



Healthy Directions /

Recipes for Health



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Black Bean Nachos

Serves 4, provides 2 vegetable servings per person

Ingredients

- 2 large low-fat 6" flour tortillas
- 1 15-ounce can reduced sodium black beans, rinsed and drained
- 1 cup canned no-salt tomatoes, drained, or 1 cup fresh chopped tomatoes
- 1 cup frozen corn kernels
- 1/2 cup sliced green onions (scallions)
- 2 chopped garlic cloves
- 2 jalapeño chilies, seeded and chopped
- 1/2 teaspoon ground cumin
- 1/2 cup low-fat, low-sodium Monterey Jack cheese, grated
- 1/4 cup chopped cilantro

Instructions

- Preheat the oven to 350 degrees. Lightly coat the tortillas with pan spray and bake until crisp, about 10 minutes. Set aside.
- While tortillas are baking, combine the beans, tomatoes, corn, green onions, garlic, green chilies, and cumin in a saucepan. Bring to a boil, reduce the heat, and simmer 5 minutes.
- Divide the beans between the tortillas, top with cheese, and bake 5 minutes or until heated through. Scatter the cilantro over the nachos, cut in wedges, and eat.

Chickpea Dip with Vegetables

Serves 6

Ingredients

- 1 12 oz. can chickpeas, drained and rinsed well
- 2 Tablespoons fresh lemon juice
- 3 drops hot pepper sauce
- 2 cucumbers, peeled, seeded, and diced
- 1/4 red onion, diced
- 1 cup (8 ounces) plain low-fat yogurt
- 1/2 Tablespoon olive oil
- 1 carrot, grated
- 2 Roma tomatoes, finely chopped

Instructions

- Blend chickpeas, yogurt, lemon juice, olive oil, and hot sauce in a blender until smooth. Transfer dip to a shallow serving bowl, and pile the colorful vegetables on top, leaving an outer rim of dip to be seen. Serve with pita bread or toasted wheat bread triangles.

Edamame (green soybeans)

Serves 4, provides 1 vegetable serving per person

Ingredients

- 2 cups shelled edamame (pronounced ed-uh-mah-may)
- 1/2 cup low-sodium vegetable broth
- 1 Tablespoon low-sodium soy sauce
- 1 teaspoon cornstarch

Instructions

- Cook edamame in boiling water 2 minutes. Drain.
- Combine the broth, soy sauce, and cornstarch and bring to a boil. Stir into the cooked beans and serve.

Note: You can boil the edamame and eat them plain, without the broth/soy sauce/cornstarch mixture.

Fabulous 5-Layer Dip

Serves 4

Ingredients

- 1 16-ounce can fat-free refried beans
- 1 1/2 cups fat-free sour cream
- 8 plum tomatoes, diced
- 2 mashed avocados sprinkled with lime juice
- 3 Tablespoons mild green chili peppers, drained and chopped

Instructions

- Using a 13" x 9" x 2" glass baking dish or pan, layer the ingredients in order from beans to tomatoes.
- Dig in with any of the following dippers:
 - whole wheat pita bread
 - whole wheat lavash bread
 - whole wheat/whole grain crackers

Hummus for Spring Vegetables

Serves 4

Ingredients

- 1 15-ounce can reduced-sodium chick peas, drained and rinsed
- 1 Tablespoon tahini
- 2 Tablespoons lemon juice
- 2 cloves garlic, chopped
- pinch salt
- 1/4 - 1/2 cup water (no more than 1/2 cup, to retain the desired thick texture)
- pinch cayenne pepper

Instructions

- Place beans in a food processor or blender. Add tahini, lemon juice, garlic, salt, and cayenne pepper. Blend until smooth.
- Scrape into a bowl and stir in parsley. Serve with fresh cut-up vegetables or as a sandwich spread.

Stuffed Mild Chiles

Serves 2, provides 2 vegetable servings per person

Ingredients

- 2 mild chile peppers, such as poblano or Anaheim
- 1/2 teaspoon olive oil
- 1/2 cup chopped onion
- 1/4 teaspoon cumin
- 1 clove garlic, chopped
- 1/2 cup fresh or frozen corn kernels
- 1 10-ounce package frozen spinach (about 1/2 cup), thawed, OR 2 cups chopped Swiss chard
- 1/2 cup low-sodium salsa
- 1/4 cup reduced-fat Monterey Jack cheese
- 1 Tablespoon freshly grated Parmesan cheese
- 1 Tablespoon whole wheat bread crumbs

Instructions

- Preheat the oven to 375 degrees. Cut the chiles in half lengthwise and remove the seeds and content.
- Heat the oil in a skillet and sauté the onions with the cumin until soft and translucent but not brown, for about 5 minutes.
- Add the garlic and cook for 1 minute more. Stir in the corn, spinach, and salsa. Stir in the reduced-fat Monterey jack cheese off the heat.
- Combine the Parmesan cheese and bread crumbs. Divide the filling among the chiles and top with the Parmesan-bread crumb mixture.
- Bake on a greased baking sheet 20 minutes or until the vegetables are tender and the top is golden.

Beverages

Cantaloupe Crush

Serves 4

Ingredients

- 1/2 cantaloupe
- 1 1/2 cups ice
- 1 cup fat-free milk
- sweetener as needed (about 1 to 2 teaspoons of Splenda)

Instructions

- Cut cantaloupe into small cubes. Blend all ingredients until smooth. Sweeten to taste.

Fruit Slush

Serves 4

Ingredients

- 3 cups unsweetened frozen fruit (such as frozen strawberries, blueberries, raspberries, or melon)
- 1 teaspoon vanilla extract
- 1 cup fat-free milk or non-fat plain yogurt
- sweetener as needed (about 1 to 3 Tablespoons Splenda)

Instructions

- In blender or food processor blend first three ingredients until smooth and sweeten to taste.

Mock Frozen Peach “Daiquiri”

Serves 2

Ingredients

- 1 cup juice-packed canned peaches, drained
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon frozen pink lemonade concentrate
- 1 cup crushed ice

Instructions

- Chill peaches in freezer until very cold. Put in blender with pink lemonade concentrate, lemon juice, and crushed ice.
- Puree until smooth. Pour into glasses.

Quick & Creamy Grape-Orange Shake

Serves 2

Ingredients

- 1 cup red or green California grapes, halved and seeded if necessary
- 1 orange, peeled and quartered
- Splenda, optional
- 1 banana, peeled
- 6 to 8 ice cubes, crushed

Instructions

- Puree grapes, banana, and orange in blender or food processor. Add ice and Splenda (optional).
- Blend until well mixed. If you’d like, garnish with a handful of California grapes.

Breakfasts

Apple Oats Casserole Bars

Serves 12

Ingredients

- 2 cups rolled oats
- 2 small apples, grated or shredded
- 2 cups non-fat or 1% milk
- 1 cup chopped dates or raisins
- 1/2 cup coconut (optional)
- 1 teaspoon cinnamon
- 1/2 cup slivered almonds

Instructions

- Preheat oven to 350 degrees and lightly grease an 8x8 inch baking pan.
- Finely grate the apples, and set aside.
- Scatter 1/3 of the oats over the bottom of the pan. Sprinkle half of the raisins and coconut over the oats. Place another 1/3 of the oats over the raisins.
- Spread the apples evenly over the oats and sprinkle half of the cinnamon over the apples. Pour 1 cup of milk over the mixture.
- Sprinkle remaining raisins and coconut on top. Scatter remaining oats over raisins and coconut. Sprinkle the remaining cinnamon over oats.
- Pour remaining cup of milk over mixture. Scatter almonds evenly over casserole. Bake for 35 to 40 minutes. Will be quite soft.

Baked Oats

Serves 4

Ingredients

- 4 cups old-fashioned oats
- 1 cup chopped apple
- 1/2 cup chopped walnuts
- 1/8 teaspoon salt

Instructions

- Combine oats, walnuts, raisins, and salt in a bowl and mix well.
- In a separate container, combine water and vanilla. Combine all ingredients, stirring gently. Pour into 8" x 8" baking dish.
- Bake at 350 degrees for 60 minutes. Stir in dates, raisins, or other dried fruit, and serve.

Berry Breakfast Parfait

Serves 4

Ingredients

- 1 cup plain low-fat or non-fat yogurt
- 1 cup granola or other whole grain cereal (such as bran flakes)
- 2 cups fresh berries (raspberries, blueberries)
- 2 kiwifruit (optional)
- sprinkle with Splenda if you want to sweeten (optional)

Instructions

Layer all ingredients and serve.

Eggbeaters Omelette

Serves 2

Ingredients

- 1/2 cup fresh mushrooms, sliced
- 1/2 cup fresh spinach, torn
- 1/4 cup grape tomatoes (cut)
- 2 Tablespoons low-fat cheese, shredded
- 1 Tablespoon olive oil
- 1 cup Southwestern Eggbeaters

Instructions

- Heat olive oil in a pan and add mushrooms. Sauté for about 5 minutes over low heat.
- Add spinach and tomatoes to heat them up.
- Add the Southwestern Eggbeaters and cook until done, about 3 minutes. Top with shredded cheese and serve.

Spinach Omelette

Serves 2, provides 2 vegetable servings per person

Ingredients

- 1 10-oz. package frozen spinach
- pinch of pepper
- 1 teaspoon lemon juice
- 1 Tablespoon freshly grated Parmesan cheese
- 1/2 teaspoon light tub margarine (such as Benecol Light, Smart Balance Light, or Take Control Light)
- 1/2 teaspoon olive oil
- 1 cup egg substitute or 4 eggs
- 1 cup sliced tomatoes

Instructions

- Thaw and drain the frozen spinach in the microwave or let it sit in the sink for a few hours. Season with pepper, and sprinkle with lemon juice. Steam or microwave 3 to 5 minutes, or until cooked. Drain the remaining water and set aside.
- Heat the omelet pan and melt the butter substitute with the oil. Pour in the eggs and cook, pushing the eggs to the center of the pan and tipping the pan to cook evenly.
- When the eggs are ready, scatter with Parmesan cheese and add the spinach. Roll up, cut in half, and serve garnished with the tomatoes.

Veggie Scramble Toast

Serves 2

Ingredients

- 2 slices whole grain bread
- 1 Tablespoon olive oil
- 1 cup green and red peppers, diced
- 1/2 leek (or onion), diced
- 1/2 cup spinach, finely chopped
- 4 eggs
- dash of salt (1/8 teaspoon)
- dash of ground black pepper

Instructions

- Sauté all vegetables until moderately soft (or al dente, depending on your taste).
- When vegetables are ready, add whisked eggs to pan. Add salt and pepper, and cook until desired consistency.
- Serve on top of a slice of whole grain toast.

Main Courses

Baked Chicken Nuggets

Serves 4

Ingredients

- 1 1/2 lbs chicken thighs, boneless and skinless
- 1 cup cornflake crumbs
- 1 teaspoon paprika
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

Instructions

- Remove skin and bone; cut thighs into bite-sized pieces.
- Place cornflakes in plastic bag and crush by using a rolling pin.
- Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
- Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
- Preheat oven to 400 degrees. Lightly grease a cooking sheet.
- Place chicken pieces on cooking sheet so they are not touching.
- Bake until golden brown, about 12 to 14 minutes.

Baked Salmon Dijon

Serves 6

Ingredients

- 1 cup fat free sour cream
- 2 teaspoon dried dill
- 3 Tablespoon scallions, finely chopped
- 2 Tablespoon Dijon mustard
- 2 Tablespoon lemon juice
- 1 1/2 lbs salmon fillet with skin, cut in center
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- As needed, fat free cooking spray

Instructions

- Whisk sour cream, dill, onion, mustard and lemon juice in small bowl.
- Preheat oven to 400 degrees. Lightly oil baking sheet with cooking spray.
- Place salmon, skin side down, on a prepared sheet. Sprinkle with garlic powder and pepper. Spread with the sauce.
- Bake salmon until just opaque in center, about 20 minutes.

Five-minute Bean and Vegetable Sauté

Serves 4

Ingredients

- 1 teaspoon canola oil
- 1 15-ounce can low-sodium beans (red, white, or black), with no fat added **OR** 2 cups cooked beans (red, white, or black)
- 1/2 teaspoon dried chili powder
- 1/2 teaspoon freshly grated pepper
- 2 cups diced fresh or frozen vegetables, such as broccoli, cauliflower, green beans, spinach, kale, collard greens, or asparagus
- 2 plum tomatoes, diced

Instructions

- Drain and rinse beans.
- Heat oil in pan. Add vegetables and sauté until just tender. Add beans.
- Toss in chili powder, season with pepper, and heat through
- Add tomatoes just before serving.

Finger-licking Curried Chicken

Serves 6

Ingredients

- 1 1/2 teaspoon curry powder
- 1 teaspoon thyme, crushed
- 1 stalk scallion, chopped
- 1 Tablespoon hot pepper, chopped
- 1 teaspoon black pepper
- 8 cloves garlic, crushed
- 1 Tablespoon ginger, grated
- 3/4 teaspoon salt
- 8 pieces of chicken, skinless (breast and/or drumstick)
- 1 Tablespoon olive oil
- 1 cup water
- 1 medium white potato, diced
- 1 large onion, chopped

Instructions

- Mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger, onion, and salt.
- Sprinkle seasoning mixture on chicken.
- Marinate for at least 2 hours in the refrigerator.
- Heat oil in skillet over medium heat.
- Add chicken and sauté.
- Add water and allow chicken to cook over medium flame for 30 minutes.
- Add diced potatoes and cook for an additional 30 minutes.
- Add onions and cook 15 minutes more or until meat is tender.

Frittata Primavera

Serves 2, provides 1 1/2 vegetable servings per person

Ingredients

- 3 teaspoons olive oil
- 1/4 cup chopped onion
- 1 clove garlic, finely chopped
- 1/2 cup fresh asparagus pieces
- 1/2 cup canned or frozen artichoke hearts, chopped
- 1/2 cup sugar snap peas, strings pulled, cut in 1/2-inch pieces
- 1/4 teaspoon dried basil
- dash pepper
- dash salt
- 3/4 cup egg substitute or 3 eggs
- 1 Tablespoon low-fat or non-fat plain yogurt
- 1 Tablespoon freshly grated Parmesan cheese

Instructions

- Heat 1 teaspoon of oil in a skillet. Cook onion 2 or 3 minutes or until soft.
- Add garlic and cook 1 minute more.
- Stir in asparagus, artichoke hearts, peas, basil, and a dash of pepper, then cook, stirring occasionally, until tender but still slightly crisp (3 to 5 minutes). Set aside.
- Preheat the broiler.
- Beat egg substitute or eggs with yogurt and another dash of pepper.
- Heat remaining 2 teaspoons of oil in a heavy bottomed skillet. Pour in egg mixture and cook until just set on the bottom but still wet on the top (about 1 minute). Scatter vegetables over the top and set skillet in the oven for 2 minutes to finish cooking.
- Dust with the Parmesan cheese, then cut the fritatta into wedges and serve.

Jamaican Jerk Chicken

Serves 8

Ingredients

- 1/2 teaspoon cinnamon, ground
- 1 1/2 teaspoon allspice, ground
- 1 1/2 teaspoon black pepper, ground
- 1 Tablespoon hot pepper, chopped
- 1 teaspoon dried hot pepper, crushed
- 2 teaspoon oregano, crushed
- 2 teaspoon thyme, crushed
- 1/2 teaspoon salt
- 6 cloves garlic, finely chopped
- 1 cup onion, pureed or finely chopped
- 1/4 cup vinegar
- 3 Tablespoon brown sugar
- 8 pieces chicken, skinless (4 breasts, 4 drumsticks)

Instructions

- Preheat oven to 350 degrees.
- Combine all ingredients except chicken in large bowl. Rub seasoning over chicken and marinate in refrigerator for 6 hours or longer.
- Evenly space chicken on nonstick or lightly greased baking pan.
- Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30-40 minutes or until the meat can be easily pulled away from the bone with a fork.

Mediterranean Baked Fish

Serves 4, provides 1/2 of vegetable servings per person

Ingredients

- 2 teaspoon olive oil
- 1 large onion, sliced
- 1 can (16 oz.) whole tomatoes, drained (reserve juice) and coarsely chopped
- 1 bay leaf
- 1 clove garlic, minced
- 1 cup dry white wine
- 1/2 cup reserved tomato juice (from canned tomatoes)
- 1/2 cup lemon juice
- 1/4 cup orange juice
- 1 Tablespoon fresh grated orange peel
- 1 teaspoon fennel seeds, crushed
- 1/2 teaspoon dried oregano, crushed
- 1/2 teaspoon dried thyme, crushed
- 1/2 teaspoon dried basil, crushed
- 1 lb fish fillets (sole, flounder, or sea perch)
- black pepper to taste

Instructions

- Heat oil in large nonstick skillet. Add onion, and saute over moderate heat 5 minutes or until soft.
- Add all remaining ingredients except fish.
- Stir well and simmer 30 minutes, uncovered.
- Arrange fish in 10x6-inch baking dish; cover with sauce.
- Bake, uncovered, at 375 degrees about 15 minutes or until fish flakes easily.

Mouth-watering Oven Fried Fish

Serves 6

Ingredients

- 2 lbs fish fillets
- 1 Tablespoon lemon juice, fresh
- 1/4 cup skim or 1% buttermilk
- 2 drops hot pepper sauce
- 1 teaspoon garlic, freshly minced
- 1/4 teaspoon white pepper, ground
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/2 cup crumbled cornflakes OR regular breadcrumbs
- 1 Tablespoon vegetable oil (for greasing baking dish)
- 1 lemon fresh, cut into wedges

Instructions

- Preheat oven to 475 degrees.
- Wipe fillets with lemon juice and pat dry.
- Combine milk, hot pepper sauce, and garlic.
- Combine pepper, salt, and onion powder with cornflake crumbs and place on a plate.
- Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
- Arrange on lightly oiled shallow baking dish.
- Bake 20 minutes on middle rack without turning.
- Cut into 6 pieces. Serve with fresh lemon.

Plantain Escabeche

Serves 8

Ingredients

- 1 cup red wine vinegar
- 3 Tablespoons olive oil
- 1 yellow bell pepper, seeded and julienned
- 1 yellow onion, julienned
- 4 ripe (yellow) plantains
- 1 Tablespoon tomato paste
- 1 red bell pepper, seeded and julienned
- 1 green bell pepper, seeded and julienned
- 3 cloves garlic, minced
- salt and pepper to taste

Instructions

- Preheat oven to 350 degrees.
- Prepare plantains for peeling by cutting off the ends and soaking them in warm water for 10 minutes.
- Mix vinegar and tomato paste. Add onion, garlic, and julienned peppers. Season with salt and pepper, then set aside.
- Peel plantains and generously season with salt and pepper.
- In a large skillet, heat olive oil. Place one plantain at a time in the pan, browning on all sides. Place skillet in the oven and bake for about 15 minutes.
- Remove skillet from oven and pour the reserved pepper mixture over the plantains. Cook the mixture on the stove, over low heat until the peppers are wilted.
- Serve over black beans and rice.

Pasta with Sweet Potato Sauce

Serves 4

Ingredients

- 1 pound sweet potatoes (about 3 medium-sized potatoes)
- pinch salt
- 1/2 pound cooked pasta (your choice)
- 2 Tablespoons chopped parsley
- 1 12-ounce can evaporated skim milk
- 1/4 teaspoon ground white pepper
- 4 Tablespoons freshly grated Parmesan cheese
- pasta of your choice

Instructions

- Peel and slice sweet potatoes and steam for about 14 minutes until soft.
- Place cooked potatoes into blender with milk and blend for about 7 minutes. The mixture will become a glossy, rich color.
- Season with salt and pepper and pour over cooked pasta.
- Sprinkle with grated Parmesan cheese and parsley.

Shrimp Pasta Primavera

Serves 4, provides 2 1/2 vegetable servings per person

Ingredients

- 1/2 pound frozen pre-cooked shrimp
- 2 cups mixed chopped vegetables (good choices include red peppers, zucchini, onion, mushrooms, broccoli, and garlic)
- 1 cup cleaned chopped spinach
- 1 jar unsweetened spaghetti sauce (your choice of flavor)
- 8 ounces whole wheat spiral pasta
- optional: freshly grated Parmesan cheese

Instructions

- Fill a large sauce pan with water and bring to boil. Add pasta and cook according to package.
- Thaw shrimp in cool water, and pinch off their tails.
- Chop the vegetables and sauté in a little olive oil until tender-crisp. Add the spinach, spaghetti sauce, and shrimp to the vegetables, and warm until spinach wilts.
- Drain pasta and combine with sauce/vegetable/shrimp mix. Top with Parmesan cheese, if desired.

Spinach Stuffed Sole

Serves 4, provides 2 vegetable servings per person

Ingredients

- Nonstick cooking spray, as needed
- 1 teaspoon olive oil
- 1/2 lb fresh mushrooms, sliced
- 1/2 lb fresh spinach, chopped
- 1/4 teaspoon oregano leaves, crushed
- 1 clove garlic, minced
- 1 1/2 lbs sole fillets or other white fish
- 2 Tablespoon sherry
- 4 oz (1 cup) part-skim mozzarella cheese, grated

Instructions

- Preheat oven to 400 degrees.
- Spray a 10x6-inch baking dish with nonstick cooking spray.
- Heat oil in skillet; sauté mushrooms about 3 minutes or until tender.
- Add spinach and continue cooking about 1 minute or until spinach is barely wilted. Remove from heat; drain liquid into prepared baking dish.
- Add oregano and garlic to drained sautéed vegetables; stir to mix ingredients.
- Divide vegetable mixture evenly among fillets, placing filling in center of each fillet.
- Roll fillet around mixture and place seam-side down in prepared baking dish.
- Sprinkle with sherry, then grated mozzarella cheese. Bake 15-20 minutes or until fish flakes easily. Lift out with a slotted spoon.

Spaghetti with Turkey Meat Sauce

Serves 6, provides 1 vegetable serving per person

Ingredients

- 1 lb ground turkey
- 1, 28-ounce can tomatoes, cut up
- 1 cup finely chopped green pepper
- 1 cup finely chopped onion
- 2 cloves garlic, minced
- 1 teaspoon dried oregano, crushed
- 1 teaspoon black pepper
- 1 lb spaghetti
- non-stick cooking spray

Instructions

- Spray a large skillet with non-stick spray coating. Preheat over high heat. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat.
- Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.
- Remove cover; simmer for 15 minutes more. (For a creamier sauce, give sauce a whirl in a blender or food processor.)
- Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti with crusty, whole-grain bread.

Tuna Pasta Salad

Serves 4

Ingredients

- 2 cups macaroni (uncooked)
- 2 6 1/2 oz cans of tuna, water-packed
- 1/2 cup zucchini, chopped
- 1/4 cup carrots, sliced
- 1/3 cup onion, diced
- 1/4 cup low-fat mayonnaise-type salad dressing

Instructions

- Cook macaroni according to package directions. Drain.
- Drain tuna.
- Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions.
- Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.

Turkey Stir-fry

Serves 4, provides 1/2 vegetable serving per person

Ingredients

- 1 cube chicken bouillon
- 1/2 cup hot water
- 2 Tablespoon soy sauce
- 1 Tablespoon cornstarch
- 2 Tablespoon vegetable oil
- 1/2 teaspoon garlic powder
- 1 lb turkey, cubed
- 1_ cups carrots, thinly sliced
- 1 cup zucchini, sliced
- 1/2 cup onions, thinly sliced
- 1/4 cup hot water

Instructions

- Combine chicken bouillon cube and hot water to make broth; stir until dissolved.
- Combine broth, soy sauce, and cornstarch in small bowl. Set aside.
- Heat oil in skillet over high heat. Add garlic and turkey. Cook, stirring, until turkey is thoroughly cooked and no longer pink in color.
- Add carrots, zucchini , onion, and water to cooked turkey. Cover and cook, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Uncover, bring turkey mixture to boil. Cook until almost all liquid has evaporated.
- Stir in cornstarch mixture. Bring to boil, stirring constantly until thickened 1/4 cup hot water

Vegetable Burritos

Serves 6, provides 2 vegetable servings per person

Ingredients

- 1 teaspoon olive oil
- 1 sweet onion (2 cups), chopped
- 3 cloves garlic, minced
- 1 red bell pepper (1 cup), diced
- 2 cups sliced mushrooms
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- dash of salt
- 1 15-ounce can reduced sodium black beans (1 1/2 cups)
- 4 6" flour tortillas
- 1/2 cup chopped cilantro

Instructions

- Preheat the oven to 350 degrees. Heat the oil in a high-sided skillet. Sauté the onions until soft and just slightly golden, 5 minutes.
- Add the garlic, bell pepper, and mushrooms, and cook until the vegetables are tender, about 5 minutes. Stir in the black beans with a little of their liquid and heat through.
- Heat the tortillas in a paper bag in the microwave for about 1 minute. Lay the warm tortillas on the counter and divide the filling among them and scatter cilantro on top. Roll, turning in the sides, into a neat package. Lay tortillas in a baking dish covered lightly with aluminum foil. Warm through in the oven for 10 minutes (20 to 30 minutes if they have been made earlier and chilled).

Side Dishes

Bean and Vegetable Sauté

Serves 4, provides 3 vegetable servings per person

Ingredients

- 1 teaspoon olive oil
- 1 1/2 cups chopped onion
- 3 cloves garlic
- 1 1-pound package (3 cups) frozen mixed vegetables (without cheese or cream sauce)
- 1 Tablespoon curry powder, chili powder, or Italian herbs
- 1 cup low-sodium chicken or vegetable broth
- 1 15-ounce can reduced-sodium beans of your choice, drained and rinsed (1 1/2 cups)
- 1 teaspoon cornstarch mixed with 1 Tablespoon water

Toppings:

- 4 Tablespoons raisins with the curry, or 4 Tablespoons chopped cilantro with the chili powder, or 4 Tablespoons grated Parmesan cheese with the Italian herbs

Instructions

- Heat the oil in a high-sided skillet on medium-high. Sauté the onion 3 minutes, then add the garlic and continue cooking 2 minutes more. Add the frozen vegetables, seasoning, broth, and beans.
- Bring to a boil, reduce the heat and simmer for 5 minutes. Stir in the cornstarch mixture and cook for 30 seconds. Serve topped with the garnish of your choice. A slice of whole grain bread will complete a hearty meal.

SIDE DISHES

Black Beans with Corn and Tomatoes

Serves 4

Ingredients

- 1 15-ounce can low-sodium, no-fat-added black beans
- 1 cup cut tomatoes, fresh or canned
- 1 teaspoon fresh parsley, chopped
- 1/2 teaspoon chili powder
- 1 cup frozen corn, green peas, or broccoli, thawed
- 1 clove garlic, pureed or roasted
- 1/8 teaspoon cayenne pepper, or more to taste

Instructions

- Drain and rinse beans. In a bowl, combine beans, corn, tomatoes, and garlic. Add parsley, pepper, and chili powder. Combine and serve.

Broiled Mixed Vegetables

Serves 4 to 6, provides 2 to 3 vegetable servings per person

Ingredients

- 1 2-pound package (6 cups) frozen mixed vegetables of your choice (broccoli, cauliflower, green beans, spinach, brussels sprouts, etc., **without** cream or cheese sauces)
- 2 teaspoons olive oil
- dash salt
- 1/4 teaspoon pepper
- 1/4 teaspoon rosemary

Instructions

- Preheat the broiler. Place a rack with very small open squares on a broiler pan or baking sheet.
- Place the frozen vegetables, oil, salt, pepper, and rosemary in a plastic bag. Shake to coat the vegetables with the oil and seasonings. Spread on the broiler rack.
- Broil 6 minutes, 4 inches from the heat source.

Citrus Vegetables

Serves 4

Ingredients

- 2 Tablespoons fresh lime juice
- 1/2 Tablespoon olive oil
- 1/2 teaspoon chopped fresh oregano
- 4 cups sliced steamed vegetables, such as zucchini, corn, tomatoes, broccoli, cauliflower, Brussels sprouts, green beans, or spinach

Instructions

- Mix lime juice with oil. Add oregano and pour over vegetables.

Curried Rice with Roasted Carrots and Apricots

Serves 4

Ingredients

- 3 cups brown rice
- 2 cups carrots, sliced
- 1/2 cup low-sodium chicken or vegetable broth
- 2 Tablespoons curry powder (sweet or hot, depending on preference)
- 1/2 cup dried apricots, diced (can also use raisins)
- (optional) 2 Tablespoons walnuts, pistachios, sliced almonds, or sesame seeds, toasted*

Instructions

- Cook rice according to package directions.
- Put carrots in a covered dish, and roast at 400 degrees for 25 to 35 minutes—or until soft when pierced with a fork.
- Once rice is cooked, add broth, curry powder, apricots (or raisins), and nuts (or sesame seeds), and stir gently. Heat on low until mixture is warmed through.
- Transfer rice to a serving dish, top with carrots, and serve.

* 2 ways to toast nuts or sesame seeds:

- Spread them in a small pan in a 400 degrees oven, and heat for 5 to 8 minutes, checking often, until you can smell their oils when you open the door.
- Heat them on the stove in a small pan, stirring and watching closely.

Honey Candied Yams

Serves 6

Ingredients

- 3 small yams
- 1/4 cup honey
- 1/2 cup water
- 1/4 teaspoon ground nutmeg
- 1 Tablespoon light margarine
- 1/4 teaspoon lemon flavor

Instructions

- Wash and peel yams. Cut in quarters and then cut into 2 pieces each. Rinse pieces.
- Place yams, honey, water, nutmeg, margarine, and flavor in a sauce pan and heat until boiling.
- Turn heat down to medium, cover and let simmer until all water boils out and the sauce is syrupy.

Lentils and Rice

Serves 4, provides 3 vegetable servings per person

Ingredients

- 1 Tablespoon extra virgin olive oil
- 2 large onions, peeled and sliced (4 cups)
- 4 cups low-sodium chicken or vegetable broth
- 1 cup lentils, dry, washed (2 cups cooked)
- 1/2 cup brown rice
- pinch salt
- 1/4 teaspoon pepper
- 2 Tablespoons chopped cilantro

Instructions

- Heat the broth in a saucepan. Add the lentils and simmer 20 minutes.
- While the lentils are cooking, heat the oil in a large high-sided skillet on medium-high. Sauté the onions until golden brown. Take half the onions out of the pan and set aside.
- Add the remaining onions, rice, salt, and pepper to the simmering lentils. Cover and bring to a boil. Reduce the heat and cook very slowly, about 20 minutes or until the lentils and rice are tender.
- Serve in a bowl topped with the reserved onions and chopped cilantro.

New Orleans Red Beans

Serves 8, provides 1 vegetable serving per person

Ingredients

- 1 lb dry red beans
- 2 quarts water
- 1 1/2 cups chopped onion
- 1 cup chopped celery
- 4 bay leaves
- 1 cup chopped sweet green pepper
- 3 Tablespoons chopped garlic
- 3 Tablespoons chopped parsley
- 2 teaspoons dried thyme, crushed
- 1 teaspoon salt
- 1 teaspoon black pepper

Instructions

- Pick through beans to remove bad beans; rinse thoroughly. In a 5-quart pot, combine beans, water, onion, celery, and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1 1/2 hours or until beans are tender. Stir and mash some of the beans against side of the pan to thicken the mixture.
- Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves.
- Serve over hot, cooked brown rice, if desired.

Risi Bisi

Serves 8

Ingredients

- 1 1/3 cup brown rice
- 2 cups frozen peas
- 1/4 teaspoon pepper
- 2 3/4 cups low-fat, low-sodium chicken broth
- 1/8 teaspoon salt
- 2 Tablespoons freshly grated Parmesan cheese

Instructions

- Bring chicken stock to boil in saucepan. In separate saucepan, place about 1/3 cup of heated stock. Add rice and stir until all liquid has been absorbed. Keep adding stock in 1/3 cup increments, stirring after each addition until the liquid is absorbed, until all stock is used.
- In a medium-sized pan, stir together 2 cups of peas and 2 cups of cooked rice. Season with salt and pepper. Add Parmesan cheese, stir, and serve.

Roasted Butternut Squash

Serves 4

Ingredients

- 1 butternut squash, about 1 1/2 to 2 pounds
- olive oil cooking spray
- 1/8 teaspoon allspice
- 1/8 teaspoon salt
- 1/4 teaspoon pepper

Instructions

- Preheat oven to 350 degrees. Cut the squash into four wedges. Remove the seeds. Lightly spray each wedge with cooking spray and lightly coat with allspice, salt, and pepper. Bake for 40 minutes until soft.

Sesame Grilled Red Peppers

Serves 4, provides 1 vegetable serving per person

Ingredients

- 4 whole red peppers
- 1 Tablespoon low-sodium soy sauce
- 1 Tablespoon rice vinegar
- 1 teaspoon Splenda
- 1/2 teaspoon toasted sesame oil
- pinch dried crushed chilies (optional)
- 1 teaspoon toasted sesame seeds

Instructions

- Preheat the grill to about 400 degrees. Wash the red peppers and cut each one into 4 pieces, removing the core and the seeds.
- Combine the soy sauce, vinegar, sugar, sesame oil, and chilies. Brush the mixture on the asparagus and marinate for at least 15 minutes. Lay asparagus on the grill and cook, turning once until tender, up to 10 minutes.
- Serve sprinkled with the sesame seeds.

Steamed Carrots With Apricots

Serves 8

Ingredients

- 1/2 cup dried apricots
- 3 Tablespoons water
- chopped fresh parsley or dill for garnish
- 3 cups carrots, cut into 1/2-inch rounds
- 1 teaspoon light tub margarine, Benecol Light, Smart Balance Light, or Take Control Light

Instructions

- Soak apricots in hot water for 1 1/2 hours. Pat dry and cut in julienne strips.
- In a skillet with a tightly fitting lid, combine scraped carrots, water, margarine, and sugar. Cover and cook over medium heat for 12 to 15 minutes or until carrots are fork tender. Shake occasionally to prevent sticking.
- Stir in apricots and heat through. Serve garnished with parsley or dill.

Sweet Potato Brûlée

Serves 4, provides 1 vegetable serving per person

Ingredients

- 4 large sweet potatoes, peeled and cut into 8 pieces each (2 cups)
- 2 Tablespoons sugar-free maple syrup
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1 Tablespoon chopped crystallized ginger
- 2 Tablespoons Splenda

Instructions

- Preheat broiler.
- Wrap sweet potatoes in silver foil and broil for 30 minutes, or until soft.
- Place cooked potatoes in a food processor. Blend until smooth, about 1 minute.
- Add maple syrup, vanilla, cinnamon, and ginger, and whiz for 30 seconds more.
- Divide sweet potato mixture into 6 individual custard dishes. Coat the surface with Splenda.
- Place custard dishes on a baking sheet and set under broiler until sugar melts and bubbles, about 5 minutes. Watch carefully and remove before Splenda begins to burn.

Snacks

Cantaloupe Slush with Mango

Serves 4, provides more than 3 fruit servings per person

Ingredients

- 1 medium-sized cantaloupe
- juice of half a lemon
- 2 teaspoons Splenda
- 1 mango

Instructions

- Peel and seed cantaloupe. Cut into 1-inch pieces. (It should equal about 6 cups.) Place in blender or food processor with lemon juice and Splenda, and puree until very smooth. Pour mixture into a shallow 9"x12" glass pan and set in the freezer for 2 hours.
- With a fork, chip and stir the icy mixture and return it to the freezer for 2 to 4 hours.
- Peel and cut mango into long, thin slices, avoiding the pit (which is shaped like a large almond). Again with a fork, chip the frozen cantaloupe mixture so it resembles a snow cone or shaved ice. Spoon it into bowls, and top with mango slices. Serve.

SNACKS

Melon with Blueberries

Serves 6

Ingredients

- 1/2 cantaloupe
- 2 cups watermelon cubes
- 2 Tablespoons Splenda (or other sugar substitute)
- 1/2 honeydew melon
- 1 cup blueberries
- 2 Tablespoons lemon juice

Instructions

- Cut cantaloupe and honeydew melon into cubes or balls. In glass serving bowl, combine cantaloupe, honeydew, watermelon, and blueberries.
- In a small dish, combine Splenda and lemon juice; stir until mixed. Pour over melons; toss to mix. Cover and refrigerate until serving time. Serve at room temperature.

Roasted Chickpea Snacks

Serves 4, provides 1 1/2 vegetable servings per person

Ingredients

- 2 teaspoons olive oil
- pinch of turmeric
- pinch of cayenne
- 1 Tablespoon lime juice
- 1/2 teaspoon ground cumin
- 1/8 teaspoon salt
- 2 15-ounce cans reduced-sodium chickpeas (garbanzo beans), rinsed and drained (3 cups)

Instructions

- Preheat the oven to 350 degrees. Combine the olive oil, turmeric, cayenne, lime juice, cumin, and salt in a bowl. Add the chickpeas, and toss to coat.
- Spread in a single layer on a baking sheet and bake for 15 minutes at 350 degrees in the preheated oven. Cool and serve.

Sports Mix

Serves 4, provides 1 fruit serving per person

Ingredients

- 1/4 cup raisins **OR**
- 1/4 cup dried cranberries **OR**
- 1/4 cup chopped dried apricots
- 3/4 cup whole grain, high-fiber, crunchy cereal
- 1/4 cup chopped almonds

Instructions

- Combine the raisins, cranberries, or apricots with the cereal and nuts. Place in small zip-top bags.

Yummy Yogurt Cups

Serves 12 to 13 (4 to 5 ounces each)

Ingredients

- 6 ounces sugar-free Jell-O or any sugar-free gelatin (about 20 boxes)
- 2 1/4 cups + 1 Tablespoon + 1 teaspoon hot water
- 16 ounces (2 8-ounce containers) low-fat or non-fat plain or vanilla yogurt

Instructions

- Mix the gelatin and hot water. Add yogurt.
- Pour mixture into 5-ounce hard plastic cups or glass bowls.
- Top with fat-free toppings, if desired.

Soups and Salads

Armenian Red Lentil Soup with Apricots (Vospapur)

Serves 6

Ingredients

- 2 Tablespoons olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1/3 cup dried apricots, finely diced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 1 cups dried, split red lentils, rinsed and picked over
- 5 cups low sodium canned chicken broth, or more as needed
- 3 medium tomatoes, chopped
- 1/3 cup fresh lemon juice, or more to taste
- salt and freshly ground pepper to taste
- fresh chopped parsley or mint, for garnish (optional)

Instructions

- Heat the oil in a large soup pot. Add the onions, garlic, dried apricots, cumin, and thyme. Cover and cook over low heat until the onion is limp, about 10 minutes.
- Add the lentils and the broth, bring to a boil, and skim. Cook, covered, over medium-low heat until the lentils are tender, about 20 to 30 minutes.
- If the soup seems too thick, add some more broth. Stir in the tomatoes, and simmer for another 10 minutes. Puree half of the soup in a blender or food processor and return it to the pot. Add the lemon juice, salt, and pepper to taste. Serve, garnished with parsley.

Carrot Raisin Salad

Serves 4

Ingredients

- 4 medium carrots, shredded
- 1 teaspoon Splenda
- 1/4 cup of raisins, currants, or chopped dates
- juice of 1 lemon

Instructions

- In a medium bowl, thoroughly mix carrots, raisins, Splenda, and lemon. Serve chilled.

Coach Carol's Black Bean Salad

Serves 8, 1 serving of vegetable per person

Ingredients

- about 3 cups cooked black beans
- 1/3 to 1/2 cup green onions/scallions, chopped
- about 1/2 cup fresh coriander/cilantro, chopped
- bell peppers: red, green, orange, yellow—1 each, chopped (can use about 1/2 cup each, or to taste)
- 1/2 teaspoon minced garlic or to taste
- 1/4 to 1/2 teaspoon ground (dry) cumin, to taste
- olive oil, to taste
- vinegar, balsamic, or red wine, to taste

Instructions

This recipe is really done "to taste"—as you put in ingredients, you taste and see what looks and tastes good!

Optional:

- about 2 cups rotini, whole wheat (4 ounces dry) or brown rice
- 1/2 to 1 cup halved cherry/grape tomatoes
- fresh parsley
- fresh chives
- chili powder

Corn & Black Bean Chili

Serves 6 to 8

Ingredients

- 1 teaspoon canola oil
- 1 yellow onion, sliced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 to 2 Tablespoons chopped, canned jalapeño peppers
- 3 Tablespoons minced garlic
- 1 pound frozen corn
- 1 15-ounce can black beans, rinsed and drained
- 1 28-ounce can peeled, diced tomatoes
- 2 packets chili seasoning
- 3 cups low-sodium chicken or vegetable broth
- hot sauce to taste
- optional: pepper to taste, 1 cup non-fat sour cream, 1/2 cup non-fat cheddar cheese, diced scallions, minced cilantro for garnish

Instructions

- Sauté onion in canola oil for 8 minutes on medium-high heat. Add pepper, jalapeno, and garlic, and sauté for 4 to 5 minutes more, taking care not to burn garlic.
- Add remaining ingredients and stir well.
- Bring pot to a boil, then reduce heat and simmer for at least 30 minutes. Add salt, pepper, and hot sauce to taste, and garnish with sour cream, cheese, scallions, and/or cilantro.

Crunchy Tuna Salad

Serves 4

Ingredients

- 1/4 cup bulgur
- 1/2 cup hot water
- 1/2 cup plain low-fat or non-fat yogurt
- 1 Tablespoon lemon juice
- 2 Tablespoons thinly sliced green onion (scallion)
- 1 medium tomato, seeded and diced
- 2 cups lettuce greens
- 1 Tablespoon chopped fresh mint or 2 teaspoons dried mint, crushed
- 1 Tablespoon Dijon mustard
- 1 6 1/2 or 7-ounce can water-packed tuna, drained
- 1 cup diced zucchini or cucumber

Instructions

- In a medium bowl, combine bulgur and water, and let stand for 30 minutes.
- Drain well.
- Stir yogurt, mint, lemon juice, mustard, and green onion into the bulgur.
- Add tuna, tomato, and zucchini or cucumber. Stir gently to break up the tuna, and thoroughly combine it with the bulgur and yogurt mix.
- To serve, line small plates with lettuce leaves and top them with the tuna salad.

Family Gathering Gumbo

Serves 8

Ingredients

- 1/4 cup all-purpose flour
- 2 cups onion, washed and chopped
- 3 cloves garlic, minced
- 2 cups fresh or frozen cut okra
- 1 1/2 cups green bell pepper, diced
- 1 cup celery, diced
- 1/4 pound turkey sausage, sliced into 1/4-inch pieces
- 1 8-ounce bottle clam juice
- 1 14-ounce can low-sodium chicken broth
- 1 15-ounce can low-sodium chopped tomatoes, undrained **OR** 2 cups fresh tomatoes
- 2 teaspoons paprika
- 1/2 teaspoon ground red pepper
- 1/2 teaspoon black pepper
- 3/4 pound frozen, peeled, and deveined cooked shrimp
- 4 cups cooked brown rice

Instructions

- Preheat oven to 350 degrees. Toast flour in a shallow pan until brown (about 1 hour). Check regularly to make sure flour isn't burning and to stir it.
- Spray bottom and sides of a large pot with cooking spray and heat to medium. Carefully add onion, garlic, okra, bell pepper, and celery. Sauté, stirring often, for about 15 minutes or until vegetables soften.
- Stir toasted flour into the pot. Add sausage, clam juice, broth, tomatoes, and seasonings. Bring to a boil, then reduce heat to low, and simmer uncovered for 45 minutes.
- Add shrimp and simmer on low heat for 8 to 10 minutes, until shrimp is warmed through.
- Serve warm over 1/2 cup of rice for each person.

Matzo Ball Soup with Vegetables

Serves 6, 1 serving of vegetable per person

Ingredients

- 3 Tablespoons canola oil
- 1 cup egg substitute
- 1 cup unsalted matzo meal
- 1/2 teaspoon salt
- 1/2 cup minced fresh dill
- 1/4 cup water
- 2 cups finely diced carrot
- 1 cup finely diced celery
- 1/2 cup finely diced fennel (optional; to simplify, you could replace fennel with more celery)
- 2 32-ounce boxes low-sodium chicken broth, or 8 cups no-salt-added homemade chicken broth
- 1/4 cup minced scallion
- 1/2 teaspoon black pepper

Instructions

- Whisk together oil and egg substitute with a fork or small whisk. Add matzo meal, salt, dill, and water, and mix until a sticky dough forms. Cover and place in refrigerator for 10 to 15 minutes to stiffen.
- Bring 3 quarts of water to a boil in a large pot. Meanwhile, remove matzo mixture from refrigerator. Wet hands to prevent sticking, and form mixture into small balls, about 1 inch in diameter. Drop balls into boiling water. Reduce heat to medium and cover.
- Boil matzo balls gently for 30 to 40 minutes, until cooked throughout (cut one open to check).
- Wash each of the vegetables. In a medium-sized pot, place carrots, celery, and fennel, and add broth. Bring to a boil, lower heat, and gently boil until vegetables are soft, about 15 minutes. Stir in scallions, black pepper, and cooked matzo balls, and serve.

Roasted Red Pepper Soup

Serves 6, provides 2 vegetable servings per person

Ingredients

- 4 large red bell peppers (4 cups)
- 1 teaspoon olive oil
- 1/2 cup diced sweet onions
- 2 cloves garlic
- 1 15-ounce can diced tomatoes in juice (1 1/2 cups)
- 4 cups low-sodium chicken or vegetable broth
- 1/4 teaspoon pepper
- 1 Tablespoon balsamic vinegar (optional)

Instructions

- Preheat the broiler. Cut the tops off the peppers, remove the stems from the tops, and the core from the inside. Cut through the center so you can flatten them. Place the cut pieces and the round tops on a large baking sheet, skin side up. Broil 4 to 6 inches from the heat source for 10 minutes or until the skin is thoroughly blackened. Place in a plastic bag to cool for 20 minutes. Remove the skin and chop.
- Heat the oil in a large saucepan on medium-high. Sauté the onions for 2 minutes, then add the garlic and sauté for 1 minute more. Add the tomatoes, with juice and broth, and bring to a boil. Reduce the heat and simmer for 10 minutes.
- Blend half the soup in a blender until smooth, and then pour back into the pan. Season with salt, pepper, and balsamic vinegar. Divide among 6 hot soup bowls (1 cup per person).

Spiced Squash Soup

Serves 8

Ingredients

- 2 Tablespoons light tub margarine, Benecol Light, Smart Balance Light, or Take Control Light
- 2 medium onions, chopped
- 2 medium carrots, chopped
- 2 cloves garlic, chopped
- 1 cup tomato puree
- 2 fresh, hot chilies, seeded and chopped
- 2 1/2 pounds butternut squash, peeled and cubed
- 5 cups low-sodium chicken broth (remove fat)
- pepper to taste
- lime wedges

Instructions

- In a large saucepan, warm the butter over medium heat. Stir in the onions, carrots, and garlic. Cook for 3 minutes and then cover the pan. Lower heat and cook for 3 or 4 more minutes, until the vegetables are soft.
- Stir in the tomato puree, chilies, butternut squash, and chicken broth. Bring the soup to a simmer and cook for 30 minutes.
- Mash the squash pieces with a potato masher or the back of a spoon (the soup does not need to be completely smooth), season to taste, and serve. Pass lime wedges to be squeezed into each bowl of soup.

Spinach Salad for Spring and Summer

Serves 2, provides 2 1/2 fruit and vegetable servings per person

Ingredients

- 3 cups baby spinach leaves, well-washed and dried
- 1 cup seasonal fresh vegetables or fruits of your choice, such as raw sugar snap peas, strawberry halves, blueberries, peach slices, mushrooms, asparagus, green beans, or broccoli
- 3 Tablespoons low-fat vinaigrette salad dressing
- 1/4 teaspoon black pepper

Instructions

- Place the spinach and seasonal fruits or vegetables in a large bowl. Toss with the dressing and serve.

Spinach Salad with Marinated Vegetables

Serves 4, provides 3 1/2 vegetables servings per person

Ingredients

- 1 cup small, bite-sized cauliflower pieces (use fresh or thawed frozen)
- 1 cup sliced button mushrooms
- 8 stalks fresh asparagus, sliced on the diagonal into bite-sized pieces (about 1 cup)
- 1 14-ounce can quartered artichoke hearts in water, drained
- 1/2 cup reduced-fat red wine vinaigrette or low-fat Italian dressing
- 4 slices whole wheat bread, with crust cut off and bread sliced into bite-sized cubes
- 5 cups tightly packed spinach leaves (about 6 ounces), sliced into bite-sized pieces

Instructions

- Preheat oven to 350 degrees. Steam or microwave together cauliflower, mushrooms, and asparagus until asparagus is tender-crisp. Place in a medium bowl with artichoke hearts and toss with 3 Tablespoons dressing. Cover and refrigerate.
- Spread bread cubes in a shallow glass pan and toss with 2 Tablespoons vinaigrette. Bake 10 minutes, until golden brown. Let cool.
- Toss spinach leaves with remaining dressing and croutons in a large serving bowl. Top with marinated vegetables and serve.

Sunshine Salad

Serves 5

Ingredients

- 5 cups (packed) spinach leaves, washed and dried well
- 1/2 red onion, sliced thin
- 1/2 red pepper, sliced
- 1 whole cucumber, sliced
- 2 oranges, peeled and chopped into bite-sized pieces
- 1/3 cup of bottle of “lite” vinaigrette dressing (around 15 calories per Tablespoon or less)

Instructions

- Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Turkey Stew

Serves 5, 2 servings of vegetable per person

Ingredients

- 1 pound turkey breast cut into cubes
- Whole wheat flour
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon pepper
- 1/4 teaspoon cumin
- 1 1/2 Tablespoons olive oil
- 2 cloves of garlic, minced
- 2 medium onions, sliced
- 2 stalks celery, sliced
- 1 medium red/green bell pepper, sliced
- 1 medium tomato, finely minced
- 5 cups of turkey broth, fat removed
- 5 small potatoes, peeled and cubed
- 12 small carrots
- 1 1/4 cups green peas

Instructions

- Preheat oven to 375 degrees.
- Mix the whole wheat flour with salt, pepper, and cumin, and roll the turkey cubes in the mixture. Shake off excess flour.
- In a large skillet. heat the olive oil over medium-high heat. Add the turkey cubes and sauté until nicely brown, about 7-10 minutes.
- Place the turkey in an ovenproof casserole.
- Add minced garlic, onions, celery, and peppers to the skillet and cook until vegetables are tender, about 5 minutes.
- Stir in the tomato and broth. Bring to a boil and pour over the turkey pieces. Cover the casserole tightly and bake for 1 hour at 375 degrees.
- Remove from the oven and stir in the potatoes, carrots, and peas. Bake for another 20-25 minutes, or until tender.

Vegetable Pasta Salad

Serves 4, provides 2 vegetable servings per person

Ingredients

- 1 cup cooked whole wheat pasta
- 1 cup lightly steamed asparagus (cut the same size as the pasta) or peas
- 1/2 cup chopped red bell pepper or carrots
- 1/2 cup sliced green onions
- 1/2 cup chopped yellow summer squash
- 1 cup chopped fresh spinach
- 1 cup small cherry tomatoes (optional)
- 1/4 cup low-fat vinaigrette dressing
- 2 Tablespoons freshly grated Parmesan cheese
- pinch salt

Instructions

- Combine the pasta, asparagus (or peas), peppers, onions, squash, spinach, tomatoes, dressing, and Parmesan in a large bowl. Toss to coat with the dressing.

Desserts

Angel Food Cake with Mixed Berries

Serves 6, provides 2 fruit servings per person

Ingredients

- 1 angel food cake
- 1 pint blueberries
- 2 pints strawberries
- 1 package strawberry glaze (1 cup prepared)
- 1 pint blackberries
- 1 lemon (sliced)

Instructions

- Bake or buy an angel food cake.
- Cut tops off one pint of strawberries. Combine with 1/2 pint of blackberries, 1/2 pint of blueberries, and strawberry glaze. Reserve remaining berries for garnish.
- Mix well so that berries are thoroughly coated with glaze.
- To serve, spoon 1/2 to 3/4 cup of glazed berry mixture over each slice of cake. Garnish each slice with a slice of lemon and a few unglazed berries.

DESSERTS

Baked Sliced Apples

Serves 4, provides 1 1/2 fruit servings per person

Ingredients

- 2 oranges
- 2 Tablespoons Splenda
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 3 Granny Smith apples, peeled, cored, and cut in 1/2-inch slices
- 4 Tablespoons raisins
- 1/4 cup chopped walnuts, divided
- 1/4 cup low-fat vanilla yogurt

Instructions

- Preheat the oven to 500 degrees. Take a small cheese grater and grate the outer peel of one of the oranges and set aside (only grate the outer orange part of the peel and not the inner white portion). Squeeze the juice from both oranges into a small bowl. Stir the Splenda, cinnamon, cloves, and half of the grated peel into the juice.
- Lay half the apple slices in a glass baking dish. Scatter the raisins and 2 Tablespoons of the walnuts on top. Pour on half the juice mixture, and top with the remaining apples and juice.
- Combine the remaining 2 Tablespoons of walnuts with the orange zest and scatter over the top. Cover lightly with foil and bake 30 minutes, or until the apples are soft and the juices are bubbly.
- Serve warm or cold with a dollop of low-fat vanilla yogurt.

Four-star Citrus Ambrosia

Serves 4

Ingredients

- grated peel of 1/2 tangerine or orange
- 2 tangerines, peeled, segmented, and seeded
- 1 grapefruit, peeled and sectioned
- 1 8-ounce cup low-fat vanilla yogurt
- 2 oranges, peeled and cut into half-cartwheel slices
- 3 Tablespoons flaked coconut, toasted
- fresh mint leaves for garnish (optional)

Instructions

- Stir tangerine or orange peel into yogurt and chill.
- Divide fruit into four dessert dishes and chill.
- Just before serving, spoon yogurt mixture over fruit, sprinkle with toasted coconut, and garnish with fresh mint leaves.

Microwaved Maple-filled Pears

Serves 6

Ingredients

- 1/4 cup raisins
- 1/4 cup sugar-free maple-flavored syrup
- 1/4 teaspoon ground cinnamon
- 1/4 cup chopped nuts (such as almonds, pecans, walnuts, macadamias, or pistachios)
- 1/2 teaspoon lemon peel
- 3 fresh large pears, pared, halved, and cored

Instructions

- Combine raisins, nuts, syrup, lemon peel, and cinnamon, and set aside. Arrange pears, cut-side down, in microwave-safe baking dish. Cover with plastic wrap.
- Microwave on high for 5 minutes. Turn pears over and spoon maple mixture into center of each pear. Microwave, covered, on high for 3 to 4 minutes longer or until pears are tender.

Peaches with Raspberry Yogurt Sauce

Serves 4

Ingredients

- 1 cup frozen unsweetened raspberries
- 1 Tablespoon Splenda
- 1/2 cup low-fat or non-fat yogurt
- 4 fresh peaches

Instructions

- To make sauce, combine raspberries, yogurt, and Splenda in a blender.
- Peel peaches and slice. Spoon peaches into individual dishes and spoon sauce over peaches. Garnish with fresh raspberries or mint.

Sweet Potato Custard

Serves 6, provides 1/2 vegetable serving and 1/2 fruit serving per person

Ingredients

- 1 cup cooked, mashed sweet potato
- 1/2 cup mashed banana (about 2 small)
- 1 cup evaporated skim milk
- 2 Tablespoons packed brown sugar
- 2 beaten egg yolks (or 1/3-cup egg substitute)
- 1/2 teaspoon salt
- 1/4 cup raisins
- 1 Tablespoon sugar
- 1 teaspoon ground cinnamon
- Non-stick cooking spray

Instructions

- In a medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mixing thoroughly.
- Spray a 1-quart casserole with non-stick spray coating. Transfer sweet potato mixture to casserole.
- Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Bake in a preheated 300° F oven for 45 to 50 minutes or until a knife inserted near center comes out clean.

