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# Apple Oatmeal

From California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/Recipes.php>

## Ingredients

- 1¾ cups 100% apple juice
- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- ½ teaspoon ground cinnamon
- 1/8 teaspoon salt (optional)

## Instructions

1. Combine all ingredients in a medium, microwave-safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.

**Makes 4 servings (¾ cup per serving)**

## Nutrition information per serving:

Calories 157  
Carbohydrate 34 g  
Dietary Fiber 4 g  
Protein 3 g  
Total Fat 1 g  
Saturated Fat 0 g  
Trans Fat 0 g  
Cholesterol 0 mg  
Sodium 78 mg



# Avocado Breakfast Bruschetta

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/myplate-cnpp/avocado-breakfast-bruschetta>

## Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- ½ cup chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hardboiled)
- 12 slices whole wheat baguette bread
- ¼ cup ricotta cheese (reduced fat)

## Instructions

1. Dice avocado, tomatoes and green onions
2. Peel and chop hard-boiled eggs
3. Reserve 2 tablespoons of basil for garnish, then gently toss the first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with left over basil.

Makes 4 servings

## Nutrition information per serving

Calories: 340	Dietary Fiber: 9g
Total Fat: 17g	Sodium: 434mg
Saturated Fat: 4g	Protein: 17g
Cholesterol: 190 mg	Carbohydrates: 32g



# Baked Eggs with Mushroom and Spinach

From the American Institute for Cancer Research

<http://www.aicr.org/healthyrecipes/breakfast.html?page=2>

## Ingredients

- 6 (1-oz.) slices whole-grain bread
- Canola oil cooking spray
- 1 Tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 6 green onions, chopped, including green stems
- 2 cups sliced mushrooms (any variety)
- Salt and pepper
- 6 cups baby spinach leaves, loosely packed
- 6 large eggs
- ½ cup unsweetened almond milk or low-fat milk
- ½ cup reduced-fat cheddar, part-skim mozzarella cheese or Jarlsberg cheese
- 1 Tbsp. chopped parsley or chives

## Instructions

1. Preheat oven to 350° F.
2. In toaster, lightly toast bread. Coat a 9x13-inch baking pan with cooking spray. Arrange toast in flat layer without overlapping.
3. In large skillet, heat oil over medium-high heat. Add onion and sauté 5 minutes. Add green onion and sauté 3 minutes.
4. Add mushrooms and cook until they begin to brown, about 2-3 minutes. Season to taste with salt and pepper. Cook another 4 minutes. Stir in spinach and let wilt, about 2-3 minutes.
5. Evenly spread mushroom and spinach mixture over toast.
6. Crack an egg over each piece of toast. Lightly season with salt and pepper, to taste. Pour milk over eggs and sprinkle with cheese.
7. Bake until egg whites are set, about 28-30 minutes. Garnish with parsley or chives. Cut into 6 sections and serve hot.

**Makes 6 servings**

## Nutrition information per serving

Calories: 209	Dietary Fiber: 3.5 g
Total Fat: 9 g	Sodium: 309 mg
Saturated Fat: 3 g	Protein: 13.5 g
Cholesterol:	Carbohydrates: 19 g





# Baked French Toast Fritters with Apples and Bananas

From the National Heart, Lung, and Blood Institute

[http://hp2010.nhlbi.nih.net/healthyeating/\(X\(1\)S\(lfgeqb55ez4cblv5pktr3j45\)\)/recipedetail.aspx?linkId=1&cId=9&rId=148&AspxAutoDetectCookieSupport=1](http://hp2010.nhlbi.nih.net/healthyeating/(X(1)S(lfgeqb55ez4cblv5pktr3j45))/recipedetail.aspx?linkId=1&cId=9&rId=148&AspxAutoDetectCookieSupport=1)

## Ingredients

8 slices whole-wheat/ whole-grain bread	3 Tbs. egg substitute, or 1 egg white
¼ cup peanut butter (or nut butter of choice)	¼ tsp. ground cinnamon
1 apple, rinsed, peeled, cored, and sliced into 8 rings	1 Tbs. brown sugar
2 bananas, peeled and cut into about 12 thin slices each	¼ cup fat-free evaporated milk
	Nonstick cooking spray

## Instructions

1. Preheat oven to 400 degrees. Place large baking sheet in oven to heat (about 10 minutes).
2. Assemble fritter as a sandwich. Use ½ Tbs. nut butter on each slice of bread, with 2 apple slices and 6 banana slices sandwiched between 2 slices.
3. Combine the rest of the ingredients (besides spray) into a batter.
4. Spray preheated baking sheet.
5. Dip both sides of fritter in batter, and place on sheet. Bake for 10 minutes on each side, or until both sides are browned.
6. Serve immediately.

*Makes 4 servings*

## Nutrition information per serving:

Calories	332
Carbohydrate	50 g
Dietary Fiber	7 g
Protein	14 g
Total Fat	10 g
Saturated Fat	2 g
Sodium	374 mg



# Barley Breakfast Bread

From the OLDWAYS Whole Grains Council

<http://wholegrainscouncil.org/recipes/breads/barley-breakfast-bread>

## Ingredients

- 1 cup plain yogurt
- 2 large eggs
- 1/4 cup lukewarm water
- 1 1/2 cups cooked whole barley
- 2 tsp. instant yeast
- 1 1/2 tsps. salt
- 2 Tbsp. butter
- 3 Tbsp. brown sugar or honey
- 4 1/4 cups white whole wheat flour
- 3/4 cup hi-maize natural fiber
- 1/4 cup dry milk or nonfat dry milk
- 1 Tbsp. vital wheat gluten

## Instructions

### Mixing:

1. Combine all of the ingredients, then mix and knead, using your hands, a stand mixer, or a bread machine to make a soft, slightly sticky dough. It'll seem dry at first, but as you knead the dough will soften up and become sticky. Adjust its consistency by adding more water or flour only after kneading for several minutes.
2. Transfer the dough to a lightly greased bowl, cover the bowl with lightly greased plastic wrap, and allow the dough to rise for 1 hour. It'll become somewhat puffy, but probably won't double in bulk.

### Shaping:

1. Divide the dough in half. Shape each half into a log, and place in two lightly greased 8 1/2" x 4 1/2" loaf pan.
2. Cover the pans with lightly greased plastic wrap, and allow the bread to rise till it's crowned about 1/2" over the rim of the pan, about 1 to 1 1/2 hours.

### Baking:

1. Bake the bread in a preheated 350°F oven for 30 to 35 minutes, or until its interior registers 190°F on an instant-read thermometer.

**Makes 2 loaves, 40 slices    Serving size: 1 slice    Nutrition information per serving:**

Calories: 70	Dietary Fiber: 3 g
Total Fat: 1.5 g	Sodium: 100 mg
Saturated Fat: .5 g	Protein: 3 g
Cholesterol:	Carbohydrates: 15 g



# Berry Delicious Peach Super Smoothie with Green Tea

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=pr\\_hf\\_&page=NewsArticle&id=23343&news\\_iv\\_ctrl=1681](http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=23343&news_iv_ctrl=1681)

## Ingredients

- 1 cup green tea, chilled
- 3/4 cup plain Greek or regular yogurt (5-7 oz. container)
- 1 cup fresh or frozen berries
- 1 cup fresh or frozen sliced peaches (about 1 medium-large peach, sliced)
- 2 tsp. honey
- 6 fresh mint leaves, 1/2-inch fresh ginger or 1/4 tsp. ground cinnamon

## Instructions

1. In blender combine in following order: tea, yogurt, fruit, honey and mint, ginger or cinnamon. Whirl until smooth. Serve immediately.

## Makes 2 (1 cup) servings

## Nutrition information per serving

Calories: 145	Dietary Fiber: 4 g
Total Fat: <1 g	Sodium: 51 mg
Saturated Fat: 0 g	Protein: 11 g
Cholesterol:	Carbohydrates: 27 g





# Breakfast Pear Parfait

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/breakfast-pear-parfait>

## Ingredients

- 2 cups oat circles (cold cereal)
- 1 pear (chopped)
- 1 cup low-fat vanilla yogurt

## Instructions

1. Put 1 cup oat circles into two small bowls.
2. Add ½ of the copped pears on top of the oat circles.
3. Top each bowl with ½ cup of low-fat yogurt.

**Makes 2 servings.**

## Nutritional Information

Calories: NA	Dietary Fiber: NA
Total Fat: NA	Sodium: NA
Saturated Fat: NA	Protein: NA
Trans Fat: NA	Carbohydrates: NA
Cholesterol: NA	



# Chickpea Crepes with Spinach Mushroom Pesto

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2014/chickpea-crepes-with-spinach-mushroom-pesto.html>

## Ingredients

### *Crepes*

- 1 cup chickpea flour
- 2 tablespoon extra virgin olive oil
- 1 teaspoon finely chopped fresh rosemary
- 3/4 teaspoon salt
- 2 teaspoon soft buttery spread, if using skillet

### *Filling*

- 2 teaspoon extra virgin olive oil
- 1/4 cup finely chopped red onion
- 1/3 cup finely chopped red bell pepper
- 2 cups Cremini mushrooms, thinly sliced
- 1 (5 ounce box) baby spinach
- 2 tablespoon prepared pesto
- Salt and freshly ground black pepper

## Instructions

1. In medium bowl, whisk chickpea flour, oil, rosemary and salt with 1 cup water until mixture is smooth. Let batter sit 20-30 minutes to thicken slightly. Before cooking stir to loosen any clumps.
2. For crepes, set non-stick crepe pan over medium-high heat until drops of water flicked into pan ball up and bounce. With one hand, hold pan up at 45-degree angle. Pour 1/4 cup batter near top of pan, rotating pan as you pour so batter flows into 6-7-inch round crepe. Cook until crepe is golden on bottom, 1-2 minutes. Using large spatula, turn and cook until crepe is lightly golden on bottom, about 30 seconds. Transfer crepe to large plate. Cover each crepe with wax paper. If using a regular skillet instead of non-stick crepe pan, coat hot pan with 1/2 teaspoon spread before first crepe and repeat as needed between crepes.
3. If not filling crepes immediately, cool to room temperature and cover plate with plastic wrap. Hold crepes at room temperature for up to 8 hours, refrigerate for up to 24 hours.
4. For filling, in medium skillet heat oil over medium-high heat. Add onion and cook, stirring, 2 minutes. Add red peppers and cook, stirring, until onions are translucent, 5 minutes. Add mushrooms and cook, stirring occasionally, until mixture looks wet, 5-6 minutes. Add spinach, stirring to wilt leaves. Cook, stirring often, until most of moisture has evaporated and filling is tender, 8 minutes.
5. If crepes have been made ahead, wrap them in foil and warm in 250 degrees oven, 20 minutes. To assemble crepes, in small bowl, mix pesto with 2 tablespoons warm water. Stir pesto into filling. Arrange a crepe on a plate. Spoon one-sixth filling over bottom half of each crepe, then gently fold crepe in half over filling. Repeat with remaining crepes and filling. If desired, garnish plate with some mesclun leaves and strawberries. Serve immediately.

*Makes 6 servings*

-cont.-

**Nutrition information per serving**

Calories: 170	Dietary Fiber: 4 g
Total Fat: 11 g	Sodium: 400 mg
Saturated Fat: 1.5 g	Protein: 6 g
Cholesterol:	Carbohydrates: 15 g



# Chilled Fruit Soup

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23051&news\\_iv\\_ctrl=1681](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23051&news_iv_ctrl=1681)

## Ingredients

- 2½ cups diced cantaloupe, about ½ melon
- 2 Braeburn or Gala apples, peeled, cored and diced
- 1 cup green grapes
- ½ lb. strawberries, halved, or ½ of 10 oz. package of frozen strawberries
- ¼ cup sugar
- 2 Tbsp. fresh lemon juice
- 1 cup fresh blueberries, for garnish
- 1 cup fresh raspberries, for garnish
- 12 mint leaves, cut crosswise into thin strips for garnish

## Instructions

1. In large saucepan, combine melon, apples, grapes, strawberries, sugar and lemon juice. Add 3 cups water. Bring to boil over medium-high heat. Cover, reduce heat and simmer until fruit is very soft, 12-15 minutes. Uncover and set aside to cool for 15 minutes.
2. Transfer contents of pot to blender. Wrap dishtowel around top of blender. Firmly pressing down blender lid, whirl soup until smooth. It will look creamy. Doing this in 2 batches may be necessary.
3. Pour soup into 1 large or 2 medium jars and let sit at room temperature until lukewarm. Refrigerate soup until well chilled, 6 hours to overnight. Just before serving, shake jar vigorously.
4. Divide soup among 6 wide, shallow bowls. For garnish, divide blueberries, raspberries and mint among the bowls. Serve immediately.

**Makes 6 servings**

## Nutrition information per serving

Calories: 140	Dietary Fiber: 5 g
Total Fat: 0.5 g	Sodium: 15 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol:	Carbohydrates: 36 g



# Country Breakfast Cereal

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/main-dishes/country-breakfast-cereal>

## Ingredients

- 1 cup (190g) uncooked brown rice
- 1/4 tablespoon butter or trans-fat free margarine
- 1/2 cup (75g) seedless raisins or dried cranberries
- 1 teaspoon ground cinnamon
- 2 1/4 (510 ml) cups water (For moister rice, add ¼ cup (30 ml) extra water)
- skim or low-fat milk (optional)
- honey or brown sugar (optional)
- fresh fruit or toasted nuts (optional)

## Instructions

1. Combine rice, butter, raisins and cinnamon with water in a 2- to 3-quart saucepan. Bring to a boil; stir.
2. Reduce heat, cover, and simmer 40 to 50 minutes, or until rice is tender and liquid is absorbed.
3. Fluff with fork. Serve with milk or cream, honey or brown sugar, and fresh fruit or nuts, if desired.

Variation: Make Country Breakfast Cereal using leftover cooked brown rice. For 3 cups (585g) cooked rice, add butter or trans-fat free margarine, raisins or cranberries and cinnamon above, and heat in a saucepan or in your microwave oven until heated through. Add optional ingredients, if desired.

## Makes 6 servings

### Nutrition information per serving

Calories	160
Total Fat	1.5g
Saturated Fat	0g
Carbohydrates	34g
Dietary Fiber	2g
Sodium	10mg
Protein	3g



# Creamy Quinoa Oat Porridge

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2013/creamy-quinoa-oat-porridge.html>

## Ingredients

½ cup quinoa	½ cup quick cooking steel-cut oats
1¾ cups water	½ Granny Smith apple, cored, peeled, and shredded
1/8 tsp. salt	¼ tsp. ground cinnamon
1 ½ cups unsweetened almond milk	1 Tbsp. dark maple syrup
½ cup apple cider	3 Tbsp. ground flaxseed, optional
½ cup water	

## Instructions

1. In medium saucepan, combine quinoa with 1¾ cups water, and salt. Cover, bring to a boil, and then simmer gently for 15 minutes. Off heat, let quinoa stand for 5 minutes. Set 1/2 cup of quinoa aside. Transfer the rest to a container and refrigerate for up to 3 days for another use.
2. In medium saucepan, combine almond milk, cider and 1/2 cup water, and bring to a boil. Immediately stir in oats, and add cooked quinoa, grated apple and cinnamon. Simmer gently for 15 minutes, stirring several times during the first 10 minutes, then frequently during the final 5 minutes to minimize sticking.
3. Divide porridge among 3 bowls. Drizzle 1 teaspoon of maple syrup over each serving. Sprinkle 1 tablespoon of flax seed over each serving, if using. Serve immediately.

**Makes 3 servings (2 ½ cups total yield)**

**Serving size: 5/6 cup**

## Nutrition information per serving

Calories: 261	Dietary Fiber: 3 g
Total Fat: 5 g	Sodium: 172 mg
Saturated Fat: <1 g	Protein: 8 g
Cholesterol:	Carbohydrates: 47 g



# Double Berry Whole Grain Pancakes

From the Whole Grains Council

<http://www.wholegrainscouncil.org/recipes/main-dishes/double-berry-whole-grain-pancakes>

## **Ingredients**

### **For Pancakes:**

¾ cup whole wheat flour	1 1/3 cup fat-free milk
½ cup oats (quick or old fashioned, uncooked)	1 egg, beaten
¼ cup toasted wheat germ	2 Tbs. vegetable oil
2 Tbs. granulated sugar	½ cup dried cranberries
1 Tbs. baking powder	1 ½ cups fresh or frozen blueberries, thawed and drained
¼ tsp. salt	

### **For Berry Topping:**

- 1 jar blueberry or blackberry fruit spread
- 1 Tbs. lemon juice

## **Instructions**

1. In large bowl, combine flour, oats, wheat germ, sugar, baking powder, and salt. Mix well.
2. In medium bowl, combine milk, egg, and vegetable oil. Blend well. Add to dry ingredients all at once; mix until dry ingredients are moistened. Gently stir in cranberries.
3. Heat griddle over medium-high heat (or about 375 degrees F). Lightly spray with nonstick cooking spray. For each pancake, pour ¼ cup batter onto hot griddle. Top quickly with 8-10 blueberries. Turn pancakes when bubbled with cooked edges.
4. For the berry topping, heat fruit spread and lemon juice in the microwave on High for 3 minutes, stirring occasionally, until melted and smooth. Pour over pancakes.

*Make 16 pancakes/ 8 servings (serving size: 2 pancakes)*

### **Nutrition information per serving:**

Calories	245
Carbohydrates	48 g
Dietary Fiber	4 g
Sugars	28 g
Protein	5 g
Total Fat	4 g
Saturated Fat	0.5 g
Cholesterol	0 mg



# Edamame, Sweet Pea and Egg Breakfast Tortilla

From Oldways Whole Grain Council

<https://wholegrainscouncil.org/recipes/edamame-sweet-pea-and-egg-breakfast-tortillas>

## Ingredients

- ½ cup edamame, cooked
- ½ cup sweet peas, cooked
- 2 tablespoons tahini
- 1 tablespoon plus 2 teaspoons extra virgin olive oil, divided
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 2 tablespoons mint, chopped
- 2 whole wheat tortillas
- 2 large eggs

## Instructions

1. In a food processor, pulse together edamame, peas, tahini, 1 tablespoon olive oil, lemon juice, garlic, and mint until smooth and combined. Divide the edamame “hummus” between the two tortillas.
2. Place a skillet with the remaining olive oil over medium heat. Once hot, break the eggs into the skillet and cook slowly until the whites are set. Place eggs on top of the tortillas. Optional: garnish with additional edamame, peas, and mint. Serve immediately.

Makes two servings

## Nutrition information per serving

Calories: 460	Dietary Fiber: 5g
Total Fat: 30g	Sodium: 400mg
Saturated Fat: 6g	Protein: 40g
Cholesterol: --	Carbohydrates: 34g





# Egg and Roasted Red Pepper Wrap

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=pr\\_hf\\_&page=NewsArticle&id=19227&news\\_iv\\_ctrl=1681](http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=19227&news_iv_ctrl=1681)

## Ingredients

- |  |                                    |
|--|------------------------------------|
| 1 large red bell pepper, halved and seeded   | Olive oil cooking spray            |
| Salt to taste                                | 2 tsp. grated Parmesan cheese      |
| 1/4 tsp. each dried basil, oregano and thyme | 2 Tbsp. chopped flat-leaf parsley  |
| 1 large egg                                  | 2 Tbsp. reduced-fat ricotta cheese |
| 1 large egg white                            | 1/8 tsp. harissa, or to taste      |
|  | 1 low-fat whole-wheat wrapper      |

## Instructions

1. Preheat oven to 425 degrees F.
2. Place pepper, cut side down, on foil-covered baking sheet. Bake until skin is puffed and blistered, 20-30 minutes. Transfer pepper to bowl, cover with plate, and let steam for 20 minutes. Pull off skin from pepper, using your fingers or small knife.
3. Place pepper on plate. Sprinkle with salt and dried herbs, cover with plastic wrap, and refrigerate overnight, or up to 24 hours.
4. In bowl, whisk egg and egg white together until well blended. Coat 8-inch skillet with cooking spray, and set over medium-high heat. Add egg, tilting to coat bottom of pan, and cook until egg is set, 1-2 minutes. Sprinkle on cheese and parsley, and cook until surface of omelet looks dull, 2-3 minutes. Slide flat omelet onto plate and set aside.
5. In small bowl, combine ricotta and harissa. Blot roasted pepper dry using paper towel, and cut pepper into very thin strips.
6. To assemble wrap, spread ricotta mixture over wrapper, leaving 1/2-inch uncovered around edges. Slide omelet onto wrapper, positioning it near one end. With narrow end of wrapper toward you, arrange 8-10 pepper strips horizontally on top of egg, and starting at end near you, tightly roll up wrapper. Cut rolled wrap diagonally into 3 pieces and serve immediately.

Makes 1 serving

## Nutrition information per serving

Calories: 330  
Total fat: 11 g  
Saturated fat: 3 g  
Carbohydrates: 34 g  
Protein: 20 g  
Dietary fiber: 6 g  
Sodium: 420 mg



# Fantastic French Toast

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fantastic-french-toast>

## Ingredients

- 2 large eggs
- ½ cup non-fat milk
- ½ teaspoon vanilla extract
- 6 slices whole wheat bread
- Syrup or other toppings (optional)

## Instructions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Optional: serve with syrup, applesauce, fruit slices, or jam.

**Makes 6 servings**

**Serving size: 1 slice**

## Nutrition information per serving

Calories: 100	Dietary Fiber: 2 g
Total Fat: 3 g	Sodium: 161 mg
Saturated Fat: 1 g	Protein: 6 g
Cholesterol: 62 mg	Carbohydrates: 13 g



# Flaxseed and Blueberry Pancakes

From the American Institute for Cancer Research

<http://www.aicr.org/foods-that-fight-cancer/blueberries.html#recipes>

## Ingredients

3/4 cup buckwheat flour	3/4 cup skim milk
3/4 cup whole-wheat flour	2 large eggs
2 Tbsp. ground flaxseed	1 Tbsp. canola oil
2 tsp. baking powder	1 Tbsp. honey
1 tsp. baking soda	2 cups blueberries (rinsed and set aside)
1/2 tsp. salt	Vegetable cooking spray
1 cup skim or low fat buttermilk	Pure maple syrup as desired

## Instructions

1. In large bowl combine flours, flaxseed, baking powder, baking soda and salt. In separate bowl mix together buttermilk, skim milk, eggs, oil and honey.
2. Pour egg mixture into dry ingredients and stir just until batter is lightly mixed together. (If the batter appears too thick, add a dollop more of skim milk to thin.) Lumps are okay and over mixing makes for hard pancakes. Fold in blueberries.
3. Preheat large skillet over medium heat. Spray skillet with cooking spray. Use about 1/4 cup of batter for each pancake. Cook for about 2 to 3 minutes per side on medium or medium-high heat. The pancakes are ready to flip when bubbles start to appear. Turn over only once and when golden brown. You will have enough for 4–6 generous servings, and any leftovers can be frozen for a mid-week treat.

**Makes 4-6 servings**

## Nutrition information per serving

Calories: 220	Dietary Fiber: 6 g
Total Fat: 6 g	Sodium: 600 mg
Saturated Fat: 1 g	Protein: 9g
Cholesterol:	Carbohydrates: 33 g



# Fresh Corn Pancakes with Lime Drizzle

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/fresh-corn-pancakes-with-lime-drizzle.html>

## Ingredients

- |  |  |
|--|--|
| 6 tablespoons whole-wheat pastry flour     | ½ cup fresh corn kernels (1 medium ear)                |
| 6 tablespoons unbleached all-purpose flour | 1 medium scallion, green part only, very thinly sliced |
| ¼ teaspoon salt                            | 1 egg white  |
| 1 large egg                                | 2 tablespoons honey, preferably wildflower             |
| 2/3 cup 1% milk                            | 1-2 tablespoons fresh lime juice                       |
| 4 teaspoons unsalted butter, melted        | Cooking spray  |

## Instructions

1. In medium mixing bowl, combine flours and salt.
2. In small bowl, use fork to beat egg. Add milk and melted butter and stir to combine.
3. Add wet ingredients to dry ones, mixing until combined but small lumps remain. Stir in corn and scallion greens.
4. In small bowl, use hand or electric mixer to beat egg white until soft peaks form. Gently fold egg white into pancake batter.
5. Coat heavy skillet, preferably cast iron, generously with cooking spray and set pan over medium-high heat. When drops of water flicked into pan bounce, re-stir pancake batter. Using ¼ cup measure, scoop down to the bottom of bowl and dip out about 3 tablespoons batter. Pour batter onto skillet, making 3 ½-inch pancake. Repeat, placing pancakes 3 inches apart. Cook until bubbles dot pancakes, edges look opaque and bottoms are nicely browned, about 3 minutes. Flip pancakes and brown lightly on second side. Transfer pancakes to platter and cover to keep warm.
6. For drizzle, in small bowl, whisk honey and 1 tablespoon lime juice together until combined. If syrup is too sweet, add more lime juice to taste.
7. Serve pancakes with honey-lime drizzle.

*Makes 4 servings; 12 pancakes*

## Nutrition information per serving

Calories: 198	Dietary Fiber: 2 g
Total Fat: 6 g	Sodium: 197 mg
Saturated Fat: 3 g	Protein: 7 g
Cholesterol:	Carbohydrates: 30 g



# Granola Fruit Squares

American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23059&news\\_iv\\_ctrl=2901](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23059&news_iv_ctrl=2901)

## Ingredients

- |   |   |
|---|---|
| 1 cup old-fashioned or quick oats, uncooked (not instant) | 1/4 cup canola oil  |
| 1/4 cup each almonds and walnuts                          | 1/4 cup honey   |
| 1 Tbsp. flax seeds  | 1/4 cup brown sugar   |
| 1/2 cup whole wheat flour                                 | 1/2 tsp. vanilla  |
| 1 tsp. ground cinnamon                                    | 2 eggs  |
| 1/2 tsp. baking powder                                    | 1/2 cup fresh blueberries   |
| 1/4 tsp. salt   | 1/2 cup combination raisins, dried cranberries and dried cherries |

## Instructions

1. Preheat oven to 350 degrees.
2. Line 9-inch square baking dish with aluminum foil and leave 2-inches of foil hanging over edges.
3. In large nonstick skillet over medium heat stir oats, nuts and seeds and toast for 6-8 minutes. Set aside to cool. When cool, in food processor, pulse mixture until coarse. Avoid making the mixture too fine.
4. In mixing bowl combine flour, cinnamon, baking powder and salt. Whisk until blended. Set aside.
5. In another mixing bowl combine oil, honey, sugar, vanilla and eggs and mix well. Stir in flour mixture until just combined. Gently add oat mixture, fresh blueberries and dried fruit.
6. Lightly coat baking dish with cooking spray. Pour granola batter into dish and spread evenly. Bake until mixture is set, about 25 to 28 minutes. Remove from oven and allow to completely cool. Use overhanging foil to lift granola slab from baking dish to cutting board. Cut into desired size bars.

**Makes approx. 16 squares.**

## Nutrition information per serving

Calories: 198	Dietary Fiber: 3 g
Total Fat: 10 g	Sodium: 77 mg
Saturated Fat: 1 g	Protein: 5 g
Cholesterol:	Carbohydrates: 25 g



# Huevos Rancheros with Pico de Gallo

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/Recipes.php>

## Ingredients

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded Cheddar or Monterey Jack cheese
- 2 cups Pico de Gallo (see recipe below or utilize a pre-prepared Pico de Gallo product)
- 1/8 teaspoon ground black pepper

## Instructions

1. Preheat oven to 450°F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
5. Place an equal amount of eggs on each tortilla and top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted.
7. Spoon ½ cup Pico de Gallo on each tortilla and top with ground black pepper.
8. Serve warm.

**Makes 4 servings. (1 tortilla per serving)**

### Nutrition information per serving:

Calories 146	Saturated Fat 1 g
Carbohydrate 16 g	Trans Fat 0 g
Dietary Fiber 3 g	Cholesterol 3 mg
Protein 13 g	Sodium 255 mg
Total Fat 4 g	

# Pico de Gallo

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/Recipes.php>

## Ingredients

1 pound ripe tomatoes (about 2 medium tomatoes), chopped  
1½ cups chopped onion  
1/3 cup chopped fresh cilantro  
3 jalapeño peppers, chopped (seeds removed)  
2 tablespoons lime juice  
2 cloves garlic, finely chopped  
¼ teaspoon salt

## Instructions

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

*Use to season your family meals or serve with tortilla chips.*

Makes 6 servings (*½ cup per serving*)

## Nutrition information per serving:

Calories 34  
Carbohydrate 8 g  
Dietary Fiber 2 g  
Protein 1 g  
Total Fat 0 g  
Saturated Fat 0 g  
Trans Fat 0 g  
Cholesterol 0 mg  
Sodium 105 mg



# Mini Breakfast Quiche

From the Seattle & King County Public Health Cookbook:

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/MiniQuiches.aspx>

## Ingredients

1 egg	1/3 cup low-fat mozzarella cheese, shredded
3 egg whites	1 tsp. Tabasco sauce
¼ cup onion, chopped	Salt and pepper to taste, optional
¼ cup chopped spinach (either fresh - steamed & cooled; or frozen - thawed & drained)	(Nutrition info calculated without added salt)
2 medium white mushrooms, diced	Vegetable cooking spray

## Instructions

1. Preheat oven to 350 degrees.
2. Mix eggs together in medium bowl. Add remaining ingredients and stir until combined.
3. Spray a muffin pan with cooking spray. Divide egg mixture evenly among six muffin cups.
4. Bake until and inserted knife comes out clean and top of quiches are golden brown, about 15-20 minutes.

*Makes 2 servings (3 mini quiches per serving)*

## Nutrition information per serving:

Calories	129
Carbohydrate	5 g
Dietary Fiber	1 g
Protein	15 g
Total Fat	6 g
Sodium	238 mg
Calcium	20% DV
Vitamin A	50% DV





# Oatmeal Pecan Waffles (or Pancakes)

Taken from the National Heart, Lung and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=9&rd=152>

*Note: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.*

## Ingredients

### For waffles:

- 1 cup whole wheat flour
- ½ cup quick-cooking oats
- 2 teaspoons baking powder
- 1 teaspoon sugar
- ¼ cup unsalted pecans, chopped
- 2 large eggs, separated
- 1 ½ cup fat-free (skim) milk
- 1 tablespoon vegetable oil

### For fruit topping:

- 2 cups fresh strawberries, rinsed, stems removed, and cut in half (or substitute frozen strawberries, thawed)
- 1 cup fresh blackberries, rinsed (or substitute frozen blackberries, thawed)
- 1 cup fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- 1 teaspoon powdered sugar

## Instructions

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar and pecans in a large bowl.
3. Combine egg yolks, milk and vegetable oil in a separate bowl and mix well.
4. Add liquid mixture to the dry ingredients and stir together. Do not overmix, mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note above).
6. Pour batter into preheated waffle iron and cook until the waffle iron light signals it's done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle and serve.

**Makes 4 servings.**

## Nutrition information per serving

Calories: 340	Sodium: 331 mg
Total Fat: 11 g	Protein: 14 g
Saturated Fat: 2 g	Total Carbohydrates: 50 g
Trans Fat: --	Dietary Fiber: 9 g
Cholesterol: 107 mg	Total Sugars: --



# Overnight Oatmeal

From Oregon State University's Food Hero  
<https://foodhero.org/recipes/overnight-oatmeal>

## Ingredients

- 1 cup old-fashioned rolled oats (raw)
- 1 cup low-fat yogurt
- 1/2 cup non-fat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple

## Instructions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Serve scoops of oatmeal in small dishes or spoon into small containers with lids for grab-and-go breakfasts.
5. Refrigerate leftovers within 2 hours.

**Makes 4 servings**

## Nutrition information per serving

Calories: 150	Dietary Fiber: 3g
Total Fat: 2.5g	Sodium: 60mg
Saturated Fat: 1g	Protein: 8g
Cholesterol: 5mg	Carbohydrates: 23g



# Papaya Boats

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/Recipes.php>

## Ingredients

2 papayas, rinsed and peeled  
1 medium banana, peeled and sliced  
1 kiwifruit, peeled and sliced  
1 cup sliced strawberries  
1 (11-ounce) can mandarin oranges, drained  
 $\frac{3}{4}$  cup low fat vanilla yogurt  
1 tablespoon honey\*  
2 teaspoons chopped fresh mint (optional)

## Instructions

1. Cut papayas in half lengthwise. Scoop out seeds. Place each half on a medium plate.
2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
3. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

*Makes 4 servings. ( $\frac{1}{2}$  ripe papaya per serving.)*

## Nutrition information per serving:

Calories 195  
Carbohydrate 46 g  
Dietary Fiber 6 g  
Protein 5 g  
Total Fat 1 g  
Saturated Fat 0 g  
Trans Fat 0 g  
Cholesterol 2 mg  
Sodium 40 mg



# Raspberry Almond Muesli

From the American Institute for Cancer Research

<https://www.aicr.org/health-e-recipes/2015/her-570-raspberry-almond-muesli.html>

## Ingredients

1/2 cup quick cooking oats (not instant)	3 Tbsp. sliced almonds, divided
1 Tbsp. ground flaxseed	1 cup buttermilk, light or regular
Pinch of salt	1/2 tsp. vanilla extract
1 container (6 oz.) fresh raspberries, divided	1/4 cup fresh blueberries, for garnish
2 Tbsp. honey	8 fresh blackberries, for garnish
2 Tbsp. reduced-fat unsweetened shredded coconut	

## Instructions

1. In medium mixing bowl, combine oats, flax and salt.
2. In smaller bowl, use fork to coarsely mash 1 cup of raspberries with honey and set aside. Set remaining raspberries aside for garnish.
3. In dry medium skillet over medium-high heat, toast coconut, stirring constantly with wooden spatula, until it is golden brown in places and still pale in others, about 2 minutes. Immediately add toasted coconut to oats. Wipe out pan.
4. Return skillet to heat, add almonds, and toast, stirring constantly, until smaller bits are golden brown, about 4 minutes. Immediately spread nuts on plate. Measure and set aside 1 tablespoon toasted almonds and add rest to oat mixture.
5. To oats, add buttermilk and vanilla and mix until well combined. Add raspberry mixture and stir to combine thoroughly. Divide muesli between two bowls or decorative glass dessert dishes. Cover with plastic wrap and refrigerate for 4 to 12 hours.
6. To serve, arrange remaining raspberries, blueberries and blackberries over top of muesli. Sprinkle on remaining toasted almonds. Serve chilled muesli immediately.

**Makes 2 servings**

## Nutrition information per serving

Calories: 411	Dietary Fiber: 15 g
Total Fat: 15 g	Sodium: 281 mg
Saturated Fat: 4.5 g	Protein: 14 g
Cholesterol:	Carbohydrates: 61 g



# Red and Yellow Bell Pepper Omelet

From the California Department of Public Health

[http://cachampionsforchange.cdph.ca.gov/Recipes/BREAKFAST/Breakfast\\_Red%20and%20Yellow%20Bell%20Pepper%20Omelets.pdf](http://cachampionsforchange.cdph.ca.gov/Recipes/BREAKFAST/Breakfast_Red%20and%20Yellow%20Bell%20Pepper%20Omelets.pdf)

## Ingredients

- |  |                                    |
|--|------------------------------------|
| 1 teaspoon olive oil                                 | 4 egg whites                       |
| 1 large red bell pepper, seeded and thinly sliced    | ½ teaspoon dried basil             |
| 1 large yellow bell pepper, seeded and thinly sliced | ¼ teaspoon ground black pepper     |
|  | Nonstick cooking spray             |
|  | 2 teaspoons grated Parmesan cheese |

## Instructions

1. In a large nonstick pan over medium heat, warm oil; add red and yellow bell peppers and cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat.
2. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
3. Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set.
4. Carefully loosen and flip. Cook for 1 minute or until firm.
5. Sprinkle half of the red and yellow bell peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese.
6. Repeat with the remaining egg mixture, peppers, and cheese. Serve hot.

**Makes 2 servings**

## Nutrition information per serving

Calories: 101	Dietary Fiber: 2 g
Total Fat: 4 g	Sodium: 145 mg
Saturated Fat: 1 g	Protein: 9 g
Cholesterol: 2 mg	Carbohydrates: 8 g



# Ricotta, Basil, and Strawberry Toast

From the American Institute for Cancer Research

[http://www.aicr.org/health-e-recipes/2018/beautiful-breakfast-toasts.html?\\_ga=2.118917130.264055177.1526306268-249043919.1524671231](http://www.aicr.org/health-e-recipes/2018/beautiful-breakfast-toasts.html?_ga=2.118917130.264055177.1526306268-249043919.1524671231)

## Ingredients

- 1 slice whole grain bread, toasted
- 1 tablespoon ricotta cheese
- 3 fresh basil leaves, sliced into strips
- 2-4 strawberries, sliced into thin strips

## Details

This toast is the perfect combination of savory and sweet flavors. It's light and refreshing and works well with any type of berry in season. Berries are one of AICR's Foods that Fight Cancer – and are particularly high in ellagic acid, a phytochemical that has been shown to have strong cancer-protective properties.

**Makes 1 serving**

## Nutrition information per serving

Calories: 140	Dietary Fiber: 3 g
Total Fat: 4 g	Sodium: 135 mg
Saturated Fat: 1.5 g	Protein: 5 g
Cholesterol:	Carbohydrates: 23 g



# Spanish Omelet

National Diabetes Education Program

<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131&redirect=true#page3>

## Ingredients

5 small potatoes, peeled and sliced	3 whole eggs, beaten
Vegetable cooking spray	5 egg whites, beaten
½ medium onion, minced	Pepper and garlic salt with herbs, to taste
1 small zucchini, sliced	3 ounces shredded part-skim mozzarella cheese
1 ½ cups green/red peppers, sliced thin	1 Tbsp. low-fat parmesan cheese
5 medium mushrooms, sliced	

## Instructions

1. Preheat oven to 375 degrees F.
2. Cook potatoes in boiling water until tender.
3. In a nonstick pan, add vegetable spray and warm at medium heat.
4. Add onion and sauté until brown. Add vegetables and sauté until tender but not brown.
5. In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt, and low-fat mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables.
6. In a 10 inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20-30 minutes.
7. Remove omelet from over, cool for 10 minutes, cut into five pieces.

Makes 5 servings. Serving size: 1/5 of omelet

## Nutritional information per serving (1/5 of omelet)

Calories: 260  
Total fat: 10g  
Saturated fat: 3.5g  
Sodium: 240mg  
Total carbohydrate: 30g  
Cholesterol: 135 mg  
Dietary fiber: 3g  
Protein: 16g



# Strawberry-Blueberry Muffins

American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=9501&news\\_iv\\_ctrl=1681](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9501&news_iv_ctrl=1681)

## Ingredients

Canola oil spray	1 cup chopped fresh strawberries
3 Tbsp canola oil	1 cup whole-wheat flour
1/3 cup unsweetened applesauce	1 cup unbleached all-purpose flour
1/2 cup sugar	2 tsp. baking powder
2 eggs	1/4 tsp salt
1 tsp vanilla	1/2 cup fat-free milk
1 cup fresh blueberries	

## Instructions

1. Preheat oven to 375 degrees. Spray 12-cup muffin tin with canola oil and set aside.
2. In medium bowl, whisk together oil, applesauce, sugar and eggs. Add vanilla, blueberries and strawberries.
3. In separate bowl, blend together flours, baking powder and salt.
4. Fold in half flour mixture, then half milk.
5. Add remaining flour and milk, folding in just until blended.
6. Scoop batter into prepared tins.
7. Bake 25-30 minutes or until golden brown and inserted toothpick comes out dry.
8. Allow muffins to cool for 20 minutes before removing from pan.

Makes 12 muffins. Serving size: 1 muffin

## Nutritional information per serving (1 muffin)

Calories: 165

Total fat: 5g

Saturated fat: Less than 1g

Sodium: 133mg

Total carbohydrate: 28g

Dietary fiber: 2g

Protein: 4g





# Veggie Scramble Wraps

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/Recipes.php>

## Ingredients

- Nonstick cooking spray
- 1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)
- 1 cup egg substitute
- 2 (6-inch) flour tortillas
- ¼ cup grated low-fat Cheddar cheese

## Instructions

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.

**Makes 2 servings. (1 wrap per serving)**

## Nutrition information per serving:

Calories 191  
Carbohydrate 19 g  
Dietary Fiber 4 g  
Protein 21 g  
Total Fat 4 g  
Saturated Fat 1 g  
Trans Fat 0 g  
Cholesterol 3 mg  
Sodium 537 mg



# Whole Grain Strawberry Pancakes

From MyPlate -- United States Department of Agriculture

<http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/WholeGrainStrawberryPancakes.pdf>

## Ingredients

- 1 ½ cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 3 eggs
- 1 container (6 oz) vanilla low-fat yogurt
- ¾ cup water
- 3 tablespoons canola oil
- 1 ¾ cups sliced fresh strawberries
- 1 container (6 oz) strawberry low-fat yogurt

## Instructions

1. Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended. Pour egg mixture all at once into flour mixture; stir until moistened.
3. For each pancake, pour slightly less than ¼ cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
4. Top each serving (2 pancakes) with ¼ cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

*Makes 7 servings*

## Nutrition information per serving

Calories: 260  
Total fat: 9 g  
Saturated fat: 1.5 g  
Sodium: 390 mg  
Dietary fiber: 4 g



# Zucchini Muffins

From the California Department of Public Health

<http://www.cachampionsforchange.cdph.ca.gov/en/docs/Snacks/Zucchini-Muffins.pdf>

## Ingredients

nonstick cooking spray	1½ teaspoons ground cinnamon
2 eggs	½ teaspoon ground ginger
½ cup applesauce	¼ teaspoon ground cloves
¼ cup granulated sugar	2 cups grated zucchinis (about 2 small zucchinis)
1 teaspoon vanilla extract	½ cup raisins
1¼ cups whole wheat flour	2/3 cup toasted and chopped pecans or walnuts
¼ teaspoon salt	
1 teaspoon baking soda	

## Instructions

1. Place an oven rack in the middle of the oven. Preheat oven to 350 F.
2. Spray muffin pan (12 muffin cups total) with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).
6. Gently stir in zucchinis, raisins, and nuts.
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.
9. Remove muffin pans from oven and let muffins stand for 5 minutes.
10. Remove muffins from pan and place them on a wire rack to finish cooling. Serve warm or at room temperature.

**Makes 12 servings**

## Nutrition information per serving

Calories	142
Total Fat	5g
Saturated Fat	1g
Protein	4g
Sodium	168g
Carbohydrates	21g
Dietary Fiber	3g
Cholesterol	35mg



# Anytime Pizza

From U.S. Department of Agriculture – Choose My Plate

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/anytime-pizza>

*Note: For an added serving of grains, substitute any of the bread for a whole grain version.*

## Ingredients

- 1/4 mini baguette or Italian bread (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
- 1/4 cup green pepper (chopped)
- 1/4 cup mushrooms (fresh or canned, sliced)
- vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

## Instructions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Makes two servings

## Nutrition information per serving

Calories: 180	Dietary Fiber: 2 g
Total Fat: 7 g	Sodium: 502 mg
Saturated Fat: 3 g	Protein: 11 g
Cholesterol: 15 mg	Carbohydrates: 18 g



# Apple Berry Fruit Leather

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/FruitLeather.aspx>

## Ingredients

- 3 cups apples, cored and chopped
- 1 cup raspberries
- 2 tablespoons frozen orange juice concentrate
- 2 tablespoons honey
- 1 teaspoon cinnamon
- 1 teaspoon fresh lemon juice

## Instructions

1. Preheat oven to 140° F.
2. Using a blender, blend 1 cup of apples, the raspberries and the orange juice concentrate until smooth. Add remaining apples and blend until smooth. Pour apple mixture in a medium sized bowl then stir in the honey, cinnamon and lemon juice.
3. Line a baking sheet with plastic wrap and tape to edges. Do not use wax paper or aluminum foil since it's difficult to remove the fruit from these items.
4. Pour apple mixture on the plastic lined baking sheet and spread with a rubber spatula until it's 1/8 inch thick. Leave about 1/2 inch of space open from edge of pan to allow fruit to expand while drying.
5. Bake in oven for 4-6 hours. Fruit leather is done when it is no longer sticky to the touch. When done, roll the fruit with the plastic wrap the long way. Cut into 2-inch pieces. Store pieces in an airtight container.

**Makes 8 servings**

## Nutrition information per serving

Calories: 59	Dietary Fiber: 2g
Total Fat: 0g	Sodium: 0mg
Saturated Fat: 0g	Protein: 0g
Cholesterol: 0mg	Carbohydrates: 15g



# Apricot Pecan Bars

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22647&news\\_iv\\_ctrl=1681](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22647&news_iv_ctrl=1681)

## Ingredients

- 3 cups quick cooking oats
- 1/2 cup pecans, chopped (almonds or walnuts may be substituted)
- 3 cups unsweetened grain cereal (try Cheerios or Shredded Wheat)
- 2 cups dried apricots, chopped (dried cherries or cranberries may be substituted)
- 1/4 cup whole-wheat flour
- 12 ounces silken tofu, drained
- 1 large egg
- 1/2 cup applesauce
- 1/2 cup canola oil
- 3/4 cup honey
- 1/2 tsp. salt
- 1 Tbsp. lemon zest, freshly grated
- 1 Tbsp. vanilla extract
- Cooking spray

## Instructions

1. Preheat oven to 350 degrees.
2. Spread oats and pecans on large (15x10 inch) baking dish. Bake until lightly brown and fragrant, 8 to 10 minutes.
3. Transfer to large mixing bowl and add cereal, apricots and flour; stir to combine.
4. Puree tofu, egg, applesauce, oil, honey, vanilla and lemon zest in a blender until smooth. Make a well in the center of the oat mixture and fold in the tofu mixture until combined. Coat 9x13 baking dish with cooking spray and spread the mixture uniformly in the dish.
5. Bake until firm in the center and golden brown, approximately 35 to 40 minutes. Let cool completely in the dish before cutting into bars with a sharp knife.

**Makes 24 servings**

**Serving Size: 1 bar**

## Nutrition information per serving

Calories: 190	Dietary Fiber: 3 g
Total Fat: 8 g	Sodium: 55 mg
Saturated Fat: <1 g	Protein: 4 g
Cholesterol:	Carbohydrates: 29 g



# Avocado and Corn Salsa

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/avocado-and-corn-salsa>

## Ingredients

- 1 avocado (diced)
- ¾ cup Frozen corn kernels, thawed
- ½ cup grape tomatoes, quartered
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons lime juice
- ¼ teaspoon salt

## Instructions

1. Toss avocado, corn, tomatoes, cilantro, lime juice, and salt in a medium bowl.
2. Chill one hour and then serve.

**Makes 5 servings**

## Nutrition information per serving

Calories: 67	Dietary Fiber: 3 g
Total Fat: 4 g	Sodium: 119 mg
Saturated Fat: 1 g	Protein: 1 g
Cholesterol: 0 g	Carbohydrates: 8 g



# Baja Bean Dip

USDA

<http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/baja-bean-dip>

## Ingredients

- 2 cans low-sodium tomatoes (about 15 ounces each, drained and chopped)
- 1 can no-fat low-sodium refried beans (about 15 ounces)
- 1 can low-sodium corn (about 15 ounces, drained)
- 2 tablespoons chili powder
- 2 cups low-fat cheddar cheese (shredded)

## Directions

1. Preheat oven to 350 degrees F.
2. In a skillet, combine 1 cup tomatoes, refried beans, ½ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon into 8x8-inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
4. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.

Makes 12 servings, serving size about ⅓ cup.

## Nutritional Information per serving

Calories: 120	Dietary Fiber: 4g
Total Fat: 2g	Sodium: 420mg
Saturated Fat: 1g	Protein: 9 g
Trans Fat: 0 g	Carbohydrates: 18g
Cholesterol: 5mg	Sugars: 1g





# Black Bean and Corn Dip

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/BlackBeanCornDip.aspx>

## Ingredients

- 1 - 15 oz. can black beans, drained and rinsed or 2 cups black beans cooked at home
- 2 cups cooked fresh, frozen or canned corn
- 2 green onions, sliced
- 1/2 cup plain nonfat yogurt
- 1/2 teaspoon thyme
- 1/2 teaspoon chili powder
- Black pepper to taste

## Instructions

1. Place all ingredients in a blender. Blend for about 20 seconds or until all ingredients are smooth.
2. If the dip is too thick, stir in two tablespoons of yogurt.

*Makes 12 servings. Serving size: 1/4 cup (69g)*

## Nutritional information per serving (4 servings)

Calories: 68	Dietary fiber: 3g
Calories from fat: 3	Sugars: 0g
Total fat: 0g	Protein: 4g
Saturated fat: 0g	Vitamin A: 0%
Cholesterol: 0 mg	Vitamin C: 4%
Sodium: 77mg	Calcium: 4%
Total carbohydrate: 13g	Iron: 4%

*Percent Daily Values are based on a 2,000 calorie diet.*



# Carrot Raisin Granola Bars

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/granola-bars>

## **Ingredients**

- 1 cup honey
- 1 cup peanut butter
- 3 ½ cups rolled oats
- ½ cup raisins
- ½ cup carrot (grated)
- ½ cup coconut

## **Instructions**

1. Preheat oven to 350 degrees.
2. Peel and grate carrots.
3. Put honey and peanut butter in large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let cool until you can safely touch it with your hands.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
9. Cut into 24 bars.

*Makes 24 servings*

## **Nutrition information per serving:**

Calories	160
Carbohydrates	25 g
Dietary Fiber	2 g
Protein	4 g
Total Fat	6 g
Saturated Fat	1.5 g



# Carrot Tuna Vegetable Dip

From the Centers for Disease Control (CDC) Fruit and Veggies: More Matters Campaign

<http://www.fruitsandveggiesmorematters.org/recipe?iRID=20>

## Ingredients

1 celery stalk, chopped	¼ tsp. hot pepper sauce
½ cup chopped carrots	2 tsp. basil, crushed if dried, chopped if fresh
7 oz. can water-packed tuna, drained	1 large egg, hard-boiled and chopped
¼ cup nonfat mayo or creamy salad dressing	4 cups assorted snacking vegetables ( <i>such as carrots, celery, cucumbers, cauliflower, broccoli, cherry tomatoes, zucchini, mushrooms, peppers</i> )
2 tsp. prepared horseradish	
1/8 tsp. salt	
1/8 tsp. black pepper	

## Instructions

1. Place chopped celery and carrots in blender, pulse/chop until very fine.
2. Add drained tuna, mayo, horseradish, salt, pepper, and hot sauce. Blend on medium, and then high until smooth.
3. Remove to serving bowl. Stir in basil and chopped hard-boiled egg. Chill for 15 minutes.
4. Meanwhile, select desired vegetables. Wash and prepare, arrange on serving platter. Serve around bowl of dip.

*Makes 4 servings*

## Nutrition information per serving:

Calories	118
Carbohydrate	10 g
Dietary Fiber	3 g
Protein	14 g
Total Fat	2.5 g
Saturated Fat	0.7 g
Sodium	438 mg



# Chicken Tortas

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/docs/Lunch/Chicken-Tortas.pdf>

## Ingredients

2 cups cooked, shredded chicken	½ cup shredded reduced fat Monterey Jack cheese
1 tsp chili powder	2 radishes, sliced
2 cups Pico de Gallo	1 fresh avocado, mashed
2 cups shredded romaine lettuce	4 bolillos or French bread rolls, cut in half lengthwise
4 thin sliced white onion	

## Instructions

1. In a medium bowl, combine chicken, chili powder, and 1 cup Pico de Gallo.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup Pico de Gallo over lettuce and close sandwich. Serve immediately.

Makes 4 servings (*1 sandwich per serving*)

## ***Nutrition information per serving:***

Calories 379  
Carbohydrate 32 g  
Dietary Fiber 6 g  
Protein 30 g  
Total Fat 15 g  
Saturated Fat 4 g  
Trans Fat 0 g  
Cholesterol 67 mg  
Sodium 500 mg



# Chocolate Banana Grahams

Brought to you by Million Hearts

<http://recipes.millionhearts.hhs.gov/recipes/chocolate-banana-grahams>

## Ingredients

- 1 square graham cracker, broken into 2 rectangles
- 1/2 teaspoon Nutella, or other chocolate-hazelnut spread, divided
- 2 slices banana, about 2 inches long
- 1/2 teaspoon sweetened shredded coconut, toasted if desired, divided

## Instructions

1. Spread each graham cracker piece with ¼ teaspoon Nutella and top with a slice of banana and a sprinkling of coconut.

Makes 1 serving

## Nutrition information per serving

Calories: 71	Dietary Fiber: 1 g
Total Fat: 2 g	Sodium: 37 mg
Saturated Fat: 0	Protein: 1 g
Cholesterol: 0	Carbohydrates: 13 g



# Chunky Cranberry Dip

American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=7234&news\\_iv\\_ctrl=1122](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7234&news_iv_ctrl=1122)

## Ingredients

- 1- 8oz. package reduced fat cream cheese
- 1-2 Tbsp lowfat milk
- ½ cup chopped dried cranberries
- ¼ cup chopped blanched almonds
- ½ Tsp orange zest, preferably fresh

## Instructions

1. In medium bowl, place cheese and allow to soften at room temperature.
2. Mash and work with fork until texture is light enough to combine easily with other ingredients.
3. Gradually add milk until cheese becomes soft and spreadable.
4. Mix remaining ingredients.
5. Cover and refrigerate up to 2 days ahead or let stand at room temperature 1 hour before serving to allow flavors to blend.

*Makes 1 ½ cups. Serving size: 1 tablespoon*

## Nutritional information per serving (1 tablespoon)

Calories: 29  
Total fat: 2g  
Saturated fat: Less than 1g  
Sodium: 35mg  
Total carbohydrate: 3g  
Dietary fiber: Less than 1g  
Protein: 1g



# Cranberry Orange Chex Mix

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/snacks-desserts/cranberry-orange-chex-mix>

## Ingredients

- 3 cups (90g) Corn Chex® cereal
- 3 cups (90g) Rice Chex® cereal
- 3 cups (90g) Wheat Chex® cereal
- 1 cup (80g) sliced almonds
- 1/4 cup (55g) butter or trans-fat free margarine, melted
- 1/4 cup (55g) packed brown sugar
- 1/4 cup (60 ml) thawed frozen orange juice concentrate
- 1/2 cup (75g) dried cranberries

## Instructions

1. Heat oven to 300°F (150°F, or gas mark 2). In large bowl, mix cereals and almonds.
2. In microwavable measuring cup, mix butter, brown sugar and juice concentrate. Microwave uncovered on High 30 seconds; stir.
3. Pour over cereal mixture, stirring until evenly coated. Pour into ungreased large roasting pan.
4. Bake uncovered 30 minutes, stirring after 15 minutes. Stir in cranberries.
5. Cool completely, about 15 minutes. Store in airtight container.

**Makes 20 ½ cup servings**

## Nutrition information per serving

Calories	140
Total Fat	5g
Saturated Fat	1.5g
Carbohydrates	23g
Dietary Fiber	2g
Sodium	135mg
Protein	3g



# Crispy Chicken Nuggets

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/ChickenNuggets.aspx>

## Ingredients

- 12 ounces skinless and boneless chicken breasts
- 1 egg, slightly beaten
- 1 tablespoon honey
- 1 teaspoon prepared mustard
- 2 cups cornflakes, crushed
- 1 teaspoon ground black pepper

## Instructions

1. Preheat oven to 450°.
2. Cut chicken into 1 inch chunks.
3. In a small bowl, using a fork, combine egg, honey and mustard.
4. In a medium sized bowl, add the crushed cornflakes and toss with the pepper.
5. Dip chicken pieces in egg mixture then roll in cornflakes until covered.
6. Place chicken on an ungreased baking sheet and bake for 15 minutes or until cooked through and no longer pink in the center.

Makes 4 servings (*1/4 recipe per serving*)

## Nutrition information per serving:

Calories 178  
Carbohydrate 15 g  
Dietary Fiber 0 g  
Sugars 4 g  
Protein 22 g  
Total Fat 2 g  
Saturated Fat 1 g  
Trans Fat 0 g  
Cholesterol 102 mg  
Sodium 215 mg





# Crunchy Chickpea Snacks

From Eat Move, Save, Illinois Extension Offices

<https://eat-move-save.extension.illinois.edu/eat/recipes/crunchy-chickpea-snacks>

## Ingredients

- 1 can (14 to 15 oz) chickpeas/garbanzo beans
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- ½ teaspoon cumin
- 1/8 teaspoon black pepper

## Instructions

1. Preheat oven to 400 degrees F.
2. Drain and rinse canned chickpeas/garbanzo beans. Spread onto plate or cutting board. Pat dry with a clean towel. Add to small bowl.
3. Add vegetable oil, salt, cumin, and black pepper to bowl with chickpease. Mix until oil and spices are evenly distributed.
4. Spray nonstick cooking spray onto a baking pan or cookie sheet. Spread out chickpeas onto pan.
5. Bake for 40 to 50 minutes, until chickpeas are lightly toasted.

**Note:** Store in an airtight container. If storing longer than 1 to 2 days, refrigerate roasted chickpeas.

Makes 4 servings

## Nutrition information per serving

Calories: 120	Dietary Fiber: 4g
Total Fat: 5g	Sodium: 450mg
Saturated Fat:	Protein: 5g
Cholesterol:	Carbohydrates: 14g



# Curry, Carrot and White Bean Spread

From the King County Public Health Services

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/CurryCarrotSpread.aspx>

## Ingredients

2 cups water	1/4 teaspoon ground cumin
2 medium carrots, peeled and sliced	1/2 cup canned white beans (Cannellini or navy beans), drained
2 tablespoons olive oil	Salt to taste (optional)
1/4 cup onion, chopped	Chopped cilantro for garnish (optional)
1 clove garlic, minced	
1/2 teaspoon curry powder	

## Instructions

1. Bring water to a boil in a small saucepan then add carrots and cook for about 7-8 minutes or until tender. Drain then set aside.
2. Heat oil in a small skillet over medium-high heat. Add onion, garlic, curry and cumin and cook until onion is tender (about 4-5 minutes.)
3. Place carrots and onion mixture in a food processor or blender then add beans and salt (if using.) Blend until smooth or to desired consistency.
4. Transfer to a bowl, garnish with cilantro and serve with your favorite crackers or bread slices.

**Makes 16 servings**

## Nutrition information per serving

Calories: 29  
Total Fat: 2g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Carbohydrates: 3g  
Protein: 1g  
Dietary Fiber: 1g  
Sodium: 3mg



# Dunkin' Veggies and Dip

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/veggies-dip.htm>

## Ingredients

5 cups assorted raw vegetables, rinsed and cut into bite-sized pieces as needed – such as baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes

### *Low-Fat Blue Cheese Dip*

¼ cup reduced-fat blue cheese crumbles

¼ cup fat-free sour cream

2 tablespoons light mayonnaise

### *Honey Mustard Dip*

¼ cup honey

2 tablespoons brown mustard

2 tablespoons fat-free evaporated milk

1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)

1 tablespoon fresh chives, rinsed, dried, and chopped (or 1 teaspoon dried)

## Instructions

1. For dip, combine ingredients for the two dips separately, and serve with Dunkin' Veggies.
2. Arrange vegetables on a platter and serve with choice of dip.

**Makes 4 servings**

## Nutrition information per serving

### **Dunkin' Veggies**

Calories: 42	Dietary Fiber: 2 g
Total Fat: 0 g	Sodium: 77 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 mg	Carbohydrates: 9 g

### **Low-Fat Blue Cheese Dip**

Calories: 56	Dietary Fiber: 0 g
Total Fat: 4 g	Sodium: 145 mg
Saturated Fat: 1 g	Protein: 3 g
Cholesterol: 4 mg	Carbohydrates: 3 g

### **Honey Mustard Dip**

Calories: 71	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 46 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol: 0 mg	Carbohydrates: 19 g



# English Muffin Veggie Pizza

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/english-muffin-veggie-pizza>

## Ingredients

- 1 cup broccoli (cooked chopped)
- 4 English muffins (try whole wheat muffins)
- 1 cup pizza sauce (or spaghetti sauce)
- ½ cup mozzarella cheese, shredded, part skim
- ¼ cup carrot (4 Tablespoons, shredded)
- 1/3 tablespoon Parmesan cheese (1 teaspoon, grated)

## Instructions

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make ½ cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.

**Makes 4 servings**

**Serving size: 2 mini pizzas**

## Nutrition information per serving

Calories: 220	Dietary Fiber: 4 g
Total Fat: 5 g	Sodium: 576 mg
Saturated Fat: 2 g	Protein: 11 g
Cholesterol: 8 mg	Carbohydrates: 34 g



# Fresh Fruit with Cinnamon Yogurt Dip

From the United States Department of Agriculture

<http://recipefinder.nal.usda.gov/recipes/fresh-fruit-cinnamon-yogurt-dip>

## Ingredients

- 1 apple
- 1 orange
- ¼ cup orange juice
- 1 cup vanilla yogurt
- ½ teaspoon cinnamon

## Serving variations:

- Try using other favorite seasonal fruits such as berries, melons, or peaches.
- Use strained Greek yogurt for more protein

## Instructions

1. Prepare fruit (core apple, peel orange; slice)
2. Pour orange juice into a small bowl
3. Dip the fruit pieces into the orange juice to prevent browning
4. Arrange on a plate
5. Mix the yogurt and cinnamon in small bowl
6. Dip fruit pieces into yogurt mixture

*Makes 4 servings*

## Nutrition information per serving:

Calories	120
Carbohydrate	26 g
Dietary Fiber	3 g
Protein	4 g
Total Fat	1 g
Saturated Fat	0.5 g
Sodium	40 mg
Vitamin C	35% DV



# Fresh Salsa

From Stay Young at Heart – National Heart Blood and Lung Institute

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/fresal.htm>

## Ingredients

6 tomatoes preferably Roma (or 3 large tomatoes)  
½ medium onion, finely chopped  
1 clove garlic, finely minced  
2 serrano or jalapeno peppers, finely chopped

3 Tbsp. cilantro, chopped  
1/8 tsp. oregano, finely crushed  
1/8 tsp. salt  
1/8 tsp. pepper  
½ avocado, diced (black skin)  
Juice of 1 lime

## Directions

1. Combine all of the ingredients in a glass bowl.
2. Serve immediately or refrigerate and serve within 4 or 5 hours.

Makes 8 servings (Serving size: ½ cup)

## Nutritional information per serving (8 servings)

Calories: 42  
Total fat: 2g  
Saturated fat: <1g  
Sodium: 44mg  
Cholesterol: 0mg  
Calcium: 12mg  
Iron: 1mg



# Lite Hummus Dip

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=7348&news\\_iv\\_ctrl=1122](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7348&news_iv_ctrl=1122)

## Ingredients

1 can (15 oz.) chick peas, rinsed and drained  
1-2 cloves finely minced garlic (or to taste)  
1 Tbsp. sesame tahini  
6-8 Tbsp. reduced sodium vegetable broth or water  
1-2 Tbsp. fresh lemon juice  
1/2 tsp. extra virgin olive oil  
Salt and freshly ground black pepper, to taste  
Hot pepper sauce (optional)  
Paprika

## Instructions

1. In blender or food processor, place peas, garlic, tahini, broth or water, lemon juice and oil. Blend on high speed until mixture is smooth.
2. Add salt, pepper and hot pepper sauce to taste, if desired. Pour mixture into serving bowl. Dust lightly with paprika.
3. Serve with cut-up raw vegetables and pita bread.

**Makes 1 ¼ cups** (2 tablespoons per serving)

## Nutrition information per serving

Calories: 50  
Total fat: 2 g  
Saturated fat: <1 g  
Carbohydrates: 7 g  
Protein: 2 g  
Dietary fiber: 2 g  
Sodium: 195 mg





# Low-Fat Blue Cheese Dip

From Deliciously Healthy Family Meals, US Dept. of Health and Human Services

[http://hp2010.nhlbihin.net/healthyeating/\(S\(izif4ca0pelbstzdd1wj34ji\)\)/recipe/detail.aspx?linkId=1&cId=10&rId=132&AspxAutoDetectCookieSupport=1](http://hp2010.nhlbihin.net/healthyeating/(S(izif4ca0pelbstzdd1wj34ji))/recipe/detail.aspx?linkId=1&cId=10&rId=132&AspxAutoDetectCookieSupport=1)

Dipping makes veggies fun—try this tasty dip for dinner, a snack, or a party!

## Ingredients

- ¼ cup reduced-fat blue cheese crumbles
- ¼ cup fat-free sour cream
- 2 Tbsp. light mayonnaise

## Instructions

Combine ingredients; serve with assorted fresh vegetable strips and slices (e.g. cucumbers, carrots, red, green and yellow peppers, broccoli, summer squash, etc.)

Makes four servings (1Tbsp. of dip per serving)

Nutritional information per serving

Calories: 56

Total fat 4 g

Saturated fat 1 g

Cholesterol 4 mg

Sodium 145 mg

Total fiber 0 g

Protein 3 g

Carbohydrates 3 g

Potassium 22 mg

Vitamin A 2%

Vitamin C 0%

Calcium 2%

Iron 0%



# Make Your Own Snack Mix

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&clId=10&rd=164>

## Ingredients

- 1 cup toasted oat cereal
- ¼ cup unsalted dry roasted peanuts (or other unsalted nut)
- ¼ cup raisins
- ¼ cup cranberries

## Instructions

1. Combine all ingredients, and toss well.
2. Serve immediately, or store for later snacking.

**Makes 4 servings**

## Nutrition information per serving

Calories: 136	Dietary Fiber: 2 g
Total Fat: 5 g	Sodium: 75 mg
Saturated Fat: 1 g	Protein: 3 g
Cholesterol:	Carbohydrates: 22 g



# Oven-Fried Yucca

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&clId=10&rlId=166&AspxAutoDetectCookieSupport=1>

## Ingredients

- 1 pound fresh yucca (cassava), cut into 3-inch sections and peeled (or 1 pound peeled frozen yucca)
- Nonstick cooking spray

## Instructions

1. In a kettle, combine the yucca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yucca for 20 to 20 minutes, or until it is tender.
2. Preheat oven to 350 degrees Fahrenheit.
3. Transfer the yucca with a slotted spoon to a cutting board, let it cool, and cut it lengthwise into 3/4 inch-wide wedges, discarding the thin, woody core.
4. Spray a cookie sheet lightly with the cooking spray. Spread the yucca wedges in a single layer on the cookie sheet, and spray the wedges with cooking spray. Cover with foil and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

*Makes 6 servings*

*Serving size: 1 piece (2 1/2 inches long)*

## Nutrition information per serving

Calories: 93	Dietary Fiber: 1 g
Total Fat: 1 g	Sodium: 3 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 mg	Carbohydrates: 20 g

*Note: Pre-cut Yucca (Cassava) is available to purchase fresh or frozen from Walmart, OR fresh from Meijer, OR Fresh International Market on Neil Street.*



# Pineapple-Soy Glazed Chicken Wings

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/ChickenNuggets.aspx>

## Ingredients

Nonfat cooking spray	1/2 teaspoon crushed red pepper flakes
3 pounds frozen chicken drumettes (28-30 count)	1/2 cup pineapple juice
1/4 cup packed brown sugar	1/2 cup low-sodium chicken broth
1 tablespoon corn starch	2 tablespoons low-sodium soy sauce
2 teaspoons fresh ginger, grated	1/4 cup green bell pepper, seeded and diced

## Instructions

1. Preheat oven to 400°. Spray a baking pan with nonfat cooking spray. Spread wings in pan then bake for 50 minutes or until skins are crispy.
2. In a small saucepan, combine the brown sugar, corn starch, ginger, and red pepper flakes and heat over medium heat. Stir in the pineapple juice, broth, soy sauce and bell pepper then stir until combined. Cover and let simmer for 15 minutes or until heated through.
3. Using a pastry brush, brush wings with the glaze on all sides then continue to bake for another 10 minutes. Place wings in a serving tray with the remaining glaze in a small serving bowl as extra dip.

Makes 30 servings (1 drumette per serving)

### ***Nutrition information per serving:***

Calories 123  
Carbohydrate 3 g  
Dietary Fiber 0 g  
Sugars 2g  
Protein 14 g  
Total Fat 6 g  
Saturated Fat 2 g  
Trans Fat 0 g  
Cholesterol 47 mg  
Sodium 209 mg



# Popcorn Trail Mix

From the American Institute of Cancer Research

<http://www.aicr.org/foods-that-fight-cancer/cranberries.html#recipes>

## Ingredients

2 cups air-popped popcorn	3 Tbs. dry-roasted almonds, coarsely chopped
1 ½ cups unsweetened whole-grain oat dry cereal	3 Tbs. chopped dried pineapple
¼ cup golden raisins	2 Tbs. roasted pumpkin seeds
3 Tbs. dried blueberries	2 Tbs. dry-roasted sunflower seeds
3 Tbs. dried cranberries	

## Instructions

1. Combine all ingredients in large bowl.
2. Serve, or store in airtight container for up to 3 days.

*Makes 10 servings*

## Nutrition information per serving:

Calories	91
Carbohydrate	15 g
Dietary Fiber	2 g
Protein	2 g
Total Fat	3 g
Sodium	37 mg



# Pumpkin Spice Energy Bites

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/pumpkin-spice-energy-bites/>

## Ingredients

### Energy Bites

- ¾ cup old-fashioned oats
- 2 tablespoons hemp seeds
- 2 tablespoons chia seeds
- 2 tablespoons flax seeds
- ½ cup walnut pieces
- ¼ cup pumpkin seeds
- 2 teaspoons pumpkin spice pie blend

- 1/3 cup dried cranberries
- 1 cup canned or cooked pumpkin
- 10 small soft dates, pitted
- 1/3 cup creamy natural peanut butter
- 1 teaspoon vanilla

### Topping

- 1/3 cup pumpkin seeds

## Instructions

1. Place oats, hemp, chia, flax, walnuts, ¼ cup pumpkin seeds, pumpkin pie spice and dried raisins in container of food processor. Process a few seconds, just until ingredients are finely ground.
2. Add pumpkin, dates, peanut butter and vanilla and process for a few minutes until smooth, pausing to scrape down sides as needed. Texture should be smooth, finely ground and sticky.
3. Pour mixture into bowl, cover and chill for about 1 hour.
4. Remove from refrigerator and form into small balls (makes 28 balls) with hands.
5. Place 1/3 cup pumpkin seeds in small dish and roll each ball in pumpkin seeds to coat.
6. Store in refrigerator in airtight container.

**Makes 28 servings (28 balls).**

## Nutrition information per serving

Calories: 84	Sodium: 16 mg
Total Fat: 4 g	Protein: 3 g
Saturated Fat: -- g	Carbohydrates: 9 g
Trans Fat: 0 g	Dietary Fiber: 2 g
Cholesterol: 0 mg	Total Sugars: 3 g



# Quinoa Oatmeal Cookies

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/snacks-desserts/quinoa-oatmeal-cookies>

## Ingredients

- 6 tablespoons dairy free/ soy free margarine (may substitute with butter)
- 1/2 cup brown sugar
- 1/4 cup soft silken tofu (may substitute with 1 egg)
- 3/4 cup quinoa flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1 tsp. gluten free vanilla
- 1 1/2 cups Arzu Original Flavor (see note)
- 1/2 cup raisins (may substitute with dried cranberries)

## Instructions

1. Preheat oven to 350 degrees.
2. Cream margarine, brown sugar and tofu (or egg).
3. Add quinoa flour, baking soda, salt and cinnamon and vanilla. Beat for 1 minute on high. Add vanilla and Arzu. Mix well. Add raisins and gently mix in.
4. Drop by teaspoonful onto parchment lined cookie sheet.
5. Bake 10-12 minutes until golden brown.
6. Cool before storing in air tight container.

*Note: [Arzu](#) is a gluten-free mix of whole grain quinoa, buckwheat and legumes that can be eaten as a porridge or incorporated into a wide range of cooked and baked products.*

**Makes 36 servings**

**Serving Size: 1 cookie**

## Nutrition information per serving

Calories: 50	Dietary Fiber: 1 g
Total Fat: 1.5 g	Sodium: 90 g
Saturated Fat:	Protein: 1 g
Cholesterol:	Carbohydrates: 9 g



# Quinoa Mango Salsa

From OLDWAYS Whole Grain Council

<http://wholegrainscouncil.org/recipes/salads-sides/quinoa-mango-salsa>

## Ingredients

- 1-2 cups cooked quinoa
- 2 mangos, ripe and cubed
- 2-4 serrano chili, seeded and chopped
- 1/2 cup or more chopped cilantro
- 1/4 cup chopped red onion
- Juice of 1 lime
- 3-4 Tbsp. rice wine vinegar
- A pinch of salt

## Instructions

1. Combine all ingredients. Use in one of the following ways, or get creative and make a new dish:
  - Serve as a side dish to any fish or chicken.
  - Add chips and serve as a snack or appetizer.
  - Wrap any fish in a piece of parchment paper, pile this salsa on top of the fish and bake at 350 for 12 minutes or so.
  - Top a plate of black beans or put it in a burrito.
  - Double or triple the quinoa, add more vinegar and some olive oil for a cold salad.
  - Pile on top of a poached egg for breakfast.

## Nutrition information per serving.

Calories: 220	Dietary Fiber: 6 g
Total Fat: 2.5 g	Sodium: 10 mg
Saturated Fat: 0 g	Protein: 6 g
Cholesterol: 0 g	Carbohydrates: 10 g





# Roasted Red Pepper Dip

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/RedPepperDip.aspx>

## Ingredients

2 medium red sweet peppers	¼ teaspoon salt
2 tablespoons tomato paste	Dash of red pepper flakes
1 teaspoon sugar	1 clove garlic, chopped
1 teaspoon fresh thyme (or ¼ teaspoon crushed and dried thyme)	

## Instructions

1. Roast the peppers:
  - Cut peppers into quarters and remove stem, seeds, and membranes.
  - Line a baking sheet with foil. Place peppers down on foil, skin side up and press each segment to lie flat on sheet.
  - Bake in an oven at 425° for 20 minutes or until skin is blackened and blistered.
  - Remove peppers from oven and place in a paper bag. Close bag and let cool for 10 minutes.
  - Peel and discard skins.
2. Place peppers in a food processor, cover, and blend until finely chopped.
3. Add tomato paste, sugar, thyme, salt, red pepper flakes and garlic. Cover and blend until smooth.

Makes 12 servings. Serving size: 1 tablespoon (122 g)

## Nutritional information per serving (12 servings)

Calories: 36	Dietary fiber: 2g
Calories from fat: 2	Sugars: 0g
Total fat: 0g	Protein: 1g
Saturated fat: 0g	Vitamin A: 135%
Cholesterol: 0 mg	Vitamin C: 380%
Sodium: 73mg	Calcium: 0%
Total carbohydrate: 9g	Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.



# Roasted Vegetable Salsa

From the University of Illinois Extension Services: Recipes for Diabetes

[http://urbanext.illinois.edu/diabetesrecipes/recipe.cfm?recipe=Roasted  
Vegetable Salsa](http://urbanext.illinois.edu/diabetesrecipes/recipe.cfm?recipe=RoastedVegetableSalsa)

## Ingredients

2 cups chopped tomato	¼ tsp. thyme
1 ½ cups chopped summer squash	1/8 tsp. salt
1 ½ cups chopped zucchini squash	1/8 tsp. black pepper
½ cup chopped green pepper	¼ tsp. dried dill weed.
½ cup chopped onion	Cooking spray
2 tsp. olive oil	

## Instructions

1. Preheat oven to 400 degrees.
2. Spray a 7x11 inch glass pan with cooking spray.
3. Toss ingredients lightly in bowl and pour into pan. Roast for 55-60 minutes.
4. Serve warm or chilled, as a snack or appetizer, or as a vegetable dish.

*Make 12 servings*

## Nutrition information per serving:

Calories	21
Carbohydrates	3 g
Dietary Fiber	1 g
Protein	1 g
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	27 mg



# Salmon Spread

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/salmon-spread>

## Ingredients

1 can salmon (about 15 ½ ounces)  
1 tablespoon lemon juice  
1 tablespoon horseradish  
1 cup yogurt, fat-free plain

1 tablespoon dill weed (dried)  
4 green onion (chopped, or ¼ cup onion, or onion powder to taste)  
Parsley (for garnish)

## Instructions

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or a rice cake.
4. Sprinkle chopped parsley to garnish.

**Makes 7 servings**

**Serving size: ¼ cup prepared spread, 1/7 of recipe**

## Nutrition information per serving

Calories: 97	Dietary Fiber: 0 g
Total Fat: 3 g	Sodium: 251 mg
Saturated Fat: 1 g	Protein: 13 g
Cholesterol: 32 mg	Carbohydrates: 4 g



# Savory Roasted Eggplant Spread

From the American Institute of Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=7179&news\\_iv\\_ctrl=1122](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7179&news_iv_ctrl=1122)

## Ingredients

- 1 large eggplant
- 1 peeled, seeded tomato, chopped
- ¼ cup chopped parsley
- 1 Tbsp minced green onions
- 2 Tsp fresh lemon juice
- 1 Tsp olive oil
- Salt and freshly ground black pepper, to taste

## Instructions

1. Place eggplant in baking dish and bake at 400 degrees for 45-55 minutes.
2. Let eggplant cool, then cut in half and scrape insides into bowl. Process in blender or processor, leaving slightly chunky. Stir in remaining ingredients.
3. To serve, spread on hearty whole grain bread or focaccia. If desired, top off sandwich with sliced tomatoes, roasted green or yellow squash slices, pepper strips, or onion.

*Makes 6 servings*

## Nutritional information per serving (6 servings)

Calories: 32  
Total fat: <1 g  
Saturated fat: < 1 g  
Sodium: 6mg  
Total carbohydrate: 6g  
Dietary fiber: 2g  
Protein: 1g



# Southwest Caviar

From the U of I Extension

<http://web.extension.illinois.edu/ghhpsw/recipe/071201.html>

## Ingredients

- 2 - 16oz cans black-eyed peas (cowpeas), rinsed
- ¾ cup onions, finely chopped
- 1 ¼ cup fresh cilantro or fresh parsley, finely chopped
- 2 cups of picante sauce or salsa
- 2 Tbsp. jalapeno pepper, chopped (optional)

## Instructions

1. Combine all ingredients.
2. Chill before serving.
3. Serve as a side dish with tortilla chips as an appetizer.

## Nutrition information per serving (not counting tortilla chips)

- Calories: 130
- Fat: 1g
- Calories from fat: 10
- Sodium: 825mg
- Dietary fiber: 6g



# Southwestern Beef Roll-Ups

From the National Heart, Lung, and Blood Institute's Keep the Beat

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=0&cId=10&rd=161&AspxAutoDetectCookieSupport=1>

## Ingredients

*For tortillas:*

- 4 whole-wheat tortillas (6½ inch)
- 4 red leaf lettuce leaves, rinsed and dried)
- 4 oz low-sodium deli roast beef

*For spread:*

- 1 Tbsp light mayonnaise
- 1 tsp lime juice (about ½ fresh lime)
- ½ tsp hot sauce

## Instructions

1. Combine ingredients for the spread. Mix well.
2. Spread about 1 teaspoon of spread on each tortilla.
3. Top each tortilla with one lettuce leaf and 1 ounce roast beef (about two slices).
4. Fold sides in, and roll.
5. Serve with a side of Tangy Salsa.

**Makes 4 serving**

## Nutrition information per serving

Calories: 190	Dietary Fiber: 2 g
Total Fat: 5 g	Sodium: 302 mg
Saturated Fat: 0 g	Protein: 11 g
Cholesterol: 21 mg	Carbohydrates: 23 g



# Sun-Dried Tomato Dip

American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=7233&news\\_iv\\_ctrl=1122](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7233&news_iv_ctrl=1122)

## Ingredients

2 large red bell peppers or 1 jar (12 oz.), drained	3 Tbsp low fat mayonnaise
1 can (15 oz.) can white beans, rinsed and drained	1 tsp dry oregano
10 marinated sun-dried tomato halves, coarsely chopped	1 tsp ground cumin
2 garlic cloves, chopped	¼ tsp ground chipotle chili powder or pinch cayenne pepper
	Salt and freshly ground black pepper, to taste

## Instructions

1. Grill fresh peppers over open flame or under broiler until their skins are blackened all over, using tongs to turn often, about 5 minutes.
2. Place peppers in bowl and cover with plastic wrap. Let sit 20 minutes.
3. When skin is loosened, pull it away with your fingers. (Some bits will remain).
4. Open peppers and remove seeds and ribs. Coarsely chop peppers.
5. Place peppers in food processor or blender and puree.
6. Add beans, sun-dried tomatoes, garlic, mayonnaise, oregano, cumin and chili powder or cayenne. Process to smooth puree.
7. Season to taste with salt and pepper. Dip is best if it sits an hour before serving. It keeps up to 3 days, tightly covered, in refrigerator.

Makes 2 ½ cups. Serving size: 1 tablespoon

## Nutritional information per serving (1 tablespoon)

Calories: 18

Total fat: Less than 1g

Saturated fat: Less than 1g

Sodium: 22mg

Total carbohydrate: 3g

Dietary fiber: 1g

Protein: 1g



# Turkey Pinwheels

From Keep the Beat – NHBLI

<http://hp2010.nhlbihin.net/healthyating/recipeDetail.aspx?linkId=1&cId=10&rd=162>

## Ingredients

- 4 slices whole-wheat bread
- 1 Tbsp light mayonnaise
- 1 Tbsp deli mustard
- ½ C cucumber, peeled and thinly sliced
- ¼ C jarred roasted red peppers
- 2 oz. low-sodium deli turkey breast

## Instructions

1. Remove the crusts from the bread and flatten each slice with a rolling pin.
2. Combine mayonnaise and mustard. Spread about ½ tablespoon on each bread slice.
3. Arrange cucumbers and red peppers evenly on each slice of bread, and top with ½ ounce turkey.
4. Roll each slice into log, and cut each log into four pieces with a sharp knife. Serve immediately, or refrigerate logs until ready to serve (cut prior to serving).

Makes 4 servings (1 log per serving)

## Nutritional information per serving (4 servings)

Calories: 106	Carbohydrates: 12g
Total fat: 2g	Potassium: 25mg
Saturated fat: 0g	Vitamin A: 0%
Cholesterol: 11mg	Vitamin C: 0%
Sodium: 275mg	Calcium 2%
Total fiber: 2g	Iron: 4%
Protein: 7g	

Percent Daily Values are based on a 2,000 calorie diet.





# Veggie Guacamole

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/Guacamole.aspx>

## Ingredients

- 2 ripe avocados, peeled and pitted
- Juice of 1 lemon
- 1 large tomato, seeded and diced
- 1 cup canned black beans, drained
- 1 cup cooked corn (canned, fresh, or frozen)
- 1/2 teaspoon minced garlic
- 1 tablespoon green onion, chopped
- 1 teaspoon jalapeño peppers, chopped (optional)

## Instructions

1. Mash avocados in a bowl.
2. Add lemon juice and salt, then mix in the remaining ingredients.

**Makes 14 servings** (Serving size: ¼ of a cup)

## Nutritional information per serving

Calories: 77  
Calories from fat: 41  
Total fat: 5 g  
Saturated fat: 1 g  
Cholesterol: 0 mg  
Sodium: 34 mg  
Total Carbohydrates: 8 g  
Dietary fiber: 3 g  
Sugars: 0 g  
Protein: 2 g



# Almond- Crusted Baked Chicken Tenders

From the American Institute for Cancer Research

<https://www.aicr.org/health-e-recipes/2019/almond-crusted-baked-chicken-tenders-1.html>

## Ingredients

- |                       |   |
|-----------------------|---|
| 1 1/4 cup almonds     | 1 tsp. salt   |
| 2 tsp. garlic powder  | 1/2 tsp. black pepper   |
| 1 tsp. smoked paprika | 2 eggs, beaten  |
| 1 tsp. dried mustard  | 2 lbs. thin-sliced chicken breast halves (cut in half) or chicken tenders |
| 1 tsp. dried oregano  |   |
| 1 tsp. dried thyme    |   |

## Instructions

1. Preheat oven to 375 degrees.
2. Pulse almonds in a food processor until finely ground into an almond meal.
3. Mix the almond meal together with garlic, paprika, dried mustard, oregano, thyme, salt and pepper.
4. Dredge each piece of chicken in egg and coat with almond spice mixture.
5. Place pieces on lightly greased cookie sheet.
6. Bake for 20-25 minutes, until golden.

**Makes 8 servings**

**(About 2-3 tenders per serving)**

## Nutrition information per serving

Calories: 220	Dietary Fiber: 2 g
Total Fat: 10 g	Sodium: 430 mg
Saturated Fat: 1.5 g	Protein: 28 g
Cholesterol:	Carbohydrates: 4 g



# Baked Tofu

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& Montana State University Extension Service

<http://www.montana.edu/nep/recipes.htm>

## Ingredients

- 2 Tbsp. soy sauce
- 1 minced clove garlic or ¼ teaspoon garlic powder
- 1 tsp. minced fresh ginger (optional)
- 1 tsp. vegetable oil
- 1 package (16 ounce) drained tofu, firm or extra firm, water packed

## Instructions

1. Preheat oven to 350 degrees. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
3. While tofu is draining, combine soy sauce, garlic, ginger and vegetable oil in a small bowl.
4. Slice tofu into ½ inch thick slices. Place tofu slices on foil lined baking sheet.
5. Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce.
6. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup or salad.

Makes 4 servings (2 slices per serving)

## Nutritional information per serving (4 servings)

Calories: 100

Calories from fat: 40

Total fat: 4.5g

Saturated fat: 0g

Cholesterol: 0mg

Sodium: 710mg

Total carbohydrate: 4g

Dietary fiber: 0g

Sugars: 1g

Protein: 9g

Vitamin A: 0%

Vitamin C: 0 %

Calcium: 2%

Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.



# Bok Choy Wrappers

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/bok-choy-wrappers>

## Ingredients

- 1 ½ cups brown rice, long-grain, regular, dry
- 1 ¾ cups fresh bok choy, sliced ¼ in.
- 1 ¾ cups canned pineapple tidbits, in 100% juice
- 3 cups cooked chicken strips
- ¾ cup sweet and sour sauce
- 1 tsp. low-sodium soy sauce
- 12 leave of fresh romaine lettuce, outer leaves

## Directions

1. Preheat oven to 350 degrees F.
2. Combine brown rice and 3 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. A rice cooker may be used with the same quantity of brown rice and water.
3. In a medium bowl, combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce.
4. Transfer mixture to an 8" x 8" nonstick baking pan coated with nonstick cooking spray. Bake at 350 °F for 30 minutes. Cook to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature).
5. Place two lettuce leaves on a plate. Top each with ¾ cup filling.

Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve warm.

**Makes 12 wraps.**

## Nutritional Information

Calories: 376	Dietary Fiber: 5 g
Total Fat: 11 g	Sodium: 377 mg
Saturated Fat: 2 g	Protein: 13 g
Cholesterol: 23 mg	Carbohydrates: 56 g



# Bruschetta

From Keep the Beat – NHBLI

<http://hp2010.nhlbihin.net/healthyeating/recipe/detail.aspx?linkId=1&cid=10&rid=157>

## Ingredients

- ½ whole grain baguette (French bread), cut into 12 slices (or substitute 3 slices whole-wheat bread, each cut into 4 squares)
- 1 cup fresh tomatoes, rinsed and diced
- ¼ cup jarred roasted red peppers, diced (or substitute fresh roasted red peppers; see tip) (Leftover Friendly)
- 6 Kalamata olives, rinsed and sliced (or substitute any black olive)
- ½ Tbsp. olive oil
- 2 Tbsp. fresh basil, rinsed, dried, and chopped (or 2 tsp dried)
- ¼ tsp. ground black pepper

## Instructions

1. Lightly toast baguette slices.
2. Combine remaining ingredients, and toss well.
3. Top each bread slice with about 2 tablespoons of tomato mixture, and serve

## Tips:

- Substitute fresh roasted red peppers by making extra when you make the Super Quick Chunky Tomato Sauce. If you don't have leftover cooked vegetables, see basic cooking instructions.
- Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.
- Substitute fresh roasted red peppers by making extra when you make the Super Quick Chunky Tomato Sauce. If you don't have leftover cooked vegetables, see basic cooking instructions.
- Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.

## Nutritional information per serving (makes 4 servings)

- |                     |                      |
|---------------------|----------------------|
| • Calories: 119     | • Carbohydrates: 17g |
| • Total fat: 4g     | • Potassium: 113mg   |
| • Saturated fat: 0g | • Vitamin A: 10%     |
| • Cholesterol: 0mg  | • Vitamin C: 10%     |
| • Sodium: 256mg     | • Calcium 4%         |
| • Total fiber: 2g   | • Iron: 6%           |
| • Protein: 4g       |                      |

Percent Daily Values are based on a 2,000 calorie diet.



# Celery with Apricot Blue Cheese Spread

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/celery-apricot-blue-cheese-spread>

## Ingredients

2 tablespoons crumbled blue cheese	4 dried figs or dates
3 tablespoons fat-free cream cheese	¼ cup pecans
½ cup fat-free yogurt (plain)	8 stalks celery
4 dried apricots	

## Instructions

1. Chop dried fruit and pecans.
2. Mix blue cheese, cream cheese, and yogurt with a fork or hand mixer until smooth.
3. Stir in chopped, dried fruit and pecans. Refrigerate spread until ready for use.
4. Slice celery stalks into 3-4 inch sticks.
5. Fill celery pieces with spread.

**Makes 4 servings**

**Serving size: ¼ of recipe**

## Nutrition information per serving

Calories: 140	Dietary Fiber: 3 g
Total Fat: 6 g	Sodium: 220 mg
Saturated Fat: 2 g	Protein: 6 g
Cholesterol: 5 mg	Carbohydrates: 16 g



# Celery with Cream Cheese Mousse

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/%28S%28hmja2aj2vppd0y5530m3ayin%29%29/recipe/detail.aspx?linkId=0&cld=10&rlid=160>

## Ingredients

- ¼ C low-fat whipped cream cheese
- ¼ C fat-free plain yogurt
- 2 Tbsp scallions (green onions), rinsed and chopped
- 1 Tbsp lemon juice
- ½ tsp ground black pepper
- 6 celery sticks, rinsed, with ends cut off
- 1 Tbsp chopped walnuts

## Instructions

1. Combine cream cheese, yogurt, scallions, lemon juice, and pepper. Mix well with a wooden spoon.
2. Spread mixture evenly down the middle of each celery stick.
3. Cut each stick into 5 pieces. Top with chopped walnuts, and serve.

**Makes 6 servings**

## Nutrition information per serving

Calories: 35	Total Fiber: 1g
Total Fat: 2g	Sodium: 58mg
Saturated Fat: 1g	Protein: 2g
Carbohydrates: 3g	Cholesterol: 4mg



# Cornmeal Herb Crisp Crackers

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/cornmeal-herb-crisp-crackers.html>

## Ingredients

1/3 cup unbleached all-purpose flour	1/2 teaspoon kosher salt, divided
1 teaspoon dried basil	1/2 cup stone ground yellow cornmeal
1 teaspoon dried oregano	1/2 cup cold water
1/2 teaspoon garlic powder	1 1/2 teaspoon unsalted butter, cut into 4 pieces
1/2 teaspoon baking powder	

## Instructions

1. Preheat oven to 375 degrees F. Set out 2 baking sheets, preferably light colored.
2. In small bowl, combine flour, basil, oregano, garlic powder, baking powder and half the salt.
3. In small saucepan, mix cornmeal and water until smooth. Cook over medium-high heat while whisking constantly until most of cornmeal clings to whisk in a ball and just starts to steam. Transfer cornmeal to small mixing bowl.
4. Using flexible spatula, spread hot cornmeal to cover bottom of bowl. Add butter and with your fingers carefully work hot cornmeal and butter into soft ball. Flatten cornmeal to cover bottom of bowl. Add dry ingredients and with your hands, work them into cornmeal just until evenly blended, pliable dough forms. Do not overwork dough or crackers will be tough.
5. Place sheet of baking parchment on work surface. Pat dough into 4-inch by 6-inch rectangle and place in center of parchment with narrow edge toward you. Working always from center out, push rolling pin towards top, then bottom, then each side. Repeat until dough is 8-inch by 10-inch rectangle. If dough is irregularly shaped, trim and piece pieces around edges, pressing them into place.
6. Cut dough crosswise in half. Setting one half aside on a baking sheet, rotate piece remaining on parchment so narrow side faces you. Roll it out to roughly 6 inches by 9 inches. Lifting parchment on one long side, release dough against your hand, then lay it back down on parchment. Repeat to release dough on other side. Roll dough to get it as thin as you can (less than 1/16 inch if possible), to about 7 inches by 10 inches. With tines of fork, pierce dough all over, about every inch. Using sharp, thin knife, trim sides to make them even. With ruler as guide, cut dough into 1-inch by 2-inch strips. Sprinkle half of remaining salt over pieces. Arrange pieces of dough on one of baking sheets, placing them 1/2-inch apart.
7. Bake crackers 12-15 minutes, or until almost firm and lightly golden. Crackers will be unevenly colored with dark brown patches. Transfer crackers to plate. They harden as they cool.
8. Meanwhile, roll out, cut and bake second rectangle of dough.

*Makes 8 servings, Serving size: about 3 balls*

*-cont.-*



## Nutrition information per serving

Calories: 240	Dietary Fiber: 2 g
Total Fat: 5 g	Sodium: 150 mg
Saturated Fat: 1.5 g	Protein: 7 g
Cholesterol:	Carbohydrates: 41 g



# Creamy Dill Dip

From USDA

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/creamy-dill-dip>

## Ingredients

- 1 cup sour cream, non-fat
- 1 cup yogurt, non-fat plain
- 2 tablespoons dill (dried)

## Instructions

1. Put the sour cream, yogurt, and dill in a medium bowl. Stir together.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Serve with cucumbers slices. If you want a creamy salad dressing, add a few tablespoons of water to the dip. Fresh dill is often available at local farmers markets in the summer.

**Makes 16 servings**

## Nutrition information per serving

Calories: 20	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 30 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol:	Carbohydrates: 4 g



# Crispy Chicken Nuggets

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/ChickenNuggets.aspx>

## Ingredients

- 12 ounces skinless and boneless chicken breasts
- 1 egg, slightly beaten
- 1 tablespoon honey
- 1 teaspoon prepared mustard
- 2 cups cornflakes, crushed
- 1 teaspoon ground black pepper

## Instructions

1. Preheat oven to 450°.
2. Cut chicken into 1 inch chunks.
3. In a small bowl, using a fork, combine egg, honey and mustard.
4. In a medium sized bowl, add the crushed cornflakes and toss with the pepper.
5. Dip chicken pieces in egg mixture then roll in cornflakes until covered.
6. Place chicken on an ungreased baking sheet and bake for 15 minutes or until cooked through and no longer pink in the center.

Makes 4 servings (*1/4 recipe per serving*)

## Nutrition information per serving:

Calories 178  
Carbohydrate 15 g  
Dietary Fiber 0 g  
Sugars 4 g  
Protein 22 g  
Total Fat 2 g  
Saturated Fat 1 g  
Trans Fat 0 g  
Cholesterol 102 mg  
Sodium 215 mg



# Crustless Spinach Quiche

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Crustless-Spinach-Quiche.aspx>

## Ingredients

2 tsp. canola oil	6 large egg whites
1 medium yellow onion, finely chopped	1 large egg
1 10-ounce package frozen chopped spinach, thawed and drained	1/3 cup Cabot No Fat Cottage Cheese
1 1/2 cups grated Cabot 50% Light Cheddar cheese	1/4 tsp. ground cayenne red pepper
	1/8 tsp. salt
	1/8 tsp. ground nutmeg

## Instructions

1. Drizzle oil in nonstick skillet over medium-high heat.
2. Add onion; sauté for 5 minutes, or until translucent.
3. Add spinach and stir for 3 additional minutes, or until spinach is dry. Set aside. Preheat oven to 375 degrees Fahrenheit.
4. Lightly coat 9" nonstick pie pan with cooking spray. Sprinkle cheese in pan. Top with spinach mixture.
5. In a medium bowl, whisk egg whites, egg, cottage cheese, red pepper, salt and nutmeg. Pour egg mixture over spinach.
6. Bake for 30-40 minutes or until set. Let sit 5 minutes. Cut into wedges. Serve warm.

Makes 4 servings

## Nutritional information per serving (4 servings)

Calories:	215
Total fat:	11 g
Saturated fat:	5 g
Cholesterol:	75 mg
Sodium:	550 mg
Protein:	23 g
Total carbohydrates:	6 g
Calcium:	40% Daily Value



# Cucumber Yogurt Dip

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-dip>

## Ingredients

- 2 cup yogurt (plain, low-fat)
- 2 cucumbers (medium, peeled, seeded, and grated)
- ½ cup sour cream (non-fat)
- 1 tablespoon lemon juice
- 1 tablespoon dill (fresh)
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

## Instructions

1. Peel, seed and grate one cucumber. Slice other cucumber and set aside
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill and garlic in a serving bowl. Chill for one hour.
3. Arrange tomatoes, cucumbers, broccoli and carrots on a colorful platter. Serve with cucumber dip.

Makes 6 servings

## Nutrition information per serving

Calories: 94	Dietary Fiber: 2g
Total Fat: 2g	Sodium: 109mg
Saturated Fat: 1g	Protein: 6g
Cholesterol: 7mg	Carbohydrates: 15g



# Curtido Cabbage Salvadore

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/curtido>

## Ingredients

- |   |                        |
|---|------------------------|
| 1 medium head of cabbage, chopped       | 1 teaspoon olive oil   |
| 2 small carrots, grated                 | 1 teaspoon salt        |
| 1 small onion, sliced                   | 1 teaspoon brown sugar |
| ½ teaspoon dried, red pepper (optional) | ¼ cup vinegar          |
| ½ teaspoon oregano                      | ½ cup water            |

## Instructions

1. Blanch the cabbage with boiling water for 1 minute. Discard the water
2. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in refrigerator for at least 2 hours before serving.
4. Serve with Pupusas Revueltas.

**Makes 8 servings**

**Serving size: 1 cup**

## Nutrition information per serving

Calories: 41	Dietary Fiber: 1 g
Total Fat: 1 g	Sodium: 293 mg
Saturated Fat: less than 1 g	Protein: 44 g
Cholesterol: 0 mg	Carbohydrates: 0 g



# Fresh Lumpia (Lumpiang Sariwa)

From the U.S. Department of Health and Human Services

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&clId=10&rd=260&AspxAutoDetectCookieSupport=1>

*Note: The meat in this recipe can be left out or substituted with firm tofu.*

## Ingredients

### *For filling*

1 Tbsp olive oil  
½ C ground chicken breast or lean pork  
½ C shrimp, peeled and deveined  
2 cloves garlic, chopped  
½ C cabbage, julienned  
½ C green beans, julienned  
½ C carrots, julienned  
¼ C celery, julienned  
¼ C jicama, julienned  
½ C low-sodium chicken broth  
¼ tsp salt  
¼ tsp black pepper

### *For lumpia sauce*

1 C broth from preparing the filling  
1 Tbsp lite soy sauce  
1 Tbsp brown sugar  
3 cloves garlic, minced  
1 tsp cornstarch  
2 Tbsp cold water

### *For wrap*

8 Vietnamese spring-roll wrappers or lumpia wrappers  
8 pieces red leaf lettuce  
½ C dry roasted peanuts, chopped

## Instructions

1. Prepare the filling: Heat oil in a sauté pan, and sauté the ground meat with the shrimp and garlic.
2. Add the vegetables (cabbage, green beans, carrots, celery, and jicama), and sauté until slightly crisp.
3. Add the chicken broth and continue until vegetables are cooked. Season with salt and black pepper.
4. Remove from heat and use a colander to strain; save the broth for use in preparing the lumpia sauce (steps below). Let meat and vegetable mixture cool to room temperature.
5. Meanwhile, prepare the sauce: Mix 1 cup of the broth strained from the cooked filling, soy sauce, brown sugar, and garlic together in a saucepan, and bring to a boil.
6. In a small bowl, mix the cornstarch in 2 tablespoons of cold water. Slowly add the cornstarch mixture to the broth in the saucepan. Stir over medium heat until sauce thickens.
7. To assemble the spring rolls: Soak one spring roll wrapper in warm water until soft and transparent. Dry immediately with a paper towel.
8. Place the wrapper on a plate and lay a piece of lettuce on the wrapper. Put 2 tablespoons of the meat and vegetable mixture on the wrapper.

9. Fold bottom of wrapper over filling; wrap one side over filling and roll to the other side (to seal in the filling).

10. Repeat with remaining wrappers and filling.

11. Serve with lumpia sauce on top. Sprinkle with chopped peanuts.

**Makes 8 servings**

**Nutrition information per serving**

Calories: 160	Dietary Fiber: 2 g
Total Fat: 4 g	Sodium: 150 mg
Saturated Fat: 1 g	Protein: 10 g
Cholesterol: 55 mg	Carbohydrates: 21 g





# Golden Beet Veggie Balls with Almond Sage Cranberry Crema (Vegan)

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/golden-beet-veggie-balls-with-almond-sage-cranberry-crema.html>

## Ingredients

### *Veggie Balls:*

1 bunch fresh golden beets (about 5)  
1 (15-oz) can cannellini beans, rinsed drained (about 1 3/4 cups)  
2 green onions, diced  
2 cloves garlic, minced  
1 cup mushrooms, finely chopped  
1/2 cup fresh chopped parsley  
1/2 cup finely chopped hazelnuts  
1/4 cup ground flax seeds

1/2 cup whole wheat breadcrumbs (may use gluten-free)  
1 tsp sage  
1 tsp tarragon  
1 tsp thyme  
1/2 tsp smoked paprika  
1/4 tsp black pepper  
2 Tbsp reduced-sodium soy sauce  
2 Tbsp tahini  
1 lemon, juiced

### *Almond Sage Cranberry Crema:*

1 cup peeled, slivered almonds  
1/3 cup plain, unsweetened plant milk (i.e. soy, almond)  
1 Tbsp lemon juice  
1 clove garlic

1/4 tsp freshly ground black pepper  
1/2 tsp ground sage  
Sea salt (to taste, optional)  
1 Tbsp fresh, chopped sage leaves  
1/4 cup dried cranberries

## Instructions

### *To make Veggie Balls:*

1. Trim beets and scrub outside surface, leaving peels on. Shred beets with food processor or box grater.
2. Place beans in a mixing bowl and mash slightly with a potato masher to achieve a thick mixture with some lumps.
3. Add beets, onions, garlic, mushrooms, parsley, hazelnuts, flax seeds, breadcrumbs, sage, tarragon, thyme, smoked paprika, and black pepper. Toss together well.
4. Mix in soy sauce, tahini, and lemon juice—using hands to combine well.
5. Cover and refrigerate for 1 hour (or overnight).
6. Preheat oven to 375 degrees F and spray a baking sheet with non-stick cooking spray.
7. Form 24 golf ball-sized balls out of the mixture and place evenly on baking sheet.
8. Bake veggie balls in top rack of oven for about 40 minutes, until golden brown.
9. Serve with Almond Sage Cranberry Crema.

**Makes 8 servings (3 veggie-balls each)**

**To make Almond Sage Cranberry Crema:**

1. Soak almonds in water for 2 hours (or overnight).
2. Drain water and place soaked almonds in the container of a blender or food processor.
3. Add plant milk, lemon juice, garlic, black pepper, and ground sage and process to make a thick, creamy dip.
4. Transfer crema to a dish and stir in fresh sage, cranberries, and salt if desired. May garnish with additional freshly ground black pepper and fresh sage.

**Makes 8 servings (about 2 ½ tablespoons each)**

**Nutrition information per serving**

Calories: 280	Dietary Fiber: 58 g
Total Fat: 15 g	Sodium: 220 mg
Saturated Fat: 1 g	Protein: 12 g
Cholesterol: 0 g	Carbohydrates: 28 g



# Lime Shrimp Kabobs

From the Centers for Disease Control & Prevention (CDC) Fruit and Veggies: More Matters Campaign

<http://apps.nccd.cdc.gov/dnparecipe/RecipeDetails.aspx?RecipeId=293&Search=grilled&PageNumber=1&SortBy=TA&PerformOrSearch=-1&Fruits=&Vegetables=&MealTypes>

## Ingredients

16 large shrimp, uncooked, deveined	10 medium cherry tomatoes, rinsed and dried
3 large limes	10 small white-button mushrooms, wiped clean and stems removed
2 cloves garlic, crushed and peeled	
¼ tsp. black pepper	
2 tsp. olive oil	

## Instructions

1. In a glass measuring cup, squeeze limes, yielding ¼ cup of juice.
2. Add garlic, pepper, olive oil, and cilantro. Stir.
3. Place shrimp in medium bowl and pour the cilantro lime marinade over the shrimp.
4. Let shrimp marinate for 10-15 minutes. (Do not let them marinate more than 30 minutes because the acid in the juice will alter the texture of the shrimp.)
5. Alternate tomatoes, mushrooms, and shrimp on four skewers.
6. Grill skewers over medium heat for 3-4 minutes on each side until shrimp are just cooked through.

*Makes 2 servings (Serving size: 2 kabobs)*

## Nutrition information per serving:

Calories	160
Carbohydrate	17 g
Dietary Fiber	4 g
Sugars	5g
Protein	15 g
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	85 mg
Sodium	95 mg



# Peanut Butter Hummus

From the National Heart Lung and Blood Institute

<http://hp2010.nhlbihin.net/healthyeating/recipeDetail.aspx?linkId=1&cld=10&rlid=158&AspxAutoDetectCookieSupport=1>

## **Ingredients**

### **For dip:**

- 2 cups low-sodium garbanzo beans (chickpeas), rinsed and drained
- ¼ cup low-sodium chicken broth
- ¼ cup lemon juice
- 2-3 Tbs. garlic, diced (about 4-6 garlic cloves, depending on taste)
- ¼ cup creamy peanut butter (or substitute other nut or seed butter)
- ¼ tsp. cayenne pepper (or substitute paprika for less spice)
- 1 Tbs. olive oil

### **For pita chips:**

- 4 (6 1/2-inch) whole-wheat pitas, each cut into 10 triangles
- 1 Tbs. olive oil
- 1 tsp. garlic, minced (about 1 clove) (or ½ tsp. garlic powder)
- ¼ tsp. ground black pepper

## **Instructions**

1. Preheat oven to 400 degrees F.
2. To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.
3. Prepare the chips; toss pita triangles with the olive oil, garlic, and pepper.
4. Bake chips on a baking sheet and bake for 10 minutes, or until crispy.
5. Arrange pita chips on a platter or serve with the hummus.

*Make 8 servings | Serving size: ½ cup hummus and 5 pita chips.*

## **Nutrition information per serving:**

Calories	235
Carbohydrates	32 g
Dietary Fiber	5 g
Protein	9 g
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg



# Quick Quesadillas

From the University of Illinois Extension

<http://wellnessways.aces.illinois.edu/viewarecipe.cfm>

## Ingredients

- 2 tortillas, 6-inch
- 2 Tbsp. reduced fat cheddar cheese, shredded
- ¼ cup cooked chicken breast, chopped (optional)

## Instructions

1. Place tortilla on microwave safe plate.
2. Sprinkle with cheese.
3. If using chicken, place chicken on top of cheese.
4. Place second tortilla on top.
5. Microwave for 20 seconds on high or spray outside tortillas with squirt of margarine and brown in skillet on stovetop.
6. Serve with salsa.

Makes one serving.

## Nutrition information per serving (1 serving)

- Calories: 280
- Fat: 10g
- Calories from fat: 90
- Sodium: 590mg
- Total carbohydrate: 27g
- Dietary fiber: 0g



# Spiced Toasted Almonds

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

## Ingredients

- 1 Tbsp. dried thyme leaves
- 1 tsp. kosher or sea salt
- ¼ tsp. red (cayenne) pepper, or to taste
- 2 tsp. canola oil
- 2 cups whole, unblanched almonds
- Canola oil spray

## Instructions

1. Preheat oven to 400 degrees.
2. In large, shallow bowl, combine thyme, salt, pepper and oil. Set aside.
3. Place nuts in medium bowl. While tossing with fork, lightly spray with canola oil so all surfaces are coated.
4. Lightly coat baking sheet with canola oil spray. Turn nuts onto sheet and spread evenly across surface. Place baking sheet in center of the oven.
5. Toast until nuts are lightly browned and fragrant - about 8 minutes. Occasionally, shake pan to shift nuts and prevent scorching. (Be careful not to let nuts get too dark or they'll taste burned.)
6. Remove from oven and immediately add hot nuts to spice mixture. Stir for a few minutes to coat the nuts thoroughly. Taste and adjust the seasonings.
7. Serve warm or at room temperature. Nuts can be sealed and stored for up to two weeks. Reheat in a hot oven.

Makes 8 servings (2 cups per serving)

## Nutritional Information per serving (8 servings)

- Calories: 223
- Total fat: 19g
- Saturated fat: 1g
- Protein: 7g
- Total carbohydrate: 7g
- Dietary fiber: 4g
- Sodium: 235mg



# Spicy Marinated Shrimp Appetizers

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/SpicyShrimp.aspx>

## Ingredients

- |   |   |
|---|---|
| 2 pounds fresh or frozen shrimp with tails intact ( <i>peel and devein if necessary</i> )   | 2 tablespoons chives, minced  |
| 1/4 cup chile pepper, minced ( <i>Warning: the oils in chile peppers are hot! Avoid touching eyes and mucous membranes when cutting and removing seeds. Wear disposal gloves when handling and wash hands with warm water and soap after preparing.</i> ) | 2 tablespoons cilantro, minced  |
| 1 teaspoon grated lime peel   | 1/2 teaspoon sugar  |
| 1/4 cup lime juice  | 2 cloves garlic, crushed  |
| 2 tablespoons oil   | Salt and pepper, to taste ( <i>salt not calculated in Nutrition Facts</i> ) |
|   | Crushed ice (optional)  |
|   | Lemon or lime wedges (optional)   |

## Instructions

1. Thaw shrimp if frozen. Bring 4 cups of water to boiling in a large saucepan. Cook shrimp for 2-3 minutes or until opaque. Drain in a colander and rinse with cold water. Set aside.
2. In a large plastic bag or storage container with a lid, add the chile pepper, lime peel, lime juice, oil, chives, cilantro, sugar, garlic, salt and pepper. Mix well then add shrimp. Toss until well-coated. Seal and marinate in refrigerator for 2-3 hours.
3. Remove shrimp and discard remaining marinade. Add crushed ice in a medium size bowl or platter and arrange shrimp on top and add a few wedges of lemon or lime wedges for garnish.

*Makes 12 servings. Serving size: 1/12 of recipe (91g)*

## Nutritional information per serving (4 servings)

Calories: 95	Cholesterol: 115 mg
Calories from fat: 23	Sodium: 113mg
Total fat: 3g	Total carbohydrate: 2g
Saturated fat: 0g	Protein: 15g
Dietary fiber: 0g	Vitamin A: 4%
Sugars: 0g	

Percent Daily Values are based on a 2,000 calorie diet.



# Sweet Potato Squash Pancakes

From the Centers for Disease Control (CDC) Fruit and Veggies: More Matters Campaign

<http://www.fruitsandveggiesmorematters.org/recipe?iRID=944>

## Ingredients

1 tsp. vegetable oil	2 Tbs. chopped fresh chives
1 large sweet potato	1 Tbs. all-purpose flour
1 large squash	2 Tbs. fresh lemon juice
¼ cup chopped onion	½ tsp. salt
2 large egg whites	¼ tsp. ground pepper

## Instructions

1. Peel, boil, and mash squash and sweet potato. Let cool.
2. Preheat oven to 200 degrees.
3. Mix cooled squash and sweet potato with all other ingredients.
4. Spray 10-inch skillet or griddle with nonstick spray; add oil. Heat on medium.
5. For each pancake, spoon about 1/3 cup batter onto hot griddle; flatten slightly. Cook about 4-5 minutes on each side until golden brown.
6. Place cooked pancakes on cookie sheet in oven to keep warm while cooking rest of pancakes.

*Makes 6 servings (serving size = 1 pancake)*

## Nutrition information per serving:

Calories	45
Carbohydrate	8 g
Dietary Fiber	1 g
Protein	2 g
Total Fat	1 g
Saturated Fat	0 g
Sodium	230 mg





# Vietnamese Fresh Spring Rolls (Goi Cuon)

From the National Heart, Lung, and Blood Institute's Keep the Beat <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=0&cId=7&rd=247>

## Ingredients

- 1 Cup carrots, cut into long, thin strips
- 2 Cup bean sprouts
- 2 Cup cucumber, seeded and cut into long, thin strips
- 1 Cup minced scallions
- ½ Cup chopped fresh cilantro
- ¼ Cup chopped fresh mint
- 8 rice paper wrappers

## Instructions

1. Toss first six ingredients in a large bowl.
2. Soak one rice paper wrapper in warm water until soft (1 to 2 minutes). Shake off excess water.
3. Place vegetable filling off-center on rice paper, and fold like an egg roll (tuck in the sides to keep the filling inside).
4. Repeat with remaining vegetable filling and rice paper wrappers.
5. Once you have assembled all of the spring rolls, serve immediately.

**Makes 1 serving**

## Nutrition information per serving

Calories: 70	Dietary Fiber: 2 g
Total Fat: 1 g	Sodium: 28 mg
Saturated Fat: 0 g	Protein: 3 g
Cholesterol: 0 mg	Carbohydrates: 16 g



# Walnut Mushroom Pâté

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=pr\\_hf\\_&page=NewsArticle&id=22675&news\\_iv\\_ctrl=1122](http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=22675&news_iv_ctrl=1122)

## Ingredients

- 1/2 cup chopped walnuts
- 1/4 oz. dried porcini or wild mushrooms
- 1/3 cup hot tap water
- 8 oz. crimini mushrooms, stemmed and quartered
- 8 oz. white mushrooms, stemmed and quartered
- 1/2 cup coarsely chopped shallots
- 2 garlic cloves, coarsely chopped
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. dried thyme
- 2 tsp. reduced-sodium soy sauce
- Salt and freshly ground black pepper
- 2 Tbsp. chopped flat-leaf parsley, for garnish

## Instructions

1. Preheat oven to 350 degrees.
2. Spread walnuts on baking sheet. Stir and toast 5 minutes, until nuts are colored and fragrant. Transfer nuts to plate, cool and set aside.
3. In small bowl, soak dried mushrooms in water until soft, 20-30 minutes. When soft, squeeze mushrooms until dry, catching their liquid in small bowl. Strain liquid through paper coffee filter or fine strainer and set the liquid aside. Coarsely chop soaked mushrooms and set aside.
4. In food processor, combine half the fresh mushrooms with shallots, garlic, and half the soaked wild mushrooms. Pulse to chop very fine, 20 times; take care not to over-process. In large skillet, heat oil over medium-high heat. Add chopped mushroom mixture, mixing to combine with oil. In food processor, finely chop remaining fresh and soaked mushrooms, then add to pan. Do not clean out food processor. Cook until mushrooms look wet, 8-10 minutes, stirring often. Add thyme, soy sauce, and reserved mushroom liquid. Continue cooking until mushrooms are golden and cling together, 8 minutes. Set aside.
5. Add walnuts to food processor, and then cooked mushrooms. Pulse until mushroom-walnut mixture is bubbly; do not purée. Turn warm pâté into serving bowl and season to taste with salt and pepper. Or season pâté and cool to room temperature, cover tightly and refrigerate for up to 5 days. Garnish with parsley and serve with toast points, crackers or pita chips.

**Makes 28 servings**

**Serving size 1 tbsp**

## Nutrition information per serving

Calories: 25	Dietary Fiber: 0 g
Total Fat: 2 g	Sodium: 10 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol:	Carbohydrates: 2 g



# Whole Wheat Garlic Bread Sticks

From the United States Department of Agriculture  
<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/whole-wheat-garlic-bread-sticks>

## Ingredients

- 6 slices bread (100% whole wheat)
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- 1 teaspoon Italian seasoning (or as needed, to sprinkle on)

## Instructions

1. Spread each slice of bread with one teaspoon oil.
2. Sprinkle with garlic powder and Italian seasoning.
3. Stack bread and cut each slice into 3 equal parts.
4. Bake at 300 degrees for about 25 minutes or until crisp and lightly browned.

**Makes 6 servings**

**Serving size: 3 slices**

## Nutrition information per serving

Calories: 120	Dietary Fiber: 2 g
Total Fat: 6 g	Sodium: 150 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol: 0 mg	Carbohydrates: 13 g



# Asparagus Salad with Lemon Soy Vinaigrette

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/AsparagusSoyVinaigrette.aspx>

## Ingredients

- |   |  |
|---|--|
| 1-1/4 lbs asparagus cut diagonally into 1-1/2 inch pieces | 1/2 cup nonfat, reduced sodium chicken broth |
| 10 scallions, trimmed with some green                     | 1 tablespoon rice wine vinegar               |
| 1 scallion, chopped and set aside                         | 1 teaspoon low-sodium soy sauce              |
| 1 tablespoon vegetable oil                                | 1/2 teaspoon sugar                           |
| 1/4 teaspoon fresh ginger, grated                         | 1 teaspoon freshly ground black pepper       |
|   | 1 tablespoon fresh-squeezed lemon juice      |

## Instructions

1. Steam asparagus and scallions in a steam basket over boiling water for 5 minutes or until asparagus is crisp-tender. Remove from heat and rinse with cold water in a colander to stop the cooking. Drain and let cool.
2. Make the vinaigrette: In a small saucepan, heat oil over medium-high heat. Add ginger and cook until it begins to brown. Add the reserved chopped scallion and cook for 15 seconds then stir in the chicken broth, vinegar, soy sauce and sugar. Remove from heat and set aside.
3. In a large bowl, toss steamed asparagus and scallions with the vinaigrette then add ground pepper and lemon juice then serve.

**Makes 4 servings**

## Nutrition information per serving

Calories: 84	Sodium: 62 mg
Calories from fat: 35	Carbohydrates: 10 g
Total fat: 4 g	Dietary fiber: 4 g
Saturated fat: 1 g	Sugars: 0 g
Cholesterol: 0 mg	Protein: 5 g



# Avocado Garden Salad

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/docs/Lunch/Avocado-Garden-Salad.pdf>

## Ingredients

6 cups torn or cut mixed salad greens	1/3 tsp garlic powder
3 medium tomatoes, chopped	½ tsp ground black pepper
5 green onions, chopped	½ tsp salt
1 small cucumber, peeled and chopped	1 large avocado
2 tablespoons lemon juice	

## Instructions

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

Makes 6 servings (*1½ cup per serving*)

## Nutrition information per serving:

Calories 78  
Carbohydrate 9 g  
Dietary Fiber 4 g  
Protein 2 g  
Total Fat 5 g  
Saturated Fat 1 g  
Trans Fat 0g  
Cholesterol 0 mg  
Sodium 222 mg



# Baby Greens with Blackberry Vinaigrette

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2018/baby-greens-blackberry-vinaigrette.html>

## Dressing Ingredients

1/2 cup fresh or frozen blackberries (defrost if frozen)  
2 tsp. coarsely chopped shallots  
2 Tbsp. extra virgin olive oil  
4 tsp. fresh lemon juice  
2 tsp. agave syrup  
2 tsp. balsamic vinegar  
1/2 tsp. Dijon-style mustard  
Salt and freshly ground pepper, to taste

## Salad Ingredients

4 cups lightly packed mesclun salad mix (spinach, arugula, or other baby greens)  
2 slices (3/4-in.) reduced-fat fresh goat cheese  
1 cup whole blackberries (can also include a few red raspberries)  
3 Tbsp. chopped walnuts or almonds (optional)

## Instructions

1. Place all dressing ingredients in bullet-style blender or mini food processor and whirl until dressing is creamy and smooth. Season to taste with salt and pepper. Let dressing stand in refrigerator for up to 24 hours before using. Makes 1/2 cup dressing.
2. Divide greens between 2 salad plates. If using cheese, set a slice in center on top of greens, then drizzle 2 tablespoons of Blackberry Vinaigrette over salad before serving. Or, drizzle on dressing, then sprinkle nuts and berries on top. Reserve remaining dressing for another use. It keeps covered in refrigerator for 3 days.

**Makes 2 serving**

## Nutrition information per serving

Calories: 150	Dietary Fiber: 3 g
Total Fat: 11 g	Sodium: 99 mg
Saturated Fat: 4 g	Protein: 4 g
Cholesterol:	Carbohydrates: 9 g



# Beet Salad

From the Public Health Seattle and King County

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/BeetSalad.aspx>

## Ingredients

- 2 Tbl. vegetable oil
- 3 cups shredded/grated red cabbage
- 1 1/2 cups peeled, shredded/grated red beets
- 1 medium onion, thinly sliced
- 1 large apple, grated
- 1/2 cup apple cider vinegar
- 2 Tbl. brown sugar
- 1/2 tsp ground allspice
- pinch of salt
- pinch of pepper

## Instructions

1. Mix the apple, vinegar, brown sugar, and spices in a bowl.
2. Heat the oil in a large skillet or wok. Stir fry the onion and cabbage until they just start to get soft.
3. Add the beets and the apple/vinegar mixture, cooking it until the beets and apple are just hot (about 1 minute).
4. Cool in refrigerator overnight and serve cold, or serve hot right away.
5. You may substitute green cabbage for red cabbage. You may also substitute golden beets for red beets.

**Makes 8 servings**

## Nutrition information per serving

Calories: 85	Calories from fat: 34
Total Fat: 4 g	Sodium: 44 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol: 0 mg	Carbohydrates: 14 g
Dietary Fiber: 2 g	Sugars: 3 g



# Broccoli Stem and Cauliflower Leaf Salad

From the Public Health Seattle and King County

<https://your.kingcounty.gov/solidwaste/wasteprevention/documents/to-o-good-recipe-Howie-broccoli.pdf>

## Ingredients

- 4 tablespoon extra-virgin olive oil
- ½ teaspoon minced garlic
- ¼ cup broccoli stem, peeled, julienne sliced
- ¼ cup cauliflower leaves, julienne sliced
- 1 cup cauliflower florets, sliced, blanched for 45 seconds
- ¼ cup onion (sweet), diced
- ½ cup quinoa, cooked al dente
- ½ cup bell pepper (red, yellow, or orange), diced
- ¼ cup golden raisins
- 2 tablespoons lemon juice (fresh)
- 1 teaspoon lemon zest, fine minced
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons Italian parsley, fresh, chopped

## Instructions

1. Cook the quinoa to al dente (1 part quinoa to 2 parts water, bring to boil, simmer about 15 minutes or until quinoa is cooked). Cool quickly and hold refrigerated until needed.
2. Cut the cauliflower and blanch in boiling water for 45 seconds.
3. Remove from the heat and rinse with cold water to chill quickly. Hold refrigerated until needed.
4. Mix all ingredients together, toss until well coated, place in the refrigerator and hold for 30-45 minutes, toss again to ensure even coating.
5. Garnish with an Italian parsley sprig. Serve.

**Makes 4 servings**

## Nutrition information per serving

Calories: 291	Dietary Fiber: g
Total Fat: 16 g	Sodium: 55 mg
Saturated Fat: g	Protein: 7 g
Cholesterol: mg	Carbohydrates: 32 g





# Cauliflower, Cabbage and Carrot Salad

From the American Institute for Cancer Research (AICR)

<http://www.aicr.org/foods-that-fight-cancer/broccoli-cruciferous.html#recipes>

## Ingredients

1 small cauliflower, cut into florets	2 Tbs. chopped fresh parsley
1 cup finely shredded red cabbage	1 Tbs. white vinegar
2 medium carrots, grated	1 tsp. Dijon mustard
1 small red onion, finely chopped	1 Tbs. extra virgin olive oil
¼ cup chopped walnuts	1 Tbs. low-fat mayonnaise

## Instructions

1. Toss together cauliflower with cabbage, carrots, onion, walnuts, and parsley.
2. Whisk together vinegar and mustard. Add oil and mayo, whisk again.
3. Drizzle over salad and mix well.

*Makes 6 servings*

## Nutrition information per serving:

Calories	90
Carbohydrate	7 g
Dietary Fiber	2 g
Protein	2 g
Total Fat	6 g
Saturated Fat	1 g
Sodium	70 mg



# Citrus Salad

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/citrus-salad>

## Ingredients

- 1 grapefruit (peeled)
- 1 orange (peeled)
- 10 cups fresh greens (lettuce)
- 1 red onion (small, sliced thin)
- 2 tablespoons cider vinegar
- 1 tablespoon lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon water
- ¼ teaspoon black pepper
- ¼ teaspoon cumin

## Instructions

1. Cut fruit into bite size pieces.
2. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

**Makes 8 servings**

**Serving size: 1/8 of recipe**

## Nutrition information per serving

Calories: 60	Dietary Fiber: 3 g
Total Fat: 2 g	Sodium: 25 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol: 0 mg	Carbohydrates: 10 g



# Colorful Edamame Salad

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparchive/recipe/recipe.aspx>

### Ingredients:

- 4 cups romaine lettuce, washed
- 1 cup shredded carrots
- 2 cups cherry tomatoes
- 1 cup sliced cucumber
- 1/2 cup chopped red onion
- 1-1/2 cups shelled edamame, cooked

### Instructions

1. To cook edamame, bring three cups water to a boil. Add shelled edamame and cook four minutes. Drain and rinse with cold running water to cool.
2. Prepare all other ingredients and combine with the edamame in a large salad bowl. If desired, toss with a low or non-fat dressing of your choice. Note: the dressing is not included in the nutritional analysis below.

Serves 4.

### Nutritional information per serving (4 servings)

- Calories: 120
- Calories from fat: 20
- Total fat: 3g
- Saturated fat: 0g
- Trans fat: 0g
- Cholesterol: 0mg
- Sodium: 80 mg
- Total carbohydrate: 17g
  - Dietary fiber: 4g
  - Sugars: 7g
- Protein: 9g
- Vitamin A: 150%
- Vitamin C: 45%
- Calcium: 10%
- Iron: 10%

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**	
Fruit: 0	Fat: 1
Vegetables: 2	Carbs: 0
Meat: 1	Other: 0
Milk: 0	
<p>** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.</p>	



# Cool Cauliflower Salad

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=pr\\_hf\\_&page=NewsArticle&id=22540&news\\_iv\\_ctrl=1126](http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=22540&news_iv_ctrl=1126)

## Ingredients

- |  |                                      |
|--|--------------------------------------|
| 1 medium head cauliflower, broken into florets | 1 tsp. Dijon mustard                 |
| 1/2 cup celery, sliced into 1/2 inch pieces    | 1 Tbsp. extra virgin olive oil       |
| 1/4 cup of water                               | 2 cloves garlic, minced              |
| 1 Tbsp. red wine vinegar                       | 1/2 tsp. Italian seasoning           |
| 1 Tbsp. lemon juice                            | 1/8 tsp. red pepper flakes           |
|  | Salt and freshly ground black pepper |

## Instructions

1. Steam cauliflower florets 6 to 7 minutes or until desired tenderness. In large bowl, combine cauliflower and celery.
2. In small mixing bowl, combine remaining ingredients. Whisk together to mix well. Pour dressing mixture over vegetable mixture and toss gently to thoroughly coat.
3. Cover and chill 2 or more hours. Serve chilled.

**Makes 6 servings**

## Nutrition information per serving

Calories: 50	Dietary Fiber: 2 g
Total Fat: 2.5 g	Sodium: 55 mg
Saturated Fat:	Protein: 2 g
Cholesterol:	Carbohydrates: 6 g



# Creamy Cucumber Fennel Salad

From American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/creamy-cucumber-fennel-salad.html>

## Ingredients

- 1 container (5-6 oz.) plain low-fat Greek yogurt
- 2 tsp. apple cider vinegar
- ½ tsp. salt or to taste
- Freshly ground black pepper to taste
- 2 cups thinly sliced English cucumber\*
- 1 small or ½ large fennel bulb, cut into quarters, cored, thinly sliced crosswise (about 1 cup)
- 3 Tbsp. coarsely chopped fennel fronds, divided

## Directions

1. In medium bowl, whisk together yogurt, vinegar, salt and pepper.
2. Add cucumber, fennel and 2 tablespoons fronds and toss to coat.
3. Transfer to serving dish and garnish with remaining fennel fronds. Serve immediately or refrigerate until serving.

\*If using large English cucumbers, cut in half lengthwise before slicing.

Makes 4 servings. Yield about 3 cups.

## Nutritional Information per serving

Calories: 44	Dietary Fiber: 1 g
Total Fat: 0 g	Sodium: 109 mg
Saturated Fat: 0 g	Protein: 5 g
Cholesterol:	Carbohydrates: 7 g



# Crunchy Chicken Salad

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/crunchy-chicken-salad>

## Ingredients

- 2 cup cooked chicken (chunked)
- ½ cup celery
- ¼ cup green pepper
- ¼ onion
- ½ cucumber
- ½ cup grape
- 1 apple (small, diced, leave peel on)
- ¼ cup plain yogurt

## Instructions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop ¼ of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together. *Optional: Serve on lettuce, crackers, or bread.*

*Makes 5 servings (3/4 cup prepared salad per serving)*

## Nutritional Information per serving

Calories: 140	Dietary Fiber: 1 g
Total Fat: 4.5 g	Sodium: 65 mg
Saturated Fat: 1 g	Protein: 17 g
Cholesterol:	Carbohydrates: 8 g
Calcium: 4% DV	Iron: 4% DV
Vitamin A: 4% DV	Vitamin C: 15% DV



# Cucumber Blueberry Salad

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/myplate-cnpp/cucumber-blueberry-salad>

## Ingredients

### *Vinaigrette*

- 1 ½ tablespoon extra virgin olive oil
- 2 tablespoons white balsamic (or other) vinegar
- 1 tablespoon lime juice, freshly squeezed or bottled
- 1 teaspoon sugar
- ¼ teaspoon salt
- 1/8 teaspoon pepper

### *Salad*

- 1 cup fresh blueberries
- 1 medium greenhouse grown cucumber, cut into small chunks
- 4 cups fresh arugula
- ¼ medium red onion, thinly sliced
- ¼ cup crumbled reduced-fat Feta cheese
- 2 tablespoons coarsely chopped walnuts (toasted optional)
- 4 slices whole grain bread

## Instructions

1. In a small bowl, whisk together vinaigrette ingredients.
2. In a large bowl, mix together all salad ingredients except bread.
3. When ready to serve, add vinaigrette to salad and toss.
4. Toast bread then cut into four pieces.

**Makes 4 servings**

## Nutrition information per serving

Calories:	Dietary Fiber:
Total Fat: 10g	Sodium:
Saturated Fat:	Protein:
Cholesterol: 8mg	Carbohydrates:



# Fiesta Slaw

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/fiesta-slaw.html>

## Ingredients

- 1 orange, juice yields only
- 1 tbsp. extra virgin olive oil
- 2 cloves garlic, finely minced
- 1 jalapeño pepper, seeded and minced
- ½ mango, diced
- 1 large red bell pepper, cut into thin strips
- 1 large green bell pepper, cut into thin strips
- 1 large yellow bell pepper, cut into thin strips
- ½ apple, cut into thin strips
- 1/3 cup (packed) fresh cilantro leaves, minced
- salt and freshly ground black pepper

## Instructions

1. Purée first 3 ingredients in blender or food processor until dressing is smooth.
2. Place peppers, jalapeño, mango, apple and cilantro in a large bowl.
3. Add dressing and toss to mix and coat well.
4. Season with salt and pepper to taste.
5. Cover and refrigerate until vegetables soften a little but still crunchy, about 4 hours. Serve at room temperature.

**Makes 10 servings**

## Nutrition information per serving

Calories: 45	Dietary Fiber: 2 g
Total Fat: 2 g	Sodium: 2 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol:	Carbohydrates: 8 g





# Fresh Cucumber Orange Salad

From Illinois Extension – Eat. Move. Save

<https://eat-move-save.extension.illinois.edu/eat/recipes/fresh-cucumber-orange-salad>

## Ingredients

- 2 cucumbers, sliced
- 2 medium ripe oranges, peeled and chopped
- 1 tablespoon lime juice
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt

## Instructions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Place sliced cucumbers and chopped oranges into a medium bowl.
4. Add chili powder, lime juice, and salt. Lightly toss.
5. Serve cold. Salad can also be served over lettuce.

Makes about 4 servings, one cup each

## Nutrition information per serving

Calories: 60	Dietary Fiber: 2 g
Total Fat: 0 g	Sodium: 160 mg
Saturated Fat: --	Protein: 2 g
Cholesterol: --	Carbohydrates: 14 g



# Greens with Pomegranate

From the Centers of Disease Control (CDC) Fruit and Veggies: More Matters Campaign

<http://www.fruitsandveggiesmorematters.org/recipe?iRID=786>

## Ingredients

- |   |  |
|---|--|
| 3 Tbs. balsamic vinegar                             | 2 medium Red Delicious apples, cored and thinly sliced |
| 3 Tbs. water  | 1 small red onion, thinly sliced                       |
| 3 Tbs. honey mustard                                | 1 pomegranate, seeds removed (about $\frac{3}{4}$ cup) |
| 1 clove garlic, minced                              | 3 Tbs. feta cheese, crumbled                           |
| Black pepper, freshly ground to taste               |  |
| 6 cups (1 head) Boston lettuce leaves, torn         |  |
| 1 cup pink grapefruit sections (about 1 grapefruit) |  |

## Instructions

1. In small bowl, whisk together vinegar, water, mustard, and garlic to make vinaigrette. Season with pepper if desired.
2. In large salad bowl, toss remaining ingredients.
3. Drizzle vinaigrette on top and toss gently until evenly coated.

*Makes 4 servings (1/2 cup each)*

## Nutrition information per serving:

Calories	146
Carbohydrate	31 g
Dietary Fiber	4 g
Protein	4 g
Total Fat	2.6 g
Saturated Fat	1.2 g
Sodium	152 mg



# Grilled Peaches and Goat Cheese Salad

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2018/grilled-peaches-goat-cheese-salad.html>

## Ingredients

Cooking spray	1 Tbsp extra virgin olive oil
1/4 cup balsamic vinegar	Salt and freshly ground black pepper, to taste
2 Tbsp. honey	10 cups arugula, loosely packed
3 medium peaches, pitted and cut into 6 wedges	4 Tbsp goat cheese

## Instructions

1. Prepare grill to high heat. Spray grill rack with cooking spray and set aside.
2. In small saucepan over medium-high heat, bring vinegar to a boil. Reduce heat and simmer until vinegar is reduced to 2 tablespoons (about 2 minutes). Remove from heat and stir in honey. Cool to room temperature.
3. Place peach wedges on grill rack. Grill 30 seconds on each side or until grill marks appear but peaches are still firm. Remove from grill and set aside.
4. In large bowl, combine oil, salt and pepper. Add arugula, tossing gently to coat. Arrange arugula mixture on platter. Top with peach wedges, balsamic syrup and cheese.

**Makes 5 servings.**

## Nutrition information per serving

Calories: 120	Dietary Fiber: 2 g
Total Fat: 5 g	Sodium: 40 mg
Saturated Fat: 1.5 g	Protein: 3 g
Cholesterol: 0 g	Carbohydrates: 20 g



# Holiday Fruit Salad

From the University of Illinois Extension

<http://urbanext.illinois.edu/diabetesrecipes/recipe.cfm?recipe=Holiday%20Fruit%20Salad>

## Ingredients

- 1 can (20-ounce) crushed pineapple
- 2 packages (4 servings each) sugar-free cranberry gelatin
- 1 can (16-ounce) whole berry cranberry sauce
- 1 medium apple, chopped

## Instructions

1. Drain pineapple, reserving juice. Add enough water to juice to have 2 cups and bring to a boil in microwave or stove.
2. Add boiling liquid to gelatin in mixing bowl. Stir until dissolved.
3. Add cranberry sauce and stir until blended.
4. Add crushed pineapple and blend. Stir in chopped apple.
5. Refrigerate until firm.

## Makes 21 servings

### Nutrition information per serving

Calories	58
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Dietary Fiber	1g
Sodium	33mg
Protein	0g
Carbohydrates	14g



# Kale, Butternut Squash and Pomegranate Salad

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/kale-butternut-squash-and-pomegranate-salad/>

## Ingredients

1 large butternut squash (about 3 pounds), peeled, cut into 3/4" cubes	2 large bunches Tuscan kale, stemmed and thinly sliced
¼ cup olive oil, divided	¼ cup lemon juice, divided
5 cloves garlic	Sea salt, to taste
½ teaspoon turmeric	1 tablespoon apple cider vinegar
¼ teaspoon salt	1 teaspoon pure maple syrup
Freshly ground black pepper, to taste	1 tablespoon Dijon mustard
½ cup chopped walnuts (this can also be substituted with pumpkin seeds or sliced almonds)	1 shallot, finely chopped
	1 cup pomegranate seeds

## Instructions

1. Preheat oven to 400°F.
2. Place squash cubes on baking sheet, drizzle 1 tsp. olive oil over squash. Add whole garlic cloves, turmeric and salt and pepper, to taste. Toss to evenly coat squash with oil and spices. Spread cubes evenly around pan and roast for 30-40 minutes until squash is tender.
3. While squash is roasting, heat 1 tsp. olive oil in small skillet over medium-high heat. Add walnuts and cook, stirring occasionally until golden brown, 2–3 minutes. Set aside.
4. Place kale in bowl. Add 2 Tbsp. lemon juice and pinch of sea salt and massage into kale to wilt. Set aside.
5. When squash and garlic are cooked, remove garlic and put squash in a separate bowl. Add remaining olive oil, lemon juice, vinegar, syrup, mustard and shallot; pulse in food processor until smooth to create a dressing.
6. In large mixing bowl, combine kale with about 3/4 of dressing, and toss until kale is lightly coated. Add more dressing to taste and reserve any leftover for another use.
7. Add roasted squash and pomegranate seeds to kale; toss to combine. Transfer to serving bowl; top with toasted walnuts.

Makes about 8 servings, 1 ½ cup each.

**Nutrition information per serving**

Calories: 200	Sodium: 110 mg
Total Fat: 11 g	Protein: 6 g
Saturated Fat: 1.5 g	Total Carbohydrates: 24 g
Trans Fat: 0 g	Dietary Fiber: 6 g
Cholesterol: 0 mg	Total Sugars: 9 g



# Mediterranean Bean Salad

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22491&news\\_iv\\_ctrl=1126](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22491&news_iv_ctrl=1126)

## Ingredients

### Salad

- 1 (15-oz) can garbanzo beans, rinsed and drained
- 1 (15-oz) can butter beans, rinsed and drained (cooked fresh beans may be substituted)
- 1 (15-oz) can dark red kidney beans, rinsed and drained
- 1/2 small red onion, chopped fine
- 1 celery stalk, chopped fine
- 2-4 garlic cloves, minced
- 1/2-1 cup fresh parsley, chopped fine

- 1/4 cup basil, chopped fine (1 Tbsp. dried basil may be substituted)
- 1 Tbsp. fresh rosemary, chopped fine
- 2 tomatoes, diced

### Dressing

- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. vinegar (either white wine or apple cider work well)
- Juice of one lemon
- 1/2 Tbsp. dried Italian seasoning
- Salt and freshly ground pepper to taste

## Instructions

1. In large bowl combine beans. Mix in onion, celery, garlic, parsley, basil and rosemary, adding tomatoes last to keep them from unnecessarily breaking apart.
2. In separate mixing bowl whisk together dressing ingredients. Add dressing to beans and toss gently to coat.
3. Chill for at least an hour to allow beans to absorb the flavor of the dressing. Re-toss gently and serve.

**Makes 8 servings** (3/4 cup per serving)

## Nutrition information per serving

Calories: 190  
Total fat: 7 g  
Saturated fat: <1 g  
Carbohydrates: 26 g  
Protein: 9 g  
Dietary fiber: 8 g  
Sodium: 228 mg



# Moroccan Lentil Salad

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipe/recipe.aspx>

## Ingredients

- 1 ¼ cups uncooked lentils
- 2 ½ cups water
- 3 Tbsp. lemon juice
- 1 ½ Tbsp. olive oil
- ½ tsp. thyme
- ½ tsp. mint flakes
- ¼ tsp. salt
- 1/8 tsp. black pepper
- 1 garlic clove
- 1 ½ cup quartered cherry tomatoes
- 1 cup diced cucumber
- ½ cup crumbled reduced-fat feta cheese
- 1 cup thinly sliced celery
- 4 cups romaine lettuce leaves

## Directions:

1. Place lentils and water in a large saucepan; bring to a boil.
2. Cover, reduce heat, and simmer 20 minutes or until tender.
3. Drain well, and set aside.
4. Combine lemon juice, olive oil, thyme, mint, salt, pepper, and garlic in a medium bowl; stir with a wire whisk until blended.
5. Add lentils, tomatoes, cucumber, cheese, and celery to dressing mixture; toss gently to coat. Serve on plates lined with romaine lettuce.

Serves 4.

## Nutritional facts per serving

- Calories: 310
- Calories from fat: 70
- Total fat: 8 g
- Saturated fat: 3g
- Trans fat: 0g
- Cholesterol: 5mg
- Sodium: 570mg
- Total carbohydrate: 42g
- Dietary fiber: 16g
- Sugars: 6g
- Protein: 21g
- Vitamin A: 80%
- Vitamin C: 50%
- Calcium: 15%
- Iron: 40%

Percent Daily Values are based on a 2,000 calorie diet.

### Diabetic Exchange\*\*

Fruit: 0	Fat: 1
Vegetables: 1	Carbs: 2
Meat: 0	Other: 0
Milk: 0	

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.





# Peach and Basil Salad with Fresh Mozzarella

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/peach-and-basil-salad-with-fresh-mozzarella.html>

## Ingredients

- 1 pound peaches, sliced into wedges, then cut crosswise (frozen may be used)
- 8 ounces fresh mozzarella cheese, cut in 3/4 –inch cubes
- 1 cup loosely packed fresh basil, torn into medium pieces
- 2 teaspoons extra virgin olive oil
- 2 teaspoons rice vinegar
- Pinch salt
- Freshly ground black pepper, optional

## Instructions

1. In large mixing bowl combine peaches, mozzarella and basil.
2. Drizzle on oil and vinegar, add salt and pepper, if using, and toss gently until evenly coated.
3. Serve immediately or refrigerate up to 4 hours.

*Makes 4 servings*

*Serving size: 1.2 cup*

## Nutrition information per serving

Calories: 211	Dietary Fiber: 2 g
Total Fat: 12 g	Sodium: 351 mg
Saturated Fat: 6 g	Protein: 15 g
Cholesterol:	Carbohydrates: 13 g



# Peach-Tomato Salsa

From the American Institute of Cancer Research

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

## Ingredients

2 large ripe peaches, peeled, pitted and cut into 1-inch chunks	¼ cup thinly chopped green onions
1 yellow bell pepper	2 Tbsp. lime juice
½ cup grape tomatoes, sliced in quarters	2 Tbsp. extra virgin olive oil
	1 Tbsp. freshly chopped mint leaves

## Instructions

1. Place peaches, yellow pepper, tomatoes and green onion in medium sized bowl.
2. Add lime juice and olive oil; mix thoroughly.
3. Let salsa marinate for up to 1 hour.
4. Sprinkle with mint before serving.

Makes 6 servings.

## Tip

- Serve as a refreshing taste twists with burgers, fish or poultry.

## Nutritional information per serving (6 servings)

Calories: 70  
Total fat: 5g  
Saturated fat: <1g  
Total carbohydrates: 8g  
Dietary fiber: 1g  
Protein: 1g  
Sodium: 0mg



# Quinoa and Black Bean Salad

From the National Heart, Lung, and Blood Institute

[http://healthyeating.nhlbi.nih.gov/\(X\(1\)S\(wb4nfv55dc1eq255ad5ptq45\)\)/recipe/detail.aspx?cld=0&rlid=191&AspxAutoDetectCookieSupport=1](http://healthyeating.nhlbi.nih.gov/(X(1)S(wb4nfv55dc1eq255ad5ptq45))/recipe/detail.aspx?cld=0&rlid=191&AspxAutoDetectCookieSupport=1)

## Ingredients

½ C quinoa	2 medium scallions, minced
1½ C water	1 can (15½ oz) low-sodium black beans, drained and rinsed
1½ Tbsp olive oil	2 C tomato, chopped
3 Tbsp lime juice	1 medium red bell pepper, chopped
¼ tsp cumin	1 medium green bell pepper, chopped
¼ tsp ground coriander (dried cilantro seeds)	2 fresh green chilis (or to taste), minced
2 Tbsp cilantro, chopped	Ground black pepper, to taste

## Instructions

1. Rinse the quinoa in cold water. Boil 1½ cups water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
2. While the quinoa is cooking, mix olive oil, lime juice, cumin, coriander, cilantro, and scallions in a small bowl, and set aside.
3. Combine chopped vegetables with the black beans in a large bowl, and set aside.
4. Once the quinoa has cooled, combine all ingredients and mix well.
5. Cover and refrigerate until ready to serve.

## Makes 6 servings

Calories: 208  
Saturated fat: 1 g  
Sodium: 284 mg  
Protein: 9 g

Total fat: 5 g  
Cholesterol: 0 mg  
Total fiber: 7 g  
Carbohydrates: 34 g



# Quinoa and Pomegranate Salad with Asparagus and Walnuts

From the American Institute for Cancer Research:

<http://www.aicr.org/enews/april-2013/enews-divine-asparagus-salad.html>

## Ingredients

- |   |   |
|---|---|
| 2/3 cups quinoa (= about 2 cups cooked) | ½ cup lemon juice from meyer lemons (or ¼ cup lemon juice + ¼ cup orange juice) |
| 2/3 lb. asparagus                       | ½ tsp. salt, or to taste  |
| 1 cup shredded carrots                  | Black pepper, to taste  |
| 1 cup chopped parsley                   | 1 cup pomegranate seeds, divided (use 1 large pomegranate)                      |
| ½ cup finely chopped mint leaves        | Optional: ½ cup chopped cilantro  |
| ½ cup finely chopped dill               | Optional: ½ cup chopped scallions, green part only                              |
| ¼ cup finely chopped walnuts            |   |
| 2 Tbs. olive oil                        |   |

## Instructions

1. Cook quinoa according to package directions. Drain and cool.
2. Steam whole asparagus for 3 minutes or until bright green. Remove from pan immediately, drain, and let rest on plate with ice cubes. Slice diagonally into ¼-inch pieces.
3. In large bowl, combine quinoa, asparagus, carrots, parsley, mint, dill, walnuts, and cilantro and scallions, if using.
4. In a separate bowl, mix oil, lemon juice, salt, and pepper. Toss with quinoa mixture. Add ¾ cup pomegranate seeds.
5. Serve as is for buffet or spoon individual servings over 1 cup mixed greens of your choice. Garnish with remaining pomegranate seeds.

*Makes 8 servings*

## Nutrition information per serving:

Calories	145
Carbohydrate	20 g
Dietary Fiber	3 g
Protein	4 g
Total Fat	7 g
Sodium	165 mg



# Rainbow Fruit Salad

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipe.aspx>

### Ingredients

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 large mango, peeled & diced    | 1 kiwifruit, peeled & diced |
| 2 cups fresh blueberries         | 1/3 cup fresh orange juice  |
| 2 nectarines, unpeeled & sliced  | 2 Tbsp. lemon juice         |
| 2 cups halved fresh strawberries | 1 ½ Tbsp. honey             |
| 2 cups seedless grapes           | ¼ tsp. ground ginger        |
| 2 bananas, sliced                | dash nutmeg                 |

### Instructions

1. Prepare the fruit and place in a large bowl.
2. Combine orange juice, lemon juice, honey, ginger, and nutmeg in a small bowl.
3. Whisk together until well combined.
1. st before serving, pour honey orange sauce over the fruit.

Serves 12

### Nutritional facts per serving (12 servings)

- |                         |                   |
|-------------------------|-------------------|
| Calories: 100           | Dietary fiber: 3g |
| Calories from fat: 5    | Sugars: 18g       |
| Total fat: 0 g          | Protein: 1g       |
| Saturated fat: 0g       | Vitamin A: 6%     |
| Trans fat: 0g           | Vitamin C: 70%    |
| Cholesterol: 0mg        | Calcium: 2%       |
| Sodium: 0mg             | Iron: 2%          |
| Total carbohydrate: 25g |                   |

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**	
Fruit: 1	Fat: 0
Vegetables: 0	Carbs: 0
Meat: 0	Other: 0
Milk: 0	
<p>** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.</p>	



# Roasted Vegetable Potato Salad

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Roasted-Vegetable-Potato-Salad.aspx>

## Ingredients

1 ¾ pounds red potatoes	3 Tbs. balsamic vinegar
2 Tbs. olive oil, divided	½ tsp. salt
1 cup fresh green beans (1/2-inch pieces)	¼ tsp. pepper
1 cup carrots (thin, diagonally sliced)	4 slices reduced fat Swiss cheese, cut into
1 small red onion (cut into wedges)	¼-inch strips

## Instructions

1. Preheat oven to 450.
2. Cut potatoes into eighths and toss with 1 Tbs. oil in 15x10-inch baking pan.
3. Bake for 15 minutes.
4. Add green beans, carrots, and onion with remaining oil. Add to baking pan.
5. Stir vegetables and continue baking 15 minutes or until tender.
6. Combine vinegar, 2 Tbs. water, salt, and pepper in medium bowl. Add vegetable mixture and toss well.
7. Let to room temperature.
8. Add cheese, and toss to combine. Serve room temperature or chilled.

## Makes 5 servings

### *Nutrition information per serving:*

Calories	270
Carbohydrate	40 g
Dietary Fiber	5 g
Protein	10 g
Total Fat	9 g
Saturated Fat	2.5 g
Trans Fat	0 g
Sodium	290 mg



# Salad Nicoise

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipe.aspx>

## Ingredients

- 9 small new potatoes, diced
- 2 cups frozen green beans, cooked and drained
- 4 ½ cups of mixed salad greens
- 1 14-oz can artichokes, drained, rinsed, and chopped
- 2 medium tomatoes
- 2 hard-boiled eggs, sliced
- 2 6-oz cans of tuna in water

## Instructions

1. Cook potatoes in boiling water for 15 minutes.
2. Drain and cool for 10 minutes.
3. If desired, toss with a low or non-fat dressing of your choice. Note: the dressing is not included in the nutritional analysis below.
4. Divide each ingredient into 6 even portions. Arrange ingredients on six plates and serve.

## Serves 6

### Nutritional information per serving (6 servings)

Calories: 330  
 Calories from fat: 35  
 Total fat: 4g  
 Saturated fat: 1g  
 Trans fat: 0g  
 Cholesterol: 95g  
 Sodium: 420mg  
 Total carbohydrate: 51g  
 Dietary fiber: 7g  
 Sugars: 5g  
 Protein: 24g  
 Vitamin A: 35%  
 Vitamin C: 70%  
 Calcium: 8%  
 Iron: 25%

**Diabetic Exchange\*\***

Fruit: 0	Fat: 0
Vegetables: 2	Carbs: 2
Meat: 2	Other: 0
Milk: 0	

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.



# Spicy Golden Slaw

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

## Ingredients

8 cups green cabbage (1 small head, about 1 ½ lb.), quartered, cored and shredded	¼ cup white vinegar
1 large green bell pepper, seeded and cut into 2-inch by 1/4-inch strips	3 Tbsp. honey
1 medium carrot, shredded	½ tsp. ground ginger, or to taste
½ medium sweet onion, cut in thin crescents	¼ tsp. ground turmeric
	1/8 tsp. celery seed
	1 Tbsp. canola oil
	Salt and freshly ground black pepper

## Instructions

1. Place the cabbage, pepper, carrot and onion in a large bowl, tossing until they are evenly combined.
2. In a small saucepan, combine the vinegar, honey, ginger, turmeric and celery seed. Over medium heat, bring the mixture to a boil, stirring to dissolve the honey.
3. Remove from heat and mix in the oil.
4. Pour the hot dressing over the vegetables. Toss until they are well combined. Season to taste with salt and pepper and adjust the amount of ginger and celery seed, if desired. (A little ginger goes a long way.)
5. Cover the slaw and refrigerate 4 to 24 hours before serving. (It will become more golden after two or three days.)

Makes 12 servings.

## Nutritional information per serving (12 servings)

Calories: 46  
Total fat: 1g  
Saturated fat: 0g  
Total carbohydrate: 9g  
Dietary fiber: 1g  
Protein: Less than 1g  
Sodium: 1 mg

Percent Daily Values are based on a 2,000 calorie diet.





# Spinach and Clementine Salad

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=10780&news\\_iv\\_ctrl=1126](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=10780&news_iv_ctrl=1126)

## **Ingredients**

2 lb. clementines (8-12)	2 Tbs. red wine vinegar
2 lb. baby spinach, washed and dried	Pinch of sugar
4 celery stalks, cut into diagonal slices	¼ cup extra virgin olive oil
½ cup walnuts pieces, toasted	1 tsp. Dijon mustard
1 cup red onion, sliced thin	1 small clove garlic, minced
¼ cup dried cherries or cranberries	Salt and freshly ground black pepper to taste

## **Instructions**

1. Peel clementines and separate segments.
2. Put in large salad bowl with spinach, celery, nuts, onions, and berries.
3. Whisk together remaining ingredients in small bowl. Drizzle over salad and serve.

*Makes 8 servings*

## **Nutrition information per serving:**

Calories	195
Carbohydrates	19 g
Dietary Fiber	6 g
Protein	6 g
Total Fat	12 g
Saturated Fat	1 g



# Spinach Salad for Spring & Summer

From the U.S. Department of Health and Human Services:

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/appetizers.html#3>

## Ingredients

- 3 cups baby spinach leaves, well washed and dried
- 1 cup seasonal fresh vegetables or fruits of your choice (such as raw sugar snap peas, strawberry halves, blueberries, or peach slices; *Nutritional info uses strawberries*)
- 3 Tbs. low-fat vinaigrette salad dressing (such as poppy seed or raspberry)
- ½ tsp. fresh cracked black pepper

## Instructions

1. Place spinach and seasonal produce into large bowl.
2. Toss with dressing and serve.

*Makes 2 servings*

## Nutrition information per serving:

Calories	59
Carbohydrate	10 g
Dietary Fiber	6 g
Total Fat	2 g
Sodium	250 mg



# Spring Pea, Asparagus and Mint Salad

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/spring-pea-asparagus-mint-salad.html>

## Ingredients

- 2 cups frozen peas
- 1 bunch (about ¼ lb) asparagus, tough ends removed, sliced into 2 in. pieces
- 2 cups fresh pea shoots
- Juice and zest of one lemon
- ½ cup fresh mint, roughly chopped
- 1 Tbsp. extra virgin olive oil

## Directions

1. Fill a large saucepan 3/4 full of water and bring to a boil over high heat.
2. Add peas to boiling water and blanch for 1 minute.
3. Strain peas using a slotted spoon (save the boiling water for the asparagus). Add peas to a bowl of ice water to stop cooking process, then strain again and set aside.
4. Add asparagus to the boiling water and cook until tender, about 2-3 minutes. Similarly drain asparagus and add to ice water for 1 min; drain and set aside.
5. In large bowl, combine peas, asparagus, pea shoots, lemon zest, lemon juice, mint and olive oil and toss to combine. Season with salt and pepper. Optional: garnish with a slice of lemon.

**Makes 6 servings (about 1 cup each.)**

## Nutritional Information

Calories: 80	Dietary Fiber: 5 g
Total Fat: 2.5 g	Sodium: 35 mg
Saturated Fat: 0 g	Protein: 4 g
Cholesterol:	Carbohydrates: 12 g



# Three Bean Salad with Creamy Mustard Dill Dressing

From the American Institute of Cancer Research

<http://www.aicr.org/foods-that-fight-cancer/legumes.html#recipes>

## Ingredients

- |   |                                 |
|---|---------------------------------|
| 1 cup canned chickpeas, rinsed and drained            | 2 Tbs. fat free Greek yogurt    |
| 1 cup canned Great Northern beans, rinsed and drained | 1 Tbs. low-fat mayonnaise       |
| 1 cup canned kidney or red beans, rinsed and drained  | 1 Tbs. coarse seed mustard      |
| ½ cup finely chopped red onion                        | 1 tsp. lemon juice              |
| 1 small red bell pepper, diced                        | 2 dashes hot pepper sauce       |
| 1 small green bell pepper, diced                      | ½ tsp. ground black pepper      |
|   | 2 tsp. extra virgin olive oil   |
|   | ½ cup chopped fresh dill        |
|   | ¼ cup chopped flat-leaf parsley |

## Instructions

1. In mixing bowl, combine beans with onion and peppers.
2. For dressing, combine the yogurt, mayo, mustard, lemon juice, hot sauce, salt, and pepper. Drizzle in oil.
3. Add dressing to beans and mix to combine.
4. If serving immediately, mix in dill and parsley. Or, cover dressed beans and refrigerate for up to 8 hours, adding herbs just before serving.

*Makes 4 servings*

## Nutrition information per serving:

Calories	230
Carbohydrate	36 g
Dietary Fiber	11 g
Protein	11 g
Total Fat	5 g
Sodium	390 mg



# Tomato Salad with Orange Cilantro Vinaigrette

From the King County Public Health Recipe Cookbook  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/TomatoSalad.aspx>

## Ingredients

3 large, ripe tomatoes, sliced	1 tablespoon lemon zest, grated
3 tablespoons canola or vegetable oil	1/2 teaspoon paprika
1/2 cup freshly squeezed orange juice	1/4 cup cilantro, chopped
1 tablespoon orange zest, grated	

## Instructions

1. Arrange sliced tomatoes on plates (3 slices per plate.)
2. In a small bowl, whisk together the oil, orange juice, orange zest, lemon zest, paprika and cilantro.
3. Drizzle the dressing over the tomatoes and sprinkle with salt and pepper, to taste.

Makes 6 servings (1/6 recipe per serving)

## Nutrition information per serving:

Calories 92  
Carbohydrate 7 g  
Dietary Fiber 1 g  
Sugars 0 g  
Protein 1 g  
Total Fat 7 g  
Saturated Fat 1 g  
Trans Fat 0 g  
Cholesterol 0 mg  
Sodium 10 mg



# Tuna Apple Salad

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/docs/Lunch/Tuna-Apple-Salad.pdf>

## Ingredients

2 (6-ounce) cans water packed tuna, drained	¼ cup golden raisins
2 tablespoons finely chopped red onion	3 tablespoons fat free Italian dressing
1 medium apple, cored and chopped	2 cups salad greens
¼ cup chopped celery	2 medium whole wheat pitas

## Instructions

1. In a small bowl, stir together tuna, onion, apple celery, raisins and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.

Makes 4 servings (*1 cup per serving*)

## Nutrition information per serving:

Calories 216  
Carbohydrate 27 g  
Dietary Fiber 4 g  
Protein 25 g  
Total Fat 2 g  
Saturated Fat 0 g  
Trans Fat 0 g  
Cholesterol 26 mg  
Sodium 544 mg



# Turkey and Kiwi Pasta Salad

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipe.aspx>

## Ingredients

- ½ cup wine vinegar
- 2 ½ Tbsp olive oil
- 2 Tbsp. Dijon mustard
- 2 tsp. basil
- 1 clove garlic (large), minced
- 1 package (8 oz) spiral noodles
- 2 cups broccoli flowerets
- 2 cups sliced crookneck squash
- 4 kiwifruits
- 1 lb cooked turkey breast, sliced
- 1 cup red pepper strips
- ½ cup sliced green onions
- 1/3 cup grated parmesan cheese

## Instructions

1. Combine vinegar, oil, mustard, basil, and garlic; mix well.
2. Cook noodles as package directs.
3. Add broccoli and squash to the last 30 seconds of cooking the noodles and drain.
4. Pour dressing over noodles, and allow to cool.
5. Peel and slice kiwifruit.
6. Toss turkey, red pepper, green onions and kiwifruit with pasta.
7. Sprinkle with parmesan cheese to serve. Serves 8

## Nutritional information per serving (8 servings)

- Calories: 280
- Calories from fat: 60
- Total fat: 7g
- Saturated fat: 2g
- Trans fat: 0g
- Cholesterol: 50mg
- Sodium: 140mg
- Total carbohydrate: 31g
- Dietary fiber: 4g
- Sugars: 4g
- Protein: 24g
- Vitamin A: 20%
- Vitamin C: 130%
- Calcium: 10%
- Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.

### Diabetic Exchange\*\*

Fruit: 0	Fat: 1
Vegetables: 2	Carbs: 0
Meat: 0	Other: 0
Milk: 0	

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.



# Watermelon and Tomato Salad

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cId=0&rid=131>

## Ingredients

- 2 large tomatoes, rinsed and cut into 6 slices each
- 2 tablespoon white balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon fresh basil, rinsed, dried, and chopped
- 4 cup diced watermelon, with seeds removed (about half a small melon)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

## Instructions

1. Arrange three tomato slices on each of four salad plates
2. Combine vinegar, oil, and basil in a bowl, and mix well
3. Add watermelon, and gently toss to coat evenly
4. Spoon watermelon over the tomatoes
5. Top with salt and pepper, and serve

**Makes 4 servings**

## Nutrition information per serving

Calories	96
Total Fat	4g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrates	16g
Protein	2g
Total Fiber	2g
Potassium	390mg
Sodium	127mg





# 5-A-Day Salad

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/5-day-salad>

## Ingredients

4 cups fresh spinach	1 cup cauliflower, chopped
4 cups romaine lettuce	1 cup yellow squash, sliced
2 cups bell pepper, chopped (any color or mix)	2 cups cucumber, sliced
2 cups cherry tomatoes	2 cups carrot, chopped
1 cup broccoli, chopped	1 cup zucchini, sliced

## Instructions

1. Wash all vegetables and mix together in large bowl.
2. Top with nonfat or low-fat dressing of your choice.

*Make 4 servings*

## Nutrition information per serving (without dressing):

Calories	100
Carbohydrates	22 g
Dietary Fiber	8 g
Sugars	11 g
Protein	5 g
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	90 mg



# Asparagus Dijon

From the Wellness Council of America

[www.welcoa.org](http://www.welcoa.org)

## Ingredients

- 1 pound asparagus, cooked
- 1/2 cup skim milk
- 1 teaspoon Dijon mustard
- 1 tablespoon flour
- 1/4 cup fat-free sour cream
- 1 teaspoon balsamic vinegar
- Salt and pepper to taste

## Instructions

1. Combine the milk, mustard and flour in a small saucepan and blend well.
2. Cook over medium heat, stirring, 3 to 5 minutes or until mixture thickens and is bubbly. Stir in the sour cream, vinegar, salt and pepper.
3. Heat through, and spoon the warm sauce over cooked asparagus.

*Makes 4 servings.*

## Nutrition information per serving

Calories: 54	Dietary Fiber:
Total Fat: 0 g	Sodium: 115 mg
Saturated Fat: 0 g	Protein: 4 g
Cholesterol:	Carbohydrates: 8 g



# Asparagus with Lemon Sauce

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cld=7&rid=6>

## Ingredients

- 20 medium asparagus spears, rinsed and trimmed
- 1 fresh lemon, rinsed
- 2 Tbsp. reduced-fat mayonnaise
- 1 Tbsp. dried parsley
- 1/8 tsp. ground black pepper
- 1/16 tsp. salt

## Instructions

1. Place 1 inch of water in a 4 quart pot with a lid. Place a steamer basket inside the pot, add asparagus. Cover and bring to a boil over high heat. Reduce heat to medium. Cook 5-10 minutes, until asparagus is easily pierced with a sharp knife. Do not overcook.
2. While the asparagus cooks, grate the lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove pits. Add mayonnaise, parsley, pepper, and salt. Stir well. Set aside.
3. When the asparagus is tender, remove the pot from the heat. Place asparagus spears in a serving bowl. Drizzle the lemon sauce evenly over the asparagus (about 1½ teaspoons per portion) and serve.

**Makes 4 servings. Yield: about 5 spears each.**

## Nutrition information per serving.

Calories: 39	Dietary Fiber: 2 g
Total Fat: 0 g	Sodium: 107 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 g	Carbohydrates: 7 g



# Asparagus with Parmesan

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her-558-asparagus-parmesan.html>

## Ingredients

1 pound medium sized asparagus, rinsed and trimmed	3/4 cup fat free milk
2 tsp. canola oil	1/4 tsp. onion powder
4 tsp. unbleached all-purpose flour	Salt and pepper, to taste
	2 Tbsp. Parmesan cheese

## Directions

1. Steam the asparagus until just tender, about 3 to 5 minutes.
2. Meanwhile, in a cold saucepan, blend canola oil with flour using a wire whisk. Slowly whisk in the milk and heat the sauce over medium heat, stirring constantly. Add onion powder, salt and pepper to taste.
3. Continue to stir until thickened, about 5 to 10 minutes. Stir in the cheese. Pour hot cheese sauce over asparagus and serve immediately.

Makes 4 servings.

## Nutritional Information

Calories: 79	Dietary Fiber: 3 g
Total Fat: 3 g	Sodium: 60 mg
Saturated Fat: <1 g	Protein: 5 g
Cholesterol:	Carbohydrates: 9 g



# Autumn Vegetable Succotash

From the United States Department of Agriculture (USDA)

<http://recipefinder.nal.usda.gov/recipes/autumn-vegetable-succotash>

## Ingredients

- ¼ cup olive oil
- 1 cup onion (diced)
- 2 garlic cloves (minced)
- 2 cups red bell pepper (diced)
- 2 cups zucchini (diced)
- 2 cups summer squash (diced)
- 3 cups lima beans (frozen)
- 3 cups corn kernels (fresh or frozen)
- 2 Tbs. sage (fresh, coarsely chopped)

## Instructions

1. Heat skillet over medium-high heat, and add oil.
2. Add onion and cook until translucent (about 2 minutes).
3. Add everything else except the sage. (Season as desired.)
4. Cook, stirring, until vegetables are tender (about 10 minutes).
5. Stir in sage just before serving.

*Makes 8 servings*

## Nutrition information per serving:

Calories	170
Carbohydrate	25 g
Dietary Fiber	4 g
Protein	4 g
Total Fat	8 g
Saturated Fat	1 g
Sodium	10 mg



# Basil Green Beans

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

## Ingredients

- 1 lb. fresh green beans
- 1 Tbsp. minced spring onion
- ½ tsp. butter or margarine
- 1 tsp. dried basil leaves
- 1 tsp. garlic powder
- Dash pepper

## Instructions

1. Trim and snap green beans into thirds. (You can do this ahead of time.) Mince onion.
2. Put water on to boil to steam beans. As soon as water boils, steam beans for 12 to 17 minutes or until tender.
3. Melt butter or margarine and sauté onions until tender. Add steamed beans, basil, garlic powder and pepper.
4. Toss beans with basil sauce to coat evenly and serve.

Makes 4 servings.

## Nutritional information per serving (4 servings)

- Calories: 46
- Total fat: 1g
- Saturated fat: 0g
- Total carbohydrates: 8g
- Dietary fiber: 1g
- Protein: 2g
- Sodium: 7mg



# Braised Broccoli Leaves

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=pr\\_hf\\_&page=NewsArticle&id=23235&news\\_iv\\_ctrl=1128](http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=23235&news_iv_ctrl=1128)

## Ingredients

- 1 bunch broccoli leaves (12-14 oz. with stalks or 1 bunch BroccoLeaf)
- 1 Tbsp. extra virgin olive oil
- 2-3 garlic cloves, peeled and each cut lengthwise into 5 slices
- 1/2 cup water
- Salt and freshly ground black pepper

## Instructions

1. Lay a leaf on work surface with stem toward you. Run tip of small, sharp knife down both sides of center vein, then grasping stem, lift it and vein away from leaf and discard. Fold leaf in half lengthwise and set aside. Repeat, stacking stemmed leaves.
2. Stack 6 halves horizontally on work surface with curved side toward you. Roll leaves into a long tube. Using a large knife, cut leaves crosswise into 1/2-inch strips; there will be 6 to 7 cups.
3. In large skillet, heat oil over medium-high heat. Add garlic and cook, turning it several times, until it just begins to color, 1 to 2 minutes. Add greens and cook, stirring until they look shiny and dark and have collapsed, about 1 minute. Pour in 1/2 cup water. Spread greens over bottom of pan, cover tightly and cook 5 minutes. Uncover, and cook, stirring often, until all moisture has evaporated, 4 to 5 minutes. Off heat, season braised greens to taste with salt and pepper.

**Makes 4 servings**

## Nutrition information per serving

Calories: 57	Dietary Fiber: 2 g
Total Fat: 3.5 g	Sodium: 24 mg
Saturated Fat: <1 g	Protein: 3 g
Cholesterol:	Carbohydrates: 5 g



# Brussel Sprouts with Mushroom Sauce

From the United States Department of Agriculture  
<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/brussels-sprouts-mushroom-sauce>

## Ingredients

- |  |                                  |
|--|----------------------------------|
| 2 cups brussels sprouts (or broccoli, cabbage, kale, collards, or turnips) | 1 teaspoon lemon juice           |
| ½ cup chicken broth, low-sodium  | 1 teaspoon brown mustard (spicy) |
|  | ½ teaspoon thyme (dried)         |
|  | ½ cup mushroom (sliced)          |

## Instructions

1. Trim brussels sprouts and cut in half. Steam until tender – about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

**Makes 2 servings**

**Serving size: 1/2 of recipe**

## Nutrition information per serving

Calories: 54	Dietary Fiber: 4 g
Total Fat: 1 g	Sodium: 69 mg
Saturated Fat: 0 g	Protein: 5 g
Cholesterol: 0 mg	Carbohydrates: 10 g





# Cauliflower and Chickpea Curry with Potatoes

From the American Institute of Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=pr\\_hf\\_&page=NewsArticle&id=20154&news\\_iv\\_ctrl=1264](http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=20154&news_iv_ctrl=1264)

## **Ingredients**

- |  |  |
|--|--|
| 4 cups bite-size cauliflower florets                               | 3 cups green cabbage, in ½-inch strips             |
| 1 medium yellow-flesh potato, peeled and diced (roughly 1 cup)     | 1 (15 oz.) can chickpeas, rinsed and drained       |
| 1 cup fat-free, reduced-sodium chicken or vegetable broth, divided | 1 cup frozen cut green beans                       |
| 1 cup red onion, cut in thin crescents                             | ¾ cup reduced-fat coconut milk, preferably organic |
| 3 garlic cloves, thinly sliced                                     | Salt and ground black pepper (to taste)            |
| 2 Tbs. curry powder, hot or mild (add more or less to taste)       | 4 hard-cooked eggs (whites), optional, for garnish |

## **Instructions**

1. In medium pot of boiling water, cook cauliflower and potatoes for 3 minutes. Drain, and set aside.
2. In large Dutch oven, heat ½ cup broth until it bubbles around edges. Add onion and garlic, and cook until onion is translucent (4 minutes), stirring occasionally.
3. Mix in curry powder until fragrant, 30 seconds. Add cabbage and cook, stirring occasionally, until it wilts (4-5 minutes), adding ¼ cup water if the pot gets dry before cabbage is limp.
4. Add chickpeas, green beans, cauliflower, and potatoes. Pour in remaining ½ cup broth and coconut milk. When liquid starts to bubble around edges of the pot, reduce heat and simmer, stirring occasionally, until potatoes are tender and cauliflower is tender-crisp, 15 minutes.
5. Season to taste with salt and pepper.
6. To serve, divide curry, including liquid from pot, among 6 soup bowls.

If using eggs, discard egg yolks or reserve for another use, and coarsely chop the whites. Sprinkle as garnish over curry.

*Makes 6 servings*

## **Nutrition information per serving:**

Calories	182
Carbohydrates	33 g
Protein	8 g
Total Fat	4 g
Saturated Fat	2 g
Fiber	8 g
Sodium	257 mg



# Cauliflower Osso Bucco

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/cauliflower-osso-bucco/>

## Ingredients

- 1 pound fresh cauliflower head
- ¼ cup white whole-wheat flour
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 teaspoons lemon zest
- 1 cup no salt-added tomato paste
- 1 ½ cups low-sodium vegetable broth (may need more)
- Salt and black pepper, to taste

## Instructions

1. Preheat oven to 350 degrees F.
2. Wash and slice cauliflower into “steaks.”
3. Dredge cauliflower in flour (you may need to dip it in water briefly first to get the flour to stick). Place olive oil in large skillet and briefly brown the cauliflower steaks on medium high heat until they are a rich golden color. Turn at least once during cooking to prevent burning and ensure steaks have a slight golden crust on both sides.
4. Push cauliflower to the side of the pan (or remove it to a plate if pan is too crowded) and add the garlic, carrots and lemon zest. Sauté for 3-5 minutes, stirring occasionally.
5. Add the tomato paste and broth and stir until blended. (If you removed the cauliflower from the pan in step 3, add it back to the pan at this time.)
6. Cover the pan and place in the 350 degree F oven to bake for approximately 45 minutes until the cauliflower is soft and the sauce is blended.
7. Adjust seasonings if needed. To serve, garnish with gremolata.
8. To make gremolata: Using a small bowl, combine 4 cloves of finely minced garlic, 1/2 cup washed and finely chopped fresh parsley, and 1 Tbsp. lemon zest. Cover and refrigerate until ready to use.

Makes about 3 servings, 1/3 pound cauliflower each.

## Nutrition information per serving

Calories: 210	Sodium: 190 mg
Total Fat: 6 g	Protein: 9 g
Saturated Fat: 1 g	Total Carbohydrates: 37 g
Trans Fats: 0 g	Dietary Fiber: 8 g
Cholesterol: 0 mg	Total Sugars: 16 g



# Cinnamon-Glazed Baby Carrots

From the National Heart, Lung, and Blood Institute's Keep the Beat

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cld=0&rid=43>

(page 127)

## Ingredients

- 4 C baby carrots, rinsed and split lengthwise if very thick (or frozen pre-sliced carrots)
- 2 Tbsp soft tub margarine
- 2 Tbsp brown sugar
- ½ tsp ground cinnamon
- 1/8 tsp salt

## Instructions

1. Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7–8 minutes, just until the carrots are easily pierced with a sharp knife.
2. While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.
3. Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2–3 minutes, just until the carrots are thoroughly coated and the glaze thickens slightly. Serve warm.

## Makes 4 servings

### Nutrition information per serving

Calories	67
Total Fat	3g
Saturated Fat	0g
Cholesterol	0mg
Total Fiber	2g
Sodium	149mg
Protein	1g
Carbohydrates	1g



# Collard Greens

From the USDA SNAP-Ed Recipe Finder  
<http://recipefinder.nal.usda.gov/recipes/collard-greens>

## Ingredients

4 pounds fresh greens of choice (ex: chard, kale, turnip greens, spinach, or mixture)	2 medium onions, chopped
2-3 cups low sodium chicken or vegetable broth	3 cloves of garlic, crushed
	1 tsp. red pepper flakes

## Instructions

1. Wash and cut greens.
2. Place in large stock pot; add all other ingredients and enough water to cover.
3. Simmer over medium heat until tender, about 3 ½ hours. Stir occasionally.

*Makes 8 servings*

## Nutrition information per serving:

Calories	60
Carbohydrates	10 g
Dietary Fiber	5 g
Sugars	1 g
Protein	5 g
Total Fat	1 g
Saturated Fat	0 g
Sodium	55 mg



# Fall Veggie Casserole

From the United States Department of Agriculture (USDA)

<http://recipefinder.nal.usda.gov/recipes/fall-veggie-casserole>

## Ingredients

- 1 eggplant (medium)
- 4 tomatoes
- 1 green bell pepper
- 1 onion
- 1 tsp. salt
- ¼ tsp. pepper
- 3 Tbs. vegetable oil
- 1 garlic clove
- 2 Tbs. parmesan cheese (grated)

## Instructions

1. Cut eggplant into cubes. (Remove skin if desired, or leave on to increase fiber and nutrients.)
2. Remove seeds from green pepper.
3. Dice pepper, tomato, and onion.
4. Mince garlic.
5. Cook all ingredients except the cheese, in large skillet on medium heat until tender.
6. Top with cheese and serve.

*Makes 8 servings*

## **Nutrition information per serving: (if eggplant peeled)**

Calories	90
Carbohydrate	9 g
Dietary Fiber	3 g
Protein	2 g
Total Fat	6 g
Saturated Fat	1 g
Sodium	310 mg



# Fresh and Light Veggie Pad Thai

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/fresh-and-light-veggie-pad-thai/>

## Ingredients

### *For pad thai*

8 ounces dried wide, flat rice noodles (preferably brown rice noodles)  
1 Tbsp. olive, sesame, or canola oil (divided)  
8 ounces extra firm tofu, drained and cut into ½ inch cubes  
2 large eggs  
1/2 yellow onion, chopped  
3 cloves garlic, minced  
1 head of broccoli, cut into small florets  
1 zucchini, spiralized (or sliced into thin, long strips)  
1 cup snap peas

2 carrots, grated  
1 cup mung bean sprouts  
1/4 cup fresh basil, chopped  
1/4 cup fresh cilantro, chopped  
Crushed red pepper, to taste

### *For sauce*

1 Tbsp. fish sauce  
2 Tbsp. rice vinegar  
1 Tbsp. reduced sodium soy sauce or tamari (gluten-free)  
1 Tbsp. honey (or sub another sweetener)  
1/4 cup lime juice (juice of 1-2 limes)

### *Garnishes*

2 Tbsp. peanuts, chopped  
Lime wedges

## Instructions

1. Prepare the sauce by whisking together all the sauce ingredients in a small bowl and set aside.
2. Next, prepare the noodles according to package instructions. For most rice noodles: bring a pot of water to a boil, remove from heat and let the noodles soak in the hot water until just al dente (about 10 minutes). Drain and set noodles aside.
3. Heat 1/2 of the oil over medium-high heat.
4. Sauté tofu about 3 minutes, or until just getting golden brown. Rotate the pieces to get a golden color on all sides. Move it to the edge of the pan.
5. Crack eggs into the pan, sauté with spatula to break yolk and scramble until just cooked through (about 1 min). Set the egg and tofu aside on a plate for a later step.
6. Add the remaining oil to the pan and add the onion and garlic. Sauté 1-2 minutes, or until just translucent. Optional: add a pinch of red chili flakes for extra heat.
7. Sauté the rest of your vegetables until they are just fork-tender and still bright in color, about 3 minutes.

8. Add the noodles, sauce, and tofu/egg mixture to the pan. Gently mix everything together so the flavors combine and the noodles can soak up the sauce. Add most of the herbs and bean sprouts (reserve a handful for garnish).
9. Serve with a topping of fresh herbs, the remaining bean sprouts, lime wedges, and a sprinkle of peanuts.

**Makes about 4 servings, 1.5 to 2 cups each**

**Nutrition information per serving**

Calories: 480	Dietary Fiber: 3 g
Total Fat: 14 g	Sodium: 610 mg
Saturated Fat: 3 g	Protein: 22 g
Cholesterol: 95 mg	Carbohydrates: 69 g



# Fruity Baked Squash Rounds

From the Public Health Seattle & King County

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SquashRounds.aspx>

## Ingredients

- 1 large acorn squash, cut into 1/2 inch rings, seeds removed
- 1/2 cup orange juice
- 3 tablespoons brown sugar
- 1/8 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- Non-stick cooking spray
- Fruit Filling: *whole cranberry sauce or blueberry sauce. To make blueberry sauce, heat one cup frozen blueberries with 2 teaspoons sugar in a covered microwave bowl for 2 minutes. Stir.*

## Instructions

1. Preheat oven to 350°.
2. Spray a 13" X 9" baking dish with non-stick cooking spray.
3. Arrange squash rounds in baking dish.
4. Combine orange juice, brown sugar, nutmeg and cinnamon. Drizzle over squash.
5. Bake 45 minutes.
6. Spoon whole cranberry sauce or blueberry sauce\* into center of squash rounds.

**Makes 8 servings**

## Nutrition information per serving

Calories: 111	Calories from fat: 1
Total Fat: 0 g	Sodium: 15 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol: 0 mg	Carbohydrates: 29 g
Sugar: 5 g	Dietary Fiber: 2 g





# Gingered Carrots

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

## Ingredients

½ cup golden raisins	2 tsp. butter or margarine
Hot water	2 tsp. brown sugar
5-6 medium carrots (10-12 oz.)	2 tsp. cornstarch
Boiling water, just enough to cover carrots	1 tsp. grated lemon zest
2 tsp. finely-minced fresh ginger	Pinch of salt, if desired
1 tsp. fresh lemon juice	

## Instructions

1. In a medium bowl, combine raisins and just enough hot water to cover them. Let stand about 15 minutes.
2. Meanwhile, peel and slice carrots diagonally into 1/2-inch slices. Place in a medium pot of boiling water, add ginger and lemon juice. Cook 6 to 7 minutes. Drain.
3. Drain raisins, reserving 3/4 cup liquid, and set aside. In a skillet, melt butter or margarine over medium heat. Add brown sugar and cook 30 seconds.
4. In a separate bowl, mix together reserved raisin water and cornstarch. Add to butter/brown sugar mixture. Cook about 1 minute, or until thickened. Add raisins and carrots and cook 1 minute. Add lemon zest and salt, if desired. Serve immediately.

Makes 4 servings.

## Nutritional information per serving (4 servings)

Calories: 124  
Total fat: 2g  
Saturated fat: 1g  
Total carbohydrates: 26g  
Protein: 1g  
Dietary fiber: 3g  
Sodium: 55mg



# Green Beans with Mustard, Shallots and Bacon

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/GreenBeans.aspx>

## Ingredients

- 1 pound fresh green beans, trimmed (or one 16-ounce package frozen green beans)
- 2 slices lean bacon
- 1/4 cup shallots, sliced (or, alternatively, 1/4 cup sliced green onions)
- 2 teaspoons brown or grainy mustard
- salt and pepper, to taste (Nutrition Facts calculated without added salt)

## Instructions

1. In a large saucepan, heat 1/2 cup water to boiling and add green beans. Cover and cook for 10-15 minutes or until beans are crisp-tender. Drain into a colander then rinse beans under cold water and set aside (if using frozen beans, cook according to package directions.)
2. In a medium skillet, cook bacon until crisp. Drain bacon on paper towels then crumble pieces and set aside.
3. Add shallots to bacon drippings then raise heat to medium-high and cook until tender. Turn heat to low then stir in the mustard, salt, and pepper. Add green beans and toss until evenly coated.
4. Serve in a platter sprinkled with crumbled bacon.

**Makes 6 servings**

## Nutrition information per serving

Calories: 33	Dietary Fiber: 3g
Total Fat: 0g	Sodium: 56mg
Saturated Fat: 0g	Protein: 2g
Cholesterol: 1mg	Carbohydrates: 7g



# Grilled Vegetable Kabobs

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=14&cId=7&rd=218>

## Ingredients

### *For Kabobs*

2 medium zucchini  
2 medium yellow squash  
2 red or green bell peppers, seeded  
2 medium red onions  
16 cherry tomatoes  
8oz fresh mushrooms  
2 medium ears sweet corn

Nonstick cooking spray

### *For Sauce*

½ cup balsamic vinegar  
2 tablespoon mustard  
3 cloves garlic, minced  
¼ teaspoon thyme

## Instructions

1. Rinse all the vegetables. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
2. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
3. In a small bowl, mix the vinegar, mustard, garlic, and thyme for the sauce.
4. Toss vegetables in the sauce and thread vegetables onto 8 skewers. (If you use wooden skewers, soak them in water for 30 minutes before using.)
5. Before starting the grill, spray it with nonstick cooking spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
6. Grill for 20 minutes or until tender.

**Makes 8 servings**

## Nutrition information per serving

Calories: 73  
Total Fat: 1g  
Saturated Fat: 0g  
Carbohydrates: 4g  
Sodium: 107g  
Total Fiber: 4g



# Italian Vegetables

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/italian-vegetables>

## Ingredients

- 2 cups water
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 2 zucchini, small (sliced)
- 1 onion, small (diced)
- 3 celery stalks (chopped)
- 1 can tomato sauce (8 ounces)
- 2 teaspoons basil
- 1 teaspoon salt (optional)
- 1 point package of pasta, any shape (cooked)

## Instructions

1. Put 1 cup of hot water in a saucepan.
2. Add vegetables and cook for 5 minutes.
3. Add tomato sauce, remaining cup of water, basil, and salt.
4. Simmer until heated thoroughly.
5. Serve with cooked pasta.
6. Refrigerate leftovers.

**Makes 6 servings**

## Nutrition information per serving

Calories: 316	Dietary Fiber: 5 g
Total Fat: 2 g	Sodium: 176 mg
Saturated Fat: 0 g	Protein: 17 g
Cholesterol: 1 mg	Carbohydrates: 61 g



# Kale with Sweet Corn

From the American Institute of Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=10784&news\\_iv\\_ctrl=1128](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=10784&news_iv_ctrl=1128)

## Ingredients

- |   |  |
|---|--|
| 1 large ear fresh corn, husked, or ¾ cup defrosted frozen corn or canned drained corn | ½ cup finely chopped Vidalia or other sweet onion  |
| ¾ lb. curly green kale, tough stems removed   | 2 scallions, green and white parts, finely chopped |
| 2 tsp. extra virgin olive oil   | ¼ cup fat-free, reduced-sodium vegetable broth     |
|   | Salt and freshly-ground black pepper               |

## Directions

1. If using fresh corn, place it in boiling water and boil until the kernels are tender-crisp, about 4 minutes.
2. When cool enough to handle, stand the ear with its broad end down on a cutting board. Using a sharp knife, slice down the ear to cut off kernels. Rotate the ear and repeat until all the kernels are cut off. Gather up the cut kernels and set aside, or refrigerate in a closed container for up to 24 hours.
3. In a large pot, bring 1 inch of water to a boil. Add the kale, cover tightly and reduce the heat to medium. Steam until the kale is tender, about 12 minutes. Drain it in a colander.
4. When the kale is cool enough to handle, squeeze handfuls of it to remove excess water. Cut the kale crosswise into strips. Cut the strips crosswise, chopping the kale. Set the kale aside, or refrigerate in a closed container for up to 24 hours.
5. Heat the oil in a medium skillet over medium-high heat. Sauté the onion and scallions until the onion is soft, about 3 minutes.
6. Add the kale, corn and broth. Reduce the heat to low, and cook until the corn and kale are heated through, stirring often (about 3 minutes). Season to taste with salt and pepper and serve.

Makes 4 servings

## Nutritional information per serving (4 servings)

Calories: 104  
Total fat: 3g  
Saturated fat: <1g  
Sodium: 80mg  
Protein: 14g  
Total carbohydrates: 18g  
Dietary fiber: 3g



# Lemon Rosemary Zucchini

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

## Ingredients

- 1 Tbsp. extra virgin olive oil
- 1 medium yellow bell pepper, diced
- 2 tsp. finely minced fresh rosemary
- 2 cups chopped zucchini (2 medium)
- 1-3 tsp. freshly squeezed lemon juice, or to taste
- Salt and freshly ground black pepper, to taste

## Instructions

1. In medium non-stick skillet, heat olive oil over medium heat.
2. Add yellow pepper and rosemary and saute 2 minutes.
3. Add zucchini and salt and pepper, to taste.
4. Continue to saute for another 4 to 5 minutes or until zucchini is just tender.
5. Remove from heat and stir in lemon juice.

Makes 4 servings

## Nutritional Information per serving (4 servings)

- Calories: 46
- Total fat: 3 g
- Saturated fat: <1g
- Total carbohydrate: 4g
- Dietary fiber: 1g
- Protein: 1g
- Sodium: 6mg



# Lima Beans and Spinach

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=11&cid=7&rid=67>

## Ingredients

- 2 cup frozen lima beans
- 1/2 cup onion, chopped
- 1 cup fennel bulb, rinsed and cut into 4-inch strips
- 1 tablespoon vegetable oil
- 1/4 cup low-sodium chicken broth
- 1 bag (10oz) leaf spinach, rinsed
- 1 tablespoon distilled vinegar
- 1/8 teaspoon ground black pepper
- 1 tablespoon dried chives

## Instructions

1. In a saucepan, steam or boil lima beans in unsalted water for about 10 minutes. Drain.
2. In sauté pan, sauté onions and fennel in oil.
3. Add beans and chicken broth to sauté pan, and cover. Cook for 2 minutes.
4. Stir in Spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.

## Makes 4 servings

## Nutrition information per serving

Calories: 93  
Total Fat: 2g  
Saturated Fat: 1g  
Cholesterol: 0mg  
Carbohydrates: 15g  
Protein: 5g  
Total Fiber: 6g  
Sodium: 84mg



# Maple Dijon Roasted Rutabaga

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2018/maple-dijon-roasted-rutabaga.html>

## Ingredients

2 lbs. rutabaga, peeled and cut into 1/2 inch wedges	1 Tbsp. pure maple syrup
1 Tbsp. olive or canola oil	1 Tbsp. Dijon mustard
Dash of salt and pepper, to taste	1 tsp chopped fresh rosemary (or dried)
3 Tbsp. apple cider vinegar	Dash of red chili flakes

## Instructions

1. Preheat oven to 400° F.
2. Toss rutabaga in oil and season with salt and pepper.
3. Spread evenly on baking sheet and roast for about 30 minutes, or until lightly browned and fork tender.
4. Transfer rutabaga to large bowl and sprinkle lightly with vinegar, tossing to coat; allow it to absorb for about one minute.
5. Wisk together maple syrup, Dijon mustard, rosemary, and red chili flakes in a small bowl.
6. Drizzle Dijon mixture over rutabaga and toss.
7. Add additional black pepper, if needed.

**Makes 4 servings**

**Serving size: ¼ of Recipe**

## Nutrition information per serving

Calories: 120	Dietary Fiber: 4 g
Total Fat: 4 g	Sodium: 115 mg
Saturated Fat: <1 g	Protein: 2 g
Cholesterol:	Carbohydrates: 22 g





# Mashed Sweet Potatoes and Turnips

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=10775&news\\_iv\\_ctrl=1128](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=10775&news_iv_ctrl=1128)

## Ingredients

- 1 medium sweet potato (about 3/4 pound), peeled and cut into 2-inch pieces
- 1 medium turnip, peeled and cut into 2-inch pieces
- 1 Tbsp. canola oil
- 1/2 cup diced onion
- 1/4 cup finely diced Italian parsley
- Salt and freshly ground black pepper, to taste
- 1/4 cup shredded reduced fat Swiss or Gruyère cheese

## Instructions

1. In large pot, place steamer filled with potatoes and turnips. Add 2 cups water, cover and bring to boil. Steam until tender, about 15 minutes.
2. Meanwhile, in small skillet, sauté onion and parsley over medium heat in oil for 5 minutes.
3. In large bowl, place tender potatoes and turnips and mash with large fork. Stir in onion, parsley and oil from pan. Season mixture to taste with salt and pepper.
4. Lightly coat baking dish with oil spray and add potato mixture, pressing down evenly. Top with cheese and broil for 2-3 minutes or until cheese is bubbly and lightly browned.

## Makes 4 servings

## Nutrition information per serving

Calories	121
Total Fat	4g
Saturated Fat	>1g
Carbohydrates	18g
Dietary Fiber	3g
Sodium	65mg
Protein	4g



# Mediterranean Vegetable Stew

From the American Institute of Cancer Research

<http://www.aicr.org/foods-that-fight-cancer/legumes.html#recipes>

## Ingredients

- |  |  |
|--|--|
| 1 Tbs. olive oil   | 2 carrots, cut into ¼ inch slices                              |
| 1 large onion, chopped   | 3 cloves garlic, minced  |
| 1 cup low-sodium vegetable broth                                 | 1 large zucchini, halved lengthwise and cut into ¼ inch slices |
| ½ tsp. chili powder (or to taste)                                | 1 (15 oz.) can garbanzos, drained                              |
| ¼ tsp. ground cloves   | ¼ cup pitted black olives, halved                              |
| 1 tsp. cumin   | ¾ tsp. salt  |
| ½ tsp. cinnamon  | ½ tsp. white or black pepper                                   |
| ½ tsp. ground paprika  | ¼ cup chopped fresh parsley, divided                           |
| ½ tsp. ground turmeric   | 1-2 Tbsp. fresh lemon juice                                    |
| ½ tsp. ground cardamom   | 3 cups cooked brown rice (or other whole grain)                |
| 2 cups butternut squash, peeled, seeded, diced into ½ inch cubes |  |
| ¼ cup raisins  |  |

## Instructions

1. Heat oil in large pot over medium-high heat. Add onion and cook until translucent, about 2 minutes. Add broth and reduce heat to medium-low. Simmer, stirring frequently.
2. While broth simmers, stir in spices. Add squash, raisins, carrots, and garlic. Cover and continue simmering until vegetables are tender, about 25-30 minutes.
3. Add in zucchini, garbanzos, olives, salt, and pepper. Re-cover and continue to simmer until zucchini is tender, an additional 10-12 minutes. Stir in 2 tablespoons parsley and lemon juice.
4. Place warm rice uniformly on large serving platter (or individual plates), and spoon stew over top. Garnish with remaining parsley and serve.

*Makes 6 servings (about 1 cup stew per serving)*

## Nutrition information per serving:

Calories	300
Carbohydrate	54 g
Dietary Fiber	9 g
Protein	11 g
Total Fat	6 g
Saturated Fat	1 g
Sodium	464 mg



# Parmesan Green Beans

From Keep the Beat: National Heart Lung & Blood Institute  
<http://hp2010.nhlbihin.net/healthyeating/recipeDetail.aspx?linkId=1&cid=7&rid=130>

## Ingredients

- |  |                                   |
|--|-----------------------------------|
| 1 Tbsp. olive oil  | 1 bag (16 oz.) frozen green beans |
| 1 tsp. garlic, minced (about 1 clove) (or ¼ tsp garlic powder) | 1 C low-sodium chicken broth      |
| 1 small onion, thinly sliced (about ½ C)                       | ¼ C grated parmesan cheese        |
|  | ¼ tsp. ground black pepper        |

## Directions

1. Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
2. Add onion, and continue to cook for about 5 minutes over medium heat until soft.
3. Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
4. Sprinkle with parmesan cheese and pepper, and serve.

Makes four servings (1 cup green bean mix per serving)

## Nutritional information per serving (4 servings)

Calories: 95	Total fiber: 3g
Total fat: 5g	Potassium: 293mg
Saturated fat: 1g	Vitamin A: 15%
Cholesterol: 4mg	Vitamin C: 25%
Sodium: 117mg	Calcium: 10%
Protein: 5g	Iron: 4%
Total carbohydrates: 9g	

Percent Daily Values are based on a 2,000 calorie diet



# Ratatouille with Polenta

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthServices/health/nutrition/recipes.asp>



## Ingredients

- |  |  |
|--|--|
| 1 16-oz. package refrigerated and cooked polenta | 1 small eggplant, cubed                    |
| 1 tablespoon olive oil                           | 1 yellow summer squash or zucchini, sliced |
| 1 green bell pepper, seeded and chopped          | 1 tomato, chopped                          |
| 1 red bell pepper, seeded and chopped            | 1 bay leaf                                 |
| 2 cloves garlic, minced                          | 3 sprigs fresh thyme                       |
| 1 small onion, thinly sliced                     | 3 tablespoons chopped fresh parsley        |

## Instructions

1. Prepare polenta according to package directions and set aside.
2. Heat oil in a medium sized saucepan over medium-high heat. Sauté green and red bell pepper, garlic and onions for 5 minutes, stirring often.
3. Stir in eggplant, squash, tomato, bay leaf, and thyme then cover and cook for 5-6 minutes or until vegetables are tender.
4. Stir in parsley, reduce heat to low and let stand for 1 minute.
5. Cut prepared polenta into rounds or wedges then place 1-2 pieces onto each plate. Spoon ratatouille onto polenta, add salt and pepper to taste, then serve.

Makes 4 servings

## Nutrition information per serving (4 servings)

Calories: 213	Dietary fiber: 7 g
Calories: 213	Sugars: 0g
Calories from fat: 39	Protein: 5g
Total fat: 4g	Vitamin A: 50%
Saturated fat: 1g	Vitamin C: 160%
Cholesterol: 0mg	Calcium: 4%
Sodium: 530mg	Iron: 15%
Total carbohydrate: 40g	

Percent Daily Values are based on a 2,000 calorie diet.



# Roasted Asparagus with Parmesan Cheese Sauce

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?news\\_iv\\_ctrl=1121&abbr=dc\\_rc\\_&page=NewsArticle&id=9092](http://preventcancer.aicr.org/site/News2?news_iv_ctrl=1121&abbr=dc_rc_&page=NewsArticle&id=9092)

## Ingredients

1 pound medium sized asparagus, rinsed and trimmed	¾ cup fat free milk
2 tsp. canola oil	¼ tsp. onion powder
4 tsp. unbleached all-purpose flour	Salt and pepper, to taste
	2 Tbsp. Parmesan cheese

## Instructions

1. Steam the asparagus in a saucepan over boiling water until just tender, about 3 to 5 minutes.
2. Meanwhile, in a cold saucepan, blend canola oil with flour using a wire whisk.
3. Slowly whisk in the milk and heat the sauce over medium heat, stirring constantly.
4. Add onion powder, salt and pepper to taste.
5. Continue to stir until thickened, about 5 to 10 minutes. Stir in cheese.
6. Pour hot cheese sauce over asparagus and serve immediately.

Makes 4 servings

## Nutritional information per serving (4 servings)

Calories	87
Total fat	3 g
Saturated fat	< 1 g
Sodium	62 mg
Protein	5 g
Carbohydrates	9 g
Dietary fiber	3 g



# Roasted Broccoli, Tomatoes and Olives

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=pr\\_hf\\_&page=NewsArticle&id=23134&news\\_iv\\_ctrl=1128](http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=23134&news_iv_ctrl=1128)

## Ingredients

- 4 cups bite size broccoli florets
- 1 cup halved cherry tomatoes
- 1 cup pitted black olives, halved
- 4 cloves garlic, minced
- 2 Tbsp. extra virgin olive oil
- Salt to taste
- 1 tsp. freshly grated lemon zest
- 1 Tbsp. lemon juice, or to taste
- 1 tsp. oregano leaves, crushed

## Instructions

1. Preheat oven to 375 degrees F.
2. In large bowl, add broccoli, tomatoes, olives, garlic, oil and salt to taste. Gently toss until well coated. Spread on baking sheet in single layer. Bake 15 minutes.
3. In same bowl, combine zest, juice and oregano. Add roasted vegetables and gently toss. Serve warm.

**Makes 4 servings**

## Nutrition information per serving

Calories: 133	Dietary Fiber: 2 g
Total Fat: 11 g	Sodium: 316 mg
Saturated Fat: 1 g	Protein: 3 g
Cholesterol:	Carbohydrates: 9 g



# Roasted Brussel Sprouts and Potatoes

From the American Institute for Cancer Research (AICR)

<http://www.aicr.org/foods-that-fight-cancer/broccoli-cruciferous.html#recipes>

## Ingredients

- ¾ lb. Brussels sprouts, preferably large
- 2 small onions
- 1 Tbs. extra virgin olive oil, divided
- ¾ lb. small potatoes, preferably 2 inches or smaller diameter
- Salt and ground black pepper

## Instructions

1. Preheat oven to 400 degrees F.
2. Remove tough outer leaves from sprouts and cut crosswise into 3-4 rounds about ½-inch thick.
3. Halve onions and cut crosswise into very thin slices.
4. In medium bowl, combine sprouts and onions, 2 tsp. oil, and ½ tsp. salt. Mix to coat. Spread them on foil-covered baking sheet.
5. In same bowl, mix potatoes with remaining 1 tsp. oil. Place on second baking sheet.
6. Place both baking sheets in oven. Bake sprouts for 15 minutes, stir once, and continue baking until tender (about 10-15 more minutes).
7. Bake potatoes for 30 minutes, or until a knife pierces larger ones easily.
8. Transfer potatoes to cutting board and cut crosswise into ½-inch slices.
9. Combine potatoes and sprouts. Season to taste with salt and pepper. Serve.

*Makes 4 servings*

## Nutrition information per serving:

Calories	150
Carbohydrate	24 g
Dietary Fiber	6 g
Protein	4 g
Total Fat	4 g
Saturated Fat	0.5 g
Sodium	30 mg



# Roasted Tomatoes with Herbs

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

## Ingredients

- Non-stick cooking oil spray, as needed
- 6 tomatoes, washed
- 2 Tbsp. olive oil or canola oil
- ½ tsp. pepper
- 1 Tbsp. dried parsley
- 1 Tbsp. minced garlic
- 2 Tbsp. Parmesan cheese

## Instructions

1. Preheat oven to 425 degrees.
2. Spray a large baking sheet with cooking oil spray.
3. Cut each tomato in half. Place tomatoes on the sheet, cut side up.
4. Drizzle tomatoes with ½ of the oil and season with pepper.
5. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
6. Mix the remaining oil, parsley, garlic, and cheese in a small bowl.
7. Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes.
8. Return to oven for another 10 minutes, or until spices begin to brown.

Makes 6 servings (1 tomato per serving)

## Nutritional information per serving (6 servings)

Calories: 90

Calories from fat: 50

Total fat: 6g

Saturated fat: 1g

Trans fat: 0g

Cholesterol: 0mg

Sodium 30mg

Total carbohydrate: 37g

Dietary fiber: 1g

Sugars: 4g

Protein: 2g

Vitamin A: 20%

Vitamin C: 40%

Calcium: 4%

Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.





# Sauteed Radishes

From Eat, Move, Save, Illinois Extension Offices

<https://eat-move-save.extension.illinois.edu/eat/recipes/sauteed-radishes>

*Note: For red radishes, look for those that are brightly colored, smooth and without cuts or soft spots. Look for fresh greens that are not wilted.*

### Ingredients

- 1 tablespoon vegetable oil
- 1 to 2 bunches radishes (about 1 pound with tops), trimmed and each cut into quarters or halves if small
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon fresh dill, chopped

### Instructions

1. Heat oil in nonstick 12 inch skillet over low-medium heat.
2. Add radishes, salt and pepper to skillet. Cook 14 to 15 minutes or until radishes are fork tender and lightly browned.
3. Remove skillet from heat. Toss radishes with dill and transfer to serving bowl.

**Makes 4 servings**

### Nutrition information per serving

Calories: 45	Dietary Fiber: 2g
Total Fat: 3g	Sodium:
Saturated Fat:	Protein: 210mg
Cholesterol:	Carbohydrates: 4g



# Soulful Greens

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

## Ingredients

- ½ cup of low-sodium chicken broth
- ¾ cup water
- 2 pounds of collard greens, washed and stems removed
- 1 ½ cups sliced red onions
- 1 garlic clove, minced
- ¼ cup orange juice
- ½ tsp dried red pepper flakes

## Instructions

1. Heat chicken broth and water in a large pot. Bring to a boil.
2. Add collards and cook for 10 minutes.
3. Sauté garlic and onions for 5 minutes in a skillet.
4. Add orange juice and wilted greens. Stir until well coated.
5. Simmer for 5 minutes.
6. Sprinkle with red pepper flakes and serve.

Serves 4.

## Nutritional information per serving (4 servings)

- Calories: 100
- Calories from fat: 10
- Total fat: 1g
- Saturated fat: 0g
- Trans fat: 0g
- Cholesterol: 0g
- Sodium: 55mg
- Total carbohydrate: 19g
- Dietary fiber: 8g
- Sugars: 4g
- Protein: 7g
- Vitamin A: 430%
- Vitamin C: 100%
- Calcium: 40%
- Iron: 20%

### Diabetic Exchange\*\*

- Fruit: 0
  - Vegetables: 4
  - Meat: 0
  - Milk: 0
  - Fat: 0
  - Carbs: 0
  - Other: 0
- \*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.



# Spiced Cabbage

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

## Ingredients

- ½ medium head of cabbage
- 1 small onion (or half a medium one)
- 1 hot green chili pepper
- 2 tsp. coconut
- ½ tsp. tumeric powder
- 2 cm piece of fresh ginger root

## Instructions

1. Shred the cabbage very finely and chop into small pieces.
2. Finely chop the onion, chili and ginger.
3. Spray frying pan with spray oil.
4. Add the onion, ginger and chili.
5. Fry for 30 seconds then add the cabbage and turmeric. Fry at a high temperature for about ten minutes stirring constantly.
6. Remove the pan from the heat and stir in the coconut.

**This dish can be served on it's own but can also accompany many different rice dishes.**

Makes 4 servings (1 cup per serving)

## Nutritional information per serving (4 servings)

- |                         |                   |
|-------------------------|-------------------|
| Calories: 50            | Dietary fiber: 3g |
| Calories from fat: 10   | Sugars: 5g        |
| Total fat: 2g           | Protein: 2g       |
| Saturated fat: 1g       | Vitamin A: 6%     |
| Trans fat: 0g           | Vitamin C: 110%   |
| Cholesterol: 0 g        | Calcium: 6%       |
| Sodium: 20mg            | Iron: 6%          |
| Total carbohydrate: 10g |                   |

Percent Daily Values are based on a 2,000 calorie diet.

### Diabetic Exchange\*\*

Fruit: 0	Fat: 0
Vegetables: 2	Carbs: 0
Meat: 0	Other: 0
Milk: 0	

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.



# Spicy Okra

From the National Heart, Lung, and Blood Institute's Keep the Beat  
<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=0&cId=7&rd=232>

## Ingredients

- 2 packages (10 oz each) frozen, cut okra
- 1 Tbsp vegetable oil
- 1 medium onion, coarsely chopped
- 1 can (14½ oz) no-salt-added diced tomatoes
- 1 fresh jalapeno pepper (or habanero chile pepper), pierced 3 times with a fork
- ½ tsp salt
- ¼ tsp ground black pepper

## Instructions

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Add onion and sauté for about 3 minutes.
3. Add tomatoes (including juice) and jalapeno pepper, and bring to a boil. Stir the mixture for 8 minutes.
4. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
5. Stir in salt and black pepper, and discard the jalapeno pepper before serving.

**Makes 10 servings**

## Nutrition information per ½ serving

Calories: 99	Dietary Fiber: 5 g
Total Fat: 4 g	Sodium: 133 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol: 0 mg	Carbohydrates: 15 g



# Steamed Greens with Ginger and Water Chestnuts

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=7180&news\\_iv\\_ctrl=1128](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7180&news_iv_ctrl=1128)

## Ingredients

3 cups mixed leafy greens, chosen from the following:

bok choy (Chinese cabbage or Chinese chard), choy sum (Chinese flowering cabbage), Chinese spinach (amaranth leaves), Swiss chard leaves, stems removed, spinach leaves, stems removed

1 tsp. finely minced, peeled fresh ginger

1 tsp. finely minced fresh garlic

1/2 cup diced canned water chestnuts (drained and rinsed)

1/2 Tbsp. sesame seed oil

Salt and pepper to taste

## Instructions

1. Keeping each type separate, place greens on plate used for steaming. Sprinkle ginger and garlic over top of greens, then scatter water chestnuts on top. Sprinkle oil evenly over all.
2. Steam until greens are tender, watching carefully, as they will only take about 30 seconds. Season to taste with salt and pepper. Serve immediately.

## Makes 4 servings

## Nutritional information per serving

Calories: 32

Total fat: 2 g

Saturated fat: <1 g

Carbohydrates: 4 g

Protein: 1 g

Dietary fiber: 1 g

Sodium: 28 mg



# Summer Squash Ribbons with Lemon Herb Dressing

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/summer-squash-ribbons.html>

## Ingredients

- |  |  |
|--|--|
| 2 Tbsp. extra virgin olive oil                     | Salt and freshly ground black pepper             |
| 1 Tbsp. fresh lemon juice (about 1/2 medium lemon) | 1/2 small red onion, thinly sliced               |
| 1 tsp. lemon zest (about 1/2 medium lemon)         | 1 medium-large yellow straightneck summer squash |
| 2 Tbsp. coarsely chopped fresh oregano leaves*     | 1 medium-large zucchini                          |
| 1 Tbsp. chopped fresh thyme*                       | 1/4 cup crumbled feta cheese, optional           |

## Instructions

1. In large bowl, whisk together olive oil, lemon juice, lemon zest, oregano and thyme. Season to taste with salt and pepper. Stir in onion.
2. Cut stem end from squash. Holding stem end of squash and leaning other end on cutting board at an angle, use vegetable peeler to shave squash lengthwise to create ribbons. Stop peeling at seed core. Stack ribbons and cut in half crosswise. Add ribbons to bowl and stir, separating ribbons to cover with dressing. Rotate squash to opposite side and repeat peeling, cutting and mixing with dressing. Peel ribbons from remaining two sides of squash and repeat cutting and mixing with dressing. Repeat with zucchini. Save seed cores in refrigerator for salad, stir-fries, soup or stock.
3. Transfer squash salad to serving dish and top with feta, if using. Salad may be chilled and served later same day.

\* Use combination of favorite fresh herbs.

**Makes 4 servings**

## Nutrition information per serving

Calories: 82	Dietary Fiber: 2 g
Total Fat: 7 g	Sodium: 7 mg
Saturated Fat: 1 g	Protein: 1 g
Cholesterol: 0 g	Carbohydrates: 5 g



# Summer Vegetable Sauté

From the Seattle & King County Public Health Cookbook:

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SummerVegetableSaute.aspx>

## Ingredients

- 1 large onion, very finely chopped
- 1 Tbs. vegetable oil
- 1 ½ cups corn kernels, fresh or frozen
- 1 pound zucchini, chopped
- 1 28-oz. can plum or Roma tomatoes, crushed or chopped
- 1 15-oz. can kidney beans or black beans
- 1 tsp. oregano
- Pinch of black pepper

## Instructions

1. In large skillet, sauté onion in vegetable oil.
2. Add corn, zucchini, tomatoes, beans, oregano, and pepper. Toss gently to combine. Cover the skillet, and cook over low heat for 15 minutes, stirring occasionally.

*Serving suggestion: serve over whole grain pasta or pilaf.*

*Makes 4 servings*

## Nutrition information per serving:

Calories	261
Protein	11 g
Carbohydrate	49 g
Dietary Fiber	12 g
Total Fat	5 g
Sodium	807 mg
Vitamin A	30% DV
Vitamin C	65% DV
Iron	20% DV



# Sweet Roasted Root Veggies

From the American Institute for Cancer Research Test Kitchen

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22779&news\\_iv\\_ctrl=2901](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22779&news_iv_ctrl=2901)

## Ingredients

- |  |  |
|--|--|
| 1 small sweet potato, about 8-oz, cut into ¾-inch cubes                    | Salt and freshly ground black pepper, to taste |
| 1 medium potato, cut into ¾-inch cubes (peeled parsnip may be substituted) | 1 tsp. balsamic vinegar                        |
| 1 medium carrot, peeled, cut into ¾-inch slices                            | 2 tsp. fresh lemon juice                       |
| 2 medium celery stalks, ¾-inch slices                                      | ½ tsp. Dijon mustard                           |
| 1 small red onion, cut into ½-inch wedges                                  | 1 Tbsp. fresh parsley, chopped                 |
| 1 medium beet, peeled, cut into ¾-inch cubes                               | 1 tsp. cilantro, chopped                       |
| 1 ½ Tbsp. extra virgin olive oil, divided                                  | 2 Tbsp. walnuts, finely chopped                |
|  | 1 oz. crumbled feta cheese                     |

## Instructions

1. Preheat oven to 425 degrees. In large bowl toss potatoes, carrot, onion, celery, and beet with ½ tablespoon oil, coating well. Arrange vegetables in a roasting pan. Season with salt and pepper. Roast, stirring several times, until tender and beginning to brown, about 50 minutes.
2. In mixing bowl, whisk vinegar, lemon juice and Dijon with remaining oil and stir in parsley, cilantro and walnuts. Drizzle dressing over vegetables and gently toss. Top with crumbled feta.
3. Serve warm or at room temperature.

*Makes 4 servings (3/4 cup per serving)*

## Nutrition information per serving:

Calories	156
Carbohydrate	17 g
Dietary Fiber	3 g
Protein	3 g
Total Fat	9 g
Saturated Fat	2 g
Sodium	134 mg





# Tomatoes Stuffed with Freekeh

From Oldways Whole Grain Council

<http://wholegrainscouncil.org/recipes/salads-sides/tomatoes-stuffed-with-freekeh>

## Ingredients

- 2 cups cooked Freekeh
- 4 medium tomatoes
- 1 egg, slightly beaten
- ¼ cup pine nuts
- ½ cup chopped fresh parsley
- ½ cup chopped fresh basil
- 2 tsp minced garlic

## Instructions

1. Scoop out tomatoes and set aside.
2. Mix tomato pulp with freekeh, egg, nuts, garlic and basil-parsley mixture. Put back into tomatoes and drizzle with olive oil.
3. Bake at 375 for 35 minutes.

Makes 4 Servings.



# Vegetarian Stuffed Peppers

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/vegetarian-stuffed-peppers>

## Ingredients

4 bell peppers (red or green)	2 tsp. olive oil
2 cup cherry tomatoes	¼ tsp. salt
1 medium onion	¼ tsp. pepper
1 cup basil leaves (fresh)	
3 garlic cloves	

## Instructions

1. Preheat oven to 425 degrees Fahrenheit. Lightly oil a large shallow baking pan.
2. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
3. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl toss tomatoes, onion, basil, garlic, olive oil. Salt and pepper to taste.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

*Makes 8 servings*

## Nutrition information per serving:

Calcium	4% DV
Calories	40
Carbohydrate	7 g
Dietary Fiber	2 g
Protein	1 g
Total Fat	1 g
Saturated Fat	0 g
Sodium	95 mg
Vitamin A	15% DV
Vitamin C	110% DV



# Apple Carrot Soup

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-carrot-soup>

## Ingredients

1 pound pork (lean, cut into chunks)  
4 apples (with skin, cored, and quartered)  
4 carrots (large, peeled and cut into chunks)

Orange peel (dried, 1 teaspoon, optional)  
4 slices ginger  
½ teaspoon salt  
20 cups water

## Instructions

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

**Makes 8 servings**

**Serving size: 1 cup**

## Nutrition information per serving

Calories: 116	Dietary Fiber: 3 g
Total Fat: 2 g	Sodium: 220 mg
Saturated Fat: 1 g	Protein: 12 g
Cholesterol: 27 mg	Carbohydrates: 13 g



# Asian Savoy Cabbage and Mushroom Soup

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her585-asian-savoy-cabbage-and-shiitake-mushroom-soup.html>

## Ingredients

- 1 large egg
- 2 tsp. sesame or peanut oil
- 1/2 small-medium Savoy, napa or green cabbage, cut lengthwise, cored, sliced in 1/4-inch strips
- 2 medium-large carrots, cut in 1/4-inch slices
- 1/2 cup thinly sliced shiitake mushrooms
- 4 cups low-sodium vegetable stock
- 2 Tbsp. low-sodium soy sauce
- Freshly ground black pepper
- 2 Tbsp. chopped fresh cilantro, garnish

## Instructions

1. In small bowl, lightly beat egg.
2. Heat oil over low-medium heat. Pour in egg and let evenly coat bottom of skillet. Cook egg until set.
3. Slide egg onto plate. Roll up egg and slice into 1/4 inch rounds and set aside.
4. In medium saucepan over medium-high heat, add cabbage, carrots, mushrooms, stock, soy sauce and a few grinds of black pepper. Cover pot and bring to boil. Reduce heat to low and simmer, stirring occasionally, for 8-10 minutes or until vegetables are tender.
5. Ladle soup into four warmed soup bowls. Place several egg slices on surface of each bowl. Garnish with cilantro and serve warm.

**Makes 4 servings**

## Nutrition information per serving

Calories: 90	Dietary Fiber: 4 g
Total Fat: 3.5 g	Sodium: 460 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol:	Carbohydrates: 12 g



# Asparagus and Scallion Soup with Almonds

From the American Institute for Cancer Research Test Kitchen:  
[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=18788&news\\_iv\\_ctrl=1125](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=18788&news_iv_ctrl=1125)

## Ingredients

- |   |  |
|---|--|
| ¼ cup sliced almonds, for garnish                             | ½ tsp. dried thyme, to taste                                     |
| 1 Tbs. olive oil  | Salt and white pepper, to taste                                  |
| 2 medium leeks, thinly sliced                                 | 1 ½ lb. asparagus, thinly sliced                                 |
| 6 scallions, thinly sliced, 2 reserved for garnish            | 1 can (15 oz.) white beans, such as cannellini, rinsed & drained |
| 2 cans (14 oz. each) fat-free, reduced sodium vegetable broth | Optional: 1 cup evaporated skim milk (for creamier soup)         |

## Instructions

1. Place almonds in saucepan over medium heat. Toast until golden, shaking pan occasionally to prevent burning, about 5-6 minutes. Transfer to paper towel and set aside.
2. In same pan, heat oil over medium heat. Add leeks and 4 chopped scallions. Cook, stirring occasionally, until tender, about 5-6 minutes. Add broth, thyme, salt and pepper, and bring to boil. Add asparagus and beans.
3. Bring back to boil, then immediately reduce heat and simmer, partially covered, until vegetables are soft, 12-15 minutes. Remove from heat and cool slightly.
4. Puree soup in blender until smooth. Pour back into saucepan over medium heat. (If using evaporated milk, now is the time to pour in.) Heat through. Ladle into serving bowls. Garnish with toasted almonds and remaining scallions.

*Makes 6 servings*

## Nutrition information per serving:

Calories	146
Carbohydrate	24 g
Dietary Fiber	5 g
Protein	9 g
Total Fat	3 g
Saturated Fat	<1 g
Sodium	304 mg



# Avocado Zucchini Soup

This is a refreshingly cool summer soup with crisp zucchini and creamy avocado. From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her-569-avocado-zucchini-soup.html>

## Ingredients

### *Soup Ingredients*

- 1 cup vegetable broth
- 3 cups chopped zucchini ( about 2-3 medium zucchini)
- ½ cup thinly sliced green onion, divided
- 1 medium Hass Avocado
- ⅛ tsp. ground cumin, optional
- ¾ cup unsweetened plain almond milk

### *Cucumber Salsa*

- 1 cup peeled, seeded, diced cucumber (about 1 medium cucumber)
- 1½ Tbsp. chopped fresh cilantro
- 2 Tbsp. fresh lime juice, divided
- Salt to taste

## Directions:

1. In large saucepan over high heat, combine broth, zucchini and 1/4 cup onion. Cover and bring to a boil. Uncover, reduce heat and let simmer 6 minutes or until zucchini is tender. Remove from heat and set aside to cool for 20 minutes.
2. In small bowl combine cucumber, remaining onion, cilantro and 1 tablespoon lime juice. Season with salt to taste. Toss well, cover and refrigerate.
3. In blender, combine zucchini mix, avocado, cumin, if using, remaining 1 tablespoon lime juice and almond milk. Cover and purée until smooth. Leaving soup in blender container, refrigerate it for 2 hours.
4. When ready to serve, re-blend soup. Add additional almond milk for thinner consistency, if desired.
5. Pour into serving bowls. Top with salsa and serve.

**Makes 4 (1 cup) servings.**

## Nutritional Information per serving

Calories: 108	Dietary Fiber: 5g
Total Fat: 7.5g	Sodium: 285mg
Saturated Fat: 1g	Protein: 3 g
Cholesterol:	Carbohydrates: 10g



# Bean and Macaroni Soup

From the U.S. Department of Health and Human Services

<https://health.gov/dietaryguidelines/dga2005/healthieryou/html/appetizers.html#7>

## Ingredients

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 2 cans (16 oz) great northern beans | 3 cups peeled, fresh tomatoes, cut up |
| 1 tablespoon olive oil              | 1 teaspoon dried sage                 |
| ½ pound fresh mushrooms, sliced     | 1 teaspoon dried thyme                |
| 1 cup onion, coarsely chopped       | ½ teaspoon dried oregano              |
| 2 cups carrots, sliced              | Black pepper, to taste                |
| 1 cup celery, coarsely chopped      | 1 bay leaf, crumbled                  |
| 1 clove garlic, minced              | 4 cups elbow macaroni, cooked         |

## Instructions

1. Drain beans and reserve liquid. Rinse beans.
2. Heat oil in a 6-quart kettle; add mushrooms, onion, carrots, celery, and garlic and sauté for 5 minutes.
3. Add tomatoes. Sage, thyme, oregano, pepper, and bay leaf.
4. Cover and cook over medium heat 20 minutes. Cook macaroni according to directions on package using unsalted water. Drain when cooked. Do not overcook.
5. Combine reserved bean liquid with water to make 4 cups.
6. Add liquid, beans, and cooked macaroni to vegetable mixture.
7. Bring to a boil; cover and simmer until soup is thoroughly heated. Stir occasionally.

**Makes 16 servings**

## Nutrition information per serving

Calories: 158	Dietary Fiber: 5 mg
Total Fat: 1 g	Sodium: 154 mg
Saturated Fat: 1 g	Protein: 8 mg
Cholesterol: 0 mg	Carbohydrates: 29 g



# Bean and Macaroni Soup

From the U.S. Department of Health and Human Services

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## Ingredients

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 2 cans (16 oz) great northern beans | 3 cups peeled, fresh tomatoes, cut up |
| 1 tablespoon olive oil              | 1 teaspoon dried sage                 |
| ½ pound fresh mushrooms, sliced     | 1 teaspoon dried thyme                |
| 1 cup onion, coarsely chopped       | ½ teaspoon dried oregano              |
| 2 cups carrots, sliced              | Black pepper, to taste                |
| 1 cup celery, coarsely chopped      | 1 bay leaf, crumbled                  |
| 1 clove garlic, minced              | 4 cups elbow macaroni, cooked         |

## Instructions

1. Drain beans and reserve liquid. Rinse beans.
2. Heat oil in a 6-quart kettle; add mushrooms, onion, carrots, celery, and garlic and sauté for 5 minutes.
3. Add tomatoes. Sage, thyme, oregano, pepper, and bay leaf.
4. Cover and cook over medium heat 20 minutes. Cook macaroni according to directions on package using unsalted water. Drain when cooked. Do not overcook.
5. Combine reserved bean liquid with water to make 4 cups.
6. Add liquid, beans, and cooked macaroni to vegetable mixture.
7. Bring to a boil; cover and simmer until soup is thoroughly heated. Stir occasionally.

**Makes 16 servings**

## Nutrition information per serving

Calories: 158	Dietary Fiber: 5 mg
Total Fat: 1 g	Sodium: 154 mg
Saturated Fat: 1 g	Protein: 8 mg
Cholesterol: 0 mg	Carbohydrates: 29 g





# Beef and Broccoli Noodle Soup

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/BeefBroccoliSoup.aspx>

## Ingredients

- |   |   |
|---|---|
| 1 garlic clove, minced                    | 3-3/4 cups low-sodium beef broth                        |
| 2 green onions, chopped                   | 5 baby corns, chopped                                   |
| 2 Tbsp. low-sodium soy sauce              | 1 leek, sliced (white part only) or 1 cup chopped onion |
| 1 tsp. sesame oil                         | 2 cups broccoli florets                                 |
| 8 ounces lean beef, trimmed of excess fat | ½ tsp. chili powder                                     |
| 8 ounces egg noodles                      |   |

## Instructions

- In a medium sized bowl, combine garlic, green onions, soy sauce and sesame oil.
- Slice beef into thin strips\* then add to soy sauce mixture and stir until well-coated. Cover then marinate in refrigerator for at least 30 minutes to 1 hour.  
\*Cook's Tip: Wrap beef in plastic wrap then place in a freezer for about 1/2 hour to partially freeze to make it easier to slice.
- Cook noodles according to package instructions.
- Place beef broth in a large saucepan then bring to a boil. Add the beef with the marinade, the baby corns, leek, and broccoli. Cover then lower heat to medium-low and simmer for 10 minutes. Stir in noodles and chili powder, cover and simmer for an additional 3 minutes then serve.

Makes 4 servings [Serving Size: ¼ of recipe (401g)]

## Nutritional information per serving (4 servings)

Calories	440	Dietary Fiber	3 g
Calories from fat	75	Sugars	0 g
Total Fat	8g	Protein	28 g
Saturated Fat	2 g	Vitamin A	10%
Cholesterol	104 mg	Calcium	6%
Sodium	417 mg	Iron	35%
Total Carbohydrates	63 g	Vitamin C	30%

Percent daily values based on a 2000 calorie diet.



# Butternut Squash, Tomato and Watercress Soup

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/News2?abbr=pr\\_hf\\_&page=NewsArticle&id=8364&news\\_iv\\_ctrl=1125](http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=8364&news_iv_ctrl=1125)

## Ingredients

2 Tbsp. olive oil	1 bunch watercress, including stems,
2 large tomatoes, seeded and chopped	2 cups fat-free, reduced-sodium chicken broth
1 small onion, chopped	4 cups water
1 small garlic clove, sliced	Salt and freshly ground black pepper
2 small carrots, chopped	2/3 cup frozen corn kernels, thawed, for garnish coarsely chopped
1 cup peeled and chopped butternut squash	
1 medium potato, peeled and chopped	

## Instructions

1. In a large saucepan, heat the olive oil over medium-high heat. Sauté the tomatoes, onion and garlic for about 12 minutes, stirring occasionally, until the onions are translucent.
2. Add the carrots, squash, potato, watercress and chicken broth. Bring to a boil, reduce heat to low, and simmer, uncovered, for 30 minutes.
3. Add the water and return the mixture to a boil. Reduce heat and simmer, uncovered, for about 10 minutes, until the vegetables are very soft.
4. Remove the saucepan from the heat and let the soup sit for 15 minutes to cool slightly.
5. In a blender or food processor, purée the soup in batches and return to the saucepan.
6. Season to taste with salt and pepper. Reheat soup. Ladle the soup into bowls and garnish with the corn kernels. (The boiling hot soup heats the corn, eliminating the need to cook it separately before adding.)

Makes 6 servings.

## Nutritional information per serving (6 servings)

Calories: 111  
Total fat: 5g  
Saturated fat: less than 1g  
Total carbohydrate: 16g  
Dietary fiber: 3g  
Protein: 3g  
Sodium: 167mg

Percent Daily Values are based on a 2,000 calorie diet.



# Chicken Vegetable Soup with Kale

From the States Department of Agriculture: What's Cooking USDA  
Mixing Bowl

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-vegetable-soup-kale>

## Ingredients

2 tsp. vegetable oil	2 cups water or chicken broth
1/2 cup onion, chopped	3/4 cup tomatoes, diced
1/2 cup carrot chopped	1 cup chicken, cooked, skinned and cubed
1 tsp. ground thyme	1/2 cup brown rice, cooked (or white rice)
2 garlic cloves, minced	1 cup kale, chopped

## Instructions

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Sauté for another minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

## Makes 3 servings

### Nutrition information per serving

Calories: 180	Dietary Fiber: 3 g
Total Fat: 5 g	Sodium: 85 mg
Saturated Fat: 1 g	Protein: 17 g
Cholesterol:	Carbohydrates: 16 g



# Chilled Cantaloupe Soup with Mint

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/chilled-cantaloupe-soup.html>

## Ingredients

- 4 cups cubed cantaloupe (about 1 large cantaloupe)
- 2 Tbsp. honey, or to taste
- 2 Tbsp. freshly squeezed lime juice, or to taste
- 1/8 tsp. ground cardamom, or to taste
- Sliced fresh strawberries, for garnish
- 1/4 cup whole fresh mint leaves, for garnish

## Instructions

1. Put the cantaloupe in a wide, shallow, microwave-safe container. Heat melon in microwave on 50% power for 2 minutes, or just until the melon softens slightly. Transfer cantaloupe to a blender or food processor. Add honey, lime juice and cardamom and blend mixture until smooth. Transfer to a bowl. Cover and refrigerate for 1 to 2 hours, until cold.
2. Before serving, taste and add more honey, cardamom, or lime juice as needed. Garnish each serving with strawberry slices and mint leaves.

**Makes 4 servings**

## Nutrition information per serving

Calories: 85	Dietary Fiber: 1 g
Total Fat: 0 g	Sodium: 27 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol: 0 g	Carbohydrates: 22 g



# Chipotle Chicken Soup

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/ChipotleChickenSoup.aspx>

## Ingredients

- |  |   |
|--|---|
| 1 large onion, chopped                             | 2 teaspoons chopped canned chipotle peppers in adobo sauce  |
| 1 clove garlic, minced                             | ½ teaspoon sugar  |
| 1 tablespoon olive oil                             | ¼ teaspoon salt   |
| 12 oz. skinless, boneless chicken breasts, chopped | 2 cups tomatoes, chopped (or 1 14.5 oz. can diced tomatoes) |
| 1 14.5 oz. can of low-sodium chicken broth         | ¼ cup fresh cilantro, chopped                               |

## Instructions

1. In a Dutch oven, cook onion and garlic in olive oil over medium-high heat about 4 minutes or until onion is tender.
2. Add chicken and cook for 2 minutes.
3. Add broth, chipotle peppers, sugar and salt.
4. Bring to boiling then reduce heat. Simmer, uncovered for 15 minutes.
5. Remove from heat and add tomatoes and cilantro.

*Makes 3 servings (Serving Size: 1/3 of recipe – 431 g)*

## Nutritional information per serving (3 servings)

Calories	237	Dietary Fiber	2 g
Calories from fat	65	Sugars	1 g
Total Fat	7 g	Protein	31 g
Saturated Fat	31g	Vitamin A	20%
Cholesterol	66 mg	Calcium	4%
Sodium	323 mg	Iron	10%
Total Carbohydrates	12 g	Vitamin C	50%

*Percent daily values based on a 2000 calorie diet.*



# Corn Chowder

From the National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/health/resources/heart/syah-html/cornchow>

## Ingredients

- |   |                                  |
|---|----------------------------------|
| 1 tablespoon vegetable oil                | 1 cup water                      |
| 2 tablespoons finely diced celery         | ¼ teaspoon salt                  |
| 2 tablespoons finely diced onion          | To taste black pepper            |
| 2 tablespoons finely diced green pepper   | ¼ teaspoon paprika               |
| 1 package frozen whole kernel corn (10oz) | 2 tablespoons flour              |
| 1 cup peeled, diced, ½ inch raw potatoes  | 2 cups low-fat (1%) or skim milk |
| 2 tablespoons chopped fresh parsley       |                                  |

## Instructions

1. Heat oil in medium saucepan.
2. Add celery, onion, and green pepper and saute for 2 minutes.
3. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender.
4. Place 1/2 cup milk in a jar with tight fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

**Makes 4 servings**

## Nutrition information per serving

Calories: 186	Dietary Fiber:
Total Fat: 5 g	Sodium: 205 mg
Saturated Fat: 1 g	Protein:
Cholesterol: 5 mg	Carbohydrates:



# Cream of Broccoli Soup

From the National Dairy Council Recipe Index

<http://www.nationaldairyCouncil.org/Recipes/Pages/Cream-of-Broccoli-Soup.aspx>

## Ingredients

1 ½ cups water	½ tsp. celery seeds
3 cups finely chopped fresh broccoli	½ tsp. salt
2 tsp. canola oil	½ tsp. pepper
1 cup chopped onion	1/8 tsp. cayenne pepper
1 Tbsp. chopped garlic	¾ cup Parmesan cheese
1 Tbsp. flour	
3 cups fat free (skim) milk	

## Instructions

1. Combine the water and broccoli and boil over medium heat for 10 minutes. Remove from the heat and set aside.
2. In a large skillet, heat the oil and sauté the onion and garlic until translucent, about 5 minutes. Add the flour to the skillet, stirring constantly to mix. Add the liquid from the broccoli and cook until thickened, about 10 minutes. Add the milk, broccoli and spices and stir well.
3. Cook until hot, but do not allow the milk to boil. Top each serving with 1 teaspoon Parmesan cheese.

*Makes 6 servings (1 cup per serving)*

## Nutrition information per serving:

Calcium	35.5% DV
Calories	146
Carbohydrate	15 g
Cholesterol	10 mg
Protein	11 g
Total Fat	5 g
Saturated Fat	2 g
Sodium	370 mg



# Creamy Squash Soup with Shredded Apples

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cid=15&rid=75>

## Ingredients

- 2 boxes (16 oz. each) frozen pureed winter (butternut) squash
- 2 medium apples (try Golden Delicious or Gala)
- 1 Tbsp. olive oil
- ½ tsp pumpkin pie spice
- 2 cans (12 oz. each) fat-free evaporated milk
- ¼ tsp salt
- ⅛ tsp ground black pepper

## Instructions

1. Place the frozen squash in a microwave-safe dish. Cover loosely. Defrost in the microwave on medium power for 5–10 minutes, until mostly thawed.
2. Meanwhile, peel then shred the apples using a grater or food processor, or peel and finely chop apples into thin strips. Set aside ¼ cup.
3. Warm oil in a 4-quart saucepan over medium heat. Add all but ¼ cup of the apples. Cook and stir until apples soften, about 5 minutes.
4. Stir in thawed squash and pumpkin pie spice.
5. Add the evaporated milk about ½ cup at a time, stirring after each addition.
6. Season with salt and pepper.
7. Cook and stir over high heat just until soup is about to boil.
8. Ladle into individual soup bowls. Top each with a tablespoon of the unused apples. Sprinkle with additional pumpkin pie spice, if desired.

**Makes 4 servings**

**Serving size: 1 ½ cups**

## Nutrition information per serving

Calories: 334	Dietary Fiber: 5 g
Total Fat: 4 g	Sodium: 370 mg
Saturated Fat: 1 g	Protein: 18 g
Cholesterol: 7mg	Carbohydrates: 62 g





# Freestyle Fish Pho with Buckwheat Noodles

From OLDWAYS Whole Grains Council

<http://wholegrainscouncil.org/recipes/soups-starters/freestyle-fish-pho-with-buckwheat-noodles>

## Ingredients

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1/4 lb. buckwheat noodles          | 4 shiitake mushrooms, sliced    |
| 4 cups vegetable stock             | 1/4 bunch yellow chives, sliced |
| 2 Tbsp. lemongrass                 | 1/2 cup pressed five-spice tofu |
| 6 oz. sea bass (or fish of choice) | 1 Tbsp. scallions, sliced       |
| 4 bok choy, halved                 | 6 leaves Thai basil, sliced     |

## Instructions

1. Cook buckwheat noodles in boiling water for 5 minutes. Strain and shock in cold water. Set aside. (Noodles will be rewarmed just before serving)
2. To poach the fish, bring vegetable stock to boil, add lemongrass, lower heat and simmer for 15 minutes. Add fish, return stock to a simmer, and poach for 5 minutes. Remove fish from pot and set aside
3. To cook vegetables and tofu, add shiitake mushrooms, bok choy, yellow chives and tofu to the vegetable stock and cook for 3 minutes at a boil. Remove and place in serving bowl.
4. Reheat cooked buckwheat noodles in vegetable stock for 1-2 minutes. While the stock reheats, portion the buckwheat noodles into two bowls or plates. Add the fish. Ladle hot vegetable stock over noodles and fish. Garnish with scallions and Thai basil.

**Makes 2 servings.**

## Nutrition information per serving:

Calories: 430	Dietary Fiber: 7 g
Total Fat: 8 g	Sodium: 370 mg
Saturated Fat: 1 g	Protein: 33 g
Cholesterol:	Carbohydrates: 55 g



# Fresh Spinach Soup

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

## Ingredients

1 Tbsp. extra virgin olive oil	1 bag (5 oz.) baby spinach leaves
½ medium onion, chopped	Salt and freshly ground black pepper, to taste
1 Tbsp. water	½ tsp. garlic powder
1-2 cloves garlic, minced	½ cup evaporated fat-free milk
1 medium russet potato, peeled and chopped into 1-inch pieces	4 tsp. freshly grated Parmesan cheese
2 cans (14 oz. each) fat-free, reduced sodium vegetable broth	

## Instructions

1. In large soup pot, heat olive oil over medium heat. Sauté onion for 3 minutes until translucent. Add water and garlic and sauté 1 minute more.
2. Add potato and stir to coat.
3. Add broth and bring to boil.
4. Reduce heat and simmer until potatoes are tender, about 10 minutes.
5. Add spinach, stir and simmer until spinach is wilted, about 5 minutes.
6. Season soup with salt and pepper to taste.
7. Transfer soup to blender and purée until smooth.
8. Return to pot and place on low heat.
9. Add garlic powder and milk.
10. Stir 1 minute more.
11. Serve in individual bowls and garnish with cheese.

Makes 4 servings.

## Nutritional information per serving (4 servings)

Calories: 140	Dietary fiber: 4g
Total fat: 4.5g	Protein: 5g
Saturated fat: 1g	Sodium: 260mg
Total carbohydrate: 21g	



# Garden Barley Soup

From the University of Illinois Extension Service

<http://web.aces.uiuc.edu/wellnessways/>

**Ingredients:**

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1 can (46 ounce) tomato juice   | ½ tsp. crushed thyme leaves      |
| 1 can (10 1/2 ounce) beef broth | ¼ tsp. salt                      |
| 1/3 cup regular barley          | 2 cups coarsely chopped zucchini |
| 1/4 cup sugar                   | 1 medium chopped tomato          |
| 1 Tbsp. Worcestershire sauce    | ½ cup chopped green pepper       |
| 1 bay leaf                      |                                  |

**Instructions:**

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender

Makes six servings

**Cost:**

Per Recipe: \$ 4.33

Per Serving: \$ 0.72

**Nutritional information per serving (6 servings)**

- |                         |                   |
|-------------------------|-------------------|
| Calories: 130           | Dietary fiber: 4g |
| Calories from fat: 5    | Sugars: 19g       |
| Total fat: .5g          | Protein: 4g       |
| Saturated fat: 0        | Vitamin A: 30%    |
| Trans fat: 0            | Vitamin C: 130%   |
| Cholesterol: 0mg        | Calcium: 4%       |
| Sodium: 330mg           | Iron: 10%         |
| Total carbohydrate: 29g |                   |

Percent daily values are based on a 2000 calorie diet.



# Gazpacho

From Stay Young at Heart – National Heart, Blood, and Lung Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/gazpacho.htm>

## Ingredients

4 C tomato juice*	1 clove garlic, minced
1/2 medium onion, peeled and coarsely chopped	1 drop hot pepper sauce
1 small green pepper, peeled, cored, seeded, and coarsely chopped	1/8 tsp cayenne pepper
1 small cucumber, peeled, pared, seeded, and coarsely chopped	1/4 tsp black pepper
1/2 tsp Worcestershire sauce	2 Tbsp olive oil
	1 large tomato, finely diced
	2 Tbsp minced chives or scallion tops
	1 lemon, cut in 6 wedges

## Instructions

1. Put 2 cups of tomato juice and all other ingredients except diced tomato, chives, and lemon wedges in the blender.
2. Puree.
3. Slowly add the remaining 2 cups of tomato juice to pureed mixture. Add chopped tomato. Chill.
4. Serve icy cold in individual bowls garnished with chopped chives and lemon wedges.

**Makes 6 servings** ( 1 cup per serving)

## Nutrition information for one serving

Calories: 87  
Total fat: 5 g  
Saturated fat: <1 g  
Cholesterol: 0 mg  
Sodium: 593 mg\*

*\*To cut back on sodium, try low-sodium tomato juice.*



# Gazpacho with Cilantro Yogurt Topping

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Gazpacho-with-Cilantro-Yogurt-Topping.aspx>

## Ingredients

2 cups fat free plain yogurt	1 large onion, chopped
½ cup chopped fresh cilantro	3 cups tomato or eight-vegetable juice
4 large tomatoes	¼ cup red wine vinegar
1 large red bell pepper	2 tsp. red pepper sauce
2 medium cucumbers, peeled, seeded, and sliced	¼ tsp. pepper
	1 garlic clove, finely chopped

## Instructions

1. Stir together 1 cup of yogurt and cilantro. Set aside.
2. Cut 2 tomatoes, 1 cucumber, half of the red bell pepper, and half of the onion into 1-inch pieces. Place in food processor and process until well chopped
3. Add all remaining ingredients except the other half of the vegetables. Process until well blended.
4. Dice remaining tomato, cucumber, bell pepper, and onion. Stir into soup. Refrigerate at least 2 hours. Top each serving with a dollop of cilantro yogurt.

*Makes 4 servings*

## Nutrition information per serving:

Calories	190
Carbohydrate	38 g
Dietary Fiber	5 g
Protein	12 g
Total Fat	0.5 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	470 mg



# Greek Lentil Stew

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22463&news\\_iv\\_ctrl=1125](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22463&news_iv_ctrl=1125)

## Ingredients

1 Tbsp. extra virgin olive oil	2 ½ cups reduced sodium vegetable broth, divided
1 small red onion, chopped	
1 medium yellow sweet pepper, chopped	1 medium zucchini squash, chopped
2 garlic cloves, finely chopped	1 Tbsp. tomato paste
1 cup lentils	½ cup unsweetened pomegranate juice
2 tsp. dried oregano	Salt and freshly ground pepper
1 tsp. ground cinnamon	4 Tbsp. crumbled reduced-fat feta cheese

## Instructions

1. In small Dutch oven or large, heavy saucepan, heat oil over medium-high heat. Add onion and sweet pepper and sauté for 1 minute. Cover pot tightly and cook over medium heat for 4 minutes so vegetables let their juices. Mix in garlic and cook for 1 minute longer.
2. Mix in lentils, oregano and cinnamon and cook until seasoning is fragrant, 30 seconds. Pour in 2 cups of broth. Bring to boil, reduce heat, cover and simmer lentils for 25 minutes. Add squash, tomato paste, juice and remaining broth. Simmer stew for 15 minutes, or until lentils are done to your taste. Adjust seasoning with salt and pepper to taste.
3. Let stew sit, uncovered, for 15 minutes. Serve warm or at room temperature, divided among soup bowls, with 1 tablespoon of feta sprinkled over each serving.

*Makes 4 servings*

## Nutrition information per serving

Calories: 275

Fat: 6 g

Saturated fat: 2 g

Carbohydrates: 40 g

Protein: 18 g

Fiber: 17 g

Sodium: 497 mg



# Minestrone Soup

From Stay Young at Heart – National Heart, Lung, and Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/minesoup.htm>

## Ingredients

¼ cup olive oil	4 ¾ cup shredded cabbage
1 clove garlic, minced or 1/8 tsp garlic powder	1 can (1 lb) tomatoes, cut up
1 1/3 cup coarsely chopped onion	1 cup canned red kidney beans, drained and rinsed
1 ½ cup coarsely chopped celery and leaves	1 ½ cup frozen peas
1 can (6 oz) tomato paste	1 ½ cup fresh green beans
1 Tbsp chopped fresh parsley	Dash hot sauce
1 cup sliced carrots, fresh or frozen	11 cups water
	2 cups uncooked, broken spaghetti

## Instructions

1. Heat oil in a 4-quart saucepan.
2. Add garlic, onion, and celery and sauté about 5 minutes.
3. Add all remaining ingredients except spaghetti, and stir until ingredients are well mixed.
4. Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.
5. Add uncooked spaghetti and simmer 2-3 minutes only.

*Makes 16 servings*

## Nutrition information per serving (1 cup)

Calories: 153

Total fat: 4 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 191 mg



# Moroccan Seven Vegetable Tagine

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2014/her-moroccan-seven-vegetable-tagine.html>

## Ingredients

- 2 white turnips, peeled and quartered
- 1 cup sliced carrots, in 3/4-inch slices
- 1 cup finely chopped onion
- 1½ tsp. ground cumin
- 1 tsp. ground sweet paprika
- 1/2 tsp. ground ginger
- 1/2 tsp. ground turmeric
- Pinch of cayenne pepper
- 1½ cups reduced-sodium vegetable broth, divided
- 2½ cups butternut squash, in 1-inch cubes
- 1 cup chopped zucchini, in 3/4-inch pieces
- 1/4 lb. string beans, trimmed and cut in 1½-inch lengths
- 1 (15 oz.) can no salt added chickpeas, drained
- 3/4 tsp. salt
- Freshly ground black pepper
- 3 plum tomatoes, cut crosswise into 3/4-inch slices
- 1/4 cup chopped cilantro
- 1/4 cup chopped flat-leaf (Italian) parsley

## Instructions

1. In medium Dutch oven, combine turnips, carrots, onion, cumin, paprika, ginger, turmeric and cayenne. Pour in 1 cup broth. Cover and simmer over medium heat for 10 minutes.
2. Add butternut squash, zucchini, string beans, chickpeas and remaining broth. Add salt and 3-4 grinds of pepper. Cover and cook until vegetables are tender, 20 minutes. Arrange tomato slices on top of the vegetables, cover, and cook until tomatoes are just soft, 5 minutes. Add cilantro and parsley and let tagine sit, covered, for 10 minutes to allow flavors to meld. Serve hot, directly from pot. This dish improves when reheated so, if desired, cool, cover, and refrigerate for up to 2 days. Reheat, covered, over medium heat.

**Makes 6 servings**

## Nutrition information per 1½ cup serving

Calories: 149	Dietary Fiber: 8 g
Total Fat: 2 g	Sodium: 485 mg
Saturated Fat: <1 g	Protein: 7 g
Cholesterol:	Carbohydrates: 30 g





# Old-Fashioned Tomato Soup

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=9465&news\\_iv\\_ctrl=1125](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9465&news_iv_ctrl=1125)

## **Ingredients**

- |                                |   |
|--------------------------------|---|
| 1 Tbs. butter                  | 1/8 tsp. ground mace                          |
| 1 onion, finely chopped        | Pinch of cayenne pepper (to taste)            |
| 2 large garlic cloves, chopped | ½ cup fat-free half-and-half cream            |
| 1 can (28 oz.) diced tomatoes  | Salt and freshly ground black pepper to taste |
| 1 Tbs. sugar                   | 3 Tbs. snapped dill, for garnish (optional)   |
| 1 tsp. dried thyme             |   |

## **Instructions**

1. Melt the butter in a small Dutch oven over medium-high heat. Saute the onion until translucent, 4 minutes. Add the garlic and sauté until the onions are golden, 5-6 minutes.
2. Add the tomatoes with their juices, the sugar, thyme, mace, and cayenne. Bring to a boil, cover, and simmer the soup until the tomatoes and onion are soft, about 15 minutes.
3. Let the soup sit 20 minutes, uncovered.
4. Transfer soup to a blender (or use immersion blender) and reduce the mixture to a puree, pulpy or completely smooth, as desired. Blend in the half-and-half. Season to taste with salt and pepper.
5. Serve soup hot, sprinkling one-fourth of the dill over each bowl, if using.

*Makes 4 servings*

## **Nutrition information per serving:**

Calories	105
Carbohydrates	18 g
Dietary Fiber	<1 g
Protein	3 g
Total Fat	3 g
Saturated Fat	2 g
Sodium	586 mg



# Peanutty African Stew

From the USDA

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peanutty-african-stew>

## Ingredients

- |  |   |
|--|---|
| 1 cup brown rice (instant)                       | 1/2 teaspoon salt (optional)                      |
| 2 cups chicken broth (reduced sodium)            | 1/2 cup peanut butter (creamy, reduced-fat)       |
| 1/3 tablespoon dehydrated onion (minced)         | 1 1/4 cups milk (non-fat)                         |
| 1/2 teaspoon garlic powder                       | 3 cups baby spinach (coarsely chopped)            |
| 1/2 teaspoon ginger (ground)                     | 1/4 cup peanuts (roasted, chopped)                |
| 1/8 teaspoon red pepper (optional)               | green onion (optional, thinly sliced for garnish) |
| 2 cups sweet potato (peeled and diced)           |   |
| 1 can tomatoes (diced, 14.5 ounces, with liquid) |   |

## Instructions

1. Combine first 9 ingredients in a soup pot. Bring to boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls and top with peanuts and green onion, if desired.

## Tips

- Substitute 12 ounces frozen spinach for fresh.
- Flavor boosters: chopped cilantro, red and green peppers, raisins.

**Makes 8 servings**

## Nutrition information per 1 cup serving

Calories: 220	Dietary Fiber: 4g
Total Fat: 9 g	Sodium: 420 mg
Saturated Fat: 1.5 g	Protein: 9 g
Cholesterol:	Carbohydrates: 27 g



# Pho – Vietnamese Beef Noodle Soup

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/Pho.aspx>

## Ingredients

- 4 quarts low-sodium beef broth
- 2 large onions, thinly sliced
- 6 slices of fresh ginger
- 1 cinnamon stick
- 1 star anise
- 1 teaspoon whole black peppercorns
- 2 cloves garlic, peeled and smashed
- 1 pound sirloin tip, thinly sliced
- 2 8-oz. packages dried rice noodles

*Optional Garnishes (not counted in nutrition facts)*

- 1 cup loosely packed fresh basil leaves
- 1 cup loosely packed fresh mint sprigs
- 1 cup loosely packed cilantro sprigs
- 3 fresh jalapeño peppers, thinly sliced
- 2-3 lime wedges
- Hoisin sauce
- Hot pepper sauce
- Vietnamese fish sauce ("nuoc mam" or "nam pla" -- use sparingly, can be high in sodium)

## Instructions

1. In a large stockpot, add broth, onions, ginger, cinnamon, star anise, peppercorns and garlic. Bring to a boil then reduce heat to low and cover. Simmer for 1 hour, stirring occasionally.
2. Arrange garnish ingredients into separate plates and bowls at the table.
3. Soak rice noodles in hot water (do not boil) for 15 minutes or until softened then drain (do not rinse with cold water.) Place equal amounts of noodles in soup bowls and cover with raw beef slices.
4. Ladle hot broth over noodles and beef (the beef slices should cook or brown in the hot broth.)
5. Add garnish ingredients to your preference.

**Makes 6-8 servings**

## Nutrition information per serving

Calories: 367	Dietary Fiber: 2g
Total Fat: 6g	Sodium: 384mg
Saturated Fat: 2g	Protein: 24g
Cholesterol: 35mg	Carbohydrates: 51g



# Pumpkin and Bean Soup

From the United States Department of Agriculture (USDA)

<http://recipefinder.nal.usda.gov/recipes/pumpkin-and-bean-soup>

## Ingredients

1 can white beans	½ tsp. cinnamon
1 onion, small, finely chopped	1/8 tsp. nutmeg, allspice, and/or ginger
1 cup water	½ tsp. black pepper
1 can pumpkin (15 oz.)	¼ tsp. salt
1 ½ cups apple juice	

## Instructions

1. Blend beans, onion, and water with potato masher or blender until smooth.
2. In large pot, add pumpkin, juice, and spices. Stir.
3. Add blended bean mix and cook on low heat for 15-20 min, until warmed through.

*Makes 6 servings (1 cup per serving)*

## Nutrition information per serving:

Calories	140
Carbohydrate	30 g
Dietary Fiber	7 g
Protein	7 g
Total Fat	0.5 g
Sodium	105 mg
Vitamin A	210%



# Quick Eight-Vegetable Soup

From the American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/quick-eight-vegetable-soup/>

## Ingredients

- 1 tablespoon extra virgin olive oil
- 1 chopped onion
- 4 cups low-sodium vegetable broth
- ½ cup frozen baby lima beans
- 1 (15 oz) can no salt-added black, Great Northern or navy beans
- 1 cup frozen mixed vegetables
- ½ cup frozen tri-colored bell peppers
- 2 teaspoons dried oregano or thyme
- Pinch of dried red pepper flakes
- 1 cup frozen broccoli florets
- Salt, to taste
- ¼ cup grated Parmesan cheese

## Instructions

1. In a large saucepan, heat oil over medium-high heat. Add onion and cook until translucent, about 5 minutes, stirring occasionally. Add broth and bring liquid to boil. Add lima beans, reduce heat and simmer covered for 5 minutes.
2. Add canned beans, mixed vegetables, peppers, oregano and pepper flakes and simmer covered for 5 minutes. Add broccoli, cover, and cook for 5 minutes. Add salt to taste. This soup keeps covered in refrigerator for 3 days. Reheat in covered pot over medium heat.
3. To serve, divide soup among deep bowls. Option to top each serving with 1 tablespoon of Parmesan cheese.

**Makes 4 servings, 1 1/3 cup each.**

## Nutrition information per serving

Calories: 250	Sodium: 410 mg
Total Fat: 8 g	Protein: 10 g
Saturated Fat: 2 g	Total Carbohydrates: 32 g
Trans Fat: 0 g	Dietary Fiber: 9 g
Cholesterol: 5 mg	Total Sugars: 5 g



# Rockport Fish Chowder

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/rockchow>

## Ingredients

- 2 Tbsp. vegetable oil
- ¾ cup coarsely chopped onion
- ½ cup coarsely chopped celery
- 1 cup sliced carrots
- 1 cups potatoes, raw, peeled and cubed
- ¼ tsp thyme
- ½ tsp paprika
- 2 cups bottled clam juice
- 8 whole peppercorns
- 1 bay leaf
- 1 lb. fresh or frozen (thawed) cod or haddock fillets, cut into ¾ in. cubes
- ¼ cup flour
- 3 cups low-fat (1%) milk
- 1 Tbsp. fresh parsley, chopped

## Directions

1. Heat oil in a large saucepan. Add onion and celery and sauté about 3 minutes.
2. Add carrots, potatoes, thyme, paprika, and clam broth. Wrap peppercorns and bay leaves in cheese cloth. Add to pot. Bring to a boil, reduce heat, and simmer 15 minutes.
3. Add fish and simmer an additional 15 minutes, or until fish flakes easily and is opaque.
4. Remove fish and vegetables; break fish into chunks. Bring broth to a boil and continue boiling until volume is reduced to 1 cup. Remove bay leaves and peppercorns.
5. Shake flour and 1/2 cup low-fat (1%) milk in a container with a tight-fitting lid until smooth. Add to broth in saucepan with remaining milk. Cook over medium heat, stirring constantly, until mixture boils and is thickened.
6. Return vegetables and fish chunks to stock and heat thoroughly. Serve hot, sprinkled with chopped parsley.

*Makes 8 servings – 1 cup each.*

## Nutritional Information

Calories: 186	Dietary Fiber: 5 g
Total Fat: 6 g	Sodium: 302 mg
Saturated Fat: 1 g	Protein:
Cholesterol: 34 mg	Carbohydrates:



# Spicy Gazpacho

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

## Ingredients

- 2 lbs. ripe tomatoes, seeded and diced, with their juice
- 2 large cloves garlic
- 1 slice stale white bread, crust removed\*
- ½ cup reduced sodium tomato juice
- 2 Tbsp. tomato paste
- 4 tsp. white horseradish
- 2 tsp. white distilled vinegar
- 1 tsp. extra-virgin olive oil
- Pinch cayenne pepper
- Salt and ground black pepper, to taste
- ¼ cup finely diced peeled cucumber
- ¼ cup finely diced green bell pepper
- ¼ cup finely diced red onion
- 4 Tbsp. whole-wheat croutons

## Instructions

1. In blender, whirl tomatoes and garlic to a coarse puree.
2. Tear bread into 1 inch pieces and add to tomatoes.
3. Add tomato juice, tomato paste, horseradish, vinegar, oil, and cayenne pepper.
4. Whirl until soup is a finely pulpy puree.
5. Season to taste with salt and pepper.
6. Transfer soup to a container, cover, and chill 3-4 hours to overnight. It will keep up to two days.
7. Divide chilled soup among four soup bowls. To each bowl, add 1 tablespoon diced cucumber, pepper and onion. Top with 1 tablespoon croutons and serve immediately.

\*If bread is not stale, set it on rack in a 225 degree oven until dry and hard, about 20 minutes.

Makes 4 servings.

## Nutritional information per serving (4 servings)

- Calories: 120
- Total fat: 3.5g
- Saturated fat: 0g
- Total carbohydrate: 18g
- Protein: 4g
- Dietary fiber: 4g
- Sodium: 250mg



# Spring Vegetable Soup

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=18786&news\\_iv\\_ctrl=1125](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=18786&news_iv_ctrl=1125)

## Ingredients

1 Tbsp. extra virgin olive oil	1 cup frozen or fresh green peas
¼ medium head red cabbage (about 2 cups) finely shredded	2 ½ cups low-sodium tomato or vegetable juice
2 medium ripe tomatoes, seeded and chopped	1 cup water
1/2 cup canned artichoke hearts, drained and chopped	2 tsp. dried basil
	Salt and freshly ground black pepper, to taste

## Directions

1. In large soup pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add tomato juice and water. Bring to boil.
3. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
4. Serve in individual serving bowls. Season to taste with salt and pepper.

Makes 4 servings

## Nutritional information per serving (4 servings)

Calories: 120

Total fat: 4g

Saturated fat: <1g

Sodium: 200mg

Protein: 5g

Total carbohydrates: 18g

Dietary fiber: 4g





# Sweet Onion Soup

From the Publix Health Seattle & King County

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/OnionSoup.aspx>

## Ingredients

- |  |   |
|--|---|
| Low fat cooking spray  | 5 cups low-sodium vegetable broth         |
| 1-1/2 pounds sweet onion such as Walla Walla or Vidalia, thinly sliced | 1 cup dry white wine                      |
| 2 cloves garlic, minced  | 1-1/2 teaspoons dried sage                |
| 1 teaspoon sugar   | 1 bay leaf                                |
| 1/3 cup all-purpose flour  | 1 tablespoon nonfat sour cream (optional) |
|  | Chives, chopped (optional)                |

## Instructions

1. Spray a large saucepan with low fat cooking spray and heat over medium heat. Add onions and garlic and cook, covered, for about 10 minutes.
2. Reduce heat to medium-low then stir in sugar. Cook for about 15 minutes or until onions start to caramelize. Stir in the flour and continue to cook for 2 minutes.
3. Add the broth, wine, sage and bay leaf. Heat to boiling then reduce heat to medium-low and simmer, covered, for 30 minutes.
4. Serve in bowls with 1 tablespoon of nonfat sour cream and a sprinkling of chives.

**Makes 8 servings**

**Serving Size: 1/8 of recipe**

## Nutrition information per serving

Calories: 100	Calories from fat: 10
Total Fat: 1 g	Sodium: 52 mg
Saturated Fat: 0 g	Protein: 5 g
Cholesterol: 0 mg	Carbohydrates: 13 g
Sugars: 1 g	Dietary Fiber: 2 g



# Sweet Potato and Peanut Butter Soup

From King County Health Services

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/SweetPotatoSoup.aspx>

## Ingredients

- 2/3 cups chunky peanut butter
- 1 tablespoon canola oil
- 2 cups onion, chopped
- 6 cups peeled and chopped sweet potato
- 1 tablespoon ground cumin
- salt and pepper, to taste
- 2 (15 1/2 oz.) cans garbanzo beans, drained
- 2 (14 1/2 oz.) cans low sodium vegetable broth
- 1 (28 oz.) can diced tomatoes, undrained

## Instructions

1. Heat oil in a Dutch oven or large saucepan over medium-high heat. Add onions and sauté until lightly browned.
2. Stir in remaining ingredients, bring to a boil then reduce heat and simmer uncovered for 30 minutes or until sweet potato is tender

## Makes 8 servings

### Nutrition information per serving

Calories	436
Total Fat	15g
Saturated Fat	3g
Carbohydrates	64g
Dietary Fiber	11g
Sodium	696mg
Protein	16g



# Ten Vegetable Soup

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2013/ten-vegetable-soup.html>

## Ingredients

- 2 Tbsp. extra virgin olive oil
- 3 cups chopped green cabbage, quartered and cut crosswise into 1/2-inch strips
- 1 cup cauliflower florets, 1-inch pieces
- 1 medium leek, sliced, use white and 1-inch of light green part
- 1 small onion, chopped
- 1 medium carrot, chopped
- 1 medium celery stalk, chopped
- 1 (14.5-oz.) can no salt added diced tomatoes
- 4 cups low-fat, reduced-sodium chicken or vegetable broth
- 1 medium yellow-fleshed potato, diced
- 1/4 cup chopped flat-leaf parsley
- 1 Tbsp. dried thyme
- 1½ packed cups Swiss chard or spinach, cut crosswise into 1/2-inch strips
- Salt and freshly ground pepper, to taste
- Pinch of red pepper flakes or cayenne, optional
- Grated Parmesan cheese, optional

## Instructions

1. In large Dutch oven or heavy soup pot with tight-fitting cover, heat oil over medium-high heat. Add cabbage, cauliflower, leek, onion, carrot and celery and stir to coat them with oil. Cook until cabbage is limp and onion translucent, 4-5 minutes, stirring occasionally. Cover, reduce heat to medium-low and cook gently until vegetables release their juices, about 8 minutes.
2. Add tomatoes with their liquid, broth, potato, parsley and thyme. Increase heat to medium-high until liquid boils, then cover, reduce heat, and simmer soup for 10 minutes. Add Swiss chard and simmer for 10 minutes. Season soup to taste with salt and pepper; let sit for 15 minutes before serving. If desired refrigerate for up to 4 days, reheating in covered pot over medium heat. Or divide cooled soup among reseal-able freezer bags and freeze. This soup keeps in freezer for up to 2 months.

**Makes 10 servings**

## Nutrition information per serving

Calories: 70	Dietary Fiber: 2 g
Total Fat: 3 g	Sodium: 253 mg
Saturated Fat: <1 g	Protein: 3 g
Cholesterol:	Carbohydrates: 9 g



# Tofu, Tomato and Spinach Soup

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& Montana State University Extension Service

<http://www.montana.edu/nep/recipes.htm>

## Ingredients

- 1 tsp. vegetable oil
- ¼ cup chopped onion
- 1 minced garlic clove
- 6 cups water or chicken broth or 4 teaspoons or cubes chicken bouillon (or use vegetable broth)
- 1 package (10.5 ounce) tofu, silken, firm or extra firm - patted dry and cut into ½ inch cubes
- 2 chopped tomatoes
- 3 chopped green onions (optional)
- 4 cups fresh spinach leaves - washed and dried, torn or cut (if large) or 1- 10 ounce box frozen chopped spinach, thawed and squeezed dry
- 1 Tbsp. soy sauce
- ¼ tsp. pepper
- ¼ cup cilantro leaves (optional)

## Instructions

1. Heat a 3 quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant.
2. Add chicken broth. Bring to a boil. Add tomatoes and tofu. Lower heat and simmer until tomatoes are soft but not mushy (this takes just a couple of minutes).
3. Stir in green onions, spinach, ground pepper and cilantro. Cook just until spinach is wilted.
4. Remove from heat. Taste for seasoning. Serve hot.

Makes 4 servings

## Nutritional information per serving (4 servings)

Calories: 110 calories

Calories from fat: 45

Total fat: 5g

Saturated fat 0.5g

Cholesterol: 0g

Sodium: 290mg

Total carbohydrate: 10g

Dietary fiber: 2g

Sugars: 4g

protein 8g

Vitamin A 70 %

Vitamin C: 40 %

Calcium: 20 %

Iron: 15%

Percent daily values based on a 2000 calorie diet.



# Tomato & Rice Soup with Scallop

From King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthServices/health/nutrition/recipes.asp>



## Ingredients

3.5 lbs. ripe tomatoes, chopped	2 Tbsp. green onions, chopped
1 Tbsp. unsalted butter	4 Tbsp. long grain rice
1 large onion, chopped	Salt and pepper, to taste (Nutrition facts are calculated without salt)
1 small celery stalk, chopped	1 lb. fresh scallops
2 small carrots, peeled and shredded	½ cup dry white wine
6 cups low sodium chicken stock	1 bay leaf
2 tsp. cilantro, chopped	

## Instructions

1. Heat butter in a large saucepan and add onions, celery, and carrots with 1 cup of the chicken stock. Cover and simmer for 10 minutes on low heat, stirring occasionally.
2. Stir in tomatoes and all of the stock except reserve a ½ cup of the stock and set aside.
3. Cover and simmer over low heat for an additional 15 minutes, stirring occasionally.
4. When tomatoes are soft, purée soup in a food processor and return to saucepan. Add cilantro, green onions, and rice. Sprinkle with salt and pepper to taste. Simmer, uncovered for 10 minutes or until rice is cooked through or "al dente".
5. In a small saucepan, add scallops, wine, bay leaf and reserved chicken stock and bring to a rapid simmer on medium high heat then turn heat to low and cook until scallops are tender and cooked through.
6. Remove bay leaf and pour scallop mixture into tomato and rice soup mixture and serve.

## Nutritional information per serving (6 servings)

Calories: 237	Dietary Fiber: 4g
Calories from fat: 46	Sugars: 0g
Total Fat: 5g	Protein: 21g
Saturated Fat: 2g	Vitamin A: 130%
Cholesterol: 30mg	Vitamin C: 95%
Sodium: 229mg	Calcium: 6%
Total Carbohydrates: 25g	Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.



# Tuscan Chickpea Soup

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

This surprisingly easy soup is both light and filling and perfect for a cool spring day. This dish is a warm comfort, reminiscent of the Tuscan countryside; with fresh herbs and hearty chickpeas you can enjoy this soup in as little as 30 minutes, anytime, anywhere.

## Ingredients

- 2 cans (15 oz.) chickpeas, rinsed and drained
- 2 large whole garlic cloves, peeled
- 1 can (14 ¼ oz.) reduced-sodium vegetable broth
- 2 tsp. extra-virgin olive oil
- 2 cups water
- 1 medium onion, chopped
- 2 Tbsp. tomato paste
- 1 tsp. chopped fresh rosemary
- Salt and freshly ground black pepper
- 2 tsp. extra-virgin olive oil, for garnish (optional)
- 1 tsp. lemon juice (optional)
- 2 ½ Tbsp. minced flat-leaf parsley, for garnish (optional)

## Instructions

1. Place chickpeas and garlic in large saucepan. Pour broth and 2 cups cold water into pot. Add liquid to pot and over medium-high heat, bring to a boil. Reduce heat and simmer, covered, until beans are very soft, 20 minutes. Let the soup sit 10 minutes to cool slightly.
2. Meanwhile, heat oil in small skillet over medium-high heat. Add onion and cook, stirring often, until onion is soft, about 5 minutes. Transfer mixture to blender.
3. Add chickpeas, garlic, liquid, tomato paste and rosemary. Purée until smooth. This may need to be done in 2 batches. Make soup smooth or leave some texture, as you prefer. Season to taste with salt and pepper.
4. To serve, ladle soup into bowls. Garnish each either by drizzling ½ -teaspoon of olive oil over the soup, or by mixing in 1 teaspoon lemon juice. Sprinkle with parsley.

Makes 6 servings (1 cup per serving)

## Nutritional information per serving (6 servings)

- Calories: 142
- Total fat: 3g
- Saturated fat;: less than 1g
- Total carbohydrate: 21g
- Protein: 8g
- Dietary fiber: 5g
- Sodium: 372mg



# Vegetarian Matzo Ball Soup

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/vegetarian-matzo-ball-soup>

*Note: Recipe cost can be reduced by substituting dried dill for fresh dill.*

## Ingredients

### Matzo Balls

- 2 eggs, lightly beaten
- 2 tablespoons olive oil
- 2 cups low sodium vegetable broth
- ½ cup unsalted whole wheat/whole grain matzo meal
- 3 tablespoons fresh dill
- ½ teaspoon salt (optional)

### Broth

- 6 cups low sodium vegetable broth
- 4 carrots, cut into ¼ inch slices
- 2 onions, coarsely chopped
- 2 cups parsnips, sliced
- 3 tablespoons fresh dill
- Salt and pepper to taste (optional)

## Instructions

### To make matzo balls

1. Stir together eggs, oil and vegetable stock in a small bowl. Add matzo meal, dill and salt. Stir until evenly combined. Cover and refrigerate 15 minutes to eight hours.
2. Bring large pot of water to boil; add a dash of salt. Rub olive oil on hands, then form dough into 12 1-inch balls.
3. Drop the balls one at a time into the boiling water. Reduce heat and simmer for 30 minutes.

### To make soup

1. While matzo balls are simmering, make soup by adding all ingredients and bringing to a boil.
2. Reduce heat and simmer for 20 minutes.
3. To serve, spoon 2 cooked matzo balls into a bowl and ladle one cup of soup over them.

**Makes 6 servings**

### Nutrition information per serving

Calories: 170	Dietary Fiber: 4g
Total Fat: 6g	Sodium: 143 mg
Saturated Fat: 1g	Protein: 4g
Cholesterol: 55mg	Carbohydrates: 25g



# Vegetable West African Soup

From the Public Health Seattle & King County

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/WestAfricanSoup.aspx>

## Ingredients

- 2 cups onions, chopped
- 2 teaspoons olive oil
- 1/3 cup peanut butter
- 6 cups sweet potatoes (not yams), peeled and cut into 1 inch cubes
- 1 tablespoon ground cumin
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 2 (15 1/2 ounce) cans garbanzo beans, undrained
- 2 (14 1.2 ounce) or 1 (32 ounce) cans low-sodium vegetable broth
- 1 (28 ounce) can diced or crushed tomatoes, undrained

## Instructions

1. Heat oil over medium-high heat in a large saucepan and sauté onions until they start to brown.
2. Stir in the rest of the ingredients then raise heat to bring to a boil.
3. Reduce heat to low then cover and let simmer for 45 minutes or until sweet potatoes are softened.

## Makes 8 servings

### Nutrition information per serving

Calories: 386	Dietary Fiber: 11 g
Total Fat: 10 g	Sodium: 391 mg
Saturated Fat: 2 g	Protein: 16 g
Cholesterol: 0 mg	Carbohydrates: 61 g





# Asian Inspired Tabouli Salad

From the National Heart, Lung, and Blood Institute

<http://wholegrainscouncil.org/recipes/salads-sides/asian-inspired-tabouli-salad>

## Ingredients

### Salad:

- 1/2 cup #3 coarse bulgur
- 1 cup water
- 1 16 ounce bag of frozen Asian vegetables (or stir fry mix)

- 1 Tbsp. olive oil
- 1 tsp. soy sauce
- 1 Tbsp. lemon juice
- 2 tsp. dried cilantro
- 1 tsp. ground ginger
- Kosher salt and fresh ground pepper

### Dressing:

- 1/2 tsp. honey

## Instructions

1. In a small saucepan, bring the bulgur and water to a boil. Cover and let sit for 25 minutes until all the liquid is absorbed.
2. Place the bag of frozen vegetables in a microwave safe dish and cook until defrosted but not hot.
3. In a large bowl, add the honey, olive oil, soy sauce, lemon juice, cilantro, ginger, 2 pinches of salt and some cracked black pepper. Whisk together. Add the vegetables and the bulgur. Stir well to coat everything in the dressing. Chill in the refrigerator until ready to eat.

*Tip:* You can use fresh vegetables if you prefer, and simply stir-fry them briefly to the desired tenderness.

**Makes 4 servings.**

### Nutrition information per serving:

Calories: 180	Dietary Fiber: 8 g
Total Fat: 6 g	Sodium: 400 mg
Saturated Fat: 2 g	Protein: 7 g
Cholesterol:	Carbohydrates: 36 g



# Barley Pilaf

USDA SNAP-Ed Recipe Finder - <http://recipefinder.nal.usda.gov/> & Montana State University Extension Service - <http://www.montana.edu/nep/recipes.htm>

## Ingredients

- 1 Tbsp. vegetable oil
- 1 cup chopped onion
- ½ cup chopped celery
- ½ cup chopped green or red bell pepper (optional)\*
- 1 cup sliced fresh mushrooms or 1- 4 ounce can mushrooms, drained
- 1 cup uncooked pearl barley
- 2 ½ water
- 1 cube or teaspoon vegetable, beef or chicken bouillon (may use low sodium bouillon)

## Instructions

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

*Makes eight servings (1/2 cup per serving)*

## Tips

- This can be used as a side dish.
- It can also be used as a stuffing for pork chops or chicken.
- Or add 2 cups of any chopped cooked meat during the last fifteen minutes of cooking and serve as a main dish meal.
- If using quick-cooking barley the recipe can be prepared in 15 minutes or less. Reduce water to 2 cups and cook for 10 to 15 minutes.

## Nutritional information per serving (8 servings)

Calories: 120

Calories from fat: 20

Total fat: 2g

Saturated fat: 0

Trans fat: 0g

Cholesterol: 0 mg

Sodium: 15mg

Total carbohydrate: 23g

Dietary fiber: 5g

Sugars: 2g

Protein: 3g

Vitamin A: 2%

Vitamin C: 15%

Calcium: 2%

Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.



# Black Beans with Rice

From Stay Young at Heart: National Heart Lung & Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/bbwrice.htm>

## Ingredients

1 lb dry black beans	1 clove garlic, minced
7 cups water	½ tsp salt
1 medium green pepper, coarsely chopped	1 Tbsp vinegar (or lemon juice)
1-1/2 cups chopped onion	6 cups rice, cooked in unsalted water
1 Tbsp vegetable oil	1 jar (4 oz.) sliced pimento, drained
2 bay leaves	1 lemon cut into wedges

## Directions

1. Pick through beans to remove bad beans. Soak beans overnight in cold water. Drain and rinse.
2. In large soup pot or dutch oven stir together beans, water, green pepper, onion, oil, bay leaves, garlic, and salt. Cover and boil 1 hour.
3. Reduce heat and simmer, covered 3-4 hours or until beans are very tender. Stir occasionally and add water if needed.
4. Remove about 1/3 of the beans, mash and return to pot. Stir and heat through.
5. Remove bay leaves and stir in vinegar or lemon juice when ready to serve.
6. Serve over rice. Garnish with sliced pimento and lemon wedges.

*Makes 6 servings (Serving Size: 8 oz.)*

## Nutritional information per serving (6 servings)

Calories: 561

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 193 mg



# Brown Rice Pilaf With Sage, Walnuts and Dried Fruit

USDA SNAP-Ed Recipe Finder - <http://recipefinder.nal.usda.gov/>

## Ingredients

- Canola cooking spray, as needed
- 1 medium onion, chopped
- 1 medium stalk celery, ends trimmed and chopped
- 2 cups brown rice, uncooked
- 2 ½ cups water
- 2 cups fat-free vegetable broth, reduced sodium
- ¼ cup dark raisins
- ¼ cup dried apricots, chopped
- 4 cup chopped walnuts (optional)
- 1 tsp. dried sage
- 2 Tbsp. fresh sage, chopped
- Salt, to taste
- Pepper, to taste

## Instructions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

Makes 8 servings. Serving Size: 1/8 of recipe

## Nutritional Information per serving (8 servings)

Calories: 220

Calories from fat: 15

Total fat: 1.5g

Saturated fat: 0

Trans fat: 0g

Cholesterol: 0 mg

Sodium: 130mg

Total carbohydrate: 47g

Dietary fiber: 4g

Sugars: 3g

Protein: 5g

Vitamin A: 4%

Vitamin C: 2%

Calcium: 4%

Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.



# Brown Rice Tabbouleh

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/brown-rice-tabbouleh>

## Ingredients

3 cups cooked brown rice	1/4 cup sliced green onions
3/4 cup chopped cucumber	1/4 cup olive oil
3/4 cup chopped tomato	1/4 cup lemon juice
1/2 cup chopped fresh parsley	1/2 teaspoon salt
1/4 cup chopped fresh mint leaves	1/4 teaspoon freshly ground black pepper

## Directions

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl.
2. Toss well and chill.

**Makes 6 servings.**

## Nutritional Information

Calories: 200	Dietary Fiber: 5 g
Total Fat: 10 g	Sodium: 200 mg
Saturated Fat: 2 g	Protein: 3 g
Cholesterol: 23 mg	Carbohydrates: 26 g



# Bulgur With Apples, Currants and Toasted Pecans

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

Serve this warm treat for breakfast instead of the traditional oatmeal.

## Ingredients

1 medium unpeeled apple, minced	1 cup plain or vanilla-flavored soy milk, heated
1/3 cup currants	
1/8 tsp. cinnamon	½ cup maple syrup
1 cup dried bulgur, cooked according to package directions	2 Tbsp. finely chopped pecans

## Instructions

1. In small bowl, combine apple, currants and cinnamon; set aside.
2. In medium saucepan, prepare bulgur.
3. Spoon bulgur evenly into 4 bowls.
4. Pour warm soy milk evenly over bulgur; drizzle with maple syrup.
5. Spoon apple mixture evenly on top; sprinkle with pecans. Serve immediately.

Makes 4 servings.

## Nutritional information per serving (4 servings)

Calories: 322  
Total fat: 4 g  
Saturated fat < 1g  
Cholesterol: 0 mg  
Sodium: 18mg  
Protein: 7g  
Total Carbohydrates: 69g  
Dietary fiber: 10g

Percent Daily Values are based on a 2,000 calorie diet.



# Cinnamon Raisin Scones

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Breads/CinnamonScones.aspx>

## Ingredients

- |                                   |                    |
|-----------------------------------|--------------------|
| 1 ¾ cups plus 3 tablespoons flour | 2 Tbsp butter      |
| 3 Tbsp sugar                      | 2 Tbsp applesauce  |
| 1 Tbsp baking powder              | ½ cup low fat milk |
| 1 Tsp ground cinnamon             | 1 egg              |
| ½ Tsp salt                        | 1/3 cup raisins    |

## Instructions

1. In a medium-sized mixing bowl, measure 1 ¾ cup flour, 3 tablespoons sugar, baking powder, cinnamon and salt. Mix together with a large spoon.
2. Melt butter and place in a medium bowl with the applesauce. Add milk, egg and raisins. Stir until ingredients are blended.
3. Add wet ingredients to flour mixture. Stir until dough forms into a ball.
4. Sprinkle the 3 tablespoons flour on a flour surface. Flour your hands well and move dough from bowl to surface. Knead the dough by using the heel of your hand to push the dough away from you. Then with your hands, pull the dough back toward you, folding over as you pull it. Repeat this for about 1 minute.
5. Place the kneaded dough on an ungreased cookie sheet or pizza pan. Pat the dough into an 8” circle. With a knife or pizza cutter, cut the dough into 8 wedges.
6. Place baking sheet in a preheated 425° oven and bake for 15-20 minutes or until golden brown.

*Makes 8 servings (Serving Size: 1 scone - 72 g)*

## Nutritional information per serving (8 servings)

Calories	197	Dietary Fiber	2 g
Calories from fat	36	Sugars	4 g
Total Fat	4 g	Protein	6 g
Saturated Fat	2 g	Vitamin A	4%
Cholesterol	32 mg	Calcium	4%
Sodium	196 mg	Iron	10%
Total Carbohydrates	35 g		

*Percent daily values based on a 2000 calorie diet.*



# Couscous With Peas And Onions

USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& UMass Extension Nutrition Education Program

[http://www.umass.edu/umext/nutrition/resources/library/download/fnp/recipes/couscous\\_with\\_peas\\_and\\_on.pdf](http://www.umass.edu/umext/nutrition/resources/library/download/fnp/recipes/couscous_with_peas_and_on.pdf)

## Ingredients

- 1 cup onion, finely chopped
- ½ tsp. ground sage
- 1 tsp. olive oil
- 1 1/3 cups water
- 1 cup green peas, frozen
- 1 cup couscous
- ½ tsp. salt (optional)

## Instructions

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.
6. Serve with lemon wedges or balsamic vinegar.

Makes 4 servings. Serving size: 1 cup

## Nutritional information per serving (4 servings)

Calories: 190

Calories from fat: 15

Total fat: 1.5g

Saturated fat: 0

Trans fat: 0g

Cholesterol: 0 mg

Sodium: 50mg

Total carbohydrate: 37g

Dietary fiber: 4g

Sugars: 4g

Protein: 7g

Vitamin A: 15%

Vitamin C: 15%

Calcium: 4%

Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.





# Farro with Pistachios and Parsley

From the Whole Grains Council

<http://www.wholegrainscouncil.org/recipes/salads-sides/farro-with-pistachios-herbs>

## Ingredients

- 2 cups farro
- 4 cups water
- 1 tsp. kosher salt, divided
- 2 Tbs. plus ½ tsp. extra-virgin olive oil, divided
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 4 oz. salted shelled pistachios (about 1 cup), toasted and chopped (see tip, below)
- ½ tsp. freshly ground pepper, divided
- ½ cup fresh parsley, chopped

## Instructions

1. Combine farro, water, and ¾ tsp. salt in large heavy saucepan and bring to boil. Stir and reduce heat to simmer; cook, uncovered, until farro is tender (15-20 minutes).
2. Meanwhile, heat 2 Tbs. oil in medium skillet over medium heat. Add onion and garlic, and cook, stirring, until translucent (4-6 minutes). Remove from heat.
3. Combine pistachios, the remaining ½ tsp. oil, and ¼ tsp. pepper in a large bowl.
4. Drain farro and add to the bowl, along with onion mixture and parsley. Season with remaining ¼ tsp. salt and pepper. Toss to combine.

**Tip:** Toast pistachios in small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned (4-6 minutes). Can be prepared in advance, and reheated over low heat until warm.

*Makes 10 servings (about 2/3 cup each)*

## Nutrition information per serving:

Calories	220
Carbohydrate	30 g
Dietary Fiber	5 g
Protein	8 g
Total Fat	9 g
Sodium	163 mg



# Fiesta Rice Salad

USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& Connecticut Food Policy Council

<http://www.foodpc.state.ct.us/cookbook%20x1a-rev1%2012-30-07.pdf>

## Ingredients

- 1 cup brown rice, cooked
- 1 carrot, shredded
- 1 cup broccoli, chopped fine
- 1 small red onion, chopped
- 1 cup tomato, chopped
- 1 sweet bell pepper (green, red, yellow)
- 1 can (15oz) kidney beans, drained, rinsed
- 2 Tbsp. cilantro (or other fresh herbs), chopped fine
- 2-3 Tbsp. red wine vinegar (or white or cider)
- 1 Tbsp. vegetable oil
- salt and pepper, to taste

## Instructions

- Wash and chop vegetables and mix with cooked rice.
- In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
- Add beans and toss well. Serve cold and enjoy!

Makes 4 servings. Serving Size: 1 1/4 cup

## Tips

- Use your favorite vegetables- zucchini, summer squash, corn, greens, kohlrabi, cabbage or string beans. Use frozen or canned when fresh is unavailable. Grate, chop, cut into small thin strips for different shapes.
- Be creative! Try different vinegars -- cider, red or white wine, balsamic, rice or white – or flavored vinegars.
- Use low calorie salad dressing and leave out the vinegar and oil.
- Try a squeeze of lemon or lime juice in place of vinegar!
- Try different fresh herbs- cilantro, dill, basil, chives, tarragon, oregano, rosemary or mint to name a few. Or use dried herbs – but use less.

-cont.-

**Nutritional information per serving (4 servings)**

Calories: 270

Calories from fat: 40

Total fat: 4.5g

Saturated fat: 0g

Trans fat: 0g

Cholesterol: 0mg

Sodium: 25mg

Total carbohydrate: 48g

Dietary fiber: 14g

Sugars: 8g

Protein: 11g

Vitamin A: 60%

Vitamin C: 90%

Calcium: 4%

Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.



# (Gluten-free) Pesto Baked Polenta

From the National Heart, Liver, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=8&rd=58>

## Ingredients

- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 cup file yellow (instant) whole-grain cornmeal (polenta)
- 2/3 cup shredded parmesan cheese
- ¼ cup pesto sauce

## Instructions

1. Fill a 4-quart saucepan with 3 cups of water; add salt and pepper. Cover. Bring to a boil over high heat.
2. When water boils, reduce heat to medium. Using a whisk or rubber spatula, quickly stir in cornmeal (polenta), cheese, and pesto sauce. Continue stirring until well blended and thick, about 1 minute.
3. Remove from heat. Pour the cornmeal mixture into an 8-inch pie pan or oven-safe dish. Spread evenly with the back of a spoon. Let stand until firm, about 5 minutes.
4. Preheat oven to 400 degrees Fahrenheit. Bake polenta until heated through, about 10 minutes. Remove from oven.
5. Cut into eight wedges. Serve hot.

**Makes 8 servings**

**Serving size: 1 wedge**

## Nutrition information per serving

Calories: 162	Dietary Fiber: 0 g
Total Fat: 7 g	Sodium: 302 mg
Saturated Fat: 2 g	Protein: 6 g
Cholesterol: 8 mg	Carbohydrates: 20 g



# Golden Quick Barley with Sweet Peas and Corn

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/golden-quick-barley-with-sweet-peas-and-corn/>

## Ingredients

- |  |   |
|--|---|
| 1 tablespoon extra virgin olive oil          | 1/8 teaspoon ground turmeric  |
| 1 small onion, chopped                       | Freshly ground black pepper   |
| 2 cloves garlic, minced                      | ½ cup frozen sweet peas   |
| ¾ cup quick pearled barley                   | ½ cup frozen sweet corn   |
| 2 cups low-sodium vegetable or chicken broth | Juice of ¼ fresh lemon, about 1 tablespoon                                  |
| 1 teaspoon Italian seasoning                 | 1 to 2 tablespoons of shredded Pecorino Romano or Parmesan cheese, optional |
| ½ teaspoon salt                              |   |

## Instructions

1. In 2-quart medium saucepan, heat oil over medium-high heat. Sauté onion until softened, about 4 minutes. Add garlic and sauté for 30 seconds. Add barley and stir 1 minute to toast.
2. Add broth, Italian seasoning, salt, turmeric and 4-5 grinds pepper. Increase heat to high and bring mixture to a boil. Reduce heat to simmer, cover and cook 15 minutes.
3. Stir in peas and corn. Cover and simmer 5 minutes. Barley mix should be slightly wet.
4. Stir in lemon juice. Sprinkle on or mix in cheese, if using, and serve immediately.

**Makes 3 servings, ¾ cup per serving.**

## Nutrition information per serving

Calories: 220	Sodium: 420 mg
Total Fat: 5 g	Protein: 7 g
Saturated Fat: 1 g	Total Carbohydrates: 40 g
Trans Fat: 0 g	Dietary Fiber: 8 g
Cholesterol: 5 mg	Total Sugars: 3 g



# Good-For-You Cornbread

From A Healthier You. Department of Health and Human Services

[http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/re  
cipes.html](http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/re<br/>cipes.html)

## Ingredients

1 cup cornmeal	1 cup buttermilk, low-fat
1 cup flour	1 egg, whole
¼ cup white sugar	¼ cup soft (tub) margarine
1 tsp. baking powder	1 tsp. vegetable oil (to grease baking pan)

## Instructions

1. Preheat oven to 350° F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Bake for 20-25 minutes in an 8- by 8-inch greased baking dish. Cool.
7. Cut into 10 squares.

Makes 10 servings

## Tip

Use 1% buttermilk and a smaller amount of margarine to make this cornbread even lower in saturated fat and cholesterol

## Nutritional information per serving (10 servings)

Calories: 178  
Fat: 6g  
Saturated fat: 1g  
Cholesterol: 22mg  
Sodium: 94mg  
Fiber: 1g  
Protein: 4g  
Carbohydrate: 27g  
Potassium: 132mg



# Herbed Farro

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/herbed-farro/>

## Ingredients

- 1/2 cup farro
- 1 cup fat free, reduced-sodium chicken broth (or sub vegetable broth or water)
- 1 clove garlic, chopped
- 1 tsp. fresh rosemary, chopped
- 1 tsp. fresh thyme leaves, chopped

## Instructions

1. Bring broth, garlic and herbs to a boil.
2. Add farro, cover, and reduce heat to simmer.
3. Cook until water is absorbed, about 40 min.

Makes about 2 servings, half a cup each

## Nutrition information per serving

Calories: 210	Dietary Fiber: 0 g
Total Fat: 1.5 g	Sodium: 410 mg
Saturated Fat: 0 g	Protein: 7 g
Cholesterol: 0 mg	Carbohydrates: 39 g



# Honey Wheat Rolls

From the Oldways Whole Grains Council

<http://wholegrainscouncil.org/recipes/breads/honey-wheat-rolls>

## Ingredients

- |  |  |
|--|--|
| 1 packet "highly active" active dry yeast, or<br>2 1/4 tsp active dry yeast, or 2 1/4 tsp<br>instant yeast | 3 Tbsp honey   |
| 1 cup lukewarm water   | 1 cup unbleached all-purpose flour                                 |
| 1/4 cup orange juice   | 2 cups traditional whole wheat flour or<br>white whole wheat flour |
| 1/4 cup (1/2 stick) unsalted butter, cut into<br>6 pieces  | 1 1/4 tsp salt   |
|  | 2/3 cup instant mashed potato flakes                               |
|  | 1/4 cup nonfat dry milk  |

## Instructions

### Mixing:

1. If you're using active dry or "highly active" yeast, dissolve it with a pinch of sugar in 2 tablespoons of the lukewarm water. Let the yeast and water sit at room temperature for 15 minutes, until the mixture has bubbled and expanded. If you're using instant yeast, you can skip this step.
2. Combine the dissolved yeast with the remainder of the water and the rest of the ingredients. Mix and knead everything together—by hand, mixer or bread machine set on the dough cycle—till you've made a smooth dough. If you're kneading in a stand mixer, it should take about 5 to 7 minutes at second speed. In a bread machine (or by hand), it should form a smooth ball.

### Shaping:

1. Place the dough in a lightly greased bowl. Cover the bowl, and allow the dough to rise, at room temperature, till it's quite puffy but not necessarily doubled in bulk, about 90 minutes to 2 hours. Rising may take longer, especially if you've kneaded by hand. Give it enough time to become quite puffy.
2. While the dough is rising, lightly grease a 9" x 13" pan, or two 9" round cake pans.
3. Gently deflate the dough, and transfer it to a lightly greased work surface. Divide it into 16 pieces.
4. Shape each piece into a rough ball by pulling the dough into a very small knot at the bottom (think of a balloon with its opening knotted), then rolling it under the palm of your hand into a smooth ball.
5. Place the rolls in the 9" x 13" pan, or put eight rolls in each of the round cake pans, spacing them evenly; they won't touch one another.
6. Cover the pans with lightly greased plastic wrap, and allow the rolls to rise for 1 1/2 to 2 hours. They'll become very puffy, and will reach out and touch one another. While the rolls are rising, preheat the oven to 350°F.

### Baking:



1. Bake the rolls for 15 minutes, and tent them loosely with aluminum foil. Continue to bake until they're mahogany-brown on top, but lighter colored on the sides, an additional 10 to 13 minutes.
2. Remove the rolls from the oven, and after 2 or 3 minutes, carefully transfer them to a rack. They'll be hot and delicate, so be careful. Serve warm, or at room temperature.

**Makes 16 servings**

**Serving Size 1 Roll**

**Nutrition information per serving**

Calories: 130	Dietary Fiber: 2 g
Total Fat: 3.5 g	Sodium: 190 mg
Saturated Fat: 2 g	Protein: 4 g
Cholesterol:	Carbohydrates: 23 g



# Irish Soda Bread With Dried Cranberries

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Breads/SodaBread.aspx>

## Ingredients

Nonfat cooking spray	2 eggs, beaten and divided
2 cups all-purpose flour	¾ cup buttermilk
1 tsp baking powder	2 tbsp brown sugar
½ tsp baking soda	1/3 cup dried cranberries (may also use raisins or other dried fruit instead)
¼ tsp salt	
3 tbsp unsalted butter, cut into small pieces	

## Instructions

1. Preheat oven to 375°.
2. Spray a baking sheet with nonfat cooking spray then set aside.
3. In a medium bowl, combine the flour, baking powder, baking soda and salt. Using a pastry blender, fork or wooden spoon, cut in the butter and mix until it resembles coarse crumbs. Make a fist and lightly press in a small well in the center of the flour mixture then set aside.
4. In a small bowl, stir in one of the beaten eggs, buttermilk, brown sugar and cranberries then pour buttermilk mixture into the well of the flour mixture. Stir all ingredients until evenly moistened.
5. Pour dough onto lightly floured board. Knead dough by folding it in half and lightly pressing down about 14-15 times. Shape dough into a 6-inch round loaf. Use a sharp knife and cut a slit down the middle about 1/4x deep. Brush dough with remaining egg then place on prepared baking sheet.
6. Bake for 40 minutes or until golden brown. Serve warm.

Makes 10 servings. Serving size: 1 slice (63 g)

## Nutritional information per serving (10 servings)

Calories: 158	Dietary fiber: 1g
Calories from fat: 44	Sugars: 3g
Total fat: 5g	Protein: 4g
Saturated fat: 3g	Vitamin A: 4%
Cholesterol: 52 mg	Vitamin C: 0%
Sodium: 203mg	Calcium: 6%
Total carbohydrate: 24g	Iron: 8%

Percent Daily Values are based on a 2,000 calorie diet.



# Lemon Brown Rice Pilaf

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2014/lemon-brown-rice-pilaf.html>

## Ingredients

1/2 medium onion, cut into thin crescents  
2½ cups fat-free, reduced-sodium chicken broth  
Salt and freshly ground black pepper

1 Tbsp. extra virgin olive oil, divided  
6 lemon slices, 1/4-inch thick  
1 cup brown basmati rice

## Instructions

1. Preheat oven to 350° F. Line small baking sheet with parchment paper.
2. In large saucepan, preferably wider than deep, place 1 teaspoon of oil. Add lemon slices and coat with oil. Arrange coated lemon slices on prepared baking sheet. Set pot aside.
3. Roast lemons for 20 minutes, or until rind is golden brown in places. Thin sections of slices may blacken. Coarsely chop 2 lemon slices, then set all roasted lemon aside.
4. Set saucepan over medium-high heat, and add remaining oil. Add rice, stirring to coat grains well. Spread rice to cover bottom of pot and cook until rice is fragrant and lightly browned in places, then starts to crackle, 5 minutes, stirring rice frequently. Add onions and cook, stirring constantly, until translucent, 3 minutes. Pour in broth, add chopped lemon, and bring liquid just to boil. Reduce heat, cover tightly and simmer for 20 minutes. Check to see if liquid is needed, adding 1/2 cup water. Continue cooking, covered, until liquid is absorbed and rice is fluffy but still slightly al dente. Set aside, covered, for 10 minutes. Season to taste with salt and pepper. Fluff pilaf with a fork.
5. To serve, spoon rice onto platter or into wide serving bowl and top with remaining lemon slices.

**Makes 6 servings**

## Nutrition information per serving

Calories: 150	Dietary Fiber: 2 g
Total Fat: 3 g	Sodium: 190 mg
Saturated Fat: 0.5 g	Protein: 3 g
Cholesterol:	Carbohydrates: 27 g



# Millet-Cauliflower Mashed Potatoes

From the Oldways Whole Grains Council

<http://wholegrainscouncil.org/recipes/salads-sides/millet-cauliflower-mashed-potatoes>

## Ingredients

- 1/2 cup millet
- 2 1/2 cups water
- 4 ounces sliced cauliflower stems and florets (about 1 1/2 cups)
- 1/2 tsp salt
- Optional: butter, roasted garlic, wasabi, horseradish and/or sour cream to taste

## Instructions

1. Wash and drain the millet, then put it in a saucepan with a lid. Add the water, cauliflower, and salt.
2. Bring to a boil and reduce the heat to the lowest simmer. Cover and cook for 35 minutes, checking and giving it a stir after 30 minutes. The millet will bread open and thicken the liquid in the pot. When the millet is very soft and thick, take it off the heat and let stand for 5 minutes.
3. Use a blender for the smoothest puree, but a food processor will work almost as well. Purée until the mixture is as smooth as you can get it.
4. Add butter or other flavorings, if desired, and serve as a side dish.

**Makes 2 servings**

## Nutrition information per serving

Calories: 200	Dietary Fiber: 5 g
Total Fat: 2.5 g	Sodium: 610 mg
Saturated Fat: 0 g	Protein: 7 g
Cholesterol:	Carbohydrates: 39 g



# No-Knead Rustic Bread with Fruit and Nuts

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her-586-no-knead-rustic-bread-with-fruit-and-nuts.html>

## Ingredients

- 2¼ cups white whole-wheat flour or whole-wheat flour
- 2 cups all-purpose flour
- 1 cup dried fruit (dried cranberries, raisins, currants, cherries, apricots, dates)
- 1 cup coarsely chopped nuts (walnuts, pecans, almonds, pistachios)
- 1 Tbsp. cinnamon, optional
- 2 tsp salt
- 1/2 tsp instant/rapid rise yeast (not active)
- 1/4 cup honey
- 1¾ - 2 cups water, plus 1/4 cup

## Instructions

1. In large mixing bowl, stir all ingredients together until sticky dough forms, about 30 seconds. If dough is not sticky to touch, add water in 1-tablespoon increments. Dough should be somewhat tacky when touched and loose, known as being shaggy. Cover bowl with plastic wrap and let dough sit at room temperature (about 70 degrees F) from 8 to 24 hours. After first rise, dough surface will be dotted with bubbles and dough will have doubled in size.
2. Line baking pan with parchment paper or grease pan with oil. Using your hands, gently fold in sides toward center, like closing box top flaps. Shape dough into a round loaf, similar to a French boule. Dough should feel tight and not completely spring back when poked. Lift dough from bowl in one piece and place seam side down on baking pan. Cover dough with a dishtowel and let sit 2 hours. After second rise, dough will be puffy.
3. Preheat oven to 350 degrees F. Place top baking rack in middle of oven and bottom rack on lowest level. In casserole dish add 1 cup hot water and place on bottom rack for steam while baking. Bake bread 55-70 minutes. Insert cooking thermometer in thickest part of loaf. Bread is done when thermometer reads 205 degrees F. If not using thermometer, tap bread with finger. If bread sounds hollow, it is done.
4. Place bread on cooling rack. Let cool for easier slicing. To store, wrap cooled bread in plastic or place in plastic bag for a few days. Bread may be sliced and frozen for quick toasting later or to make French toast.

**Makes 1 (9 inch x 3 inch) boule, 22 servings**

## Nutrition information per serving

Calories: 149	Dietary Fiber: 2.5 g
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Total Fat: 4 g	Sodium: 214 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol:	Carbohydrates: 27 g



# Oatmeal Risotto with Cherry Tomatoes and Basil

From Oldways Whole Grains Council

<http://wholegrainscouncil.org/recipes/main-dishes/oatmeal-risotto-w-cherry-tomatoes-basil>

## Ingredients

- 3 cups chicken broth
- 1 cup quick oats
- ¼ cup grapeseed oil
- 1-2 garlic cloves, sliced thin
- 10 cherry tomatoes, quartered
- 5 basil leaves, torn
- Kosher salt & pepper to taste
- 3 Tbsp. grated Parmesan or cheddar cheese (or try shredded mozzarella)

## Instructions

1. First, make the oatmeal. In a saucepan, bring chicken broth to a boil. Add oats, return to a boil and simmer for 5 minutes. Let cool completely, then refrigerate for 4 hours so the oatmeal firms up nicely.
2. Heat grapeseed oil in a skillet over medium heat. Add garlic and sauté until golden brown. Add cherry tomatoes, sauté quickly, then add basil and cook another 30 seconds or so.
3. Fold in oatmeal, season with salt and pepper, and mix to incorporate ingredients and warm the oatmeal.
4. Distribute on plates, top with cheese and garnish with fresh basil.

Makes 4 Servings.

## Nutritional Information per serving

Calories: 240	Dietary Fiber: 3 g
Total Fat: 16 g	Sodium: 110 mg
Saturated Fat: 2 g	Protein: 6 g
Cholesterol:	Carbohydrates: 17 g



# Orange-Scented Rice

From the Seattle & King County Public Health Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/OrangeRice.aspx>

## **Ingredients**

- 2 Tbs. butter
- 4 shallots, minced
- 1 cup Basmati rice, washed
- 1 inch fresh ginger, smashed and finely chopped
- 2 bay leaves
- 2 star anise
- 1 cinnamon stick
- Grated rind and juice of 1 medium orange
- 1 Tbs. raisins, chopped
- 1 ¼ cups low-sodium chicken broth
- Salt and pepper to taste

## **Instructions**

1. Melt butter in medium sized saucepan over medium-high heat. Add shallots and cook, stirring, for 3-4 minutes until softened.
2. Add the rice and cook for 3 minutes until well coated, stirring constantly.
3. Add ginger, bay leaves, anise, and cinnamon stick.
4. Stir in the grated rind, orange juice, and raisins. Mix thoroughly.
5. Stir in chicken stock. Raise the heat and bring to boil. Reduce heat to medium-low, cover, and cook about 15-17minutes or until rice is cooked through and liquid is absorbed.
6. Remove from heat and uncover. Discard bay leaves, star anise, and cinnamon stick. Place cover back on saucepan and let stand for about 15 minutes to rest. Serve.

*Makes 4 servings*

## **Nutrition information per serving:**

Calories	271
Carbohydrates	47 g
Protein	6 g
Total Fat	7 g
Saturated Fat	4 g
Fiber	1 g
Sodium	88 mg (does not factor in added salt)





# Quinoa Stuffed Tomatoes

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=8&rid=155>

## Ingredients

- 4 medium (2 1/2 inches) tomatoes, rinsed
- 1 tablespoon olive oil
- 2 tablespoons red onions, peeled and chopped
- 1 cup cooked mixed vegetables— such as peppers, corn, carrots, or peas
- 1 cup quinoa, rinsed
- 1 cup low-sodium chicken broth
- 1/2 ripe avocado, peeled and diced
- 1/4 teaspoon ground black pepper
- 1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)

## Instructions

1. Preheat oven to 350°F.
2. Cut off the tops of the tomatoes and hollow out the insides. (The pulp can be saved for use in tomato soup or sauce, or salsa.) Set tomatoes aside.
3. Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes.
4. Add cooked vegetables, and heat through, about another 1–2 minutes.
5. Add quinoa, and cook gently until it smells good, about 2 minutes.
6. Add chicken broth, and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7–10 minutes.
7. When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper, and parsley.
8. Carefully stuff about 3/4 cup of quinoa into each tomato.
9. Place tomatoes on a baking sheet, and bake for about 15–20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later). Serve immediately.

**Makes 4 servings**

## Nutrition information per serving

Calories: 299	Dietary Fiber: 8 g
Total Fat: 10 g	Sodium: 64 mg
Saturated Fat: 1 g	Protein: 10 g
Potassium: 906 mg	Carbohydrates: 46 g



# Quinoa with Mushrooms and Squash

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=19038&news\\_iv\\_ctrl=1129](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=19038&news_iv_ctrl=1129)

## Ingredients

2 cups low-sodium vegetable broth	1 medium summer squash, halved length-wise and sliced
1 cup raw quinoa, rinsed in a fine sieve	8 ounces crimini or baby bella mushrooms, sliced
1 Tbsp. olive oil	3 Tbsp. chopped fresh cilantro
1 medium onion, chopped	1/2 tsp. dried oregano
2 cloves garlic, minced	1/2 tsp. ground cumin
1 medium zucchini, halved length-wise and sliced	Salt and freshly ground pepper to taste

## Instructions

1. Bring vegetable broth to a simmer over medium heat. Stir in quinoa and simmer gently until water is absorbed, about 15 minutes.
2. Heat oil in a skillet. Add onions and garlic, and sauté over medium heat until translucent.
3. Add squashes and mushrooms and sauté over high heat until squash is touched with golden spots.
4. Turn heat to low and stir in cooked quinoa, cilantro, oregano and cumin. Add salt and pepper to taste. Cook over low heat, stirring frequently, for 3 to 5 minutes. Serve immediately.

**Makes 6 cups** (1 cup per serving)

## Nutrition information per serving

Calories: 170  
Total fat: 5 g  
Saturated fat: 0 g  
Carbohydrates: 27 g  
Protein: 5 g  
Dietary fiber: 4 g  
Sodium: 60 mg



# Red Beans and Rice

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/%28S%28hmja2aj2vppd0y5530m3ayjn%29%29/recipe/detail.aspx?linkId=0&cld=6&rld=45>

## Ingredients

- 1 Tbsp olive oil
- 1 C onion, cut into ½-inch pieces
- 1 C green bell pepper, rinsed and diced
- 1 Tbsp garlic, minced or pressed (about 2–3 cloves)
- 1½ tsp ground cumin
- 1½ tsp dried oregano
- 1 can (14½ oz) low-sodium chicken broth or vegetable broth
- ½ C instant brown rice, uncooked
- 2 cans (15 oz each) low-sodium red kidney beans, drained and rinsed

## Instructions

1. Heat oil in a 12-inch sauté pan over medium heat. Cook onion, stirring occasionally, for 5 minutes, until pieces begin to soften, but not brown.
2. Meanwhile, dice green pepper into pieces about ¼ inch in size. Tip: Slice pepper lengthwise into ¼-inch strips. Holding the strips together, cut crosswise in ¼-inch pieces. Add green pepper to cooking onion. Cover. Cook for 5 minutes, stirring occasionally.
3. While the green pepper and onion cook, mince the garlic. Add garlic, cumin, and oregano to the sauté pan. Cook and stir for 1 minute.
4. Add broth and rice to sauté pan with green pepper and onion. Stir well, cover, and simmer for 10 minutes.
5. Meanwhile, drain beans and rinse thoroughly.
6. Add beans to sauté pan. Stir well. Cover. Simmer for 5 minutes to heat beans and blend flavors.

## Makes 4 servings

### Nutrition information per serving

Calories	344	Total Fiber	9g
Total Fat	4g	Sodium	331mg
Saturated	1g	Protein	18g
Cholesterol	2mg	Carbohydrates	57g



# Rosemary Garlic Flatbread

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2018/rosemary-garlic-flatbread.html>

## Ingredients

- 2 cups chickpea flour
- 3/4 cup sorghum flour
- 1/4 cup golden flaxseed
- 1/4 cup lemon juice
- 1 small head of garlic
- 2 cups water
- 1 tsp salt
- 1/2 tsp grated lemon zest
- 4-5 sprigs of fresh rosemary, chopped (or 1 Tbsp dried)
- 2 Tbsp olive oil, divide

## Instructions

1. Preheat oven to 450°F.
2. Slice off the top of the garlic head to expose the garlic cloves, wrap in foil and roast in the oven for about 30 minutes.
3. In a large bowl, mix flours, flaxseed, salt, zest, salt, and rosemary.
4. Add lemon juice and water and whisk to combine. The batter should be thick but not stiff; do not overmix (a few small lumps are fine).
5. If possible, let the mix sit for at least 30 minutes (the longer the better).
6. Remove garlic from oven when cloves are fork-soft and squeeze out the cloves. Roughly chop them (large pieces are fine) and stir them into the batter.
7. 10 minutes before you are ready to cook the flatbread, drizzle 1 Tbsp olive oil in your 12-inch skillet and set it in the oven to heat up.
8. Add about 1/2 - 1/3 of the batter to the pan (depending on how thick you want your flatbread) and tilt to coat evenly.
9. Place the pan in the oven to cook the flatbread for 10-15 minutes, or until you can easily lift it from the pan with a spatula and the bottom is getting golden brown.
10. Turn the oven to broil and broil for 2-3 minutes, or just until the top starts to brown.
11. Remove from oven, slide onto a cutting board, and slice into wedges.
12. Repeat with the 2nd batch of the batter.

**Makes 8 servings**

## Nutrition information per serving

Calories: 180	Dietary Fiber: 5 g
Total Fat: 6 g	Sodium: 310 mg
Saturated Fat: <1 g	Protein: 8 g
Cholesterol: 0 g	Carbohydrates: 25 g



# Scallion Rice

From the National Heart, Lung and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=13&clId=8&rd=167&AspxAutoDetectCookieSupport=1>

## Ingredients

- 4½ cups of cooked brown rice (unsalted water)
- 1½ tsp bouillon granules, unsalted
- ¼ cup scallions (green onions), chopped

## Instructions

1. Cook rice according to directions on the package (omitting salt from water).
2. Combine the cooked rice, scallions and bouillon granules and mix well.
3. Measure 1 cup portions and serve.

Makes 5 servings

## Nutrition information per serving

Calories: 185	Dietary Fiber: 6g
Total Fat: 1g	Sodium: 3mg
Saturated Fat: 0g	Protein: 5mg
Cholesterol: 0mg	Carbohydrates: 41g



# Southwest Salsa Rice Bites

From the Whole Grains Council:

<http://wholegrainscouncil.org/recipes/soups-starters/southwest-salsa-rice-bites>

## Ingredients

3 cups cooked brown rice, cooled	½ tsp. salt
1 cup shredded pepper jack cheese	½ tsp. pepper
4 eggs	¾ cup crushed corn or tortilla chips
1 16-oz jar medium (or hot) thick and chunky-style salsa	Vegetable cooking spray
½ cup sour cream (or sub plain, nonfat Greek yogurt; <i>Nutrition info uses sour cream</i> )	Optional: additional salsa for garnish

## Instructions

1. Preheat oven to 350 degrees.
2. Combine rice and cheese in large bowl; set aside.
3. In medium bowl, beat eggs until well blended. Stir in salsa, sour cream or Greek yogurt, salt, and pepper. Add mixture to rice and cheese; mix well.
4. Spray mini muffin pans with vegetable cooking spray. Spoon approx. 1 ½ Tbs. rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of a spoon.
5. Bake 15-20 minutes, or until lightly browned. Serve warm, with additional salsa, if desired.

*Makes 8 servings (6 bites per serving)*

## Nutrition information per serving:

Calories	287
Protein	10 g
Carbohydrate	31 g
Dietary Fiber	2 g
Total Fat	14 g
Sodium	784 mg



# Summer Corn Sauté with Tomatillos and Peppers

From King County Department of Natural Resources

<http://your.kingcounty.gov/solidwaste/wasteprevention/documents/too-good-recipe-summer-corn.pdf>

## Ingredients

3 to 4 whole tomatillos, husks removed  
2 tbsp. olive oil  
2 cloves garlic, thinly sliced  
2 ears of corn, shucked and kernels off cob  
2 diced peppers, sweet, mild or medium hot  
½ tsp salt  
½ cup cilantro  
Juice from 1 lime

## Instructions

1. Heat a large cast-iron or stainless skillet over medium-high and add whole tomatillos to the dry skillet.
2. Sear tomatillos 2 to 3 minutes on each side, until brown spots appear and flesh softens.
3. Remove from skillet, cool and coarsely chop.
4. Turn heat to medium-low and add olive oil and garlic. Sauté 1 minute until garlic is lightly golden, but not browned.
5. Add corn, diced peppers and salt. Turn heat to medium-high and sauté for 5 minutes until corn is just cooked through.
6. Remove from heat and stir in cilantro and lime juice. Taste to adjust seasoning.



# Sunshine Rice

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/sunshric>

## Ingredients

- 1 ½ tablespoon vegetable oil
- 1 ¼ cup finely chopped celery with leaves
- 1 ½ cup finely chopped onion
- 1 cup water
- ½ cup orange juice
- 2 tablespoons lemon juice
- Dash of hot sauce
- 1 cup long-grain white rice, uncooked\*
- ¼ cup slivered almonds

## Instructions

1. Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.
2. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed.
3. Stir in almonds. Serve immediately as a side dish for a fish entrée.

## Makes 4 servings

## Nutrition information per serving

Calories: 182	Dietary Fiber: mg
Total Fat: 7 g	Sodium: 21 mg
Saturated Fat: less than 1 g	Protein: mg
Cholesterol: 0 mg	Carbohydrates: g

\*Substitute brown rice for higher nutritional value.





# Tabbouleh Salad with Lemon-Garlic Dressing

From King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthServices/health/nutrition/recipes.asp>

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## Ingredients

- ¾ cups uncooked fine-grained cracked bulgur wheat
- 1 ½ cups boiling water
- Lemon Garlic Dressing (see recipe below)
- 3 tomatoes, chopped
- 6 green onions, chopped
- 1 medium red bell pepper, seeded and chopped
- 1 cup chopped cucumber
- ¾ cup fresh cilantro, chopped
- 3 Tbsp. chopped fresh mint
- 1 can (15 to 16 oz.) garbanzo beans, drained

## Lemon-Garlic Dressing Ingredients

- ¼ cup fresh squeezed lemon juice
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. fresh ground pepper
- 3 cloves garlic, chopped

## Directions

1. Place bulgur in a medium bowl and then add boiling water. Stir then let stand for 1 hour. Pour off any excess water and fluff with a fork.
2. Stir in vegetables and garbanzo beans with the bulgur then toss with the dressing.

Makes 4 servings.

## Nutritional information per serving (4 servings)

Calories: 291

Calories from fat: 48

Total Fat: 5g

Saturated Fat: 1g

Cholesterol: 0 mg

Sodium: 621mg

Total Carbohydrates: 55g

Dietary Fiber: 12g

Sugars: 0g

Protein: 10g

Vitamin A: 50%

Vitamin C: 155%

Calcium: 8%

Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.



# Vegetable Barley Salad in Cabbage Cups

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/BarleySalad.aspx>

## Ingredients

- 5 cups water
- 1 cup regular barley
- 2 cups frozen corn kernels, thawed
- 1/4 cup white wine vinegar
- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 2 teaspoons fresh oregano, snipped
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup red bell pepper, seeded and chopped
- 1/2 cup pitted olives, sliced
- 1 medium sized red or green cabbage

## Instructions

1. Bring water to boil in a large saucepan. Add barley then reduce heat and simmer for 50 minutes or until barley is tender, covered.
2. Stir in corn to barley during last 10 minutes of simmering. Drain in a colander and rinse with cold water.
3. In an airtight container, make the dressing by adding the oil, mustard, oregano, garlic, salt and black pepper. Seal tightly then shake until combined.
4. In a large serving bowl, add barley and corn mixture. Stir in red bell pepper and olives. Pour dressing over mixture then gently toss to coat evenly.
5. Carefully peel off 6 cabbage layers forming individual bowls. Fill each cabbage leaf with an equal amount of the barley mixture then serve on salad plates.

**Makes 6 servings**

## Nutrition information per serving

Calories: 279	Dietary Fiber: 11g
Total Fat: 10g	Sodium: 356mg
Saturated Fat: 1g	Protein: 8g
Cholesterol: 0mg	Carbohydrates: 46g



# Vegetable Couscous

From King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/VegetableCouscous.aspx>

## Ingredients

- 1 small onion, chopped
- 3 cloves garlic, minced and pressed
- 2 medium green bell peppers, chopped
- 1 tablespoon vegetable oil
- 1 cup dry couscous
- 1-1/2 cups water
- 2 small tomatoes, cut into wedges

## Instructions

1. Sauté onion, garlic and green pepper in oil in a large skillet until soft, then push to sides of pan.
2. In the center of the skillet, pour in the couscous. Add the water to the couscous, stirring gently. Top this mixture with tomato wedges and the cooked green peppers; cover pan for 3 minutes.
3. Add a little water and cook longer, if needed. Couscous should be light and fluffy.

## Makes 4 servings

### Nutrition information per serving

Calories: 229  
Total fat: 4 g  
Saturated fat: 1 g  
Cholesterol: 0 mg  
Sodium: 11 mg  
Carbohydrates: 42 g  
Dietary Fiber: 4 g  
Sugars: 0 g  
Protein: 7 g



# Whole Grain Stuffing with Cranberries and Walnuts

From the American Institute for Cancer Research

<http://www.aicr.org/foods-that-fight-cancer/cranberries.html#recipes>

## Ingredients

- |   |  |
|---|--|
| 1 24-oz. loaf sliced 100% whole wheat bread, one day old                            | 2 tsp. dried thyme, or to taste  |
| 2 cups dried cranberries, or mix of dried cranberries, cherries, and golden raisins | ½ cup chopped walnuts  |
| 2 tsp. canola oil   | ¼ cup finely chopped flat-leaf parsley   |
| 1 medium onion, chopped   | ¼ cup chopped fresh chives   |
| 1 bunch scallions (green onions), trimmed and finely chopped                        | Salt and freshly ground black pepper, to taste                                     |
|   | 3 ½ cups (about) canned non-fat, reduced sodium chicken or vegetable broth, heated |

## Instructions

1. Preheat oven to 250. Arrange bread slices on oven rack and leave in until dry but not brown, about 30 min. Shut off oven to cool bread until easily handled, and then transfer bread to large bowl.
2. Turn oven back on, to 325 degrees.
3. Place dried fruit in large, heat-proof bowl and cover with very hot water. Let stand until water is lukewarm. Drain and set fruit aside in large bowl.
4. Heat nonstick pan over medium-high heat until very hot. Place oil in pan. Add onion and sauté, stirring constantly, until translucent and golden. Stir in scallions and thyme. Transfer mixture to bowl of drained fruit.
5. Heat broth until hot.
6. Meanwhile, in large bowl, break bread into coarse crumbs. Mix in fruit, onions, walnuts, parsley, and chives. Season to taste with salt and pepper.
7. Tossing gently and constantly, add enough hot broth until mixture is moist but not wet (amount may depend on type of bread). Taste and adjust seasoning if necessary.
8. Lightly grease 9x13" pan and transfer stuffing. Cover with foil, sprayed, shiny side up.
9. Bake about 1 hour. If crisp top is desired, remove foil halfway through baking time.
10. Serve immediately or store in airtight container in fridge for up to 2 days.

*Makes 18 servings (1/2 cup each)*

## Nutrition information per serving:

Calories	175
Carbohydrate	28 g
Dietary Fiber	4 g
Protein	6 g
Total Fat	4 g
Sodium	293 mg (may depend on salt added)





# 5 A Day Bulgur Wheat

From the USDA's SNAP-Ed recipe finder

<http://recipefinder.nal.usda.gov/recipes/5-day-bulgur-wheat>

## Ingredients

- 1 onion (medium, chopped)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1 green pepper (small, chopped – may use red or yellow pepper)
- 1/3 cup fresh parsley (chopped, or 2 Tablespoons dried)
- 1 teaspoon canola oil
- 1 ½ cup bulgur (dry)
- 2 cups chicken broth (low-sodium)
- 8 ounces chickpeas (canned, drained)

## Instructions

1. Wash and chop fresh onion, broccoli, carrots, pepper and parsley (if using fresh parsley).
2. Heat canola oil in a large skillet. Add onions and cook until soft.
3. Add bulgur and stir to coat. Add 2 cups chicken broth to the skillet, bring to a boil.
4. Lower the heat, add remaining vegetables and chickpeas. Cook for 10 minutes or until the liquid is absorbed.
5. Add parsley and stir. Serve warm or cold.

*Makes 8 servings*

## Nutrition information per serving

Calories: 150  
Total fat: 1.5 g  
Saturated fat: 0 g  
Cholesterol: 0 mg  
Sodium: 135 mg  
Total Carbohydrate: 28 g  
Dietary fiber: 7 g  
Sugars: 3 g  
Protein: 6 g



# Acorn Squash Stuffed with Apricots and Cornbread

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=7217&news\\_iv\\_ctrl=1128](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7217&news_iv_ctrl=1128)

## **Ingredients**

4 cups cornbread, cut into ½-inch cubes	½ cup chopped dried apricots
2 Tbs. extra-virgin olive oil, plus additional for brushing squash	½ cup chopped pecans, lightly toasted (optional)
2 large Spanish onions, thinly sliced	2 Tbs. finely chopped parsley
½ cup finely diced celery with leaves	Salt and freshly ground black pepper, to taste
2 Tbs. finely chopped fresh sage	3 large acorn squash, halved and seeded
2 tsp. finely chopped garlic	Boiling water
1 ½ cups hot water or vegetable broth	

## **Instructions**

1. Preheat oven to 400 degrees. On baking sheet, spread cornbread cubes and toast until lightly browned, 15-20 minutes. Transfer to bowl and set aside.
2. In heavy 2-quart pot, heat oil over high heat. Add onions, celery, sage, and garlic and sauté 20 minutes. Add water or broth, apricots and pecans, if desired. Simmer until two-thirds of liquid is absorbed, about 10 minutes.
3. Fold vegetables, parsley, salt, and pepper into cornbread. When ready to beak, preheat oven to 350 degrees. In baking pans large enough to hold them in single layer, place squash halves cut-side down. Brush skin lightly with oil. Pour ½-inch boiling water into pans and bake 20 minutes, until squash are halfway cooked. (Or, in microwave-safe dish, microwave 10-15 minutes, until halfway cooked.)
4. Transfer squash to plate until cool enough to handle. (This can be done 8 hours ahead.) Fill squash with stuffing and return, stuffing side up, to pan. Bake about 1 hour, until squash pierce easily with tip of knife. Before serving, cut each squish half in half again.

*Makes 12 servings*

## **Nutrition information per serving:**

Calories	212
Carbohydrates	33 g
Dietary Fiber	4 g
Protein	3 g
Total Fat	8 g
Saturated Fat	2 g



# Apple Cole Slaw

USDA

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>

## Ingredients

2 cups cabbage	5 tablespoons yogurt, low-fat
1 carrot (medium, grated)	1 tablespoon mayonnaise, low-fat
1/2 green pepper (chopped)	1 teaspoon lemon juice
1 apple (chopped)	1/4 teaspoon dill weed

## Directions

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.

## Notes

Add salt and pepper to taste.

Makes 4 servings

## Nutritional Information per ¼ of recipe

Calories: 60	Dietary Fiber: 2g
Total Fat: 2g	Sodium: 60mg
Saturated Fat: 0g	Protein: 2 g
Trans Fat: 0 g	Carbohydrates: 11g
Cholesterol: 0mg	Sugars: 8g





# Apple Noodle Kugel

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=21141&news\\_iv\\_ctrl=1130](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=21141&news_iv_ctrl=1130)

## Ingredients

Canola oil cooking spray	1/2 cup raisins
12 oz. wide egg noodles (preferably whole-wheat)	4 – 5 medium apples, such as Winesap, Mutsu, Honeycrisp, Northern Spy, Pink Lady, cored, peeled and sliced thin
4 Tbsp. unsalted dairy and trans-fat free margarine, divided	1/4 cup chopped dates, optional
2/3 cup sugar	1/2 cup walnut pieces, optional
1 tsp. ground cinnamon	1/2 tsp. cinnamon mixed with 2 Tbsp. sugar, optional
1½ tsp. vanilla extract	
4 eggs, beaten (or 3 whole eggs plus 2 egg whites)	
1/3 cup vanilla soy milk	

## Instructions

1. Preheat oven to 350 degrees F. Coat large casserole dish or 9 x 13-inch pan with cooking spray.
2. Boil water to cook noodles according to package directions, but do not cook entirely – just until noodles begin to get soft. Drain in colander and place in large bowl. Add to noodles two teaspoons margarine to prevent clumping. Set aside.
3. Melt remaining margarine in microwave. In bowl large combine melted margarine, sugar, cinnamon and vanilla extract. Beat in eggs, one at a time until volume has doubled. Add soy milk, raisins, sliced apples and dates and walnuts, if using. Add noodles.
4. Pour noodle mixture into prepared casserole dish. Sprinkle with cinnamon and sugar mixture if using.
5. Bake uncovered for 40 to 45 minutes, until kugel is firm, sides pull away and top is golden brown. Allow to cool and set before slicing.
6. Kugel may be made a day ahead and stored in refrigerator.

**Makes 12 servings**

**Nutrition information per serving**

Calories: 250	Dietary Fiber: 2 g
Total Fat: 6 g	Sodium: 35 mg
Saturated Fat: 2 g	Protein: 7 g
Cholesterol:	Carbohydrates: 43 g



# Baby Spinach with Golden Raisins and Pine Nuts

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=11&cId=7&rd=72>

## Ingredients

- 4 tablespoons pine nuts
- 2 bags (10 oz each) leaf spinach, rinsed
- 2/3 cup golden, seedless raisins
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt

## Instructions

1. In a medium, nonstick pan over high heat, cook and stir the pine nuts until they begin to brown lightly and smell toasted, but not burnt. Set the pine nuts aside in another dish.
2. Return the pan to the burner over medium-high heat. Add ¼ cup water. As it begins to boil, add a small handful of the spinach. Cook and stir just until it begins to wilt. Then push it to the side of the pan, and add another ¼ cup water and handful of spinach. Continue until all the spinach has been cooked, adding the raisins with the last handful of spinach.
3. Sprinkle with nutmeg and salt. Cook and stir until all the spinach is wilted and the raisins are warm.
4. Remove from heat. Press out excess water. Place 1 cup spinach and raisins in a serving bowl. Top with pine nuts.

**Makes 4 servings**

**Serving size: 1 cup**

## Nutrition information per serving

Calories: 76	Dietary Fiber: 3 g
Total Fat: 3 g	Sodium: 130 mg
Saturated Fat: 0 g	Protein: 3 g
Cholesterol: 0 mg	Carbohydrates: 13 g



# Black Quinoa Asian Slaw

From Oldways Whole Grain Council

<http://wholegrainscouncil.org/recipes/salads-sides/black-quinoa-asian-slaw>

## Ingredients

*For the Slaw:*

- 8 ounces black quinoa (Can't get black quinoa? Substitute any color quinoa.)
- 2 cups water
- 2 cups red cabbage, shredded
- 1 cup snap peas, bias cut
- 1 cup carrots, shredded
- 1 cup scallions, bias cut
- 1 mango, diced small

- ½ cup fresh cilantro, roughly chopped
- Sesame seeds, toasted, to garnish

*For the dressing:*

- ½ cup orange juice
- ¼ cup rice wine vinegar
- 2 tablespoons fresh ginger, minced
- 1 teaspoon Sriracha sauce
- ¼ cup sesame oil

## Instructions

1. Rinse black quinoa under cold water until water runs clear. Place black quinoa in boiling water and simmer for 12-15 minutes.
2. In a small bowl combine orange juice, rice wine vinegar, ginger and Sriracha sauce. Slowly whisk in sesame oil to create an emulsion. Set aside to incorporate flavors in dressing.
3. In a large bowl combine black quinoa, red cabbage, snap peas, carrots, scallions, mango, and cilantro.
4. Fold in dressing and let chill in fridge. When ready to serve, garnish with toasted sesame seeds.

*Recipe courtesy of InHarvest Specialtfoods.*

**Makes 7-8 cups**

## Nutritional Information per serving

Calories: 220	Dietary Fiber: 4 g
Total Fat: 9 g	Sodium: 35 mg
Saturated Fat: 1 g	Protein: 5 g
Cholesterol:	Carbohydrates: 31 g



# Broccoli Baked Potatoes

Fruits and Veggies - More Matters. Centers for Disease Control and Prevention  
<http://apps.nccd.cdc.gov/dnparecipe/RecipeDetails.aspx?RecipeId=578&Search=&PageNumber=2&SortBy=TA&PerformOrSearch=-1&Fruits=&Vegetables=&MealTypes=25>

## Ingredients

- 6 medium Idaho potatoes
- 3 stalks broccoli
- ¼ cup skim milk
- 1 cup shredded light cheddar cheese
- 1/8 tsp pepper

## Instructions

1. Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise.
2. Bake at 350 °F for 30-60 minutes until done, depending on size.
3. Peel broccoli stems. Steam whole stalks just until tender and chop finely.
4. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli.
5. Add milk, ¾ cup cheese and pepper.
6. Mash together until the mixture is pale green with dark green flecks.
7. Heap into the potato jackets and sprinkle with remaining cheese.
8. Return to oven to heat through (about 15 minutes).

*Makes 6 servings. Serving size: 1/6 recipe*

## Nutritional information per serving (6 servings)

- Calories: 210
- Calories from fat: 15
- Total fat: 2g
- Saturated fat: 1g
- Trans fat: 0g
- Cholesterol: 5 mg
- Sodium: 140mg
- Total carbohydrate: 39g
- Dietary fiber: 5g
- Sugars: 3g
- Protein: 10g
- Vitamin A: 4%
- Vitamin C: 90%
- Calcium: 10%
- Iron: 10%

<b>Diabetic Exchange**</b>	
Fruit: 0	
Vegetables: 2	
Meat: 1	
Milk: 0	
Fat: 0	
Carbs: 0	
Other: 0	
** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.	

*Percent Daily Values are based on a 2,000 calorie diet.*



# Butternut Squash with Black Beans

From the United States Department of Agriculture  
<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/butternut-squash-black-beans>

## Ingredients

2 $\frac{3}{4}$ cups Butternut squash, cubed (1 small squash, about 1 pound)	$\frac{1}{4}$ cup red wine vinegar
1 teaspoon vegetable oil	$\frac{1}{4}$ cup water
1 onion (small, chopped)	2 cans black beans (16 ounces each, rinsed and drained)
$\frac{1}{4}$ teaspoon garlic powder	$\frac{1}{2}$ teaspoon oregano

## Instructions

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into  $\frac{1}{2}$  inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

**Makes 6 servings**

**Serving size: 1/6 of recipe**

## Nutrition information per serving

Calories: 232	Dietary Fiber: 14 g
Total Fat: 1 g	Sodium: 291 mg
Saturated Fat: 0 g	Protein: 13 g
Cholesterol: 0 mg	Carbohydrates: 44 g



# Candied Yams

Stay Young at Heart: National Heart Lung and Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/yams.htm>

## Ingredients

- 3 medium yams (1 ½ cups)
- ¼ cup brown sugar, packed
- 1 Tsp flour, sifted
- ¼ Tsp salt
- ¼ Tsp ground cinnamon
- ¼ Tsp ground nutmeg
- ¼ tsp orange peel
- 1 Tsp soft tub margarine
- ½ cup orange juice

## Instructions

1. Cut yams in half and boil until tender but firm (about 20 minutes).
2. When cool enough to handle, peel and slice into ¼-inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of the sliced yams in a medium-sized casserole dish.
5. Sprinkle with spiced sugar mixture.
6. Dot with half the amount of margarine
7. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
8. Bake uncovered in over preheated to 350 °F for 20 minutes.

*Makes 6 servings. Serving size: 1/4 cup*

## Nutritional information per serving (6 servings)

Calories: 110  
Fat: less than 1g  
Saturated fat: less than 1g  
Cholesterol: 0 mg  
Sodium: 115mg



# Caribbean Casserole

From Heart Healthy Home Cooking African American Style

<http://www.nhlbi.nih.gov/files/docs/public/heart/cooking.pdf>

## Ingredients

- 1 medium onion, chopped
- ½ green pepper, diced
- 1 tablespoon canola oil
- 1 14½-ounce can stewed tomatoes
- 1 16-ounce can black beans (or beans of your choice)
- 1 teaspoon oregano leaves
- ½ teaspoon garlic powder
- 1½ cups instant brown rice, uncooked

## Instructions

1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil. Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes.

**Makes 10 servings**

## Nutrition information per 1 cup serving

Calories: 185	Dietary Fiber: 7 g
Total Fat: 1 g	Sodium: 297 mg
Saturated Fat: 0 g	Protein: 7 g
Cholesterol: 0 mg	Carbohydrates: 37 g
Potassium: 292 mg	





# Chayote Salad with Lemony Hot Sauce

From U.S. Department of Health and Human Services

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=7&rdId=219&AspxAutoDetectCookieSupport=1>

*Note: Malagueta peppers are a pickled hot pepper used in traditional Brazilian cooking. They can be found in some Latin American markets.*

## Ingredients

2 malagueta peppers, drained and finely chopped  
½ C finely chopped onion, divided  
1½ tsp minced garlic, divided  
¼ C lemon juice  
2 tsp olive oil

3 small chayote squash or yellow summer squash, peeled, seeded, and sliced  
½ C red bell pepper, seeded and chopped  
½ C green bell pepper, seeded and chopped  
¼ tsp ground black pepper  
2 medium plum tomatoes, diced

## Instructions

1. Combine the malagueta peppers in a food processor or blender, and process them until the mixture is a thick paste. Add farro, cover, and reduce heat to simmer.
2. Gradually add half of the onion and half of the garlic and continue to process, scraping the sides of the container to blend all ingredients into the paste. Add the lemon juice and process again to mix.
3. Transfer the sauce to a glass bowl, cover with plastic wrap, and allow the mixture to stand for 30 minutes.
4. In a large heavy skillet, heat the olive oil over medium heat. Add the remaining onion and garlic. Saute for 2 minutes, add the chayote or summer squash, and continue to saute, stirring occasionally, for about 5 minutes.
5. Add the red and green bell peppers and allow to cook for another 5 minutes. Add the black pepper and remove the pan from the heat.
6. Place the sauteed vegetables in the refrigerator and chill for 2 hours.
7. When ready to serve, arrange the vegetables on a large platter and drizzle with a small amount of sauce. Sprinkle with the chopped tomato for added color. Add additional black pepper as desired.

**Makes about 6 servings, one cup each**

**Nutrition information per serving**

Calories: 68	Dietary Fiber: 5 g
Total Fat: 2 g	Sodium: 332 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 mg	Carbohydrates: 12 g



# Chipotle Orange Sweet Potatoes

From the Public Health Seattle & King County

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SpicySweetPotatoes.aspx>

## Ingredients

- 4 large sweet potatoes
- 1 small can of chipotle peppers in adobo sauce (you will be using 2 tablespoons of the adobo sauce in the recipe)
- Juice of 1 orange

## Instructions

1. Heat oven to 375° F.
2. Bake sweet potatoes directly on oven racks for 1 hour, or until tender when pierced with a fork.
3. Remove potatoes from oven, slice in quarters. Carefully slide the potato skins off and discard. (Careful -- the potatoes are very hot!) Place potatoes in a large bowl and mash.
4. Add 2 tablespoons of adobo sauce to the potatoes and blend thoroughly. (If your tongue can take it and you want a more fiery and spicier dish, mix some chopped chipotle peppers into the potatoes.)
5. Add the orange juice and salt to taste. Mix until blended.

**Makes 8 servings**

## Nutrition information per serving

Calories: 112	Dietary Fiber: 3 g
Total Fat: 0 g	Sodium: 311 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 mg	Carbohydrates: 26 g



# Dave’s Herb-Stuffed Mushrooms

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/myplate-cnpp/dave-s-herb-stuffed-mushrooms>

## Ingredients

- 8 large mushrooms (approx. 3” in diameter)
- 4 cloves garlic
- ¾ cup white onion, chopped
- 3 teaspoons olive oil
- ½ teaspoon dried parsley
- ½ teaspoon dried sage
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- ¼ cup whole-wheat bread crumbs
- ¼ cup sun-dried tomatoes, finely chopped
- ¾ cup canned no-salt chickpeas/garbanzo beans, drained
- 1 teaspoon lemon juice
- Cooking spray

## Instructions

1. Preheat oven to 375°F.
2. Clean mushrooms with a paper towel or vegetable brush; remove stems to use for the filling.
3. While oven is warming, put mushroom caps open side down in oven for 10 minutes. This will prepare the caps for stuffing.
4. Chop the garlic and onions and sauté with one teaspoon olive oil. One minute before they are finished, add the four herbs. After one minute, remove from heat.
5. In a large bowl, mash mushroom stems and chickpeas.
6. Add all other ingredients. Mix well.
7. Lightly spray a baking sheet and the mushroom caps.
8. Stuff the mushrooms with the mixture and place on a baking sheet.
9. Bake for 15 to 18 minutes or until the stuffing is golden brown.
10. Remove from oven and sprinkle with an herb of your choice before serving.

Makes 4 servings

## Nutrition information per serving

Calories: 149	Dietary Fiber: 5g
Total Fat: 5g	Sodium: 199mg
Saturated Fat: 1g	Protein: 6g
Cholesterol: 0mg	Carbohydrates: 22g



# Fruit & Vegetable Medley

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/FruitVegetableMedley.aspx>

## Ingredients

Nonfat cooking spray	¾ cups orange juice
2-1/4 cups medium carrots, peeled and thinly sliced	1/3 cup dried chopped dates
2-1/4 cups parsnips, peeled and thinly sliced	1 Tsp grated fresh ginger
2 medium ripe pears, peeled and chopped	2 tablespoons brown sugar
	1 tablespoon butter

## Instructions

1. Spray a large skillet with cooking spray. Add carrots, parsnips, pears, orange juice, dates, and ginger. Stir to combine. Bring to boiling then reduce heat to simmer, uncovered, for about 7 minutes or until vegetables are crisp-tender.
2. Add sugar and butter and stir to coat vegetable mixture. Cook for an additional 2-3 minutes then serve as a side dish.

*Makes 6 servings. Serving size: 1/6 of recipe (199 g)*

## Nutritional information per serving (6 servings)

Calories: 165  
Calories from fat: 22  
Total fat: 2g  
Saturated fat: 1g  
Cholesterol: 5 mg  
Sodium: 43mg  
Total carbohydrate: 37g  
Dietary fiber: 6g  
Sugars: 4g  
Protein: 2g  
Vitamin A: 260%  
Vitamin C: 50%  
Calcium: 4%  
Iron: 4%

*Percent Daily Values are based on a 2,000 calorie diet.*



# Garden Potato Salad

From Stay Young at Heart – National Heart, Lung, and Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/garpotsa.htm>

## Ingredients

3 lb (about 6 large) potatoes, boiled in jackets, peeled and cut into 1/2-inch cubes	3 Tbsp lemon juice
1 C chopped celery	2 Tbsp cider vinegar
1/2 C sliced green onion	1/2 tsp celery seed
2 Tbsp chopped parsley	1/2 tsp dill weed
1 C low-fat cottage cheese	1/2 tsp dry mustard
3/4 C skim milk	1/2 tsp white pepper

## Instructions

1. In a large bowl, place potatoes, celery, green onion, and parsley.
2. Meanwhile, in a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour.
3. Pour chilled cottage cheese mixture over vegetables; mix well. Chill at least 30 minutes before serving.

**Makes 10 servings** (1 cup per serving)

## Nutrition information per serving

Calories: 151  
Total fat: <1 g  
Saturated fat: <1 g  
Cholesterol: 2 mg  
Sodium: 118 mg



## **Greek Veggie Balls with Tahini Lemon Sauce (Vegan)**

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/greek-veggie-balls-with-tahini-lemon-sauce.html>

### **Ingredients**

#### *Veggie Balls:*

2 (15-oz.) cans black-eyed peas, rinsed, drained (or 3 1/2 cups cooked)	5 large Medjool dates, pitted, finely diced
1 medium red onion, finely diced	1/4 cup finely chopped sun-dried tomatoes
3 cloves garlic, minced	1/2 cup chopped fresh parsley
1/4 cup ground flax seeds	1 tsp. fennel seeds
1/2 cup whole-wheat breadcrumbs (may use gluten-free)	1 Tbsp. oregano
1/2 cup nut meal (i.e., almond meal, hazelnut meal, or peanut meal)	1/2 tsp. black pepper
	Pinch sea salt (optional)
	1 large lemon, juiced
	3 Tbsp. olive oil, divided

#### *Tahini Lemon Sauce:*

1/3 cup tahini	1/4 tsp. black pepper
2 lemons, juiced	Water, as needed
2 cloves garlic, minced	Smoked paprika

### **Instructions**

1. Place drained black-eyed peas in large mixing bowl and mash with potato masher to achieve a smooth texture with some lumps.
2. Stir in onion, garlic, flax, breadcrumbs, nut meal, dates, tomatoes, parsley, fennel seeds, oregano, pepper, and salt, if using. Mix well.
3. Add lemon juice to moisten and mix well to create a slightly moist mixture.
4. Refrigerate for 30 minutes.
5. Meanwhile, make Tahini Lemon Sauce. Whisk together tahini, lemon juice, garlic, and black pepper. Add enough water to make a smooth sauce, according to your desired texture. (A thicker sauce is preferable served on the side with appetizer veggie balls, while a thinner sauce is preferable served on top of an entrée serving of veggie balls.)
6. Heat 1 1/2 tablespoons of the olive oil in a large skillet over medium heat. Roll veggie balls into 28 golf-size balls with your hands, and place in skillet. Cook balls, turning regularly, so that all sides are browned, for about 15 minutes. Remove, place on paper towels to drain excess oil. Add remaining olive oil to skillet and cook remaining veggie balls using same technique.
7. Serve with Tahini Lemon Sauce garnished with smoked paprika.

*Makes 7 servings*

*Yields 28 veggie balls*

*Serving size: 4 veggie balls per serving*

-cont.-

**Nutrition information per serving**

Calories: 385	Dietary Fiber: 11 g
Total Fat: 17 g	Sodium: 70 mg
Saturated Fat: 2 g	Protein: 12 g
Cholesterol: 0 mg	Carbohydrates: 50 g





# Grilled Corn on the Cob

From the Centers for Disease Control & Prevention (CDC) – Fruits and Veggies: More Matters Campaign

<http://apps.nccd.cdc.gov/dnparecipe/RecipeDetails.aspx?RecipeId=594&Search=grilled&PageNumber=1&SortBy=TA&PerformOrSearch=-1&Fruits=&Vegetables=&MealTypes>

## Ingredients

- 4 ears fresh corn with silks and husks
- 1 fresh lime or lemon, cut into wedges
- Salt and pepper to taste (optional)
- Chili powder (optional)

## Instructions

1. Leaving on husks and silks, soak corn in enough water to cover for 30 minutes.
2. Remove corn and pull husks away from the top of the cobs to drain excess water. Remove silk, and pull husks back up to cover corn.
3. Arrange corn on grill over hot coals and close lid of grill. Cook 25-30 minutes, turning frequently, until corn is tender.
4. Let husks cool until they are not too hot to handle, and remove. Squeeze fresh lemon/lime juice over corn. Sprinkle with salt, pepper, and/or chili powder as desired. Serve.

*Makes 4 servings (serving size: 1 ear of corn)*

## Nutrition information per serving:

Calories	130
Carbohydrates	29 g
Dietary Fiber	4 g
Sugars	5 g
Protein	5 g
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	95 mg*

*\* Sodium will vary depending on amount of salt used*



# Grilled Tofu and Mushroom Brochettes

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/GrilledTofu.aspx>

## Ingredients

- |                                      |  |
|--------------------------------------|--|
| 1 lemon                              | 1 tablespoon fresh thyme, chopped                                    |
| 1 garlic clove, crushed              | 10 ½ oz. package of firm bean curd (tofu)                            |
| 3 tablespoons olive oil              | 12 oz. white button mushrooms  |
| 4 tablespoons white wine vinegar     | Salt and pepper, to taste (salt not calculated with Nutrition Facts) |
| 1 tablespoon fresh rosemary, chopped |  |
| 1 tablespoon cilantro, chopped       |  |

## Instructions

1. Wash outside of lemon thoroughly with warm water and soap\*. Pat dry then grate peel and set aside. Slice lemon in half and squeeze out juice into a medium sized bowl.
2. Add the garlic, oil, vinegar and chopped herbs with the lemon juice and mix well. Add salt and pepper to taste.
3. Clean mushrooms with a damp cloth to remove any excess soil. Slice mushrooms in half and set aside.
4. Using a sharp knife, slice the tofu into medium sized chunks. Thread tofu alternated with sliced mushrooms onto metal or wood skewers. Place brochettes into a shallow pan and pour the lemon-herb marinade over the skewers, coating evenly. Cover with plastic wrap and refrigerate for 1-2 hours.
5. Prepare grill. Remove brochettes and set aside marinade for basting. Cook brochettes over a hot grill, brushing often with the reserved marinade for about 6 minutes or until cooked through.
6. Serve with an extra sprinkling of chopped fresh herbs and lemon wedges.

Makes 4 servings. Serving size: 1/4 of recipe (200 g)

## Nutritional information per serving (4 servings)

Calories: 164	Dietary fiber: 2g
Calories from fat: 112	Sugars: 1g
Total fat: 12g	Protein: 8g
Saturated fat: 2g	Vitamin A: 0%
Cholesterol: 0 mg	Vitamin C: 15%
Sodium: 31mg	Calcium: 4%
Total carbohydrate: 8g	Iron: 10%

Percent Daily Values are based on a 2,000 calorie diet.



# Grilled Vegetable Packets

From USDA's SNAP-Ed Connection recipe finder

<http://recipefinder.nal.usda.gov/recipes/grilled-vegetable-packets>

## Ingredients

- |  |   |
|--|---|
| 2 zucchini, small (sliced)                       | ½ bell pepper (red or green, seeded and sliced) |
| 2 yellow squash, small (sliced)                  |   |
| 4 red potatoes, small (scrubbed well and sliced) | ¼ cup Italian salad dressing, light             |
| ½ red onion (sliced)                             | Salt and pepper (optional, to taste)            |

## Instructions

1. Heat grill to medium heat or 350 degrees.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill bake Veggie Packets in the oven at 400 degrees for 20-30 minutes.
6. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!
7. Empty vegetables onto serving plate or serve from foil packets.

## Note:

Try different vegetables- Tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn or your favorites.

Use herbs or spices in place of dressing-Chili powder, Italian or oriental seasoning, basil, oregano, curry powder-be creative!

*Makes 5 servings*

## Nutrition information per serving

Calories: 160

Total fat: 3 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 130 mg

Total Carbohydrate: 30 g

Dietary fiber: 4 g

Sugars: 5 g

Protein: 5 g



# Honey-Roasted Parsnips, Sweet Potatoes and Apples

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/holiday-honey-roasted.html>

## Ingredients

Canola oil cooking spray	2 firm red apples, cored and cut into bite-size chunks
1 ½ cups parsnips, peeled and cut into bite-size chunks	1 Tbsp. canola oil
1 large sweet potato, peeled and cut into bite-size chunks	1 Tbsp. honey
	2 Tbsp. “lite” soy sauce
	¼ tsp. ground ginger

## Instructions

1. Preheat oven to 400 degrees.
2. Spray casserole dish with cooking spray and set aside.
3. In large mixing bowl, place parsnips, sweet potatoes and apples and set aside.
4. In microwave-safe bowl, mix oil and honey. In microwave, warm 10 seconds.
5. Mix in soy sauce and ginger. Pour sauce over vegetables and apples. Toss to coat well. Transfer to casserole dish.
6. Cover and bake until tender, about 1 hour.

**Makes 6 servings**

**Serving size: 1/6 of recipe**

## Nutrition information per serving

Calories: 112	Dietary Fiber: 4 g
Total Fat: 2 g	Sodium: 208 mg
Saturated Fat: <1 g	Protein: 1 g
Cholesterol:	Carbohydrates: 23 g



# Kasha with Bell Pepper Confetti

From the National Heart, Lung, and Blood Institute's Keep the Best <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=0&cId=8&rd=61>

## Ingredients

- 2 tsp olive oil
- ½ C onion, diced
- ¼ C red bell pepper, rinsed and diced
- ¼ C green bell pepper, rinsed and diced
- ¼ C yellow bell pepper, rinsed and diced
- 1 can (14½ oz) low-sodium chicken broth
- ¾ C kasha
- ¼ tsp dried oregano
- ½ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp ground black pepper

## Instructions

1. Heat oil in a 4-quart saucepan over medium heat. Add onion. Cook for 5 minutes, stirring occasionally.
2. Add bell peppers to saucepan. Cook and stir for 2 minutes. Remove vegetables from pan and set aside.
3. Add chicken broth to saucepan. Cover. Bring to a boil over high heat.
4. Stir in kasha. Reduce heat to medium-low. Cover. Simmer for about 10 minutes, until kasha is cooked and liquid is absorbed.
5. Stir in peppers and onion mixture, oregano, salt, and pepper. Heat for 1 minute. Serve immediately.

**Makes 4 serving**

## Nutrition information per ½ serving

Calories: 144	Dietary Fiber: 4 g
Total Fat: 3 g	Sodium: 303 mg
Saturated Fat: .5 g	Protein: 4 g
Cholesterol: 0 mg	Carbohydrates: 27 g



# Muenster Monster Kebabs

From the National Dairy Council

<http://www.nationaldairyCouncil.org/Recipes/Pages/Muenster-Monster-Kabobs.aspx>

## Ingredients

8 oz. low-fat Muenster cheese	2 oz. reduced fat cheddar cheese
Peppercorns	Skewers
1 small bunch of parsley	Pumpkin (optional, to use as centerpiece to stick kabobs in)
1 cup blackberries	
1 cantaloupe	

## Instructions

1. Cut ghost shapes out of the Muenster cheese. Place peppercorns in the head of ghost to resemble eyes.
2. Cut cheddar cheese into small wedges.
3. Make melon balls with cantaloupe. Use a toothpick to make a tiny hole on the top of each ball, and place a small piece of parsley in the hole to resemble a pumpkin stem.
4. Alternate ghost, blackberry, cantaloupe pumpkin, and cheddar cheese wedges on skewers. Stick skewers in pumpkin for display if desired.

*Makes 8 servings*

## Nutrition information per serving:

Calories	140
Carbohydrate	9 g
Protein	10 g
Total Fat	7 g
Saturated Fat	4 g
Sodium	250 mg
Calcium	25% Daily Value



# Oven Baked Potato Pancakes

From USDA

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/oven-baked-potato-pancakes>

## Ingredients

- |  |   |
|--|---|
| 2 tablespoons olive oil                                | 2 russet potatoes, large (or 1 pound Yukon Gold potatoes) |
| 3 tablespoons whole wheat flour (or all-purpose flour) | 1 onion, small peeled                                     |
| 1 teaspoon baking powder                               | 1 egg, large  |
| 3/4 teaspoon salt                                      | applesauce and yogurt (plain low-fat or Greek) (optional) |

## Instructions

1. Turn the oven on to bake and set it to 425°F. Lightly oil the baking sheet (or sheets) by spreading the oil around with your clean hand or a paper towel.
2. Put the flour, baking powder, and salt, in a small bowl and mix well.
3. Use the large holes on your grater to grate the potato, then grate the onion too.
4. Put the potato and onion mixture in the colander inside the sink. Using a paper towel, press the potato mixture down to squeeze out and blot up some of the extra moisture. Stir it and blot again.
5. Put the potato mixture in the large bowl, add the egg, and stir well. Add the flour mixture and stir it very well.
6. Use a spoon or your clean fingers to pluck a clump of the potato mixture from the bowl and spread it into a round, flat nest on the oiled baking sheet: it should make a circle that's about 3 inches wide and 1/4 inch thick. Repeat to fill the sheet. (You don't need to leave space between them).
7. Bake until the bottoms are deeply golden, 15 to 20 minutes, then turn the pancakes over, and bake for 10 more minutes. Serve the latkes with applesauce and yogurt (optional).

**Makes 12 servings**

## Nutrition information per serving

Calories: 80	Dietary Fiber: 1 g
Total Fat: 2.5 g	Sodium: 190 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol:	Carbohydrates: 13 g



# Pasta Shells with Garlicky Kale

From the American Institute for Cancer Research Test Kitchen

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22753&news\\_iv\\_ctrl=2901](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22753&news_iv_ctrl=2901)

## Ingredients

1 Tbsp. extra virgin olive oil	Salt and freshly ground black pepper, to taste
5 cloves garlic, minced	8 oz. small whole-wheat pasta shells, cooked to package directions
¼ tsp. red pepper flakes (or to taste)	1 Tbsp. Parmesan cheese
10-12 oz. (10-12 cups, loosely packed) pre-washed baby kale, coarsely chopped	
½ cup vegetable broth	

## Instructions

1. Heat oil in large skillet over medium heat. Sauté garlic with red pepper about 2 minutes.
2. Stir in about half the greens, broth, and season to taste with salt and pepper. Increase heat to medium-high, cover, and cook until greens wilt, about 3 minutes. Stir in remaining greens, cover, and cook an additional 12 minutes or until greens are tender. Stir occasionally.
3. Place cooked, drained pasta in saucepan. Add greens mixture and gently toss until well combined.
4. Sprinkle with cheese and serve.

*Makes 4 servings (1 ½ cups per serving)*

## Nutrition information per serving:

Calories	302
Carbohydrate	56 g
Dietary Fiber	7 g
Protein	13 g
Total Fat	6 g
Saturated Fat	1 g
Sodium	264 mg





# Portobello Mushrooms Stuffed with California Wild Rice

From the Whole Grains Council:

<http://wholegrainscouncil.org/recipes/main-dishes/portobello-mushroom-stuffed-with-california-wild-rice>

## Ingredients

- |                               |   |
|-------------------------------|---|
| 8 large Portobello mushrooms  | ½ cup white wine                                |
| 3 Tbs. extra virgin olive oil | 1 ½ cups cooked California Wild Rice            |
| Salt & pepper to taste        | 1 ½ cups cooked brown rice                      |
| 1 cup onion, finely chopped   | ¼ cup scallions or garlic chives, thinly sliced |
| 2 garlic cloves, minced       | ½ cup Parmigiano-Reggiano, grated               |
| 1 tsp. fresh thyme, chopped   | 2 Tbs. Parmigiano-Reggiano for garnish          |
| 1 tsp. fresh oregano, chopped |   |
| 1 tsp. fresh basil, chopped   |   |

## Instructions

1. Preheat oven to 350 degrees.
2. Break off mushroom stems and reserve, then wash caps if needed. Scrape gills and discard. Finely chop stems and set aside for later use.
3. Dry caps completely. Toss in 1.5 Tbs. olive oil with salt and pepper. Place in ovenproof dish upside down, and bake for 5 minutes.
4. Sauté onions with remaining 1.5 Tbs. olive oil on medium heat, stirring, until translucent. Add garlic, thyme, oregano, and basil. Sauté 1 minute.
5. Deglaze the pan with the white wine. Reduce until a glaze is formed. There will be some liquid remaining.
6. Add the rice, scallions, and ½ cup Parmigiano-Reggiano. Mix well and adjust the seasonings with salt and pepper.
7. Stuff the mushroom cavity with the filling. Top with additional Parmigiano-Reggiano, if desired.
8. Bake mushrooms again at 375 for 8-10 minutes, or until tops are lightly browned.

*Makes 8 servings*

## Nutrition information per serving:

Calories	280	Total Fat	14 g
Protein	13 g	Saturated Fat	3 g
Carbohydrate	26 g	Sodium	310 mg
Dietary Fiber	6 g		



# Potato and Parsnip Latkes

From the Public Health Seattle and King county

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/Latkes.aspx>

## Ingredients

- 2 1/2 cups peeled and shredded baking potato
- 1 1/4 cup shredded parsnip
- 1 1/4 cup peeled and shredded sweet potato
- 1 teaspoon salt
- 1/4 cup all-purpose flour
- 1 1/4 cups onion, chopped
- 1/2 teaspoon fresh ground black pepper
- 2 large egg whites
- Nonfat cooking spray
- Nonfat sour cream
- 1/4 cup chopped green onion

## Instructions

1. Place a colander in the sink and line with paper towels. Add the shredded baking potato, parsnip, sweet potato and sprinkle with the 1 teaspoon salt. Let stand for about 15-20 minutes.
2. Gather the ends of the paper towels together and squeeze the potato mixture to remove excess liquid then transfer mixture to a large bowl.
3. Add flour, onion and pepper and toss well.
4. Add egg whites and mix well.
5. Spray a large skillet with nonfat cooking spray then heat to medium-high heat.
6. Spoon 1/3 cup of the batter into the skillet and cook 4-5 minutes on each side or until browned. Repeat with rest of mixture.
7. Serve latkes with a dollop of nonfat sour cream sprinkled with chopped green onion.

**Makes 5 servings**

## Nutrition information per serving

Calories: 193	Calories from fat: 7
Total Fat: 1 g	Sodium: 516 mg
Saturated Fat: 0 g	Protein: 6 g
Cholesterol: 2 g	Carbohydrates: 39 g
Dietary Fiber: 5 g	Sugars 1 g



# Potato Spinach Casserole

USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& Kansas State University Research and Extension

<http://www.oznet.ksu.edu/humannutrition/recipebook.pdf>

## Ingredients

12 ounces frozen hash browns, country style, thawed	¾ cup egg whites
½ cup finely chopped, divided, green pepper	½ cup cheese, reduced-fat sharp cheddar, shredded
½ cup finely chopped, divided, onion	½ cup cheese, reduced-fat Monterey Jack, shredded
½ Tsp salt	1 packed cup washed and chopped, fresh spinach
½ Tsp black pepper	½ cup chopped, fresh tomatoes
1 can (12 ounces) evaporated milk, nonfat	

## Instructions

1. Preheat oven to 425 degrees. Wash your hands and work area.
2. In a large bowl, combine hash browns, green pepper, ¼ cup onion, salt, and ¼ Tsp pepper
3. Spray a 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom.
4. Bake until lightly browned around edges, 20-25 minutes.
5. In large bowl, stir together evaporated milk, egg whites, ¼ teaspoon pepper, cheeses, spinach, remaining ¼ cup onion, and tomatoes.
6. Reduce oven temperature to 350 degrees.
7. Pour mixture over potato crust. Bake uncovered until center is set, 40-45 minutes.
8. Cover and let stand for 10 minutes. Cut into 6 pieces.
9. Cover and refrigerate leftovers within 2 hours.

*Makes 6 servings. Serving size: 2 ½" x 4" piece*

CostPer Recipe: \$ 4.69

Per Serving: \$ 0.78

## Nutritional information per serving (4 servings)

Calories: 180

Calories from fat: 35

Total fat: 4g

Saturated fat: 2.5g

Trans fat: 0g

Cholesterol: 15 mg

Sodium: 480mg

Total carbohydrate: 21g

Dietary fiber: 1g

Sugars: 9g

Protein: 15g

Vitamin A: 25%

Vitamin C: 30%

Calcium: 45%

Iron: 2%

*Percent Daily Values are based on a 2,000 calorie diet.*



# Quinoa and Black Bean Salad

From the National Heart, Lung, and Blood Institute

[http://healthyeating.nhlbi.nih.gov/\(X\(1\)S\(wb4nfv55dc1eq255ad5ptq45\)\)/recipe/detail.aspx?cld=0&rid=191&AspxAutoDetectCookieSupport=1](http://healthyeating.nhlbi.nih.gov/(X(1)S(wb4nfv55dc1eq255ad5ptq45))/recipe/detail.aspx?cld=0&rid=191&AspxAutoDetectCookieSupport=1)

## Ingredients

½ C quinoa	2 medium scallions, minced
1½ C water	1 can (15½ oz) low-sodium black beans, drained and rinsed
1½ Tbsp olive oil	2 C tomato, chopped
3 Tbsp lime juice	1 medium red bell pepper, chopped
¼ tsp cumin	1 medium green bell pepper, chopped
¼ tsp ground coriander (dried cilantro seeds)	2 fresh green chilis (or to taste), minced
2 Tbsp cilantro, chopped	Ground black pepper, to taste

## Instructions

1. Rinse the quinoa in cold water. Boil 1½ cups water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
2. While the quinoa is cooking, mix olive oil, lime juice, cumin, coriander, cilantro, and scallions in a small bowl, and set aside.
3. Combine chopped vegetables with the black beans in a large bowl, and set aside.
4. Once the quinoa has cooled, combine all ingredients and mix well.
5. Cover and refrigerate until ready to serve.

## Makes 6 servings

Calories: 208  
Saturated fat: 1 g  
Sodium: 284 mg  
Protein: 9 g

Total fat: 5 g  
Cholesterol: 0 mg  
Total fiber: 7 g  
Carbohydrates: 34 g



# Red Lentil Latkes

From USDA

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/red-lentil-latkes>

## Ingredients

- 1/2 cup dry red lentils
- 1 potato, medium grated (about 1/2 pound, peeling is optional)
- 1 large egg
- 1 garlic clove, finely sliced
- 2 tablespoons Parmesan cheese, grated or other cheese (optional)
- 1 dash hot sauce (1-2 dashes, optional)
- 1/4 teaspoon salt
- black pepper (to taste, optional)
- 2 tablespoons canola oil (or olive oil, for cooking)

## Instructions

1. Add the lentils to a medium saucepan and add water to cover by about an inch. Bring to a boil, then lower heat to a simmer and cook until tender, about 15 minutes. Drain and set aside.
2. Meanwhile, remove the excess water from the potato: you can either squeeze it by the handful, or put the entire pile on a clean tea towel and wring it out.
3. Crack the egg in a medium bowl and beat it lightly. Add the potato, cooked lentils, garlic, green onion, and cheese and hot sauce if you're using them in a medium bowl. Add the salt and a good grinding of black pepper, and stir until combined.
4. Heat a large skillet over medium heat, then add a generous drizzle of oil (1-2 Tablespoons). Working in batches, so as not to crowd the pan, add clumps of the potato-lentil mixture (about the size of a golf ball or slightly larger works well), and flatten each as soon as it's in the pan, making them about a half inch thick.
5. Cook for about 4-5 minutes per side, until the latkes are deeply golden brown and cooked through. Add a little more oil to the pan for each additional batch. Serve immediately or keep the latkes warm in a 200°F oven for up to an hour.

**Makes 4 servings**

## Nutrition information per serving

Calories:	Dietary Fiber: 6 g
Total Sugars: 2 g	Sodium:
Saturated Fat:	Protein: 9 g
Cholesterol: 45 mg	Carbohydrates: 21 g



# Salsa Mac with Colby Jack

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Salsa-Mac-with-Colby-Jack.aspx>

## Ingredients

1 cup uncooked elbow macaroni	1 Tbs. all-purpose flour
1 medium tomato	Fresh ground black pepper
½ medium green bell pepper	1 ¼ cups 1% low-fat milk
½ small onion	8 oz. low-fat Colby Jack cheese, shredded
1 Tbs. butter	

## Instructions

1. Cook macaroni according to package directions.
2. Meanwhile, dice tomato, green pepper, and onion.
3. Drain macaroni and add tomato and green pepper. Reserve.
4. Preheat oven to 350 degrees.
5. In medium saucepan, sauté diced onion in butter until translucent. Stir in flour and black pepper. Add milk and cook until slightly thickened and bubbly.
6. Add cheese and stir until melted.
7. Add macaroni/vegetable mixture and coat evenly.
8. Transfer to 9-inch pie plate. Bake for 25-30 minutes or until bubbly.
9. Cool for 10 minutes before serving.

*Makes 6 servings*

## Nutrition information per serving:

Calories	182
Carbohydrate	19 g
Protein	14 g
Total Fat	6 g
Saturated Fat	4 g
Sodium	285 mg
Calcium	20% Daily Value



# Sausage Cornbread Dressing

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/salads-sides/sausage-corn-bread-dressing>

## Ingredients

### *Corn Bread*

- |                           |                                |
|---------------------------|--------------------------------|
| 1 cup all-purpose flour   | 1 teaspoon salt                |
| 1 cup cornmeal            | 1 cup buttermilk               |
| 1/4 cup sugar             | 1/4 cup unsweetened applesauce |
| 3 teaspoons baking powder | 2 egg whites                   |

### *Dressing*

- |   |                                    |
|---|------------------------------------|
| 1 pound turkey Italian sausage links, casings removed | 3 tablespoons minced fresh parsley |
| 4 celery ribs, chopped                                | 2 garlic cloves, minced            |
| 1 medium onion, chopped                               | 1/2 teaspoon dried thyme           |
| 1 medium sweet red pepper, chopped                    | 1/2 teaspoon pepper                |
| 2 medium tart apples, chopped                         | 1 cup reduced-sodium chicken broth |
| 1 cup chopped roasted chestnuts                       | 1 egg white                        |

## Instructions

To make the corn bread:

1. For corn bread, combine the first five ingredients in a large bowl. Combine the buttermilk, applesauce and egg whites; stir into dry ingredients just until moistened.
2. Pour into a 9-in. square baking dish coated with cooking spray. Bake at 400° for 20-25 minutes or until a toothpick inserted near the center comes out clean.
3. Cool on a wire rack. Can be made up to 2 days in advance.
4. Refrigerate until firm.

To make the dressing:

1. In a large nonstick skillet, cook the sausage, celery, onion and red pepper over medium heat until meat is no longer pink; drain. Transfer to a large bowl.
2. Crumble corn bread over mixture. Add the apples, chestnuts, parsley, garlic, thyme and pepper. Stir in broth and egg white.
3. Transfer to a 13-in. x 9-in. baking dish coated with cooking spray. Cover and bake at 325° for 40 minutes.
4. Uncover; bake 10 minutes longer or until lightly browned.

**Makes 16 servings**

### Nutrition information per serving

Calories	120	Dietary Fiber	1g
Total Fat	3.5g	Sodium	460mg
Carbohydrates	17g	Protein	7g

**Faculty/Staff Assistance and Well-Being Services**

[humanresources.illinois.edu/fsaws](http://humanresources.illinois.edu/fsaws)



# Sauteed Winter Squash

Los Angeles County- Public Health Department

[http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/Recipes/R-Z-2010-Jack/51\\_Sauteed\\_Winter\\_Squash\\_Eng.pdf](http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/Recipes/R-Z-2010-Jack/51_Sauteed_Winter_Squash_Eng.pdf)

## Ingredients

- 1 medium winter squash
- Salt
- Pepper
- 1 Tbsp olive oil or chicken broth (optional)

## Instructions

1. Remove tips from each end of squash.
2. Cut squash into small pieces, leaving the skin on unless it is very tough.
3. Heat olive oil or chicken broth (can use water) in a pan.
4. Add squash, sprinkle with salt and pepper, cover, and cook for 10 to 15 minutes at moderate heat.
5. Remove cover and cook a little longer for the excess liquid to evaporate. Serve hot.

*Serving size: ½ cup (without oil)*

## Nutritional information per serving

Calories: 39  
Total fat: 0g  
Cholesterol: 0 mg  
Total carbohydrate: 9g  
Fiber: 3g  
Protein: 1g





# Savory Spinach with Tomatoes

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SpinachTomatoes.aspx>

## Ingredients

- 1 Tbsp olive or canola oil
- 1 medium onion, chopped
- 1 clove garlic, minced or pressed
- 2 tomatoes, chopped
- 1 package frozen spinach leaves or 2 bunches fresh
- ½ Tsp salt

## Instructions

1. In the oil, fry the onion, garlic, and tomato.
2. Add the clean spinach and salt. Stir together.
3. Cover and simmer for 5 minutes, until just tender

*Makes 6 servings. Serving size: 1/6 of recipe (110g)*

## Nutritional information per serving (6 servings)

Calories: 47

Calories from fat: 23

Total fat: 3g

Saturated fat: 0g

Cholesterol: 0 mg

Sodium: 236mg

Total carbohydrate: 5g

Dietary fiber: 2g

Sugars: 0g

Protein: 2g

Vitamin A: 70%

Vitamin C: 35%

Calcium: 4%

Iron: 8%

Percent Daily Values are based on a 2,000 calorie diet.



# Simmered Beans

From U.S. Department of Agriculture

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simmered-beans>

## Ingredients

- 2 cups beans, dried pinto, black or pink (rinsed)
- 8 cups water
- 1 onion, chopped
- 1 bay leaf
- ¼ teaspoon salt

## Instructions

1. Place beans, water, onion and bay leaf in a large pot.
2. Cover and bring to a boil over high heat.
3. Reduce heat to low. Simmer for 1 to 1 1/2 hours or until beans are tender.
4. Remove bay leaf and stir in salt. Cook 15 minutes longer.
5. Top each serving of simmered beans with 1/2 cup fresh salsa or store beans in refrigerator for up to three days in a covered plastic or glass container.

**Makes 12 servings, half cup each.**

## Nutrition information per serving

Calories: 118	Sodium: 56 mg
Total Fat: 1 g	Protein: 7 g
Saturated Fat: 0 g	Total Carbohydrates: 22 g
Trans Fat: --	Dietary Fiber: 7 g
Cholesterol: 0 mg	Total Sugars: 1 g



# Smothered Greens

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=15&cId=7&rd=229>

## Ingredients

- 3 cups water
- ¼ lb smoked turkey breast, skinless
- 1 tablespoon fresh hot pepper, chopped
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- 2 cloves garlic, crushed
- ½ teaspoon dried thyme
- 1 scallion, chopped
- 1 teaspoon ground ginger
- ¼ cup chopped onion
- 2 lb greens (mustard, turnip, collard, kale, or mixture)

## Instructions

1. Place all ingredients except greens into a large saucepan, and bring to boil.
2. Prepare greens by washing thoroughly and removing stems. Tear or slice leaves into bite-sized pieces.
3. Add greens to turkey stock. Cook for 20 to 30 minutes until tender.

**Makes 5 servings**

## Nutrition information per serving

Calories: 80	Dietary Fiber: 4 g
Total Fat: 2 g	Sodium: 378 mg
Saturated Fat: 0 g	Protein: 9 g
Cholesterol: 16 mg	Carbohydrates: 9 g



# Sweet Potato Wedges with Rosemary

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SweetPotatoWedges.aspx>

## Ingredients

- 2 lbs. sweet potatoes
- 1-2 tsp. vegetable oil
- Sprinkle of lemon juice and rosemary

## Instructions

1. Wash and cut sweet potatoes into sticks or wedges.
2. Place potatoes in a bowl and toss with oil, then spread out onto a baking sheet and sprinkle with rosemary.
3. Bake about 30 minutes at 375 degrees, or until browned and tender. You may want to turn potatoes over half way through baking time.
4. Sprinkle with lemon juice, if desired.

Makes 6 servings [Serving Size: 1/6 of recipe (153 g)]

## Nutritional information per serving (6 servings)

Calories	172	Dietary Fiber	5 g
Calories from fat	18	Sugars	0 g
Total Fat	2g	Protein	2 g
Saturated Fat	0 g	Vitamin A	605%
Cholesterol	0 mg	Calcium	4%
Sodium	20 mg	Iron	4%
Total Carbohydrates	37 g	Vitamin C	55%

Percent daily values based on a 2000 calorie diet.



# Winter Fruit Mostarda

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/winter-fruit-mostarda.html>

## Ingredients

- |   |                                  |
|---|----------------------------------|
| 1 pkg. (10 oz.) frozen sliced peaches                     | 4 (2in.x 1in.) strip orange zest |
| 1 cup frozen dark cherries                                | ¼ cup pomegranate juice          |
| 1 medium Bosc pear, peeled, cored and cut in 1 in. pieces | 1/3 cup dry mustard powder       |
| 1 cup large seedless red grapes, preferably globe variety | 3 Tbsp. balsamic vinegar         |
|   | ¼ cup honey                      |
|   | ¼ cup sugar                      |

## Instructions

1. In mixing bowl, defrost peaches and cherries. Drain liquid from bowl into measuring cup. Transfer peaches and cherries to stainless steel or other non-reactive medium saucepan. Add pear, grapes and orange zest.
2. To measuring cup with peach and cherry liquid, add enough pomegranate juice to make ½ cup liquid, reserving extra pomegranate juice for another use.
3. Place mustard powder in small mixing bowl. Pour in juice mixture and whisk to combine with mustard. Add mustard mixture to pot with fruits. Add vinegar, honey and sugar.
4. Over medium-high heat, bring liquid to boil. Using wooden spoon, gently stir to combine fruits with liquid and sweeteners. Boil gently until liquid is foamy, then reduce heat and boil until liquid is slightly thickened and fruits are tender but not falling apart, 20 minutes.
5. Take off heat. Cool to room temperature. Transfer mostarda to jar or bowl (preferably glass) including liquid up to level of fruit. Keeps in refrigerator for 3 days.

**Makes 6 servings. Yield: about 2 ½ cups.**

## Nutrition information per serving.

Calories: 165	Dietary Fiber: 2 g
Total Fat: 1 g	Sodium: 2 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol:	Carbohydrates: 40 g



# Wonderful Stuffed Potatoes

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/wonderful-stuffed-potatoes>

## Ingredients

4 potatoes (medium, baking)	¾ tsp. herb seasoning
¾ cup cottage cheese (low-fat 1%)	4 drops hot pepper sauce
¼ cup milk (low-fat 1%)	2 tsp. Parmesan cheese (grated)
2 tbsp. margarine (soft tub)	
1 tsp. dill weed	

## Instructions

Prick potatoes with fork. Bake at 425 degrees Fahrenheit for 60 minutes or until fork is easily inserted.

Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about ½ inch of pulp inside shell. Mash pulp in large bowl.

Mix in by hand remaining ingredients except Parmesan cheese. Spoon mixture into potato shells. Sprinkle top with ¼ tsp of Parmesan cheese.

Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

*Makes 8 servings (1/2 potato each)*

## Nutrition information per serving:

Calcium	4% DV
Calories	130
Carbohydrate	20 g
Dietary Fiber	2 g
Iron	6% DV
Protein	5 g
Total Fat	3.5 g
Saturated Fat	1 g
Sodium	140 mg
Vitamin A	4% DV
Vitamin C	35% DV



# Wow-y Maui Pasta

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipeDetail.aspx?linkId=12&cId=8&rd=153>

## Ingredients

- 2 cups (8 oz.) whole-wheat rotini (spiral) pasta
- 1 cup fresh or frozen snow peas, sliced thinly on an angle
- 1/2 cup cucumber, peeled and diced
- 1/4 cup carrots, peeled and diced
- 1 can (8 oz.) pineapple chunks in juice, diced: set aside 1/4 c. juice
- 1/2 cup fat-free plain yogurt
- 1 Tbsp. fresh chives, rinsed, dried, and chopped (or 1 tsp. dried)
- 1 Tbsp. fresh parsley, rinsed, dried, and chopped (or 1 tsp. dried)
- 1/4 tsp. each salt and black pepper

## Instructions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8 minutes. Drain, cool, and set aside
2. In the meantime, place peas in a microwavable dish, add enough water to keep moist, and microwave for 1–2 minutes, or until warm.
3. Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.
4. Add cooked pasta and peas, and toss gently to coat the pasta.
5. Serve immediately, or refrigerate for later use.

**Makes 4 servings, 2 cups per serving.**

## Nutrition information per serving:

Calories: 273	Dietary Fiber: 7 g
Total Fat: 2 g	Sodium: 171 mg
Saturated Fat: 0 g	Protein: 10 g
Cholesterol:	Carbohydrates: 56 g



# Arroz Con Pollo

From the United States Department of Agriculture

<http://recipefinder.nal.usda.gov/recipes/arroz-con-pollo-chicken-and-rice>

## Ingredients

2 tablespoons vegetable oil	2 1/4 cups chicken broth (low-sodium)
1 chicken (whole, cut up, skin removed)	1 bay leaf
1 green pepper (chopped)	1 cup rice (uncooked)
1 onion (chopped)	1 cup peas
3 garlic clove (minced)	salt (to taste, optional)
2 tomatoes (chopped)	pepper (to taste, optional)

## Instructions

1. In a large skillet heat oil and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, bay leaf, salt pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot.

## Makes 6 servings

Calories: 200

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 15 mg

Sodium: 70 mg

Carbohydrates: 31 g

Dietary fiber: 3 g

Sugars: 4 g

Protein: 11 g





# Autumn Harvest Braised Brisket

From Texas Beef Council

<http://www.txbeef.org/recipes/recipe/5196/autumn-harvest-braised-brisket>

## Ingredients

- |   |   |
|---|---|
| 1 beef Brisket Flat Half Boneless (2-1/2 to 3-1/2 pounds) | 1 cup cran-apple, cranberry or apple juice, divided   |
| 2 tablespoons ground cumin                                | 3 to 4 medium red apples (such as Jonathan, Red Delicious, Jazz or Fuji), cored, cut into 16 wedges each (about 1-1/4 pounds) |
| 2 teaspoons ground cinnamon                               | 3/4 cup dried sweetened cranberries   |
| 2 tablespoons vegetable oil                               | 2 tablespoons cornstarch  |
| Salt and pepper   |   |
| 2 tablespoons minced garlic                               |   |

## Instructions

1. Combine cumin and cinnamon; rub over beef Brisket. Heat oil in stockpot over medium heat until hot. Brown Brisket; season beef with salt and pepper, as desired.
2. Add 3/4 cup juice and garlic to stockpot; bring liquid to a boil. Reduce heat; cover tightly and simmer 2-3/4 to 3-1/4 hours. Add apples and cranberries to stockpot. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes or until Brisket and apples are fork-tender, stirring and rearranging apples once during cooking.
3. Remove Brisket; keep warm. Combine remaining 1/4 cup juice and cornstarch; stir cornstarch mixture into apple mixture. Bring to a boil, stirring constantly. Boil 1 to 2 minutes or until mixture has thickened, stirring frequently.
4. Trim fat from Brisket. Carve diagonally across the grain into thin slices. Season with salt and pepper, as desired. Serve beef with apple mixture.

**Makes 6 to 8 (6-ounce) or 12 to 16 (3-ounce) servings**

### Nutrition information per serving

#### *(3-ounce serving)*

Calories: 347	Dietary Fiber: 4.5 g
Total Fat: 10 g	Sodium: 52 mg
Saturated Fat: 2 g	Protein: 29 g
Cholesterol: 83 mg	Carbohydrates: 35 g

#### *(6-ounce serving)*

Calories: 604	Dietary Fiber: 6.8
Total Fat: 18 g	Sodium: 100 mg
Saturated Fat: 5 g	Protein: 57 g
Cholesterol: 165 mg	Carbohydrates: 52 g





# Avocado Tacos/Tacos de Aguacate

From National Diabetes Education Program

<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131&redirect=true#page9>

## Ingredients

- 1 medium onion, cut into thin strips
- 2 large green peppers, cut into thin strips
- 2 large red peppers, cut into thin strips
- 1 cup fresh cilantro, finely chopped
- 1 ripe avocado, peeled and seeded, cut into 12 slices
- 1½ cups fresh tomato salsa (see ingredients below)
- 12 flour tortillas
- Vegetable cooking spray

## Fresh Tomato Salsa Ingredients

- 1 cup tomatoes, diced
- ½ cup onions, diced
- ½ clove garlic, minced
- 2 tsp. cilantro
- ½ tsp. jalapeño peppers, chopped
- ½ tsp. lime juice
- Pinch of cumin

## Instructions

1. Mix together all salsa ingredients and refrigerate in advance.
2. Coat skillet with vegetable spray.
3. Lightly sauté onion and green and red peppers.
4. Warm tortillas in oven and fill with peppers, onions, avocado, and salsa. Fold tortillas and serve. Top with cilantro.

Exchanges per serving (12 servings – 1 taco per serving)

- Bread 3
- Vegetable 1
- Fat 1 ½

Note: Diabetic exchanges are calculated based on the American Diabetes association Exchange System.

## Nutrition information per serving (12 servings – 1 taco per serving)

Calories: 270

Calories from Fat: 80

Total Fat: 8g

Saturated Fat: 2g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 460mg

Total Carbohydrate: 43g

Dietary Fiber: 5g  
Sugars: 4g  
Protein: 7g  
Vitamin A: 25%

Vitamin C: 100%  
Calcium: 10%  
Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.



## Baja-Style Salmon Tacos

From Keep the Beat: National Heart Lung & Blood Institute  
<http://hp2010.nhlbihin.net/healthyeating/default.aspx>

### Ingredients

- 12 oz. salmon fillet, cut into 4 portions (3 oz. each)
- 4 (8-inch) whole-wheat tortillas

#### **Taco filling Ingredients:**

- 1 cup green cabbage (about ¼ head), rinsed and shredded
- 1 tsp. lime juice
- 1 tsp. honey
- ½ cup red onions thinly sliced (or substitute white onion)

- 1 medium Jalapeno chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 2 Tbsp.); for less spice, use green bell pepper
- 1 tsp. fresh cilantro, minced (or substitute ½ tsp. ground coriander)

#### **Marinade ingredients:**

- ½ Tbsp. corn oil or other vegetable oil
- 1 Tbsp. lime juice
- 2 tsp. chili powder

- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. salt

### Directions

1. Preheat grill or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Prepare taco filling by combining all ingredients. Let stand for 10–15 minutes to blend the flavors.
3. To prepare the marinade, combine the oil, lime juice, chili powder, cumin, coriander, and salt in a bowl.
4. Place salmon fillets in a flat dish with sides. Pour marinade evenly over fillets.
5. Place salmon fillets on grill or broiler. Cook for 3–4 minutes on each side, until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145 °F). Remove from the heat and set aside for 2–3 minutes. Cut into strips.
6. To make each taco, fill one tortilla with ¾ cup filling and one salmon fillet.

*Makes four servings*

Tip: Try serving with a tomato cucumber salad drizzled with light vinaigrette.

### Nutritional information per serving (4 servings)

Calories: 325

Total fat: 11g

Saturated fat: 1g

Cholesterol: 54mg

Sodium: 395mg

Protein: 24g

Total carbohydrates: 29g

Total fiber: 4g

Potassium: 614mg



# Baked Chicken with Vegetables

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/baked-chicken-vegetables>

## Ingredients

4 potatoes (sliced)	½ cup water
6 carrots (sliced)	1 tsp. thyme
1 large, quartered onion	¼ tsp. pepper
1 chicken (raw, -cut into pieces, skin removed)	

## Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Place potatoes, carrots, and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees Fahrenheit for one hour or more until browned and tender.

*Makes 6 servings*

## Nutrition information per serving:

Calcium	6% DV
Calories	240
Carbohydrate	7 g
Dietary Fiber	4 g
Iron	15% DV
Protein	26 g
Total Fat	3.5 g
Saturated Fat	1 g
Sodium	130 mg
Vitamin A	210% DV
Vitamin C	45% DV



# Baked Salmon Dijon

From Keep the Beat – US Health and Human Services

<http://hp2010.nhlbihin.net/healthyeating/recipeDetail.aspx?linkId=11&cld=3&rlid=38&AspxAutoDetectCookieSupport=1>

## Ingredients

- |   |  |
|---|--|
| 1 cup fat-free sour cream                                   | 1 ½ lb. salmon filet, cut into 6 portions (4 oz. each) |
| 2 tsp. dried dill   | ½ tsp. garlic powder                                   |
| 3 tbsp. scallions (green onions), rinsed and finely chopped | ½ tsp. ground black pepper                             |
| 2 tbsp. Dijon mustard                                       | Cooking spray  |
| 2 tbsp. lemon juice   |  |

## Instructions

1. Preheat oven to 400°F.
2. Whisk sour cream, dill, scallions, mustard, and lemon juice in a small bowl to blend.
3. Lightly coat baking sheet with cooking spray.
4. Place salmon, skin side down, on the prepared baking sheet. Sprinkle with garlic powder and pepper, then spread with sauce.
5. Bake salmon filets until each is opaque in the center and flakes easily with a fork in the thickest part, about 20 minutes (to a minimum internal temperature of 145°F).
6. Serve immediately.

*Makes six servings (Serving Size: 4 oz. salmon)*

## Nutritional information per serving (6 servings)

Calories	196
Total fat	7 g
Saturated fat	2 g
Cholesterol	76 mg
Sodium	229 mg
Total fiber	0 less than 1 g
Protein	27 g
Carbohydrates	5 g
Potassium	703 mg



# Baked Tofu

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& Montana State University Extension Service

<http://www.montana.edu/nep/recipes.htm>

## Ingredients

- 2 Tbsp. soy sauce
- 1 minced clove garlic or ¼ teaspoon garlic powder
- 1 tsp. minced fresh ginger (optional)
- 1 tsp. vegetable oil
- 1 package (16 ounce) drained tofu, firm or extra firm, water packed

## Instructions

1. Preheat oven to 350 degrees. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
3. While tofu is draining, combine soy sauce, garlic, ginger and vegetable oil in a small bowl.
4. Slice tofu into ½ inch thick slices. Place tofu slices on foil lined baking sheet.
5. Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce.
6. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup or salad.

Makes 4 servings (2 slices per serving)

## Nutritional information per serving (4 servings)

Calories: 100

Calories from fat: 40

Total fat: 4.5g

Saturated fat: 0g

Cholesterol: 0mg

Sodium: 710mg

Total carbohydrate: 4g

Dietary fiber: 0g

Sugars: 1g

Protein: 9g

Vitamin A: 0%

Vitamin C: 0 %

Calcium: 2%

Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.





# Baked Trout Ole

From Stay Young at Heart – National Heart Blood and Lung Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>

Note: Bake fish with only a small amount of oil.

## Ingredients

- 2 pounds trout fillet, cut into 6 pieces (any kind of fish can be used)
- 3 Tbsp. lime juice (about 2 limes)
- 1 medium tomato, chopped
- ½ medium onion, chopped
- 3 Tbsp. cilantro, chopped
- ½ tsp. olive oil
- ¼ tsp. black pepper
- ¼ tsp. salt
- ¼ tsp. red pepper (optional)

## Instructions

1. Preheat oven to 350°F.
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork-tender.
5. Yield: 6 servings--Serving size: 1 piece

## Nutritional information per serving (6 servings)

- Calories: 230
- Total fat: 9g
- Saturated fat: 2g
- Cholesterol: 58mg
- Sodium: 162mg
- Calcium: 60mg
- Iron: 1mg



# Beef and Cabbage for Dinner Tonight

From U.S. Department of Agriculture

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/beef-and-cabbage-dinner-tonight>

## Ingredients

- 1 green cabbage head (washed and cut into bite-sized pieces)
- 1 onion, medium (chopped)
- 1 pound ground beef, lean (90% lean)
- 2 sprays of non-stick cooking spray
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- Salt (to taste, optional)
- Red pepper flakes (to taste, optional)

## Instructions

1. Chop cabbage and onions, set aside.
2. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside.
3. Spray skillet with non-stick cooking spray. Cook onions on medium heat until soft.
4. Add cabbage to the onions and cook until cabbage starts to brown.
5. Stir the beef into the cabbage and onion mixture.
6. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy.

Makes 4 servings

## Nutrition information per serving

Calories: 246	Sodium: 107 mg
Total Fat: 9 g	Protein: 25 g
Saturated Fat: 4 g	Total Carbohydrates: 16 g
Trans Fat: --	Dietary Fiber: 6 g
Cholesterol: 71 mg	Total Sugars: 8 g



# Beef Steak with Light Tomato Mushroom Sauce

Keep the Beat: National Heart Lung and Blood Institute  
<http://hp2010.nhlbihin.net/healthyating/recipeDetail.aspx?linkId=1&cld=1&rid=6>

## Ingredients

- |  |  |
|--|--|
| 1 Tbsp olive oil   | 2 C low-sodium beef broth  |
| 4 beef top sirloin steaks, lean (3 oz each)              | 1 Tbsp cornstarch  |
| 4 oz white mushrooms, rinsed and quartered (about 1 cup) | 1 Tbsp fresh parsley, rinsed, dried, and minced (or 1 tsp dried)   |
| 1 large shallot, minced (about 2 Tbsp)                   | 1 Tbsp fresh tarragon, rinsed, dried, and chopped (or 1 tsp dried) |
| 1 Tbsp garlic, minced (about 2-3 cloves)                 | ½ Tsp salt   |
| 1 C canned no-salt-added diced tomatoes                  | ¼ Tsp ground black pepper  |
| 2 Tbsp no-salt-added tomato paste                        |  |
| 2 Tbsp apple cider vinegar                               |  |

## Instructions

1. Preheat oven to 350°F.
2. Heat olive oil in a large, heavy-bottom sauté pan.
3. Gently blot steaks dry with paper towels and then carefully place them in the hot pan.
4. Sauté both sides, about 2–3 minutes, until golden to dark brown.
5. Remove steaks from pan, and put them on a baking sheet to finish in the preheated oven for an additional 3–5 minutes or to your desired doneness (to a minimum internal temperature of 145° F).
6. To make the sauce, pour off any excess grease from the pan. Add mushrooms and sauté until lightly brown, about 3–4 minutes.
7. Lower the heat, and add shallot and garlic. Cook gently over low heat for about 2 minutes, until tender, but not brown.
8. Add tomatoes, tomato paste, and apple cider vinegar, and cook an additional 3 minutes.
9. In a bowl, mix beef broth and cornstarch.
10. Add broth mixture, parsley, and tarragon to the sauté pan. Bring to a boil on medium-high heat while stirring constantly. Lower the heat and simmer for 2–3 minutes. Season with salt and pepper.
11. Serve one steak with ½ cup sauce.

*Makes 4 servings. Serving size: 2 oz steak, ½ cup sauce*

## Nutritional information per serving (4 servings)

Calories: 200  
Total fat: 8g  
Saturated fat: 2g  
Cholesterol: 35 mg  
Sodium: 404mg

Total fiber: 2g  
Protein: 23g  
Carbohydrates: 10g  
Potassium: 569 mg



# Beef Stroganoff

From Stay Young at Heart: National Heart Lung & Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/beefstro.htm>

## Ingredients

1 lb. lean beef (top round)	1/4 tsp. nutmeg
2 tsp. vegetable oil	1/2 tsp. dried basil
3/4 tbsp. finely chopped onion	1/4 C white wine
1 lb. sliced mushrooms	1 C plain low-fat yogurt
1/4 tsp. salt	6 C cooked macaroni, cooked in unsalted water
To taste pepper	

## Directions

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in a non-stick skillet. Sauté onion for 2 minutes.
2. Add beef and sauté for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining oil to pan; sauté mushrooms.
4. Add beef and onions to pan with seasonings.
5. Add wine, yogurt; gently stir in. Heat, but do not boil.
6. Serve with macaroni.

*Note: If thickening is desired, use 2 teaspoons cornstarch; calories are the same as flour, but it has double thickening power. These calories are not figured into the nutrients per serving.*

Makes 5 servings (Serving Size: 6 oz.)

*Nutritional information per serving (5 servings)*

Calories: 499  
Total fat: 10 g  
Saturated fat: 3 g  
Cholesterol: 79 mg  
Sodium: 200 mg



# Black Skillet Beef with Greens and Red Potatoes

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=13&cid=1&rid=198>

## Ingredients

1 pound top round beef, sliced into long strips 1/8 inch thick and 3 inches wide  
 1 tablespoon paprika  
 1 ½ teaspoon oregano  
 ½ teaspoon chili powder  
 ¼ teaspoon garlic powder  
 ¼ teaspoon ground black pepper  
 1/8 teaspoon crushed red pepper  
 1/8 teaspoon dry mustard  
 8 red-skinned potatoes, halved

3 cups finely chopped onion  
 2 cups beef broth  
 2 large garlic cloves, minced  
 2 large carrots, peeled, cut into very thin 2 ½ inch strips  
 2 bunches (1/2 pound each) mustard greens, kale, or turnip greens, stems removed, coarsely torn  
 Nonstick cooking spray

## Instructions

1. Combine paprika, oregano, chili powder, garlic powder, ground black pepper, crushed red pepper, and dry mustard into a bowl.
2. Spray a large skillet with nonstick cooking spray, and preheat over high heat.
3. Coat strips of meat with the spice mixture and add them to the preheated skillet. Cook, stirring, for 5 minutes.
4. Add potatoes, onion, beef broth, and garlic. Cover and cook over medium heat for 20 minutes.
5. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes.
6. Serve in a large serving bowl, with crusty bread for dunking.

**Makes 6 servings**

## Nutrition information per serving

Calories: 342	Dietary Fiber: 8 g
Total Fat: 4 g	Sodium: 101 mg
Saturated Fat: 1 g	Protein: 27 g
Cholesterol: 45 mg	Carbohydrates: 56 g



# Bowtie Pasta with Chicken, Broccoli & Feta

Keep the Beat: National Heart Lung and Blood Institute  
<http://hp2010.nhlbihin.net/healthyating/recipeDetail.aspx?linkId=1&cId=5&rd=145>

## Ingredients

- |  |   |
|--|---|
| 1 cup whole-wheat bowtie pasta (farfalle) (8oz)                        | 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)  |
| 1 Tbsp olive oil   | 2 cups low-sodium chicken broth   |
| 1 Tsp garlic, minced (about ½ clove)                                   | 1 medium lemon, rinsed, for 1 tsp zest and 1 tbsp juice (use a grater to take a thin layer of skin off them lemon; squeeze juice and set aside) |
| 8 oz white button mushrooms, rinsed and cut into quarters              | 2 oz reduced-fat feta cheese, diced   |
| 4 cups cooked broccoli florets (or 1 1-lb bag frozen broccoli, thawed) |   |

## Instructions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions. Drain.
3. Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
4. Add mushrooms and heat until lightly browned and soft.
5. Add broccoli, diced chicken, and chicken broth. Bring to a boil and simmer for about 3 minutes, until the broccoli and chicken are heated through.
6. Add pasta, and toss gently. Continue to simmer until pasta is hot, about 3-4 minutes.
7. Add lemon zest and juice, toss gently.
8. Serve 2 cups of pasta and sauce per portion. Top each portion with 1 ½ tablespoons feta cheese.

*Makes 4 servings. Serving size: 1 cup pasta; 1 cup sauce; 1½ Tbsp feta*

## Nutritional information per serving (4 servings)

Calories: 421	Carbohydrates: 49g
Total fat: 10g	Potassium: 697 mg
Saturated fat: 2g	Vitamin A: 30%
Cholesterol: 65 mg	Vitamin C: 140%
Sodium: 285mg	Calcium: 10%
Total fiber: 8g	Iron: 10%
Protein: 36g	



# Buckwheat and Cottage Cheese Casserole

From OLDWAYS Whole Grains Council

<http://wholegrainscouncil.org/recipes/main-dishes/buckwheat-and-cottage-cheese-casserole>

## Ingredients

- |   |  |
|---|--|
| 1/3 cup rye flakes or old-fashioned rolled oats | 1 Tbsp. unsalted butter, plus more for preparing pan |
| 1 1/2 cups buckwheat groats                     | 1 1/2 cups low-fat cottage cheese                    |
| 1 1/2 tsp. dried dill                           | 2 large eggs   |
| 1 tsp. salt                                     | 3/4 cup sour cream                                   |
| 1/4 tsp. ground black pepper                    | 1/8 tsp. sweet paprika                               |

## Instructions

1. Set a rack in the center and preheat the oven to 350 degrees. Butter an 8-inch square baking dish. Coat the bottom and halfway up the sides with the rye flakes. Set aside.
2. In a heavy 2-quart Dutch oven or saucepan, combine 2 3/4 cups of water with the buckwheat, dill, 1/2 tsp of the salt and the pepper. Bring to a boil over high heat. Stir in the butter. Cover, reduce the heat to low, and simmer until the buckwheat is tender, about 10 minutes. Stir in another 1/4 cup of water if the mixture gets dry before the buckwheat is tender.
3. Transfer the cooked buckwheat to a medium bowl. Stir in the cottage cheese, followed by the eggs and the remaining 1/2 tsp salt.
4. Pour the mixture into the prepared baking pan. With a rubber spatula, spread the sour cream in a layer on top. Dust with the paprika. Bake until the edges are firm and the center is set, 45 to 50 minutes.
5. Remove from the oven and let cool for 5 minutes. Run a knife along the edges and cut into 8 portions. Use a spatula to remove the pieces from the pan.

**Makes 8 servings.**

## Nutrition information per serving:

Calories: 220	Dietary Fiber: 4 g
Total Fat: 8 g	Sodium: 500 mg
Saturated Fat: 4 g	Protein: 12 g
Cholesterol:	Carbohydrates: 28 g



# Bulgur Black Bean Veggie Burgers and Lime-Cilantro Aioli

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/main-dishes/bulgur-black-bean-veggie-burger>

## Ingredients

- |  |  |
|--|--|
| 1 Tbs. olive oil, plus additional for brushing         | 2 garlic cloves, minced                                |
| 1 small onion (diced)                                  | ½ cup fresh cilantro, minced                           |
| ½ cup bulgur   | ¼ tsp. cayenne   |
| 1 (14-oz) can black beans, rinsed, drained, and mashed | ½ tsp. pepper  |
| ½ cup whole wheat breadcrumbs                          | ¼ tsp. salt  |
| 1 ½ Tbs. Worcestershire sauce                          | 4 whole wheat hamburger rolls                          |
| 1 egg, slightly beaten                                 | Optional toppings: lettuce, tomato, red onion, avocado |

### *For Lime-Cilantro Aioli*

- ¼ cup prepared mayonnaise
- ¼ cup nonfat Greek yogurt
- 1 lime, zest and juice
- 1 clove garlic, chopped
- 1 Tbs. chopped fresh cilantro

## Instructions

1. Heat olive oil in small saucepan over medium heat. Sauté onion until golden, 5-7 minutes. Add bulgur to pan along with 1 cup of water or broth. Cover and simmer on low until water is absorbed, about 15-18 minutes.
2. Put cooked bulgur in large mixing bowl with remaining ingredients and mix well.
3. Form into 4 patties, about ½ cups of mixture per patty.
4. Chill at least 20 minutes. While patties chill, prepare aioli by pulsing all ingredients in a blender or food processor until blended. Chill until ready to use.
5. In large skillet over medium heat, add 1 Tbs. oil. When hot, drop in patties and cook until golden, about 5 minutes per side.
6. Serve on whole wheat rolls with Lime-Cilantro Aioli and desired toppings.

*Makes 4 servings*

### Nutrition information per serving:

Calories	390	Total Fat	12 g
Carbohydrate	59 g	Saturated Fat	2 g
Dietary Fiber	11 g	Sodium	660 mg
Protein	15 g		





# Caribbean Pink Beans

From U.S. Department of Health and Human Services

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=11&cId=6&rd=41>

*Note: This recipe calls for the beans to be soaked overnight.*

## Ingredients

- 1 lb dried pink beans
- 2 medium plantains, finely chopped
- 1 large tomato, rinsed and finely chopped
- 1 small red bell pepper, rinsed and finely chopped
- 1 medium white onion, finely chopped
- 1½ Tbsp garlic, minced (about 3 cloves)
- 1½ tsp salt
- 1 lb dried pink beans
- 2 medium plantains, finely chopped
- 1 large tomato, rinsed and finely chopped

## Instructions

1. Rinse and pick through beans for rocks and other debris (discard these). Put beans in a large pot, and add 10 cups of water. Place pot in refrigerator, and allow beans to soak overnight.
2. Place the soaked and drained beans in a large pot with enough water to cover them by about 1 inch. Boil gently with lid tilted until beans are soft, about 1 hour. Add more water while beans are cooking if water level drops below the top of the beans.
3. Add plantains, tomato, red pepper, onion, garlic, and salt. Continue cooking at low heat until plantains are soft.

Serve warm.

**Makes about 16 servings, half a cup each**

### Nutrition information per serving

Calories: 133	Dietary Fiber: 5 g
Total Fat: 0 g	Sodium: 205 mg
Saturated Fat: 0 g	Protein: 6 g
Cholesterol: 0 mg	Carbohydrates: 28 g



# Caribbean Red Snapper

From the National Institutes of Health National Diabetes Education Program:

<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131&redirect=true%20-%20page5#page5>

## Ingredients

2 Tbs. olive oil	¾ pound red snapper fillet
1 medium onion, chopped	1 large tomato, chopped
½ cup red pepper, chopped	2 Tbs. pitted ripe olives, chopped
½ cup carrots, cut into strips	2 Tbs. crumbled low-fat feta or low-fat ricotta cheese
1 clove garlic, minced	
½ cup dry white wine	

## Instructions

1. In large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil Push vegetables to one side of pan.
2. Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
3. Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
4. Transfer fish to serving platter. Garnish with vegetables and pan juices.

*Makes 4 servings*

## Nutrition information per serving:

Calories	220
Carbohydrate	8 g
Dietary Fiber	2 g
Protein	19 g
Total Fat	10 g
Saturated Fat	2 g
Sodium	160 mg
Vitamin A	80% DV
Vitamin C	70% DV



# Chickpea and Butternut Squash Fritters with Field Greens

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her-544-chickpea-and-butternut-squash-fritters-with-field-greens.html>

## Ingredients

2 cups (10 oz.) cubed butternut squash  
1 can (15.5 oz.) chickpeas, drained  
3 Tbsp. whole-wheat flour  
1 large egg  
4 scallions, coarsely chopped  
1 large clove garlic, minced  
2 tsp. chopped fresh sage leaves  
1/4 tsp. cumin  
1/4 tsp. red pepper flakes  
Coarse salt and freshly ground pepper to taste  
2 Tbsp. canola oil or extra virgin olive oil,  
divided  
8 cups field greens (5 oz. pkg.)  
1/4 cup coarsely chopped toasted skinless  
hazelnuts

### *Yogurt Dill Sauce*

1 cup low-fat plain Greek yogurt  
2 Tbsp. finely chopped fresh dill  
1 clove garlic, minced  
1/2 tsp. lemon zest  
1 tsp. lemon juice  
Salt and freshly ground white or black pepper

### *Salad Dressing*

1 Tbsp. lemon juice  
1 Tbsp. extra virgin olive oil  
Salt and freshly ground black pepper

## Instructions

1. For **Yogurt Dill Sauce**, in small bowl, combine all ingredients and mix well. Pour into small serving bowl and set aside.
2. For **Salad Dressing**, in small bowl, combine lemon juice and oil, season to taste with salt and pepper and set aside.
3. For **Chickpea and Butternut Squash Fritters**, in large saucepan with a steamer basket, steam squash until tender, about 10-12 minutes. Transfer squash to food processor. Add chickpeas, flour, egg, scallions, garlic, sage, cumin and pepper flakes. Pulse until blended yet slightly chunky. Season with salt and pepper.
4. Heat 1 tablespoon oil in large skillet over medium-high heat. Gently drop six scant 1/4-cup portions of mixture into pan and gently press into round patties with back of measuring cup or spatula. Don't over crowd skillet. Sauté fritters until golden brown on

bottom, about 3-4 minutes. Heat may need to be adjusted for optimal browning. Carefully turn over each fritter and sauté until other side is golden brown, about 3-4 minutes. Transfer fritters to plate and cover with foil to keep warm. Use remaining oil to sauté remaining six fritters. There should be 12 fritters in total.

5. In large bowl, add salad greens. Stir salad dressing and pour over greens. Add hazelnuts and gently toss together.

6. Arrange greens on large serving platter or four individual dinner plates. Arrange all fritters on top of greens if serving on platter or 3 fritters on each individual plate. Serve with Yogurt Dill Dressing on the side or drizzle on fritters and serve.

**Makes 4 servings**

**Serving size: 3 fritters**

**Nutrition information per serving**

Calories: 400	Dietary Fiber: 10 g
Total Fat: 18 g	Sodium: 392 mg
Saturated Fat: 2 g	Protein: 17 g
Cholesterol:	Carbohydrates: 47 g



## Chicken Baked with Cabbage and Leek

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22881&news\\_iv\\_ctrl=1262](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22881&news_iv_ctrl=1262)

### Ingredients

1 (2 lb.) Savoy or Napa cabbage	1 medium onion, halved and sliced
8 large Brussels sprouts	crosswise
1 Tbsp. extra virgin olive oil	1 Tbsp. dried thyme
1 (3 lb.) chicken, cut into 8 pieces, or	1/2 tsp. Spanish paprika
4 (6 oz.) chicken breast halves with rib and skin	Salt and freshly ground black pepper
1 large leek, white part and 1-inch light green part, halved lengthwise and thinly sliced	1½ cups fat-free, reduced-sodium chicken broth

### Instructions

1. Preheat the oven to 350 degrees.
2. Halve cabbage vertically and set one half aside for another use. Cut remaining cabbage into 2 wedges and cut away core. Cut wedges crosswise into 3/4-inch strips. There will be about 4 cups. Cut each Brussels sprout vertically into 4 slices.
3. In medium skillet that can go into oven, heat oil over medium-high heat. Reserving wings for another use, arrange chicken skin side down in hot pan and cook until skin is browned, turning pieces as needed, about 8 minutes. Transfer chicken to plate. Pour off all but 1 tablespoon of drippings from pan.
4. Add cabbage, brussels sprouts, leek and onion to pan, stirring to coat with remaining drippings. Cook, stirring occasionally, until cabbage and onion are limp and onion translucent, about 5 minutes. Add thyme, paprika, salt and pepper to taste, and mix to combine. Return chicken to pan, placing pieces skin side up on top of vegetables. Pour in broth. Place pan in oven, uncovered.
5. Bake for 35 minutes, or until an instant-read thermometer inserted into thickest part of chicken registers 160 degrees, about 15 minutes for breast, 20 minutes for thigh.
6. To serve, remove skin from chicken and divide pieces among four dinner plates. Spoon one-fourth of vegetables on top of or next to chicken. Spoon pan juices over chicken and vegetables.

**Makes 4 servings**

**Nutrition information per serving**

Calories: 348	Dietary Fiber: 8 g
Total Fat: 12 g	Sodium: 360 mg
Saturated Fat: 3 g	Protein: 39 g
Cholesterol:	Carbohydrates: 23 g



# Chicken Cacciatora

From the American Institute of Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=9473&news\\_iv\\_ctrl=1262](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9473&news_iv_ctrl=1262)

## Ingredients

- 1 tbsp. extra virgin olive oil
- 1 lb. whole skinless and boneless chicken breast, cut in 4 pieces
- 1 medium red onion, chopped
- 3 garlic cloves, chopped
- 8 oz. sliced white mushrooms
- 3 tbsp. chopped flat-leaf parsley, divided
- 1 tbsp. chopped fresh rosemary, or 2 tsp. dried, crumbled
- 1 can (about 15 oz.) diced tomatoes, with their juices
- 2 tbsp. red wine vinegar
- Salt and freshly ground black pepper

## Instructions

1. Heat the oil in a medium skillet over medium-high heat. Brown the chicken lightly on both sides, about 8 minutes. Transfer the chicken to a plate and set aside.
2. In the same pan, sauté the onion until translucent, about 4 minutes. Add the garlic and cook 1 minute longer. Add the mushrooms and cook, stirring often, until they release their liquid and soften, about 6 minutes. Mix in 2 tablespoons of the parsley and the rosemary. Add the tomatoes, tomato paste and vinegar, scraping the bottom of the pan with a wooden spoon to incorporate any browned bits into the sauce.
3. Return the chicken to the pan. When the sauce bubbles, reduce the heat, partially cover and simmer 15 minutes. Turn the chicken and cook until it is no longer pink in the center at the thickest part, about 5 minutes longer. Season to taste with salt and pepper.
4. Divide the cacciatore among 4 plates. Garnish with the remaining parsley and serve.

*Makes four servings*

## Nutritional information per serving (4 servings)

Calories: 211  
Total fat: 5g  
Saturated fat: < 1 g  
Sodium: 222mg  
Total carbohydrate: 12g  
Dietary fiber: 3g  
Protein: 29g



# Chicken Ratatouille

From USDA's SNAP-Ed Connection recipe finder

<http://recipefinder.nal.usda.gov/recipes/chicken-ratatouille>

## Ingredients

1 tablespoon vegetable oil	1 green pepper (medium, cut into 1-inch pieces)
4 chicken breast halves (medium, skinned, fat removed, boned and cut into 1-inch pieces)	½ pound mushroom (fresh, sliced)
2 zucchini (7 inches long, unpeeled and thinly sliced)	1 can tomatoes (16 oz, whole, cut up)
1 eggplant (small, peeled and cut into 1-inch cubes)	1 garlic clove (minced)
1 onion (medium, thinly sliced)	1 ½ teaspoon basil (dried, crushed)
	1 tablespoon parsley (fresh, minced)
	Black pepper (to taste)

## Instructions

1. Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

*Makes 4 servings*

## Nutrition information per serving

Calories: 270  
Total fat: 7 g  
Saturated fat: 1.5 g  
Cholesterol: 75 mg  
Sodium: 240 mg  
Total carbohydrate: 20 g  
Dietary fiber: 8 g  
Sugars: 11 g  
Protein: 32 g





# Chickpeas with Sundried Tomatoes

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipe/recipe.aspx>

## Ingredients

- 1 red onion, small, sliced crosswise and separated into rings
- 1/2 tsp. rosemary, dried, crumbled
- 1 medium tomato chopped
- 2-1/2 cups chick-peas, canned, rinsed and drained
- 1 Tbsp. olive oil
- 1/2 cup low-sodium vegetable stock
- 1 Tbsp. balsamic vinegar
- 2 Tbsp. sun-dried tomato bits

## Directions

1. In a large no-stick frying pan over medium-high heat, warm the oil.
2. Add the onions and rosemary; cook, stirring frequently, for 2 to 3 minutes, or until tender.
3. Stir in the vegetable stock and chopped tomatoes. Cook for 3 to 4 minutes, or until all the liquid has evaporated.
4. Stir in the chick-peas, tomato bits and vinegar; cook for 1 to 2 minutes, or until heated through.

Makes 4 servings

## Nutritional information per serving (4 servings)

- Calories: 200
- Calories from fat: 50
- Total fat: 6g
- Saturated fat: 1g
- Trans fat: 0g
- Cholesterol: 0mg
- Sodium: 490mg
- Total carbohydrate: 28g
- Dietary fiber: 7g
- Sugars: 4g
- Protein: 9g
- Vitamin A: 6%
- Vitamin C: 15%
- Calcium: 6%
- Iron: 10%

### Diabetic Exchange\*\*

Fruit: 0	Fat: 1
Vegetables: 1	Carbs: 2
Meat: 0	Other: 0
Milk: 0	

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.



# Crispy Oven Fried Chicken

From: Keep The Beat: Heart Healthy Recipes: National Health Lung and Blood Institute

<http://hp2010.nhlbihin.net/healthyating/default.aspx>

## Ingredients

½ C skim milk or buttermilk	2 tsp. dried hot pepper, crushed
1 tsp. poultry seasoning	1 tsp. ginger, ground
1 cup cornflakes, crumbled	8 pieces chicken, skinless (4 breasts, 4 drumsticks)
1 ½ Tbsp. onion powder	A few shakes of paprika
1 ½ Tbsp. garlic powder	1 tsp. vegetable oil
2 tsp. black pepper	

## Instructions

1. Preheat oven to 350 °F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs. Refrigerate for 1 hour.
5. Remove from refrigerator and sprinkle lightly with paprika for color.
6. Evenly space chicken on greased baking pan.
7. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30–40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. (Do not turn chicken during baking.)
8. Crumbs will form crispy "skin."

Makes 6 servings (Serving size: ½ breast or 2 small drumsticks)

## Nutritional information per serving (6 servings)

Calories: 256	Protein: 30g
Total fat: 5g	Total Carbohydrates: 22g
Saturated fat: 1g	Dietary fiber: 1g
Cholesterol: 82mg	Potassium: 339mg
Sodium: 286mg	



# Crunchy Chicken Salad

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/crunchy-chicken-salad>

## Ingredients

- 2 cup cooked chicken (chunked)
- ½ cup celery
- ¼ cup green pepper
- ¼ onion
- ½ cucumber
- ½ cup grape
- 1 apple (small, diced, leave peel on)
- ¼ cup plain yogurt

## Instructions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop ¼ of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together. *Optional: Serve on lettuce, crackers, or bread.*

*Makes 5 servings (3/4 cup prepared salad per serving)*

## Nutritional Information per serving

Calories: 140	Dietary Fiber: 1 g
Total Fat: 4.5 g	Sodium: 65 mg
Saturated Fat: 1 g	Protein: 17 g
Cholesterol:	Carbohydrates: 8 g
Calcium: 4% DV	Iron: 4% DV
Vitamin A: 4% DV	Vitamin C: 15% DV



# Curry Chicken Salad

From King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/CurryChickenSalad.aspx>

## Ingredients

4 skinless, boneless, cooked chicken breast halves, chopped	1/2 cup bell pepper (any color), seeded and chopped
1/2 cup low-fat mayonnaise	1 apple, peeled, cored and chopped
1 teaspoon curry powder	1/2 cup red, seedless grapes, halved
1/4 teaspoon fresh ground pepper	1/4 cup slivered almonds
1/4 cup celery, chopped	1 8 oz. can water chestnuts, drained and sliced

## Instructions

1. In a medium bowl, combine chicken, mayonnaise, curry, and pepper.
2. Add celery, bell pepper, apple, grapes, almonds and water chestnuts and mix until well-coated.

## Makes 6 servings

## Nutrition information per serving

Calories: 198

Total fat: 9 g

Saturated fat: 1 g

Cholesterol: 54 mg

Sodium: 151 mg

Carbohydrates: 12 g

Dietary fiber: 2 g

Sugars: 0 g

Protein: 19 g



# Easy Turkey Skillet Dinner

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/docs/Dinner/Easy-Turkey-Skillet-Dinner.pdf>

## Ingredients

Nonstick cooking spray	1 tsp each dried basil, oregano, and garlic powder
$\frac{3}{4}$ pound lean ground turkey	$\frac{1}{2}$ tsp salt
1 medium onion, peeled and chopped	$\frac{1}{4}$ tsp ground black pepper
3 tomatoes, chopped	2 medium zucchini, sliced
3 tablespoons tomato paste	

## Instructions

1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

Makes 4 servings (*1 cup per serving*)

## Nutrition information per serving:

Calories 181  
Carbohydrate 13 g  
Dietary Fiber 4 g  
Protein 21 g  
Total Fat 6 g  
Saturated Fat 1 g  
Trans Fat 0 g  
Cholesterol 57 mg  
Sodium 462 mg



# Easy But Elegant Risotto

From the American Institute of Cancer Research

[http://preventcancer.aicr.org/site/News2?news\\_iv\\_ctrl=1121&abbr=dc\\_rc&page=NewsArticle&id=9483](http://preventcancer.aicr.org/site/News2?news_iv_ctrl=1121&abbr=dc_rc&page=NewsArticle&id=9483)

## Ingredients

2 Tbsp. butter or trans-fat free spread	½ lb. medium shrimp, shelled and halved lengthwise
1 small red onion, finely chopped	½ lb. mussels, rinsed and drained, for garnish
1 ½ cups Arborio rice	Salt and freshly ground white pepper
3 Tbsp. fresh lemon juice	¼ cup freshly grated Grana or Parmesan cheese
3 cups fat-free, reduced-sodium chicken broth	
8 thick asparagus, cut in 1-inch pieces	

## Instructions

1. Preheat oven to 450°F.
2. In a deep, oven-proof skillet, melt the butter over medium-high heat. Add the onion and rice.
3. Stir until onion is translucent and rice is opaque, about 2 minutes.
4. Add the lemon juice and cook until evaporated, stirring constantly.
5. Pour in the broth and 1 cup water. Remove from heat.
6. Cover with a large sheet of foil, pressing it down to touch the surface of liquid. Seal the foil around the rim of the pan. Cover pan with a tight lid.
7. Bake the risotto 25 minutes.
8. Meanwhile, boil 1 cup water in a medium saucepan. Add the asparagus and cook 2 minutes. Transfer the asparagus to a bowl.
9. Add the shrimp to the pot. When pink and curled, add them to the bowl.
10. Place the mussels in the pot, cover and cook until opened, about 2 minutes. Drain and set aside.
11. Remove the risotto from the oven and place it on top of the stove. Slowly peel off the foil, starting from the side furthest from you. Mix in the cheese, asparagus and shrimp. (Use oven mitts to prevent steam burns.)
12. Season to taste with salt and pepper. Serve in shallow soup bowls or plates, using the mussels as garnish.

Makes 4 servings

### Nutritional information per serving (4 servings)

Calories 279

Total fat 8g

Saturated fat 5g

Carbohydrate 32g

Sodium 570 mg

Protein 19g

Dietary fiber 1g



# Edamame Stew

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=6&rd=51>

## Ingredients

- |  |  |
|--|--|
| 1 bag (16oz) frozen shelled edamame (green soybeans)   | 2 Tbsp. garlic, minced or pressed (about 5 gloves)     |
| 1 can (35oz) no-salt-added Italian whole peeled tomatoes with basil, diced into small chunks | 1 C frozen yellow corn                                 |
| 2 cup zucchini, rinsed, quartered, and sliced  | ¼ tsp salt   |
| 1 cup yellow onion, diced  | 2 Tbsp. lemon juice (or 1 large lemon, freshly juiced) |
| 1 Tbsp. ground cumin   | 1 tsp. cilantro, chopped                               |
| ¼ tsp ground cayenne pepper  | ½ tsp dried oregano                                    |
| ½ tsp ground allspice (substitute cinnamon or pumpkin pie spice)                             |  |

## Instructions

1. Place frozen edamame in a deep saucepan with just enough water to cover. Bring to boil over high heat. Reduce heat to medium and cover. Cook for 5 minutes. Drain. Set aside.
2. While soybeans cook, chop tomatoes, zucchini, and onion.
3. In a large nonstick sauté pan, cook onion in olive oil over medium heat until soft, about 5 minutes.
4. Stir in cumin, cayenne pepper, and allspice (or cinnamon/pumpkin pie spice). Cook and stir for about 2 minutes.
5. Add garlic. Cook and stir for 1 minute.
6. Stir in the drained edamame, tomatoes, zucchini, corn, and salt.
7. 7. Cover. Simmer until zucchini is tender, about 15 minutes.
8. Stir in lemon juice and oregano.
9. Serve immediately. *Tip: Serve over brown rice for a complete meal*

*Makes 4 servings (2 cups of stew per serving)*

## Nutrition information per serving:

Calories	185	Total Fat	10 g
Carbohydrate	40 g	Total Fiber	14 g
Potassium	1,227 mg	Saturated Fat	1 g
Protein	16 g	Sodium	303 mg



# Grilled Chicken with Green Chile Sauce

From the National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/health/resources/heart/syah-html/grckngr>

## Ingredients

- |  |   |
|--|---|
| 4 skinless, boneless chicken breasts               | ½ medium onion, quartered                         |
| ¼ cup olive oil                                    | 2 cloves garlic, finely chopped                   |
| ¼ teaspoon oregano                                 | 2 tablespoons cilantro, chopped                   |
| ½ teaspoon black pepper                            | ¼ teaspoon salt                                   |
| ¼ cup water  | ¼ cup low fat sour cream (or Homemade Sour Cream) |
| 10 to 12 tomatillos, husks removed and cut in half | Juice of 2 limes                                  |

## Instructions

1. Combine the oil, juice from one lime, oregano, and black pepper in a shallow glass baking dish. Stir. Place the chicken breasts in the baking dish and turn to coat each side. Cover the dish and refrigerate overnight. Turn the chicken periodically to marinate chicken on both sides.
2. Put water, tomatillos, and onion into a saucepan. Bring to a gentle boil and cook uncovered for 10 minutes or until the tomatillos are tender. In a blender, place the cooked onion, tomatillos, and any remaining water. Add the garlic, peppers, cilantro, salt, and the remaining lime juice. Blend until all the ingredients are smooth. Place the sauce in a bowl and refrigerate.
3. Place the chicken breasts on a hot grill and cook until done. Place the chicken on a serving platter.
4. Spoon a tablespoon of low fat sour cream over each chicken breast. Pour the sauce over the sour cream.

**Makes 4 servings**

## Nutrition information per serving

Calories: 192	Calcium: 53 mg
Total Fat: 5 g	Sodium: 220 mg
Saturated Fat: 2 g	Protein:
Cholesterol: 71 mg	Iron: 2 mg





# Grilled Halibut with Jicama Salad

From the Seattle & King County Public Health Recipe Cookbook:  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/MainCourse/GrilledHalibut.aspx>

## Ingredients for salsa

2 cups peeled and chopped jicama	¼ tsp. salt
1 Tbs. fresh cilantro, chopped	1 medium cucumber, peeled and chopped
1 Tbs. fresh lime juice	1 medium orange, peeled and chopped
½ tsp. chili powder	

## Ingredients for halibut

6 (6 oz.) halibut filets	½ tsp. dried thyme
2 Tbs. olive oil	½ tsp. dried basil
2 Tbs. fresh lime juice	1/8 tsp. dried rosemary

## Instructions

1. Mix all salsa ingredients in bowl. Cover and refrigerate for 2 hours.
2. Whisk together olive oil, lime juice, and herbs. Pour marinade over fish in large, shallow glass baking dish. Refrigerate 2-4 hours.
3. Preheat grill.
4. Oil grilling rack and adjust height to 4-6 inches from heat. Remove fish from marinade and place on grill. Cook 10 minutes per inch of thickness, or until fish flakes with a fork. Turn once to brown both sides.
5. Serve fish with jicama salsa.

## Makes 6 servings

### *Nutrition information per serving:*

Calories	264
Carbohydrate	9 g
Dietary Fiber	3 g
Sugars	0 g
Protein	36 g
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	54 mg
Sodium	192 mg



# Grilled Panzanella

From the American Institute of Cancer Research

<http://www.aicr.org/health-e-recipes/2013/grilled-panzanella.html>

## Ingredients

- 4 garlic cloves, minced
- ½ tsp. Dijon mustard
- 2 Tbsp. white wine vinegar
- ½ cup extra virgin olive oil
- Salt and freshly ground pepper to taste
- 15 fresh basil leaves chopped coarsely
- 1 medium cucumber, seeded (or English cucumber) washed, sliced into ½ inch pieces
- 3 large ripe tomatoes, cut into 1-inch cubes
- 2 Tbsp. green olives, pitted and chopped (capers may be substituted)
- 1 medium red bell pepper, seeded and quartered
- ½ large red onion, cut in half and then ¼ inch slices
- ½ small loaf crusty whole-grain French or Italian bread, cut into 1-inch slices, halved

## Directions

1. In mixing bowl whisk garlic, mustard, vinegar, oil, salt and pepper and set aside.
2. In large bowl gently combine basil, cucumber, tomatoes and olives.
3. Brush bell peppers and onion slices on one side with oil mixture. Place oil side down on hot grill and cook for 3-4 minutes. Brush other side with oil mixture, turn over and cook an additional 3-4 minutes.
4. Remove from grill. On cutting board, slice peppers into 1/2-inch slices and separate onion rings. Add to vegetables. Add oil mixture and toss to coat.
5. Toast both sides of bread until nicely browned.
6. On a serving platter layer bread and top with vegetables and basil mixture. Toss bread with vegetables if desired. Serve.

Makes 6 servings.

## Nutritional Information per serving

Calories: 193	Dietary Fiber: 4g
Total Fat: 11g	Sodium: 187mg
Saturated Fat: 2g	Protein: 4 g
Cholesterol:	Carbohydrates: 22g



# Herbed Chicken Cutlets

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her-574-herbed-chicken-cutlets.html>

## Ingredients

- |                                       |   |
|---------------------------------------|---|
| 1 cup lightly packed cilantro leaves  | 1/2 tsp. grated lime zest                       |
| 1 cup lightly packed spearmint leaves | Freshly ground pepper                           |
| 3 Tbsp. finely chopped onion          | 2 (8-10 oz.) skinless, boneless chicken breasts |
| 1/2-inch slice fresh ginger, chopped  | 3 Tbsp. extra virgin olive oil, divided         |
| 1/2 tsp. salt                         |   |
| 2 tsp. roasted sesame oil             |   |

## Instructions

1. On cutting board, pile cilantro, mint, onion and ginger in a heap. Sprinkle on salt. Placing large, heavy knife over herbs and aromatics, place your fingers on front tip of blade and rock blade back and forth over them, gradually working blade around in half circle, stopping occasionally to mound chopped mixture back together. Chop until herbs look wet and are almost a coarse paste, about 4 minutes; there should be about 1/2 cup. Scoop paste into small bowl. Mix in sesame oil, lime zest and 5 grinds pepper. Set seasoning paste aside.
2. Cut each chicken breast crosswise, making 4 (4-5 oz.) pieces. Place one chicken piece on work surface. Place open hand gently on top of chicken. With other hand, hold knife with thin, sharp blade horizontally and use it to slit breast along one long side, taking care to cut only three-quarters of way through. Open breast like a book, set it on large piece of plastic wrap and cover with second piece of wrap. Using flat side of mallet, pound breast, working from center out, until it is evenly 1/4-inch thick; breast will about double in size. Repeat with remaining breast pieces.
3. Remove plastic from one side of breast and spread 1 tablespoon paste over it. Recover with plastic wrap, and using mallet, pound breast 15 or 20 times. Flip breast over and repeat to season second side. Repeat with remaining chicken.
4. In heavy, medium skillet over medium-high heat, warm 1 tablespoon oil. Add a chicken breast and cook for 2 minutes. Turn and cook until it feels firm when pressed with finger at thickest part, about 2 minutes. Transfer chicken to plate and cover loosely with foil. Add 2 teaspoons of remaining oil to pan and cook second chicken breast. Repeat using remaining oil and chicken breasts.

**Makes 4 servings.**

### Nutrition information per serving:

Calories: 264	Dietary Fiber: 2 g
Total Fat: 14 g	Sodium: 386 mg
Saturated Fat: 2 g	Protein: 30 g
Cholesterol:	Carbohydrates: 3 g



# Jamaican Jerk Chicken

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=15&cId=2&rd=245&AspxAutoDetectCookieSupport=1>

## Ingredients

8 pieces skinless chicken (4 breasts, 4 drumsticks)	2 tsp oregano
½ tsp ground cinnamon	2 tsp dried thyme
1½ tsp ground allspice	½ tsp salt
1½ tsp ground black pepper	6 cloves garlic, finely chopped
1 Tbsp chopped hot pepper	1 C onion, pureed or finely chopped
1 tsp dried hot pepper	¼ C vinegar
	3 Tbsp brown sugar

## Instructions

1. Wash chicken and pat dry.
2. In a large bowl, combine all ingredients except chicken.
3. Rub seasonings over chicken, and marinate in the refrigerator for 6 hours or longer.
4. Preheat oven to 350 °F. Space chicken pieces evenly on a nonstick or lightly greased baking pan.
5. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes, or until the meat can easily be pulled away from the bone with a fork.

**Makes 10 servings**

## Nutrition information per serving

Calories: 113	Dietary Fiber: 1 g
Total Fat: 3 g	Sodium: 161 mg
Saturated Fat: 1 g	Protein: 16 g
Cholesterol: 49 mg	Carbohydrates: 6 g
Potassium: 192 mg	



# Lemon & Garlic Pasta with Pan-Seared Scallops

From: Keep The Beat: National Health Lung and Blood Institute  
<http://hp2010.nhlbihin.net/healthyating/recipe/detail.aspx?linkId=11&clid=5&rid=60&AspxAutoDetectCookieSupport=1>

## Ingredients

- |  |   |
|--|---|
| 1 large lemon, grated for zest (and freshly squeezed for 2 Tbsp lemon juice) | 16 large sea scallops (about 1lb)                   |
| 1 Tbsp garlic, minced or pressed (about 2-3 cloves)                          | ¼ Tsp salt  |
| 2 Tbsp olive oil, divided into two 1-Tbsp portions                           | 1/8 Tsp ground black pepper                         |
|  | 8 oz very thin spaghetti (vermicelli or angel hair) |
|  | 2 Tbsp. shredded parmesan cheese                    |

## Instructions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. When the water boils, reduce heat to simmer until you're ready to cook the pasta (step 5).
2. While the water is heating up, use a grater to take off small peels of the skin of one lemon into a small saucepan. Cut the lemon in half and squeeze the juice into the pan and remove pits. Use the back of a large spoon to press the inside of the lemon to extract more juice. Add the garlic and 1 tablespoon of the olive oil to the saucepan. Stir to blend well. Place on stovetop on low heat.
3. Heat a large nonstick pan or grill pan on high temperature until very hot. Sprinkle the scallops with salt, pepper, and 1 tablespoon of olive oil. Toss to coat well.
4. Place the scallops in the hot pan. Cook about 4 minutes on each side, or until scallops are well browned and firm and milky white to the center (to a minimum internal temperature of 145° F).
5. After turning the scallops to the second side, drop the pasta into the boiling water. Set temperature on medium, and cook for 2 minutes or the shortest recommended time according to package directions.
6. When the pasta is done, set aside ½ cup of the cooking water. Drain the pasta. Return drained pasta to the pot, and toss with the warm olive oil mixture and the ½ cup reserved pasta water.
7. Divide the pasta equally among four plates (about 1 cup per plate). Top each with four scallops.
8. Garnish each dish with ½ tablespoon of shredded parmesan cheese. Serve immediately.

*Makes 4 servings (Serving size: 4 scallops, 1 cup pasta)*

## Nutritional information per serving (4 servings)

Calories: 376	Total fiber: 2g
Total fat: 9g	Protein: 28g
Saturated fat: 2g	Total Carbohydrates: 43g
Cholesterol: 48mg	Potassium: 426mg
Sodium: 429mg	



# Lentil Tacos

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/lentil-tacos>

## Ingredients

1 ½ cup dry lentils (sorted and rinsed)	1 tsp. chili powder
¼ cup raisins	1 tsp. cumin
4 cup water	½ tsp. basil
½ green pepper, chopped	2/3 cup tomato paste
4 cloves garlic, minced	
½ tsp. hot pepper flakes (optional)	

## Instructions

1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes (Add more water if necessary).
3. Serve with corn tortillas. Can also be served over rice or noodles.

*Makes 6 servings*

## Nutrition information per serving:

Calcium	6% DV
Calories	160
Carbohydrate	34 g
Dietary Fiber	8 g
Iron	20% DV
Protein	8 g
Total Fat	1.5 g
Saturated Fat	0 g
Sodium	270 mg
Vitamin A	20% DV
Vitamin C	25% DV



# Mediterranean Kebabs

From Keep the Beat – US Health and Human Services

<http://hp2010.nhlbihin.net/healthyeating/default.aspx>

## Marinade Ingredients

- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic (about 2 – 3 cloves)
- 2 Tbsp. lemon juice
- 1 Tbsp. fresh parsley, rinsed, dried and chopped or 1 tsp. dried
- ½ tsp. salt

## Kebab Ingredients

- 6 oz. top sirloin or other beef steak cubes ( 12 cubes)
- 6 oz. boneless, skinless chicken breast, cut into ¾ inch cubes (12 cubes)
- 1 large white onion, cut into ¾ inch squares (12 squares)
- 12 cherry tomatoes, rinsed
- 1 (4 oz.) red bell pepper, rinsed and cut into ¾ inch squares ( 12 squares)
- 12 wooden or metal skewers, each 6 inches long (if wood, soak them in warm water for 5 – 10 minutes to prevent burning)

## Instructions

1. Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Combine ingredients for marinade, and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
3. Mix the beef, chicken, onion, tomatoes, and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
4. Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
5. Grill or broil on each of the four sides for 2–3 minutes or until completely cooked (to a minimum internal temperature of 145 °F for beef and 165 °F for chicken). Spoon most of the second half of the marinade over the kebabs while cooking.
6. Serve three skewers per serving. Drizzle the remaining marinade on top of each kebab before serving (use only the marinade that did not touch the raw meat or chicken).

Serves 4

## Nutritional information per serving (4 servings)

Calories:	202	Total fiber:	2 g
Total fat:	11 g	Protein:	18 g
Saturated fat:	2 g	Total carbohydrates:	9 g
Cholesterol:	40 mg	Potassium:	431 mg
Sodium:	333 mg		



# Polenta with Pepper and Cheese

From USDA SNAP-Ed recipe Finder

<http://recipefinder.nal.usda.gov/>

## Ingredients

- |   |  |
|---|--|
| 4 cups water  | 1 Tbsp. margarine or butter                    |
| 1 ½ cup corn meal, or polenta uncooked  | 6 ounce cheese, cheddar, reduced fat, shredded |
| 1 can (11 ounces) whole kernel corn mixed with green and red peppers, drained | 1 can (15 ounces) rinsed black or pinto beans  |
| 1 can (7 ounces) green chiles   |  |
| ½ tsp. salt   |  |

## Garnish

- Cilantro sprigs
- 1 red bell pepper - cut into rings

## Instructions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring; add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the margarine, cheese and beans.
4. Remove from the heat and transfer to a serving dish.
5. Garnish with red bell pepper rings and cilantro.

Makes 8 servings (1 cup per serving)

## Nutritional information per serving (8 servings)

Calories: 240	Dietary fiber: 7g
Calories from fat: 45	Sugars: 5g
Total fat: 5g	Protein: 11g
Saturated fat: 1.5g	Vitamin A: 20%
Trans fat: 0g	Vitamin C: 70%
Cholesterol: 5mg	Calcium: 15%
Sodium 580mg	Iron: 15%
Total carbohydrate: 37g	

Percent Daily Values are based on a 2,000 calorie diet.





# Porchetta-Style Roasted Turkey Breast

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23139&news\\_iv\\_ctrl=2901](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23139&news_iv_ctrl=2901)

## Ingredients

1 tsp. coriander seed	1 tsp. kosher salt
1 tsp. fennel seed	1/8 tsp. freshly ground pepper
1 Tbsp. finely chopped fresh rosemary	3 Tbsp. extra virgin olive oil
1 Tbsp. coarsely chopped fresh sage	1 (5-7 lb.) whole turkey breast, bone-in
2 garlic cloves, chopped	4 cups low-sodium chicken broth*

## Instructions

1. Combine coriander and fennel seeds in small, dry skillet and toast over medium-high heat until seeds are golden and fragrant, 3 to 4 minutes, shaking and moving pan in circular motion occasionally at first, then constantly. Transfer seeds to plate to cool.
2. Make seasoning mixture in food processor by pulsing toasted coriander and fennel seeds with herbs and garlic until finely chopped. Add salt and pepper and whirl until all ingredients are very finely chopped, 30 seconds. With motor running, drizzle in oil. Set seasoning mixture aside for 15 minutes.
3. While seasoning sits, use your fingers to gently separate skin from turkey breast meat, taking care not to tear skin. Using your hand, rub one third of seasoning mixture under skin on each side of breast and coat inside of breast with remaining mixture. Rub your oily hands over skin, coating it lightly. Seal breast in plastic wrap and set on a plate. Marinate breast in refrigerator for 4 hours.
4. Preheat oven to 350 degrees F. Place rack in large roasting pan. While oven heats, unwrap turkey and let sit on counter.
5. Pour chicken broth into roasting pan. Set turkey breast on rack. Roast turkey, turning pan in oven every 20 minutes to help it brown evenly. Breast is done when instant read thermometer inserted into thickest point reads 165 degrees F., about 2 hours for a 6 pound breast (allowing 20 minutes per pound). Skin can be dark without meat being dry, but tent foil over breast if skin is getting too dark. Because of brining effect of seasoning paste, skin near bone may look pale pink.
6. Let breast rest for 20 minutes before carving. Strain juices to serve on the side.

## Makes 8 servings

### Nutrition information per serving

Calories	183	Dietary Fiber	1g
Total Fat	8g	Sodium	316mg
Saturated Fat	1.5g	Protein	24g
Carbohydrates	2g		



# Porkchops with Braised Red Cabbage, Apple and Cranberries

From the American Institute of Cancer Research

<http://www.aicr.org/foods-that-fight-cancer/apples.html#recipes>

## Ingredients

- |   |                            |
|---|----------------------------|
| 1 small red cabbage, about 1 lb., quartered and cored             | ¾ cup pomegranate juice    |
| 1 Tbs. canola oil   | ¼ cup red wine vinegar     |
| 4 boneless lean center-cut pork chops, 4 oz. each                 | Zest of ½ orange           |
| 2 cups thinly sliced red onion                                    | 1 tsp. ground cinnamon     |
| 2 Granny Smith apples, peeled, cored, and cut into 12 slices each | ½ tsp. ground nutmeg       |
| 2/3 cup dried cranberries   | ¼ tsp. ground cloves       |
|   | ¼ tsp. ground black pepper |
|   | Salt to taste              |

## Instructions

1. Cut cabbage crosswise into ½-inch strips. There should be about 6 cups. (Save any extra to use in salads, etc.)
2. Heat oil in large skillet over medium-high heat. Brown pork chops on each side, about 1 minute, and remove from pan.
3. Add onion to pan and cook until limp, about 3 minutes.
4. Pour in juice and vinegar. Cook for 3 minutes.
5. Mix in zest, spices, and salt. Reduce heat to medium and cook for 15 minutes.
6. Add chops. Cook until cabbage is tender and pork registers 160 degrees F, 5-10 minutes, stirring occasionally.
7. To serve, spread 5 cups of cabbage onto platter, and top with chops. Remaining cabbage can be refrigerated up to 5 days.

*Makes 4 servings*

## Nutrition information per serving:

Calories	410
Carbohydrate	51 g
Dietary Fiber	7 g
Protein	28 g
Total Fat	12 g
Saturated Fat	2 g



# Quinoa Risotto Primavera

From the American Institute for Cancer Research

[http://www.aicr.org/enews/2018/04-april/enews-fresh-vegetable-risotto.html?utm\\_campaign=enews&utm\\_medium=email&utm\\_source=04052018\\_email](http://www.aicr.org/enews/2018/04-april/enews-fresh-vegetable-risotto.html?utm_campaign=enews&utm_medium=email&utm_source=04052018_email)

## Ingredients

2 1/2 cups cauliflower florets, cut in 1-inch pieces, stems well-trimmed  
1 1/2 tablespoon extra virgin olive oil  
1/2 cup finely chopped onion  
2 tablespoons finely chopped shallot  
2/3 cup quinoa, rinsed and drained

3 1/2 cups fat-free, reduced-sodium chicken broth, divided  
1/3 cup thinly sliced baby carrots  
1/2 cup frozen baby green peas  
1/4 cup grated Parmesan cheese  
Salt and freshly ground black pepper  
1/3 cup chopped flat leaf parsley

## Instructions

1. Place cauliflower in food processor. Pulse until cauliflower resembles crumbled feta, about 15-20 pulses; there should be 2 cups chopped cauliflower to set aside. Use leftover to add to soup or salad.
2. In heavy, wide, large saucepan, heat oil over medium-high heat. Add onion and cook, stirring often, for 3 minutes. Add shallots and cook until golden, about 3 minutes, stirring occasionally. Add quinoa and cook, stirring constantly, until grain makes constant crackling, popping sound, about 5 minutes. Carefully add 2 cups broth, standing back as it will spatter. Cover, reduce heat and simmer quinoa for 10 minutes.
3. Add cauliflower, carrots and 1/2 cup hot broth and simmer, uncovered, for 5 minutes, stirring often. Add peas and enough broth to keep risotto soupy, about 1/4 cup. Cook 8-10 minutes, or until quinoa is al dente or to your taste and vegetables are tender-crisp, adding broth 1/4 cup at a time, as needed. Risotto is done when liquid is mostly absorbed and mixture is slightly wet, but no longer soupy. Off heat, stir in cheese and season to taste with salt and pepper. Garnish with parsley and serve. Leftover risotto keeps for 3 days, covered in refrigerator, and can be served at room temperature as a whole-grain salad.

*Makes 8 servings*

## Nutrition information per serving

Calories: 120	Dietary Fiber: 3 g
Total Fat: 4.5 g	Sodium: 280 mg
Saturated Fat: 1 g	Protein: 5 g
Cholesterol:	Carbohydrates: 14 g



# Rotini with Spicy Red Pepper and Almond Sauce

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cld=0&rlid=43>

## Ingredients

8 oz whole-wheat rotini (spiral) pasta	1 tsp paprika
½ cup whole natural almonds, unsalted	1 Tbsp dried basil or parsley
1 jar (12 oz) roasted red peppers	1 tsp red wine vinegar
1 Tbsp garlic, roughly chopped (about 2–3 cloves)	½ tsp salt
¼ tsp ground cayenne pepper	Ground black pepper, to taste

## Instructions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions for the shortest recommended time, about 10 minutes. Drain pasta.
3. While the pasta cooks, toast almonds in a toaster oven or regular oven at 350 °F until lightly toasted, about 5–8 minutes. Set aside to cool.
4. Meanwhile, in a food processor or blender, add roasted red peppers and liquid, garlic, cayenne pepper, paprika, basil, vinegar, salt, and pepper. Blend until smooth, 1–2 minutes.
5. Add cooled almonds to the sauce in the processor. Pulse until the almonds are chunky.
6. After draining the pasta, return to pot. Add almond sauce. Toss until pasta is well coated.
7. Divide into four equal portions (about 2 cups each).

## Makes 4 servings

### Nutrition information per serving

Calories	322
Total Fat	10g
Saturated Fat	1g
Cholesterol	0mg
Total Fiber	9g
Sodium	383mg
Protein	12g
Carbohydrates	49g



# Scrumptious Meat Loaf

From Stay Young at Heart: National Heart Lung & Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/srmtloaf.htm>

## Ingredients

1 lb. ground beef, extra lean	1/2 tsp. hot pepper, chopped
1/2 cup tomato paste (4 oz.)	2 cloves garlic, chopped
1/4 cup onion, chopped	2 stalks scallion, chopped
1/4 cup green peppers	1/2 tsp. ginger, ground
1/4 cup red peppers	1/8 nutmeg, ground
1 cup tomatoes, fresh, blanched, chopped	1 tsp. orange rind, grated
1/2 tsp. mustard, low sodium	1/2 tsp. thyme, crushed
1/4 tsp. ground black pepper	1/4 cup bread crumbs, finely grated

## Instructions

1. Mix all ingredients together.
2. Place in 1-pound loaf pan (preferably a pan with a drip rack) and bake covered at 350°F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.

*Makes six servings [Serving Size: 6 (1-1/4-inch) thick slices]*

## Nutritional information per serving (6 servings)

Calories 193  
Fat 9 g  
Saturated fat 3 g  
Cholesterol 45 mg  
Sodium 91 mg



# Spaghetti with Mediterranean Tuna

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=pr\\_hf &page=NewsArticle&id=20295&news\\_iv\\_ctrl=1265](http://preventcancer.aicr.org/site/News2?abbr=pr_hf &page=NewsArticle&id=20295&news_iv_ctrl=1265)

## Ingredients

- 1 medium red bell pepper, halved and seeded (or use jarred roasted pepper)
- 1 Tbsp. capers, preferably salt-preserved
- 1 (7-oz.) can solid light tuna in olive oil, well drained
- 1 lemon, preferably organic
- 1/2 cup lightly packed flat-leaf parsley leaves, chopped
- Salt and freshly ground pepper
- 8 oz. whole-wheat spaghetti, broken into thirds, or whole-wheat corkscrew shaped pasta

## Instructions

1. If roasting pepper place rack in upper third of oven. Preheat oven to 450 degrees F.
2. Line baking sheet with foil and coat foil with cooking spray. Place pepper on baking sheet cut-side down, and roast on top rack for 20-25 minutes, until skin blisters and is black in places. Transfer pepper halves to small bowl, cover with plate or plastic wrap, and steam for 20 minutes. When pepper is cool enough to handle, use your fingers to pull off skin.
3. Finely chop pepper, and set aside.
4. Rinse capers, place in small bowl and cover with cool water. Soak for 20 to 30 minutes, then rinse capers well and pat dry on paper towel. Chop capers, and set aside.
5. Boil large pot of water for pasta.
6. Place drained tuna in medium-size mixing bowl, and using a fork, flake it. Add capers, and roasted pepper. Zest lemon and set zest aside. Squeeze 2 tablespoons juice from lemon and add to tuna. Save remaining lemon for another use. Mix parsley into tuna. Season to taste with salt and pepper.
7. Pour additional boiling water into large mixing bowl. Set bowl with tuna mixture into larger bowl to warm it and help flavors to meld while pasta cooks, stirring sauce occasionally. Let sit for up to 30 minutes.
8. Cook spaghetti according to package directions. Drain, reserving 1/2 cup of cooking water. Divide pasta among 4 wide, shallow bowls and moisten with 2 tablespoons of cooking water. Top each serving with one-fourth of tuna mixture. Sprinkle zest over tuna, and serve.

## Makes 4 servings

### Nutrition information per serving

Calories: 302	Dietary Fiber: 1 g
Total Fat: 5 g	Sodium: 267 mg
Saturated Fat: 1 g	Protein: 22 g
Cholesterol:	Carbohydrates: 46 g



# Spring Stir Fry with Chicken

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22311&news\\_iv\\_ctrl=1262](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22311&news_iv_ctrl=1262)

## Ingredients

1 Tbsp. peanut oil	1 large onion, chopped
5 cloves garlic, minced	1 cup chopped cabbage
1 tsp. grated fresh ginger	1 medium each, red and green bell peppers, chopped
1/4 tsp. ground ginger	2 Tbsp. reduced-sodium soy sauce
6 spring onions, chopped, including the green stems	1 1/2 tsp. sugar, optional
Salt to taste	1 Tbsp. cornstarch
1 lb. chicken, boneless and skinless, cut into about 1/2-inch strips	1/2 cup water
	3 cups of cooked brown rice

## Instructions

1. Heat oil over medium-high heat in wok or large skillet. When oil is almost smoking, add garlic, ginger, ground ginger, spring onions and salt to taste. Stir-fry about 2 minutes. Add chicken. Stir fry an additional 3 to 4 minutes.
2. Add chopped onion and cabbage and cook, stirring occasionally, for about 5 minutes. Add peppers and cook for 2 minutes.
3. Mix soy sauce, sugar and cornstarch into water; add to wok or skillet. Cook uncovered until sauce thickens. Serve over hot rice.

**Makes 4 servings** (1 ½ cups per serving)

## Nutrition information per serving

Calories: 276

Total fat: 7 g

Saturated fat: 1.5 g

Carbohydrates: 38 g

Protein: 16 g

Dietary fiber: 5 g

Sodium: 349 mg



# Stuffed Summer Squash

From USDA's SNAP-Ed Connection recipe finder

<http://recipefinder.nal.usda.gov/recipes/stuffed-summer-squash>

## Ingredients

- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed
- 1 tablespoon fresh basil
- 4 tablespoons Parmesan cheese

## Other Stuffing Options:

Rice + Turkey Stuffing: 1 cup squash pulp, 1 pound cooked ground turkey, 2 cups cooked brown rice, 1 can low-sodium condensed cream of mushroom soup, 2 Tablespoons shredded cheddar cheese.

Cornbread Stuffing: 2 cups squash pulp, 2 cups cornbread stuffing from a mix, dry, 1 cup diced cook chicken or ham, 1/4 cup raisins, 1/4 cup almonds or other.

## Instructions

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes.

*Makes 4 servings*

## Nutrition information per serving

Calories: 290  
Total fat: 3 g  
Saturated fat: 1 g  
Cholesterol: 5 mg  
Sodium: 160 mg  
Total carbohydrate: 54 g  
Dietary fiber: 7 g  
Sugars: 4 g  
Protein: 12 g





# Summer Vegetable Spaghetti

From Stay Young at Heart: National Heart Lung & Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/sumvegsp.htm>

## Ingredients

2 C small yellow onions, cut in eighths	1 clove garlic, minced
2 C chopped, peeled, fresh, ripe tomatoes (about 1 lb)	½ tsp. chili powder
2 C thinly sliced yellow and green squash (about 1 lb)	¼ tsp. salt
1 ½ C cut fresh green beans (about ½ lb)	Black pepper, to taste
2/3 C water	1 can (6 oz.) tomato paste
2 Tbsp. minced fresh parsley	1lb uncooked spaghetti
	½ C grated parmesan cheese

## Directions

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle parmesan cheese over top.

Makes 9 servings (Serving Size: 1 cup spaghetti and 3/4 cup sauce with vegetables)

## Nutritional information per serving (9 servings)

Calories: 279  
Total fat: 3 g  
Saturated fat: 1 g  
Cholesterol: 4 mg  
Sodium: 173 mg



# Turkey Chili

From the California Dept. of Public Health and the Network for a  
Healthy California Champions for Change

[http://www.cachampionsforchange.net/en/docs/Dinner/Turkey\\_Chili.pdf](http://www.cachampionsforchange.net/en/docs/Dinner/Turkey_Chili.pdf)

## Ingredients

Nonstick cooking spray	2 (14 ½-ounce) cans kidney or pinto beans, drained and rinsed
1 pound lean ground turkey	1 (8-ounce) can tomato sauce
1 medium onion, chopped	1 package chili seasoning
1 green bell pepper, chopped	2 teaspoons ground black pepper
1 (28-ounce) can whole tomatoes	

## Instructions

1. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
2. Brown ground turkey until no longer pink; drain excess fat.
3. Add onion and bell pepper and cook for 5 minutes.
4. Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.

Makes 12 servings (*1 cup per serving*)

## Nutrition information per serving:

Calories 176  
Carbohydrate 23 g  
Dietary Fiber 6 g  
Protein 15 g  
Total Fat 3 g  
Saturated Fat 1 g  
Trans Fat 0 g  
Cholesterol 25 mg  
Sodium 503 mg



# Turkey with Mustard-Tarragon Sauce

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/MainCourse/TurkeyMustardTarragon.aspx>

## Ingredients

- |   |   |
|---|---|
| 1 tbsp. olive oil   | ½ cup reduced sodium chicken broth                    |
| 2 small turkey breast tenderloins (about 1 pound total), sliced horizontally in half to make 4 pieces | 1 tsp. snipped fresh tarragon or ¼ tsp dried tarragon |
| ½ cup leeks (white part only), sliced   | ¼ cup nonfat sour cream                               |
| ½ cup dry white wine (or water)   | 2 tbsp Dijon-style mustard                            |

## Instructions

1. Heat oil in a large skillet over medium heat.
2. Add the turkey and the leeks and cook for 5 minutes until turkey is browned, turning once.
3. Stir in the wine, broth, and tarragon. Raise heat, bring to a boil then reduce heat to low. Cover and simmer for 5 minutes or until turkey is no longer pink in the center. Preferably, use a food thermometer to test the center of the meat which should be a minimum of 165 °F to determine doneness.
4. Transfer turkey to a serving plate and reserve liquids in the skillet. Raise heat to bring liquid to a boiling for 5 minutes until reduced to about ½ cup then return heat to low. Stir in the sour cream and mustard and heat through then spoon the sauce over the turkey and serve.

*Makes four servings (Serving Size: ¼ of recipe – 209 g)*

## Nutritional information per serving (4 servings)

Calories	258	Dietary Fiber	0 g
Calories from fat	108	Sugars	2 g
Total Fat	12 g	Protein	27 g
Saturated Fat	3 g	Vitamin A	6%
Trans Fat	0 g	Vitamin C	4%
Cholesterol	75 mg	Calcium	6%
Sodium	250 mg	Iron	10%
Total Carbohydrates	5 g		

*Percent daily values based on a 2000 calorie diet.*



# Vegetable Kare-Kare (Peanut Stew)

From the National Heart, Lung and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=18&cId=6&rd=265>

*Note: This is a traditional Filipino stew. All of the Asian ingredients can be found at an Asian grocer. Banana hearts or blossoms can be found canned or dried. If you decide to use the dried blossoms, make sure to soak them in cold water for 10 minutes before using. Kare-kare is also traditionally served with bagoong (salty fermented shrimp paste) on the side but this is completely optional.*

## Ingredients

2 tablespoons corn oil	Atsuete (optional) – soak 1 tablespoon of annatto seeds in ½ cup of water for 30 mins; add the liquid (not the seeds) to the recipe.
9oz (250g) gluten or seitan cubes	¼ teaspoon salt
2 cloves garlic, crushed	7oz (200g) eggplant, sliced
1 medium onion, sliced	3½ oz (100g) string beans, sliced
½ cup ground peanuts	5 oz (150g) banana heart or blossoms
¼ cup ground toasted rice	3½ oz (100g) bok choy/pechay, sliced

## Instructions

*To make ground toasted rice*

1. Place approximately ½ cup of rice in a frying pan or wok over moderate heat. Stir frequently to keep it from burning and allow it to develop a uniform, deep golden color. This will take approximately two to three minutes. Remove from heat and cool to room temperature.
2. Grind the toasted rice coarsely in a blender, or spice or coffee grinder.

*To make the stew*

1. Heat the corn oil in a large skillet. Sauté the gluten/seitan, then add the garlic and onion.
2. Add enough water to cover gluten. Then add the ground peanuts and ground toasted rice and simmer to thicken.
3. Add atsuete for coloring (if using) and season with salt.
4. Turn heat to low and layer the vegetables in the pot in this order: eggplant, string beans, banana heart and bok choy (or pechay) should go in last and sit on top of the other

vegetables. Cook until vegetables are tender then mix the vegetables into the stew before serving.

**Makes 6 servings**

**Nutrition information per serving**

Calories: 300	Dietary Fiber: 4g
Total Fat: 12g	Sodium: 125 mg
Saturated Fat: 2g	Protein: 36g
Cholesterol: 0mg	Carbohydrates: 20g



# Vegetarian Chili

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

## Ingredients

- |   |  |
|---|--|
| 2 large onions - cut into 1/4 inch pieces   | 2 medium zucchini - cut into 1/4 inch pieces       |
| 1 green bell pepper - cut into 1/4 inch pieces  | 2 medium summer squash - cut in to 1/4 inch pieces |
| 3 garlic cloves   | 1 can (16 ounce) ounces rinsed kidney beans        |
| 2 fresh, diced jalapeno chilies   | 1 cup chopped, fresh cilantro (or coriander)       |
| 2 Tbsp. vegetable-oil   | Salt and pepper to taste                           |
| 1 Tbsp. chili powder  |  |
| 1 Tbsp. ground cumin  |  |
| 1 can (28 ounce) whole tomatoes - cut into 1/4 inch pieces (or 8 medium fresh tomatoes) |  |

## Instructions

1. In a large pot sauté onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans, and continue to simmer for another 5 minutes.
6. Serve the mixture hot. Put remaining cilantro on top.

Makes 4 servings

## Nutritional Information per serving (4 servings)

Calories: 330	Dietary fiber: 14g
Calories from fat: 90	Sugars: 19g
Total fat: 10g	Protein: 13g
Saturated fat: 1g	Vitamin A: 70%
Trans fat: 0g	Vitamin C: 190%
Cholesterol: 0mg	Calcium: 20%
Sodium: 270mg	Iron: 25%
Total carbohydrate: 49g	

Percent Daily Values are based on a 2,000 calorie diet.



# Very Lemony Chicken

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/vlemchic>

## Ingredients

- 1-1/2 lbs. chicken breast, skinned and fat removed
- 1/2 cup fresh lemon juice
- 2 Tbsp. white wine vinegar
- 1/2 cup fresh sliced lemon peel
- 3 tsp chopped fresh oregano or 1 tsp dried oregano, crushed
- 1 medium onion, sliced
- 1/4 tsp salt
- to taste black pepper
- 1/2 tsp paprika

## Instructions

1. Preheat oven to 325 degrees F.
2. Place chicken in 13 x 9 x 2 inch glass baking dish.
3. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally.
4. Sprinkle with salt, pepper and paprika. Cover and bake for 30 minutes. Uncover and bake for 30 minutes more or until done.

**Makes 4 servings.**

## Nutrition information per serving

Calories: 154	Dietary Fiber: NA
Total Fat: 5 g	Sodium: 202 mg
Saturated Fat: 2 g	Protein: NA
Cholesterol: 63 mg	Carbohydrates: NA



# Warm Quinoa and Walnut Salad

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her-549-warm-quinoa-and-walnut-salad.html>

## Ingredients

- |  |  |
|--|--|
| 1 cup red quinoa                               | 3 Tbsp. lemon juice  |
| 2 cups low-sodium vegetable broth              | 3/4 cup jarred roasted red peppers, drained and coarsely chopped |
| 2 cups (10 oz.) frozen shelled edamame         | Salt and freshly ground black pepper                             |
| 2 Tbsp. fresh tarragon, chopped (2 tsp. dried) | 1 pkg. (5 oz.) baby spinach                                      |
| 1 Tbsp. lemon zest, freshly grated             | 1/4 - 1/3 cup chopped walnuts                                    |
| 3 Tbsp. olive oil                              |  |

## Instructions

1. In large strainer, rinse quinoa well.
2. In large pot over medium heat, toast quinoa until it starts to crackle, about 5 minutes. Add broth and bring to a boil. Cover, reduce heat to low and gently simmer for 12 minutes. Add edamame on top of quinoa. Do not stir or disturb quinoa. Cover again and continue cooking for 10 minutes or until edamame is tender. Carefully drain any remaining liquid. Set aside and let stand for 15 minutes.
3. In large mixing bowl, add tarragon, zest, olive oil and juice. Gently stir to combine. Reserve 2 tablespoons. Add red peppers and quinoa mixture and toss to combine well. Season to taste with salt and pepper.
4. In another large mixing bowl, gently toss spinach with reserved dressing.
5. Evenly divide spinach among six plates and top with quinoa mixture. Garnish salad with walnuts and serve.

**Makes 8 servings**

## Nutrition information per serving

Calories: 270	Dietary Fiber: 6 g
Total Fat: 14 g	Sodium: 150 mg
Saturated Fat: 1.5 g	Protein: 10 g
Cholesterol:	Carbohydrates: 30 g





# White Bean, Basil, and Sun-Dried Tomato Pizza

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/MainCourse/WhiteBeanPizza.aspx>

## Ingredients

- 1/2 cup sun-dried tomatoes (not packed in oil), chopped
- 1 15-oz. can Great Northern or Navy beans, drained
- 2 cloves garlic, peeled and chopped
- 1/4 teaspoon dried oregano
- 1 10-oz. thin crust pre-made pizza crust (such as "Boboli")
- 1 cup shredded fresh basil leaves
- 1/2 cup shredded, reduced-fat, Mozzarella cheese

## Instructions

1. Preheat oven to 425° F.
2. Place sun-dried tomatoes in a small bowl and pour boiling water over them enough to just cover and let stand for 10 minutes to soften them. Drain well then chop into thin strips.
3. Place beans, garlic and oregano in a food processor. Cover and blend until smooth.
4. Spread bean paste over surface of pizza crust.
5. Sprinkle with sun-dried tomatoes, basil and cheese.
6. Place pizza on an ungreased cookie sheet or pizza pan and bake for about 10 minutes or until cheese is melted.

**Makes 6 servings**

## Nutrition information per serving

Calories: 261	Dietary Fiber: 5g
Total Fat: 5g	Sodium: 419mg
Saturated Fat: 1g	Protein: 14g
Cholesterol: 6mg	Carbohydrates: 42g



# White Chili

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/white-chili>

## Ingredients

- 4 cups white beans (cooked, see recipe)
- 1 tablespoon olive oil
- 2 red pepper (chopped)
- 1 onion (large, chopped)
- 1 chopped green chili (can adjust to taste)
- 3 garlic (cloves, minced)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 2 cups chicken broth (low sodium)
- 2 cups milk, low-fat (1%)
- ¼ cup cilantro
- ¾ pound chicken (cooked and cubed)
- 6 corn tortillas (toasted and cut into 1 inch squares)

## Instructions

1. Saute peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

**Makes 10 servings**

**Serving size: 1/10 of recipe**

## Nutrition information per serving

Calories: 208	Dietary Fiber: 6 g
Total Fat: 4 g	Sodium: 96 mg
Saturated Fat: 1 g	Protein: 15 g
Cholesterol: 16 mg	Carbohydrates: 30 g



# Yosemite Chicken Stew and Dumplings

From the Centers for Disease Control – Healthy Recipes

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/entrees2.html#1>

## **Ingredients**

### ***For stew:***

1 lb. chicken meat, skinless, boneless, and cut into 1-inch cubes	1 pinch ground cloves
½ cup onion, coarsely chopped	1 bay leaf
1 medium carrot, peeled and thinly sliced	3 cups water
1 stalk celery, thinly sliced	1 tsp. cornstarch
¼ tsp. salt	1 tsp. dried basil
Black pepper to taste	1 package (10 oz.) frozen peas

### ***For dumplings:***

1 cup yellow cornmeal	½ tsp. salt
½ cup all-purpose flour, sifted	1 cup milk, low-fat (1%)
2 tsp. baking powder	1 Tbs. vegetable oil

## **Instructions**

1. For stew, place chicken, onion, carrot, celery, salt, pepper, cloves, bay leaf, and water into large saucepan. Heat to boiling; cover and reduce heat to simmer. Cook about 30 minutes, or until chicken is tender.
2. Remove chicken and vegetables from broth. Strain broth.
3. Skim fat from broth. Measure broth, and add water if necessary to make 3 cups of liquid.
4. Mix cornstarch with 1 cup cooled broth by shaking vigorously in a jar with a lid.
5. Pour into saucepan with remaining broth. Cook, stirring constantly, until mixture comes to a boil and is thickened.
6. Add basil, peas, and reserved vegetables to sauce; stir to combine.
7. Add chicken and heat slowly to boiling while preparing dumplings.
8. For dumplings, sift together cornmeal, flour, baking powder, and salt into large bowl.
9. Mix together milk and oil. Add milk mixture all at once to dry ingredients; stir just enough to moisten flour and evenly distribute liquid. Dough will be soft.
10. Drop by full tablespoons on top of braised meat or stew. Cover tightly; heat to boiling. Reduce heat to simmer and steam about 20 minutes (do not lift cover).

*Makes 6 servings*



# Zucchini Lasagna

From Keep the Beat: National Heart Lung & Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/zucclasa.htm>

## Ingredients

½ lb cooked lasagna noodles, (in unsalted water)	2 ½ cup tomato sauce, no salt added
¾ cup mozzarella cheese, part-skim, grated	2 tsp. basil, dried
1 ½ cup cottage cheese, fat free	2 tsp. oregano, dried
¼ cup Parmesan cheese, grated	¼ cup onion, chopped
1 ½ cup zucchini, raw, sliced	1 clove garlic
	1/8 tsp. black pepper

## Instructions

1. Preheat oven to 350°F. Lightly spray a 9 x 13 inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 tbsp Parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
5. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

*Makes six servings (Serving Size: 1 piece)*

## Nutritional information per serving (6 servings)

Calories: 276

Total Fat: 5 g

Saturated fat: 2 g

Cholesterol: 11 mg

Sodium: 380 mg



# 20-Minute Chicken Creole

From Stay Young at Heart: National Heart, Lung, and Blood Institute.  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>

## Ingredients

- Nonstick cooking spray (as needed)
- 4 medium chicken breast halves, skinned, boned and cut into 1-inch strips
- 1 (14 oz.) can tomatoes, chopped
- 1 cup low-sodium chili sauce
- 1 ½ cup green peppers, chopped (about 1 large)
- ½ cup celery, chopped
- ¼ cup onion, chopped
- 2 cloves minced garlic
- 1 Tbsp. fresh basil (or 1 tsp. dried)
- 1 Tbsp. fresh parsley (or 1 tsp. dried)
- ¼ tsp. crushed red pepper
- ¼ tsp. salt

## Instructions

1. Spray a deep skillet with nonstick spray coating. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
3. Serve over hot cooked brown rice or whole wheat pasta.

## Tips:

- You can substitute 1 lb boneless, skinless, chicken breast, cut into 1-inch strips.
- To cut back on sodium, try low sodium canned tomatoes.

Makes 4 servings (Serving Size: 1½ cup)

## Nutritional information per serving (4 servings)

Calories: 255

Total fat: 3 g

Saturated fat: less than 1 g

Cholesterol: 100 mg

Sodium: 465 mg



# Acorn Squash Cookies

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Deserts/AcornSquashCookies.aspx>

## Ingredients

- |                                   |                      |
|-----------------------------------|----------------------|
| ¾ cup firmly packed brown sugar   | ¼ tsp baking soda    |
| ¼ cup margarine, softened         | ½ tsp cinnamon       |
| ¾ cup mashed, cooked acorn squash | ¼ tsp salt           |
| 1 egg                             | 1/8 tsp nutmeg       |
| 1 ¼ cups whole wheat flour        | Lowfat cooking spray |
| ½ tsp baking powder               |                      |

## Instructions

1. Preheat oven to 350°.
2. Cream sugar and margarine at medium speed until light and fluffy.
3. Add mashed squash and egg, beat well.
4. In a medium bowl, combine flour, baking powder, baking soda, cinnamon, salt and nutmeg. Then add dry ingredients to the squash mixture, mixing well.
5. Drop dough by heaping tablespoonfuls 2 inches apart onto cookie sheets sprayed with cooking spray.
6. Bake at 350° for 15-18 minutes. Makes 20-25 cake-like cookies.

*Makes 24 servings. Serving size: 1 cookie (28g)*

## Nutritional information per serving (24 servings)

Calories: 101	Dietary fiber: 1g
Calories from fat: 53	Sugars: 7g
Total fat: 6g	Protein: 1g
Saturated fat: 1g	Vitamin A: 10%
Cholesterol: 0 mg	Vitamin C: 0%
Sodium: 118mg	Calcium: 2%
Total carbohydrate: 12g	Iron: 2%

*Percent Daily Values are based on a 2,000 calorie diet.*



# Apple Chunk Cake

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& Chinatown Public Health Center, San Francisco Department of Public Health.

<http://www.cdph.ca.gov/programs/cpns/Documents/HealthyChineseCookbook-CPNS.pdf>

## Ingredients

- 1 ¼ cups sugar
- ¼ cup vegetable oil
- 2 eggs
- 2 cups flour
- 1 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. baking soda
- 4 cups diced apple chunks
- ¼ cup applesauce
- 2 cups sliced apple to place on cake

## Instructions

1. Preheat oven to 350° F.
2. In a large bowl, mix sugar, oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
4. Add apple chunks and applesauce to the batter. Stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
6. Place apple slices on top of apple cake and serve.

Makes 12 servings

## Nutritional information per serving (12 servings)

Calories: 240

Calories from fat: 50

Total fat: 6g

Saturated fat: 0.5g

Trans fat: 0g

Cholesterol: 30mg

Sodium: 310mg

Total carbohydrate: 45g

Dietary fiber 2g

Sugars: 27g

Protein: 3g

Vitamin A: 2%

Vitamin C: 4%

Calcium: 2%

Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.



# Apple Cinnamon Bars

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-cinnamon-bars>

## Ingredients

4 apples (medium)	½ teaspoon cinnamon
1 cup flour	½ cup brown sugar
¼ teaspoon salt	1 cup oats (uncooked)
½ teaspoon baking soda	½ cup shortening

## Instructions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40-45 minutes.
9. Cut into squares. It will fall apart easily.

**Makes 24 servings**

**Serving size: 1 bar**

## Nutrition information per serving

Calories: 99	Dietary Fiber: 1 g
Total Fat: 5 g	Sodium: 53 mg
Saturated Fat: 1 g	Protein: 1 g
Cholesterol: 0 mg	Carbohydrates: 14 g





# Apple Spice Bread

American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc &page=NewsArticle&id=7247&news\\_iv\\_ctrl=1124](http://preventcancer.aicr.org/site/News2?abbr=dc_rc &page=NewsArticle&id=7247&news_iv_ctrl=1124)

## Ingredients

Cooking spray	½ Tsp allspice
2 medium Granny Smith apples (about 2 cups)	¼ Tsp salt
3 Tbsp fresh lemon juice	¾ cup packed light brown sugar
1 cup all-purpose flour	3 Tbsp canola oil
1 cup whole wheat flour	1 egg, lightly beaten
2 Tsp baking powder	1 Tsp vanilla extract
1 ½ Tsp ground cinnamon	Pinch of nutmeg (optional)

## Instructions

1. Preheat oven to 350 degrees. Coat 9-inch loaf pan with cooking spray. Peel and grate apples. Toss with lemon juice to prevent browning.
2. In large bowl, combine flours, baking powder, cinnamon, allspice and salt. Mix well. Make well in center and set aside.
3. In medium bowl, combine apples, brown sugar, canola oil, egg and vanilla. Mix well. Add mixture to dry ingredients and mix until just blended. Transfer batter to prepared pan.
4. Bake 1 hour, until wooden pick inserted near center come out almost clean (to preserve moistness). Cool in pan on wire rack, 10 minutes. Remove from pan and cool completely.

*Makes 10 servings. Serving size: 1/10 of recipe*

## Nutritional information per serving (10 servings)

Calories: 206  
Total fat: 5g  
Saturated fat: Less than 1g  
Sodium: 170mg  
Total carbohydrate: 38g  
Dietary fiber: 2g  
Protein: 4g



# Baked Pears with Vanilla and Yogurt and Granola

From the National Dairy Council Recipe Index

<http://www.nationaldairycouncil.org/Recipes/Pages/Baked-Pears-with-Vanilla-Yogurt-and-Granola.aspx>

## Ingredients

2 medium pears (Bartlett or D'Anjou pears)	3 (6oz) containers low-fat vanilla yogurt
½ cup apple juice	½ cup low-fat granola
1 cup water	Mint leaves, optional
1 Tbsp. honey	
1 Tbsp. ground cumin	

## Instructions

1. Preheat oven to 375 degrees Fahrenheit. Cut pears in half lengthwise and remove core with a melon baller or small spoon. While pears are baking, cut side down, in a shallow baking dish just large enough to hold them.
2. Pour apple juice and water over pears; drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender. While pears are baking, place granola in a shallow baking pan or pie plate and toast in oven 10 minutes; set aside.
3. When pears are done, pour baking liquid into a small saucepan and reduce over medium heat until about ¼ cup of syrup remains; set aside to cool.
4. Line a colander with paper towels and place over bowl to catch drips. Pour yogurt into colander and allow to drain about 30 minutes. Divide yogurt among 4 shallow bowls. Place warm pear half, cut side up, over yogurt. Top with toasted granola and drizzle with syrup. Garnish with a mint leaf, if desired.

*Yields ½ pear plus ¼ of yogurt mixture, per serving*

## Nutrition information per serving:

Calcium	25% DV
Calories	240
Carbohydrate	49 g
Cholesterol	5 mg
Dietary Fiber	3 g
Protein	8 g
Total Fat	2.5 g
Saturated Fat	1 g
Sodium	115 mg



# Banana Cocoa Yogurt Pops

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/myplate-cnpp/banana-cocoa-yogurt-pops>

## Ingredients

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 teaspoons cocoa powder
- 1 ice cube tray (or paper cups)

## Instructions

1. Mash banana with a fork.
2. Mix banana and yogurt well.
3. Stir in cocoa powder.
4. Divide into 4 small paper cups (or 8 mini muffin cups) and insert popsicle sticks or cut paper straws.
5. Freeze.
6. Enjoy as a frozen treat!

Makes 4 servings

## Nutrition information per serving

Calories: 79	Dietary Fiber: 1g
Total Fat: 1g	Sodium: 41mg
Saturated Fat: 1g	Protein: 3g
Cholesterol: 3mg	Carbohydrates: 15g



# Barley Chocolate Chip and Walnut Cookies

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/snacks-desserts/barley-chocolate-chip-and-walnut-cookies>

## Ingredients

- 1 1/2 cup barley flour
- 1 1/2 teaspoon baking powder
- 1/2 cup rice malt syrup or honey
- 2 teaspoon vanilla
- 1/4 cup vegetable oil
- 1 egg
- 1 cup walnuts, finely chopped
- 1 cup chocolate or carob chips

## Instructions

1. Preheat oven to 350° F.
2. Combine flour and baking powder in a mixing bowl.
3. Beat eggs and combine with oil, syrup and vanilla.
4. Add flour mixture to wet mixture and mix together to form stiff dough. Mix in walnuts and chips.
5. Bake 10 to 12 minutes. Remove and cool on a wire rack.

Tip: Use a 1/8 cup measure to drop dough onto an oiled cookie sheet. Dip 1/8 cup measure into cool water first to prevent dough from sticking. Wet hand in cool water and flatten each cookie with palm.

**Makes 20 servings**

## Nutrition information 1 cookie per serving

Calories: 180	Dietary Fiber: 2 g
Total Fat: 10 g	Sodium: 40 mg
Saturated Fat: 2.5 g	Protein: 3 g
Cholesterol:	Carbohydrates: 22 g



# Berry Parfait with Lemon Curd Dip

From the American Institute for Cancer Research

<http://preventcancer.aicr.org/site/News2?id=22509>

## Ingredients

### Parfait

- 3 medium or 2 large fresh peaches with skin, seed removed, sliced
- 2/3 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 3/4 tsp vanilla extract
- 2 Tbsp nonfat dry milk powder

### Lemon Curd Dip

- 3 medium or 2 large fresh peaches with skin, seed removed, sliced
- 2/3 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 3/4 tsp vanilla extract
- 2 Tbsp nonfat dry milk powder

## Instructions

### Lemon Curd Dip

1. In heavy, medium saucepan, whisk to combine egg yolks, sugar and lemon juice. Over medium-low heat, cook while whisking constantly until mixture looks silky and lightly coats a wooden spoon. When you run a finger down back of spoon, it should leave a clear line. This takes up to 10 minutes. If mixture starts to steam, reduce heat.
2. Off heat, add cold butter and whisk rapidly until combined. Scoop lemon curd into bowl or serving bowl and let stand until room temperature.
3. Cover lemon curd with plastic wrap, pressing against surface, and refrigerate curd for at least 12 and preferably 24 hours. It will thicken as it chills. Lemon Curd keeps for 4 days, tightly covered in refrigerator.
4. To serve, set bowl of chilled lemon curd on large plate and surround it with strawberries.

### Berry Parfait

1. In a parfait glass, layer 1 tablespoon Greek yogurt, 1 tablespoon berries, 1½ tablespoon lemon curd dip. Repeat layers with 2 tablespoon yogurt, 1½ tablespoon berries, 1½ tablespoon lemon curd. Top with 1 tablespoon yogurt, remaining blueberries and whole strawberry.

## Makes 1 serving

### Nutritional information per serving

Calories: 210  
Fat: 6 g  
Saturated fat: 3.5 g  
Protein: 7 g  
Fiber: 2 g  
Sodium: 25 mg

*Curd Dip (alone)—makes 6 servings (3 Tbsp. per serving)*

Calories: 152  
Fat: 6 g  
Saturated fat: 6 g  
Carbohydrates: 24 g  
Protein: 18 g  
Fiber: 0 g  
Sodium: 5 mg



# Black Bean Brownie

From employee Kyle Kroha adapted from Snack Girl

<http://www.snack-girl.com/snack/black-bean-brownies/?c=rp>

## Ingredients

- 12oz can black beans
- 20z package brownie mix

## Instructions

1. Remove lid from black bean can. Pour off liquid and rinse with water until clear.
2. Fill can (with rinsed beans in it) to top with fresh water.
3. Blend black beans and water in food processor or blender until smooth.
4. Combine black beans with brownie mix in place of water and oil required for preparation of box brownie recipe. Follow recipe on box.
5. Check for doneness by inserting a toothpick into the brownies. It should come out clean.

**Makes 16 servings**

## Nutrition information per serving

Calories: 154	Dietary Fiber: 2.3g
Total Fat: 4.2g	Sodium: 103mg
Sugar: 17g	Protein: 2.5g
Carbohydrates: 30g	



# Blueberry Coffee Cake

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Deserts/BlueberryCoffeeCake.aspx>

## Ingredients

- |                            |   |
|----------------------------|---|
| 1 cup lemon low-fat yogurt | ½ tsp. baking soda  |
| 3 Tbsp. vegetable oil      | ¼ tsp. salt   |
| 2 egg whites               | 1 ½ cups fresh or frozen* blueberries (be sure that any frozen fruit you decide to use be thawed and drained before adding to recipe) |
| ½ cup sugar                |   |
| 1 ½ cup flour              |   |
| 1 Tbsp. grated lemon peel  |   |
| 2 tsp. baking powder       |   |

## Instructions

1. Heat oven to 375° F. Spray a 9x9x2" square pan with nonfat cooking spray.
2. Beat yogurt, oil, egg whites and sugar in a large bowl. Stir in remaining ingredients except blueberries.
3. Carefully stir in blueberries.
4. Spread all ingredients in pan.
5. Bake about 45 minutes or until cake springs back when touched lightly in center. Cool 10 minutes.

Makes 8 servings [Serving Size: 1/8 of recipe (110 g)]

## Nutritional information per serving (8 servings)

Calories	227	Dietary Fiber	2 g
Calories from fat	54	Sugars	12g
Total Fat	6g	Protein	6 g
Saturated Fat	1 g	Vitamin A	0%
Cholesterol	1 mg	Calcium	8%
Sodium	192 mg	Iron	10%
Total Carbohydrates	38 g	Vitamin C	4%

Percent daily values based on a 2000 calorie diet.



# Bread Pudding with Apple Raisin Sauce

From the U of I Extension

<http://web.extension.illinois.edu/ghhpsw/recipe/061006.html>

## Ingredients

- 10 slices whole wheat bread
- 1 egg
- 3 egg whites
- 1 ½ c. skim milk
- ½ c. sugar
- ¼ c. brown sugar
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- ¼ tsp. each nutmeg and cloves
- 2 tsp. sugar

## Instructions

1. Spray a 9" x 13" x 2" baking dish with nonstick cooking spray.
2. Lay the slices of bread in the baking dish in two rows, overlapping.
3. In a medium mixing bowl, beat together the egg, egg whites, milk, ¼ cup sugar, the brown sugar, and vanilla.
4. In a small bowl stir together the cinnamon, nutmeg, cloves, and sugar and sprinkle over the bread pudding.
5. Bake at 350 degrees for 30-35 minutes, until it has browned on top and is firm to the touch.
6. Serve warm or at room temperature, with warm apple-raisin sauce.

## Apple-Raisin Sauce Ingredients

- 1 ¼ cup apple juice
- 1/2 cup apple butter
- 2 tbsp. brown sugar
- ½ cup raisins
- ¼ tsp. ground cinnamon nutmeg
- ½ tsp. orange zest (optional)

## Instructions

1. Stir all the ingredients together in a medium saucepan.
2. Bring to a simmer over low heat.
3. Let the sauce simmer 5 minutes.
4. Serve warm.

Makes 2 cups.

## Nutrition information per serving

Calories: 233

Total fat: 3g

Protein: 7.7g

Sodium: 252mg





# Cherry Chocolate Bread Pudding

From the American Institute for Cancer Research (AICR)

<http://www.aicr.org/foods-that-fight-cancer/cherries.html#recipes>

## Ingredients

¾ cup dried tart or sweet cherries	2 large eggs
¾ cup apple juice or water	3 large egg whites
8 slices whole-wheat bread	2 tsp. vanilla extract
¼ cup unsweetened Dutch-processed cocoa powder	Canola oil cooking spray
½ cup firmly packed brown sugar	¼ cup dark chocolate chips, at least 60% cocoa
¼ tsp. salt	2 Tbs. sliced almonds
2 ½ cups refrigerated plain coconut milk, divided	

## Instructions

1. In small bowl, soak cherries in apple juice or water to plump. Drain well, set aside.
2. Stack bread slices and cut off crust. Cut bread into ½-inch cubes, making about 7 cups.
3. In large bowl, combine cocoa, sugar, and salt. Add 1/3 cup of coconut milk, and whisk until smooth. Mix in remaining milk. Add eggs, whites, and vanilla – whisk well. Add cubed bread and drained cherries, mixing gently until all bread is moistened. Soak mixture for 30-60 min.
4. Preheat oven to 350 degrees F.
5. Coat 9-inch square baking dish with cooking spray. Stir mixture again to evenly distribute cherries. Spread into prepared pan. Sprinkle on chocolate chips and almonds.
6. Bake until knife in center comes out clean, 40-45 minutes. Cool on rack until just warm.
7. Cut into 12 pieces and serve. Cool completely and cover with plastic wrap to refrigerate.

*Makes 12 servings*

## Nutrition information per serving:

Calories	176
Carbohydrate	31 g
Dietary Fiber	3 g
Protein	5 g
Total Fat	4 g
Saturated Fat	2 g
Sodium	232 mg



# Chocolate and Blueberry Tofu Mousse with Sesame Crunch

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her-543-chocolate-blueberry-tofu-mousse.html>

## Ingredients

### *Sesame Crunch*

¼ cup water

¼ cup sugar

2 Tbsp. honey

½ cup sesame seeds (raw, untoasted)

⅛ tsp salt

### *Chocolate Mousse*

½ cup plain almond milk

8 oz. dark or bittersweet chocolate chips

½ tsp vanilla extract

10 oz. silken tofu, drained and cut into cubes

### *Blueberry Mousse*

10 oz. blueberries, fresh or frozen

⅓ cup water

2 Tbsp. brown sugar

6 oz. silken tofu, drained and cut into cubes

2 Tbsp. sugar

⅛ tsp salt

## Directions

### *Sesame Crunch*

Place all ingredients into non-stick pan and heat over medium heat, stirring while mixture gently boils until entire mixture is amber in color, and most of liquid is absorbed. Transfer to sheet pan lined with lightly sprayed parchment paper. Cool completely; cut into pieces.

### *Chocolate Mousse*

Place almond milk in small saucepan and bring just to boil. Stir in chocolate chips until melted completely. Stir in vanilla. Transfer to blender; add tofu cubes and puree until smooth. Spoon into 8 individual molds or ceramic dish. Refrigerate until firm, about 1 hour.

### *Blueberry Mousse*

Combine blueberries, water and brown sugar in saucepan and bring to boil. Reduce to simmer and cook for 8 minutes. Drain blueberries and reserve liquid. Transfer blueberries to blender. Add tofu, sugar, lemon juice and salt; puree completely. Spoon over cooled chocolate mousse and return molds or pan to refrigerator. Transfer reserved blueberry juice back to saucepan. Bring to boil, simmer over low heat for 10 minutes to thicken. Set aside.

Unmold or spoon into 8 parfait cups. Drizzle blueberry sauce over top and decorate with sesame crunch.

**Nutritional Information per serving**

Calories: 280	Dietary Fiber: 4g
Total Fat: 14g	Sodium: 100mg
Saturated Fat: 6g	Protein: 6 g
Cholesterol:	Carbohydrates: 40g



# Cocoa Berry Yogurt Tarts

From the National Dairy Council

<https://dairygood.org/content/recipes/cocoa-berry-yogurt-tarts?ref=www.nationaldairycouncil.org>

## Ingredients

- 1 1/2 cups low-fat vanilla yogurt
- 1 1/2 cups reduced-fat ricotta cheese
- 2 tablespoon sugar
- 2 tablespoon unsweetened cocoa powder
- 6 graham cracker tart shells
- 3/4 cup strawberries, sliced (raspberries or blueberries can also be used)

## Instructions

1. Mix yogurt, Ricotta, sugar and cocoa powder thoroughly with whisk until creamy.
2. Spoon 1/6 mixture into each tart shell and top with sliced strawberries.

*Makes 6 servings*

*Serving size: 1 tart*

## Nutrition information per serving

Calories: 260	Dietary Fiber: 3 g
Total Fat: 9 g	Sodium: 250 mg
Saturated Fat: 3 g	Protein: 9 g
Cholesterol: 0 mg	Carbohydrates: 13 g



# Creamy Vegan Chocolate Date Mousse

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/creamy-chocolate-date-mousse/>

*Note: Option to garnish with raspberries, chopped nuts or a sprinkle of Himalayan sea salt.*

## Ingredients

- 8-10 Medjool dates, pitted
- ½ cup light coconut milk, canned + ¼ cup water
- 1 ripe avocado, peeled
- ¼ cup unsweetened cocoa powder
- ¼ cup semi-sweet chocolate chips, melted

## Instructions

1. Chop the dates into small pieces.
  2. Add chopped dates, coconut milk, and water into a blender or food processor and blend until smooth.
  3. Add the avocado, melted chocolate chips, and cocoa powder. Blend again until creamy.
1. Pour into four small ramekins or bowls.
  2. Chill in the fridge for at least 1-3 hours (or even overnight).

Makes 4 servings, about ½ cup each.

## Nutrition information per serving

Calories: 300	Sodium: 10 mg
Total Fat: 12 g	Protein: 4 g
Saturated Fat: 5 g	Total Carbohydrates: 54 g
Trans Fat: 0 g	Dietary Fiber: 9 g
Cholesterol: 0 mg	Total Sugars: 40 g



# Crunchy Pumpkin Pie

From Stay Young at Heart –National Heart Lung and Blood Institute

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/crpumpie.htm>

## Ingredients: (Pie Crust)

- 1 cup quick cooking oats
- ¼ cup whole wheat flour
- ¼ cup ground almonds
- 2 Tbsp brown sugar
- ¼ Tsp salt
- 3 Tbsp vegetable oil
- 1 Tbsp water

## Ingredients: (Pie Filling)

- ¼ cup packed brown sugar
- ½ Tsp ground cinnamon
- ¼ Tsp salt
- 1 egg, beaten
- 4 Tsp vanilla
- 1 cup canned pumpkin
- 2/3 cup evaporated skim milk

## Instructions

1. Preheat oven to 425°F.
2. Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.
3. Blend oil and water together in measuring cup with fork or small wire whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
5. Press into a 9-inch pie pan and bake for 8-10 minutes, or until light brown.
6. Turn down oven to 350°F.
7. Mix sugar, cinnamon, nutmeg, and salt together in a bowl.
8. Add eggs and vanilla and mix to blend ingredients.
9. Add pumpkin and milk and stir to combine.
10. Pour into prepared pie shells
11. Bake 45 minutes at 350°F or until knife inserted near center comes out clean.

*Makes 9 servings. Serving size: 1/9 of a 9-inch pie*

## Nutritional information per serving (4 servings)

Calories: 177

Total fat: 8g

Saturated fat: 1g

Cholesterol: 24 mg

Sodium: 153mg



# Date, Walnut and Dark Chocolate Cookies

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/date-walnut-dark-chocolate-cookies.html>

## Ingredients

1/2 cup soft dairy-free margarine spread, at room temperature  
1 tsp. vanilla extract  
2 Tbsp. honey  
1 cup white whole wheat flour  
1/2 cup all-purpose flour

1/2 tsp. baking soda  
1-1/2 tsp. egg replacer\*\*  
1/2 cup finely chopped walnuts  
1/2 cup diced, pitted Medjool dates  
1/2 cup dark chocolate chips or broken dark chocolate pieces

## Instructions

1. Preheat the oven to 375°F.
2. Mix together margarine, vanilla, and honey in a small bowl.
3. Combine the whole-wheat flour, all-purpose flour, baking soda, and egg replacer in a separate bowl.
4. Add the flour mixture to the margarine mixture and mix well to form a crumbly dough.
5. Stir in the walnuts, dates, and chocolate chips.
6. Shape the dough into walnut-sized balls and place about 3 inches apart on a baking sheet.
7. Bake for 15 minutes, or until golden brown.

*\*Note: These cookies store very well in an airtight container in the freezer.*

*\*\*Note: Vegan egg replacers can be found in powdered form. Examples include Ener-G, VeganEgg, Bob's Red Mill Egg Replacer.*

Makes 20 cookies; 1 serving = 1 cookie

## Nutrition information per serving

Calories: 122	Dietary Fiber: 2 g
Total Fat: 6 g	Sodium: 82 mg
Saturated Fat: 1 g	Protein: 2 g
Cholesterol: 0 g	Carbohydrates: 16 g



# Easiest Banana Ice Cream

From USDA's SNAP-Ed Connection recipe finder

<http://recipefinder.nal.usda.gov/recipes/easiest-banana-ice-cream>

## Ingredients

- 2 ½ bananas (can use 2-3 bananas)
- 3 tablespoons milk
- Chocolate syrup (optional)

## Instructions

1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and tasted like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).

*Makes 3 servings*

## Nutrition information per serving

Calories: 90  
Total fat: 0 g  
Cholesterol: 0 mg  
Sodium: 10 mg  
Total Carbohydrate: 23 g  
Dietary fiber: 3 g  
Sugars: 13 g  
Protein: 2 g





# Frozen Berry Vanilla Yogurt Pops

From Seattle and King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Desserts/FrozenYogurtPops.aspx>

## Ingredients

- 1 8-ounce carton nonfat vanilla yogurt
- 2 10-ounce packages of frozen mixed berries (or choose one type of berry)
- 8 6-ounce paper cups
- Aluminum foil
- 8 wooden popsicle sticks or wooden spoons

## Instructions

1. Pour yogurt and berries in a food processor or blender. Blend until berries are cut into smaller chunks.
2. Pour yogurt mixture into paper cups (or other type of ice mold if available.) Cover each with aluminum foil and insert a wooden stick through the foil into center of yogurt mixture.
3. Freeze for at least 3 hours or until solid. Peel off paper cup and serve.

**Makes 8 servings**

## Nutrition information per serving

Calories: 107	Dietary Fiber: 5 g
Total Fat: 1 g	Sodium: 21 mg
Saturated Fat: 0 g	Protein: 3 g
Cholesterol: 0 mg	Carbohydrates: 25 g



# Fruit Skewers with Yogurt Dip

Deliciously Healthy Family Meals, US Dept. of Health and Human  
Services

<http://hp2010.nhlbihin.net/healthyeating/>

## Ingredients

- 1 cup strawberries, rinsed, stems removed and cut in half
- 1 cup fresh pineapple, diced (or canned pineapple chunks in juice, drained)
- ½ cup blackberries
- 1 tangerine or Clementine, peeled and cut into 8 segments
- 8 6-inch wooden skewers

## For dip:

- 1 cup strawberries, rinsed, stems removed, and cut in half
- ¼ cup fat-free yogurt
- 1/8 teaspoon vanilla extract
- 1 tablespoon honey

## Instructions

1. Thread two strawberry halves, two pineapple chunks, two blackberries and one tangerine segment on each skewer
2. To prepare the dip: puree the strawberries in a blender or food processor. Add yogurt, vanilla and honey; mix well.
3. Serve two skewers with yogurt dip on the side.

Makes 4 servings (Serving = 2 skewers with 1 ½ tablespoons dip)

## Tips:

- Younger children can rinse the fruit, thread onto skewers, and mix the dip. Older children can make the recipe themselves.
- Skewers have sharp edges, so monitor young children while eating, or take the fruit off skewers for them.

## Nutrition information per serving (4 servings)

Calories: 71;  
Total fat: 0g  
Sat fat: 0g  
Cholesterol: 0mg  
Sodium: 10mg  
Dietary fiber: 2g

Protein: 1g  
Vitamin A: 6 %  
Vitamin C: 70%  
Calcium: 4 %  
Iron: 2%

Percent daily values based on a 2000 calorie diet



# Gingerbread

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/gingerbread.html>

## Ingredients

Canola oil spray	1 1/2 tsp. baking soda
1 3/4 cups whole wheat pastry flour	1/2 tsp. salt
1/4 cup packed light brown sugar	1/2 cup dark unsulfured molasses
1 1/2 Tbsp. ground ginger	1/2 cup unsweetened applesauce
1/4 tsp. ground cinnamon	6 Tbsp. canola oil
1/4 tsp. ground nutmeg	1 large egg
1/4 tsp. ground cloves	1/2 cup boiling water

## Instructions

1. Preheat oven to 350 degrees. Lightly coat 9-inch square pan with canola oil spray. In medium bowl, sift together flour, sugar, spices, baking soda and salt.
2. In separate, large bowl, whisk together molasses, applesauce, canola oil, and egg until well blended. Add dry ingredients and stir until well combined. Whisk in boiling water and pour batter into prepared baking pan.
3. Bake for about 35 minutes, until the cake begins to pull away from the pan and a wooden toothpick inserted near the center comes out clean. Cool in pan on wire rack for 30 minutes. Invert cake onto platter and cool for about 15 minutes before serving.
4. Cut into 9 squares and serve warm. For storage, wrap tightly in foil and keep in fridge for up to 3 days.

**Makes 9 servings - Prep Time: 1 hour - Cook Time: 35 minutes**

## Nutrition information per serving

Calories: 245	Dietary Fiber: 3 g
Total Fat: 10 g	Sodium: 357 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol:	Carbohydrates: 37 g



# Gingerbread Pudding

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23155&news\\_iv\\_ctrl=2901](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23155&news_iv_ctrl=2901)

## Ingredients

- |   |   |
|---|---|
| 1/4 cup yellow cornmeal (wholegrain)                          | 1/2 tsp. ground nutmeg  |
| 2½ cups reduced-fat milk (2 percent), scalded (see Note)      | 1 tsp. ground cinnamon  |
| 1/4 cup molasses (can use part brown sugar for milder flavor) | 1½ cups fruit, fresh, frozen, or canned (peaches, pears, strawberries, raspberries, blueberries, cranberries, etc.), lightly sweetened to taste, as necessary |
| 1/4 tsp. salt   |   |
| 1 tsp. ground ginger  |   |

Note: Scalding milk helps blend cornmeal more easily and speeds the cooking process. Scald milk by heating it to the point just before it would begin to boil, or when tiny bubbles form along the sides. At that point, immediately remove from heat and promptly add to cornmeal.

## Instructions

1. Preheat oven to 300 degrees F. Coat 6 ramekins or a baking pan or small casserole with cooking oil spray.
2. Put cornmeal in top of a double boiler and hot water in the bottom pot. Set over medium high heat and bring water to a simmer.
3. Meanwhile, heat milk until hot and tiny bubbles form along the sides. (Do not let it come to a boil.) Stir milk into cornmeal, blending well. Cook over hot water for 20 minutes, stirring occasionally. Add molasses, salt, ginger, nutmeg and cinnamon.
4. Pour into ramekins or other baking pan and bake 40 minutes or until firm.
5. Meanwhile, prepare fruit, depending on what version you use. Drain canned fruit. Defrost frozen berries, or wash and hull fresh berries, and lightly sweeten with sugar. Cranberries, frozen or fresh, can also be used after cooking in water and sugar, according to package instructions.
6. If using baking pan, divide pudding among 6 small, shallow bowls. Over the pudding, in ramekins or bowls, place two or more varieties of colorful fruit along the edge of the pudding.

## Makes 6 servings

### Nutrition information per serving

Calories	126	Dietary Fiber	1.5g
Total Fat	2g	Sodium	147mg
Saturated Fat	1g	Protein	4g
Carbohydrates	23g		



# Gingersnaps

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2014/her-535-gingersnaps.html>

## Ingredients

- |                                      |  |
|--------------------------------------|--|
| 3/4 cup unbleached all-purpose flour | 1/3 cup dairy-free buttery shortening sticks |
| 1/2 cup whole-wheat pastry flour     | 1/2 cup sugar, plus 2 tablespoons            |
| 1/2 tsp. baking soda                 | 2 Tbsp. unsulphured molasses                 |
| 1 ¼ tsp ground ginger                | 1 large egg white                            |
| 1/2 tsp. ground cinnamon             | 1/3 cup confectioners' sugar                 |
| 1/8 tsp. freshly ground black pepper | 2 tsp. fresh lemon juice                     |
| 1/4 tsp. salt                        |  |

## Instructions

1. Preheat oven to 350 degrees F.
2. In mixing bowl, whisk together both flours, baking soda, ginger, cinnamon, pepper and salt.
3. In another bowl, use electric mixer on medium-high speed to beat non-dairy shortening sticks with 1/2 cup of the sugar for 2 minutes. Add molasses and egg white and beat for 3 minutes. Set mixer on low speed and mix in dry ingredients just to combine – leaving white streaks is better than over-mixing. Batter will form soft ball.
4. Place remaining 2 tablespoons sugar in wide, shallow bowl. Pinch off about 1 tablespoon batter and roll it between your palms, forming 1-inch ball. Place ball in bowl with sugar and roll to coat it, and then place on light-colored, ungreased baking sheet. Discard leftover sugar. Repeat, spacing balls 2-inches apart. Using back of a glass, press to flatten each ball into 1 ½-inch disk.
5. Bake cookies for 10 minutes. While cookies bake, for glaze, in small bowl, combine confectioners' sugar with lemon juice, mixing until sugar is completely dissolved.
6. When cookies are done, immediately use spatula to transfer to wire cooling racks. Using tip of a knife, spread 1/4 teaspoon glaze on top of each warm cookie. Cool completely. Store in cookie tin for up to 1 week.

**Makes 24 servings**

### Nutrition information 1 cookie per serving

Calories: 75	Dietary Fiber: <1 g
Total Fat: 3 g	Sodium: 80 mg
Saturated Fat: 1 g	Protein: 1 g
Cholesterol:	Carbohydrates: 12 g



# Grapesicles

Deliciously Healthy Family Meals, US Dept of Health and Human Services

<http://hp2010.nhlbihin.net/healthyeating/>

## Ingredients

- 48 green seedless grapes, rinsed
- 48 red seedless grapes, rinsed
- 6-inch wooden skewers

## Instructions

1. Thread six grapes, alternating grape colours onto each wooden skewer
2. Place skewers into the freezer for 30 minutes, until frozen
3. Serve immediately
- 4.

Makes 4 servings (4 skewers per serving)

## Tips:

- Children can rinse the grapes, freeze them and thread the skewers
- Skewers have sharp edges so monitor younger children while eating, or take the grapes off the skewers for them. Grapes should be cut in half for children under three years old to prevent choking.

## Nutrition information per serving (4 servings)

Calories	83	Carbohydrates	22g
Total fat	0g	Potassium	229mg
Saturated fat	0g	Vitamin A	2%
Cholesterol	0mg	Vitamin C	20%
Sodium	2mg	Calcium	2%
Total fiber	1g	Iron	6%
Protein	1g		

Percent daily values based on a 2000 calorie diet



# Grilled Peaches on the Half Shell

From the Seattle & King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Deserts/GrilledPeaches.aspx>

## Ingredients

- 4 ripe peaches
- 1 cup fresh or frozen berries (if frozen thaw to room temp.)
- 2-3 Tbs. brown sugar
- 4 tsp. fresh squeezed lemon juice

## Instructions

1. Prepare grill.
2. Wash and halve peaches. Remove pits and discard.
3. Place halved peaches cut side up on large squares of aluminum foil.
4. Fill each cavity with berries, a sprinkle of brown sugar, and a drizzle of lemon juice.
5. Bring sides of foil up to wrap over top and sides of peaches.
6. Grill for 15-20 minutes before serving.

*Makes 4 servings (serving size: 2 peach halves)*

## Nutrition information per serving:

Calories	86
Carbohydrates	22 g
Dietary Fiber	3 g
Sugars	6 g
Protein	1 g
Total Fat	0 g
Cholesterol	0 mg
Sodium	5 mg



# Honey of a Pumpkin Bar

USDA SNAP-Ed recipe Finder

<http://recipefinder.nal.usda.gov/>

& Montana State University Extension Service

<http://www.montana.edu/nep/recipes.htm>

## Ingredients

- 1/3 cup dry milk, nonfat
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 2 ½ tsp. cinnamon
- ½ tsp. cloves
- ½ tsp. allspice
- ½ tsp. nutmeg
- 1/3 cup vegetable oil
- 2/3 cup honey
- ½ cup orange juice
- 2 Tbsp. grated orange peel
- 2 eggs
- 1 cup mashed pumpkin

## Instructions

1. Preheat oven to 350 degrees. Lightly grease or spray with non-stick spray a 12 x 15 inch baking pan with sides.
2. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside.
3. In a large bowl, thoroughly mix oil, honey, juice, peel, eggs and pumpkin.
4. Gradually add flour mixture to pumpkin mixture, stirring until smooth.
5. Spread batter onto prepared baking pan. Bake for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger. Cool. Cut into squares.

Makes 30 servings (2 bars per serving)

## Nutrition Information per serving (30 servings)

Calories: 90

Calories from fat: 25

Total fat: 3g

Saturated fat: 0 g

Trans fat: 0g

Cholesterol 15mg

Sodium: 50mg

Total carbohydrate: 14g

Dietary fiber: 1g

Sugars: 7g

Protein: 2g

Vitamin A: 25%

Vitamin C: 4%

Calcium: 2%

Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.





# Instant Chocolate Mousse

USDA SNAP-Ed recipe Finder  
<http://recipefinder.nal.usda.gov/>

## Ingredients

- 1 small box instant chocolate pudding mix
- 1 1/4 cup cold soy milk
- 1 package (10.5 ounce) silken tofu

## Instructions

1. Blend the chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth.
2. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth.
3. Pour mixture into 4 small serving dishes.
4. Place in the fridge. Chill for at least 2 hours before serving.

Makes 4 servings

## Nutritional information per serving (4 servings)

Calories: 170

Calories from fat: 35

Total fat: 4g

Saturated fat: 0.5g

Trans fat: 0g

Cholesterol: 0mg

Sodium: 400mg

Total carbohydrate: 28g

Dietary fiber: 2g

Sugars: 14g

Protein: 8g

Vitamin A: 10%

Vitamin C: 0%

Calcium: 6 %

Iron: 10%

Percent Daily Values are based on a 2,000 calorie diet.



# Lemon Yogurt Bars

From the National Dairy Council

<http://www.nationaldairyCouncil.org/Recipes/Pages/Lemon-Yogurt-Bars.aspx>

## Ingredients

- |   |   |
|---|---|
| ½ (17 oz. package) ready-to-bake sheet frozen puff pastry, thawed | 1 tsp. pure vanilla extract                             |
| Flour for rolling puff pastry                                     | 1 cup fat free milk (to be divided)                     |
| 2 cups confectioner’s sugar (to be divided)                       | 4 cups low fat or fat free lemon yogurt (to be divided) |
| ½ cup cornstarch  | 1 Tbs. lemon zest                                       |
| 2 large egg yolks   | 1 ½ cups fresh blueberries or raspberries               |
| 2 Tbs. sugar  |   |

## Instructions

1. Preheat oven to 400 degrees.
2. On floured surface, roll out puff pastry to 11”x16”. Cut in half lengthwise, and place both halves on ungreased baking sheet. Pierce pastry with fork all over.
3. Bake 7-10 minutes or until puffed and golden. Cool on rack.
4. Blend 1 cup confectioner’s sugar, cornstarch, egg yolks, sugar, vanilla, and 2 Tbs. of the milk in medium bowl with a whisk. Set aside.
5. Bring remaining milk and 2 ½ cups yogurt to boil in a medium saucepan, while whisking.
6. Stir hot mixture into other mixture and blend thoroughly.
7. Return to saucepan and cook, stirring constantly, over medium heat for 4-5 minutes or until thickened to pudding consistency. Remove from heat, stir in lemon zest, and refrigerate for 20 minutes.
8. Spread the slightly-cooled filling on one piece of the pastry. Refrigerate additional 20 minutes, or until set.
9. For frosting, combine remaining yogurt (1 ½ cup) and confectioner’s sugar (1 cup) in small bowl. Cover and refrigerate if not used immediately.
10. To assemble, place the plain piece of puff pastry on top of the piece with filling. Frost. Top with berries. Keep chilled until ready to serve.

*Makes 10 servings (serving size: 1 bar)*

## Nutrition information per serving:

Calories	360	Calcium	20% Daily Value
Carbohydrate	58 g		
Protein	8 g		
Total Fat	11 g		
Saturated Fat	3 g		
Cholesterol	45 mg		
Sodium	140 mg		



# Lemon Blueberry Cheesecake

From the University of Illinois Extension

<http://web.extension.illinois.edu/lmw/downloads/64111.pdf>

## Ingredients

### *Crust:*

cracker crumbs

1 ½ cups graham

3 Tbsp. nonfat plain yogurt

### *Filling:*

1 (8 oz.) package Neufchatel cheese

2 egg whites

¾ cup nonfat plain yogurt

1 tsp. vanilla extract

⅓ cup granulated sugar

2 Tbsp. all-purpose flour

2 Tbsp. fresh lemon juice and zest of one small  
lemon

1 cup fresh blueberries

## Directions

### *To make crust:*

1. Preheat oven to 350°F.
2. In a medium bowl, mix together graham cracker crumbs and yogurt.
3. Press into an 8x8-inch pan.
4. Bake for 5 minutes and let cool.

### *To make filling:*

1. In a large bowl, beat Neufchatel cheese, yogurt and sugar.
2. Add the lemon juice, zest, egg whites, vanilla, and flour and beat until fully combined.
3. Fold in blueberries.
4. Pour filling over the crust and return to oven.
5. Bake at 350°F for 25-30 minutes. Remove from oven, allow to cool and refrigerate for at least 3 hours before serving

**Makes 12 servings.**

## Nutritional Information

Calories: 280	Dietary Fiber: 2 g
Total Fat: 9 g	Sodium: 300 mg
Saturated Fat:	Protein: 6 g
Cholesterol:	Carbohydrates: 45 g



# Made-over Oatmeal Chocolate Chip Bites

<http://www.aicr.org/health-e-recipes/2016/made-over-oatmeal-chocolate-chip-bites.html>

## Ingredients

2 cups Gluten free certified old fashioned oats	½ cup vegan mini-chocolate chips
1 cup almond flour	2 tsp. vanilla extract
¾ cup ground flaxseed	1 cup pure maple syrup
½ tsp. salt	½ cup natural almond butter
2 tsp. baking powder	

## Instructions

1. Preheat oven to 350° F.
2. Combine all dry ingredients in a large bowl. In another bowl, mix wet ingredients (vanilla extract through maple syrup). Add the wet ingredients to the dry ingredients and stir to combine.
3. Drop the dough into 24 even mounds on a parchment paper/silicon mat-lined or greased baking sheet or pour into a greased 9-inch by 13-inch baking pan. Lightly press down to flatten (cookies will not flatten much during cooking).
4. Bake 12-15 minutes, until the cookies are just set in the center.

**Makes 24 servings**

**Serving size: 1 cookie**

## Nutrition information per serving

Calories: 157	Dietary Fiber: 3 g
Total Fat: 8 g	Sodium: 115 mg
Saturated Fat: 1 g	Protein: 3 g
Cholesterol:	Carbohydrates: 18 g



# Melon Berry Banana Split

From the Seattle & King County Public Health Recipe Cookbook  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Deserts/BananaSplit.aspx>

## Ingredients

- 2 large bananas
- 8 “scoops” watermelon, cantaloupe, and/or honeydew
- 1 cup berries of choice
- ½ cup low fat vanilla yogurt
- ¼ cup granola

## Instructions

1. Peel bananas and cut in half crosswise, then lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish.
2. To make melon “scoops,” use an ice cream scoop to create balls of melon. Place 2 “scoops” in each dish.
3. Fill the rest of dishes equally with berries.
4. Stir yogurt until smooth, and spoon over “scoops.”
5. Sprinkle with granola and serve.

*Makes 4 servings*

## Nutrition information per serving:

Calories	151
Carbohydrate	31 g
Dietary Fiber	3 g
Protein	3 g
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	24 mg



# Mock-Southern Sweet Potato Pie

From the National Heart, Lung and Blood Institute

<http://www.nhlbi.nih.gov/health/resources/heart/syah-html/swpotpie>

## Ingredients

### Pastry

- 1 ¼ cups flour
- ¼ tsp sugar
- 1/3 cup skim milk
- 2 Tbsps vegetable oil

- ¼ cup brown sugar
- ½ tsp salt
- ¼ tsp nutmeg
- 3 large eggs, beaten
- ¼ cup evaporated skim milk, canned
- 1 tsp vanilla extract

### Filling

- 1/4 cup white sugar

- 3 cups sweet potatoes (cooked and mashed)

## Instructions

### Pastry

1. Preheat oven to 350° F.
2. Combine the flour and sugar in a bowl.
3. Add milk and oil to the flour mixture.
4. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
5. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper.
6. Peel off top paper and invert crust into pie plate.

### Filling

1. Combine sugars, salt, spices, and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie shell.
5. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.

**Makes 16 servings**

**Serving Size: 1 slice**

## Nutrition information per serving

Calories: 147	Dietary Fiber:
Total Fat: 3 g	Sodium: 98 mg
Saturated Fat: <1 g	Protein:
Cholesterol: 40 mg	Carbohydrates:





# Mousse a la Banana

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/banamous>

## Ingredients

- 2 tablespoons low fat (1%) milk
- 4 teaspoons sugar
- 1 teaspoon vanilla
- 1 medium banana, cut into quarters
- 1 cup plain low fat yogurt
- 8 ¼-inch banana slices

## Instructions

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into 4 dessert dishes; garnish each with 2 banana slices just before serving.

**Makes 4 servings**

## Nutrition information per serving

Calories: 94	Dietary Fiber: 1 g
Total Fat: 1 g	Sodium: 47 mg
Saturated Fat: 1 g	Protein: 7 g
Cholesterol: 4 mg	Carbohydrates: 28 g





# Nectarine and Raspberry Cobbler

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/nectarine-raspberry-cobbler.html>

## Ingredients

- |  |  |
|--|--|
| Canola oil spray   | 1/2 tsp. ground cinnamon                                 |
| 6 cups thinly sliced nectarines (about 6-8 small)          | 2 tsps. Baking powder                                    |
| 2 cups fresh raspberries                                   | 1/4 tsp. baking soda                                     |
| 1/2 cup sugar plus 1 Tbsp. sugar, divided                  | 1/4 tsp. salt  |
| 1/2 cup whole wheat flour                                  | 2 Tbsp. very cold unsalted butter, cut into small pieces |
| 1/2 cup unbleached all-purpose flour plus more for dusting | 1/2 cup fat-free buttermilk                              |

## Instructions

1. Preheat oven to 450 degrees.
2. Lightly coat an 8-inch square baking dish with canola oil spray. In a bowl, toss nectarines and raspberries with 1/2 cup sugar, using your hands to distribute the sugar evenly. Pour the fruit, scraping the bowl with a rubber spatula, into prepared baking dish.
3. In a medium bowl, combine whole-wheat flour, 1/2 cup all-purpose flour, remaining 1 Tbsp. sugar, and cinnamon, baking powder, baking soda and salt. Cut the butter into dry ingredients using a pastry blender or tines of a fork. Work mixture with the tips of your fingers until grainy. Mix in buttermilk with a wooden spoon until soft, moist dough forms.
4. Lightly dust work surface with flour. Gently pat dough into a 1/4-inch thick rectangle using the heel of your hand. Sprinkle dough lightly with flour, if it becomes too sticky. Dip the rim of a 2-inch glass in flour and cut 9 rounds from the dough. Arrange rounds in 3 rows on top of fruit in baking dish. Rounds should almost touch and should leave a border of fruit along the outer edges of dish.
5. Bake cobbler for 25 – 30 minutes, until biscuits are lightly browned and fruit is bubbling. Cool on wire rack for 20 minutes and serve warm.

**Makes 9 servings**

## Nutrition information per serving

Calories: 193	Dietary Fiber: 5 g
Total Fat: 3 g	Sodium: 223 mg
Saturated Fat: 2 g	Protein: 3 g
Cholesterol: 0 g	Carbohydrates: 41 g



# No-Bake Watermelon “Cake”

From the AICR Kitchen

<http://www.aicr.org/enews/watermelon-cake.html>

## Ingredients

- 1/3 cup whipping cream
- 12 oz. nonfat plain Greek yogurt
- 2 Tbsp. reduced-fat cream cheese
- 2 Tbsp. granulated sugar
- 1 tsp. lemon juice
- 1 medium seedless watermelon, well-chilled
- Blackberries, kiwi slices, red raspberries, for garnish

## Instructions

1. Pour whipping cream in small mixing bowl and chill in refrigerator for about 10 to 20 minutes. (Cream is easier to whip when cold.) Meanwhile, in medium mixing bowl, mix together yogurt and cream cheese.
2. When cream is chilled, add sugar to cream and whip with whisk or electric mixer until moderately stiff peaks form. (Be careful not to overbeat, as too much whipping will turn cream to butter.) Add whipped cream and lemon juice to yogurt/cheese mixture. Chill.
3. Slice off both ends to make a flat top and bottom on your melon. Set melon on one flat end and carve rind off sides to make a round, cake-shaped melon.
4. Place melon cake on serving plate and frost top and sides with chilled icing. Decorate with berries on top and around the bottom. Keep well chilled until served.

Makes 10 servings.

## Nutritional information per serving (10 servings)

- Calories: 150
- Total fat: 4g
- Saturated fat: 2g
- Total carbohydrates: 26g
- Protein: 5g
- Dietary fiber: 1g
- Sodium: 30mg



# Pineapple Zucchini Cake

From the United States Department of Agriculture

<http://recipefinder.nal.usda.gov/recipes/pineapple-zucchini-cake>

## Ingredients

- |                         |   |
|-------------------------|---|
| 3 eggs                  | 1 tsp. baking soda                              |
| 2 cups sugar            | 3 cups flour (all purpose, or half whole wheat) |
| 2 tsp. vanilla          | 1 cup pineapple (crushed, drained)              |
| 1 cup vegetable oil     | ½ cup raisins (optional)                        |
| 2 cups zucchini, grated | 1 cup pecans (optional) (chopped)               |
| 1 tsp. baking powder    |   |
| 1 tsp. salt             |   |

## Instructions

1. Preheat oven to 350 degrees.
2. Lightly grease 9x13" pan.
3. In large bowl, beat eggs, sugar, vanilla, and oil. Add zucchini.
4. In separate bowl, combine baking powder, salt, baking soda, and flour. Add to wet mixture.
5. Stir in fruit and nuts.
6. Bake 45-50 minutes, or until cake springs back when lightly pressed with finger.

*Makes 12 servings*

## Nutrition information per serving:

Calories	440
Carbohydrate	61 g
Protein	5 g
Total Fat	20 g
Saturated Fat	2.5 g
Sodium	360 mg
Sugars	36 g





# Pumpkin Pie

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=13&cId=12&rd=195&AspxAutoDetectCookieSupport=1>

## Ingredients

### For the pie crust:

- 1 C quick-cooking oats
- ¼ C whole wheat flour
- ¼ C ground almonds
- 2 Tbsp brown sugar
- ¼ tsp salt
- 3 Tbsp vegetable oil
- 1 Tbsp water

### For the pie filling:

- ¼ C packed brown sugar
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1 egg, beaten
- 4 tsp vanilla
- 1 C canned pumpkin
- ⅔ C fat-free evaporated milk

## Instructions

1. Preheat oven to 425 °F.
2. Make the pie crust: Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.
3. In a separate bowl/measuring cup, blend the oil and water together with a fork or small wire whisk, until emulsified (fully blended).
4. Add the oil mixture to the dry ingredients, and mix well. If needed, add a small amount of water to hold the dough together.
5. Work the dough into a disk shape, and roll on a lightly floured surface into a 12-inch circle.
6. Press into a 9-inch pie pan and bake for 8-10 minutes, or until light brown.
7. Turn down oven to 350 °F.
8. Make the filling: Mix sugar, cinnamon, nutmeg, and salt together in a bowl.
9. Add eggs and vanilla, and mix to blend ingredients.
10. Add pumpkin and milk, and stir to combine.
11. Pour into prepared pie shell. Bake for 45 minutes or until a knife inserted near center comes out clean.

**Makes 9 servings**

## Nutrition information per serving

Calories: 177	Dietary Fiber:
Total Fat: 8 g	Sodium: 153 mg
Saturated Fat: 1 g	Protein:
Cholesterol: 24 mg	Carbohydrates:



# Rhubarb Strawberry Parfaits

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?news\\_iv\\_ctrl=1121&abbr=pr\\_hf  
&page=NewsArticle&id=9733](http://preventcancer.aicr.org/site/News2?news_iv_ctrl=1121&abbr=pr_hf&page=NewsArticle&id=9733)

## Ingredients

1 pint strawberries, hulled and thickly sliced	¼ cup sugar
½ lb. fresh rhubarb, cut into 1 ½-inch pieces	1 vanilla bean, split lengthwise
¼ cup water	1 ½ cups nonfat plain yogurt
¼ cup orange juice	1 tsp. pure vanilla extract
	1 tsp. sugar, preferably superfine (optional)

## Directions

1. Combine strawberries, rhubarb, water, orange juice, sugar, vanilla bean in a heavy, medium saucepan.
2. Bring to a boil over medium heat, stirring to dissolve the sugar. Reduce heat, cover and simmer until fruit is very soft, about 10 minutes.
3. Put mixture in a bowl and refrigerate until cold, about 4 hours.
4. Mix yogurt and vanilla until well combined. Taste and, if desired, stir in superfine sugar (if desired). Chill until serving time.
5. To serve, layer yogurt mixture and strawberry-rhubarb mixture alternately into wineglasses or parfait glasses, ending with fruit. Parfaits can be prepared a few hours ahead and refrigerated.

Makes 4 servings

## Nutritional information per serving (4 servings)

Calories: 131

Total fat: < 1 g

Saturated fat: 0 g

Carbohydrate: 30 g

Sodium: 54 mg

Protein: 5 g

Dietary fiber: 3 g



# Sparkling Apple Crumble

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/holiday-sparkling-crumple.html>

## **Ingredients**

4 (13-inch x 17-inch) sheets phyllo dough	4 gratings fresh nutmeg
Canola cooking spray	¼ cup chopped walnuts
3 Granny Smith or Golden Delicious apples, peeled, cored, and thinly sliced	¼ cup dried cranberries
¼ cup firmly packed brown sugar	¼ cup golden raisins
1 tsp. ground cinnamon	2 Tbs. unsalted butter, melted
	2 tsp. confectioners' (powdered) sugar

## **Instructions**

1. About 1 hour before preparing, remove phyllo dough from refrigerator and let sit until room temp. Remove the 4 sheets of phyllo required. Loosely roll into a tube, seal in plastic wrap, and set aside. Return remaining phyllo to refrigerator or freezer.
2. Preheat oven to 375 degrees F. Coat 9 x 1 ½-inch pie plate, preferably ovenproof glass, with cooking spray. Set aside.
3. In mixing bowl, toss apples with sugar, cinnamon, and nutmeg to evenly coat. Add nuts, cranberries, and raisins; toss to combine. Transfer to prepared pie plate, spreading evenly.
4. Unroll sheets of phyllo. Remove one sheet and place on work area. Immediately cover remaining dough with plastic wrap (it dries out fast). Brush the sheet generously with melted butter. Form into a loose ball, and set on top of fruit filling (covering about ¼ of pie plate). Repeat for all phyllo sheets, leaving some space at the edge of pie plate for juices to bubble up.
5. Bake for 10 minutes. Reduce heat to 325 degrees. Bake 20 minutes longer. Remove from oven and increase oven temperature to 400. Sprinkle confectioners' sugar over top. Return to oven for 10 minutes, or until phyllo is golden brown and sugar has melted to a glaze (heavily dusted spots will remain white).
6. Let crumble stand for 10-60 minutes. Serve warm; the phyllo gets soggy if crumble stands too long.

*Makes 8 servings*

## **Nutrition information per serving:**

Calories	170
Carbohydrates	29 g
Protein	2 g
Total Fat	6 g
Saturated Fat	2 g
Dietary Fiber	2 g
Sodium	50 mg



# Strawberry Frozen Yogurt Squares

From the National Dairy Council:

<http://www.nationaldairycouncil.org/Recipes/Pages/Strawberry-Frozen-Yogurt-Squares.aspx>

## Ingredients

- 1 cup crunchy wheat and barley cereal
- 3 cups fat-free strawberry yogurt
- 1 (10 oz.) bag frozen unsweetened strawberries (about 2 ½ cups)
- 1 cup fat-free sweetened condensed milk
- Optional: 1 cup light or fat-free whipped topping

## Instructions

1. Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly over bottom of pan; set aside.
2. Place yogurt, strawberries, and condensed milk in a blender; cover and blend until smooth. Pour mixture over top of cereal, gently smoothing to edges of pan. Cover with foil or plastic wrap and freeze for 8 hours or until firm.
3. Use edges of foil to loosen and remove from pan. Let thaw 5-10 minutes. Cut into 9 squares and serve. (Top with whipped topping, if desired.)

*Note: Create your own variations by using other flavor combinations of yogurt and fruit.*

*Makes 9 servings*

## Nutrition information per serving:

Calories	200
Carbohydrate	42 g
Dietary Fiber	2 g
Protein	7 g
Total Fat	0 g
Sodium	150 mg
Calcium	20% DV



# Sunshine Frothie Pops

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Sunshine-Frothie.aspx>

## Ingredients

- 4-5 ice cubes
- 1 cup freshly-squeezed orange juice (juice from about 3 oranges)
- 2/3 cup fat-free milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 1/2 tsp vanilla extract

## Instructions

1. Add the ice to a blender container. Cover and crush.
2. Add the orange juice, milk, yogurt, honey and vanilla to a blender container. Cover and puree until smooth.
3. Freeze in popsicle molds.

## Makes 2 servings

### Nutrition information per serving

Calories	150
Total Fat	1.5g
Saturated Fat	0.5g
Cholesterol	5mg
Carbohydrates	27g
Protein	7g
Sodium	80mg





# Sweet Potato Custard

USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& A Healthier You – HHS

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/desserts.html>

## Ingredients

- 1 cup cooked sweet potato, mashed
- ½ cup banana, mashed
- 1 cup evaporated milk, fat-free
- 2 Tbsp. brown sugar, packed
- 2 egg yolks, beaten, or 1/3 cup egg substitute
- ½ tsp. salt
- Non-stick cooking spray, as needed
- ¼ cup raisins
- 1 Tbsp. sugar
- 1 tsp. ground cinnamon

## Instructions

1. In a medium bowl, stir together sweet potato and banana.
2. Add milk, blending well.
3. Add brown sugar, egg yolks, and salt, mixing thoroughly.
4. Spray a 1-quart casserole with non-stick cooking spray. Transfer sweet potato mixture to casserole dish.
5. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture.
6. Bake in pre-heated 325° oven for 40-45 minutes or until a knife inserted near center comes clean.

Makes 6 servings (½ cup per serving)

## Nutritional information per serving (6 servings; ½ cup per serving)

Calories: 170

Calories from fat: 15

Total fat: 2g

Saturated fat: .5g

Trans fat: 0g

Cholesterol: 70mg

Sodium: 260mg

Total carbohydrate: 35g

Dietary fiber: 3g

Sugars: 23g

Protein 5g

Vitamin A: 180%

Vitamin C: 20 %

Calcium: 15%

Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.



# Tiramisu

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Desserts/Tiramisu.aspx>

## Ingredients

- |   |                             |
|---|-----------------------------|
| 1.5 cups coffee (strength according to your desire)   | 8 oz. fat free cream cheese |
| 4 tables spoons coffee-flavored liqueur (i.e. Kahlúa) | 1/3 cup packed brown sugar  |
| 3.5 oz. mascarpone cheese                             | ¼ cup white sugar           |
|   | 24 ladyfingers              |
|   | 1 tablespoon cocoa powder   |

## Instructions

1. In a medium sized bowl, combine the coffee and 2 tablespoons of the coffee-flavored liqueur.
2. In a separate medium sized bowl, combine the mascarpone cheese, cream cheese, 2 tablespoons liqueur, brown and white sugars. Beat until well-blended.
3. Dip the ladyfingers in the coffee mixture then line them in one layer of an 8-inch square pan. Spread half of the cheese mixture on top of the ladyfingers then repeat with the remaining ladyfingers and cheese mixture.
4. Sprinkle with cocoa.
5. Stick a few toothpicks in the dessert then cover with plastic wrap (the toothpicks keep the plastic wrap from sticking to the dessert.)
6. Chill in refrigerator for at least 2 hours.

*Makes 12 servings (Serving Size: 2 ladyfingers (63 g))*

## Nutritional information per serving (12 servings)

Calories	178	Dietary Fiber	0 g
Calories from fat	47	Sugars	8g
Total Fat	5g	Protein	6 g
Saturated Fat	3 g	Vitamin A	8%
Cholesterol	91 mg	Calcium	6%
Sodium	163 mg	Iron	6%
Total Carbohydrates	25 g	Vitamin C	0%

*Percent daily values based on a 2000 calorie diet.*



# Whole Grain Berry Cake

From the OLDWAYS Whole Grains Council

<http://wholegrainscouncil.org/recipes/snacks-desserts/whole-grain-berry-cake>

## Ingredients

### *For the Cake*

- 3 large eggs, room temp
- 1/4 tsp salt
- 1/2 cup sugar (divided)
- 1/4 cup milk
- 1/2 tsp vanilla extract
- 1/2 tsp almond extract
- 3/4 cup white whole wheat flour

1/2 tsp baking powder

### *For the Berries*

- 1 quart strawberries or mixed berries
- 1 tsp. sugar

### *For the Cream*

- 2 oz. whipping cream
- 6 oz. Greek yogurt
- sugar to taste

## Instructions

1. Wash berries, and slice if large. Add sugar. Set aside for a few hours, so they'll get really juicy.
2. Preheat oven to 325°F. Separate the egg whites and yolks – whites into medium bowl, yolks into big bowl – and let them come to room temperature.
3. *Whites + salt + 1/2 sugar:* Beat the whites with the salt until they've peaked, then gradually beat in half the sugar. Set them aside.
4. *Yolks + 1/2 sugar + milk + extracts.* Without cleaning your beaters, beat the yolks with the remaining sugar until they're thick and light yellow. Blend in the milk, vanilla and almond extracts.
5. *Flour + Baking Powder.* In a small bowl, mix the flour with the baking powder.
6. With a whisk, blend the dry ingredients into the egg yolks, then fold in the egg whites.
7. Divide this mixture into two greased 8-inch cake pans. Note: grease pans, line with wax paper, grease again liberally as this low-fat cake likes to stick.
8. Bake for 30 to 35 minutes. Cool on a wire rack briefly, remove from pans and continue to cool. *To Assemble* (at least an hour before serving, so juices penetrate): put one layer on a plate. Cover with "cream" and strawberries. Do the same thing with the second layer. When you serve the cake, use up any leftover fruit and "cream" on each serving.

**Makes 6-8 servings**

### **Nutrition information per serving:**

Calories: 190	Dietary Fiber: 3 g
Total Fat: 6 g	Sodium: 160 mg
Saturated Fat: 3 g	Protein: 7 g
Cholesterol:	Carbohydrates: 29 g



# Winter Crisp

From Stay Young at Heart: National Heart Lung & Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/wincrisp.htm>

## Ingredients (filling)

- ½ cup sugar
- 3 Tbsp all-purpose flour
- 1 Tsp lemon peel, grated
- ¾ Tsp lemon juice
- 5 cup apples, unpeeled, sliced
- 1 cup cranberries

## Ingredients (topping)

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- ¼ cup whole wheat flour
- 2 Tsp ground cinnamon
- 1 Tbsp soft margarine, melted

## Directions

1. To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish
2. To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix.
3. Sprinkle topping over filling. Bake in a 375°F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Makes 6 servings (Serving Size: 1-3/4 inch by 2-inch piece)

Nutritional information per serving (6 servings)

Calories: 284

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 56 mg



# 1-2-3 Peach Cobbler

From NHLBI

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/peachcob.htm>

## Ingredients

1/2 tsp. ground cinnamon	1 Tbsp. tub margarine
1 Tbsp. vanilla extract	1 cup dry pancake mix
2 Tbsp. cornstarch	2/3 cup all-purpose flour
1 cup peach nectar	1/2 cup sugar
1/4 c pineapple or peach juice (can use juice from canned peaches)	2/3 cup evaporated skim milk
2 cans (16 oz each) peaches, packed in juice, drained, (or 1 3/4 lb fresh), sliced	As needed, nonstick cooking spray
	1/2 tsp. nutmeg
	1 Tbsp. brown sugar

## Instructions

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture. Reduce heat and simmer for 5-10 minutes.
3. In another saucepan, melt margarine and set aside.
4. Lightly spray 8-inch square glass dish with cooking spray. Pour in peach mixture.
5. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk. Quickly spoon this mixture over peach mixture.
6. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
7. Bake at 400° F for 15-20 minutes, or until golden brown.
8. Cool and cut into 8 squares.

Makes 8 servings (Serving Size: 1 square)

## Nutritional information per serving (8 servings)

Calories: 271

Total fat: 4g

Saturated fat: less than 1g

Cholesterol: less than 1mg

Sodium: 263mg

Total fiber: 2g

Protein: 4g

Carbohydrates: 54g

Potassium: 284mg



# Apple Carrot Cocktail

From Seattle and King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/AppleCarrotCocktail.aspx>

## Ingredients

- 1/2 cup carrots, sliced
- 1-1/2 cups apple juice
- 1 teaspoon fresh thyme, snipped
- 1 teaspoon lemon peel, shredded
- 1/2 cup ice cubes
- 1 tablespoon fresh squeezed lemon juice
- Fresh mint (optional)

## Instructions

1. Heat 1 cup water to boiling in a small saucepan. Add carrots and cook for about 10 minutes or until tender. Drain, then set aside to cool.
2. Place carrots in a blender then add apple juice, thyme, lemon peel, ice and lemon juice. Blend until smooth or to desired consistency.
3. Serve in glasses garnished with mint.

**Makes 2 servings**

**Serving Size: ½ of recipe**

## Nutrition information per serving

Calories: 103	Dietary Fiber: 1g
Total Fat: 0 g	Sodium: 16 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol: 0 g	Carbohydrates: 26 g



# Avocado Mango Smoothie

From the National Dairy Council:

<http://www.nationaldairycouncil.org/Recipes/Pages/Avocado-MangoSmoothie.aspx>

## Ingredients

- |  |   |
|--|---|
| 1 medium ripe avocado                                | 2 tsp. lime juice                             |
| 1 cup frozen mango chunks                            | 1 tsp. lime zest                              |
| 2 cups fat-free milk                                 | 1 Tbs. agave syrup (or honey or simple syrup) |
| 1 (8oz) container vanilla bean low-fat frozen yogurt | 1 cup (more or less as needed) ice cubes      |
| 1 tsp. chopped fresh mint leaves                     |   |

## Instructions

1. Remove flesh from avocado, cut into coarse chunks. Place in blender with mango, milk, yogurt, mint, lime juice and zest, agave syrup, and ice cubes. Process until smooth.
2. Pour smoothie into tall glasses and serve.

*Makes 4 servings*

## Nutrition information per serving:

Calories	235
Carbohydrate	35 g
Dietary Fiber	5 g
Protein	8 g
Total Fat	8 g
Saturated Fat	1.5 g
Sodium	105 mg



# Batido Smoothie

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/batido-smoothie>

## Ingredients

- 2 cups papaya chunks (fresh or frozen)
- 2 bananas (overripe, sliced)
- 1 cup plain low-fat yogurt
- 1 cup ice cubes

## Instructions

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 4 hours.

**Makes 9 servings**

**Prep Time: 1 hour**

**Cook Time: 35 minutes**

## Nutrition information per serving

Calories: 118	Dietary Fiber: 3 g
Total Fat: 1 g	Sodium: 46 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol: 4 mg	Carbohydrates: 25 g





# Cantaloupe Crush

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=18&cId=11&rd=264>

## Ingredients

- 1/2 cantaloupe
- 1 cup fat-free (skim) milk
- 1 ½ cups ice
- Sweetener as needed (about 1-2 tsp. sugar or other sweetener)

## Instructions

1. Cut cantaloupe into small cubes or thin strips.
2. Mix cantaloupe, milk, and ice in a blender until smooth.
3. Sweeten to taste. Serve.

**Makes 4 servings. Yield: ½ cup each.**

## Nutrition information per serving.

Calories: 50	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 40 mg
Saturated Fat: 0 g	Protein: 3 g
Cholesterol: 0 g	Carbohydrates: 10 g



# Chai Hot Chocolate

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/chai-hot-chocolate.html>

## Ingredients

4 cardamom pods, cracked	2 black tea bags
1 (4-inch) piece cinnamon stick	2 Tbsp. unsweetened natural cocoa powder
4 whole cloves	¼ tsp. vanilla extract
¼ tsp. anise seed	2 cups unsweetened almond or soymilk
2 - 4 (¼ -inch) slices fresh ginger, peeled	3 Tbsp. agave syrup or honey, or to taste
2 cups water	

## Instructions

1. Place cardamom, cinnamon, cloves, anise seed and ginger in medium saucepan, add 2 cups water, and place over medium-high heat. When water simmers, cover and simmer over medium-low heat for 3 minutes. Remove from heat. Add tea bags, cover and steep for 4 minutes. Remove tea bags, cover, and steep brewed tea with spices for 20 minutes. Strain to remove spices, and return spiced tea to saucepan.
2. In small bowl, whisk cocoa with 1/4 cup of hot tea until dissolved, then add to tea. Mix in vanilla, and almond or soymilk. Heat chai over medium-high heat until steaming. Sweeten to taste then pour into mugs, or divide chai among 4 mugs and sweeten it to taste individually.

**Makes 4 servings**

**Serving size: 1 cup**

## Nutrition information per serving

Calories: 120	Dietary Fiber: 1 g
Total Fat: 3.5 g	Sodium: 65 mg
Saturated Fat: 0 g	Protein: 4 g
Cholesterol:	Carbohydrates: 21 g



# Chai Spiced Tea

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/ChaiTea.aspx>

## Ingredients

- 2 cups water
- 4 tea bags, black tea
- 2 cups 2% milk
- 2 tablespoons honey
- 2 slices fresh ginger, cut into 1 ½ inch slices
- ½ Tsp ground cardamom
- ½ Tsp ground nutmeg
- ¼ Tsp ground cinnamon
- ¼ Tsp allspice

## Instructions

1. In a saucepan, bring water to a boil. Add tea bags, reduce heat and simmer for 2 minutes. Remove tea bags.
2. Add remaining ingredients to tea and bring to a boil. Reduce heat and simmer for 5 minutes.
3. Strain and serve hot.

*Makes 4 servings. Serving size: 1/4 of recipe (312 g)*

## Nutritional information per serving (4 servings)

Calories: 95

Calories from fat: 21

Total fat: 2g

Saturated fat: 1g

Cholesterol: 9 mg

Sodium: 67mg

Total carbohydrate: 15g

Dietary fiber: 0g

Sugars: 8g

Protein: 4g

Vitamin A: 4%

Vitamin C: 2%

Calcium: 15%

Iron: 0%

*Percent Daily Values are based on a 2,000 calorie diet.*



# Chocolate Framboise Steamer

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Chocolate-Framboise-Steamer.aspx>

## **Ingredients**

- 1 Tbs. sugar-free chocolate syrup
- 1 ½ Tbs. sugar-free raspberry syrup
- 1 cup low-fat milk

## **Instructions**

1. Pour syrup into 20-oz chilled stainless steel pitcher. Add cold milk.
2. If using stove-top, heat syrup and milk in saucepan over medium-low heat; do not boil. If using microwave, heat milk and syrup in large, shallow bowl for 2-3 minutes. Whisk rapidly until milk is airy and frothed. Serve in a mug.

*Makes 1 serving*

## **Nutrition information per serving:**

Calories	110
Carbohydrates	12 g
Protein	8 g
Total Fat	2.5 g
Saturated Fat	1.5 g
Sodium	130 mg
Calcium	30% Daily Value



# Citrus Mint Crush

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/CitrusMintCrush.aspx>

## Ingredients

- |   |                                       |
|---|---------------------------------------|
| 1-1/4 cups cold water                     | 3/4 cup fresh squeezed lemon juice    |
| 1/2 cup sugar                             | 2 cups lemon-flavored sparkling water |
| 1/2 cup tightly packed mint leaves        | Crushed ice                           |
| 1 tablespoon grated orange zest (no pith) | Mint sprigs for garnish (optional)    |
| 3/4 cup fresh squeezed orange juice       |                                       |

## Instructions

1. Add water and sugar in a medium saucepan and cook over medium-high heat until sugar completely dissolves, stirring constantly. Remove from heat and let cool completely.
2. Coarsely chop mint leaves and set aside.
3. Add the cooled sugar-water to a medium sized bowl then stir in mint, orange zest, orange juice and lemon juice. Cover bowl and refrigerate until chilled through.
4. Pour mixture through a fine mesh strainer into a large pitcher. Discard remaining orange zest and mint leaves. Stir in sparkling water then serve over crushed ice. Garnish with a mint sprig.

*Makes 4 - 5 servings (About 1 cup per serving)*

## Nutrition information per serving:

Calories 128	Total Fat 0 g
Carbohydrate 33 g	Saturated Fat 0 g
Dietary Fiber 1 g	Trans Fat 0 g
Sugars 24 g	Cholesterol 0 mg
Protein 1 g	Sodium 11 mg



# Coffee Cooler

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/coffee-cooler>

## Ingredients

- ½ cup 1% milk
- ½ cup low-fat vanilla frozen yogurt
- ½ cup or 4oz of coffee, cooled to room temperature
- 3 ice cubes
- 1 ½ teaspoons of sugar.

## Instructions

1. In a blender, combine all ingredients, puree until smooth.
2. Pour into a chilled glass and sprinkle with cinnamon, cocoa or nutmeg if you like.

Makes 1 serving

## Nutrition information per serving

Calories: 181	Dietary Fiber: 0g
Total Fat: 3g	Sodium: 119mg
Saturated Fat: 2g	Protein: 9g
Cholesterol: 11mg	Carbohydrates: 31g



# Cranberry Spritzer

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/cranberry-spritzer>

## Ingredients

- 1 cup prepared cranberry juice drink
- 1 cup seltzer or soda water
- 2 tablespoons lime juice

## Instructions

1. Combine cranberry juice, seltzer or soda water, and lime juice in a pitcher and mix well.
2. Serve in tall glass

**Makes 4 servings**

## Nutrition information per serving

Calories: 30	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 20 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol: N/A	Carbohydrates: 9 g



# Flavored Water

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/flavored-water>

## Ingredients

- 1 cup watermelon
- 1 lime
- 5 mint leaves (optional)

## Instructions

1. Wash all produce.
2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit or blend it into a smoothie!

**Makes 1 serving (1 cup)**

## Nutrition information per serving

Calories: 8	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 0 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol: 0 g	Carbohydrates: 2 g

## Notes

Try these refreshing combinations, or create your own!

### Cucumber Lemon (or Lime)

- ½ cucumber
- 1 lemon or lime

### Pineapple grape

- 1 cup canned diced pineapple
- Pineapple juice from can
- 1 cup grapes

### Berry Kiwi (or Orange)

- 10 strawberries or blackberries
- 1 kiwi or orange





# Green Tea Cooler with Fresh Mint

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/green-tea-cooler-with-fresh-mint.html>

## Ingredients

- 8 (6-inch) mint sprigs
- 4 green tea bags
- 1 1/3 cups apple cider, refrigerated
- 4 Tbsp. fresh lime juice
- 4 mint sprigs for garnish
- 4 lime wedges, for garnish

## Directions

1. In heatproof pitcher or container, combine mint and tea bags.
2. In medium saucepan, heat 4 cups water until bubbles start to form around edge of pot. If possible, use instant-read thermometer to tell when water is 180 degrees F.
3. Pour hot water over mint and tea in pitcher. Steep for 6 minutes. Discard tea bags, leaving mint in pitcher. Cool tea to room temperature. Cover and refrigerate tea with mint for 4 to 24 hours.
4. Just before serving, add cider and lime juice to chilled tea. Pour tea into 4 tall, narrow glasses. Garnish each glass with mint spring and lime wedge.

**Makes 4 servings (about 12 ounces each.)**

## Nutritional Information

Calories: 43	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 3 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol:	Carbohydrates: 11 g



# Green Tea Slush with Apricot Nectar

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?abbr=dc\\_rc\\_&page=NewsArticle&id=7362&news\\_iv\\_ctrl=1123](http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7362&news_iv_ctrl=1123)

## Ingredients

- 3 cups prepared green tea (use decaffeinated if desired)
- 1 cup apricot nectar
- 1 cup crushed ice
- 1 Tbsp. honey

## Directions

1. In blender or food processor, combine all ingredients and puree until smooth

Makes 4 servings

## Nutritional information per serving (4 servings)

Calories: 51  
Total fat: 0g  
Saturated fat: 0g  
Sodium: 2mg  
Protein: 0g  
Total carbohydrates: 13g  
Dietary fiber: <1g



# Horchata

From the UI Extension Fiesta of Flavors

<http://urbanext.illinois.edu/fiesta/recipe.cfm?lang=en&id=250>

## Ingredients

1 cup uncooked long grain white rice  
Tap water  
1 cup water  
4 cup skim milk  
1 teaspoon vanilla extract  
½ teaspoon ground cinnamon  
½ cup granulated sugar  
Cheesecloth

## Instructions

1. Soak the rice in tap water overnight
2. Drain the soaked rice through a strainer
3. In a blender add rice, ½ cup water, 2 cups milks, vanilla, sugar, and cinnamon. Blend on high speed until rice is all ground up (approximately 1.5 minutes)
4. Add the remaining ½ cup water and 2 cups milk. Blend on high for approximately 1 minute
5. Strain the mixture through the cheesecloth until no more liquid seeps out. Do not squeeze the cheesecloth. Discard cheesecloth and remains
6. Chill and serve

**Makes 5 servings**

## Nutrition information per serving

Calories: 212  
Total Fat: .5g  
Carbohydrates: 44g  
Protein: 8g  
Dietary Fiber: .5g  
Sodium: 100mg



# Lavender Soymilk Chai Latte

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/lavender-chai-latte/>

## Ingredients

- 1 ½ cups water
- 1 to 2 tablespoons dried lavender flowers
- 1 chai tea bag
- 1 tablespoon agave nectar
- 1 cup brewed strong coffee
- 1 cup unsweetened, plain soymilk

## Instructions

1. Pour water into small pot and bring to a boil.
2. Add lavender flowers and chai tea bag and set aside for about 15 minutes to steep.
3. Pour liquid through strainer, squeezing remaining liquid from lavender flowers and chai tea bag, and return liquid to pot. Discard lavender and tea bag.
4. Add agave nectar, coffee, and soymilk and reheat, stirring well, just until mixture is hot. Do not boil.
5. Pour into 4 coffee cups.

**Makes 4 servings, 7/8 cup each.**

## Nutrition information per serving

Calories: 37	Sodium: 23 mg
Total Fat: 1 g	Protein: 2 g
Saturated Fat: 0 g	Total Carbohydrates: 5 g
Trans Fat: 0 g	Dietary Fiber: 0.25 g
Cholesterol: 0 mg	Total Sugars: 4 g



# Liz's Sparkling New Year's Cider

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/liz-s-sparkling-new-year-s-cider>

## Ingredients

- 2 cups 100% apple juice
- ½ teaspoon star anise
- 2 whole cloves
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 4 cups sparkling water (unsweetened)

## Instructions

1. Combine the first five ingredients in a pot and cook over medium-high for about 5 minutes, stirring the liquid intermittently.
2. Place a strainer over a large glass, bowl, or pitcher. Carefully pour the liquid into the container. Discard the star anise and cloves.
3. Place the container in the refrigerator to cool for about 30 minutes.
4. Once the apple juice mixture is cool, combine it with the sparkling water and serve.

**Makes 6 servings**

**Serving size: 1 cup**

## Nutrition information per serving

Calories: 39	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 3 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol: 0 mg	Carbohydrates: 9 g



# Melon Lime Cooler

From the University of Illinois Extension

<http://urbanext.illinois.edu/fiesta/recipe.cfm?lang=en&id=379>

## Ingredients

- 1 cantaloupe melon
- 1 tablespoon chopped mint leaves
- 4 tablespoons lime juice
- Ice cubes

## Instructions

1. Cut cantaloupe into wedges and scrape seeds out. Slice skin off and cut into chunks.
2. Blend on purée in blender with lime juice and mint leaves.
3. Pour the juice over ice cubes in glasses.

**Makes 3 servings**

## Nutrition information per serving

Calories	54
Total Fat	0g
Saturated Fat	0g
Cholesterol	12mg
Carbohydrates	13g
Protein	1g
Sodium	20mg
Dietary Fiber	1g



# Peach of a Carrot Zucchini Smoothie

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/peach-of-a-carrot-zucchini-smoothie/>

*Note: Unsweetened canned or frozen peaches can be used and milk can be substituted with a nondairy alternative.*

## Ingredients

- |  |  |
|--|--|
| 1 medium peach, unpeeled, halved and pitted*                                   | 1/2 cup milk**                                     |
| 1 small carrot, unpeeled and chopped into quarters                             | 1/2 tsp. vanilla extract                           |
| 1/2 small zucchini or yellow summer squash, unpeeled and chopped into quarters | 5 ice cubes  |
| 2 Tbsp. pumpkin seeds, unsalted  | 1 medium peach, unpeeled, halved and pitted*       |
| 1/2 tsp. cinnamon  | 1 small carrot, unpeeled and chopped into quarters |

## Instructions

1. Place peach, carrot and squash in the container of a blender.
2. Add pumpkin seeds, cinnamon, milk, vanilla extract and ice cubes to blender.
3. Cover and process a few seconds until smooth and creamy.
4. Pour into a glass and enjoy immediately, or chill until serving time.

Makes 1 serving.

## Nutrition information per serving

Calories: 245	Dietary Fiber: 4 g
Total Fat: 8 g	Sodium: 82 mg
Saturated Fat: 1 g	Protein: 11 g
Cholesterol: 0 mg	Carbohydrates: 37 g



# Peachey Power Smoothie

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Peachy-Power-Smoothie.aspx>

## Ingredients

- 3 medium or 2 large fresh peaches with skin, seed removed, sliced
- 2/3 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 3/4 tsp vanilla extract
- 2 Tbsp nonfat dry milk powder

## Instructions

1. In a single layer on a plate, freeze the sliced peaches for at least 1 hour (or overnight).
2. Add the frozen peach slices, milk, yogurt, honey, dry milk powder and vanilla extract to a blender container.
3. Cover and puree until smooth.
4. Pour into 2 chilled glasses.

Makes 2 servings

## Nutrition information

Calories: 200  
Total Fat: 2.5 g  
Saturated Fat: 1 g  
Cholesterol: 10 mg  
Sodium: 100 mg  
Calcium: 25% Daily Value  
Protein: 9 g  
Carbohydrate: 39 g  
Dietary Fiber: 3 g





# Pear, Kiwi and Lime Juice

From the Seattle and King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/PearJuice.aspx>

## Ingredients

- 2 ripe pears
- Juice of 1 medium lime
- 3 kiwis
- 2-3 ice cubes

## Instructions

1. Core and stem the pears. Coarsely chop and add to a blender.
2. Add lime juice.
3. Peel kiwis. Coarsely chop and add to blender.
4. Add ice, cover blender, and blend until desired consistency.
5. Pour into 2 glasses and garnish with thin-sliced pear wedges.

*Makes 2 servings*

## Nutrition information per serving:

Calories	171
Carbohydrate	44 g
Dietary Fiber	9 g
Protein	2 g
Total Fat	1 g
Sodium	5 mg
Sugars	27 g
Vitamin C	195% DV



# Pear Nog

From the Centers for Disease Control (CDC) Fruit and Veggies: More Matters Campaign

<http://www.fruitsandveggiesmorematters.org/recipe?iRID=1017>

## Ingredients

- 1 pear, peeled, cored, cut into chunks
- ½ cup skim milk
- ¼ cup egg substitute
- 1 tsp. brown sugar
- 1 large pinch cinnamon (about ¼ tsp.)
- 2 ice cubes, cracked

## Instructions

1. Peel, core, and cut pear.
2. Place all ingredients in blender.
3. Blend on high for 15 seconds.
4. Serve.

*Makes 1 serving*

## Nutrition information per serving:

Calories	200
Carbohydrate	36 g
Dietary Fiber	6 g
Protein	12 g
Total Fat	2.5 g
Saturated Fat	0 g
Sodium	160 mg



# Purple Cow

From USDA

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/purple-cow>

## Ingredients

- 1 can grape juice (6 oz., frozen)
- 2 cups water (cold)
- 1/3 cup milk (nonfat, dry)
- 1 teaspoon vanilla
- 1 cup ice (or more)

## Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Substitute 1 cup milk and 1 cup water for 2 cups water and 1/3 cup nonfat dry milk

**Makes 3 servings**

## Nutrition information per serving

Calories: 150	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 80 mg
Saturated Fat: 0 g	Protein: 6 g
Cholesterol:	Carbohydrates: 31 g



# Rhubarb and Orange Refresher

From the American Institute for Cancer Research

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23011&news\\_iv\\_ctrl=2901](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23011&news_iv_ctrl=2901)

## Ingredients

- 3 cups fresh rhubarb, cut crosswise in ½ inch slices, about ¾ lb.
- 4 cups cold water
- ¼ cup agave syrup, preferable light color
- 1 cup orange juice
- 4 mint sprigs, for garnish

## Instructions

1. In large, stainless steel or other non-reactive saucepan, combine rhubarb and water. Cover and bring to boil over medium-high heat. Reduce heat and simmer 15 minutes. Set covered pot aside to steep for 10 minutes.
2. Set large strainer over bowl. Pour contents of pot into strainer and drain liquid into bowl. Using back of wooden spoon, press very lightly on rhubarb, just to extract liquid that drains easily. Pressing too firmly will make infusion cloudy. Discard pulp. Pour liquid, about 4 cups, into jar or other container, preferably glass, and let sit until room temperature, then cover and refrigerate for up to 2 days.
3. To serve Refresher, measure 3 cups rhubarb infusion. Pour 1/2 cup into pitcher, add agave, and stir until combined. Pour in remaining rhubarb infusion and orange juice. To serve, divide Refresher among 4 ice-filled, tall glasses. Garnish each glass with mint sprig, if using. For single serving, in a glass, combine 1/4 cup rhubarb infusion with 1 tablespoon agave, and then add remaining 1/2 cup infusion, 1/4 cup orange juice and ice.

*Makes 8 servings*

## Nutrition information per serving

Calories: 90

Carbohydrates: 23 g

Protein: 0 g

Dietary fiber: 0 g

Total fat: 0 g

Saturated fat: 0 g

Sodium: 0 mg



# Spiced Banana Orange Smoothie

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/BananaOrangeSmoothie.aspx>

## Ingredients

- 1 medium banana, peeled and cut into chunks
- 1 large seedless orange, peeled and sliced
- 2 cups plain or vanilla-flavored soy milk
- 1 teaspoon powdered ginger
- 3 or 4 ice cubes

## Instructions

1. Place all ingredients except ice cubes in blender. Cover and blend on high speed for 15 seconds or until smooth.
2. Add ice cubes, cover and blend for 15 seconds more or until well blended.
3. Serve immediately.

*Makes 2 servings (1/2 recipe per serving)*

## ***Nutrition information per serving:***

Calories 118  
Carbohydrate 19 g  
Dietary Fiber 5 g  
Sugars 0 g  
Protein 5 g  
Total Fat 3 g  
Saturated Fat 0 g  
Trans Fat 0 g  
Cholesterol 0 mg  
Sodium 20 mg



# Strawberry Chia Smoothie

American Institute of Cancer Research

<http://www.aicr.org/health-e-recipes/2014/her-526-strawberry-chia-smoothie.html>

## Ingredients

- ¾ cup skim milk
- 4 tsp. chia seeds
- 1 cup fresh strawberries
- 1 Tbsp. strawberry fruit spread, or to taste
- 2 tsp. orange zest
- ½ tsp. chopped fresh ginger
- ½ tsp. vanilla extract

## Instructions

1. In blender, place milk and chia seeds and let sit while measuring remaining ingredients.
2. Add strawberries, preserves, orange zest, ginger and vanilla to blender. Whirl on high speed until smoothie is blended and creamy, about 1 minute. Pour smoothie into tall glass and serve immediately.

## Makes One Serving

## Nutrition information per serving

Calories: 249	Protein: 9g
Total Fat: 5g	Dietary Fiber: 9g
Saturated Fat: <1 g	Sodium: 90 mg
Carbohydrates: 44 g	



# Summer Breezes Smoothie

From Stay Young at Heart – National Heart Blood and Lung Institute

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/sumbreez.htm>

## Ingredients

- 1 cup yogurt, plain nonfat
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp. vanilla extract
- 4 ice cubes

## Directions

1. Place all ingredients in a blender and puree until smooth.
2. Serve in a frosted glass.

Makes 3 servings (Serving size: 1 cup)

## Nutritional information per serving (3 servings)

Calories: 121

Total fat: <1g

Saturated fat: <1g

Sodium: 64mg

Cholesterol: 1mg