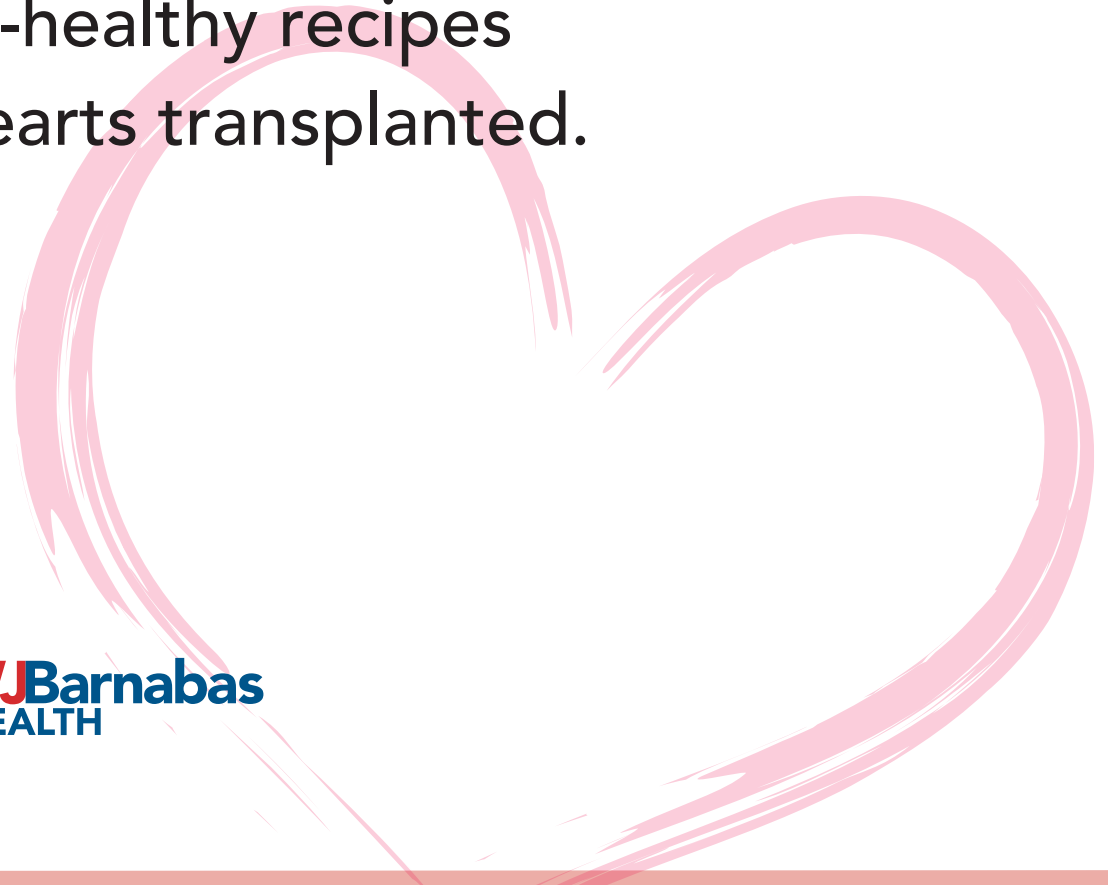


Let's be healthy together.

A selection of heart-healthy recipes
in honor of 1,000 hearts transplanted.

Newark Beth Israel
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HEALTH



1,000 hearts transplanted. Countless lives touched.



RWJBarnabas Health is one of the top three adult heart transplant programs in the nation. And Newark Beth Israel Medical Center is where it all began—the first and largest heart transplant center in New Jersey. Today, we celebrate more than 1,000 hearts transplanted, but perhaps more than anything, we pause to celebrate the sons and daughters, mothers and fathers, brothers and sisters and friends and relatives who have been transformed by transplant. You are the heroes of this story. You continue to inspire us.

**Newark Beth Israel
Medical Center**

**RWJBarnabas
HEALTH**

Let's be healthy together.

rwjbh.org/hearttransplant

Tasty Heart Healthy Recipes

The heart healthy recipes in this cookbook are brought to you by the Registered Dietitians and Wellness Team at the Reverend Dr. Ronald B. Christian Community Health & Wellness Center at Newark Beth Israel Medical Center and Children's Hospital of New Jersey, RWJBarnabas Health facilities.

Heart healthy diets are beneficial for everyone and are not as intimidating or boring as they may sound. When it comes to heart health, there are a few key nutrients we want to focus on, including the saturated fat and sodium content of our foods. The American Heart Association recommends consuming less than 1,500 mg of sodium per day for most adults, especially those with high blood pressure. However, the average American consumes nearly three times that amount.

Follow the recipes in this cookbook for meals made using wholesome, nutrient-packed ingredients your whole family will love.

Let's be healthy together.



Breakfast

Banana Bread Granola

Ingredients:

- 3 cups rolled oats
- 3/4 cup walnuts, roughly chopped
- 1/2 cup pecans, roughly chopped
- 1 tablespoon ground flax seeds
- 2 teaspoons cinnamon
- 1/4 cup coconut oil
- 1/3 cup pure maple syrup
- 2 teaspoons vanilla extract
- 1 large ripe banana, mashed

Directions:

1. Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper.
2. In a large bowl, combine oats, walnuts, pecans, flax seeds and cinnamon. Set aside.
3. Add coconut oil, maple syrup and vanilla extract to a small saucepan over low heat. Warm until the coconut oil is melted and ingredients are combined. Remove from heat and stir in mashed banana.
4. Add banana mixture to bowl with oats and stir to coat. Spread the mixture onto baking sheet and spread into a single layer. Bake for 25-30 minutes, turning once halfway through baking time. Allow to cool and store in an air tight container. Serve over yogurt or as a quick snack on-the-go!

Yield: 16 servings (1/4 cup per serving)

Nutrition Facts: 167 Calories, 10g Fat (4g Saturated), 0mg Cholesterol, 2mg Sodium, 18g Carbohydrates (3g Fiber, 6g Sugar, 4g Added), 3g Protein, 0% DV Vitamin A, 1% DV Vitamin C, 3% DV Calcium, 5% DV Iron

Blue & Green Breakfast Smoothie

Ingredients:

- 1 cup frozen blueberries
- 1 cup fresh baby spinach
- 1 banana
- 1 cup fat-free milk
- 1/2 cup calcium-fortified orange juice
- 1 tablespoon honey (optional)

Directions:

1. Combine all ingredients in a blender until smooth. Serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 83 Calories, 0g Fat (0g Saturated), 1mg Cholesterol, 33mg Sodium, 18g Carbohydrates (2g Fiber, 13g Sugar, 0g Added), 3g Protein, 11% DV Vitamin A, 21% DV Vitamin C, 15% DV Calcium, 2% DV Iron

Blueberry Breakfast Bake

Ingredients:

- 6 slices whole wheat bread, stale or dried out
- 2 eggs, beaten
- 1 cup fat-free milk
- 1/4 cup brown sugar, divided
- Zest of 1 lemon, divided
- 2 teaspoons cinnamon, divided
- 2 1/2 cups blueberries, divided

Directions:

1. Preheat oven to 350°F. Grease a 12-cup muffin tin with cooking spray.
2. Slice bread into cubes and set aside. In a large bowl, whisk together eggs, milk, 2 tablespoons brown sugar, zest of 1/2 lemon and 1 teaspoon cinnamon.
3. Add bread and 1 1/2 cups blueberries into egg mixture and stir until the majority of the liquid is absorbed. Transfer mixture to muffin tin, dividing evenly among 12 cups.
4. In a small bowl, combine 1 tablespoon brown sugar and 1 teaspoon cinnamon. Sprinkle the topping over the French toast cups. Bake for 20-22 minutes or until top is browned and French toast is cooked through.
5. Meanwhile, in a small saucepan, combine remaining 1 cup blueberries, zest of 1/2 lemon and 1 tablespoon brown sugar and cook over medium-low heat for 8-10 minutes until liquid is released. Mash blueberries with a potato masher until desired consistency is reached. Use blueberry mixture as a syrup to top French toast bake. Serve and enjoy!

Yield: 6 servings (2 French toast cups per serving)

Nutrition Facts: 169 Calories, 3g Fat (1g Saturated), 63mg Cholesterol, 171mg Sodium, 30g Carbohydrates (4g Fiber, 15g Sugar, 7g Added), 7g Protein, 8% DV Vitamin A, 8% DV Vitamin C, 12% DV Calcium, 7% DV Iron

Crunchy Almond Granola

Ingredients:

- 1 1/2 cups rolled oats
- 1/4 cup hulled raw sunflower seeds
- 1/4 cup sliced almonds
- 1/4 cup unsweetened shredded coconut
- 1 teaspoon cinnamon
- 1/4 cup honey
- 2 tablespoons vegetable oil
- 2 teaspoons vanilla extract
- 1/4 cup raisins

Directions:

1. Preheat oven to 325°F. Line a rimmed baking sheet with parchment paper.
2. In a large bowl, combine oats, sunflower seeds, almonds, coconut and cinnamon. Add honey, oil and vanilla and mix to combine evenly.
3. Spread the mixture onto baking sheet and spread into a single layer. Bake for 20-30 minutes, or until lightly browned. Be sure to stir mixture every 5-7 minutes to be sure it cooks evenly without burning.
4. Remove baking sheet from oven and allow granola to cool completely. Once cool, stir in the raisins and use granola to top your favorite low-fat yogurt, smoothie bowl or stewed fruit. Enjoy!

Yield: 12 servings (1/4 cup per serving)

Nutrition Facts: 124 Calories, 6g Fat (1g Saturated), 0mg Cholesterol, 13mg Sodium, 17g Carbohydrates (2g Fiber, 8g Sugar, 5g Added), 2g Protein, 0% DV Vitamin A, 0% DV Vitamin C, 2% DV Calcium, 4% DV Iron

Eggs in Purgatory

Ingredients:

- 1 tablespoon olive oil
- 1/2 yellow onion, diced
- 1 tablespoon tomato paste
- 3 teaspoons paprika
- 3 cloves garlic, minced
- 4 slices roasted red pepper, diced
- 1, 28-ounce can low-sodium crushed tomatoes
- 1/8 teaspoon salt
- 3 cups fresh spinach
- 1/4 cup fresh parsley, chopped
- 4 large eggs
- 2 whole wheat pitas, toasted

Directions:

1. Heat oil in a large non-stick skillet over medium heat. Add onions and cook for 2 minutes until slightly softened. Stir in tomato paste, paprika and garlic, cook for 30 seconds.
2. Add peppers, tomatoes and salt. Bring to a simmer and then reduce heat to low. Cook for 30 minutes, stirring occasionally.
3. Stir in the spinach and half of the parsley. Use a wooden spoon to make 4 wells in the tomato mixture. Break eggs into each of the 4 wells, cover and cook for 8 minutes until egg whites are cooked through.
4. Sprinkle the remaining parsley as garnish. Serve immediately with pita bread for dipping.

Yield: 4 servings (1 egg plus 1/4 tomato mixture per serving)

Nutrition Facts: 236 Calories, 9g Fat (2g Saturated), 164mg Cholesterol, 287mg Sodium, 31g Carbohydrates (7g Fiber, 11g Sugar, 0g Added), 12g Protein, 57% DV Vitamin A, 267% DV Vitamin C, 14% DV Calcium, 29% DV Iron

Eggs in Sweet Potato Nests

Ingredients:

- 1 pound sweet potatoes, peeled
- 2 tablespoons olive oil
- 1/4 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 12 large eggs

Directions:

1. Preheat oven to 400°F. Spray a 12-cup muffin tin with cooking spray.
2. Shred potatoes on a box grater and set aside. Heat olive oil in a large skillet over medium-high heat. Add shredded sweet potatoes, 1/8 teaspoon salt and 1/8 teaspoon pepper. Cook potatoes for 5-6 minutes until tender. Set aside until cool enough to handle.
3. Press 1/4 cup cooked potatoes into each muffin cup. Press firmly into the bottom and sides of the muffin cup. Spray the potatoes with cooking spray and bake for 5-10 minutes until slightly browned on the edges.
4. Crack eggs into each sweet potato nest and sprinkle with remaining 1/8 teaspoon salt and 1/8 teaspoon pepper. Bake 15-18 minutes until egg whites are cooked through and egg yolks are cooked to desired doneness. Allow to cool for 5 minutes before removing from pan. Serve and enjoy!

Yield: 6 servings (2 sweet potato nests per serving)

Nutrition Facts: 234 Calories, 14g Fat (4g Saturated), 372mg Cholesterol, 260mg Sodium, 12g Carbohydrates (2g Fiber, 4g Sugar, 0g Added), 14g Protein, 100% DV Vitamin A, 15% DV Vitamin C, 8% DV Calcium, 12% DV Iron

Frittata with Feta & Greens

Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 4 cups Swiss chard, cut into ribbons
- 8 large eggs
- 1/4 teaspoon black pepper
- 1/2 cup reduced fat feta cheese, crumbled
- 2 tablespoons fresh parsley, chopped

Directions:

1. Preheat oven to 350°F. Heat a large oven-proof skillet over medium-high heat. Add onion and sauté for 3-4 minutes until softened. Add garlic and Swiss chard and cook 3-4 minutes more until greens are wilted.
2. Meanwhile, in a large bowl, whisk together eggs and black pepper.
3. Transfer greens and onion mixture into bowl with eggs and stir to combine. Add feta to egg mixture.
4. Transfer egg mixture back into oven-proof skillet, stirring to make sure the frittata doesn't stick. Place skillet in oven for 15-18 minutes until eggs are set.
5. Remove from oven, sprinkle with chopped parsley and allow to cool for 5 minutes before slicing into 8 portions. Serve and enjoy!

Yield: 8 servings (1 slice per serving)

Nutrition Facts: 115 Calories, 8g Fat (3g Saturated), 183mg Cholesterol, 192mg Sodium, 3g Carbohydrates (1g Fiber, 1g Sugar, 0g Added), 8g Protein, 21% DV Vitamin A, 10% DV Vitamin C, 9% DV Calcium, 7% DV Iron

Oatmeal Crème Brulee

Ingredients:

- 3 1/4 cups fat-free milk
- 2 cups rolled oats
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 cup raspberries or berries of your choice
- 2 tablespoons walnuts, chopped
- 2 tablespoons brown sugar

Directions:

1. In a medium saucepan, bring milk to a high simmer, stir in oats, then reduce heat and let simmer uncovered for 5 minutes or until desired consistency has been reached.
2. Stir in vanilla and cinnamon.
3. Line a muffin tin with 12 foil muffin cup liners. Divide oatmeal evenly into each muffin cup.
4. Place muffin tin in refrigerator and cool for 15-20 minutes.
5. Once cooled, turn oven on to broil, high. Sprinkle berries, walnuts and brown sugar over each oatmeal cup.
6. Broil for 1 minute or until top is golden brown. Sprinkle extra berries on top if desired. Serve warm and enjoy!

Yield: 6 servings (2 muffins per serving)

Nutrition Facts: 186 Calories, 3g Fat (1g Saturated), 3mg Cholesterol, 59mg Sodium, 31g Carbohydrates (4g Fiber, 11g Sugar, 3g Added), 9g Protein, 12% DV Vitamin A, 7% DV Vitamin C, 19% DV Calcium, 8% DV Iron

Overnight Oats

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup fat-free milk
- 2 tablespoons raisins
- 1 teaspoon honey
- 1/4 teaspoon cinnamon

Directions:

1. Combine all ingredients in a mason jar or a container with a tight-fitting lid.
2. Cover and refrigerate overnight (at least 6-8 hours) for a tasty breakfast in the morning!
Enjoy!

Yield: 1 serving

Nutrition Facts: 272 Calories, 3g Fat (1g Saturated), 2mg Cholesterol, 56mg Sodium, 54g Carbohydrates (5g Fiber, 23g Sugar, 5g Added), 10g Protein, 11% DV Vitamin A, 1% DV Vitamin C, 19% DV Calcium, 12% DV Iron

Pumpkin Pancakes with Apple Topping

Ingredients:

- 1 1/2 cups fat-free milk
- 1 cup canned pumpkin puree
- 1 egg
- 5 tablespoons brown sugar, divided
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 2 tablespoons baking powder
- 1 1/2 teaspoons cinnamon, divided
- 1 teaspoon allspice
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt
- 3 apples, peeled and diced

Directions:

1. In a large bowl, combine milk, pumpkin, egg, 3 tablespoons brown sugar, oil and vanilla. In a separate bowl, mix together wheat flour, all-purpose flour, baking powder, 1 teaspoon of cinnamon, allspice, nutmeg and salt.
2. Stir pumpkin mixture into dry mixture and stir until just combined; do not overmix.
3. Heat 3 tablespoons water in a small saucepan over medium heat. Add diced apples, remaining 2 tablespoons brown sugar and remaining 1/2 teaspoon cinnamon. Heat until apples are tender, about 8-12 minutes. Remove apples from heat and mash with a potato masher or fork, it should resemble chunky applesauce. Set aside.

Continued on next page.

Pumpkin Pancakes with Apple Topping

(continued)

Directions:

4. Meanwhile, heat a non-stick pan or griddle to medium-high heat and spray with cooking spray. Pour pancake batter onto greased pan or griddle, using 1/4 cup batter per pancake. Cook pancakes 2-3 minutes per side or until golden brown. Top with stewed apple mixture, serve and enjoy!

Yield: 12 servings (2 pancakes plus 2 tablespoons apples per serving)

Nutrition Facts: 151 Calories, 3g Fat (1g Saturated), 14mg Cholesterol, 344mg Sodium, 28g Carbohydrates (3g Fiber, 10g Sugar, 3g Added), 4g Protein, 26% DV Vitamin A, 3% DV Vitamin C, 19% DV Calcium, 9% DV Iron

Pumpkin Spice Smoothie

Ingredients:

- 1/2 cup pureed pumpkin
- 1 banana
- 1 1/2 cups unsweetened almond milk
- 1 cup ice
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg

Directions:

1. Combine all ingredients in a blender until smooth. Serve and enjoy!

Yield: 3 servings (1 cup per serving)

Nutrition Facts: 104 Calories, 2g Fat (0g Saturated), 0mg Cholesterol, 128mg Sodium, 22g Carbohydrates(3g Fiber, 15g Sugar, 8g Added), 1g Protein, 56% DV Vitamin A, 7% DV Vitamin C, 21% DV Calcium, 6% DV Iron

Lunch and Dinner



Black Bean Burgers

Ingredients:

- 1 small yellow onion, roughly chopped
- 1 clove garlic
- 1, 15-ounce can low sodium black beans, drained and rinsed, divided
- 2 tablespoons fresh parsley
- 1 egg white
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon black pepper
- 1/4 cup bread crumbs
- 1/2 cup plain, fat-free Greek yogurt
- Zest and juice of 1/2 lime
- 1/8 teaspoon cayenne pepper (optional)
- 2 large whole-wheat pitas, halved
- 4 lettuce leaves
- 1 tomato, sliced

Directions:

1. Add onion and garlic to food processor or blender and finely chop. Add 1/2 black beans, parsley, egg white, red pepper flakes and black pepper. Pulse to combine.
2. Transfer mixture to large mixing bowl and add in remaining whole black beans and bread crumbs and mix until well combined. Form into 4 round patties.
3. Heat outdoor grill or grill pan over medium-low heat and spray with cooking spray. Cook burgers for 10-12 minutes, flipping halfway through.
4. Meanwhile, combine Greek yogurt, zest and juice of 1/2 lime and cayenne (if using).
5. Serve burgers in pita halves topped with lettuce, tomato and yogurt topping. Enjoy!

Yield: 4 servings (1 burger per serving)

Nutrition Facts: 197 Calories, 1g Fat (0g Saturated), 1mg Cholesterol, 290mg Sodium, 35g Carbohydrates (9g Fiber, 4g Sugar, 0g Added), 13g Protein, 6% DV Vitamin A, 17% DV Vitamin C, 10% DV Calcium, 18% DV Iron

Broiled Tilapia Over Ratatouille

Ingredients:

- 2 tablespoons olive oil, divided
- 1 small eggplant, peeled and diced
- 1 small yellow onion, diced
- 1 large zucchini, diced
- 2 cloves garlic, minced
- 1 can (14.5 ounces) diced tomatoes, no-salt added
- 1/4 teaspoon salt, divided
- 1/2 teaspoon black pepper, divided
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- 1/4 cup fresh basil, chopped
- 4 (4 ounce) tilapia fillets
- Juice of 1/2 lemon

Directions:

1. Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add eggplant, cook to soften slightly, about 5 minutes. Remove eggplant from skillet, set aside.
2. Heat remaining tablespoon olive oil in the skillet. Add onions and cook for 5 minutes until softened. Add zucchini and garlic and cook until soft, 5-7 minutes. Add eggplant, tomatoes, 1/8 teaspoon salt, 1/4 teaspoon pepper, thyme and rosemary. Simmer for 10 minutes until thickened. Stir in fresh basil and remove from heat.
3. Meanwhile, preheat broiler. Place tilapia on a greased baking sheet. Sprinkle with remaining 1/8 teaspoon salt and 1/4 teaspoon pepper; squeeze lemon juice over fillets. Broil until fish is cooked through, about 7 minutes. Serve over ratatouille and enjoy!

Yield: 4 servings (1 tilapia fillet and 1 cup ratatouille per serving)

Nutrition Facts: 248 Calories, 10g Fat (2g Saturated), 47mg Cholesterol, 314mg Sodium, 19g Carbohydrates (8g Fiber, 11g Sugar, 0g Added), 25g Protein, 6% DV Vitamin A, 35% DV Vitamin C, 10% DV Calcium, 12% DV Iron

Caprese Topped Pesto Chicken

Ingredients:

- 2 medium boneless, skinless chicken breasts
- 1 cup packed fresh basil leaves
- 2 tablespoons raw, hulled sunflower seeds
- 2 tablespoons grated parmesan cheese
- 1 clove garlic, chopped
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup olive oil
- 2 large tomatoes, sliced
- 1/4 cup shredded part-skim mozzarella cheese, divided

Directions:

1. Preheat oven to 425°F. Trim chicken breasts of excess fat. Press your palm firmly on top of one of the chicken breasts and run your knife parallel to the cutting board, slicing the chicken in half, depth wise, giving you 2 equally thick pieces of chicken. Repeat with other chicken breast. Place chicken on rimmed and greased baking sheet, set aside.
2. Prepare pesto: Add basil, sunflower seeds, parmesan cheese, garlic, salt and pepper to food processor. Pulse to combine. While running, drizzle in oil until sauce is smooth.
3. Top each piece of chicken with 2 tablespoons pesto then 2 slices tomato with 1 tablespoon mozzarella on top. Bake for 12-15 minutes until cooked through, juices will run clear when pierced with a knife. Serve and enjoy!

Yield: 4 servings (1 tilapia fillet and 1 cup ratatouille per serving)

Nutrition Facts: 248 Calories, 10g Fat (2g Saturated), 47mg Cholesterol, 314mg Sodium, 19g Carbohydrates (8g Fiber, 11g Sugar, 0g Added), 25g Protein, 6% DV Vitamin A, 35% DV Vitamin C, 10% DV Calcium, 12% DV Iron

Cauliflower “Fried Rice”

Ingredients:

- 1 large head cauliflower
- 2 boneless, skinless chicken breasts, cubed
- 2 tablespoons vegetable oil, divided
- 1/4 teaspoon black pepper, divided
- 3/4 cup orange juice
- 2 tablespoons rice wine vinegar
- 1 1/2 tablespoons low-sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon corn starch
- 1 teaspoon fresh ginger, grated
- 2 large eggs, beaten
- 1 cup frozen peas and carrots, mixed
- 3 scallions, sliced, whites & greens divided
- 3 cloves garlic, minced
- 1/2 red bell pepper, diced

Directions:

1. Core and quarter head of cauliflower. Using a hand grater, grate cauliflower into small, rice-like pieces. Set aside.
2. Heat large skillet over medium-high heat with 1 tablespoon of oil. Add cubed chicken, sprinkle with 1/8 teaspoon black pepper. Sauté until cooked through, 6-8 minutes. Remove from skillet and set aside, wipe out skillet and return to burner.
3. While chicken cooks, combine orange juice, rice wine vinegar, soy sauce, honey, cornstarch and ginger in a bowl. Set aside.
4. Reduce heat to medium, spray pan with cooking spray, and add eggs and remaining 1/8 teaspoon black pepper. Scramble until desired consistency. Remove from skillet and set aside. Wipe out skillet and return to burner.

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Cauliflower “Fried Rice”

(continued)

Directions:

5. Add remaining tablespoon of oil to skillet, add peas and carrots, scallion whites, garlic, and bell pepper. Cook until vegetables are softened, 3-4 minutes. Remove from skillet and set aside. Wipe out skillet and return to burner.
6. Raise heat to medium-high, spray with cooking spray and add riced cauliflower. Cook another 5-6 minutes, stirring frequently, until cauliflower becomes slightly crispy.
7. Add cooked chicken, eggs, vegetables and sauce to pan with cauliflower, cook together until sauce thickens, 3-4 minutes. Remove from heat, top with scallion greens. Serve and enjoy!

Yield: 4 servings (1 tilapia fillet and 1 cup ratatouille per serving)

Nutrition Facts: 142 Calories, 3g Fat (1g Saturated), 90mg Cholesterol, 223mg Sodium, 14g Carbohydrates (3g Fiber, 8g Sugar, 3g Added), 15g Protein, 23% DV Vitamin A, 62% DV Vitamin C, 5% DV Calcium, 8% DV Iron

Cheesy Veggie Quesadillas

Ingredients:

- 1 tablespoon vegetable oil
- 1/2 medium Vidalia onion, diced
- 8 ounces white button mushrooms, diced
- 1 clove garlic, minced
- 1 cup frozen corn kernels
- 3 cups fresh baby spinach, chopped
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin
- 2, 10-inch whole wheat tortillas
- 1/3 cup shredded low-fat cheddar cheese
- 1/2 cup plain, fat-free Greek yogurt
- Zest and juice of 1/2 lime
- 1/8 teaspoon cayenne pepper (optional)

Directions:

1. Heat oil in a large skillet over medium heat. Add onion, mushrooms and garlic and sauté for 5-6 minutes until softened. Add corn, spinach, pepper and cumin; cook 1-2 minutes more. Remove from heat.
2. Assemble quesadillas: Set tortillas on a clean work surface. Spread cooked vegetable mixture onto half of each tortilla, dividing evenly. Sprinkle cheese evenly over top of vegetables. Fold remaining half of tortilla over the top and press closed.
3. Heat a griddle over medium-low heat. Spray with cooking spray and add quesadillas. Grill 3-4 minutes per side until slightly browned and cheese is melted.
4. In a small bowl, combine Greek yogurt, zest and juice of 1/2 lime and cayenne pepper (if using). Cut and serve the quesadillas topped with yogurt mixture. Enjoy!

Yield: 4 servings (1/2 quesadilla per serving)

Nutrition Facts: 221 Calories, 6g Fat (1g Saturated), 6mg Cholesterol, 270mg Sodium, 33g Carbohydrates (5g Fiber, 4g Sugar, 0g Added), 12g Protein, 18% DV Vitamin A, 15% DV Vitamin C, 16% DV Calcium, 13% DV Iron

Chicken with Sweet Potato Dumplings

Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 1 cup carrots, sliced
- 1 cup green beans, trimmed and halved
- 1 cup frozen peas
- 1 cup kale, stemmed and chopped
- 2 cloves garlic, minced
- 1/2 teaspoon black pepper, divided
- 1/2 cup all-purpose flour, divided
- 2 cups low-sodium chicken broth
- 3 cups cooked chicken breast, shredded
- 1 medium sweet potato
- 1 cup whole wheat flour
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup buttermilk

Directions:

1. Preheat oven to 400°F. Line two, 12-cup muffin tins with foil liners and set aside. Heat oil in a large skillet over medium-high heat. Add onions and cook 5-6 minutes until soft.
2. Add carrots, green beans, peas, kale, garlic and 1/4 teaspoon pepper to the cooked onions. Stir vegetable mixture occasionally and cook until softened, 6-8 minutes.
3. Add 1/4 cup flour to vegetables, stir and cook 2-3 minutes until raw flavor is cooked out. Whisk broth into vegetables and flour mixture and bring to a boil. Reduce heat to medium-low and simmer until thickened, 3-5 minutes.
4. Add shredded chicken into vegetable mixture. Once combined, spoon mixture into 16 prepared muffin cups, dividing evenly. Set aside.

Continued on next page.

Chicken with Sweet Potato Dumplings

(continued)

Directions:

5. Meanwhile, poke holes in sweet potato with a fork. Microwave on high for 5-8 minutes until soft, turning halfway through. Allow to cool, remove skin and mash potato with a fork or potato masher.
6. In a large bowl, whisk together whole wheat flour with remaining 1/4 cup all-purpose flour, baking soda, salt and remaining 1/4 teaspoon of pepper. Add in mashed sweet potato and buttermilk. Stir to create a thick batter, careful not to overmix.
7. Spoon batter on top of 16 muffin cups with chicken mixture, dividing evenly. Bake for 15-18 minutes or until top is golden brown and knife inserted in the dough comes out clean. Allow to cool slightly before removing from pan. Serve and enjoy!

Yield: 8 servings (2 muffin cups per serving)

Nutrition Facts: 193 Calories, 4g Fat (1g Saturated), 18mg Cholesterol, 385mg Sodium, 29g Carbohydrates (5g Fiber, 5g Sugar, 0g Added), 12g Protein, 44% DV Vitamin A, 27% DV Vitamin C, 8% DV Calcium, 10% DV Iron

Chili Lime Shrimp with Corn Salsa

Ingredients:

- 4 wooden skewers, soaked in water for 30 minutes
- 2 ears fresh corn, peeled & husked
- 16 large raw shrimp, peeled & deveined
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 4 cloves garlic, minced and divided
- Zest and juice of 1 lime
- 1/8 teaspoon chili powder
- 1/8 teaspoon paprika
- 1/16 teaspoon cayenne pepper
- 1 cup low-sodium black beans, drained & rinsed
- 1 tomato, diced
- 1/2 red bell pepper, diced
- 1/4 red onion, diced
- 1/2 jalapeno pepper, minced
- 2 tablespoons chopped parsley
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Directions:

1. Heat an outdoor grill or grill pan to medium-high heat. Spray pan with non-stick cooking spray. Add corn and grill for 20 minutes, turning every 5 minutes until corn is tender. Set aside to cool. Once cool, slice corn from the cob and add to a large mixing bowl.
2. Meanwhile, in a medium bowl, combine 1 teaspoon olive oil with 2 minced garlic cloves, lime zest, chili powder, paprika and cayenne pepper. Add in the shrimp, stir to coat and marinate for 15 minutes.

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Chili Lime Shrimp with Corn Salsa

(continued)

Directions:

3. While shrimp is marinating, prepare salsa. To the large bowl with corn, add 1 tablespoon olive oil, lime juice, black beans, tomato, bell pepper, red onion, jalapeno, parsley, salt and pepper and stir to combine. Set salsa aside to allow flavors to come together.
4. Thread 4 shrimp onto each skewer and grill over medium-high heat for 2 minutes on each side until shrimp are opaque and cooked through.
5. Serve shrimp skewers over salsa and enjoy!

Yield: 4 servings (1 shrimp skewer with 1/2 cup salsa per serving)

Nutrition Facts: 163 Calories, 6g Fat (1g Saturated), 35mg Cholesterol, 312mg Sodium, 22g Carbohydrates (5g Fiber, 5g Sugar, 0g Added), 9g Protein, 10% DV Vitamin A, 64% DV Vitamin C, 5% DV Calcium, 9% DV Iron

Chinese Chicken Lettuce Cups

Ingredients:

- 1 tablespoon vegetable oil
- 1 pound ground chicken breast (99% lean)
- 4 scallions, sliced, whites and greens divided
- 2 garlic cloves, minced
- 1 inch fresh ginger, peeled & minced
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon peanut butter
- 1 tablespoon water
- 1 teaspoon honey
- 1/8 teaspoon cayenne pepper
- 2 carrots, shredded
- 1/4 cup unsalted peanuts, chopped
- 12 Boston lettuce leaves, washed

Directions:

1. Heat oil in a large non-stick skillet over medium heat. Add chicken and white portion of onion. Stir often to break up meat. Cook until chicken is cooked through and no longer pink, add garlic and ginger.
2. In a large bowl, combine soy sauce, rice vinegar, sesame oil, peanut butter, water, honey and cayenne. Microwave for 20-30 seconds then stir until smooth. Add sauce into the skillet with the chicken mixture and cook for 2-3 minutes to allow sauce to thicken.
3. Add shredded carrots and cook 1-2 minutes more. Scoop chicken mixture into lettuce leaves and top with chopped peanuts and green scallion tops. Serve and enjoy!

Yield: 6 servings (2 lettuce cups per serving)

Nutrition Facts: 202 Calories, 11g Fat (2g Saturated), 47mg Cholesterol, 164mg Sodium, 6g Carbohydrates (2g Fiber, 3g Sugar, 1g Added), 20g Protein, 29% DV Vitamin A, 5% DV Vitamin C, 4% DV Calcium, 7% DV Iron

Crispy Topped Baked Chicken

Ingredients:

- 2 medium boneless, skinless chicken breasts
- 1/4 cup fat-free plain Greek yogurt
- 1/2 cup panko breadcrumbs
- 1/2 cup shredded low-fat cheddar cheese
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper

Directions:

1. Preheat oven to 425°F. Trim chicken breasts of excess fat. Press your palm firmly on top of one of the chicken breasts and run your knife parallel to the cutting board, slicing the chicken in half, depth wise, giving you 2 equally thick pieces of chicken. Repeat with other chicken breast.
2. Place your chicken on a rimmed and greased baking sheet. Spread 1 tablespoon Greek yogurt onto each piece of chicken.
3. In a small bowl, combine panko, cheddar cheese, olive oil, garlic powder, onion powder and black pepper. Sprinkle this mixture on top of chicken and press to help it adhere.
4. Bake the chicken for 12-15 minutes until cooked through, juices will run clear when pierced with a knife. Serve alongside a green salad for a quick weeknight meal! Enjoy!

Yield: 4 servings (1/2 chicken breast per serving)

Nutrition Facts: 193 Calories, 7g Fat (2g Saturated), 39mg Cholesterol, 363mg Sodium, 12g Carbohydrates (1g Fiber, 2g Sugar, 1g Added), 20g Protein, 2% DV Vitamin A, 1% DV Vitamin C, 11% DV Calcium, 7% DV Iron

Eggplant and Spinach Rollatini

Ingredients:

- 2 medium eggplants
- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 3 cups fresh baby spinach, chopped
- 2 tablespoons fresh basil, chopped
- 3/4 cup part-skim ricotta cheese
- 2 tablespoons grated parmesan cheese
- 1 1/2 cups low-sodium tomato sauce, divided
- 1/2 cup shredded part-skim mozzarella cheese

Directions:

1. Preheat oven to 450°F. Spray rimmed baking sheet with cooking spray.
2. Slice eggplant lengthwise into 1/4 inch thick slices, arrange in a single layer on baking sheet and lightly coat with cooking spray. Bake for 20 minutes, turning halfway through.
3. Meanwhile, heat oil in a large sauté pan over medium heat. Add garlic and cook for 30 seconds, then add spinach and cook until just wilted, 2 minutes. Remove from heat, set aside to cool. Once cool, add basil, ricotta and parmesan cheese and combine.
4. Reduce oven temperature to 400°F. Spray 8 x 8 inch baking dish with cooking spray. Spoon 1/2 cup sauce into the dish.
5. Spread each slice of eggplant with 2 tablespoons filling and roll up. Place seam side down in prepared baking dish. Top with remaining 1 cup tomato sauce and sprinkle with mozzarella cheese. Bake 15-20 minutes until cheese is melted. Serve and enjoy!

Yield: 4 servings (2 eggplant rollatini per serving)

Nutrition Facts: 250 Calories, 10g Fat (5g Saturated), 25mg Cholesterol, 235mg Sodium, 28g Carbohydrates (10g Fiber, 15g Sugar, 6g Added), 15g Protein, 31% DV Vitamin A, 20% DV Vitamin C, 33% DV Calcium, 13% DV Iron

Fall Quinoa Salad

Ingredients:

- 1 cup quinoa
- 1/4 cup sliced almonds
- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups kale, finely chopped
- 1 Granny Smith apple, diced
- 1/3 cup raisins
- 2 tablespoons parsley, finely chopped

Directions:

1. Cook quinoa according to package directions. Set aside to cool to room temperature.
2. Meanwhile, add almonds to a small dry sauté pan and toast over medium heat for about 3 minutes until fragrant. Set aside to cool.
3. In a large bowl, whisk together cider vinegar, honey, olive oil, salt and pepper. Add chopped kale and toss with hands for 3-5 minutes until kale has softened.
4. To the cider vinegar and kale mixture, add the cooled quinoa, apple, raisins and parsley; toss to combine. Serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 322 Calories, 9g Fat (1g Saturated), 0mg Cholesterol, 171mg Sodium, 54g Carbohydrates (6g Fiber, 20g Sugar, 8g Added), 9g Protein, 25% DV Vitamin A, 60% DV Vitamin C, 10% DV Calcium, 17% DV Iron

Farro Salad with Sweet Pea Pesto

Ingredients:

- 1 cup farro, dry
- 1 1/2 cup frozen peas, defrosted
- 1/4 cup parmesan cheese
- 2 cloves garlic
- 2 tablespoons raw sunflower seeds, hulled
- 1/4 teaspoon black pepper
- 1/4 cup olive oil
- 1/2 cup low-sodium canned white beans, drained and rinsed
- 1 pint cherry or grape tomatoes, quartered
- 1 yellow bell pepper, diced
- Zest of 1/2 lemon

Directions:

1. Cook farro according to package directions. Set aside to cool to room temperature.
2. Meanwhile, combine defrosted peas, parmesan, garlic, sunflower seeds and pepper in a food processor or blender. Pulse until peas are finely chopped and ingredients are well combined. With the food processor running, slowly drizzle in the olive oil until the sauce is smooth.
3. In a large mixing bowl, combine cooled farro, pesto sauce, white beans, tomatoes, bell pepper and lemon zest. Stir to combine, serve and enjoy!

Yield: 8 servings (1/2 cup per serving)

Nutrition Facts: 207 Calories, 10g Fat (2g Saturated), 2mg Cholesterol, 86mg Sodium, 23g Carbohydrates (5g Fiber, 4g Sugar, 0g Added), 7g Protein, 10% DV Vitamin A, 35% DV Vitamin C, 6% DV Calcium, 11% DV Iron

Florentine Stuffed Sweet Potatoes

Ingredients:

- 4 medium sweet potatoes
- 2, 10-ounce packages frozen spinach, thawed
- 1 tablespoon olive oil
- 1 shallot, minced
- 2 cloves garlic, minced
- 6 sun-dried tomatoes, diced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes
- 1/2 cup part-skim ricotta cheese

Directions:

1. Preheat oven to 400°F. Pierce the sweet potatoes with a fork and place on lined baking sheet. Bake for 45-60 minutes until tender. Allow to cool. Use a knife to split the potatoes down the center and use a fork to fluff potato flesh, set aside.
2. Meanwhile, place thawed spinach in a clean kitchen towel or a paper towel and squeeze out excess water. Set spinach aside.
3. Heat oil in a large sauté pan over medium heat. Add shallot and cook 2-3 minutes, until softened. Add garlic and cook 30 seconds more, until fragrant.
4. Add drained spinach, tomatoes, salt, black pepper and red pepper flakes. Cook 2 minutes more. Remove from heat and allow to cool slightly.
5. Stir ricotta cheese into spinach mixture. Top split sweet potatoes with spinach mixture and serve. Enjoy!

Yield: 4 servings (1 stuffed sweet potato per serving)

Nutrition Facts: 289 Calories, 7g Fat (2g Saturated), 10mg Cholesterol, 351mg Sodium, 48g Carbohydrates (11g Fiber, 10g Sugar, 0g Added), 12g Protein, 255% DV Vitamin A, 41% DV Vitamin C, 31% DV Calcium, 32% DV Iron

Garlicky Linguine with Kale and White Beans

Ingredients:

- 8 ounces uncooked linguine
- 1 tablespoon olive oil
- 5 cloves garlic, minced
- 1/2 cup water
- 8 ounces kale, chopped
- 1 (15-ounce) can low-sodium cannellini beans
- 3/4 teaspoon black pepper, divided
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon salt
- Juice of 1/2 lemon

Directions:

1. Cook pasta according to package directions, omitting salt and fat. Reserve 1/4 cup cooking liquid and drain pasta.
2. Heat olive oil and garlic in large skillet over medium heat. When garlic begins to sizzle, add water and kale; cover and cook until kale is tender, stirring occasionally, about 5 minutes.
3. Add beans, 1/2 teaspoon black pepper, red pepper flakes and salt; cook 1 minute or until thoroughly heated, stirring occasionally.
4. Add pasta, reserved 1/4 cup cooking liquid and lemon juice; toss to coat.
5. Sprinkle remaining 1/4 teaspoon black pepper over pasta. Serve immediately and enjoy!

Yield: 6 servings (about 1 cup per serving)

Nutrition Facts: 284 Calories, 4g Fat (1g Saturated), 0mg Cholesterol, 117mg Sodium, 50g Carbohydrates (7g Fiber, 1g Sugar, 0g Added), 14g Protein, 27% DV Vitamin A, 64% DV Vitamin C, 14% DV Calcium, 25% DV Iron

Grilled Chicken & Veggie Skewers with Greek Tzatziki Sauce

Ingredients:

- 8 wooden skewers, soaked in water for 30 minutes
- 2 medium boneless, skinless chicken breasts, cut into 2-inch cubes
- 1 green bell pepper, diced large
- 1 red bell pepper, diced large
- 1 red onion, diced large
- 1 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 1 small cucumber
- 1 cup plain non-fat Greek yogurt
- 2 cloves garlic, minced
- Juice of 1/2 lemon
- 1 tablespoon fresh mint, chopped

Directions:

1. Thread diced chicken onto 4 of the soaked wooden skewers and set aside. Thread the peppers and onions onto the remaining 4 skewers, alternating for color and set aside.
2. In a small mixing bowl, combine dried herbs and 1/8 teaspoon salt and 1/8 teaspoon pepper. Sprinkle herb mixture over chicken and veggie skewers.
3. Heat outdoor grill or grill pan to medium-high heat. Spray pan with cooking spray. Add vegetable skewers to grill and cook, turning often, for about 15 minutes or until lightly charred on the edges.

Continued on next page.

Grilled Chicken & Veggie Skewers with Greek Tzatziki Sauce

(continued)

Directions:

4. About halfway through vegetable cook time, add chicken skewers and cook for 8 minutes, turning halfway through. Remove skewers from grill and set aside.
5. While grilling, prepare tzatziki sauce. Cut cucumber in half lengthwise and use a spoon to scoop out seeds and discard. Grate cucumber onto a paper towel. Squeeze excess water out of cucumber. In a medium mixing bowl, combine grated cucumber, Greek yogurt, garlic, lemon juice, mint and remaining 1/8 teaspoon salt and pepper.
6. Serve yogurt sauce alongside chicken and veggie skewers for dipping. Enjoy!

Yield: 4 servings (1 chicken and 1 veggie skewer with 1/4 cup tzatziki sauce per serving)

Nutrition Facts: 141 Calories, 2g Fat (0g Saturated), 43mg Cholesterol, 391mg Sodium, 11g Carbohydrates (2g Fiber, 6g Sugar, 0g Added), 21g Protein, 9% DV Vitamin A, 91% DV Vitamin C, 11% DV Calcium, 5% DV Iron

Kale Pesto Pasta

Ingredients:

- 1 medium butternut squash, peeled & cut into 1-inch cubes
- 1/2 cup plus 2 tablespoons olive oil, divided
- 1 teaspoon salt, divided
- 1/2 teaspoon black pepper, divided
- 1 box whole wheat penne pasta
- 1/4 cup pumpkin seeds
- 1/2 pound fresh kale, about 1/2 bunch
- 1/4 cup grated parmesan cheese
- 2 cloves fresh garlic

Directions:

1. Preheat oven to 400°F. Toss cubed butternut squash with 2 tablespoons olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Spread squash out into an even layer on a baking sheet and bake for 30 minutes, turning halfway through. Set aside.
2. Meanwhile, cook pasta according to package directions. Reserve 1 cup starchy pasta water, then drain pasta and set aside.
3. Add pumpkin seeds to a dry sauté pan and heat over medium-low heat for 3-4 minutes to toast, transfer to food processor. Add kale leaves, stems removed, remaining 1/2 teaspoon salt, 1/4 teaspoon pepper, parmesan cheese and garlic to food processor. Pulse until kale is finely chopped and ingredients are well combined. With the food processor running, slowly drizzle in the remaining 1/2 cup olive oil until sauce is smooth.
4. In a large mixing bowl, toss together pasta, pesto sauce and roasted squash until combined. Add starchy pasta water to help mix if necessary. Serve and enjoy!

Yield: 12 servings (1 cup per serving)

Nutrition Facts: 258 Calories, 14g Fat (2g Saturated), 1mg Cholesterol, 234mg Sodium, 30g Carbohydrates (4g Fiber, 2g Sugar, 0g Added), 8g Protein, 47% DV Vitamin A, 55% DV Vitamin C, 9% DV Calcium, 11% DV Iron

Lentil Bolognese Over Spaghetti Squash

Ingredients:

- 1 medium spaghetti squash
- 2 tablespoons olive oil
- 1 onion, diced
- 1 stalk celery, diced
- 3 large carrots, peeled and diced
- 6 cloves garlic, minced
- 6-ounce can low-sodium tomato paste
- 15-ounce can low-sodium tomato sauce
- 2, 15-ounce cans low-sodium diced tomatoes
- 2 cups dry lentils, rinsed
- 2 cups water
- 2 tablespoons dried basil
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. Preheat oven to 375°F. Lightly grease a baking sheet. Cut spaghetti squash in half lengthwise and scrape out the seeds. Roast in oven cut-side down for 35-45 minutes. Remove from oven; once cooled, shred squash with a fork and set aside.
2. Meanwhile, heat olive oil in a large skillet. Add onion, celery and carrots. Cook, stirring until softened, about 5-6 minutes. Add garlic and cook 30 seconds more.
3. Add tomato paste and cook, stirring for 1 minute. Add tomato sauce, diced tomatoes, lentils, water, basil, oregano, salt and pepper. Simmer until lentils soften, 20-30 minutes.
4. Plate 1/2 cup spaghetti squash topped with 1/2 cup lentil Bolognese per serving. Enjoy!

Yield: 8 servings (1/2 cup lentil Bolognese and 1/2 cup spaghetti squash per serving)

Nutrition Facts: 287 Calories, 5g Fat (1g Saturated), 1mg Cholesterol, 150mg Sodium, 48g Carbohydrates (16g Fiber, 14g Sugar, 3g Added), 16g Protein, 39% DV Vitamin A, 30% DV Vitamin C, 14% DV Calcium, 44% DV Iron

Mac & Cheese Muffin Cups

Ingredients:

- 1 pound whole grain elbow macaroni (1 box)
- 2, 12-ounce packages frozen pureed butternut squash
- 2 cups fat-free milk
- 2 cups low-fat shredded cheddar cheese
- 1/2 cup part-skim ricotta cheese
- 1 1/2 teaspoons mustard powder
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 cup panko breadcrumbs
- 1/4 cup grated parmesan cheese
- 2 tablespoons fresh parsley, chopped

Directions:

1. Cook macaroni according to package directions. Drain and set aside.
2. Preheat oven to 400°F. Using a muffin pan, line 18 muffin cups with foil liners and spray the liners with cooking spray. Set aside.
3. Meanwhile, add frozen squash and milk to a large saucepan and cook over low heat, stirring occasionally until squash is defrosted and smooth. Turn up the heat and bring sauce to a simmer.
4. Remove sauce from heat and stir in cheddar, ricotta, mustard powder, paprika, black pepper, cayenne, pepper and salt. Add in cooked macaroni and stir to combine.
5. Portion macaroni into prepared muffin cups.

Continued on next page.

Mac & Cheese Muffin Cups

(continued)

Directions:

6. In a small bowl, combine breadcrumbs, parmesan cheese and parsley. Sprinkle mixture over macaroni and cheese. Bake for 12-15 minutes and then broil for 2 minutes until tops are golden brown. Serve and enjoy!

Yield: 24 servings (1 muffin cup per serving)

Nutrition Facts: 115 Calories, 2g Fat (1g Saturated), 5mg Cholesterol, 121mg Sodium, 19g Carbohydrates (2g Fiber, 2g Sugar, 0g Added), 7g Protein, 22% DV Vitamin A, 7% DV Vitamin C, 11% DV Calcium, 5% DV Iron

Mediterranean Quinoa Salad

Ingredients:

- 1 cup quinoa
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Juice of 1/2 lemon
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup cherry tomatoes, quartered
- 1 small yellow bell pepper, diced
- 1 small cucumber diced
- 1/2 cup reduced fat feta cheese, crumbled
- 1 tablespoon chopped fresh dill

Directions:

1. Cook quinoa according to package directions. Set aside to cool to room temperature.
2. In a large bowl, whisk together olive oil, garlic, lemon juice, salt and pepper.
3. Add cooled quinoa, cherry tomatoes, bell pepper, cucumber, feta cheese and dill to bowl and mix to combine evenly with dressing.
4. Allow to sit for 30 minutes to one hour for flavors to combine. Serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 254 Calories, 10g Fat (4g Saturated), 17mg Cholesterol, 262mg Sodium, 33g Carbohydrates (5g Fiber, 4g Sugar, 0g Added), 9g Protein, 6% DV Vitamin A, 58% DV Vitamin C, 13% DV Calcium, 13% DV Iron

Pan Seared Chicken with Jersey Tomatoes & Balsamic Glaze

Ingredients:

- 1 cup quinoa
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Juice of 1/2 lemon
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup cherry tomatoes, quartered
- 1 small yellow bell pepper, diced
- 1 small cucumber diced
- 1/2 cup reduced fat feta cheese, bled
- 1 tablespoon chopped fresh dill

Directions:

1. Trim chicken breasts of excess fat. Press your palm firmly on top of one of the chicken breasts and run your knife parallel to the cutting board, slicing the chicken in half, depth wise, giving you 2 equally thick pieces of chicken. Repeat with the other chicken breast.
2. Combine 1 tablespoon olive oil, 2 cloves minced garlic and 2 tablespoons basil leaves in a small mixing bowl. Place mixture in a zip top plastic bag along with halved chicken breasts and toss the chicken in the marinade. Set aside to marinate for 15 minutes.
3. Meanwhile, combine balsamic vinegar and honey in a small sauce pan and bring to a boil. Reduce to a simmer and cook for 12-15 minutes until sauce is thickened.

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Pan Seared Chicken with Jersey Tomatoes & Balsamic Glaze

(continued)

Directions:

4. Combine diced tomatoes with remaining 2 cloves of garlic and 1/4 cup basil leaves in a small mixing bowl and set aside.
5. Heat remaining 1 tablespoon olive oil in a large sauté pan over medium-high heat. Add chicken breasts, 2 at a time, to the pan and cook for 3 minutes on each side until chicken is a light golden brown color. Repeat with remaining chicken breasts.
6. Plate chicken breast halves topped with 1/4 cup tomato mixture and drizzled with balsamic glaze. Serve alongside a green salad for a tasty summer meal!

Yield: 4 servings (1/2 chicken breast with tomato and balsamic glaze topping per serving)

Nutrition Facts: 295 Calories, 11g Fat (2g Saturated), 84mg Cholesterol, 88mg Sodium, 16g Carbohydrates (2g Fiber, 12g Sugar, 4g Added), 32g Protein, 10% DV Vitamin A, 25% DV Vitamin C, 5% DV Calcium, 10% DV Iron

Roasted Veggies with Warm Farro

Ingredients:

- 2 carrots, peeled and sliced into 1/2-inch rounds
- 2 parsnips, peeled and sliced into 1/2-inch rounds
- 8 ounces Brussels sprouts, trimmed and halved
- 1/4 cup olive oil, divided
- 1/4 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 1 cup farro, dry
- 1 tablespoon apple cider vinegar
- 2 teaspoons Dijon mustard
- 1/4 cup pecans, roughly chopped
- 1/4 cup raisins

Directions:

1. Preheat oven to 400°F. On a greased baking sheet, toss carrots, parsnips and Brussels sprouts with 2 tablespoons olive oil, 1/8 teaspoon salt and 1/8 teaspoon pepper. Roast 20-25 minutes, turning halfway through, until cooked through and crisp on the edges.
2. Cook farro according to package directions.
3. In a small bowl, combine remaining 2 tablespoons olive oil, remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, cider vinegar and Dijon mustard.
4. In a dry sauté pan, toast the pecans over medium heat until fragrant, 2-3 minutes.
5. In a large mixing bowl, combine roasted veggies, cooked farro, dressing, toasted pecans and raisins. Serve and enjoy!

Yield: 8 servings (1/2 cup per serving)

Nutrition Facts: 201 Calories, 10g Fat (1g Saturated), 0mg Cholesterol, 108 mg Sodium, 24g Carbohydrates (4g Fiber, 6g Sugar, 0g Added), 4g Protein, 19% DV Vitamin A, 18% DV Vitamin C, 3% DV Calcium, 8% DV Iron

Roasted Salmon with Summer Salsa

Ingredients:

- 4 skinless salmon fillets (about 4 ounces each)
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 mangoes, diced
- 2 peaches, peeled and diced
- 1/2 small red onion, diced
- 1/2 jalapeno pepper, minced or green bell pepper for less spice!
- 2 tablespoons parsley, chopped
- Juice of 2 limes

Directions:

1. Preheat oven to 350°F. Grease a baking sheet with cooking spray. Sprinkle the salmon fillets with salt and pepper and place on baking sheet. Bake for 10-12 minutes or until cooked through.
2. While fish cooks, prepare salsa. Combine mangoes, peaches, onion, jalapeno, parsley and lime juice in a medium bowl.
3. Serve salmon fillets topped with 1/4 cup salsa. Enjoy!

Yield: 4 servings (1 salmon fillet and 1/4 cup salsa per serving)

Nutrition Facts: 265 Calories, 7g Fat (1g Saturated), 61mg Cholesterol, 210 mg Sodium, 26g Carbohydrates (3g Fiber, 21g Sugar, 0g Added), 26g Protein, 21% DV Vitamin A, 74% DV Vitamin C, 4% DV Calcium, 6% DV Iron

Salmon Pesto Packets

Ingredients:

- 4 (3-ounce) skinless salmon fillets
- 1 bunch of asparagus, ends trimmed
- 2 teaspoons olive oil
- 1/2 teaspoon black pepper, divided
- 4 teaspoons fresh lemon juice, divided
- 1 pint grape tomatoes, halved

Directions:

1. Preheat oven to 400°F. Cut 4 pieces of aluminum foil into 14-inch lengths.
2. Prepare the pesto. In a food processor, blend basil, sunflower seeds, parmesan cheese, garlic, salt and 1/16 teaspoon pepper. Pulse until basil is finely chopped and all ingredients are combined. With the food processor running, drizzle 2 tablespoons olive oil into mix until sauce is smooth.
3. Toss asparagus with 2 teaspoons olive oil and 1/4 teaspoon pepper. Season both sides of salmon with remaining 1/4 teaspoon of pepper.
4. Place 1/4 prepared asparagus onto foil sheet. Top with 1 salmon fillet. Spread 1 tablespoon pesto on salmon and drizzle with one teaspoon lemon juice. Sprinkle 1/4 cup halved tomatoes on top of salmon. Wrap sides of foil in, roll and crimp edges leaving air space at the top of the packet.

Pesto

- 1/2 cup packed fresh basil leaves
- 1 teaspoon, raw hulled sunflower seeds
- 1 tablespoon grated parmesan cheese
- 1 clove garlic, chopped
- 1/16 teaspoon salt
- 1/16 teaspoon black pepper
- 2 tablespoons olive oil

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Salmon Pesto Packets

(continued)

Directions:

5. Repeat with remaining ingredients to create 4 salmon packets total.
6. Place side by side on baking sheet and bake until salmon is cooked through, about 15-18 minutes. Enjoy!

Yield: 4 servings (1 salmon fillet)

Nutrition Facts: 268 Calories, 20g Fat (3g Saturated), 47mg Cholesterol, 110mg Sodium, 5g Carbohydrates (2g Fiber, 2g Sugar, 0g Added), 18g Protein, 7% DV Vitamin A, 22% DV Vitamin C, 5% DV Calcium, 5% DV Iron

Sheet Pan Chicken Fajitas

Ingredients:

- 2 boneless, skinless chicken breasts, sliced into thin strips
- 1 large onion, halved and thinly sliced
- 1 red bell pepper, sliced into thin strips
- 1 yellow bell pepper, sliced into thin strips
- 2 clove garlic, minced
- 1 tablespoon olive oil
- 2 limes, divided
- 8 corn tortillas
- 1 tablespoon chili powder
- 1/2 tablespoon cumin
- 1 teaspoon cornstarch
- 3/4 teaspoon paprika
- 1/8 teaspoon salt
- 1/4 teaspoon cayenne pepper, divided
- 1/2 cup plain, fat-free Greek yogurt

Directions:

1. Preheat oven to 425°F. Cover a rimmed baking sheet with foil and spray with cooking spray. Place sliced chicken, onions, peppers and garlic on the baking sheet and drizzle with olive oil.
2. In a small bowl, combine chili powder, cumin, cornstarch, paprika, salt and 1/8 teaspoon cayenne pepper. Sprinkle spice mixture over chicken and vegetables. Toss to coat.
3. Bake chicken and vegetables for 25-30 minutes, tossing halfway through, until chicken is cooked through and no longer pink in the center.

Continued on next page.

Sheet Pan Chicken Fajitas

(continued)

Directions:

4. Meanwhile, zest and juice 1/2 lime and combine with Greek yogurt and remaining 1/8 teaspoon cayenne pepper.
5. Toast corn tortillas on stove or warm in microwave for 30 seconds. Slice remaining lime into wedges.
6. Serve fajitas family style with Greek yogurt topping and lime wedges. Enjoy!

Yield: 4 servings (2 fajitas per serving)

Nutrition Facts: 292 Calories, 7g Fat (1g Saturated), 43mg Cholesterol, 236mg Sodium, 33g Carbohydrates (6g Fiber, 5g Sugar, 0g Added), 23g Protein, 14% DV Vitamin A, 141% DV Vitamin C, 13% DV Calcium, 15% DV Iron

Southwestern Quinoa Stuffed Peppers

Ingredients:

- 1 cup quinoa
- 1 tablespoon olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 cup low-sodium black beans, drained and rinsed
- 1 cup frozen cup, thawed
- 4 cups baby spinach
- 1/8 teaspoon black pepper
- 1/8 teaspoon chili powder
- 1/8 teaspoon paprika
- 1/16 teaspoon cayenne pepper
- 1/2 cup low-fat shredded cheddar cheese, divided
- 4 bell peppers, tops cut off, seeds and ribs removed

Directions:

1. Preheat oven to 425°F. Grease an 8 x 8 inch baking dish.
2. Cook quinoa according to package directions. Set aside.
3. Heat oil in a large sauté pan over medium heat. Add onion and cook for 4-5 minutes until softened. Add garlic, black beans, corn and spinach and cook until spinach, lime zest and juice, salt, pepper, chili powder, paprika and cayenne pepper, and cook until spinach is wilted.
4. In a large bowl, combine quinoa, cooked vegetables and 1/4 cup cheddar cheese.

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Southwestern Quinoa Stuffed Peppers

(continued)

Directions:

5. Fill peppers with quinoa mixture and place in prepared baking dish, standing up. Top peppers with remaining 1/4 cup cheese and cover with foil.
6. Bake 15 minutes, then remove foil and broil 1-2 minutes until cheese is melted.

Yield: 4 servings (1 stuffed pepper per serving)

Nutrition Facts: 382 Calories, 8g Fat (2g Saturated), 3mg Cholesterol, 370mg Sodium, 33g Carbohydrates (14g Fiber, 12g Sugar, 0g Added), 20g Protein, 170% DV Vitamin A, 390% DV Vitamin C, 37% DV Calcium, 57% DV Iron

Spinach Lasagna Spirals

Ingredients:

- 8 whole wheat lasagna noodles
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 3 cups fresh baby spinach, chopped
- 3/4 cup part-skim ricotta cheese
- 2 tablespoons grated parmesan cheese
- 1 1/2 cups low-sodium tomato sauce, divided
- 1/2 cup part-skim mozzarella cheese

Directions:

Preheat oven to 375°F. Spray an 8 x 8 inch casserole dish with cooking spray.

1. Bring a large pot of water to a boil. Cook lasagna noodles according to package directions. Place noodles on wax paper or other non-stick surface and allow to cool.
2. Meanwhile, heat oil in large sauté pan over medium heat. Add the garlic and cook for 30 seconds then add chopped spinach and cook until just wilted, about 2 minutes. Remove spinach from heat and set aside to cool. Once cool, add ricotta and parmesan cheese and combine.
3. Spoon 1/2 cup tomato sauce into the bottom of the casserole dish.

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Spinach Lasagna Spirals

(continued)

Directions:

5. Prepare the lasagna spirals: spread 2 tablespoons spinach mixture on the first lasagna noodle, top with 1 tablespoon of tomato sauce. Starting at one end, roll the noodle from end to end creating a spiral pattern. Transfer lasagna to prepared baking sheet, seam side down. Repeat this step with the remaining noodles and spinach mixture.
6. Top the spirals with the remaining 1/2 cup tomato sauce and sprinkle with mozzarella cheese. Bake for 15-20 minutes until cheese is melted. Enjoy!

Yield: 4 servings (2 lasagna spirals per serving)

Nutrition Facts: 395 Calories, 13g Fat (5g Saturated), 26mg Cholesterol, 221mg Sodium, 53g Carbohydrates (7g Fiber, 7g Sugar, 6g Added Sugar), 20g Protein, 30% DV Vitamin A, 11% DV Vitamin C, 33% DV Calcium, 18% DV Iron

Summer Quinoa Salad with Arugula & Watermelon

Ingredients:

- 1 cup quinoa
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 2 cups watermelon, cut into small cubes
- 2 cups baby arugula
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh mint, roughly chopped
- 2 tablespoons walnuts, roughly chopped

Directions:

1. Cook quinoa according to package directions. Set aside to cool to room temperature.
2. Meanwhile, whisk together lemon juice, olive oil, pepper and salt in a small bowl and set aside.
3. In a large bowl, combine cooled quinoa, watermelon, arugula, cherry tomatoes, mint, walnuts and dressing. Toss together, serve and enjoy!

Yield: 6 servings (1 cup per serving)

Nutrition Facts: 199 Calories, 10g Fat (1g Saturated), 0 mg Cholesterol, 63mg Sodium, 24g Carbohydrates (3g Fiber, 5g Sugar, 0g Added Sugar), 5g Protein, 5% DV Vitamin A, 14% DV Vitamin C, 4% DV Calcium, 10% DV Iron

Turkey Mushroom Sloppy Joes

Ingredients:

- 1 tablespoon olive oil
- 1/2 pound 93% lean ground turkey
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 8 ounces white button mushrooms, diced
- 1 carrot, peeled and diced
- 1 medium onion, diced
- 1/2 green bell pepper, diced
- 2 cloves garlic, minced
- 2 tablespoons low-sodium tomato paste
- 1 tablespoon red wine vinegar
- 1 tablespoon Worcestershire sauce
- 2 cups low-sodium tomato sauce
- 3 large (6-inch across) whole-wheat pita, halved

Directions:

1. Heat oil in large skillet over medium heat. Add ground turkey to pan, breaking it apart as it cooks. Season with black pepper and paprika. Cook until meat is browned.
2. Add in diced mushroom, carrots, onion, bell pepper, garlic, tomato paste, vinegar and Worcestershire sauce. Cook for 5-10 minutes, until vegetables are softened.
3. Add low-sodium tomato sauce, simmer for 5 more minutes, or until sauce becomes thick.
4. Open a halved pita, fill with about 1/2 cup sloppy joe mixture. Repeat with remaining halves. Serve 1 sloppy joe half with a salad or veggies of your choice and enjoy!

Yield: 6 servings (1 filled pita pocket per serving)

Nutrition Facts: 245 Calories, 7g Fat (1g Saturated), 23 mg Cholesterol, 272 mg Sodium, 36 g Carbohydrates (6g Fiber, 8g Sugar, 6g Added), 12g Protein, 18% DV Vitamin A, 23% DV Vitamin C, 5% DV Calcium, 16% DV Iron

Turkey Stuffed Zucchini Boats

Ingredients:

- 4 small zucchini
- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 8 ounces 93% lean ground turkey
- 2 cloves garlic, minced
- 14.5-ounce can no-salt added diced tomatoes
- 1/4 teaspoon red pepper flakes (optional)
- 4 cups spinach, roughly chopped
- 1/4 cup panko breadcrumbs
- 1/4 cup grated parmesan cheese
- 2 tablespoons fresh parsley, roughly chopped

Directions:

1. Preheat oven to 400°F. Spray a 13 x 9 inch baking dish with non-stick cooking spray.
2. Cut zucchini in half lengthwise and use a spoon to scoop out the seeds and some of the flesh, leaving a layer of flesh in the zucchini. Roughly chop the zucchini seeds and flesh and set aside. Place the zucchini halves in the prepared baking dish.
3. Heat oil in a large sauté pan over medium heat. Add onions and cook 3-4 minutes until softened. Add ground turkey, zucchini flesh and garlic and cook 4-5 minutes until no longer pink.

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Turkey Stuffed Zucchini Boats

(continued)

Directions:

4. Add diced tomatoes, black pepper, and red pepper flakes (if using) to turkey mixture and bring to a simmer. Allow to simmer for 5-6 minutes until sauce is slightly thickened. Stir in spinach and cook 2 minutes more until spinach is wilted.
5. Meanwhile, in a small bowl combine breadcrumbs, parmesan and parsley.
6. Spoon turkey and vegetable mixture into zucchini halves, dividing evenly. Sprinkle each zucchini half with breadcrumb mixture.
7. Bake 20 minutes until top is golden brown. Serve with crispy green salad and enjoy!

Yield: 4 servings (2 zucchini halves per serving)

Nutrition Facts: 257 Calories, 8g Fat (2g Saturated), 33 mg Cholesterol, 190mg Sodium, 31g Carbohydrates (8g Fiber, 15g Sugar, 0g Added), 21g Protein, 31% DV Vitamin A, 61% DV Vitamin C, 26% DV Calcium, 24% DV Iron

Turkey Taco Lettuce Cups

Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 8 ounces 93% lean ground turkey
- 2 cloves garlic, minced
- 8 ounces button mushrooms, diced
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 2 teaspoons cornstarch
- 1 1/2 teaspoons paprika
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2/3 cup water
- 12 leave Boston or Bibb lettuce

Directions:

1. Heat oil in a large sauté pan over medium heat. Add onions and cook 3-4 minutes until softened. Add ground turkey and garlic and cook 4-5 minutes until no longer pink.
2. Add diced mushrooms and cook 2-3 minutes more until mushrooms are soft.
3. Meanwhile in a small bowl, combine chili powder, cumin, cornstarch, paprika, salt and cayenne pepper.
4. Once mushrooms are softened, add spice mixture and water to pan and bring to a simmer. Simmer for 2-3 minutes until liquid has thickened.
5. Fill lettuce leaves with taco mixture and add your favorite toppings. Serve and enjoy!

Yield: 6 servings (2 lettuce cups per serving)

Nutrition Facts: 91 Calories, 4g Fat (1g Saturated), 19mg Cholesterol, 323mg Sodium, 6g Carbohydrates (2g Fiber, 1g Sugar, 0g Added), 10g Protein, 12% DV Vitamin A, 3% DV Vitamin C, 3% DV Calcium, 11% DV Iron

Vegetable Stir Fry

Ingredients:

- 1 tablespoon vegetable oil
- 1 red bell pepper, julienned
- 1 yellow bell pepper, julienned
- 2 scallions, sliced, white and greens separated
- 1 small zucchini, halved lengthwise and sliced into half moons
- 1 carrot, shredded
- 3 cups bok choy, thinly sliced
- 1/2 cup snow peas
- 1 1/2 tablespoons low-sodium soy sauce
- 1 tablespoon sesame oil
- 1 1/2 cup cooked brown rice
- 1 tablespoon sesame seeds

Directions:

1. Heat oil in large sauté pan over medium high heat.
2. Add bell peppers, scallion whites and garlic; cook 3-4 minutes until softened.
3. Add zucchini, carrot and bok choy; cook 3-4 minutes more until bok choy is wilted and zucchini is browned.
4. Add snow peas; cook 1-2 minutes more.
5. Add soy sauce and sesame oil; cook 2-3 minutes more to finish.
6. Serve vegetable mixture, dividing evenly over 1/4 cup of cooked brown rice. Top with sliced scallion greens and sesame seeds. Enjoy!

Yield: 6 servings (1/2 cup veggies plus 1/4 cup rice per serving)

Nutrition Facts: 134 Calories, 6g Fat (1g Saturated), 0mg Cholesterol, 180mg Sodium, 18g Carbohydrate (3g Fiber, 3g Sugar, 0g Added), 3g Protein, 29% DV Vitamin A, 115% DV Vitamin C, 6% DV Calcium, 6% DV Iron

Waldorf Chicken Salad in Lettuce Cups

Ingredients:

- 2 boneless, skinless chicken breasts
- 1/4 teaspoon, salt, divided
- 1/4 cup walnuts
- 1/4 cup plain, non-fat Greek yogurt
- 2 tablespoons olive oil
- 2 tablespoons cider vinegar
- Juice of 1 lemon
- 1/8 teaspoon black pepper
- 1 small apple, diced
- 1 cup seedless red grapes, diced
- 1/4 cup raisins
- 12 leaves Boston or Bibb lettuce

Directions:

1. Place chicken breasts in a large pot and cover with water. Add 1/8 teaspoon salt and bring to a boil. Boil for 30 minutes and set aside. Once cooled, shred chicken with 2 forks.
2. Meanwhile, add walnuts to a small dry sauté pan and toast over medium heat for about 3 minutes until fragrant. Set aside to cool. Roughly chop walnuts once cooled.
3. Combine yogurt, olive oil, vinegar, lemon juice, pepper and remaining 1/8 teaspoon salt in a large mixing bowl.
4. Add shredded chicken, toasted walnuts, apple, grapes, celery and raisins to the dressing. Fill lettuce cups with chicken salad, serve and enjoy!

Yield: 6 Servings (2 lettuce cups per serving)

Nutrition Facts: 353 Calories, 15g Fat (2g Saturated), 85mg Cholesterol, 237mg Sodium, 22g Carbohydrate (2g Fiber, 16g Sugar, 0g Added), 34g Protein, 7% DV Vitamin A, 12% DV Vitamin C, 6% DV Calcium, 11% DV Iron

Walnut Crusted Salmon with Grilled Asparagus

Ingredients:

- 1 pound salmon fillet, cut into 4 equal portions
- 1/3 cup panko breadcrumbs
- 1/3 cup walnuts, finely chopped
- 1/4 teaspoon black pepper, divided
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 bunch of asparagus, ends trimmed
- 1/8 teaspoon garlic powder
- 1/8 teaspoon red pepper flakes (optional)

Directions:

1. Preheat oven to 400°F. Combine panko, chopped walnuts, 1/4 teaspoon of olive oil and 1/8 teaspoon pepper in small bowl.
2. In a separate bowl, combine Dijon mustard and honey to make a glaze.
3. Place salmon fillets skin side down, on a greased baking sheet. Brush tops of fillets with honey-mustard glaze, dividing evenly. Press walnut panko crust on top of glaze. Bake until salmon is cooked through, about 12-14 minutes.

Continued on next page.

Walnut Crusted Salmon with Grilled Asparagus

(continued)

Directions:

4. Meanwhile, combine remaining 1 tablespoon olive oil, garlic powder, paprika, remaining 1/8 teaspoon pepper and red pepper flakes, if using, in a large bowl. Toss asparagus spears to coat in oil mixture.
5. Heat grill pan over medium-high heat. Grill asparagus for 5-7 minutes, turning occasionally.
6. Serve 1 salmon fillet with asparagus and enjoy!

Yield: 4 Servings (1 salmon fillet + 1/4 grilled asparagus per serving)

Nutrition Facts: 358 Calories, 22g Fat (4g Saturated), 61mg Cholesterol, 171mg Sodium, 15g Carbohydrate (2g Fiber, 6g Sugar, 5g Added), 25g Protein, 4% DV Vitamin A, 10% DV Vitamin C, 6% DV Calcium, 14% DV Iron

Zucchini Noodles with Fresh Cherry Tomato Sauce

Ingredients:

- 1/4 cup olive oil, divided
- 4 cloves garlic, minced
- 2 pints cherry tomatoes, halved
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup fresh basil leaves, chopped
- 2 medium zucchini
- 1/4 cup grated parmesan cheese

Directions:

1. In a large sauté pan, heat 2 tablespoons olive oil over medium heat. Add garlic and cook until just fragrant, about 30 seconds. Add halved tomatoes to the pan, cover and simmer for 8-10 minutes until tomatoes are slightly softened.
2. Stir in salt and black pepper. Using a potato masher, or fork, smash tomatoes down releasing their juices. Cover again and simmer 5 more minutes or until tomatoes are completely softened.
3. Mash sauce again with potato masher if you prefer less chunky sauce. Stir in chopped basil and set aside.

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Zucchini Noodles with Fresh Cherry Tomato Sauce

(continued)

Directions:

4. While sauce cooks, prepare zucchini noodles. Using a vegetable peeler, peel thin strips of zucchini, lengthwise into long ribbons and set aside. Or use vegetable spiralizer to create noodles.
5. Once sauce is ready, heat 2 tablespoons olive oil over medium-high heat in a separate large sauté pan. Add zucchini noodles and toss for 1-2 minutes until just warmed. Serve immediately.
6. Serve zucchini noodles topped with fresh cherry tomato sauce and 1 tablespoon grated parmesan cheese.

Yield: 4 servings (1/2 cup noodles with 1/2 cup sauce and 1 tablespoon cheese per serving)

Nutrition Facts: 209 Calories, 16g Fat (3g Saturated), 4mg Cholesterol, 232mg Sodium, 15g Carbohydrate (4g Fiber, 9g Sugar, 0g Added), 5g Protein, 14% DV Vitamin A, 40% DV Vitamin C, 13% DV Calcium, 7% DV Iron

Soups, Salads and Sides



Avocado Ranch Dressing

Ingredients:

- 1 ripe avocado
- 3/4 cup low-fat buttermilk
- 1/2 cup plain non-fat Greek yogurt
- 1 clove garlic, minced
- Juice of 1/2 lemon
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons fresh chives, chopped

Directions:

1. Slice through the avocado lengthwise until you feel your knife hit the pit. Continue slicing around the pit in a full circle around the avocado. Twist the avocado until it releases from the pit and you have 2 halves. Use a spoon to remove the pit, then scoop the flesh into a food processor blender.
2. Add remaining ingredients, except chives to food processor or blender and blend until smooth and the mixture runs off of the back of a spoon.
3. Add chopped chives to mixture and pulse 2-3 times to evenly distribute chives throughout the dressing.
4. Serve over your favorite salad greens or as a dip alongside crunchy veggies.

Yield: 12 servings (2 tablespoons per serving)

Nutrition Facts: 32 Calories, 2g Fat (0g Saturated), 1mg Cholesterol, 119mg Sodium, 3g Carbohydrates (1g Fiber, 1g Sugar), 2g Protein, 1% DV Vitamin A, 3% DV Vitamin C, 3% DV Calcium, 1% DV Iron

Balsamic Roasted Vegetables

Ingredients:

- 2 carrots, peeled and sliced into 1/2-inch rounds
- 2 parsnips, peeled and sliced into 1/2-inch rounds
- 8 ounces Brussels sprouts, trimmed and halved
- 2 1/2 tablespoons olive oil, divided
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cloves fresh garlic, minced
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon dried rosemary

Directions:

1. Preheat oven to 400°F. On a greased baking sheet, toss carrots, parsnips and Brussels sprouts with 2 tablespoons olive oil, salt and pepper. Heat 20-25 minutes, turning halfway through, until cooking through and crisp on the edges.
2. In a small bowl, combine remaining 1/2 tablespoon olive oil with garlic, balsamic vinegar and rosemary. Set aside.
3. Remove baking sheet from oven and turn on broiler, or heat oven to 500°F. Drizzle vegetables with balsamic mixture and place under broiler for 2-3 minutes. Serve and enjoy!

Yield: 6 servings (1/2 cup per serving)

Nutrition Facts: 100 Calories, 6g Fat (1g Saturated), 0mg Cholesterol, 123mg Sodium, 11g Carbohydrates (3g Fiber, 0g Sugar), 2g Protein, 26% DV Vitamin A, 41% DV Vitamin C, 4% DV Calcium, 4% DV Iron

Balsamic Vinaigrette Dressing

Ingredients:

- 1/4 cup balsamic vinegar
- 2 teaspoons honey
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/3 cup olive oil

Directions:

1. Add first 5 ingredients into a jar with a tight-fitting lid and whisk until well combined.
2. Add in olive oil, tightly close the lid and shake dressing until the mixture is smooth and oil is evenly distributed.

Yield: 6 servings (2 tablespoons per serving)

Nutrition Facts: 124 Calories, 12g Fat (2 g Saturated), 0mg Cholesterol, 100mg Sodium, 4g Carbohydrates (0g Fiber, 4g Sugar, 2g Added), 0g Protein, 0% DV Vitamin A, 0% DV Vitamin C, 1% DV Calcium, 1% DV Iron

Butternut Squash & White Bean Soup

Ingredients:

- 1 medium butternut squash, about 2 pounds
- 1 tablespoon olive oil
- 1 medium sweet onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1, 15-ounce can low-sodium white beans, drained and rinsed

Directions:

1. Prepare the squash: trim the ends off the squash and peel. Cut in half and scoop out the seeds. Dice the squash into small cubes and set aside.
2. Heat olive oil in a large pot with high sides. Add onion and garlic and sauté for 3-4 minutes until softened.
3. Add in squash, white beans and vegetable broth. Cover and bring to a boil.
4. Reduce heat and simmer for 15-20 minutes. Season with pepper, nutmeg and salt.
5. Remove from heat and allow to cool for 10 minutes. Then pour half the soup into a blender with the center piece removed from the lid to allow steam to escape. Blend until smooth. Repeat with remaining half of soup, then combine. Or, use an immersion blender to puree soup. Serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 244 Calories, 4g Fat (1g Saturated), 0mg Cholesterol, 351mg Sodium, 46g Carbohydrates (9g Fiber, 8g Sugar), 10g Protein, 106% DV Vitamin A, 44% DV Vitamin C, 14% DV Calcium, 16% DV Iron

Sweet Potato Coconut Soup

Ingredients:

- 1 1/2 tablespoon olive oil, divided
- 1 small Vidalia onion, diced
- 3 cloves garlic, minced
- 1 large sweet potato, peeled and diced
- 2 tablespoons curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper (optional)
- 3 cups coconut milk beverage, unsweetened
- 1 cup low-sodium chickpeas, drained and rinsed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika

Directions:

1. Heat 1 tablespoon olive oil in a large stockpot over medium heat. Add onion and cook 4-5 minutes until softened. Add garlic and cook 30 seconds more.
2. Add sweet potatoes, curry powder, salt, pepper and cayenne, if using. Cook 5 minutes longer. Add coconut milk and cover. Bring to a simmer, reduce heat to low and simmer for 20-25 minutes until sweet potatoes are soft.
3. Meanwhile, place the drained and rinsed chickpeas into a clean dish towel or paper towels and dry well; transfer to a mixing bowl. Add remaining 1/2 tablespoon olive oil, garlic powder, onion powder and paprika; stir to combine.

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Sweet Potato Coconut Soup

(continued)

Directions:

4. Heat a large skillet over medium heat and add chickpeas. Toast 12-15 minutes until warmed through and slightly crunchy.
5. Once potatoes are soft, remove soup from heat and allow to cool slightly. Pour half the soup into a blender with the center piece removed from the lid to allow steam to escape. Blend until smooth. Repeat with remaining half of soup, then combine. Or, use an immersion blender to puree soup.
6. Serve soup in a bowl topped with crunchy chickpeas and enjoy!

Yield: 4 servings (1 cup soup plus 1/4 cup chickpeas per serving)

Nutrition Facts: 168 Calories, 10g Fat (4g Saturated), 0mg Cholesterol, 221mg Sodium, 19g Carbohydrate (5g Fiber, 4g Sugar, 0g Added Sugar), 3g Protein, 50% DV Vitamin A, 5% DV Vitamin C, 12% DV Calcium, 10% DV Iron

Creamy Broccoli Soup

Ingredients:

- 1 tablespoon olive oil
- 1 medium sweet onion, diced
- 2 cloves garlic, minced
- 1 tablespoon whole wheat flour
- 3 cups low-sodium vegetable broth
- 1 large head broccoli, chopped into florets
- 2 medium russet potatoes, peeled and diced
- 1/4 teaspoon black pepper
- 1 cup fat-free milk
- Fresh chives or parsley (optional)

Directions:

1. Heat olive oil in a large pot with high sides. Add onion and garlic and sauté for 3-5 minutes until softened.
2. Add in flour and stir until raw flour flavor is cooked out, 1-2 minutes. Add in vegetable broth and bring to a boil.
3. Once boiling, add broccoli and potatoes and cover. Reduce heat to a simmer and cook 15-20 minutes until broccoli and potatoes are soft and can be pierced with a fork.
4. Remove from heat and allow to cool slightly. Pour half the soup into a blender with the center piece removed from the lid to allow steam to escape. Blend until smooth. Repeat with remaining half of soup, then combine. Or, use an immersion blender to puree soup.
5. Return soup to pot and heat over low heat, add in milk and stir. Heat through and top with your favorite herbs like chives or parsley. Serve and enjoy!

Yield: 8 servings (1 cup per serving)

Nutrition Facts: 117 Calories, 3g Fat (0g Saturated), 1mg Cholesterol, 69mg Sodium, 19g Carbohydrates (4g Fiber, 4g Sugar), 6g Protein, 6% DV Vitamin A, 106% DV Vitamin C, 9% DV Calcium, 7% DV Iron

Creamed Kale

Ingredients:

- 2 tablespoons olive oil
- 1 Vidalia onion, diced
- 4 cloves garlic, minced
- 2 pounds kale, stems removed and finely chopped
- 1 cup plain, non-fat Greek yogurt
- 1/4 cup Parmesan cheese
- 1/2 teaspoon black pepper

Directions:

1. Heat olive oil in a large sauté pan over medium heat. Add onion and garlic and cook 3-4 minutes until softened.
2. Add kale and a splash of water, cover and cook 8-10 minutes until greens are wilted and tender.
3. Remove pan from heat and stir in Greek yogurt, parmesan cheese and black pepper.

Yield: 8 servings (1/2 cup per serving)

Nutrition Facts: 124 Calories, 5g Fat (1g Saturated), 4mg Cholesterol, 94mg Sodium, 13g Carbohydrates (3g Fiber, 2g Sugar, 0g Added), 9g Protein, 82% DV Vitamin A, 184% DV Vitamin C, 24% DV Calcium, 10% DV Iron

Broccoli Sauté

Ingredients:

- 1 medium head of broccoli
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup low-sodium vegetable broth or water

Directions:

1. Cut broccoli into bite-sized florets and thinly slice broccoli stems.
2. Heat olive oil in a large skillet over medium heat. Add garlic and red pepper flakes (if using) and cook for 30 seconds until fragrant.
3. Add broccoli, salt and black pepper and cook for 3-4 minutes.
4. Add in vegetable broth or water and bring liquid to a simmer. Cook for 6-8 minutes until broccoli is fork tender. Drain any liquid that remains and serve!

Yield: 8 servings (1/2 cup per serving)

Nutrition Facts: 57 Calories, 4g Fat (0g Saturated), 0mg Cholesterol, 99mg Sodium, 5g Carbohydrates (2g Fiber, 1g Sugar), 2g Protein, 4% DV Vitamin A, 91% DV Vitamin C, 4% DV Calcium, 3% DV Iron

Carrot & Potato Pancakes

Ingredients:

- 2 large russet potatoes, peeled
- 2 large carrots, peeled
- 1 small yellow onion, peeled
- 4 egg whites, beaten
- 3 tablespoon all-purpose flour
- 1 teaspoon baking powder
- Non-stick cooking spray
- 3/4 cup unsweetened apple sauce, optional

Directions:

1. Grate the peeled potatoes, carrots and onion on the large side of a box grater. Transfer the grated vegetables to a paper towel and squeeze out the excess water over the sink. Add the drained vegetables to a large mixing bowl.
2. Add beaten egg whites to potato mixture and combine well.
3. Sprinkle flour, baking powder and salt over potato mixture and stir to combine.
4. Heat a non-stick skillet over medium heat and spray with cooking spray.
5. Drop potato mixture by 1/4 cup scoops onto skillet leaving a 1-inch space between each pancake. Cook for 3 minutes. Flip and cook for 3 more minutes on remaining side until golden brown. Repeat with remaining potato mixture.
6. Serve pancakes with 1 tablespoon of applesauce, if using. Enjoy!

Yield: 6 servings (2 pancakes per serving)

Nutrition Facts: 134 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 142mg Sodium, 28g Carbohydrates (4g Fiber, 3g Sugar), 6g Protein, 29% DV Vitamin A, 35% DV Vitamin C, 7% DV Calcium, 7% DV Iron

Corn & Black Bean Salsa

Ingredients:

- 1 1/2 cups frozen corn, thawed and drained
- 1 cup low-sodium black beans, drained and rinsed
- 1 tomato, diced
- 1/4 red onion, diced
- 1/2 jalapeno pepper, minced (optional)
- 2 tablespoons chopped parsley
- Zest and juice of 1 lime
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Directions:

1. In a large bowl, combine thawed corn, black beans, tomato, bell pepper, red onion, jalapeno pepper (if using), parsley, lime zest and juice, olive oil, salt and pepper; stir to combine. Set salsa aside to allow flavors to come together.
2. Serve with tortilla chips or on top of your favorite Latin-inspired dishes. Enjoy!

Yield: 8 servings (1/4 cup salsa per serving)

Nutrition Facts: 69 Calories, 2g Fat (0g Saturated), 0mg Cholesterol, 71mg Sodium, 12g Carbohydrates (3g Fiber, 2g Sugar, 0g Added), 2g Protein, 4% DV Vitamin A, 30% DV Vitamin C, 1% DV Calcium, 4% DV Iron

Green Bean Casserole

Ingredients:

- 3 shallots, thinly sliced
- 1/4 cup plus 2 tablespoons whole wheat flour
- 2 tablespoons panko bread crumbs
- 1/4 teaspoon salt, divided
- 1 pound green beans, trimmed and halved
- 1 pound button mushrooms, diced
- 2 cloves garlic, minced
- 1/4 teaspoon black pepper
- 1 cup low-sodium vegetable broth
- 1 cup skim milk

Directions:

1. Preheat oven to 450°F. In a mixing bowl, toss together sliced shallots, 1/4 cup flour, breadcrumbs and 1/8 teaspoon salt. Spread onto greased baking sheet and bake for 30 minutes, until golden brown, tossing every 10 minutes. Set aside. Decrease oven to 400°F.
2. Meanwhile, bring a large pot of water to a boil. Add green beans and blanch for 4-5 minutes. Drain then add green beans to ice bath to stop cooking and hold color. Drain and set aside.
3. Heat oil in a large oven safe skillet over medium-high heat. Add mushrooms, garlic, remaining 1/8 teaspoon salt and pepper and cook for 5-6 minutes until softened.

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Green Bean Casserole

(continued)

Directions:

4. Sprinkle mushroom mixture with remaining 2 tablespoons flour and cook for 1-2 minutes to cook out raw flour flavor. Add broth and bring to a simmer. Add in milk and cook, stirring frequently until mixture thickens, about 8-9 minutes.
5. Stir cooked green beans into mushroom mixture and top with crispy onions. Bake for 15 minutes until bubbly and warmed through. Enjoy!

Yield: 8 servings (1/2 cup per serving)

Nutrition Facts: 116 Calories, 4g Fat (1g Saturated), 1mg Cholesterol, 115mg Sodium, 17g Carbohydrate (3g Fiber, 6g Sugar, 0g Added), 5g Protein, 5% DV Vitamin A, 11% DV Vitamin C, 7% DV Calcium, 8% DV Iron

Minestrone Soup

Ingredients:

- 1 tablespoon vegetable oil
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 6 cups low sodium vegetable broth
- 2 medium zucchini, diced
- 1 cup frozen green beans
- 1/2 cup sliced frozen carrots
- 3 tablespoons low-sodium tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1/8 teaspoon salt
- 4 cups chopped kale
- 1/2 cup uncooked orzo (rice-shaped pasta)
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1/2 cup grated Parmesan cheese

Directions:

1. Heat oil in a large pot over medium-high heat. Add onion and garlic; sauté 2-3 minutes until softened.
2. Add broth and the next 8 ingredients (broth through salt); bring to boil.
3. Reduce heat and simmer 3 minutes.
4. Add kale, orzo and beans. Cook 8-10 minutes until orzo is done and vegetables tender.
5. Divide soup evenly between 8 bowls and sprinkle each with 1 tablespoon cheese. Serve and enjoy!

Yield: 8 servings (1 1/2 cups per serving)

Nutrition Facts: 183 Calories, 5g Fat (2g Saturated), 4mg Cholesterol, 195mg Sodium, 27g Carbohydrates (5g Fiber, 4g Sugar), 11g Protein, 71% DV Vitamin A, 71% DV Vitamin C, 18% DV Calcium, 15% DV Iron

Mixed Green Salad with Beets

Ingredients:

- 2 medium beets, tops trimmed
- 2 tablespoons calcium-fortified orange juice
- 1 1/2 teaspoon honey
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup olive oil
- 2 tablespoons raw, hulled sunflower seeds
- 1 orange, cut into segments
- 3 cups packed mixed salad greens
- 1/4cup reduced fat feta cheese, crumbled

Directions:

1. Add beets to a medium pot and cover with water. Bring to a boil and reduce heat to low. Cover and simmer for 20-30 minutes or until fork tender. Drain beets; set aside to cool.
2. Once cool, peel the beets under running water and slice into wedges.
3. Meanwhile, add orange juice, honey, garlic, salt and pepper into a jar with a tight-fitting lid and whisk to combine. Add olive oil and shake until the dressing mixture is smooth. Set aside.
4. Heat a small sauté pan over medium-low heat. Add sunflower seeds to dry sauté pan and toast for 2-3 minutes, or until fragrant. Set aside.
5. In a large serving bowl, toss together beets, sunflower seeds, orange segments, mixed greens and feta cheese, Drizzle with dressing, serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 223 Calories, 18g Fat (3g Saturated), 8mg Cholesterol, 227mg Sodium, 14g Carbohydrates (3g Fiber, 10g Sugar), 4g Protein, 19% DV Vitamin A, 39% DV Vitamin C, 11% DV Calcium, 7% DV Iron

Orange Vinaigrette Dressing

Ingredients:

- 1/4 cup calcium-fortified orange juice
- 1 tablespoon honey
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 cup olive oil

Directions:

1. Add first 5 ingredients into a jar with a tight-fitting lid and whisk until well combined.
2. Add in olive oil, tightly close the lid and shake dressing until the mixture is smooth and oil is evenly distributed.

Yield: 6 servings (2 tablespoons per serving)

Nutrition Facts: 175 Calories, 18g Fat (2g Saturated), 0mg Cholesterol, 98mg Sodium, 4g Carbohydrates (0g Fiber, 4g Sugar, 3g Added), 0g Protein, 0% DV Vitamin A, 5% DV Vitamin C, 2% DV Calcium, 1% DV Iron

Pesto Cherry Tomato Bites

Ingredients:

- 30 cherry tomatoes
- 1 cup packed basil leaves
- 2 tablespoons raw, hulled sunflower seeds
- 1/4 cup grated parmesan cheese, divided
- 1 clove garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup olive oil

Directions:

1. Preheat oven to 350°F. Line a baking sheet with foil or parchment paper.
2. Slice the top off of each tomato and use a paring knife or small spoon to scoop out the seeds and tomato pulp. Arrange tomatoes on baking sheet, cut side up. Slice a thin piece off the bottom of the tomato if need be, to help tomato stand up.
3. Prepare pesto: Add basil leaves, sunflower seeds, 2 tablespoons parmesan cheese, garlic, salt and pepper to food processor. Pulse until basil is finely chopped and ingredients are well combined. With the food processor running, slowly drizzle in the olive oil until sauce is smooth.
4. Spoon pesto sauce into each tomato, dividing evenly. Sprinkle remaining 2 tablespoons parmesan cheese over the tomatoes.
5. Bake 8-10 minutes until warmed through and slightly browned on top. Serve and enjoy!

Yield: 15 servings (2 cherry tomatoes per serving)

Nutrition Facts: 51 Calories, 5g Fat (1g Saturated), 1mg Cholesterol, 43mg Sodium, 2g Carbohydrates (1g Fiber, 1g Sugar), 1g Protein, 3% DV Vitamin A, 6% DV Vitamin C, 2% DV Calcium, 1% DV Iron

Raw Brussels Sprout Salad

Ingredients:

- 1 cup dry bulgur
- 8 ounces Brussels sprouts
- 1 pomegranate
- 1 pear, diced
- 1/4 cup walnuts, roughly chopped
- 1 medium shallot, minced
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions:

1. In a small sauce pan, combine 2 cups of cold water and dry bulgur. Bring to a boil, cover and reduced to medium-low heat, stirring occasionally. Simmer bulgur for 12-15 minutes or until tender. Drain any excess liquid and set aside to cool.
2. Remove any tough or dried-out leaves from the Brussels sprouts and cut off the stems. Slice Brussels sprouts in half from top to where the stem had been. Lay the Brussels sprouts cut side down and begin to shred them by thinly slicing from top to bottom. Gently toss the Brussel sprouts in a large bowl so the layers break apart and set aside.
3. Seed the pomegranate: Keeping the stem intact, score the pomegranate all the way around as you would a peach or avocado, without cutting all the way through. Once scored, twist the pomegranate so it splits into two halves and gently peel back the skin to loosen the seeds. Hold the cut side facing down over a bowl and hit the back of the pomegranate with a wooden spoon until all the seeds come free.

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Raw Brussels Sprout Salad

(continued)

Directions:

4. Add pomegranate seeds, walnuts and pears to the Brussels sprouts and combine. Fluff bulgur with a fork and add to salad.
5. In a separate small bowl, whisk together the shallot, oil, vinegar, salt and pepper. Pour over the salad and toss to combine. Serve and enjoy!

Yield: 6 servings (1 cup per serving)

Nutrition Facts: 193 Calories, 8g Fat (1g Saturated), 0mg Cholesterol, 66mg Sodium, 28g Carbohydrate (7g Fiber, 6g Sugar, 0g Added), 5g Protein, 2% DV Vitamin A, 36% DV Vitamin C, 3% DV Calcium, 9% DV Iron

Sweet & Crunchy Coleslaw

Ingredients:

- 1/2 small red cabbage, shredded (about 2 cups)
- 2 carrots, shredded (about 1/2 cup)
- 1 Granny Smith apple, julienned (cut into matchsticks)
- 2 tablespoons non-fat plain Greek yogurt
- 2 tablespoons olive oil
- 1 tablespoon cider vinegar
- Juice of 1 lemon
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. In a large bowl, combine yogurt, olive oil, vinegar, lemon juice, salt and pepper.
2. Add in shredded cabbage, carrots and apples and toss to coat evenly.
3. For best results, cover coleslaw with plastic wrap and set it in fridge for at least 1 hour to allow flavors to combine. Serve and enjoy!

Yield: 4 servings (1/2 cup slaw per serving)

Nutrition Facts: 103 Calories, 7g Fat (1g Saturated), 0mg Cholesterol, 169mg Sodium, 10g Carbohydrates (2g Fiber, 6g Sugar, 0g Added), 2g Protein, 19% DV Vitamin A, 37% DV Vitamin C, 3% DV Calcium, 2% DV Iron

Sweet Potato Fries with Honey Mustard

Ingredients:

- 2 medium sweet potatoes, peeled
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 cup unsweetened applesauce
- 2 tablespoons Dijon mustard
- 2 tablespoons honey

Directions:

1. Preheat oven to 400°F. Slice sweet potatoes into thin strips, similar to shoe-string French fries.
2. In a mixing bowl, combine olive oil, salt, pepper, garlic powder and paprika. Toss the sweet potato strips into the spice mixture and coat evenly. Lay sweet potatoes out in an even layer on a greased baking sheet.
3. Bake for 20 minutes, turning 2 or 3 times until crispy.
4. Meanwhile, in a small mixing bowl, combine applesauce, Dijon mustard and honey.
5. Serve sweet potato fries alongside honey mustard dipping sauce and enjoy!

Yield: 4 servings (1/2 sweet potato plus 2 tablespoons dipping sauce per serving)

Nutrition Facts: 130 Calories, 4g Fat (1g Saturated), 0mg Cholesterol, 252mg Sodium, 24g Carbohydrates (2g Fiber, 15g Sugar, 9g Added), 2g Protein, 78% DV Vitamin A, 16% DV Vitamin C, 3% DV Calcium, 4% DV Iron

Snacks and Treats



100 Calorie Cheesecake Cupcakes

Ingredients:

- 12 Gingersnap cookies
- 8 ounces reduced fat cream cheese, softened
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- 6 ounces fat-free vanilla Greek yogurt
- 2 teaspoons orange zest
- 2 egg whites
- 1 tablespoon all-purpose flour

Directions:

1. Preheat oven to 350°F. Place cupcake liners in 12-cup muffin pan.
2. Place one gingersnap in each cupcake liner.
3. Gently beat cream cheese, sugar and vanilla until smooth using an electric mixer. Gradually beat in yogurt, orange zest, egg whites, and flour until just combined.
4. Pour in cupcake liners filling halfway.
5. Bake 20-25 minutes or until center is almost set.
6. Cool to room temperature and then chill in refrigerator, at least 1 hour. Serve and enjoy!

Yield: 12 servings (1 cupcake per serving)

Nutrition Facts: 100 Calories, 1g Fat (0g Saturated), 3mg Cholesterol, 207mg Sodium, 16g Carbohydrates (0g Fiber, 8g Sugar, 6g Added), 6g Protein, 0% DV Vitamin A, 1% DV Vitamin C, 9% DV Calcium, 5% DV Iron

Black Bean Brownie Bites

Ingredients:

- 3/4 cup low-sodium black beans, drained and rinsed
- 1/4 cup unsweetened applesauce
- 1/4 cup canola oil
- 2 large egg whites
- 1 large egg
- 1/2 cup packed brown sugar
- 1 teaspoon vanilla extract
- 1/4 cup unsweetened cocoa powder
- 1/3 cup whole wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup semi-sweet chocolate chips

Directions:

1. Preheat oven to 350°F. Grease a 9 x 9 inch square baking pan.
2. In a blender, finely puree black beans, applesauce and canola oil until smooth. Transfer to a large bowl and add egg whites, egg, sugar and vanilla; stir to combine.
3. In a separate bowl, whisk together cocoa powder, flour, baking powder and salt. Add flour mixture to black bean mixture and whisk until batter is smooth. Fold in chocolate chips.
4. Transfer batter to baking pan and bake for 20-25 minutes or until knife inserted into the center comes out clean. Cool completely, cut into 16 bites and serve!

Yield: 16 servings (1 brownie bite per serving)

Nutrition Facts: 110 Calories, 6g Fat (1g Saturated), 12mg Cholesterol, 114mg Sodium, 15g Carbohydrates (2g Fiber, 10g Sugar, 9g Added), 2g Protein, 1% DV Vitamin A, 0% DV Vitamin C, 2% DV Calcium, 4% DV Iron

Carrot Cake Muffin Tops

Ingredients:

- 2 1/4 cups old-fashioned oats
- 1 cup whole wheat flour
- 1/2 cup ground flaxseed
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup unsweetened applesauce
- 1/2 cup honey or pure maple syrup
- 1 large egg
- 2 teaspoons vanilla extract
- 1/4 cup unsalted butter, melted
- 2 medium carrots, grated
- 1 large apple, grated

Directions:

1. Preheat oven to 350°F. Line 2 baking sheets with parchment paper.
2. In large bowl, stir together oats, flour, flaxseed, cinnamon, nutmeg, baking soda and salt.
3. In medium bowl, whisk together applesauce, honey, egg and vanilla extract. Mix in melted butter.
4. Pour wet ingredients to the dry and stir until combined. Fold in grated carrot and apple.
5. Using a 1/4 cup measure, scoop batter onto prepared baking sheet and flatten.
6. Bake 14-15 minutes, until set and lightly brown. Cool and serve!

Yield: 24 servings (1 muffin top per serving)

Nutrition Facts: 118 Calories, 4g Fat (2g Saturated), 13mg Cholesterol, 83mg Sodium, 19g Carbohydrates (3g Fiber, 6g Sugar, 6g Added), 3g Protein, 9% DV Vitamin A, 2% DV Vitamin C, 2% DV Calcium, 4% DV Iron

Crispy Kale Chips

Ingredients:

- 1 bunch kale
- 2 tablespoons olive oil
- 1/4 teaspoon salt

Directions:

1. Preheat oven to 275°F.
2. Remove the stem from each kale leaf and chop leaves into bite sized pieces. Transfer to a large bowl.
3. Toss kale with olive oil and salt; transfer to a greased baking sheet.
4. Bake for 20 minutes, turning kale halfway through cook time. Allow to cool fully, serve and enjoy!

Yield: 6 servings (1/2 cup per serving)

Nutrition Facts: 73 Calories, 5g Fat (1g Saturated), 0mg Cholesterol, 122mg Sodium, 6g Carbohydrates (1g Fiber, 0g Sugar, 0g Added), 3g Protein, 48% DV Vitamin A, 107% DV Vitamin C, 10% DV Calcium, 6% DV Iron

Crispy Roasted Chickpeas

Ingredients:

- 1 can (15 ounces) low-sodium chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt

Directions:

1. Preheat oven to 450°F. Grease a baking sheet and set aside.
2. Place the drained and rinsed chickpeas into a clean dish towel or paper towels and dry well.
3. Combine chickpeas with all other ingredients in a large bowl. Spread spiced chickpeas out in a single layer on greased baking sheet.
4. Roast for 30-40 minutes until browned and crispy, tossing every 10 minutes.
5. Serve roasted chickpeas warm or at room temperature.

Yield: 6 servings (1/4 cup per serving)

Nutrition Facts: 84 Calories, 4g Fat (0g Saturated), 0mg Cholesterol, 145mg Sodium, 10g Carbohydrates (3g Fiber, 2g Sugar, 0g Added), 4g Protein, 0% DV Vitamin A, 0% DV Vitamin C, 3% DV Calcium, 5% DV Iron

Green Juice

Ingredients:

- 3 cups spinach (or kale)
- 2 cups water
- 1/2 cup pineapple, diced
- 1/2 banana
- 1 tablespoon ground flaxseeds
- 1 teaspoon grated fresh ginger
- Juice of 1/2 lemon

Directions:

1. Combine all ingredients in a blender until smooth. Serve immediately and enjoy!

Yield: 2 servings (1 cup per serving)

Nutrition Facts: 85 Calories, 2g Fat (0g Saturated), 0mg Cholesterol, 47mg Sodium, 16g Carbohydrates (4g Fiber, 8g Sugar, 0g Added), 3g Protein, 30% DV Vitamin A, 53% DV Vitamin C, 7% DV Calcium, 9% DV Iron

Herb & White Bean Hummus

Ingredients:

- 1 can (15-ounce) low-sodium cannellini beans, drained and rinsed
- 3 tablespoons olive oil
- 2 cloves garlic, chopped
- Juice and zest of 1 lemon
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup parsley, finely chopped
- 1/4 cup chives, finely chopped

Directions:

1. Combine beans, olive oil, garlic, lemon juice and zest, salt, and pepper in a food processor or blender until smooth.
2. Transfer bean mixture to a large bowl and fold in chopped parsley and chives.
3. Serve hummus with carrot sticks, cucumber slices and broccoli or cauliflower for dipping. Enjoy!

Yield: 10 servings (2 tablespoons per serving)

Nutrition Facts: 100 Calories, 4g Fat (1g Saturated), 0mg Cholesterol, 19mg Sodium, 12g Carbohydrates (3g Fiber, 0g Sugar, 0g Added), 4g Protein, 1% DV Vitamin A, 6% DV Vitamin C, 4% DV Calcium, 10% DV Iron

Mini Pecan Phyllo Tarts

Ingredients:

- 1 tablespoon butter, melted
- 1 large egg
- 4 teaspoons brown sugar
- 2 tablespoons honey
- 1/4 teaspoon vanilla extract
- 1/2 cup pecans, chopped
- 15 mini phyllo shells

Directions:

1. Preheat oven to 350°F.
2. In a medium mixing bowl, combine all ingredients except pecans and phyllo shells; mix well. Stir in chopped pecans.
3. Arrange mini pie shells on a baking sheet. Fill shell with one heaping teaspoon of pecan mixture. If any mixture remains, distribute evenly between all shells.
4. Bake for 10-15 minutes. Cool before serving.

Yield: 15 servings (2 tarts per serving)

Nutrition Facts: 71 Calories, 4g Fat (1g Saturated), 14mg Cholesterol, 20mg Sodium, 4g Carbohydrates (0g Fiber, 3g Sugar, 3g Added), 2g Protein, 2% DV Vitamin A, 0% DV Vitamin C, 1% DV Calcium, 1% DV Iron

Not So Devilish Deviled Eggs

Ingredients:

- 6 large eggs
- 1 avocado, halved and seeded
- 1/3 cup plain non-fat Greek yogurt
- Zest and juice of 1 lemon
- 1 tablespoon Dijon mustard
- 1/4 teaspoon black pepper
- 1 tablespoon minced chives

Directions:

1. Place eggs in a large saucepan and cover with cold water. Bring to a boil and immediately turn off heat. Leave eggs in pan with water for 15 minutes. Remove eggs and cool. Peel and halve eggs lengthwise.
2. Scoop 3 egg yolks into a food processor. Discard remaining egg yolks or save for another use. Add avocado, Greek yogurt, lemon zest and juice, Dijon mustard, and black pepper to food processor with egg yolks. Combine until smooth.
3. Transfer egg whites to a serving platter and egg yolk mixture into a zip top bag. Cut off one of the bottom corners and squeeze the egg yolk mixture into the egg whites to fill them. Sprinkle deviled eggs with minced chives. Serve and enjoy!

Yield: 6 servings (2 filled egg halves per serving)

Nutrition Facts: 88 Calories, 6g Fat (1g Saturated), 0mg Cholesterol, 92mg Sodium, 3g Carbohydrates (2g Fiber, 1g Sugar, 0g Added), 6g Protein, 6% DV Vitamin A, 9% DV Vitamin C, 3% DV Calcium, 4% DV Iron

Pumpkin Spice Dip

Ingredients:

- 1 can (15-ounce) pureed pumpkin
- 6 ounces non-fat vanilla Greek yogurt
- 6 ounces low-fat cream cheese, softened
- 1/4 cup honey
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg

Directions:

1. Combine all ingredients in a food processor or blender and blend until smooth.
2. Serve with sliced apples, pears or pretzels for dipping. Enjoy!

Yield: 32 servings (2 tablespoons per serving)

Nutrition Facts: 30 Calories, 1g Fat (1g Saturated), 3mg Cholesterol, 48mg Sodium, 4g Carbohydrates (0g Fiber, 3g Sugar, 0g Added), 1g Protein, 16% DV Vitamin A, 1% DV Vitamin C, 2% DV Calcium, 1% DV Iron

Stovetop Popcorn

Ingredients:

- 2 tablespoons olive oil
- 1/2 cup popcorn kernels
- 1/8 teaspoon salt

Directions:

1. Add oil into a large pot with a tight-fitting lid. Swirl the pot to evenly distribute the oil. Add the popcorn kernels and spread into a single layer.
2. Cover the pot and turn the heat to low. Cook covered until all the kernels have popped and you no longer hear popping sounds, about 5 minutes.
3. Remove the popcorn from heat and toss lightly with salt. Serve and enjoy!

Yield: 4 servings (1 popped cup per serving)

Nutrition Facts: 90 Calories, 7g Fat (1g Saturated), 0mg Cholesterol, 78mg Sodium, 6g Carbohydrates (1g Fiber, 0g Sugar, 0g Added), 1g Protein, 0% DV Vitamin A, 0% DV Vitamin C, 0% DV Calcium, 2% DV Iron

Tropical Trail Mix

Ingredients:

- 1/2 cup almonds
- 1/2 cup raw, hulled sunflower seeds
- 1/4 cup dried apricots, diced
- 1/4 cup dried banana chips
- 1/4 cup unsweetened coconut flakes
- 1/4 cup semi-sweet chocolate chips
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger

Directions:

1. Combine all ingredients into a large mixing bowl.
2. Divide trail mix into 1/4 cup servings and store in zip top bags or air tight containers for an easy to grab snack on-the-go!

Yield: 8 servings (1/4 cup trail mix per serving)

Nutrition Facts: 160 Calories, 12g Fat (3g Saturated), 0mg Cholesterol, 3mg Sodium, 11g Carbohydrates (3g Fiber, 7g Sugar, 3g Added), 4g Protein, 1% DV Vitamin A, 1% DV Vitamin C, 4% DV Calcium, 7% DV Iron

No Bake Coconut Energy Bites

Ingredients:

- 1/3 cup cashews
- 10 dried prunes
- 1/2 cup unsweetened shredded coconut
- 1 tablespoon coconut oil
- 1 tablespoon water

Directions:

1. Put cashews in a food processor and pulsate for 10 seconds.
2. Add prunes, 1/4 cup coconut flakes, 1 tablespoon coconut oil and water. Process for a minute until the mixture comes together and no big nuts or dates remain.
3. Use a tablespoon to scoop out 1 tablespoon of the mixture and roll between hands to form a ball.
4. Put remaining shredded coconut in a bowl, and roll the ball in the coconut. Place ball on a pan and refrigerate for an hour, then serve. Enjoy!

Yield: 12 servings (1 energy bite per serving)

Nutrition Facts: 86 Calories, 6g Fat (4g Saturated), 0mg Cholesterol, 2mg Sodium, 7g Carbohydrates (1g Fiber, 3g Sugar, 0g Added), 1g Protein, 0% DV Vitamin A, 0% DV Vitamin C, 1% DV Calcium, 3% DV Iron

Grilled Peaches with Yogurt Drizzle

Ingredients:

- 4 ripe peaches, pitted and quartered
- 1 tablespoon brown sugar
- 2 teaspoons vanilla extract, divided
- 1 1/2 cups plain, fat-free yogurt
- 2 tablespoons honey
- 1/4 cup sliced almonds

Directions:

1. Place the quartered peaches in a large bowl with brown sugar and 1 teaspoon vanilla extract. Allow to marinate for 10-15 minutes.
2. Combine yogurt, remaining 1 teaspoon vanilla and honey in a small bowl and set aside.
3. Heat outdoor grill or grill pan to medium-high heat. Place peaches on grill skin side down and grill for 3-4 minutes until grill marks appear. Turn to remaining sides and allow to cook 1-2 minutes more on each side until grill marks appear.
4. Meanwhile, add sliced almonds to a small dry sauté pan and toast over medium heat for about 3 minutes until fragrant.
5. Place grilled peaches in 4 serving bowls, dividing evenly. Drizzle with yogurt and top with toasted almonds. Serve and enjoy!

Yield: 4 servings (1 peach plus yogurt and almonds per serving)

Nutrition Facts: 191 Calories, 4g Fat (0g Saturated), 2mg Cholesterol, 72mg Sodium, 34g Carbohydrates (3g Fiber, 31g Sugar, 10g Added), 8g Protein, 4% DV Vitamin A, 14% DV Vitamin C, 21% DV Calcium, 4% DV Iron

Quick & Simple Guacamole

Ingredients:

- Juice of 1 lime
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon cumin
- 1/4 teaspoon cayenne pepper (optional)
- 3 avocados
- 2 plum tomatoes, seeded and diced
- 1/2 small red onion, diced
- 1/2 jalapeno pepper, seeded and minced (optional)

Directions:

1. In a large bowl, whisk together lime juice, garlic, salt, cumin and cayenne (if using).
2. Slice through the avocado lengthwise until you feel your knife hit the pit. Continue slicing around the pit in a full circle around the avocado. Twist the avocado until it releases from the pit and you have 2 halves. Use a spoon to remove the pit, then scoop the flesh into bowl with lime juice and spices. Repeat with remaining avocados.
3. Use a potato masher to mash avocado with spices until you reach the desired consistency. You can make it smooth, or leave it a little chunky if you like.
4. Stir in tomatoes, onion and jalapeno (if using). Serve with sliced veggies or baked chips and enjoy!

Yield: 16 servings (2 tablespoons per serving)

Nutrition Facts: 44 Calories, 4g Fat (1g Saturated), 0mg Cholesterol, 39mg Sodium, 3g Carbohydrates (2g Fiber, 1g Sugar, 0g Added), 1g Protein, 1% DV Vitamin A, 7% DV Vitamin C, 1% DV Calcium, 1% DV Iron

Spinach & Artichoke Dip

Ingredients:

- 1 can (14-ounce) artichoke hearts, drained and rinsed
- 1 can (15-ounce) low-sodium white beans, drained and rinsed
- 4 ounces reduced fat cream cheese
- 1/4 cup plain, fat-free Greek yogurt
- 1 clove garlic
- 1/2 teaspoon black pepper
- 9 ounces frozen spinach, thawed and excess water squeezed out
- 1/2 cup part-skim shredded mozzarella cheese, divided

Directions:

1. Preheat oven to 350°F. Spray an 8 x 8 inch baking dish with cooking spray and set aside.
2. Add artichokes, white beans, cream cheese, Greek yogurt, garlic and pepper to a food processor and blend until smooth.
3. Transfer artichoke mixture to a large bowl and fold in thawed spinach and 1/4 cup mozzarella cheese.
4. Spread mixture into prepared baking dish and top with remaining 1/4 cup mozzarella cheese. Bake 10-15 minutes until dip is heated through and cheese is melted.
5. Serve with cut up vegetables or toasted pita for dipped. Enjoy!

Yield: 12 servings (1/4 cup per serving)

Nutrition Facts: 124 Calories, 5g Fat (2g Saturated), 8mg Cholesterol, 167mg Sodium, 13g Carbohydrates (5g Fiber, 2g Sugar, 0g Added), 7g Protein, 19% DV Vitamin A, 4% DV Vitamin C, 11% DV Calcium, 7% DV Iron

“Cookie Dough” Dip

Ingredients:

- 1 1/2 cups low-sodium canned chickpeas, drained & rinsed
- 1/4 cup natural peanut butter (or soy butter substitute for allergies)
- 3 tablespoons fat-free milk
- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup semi-sweet chocolate chips

Directions:

1. Lay drained chickpeas out on a clean work surface and pick through them to remove the tough outer skin. Discard skins.
2. In a food processor, combine chickpeas, peanut butter, milk, maple syrup and vanilla extract. Blend until smooth.
3. Transfer to a mixing bowl and stir in chocolate chips. Serve with sliced apples or salt-free pretzels for dipping. Enjoy!

Yield: 16 servings (2 tablespoons per serving)

Nutrition Facts: 71 Calories, 4g Fat (1g Saturated), 0mg Cholesterol, 37mg Sodium, 8g Carbohydrates (1g Fiber, 6g Sugar, 5g Added), 2g Protein, 0% DV Vitamin A, 0% DV Vitamin C, 1% DV Calcium, 2% DV Iron

Warm Apple Crisp

Ingredients:

- 3/4 cup old-fashioned rolled oats
- 2 tablespoons raw, hulled sunflower seeds
- 2 tablespoons sliced almonds
- 1 1/2 teaspoons ground cinnamon, divided
- 2 tablespoons honey
- 1 tablespoon vegetable oil
- 1 teaspoon vanilla extract
- 2 tablespoons raisins
- 6 apples, peeled and diced
- 1/4 cup plus 2 tablespoons water
- 1/4 cup brown sugar

Directions:

1. Preheat oven to 325°F. In a large mixing bowl, combine oats, sunflower seeds, almonds, and 1/2 teaspoon cinnamon. Add honey, oil and vanilla and mix to combine evenly.
2. Spread granola mixture onto a parchment lined baking sheet and bake for 20-30 minutes or until lightly browned. Stir mixture every 5-7 minutes to be sure it cooks evenly without burning.
3. Remove baking sheet from oven and stir in raisins. Set aside.
4. While granola bakes, heat water in medium saucepan over medium heat. Add diced apples, brown sugar and remaining 1 teaspoon cinnamon. Heat until apples are tender, about 10-15 minutes. Remove apples and mash with potato masher or fork.
5. To serve, plate 1/2 cup cooked apples in a bowl with 1/4 cup granola. Serve and enjoy!

Yield: 6 servings (1/2 cup apples plus 1/4 cup granola per serving)

Nutrition Facts: 222 Calories, 6g Fat (1g Saturated), 0mg Cholesterol, 5mg Sodium, 42g Carbohydrates (5g Fiber, 28g Sugar, 11g Added), 3g Protein, 1% DV Vitamin A, 9% DV Vitamin C, 4% DV Calcium, 6% DV Iron

Homemade Hot Chocolate

Ingredients:

- 4 cups skim milk
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons honey
- 1 teaspoon vanilla extract

Directions:

1. Combine all ingredients in a medium saucepan and whisk continuously over medium-low heat until milk is steaming and warmed through. Transfer to 4 mugs, serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 124 Calories, 1g Fat (0g Saturated), 5mg Cholesterol, 104mg Sodium, 23g Carbohydrates (1g Fiber, 21g Sugar, 8g Added), 9g Protein, 21% DV Vitamin A, 0% DV Vitamin C, 30% DV Calcium, 3% DV Iron

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