Yummy Benefits!
A healthy cooking guide
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Breakfast!
Greek Yogurt with Warm Berry Sauce

(Yield: 6 servings)

Ingredients:

1 1/2 cups Fresh or frozen berries  
1/2 cup Water  
1/4 cup Sugar  
2 Tbsp Lime juice  
2 cups Vanilla Greek Yogurt (2% fat)

Preparation:

1. Combine the first 4 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens.
2. Spoon 1/3 cup yogurt into each of 6 bowls; top each serving with about 1/4 cup sauce.

Nutrition Information (per serving):

Calories: 125 kcals  
Total Fat: 3.9 g  
Saturated Fat: 2.5 g  
Sodium: 43 mg  
Carbohydrate: 20 g  
Dietary Fiber: 2 g  
Protein: 7.9 g
Overnight Oats

(Yield: 4 servings)

Ingredients:

1 cup Steel cut oats
4 cups Soymilk (can also use dairy or other plant-based milk or combo thereof)
1/4 cup Raisins
1 Apple, chopped
1/4 cup Ground flaxseeds
1/4 cup Chopped walnuts

Preparation:

(Note: I generally combine the oats with some of the liquid prior to class time to cut the amount of cooking time during class but explain that this can be prepared the night before by mixing all ingredients, bring to a boil, turn off and cover saucepan. When cooled, refrigerate overnight and in the morning just take out and reheat the amount you want to eat.)

1. Combine ingredients in saucepan and cook until tender.

Note: also can vary by using other fresh and/or dried fruits, nuts, chia seeds, wheat germ, quinoa flakes, etc.

Nutrition information (per serving):

Calories: 363 kcals
Total fat: 13.3g
Proteins: 15.7g
Fiber: 9.7g
Sodium: 130mg
Swiss Oatmeal

(Yield: 1 serving)

Ingredients:

1/2 cup Rolled oats
1/4 cup Skim milk
1/4 cup Light vanilla yogurt
1/4 cup Chopped or grated apple
1/2 Banana

Preparation:

1. Combine oats and milk in a bowl and leave to soak (can soften overnight in the fridge if desired). Chop or grate apple, and slice banana. Add cut fruit and cranberries to oat mixture. Add yogurt and stir just until ingredients are combined. It’s ready to eat now or you can store in the fridge until ready to serve- best served cold.

Be creative! You can make this recipe with any fruit that you enjoy, or add spices like cinnamon for extra flavor. The recipe works well in larger batches. Store covered in the fridge for up to 3 days – fruit may brown a little over time.

Nutrition information (per serving):

Calories: 300 kcals
Total carbohydrates: 60g
Burritos Three Ways

(Yield: 1 serving)

Ingredients:

1 Whole wheat flour or corn tortilla
1/4 cup Egg
1 oz Low fat cheddar cheese
1/4 cup Tomato
1/8 Avocado

Healthy options to put in the burrito:

Black beans  Chili powder  Low fat cheese
Onions      Tomatoes    Low fat sour cream
Salsa       Avocado    Chicken

Preparation:

1. Place ingredients on the tortilla. Fold to wrap ingredients together.

Nutrition information (per serving):

Calories: 315 kcals
Total fat: 7g
Saturated fat: 1.5g
Monounsaturated fat: 0.5g
Polyunsaturated fat: 0.7g
Protein: 28g
Carbohydrate: 34g
Fiber: 7g
Cholesterol: 60mg
Iron: 15mg
Sodium: 450mg
Calcium: 8mg
Pumpkin Muffins
(Yield: 12 servings)

Ingredients:

2 cups  Flour  
1 tsp  Baking soda  
1/2 tsp  Salt  
2 tsp  Pumpkin pie spice  
3/4 cup  Packed dark brown sugar  
3 Tbsp  Molasses  
1/4 cup  Canola oil  
2  Large eggs  
1 cup  Canned pumpkin  
1 tsp  Vanilla extract  
3/4 cup  Buttermilk, OR ¾ cup fat free milk mixed with 1 tsp white vinegar

Preparation:

1. Preheat oven to 400 degrees F. Coat a 12-cup muffin pan with cooking spray.  
2. In a small bowl milk together the milk and vinegar, set aside  
3. In a medium bowl, whisk together the flours, baking soda, salt, and pumpkin pie spice.  
4. In a large bowl, whisk the sugar, molasses, oil and eggs and whisk well.  
Whisk in the pumpkin, milk mixture, and vanilla. Gradually add the flour mixture. Stir until just until combined.  
5. Pour the batter into the prepared muffin pan. Bake for 20 minutes.

Nutrition information (per serving):

Calories: 209 kcals  
Carbohydrates: 30g  
Total fat: 6g  
Fiber: 2g
Dinner Made Easy
Garlic-Citrus Fish

(Yield: 4 servings; Portion size: one fillet)

Ingredients:

4 Mild fish fillets (try cod or tilapia) (1.5 lbs)
1 Peeled and sectioned fresh orange
2 Cloves fresh garlic crushed
1/2 inch Fresh Ginger, chopped fine
1 pint Fresh grape tomatoes
3 Tbsp Olive oil
1/2 cup Whole-wheat couscous

Preparation:

1. Cook couscous according to package directions.
2. Cut orange segments into small chunks and add them to a bowl.
3. Heat 1 TBS of oil in nonstick skillet and add fish to pan. Cook until opaque throughout (1-2 min per side). Transfer to plate and cover to keep warm.
4. Heat remaining 2 Tbsp oil to medium heat. Add garlic and ginger until golden brown about 1 min. Add tomatoes and stir until tomatoes slightly break down.
5. Add oranges and stir until heated through.
6. Plate by spooning 1-2 tablespoons cooked couscous onto plate, place cooked fish on top and then place garlic citrus tomato mixture over top.

Nutrition information (per serving):

Calories: 323 kcals
Fat: 7g
Saturated fat: 2g
Sodium: 200mg
Protein: 40g
Carbohydrates: 28g
Fiber: 5g
Spice Crusted Chicken Breast with Mango Salsa
(Yield: 6 servings)

Ingredients:
1.5 lbs  Boneless, skinless chicken breasts
2 Tbsp  Ground coriander
2 Tbsp  Ground cumin
1 Tbsp  Fresh ground pepper

For mango salsa:
3 cups  Cubed peeled mango
1 cup  Finely chopped green onions
½ cup  Minced fresh cilantro
1 cup  Diced red bell pepper
1/3 cup Fresh lime juice
1.5 tsp  Salt
1  Finely chopped seeded jalapeno pepper
2 Tbsp  Olive oil
1 tsp  Sugar
1/2 tsp  Salt

Preparation:
For chicken:
1. Toast coriander, cumin, and pepper in a large dry non-stick skillet over medium heat, stirring, until aromatic, about 45 seconds. Transfer to a small bowl, add salt and set aside.
2. Dredge chicken breast, on both sides, with the spice mixture.
3. Heat a large non stick skillet over medium-high flame. Once hot, sauté chicken breasts 4-5 minutes each side or until no longer pink in the middle. Using a thermometer the internal temperature of the breast should read 165 degrees. Do not overcook or chicken will be tough.

For Mango Salsa:
1. Combine all ingredients in a bowl; toss well. Cover and chill until ready to eat. Place 1/2c of Mango Salsa over each chicken breast.

Nutrition information (per serving)
Calories: 235 kcals; Carbohydrates: 18g; Sodium: 865mg; Total fat:6g
It’s a Wrap!

(Yield: 1 wrap)

Ingredients:

1 Whole Grain Wrap
2 Tbsp Avocado
1/3 cup Tempeh chunks
1/4 cup Peach mango salsa (low sodium)
3 Tbsp Portabella mushroom
1/4 cup Shredded cheese

Preparation:

1. Microwave tempeh for 1 minute (if from frozen)
2. Spread avocado on half of wrap
3. Add tempeh, salsa, vegetables and cheese and fold over wrap
4. Cover and place in microwave – cook for 2 mins.

This recipe is another simple, quick, nutritious dish that is amenable to varying ingredients according to taste, time, what’s on hand. You can use black beans, “soysage” etc. instead of the tempeh and add in more vegetables (tomatoes, grated carrots, cilantro, etc.), use low fat or non-dairy cheeses and add low fat sour cream. It can also be folded like a burrito “pillow” and packed to take with for a meal away from home.

Nutrition information (per serving):
Calories: 387 kcals
Total fat: 19.7g
Sodium: 526mg
Fiber: 4.9
Protein: 24g
Chicken Tortellini Soup

(Yield: 4 servings)

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 cups</td>
<td>Low sodium chicken broth</td>
</tr>
<tr>
<td>1 can (14.5 oz)</td>
<td>Diced tomatoes</td>
</tr>
<tr>
<td>1 10-oz pkg</td>
<td>Frozen chopped spinach</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Parmesan cheese, grated</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Salt (optional)</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Pepper</td>
</tr>
<tr>
<td>1 pkg (9 oz)</td>
<td>Fresh cheese tortellini</td>
</tr>
<tr>
<td>2 1/2 cups</td>
<td>Cooked diced chicken</td>
</tr>
</tbody>
</table>

Preparation:

1. In a dutch oven over medium heat, combine stock, tomatoes, spinach, cheese, salt and pepper. Bring to a boil. Reduce heat, simmer 10 minutes.
2. Add pasta and chicken. Bring to a boil, reduce heat and simmer covered until heated through, about 5 minutes.

NOTE: Additional frozen vegetables (cook’s choice as to what kind) may be added in step 1 if desired.

Nutrition information (per serving):

Calories: 142 kcals
Total fat: 6g
Protein: 15g
Sodium: 440mg
Carbohydrates: 17g
Fiber: 2.2g
Black Bean Turkey Chili

(Yield: 6 servings)

Ingredients:

1 lb  Ground turkey
3    Garlic cloves, minced
1/2 cup Chopped green pepper
1/2 cup Chopped onion
1 can (14.5 oz) Diced low sodium tomatoes
1 can (15 oz) Black beans, drained and rinsed
1 11-oz bag Frozen whole kernel corn
1 can (8 oz) Tomato sauce
1 can (6 oz) Tomato paste
1 Tbsp  Chili powder
1 tsp   Dried oregano
1/2 tsp Dried basil
1/4 tsp  Black pepper

Preparation:

1. In a 3-quart saucepan over medium heat, cook turkey until it is no longer pink. Drain off the fat. Add garlic, bell pepper and onion. 2. Sautee until tender.
3. Add ½ cup water, beans, tomatoes, corn, tomato sauce, tomato paste and all of the spices. Bring to a boil then reduce the heat and simmer covered for 30 minutes.

Nutrition information (per serving):

Calories: 325 kcals
Total fat: 10.5g
Protein: 27g
Sodium: 706mg
Carbohydrate: 35g
Fiber: 9g
Turkey Joes
(Yield: 6 servings)

Ingredients:

<table>
<thead>
<tr>
<th>1 Tbsp</th>
<th>Canola oil</th>
<th>1 cup</th>
<th>Chopped onions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Small green bell pepper, seeded and chopped</td>
<td>2 tsp</td>
<td>Minced garlic</td>
</tr>
<tr>
<td>1</td>
<td>28-oz can</td>
<td>128-oz can</td>
<td>Tomato paste</td>
</tr>
<tr>
<td>3/4 lb</td>
<td>Ground turkey breast</td>
<td>1 small can</td>
<td>Diced tomatoes</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Mesquite or other smoky barbecue sauce</td>
<td>6</td>
<td>Whole wheat hamburger buns, grilled or toasted</td>
</tr>
<tr>
<td>6</td>
<td>Thin onion slices, for garnish (optional)</td>
<td></td>
<td>Shredded lettuce</td>
</tr>
</tbody>
</table>

Preparation:

1. Heat the oil in a medium skillet over medium high heat. Sauté the onion and the pepper until translucent, about 4 minutes. Add the garlic and sauté until the vegetables are soft, about 3 minutes. Add the turkey and cook, using a wooden spoon to break it up and stir until it loses its pink color, about 4 minutes.

2. Add the tomatoes, tomato paste and barbecue sauce. Simmer vigorously until the mixture is thick, about 15 minutes, stirring occasionally. Season to taste with salt and pepper. If not using immediately, refrigerate, covered, for up to 3 days. Reheat gently in the microwave oven before using.

3. Place bottom of each bun on a plate and spoon over each equal amounts of the meat mixture. Top with the onion and some lettuce, if using. Cover with the top of the bun or set it to lean on one side of the meat topping. Serve immediately.

Nutrition information (per serving):

Calories: 290 kcals  Cholesterol: 49 mg
Fat: 9 grams  Carbohydrate: 35 g
Saturated fat: 2g  Fiber: 5 g
Protein: 18 g  Sodium: 541 mg
**Italian Summer Soup**

(Yield: 6 servings; Serving size: 1 cup)

**Ingredients:**

1 cup Chopped red onions  
6 Finely chopped garlic cloves  
2 Tbsp Olive oil  
2 Tbsp Italian seasoning  
2 cups Chopped fresh tomatoes  
1 cup Chopped green bell pepper  
1 cup Chopped zucchini  
1 can (15 oz) No added salt black beans  
1 cup Frozen corn kernels  
1/8 tsp Cayenne pepper  
1 cup Water  
1 tsp Salt and pepper to taste

**Preparation:**

1. Clean and chop red onion, garlic, tomatoes, bell pepper, and zucchini.  
2. Place 3-quart pot on medium heat.  
3. Add olive oil to pot. Add chopped onion, garlic, and Italian seasoning and cook until onion is soft.  
4. Add remaining ingredients.  
5. Bring to boil, reduce to simmer for 20 minutes.  
6. Serve alone or over rice.

**Nutrition information (per serving):**

Calories: 178 kcals  
Total fat: 5.8g  
Sodium: 437mg  
Carbohydrate: 28g  
Fiber: 7g
**Lime Fish Tacos**

(Yield: 8 servings; Servings size: 1 taco)

**Ingredients:**

1 lb    Cod, thawed and cut into 1 inch cubes  
1 Tbsp  Canola oil  
1 tsp   Minced garlic  
        Juice of one lime  
1/4 tsp Black pepper  
1/2 tsp Chili powder  
2 Tbsp Reduced fat sour cream  
2 Tbsp Reduced fat mayo  
        Hot pepper sauce to taste  
8      8 inch whole wheat tortillas  
1 cup   Shredded lettuce  
1 cup   Chopped tomato

**Preparation:**

1. Place fish in a microwave safe dish. Coat with oil, garlic, juice from half a lime, black pepper, and chili powder. Cover dish with parchment paper or lid.  
2. Cook in microwave for 5-7 minutes. Fish should flake easily with a fork. Let stand 3 minutes.  
3. Meanwhile, combine sour cream, mayo, hot pepper sauce, and juice from the other lime half in a bowl.  
4. Place tortillas on a plate and warm in microwave for 15 seconds.  
5. Place a spoonful of fish on each tortilla and top with lettuce, tomato, and sour cream sauce.  

**Nutrition information (per serving):**

Calories: 299 kcals  
Total fat: 11g  
Sodium: 125mg  
Carbohydrate: 28g
**Easy Beef Stir Fry**
(Yield: 4 servings; Serving size: 1 cup rice and 1/4 beef and veggie mix)

**Ingredients:**

- 4 cups Cooked brown rice
- Juice of 1 orange
- 1/2 cup Water
- 1 Tbsp Corn starch
- 3 Tbsp Light soy sauce
- 1/4 tsp Red pepper flake
- 1 lb Beef sirloin, thinly sliced against the grain into strips
- 1 Tbsp Canola oil
- 1 Tbsp Minced garlic
- 1 Tbsp Grated fresh ginger
- 1 lb pkg Frozen stir-fry vegetables

**Preparation:**

1. Cook the rice according to package directions.
2. Mix orange juice, water, cornstarch, soy sauce, red pepper flakes, and beef strips in a bowl and set aside.
3. Heat canola oil in a large nonstick skillet over high heat. Add garlic and ginger; cook 1 minute.
4. Add beef and sauce mixture into pan. Cook for about 2 minutes, stirring occasionally.
5. Add frozen vegetables to pan and cook until tender.

Serve over rice.

**Nutrition information (per serving):**

- Calories: 576 kcals
- Total fat: 15g
- Sodium: 589mg
- Carbohydrate: 66g
- Fiber: 10g
Sloppy GI Joes
(Yield: 8 servings; Serving sizes: 1 bun with 1/2 cup filling)

Ingredients:

1 lb Extra lean ground beef or turkey
1 Small onion, diced
1 Small red pepper, diced
1 can (15 oz) Black beans, drained and rinsed
1 1/2 cups Tomato sauce
2 Tbsp Tomato paste
1 Tbsp Red wine vinegar
1 Tbsp Worcestershire sauce
1 tsp Mustard powder
8 Whole wheat burger buns

Preparation:

1. Brown the meat and onion in a large skillet over medium-high heat for 5 minutes, breaking up the meat into crumbles as it cooks.
2. Drain the ground meat.
3. Add the garlic and red pepper and cook 5 minutes more, stirring occasionally.
4. Stir in the rest of the ingredients, reduce heat to low, and simmer 5 minutes more.
5. Place a half-cup of the mixture into each bun and serve.

Nutrition information (per serving):

Calories: 325 kcals
Total fat: 4.5g
Sodium: 308mg
Carbohydrate: 42g
Fiber: 9.6g
Protein: 30g
**Tandoori Style Chicken**

(Yield: 4 servings; Serving size: 4 oz chicken)

**Ingredients:**

- 2 cups Plain low fat yogurt
- 2 tsp Minced ginger
- 2 tsp Minced garlic
- 3 tsp Paprika
- 2 tsp Ground coriander
- Juice of 1 lime
- Fresh black pepper
- 1 lb Chicken breast, boneless, skinless, cut in strips
- Minced cilantro for garnish

**Preparation:**

1. Preheat oven to 425 degrees. In a large bowl combine yogurt, ginger, garlic, paprika, pepper, coriander and half the lime juice.
2. Dredge chicken in yogurt mixture and marinate for at least an hour.
4. Bake chicken for 15 minutes. Turn pieces and cook for an additional 10 minutes or until cooked through.
5. Garnish; add remaining lime juice over chicken and serve, spooning the cooked marinade over the meat.

**Nutrition information (per serving):**

- Calories: 202 kcals
- Total fat: 2g; saturated fat: 1g
- Cholesterol: 67mg
- Sodium: 169mg
- Total carbohydrate: 12g; sugar: 10g
- Protein: 33g
**Stuffed Bell Pepper**
(Yield: 8 servings; Serving size: 2 stuffed pepper halves)

**Ingredients:**
- 8 Red, yellow or orange bell peppers
- 2 Tbsp Canola or olive oil, divided
- 1 Medium yellow onion, chopped
- 4 Garlic cloves, peeled and minced
- 1 Tbsp Chili powder
- 1 Tbsp Ground cumin
- 16 oz Lean ground turkey
- 2 cups Fresh baby spinach, rinsed and chopped, OR 1 cup Cooked quinoa or brown rice
- 1 10-oz pkg Chopped frozen spinach, thawed and squeezed to remove moisture
- 1 16-oz jar Chunky salsa (mild or hot)

**Preparation:**
1. Preheat oven to 375. Cut the peppers in half lengthwise, slicing from the stem to the bottoms, leaving the steams intact. Remove the white pith ribs near steam and down length of inside. Remove the ribs and seeds and discard.
2. Place the peppers in an 8 x 10 inch (or larger if fits in the microwave) shallow microwave safe baking dish. Drizzle the peppers with 1 tablespoon of the oil.
3. Microwave for 3-4 minutes to soften. (May need to do two batches depending on size of pan used)
4. Meanwhile, heat the remaining 1 Tbsp of oil in a large skillet over medium high heat. Add the onion, garlic, black pepper, chili powder and cumin; cook until the onions are softened, about 3 minutes.
5. Add the ground turkey to the skillet. Cook, breaking it up with a spoon, until lightly browned, about 5 minutes.
6. Add the salsa and spinach and cook, stirring occasionally about 5 minutes.
7. Remove from skillet from the heat and stir in the cooked brown rice or quinoa
8. Carefully fill the pepper halves with the turkey mixture. Cover dish with foil and bake until the filling is hot and peppers are tender about 20 minutes.

**Nutrition information (per serving)**
- Calories: 209 kcal
- Total fat: 14g; saturated fat: 2g; Cholesterol: 45mg
- Sodium: 480mg
- Protein: 13g
- Total carbohydrate: 21g; dietary fiber: 6g; sugar: 9g;
Bountiful Salads
**Balsamic Vinaigrette**
(Yield: 20 servings; Serving size: approximately 1.5 Tbsp per serving)

**Ingredients:**

- 2/3 cup Balsamic vinegar
- 2 Garlic cloves, crushed
- 2 Tbsp Dijon mustard
- 1 cup Extra virgin olive oil
- Sugar as needed
- Salt and pepper to taste
- Fresh or dried herbs to taste

**Preparation:**

1. Whisk vinegar, garlic, and Dijon mustard together. Add herbs now, if using.
2. Slowly whisk in 1 cup olive oil. Taste dressing and if too tart, can add a bit of sugar. If too oily, can add a squirt of fresh lemon juice.

TIP: Can use a pinch of dried oregano, basil, or marjoram if desired. Can also use fresh herbs, just double the amount. Can also add a minced shallot instead of garlic.

**Nutrition information (per serving):**

- Calories: 100 kcals
- Total fat: 11g
- Saturated fat: 1.4g
- Sodium: 134mg
**Mediterranean Barley Salad**

(Yield: 8 servings)

**Ingredients:**

1-1/2 qt (6 cups) Water
1 cup Pearl barley, rinsed
1 pint Cherry tomatoes
1 can (6oz) Pitted black olives, drained
1 Small red onion, chopped
1 pkg (4oz) Feta Cheese
1/3 cup Greek Vinaigrette Dressing
1 Tbsp Lemon juice

**Preparation:**

1. Bring water to boil in large saucepan on medium-high heat. Add barley; return to boil. 2. Simmer on medium-low heat 45 min. or until barley is tender (or may wish to use quick cooking barley and cook according to pack instructions). Drain barley; cool.
3. Place barley in large bowl. Add remaining ingredients; mix lightly.

**Nutrition information (per serving):**

Calories: 170 kcals
Total fat: 7g
Protein: 6g
Carbohydrate: 24g
Fiber: 5g
Bright Broccoli Salad

(Yield: 8 servings; Serving size: 1 cup)

Ingredients:

- 2/3 cup Fat free mayonnaise
- ¼ cup Red wine vinegar
- 1/8 cup Splenda
- 4 cups Bite size broccoli florets
- 1 Small purple onion, diced
- 1 cup Grapes sliced in half
- 1 cup Carrots, shredded
- 1/3 cup No salt added crushed almonds

Preparation:

1. For the dressing: Mix together Splenda and vinegar and stir until Splenda dissolves.
2. Pour vinegar mixture into the mayonnaise and stir together until smooth.
3. Combine all other ingredients into a large bowl- broccoli, onion, grapes, carrots, and nuts. Add dressing to the large bowl and stir together all ingredients until dressing is evenly mixed.

Nutrition information (per serving):

Calories: 89 kcals
Total fat: 3g
Carbohydrate: 13g
Sodium: 187mg
Fiber: 2g
**Colorful Winter Quinoa Salad**

(Yield: 7 servings)

**Ingredients:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Uncooked quinoa (yields 2 1/2 bunch)</td>
</tr>
<tr>
<td></td>
<td>Chopped fresh parsley</td>
</tr>
<tr>
<td>2 cups</td>
<td>Thinly sliced/ cut fresh spinach or arugula</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Dried cranberries (unsweetened if possible)</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>Red wine vinegar</td>
</tr>
<tr>
<td></td>
<td>Crumbled goat cheese</td>
</tr>
<tr>
<td></td>
<td>Chopped pecans</td>
</tr>
<tr>
<td></td>
<td>1 bunch Green onions, chopped</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp Olive oil</td>
</tr>
<tr>
<td></td>
<td>Zest and juice from 1 orange</td>
</tr>
<tr>
<td></td>
<td>1 Tbsp Dijon mustard</td>
</tr>
</tbody>
</table>

**Preparation:**

1. Add 1 cup of dried quinoa, Rapunzel brand no-salt added bouillon cube and 2 cups of water to small pot/ or 2 cups of reduced sodium broth, bring to a boil, turn down to medium and cook for ~15 minutes until quinoa is tender. Check occasionally to prevent burning. Drain off any remaining liquid, and put cooked quinoa in a dish in the refrigerator to chill.

2. Chop spinach/ or arugula, green onions, and parsley, mix in bowl with dried cranberries, chopped pecans, and crumbled goat cheese, add quinoa once chilled.

Prepare dressing by zesting and juicing the orange. Mix orange zest, orange juice, olive oil and mustard until combined/ emulsified.

3. Toss all ingredients and dressing for even coverage.

You could also serve this as a hot side dish, similar to a pilaf. Just add the spinach, green onions, parsley, cranberries and pecans to the pot that you are cooking the quinoa in during the last 2-3 minutes of cooking. Once finished cooking, drain off any unwanted liquid and toss with the dressing as described above.

**Nutrition information (per serving):**

- Calories: 250 kcals
- Fiber: 3g
- Protein: 5g
- Total fat: 7g
- Carbohydrate: 22g
- Sodium: 80mg
Scrumptious Sides
Roasted Brussels Sprouts, Carrots and Onions
(Yield: 6 servings)

Ingredients:

1 lb Carrots, peeled and sliced in 1/ rounds
1 lb Brussels sprouts, end trimmed and halved
1 1/2 cups Pearl onions or 1-inch diced onions
3 Garlic cloves, crushed
2 Tbsp Olive oil
1 tsp Ground rosemary powder
Salt and pepper to taste

Preparations:

1. Preheat oven to 400 degrees F. Combine carrots, Brussels sprouts, onions, garlic, rosemary and olive oil and mix well. Place in a roasting pan just large enough to hold the vegetables in one layer.
2. Roast in upper center of oven, stirring or shaking the pan periodically through roasting, until vegetables are brown tender, about 40 minutes. Season with salt and pepper.

Nutrition information (per serving):

Calories: 118 kcals
Total fat: 5g
Saturated fat: 0.7g
Sodium: 73g
Carbohydrate: 17.3g
Fiber: 5.6g
Protein: 3.7g
**Vegetable Variety**

(Yield: 3 servings)

**Ingredients:**

1 cup   Broccoli  
1 cup  Cauliflower  
1 cup  Carrots  
2 Tbsp  Nutritional yeast  
1 tsp   Salt free seasoning of choice (Mrs. Dash, Spike, etc.)  
1 tsp   Earth balance (or other non-trans margarine)

**Preparation:**

1. Prepare and steam vegetables until tender (put harder vegetables in first – in this case carrots)
2. Remove to a serving dish and mix in remaining ingredients.

Note: This is a template to be used with a variety of vegetable combos and low sodium, low fat seasoning choices. The basic idea is to teach participants a simple tasty way to incorporate vegetables into their meals, the essential skill of steaming (using a steamer basket and a tight lid), and encourage creativity in the kitchen. Other good combos might include kale and sweet potatoes; green beans, carrots and cabbage; beets, sweet potatoes, and greens, Brussels sprouts, yellow squash and carrots, etc. Alternative toppings could be drizzle of toasted sesame oil, low sodium tamari and grated ginger root; olive oil and balsamic vinegar, fresh lemon juice, any low fat salad dressing, etc.

**Nutrition information (per serving):**

Calories: 68 kcal  
Total fat: 2.1g  
Sodium: 149mg  
Fiber: 4.4g  
Protein: 5g
Curried Split Pea Soup

(Yield: 8 servings)

Ingredients:

1 Tbsp Canola oil
1 Large onion, chopped
2 Tbsp Grated fresh frozen gingers
2 stalks Celery, chopped
1.5 lb Calabaza (or other winter) squash, peeled and cut into 1” chunks
2 cup Yellow split peas (or green) (pick over and rinse)
1/3 cup Raisins
6 cups Water
1 Tbsp Curry powder (can use more)
1 tsp Fennel seeds
¾ tsp Cinnamon
1 Bay leaf

Preparation:

1. Sauté onion and ginger in oil
2. Stir in remaining ingredients

Nutrition information (per serving):

Calories: 251 kcals
Total fat: 3g
Sodium: 220mg
Fiber: 16.3g
Protein: 13.5g
Okra with Tomatoes

(Yield: 6 servings)

Ingredients:

- 1 ½ lbs Fresh or frozen okra chopped into bite sized pieces
- 2 Tbsp Olive Oil
- 4 cloves Garlic, minced or 1 heaping tsp minced garlic from a jar
- 2 Medium sized onions, chopped
- 1 can (14.5 oz) Diced tomatoes
- 1 tsp Ground coriander
- 1/8 tsp Pepper
- 1 Tbsp Lemon Juice

Preparation

1. Wash and trim okra into bite sized pieces
2. Heat oil in a 10-12 inch skillet over medium heat. Put in the chopped onion and garlic. Stir and sauté until onions are translucent, turning the heat down if necessary.
3. Put in okra, stir and sauté for another minute. Put in remaining ingredients plus ½ cup water and bring to a simmer.
4. Cover and turn down the heat to low and cook gently for 15-20 minutes or until okra is tender. Larger pods will take longer to cook through.

NOTE: This is excellent served rice and fish.

Nutrition Information (per serving):

- Calories: 100 kcals
- Sodium: 123 mg
- Protein: 2 g
- Fiber 3.4 g
- Carbohydrate: 14 g
- Total fat: 5 g
Black Bean Salsa

(Yield: 12 servings)

Ingredients:

2 (15-oz) cans  Black beans, rinsed and drained
2 (15-oz) cans  Whole kernel corn, rinsed and drained
2   Large tomatoes, seeded and diced
1   Small onion, diced
1/4 cup   Chopped fresh cilantro leaves
2 Tbsp   Lime juice
1 Tbsp   Red wine vinegar
          Dash of pepper
Optional:   Add avocado or any color bell pepper for an extra twist!

Preparation

1. Mix all ingredients thoroughly in a large bowl.
2. Cover and chill overnight.
3. Taste and add pepper or more lime juice as needed.
4. Serve with tortilla chips or with grilled chicken as a meal!

Nutrition information (per serving):

Calories  62 kcals
Protein  3 g
Carbohydrate 16 g
Fat  1 g
Fiber  2 g
Sodium  44 mg
Confetti Couscous
(Yield: 6 servings; Serving size: 1 1/4 cups)

Ingredients:

½ cup Fresh basil, chopped (can sub. Cilantro)
2 Tbsp Olive oil
3 Tbsp Fresh lime juice (2 limes)
½ cup Diced red bell pepper
½ cup Diced cucumber
½ tsp Salt
½ tsp Ground cumin
1 cup Uncooked couscous (look for whole wheat for more fiber)
15 oz can Black beans, rinsed and drained
1 cup Fresh or frozen corn
½ cup Diced red onion

Preparation:

1. In medium saucepan, combine salt, cumin, and 1 ½ cups water. Bring to a boil over high heat. Add couscous, stir to combine. Cover and remove from heat. Let stand for 5 minutes. Fluff with fork.
2. Cook corn according to package directions or steam fresh corn for 5 minutes.
3. Combine couscous with red bell pepper, cucumber, black beans, corn, onion, and basil. Stir in olive oil and lime juice. Serve warm or at room temperature.

Nutrition information (per serving):
Calories: 300 kcals
Total fat: 5g
Saturated fat: 1g
Carbohydrates: 52g
Dietary Fiber: 7g
Protein: 11g
Sodium: 370mg
Healthier Deviled Eggs
(Yield: 8 servings; Serving size: 1/2 egg white with 1 Tbsp of mixture)

Ingredients:

4   Eggs
1/4 cup  Nonfat Greek yogurt, plain
1 tsp   Dijon mustard
1 Tbsp  Chives, dried
1 Tbsp  Parsley, dried
1/2 tsp  Paprika
1 Tbsp  Mrs. Dash Garlic & Herb
1/4 cup  Spinach

Preparation:

1. Bring water to a simmer. Boil eggs for 12 minutes and remove from water into cold bath. Shell and let cool. Cut eggs into half and remove yolk. Keep one whole yolk for later.
2. Chop spinach and place on to plate into microwave for 30-45 seconds or till wilted.
3. Combine in one bowl the yogurt, mustard, chives, parsley, paprika, Mrs. Dash, 1 egg yolk, and spinach. Mix till well blended.
4. Take 1 Tbsp of mixture and place into the egg whites halves. Refrigerate and then serve.

Nutrition information (per serving):

Calories: 40.5 kcal
Total fat: 2.5g; saturated fat: 0.8g
Cholesterol: 92.5mg
Sodium: 55.5mg
Potassium: 85.6mg
Total carbohydrate: 0.5g; sugar: 0.3g
Protein: 3.9g
Gobi Matar

(Yield: 6 servings)

Ingredients:

1 Medium cauliflower
1 cup Green peas (frozen or fresh)
1 Red onion chopped
2 Green chilies (cut lengthwise, seeded and minced)
1/2 tsp Fresh ginger minced
1 tsp Coriander powder
¼ tsp red chili powder
1 Tbsp Peanut or canola oil

Preparation:

1. Prepare Cauliflower: Discard the leaves, separate small florets and wash.
2. Heat oil in a pan. Add the chopped onions and sauté until onion turns slightly brown.
3. Add the ginger and green chilies, along with coriander powder and the red chili powder. Sauté well for about 3-4 minutes or until well blended with oil.
4. Add the cauliflower florets, green peas and mix well, stir for another minute.
5. Add 1-4 Tbsp water and cover. Allow vegetables to cook until tender.

Nutrition information (per serving):

Calories: 61 kcals
Proteins: 3g
Carbohydrates: 8g
Fiber: 3g
Total fat: 2.6g
Saturated fat: 0.4g
Sodium: 9mg
Potassium: 199mg
Sweet Treats
Strawberries with Walnut Crumble

(Yield: 6 servings)

Ingredients:
3 Tbsp Light brown sugar
1 tsp Grated lemon zest
2 tsp Fresh lemon juice
2.5 cups Sliced or diced hulled strawberries (1 pint)

Topping:
1/2 cup Regular oats, uncooked
3 Tbsp Light brown sugar
1 1/2 Tbsp All-purpose flour
1/8 tsp Ground cinnamon
Dash Salt
1/4 cup Walnuts, chopped

Preparation:

1. Heat a large skillet over medium heat. Add chopped walnuts to toast in pan. Watch nuts carefully to avoid burning them. After walnuts are toasted, remove from heat and set aside.
2. Heat a large skillet over high heat. Add sugar, lemon zest and lemon juice and cook, stirring, until the sugar melts and the mixture begins to bubble, about 1-2 minutes. Add strawberries and stir until the mixture is juicy and the berries are heated through, 1-2 more minutes. Set aside.
3. Combine topping ingredients and stir well.
4. Place strawberry mixture in small serving bowls and sprinkle with topping.

Nutrition information:

Calories: 118 kcals, Carbohydrates: 22g, Sodium: 26mg, Total fat: 3.5g
Gourmet Sorbet
(Yield: 4 servings; Serving size: 1/2 cup per serving)

Ingredients:

2 Medium bananas, frozen (note: peel before freezing)
1/3 cup Frozen cranberries
1/4 cup Orange juice
1/4 cup Unsweetened soy milk
2 Tbsp Semi-sweet chocolate chips (optional)
1/4 tsp Fresh ginger, grated

Preparation:

1. Slice frozen bananas into approximately ½ inch pieces and place in food processor.
2. Add cranberries, orange juice and soymilk.
4. Add chocolate chips and ginger; process until desired texture is achieved (~15 seconds).
5. Serve immediately

Nutrition information (per serving):

Calories: 103 kcals
Protein: 1.7g
Carbohydrate: 20.7g
Total fat: 2.6g
Calcium: 45mg
Potassium: 54.6mg
Fiber: 1.5g
Cherry Peach Fruit Compote

(Yield depends on amount of fruit used.)

Ingredients:

1 bag frozen sliced peaches
1 bag frozen dark cherries

Preparation:

1. Heat fruit over low to medium heat in saucepan stirring frequently or microwave peaches and cherries until warm and syrupy. Perfect with a spoonful of whipped topping for dessert or over pancakes for breakfast.

Nutrient Analysis (per ½ cup serving)

Calories 40 cal
Fat 0 g
Total Carbohydrate 10 g