



The 2014 Home Depot **Healthy Living** **COOKBOOK**

Special Thanks



Special thanks to The Home Depot associates and Wellness Champions who participated in the “Cook Up a Healthy Winner!” recipe contest. Out of the numerous entries, 50 original and healthy recipes were selected to be highlighted in this Cookbook and on the 2014 Home Depot Health Challenge website.

Good times with friends and family usually center around food. We hope that you’ll use this cookbook to “cook up a healthy winner” and some happy memories in your kitchen soon!

Past Winners

Congratulations Again to the 2013 Home Depot Healthy Living Cookbook Winners!

Check out these winning recipes and all of the past Home Depot Healthy Cookbooks on livetheorangelife.com>Healthy Living>Health Challenge



LUZ, Store 680 in San Diego, CA for her *Mediterranean Scramble*



SAMIRA, Store 2560 in Germantown, MD for *Salmon with Vegetables*

RYAN, RL036 in Charlotte, NC for his *Grilled Chicken with Avocado Salsa*



JANICE, Store 888 in Huntsville, AL for her *Easy Smoothies*



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BREAKFAST

Tips for a Healthier Breakfast

Breakfast is the most important meal of the day. Breakfast menus can be loaded with high-saturated fat items (like bacon and sausage) and baked goods that are high in trans fats. Instead, look for choices that include fresh fruit and whole grains.

- Order whole-grain instead of white toast. Instead of butter, spread your toast with low-fat cottage cheese and a little jam.
- Ask for low-fat cream cheese with your whole-wheat bagel.
- Look for whole-grain cereals with fat-free milk (but watch out for high-fat granolas).
- Enjoy fat-free or low-fat yogurt with fruit — either in a bowl or as a smoothie!
- Hot cereals such as oatmeal, grits, cream of wheat or cream of rice with a little honey can warm you up on a cool morning.

Sources:

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Tips-for-Eating-Breakfast_UCM_308360_Article.jsp

COCONUT CHERRY GRANOLA

BREAKFAST

This all-natural, low-fat granola is great for breakfast or as a mid-day snack. It's loaded with fiber and healthy fats which have been shown to reduce heart disease and lower cholesterol.

Serves: 16

Serving Size: 2 ounces

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 15 minutes

INGREDIENTS:

- 2 cups rolled oats
- 1 cup shredded coconut
- 1 cup dried cherries
- ½-cup slivered almonds
- 1 teaspoon cinnamon
- 2 tablespoons brown sugar
- ½-cup honey (local organic honey is best!)
- 4 tablespoons coconut oil (melted)
- 1 teaspoon vanilla
- 1 teaspoon coconut or almond extract

INSTRUCTIONS:

Combine oats, cherries, coconut, almonds, brown sugar and cinnamon in large bowl. Mix well. In a small bowl, combine melted coconut oil, honey (add honey to melted coconut oil to thin it out), vanilla and coconut/almond extract and whisk together. (You can substitute organic maple syrup for the honey and it will give you a sweeter granola.) Pour liquid mixture onto the dry mixture and mix well. Bake at 325 degrees for 20 minutes, turning after 10 minutes to prevent burning. Enjoy!

NUTRITIONAL VALUE:

Calories: 155

Sodium: 3 mg

Fat: 9 g

Carbohydrates: 17 g

Protein: 1 g

Sugars: 13 g

155 CALORIES
per serving



Lindsay from Store 6932
in Pensacola, FL

MY FAVORITE WAY TO START THE DAY

BREAKFAST

A spin on classic eggs and toast. Eggs are a very healthy protein. Whole grains and flax are good sources of fiber and cinnamon helps boost your metabolism!

Serves: 1

Serving Size: 9 ounces

Prep Time: 10 minutes

Inactive: 5 minutes

Cook: 15 minutes

TOTAL: 30 minutes

INGREDIENTS:

- 2 egg whites
- 1 whole egg
- A handful of chopped Vidalia onion
- 1 whole grain English muffin
- 1 tablespoon fresh ground flax seed
- 2 tablespoons organic unrefined extra virgin coconut oil
- 1 dash or more to taste cinnamon

INSTRUCTIONS:

Whisk eggs in a small bowl. Chop onion. Put 1 tablespoon of coconut oil in pan and melt over medium heat. Sauté onions for about 1 minute, add eggs and scramble until set. Toast English muffin. Spread remaining coconut oil on top, add flax seed and cinnamon. Enjoy!

NUTRITIONAL VALUE:

Calories: 559

Sodium: 450 mg

Fat: 36 g

Carbohydrates: 26 g

Protein: 26 g

Sugars: 1 g



**Kelly from Store 6319
in University Park, FL**

OVERNIGHT CROCK POT OATS

BREAKFAST

Wake up to a wonderful smelling and completely nutritious and delicious breakfast. I make this meal completely organic. And to make clean up easy, I love the crock pot liners.

Serves: 4

Serving Size: 15 ounces

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 8 hours

TOTAL: 8 hours and 10 minutes

INGREDIENTS:

- 3 cups water
- 1 cup 2% milk
- 1 tablespoon butter
- ¼-cup brown sugar
- 3 apples, peeled and sliced
- 1 cup steel cut oats
- ½-cup flaxseed
- 1 hard-boiled egg


257 CALORIES
per serving



Aimee from Store 802
in Foley, AL



Angela,
Wellness Champion

INSTRUCTIONS:

Add first 7 ingredients together in a crock pot on low before you go to bed. When you wake up, breakfast is served! Add the hard-boiled egg on the side to make the meal balanced and complete.

NUTRITIONAL VALUE:

Calories: 257

Sodium: 49 mg

Fat: 12 g

Carbohydrates: 30 g

Protein: 8 g

Sugars: 17 g

BROCCOLI, TOMATO AND FETA QUICHE

BREAKFAST

This make-ahead, low-calorie quiche can be enjoyed for breakfast, or partnered with a side salad for a satisfying lunch or dinner.

Serves: 8

Serving Size: 1/8 of quiche

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 55 minutes

TOTAL: 1 hour and 15 minutes

INGREDIENTS:

- 1 cup Egg Beaters
- 1 cup whole milk
- 1 10-ounce package frozen broccoli cuts
- 10 cherry tomatoes
- 3 cloves garlic, minced
- 1 medium vidalia onion, diced
- 2 ounces fat-free feta cheese
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper



**Todd from DC 5221
in Westfield, MA**

INSTRUCTIONS:

Preheat oven to 375 degrees. Spray 9-inch pie plate with non-stick cooking spray. Combine the milk and Egg Beaters in a medium bowl and whisk together. In a separate bowl, defrost the frozen broccoli cuts in the microwave for 2-3 minutes. Drain out any excess liquid. Cut the cherry tomatoes into quarters and add them to the broccoli.

In a small fry pan, sauté the diced onion over medium heat until soft and taking on color. Add the minced garlic and sauté for an additional minute until fragrant. Combine the onion and garlic with broccoli and tomatoes. Season with salt and pepper and mix well to ensure ingredients are evenly distributed. Pour the mixture into the sprayed pie pan and spread evenly (do not tightly compress the mixture while spreading). Sprinkle the feta cheese evenly over the top of the broccoli mixture.

Slowly pour the milk and Egg Beaters combination over the broccoli mix. Place pie pan onto large baking sheet to catch any spill. Cook on center oven rack for 30 minutes. Rotate quiche to allow for even cooking and return to oven for an additional 20-25 minutes until the center of the quiche is set (test with toothpick—toothpick will come out clean when cooked through). Allow quiche to cool slightly before serving. Recipe can be made ahead, stored in refrigerator and reheated in microwave for a quick breakfast option.

NUTRITIONAL VALUE:

Calories: 66

Sodium: 367 mg

Fat: 1 g

Carbohydrates: 8 g

Protein: 7 g

Sugars: 3 g

SPINACH AND egg pancakes

BREAKFAST

These are the healthiest pancakes you'll ever eat! This breakfast is quick and easy and packed with protein.

Serves: 4

Serving Size: 2 pancakes

Prep Time: 3 minutes

Inactive: 0 minutes

Cook: 5 minutes

TOTAL: 8 minutes

INGREDIENTS:

- 6 eggs, beaten
- 1 bag frozen spinach, thawed, chopped and squeezed
- $\frac{3}{4}$ -cup grated parmesan cheese
- Salt and pepper to taste

INSTRUCTIONS:

Mix all ingredients together. Coat frying pan with cooking spray. Drop egg mixture into pan like pancakes. Fry pancakes on one side until lightly browned and flip over until done.

NUTRITIONAL VALUE:

Calories: 285

Sodium: 663 mg

Fat: 17 g

Carbohydrates: 9 g

Protein: 22 g

Sugars: 2 g


285 CALORIES
per serving



Steven from Store 6845
in Jersey City, NJ

PROTEIN-PACKED egg muffins

BREAKFAST

This is not your typical fast-food muffin! Skip the drive-through and make your own healthy breakfast or afternoon snack.

Serves: 6

Serving Size: 2 muffins

Prep Time: 30 minutes

Inactive: 15 minutes

Cook: 30 minutes

TOTAL: 1 hour and 15 minutes


123 CALORIES
per serving



John from Store 8923 in Westfield, MA



**Michelle,
Wellness Champion**

INGREDIENTS:

- 12 eggs
- 12 ounces all-natural bacon
- 1 package all-natural ground sweet sausage
- 1 tomato-organic
- 1 bag spinach-organic

INSTRUCTIONS:

Preheat oven to 350 degrees. Cook bacon, crumble and set aside. Spray muffin pan with non-stick spray then press thin layer of sausage in each of 12 muffin tins. Whisk the eggs together. Cut up tomatoes and spinach. Mix the eggs, spinach and tomatoes in a bowl. Pour mixture into each muffin tin until 2/3 full. Bake for 30-35 minutes. Mixture will rise. Let sit for 10 to 15 minutes. Sprinkle bacon crumbles on top.

NUTRITIONAL VALUE:

Calories: 123

Sodium: 253 mg

Fat: 9 g

Carbohydrates: 2 g

Protein: 9 g

Sugars: 1 g

CARBLESS PROTEIN PANCAKES

BREAKFAST

Satisfy your craving for pancakes with this high protein, low carbohydrate and zero fat version.

Serves: 2

Serving Size: 2 pancakes

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 4 minutes

TOTAL: 14 minutes

INGREDIENTS:

- 1 cup non-fat cottage cheese
- 6 egg whites
- 1 scoop protein powder*
- 1 package Splenda or other artificial sweetener
- ¼-cup sugar-free maple syrup

98 CALORIES
per serving



Matt from Store 6635
in San Jose, CA

INSTRUCTIONS:

Mix the first 4 ingredients together. Pour 4 pancakes on hot griddle. Cook 2 minutes on each side. Top with sugar-free maple syrup. Optional: Add 1 cup of oats to batter if desired.

NUTRITIONAL VALUE:

Calories: 98

Sodium: 478 mg

Fat: 0 g

Carbohydrates: 11 g

Protein: 64 g

Sugars: 4 g

* Remember to read the food label as all protein powders vary.

SALMON ASPARAGUS OMELET

BREAKFAST

A great way to start the day—smoked salmon is rich in omega 3 and eggs are packed with protein.

Serves: 4

Serving Size: ¼ of omelet

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 10 minutes

TOTAL: 30 minutes

INGREDIENTS:

- 1 bunch asparagus
- 1 russet potato
- 1 package cooked smoked salmon
- 1 onion
- 6 eggs, whisk
- 8 ounces Swiss cheese
- 1 tablespoon butter

INSTRUCTIONS:

Peel potato and cut in small cubes. Place in saucepan and boil until cooked. Drain and set to the side. Chop onion and asparagus. Cut up salmon fillet. In non-stick pan, melt butter and lightly sauté onions and asparagus. Add potato and salmon and whisked eggs. Cook till eggs are fully cooked, flip and finish cooking on other side. Top with cheese.

NUTRITIONAL VALUE:

Calories: 294

Sodium: 201 mg

Fat: 13 g

Carbohydrates: 14 g

Protein: 29 g

Sugars: 3 g


294 CALORIES
per serving



**Elaine from Store 243
in Tampa, FL**

GLUTEN FREE PUMPKIN MUFFINS

BREAKFAST

This combination of protein, complex carbohydrates, and healthy fat provides a well-balanced meal.

Serves: 16

Serving Size: 1 muffin

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 40 minutes

INGREDIENTS:

- 1-½ cups ground flax seed
- 2 tablespoons baking powder
- 4 tablespoons cinnamon
- ¾-cup Splenda
- 1 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 2 tablespoons coconut oil, melted
- 1 15-ounce can pumpkin puree
- 6 eggs

INSTRUCTIONS:

Preheat oven to 350 degrees. Spray medium size muffin pan with non-stick spray. Combine all dry ingredients. Blend the melted coconut oil with dry ingredients until the mixture is a sand-like texture. Add eggs and pumpkin to the dry ingredients stirring well.

Scoop the mixed ingredients into the muffin pan with a large ice-cream scoop. Bake 20 minutes. Remove from oven, let cool. Enjoy! Muffins freeze beautifully.

NUTRITIONAL VALUE:

Calories: 121

Sodium: 34 mg

Fat: 8 g

Carbohydrates: 13 g

Protein: 5 g

Sugars: 2 g

121 CALORIES
per serving



Karen from Store 3024
in Blue Springs, MO

SPRING BERRY HEALTHY BREAKFAST

BREAKFAST

Berries, nuts and yogurt. Yummy! This breakfast is a great source of protein with very little sugar!

Serves: 1

Serving Size: 1

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 10 minutes


284 CALORIES
per serving



Spring from Store 6226
in Derby, CT

INGREDIENTS:

- ½-cup blueberries
- 2 tablespoons graham cracker crumbs
- 1/3-cup Greek yogurt
- 1/3-cup slivered almonds
- ¼-cup raw oatmeal
- 2 tablespoons pumpkin seeds

INSTRUCTIONS:

In a glass, layer ingredients starting with the almonds, berries, oatmeal, graham cracker crumbs, yogurt and top with some of the almonds and the pumpkin seeds. **Note:** Fresh peaches are great with this as well as other berries.

This can be a great dessert as well for those who are watching their sugar.

NUTRITIONAL VALUE:

Calories: 284

Sodium: 210 mg

Fat: 18 g

Carbohydrates: 32 g

Protein: 25 g

Sugars: 11 g





LUNCH

Tips for a Healthier Lunch

Want a healthier, less expensive lunch? Pack your own! Here are some budget-friendly, creative lunchtime ideas:

Make a Smarter Sandwich:

- Use different breads like 100% whole-wheat tortilla wraps (choose wraps low in saturated and trans fats) or 100% whole-wheat pita pockets.
- Besides lettuce, try shredded carrots or avocado slices with a turkey or lean roast beef sandwich.
- Buy store brand blocks of low-fat, low-sodium cheeses. You save money when you slice it yourself.
- Instead of lunchmeat, try leftover grilled chicken, lean pork or an egg white salad sandwich.
- Always pack sandwiches with a mini cooler pack to keep them fresh and safe.

Love those Leftovers:

- Low-sodium tomato, vegetable or bean soups
- Chili made with lean or extra lean ground meat or turkey
- Whole-wheat spaghetti with low sodium tomato sauce
- Low-sodium baked beans, bean casserole or beans & rice
- Invest in a thermos to keep foods hot or cold

Source:

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/How-to-Pack-a-Healthy-School-Lunch_UCM_445184_Article.jsp

QUINOA SALAD WITH A KICK!

LUNCH

Quinoa is one of the most protein-rich foods we can eat. When you have this high-protein, high-fiber lunch, you won't need an afternoon snack!

Serves: 20

Serving Size: 3 ounces

Prep Time: 20 minutes

Inactive: 10 minutes

Cook: 0 minutes

TOTAL: 30 minutes



Christina from Store 1904
in Schaumburg, IL

INGREDIENTS:

- 3 cups organic quinoa
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 orange pepper, chopped
- 1 bunch fresh cilantro, finely diced
- 1 medium white onion, chopped
- 1 can black beans, rinsed
- 1 can low-sodium corn, drained
- 2 fresh jalapenos, seeded and diced
- Limes
- Salt

INSTRUCTIONS:

Prepare quinoa as instructed on package. (I cook mine in organic low-sodium chicken broth.) Once cooked, let cool to room temperature. Once quinoa is ready, add red, yellow, orange peppers, onion, beans, corn, jalapenos and cilantro. Mix well. Squeeze a few limes into mixture and mix. Salt to taste.

You can get creative and add whatever you like, for example, fresh spinach, asparagus, tomatoes, chicken, etc.

NUTRITIONAL VALUE:

Calories: 80

Sodium: 117 mg

Fat: 1 g

Carbohydrates: 15 g

Protein: 3 g

Sugars: 2 g

AVOCADO BEAN BURRITO

LUNCH

Make your own Mexican food! You'll love the creamy avocado, crunchy lettuce and high-fiber beans in this healthy burrito!

Serves: 2

Serving Size: 1 burrito

Prep Time: 15 minutes

Inactive: 0 minutes

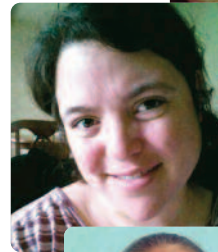
Cook: 0 minutes

TOTAL: 15 minutes

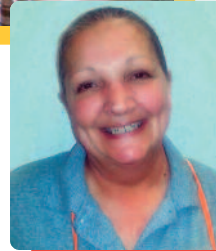
INGREDIENTS:

- 2 cups lettuce, chopped
- 2 tablespoons onion, chopped
- ½ medium avocado, chopped
- 4 tablespoons chunky salsa
- ½-cup non-fat pinto beans, cooked
- 2 tablespoons cilantro, chopped
- 2 tortillas (corn is healthier than flour)


152 CALORIES
per serving



**Kristina from Store 2761
in Wyoming, MI**



**Kim,
Wellness Champion**

INSTRUCTIONS:

Mix lettuce, onion, avocado, cilantro and salsa in a large bowl until evenly coated by the salsa. Spread half of the beans on each tortilla, fill with vegetable mix and wrap each burrito-style. Olé!

NUTRITIONAL VALUE:

Calories: 152

Sodium: 391 mg

Fat: 6 g

Carbohydrates: 21 g

Protein: 5 g

Sugars: 3 g

ANNETTE'S HOMEMADE CHILI

LUNCH

This hearty, meaty chili is low in calories, carbs, fat, sodium and sugar and high in protein.

Serves: 5

Serving Size: 1 cup

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 1 hour

TOTAL: 1 hour and 15 minutes

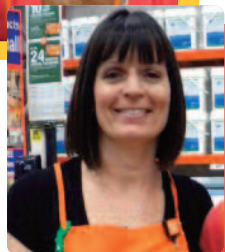
INGREDIENTS:

- 16 ounces Jenni O Lean Ground Turkey 93/7
- 1 cup reduced-sodium pinto beans
- 1 cup no-salt added kidney beans
- ½-cup onion, chopped
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- ¼-teaspoon Mrs. Dash Extra Spicy Seasoning Blend-Salt Free
- 1-½ cups no salt added diced tomatoes (tomatoes with basil, garlic and oregano are best!)
- ½-cup water

276 CALORIES
per serving



Annette from Store 475
in Glendale, AZ



Pam,
Wellness Champion

INSTRUCTIONS:

In a large pot, sauté onions in oil until soft. Add turkey to onions and brown. Add pinto beans, kidney beans, diced tomatoes, water, chili powder and Mrs. Dash. Bring to a boil and simmer for at least one hour.

NUTRITIONAL VALUE:

Calories: 276

Sodium: 189 mg

Fat: 9 g

Carbohydrates: 22 g

Protein: 23 g

Sugars: 3 g

HEALTHY CHICKEN SALAD WITH APPLES AND CRANBERRIES

LUNCH

Use a store-bought rotisserie chicken and you'll have a protein-packed meal in just a few minutes!

Serves: 4

Serving Size: 1 cup

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 10 minutes

INGREDIENTS:

- 2-½ cups cooked chicken, chopped
- 3 stalks celery, chopped
- 1 cup chopped apple
- ¼-cup dried cranberries
- ½-cup non-fat plain Greek yogurt
- 2 tablespoons light mayonnaise
- 2 teaspoons lemon juice
- 2 tablespoons chopped parsley (optional)
- Salt and pepper to taste

INSTRUCTIONS:

Place chicken, celery, apple and cranberries in a medium bowl and stir to combine. In a small bowl stir together the yogurt, mayonnaise and lemon juice then add to chicken mixture and stir well. Stir in parsley if desired and season to taste with salt and pepper.

NUTRITIONAL VALUE:

Calories: 224

Sodium: 206 mg

Fat: 5 g

Carbohydrates: 14 g

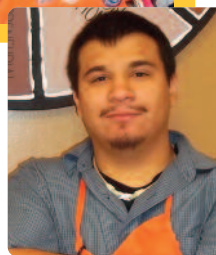
Protein: 30 g

Sugars: 11 g


224 CALORIES
per serving



Melinda from Store 445
in Thatcher, AZ



Jake,
Wellness Champion

SHARON'S TOMATO SOUP

LUNCH

This creamy, flavorful soup has very little fat. Serve it with whole-grain baked crackers for a healthy lunch.

Serves: 4

Serving Size: 13 ounces

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 1 hour

TOTAL: 1 hour and 15 minutes

INGREDIENTS:

- 3 tablespoons butter
- ½-cup chopped onion
- 2 14.5-ounce cans no-salt-added diced tomatoes
- ¼-teaspoon dried thyme
- 1 14.5-ounce can fat-free 33% less sodium chicken broth
- ¼-teaspoon baking soda
- ½-cup half & half
- Pinch cayenne pepper

166 CALORIES
per serving



Sharon from Store 421
in Flagstaff, AZ



Bambi,
Wellness Champion

INSTRUCTIONS:

In large saucepan melt butter and add onion. Cook slowly for 10 minutes or until soft. Add tomatoes, thyme and chicken broth. Bring to simmer, cover and cook for 30 minutes. Turn off soup and puree either with blender, food processor or hand-held blender. Add baking soda, half & half and cayenne.

Heat before serving but do not boil.

NUTRITIONAL VALUE:

Calories: 166

Sodium: 415 mg

Fat: 9 g

Carbohydrates: 8 g

Protein: 3 g

Sugars: 5 g

POTATO BARLEY SOUP

LUNCH

Parsnips add a sweet flavor to this vitamin-rich, low-fat vegetarian soup.

Serves: 6

Serving Size: 18 ounces

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 1 hour and 5 minutes

TOTAL: 1 hour and 25 minutes

INGREDIENTS:

- ¾-cup barley
- 6 cups low-sodium vegetable broth
- 2 carrots, diced
- 6 potatoes, cubed
- 1 onion, diced
- 1 parsnip, cubed
- ½-teaspoon garlic powder
- 1 teaspoon dill
- ½-teaspoon sea salt


282 CALORIES
per serving



**Ron from Store 3860
in Massillon, OH**



**Rena,
Wellness Champion**

INSTRUCTIONS:

Cook barley in broth for 45 minutes. Add remaining ingredients and cook for additional 20 minutes. (To reduce the sodium level in this soup, don't add the sea salt.)

NUTRITIONAL VALUE:

Calories: 282

Sodium: 576 mg

Fat: 1 g

Carbohydrates: 63 g

Protein: 8 g

Sugars: 5 g

BLACK-EYED PEA AND SWEET POTATO SOUP

LUNCH

While low in fat, sodium and cholesterol, this vegetable-packed soup is high in fiber and flavor.

Serves: 6

Serving Size: 1 cup

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 30 minutes

TOTAL: 45 minutes

257 CALORIES
per serving



Mike from Store 6963 in Huntington Beach, CA

INGREDIENTS:

- 1 cup chopped onion
- 3 cloves garlic, minced
- 6 cups low-sodium vegetarian broth
- 2 cans black-eyed peas
- 4 ounces greens, cleaned and sliced (use collards, kale, or spinach)
- 1 pound sweet potatoes, peeled and chopped
- 1 bay leaf
- 2-3 dashes liquid smoke (or use 2 tablespoons vegetarian bacon bits)
- ¼-cup tomato paste
- 2 teaspoons dry oregano
- ½-teaspoon salt
- ½-teaspoon crushed red pepper
- 2 pieces vegetarian Italian sausage

INSTRUCTIONS:

Steam fry (using water instead of oil) the onion and garlic in a large, heavy nonstick skillet over medium heat until soft, adding small amounts of water to prevent sticking and burning. Place the broth, tomato paste, oregano, bay leaf, salt, red pepper, greens, sweet potatoes, sausage and liquid smoke or vegetarian bacon bits in a large saucepan. Add the onion and garlic and simmer for 30 minutes or until the sweet potatoes are tender. Remove the bay leaf and serve immediately.

NUTRITIONAL VALUE:

Calories: 257

Sodium: 402 mg

Fat: 3 g

Carbohydrates: 44 g

Protein: 16 g

Sugars: 8 g

VEGETABLE FRITTATA

LUNCH

This is a quick and easy lunch that will keep you feeling full until dinner. This could be a wonderful breakfast as well!

Serves: 4

Serving Size: 8 ounces

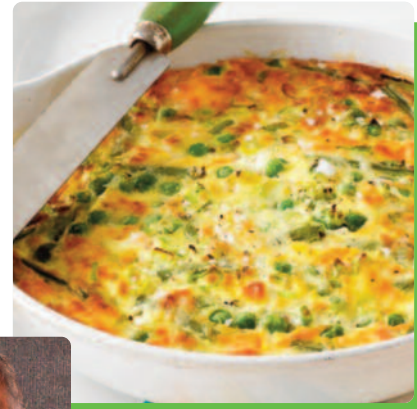
Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 15 minutes

TOTAL: 25 minutes


160 CALORIES
per serving



**Bill from Store 6373 in
Bonita Springs, FL**

INGREDIENTS:

- 6 cups raw or cooked vegetables
- ¼-cup basil leaves
- ½ of one onion, sliced
- 1 tablespoon olive oil
- 3 eggs or Egg Beaters
- ¼-cup parmesan cheese
- Salt and pepper

INSTRUCTIONS:

Heat olive oil in pan. When hot add onion, salt, pepper and cook until soft, about 3 minutes. Add vegetables, increase heat and stir until vegetables are soft. When vegetables are almost done, reduce heat to low and add basil. Cook and stir as needed up to 5 minutes. Meanwhile, beat eggs with salt and pepper and add parmesan cheese. Pour over vegetables. Cook undisturbed for 10 minutes until eggs are firm.

NUTRITIONAL VALUE:

Calories: 160

Sodium: 187 mg

Fat: 10 g

Carbohydrates: 6 g

Protein: 12 g

Sugars: 7g

SUZI'S BURGERS

LUNCH

*A 275-calorie burger with cheese and bacon?
A few clever ingredients keep this bacon
cheeseburger on your healthy food list!*

Serves: 5

Serving Size: 1 burger

Prep Time: 30 minutes

Inactive: 30 minutes

Cook: 15 minutes

TOTAL: 1 hour and 15 minutes

INGREDIENTS:

- 1 pound lean ground turkey 93/7
- 1 egg
- 4 ounces bread crumbs
- 1 teaspoon worcestershire sauce
- 4 pieces Butterball turkey low-sodium bacon
- 4 pieces light havarti cheese
- 5 large romaine lettuce leaves
- Pepper to taste

INSTRUCTIONS:

Cook bacon in microwave till crispy, break into small pieces. Mix turkey, egg, bread crumbs, worcestershire sauce and pepper. Add crumbled bacon and cheese pieces and mix until combined. Form 5 patties with mixture. Wrap in wax paper and place in freezer for 30 minutes (this helps the patties to stay firm on grill). Cook on grill to desired doneness. Cut the large leaf lettuce in two pieces and place the patty in between. Enjoy!

NUTRITIONAL VALUE:

Calories: 275

Sodium: 399 mg

Fat: 13 g

Carbohydrates: 6 g

Protein: 31 g

Sugars: 1 g


275 CALORIES
per serving



**Suzi from Store 3815
in Mentor, OH**

FRESH SPINACH SALAD WITH CHICKEN

LUNCH

With antioxidants and cancer-fighting vitamins, spinach is one of the most nutrient-dense of all foods. This lunch salad will keep you going all afternoon!

Serves: 6

Serving Size: 8.4 ounces

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 35 minutes


200 CALORIES
per serving



**Jody from DC 5673
in Henderson, CO**

INGREDIENTS:

- 1 bag fresh spinach
- 1 package fresh mushrooms, sliced
- 1 red onion, chopped
- 6-8 hard-boiled eggs, diced or sliced
- 2 cups cooked chicken breast
- ½-cup mozzarella cheese
- 1 cup prepared poppy seed dressing

INSTRUCTIONS:

Cook chicken and cut into bite size pieces. Boil and cut up the eggs. Put spinach in a salad bowl. Slice the mushrooms and chop the red onion. Add those ingredients to the bowl and mix well. Sprinkle the cheese on top. Serve with poppy seed dressing.

NUTRITIONAL VALUE:

Calories: 200

Sodium: 224 mg

Fat: 10 g

Carbohydrates: 8 g

Protein: 19 g

Sugars: 4 g





Dinner

Tips for a Healthier Dinner

Boost your number of vegetable servings by sneaking them into foods. Here are some easy suggestions to get started:

- **Veggie Shreds** – A box grater or the grating attachment on your food processor makes it super easy to shred zucchini, beets, or parsnips to add to all sorts of recipes from muffins to meatloaf. In whole grain muffins and quick breads, replace up to half the soft margarine or oil with shredded veggies; then stir in some frozen no-sugar-added blueberries or raspberries as a bonus fruit. Shredded carrots, summer squash or butternut squash can be added to pasta sauce and cooked for about 5 minutes to soften – then they will never be noticed!
- **Blend in Mushrooms** – Replace half the ground meat in recipes, like burgers, meatloaf and meatballs, with chopped, cooked mushrooms. Finely chop a package of mushrooms using a knife or food processor, then sauté in a little extra virgin olive oil until soft, for about 3 minutes. Once the mushrooms are nearly cool, gently mix them with raw ground beef, ground chicken or ground turkey (choose extra lean ground meat and poultry).
- **Cheesy Orange Veggies** – Cooked orange vegetables like butternut squash, sweet potatoes and carrots puree into a color that makes them easy to add to cheesy dishes like macaroni and cheese, lasagna or baked enchiladas so you use less cheese; cheese can be high in saturated fat and sodium.
- **Beans Count** – Yes, beans are a vegetable! Puree garbanzo beans, navy beans or even black beans into a creamy dip; add a little lemon juice and garlic powder for zip. Serve with whole grain crackers, homemade baked tortilla crisps or baby carrots.

Source:

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Sneaking-More-Veggies-into-Meals_UCM_459360_Article.jsp

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STIR FRY CHICKEN DELIGHT

DINNER

Stir frying uses much less oil than regular frying. So it's a calorie-efficient way to cook crunchy vegetables and lean chicken with the bold flavors of sesame seed oil, soy sauce, garlic and ginger.

Serves: 1

Serving Size: 8 ounces

Prep Time: 5 minutes

Inactive: 5 minutes

Cook: 10 minutes

TOTAL: 20 minutes

INGREDIENTS:

- 1 4-ounce boneless skinless chicken breast
- 4 ounces green beans
- 2 ounces carrots
- 1 ounce red pepper
- 2 tablespoons almonds, sliced
- 2 tablespoons sesame seed oil
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon ground ginger
- 1 tablespoon granulated garlic
- ¼-cup water or white wine

INSTRUCTIONS:

Slice chicken, carrots and red pepper julienne style. Then slice almonds and set aside. Spray 10" frying pan with cooking spray. Add sesame seed oil to the pan over medium heat. Add green beans, carrots and red peppers to pan. While cooking, add sliced chicken, soy sauce, ground ginger and garlic. Before mixture becomes dry, add ¼ cup of water or white wine to taste and stir. Cook until chicken is cooked through. Sprinkle with almonds before serving.

NUTRITIONAL VALUE:

Calories: 400

Sodium: 350 mg

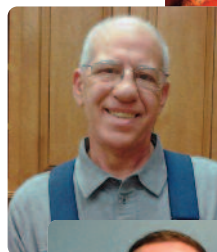
Fat: 17 g

Carbohydrates: 28 g

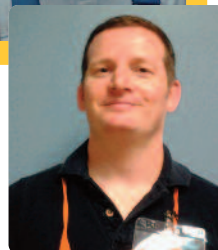
Protein: 37 g

Sugars: 6 g

400 CALORIES
per serving



Freddie from Store 4631
in Richmond, VA



Ryan,
Wellness Champion

CROCK POT CHICKEN PICCATA

DINNER

Let the crock pot do all of the work! Your family will love this healthy version of traditional chicken piccata.

Serves: 4

Serving Size: 14 ounces

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 5 hours

TOTAL: 5 hours and 15 minutes

INGREDIENTS:

- 3-4 boneless skinless chicken breasts
- 1 tablespoon olive oil
- 2 tablespoons capers
- 1 tablespoon minced garlic
- 2 cups reduced-sodium chicken broth
- ¼-cup white cooking wine
- 1 lemon
- ¼-teaspoon dried parsley
- 1 pinch black pepper
- 1 bag fingerling potatoes
- 1 container white button or portobello mushrooms (optional)


352 CALORIES
per serving



**Patty from Store 145
in Canton, GA**



**Wanda,
Wellness Champion**

INSTRUCTIONS:

Turn crock pot to high. Add olive oil to bottom of crock pot to prevent sticking. Place chicken in bottom. Add broth and cooking wine. Top with capers and garlic. Slice lemon and squeeze juice over chicken (you can drop pieces in the pot if you like). Sprinkle pepper and parsley over the chicken. Cook about three hours. Add potatoes and mushrooms (optional). Cook additional 1-½ - 2 hours until chicken is cooked throughout and potatoes and mushrooms are soft.

NUTRITIONAL VALUE:

Calories: 352

Sodium: 782 mg

Fat: 6 g

Carbohydrates: 31 g

Protein: 43 g

Sugars: 2 g

BALSAMIC MUSHROOM CHICKEN

DINNER

Vinegar is a low-calorie, low-fat way to add big flavor in this classic chicken and mushroom dish.

Serves: 6

Serving Size: 11 ounces

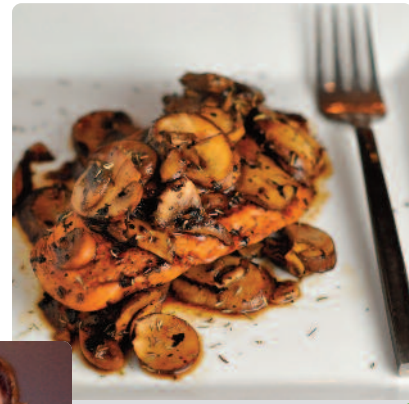
Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 30 minutes


288 CALORIES
per serving



INGREDIENTS:

- 1 pound button mushrooms
- 3 pounds boneless skinless chicken thighs
- 1 teaspoon olive oil
- Balsamic vinegar to taste
- Salt and pepper to taste

INSTRUCTIONS:

Rinse, dry and trim chicken. Heat olive oil in pan on medium heat. Season chicken with salt and pepper on both sides, and place in pan. Sear on both sides until golden brown. Turn heat down and cook until chicken is no longer pink in the middle. Add balsamic vinegar to pan with chicken and scrape up any brown bits on the bottom of the pan. Turn chicken to coat and remove from heat.

Pan sear mushrooms until crisp brown on the edges on both sides. Pour mushrooms over chicken and mix together. This is an excellent dish alone or paired with brown/wild rice or mushroom risotto.

NUTRITIONAL VALUE:

Calories: 288

Sodium: 200 mg

Fat: 13 g

Carbohydrates: 3 g

Protein: 41 g

Sugars: 1 g



**Julie from Store 4003
in Eugene, OR**



**Laura,
Wellness Champion**

BROCCOLI AND SHRIMP PASTA

DINNER

Shrimp is a low-fat and low-calorie protein with high levels of omega 3 fatty acids and Vitamin D. When combined with heart-healthy broccoli and whole-wheat pasta, you have a nutritious, delicious dinner.

Serves: 1

Serving Size: 8 ounces

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 15 minutes

TOTAL: 35 minutes


459 CALORIES
per serving



Megan from the Atlanta Store Support

INGREDIENTS:

- ½-cup whole-wheat penne pasta
- ¾-cup shrimp, peeled and deveined
- ¾-cup broccoli, shredded
- ¼-cup carrots, grated
- ¼-cup red cabbage, grated
- ¼-teaspoon garlic powder
- ¼-teaspoon dried parsley
- ¼-teaspoon dried oregano
- ¼-teaspoon black pepper
- ½-teaspoon smoked paprika (optional)
- 1 teaspoon extra virgin olive oil
- ¼-cup reduced-fat mozzarella cheese, shredded

INSTRUCTIONS:

Boil whole-wheat pasta in 2-½ quarts of water for 9 minutes, for al dente pasta. Drain. While penne is cooking, boil shrimp in a separate pot until cooked, about 4-5 minutes. Drain and place in a sauté pan. Add 1 teaspoon of extra virgin olive oil and ½-teaspoon smoked paprika (optional) and sauté for 2 minutes. Add broccoli, carrots and cabbage and sauté an additional 2 minutes. Add garlic powder, parsley, oregano and black pepper and continue to sauté for an additional 2 minutes.

Add in penne pasta and stir. Place on plate or bowl and top with cheese. Let it sit for 1 minute to melt the cheese.

NUTRITIONAL VALUE:

Calories: 459

Sodium: 288 mg

Fat: 13 g

Carbohydrates: 58 g

Protein: 31 g

Sugars: 5.3 g

STEAMED SALMON

DINNER

Steaming is one of the healthiest cooking methods around. And salmon is rich in omega-3s which can lower your heart rate and reduce joint pain and stiffness.

Serves: 3

Serving Size: 1 piece of salmon

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 40 minutes

INGREDIENTS:

- 1 pound salmon, cut into 3 pieces
- 2 tablespoons black bean garlic sauce
- 1 cup red onions, chopped
- 2 tablespoons chopped fresh cilantro
- 1 tomato, chopped
- 1 2-inch piece of ginger root, sliced
- ½-cup filtered water
- 3 slices of lime
- ½-teaspoon salt
- 1 teaspoon pepper

INSTRUCTIONS:

In a pot make a bed with half of the onions, cilantro, tomatoes and ginger root. Spread the black bean garlic sauce on each piece of salmon and place on top of the vegetables. Apply lime rounds, salt and pepper and cover with the rest of vegetables in the list. Pour the water in the pan and cover. Cook at medium heat for 20 minutes, checking to make sure it doesn't get dry.

NUTRITIONAL VALUE:

Calories: 86

Sodium: 6 mg

Fat: 5 g

Carbohydrates: 0 g

Protein: 7 g

Sugars: 0 g


86 CALORIES
per serving



Ricardo from Store 2324
in Crescent Springs, KY



Troy,
Wellness Champion

SPICY THAI BEEF AND JASMINE RICE

DINNER

This is a low-fat meal that is great for someone who works out because of the carbs and protein in the recipe.

Serves: 5

Serving Size: 1 cup

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 1 hour

TOTAL: 1 hour and 20 minutes

INGREDIENTS:

- ¾-pound lean ground beef
- ½ onion, chopped
- 6 scallions, chopped
- 2 cloves garlic, minced
- ½-teaspoon crushed red pepper
- 3 carrots, thinly sliced
- ½ red bell pepper, chopped
- 1 cup jasmine rice
- 2 tablespoons soy sauce
- 1 teaspoon Asian fish sauce
- 2 cups water

INSTRUCTIONS:

Heat a heavy medium pot over high heat. Add beef and sauté until browned. Add onion, scallions, garlic, crushed red pepper and 1 tablespoon soy sauce. Sauté another 2 minutes. Add carrots, red pepper, rice, 2 cups water, fish sauce and remaining soy sauce. Reduce to low heat, and when the water is almost evaporated, cover. Simmer on low about 20 minutes. Mix well and keep covered for 10 more minutes. Makes 5 cups.

NUTRITIONAL VALUE:

Calories: 287

Sodium: 542 mg

Fat: 8 g

Carbohydrates: 37 g

Protein: 13 g

Sugars: 2 g


287 CALORIES
per serving



**Christopher from Store
6363 in Palm Coast, FL**



**Dawn,
Wellness Champion**

QUINOA AND SAUSAGE STUFFED ACORN SQUASH

DINNER

Chicken sausage adds a low-fat burst of flavor to a heart-healthy dinner rich in iron and magnesium with a beautiful acorn squash presentation!

Serves: 4

Serving Size: ½ filled squash

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 1 hour

TOTAL: 1 hour and 10 minutes


325 CALORIES
per serving



**James from Store 6505
in Waxahachie, TX**



**Michelle,
Wellness Champion**

INGREDIENTS:

- 2 acorn squashes
- 2 links caliente chicken sausage
- 1 cup quinoa
- ¾-cup black beans
- 1-½ cups water
- 1 teaspoon cumin
- ¼-cup shredded mozzarella cheese
- Salt and pepper to taste

INSTRUCTIONS:

Preheat oven 350 degrees. Cut squash in half and remove seeds. Place cut side down in oven-safe baking dish. Add enough water to reach an inch up sides. Bake 30 minutes until tender. In the meantime, rinse quinoa and place in small saucepan. Add 1-½ cups water. Bring to boil. Cover, reduce heat and simmer 20 minutes. Remove casing from sausages and brown until no longer pink. Season with cumin. Drain and rinse black beans. Add beans and quinoa to sausage. Salt and pepper to taste.

When squash is done, carefully turn over and fill with quinoa mixture. Top each half with shredded cheese. Return to oven and bake 10 minutes until cheese is melted and heated through. Enjoy!

NUTRITIONAL VALUE:

Calories: 325

Sodium: 601 mg

Fat: 11 g

Carbohydrates: 47 g

Protein: 19 g

Sugars: 10 g

STEWED EGGPLANT WITH BROWN RICE

DINNER

Eggplant is low in calories, with just 35 per cup, and high in bioflavonoids, which are known to control high blood pressure and relieve stress.

Serves: 4

Serving Size: 18 ounces

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 30 minutes

TOTAL: 50 minutes

INGREDIENTS:

- 1 eggplant, diced
- 2 zucchinis, diced
- 2-3 yellow squashes, diced
- 2 tomatoes, diced
- 8 ounces mushrooms, diced
- 1 white onion, diced
- 1 cup reduced or no-sodium chicken broth
- 1 cup cooked brown rice
- Ground ginger or Mrs. Dash to taste

INSTRUCTIONS:

Dice veggies. Sauté mushrooms and onions. Add diced eggplant, zucchini and squash. Add ginger or Mrs. Dash to taste. When veggies start to break down, add broth then tomatoes. Bring to a boil, then simmer about 15 minutes. Serve over brown rice.

NUTRITIONAL VALUE:

Calories: 270

Sodium: 33 mg

Fat: 2 g

Carbohydrates: 57 g

Protein: 10 g

Sugars: 10 g


270 CALORIES
per serving



Cornelia from the Atlanta Store Support Center

CHICKEN WITH PEPPERS

DINNER

By adding just a little bacon to a recipe that also includes healthy powerhouses like chicken, peppers, and no-salt-added tomatoes, you can enjoy the flavor while keeping your waistline and heart healthy.

Serves: 4

Serving Size: 4 ounces of chicken plus
¼ cup of the sauce

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 40 minutes


183 CALORIES
per serving



Sarrah from the Atlanta Store Support Center

INGREDIENTS:

- 2 boneless, skinless chicken breast halves, trimmed of visible fat and cut in half horizontally to make 4 thin pieces
- Salt and pepper to taste
- 2 tablespoons olive oil
- 4 ounces bacon, cut into 1-inch pieces
- 6 cloves garlic, minced
- 1 red bell pepper, cored, seeded, cut into 1-inch strips
- 1 yellow bell pepper, cored, seeded, cut into 1-inch strips
- 2 15-ounce cans no-salt-added diced tomatoes with juice

INSTRUCTIONS:

In large non-stick skillet, heat olive oil over medium-high heat. Salt and pepper both sides of the chicken pieces. Brown the chicken 2-3 minutes per side until browned but not cooked through. Set the chicken aside and keep warm.

In the same skillet, cook the bacon until browned and crispy, 7-8 minutes. Add the garlic and bell pepper slices to the skillet, season with salt and pepper and stir. Cook, stirring occasionally, until the peppers begin to soften, about 3 minutes. Add the tomatoes with the juice to the skillet and bring to a boil, about 5 minutes.

Add the chicken back to the pan and cover in the tomato mixture. Cover the pan and cook for 10-15 minutes or until the chicken is done in the center. Serve the chicken covered in the peppers and sauce.

NUTRITIONAL VALUE:

Calories: 183

Sodium: 320 mg

Fat: 4 g

Carbohydrates: 15 g

Protein: 18 g

Sugars: 7 g

SPANISH MEDITERRANEAN FUSED PASTA

DINNER

This recipe offers high protein and plenty of fats that are good for the body. To top it off, it's flavorful and will leave you feeling full so there won't be any snacking after the meal!

Serves: 5

Serving Size: 12 ounces

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 30 minutes

TOTAL: 45 minutes

INGREDIENTS:

- 1 box tri-color rotini
- 1-½ pounds chicken breast
- 1 can black olives
- 1 red onion, chopped
- 1 avocado, chopped
- Half of a container of cherry tomatoes, halved
- ½-cup feta cheese
- 4 tablespoons fat-free Italian dressing
- ¼-cup cilantro, chopped
- Half of a lime
- Salt and pepper to taste

INSTRUCTIONS:

Season chicken with salt and pepper to taste and grill until cooked. Let it cool then chop it into chunks. Cook box of pasta until al dente then let cool down. Add black olives, red onion, tomatoes, feta cheese, avocado, Italian dressing and chicken and mix together. Season with lime juice and cilantro.

NUTRITIONAL VALUE:

Calories: 406

Sodium: 404 mg

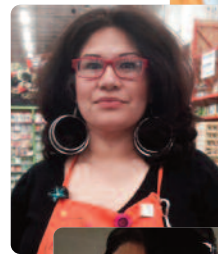
Fat: 14 g

Carbohydrates: 58 g

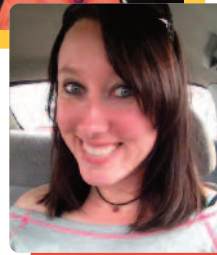
Protein: 50 g

Sugars: 5 g


406 CALORIES
per serving



Linda from Store 2725
in Lansing, MI



Amanda,
Wellness Champion





SIDES

Tips for Healthier Side Dishes

Here's an easy rule of thumb for healthy meals: fill half of your plate with vegetables and fruit which are usually very low in calories and high in valuable nutrients. When fresh foods aren't available, choose frozen or canned vegetables and fruits in water without added sugars, saturated and trans fat, or salt.

Frozen Mixed Vegetables:

- **What's a serving?** 1½ cup cooked
- **Nutrition Info per serving:** 59 calories; 4g fiber, 78% Daily Value for vitamin A, 5% Daily Value for vitamin C, 4% Daily Value for potassium

Green Peas (frozen, cooked):

- **What's a serving?** 1½ cup cooked
- **Nutrition Info per serving:** 62 calories, 0mg cholesterol, 4g fiber, 4g protein, 13% Daily Value for vitamin C, 34% Daily Value for vitamin A, 7% Daily Value for iron

Sweet Potato (cooked, baked in skin):

- **What's a serving?** 1 medium potato (2" diameter, 5" long, raw)
- **Nutrition Info per serving:** 103 calories, 0g fat, 0mg cholesterol, 4g fiber, 438% Daily Value for vitamin A, 37% Daily Value for vitamin C

Brown Rice (cooked):

- **What's a serving?** ½ cup cooked
- **Nutrition Info per serving:** 108 calories, 0mg cholesterol, 2g fiber

Source:

American Heart Association

U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24.

http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/HowtoMakeaHealthyHome/Healthy-Foods-Under-1-Per-Serving_UCM_303809_Article.jsp

KALE...PLUS some!

SIDES

Per calorie, kale has more iron than beef and is filled with powerful antioxidants, vitamins A and C and calcium.

Serves: 5

Serving Size: ½-cup

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 30 minutes

TOTAL: 40 minutes

452 CALORIES
per serving



**Eugene from DC 5920
in Montgomery, NY**

INGREDIENTS:

- 3 cups kale
- 1 cup vegetable stock
- ½-cup chickpeas
- One half of a large white onion, sliced
- 2 cloves garlic, chopped
- 1 pinch sea salt
- ½-teaspoon olive oil

INSTRUCTIONS:

Break the sliced onion apart. Sauté the onion, garlic and a pinch of salt over medium high heat until semi-translucent. Add the vegetable stock, kale and chickpeas. Cover and simmer until the kale is tender.

NUTRITIONAL VALUE:

Calories: 106

Sodium: 94 mg

Fat: 2 g

Carbohydrates: 18 g

Protein: 5 g

Sugars: 3 g

ORGANIC BEAN AND PEPITAS SALAD

SIDES

Quick and easy to prepare, this organic bean salad is gluten-free, high in protein and low in fat!

Serves: 6

Serving Size: 1 cup

Prep Time: 20 minutes

Inactive: 2 hours

Cook: 0 minutes

TOTAL: 2 hours and 20 minutes



**Nikki from Store 3642
in Statesville, NC**

INGREDIENTS:

- 1 15-ounce can organic pinto beans
- 1 15-ounce can organic dark kidney beans
- One half of a 15-ounce can organic garbanzo beans
- 3 cloves garlic, minced (or pressed)
- 4 tablespoons organic apple cider vinegar
- 2 tablespoons honey
- ½-cup shelled pumpkin seeds (pepitas)
- ¾-cup organic cilantro, chopped
- ½-teaspoon fine sea salt
- ½-teaspoon black pepper

INSTRUCTIONS:

Rinse the pinto and dark kidney beans, drain and add to large bowl. Rinse garbanzo beans, drain and add to same large bowl. Add pumpkin seeds and gently toss.

In a small bowl, whisk minced (or pressed) garlic, apple cider vinegar, honey, salt and pepper until combined. Pour this mixture over beans in large bowl. Add freshly chopped cilantro and toss. Place in sealed container in refrigerator until chilled—about 2 hours.

NUTRITIONAL VALUE:

Calories: 255

Sodium: 270 mg

Fat: 6 g

Carbohydrates: 39 g

Protein: 15 g

Sugars: 8 g

BELL PEPPER COLE SLAW

SIDES

No more mayonnaise-based store-bought cole slaw! This healthy slaw will be a tasty, crunchy addition to your next barbecue!

Serves: 8

Serving Size: 5 ounces

Prep Time: 20 minutes

Inactive: 2 hours

Cook: 0 minutes

TOTAL: 2 hours and 20 minutes

INGREDIENTS:

- 10 ounces slaw mix
- 1 red bell pepper, cubed
- 1 green bell pepper, cubed
- 1 orange bell pepper, cubed
- 1 purple bell pepper, cubed
- 1 cup cherry tomatoes
- 1/3-cup extra virgin olive oil
- 1/3-cup white wine vinegar
- 1 tablespoon Stevia
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 2 teaspoons dried basil
- 1 teaspoon dried oregano

INSTRUCTIONS:

Cut peppers into small cubes add to slaw mix in bowl. Add olive oil, vinegar, tomatoes and dry ingredients and stir well. Refrigerate at least two hours and serve chilled.

NUTRITIONAL VALUE:

Calories: 151

Sodium: 250 mg

Fat: 14 g

Carbohydrates: 7 g

Protein: 1 g

Sugars: 4 g

151 CALORIES
per serving



**Gudrun from Store 2758
in Shelby Township, MI**



**Brendt,
Wellness Champion**

BLACK BEAN AND COUSCOUS SALAD

SIDES

Colorful, tasty, inexpensive side salad full of chopped fresh vegetables—great served alone or with grilled meats.

Serves: 16

Serving Size: 4 ounces

Prep Time: 30 minutes

Inactive: 2 hours

Cook: 5 minutes

TOTAL: 2 hours and 35 minutes

INGREDIENTS:

- 1 cup couscous
- 1-¼ cups vegetable broth
- 3 tablespoons olive oil
- 4 tablespoons fresh lime juice
- 1 tablespoon red wine vinegar
- 1-½ teaspoons cumin
- ½-teaspoon kosher salt
- 8 scallions, chopped
- 1 red bell pepper, chopped
- ¼-cup fresh cilantro, chopped
- 1 cup frozen corn
- 2 15-ounce cans black beans
- 1 teaspoon chipotle red pepper ground

INSTRUCTIONS:

Bring vegetable broth to a boil in a 2-quart sauce pan and stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes. In a large bowl, whisk together the olive oil, lime juice, vinegar, cumin, chipotle pepper and salt. Add scallions, red peppers, cilantro, corn and beans and toss to coat. Fluff the couscous with a fork, breaking up any chunks. Add to the bowl with the vegetables and mix well. Chill for 2 hours before serving.

NUTRITIONAL VALUE:

Calories: 123

Sodium: 292 mg

Fat: 3 g

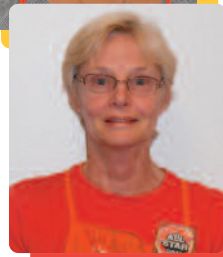
Carbohydrates: 21 g

Protein: 6 g

Sugars: 1 g



**Eileen from Store 2559
in Frederick, MD**



**Brenda,
Wellness Champion**

KALE SALAD WITH APPLES AND ALMONDS

SIDES

This is a perfect healthy side dish, with antioxidant-rich kale and fiber-rich apples.

Serves: 6

Serving Size: 1-½ cups

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 20 minutes


219 CALORIES
per serving



**James from Store 723
in Brentwood, TN**

INGREDIENTS:

- 8-10 ounces kale
- 1 apple
- ¾-cup chopped almonds
- Juice of 1 lemon
- 2-½ tablespoons extra virgin olive oil
- 1-½ tablespoons honey
- 1/3-cup grated parmesan cheese
- 2 dashes salt and pepper

INSTRUCTIONS:

Remove all of the hard stems on the kale, then chop the kale or pulse in a food processor until finely chopped. Chop the almonds and toast until lightly golden brown. Chop the apple. Add the apple, almonds and parmesan cheese to the kale and mix well.

Mix the lemon juice, olive oil, and honey in a small bowl. Pour over the kale salad when ready to serve. Add more honey or lemon juice to taste. Add salt and pepper to taste.

NUTRITIONAL VALUE:

Calories: 219

Sodium: 209 mg

Fat: 16 g

Carbohydrates: 15 g

Protein: 8 g

Sugars: 7 g

EGGPLANT BRUSCHETTA

SIDES

We had a healthy cook-off and invited everyone in the store to submit a recipe. This recipe was our winner.

Serves: 4

Serving Size: 4-5 slices

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 7 minutes

TOTAL: 22 minutes

INGREDIENTS:

- 1 eggplant
- ¼-teaspoon Mrs. Dash
- ¼-teaspoon sea salt
- ¼-teaspoon garlic powder
- 4 tablespoons extra light olive oil
- 2 tablespoons balsamic glaze
- 5 small tomatoes
- 1 tablespoon parmesan cheese

INSTRUCTIONS:

Combine Mrs. Dash, sea salt and garlic powder in a small bowl. Slice unpeeled eggplant diagonally ¼-inch thin. Brush both sides with olive oil. Arrange the eggplant on non-insulated cookie sheet and brush with balsamic glaze. Then sprinkle with salt/garlic powder mixture and top with finely chopped tomatoes. Broil for 7 minutes. Remove from broiler and sprinkle with parmesan cheese. Serve warm.

NUTRITIONAL VALUE:

Calories: 144

Sodium: 131 mg

Fat: 15 g

Carbohydrates: 5 g

Protein: 2 g

Sugars: 2 g


144 CALORIES
per serving



**Veronica from Store 3886
in Austintown, OH**

avocado mango salad

SIDES

Mangoes offer a wide range of health benefits, including unclogging your pores and adding freshness to your face and vitamin A, which promotes good eyesight.

Serves: 4

Serving Size: ¼-cup

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 15 minutes

INGREDIENTS:

- 1 avocado, peeled, pitted and diced
- Juice of 1 lime
- 1 mango, peeled, seeded and diced
- 1 red onion, chopped
- 1 jalapeno pepper, seeded and chopped
- 2 tablespoons cilantro

INSTRUCTIONS:

Mix all ingredients in a serving bowl. Add salt to taste.

NUTRITIONAL VALUE:

Calories: 75

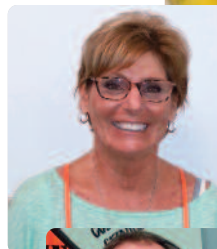
Sodium: 2 mg

Fat: 3 g

Carbohydrates: 7 g

Protein: 1 g

Sugars: 4 g



**Kathie from Store 6963
in Huntington Beach, CA**



**Mike,
Wellness Coach**

Vegan raw mango Dressing

SIDES

You won't miss your ranch or blue cheese dressing when you taste this refreshing no-fat, low-sodium dressing on your favorite salad!

Serves: 6

Serving Size: ¼-cup

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 20 minutes

INGREDIENTS:

- 2 mangoes
- 1 red bell pepper
- 1 jalapeno
- ½ of one lime
- ½ bunch scallions

INSTRUCTIONS:

Peel and dice mangoes, seed and chop bell pepper, seed and chop jalapeno, peel ½ lime, chop approximately half of a bundle of scallions (can substitute chives). Combine all ingredients in a blender and process until smooth. It's ready to serve over your favorite salad.

NUTRITIONAL VALUE:

Calories: 58

Sodium: 5 mg

Fat: 0 g

Carbohydrates: 15 g

Protein: 1 g

Sugars: 12 g



Lori from Store 778
in Nashville, TN



Loretta,
Wellness Coach

SAVORY ROASTED ROOT VEGGIES

SIDES

Brussel sprouts taste AMAZING roasted in balsamic vinegar. You'll never say "I hate Brussel sprouts" again.

Serves: 4

Serving Size: ¼-cup

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 40 minutes

TOTAL: 55 minutes



**Steve from Store 6160
in Queensbury, NY**

INGREDIENTS:

- 2 sweet potatoes
- 2 carrots
- 1 vidalia onion or sweet onion
- 2 red peppers
- 1 package Brussel sprouts
- 1 cup balsamic vinegar
- 2 tablespoons honey mustard
- 2 tablespoons olive oil
- 1 teaspoon rosemary
- 1 tablespoon garlic powder
- 1 teaspoon white pepper
- 1 teaspoon marjoram
- 1 tablespoon curry
- 1 teaspoon turmeric
- 1 tablespoon paprika
- 1 teaspoon cayenne
- 1 tablespoon parsley
- 1 teaspoon tarragon

INSTRUCTIONS:

Line a 9x13 baking dish with parchment. Preheat oven to 400 degrees. Clean, peel and cut (into 1-inch pieces) the potatoes, carrots and peppers and toss them into the baking dish. Cut off bottoms and discard outer layers of Brussel sprouts. If they are large, cut them in half; smaller ones can remain whole. Slice onion in large slices. Add to Brussel sprouts and onion to dish. Combine vinegar, mustard, oil and seasonings. Pour half of dressing over veggies and toss coat well.

Roast in oven 20 minutes, pour rest of dressing over veggies and coat well. Peel some layers off the sprouts. They will become brown and sweeten as they darken. Cook another 20 minutes or until potatoes are fork tender. Just discard the parchment paper for easy clean up!

NUTRITIONAL VALUE:

Calories: 188

Sodium: 98 mg

Fat: 8 g

Carbohydrates: 33 g

Protein: 3 g

Sugars: 11 g

CAULIFLOWER SALAD

SIDES

Boost your immune system and lower your cholesterol at your next cook-out when you substitute traditional potato salad with this heart-healthy cauliflower salad!

Serves: 16

Serving Size: 5 ounces

Prep Time: 30 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 50 minutes

INGREDIENTS:

- 2 heads cauliflower, chopped
- 10 eggs, hard boiled and diced
- 6 pickles, chopped
- 6 stalks celery, chopped
- ¼-cup onion, chopped
- 6 ounces black olives, sliced
- 1 cup light mayonnaise
- ¼-cup pickle juice
- 1 tablespoon mustard
- ½-teaspoon salt
- 1 teaspoon ground pepper
- 2 teaspoons onion powder
- ½-teaspoon paprika

INSTRUCTIONS:

Sauce: Mix mayonnaise, pickle juice, mustard, salt, ground pepper, onion powder and paprika. Chop cauliflower and boil for 18 to 20 minutes and drain thoroughly. Hard boil 10 eggs and dice. Add cauliflower, pickles, celery, onion, olives and eggs to large bowl. Mix in sauce half at a time until desired consistency.

NUTRITIONAL VALUE:

Calories: 161

Sodium: 452 mg

Fat: 8 g

Carbohydrates: 9 g

Protein: 6 g

Sugars: 3 g



**Tiffany from Store 6609
in Chico, CA**





SNACKS, SMOOTHIES AND DESSERTS

Tips for Healthier Snacking

Snacking isn't "bad" if you do it in moderation and make healthy choices. Healthy, good-for-you snacks can be a part of a healthy diet – which you need to do to live healthfully. To snack the sensible way, choose nutrient-rich snacks like those listed below:

Crunchy:

- Apples and breadsticks
- Carrot and celery sticks
- Green pepper sticks
- Zucchini circles
- Radishes
- Broccoli spears
- Cauliflower
- Unsalted rice cakes

Munchy:

- Unsalted sunflower seeds
- Whole-grain breads or toast
- Cherry or grape tomatoes
- Low-fat or fat-free cheese
- Plain, low-fat or fat-free yogurt
- Bagels
- Unsalted almonds, walnuts and other nuts

Sweet:

- Thin slice of angel food cake
- Baked apple
- Raisins
- Dried fruit gelatin gems
- Frozen bananas
- Frozen grapes
- Fresh fruit
- Low-fat or fat-free unsweetened fruit yogurt

Source:

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthy-Snacking_UCM_301489_Article.jsp

JOHN'S HOMEMADE TRAIL MIX

Hit the trail (or your neighborhood's sidewalk) with this fruit and nut trail mix. Research shows that when people munch on nuts, they automatically eat less at meals.

Serves: 10

Serving Size: ½-cup

Prep Time: 5 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 5 minutes

INGREDIENTS:

- 1 cup unsalted almonds
- 1 cup macadamia nuts
- 1 cup pecan halves
- 1 cup dried pineapple
- 1 cup yogurt-covered raisins

INSTRUCTIONS:

Mix all ingredients together and enjoy!

NUTRITIONAL VALUE:

Calories: 247

Sodium: 3 mg

Fat: 23 g

Carbohydrates: 11 g

Protein: 4 g

Sugars: 7 g

SNACKS, SMOOTHIES & DESSERTS

247 CALORIES
per serving



John from DC 5030
in Winchester, VA

energy BALLS

SNACKS, SMOOTHIES & DESSERTS

Peanut butter and a touch of maple syrup bind these nutty and fruity energy balls. This is the perfect treat to grab and take to the soccer field, gym, or on that walk around the block.

Serves: 20

Serving Size: 1 ounce

Prep Time: 5 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 7 minutes

INGREDIENTS:

- ¼-cup cashews
- ¼-cup almonds
- ¼-cup walnuts
- ¼-cup pistachios
- ¼-cup sesame seeds
- ½-cup raisins
- 1 cup pitted dates
- 1-2 tablespoons real maple syrup
- ¼-cup natural unsweetened peanut butter
- 1-2 tablespoons chia seeds

INSTRUCTIONS:

Crush all the nuts (cashews, almonds, walnuts, pistachios and sesame seeds). Crush raisins and dates together. Mix all the crushed ingredients and add maple syrup, chia seeds and peanut butter. Roll into small balls. Enjoy!

NUTRITIONAL VALUE:

Calories: 95

Sodium: 0 mg

Fat: 5 g

Carbohydrates: 12 g

Protein: 2 g

Sugars: 9 g



**Mitra from Store 6369
in Orange Park, FL**



**Collin,
Wellness Champion**

granola Bars

This is a simple base for homemade granola bars that you can customize with your favorite add-in ingredients.

Serves: 16

Serving Size: 1 bar

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 40 minutes

INGREDIENTS:

- 3 cups rolled oats (not instant)
- 2 tablespoons cinnamon
- ½-cup melted coconut oil (or canola oil)
- ¼-cup honey
- ½-cup unsweetened applesauce
- 1-½ cups add-ins (chocolate chips, nuts, dried fruit, seeds, shredded coconut, chia seeds)

INSTRUCTIONS:

Preheat oven to 350 degrees. Mix oats and cinnamon in a large bowl. In a separate bowl, stir together wet ingredients. Pour wet ingredients over oats and stir well to coat. Stir in desired add-in ingredients.

Pour mixture into a 9 inch X 13 inch baking pan lined with parchment paper or lightly greased foil. Using a small piece of parchment paper, press the mixture into the baking pan making sure it is the same thickness. It is very important that you press ingredients firmly together. (If not, you will have a tasty granola snack instead of granola bars.)

Bake for 15-25 minutes or until the top is golden brown. Remove from oven and allow to cool completely. Remove the parchment paper (or foil) and cut into about 16 pieces. Wrap individually and store in an air tight container. This recipe is easily doubled.

Note: nutritional information does NOT include add-in ingredients.

NUTRITIONAL VALUE:

Calories: 109

Sodium: 1 mg

Fat: 8 g

Carbohydrates: 11 g

Protein: 1 g

Sugars: 5 g

SNACKS, SMOOTHIES & DESSERTS



109 CALORIES
per serving



**Donna from Store 6229
in Bristol, CT**

METABOLISM-BOOSTING SMOOTHIE

SNACKS, SMOOTHIES & DESSERTS

You won't know that you're getting a serving of spinach in this creamy, fruity smoothie which has an added bonus of being a low-calorie snack.

Serves: 4

Serving Size: 10 ounces

Prep Time: 5 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 5 minutes

INGREDIENTS:

- 2 cups spinach
- 1 banana, cut up and frozen
- 1 apple, cored and unpeeled
- 1 lemon, peeled
- 1 orange, peeled
- ½ of 1 cucumber, unpeeled
- 1 cup Greek yogurt
- ½-cup almond milk
- ½-cup unfiltered apple juice


202 CALORIES
per serving



**Lauren from Store 4162
in Matamoras, PA**



**Patricia,
Wellness Champion**

INSTRUCTIONS:

Place 2 cups of washed spinach into blender, add cut up frozen banana, apple, lemon, orange, cucumber, Greek yogurt, almond milk and unfiltered apple juice. Blend until smooth. Enjoy!

NUTRITIONAL VALUE:

Calories: 202

Sodium: 35 mg

Fat: 8.4 g

Carbohydrates: 27.6 g

Protein: 7 g

Sugars: 19 g

CHOCOANA SMOOTHIE

In a Harvard study of over 120,000 people, yogurt was the food most closely linked to weight loss. This protein-packed yogurt smoothie will keep you focused in between meals.

Serves: 1

Serving Size: 12 ounces

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 10 minutes

INGREDIENTS:

- 1 banana, sliced
- 4 ounces Chobani Vanilla Greek Yogurt
- 4 ounces Bolthouse Farms Protein Plus*

INSTRUCTIONS:

Place yogurt, sliced banana and Protein Plus into your smoothie maker. Use the pulse button to mix all ingredients. Pour into a glass and enjoy!

NUTRITIONAL VALUE:

Calories: 435

Sodium: 390 mg

Fat: 3 g

Carbohydrates: 65 g

Protein: 38 g

Sugars: 53 g

* Remember to read the food label as all protein powders vary.

SNACKS, SMOOTHIES & DESSERTS



435 CALORIES
per serving



**Cathi from Store 1124
in Simpsonville, SC**

FROZEN YOGURT SMOOTHIE

SNACKS, SMOOTHIES & DESSERTS

Berries are high in fiber and vitamins and low in calories. Keep in mind that frozen berries are as nutritious as fresh berries.

Serves: 3

Serving Size: 1 cup

Prep Time: 15 minutes

Inactive: 0 minutes

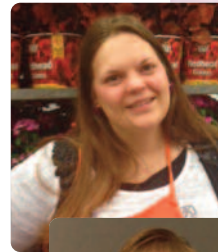
Cook: 0 minutes

TOTAL: 15 minutes

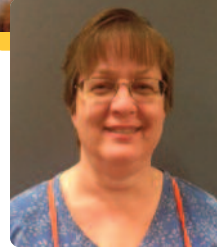
INGREDIENTS:

- 1 cup reduced-fat milk
- ½-cup strawberries
- ½-cup blueberries
- ½-cup raspberries
- 1 banana, sliced
- ½-cup frozen vanilla yogurt


444 CALORIES
per serving



**Cheire from Store 6002
in Cheyenne, WY**



**Ann,
Wellness Champion**

INSTRUCTIONS:

Add all ingredients to the blender. Mix until smooth. Serve immediately.

NUTRITIONAL VALUE:

Calories: 444

Sodium: 165 mg

Fat: 9 g

Carbohydrates: 82 g

Protein: 15 g

Sugars: 58 g

GREEK YOGURT COOKIE DOUGH

Inside this creamy, sweet, pudding-like snack is powerful protein that will keep you feeling fuller longer. Consider using dark-chocolate instead of milk-chocolate mini chips.

Serves: 1

Serving Size: 12 ounces

Prep Time: 5 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 5 minutes

INGREDIENTS:

- ¾-cup plain Greek yogurt
- 1 tablespoon nut butter
- 1 tablespoon honey
- ¼-teaspoon vanilla
- 1 pinch sea salt
- 1 tablespoon mini chocolate chips

INSTRUCTIONS:

Combine Greek yogurt with the nut butter, honey, vanilla, and sea salt. Top with mini chocolate chips and enjoy!

NUTRITIONAL VALUE:

Calories: 331

Sodium: 435 mg

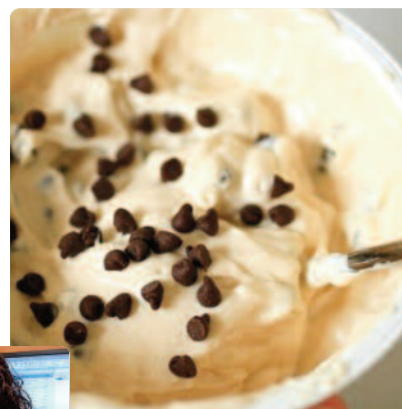
Fat: 12 g

Carbohydrates: 30 g

Protein: 27 g

Sugars: 20 g

SNACKS, SMOOTHIES & DESSERTS



331 CALORIES
per serving



**Raechel from Store 4124
in Erie, PA**

maeve's BAKED APPLE

SNACKS, SMOOTHIES & DESSERTS

This dessert is naturally sweetened by the apple, raisins and cranberries. It's a great way to get your "apple a day"!

Serves: 1

Serving Size: 12 ounces

Prep Time: 5 minutes

Inactive: 0 minutes

Cook: 25 minutes

TOTAL: 30 minutes

INGREDIENTS:

- 1 Granny Smith apple
- 1 tablespoon pecans
- 1 tablespoon raisins
- 1 tablespoon dried cranberries

INSTRUCTIONS:

Preheat oven to 375 degrees. Core apple. Chop pecans and combine with raisins and dried cranberries. Put mixture into apple. Bake for 20-25 minutes or until apple is soft.

NUTRITIONAL VALUE:

Calories: 268

Sodium: 3 mg

Fat: 10 g

Carbohydrates: 53 g

Protein: 2 g

Sugars: 23 g


268 CALORIES
per serving



**Maeve from Store 704
in Memphis, TN**



**Joni,
Wellness Champion**

COOL SUMMER Pie

Using reduced-fat and sugar-free products transforms a traditionally fat-filled cream pie into a 153-calorie make-ahead dessert. Top it with some fresh berries and indulge!

Serves: 8

Serving Size: 5.5 ounces

Prep Time: 5 minutes

Inactive: 8 hours

Cook: 0 minutes

TOTAL: 8 hours and 5 minutes

INGREDIENTS:

- ½-cup water
- 1 reduced-fat Graham Cracker Ready Crust Shell
- 1 package Sugar-Free Jello
- 1 tub Low-Fat Cool Whip
- 2 containers fat-free yogurt

INSTRUCTIONS:

Boil water and mix in any flavor Jello until dissolved. Add two yogurts, same flavor as Jello, and mix well. (You can use any flavors that you want. It tastes best if you use the same flavor yogurt and Jello mix.) Add Cool Whip, mix well. Pour mixture into pie shell and chill overnight.

NUTRITIONAL VALUE:

Calories: 153

Sodium: 131 mg

Fat: 5 g

Carbohydrates: 23 g

Protein: 3 g

Sugars: 14 g

SNACKS, SMOOTHIES & DESSERTS

153 CALORIES
per serving



Nancy from Store 6350 in Saint Cloud, FL



Diane,
Wellness Champion

REFRESHING TART AND TROPICAL PARFAIT

SNACKS, SMOOTHIES & DESSERTS

Fruit, yogurt and vegetables create a tart and tropical treat. You won't even notice the veggies in this unique and refreshing parfait.

Serves: 4

Serving Size: 2 cups

Prep Time: 30 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 30 minutes



**Sheree from Store 2743
in Lake Orion, MI**

INGREDIENTS:

- ½-cup baby spinach, finely chopped
- 1 cup canned crushed pineapple, drained
- 2 envelopes True Lime
- 1 cup kiwi, cubed
- 1 cup cucumber, seeded and cubed
- 1 tablespoon agave nectar syrup
- 8 ginger snap cookies, crushed
- 1 tablespoon flaked sweetened coconut
- 4 6-ounce containers (or 24 ounces) non-fat vanilla Greek yogurt

You will need 4 tall clear parfait glasses (or tall ice tea glasses) and 4 long iced tea spoons.

INSTRUCTIONS:

Pineapple Mix: Stir together in small bowl: spinach, pineapple and True Lime crystals.

Kiwi Mix: Stir together in another small bowl: kiwi, cucumber, and agave syrup.

Crunchy mixture: Stir together: ginger snap cookies and coconut.

Carefully build parfaits in layers, rotating a few tablespoons of each mixture. Begin with yogurt, pineapple mix, yogurt, kiwi mix, crunchy mixture and REPEAT layers. Top with crunchy mixture!

NUTRITIONAL VALUE:

Calories: 275

Sodium: 190 mg

Fat: 2 g

Carbohydrates: 52 g

Protein: 16 g

Sugars: 34 g





HEALTHY COOKING & EATING TIPS

Healthy Habits Start at Home

Meals away from home account for at least half of the money Americans spend on food. But saving money – while eating healthier – is easier than you might think. We hope you'll use the tasty, nutritious recipes submitted by your fellow associates in this 2014 Healthy Living Cookbook not just to start healthy eating habits and save on your food bills, but also to have good times eating with family and friends.

The American Heart Association has developed healthy tips, recipes and guides to make it even easier to do both by preparing more meals at home. You'll find a wealth of information on their website, www.heart.org. A few of the website's many articles on healthy cooking and eating featured here can help you begin exploring new ways to prepare fabulous food in your home!

USE LEANER MEAT, POULTRY AND DAIRY

HEALTHY COOKING & EATING TIPS

Eating healthy doesn't mean you have to give up red meat or dairy—just use healthier versions of your favorite food. Stock up on heart-healthy cookbooks and recipes for cooking ideas. Here are a few to get you started:

- **Use “choice” or “select” grades of beef rather than “prime.”** Be sure to trim the fat off the edges before cooking.
- **Use cuts of red meat and pork labeled “loin” and “round.”** These cuts usually have the least fat.
- **With poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs).** Be sure to remove the skin.
- **Make recipes or egg dishes with egg whites, instead of egg yolks.** Substitute two egg whites for each egg yolk.
- **Try low-fat or fat-free versions of milk, yogurt and cheese** for recipes that require dairy products.



Source:

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthier-Preparation-Methods-for-Cooking_UCM_301484_Article.jsp

LOW-CALORIE WAYS TO GET LOTS OF FLAVOR

HEALTHY COOKING & EATING TIPS

Low in calories doesn't mean low in taste! Most herbs are under 10 calories and red and white wine vinegar is under 25 calories. You will boost the flavor of your meals with these waistline-friendly suggestions:

- **Use fresh herbs whenever possible.** Grind herbs with a mortar and pestle for the freshest and fullest flavor. Avoid using prepackaged seasoning mixes because they often contain a lot of salt.
- **Add dried herbs such as thyme, rosemary and marjoram to dishes for a more pungent flavor** – but use them sparingly because they're powerful.
- **Use vinegar or citrus juice as wonderful flavor enhancers** – but add them at the last moment. Vinegar is great on vegetables, such as greens; and citrus works well on fruits, such as melons.
- **Use dry mustard for a zesty flavor when you're cooking**, or mix it with water to make a very sharp condiment.
- **Add some fresh hot peppers to add a little more “bite” to your dishes.** Remove the membrane and seeds first, then finely chop them up. A small amount goes a long way.



Source:

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthier-Preparation-Methods-for-Cooking_UCM_301484_Article.jsp

INSTEAD OF FRYING, TRY THIS!

HEALTHY COOKING & EATING TIPS

Want an easy way to cut fat and calories from your diet? Cut out frying food! Even oils that are lowest in saturated fats, trans fats and cholesterol – such as canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil and sunflower oil – contain 120 calories per tablespoon. So instead of frying foods, use cooking methods that add little or no fat, like these:



- **Stir-frying.** Use a wok to cook vegetables, poultry or seafood in vegetable stock, wine or a small amount of oil. Avoid high-sodium (salt) seasonings like teriyaki and soy sauce.
- **Roasting.** Use a rack in the pan so the meat or poultry doesn't sit in its own fat drippings. Instead of basting with pan drippings, use fat-free liquids like wine, tomato juice or lemon juice. When making gravy from the drippings, chill first then use a gravy strainer or skim ladle to remove the fat.
- **Grilling and broiling.** Use a rack so the fat drips away from the food.
- **Baking.** Bake foods in covered cookware with a little extra liquid.
- **Poaching.** Cook chicken or fish by immersing it in simmering liquid.
- **Sautéing.** Use a pan made with nonstick metal or a coated, nonstick surface, so you will need to use little or no oil when cooking. Use a nonstick vegetable spray to brown or sauté foods; or, as an alternative, use a small amount of broth or wine, or a tiny bit of vegetable oil rubbed onto the pan with a paper towel.
- **Steaming.** Steam vegetables in a basket over simmering water. They'll retain more flavors and won't need any salt.

Source:

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthier-Preparation-Methods-for-Cooking_UCM_301484_Article.jsp

FAST FOOD DOESN'T HAVE TO BE FAT FOOD

HEALTHY COOKING & EATING TIPS

In our busy lives, we all end up eating fast food every now and then. However, there are generally healthy options in the fast-food world. Take a closer look at the menu and look for the grilled or vegetarian items.



INSTEAD OF....

TRY....

Danish

Small bagel

Jumbo cheeseburgers

Grilled chicken sandwiches, sliced meat sandwiches or even a regular hamburger on a bun with lettuce, tomato and onion

Fried chicken

Grilled chicken and a side salad

Fried chicken pieces

Grilled chicken sandwich

French fries

Baked potato with vegetables and/or low-fat or fat-free sour cream or margarine on the side

Source:

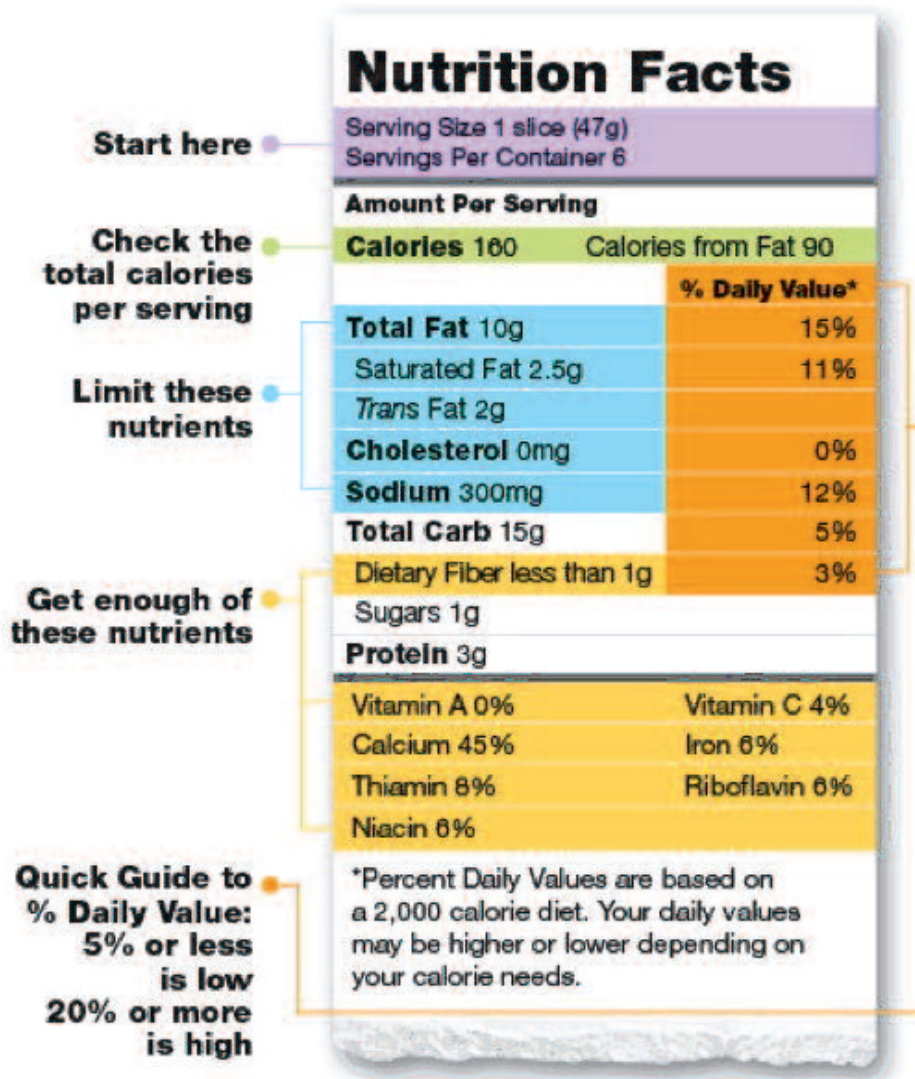
American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Smart-Substitutions_UCM_302052_Article.jsp

THE BEST WAY TO MAKE FOOD CHOICES? READ THE LABEL!

HEALTHY COOKING & EATING TIPS

That small candy bar is actually 250 calories—and half a box of your favorite macaroni and cheese is almost 700 calories. When you read the Nutrition Facts information, you may find lots of surprises—even healthy-looking foods can be high in sodium or sugar. Don't guess! Read the label!



Source:

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Reading-Food-Nutrition-Labels_UCM_300132_Article.jsp

THE VALUE OF THE FAMILY MEAL

HEALTHY COOKING & EATING TIPS

Eating together with your family for about 20 minutes only three to five times a week is all it takes to get these benefits^{1,2,3} from a family meal:

- Fewer behavior problems in young children
- Stronger vocabulary and more academic successes
- Teens are less likely to smoke cigarettes or marijuana, or to abuse alcohol
- Protection against childhood obesity and less chance of parents or teens developing eating disorders
- Eating more fruit and vegetables
- Meals that tend to be lower in calories and fat compared to fast food or restaurant meals



So, how do you make family meals part of your weekly routine?

- **Plan Ahead** – Have a calendar with everyone’s work and activity schedules. Pick at least two days where everyone has time to join a family meal. Even if you eat dinner separately and come back to the table after a soccer practice for snack of fruit with everyone, that counts! Eating breakfast or lunch together over the weekend is another great way to spend time together.
- **Unplug** – Make the family dinner table a cell phone/TV/computer/video-game free zone; adults too! Without these major distractions, it’s easier really focus on each other. The idea is to have an actual conversation with your entire family or group of friends.
- **Break the Ice** – It may seem strange but often families say they not sure what to talk about around the table! If some don’t feel like sharing the details from their day, ask everyone’s favorite memory from last month or start a round of knock-knock jokes. Conversation can be silly and light hearted, especially with kids.

Source:

1 Martin-Biggers, J. et al., (April 2012). *Family meals linked to healthier eating. Presented at American Society for Nutrition’s Scientific Sessions and Annual Meeting, San Diego, CA.*

2 Hammonds, A.J. et al., *Is frequency of shared family meals related to the nutritional health of children and adolescents? Pediatrics.* 2011 Jun;127(6): 1565-74.

3 Eisenberg, M.E. et al., *Family meals and substance use: is there a long-term protective association? J Adolesc Health.* 2008 Aug;43(2): 151-6.

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http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Family-Meals-Benefits-How-Tos_UCM_445152_Article.jsp

Satisfying Snacks That are Smart

HEALTHY COOKING & EATING TIPS

You can snack healthier by substituting snacks that are high in saturated fats and/or trans fats with these sensible snacks:

INSTEAD OF.....	TRY....
Fried tortilla chips	Baked tortilla chips (reduced sodium version)
Regular potato or corn chips	Pretzels or low-fat potato chips (reduced sodium version)
High-fat cookies and crackers	Fat-free or low-fat cookies, crackers (such as graham crackers, rice cakes, fig and other fruit bars, ginger snaps and molasses cookies)
Regular baked goods	Baked goods, such as cookies, cakes and pies, and pie crusts made with unsaturated oil or soft margarines, egg whites or egg substitutes, and fat-free milk
Devil's food cake	Angel food cake
Ice cream bars	Frozen fruit bars
Pudding made with whole milk	Pudding made with fat-free or low-fat milk
Ice cream	Sherbet, ice milk or frozen, fat-free or low-fat yogurt
Doughnut	Bagel or toast

Source:

American Heart Association
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Smart-Substitutions_UCM_302052_Article.jsp

10 HEART-HEALTHY FOODS

HEALTHY COOKING & EATING TIPS

The next time you grocery shop, consider putting these 10 heart-healthy super foods into your cart.

- 1. Leafy Greens** – Kale, spinach, and watercress are tasty dark greens.
- 2. Whole-Wheat Products** – For pasta, breads and crackers, consider making the switch to 100 percent whole wheat, which provides more fiber than white flour and is more filling.
- 3. Extra-Virgin Olive Oil** – A tasty and heart-healthy alternative to butter, this oil is a common, healthy-fat used around the world.
- 4. Tomatoes** – Tomatoes are high in antioxidants.
- 5. Fish** – When you can, choose wild caught fish over farmed or frozen to be sure you are getting the most health benefits.
- 6. Nuts** – Great for snacking and eating on-the-go, salads, and a host of other things; however, stick to one-fourth of a cup, which is about 180 calories.
- 7. Grapes** - This tiny fruit is high in antioxidants and also has phytochemicals, which provide anti-inflammatory effects that help the cardiovascular system.
- 8. Berries** – Berries are rich in fiber and antioxidants.
- 9. Beans** – Canned or dried, beans are high in fiber, fat free, and rich in calcium, iron and protein.
- 10. Quinoa** – This super food is a great source of protein, which is also rich in fiber.



Source:

American Heart Association

<https://www.goredforwomen.org/live-healthy/choosing-heart-healthy-foods-at-the-grocery-store/list-of-heart-healthy-foods/>



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