



# EAT WELL, LIVE WELL:

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## RECIPE BOOK



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# INTRODUCTION

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It's no secret that the concept of healthy eating has taken over American society. With the vast amount of information on healthy eating and healthy recipes that is readily available on the internet, you might think that it would be easy to clean up your eating habits. However, the truth is that many recipes on the internet do not contain nutritional facts and sometimes require a variety of new and expensive ingredients.

The *Eat Well, Live Well: Recipe Book* pulls a handful of recipes from the U. S. Department of Agriculture's (USDA) What's Cooking? USDA Mixing Bowl website. This recipe book provides recipes in the following categories:

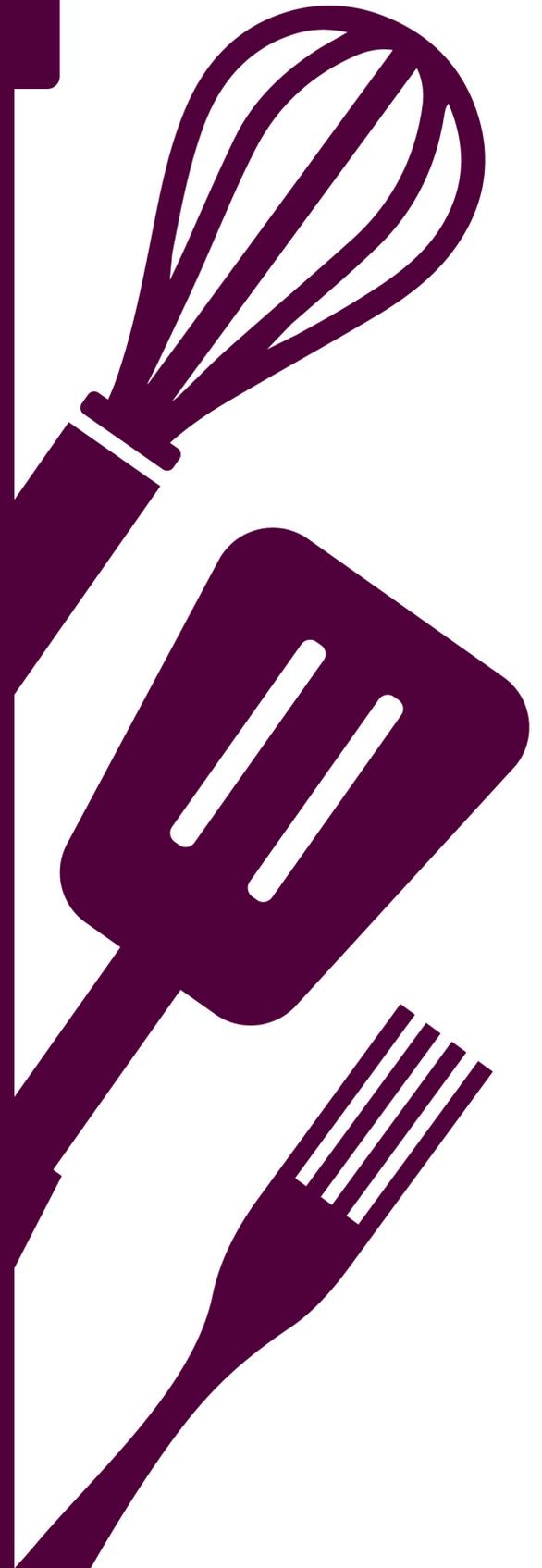
- Breakfast
- Snacks
- Side dishes
- Entrees
- Desserts

Each category features five recipes, lists serving sizes and provides nutritional information. *The Eat Well, Live Well: Recipe Book* is designed to make eating and cooking healthy meals, snacks and treats a bit easier by providing you with government-sponsored recipes.

The recipes used in this recipe book are intended for informational purposes only and are not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice. Design © 2018 Zywave, Inc. All rights reserved.

# BREAKFAST

Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration and better problem-solving abilities. The American Dietetic Association reports that children who eat a healthy morning meal perform better in school. Also, people who eat breakfast generally consume more vitamins, minerals and other healthy nutrients than those who do not eat in the morning. The recipes featured in this section are great options to help start your day off right!



# BASIC QUICHE

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## INGREDIENTS

Makes: 6 servings

- 1 9-inch pie crust (baked)
- 1 cup fresh broccoli, zucchini or mushrooms (chopped)
- ½ cup cheese (shredded)
- 3 large eggs (beaten)
- 1 cup nonfat milk
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp garlic powder

## DIRECTIONS

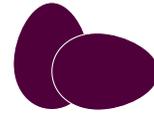
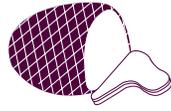
1. Heat oven to 375 F.
2. Heat a pan over medium-high heat. Sauté chopped vegetables until they are fork-tender. Remove from heat.
3. Place cooked vegetables and shredded cheese on top of cooked pie crust.
4. In a medium-sized bowl, combine the eggs, milk, salt, pepper and garlic powder.
5. Pour egg mixture over the cheese and vegetables.
6. Bake for 30-40 minutes, or until a knife inserted near the center of the quiche comes out clean.
7. Let cool for 5 minutes before serving.

## NUTRITIONAL INFORMATION FOR 1/6 OF QUICHE

- Calories—250
- Total fat—13 g
- Saturated fat—4 g
- Cholesterol—214 mg
- Sodium—264 mg
- Total carbohydrates—20 g
- Dietary fiber—3 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—13 g

# HAM AND SWISS BREAKFAST CASSEROLE

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## INGREDIENTS

Makes: 6 servings

- 6 ounces ham (thinly sliced)
- $\frac{3}{4}$  cup Swiss cheese (shredded)
- 6 slices whole-wheat bread
- 1 cup nonfat milk
- 2 large eggs
- 1 Tbsp. yellow mustard
- $\frac{1}{2}$  tsp. “beau monde” seasoning
- $\frac{1}{2}$  tsp. Worcestershire sauce
- 1 tsp. onion powder

## DIRECTIONS

1. Spray an 8-by-8-inch pan with nonstick cooking spray.
2. Lay three slices of bread in the bottom of the pan. Add half of the ham and half of the cheese. Repeat layers again.
3. In a separate bowl, beat together the eggs, milk, mustard, seasoning, Worcestershire sauce and onion powder. Pour mixture over bread layers in pan.
4. Cover pan and refrigerate overnight.
5. In the morning, heat oven to 325 F.
6. Remove cover and bake for 1 hour. Serve hot.

## NUTRITIONAL INFORMATION FOR $\frac{1}{6}$ OF CASSEROLE

- Calories—251
- Total fat—11 g
- Saturated fat—6 g
- Cholesterol—112 mg
- Sodium—557 mg
- Total carbohydrate—17 g
- Dietary fiber—2 g
- Total sugars—4 g
- Added sugars included—1 g
- Protein—20 g

# AVOCADO BREAKFAST BRUSCHETTA

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## INGREDIENTS

Makes: 4 servings

- 1 ripe avocado
- 2 medium tomatoes
- 1 bunch scallions
- ½ cup plus 2 Tbsp. fresh basil (chopped)
- 4 large eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- ¼ cup reduced-fat ricotta cheese
- Black pepper, to taste

## DIRECTIONS

1. Dice avocado, tomatoes and scallions.
2. Peel and chop hard-boiled eggs.
3. Gently toss eggs, avocado, tomatoes and scallions with ½ cup chopped basil. Add black pepper to taste.
4. Toast baguette slices. Smear with ricotta cheese.
5. Top with avocado mixture. Finally, garnish with 2 Tbsp. reserved chopped basil and serve.

## NUTRITIONAL INFORMATION FOR 3 SLICES BRUSCHETTA

- Calories—340
- Total fat—17 g
- Saturated fat—4 g
- Cholesterol—190 mg
- Sodium—434 mg
- Total carbohydrate—32 g
- Dietary fiber—9 g
- Total sugars—6 g
- Added sugars included—1 g
- Protein—17 g

# OVERNIGHT OATMEAL WITH BERRIES

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## INGREDIENTS

Makes: 1 serving

- ½ cup low-fat milk
- ¼ cup fat-free Greek yogurt
- 2 tsp. honey
- ¼ tsp. pure vanilla extract
- ½ cup uncooked rolled oats
- ¼ cup raspberries (frozen)

## DIRECTIONS

1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate at least 8 hours.
5. Enjoy cold or heat as desired.

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—311
- Total fat—4 g
- Saturated fat—1 g
- Cholesterol—7 mg
- Sodium—86 mg
- Total carbohydrate—53 g
- Dietary fiber—9 g
- Total sugars—21 g
- Added sugars included—11 g
- Protein—17 g

# BELL PEPPER AND VIDALIA ONION STRATA WITH FRESH SALSA



## INGREDIENTS

Makes: 4 servings

- 1 Vidalia onion (divided)
- ½ red bell pepper (sliced vertically)
- ½ green bell pepper (sliced vertically)
- 1 Tbsp. olive oil
- 4 large eggs
- 4 egg whites
- ½ cup nonfat milk
- ⅛ tsp. ground black pepper
- 4 slices whole-grain bread (cubed)
- ½ cup reduced-fat Italian cheese blend (shredded)
- 10 cherry tomatoes or 2 Roma tomatoes
- 1 garlic clove

## NUTRITIONAL INFORMATION FOR ¼ OF STRATA

- Calories—240
- Total fat—9 g
- Saturated fat—2 g
- Cholesterol—189 mg
- Sodium—371 mg
- Total carbohydrate—21 g
- Dietary fiber—4 g
- Total sugars—8 g
- Added sugars included—1 g
- Protein—19 g

## DIRECTIONS

1. Heat oven to 350 F.
2. Cut Vidalia onion into slices vertically. Set aside ¼ of onion.
3. Heat olive oil in a 10-inch nonstick skillet. Sauté onion and pepper slices for 5 to 8 minutes, or until tender and lightly browned. Remove from heat.
4. Beat eggs, egg whites, milk and ground pepper in a large bowl. Set aside.
5. Spray an 8-by-8-inch or 9-by-9-inch pan with cooking spray.
6. Arrange bread cubes in bottom of pan. Sprinkle with shredded cheese.
7. Place sautéed vegetables on top of bread cubes. Pour egg mixture over vegetables and bread cubes.
8. Bake uncovered for 45 minutes, until egg is set. Egg dishes should be cooked until the internal temperature is 160 F.
9. While the strata is baking, prepare the salsa by dicing and mixing the cherry (or Roma) tomatoes, garlic and remaining Vidalia onion.
10. Serve warm.

# SNACKS

Snacking can be an important part of a healthy diet. Healthy snacks can provide energy boosts in the middle of the day and fuel for exercising, as well as decrease your hunger and the odds of overeating at mealtime. Additionally, some research shows that healthy snacking can keep your metabolism revved up during the day and can help normalize blood sugar levels.

Though grocery stores offer a large variety of prepackaged snacks, don't give in to convenience! This section features quick and easy snack recipes that you can eat throughout the day.



# WHITE BEAN BRUSCHETTA



## INGREDIENTS

Makes: 4 servings

- 1 whole-wheat French baguette (sliced into 12 pieces)
- ¼ cup olive oil (divided)
- 1 cup white onion (chopped)
- 4 cloves garlic (minced)
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1 cup canned navy beans (rinsed and drained)
- 2 tomatoes (cored and cubed)
- 2 Tbsp. balsamic vinegar

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—342
- Total fat—15 g
- Saturated fat—2 g
- Cholesterol—0 mg
- Sodium—332 mg
- Total carbohydrate—43 g
- Dietary fiber—7 g
- Total sugars—6 g
- Added sugars included—1 g
- Protein—10 g

## DIRECTIONS

1. Heat 2 Tbsp. olive oil in a large pan over medium heat.
2. Place the bread slices in the pan and cook on medium-high heat until sizzling and golden. Before flipping the bread, add 1 Tbsp. of olive oil to the pan and cook the second side until golden.
3. For the topping, cook the onions and the remaining 1 Tbsp. of olive oil over medium heat until the onions are soft, about 7 minutes.
4. Add the garlic, basil and oregano, and cook another minute or two, until fragrant.
5. Add beans and continue cooking for another 5 minutes on low heat. Add the tomatoes and turn off the heat, allowing tomatoes to warm without cooking.
6. Drizzle the balsamic vinegar into the pan and gently stir.
7. Scoop heaping spoonfuls of the tomato-bean mixture onto the grilled bread and enjoy.

# FIESTA HUMMUS

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## INGREDIENTS

Makes: 6 servings

- 1 can garbanzo beans (drained)
- ½ tsp. cumin
- ¼ tsp. salt
- ⅛ tsp. cayenne pepper
- 2 cloves garlic (minced)
- ½ cup plain nonfat yogurt
- 1 Tbsp. lime juice
- 1 Tbsp. sesame oil
- 1 jalapeno pepper (finely chopped)
- 2 Tbsp. cilantro (chopped)

## DIRECTIONS

1. Dump beans into a blender. Blend until mashed.
2. Add remaining ingredients to blender. Blend until smooth.
3. Chill at least 1 hour or overnight.
4. Serve on crackers or tortilla chips.
5. Refrigerate leftovers.

## NUTRITIONAL INFORMATION FOR ¼ CUP HUMMUS

- Calories—122
- Total fat—4 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—231 mg
- Total carbohydrate—17 g
- Dietary fiber—4 g
- Total sugars—4 g
- Added sugars included—0 g
- Protein—6 g

# MEXICAN PINWHEELS

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## INGREDIENTS

Makes: 6 servings

- 2 ounces cream cheese (softened)
- 2 Tbsp. canned corn (drained)
- 2 Tbsp. canned green chilies (drained, chopped)
- 2 tsp. chopped onion
- 2 Tbsp. salsa
- 3 large low-carb flour tortillas

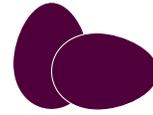
## DIRECTIONS

1. Mix cream cheese, corn, green chilies, onions and salsa together in a bowl.
2. Spread mixture on tortillas and roll up tightly, wrap in plastic wrap.
3. Store in refrigerator until ready to serve.
4. Slice in 1-inch slices and serve (should make 30 pinwheels).
5. Refrigerate leftovers.

## NUTRITIONAL INFORMATION FOR 5 PINWHEELS

- Calories—147
- Total fat—6 g
- Saturated fat—2 g
- Cholesterol—10 mg
- Sodium—311 mg
- Total carbohydrate—20 g
- Dietary fiber—1 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—4 g

# CRANBERRY PUMPKIN MUFFINS



## INGREDIENTS

Makes: 12 servings

- 2 cups flour
- $\frac{3}{4}$  cup sugar
- 1 Tbsp. baking powder
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{3}{4}$  tsp. allspice
- $\frac{1}{3}$  cup vegetable oil
- 2 large eggs
- $\frac{3}{4}$  cup canned pumpkin
- 2 cups cranberries (fresh or frozen, chopped)

## DIRECTIONS

1. Heat oven to 400 F.
2. Prepare muffin tin by lining muffin cavities with paper muffin cups.
3. Sift together flour, sugar, baking powder, salt, cinnamon and allspice. Set aside.
4. Beat oil, eggs and pumpkin together until blended.
5. Add pumpkin mixture to the dry ingredients. Stir until combined.
6. Fold chopped cranberries into the mixture.
7. Spoon batter into prepared muffin pan.
8. Bake for 15-30 minutes.

## NUTRITIONAL INFORMATION FOR 1 MUFFIN

- Calories—200
- Total fat—7 g
- Saturated fat—1 g
- Cholesterol—30 mg
- Sodium—230 mg
- Total carbohydrate—32 g
- Dietary fiber—2 g
- Total sugars—14 g
- Added sugars included—N/A
- Protein—3 g

# SPRINGTIME CEREAL

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## INGREDIENTS

Makes: 2 servings

- $\frac{3}{4}$  cup wheat and barley nugget cereal
- $\frac{1}{4}$  cup bran cereal
- 2 tsp. sunflower seeds (toasted)
- 2 tsp. almonds (sliced, toasted)
- 1 Tbsp. raisins
- $\frac{1}{2}$  cup banana (sliced)
- 1 cup strawberries (sliced)
- 1 cup low-fat yogurt (raspberry or strawberry)

## DIRECTIONS

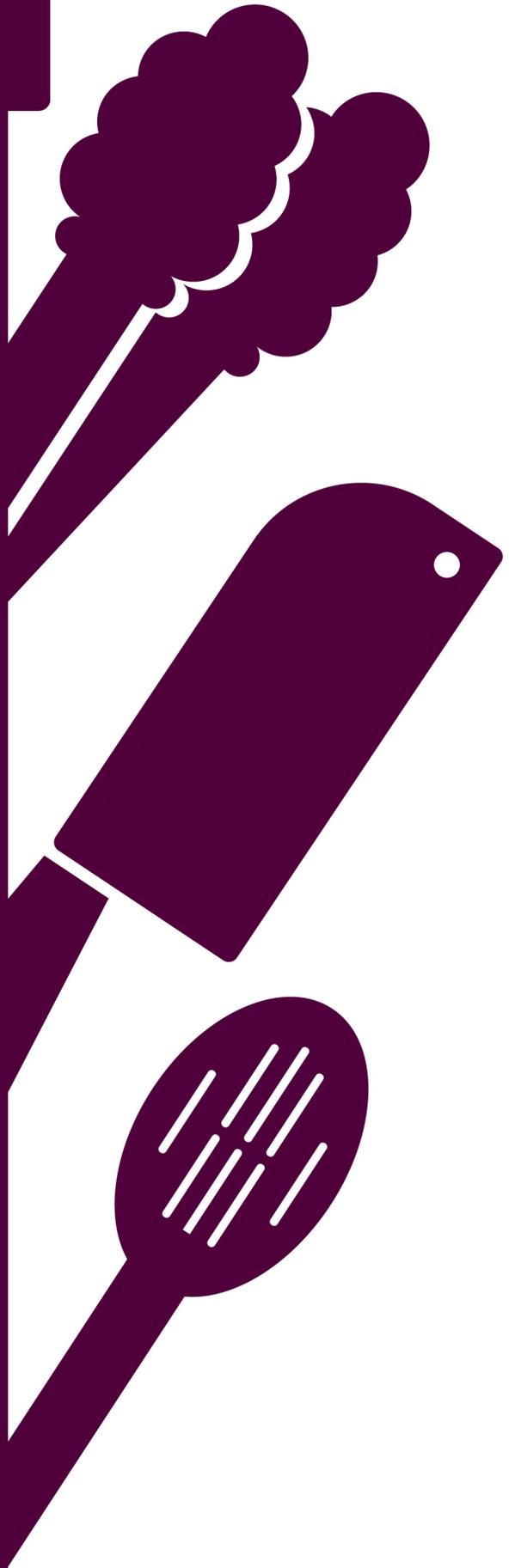
1. Mix the cereals, sunflower seeds and almonds in a medium-sized bowl.
2. Add the raisins, bananas and half of the strawberries.
3. Gently stir in the yogurt and divide the mixture between two bowls.
4. Scatter the remaining strawberries over the top. Serve immediately.

## NUTRITIONAL INFORMATION FOR 1 SERVING ( $\frac{1}{2}$ RECIPE)

- Calories—460
- Total fat—6 g
- Saturated fat—1 g
- Cholesterol—5 mg
- Sodium—297 mg
- Total carbohydrate—86 g
- Dietary fiber—10 g
- Total sugars—42 g
- Added sugars included—20 g
- Protein—13 g

# SIDE DISHES

Side dishes are often the nutrient workhorses of healthy entrees. These dishes provide the servings of whole grains or vegetables needed to round out a meal. The possibilities for healthy side dishes are endless and the benefits can be huge. This section features five easy-to-make recipes to complement your meals.



# BRUSSELS SPROUTS WITH MUSHROOM SAUCE

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## INGREDIENTS

Makes: 2 servings

- 2 cups Brussels sprouts
- ½ cup low-sodium chicken broth
- 1 tsp. lemon juice
- 1 tsp. spicy brown mustard
- ½ tsp. dried thyme
- ½ cup mushrooms (sliced)

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—45
- Total fat—1 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—64 mg
- Total carbohydrate—8 g
- Dietary fiber—3 g
- Total sugars—2 g
- Added sugars included—0 g
- Protein—4 g

## DIRECTIONS

1. Trim Brussels sprouts and cut in half. Steam until tender, about 6 to 10 minutes.
2. In a nonstick pot, bring the broth to a boil.
3. Mix in the lemon juice, mustard and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the Brussels sprouts.
6. Toss well to coat with the sauce.
7. Serve warm.

# BROWN RICE PILAF

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## INGREDIENTS

Makes: 4 servings

- 1½ cups brown rice
- 3 cups water
- ¼ cup almonds (chopped)
- ½ tsp. garlic powder
- ¼ tsp. black pepper

## DIRECTIONS

1. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes.
2. Fluff cooked rice with a fork.

## NUTRITIONAL INFORMATION FOR 1 CUP PREPARED PILAF

- Calories—304
- Total fat—6 g
- Saturated fat—1 g
- Cholesterol—0 mg
- Sodium—19 mg
- Total carbohydrate—55 g
- Dietary fiber—5 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—8 g

# CURRIED POTATOES

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## INGREDIENTS

Makes: 6 servings

- ¼ cup butter
- 1 onion (finely chopped)
- 3 cups potatoes (cubed)
- ¾ cup chicken broth
- ½ Tbsp. curry powder
- ½ Tbsp. lemon juice

## NUTRITIONAL INFORMATION FOR ½ CUP PREPARED POTATOES

- Calories—150
- Total fat—8 g
- Saturated fat—2 g
- Cholesterol—0 mg
- Sodium—260 mg
- Total carbohydrate—17 g
- Dietary fiber—2 g
- Total sugars—1 g
- Added sugars included—N/A
- Protein—3 g

## DIRECTIONS

1. Boil the potatoes in a medium saucepan until they are fork-tender. Drain off the hot water. Transfer potatoes to a bowl of ice water.
2. Melt the butter in a frying pan or skillet over medium heat.
3. Cook the onion in the butter until it turns yellow.
4. Drain the water from the potatoes and add them to the frying pan. Stir and cook until the potatoes absorb the butter.
5. Add the broth, curry powder and lemon juice.
6. Cook until the potatoes have absorbed the broth.

# PEPPY QUINOA



## INGREDIENTS

Makes: 6 servings

- ⅓ cup pumpkin seeds
- 1 ¼ cups dry quinoa
- 2 ½ cups water
- 1 Tbsp. low-sodium chicken base
- ½ cup onion (diced)
- ½ cup canned green chilies (diced)
- 2 ¼ tsp. garlic (minced)
- ½ cup cilantro (chopped)
- ½ cup scallions (diced)

## NUTRITIONAL INFORMATION FOR ½ CUP

- Calories—174
- Total fat—4 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—93 mg
- Total carbohydrate—29 g
- Dietary fiber—N/A
- Total sugars—3 g
- Added sugars included—N/A
- Protein—6 g

## DIRECTIONS

1. Heat oven to 350 F.
2. Toast pumpkin seeds in oven for 10 minutes or until light brown and aromatic. Set aside.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa, 2 ½ cups water and chicken base in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of quinoa, water and chicken base.
4. Mix quinoa, diced onion, green chilies and garlic in an 8-by-8-inch nonstick baking pan sprayed with nonstick cooking spray. Cover pan and bake for 40 minutes.
5. Toss in cilantro, scallions and pumpkin seeds. Serve hot.

# SMOTHERED GREENS

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## INGREDIENTS

Makes: 5 servings

- 3 cups water
- ¼ pound turkey breast
- 1 Tbsp. hot pepper (chopped)
- ¼ tsp. cayenne pepper
- ¼ tsp. ground cloves
- 2 cloves garlic (crushed)
- ½ tsp. thyme
- 1 scallion stalk (chopped)
- 1 tsp. ground ginger
- ¼ cup onion (chopped)
- 2 pounds greens (mustard, turnip, collard, kale or mixture)

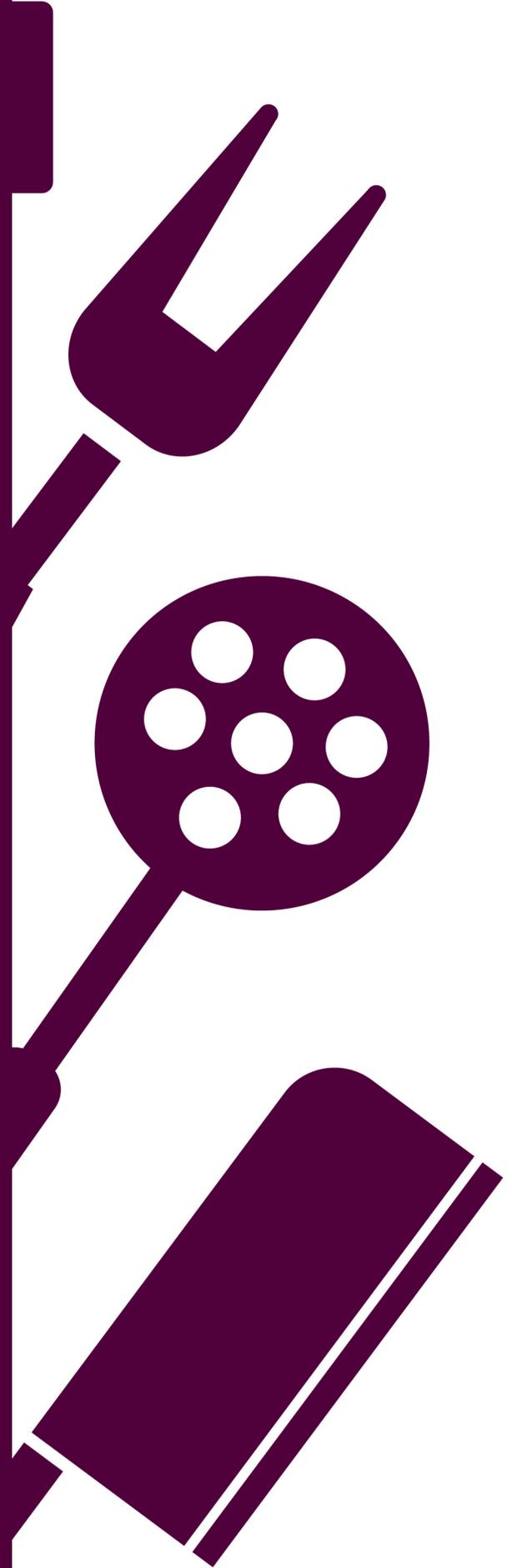
## DIRECTIONS

1. Place all ingredients except greens into a large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-sized pieces.
4. Add greens to turkey stock. Cook 20-30 minutes until tender.

## NUTRITIONAL INFORMATION FOR 1 CUP PREPARED GREENS

- Calories—80
- Total fat—1 g
- Saturated fat—0 g
- Cholesterol—10 mg
- Sodium—270 mg
- Total carbohydrate—11 g
- Dietary fiber—6 g
- Total sugars—3 g
- Added sugars included—N/A
- Protein—10 g

# ENTREES



Eating healthy meals at dinnertime can be difficult, especially with a busy schedule. Use these recipes to bring healthy and delicious entrees to the table for dinner.

# CHICKEN MOLE



## INGREDIENTS

Makes: 6 servings

- 1 whole chicken (cut up)
- 5 ¼ cup water (divided)
- 4 Tbsp. chili powder
- 1 tsp. oregano
- 1 tsp. cocoa powder
- ½ cup plus 2 Tbsp. flour
- 1 tsp. ground black pepper
- 1 tsp. garlic powder
- 1 Tbsp. creamy peanut butter

## DIRECTIONS

1. Place chicken in a large pot with ¼ cup of the water. Cover and simmer until tender, about 45 minutes.
2. In a medium bowl, combine the chili powder, oregano, cocoa, flour, pepper, garlic powder and 1 cup of water.
3. Add mixture to the chicken in the pot. Mix well.
4. Add peanut butter and 5 cups of water to chicken in pot. Mix well.
5. Bring to a boil.
6. Reduce heat to medium. Cook for 10-15 minutes.
7. Stir and serve immediately.

## NUTRITIONAL INFORMATION FOR 1/6

### RECIPE

- Calories—238
- Total fat—7 g
- Saturated fat—2 g
- Cholesterol—95 mg
- Sodium—314 mg
- Total carbohydrate—14 g
- Dietary fiber—3 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—29 g

# QUICK SKILLET LASAGNA



## INGREDIENTS

Makes: 7 servings

- 1 ½ cup onion (chopped)
- ½ pound ground beef (90 percent lean)
- 1 14.5-ounce can tomatoes
- ¾ cup tomato paste
- 1 ½ cups water
- 1 tsp. garlic powder
- 2 cups egg noodles (cooked)
- ¾ cup low-fat cottage cheese
- ¼ cup Parmesan cheese

## DIRECTIONS

1. Cook beef and onion in the frying pan until beef is brown and onion is tender. Drain off excess fat.
2. Add tomatoes, tomato paste, water and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.
3. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
4. Mix cheeses and drop by the spoonful into the frying pan.
5. Cover and heat over low heat about 5 minutes.
6. Refrigerate leftovers.

## NUTRITIONAL INFORMATION FOR 1 CUP PREPARED LASAGNA

- Calories—200
- Total fat—6 g
- Saturated fat—2 g
- Cholesterol—40 mg
- Sodium—450 mg
- Total carbohydrate—23 g
- Dietary fiber—3 g
- Total sugars—7 g
- Added sugars included—N/A
- Protein—15 g

# CHEESY SWISS STEAK



## INGREDIENTS

Makes: 8 servings

- 2 pounds beef round roast (1-inch thick)
- ¼ cup flour
- ½ tsp. salt
- 2 carrots (chopped)
- ¼ cup onion (chopped)
- ½ tsp. Worcestershire sauce
- 1 8-ounce can tomato sauce
- ½ cup American cheese (shredded)

## DIRECTIONS

1. Cut the beef roast into four pieces.
2. In a small bowl, mix the flour and salt.
3. Dip each piece of meat into the mix of flour and salt. Coat it on all sides with the mix.
4. Put the meat in the slow cooker.
5. Add the chopped carrots and onion.
6. Add the Worcestershire sauce and tomato sauce.
7. Cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours.
8. Just before serving, sprinkle the cheese on top.

## NUTRITIONAL INFORMATION FOR ¼ RECIPE

- Calories—197
- Total fat—8 g
- Saturated fat—3 g
- Cholesterol—61 mg
- Sodium—382 mg
- Total carbohydrate—9 g
- Dietary fiber—1 g
- Total sugars—4 g
- Added sugars included—2 g
- Protein—22 g

# SPICY SOUTHERN BARBECUED CHICKEN



## INGREDIENTS

Makes: 6 servings

- 5 Tbsp. tomato paste
- 1 tsp. ketchup
- 2 tsp. honey
- 1 tsp. molasses
- 1 tsp. Worcestershire sauce
- 4 tsp. white vinegar
- $\frac{3}{4}$  tsp. cayenne pepper
- $\frac{1}{8}$  tsp. black pepper
- $\frac{1}{4}$  tsp. onion powder
- 2 cloves garlic (minced)
- $\frac{1}{8}$  tsp. ginger (grated)
- 1  $\frac{1}{2}$  pounds chicken (skinless breasts and drumsticks)

## DIRECTIONS

1. Combine all ingredients except chicken in saucepan.
2. Simmer for 15 minutes. Remove from heat.
3. Place chicken on large platter and brush with half the sauce mixture.
4. Cover with plastic wrap and marinate in refrigerator for 1 hour.
5. Remove plastic wrap from chicken. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
6. Remove from broiler and add remaining sauce to chicken. Cover with aluminum foil and bake at 350 F for 30 minutes.

## NUTRITIONAL INFORMATION FOR $\frac{1}{2}$ CHICKEN BREAST OR 2 DRUMSTICKS

- Calories—102
- Total fat—2 g
- Saturated fat—0 g
- Cholesterol—44 mg
- Sodium—83 mg
- Total carbohydrate—6 g
- Dietary fiber—1 g
- Total sugars—5 g
- Added sugars included—3 g
- Protein—14 g

# 10-MINUTE CORN CHOWDER



## INGREDIENTS

Makes: 4 servings

- 1 tsp. vegetable oil
- ½ onion (chopped)
- 1 tsp. garlic (minced)
- 4 Tbsp. all-purpose flour
- 3 cups nonfat milk
- 2 tsp. mustard
- ¼ tsp. thyme (dried)
- Black pepper (to taste)
- 2 cups corn kernels (frozen)
- 4 Tbsp. reduced-fat cheddar cheese (shredded)

## DIRECTIONS

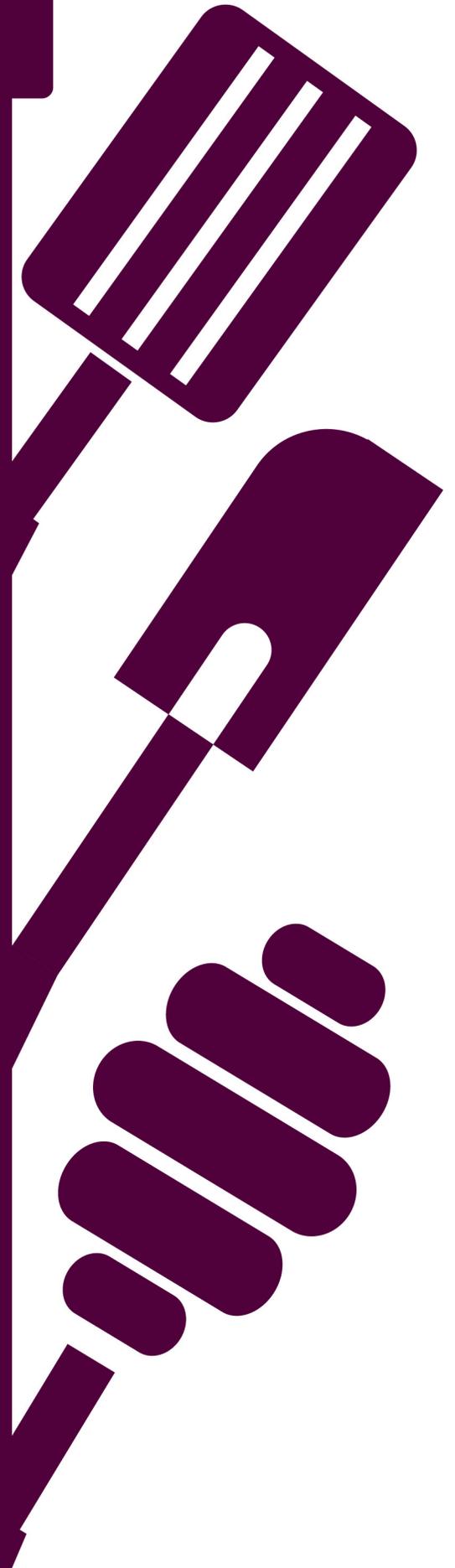
1. Heat a large nonstick skillet over medium-high heat. Add the oil and sauté the onion and garlic until golden, about 2 minutes.
2. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl. Mix well.
3. Add the milk mixture to the skillet followed by the corn. Mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
4. Divide into four bowls and top each with 1 Tbsp. of shredded cheese.

## NUTRITIONAL INFORMATION FOR 1 BOWL CHOWDER

- Calories—210
- Total fat—3 g
- Saturated fat—1 g
- Cholesterol—5 mg
- Sodium—150 mg
- Total carbohydrate—37 g
- Dietary fiber—3 g
- Total sugars—10 g
- Added sugars included—N/A
- Protein—12 g

# DESSERTS

Even the healthiest eaters opt for a sweet treat every now and then. The dessert recipes featured in this section are a good alternative to eating a large piece of chocolate cake or a shake from your favorite fast food restaurant.



# BANANA CUPCAKES

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## INGREDIENTS

Makes: 12 servings

- ½ cup shortening (solid vegetable)
- ¾ cup sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 1 ½ cups flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 cup banana (mashed)

## NUTRITIONAL INFORMATION FOR 1 CUPCAKE

- Calories—210
- Total fat—10 g
- Saturated fat—3 g
- Cholesterol—30 mg
- Sodium—200 mg
- Total carbohydrate—29 g
- Dietary fiber—1 g
- Total sugars—15 g
- Added sugars included—N/A
- Protein—3 g

## DIRECTIONS

1. Heat oven to 350 F.
2. In a large mixing bowl, cream shortening and sugar using an electric mixer. Add eggs and vanilla. Mix well.
3. In a medium mixing bowl, combine flour, baking powder, baking soda and salt.
4. Add dry ingredients (flour mixture) and bananas to creamed mixture (the egg mixture). Mix well until combined.
5. Place paper baking cups in muffin tin or lightly coat muffin tin with cooking spray. Fill muffin cups ¾ full of batter.
6. Bake 20-22 minutes, until golden brown. Remove cupcakes from muffin tin and place on a rack to cool.

# APPLE PISTACHIO CRISP

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## INGREDIENTS

Makes: 4 servings

- 3 apples (unpeeled, cored, cut into 1-inch chunks)
- ½ cup raisins
- ½ lemon (juiced)
- ½ cup old-fashioned oats
- ¼ cup whole-wheat flour
- 1 tsp. cinnamon
- 3 Tbsp. brown sugar
- ¼ cup pistachios (unsalted, chopped)
- 2 Tbsp. butter (melted)

## DIRECTIONS

1. Heat oven to 350 F.
2. Place sliced apples, raisins, and lemon juice in an 8-by-8-inch pan or baking dish. Toss.
3. In a bowl, mix remaining ingredients except melted butter.
4. Add melted butter and mix until texture is consistent. Sprinkle over apple-raisin mixture.
5. Bake uncovered for 45-50 minutes or until apples are tender.

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—330
- Total fat—10 g
- Saturated fat—2 g
- Cholesterol—0 mg
- Sodium—60 mg
- Total carbohydrate—60 g
- Dietary fiber—7 g
- Total sugars—25 g
- Added sugars included—9 g
- Protein—5 g

# APPLE CAKE



## INGREDIENTS

Makes: 12 servings

- ½ cup plus 2 Tbsp. butter
- ¾ cup sugar
- 3 large eggs
- 1 ¾ cups flour (sifted)
- 2 tsp. baking powder
- 1 Tbsp. lemon rind (grated)
- 2 apples (medium, pared, cored, sliced)
- 2 tsp. sugar
- ½ cup apricot jam

## DIRECTIONS

1. Heat oven to 350 F.
2. Beat butter with sugar until creamy.
3. Add eggs one at a time, beating until well-blended.
4. Add flour, baking powder and lemon rind. Beat for 4 minutes.
5. Pour into greased 9-inch springform pan.
6. Arrange the apples on the batter, sprinkle with sugar.
7. Bake for 1 hour.
8. Remove from pan, brush apples with jam and let cool.

## NUTRITIONAL INFORMATION FOR 1 SLICE

- Calories—272
- Total fat—11 g
- Saturated fat—7 g
- Cholesterol—72 mg
- Sodium—106 mg
- Total carbohydrate—40 g
- Dietary fiber—1 g
- Total sugars—22 g
- Added sugars included—19 g
- Protein—4 g

# CHOCOLATE PEANUT BUTTER FROZEN BARS

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## INGREDIENTS

Makes: 13 servings

- 2 packages sugar-free instant chocolate pudding (1.3 oz. each)
- 3 ½ cups nonfat milk
- ¼ cup peanut butter
- 13 ½ graham cracker rectangles (break into 27 2 ½-inch squares)

## DIRECTIONS

1. Mix pudding according to package directions, except use 3 ½ cups milk. Beat in peanut butter.
2. Line a 9-by-13-inch pan with half the graham cracker squares. Three squares will have to be cut in half to line the pan.
3. Spread pudding mixture over graham crackers. Top with remaining crackers.
4. Freeze for 4 hours.
5. Cut into squares and remove from pan.
6. Store in a plastic bag in the freezer.

## NUTRITIONAL INFORMATION FOR 1 BAR

- Calories—130
- Total fat—4 g
- Saturated fat—1 g
- Cholesterol—0 mg
- Sodium—250 mg
- Total carbohydrate—19 g
- Dietary fiber—1 g
- Total sugars—8 g
- Added sugars included—N/A
- Protein—5 g

# SWEET POTATO AND APPLE BAKE

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## INGREDIENTS

Makes: 6 servings

- 2 15-ounce cans sweet potatoes (drained, reserve 2 Tbsp. liquid)
- 2 cups apples (peeled, cored and cut into bite-sized pieces )
- 2 Tbsp. packed brown sugar
- ½ cup chopped pecans
- 2 Tbsp. flour
- 2 Tbsp. butter (melted)

## DIRECTIONS

1. Heat oven to 350 F.
2. Put sweet potatoes in baking dish.
3. Add apples.
4. Pour 2 Tbsp. of the sweet potato liquid over the mixture.
5. Mix brown sugar, pecans, flour and melted butter together in a small bowl.
6. Sprinkle over the top of the sweet potato and apple mix.
7. Bake for 20-30 minutes, until the top is golden brown and bubbly.

## NUTRITIONAL INFORMATION FOR ¾ CUP

- Calories—231
- Total fat—9 g
- Saturated fat—3 g
- Cholesterol—10 mg
- Sodium—64 mg
- Total carbohydrate—38 g
- Dietary fiber—4 g
- Total sugars—15 g
- Added sugars included—4 g
- Protein—3 g