

Our Employee Healthy Recipe Cook Book

Mini Pizza's on the Weight Watchers



Diet/Easy, Quick, Cheap

Submitted by: Chuck DeCitise

Department: EOC – Rotterdam

Mini Weight Watchers English muffins
Weight Watchers Shredded Cheese
Pizza Quick Sauce
Can of cut mushrooms

Toast the English muffins (this will help the sauce from making the English muffins mushy)

After lightly toasting the English muffins, spread the pizza quick sauce on the English muffins

Add the cheese and mushrooms to the top

Bake in oven or use a toaster oven to bake until cheese is melted.

Grilled Chicken and Strawberry Salad

Submitted by: Stephanie DeCitise

Department: Marketing – Rotterdam

Boneless chicken breasts
1 qt strawberries
Spinach or Mixed Greens
Gorgonzola Cheese
Red Onion
Pine Nuts or Almonds
2 tbsp olive oil
Blue Cheese Vinaigrette or Balsamic or Choice dressing.



Season Chicken with olive oil and salt and pepper.

Grill chicken, slice strawberries and onion and place over the greens.

Toast pinenuts or almonds, let cool for 10 minutes.

Sprinkle gorgonzola over and nuts over salad mix.

Toss with dressing and serve!

Also goes well with shrimp and steak!

Spinach Salad

Submitted by: Carole Manss

Department: Dispatch – Rotterdam

1 bag of baby spinach, washed and dried
1/4 cup of dried cranberries
Generous sprinkling of asiago cheese
Small handful of sunflower seeds



When ready to serve toss with Drew's All Natural Dressing, Sesame Orange or Shiitake Ginger, both equally good (found in Hannaford Markets)

Double recipe for a crowd.

Always a winner with this salad.

Just Try it Pork Chops

Submitted by: Ben Kirk

Department: Tech Ops – Glens Falls

6-3/4in. boneless pork chops
2-tablespoons packed brown sugar
2-tablespoons olive oil
2-tablespoons of orange juice
2-tablespoons snipped fresh cilantro
1-tablespoon red wine
2-teaspoons chilli powder
1-teaspoon ground cumin
1-teaspoon dried oregano
1/2-teaspoon salt
1/4-teaspoon ground cinnamon
3-garlic cloves-chrushed
cooking spray



Trim fat off of porks, place into resealable bag. Set aside. Mix all ingredients together in bowl and whisk. Pour mixture into bag with porks. Coat pork chops well. Place bag in frig for 2 to 3 hours. Lightly coat grill pan with cooking spray. Cook chops on med. heat for 12 to 15min. Turn only once. Serve with fresh zucchini or squash. Goes good with a dry white wine.

Serves 6

189 calories, 26g protein, 4g carbs, 7g fat

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Low Fat Granola Bars

Submitted by: Francesca Cowdrey
Department: Quality Assurance – Rotterdam

I like making these low fat granola bars with my son. I got it from a Quaker Oats box.

3/4 cup firmly packed brown sugar
1/2 cup granulated sugar
One 8-ounce container vanilla or plain low-fat yogurt
2 egg whites, lightly beaten
2 Tbsp. vegetable oil
2 Tbsp. skim milk
2 tsp. vanilla
1-1/2 cups all-purpose flour
1 tsp. baking soda
1 tsp. ground cinnamon
1/2 tsp. salt (optional)
3 cups Quaker® Oats (quick or old fashioned, uncooked)
1 cup diced dried mixed fruit, raisins, or dried cranberries



I sometimes add a cup of chocolate chips too.

Heat oven to 350°F. In large bowl, combine sugars, yogurt, egg whites, oil, milk, vanilla, 1-1/2 cups all-purpose flour, 1 tsp. baking soda, 1 tsp. ground cinnamon, 1/2 tsp. salt mix well. Add the oats and dried fruit, mix well.

Line a 13X9 pan with aluminum foil and spray with cooking spray. Spread dough into the pan

Bake 28 to 32 minutes or until light golden brown. Cool completely on wire rack. Cut into bars and enjoy.

After Thanksgiving Turkey Soup

Submitted: Christopher Litynsky
Department: Outbound – Albany

Ingredients



Bones from 1 Thanksgiving turkey
4 cups water
8 cups chicken broth (reduced sodium for lower sodium soup)
4 large onions, 1 quartered and 3 chopped
1 cup diced rutabaga or turnip, (peeled)
1 cup chopped celery
4 carrots, peeled and cut into thin strips
1/4 cup chopped fresh parsley
1/4 teaspoon dried thyme
1 bay leaf
1/2 teaspoon fresh ground black pepper
1/4 cup pearl barley
1 can (14 ounces) tomatoes (unsalted for lower sodium soup)
1 can (16 ounces) white beans, rinsed and drained
1/2 pound leftover turkey, cut into bite-size chunks (more meat can be used for a heartier soup)

Directions

In a large stockpot, combine the turkey bones, water, chicken broth and quartered onion. (If you've kept the celery and carrot scraps you can add those as well)

Bring to a boil over high heat. Reduce heat, cover and simmer for 1 hour.

Strain the mixture, discarding the bones and veg.

Cool the liquid and skim off the fat from the broth's surface.

(you can refrigerate the liquid – overnight is best)

Return the broth to the stockpot.

Add the remaining ingredients to the broth.

Bring to a simmer and cook, covered, for about 1 hour.

Ladle into individual bowls and serve.

If you would like to add a recipe to our new Employee Healthy Recipe Cook Book, please email Katie Garippa or submit it by using this link: <http://www.surveymonkey.com/s/healthyrecipesubmission>