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# Recipe Book

## Vol. III

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## Broiled Salmon With Creamy Lemon-Dill Sauce

Makes 4 servings

### Ingredients

<p>4 6-ounce salmon fillets (about 1-inch thick) Cooking spray ¾ teaspoon kosher salt, divided ¼ teaspoon freshly ground black pepper 2 tablespoons plain 2 percent reduced-fat Greek yogurt</p>	<p>3 tablespoons canola mayonnaise 1 ½ teaspoons chopped fresh dill 1 ½ teaspoons fresh lemon juice ½ teaspoon minced fresh garlic</p>
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### Instructions

1. Preheat broiler to high.
2. Arrange fish fillets, skin side down, on a broiler pan coated with cooking spray. Sprinkle the fish evenly with ½ teaspoon salt and pepper. Broil 7 minutes or until desired degree of doneness.
3. While fish cooks, combine yogurt, mayonnaise, dill, lemon juice, remaining ¼ teaspoon salt and garlic in a small bowl, stirring with a whisk until combined. Serve fish with sauce.

#### Nutrition Facts

Calories Per Serving 355; Fat 21.6g; Saturated Fat 3.9g; Monounsaturated Fat 10.2g; Polyunsaturated Fat 5.4g; Protein 37g; Carbohydrates 1g; Fiber 0.0g; Cholesterol 91mg; Iron 1mg; Sodium 517mg; Calcium 26mg

Source: [www.MyRecipes.com](http://www.MyRecipes.com)



## "Fried" Chipotle Chicken

Makes 4 servings

### Ingredients

<p>4 uncooked boneless, skinless chicken breasts (3.2 ounces each) Nonstick cooking spray ¼ cup whole wheat flour ½ cup crushed cornflakes 2 teaspoons chopped cilantro</p>	<p>¼ teaspoon black pepper ½ teaspoon onion powder ½ teaspoon cayenne pepper 3 ounces skim milk 1 teaspoon chipotle pepper in adobo sauce, pureed</p>
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### Instructions

1. Preheat oven to 425 degrees. Spray the baking sheet with nonstick cooking spray.
2. Combine flour, pepper, onion powder and cayenne pepper in a large plastic bag or bowl; pour the milk into a second bowl, then add the crushed cornflakes and cilantro in a third.
3. Cover chicken in chipotle pepper and adobo sauce puree.
4. Place the chicken in the flour and seasonings bag and shake to coat, or roll in the mixture if in a bowl.
5. Dip the chicken into the milk and then in the crushed cornflakes.
6. Place chicken on the baking sheet, leaving a space between each breast, and lightly spray with the cooking spray.
7. Bake chicken about 10-15 minutes, flip gently with a pair of tongs, and bake another 10-15 minutes.
8. Check to make sure your chicken is cooked, as the thickness can greatly affect baking time. You want it to be tender and not pink.
9. Remove to a plate lined with paper towels to soak up any excess fat, then serve with a wedge of lemon.

#### Nutrition Facts

Calories 181; Fat 3g; Saturated Fat 1g; Total Carbohydrates 13g; Fiber 1g; Protein 23g; Cholesterol 57mg; Sodium 136mg

Source: [www.rush.edu/health-wellness/healthy-recipes/fried-chipotle-chicken](http://www.rush.edu/health-wellness/healthy-recipes/fried-chipotle-chicken)



## Ground Sirloin Sliders

Makes 6 servings

### Ingredients

12 miniature buns or dinner rolls	Olive oil cooking spray
¾ pound lean ground sirloin	2 ounces extra-sharp cheddar cheese, thinly sliced
1 tablespoon Worcestershire sauce	24 small dill pickle slices
½ teaspoon black pepper	

### Instructions

1. Remove some of the fluffy center from the buns so that they will sit well on top of burgers; set aside.
2. Combine sirloin with Worcestershire and pepper, and form into 12 (2-inch) flat patties.
3. Preheat a lightly oiled grill pan over moderate heat until hot but not smoking. Cook burgers over moderate heat, turning, and evenly top with cheese, about two minutes per side for medium or until cheese is melted. (Use a meat thermometer to check that burgers have reached 160 degrees.) Transfer the burgers to a plate, and grill the buns, cut sides down, one to two minutes or until toasted.
4. Sandwich burgers between buns with about two pickles per slider.

### Nutrition Facts

Serving size: 2 sliders; Calories Per Serving: 283; Fat 7g; Saturated Fat 2g; Monounsaturated Fat 2g; Polyunsaturated Fat 2g; Protein 18g; Carbohydrates 38g; Fiber 6g; Cholesterol 27mg; Iron 3mg; Sodium 697mg; Calcium 134mg

Recipe adapted from [www.Health.com](http://www.Health.com)



## Italian Sausage, Kale and Tortellini Soup

Makes 6 servings

### Ingredients

16-19 ounces mild or hot Italian sausage, removed from casings	1 tablespoon Italian seasoning (oregano, marjoram, thyme, basil, rosemary and sage)
1 tablespoon olive oil	Salt and pepper
1 medium onion (1 ½ cups), chopped	9 ounces 3-cheese tortellini (frozen or fresh)
3 large carrots (1 ⅓ cups), chopped	2 cups packed chopped kale (thick ribs removed)
4 cloves garlic, minced	Finely shredded Parmesan cheese
5 cups low-sodium beef broth	
2 14-ounce cans diced tomatoes	
1 8-ounce can tomato sauce	

### Instructions

1. Heat olive oil in a large pot over medium-high heat.
2. Crumble sausage into pot, stirring occasionally until cooked through; drain all but 1 tablespoon of fat.\*
3. Add onions and carrots and saute until just tender, about 3 minutes, add garlic and saute 1 minute more.
4. Stir in beef broth, tomatoes, tomato sauce, Italian seasoning, salt and pepper and bring to a boil.
5. Return sausage to pot.
6. Cover and reduce heat to medium-low, simmer until carrots are tender, about 15 minutes.
7. Stir in tortellini and kale, cover and cook 7-9 minutes.
8. Serve with Parmesan cheese on top.

\*If sausage doesn't render 1 tablespoon of fat, olive oil can be substituted.

### Nutrition Facts

Serving Size: 1.5 cups; Calories Per Serving 419; Total Fat 35g; Cholesterol 64mg; Sodium 1,025mg; Potassium 495mg; Carbohydrates 22g; Protein 19g

Source: [www.cookingclassy.com](http://www.cookingclassy.com)



## Maple-Mustard Baked Chicken

Makes 8 servings

### Ingredients

3 tablespoons Dijon mustard	¾ teaspoon freshly ground pepper
2 tablespoons pure maple syrup, preferably amber	½ teaspoon salt
2 tablespoons peanut or canola oil, divided	4-4 ½ pounds bone-in chicken pieces, (thighs, drumsticks and/or breasts), skin removed
1 tablespoon finely chopped fresh thyme, or 1 teaspoon dried	1 ½ cups fresh breadcrumbs, preferably whole-wheat

### Instructions

- Whisk mustard, maple syrup, 1 tablespoon oil, thyme, pepper and salt in a large bowl. Add chicken and turn to coat evenly. Cover and marinate in the refrigerator for at least 30 minutes and up to 6 hours.
- Preheat oven to 400 degrees. Set a wire rack on a large baking sheet.
- Combine breadcrumbs and the remaining 1 tablespoon oil on a plate. Dredge the skinned side of each chicken piece in the breadcrumbs (with drumsticks, dredge the meatier side) and arrange breaded-side up on the wire rack. Leave at least 1 inch between pieces.
- Bake until golden brown and an instant-read thermometer inserted into the thickest part of the meat registers 165 degrees, 35 to 40 minutes. Serve hot or let cool, refrigerate and serve chilled.

**Make-Ahead Tip:** Marinate the chicken for up to 6 hours. Refrigerate the baked chicken for up to 1 day.

**Tips:** When using a combination of thighs, drumsticks and breasts, we recommend cutting each breast in half crosswise (before marinating) to make smaller pieces about the size of an average chicken thigh. And if you buy whole legs, be sure to separate the drumsticks and thighs. When all the pieces are about the same size, they'll all cook at the same rate.

### Nutrition Facts

Per Serving: Calories 243; Total Fat 9g; Saturated Fat 2g; Sodium 315mg;  
Total Carbohydrates 14g; Protein 25g; Sugar 3g

Source: [www.EatingWell.com](http://www.EatingWell.com)



## Maryland-Style Crab Cakes

Makes 6 servings

### Ingredients

1 pound lump crab meat (pre-cooked)	¼ teaspoon dried parsley
1 egg	⅛ teaspoon ground black pepper
4 tablespoons low-fat mayonnaise	1 teaspoon Dijon mustard
1 teaspoon sugar (or artificial sweetener)	
¼ teaspoon low-sodium Old Bay Seasoning	

### Instructions

- Combine egg, mayonnaise, crackers, sugar, Old Bay Seasoning, parsley, black pepper and Dijon. Fold in crab meat. Shape mixture into 12 crab cakes, about ¾-inch thick, and place onto dinner plate.

**Note:** Use parchment paper between crab cakes so they don't stick together.

- Refrigerate crab cakes for 1 hour before cooking.
- Preheat oven to 375 degrees.
- Spray baking sheet with cooking spray. Place crab cakes on baking sheet and bake for 10-15 minutes or until nicely browned and inside is cooked through.
- Cooking times may vary, depending on the thickness of the cakes.

### Nutrition Facts

Serving size: 2 crab cakes; Per serving: Calories 70; Protein 8g; Fat 3g; Saturated Fat 0g;  
Cholesterol 55mg; Carbohydrates 3g; Fiber 0g; Sodium 180mg; Vitamin C 2%; Iron 4%

Recipe adapted from [www.EatingWell.com](http://www.EatingWell.com)



## Oven-Fried Chicken

Makes 6 to 8 servings

### Ingredients

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| <ul style="list-style-type: none"> <li>½ sleeve (about 20) whole-grain salted crackers, pulsed in a food processor until fine (about ½ cup)</li> <li>2 ½ cups corn cereal flakes, pulsed in a food processor to fine crumbs (about ½ cup)</li> <li>2 tablespoons sesame seeds</li> <li>¾ teaspoon cayenne pepper</li> <li>½ teaspoon garlic powder</li> <li>2 egg whites</li> </ul> | <ul style="list-style-type: none"> <li>1 cup low-fat, plain yogurt</li> <li>1 tablespoon Dijon mustard</li> <li>½ teaspoon salt</li> <li>Olive oil cooking spray</li> <li>4 medium-sized skinless chicken breasts and 4 skinless chicken thighs, rinsed and patted dry (about 3 ½ pounds chicken)</li> </ul> |
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### Instructions

1. Preheat oven to 375 degrees. Lightly spray a baking sheet with olive oil.
2. Combine the crackers and corn cereal crumbs, sesame seeds, cayenne and garlic powder in a shallow bowl. Set aside.
3. In a large bowl, combine egg whites, yogurt, Dijon mustard and salt. Add the chicken pieces and coat thoroughly with the yogurt mixture.
4. One at a time, dip the chicken pieces in the cracker mixture, packing crumbs onto chicken. Arrange the chicken on a baking sheet and spray lightly with olive oil cooking spray.
5. Bake for 45 to 50 minutes, or until juices run clear when chicken is pierced with a knife.

#### Nutrition Facts

Calories Per Serving 270; Total Fat 5g; Saturated Fat 1g; Carbohydrates 21g; Fiber 1g; Sodium 590mg; Protein 33g

Source: [www.FoodNetwork.com](http://www.FoodNetwork.com)



## Pan-Roasted Chicken and Gravy

Makes 6 servings

### Ingredients

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| <ul style="list-style-type: none"> <li>1 large clove garlic, minced</li> <li>½ teaspoon kosher salt</li> <li>¼ teaspoon ground white pepper</li> <li>1 ½ teaspoons fresh thyme leaves</li> <li>3 ½-pound whole chicken, giblets removed</li> </ul> | <ul style="list-style-type: none"> <li>1 teaspoon peanut or canola oil</li> <li>2 teaspoons butter, softened, divided</li> <li>2 teaspoons all-purpose flour</li> <li>1 ½ cups reduced-sodium chicken broth</li> <li>1 tablespoon minced, fresh, flat-leaf parsley, for garnish</li> </ul> |
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### Instructions

1. Preheat oven to 400 degrees.
2. Mash garlic and salt into a paste in a small bowl, using the back of a spoon. Stir in pepper and thyme.
3. With a sharp knife, remove any excess fat from chicken. Dry the inside with a paper towel. With your fingers, loosen the skin over the breasts and thighs to make pockets, being careful not to tear the skin. Rub the garlic mixture over the breast and thigh meat.
4. Heat oil and 1 teaspoon butter in a 12-inch cast-iron skillet over medium heat. Add the chicken and cook, turning often, until nicely browned on all sides, about 10 minutes.
5. Transfer the pan to the oven and roast the chicken until the internal temperature in the thickest part of the thigh reaches 165 degrees, 50 minutes to 1 hour. Transfer the chicken to a clean cutting board; tent with foil.
6. Meanwhile, mash the remaining 1 teaspoon butter and flour in a small bowl until a paste forms. Place the pan (use caution, the handle will be hot) over medium-high heat. Add broth and bring to a simmer, stirring to scrape up any browned bits.
7. Gradually whisk in the butter-flour paste a few bits at a time, until the gravy thickens, about 8 minutes.
8. Remove from the heat and let stand for 5 minutes, allowing any fat to rise to the top. Skim off the fat with a spoon.
9. Carve the chicken and serve with the gravy. Garnish with parsley, if desired.

#### Nutrition Facts

Calories Per Serving 208; Total Fat 9g; Saturated Fat 3g; Fiber 0g; Cholesterol 89mg; Sugar 0g; Sodium 314mg; Total Carbohydrates 1g; Protein 29g

Recipe courtesy [www.EatingWell.org](http://www.EatingWell.org)



## Quick Chili-Roasted Chicken and Vegetables

Makes 6 servings

### Ingredients

4 baking potatoes (about 2 pounds), cut lengthwise	2 teaspoons dried oregano or basil
4 carrots and 2 small zucchini, cut into 2-inch chunks	1/2 teaspoon salt
1 1/2 cups corn kernels	3 tablespoons olive oil
1 tablespoon chili powder	1/4 cup dry bread crumbs
	1 pound boneless, skinless chicken breasts cut into 1 1/2-inch chunks

### Instructions

1. Preheat the oven to 425 degrees.
2. In a large bowl, combine vegetables. In another bowl, mix seasonings and oil. Pour half over vegetables and toss to coat.
3. Divide and spread vegetables evenly between 2 large, rimmed baking sheets.
4. Add bread crumbs to remaining seasoning mix and stir to combine. Toss chicken in this mixture to coat. Arrange chicken pieces evenly across top of vegetables.
5. Roast for about 25 minutes, switching sheets between racks halfway through, until chicken is no longer pink inside and vegetables are golden and tender. Combine in a serving dish.

### Nutrition Facts

Calories: 674; Calories from Fat 268; Calories From Saturated Fat 50; Fat 30g; Total Sugars 11g; Carbohydrates 80g; Saturated Fat 6g; Cholesterol 47mg; Sodium 945mg; Protein 26g; Calcium 105mg; Magnesium 123mg; Potassium 1,784mg; Dietary Fiber 10g; Folate Dfe 124mcg; Mono Fat 15g; Omega 3 Fatty Acid 0g; Omega 6 Fatty Acid 5g; Poly Fat 6g; Soluble Fiber 2g

Source [www.menshealth.com/recipes/quick-chili-roasted-chicken-and-vegetables](http://www.menshealth.com/recipes/quick-chili-roasted-chicken-and-vegetables)



## Sirloin and Broccoli Stir-Fry

Makes 4 servings

### Ingredients

1 tablespoon cornstarch	1 teaspoon toasted sesame oil
1 tablespoon soy sauce, lowest sodium available	1 teaspoon canola or corn oil
1 teaspoon grated, peeled ginger root	3 ounces broccoli florets, broken into bite-size pieces
1 medium garlic clove, minced	1 medium yellow summer squash, thinly sliced crosswise
1 pound boneless steak, all visible fat discarded, cut crosswise into 1/4-inch strips, longer strips halved crosswise	4 medium green onions, thinly sliced
1 cup uncooked, instant brown rice	2 ounces red cabbage, shredded
1 cup fat-free, lower-sodium beef broth	1-2 tablespoons water, as needed
2 tablespoons hoisin sauce, lowest sodium available	

### Instructions

1. Put the cornstarch in a medium bowl. Add the soy sauce, ginger root and garlic, whisking to dissolve the cornstarch. Add the beef, turning to coat. Cover and refrigerate for 10 minutes, turning occasionally.
2. Meanwhile, prepare the rice using the package directions, omitting the salt and margarine. Set aside.
3. In a small bowl, whisk together the broth, hoisin sauce and sesame oil. Set aside.
4. In a large, nonstick skillet or wok, heat the oil over medium-high heat, swirling to coat the bottom. Cook the beef mixture for 5 minutes, or until the beef is browned on the outside (it may be slightly pink in the center), stirring constantly. Transfer the beef mixture to a large plate.
5. In the same skillet, still over medium-high heat, stir together the remaining ingredients, except the water. Cook for 2-3 minutes, or until the vegetables are tender-crisp, stirring constantly. If the mixture becomes too dry, stir in the water.
6. Return the beef mixture to the skillet. Pour in the broth mixture, stirring to combine. Cook for 1-2 minutes, or until the broth mixture thickens, stirring occasionally. Serve the stir-fry over the rice.

### Nutrition Facts

Serving size: 1 cup stir-fry and 1/2 cup rice. Calories Per Serving 400; Total Fat 9g; Cholesterol 60mg; Sodium 380mg; Potassium 780mg; Carbohydrates 47g; Protein 32g

Source: American Heart Association





## Smoky Maple-Mustard Salmon

Makes 4 servings

### Ingredients

3 tablespoons whole-grain or Dijon mustard	¼ teaspoon freshly ground pepper
1 tablespoon pure maple syrup	⅛ teaspoon salt
¼ teaspoon smoked paprika or ground chipotle pepper	4 4-ounce skinless center-cut wild-caught salmon fillets

### Instructions

1. Preheat oven to 450 degrees. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

### Nutrition Facts

Serving size: 4 ounces; Calories per serving: 148; Fat 4g; Saturated Fat 1g; Protein 23g; Carbohydrates 4g; Fiber 0g; Cholesterol 53mg; Iron 1mg; Sodium 276mg; Calcium 49mg; Sugars 3g; Added Sugars 3g; Folate 13mcg

Recipe adapted from [www.EatingWell.com](http://www.EatingWell.com)



## Sweet Potato & Black Bean Chili

Makes 2 servings

### Ingredients

2 teaspoons extra-virgin olive oil	⅛ teaspoon salt, or to taste
1 small onion, finely diced	1⅓ cups water
1 small sweet potato, peeled and diced	1 15-ounce can black beans, rinsed
2 cloves garlic, minced	1 cup canned diced tomatoes
1 tablespoon chili powder	2 teaspoons lime juice
2 teaspoons ground cumin	2 tablespoons chopped fresh cilantro
¼ teaspoon ground chipotle chili (see Note)	

### Instructions

1. Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes.
2. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds.
3. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes.
4. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often.
5. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes.
6. Remove from the heat and stir in cilantro.

**Make-Ahead Tip:** Cover and refrigerate for 2 days. Stir in cilantro just before serving.

**Note:** Chipotle peppers are dried, smoked jalapeno peppers. Ground chipotle can be found in the specialty spice section of most supermarkets.

### Nutrition Facts

Serving size: 2 cups; Per serving: Calories 365; Fat 7g (1g sat); Fiber 18g; Carbohydrates 67g; Protein 14g; Folate 125mcg; Cholesterol 0mg; Sugars 16g; Vitamin A 20,737 IU; Vitamin C 28mg; Calcium 187mg; Iron 6mg; Sodium 629mg; Potassium 1,301mg

Source: [www.EatingWell.com](http://www.EatingWell.com)



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# Side Dishes



## Broccoli-Bacon Salad

Makes 6 servings

### Ingredients

<p>1 clove garlic, minced          ¼ cup low-fat mayonnaise          ¼ cup reduced-fat sour cream          2 teaspoons cider vinegar          1 teaspoon sugar          4 cups finely chopped broccoli crowns</p>	<p>1 8-ounce can sliced water chestnuts,          rinsed and chopped          3 slices cooked bacon, crumbled          3 tablespoons dried cranberries          Freshly ground pepper, to taste</p>
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### Instructions

1. Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl.
2. Add broccoli, water chestnuts, bacon, cranberries and pepper.
3. Stir to coat with the dressing.

### Nutrition Facts

Serving size: 1 scant cup; Per serving: Calories 92; Fat 5g; Saturated Fat 2g; Fiber 2g; Carbohydrates 11g; Protein 3g; Cholesterol 10mg; Sugars 4g; Added Sugars 3g; Vitamin A 1,480IU; Vitamin C 44mg; Calcium 36mg; Iron 1mg; Sodium 160mg; Potassium 191mg

Source: [www.EatingWell.com](http://www.EatingWell.com)



## Broccoli-Peanut Salad

Makes 4 servings

### Ingredients

<p>¼ cup white wine vinegar          3 tablespoons canola oil          3 tablespoons peanut butter          1 tablespoon reduced-sodium soy sauce          ½ teaspoon salt</p>	<p>1 pound broccoli, tops cut into small          florets and stems, peeled and chopped          ¼ cup dried cherries, cranberries or          raisins          ¼ cup roasted peanuts, chopped</p>
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### Instructions

1. Whisk together vinegar, oil, peanut butter, soy sauce and salt in a large bowl.
2. Toss with broccoli and dried fruit, and season with salt to taste.
3. Serve topped with peanuts. Can be made up to 2 days ahead.

### Nutrition Facts

Calories Per Serving 280; Protein 9g; Carbohydrates 17g; Fiber 7g; Sugars 5g; Fat 21g; Saturated Fat 2.5g; Sodium 510mg

Source: [www.Prevention.com](http://www.Prevention.com)



## Classic Italian Panzanella Salad

Makes 4 servings

### Ingredients

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| <p>2 medium tomatoes, cut into 1-inch cubes (or 2 cups cherry tomatoes, halved)</p> <p>½ teaspoon fine sea salt</p> <p>2 cups good quality Italian bread, such as multigrain ciabatta</p> <p>1 cup cucumber, quartered lengthwise and thinly sliced (about ½ an English cucumber)</p> | <p>2 stalks celery, sliced ½-inch thick</p> <p>1 small red onion, cut in half and thinly sliced</p> <p>¼ teaspoon freshly ground black pepper</p> <p>2 tablespoons red wine vinegar</p> <p>2 tablespoons extra-virgin olive oil</p> <p>½ cup fresh basil leaves, torn into strips</p> <p>1 cup flat Italian parsley leaves, roughly chopped</p> |
|---|---|

### Instructions

1. Place tomatoes in large salad bowl and sprinkle with salt. Let stand 5 minutes.
2. Break up bread and add to tomatoes. Add remaining salad ingredients and mix well.

#### Nutrition Facts

Serving Size: 1/4 of recipe; Calories Per Serving 160; Total Fat 8g; Saturated Fat 1.2g; Total Carbohydrates 20g; Sugar 4g; Fiber 3g; Cholesterol 0mg; Sodium 455mg; Protein 4g; Potassium 415mg

Recipe adapted from [www.Diabetes.org](http://www.Diabetes.org)



## Curried Sweet Potato Dip with Crunchy Pita Chips

Makes 4 servings

### Ingredients

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| <p>1 10-ounce large sweet potato (or 2 medium), peeled and cut into 1-inch chunks</p> <p>1 tablespoon olive oil</p> <p>2 tablespoons sweet curry powder</p> <p>1 teaspoon ground black pepper</p> <p>¼ cup toasted pine nuts</p> | <p>¼ cup sun-dried tomatoes (dry, not packed in oil)</p> <p>Cooking spray</p> <p>2 whole wheat pitas, cut into eighths</p> <p>1 tablespoon garlic powder</p> <p>1 teaspoon paprika, divided</p> |
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### Instructions

1. Preheat oven to 375 degrees.
2. Coat a baking sheet with non-stick cooking spray and set aside.
3. In a bowl, combine sweet potatoes, olive oil, curry powder and ground black pepper, and toss to coat.
4. Spread mixture onto the baking sheet and bake for 25 minutes or until sweet potatoes are soft.
5. Remove from oven and puree sweet potatoes in a blender or food processor. Stir in toasted pine nuts and sun-dried tomatoes. Place in a serving bowl and sprinkle the top with ½ teaspoon paprika. Serve warm or at room temperature.
6. Coat another baking sheet with non-stick cooking spray and lay pita chips in a single layer on the sheet. Coat pita chips with cooking spray and sprinkle with garlic powder and remaining paprika. Bake for 15 minutes or until crispy.
7. Make it gluten-free: Verify that the ingredients you are using are gluten-free and this dip can be gluten-free. Use raw veggies instead of pita chips for dipping.

#### Nutrition Facts

Serving Size: ½ cup dip, ½ pita (4 pita chips); Calories 235; Carbohydrate 32g; Protein 6g; Fat 11g; Saturated Fat 1.1g; Dietary Fiber 6g; Cholesterol 0mg; Sodium 230 mg

Recipe adapted from [www.Diabetes.org](http://www.Diabetes.org)



## Grilled Portobellos with Tomato and Tuscan Herbs

Makes 6 servings

### Ingredients

¼ cup extra-virgin olive oil	2 cloves garlic, minced
2 tablespoons lemon juice	½ cup tomato, chopped
2 tablespoons balsamic vinegar	½ teaspoon black pepper
1 tablespoon fresh oregano, minced	6 portobello mushrooms, wiped clean and stem removed
1 sprig fresh rosemary, minced	
2 tablespoons basil, minced	

### Instructions

1. Combine all of the marinade ingredients in a medium bowl and put into a large tightly sealed plastic bag. Marinate mushroom caps at least 15-30 minutes at room temperature for best results.
2. Preheat grill to medium high and place mushroom caps on grill grate. Cook under direct heat for 5 minutes per side until tender. Baste occasionally with additional marinade while cooking. You can pour any leftover marinade over mushrooms before serving.

### Nutrition Facts

Serving Size: 1 mushroom cap; Calories 105; Carbohydrate 5g; Protein 2g; Fat 9g; Saturated Fat 1.3g; Sugars 2g; Dietary Fiber 1g; Cholesterol 0mg; Sodium 5mg; Potassium 315mg

Recipe adapted from [www.Diabetes.org](http://www.Diabetes.org)



## Kale Chips

Makes 4 servings

### Ingredients

1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups; see Note)	1 tablespoon extra-virgin olive oil ¼ teaspoon salt
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### Instructions

1. Position racks in upper third and center of oven; preheat to 400 degrees.
2. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)
3. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

**Make-Ahead Tip:** Store in an airtight container at room temperature for up to 2 days.

**Note:** Choose organic kale when possible. Nonorganic can have high pesticide residue.

### Nutrition Facts

Serving size: About 2 cups; Per serving: Calories 92; Fat 5g; Saturated Fat 2g; Fiber 2g; Carbohydrates 11g; Protein 3g; Folate 35mcg; Cholesterol 10mg; Sugars 4g; Added Sugars 3g; Vitamin C 44mg; Calcium 36mg; Iron 1mg; Sodium 160mg; Potassium 191mg

Recipe adapted from [www.EatingWell.com](http://www.EatingWell.com)



## Lightened-Up Mac and Cheese

Makes 4 servings

### Ingredients

Kosher salt  
12 ounces fusilli or other corkscrew pasta  
1 tablespoon unsalted butter  
1 medium shallot, finely chopped  
2 tablespoons all-purpose flour  
1 teaspoon mustard powder  
½ cup skim milk

⅓ cup low-fat sour cream  
⅔ cup shredded, part-skim mozzarella cheese  
⅔ cup shredded, low-fat Swiss cheese  
3 tablespoons grated Parmesan cheese  
Freshly ground pepper  
¼ cup chopped fresh parsley, basil and/or chives

### Instructions

1. Bring a pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve ¾ cup of the cooking water, then drain the pasta.
2. Add the butter to the empty pot and melt over medium-high heat. Add the shallots and cook, stirring, until slightly softened, about 2 minutes. Add the flour and mustard powder and cook, stirring, until the flour begins to toast, about 1 minute. Whisk in the milk and the reserved cooking water; cook, whisking, until thick, about 2 minutes.
3. Reduce the heat to medium. Whisk in the sour cream, mozzarella, Swiss cheese and 1 tablespoon Parmesan; continue whisking until melted, about 1 minute. Stir in the pasta, ½ teaspoon salt and ¼ teaspoon pepper; transfer to a 2-quart baking dish. Preheat the broiler.
4. Combine the remaining 2 tablespoons Parmesan, the herbs and salt and pepper to taste in a small bowl. Sprinkle over the pasta. Broil until golden and bubbly, about 2 minutes

### Nutrition Facts

Calories Per Serving 545; Total Fat 18g; Saturated Fat 10g; Total Carbohydrates 71g; Cholesterol 49mg; Sodium 639mg; Fiber 3g; Protein 26mg

Source: [www.FoodNetwork.com](http://www.FoodNetwork.com)



## Mashed Cauliflower

Makes 6 servings

### Ingredients

1 head cauliflower, cut into florets  
1 clove of garlic, chopped  
1 shallot, chopped  
⅓ teaspoon salt

⅓ teaspoon pepper  
½ cup plain Greek yogurt  
1 tablespoon Parmesan, shredded

### Instructions

1. Preheat oven to 425 degrees.
2. Place the cauliflower, garlic and shallots on a sheet of tinfoil and season with salt and pepper. Wrap the ingredients in the tinfoil to create a tightly sealed pocket.
3. Place pockets on rack in preheated oven for 25 to 35 minutes or until cauliflower is tender.
4. Place cooked ingredients and Greek yogurt into food processor and blend until desired consistency. Be careful not to blend too long.
5. Garnish with shredded Parmesan cheese.

### Nutrition Facts

Calories 68; Fat 1g; Saturated fat 0g; Protein 6g; Total carbohydrates 10g; Dietary fiber 3g; Sodium 122mg; Cholesterol 3mg

Source: [www.rush.edu/health-wellness/healthy-recipes/mashed-cauliflower](http://www.rush.edu/health-wellness/healthy-recipes/mashed-cauliflower)



## Miso-Glazed Eggplant

Makes 6 servings

### Ingredients

<p>2 medium Japanese eggplants cut lengthwise into 1/3-inch slices Canola oil, for tossing Freshly ground pepper to taste 2 tablespoons white (shiro) miso</p>	<p>1 tablespoon honey 1/2 tablespoon rice wine vinegar 1/2 tablespoon soy sauce</p>
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### Instructions

1. Heat the broiler. On a baking sheet, toss the eggplant slices with just enough oil to lightly coat them. Arrange in a single layer.
2. Combine the miso, honey, vinegar, soy sauce and a few pinches of pepper, and brush the sauce on the exposed sides of the slices.
3. Broil 6 inches from the heat until caramelized, about 3 to 4 minutes.
4. Flip them, brush more sauce on, and broil until caramelized, 2 to 3 minutes more.
5. Brush one last time with sauce before serving.

### Nutrition Facts

Calories: 71; Calories From Fat 12; Calories From Saturated Fat 1; Fat 1g; Total Sugars 10g; Carbohydrates 14g; Saturated Fat 0g; Sodium 361mg; Protein 2g; Calcium 1mg; Magnesium 1mg; Potassium 8mg; Dietary Fiber 3g; Folate Dfe 1mcg; Mono Fat 1g; Omega 3 Fatty Acid 0g; Omega 6 Fatty Acid 0g; Poly Fat 1g

Source: [www.menshealth.com/recipes/miso-glazed-eggplant](http://www.menshealth.com/recipes/miso-glazed-eggplant)



## Spinach Au Gratin

Makes 8-10 servings

### Ingredients

<p>3 tablespoons butter 1 large onion, chopped 2 cloves garlic, minced 1/4 cup all-purpose flour 2 1/2 cups milk Salt and pepper to taste 1/8 teaspoon nutmeg</p>	<p>5 10-ounce boxes frozen spinach, defrosted and thoroughly drained (squeeze liquid out using a dish towel) 1/2 cup Parmesan cheese, grated 1/2 cup Monterey Jack or Gruyere cheese, grated</p>
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### Instructions

1. Preheat oven to 400 degrees.
2. Lightly coat a 2-quart casserole dish with cooking spray and set aside.
3. Heat a large skillet over medium heat, add butter.
4. Saute onions until translucent, about 4 minutes, add garlic, cook an additional minute.
5. Sprinkle in flour and cook until lumps are gone, about a minute.
6. Add milk, salt, pepper and nutmeg, stir to combine. Bring to a boil then reduce heat to low and simmer for 10 minutes. Stir frequently to prevent scorching.
7. Add drained spinach and Parmesan to pot and stir to combine.
8. Transfer to prepared baking dish and sprinkle top with Monterey Jack or Gruyere cheese.
9. Bake for 30 minutes or until cheese becomes golden and dish is hot and bubbly.

### Nutrition Facts

Serving Size: 1 cup; Calories Per Serving 193; Total Fat 11g; Cholesterol 29mg; Sodium 572mg; Potassium 1,135mg; Carbohydrates 14g; Protein 12g

Source: [www.everydaydishes.com](http://www.everydaydishes.com)



# Sweet Country Coleslaw

Makes 4 servings

### Ingredients

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| <ul style="list-style-type: none"> <li>2 tablespoons fat-free sour cream</li> <li>1 tablespoon sugar plus 1 teaspoon sugar</li> <li>1 tablespoon light mayonnaise</li> <li>1 teaspoon cider vinegar</li> </ul> | <ul style="list-style-type: none"> <li>¼ teaspoon celery seeds (optional)</li> <li>⅛ teaspoon salt</li> <li>⅛ teaspoon pepper</li> <li>4 cups packaged shredded cabbage and carrot mix</li> </ul> |
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### Instructions

1. In a medium bowl, whisk together all the ingredients except the cabbage and carrot mix.
2. Stir in the cabbage and carrot mix until well coated. The mixture will be very thick. Let stand for 15 minutes before serving. The coleslaw will shrink in volume by about half during the standing time.

### Nutrition Facts

Serving Size: ½ cup; Calories Per Serving 50; Total Fat 1g; Cholesterol 3mg; Sodium 128mg; Carbohydrates 9g; Protein 1g

Source: American Heart Association




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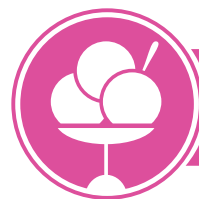
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## Desserts



## Almond Snowballs

Makes 9 snowballs

### Ingredients

2 egg whites	¼ teaspoon grated or ground nutmeg
Pinch of coarse salt	3 tablespoons all-purpose flour
½ cup sugar (you can eyeball it)	9 candied red cherries, halved
1 ½ cups, about 6 ounces, shredded coconut	¼ cup sliced almonds
1 teaspoon almond extract (you can eyeball it)	

### Instructions

1. Preheat oven to 350 degrees.
2. In a mixing bowl, beat egg whites and salt to soft peaks, then add sugar and beat again until peaks are stiff. Beat in almond flavoring.
3. Using a rubber spatula or wooden spoon, stir in half the coconut. Sprinkle in the nutmeg and flour, stir, then fold in the remaining coconut.
4. Using a melon baller or other small scoop, or working with two spoons, form 9 “snowballs” a couple of inches apart on each of 2 cookie sheets.
5. Bake snowballs 12 to 15 minutes, until lightly golden. Remove from oven and garnish each snowball with half a cherry and a couple of sliced almonds.
6. Transfer to a rack or serving plate to cool.

### Nutrition Facts

Calories Per Serving 64; Total Fat 4g; Saturated Fat 3g; Cholesterol 0mg; Sodium 24mg; Total Carbohydrates 7g; Sugar 5g; Fiber 1g; Protein 1g

Source: [www.FoodNetwork.com](http://www.FoodNetwork.com)



## Apple Bread Pudding

Makes 4 servings

### Ingredients

Cooking spray	6 slices light, whole-grain or multigrain bread, cubed
1 whole egg	3 medium apples, cored and cut into ½-inch cubes
1 egg white	Optional: ½ cup of any one of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans or almonds
1 cup skim milk	
2 tablespoons brown sugar blend	
1 teaspoon vanilla extract	
1 teaspoon cinnamon	
½ teaspoon cloves or allspice	

### Instructions

1. Preheat oven to 350 degrees.
2. Spray 9x9 baking dish with cooking spray.
3. In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon and cloves.
4. Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
5. Pour mixture into prepared baking dish and bake in preheated oven for 40-45 minutes.

### Nutrition Facts

Serving size 3” x 4” piece (optional ingredients are not included in the nutrition analysis): Calories Per Serving 131; Total Fat 1.2g; Cholesterol 32mg; Sodium 154mg; Carbohydrates 26g; Protein 5g

Source: American Heart Association



## Banana Spice Smoothie

Makes 2 servings

### Ingredients

2 ripe bananas	1/8 teaspoon ground nutmeg
2 cups vanilla kefir (see Tip)	1/8 teaspoon ground allspice
1/2 teaspoon ground cinnamon	12 ice cubes

### Instructions

1. Combine kefir, bananas, cinnamon, nutmeg, allspice and ice cubes in a blender; blend until smooth. Serve immediately.

**Tip:** Kefir is a drinkable yogurt found in the dairy section of most supermarkets; it supplies a healthy amount of protein and calcium and good-for-you probiotics.

### Nutrition Facts

Serving size: 2 cups; Calories Per Serving 282; Fat 5g; Saturated Fat 3g; Fiber 6g; Carbohydrates 56g; Protein 10g; Cholesterol 16mg; Sugars 40g; Added Sugars 15g; Vitamin C 10mg; Calcium 345mg; Iron 0mg; Sodium 98mg; Potassium 427mg

Source: [www.EatingWell.com](http://www.EatingWell.com)



## Blueberry & White Chocolate Chunk Ginger Cookies

Makes 24 cookies

### Ingredients

1 cup all-purpose flour	1/3 cup canola oil
1/4 cup wheat germ	1 teaspoon vanilla extract
1/2 teaspoon baking soda	1/2 cup oats, quick-cooking or old-fashioned (not instant)
1/2 teaspoon salt	2 ounces white chocolate, chopped
1/4 teaspoon ground ginger	1/3 cup dried blueberries
1 large egg	1/4 cup crystallized ginger, chopped
3/4 cup packed dark brown sugar	

### Instructions

1. Position racks in upper and lower thirds of oven; preheat to 375 degrees.
2. Whisk flour, wheat germ, baking soda, salt and ground ginger in a small bowl. Whisk egg, brown sugar, oil and vanilla in a large bowl. Add the dry ingredients to the wet ingredients; stir to combine. Add oats, chocolate, blueberries and crystallized ginger; stir just to combine. Drop by rounded tablespoonfuls onto 2 ungreased baking sheets, 1 1/2 inches apart.
3. Bake the cookies until puffed and barely golden around the edges, switching the pans back to front and top to bottom halfway through, 8 to 10 minutes. Cool on the pans for 2 minutes; transfer to a wire rack to cool completely.

**Make-Ahead Tip:** Store in an airtight container for up to 3 days or in the freezer for up to 1 month.

### Nutrition Facts

Serving Size: 1 cookie; Calories 114; Total Fat 4g; Saturated Fat 1g; Sodium 82mg; Total Carbohydrates 18g; Dietary Fiber 1g; Protein 2g; Sugar 19g

Source: [www.EatingWell.com](http://www.EatingWell.com)



## Granola Bars

Makes 16 servings

### Ingredients

8 ounces old-fashioned rolled oats, about 2 cups  
 1½ ounces raw sunflower seeds, about ½ cup  
 3 ounces sliced almonds, about 1 cup  
 1½ ounces wheat germ, about ½ cup  
 6 ounces honey, about ½ cup  
 1¾ ounces dark brown sugar, about ¼ cup packed

1 ounce unsalted butter, plus extra for the pan  
 2 teaspoons vanilla extract  
 ½ teaspoon kosher salt  
 6 ½ ounces chopped dried fruit, any combination of apricots, cherries or blueberries

### Instructions

1. Butter a 9 by 9-inch glass baking dish and set aside. Preheat the oven to 350 degrees.
2. Spread the oats, sunflower seeds, almonds and wheat germ onto a half-sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally.
3. In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.
4. Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees. Immediately add the oat mixture to the liquid mixture, add the dried fruit and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish, and place in the oven to bake for 25 minutes.
5. Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.

### Nutrition Facts

Calories Per Serving 203; Total Fat 7g; Saturated Fat 1g; Cholesterol 4mg; Sodium 63mg; Total Carbohydrates 32g; Sugar 20g; Fiber 3g; Protein 5g

Source: [www.FoodNetwork.com](http://www.FoodNetwork.com)



## Guilt-Free Apple Strudel

Makes 8 servings

### Ingredients

3 medium Golden Delicious apples, cored and cut into ½-inch cubes  
 ¼ cup raisins  
 ¼ cup walnuts  
 ¼ cup sugar-free apricot preserves  
 1 teaspoon lemon juice

½ cup apple juice  
 ¼ teaspoon cinnamon  
 3 sheets phyllo dough  
 Cooking spray  
 Powdered sugar for garnish

### Instructions

1. Sauté apples, raisins, walnuts, apricot preserves, cinnamon, lemon juice and apple juice together until apples are soft.
2. Place 1 sheet of phyllo dough on a baking sheet. Spray with cooking spray. Lay another sheet of phyllo dough on top of the first sheet. Repeat one more time (3 layers total).
3. Cut the dough into 8 portions and shape each portion into the cup of a muffin baking tin. Spoon the filling into dough cups.
4. Bake at 375 degrees for 15 minutes.
5. Sprinkle with powdered sugar once cool.

### Nutrition Facts

Calories 120; Fat 4g; Saturated Fat 0.2g; Protein 2g; Total Carbohydrates 20g; Dietary fiber 2.2g; Cholesterol 0mg; Sodium 42mg

Source: [www.rush.edu/health-wellness/healthy-recipes/guilt-free-apple-strudel](http://www.rush.edu/health-wellness/healthy-recipes/guilt-free-apple-strudel)



## Homemade Fruity Yogurt Pops

Makes 8 pops

### Ingredients

1½ large mangoes, cut into chunks	½ cup sugar
2 cups fat-free plain yogurt	½ cup fat-free milk

### Instructions

1. Pulse the mangoes, yogurt, sugar and milk in a blender until smooth.
2. Pour the mixture into 8 4-ounce ice pop molds.
3. Insert a wooden stick into each and freeze for 6 hours.
4. Unmold before serving.

### Nutrition Facts

Calories: 114; Calories From Fat 2cal; Calories From Satfat 1cal; Fat 0g; Total Sugars 24g; Carbohydrates 25g; Saturated Fat 0g; Cholesterol 2mg; Sodium 55mg; Protein 4g; Calcium 145mg; Magnesium 17mg; Potassium 241mg; Dietary Fiber 1g; Folate Dfe 14mcg; Mono Fat 0g; Soluble Fiber 0g

Source [www.menshealth.com/recipes/homemade-fruity-yogurt-pops](http://www.menshealth.com/recipes/homemade-fruity-yogurt-pops)



## Mini Chocolate Tarts

Makes 24 tarts

### Ingredients

1.4 ounces sugar-free, fat-free chocolate pudding mix	4 ounces light whipped topping, thawed
1 cup skim milk	24 puff pastry cups
	48 mini-chocolate chips

### Instructions

1. Preheat the oven to 400 degrees. Bake the puff pastry cups according to package directions.
2. In a large bowl, whisk together the pudding mix and skim milk. Put in the refrigerator for five minutes.
3. Fold the whipped topping into the pudding mixture.
4. Spoon or pipe 1 teaspoon chocolate pudding mixture into each puff pastry cup.
5. Top each tart with 2 mini chocolate chips.

### Nutrition Facts

Serving Size: 1 tart; Calories 60; Carbohydrate 7g; Protein 1g; Fat 3.0g; Saturated Fat 1.6g; Sugars 1g; Dietary Fiber 1g; Cholesterol 0mg; Sodium 85mg; Potassium 20mg

Source: [www.Diabetes.org](http://www.Diabetes.org)



## Mint-Chocolate Meringue Cookies

Makes 60 cookies

### Ingredients

3 egg whites  
 1/8 teaspoon cream of tartar  
 2/3 cup granulated sugar  
 1/4 cup unsweetened cocoa powder,  
 sifted

1/4 teaspoon mint extract  
 1/3 cup mini chocolate chips or finely  
 chopped bittersweet chocolate

### Instructions

1. Preheat the oven to 300 degrees. Line two baking sheets with parchment paper, securing the edges with tape.
2. With an electric mixer, beat the egg whites and cream of tartar until soft peaks form. Gradually add sugar, 1 tablespoon at a time. Add cocoa powder and beat until the mixture becomes glossy. Add mint extract. Gently fold in chips.
3. Place mixture in a pastry bag fitted with a 1/2- or 3/4-inch tip. Pipe 1-inch rounds onto the parchment, leaving 1 to 2 inches between cookies. With damp fingertips, press down any peaks.
4. Bake for 25 to 30 minutes, rotating pans halfway through baking. Place baking sheets on a cooling rack for 10 minutes before peeling cookies off the parchment.

**Tip:** If a pastry bag isn't available, spoon mixture into a zip-top bag and snip a 1/2-inch hole in the bottom corner of the bag. Batter can also be dropped with a tablespoon onto the parchment.

### Nutrition Facts

Serving size: 2 cookies; Calories 15; Calories from Fat 0; Total Fat 0.0g; Saturated Fat 0.2g; Trans Fat 0.0g; Polyunsaturated Fat 0.0g; Monounsaturated Fat 0.1g; Cholesterol 0mg; Sodium 0mg; Total Carbohydrate 3g; Dietary Fiber 0g; Sugars 3g; Protein 0g

Source: [www.EatingWell.com](http://www.EatingWell.com)



## Spiced Fruit Bake

Makes 5 servings

### Ingredients

2 cups sliced apples  
 2 cups sliced pears  
 1 1/2 cups fresh cranberries  
 1 cup pineapple chunks (reserve juice)  
 2 teaspoons lemon juice  
 1/2 cup coconut sugar

1 tablespoon honey  
 1 teaspoon cinnamon  
 1/4 teaspoon nutmeg  
 1/2 stick butter, melted  
 2 tablespoons coconut oil  
 1/3 cup walnuts, chopped

### Instructions

1. Preheat oven to 400 degrees.
2. Lightly coat six 6-ounce individual quiche dishes with nonstick cooking spray. Arrange in a 15x10x1-inch baking pan; set aside.
3. In a medium bowl, combine eggs, granulated sugar, vanilla and salt; whisk until light and frothy. Whisk in milk until combined. Add flour and baking powder; whisk until smooth.
4. Divide berries among prepared quiche dishes. Pour batter over berries. (Batter will not cover berries completely.)
5. Bake about 20 minutes or until puffed and golden brown. Serve warm.
6. If desired, sift powdered sugar over each serving.

### Nutrition Facts

Serving Size: 1/3 cup; Calories Per Serving 398; Total Fat 16g; Cholesterol 24mg; Sodium 66mg; Potassium 264mg; Carbohydrates 66g; Protein 2g

Source: [www.cottercrunch.com](http://www.cottercrunch.com)



## Two-Ingredient Peanut Butter Cups

Makes 12-10 Peanut Butter Cups

### Ingredients

7 ounces dark chocolate (72 percent cocoa) squares or 1 cup vegan chocolate chips	¼ cup coconut oil (optional) ¾ cup all-natural peanut butter or sunflower butter
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### Instructions

1. Melt chocolate in double boiler. Turn off heat and leave on burner to keep warm. (For added healthy fat benefits and a delicious hint of coconut, melt coconut oil into chocolate. You can do the same with the peanut butter, if you like.)
2. Line flat dish with 10 to 12 cupcake liners. Scoop 1 tablespoon melted chocolate into each. Freeze about 2 minutes to set. Remove from freezer and add 1 teaspoon peanut butter in center and gently flatten with back of a spoon. Spoon more melted chocolate to cover peanut butter (1 to 2 tablespoons). Freeze about 15 minutes more to set. These are best when the peanut butter filling is soft, not frozen, and the chocolate outside is crispy.

### Nutrition Facts

Calories Per Serving 199; Protein 5g; Carbohydrates 11g; Fiber 3g; Sugars 5g; Fat 15g; Saturated Fat 5g; Sodium 63mg

Source: [www.Prevention.com](http://www.Prevention.com)



## Watermelon-Blueberry Ice Pops

Makes 10 servings

### Ingredients

3 ¾ cups chopped seedless watermelon 2 tablespoons lime juice	1-2 tablespoons sugar 1 cup fresh blueberries
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### Instructions

1. Puree watermelon, lime juice and sugar (to taste) in a food processor or blender until smooth.
2. Divide blueberries among 10 three-ounce freezer-pop molds. Top with the watermelon mixture. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

### Nutrition Facts

Serving size: 1 (3-ounce) freezer pop; Calories Per Serving 31; Fat 0g; Saturated Fat 0g; Fiber 1g; Carbohydrates 8g; Protein 0g; Folate 3mcg; Cholesterol 0mg; Sugars 6g; Added sugars 1g; Vitamin A 3,34IU; Vitamin C 7mg; Calcium 5mg; Iron 0mg; Sodium 1mg; Potassium 79mg

Source: [www.EatingWell.com](http://www.EatingWell.com)



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*The listed sources are independent companies that provide wellness education on behalf of BlueCross BlueShield of South Carolina.*