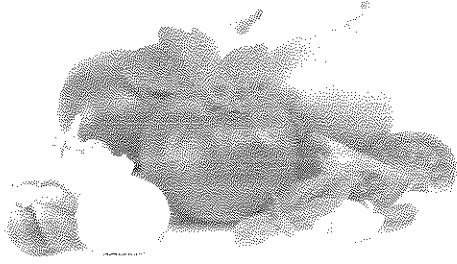


# The Ultimate



# Healthy

# Handbook

Fats, Oils and Sweets

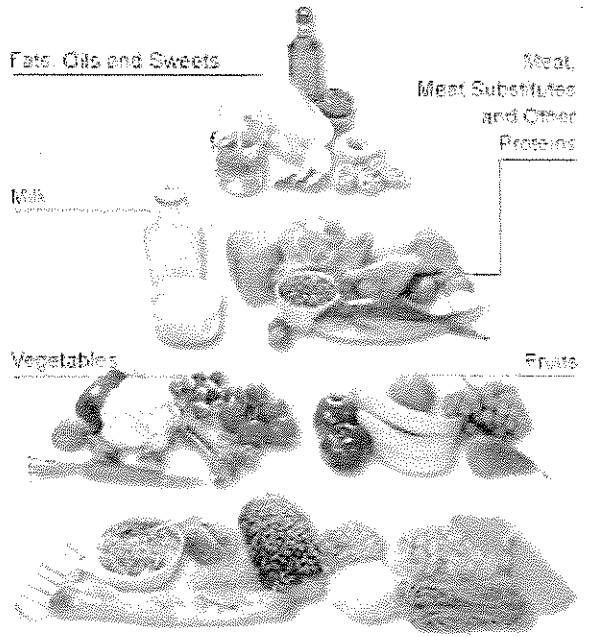
Meat,  
Meat Substitutes  
and Other  
Proteins

Milk

Vegetables

Fruits

Breads, Grains and Other Starches



## *The Best Life Diet Tips*

Water- Keeps metabolism operating properly! (Along with hundreds of other benefits) 48 ounces a day!

Breakfast wakes up metabolism and tames appetite

- Cold Cereal- 100% whole grain, at least 4 g fiber, less than 5g sugar
- Hot Cereal- 100% whole grain
- Toast and Nut Butter- 100% whole grain, with any type of nut butter
- Eggs- 1 to 2 with a slice of whole grain toast and fruit
- Bran or Whole Wheat Muffins
- Smoothie
- Whole Grain Waffles & Pancakes
- Yogurt, Fruit & Nuts- low fat yogurt with heart healthy nuts (walnuts, almonds, cashews, pecans & peanuts)
- High-fiber bar

Snacking

- Maple-nut yogurt- 1 tsp maple syrup, 1 tbsp walnut pieces, in 6 oz/  $\frac{3}{4}$  cup of low-fat plain yogurt
- Milk and high fiber crackers (wasa fiber rye crispbread) spread with 2 tsp of jam
- Latte and nuts: 12 oz skim latte with 8 almonds
- 1 slice of low fat cheese on whole grain crackers
- $\frac{3}{4}$  cup mixed berries with  $\frac{3}{4}$  cup low-fat plain yogurt and 1 tsp of honey
- 1 ounce whole grain pretzels with mustard
- 1 cup red pepper strips or celery sticks with  $\frac{1}{3}$  cup hummus
- $\frac{3}{4}$  cup carrots w/ 3 tablespoons of low fat ranch dressing
- $\frac{3}{4}$  cup edamame
- 1 cup pineapple with 1-2 tablespoons of heart healthy nuts
- 2-3 tablespoons of peanuts, almonds, walnuts or cashews
- Trail mix ( $\frac{1}{4}$  cup multi-bran chex, 2 tablespoons of nuts, 1  $\frac{1}{2}$  tablespoons of raisins or other dried fruit.)

Take a Multivitamin

Controlling Physical Hunger

- People may eat too much junk food because an abundance of fat and sugar disrupts all signals that carry out normal appetite regulation.
- Fiber, a type of carbohydrate that helps give certain foods their bulk helps you stay fuller longer. It slows digestion, and allows your blood sugar level to stay elevated; also it delays the release of some of the hormones that signal your brain that it's time to eat again. (at least 25 g for women and 38 g for men)
- Water- rich foods: vegetables and fruit also help you feel full. Eat lots of salads and soups.
- Wait 20 minutes before deciding whether to continue eating- it's the length of time your brain needs to receive fullness signals.
- Sleep- people who are sleep deprived have increased appetites because they have a bad balance of ghrelin and leptin the hunger switches.
- Cut out mindless eating- don't eat while watching TV, eat slowly and pay attention to what you eat- enjoy it.

## 5 Unhealthy Foods

1. Soda
2. Trans-fats
  - a. Partially hydrogenated vegetable oil
3. Fried Foods
4. White Bread
  - a. Stripped of all healthy nutrients, have less fiber, don't keep you full.
5. High-Fat Milk and Yogurt
  - a. High in calories, saturated fats, cholesterol.

## To Control Temporary Hunger:

- Drink More Water
- Eat Fiber-loaded foods
- Eat Low- calorie foods first
- Eat slowly and put the fork down between bites.

## *Sparkpeople Diet Tips*

### Eat the Right Foods

- Power (complex carbs)
- Variety (New recipes, foods, flavors, restaurants, spices)
- Freshness (Fresh fruits, veggies, meats and breads)
- Balance (Add a little bit of everything into the mix)

### Pay Attention to Serving Sizes

### Exercise Consistently

- More energy, faster fat burning, release of endorphins

### Drink Water

- Higher Metabolism, burn fat at a faster rate, digests foods, feel fuller, look and feel fresher, more energy, think more clearly

### Eat on Purpose

- No emotional/mindless eating, skipping meals, late night snacking

## Reaching for a Snack?

Don't forget we have plenty of Fruits and Vegetables, and drink lots of water!

### Fruits:

- Berries (strawberries, blueberries, blackberries)\*
- Apples\*
- Plums\*
- Cantaloupe\*
- Grapefruit\*
- Asian Pears
- Bananas
- Apricots
- Cherries
- Dried Fruit (Craisins, Apples, Raisins)

### Fruit Ideas:

Fruit & Yogurt

Box of Raisins or other dried fruits

Apples, or Bananas with Peanut Butter

Frozen Berries or Grapes

Fruit Smoothie

Applesauce

Add cinnamon or other spices to fruit and warm

### Nut Ideas:

Trail Mix

Nuts or Nut Mix \*A handful only

### Yogurt Ideas:

Yogurt with Granola

Frozen Yogurt

### Whole Wheat Ideas:

Fiber-rich grain cereal

Whole Wheat Bagel or crackers with Cream

Cheese, Hummus or Nut Butter

Fiber-rich bars

Whole Wheat English Muffin

### Vegetables:

- Broccoli\*
- Cabbage\*
- Carrots\*
- Peppers\*
- Lettuce\*
- Tomatoes\*
- Squash\*
- Zucchini\*
- Celery\*
- Cucumbers\*
- Radishes\*
- Snap peas\*
- String Beans\*
- Potatoes

### Vegetable Ideas:

Celery Sticks with Peanut Butter and Raisins

Vegetables with low fat dip

Vegetables with Hummus

Vegetables with Peanut or Cashew Butter

Cucumber Slices (lightly salted or w/ dressing)

Pickles

Bowl of Cherry Tomatoes

### Protein Ideas:

Leftover chicken or turkey slices

Half a turkey or tuna sandwich on whole wheat

Rice Cakes with Peanut Butter

Hardboiled Egg

Deviled Egg

String Cheese

Fat Free Pudding

## Eating on the Run

Especially Handy to have on those days when you are racing against the clock:

- Bagel
- Bean soup in a cup (add hot water)
- Bran Muffin
- Bread sticks, whole wheat
- Cereal, whole-grain
- Cheese, low-fat with crackers
- Crackers, whole-grain
- Dried Fruit
- Energy Bar
- Fig Bars
- Half sandwich
- Juice Box
- Mashed potatoes in a cup (add hot water)
- Oatmeal in a cup (add hot water)
- Raisin Bread

## Grocery Shopping Quick Picks

Dairy Case: Milk (Nonfat), Cheese (less than 5g of fat), Yogurt (nonfat/low fat), Margarine (no trans fat)

Deli Case: Lunch meats (2g or less fat), Hot Dogs (low-fat), Fresh Pasta

Breads & Cereal: Bread (whole-grain) Bread Products (not high-fat), Cereals (at least 5g fiber) Crackers (whole-grain, low fat)

Canned Foods: Beans, Fruit (packed in own juice), Juice, Soups (broth or bean), Produce

Freezer Case: Frozen Meals (800 mg or less of sodium and about 3g of fat per 100 calories), Frozen Breakfast (whole-grain frozen waffles, vegetarian sausages, frozen bagels), Frozen Produce (berries, and vegetables) Desserts (100 percent juice cars, sorbet, frozen yogurt and lighter ice creams)

Miscellaneous: Peanut Butter (w/o hydrogenated oil try Laura Scudders) Tuna (water-packed)

## Snacking Ideas:

### Better Options when Craving Junk

Crave this? **Candy.** Eat This: Peanut Butter on apples bananas, celery; PB&J, dried fruit, trail mix

Crave this? **Chips, crackers.** Eat this: light corn tortilla chips, light popcorn, whole-grain crackers, whole wheat bread sticks, nuts

Crave this? **Cookies.** Eat this: Graham Crackers, Oatmeal cookies, whole wheat apricot bars, whole wheat fig bars, vanilla wafers, gingersnaps

Crave this? **Cream-filled snack cakes.** Eat this: Sweet breads (banana nut, pumpkin, zucchini, poppy seed, apricot, raisin)

Crave this? **Dip.** Eat this: Plain Yogurt with favorite dip mix added.

Crave this? **Doughnuts.** Eat this: Variety bagels (raisin, apple, cinnamon, blueberry)

Crave this? **Gelatin.** Eat this: 100% fruit juice instead of water or canned fruit gelatin

Crave this? **Ice Cream Sundae.** Eat this: Frozen yogurt or low-fat ice cream topped with berries; frozen juice bars

Crave this? **Pies.** Eat this: baked fruit (apple with cinnamon), pudding with nonfat or low-fat milk and crushed graham crackers

Crave this? **Soda.** Eat this: Fruit-fizzies (3 pt juice to 1 pt mineral water), Grape orange and cherry juices.

\*Use 100% fruit juice

## Eating Out

Healthy Words To Look For On Menu: Barbecued, Boiled, Broiled, Charbroiled, Grilled, Healthy, Heart-healthy, heart-smart, In it's own juice, low-fat, Marinara, Marinated in juice or wine, Poached, Roasted, Steamed, Stir-fried, Stuffed with Vegetables, Tomato Sauce

Traps!: Breaded zucchini, Buffalo wings, Caesar salad, chef salad or cob salad, quiche, salad bar, seafood platter, tuna salad sandwich.

### Best Bets Course By Course:

**Appetizers:** Fresh steamed vegetables, tomato juice, dinner salad, seafood cocktail, Steamed or broiled seafood, non-fried egg rolls

Limit: potato skins, fried vegetables, fried cheese, tortilla chips

**Bread:** Whole-grain bread, corn tortillas, flat breads, sourdough breads

Limit: Croissants, muffins, biscuits, flour tortillas

**Salad:** Dressing on side, lower-fat salad dressings

Limit: regular dressings, toppings such as bacon or crunchy chow mien noodles, lots of cheese.

**Soup:** Broth-based soup (vegetable, minestrone, chicken noodle), bean based soup (lentil, navy bean, split-pea)

Limit: Cream based soups, cheesy soups

**Entrée:** Grilled Fish, Grilled Chicken, If need red meat then pot roast and sirloin steak

Limit: Cheese-based entrees, fried foods, large meat portions, pot pies, meatloaf, quiches.

**Sandwiches:** Roast beef, turkey breast, grilled chicken, grilled fish. Use mustard or BBQ sauce, light mayonnaise. Vegetarian sandwiches may be loaded with cheese.

Limit: "Salad" sandwiches, cheesy sandwiches/melts, bacon.

**Beverages:** Mineral Water, brewed tea, nonfat milk

Limit: Regular sodas, milk shakes, lemonade.

**Desserts:** One dessert and many forks. Fat free latte or cappuccino. Sorbets, fresh berries, chocolate-covered strawberries, frozen yogurt.

**Breakfast:** Omelets made with egg substitutes or egg whites, pancakes, fresh fruit, cold or hot cereal, lox and bagels, whole wheat toast, fruit juice, tomato juice, vegetable juice. Jam or Honey better than butter.

Limit: Biscuits, gravy, croissants, regular omelets, breakfast meat, regular bacon.

**Buffets and Salad Bars:** Fresh fruit & vegetables, broth based soups. Round two: taste size portions of healthier choices of food you love!

Limit: Goopy salads and casseroles, desserts

## World's Healthiest Foods

### Fruits:

- Apricots: beta carotene, iron, potassium, regulate blood pressure, maintain regular bowel function. (Eat if constipated... yuck!) Vitamin A, C and fiber along with tryptophan to help regulate sleep and relaxation.
- Avocados: Good fat and rich in vitamins C, E and B6, potassium and possess the ability to reduce cholesterol. Limit to max of 3 per week though.
- Bananas: quick energy boost. Rich in potassium and vitamin B6. Vitamin C and dietary fiber.
- Blueberries: reduce inflammation, research shows 30 blueberries a day can help alleviate aches and pains in the joints. Anti-blood clotting and antibacterial effects. High level of antioxidants and may possess anti-aging properties. Vitamin C, E and dietary fiber.
- Mangos: beta- cryptoxanthin, a potent antioxidant. Help reduce the risk of colon and cervical cancer. Rich in beta carotene.

### Vegetables

- Artichokes: Fat free, good source of complex carbs, and contains FOS a non-digestible fiber (good for bowel problems) Good source of iron, potassium, magnesium, copper and manganese, also vitamin C, K and folate.
- Broccoli: potential to prevent cancer, and lower the risk of heart disease and stroke. Rich in beta carotene, calcium, iron, folate, vitamin C and E, and zinc. Contains about 15% of tryptophan which aids in sleep and relaxation.
- Garlic: ability to reduce blood pressure, and antibacterial properties which can reduce infection and illness. May help reduce risk of heart disease and cancer. Good source of manganese, vitamin B6, vitamin C, and calcium.
- Onions: good source of fiber, potassium, B vitamins, possess anti-inflammatory and anti-cancer properties. May reduce the risk of heart attack and stroke and relieve bronchial congestion. Raw has the highest amount of health benefits.
- Tomatoes: High level of antioxidants and a good source of vitamins C and E also A and K. Contain lycopene a phytochemical known to reduce risk of heart disease.

### Grains

- Barley and Rye: high fiber whole grains that contain five times more fiber than any other whole grain. Barley can slow the progression of atherosclerosis and may lower the risk of type 2 diabetes. Reduce estrogen levels, and help prevent the risk of heart disease and stabilize blood sugar levels. Both good sources of potassium and fiber, and contain small amounts of iron, pantothenate, vitamins B1 and B6 and zinc. High in tryptophan and can aid in restful sleep.
- Oats: can provide energy and brain clarity. Helps lower blood cholesterol and have the ability to stabilize blood sugar levels and maintain regular bowel function. Good source of fiber, magnesium, zinc and vitamin E.
- Quinoa: (pronounced Keen-wa) contains more protein than any other and an excellent source of manganese, magnesium, iron and copper. A light grain that can be substituted for rice or pasta or great in soups and stews.
- Rice: a good source of magnesium and potassium. Contains fiber iron, niacin, vitamins B1 and B2 and zinc. Provides a quick energy boost and is easily digested helps maintain bowel health and stabilizes blood sugar levels.
- Wheatgerm: helps relieve constipation, supports the heart and may reduce the risk of heart disease. Strengthens the immune system and may help maintain cognitive function as we age. Rich in antioxidants and folate and contains vitamins B1, B6, and E and is a good source of potassium and zinc. Consume 2 tbsp daily (sprinkle on cereal, oatmeal, fruit salad or yogurt)

## Nuts and Seeds

- Almonds: Eating 12 almonds per day can provide you with the recommended daily allowance of essential fatty acids. Rich in potassium and considered a good fat. High in calories so limit intake to no more than 12 per day. Unblanched almonds are the healthiest choice. Avoid dry roasted or almonds covered in sugar honey or salt.
- Brazil nuts: contain all the essential amino acids so they are a complete protein. Exceptionally high levels of selenium, a powerful antioxidant that can help reduce the risk of heart disease and cancer. They are an excellent source of zinc which is essential to digestion and metabolism and contain a high level of fat so they should not be consumed more than 3 times per week. One serving equals eight nuts and has 30 grams of fat.
- Chestnuts: Great if trying to gain weight, they are cholesterol-free and low in sodium and a great source of dietary fiber. Small amount of vitamin C, thiamine, and riboflavin. Good fat, but shouldn't be consumed more than four times per week. One serving is 5 whole nuts.
- Pumpkin Seed: effective in lowering cholesterol levels, promote prostate health and supporting the function of the immune system. Rich source of potassium, omega-3 and zinc. One and a half ounces can provide over 1/3 of an adult's daily zinc requirement, but high in calories and should be eaten in moderation, no more than 3 times per week.
- Sunflower Seeds: Rich in vitamin E, and known to reduce the risk of heart disease and cancer. May be effective in guarding against cataracts. Recommend eating 2 tbsp of sunflower seeds each day. They are high in calories and should be eaten in limited quantities.

## Spices

- Black Pepper: Known for positive effects on the digestive tract. Has antibacterial and antioxidant benefits. Provides vitamin A, calcium, copper, vitamin K, iron, manganese, magnesium and potassium.
- Cayenne Pepper: Great at fighting inflammation. Rich in vitamin A, and also provides Iron, Manganese, Niacin, Magnesium and Potassium, Riboflavin, Vitamin A, Vitamin C, Vitamin E, Vitamin K and Vitamin B6
- Chili Pepper: provides anti-inflammatory benefits, contains capsaicin. Good source of vitamin A, C, potassium, Iron and dietary fiber.
- Cinnamon: Low in cholesterol and sodium, and saturated fat. Boosts vitamin intake with Vitamin C, Iron, Manganese and Vitamin K. Promotes anti-clogging, can control blood sugar and improve digestive health.
- Cloves: Adds beta cryptoxanthin, calcium, magnesium, potassium, vitamin A and vitamin C to food. Can help to treat digestive tract cancers and offer anesthetic and anti-bacterial qualities.
- Ginger: low in cholesterol, saturated fats, and sodium, provides copper, manganese, magnesium, potassium and vitamin C. known for positive effects on an upset stomach or gastrointestinal distress (ginger ale) a great way to quell motion sickness and has some anti-inflammatory benefits.
- Mustard Seeds: Good source of calcium, iron, magnesium, phosphorus and protein as well as lutein and zeaxanthin. Boast omega 3 fatty acids and a great source of selenium which is considered to have cancer-prevention qualities, anti-inflammatory qualities and even lessen the severity of asthma
- Turmeric: low in cholesterol and sodium, provides dietary fiber, iron, manganese, magnesium, vitamin B6, vitamin C and potassium. Has anti-inflammatory qualities and aids in digestion and can help heal wounds.



## Quick Food Ideas For:

### Pre-exercise/Breakfast

Half of a whole-wheat English muffin with all natural peanut butter  
Half of a banana  
One cup of low-fat yogurt with berries and high-fiber cereal  
Two or three scrambled egg whites  
Whole wheat waffle with natural peanut butter  
½ cup dry oatmeal (McCann's Quick Cook Irish Flake Oatmeal) 1 cup fat free milk, 1 small banana  
1 cup plain low-fat yogurt, ¼ cup frozen no-sugar-added blueberries, ½ cup fiber one cereal

### Snack

Handful of peanuts, almonds or pistachios  
Low-fat yogurt with a couple of graham crackers  
A Fiber One granola bar  
Multigrain crackers with 2 tablespoons of hummus  
Whole-grain crackers and an apple with 2 tablespoons of reduced-fat peanut butter  
Egg salad with two hard-boiled eggs (2 whites one yolk) and a little low-fat mayo  
Fruit  
Instant Oatmeal with low-fat milk and a sprinkle of cinnamon  
Sweet Potato with some low-fat yogurt  
High-fiber whole-grain cracker (Wasa, Kavali, Finn) with Kraft part-skim mozzarella string cheese, laughing cow light cheese or Sargento sliced Jarlsberg Cheese  
Turkey Jerky  
Zone Fruitified Bars  
Luna Bars  
Plain low-fat yogurt with fresh strawberries  
Tangerine and small handful of nuts  
Natural peanut butter on whole wheat crackers, and a handful of grapes and low-fat cheese  
Pineapple chunks  
Small handful of nuts  
Low-fat string cheese  
Raspberries with low-fat yogurt or cottage cheese

### Lunch

Turkey, Lettuce, Tomato and avocado with mustard or light mayo on whole-wheat wrap or pita  
A grilled chicken breast sandwich on multigrain bread with honey mustard  
Sandwich: 2 slices high fiber whole wheat bread with 3 slices turkey lunch meat and sliced tomato lettuce and mustard, small apple or pear and water  
Chik-fil-a chargrilled chicken sandwich, side salad and fresh fruit  
Wendy's fish sandwich with a side salad and low fat creamy ranch dressing

### Dinner

Wholegrain couscous or Barilla Plus pasta  
Several packages of frozen vegetables to steam or boil  
A cup whole wheat pasta sautéed in garlic and olive oil, with steamed veggies and mixed green salad

A salad, 1 cup brown rice 1 cup spinach Swiss chard or green beans.

1 slice frozen plain cheese pizza topped with thawed frozen veggies, and a mixed green salad

## Vegetarian Lunch Ideas

### ☛ Sandwiches →

- Hummus with roasted peppers in a wholesome tortilla
- Hummus with salad and sprouting beans in a sandwich
- Falafel with tomato, crispy lettuce and cucumber in a whole meal pita (add tzatziki)
- Mexican Bean Wrap: tortilla wrap or flat bread filled with refried beans or chili beans, crispy lettuce and cherry tomatoes with a spoonful of guacamole or natural yogurt. Wrap tightly in cling film and chill.
- Sliced boiled egg topped with fresh watercress
- Crispy lettuce, cucumber slices, spring onion and slice of tomatoes
- Egg sandwich with tomatoes and small avocado topped with lots of black pepper
- Chop a boiled egg and mix with low fat mayo and a pinch of curry powder
- Swiss Cheese, Egg and Tomato with a little wholegrain mustard
- Cream Cheese and Cucumber
- Cream Cheese with chives
- Cream Cheese and roasted red peppers
- Low fat cheese spread over a wrap, sprinkle with sun dried tomatoes, red onions and crispy lettuce. Roll up and cut in half.
- Brie and grape
- Brie and apple
- Brie and cranberry sauce or mango chutney
- Brie, tomato and avocado
- Cheddar with spring onions and mayo
- Goats cheese with roasted peppers
- Feta cheese, red onions, cucumber, iceberg lettuce and tomatoes
- Mozzarella and roasted vegetables
- Mozzarella with sun dried tomatoes and basil pesto
- Smoked cheese, sweet corn kernels and chopped spring onion
- Stilton with chopped walnuts and grapes
- Red Leicester cheese with sliced apple
- Peanut butter with sliced banana
- Peanut butter with raisins
- Peanut butter with grated carrot
- Cashew nut butter
- Walnuts added to a cream cheese sandwich
- Sliced cold nut loaf with salad
- Asparagus lightly cooked cherry tomatoes, slices of red onion and some toasted pine nuts.
- Stir fry some onion, garlic, chili and ginger. Add some pad choy and slices of tofu if you'd like. Cook for a few minutes then cook. Spread a wrap with peanut butter and add filling
- Avocado with rocket or watercress leaves
- Bombay Sandwich: slices of tomato, cooked potato, onion, and some coriander and mint chutney (a handful of fresh coriander leaves, smaller handful chopped mint leaves, 1 green chili chopped, juice of one lemon and 1q tsp dry roasted cumin seed- in a food blender)
- Slices of cucumber and strawberries between granary bread

- Grilled Portobello mushrooms with slice tomato and onion. Add a slice of cheese if you wish.
- Grated carrot with raisins and sliced apple rubbed with a little lemon juice to prevent discoloration
- Pan baqnat: hollowed out loaf and filled with vegetables such as yellow or orange pepper, mushrooms, courgette, basil, olive oil, pesto and mozzarella
- Peppers, red onion, mushrooms and courgettes. Add some herbs during roasting (thyme or rosemary) drizzle of olive oil. You could spread the bread with cream cheese or goat cheese
- Fill a pita or roll with crisp lettuce leaves, tomatoes, cucumber and spring onion. Add a little low fat mayo.
- Whole meal pita stuffed with sweet corn kernels mixed with low fat mayo, spring onions and tomatoes. Add some salad cress to finish.
- Vegetarian burgers or sausages with some sliced tomato and onion rings, maybe some ketchup.

#### 🍴 Salads

- Couscous with Roasted Vegetables: couscous, boiled water, zest and juice of one lemon or lime, 2 peppers, 1 large courgette, cherry tomatoes, Portobello mushrooms, toasted pine nuts, rosemary or thyme.
- Pasta Salad with pesto and cherry tomatoes
- Pasta salad with roasted vegetables
- Italian Pasta salad- cherry tomatoes, mozzarella, basil leaves, olive oil and balsamic vinegar
- Curried Rice Salad- Rice, curry powder, peas or mushrooms, hard boiled eggs, spring onion
- Greed Salad: tomatoes, cucumber, small red onion, green pepper, pitted olives, feta cheese, extra virgin olive oil, oregano, fresh lemon juice, salt and pepper
- Bell Pepper Salad- 2 large bell peppers, fresh parsley and other herbs, olive oil and garlic
- Potato, Avocado and cheery tomato salad with vinaigrette dressing.
- Hard boiled eggs, new potatoes, green beans, tomatoes, pitted olives, spring onions
- New potatoes, mayo, spring onions, parsley and chives
- New Potatoes, chopped spring onions, lemon zest, fresh lemon juice, olive oil, mustard salt and pepper
- Cottage cheese, pineapple, cherry tomatoes, chopped red onion, salad leaves, ripe avocado
- Noodle Salad- egg noodles, spring onions, red pepper, coriander, sliced mushrooms, bean sprouts, cashew or peanuts, fresh ginger, sesame oil, with sesame oil, soy sauce, chili sauce and lime juice.
- Mix beans for a bean salad

#### 🍴 Others

- Stuffed Pepper with Couscous
- Stuffed Pepper with mozzarella cheese, tomatoes, fresh basil and olive oil
- Pepper filled with pesto rice
- Make own mini pizza: an English muffin tomato paste, dried oregano, add toppings such as sliced mushrooms, cheese, sweet corn and pineapple, fresh tomato, pepper. Grill for 3-4 minutes or until golden.
- Stuffed tomatoes- with pitted olives, feta cheese, oregano, olive oil and black pepper

## *Healthy Tips*

### **Make Healthy Eating a Habit**

Eating healthier doesn't have to be overwhelming. If you want to adopt healthy habits that will last, then the easiest way to do it is by making small, gradual changes. Don't expect too much from yourself too soon—it takes about a month for any new action to become habit.

### **Small Changes Mean Big Rewards**

As you adopt this new style of eating, you will find that your food preferences will gradually change—when you cut out high-sugar, high-fat goodies, your cravings will actually go away in time. Your body wants healthy food!

One of the biggest challenges to eating healthier is finding substitutions for existing foods in your diet. Here are some tips to make the transition easier:

- Use mustard instead of mayo on your sandwiches. You'll get lots of flavor with much fewer calories and fat.
- Select whole wheat bread over white bread. Be sure to read the label to ensure you're getting whole grains, not just colored white bread.
- Eat the white meat of turkey or chicken, which is lower in fat than dark meat, red meat and pork. Animal fat is the number one dietary source of unhealthy saturated fat.
- Start using lean ground beef, pork tenderloin or fish instead of high-fat cuts of meat.
- Change your cooking methods. Bake, grill or broil your meals instead of frying. Use non-stick sprays—or better yet, non-stick pans—instead of oil.
- Drink more water. Slowly reduce the amount of soda you drink and replace it with herbal tea or water. Aim for eight cups of pure water each day.
- Don't drink your calories. Eat a whole orange instead of drinking a glass of juice, for example. Real food is usually more filling and more nutritious than juices, fruit drinks, and other high-calorie beverages.
- Serve sauces and dressings on the side. Dip your fork into the sauce, then dip your fork into the food. You'll still have the flavor but with fewer calories.
- Gradually switch to skim milk. Milk commonly comes in four varieties: whole (4% fat), 2%, 1% and skim (0% fat). Gradually wean yourself from the higher-fat varieties to the lower fat milk every two weeks. For example: continue drinking your normal 2% milk for two weeks, then move to 1% for two weeks, and then your palate will be ready for the consistency of skim milk.
- Switch from full-fat cheeses to reduced-fat or fat-free cheeses the same way you would with milk (see tip above).
- Order vegetables on the side instead of fries. Flavor them with lemon juice or herbs instead of butter.
- Snack on fruit and nuts instead of sugary treats. The fiber, protein and healthy fats in this combo will sustain you to your next meal and you won't have the energy slump that comes after eating candy.
- Reduce your portion size. Most people will eat whatever amount of food is in front of them, so start putting your meals on smaller plates. You will be just as satisfied because your mind "sees" that you're eating a full plate of food.
- Eating a healthier diet doesn't have to mean deprivation. You don't have to cut out your favorite foods completely—you just have to make a few changes. Treat yourself to a mini chocolate bar instead of a full-sized one, for example. By trying to eat the most nutritious foods possible, you are creating a healthy lifestyle that will help you reach your best weight. You deserve the very best!

## *Picking Produce*

### **Stone Fruits (Peaches, apricots, nectarines)**

At the beginning and end of every season they're all hard as a rock, you can either take them home and put a little bit of acid on them (lemon juice) and that will make them taste ripe even though they're not yet. Or put them in a brown paper bag for a couple of days.

### **Watermelon**

You want to go for a nice dark green color -- not a light green color -- and you want variegations of yellow and white going through the watermelon. It should be very heavy and sound hollow when you knock on it. Check out the end with the stem, if it has any color it should not be white as that is a sign that the fruit is not ripe yet. If it's evenly colored or is yellow or green, you're good to go.

### **Strawberries**

When you're picking strawberries, go for the deepest, darkest colors. If they have a lot of white still around the tops they're not ready yet.

### **Grapes**

The stems, even on red or black seedless grapes should be green, not brown. If they're brown, the grapes are old. Another way to check is to give the stem a gentle shake or a little bounce. If half of the grapes fall off, they're old. They're on their way to raisin land!

### **Pineapples**

Look for one with a nice green top, not something brown or shriveled up. You want a pineapple that's very bright in color with a mixture of yellows and greens, and no white spots or areas where it is fading to brown. And, the eyes along the side should be the same size at the top as they are on the bottom. That way it should be perfectly sweet from top to bottom and the whole pineapple will be delicious. If the color looks good, give it a squeeze and see that it is firm, with a little give to it.

### **Lemons and limes**

You want them to have a little bit of a give. Don't go for rock hard fruit and figure they're full of juice. Actually, it's the opposite. When they have a little bit of give to them they're ready to give juice!

Can't find one? If all the lemons and limes at the store don't look good, just pop 'em in the microwave for 10 seconds on high. It will turn something hard into a very juicy and voluptuous citrus! And if you're going to juice the fruit, press down and roll it on the counter to get the juices flowing.

### **Avocados**

The skin should be dark and they should just give to light pressure. You don't want one where you can push your thumb all the way in leaving an indentation. If none of them feel 'guacamole-esque' to you, do as you would with stone fruit -- put them in a brown paper sack for a day or two and you'll be good to go.

### **Tomatoes**

"It's a personal thing -- I actually like a firm tomato, a slightly under-ripe tomato with nice bite to it," Rachael says. "The texture stays better if you leave them outside the refrigerator. If you keep them in the fridge, you'll get that grainy thing going on." But hey, if you prefer them that way feel free to keep them chilled!

### **Melon**

Press your thumb into the stem end to feel if it's soft -- if it is, it's ripe. Also, give it a good sniff to see if it smells sweet, which also means it's ripe. Or, if you aren't planning on eating it right away, chose a melon that's not quite ready and let it sit on the counter to ripen.

### **Bananas**

They should be yellow without any dark spots. Place them in the fridge to stop the ripening process, although the peel will turn black.

### **Apples**

They should be bright and firm with no bumps or bruises.

## *Keep Produce Fresh*

### **Countertop Storage Tips**

To keep countertop-stored produce fresh, store them out of **direct sunlight**, either directly on the countertop, in an uncovered bowl, or inside a perforated plastic bag.

### **Refrigerator Storage Tips**

For produce that is best stored in the refrigerator, remember the following guidelines.

- Keep produce in **perforated plastic bags** in the produce drawer of the refrigerator. (To perforate bags, punch holes in the bag with a sharp object, spacing them about as far apart as the holes you see in supermarket apple bags.)
- Keep **fruits and vegetables separate**, in different drawers, because ethylene can build up in the fridge, causing spoilage.
- When storing herbs (and interestingly, asparagus, too), snip off the ends, store upright in a glass of water (like flowers in a vase) and cover with a plastic bag.

\*More about Ethylene: Fruits and vegetables give off an odorless, harmless and tasteless gas called ethylene after they're picked. All fruits and vegetables produce it, but some foods produce it in greater quantities. When ethylene-producing foods are kept in close proximity with ethylene-sensitive foods, especially in a confined space (like a bag or drawer), the gas will speed up the ripening process of the other produce. Use this to your advantage if you want to speed up the ripening process of an unripe fruit, for example, by putting an apple in a bag with an unripe avocado. But if you want your already-ripe foods to last longer, remember to keep them away from ethylene-producing foods, as designated in the chart above.

## *What to Store Where: A Handy Chart*

Use this color-coded key along with the chart below

**Store unwashed and in a single layer**

**Store unwashed and in a plastic bag**

**Store in a paper bag**

**\*Ethylene producers (keep away from other fruits and vegetables)**

<b>Store in Refrigerator</b>	<b>Store on Countertop</b>
Apples (storage >7 days)	Apples (storage < 7 days)
Apricots	Bananas
Cantaloupe	Tomatoes
Figs	
Honeydew	Basil
	Cucumbers
Artichokes	Eggplant
Asparagus	Garlic
Beets	Ginger
Blackberries	Grapefruit
Blueberries	Jicama
Broccoli	Lemons
Brussels sprouts	Limes
Cabbage	Mangoes
Carrots	Oranges
Cauliflower	Papayas
Celery	Peppers
Cherries	Persimmons
Corn	Pineapple
Grapes	Plantains
Green beans	Pomegranates
Green onions	Watermelon
Herbs (except basil)	
Lima beans	
Leafy vegetables	<b>Store in a Cool, Dry Place</b>
Leeks	Acorn squash
Lettuce	Butternut squash
Mushrooms	Onions (away from potatoes)
Okra	Potatoes (away from onions)
Peas	Pumpkins
Plums	Spaghetti squash
Radishes	Sweet potatoes
Raspberries	Winter squash
Spinach	
Sprouts	
Strawberries	<b>Ripen on Counter, Then Refrigerate</b>
Summer squash	
Yellow squash	
Zucchini	Avocados
	Nectarines
	Peaches
	Pears
	Plums
	Kiwi



## Oranges

Look for even coloring, and fruit that is well rounded and firm.

### *Cooking Substitutions*

Instead of:	Try:
1 Cup Cream	1 Cup Evaporated Milk
Cream to Thicken Soups	Pureed Potatoes or Vegetables
Oil Based marinades	Citrus Juice or Flavored Vinegar
Stick margarine	Small Amounts of Olive Oil, Canola Oil or Broth
2 ounces of Milk Cheddar Cheese	1 ounce Reduced-fat Sharp Cheddar Cheese
White Rice	Brown rice, Bulgur, Kasha, Quinoa, Whole Wheat Couscous
Meat or Poultry for Stir Fry	Tofu (extra firm, cubed) or more Vegetables
Ground Meat	Ground Turkey Breast, Finely chopped vegetables with less meat; Crumbled Tofu, Tempeh, or soy crumbles; Beans

### *Baking Substitutions*

Instead of:	Try:
1/2 cup oil, butter, or margarine	1/4 cup applesauce + 1/2 cup canola oil, butter, or margarine
1 Egg	2 egg whites, or an egg substitute
Sweetened Condensed Milk	Nonfat sweetened condensed milk
Evaporated Milk	Evaporated Skim Milk
1 cup Chocolate Chips	1/2 cup mini chocolate chips, chopped diced fruit, or chopped nuts
Sour Cream	Nonfat sour cream, lowfat sour cream, pureed low fat cottage cheese
Whole Milk	Skim milk
Cream Cheese	Low fat cream cheese
Sugar	Artificial sweetener for some or all (use less), 1/2 or 1/4 the amount of sugar called for in recipe.

## Portions

**Grains:** Aim for 6-11 servings each day. Choose whole grains whenever possible.

Examples	One Serving Equals	That's about the size of:
Bread	1 ounce (1 small slice, ½ bagel, ½ bun)	Index card
Cooked Grains	½ cup cooked oats, rice, pasta	Billiard Ball
Dry Cereal	½ cup flakes, puffed rice, shredded wheat	Billiard Ball

**Fruits and Vegetables:** Aim for 5-9 total servings each day. Choose fresh fruits and veggie whenever possible.

Examples	One Serving Equals	That's about the size of:
Raw Fruit	½ cup raw, canned, frozen fruit	Billiard Ball
Dried Fruit	¼ cup raisins, prunes, apricots	An Egg
Juice	6 oz 100% fruit or vegetable juice	Hockey Puck
Raw Vegetables	1 cup leafy greens, baby carrots	Baseball
Cooked Vegetables	½ cup cooked broccoli, potatoes	Billiard Ball

**Meats and Beans:** Aim for 2-3 servings each day. Choose lean meats and plant proteins whenever possible.

Examples	One Serving Equals	That's about the size of:
Meat & Tofu	2-3 oz. cooked beef, poultry, fish, tofu	Deck of Cards
Beans	½ cup cooked beans, split peas, legumes	Billiard Ball
Nuts & Seeds	2 tbsp nuts, seeds or nut butters	Ping Pong Ball

**Dairy:** Aim for 2-3 servings of calcium-rich foods each day. Choose low or non fat products whenever possible.

Examples	One Serving Equals	That's about the size of:
Cheese	1 ounce or 1 thin slice of cheese	A Pair of Dice
Milk	1 cup milk, yogurt, soy milk	Baseball

**Fats & Oils:** Eat fats and oils sparingly and in small portions. Choose heart-healthy fats whenever possible.

Examples	One Serving Equals	That's about the size of:
Fat & Oil	1 tsp butter, margarine, oil	One Die

# Super Foods

## Vegetables

Asparagus  
Avocados  
Beets  
Bell peppers  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Collard greens  
Crimini mushrooms  
Cucumbers  
Eggplant  
Garlic  
Green beans  
Kale  
Mustard greens  
Onions  
Peas  
Portobello mushrooms  
Potatoes  
Rainbow chard  
Romaine lettuce  
Shiitake mushrooms  
Spinach  
Summer squash  
Sweet potatoes  
Swiss chard  
Tomatoes  
Turnip greens  
Winter squash  
Yams

## Calcium-Rich Foods

Almond milk  
Cheese, low fat  
Cottage cheese, low fat  
Milk, skim or 1%  
Orange juice with calcium  
Rice milk  
Soy milk  
Yogurt with active cultures,  
low fat

## Fruits

Apples  
Apricots  
Bananas  
Black olives  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Cranberries  
Figs  
Grapefruit  
Grapes  
Honeydew melon  
Kiwifruit  
Lemons  
Limes  
Nectarines  
Oranges  
Papaya  
Peaches  
Pears  
Pineapple  
Plums  
Prunes  
Raisins  
Raspberries  
Strawberries  
Watermelon

## Grains

Arborio rice  
Barley  
Brown rice  
Buckwheat  
Bulgur  
Corn  
Jasmine  
Millet  
Oats  
Quinoa  
Rye  
Spelt  
Wheat berries  
Whole Grain Foods

Whole Wheat Foods  
Wild Rice

Proteins

Almonds  
Beef, lean  
Black beans  
Cashews  
Chicken, skinless  
Chickpeas  
Egg whites  
Eggs  
Fish, unbreaded  
Flaxseed  
Garbanzo beans  
Hemp seeds  
Hummus  
Kidney beans  
Lima beans  
Lentils  
Miso  
Navy beans  
Nuts  
Peanut butter, natural  
Peanuts  
Pinto beans  
Pork, lean  
Pumpkin seeds  
Salmon, canned or fresh  
Seafood, unbreaded  
Sesame seeds  
Soybeans  
Sunflower seeds  
Tahini  
Tempeh  
Tofu  
Tuna, canned or fresh  
Turkey, skinless  
Veggie burgers  
Walnuts  
Wild game, skinless

Miscellaneous

Canola oil  
Dark chocolate  
Green tea  
Olive oil

# Salads:

## Strawberry Spinach Salad

### Ingredients

2 TBSP sesame seeds  
1 TBSP Poppy seeds  
1/2 C sugar substitute  
1/4 C Olive oil  
1/4 C distilled white vinegar  
1/4 teaspoon paprika  
1/2 tsp Worcestershire Sauce  
1 TBSP minced onion  
10 oz fresh spinach  
1 quart strawberries, sliced  
1/4 C almonds blanched and slivered

### Directions

In a medium glass or plastic bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion.

Cover and chill for 1 hour

in a large bowl, combine the spinach, strawberries, and almonds.

pour dressing over salad and toss

refrigerate 10 to 15 minutes before serving

\*\*As a diabetic, I use Splenda - you can, however, use Sugar but the carb count will go up\*\*

Number of Servings: 8

Nutritional Info: Servings Per Recipe: 8, Amount Per Serving: Calories: 116.6, Total Fat: 10.1 g, Cholesterol: 0.0 mg, Sodium: 30.2 mg, Total Carbs: 7.1 g, Dietary Fiber: 2.6 g, Protein: 2.6 g

## Chicken Citrus Salad

Eat this as your main dish! A whole lotta salad.

### Ingredients

Citrus vinaigrette:

- 4 tablespoons fresh orange juice
- 2 teaspoons olive oil
- 2 teaspoons honey
- 1 1/4 teaspoons Dijon-style mustard

Salad:

- 4 small skinless, boneless chicken breast halves (12 ounces)
- 4 cups torn mixed salad greens
- 2 medium oranges, peeled and sectioned
- 8-12 strawberries

### Directions

1. To make the vinaigrette: In a small bowl combine the orange juice, oil, honey, and mustard. Set aside.
2. To make the salad: Place the chicken on a grill rack over medium-hot coals. Grill, uncovered for 6 minutes. Turn the chicken and grill for 6-9 minutes more or until the chicken is tender and no longer pink inside.
3. In a large bowl, toss mixed greens and oranges.
4. Arrange the greens mixture on 4 salad plates. Place a sliced chicken breast on each plate. Drizzle with vinaigrette. Garnish with sliced strawberries.

Serves 4.

Nutritional Info: Amount Per Serving: Calories: 184.5, Total Fat: 3.8 g, Cholesterol: 49.3 mg, Sodium: 78.0 mg, Total Carbs: 16.8 g, Dietary Fiber: 3.7 g, Protein: 21.6 g

## Kyrrdis' Spinach Berry Salad

Antioxidant salad with spinach for fiber and iron.

*10 Minutes to Prepare and Cook*

### Ingredients

Apples, fresh, 1 medium (2-3/4" dia)

Strawberries, fresh, 1 cup, sliced

Blueberries, fresh, 1 cup

Spinach, fresh, 6 cup

Walnuts, .13 cup pieces or chips (2 tablespoons)

Ken's Steak House, Lite Raspberry Walnut Vinaigrette Salad Dressing, 2 Tbsp, 2 serving

### Directions

Lay down bed of spinach. Put fruits and berries on the bed. Sprinkle the walnuts over them. Add dressing to top.

Number of Servings: 2

Nutritional Info: Servings Per Recipe: 2 Amount Per Serving: Calories: 257.9, Total Fat: 12.3 g, Cholesterol: 0.0 mg, Sodium: 196.4 mg, Total Carbs: 37.9 g, Dietary Fiber: 8.2 g, Protein: 4.9 g

## Cinnamon Apple Salad

Light and cinnamony. Makes a great snack.

### Ingredients

4 medium fresh apples

1/2 cup dried cherries

2 tbsp fat free cinnamon hazelnut coffee creamer

1/4 cup walnuts, chopped

2 oz fat free cream cheese

2 tsp cinnamon, ground

### Directions

Cut apples into bite size pieces.

Sprinkle cinnamon over apples and stir.

Add cherries and walnuts.

Melt cream cheese in the microwave long enough to soften.

Add creamer and stir until smooth.

Pour over fruit mixture, stir and refrigerate.

Number of Servings: 8

Nutritional Info: Servings Per Recipe: 8 Amount Per Serving: Calories: 159.6, Total Fat: 5.0 g, Cholesterol: 1.3 mg, Sodium: 48.4 mg, Total Carbs: 27.6 g, Dietary Fiber: 3.5 g, Protein: 2.9 g

## Summer Fresh Fruit Salad - Strawberry/Mango

This is easy to make and is very nutritious for you! Quinoa was revered by the Incas and feed it to the Warriors.

*34 Minutes to Prepare and Cook*

### Ingredients

- 16 Large Strawberries, fresh
- 20 Pecan halves or 1/4 Cup, broken or crushed
- 1/4 Cup Raisins, Golden seedless (not packed)
- 1 Mango, fresh, diced without skin
- 1 tablespoon of Honey (Orange honey)
- 1/4 Cup Coconut, unsweetened, flaked
- 2 tablespoons of Quinoa, white, pre-cooked/cooled

### Directions

1. Cook Quinoa just like white rice. You measure 2 to one (1C Quinoa to 2 C water). Bring to a boil, lower temperature and cover for approx. 14 minutes. Quinoa is very healthy for you, so cook and store in your refrigerator for up to a week. Add to just about anything! Please use cooled Quinoa for this recipe.
2. Rinse strawberries, trim tops and cut into a medium bowl. Add raisins & coconut flakes.
3. Slightly crush the pecans so they are not whole halves, add to bowl.
4. Dice mango, no skin, Be very careful as this is slippery! Add to bowl.
5. Add cooled quinoa & honey. Turn carefully with spoon to coat all of the above with honey.
6. Eat immediately or cover and store for maybe a day or less as the fruit will become mushy.

Makes a refreshing dessert!

Equals 6 - 1/2C servings

**\*\*Only cooking time is for the Quinoa.**

Quinoa should be available at any health food type store, ex: Fresh Foods, Sprouts - in bulk foods, Henrys, Good Apple, etc.

Number of Servings: 6

Nutritional Info: Servings Per Recipe: 6, Amount Per Serving: Calories: 110.7, Total Fat: 4.3 g, Cholesterol: 0.0 mg, Sodium: 2.4 mg, Total Carbs: 17.8 g, Dietary Fiber: 2.6 g, Protein: 1.2 g



## Black Bean Salad

*Try this salad recipe that only gets better with time. It is a great one to keep on hand in your refrigerator for a healthy, instant meal.*

**Prep & Cook Time: 15 Minutes**

### Ingredients:

- ✧ 1 15 oz can black beans, drained and rinsed
- ✧ 1 cup frozen corn, thawed
- ✧ 8 cherry tomatoes, quartered
- ✧ ½ cup minced onion
- ✧ 2 medium cloves garlic, pressed
- ✧ ½ cup diced red bell pepper
- ✧ 2 TBS pumpkin seeds coarsely chopped
- ✧ ¼ cup chopped fresh cilantro
- ✧ 2 TBS extra virgin olive oil
- ✧ 3 TBS fresh lemon juice
- ✧ salt and black pepper to taste
- ✧ optional: dandelion greens

### 15 minute black bean salad



### Directions:

1. Mince garlic and press onions and let sit for 5-10 minutes to bring out their health-promoting benefits.
2. Mix all ingredients together and serve. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator for awhile.

Serves 4

Calories: 222, Protein: 8, Carbs: 30.7, Dietary Fiber: 8.23, Soluble Fiber: .48, Insoluble Fiber: 1.46, Sugar: 3.74, Fat: 8.36, Saturated Fat: 1.06, Mono Fat: 5.52, Poly Fat: 1.69, Trans Fat: 0, Cholesterol: 0

## Side Items:

### **Guilt Free Deviled Eggs**

*15 Minutes to Prepare and Cook*

#### **Ingredients**

6 large hardboiled eggs  
3 tablespoons fat free mayonnaise  
3 tablespoons dijon mustard  
2 cloves garlic, crushed  
1 tsp salt  
1 tsp black pepper  
1 tsp onion powder

#### **Directions**

Cut each egg in half and remove yolks in to large bowl. Using a fork, mash the yolks until they are small, uniform, and granular. Then add the remaining ingredients. Stir to combine, and scoop back in to egg halves. Enjoy!

Number of Servings: 6

Nutritional Info: Servings Per Recipe: 6, Calories: 94.2, Total Fat: 5.5 g, Cholesterol: 212.8 mg, Sodium: 488.6 mg, Total Carbs: 2.4 g, Dietary Fiber: 0.3 g, Protein: 6.4 g

### **Grilled Summer Squash**

*20 Minutes to Prepare and Cook*

#### **Ingredients**

8 cups summer squash, halved lengthwise  
1-1/2 T. oil  
onion salt to taste  
garlic powder to taste  
1/2 T. butter

#### **Directions**

Place squash in a large bowl. Pour oil over and sprinkle with seasonings. Toss with hands until coated. Grill over medium high heat, turning once. Be careful not to burn the skin side. When tender when pierced with a fork, place in a covered dish. Dot with butter. Let melt, then toss. Serve immediately. Makes 4 large 1-cup servings.

Number of Servings: 4

Nutritional Info: Servings Per Recipe: 4, Amount Per Serving: Calories: 63.7, Total Fat: 3.6 g, Cholesterol: 3.8 mg, Sodium: 14.8 mg, Total Carbs: 7.6 g, Dietary Fiber: 2.5 g, Protein: 2.8 g

## Zucchini Fritters

*20 Minutes to Prepare and Cook*

### Ingredients

1/3 cup whole wheat flour  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 eggs, beaten  
3 cups zucchini, shredded  
1/3 cup onion, chopped  
1 tablespoon fresh parsley, chopped

### Directions

Mix flour, baking powder, salt, pepper & eggs into a smooth batter. Add zucchini, onion and parsley and mix gently.

Very lightly spray skillet with olive oil and heat to medium hot.

Drop batter by large spoonfuls onto skillet.

Fry until golden, turn, and cook second side until done.

Number of Servings: 4

Nutritional Info: Servings Per Recipe: 4, Amount Per Serving: Calories: 105.1, Total Fat: 2.8 g, Cholesterol: 106.3 mg, Sodium: 329.0 mg, Total Carbs: 15.8 g, Dietary Fiber: 4.0 g, Protein: 5.8 g

## Fava Bean Salad

### Ingredients

1 can fava beans, drained and rinsed  
2 cups cherry tomatoes, quartered (or two large ripe tomatoes, diced)  
1/2 cup parsley, chopped  
1 cup onions, chopped  
2 tbsp olive oil  
juice of one lemon  
1 tsp cumin

### Directions

Combine all ingredients in bowl, chill and serve

Number of Servings: 2

Nutritional Info: Servings Per Recipe: 2, Amount Per Serving: Calories: 438.1, Total Fat: 16.0 g, Cholesterol: 0.0 mg, Sodium: 1,040.3 mg, Total Carbs: 57.7 g, Dietary Fiber: 20.0 g, Protein: 19.2 g

## Zucchini Bruschetta

Love tomato bruschetta, try this breadless version for a change of pace.

*35 Minutes to Prepare and Cook*

### Ingredients

- \* Zucchini, 2 cup, sliced
- \* Red Ripe Tomatoes, 1 cup, chopped
- \* Onions, raw, 2 tbsp chopped
- \* Garlic, 2 clove
- \* Basil, 2 tbsp
- \* Extra Virgin Olive Oil, 1 tbsp
- \* Salt, .5 tsp.
- \* Parmesan Cheese, shredded, 2
- \* Mozzarella Cheese, part skim milk, 4 oz.

### Directions

Slice a med. sized zucchini lengthwise into 1/2 inch strips. Brush with olive oil and place in shallow baking dish. Mix chopped herbs, tomato, onion and salt together and spread evenly over the zucchini slices. Sprinkle with cheeses and bake 25 minutes at 325 degrees, or until the cheese begins to brown.

Number of Servings: 4

Nutritional Info: Servings Per Recipe: 4, Amount Per Serving: Calories: 140.7, Total Fat: 8.9 g, Cholesterol: 18.2 mg, Sodium: 472.4 mg, Total Carbs: 7.5 g, Dietary Fiber: 1.9 g, Protein: 9.0 g

## Steamed Vegetable Medley

*Enjoy this recipe as a great side dish or make it into a complete meal by steaming salmon or chicken on top of the vegetables.*

**Prep & Cook Time: 15 Minutes**

### Ingredients:

- ◇ 1 cup thinly sliced carrot
- ◇ 2 cups chopped collard greens, stems removed
- ◇ 1 medium onion sliced thick
- ◇ 1 cup cubed zucchini (quarter lengthwise and slice about ½ inch thick)

### Dressing

- ◇ extra virgin olive oil to taste
- ◇ 1 medium clove garlic pressed
- ◇ 1 TBS fresh lemon juice
- ◇ salt and cracked black pepper to taste
- ◇ optional 1 tsp soy sauce

### Directions:

1. Chop onion and press garlic and let sit for 5-10 minutes to bring out their health-promoting benefits.
2. Bring lightly salted water to a boil in a steamer with a tight fitting lid. Add carrots and onions cover, and steam for 3 minutes. Add collard greens, and steam for another 3 minutes. Then add zucchini and steam for another 3 minutes.
3. Remove from steamer and place in bowl. Toss with dressing ingredients.
4. You can top with sliced chicken breast (¾" thick) or fish (1" thick) on the top of the carrots and onions.

**Serves 2**

### Healthy Cooking Tips:

It helps to toss the steamer basket up and down with the cooked vegetables to drain out excess water. This will keep the flavor from being diluted. Make sure you don't overcook the zucchini, as it also will dilute the flavor if over cooked. It will start to look a little translucent when it overcooks.

Calories: 72.12, Protein: 3, Carbs: 16, Dietary Fiber: 5, Soluble Fiber: 1.8, Insoluble Fiber: 3.17, Sugar: 9, Fat: .5, Saturated Fat: .07, Mono Fat: .04, Poly Fat: .2, Trans Fat: 0, Cholesterol: 0

steamed vegetable medley



## Stir Fried Chicken & Asparagus

*This great-tasting dish can be prepared in a matter of minutes using our Healthy Stir-Fry cooking method with no heated oils.*

*Prep & Cook Time: 15 Minutes*

### Ingredients:

- ✧ 1 medium onion cut in half and sliced medium thick
- ✧ 1 bunch asparagus cut into 1 inch lengths (about 2 cups when cut) discard bottom fourth
- ✧ 1 TBS chicken broth
- ✧ 1 TBS minced fresh ginger
- ✧ 3 medium cloves garlic, pressed
- ✧ 1 large boneless, skinless chicken breasts cut into 1 inch pieces
- ✧ 2 TBS soy sauce
- ✧ 1 TBS rice vinegar
- ✧ pinch red chili flakes
- ✧ salt and white pepper to taste

15 minute stir fried chicken with asparagus



### Directions:

1. Cut onion and press garlic and let both sit for at least 5 minutes to bring out their hidden health benefits.
2. Heat 1 TBS broth in a stainless steel wok or 12-inch skillet. Healthy Stir Fry onion and in broth for about 2 minutes over medium high heat, stirring constantly.
3. Add ginger, garlic, chicken, and continue to stir-fry for another 3-4 minutes stirring constantly.
4. Add asparagus, soy sauce, vinegar, and red chili flakes. Stir together and cover. Cook for another 2-3 minutes. This may have to cook for an extra couple minutes if the asparagus is thick. Season with salt and pepper to taste.

Serves 2

### Healthy Cooking Tips:

You may have to vary the cooking time of the asparagus according to its thickness

Calories: 275

## Fresh Herbed Chicken Breasts

*The fresh herbs in this recipe turn an ordinary chicken breast into a flavorful dish with added healthy benefits. It takes very little time and is well worth the little bit of extra effort, giving you another easy way to enjoy the chicken.*

Prep & Cook Time: 20 Minutes

fresh herbed chicken breasts

### Ingredients:

- ✧ 4 boneless chicken breasts with skin on
- ✧ 2 medium cloves garlic pressed
- ✧ 1 TBS fresh squeezed lemon juice
- ✧ 2 tsp chopped fresh sage
- ✧ 2 tsp chopped fresh thyme
- ✧ 1 tsp chopped fresh rosemary
- ✧ 1/4 cup chicken broth
- ✧ salt and cracked black pepper

### Directions:

1. Preheat broiler on high. Place ovenproof metal pan under broiler to get hot. Do not use glass or pyrex for this.
2. Season chicken with a little salt and pepper. When pan is very hot, about 5 minutes, put chicken in pan and return to broiler. Turn heat to low. Don't put too close to flame. It is best to put in middle of the oven, about 7 inches from the heat source. (Quick Broil) for about 15 minutes, or until done, depending on thickness of chicken.
3. While chicken is cooking chop herbs.
4. In a separate small skillet add chopped herbs, lemon juice, broth, pressed garlic, salt and pepper. Heat on medium heat for just 1/2 minute.
5. When chicken is done remove skin, slice, and place on platter. Drizzle herb sauce over chicken.

Serves 4

### Healthy Cooking Tips:

Chicken breasts can easily dry out. Leaving the skin on until done and making sure you do not over cook it helps a great deal. The breasts should read 160 degrees on an instant reading thermometer and the juices run clear. By leaving the skin on while broiling it keeps the breast moist and flavorful. It is important to broil the chicken breasts no closer than the 7 inches from heat source as recommended, and have the heat turned to low. This will give the breasts a chance to cook throughout without burning on top and drying out. Placing it in a very hot pan, seals the bottom and retains more moisture. This recipe is created for a quick and easy meal. If you have the time, try marinating the chicken breasts for 24 hours in the herb mixture. Increase the lemon juice by 1 TBS. It will be more tender, and the sauce will permeate the breast. By slicing the breast when done there is more surface for the sauce to permeate the meat if done the quick and easy way without marinating.

Calories: 290



## Quick Broiled Chicken Breast with Honey Mustard Sauce

*This special honey-mustard sauce enhances the flavor of the chicken breast, while serving with spinach adds even more nutrition to this great tasting recipe*

Prep & Cook Time: 30 Minutes

### Ingredients:

- ◇ 4 boneless, chicken breasts with skin
- ◇ 2+1 TBS fresh lemon juice
- ◇ 1 ½ cups chicken broth
- ◇ 2 ½ TBS honey
- ◇ 2 TBS Dijon mustard
- ◇ ¼ cup sliced dried apricots
- ◇ 2 TBS coarsely chopped walnuts
- ◇ 1 TBS chopped parsley
- ◇ 4 bunches fresh spinach, stems removed and rinsed thoroughly
- ◇ salt and pepper to taste



### Directions:

#### Quick Broiled Chicken

1. Preheat the broiler on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan about 6 inches from the heat for about 10 minutes to get it very hot.
2. While the pan is heating, rinse and pat the chicken dry and season with 2TBS lemon juice, salt and pepper.
3. Leaving the skin on, place the breast (skin side up) on the hot pan. It is not necessary to turn the breast because it is cooking on both sides at once. Depending on the size, it should be cooked in about 7 minutes. Begin preparing the sauce.
4. The breast is done when it is moist, yet its liquid runs clear when pierced. The inside temperature needs to reach 165 degrees fahrenheit or 74 degrees celcius. Remove the skin before serving; it is left on to keep it moist while broiling.

#### Honey-Mustard Sauce and Spinach

1. For honey-mustard sauce, combine broth, 1TBS lemon juice, honey, and mustard in a small saucepan. Whisk together and bring to a boil on high heat. Once it comes to a boil, simmer for about 20 minutes. You want it to be reduced to a little less than half the volume you start with. This will thicken and intensify the flavor.
2. Add apricots and cook on high for another 5 minutes. When sauce is done add chopped walnuts, parsley, salt and pepper.
3. Bring large pot of water to boil
4. Cook spinach for only 1 minute. Drain and press dry.
5. Season with a little salt and pepper.
6. Divide spinach onto 4 plates.
7. Slice chicken breast and place over beds of spinach. Spoon sauce over chicken and spinach.

Serves 4

#### Healthy Cooking Tips:

By slicing the chicken and laying on the beds of spinach it gives you more surface for the sauce to coat, blending the flavors of the sauce, spinach and chicken.

Calories: 445



## Sesame Braised Chicken & Cabbage

*This highly nutritious cabbage and kale dish is easily made and is very fresh tasting. It is a meal in one dish that is very satisfying and delicious with the chicken. By using our Healthy Sauté and stovetop braising techniques you get a healthier dish without heated oils that is still full of flavor.*

**Prep & Cook Time: 30 Minutes**

### Ingredients:

- ✧ 2 boneless, skinless chicken breasts cut into 1 inch pieces.
- ✧ 4 cups green cabbage sliced thin,
- ✧ 4 cups finely chopped kale, stems removed
- ✧ 1 medium sized onion cut in half & sliced thin
- ✧ 1 TBS minced fresh ginger
- ✧ 2 medium cloves garlic, minced
- ✧ ½ cup + 1 TBS chicken broth
- ✧ 1 tsp turmeric
- ✧ 1 tsp ground coriander
- ✧ 1 15 oz can diced tomatoes, drained
- ✧ 2 TBS rice vinegar
- ✧ 1 TBS extra virgin olive oil
- ✧ ¼ cup chopped scallion tops
- ✧ 1 TBS sesame seeds
- ✧ salt and white pepper to taste

sesame braised chicken & cabbage



### Directions:

1. Prepare ingredients as listed above.
2. Heat 1 TBS broth in a stainless steel wok or large skillet. Healthy Sauté onion in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic, ginger and continue to sauté for another minute.
3. Add chicken pieces and cook for a couple of minutes. Add turmeric, coriander, and mix with chicken. Add kale. Sauté for another couple of minutes, stirring constantly.
4. Add ½ cup broth and bring to a boil on high heat Reduce heat and simmer over low heat covered for about 3 minutes stirring occasionally.
5. Add cabbage, diced tomatoes, vinegar and simmer for another 4 minutes. Remove from heat, toss with olive oil, salt and pepper.
6. Serve sprinkled with minced scallion and sesame seeds.

Serves 4

### Healthy Cooking Tips:

Make sure the cabbage does not cook more than about 4 minutes. If it cooks beyond that it will start releasing liquid and dilute the flavor of your dish. By slicing it thin, it allows it to cook in a short amount of time, ending with a fresh tasting dish with a lot of flavor.

By slicing the breast when done there is more surface for the sauce to permeate the meat if done the quick and easy way without marinating.

Calories: 261

# Desserts

## Low-Fat Vegan Vanilla Cupcakes

from Vegan Cupcakes Take Over the World  
by Isa Chandra Moskowitz & Terry Hope Romero

*32 Minutes to Prepare and Cook*

### Ingredients

1/2 cup vanilla soy yogurt  
2/3 cup fat free vanilla or plain soy milk  
1/4 cup unsweetened applesauce  
3 tbsp canola oil  
3/4 cup granulated sugar  
1 1/2 tsp vanilla extract  
1 1/4 cup all-purpose flour  
2 tbsp cornstarch  
3/4 tsp baking powder  
1/2 tsp baking soda  
1/4 teaspoon salt  
10 oz of raspberry spreadable fruit for topping

### Directions

Preheat oven to 350 and line a muffin pan with cupcake liners

In a large bowl, whisk together yogurt, soy milk, applesauce, oil, sugar and, vanilla. Sift in flour, cornstarch, baking powder, baking soda, and salt, and mix.

Fill the cupcake liners three-quarters full. Bake 22 to 24 minutes until a knife or toothpick inserted through the center of one comes out clean. Transfer to a cooling rack to cool completely.

Spread cupcake with a few thin layers of spreadable fruit at room temperature. Neatly and evenly spread the layers for the most attractive appearance. Spoon a small circle of Skinny Confectioners' Icing on top of the jam, decorate with fresh fruit and carefully drizzle tops of berries with more icing.

Skinny Confectioners' Icing is a separate recipe.

Makes 12 awesome cupcakes

Nutritional Info: Servings Per Recipe: 12, Amount Per Serving: Calories: 171.4, Total Fat: 3.8 g, Cholesterol: 0.0 mg, Sodium: 284.2 mg, Total Carbs: 31.8 g, Dietary Fiber: 0.5 g, Protein: 1.9 g

## Mousse a la Banana

This creamy dessert is low in saturated fat, cholesterol, and sodium.

### Ingredients

2 tablespoons 1% milk  
4 teaspoons sugar  
1 teaspoon vanilla  
1 medium banana, cut in quarters  
1 cup plain low fat yogurt  
8 1/4-inch banana slices

### Directions

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into 4 dessert dishes; garnish each with 2 banana slices just before serving.

Yield: 4 servings--Serving Size: 1/2 cup

Nutritional Info: Amount Per Serving: Calories: 98.9, Total Fat: 1.4 g, Cholesterol: 4.9 mg, Sodium: 58.8 mg, Total Carbs: 17.9 g, Dietary Fiber: 0.8 g, Protein: 4.6 g

## Baked Apple

A terrific single-serving desert, perfect when you are craving something sweet.

### Ingredients

1 apple  
1 package sugar-free cherry gelatin  
1/2 tsp cinnamon  
1 tbsp lite whipped topping  
1 tbsp chopped walnuts

### Directions

Take on package of gelatin, make as directed.

Add cinnamon. Peel and core an apple, add to gelatin mixture and cook on stovetop low-medium heat for 15 minutes.

Turn apple over and cook additional 10 minutes.

Remove from heat.

Remove apple from mixture place in bowl.

Add cool whip, walnuts and enjoy warm or cold.

Number of Servings: 1

Nutritional Info: Amount Per Serving: Calories: 194.0, Total Fat: 5.2 g, Cholesterol: 0.0 mg, Sodium: 57.8 mg, Total Carbs: 23.8 g, Dietary Fiber: 5.5 g, Protein: 3.6 g

## Angel Food Cake

Try this satisfying and sweet dessert!

### Ingredients

1 cup sifted cake flour  
1 1/2 cups granulated sugar  
1/2 teaspoon salt  
12 egg whites  
1 tablespoon water  
1 tablespoon lemon juice  
1 teaspoon cream of tartar  
1 teaspoon vanilla extract

### Directions

1. Sift flour, salt, and 3/4 cups sugar together.
2. Beat remaining ingredients until soft peaks form. Reduce mixing speed and gradually add remaining 3/4 cups sugar several tablespoons at a time.
3. Sift a small amount of the dry mixture over the whipped eggs. Fold gently. Continue (sifting and folding) until all flour is just incorporated.
4. Gently pour batter into a greased 10 inch pan. Bake at 350F for 35-40 minutes (or until a toothpick inserted comes out clean).

Makes 12 servings.

Nutritional Info, Amount Per Serving: Calories: 165.6, Total Fat: 1.1 g, Cholesterol: 0.3 mg, Sodium: 149.2 mg, Total Carbs: 34.2 g, Dietary Fiber: 0.3 g, Protein: 4.8 g

## Mrs. Coverlet's Bread Pudding

I adapted this recipe from an old children's Novel; Mrs' Coverlet's Magician's.

*65 Minutes to Prepare and Cook*

### Ingredients

6 slices of day old bread  
6 large eggs  
1/2 cup sugar  
4 cup milk  
1/2 tsp salt  
1 cup chocolate chips

### Directions

Beat eggs in a large bowl. Add milk, salt, and sugar and mix well. In a large casserole or 9x13 baking dish bread the day old bread into pieces. pour the milk mixture over the bread. top with chocolate chips and stir slightly. Bake at 350\* for 1 hour or until a knife comes out clean.

Number of Servings: 12

Nutritional Info: Servings Per Recipe: 12, Amount Per Serving: Calories: 217.1, Total Fat: 8.9 g, Cholesterol: 112.7 mg, Sodium: 252.1 mg, Total Carbs: 28.6 g, Dietary Fiber: 1.6 g, Protein: 7.8 g

## Red, White & Blueberry Crisp

Fresh Fruit Dessert

*25 Minutes to Prepare and Cook*

### Ingredients

2 cups blueberries  
2 cups strawberries, hulled and quartered  
1/2 cup uncooked old fashioned oats  
4 tsp sugar, divided  
4 tsp unpacked brown sugar  
2 Tbsp light butter, melted  
1/2 cup Coolwhip, light

### Directions

Preheat oven to 375°F.

In a small bowl, toss blueberries with 2 teaspoons of granulated sugar; set aside. In another small bowl, toss strawberries with remaining 2 teaspoons of granulated sugar; set aside.

In a third small bowl, stir together oats, brown sugar and butter. Spread mixture in a single layer on a sheet pan; bake, stirring occasionally, until lightly browned, about 15 minutes.

Spread blueberries and strawberries in an 8 x 8-inch glass dish, alternating to create stripes. (Or prepare in individual serving bowls like I did here.) Sprinkle with oat topping, decorate with whipped topping and serve. Yields 8 servings

Number of Servings: 8

Nutritional Info: Servings Per Recipe: 8, Amount Per Serving: Calories: 74.8, Total Fat: 2.5 g, Cholesterol: 0.0 mg, Sodium: 24.5 mg, Total Carbs: 14.0 g, Dietary Fiber: 1.5 g, Protein: 0.4 g

## Apple Coffee Cake

Apples and raisins provide the moistness, which means less oil can be used in this low saturated fat, low cholesterol, and low sodium coffee cake.

### Ingredients

5 cups tart apples, cored, peeled, chopped  
1 cup sugar  
1 cup dark raisins  
1/2 cup pecans, chopped  
1/4 cup olive oil  
2 teaspoon vanilla  
1 egg, beaten  
2 1/2 cup sifted whole grain flour  
1 1/2 teaspoon baking soda  
2 teaspoon ground cinnamon

### Directions

1. Preheat oven to 350 F.
  2. Lightly oil a 13x9x2-inch pan.
  3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
  4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time just enough to moisten dry ingredients.
  5. Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.
- Yield: 20 servings--Serving Size: 3-1/2-inch x 2-1/2-inch piece

Nutritional Info: Amount Per Serving: Calories: 182.3, Total Fat: 4.6 g, Cholesterol: 10.6 mg, Sodium: 99.0 mg, Total Carbs: 33.8 g, Dietary Fiber: 1.9 g, Protein: 2.8 g

## Peach Crumble

Fresh, ripe peaches provide their own sweetness! We use "seconds" from the farmer's market and they taste fantastic.

*45 Minutes to Prepare and Cook*

### Ingredients

2 lbs. fresh peaches, peeled and chopped (about 6 cups)

2 t sugar

1/4 c pecan halves (or other nut of your choice)

1/2 c oats

1/4 c whole wheat flour

1/3 c packed brown sugar

2 T unsalted butter, chilled

### Directions

Preheat the oven to 375-degrees.

Put peaches into an 8 or 9 inch square baking pan. Sprinkle with sugar. You can also add cinnamon (about 1/2 t) and nutmeg (pinch) if desired.

Use a food processor or blender to coarsely grind pecans. Add oats and blend for 10 seconds more. Combine with flour and brown sugar. Cut in the butter until crumbly. Sprinkle mixture over the peaches.

Bake 30 minutes, or until the peaches are tender and the topping is golden brown. Serve warm or at room temperature.

Recipe makes six generous servings.

Nutritional Info: Servings Per Recipe: 6, Amount Per Serving: Calories: 253.7, Total Fat: 8.0 g, Cholesterol: 10.3 mg, Sodium: 5.9 mg, Total Carbs: 44.8 g, Dietary Fiber: 5.7 g, Protein: 4.4 g

## Granny's Quick Cobbler

Family recipe passed to me from my grandmother

### Ingredients

1 stick light margarine

1 cup sugar

3/4 cup non-fat milk

3/4 cup self-rising flour

2 1/2 cups fresh peaches (or other fruit), sliced

### Directions

Melt margarine in baking dish. Mix other ingredients, except fruit.

Add batter to melted margarine; DON'T STIR. Add fruit; DON'T STIR.

Bake at 350 degrees for 45 minutes or until golden brown.

Number of Servings: 6

Nutritional Info: Servings Per Recipe: 6, Amount Per Serving: Calories: 291.9, Total Fat: 6.8 g, Cholesterol: 0.6 mg, Sodium: 310.1 mg, Total Carbs: 47.7 g, Dietary Fiber: 1.4 g, Protein: 2.0 g

## **Peanut Butter Cookies**

*28 Minutes to Prepare and Cook*

### **Ingredients**

1/3 C. all purpose flour  
1/4 tsp baking soda  
1/4 tsp baking powder  
2 TB shortening  
1 TB creamy peanut butter  
1 TB brown sugar, packed  
2 packets sweetener (equal)  
1/4 cup of egg substitute

### **Directions**

Mix all ingredients together  
bake for 8-10 minutes at 350.  
Number of Servings: 16

Nutritional Info, Servings Per Recipe: 16, Amount Per Serving: Calories: 41.3, Total Fat: 2.8 g, Cholesterol: 0.9 mg, Sodium: 43.9 mg, Total Carbs: 3.1 g, Dietary Fiber: 0.2 g, Protein: 1.2 g

## **Pumpkin Pie Oatmeal**

Smooth, creamy and delicious - tastes like fall!

### **Ingredients**

1/2 cup old fashioned oatmeal, uncooked  
1/2 cup canned pumpkin  
1 cup nonfat milk  
Pinch of ground cardamom  
1/4 tsp pumpkin pie spice  
1 tbsp sugar

### **Directions**

Mix all ingredients.  
Cook over low heat for 20 minutes, or until thick.  
Number of Servings: 2

Nutritional Info: Servings Per Recipe: 2, Amount Per Serving: Calories: 280.8, Total Fat: 3.8 g, Cholesterol: 2.5 mg, Sodium: 73.0 mg, Total Carbs: 54.3 g, Dietary Fiber: 9.4 g, Protein: 11.2 g



## Low-fat and Healthy Apple Cake

Great for breakfast or sweet for tea-time

*75 Minutes to Prepare and Cook*

### Ingredients

4 large apples peeled, cored and sliced  
1/2 cup raisins  
1 tsp cinnamon  
1/2 cup crushed walnuts  
1 tbsp honey  
juice from 1 lemon

### Batter:

2 cups whole-wheat flour  
2 tsp baking powder  
1 tsp salt  
3 tbsp brown sugar  
2 large eggs  
3 tbsp sunflower oil  
1/2 cup sweetened apple sauce  
1 cup milk 1% fat

### Directions

1. Preheat oven to 350F
2. Dilute honey in lemon juice
3. Put apples/raisins/walnuts cinnamon and honey/lemon juice in baking dish

### For Batter:

1. Mix all wet ingredients together
2. Add sugar and mix and then rest of dry ingredients
3. Pour over apples and bake for 60min or until toothpick comes clean

Number of Servings: 12

Nutritional Info: Servings Per Recipe: 12, Amount Per Serving: Calories: 229.3, Total Fat: 8.4 g, Cholesterol: 36.4 mg, Sodium: 296.2 mg, Total Carbs: 37.0 g, Dietary Fiber: 5.2 g, Protein: 5.5 g

## Fruit Pizza

When looking for something stunning to serve at the next spring or summer gathering, try this quick and easy fruit pizza. It makes a delicious, refreshing dessert and a colorful centerpiece.

### Ingredients

1/2 package of refrigerated sugar cookie dough

8 ounces of whipped light cream cheese

1/3 cup sugar

1/2 teaspoon vanilla

1 tablespoon water

1/4 cup apricot preserves

Fruit of your choice (sliced bananas, sliced strawberries, sliced kiwi, seedless grapes cut in half, blueberries, melon balls sliced in half)

### Directions

**CRUST:** Spread the package of sugar cookie dough over a 14-inch pizza pan. Bake in a 375 degree oven for 12 minutes or until lightly golden brown. Cool in the pan.

**TOPPING:** Blend the cream cheese with the sugar and vanilla until completely mixed. Spread in a thin layer over the cooled crust.

**FRUIT LAYER:** Creatively arrange the fruit in circles while slightly overlapping the slices around the crust.

**GLAZE:** Bring the water and preserves to a boil, stirring constantly. Lightly brush this glaze on top on the fruit to preserve the color. Refrigerate until ready to serve.

Makes 10 servings.

**Nutritional Info:** Amount Per Serving: Calories: 247.6, Total Fat: 8.2 g, Cholesterol: 12.7 mg, Sodium: 286.3 mg, Total Carbs: 39.0 g, Dietary Fiber: 0.7 g, Protein: 5.1 g

# Breakfast

## Pumpkin Apple Sauce

A healthy and wonderful twist to this classic comfort food.

### Ingredients

1-3/4 cup canned pumpkin (small can)  
2 cup unsweetened applesauce  
1/2 cup apple juice  
1/4 cup brown sugar, packed  
2 tsp pumpkin pie spice  
fat free whipped dessert topping, as garnish if desired

### Directions

Mix all ingredients and simmer.  
May be served warm or cold as a side or sweet treat!  
Number of Servings: 4

Nutritional Info: Servings Per Recipe: 4, Amount Per Serving: Calories: 155.4, Total Fat: 0.5 g, Cholesterol: 0.0 mg, Sodium: 13.4 mg, Total Carbs: 39.4 g, Dietary Fiber: 4.7 g, Protein: 1.4 g

## Quick Pumpkin Pancakes

This recipe is made quicker by using a pre-made pancake mix.

### Ingredients

2/3 cup whole wheat pancake mix  
2/3 cup vanilla rice milk  
1/3 cup canned pumpkin  
1 tsp pumpkin pie spice  
2 tbsp Splenda baking sugar blend

### Directions

Mix all the ingredients, spray cooking spray into pan, pour small amount of pancake batter into pan & swirl to spread. Cook each side until golden brown.  
Makes 3 pancakes per serving, about 3 servings.

Nutritional Info: Servings Per Recipe: 3, Amount Per Serving, Calories: 183.1, Total Fat: 1.0 g, Cholesterol: 0.0 mg, Sodium: 568.1 mg, Total Carbs: 119.2 g, Dietary Fiber: 3.5 g, Protein: 3.8 g

## Melted Breakfast Wrap

If you like something to eat at breakfast that lasts until lunch this is for you!

*6 Minutes to Prepare and Cook*

### Ingredients

1 Cedar's Whole Wheat Low Carb Tortilla (Wrap)

1/3 cup Old El Paso Fat-free Refried Beans (use spicy for more flavor)

1/4 cup Kraft 2% shredded cheese

Dash of hot sauce if desired

### Directions

Spread beans on wrap and sprinkle cheese and hot sauce (if desired) over the beans. Roll the wrap up and place on microwave safe plate. Set microwave for 30-60 sec depending on microwave--just long enough to heat it thoroughly and melt the cheese.

For something heartier, use the full 1/2 cup serving of beans and leave the wrap open when microwaving, add fresh veggies (like lettuce and tomato) after it's done cooking and then roll the wrap up and eat!

Makes 1 serving

Nutritional Info: Servings Per Recipe: 1, Amount Per Serving: Calories: 226.0, Total Fat: 9.5 g, Cholesterol: 20.0 mg, Sodium: 1,032.8 mg, Total Carbs: 22.9 g, Dietary Fiber: 10.0 g, Protein: 19.0 g

## Fresh Fruit Muffins

*20 Minutes to Prepare and Cook*

### Ingredients

Flour, white, 2 cup (All purpose Gluten free flour can be substituted here)

Baking Powder, 4 tsp

Salt, 0.5 tsp

Granulated Sugar, 0.5 cup

Butter, unsalted, 75 grams

Milk, 2%, 1 cup

Egg, fresh, 1 large

Peaches, fresh, 1 cup

### Directions

Mix flour, baking powder, salt and sugar

Mix butter (melted and cooled slightly), milk and egg in a separate bowl.

Add wet ingredients to dry, followed by fruit and stir until just combined. The mixture is a little runny but cook it until the muffins are golden all over

Spoon into a 12 cup muffin tray

Cook at 200 degrees Celsius (392 Fahrenheit) for 15 -20 minutes.

Number of Servings: 12

Nutritional Info: Servings Per Recipe: 12, Amount Per Serving: Calories: 176.1, Total Fat: 6.1 g, Cholesterol: 33.0 mg, Sodium: 275.9 mg, Total Carbs: 27.3 g, Dietary Fiber: 0.8 g, Protein: 3.5 g

## Applesauce Oatmeal Muffins

*20 Minutes to Prepare and Cook*

### **Ingredients**

1 cup old fashion rolled oats (not instant)  
1 cup non-fat milk  
1 cup whole wheat flour  
1/2 cup brown sugar  
1/2 cup unsweetened applesauce  
2 egg whites  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 tsp. cinnamon  
1 tsp. sugar  
raisins or nuts (optional)

### **Directions**

Soak the oats in milk for about one hour.

Preheat the oven to 400 degrees.

Spray muffin pan with cooking spray.

Combine the oat mixture with the applesauce and egg whites, and mix until combined.

In a separate bowl measure and whisk the dry ingredients together.

Add wet ingredients to dry and mix until just combined. Add nuts or raisins if desired.

Do not over mix the batter or the muffins will be tough. Spoon muffin mixture into muffin pan.

Combine the cinnamon and sugar and top each muffin with some of the mixture.

Bake for 20-25 minutes or until done.

Remove from pan, cool and enjoy.

These can be frozen and reheated in the microwave for a quick breakfast.

Number of Servings: 12

Nutritional Info: Servings Per Recipe: 12, Amount Per Serving: Calories: 93.5, Total Fat: .5 g, Cholesterol: .4 mg, Sodium: 196.2 mg, Total Carbs: 20.3 g, Dietary Fiber: 1.7 g, Protein: 3 g

## Summer Frittata

*This is the perfect healthy frittata to serve in the summer months when these nutritious vegetables are at the peak of their season. It is fast, easy and delicious tasting. If you happen to have fresh green chilies, feel free to use them instead of the canned.*

Prep & Cook Time: 25 Minutes

summer frittata

### Ingredients:

- ✧ 2 whole eggs
- ✧ 4 egg whites
- ✧ pinch of turmeric
- ✧ ½ medium onion chopped fine
- ✧ 1 TBS chicken or vegetable broth
- ✧ 3 medium cloves garlic, chopped
- ✧ 2 cups thinly sliced zucchini
- ✧ ½ 4oz can diced green chili
- ✧ 1 small tomato chopped and excess pulp removed
- ✧ 2 TBS chopped cilantro
- ✧ salt and black pepper to taste



### Directions:

1. Beat together eggs, egg whites, turmeric, and a pinch of salt and pepper. Set aside.
2. Heat 1 TBS broth in 10-12 inch stainless steel skillet. Healthy Sauté onion, garlic zucchini, and green chili for about 3 minutes stirring frequently.
3. After 3 minutes add tomato, cilantro salt and pepper to zucchini mixture.
4. Pour egg mixture over vegetables. Turn heat to low and cover. Cook for about 10 minutes checking periodically to see if eggs are firm. When done, run a rubber spatula around edge of frittata, cut into four wedges and serve.

Serves 4

### Healthy Cooking Tips:

Make sure you use a pan that is no more than 12 inches in diameter. Otherwise the vegetables get too spread out and will over cook. Have the ingredients ready before cooking so you don't overcook zucchini. Otherwise, it will start to release water and dilute the flavor. Check the firmness of your eggs after about 5-6 minutes to make sure they cook to perfection. They won't be very fluffy because of using more egg whites than yolks, but it helps to beat them well right before pouring over the vegetables.

Calories: 85, Protein: 7.9, Carbs: 7.26, Dietary Fiber: 2.22, Soluble Fiber: .24, Insoluble Fiber: 1.03, Sugar: 3.24, Fat: 2.71, Saturated Fat: .81, Mono Fat: .98, Poly Fat: .42, Trans Fat: 0, Cholesterol: 105.7

# Smoothies

## Mango Smoothie (Batido de Mango)

The batido is a smoothie made with milk and tropical fruits. For a classic Cuban drink, omit the lime juice and substitute frozen guanábana pulp for the mango. Guanábana is an exotic-tasting, rich, tart-sweet, white-fleshed fruit.

### Ingredients

1 1/2 cups chopped peeled mango  
1 1/2 cups fat-free milk  
1/4 cup fresh lime juice  
1 tablespoon brown sugar

### Directions

Place all ingredients in a blender; process until smooth. Serve over ice.

Yield: 4 servings (serving size: 3/4 cup)

Smoothies and slushes are easy to whip up at home. Visit [Cooking Light](#) for more recipes.

Nutritional Info, Amount Per Serving: Calories: 78.4, Total Fat: 0.3 g, Cholesterol: 1.9 mg, Sodium: 50.1 mg, Total Carbs: 16.8 g, Dietary Fiber: 1.2 g, Protein: 3.6 g

## Mango Banana Smoothie

A fantastic way to start your day!

*3 Minutes to Prepare and Cook*

### Ingredients

1 large banana  
1 mango cheek  
1/2 c. of milk  
6 ice cubes  
Squeeze of honey to taste

### Directions

Makes 1 large glass of smoothie.

In the blender pour 1/2 c. of skim milk and add the ice cubes. Put in the mango cheek followed by the broken up banana. Squeeze honey over the top to taste and buzz it till it's ready!

Nutritional Info: Servings Per Recipe: 1, Amount Per Serving: Calories: 267.2, Total Fat: 1.2 g, Cholesterol: 2.4 mg, Sodium: 67.5 mg, Total Carbs: 64.1 g, Dietary Fiber: 5.1 g, Protein: 6.1 g

## Strawberry Banana Smoothie

Whether you're suffering from nausea, heartburn, or just in need of a cool and refreshing snack or breakfast idea, this is the perfect nutritious pick-me-up. Leftover shake can be frozen in pop molds or 5 ounce paper cups with popsicle sticks.

### Ingredients

1 cup nonfat vanilla yogurt  
1/2 cup frozen strawberries  
1/2 cup orange juice or skim milk  
1 banana, sliced

### Directions

Place all ingredients in a blender and blend until smooth.  
Makes 2 servings.

Nutritional Info: Amount Per Serving: Calories: 221.3, Total Fat: 0.6 g, Cholesterol: 0.0 mg, Sodium: 4.2 mg, Total Carbs: 33.7 g, Dietary Fiber: 4.7 g, Protein: 1.7 g