Total Fat: 18 grams, Saturated Fat: 8 grams, Cholesterol: 38 mg, Sodium: 986 mg, Fiber: 1 gram, Total Sugars: 3 grams.

Savory Pork and Kale Stew

Recipe Source: www.acefitness.org

Serves 6-8

Ingredients:

1 Tbsp olive oil
2 cloves garlic, minced
1 medium yellow onion, chopped
8 oz boneless pork loin, cubed
4 cups low-sodium chicken broth
4 cups water
2 cups chopped kale
3 medium carrots, peeled and chopped
3 medium stalks celery, chopped
1 large russet potato, cubed (unpeeled)
1 small granny smith apple, cored and cubed
1 tsp dried sage
Salt and pepper to taste

Steps:

- Heat oil, garlic, and onions in a medium saucepan and sauté for about 5 minutes.
- Stir in pork and cook until lightly browned. Add remaining ingredients and bring to a boil.
- Reduce heat and simmer 1 hour.

Tips: You can easily make a larger batch of this stew and freeze a portion of it for later.

Nutritional Facts (per serving): Calories: 127, Carbohydrates: 15 grams, Protein: 10 grams, Total Fat: 3 grams, Saturated Fat: 1 gram, Cholesterol: 21 mg, Sodium: 588 mg, Fiber: 3 grams, Total Sugars: 5 grams.

Simple Creamy Chicken and Wild Rice Soup

Recipe Source: www.melskitchencafe.com

Serves 8

Ingredients:

1 Tbsp canola oil
1 Tbsp butter
½ to ¾ cup finely chopped onion
1 cup finely chopped carrots (about 3-4 medium carrots)
1 cup finely chopped celery (about 3 stalks)
1/3 cup all-purpose flour
6 cups low-sodium chicken broth
1 tsp salt
¼ tsp pepper
3 cups cooked wild rice or wild rice blend (unseasoned)
2 cups cooked, cubed chicken
1 cup 2% milk
Chopped chives for garnish (optional)

Steps:

- In a large pot, melt the butter with the oil and add the onion, carrots, and celery. Cook, stirring often, until the vegetables are mostly tender, 5-7 minutes.
- Add the flour and stir to combine, cooking another minute or so. Gradually add the chicken broth, stirring constantly to avoid lumps. Stir in the salt, pepper, and cooked rice.
- Bring the soup to a gentle simmer and cook 2-3 minutes, stirring often to make sure it's not sticking to the bottom.
- Add the chicken. Stir in the milk and simmer 3-4 more minutes until heated through (do not boil or simmer).
- Serve, garnishing with fresh chives (optional).

Tips: A shredded rotisserie chicken works great here, or it's a perfect use for using leftover cooked chicken you have on hand.

Nutritional Facts (per serving): Calories: 210, Carbohydrates: 24 grams, Protein: 16 grams, Total Fat: 6 grams, Saturated Fat: 2 grams, Cholesterol: 36 mg, Sodium: 1067 mg, Fiber: 2 grams, Total Sugars: 4 grams.

Spicy (or Not) Chicken and Sweet Potato Soup

Recipe Source: www.melskitchencafe.com

Serves 6-8

Ingredients:

1 Tbsp olive oil
1 red onion, finely diced
1 red bell pepper, diced
3 ribs celery, diced
6 cloves garlic, minced
7-8 cups low-sodium chicken broth
1 ½ lbs chicken, cut into ½-inch pieces (or 3-4 cups shredded, cooked chicken)
2 sweet potatoes, peeled and diced into 1-inch pieces
1 (14 oz) can diced tomatoes in juice
¼ tsp red pepper flakes
1 tsp dried marjoram
½ tsp dried basil
3 bay leaves
1 tsp salt
½ tsp pepper

Steps:

- In a large pot, heat oil over medium heat and add onions. Cook, stirring often, about 5-6 minutes, until softened. Add bell pepper, celery, and garlic. Cook 5-6 more minutes, stirring occasionally, until the vegetables are tender.
- Add remaining ingredients (except chicken if you are using pre-cooked). Stir well and bring to a low boil. Reduce heat, and simmer uncovered about 40-45 minutes until the potatoes are tender and the chicken is cooked through. If using cooked chicken, stir it in at this point and let it heat through.
- Discard bay leaves and serve.

Tips: The author said that ¼ teaspoon of red pepper flakes was not too much heat for her family of small children. So if you like things a little spicier, use an additional ¼ teaspoon.

Nutritional Facts (per serving): Calories: 205, Carbohydrates: 14 grams, Protein: 25 grams, Total Fat: 5 grams, Saturated Fat: 1 gram, Cholesterol: 71 mg, Sodium: 1468 mg, Fiber: 3 grams, Total Sugars: 5 grams.

Sweet Potato Peanut Bisque

Recipe Source: www.eatingwell.com

Serves 5

Ingredients:

2 large sweet potatoes (10-12 oz each)
1 Tbsp canola oil
1 small yellow onion, chopped
1 large clove garlic, minced
2 (14.5 oz) cans diced tomatoes with green chilies
2 tsp minced fresh ginger
1 tsp ground allspice
1 (15 oz) can low sodium vegetable broth
½ cup natural peanut butter (no added oils or sweeteners)
Freshly ground black pepper, to taste
Chopped fresh cilantro leaves for garnish

Steps:

- Scrub sweet potatoes and prick with a fork in several places. Microwave on high until just cooked, 7-10 minutes. Set aside to cool.
- Meanwhile, heat oil in a large saucepan over medium-high heat. Add onion and cook, stirring until it just begins to brown. Add garlic and cook, stirring, for 1 minute more.
- Stir in tomatoes, ginger, and allspice. Adjust the heat to bring the mixture to a gentle boil and cook for 10 minutes.
- Meanwhile, chop the sweet potatoes (unpeeled) into bite-size pieces. Add half to the pot. Place the other half in a blender or food processor along with broth and peanut butter. Puree until completely smooth.
- Add the puree to the pot and stir well to combine. Thin the bisque with a little warm water, if desired, and season to taste with black pepper. Heat until warmed through. Garnish with cilantro, if desired.

Tips: The flavors of West African peanut stew are the inspiration for this stew, with the addition of spicy green chilies. If you like even more spice, try using one can of tomatoes with diced jalapenos and one can with the green chilies. This is delicious with a green salad on the side and toasted whole wheat pita triangles for dipping.

Nutritional Facts (per serving): Calories: 261, Carbohydrates: 25 grams, Protein: 7 grams, Total Fat: 16 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 395 mg, Fiber: 5 grams, Total Sugars: 10 grams.

Turkey and Bean Chili

Recipe Source: www.marthastewart.com

Serves 8-10

Ingredients:

2 slices bacon, cut into half-inch pieces
2 lbs ground turkey
4 cups chopped onions
¼ cup minced garlic cloves
2 medium fresh jalapeno peppers, minced (ribs and seeds removed for less heat, if desired)
3 Tbsp chili powder
3 Tbsp unsweetened cocoa powder
4 tsp ground cumin
2 (28 oz) cans no-salt-added whole tomatoes in puree, unsalted
2 Tbsp unsulfured molasses
1 tsp salt
3 (14.5 oz) cans low-sodium pinto beans, drained and rinsed
Fresh cilantro leaves, for garnish

Steps:

- Heat a large heavy-bottomed pot over medium heat. Add bacon. Cook until crisp and brown, 6-8 minutes, stirring occasionally to prevent burning.
- Raise heat to high and add turkey. Cook, stirring, and breaking up meat with a spoon until cooked, 6-8 minutes. Drain in colander or on paper towels. Wipe out pot and return meat mixture to pot.
- Add onion, garlic, and jalapenos. Cook until soft, stirring often, about 5 minutes. Stir in chili powder, cocoa powder, and cumin. Cook, stirring, until fragrant, about 1 minute.
- Break up tomatoes with a spoon or your hands and stir them in, along with the puree. Add molasses, 1 cup water, and 1 tsp salt. Bring to a boil. Reduce heat to a simmer and cook, partially covered, about 30 minutes.
- Add beans, continue cooking, uncovered, until meat and beans are very tender and chili is thick, about 30 more minutes. Serve with cilantro garnish.

Tips: Feel free to use black beans or a combination of black and pinto beans if you like. Diced red or green sweet pepper would be delicious added and sautéed with the onion mixture.

Nutritional Facts (per serving): Calories: 361, Carbohydrates: 40 grams, Protein: 30 grams, Total Fat: 10 grams, Saturated Fat: 3 grams, Cholesterol: 72 mg, Sodium: 1012 mg, Fiber: 11 grams, Total Sugars: 10 grams.

Tuscan Spinach, Bean & Sausage Soup

Recipe Source: www.eatingwell.com

Serves 2

Ingredients:

- 1 link hot Italian style turkey or chicken sausage
- 1 (19 oz) can reduced-sodium cannellini beans, rinsed and drained
- 1 cup reduced-sodium chicken broth
- 1 (14.5 oz) can reduced-sodium diced tomatoes
- 1 (10 oz) package frozen cut-leaf spinach, or 10 oz fresh spinach, chopped
- 1 clove garlic, minced
- ¼ tsp marjoram
- 1 Tbsp red wine vinegar, or to taste
- Salt and freshly ground black pepper, to taste
- 2 Tbsp freshly grated parmesan cheese

Steps:

- Bring sausage and ¼ inch water to a simmer in a small skillet over medium heat. Cook, uncovered, until water evaporates, 5-10 minutes. Continue to cook until sausage is browned on all sides, about 4 minutes more.
- Transfer to a cutting board. When cool enough to handle, slice sausage into ½-inch pieces.
- Combine the sausage, beans, broth, tomatoes, spinach, garlic, and marjoram in a medium saucepan. Cover and cook over medium heat for 10 minutes until heated through.
- Add vinegar and salt and pepper to taste. Just before serving, stir in parmesan cheese or ladle soup into individual bowls and sprinkle cheese on top of each serving.

Tips: Bulk sausage, cooked and crumbled, works as well if you don't prefer links. Use about 8 ounces. Cannellini beans can be replaced with kidney or garbanzo beans for variety, or try a different green such as kale in place of the spinach. The acidity from the vinegar adds a pop of flavor at the end, but you can omit it if desired.

Nutritional Facts: Calories: 387, Carbohydrates: 56 grams, Protein: 29 grams, Total Fat: 7 grams, Saturated Fat: 1 gram, Cholesterol: 30 mg, Sodium: 1026 mg, Fiber: 17 grams, Total Sugars: 8 grams.



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Baked Cauliflower Mac and Cheese

Recipe Source: MyFitnessPal

Servings: 4 (about 2 cups)

Ingredients:

Sauce

1 small head cauliflower, separated into small florets
1 medium yellow onion, chopped
3 cloves garlic, peeled
1 cup white cheddar cheese, shredded
¼ **cup** Parmesan cheese, finely grated
Salt to taste

For the Filling

1 medium head cauliflower, separated into small florets
2 tablespoons olive oil
2 cups whole-wheat pasta, such as fusilli or rigatoni
Salt and pepper to taste

For the Topping

½ **cup** panko breadcrumbs
2 tablespoons Parmesan cheese, finely grated
1 tablespoon olive oil
½ **tablespoon** fresh thyme leaves
½ **teaspoon** lemon zest, freshly grated
Salt and pepper to taste

Steps:

- **For the Sauce:** In a large pot, combine the cauliflower, onion and garlic. Cover with water and season with a generous pinch of salt. Bring to a boil, then reduce the heat to low and simmer about 15 minutes. Drain the cauliflower, onion and garlic, reserving the cooking liquid. Scrape vegetables into a blender. Puree until smooth, gradually adding the cooking liquid until you have reached desired consistency. Add both cheeses and salt. Puree.
- **For the Filling:** Preheat oven to 450 degrees. On a large baking sheet, toss the cauliflower florets with olive oil. Season with salt and pepper. Bake the cauliflower, tossing once about 20 minutes. Grease 8 or 9- inch square baking dish. Cook pasta in a large pot of boiling water, just shy of al dente. Drain well and return to pot. Add the roasted cauliflower and 2 cups of sauce. Season with salt and pepper to taste. Scrape into baking dish and spoon remaining sauce on top.
- **For the Topping:** In a small bowl, combine all topping ingredients. Scatter breadcrumbs over the mac and cheese and put baking dish in oven. Bake at 400 degrees until mac and cheese is heated through and top is golden brown, about 10 minutes.

Nutritional Facts: Calories: 464, Carbohydrates: 48 grams, Protein: 19 grams, Total Fat: 23 grams, Saturated Fat: 8 grams, Cholesterol: 38 mg, Sodium: 686 mg, Fiber: 7 grams Sugar: 5 grams.

Butternut Squash with Sage

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

- 1 Tbsp olive oil
- 2 lbs butternut squash, peeled, seeded, and cut into $\frac{3}{4}$ -inch chunks
- Salt and black pepper
- 1 Tbsp chopped fresh sage (or $\frac{1}{2}$ tsp dried)

Steps:

- Heat oil in a 12-inch skillet over medium heat. Add butternut squash. Season with salt and pepper. Cook, tossing frequently until squash is lightly browned, 5-6 minutes.
- Add $\frac{1}{4}$ cup water and reduce heat to a simmer. Cover and cook until squash is fork-tender, 8-10 minutes.
- Toss with sage and serve.

Tips: To peel a butternut squash, cut off the top and bottom ends, then hold squash in one hand while using a good vegetable peeler to take off the outer layer in long strips. Cut the neck off the squash, then cut the round part in half to scrape out seeds. Cut pieces into specified size cubes. It can also work to cook the squash in the microwave in a baking dish for 3-4 minutes after you have sliced off the top and bottom ends. Let the squash cool before peeling and seeding. If you use this method, you may not need to cook the squash as long once you have added the water in the recipe.

Nutritional Facts (Per Serving): Calories: 132, Carbohydrates: 27 grams, Protein: 2 grams, Total Fat: 4 grams, Saturated Fat: .5 grams, Cholesterol: 0 mg, Sodium: 9 mg, Fiber: 5 grams, Total Sugars: 5 grams.

Buttery Mashed Cauliflower

Recipe Source: Café Delites

Servings: 8

Ingredients:

1 large head cauliflower cut into florets (about 3 pounds)

3 tablespoons unsalted butter

3 tablespoons sour cream

6 cloves garlic divided

¼ cup parmesan cheese

Salt and pepper to taste

Steps:

- Place cauliflower in a steamer over a large pot of boiling water. Steam for 15 minutes until tender. Alternatively, boil cauliflower in salted water for 10 minutes or until fork tender. Remove and drain. Cover with a lid and set aside.
- In the same pot, heat the butter over medium high heat. Saute garlic until fragrant (about 1 minute).
- Blend cauliflower and garlic in a food processor on high setting until smooth. You may need to do this in batches of two or three, depending on the size of your processor.
- Transfer blended cauliflower into the pot with the garlic. Stir in the parmesan cheese, sour cream and season with salt and pepper.

Nutritional Facts: (per serving) Calories: 59, Carbohydrates: 2 grams, Protein: 1 grams, Total Fat: 5 grams, Saturated Fat: 3 grams, Cholesterol: 13 mg, Sodium: 61 mg.

Cauliflower Tots

Recipe Source: www.skinnytaste.com

Makes 32-34 tots; Serves 4

Ingredients:

2 cups cooked cauliflower florets, finely chopped
1 large egg
1 large egg white
½ cup onion, minced
3 TBSP minced fresh parsley
½ cup reduced fat sharp cheddar cheese, grated
½ cup seasoned breadcrumbs
Pepper to taste
Cooking spray

Steps:

- Preheat oven to 400° F. Spray a nonstick cookie sheet with cooking spray.
- To cook the cauliflower florets, steam a little over 2 cups raw cauliflower florets in a little water-covered for 4-5 minutes or until tender but not mushy. Drain well and dry on paper towel. Then, using a knife finely chop. Set aside.
- In a medium bowl, combine all of the ingredients and season with salt and pepper to taste.
- Spoon 1 TBSP of mixture in your hands and roll into small ovals. Place on the cookie sheet and bake for 16-18 minutes, turning halfway through cooking until golden.

Tips: Parmesan cheese (or another cheese) can be substituted for the cheddar if desired.

Nutritional Facts (Per Serving): Calories: 142, Carbohydrates: 9 grams, Protein: 9 grams, Total Fat: 8 grams, Saturated Fat: 4 grams, Cholesterol: 107 mg, Sodium: 191 mg, Fiber: 2 grams, Total Sugars: 2 grams.

Corn and Zucchini Medley

Recipe Source: www.allrecipes.com

Serves 4

Ingredients:

2 slices bacon
3 cups cubed zucchini (about 3 medium zucchini)
1 cup fresh corn kernels
1 small red onion, chopped
¼ tsp pepper
¼ cup finely shredded Monterey Jack cheese

Steps:

- Place bacon in a large deep skillet. Cook over medium-high heat until evenly browned. Remove bacon from pan and put on paper towels to drain. Crumble bacon and set aside.
- Wipe out the skillet and add the zucchini, corn, and onion. Sauté over medium heat until crisp tender, about 10-13 minutes. Season with pepper.
- Spoon vegetables into serving dish and sprinkle with cheese and crumbled bacon.

Tips: Diced red bell pepper sautéed with the other vegetables adds pretty color. Freshly grated parmesan cheese can be substituted for the Monterey Jack.

Nutritional Facts (Per Serving): Calories: 106, Carbohydrates: 11 grams, Protein: 6 grams, Total Fat: 5 grams, Saturated Fat: 2 grams, Cholesterol: 12 mg, Sodium: 152 mg, Fiber: 2 grams, Total Sugars: 5 grams.

Dijon Roasted Cauliflower

Recipe Source: *allrecipes.com*

Servings: 2

Ingredients:

2 Tbsp Dijon mustard
2 Tbsp canola or olive oil
1 shallot or ¼ cup red onion, minced
2 cloves garlic, minced
1 large head cauliflower, cut into florets
Salt and black pepper, to taste

Steps:

- Preheat oven to 450 degrees.
- Add mustard to a large mixing bowl. In a steady stream, slowly pour in the oil while continuously whisking to form a smooth sauce.
- Stir in the shallot (or onion) and garlic. Add cauliflower and stir to coat.
- Pour coated cauliflower onto a baking sheet, in an even layer, scraping out any shallot or garlic stuck to the bowl.
- Roast 15-20 minutes, or until fork tender, stirring 1-2 times.

Tips: After cooking, sprinkle with chopped fresh herbs, such as dill or flat-leaf parsley for a pretty garnish.

Nutritional Facts (Per Serving): Calories: 187, Carbohydrates: 11 grams, Protein: 4 grams, Total Fat: 14 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 410 mg, Fiber: 4 grams, Total Sugars: 4 grams.

Green Beans Amandine

Recipe Source: Mollie Katzen, www.molliekatzen.com

Servings: 4

Ingredients:

1 ½ lbs fresh green beans
1 Tbsp olive oil
2 tsp unsalted butter
¾ cup chopped almonds
1 tsp minced or crushed garlic
¼ tsp salt

Steps:

- Put up a large saucepan of water to boil.
- In the meantime, heat a large deep skillet over medium heat for one minute. After about a minute, add the olive oil and melt in the butter and swirl to coat the pan. Turn the heat down to low, add the almonds, and cook, stirring frequently, about 5-8 minutes until the almonds start to smell toasty. During the last couple of minutes, stir in the garlic, being careful not to let it burn. Set aside.
- Meanwhile, when the water boils, turn the heat to low and add the green beans. Simmer 3-5 minutes or until the beans turn bright green and shiny and are beginning to become tender. Remove from heat and drain the green beans in a colander.
- Return the pan of almonds to the stove over medium-low heat. Add the green beans, turning them with tongs until they become completely coated (or at least well mingled) with the almonds. Sprinkle in the salt and toss gently to combine.
- Serve hot, warm, or room temperature.

Tips: A little lemon zest added with the salt is delicious!

Nutritional Facts (Per Serving): Calories: 203, Carbohydrates: 16 grams, Protein: 7 grams, Total Fat: 15 grams, Saturated Fat: 3 grams, Cholesterol: 5 mg, Sodium: 156 mg, Fiber: 7 grams, Total Sugars: 6 grams.

Green Salad with Strawberries

Recipe Source: Adapted from www.rachaelray.com

Serves: 4

Ingredients:

1 head romaine, green or red leaf lettuce, or a combination, chopped
1 green apple, diced
1 avocado, diced
2 green onions
1 Tbsp chopped fresh mint (optional)
¼ cup crumbled feta cheese
1 lb fresh strawberries, divided
1 Tbsp balsamic vinegar
1 Tbsp olive oil
Salt and black pepper

Steps:

- In a large mixing bowl, combine lettuce, apple, avocado, green onions, mint, and feta (if using). Set aside.
- Remove 3 large strawberries from the rest of the pound. Set aside.
- Hull and slice remaining strawberries and add to the salad. Toss to combine.
- In a small bowl or liquid measuring cup, mash the 3 strawberries with a fork. Some chunks are okay. Add vinegar, and drizzle olive oil in a steady stream into the mixture, whisking constantly to emulsify dressing. Add a dash of salt and black pepper.
- If serving immediately, drizzle dressing over salad and toss to combine. Transfer to a serving bowl. If serving later, cover salad, and store in the refrigerator. Add dressing only when ready to serve.

Tips: You can also combine lettuce and spinach for variety. Play around with the fruits and vegetable in this salad. Shredded carrots, fresh shelled peas, shredded purple cabbage, sliced grapes, or cucumber are a few suggestions. Instead of the avocado, you could add slivered almonds or chopped walnuts for healthy fat.

Nutritional Facts (Per Serving): Calories: 115, Carbohydrates: 24 grams, Protein: 4 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 8 mg, Sodium: 98 mg, Fiber: 8 grams, Total Sugars: 14 grams.

Lemon Green Beans

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

1 lemon
1 lb trimmed green beans
1 Tbsp olive oil
Salt

Steps:

- Grate the zest of $\frac{1}{2}$ lemon, and squeeze 1 $\frac{1}{2}$ Tablespoon lemon juice.
- In a saucepan or boiling water, cook beans until tender, about 10 minutes. Drain, and return to pan off the heat. Toss with olive oil, $\frac{1}{2}$ tsp salt, and lemon juice.
- Serve sprinkled with lemon zest.

Tips: This is a simple recipe but don't be fooled! The lemon adds a zing to the green beans, making this a perfect dish for any weeknight dinner or a fancier feast.

Nutritional Facts (Per Serving): Calories: 66, Carbohydrates: 8 grams, Protein: 2 grams, Total Fat: 4 grams, Saturated Fat: 0.5 grams, Cholesterol: 0 mg, Sodium: 7mg, Fiber: 3 grams, Total Sugars: 4 grams.

Orange-Glazed Carrots

Recipe Source: www.allrecipes.com

Serves: 4

Ingredients:

1 lb baby carrots
¼ cup orange juice
1 ½ Tbsp brown sugar
1 Tbsp unsalted butter
Dash salt

Steps:

- Place carrots in a shallow saucepan and cover with water. Boil until crisp-tender, about 10 minutes. Drain well in a colander.
- Add carrots back to the saucepan on the stove. Over medium heat, stir carrots until excess liquid has evaporated, about 1 minute. Pour in the orange juice and mix well. Simmer carrots about 5 minutes, stirring occasionally.
- Stir in brown sugar, butter, and salt. Mix well and heat until butter and sugar are melted and coating the carrots.

Tips: Can be made with honey instead of brown sugar.

Nutritional Facts (Per Serving): Calories: 92, Carbohydrates: 16 grams, Protein: 0.75 grams, Total Fat: 3 grams, Saturated Fat: 2 grams, Cholesterol: 8 mg, Sodium: 149 mg, Fiber: 3 grams, Total Sugars: 12 grams.

Parsnips and Turnips au Gratin

Recipe Source: Taste of Home

One Serving: ¾ cup

Ingredients:

1.5 pounds parsnips, peeled and sliced

1.25 pounds turnips, peeled and sliced

1 can (10-3/4 ounces) reduced-fat reduced sodium condensed cream of celery soup

1 cup fat-free milk

½ teaspoon pepper

1 cup shredded sharp cheddar cheese

½ cup panko bread crumbs

1 tablespoon butter, melted

Steps:

- Pre-heat oven at 400 degrees. Place parsnips and turnips in a large saucepan; cover with water. Bring to a boil. Reduce heat; simmer, uncovered, for 5-7 minutes or until crisp-tender.
- Meanwhile, in a small saucepan, combine the soup, milk and pepper. Bring to a boil; reduce heat to low. Stir in cheese until melted. Drain vegetables; transfer to an 11x7-inch baking dish coated with cooking spray. Pour sauce over vegetables.
- Combine bread crumbs and butter; sprinkle over the top. Bake, uncovered for 15-20 minutes or until vegetables are tender and crumbs are golden brown.
- **Freeze option:** Cool unbaked casserole; cover and freeze. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 375 degrees. Bake casserole as directed, increasing time as necessary to heat through and for a thermometer inserted in center to read 165 degrees.

Tips: Thinly slice the parsnips and turnips

Nutritional Facts: (per serving) Calories: 189, Carbohydrates: 27 grams, Protein: 7 grams, Total Fat: 7 grams, Saturated Fat: 4 grams, Cholesterol: 21 mg, Sodium: 309 mg, Fiber: 4 grams, Total Sugars: 9 grams.

Potato-Cauliflower Mashed Potatoes

Recipe Source: superhealthykids.com

Makes 4 Servings

Ingredients:

- 2 medium russet potatoes
- 1 medium cauliflower
- 4 garlic cloves (optional)
- ½ cup non-fat sour cream
- 4 cup chicken broth, low sodium
- ¼ cup Greek yogurt, plain
- ½ teaspoon salt
- 1/8 teaspoon black pepper, ground
- 1 tbsp fresh herbs of choice: Parsley, thyme, chives

Steps:

- Peel and cut potatoes into 1 - inch cubes and cauliflower into florets.
- Add to a large pot along with the broth and garlic, bring to a boil.
- Reduce heat to a simmer and continue cooking until potatoes and cauliflower are fork-tender; drain
- Using your tool of choice, mash together until well blended and creamy
- Add the sour cream, yogurt, salt and pepper. Mix well

Tips: Only use cauliflower florets, not the stalks. Add more chicken broth or water to pot if needed to cover potatoes and cauliflower for boiling. For more fiber and nutrients try keeping the skins on the potatoes.

Nutritional Facts (per serving): Calories: 177, Carbohydrates: 30 grams, Protein: 10 grams, Total Fat: 3 grams, Saturated Fat: 2 grams, Cholesterol: 8 mg, Sodium: 432 mg, Fiber: 3 grams, Total Sugars: 2 grams.

Roasted Cabbage Wedges

Recipe Source: www.marthastewart.com

Servings: 4

Ingredients:

1 Tbsp extra-virgin olive oil
1 medium head green cabbage, cut into 1-inch thick rounds (leave core in)
Coarse salt and ground black pepper
1 tsp caraway or fennel seeds

Steps:

- Preheat oven to 400°. Spray a rimmed baking sheet lightly with cooking spray. Place cabbage rounds in a single layer on sheet and brush with the olive oil. Season with salt and pepper, and sprinkle with caraway or fennel seeds.
- Roast until cabbage is tender and edges are golden, 40-45 minutes.

Tips: Dried oregano can be used instead of fennel or caraway seeds, or another favorite herb. If you prefer cabbage more crisp-tender, check after about 25-30 minute.

Nutritional Facts (Per Serving): Calories: 88, Carbohydrates: 13 grams, Protein: 3 grams, Total Fat: 4 grams, Saturated Fat: 0.5 grams, Cholesterol: 0 mg, Sodium: 187 mg, Fiber: 6 grams, Sugars: 0 grams.

Roasted Parsnips with Rosemary

Recipe Source: www.marthastewart.com

Serves: 3

Ingredients:

1 ½ lbs parsnips, peeled and cut into ½ by 2-inch pieces
1 Tbsp olive oil
2 tsp chopped fresh rosemary
Salt and pepper

Steps:

- Preheat oven to 450°. Line a baking sheet with aluminum foil for easy clean-up.
- On baking sheet, toss parsnips with oil and rosemary, then season with salt and pepper.
- Roast until golden and tender, about 20 minutes, stirring halfway through.

Tips: If desired, add an onion (cut into chunky wedges) to the parsnips before tossing with other ingredients. The sweetness of the roasted onion will complement the spicy note of the parsnips.

Nutritional Facts (Per Serving): Calories: 210, Carbohydrates: 41 grams, Protein: 3 grams, Total Fat: 5 grams, Saturated Fat: 0.5 grams, Cholesterol: 0 mg, Sodium: 23 mg, Fiber: 11 grams, Sugars: 11 grams.

Roasted Potatoes with Oregano and Lemon

Recipe Source: www.marthastewart.com

Serves 6

Ingredients:

2 lbs fingerling or other small potatoes, scrubbed and patted dry
4 sprigs fresh oregano or 4 tsp dried oregano
1 Tbsp extra-virgin olive oil
Salt and ground black pepper
1 Tbsp fresh lemon juice, or to taste

Steps:

- Preheat oven to 450°F.
- If needed, cut any larger potatoes into halves or quarters so all pieces are equal in size.
- On a rimmed baking sheet, toss potatoes and oregano with olive oil. Season with salt and pepper.
- Arrange in a single layer and roast until potatoes are tender when pierced with a knife, about 30 minutes, tossing halfway through.
- Transfer to a serving bowl and toss with lemon juice.

Tips: Lining the baking sheet with aluminum foil or parchment paper before adding the potatoes makes for easier clean-up. This recipe was tested with about 1 ½ Tablespoons of lemon juice and it seemed to be just the right amount.

Nutritional Facts (Per Serving): Calories:141, Carbohydrates: 28 grams, Protein: 3 grams, Total Fat: 2 grams, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 9 mg, Fiber: 4 grams, Sugars: 1 gram.

Roasted Vegetables

Recipe Source: www.thekitchn.com

Serves 4

Ingredients:

2 lbs any vegetable
1 Tbsp olive oil
1 tsp salt
¼ tsp black pepper

Steps:

- Heat oven to 450°F. Line 1-2 baking sheet pans with foil or parchment paper for easier clean-up. Set aside.
- Wash vegetables, patting dry to remove excess moisture if necessary. The dryer the vegetable the better it will roast.
- Chop your vegetables into uniform sizes. Smaller pieces will cook more quickly, larger pieces will take longer.
- In a large mixing bowl, toss the vegetables with the oil, salt, and pepper until evenly coated. Hands work best for this step.
- Spread vegetables evenly onto baking sheets, in a single layer, leaving space in between to help with browning.
- Roast vegetables until tender and browned in places, stirring at least once halfway through, rotating pans between racks if using more than one pan. Cooking time will vary depending on type and size of vegetable.

Tips: Consider mixing multiple vegetables together – broccoli, cauliflower, and carrots; zucchini, onion, and red pepper; cabbage, carrots, and green beans; mushrooms and asparagus; brussels sprouts and onion. If cooking all together, be sure to chop vegetables that need more cooking time smaller, such as sweet potatoes, and leave the faster-cooking vegetables in larger pieces. Try adding different herbs and seasonings such as lemon zest, oregano, garlic powder, and crushed red pepper. Cold roasted vegetables also make a great addition to green salads with balsamic vinaigrette!

Nutritional Facts (Per Serving): Calories: 69, Carbohydrates: 7 grams, Protein: 3 grams, Total Fat: 4 grams, Saturated Fat: 0.75 grams, Cholesterol: 0 mg, Sodium: 600 mg, Fiber: 2 grams, Sugars: 5 grams.

Roasted Winter Vegetables

Recipe Source: Barefoot Contessa Family Style

Servings: 7

Ingredients:

- 1- pound carrots, peeled
- 1- pound parsnips, peeled
- 1 large sweet potato, peeled
- 1 small butternut squash (about 2 pounds), peeled and seeded
- 3 tablespoons olive oil
- 1.5 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 tablespoon chopped fresh flat-leafed parsley

Steps:

- Preheat oven to 425 degrees.
- Cut the carrots, parsnips, sweet potato and butternut squash in 1-to 1.25- inch cubes. All the vegetables will shrink while baking so try not to cut them too small.
- Place all cut vegetables in a single layer on two baking sheets. Drizzle them with olive oil, salt and pepper. Toss well. Bake for 25-35 minutes, until all the vegetables are tender, turning once with a metal spatula.
- Sprinkle with parsley, season to taste and serve hot.

Nutritional Facts: (per serving) Calories: 210, Carbohydrates: 39 grams, Protein: 3 grams, Total Fat: 6 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 564 mg, Fiber: 8 grams, Sugar: 11 grams

Sautéed Asparagus with Dijon Vinaigrette

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

2 tsp Dijon mustard
2 Tbsp red wine vinegar
4 tsp extra-virgin olive oil, divided
1 lb thin asparagus, trimmed and cut into 2 ½-inch lengths
Salt and freshly ground pepper

Steps:

- Whisk together mustard, vinegar, and 2 tsp oil in a small bowl.
- Heat remaining 2 tsp olive oil in a large skillet over medium heat. Add asparagus and season with salt and pepper. Reduce heat to medium-low. Cook, stirring frequently, until asparagus are just tender, 10-12 minutes. (If the spears begin to brown, reduce heat to low.)
- Transfer asparagus to serving dish. Drizzle with vinaigrette, toss, and serve immediately.

Tips: Add a dash of crushed red pepper flakes to the asparagus while sautéing if you like a little heat.

Nutritional Facts (Per Serving): Calories: 69, Carbohydrates: 5 grams, Protein: 3 grams, Total Fat: 5 grams, Saturated Fat: 0.75 grams, Cholesterol: 0 mg, Sodium: 63 mg, Fiber: 2 grams, Sugars: 2 grams.

Sauteed Cabbage

Recipe Source: Well Plated by Erin

Servings: 4

Ingredients:

1 (2 1/2 lbs.) small head green cabbage

1 tbsp extra virgin olive oil

1 tbsp unsalted butter

1 1/2 tsp kosher salt

1/2 tsp ground black pepper

1/2 tbsp apple cider vinegar

1 tbsp chopped fresh thyme (optional)

Steps:

- Cut the cabbage in half from its top to the down through its core. Place the cut-side down on your cutting board, then slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.
- Heat a large saute pan over medium-high heat. Add olive oil and butter. Once butter is melted, add cabbage, salt and pepper. Saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Don't feel like you need to constantly stir it. Leaving cabbage undisturbed for a minute or two as you go will allow it to develop flavor.
- Remove from the heat and stir in the apple cider vinegar. Taste and add a bit more salt, pepper or vinegar. Sprinkle with thyme. Serve warm.

Nutritional Facts (Per Serving): Calories: 141, Carbohydrates: 17 grams, Protein: 4 grams, Total Fat: 6 grams, Saturated Fat: 2 grams, Cholesterol: 8 mg, Sodium: 940 mg, Fiber: 7 grams, Sugars: 10 grams.

Skinny Garlic Mashed Potatoes

Recipe Source: www.skinnytaste.com

Makes 5 Servings

Ingredients:

2 lbs (4 medium Yukon gold potatoes), peeled and cubed

4 large garlic cloves, peeled and halved

¼ cup light sour cream

½ cup fat free chicken broth (sub vegetable broth for vegetarian)

¼ cup of skim milk

1 tbsp whipped butter

Kosher salt to taste

Dash of ground pepper

1 tbsp fresh herbs of choice: Parsley, thyme, chives

Steps:

- Put potatoes and garlic in large pot with salt and enough water to cover. Bring to a boil.
- Cover and reduce heat. Simmer for 20 minutes or until potatoes are tender.
- Drain and return potatoes and garlic to pan. Add sour cream and remaining ingredients. Using a masher, mash until smooth.
- Season with salt, pepper and fresh herbs to taste

Nutritional Facts (Per Serving): Calories: 178, Carbohydrates: 35 grams, Protein: 4 grams, Total Fat: 4 grams, Saturated Fat: 2 grams, Cholesterol: 11 mg, Sodium: 167 mg, Fiber: 3 grams, Sugars: 2 grams.

Smoked Gouda Macaroni and Cheese

Recipe Source: www.cookinglight.com

Serves 4

Ingredients:

1 (1 oz) slice whole wheat bread
1 Tbsp olive oil
¼ cup thinly sliced green onions
2 garlic cloves, minced
2 Tbsp all-purpose flour
2 cups fat-free milk
½ tsp salt
¼ tsp black pepper
½ cup (2 oz) shredded smoked Gouda cheese
¼ cup (about 1 ½ oz) grated fresh Parmesan cheese
5 cups coarsely chopped fresh spinach
4 cups hot cooked whole grain elbow macaroni, rotini, or penne (about 2 cups uncooked)

Steps:

- Preheat oven to 350°F. Spray a 2-quart baking dish with cooking spray and set aside.
- Place bread in a food processor or blender and pulse 10 times, or until the texture is coarse crumbs.
- Put oil in a large saucepan over medium heat. Add onions and garlic and cook 1 minute. Add flour, stirring constantly for 1 minute more.
- Gradually add milk, salt, and pepper, stirring constantly with a whisk until blended. Bring to a boil and cook until thick, about 2 minutes.
- Add cheeses, stir until melted. Add spinach and macaroni to cheese sauce, stirring until well blended.
- Spoon mixture into prepared baking dish. Sprinkle with breadcrumbs. Bake for 15 minutes or until bubbly.

Nutritional Facts (Per Serving): Calories: 384, Carbohydrates: 55 grams, Protein: 19 grams, Total Fat: 11 grams, Saturated Fat: 4 grams, Cholesterol: 23 mg, Sodium: 635 mg, Fiber: 8 grams, Sugars: 7 grams.

Spicy Broccoli with Garlic

Recipe Source: www.marthastewart.com

Serves: 2

Ingredients:

1½ lbs broccoli

2 Tbsp olive oil

1 clove garlic, minced

¼ tsp salt

Dash crushed red pepper

1½ tsp vinegar

¾ cup water

Steps:

- Peel (if desired) and slice thick stems from broccoli. Separate florets.
- In a skillet, bring water to a simmer over medium-low heat. Add stems and florets. Cook, covered, until bright green, about 4 minutes.
- Stir in olive oil, minced garlic, salt, and crushed red pepper. Cook 4 minutes.
- Turn off heat and stir in vinegar. Serve immediately.

Tips: Vinegar, or any type of acidity, helps flavors to really come alive. You could use a regular white vinegar, red wine vinegar, or balsamic. Try substituting lemon juice if you prefer a citrusy flavor!

Nutritional Facts (Per Serving): Calories: 238, Carbohydrates: 23 grams, Protein: 10 grams, Total Fat: 15 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 404 mg, Fiber: 9 grams, Sugars: 6 grams.

Spicy Corn and Bean Fiesta

Recipe Source: PEHP Healthy Utah Staff

Servings: 10

Ingredients:

1 6-ounce bag frozen corn kernels, thawed at room temperature

1 5-ounce can black beans, drained and rinsed

1 small red pepper, cored and diced

1 small green pepper, cored and diced

1 small red onion, diced

1 bunch cilantro, chopped

1 jalapeno pepper, cored and diced

Juice of 1 lime

2 teaspoons chili powder

2 teaspoons cumin

1 tablespoon sugar

¼ cup cider vinegar

½ cup vegetable or canola oil

1 teaspoon salt

Steps:

Combine all ingredients in a bowl. Toss well. Taste for seasoning. Chill 1 hour before serving. \

Nutritional Facts (Per Serving): Calories: 190, Carbohydrates: 19 grams, Protein: 4 grams, Total Fat: 12 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 383 mg, Fiber: 3 grams, Sugars: 3 grams.

String Beans with Shallots

Recipe Source: Barefoot Contessa Family Style

Servings: 6

Ingredients:

1-pound string beans

2 tablespoons unsalted butter

1 tablespoon olive oil

3 large shallots, large diced

½ teaspoon freshly ground pepper

½ teaspoon of salt

Steps:

- Blanch the string beans in a large pot of boiling water for 3 minutes only. Drain immediately and immerse in a bowl of ice water
- Heat the butter and oil in a very large saute pan (12 inches diameter) or large pot and saute the shallots on medium heat for 5 to 10 minutes, tossing occasionally, until lightly browned. Drain the string beans and add to the shallots with ½ teaspoon of salt and pepper, tossing well. Heat only until the beans are hot.

Nutritional Facts: (per serving) Calories: 107, Carbohydrates: 12 grams, Protein: 3 grams, Total Fat: 6 grams, Saturated Fat: 2 grams, Cholesterol: 10 mg, Sodium: 204 mg, Fiber: 3 grams, Sugar: 6 grams.

Zucchini Cakes

Makes: 6 cakes

Ingredients:

2 cups of shredded zucchini

2 tbsp of olive or avocado oil

½ cup of sliced green onion

2 eggs (or 3 egg whites)

1/3 cup whole grain flour

1 tsp garlic powder

¼ cup of shredded Parmesan cheese

½ cup of shredded or chopped part skim mozzarella cheese

1/8 tsp pepper

Steps:

- Preheat oven at 325 degrees
- Make each cake into a 3 to 4-inch diameter circle (like a pancake)
- Add olive or avocado oil to skillet and put on high
- Pan sear cakes just until brown on both sides
- Lightly spray a sheet pan and put in oven at 325 degrees for 15-20 minutes or until cheese is melted

Tips: Makes a great side for breakfast or dinner

Nutritional Facts (Per Serving): Calories: 182, Carbohydrates: 12 grams, Protein: 9 grams, Total Fat: 5 grams, Saturated Fat: 4 grams, Cholesterol: 13 mg, Sodium: 217 mg, Fiber: 2 grams, Sugars: 2 grams.



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Chipotle Marinara

Recipe Source: www.marthastewart.com

Yield: 3 cups

Serving size: 1 cup

Ingredients:

1 (28 oz) can whole peeled tomatoes
1 tsp chopped chipotle in adobo
1 Tbsp extra-virgin olive oil
2 garlic cloves, minced
¼ tsp coarse salt

Steps:

- In a blender, puree the tomatoes with the chipotle until smooth.
- In a high-sided skillet or saucepan, heat olive oil over medium heat. Add garlic and cook, stirring, until fragrant, about 30-60 seconds.
- Add tomato mixture and bring to a simmer. Cook, stirring occasionally, until thickened, about 15 minutes.
- Season with salt.

Tips: You can store this sauce refrigerated in an airtight container up to 3 days, or freeze for longer storage. This is delicious over whole wheat pasta, roasted vegetables such as peppers, onions, and zucchini, or as a sauce for chicken or pork.

Nutritional Facts (per serving): Calories: 104, Carbohydrates: 12 grams, Protein: 3 grams, Total Fat: 5 grams, Saturated Fat: 0.7 grams, Cholesterol: 0 mg, Sodium: 805 mg, Fiber: 3 grams, Total Sugars: 7 grams.

Creamy Cauliflower Sauce

Recipe Source: pinchofyum.com

Yield: About 5 cups

Serving size: 1 cup

Ingredients:

8 large cloves garlic, minced
2 Tbsp butter (unsalted)
5-6 cups cauliflower florets
6-7 cups vegetable broth or water
1 tsp salt
½ tsp black pepper
½ cup low-fat milk

Steps:

- Sauté the minced garlic with the butter in a large nonstick skillet over low heat. Cook for several minutes or until the garlic is soft and fragrant but not browned (burnt garlic tastes bitter). Remove from heat and set aside.
- Bring the water or broth to a boil in a large pot. Add the cauliflower and cook, covered, 7-10 minutes or until cauliflower is fork tender. Do not drain.
- Use a slotted spoon to transfer the cauliflower pieces to the blender. Add 1 cup of the cooking liquid from the cauliflower, sautéed garlic/butter, salt, pepper, and milk. Blend or puree several minutes until the sauce is very smooth, adding more cooking liquid or milk depending on how thick you want your sauce. You may have to do this in batches depending on the size of your blender.
- Serve hot. If the sauce starts to look dry, add a few drops of water, milk, or olive oil.

Tips: A bit of freshly grated Parmesan cheese adds great flavor! This sauce is delicious on pasta instead of alfredo (especially if you add a dash of ground nutmeg to the sauce), homemade pizza, or even as a substitute for white sauce in casseroles or drizzled on vegetables.

Nutritional Facts (per serving): Calories: 99, Carbohydrates: 11 grams, Protein: 3 grams, Total Fat: 5 grams, Saturated Fat: 3 grams, Cholesterol: 13 mg, Sodium: 1152 g, Fiber: 2 grams, Total Sugars: 6 grams.

Dill Sauce

Makes 4 Servings

Ingredients:

½ cup plain non-fat Greek yogurt

3 tablespoons chopped fresh dill or 2 teaspoons of dried dill

1 ½ teaspoons Dijon mustard

1 tablespoon cooking oil

1 teaspoon wine vinegar

¼ teaspoon of salt

1/8 teaspoon of pepper

Steps:

- In a small bowl, stir together the yogurt, dill, mustard, oil, vinegar, ¼ teaspoon salt and 1/8 teaspoon pepper

Nutritional Facts (per serving): Calories: 51, Carbohydrates: 3 grams, Protein: 2 grams, Total Fat: 4 grams, Saturated Fat: 0.25 grams, Cholesterol: 0 mg, Sodium: 214 mg, Fiber: 0.5 grams, Total Sugars: 2 grams.

Marinara Sauce

Recipe Source: *Giada De Laurentiis, The Food Network*

Servings: 10

Ingredients:

½ cup extra virgin olive oil
2 small onions, finely chopped
2 garlic cloves, finely chopped
2 stalks celery, finely chopped
2 carrots, peeled and finely chopped
½ tsp salt
½ tsp black pepper
2, 32 oz cans crushed tomatoes
2 bay leaves

Steps:

- In a large pot, heat the oil over medium high heat. Add the onions and garlic and sauté until the onions are translucent, about 10 minutes. Add the celery, carrots, and ½ tsp of each salt and pepper. Saute until all the vegetables are soft, about 10 minutes.
- Add the tomatoes and bay leaves and simmer uncovered over low heat until the sauce thickens, about 1 hour.
- Remove and discard the bay leaf.

Tips: Sprinkle with Parmesan or Pecorino Romano Cheese.

Nutritional Facts (per serving): Calories: 154, Carbohydrates: 11 grams, Protein: 2 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 300 mg, Fiber: 3 grams, Total Sugars: 6 grams.

Easy Creamy Pumpkin Sauce

Recipe Source: www.budgetbytes.com

Servings: 2

Ingredients:

2 cloves garlic
2 tsp olive oil, 1 tsp unsalted butter
1 cup pumpkin puree
1 cup low sodium chicken broth
Dash nutmeg
¼ tsp chili powder
Pinch of cayenne pepper
2 TBSP half and half

Steps:

- Mince two cloves of garlic and add them to a large skillet with the butter and olive oil. Sauté over medium-low heat for 1-2 minutes, or just until the garlic is soft and fragrant.
- Add the pumpkin purée and chicken broth to the skillet and stir to combine. Add the nutmeg, chili powder, cayenne pepper, and some freshly cracked black pepper. Stir in the spices and let the sauce simmer over medium-low heat.
- Add the half and half to the skillet and stir it into the pumpkin sauce. Taste the sauce and add salt, if needed.

Tips: You could use this sauce with rice, pasta, over fish, chicken, or roasted vegetables. If you don't have half and half, you could use evaporated skim milk or 2% milk.

Nutritional Facts (per serving): Calories: 123, Carbohydrates: 12 grams, Protein: 2 grams, Total Fat: 8 grams, Saturated Fat: 3 grams, Cholesterol: 11 mg, Sodium: 27 mg, Fiber: 5 grams, Total Sugars: 5 grams.

Homemade Ranch Dip

Recipe Source: www.dinneratthetoo.com

Servings: 5

Ingredients:

1/3 cup dry buttermilk
2 TBSP dried parsley
2 tsp dried dill weed
1 tsp garlic powder
2 tsp dried onion flakes
1 tsp ground black pepper
1 tsp dried chives
1 1/2 tsp kosher salt
1 cup light sour cream

Steps:

- Combine all the dry ingredients in a re-sealable container.
- Stir 3 TBSP of the dry mix into the sour cream. You can serve the dip immediately or refrigerate up to 3 days.
- Refrigerate the remaining dry mix for future use.

Nutritional Facts (per serving): Calories: 113, Carbohydrates: 11 grams, Protein: 3 grams, Total Fat: 11 grams, Saturated Fat: 6 grams, Cholesterol: 18 mg, Sodium: 848 mg, Fiber: 0 grams, Total Sugars: 1 gram.

Hot Spinach and Artichoke Dip

Recipe Source: www.skinnytaste.com

Ingredients:

1 can (13.75 oz) artichoke hearts packed in water, drained
10 oz frozen spinach, thawed and squeezed
¼ cup chopped shallots
1 clove garlic, sliced
½ cup Greek yogurt
½ cup light mayonnaise
¾ cup Parmigiano Reggiano
4 oz shredded part skim mozzarella cheese
Salt and fresh pepper to taste

Steps:

- Preheat oven to 375° F. Spray a 1 ½ quart oven-proof dish with cooking spray.
- In a small food processor, coarsely chop the artichoke hearts with the garlic and shallots.
- Combine remaining ingredients in a medium bowl then stir in artichoke mixture. Place in the prepared dish and bake in preheated oven 20-25 minutes, until hot and cheese is melted. Serve right away.
- Can be made one day in advance and stored in the refrigerator before baking.

Nutritional Facts (per serving): Calories: 114, Carbohydrates: 6 grams, Protein: 6 grams, Total Fat: 8 grams, Saturated Fat: 3 grams, Cholesterol: 17 mg, Sodium: 329 mg, Fiber: 1 gram, Total Sugars: 2 grams.

Lime Peanut Sauce

Recipe Source: Ellie Krieger, The Food Network

Servings: 1

Ingredients:

½ cup natural creamy unsalted peanut butter
¼ cup low sodium soy sauce
¼ cup water
2 TBSP rice vinegar
2 TBSP lime juice
1 scallion, cut into pieces
¾ inch fresh ginger, finely grated
2 TBSP brown sugar
¼ tsp red pepper flakes

Steps:

- Place ingredients in a food processor and blend until smooth. Refrigerate.

Tips: This sauce can be used with pasta, rice, vegetables, chicken fish, etc.

Nutritional Facts (per serving): Calories: 210, Carbohydrates: 6 grams, Protein: 7 grams, Total Fat: 16 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 0 mg, Fiber: 2 grams, Total Sugars: 1 grams.

Red Brie Pasta Sauce

Recipe Source: www.melskitchencafe.com

Serves 6

Ingredients:

28 oz can no-salt-added crushed tomatoes
¼ tsp salt
¼ tsp black pepper
¼ tsp dried oregano
¼ tsp dried basil
¼ tsp red pepper flakes, optional
¼ cup freshly grated Parmesan cheese
4 oz Brie cheese, outer rind removed, cubed

Steps:

- In a medium saucepan, combine the crushed tomatoes, salt, pepper, oregano, basil, and red pepper flakes (if using). Bring the mixture to a simmer and cook 5-6 minutes, stirring often.
- Add the Parmesan and stir well, continuing to simmer for another 1-2 minutes.
- Stir in the Brie, simmering gently and stirring until the cheese melts. Serve immediately.

Tips: While the sauce simmers, you can cook your favorite whole-wheat pasta in boiling water. When the sauce and pasta are done, scoop the pasta with a strainer from the water and add directly to the sauce for the “authentic” way to sauce pasta. If you rinse the pasta, it will remove the starch that actually helps the sauce adhere to the pasta.

Nutritional Facts (per serving): Calories: 121, Carbohydrates: 7 grams, Protein: 7 grams, Total Fat: 6 grams, Saturated Fat: 4 grams, Cholesterol: 22 mg, Sodium: 276 mg, Fiber: 2 grams, Total Sugars: 5 grams.

Spinach and Caper Sauce

Recipe Source: The Homemade Vegan Pantry

Yield: 4 cups (6 servings)

Ingredients:

½ cup raw cashews

½-1 cup warm water

½ cup raw walnuts

4 cloves garlic, peeled

¼ cup capers

1 cup loosely packed fresh cilantro

1 cup loosely packed fresh basil leaves

4-5 big handfuls fresh spinach, washed well and patted dry

Steps:

- Place the cashews and water in a high-powered blender (see tip below) and process until very creamy and smooth. Remove about ½ cup of the cashew cream and set aside.
- To the remaining cashew cream in the blender, add the walnuts, garlic, capers, cilantro, and basil. Pulse briefly to chop.
- Add the spinach a handful at a time and pulse until it is incorporated. If the sauce is very thick, you can add the remaining cashew cream or warm water, just a Tablespoon at a time. It should have a thick but pourable consistency.
- Sauce is best eaten fresh. You can keep leftovers in a covered container in the refrigerator for a day or two. The sauce will change color slightly because of the fresh basil.

Tips: If you don't have a food processor or high quality blender, you will want to soak the cashews in the water overnight before proceeding to the next steps. This is a perfect sauce for putting over hot pasta or spaghetti squash, on homemade pizza crust, drizzled over roasted or grilled vegetables, or as a sauce for grilled chicken and salmon.

Nutritional Facts (per serving): Calories: 130, Carbohydrates: 7 grams, Protein: 4 grams, Total Fat: 11 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 154 mg, Fiber: 2 grams, Total Sugars: 1 gram.



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Artichoke Pasta Salad

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

12 oz whole wheat rotini, small shells, or penne pasta
4 cloves garlic
2 Tbsp lite or olive oil mayonnaise
2 tsp Dijon mustard
1 tsp grated lemon zest
3 Tbsp lemon juice
1 cup marinated artichokes plus ¼ cup marinade
2 Tbsp grated Parmesan
4 cups torn escarole, arugula, or spinach

Steps:

- In a medium pot of boiling water, cook pasta according to package directions for al dente. Reserve ½ cup pasta water, then drain pasta in a colander. Set aside.
- Meanwhile, mince garlic. Sprinkle with ¼ tsp salt and drag the blade of a knife at an angle across mixture until a paste forms. Add garlic paste to a small bowl along with mayonnaise, mustard, lemon zest and juice, and artichoke marinade. Whisk to combine.
- Return the pasta to the pot. Add artichokes and dressing and toss, adding pasta water as needed to create a light sauce that coats pasta. Stir in Parmesan and season with salt and pepper. Refrigerate until chilled, 1 hour (or overnight). To serve, toss with escarole or your green of choice.

Tips: Instead of creating the garlic pasts in step 2, you can leave the garlic finely minced to save time.

Nutritional Facts: Calories: 403, Carbohydrates: 36 grams, Protein: 14 grams, Total Fat: 22 grams, Saturated Fat: 4 grams, Cholesterol: 5 mg, Sodium: 227 mg, Fiber: 6 grams, Total Sugars: 2 grams.

Avocado Egg Salad

Recipe Source: twopeasandthierpod.com

Serves 4

Ingredients:

2 hard-boiled whole eggs plus 2 egg whites, chopped
2 small avocados, pitted and peeled
1 Tbsp plain Greek yogurt
1 Tbsp fresh lemon juice
2 Tbsp chopped green onion
¼ tsp Dijon mustard
Salt and freshly ground black pepper, to taste

Steps:

- In a medium bowl, combine the eggs and egg whites, avocado, yogurt, lemon juice, green onion, and mustard. Mash with a fork.
- Season to taste with salt and pepper.
- Serve immediately (best eaten the day it's made).

Tips: Use whole grain bread, crackers, pita, and/or cut up fresh vegetables for serving. Or serve on top a simple green salad using cucumber, tomato, and your favorite greens. If you like a little kick add a dash of cayenne pepper or hot sauce.

Nutritional Facts (Per Serving): Calories: 211, Carbohydrates: 9 grams, Protein: 7 grams, Total Fat: 17 grams, Saturated Fat: 2 grams, Cholesterol: 93 mg, Sodium: 68 mg, Fiber: 6 grams, Total Sugars: 1 gram.

Buckwheat Noodle Salad

Recipe Source: Bobby Flay, The Food Network

Servings: 4

Ingredients:

6 Tbsp rice vinegar
2 Tbsp peeled and finely grated fresh gingerroot
1 Tbsp honey
2 Tbsp tamari
2 tsp toasted sesame oil
2 tsp chili sauce (such as Sriracha)
¼ cup canola oil
12 oz buckwheat (Soba) noodles, cooked according to package directions, rinsed under cold water and drained
1 carrot, grated
1 red bell pepper, seeded and julienned
¼ cucumber, seeded and diced
3 green onions, thinly sliced
¼ cup chopped fresh cilantro leaves

Steps:

- Whisk together the vinegar, ginger, honey, tamari, sesame oil, and chili sauce in a large bowl until combined. Slowly whisk in the canola oil until the dressing is emulsified.
- Add the cooked noodles, carrot, pepper, cucumber, green onions, and cilantro. Gently mix to combine and serve.

Tips: Using only 2 tablespoons of oil instead of ¼ cup was plenty. You can find buckwheat noodles at an Asian market or some grocery stores. In a pinch, substitute with whole wheat spaghetti noodles. Tamari is a Japanese type of soy sauce but contains little to no wheat, and is less salty. If you don't have tamari you can use low-sodium soy sauce.

Nutritional Facts (Per Serving): Calories: 489, Carbohydrates: 77 grams, Protein: 14 grams, Total Fat: 17 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 1530 mg, Fiber: 1 gram, Total Sugars: 11 grams.

Cherry, Wild Rice & Quinoa Salad

Recipe Source: www.eatingwell.com

Servings: 3

Ingredients:

¾ cup wild rice
½ cup quinoa, rinsed and drained
¼ cup olive oil
¼ cup fruity vinegar, such as raspberry or pomegranate
¾ tsp salt
¼ tsp freshly ground black pepper
2 cups halved pitted sweet fresh cherries
2 stalks celery, diced
¾ cup diced aged goat cheese, smoked cheddar, or other smoked cheese
½ cup chopped pecans, toasted

Steps:

- Bring a large saucepan of water to a boil over high heat. Add wild rice and cook for 30 minutes.
- Add quinoa and cook until the rice and quinoa are tender, about 15 minutes more. Drain and rinse with cold water until cool to the touch. Drain well.
- Meanwhile, whisk oil, vinegar, salt and pepper in a large bowl. Add the rice and quinoa, cherries, celery, cheese, and pecans. Toss to combine.
- Serve at room temperature or cold.

Tips: Can be covered and refrigerated ahead of time. To save time pitting cherries, try a hand-held cherry pitter or use the tip of a paring knife or vegetable peeler. If cherries aren't in season, apples are fantastic in this salad as well, or you can substitute 1 cup dried cranberries. Use reduced-fat cheese. If you don't have a fruity vinegar, balsamic can be substituted.

Nutritional Facts (Per Serving): Calories: 590, Carbohydrates: 50 grams, Protein: 13 grams, Total Fat: 40 grams, Saturated Fat: 8 grams, Cholesterol: 35 mg, Sodium: 728 mg, Fiber: 8 grams, Total Sugars: 18 grams.

Chicken Salad

Recipe Source: That low carb life

Serves: 4

Ingredients:

2 cups cooked, shredded chicken

2 boiled eggs, chopped

¼ cup chopped dill pickles

¼ cup chopped pecans

¼ cup green or yellow onion

½ cup mayonnaise

1 teaspoon yellow mustard

1 teaspoon white distilled vinegar

1 teaspoon fresh dill

Salt and pepper, to taste

Steps:

- Add everything but the chicken to a mixing bowl and stir well to combine.
- Add the chicken to the mixture and stir well
- Taste and add salt and pepper, as desired
- Chill for 1 hour before serving for best flavor

Tips: Add less mayonnaise if desired. You can also add other ingredients such as spinach or peppers.

Nutrition (per serving): Calories: 296, Carbohydrates: 2 grams, Protein: 26 grams, Total fat: 20 grams, Saturated fat: 4 grams, Cholesterol: 158 mg, Sodium: 248 mg, Fiber: 1 gram, Sugar: 1 gram.

Chili-Lime Melon Salad

Recipe Source: www.smittenkitchen.com

Serves: 2

Ingredients:

4 cups cubed or diced melon (from about 1 cantaloupe or honeydew, or 1/4 of a large watermelon)

Juice of half a lime, plus more to taste

1/4 tsp salt

1/2 tsp chili powder

3 Tbsp crumbled cotija cheese

1 Tbsp roasted pepitas (pumpkin seeds)

1 Tbsp chopped fresh cilantro, plus more to taste

Steps:

- Place melon in a wide bowl or platter. Squeeze half a lime over, adding second half to taste. Sprinkle with salt and chili powder. Scatter cheese, pepitas, and cilantro over top. Serve within 2 hours for best flavor.

Tips: Use a combination of melons for pretty color. Feta cheese is an alternative to the cotija, but you will want to omit the salt if using feta.

Nutritional Facts (Per Serving): Calories: 196, Carbohydrates: 34 grams, Protein: 6 grams, Total Fat: 6 grams, Saturated Fat: 3 grams, Cholesterol: 11 mg, Sodium: 550 mg, Fiber: 3 grams, Total Sugars: 28 grams.

Chopped Caprese Salad

Recipe Source: Trialandeater.com

Serves: 4

Ingredients:

1 10 oz. container of grape tomatoes (halved or quartered)

4 ounces of fresh mozzarella cheese (cubed)

½ cup fresh basil leaves (chopped or torn)

2 tablespoons extra virgin olive oil

1 tablespoon balsamic vinegar (or balsamic glaze)

Sea salt to taste

Steps:

- In a medium bowl, toss together the cut-up tomatoes, mozzarella and basil leaves.
- Add olive oil to bowl and lightly toss together
- Drizzle the balsamic vinegar over the top of the salad
- Sprinkle salt as desired

Tips: You can add more olive oil or balsamic vinegar as desired-it's always good to start small and work your way up! Balsamic glaze is thicker, and you can use either this or balsamic vinegar-even better if you want to use a little bit of both! The glaze gives it a nice finished look.

Chopped Mediterranean Salad

Recipe Source: www.marthastewart.com

Serves 2

Ingredients:

1 (6-inch) whole-wheat pita, cut into small squares or strips
1 romaine heart, sliced ½-inch crosswise
1 (15 oz) can chickpeas, drained and rinsed
½ English cucumber, unpeeled, cut into ½-inch dice
1 green onion, thinly sliced
1 cup cherry tomatoes, quartered
¼ cup crumbled feta cheese
3 Tbsp fresh lemon juice (from 1 lemon)
1 Tbsp olive oil
Salt and freshly ground black pepper

Steps:

- Preheat oven to 350°. Place pita on a baking sheet and bake until crisp, about 10 minutes. Set aside to cool then store in an airtight container.
- Meanwhile, in an airtight container, combine romaine, chickpeas, cucumber, scallion, tomatoes, and feta. Cover and refrigerate up to overnight.
- Make dressing by whisking lemon juice and oil in a small screw-top jar. Season with salt and pepper. Cover and store in jar at room temperature.
- To serve, toss romaine mixture with dressing. Top with pita chips.

Tips: These directions are for making the salad and packing it to go, perfect for a workplace lunch. You can of course eat the salad immediately upon preparing! If you want to do a portable salad in a jar, pour the dressing in the bottom of the jar, then top (in this order) with tomato, cucumber, chickpeas, green onion, romaine, and cheese. Store the pita chips separately if eating later. When ready to eat, shake the jar and pour onto a plate. Top with pita chips.

Nutritional Facts (per serving): Calories: 410, Carbohydrates: 54 grams, Protein: 17 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 17 mg, Sodium: 942 mg, Fiber: 13 grams, Total Sugars: 5 grams.

Cranberry Apple Chicken Salad

Recipe Source: Healthy Utah Staff

Serves 2

Ingredients:

½ cup plain non-fat Greek yogurt

2 TBSP Dijon mustard

Dash freshly ground pepper

1 TBSP fresh rosemary, minced

Meat from chicken back rotisserie chicken, skin removed

½ cup chopped celery

¼ cup dried cranberries

1 large apple, chopped (use favorite variety)

1 TBSP toasted slivered almonds (optional)

Steps:

- In a small bowl, whisk together yogurt, mustard, pepper and rosemary and set aside.
- Place remaining ingredients into a large bowl, add yogurt mixture and stir to combine.
- Cover with plastic wrap and place into the refrigerator to chill. Serve on favorite bread or on top of a bed of mixed greens.

Nutritional Facts (per serving): Calories: 410, Carbohydrates: 54.5 grams, Protein: 17.5 grams, Total Fat: 15.5 grams, Saturated Fat: 8.5 grams, Cholesterol: 16 mg, Sodium: 942 mg, Fiber: 13 grams, Total Sugars: 5 grams.

Curried Chicken Salad with Apples and Raisins

Recipe Source: www.cookinglight.com

Servings: 1

Ingredients:

¼ cup fat free mayonnaise
1 tsp curry powder
2 tsp water
1 cup chopped skinless, boneless chicken breasts
¾ cup apple (about 1 small)
½ cup diced celery
3 TBSP raisins
Dash salt

Steps:

- Combine mayonnaise, curry powder, and water in a medium bowl, stirring with a whisk until well blended. Add the chicken, chopped apple, celery, raisins, and salt; stir mixture well to combine. Cover and chill.

Nutritional Facts: Calories: 387, Carbohydrates: 39 grams, Protein: 45 grams, Total Fat: 6 grams, Saturated Fat: 2 grams, Cholesterol: 119 mg, Sodium: 627 mg, Fiber: 7 grams, Total Sugars: 25 grams.

Harvest Salad

Recipe Source: www.allrecipes.com

Servings: 4

Ingredients:

½ cup chopped walnuts
1 (10 oz) package baby spinach
½ cup dried cranberries
¼ cup crumbled blue cheese
2 tomatoes, chopped and seeded
1 avocado, peeled, pitted, and diced
½ red onion, thinly sliced
1 Tbsp red raspberry jam
2 Tbsp red wine vinegar
¼ cup olive oil
Salt and freshly ground black pepper, to taste

Steps:

- Preheat oven to 375°. Arrange walnuts in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown. Watch carefully so as not to let them burn. Set aside.
- In a large bowl, toss gently together the spinach, cranberries, cheese, tomatoes, avocado, and red onion. Set aside.
- In a small bowl, whisk together jam, vinegar, oil, salt and pepper. Taste and adjust seasoning if needed.
- Pour dressing over salad and toss to coat. Top with toasted walnuts. Serve immediately.

Tips: Roma tomatoes work well because they are less juicy, so you don't need to worry about seeding them.

Nutritional Facts (Per Serving): Calories: 424 , Carbohydrates: 30 grams, Protein: 8 grams, Total Fat: 33 grams, Saturated Fat: 6 grams, Cholesterol: 6 mg, Sodium: 160 mg, Fiber: 8 grams, Total Sugars: 18 grams.

Holiday Salad

Recipe Source: Five Heart Home

Servings: 8

Ingredients:

Dressing

2/3 cup extra-virgin olive oil

1/4 cup balsamic vinegar

1 tablespoon Dijon mustard

1 teaspoon honey

1 teaspoon lemon juice

1 clove garlic, pressed or finely minced

1/4 teaspoon salt

Fresh ground black pepper to taste

Salad

3 medium d'anjou pears

Juice of 1/2 lemon

16 ounces of salad greens

8 ounces of brie cheese, thinly sliced into 1-inch pieces

Seeds from 1 large pomegranate

1.5 cups roasted pecan halves

1/4 cup balsamic dressing

Steps:

- **To toast pecans:** Preheat oven to 350. Spread the pecans on sheet and bake for 8 to 10 minutes or until fragrant.
- **To prepare the salad dressing:** Measure all ingredients into a mason jar. Tightly screw on lid and shake vigorously until everything is thoroughly combined. Alternatively, you may briskly whisk the ingredients together in a medium bowl or blend in a food processor.
- **To prepare salad:** Immediately after cutting pear slices, place them in a bowl and squeeze fresh lemon juice over them, toss to coat. In a large salad bowl, layer the salad greens, pear slices, pieces of brie, pomegranate seeds and toasted pecans. Just before serving, dress with desired amount of balsamic vinaigrette and toss until salad ingredients are evenly coated.

Nutritional Facts: (per serving and includes dressing) Calories: 476, Carbohydrates: 21 grams, Protein: 9 grams, Total Fat: 41 grams, Saturated Fat: 9 grams, Cholesterol: 28 mg, Sodium: 402 mg, Fiber: 5 grams Sugar: 12 grams.

Kale Caesar Quinoa Salad with Roasted Chicken

Recipe Source: www.cookinglight.com

Servings: 4

Ingredients:

2 TBSP hot water
2 TBSP reduced fat mayonnaise or olive oil mayonnaise
1 ½ TBSP olive oil
1 TBSP fresh lemon juice
½ tsp anchovy paste
¼ tsp freshly ground black pepper
1 garlic clove, grated
1.5 ounces shaved Parmesan cheese, divided (about 6 TBSP)
5 cups thinly sliced, stemmed Lacinato kale
1 ½ cups cooked quinoa
1 ½ cups chopped, skinless, boneless rotisserie chicken breast
2 TBSP chopped toasted walnuts

Steps:

- Combine first 7 ingredients in a bowl, stirring well with a whisk. Stir in 3 TBSP Parmesan cheese.
- Add kale, quinoa, and chicken; toss to coat. Top with remaining 3 TBSP Parmesan cheese and walnuts.

Nutritional Facts: Calories: 344, Carbohydrates: 25 grams, Protein: 27 grams, Total Fat: 16.3 grams, Saturated Fat: 3.3 grams, Cholesterol: 61 mg, Sodium: 487 mg, Fiber: 4 grams.

Kale Waldorf Salad

Recipe Source: www.simplyrecipes.com

Serves 4

Ingredients:

5 Tbsp olive oil mayonnaise
2 ½ Tbsp water
1 ½ tsp smooth Dijon mustard
1 ½ tsp apple cider vinegar
1 bunch lacinato kale, tough ribs removed, sliced about 6 cups
1-2 sweet red apples, cored and diced
1 cup of sliced celery
1 cup halved red grapes
1 cup lightly toasted walnuts, coarsely chopped
Salt and freshly ground black pepper

Steps:

- For the dressing, whisk together the mayonnaise, water, mustard, and vinegar in a liquid measuring cup or small bowl. Set aside.
- Place the kale in a medium-sized bowl and sprinkle about ½ tsp salt over the leaves. Massage the kale until the leaves have turned a bright green and start to become tender, about 1-2 minutes.
- Add the apples, celery, grapes, and walnuts to the kale. Pour dressing over the salad and toss gently to combine. Season to taste with salt and pepper.

Tips: The kale becomes more tender and less bitter as you massage it, so don't skip that step! This salad is better if it sits for an hour or two in the refrigerator before serving.

Nutritional Facts (Per Serving): Calories: 379, Carbohydrates: 21 grams, Protein: 8 grams, Total Fat: 32 grams, Saturated Fat: 4 grams, Cholesterol: 6 mg, Sodium: 222 mg, Fiber: 5 grams, Total Sugars: 7 grams.

Lemon Basil Chicken Salad with Sun-Dried Tomatoes

Recipe Source: PEHP Healthy Utah Staff

Serv-

ings: 6

Ingredients:

1.5 lbs chicken breasts or thighs, cooked and cubed
2 (15 oz) cans cannellini beans, rinsed and drained
1 red bell pepper, diced
1 (3.5 oz) package sun-dried tomatoes (not packed in oil), chopped
½ cup pine nuts, toasted
1 cup chopped fresh basil, loosely packed
½ cup olive oil mayonnaise
2-3 lemons, depending on size
Salt and pepper
10 oz fresh spinach leaves or other greens, about 5 cups

Steps:

- In a large mixing bowl, combine chicken, beans, red pepper, sun-dried tomatoes, pine nuts, and basil.
- Zest the lemons and sprinkle the zest over the chicken mixture, stirring to combine.
- Juice the lemons into a small mixing bowl. Add the mayonnaise and stir until combined.
- Gently stir the lemon mayonnaise into the chicken mixture. Season with salt and pepper.
- Serve immediately or cover and chill (see tips). Serve on individual plates on a bed of fresh spinach.

Tips: Grilled chicken is delicious in this recipe. If not serving immediately, add the pine nuts right before serving so they keep their crunch. Use fewer lemons for less of a tang in the dressing, or more if desired.

Nutritional Facts: Calories: 573, Carbohydrates: 37 grams, Protein: 48 grams, Total Fat: 27 grams, Saturated Fat: 3 grams, Cholesterol: 103 mg, Sodium: 568 mg, Fiber: 11 grams, Total Sugars: 9 grams.

Lemon Garbanzo Salad with Feta

Recipe Source: www.cookinglight.com

Servings: 1

Ingredients:

- ½ cup boiling water
- 1/3 cup uncooked bulgur
- 1 ½ TBSP fresh lemon juice, divided
- ½ cup canned chickpeas, rinsed and drained
- 2 TBSP chopped cucumber
- 2 TBSP chopped celery
- 2 TBSP diced red onion
- 1 ½ TBSP crumbled feta cheese
- 1 ½ tsp chopped fresh or ¼ tsp dried dill
- 2 tsp extra virgin olive oil
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper

Steps:

- Combine ½ cup boiling water, bulgur, and 1 TBSP lemon juice in a medium bowl. Let mixture stand for 15 minutes. Add chickpeas, cucumber, celery, diced red onion, 1 ½ TBSP feta cheese and dill; toss gently to combine.
- Combine 1 ½ tsp lemon juice, olive oil, salt and pepper, stirring with a whisk. Drizzle over bulgur mixture and toss gently to coat. Cover and chill.

Tips: This recipe makes one generous serving.

Nutritional Facts: Calories: 293 , Carbohydrates: 32 grams, Protein: 10 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 13 mg, Sodium: 663 mg, Fiber: 9 grams, Total Sugars: 2 grams.

Massaged Kale and Cranberry Salad with Feta

Recipe Source: www.melskitchencafe.com

Serves: 3

Ingredients:

1 bunch kale (about 6 cups)
¾ tsp coarse kosher salt or sea salt
¼ cup finely diced red onion
½ cup dried cranberries
¾ cup small-diced apple
¼ cup toasted sunflower seeds
¼ cup olive oil
2 TBSP red wine vinegar
½ tsp sugar
¼ cup crumbled Feta cheese

Steps:

- Wash the kale and pat it dry. Slice off the stiff stems below the leaves and continue slicing them stem away from the leaf until you have cut a thin v-shape into the kale leaf and removed the tough stem all the way up. Stack the kale leaves two or three at a time, roll them up, and slice the leaves into thin ribbons.
- Place the kale ribbons in a large mixing bowl. Add the salt and massage it into the kale with your hands for two minutes. You'll notice the kale start to turn a darker green and the texture of the kale will begin to soften a bit.
- Toss in the red onions, dried cranberries, apples, and sunflower seeds. In a small bowl, whisk together the oil, vinegar and sugar. Pour over the salad and toss. Sprinkle feta cheese over the top and serve.
- The salad can be refrigerated for up to a day before serving. (If doing this, refrigerate the salted kale separately from the other ingredients and toss the salad together an hour or two before serving.)

Tips: You can decrease the salt, depending on the size of the bunch of kale. If using a smaller bunch, decrease the salt to ¼-1/2 tsp salt.

Nutritional Facts (Per Serving): Calories: 376, Carbohydrates: 34 grams, Protein: 4 grams, Total Fat: 20 grams, Saturated Fat: 4 grams, Cholesterol: 8 mg, Sodium: 712 mg, Fiber: 4 grams, Total Sugars: 19 grams.

Mexican Quinoa Salad

Recipe Source: www.greenhealthycooking.com

Makes 4 Servings

Ingredients:

1 cup of quinoa
1.5-2 cups of vegetable stock
½ red onion
1 cup of cooked black beans (choose low sodium if canned)
2 tomatoes
1 cob cooked corn
2 small Avocado (ripe but firm)
2 hands full cilantro leaves
1-2 chilis
2 limes
Pepper

Steps:

- Add quinoa and stock into a pot and bring to a boil. Once boiling, reduce heat immediately to low and cover tightly with lid. Cook about 15 minutes or until done.
- Wash and deseed tomatoes and dice into corn-sized pieces.
- Wash and peel onion and chop VERY finely.
- Wash and chop cilantro leaves.
- Rinse beans and add to the bowl.
- Cook ear of corn, once cooled cut off kernels.
- Wash and chop chilis.
- Once quinoa is cooked, let cool and put into bowl with beans, cilantro, onion, tomato, corn and chilis.
- Peel avocado and dice into corn-size pieces. Add to the bowl.
- Season with pepper and fresh lime juice for the dressing. Stir and serve.

Nutrition (per serving): Calories: 439, Carbohydrates: 60 grams, Protein: 14 grams, Total fat: 18 grams, Saturated fat: 3 grams, Cholesterol: 0 mg, Sodium: 303 mg, Fiber: 15 grams, Sugar: 8 grams.

Pasta Salad with Goat Cheese and Arugula

Recipe Source: www.marthastewart.com

Serves 6

Ingredients:

¾ pound (12 oz) whole wheat gemelli or other short pasta
1 (15 oz) can cannellini beans, rinsed and drained
¾ cup (3 oz) crumbled fresh goat cheese
3 Tbsp olive oil
2 Tbsp red wine vinegar
2 tsp Dijon mustard
Coarse salt and ground pepper
1 bunch arugula (8 oz), torn
½ small red onion, thinly sliced

Steps:

- In a large pot of boiling water, cook pasta until al dente. Drain pasta and rinse under cold water.
- In a large bowl, toss pasta with beans and goat cheese.
- Make dressing: In a bowl, whisk together oil, vinegar and mustard. Season with salt and pepper. (To store, refrigerate pasta mixture and dressing separately, up to one day.)
- To serve, toss pasta mixture with dressing, arugula, and onion.

Tips: If you can't find arugula, you can substitute spinach but the dish won't have the peppery kick that arugula gives. To make this more of a main dish, add another can of cannellini beans. (Other white beans can be substituted.)

Nutritional Facts (Per Serving): Calories: 382, Carbohydrates: 56 grams, Protein: 12 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 18 mg, Sodium: 305 mg, Fiber: 7 grams, Total Sugars: 3 grams.

Rainbow Potato Salad

Recipe Source: www.skinnytaste.com

Serves: 4

Ingredients:

2 lbs multi-color baby potatoes (unpeeled)
1 (5.3 oz) container fat-free plain Greek yogurt
2 Tbsp olive oil or light mayonnaise
2 tsp yellow mustard (or to taste)
1 ½ tsp fresh dill (or ½ tsp dried)
Freshly ground black pepper, to taste
1-2 dill pickle spears, finely chopped, to taste
2 medium celery stalks, finely chopped
1 small green onion, finely sliced
1-2 Tbsp pickle juice, to taste

Steps:

- Place potatoes in a large pot of water and bring to a boil. Boil for 10-15 minutes, just until fork tender. Drain and set aside to cool.
- Meanwhile, in a small bowl, combine the yogurt, mayonnaise, mustard, dill, and a pinch each of salt, and pepper. Set aside.
- When potatoes are cool enough to handle, dice potatoes into 1-inch cubes. Place in large mixing bowl.
- Add pickle, celery, ¼ tsp salt, pepper, and all but 1 Tablespoon of the green onion. Stir gently to combine. Add the yogurt mixture and pickle juice to the potatoes and toss gently to evenly combine. Season with additional mustard, pickle juice, salt, and pepper if needed. Transfer to a serving bowl to chill at least one hour. Garnish with remaining green onion before serving.

Tips: The original recipe calls for the multi-color baby potatoes, but feel free to substitute small red potatoes since they tend to be less expensive. Best if refrigerated overnight.

Nutritional Facts (Per Serving): Calories: 253, Carbohydrates: 42.5 grams, Protein: 6 grams, Total Fat: 7 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 221 mg, Fiber: 6 grams, Total Sugars: 5 grams.

Summer Squash and Quinoa Salad with Walnuts

Recipe Source: Bon Appétit

Serves: 4

Ingredients:

½ cup red or other quinoa, rinsed and drained
2 cups of sliced assorted summer squash, such as zucchini and yellow crookneck
2 tsp salt
2 Tbsp finely grated parmesan cheese, plus ¼ cup shaved with a peeler
1 tsp finely grated lemon zest
2 Tbsp fresh lemon juice
1 Tbsp red wine vinegar
3 Tbsp olive oil
Freshly ground black pepper
½ cup flat-leaf parsley leaves
½ cup walnut pieces, toasted
¼ cup fresh basil leaves, torn

Steps:

- Bring quinoa and 4 cups water to a boil in a medium saucepan. Reduce heat, cover, and simmer until quinoa is tender but not mushy, about 12-15 minutes.
- Drain quinoa, return to hot saucepan, and cover. Let sit for 15 minutes then uncover, fluff with a fork, and let cool.
- Meanwhile cut squash into thin (1/8-inch) slices. Transfer to a large bowl, season with 2 tsp salt, and toss to coat. Let sit until slightly wilted, about 15 minutes.
- Rinse squash under cold water and drain well. Pat dry with paper towels then add it back to the same large bowl.
- Whisk grated parmesan cheese, zest, juice, and vinegar in a medium bowl. Gradually whisk in oil. Season dressing with salt and pepper.
- To squash, add quinoa, parsley, walnuts, and basil. Stir to combine. Pour dressing over salad and toss to coat. Garnish with shaved parmesan.

Tips: Stretch this salad further by putting individual servings on top of fresh spinach or other greens.

Nutritional Facts (Per Serving): Calories: 291, Carbohydrates: 20 grams, Protein: 7 grams, Total Fat: 22 grams, Saturated Fat: 3 grams, Cholesterol: 2 mg, Sodium: 198 mg, Fiber: 4 grams, Total Sugars: 3 grams.

Sweet and Tangy Pineapple Cucumber Salad

Recipe Source: www.wholefoodsmarket.com

Serves: 2

Ingredients:

3 cups chopped fresh pineapple
2 cucumbers, seeded and sliced
2 green onions, thinly sliced
¼ cup roughly chopped mint
¼ cup lime juice, or to taste

Steps:

- In a large bowl, gently toss all ingredients together. Taste and add more lime juice or mint if desired.
- Refrigerate for 1 hour to let flavors blend. Serve cold or at room temperature.

Tips: This is a delicious salad for summer, and goes perfectly with simple grilled chicken or fish. Try adding a dash of cayenne pepper if you like a little heat.

Nutritional Facts (Per Serving): Calories: 140, Carbohydrates: 37 grams, Protein: 2 grams, Total Fat: .5 grams, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 7 mg, Fiber: 5 grams, Total Sugars: 26 grams.

Sweet and Tart Strawberry Salad

Recipe Source: www.allrecipes.com

Servings: 2

Ingredients:

2 lbs fresh strawberries, rinsed, stemmed, and halved
1 ½ Tbsp brown sugar
1 Tbsp balsamic vinegar
¼ tsp black pepper

Steps:

- In a large bowl, toss berries with sugar and let stand at room temperature for 10 minutes.
- Stir in the vinegar and black pepper. Toss gently to coat. Divide among bowls and serve.

Tips: This recipe is fairly peppery, so you may want to cut the black pepper in half to start. Add more if desired.

Nutritional Facts (Per Serving): Calories: 192, Carbohydrates: 47 grams, Protein: 3 grams, Total Fat: 1.5 grams, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 10 mg, Fiber: 9 grams, Total Sugars: 34 grams.

Three Bean Salad

Recipe Source: Emily

Servings: 6

This is a yummy salad that is super easy to make with most ingredients ready to go in the pantry. You can add spinach, cottage cheese, avocados and green peppers to make it a substantial, satisfying meal.

Ingredients:

1 can kidney beans

1 can green beans

1 can garbanzo beans

1 red onion

¼ cup red wine vinegar

¼ cup canola oil

4 tbs sugar

1 teaspoon salt

1 teaspoon pepper

Steps:

- Open and rinse all the beans and place in medium size bowl.
- Dice red onion and add to bean mixture
- Pour in oil, vinegar, sugar, salt pepper and the stir well to combine.

Nutritional Facts (Per Serving): Calories: 275 Carbohydrates: 36 grams, Protein: 9 grams, Total Fat: 11 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 901 mg, Fiber: 8 grams, Total Sugars: 12 grams.

Vinaigrette Coleslaw

Recipe Source: Better Homes and Gardens

Servings: 2

Ingredients:

3 Tbsp cider vinegar
1 Tbsp sugar
2 Tbsp canola oil
½ tsp celery seeds
¼ tsp dry mustard
¼ tsp salt
Dash black pepper
4 cups shredded green and/or red cabbage
1 cup shredded carrots (2 medium)
¼ cup thinly sliced green onions (about 2)

Steps:

- For vinaigrette, combine vinegar, sugar, oil, celery seeds, mustard, salt, and pepper in a screw-top jar with a lid. Cover, and shake well.
- In a large bowl, combine cabbage, carrots, and green onions. Pour vinaigrette over top and toss lightly to coat.
- If time allows, cover and chill the coleslaw at least 2 hours, up to 24. Can also be served immediately.

Tips: This is also great in a whole wheat pita pocket with some shredded chicken.

Nutritional Facts (Per Serving): Calories: 224, Carbohydrates: 22 grams, Protein: 3 grams, Total Fat: 15 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 364 mg, Fiber: 5 grams, Total Sugars: 14 grams.

Warm French Lentil Salad with Bacon & Herbs

Recipe Source: www.thekitchn.com

Servings: 2

Ingredients:

- 1 cup green or French lentils
- 2 cups low-sodium or homemade chicken broth
- ¼ tsp salt, plus more to taste
- Freshly ground black pepper
- 2 thick-cut slices of bacon, or 4 pieces of turkey bacon, cut into small pieces
- 2 large shallots, cut in half and thinly sliced
- 4 cloves of garlic, minced
- 3 large sage leaves, minced

- 2 TBSP capers, roughly chopped

- ½ cup Italian parsley leaves, roughly chopped

For the dressing:

- 3 TBSP extra virgin olive oil
- 1 TBSP Dijon mustard
- ½ TBSP balsamic vinegar

Steps:

- Wash and rinse the lentils. Put in a small saucepan and cover with the chicken broth. Bring to a boil then lower to a simmer and cook until just tender, 20-25 minutes. Add extra water while cooking if the liquid gets low. Drain the lentils and return them to the pot. Stir in the salt.
- While the lentils are cooking, cook the bacon in a heavy pan over medium heat until crispy. Drain most of the fat out of the pan, then add the shallots, garlic, rosemary, and sage, and cook for 2-3 minutes or until the garlic is fragrant and the shallots are tender but not soft. Remove from heat.
- Whisk the olive oil, mustard, and balsamic vinegar together until thick. Toss with the warm, drained lentils, then stir in the bacon and shallot mixture. Stir in the chopped capers and parsley. Taste and season with additional salt, if needed, and a generous quantity of black pepper and serve warm

Nutritional Facts: Calories: 579, Carbohydrates: 54 grams, Protein: 30 grams, Total Fat: 26 grams, Saturated Fat: 4.5 grams, Cholesterol: 10 mg, Sodium: 929 mg, Fiber: 12 grams, Total Sugars: 9 grams.

Wheat Berry Salad

Recipe Source: PEHP Healthy Utah Staff

Servings: 3

Ingredients:

- 1 cup hard wheat berries
- 3 cups water
- 2 Tbsp olive oil
- ¼ cup orange juice
- 2 TBSP rice vinegar
- 1 teaspoon salt
- ½ tsp cracked black pepper
- 2 celery stalks, diced
- 2-3 green onions, diced
- 1 apple diced
- ¼ cup dried cranberries
- ½ cup chopped walnuts

Steps:

- Place wheat berries in a pot and cover with water by a little more than an inch. Bring to a boil. Reduce heat and cover, simmering 50-60 minutes or until berries are tender. Add more water if needed.
- Meanwhile in a small bowl combine oil, juice, rice vinegar, salt and pepper. Set aside.
- When berries are cooked, drain any excess water and place in a large bowl. Add half of the dressing and stir. Let it sit until the wheat berries have cooled to room temperature. Stir in the remainder of the ingredients and dressing, tossing gently. Serve chilled or room temperature.

Tips: Add feta if you like! This is a delicious and filling meatless main dish.

Nutritional Facts: Calories: 500, Carbohydrates: 70 grams, Protein: 12 grams, Total Fat: 22 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 796 mg, Fiber: 13 grams, Total Sugars: 19 grams.



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Alamexo Guacamole

Recipe Source: www.kutv.com

Yields about 2 servings

Ingredients:

1 TBSP white onion chopped
¼ tsp kosher salt
Chopped jalapeno pepper, to taste
1 large avocado
1 TBSP diced tomatoes
1 TBSP chopped cilantro
Salt, to taste

Steps:

- Combine onion, salt and jalapeno (if desired) in a mortar and pestle.
- Gently grind the ingredients until a paste is formed.
- Remove the pulpy meat from the avocado by slicing the meaty portion of the avocado into a grid, approximately 3 lengthwise slices and 4 slices across. There should be about 20 pieces per half of avocado. Scoop out the avocado into the mortar and pestle with the onion mixture.
- Using a large spoon, fold the onion paste and the avocado together being careful not to smash the avocado pieces. The guacamole will be slightly chunky.
- Lastly, fold in the diced tomatoes and cilantro. Adjust salt to taste. Serve with your favorite chips and enjoy!

Nutritional Facts (per serving): Calories: 166, Carbohydrates: 10 grams, Protein: 2 grams, Total Fat: 15 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 299 mg, Fiber: 7 grams, Total Sugars: 1 gram.

Brown Bag Popcorn

Recipe Source: www.marthastewart.com

Serves 1 (3 cups)

Ingredients:

2 Tbsp popcorn kernels

Cheesy Garlic Popcorn:

1 tsp olive oil

1 Tbsp grated Parmesan cheese

¼ tsp coarse salt

¼ tsp dried thyme

¼ tsp garlic powder

Mexican Chocolate Popcorn:

1 tsp olive oil

1 Tbsp cocoa powder

2 tsp powdered sugar

1/8 tsp cinnamon

1/8 tsp coarse salt

Steps:

- Place the popcorn kernels in a paper lunch bag. Fold the top down twice to close, and microwave until popping slows, about 2-3 minutes.
- To season, toss the hot popcorn (still in the bag) with the olive oil. In a small bowl, combine the remaining ingredients of the seasoning blend you choose. Add to the paper bag and shake to mix well.

Tips: This is an easy and inexpensive way to enjoy wholesome popcorn as a healthy snack, with the flavor kicked up!

Cheesy Garlic Popcorn Nutritional Facts (per serving): Calories: 157, Carbohydrates: 20 grams, Protein: 5 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 4 mg, Sodium: 674 mg, Fiber: 4 grams, Total Sugars: 0 grams.

Mexican Chocolate Nutritional Facts (per serving): Calories: 165, Carbohydrates: 27 grams, Protein: 4 grams, Total Fat: 6 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 294 mg, Fiber: 6 grams, Total Sugars: 5 grams.

Cheesy Ham and Broccoli Quinoa Bites

Recipe Source: www.melskitchencafe.com

Yields: 2-3 dozen mini bites

Ingredients:

3 cups cooked quinoa, chilled or at room temperature
2 eggs, slightly beaten
8 oz lean ham, diced small (about 1 ½ cups)
1-2 cups finely chopped steamed broccoli
½ tsp salt
¼ cup finely shredded Parmesan cheese
2 cups shredded sharp cheddar cheese

Steps:

- Preheat the oven to 350° degrees F.
- In a large bowl, stir together all the ingredients except the cheese until combined.
- Stir in the cheese until well distributed. Lightly grease a muffin cup tin. Scoop the quinoa mixture into the tin, filling the cups all the way to the top and lightly pressing to pack the mixture. It may help to use a cookie scoop (about 2 Tbsp size) to scoop the mixture into the tin.
- Bake for 15-18 minutes, until golden on top. Remove from the tin and repeat with the remaining mixture. Serve warm or at room temperature.

Tips: You can leave out the ham and try different herbs and/or vegetables. Use reduced-fat cheese.

Nutritional Facts (per serving): Calories: 92, Carbohydrates: 6 grams, Protein: 7 grams, Total Fat: 5 grams, Saturated Fat: 2 grams, Cholesterol: 33 mg, Sodium: 136 mg, Fiber: 1 grams, Total Sugars: 0 grams.

Copycat California Suncakes

Recipe Source: PEHP Healthy Utah Staff

Ingredients:

1 ½ cups old-fashioned rolled oats
1 cup unsweetened coconut flakes
¼ cup almond meal (or almonds pulsed fine in a food processor)
2 Tbsp ground flaxseed
½ tsp salt
1 tsp cinnamon
¼ tsp nutmeg
¼ tsp ginger
½ cup dried fruit (raisins, chopped dates, cranberries, apricots, cherries, etc.)
½ cup unsalted mixed nuts of choice
3 small ripe bananas, mashed
¼ cup canola oil
1 tsp vanilla extract

Steps:

- Preheat oven to 350° F.
- In a large bowl, combine oats, coconut, almond meal, and flaxseed. Stir in salt and spices. Add dried fruit and nuts and stir until evenly distributed, breaking up any chunks of dried fruit.
- In another bowl mashed banana, oil, and vanilla. Pour wet ingredients all at once over dry ingredients and stir until combined.
- For each cake, place a small cookie cutter on a cookie sheet. Press spoonfuls of batter into it then lift cookie cutter away. Repeat with remaining batter.
- Bake 20-30 minutes depending on thickness, or until edge are just golden.
- Store in the fridge in an airtight container.

Tips: If you don't prefer bananas you could try applesauce or pumpkin puree.

Nutritional Facts (per serving): Calories: 155, Carbohydrates: 15 grams, Protein: 3 grams, Total Fat: 10 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 79 mg, Fiber: 3 grams, Total Sugars: 6 grams.

Easy Homemade Protein Bars

Recipe Source: Sweet Peas and Saffron

Makes 16 Servings

Ingredients:

½ cup of vanilla bean protein powder

1 teaspoon of cinnamon

1 cup of rolled oats

2 tablespoons of coconut oil

½ cup natural almond butter

¼ cup of honey

½ teaspoon of vanilla extract

1 tablespoon of water (if needed)

Sea salt for sprinkling

Steps:

- Combine the protein powder, cinnamon and rolled oats in a 7- cup food processor fitted with a steel blade. Blend until the oats are powdery and blended.
- In a microwave safe bowl, melt the coconut oil. Stir in the almond butter, honey and vanilla extract until smooth.
- Add the liquids into the food processor in two batches, processing in between. Process on high for 1-2 minutes until mixture is completely blended and mixed together. You may need to stop and press the mixture down a few times with a spatula.
- If mixture feels dry, add 1 tablespoon of water and process again.
- Line an 8x8 inch baking dish with parchment paper. Scoop the protein bar mixture into the pan and press firmly with a spatula.
- Sprinkle with flaky sea salt
- Freeze for a minimum of 30 minutes before slicing into bars.
- Keep bars in the fridge as they become soft at room temperature.

Nutritional Facts (per serving): Calories: 116, Carbohydrates: 10 grams, Protein: 5 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 4 mg, Sodium: 26 mg, Fiber: 1 gram, Total Sugars: 5 grams.

Greek Yogurt Zucchini Bread

Recipe Source: Sally's Baking Addiction

Servings: 12

Ingredients:

1/3 cup canola or melted coconut oil

1/2 cup organic blue **agave** or honey

1 large **egg**, at room temperature

1/2 cup plain non-fat **Greek yogurt**, at room temperature

1 and 1/2 teaspoons pure **vanilla extract**

1 and 1/2 cups **all-purpose flour**

1/2 teaspoon **baking powder**

1/2 teaspoon **baking soda**

1/2 teaspoon **salt**

1 teaspoon **ground cinnamon**

1 cup shredded **zucchini**

Optional: 2 teaspoons orange zest (so good!) and/or 3/4 cup chopped walnuts

Steps:

- Preheat oven at 350 degrees and grease a 9x5 inch loaf pan.
- Whisk the oil, agave, egg, yogurt and vanilla extract together in a medium bowl until combined. In a large bowl, whisk the flour, baking powder, baking soda, salt and cinnamon together. Pour the wet ingredients into the dry ingredients and mix with a large wooden spoon or rubber spatula until combined. Avoid overmixing. Fold in the zucchini, orange zest and walnuts.
- Spread batter into the prepared loaf pan. Bake for 40-50 minutes. Baking times vary, so keep an eye on yours. The bread is done when a toothpick inserted in the center comes clean. If you find the top of the bread browning too quickly in the oven, loosely cover it with aluminum foil.
- Remove the bread from the oven and sent on a wire rack. Allow to cool completely before slicing and serving. Cover and store leftover bread at room temperature for up to 5 days.

Nutritional Facts (per serving): Calories: 218, Carbohydrates: 26 grams, Protein: 4 grams, Total Fat: 12 grams, Saturated Fat: 1 gram, Cholesterol: 16 mg, Sodium: 164 mg, Fiber: 1 gram, Total Sugars: 12 grams (includes walnuts).

Ham and Apple Wraps with Mustard Dip

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

¼ cup olive oil mayonnaise
1 Tbsp Dijon mustard (or to taste)
1/8 tsp black pepper
1 Granny Smith apple, cored, quartered, and cut into 16 equal wedges
4 oz cheddar cheese, cut into 16 equal strips
4 oz thinly sliced, nitrate-free deli ham, cut lengthwise into 16 one-inch strips

Steps:

- In a small bowl, stir together mayonnaise, mustard, and pepper until smooth. Set aside.
- On one apple wedge, center a piece of cheese. Wrap tightly with a strip of ham. Repeat with remaining apple, cheese, and ham, and arrange on four plates.
- Serve with dip on the side.

Tips: You can substitute plain, low-fat yogurt for the mayonnaise if desired. You can also use any favorite crisp-textured apple in this recipe, or even a firm, ripe pear.

Nutritional Facts (per serving): Calories: 243, Carbohydrates: 8 grams, Protein: 11 grams, Total Fat: 18 grams, Saturated Fat: 7 grams, Cholesterol: 49 mg, Sodium: 720 mg, Fiber: 2 grams, Total Sugars: 4 grams.

Hummus

Recipe Source: www.allrecipes.com

Ingredients:

2 cups canned garbanzo beans, rinsed and drained
¼ cup + 1 Tbsp tahini
¼ cup lemon juice
1 tsp salt
2 cloves garlic, halved
1 Tbsp olive oil
1 pinch paprika
1 tsp minced fresh parsley

Steps:

- Place the garbanzo beans, tahini, lemon juice, salt, and garlic in a blender or food processor. Blend until smooth, scraping down sides if necessary.
- Transfer mixture to a serving bowl. Drizzle with olive oil, and sprinkle paprika and parsley on top.
- Serve with fresh vegetables such as carrots, celery, cucumbers, zucchini spears, radishes, and cauliflower.

Tips: Tahini is sesame seed paste and can usually be found by the nut butters in grocery stores, or in the ethnic foods aisle. To make hummus into more of a meal, make it into a wrap with a whole wheat tortilla, fresh or cold roasted vegetables and greens, and a sprinkle of feta. It is also delicious as a topping for salad filled with colorful chopped vegetables and olives or avocado.

Nutritional Facts (per serving): Calories: 130, Carbohydrates: 11 grams, Protein: 5 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 461 mg, Fiber: 3 grams, Total Sugars: 0 grams.

No Bake Energy Bites

Recipe Source: www.gimmesomeoven.com

Makes 20-25 bites

Ingredients:

1 cup (dry) oatmeal

2/3 cup toasted coconut flakes

1/2 cup peanut butter

1/2 cup ground flax seeds

1/2 cup semisweet chocolate chips

1/3 cup honey

1 TBSP chia seeds (optional)

1 tsp vanilla extract

Steps:

- Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
- Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week.
- Makes about 20-25 balls

Nutritional Facts (per serving): Calories: 117, Carbohydrates: 14 grams, Protein: 3 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 30 mg, Fiber: 2 grams, Total Sugars: 7 grams

Popcorn

Recipe Source: PEHP Healthy Utah Staff

Servings: 2 (about 2.5 cups)

Ingredients:

¼ cup popcorn kernels (yields 5 cups popcorn)

2 tablespoons of butter (unsalted)

Natural flavoring depending on the popcorn

Steps:

- Put ¼ cup popcorn kernel in a brown lunch paper bag.
- Fold over the top of the bag 2-3 times and put it folded side down in the microwave.
- Press the popcorn setting on the microwave. Let run until popping slows or microwave finishes.

Add some flavor:

Cinnamon honey butter: This popcorn is a little sticky, but irresistible. Whisk 2 tablespoons melted butter with 1 tablespoon honey or maple syrup and ¼ teaspoon of ground cinnamon.

Spice it up: Melt 2 tablespoons butter and pour over popcorn then sprinkle with cayenne pepper or red pepper flakes.

Other flavors: Grated parmesan cheese, garlic powder, and rosemary.

Tips: Nutritional yeast is a healthy vegan alternative to butter. Add less butter to reduce calories and saturated fat.

Nutritional Facts: (Includes butter and popcorn kernels) Calories: 179, Carbohydrates: 15 grams, Protein: 2.5 grams, Total Fat: 12 grams, Saturated Fat: 7 grams, Cholesterol: 30 mg, Sodium: 3 mg, Fiber: 3 grams Sugar: 0 grams.

Ricotta and Tomato Toast

Recipe Source: www.marthastewart.com

Ingredients:

1 thick slice whole-wheat bread, lightly toasted
¼ cup part-skim ricotta cheese
½ small heirloom or beefsteak tomato, sliced
Fresh basil leaves
¼ tsp olive oil
Coarse salt and ground pepper

Steps:

- Spread bread with ricotta; top with tomato and basil. Drizzle with oil, and season with salt and pepper.

Tips: Low-fat cottage cheese will work here as well although it will be a bit heavier and more wet.

Nutritional Facts (per serving): Calories: 195, Carbohydrates: 17 grams, Protein: 11 grams, Total Fat: 9 grams, Saturated Fat: 4 grams, Cholesterol: 19 mg, Sodium: 482 mg, Fiber: 2 grams, Total Sugars: 3 grams

Roasted Chickpeas

Recipe Source: www.cherishedbliss.com

Ingredients:

1 15 oz can of garbanzo beans
1 TBSP extra virgin olive oil
¼ tsp kosher salt
1/8 tsp ground red pepper
1/8 tsp ground black pepper
1/8 tsp chili powder
1/8 tsp garlic powder

Steps:

- Preheat oven to 400 degrees F.
- In a colander rinse chickpeas well. Shake off the excess water and discard any loose shells.
- Next, line a small/medium mixing bowl with a few paper towels and pour the chickpeas into the paper lined bowl.
- Pat the chickpeas with the paper towel and then remove the paper towels from the bowl. Repeat this step until the chickpeas are thoroughly dry.
- Add oil and all seasonings to the bowl and mix well.
- Spread the chickpeas out on a baking sheet and bake for 30-40 minutes, stirring occasionally. If they are not crunchy or roasted to your liking, reduce heat to 250 degrees and roast a bit longer (5-10 minutes). To avoid scorching keep a close eye on the chickpeas during this point.
- Enjoy!

Nutritional Facts (per serving): Calories: 103, Carbohydrates: 12 grams, Protein: 4 grams, Total Fat: 4 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 367 mg, Fiber: 4 grams, Total Sugars: 0 grams

Roasted Garlic Parmesan White Bean Dip

Recipe Source: stephiecooks.com

Ingredients:

2-3 cloves garlic
2 (15 oz) cans cannellini beans, drained and rinsed
½ lemon, juiced
¼ cup flat leaf parsley
½ cup shredded parmesan cheese
1 tsp salt
6 Tbsp olive oil

Steps:

- Preheat oven to 450°F.
- Peel the garlic cloves. Place the cloves in a piece of heavy-duty aluminum foil, drizzle with a small amount of olive oil, then wrap in the foil, leaving a small opening at the top of the pouch. Place in the oven for 25-30 minutes or until the garlic is soft and starting to turn golden. Allow to cool.
- Place the beans, roasted garlic, lemon juice, parsley, cheese, and salt in the bowl of a food processor. Run the processor, streaming in the olive oil until it reaches a creamy consistency, scraping down the sides of the bowl as needed.
- Transfer to a bowl. Cover and refrigerate until ready to use. Garnish with additional chopped parsley and a drizzle of olive oil if desired. Serve with whole grain pita chips, crackers, or vegetables.

Tips: The original recipe called for 5-6 cloves of garlic so feel free to increase the amount if you love garlic! As well as being a delicious dip, this works perfectly as a spread in a wrap or sandwich.

Nutritional Facts (per serving): Calories: 176, Carbohydrates: 13 grams, Protein: 6 grams, Total Fat: 12 grams, Saturated Fat: 2 grams, Cholesterol: 4 mg, Sodium: 546 mg, Fiber: 4 grams, Total Sugars: 0 grams

Spiced Nuts

Recipe Source: *Better Homes and Gardens*
12 servings

Ingredients:

1 egg white
1 tsp water
1 Tbsp sugar
1 tsp cinnamon
¼ tsp salt
¼ tsp cayenne pepper
¼ tsp ground cumin
¼ tsp ground coriander
1 cup almonds
1 cup peanuts
1 cup pecans

Steps:

- Preheat oven to 325°F. Line a 9x13 baking pan with foil and lightly coat with cooking spray. Set aside.
- In a medium bowl, whisk egg white and water until frothy. Add sugar, cinnamon, salt, cayenne pepper, cumin, and coriander. Whisk until combined.
- Stir in nuts and toss to coat.
- Spread nut mixture in an even layer in prepared pan. Bake 20-25 minutes or until golden and nuts appear dry, stirring once halfway through.
- Remove foil with nuts from pan and let cool. Makes about 12 servings (¼ cup each).

Tips: Use any combination of nuts you prefer.

Nutritional Facts (per serving): Calories: 201, Carbohydrates: 7 grams, Protein: 7 grams, Total Fat: 18 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 56 mg, Fiber: 3 grams, Total Sugars: 2 grams

Trail Mix

Recipe Source: PEHP Healthy Utah Staff

Servings: 35 (about 1/3 cup)

Ingredients:

5 cups toasted almonds

3 cups of dried fruit of choice (blueberries or cherries)

12-ounce bag of high- quality chocolate chips (preferably dark chocolate or cacao)

Steps:

- Preheat oven to 350 degrees. Lay almonds out on baking sheet and bake for 20-25 minutes. Take almonds out of oven and cool to room temperature. Combine almonds, dried fruit, chocolate chips in a large bowl and transfer to an airtight container. Store in a cool dry place

Tips: This is a large recipe, feel free to cut in half for a smaller batch. In addition, nuts and dried fruit can be expensive – if possible, buy in bulk. Nuts can be stored in the refrigerator to prolong shelf life.

Nutritional Facts: Calories: 219, Carbohydrates: 21 grams, Protein: 5 grams, Total Fat: 14 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 2 mg, Fiber: 4 grams Sugar: 14 grams.

Warm Brie with Fig and Pistachio Tapenade

Recipe Source: www.bhg.com

Serves 8

Ingredients:

1 8-ounce round Brie cheese
½ cup dry roasted pistachio nuts, chopped
⅓ cup dried figs, stems removed and chopped
2 TBSP honey
¼ tsp coarse sea salt
Baguette slices, crackers, and/or pear or apple slices

Steps:

- Preheat oven to 350 degrees F. Place Brie on a baking sheet. Bake for 5-7 minutes or just until warmed through. Place warm Brie on a serving platter.
- Meanwhile, in a small saucepan combine nuts, figs, and honey. Cook and stir over medium-low heat for 1-2 minutes or until honey is melted and nut mixture is evenly coated.
- Spoon nut mixture over the Brie. Sprinkle with sea salt. Serve with baguette slices, crackers and/or pear or apple slices.

Tips: Chopped dates work just as well as dried figs in this recipe.

Nutritional Facts (per serving, excluding baguette or crackers): Calories: 170, Carbohydrates: 10 grams, Protein: 8 grams, Total Fat: 8 grams, Saturated Fat: 5 grams, Cholesterol: 28 mg, Sodium: 285 mg, Fiber: 1 grams, Total Sugars: 8 grams



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Apple Cinnamon Cake

Recipe Source: Healthy Utah Staff

Makes one 9x13 cake

Ingredients:

1 $\frac{3}{4}$ cup sugar

2 eggs

$\frac{1}{2}$ cup oil

(Mix and add)

1 cup whole wheat flour or whole wheat pastry flour

1 cup all-purpose flour

2 tsp baking soda

2 tsp cinnamon

1 tsp salt

4 cups chopped raw apples

2 tsp vanilla

Steps:

- Mix well.
- Bake 1 hour at 350 degrees in a 9x13 glass baking dish.

Tips: Serve with a small dollop of whipped cream, if desired.

Nutritional Facts (per serving): Calories: 197, Carbohydrates: 22 grams, Protein: 4 grams, Total Fat: 11 grams, Saturated Fat: 1 gram, Cholesterol: 31 mg, Sodium: 416 mg, Fiber: 3 grams, Total Sugars: 5 grams.

Berry Cobbler

Recipe Source: www.bettycrocker.com

Ingredients:

1/4 cup sugar
1 TBSP cornstarch
4 cups frozen berries of your choice
2 TBSP water
1 teaspoon fresh lemon juice
1 cup homemade baking mix
1/4 cup milk
1 TBSP sugar
1 TBSP butter, melted

Steps:

- Heat oven to 425°.
- In a 2-quart saucepan, mix 1/4 cup sugar and cornstarch. Stir in berries, water, and lemon juice. Heat to boiling over medium heat, stirring constantly. Continue boiling one minute, stirring constantly. Pour berry mixture into an 8-or 9-inch (2 quart) glass baking dish.
- In a medium bowl, stir baking mix, milk, 1 TBSP sugar and melted butter just until blended and a dough forms. Drop dough by 6 spoonfuls onto hot berry mixture.
- Bake about 15 minutes or until berry mixture is bubbly and topping is light brown.
- Place baking dish on a wire cooling rack. Cool slightly. Serve.

Nutritional Facts (per serving): Calories: 119, Carbohydrates: 24 grams, Protein: 2 grams, Total Fat: 2 grams, Saturated Fat: 1 gram, Cholesterol: 4 mg, Sodium: 128 mg, Fiber: 3 grams, Total Sugars: 13 grams.

Carrot Cupcakes with Cream Cheese Frosting

Recipe Source: Adapted from Ellie Krieger, The Food Network

Yield: 12 cupcakes

Ingredients:

¾ cup whole wheat pastry flour (or sifted white whole wheat flour)

½ cup all-purpose flour

1 tsp baking soda

¼ tsp salt

¾ tsp ground cinnamon

¼ tsp ground nutmeg

½ cup firmly packed light brown sugar

¼ cup canola oil

2 large eggs

2 cups finely shredded carrots (about 3-4 medium carrots, peeled)

½ cup unsweetened applesauce

1 tsp vanilla extract

¼ cup plus 2 Tbsp finely chopped walnuts

4 oz low-fat cream cheese

¾ cup confectioners' sugar, sifted

½ tsp finely grated lemon zest

Steps:

- Preheat oven to 350°. Line muffin cups with paper cupcake liners.
- Sift together the flours, baking soda, salt, cinnamon, and nutmeg in a small bowl.
- In a large bowl, stir the brown sugar, oil, and eggs with a wooden spoon until well combined. Add the carrots, applesauce, and vanilla, stirring well. Add the dry ingredients and ¼ cup of the walnuts. Stir just to combine.
- Divide batter evenly among muffin cups. Bake just until a cupcake springs back lightly when pressed gently with your finger, 18-20 minutes. Transfer to a wire rack to cool completely.
- Meanwhile, beat together the cream cheese, confectioners' sugar, and lemon zest until smooth and creamy. Frost the cooled cupcakes and sprinkle with the remaining 2 Tablespoons chopped walnuts.

Tips: This recipe can also make about 32 mini cupcakes. Just bake them about 9-12 minutes – they can over-bake quickly. For added flavor, toast the walnuts before using in the recipe! Instead of frosting, try a simple glaze – just make half the recipe of frosting, thin with milk, then dip the cupcake tops in the icing. Sprinkle with walnuts as stated in the recipe.

Nutritional Facts (per serving): Calories: 199, Carbohydrates: 23 grams, Protein: 4 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 36 mg, Sodium: 215 mg, Fiber: 2 grams, Total Sugars: 12 grams.

Dad's Oatmeal Cookies

Recipe Source: www.allrecipes.com

Ingredients:

1 ½ cup whole wheat flour
¼ cup all-purpose flour
1 tsp baking soda
½ tsp salt
½ cup white sugar
¾ cup brown sugar
2 cups old-fashioned rolled oats
½ cup unsweetened flake coconut
¾ cup canola oil
2 eggs
1 tsp vanilla extract

Steps:

- Preheat oven to 350°.
- In a large bowl, stir together the flour, baking soda, salt, white sugar, brown sugar, oats, and coconut. Set aside.
- In a small mixing bowl, whisk together the oil, eggs, and vanilla. Add all at once to dry ingredients and stir well to combine.
- Using 1 Tablespoon of dough per cookie, roll dough into balls and place 1-2 inches apart on a cookie sheet.
- Bake 8 minutes in the preheated oven, until just barely brown. Cool for 2 minutes on cookie sheet before removing to wire racks to cool completely.

Tips: For mini cookies, use 1 teaspoon of dough and bake for only 6 minutes.

Nutritional Facts (per serving): Calories: 168, Carbohydrates: 22 grams, Protein: 2 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 15 mg, Sodium: 109 mg, Fiber: 2 grams, Total Sugars: 11 grams.

Five-Ingredient Chocolate Cheesecake Cups

Recipe Source: www.skinnytaste.com
Serves 12 (one cheesecake per serving)

Ingredients:

- 1 oz semisweet baking chocolate
- 4 oz reduced-fat cream cheese, softened to room temperature
- ¼ cup sugar
- ¼ cup light sour cream or low-fat plain yogurt
- 1 large egg, room temperature
- 1/8 oz chocolate shavings (optional)

Steps:

- Preheat oven to 225°. Line a mini muffin pan with mini muffin liners.
- Place chocolate in a microwave-safe bowl. Melt in microwave 30 seconds. Stir, then continue melting in 10-second increments until chocolate is smooth and melted. Set aside.
- In a medium mixing bowl, beat the cream cheese and sugar with a hand mixer. Add the sour cream and beat until smooth.
- Beat in the egg until well combined.
- With the mixer on, slowly drizzle in the melted chocolate and mix until smooth.
- Spoon about 2 Tbsp of the mixture into each muffin cup. Bake 50 minutes, then turn the oven off and let the cheesecakes sit in the oven 30 minutes longer. Remove from oven and let cool completely before serving.
- If desired, garnish with chocolate shavings.

Tips: If desired, add one teaspoon of vanilla when you mix in the eggs. You can use regular or Greek low-fat yogurt in place of the sour cream.

Nutritional Facts (per serving): Calories: 61, Carbohydrates: 7 grams, Protein: 2 grams, Total Fat: 3 grams, Saturated Fat: 2 grams, Cholesterol: 22 mg, Sodium: 44 mg, Fiber: 0 grams, Total Sugars: 6 grams.

Granola Cookies

Recipe Source: www.marthastewart.com

Yield: About 3 dozen cookies

Ingredients:

1/4 cup canola oil
1/4 cup butter
3/4 cup packed brown sugar
2 large eggs
1 tsp vanilla extract
1/2 cup white whole flour
3/4 cup all-purpose flour
1/2 tsp baking soda
1 tsp salt
1/2 cup old-fashioned rolled oats
1/4 cup ground flaxseeds
1/2 cup hulled pumpkin seeds (pepitas), unsalted
3/4 cup large unsweetened coconut flakes
5 oz bittersweet or semisweet chocolate, chopped (about 1 cup)
1 cup dried cherries or cranberries, chopped

Steps:

- Preheat oven to 350°.
- Beat oil, butter, and brown sugar in a bowl on medium speed until well combined, about 3 minutes. Beat in eggs and vanilla.
- Add remaining ingredients and stir until well combined. Refrigerate dough until firm, about 1 hour.
- Drop tablespoons of dough 2 inches apart on parchment-lined baking sheets. Bake until just barely golden, 8-10 minutes. Let cookies cool for a few minutes on cookie sheet then remove to a wire rack to finish cooling.
- Cookies can be stored at room temperature up to 2 days.

Tips: Feel free to play around with what you mix in to this cookie – it can be very versatile! Try other dried fruits, chopped nuts, sunflower seeds, chia seeds, etc.

Nutritional Facts (per serving): Calories: 122, Carbohydrates: 16 grams, Protein: 2 grams, Total Fat: 6 grams, Saturated Fat: 2 grams, Cholesterol: 14 mg, Sodium: 104 mg, Fiber: 1 gram, Total Sugars: 11 grams.

Made-Over Deep Dish Brownies

Recipe Source: www.foodnetwork.com

Yield: 16 (2-inch) square brownies

Ingredients:

3 TBSP unsalted butter
2 TBSP canola or other neutral tasting oil
4 oz semisweet chocolate, coarsely chopped
¾ cup packed dark brown sugar
¼ cup white sugar
2 tsp vanilla extract
½ tsp salt
2 large eggs, cold
1 TBSP cold brewed coffee
¼ cup cocoa powder
¾ cup all-purpose flour
¼ tsp baking soda

Steps:

- Position rack in the lower third of the oven and heat oven to 325 degrees F. Use an 8x8 baking pan. Line it with foil or parchment paper so it hangs over the edges by about 1 inch. Spray the prepared pan completely.
- Place the butter, oil and chocolate in a microwave-safe bowl, and heat at 75% for 2 minutes until completely melted. (Stir at least once during the microwaving process.)
- Stir the brown and white sugars, vanilla and salt into the chocolate mixture with a wooden spoon. Add the eggs and coffee and beat vigorously until fully incorporated and the batter is thick and glossy.
- Add the cocoa, flour and baking soda and stir just until it disappears.
- Pour the batter into the pan and bake until the top is crispy and a toothpick is inserted into the middle comes out with a few crumbs, about 30 minutes.
- Cool the brownies in the pan on the counter. Lift brownies out of the pan by the foil if needed.

Tips: You can eliminate the coffee if desired.

Nutritional Facts (per serving): Calories: 157, Carbohydrates: 23 grams, Protein: 2 grams, Total Fat: 7 grams, Saturated Fat: 3 grams, Cholesterol: 29 mg, Sodium: 106 mg, Fiber: 1 gram, Total Sugars: 17 grams.

Maple-Sweetened Banana Muffins

Recipe Source: Cookie and Kate

Makes: 12 muffins

Wet Ingredients:

1/3 cup extra virgin olive oil or melted coconut oil

1/2 cup maple syrup or honey

2 eggs at room temperature

1 cup mashed ripe bananas

1/4 cup of low fat milk or unsweetened almond milk

1 teaspoon vanilla extract

Dry Ingredients:

1 teaspoon baking soda

1/2 teaspoon salt

1 3/4 cups whole wheat flour

1/3 cup old-fashioned oats, plus more for sprinkling on top

Steps:

- Preheat oven to 325 degrees. Grease all 12 cups of your muffin tin (if necessary).
- In a large bowl, whisk the coconut oil and maple syrup together.
- Add eggs and beat well.
- Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
- Add the flour and oats to the bowl and mix with a large spoon, just until combined (if you would like to add dried fruits or nuts, do so now).
- Divide the batter evenly between the muffin cups, filling each about two-thirds full, followed by a light sprinkling of sugar (about 1 teaspoon).
- Bake muffins for 22-25 minutes, or until toothpick inserted into muffin comes out clean.

Nutrition (per serving): Calories: 208, Total Fat: 7.6 grams, Saturated Fat: 1 gram (7.1 grams if coconut oil is added), Sodium: 219 mg, Carbohydrate: 33 grams, Dietary Fiber: 3.4 grams, Sugars: 12.6 grams.

Pumpkin Spice Bread (with Baking Substitutions)

Makes ~2 Dozen muffins, or 3 loaves

Ingredients:

Wet Ingredients:

- 1 (15oz) can pumpkin puree
- 4 eggs (or 2 eggs + 6 Tablespoon Ground flax seed + 6 Tablespoon Water)
- 1 cup Vegetable Oil (or ½ c vegetable oil + ½ cup unsweetened applesauce)
- 2/3 cup water
- 3 cup white sugar (or 1 cup white sugar)

Dry Ingredients:

- 3 ½ cup all-purpose flour (or 3 ½ cup whole-wheat flour)
- 2 teaspoon baking soda
- 1 ½ teaspoon salt (or ¾ teaspoon salt)
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- ¼ teaspoon ground ginger
- 1 c chopped walnuts (optional)

Steps:

- ▶ Preheat oven to 350 degrees. In large bowl mix wet ingredients.
- ▶ In separate, medium bowl whisk together the dry ingredients until evenly distributed.
- ▶ Stir the dry ingredients into the wet ingredients until just blended. Make sure to leave some clumps.
- ▶ Pour mixture into lightly oiled pan ¾ full. Bake on middle to upper oven rack
- ▶ Loaves: 50 minutes-Fills three 7X3 inch loaf pans
- ▶ Muffins: 15-18 minutes

Tips: Make sure to minimize over stirring when mixing the dry ingredients into the wet. This will make a tougher bread texture. Leave the batter a little clumpy. If minimizing the sugar amount, you may want to add less spices. Using substitutions will result in a smaller yield.

Ricotta Cheesecake with Fresh Raspberries

Recipe Source: Ellie Krieger, The Food Network

Ingredients:

1 (15 oz) container part-skim ricotta cheese
1/2 cup reduced fat sour cream
4 ounces Neufchatel cheese, or reduced fat cream cheese, softened
3 large eggs
3/4 cup sugar
1/4 cup all-purpose flour
1 tsp vanilla extract
1 tsp finely grated orange zest
1/4 tsp salt
1/4 cup all-fruit seedless raspberry jam
1 TBSP water
2 (6 oz) containers fresh raspberries

Steps:

- Preheat oven to 325°.
- Coat a 9-inch spring form pan with cooking spray. Place ricotta in a food processor and process until smooth and creamy. Add sour cream, Neufchatel, eggs, sugar, flour, vanilla, orange zest and salt. Process until well blended.
- Pour into the prepared pan and bake until the center is just set, 50-55 minutes. Transfer to a wire rack to cool and then cover and chill in the refrigerator for at least 3 hours.
- In a small saucepan, bring the jam and water to a boil, stirring constantly until smooth.
- Remove sides of the spring form pan. Brush the tart with the jam mixture and top with raspberries.

Nutritional Facts (per serving): Calories: 256, Carbohydrates: 32 grams, Protein: 11 grams, Total Fat: 10 grams, Saturated Fat: 6 grams, Cholesterol: 99 mg, Sodium: 216 mg, Fiber: 2 grams, Total Sugars: 21 grams.

Skinny Double-Fudge Brownies

Recipe Source: www.chelseasmessyapron.com

Ingredients:

½ cup creamy peanut butter
2 Tbsp honey
2 Tbsp packed brown sugar
1 tsp vanilla extract
½ cup unsweetened applesauce
1 large egg
¼ cup + 1 Tbsp oat flour (oats that have been ground – measure after grinding)
¼ cup cocoa powder
¼ tsp baking soda
½ tsp baking powder
Dash salt
½ cup + ¼ cup dark chocolate chips, divided

Steps:

- Preheat the oven to 350°F. Line an 8x8 baking dish with parchment paper (do not grease). Set aside.
- After grinding old-fashioned rolled oats to make the oat flour, measure the ¼ cup plus 1 Tbsp into a small bowl.
- Add the cocoa powder, baking soda, baking powder, and salt. Stir to combine. Stir in the ½ cup chocolate chips. Set aside.
- In a large bowl, beat together the peanut butter, honey, brown sugar, and vanilla. Beat in the applesauce and egg until well combined.
- Using a wooden spoon, and a light hand, stir the dry ingredients into the wet ingredients just until combined. Do not over-stir.
- Spread the batter evenly into the baking dish. Sprinkle the remaining ¼ cup chocolate chips over the mixture.
- Bake 20-22 minutes, or until lightly puffy. A toothpick stuck halfway between the middle and edge should come out with moist crumbs.
- Cool in pan 5-10 minutes. Holding the parchment paper, gently lift the brownies from the pan and set on a cooling rack to cool completely.

Tips: This recipe yields a slightly cakey brownie, not a dense brownie. It is very moist with rich chocolate flavor! Natural peanut butter works well.

Nutritional Facts (per serving): Calories: 194, Carbohydrates: 21 grams, Protein: 5 grams, Total Fat: 11 grams, Saturated Fat: 4 grams, Cholesterol: 21 mg, Sodium: 133 mg, Fiber: 2 grams, Total Sugars: 11 grams.

Skinny Snickerdoodles

Recipe Source: chocolatecoveredkatie.com

Ingredients:

½ cup whole wheat flour
¼ cup all-purpose flour
¼ tsp baking powder
¼ tsp salt (just under level)
1 tsp cream of tarter (optional)
¼ tsp plus 1/8 tsp baking soda
¼ cup sugar
½ tsp pure vanilla extract
1 ½ TBSP low fat milk
¼ cup butter

Steps:

- Preheat oven to 330 degrees.
- Combine dry ingredients and mix very well. In a separate bowl, melt the butter, then stir in vanilla and milk.
- Pour wet ingredients into dry ingredients and mix again.
- Form balls and roll in cinnamon and sugar. For soft cookies, refrigerate the balls of cookie dough so they become quite cold.
- Cook for 9-10 minutes. The cookies will look underdone when you take them out, but that's ok.

Nutritional Facts (per serving): Calories: 80, Carbohydrates: 10 grams, Protein: 1 gram, Total Fat: 4 grams, Saturated Fat: 2 grams, Cholesterol: 10 mg, Sodium: 106 mg, Fiber: 1 gram, Total Sugars: 4 grams.

Strawberry Frozen Yogurt

Recipe Source: PEHP Healthy Utah Staff

Servings: 4

Ingredients:

- 1 cup low fat plain Greek yogurt
- 2 tablespoons of maple syrup or honey
- ½ fresh squeezed lemon juice
- 1- pound frozen unsweetened strawberries

Steps:

- Add the yogurt, honey, lemon juice and strawberries to blender (in that order).
- Turn the blender on high and push the frozen strawberries into the blades if needed. Blend for about 30 seconds (do not completely puree).
- Scoop the frozen yogurt and serve immediately or transfer to a container and freeze

Nutritional Facts (Per Serving): Calories: 107, Carbohydrates: 25 grams, Protein: 4 grams, Total Fat: .25 grams, Saturated Fat: 0 grams, Cholesterol: 1 mg, Sodium: 48 mg, Fiber: 3 grams, Sugars: 18 grams.

Tahini Oat Cookies

Recipe Source: www.wholefoodsmarket.com

Yield: About 2 dozen cookies

Ingredients:

1 cup rolled oats
1 sifted cup whole wheat flour (sift first, then measure)
¼ tsp fine sea salt
1 tsp baking powder
¼ cup tahini (sesame seed paste)
¼ cup toasted sesame oil
½ cup pure maple syrup or honey
1 tsp vanilla extract
2 tsp cornstarch
3 Tbsp sesame seeds

Steps:

- Preheat oven to 350°. Line 2 baking sheets with parchment paper.
- Grind oats in a blender or food processor until coarsely ground. In a large bowl, whisk together oats, flour, baking powder, and salt. Set aside.
- In a 2-cup glass liquid measuring cup, combine tahini, sesame oil, maple syrup or honey, vanilla, and cornstarch. Whisk until completely smooth. Stir tahini mixture into oat mixture.
- Put sesame seeds in a small bowl. Using a tablespoon, scoop cookie dough onto the plate and roll into balls, coating with sesame seeds. Arrange dough on the prepared baking sheets, about 2 inches apart.
- Bake until cookies are just lightly brown on the bottom and puffed, 8-10 minutes.
- Let cookies cool on baking sheet for 5 minutes, then transfer to a wire rack and let cool completely. Cookies will keep in an airtight container at room temperature for up to 5 days or in the freezer for up to 2 weeks.

Tips: These cookies have a unique flavor, but if you like sesame seeds you will love them! They are similar in flavor to the chewy honey sesame candies you can find in Asian markets. The texture is comparable to a peanut butter cookie.

Nutritional Facts (per serving): Calories: 92, Carbohydrates: 13 grams, Protein: 2 grams, Total Fat: 4 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 26 mg, Fiber: 1 gram, Total Sugars: 5 grams.

Triple Chocolate Cookies

Recipe Source: Ellie Krieger, The Food Network

Ingredients:

1/4 cup butter, softened
1/2 cup dark brown sugar
1/4 cup granulated sugar
1/4 cup canola oil
1 egg
1 tsp vanilla extract
1/2 cup all-purpose flour
1/2 cup whole-wheat pastry flour
1/4 cup unsweetened cocoa powder (not Dutch-processed)
1/4 tsp salt
2 oz coarsely chopped dark chocolate
2 oz chopped milk chocolate
3/4 cup chopped pecans, optional

Steps:

- Preheat the oven to 350°F.
- In a large bowl, mash together the butter and sugars with a fork until well combined.
- Add the oil and egg and beat with a wooden spoon until creamy. Stir in the vanilla.
- In a medium bowl, whisk together the flours, cocoa powder, and salt. Add dry ingredients to the wet ingredients and mix well.
- Stir in the dark chocolate, milk chocolate, and pecans if using, and mix well.
- Scoop tablespoons of batter onto an ungreased cookie sheet. Bake 8-10 minutes, just until set.
- Transfer cookies to a rack and let cool.

Tips: Try using toasted pecans for extra flavor. Another fun twist is using peppermint chunks or dried fruit, such as cranberries or cherries, especially around the holidays.

Nutritional Facts (per serving): Calories: 164, Carbohydrates: 17 grams, Protein: 2 grams, Total Fat: 10 grams, Saturated Fat: 3 grams, Cholesterol: 16 mg, Sodium: 55 mg, Fiber: 1 gram, Total Sugars: 10 grams.

Whole Wheat Coconut Oil Chocolate Chip Cookies

Recipe Source: www.melskitchencafe.com

Yield: 6 dozen cookies

Ingredients:

2 ½ cups (11 ½ oz) white whole wheat flour
1 ¼ tsp baking soda
1 tsp salt
1 ¼ cups quick oatmeal
1 ¼ cups old-fashioned oatmeal
12 oz semi-sweet chocolate chips
1 cup lightly packed brown sugar
1 cup granulated sugar
1 cup extra-virgin coconut oil, soft but not melted
3 large eggs
1 tsp vanilla

Steps:

- Preheat the oven to 350°. Line two baking sheets with parchment paper and set aside.
- In a medium bowl, combine the flour, baking soda, salt, both kinds of oatmeal, and chocolate chips. Set aside.
- In a large bowl, cream together the brown sugar, granulated sugar, and coconut oil until light in color, 1-2 minutes. Add the eggs and vanilla and whip the mixture for 2-3 minutes.
- Stir in the flour mixtures and mix until well combined.
- Using a small cookie scoop, scoop and roll the dough into scant 1-inch balls and place 1-2 inches apart on the prepared baking sheets.
- Bake 8-9 minutes, until edges are just set and middles are still soft.
- Remove the cookies from the oven and let them sit for 2-3 minutes on the baking sheets before removing them to a wire rack to cool completely.

Tips: White whole wheat flour is just a variety of whole wheat and is still a whole grain. It gives a lighter texture and more mild wheat taste than red whole wheat. Using the combination of types of oats in this recipe helps the cookies spread just the right amount. If you only have one type, keep in mind the cookies may spread more (with old-fashioned) or stay mounded (with quick).

Nutritional Facts (per serving): Calories: 101, Carbohydrates: 14 grams, Protein: 1 grams, Total Fat: 5 grams, Saturated Fat: 3 grams, Cholesterol: 8 mg, Sodium: 59 mg, Fiber: 1 gram, Total Sugars: 8 grams.