



THE 2016 HOME DEPOT **HEALTHY LIVING COOKBOOK**

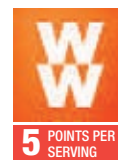
SPECIAL THANKS

Special thanks to The Home Depot associates who participated in the recipe contest.

2015 COOKBOOK WINNERS

Congratulations again to the 2015 Home Depot Healthy Living Cookbook winners!

You'll find these winning recipes and all of the past Home Depot Healthy Living Cookbooks at livetheorangelife.com > Health & Wellness > Healthy Living Resources > Healthy Cooking.



Look for the Weight Watchers Smart Points® in each recipe!



RENA
Store 3642
Stateville, NC

**BROCCOLI
OMELET**



JUNE
Store 3042
Joplin, MO

**GARLIC
MASHED
POTATOES**



IRIS
Store 8437
Seguin, TX



**SPAGHETTI
SUPREME**



MIRIAM
Store 8539
Littleton, NH



**BANANA-
PINEAPPLE
DELIGHT**

The Home Depot 2016 Healthy Living Cookbook was designed to be a fun way to raise awareness about the importance of a healthy diet. The Home Depot does not endorse specific recipes. The nutritional information included with each recipe has been estimated using web-based nutrition calculators—The Home Depot is not responsible for the accuracy of the nutrition information. Also note that the recipe photographs are for illustrative purposes only – they are not photographs of the actual recipe. Please use this cookbook at your discretion.

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COLOR YOUR PLATE: ORANGE

WHY EAT MORE ORANGE?

At The Home Depot, we love orange—especially the alpha- and beta-carotenes in orange foods that:

- Lower risk of heart disease
- Boost your immune system
- Prevent viruses

EASY WAYS TO EAT MORE ORANGE FOODS

- For a snack, cut up some mangoes, papaya and pineapple, mixing them in a bowl for a tropical treat.
- Dice yellow peppers and sprinkle them on top of a homemade pizza.
- Keep baby carrots in your refrigerator for a quick snack.

FRUITS

Apricots
Cantaloupe
Nectarines
Peaches
Yellow apples
Yellow pears
Yellow watermelon

VEGETABLES

Butternut squash
Carrots
Sweet corn
Sweet potatoes
Yellow beets
Yellow peppers
Yellow potatoes

Yellow summer squash
Yellow tomatoes



COPPER PENNY CARROT RELISH

John really knows his carrots: “Burpee and Ferry-Morse seeds sold at Home Depot offer great varieties to satisfy every palate. Here is a delicious way to get more orange in your diet whether you grow them yourself or not.”

Serves: 6

Serving Size: 1 cup

Prep Time: 30 minutes

Inactive: 12 hours

Cook: 15 minutes

TOTAL: 12 hours, 45 minutes

INGREDIENTS:

- 6 cups carrots, sliced
- ½-cup onion, chopped
- ½-cup green pepper, chopped
- 1 can condensed tomato soup
- 2/3-cup white sugar
- ¾-cup distilled vinegar
- ½-cup canola or olive oil
- 1 teaspoon salt
- 1/8-teaspoon pepper
- ½-teaspoon baking soda
- 1 teaspoon worcestershire sauce
- 1 teaspoon yellow mustard

INSTRUCTIONS:

Cut carrots into ¼-inch slices. Steam or cook carrots until desired tenderness (don't overcook). Drain and cool. Add chopped onions and peppers. Mix other ingredients and pour over vegetables. Cover and marinate overnight in refrigerator. Enjoy!

NUTRITIONAL VALUE:

Calories: 318

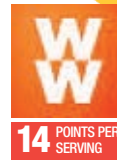
Sodium: 797 mg

Fat: 17 g

Carbohydrates: 41 g

Protein: 1 g

Sugars: 2 g



JOHN

Store 4118
Dickson City, PA

BAKED ACORN SQUASH

Don't let the sweet, smooth taste of acorn squash fool you! This kid-friendly vegetable is rich in vitamins, minerals, fiber and antioxidants.

Serves: 2

Serving Size: ½ squash

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 60 minutes

TOTAL: 1 hour, 20 minutes

INGREDIENTS:

- 1 whole acorn squash
- ½-teaspoon steak seasoning (or preferred seasoning)
- 1 cup brown rice
- 1 cup chicken broth—low sodium
- 1 can black beans-low sodium, rinsed and drained
- ½-bunch spinach, chopped
- 4 ounces mushrooms, chopped
- ½-medium yellow onion, chopped
- ½-tablespoon butter (optional)

INSTRUCTIONS:

Preheat oven to 350 degrees. Cut your squash in half and scoop out the seeds. Place your squash face down in a baking dish in about 1 inch of water. Roast your squash in the oven for 30 minutes at 350 degrees. Then change oven temperature to 375 degrees. Turn over your squash, drain the water from your pan and lightly season the top with seasoning of choice. Roast in the oven for another 30 minutes at 375 degrees.

While squash is baking, mix together 1 cup of brown rice, 1 cup of chicken broth and ½-tablespoon of butter (optional) and bring to a boil. Cover with a lid, turn down to low and let simmer for 30 minutes lightly fluffing rice every 10 minutes. Add more broth if needed after the first 30 minutes, take pot off burner and let stand for 15 minutes continuing to lightly fluff your rice.

While your rice is sitting for 15 minutes, place the vegetables and beans in a skillet on medium to low heat and lightly sear.

To serve, scoop rice and vegetables into center of squash and it is ready to eat!

NUTRITIONAL VALUE:

Calories: 406

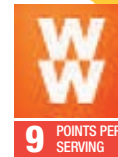
Sodium: 494 mg

Fat: 1 g

Carbohydrates: 84 g

Protein: 19 g

Sugars: 4 g



HANNAH

Store 8562
Bonney Lake, WA

ORANGE

BUTTERNUT PUREE

Butternut squash and red bell peppers are blockbuster sources of vitamins A and C. This creamy smooth puree is a great alternative to mashed potatoes!

Serves: 4

Serving Size: 1 cup

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 60 minutes

TOTAL: 1 hour 20 minutes

INGREDIENTS:

- 1 whole butternut squash
- 1 medium sweet onion, cut into wedges and separated
- 4 tablespoons butter
- 1 medium red bell pepper, sliced
- 2 cups low-fat milk

INSTRUCTIONS:

Preheat the oven to 400 degrees. Peel the outer shell of the squash, cut the squash in half and scoop out the seeds. Cut the squash into cubes. Place the squash, onion and bell peppers on a cookie sheet and put in the oven for 40-60 minutes until the squash is tender. Cool. Once the squash mix is cool, place in a blender and puree. In a medium to large soup pot, heat the milk and butter, and slowly add the squash mix. Stir well and enjoy.

NUTRITIONAL VALUE:

Calories: 231

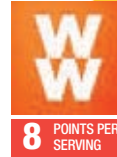
Sodium: 155 mg

Fat: 11 g

Carbohydrates: 27 g

Protein: 6 g

Sugars: 11 g



HEATHER

Store 2209
Overland Park, KS

GRILLED APRICOTS WITH FROZEN YOGURT

At a little over 100 calories, this rich, creamy dessert—with sweet, grilled apricots—will be a healthy hit at your house.

Serves: 4

Serving Size: 2 apricot halves

Prep Time: 15 minutes

Inactive: 20 minutes

Cook: 60 minutes

TOTAL: 1 hour, 35 minutes

INGREDIENTS:

- 4 apricots
- 1 package frozen peaches
- 1 teaspoon ginger
- 1 cup non-fat yogurt
- 2 teaspoons honey
- 1 thyme sprig, leaves removed

INSTRUCTIONS:

Turn your grill on high. Cut each apricot in half and remove pits from apricots. Place apricots on grill face up for 1 minute. Turn the apricots face down and grill for 1 ½ minutes. Place apricots on a plate. Blend the frozen peaches, crystalline ginger and non-fat yogurt in a blender for 1 minute. To serve, spoon peach frozen yogurt over grilled apricots, then top with fresh thyme and drizzle with honey.

NUTRITIONAL VALUE:

Calories: 114

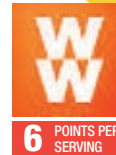
Sodium: 59 mg

Fat: 3 g

Carbohydrates: 18 g

Protein: 4 g

Sugars: 16 g



RACHEL

Store 0662
Stockton, CA

ORANGE

DEBBIE'S BBQ PIZZA

With mozzarella, pepperoni and peppers, you'll forget that this pizza isn't delivery! As Debbie says: "This healthier, yummy pizza is easy to prepare and takes only a few minutes on the grill. I also love to add jalapenos!"

Serves: 1

Serving Size: 1 tortilla

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 5 minutes

TOTAL: 15 minutes

INGREDIENTS:

- 1 high-fiber low-carb tortilla
- ¼-cup homemade-style pizza sauce
- ¼-cup natural finely shredded part skim mozzarella cheese
- 7 slices turkey pepperoni, 70% less fat
- 3 red, orange or yellow mini sweet peppers
- 1 white mushroom, sliced
- 2 tablespoons feta cheese

INSTRUCTIONS:

Preheat grill to 350 degrees. Place tortilla on a cookie sheet, pizza pan or vegetable BBQ tray that is sprayed with cooking spray. Spread pizza sauce to cover the majority of the tortilla. Sprinkle the mozzarella cheese over sauce. Arrange the turkey pepperoni over top, then add your vegetables and finish topping with feta cheese. Place tortilla on the grill and watch until cheese is melted.

NUTRITIONAL VALUE:

Calories: 250

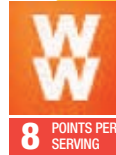
Sodium: 714 mg

Fat: 12 g

Carbohydrates: 21 g

Protein: 19 g

Sugars: 1 g



DEBBIE

Store 6579
Terrell, TX

RED LENTIL SOUP

Packed with protein and iron, Jessica says this “delicious low-calorie soup is so hearty you won't believe it's vegan.”

Serves: 8

Serving Size: 2 cups

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 45 minutes

TOTAL: 1 hour

INGREDIENTS:

- 1 pound dried red lentils
- 1 tablespoon curry powder
- 8 cups low-sodium vegetable stock
- 2 medium white onions, diced
- 2 carrots, peeled and diced into ¼-inch cubes
- 2 stalks celery, cut vertically in half and sliced
- 3 cups diced tomatoes
- 3 cloves garlic, minced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon kosher salt

INSTRUCTIONS:

Heat olive oil in a large pot on cooktop over medium low. Add diced onions, garlic and salt. Sauté until soft and translucent—about 5-7 minutes. Add curry powder. Sauté 1 minute constantly stirring. Add carrot, celery, diced tomatoes with liquid, vegetable stock and red lentils. Stir all ingredients. Bring to boil on medium-high. Stir again and lower heat. Simmer covered for 35 minutes.

NUTRITIONAL VALUE:

Calories: 238

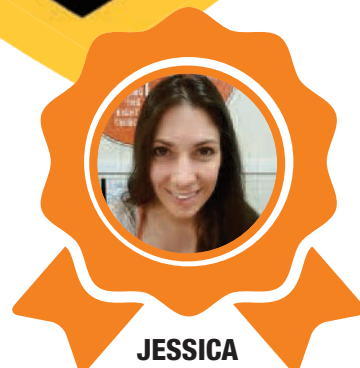
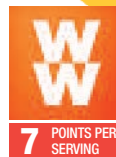
Sodium: 325 mg

Fat: 3 g

Carbohydrates: 33 g

Protein: 15 g

Sugars: 7 g



JESSICA

Store 2676
Leominster, MA

ORANGE

PAN-SEARED SALMON WITH CUCUMBER DILL SAUCE

At under 200 calories, this salmon dish is full of flavor and omega 3s. Omega 3s are an amazing nutrient that can lower cholesterol, reduce high blood pressure, protect you from heart attacks, ease joint pains, fight wrinkles and skin ailments and improve your memory.

Serves: 4

Serving Size: 6 ounces

Prep Time: 20 minutes

Inactive: 30 minutes

Cook: 10 minutes

TOTAL: 1 hour

INGREDIENTS:

- 4 6-ounce skinless salmon filets
- 1 tablespoon paprika
- ¾-teaspoon ground coriander
- ¼-teaspoon finely ground black pepper
- 1 teaspoon kosher salt
- ½-cup plain low-fat Greek yogurt
- 1 tablespoon low-fat mayonnaise
- ¼-cup cucumber, peeled, seeded and finely diced
- 1 teaspoon dried dill weed
- 1 teaspoon freshly squeezed lime juice
- 1/8-teaspoon onion powder
- 1 pinch kosher salt
- 2 tablespoons light olive oil

INSTRUCTIONS:

Make the dill sauce at least 30 minutes ahead of cooking time or up to 1 day prior for the best results. After dicing the cucumber, place it on a clean paper towel and press out the excess moisture. Combine the cucumber, yogurt, mayonnaise, dill, onion powder, lime juice and pinch of salt. Refrigerate until ready to serve.

Preheat oven to 375 degrees. For the salmon, combine the paprika, coriander, pepper and salt and sprinkle on both sides of each salmon portion. Let the salmon sit for 10 minutes. Using a 10-inch non-stick sauté pan with an oven-proof handle, heat the oil on medium high heat until it shimmers. Place the salmon portions presentation side down first in the pan and cook for 3 minutes on each side turning only once. Place the pan in the oven for an additional 3 to 4 minutes. Remove from oven and let rest about 5 minutes. Serve with the cucumber dill sauce and your favorite steamed vegetables and rice.

NUTRITIONAL VALUE:

Calories: 172

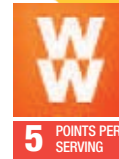
Sodium: 683 mg

Fat: 11 g

Carbohydrates: 8 g

Protein: 10 g

Sugars: 6 g



KAREN

Store 6552
Amarillo, TX

SWEET POTATO TURKEY MASH

With just a couple of changes—using turkey instead of beef and Greek yogurt instead of sour cream—and the addition of a sweet potato, the fast-food taco becomes a low-calorie, healthy meal.

Serves: 4

Serving Size: 2 tortillas

Prep Time: 10 minutes

Inactive: 40 minutes

Cook: 40 minutes

TOTAL: 90 minutes

INGREDIENTS:

- 1 pound lean ground chicken or turkey
- ½-cup water divided
- 4 teaspoons taco seasoning - low sodium
- 1 sweet potato, diced
- 1 medium onion, chopped
- 1 tablespoon extra-virgin olive oil
- ¼-cup plain Greek yogurt 2%
- 1 bunch cilantro, chopped
- 8 whole wheat flour tortillas
- ½-1 teaspoon hot sauce

INSTRUCTIONS:

In a large non-stick pan, cook your meat of choice for 8 to 10 minutes. Remove any drippings. Stir in ¼-cup water and 2 teaspoons of taco seasoning; cook 3 minutes. Remove from skillet; keep warm. Combine sweet potato, onion, remaining ¼-cup water and 2 teaspoons of taco seasoning in the same skillet and bring to a boil. Cover and simmer for 10 minutes stirring once. Remove lid and stir in oil. Continue cooking uncovered for 4 to 6 minutes until the sweet potatoes are tender and beginning to brown, stirring frequently. Return meat mixture to skillet and continue to cook 2 to 4 minutes or until heated through. Meanwhile combine yogurt and hot sauce together in small bowl. To serve, heat tortillas and evenly divide meat mixture into tortillas; garnish with cilantro and yogurt mixture. Enjoy!

NUTRITIONAL VALUE:

Calories: 429

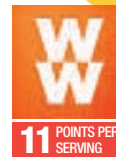
Sodium: 259 mg

Fat: 16 g

Carbohydrates: 29 g

Protein: 40 g

Sugars: 4 g



ANITA

Store 2108
Cedar Rapids, IA

ORANGE

PEACHY COOL PIE

In this recipe, Andrea has slimmed down the no-bake pie with yogurt and sugar-free jello. The result, she says, is a “refreshing and healthy pie that no one ever guesses is almost sugar free.”

Serves: 8

Serving Size: 1/8-pie

Prep Time: 20 minutes

Inactive: 4 hours

Cook: 20 minutes

TOTAL: 4 hours and 40 minutes

INGREDIENTS:

- ½-cup extra-virgin olive oil
- 2 cups graham cracker crumbs (about 30 crackers)
- ¼-cup sugar
- ½-teaspoon ground cinnamon
- 4 ounces sugar-free peach or orange jello
- ¾-cup boiling water
- 6 ounces peach yogurt, fat free, sugar free
- 12-14 ounces canned sliced peaches, in juice, sugar free

INSTRUCTIONS:

Spray an 8- or 9-inch pie plate with cooking spray. Combine graham cracker crumbs, olive oil, sugar and cinnamon (sugar and cinnamon are optional). Pour into pie plate. Using your fingers, gently press into bottom and up sides of pie plate.

Drain peaches, reserving ¾-cup of juice (if needed, add cold water to make ¾-cup). Coarsely chop peaches. Mix jello with the boiling water. Stir until dissolved. Stir in reserved peach juice. Refrigerate for 20 minutes or until slightly thickened. Whisk in yogurt until smooth. Stir in peaches. Pour into crust and refrigerate until firm.

NUTRITIONAL VALUE:

Calories: 258

Sodium: 179 mg

Fat: 17 g

Carbohydrates: 29 g

Protein: 3 g

Sugars: 12 g



ANDREA

Store 6302
Marathon, FL

CURRIED SWEET POTATO SOUP WITH LIME AND CILANTRO

Herbs and spices add lots of flavor with few calories in this Weight Watchers recipe.

Serves: 8

Serving Size: 1 cup

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 35 minutes

TOTAL: 50 minutes

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 4 cups onions, chopped
- 1 teaspoon kosher salt
- 1 tablespoon minced garlic
- 1 tablespoon ginger root, minced
- 2 teaspoons curry powder
- ½-teaspoon garam masala (an Indian spice)
- 6 cups reduced-sodium chicken broth
- 2-½ pounds sweet potatoes, peeled and chopped (about 5 medium)
- 2 teaspoons fresh lime juice, optional
- 8 teaspoons fresh cilantro, chopped

INSTRUCTIONS:

Heat oil in a large nonstick pot over medium heat. Add onion and salt; cook, stirring often, until onion has softened, about 10 minutes. Add garlic, ginger, curry powder and garam masala; stir and cook for 1 minute. Add broth and potatoes; bring to a boil. Reduce heat to medium-low; simmer until potato is soft, about 15 to 20 minutes. Puree soup in pot using an immersion blender (or transfer to a blender and puree in batches). Stir in lime juice (if using) and serve each bowl garnished with cilantro.

NUTRITIONAL VALUE:

Calories: 238

Sodium: 879 mg

Fat: 3 g

Carbohydrates: 46 g

Protein: 7 g

Sugars: 4 g



ORANGE

COLOR YOUR PLATE: RED

WHY EAT MORE RED?

Red foods are packed with powerful antioxidants—such as lycopene and anthocyanins—that help:

- Fight heart disease
- Prevent prostate cancer
- Decrease the risk for stroke
- Protect against age-related diseases such as macular degeneration and Alzheimer's

EASY WAYS TO EAT MORE RED FOODS

- Sprinkle raspberries or strawberries into yogurt for breakfast or a snack.
- Add chopped red bell pepper to your salads.
- Sauté red onion and add to chili or soup.

FRUITS

Cherries
Red apples
Red grapes
Red pears
Raspberries
Strawberries
Watermelon

VEGETABLES

Beets
Radishes
Red peppers
Red onions
Rhubarb
Tomatoes



CLEAN EATING SPAGHETTI

On a low-calorie or low-carbohydrate diet? You don't have to give up your favorite pasta dishes thanks to shirataki noodles, which are extremely low in calories and contain no fat or cholesterol. This is a big-batch recipe because Christie Leigh likes having a stocked up freezer!

Serves: 8

Serving Size: 2 cups

Prep Time: 30 minutes

Inactive: 0 minutes

Cook: 4-8 hours

TOTAL: 4-8 hours, 30 minutes

INGREDIENTS:

- 2 onions, chopped
- 3 teaspoons garlic, minced
- 2 pounds ground turkey
- 56 ounces crushed tomatoes (regular)
- 28 ounces crushed fire-roasted tomatoes
- 6 ounces tomato paste
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon sea salt
- 2 teaspoons oregano
- 2 teaspoons dried basil
- 1 teaspoon onion powder
- 12 ounces frozen spinach
- 2 7-ounce bags shirataki noodles

INSTRUCTIONS:

In large skillet, heat the extra-virgin olive oil on medium-high heat. Add onion and garlic and sauté until translucent. Add ground turkey and cook until no longer pink. Once done, drain fat and then add to a large slow cooker. Add all other ingredients (except noodles) and stir. Cook for 8-9 hours on low or 3-4 hours on high. Once the sauce is done, boil shirataki noodles until desired temperature is reached. Drain the noodles, add to the sauce and enjoy!

NUTRITIONAL VALUE:

Calories: 339

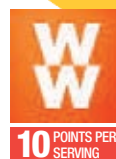
Sodium: 803 mg

Fat: 12 g

Carbohydrates: 28 g

Protein: 29 g

Sugars: 12 g



**CHRISTIE
LEIGH**

Store Support Center
Atlanta, GA

LOW-FAT STRAWBERRY TRIFLE

Need a quick, easy and beautiful desert? This layered trifle delivers big flavor with very low fat. Use strawberries, blueberries, raspberries—whatever's in season!

Serves: 15

Serving Size: 1 cup

Prep Time: 30 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 30 minutes

INGREDIENTS:

- 1 angel food cake (store bought)
- 2 quarts fresh strawberries
- 16 ounces fat-free whipped topping
- 2 boxes fat-free instant vanilla pudding (large size)
- 6 cups fat-free milk

INSTRUCTIONS:

Mix the instant pudding with the milk using the directions on the package. Dice the angel food cake into 1-inch squares. Wash, cap and slice the fresh strawberries—set a few aside for garnish. Let whipped topping come to room temperature.

In a glass trifle dish or other tall clear container, layer half of the cubed angel food cake in the bottom. Then add half of the pudding. Next put a thick layer of strawberry slices followed by a layer of whipped topping. Repeat layers and garnish with strawberries.

NUTRITIONAL VALUE:

Calories: 214

Sodium: 377 mg

Fat: 4 g

Carbohydrates: 35 g

Protein: 6 g

Sugars: 21 g



SUSAN

Store 4609
Roanoke, VA

RED

ZESTY 3 BEAN SALAD

This salad has it all—it's quick, easy, inexpensive and very healthy with fiber-filled beans and vitamin-packed onions and red peppers. Plus, you don't have to go near the stove!

Serves: 8

Serving Size: ½ cup

Prep Time: 30 minutes

Inactive: 1 hour

Cook: 0 minutes

TOTAL: 1 hour and 30 minutes

INGREDIENTS:

- 1 can black beans, drained and rinsed
- 1 can red kidney beans, drained and rinsed
- 1 can chickpeas, drained and rinsed
- 1 red onion, diced
- 5 cloves garlic, chopped
- 7 tablespoons cilantro, chopped
- 2 limes
- 3 tablespoons pickled jalapeno, chopped
- Sea salt
- Cracked black pepper
- 1 cup roasted red pepper, chopped

INSTRUCTIONS:

Place all of the beans, red onion, garlic and cilantro in a bowl. Juice the two limes over the mixture. Sprinkle with salt and pepper, add the roasted red pepper and mix. Chill for an hour to allow ingredients to marinate.

NUTRITIONAL VALUE:

Calories: 145

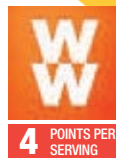
Sodium: 565 mg

Fat: 4 g

Carbohydrates: 29 g

Protein: 8 g

Sugars: 3 g



JACQUIE

Store 6233
Middletown, CT

ZIPPY RADISH SALAD

Home gardeners love radishes for their quick growing time (usually taking only 30-45 days from seed to radish). You'll love radishes because they are high in fiber, low in calories and low on the glycemic index, making them a great part of any weight-loss diet.

Serves: 2

Serving Size: 1 cup

Prep Time: 20 minutes

Inactive: 2 hours

Cook: 0 minutes

TOTAL: 2 hours and 20 minutes

INGREDIENTS:

- 2 cups radishes, thinly sliced
- ½-cup Swiss cheese, cubed
- 2 green onions, thinly sliced
- 1 garlic clove, minced
- 1 tablespoon tarragon vinegar
- ½-teaspoon dijon mustard
- ¼-teaspoon salt
- 1/8-teaspoon pepper
- 3 tablespoons olive oil

INSTRUCTIONS:

In a bowl combine radishes, cheese and onions. In another small bowl make the dressing by combining garlic, vinegar, mustard, salt and pepper; whisk in oil until smooth. Pour the dressing over radish mixture; toss to coat. Chill for 2 hours.

NUTRITIONAL VALUE:

Calories: 311

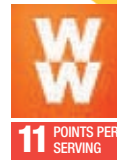
Sodium: 328 mg

Fat: 28 g

Carbohydrates: 9 g

Protein: 8 g

Sugars: 3 g



JENNIFER

Store 2755
Petoskey, MI

RED

CUCUMBER WATERMELON SALSA

Lycopene is a powerful antioxidant that helps fight heart disease and several types of cancer, and watermelon has the highest concentrations of lycopene of any fresh fruit or vegetable. Judith says this salsa is great on hot summer days on all types of food.

Serves: 5

Serving Size: 1 cup

Prep Time: 30 minutes

Inactive: 30 minutes

Cook: 0 minutes

TOTAL: 1 hour

INGREDIENTS:

- 1 cup cilantro, chopped
- ¼-teaspoon ground cumin
- 1 teaspoon Tajin Classic seasoning
- ½-teaspoon ground black pepper
- ¾-teaspoon chili powder (to taste)
- ½-cup green onion ends, chopped
- 1 cup onion, chopped
- 2 cloves garlic, chopped
- 1 lime (squeezed to taste)
- 2 cups tomatillos, chopped
- 5 tomatoes, chopped
- 2 cups watermelon, chopped
- 2 cups cucumbers, chopped

INSTRUCTIONS:

Mix all spices together in a mixing bowl. Add green onion ends, onions and garlic and mix. Squeeze lime over the mixture. Add the rest of the remaining ingredients to the same mixing bowl. Mix everything together, then chill until ready to use.

NUTRITIONAL VALUE:

Calories: 66

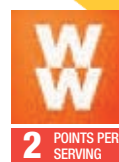
Sodium: 98 mg

Fat: 1 g

Carbohydrates: 13 g

Protein: 2 g

Sugars: 4 g



JUDITH

Store 6963
Huntington Beach, CA

HEALTHY STRAWBERRY BREAD

In this healthier version of strawberry bread, Diana uses unsweetened applesauce to cut the sugar in half and add enough moisture so that the amount of oil can be reduced. This recipe makes two loaves, and the strawberry bread freezes well.

Serves: 24

Serving Size: 1 slice

Prep Time: 20 minutes

Inactive: 20 minutes

Cook: 1 hour

TOTAL: 1 hour, 40 minutes

INGREDIENTS:

- 3 cups all-purpose flour
- 1 cup sugar
- ½-cup applesauce, unsweetened
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 4 eggs
- ¾-cup vegetable oil
- 2 cups fresh strawberries, chopped

INSTRUCTIONS:

Preheat oven to 350 degrees. Combine the flour, sugar, baking soda, salt and cinnamon in a large bowl. Combine remaining ingredients in a medium bowl. Add these ingredients to the dry ingredients. Stir until well combined. Divide the mixture into 2 greased 9x5x3-inch loaf pans. Bake for 1 hour. Remove from oven and cool about 10 minutes. Remove from the pans and cool on a wire rack. Yields 2 loaves.

NUTRITIONAL VALUE:

Calories: 165

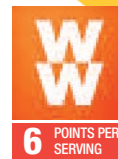
Sodium: 160 mg

Fat: 8 g

Carbohydrates: 21 g

Protein: 2 g

Sugars: 9 g



DIANA

Store 4631
Richmond, VA

RED

HEALTHY SPICY BREAKFAST SCRAMBLE

You'll be full of energy when you start your day with this protein-packed breakfast that's high in fiber to keep you on the move until lunch!

Serves: 1

Serving Size: 1 ½ cups

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 40 minutes

INGREDIENTS:

- 2 eggs, lightly beaten
- ½-cup red, yellow or orange pepper, diced
- 1 tomato, diced
- 1 cup spinach, chopped
- 1 onion, diced
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 2 teaspoons coconut oil
- ½-teaspoon garlic, minced
- 1 pinch pepper
- ¼-teaspoon sea salt

INSTRUCTIONS:

Sauté diced onion and pepper in coconut oil until soft. Add diced tomato and eggs and cook until eggs are set. Add seasonings and spinach and toss until spinach is cooked.

NUTRITIONAL VALUE:

Calories: 329

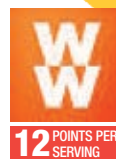
Sodium: 710 mg

Fat: 20 g

Carbohydrates: 25 g

Protein: 16 g

Sugars: 9 g



PAM

Store 2759
Gaylord, MI

RUNNER'S STEW

This fiber-filled stew features red bell peppers which contain plenty of vitamin C to power up your immune system and keep your skin youthful. Plus, the beta-carotene in red bell peppers provides antioxidant and anti-inflammatory benefits.

Serves: 8

Serving Size: 1 cup

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 30 minutes

TOTAL: 50 minutes

INGREDIENTS:

- 1 tablespoon olive oil
- 4 ounces ham, cubed
- 2 onions, chopped
- 2 red bell peppers, chopped
- 1 tablespoon garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 2 cups brown rice, cooked
- 1 can red beans
- 1 can pinto beans
- 1 can corn
- Salt and pepper to taste

INSTRUCTIONS:

Cook onions, red bell peppers and garlic in olive oil in large skillet. Once soft, add cubed ham and continue to cook for 5 minutes. Add rosemary and salt and pepper to taste. Add rice, beans and corn (I don't drain the beans because the rice absorbs a lot). Cook until heated through and serve in bowls! I like my stew spicy and kick it up a notch with a few teaspoons of cayenne pepper!

NUTRITIONAL VALUE:

Calories: 532

Sodium: 1 mg

Fat: 7 g

Carbohydrates: 88 g

Protein: 23 g

Sugars: 18 g



KAREN

Store 1264
Victor, NY

RED

SWEET ITALIAN SAUSAGE AND SPINACH SOUP

The combination of the antioxidant-rich sun-dried tomatoes (sun-dried contain 20 percent more lycopene than fresh tomatoes) and the nutritional powerhouse spinach makes this soup a winner! Note that freezing spinach diminishes its health benefits—it's best to buy it fresh.

Serves: 4

Serving Size: 2 cups

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 30 minutes

TOTAL: 50 minutes

INGREDIENTS:

- 1 teaspoon olive oil or coconut oil
- 1 pound sweet Italian turkey sausage, casings removed
- 3 cloves garlic, minced
- 3 cups low-sodium chicken broth
- ½-cup oil-packed sun-dried tomatoes, rinsed and chopped fine
- 6-8 cups fresh baby spinach
- ½-cup parmesan cheese
- 2-3 zucchinis, sliced into noodle-like strips

INSTRUCTIONS:

Using a spiral vegetable slicer, “spiralize” the zucchini into spaghetti like noodles and roughly chop for shorter noodles. If you don't have a spiral vegetable slicer, cut the whole zucchini into thin, noodle-like strips. You want about 4 cups of loosely-packed zucchini.

Heat oil in a non-stick skillet over medium heat. Remove casings from sausage and brown, breaking it up with a spoon; cook until lightly browned. Stir in garlic and cook 1 minute more. Stir in broth. Add sun-dried tomatoes to soup. Add zucchini to soup and cook for 3-5 minutes, till tender. Stir in spinach a handful at a time and cook until wilted. Remove from heat and ladle into bowls. Grate fresh parmesan on top of each serving (optional).

NUTRITIONAL VALUE:

Calories: 530

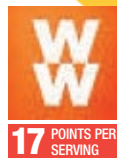
Sodium: 1212 mg

Fat: 40 g

Carbohydrates: 8 g

Protein: 35 g

Sugars: 2 g



SANDRA

Store 8552
Warrenton, VA

TOMATOES STUFFED WITH ITALIAN CHICKEN SALAD

A healthy portable meal in an edible bowl!

Serves: 6

Serving Size: 1 tomato

Prep Time: 25 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 25 minutes

INGREDIENTS:

- 6 large tomatoes
- ½-cup red bell pepper, minced
- ½-cup celery, finely chopped
- ½-cup onion, finely chopped
- 1 cup fat-free cheddar cheese, finely shredded
- 2 cups cooked chicken, chopped
- 1 teaspoon garlic powder
- ½-teaspoon dried oregano
- ½-teaspoon dried basil
- ¾-cup fat-free Italian dressing

INSTRUCTIONS:

Cut ½-inch off top of each tomato. Scoop out pulp from tomatoes and chop. Turn tomatoes upside down on paper towels to drain. In a medium bowl, combine chicken, chopped tomato, bell pepper, celery, onion and cheese. In a small bowl, whisk Italian dressing with garlic powder, basil and oregano. Pour over chicken, tossing gently to coat. Spoon chicken salad evenly into tomatoes. Refrigerate or serve immediately.

NUTRITIONAL VALUE:

Calories: 143

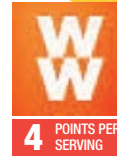
Sodium: 497 mg

Fat: 2 g

Carbohydrates: 11 g

Protein: 18 g

Sugars: 7 g



ANDREA

Store 6302
Marathon, FL

RED

COLOR YOUR PLATE: GREEN

WHY EAT MORE GREEN?

Green foods give you essential phytochemicals and antioxidants that:

- Prevent macular degeneration
- Boost your immune system
- Fight viruses
- Regulate blood sugar levels

EASY WAYS TO EAT MORE GREEN FOODS

- Add a box of frozen chopped broccoli when cooking the macaroni from a box of macaroni and cheese or other boxed rice/pasta side dishes.
- Put a couple of thin slices of avocado on a turkey sandwich.
- Freeze grapes for a cool, sweet treat.

FRUITS

Green apples
Green grapes
Green pears
Honeydew

VEGETABLES

Asparagus
Broccoli
Brussels sprouts
Chinese cabbage
Cucumbers
Green beans
Green cabbage

Green onions
Green peppers
Leafy greens
Lettuce
Peas
Snow peas
Sugar snap peas
Zucchini



GREEN GARLIC SUMMER KALE SLAW

Red kale and jicama lend a sweet taste to the green cabbage in this tangy and crunchy slaw. Apple cider vinegar combined with yogurt and garlic give it a zing, making this great for barbeques and summer dinners.

Serves: 6

Serving Size: ½ cup

Prep Time: 30 minutes

Inactive: 10 minutes

Cook: 0 minutes

TOTAL: 40 minutes

INGREDIENTS:

- 6 stalks red kale, de-ribbed and cut into ¼ x 1-inch slices
- 2 cups green cabbage, cut into ¼ x 1-inch slices
- 1 pound jicama, peeled and cut into 1-inch matchstick pieces
- 3 cloves garlic, chopped
- 1 cup parsley, chopped
- 20 ounces plain 2% Greek yogurt
- 1 cup apple cider vinegar
- 1 tablespoon lemon juice
- 1 pinch sea salt
- 1 pinch ground pepper

INSTRUCTIONS:

Mix the kale, cabbage and jicama in a large bowl and set aside. To make the dressing, blend the garlic and the parsley in a food processor. Slowly add the vinegar, lemon juice and yogurt. Puree until the dressing is a bright green in color. Add salt and pepper to taste. Combine the green dressing to the slaw mix. Let stand for 10 minutes for the flavors to combine. Refrigerate any leftovers for up to a week.

NUTRITIONAL VALUE:

Calories: 132

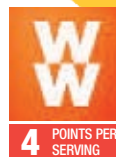
Sodium: 56 mg

Fat: 2 g

Carbohydrates: 14 g

Protein: 11 g

Sugars: 6 g



RUTHIE

Store 0220
Lake Park, FL

HEALTHY-PENO POPPERS

A healthy, baked alternative to traditional fried poppers. Jalapeno peppers are a thermogenic food that actually burns away calories and fat, giving you that leaner, healthier figure!

Serves: 6

Serving Size: 2 poppers

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 30 minutes

INGREDIENTS:

- 6 jalapeno peppers, sliced in half and seeds removed
- 4 wedges Laughing Cow cheese, each wedge cut into 3 sections
- ½-cup panko bread crumbs
- ¼-cup shredded parmesan

INSTRUCTIONS:

Preheat oven to 400 degrees. Cut each cheese wedge into 3 sections. Stuff jalapenos with cheese. Mix panko and parmesan together in a bowl. Press the tops of the jalapenos into mix and place on foiled cookie sheet. Place in oven and bake for 15-20 minutes until brown and bubbly.

NUTRITIONAL VALUE:

Calories: 59

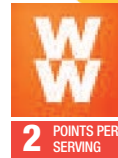
Sodium: 190 mg

Fat: 1 g

Carbohydrates: 8 g

Protein: 2 g

Sugars: 2 g



CINDY

Store 0263
Altamonte Springs, FL

GREEN

VEGAN KEY LIME PIE

Dessert can be healthy too! This key lime pie is packed with good fats and vitamins from the dates, walnuts, limes and, most importantly, the avocados.

Serves: 5

Serving Size: 1/5 pie

Prep Time: 10 minutes

Inactive: 1 hour

Cook: 0 minutes

TOTAL: 70 minutes

INGREDIENTS:

- 2 cups walnuts
- 8 medjool dates
- 4 Hass avocados, pitted
- 2 tablespoons tapioca flour
- ¾-cup lime juice (about 2 limes)
- 4 tablespoons sugar
- 2 tablespoons lime zest

INSTRUCTIONS:

For the crust, in a food processor, blend the walnuts and dates until fine. Pat the walnut/date mixture in pie tin. For the filling, in a food processor blend the avocados, tapioca flour, lime juice and sugar until smooth. Pour into pie crust and top with lemon zest. Place pie in freezer for 1 hour; then enjoy!

NUTRITIONAL VALUE:

Calories: 622

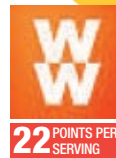
Sodium: 12 mg

Fat: 49 g

Carbohydrates: 44 g

Protein: 15 g

Sugars: 20 g



JUSTINE

Store 4607
Manassas, VA

ZUCCHINI BAKE

Zucchini is the best weight-loss food around. One cup of sliced zucchini has about 19 calories—that's 40 to 50 percent lower than other low-calorie green vegetables like broccoli and brussels sprouts.

Serves: 4

Serving Size: 4 zucchini slices

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 35 minutes

INGREDIENTS:

- ½-cup grated parmesan cheese
- 2 tablespoons grated lemon peel
- ½-teaspoon dried oregano
- ½-teaspoon sea salt
- ½-teaspoon ground black pepper
- 2 garlic cloves, finely chopped
- 4 large zucchini, quartered lengthwise
- 1 tablespoon olive oil
- Lemon wedges

INSTRUCTIONS:

Preheat oven to 350 degrees. Combine cheese, lemon peel, thyme, oregano, salt, pepper and garlic in a small bowl; mix well. Set aside. Place zucchini skin side down in large baking dish. Brush with oil, covering all of the zucchini. Sprinkle evenly with cheese mixture. Bake for 15 to 20 minutes, or until tender. Serve with lemon wedges.

NUTRITIONAL VALUE:

Calories: 349

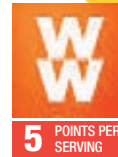
Sodium: 449 mg

Fat: 8 g

Carbohydrates: 9 g

Protein: 9 g

Sugars: 3 g



DAVID

Store 1043
Vacaville, CA

GREEN

EDAMAME SALAD

A fancy name for boiled green soybeans, edamame is a star legume! Just one-half cup provides you the same amount of fiber you'll find in 4 slices of whole-wheat bread or 4 cups of steamed zucchini.

Serves: 4

Serving Size: 12 ounces

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 20 minutes

INGREDIENTS:

- 4 cups shelled edamame
- 2 cups sliced Napa cabbage
- 2 cups shredded carrots
- 2 cups thinly sliced red bell pepper
- 1 medium avocado, pitted and chopped
- 1 cup chopped cilantro
- ¼-cup black sesame seeds
- 4 tablespoons Asian vinaigrette

INSTRUCTIONS:

Evenly divide edamame, cabbage, carrots and bell pepper between 4 serving plates. Top evenly with avocado, cilantro and sesame seeds. Drizzle each salad with 1 tablespoon of Asian vinaigrette.

NUTRITIONAL VALUE:

Calories: 447

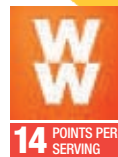
Sodium: 83 mg

Fat: 30 g

Carbohydrates: 29 g

Protein: 19 g

Sugars: 8 g



JOHN

Store 1043
Vacaville, CA

AVOCADO SALAD

Avocados are one of the healthiest foods on the planet containing more than 25 essential nutrients, including vitamins A, B, C, E and K, copper, iron, phosphorus, magnesium and potassium.

Serves: 5

Serving Size: 1 cup

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 20 minutes

INGREDIENTS:

- 3 avocados, pitted and cut into bite-size pieces
- 4 green onions, cut into bite-size pieces
- 3-4 tomatoes, cut into bite-size pieces
- 1 cucumber, cut into bite-size pieces
- 1 can olives
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 dash salt
- 1 dash pepper

INSTRUCTIONS:

Place the avocado, green onion, tomato, cucumber and olives in a large salad bowl. Toss in olive oil, balsamic vinegar, salt and pepper until it is well mixed. Add other ingredients to make it your own if you like and serve with any meal.

NUTRITIONAL VALUE:

Calories: 210

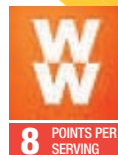
Sodium: 186 mg

Fat: 22 g

Carbohydrates: 12 g

Protein: 2 g

Sugars: 3 g



AMANDA

Store 4726
Marysville WA

GREEN

ZUCCHINI NOODLES WITH SHRIMP

In this quick and easy dinner, zucchini is used instead of noodles. So-called “zoodles” are a great high-fiber, low-calorie pasta alternative. And they’re easy to make by hand or with the help of a mandolin or spiral slicer.

Serves: 2

Serving Size: 3 cups

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 10 minutes

TOTAL: 30 minutes

INGREDIENTS:

- 2 tablespoons extra-virgin olive oil
- ½-pound shrimp, shelled and deveined
- 5 zucchinis
- 1 teaspoon creole seasoning

INSTRUCTIONS:

Cut off both ends of zucchini first and then slice lengthwise to make “noodles” (I use a zucchini noodle cutter, but it’s easy to slice zucchini without one). In a skillet, heat the olive oil. After it is hot, add raw shrimp and season with creole seasoning. Cook until shrimp is pink, about 3-4 minutes. Then add zucchini and cook for about 5 minutes stirring occasionally until noodles are soft. Drain excess water from zucchini and serve.

NUTRITIONAL VALUE:

Calories: 353

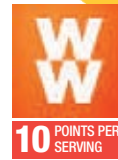
Sodium: 868 mg

Fat: 16 g

Carbohydrates: 18 g

Protein: 31 g

Sugars: 8 g



CINDY

Store 0660
Encinitas, CA

GREEN BREAKFAST SMOOTHIE

Spinach, a super food loaded with tons of nutrients in a low-calorie package, is important for skin, hair and bone health, and provides protein, iron, vitamins and minerals. You can drink part of this smoothie for breakfast and have plenty left over for snacking throughout the day.

Serves: 1

Serving Size: 32 ounces

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 15 minutes

INGREDIENTS:

- 3 cups spinach
- 1 banana, frozen
- 1 cup pineapple, chopped
- 1 cup pear, chopped
- 1 ½ cups almond milk

INSTRUCTIONS:

Blend milk and spinach first. Then add other ingredients and blend until frothy.

NUTRITIONAL VALUE:

Calories: 318

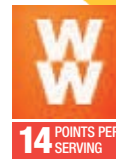
Sodium: 274 mg

Fat: 2 g

Carbohydrates: 75 g

Protein: 6 g

Sugars: 44 g



MATT

Store Support Center
Atlanta, GA

GREEN

CHICKEN, KALE, QUINOA - SOUPALICIOUS

Kale is trendy for a reason! All greens are nutritious, but kale stands way above the rest. It has more iron than beef per calorie. Plus, kale is very high in vitamin K, full of powerful antioxidants and much more.

Serves: 6

Serving Size: ½-cup

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 60 minutes

TOTAL: 1 hour and 20 minutes

INGREDIENTS:

- 4 slices low-sodium bacon
- 1 ½ cups yellow onion, chopped
- ½-cup mushrooms, chopped
- 4 cloves garlic, minced
- 1 pound boneless, skinless chicken breast, cut into bite-size chunks
- 8 cups low-sodium chicken stock
- 2/3-cup uncooked quinoa
- 6 cups kale, chopped
- ½-tablespoon red chili flakes
- Salt and pepper to taste

INSTRUCTIONS:

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan, reserving drippings. Crumble bacon; set aside. Increase heat to medium-high. Add onion and mushroom to drippings in pan; sauté for 5 minutes, stirring occasionally. Add garlic and sauté for 2 minutes. Remove mixture from pan.

Add chicken to pan and sauté for 6 minutes or until chicken is browned and done. Stir in onion mixture, chicken stock, red chili flakes and season to taste with salt and pepper; bring to a boil.

Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain—repeat this procedure twice. Drain well. Add quinoa to pan; cover and simmer 15 minutes. Add kale and simmer uncovered for 5 minutes or until kale is tender. Ladle soup into bowls; sprinkle with bacon.

NUTRITIONAL VALUE:

Calories: 307

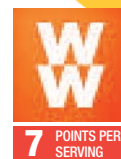
Sodium: 411 mg

Fat: 12 g

Carbohydrates: 20 g

Protein: 37 g

Sugars: 1 g



JOSH

Store 0636
Roseville, CA

THAI BASIL CHICKEN WITH BROWN RICE

Basil leaves add incredible flavor to any dish and contain several healthy essential oils that have anti-inflammatory and anti-bacterial properties. Tashawn suggests serving this dish with a side salad instead of brown rice to lower the calorie count even more.

Serves: 5

Serving Size: 6 ounces

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 35 minutes

INGREDIENTS:

- 2 pounds boneless, skinless chicken breast, sliced into small strips
- 2 tablespoons oyster sauce
- 2 tablespoons light soy sauce (or liquid aminos)
- 5 cloves garlic, minced
- 1 serrano chili, seeded and minced
- 1 tablespoon coconut oil
- 3 cups fresh basil leaves (preferably Thai basil)
- 1 cup cooked brown jasmine rice

INSTRUCTIONS:

In a bowl, mix the oyster sauce and soy sauce. Next, add the chicken and let it marinate covered in the mixture for about 10 minutes. Heat a large nonstick skillet or wok over medium-high heat. When hot, add the coconut oil, garlic, and chili and cook until fragrant—about 30 seconds. Increase the heat to high and add the chicken, stirring until cooked, about 5 minutes. Add the basil and cook until wilted, about 1 minute. Serve over rice.

NUTRITIONAL VALUE:

Calories: 389

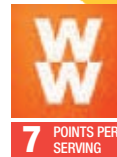
Sodium: 522 mg

Fat: 10 g

Carbohydrates: 31 g

Protein: 62 g

Sugars: 1 g



TASHAWN

Store 9100
Atlanta, GA

GREEN



COLOR YOUR PLATE: WHITE

WHY EAT MORE WHITE?

White foods are full of the flavonoid quercetin, which works to:

- Reduce the risk of stomach, colon, and rectal cancer
- Lower blood pressure
- Lower cholesterol

EASY WAYS TO EAT MORE WHITE FOODS

- Sprinkle chopped onion on salads and soups.
- Roast whole, unpeeled garlic until soft and squeeze on bread or into soups.
- Roast cauliflower for a side dish.

FRUITS

Brown pears
White nectarines
White peaches

VEGETABLES

Cauliflower
Garlic
Kohlrabi
Onions
Potatoes (white fleshed)
White corn



STUFFED BELL PEPPERS

With shallots, red onion, garlic and cilantro, these stuffed peppers are full of flavor. The beans and corn make them full of fiber too! Your family and friends will love this healthy, colorful meal!

Serves: 10

Serving Size: ½ bell pepper

Prep Time: 30 minutes

Inactive: 0 minutes

Cook: 1 hour, 30 minutes

TOTAL: 2 hours

INGREDIENTS:

- 2 pounds lean ground turkey
- 5 bell peppers, halved
- 1 shallot, chopped
- ½ red onion, chopped
- 1 bunch cilantro, chopped
- 2 cloves garlic, minced
- 1 cup low sodium vegetable broth
- 1 cup corn
- 1 can great white northern beans, drained and rinsed
- ½-cup low-fat cheddar cheese

INSTRUCTIONS:

Preheat oven to 350 degrees. Brown the ground turkey with chopped shallot and red onion. Add garlic, corn, beans and cilantro. Add vegetable broth and simmer for 15 minutes. Cut bell peppers in half, lay flat in dish and pour turkey mixture over bell peppers. Top with cheese and a few red onions. Cover with foil, and bake for one hour. Enjoy!

NUTRITIONAL VALUE:

Calories: 334

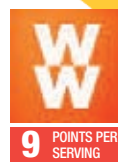
Sodium: 191 mg

Fat: 9 g

Carbohydrates: 33 g

Protein: 30 g

Sugars: 4 g



JAMES

Store 0647
Westminster, CA

GARBANZO BEANS EXTRAORDINAIRE

Smoked paprika adds zing to this quick and easy salad that be made ahead and served hot or cold.

Serves: 3

Serving Size: 6 ounces

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 10 minutes

TOTAL: 20 minutes

INGREDIENTS:

- 1 can garbanzo beans, drained
- 1-2 stalks leek/green onion, chopped
- 1 tablespoon olive oil
- 4-6 tablespoons smoked paprika
- 6-7 dashes hot sauce
- 1 clove garlic, chopped
- 1-2 drops piri piri sauce

INSTRUCTIONS:

In an 8- or 10-inch skillet, heat olive oil and sauté chopped leeks or green onion (sometimes I use both, but up to your personal taste) just till they are translucent. Add drained garbanzo beans and sauté till all is mixed. Add chopped garlic, hot sauce and piri piri sauce; stir for 1 minute. Add the smoked paprika and cook for 1-2 more minutes till the garlic is cooked to your liking. This can be made ahead and can be served hot or cold. Also can easily be doubled and freezes well.

NUTRITIONAL VALUE:

Calories: 594

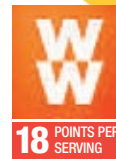
Sodium: 71 mg

Fat: 15 g

Carbohydrates: 93 g

Protein: 30 g

Sugars: 16 g



ELISABETH

Store 4724
Tumwater, WA

WHITE

CAULIFLOWER WITH TOMATO-CURRY SAUCE

In this Weight Watchers recipe, ginger and curry powder turn fiber-filled cauliflower into an Indian-spiced, low-calorie side dish.

Serves: 4

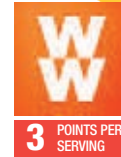
Serving Size: 4 ounces

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 35 minutes



INGREDIENTS:

- 1 teaspoon olive oil
- 1 onion, finely chopped
- 2 teaspoons grated peeled gingerroot
- 2 teaspoons curry powder
- ½ teaspoon ground cumin
- 1 cup tomato puree
- 1 pound cauliflower florets, cut into bite-size pieces and steamed
- 1 tablespoon chopped parsley

INSTRUCTIONS:

In a large nonstick skillet, heat the oil. Sauté the onion and gingerroot until the onion is translucent, 4-5 minutes. Stir in the curry powder and cumin; cook 1 minute. Stir in the tomato puree and ½ cup water. Reduce heat and simmer, covered, stirring occasionally, 15 minutes. Remove from heat; cool slightly. Transfer to a blender or food processor; puree. Place the cauliflower in serving bowl; top with the sauce and sprinkle with parsley.

NUTRITIONAL VALUE:

Calories: 73

Sodium: 26 mg

Fat: 2 g

Carbohydrates: 14 g

Protein: 3 g

Sugars: 7 g

KIMI'S CURE-ALL SOUP

Kimberly writes: "I created this recipe a few years back when my husband was ill. I knew he needed a big dose of vitamins and minerals, and this soup really did the trick. It keeps us healthy throughout our long Vermont winters."

Serves: 6

Serving Size: 2 cups

Prep Time: 1 hour

Inactive: 0 minutes

Cook: 1 hour

TOTAL: 2 hours

INGREDIENTS:

- 2-3 tablespoons extra-virgin olive oil
- 6 cloves fresh garlic, minced
- 2-3 cups leeks, chopped
- 1 cup petite-diced tomatoes
- 20 ounces 93-95% lean ground turkey
- 1 tablespoon ground fennel seed
- 3 tablespoons paprika
- 2-3 cups kale, chopped
- 1 cup parsnips, chopped
- 1 cup carrots, chopped
- 32 ounces 100% fat-free, reduced-sodium beef broth
- 1 tablespoon reduced-sodium Better than Bouillon Beef Base
- 1 can cannellini beans, rinsed and drained
- 6 teaspoons shredded parmesan cheese (optional)

INSTRUCTIONS:

In a large sauce pan, heat olive oil and sauté garlic and leeks for about 10 minutes or until leeks start to become clear. Stir in tomatoes. Add half of the broth, turkey and spices. Bring to a boil while loosely breaking up meat. Let cook for another 5 minutes. Add all remaining ingredients except beans and cheese. Bring to a boil and let cook for about 15 minutes. Add beans and simmer for 5 minutes. Serve with a sprinkle of shredded parmesan cheese (optional).

NUTRITIONAL VALUE:

Calories: 367

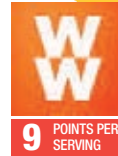
Sodium: 864 mg

Fat: 18 g

Carbohydrates: 23 g

Protein: 33 g

Sugars: 5 g



KIM

Store 4502
Rutland, VT

WHITE

APPLE CINNAMON OVERNIGHT OATS

This overnight oatmeal will make it quick and easy to have a hearty, healthy breakfast!

Serves: 2

Serving Size: 9 ounces

Prep Time: 10 minutes

Inactive: 8 hours

Cook: 0 minutes

TOTAL: 8 hours and 10 minutes

INGREDIENTS:

- 1 cup rolled oats
- 1 cup almond milk
- 1 tablespoon chia seeds
- 1 small apple
- 1½ tablespoons maple syrup
- 1 teaspoon ground cinnamon
- ½-teaspoon vanilla extract
- 1 pinch sea salt

INSTRUCTIONS:

Combine all ingredients in a mason jar and mix well; cover and place in fridge overnight. In the morning, stir and enjoy. You can eat your oats hot or cold. They will keep for 2 or 3 days.

NUTRITIONAL VALUE:

Calories: 245

Sodium: 81 mg

Fat: 6 g

Carbohydrates: 40 g

Protein: 8 g

Sugars: 14 g



FREDDIE

DFC 3938
Mexico, MO

CHICKEN FAJITA BAKE

For Mexican night at home, make this wonderful dinner that the whole family will love. These fajitas are low in fat and calories and high in flavor.

Serves: 4

Serving Size: 6 ounces

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 45 minutes

TOTAL: 1 hour

INGREDIENTS:

- 4 boneless, skinless chicken breasts (about 6 ounces each)
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 red onion, sliced
- 1 tablespoon taco seasoning, or to taste
- 1 tablespoon olive oil

INSTRUCTIONS:

Preheat oven to 375 degrees. Place the chicken breasts in a shallow baking dish and sprinkle with taco seasoning. Top the chicken with the peppers and onions and drizzle olive oil on the veggies. Bake in the oven for about 45 minutes until the chicken is cooked all the way through.

NUTRITIONAL VALUE:

Calories: 294

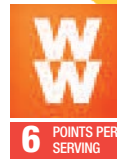
Sodium: 168 mg

Fat: 16 g

Carbohydrates: 8 g

Protein: 50 g

Sugars: 5 g



ADINA

Store 2114
Sioux City, IA

WHITE

MIRACLE DIP

Look no further for a healthy and delicious alternative to any dipping sauce—it tastes amazing on *EVERYTHING*, from veggies to pizza and more! And every ingredient is jam packed with nutrition your body needs!

Serves: 1

Serving Size: ½ cup

Prep Time: 10 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 10 minutes

INGREDIENTS:

- ½-cup 0%-fat plain Greek yogurt
- ½-tablespoon olive oil
- 1 tablespoon balsamic vinegar
- ½-teaspoon sriracha sauce
- 1 pinch garlic powder

INSTRUCTIONS:

Mix all of the ingredients together in a bowl. If you're not a big fan of spice, leave out or reduce the amount of sriracha sauce.

NUTRITIONAL VALUE:

Calories: 152

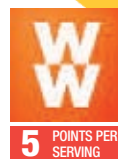
Sodium: 74 mg

Fat: 9 g

Carbohydrates: 5 g

Protein: 11 g

Sugars: 5 g



Store 1821
Aliso Viejo, CA

CRUSTLESS MINI QUICHES

A healthy appetizer is hard to find. That's why these mini quiches are a welcome addition to your recipe files. With broccoli and corn, these cheesy bites are a nutritious and tasty opener to any meal!

Serves: 6

Serving Size: 2 mini quiches

Prep Time: 15 minutes

Inactive: 2 minutes

Cook: 20 minutes

TOTAL: 37 minutes

INGREDIENTS:

- 6 saltine crackers, crushed into crumbs
- 2 tablespoons parmesan cheese
- 2 cups fresh or frozen broccoli
- ½-cup corn
- ¾-cup reduced-fat cheddar cheese
- 1 carton Egg Beaters

INSTRUCTIONS:

Preheat oven to 350 degrees. Generously spray 12 regular muffin cups with cooking spray. Mix together cracker crumbs and parmesan cheese in small bowl; set aside. Place broccoli in microwave-safe bowl with 1 tablespoon water; cover and microwave on high for 2 minutes and drain well. Chop the broccoli into smaller pieces and spoon evenly into muffin cups. Top evenly with corn, crumb mixture and cheddar cheese. Pour Egg Beater evenly over the filled cups. Bake the muffin cups for 18 to 20 minutes or until puffed and a knife inserted in center comes out clean. Let stand 2 minutes, run table knife around edge to loosen.

NUTRITIONAL VALUE:

Calories: 176

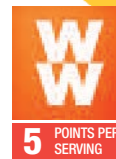
Sodium: 394 mg

Fat: 7 g

Carbohydrates: 12 g

Protein: 16 g

Sugars: 2 g



MIRIAM

Store 8539
Littleton, NH

BANANA OAT PANCAKES

Oat pancakes are a tasty, healthy way to start your day. The benefits of eating oats include a healthy heart, diabetes control, a reduction in blood pressure, cancer prevention and increased immunity.

Serves: 4

Serving Size: 2 pancakes

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 20 minutes

TOTAL: 35 minutes

INGREDIENTS:

- 1 cup unsweetened almond milk
- 2 large eggs
- 1 large ripe banana
- 1 tablespoon pure vanilla extract
- 1 tablespoon baking powder, gluten-free
- ½-teaspoon ground cinnamon
- Sea salt, to taste
- 2 cups dry old-fashioned rolled oats, gluten-free
- ½-teaspoon extra-virgin organic coconut oil
- 3 cups fresh berries

INSTRUCTIONS:

To make batter, place almond milk, eggs, banana, vanilla, baking powder, cinnamon, salt, and oats in a blender; cover and blend until smooth. Heat oil in nonstick skillet over medium-low heat. Pour ¼-cup batter per-pancake onto the skillet; cook for 2 to 3 minutes, or until bubbles around the edges of the pancake. Flip with the spatula; cook for additional 90 seconds. Serve with fresh berries.

NUTRITIONAL VALUE:

Calories: 310

Sodium: 145 mg

Fat: 7 g

Carbohydrates: 51 g

Protein: 9 g

Sugars: 12 g



PATTY

Store 1043
Vacaville, CA

CHOPPED SPINACH AND PEAR SALAD WITH SHERRY VINAIGRETTE

Pomegranate seeds add crunch and pears add sweetness to this flavorful, healthy Weight Watchers salad.

Serves: 4

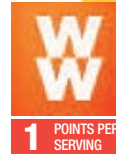
Serving Size: 1 ½ cups

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 15 minutes



WHITE

INGREDIENTS:

- 4 cups fresh baby spinach, chopped (one 5-ounce package)
- 1 cup endive, chopped
- 1 medium pear, ripe but firm, cored, chopped
- 1/3-cup pomegranate seeds
- 1 tablespoon uncooked shallots, minced
- 1 tablespoon sherry vinegar
- 1 tablespoon olive oil
- 1 tablespoon water
- ½-teaspoon Dijon mustard
- ½-teaspoon honey
- ¼-teaspoon table salt
- 1/8-teaspoon black pepper

INSTRUCTIONS:

In a large bowl, combine spinach, endive, pear and pomegranate seeds. In a cruet or small airtight container, combine shallot, vinegar, oil, water, mustard, honey, salt and pepper; shake well. Pour dressing over salad; toss until combined.

NUTRITIONAL VALUE:

Calories: 80

Sodium: 182 mg

Fat: 3 g

Carbohydrates: 11 g

Protein: 1 g

Sugars: 6 g



COLOR YOUR PLATE: BLUE

WHY EAT MORE BLUE?

Blue foods contain big boosts of flavonoids that help:

- Lower risk for heart disease
- Reverse short-term memory loss
- Prevent urinary tract disease
- Improve motor skills

EASY WAYS TO EAT MORE BLUE FOODS

- Snack on frozen blueberries or mix them into oatmeal as it cooks.
- Roast cubed, unpeeled purple potatoes for a side dish.
- Sprinkle raisins on top of a salad.

FRUITS

Blackberries
Blueberries
Dried plums
Purple grapes
Plums

VEGETABLES

Eggplant
Purple asparagus
Purple cabbage
Purple carrots
Purple peppers
Potatoes (purple fleshed)



BENEVOLENT BORSCH

Borsch is a highly versatile recipe out of Ukraine and Russia, with dozens of ways to make it.

Marcus developed this recipe while studying the names of food during a Russian language class: "Hearty, savory, it can be enjoyed hot or cold. And best of all, it's not only delicious, it's incredibly healthy!"

Serves: 8

Serving Size: 10 ounces

Prep Time: 20 minutes

Inactive: 20 minutes

Cook: 50 minutes

TOTAL: 90 minutes

INGREDIENTS:

- 2 cartons low-sodium beef stock
- 1 red potato, diced
- 1 red beet, shredded
- 1 carrot, shredded
- 1 large leaf cabbage, slivered
- ½-bulb fennel, diced (save fennel fronds for garnish)
- ½ medium white or yellow onion, diced
- 4 cloves garlic, minced
- 1/3-cup tarragon, finely chopped
- 1 cup red wine
- 3 pinches salt
- 3 dash pepper
- tablespoons extra-virgin olive oil
- 4 teaspoons sour cream
- 1 tablespoon fennel fronds, finely chopped, per serving

INSTRUCTIONS:

In a deep soup pot, add 6 tablespoons extra-olive oil, garlic, onion and 1 pinch of salt to extract flavors. Sweat until onions and garlic are turning brown. Next, add potatoes and beef stock and bring to a boil. While you wait, in a separate skillet, add 2 tablespoons olive oil, beets, carrots, cabbage and fennel bulb. Cook on medium heat until halfway done. At this point, add red wine to the skillet and stir thoroughly. Let simmer for about 5 to 7 minutes. Next, add skillet mixture to the pot. Add 2 pinches salt and 3 dashes pepper to season, then stir to combine. Allow to simmer for about 20 minutes or until potatoes are soft. Once the potatoes are done, turn off the stove. Add tarragon and stir to combine (the smell is heavenly!). Serve in a bowl, and add ½-teaspoon sour cream per serving. Garnish with fennel fronds. Enjoy!

NUTRITIONAL VALUE:

Calories: 329

Sodium: 105 mg

Fat: 19 g

Carbohydrates: 16 g

Protein: 18 g

Sugars: 4 g



MARCUS

Store 4638
Alexandria, VA

APPLE NACHOS

Healthy nachos? You bet! One medium apple counts as one cup of fruit, so after eating one you're well on your way to meeting your daily fruit quota (around two cups for adults). They also are a good source of immune-boosting vitamin C.

Serves: 6

Serving Size: 3 ounces

Prep Time: 30 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 30 minutes

INGREDIENTS:

- 1/3-cup dried, unsweetened cranberries or raisins
- 1/4-cup sliced almonds, unsalted
- 2 tablespoons hulled, unsalted sunflower seeds
- 2 apples, cored and thinly sliced into about 12 slices each
- 1-2 teaspoons lemon juice
- 2 tablespoons very hot water
- 1/4-cup reduced-fat, smooth peanut butter
- 1 tablespoon honey

INSTRUCTIONS:

In a small bowl, combine dried cranberries/raisins, almonds and sunflower seeds. Layer half the apples onto a large plate or platter. If the apple slices will be sitting out for a while, sprinkle a little lemon juice over them to prevent browning. In a small bowl, combine hot water, peanut butter and honey, and stir until mixture is smooth. Drizzle half the peanut butter mixture over the plated apple slices; sprinkle with half the cranberry mixture. Layer the remaining apples on top and repeat with remaining peanut butter and cranberry mixture.

NUTRITIONAL VALUE:

Calories: 167

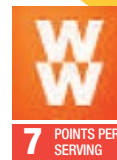
Sodium: 66 mg

Fat: 8 g

Carbohydrates: 22 g

Protein: 4 g

Sugars: 15 g



CATRINIA

Store 8552
Warrenton, VA

GLUTEN - FREE LASAGNA

A low-carb lasagna? Try this healthy, tasty version that uses eggplant instead of pasta!

Serves: 8

Serving Size: 2 cups

Prep Time: 1 hour

Inactive: 0 minutes

Cook: 1 hour, 30 minutes

TOTAL: 2 hours, 30 minutes

INGREDIENTS:

- 8 tomatoes, chopped
- 1 pound carrots, chopped
- 1 pound celery, chopped
- 1 onion, chopped
- 1 pound mushrooms
- 1 bunch fresh basil, chopped
- 1 bunch fresh oregano, chopped
- 4 ounces tomato paste
- 3 eggplants, sliced thin
- 4 ounces coconut oil
- 1 container ricotta cheese (optional)

INSTRUCTIONS:

Preheat oven to 350 degrees. Place all ingredients except eggplant, coconut oil and ricotta cheese in medium sauce pan and cook down on low heat, stirring occasionally. While sauce is simmering, lightly season the sliced eggplant with salt and pepper and lightly sauté in coconut oil. You are only partially cooking eggplant so it can fully cook in the oven. Set the eggplant aside until sauce is done. When the vegetables in the sauce are cooked, blend your sauce together to make a smooth sauce. Season to taste. In a casserole dish, place one layer of eggplant on the bottom as you would pasta sheets when making lasagna and top with sauce. Repeat layers—if using ricotta, add it between layers. Cover your casserole and place in oven for about an hour, or until eggplant is soft.

NUTRITIONAL VALUE:

Calories: 257

Sodium: 112 mg

Fat: 15 g

Carbohydrates: 29 g

Protein: 6 g

Sugars: 16 g



MATT

Store 2408
Ellsworth, ME

DATE NUT BARS

Packed with chopped dates, almond meal and brown sugar, this treat is a great alternative to cereal bars! These bars are high in fiber, thanks to the dates and almond flour, which is also gluten-free, low in carbohydrates and rich in vitamins and minerals.

Serves: 16

Serving Size: 2 ounces

Prep Time: 20 minutes

Inactive: 30 minutes

Cook: 20 minutes

TOTAL: 1 hour, 10 minutes

INGREDIENTS:

- 2 large eggs
- ¼-cup dark brown sugar
- 1 teaspoon vanilla extract
- 3 tablespoons water
- ¼-cup canola oil
- 1 cup almond meal
- 1 cup dates, chopped
- 1 ½ cups unbleached flour
- 2 teaspoons baking powder
- 1 pinch salt

INSTRUCTIONS:

Preheat oven to 350 degrees. Stir eggs and brown sugar together in a large bowl until well mixed. Add oil, water and vanilla extract, stirring after each addition. In another bowl, combine flour, baking powder, salt, almond meal and chopped dates. Add the date mixture to wet mixture in 2 batches, stirring to thoroughly combine after each addition. Line a 9 x 13-inch cookie pan with raised sides with parchment paper. Spread batter evenly and bake for 20 minutes until a toothpick inserted in the middle comes out clean. Let cool completely and peel from parchment paper. Cut into squares and enjoy!

NUTRITIONAL VALUE:

Calories: 157

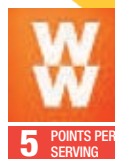
Sodium: 22 mg

Fat: 7 g

Carbohydrates: 21 g

Protein: 3 g

Sugars: 9 g



NAOMI

Store 1202
Commack, NY

ASIAN SLAW

This crunchy, spicy slaw gets its unique flavor from sesame seeds and sesame oil and its powerful punch of nutrition from cabbage, edamame and tomatoes.

Serves: 6

Serving Size: 4 ounces

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 15 minutes

INGREDIENTS:

- 2 cups cabbage, chopped
- 1 cup edamame
- 2 tomatoes, chopped
- 1 pinch salt
- 1 pinch pepper
- 2 serrano peppers, chopped
- 2 tablespoons fresh lime juice
- 2 tablespoons sesame seeds
- 1 tablespoon apple cider vinegar
- 1 teaspoon sesame oil

INSTRUCTIONS:

Mix all ingredients in a bowl and serve as a side dish or in a taco.

NUTRITIONAL VALUE:

Calories: 115

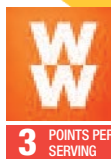
Sodium: 34 mg

Fat: 5 g

Carbohydrates: 6 g

Protein: 6 g

Sugars: 1 g



JAMES

Store 1104
Greenville, SC

BLUEBERRY SMOOTHIE

With the kings of nutrition, kale and spinach, and the natural sweetness of blueberries, pineapple and mango, smoothies don't get much healthier or tastier than this!

Serves: 2

Serving Size: 19 ounces

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 0 minutes

TOTAL: 20 minutes

INGREDIENTS:

- 2 handfuls of kale
- 2 handfuls of spinach
- 2 cups of water
- 3 packets of stevia
- 2 tablespoons ground flaxseeds
- 1 banana, peeled
- 1 ½ cups pineapple chunks
- ½-cup frozen mango chunks
- 1 cup frozen blueberries

INSTRUCTIONS:

Blend all green leafy veggies and water first for 10 seconds, then add all other ingredients and blend for 20 seconds.

NUTRITIONAL VALUE:

Calories: 252

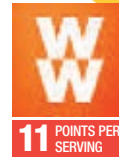
Sodium: 35 mg

Fat: 4 g

Carbohydrates: 55 g

Protein: 7 g

Sugars: 31 g



DONNA

Store 3804
Maple Heights, OH

RAINBOW VEGGIE SKEWERS

The health benefits of purple potatoes—which taste almost like white potatoes—are many, thanks to its powerful antioxidant, anthocyanin, which has immunity boosting and cancer fighting properties.

Serves: 8

Serving Size: 1 skewer

Prep Time: 20 minutes

Inactive: 10 minutes

Cook: 20 minutes

TOTAL: 50 minutes

INGREDIENTS:

- ¼-cup olive oil
- 2 tablespoons white balsamic vinegar (or white wine vinegar)
- 2 cloves garlic, minced
- ½-teaspoon sea salt
- 16 cherry or grape tomatoes, halved
- 1 red, orange, yellow and green bell pepper, cut into 1-inch pieces
- 1 yellow squash, cut into 1-inch pieces
- 1 zucchini, cut into 1-inch pieces
- 1 large red onion, cut into 1-inch pieces
- 8 purple potatoes, halved
- 8 skewers—if using wooden skewers, soak them in water before grilling

INSTRUCTIONS:

Make the vinaigrette by whisking the olive oil, vinegar, garlic and salt together until blended. Toss the tomatoes, bell peppers, squash, zucchini and onions in the vinaigrette until well combined. Cover and refrigerate for at least 10 minutes or up to 8 hours.

Bring a large pot of water to a boil. Add halved purple potatoes and boil for 10 minutes or until fork tender; drain and set aside.

Heat your grill to medium heat. Thread the veggies onto skewers in a rainbow order. Sprinkle with additional salt and pepper if desired. Place skewers on an oiled grill and cook for 5-7 minutes per side or until cooked through. Remove and serve immediately! Enjoy!

NUTRITIONAL VALUE:

Calories: 176

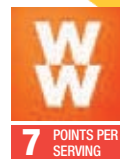
Sodium: 134 mg

Fat: 6 g

Carbohydrates: 22 g

Protein: 4 g

Sugars: 14 g



DONNA

Store 6523
Porter, TX

GRILLED EGGPLANT, TOMATO AND FETA STACKS

Lemon juice, garlic and oregano spice up this zesty, healthy grilled eggplant in this Weight Watchers recipe!

Serves: 12

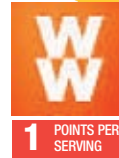
Serving Size: 1 stack

Prep Time: 15 minutes

Inactive: 0 minutes

Cook: 12 minutes

TOTAL: 27 minutes



BLUE

INGREDIENTS:

- 1 tablespoon fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh oregano leaves (plus more for garnish)
- ¼-teaspoon minced garlic, very finely minced
- ¾-teaspoon kosher salt, divided (or to taste)
- 1 teaspoon black pepper, freshly ground (or to taste)
- 1 large uncooked eggplant, trimmed and sliced into twelve ½-inch rounds
- 2 sprays cooking spray
- 2 large fresh tomatoes, ends trimmed, cut into six slices each
- ¾-cup crumbled feta cheese

INSTRUCTIONS:

Preheat grill to medium-high. Meanwhile, in a small bowl, combine lemon juice, olive oil, oregano, garlic and ¼-teaspoon salt; set aside for flavors to blend.

Coat eggplant with cooking spray; sprinkle with remaining ½-teaspoon salt and pepper. Grill eggplant until lightly charred and tender, turning as needed, about 8 to 10 minutes. Flip eggplant over and brush with lemon mixture; top each with 1 slice tomato and 1 tablespoon feta. Cover grill and cook until tomato and feta soften slightly, about 1 minute.

Remove to a serving platter and garnish with additional oregano leaves, if desired.

NUTRITIONAL VALUE:

Calories: 53

Sodium: 255 mg

Fat: 3 g

Carbohydrates: 42 g

Protein: 2 g

Sugars: 2 g

BALSAMIC ROASTED VEGETABLES

You can serve this Weight Watchers dish hot or at room temperature, making it the perfect picnic food!

Serves: 8

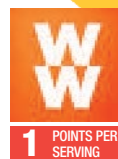
Serving Size: 1 cup

Prep Time: 20 minutes

Inactive: 0 minutes

Cook: 25 minutes

TOTAL: 45 minutes



INGREDIENTS:

- 4 sprays cooking spray
- 3 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 tablespoon fresh oregano, chopped
- 1 teaspoon rosemary, chopped
- ½-teaspoon table salt
- ¼-teaspoon black pepper
- 2 medium zucchinis, cut into 1-inch chunks
- 2 medium eggplants, cut into 1-inch chunks
- 2 cups grape tomatoes
- 2 tablespoons fresh basil, chopped

INSTRUCTIONS:

Preheat oven to 425 degrees. Coat two rimmed baking sheets with cooking spray; set aside. In a large bowl, whisk together vinegar, oil, garlic, oregano, rosemary, salt and pepper. Add zucchini and eggplant; toss well. Divide mixture between prepared baking sheets; bake 10 minutes. Divide tomatoes between baking sheets; stir and bake until vegetables are tender, 10-15 minutes. Spoon vegetables into a serving bowl; stir in basil. Serve hot or at room temperature.

NUTRITIONAL VALUE:

Calories: 86

Sodium: 158 mg

Fat: 4 g

Carbohydrates: 12 g

Protein: 2 g

Sugars: 6 g

WEIGHT WATCHERS BLUEBERRY MUFFINS

These Weight Watchers muffins are great for breakfast or an afternoon snack!

Serves: 12

Serving Size: 1 muffin

Prep Time: 20 minutes

Inactive: 5 minutes

Cook: 25 minutes

TOTAL: 50 minutes



BLUE

INGREDIENTS:

- 1 $\frac{3}{4}$ cups all-purpose flour
- 4 teaspoons sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ -teaspoon salt
- $\frac{3}{4}$ -cup blueberries
- 1 cup fat-free milk
- 1 egg
- 4 teaspoons unsalted butter, melted
- Cooking spray

INSTRUCTIONS:

Preheat the oven to 400 degrees. Spray a 12-cup muffin tin with non-stick cooking spray. In a large bowl, combine the blueberries, flour, sugar, baking powder and salt. In a small bowl, combine the milk, egg and butter, Pour over the flour mixture, stirring just until blended (do not overmix).

Spoon the batter into the cups, filling each about two-thirds full. Bake until a toothpick inserted in a muffin comes out clean and the muffins are golden brown, 20-25 minutes. Cool in the pan on a rack 5 minutes; remove from pan and serve hot or at room temperature.

NUTRITIONAL VALUE:

Calories: 96

Sodium: 187 mg

Fat: 2 g

Carbohydrates: 17 g

Protein: 3 g

Sugars: 3 g

EASY STRATEGIES

EASY STRATEGIES FOR A HEALTHY BODY, HEALTHY MIND

- Quick Workouts
- Don't Fight the Snack Attack!
- The Perfect Bedtime Snack
- Stop the Excuses and Exercise!
- Live Smarter and Happier on the Mediterranean Diet
- Can't Get to the Gym? Take the Stairs!



QUICK WORKOUTS

Sneak some exercise into your work day with these quick and easy calorie-burning activities:

- **On your commute:**
 - If you take public transportation, get off at an earlier stop and walk the rest of the way.
 - Walk or bike to work.
- **March in place** while talking on the phone or waiting around.
- **Tighten your abs**, hold for 10 seconds, then release.
- **Do your safety stretches.** Lift your arms overhead and slowly and gently s-t-r-e-t-c-h.
- **Bring a jump rope to work.** Rope jumping burns almost 200 calories in 15 minutes.

Walk The Home Depot Mile with your fellow associates!

Source: Weight Watchers



DON'T FIGHT THE SNACK ATTACK!

Plan your snacks, and eating between meals can be an energizing, healthy break:

- **Bring your own snacks**—make a snack plan each week.
- **Form a “snack group” and take turns bringing in healthy snacks**—this way, you don’t have to think about it each day and you’ll probably get to try something new and interesting.
- **Drink water first!** You may be thirsty instead of hungry. Drink water before grabbing a snack.
- **Feel tired? You may just be dehydrated,** so down a bottle of water for the best pick me-up!
- **Choose wisely at the vending machine!** Look for healthier options.

And always pair your snack with water to help fill you up and slow down your eating.

Source: Weight Watchers



THE PERFECT BEDTIME SNACK

We think of food as a source of energy—but it also can be a source of relaxation and a better night's sleep:

- **Almonds/Almond butter**—their magnesium contributes to relaxation and sleep regulation.
- **Bananas**—a double relaxation dose with tryptophan (the turkey drug!) and magnesium.
- **Hummus**—rich in sleep-promoting tryptophan and folate.
- **Cherries and Walnuts**—great sources of melatonin, a sleep hormone.
- **Peanut butter**—contains tryptophan.

Remember, you'll sleep better if you avoid alcohol, cigarettes and heavy meals in the evening. Learn more at livetheorangelife.com/sleep.

Source: "Sleep: A Business Case for Bedtime"



STOP THE EXCUSES AND EXERCISE!

Does something always get in the way the moment you decide to exercise? Try these easy ways to make fitness an excuse-proof part of your day.

- **Draw up a weekly timetable**, to help organize your time. Try to do something for at least 20 minutes each day, even if it's yard work or going on a brisk walk around the neighborhood.
- **Attach exercise to a treat**, such as buying flowers once a week, for completing all of the workouts you scheduled.
- **Buy workout clothing you're excited to wear**. Shop for well-designed, flattering and supportive gym clothes; you'll be more motivated to work out.
- **Have a specially designated drawer for fitness gear** so you can always find them quickly.
- **Leave your gym bag by the door**—you'll always know where it is and it serves as a gentle reminder that an exercise session might be due.

For more ways to keep your exercise routine excuse-free and on track, visit <https://www.weightwatchers.com/us/article/10-tricks-fit-workout>.



LIVE SMARTER AND HAPPIER ON THE MEDITERRANEAN DIET

Research consistently finds that eating like you live in the Mediterranean improves heart health, boosts brain power and lowers your risk of depression. This diet features:

- **Heart-healthy olive oil** instead of artery-clogging saturated fats from butter and margarine.
- **Omega-3-rich fish** (2-3 servings each week), including fresh salmon, mackerel, herring, tuna, sardines and anchovies.
- **Antioxidant-rich raw fruits and raw or steamed vegetables** (tomatoes, peppers, eggplant) and healthy vegetarian proteins from beans and nuts.
- **Whole grains**—pasta and bread are fine if they are made using whole grains instead of bleached, processed flour.
- **Moderate amounts of lean meat**—stick to white meats like fish, chicken and turkey.
- **Limited sugar**—instead of cookies and candy, get whole, natural sugars from fresh fruit and honey.

Sources: Scientific American Mind and <http://www.activebeat.co/diet-nutrition/10-things-to-know-about-a-mediterranean-diet/>



CAN'T GET TO THE GYM? TAKE THE STAIRS!

Your two-story home or other multi-level building can be your gym when you take the stairs. Walking up several flights of stairs several times a day will:

- **Burn fat**
- **Crank up your heart rate**
- **Strengthen your glutes and quads**
- **Burn calories—it adds up!**

FLIGHTS* OF STAIRS 3 TIMES A DAY	CALORIES BURNED PER DAY**	CALORIES BURNED PER 7-DAY WEEK	CALORIES BURNED PER YEAR
2 flights	30	210	10,920 (3 pounds)
4 flights	60	420	21,840 (6 pounds)
6 flights	90	630	32,760 (9 pounds)

*12 steps per flight

**Based on 150-160 pound person. A lighter person may burn fewer calories; a heavier person may burn more.

Source: Weight Watchers



