




*Healthy Living*

**COOKBOOK**



**LIVE the  
Orange LIFE!**

# SOUPS & SALADS

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# SOUPS & SALADS



**SOUPS**



# SOUPS

## BEAN AND MACARONI SOUP

This cholesterol-free dish is virtually fat-free, prepared with only 1 tablespoon of oil for 16 servings.

2 cans (16 oz) Great Northern beans  
1 T olive oil  
1/2 lb mushrooms, sliced  
1 C onion, coarsely chopped  
2 C carrots, sliced  
1 C celery, coarsely chopped  
1 clove garlic, minced  
3 C peeled, sliced, fresh tomatoes or 1 1/2 lb canned whole tomatoes, cut up  
1 tsp dried sage  
1 tsp dried thyme  
1/2 tsp dried oregano  
black pepper, to taste  
1 bay leaf, crumbled  
4 C cooked elbow macaroni

1. Drain beans and reserve liquid. Rinse beans.
2. Heat oil in a 6-quart kettle. Add mushrooms, onion, carrots, celery, garlic. Sauté 5 minutes.
3. Add tomatoes, sage, thyme, oregano, pepper, bay leaf.
4. Cover and cook over medium heat 20 minutes. Cook macaroni according to package directions using unsalted water. Drain when cooked. Do not overcook.
5. Combine reserved bean liquid with water to make 4 cups.
6. Add liquid, beans and cooked macaroni to vegetable mixture.
7. Bring to a boil; cover and simmer until soup is thoroughly heated. Stir occasionally.

**YIELD:** 16 servings    **SERVING SIZE:** 1 cup

### NUTRITION ANALYSIS PER SERVING

Calories	158
Total fat	1 g
Saturated fat	less than 1 g
Cholesterol	0 mg
Sodium	154 mg*

\*If using canned tomatoes, sodium would be higher.

Source: [intelihealth.com](http://intelihealth.com)



# SOUPS

## CARROT SOUP

This soup makes a hearty and tasty comfort meal.

1 tsp non-aromatic olive oil  
1 tsp butter  
1 C chopped onions  
2 1/2 C carrots, peeled and chopped  
4 C low-sodium chicken broth  
1/2 C uncooked white rice  
1/4 C evaporated skim milk  
1/4 C plain non-fat yogurt

### Garnish

1 T chopped chives  
1 T chopped mint

1. Heat the oil and butter in a high-sided skillet on medium high heat. Add the onions and cook 3 minutes, or until they begin to wilt. Add the chopped carrots and cook 3 minutes longer.
2. Pour in the broth and rice. Cover, bring to a boil, and cook 20 minutes or until the rice is very soft. Whiz until smooth in a blender in batches, being careful not to fill the jar more than half full of the hot liquid. Return to the pan and stir in the evaporated milk. Reheat.
3. Serve in 4 bowls swirled with the yogurt. Scatter chives over the top.

**YIELD:** 4 servings

### NUTRITION ANALYSIS PER SERVING

Calories	211
Fat	3 g
Saturated fat	1 g
Fiber	4 g
Sodium	300 mg
Calories from fat	11%

Source: [intelihealth.com](http://intelihealth.com)



# SOUPS

## CHICKEN SOUP

This homemade chicken noodle soup is the ultimate comfort food when you have a cold. Sip this warm soup to clear the sinuses. It acts as a natural decongestant.

2 T olive oil  
4 to 5 lbs chicken pieces, skin removed  
1 C chopped celery  
1 C chopped onions  
5 carrots, cut into 1/2-inch slices  
1/8 tsp salt  
1/8 tsp pepper  
1 T minced garlic (optional)  
1 tsp sage  
1 C frozen corn  
1 can whole tomatoes  
2 qts water  
1 C cooked yolk-free, whole-wheat, egg noodles

1. In a 4-quart Dutch oven or stock pot heat oil over medium high heat until hot. Place chicken pieces in pot and sear each side for one minute.
2. Add celery, onions, carrots, salt, pepper, garlic, sage, corn, tomatoes (if using) and water and bring to a boil. Cover; reduce heat and simmer for 1 hour and 45 minutes or until meat falls off the bone.
3. Remove soup from heat and let it rest for 15 minutes. Skim off and discard fat from soup.
4. Remove chicken from pot. Cut meat from bones. Return meat to soup. Bring to a boil. Reduce heat to low; simmer uncovered, 10 to 15 minutes or until heated through.
5. Add cooked noodles and stir.

**YIELD:** 16 servings

### NUTRITION ANALYSIS PER SERVING

Calories	256
Fat	6 g
Saturated fat	1 g
Cholesterol	97 mg
Fiber	3 g
Sodium	162 mg
Protein	37 mg

Source: Baldwin Publishing



# SOUPS

## FISH CHOWDER

Low-fat milk and clam juice are the secrets to the lower fat and saturated-fat content of this soup.

2 T vegetable oil  
1/4 C coarsely chopped onion  
1/2 C coarsely chopped celery  
1 C sliced carrots  
2 C potatoes, raw, peeled, cubed  
1/4 tsp thyme  
1/2 tsp paprika  
2 C bottled clam juice  
8 whole peppercorns  
1 bay leaf  
1 lb fresh or frozen (thawed) cod or haddock fillets, cut into 3/4-inch cubes  
1/4 C flour  
3 C low-fat milk  
1 T fresh parsley, chopped

1. Heat oil in large saucepan. Add onion and celery. Sauté about 3 minutes.
2. Add carrots, potatoes, thyme, paprika, clam broth.
3. Wrap peppercorns and bay leaves in cheese cloth. Add to pot.
4. Bring to boil, reduce heat, simmer 15 minutes.
5. Add fish and simmer additional 15 minutes, or until fish flakes easily and is opaque.
6. Remove fish and vegetables; break fish into chunks.
7. Bring broth to boil and continue boiling until volume is reduced to 1 cup.
8. Remove bay leaves and peppercorns.
9. Shake flour and 1/2 cup milk in container with tight-fitting lid until smooth. Add to broth in saucepan with remaining milk.
10. Cook over medium heat, stirring constantly, until mixture boils and is thickened.
11. Return vegetables and fish chunks to stock and heat thoroughly. Serve hot, sprinkled with chopped parsley.

**YIELD:** 8 servings    **SERVING SIZE:** 1 cup

### NUTRITION ANALYSIS PER SERVING

Calories	186
Total fat	6 g
Saturated fat	1 g
Cholesterol	34 mg
Sodium	302 mg
Total fiber	2 g
Protein	15 g
Carbohydrates	18 g
Potassium	602 mg



# SOUPS

## HEARTY VEGETABLE SOUP

1 C chopped celery  
1 C chopped onion  
4 T butter  
2 T olive oil  
5 C chopped frozen veggies  
1 (14.5-oz) can diced tomatoes, drained  
46 oz tomato juice  
32 oz beef broth  
1 large leek, chopped  
4 C cabbage shredded or 2 pkg of shredded  
1 T soy sauce  
1/4 tsp dried thyme  
1/2 tsp ground black pepper  
1/4 tsp garlic powder  
1 tsp dried dill weed  
1 1/2 T brown sugar

1. In a large pot over high heat, combine the celery, leek, onion and sauté until getting soft.
2. Add frozen veggies, tomatoes, soy sauce, thyme, ground black pepper, garlic powder and dill weed till sautéed.
3. Add tomato juice, brown sugar and beef broth.
4. Bring to a boil, reduce heat and simmer for 30 minutes, or until vegetables are tender.
5. Add cabbage and cooked till cabbage is soft.

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# SOUPS

## HOMEMADE TURKEY SOUP

To make this soup lower in saturated fat prepare it ahead of time, then cool and skim off fat that rises to the top.

6 lb turkey breast. It should have at least 2 C meat remaining on it to make a good, rich soup.

2 medium onions

3 stalks of celery

1/2 tsp dried sage

1 tsp dried basil

1/2 tsp dried marjoram

1/2 tsp dried tarragon

1 tsp dried thyme

1/2 tsp salt

1/2 tsp dried rosemary

black pepper, to taste

1/2 lb Italian pastina or pasta

1. Place turkey breast in 6-quart pot. Cover with water, at least 3/4 full.
2. Peel onions, cut in large piece, add to pot. Wash celery stalks, slice and add to pot.
3. Simmer covered for about 2 1/2 hours.
4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in refrigerator.
5. After cooling, skim off fat.
6. While soup is cooling, remove remaining meat from carcass. Cut into pieces.
7. Add turkey meat to skimmed soup, along with herbs and spices.
8. Bring soup to a boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later reheating.

**YIELD:** About 4 quarts of soup (16 servings)

**SERVING SIZE:** 1 cup

### NUTRITION ANALYSIS PER SERVING

Calories	226
Total fat	5 g
Saturated fat	1 g
Cholesterol	93 mg
Sodium	217 mg

Source: [intelihealth.com](http://intelihealth.com)



# SOUPS

## HOPPIN' JOHNS GOOD LUCK SOUP

Use canned peas as a quick shortcut for this savory soup.

- 1 tsp olive oil
- 1 medium yellow onion, diced
- 1/2 tsp black peppers
- 1 (8 oz) package 97% fat free, thick sliced ham, sliced into thin strips
- 6 C water
- 1/4 tsp liquid smoke
- 12 oz quick cooking, refrigerated black-eyed peas (find them in the produce section)
- 2 lbs collard greens

1. Heat oil in a large pot.
2. Add onion, black pepper, and ham, and sauté for 8-10 minutes on medium heat, until onion is golden brown.
3. Meanwhile, rinse collard greens and remove stems; bunch them and cut them into thin strips.
4. Add water and liquid smoke to onion and ham, turn heat to medium-high, and bring to a boil (a light broth should develop).
5. Add black-eyed peas, turn heat to medium, and continue cooking at a gentle boil for 6 minutes.
6. Add collard green strips, cover, and continue boiling for 7 more minutes.
7. Serve with cornbread.

**YIELD:** 6 servings

### NUTRITION ANALYSIS PER SERVING

Calories	174
Cholesterol	18 mg
Sodium	499 mg
Fat	3.2 g
Protein	15 g
Carbohydrates	24 g
Dietary fiber	7 g
Calories from fat	15%

Source: [intelihealth.com](http://intelihealth.com)



# SOUPS

## TURKEY CHILI

A great chili is even better when it's low fat and low calorie. This quick, easy chili recipe is so low calorie you can enjoy it with some shredded cheddar cheese as a finishing touch.

1 1/2 T extra virgin olive oil  
1 lb ground turkey breast  
1 C chopped yellow onion  
1 C chopped red, yellow and/or orange bell peppers  
2 tsp ground cumin  
1 can (28 oz) no-salt added, whole, peeled tomatoes  
1 can (15 oz) kidney beans, rinsed and drained  
1 tsp hot sauce  
1/8 tsp unrefined sea salt  
black pepper to taste  
1/4 C chopped fresh parsley  
1/4 C shredded low-fat cheddar cheese

1. In a large skillet, heat oil over medium heat until hot. Add turkey and cook, stirring occasionally, until just browned.
2. Add onion and bell peppers and cook, stirring occasionally, for about 3 minutes, or until vegetables are softened.
3. Add cumin and tomatoes, breaking up the tomatoes with a spoon to release their juices, and cook for 2 minutes.
4. Add beans, hot sauce, salt, black pepper and parsley and stir to combine. Cook for 3 minutes, or until beans are heated through.
5. Serve sprinkled with cheddar cheese and additional chopped parsley, if desired.

**YIELD:** 8 servings    **SERVING SIZE:** 3/4 cup

### NUTRITION ANALYSIS PER SERVING

Calories	175
Cholesterol	37 mg
Sodium	279 mg
Fat	3 g
Protein	19 g
Carbohydrates	17 g
Dietary fiber	4 g

Source: Baldwin Publishing



**SALADS**



# SALADS

## CHICKEN SALAD

A guilt-free version of a classic salad.

3 1/4 C cooked, cubed, skinless chicken  
1/4 C celery, chopped  
1 T lemon juice  
1/2 tsp onion powder  
1/8 tsp salt\*  
3 T light mayonnaise

In large bowl, combine all ingredients. Mix well.

**YIELD:** 5 servings    **SERVING SIZE:** 3/4 cup

### NUTRITION ANALYSIS PER SERVING

Calories	183
Total fat	7 g
Saturated fat	2 g
Cholesterol	78 mg
Potassium	240 mg
Sodium	201 mg
Total fiber	0 g
Protein	27 g
Carbohydrates	1 g

\*Reduce sodium by removing the 1/8 tsp of added salt.

Source: [intelihealth.com](http://intelihealth.com)



# SALADS

## CRUNCHY TUNA SALAD

Salad works well as a light summer dish.

- 1/4 C bulgur
- 1/2 C plain low-fat yogurt
- 1 T lemon juice
- 2 T thinly sliced green onion
- 1 medium tomato, seeded and diced
- 2 C lettuce greens
- 1/2 C hot water
- 1 T chopped fresh mint or 2 tsp dried mint, crushed
- 1 T Dijon mustard
- 1 (6 1/2 or 7-oz) can water-packed tuna, drained
- 1 C diced zucchini or cucumber

1. In a medium bowl, combine bulgur and water.
2. Let stand 30 minutes. Drain well.
3. Stir yogurt, mint, lemon juice, mustard and green onion into bulgur.
4. Add tuna, tomato and zucchini or cucumber.
5. Stir gently to break up tuna and coat with yogurt mixture.

**YIELD:** 4 servings

### NUTRITION ANALYSIS PER SERVING

Calories	132
Calories from fat	8%
Cholesterol	31 mg
Sodium	149 mg*
Dietary fiber	2.5 g

\*Sodium content does not include addition of optional amounts of salt mentioned in the recipe.

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# SALADS

## GARDEN POTATO SALAD

Low-fat cottage cheese is the secret to the dressing in this healthful mixture of vegetables and herbs.

3 lb (about 6 large) potatoes, boiled in jackets, peeled, cut into 1/2-inch cubes  
1 C chopped celery  
1/2 C sliced green onion  
2 T chopped parsley  
1 C low-fat cottage cheese  
3/4 C skim milk  
3 T lemon juice  
2 T cider vinegar  
1/2 tsp celery seed  
1/2 tsp dill weed  
1/2 tsp dry mustard  
1/2 tsp white pepper

1. In large bowl, place potatoes, celery, green onion and parsley.
2. In a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard and white pepper until smooth.
3. Chill 1 hour.
4. Pour chilled cottage cheese mixture over vegetables; mix well.
5. Chill at least 30 minutes before serving.

**YIELD:** 10 servings    **SERVING SIZE:** 1 cup

### NUTRITION ANALYSIS PER SERVING

Calories	151
Total fat	less than 1 g
Saturated fat	less than 1 g
Cholesterol	2 mg
Sodium	118 mg

Source: [intelihealth.com](http://intelihealth.com)



# SALADS

## **ITALIAN SALAD WITH BASIL VINAIGRETTE**

This salad is even better with vegetables and herbs fresh from the garden.

4 Roma tomatoes, thinly sliced  
1 green zucchini, thinly sliced  
2 yellow zucchini, thinly sliced  
salt and pepper to taste

### **Basil Vinaigrette or Non-Fat Basil Vinegar**

1/2 C balsamic vinegar  
1/2 T olive oil or none  
8 fresh basil leaves, finely chopped or 2 tsp dried basil

1. On a serving plate, layer slices of tomato, yellow zucchini and green zucchini in a stairway or spiral pattern so all vegetables show.
2. Mix dressing ingredients and pour lightly over vegetables.
3. Add salt and pepper to taste.

**YIELD:** 4 servings

### **NUTRITION ANALYSIS PER SERVING**

Calories	66
Fiber	3 g
Fat	2 g
Cholesterol	0 mg
Sodium	16 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# SALADS

## **TURKEY POTATO SALAD**

A great main dish lunch salad.

2 C diced turkey breast, cooked  
2 stalks celery, cut up  
2/3 C jicama, diced (or use water chestnuts)  
3 green onions, cut up  
2 red potatoes, cooked and cut into cubes  
1 C low-fat plain yogurt  
2 T parsley flakes (or to taste)  
2 tsp dill weed (or to taste)  
pepper to taste

1. Lightly mix the turkey, celery, jicama, onions, potatoes, parsley and dill.
2. Add the yogurt and mix.
3. Add pepper to taste.
4. Serve with a roll or on a bed of lettuce with bean sprouts.

**YIELD:** 3 servings

### **NUTRITION ANALYSIS PER SERVING**

Calories	277
Cholesterol	71.6 mg
Fiber	5.3 g
Sodium	151 mg
Calories from fat	14%

Source: [intelihealth.com](http://intelihealth.com)



# SALADS

## VEGETABLE PASTA SALAD

- 1 C cooked orzo pasta (or whatever kind you like)
- 1 C lightly steamed asparagus, cut the same size as the pasta, or peas
- 1/2 C chopped red bell pepper or carrots
- 1/2 C sliced green onions
- 1/2 C chopped yellow summer squash
- 1 C chopped fresh spinach
- 1 C small cherry tomatoes (optional)
- 1/4 C low-fat vinaigrette dressing
- 2 T grated parmesan cheese
- 1/4 tsp salt

1. Combine the pasta, asparagus, peppers, onions, squash, spinach, tomatoes, dressing, and parmesan in a large bowl.
2. Toss to coat with the dressing. Serve with grilled chicken or fish at a barbecue or picnic.

**YIELD:** 4 servings

### NUTRITION ANALYSIS PER SERVING

Calories	114
Total fat	2 g
Saturated fat	1 g
Sodium	344 mg
Dietary fiber	3 g
Carbohydrates	20 g

Source: [intelihealth.com](http://intelihealth.com)



# MAIN DISHES



**BEEF DISHES**



# BEEF DISHES

## BEEF AND VEGETABLE STIR-FRY

In less than 15 minutes you can make this single-skillet meal.

3/4 lb boneless beef round steak  
1 tsp oil  
1/2 C sliced carrots  
1/2 C sliced celery  
1/2 C sliced onion  
1 T soy sauce  
1/8 tsp garlic powder  
dash pepper  
2 C broccoli florets  
1 T cornstarch  
1/4 C water

1. Trim fat from steak. Slice steak across grain into thin strips about 1/8 inch wide and 3 inches long. (Partially frozen meat is easier to slice).
2. Heat oil in fry pan. Add beef strips and stir-fry over high heat, turning pieces constantly, until beef is no longer red (about 3 to 4 minutes).
3. Reduce heat. Add carrots, celery, onion and seasonings.
4. Cover and cook until carrots are slightly tender (3 to 5 minutes).
5. Add broccoli; cook until vegetables are tender-crisp (3 to 4 minutes).
6. Mix cornstarch and water until smooth; add slowly to beef mixture, stirring constantly.
7. Cook until thickened and vegetables are coated with thin glaze.

**YIELD:** 4 servings

### NUTRITION ANALYSIS PER SERVING

Calories	150
Cholesterol	45 mg
Sodium	315 mg
Fat	5 g
Calories from fat	30%

Source: [intelihealth.com](http://intelihealth.com)



# BEEF DISHES

## BEEF STROGANOFF

Using lean top round, plain low-fat yogurt and very little added salt makes this a heart-healthy dish.

1 lb lean beef (top round)  
2 tsp vegetable oil  
1 lb sliced mushrooms  
3/4 T finely chopped onion  
1/4 C white wine  
1 C plain low-fat yogurt  
1/4 tsp nutmeg  
1/2 tsp dried basil  
1/4 tsp salt  
6 C cooked macaroni, cooked in unsalted water  
black pepper, to taste

1. Cut beef into 1-inch cubes. Heat 1 teaspoon vegetable oil in nonstick skillet. Sauté onion for 2 minutes.
2. Add beef and sauté for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining vegetable oil to pan; sauté mushrooms.
4. Add beef and onions to pan with seasonings.
5. Gently stir in wine and yogurt. Heat, but do not boil.
6. Serve with macaroni.

**Note:** If thickening is desired, use 2 teaspoons cornstarch; calories are same as flour, but it has double thickening power. These calories are not figured into the nutrients per serving.

**YIELD:** 5 servings    **SERVING SIZE:** 6 ounces

### NUTRITION ANALYSIS PER SERVING

Calories	499
Total fat	10 g
Saturated fat	3 g
Cholesterol	79 mg
Sodium	200 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# BEEF DISHES

## BLACK SKILLET BEEF WITH GREENS AND POTATOES

A heart-healthy one-dish meal that is made with lean, top-round beef, lots of vegetables, and a spicy, low-sodium herb mixture.

1 lb top round beef  
1 T paprika  
1 1/2 tsp oregano  
1/2 tsp chili powder  
1/4 tsp garlic powder  
1/4 tsp black pepper  
1/8 tsp red pepper  
1/8 tsp dry mustard  
8 red-skinned potatoes, halved  
3 C finely chopped onion  
2 C beef broth  
2 large garlic cloves, minced  
2 bunches mustard greens, kale or turnip greens, stems removed, (1/2 lb each) coarsely torn  
2 large carrots, peeled, cut into very thin 2 1/2-inch strips  
nonstick spray coating, as needed

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick and 3 inches wide.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper and dry mustard. Coat strips of meat with spice mixture.
3. Spray large, heavy skillet with nonstick spray coating. Preheat pan over high heat.
4. Add meat; cook, stirring for 5 minutes.
5. Add potatoes, onion, broth and garlic. Cook covered, over medium heat for 20 minutes.
6. Stir in carrots, lay greens over top and cook, covered, until carrots are tender, about 15 minutes.
7. Serve in large serving bowl, with crusty bread for dunking.

**YIELD:** 6 servings    **SERVING SIZE:** 7 ounces

### NUTRITION ANALYSIS PER SERVING

Calories	342
Total fat	4 g
Saturated fat	1 g
Cholesterol	45 mg
Sodium	101 mg

Source: [intelihealth.com](http://intelihealth.com)



# BEEF DISHES

## QUICK BEEF CASSEROLE

Drain the fat from the cooked beef to lower the amount of fat and calories.

1/2 lb lean ground beef  
1 C onion, chopped  
1 C celery, chopped  
1 C green pepper, cubed  
3 1/2 C tomatoes, diced  
1/4 tsp salt  
1/2 tsp black pepper  
1/4 tsp paprika  
1 C frozen peas  
2 small carrots, diced  
1 C uncooked rice  
1 1/2 C water

1. In skillet, brown ground beef and drain off fat.
2. Add rest of ingredients. Mix well.
3. Cook over medium heat and cover skillet until boiling.
4. Reduce to low heat and simmer 35 minutes. Serve hot.

**YIELD:** 8 servings    **SERVING SIZE:** 1 1/3 cups

### NUTRITION ANALYSIS PER SERVING

Calories	184
Total fat	3 g
Saturated fat	1 g
Cholesterol	15 mg
Sodium	125 mg
Calcium	33 mg
Iron	2 mg

Source: [intelihealth.com](http://intelihealth.com)



**CHICKEN & TURKISH DISHES**



# CHICKEN & TURKEY DISHES

## 20-MINUTE CHICKEN CREOLE

This quick and spicy dish is perfect for the busy cook.

4 medium chicken breast halves (1 1/2 pounds total), skinned, boned and cut into 1-inch strips\*  
1 (14-oz) can tomatoes, cut-up\*\*  
1 C low-sodium chili sauce  
1 1/2 C chopped green pepper (1 large)  
1/2 C chopped celery  
1/4 C chopped onion  
2 cloves garlic, minced  
1 tablespoon chopped fresh basil or 1 teaspoon dried basil, crushed  
1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley  
1/4 teaspoon crushed red pepper  
1/4 teaspoon salt  
Nonstick spray coating

1. Spray deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.
2. Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt.
3. Bring to boiling; reduce heat and simmer covered for 10 minutes. Serve over hot, cooked rice or whole-wheat pasta.

**YIELD:** 2 servings

### NUTRITION ANALYSIS PER SERVING

Calories	255
Total fat	3 g
Cholesterol	100 mg
Sodium	465 mg

\*You can substitute 1 pound boneless, skinless chicken breasts, cut into 1-inch strips, if desired.

\*\*To cut back on sodium, try low-sodium canned tomatoes.

Source: [intelihealth.com](http://intelihealth.com)



# CHICKEN & TURKEY DISHES

## BARBEQUE CHICKEN

Removing the chicken fat and skin (and avoiding salt in the tasty sauce) makes this chicken favorite heart-healthy.

- 3 lb chicken parts (breast, drumstick and thigh), skin and fat removed
- 1 large onion, thinly sliced
- 1 T brown sugar
- 1 T hot pepper flakes
- 3 T vinegar
- black pepper, to taste
- 1 T chili powder
- 3 T Worcestershire sauce
- 1 C chicken stock or broth, skim fat from top

1. Place chicken in 13x9x2-inch pan. Arrange onions over top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder and stock.
3. Pour over chicken and bake at 350° F for 1 hour or until done.
4. Baste occasionally.

**YIELD:** 8 servings    **SERVING SIZE:** 1 chicken part with sauce

### NUTRITION ANALYSIS PER SERVING

Calories	176
Total fat	6 g
Saturated fat	2 g
Cholesterol	66 mg
Sodium	240 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# CHICKEN & TURKEY DISHES

## CHICKEN AND RICE

This dish is full of savory vegetable flavors, along with cilantro and garlic.

- 6 chicken pieces (legs and breasts), skinned
- 2 tsp vegetable oil
- 4 C water
- 2 tomatoes, chopped
- 1/2 C green pepper, chopped
- 1/4 C red pepper, chopped
- 1/4 C celery, chopped
- 1 medium carrot, grated
- 1/4 C corn, frozen
- 1/2 C onion, chopped
- 1/4 C fresh cilantro, chopped
- 2 cloves garlic, chopped fine
- 1/8 tsp salt
- 1/8 tsp pepper
- 2 C rice
- 1/2 C frozen peas
- 2 oz Spanish olives
- 1/4 C raisins

1. In large pot, brown chicken in oil.
2. Add water, tomatoes, green and red peppers, celery, carrots, corn, onion, cilantro, garlic salt, pepper. Cover and cook over medium heat for 20 to 30 minutes or until chicken is done.
3. Remove chicken from pot and place in refrigerator. Add rice, peas and olives to pot. Cover and cook over low heat for about 20 minutes until rice is cooked.
4. Add chicken and raisins and cook for another 8 minutes.

**YIELD:** 6 servings    **SERVING SIZE:** 1 cup rice and 1 piece chicken

### NUTRITION ANALYSIS PER SERVING

Calories	448
Total fat	7 g
Saturated fat	2 g
Cholesterol	49 mg
Sodium	352 mg
Calcium	63 mg
Iron	4 mg

Source: [intelihealth.com](http://intelihealth.com)



# CHICKEN & TURKEY DISHES

## ASIAN CHICKEN

With no added salt and very little oil in the marinade, these broiled or grilled kabobs are lower in saturated fat, cholesterol and sodium.

- 8 boneless, skinless chicken breasts
- 8 fresh mushrooms
- 2 oranges, quartered
- 8 cherry tomatoes
- 8 canned pineapple chunks
- 8 parboiled, whole, white onions
- 1 (6-oz) can frozen, concentrated apple juice, thawed
- black pepper, to taste
- 1 C dry white wine
- 2 T soy sauce, low-sodium
- dash ground ginger
- 2 T vinegar
- 1/4 C vegetable oil

1. Sprinkle chicken breasts with pepper.
2. Thread 8 skewers as follows: chicken, mushroom, chicken, onion, chicken, orange quarter, chicken, pineapple chunk, cherry tomato.
3. Place kabobs in shallow pan.
4. Combine remaining ingredients; spoon over kabobs.
5. Marinate in refrigerator at least 1 hour.
6. Drain. Broil 6 inches from heat, 15 minutes on each side, brushing with marinade every 5 minutes.
7. Discard any leftover marinade.

**YIELD:** 8 servings    **SERVING SIZE:** 1 chicken breast kabob

### NUTRITION ANALYSIS PER SERVING

Calories	359
Total fat	11 g
Saturated fat	2 g
Cholesterol	66 mg
Sodium	226 mg

Source: [intelihealth.com](http://intelihealth.com)



# CHICKEN & TURKEY DISHES

## CHICKEN SALSA

- 4 C boneless chicken breasts
- 1 C tomato salsa
- 4 oz low-fat shredded cheese

1. Place chicken in 8x14 baking dish.
2. Top with tomato salsa and sprinkle the low-fat shredded cheese on top.
3. Cover the dish with aluminum foil and bake at 350° F for 30 minutes.
4. Remove foil and bake an additional 20 to 30 minutes, uncovered.

### TIPS

- Most commercial salsas have salt added.
- Check labels and choose lower sodium brands or prepare your own fresh salsa.
- Tomatoes contain lycopene. Lycopene can help lower the risk of prostate and stomach cancer and reduce the risk of macular degeneration.
- Look for lower fat cheeses with 3 grams of saturated fat per ounce or less.

**YIELD:** 4 servings

### NUTRITION ANALYSIS PER SERVING

Calories	277
Sodium	511 mg
Carbohydrates	3 g
Fat	10 g
Protein	43 g

Source: [intelihealth.com](http://intelihealth.com)



# CHICKEN & TURKEY DISHES

## GRILLED BLUE CHEESE TURKEY BURGERS

Great burger taste without all the fat.

1 package of ground turkey – 99% lean  
1 package of low-fat blue cheese crumbles  
Mrs. Dash Table Blend seasoning to taste  
salt and pepper to taste  
4-5 SunLite low carb potatoes  
1-2 green and red bell peppers  
1 sliced Vidalia onion  
rosemary  
canola oil spray  
lettuce (field greens)  
1 avocado  
lite blue cheese dressing

1. Mix together turkey with salt, pepper, and Mrs. Dash. Mix in about 1/2 cup of blue cheese crumbles. Form into burgers, and place them in the freezer for about 15 minutes (so they stay together when you place them on the grill). Grill burgers, flipping as needed, until cooked through.
2. While burgers are in freezer, chop potatoes and peppers into bite size pieces. Place potatoes in a grilling metal cooking dish. Spray them with canola spray and toss them with rosemary (and salt and pepper if you like). Begin grilling them immediately. While those are grilling, continue with the peppers. Mix them together with sliced onion. Spray lightly with canola spray and grill in a separate grilling dish while the burgers are grilling. Grill the potatoes for approximately 30-40 minutes at about 350-400° F. The burgers and pepper mixture take about 20 minutes on the grill.
3. Plate prep is next and we do an open-faced burger on a whole wheat bun topped with lettuce, avocado slices, drizzled with lite blue cheese dressing. The potatoes surround the meat as a side followed with the pepper/onion mix which has been grilled to perfection so they are still crisp yet have those noticeable, blackened-grill markings on them.

**YIELD:** 6 servings

### NUTRITION ANALYSIS PER SERVING

Calories	216
Total fat	8 g
Saturated fat	3 g
Cholesterol	62 mg
Sodium	346 mg

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# CHICKEN & TURKEY DISHES

## GRILLED CHICKEN WITH GREEN CHILE SAUCE

Marinating the chicken makes it tender without adding a lot of fat, and grilling it keeps the fat count to a minimum.

- 4 skinless, boneless chicken breasts
- 1/4 C olive oil
- juice of 2 limes
- 1/4 tsp oregano
- 1/2 tsp black pepper
- 1/4 C water
- 10 to 12 tomatillos, husks removed and cut in half
- 1/2 medium onion, quartered
- 2 cloves garlic, finely chopped
- 2 Serrano or jalapeno peppers
- 2 T cilantro, chopped
- 1/4 tsp salt
- 1/4 C low-fat sour cream

1. Combine oil, juice from one lime, oregano and black pepper in shallow glass baking dish. Stir. Place chicken in baking dish and turn to coat each side. Cover dish and refrigerate overnight. Turn chicken periodically to marinate on both sides.
2. Put water, tomatillos and onion into saucepan. Bring to gentle boil and cook uncovered for 10 minutes or until tomatillos are tender. In blender, place cooked onion, tomatillos and any remaining water. Add garlic, peppers, cilantro, salt and remaining lime juice. Blend until ingredients are smooth. Place sauce in bowl and refrigerate.
3. Place chicken on hot grill and cook until done. Place chicken on serving platter.
4. Spoon a tablespoon of low-fat sour cream over each chicken breast. Pour sauce over sour cream.

**YIELD:** 4 servings    **SERVING SIZE:** 1 breast

### NUTRITION ANALYSIS PER SERVING

Calories	192
Total fat	5 g
Saturated fat	2 g
Cholesterol	71 mg
Sodium	220 mg
Calcium	53 mg
Iron	2 mg

Source: [intelihealth.com](http://intelihealth.com)



# CHICKEN & TURKEY DISHES

## HEALTHY STUFFED PEPPERS

A quick and delicious, low-fat entrée that provides a serving of vegetables too!

- 4 large bell peppers
- 1 lb ground turkey
- 1 1/2 C cooked rice
- 1 1/2 tsp canola oil
- 1 (8-oz) can tomato sauce (1 C), divided
- 1 medium onion, chopped
- 1 T chopped fresh parsley
- 1 clove garlic, minced
- 1 tsp salt (optional)
- 1/4 tsp freshly ground pepper

1. Preheat oven to 350° F.
2. Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 8 cups water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
3. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Add turkey and cook, crumbling with a wooden spoon, just until it loses its pink color, about 2 minutes.
4. Drain the fat.
5. Transfer the turkey mixture to a medium bowl and mix in rice, 1/2 cup tomato sauce, parsley, salt (if using) and pepper.
6. Stuff the peppers with the mixture and place them in a 2-qt casserole dish. Spoon the remaining 1/2 cup tomato sauce over the peppers. Cover and bake until the peppers are tender and the filling is heated through, 30 to 35 minutes.

**YIELD:** 4 servings    **SERVING SIZE:** 1 stuffed pepper

### NUTRITION ANALYSIS PER SERVING

Calories	307 calories
Total Fat	10 g fat (2 g sat, 1 g mono)
Cholesterol	65 mg
Carbohydrates	31 g
Added sugars	0 g
Protein	26 g
Fiber	6 g
Sodium	385 mg
Potassium	588 mg

Source: [EatingWell](#)



# CHICKEN & TURKEY DISHES

## **JERK-ORANGE CHICKEN WITH CARIBBEAN BROWN RICE SALAD**

This recipe is light and fresh and makes an easy weeknight meal. The classic chicken and rice dish is made healthy using brown rice instead of white rice, and the chicken is grilled. The flavor comes from the sweet and spicy pairing of the jerk seasoning and pineapple.

2 tsp jerk seasoning  
1 1/2 tsp grated orange zest  
5 (about 3-4 oz each) skinless, boneless, chicken breast halves  
salt to taste  
1 (8-oz) can pineapple tidbits, drained  
5 servings cooked brown rice  
1 (15-oz) can black beans, rinsed, drained  
1/3 C chopped red onion  
2 T finely chopped cilantro, plus 1 tablespoon for garnish  
1 T lime juice

1. In a small bowl, mix jerk seasoning and orange zest until well combined. Rub over both sides of chicken. Season chicken with salt to taste. Transfer chicken to a plate. Cover and marinate overnight.
2. Pre-heat grill and set up chicken on a grilling pan or tin foil and cover with pineapple tidbits.
3. Mix together rice, beans, onion cilantro and lime juice and chill. Serve as cold salad.
4. Grill chicken thoroughly on both sides, about 4 to 6 minutes per side depending on thickness.

Garnish with cilantro as desired.

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# CHICKEN & TURKEY DISHES

## RED-HOT CHICKEN PASTA

This low-saturated fat, cholesterol-free pasta dish contains lots of tomatoes and herbs and very little oil.

- 1 T olive oil
- 2 cloves garlic, minced
- 1/4 C freshly minced parsley
- 4 C ripe tomatoes, chopped
- ground red pepper or cayenne, to taste
- 1/4 tsp salt
- 1 T oregano leaves, crushed or 1 tsp dried oregano
- 1 T fresh basil, chopped or 1 tsp dried basil
- 1/2 lb cooked chicken breasts, diced into 1/2-inch pieces (3/4 lb raw) (optional)
- 8 oz uncooked fusilli pasta (4 C cooked)

1. Heat oil in medium saucepan. Sauté garlic and parsley until golden.
2. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently.
3. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.
4. Cook pasta firm in unsalted water.
5. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley.
6. Serve hot as main dish and cold for next day's lunch.

**YIELD:** 4 servings    **SERVING SIZE:** 1 cup

### NUTRITION ANALYSIS PER SERVING

Calories	304
Total fat	5 g
Saturated fat	less than 1 g
Cholesterol	0 mg
Sodium	285 mg

Source: [intelihealth.com](http://intelihealth.com)



# CHICKEN & TURKEY DISHES

## SPAGHETTI WITH TURKEY MEAT SAUCE

Using nonstick cooking spray, ground turkey and no added salt helps to make this classic dish heart-healthy.

nonstick cooking spray, as needed  
1 lb ground turkey  
1 (28 oz) can tomatoes, cut up  
1 C finely chopped green pepper  
1 C finely chopped onion  
2 cloves garlic, minced  
1 tsp dried oregano, crushed  
1 tsp black pepper  
1 lb spaghetti, uncooked

1. Coat large skillet with nonstick spray. Preheat over high heat.
2. Add turkey; cook, stirring occasionally, for 5 minutes.
3. Drain fat and discard.
4. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano and black pepper.
5. Bring to boil; reduce heat.
6. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more.  
(If you like creamier sauce, give sauce a whirl in your blender or food processor.)
7. Meanwhile, cook spaghetti in unsalted water. Drain well.
8. Serve sauce over spaghetti.

**YIELD:** 6 servings    **SERVING SIZE:** 5 ounces sauce and 9 ounces spaghetti

### NUTRITION ANALYSIS PER SERVING

Calories	330
Total fat	5 g
Saturated fat	1 g
Cholesterol	60 mg
Sodium	280 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# CHICKEN & TURKEY DISHES

## **TROPICAL CHICKEN CURRY WITH STEAMED BROWN RICE**

This mild coconut-chicken curry is full of nutritious, delicious vegetables . . . and a delightful surprise — sweet mango!

1 1/2 C brown rice, uncooked (or 3 C cooked brown rice, keep warm)  
2 tsp olive oil  
1 medium onion, diced  
1 medium red bell pepper, seeded and diced small  
1 T grated fresh ginger  
3 cloves garlic, minced  
2 tsp salt-free curry blend  
1 lb skinless boneless chicken, diced into 1-inch cubes  
1 C diced zucchini (about 1 medium)  
1 C diced carrots (about 1 medium)  
1 C dried shiitake mushrooms, hydrated, discard water (optional)  
1/2 C diced ripe fresh mango (about 1 medium mango)  
1 C light coconut milk  
1 C filtered water  
sea salt and pepper to taste  
freshly ground pepper  
4 C spinach, rinsed and drained well  
1 lime, cut into wedges (optional)  
chopped cilantro (optional)

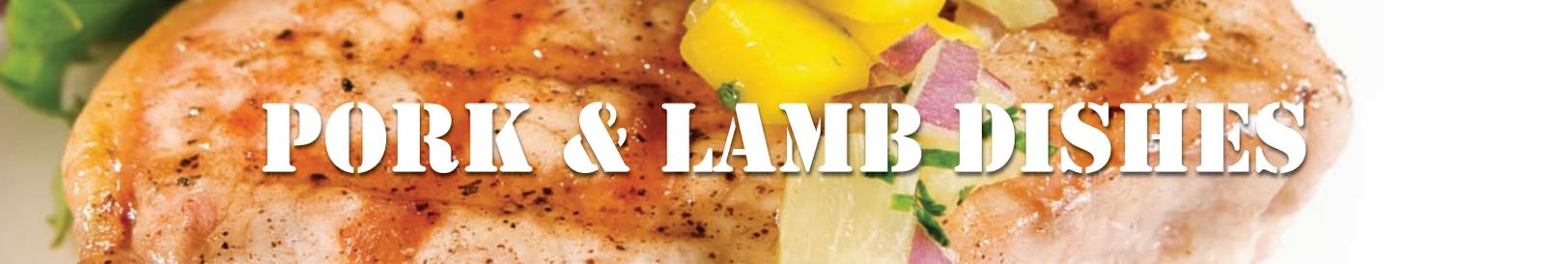
1. Prepare brown rice by combining uncooked brown rice and 3 cups in a small saucepan. Cover and bring to a boil.
2. Reduce the heat to low and cook undisturbed for 40-45 minutes. Brown rice is done when water is absorbed and rice is tender (note: rice cooker may also be used instead of stove-top method).
3. Meanwhile, heat the oil in a large (4-quart) heavy-bottom pot over medium-high heat. Add the onion and pepper cook for 3 minutes. Add the ginger, garlic and curry blend and stir to combine ingredients in the skillet.
4. Add the chicken, and cook for 3 minutes.
5. Add the zucchini, carrots, mushrooms (optional), stir and cook for 2 minutes.
6. Add mango, coconut milk, water, salt and pepper and bring curry to a simmer. Allow curry to simmer about 12 minutes, until vegetables have softened to the bite and chicken is cooked.
7. Before serving, add spinach and lime juice, and stir until spinach is wilted. Serve 1 generous cup curry over 1/2 cup brown rice.

If desired, top with a cilantro and a squeeze of lime.

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# PORK & LAMB DISHES



# PORK & LAMB DISHES

## BAKED PORK CHOPS

These spicy and moist pork chops are made with egg whites, evaporated skim milk and a lively herb mixture.

1 egg white  
1 C evaporated skim milk  
6 lean center-cut pork chops, 1/2-inch thick  
3/4 C cornflake crumbs  
1/4 C fine dry bread crumbs  
1/8 tsp cayenne pepper  
3/4 tsp chili powder  
1/2 tsp garlic powder  
1/2 tsp black pepper  
1/8 tsp dry mustard  
4 tsp paprika  
2 tsp oregano  
1/2 tsp salt  
nonstick spray coating, as needed

1. Trim fat from chops.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand 5 minutes, turning chops once.
3. Meanwhile, mix together cornflake crumbs, bread crumbs, spices and salt.
4. Spray 9x13-inch baking pan with nonstick spray coating.
5. Remove chops from milk mixture. Coat thoroughly with crumb mixture.
6. Place chops in pan and bake in 375° F oven for 20 minutes. Turn chops and bake 15 minutes longer or until no pink remains.

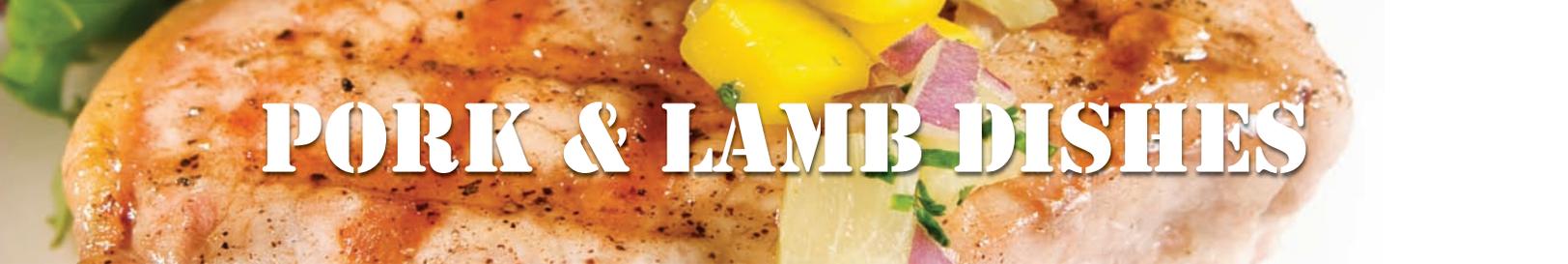
**Note:** If desired, substitute skinless, boneless chicken, turkey parts or fish for pork chops and bake for 20 minutes.

**YIELD:** 6 servings      **SERVING SIZE:** 1 pork chop

### NUTRITION ANALYSIS PER SERVING

Calories	216
Total fat	8 g
Saturated fat	3 g
Cholesterol	62 mg
Sodium	346 mg

Source: [intelihealth.com](http://intelihealth.com)



# PORK & LAMB DISHES

## LAMB KABOBS

These lamb kabobs are marinated in very little oil or salt, but the flavor is lively when wine, lemon juice, rosemary and garlic are added.

2 T olive oil  
1/2 tsp rosemary  
1/2 C chicken broth  
1/8 tsp black pepper  
1/4 C red wine  
juice of 1 lemon  
1 tsp chopped garlic  
1/4 tsp salt  
2 lb lean lamb, cut into 1-inch cubes  
24 cherry tomatoes  
24 mushrooms  
24 small onions

1. Combine oil, broth, wine, lemon juice, garlic, salt, rosemary and pepper.
2. Pour over lamb, tomatoes, mushrooms and onions.
3. Marinate in refrigerator several hours or overnight.
4. Assemble separate skewers of lamb, onions, mushrooms and tomatoes.
5. Broil 3 inches from heat for 15 minutes, turning every 5 minutes. Remember lamb and onions take longer to cook than mushrooms and tomatoes.

**YIELD:** 8 servings    **SERVING SIZE:** 1 kabob with 3 ounces meat

### NUTRITION ANALYSIS PER SERVING

Calories	274
Total fat	12 g
Saturated fat	3 g
Cholesterol	75 mg
Sodium	207 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



**SEAFOOD DISHES**



# SEAFOOD DISHES

## **BAJA SHRIMP TACOS WITH AVOCADO MANGO SALSA**

Nothing but fresh produce, corn tortillas and grilled fish. This dish has everything sweet, sour, salty, spicy, cold, crunchy, creamy and hot. It's also simple and quick to prepare.

1 lb of large (26-30) shrimp, peeled and deveined  
1 C lime juice, divided  
3 smashed garlic cloves  
olive oil cooking spray  
10 corn tortillas  
1 large avocado, 1/2" cubes  
1 medium red onion, diced  
1 mango, chopped  
1 C chopped cilantro  
1/2 tsp salt  
1 jalapeno, seeded and minced  
1 bag of shredded cabbage or slaw mix  
Louisiana hot sauce (optional)

1. Place shrimp and garlic in a zip lock bag. Add all but 2 tablespoon of the lime juice. Massage bag to evenly distribute. Let sit in refrigerator for a few hours, or at room temperature for 20 minutes.
2. Meanwhile, mix remaining lime juice with mango, avocado, onion, cilantro and jalapeno in a large bowl. Mix in salt.
3. Heat large skillet over medium high heat. Spray with olive oil cooking spray. Add shrimp and cook until done, about 4 minutes.
4. Warm tortillas in microwave, on a plate covered with damp towel, for 30 seconds.
5. Place 3 shrimp on each tortilla. Spoon 1/4 cup shredded cabbage, and a few tablespoons mango salsa on each.

Serve with hot sauce if desired.

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# SEAFOOD DISHES

## CATFISH STEW AND RICE

A hearty blend of catfish and veggies atop a bed of rice.

2 medium potatoes  
1 (14 1/2-oz) can tomatoes,\* cut-up  
1 C chopped onion  
1 (8-oz) bottle (1 C) clam juice or water  
1 C water  
2 cloves garlic, minced  
1/2 head cabbage, coarsely chopped  
1 lb catfish fillets  
1 1/2 T Hot 'n Spicy seasoning  
sliced green onion for garnish (optional)  
2 C hot, cooked rice (white or brown)

1. Peel potatoes and cut into quarters. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil; reduce heat. Cook, covered, over medium-low heat for 10 minutes.
2. Add cabbage. Return to boil. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.
3. Meanwhile, cut fillets into 2-inch lengths. Coat with Hot 'n Spicy Seasoning. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with fork.
4. Serve in soup plates, garnished with sliced green onion. Top with scoop of hot, cooked rice.  
Or, ladle stew over hot, cooked rice in soup plates and garnish with green onion.

**YIELD:** 4 servings

### NUTRITION ANALYSIS PER SERVING

Calories	355
Total fat	5 g
Saturated fat	1.3 g
Carbohydrates	49 g
Protein	28 g
Cholesterol	65 mg
Sodium	454 mg
Dietary fiber	7 g

\*To reduce sodium, try low-sodium canned tomatoes.

Source: [intelihealth.com](http://intelihealth.com)



# SEAFOOD DISHES

## EASY TUNA PASTA CASSEROLE

2 C dry whole wheat or multigrain elbow pasta  
2 (6-oz) cans tuna  
1 (10 3/4-oz) can cream of mushroom soup (98% fat free)  
1 C sliced fresh mushrooms  
1 C frozen peas (thawed)  
4 oz 1% or skim milk  
1/2 C whole grain bread crumbs

1. Pre heat oven to 350° F.
2. Cook pasta according to directions on the box and drain.
3. In a bowl, mix together tuna, cream soup, vegetables and milk. Add the cooked pasta and mix.
4. Transfer to a baking dish and sprinkle with whole grain bread crumbs.
5. Bake for 45 minutes or until bubbly.

**YIELD:** 4 servings

### NUTRITION ANALYSIS PER SERVING

Calories	361
Carbohydrates	45 g
Fat	2 g
Protein	25 g
Fiber	4.5 g
Sodium	412 mg

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# SEAFOOD DISHES

## GRILLED SALMON TERIYAKI

6 salmon filets (6 oz skinless filets)

### Marinade

5 oz apple juice  
1 T rice wine vinegar  
1 oz soy sauce, low sodium  
1 tsp fresh ginger root, minced  
1 garlic clove, minced  
1 tsp sugar

### Sauce

7 oz apple juice  
3 oz soy sauce, low sodium  
1 1/2 T rice wine vinegar  
1 T honey  
1 tsp sugar  
1 tsp fresh ginger root, minced  
2 garlic cloves, minced  
1 T cornstarch  
1 T water

1. Combine the ingredients for the marinade, brush onto the filets and let marinate in the fridge for 15-20 minutes.
2. For the sauce, combine all ingredients, (except cornstarch and water) in a sauce pan and bring to a boil. In a small bowl, mix together the water and cornstarch to make a 'slurry'. Add to the sauce pan and simmer until lightly thickened.
3. Remove salmon from marinade, spray lightly with vegetable spray and grill until well browned on both sides and cooked throughout. Brush sauce on lightly during cooking.
4. Once thoroughly cooked, plate salmon with small amount of sauce.

### TIPS

- Salmon contains omega 3 fatty acids.
- Omega 3s can help to reduce inflammation, lower triglycerides and decrease blood clots.
- Omega 3s support a healthy immune system and nervous system.
- The American Heart Association recommends you eat at least 2 servings of fish per week.

**YIELD:** 6 servings

### NUTRITION ANALYSIS PER SERVING

Calories	355
Fat	10 g
Cholesterol	65 mg
Sodium	610 mg



# SEAFOOD DISHES

## MEDITERRANEAN BAKED FISH

This dish is baked and flavored with a Mediterranean-style tomato, onion and garlic sauce to make it lower in fat and salt.

2 tsp olive oil  
1 large onion, sliced  
1/4 C lemon juice  
1/4 C orange juice  
1 (16 oz) can whole tomatoes, drained (reserve juice) and coarsely chopped  
1 T fresh grated orange peel  
1 tsp fennel seeds, crushed  
1 bay leaf  
1/2 tsp dried oregano, crushed  
1 clove garlic, minced  
1/2 tsp dried thyme, crushed  
1 C dry white wine  
1/2 tsp dried basil, crushed  
1/2 C reserved tomato juice from canned tomatoes  
black pepper to taste  
1 lb fish fillets (sole, flounder or sea perch)

1. Heat oil in large nonstick skillet. Add onion and sauté over moderate heat 5 minutes or until soft.
2. Add remaining ingredients except fish.
3. Stir well and simmer 30 minutes, uncovered.
4. Arrange fish in 10x6-inch baking dish; cover with sauce.
5. Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily.

**YIELD:** 4 servings    **SERVING SIZE:** 4-ounce fillet with sauce

### NUTRITION ANALYSIS PER SERVING

Calories	177
Total fat	4 g
Saturated fat	1 g
Cholesterol	56 mg
Sodium	281 mg

Source: [intelihealth.com](http://intelihealth.com)



# SEAFOOD DISHES

## SCALLOP KABOBS

These colorful skewers contain scallops, which are naturally low in total and saturated fat.

3 medium green peppers, cut into 1 1/2-inch squares  
1 1/2 lb fresh bay scallops  
1 pint cherry tomatoes  
1/4 C vegetable oil  
3 T lemon juice  
dash garlic powder  
1/4 C dry white wine  
black pepper, to taste

1. Parboil green peppers for 2 minutes.
2. Alternately thread first 3 ingredients on skewers.
3. Combine next five ingredients.
4. Brush kabobs with wine/oil/lemon mixture; place on grill (or under broiler).
5. Grill 15 minutes, turning and basting frequently.

**YIELD:** 4 servings    **SERVING SIZE:** 6-ounce scallop kabob

### NUTRITION ANALYSIS PER SERVING

Calories	224
Total fat	6 g
Saturated fat	less than 1 g
Cholesterol	43 mg
Sodium	355 mg

Source: [intelihealth.com](http://intelihealth.com)



# SEAFOOD DISHES

## SEAFOOD STEW

Serve this delicious stew with fresh-baked bread for a complete, balanced meal.

4 C water  
2 C white wine  
2 celery stalks, coarsely chopped  
2 carrots, coarsely chopped  
1 lb crayfish, washed  
1 1/2 lb medium shrimp, washed  
1 T olive oil  
2 medium onions, finely chopped  
2 medium red bell peppers, finely chopped  
4 medium tomatoes, dipped in boiling water for 30 seconds, peeled and chopped  
2 T tomato paste  
2 tsp chopped fresh thyme  
2 tsp chopped fresh oregano  
1 1/2 lb sea bass fillets, cut into chunks  
1 1/2 lb small squid, cleaned and sliced  
pepper, to taste  
very small amount of salt (optional)

1. In large, non-aluminum saucepan, stir together water, white wine, celery and carrots.
2. Bring to simmer and cook for 5 minutes. Add shrimp and crayfish and simmer for 3 to 4 minutes.
3. Strain shellfish and vegetables from broth and set broth aside.
4. Peel crayfish and shrimp and discard shells and vegetables.
5. Warm olive oil in large saucepan over medium-high heat. Cook onions and peppers until tender, about 6 minutes.
6. Stir in tomatoes, tomato paste, thyme and oregano.
7. Add reserved broth and bring it to simmer.
8. Stir in sea bass and squid and simmer for 2 minutes. Return crayfish and shrimp to broth and simmer 1 more minute.
9. Season to taste (optional), ladle into bowls and serve immediately.

**YIELD:** 16 servings    **SERVING SIZE:** 1 cup

### NUTRITION ANALYSIS PER SERVING

Calories	244
Total fat	4 g
Saturated fat	1 g
Cholesterol	266 mg
Sodium	194 mg*
Dietary fiber	2 g
Carbohydrates	9 g
Protein	33 g

\*Sodium content does not include addition of optional amounts of salt mentioned in recipe.



# SEAFOOD DISHES

## SPINACH STUFFED SOLE

A scant amount of oil and part-skim mozzarella cheese give this lower fat dish a Mediterranean flavor.

nonstick cooking spray, as needed  
1 tsp olive oil  
1/2 lb fresh mushrooms, sliced  
1/2 lb fresh spinach, chopped  
1 clove garlic, minced  
1/4 tsp oregano leaves, crushed  
1 1/2 lb sole fillets or other white fish  
2 T sherry  
4 oz (1 C) part-skim mozzarella cheese, grated

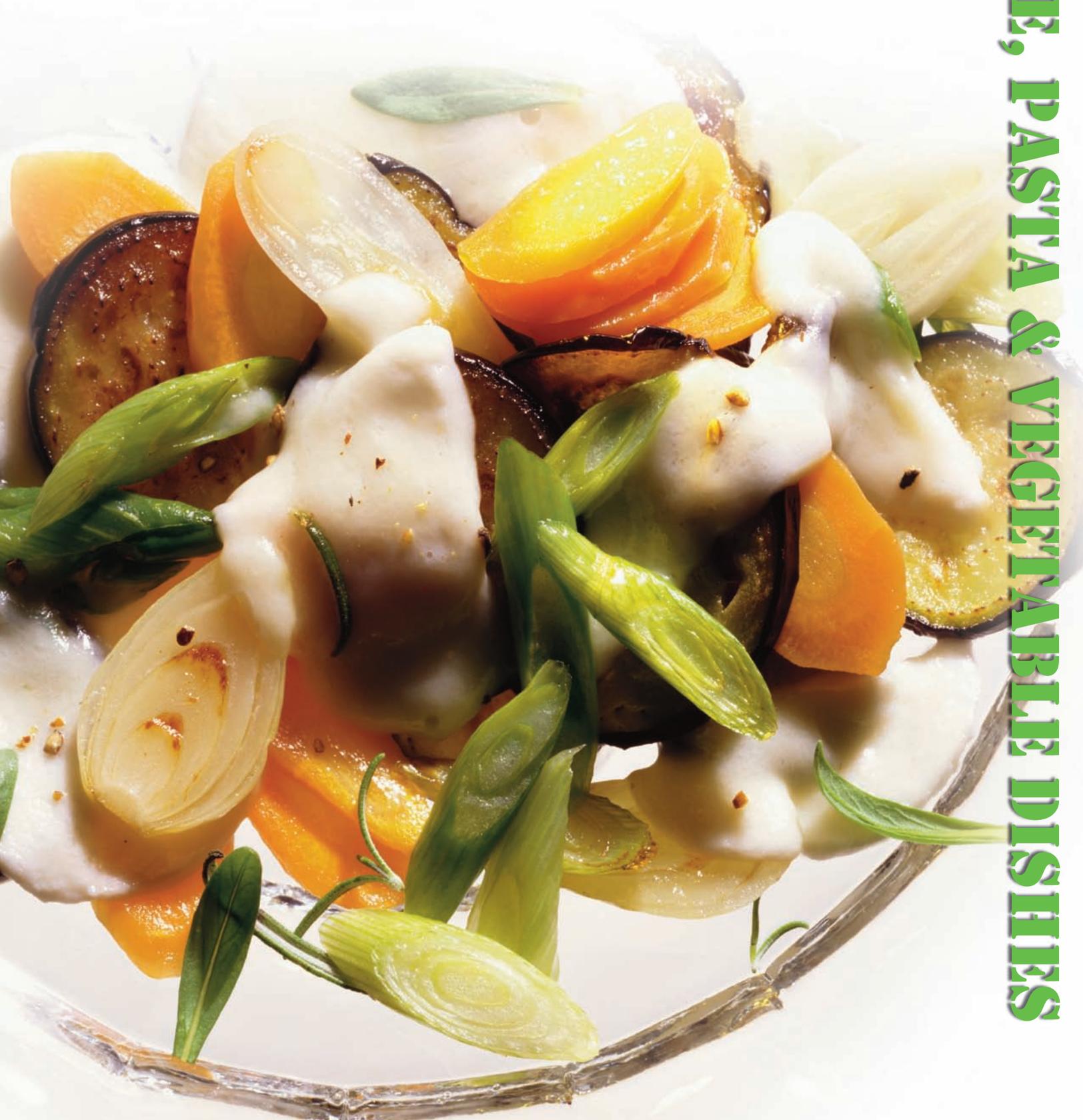
1. Preheat oven to 400° F.
2. Spray 10x6-inch baking dish with nonstick cooking spray.
3. Heat oil in skillet; sauté mushrooms about 3 minutes or until tender.
4. Add spinach and continue cooking about 1 minute or until spinach is barely wilted.  
Remove from heat; drain liquid into prepared baking dish.
5. Add oregano and garlic to drained, sautéed vegetables; stir to mix ingredients.
6. Divide vegetable mixture evenly among fillets, placing filling in center of each fillet.  
Roll fillet around mixture and place seam-side down in prepared baking dish.
8. Sprinkle with sherry, then grated mozzarella cheese. Bake 15 to 20 minutes or until fish flakes easily. Lift out with a slotted spoon.

**YIELD:** 4 servings    **SERVING SIZE:** 1 fillet roll

### NUTRITION ANALYSIS PER SERVING

Calories	262
Total fat	8 g
Saturated fat	4 g
Cholesterol	95 mg
Sodium	312 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



**RICE, PASTA & VEGETABLE DISHES**



# RICE, PASTA & VEGETABLE DISHES

## MOZZARELLA & TOMATO STRATA

- 2 tsp olive oil
- 1 medium chopped onion
- 2 cloves minced garlic
- 4 large chopped plum tomatoes
- 1/4 tsp kosher salt
- 1/4 tsp black pepper
- 12 slices French bread cut on the diagonal (1/2 inch thick)
- 2 C fat-free egg substitute
- 1 1/2 C fat-free milk
- 1 C shredded 2% mozzarella cheese
- 1/4 C chopped fresh parsley for garnish

1. Preheat oven to 350° F. Spray a shallow 2-quart baking dish with nonstick spray.
2. Heat the oil in a medium nonstick skillet over medium-high heat. Add the onion and garlic; cook, stirring occasionally, until softened, about 4 minutes. Remove from heat and stir in tomatoes.
3. Whisk together the egg substitute, milk, salt and pepper. Arrange half the bread slices in a single layer in the baking dish and sprinkle with half the cheese. Spoon half the tomato mixture evenly over the bread.
4. Top with the remaining bread slices and the rest of the cheese, leaving a little for garnish. Top with the rest of the tomato mixture. Pour the egg mixture over all and top with the remaining cheese.
5. Bake until the center is set and the top is golden brown, about 45 minutes. Sprinkle with fresh parsley (optional) and let it stand 5 minutes before serving.

### TIPS

- Olive oil is a monounsaturated fat and can help lower bad cholesterol.
- Fat-free and reduced fat dairy products can help to decrease the amount of saturated fat.

**YIELD:** 8 servings

### NUTRITION ANALYSIS PER SERVING

Calories	207
Carbohydrates	26 g
Fat	4 g
Protein	19 g
Fiber	2 g
Sodium	1 g

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# RICE, PASTA & VEGETABLE DISHES

## NEW ORLEANS RED BEANS

This main dish is cholesterol-free, virtually fat-free and chock-full of vegetables.

1 lb dry red beans  
2 qts water  
3 T chopped parsley  
1 1/2 C chopped onion  
2 tsp dried thyme, crushed  
1 C chopped celery  
3 T chopped garlic  
1 tsp salt  
4 bay leaves  
1 tsp black pepper  
1 C chopped green pepper

1. Pick through beans to remove bad beans; rinse thoroughly.
2. In a large pot combine beans, water, onion, celery and bay leaves. Bring to a boil; reduce heat.
3. Cover and cook over low heat for about 1 1/2 hours or until beans are tender. Stir.
4. Mash beans against side of pan.
5. Add green pepper, garlic, parsley, thyme, salt and black pepper. Cook, uncovered, over low heat till creamy, about 30 minutes. Remove bay leaves.
6. Serve with hot cooked brown rice, if desired.

**YIELD:** 8 servings    **SERVING SIZE:** 1 1/4 cups

### NUTRITION ANALYSIS PER SERVING

Calories	171
Total fat	less than 1 g
Saturated fat	less than 1 g
Cholesterol	0 mg
Sodium	285 mg

Source: [intelihealth.com](http://intelihealth.com)



# RICE, PASTA & VEGETABLE DISHES

## ASIAN RICE

Skimming fat off chicken stock and using a minimum of oil and no added salt means this crunchy rice is lower in fat, saturated fat and sodium.

1 1/2 C water  
1 C chicken stock or broth, skim fat from top  
1 1/3 C uncooked long-grain white rice  
2 tsp vegetable oil  
2 T finely chopped onion  
1 C finely chopped celery  
1/4 tsp ground sage  
1/2 C sliced water chestnuts  
1/4 tsp nutmeg  
1/2 C chopped pecans  
2 T finely chopped green pepper  
black pepper, to taste

1. Bring water and stock to boil in medium-size saucepan.
2. Add rice and stir. Cover and simmer 20 minutes.
3. Remove pan from heat. Let stand, covered, 5 minutes or until all liquid is absorbed. Reserve.
4. Heat oil in large, nonstick skillet.
5. Sauté onion and celery over moderate heat 3 minutes.
6. Stir in remaining ingredients, including reserved cooked rice.
7. Fluff with fork before serving.

**YIELD:** 10 servings    **SERVING SIZE:** 1/2 cup

### NUTRITION ANALYSIS PER SERVING

Calories	139
Total fat	5 g
Saturated fat	less than 1 g
Cholesterol	0 mg
Sodium	86 mg

Source: [intelihealth.com](http://intelihealth.com)



# RICE, PASTA & VEGETABLE DISHES

## SUMMER VEGETABLE SPAGHETTI

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold.

2 C small yellow onions, cut in eighths  
2 T minced fresh parsley  
1 clove garlic, minced  
2 C chopped, peeled, fresh, ripe tomatoes (about 1 lb)  
1/2 tsp chili powder  
1/4 tsp salt  
2 C thinly sliced yellow and green squash (about 1 lb)  
1 1/2 C cut fresh green beans (about 1/2 lb)  
2/3 C water  
black pepper, to taste  
1 can (6 oz) tomato paste  
1 lb uncooked spaghetti  
1/2 C grated parmesan cheese

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle parmesan cheese over top.

**YIELD:** 9 servings    **SERVING SIZE:** 1 cup spaghetti and 3/4 cup sauce with vegetables

### NUTRITION ANALYSIS PER SERVING

Calories	279
Total fat	3 g
Saturated fat	1 g
Cholesterol	4 mg
Sodium	173 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# RICE, PASTA & VEGETABLE DISHES

## VEGETARIAN BEANS WITH RICE

Serve this vegetarian entree with salad and tortillas.

### Beans

2 C pinto beans  
1/2 medium onion, chopped  
2 bay leaves  
8 C cold water  
very small amount of salt (optional)  
1 tsp vegetable oil  
3 cloves garlic, chopped

### Rice

1 small onion, chopped  
2 medium tomatoes, peeled and seeded  
2 cloves garlic  
2 C long-grain white rice  
1 tsp vegetable oil  
4 C low-sodium chicken broth (remove fat)  
very small amount of salt (optional)  
1 C fresh or frozen peas  
1 T chopped fresh cilantro

### To make beans

1. Pick over beans to remove any stones and wash. Soak beans overnight.
2. Put beans into large pot with onion, bay leaves and water.
3. Bring water to simmer and cook beans until tender, 1 1/2 to 3 hours.
4. Add water as needed as beans cook. Season to taste with salt (optional) and cook until very soft.
5. Remove from heat and discard bay leaves.
6. Strain off remaining liquid and set aside.
7. In medium, nonstick skillet, warm oil over medium heat.
8. Add garlic and cook until fragrant, about 1 minute.
9. Add 1/2 cup cooked beans to skillet and mash with back of wooden spoon.
10. Gradually stir in liquid from bean pot and cook until paste is quite thick.
11. Stir mashed bean mixture back into pot of beans and simmer together for 4 to 5 minutes.

### To make rice

1. In food processor or blender, puree onion, tomatoes and garlic.
2. In medium, nonstick saucepan, warm oil over medium heat.
3. Add rice and stir until light golden.
4. Stir in vegetable puree and cook until all moisture has been absorbed.
5. Stir in chicken broth and season lightly with salt (optional). If you are using fresh peas stir them in, too.
6. Bring rice to simmer, reduce heat to very low, and cover pan.
7. Cook until rice is tender and chicken broth is absorbed, about 20 minutes.
8. If you are using frozen peas, stir them in at last minute.
9. Sprinkle cilantro over top of rice and serve.

**YIELD:** 8 servings    **SERVING SIZE:** 3/4 cup beans; 1 cup rice

### NUTRITION ANALYSIS PER SERVING

Calories	404
Fat	3 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	42 mg*
Dietary fiber	6 g
Carbohydrates	78 g
Protein	17 g

\*Sodium content does not include addition of optional amounts of salt mentioned in recipe.



# RICE, PASTA & VEGETABLE DISHES

## ZUCCHINI LASAGNA

You won't miss the meat in this satisfying Italian dish.

1/2 lb lasagna noodles, cooked in unsalted water  
3/4 C mozzarella cheese, part-skim  
1 1/2 C fat-free cottage cheese  
1/4 C parmesan cheese  
1 1/2 C zucchini, raw, sliced  
2 1/2 C tomato sauce, low-sodium or no-salt added  
2 tsp basil, dried  
2 tsp oregano, dried  
1/4 C onion, chopped  
1 clove garlic  
1/8 tsp black pepper

1. Preheat oven to 350° F. Lightly spray 9x13-inch baking dish with vegetable oil spray. Set aside.
2. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon parmesan cheese. Mix well and set aside.
3. In medium bowl, combine remaining mozzarella and parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add about 1/3 of noodles in a single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini. Repeat layering. Add thin coating of sauce. Top with noodles, sauce and reserved cheese mixture. Cover with aluminum foil.
5. Bake 30 to 40 minutes. Let stand 10 to 15 minutes. Cut into 6 portions.

**YIELD:** 6 servings    **SERVING SIZE:** 1 piece

### NUTRITION ANALYSIS PER SERVING

Calories	276
Total fat	5 g
Saturated fat	2 g
Cholesterol	11 mg
Magnesium	55 mg
Potassium	561 mg
Calcium	216 mg
Sodium	380 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# SIDE DISHES



# SIDE DISHES

## CANNELLINI BEANS WITH BROCCOLI RABE

1/2 lb cannellini beans (dry)  
2 T olive oil  
2 cloves garlic  
1 head broccoli rabe  
1 T balsamic vinegar  
2 plum tomatoes  
1 yellow onion  
1/2 bunch sage  
1 tsp black pepper  
1/2 lemon

1. Soak beans in water overnight.
2. In a pot of rapidly boiling water, cook the beans until tender. Drain and chill.
3. In a hot, nonstick skillet, heat olive oil and sauté garlic and broccoli rabe until the broccoli rabe is wilted. Remove from heat and chill.
4. Combine beans, broccoli rabe, plum tomatoes, sage, vinegar and seasonings, toss together.
5. Serve and enjoy!

Optional: Cut lemon in half; squeeze fresh lemon juice over salad before tossing.

### TIPS

- Cannellini beans are an excellent source of soluble fiber, which helps reduce cholesterol levels.
- Cannellini beans are a good source of protein, iron, magnesium and folate.
- Broccoli rabe is a good source of calcium, potassium and fiber, important for blood pressure control.
- This is not only a great side dish, but also adds protein and nutrients to a vegetarian diet.

**YIELD:** 6 servings

### NUTRITION ANALYSIS PER SERVING

Calories	95
Carbohydrates	10.7 g
Fat	4.4 g
Protein	4.1 g
Cholesterol	0 mg
Sodium	610 mg

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# SIDE DISHES

## CHEESE, RICE AND PASTA PILAF

After the pasta and onion are sautéed, the oil is drained to minimize the fat content of this interesting pilaf.

- 2 T olive oil
- 1/2 C finely broken vermicelli, uncooked
- 2 T diced onion
- 1 C long-grain white rice, uncooked
- 1 1/4 C hot water
- 1 1/4 C hot chicken stock
- 1/4 tsp ground white pepper
- 1 bay leaf
- 2 T grated parmesan cheese

1. In large skillet, heat oil. Sauté vermicelli and onion until golden brown, about 2 to 4 minutes over medium-high heat.
2. Drain off oil.
3. Add rice, stock, water, pepper and bay leaf.
4. Cover and simmer 15 to 20 minutes. Fluff with fork. Cover and let stand 5 to 20 minutes. Remove bay leaf.
5. Sprinkle with cheese and serve immediately.

**YIELD:** 6 servings    **SERVING SIZE:** 1/2 cup

### NUTRITION ANALYSIS PER SERVING

Calories	172
Total fat	6 g
Saturated fat	1 g
Cholesterol	4 mg
Sodium	193 mg

Source: [intelihealth.com](http://intelihealth.com)



# SIDE DISHES

## **GARLIC MASHED POTATOES**

No added fat or salt is used or needed in this tasty potato dish.

1 lb (about 2 large) potatoes, peeled and quartered  
2 C skim milk  
2 large cloves garlic, chopped  
1/2 tsp white pepper

1. Cook potatoes, covered, in a small amount of boiling water for 20 to 25 minutes or until tender.
2. Remove from heat. Drain and re-cover.
3. Meanwhile, in small saucepan over low heat, cook garlic in milk until garlic is soft, about 30 minutes.
4. Add milk-garlic mixture and white pepper to potatoes. Beat with electric mixer on low speed or mash with potato masher until smooth.

### **Microwave Directions**

1. Scrub potatoes, pat dry and prick with fork.
2. On a plate, cook potatoes, uncovered, on 100% power (high) until tender, about 12 minutes, turning potatoes over once.
3. Let stand 5 minutes.
4. Peel and quarter.
5. Meanwhile, in 4-cup glass measuring cup, combine milk and garlic.
6. Cook, uncovered, on 50% power (medium) until garlic is soft, about 4 minutes. Continue as directed above.

**YIELD:** 4 servings    **SERVING SIZE:** 3/4 cup

### **NUTRITION ANALYSIS PER SERVING**

Calories	141
Total fat	less than 1 g
Saturated fat	less than 1 g
Cholesterol	2 mg
Sodium	70 mg

Source: [intelihealth.com](http://intelihealth.com)



# SIDE DISHES

## GREEN BEANS SAUTÉ

Green beans and onions are lightly sautéed in only 1 tablespoon of oil.

- 1 lb fresh or frozen green beans, cut in 1-inch pieces
- 1 T vegetable oil
- 1 large yellow onion, halved lengthwise and thinly sliced
- 1/8 tsp black pepper
- 1/2 tsp salt
- 1 T fresh parsley, minced

1. If using fresh green beans, cook in boiling water for 10 to 12 minutes or steam for 2 to 3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first.
2. Heat oil in large skillet. Sauté onion until golden.
3. Stir in green beans, salt and pepper. Heat through.
4. Toss with parsley before serving.

**YIELD:** 4 servings    **SERVING SIZE:** 3/4 cup

### NUTRITION ANALYSIS PER SERVING

Calories	64
Total fat	4 g
Saturated fat	less than 1 g
Cholesterol	0 mg
Sodium	282 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# SIDE DISHES

## **GREEN VEGETABLES WITH SESAME-GINGER DRESSING**

The fresh ginger in the dressing gives a zesty boost to these old favorites.

2 C green beans, cut into 2-inch pieces (fresh or frozen)  
2 C broccoli florets (fresh or frozen)  
1/4 C water

### **Sesame-Ginger Dressing**

2 T low-sodium soy sauce  
1 tsp rice wine vinegar  
1/2 tsp sesame oil  
1 tsp honey  
1/2 tsp fresh ginger, grated

1. Whisk ingredients together. Set aside.
2. Microwave fresh green beans with water in covered bowl on high for 2 to 3 minutes. Remove cover carefully, allowing steam to escape away from you; stir green beans and add fresh broccoli florets. Cover and microwave together on high for 2 minutes. (If using frozen green beans and/or broccoli, follow microwave directions on packaging.)
3. Drain green beans and broccoli; mix in dressing while still warm. Let vegetables chill in refrigerator until ready to serve (at least 2 to 10 minutes).

**YIELD:** 4 servings

### **NUTRITION ANALYSIS PER SERVING**

Calories	42
Fiber	3 g
Fat	1 g
Cholesterol	0 mg
Sodium	317 mg

Source: [intelihealth.com](http://intelihealth.com)



# SIDE DISHES

## ITALIAN VEGETABLE BAKE

This colorful, low-sodium, cholesterol-free vegetable baked dish is prepared without any added fat.

- 1 (28-oz) can whole tomatoes
- 1 medium onion, sliced
- 1/2 lb fresh green beans, sliced
- 1/2 lb fresh okra, cut into 1/2-inch pieces or 1/2 10-oz package frozen
- 3/4 C finely chopped green pepper
- 2 T lemon juice
- 1 tsp chopped fresh basil, or 1 tsp dried basil, crushed
- 1 1/2 tsp chopped fresh oregano leaves, or 1/2 tsp dried oregano crushed
- 3 medium (7-inch long) zucchini, cut into 1-inch cubes
- 1 medium eggplant, pared and cut into 1-inch cubes
- 2 T grated parmesan cheese

1. Drain and coarsely chop tomatoes. Save liquid.
2. Mix together tomatoes and reserved liquid, onion, green beans, okra, green pepper, lemon juice, herbs.
3. Cover and bake at 325° F for 15 minutes.
4. Mix in zucchini and eggplant and continue baking, covered, 60 to 70 more minutes or until vegetables are tender. Stir occasionally.
5. Sprinkle top with parmesan cheese just before serving.

**YIELD:** 18 servings    **SERVING SIZE:** 1/2 cup

### NUTRITION ANALYSIS PER SERVING

Calories	36
Total fat	less than 1 g
Saturated fat	less than 1 g
Cholesterol	less than 1 mg
Sodium	86 mg

Source: [intelihealth.com](http://intelihealth.com)



# SIDE DISHES

## OVEN WEDGE FRIES

These easy oven-baked fries are a delicious, lower-fat alternative to french fries.

2 potatoes, large-sized  
1 tsp olive oil, or other vegetable oil

**Seasoning suggestions:** 2 cloves garlic, finely chopped, Italian seasoning spice mix, chili powder, paprika or cayenne red pepper

1. Preheat oven to 400° F.
2. Cut potatoes into quarters. Then cut each quarter into wedges with the wedge part (area with skin) about 1/2 to 1/3 inch wide.
3. Coat nonstick cookie sheet with 1 teaspoon oil.
4. Lay wedges on cookie sheet.
5. Place cookie sheet on oven rack about 7 inches from oven bottom.
6. Bake for 7 minutes (or until bottom and edges start browning), then flip wedges over to other side and sprinkle seasonings over top.
7. Bake for another 7 minutes (or until wedges are nicely brown and cooked thoroughly).

**YIELD:** 4 servings

### NUTRITION ANALYSIS PER SERVING

Calories	80
Fat	1 g
Cholesterol	0 mg
Fiber	2 g
Sodium	2 mg
Calories from fat	13%

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# SIDE DISHES

## PIGEON PEAS WITH RICE

Canadian bacon, green olives, cubanel pepper, capers and cilantro give this beans and rice dish a fantastic flavor.

1 lb fresh pigeon peas  
8 C water  
very small amount of salt (optional)  
2 tsp vegetable oil  
4-oz Canadian bacon, diced  
1 medium onion, chopped  
1 cubanel pepper, seeds removed and chopped  
1 green bell pepper, chopped  
1 medium tomato, chopped  
2 1/4 C long-grain, white rice  
6 stuffed green olives, diced  
1 tsp capers  
6 sprigs cilantro, chopped  
1/4 C tomato sauce

1. Rinse and drain pigeon peas.
2. In large saucepan, combine peas and water. Bring to simmer and cook for 30 minutes.
3. Stir in salt (optional) and cook for 15 more minutes.
4. Drain, reserving 3 cup liquid, and set aside until needed.
5. In large, nonstick saucepan over medium-high heat, warm vegetable oil.
6. Add Canadian bacon, onion, cubanel pepper, bell pepper, tomato.
7. Cook until vegetables are tender, about 8 minutes.
8. Stir rice into bacon and vegetables.
9. Stir in green olives, capers, cilantro, tomato sauce, drained pigeon peas.
10. Cook for 2 to 3 minutes.
11. Stir in 3 cup of reserved liquid. Bring to simmer and cook until almost all water has evaporated.
12. Reduce heat to very low, cover pan and cook for 15 minutes.
13. With large wooden spoon, turn rice and peas very carefully.
14. Cover and cook for 15 more minutes. Serve hot.

### Variation

You may substitute two 16-ounce cans of pigeon peas for 1 pound fresh peas. Drain canned peas and add enough water to their liquid to make 3 cups. Stir canned peas into rice for last 15 minutes of cooking.

**YIELD:** 16 servings    **SERVING SIZE:** 1 cup

### NUTRITION ANALYSIS PER SERVING

Calories	324
Total fat	4 g
Saturated fat	1 g
Cholesterol	5 mg
Sodium	436 mg*
Dietary fiber	2 g
Carbohydrates	60 g
Protein	12 g

\*Sodium content does not include addition of optional amounts of salt mentioned in recipe.

Source: [intelihealth.com](http://intelihealth.com)



# SIDE DISHES

## STUFFED POTATOES

Baked potatoes stuffed with seasoned, low-fat cottage cheese are a lavish treat.

- 4 medium baking potatoes
- 1 tsp dill weed
- 3/4 C low-fat (1%) cottage cheese
- 3/4 tsp herb seasoning
- 1/4 C low-fat (1%) milk
- 4-6 drops hot pepper sauce
- 2 T soft margarine
- 2 tsp grated parmesan cheese

1. Prick potatoes with fork. Bake at 425° F for 60 minutes or until fork is easily inserted.
2. Cut potatoes in half lengthwise.
3. Carefully scoop out potato leaving about 1/2-inch of pulp inside shell.
4. Mash pulp in large bowl.
5. By hand, mix in remaining ingredients except parmesan cheese.
6. Spoon mixture into potato shells.
7. Sprinkle each top with 1/4 teaspoon parmesan cheese.
8. Place on baking sheet and return to oven. Bake 15 to 20 minutes or until tops are golden brown.

**YIELD:** 8 servings    **SERVING SIZE:** 1/2 potato

### NUTRITION ANALYSIS PER SERVING

Calories	113
Total fat	3 g
Saturated fat	less than 1 g
Cholesterol	1 mg
Sodium	136 mg

Source: [intelihealth.com](http://intelihealth.com)



# SIDE DISHES

## SUNSHINE RICE

This citrusy rice side dish contains almonds, celery, and onions, but no added salt.

- 1 1/2 T vegetable oil
- 1 1/4 C finely chopped celery with leaves
- 1 1/2 C finely chopped onion
- 1 C water
- 2 T lemon juice
- 1/2 C orange juice
- dash hot sauce
- 1 C long-grain white rice, uncooked
- 1/4 C slivered almonds

1. Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.
2. Add water, juices, hot sauce. Bring to boil.
3. Stir in rice and bring back to boil.
4. Let stand covered until rice is tender and liquid is absorbed.
5. Stir in almonds.

**YIELD:** 4 servings    **SERVING SIZE:** 2/3 cup

### NUTRITION ANALYSIS PER SERVING

Calories	182
Total fat	7 g
Saturated fat	less than 1 g
Cholesterol	0 mg
Sodium	21 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# SIDE DISHES

## VEGETABLES WITH LEMON-HERB SAUCE

Steaming vegetables and using a lemon-herb sauce make this dish light and easy to make.

1/2 small head cauliflower, cut into florets  
2 C broccoli, cut into florets  
2 T lemon juice  
1 T olive oil  
1 clove garlic, minced  
2 tsp fresh parsley, chopped

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. In small saucepan, mix lemon juice, oil and garlic, and cook over low heat for 2 to 3 minutes.
3. Put vegetables in serving dish. Pour lemon sauce over vegetables. Garnish with parsley.

**YIELD:** 6 servings    **SERVING SIZE:** 1/2 cup

### NUTRITION ANALYSIS PER SERVING

Calories	22
Total fat	2 g
Saturated fat	less than 1 g
Cholesterol	0 mg
Sodium	7 mg
Calcium	10 mg
Iron	less than 1 mg

Source: [intelihealth.com](http://intelihealth.com)



# SIDE DISHES

## WHOLE GRAIN RICE PILAF

2 tsp olive or canola oil  
1/2 tsp fresh garlic (chopped or minced) or 1/8 tsp garlic powder  
1/4 C onions, diced  
1/2 C mushrooms, sliced  
1/2 C red pepper, sliced  
1/2 C pasta (whole wheat or multigrain angel hair, broken into pieces)  
1 (14 oz) can low-sodium, fat-free chicken broth  
1 C instant brown rice  
1 T fresh parsley, chopped or 1 tsp dried parsley  
salt to taste

1. In a nonstick fry pan, sauté onions, garlic, mushrooms, and red pepper in olive oil for about 3 minutes.
2. Add pasta and cook for 2 minutes more.
3. Add the chicken broth, rice and parsley.
4. Reduce heat and cook until all the broth is absorbed - about 10 minutes.
5. Let this sit for 5 minutes with the heat off, and serve.

### TIPS

- Using whole or multigrain pasta and brown rice adds fiber, nutrients and protective antioxidants.
- To reduce sodium and fat content, choose low sodium, low-fat broth.

**YIELD:** 6 servings

### NUTRITION ANALYSIS PER SERVING

Calories	100
Fat	2 g
Protein	3 g
Sodium	120 mg

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# HEALTHY DESSERTS



# HEALTHY DESSERTS

## ALASKA BLUEBERRY COBBLER

This easy fruit cobbler is delicious all year round.

1/2 C sugar  
2 T cornstarch  
4 C fresh or frozen blueberries  
1 tsp lemon juice  
1 C flour  
1 T sugar  
1 1/2 tsp baking powder  
3 T vegetable oil  
1/2 C low-fat or reconstituted nonfat dry milk

### Fruit Mixture

1. Blend 1/2 cup sugar and cornstarch in medium saucepan.
2. Stir in blueberries and lemon juice.
3. Cook, stirring constantly, until mixture thickens and boils.
4. Boil and stir 1 minute.
5. Pour into ungreased baking dish.
6. Keep fruit mixture hot in oven while preparing biscuit topping.

### Biscuit Topping

1. Heat oven to 400° F.
2. Measure flour, 1 tablespoon sugar and baking powder into a mixing bowl.
3. Add oil and milk, blend together until dough forms.
4. Drop dough by the spoonful onto hot fruit.
5. Bake 25 to 30 minutes or until biscuit topping is golden brown. Serve warm.

**YIELD:** 6 servings

### NUTRITION ANALYSIS PER SERVING

Calories	281
Cholesterol	1 mg
Sodium	139 mg
Fat	7.5 g
Protein	3.5 g
Carbohydrates	52 g
Dietary fiber	3 g
Calories from fat	24%

Source: [intelihealth.com](http://intelihealth.com)



# HEALTHY DESSERTS

## APPLE COFFEE CAKE

Moist apples and raisins provide the flavor in this low-cholesterol and low-sodium coffee cake.

1/4 C vegetable oil  
5 C tart apples, cored, peeled, chopped  
1 C sugar  
1 C dark raisins  
1/2 C pecans, chopped  
2 tsp vanilla  
1 egg, beaten  
2 1/2 C sifted all-purpose flour  
1 1/2 tsp baking soda  
2 tsp ground cinnamon

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

**YIELD:** 20 servings    **SERVING SIZE:** 3 1/2-inch x 2 1/2-inch piece

### NUTRITION ANALYSIS PER SERVING

Calories	188
Total fat	5 g
Saturated fat	less than 1 g
Cholesterol	11 mg
Sodium	68 mg

Source: [intelihealth.com](http://intelihealth.com)



# HEALTHY DESSERTS

## APPLE SMOOTHIE

1 ripe banana  
2 oz apple cider (or 100% apple juice)  
4 oz apple sauce  
2 oz low-fat vanilla yogurt  
Sprinkle of cinnamon  
1/2 tsp vanilla extract  
3/4 C ice

Place all ingredients in a blender or food processor and blend until smooth.

**YIELD:** 1 (12 oz) serving

### NUTRITION ANALYSIS PER SERVING

Calories	140
Protein	2.5 g
Fat	1 g
Fiber	2 g
Carbohydrates	35 g

Source: [healthyfoodfight.com](http://healthyfoodfight.com)

A banner image at the top of the page shows two glass jars filled with fresh fruit. The jar on the left contains blueberries and raspberries, while the jar on the right contains raspberries and strawberries. The text "HEALTHY DESSERTS" is overlaid in large, white, bold, serif capital letters across the center of the image.

# HEALTHY DESSERTS

## APRICOT BARS

2 C old fashioned oats  
2 C all-purpose flour  
1 1/2 C brown sugar  
1/2 tsp salt  
1/2 tsp baking soda  
1/2 C canola oil  
3 oz apple juice  
1 jar apricot preserves  
powdered sugar (optional)

1. Preheat oven to 325° F. Lightly oil 13x9 inch pan with nonstick cooking spray; set aside. In a large bowl, work together oats, flour, brown sugar, salt and baking soda until no lumps of brown sugar remain. Drizzle oil and apple juice over the oats and mix in until evenly moistened and crumbly.
2. Set aside 1/2 mixture for topping; press the remainder evenly into the prepared baking pan. Spread apricot preserves over the top. Sprinkle with the reserved oat topping.
3. Bake for 30-40 minutes or until golden brown. Let cool in the baking pan. Cut into bars and sprinkle with powdered sugar (optional).

### TIPS

- Loaded with whole grains and flavor, these bars are a great way to get your family to increase the fiber in their daily diet.
- Do your kids dislike apricot flavor? Substitute the apricot spread for strawberry preserves!

**YIELD:** 24 servings

### NUTRITION ANALYSIS PER SERVING

Calories	154
Fat	4.1 g
Cholesterol	0 mg
Sodium	121 mg

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# HEALTHY DESSERTS

## BANANA-NUT BREAD

Bananas and buttermilk give this old favorite its moistness and help to lower the fat content.

1 C mashed ripe bananas  
1/3 C low-fat buttermilk  
1/2 C packed brown sugar  
1/4 C margarine  
1 egg  
2 C all-purpose flour, sifted  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
1/2 C chopped pecans

1. Preheat oven to 350° F. Lightly oil 9x5-inch loaf pan.
2. Stir together mashed bananas and buttermilk; set aside.
3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture; beat well.
4. Sift together flour, baking powder, baking soda, salt; add all at once to liquid ingredients. Stir until well blended.
5. Stir in nuts and turn into prepared pan.
6. Bake for 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes in pan.
7. Remove from pan and complete cooling on wire rack before slicing.

**YIELD:** One loaf      **SERVING SIZE:** 1/2-inch slice

### NUTRITION ANALYSIS PER SERVING

Calories	133
Total fat	5 g
Saturated fat	1 g
Cholesterol	12 mg
Sodium	138 mg

Source: [intelihealth.com](http://intelihealth.com)



# HEALTHY DESSERTS

## FRUIT SALAD WITH FROZEN YOGURT

Frozen yogurt adds calcium to this fresh fruit fiesta.

3 T honey  
3 T lemon juice  
1 medium apple, cored and chopped  
1 medium plum, pitted and sliced  
1 large orange, peeled and sliced into 1/4-inch thick rounds  
1 large grapefruit, peeled and sectioned  
1 medium banana, peeled and sliced into rounds  
1 quart frozen nonfat vanilla yogurt

1. In large bowl, whisk together honey and lemon juice.
2. Stir in fruit.
3. Serve fruit topped with scoop of frozen yogurt.

**YIELD:** 8 servings    **SERVING SIZE:** 3/4 cups

### NUTRITION ANALYSIS PER SERVING

Calories	161
Total fat	1 g
Saturated fat	0 g
Cholesterol	3 mg
Sodium	73 mg
Dietary fiber	2 g
Carbohydrates	38 g
Protein	4 g

Source: [intelihealth.com](http://intelihealth.com)



# HEALTHY DESSERTS

## GINGERBREAD WINDOW COOKIES

Making them is fun — almost as much fun as eating them.

2 1/2 C all-purpose flour  
1 tsp ground ginger  
1/2 tsp ground cinnamon  
1/2 tsp ground cloves  
1/2 tsp baking soda  
1/2 C sugar  
1/4 C light margarine, softened  
1/3 C molasses  
1 egg or equivalent egg substitute  
2 T unsweetened applesauce  
1 T vinegar  
30 pieces assorted hard candies, such as fruit-flavored cinnamon, butterscotch, or sour balls  
vegetable oil spray  
flour for rolling dough

1. In medium bowl, stir together flour, ginger, cinnamon, cloves, and baking soda. Set aside.
2. In large bowl, cream sugar and margarine with electric mixer on medium.
3. Beat in molasses, egg substitute, applesauce, and vinegar.
4. Gradually add flour mixture, beating after each addition. Divide dough in half; shape each piece into a disk.
5. Wrap dough in plastic wrap and refrigerate for 2 hours to 2 days.
6. Meanwhile, sort candies by color if using fruit flavored or sour balls, unwrap them, and put candies of each color in a separate airtight freezer bag. Seal bags and place on flat surface, such as cutting board. Using flat side of meat mallet or clean hammer, crush candies into small pieces (not into powder). Keep crushed candies in airtight bags until ready to use.
7. Preheat oven to 350° F. Line four baking sheets with aluminum foil; spray foil with vegetable oil spray.
8. Lightly flour a flat surface. Roll one chilled dough disk to 1/4-inch thickness. Cut out your favorite shapes (3 1/2 inch cutters make about 40 cookies), such as hearts for Valentine's Day. Place cookies about 1 inch apart on baking sheets. Using a smaller cookie cutter (circular cutters 3/4 to 1 inch in diameter work well) cut a shape out of center of each cookie, cutting all the way through dough. Remove cutouts. Lightly place small cookie cutter back where you cut out dough. Spoon about 1 1/2 teaspoons crushed hard candies over area within small cookie cutter. Remove cookie cutter (candies should mound slightly above cutout). Repeat with remaining dough and candies. (Dough scraps can be mounded together and re-rolled.)
9. Bake for 6-9 minutes, or until cookies are firm but tender and candies have melted. Let cool on cooling racks for 15 minutes. Refrigerate leftover cookies in airtight container for up to 1 week, separating layers of cookies with wax paper.

**YIELD:** 20 servings

### NUTRITION ANALYSIS PER SERVING

Calories	243
Cholesterol	2 mg
Sodium	272 mg
Fat	1 g
Protein	4 g
Carbohydrates	53 g
Dietary fiber	1 g

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# HEALTHY DESSERTS

## GUILTLESS BANANA PUDDING

All the sweet flavor, but much less fat than the original.

1 C fat-free milk  
small package fat-free vanilla instant pudding mix (3-4 oz)  
8 oz frozen nonfat whipped topping, thawed  
2/3 C fat-free sweetened condensed milk  
2 T plus 1 tsp fresh lemon juice, or to taste  
20 reduced-fat vanilla wafers, whole or crushed  
2 medium bananas

1. In large bowl, whisk or beat milk and pudding mix until thickened.
2. Fold in whipped topping, condensed milk, lemon juice. Layer half the vanilla wafers, half the bananas, and half the pudding mixture in an 8-inch square glass dish or individual bowls; repeat. Put plastic wrap directly on surface of pudding and refrigerate.

**YIELD:** 8 servings

### NUTRITION ANALYSIS PER SERVING

Calories	243
Cholesterol	2 mg
Sodium	272 mg
Fat	1 g
Protein	4 g
Carbohydrates	53 g
Dietary fiber	1 g

Source: [intelihealth.com](http://intelihealth.com)



# HEALTHY DESSERTS

## MANGO DELIGHT

*Reprinted from Healthy Hispanic Recipes by the National Cancer Institute.*

Try this tropical twist on a traditional gelatin mold.

1 C orange juice  
3 packets unflavored gelatin  
5 medium, very ripe mangoes  
1 C sugar  
1 C evaporated skim milk  
2 C light whipped topping

1. Put orange juice into small, heat-proof bowl and sprinkle the gelatin over it. Set aside for 5 minutes.
2. Peel mangoes, cut fruit from pits and puree in blender or food processor. You should have 4 cups of puree.
3. Transfer puree to large bowl and stir in sugar and evaporated milk.
4. Warm juice and gelatin over a bowl of hot water until liquid and smooth. Whisk gelatin into mango mixture.
5. Stir in whipped topping.
6. Fill a 10-cup mold with cold water and pour all water out. Fill mold with mango mixture, cover with plastic wrap and refrigerate until set, at least 2 to 3 hours.
7. To serve, wrap a warm, damp towel around mold. Invert a serving plate over mold and, holding plate and mold together, turn plate upright. Lift mold away carefully.
8. Garnish with fresh fruit if desired. Serve cold.

**YIELD:** 15 servings    **SERVING SIZE:** 2/3 cup

### NUTRITION ANALYSIS PER SERVING

Calories	228
Total fat	2 g
Saturated fat	0 g
Cholesterol	1 mg
Sodium	54 mg
Dietary fiber	5 g
Carbohydrates	47 g
Protein	5 g

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# HEALTHY DESSERTS

## OAT N' WHEAT BLUEBERRY MUFFINS

- 1 C quick-cooking rolled oats
- 2 bananas (small to medium)
- 1/4 C buttermilk
- 1/2 C maple syrup
- 1/4 C peanut butter
- 1 egg, slightly beaten
- 1 tsp vanilla extract
- 1 1/2 C whole wheat flour
- 1 tsp baking soda
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1 C blueberries – fresh (or frozen, thawed, without liquid)

1. In a blender, process bananas until liquefied. Add enough buttermilk and thoroughly blend until the mixture measures 1 1/4 cups. Transfer mixture to a large bowl. Add rolled oats to banana mixture and let stand for 5 minutes.
2. In a second bowl, thoroughly mix baking soda, cinnamon, and salt. Add flour and mix well.
3. In the blender, combine maple syrup and egg; process until liquefied, add peanut butter and vanilla. Blend well. Pour this mixture into the rolled oats, stir well.
4. Stir in the dry ingredients. Fold in the blueberries.
5. Bake at 375° F for 20 to 25 minutes or until a toothpick inserted in center comes out clean.

### TIPS

- Whole grains such as whole wheat flour and oats have been shown to reduce your risk for heart disease.
- Using natural peanut butter and ripe bananas for flavor instead of butter will lower saturated fat.

**YIELD:** 12 muffins

### NUTRITION ANALYSIS PER SERVING

Calories	361
Carbohydrates	45 g
Fat	2 g
Protein,	25 g
Fiber	4.5 g
Sodium	412 mg

Source: [healthyfoodfight.com](http://healthyfoodfight.com)



# HEALTHY DESSERTS

## OLD-FASHIONED BREAD PUDDING WITH APPLE-RAISIN SAUCE

A classic dessert served with a special sauce delivers a new, vibrant taste.

10 slices whole wheat bread  
1 egg  
3 egg whites  
1 1/2 C skim milk  
1/4 C sugar  
1/4 C brown sugar  
1 tsp vanilla extract  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp cloves  
2 tsp sugar

1. Preheat oven to 350° F. Spray 8x8-inch baking dish with vegetable oil spray. Lay slices of bread in baking dish in two rows, overlapping like shingles.
2. In medium bowl, beat together egg, egg whites, milk, sugar, brown sugar and vanilla. Pour egg mixture over bread.
3. In small bowl, stir together cinnamon, nutmeg, cloves and 2 teaspoon sugar. Sprinkle spiced sugar over bread pudding. Bake pudding for 30 to 35 minutes, until it has browned on top and is firm to touch.
4. Serve warm or at room temperature, with warm apple-raisin sauce.

### Apple-Raisin Sauce

In medium saucepan, mixed together 1 1/4 cup apple juice, 1/2 cup apple butter, 2 tablespoon molasses, 1/2 cup raisins, 1/4 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1/2 teaspoon orange zest (optional). Bring to simmer over low heat. Let sauce simmer 5 minutes. Serve warm. Makes 2 servings.

**YIELD:** 9 servings

### NUTRITION ANALYSIS PER SERVING

Calories	233
Total fat	3 g
Saturated fat	1 g
Carbohydrates	46 g
Protein	7 g
Cholesterol	24 mg
Sodium	252 mg
Dietary fiber	3 g

Source: [intelihealth.com](http://intelihealth.com)



# HEALTHY DESSERTS

## SUMMER CRISP

This tart and tangy fruit dessert is cholesterol-free and low in sodium.

1/2 C sugar  
3 T all-purpose flour  
1 tsp lemon peel, grated  
3/4 tsp lemon juice  
4 C fresh or unsweetened frozen (thawed, not drained) peaches  
3 C fresh or unsweetened frozen (unthawed) blueberries  
2/3 C rolled oats  
1/3 C brown sugar, packed  
1/4 C whole wheat flour  
2 tsp ground cinnamon  
1 T soft margarine, melted

1. To prepare filling, combine sugar, flour and lemon peel in medium bowl. Mix well.
2. Add lemon juice, peaches and blueberries; mix.
3. Spoon into a 6-cup baking dish.
4. To prepare topping, in small bowl, combine oats, brown sugar, flour and cinnamon. Add melted margarine; mix.
5. Sprinkle topping over filling. Bake at 375° F for approximately 40 to 50 minutes or until filling is bubbly and top is brown.
6. Serve warm or at room temperature.

**YIELD:** 6 servings    **SERVING SIZE:** 1 3/4 x 2-inch piece

### NUTRITION ANALYSIS PER SERVING

Calories	284
Total fat	6 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	56 mg

Source: [aetnahealthybody.com](http://aetnahealthybody.com)



# HEALTHY DESSERTS

## SWEET POTATO CUSTARD

Sweet potatoes and bananas make a flavorful, low-fat custard.

1 C mashed, cooked sweet potato  
1/2 C mashed banana (about 2 small bananas)  
1 C evaporated skim milk  
2 T packed brown sugar  
2 beaten egg yolks (or 1/3 C egg substitute)  
1/2 tsp salt  
1/4 C raisins  
1 T sugar  
1 tsp ground cinnamon  
nonstick spray coating

1. In medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks and salt, mixing thoroughly.
2. Coat 1-quart casserole dish with nonstick spray. Transfer sweet potato mixture to casserole.
3. Combine raisins, sugar, cinnamon; sprinkle over sweet potato mixture. Bake in preheated 300° F oven for 45 to 50 minutes or until a knife inserted near center comes out clean.

**Note:** If made with egg substitute, the amount of cholesterol will be lower.

**YIELD:** 6 servings

### NUTRITION ANALYSIS PER SERVING

Calories	144
Total fat	2 g
Saturated fat	0.7 g
Carbohydrates	20 g
Protein	6 g
Cholesterol	92 mg
Sodium	235 mg
Dietary fiber	1.4 g

Source: [intelihealth.com](http://intelihealth.com)

