



# EAT WELL, LIVE WELL: 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.

# BREAKFAST

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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!



# SPINACH FRITTATA



## INGREDIENTS

Makes: 6 Servings

- 5 cups fresh spinach
- 1 cup fresh flat-leaf parsley leaves
- 1 cup fresh cilantro leaves
- 3 spring onions (ends trimmed)
- 6 large eggs
- 3 Tbsp. almond or whole-wheat flour
- 2 Tbsp. olive oil
- 2 small boiling potatoes (peeled, cubed and cooked)
- ¼ cup grated Parmesan cheese
- Salt
- Ground black pepper

## NUTRITIONAL INFORMATION FOR 1/6 OF FRITTATA

- 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
- Vitamin D—1 mcg
- Calcium—135 mg
- Iron—3 mg
- Potassium—671 mg

## DIRECTIONS

1. In a food processor, chop the spinach, parsley, cilantro and spring onions. (Note: If you do not have a food processor, chop the ingredients by hand.)
2. In a medium-sized bowl, beat the eggs. Add the almond flour (or whole-wheat flour) and season generously with salt and pepper. Add the chopped spinach mixture and stir to combine.
3. In a large sauté pan, heat the olive oil over a medium heat. Once warm, pour the egg mixture into the pan and then spread the cooked potato cubes evenly over the mixture. Season with additional salt and pepper.
4. Reduce the heat to low, cover the pan and cook until the underside is golden brown, about 10 minutes.
5. Cut the frittata into sixths and flip each one over. Cover and cook until the frittata is firm and the potatoes are tender, about another 10 minutes. During the last few minutes of cooking, sprinkle the frittata with the Parmesan cheese.
6. Serve hot with salsa on the side or cold on sandwich bread. (Note: Nutritional facts are for the frittata only.)

# SWEET POTATO HASH WITH EGG



## INGREDIENTS

Makes: 4 Servings

- 4 cups sweet potatoes (cubed, about 2 large sweet potatoes)
- 1 cup water
- 1 Tbsp. and 1 tsp. vegetable oil (separated)
- 2 chicken sausage links
- 1 small yellow onion (diced)
- 1 bell pepper (diced)
- 2 cloves garlic (minced)
- 4 large eggs

## NUTRITIONAL INFORMATION FOR 1 EGG AND SERVING OF HASH

- Calories—346
- Total Fat—14 g
- Saturated Fat—3 g
- Cholesterol—252 mg
- Sodium—405 mg
- Total Carbohydrates—35 g
- Dietary Fiber—6 g
- Total Sugars—8 g
- Added Sugars Included—0 g
- Protein—20 g
- Vitamin D—1 mcg
- Calcium—93 mg
- Iron—4 mg
- Potassium—864 mg

## DIRECTIONS

1. In a large skillet, combine sweet potatoes and water. Bring to a boil over a high heat.
2. Reduce heat to low and continue to cook until the sweet potatoes have absorbed the water, about 20 minutes. Stir occasionally.
3. Add 1 Tbsp. vegetable oil, chicken sausage, onion, bell pepper and garlic to the skillet. Cook for another 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Remove from heat and divide the sweet potato mixture between four plates. Return skillet to stove.
5. Reheat the skillet over medium-high heat. Add the remaining 1 tsp. of vegetable oil once the pan is heated up.
6. Add the eggs to the skillet one at a time. Cook for about three to five minutes until the whites are solid and the yolks begin to thicken. Flip the egg and cook for one more minute.
7. Top each serving of sweet potato hash with one cooked egg and serve immediately.

# OATMEAL BREAD



## INGREDIENTS

Makes: 20 Servings

- 1 cup rolled oats
- 1 tsp. iodized salt
- 1 ½ cups boiling water
- 1 packet dry active yeast
- ¼ cup warm water (105-115 F)
- ¼ cup molasses
- 1 ½ Tbsp. vegetable oil
- 2 cups whole-wheat flour
- 2 ½ cups all-purpose flour

## NUTRITIONAL INFORMATION FOR 1

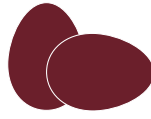
### SLICE (½-INCH SLICE)

- Calories—130
- Total Fat—2 g
- Saturated Fat—0 g
- Cholesterol—0 mg
- Sodium—120 mg
- Total Carbohydrates—25 g
- Dietary Fiber—2 g
- Total Sugars—3 g
- Added Sugars Included—N/A
- Protein—4 g
- Vitamin D—N/A
- Calcium—N/A
- Iron—N/A
- Potassium—N/A

## DIRECTIONS

1. In a large mixing bowl, combine rolled oats and salt. Stir in boiling water and allow mixture to cool to 105-115 F.
2. In a small bowl, dissolve yeast packet in ¼ cup warm water.
3. Add yeast water, molasses and oil to the cooled oatmeal mixture. Stir in the whole-wheat flour and 1 cup all-purpose flour. Add more all-purpose flour as needed to make dough stiff enough to knead.
4. Knead dough on lightly floured surface until smooth and elastic, about five minutes.
5. Place dough in lightly oiled bowl, turning to oil top. Cover with a clean towel. Let rise in a warm place until dough doubles, about one hour.
6. Grease a 9-by-5-inch bread pan. Set aside.
7. Punch dough down in the oiled bowl. Turn onto a clean, dry surface. Shape dough with your hands and place in the greased pan. Cover with clean towel. Let rise in a warm place until almost double, about one hour.
8. Heat oven to 375 F.
9. Bake 50 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

# BREAKFAST BURRITOS WITH SALSA



## INGREDIENTS

Makes: 4 Servings

- 4 large eggs
- ½ cup low-sodium canned corn (drained) or 2 Tbsp. frozen corn
- 1 Tbsp. 1 percent milk
- 2 Tbsp. green bell pepper (chopped)
- ¼ cup onion (chopped)
- 1 tsp. mustard
- ¼ tsp. garlic powder
- 4 flour tortillas
- ¼ low-sodium salsa
- Nonstick cooking spray

## NUTRITIONAL INFORMATION FOR ¼ BURRITO AND 2 TBSP. SALSA

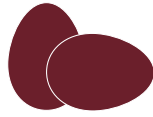
- Calories—260
- Total Fat—9 g
- Saturated Fat—2 g
- Cholesterol—210 mg
- Sodium—400 mg
- Total Carbohydrates—33 g
- Dietary Fiber—2 g
- Total Sugars—1 g
- Added Sugars Included—N/A
- Protein—12 g
- Vitamin D—N/A
- Calcium—85 mg
- Iron—3 mg
- Potassium—N/A

## DIRECTIONS

1. In a large mixing bowl, blend eggs, corn, milk, green peppers, onions, mustard and garlic with a fork until the eggs are smooth, about one minute.
2. Heat a skillet over medium heat. Coat with nonstick cooking spray.
3. Cook egg mixture, stirring from time to time, until eggs are firm and cooked through.
4. Wrap tortillas in a paper towel and microwave for 20 seconds, or until warm. Be careful when unwrapping the tortillas, as they may be hot.
5. Spoon cooked egg mixture evenly into the tortillas. Roll up the tortillas.
6. Serve each burrito with 2 Tbsp. salsa. (Note: For an easy on-the-go breakfast, put salsa into burrito with egg mixture before rolling up the tortilla.)



# EGGS OVER KALE AND SWEET POTATO GRITS



## INGREDIENTS

Makes: 4 Servings

- 1 large sweet potato
- 2 cups fresh kale (chopped)
- 1 Tbsp. vegetable oil (divided)
- 1 ½ cups water
- 1 cup nonfat milk
- ¾ cup quick cooking grits
- ¼ tsp. salt
- 4 large eggs

## NUTRITIONAL INFORMATION FOR 1 DISH (¼ OF RECIPE)

- Calories—280
- Total Fat—9 g
- Saturated Fat—2 g
- Cholesterol—185 mg
- Sodium—410 mg
- Total Carbohydrates—38 g
- Dietary Fiber—4 g
- Total Sugars—7 g
- Added Sugars Included—0 g
- Protein—12 g
- Vitamin D—1 mcg
- Calcium—150 mg
- Iron—3 mg
- Potassium—579 mg

## DIRECTIONS

1. Heat oven to 350 F.
2. Coat four individual soufflé dishes or ramekins with 1 tsp. vegetable oil.
3. Make three to four slits in the sweet potato. Microwave the sweet potato until just soft.
4. When the sweet potato is cool enough to handle, peel and cube it. Puree cubes in a food processor.
5. Heat remaining vegetable oil in saucepan. Sauté kale in heated pan for about five minutes.
6. In a separate medium saucepan, bring water and milk to a boil. Add the grits and pureed sweet potatoes. Cook for five minutes. Remove from heat. Stir in sautéed kale.
7. Divide the mixture evenly among the four prepared dishes.
8. Make four depressions in the grits mixture with the back of a large spoon.
9. Carefully break one egg into each depression.
10. Bake uncovered for 30 minutes until the eggs are cooked. Let cool for 10 minutes before serving.

# SNACKS

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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 into convenience! This section features quick and easy snack recipes that you can eat throughout the day.



# CELERY WITH APRICOT BLUE CHEESE SPREAD

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## INGREDIENTS

Makes: 4 Servings

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

## DIRECTIONS

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

## NUTRITIONAL INFORMATION FOR 6-8 CELERY STALKS AND ¼ OF SPREAD

- Calories—140
- Total Fat—6 g
- Saturated Fat—2 g
- Cholesterol—5 mg
- Sodium—220 mg
- Total Carbohydrates—16 g
- Dietary Fiber—3 g
- Total Sugars—12 g
- Added Sugars Included—0 g
- Protein—6 g
- Vitamin D—0 mcg
- Calcium—200 mg
- Iron—1 mg
- Potassium—408 mg

# LAYERED BLACK BEAN DIP



## INGREDIENTS

Makes: 16 Servings

- 1 can black beans (drained and rinsed)
- ¼ tsp. onion powder
- ¼ tsp. dried oregano
- ⅛ tsp. garlic powder
- ⅛ tsp. cayenne pepper
- ½ cup salsa
- ½ cup light sour cream
- ¼ cup green onion (chopped)
- 2 ounces reduced-fat cheddar cheese (shredded)

## DIRECTIONS

1. Mash beans.
2. Mix mashed beans with onion powder, dried oregano, garlic powder and cayenne pepper.
3. Spread evenly on serving dish.
4. Top with salsa, sour cream, scallions and shredded cheese.
5. Eat with blue corn tortilla chips, celery, carrot sticks or pepper slices.

## NUTRITIONAL INFORMATION FOR 2 TBSP. DIP

- Calories—40
- Total Fat—2 g
- Saturated Fat—1 g
- Cholesterol—5 mg
- Sodium—150 mg
- Total Carbohydrates—4 g
- Dietary Fiber—1 g
- Total Sugars—0 g
- Added Sugars Included—N/A
- Protein—2 g
- Vitamin D—N/A
- Calcium—N/A
- Iron—N/A
- Potassium—N/A

# HONEY MILK BALLS

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## INGREDIENTS

Makes: 20 Servings

- ¼ cup honey
- ¼ cup low-sodium peanut butter
- ½ cup nonfat dry milk
- ½ cup cereal (crushed)

## DIRECTIONS

1. In a medium bowl, combine honey and peanut butter.
2. Gradually add dry milk and mix well.
3. Chill for easier handling, about 20 minutes.
4. With greased hands, form chilled mixture into small balls.
5. Roll formed balls in crushed cereal flakes.
6. Chill again until firm.
7. Refrigerate leftovers within two hours.

## NUTRITIONAL INFORMATION FOR 2 HONEY MILK BALLS

- Calories—40
- Total Fat—2 g
- Saturated Fat—0 g
- Cholesterol—0 mg
- Sodium—15 mg
- Total Carbohydrates—6 g
- Dietary Fiber—0 g
- Total Sugars—5 g
- Added Sugars Included—N/A
- Protein—1 g
- Vitamin D—N/A
- Calcium—N/A
- Iron—N/A
- Potassium—N/A

# TRAIL MIX BARS

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## INGREDIENTS

Makes: 28 Servings

- 3 cups crispy rice cereal
- 3 cups toasted oat cereal
- 1 ½ cups raisins
- ½ cup sunflower seeds
- 1 cup honey
- ¾ cup granulated sugar
- 1 jar chunky peanut butter (16 ounces)
- 1 tsp. pure vanilla extract

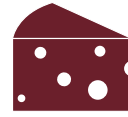
## DIRECTIONS

1. Combine dry ingredients in a bowl.
2. Combine honey and sugar in a saucepan and bring to a boil.
3. Add peanut butter and vanilla. Stir mixture until peanut butter melts. Remove from heat.
4. Carefully pour mixture over dry ingredients and mix well.
5. Spread into a 9-by-13-inch pan and allow to cool. Cut into 28 bars.

## NUTRITIONAL INFORMATION FOR 1 BAR

- Calories—225
- Total Fat—11 g
- Saturated Fat—2 g
- Cholesterol—0 mg
- Sodium—133 mg
- Total Carbohydrates—30 g
- Dietary Fiber—2 g
- Total Sugars—22 g
- Added Sugars Included—15 g
- Protein—6 g
- Vitamin D—0 IU
- Calcium—24 mg
- Iron—2 mg
- Potassium—211 mg

# TASTY TOTS



## INGREDIENTS

Makes: 6 Servings

- 5 cups sweet potatoes (peeled, shredded)
- 2 ½ cups canned low-sodium garbanzo beans
- ½ cup fresh scallions (finely chopped)
- 2 Tbsp. vegetable oil
- ½ tsp. salt
- ½ tsp. garlic powder
- ¼ tsp. ground black pepper
- ½ tsp. onion powder
- ½ tsp. ground cinnamon
- Nonstick cooking spray

## NUTRITIONAL INFORMATION FOR 6 TOTS (1 SERVING)

- Calories—172
- Total Fat—5 g
- Saturated Fat—0 g
- Cholesterol—N/A
- Sodium—377 mg
- Total Carbohydrates—28 g
- Dietary Fiber—5 g
- Total Sugars—N/A
- Added Sugars Included—N/A
- Protein—4 g
- Vitamin D—0 IU
- Calcium—46 mg
- Iron—1 mg
- Potassium—499 mg

## DIRECTIONS

1. Heat oven to 350 F.
2. Lightly coat large baking pan with nonstick cooking spray. Spread shredded potatoes evenly on the pan.
3. Bake for 20 minutes or until slightly tender. Remove from oven.
4. In a food processor or blender, puree garbanzo beans, including the liquid, until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, pureed beans, scallions, vegetable oil, salt, garlic, pepper, onion powder and cinnamon. Mix well.
6. Cover and refrigerate for 40 to 45 minutes to make tots easier to form.
7. Heat oven to 400 F.
8. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, make 36 tots.
9. Place tots 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork.
10. Bake for 10 to 12 minutes, or until lightly brown. Serve hot.

# SIDE DISHES

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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 healthy side dishes to complement your meals.





# CORN AND PEPPER CUPS



## INGREDIENTS

Makes: 10 Servings

- 5 green peppers (halved lengthwise)
- ½ small onion (chopped)
- 1 ½ garlic cloves (chopped)
- Olive oil
- 3 cups brown rice (cooked)
- 1 10 ½-ounce can diced tomatoes with chiles (undrained)
- ¾ 12-ounce can whole kernel corn (drained)
- ½ cup cheddar cheese (shredded)
- Nonstick cooking spray

## DIRECTIONS

1. In a large pot, bring water to a boil.
2. Heat oven to 350 F.
3. Remove seeds from peppers. Cook peppers in boiling water for two to three minutes. Drain pot. Set peppers aside.
4. Heat a medium skillet over medium-high heat. Add enough olive oil to coat the bottom of the skillet.
5. Add onion and garlic to the skillet and cook for three minutes.
6. Combine rice, tomatoes, corn and onion. Mix well.
7. Coat baking sheets with nonstick cooking spray.
8. Spoon rice mixture into pepper halves. Place peppers on prepared baking sheets.
9. Bake peppers for 10 minutes, or until hot. Sprinkle with cheese.
10. Bake again for five minutes, or until cheese melts.
11. Serve hot.

## NUTRITIONAL INFORMATION FOR 1 PEPPER CUP

- Calories—114
- Total Fat—2 g
- Saturated Fat—1 g
- Cholesterol—6 mg
- Sodium—211 mg
- Total Carbohydrates—22 g
- Dietary Fiber—2 g
- Total Sugars—6 g
- Added Sugars Included—0 g
- Protein—4 g
- Vitamin D—0 IU
- Calcium—68 mg
- Iron—1 mg
- Potassium—244 mg

# COUSCOUS WITH PEAS AND ONIONS

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## INGREDIENTS

Makes: 4 Servings

- 1 cup onion (finely chopped)
- ½ tsp. sage (ground)
- 1 tsp. olive oil
- 1 ½ cup water
- 1 cup green peas (frozen)
- 1 cup couscous
- ½ tsp. salt

## DIRECTIONS

1. Combine oil and onions in a heavy skillet.
2. Sauté for five to 10 minutes until lightly browned.
3. Add the peas, sage, water, couscous and salt.
4. Cover and cook on low for about five minutes or until peas are tender but still bright green.
5. Fluff with fork.

## NUTRITIONAL INFORMATION FOR 1 CUP

- Calories—205
- Total Fat—1 g
- Saturated Fat—0 g
- Cholesterol—0 mg
- Sodium—37 mg
- Total Carbohydrates—40 g
- Dietary Fiber—5 g
- Total Sugars—4 g
- Added Sugars Included—0 g
- Protein—7 g
- Vitamin D—0 IU
- Calcium—31 mg
- Iron—1 mg
- Potassium—179 mg

# AZTEC GRAIN SALAD



## INGREDIENTS

Makes: 6 Servings

- 1 ½ cup quinoa (dry)
- 1 ¾ cup fresh Granny Smith apples (peeled, cored, cubed)
- 1 ¾ cup fresh butternut squash (peeled, cored, cubed)
- 1 Tbsp. canola oil
- ¼ tsp. ground ginger
- ¾ tsp. ground cinnamon
- ¼ cup frozen orange juice concentrate
- 1 ½ Tbsp. olive oil
- 1 tsp. honey
- ½ tsp. Dijon mustard
- 2 Tbsp. red wine vinegar
- ½ tsp. salt
- 1 dash ground black pepper
- 1 dash ground white pepper
- ½ tsp. fresh cilantro (chopped)
- ½ cup dried cranberries (finely chopped)
- ½ cup seedless golden raisins (finely chopped)

## DIRECTIONS

1. Heat oven to 400 F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 3 cups water in a medium pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10 to 15 minutes. Fluff with a fork. Cover and refrigerate.
3. Combine apples and squash in a large bowl. Add canola oil, ¼ tsp. ginger and ¼ tsp. cinnamon. Toss well to evenly coat.
4. Pour apple and squash mixture onto a large baking sheet and cook in the oven for about 15 minutes. Set aside to cool.
5. In a medium mixing bowl, combine orange juice, olive oil, honey, Dijon mustard, red wine vinegar, salt, peppers, cilantro, and remaining ginger and cinnamon. Whisk together until combined.
6. In a large mixing bowl, combine quinoa, apple and squash mix, cranberries, raisins and dressing. Toss well to combine.
7. Cover and refrigerate for about two hours. Serve chilled.

## NUTRITIONAL INFORMATION FOR 1 CUP

- |                            |                             |
|----------------------------|-----------------------------|
| • Calories—298             | • Total Sugars—23 g         |
| • Total Fat—8 g            | • Added Sugars Included—N/A |
| • Saturated Fat—1 g        | • Protein—6 g               |
| • Cholesterol—0 mg         | • Vitamin D—0 IU            |
| • Sodium—58 mg             | • Calcium—44 mg             |
| • Total Carbohydrates—54 g | • Iron—2 mg                 |
| • Dietary Fiber—6 g        | • Potassium—465 mg          |

# RATATOUILLE



## INGREDIENTS

Makes: 8 Servings

- 1 Tbsp. vegetable oil
- 1 large yellow onion (chopped)
- 4 cloves garlic (minced)
- 1 medium eggplant (peeled, diced)
- 2 zucchini (diced)
- 1 red bell pepper (cored, seeded, diced)
- 1 tsp. dried basil
- ½ tsp. dried oregano
- 3 ½ cups canned low-sodium tomatoes
- 1 lemon (quartered)
- ¼ cup chopped fresh basil leaves

## DIRECTIONS

1. Heat a large pot over medium-low heat. When it is hot, add the vegetable oil.
2. Add the onion and garlic and cook until golden brown, about 10 minutes.
3. Add the eggplant, zucchini, bell pepper, basil and oregano. Cover and cook until the eggplant is very soft, about 40 minutes.
4. Add the tomatoes and cook, uncovered, for an additional 20 minutes.
5. Garnish with lemon quarters and basil, and serve immediately.
6. Cover and refrigerate leftovers for up to three days.

## NUTRITIONAL INFORMATION FOR 1 CUP

- Calories—77
- Total Fat—2 g
- Saturated Fat—0 g
- Cholesterol—0 mg
- Sodium—18 mg
- Total Carbohydrates—14 g
- Dietary Fiber—5 g
- Total Sugars—7 g
- Added Sugars Included—0 g
- Protein—3 g
- Vitamin D—0 mcg
- Calcium—64 mg
- Iron—2 mg
- Potassium—580 mg

# 5-A-DAY BULGUR WHEAT



## INGREDIENTS

Makes: 8 Servings

- 1 medium onion (chopped)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1 green pepper (chopped)
- ½ cup fresh parsley (chopped)
- 1 tsp. canola oil
- 1 ½ cups dry bulgur
- 2 cups low-sodium chicken broth
- 8 ounces chickpeas or garbanzo beans (canned, drained)

## DIRECTIONS

1. Heat canola oil in a large skillet. Add onions and cook until soft.
2. Add bulgur and stir to coat.
3. Add 2 cups chicken broth to the skillet and bring mixture to a boil.
4. Lower the heat. Add remaining vegetables and chickpeas. Cook for 10 minutes or until the liquid is absorbed.
5. Add parsley and stir.
6. Serve hot or cold.

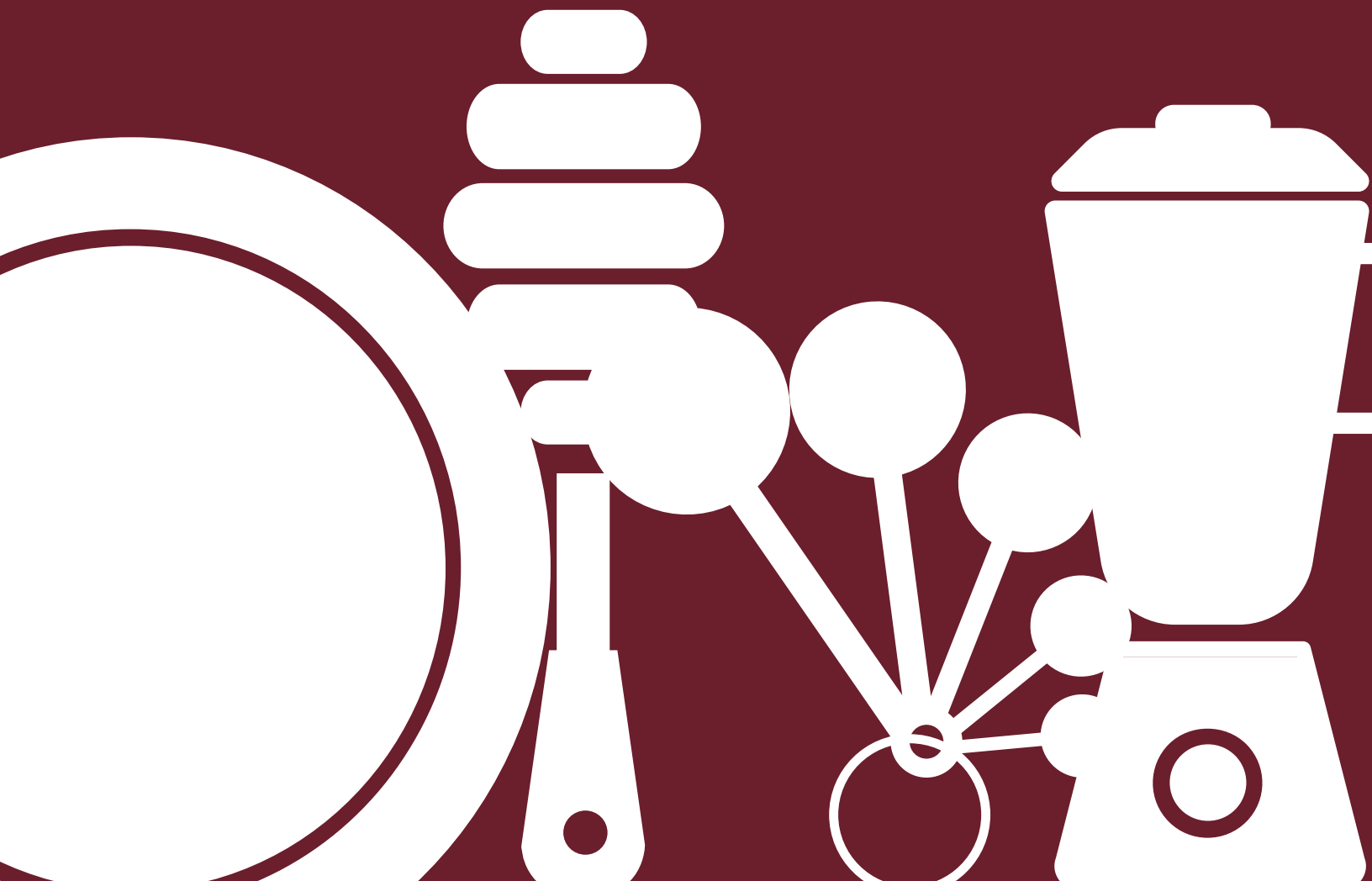
## NUTRITIONAL INFORMATION FOR 1 CUP

- Calories—150
- Total Fat—2 g
- Saturated Fat—0 g
- Cholesterol—0 mg
- Sodium—135 mg
- Total Carbohydrates—28 g
- Dietary Fiber—7 g
- Total Sugars—3 g
- Added Sugars Included—N/A
- Protein—6 g
- Vitamin D—N/A
- Calcium—N/A
- Iron—N/A
- Potassium—N/A

# ENTREES

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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.



# POT ROASTED BEEF



## INGREDIENTS

Makes: 6 Servings

- 1 pound beef round roast
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. vegetable oil
- 8 red potatoes (peeled, quartered)
- 2 turnips (peeled, quartered)
- ½ cup onion (chopped)
- ½ cup carrots (chopped)
- ½ cup low-sodium tomato juice

## DIRECTIONS

1. Heat oven to 350 F.
2. Season the roast with salt and pepper.
3. In a large pan, brown the roast in the oil over medium to high heat for 10 to 12 minutes. Drain fat.
4. Use a large iron skillet or roasting pan. Put the roast in the middle of the pan. Add the potatoes, turnips, onions and carrots around the roast.
5. Pour the tomato juice over the roast and vegetables.
6. Cover the pan with a lid or foil and bake for one hour, or until potatoes are cooked.
7. If desired, cut roast into 1-inch chunks. Mix and serve.

## NUTRITIONAL INFORMATION FOR 1

### ¼ CUP

- Calories—327
- Total Fat—3 g
- Saturated Fat—1 g
- Cholesterol—31 mg
- Sodium—208 mg
- Total Carbohydrates—51 g
- Dietary Fiber—6 g
- Total Sugars—6 g
- Added Sugars Included—N/A
- Protein—23 g
- Vitamin D—N/A
- Calcium—N/A
- Iron—N/A
- Potassium—N/A

# GRILLED FISH TACOS WITH PEACH SALSA



## INGREDIENTS

Makes: 4 Servings

### *Salsa*

- 1 cup peaches (peeled and chopped)
- ½ cup red bell pepper (finely chopped)
- ¼ cup red onion (finely chopped)
- 1 whole jalapeno (seeded and finely chopped)
- 1 Tbsp. fresh cilantro (finely chopped)
- 2 tsp. lemon or lime juice

### *Fish Tacos*

- 4 tilapia filets, 4-6 ounces each
- 1 Tbsp. chili powder
- ¼ tsp. low-sodium adobo seasoning
- 1 package low-sodium sazón seasoning
- 8 corn tortillas or 6-inch flour tortillas (warmed)

## DIRECTIONS

### *Salsa*

1. In a medium bowl, stir together peaches, bell pepper, onions, jalapenos, cilantro, and lemon or lime juice.
2. Cover and refrigerate until ready to use.

### *Fish Tacos*

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry and transfer to plate.
2. In a small bowl, stir together chili powder and low-sodium adobo and sazón seasonings.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork, about eight minutes. Fish should be cooked to 145 F.
6. To serve, fill each tortilla with ½ fish fillet and about ⅓ cup of salsa.

## NUTRITIONAL INFORMATION FOR 2

### TACOS

- Calories—330
- Total Fat—5 g
- Saturated Fat—2 g
- Cholesterol—55 mg
- Sodium—380 mg
- Total Carbohydrates—44 g
- Dietary Fiber—3 g
- Total Sugars—18 g
- Added Sugars Included—11 g
- Protein—27 g
- Vitamin D—3 mcg
- Calcium—104 mg
- Iron—3 mg
- Potassium—590 mg



# SLOW COOKER PORK STEW OVER BROWN RICE

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## INGREDIENTS

Makes: 8 Servings

- 2 pounds lean pork stew meat
- 3 cups baby carrots
- 1 large onion (diced)
- 1 ½ tsp. dried thyme leaves
- ½ tsp. coarse ground black pepper
- ¼ tsp. salt
- 1 clove garlic, minced
- 1 ½ cups complete bran and wheat flakes ready-to-eat cereal (crushed to ¾ cup)
- 1 cup dried tart cherries
- ¾ cup 100 percent apple juice
- 4 cups cooked brown rice

## DIRECTIONS

1. Trim fat from pork.
2. Spray large pan with nonstick cooking spray. Cook half of the pork at a time until browned.
3. In a 4-6 quart slow cooker, layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice over contents.
5. Cover and cook on low setting for seven to eight hours (three to four hours on high setting).
6. Prepare the brown rice according to package directions toward the end of the stew cooking time.
7. Stir pork mixture and serve over ½ cup brown rice.

## NUTRITIONAL INFORMATION FOR 1 CUP STEW AND ½ CUP BROWN RICE

- Calories—360
- Total Fat—5 g
- Saturated Fat—2 g
- Cholesterol—54 mg
- Sodium—139 mg
- Total Carbohydrates—50 g
- Dietary Fiber—6 g
- Total Sugars—19 g
- Added Sugars Included—12 g
- Protein—27 g
- Vitamin D—1 mcg
- Calcium—89 mg
- Iron—2 mg
- Potassium—658 mg

# COD WITH SPINACH



## INGREDIENTS

Makes: 4 Servings

- 1 Tbsp. vegetable oil
- 1 pound skinless cod fillets
- 1 yellow onion (chopped)
- 2 cloves garlic (minced)
- 2 cups canned low-sodium diced tomatoes
- ½ cup water
- 2 cups frozen spinach (thawed, chopped)
- ¼ cup Kalamata olives (pitted, chopped)

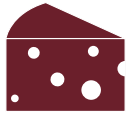
## NUTRITIONAL INFORMATION FOR 4 OUNCES

- Calories—194
- Total Fat—6 g
- Saturated Fat—1 g
- Cholesterol—47 mg
- Sodium—255 mg
- Total Carbohydrates—12 g
- Dietary Fiber—6 g
- Total Sugars—4 g
- Added Sugars Included—0 g
- Protein—25 g
- Vitamin D—1 mcg
- Calcium—220 mg
- Iron—4 mg
- Potassium—777 mg

## DIRECTIONS

1. Put the skillet on the stove over high heat. When it is hot, add 1 ½ tsp. oil.
2. Add fish. Cook about five minutes on each side, until deeply browned. Remove fish to a plate and cover.
3. Reheat the skillet to medium heat. Add the remaining oil, onion and garlic. Cook about seven minutes.
4. Add tomatoes and water. Cook about 10 minutes, until the mixture thickens and turns from bright red to an orange color.
5. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives.
6. Cover skillet. Cook about two minutes over low heat until spinach is steamed.
7. Serve hot.

# CHEESY CHICKEN, BROCCOLI AND RICE BAKE



## INGREDIENTS

Makes: 12 Servings

- 5 cups water
- 2 ½ cups brown rice
- ¼ cup onion (chopped)
- 1 clove garlic (chopped)
- 1 cup nonfat milk
- 1 can cream of mushroom soup
- ¼ tsp. salt
- ¼ tsp. pepper
- ¾ cup low-fat cheddar cheese (grated)
- 2 cups cooked chicken (shredded)
- 2 cups broccoli (pieces)

## DIRECTIONS

1. Heat oven to 350 F.
2. In a large saucepan, bring water to a boil. Add rice, onion and garlic. Cook for about 20 minutes, until rice is soft.
3. While rice is cooking, combine milk, soup, salt and pepper. Mix well.
4. When rice is done, combine with milk mixture, chicken and broccoli pieces. Mix well.
5. Grease a 9-by-13-inch pan. Pour mixture into prepared pan.
6. Bake for 18 minutes. Sprinkle with cheese.
7. Bake for an additional six minutes, or until cheese is melted. Serve hot.

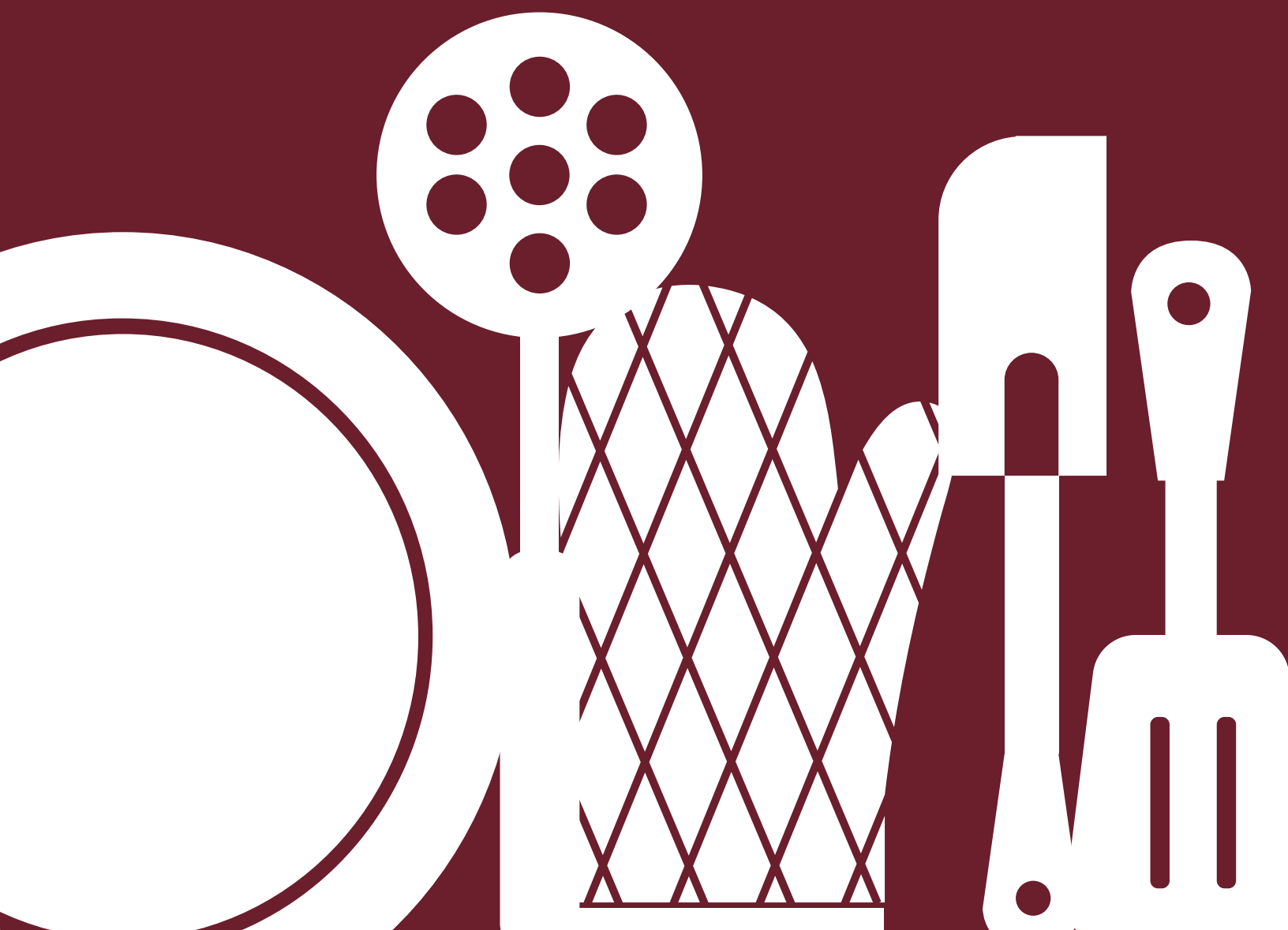
## NUTRITIONAL INFORMATION FOR 1 CUP

- Calories—239
- Total Fat—4 g
- Saturated Fat—1 g
- Cholesterol—22 mg
- Sodium—395 mg
- Total Carbohydrates—37 g
- Dietary Fiber—2 g
- Total Sugars—2 g
- Added Sugars Included—0 g
- Protein—14 g
- Vitamin D—0 IU
- Calcium—89 mg
- Iron—2 mg
- Potassium—246 mg

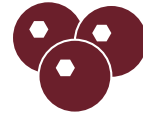
# DESSERT

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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.



# CRAN-APPLE CRISP



## INGREDIENTS

Makes: 8 Servings

- 4 apples
- 1 14-ounce can cranberry sauce
- $\frac{2}{3}$  Tbsp. margarine (soft, melted)
- 1 cup uncooked oatmeal
- $\frac{1}{3}$  cup light brown sugar
- 1 tsp. cinnamon

## NUTRITIONAL INFORMATION FOR $\frac{3}{4}$ CUP

- Calories—210
- Total Fat—2 g
- Saturated Fat—0 g
- Cholesterol—0 mg
- Sodium—25 mg
- Total Carbohydrates—50 g
- Dietary Fiber—4 g
- Total Sugars—32 g
- Added Sugars Included—N/A
- Protein—2 g
- Vitamin D—N/A
- Calcium—N/A
- Iron—N/A
- Potassium—N/A

## DIRECTIONS

1. Heat oven to 400 F.
2. Wash apples, remove cores and slice thinly. (Note: Leave peels on apples.)
3. In a bowl, combine cranberry sauce and apples.
4. Pour cranberry-apple mixture into an 8-by-8-inch pan.
5. In a small bowl, combine melted margarine with oatmeal, brown sugar and cinnamon until well blended. Sprinkle over mixture in pan.
6. Cover with foil and bake for 15 minutes.
7. Uncover and bake for an additional 10 minutes, until the topping is crisp and brown.
8. Serve warm.

# POCKET FRUIT PIES



## INGREDIENTS

Makes: 4 Servings

- 4 flour tortillas
- 2 peaches, pears or apples
- ¼ tsp. cinnamon
- 2 Tbsp. brown sugar (packed)
- ⅛ tsp. nutmeg
- 2 Tbsp. nonfat milk
- Turbinado sugar (optional)

## NUTRITIONAL INFORMATION FOR 1

### PREPARED PIE

- Calories—200
- Total Fat—4 g
- Saturated Fat—1 g
- Cholesterol—0 mg
- Sodium—340 mg
- Total Carbohydrates—39 g
- Dietary Fiber—2 g
- Total Sugars—14 g
- Added Sugars Included—N/A
- Protein—4 g
- Vitamin D—N/A
- Calcium—N/A
- Iron—N/A
- Potassium—N/A

## DIRECTIONS

1. Heat oven to 350 F.
2. Warm tortillas in microwave to make them easier to handle.
3. Peel, core and chop fruit into pieces.
4. Divide fruit evenly between the four tortillas.
5. In a small bowl, combine brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
6. Roll up the tortillas.
7. Place on an ungreased baking sheet. Make small slashes on tortillas to allow steam to escape.
8. Brush tortillas with milk and, if desired, sprinkle with turbinado sugar.
9. Bake for eight to 12 minutes, or until lightly brown.
10. Serve warm or cool.

# SWEET POTATO CHEESECAKE



## INGREDIENTS

Makes: 14 Servings

- 1 cup gingersnaps (finely crumbled)
- 3 Tbsp. unsalted butter (melted)
- 8 ounces reduced-fat cream cheese (softened)
- 1 cup sweet potatoes (mashed, peeled and cooked)
- 1/3 cup sugar
- 1 1/2 tsp. pumpkin spice
- 1 tsp. orange peel (finely shredded)
- 1 tsp. vanilla
- 5 egg whites
- 1 cup evaporated milk

## DIRECTIONS

1. Heat oven to 350 F.
2. Combine crumbs and butter in a bowl. Press mixture in to the bottom and 1 inch up the sides of an 8-inch springform pan. Set aside.
3. In a large mixing bowl, beat cream cheese, sweet potatoes, egg whites, sugar, pumpkin pie spice, orange peel and vanilla until combined. Do not overbeat.
4. Stir in milk.
5. Carefully pour into prepared pan.
6. Bake for 60-70 minutes until the center appears set.
7. Cool on wire rack for 45 minutes. Cover and chill thoroughly.
8. Remove sides of pan.
9. Serve cold.

## NUTRITIONAL INFORMATION FOR 1 SLICE

- Calories—170
- Total Fat—5 g
- Saturated Fat—3 g
- Cholesterol—15 mg
- Sodium—280 mg
- Total Carbohydrates—23 g
- Dietary Fiber—1 g
- Total Sugars—15 g
- Added Sugars Included—N/A
- Protein—8 g
- Vitamin D—N/A
- Calcium—N/A
- Iron—N/A
- Potassium—N/A

# CARROT COOKIES



## INGREDIENTS

Makes: 30 Servings

- ½ cup margarine (soft)
- 1 cup honey
- 1 cup carrots (grated)
- 2 egg whites (beaten)
- 2 cups all-purpose flour
- 2 tsp. baking powder
- ¼ tsp. baking soda
- 1 tsp. cinnamon
- 2 cups quick cooking oats (uncooked)
- 1 cup raisins

## DIRECTIONS

1. Heat oven to 350 F.
2. In a large bowl, cream margarine and honey. Stir in carrots and egg whites.
3. In another bowl, combine flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins.
4. Gradually stir dry ingredient mixture into wet mixture, just until all flour is mixed.
5. Drop by the teaspoon onto a greased baking sheet. Flatten slightly.
6. Bake for 10 minutes, until lightly browned.

## NUTRITIONAL INFORMATION FOR 2 COOKIES

- Calories—130
- Total Fat—4 g
- Saturated Fat—1 g
- Cholesterol—0 mg
- Sodium—95 mg
- Total Carbohydrates—24 g
- Dietary Fiber—1 g
- Total Sugars—12 g
- Added Sugars Included—9 g
- Protein—2 g
- Vitamin D—0 IU
- Calcium—28 mg
- Iron—1 mg
- Potassium—87 mg



# CHOCOLATE CHIP YOGURT COOKIES

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## INGREDIENTS

Makes: 36 Servings

- ½ cup sugar
- ½ cup light brown sugar (packed)
- ½ cup margarine
- ½ cup nonfat plain yogurt
- 1 ½ tsp. vanilla
- ¾ cup all-purpose flour
- 1 cup whole-wheat flour
- ½ tsp. baking soda
- ½ cup miniature chocolate chips

## DIRECTIONS

1. Heat oven to 375 F.
2. In a large bowl, combine sugar, brown sugar and margarine. Beat until light and fluffy.
3. Add in yogurt and vanilla. Blend well.
4. Stir in flour and baking soda. Stir until well combined.
5. Carefully add in chocolate chips.
6. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheets.
7. Bake for eight to 12 minutes.
8. Allow cookies to cool for one minute before removing from sheets.

## NUTRITIONAL INFORMATION FOR 1 COOKIE

- Calories—80
- Total Fat—3 g
- Saturated Fat—1 g
- Cholesterol—0 mg
- Sodium—45 mg
- Total Carbohydrates—12 g
- Dietary Fiber—1 g
- Total Sugars—7 g
- Added Sugars Included—7 g
- Protein—1 g
- Vitamin D—0 IU
- Calcium—12 mg
- Iron—0 mg
- Potassium—39 mg