

# Recipe Book Vol. II

Healthy recipes for the whole year!



# Table of Contents



## Breakfast

Scrambled Egg Burritos . . . . .	5
----------------------------------	---



## Main Dishes

Chicken Crunchers . . . . .	8
Chicken Scallopini . . . . .	9
Chicken w/Brussels Sprouts and Mustard Sauce . . . . .	10
Greek Chicken w/Angel Hair Pasta . . . . .	11
Herb-Roasted Turkey Breast . . . . .	12
Inside-Out Lasagna . . . . .	13
Lemon-Thyme Roasted Chicken w/Fingerlings . . . . .	14
Paprika Shrimp and Green Bean Sauté . . . . .	15
Red-On-Red Chicken Salad w/ Feta Honey Balsamic Drizzle . . . . .	16
Roasted Flank Steak w/Olive Oil Herb Rub . . . . .	17
Shrimp Ratatouille . . . . .	18
Skillet Pork Chop Sauté w/Peaches . . . . .	19
Spinach Salad w/Orange Vinaigrette . . . . .	20
Tuscan Pork Kebabs . . . . .	21
Vegetable Lover's Chicken Soup . . . . .	22
Winter Vegetable Minestrone . . . . .	23



## Side Dishes

Baked Parmesan Tomatoes . . . . .	27
Balsamic and Parmesan Roasted Cauliflower . . . . .	28
Caramelized Onions and Potatoes . . . . .	29
Cheesy Broccoli-Potato Mash . . . . .	30
Chicken and Strawberry Salad . . . . .	31
Energy Revving Quinoa . . . . .	32
Green Beans and Red Potatoes . . . . .	33
Roasted Corn w/Basil Shallot Vinaigrette . . . . .	34
Roasted Potato Salad . . . . .	35
Roasted Red Onion and Delicata Squash . . . . .	36
Sautéed Carrots w/Sage . . . . .	37
Summer Tomato, Onion and Cucumber Salad . . . . .	38
Summer Veggie Pasta . . . . .	39



## Desserts

Berry Pudding Cake . . . . .	43
Grapefruit Pound Cake . . . . .	44
Hasselback Apples . . . . .	45
Marble Cheesecake Squares . . . . .	46
Strawberry Almond Cream Tart . . . . .	47
Strawberry Cheesecake Pops . . . . .	48
White Chocolate-Cherry Bark . . . . .	49



# Breakfast



# Scrambled Egg Burritos

Makes 2 servings

## *Ingredients*

2 large eggs, or equivalent egg substitute  
1 tablespoon 1% low-fat milk  
1 teaspoon chopped fresh cilantro  
1/8 teaspoon kosher salt  
Dash of coarsely ground black pepper  
Cooking spray  
1/2 teaspoon butter

4 tablespoons reduced-fat shredded cheddar cheese, divided  
2 (8-inch) fat-free flour tortillas, heated  
4 tablespoons chopped, seeded tomato, divided  
2 tablespoons bottled chunky salsa, divided

## *Instructions*

1. Whisk the first 5 ingredients (through pepper) in a medium bowl.
2. Coat a medium nonstick skillet with cooking spray, and melt butter over medium heat. Add the egg mixture, and stir with a heatproof rubber spatula to scramble.
3. Sprinkle 2 tablespoons cheese down the center of one tortilla; top with half of the scrambled egg, 2 tablespoons tomato and 1 tablespoon chunky salsa.
4. Roll up burrito-style (fold bottom up and sides to center). Repeat with remaining ingredients.

## Nutrition Facts

Serving Size: 1 burrito; Calories 259; Total Fat 9g; Saturated Fat 4g; Monounsaturated Fat 2g; Polyunsaturated Fat 1g; Cholesterol 222mg; Sodium 667mg; Total Carbohydrates 29g; Dietary Fiber 13g; Protein 15g; Calcium 143mg

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





# Main Dishes



# Chicken Crunchers

Makes 6 servings

## *Ingredients*

1 cup all-purpose flour  
Salt and pepper to taste  
4 egg whites  
½ cup milk  
1½ cups cornflakes

1 cup (4 ounces) reduced-fat, shredded cheddar cheese  
6 chicken breast filets, cut into strips  
Non-stick cooking spray

## *Instructions*

1. Preheat oven to 375 degrees. Set up three bowls with the following: 1) flour mixed with a pinch of salt and pepper; 2) an egg wash, made by beating the eggs and milk together; 3) cornflakes mixed with cheese.
2. Coat a 13 x 9 inch baking pan with non-stick cooking spray. Dip chicken pieces in flour, then into the egg wash, then roll in the cheesy-flakes mixture, coating the entire piece of chicken, and place on the baking pan. Discard any unused cornflake mixture after coating chicken.
3. Bake for 25 minutes, turning halfway through to ensure even browning.
4. Serve with ketchup or barbecue sauce if desired.

## Nutrition Facts

Serving size: 1 piece; Calories 320; Total Fat 8g; Saturated Fat 4g; Polyunsaturated Fat 1g; Monounsaturated Fat 2g; Sodium 264mg; Carbohydrates 24g; Protein 37g; Fiber 1g; Calcium 200mg

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



# Chicken Scallopini

Makes 6 servings

## Ingredients

3 cups julienne-cut trimmed sugar snap peas  
2 cups (1-inch) sliced asparagus  
6 (6-ounce) skinless, boneless chicken breast halves  
 $\frac{3}{4}$  teaspoon salt, divided  
 $\frac{1}{2}$  teaspoon freshly ground black pepper  
Cooking spray

1 cup fat-free, less-sodium chicken broth  
 $\frac{1}{3}$  cup dry white wine  
1 tablespoon butter  
1 tablespoon chopped fresh mint  
2  $\frac{1}{2}$  tablespoons extra-virgin olive oil  
1 teaspoon grated lemon rind  
1  $\frac{1}{2}$  tablespoons fresh lemon juice  
6 lemon wedges

## Instructions

1. Steam peas and asparagus, covered, four minutes or until crisp-tender. Rinse pea mixture with cold water; drain. Chill.
2. Place each chicken breast half between two sheets of heavy-duty plastic wrap and pound to  $\frac{1}{4}$ -inch thickness using a meat mallet or small heavy skillet.
3. Sprinkle chicken evenly with  $\frac{1}{2}$  teaspoon salt and pepper.
4. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
5. Add two breast halves to pan and sauté two minutes on each side or until done. Repeat procedure twice with remaining chicken.
6. Add broth and wine to pan and bring to a boil, scraping pan to loosen browned bits. Cook until reduced to  $\frac{1}{2}$  cup (about five minutes). Remove from heat; stir in butter.
7. Combine remaining  $\frac{1}{4}$  teaspoon salt, mint, oil, rind and juice, stirring well with a whisk. Drizzle oil mixture over pea mixture; toss gently to coat. Serve pea mixture with chicken and sauce. Garnish with lemon wedges.

## Nutrition Facts

Serving Size: 1 chicken breast half, 1 cup pea mixture, 4 teaspoons sauce and 1 lemon wedge; Calories 315; Total Fat 10g; Saturated Fat 2.6g; Cholesterol 104mg; Sodium 495mg; Total Carbohydrates 10.3g; Dietary Fiber 3.7g; Protein 43.3g

Recipe courtesy of [www.myrecipes.com](http://www.myrecipes.com)





# Chicken With Brussels Sprouts and Mustard Sauce

Makes 4 servings

## Ingredients

2 tablespoons olive oil, divided  
4 (6-ounce) skinless, boneless chicken breast halves  
 $\frac{3}{8}$  teaspoon salt, divided  
 $\frac{1}{4}$  teaspoon freshly ground black pepper  
 $\frac{3}{4}$  cup fat-free, lower-sodium chicken broth, divided  
 $\frac{1}{4}$  cup unfiltered apple cider

2 tablespoons whole-grain Dijon mustard  
2 tablespoons butter, divided  
1 tablespoon chopped, fresh, flat-leaf parsley  
12 ounces Brussels sprouts, trimmed and halved

## Instructions

1. Preheat oven to 450 degrees.
2. Heat a large ovenproof skillet over high heat. Add 1 tablespoon oil. Sprinkle chicken with  $\frac{1}{4}$  teaspoon salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven.
3. Bake at 450 degrees for 9 minutes, or until done.
4. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add  $\frac{1}{2}$  cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes, or until thickened. Whisk in mustard, 1 tablespoon butter and parsley.
5. Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned.
6. Add remaining  $\frac{1}{8}$  teaspoon salt and  $\frac{1}{4}$  cup broth to pan; cover and cook 4 minutes or until crisp-tender. Serve sprouts with chicken and sauce.

## Nutrition Facts

Serving Size: 1 chicken breast half,  $\frac{2}{3}$  cup Brussels sprouts and 2 tablespoons sauce;  
Calories 355; Total Fat 14.9g; Saturated Fat 5.2g; Cholesterol 114mg;  
Total Carbohydrates 11.6g; Dietary Fiber 3.5g; Protein 42.8g; Sodium 647mg

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



# Greek Chicken with Angel Hair Pasta

Makes 8 servings

## Ingredients

1 pound uncooked angel hair pasta  
1 tablespoon olive oil  
4 (6-ounce) skinless, boneless chicken breasts, halved  
2 cups chopped red onion  
1 cup chopped yellow bell pepper  
6 tablespoons fresh lemon juice

1 teaspoon dried basil  
½ teaspoon dried oregano  
2 (14.5-ounce) cans diced tomatoes with basil, garlic and oregano  
¾ cup (3 ounces) feta cheese, crumbled

## Instructions

1. Cook pasta according to package directions, omitting salt and fat.
2. Heat oil in a large, nonstick skillet over medium-high heat. Add chicken to pan; sauté 3 minutes on each side.
3. Add onion and next 5 ingredients (through tomatoes) to pan; stir well. Cover, reduce heat and simmer 25 minutes, or until chicken is done.
4. Remove from heat; sprinkle with cheese. Serve with pasta.

## Nutrition Facts

Serving Size: ½ chicken breast, ½ cup tomato mixture and about 1 cup pasta; Calories 400; Total Fat 7.3g; Saturated Fat 2.7g; Monounsaturated Fat 2.7g; Polyunsaturated Fat 1.5g; Cholesterol 60mg; Sodium 694mg; Total Carbohydrates 54.3g; Dietary Fiber 3.1g; Protein 30g; Iron 3.9mg; Calcium 148mg

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



# Herb-Roasted Turkey Breast

Makes 8 servings

## *Ingredients*

1 (6 pound) bone-in turkey breast, halved, skin removed

2 tablespoons olive oil

4 garlic cloves, crushed

2 teaspoons chopped fresh sage leaves, or 1 teaspoon dried

2 teaspoons chopped fresh thyme leaves, or 1 teaspoon dried

2 teaspoons chopped fresh rosemary leaves, or 1 teaspoon dried

1 teaspoon salt

½ teaspoon freshly ground black pepper

## *Instructions*

1. Preheat the oven to 375 degrees.
2. Rinse the turkey breast and pat dry. In a small bowl, combine the oil, garlic, herbs, salt and pepper, and rub the mixture into the turkey breast.
3. Transfer to a roasting pan and roast until the juices run clear when pierced with fork and a thermometer inserted into thickest part of turkey registers 170 degrees, 1 to 1¼ hours.
4. Let rest, covered with foil, for 10 minutes before carving.

## Nutrition Facts

Calories 360; Total Fat 5g; Saturated Fat 1g; Total Carbohydrates 1g; Dietary Fiber 0g; Protein 72g; Sodium 420mg

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



# Inside-Out Lasagna

Makes 4 servings

## Ingredients

8 ounces whole-wheat rotini or fusilli pasta  
1 tablespoon extra-virgin olive oil  
1 onion, chopped  
3 cloves garlic, sliced  
8 ounces sliced white mushrooms (about 3 ½ cups)

½ teaspoon salt  
¼ teaspoon freshly ground pepper  
1 14-ounce can diced tomatoes with Italian herbs  
8 cups baby spinach  
½ teaspoon crushed red pepper (optional)  
¾ cup part-skim ricotta cheese

## Instructions

1. Bring a large pot of water to a boil.
2. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.
3. Meanwhile, heat oil in a large nonstick skillet over medium heat.
4. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes.
5. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.
6. Add tomatoes, spinach and crushed red pepper (if using).
7. Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.
8. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

## Nutrition Facts

Serving Size: 1 ½ cups; Calories 364; Total Fat 9g; Protein 14g; Total Carbohydrates 3g; Sodium 588mg.

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



# Lemon-Thyme Roasted Chicken with Fingerlings

Makes 4 servings

## Ingredients

4 teaspoons canola oil or olive oil  
1 teaspoon dried thyme, crushed  
½ teaspoon kosher salt or ¼ teaspoon regular salt  
¼ teaspoon freshly ground black pepper  
1 pound fingerling potatoes, halved lengthwise, or tiny new red or white potatoes, halved

4 small skinless, boneless chicken breast halves (1 to 1¼ pounds total)  
2 cloves garlic, minced  
1 lemon, thinly sliced

## Instructions

1. In a very large skillet, heat 2 teaspoons of the oil over medium heat. Stir ½ teaspoon of the thyme, the salt and pepper into the oil. Add potatoes; toss to coat. Cover and cook for 12 minutes, stirring twice.
2. Stir potatoes; push to one side of the skillet. Add the remaining 2 teaspoons oil. Arrange chicken breast halves on the other side of the skillet. Cook, uncovered, for 5 minutes.
3. Turn chicken. Spread garlic over chicken breast halves; sprinkle with the remaining ½ teaspoon thyme. Arrange lemon slices on top of chicken. Cover and cook for 7 to 10 minutes more or until chicken is no longer pink (170 degrees ) and potatoes are tender.

## Nutrition Facts

Serving Size: 1 chicken breast half with about ¾ cup potatoes; Calories 255; Total Fat 6g; Saturated Fat 1g; Sodium 307mg; Total Carbohydrates 21g; Dietary Fiber 3g; Protein 29g; Sugar 1g

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



# Paprika Shrimp and Green Bean Sauté

Makes 6 servings

## Ingredients

4 cups green beans, trimmed (about 12 ounces)  
3 tablespoons extra-virgin olive oil  
¼ cup minced garlic  
2 teaspoons paprika  
1 pound raw shrimp, (21-25 per pound) peeled and deveined

2 16-ounce cans large butter beans or cannellini beans, rinsed  
¼ cup sherry vinegar or red wine vinegar  
½ teaspoon salt  
½ cup chopped fresh parsley, divided  
Freshly ground pepper, to taste

## Instructions

1. Bring 1 inch of water to a boil in a large saucepan. Put green beans in a steamer basket, place in the pan, cover and steam until tender-crisp, 4 to 6 minutes.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add garlic and paprika and cook, stirring constantly, until just fragrant but not browned, about 20 seconds.
3. Add shrimp and cook until pink and opaque, about 2 minutes per side.
4. Stir in beans, vinegar and salt; cook, stirring occasionally, until heated through, about 2 minutes.
5. Stir in ¼ cup parsley.
6. Divide the green beans among 6 plates. Top with the shrimp mixture. Sprinkle with pepper and the remaining ¼ cup parsley.

## Nutrition Facts

One serving: Calories 245; Total Fat 8g; Protein 23g; Cholesterol 115mg; Fiber 8g; Total Carbohydrates 26g; Sodium 569mg.

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



# Red-On-Red Chicken Salad with Feta and Honey Balsamic Drizzle

Makes 4 servings

## Ingredients

½ cup balsamic vinegar  
2 tablespoons honey  
1 seedless baby watermelon (2½ lb)  
2 cups quartered fresh strawberries  
2 cups chopped roasted chicken breast (10 ounces)  
½ of a small red onion, halved and very thinly sliced

½ cup fresh basil leaves, cut into thin strips  
½ cup crumbled feta cheese (2 ounces)  
Chopped pecans, toasted (optional)

## Instructions

1. In a small saucepan, combine vinegar and honey. Bring to a boil over medium-high heat; reduce heat. Simmer for 7 to 8 minutes or until mixture is reduced by half, stirring frequently. Cool.
2. Cut watermelon crosswise into 1-inch slices; remove the flesh from slices. Cut flesh into ½-inch cubes (or use a small melon baller to make ¾-inch balls) and place in an extra-large bowl. Add strawberries, chicken, red onion, basil and cheese; mix very gently. Cover and chill about 45 minutes or until cold.
3. To serve, divide the chicken mixture among chilled salad plates. Drizzle each serving with 1 tablespoon of the vinegar mixture. If desired, sprinkle with pecans.

## Nutrition Facts

Per Serving: Calories 300; Total Fat 7g; Saturated Fat 3g; Cholesterol 80mg; Sodium 490mg; Total Carbohydrates 35g; Dietary Fiber 3g; Sugar 29g; Protein 26g

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



# Roasted Flank Steak with Olive Oil Herb Rub

Makes 6 servings

## Ingredients

1 teaspoon chopped fresh thyme  
1 teaspoon chopped fresh oregano  
1 teaspoon chopped fresh parsley  
2 teaspoons olive oil  
½ teaspoon grated lemon rind  
1 garlic clove, minced  
½ teaspoon salt

¼ teaspoon freshly ground black pepper  
1 (1½-pound) flank steak, trimmed  
Cooking spray  
¼ cup dry red wine  
¼ cup fat-free, less-sodium beef broth  
Thyme sprigs (optional)

## Instructions

1. Preheat oven to 400 degrees.
2. Combine first six ingredients in a small bowl; set aside.
3. Sprinkle salt and pepper over steak. Heat a large oven-proof skillet over medium-high heat. Coat pan with cooking spray. Add steak to pan; cook 1 minute on each side or until browned. Add wine and broth; cook 1 minute.
4. Spread herb mixture over steak; place pan in oven. Bake at 400 degrees for 10 minutes or until it reaches desired degree of doneness. Let stand 10 minutes before cutting steak diagonally across the grain into thin slices.
5. Serve with pan sauce. Garnish with fresh thyme sprigs, if desired.
6. NOTE: To serve two, use two (four-ounce) beef tenderloin steaks instead of flank steak, reduce the herbs to ½ teaspoon each and omit the broth. Finish the tenderloin in the oven for 2 minutes instead of 10.

## Nutrition Facts

Serving size: 3 ounces steak and about 1 tablespoon sauce; Calories 167; Total Fat 7g; Saturated Fat 2.5g; Protein 23.9g; Cholesterol 37mg; Total Carbohydrates 0.5g; Sodium 266mg; Fiber 0.1g; Iron 1.6mg

Recipe courtesy [www.myrecipes.com](http://www.myrecipes.com)





# Shrimp Ratatouille

Makes 4 servings

## Ingredients

2 tablespoons plus 1 teaspoon olive oil  
1 red onion, roughly chopped  
3 cloves garlic, minced  
1 medium eggplant, cut into 1-inch cubes  
2 zucchini, cut into 1-inch cubes  
1 red bell pepper, cut into 1-inch pieces  
1 yellow bell pepper, cut into 1-inch pieces  
1 tablespoon fresh thyme  
(about 4 sprigs), chopped

1 28-ounce can chopped tomatoes  
1 cup green olives, pitted  
½ teaspoon red pepper flakes  
½ teaspoon salt  
½ teaspoon freshly ground black pepper  
1 pound large shrimp, shelled and cleaned  
¼ cup fresh mint, chopped  
¼ cup sliced almonds, toasted

## Instructions

1. Heat 2 tablespoons of the oil in a heavy pot over medium heat. Add the onion; cook 5 minutes. Add the garlic; cook 2 minutes. Add the eggplant, zucchini and bell peppers; cook 5 minutes. Add the thyme, tomatoes, olives, red pepper flakes, salt and black pepper. Reduce heat to medium-low; simmer 20 minutes.
2. In a large nonstick skillet, heat remaining oil. Add shrimp and cook 2 minutes on each side. Stir shrimp into ratatouille.
3. Spoon onto plates. Garnish with mint and almonds; serve.

## Nutrition Facts

Per Serving: Calories 398; Total Fat 19g; Saturated Fat 3g; Total Carbohydrates 32g; Dietary Fiber 10g; Protein 30g

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



# Skillet Pork Chop Sauté with Peaches

Makes 4 servings

## Ingredients

2 teaspoons olive oil  
4 (4-ounce) center-cut boneless pork loin chops, trimmed  
½ teaspoon salt  
½ teaspoon freshly ground black pepper  
2 tablespoons thinly sliced shallots

2 teaspoons chopped fresh thyme  
2 peaches, each cut into 8 wedges  
½ cup dry white wine  
½ cup fat-free, lower-sodium chicken broth  
2 teaspoons honey  
2 teaspoons butter

## Instructions

1. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat.
2. Sprinkle chops evenly with salt and pepper.
3. Add chops to pan; cook for 3 minutes on each side or until done.
4. Remove chops from pan, and keep warm.
5. Add shallots, thyme and peaches to pan; cook for 2 minutes.
6. Stir in wine, scraping pan to loosen browned bits; bring to a boil. Cook until reduced to ½ cup (about 2 minutes).
7. Stir in broth and honey; bring to a boil. Cook until reduced to ⅓ cup (about 2 minutes).
8. Remove from heat; stir in butter. Spoon sauce over chops.

## Nutrition Facts

Serving Size: 1 chop, 4 peach wedges and about 1½ tablespoons broth mixture;  
Calories 235; Total Fat 8.6g; Saturated Fat 2.8g; Monounsaturated Fat 3.7g;  
Polyunsaturated Fat 0.8g; Cholesterol 83mg; Sodium 433mg; Total Carbohydrates 13.6g;  
Dietary Fiber 1.1g; Protein 26.2g; Iron 1.3mg; Calcium 26mg

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



# Spinach Salad with Orange Vinaigrette

Makes 4 servings

## *Ingredients*

### **Salad**

6 ounces spinach  
2 medium Italian plum (Roma) tomatoes, sliced crosswise  
1 ounce (¼ cup) crumbled soft goat cheese  
1 tablespoon plus 1 teaspoon imitation bacon bits  
2 tablespoons sliced almonds, dry roasted

### **Dressing**

2 teaspoons olive oil (extra-virgin preferred)  
2 medium green onions, thinly sliced  
¼ cup fresh orange juice  
2 tablespoons white wine vinegar  
1 tablespoon light brown sugar  
⅓ teaspoon pepper

## *Instructions*

1. In a large serving bowl, make one layer each, in order, of the spinach, tomatoes, goat cheese, bacon bits and almonds.
2. In a small skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 1 to 2 minutes, or until almost soft, stirring occasionally.
3. Stir in the remaining dressing ingredients. Simmer for 1 to 2 minutes, or until the brown sugar is dissolved and the mixture is heated through, stirring occasionally.
4. Pour over the salad.

## **Nutrition Facts**

Serving size: 2 cups salad and 2 tablespoons dressing; Calories 105; Total Fat 6g; Saturated Fat 1.5g; Protein 4g; Cholesterol 3mg; Fiber 2g; Total Carbohydrates 10g; Sodium 92mg

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



# Tuscan Pork Kebabs

Makes 4 servings

## Ingredients

4 teaspoons olive oil  
1 tablespoon grated lemon rind  
½ teaspoon salt  
½ teaspoon freshly ground black pepper  
2 garlic cloves, crushed

1 pound pork tenderloin, trimmed and cut into 1-inch cubes  
16 (1-inch) pieces red bell pepper  
16 (1-inch) pieces yellow bell pepper  
Cooking spray

## Instructions

1. Prepare grill to medium-high heat.
2. Combine olive oil, grated lemon rind, salt, pepper and crushed garlic in a large bowl, stirring well. Add pork; marinate at room temperature 15 minutes, tossing occasionally.
3. Thread pork and bell peppers alternately onto each of eight (8-inch) skewers. Place skewers on a grill rack coated with cooking spray; grill 10 minutes or until pork is done, turning occasionally.

## Nutrition Facts

Serving Size: 2 kebabs; Calories 198; Fat 8.8g; Saturated Fat 2.1g; Monofat 4.9g; Polyfat 0.9g; Protein 24.7g; Carbohydrates 4.5g; Fiber 1.5g; Cholesterol 67mg; Iron 1.6mg; Sodium 346mg; Calcium 15mg

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



# Vegetable Lover's Chicken Soup

Makes 2 servings, 2 cups each

## Ingredients

1 tablespoon extra-virgin olive oil  
8 ounces chicken tenders, cut into bite-size chunks  
1 small zucchini, finely diced  
1 large shallot, finely chopped  
½ teaspoon Italian seasoning blend  
⅓ teaspoon salt

2 plum tomatoes, chopped  
1 14-ounce can reduced-sodium chicken broth  
¼ cup dry white wine  
2 tablespoons orzo, or other tiny pasta, such as farfelle  
1 ½ cups packed baby spinach

## Instructions

1. Heat oil in a large saucepan over medium-high heat.
2. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes.
3. Transfer to a plate. Add zucchini, shallots, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes.
4. Add tomatoes, broth, wine and orzo (or other tiny pasta); increase heat to high and bring to a boil, stirring occasionally.
5. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions.
6. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through, about 2 minutes.
7. Tip: Cover and refrigerate up to 3 days or freeze up to 3 months.

## Nutrition Facts

Per serving: Calories 261; Total Fat 8g; Cholesterol 72mg; Protein 31g; Total Carbohydrates 12g; Fiber 2g; Sodium 335mg; Potassium 783mg

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



# Winter Vegetable Minestrone

Makes 4 servings

## Ingredients

2 tablespoons olive oil	1 15-ounce can navy beans, rinsed
1 medium onion, chopped	1 3-inch piece Parmesan rind (optional), plus grated Parmesan for serving
Kosher salt and black pepper	½ cup small pasta shells
1 14.5-ounce can diced tomatoes	¼ Savoy cabbage, chopped
1 small butternut squash (about 1 ½ pounds), cut into 1-inch pieces	Crusty bread, for serving
3 medium carrots, chopped	

## Instructions

1. Heat oil in a large pot over medium heat. Add the onion, ¾ teaspoon salt and ¼ teaspoon pepper. Cook, stirring frequently, until soft, 8 to 10 minutes.
2. Add the tomatoes (and their juices) and simmer until thickened, 6 to 8 minutes.
3. Add the squash, carrots, beans, 6 cups water and Parmesan rind, if desired, and bring to a boil. Simmer, stirring occasionally, until the vegetables are tender, 20 to 25 minutes.
4. Add the pasta and cabbage. Simmer until the pasta is tender.
5. Serve topped with grated Parmesan and with crusty bread on the side.
6. If desired, use gravy separator to remove fat from pan juices and ladle juice over brown rice.

## Nutrition Facts

One serving: Calories 346; Total Fat 9g; Saturated Fat 2g; Protein 12g; Cholesterol 3mg; Sugar 11g; Total Carbohydrates 58g; Sodium 913mg; Fiber 13g; Iron 4mg

Recipe courtesy of [www.realsimple.com](http://www.realsimple.com)





# Side Dishes





# Baked Parmesan Tomatoes

Makes 4 servings

## *Ingredients*

4 tomatoes, halved horizontally  
¼ cup freshly grated Parmesan cheese  
1 teaspoon chopped fresh oregano

¼ teaspoon salt  
Freshly ground pepper, to taste  
4 teaspoons extra-virgin olive oil

## *Instructions*

1. Preheat oven to 450 degrees.
2. Place tomatoes cut side up on a baking sheet.
3. Top with Parmesan, oregano, salt and pepper. Drizzle with oil, and bake until the tomatoes are tender, about 15 minutes.

## Nutrition Facts

Serving Size: ½ tomato; Calories 91; Total Fat 6g; Saturated Fat 2g; Monounsaturated Fat 4g; Cholesterol 4mg; Sodium 375mg; Total Carbohydrates 23g; Dietary Fiber 2g; Protein 3g; Potassium 363mg

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



# Balsamic and Parmesan Roasted Cauliflower

Makes 4 servings

## Ingredients

8 cups 1-inch-thick slices cauliflower florets (about 1 large head; see Tip)  
2 tablespoons extra-virgin olive oil  
1 teaspoon dried marjoram  
¼ teaspoon salt

Freshly ground pepper to taste  
2 tablespoons balsamic vinegar  
½ cup finely shredded Parmesan cheese

## Instructions

1. Preheat oven to 450 degrees.
2. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl.
3. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes.
4. Toss the cauliflower with vinegar and sprinkle with cheese.
5. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more. Tip: To prepare florets from a whole head of cauliflower, remove outer leaves. Slice off the thick stem. With the head upside down and holding a knife at a 45° angle, slice into the smaller stems with a circular motion — removing a “plug” from the center of the head. Break or cut florets into the desired size.

## Nutrition Facts

Per serving: Calories 149; Fat 10g (3g sat, 6g mono); Cholesterol 7mg; Protein 7g; Sodium 364mg; Potassium 490mg

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



# Caramelized Onions and Potatoes

Makes 8 servings

## *Ingredients*

2 large sweet onions (such as Vidalia, Maui or Walla Walla), thinly sliced (2 cups)  
1 ½ pounds tiny new potatoes, halved  
2 tablespoons butter, melted  
½ cup lower-sodium beef or reduced-sodium chicken broth

2 tablespoons packed brown sugar  
¼ teaspoon salt  
¼ teaspoon ground black pepper  
Ground black pepper

## *Instructions*

1. In a 3 ½- or 4-quart slow cooker, combine onions and potatoes.
2. In a small bowl, combine melted butter, broth, brown sugar, salt and the ¼ teaspoon pepper. Pour mixture over onions and potatoes in cooker.
3. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. Stir gently before serving. Serve with a slotted spoon. If desired, spoon some of the cooking juices over potatoes to moisten.
4. If desired, sprinkle with additional pepper.

## Nutrition Facts

Serving Size: ½ cup; Calories 131; Total Fat 3g; Saturated Fat 2g; Cholesterol 8mg; Sodium 133mg; Total Carbohydrates 25g; Dietary Fiber 3g; Protein 3g; Sugar 8g

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



# Cheesy Broccoli-Potato Mash

Makes 6 servings

## *Ingredients*

1 pound Yukon Gold potatoes,  
cut into wedges  
 $\frac{3}{4}$  pound broccoli crowns, chopped  
(4 cups)  
 $\frac{3}{4}$  cup shredded fontina cheese

$\frac{1}{2}$  cup fat-free milk, heated  
 $\frac{1}{2}$  teaspoon salt  
Freshly ground pepper, to taste

## *Instructions*

1. Bring 1 inch of water to a boil in a large pot. Place potatoes in a steamer basket and steam for 10 minutes.
2. Place broccoli on top, cover and steam until the potatoes and broccoli are tender, 6 to 8 minutes more.
3. Transfer the broccoli to a large bowl and coarsely mash with a potato masher.
4. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency.
5. Serve immediately.

## Nutrition Facts

1 Serving; Calories 185; Total Fat 5g; Saturated Fat 3g; Sodium 372mg;  
Carbohydrates 27g; Protein 9g; Fiber 5g; Calcium 161mg

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



# Chicken and Strawberry Salad

Makes 4 servings

## Ingredients

### Dressing:

1 tablespoon sugar  
2 tablespoons red wine vinegar  
1 tablespoon water  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
2 tablespoons extra-virgin olive oil

### Salad:

4 cups torn romaine lettuce  
4 cups arugula  
2 cups quartered strawberries  
1/3 cup vertically sliced red onion  
12 ounces skinless, boneless rotisserie chicken breast, sliced  
2 tablespoons unsalted cashews, halved  
1/2 cup (2 ounces) crumbled blue cheese

## Instructions

1. To prepare dressing, combine first five ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with a whisk.
2. To prepare salad, combine romaine and next four ingredients (through chicken) in a bowl; toss gently. Place about 2 cups chicken mixture on each of four plates.
3. Top each serving with 1 1/2 teaspoons cashews and 2 tablespoons cheese.
4. Drizzle about 4 teaspoons dressing over each serving.

## Nutrition Facts

1 Serving; Calories 333; Total Fat 16.4g; Saturated Fat 4.9g; Cholesterol 83mg; Sodium 347mg; Total Carbohydrates 14.8g; Dietary Fiber 3.5g; Protein 32g

Recipe courtesy of [www.myrecipes.com](http://www.myrecipes.com)



# Energy Revving Quinoa

Makes 1 serving

## *Ingredients*

1 cup cooked quinoa  
1/3 cup canned low-sodium black beans,  
drained and rinsed  
1 small tomato, chopped  
1 scallion, sliced

1 teaspoon olive oil  
1 teaspoon fresh lemon juice  
Pinch of salt  
Pinch of freshly ground black pepper

## *Instructions*

1. In a medium bowl, gently toss all ingredients to combine.

### Nutrition Facts

Serving size: 1 1/2 cups; Calories 337; Total Fat 8.2g; Fat 1.1g; Protein 14g; Total Carbohydrates 53g; Fiber 9g; Sodium 165mg; Fiber 9g.

Recipe courtesy of [www.health.com](http://www.health.com)



# Green Beans and Red Potatoes

Makes 6 servings

## *Ingredients*

8 ounces green beans, trimmed and cut into 2-inch pieces

8 ounces red potatoes, cut into ½-inch cubes

2 tablespoons chopped fresh parsley

1 tablespoon plus 1 ½ teaspoons light tub margarine

¼ teaspoon salt

⅛ teaspoon pepper, or to taste

⅛ teaspoon paprika

## *Instructions*

1. In a large saucepan, steam the green beans and potatoes for 8 minutes, or until the potatoes are tender. Transfer to a medium serving bowl.
2. Add the remaining ingredients, stirring until the paprika is well combined.

## Nutrition Facts

Serving size: ½ cup: Calories 49; Total Fat 1.5g; Saturated Fat 0g; Protein 2g; Total Carbohydrates 9g; Cholesterol 0mg; Fiber 2g; Sodium 129mg

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



# Roasted Corn with Basil Shallot Vinaigrette

Makes 4 servings

## *Ingredients*

3 cups fresh corn kernels  
2 tablespoons extra-virgin olive oil  
¼ cup chopped fresh basil  
1 tablespoon minced shallot

1 tablespoon red-wine vinegar  
¼ teaspoon salt  
Freshly ground pepper, to taste

## *Instructions*

1. In a large saucepan, steam the green beans and potatoes for 8 minutes, or until the potatoes are tender. Transfer to a medium serving bowl.
2. Add the remaining ingredients, stirring until the paprika is well combined.

## Nutrition Facts

Serving size: ½ cup; Calories 49; Total Fat 1.5g; Saturated Fat 0g; Protein 2g; Total Carbohydrates 9g; Cholesterol 0mg; Fiber 2g; Sodium 129mg

Recipe courtesy of [www.eatingwell.com](http://www.eatingwell.com)





# Roasted Potato Salad

Makes 8 servings

## Ingredients

### Potatoes

2 teaspoons olive oil  
¼ teaspoon salt  
4 pounds small red potatoes, quartered  
Cooking spray  
½ cup chopped green onions  
¼ cup chopped fresh parsley  
4 bacon slices, cooked and crumbled

### Vinaigrette

2 ½ tablespoons balsamic vinegar  
1 tablespoon Dijon mustard  
2 teaspoons olive oil  
½ teaspoon black pepper  
¼ teaspoon salt

## Instructions

1. Preheat oven to 450 degrees.
2. To prepare potatoes, combine first three ingredients. Arrange evenly on a jelly-roll pan coated with cooking spray. Bake at 450 degrees for 30 minutes or until tender. Let cool.
3. To prepare vinaigrette, combine vinegar and remaining ingredients in a jar. Cover tightly; shake vigorously.
4. Combine potatoes, onions, parsley and bacon.
5. Add vinaigrette to potato mixture; toss well. Serve immediately.

## Nutrition Facts

Serving size 1 cup; Calories 210; Calories from fat 18 %; Fat 4.3g; Satfat 0.9g; Monofat 2.5g; Polyfat 0.5g; Protein 5.5g; Carbohydrates 37.7g; Fiber 4.2g; Cholesterol 3mg; Iron 2mg; Sodium 260mg; Calcium 30mg

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



# Roasted Red Onions and Delicata Squash

Makes 6 servings

## Ingredients

1 tablespoon unsalted butter, melted  
1 tablespoon chopped fresh thyme  
1 tablespoon honey  
2 teaspoons olive oil  
3 garlic cloves, sliced  
2 (12-ounce) delicata squashes, halved lengthwise, seeded and cut into ½-inch slices

1 (1-pound) red onion, cut into 12 wedges  
½ teaspoon salt, divided  
½ teaspoon freshly ground black pepper, divided  
Cooking spray  
3 tablespoons chopped, fresh, flat-leaf parsley

## Instructions

1. Place a baking sheet in oven. Preheat oven to 475 degrees (leave pan in oven).
2. Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mixture with ¼ teaspoon salt and ¼ teaspoon pepper.
3. Carefully remove preheated pan from oven; coat pan with cooking spray.
4. Arrange vegetable mixture in a single layer on pan. Bake at 475 degrees for 20 minutes or until tender, turning once. Sprinkle with remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper and chopped parsley.

## Nutrition Facts

Serving Size: 1 cup; Calories 120; Total Fat 3.6g; Saturated Fat 1.5g; Monounsaturated Fat 1.6g; Cholesterol 5mg; Sodium 205mg; Total Carbohydrates 22.7g; Dietary Fiber 3.2g; Protein 2g; Calcium 63mg; Iron 1.2mg

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



# Sautéed Carrots with Sage

Makes 2 servings

## Ingredients

1 teaspoon butter	1/8 teaspoon salt
1 teaspoon olive oil	1/8 teaspoon freshly ground black pepper
1 1/2 cups diagonally sliced carrots	2 teaspoons fresh small sage leaves
2 tablespoons water	

## Instructions

1. Melt butter in a large, nonstick skillet over medium heat. Add oil to pan; swirl to coat.
2. Add carrots and 2 tablespoons water. Partially cover pan, and cook 10 minutes or until carrots are almost tender.
3. Add salt and pepper to pan; increase to medium-high heat.
4. Cook 4 minutes or until carrots are tender and lightly browned, stirring frequently. Sprinkle with sage.

## Nutrition Facts

Serving Size: 1/2 cup; Calories 75; Total Fat 4.4g; Saturated Fat 1.5g; Monounsaturated Fat 2.2g; Cholesterol 5mg; Sodium 224mg; Total Carbohydrates 9g; Dietary Fiber 2.6g; Protein 0.9g; Calcium 35mg; Iron 0.3mg

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



# Summer Tomato, Onion and Cucumber Salad

Makes 6 servings

## *Ingredients*

3 tablespoons rice vinegar  
1 tablespoon canola oil  
1 teaspoon honey  
½ teaspoon salt  
½ teaspoon freshly ground pepper, or  
more to taste  
2 medium cucumbers

4 medium tomatoes, cut into ½-inch  
wedges  
1 Vidalia or other sweet onion, halved  
and very thinly sliced  
2 tablespoons coarsely chopped fresh  
herbs, such as flat-leaf parsley, chives  
and/or tarragon

## *Instructions*

1. Whisk vinegar, oil, honey, salt and pepper in a large shallow bowl.
2. Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds. Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine.
3. Let stand at room temperature for at least 30 minutes and up to 1 hour.
4. Just before serving, add herbs and toss again.

## Nutrition Facts

Serving Size: 1 ½ cups; Calories 58; Total Fat 3g; Saturated Fat 0g; Monounsaturated Fat 2g; Cholesterol 0mg; Sodium 202mg; Total Carbohydrates 8g; Dietary Fiber 2g; Protein 1g; Added Sugars 1g; Potassium 264mg

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



# Summer Veggie Pasta

Makes 4 servings

## Ingredients

½ pound uncooked whole-grain linguine  
 ½ pound zucchini  
 ½ pound yellow squash  
 1 pound tomatoes, finely chopped (3 medium tomatoes)  
 ⅔ cup finely chopped red onion  
 2 tablespoons extra-virgin olive oil  
 2 tablespoons champagne or white wine vinegar  
 1 teaspoon sugar  
 ½ teaspoon kosher salt

½ teaspoon freshly ground black pepper  
 2 garlic cloves, minced  
 3 tablespoons panko (Japanese bread crumbs), toasted  
 8 small basil leaves  
 4 radishes, thinly sliced  
 1 ounce Parmigiano-Reggiano cheese, grated (about ¼ cup)

## Instructions

1. Cook pasta according to package directions, omitting salt and fat. Drain.
2. While the pasta cooks, shave zucchini and squash into thin ribbons using a vegetable peeler; place in a large bowl.
3. Add tomatoes and next 7 ingredients (through garlic) to bowl; toss to combine. Let stand 15 minutes, stirring occasionally to coat.
4. Add pasta to vegetables, tossing gently to combine.
5. Top with panko, basil, radishes and cheese.

## Nutrition Facts

Serving size: 1 ½ cups; Calories 210; Calories from fat 18%; Fat 4.3g; Satfat 0.9g; Monofat 2.5g; Polyfat 0.5g; Protein 5.5g; Carbohydrates 37.7g; Fiber 4.2g; Cholesterol 3mg; Iron 2mg; Sodium 260mg; Calcium 30mg

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





# Desserts



# Berry Pudding Cake

Makes 6 servings

## Ingredients

Nonstick cooking spray  
2 eggs  
¼ cup sugar  
1 teaspoon vanilla  
Dash salt  
1 cup fat-free milk

½ cup all-purpose flour  
½ teaspoon baking powder  
3 cups assorted fresh berries (such as raspberries, blueberries and/or sliced strawberries)

## 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 slice; Calories 141; Total Fat 2g; Saturated Fat 1g; Cholesterol 71mg; Total Carbohydrates 26g; Protein 5g; Dietary Fiber 3g; Sodium 86mg

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





# Grapefruit Pound Cake

Makes 16 servings

## Ingredients

Baking spray with flour  
 9 ounces all-purpose flour  
 (about 2 cups)  
 1 teaspoon baking powder  
 5/8 teaspoon salt, divided  
 1 2/3 cups granulated sugar  
 6 tablespoons butter, softened  
 6 ounces 1/3-less-fat  
 cream cheese, softened

2 large eggs  
 1/4 cup canola oil  
 2 tablespoons grated grapefruit zest  
 1/2 teaspoon vanilla extract  
 1/2 cup 2% reduced-fat milk  
 1/2 cup fresh grapefruit juice  
 1 1/4 cups powdered sugar

## Instructions

1. Preheat oven to 325 degrees.
2. Coat a 10-inch tube pan with baking spray.
3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder and 1/2 teaspoon salt, stirring well.
4. Place granulated sugar, butter and cream cheese in a large bowl; beat with a mixer at high speed until light and fluffy.
5. Add eggs, 1 at a time. Beat in oil, zest and vanilla.
6. Add flour mixture and milk alternately to batter, beginning and ending with flour.
7. Spoon batter into pan; bake at 325 degrees for 1 hour and 10 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack 10 minutes. Invert cake. Cool on rack.
8. Place juice in a saucepan over medium-high heat; bring to a boil. Cook until reduced to 3 tablespoons (about 4 minutes). Cool slightly.
9. Stir in powdered sugar and remaining 1/8 teaspoon salt. Drizzle over cake.

## Nutrition Facts

Serving size: 1 slice; Calories 289; Total Fat 10.9g; Saturated Fat 4.8g; Cholesterol 42mg; Total Carbohydrates 44.8g; Dietary Fiber 0.5g; Sodium 202mg; Protein 3.5g; Iron 0.9mg

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



# Hasselback Apples

Makes 4 servings

## Ingredients

2 large firm apples, peeled, cored and halved vertically  
Cooking spray  
4 tablespoons brown sugar, divided  
2 ½ tablespoons butter, melted and divided

¾ teaspoon ground cinnamon, divided  
2 tablespoons old-fashioned rolled oats  
1 teaspoon all-purpose flour  
¼ teaspoon kosher salt  
1 ½ cups low-fat vanilla ice cream

## Instructions

1. Preheat oven to 400 degrees.
2. Starting at the outermost edges, cut most (but not all) of the way through each apple half at ⅛-inch intervals. Place apple halves, cut sides down, in an 8-inch square glass or ceramic baking dish coated with cooking spray.
3. Combine 1 tablespoon sugar, 1 tablespoon butter and ½ teaspoon cinnamon; brush mixture evenly over apples.
4. Cover pan with foil; bake at 400 degrees for 20 minutes. Remove foil. Bake at 400 degrees for 10 minutes, or until apples are tender. Remove pan from oven; cool 10 minutes.
5. Combine remaining 3 tablespoons sugar, remaining 1 ½ tablespoons butter, remaining ¼ teaspoon cinnamon, oats, flour and salt.
6. Carefully fan open apple halves. Spoon oat mixture evenly over apples. Bake at 400 degrees for 10 minutes. Turn broiler to high (leave pan in oven); broil 2 minutes.
7. Serve with ice cream.

## Nutrition Facts

Serving size: 1 apple half and about 1/3 cup ice cream; Calories 260; Total Fat 9.2g; Saturated Fat 5.4g; Cholesterol 23mg; Sodium 222mg; Total Carbohydrates 43g; Dietary Fiber 3g; Protein 3g

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



# Marble Cheesecake Squares

Makes 12 servings

## Ingredients

1 cup chocolate graham cracker crumbs  
(about 9 cookie sheets)

Cooking spray

1 tablespoon butter, melted

2 (8-ounce) blocks fat-free cream  
cheese, softened

1 (8-ounce) block  $\frac{1}{3}$ -less-fat cream  
cheese, softened

1 cup sugar

3 tablespoons all-purpose flour

1 tablespoon vanilla extract

3 large egg whites

1 large egg

1 ounce semisweet chocolate

## Instructions

1. Preheat oven to 325 degrees.
2. Place crumbs in a 9-inch square baking pan coated with cooking spray; drizzle with butter. Toss with a fork until moist. Press into bottom of pan. Bake at 325 degrees for 8 minutes; cool on a wire rack.
3. Place cheeses in a large bowl; beat with a mixer at high speed until smooth. Add sugar and flour; beat well. Add vanilla, egg whites and egg; beat until well blended. Pour cheese mixture into prepared pan.
4. Place chocolate in a small microwave-safe bowl; microwave on high 1  $\frac{1}{2}$  minutes or until soft, stirring after 45 seconds (chocolate should not completely melt). Stir until smooth.
5. Drop melted chocolate onto cheese mixture to form 9 mounds. Swirl chocolate into batter using the tip of a knife. Bake at 325 degrees for 35 minutes or until almost set.
6. Cool on a wire rack. Cover and chill at least 4 hours.

## Nutrition Facts

Serving size: 1 piece; Calories 235; Total Fat 7.8g; Saturated Fat 2.9g; Cholesterol 14mg; Sodium 176mg; Total Carbohydrates 38.6g; Dietary Fiber 2.4g; Protein 4.1g

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



# Strawberry-Almond Cream Tart

Makes 10 servings

## Ingredients

### **Crust:**

36 honey graham crackers (9 sheets)  
2 tablespoons sugar  
2 tablespoons butter, melted  
4 teaspoons water  
Cooking spray

### **Filling:**

$\frac{2}{3}$  cup  $\frac{1}{3}$ -less-fat cream cheese  
 $\frac{1}{4}$  cup sugar

$\frac{1}{2}$  teaspoon vanilla extract  
 $\frac{1}{4}$  teaspoon almond extract

### **Topping:**

6 cups small fresh strawberries, hulled and divided  
 $\frac{2}{3}$  cup sugar  
1 tablespoon cornstarch  
1 tablespoon fresh lemon juice  
2 tablespoons sliced almonds, toasted

## Instructions

1. Preheat oven to 350 degrees.
2. To prepare crust, place crackers in a food processor; process until crumbly. Add sugar, butter and water; pulse just until moist. Place cracker mixture in a 9-inch round removable-bottom tart pan lightly coated with cooking spray, pressing into bottom and up sides of pan to  $\frac{3}{4}$  inch. Bake at 350 degrees for 10 minutes or until lightly browned. Cool completely on a wire rack.
3. To prepare filling, combine cream cheese, sugar and extracts in a medium bowl; stir until smooth. Spread cream cheese mixture evenly over bottom of tart shell.
4. To prepare topping, place 2 cups strawberries in food processor, and process until smooth. Combine strawberry puree, sugar and cornstarch in a small saucepan over medium heat; stir with a whisk. Bring to a boil, stirring constantly. Reduce heat to low; cook 1 minute. Remove glaze from heat. Cool to room temperature, stirring occasionally.
5. Combine the remaining 4 cups strawberries and juice; toss to coat. Arrange berries, bottoms up, in a circular pattern over filling. Spoon half of glaze evenly over berries (reserve remaining glaze for another use). Sprinkle nuts around edge. Cover and chill 3 hours.

## Nutrition Facts

Serving size: 1 piece; Calories 235; Total Fat 7.8g; Saturated Fat 2.9g; Cholesterol 14mg; Sodium 176mg; Total Carbohydrates 38.6g; Dietary Fiber 2.4g; Protein 4.1g

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



# Strawberry Cheesecake Pops

Makes 6 servings

## Ingredients

1 (5-ounce) can evaporated low-fat milk  
¼ cup sugar  
3 ounces 1/3-less-fat cream cheese,  
softened  
¼ cup plain, fat-free Greek yogurt  
1 teaspoon vanilla extract

3 tablespoons light-colored corn syrup  
1 teaspoon lemon juice  
10 ounces of strawberries, hulled  
¼ cup graham cracker crumbs

## Instructions

1. Combine milk and sugar in a saucepan over medium heat; cook 3 minutes.
2. Place cream cheese in a medium bowl; gradually add milk mixture, whisking until smooth. Stir in yogurt and vanilla. Cool completely.
3. Place corn syrup, juice and berries in a blender; process until smooth. Divide half of cream cheese mixture among 6 (4-ounce) ice-pop molds.
4. Top with strawberry mixture, followed by remaining cream cheese mixture. Stir slightly with a skewer. Freeze 4 hours or until solid.
5. Unmold ice pops; dip tips in graham cracker crumbs.

## Nutrition Facts

Serving size: 1 icepop; Calories 154; Total Fat 4.1g; Saturated Fat 1.9g; Cholesterol 14mg; Sodium 101mg; Total Carbohydrates 26g; Dietary Fiber 1g

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



# White Chocolate-Cherry Bark

Makes 16 servings

## Ingredients

2 tablespoons sliced almonds  
1/3 cup dried cherries, chopped  
1 ounce small salted pretzel sticks,  
broken into 1/4-inch pieces (about 2/3 cup)

1 (12-ounce) package premium white  
chocolate chips

## Instructions

1. Place almonds in a skillet over high heat. Cook 2 minutes or until lightly browned, stirring frequently. Remove from heat.
2. Combine almonds, cherries and pretzels in a bowl. Set aside half of mixture.
3. Place chocolate in a 1-quart glass measure. Microwave on high 1 1/2 minutes or until chocolate melts, stirring every 30 seconds.
4. Add chocolate to bowl with pretzel mixture; stir well. Spread chocolate mixture evenly into a 12 x 7 inch rectangle pan lined with parchment paper.
5. Sprinkle remaining pretzel mixture evenly over chocolate, pressing lightly to adhere.
6. Freeze 10 minutes. Break into 16 pieces.

## Nutrition Facts

Serving size: 1 piece; Calories 137; Fat 7.2g; Sat fat 4.2g; Mono fat 2.2g; Poly fat 0.3g;  
Protein 1.6g; Carbohydrates 16.8g; Fiber 0.5g; Cholesterol 4mg; Iron 0.2mg;  
Sodium 49mg; Calcium 48mg

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

---

The logo for Blue Option features a horizontal bar above the text, divided into three segments of blue, grey, and brown. The word "Blue" is in a bold, dark blue font, and "Option" is in a lighter blue font. A small "SM" trademark symbol is positioned to the upper right of "Option".

# Blue Option<sup>SM</sup>

*BlueChoice HealthPlan of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.*

*These sources are independent companies that provide wellness education on behalf of BlueChoice HealthPlan of South Carolina.*