



# Healthy Cookbook



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## **How to Use this Cookbook**

Its 6:00 pm... do you know what's for dinner? Need an idea for a nutritious appetizer or dessert? Let UCR's own cookbook come to the rescue! This cookbook was created by the UCR Faculty and Staff Wellness Program with YOU in mind. Whenever you are looking for a new recipe for an upcoming celebration, staff meeting, or just need an idea for tonight's dinner you now have delicious and nutritious options at your fingertips! Recipes were submitted by UCR's own faculty and staff and feature exciting and easy-to-find ingredients. Nutrition facts have also been provided for your convenience. We hope you enjoy all of the recipes featured. Happy dining!

*Disclaimer: While we try to review each recipe carefully, the nutrient content of foods may differ due to variations in ingredients, cooking temperatures, portion sizes, or individual cooking styles.*

To view the other programs offered by our UCR Faculty and Staff Wellness Team, please visit [wellness.ucr.edu](http://wellness.ucr.edu).

*Recipes were reviewed by Valerie Mosher, Registered Dietician*

*Cookbook was organized by Kellie Yamahata, Wellness Program Intern.*

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# Breakfast

## *RECIPES IN THIS SECTION*

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## BANANA OATMEAL MUFFINS

Serves: 24 (1 item)

### INGREDIENTS:

2 1/2 cups	oats (old fashioned kind, not quick cooking)
1 cup	single serving of plain low fat Greek yogurt
2	eggs, raw
3/4 cup	sweetener of choice or 2 tbs. Stevia sweetener
1 1/2 tsps.	baking powder
1/2 tsps.	baking soda
2	bananas

### INSTRUCTIONS:

*Important—The paper liners don't work well when baking with a base that does not include flour, they always seem to stick to the paper. I sprayed the muffin tin with non-stick cooking spray or you can use foil cupcake liners or a silicone muffin pan.*

1. Preheat oven to 400°F.
2. Spray muffin tin with non-stick cooking spray or line 12 muffin tins with silicone or foil liners (or just use silicon muffin pan).
3. Place all of the ingredients, including bananas in a blender or food processor, and blend until oats are smooth. (I would suggest putting the liquids in first and adding dry ingredients in a little at a time)
4. Divide batter among cupcake liners.
5. Bake for 20 - 25 minutes, or until toothpick comes out clean.
6. Most important: Enjoy!!!

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (38g)

<b>Calories</b> 59	<b>Carbohydrates</b> 11.0 g	<b>Total Fat</b> 1.2 g
<b>Protein</b> 2.8 g	<b>Fiber</b> 1.1 g	<b>Saturated Fat</b> 0.3 g
<b>Sodium</b> 528.1 mg	<b>Sugars</b> 1.7 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 16.3 mg		

Jeanette Bradeen, Executive Director, Housing Services Administration (Retired)

## BANANA PANCAKES

Serves: 2 (1 serving)

### INGREDIENTS:

- |          |                  |
|----------|------------------|
| 1        | banana           |
| 2        | eggs, raw        |
| 1/8 tsp. | cinnamon, ground |

### INSTRUCTIONS:

1. Mash one banana in a bowl (the riper, the better).
2. Add 2 eggs (and 1/8 teaspoon cinnamon, if desired).
3. Mix until consistency is uniform.
4. Pour batter into greased, pre-heated skilled to approximately 1/4" thickness and flip when bubbles begin to appear on pancake surface or downward-facing side begins to brown.
5. Repeat until all batter is used.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 serving) (109g)

<b>Calories</b> 125	<b>Carbohydrates</b> 14.0 g	<b>Total Fat</b> 5.0 g
<b>Protein</b> 6.9 g	<b>Fiber</b> 1.7 g	<b>Saturated Fat</b> 1.6 g
<b>Sodium</b> 71.6 mg	<b>Sugars</b> 7.4 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 186.0 mg		

Alaina Sudeith, Resident Director, Housing Services Administration

## BANANA PEANUT BUTTER CACAO POWDER SMOOTHIE

Serves: 1 (2 cups)

### INGREDIENTS:

1	banana
2 tbsps.	peanut butter or almond butter
2 tbsps.	cacao powder
1/3 cup	water

### INSTRUCTIONS:

1. In a blender, place 1 peeled frozen banana, peanut or almond butter, cacao powder, and water.
2. Blend until smooth.

Extras: Throw in protein powder, 2 tablespoons shredded unsweetened coconut, a handful of raw almonds, pinch ground cinnamon, or 2 tablespoons rolled oats.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (181g)

<b>Calories</b> 318	<b>Carbohydrates</b> 39.5 g	<b>Total Fat</b> 18.0 g
<b>Protein</b> 11.4 g	<b>Fiber</b> 8.6 g	<b>Saturated Fat</b> 4.4 g
<b>Sodium</b> 150.9 mg	<b>Sugars</b> 17.6 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Deepak Sharma, Former Employee with The Well

## BELL PEPPER ORANGE AND COCONUT OIL SMOOTHIE

Serves: 1 (2 cups)

### INGREDIENTS:

- |         |                           |
|---------|---------------------------|
| 1/4     | red bell pepper           |
| 1       | orange, Navel, California |
| 1 tbsp. | coconut oil               |

### INSTRUCTIONS:

1. In a blender, place 1 red bell pepper (quartered, stem and seeds removed), 1 peeled navel orange, and coconut oil.
2. Blend until smooth.

Extras: Spice it up with cayenne pepper or ground cinnamon.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (213g)

<b>Calories</b> 204	<b>Carbohydrates</b> 21.1 g	<b>Total Fat</b> 14.0 g
<b>Protein</b> 1.9 g	<b>Fiber</b> 4.3 g	<b>Saturated Fat</b> 11.8 g
<b>Sodium</b> 3.8 mg	<b>Sugars</b> 14.4 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Deepak Sharma, Former Employee with The Well

## COCONUT FLOUR PANCAKES

Serves: 1 (1 serving)

### INGREDIENTS:

2	egg whites
1/4 cup	coconut flour
1/2 cup	almond milk
1 tsp.	vanilla
1/2 tsp.	baking powder
1/8 tsp.	salt
1/8 tsp.	cinnamon
1-2 packets	STEVIA Sweetener

### INSTRUCTIONS:

1. Combine all ingredients and stir until thoroughly combined. (Be patient as this may take a few minutes)
2. Heat a greased nonstick skillet over medium high heat for a minute or two. (You want the pan to be completely pre-heated so the first pancakes cook correctly)
3. Pour desired amount of batter onto skillet. (2 tablespoon to make medium-sized pancakes)
4. Cook until golden, a few minutes on each side.
5. Transfer to a plate and repeat with remaining batter, re-greasing (or spraying with cooking spray) between each pancake.
6. Top at will and devour!

### NUTRIENT ANALYSIS FOR ONE SERVING (1 serving) (164g)

<b>Calories</b> 178	<b>Carbohydrates</b> 27.9 g	<b>Total Fat</b> 3.9 g
<b>Protein</b> 11.7 g	<b>Fiber</b> 12.5 g	<b>Saturated Fat</b> 2.0 g
<b>Sodium</b> 759.5 mg	<b>Sugars</b> 6.0 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Jescelyn Rene Villarreal, Fitness & Wellness Coordinator, Recreation/Student Rec Center

## MANGO COCONUT MILK CHIA SEED SMOOTHIE

Serves: 1 (2 cups)

### INGREDIENTS:

8 (3/4 cup) mango, frozen  
1/2 cup coconut milk  
1 tbsp. chia seeds

### INSTRUCTIONS:

1. In a blender, place 8 pieces frozen mango (about 3/4 cup) and 1/2 cup So Delicious coconut milk.
2. Blend until smooth.
3. Add 1 tablespoon of chia seeds.
4. Pulse just a few times to combine.

Extras: Add ground nutmeg, protein powder, or 2 tablespoons shredded, unsweetened coconut.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (304g)

<b>Calories</b> 442	<b>Carbohydrates</b> 36.6 g	<b>Total Fat</b> 33.3 g
<b>Protein</b> 6.3 g	<b>Fiber</b> 7.5 g	<b>Saturated Fat</b> 26.0 g
<b>Sodium</b> 23.7 mg	<b>Sugars</b> 27.5 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Deepak Sharma, Former Employee with The Well

## PSEUDO CRUSTED QUICHE

Serves: 8 (1 slice)

### INGREDIENTS:

3 tbsps.	olive oil	3 tbsps.	water
1/2	onion, thinly sliced	12	egg whites
1/2 tsp.	crushed garlic	3/4 cup	fat free half & half
2 1/2 cups	thinly sliced mushroom caps	1/2 tsp.	salt
3 cups	(packed) chopped baby spinach leaves	1/2 tsp.	black pepper
3/4 tsp.	salt	10 ounces	low fat mozzarella
1/4 tsp.	black pepper	1	cheese, shredded
3 tbsps.	yellow cornmeal		small can crushed or sliced olives

### INSTRUCTIONS:

1. Heat olive oil in skillet.
2. Add onion and garlic—sauté until it begins to brown.
3. Add mushrooms and stir—cook until they begin to brown (drain).
4. Add spinach, salt, and pepper, and cook a few minutes.
5. Add cornmeal and water, stir well.
6. Lightly coat a 12/13" shallow casserole dish with cooking spray.
7. Press mixture over bottom and partway up the sides of casserole dish (SET ASIDE).
8. Beat egg whites, half and half, salt, and pepper thoroughly together.
9. Fold in cheese and olives, then pour the filling into the crust.
10. Bake at 350°F for 40 minutes. Allow to stand at least 10 minutes before serving.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 slice) (179g)

<b>Calories</b> 210	<b>Carbohydrates</b> 9.2 g	<b>Total Fat</b> 12.1 g
<b>Protein</b> 16.2 g	<b>Fiber</b> 1.1 g	<b>Saturated Fat</b> 4.6 g
<b>Sodium</b> 580.7 mg	<b>Sugars</b> 2.8 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 23.8 mg		

Heidie Rhodes, Policy & Program Manager, Human Resources

## STRAWBERRIES YOGURT COCONUT SMOOTHIE

Serves: 1 (2 cups)

### INGREDIENTS:

- |         |                                      |
|---------|--------------------------------------|
| 8       | strawberries                         |
| 1/2 cup | plain kefir or pourable plain yogurt |
| 1/2 cup | shredded, unsweetened coconut        |

### INSTRUCTIONS:

1. In a blender, place 8 frozen strawberries, 1/2 cup plain kefir or pourable plain yogurt, and 1/2 cup shredded, unsweetened coconut.
2. Blend until smooth.

Extras: Spark it up with 2 tablespoons rolled oats, pinch ground cinnamon, 2 tablespoons flax meal, or protein powder.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (394g)

<b>Calories</b> 269	<b>Carbohydrates</b> 34.9 g	<b>Total Fat</b> 13.1 g
<b>Protein</b> 10.5 g	<b>Fiber</b> 5.3 g	<b>Saturated Fat</b> 9.6 g
<b>Sodium</b> 127.7 mg	<b>Sugars</b> 26.5 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 10.0 mg		

Deepak Sharma, Former Employee with The Well

# Appetizer

***RECIPES IN THIS SECTION***

[Chipotle Chicken Tostados](#)

[Green Pea Hummus Dip](#)

[Nini's Tortilla Appetizer](#)

[Picadillo Dip](#)

[Stuffed Portobello Mushrooms w/ Veggies and Cheese](#)

[Sunflower Seed-Herb Pâté](#)

[Winter Salsa](#)

## CHIPOTLE CHICKEN TOSTADAS

Serves: 24 (1 item)

### INGREDIENTS:

3 (8 inch)	flour tortillas
1	avocado, peeled and pitted
1/4 cup	sour cream
1/4 cup	tomato, seeded and finely chopped
1 tbsp.	lime juice, freshly squeezed
2	cloves garlic, minced
2 tbsps.	fresh cilantro, finely chopped
3/4 cup	ketchup
3 tbsps.	brown sugar
2 tbsps.	Chipotles in adobo sauce, finely chopped
2 tbsps.	soy sauce
2 tbsps.	Apple Cider vinegar
1 tbsp.	chili powder
2 cups	cooked chicken, chopped

### INSTRUCTIONS:

1. Coat both sides of tortillas with nonstick spray.
2. Stack and cut into 8 wedges.
3. Push into muffin cups and bake 6 - 8 minutes, or until golden.
4. Mash avocado, sour cream, tomato, lime juice, garlic, and cilantro together. Salt to taste and chill.
5. Simmer ketchup, sugar, chipotles, soy sauce, vinegar, chili powder, and chicken in a sauce pan over medium-low heat for 8 minutes or until syrupy.
6. Top each tostada with 1 tablespoon avocado mixture, then 2 tablespoons chicken mixture.
7. Garnish with sour cream, cilantro and zest from the lime.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (42g)

<b>Calories</b> 86	<b>Carbohydrates</b> 9.8 g	<b>Total Fat</b> 3.9 g
<b>Protein</b> 3.2 g	<b>Fiber</b> 0.8 g	<b>Saturated Fat</b> 0.7 g
<b>Sodium</b> 281.8 mg	<b>Sugars</b> 2.9 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 6.3 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## GREEN PEA HUMMUS DIP

Serves: 30 (2 tablespoons)

### INGREDIENTS:

1 lb.	frozen peas
3	garlic cloves, crushed
3 tbsps.	tahini
3 tbsps.	olive oil
1	Lemon, juiced
1 tsp.	ground cumin
1 handful (3 tbsps.)	chopped cilantro
1 tbsp.	olive oil
	chili powder
	salt and black pepper

### INSTRUCTIONS:

1. Defrost the peas, put in a food processor along with all the other ingredients; mix well until a paste is formed.
2. You can add a little lemon juice or olive oil to get it the texture you want it.
3. Season with sea salt and black pepper according to taste.
4. Serve the green pea hummus in a dipping bowl, form a small hole in the center of the mixture and add a tablespoon of olive oil and lightly dust with chili powder.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 tablespoons) (24g)

<b>Calories</b> 38	<b>Carbohydrates</b> 2.8 g	<b>Total Fat</b> 2.8 g
<b>Protein</b> 1.5 g	<b>Fiber</b> 1.0 g	<b>Saturated Fat</b> 0.4 g
<b>Sodium</b> 83.0 mg	<b>Sugars</b> 0.8 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Penni Ebina, Cash Operation Coordinator, Housing Services Administration

## NINI'S TORTILLA APPETIZER

Serves: 30 (1 item)

### INGREDIENTS:

1	fresh avocado, chopped but not mashed
1 can	black bean—drained and rinsed
1/2 -1	jalapeno pepper, chopped fine (use depending on your taste)
1/4 tsp.	salt
1/4 tsp.	pepper
1 tsp.	olive oil
5 ounces	Tostidos scoop chips (tortilla chip that looks like a little cup)

### INSTRUCTIONS:

1. In a bowl, place the avocado, black beans, and jalapeno pepper.
2. Drizzle with olive oil and sprinkle salt and pepper to taste.
3. Mix lightly and put a scoop on each tostido. Easy right?

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (24g)

<b>Calories</b> 51	<b>Carbohydrates</b> 6.9 g	<b>Total Fat</b> 2.1 g
<b>Protein</b> 1.7 g	<b>Fiber</b> 1.9 g	<b>Saturated Fat</b> 0.3 g
<b>Sodium</b> 36.9 mg	<b>Sugars</b> 0.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Nini Furst, Workers' Compensation Analyst, Human Resources

## PICADILLO DIP

Serves: 8 (4 fluid ounces)

### INGREDIENTS:

1 lb.	lean ground beef
1/2 tsp.	salt
1/4 tsp.	pepper
1 cup	water
1	garlic clove, minced
1/2 cup	raisins
1/2 cup	almonds, slivered
1/4 cup	green olives, pimiento-stuffed
1 tbsp.	capers, drained
1/2 tsp.	sugar
1 can (16 ounces)	diced tomatoes, NOT drained
1 can (6 ounces)	tomato paste
	tortilla chips

### INSTRUCTIONS:

1. In a medium sauce pan, over medium heat, brown the ground beef.
2. Add salt, pepper, water and garlic; simmer for 20 minutes.
3. Add all remaining ingredients except the tortilla chips. Mix well.
4. Cook over low heat for 40 minutes or until thickened, stirring occasionally.
5. Serve hot with the tortilla chips.

This works great in a crockpot as well. (After step 1) Set on low for 4-6 hours.

### NUTRIENT ANALYSIS FOR ONE SERVING (4 fluid ounces) (138g)

<b>Calories</b> 163	<b>Carbohydrates</b> 12.9 g	<b>Total Fat</b> 8.3 g
<b>Protein</b> 9.8 g	<b>Fiber</b> 1.6 g	<b>Saturated Fat</b> 2.1 g
<b>Sodium</b> 254.0 mg	<b>Sugars</b> 7.1 g	<b>Trans Fat</b> 0.3 g
<b>Cholesterol</b> 25.2 mg		

Dianne Thomas, Executive Assistant, Housing Services Administration

## STUFFED PORTOBELLO MUSHROOMS WITH VEGGIES AND CHEESE

Serves: 2 (1 item)

### INGREDIENTS:

2	Laughing Cow light Swiss cheese wedges
1 tbsp.	Alouette Cheese spread—Light spinach artichoke flavor
1	Plum tomato, deseeded and diced
1	medium zucchini, skinned and diced
2 large (5" or bigger)	Portobello mushroom caps, raw (black gills removed)
1 tbsp.	Trader Joe's Parmesan Romano grated cheese
1/4 tsp.	ground thyme (or more to taste)
1/4 tsp.	salt
1/2 tsp.	Pepper
1 serving	Nonstick spray (I use Olive Oil flavored Pam)

### INSTRUCTIONS:

1. Preheat oven to 375 F.
2. Twist out stem of 2 mushrooms and gently scrape out with a spoons' edge the dark mushroom gills. Be careful not to break the mushroom. You can wipe the stem down and chop it up to add to the veggie-cheese mixture if you want. With damp paper towel wipe down the back of the mushroom caps instead of washing them. Throw away gills.
3. Note: The gills smear easily, so may want to wear an apron or have an extra paper towel handy for protecting your clothes and wiping your hands.
4. In a bowl, combine cheese wedges, cheese spread, diced zucchini, chopped mushrooms stems, diced tomato, salt, pepper and thyme. Mix well with a spoon. Set aside.
5. Lay a large piece of heavy-duty foil on a pie plate or in a small/medium glass baking dish (or make a foil packet on a cookie sheet, but make it with high sides). Lightly spray bottom of foil with olive oil nonstick spray, and place mushroom caps next to each other on the foil with the rounded sides down to make little bowls.
6. Spoon veggie-cheese mixture into the mushroom caps. There will be a lot, so pack it in! Sprinkle with grated cheese across top.
7. Don't cover the top with foil, just leave open. Bake in the oven for 30 minutes, until mushrooms are tender and top is slightly golden.
8. Remove from oven. Allow to cool for a few minutes, then lift with large slotted spatula out of baking dish onto plate since there will be mushroom au jus (liquid).

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (241g)

<b>Calories</b> 123	<b>Carbohydrates</b> 9.5 g	<b>Total Fat</b> 5.8 g
<b>Protein</b> 8.1 g	<b>Fiber</b> 2.6 g	<b>Saturated Fat</b> 3.4 g
<b>Sodium</b> 656.7 mg	<b>Sugars</b> 6.8 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 13.5 mg		

Cathy Lussier, Academic Coordinator, Graduate School of Education

## SUNFLOWER SEED-HERB PÂTÉ

Serves: 4 (1/4 cup)

### INGREDIENTS:

1 cup	soaked sunflower seeds
2 tbsp.	water
1 tbsp.	freshly squeezed lemon juice
1/2 tsp.	crushed garlic
1/4 tsp.	salt
1/8 tsp.	cayenne or ground pepper
1 tbsp.	minced red or green onion
2 tsp.	minced fresh dill, basil, or parsley

### INSTRUCTIONS:

1. Put the sunflower seeds, water, lemon juice, garlic, salt, and cayenne in a food processor fitted with the S-blade and process into a paste, stopping occasionally to scrape down the work bowl with a rubber spatula.
2. Transfer to a small bowl.
3. Stir in the onion and dill until well combined.
4. Stored in a sealed container in the refrigerator, Sunflower Seed-Herb Pâté will keep for 5 days.

### NUTRIENT ANALYSIS FOR ONE SERVING (1/4 cup) (57g)

<b>Calories</b> 215	<b>Carbohydrates</b> 8.0 g	<b>Total Fat</b> 18.6 g
<b>Protein</b> 7.8 g	<b>Fiber</b> 3.2 g	<b>Saturated Fat</b> 1.6 g
<b>Sodium</b> 128.8 mg	<b>Sugars</b> 1.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Antonette Toney, Technology and Data Manager, Acad Personnel - Gen Ops

## WINTER SALSA

Serves: 14 (1/2 cup)

### INGREDIENTS:

1 cup	cucumber, peeled, seeded and chopped medium-coarse
1 cup	zucchini, chopped
1 cup	red bell pepper, seeded and chopped
1 - 1 1/2 cups	tomato, seeded and chopped medium-coarse
1/2 cup	radishes, chopped
1/2 cup	red onion, chopped
3 tbsps.	grated onion, minced
1/4 cup	minced cilantro
1/2 tsp.	salt
1 tbsp.	juice, lime
3 tbsps.	fresh orange juice (optional)

### INSTRUCTIONS:

1. Toss all the ingredients together in a glass or ceramic bowl.
2. Marinate at room temperature for at least an hour.

### NUTRIENT ANALYSIS FOR ONE SERVING (1/2 cup) (53g)

<b>Calories</b> 12	<b>Carbohydrates</b> 2.6 g	<b>Total Fat</b> 0.1 g
<b>Protein</b> 0.5 g	<b>Fiber</b> 0.7 g	<b>Saturated Fat</b> 0.0 g
<b>Sodium</b> 39.1 mg	<b>Sugars</b> 1.7 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Cindi Anderson, Executive Assistant, University Advancement

# Beverage

*RECIPES IN THIS SECTION*

[Blackberry Limeade](#)

## BLACKBERRY LIMEADE

Serves: 8 (1 cup)

### INGREDIENTS:

6 cups	water, divided
3 cups	fresh blackberries
1 cup	sugar
2/3 cup	fresh lime juice (about 4 limes)
8 thin	lime slices

### INSTRUCTIONS:

1. Place 1 cup water and 3 cups blackberries in a blender; process until smooth.
2. Press blackberry puree through a sieve into a large pitcher; discard seeds.
3. Add remaining 5 cups water, sugar, and juice to pitcher; stir until sugar dissolves.
4. Place 1 lime slice and a few blackberries, if desired, into each of 8 glasses; pour about 1 cup limeade over each serving.

Note: I used 1/2 cup Splenda baking blend to cut back on the sugar.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (296g)

<b>Calories</b> 128	<b>Carbohydrates</b> 32.8 g	<b>Total Fat</b> 0.3 g
<b>Protein</b> 1.0 g	<b>Fiber</b> 3.7 g	<b>Saturated Fat</b> 0.0 g
<b>Sodium</b> 1.5 mg	<b>Sugars</b> 27.7 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Stephanie Russell, Staff Research Associate, Entomology

# Salad

***RECIPES IN THIS SECTION***

- [Black Bean Chicken and Pepita Salad](#)
- [Greek Vegetable Salad](#)
- [Low Fat Sesame Ginger Salad](#)
- [Pesto Chicken Salad](#)
- [Quinoa Corn Edamame Salad](#)
- [Roasted Eggplant Salad](#)

## BLACK BEAN CHICKEN AND PEPITA SALAD

Serves: 4 (2 cups)

### INGREDIENTS:

1 can (14 ounces)	black beans, rinsed and drained
2 cups	frozen corn kernels
1 small	red bell pepper, seeded and chopped
1/2	red onion, chopped
1 1/2 tsps.	ground cumin, half a palm full
2 tsps.	hot sauce, just eyeball the amount (recommend: Tabasco)
1	lime, juiced
2 tbsps.	vegetable or olive oil, eyeball it
1/2 tsp.	salt
1/2 tsp.	pepper

### INSTRUCTIONS:

1. Combine all ingredients in a bowl.
2. Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and serve.
3. The corn will also place a quick chill on this easy side salad as it defrosts — no need to refrigerate!

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (363g)

<b>Calories</b> 339	<b>Carbohydrates</b> 42.8 g	<b>Total Fat</b> 14.5 g
<b>Protein</b> 19.5 g	<b>Fiber</b> 9.1 g	<b>Saturated Fat</b> 2.1 g
<b>Sodium</b> 506.7 mg	<b>Sugars</b> 7.1 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 23.5 mg		

Stephanie Russell, Staff Research Associate, Entomology

## GREEK VEGETABLE SALAD

Serves: 8 (1 cup)

### INGREDIENTS:

*Dressing:*

- 1 5-ounce bottle of Crosse & Blackwell's Mint sauce
- 1/4 - 1/3 cup extra virgin olive oil
- 2 tsps. dried oregano
- 1 – 2 tsps. dried garden mint (not spearmint or peppermint) if preferred

*Vegetables:* amounts according to desire or taste

- sliced Persian cucumbers
- sliced red bell peppers
- sliced red onions
- sliced pepperoncini's
- pitted Kalamata olives
- sweet grape tomatoes, whole
- feta cheese, diced (I prefer a goat's milk feta)

### INSTRUCTIONS:

1. Toss all the vegetables and cheese together.
2. Pour dressing over the vegetables before serving.

Note: The mint sauce reference above is made with Egyptian mint leaves and malt vinegar. It is a liquid, not a jelly.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (129g)

<b>Calories</b> 148	<b>Carbohydrates</b> 9.3 g	<b>Total Fat</b> 10.9 g
<b>Protein</b> 3.1 g	<b>Fiber</b> 1.2 g	<b>Saturated Fat</b> 3.2 g
<b>Sodium</b> 465.8 mg	<b>Sugars</b> 2.7 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 12.6 mg		

Darci Lombard, Accounting and Purchasing Assistant, Housing Services Administration

## LOW FAT SESAME GINGER SALAD

Serves: 2 (2 cups)

### INGREDIENTS:

- |          |  |
|----------|--|
| 1/2 cup  | Any kind of lettuce (Romaine, Spinach, or Spring Mix)                  |
| 1 tsp.   | Fresh cilantro   |
| 4 tbsps. | Salad dressing (Newman's Low Fat Sesame Ginger)                        |
| 1/3 cup  | Dried cranberries  |
| 1/4 cup  | Almonds (Sunkist almond accents, roasted garlic Caesar sliced almonds) |
- \*Add in grilled chicken if desired or tuna

### INSTRUCTIONS:

1. Mix and Enjoy

Note: You can make it a meal with grilled chicken or tuna, or as a side salad for dinner. I add cheddar cheese which adds a taste to the fabulous salad and sometimes croutons. Do not substitute the salad dressing or the type of almonds!

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (202g)

<b>Calories</b> 357	<b>Carbohydrates</b> 29.7 g	<b>Total Fat</b> 13.6 g
<b>Protein</b> 32.4 g	<b>Fiber</b> 3.0 g	<b>Saturated Fat</b> 1.3 g
<b>Sodium</b> 770.6 mg	<b>Sugars</b> 21.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 79.9 mg		

Rosie Garcia, Administrative Assistant, Police

## PESTO CHICKEN SALAD

Serves: 3 (2 cups)

### INGREDIENTS:

6 ounces	chicken (boneless, skinless, white breast meat, cooked)
1 large	zucchini (or 2-3 small ones)
150 g	Yukon gold mini potatoes (or white or red mini ones)
150 g	cherry tomatoes (or grape tomatoes) cut in half
15 g	walnuts (or pine nuts or sliced almonds) toasted
1 1/2 tbsps.	pesto (small container found in the cold cheese/deli section of market)
2 tbsps.	white wine vinegar
1/2	lemon for fresh lemon juice (don't use bottled, use a real lemon)
2 tsps.	olive oil
1	bag of baby spinach (prewashed salad bag from grocery salad section)
1	bag of butter lettuce (prewashed salad bag from grocery salad section)
	olive oil Pam (optional)
	black pepper (optional)

### INSTRUCTIONS:

1. Make the warm ingredients: Peel and slice zucchini into thin coins and brown in a pan (medium-low heat) until lightly freckled with brown spots. You can use a spritz of olive oil Pam if you think it needs a bit of assistance not sticking.
2. After the zucchini has been removed from the pan, toast the nuts (be careful, they burn fast, don't take your eyes off them).
3. While waiting, wash & thinly slice potatoes into coins (if using Yukon brand the skin is thin and tender, you do not need to peel them). After the nuts have been toasted & set aside, in the empty pan cook the potatoes about 5 - 7 min. until softened all the way through.
4. Chop up chicken into bite size pieces. After removing potatoes, cook chicken in frying pan on medium heat until white all the way through.
5. Make the dressing: In a bowl, whisk pesto, white wine vinegar, lemon juice, and olive oil.
6. Cut in half tomatoes. Don't use larger tomatoes, as they are not as sweet.
7. Combine: Gently toss in the bowl with dressing, cooked chicken, potatoes, and zucchini, walnuts and tomatoes. Pour mixture over spinach and lettuce. Sprinkle with pinch of black pepper (optional).

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (444g)

**Calories** 278

**Carbohydrates** 19.1 g

**Total Fat** 12.5 g

**Protein** 23.8 g

**Fiber** 5.7 g

**Saturated Fat** 2.0 g

**Sodium** 355.6 mg

**Sugars** 5.4 g

**Trans Fat** 0.0 g

**Cholesterol** 53.0 mg

Cathy Lussier, Academic Coordinator, Graduate School of Education

## QUINOA CORN EDAMAME SALAD

Serves: 8 (1/2 cup)

### INGREDIENTS:

2 cups	frozen, shelled, edamame
1 cup	frozen, corn
1 cup	cooked, cooled quinoa (leftover is great)
1/2	red onion, chopped
1/2	red sweet bell pepper, diced
1 tbsp.	minced fresh cilantro
1 1/2 tbsps.	olive oil
1 tbsp.	freshly squeezed lemon juice
1 tbsp.	freshly squeezed lime juice
1/4 tsp.	salt
1/4 tsp.	chili powder
1/4 tsp.	dried thyme
1/8 tsp.	freshly ground black pepper
1/4 tsp.	cayenne

### INSTRUCTIONS:

1. Briefly boil the edamame and the corn, just until tender.
2. Drain very well and cool completely.
3. In a large bowl, combine the edamame, corn, quinoa, onion, red pepper, and cilantro.
4. In a small bowl, whisk together the olive oil, lemon juice, lime juice, salt, chili powder, black pepper, thyme, and cayenne until emulsified.
5. Drizzle over the salad and toss to coat.
6. Cover and chill for at least 2 hours.

Note: You could add some diced chicken if desired. It may seem like you won't have enough dressing, but it's just right.

### NUTRIENT ANALYSIS FOR ONE SERVING (1/2 cup) (109g)

<b>Calories</b> 124	<b>Carbohydrates</b> 14.9 g	<b>Total Fat</b> 5.3 g
<b>Protein</b> 6.1 g	<b>Fiber</b> 3.7 g	<b>Saturated Fat</b> 0.7 g
<b>Sodium</b> 72.0 mg	<b>Sugars</b> 2.6 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Darci Lombard, Accounting and Purchasing Assistant, Housing Services Administration

## ROASTED EGGPLANT SALAD

Serves: 2 (2 cups)

### INGREDIENTS:

1 lb.	eggplant
2	garlic cloves
3 spoons	plain yogurt
1 spoon	mayonnaise
1/2 tsp.	salt
1 tsp.	black pepper
1 tsp.	red pepper

### INSTRUCTIONS:

1. Eggplant roasted in the oven or stove.
2. After, peel and chop into small pieces.
3. Mix plain yogurt, garlic and mayonnaise; mix again with eggplant.
4. Add salt and black pepper.
5. For decoration, sprinkle top with red pepper.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (282g)

<b>Calories</b> 137	<b>Carbohydrates</b> 16.8 g	<b>Total Fat</b> 5.9 g
<b>Protein</b> 7.0 g	<b>Fiber</b> 7.3 g	<b>Saturated Fat</b> 1.0 g
<b>Sodium</b> 645.9 mg	<b>Sugars</b> 9.6 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 5.0 mg		

# Soup

***RECIPES IN THIS SECTION***

[Black Bean Soup Recipe](#)

[Chicken Corn Chowder](#)

[Jill's Lentil Soup](#)

[Spicy Pumpkin Soup](#)

[Weight Watchers 0 Point Tortilla Soup](#)

## BLACK BEAN SOUP RECIPE

Serves: 4 (1/2 cup)

### INGREDIENTS:

1	medium onion, chopped
1	large clove garlic, finely chopped
1	medium carrot, chopped
1	medium stalk celery, chopped
2 tsps.	chopped fresh parsley
4 ounces	chopped Canadian bacon
1 can	reduced sodium defatted chicken broth (14.5 ounce)
1/2 tsp.	dried oregano
1/2 tsp.	crushed red pepper
1 can	black beans, rinsed and drained (15 ounce)
	garnish with lime wedges

### INSTRUCTIONS:

1. Spray a large sauce pan with nonstick cooking spray.
2. Add Canadian bacon and heat over medium heat until hot.
3. Add the onion and garlic and cook 5 minutes or until onion is tender.
4. Stir in chicken broth, carrot, celery, parsley, oregano, and red pepper.
5. Heat to boiling over high heat.
6. Reduce heat, cover and simmer about 10 minutes.
7. Remove 1/2 cup beans and mash with a fork or potato masher.
8. Add the mashed beans and whole beans into the broth mixture and heat through.
9. Serve with lime wedges.

### NUTRIENT ANALYSIS FOR ONE SERVING (1/2 cup) (206g)

<b>Calories</b> 175	<b>Carbohydrates</b> 21.3 g	<b>Total Fat</b> 3.9 g
<b>Protein</b> 14.0 g	<b>Fiber</b> 6.1 g	<b>Saturated Fat</b> 1.0 g
<b>Sodium</b> 845.8 mg	<b>Sugars</b> 2.9 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 24.9 mg		

Wendy Mello, Administrative Assistant, English/Hist/Phil Admin Unit

## CHICKEN CORN CHOWDER

Serves: 4 (1 1/2 cups)

### INGREDIENTS:

2 cups (one 16 ounce can)	Campbell's healthy request chicken broth
1 cup	diced raw potatoes
1 cup	diced carrots
2 cups (one 16 ounce can)	cream-style corn
1 1/2 cups (8 ounces)	diced cooked chicken breast
1 1/2 cups (one 12– fluid ounce can)	Carnation evaporated skim milk
1/8 tsp.	black pepper
1/3 cup	instant potato flakes
1 tsp.	dried parsley flakes

### INSTRUCTIONS:

1. In a large saucepan, combine chicken broth, potatoes, and carrots.
2. Cover and cook over medium heat until vegetables are tender, about 10 to 12 minutes.
3. Add cream-style corn, chicken, evaporated skim milk, and black pepper.
4. Stir in instant potato flakes and parsley flakes.
5. Simmer 5 minutes.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 1/2 cups) (445g)

<b>Calories</b> 357	<b>Carbohydrates</b> 45.2 g	<b>Total Fat</b> 8.0 g
<b>Protein</b> 26.8 g	<b>Fiber</b> 2.9 g	<b>Saturated Fat</b> 5.0 g
<b>Sodium</b> 885.4 mg	<b>Sugars</b> 13.1 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 72.5 mg		

Jayne Gales, Grant Analyst, Philosophy (Retired)

## JILL'S LENTIL SOUP

Serves: 4 (1 cup)

### INGREDIENTS:

1 cup	red lentils
2 cups	water
1 large	yellow or white onion, diced
1 tsp.	cumin
	salt and pepper to taste
	fresh lemon

### INSTRUCTIONS:

1. Rinse red lentils.
2. In a large sauce pan bring the water, lentils and diced onion to a boil, then cover the pan and simmer.
3. Cook for at least 1 hour until lentils cook through and the mixture turns into a thick yellow soup.
4. Serve with warm pita bread and freshly squeezed lemon juice.

Note: Do not substitute the red lentils. Adjust water amount for desired texture.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (200g)

<b>Calories</b> 120	<b>Carbohydrates</b> 22.4 g	<b>Total Fat</b> 0.6 g
<b>Protein</b> 8.1 g	<b>Fiber</b> 0.9 g	<b>Saturated Fat</b> 0.1 g
<b>Sodium</b> 509.5 mg	<b>Sugars</b> 2.7 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Jill Hishmeh, Director of Communication, C&C Associate Vice Chancellor

## SPICY PUMPKIN SOUP

Serves: 4 (1 cup)

### INGREDIENTS:

1 tbsp.	extra virgin olive oil
4 cups	chicken or vegetable broth
15 ounce can	solid-pack pumpkin
2 tbsps.	freshly squeezed lime juice
2 tbsps.	chopped fresh cilantro
1 tbsp.	pure maple syrup
1	jalapeno pepper, finely minced

### INSTRUCTIONS:

1. In a large saucepan over medium-high heat, sauté jalapeno in hot olive oil for 1 minute, or until tender.
2. Gently stir in broth, pumpkin and lime juice.
3. Bring to a boil.
4. Reduce heat, add cilantro, and simmer 5 minutes.
5. Stir in maple syrup just before serving.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (368g)

<b>Calories</b> 102	<b>Carbohydrates</b> 14.9 g	<b>Total Fat</b> 3.7 g
<b>Protein</b> 3.3 g	<b>Fiber</b> 3.3 g	<b>Saturated Fat</b> 0.6 g
<b>Sodium</b> 556.5 mg	<b>Sugars</b> 9.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Stephanie Russell, Staff Research Associate, Entomology

## WEIGHT WATCHERS 0 POINT TORTILLA SOUP

Serves: 9 (1 cup)

### INGREDIENTS:

1 cup	onions, chopped
2	garlic cloves, chopped
3	green onions, chopped
2 cans (12 ounce)	diced tomatoes
4 cups	low-fat chicken broth
1/3 cup	salsa
1/2	red pepper, chopped
1/2	green pepper, chopped
3 - 4	celery ribs, chopped
1/3 cup	fresh cilantro
1/2 tsp.	cumin
1/2 tsp.	chili powder
1/2 tsp.	basil
4 tbsps.	fat free sour cream
4 tbsps.	flour, to thicken (I only use 1 because I don't like thick soup)

### INSTRUCTIONS:

1. Simmer onions, garlic and green onions in a pan until tender.
2. Put all ingredients in a pot, simmer until all veggies are tender.

Note: You can add chicken, divide the points by 9 servings. Taste great with a couple toasted taco shells on the side, but count your points.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (219g)

<b>Calories</b> 62	<b>Carbohydrates</b> 9.8 g	<b>Total Fat</b> 0.9 g
<b>Protein</b> 3.7 g	<b>Fiber</b> 1.5 g	<b>Saturated Fat</b> 0.3 g
<b>Sodium</b> 324.7 mg	<b>Sugars</b> 2.3 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 11.8 mg		

Bonnie Maynard, Administrative Coordinator, Department of Physics and Astronomy

# Main

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[Apricot Glazed Roast Pork](#)

[Berry Salad](#)

[BLT Wraps](#)

[Black and Blue Quesadilla](#)

[Black Bean and Spinach Lasagna](#)

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[Chicken Kabobs without Skewers](#)

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[Greek Style Shrimp Sauté](#)

[Lasagna Stuffed Spaghetti Squash](#)

[Meatless Maui](#)

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[Salmon, Asparagus, and Orzo Salad](#)

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[Warm Pasta Salad w/ Turkey Sausage](#)

[Wasabi Salmon](#)

[Weight Watchers Parmesan Chicken Cutlets](#)

## AGLIO E OLIO—SPICY OLIVE OIL AND LINGUINI

Serves: 6 (2 cups)

### INGREDIENTS:

5 ounces	olive oil
2 tsps.	crushed red peppers
3 tbsps.	garlic, minced
1 tsp.	salt
1 tsp.	pepper
12 ounces	Linguine pasta
5 ounces	vegetable stock
10 ounces	baby spinach
10 ounces	Roma tomatoes, diced 1/4"
2 pieces	baked flatbread

### INSTRUCTIONS:

1. In a sauté pan over low to medium heat add olive oil, garlic and crushed red peppers and let garlic get soft and aromatic.
2. Add pasta and toss to heat.
3. Add vegetable stock and then 20 seconds before plating add baby spinach leaves on top of pasta in pan, toss, and plate.
4. Twirl and spin pasta in center for height. Garnish with 5 ounce of grated parmesan cheese over top, julienne sliced fresh basil leaf and diced Roma tomato pieces on top last.
5. Garnish with pieces of baked flat bread.

Note: If you like it spicy, add more crushed red pepper flakes to desired taste.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (218g)

<b>Calories</b> 451	<b>Carbohydrates</b> 52.4 g	<b>Total Fat</b> 21.9 g
<b>Protein</b> 10.4 g	<b>Fiber</b> 8.1 g	<b>Saturated Fat</b> 2.7 g
<b>Sodium</b> 527.5 mg	<b>Sugars</b> 3.7 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## APRICOT GLAZED ROAST PORK

Serves: 6 (3.5 fluid ounces)

### INGREDIENTS:

2 1/4 lb.	pork center loin roast
1/4 tsp.	salt
1 tbsp.	vegetable oil
1 tbsp.	granulated sugar
3 medium	peaches, blanched, peeled, pitted and sliced
3/4 cup	dry Sherry
1/4 cup	reduced calorie apricot fruit spread
2	garlic cloves, minced
1 tbsp.	low sodium teriyaki sauce

### INSTRUCTIONS:

1. Set pork loin on a rack in a roasting pan and sprinkle with salt.
2. Roast until thermometer registers 170°F, about 1 1/2 hours. Remove from oven.
3. In a 1-Qt. saucepan, heat oil. Add garlic and sauté briefly.
4. Add remaining ingredients and bring to a boil.
5. Reduce heat and simmer until sauce is thickened, about 5 minutes.
6. Spread over pork roast and return meat to oven.
7. Roast until sauce is bubbly and pork is glazed, about 5 minutes.

### NUTRIENT ANALYSIS FOR ONE SERVING (3.5 fluid ounces) (208g)

<b>Calories</b> 305	<b>Carbohydrates</b> 18.9 g	<b>Total Fat</b> 11.6 g
<b>Protein</b> 28.0 g	<b>Fiber</b> 1.1 g	<b>Saturated Fat</b> 3.6 g
<b>Sodium</b> 342.3 mg	<b>Sugars</b> 17.3 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 76.5 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## BERRY SALAD

Serves: 4 (2 cups)

### INGREDIENTS:

	Orange Blossom Vinaigrette		Berry Salad
4 ounces	White balsamic vinegar	8 ounces	Spring salad mix
1 tbsp.	Dijon mustard	8 ounces	baby spinach
4 ounces	orange juice	4 ounces	fresh strawberries, sliced
1/4 tsp.	sea salt	4 ounces	fresh blueberries
1/8 tsp.	white pepper	2 ounces	almonds sliced, toasted
1/4 tsp.	basil, dried	1 1/2 ounces	parmesan cheese, shredded
10 ounces	olive oil	8 ounces	Orange blossom vinaigrette
1 tbsp.	white sugar	8 ounces	cooked chicken breast, cut into strips

### INSTRUCTIONS:

#### Orange Blossom Vinaigrette

1. Combine vinegar, orange juice and Dijon mustard, whisk together.
2. Slowly whisk in olive oil to emulsify dressing.
3. Add all seasonings one at a time to taste.
4. Hold in refrigerator for up to 7 days.

#### Berry Salad

1. Wash and dry greens in cold water and toss to dry with a paper towel, combine together.
2. Wash berries in cold water and then slice strawberries.

#### To Assemble

1. Arrange salad mix on service plates.
2. Top greens with chicken, berries, parmesan cheese and almond slices.
3. Serve vinaigrette on side.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (201g)

<b>Calories</b> 403	<b>Carbohydrates</b> 21.4 g	<b>Total Fat</b> 30.7 g
<b>Protein</b> 13.5 g	<b>Fiber</b> 5.2 g	<b>Saturated Fat</b> 3.8 g
<b>Sodium</b> 141.7 mg	<b>Sugars</b> 12.9 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 19.0 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## BLT WRAPS

Serves: 4 (1 item)

### INGREDIENTS:

1/3 cup	fresh basil, chopped
1/3 cup	fat-free mayonnaise
2 tsps.	Dijon mustard
1/4 tsp.	salt
1/4 tsp.	black pepper
4 (7-inch)	whole wheat tortillas
1/2 lb.	roast beef, sliced deli style
2	tomatoes, thinly sliced
2 cups	lettuce, shredded

### INSTRUCTIONS:

1. Combine the basil, mayonnaise, Dijon mustard, salt, and pepper in a small bowl.
2. Spread evenly on the tortillas.
3. Top each tortilla with one fourth each of the roast beef, tomatoes, and lettuce; roll up.
4. Cut each wrap in half on a straight diagonal.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (214g)

<b>Calories</b> 198	<b>Carbohydrates</b> 28.7 g	<b>Total Fat</b> 2.7 g
<b>Protein</b> 14.8 g	<b>Fiber</b> 4.7 g	<b>Saturated Fat</b> 0.6 g
<b>Sodium</b> 1202.6 mg	<b>Sugars</b> 3.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 31.2 mg		

Bonnie Maynard, Administrative Coordinator, Department of Physics and Astronomy

## BLACK AND BLUE QUESADILLA

Serves: 4 (1 item)

### INGREDIENTS:

1/3 cup	thinly sliced red onion
4 (8-inch)	fat-free flour tortillas
1/2 lb.	thinly sliced low-sodium deli roast beef (such as Boar's Head)
2 tbsps.	crumbled blue cheese
4 tsps.	balsamic vinaigrette cooking spray

### INSTRUCTIONS:

1. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
2. Add onion; sauté 3 to 4 minutes or until tender and lightly browned. Remove from heat.
3. Top half of each tortilla evenly with beef, onion, and cheese. Fold tortillas in half.
4. Return pan to heat. Coat pan and both sides of quesadillas evenly with cooking spray.
5. Place 2 quesadillas in pan; cook 2 to 3 minutes on each side or until browned.
6. Repeat procedure with remaining quesadillas.
7. Cut each quesadilla into 4 wedges; drizzle with balsamic vinaigrette.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (105g)

<b>Calories</b> 176	<b>Carbohydrates</b> 17.7 g	<b>Total Fat</b> 5.0 g
<b>Protein</b> 13.2 g	<b>Fiber</b> 0.8 g	<b>Saturated Fat</b> 1.9 g
<b>Sodium</b> 1043.0 mg	<b>Sugars</b> 2.0 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 32.5 mg		

Stephanie Russell, Staff Research Associate, Entomology

## BLACK BEAN AND SPINACH LASAGNA

Serves: 10 (1 serving)

### INGREDIENTS:

2 large	eggs, lightly beaten
1 (15 ounce)	container, low-fat ricotta cheese
1 (10 ounce)	package frozen chopped spinach, thawed and well drained
1/4 cup	chopped fresh cilantro
1/2 tsp.	light salt
4 cups (16 ounces)	shredded low fat Monterey Jack cheese w/ peppers, divided
2 cans (16 ounces)	black beans, rinsed and drained
1 jar (2 lb., 13 ounces)	pasta sauce
1/2 tsp.	ground cumin
9	pre-cooked lasagna noodles
	garnish: chopped fresh cilantro and basil

### INSTRUCTIONS:

1. Stir together first 5 ingredients and 1 cup low fat Monterey Jack cheese; set aside.
2. Mash beans with a potato masher or fork in a large bowl; stir in pasta sauce and cumin.
3. Spread 1/3 of bean mixture on bottom of a lightly greased 13 x 9 inch baking dish.
4. Layer with 3 noodles, 1/2 of spinach mixture, and 1 cup low fat Monterey Jack cheese; repeat layers.
5. Spread with 1/3 bean mixture; top with remaining 3 noodles and remaining bean mixture.
6. Bake, covered, at 350°F for 1 hour; uncover and top with remaining low fat Monterey Jack cheese.
7. Bake 5 more minutes or until cheese melts.
8. Garnish, as desired.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 serving) (209g)

<b>Calories</b> 227	<b>Carbohydrates</b> 19.4 g	<b>Total Fat</b> 9.3 g
<b>Protein</b> 17.2 g	<b>Fiber</b> 3.7 g	<b>Saturated Fat</b> 5.1 g
<b>Sodium</b> 659.0 mg	<b>Sugars</b> 4.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 65.6 mg		

## BRAN FLAKES BAKED CHICKEN

Serves: 4 (1 item)

### INGREDIENTS:

1 –2 cups Bran flakes cereal  
16 ounces thin sliced chicken breast (package)  
salt  
pepper  
herbs

### INSTRUCTIONS:

1. Rinse chicken.
2. Cover both sides of chicken in Bran Flakes.
3. Add salt, pepper, herbs.
4. Bake about 45 minutes at 350 - 400°F.

Notes: Serve about 2 - 3 ounces of chicken with a side of baked or steamed vegetables and whole wheat bread or brown rice.

Healthy - no oil used, no butter, no cream!

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (136g)

<b>Calories</b> 190	<b>Carbohydrates</b> 13.1 g	<b>Total Fat</b> 4.3 g
<b>Protein</b> 25.5 g	<b>Fiber</b> 2.6 g	<b>Saturated Fat</b> 0.7 g
<b>Sodium</b> 221.5 mg	<b>Sugars</b> 3.0 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 72.6 mg		

Julie Chobdee, Wellness Program Coordinator, Human Resources

## CHICKEN KABOBS WITHOUT SKEWERS

Serves: 2 (15 ounces)

### INGREDIENTS:

2	chicken breasts
1	red bell pepper
1	green bell pepper
1/4 medium	onion
1/2 cup	brown rice
1 tbsp.	soy sauce
2 tbsps.	Teriyaki sauce
1 tsp.	pepper

### INSTRUCTIONS:

1. Pre-heat oven to 425°F.
2. Line two 9 x 13 inch pans with foil and light spray with non-stick spray.
3. Cut the onion and bell peppers into 1-2 inch slices and add to one pan. (Seed the bell peppers before cutting)
4. Cut the chicken into 1-2 inch chunks and add to second pan.
5. Lightly pour soy sauce, Teriyaki sauce, and pepper over both pans to marinate.
6. Place chicken in oven for 20 minutes. After 10 minutes, place the vegetable pan in the oven with the chicken for the remaining 10 minutes. (This should stop the vegetables from becoming too soft)
7. Remove both pans from the oven and serve with brown rice. Enjoy!

### NUTRIENT ANALYSIS FOR ONE SERVING (15 ounces) (435g)

<b>Calories</b> 379	<b>Carbohydrates</b> 39.9 g	<b>Total Fat</b> 5.4 g
<b>Protein</b> 40.3 g	<b>Fiber</b> 5.1 g	<b>Saturated Fat</b> 1.4 g
<b>Sodium</b> 943.9 mg	<b>Sugars</b> 12.3 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 96.4 mg		

Brittney Lindsey, Student Affairs Officer, Graduate Programs

## DILL AND FETA TURKEY BURGERS

Serves: 4 (1 item)

### INGREDIENTS:

1 lb.	extra-lean ground turkey breast
1 tbsp.	Dijon mustard
1/2 cup	fresh dill, finely chopped
1/4 tbsp.	Kosher salt
1 tbsp.	extra virgin olive oil
2 ounces	crumbled low fat feta cheese
4 (2 ounces)	fresh bakery whole-wheat buns freshly ground pepper, to taste

### INSTRUCTIONS:

1. Preheat oven to 425°F.
2. Combine turkey, mustard, dill, salt, and pepper in a large bowl. Stir to combine.
3. Divide the meat into four equal portions, and form into patties.
4. Heat oil in a large oven-proof skillet over medium heat. Add burgers, sauté for 2 - 3 minutes per side or until brown.
5. Transfer to the oven, and cook for 15 minutes or until cooked through.
6. Top with feta cheese, and cook for another 5 minutes or until cheese is melted.
7. Serve on buns with a salad.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (207g)

<b>Calories</b> 372	<b>Carbohydrates</b> 16.0 g	<b>Total Fat</b> 21.7 g
<b>Protein</b> 29.2 g	<b>Fiber</b> 2.3 g	<b>Saturated Fat</b> 5.6 g
<b>Sodium</b> 880.0 mg	<b>Sugars</b> 3.2 g	<b>Trans Fat</b> 0.2 g
<b>Cholesterol</b> 92.6 mg		

Stephanie Russell, Staff Research Associate, Entomology

## GREEK STYLE SHRIMP SAUTE

Serves: 4 (1 1/2 cups)

### INGREDIENTS:

4 tbsps.	light olive oil vinaigrette, divided (such as Ken's Steak House Lite)
1 1/2 lbs.	peeled and deveined large shrimp
1 cup	grape tomatoes, halved
12	chopped pitted Kalamata olives
1/4 cup	chopped fresh basil
1 1/2 ounces	crumbled reduced-fat feta cheese chopped fresh basil (optional) lemon wedges (optional)

### INSTRUCTIONS:

1. Heat a large non-stick skillet over medium high heat. Coat pan with cooking spray.
2. Add 1 tablespoon vinaigrette and shrimp. Cook shrimp 3 minutes or until done, stirring frequently.
3. Remove shrimp from pan; keep warm.
4. Add tomatoes, 3 tablespoons vinaigrette, olives, and basil to pan. Cook 1 minute or until tomatoes are thoroughly heated. Remove pan from heat.
5. Add shrimp to pan; toss gently. Sprinkle with cheese and additional basil, if desired; toss well. Serve with lemon wedges, if desired.

Note: Serve over a serving of Orzo Pasta.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 1/2 cups) (268g)

<b>Calories</b> 204	<b>Carbohydrates</b> 11.5 g	<b>Total Fat</b> 5.7 g
<b>Protein</b> 26.0 g	<b>Fiber</b> 1.3 g	<b>Saturated Fat</b> 1.3 g
<b>Sodium</b> 1344.6 mg	<b>Sugars</b> 7.5 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 217.4 mg		

Stephanie Russell, Staff Research Associate, Entomology

## LASAGNA STUFFED SPAGHETTI SQUASH

Serves: 4 (1 1/2 cups)

### INGREDIENTS:

	<b>Roasted spaghetti squash:</b>	<b>Lasagna stuffed spaghetti squash:</b>
2 small	Spaghetti squash, cut in half and seeded	1 cup Low fat cottage cheese or ricotta
1 tbsp.	Olive oil	1 tbsp. Basil, chopped
	Salt and pepper to taste	1 cup Partially skim mozzarella, shredded
	<b>Lasagna meat sauce:</b>	2 tsp. Garlic powder
1 lb.	Ground turkey	
1 tbsp.	Olive oil	
1	Onion, diced	
2	Cloves garlic, chopped	
1 (15 oz.) can	Crushed tomatoes	
1 tsp.	Italian seasoning or oregano	
1	Bay leaf	
1/2 tsp.	Paprika	
1 tbsp.	Balsamic vinegar	
1 tbsp.	Basil, chopped	
	Salt and pepper to taste	
1/2 tsp.	Red pepper flakes	
1/2 tsp.	Fennel seeds, crushed	
1 tbsp.	Tomato paste (optional)	

**INSTRUCTIONS:** See next page

### NUTRIENT ANALYSIS FOR ONE SERVING (1 1/2 cups) (480g)

<b>Calories</b> 460	<b>Carbohydrates</b> 25.6 g	<b>Total Fat</b> 26.6 g
<b>Protein</b> 33.3 g	<b>Fiber</b> 5.4 g	<b>Saturated Fat</b> 8.0 g
<b>Sodium</b> 769.2 mg	<b>Sugars</b> 11.8 g	<b>Trans Fat</b> 0.2 g
<b>Cholesterol</b> 107.5 mg		

Darci Lombard, Accounting and Purchasing Assistant, Housing Services Administration

## LASAGNA STUFFED SPAGHETTI SQUASH

### INSTRUCTIONS:

For the roasted spaghetti squash:

1. Brush the inner flesh of the spaghetti squash with oil, season with salt and pepper. Roast, skin side up, in a preheated 400°F oven until tender, about 30 minutes.

For the lasagna meat sauce:

1. Meanwhile, cook the turkey, about 8 - 10 minutes, and set aside.
2. Heat the oil in a large pan on medium heat, add the onion, cook until tender (5 - 7 min.).
3. Add the garlic, red pepper flakes, and fennel and cook until fragrant, about 1 minute.
4. Add the turkey, tomatoes, tomato paste, Italian seasoning, bay leaf, paprika, balsamic vinegar, salt and pepper, bring to a boil, reduce the heat and simmer until the spaghetti squash is cooked and then mix in the basil and remove from heat.

For the lasagna stuffed spaghetti squash:

1. Fluff up some of the inside of each spaghetti squash half, divide the mixture of the cottage cheese, basil and garlic powder between them followed by the sauce and the cheese.
2. Broil in the oven until the cheese has melted and turned a light golden brown, about 2 - 3 minutes.

Option: Use ground beef or Italian sausage instead of ground turkey

Option: Instead of making the sauce from scratch, use your favorite marinara or other tomato sauce

Option: Add one 2 inch piece of parmesan rind to the sauce while it simmers

## MEATLESS MAUI

Serves: 4 (1 cup)

### INGREDIENTS:

1 (14 ounce) package	Gimme Lean (ground beef style)
1 cup	TVP (texturized vegetable protein) reconstituted in 3/4 cup hot water
3	carrots, finely chopped
1 small	sweet onion, finely chopped
2	cloves garlic, pressed
2 tbsps.	olive oil
Sauce:	
1 cup	ketchup
1/3 cup	pineapple juice
1/4 cup	Teriyaki sauce
2 tbsps.	brown sugar
1 tsp.	BBQ rub
1/2 tsp.	smoked paprika
1/2 tsp.	cumin
1/4 tsp.	liquid smoke

### INSTRUCTIONS:

1. Heat olive oil in pan.
2. Add vegetables and sauté.
3. Break up Gimme Lean into bite sized pieces, add to veggies in pan.
4. Add TVP to pan.
5. Add sauce (see above).

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (203g)

<b>Calories</b> 293	<b>Carbohydrates</b> 31.7 g	<b>Total Fat</b> 6.9 g
<b>Protein</b> 25.1 g	<b>Fiber</b> 9.1 g	<b>Saturated Fat</b> 1.0 g
<b>Sodium</b> 637.5 mg	<b>Sugars</b> 7.9 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Paul Richardson, Director of Facilities, College of Humanities, Arts and Social

## NEAL'S TERRIFIC TURKEY BURGERS

Serves: 4 (1 item)

### INGREDIENTS:

1 lb.	ground turkey
1 large	egg
1/2 large	red onion, diced
1 tbsp.	Worcestershire sauce
1 tbsp.	Montreal steak seasoning
3 tbsps.	MRS. DASH grilling blend, chicken
3 tbsps.	canola oil

### INSTRUCTIONS:

1. Empty ground turkey into a large mixing bowl.
2. Add egg, diced onion, Worcestershire sauce, MRS. DASH grilling blend, and steak seasoning to the turkey.
3. Mix thoroughly so that the egg, onion, sauce, and seasoning are fairly evenly distributed throughout. If steak seasoning is not visible in the meat, continue adding until it is. This is key to making sure your burgers taste delectable!
4. Once mixed, form small patties, about the size of your palm. Place patties aside.
5. In a large, heavy skillet, pour the Canola oil to coat the pan. Place skillet on stove top and turn heat to medium-high. Spread oil around skillet.
6. Once skillet is heated, place formed patties in the heated pan. Cook until the internal temperature of the patties reach 160—165°F.

Note: Make the patties thin to ensure they cook through. Also, use a whole wheat bun and top with Swiss cheese, mixed greens, tomatoes, and a low-fat spread. Once you try this, you won't miss McDonalds!

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (318g)

<b>Calories</b> 404	<b>Carbohydrates</b> 9.8 g	<b>Total Fat</b> 30.6 g
<b>Protein</b> 23.3 g	<b>Fiber</b> 1.4 g	<b>Saturated Fat</b> 7.0 g
<b>Sodium</b> 759.0 mg	<b>Sugars</b> 2.4 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 131.5 mg		

Neal Malik, Registered Dietician, Housing Services Administration

## RED LENTIL CHILI

Serves: 7 (2 cups)

### INGREDIENTS:

1 lb.	red lentils
7 cups	water
2 cans	salt-free tomatoes, fire roasted preferred
1 can	salt-free tomato paste
10 ounces	chopped onion (approximately one large)
1 lb.	red bell pepper (approximately 2 large), very finely chopped
3 ounces	dates (approximately 12 Deglet Noor)
8 cloves	garlic, finely minced
4 tbsps.	apple cider vinegar
1 1/2 tbsps.	parsley flakes
1 1/2 tbsps.	oregano
1 1/2 tbsps.	salt-free chili powder
2 tsps.	smoked paprika
1/2 tsp.	chipotle powder (or more to taste)
1/4 tsp.	crushed red pepper flakes (or more to taste)

### INSTRUCTIONS:

1. Blend the dates, tomatoes, red bell peppers and garlic in a blender and blend until smooth.
2. Place all remaining ingredients in an electric pressure cooker and cook on high for 10 minutes.

Note: Alternatively, place all ingredients in a slow cooker and cook on low for 8 hours.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (468g)

<b>Calories</b> 310	<b>Carbohydrates</b> 60.9 g	<b>Total Fat</b> 1.4 g
<b>Protein</b> 18.5 g	<b>Fiber</b> 4.5 g	<b>Saturated Fat</b> 0.2 g
<b>Sodium</b> 415.7 mg	<b>Sugars</b> 18.1 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Cassandra Greenawalt, Analyst, Environmental Health and Safety

## SALMON, ASPARAGUS & ORZO SALAD w/ Lemon Dill Vinaigrette

Serves: 8 (1 1/2 cups)

### INGREDIENTS:

6 cups	water	Lemon-dill vinaigrette
1 lb.	asparagus, trimmed, cut into 3" pieces	1/3 cup crumbled feta cheese
1 cup	uncooked orzo (rice-shaped pasta)	1 tbsp. fresh dill, chopped
1	skinless salmon fillet (1 1/4 pound)	3 tbsps. fresh lemon juice
1/4 tsp.	salt	2 tsps. extra-virgin olive oil
1/4 tsp.	freshly ground black pepper	1/4 tsp. salt
1/4 cup	thinly sliced red onion	1/4 tsp. freshly ground black pepper
	cooking spray	
	lemon-dill vinaigrette	

### INSTRUCTIONS:

1. Preheat broiler.
2. Bring 6 cups water to a boil in a large saucepan. Add asparagus; cook 3 minutes or until crisp-tender. Remove asparagus from water with tongs or a slotted spoon, reserving water in pan. Plunge asparagus into ice water; drain and set aside.
3. Return reserved water to a boil. Add orzo, and cook according to package directions, omitting salt and fat.
4. While orzo cooks, sprinkle fillet evenly with salt and pepper. Place fish on a foil-lined broiler pan coated with cooking spray. Broil 5 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Using 2 forks, break fish into large chunks.
5. Combine fish, orzo, asparagus, onion, and lemon-dill vinaigrette in a large bowl; toss gently to coat.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 1/2 cups) (322g)

Calories 170	Carbohydrates 13.8 g	Total Fat 6.3 g
Protein 14.9 g	Fiber 1.8 g	Saturated Fat 1.6 g
Sodium 217.5 mg	Sugars 2.1 g	Trans Fat 0.0 g
Cholesterol 36.2 mg		

Stephanie Russell, Staff Research Associate, Entomology

## SPAGHETTI PIE

Serves: 4 (1 slice)

### INGREDIENTS:

	Crust ingredients:		Filling ingredients:
2 cups	thin spaghetti, cooked	2/3 cup	part-skim ricotta cheese
1 ounce	parmesan cheese, grated	2 tsps.	margarine
1 tbsp.	margarine, softened	1/2 cup	onion, diced
1 tsp.	margarine, softened	1/2 cup	green bell pepper, diced
1	egg, beaten	1 clove	garlic, minced
		6 ounces	lean beef, cooked and crumbled
		1/2 cup	red bell pepper, diced
		2 tsps.	tomato paste
		2 ounces	mozzarella cheese, shredded
		1 cup	canned whole tomatoes, drained and chopped, reserve liquid

### INSTRUCTIONS:

1. Spray a 9-inch pie plate with cooking spray. In a medium bowl, combine all ingredients for the crust. Press into bottom and up sides of pie plate.
2. Carefully spread ricotta cheese over top of the crust and set aside.
3. In a large nonstick skillet, heat margarine until bubbly. Add onion, bell peppers, and garlic and sauté until onion is translucent.
4. Add beef, tomatoes, reserved liquid, and tomato paste and cook, stirring constantly, until mixture is slightly thickened. Spoon into pie plate.
5. Bake 20 - 25 minutes. Sprinkle with mozzarella cheese and bake an additional 5 minutes until the cheese is melted and browned slightly.
6. Remove from the oven and let stand for 5 minutes before cutting.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 slice) (267g)

<b>Calories</b> 398	<b>Carbohydrates</b> 30.2 g	<b>Total Fat</b> 19.7 g
<b>Protein</b> 24.2 g	<b>Fiber</b> 3.6 g	<b>Saturated Fat</b> 8.0 g
<b>Sodium</b> 345.6 mg	<b>Sugars</b> 4.9 g	<b>Trans Fat</b> 1.1 g
<b>Cholesterol</b> 98.0 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## SPAGHETTI SQUASH LASAGNA BAKE

Serves: 6 (1 serving)

### INGREDIENTS:

1 medium	spaghetti squash (they are yellow, and about the size of a football)
6 cups	cooked spaghetti squash (created from a medium one above)
2 cups	zucchini, peeled and sliced into thin coins
1/4 cup	shredded low moisture (part skim) mozzarella cheese
1/2 cup	fat free ricotta cheese
1 medium jar	favorite tomato pasta sauce (I use Prego Fresh Mushroom or make my own)
1 tbsp.	Parmesan & Romano grated cheese (type that is in a can, I use Trader Joe's)
	dried herbs (dried basil, dried Italian seasoning, dried oregano, and pepper)

### INSTRUCTIONS:

1. First make the spaghetti from the spaghetti squash. Preheat the oven to 375°F. Wash and pat dry the spaghetti squash. Poke it with a knife tip or roasting fork so that steam can escape while baking. Place on cookie sheet with foil or baking parchment under it. Bake the squash for 1 hour at 375°F.
2. Remove from oven and let cool for about 30 - 40 minutes depending on size. Then slice edge of bottom of the squash off to make flat surfaces, turn upright and cut in half with large bread knife. It should be soft enough now to cut very easily. With a large spoon, scoop out the middle section of seeds and seed fibers. Then take a dinner fork and drag them through the cooked flesh of the squash. Long strands of spaghetti will fall out. Go all the way down to the rind. Toss the rind.
3. Preheat oven to 350°F.
4. Prep the zucchini. While waiting for the Spaghetti squash to cool, I take a little of my pasta sauce and simmer the zucchini slices in it to soften them up for about 10 minutes.
5. Layer the ingredients. Spread some of the spaghetti sauce on the bottom of baking dish. Add a layer of spaghetti squash across the bottom. Sprinkle a little of mozzarella cheese, then layer some of the zucchini with tomato sauce. Then dot and dab bits of the ricotta, sprinkle with herbs. Repeat the layers until you are out of ingredients. Be sure to save a bit of the mozzarella for the top. Then add a final sprinkle of your herbs and bits of torn up fresh basil, and a heavy dash of the grated parmesan and Romano cheese.
6. Bake uncovered for about 45 minutes. Serve warm. Or once cool, portion out and freeze.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 serving) (220g)

<b>Calories</b> 106	<b>Carbohydrates</b> 15.5 g	<b>Total Fat</b> 3.8 g
<b>Protein</b> 3.9 g	<b>Fiber</b> 3.2 g	<b>Saturated Fat</b> 1.1 g
<b>Sodium</b> 387.4 mg	<b>Sugars</b> 7.7 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 3.2 mg		

Cathy Lussier, Academic Coordinator, Graduate School of Education

## SWEET AND SMOKEY SALMON WITH ORANGE SALSA

Serves: 4 (1 item)

### INGREDIENTS:

	Marinade:	Salsa:
1/4 cup	orange juice	2 cans (11 oz.) mandarin oranges, drained, chopped
2 tbsps.	Southwest seasoning	2 tbsps. red bell pepper, chopped
2 tbsps.	olive oil	1/2 tsp. Southwest seasoning
2 tbsps.	brown sugar	1 tbsp. fresh cilantro, chopped

### INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Mix orange juice, olive oil, 1 tablespoon brown sugar, and 1 tablespoon of seasoning in a small bowl. Place salmon in large re-sealable plastic bag or glass dish and add marinade; turn to coat well. Refrigerate for 30 minutes or longer for extra flavor.
3. Meanwhile, for the Salsa, mix all ingredients in a medium bowl until well blended. Cover. Refrigerate until ready to serve.
4. Mix remaining 1 tablespoon of seasoning and brown sugar in small bowl. Remove salmon from marinade and discard any remaining marinade.
5. Rub salmon evenly with seasoning mixture.
6. Bake 10 to 15 minutes or until fish flakes easily with a fork. Serve with Orange Salsa.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (200g)

<b>Calories</b> 350	<b>Carbohydrates</b> 13.4 g	<b>Total Fat</b> 22.0 g
<b>Protein</b> 23.7 g	<b>Fiber</b> 0.1 g	<b>Saturated Fat</b> 4.4 g
<b>Sodium</b> 788.6 mg	<b>Sugars</b> 12.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 62.4 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## SWEET AND SOUR PINEAPPLE PORK

Serves: 2 (1 1/2 cups)

### INGREDIENTS:

2 tsps.	peanut oil
2 tsps.	soy sauce, reduced sodium
1/3 cup	green bell peppers, cut in strips
1/4 cup	green onions, thinly sliced
2 cloves	garlic, minced
8 ounces	pork, cooked and cut into 1" cubes
1/2 cup	canned chicken broth
2 tsps.	red wine vinegar
1 tsp.	brown sugar, firmly packed
1/3 cup	red bell peppers, cut in strips
1/4 cup	carrots, thinly sliced
1 tbsp.	water
2 tsps.	cornstarch
1/2 cup	canned pineapple chunks, no added sugar

### INSTRUCTIONS:

1. In 10-inch skillet, heat oil.
2. Add peppers, carrots, green onion, and garlic and sauté until vegetables are tender-crisp, about 5 minutes.
3. Stir in pork cubes, chicken broth, red wine vinegar, soy sauce, and sugar and bring to a boil. Reduce heat and simmer 5 minutes.
4. In a small bowl, combine water and cornstarch, stirring to dissolve cornstarch.
5. Add to skillet, along with pineapple and cook, stirring constantly, until mixture is slightly thickened.
6. Can be served plain or over rice.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 1/2 cups) (313g)

<b>Calories</b> 274	<b>Carbohydrates</b> 20.3 g	<b>Total Fat</b> 9.3 g
<b>Protein</b> 27.1 g	<b>Fiber</b> 2.2 g	<b>Saturated Fat</b> 2.3 g
<b>Sodium</b> 676.1 mg	<b>Sugars</b> 8.1 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 64.6 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## VEGETARIAN CHILI

Serves: 6 (1 1/2 cups)

### INGREDIENTS:

1 can	kidney beans
1 can	black beans
1 can	pinto beans
1 can	tomatoes
2 stalks	celery, chopped
2 whole	carrots, chopped
1/2	red onion, chopped
2 tbsps.	chili powder
1 tsp.	cumin
1/4 tsp.	salt
1 tsp.	pepper
	Squash (optional)
	Jalapeno (optional, if you prefer hot)

### INSTRUCTIONS:

1. Place all ingredients into large pot, you can add additional vegetables as you like.
2. Cook on low heat on stove for approximately 3/4 hour.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 1/2 cups) (361g)

<b>Calories</b> 292	<b>Carbohydrates</b> 53.9 g	<b>Total Fat</b> 1.7 g
<b>Protein</b> 17.4 g	<b>Fiber</b> 18.5 g	<b>Saturated Fat</b> 0.4 g
<b>Sodium</b> 442.7 mg	<b>Sugars</b> 5.6 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Sheri Morgan, Programmer Analyst, Communication Services

## WARM PASTA SALAD WITH ITALIAN TURKEY SAUSAGE

Serves: 6 (1 cup)

### INGREDIENTS:

5 tbsps.	olive oil
6 tbsps.	red wine vinegar
2 cloves	garlic, minced
1 tsp.	dried oregano
3/4 tsp.	salt
1/2 tsp.	black pepper
4 plum	tomatoes, halved lengthwise
1	eggplant, cut into 1/2-inch slices
1 large	red onion, cut into 1/2-inch slices
2	hot or sweet Italian sausages
8 ounces	Wagon-wheel pasta
	nonstick cooking spray

### INSTRUCTIONS:

1. Prepare charcoal grill with medium-hot coals or heat gas grill to medium-high; coat rack with nonstick cooking spray.
2. For dressing, whisk together 4 tablespoons of the oil, the vinegar, garlic, oregano, salt, and pepper. Set aside.
3. Brush tomatoes, eggplant, and onion with remaining 1 tablespoon of oil. Pierce sausages several times with the point of a small knife. Grill vegetables and sausages, turning often, 13 to 15 minutes, or until sausages are no longer pink and vegetables are crisp-tender.
4. Meanwhile, cook pasta according to package directions. Drain; place in a large bowl.
5. Remove vegetables from grill and chop into bite-size pieces; cut sausages into coins, then cut each coin in half. Add sausage and vegetables to pasta. Drizzle with dressing and toss to coat.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (295g)

<b>Calories</b> 286	<b>Carbohydrates</b> 23.7 g	<b>Total Fat</b> 18.2 g
<b>Protein</b> 8.4 g	<b>Fiber</b> 5.1 g	<b>Saturated Fat</b> 3.9 g
<b>Sodium</b> 524.7 mg	<b>Sugars</b> 7.1 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 12.7 mg		

Stephanie Russell, Staff Research Associate, Entomology

## WASABI SALMON

Serves: 4 (1 serving)

### INGREDIENTS:

- |              |  |
|--------------|--|
| 2 tbsps.     | low-sodium soy sauce                         |
| 1 tsp.       | wasabi powder (dried Japanese horseradish)   |
| 1 tsp.       | bottled minced fresh ginger                  |
| 1/2 tsp.     | dark sesame oil                              |
| 4 (6 ounces) | skinless salmon fillets (about 1-inch thick) |
|              | cooking spray                                |

### INSTRUCTIONS:

1. Combine soy sauce, wasabi, ginger, and sesame oil in a large zip-top plastic bag; add fish.
2. Seal and marinate at room temperature 5 minutes, turning bag occasionally to coat.
3. Remove fish from the bag, reserving marinade.
4. While fish marinates, heat a large nonstick skillet coated with cooking spray over medium-high heat. Add fish and marinade; cook 3 minutes. Turn fish over. Reduce heat to medium; cook 8 minutes or until fish is done.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 serving) (181g)

<b>Calories</b> 233	<b>Carbohydrates</b> 0.9 g	<b>Total Fat</b> 8.3 g
<b>Protein</b> 38.8 g	<b>Fiber</b> 0.1 g	<b>Saturated Fat</b> 1.9 g
<b>Sodium</b> 429.1 mg	<b>Sugars</b> 0.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 85.1 mg		

## WEIGHT WATCHERS PARMESAN CHICKEN CUTLETS

Serves: 4 (1 item)

### INGREDIENTS:

1/4 cup	parmesan cheese, grated
2 tbsps.	dried Italian seasoned breadcrumbs
1/8 tsp.	paprika
1 tsp.	dried parsley
1/2 tsp.	garlic powder
1/4 tsp.	fresh ground pepper
4	boneless skinless chicken breasts (about 1 pound)

### INSTRUCTIONS:

1. Preheat oven to 400°F.
2. In re-sealable plastic bag, combine cheese, crumbs and all seasonings; shake well.
3. Transfer mixture to plate; dip each chicken breast in cheese mixture, turning to coat all sides.
4. Arrange on nonstick baking sheet.
5. Bake until chicken is cooked through, 20 – 25 minutes.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (123g)

<b>Calories</b> 250	<b>Carbohydrates</b> 3.8 g	<b>Total Fat</b> 7.0 g
<b>Protein</b> 40.5 g	<b>Fiber</b> 0.4 g	<b>Saturated Fat</b> 2.4 g
<b>Sodium</b> 225.1 mg	<b>Sugars</b> 0.3 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 106.8 mg		

Bonnie Maynard, Administrative Coordinator, Department of Physics and Astronomy

# Side

## ***RECIPES IN THIS SECTION***

- |   |   |
|---|---|
| <a href="#">Black Bean &amp; Brown Rice Salad</a>     | <a href="#">Pineapple Fried Rice</a>                            |
| <a href="#">Black Bean Slaw w/ Ginger Dressing</a>    | <a href="#">Quinoa Risotto</a>                                  |
| <a href="#">Cook Quinoa Perfectly</a>                 | <a href="#">Quinoa Tabbouleh</a>                                |
| <a href="#">Couscous Salad</a>                        | <a href="#">Roasted Sweet Potatoes w/ Cinnamon &amp; Onions</a> |
| <a href="#">Cranberry-Pecan Quinoa Pilaf</a>          | <a href="#">Seven Layered Salad</a>                             |
| <a href="#">Healthy Bean Salad</a>                    | <a href="#">Simmered Lentils with Tempeh</a>                    |
| <a href="#">Herb Stuffing</a>                         | <a href="#">Spanish Rice</a>                                    |
| <a href="#">Lime Rice</a>                             | <a href="#">Sweet Grape Tomato &amp; White Bean Pasta</a>       |
| <a href="#">Margarita Flatbread</a>                   | <a href="#">Whole Wheat Croutons</a>                            |
| <a href="#">Nancy's Quinoa and Kale Deliciousness</a> |   |
| <a href="#">Perfect Brown Rice</a>                    |   |

## BLACK BEAN AND BROWN RICE SALAD

Serves: 8 (1 cup)

### INGREDIENTS:

2	tomatoes, chopped	1/2 cup	onion, chopped
1 large	green and yellow bell pepper	1 1/2 cups	instant brown rice
1 large	red bell pepper		black pepper to taste
2	jalapeno peppers, minced		
1/4 cup	lemon juice		
1 1/4 tsp.	dried cilantro (I use 1/8 cup fresh)		
1/4 tsp.	basil		
1 (15 ounce) can	whole kernel corn (salt free)		
1/4 tsp.	cayenne pepper (to taste)		
1/4 cup	Pico de Gallo		
15 ounces	black beans, drained		
1 tbsp.	olive oil		
4 small	garlic cloves, minced (to taste)		

### INSTRUCTIONS:

1. In a large bowl, combine tomatoes, red, green, yellow bell peppers, jalapeno pepper, lemon juice, cilantro, basil, red pepper flakes, corn, and beans. Stir to combine the veggies and set aside.
2. In a medium saucepan heat olive oil at a medium-low heat. Add onions and garlic and sauté until the onions are translucent.
3. Combine rice, garlic, onion, and vegetable mixture.
4. Add pepper, red pepper, and cayenne to taste. May add salt if desired, I did not.

Note: Make a soup with everything left over, add vegetable broth or chicken broth and chicken pieces, chopped avocado, jalapeno and tortilla chips to top it off. Some people even use wheat tortillas, avocado and place the above salad in the tortilla and eat as a veggie burrito.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (208g)

<b>Calories</b> 180	<b>Carbohydrates</b> 33.0 g	<b>Total Fat</b> 3.0 g
<b>Protein</b> 7.5 g	<b>Fiber</b> 7.5 g	<b>Saturated Fat</b> 0.5 g
<b>Sodium</b> 77.7 mg	<b>Sugars</b> 4.4 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

## BLACK BEAN SLAW WITH SOY GINGER DRESSING

Serves: 4 (2 cups)

### INGREDIENTS:

1 can (15 ounces)	black beans, drained and rinsed
3 cups	coleslaw mix (shredded cabbage with carrot)
1 medium	green apple, cored and chopped (makes 2/3 cup)
1/2 cup	red bell pepper
4 tbsps.	cider vinegar
2 tbsps.	soy sauce
2 tbsps.	peanut oil
2 tsps.	ginger, grated
2 tsps.	honey
1/4 tsp.	black pepper

### INSTRUCTIONS:

1. Combine black beans, coleslaw mix, apple, and red bell pepper.
2. In a small bowl whisk together the cider vinegar, soy sauce, peanut oil, ginger, honey, and black pepper.
3. Toss all ingredients together.

### NUTRIENT ANALYSIS FOR ONE SERVING (2 cups) (288g)

<b>Calories</b> 215	<b>Carbohydrates</b> 29.6 g	<b>Total Fat</b> 8.0 g
<b>Protein</b> 7.4 g	<b>Fiber</b> 7.4 g	<b>Saturated Fat</b> 1.2 g
<b>Sodium</b> 923.1 mg	<b>Sugars</b> 11.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Janette De La Rosa Ducut, Training & Communications Manager, Envir. Health & Safety

## COOK QUINOA PERFECTLY

Serves: 6 (1 cup)

### INGREDIENTS:

- |            |  |
|------------|--|
| 1 1/2 cups | dry quinoa (white, or red quinoa)                              |
| 1 1/2 cups | water or vegetable broth                                       |
| 1 tsp.     | salt   |
| 2 tbsps.   | lemon juice or other seasonings like parsley flakes (optional) |
|            | fresh ground pepper to taste (if desired)                      |

### INSTRUCTIONS:

1. Soak quinoa in a large bowl for 15 minutes in cool water.
2. Using a fine mesh strainer, drain and rinse your quinoa until the water is clear and it's not foamy anymore. About a minute or two and then dump it into a pot.
3. Combine rinsed quinoa and water (use a 1:1 ratio) in a pot. Add seasonings. Turn on to medium heat.
4. When the quinoa is simmering, cover it, reduce it to low heat and cook for 30 - 35 minutes.
5. When all the water is absorbed remove the pot from heat. Let sit covered for 5 minutes to finish steaming.
6. Fluff with a fork before serving.

Note: Fast and easy. I make this on a weekend when I have more time, and package it into 1 cup servings and freeze it! It is perfect warmed up, or added to cold salads!

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (109g)

<b>Calories</b> 163	<b>Carbohydrates</b> 28.3 g	<b>Total Fat</b> 2.6 g
<b>Protein</b> 6.6 g	<b>Fiber</b> 3.1 g	<b>Saturated Fat</b> 0.3 g
<b>Sodium</b> 467.7 mg	<b>Sugars</b> 0.6 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Stephanie Russell, Staff Research Associate, Entomology

## COUSCOUS SALAD

Serves: 6 (1/2 cup)

### INGREDIENTS:

1 box	Mediterranean Couscous from "Fresh & Easy"
1	cucumber, chopped
2	tomatoes, diced or a container of grape tomatoes
5 or 6	radishes, chopped
1 bunch	arugula
1 bunch	cilantro
1/2 package	fresh spinach
1/2 head	romaine, chopped
3 tbsps.	olive oil
	lemon pepper to taste

### INSTRUCTIONS:

1. Cook the box of Couscous according to the directions on the package.
2. Let the Couscous cool down in the refrigerator or let it chill overnight.
3. Add the chopped cucumbers, tomatoes and radishes to the Couscous. Stir together.
4. Add the arugula, cilantro (take the leaves off the stems), fresh spinach, and chopped romaine. Toss together. Add the olive oil and lemon pepper and toss together again.
5. It is ready to serve.

### NUTRIENT ANALYSIS FOR ONE SERVING (1/2 cup) (217g)

<b>Calories</b> 171	<b>Carbohydrates</b> 23.0 g	<b>Total Fat</b> 7.1 g
<b>Protein</b> 4.4 g	<b>Fiber</b> 2.6 g	<b>Saturated Fat</b> 1.0 g
<b>Sodium</b> 33.7 mg	<b>Sugars</b> 2.5 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Penni Ebina, Cash Operation Coordinator, Housing Services Administration

## CRANBERRY- PECAN QUINOA PILAF

Serves: 6 (1/2 cup)

### INGREDIENTS:

1 cup	quinoa
2 cups	water
1 tbsp.	olive oil
1/2 cup	thinly sliced scallion, white and green parts
1/2 cup	dried cranberries
1 tbsp.	chopped flat-leaf parsley
1 tsp.	lemon zest
1	lemon, juiced
2 tsps.	honey
1/2 cup	pecan halves, toasted
1/2 tsp.	salt
1/2 tsp.	freshly ground pepper

### INSTRUCTIONS:

1. In a medium saucepan, bring the quinoa and water to a boil over medium-high heat. Lower heat and simmer, covered, until liquid is absorbed and quinoa is tender, 15 to 20 minutes.
2. Fluff quinoa with a fork and let cool slightly,
3. Meanwhile, in a large mixing bowl, combine the oil, scallions, cranberries, parsley, lemon zest, lemon juice, and honey.
4. Stir in quinoa.
5. Season with salt and black pepper to taste. Top with the toasted pecans.

Note: To speed up preparation, I have quinoa prepared and stored in the freezer. All I need to do is thaw it and add it!

### NUTRIENT ANALYSIS FOR ONE SERVING (1/2 cup) (150g)

<b>Calories</b> 215	<b>Carbohydrates</b> 31.2 g	<b>Total Fat</b> 8.5 g
<b>Protein</b> 5.4 g	<b>Fiber</b> 3.8 g	<b>Saturated Fat</b> 0.8 g
<b>Sodium</b> 171.8 mg	<b>Sugars</b> 9.5 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Stephanie Russell, Staff Research Associate, Entomology

## HEALTHY BEAN SALAD

Serves: 4 (1 cup)

### INGREDIENTS:

1 can (20—24 ounces)	black beans (or more to taste)
1 - 2 cans (15 ounces each)	corn
1/2	onion, diced
3	lemons, juiced (or to taste)
1/4 bunch	cilantro, chopped
1 - 1/2 cups	jicama, diced

### INSTRUCTIONS:

1. Rinse and dry cilantro with a paper towel.
2. Drain and rinse black beans.
3. Drain and rinse corn kernels.
4. Mix beans and corn kernels.
5. Add diced onion and jicama. Add lemon juice and mix.
6. Refrigerate for 2 - 3 hours to allow flavors to mingle.
7. Top with chopped cilantro before serving.

Note: This can also be served with baked tortilla chips at a party.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (327g)

<b>Calories</b> 223	<b>Carbohydrates</b> 44.5 g	<b>Total Fat</b> 2.4 g
<b>Protein</b> 9.9 g	<b>Fiber</b> 11.4 g	<b>Saturated Fat</b> 0.2 g
<b>Sodium</b> 736.6 mg	<b>Sugars</b> 6.2 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Linda Sanada, Programmer Analyst, Teacher Develop Program, Graduate School of Education

## HERB STUFFING

Serves: 12 (1 cup)

### INGREDIENTS:

1	pound loaf whole wheat bread, cut into 1-inch cubes
8 ounces	spicy or regular bulk turkey sausage
1 tbsp.	extra-virgin olive oil
4 large	stalks celery, very thinly sliced
1 large (10 ounces)	red onion, chopped
2 large	garlic cloves, minced
12 large	fresh sage leaves, finely chopped
3 cups	natural, fat-free chicken broth
1/3 cup	dried, sweetened cranberries
3 tbsps.	unsalted butter
3/4 tsp.	fine sea salt, or to taste

### INSTRUCTIONS:

1. Heat oven to 350°F. Arrange bread cubes evenly on two large baking pans. Brown in oven for about 25 minutes.
2. In a nonstick skillet over medium-high heat, cook sausage for 5 minutes, breaking into small pieces as it browns; place in a 9 by 13 - inch baking pan.
3. Heat oil in a skillet over medium heat. Add celery, onion, garlic, and sage. Lightly brown, stirring often, about 12 minutes. Meanwhile, in a medium saucepan over medium-low heat, simmer broth, cranberries, and butter for about 10 minutes.
4. Add celery mixture, bread cubes, and cranberry broth to sausage. Stir until broth is absorbed. Season with salt to taste.
5. Evenly spread stuffing in pan; cover with foil. Bake for 20 minutes. Uncover and bake 10 minutes.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (152g)

<b>Calories</b> 204	<b>Carbohydrates</b> 25.0 g	<b>Total Fat</b> 9.1 g
<b>Protein</b> 7.4 g	<b>Fiber</b> 2.9 g	<b>Saturated Fat</b> 3.4 g
<b>Sodium</b> 792.2 mg	<b>Sugars</b> 6.3 g	<b>Trans Fat</b> 0.1 g
<b>Cholesterol</b> 18.0 mg		

Wendy Mello, Administrative Assistant, English/Hist/Phil Admin Unit

## LIME RICE

Serves: 8 (1/2 cup)

### INGREDIENTS:

4 cups	cooked and cooled basmati rice
2 tbsps.	cooking oil
3 tsps.	black mustard seeds
2 – 4 tsps.	raw cashews or 1 - 2 tsp. skinless split Bengal gram
2	jalapenos, or fewer depending on preference, chopped fine
10	fresh curry leaves (optional)
1/4 inch	ginger piece, julienned
1/4 tsp.	turmeric powder
1/8 cup	golden raisins, cleaned and rinsed
2 - 3	limes, juice
10 - 12	leaves of cilantro stems for garnish
	salt to taste

### INSTRUCTIONS:

Pre—Prep

1. If using skinless, split Bengal gram soak it in 1/2 cup of water for 10 minutes and then drain the water. Spread out the cooked and cooled rice in a large serving dish and set aside until ready to use.

Method

1. Heat the oil in a small heavy bottom saucepan. Add mustard seeds when the oil is hot and allow them to pop. Add the cashews (or skinless, split Bengal gram) and stir until they are golden.
2. Turn the heat down and add the jalapenos, curry leaves and ginger, allowing the mixture to sauté for 1 minute. Add the turmeric powder and golden raisins, and turn the heat down to low. To this, add the lime juice. This will cause the oil to sputter and bubble — this is normal.
3. Stir generously to fully mix the juice with the spices. Allow this mixture to cook on low until the spice of the jalapenos infuses into the lemon juice, which should take about 4 - 5 minutes.
4. As a final step, add salt to taste and remove from the stove. Slowly pour this mixture onto the rice. Using two serving forks, fold the mixture into the rice until fully coated. Sprinkle with cilantro leaves when serving. Serve at room temperature.

Note: Lime rice makes for a travel-friendly, gluten-free, vegetarian side dish.

### NUTRIENT ANALYSIS FOR ONE SERVING (1/2 cup) (117g)

<b>Calories</b> 204	<b>Carbohydrates</b> 35.1 g	<b>Total Fat</b> 5.8 g
<b>Protein</b> 3.9 g	<b>Fiber</b> 1.2 g	<b>Saturated Fat</b> 0.9 g
<b>Sodium</b> 249.7 mg	<b>Sugars</b> 8.0 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Uma Ramasubramanian, Senior Facilities Planner, Capital Planning

## MARGARITA FLATBREAD

Serves: 4 (1 serving)

### INGREDIENTS:

4 each	flatbreads (4 x 4)
4 ounces	sundried tomato pesto
4 ounces	fresh mozzarella, sliced thin
4 ounces	mozzarella cheese, shredded
1/2 ounce	spring mix greens lettuce
4 each	fresh basil leaves, cut Julienne (in strips)

### INSTRUCTIONS:

1. Place flatbreads on a sheet pan.
2. Spread pesto sauces on flatbread, make sure you cover the entire surface.
3. Top with fresh mozzarella cheese slices, then sprinkle with shredded mozzarella.
4. Bake in oven or toaster oven for 6 minutes or until cheese is melted and flatbread is hot.
5. Remove from oven and garnish with fresh basil and spring greens on top.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 serving) (109g)

<b>Calories</b> 215	<b>Carbohydrates</b> 12.3 g	<b>Total Fat</b> 13.6 g
<b>Protein</b> 11.0 g	<b>Fiber</b> 1.7 g	<b>Saturated Fat</b> 6.8 g
<b>Sodium</b> 635.6 mg	<b>Sugars</b> 3.5 g	<b>Trans Fat</b> 0.3 g
<b>Cholesterol</b> 32.3 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## NANCY'S QUINOA AND KALE DELICIOUSNESS

Serves: 4 (1 cup)

### INGREDIENTS:

1 cup	quinoa
2 cups	water
2 tbsps.	extra virgin olive oil
1/8 tsp.	salt
1/8 tsp.	pepper
6 - 7 leaves	kale
1 1/2 tbsps.	garlic, minced
1 tbsp.	Organic chicken base — better than Bouillon

### INSTRUCTIONS:

- Prior to cooking the quinoa trim the stems from the leaves and cut the leaves into bite size pieces. I usually soak the kale to make sure that it is clean, I recommend doing so several times.
- Add the quinoa, water and chicken base in a pot and let it boil. Make sure to stir the contents so that the bouillon base mixes well. Once the quinoa boils, reduce heat and cover so that the quinoa lightly simmers.
- Let it simmer for about 15 — 20 minutes and check to make sure water is absorbed and quinoa is light and fluffy.
- While the quinoa is cooking, add olive oil to a sauté pan in medium heat. Once the oil is warm, add the garlic.
- Sauté the garlic for 30 seconds, or enough time to release the flavor then quickly add the kale and stir. Stir until kale has lost its stiff texture. Add salt and pepper to kale.
- Once the kale is done, add the quinoa to the sauté pan and mix the kale and quinoa so that the kale is evenly distributed with the quinoa.
- I like to spray a little balsamic vinegar for an added kick.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (196g)

<b>Calories</b> 228	<b>Carbohydrates</b> 29.4 g	<b>Total Fat</b> 9.5 g
<b>Protein</b> 7.0 g	<b>Fiber</b> 3.4 g	<b>Saturated Fat</b> 1.3 g
<b>Sodium</b> 159.9 mg	<b>Sugars</b> 0.5 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Nancy Marr, Administrative Assistant, English/Hist/Phil Admin Unit

## PERFECT BROWN RICE

Serves: 10 (1/2 cup)

### INGREDIENTS:

2 cups	brown rice
1	egg
6 cups	water
1 tsp.	salt
1 tbsp.	olive oil

### INSTRUCTIONS:

1. In a large skillet, mix rice and eggs. Cook over medium heat, stirring frequently until rice is dry. In a large glass pan, add oil, salt, and water. Mix in the rice.
2. Place rice in a oven, preheated to 350°F.
3. Bake for 1 hour, covering with foil after 30 minutes.

Note: DO NOT STIR, DO NOT POKE, DO NOT DISTURB.

### NUTRIENT ANALYSIS FOR ONE SERVING (1/2 cup) (186g)

<b>Calories</b> 156	<b>Carbohydrates</b> 28.6 g	<b>Total Fat</b> 2.9 g
<b>Protein</b> 3.6 g	<b>Fiber</b> 1.3 g	<b>Saturated Fat</b> 0.6 g
<b>Sodium</b> 210.8 mg	<b>Sugars</b> 0.3 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 18.6 mg		

Stephanie Russell, Staff Research Associate, Entomology

## PINEAPPLE FRIED RICE

Serves: 8 (1 cup)

### INGREDIENTS:

4 cups	brown rice - one pot in rice cooker
1 can	pineapple in water (sliced)
1 pack	Healthy Choice Ham Deli Meat (sliced)
1 box	button mushrooms (sliced)
1	onion (sliced)
	red, yellow, green bell peppers (sliced)
	soy sauce (amount will vary based on cook's preference)
	sweet and sour sauce (amount will vary based on cook's preference)

### INSTRUCTIONS:

1. Cook brown rice in rice cooker (or other method).
2. Once rice is cooked, stir in remaining ingredients listed.
3. Add soy sauce and sweet and sour sauce for flavor. Don't overdo it!

Note: This is my quick and easy way to make this dish. Can use fresh pineapple, real ham, and/or other vegetables as preferred. Healthy - no oil used, no butter, no cream! Watch portion sizes! 1 – 2 cups recommended.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (254g)

<b>Calories</b> 187	<b>Carbohydrates</b> 38.6 g	<b>Total Fat</b> 1.5 g
<b>Protein</b> 5.4 g	<b>Fiber</b> 3.3 g	<b>Saturated Fat</b> 0.3 g
<b>Sodium</b> 248.5 mg	<b>Sugars</b> 11.8 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 3.8 mg		

Julie Chobdee, Wellness Program Coordinator, Human Resources

## QUINOA RISOTTO

Serves: 5 (1 cup)

### INGREDIENTS:

1 tbsp.	olive oil
1/2	yellow onion, diced
1 large	garlic clove, minced
1 cup	quinoa, rinsed
2 1/4 cups	vegetable broth
2 cups	fresh arugula, coarsely chopped
1 medium	carrot, shredded (if you have a food processor, try the shredder disk)
1/2 cup	shiitake mushrooms, thinly sliced
1/2 bunch	skinny asparagus, trimmed of the thick ends and sliced into 1-inch pieces
1/4 cup	grated parmesan cheese (omit if vegan)
1/2 tsp.	salt
1/4 tsp.	freshly ground pepper

### INSTRUCTIONS:

1. Using a large saucepan, heat 2 teaspoons of the oil over medium heat. Sauté the onion until softened, about 4 minutes. Stir in the quinoa and garlic and cook, stirring, for about a minute. Add the broth and bring to a boil then simmer for about 12 minutes. The grain will be almost tender at this point.
2. Meanwhile, sauté the mushrooms and asparagus in a non-stick skillet using the remaining teaspoon of oil. Cook until the mushrooms are almost done and the asparagus is crunchy tender. Stir the arugula, carrot, mushrooms, and asparagus into the grain and simmer for another couple minutes.
3. Stir in the cheese (if using) and season to taste with salt and pepper.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (239g)

<b>Calories</b> 199	<b>Carbohydrates</b> 27.8 g	<b>Total Fat</b> 6.0 g
<b>Protein</b> 8.8 g	<b>Fiber</b> 4.2 g	<b>Saturated Fat</b> 1.3 g
<b>Sodium</b> 455.5 mg	<b>Sugars</b> 3.1 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 2.9 mg		

Wendy Mello, Administrative Assistant, English/Hist/Phil Admin Unit

## QUINOA TABBOULEH

Serves: 12 (1 cup)

### INGREDIENTS:

1/2 cup	red quinoa	1/2 cup	red bell peppers, diced
1/2 cup	white quinoa	1/4 cup	red lentils, cooked
1/3 cup	extra virgin olive oil	1/4 cup	mung beans, cooked
1 tbsp.	extra virgin olive oil	1/4 cup	bulgar, cooked
1 tbsp.	white or rice wine vinegar	2 tbsps.	fresh cilantro leaves/stems, chopped
2 tbsps.	fresh lemon juice	2 tbsps.	fresh flat-leaf parsley, chopped
1 tsp.	lemon zest, finely grated	2 tbsps.	fresh mint, chopped
1/2 cup	Roma tomatoes, chopped		kosher salt
1/2 cup	English cucumber, diced		freshly ground pepper
1/4 cup	red onions, chopped		

### INSTRUCTIONS:

1. Rinse the quinoa under cold water and drain. Bring 2 cups of water to a boil in a 4-quart pot over high heat. Add dash or two of salt. Add the quinoa, reduce the heat to a simmer, and cook uncovered, stirring occasionally and adding more boiling water as necessary to keep the quinoa covered, until tender, about 15 to 20 minutes. Drain and rinse the quinoa with cold water to stop the cooking.
2. Transfer the quinoa to a foil-lined rimmed baking sheet, drizzle with 1/2 - 3/4 tablespoons of the olive oil, and toss lightly to coat. Spread the quinoa on the baking sheet and cool completely at room temperature or in the refrigerator.
3. Put the vinegar and lemon juice in a small bowl and gradually whisk in the remaining 1/4 cup of olive oil. Whisk in the lemon zest. Taste and season with salt, pepper, and additional vinegar and lemon juice or olive oil as needed.
4. Put the cooked and cooled quinoa in a large serving bowl and toss to break up any clumps. Add the tomatoes, cucumbers, red onions, bell peppers, lentils, mung beans, bulgar, cilantro, mint, parsley and 1/2 cup vinaigrette and toss. Taste and season as needed with more vinaigrette, salt, and pepper. Serve or refrigerate for up to 1 day. If making ahead, let sit at room temperature so it's not refrigerator-cold and season with more vinaigrette, salt, and pepper before serving.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (71g)

<b>Calories</b> 186	<b>Carbohydrates</b> 16.4 g	<b>Total Fat</b> 11.9 g
<b>Protein</b> 4.5 g	<b>Fiber</b> 1.9 g	<b>Saturated Fat</b> 1.6 g
<b>Sodium</b> 49.0 mg	<b>Sugars</b> 1.1 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Darci Lombard, Accounting and Purchasing Assistant, Housing Services Administration

## ROASTED SWEET POTATOES WITH CINNAMON & ONIONS

Serves: 8 (1/2 item)

### INGREDIENTS:

4 medium	sweet potatoes
1 medium	yellow onion
1/2 tbsp.	olive oil—just enough to coat potatoes
1 tsp.	olive oil—just enough to sauté onions
2 tbsps.	honey, to taste
1/2 tbsp.	cinnamon, to taste
1 - 1 1/2 tsps.	salt, to taste pepper, to taste (fresh cracked/ground preferred)

### INSTRUCTIONS:

1. Set oven to 425°F.
2. Peel and cube sweet potatoes into approximately 1/2" cubes and place in a large bowl.
3. Toss with olive oil (approx. 1/2 tablespoon), cinnamon, honey, salt, and pepper.
4. Line a baking sheet with parchment or tin foil.
5. Spread potatoes out on baking sheet in single layer then place in oven.
6. Peel then dice the onion.
7. Heat 1 teaspoon olive oil in sauté pan over medium-high heat.
8. Sauté onion in olive oil, stirring frequently, until they start to brown (can caramelize if you have the patience to do so).
9. Remove baking sheet from oven, spread onions over potatoes and carefully mix, then return to oven.
10. Continue baking until potatoes are golden brown on edges and tender. Total roasting time is approximately 45 - 60 minutes.

### NUTRIENT ANALYSIS FOR ONE SERVING (1/2 item) (82g)

<b>Calories</b> 93	<b>Carbohydrates</b> 18.7 g	<b>Total Fat</b> 1.8 g
<b>Protein</b> 1.2 g	<b>Fiber</b> 2.4 g	<b>Saturated Fat</b> 0.3 g
<b>Sodium</b> 98.9 mg	<b>Sugars</b> 7.0 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Marilyn Parker, LMS Administrator, Human Resources

## SEVEN LAYERED SALAD

Serves: 10 (1 cup)

### INGREDIENTS:

1 large	head of romaine lettuce, chopped and sliced
1	frozen pack of corn (12 ounces), thawed and drained
1 medium	cucumber, chopped (remove seed if preferred)
1	fully cooked chicken breast (14 - 16 ounces each pack)
5 small	tomatoes, chopped
2	avocados, cut in cubes
1 bag (6 ounces)	low-fat croutons

### INSTRUCTIONS:

1. In a large glass bowl, layer the ingredients in the order noted above. (Lettuce layered at very bottom and croutons at very top)
2. Then when you are ready to eat, use your favorite low fat dressing and gently toss the salad.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (188g)

<b>Calories</b> 155	<b>Carbohydrates</b> 14.5 g	<b>Total Fat</b> 6.4 g
<b>Protein</b> 12.5 g	<b>Fiber</b> 3.9 g	<b>Saturated Fat</b> 1.1 g
<b>Sodium</b> 166.4 mg	<b>Sugars</b> 3.0 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 30.6 mg		

Rosemary Kim, Student, UC Riverside

## SIMMERED LENTILS WITH TEMPEH

Serves: 6 (1 1/2 cups)

### INGREDIENTS:

2 cups	lentils, dry
16 ounces	chicken or tempeh, cubed
1	onion, diced
1/2 cup	red peppers, diced
1 cup	tomatoes, diced
3 tbsps.	tomato paste
2 tbsps.	garlic, chopped
1/2 cup	olive oil
1 tbsp.	basil, dry
1 tsp.	thyme, dry
1 tsp.	sage
2 quarts	water
1 tsp.	pepper
optional	real salt
	Better than Bouillon (to taste or per instructions)

### INSTRUCTIONS:

1. Heat olive oil in a medium soup pot and lightly brown chicken or tempeh in pot.
2. Add tomato paste, garlic, and onions. Cook on low heat until onions are clear.
3. Stir in tomatoes, peppers, herbs, water and bouillon. Bring to simmer for 5 minutes.
4. Add lentils and simmer until lentils are tender.
5. Add salt and pepper to taste if needed.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 1/2 cups) (545g)

<b>Calories</b> 411	<b>Carbohydrates</b> 53.0 g	<b>Total Fat</b> 9.6 g
<b>Protein</b> 31.4 g	<b>Fiber</b> 20.8 g	<b>Saturated Fat</b> 2.8 g
<b>Sodium</b> 495.3 mg	<b>Sugars</b> 4.0 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Elizabeth Cohen, Former Employee

## SPANISH RICE

Serves: 5 (3/4 cup)

### INGREDIENTS:

1/2 small	onion, chopped
1/2 small	green bell pepper, seeded and chopped
1 tsp.	olive oil
1 cup	uncooked rice
2 cups	water
3/4 tsp.	chili powder
1/8 tsp.	garlic powder
1 can (8 ounces)	tomato sauce

### INSTRUCTIONS:

1. Heat oil in a nonstick skillet over medium heat for 1 - 2 minutes. Cook onion and uncooked rice in the oil for 5 minutes, stirring frequently. Stir in the bell pepper, water, chili powder, garlic powder and tomato sauce.
2. Heat to boiling over high heat, stirring occasionally. Reduce heat, cover and simmer about 25 minutes or until rice is tender and liquid is absorbed.

### NUTRIENT ANALYSIS FOR ONE SERVING (3/4 cup) (201g)

<b>Calories</b> 162	<b>Carbohydrates</b> 33.8 g	<b>Total Fat</b> 1.3 g
<b>Protein</b> 3.5 g	<b>Fiber</b> 1.7 g	<b>Saturated Fat</b> 0.2 g
<b>Sodium</b> 249.6 mg	<b>Sugars</b> 2.8 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Wendy Mello, Administrative Assistant, English/Hist/Phil Admin Unit

## SWEET GRAPE TOMATO AND WHITE BEAN PASTA

Serves: 8 (1 cup)

### INGREDIENTS:

1 3/4 cups	uncooked multigrain penne (tube-shaped pasta)
1 tbsp.	extra virgin olive oil
2 cups	grape tomatoes, halved
2	garlic cloves, minced
1 cup	chopped bottled roasted red bell peppers
1/2 can (15 ounces)	navy beans, rinsed and drained
3 cups	fresh baby spinach
1/4 cup	torn basil leaves
2 tsps.	balsamic vinegar
1/2 tsp	salt
1/4 cup (1 ounce)	fresh parmesan cheese, grated

### INSTRUCTIONS:

1. Cook pasta according to package directions, omitting salt and fat.
2. While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.
3. Add tomatoes; cook 3 minutes or until skins begin to wrinkle and burst. Add garlic; cook 1 minute, stirring constantly. Add bell pepper, beans, and spinach; cook 3 minutes or until spinach is slightly wilted.
4. Stir in basil, vinegar, salt, and pasta. Cook 2 minutes or until thoroughly heated. Sprinkle evenly with cheese.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (161g)

<b>Calories</b> 207	<b>Carbohydrates</b> 35.0 g	<b>Total Fat</b> 3.7 g
<b>Protein</b> 9.8 g	<b>Fiber</b> 7.0 g	<b>Saturated Fat</b> 0.8 g
<b>Sodium</b> 427.8 mg	<b>Sugars</b> 2.9 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 2.8 mg		

Stephanie Russell, Staff Research Associate, Entomology

## WHOLE WHEAT CROUTONS

Serves: 32 (25 items)

### INGREDIENTS:

1 loaf	whole wheat bread
1/4 cup	olive oil
1/2 cup	parmesan cheese
2 tbsps.	garlic powder

### INSTRUCTIONS:

1. Slice bread into 1/2 inch cubes. Using stale bread works best so that the bread can hold up to the cutting and can typically be found on sale at the market in the “day old section”.
2. Toss bread cubes in a large bowl with olive oil, parmesan cheese and garlic powder until evenly coated. Spread coated bread cubes into a single layer onto two ungreased cookie sheets.
3. Bake in a 350°F oven for 10 minutes. Stir and rotate the cookie sheets. Bake for additional 10 minutes.
4. Once golden brown, remove from oven and let cool completely. Store in an air tight Ziploc bag.

### NUTRIENT ANALYSIS FOR ONE SERVING (25 items) (18g)

<b>Calories</b> 62	<b>Carbohydrates</b> 7.8 g	<b>Total Fat</b> 2.8 g
<b>Protein</b> 1.8 g	<b>Fiber</b> 0.9 g	<b>Saturated Fat</b> 0.6 g
<b>Sodium</b> 71.3 mg	<b>Sugars</b> 0.6 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.9 mg		

Cherie Pierce, Payroll Accountant, Accounting

# Snack

*RECIPES IN THIS SECTION*

[Wendy's Popeye Smoothie](#)

[Jack Thompson's Healthy Snack](#)

## WENDY'S POPEYE SMOOTHIE

Serves: 2 (1 cup)

### INGREDIENTS:

1/2 cup	liquid—can be filtered water, organic apple, or cranberry juice (sugar free)
1/2	beet, scrubbed or peeled
1/2 of a small	lemon or lime, scrub outside, leave peel on
1 cup	spinach leaves
1 cup	kale leaves
1/2	red organic apple of choice
1/2 cup	organic fruit of choice (mango, papaya, pineapple, strawberries, blueberries)
1/2 tsp.	fresh ginger, peeled
1/2 tsp.	oregano or parsley (helps take away stomach gas)
1 cup	ice cubes (add more for thicker consistency)

### INSTRUCTIONS:

1. Place liquid along with washed and prepared ingredients into your high powder blender.
2. 1 cup of filtered ice cube
3. Process all ingredients until smooth.

Note: Add more liquid or ice if needed to make your vegetable smoothie recipe just the right consistency for you. Adding more ice makes it thicker and colder. Pre - cut all your fruits and vegetables for the week. Store in a container and make smoothies daily as you wish.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (315g)

<b>Calories</b> 149	<b>Carbohydrates</b> 33.7 g	<b>Total Fat</b> 1.1 g
<b>Protein</b> 2.6 g	<b>Fiber</b> 3.6 g	<b>Saturated Fat</b> 0.2 g
<b>Sodium</b> 58.7 mg	<b>Sugars</b> 25.6 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

## JACK THOMPSON'S HEALTHY SNACK

Serves: 6 (1 cup)

### INGREDIENTS:

1	Mashed banana (ripe)
1/3 cup	Apple sauce
1 1/2 cups	Old fashioned oats
1/4 cup	Almond milk
1/2 cup	Raisins
1 tsp.	Vanilla
1 tsp.	Cinnamon
1 ounce	Chia seeds (optional, for extra fiber)

### INSTRUCTIONS:

1. Bake at 350°F for 15 - 20 minutes.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 cup) (92g)

<b>Calories</b> 169	<b>Carbohydrates</b> 33.4 g	<b>Total Fat</b> 3.2 g
<b>Protein</b> 4.0 g	<b>Fiber</b> 5.1 g	<b>Saturated Fat</b> 0.4 g
<b>Sodium</b> 9.1 mg	<b>Sugars</b> 13.1 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Jack Thompson, Safety & Accident Prevention Specialist, Environmental Health & Safety

# Dessert

## ***RECIPES IN THIS SECTION***

- [Apple Raisin Cake](#)
- [Cinnamon Crumb Coffee Cake](#)
- [Dark Chocolate Zucchini Cake](#)
- [Fruit Salsa and Cinnamon Chips](#)
- [Girl Scout Sugar Cookies](#)
- [Grandma Leah's Banana Bread](#)
- [Peanut Butter Oat Balls](#)
- [Sweet Potato Brownies](#)
- [Sweet Potato Chocolate Torte](#)
- [Sheryl Crow's Decadent Raw Vegan Chocolate Mousse](#)

## APPLE RAISIN CAKE

Serves: 12 (1 piece)

### INGREDIENTS:

2 1/2 cups	self-rising flour
1 tsp.	cinnamon
1/3 cup	unsalted margarine
2 tsps.	unsalted margarine
1/4 cup	granulated sugar
2	Granny Smith apples, cored, cut in small pieces
1 1/2 cups	applesauce, with no added sugar
1/2 tsp.	cloves, ground
1 cup	raisins
1 tsp.	baking soda
2 ounces	walnuts, chopped (if desired)

### INSTRUCTIONS:

1. Spray 8x8x2 square baking pan with nonstick cooking spray.
2. In a bowl, sift together flour, cinnamon and cloves. Set aside
3. In a medium bowl, cream together margarine and sugar. Stir baking soda into applesauce and add to margarine mixture.
4. Add dry ingredients and mix until thoroughly combined. Fold in apples, raisins, and walnuts.
5. Pour mixture into pan and bake for 45 - 50 minutes, until cake is browned and a toothpick inserted into the center comes out dry.
6. Remove cake from pan and cool on wire rack. Sprinkle lightly with powdered sugar, if desired.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 piece) (124g)

<b>Calories</b> 264	<b>Carbohydrates</b> 41.8 g	<b>Total Fat</b> 9.9 g
<b>Protein</b> 3.8 g	<b>Fiber</b> 2.0 g	<b>Saturated Fat</b> 1.5 g
<b>Sodium</b> 493.9 mg	<b>Sugars</b> 18.8 g	<b>Trans Fat</b> 1.2 g
<b>Cholesterol</b> 0.0 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## CINNAMON CRUMB COFFEE CAKE

Serves: 8 (1 slice)

### INGREDIENTS:

2 1/4 cups	all purpose flour
3 tbsps.	granulated sugar
2 tsps.	baking powder
1 tsp.	baking soda
1/4 tsp.	salt
1/3 cup	margarine, divided
1 cup	buttermilk
1 tsp.	vanilla extract
1/2 tsp.	lemon peel, grated
1 tbsp.	brown sugar, firmly packed
1 ounce	pecans or walnuts, chopped
1/2 tsp.	cinnamon
2	eggs

### INSTRUCTIONS:

1. Spray an 8-inch pan with cooking spray.
2. In a medium bowl, mix together 2 cups of the flour, sugar, baking powder, baking soda, and salt. Cut in the 1/4 cup of the margarine.
3. Add eggs, buttermilk, vanilla, and lemon peel. Mix until just smooth. Pour into sprayed pan.
4. In a small bowl, combine remaining 1 tablespoon plus 1 teaspoon margarine and the brown sugar. Add remaining 1/4 cup flour, nuts, and cinnamon. Mix.
5. Sprinkle nut-crumb mixture evenly over batter and bake for 25 - 30 minutes. Cook on wire rack.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 slice) (107g)

<b>Calories</b> 318	<b>Carbohydrates</b> 37.5 g	<b>Total Fat</b> 15.5 g
<b>Protein</b> 6.7 g	<b>Fiber</b> 1.1 g	<b>Saturated Fat</b> 3.2 g
<b>Sodium</b> 489.5 mg	<b>Sugars</b> 7.5 g	<b>Trans Fat</b> 2.5 g
<b>Cholesterol</b> 47.7 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## DARK CHOCOLATE ZUCCHINI CAKE

Serves: 8 (1 slice)

### INGREDIENTS:

3 ounces	good-quality dark chocolate, coarsely chopped	Homemade Buttermilk Substitute: In a 1-cup measuring cup, add 1 tablespoon of fresh lemon juice. Top the lemon juice with skim or low fat milk. Stir and let sit for two minutes.
1/8 cup	canola oil	
1 1/4 cups	sifted all purpose unbleached flour	
1/4 cup	unsweetened cocoa powder	
1 tsp.	baking powder	
1 tsp.	baking soda	
1/2 tsp.	salt	
1/4 cup	butter, softened (or 1/2 stick)	
1/2 cup	organic sugar, or less, according to taste	
3	egg whites	
1 tsp.	pure vanilla extract	
1/4 cup	homemade buttermilk substitute	
1 1/2 cups	zucchini or summer squash, grated	

### INSTRUCTIONS:

1. Preheat oven to 350°F. Grease a 9-inch cake pan and dust with some unsweetened cocoa powder.
2. Melt the chocolate along with the oil in a double boiler or in a saucepan over low heat, taking care not to scorch.
3. Sift together the flour, cocoa, baking powder, baking soda, and salt into a medium mixing bowl.
4. In a large mixing bowl, cream together the butter and sugar until light. Add the egg whites one at a time, beating well after each addition, then beat in the vanilla. Add the flour mixture and homemade buttermilk, beating until combined, then fold in the chocolate and oil mixture, and the zucchini.
5. Scrape the batter into the prepared pan and bake for 35—40 minutes, or until a tester inserted in the center comes out clean. Cool the cake in the pan for about 10 minutes on a wire rack, then invert it on the rack, remove the pan, and cool completely.
6. May be served plain, iced with your favorite icing or ganache, dusted with organic confectioners' sugar, or with fruit nestled around it.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 slice) (97g)

Calories 198	Carbohydrates 29.1 g	Total Fat 8.0 g
Protein 5.1 g	Fiber 2.9 g	Saturated Fat 4.3 g
Sodium 337.7 mg	Sugars 11.9 g	Trans Fat 0.2 g
Cholesterol 15.4 mg		

Andrea Odio, Administrative Assistant, Center for Nanoscale Science & Engineering

## FRUIT SALSA AND CINNAMON CHIPS

Serves: 32 (2 tablespoons)

### INGREDIENTS:

	Salsa	Cinnamon Chips
2	green apples, diced	1 pkg.
2 pkgs.	strawberries, halved	2 tsps.
4	kiwifruit, peeled & halved	cinnamon
	cinnamon, to taste	spray butter or olive oil cooking spray
	*sugar substitute, to taste	*1/4 cup sugar substitute

Note: If ripe fruit is used,  
sugar is not needed

### INSTRUCTIONS:

To make the Salsa—

1. Place all ingredients in food processor or blender & chop or blend to desired consistency.
2. Add cinnamon and/or sugar substitute to taste.
3. Transfer mixture to a bowl, cover and refrigerate until served.

To make the Cinnamon Chips—

1. Preheat the oven 350°F. Coat 2 large baking sheets with cooking spray.
2. Separate pita pockets into halves.
3. Coat each side of the pita lightly with cooking spray or with spray butter.
4. Cut each round half into 6 – 8 wedges and arrange in a single layer on the baking sheets.
5. Sprinkle the wedges with cinnamon or cinnamon/sugar mixture.
6. Bake for 8 to 10 minutes, or until lightly browned; cool on a rack.
7. Serve with chilled fruit salsa and ENJOY!

### NUTRIENT ANALYSIS FOR ONE SERVING (2 tablespoons) (46g)

<b>Calories</b> 37	<b>Carbohydrates</b> 10.0 g	<b>Total Fat</b> 0.3 g
<b>Protein</b> 1.0 g	<b>Fiber</b> 1.2 g	<b>Saturated Fat</b> 0.0 g
<b>Sodium</b> 36.1 mg	<b>Sugars</b> 2.9 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Cassandra Greenawalt, Analyst, Environmental Health and Safety

## GIRL SCOUT SUGAR COOKIES

Serves: 60 (1 piece)

### INGREDIENTS:

1 cup	unsalted butter
1 cup	sugar
1/2 tsp.	salt
1 tbsp.	buttermilk (or yogurt or sour cream)
2 tsps.	vanilla extract
1 large	egg
3 cups	all purpose flour
1 tsp.	baking powder

### INSTRUCTIONS:

1. In a large bowl, combine the butter, sugar, and salt. Cream the mixture for 2 - 3 minutes, until fluffy.
2. Add the buttermilk and vanilla, then beat in the egg.
3. Whisk the flour and baking powder together, gradually add to the wet ingredients, mixing until a smooth dough forms.
4. Divide the dough in half and roll each section to a 1/2" thickness. Cover with wax or parchment paper. Chill for 30 minutes on a flat surface.
5. Preheat the oven to 350°F. Line two baking sheets with parchment paper.
6. Using cookie cutters, cut to desired shapes and place on the baking sheets. Sprinkle the tops with sugar.
7. Bake for 9 - 11 minutes, until the edges are just golden brown.
8. Remove from oven and cool on the pans for 3 - 5 minutes until firm enough to transfer to a rack to complete the cooling process.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 piece) (15g)

<b>Calories</b> 65	<b>Carbohydrates</b> 8.2 g	<b>Total Fat</b> 3.2 g
<b>Protein</b> 0.8 g	<b>Fiber</b> 0.2 g	<b>Saturated Fat</b> 2.0 g
<b>Sodium</b> 22.4 mg	<b>Sugars</b> 3.4 g	<b>Trans Fat</b> 0.1 g
<b>Cholesterol</b> 11.3 mg		

Diane Thomas, Executive Assistant, Housing Services Administration

## GRANDMA LEAH'S BANANA BREAD

Serves: 8 (1 slice)

### INGREDIENTS:

3/4 cup	granulated sugar
1/2 cup	apple sauce
3 medium	over ripe bananas
1 tsp.	vanilla extract
2	eggs
1 1/2 cup	whole wheat flour
1/2 cup	wheat germ
2 tsps. (or 1 tsp.)	baking powder (or baking soda)
1/2 tsp.	salt
1/2 tsp.	cinnamon
1/2 cup	chopped nuts (walnuts or pecans; I double amount to 1 cup)

### INSTRUCTIONS:

1. Preheat oven to 325°F.
2. Cream sugar and butter.
3. Add bananas, mash.
4. Add vanilla and 2 beaten eggs. Mix.
5. In a separate bowl, combine dry ingredients: flour, wheat germ, baking power (or baking soda), salt, cinnamon, and nuts.
6. Add dry ingredients to wet ingredients.
7. Stir only until mixed.
8. Grease 9" x 5" loaf pan. Pour mixture into pan.
9. Bake 1 hour and 10 minutes (or until toothpick or knife inserted into bread comes out clean)
10. Cool in pan for 10 minutes, and place loaf on cooling rack (Bread slices easily after several hours).

### NUTRIENT ANALYSIS FOR ONE SERVING (1 slice) (122g)

<b>Calories</b> 257	<b>Carbohydrates</b> 50.4 g	<b>Total Fat</b> 4.6 g
<b>Protein</b> 6.6 g	<b>Fiber</b> 4.6 g	<b>Saturated Fat</b> 0.8 g
<b>Sodium</b> 202.3 mg	<b>Sugars</b> 27.1 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 46.5 mg		

Mary-Alice Avila, Facilities Planner and Safety Coordinator, CNAS Dean's Office

## PEANUT BUTTER OAT BALLS

Serves: 24 (1 item)

### INGREDIENTS:

2 cups	Old fashioned oats (not instant)
1/2 cup	chunky peanut butter
1/2 cup	honey
1/2 cup	semi sweet chocolate chips

### INSTRUCTIONS:

1. Mix all ingredients in a large bowl until well combined.
2. Using a tablespoon, portion out and roll mix into small balls, about an inch each.
3. Place on cookie sheet and refrigerate to set.
4. Store in an air tight container.

Note: These are a great ready to go snack. Try using almond butter or dried fruit instead of chocolate chips for variation.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 item) (24g)

<b>Calories</b> 100	<b>Carbohydrates</b> 14.4 g	<b>Total Fat</b> 4.6 g
<b>Protein</b> 2.3 g	<b>Fiber</b> 1.4 g	<b>Saturated Fat</b> 1.3 g
<b>Sodium</b> 26.7 mg	<b>Sugars</b> 8.9 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Cherie Pierce, Payroll Accountant, Accounting

## SWEET POTATO BROWNIES

Serves: 8 (1 piece)

### INGREDIENTS:

1	sweet potato
3	eggs, whisked
1/4 cup	Gold Label Virgin Coconut Oil, melted
1/3 cup	raw honey
1/4 tsp.	vanilla extract
3 tbsps.	coconut flour
2 tbsps.	unsweetened cocoa powder
1/4 tsp.	baking powder
1/4 tsp.	cinnamon
1/8 tsp.	salt
1/2 cup	Enjoy Life Chocolate Chips

### INSTRUCTIONS:

1. Time to bake that sweet potato. Preheat your oven to 425°F, use a fork to puncture holes all around it, then throw in the oven for 25 - 30 minutes.
2. Once your sweet potato is soft and cooked through, peel off the skin and mash it up in a bowl. And turn your oven down to 350°F.
3. Now add your wet ingredients: eggs, coconut oil, honey, and vanilla to the bowl and mix together.
4. Then add your dry ingredients: coconut flour, cocoa powder, baking powder, cinnamon, salt and chocolate chips.
5. Mix well to incorporate all that goodness.
6. Pour into an 8 x 8 glass baking dish.
7. Bake for 30 - 35 minutes.
8. Let rest to cool a bit.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 piece) (69g)

<b>Calories</b> 199	<b>Carbohydrates</b> 22.8 g	<b>Total Fat</b> 12.2 g
<b>Protein</b> 3.6 g	<b>Fiber</b> 2.4 g	<b>Saturated Fat</b> 8.6 g
<b>Sodium</b> 106.6 mg	<b>Sugars</b> 17.0 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 69.8 mg		

Michelle Sansone, Assistant Director, Recreation/Student Rec Center

## SWEET POTATO CHOCOLATE TORTE

Serves: 12 (1 piece)

### INGREDIENTS:

1 cup	cooked sweet potato without skin
1/2 cup	unsweetened cocoa powder
1/8 tsp.	salt
2 tbsps.	soymilk (could use regular milk or other milk substitute)
2 ounces	bittersweet chocolate
1 1/2 cups	sugar divided (I use 3/4 cup baking Splenda instead)
4 large	eggs
1 cup	almond flour (you can buy at Trader Joe's or make your own by grinding raw almonds)

### INSTRUCTIONS:

1. Preheat oven to 375°F. Coat square baking dish with cooking spray.
2. Blend sweet potato, 1 cup sugar, almond flour, cocoa, and salt in food processor for 30 seconds or until smooth, scraping bowl as necessary.
3. Separate 3 eggs, placing the whites in bowl of electric mixer. Add remaining whole large egg to sweet potato mixture; pulse to combine. Transfer sweet potato mixture to a large bowl.
4. Beat egg whites with electric mixer at high speed until soft peaks form. Add remaining 1/2 cup sugar; beat 2 minutes more, or until stiff, glossy peaks form.
5. Fold 1/3 egg white mixture into sweet potato mixture with spatula. Gently fold in remaining whites. Pour batter into prepared pan. Bake 45 minutes, or until toothpick inserted in center comes out clean (I usually slightly undercook it so it stays more moist). Cool 10 minutes in pan on wire rack.
6. Melt chocolate in small saucepan over medium-low heat. Stir in soymilk. Spread chocolate mixture over top of cake. Let stand until chocolate sets.

### NUTRIENT ANALYSIS FOR ONE SERVING (1 piece) (73g)

<b>Calories</b> 217	<b>Carbohydrates</b> 33.9 g	<b>Total Fat</b> 8.8 g
<b>Protein</b> 5.6 g	<b>Fiber</b> 3.0 g	<b>Saturated Fat</b> 2.3 g
<b>Sodium</b> 64.7 mg	<b>Sugars</b> 27.5 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 62.0 mg		

Stephanie Russell, Staff Research Associate, Entomology

## SHERYL CROW'S DECADENT RAW VEGAN CHOCOLATE MOUSSE

Serves: 4 (1/2 cup)

### INGREDIENTS:

2 large	ripe avocados
1/2 cup	organic unsweetened cocoa powder
1/2 cup	agave nectar, plus more to taste
1 1/2 tsps.	pure vanilla extract
1 1/2 tsps.	almond extract
1/2 pint	fresh raspberries, or any berry you have on hand

### INSTRUCTIONS:

1. Cut a ripe avocado in half. Use a big knife to grab the pit and turn to remove. Spoon out the meat of the avocado and then blend to break it down a bit.
2. Add in cocoa powder, agave nectar, vanilla extract, and almond extract and blend for 1 to 2 minutes, making sure every part is included.
3. Refrigerate overnight and serve in martini glasses with garnish.

### NUTRIENT ANALYSIS FOR ONE SERVING (1/2 cup) (151g)

<b>Calories</b> 275	<b>Carbohydrates</b> 47.8 g	<b>Total Fat</b> 12.0 g
<b>Protein</b> 3.8 g	<b>Fiber</b> 10.1 g	<b>Saturated Fat</b> 2.3 g
<b>Sodium</b> 8.0 mg	<b>Sugars</b> 33.9 g	<b>Trans Fat</b> 0.0 g
<b>Cholesterol</b> 0.0 mg		

Terrie Boudreax, Former Employee

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