

The 2017 Home Depot



# Healthy Living Cookbook



Paint your plate with colorful recipes!

# SPECIAL THANKS

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



# 2016 COOKBOOK WINNERS

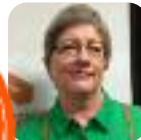
Congratulations again to the 2016 Home Depot Healthy Living Cookbook winners!

You'll find these winning recipes and all of the past Home Depot Healthy Living Cookbooks at [livetheorangelife.com](http://livetheorangelife.com).



**AMANDA**  
Store 4726  
Marysville, WA

**AVOCADO SALAD**



**KAREN**  
Store 6552  
Amarillo, TX

**PAN-SEARED SALMON WITH CUCUMBER DILL SAUCE**



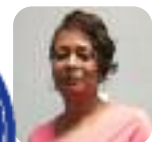
**ADINA**  
Store 2114  
Sioux City, IA

**CHICKEN FAJITA BAKE**



**ANDREA**  
Store 6302  
Marathon, FL

**TOMATOES STUFFED WITH ITALIAN CHICKEN SALAD**



**DONNA**  
Store 3804  
Maple Heights, OH

**BLUEBERRY SMOOTHIE**

The Home Depot 2017 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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The background of the entire page is a close-up, high-angle shot of numerous orange slices. The slices are arranged in a somewhat overlapping pattern, showing the bright orange pulp and the white pith. The lighting is bright, highlighting the texture of the fruit. At the top of the page, there is a solid orange horizontal bar.

## **TIP #1:**

### **EAT COLORFUL FRUITS & VEGETABLES EVERY DAY**

**Everyone knows you need to eat a few servings of fruits and veggies – but do you know what a serving means?**

- One whole medium-sized fruit (like an apple, orange or banana) is a serving.
- Get a whole serving of most fruits or veggies with just half a cup of fresh, frozen or canned produce.
- One cup of raw leafy veggies will give you a full serving.

*Source: American Heart Association*

# Paint your plate: Orange / Yellow

## WHY EAT MORE ORANGE/YELLOW?

At the Home Depot, we love orange – especially the alpha- and beta-carotene (which is converted to vitamin A) and vitamin C in orange and yellow foods. These colorful foods:

- Lower risk of heart disease
- Boost your immune system
- Maintain healthy eyes, teeth and skin

## EASY WAYS TO EAT MORE ORANGE/YELLOW FOODS

- For a snack, cut up some mangoes, papaya and pineapple, mixing them in a bowl for a tropical treat.
- Dice yellow and orange peppers to sprinkle on eggs, pasta dishes and salads.
- Use sweet potatoes as your main carb base (in place of regular potatoes or pasta). Bonus: bake with some cinnamon for a hearty sweet snack.

## ORANGE/YELLOW FRUITS AND VEGETABLES

Acorn squash  
Butternut squash  
Apricots  
Cantaloupes  
Carrots  
Corn  
Grapefruit  
Lemons

Mangoes  
Nectarines  
Oranges  
Orange peppers  
Papayas  
Peaches  
Pineapples  
Pumpkins

Summer squash  
Sweet potatoes  
Tangerines  
Yams  
Yellow apples  
Yellow peppers  
Yellow squash



# One-Pan Pasta

*Both pasta and sauce are cooked in one pan creating a quick and easy-to-clean-up Italian dish that everyone will love. This healthy vegan pasta requires no cheese or meat, and is a great way to try a vegan recipe without losing any flavor.*

**Serves:** 2

**Serving Size:** 16 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 10 minutes

**TOTAL TIME:** 30 minutes

## INGREDIENTS:

- 8 ounces spaghetti (Use whole-grain or high-fiber pasta to make this dish even healthier.)
- 8 ounces cherry tomatoes, cut in half
- 1 small onion, cut in half then cut into wafer-thin slices
- 4 ounces baby spinach leaves
- 3 cloves garlic, finely chopped
- 1 red chili, finely chopped
- 1 small handful basil leaves
- 2 tablespoons extra virgin olive oil
- 3-4 pinches salt and pepper
- 2 small bell peppers (red, green or yellow), finely chopped
- 32 ounces water or chicken stock

## INSTRUCTIONS:

Arrange the tomatoes, spinach, onion, garlic and chili across the base of a large frying pan. Nestle the spaghetti in the center of the pan and pour over the olive oil and water or chicken stock. Place the pan over medium high heat and bring to a boil. Using tongs, stir the pasta regularly and cook for about 9 minutes until it's cooked and the liquid has nearly evaporated creating a sauce. Then remove the pan from heat and stir. Season with basil, sea salt and ground black pepper and you are ready serve.

## NUTRITIONAL VALUE:

Calories: 540

Sodium: 240 mg

Fat: 17 g

Carbohydrates: 82 g

Protein: 17 g

Sugars: 11 g



**AUSTIN**  
**Store 1552**  
Firestone, CO

# Honey-Cumin Shrimp & Okra

*A sweet-and-spicy southern dish that is wonderful to enjoy any time of the year. Have a taste of the Bayou with delicious succulent shrimp, honey, earthy cumin, hot sauce and green crunchy okra!*

**Serves:** 4

**Serving Size:** 4 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 40 minutes

## INGREDIENTS:

- ½-pound regular or jumbo shrimp, tails and skin removed
- 4 ounces okra, chopped in bite-size pieces
- ¼-onion, yellow or Vidalia, chopped
- 3 cloves garlic, chopped
- 1 ½ tablespoons honey
- 1 teaspoon cumin
- 2 teaspoons hot sauce
- 1 tablespoon olive oil
- 2 cups cooked brown rice (optional)

## INSTRUCTIONS:

In a large skillet over medium heat, add olive oil, onion and garlic. Add cumin as contents start to sizzle. Sweat contents until they begin to turn brown. Add shrimp stirring occasionally until the shrimp begin to firm up. Add okra and stir constantly until okra is hot all the way through (not completely cooked). Turn off skillet and add honey and hot sauce. Stir to combine. Serve as is, or over a bed of brown rice. Y'all enjoy, now!

## NUTRITIONAL VALUE:

Calories: 120

Sodium: 90 mg

Fat: 4 g

Carbohydrates: 10 g

Protein: 12 g

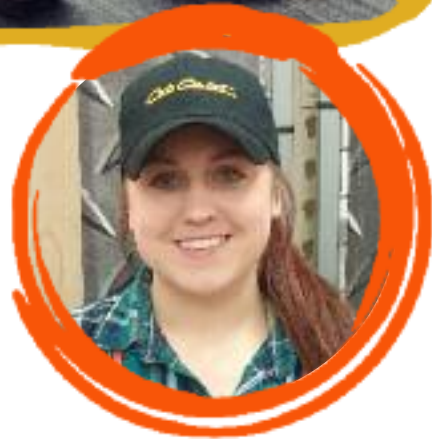
Sugars: 7 g



**MARCUS**  
Store 4638  
Alexandria, VA

# Mom's Kale Soup

*Kale is the king of superfoods. And sweet potatoes are among the most nutritious foods in the vegetable kingdom. Put them together, and you have a boost of nutrition in a light soup that keeps you feeling full and healthy.*



**ALEXANDRIA**  
Store 4928  
Appleton, WI

**Serves:** 4

**Serving Size:** 12 ounces

**Prep Time:** 15 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 30 minutes

**TOTAL TIME:** 45 minutes

## INGREDIENTS:

- 32 ounces low/no sodium chicken or vegetable broth
- 1 pound lean ground turkey
- 1 bunch kale
- 2 sweet potatoes (or yellow potatoes), cut into ½-inch cubes
- 6 carrots, cut into bite-size pieces
- 2 pinches Italian seasoning

## INSTRUCTIONS:

All vegetables and amounts are optional and to taste! Add as much or as little as you'd like of each. In a large pot, brown ground turkey and season with Italian seasoning. Add sweet potatoes and carrots to the pot. Add broth and cook on medium heat until potatoes and carrots are tender. While it is cooking, cut kale off of stem and chop. Add to pot and keep cooking until kale is soft but still crunchy.

## NUTRITIONAL VALUE:

Calories: 272

Sodium: 739 mg

Fat: 8 g

Carbohydrates: 25 g

Protein: 25 g

Sugars: 8 g



# Butternut Squash Soup

*Chop a few veggies in the morning and thanks to your slow cooker you'll have a good hearty meal ready for dinner when you get home. An added bonus: butternut squash is one of the healthiest vegetables for weight loss with its low calories and high levels of fiber.*

**Serves:** 8

**Serving Size:** 6 ounces

**Prep Time:** 15 minutes

**Inactive Time:** 6 hours

**Cook Time:** 0 hours

**TOTAL TIME:** 6 hours, 15 minutes

## INGREDIENTS:

- 1 butternut squash, peeled and cubed
- 2 carrots, peeled and cubed
- 1 Granny Smith apple, cored, peeled and cubed
- 1 14-ounce can lite coconut milk
- 2 cups low-sodium chicken broth  
(vegetable broth can be used if you would like to make this vegan)
- 2 dashes nutmeg
- 2 dashes cinnamon

## INSTRUCTIONS:

Peel and cube the butternut squash and carrots. Core, peel and cube apple. Place ingredients in your slow cooker. Pour in chicken broth and the can of coconut milk. Turn on slow cooker to low and leave for 6 hours. After cooking for 6 hours, pour soup into a blender (or use an immersion blender) and purée; add cinnamon and nutmeg. Serve with crackers or homemade bread if you like.

If you want to get creative, you may substitute some of the butternut squash with acorn squash or any of the other winter squashes. I sometimes roast my squash for an hour before placing in the slow cooker. This speeds the overall cooking time, but you need to be actively cooking for a longer time.

## NUTRITIONAL VALUE:

Calories: 56

Sodium: 41 mg

Fat: 3 g

Carbohydrates: 9 g

Protein: 1 g

Sugars: 3 g



**AUDREY**  
Store 4502  
Rutland, VT



# Mango Salsa with Grilled Shrimp

*The superpower nutrition of mangoes helps you fight cancer, control cholesterol, and improve eyesight and concentration in kids and adults. So be sure to serve this during exam week or anytime you need to focus on a task!*

**Serves:** 4

**Serving Size:** 1 flatbread

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 10 minutes

**TOTAL TIME:** 30 minutes

## INGREDIENTS:

- 1 cup diced mango
- ¼-cup diced red bell pepper
- ¼-cup diced red onion
- ¼-cup chopped cilantro
- 2 pinches crushed red pepper
- 1 tablespoon honey
- 1 cup medium shrimp
- 4 pieces kale flatbread (You can purchase kale flatbread or make it yourself with this recipe: [http://drjockers.com/grainless-kale-flat-bread/.](http://drjockers.com/grainless-kale-flat-bread/))
- 1 pinch sea salt
- 1 tablespoon fresh lemon juice

## INSTRUCTIONS:

In a medium size bowl, combine all ingredients except shrimp and kale flatbread. Set aside. Heat your outdoor grill or grill pan. Grill shrimp on each side for 2 minutes; remove from grill and sprinkle with sea salt.

Place kale flatbread on a large plate. Put a large spoonful of salsa on each flatbread and top with grilled shrimp. Mound remaining salsa in the middle of the plate and top with shrimp. Serve immediately.

## NUTRITIONAL VALUE:

Calories: 244

Sodium: 442 mg

Fat: 2 g

Carbohydrates: 20 g

Protein: 37 g

Sugars: 17 g



**RACHEL**  
Store 0662  
Stockton, CA

# EZ Find Fritatas

*These eggs are easy to make, bake and take and they can be refrigerated for later, when you need a quick heat-and-eat breakfast or snack. Put them on your top shelf to be EZ to Find!*

**Serves:** 6

**Serving Size:** 4 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 30 minutes

## INGREDIENTS:

- 6 eggs
- ½-teaspoon cream of tartar
- ¼-cup chopped onion
- ¼-cup chopped green pepper
- ½-cup shredded cheese

## INSTRUCTIONS:

Preheat oven to 350 degrees. Whip the eggs until frothy and mix in cream of tartar. Pour into greased muffin pans until about 2/3 full. Sprinkle in chopped pepper and onion. Bake for 15-20 minutes. Remove from pan and sprinkle with your favorite cheese and salt and pepper to taste. For even more color, nutrients and fiber, toss in your favorite chopped veggies!

## NUTRITIONAL VALUE:

Calories: 173

Sodium: 321 mg

Fat: 12 g

Carbohydrates: 4 g

Protein: 12 g

Sugars: 3 g



**DEBRA**  
**R34**  
Virginia

# Rainbow Steamed Veggie Platter - all colors!

Laurie says this recipe is “My husband's favorite birthday dinner, adapted to present the full spectrum of colors available in the vegetable world.” Vegetables are steamed to keep their colors bright so this dish is as beautiful as it is healthy!

**Serves:** 4

**Serving Size:** 20 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 60 minutes

**TOTAL TIME:** 1 hour, 20 minutes

## INGREDIENTS:

- 3 medium beets
- ½-head cauliflower, halved
- 1 pound new potatoes, red, white and blue
- 2 cups brussels sprouts, trimmed and cut across the stem with an X
- 1 medium turnip, cut into ¼-inch cubes
- 1 red onion, quartered
- ½-head red cabbage, cut into four wedges

## INSTRUCTIONS:

If you don't have a “real” steamer (which I don't), put a large metal colander over a large pot with about 2 to 3 inches of water in it. Bring water to a boil then reduce heat to simmer, creating the steam. I use two “steamers” when I make this recipe—I put all the red/purple vegetables in one pot and all the others in another, so the colors stay true. The hardest part of this recipe is the cooking order, to try to make them all come out done at the same time. Here is what I've found works best with this particular set of veggies:

- Start with the beets, they take the longest: 35-50 minutes depending on diameter.
- In the second pot, add the cauliflower at the 15-minute mark and steam for 15 to 20 minutes.
- Add the potatoes to both pots, white in with the cauliflower, red and blue with the beets. They need 15 to 20 minutes also.
- Add the brussels sprouts to the cauliflower pot 3 to 4 minutes later, to steam for 7 to 11 minutes.

## NUTRITIONAL VALUE:

Calories: 249

Sodium: 153 mg

Fat: 1 g

Carbohydrates: 54 g

Protein: 11 g

Sugars: 20 g



**Laurie**  
Store 8996  
Messena, NY

- 3-4 medium carrots, sliced ¼-inch thick
- ½-cup beet greens, washed thoroughly, from the whole beets above
- 1 pound sugar snap peas, trimmed
- ½-pound mini sweet peppers, red, yellow and orange, halved and seeded
- 4 tablespoons lemon juice
- Turnips go in the cauliflower pot also, for 7 to 10 minutes.
- Red onion quarters into the beets pot for 7 to 10 minutes.
- Cabbage wedges into the cauliflower pot a minute later, for 6 to 10 minutes.
- Then add carrot slices to beet pot for 6 to 8 minutes.
- Beet greens go into the beet pot for 6 to 8 minutes.
- Pea pods in the cauliflower pot for 5 to 6 minutes.
- And finally, the mini pepper halves into the white pot for 4 to 6 minutes.
- Everything should be done at the same time. Place some of each on each plate with a pinch of salt and pepper and sprinkle with lemon juice, and that, my friends, is dinner!
- The cooking times listed in this recipe are adapted (through experience) from [www.healwithfood.org/chart/vegetable-steaming-times](http://www.healwithfood.org/chart/vegetable-steaming-times).

# Roasted Vegetable Shrimp Salad

*This quick, one-pan meal brings the garden and the sea together in a flavorful, low-calorie lunch or dinner.*

**Serves:** 4

**Serving Size:** 13 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 40 minutes

## INGREDIENTS:

- 1 cup cherry tomatoes, halved
- 1 squash, diced
- 1 bunch asparagus
- 1 white onion, diced
- 1 yellow bell pepper, diced
- 1 bag mixed greens
- 1 pound shrimp, shelled and de-veined
- 3 tablespoons black pepper
- 2 tablespoons olive oil
- 2 tablespoons oregano
- 1 tablespoon chili powder
- Salt to taste

## INSTRUCTIONS:

Preheat oven to 400 degrees. Place vegetables on a rimmed baking sheet and drizzle with one tablespoon of olive oil, two teaspoons each of pepper and salt. Bake vegetables for 10 minutes.

Take vegetables out of the oven and add shrimp onto the baking sheet. Drizzle the rest of the olive oil, salt and pepper and the chili powder and oregano—mix together. Place shrimp and vegetables back into the oven for 7 minutes. Once completed, place all ingredients on a bed of greens and enjoy!

## NUTRITIONAL VALUE:

Calories: 253

Sodium: 253 mg

Fat: 8 g

Carbohydrates: 22 g

Protein: 27 g

Sugars: 8 g



**JEENA  
SSC**  
Atlanta, GA

## Citrus and Feta Salad with Honey-Lime Dressing

*Tangy pomegranate seeds are low in calories and high in fiber, vitamins and phytochemicals that promote heart health and help prevent cancer. The homemade dressing in this summer salad adds just the right amount of citrus kick.*

**Serves:** 2

**Serving Size:** 18 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 20 minutes



**MELISSA**  
Store 2764  
Auburn Hills, MI

### INGREDIENTS:

- 1 bag mixed greens
- 1 cup pomegranate arils (seeds)
- 1 small clementine, peeled and sliced
- 2 small radishes, sliced
- 2 ounces feta, crumbled
- 1 tablespoon sunflower seeds
- 1 teaspoon fresh chopped cilantro
- 3 tablespoons lime juice
- 3 tablespoons olive oil
- 3 tablespoons honey (For a lower sugar option, try using only 1 tablespoon of honey.)
- 1 teaspoon Dijon mustard
- 1 teaspoon chili powder
- 1/8-teaspoon sea salt
- 2 boneless skinless chicken breasts (optional)

### INSTRUCTIONS:

If adding chicken, season and bake. While chicken is baking, prepare dressing by whisking together the lime, olive oil, honey, Dijon mustard, chili powder and sea salt. Toss greens, pomegranate seeds, clementines, radishes, sunflower seeds and cilantro with the dressing. Top with feta and chicken (if using) and serve! Please note that the use of chicken is included in the nutritional information below.

### NUTRITIONAL VALUE:

Calories: 679

Sodium: 765 mg

Fat: 34 g

Carbohydrates: 66 g

Protein: 36 g

Sugars: 50 g

# Spinach Crab Salad

*Crab sticks (imitation crab meat) are a versatile ingredient that cost far less than the real thing. Along with being lower in cost, crab sticks are low in fat and calories.*

**Serves:** 4

**Serving Size:** 9 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 20 minutes

## INGREDIENTS:

- 3 cups spinach, chopped
- 1 cup cherry tomatoes
- ½-cup chopped yellow pepper
- ½-cup chopped orange pepper
- 2 cucumbers, chopped
- 1 cup chopped crab sticks (imitation crab meat)
- ½-cup shaved parmesan cheese

## INSTRUCTIONS:

Mix all ingredients and add shaved parmesan cheese.

## NUTRITIONAL VALUE:

Calories: 117

Sodium: 438 mg

Fat: 4 g

Carbohydrates: 9 g

Protein: 12 g

Sugars: 2 g



**KIM**  
Store 1980  
Chicago, IL



ORANGE/YELLOW



**TIP #2:**  
**ADD COLOR ON A BUDGET**

**You don't have to break the bank to get fruits and veggies on your plate – just add a little at a time and look for ways to save.**

- Many fruits and veggies cost less than \$1 per serving.
- Single-serving fruit and veggies can be cheaper than vending machine snacks.
- Buying produce in bulk and freezing the excess can help you save in the long run.

*Source: American Heart Association*



# Paint your plate: Red / Pink

## WHY EAT MORE RED/PINK?

Red and pink 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/PINK FOODS

- Sprinkle raspberries or strawberries into yogurt for breakfast or a snack.
- Eat half of a pink grapefruit before meals to help limit the calories you consume.
- Add watermelon to your plate at summer parties and barbeques. It packs a high nutritional punch for a low amount of calories.
- Sauté tomatoes and red onion to add to chili or soup. (Hint: cooking tomatoes brings out the lycopene.)

## RED/PINK FRUITS AND VEGETABLES

Beets

Cherries

Cranberries

Pink grapefruit

Pomegranates

Radicchio

Red radishes

Raspberries

Red apples

Red grapes

Red peppers

Red potatoes

Rhubarb

Strawberries

Tomatoes

Watermelon



# Yann's Garden Vegetable Soup

*This easy, inexpensive, hearty and very healthy soup is a low-calorie, low-fat lunch or dinner.*

**Serves:** 4

**Serving Size:** 10 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 30 minutes

**TOTAL TIME:** 50 minutes

## INGREDIENTS:

- 2/3-cup sliced carrots
- 1/2-cup diced onion
- 2 garlic cloves, minced
- 3 cups fat-free broth (beef, chicken or vegetable)
- 1 15-ounce can diced tomatoes
- 1 1/2 cups diced green cabbage
- 1/2-cup green beans
- 1 tablespoon tomato paste
- 1/2-teaspoon dried basil
- 1/4-teaspoon dried oregano
- 1/4-teaspoon salt
- 1/2 zucchini, diced

## INSTRUCTIONS:

Spray a large saucepan with non-stick cooking spray and heat over low heat. Sauté the carrot, onion, and garlic until softened, about 5 minutes. Add broth, cabbage, diced tomatoes, beans, tomato paste, basil, oregano and salt; bring to a boil. Reduce heat; simmer covered about 15 minutes or until beans are tender. Stir in the zucchini and heat for 3-4 minutes. Serve hot with a nice French or whole-grain bread.

## NUTRITIONAL VALUE:

Calories: 55

Sodium: 231 mg

Fat: 1 g

Carbohydrates: 9 g

Protein: 5 g

Sugars: 2 g



**YANN**  
Store 2414  
Bangor, ME

# Turkey and Venison White Bean Chili

*Jack said this recipe “went over very well at a recent chili cook-off. Venison is an extremely lean meat, and along with the turkey makes for a relatively low-calorie, low-fat healthy comfort food.”*

**Serves:** 10

**Serving Size:** 14 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 40 minutes

**TOTAL TIME:** 50 minutes

## INGREDIENTS:

- 1 tablespoon canola oil
- 1 pound 85/15 ground turkey
- 1 pound ground venison
- 1 ½ tablespoons chili powder
- 1 ½ teaspoons ground cumin
- 1 teaspoon dried oregano
- ½-teaspoon coarse sea salt
- ¼-teaspoon fresh ground black pepper

## INSTRUCTIONS:

Heat the canola oil in a large pot over medium high. Add ground turkey, venison, chili powder and cumin. Sauté while breaking up the meat and mixing with the seasonings until meat is cooked through and no longer pink. Remove from pan with a slotted spoon and set aside. Add the onion to the pan with the salt and pepper and sauté until softened. Add garlic and continue to cook until you smell it. Add the beans and oregano and cook for about a minute. Add the broth to the pot, bring to a simmer and cook for 20 minutes. Take

## NUTRITIONAL VALUE:

Calories: 374

Sodium: 445 mg

Fat: 9 g

Carbohydrates: 15 g

Protein: 59 g

Sugars: 5 g



**JACK**  
**Store 3908**  
Oklahoma City, OK

- 2 cups diced yellow onion
- 1 tablespoon minced garlic
- 3 15.8-ounce cans Great Northern beans, rinsed and drained
- 4 cups fat-free, less-sodium chicken broth
- 1 large plum tomato, diced seeded
- 1/3-cup chopped fresh cilantro
- 2 tablespoons lime juice

2 cups of the bean mixture, add to a blender and blend until smooth (I used a 4-cup measuring cup and an immersion blender which worked very well). Add it back to the pot along with the reserved turkey and venison. Continue to cook until warmed through. Remove from heat and add the tomato, cilantro and lime juice. Check the seasonings and add salt and pepper to taste.

The meat can be cooked ahead of time and refrigerated. Then this chili would come together for a quick weeknight dinner.

# Baked Salmon

*Wild-caught salmon is one of the most nutritious foods on the planet. Not only is salmon one of the highest sources of omega-3, which enhances heart and brain health, it is also packed with vitamins B12 and D.*

**Serves:** 4

**Serving Size:** 9 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 40 minutes

## INGREDIENTS:

- 4 pieces salmon
- 1 cup chopped tomatoes
- 1 cup chopped spinach
- 1 cup chopped broccoli
- 1 cup sliced mushrooms
- 1/3-cup sun-dried tomato vinaigrette

## INSTRUCTIONS:

Preheat oven to 375 degrees. Mix all ingredients except salmon. Place salmon skin-side down in 13x9-inch baking dish that is lightly coated with olive oil. Spoon tomato mixture over salmon. Bake about 20 minutes or until fish flakes easily with a fork.

## NUTRITIONAL VALUE:

Calories: 364

Sodium: 543 mg

Fat: 21 g

Carbohydrates: 8 g

Protein: 35 g

Sugars: 6 g



**HAROLD**  
Store 1083  
Upland, CA

# Morning Envigorator

*Start your day right with a delicious fresh juice blend that get you up and going without refined sugars or caffeine. Beets help boost your immune system, carrots are good for your brain and eyes, spinach is great for colon health and blood pressure and grapefruit is good for your joints and cartilage.*

**Serves:** 1

**Serving Size:** 21 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 1 hour, 10 minutes

## INGREDIENTS:

- 1 beet with stems and leaves
- 1 grapefruit, peeled
- 1 handful spinach
- 2 large carrots
- 1 Roma tomato

## INSTRUCTIONS:

Wash each ingredient thoroughly, then put through a juicer. Enjoy.

## NUTRITIONAL VALUE:

Calories: 212

Sodium: 293 mg

Fat: 29 g

Carbohydrates: 46 g

Protein: 9 g

Sugars: 30 g



**HEATHER**  
Store 3024  
Blue Springs, MO

# New Orleans Shrimp Jambalaya

*Katie says: "One of the many reasons I enjoy visiting New Orleans is the hearty and comforting taste of the Southern cooking. This dish is a healthier option to some of the heavy and fried dishes you'd typically find in the South, but still has that NOLA flavor!"*

**Serves:** 6

**Serving Size:** 13 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 40 minutes

**TOTAL TIME:** 1 hour



**KATIE**  
Store 2676  
Leominster, MA

## INGREDIENTS:

- 2 pounds shrimp in the shell
- 2 tablespoons vegetable oil
- 2 tablespoons flour
- 1½ cups finely chopped onion
- 1 cup finely chopped green pepper
- 1 cup finely chopped celery
- 1 tablespoon finely minced garlic
- 1 cup cooked ham, cut into 1/2-inch cubes
- 2 cups crushed tomatoes
- ½-tablespoon dried thyme
- 1 tablespoon dried crushed oregano
- 1 cup uncooked jasmine rice
- Salt to taste, if desired
- Freshly ground pepper to taste
- 1 pinch red pepper flakes
- 5 cups shrimp stock (see recipe below)

## INSTRUCTIONS:

Peel and devein the shrimp. The shells may be used to make a stock (see recipe below). Heat the oil in a large saucepan over medium heat. Add the onion, green onions, green pepper, celery and garlic. Cook, stirring, until soft. Add ham and stir. Add the flour, and cook, stirring constantly, until lightly browned. Do not burn. Add the tomatoes, thyme and oregano, and bring to a boil. Stir in the uncooked rice. Add salt, pepper, red pepper flakes and shrimp broth. Reduce heat to medium-low, and simmer, uncovered, about 20 minutes. Add the shrimp and stir. Cook 5-10 minutes longer or until it has thickened, but is still slightly soupy. Serve in bowls with white rice in the center as an optional garnish.

Recipe for Shrimp Stock: Put the shells from 2 pounds of raw shrimp, 6 cups water, 8 peppercorns, ½-cup coarsely chopped onion, 1 rib coarsely chopped celery, 1 bay leaf and salt to taste into a saucepan and bring to a boil. Let simmer about 20 minutes. Strain, discarding the solids.

## NUTRITIONAL VALUE:

Calories: 430

Sodium: 838 mg

Fat: 9 g

Carbohydrates: 41 g

Protein: 43 g

Sugars: 7 g

# Lean and Healthy Beef Vegetable Soup

*Feel good and give your immune system a boost with this very hearty, delicious soup that's full of vitamins, minerals, antioxidants, protein and fiber.*

**Serves:** 8

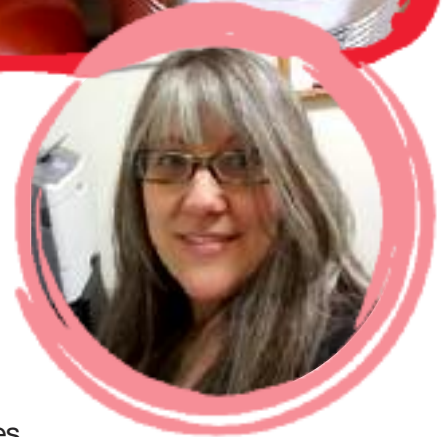
**Serving Size:** 20 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 50 minutes

**TOTAL TIME:** 1 hour



**KIMBERLY**  
Store 4502  
Rutland, VT

RED/PINK

## INGREDIENTS:

- 1 pound lean and trimmed bottom beef roast, cut into bite-size pieces
- 5 tablespoons extra virgin olive oil
- 5 cloves fresh garlic
- 1 small onion, chopped
- 1 ½ cartons (48 ounces) 50% reduced-sodium beef broth
- 32 ounces petite diced tomatoes
- 3-4 tablespoons basil
- 2 tablespoons oregano
- 1 teaspoon ground black pepper
- 2 bay leaves
- 1 can tomato paste
- 1 bag frozen mixed vegetables
- 6 to 8 ounces reduced-sodium chickpeas, rinsed
- ½ bag no yolk egg noodles
- Parmesan cheese (optional)

## INSTRUCTIONS:

In a Dutch oven on medium heat, sauté garlic, onion, spices and bite-size pieces of steak in olive oil for about 5 minutes. Add some broth if sticking. Then stir in tomatoes, tomato paste and broth. Bring to gentle boil and let it boil for 5-10 minutes. Reduce heat to low and add your vegetables. (I use the corn, carrot, green bean, peas and lima bean mix.) I use about 12 ounces of a 16 ounce bag, but you can use as much or as little as you like and you can use any veggies you like. Simmer for about 10 minutes and then add your rinsed chickpeas and noodles. Simmer for another 15 minutes or so and Viola! You are done and it is delicious! I like to serve this with a heavy sprinkle of Parmesan cheese and crusty bread but you know that will increase your fat, calories, salt, sugar and carbs—so know your limitations.

## NUTRITIONAL VALUE:

Calories: 523

Sodium: 242 mg

Fat: 20 g

Carbohydrates: 29 g

Protein: 55 g

Sugars: 8 g

# Crayon Orzo Salad

*This colorful, crunchy salad comes together quickly and feeds a crowd. Erin says “I make it for almost all our store potlucks and it goes fast!”*

**Serves:** 8

**Serving Size:** 6 ounces

**Prep Time:** 30 minutes

**Inactive Time:** 10 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 40 minutes

## INGREDIENTS:

- 1 cup orzo
- 1 tomato, seeded and chopped
- 1 cucumber, seeded and chopped
- 1 green bell pepper, chopped
- 1 can garbanzo beans, drained
- 1 can sliced black olives, drained
- 8 ounces reduced-fat feta cheese
- 1 cup reduced-fat Italian dressing

## INSTRUCTIONS:

Cook orzo according to instructions on box. Combine all ingredients and chill before serving.

## NUTRITIONAL VALUE:

Calories: 361

Sodium: 705 mg

Fat: 13 g

Carbohydrates: 46 g

Protein: 13 g

Sugars: 11 g



**ERIN**  
Store 2751  
Howell, MI



# Cajun Chilled Gazpacho Soup

*This refreshing soup is completely fat free, low sodium and has a wonderful, exotic taste for a hot summer day. Tomatoes are a wonderful source of vitamin C and full of the powerful antioxidant, lycopene.*

**Serves:** 4

**Serving Size:** 10 ounces

**Prep Time:** 30 minutes

**Inactive Time:** 12 hours

**Cook Time:** 0 minutes

**TOTAL TIME:** 12 hours, 30 minutes

## INGREDIENTS:

- 2 cucumbers, finely chopped
- 1 shallot, finely chopped
- 1 pint organic grape tomatoes
- 1 green bell pepper, finely chopped
- 2 cloves garlic, finely chopped
- 1 teaspoon chopped fresh parsley
- 2 4-ounce cans low-sodium tomato juice
- 2 cups low-sodium vegetable broth
- 1 tablespoon white vinegar
- 2 teaspoons low-sodium Worcestershire sauce
- ½-teaspoon hot sauce

## INSTRUCTIONS:

Place all of the liquids first into a tall blender and then add the chopped vegetables. I like to add three tiny little dashes of Tabasco hot sauce to add to the flavor. If you don't like spicy food, avoid. Blend on low for 30 to 90 seconds to mix, not purée. Place the mixture into a glass or stainless bowl and cover tightly. Avoid tasting this until it has been in the fridge for at least 12 hours, preferably overnight.

## NUTRITIONAL VALUE:

Calories: 58

Sodium: 122 mg

Fat: 0 g

Carbohydrates: 12 g

Protein: 3 g

Sugars: 8 g



**ANNE**  
Store 0376  
Lafayette, LA



# BBQ Turkey Joes

*Your kids will love this lower fat and calorie version of sloppy joes!*

**Serves:** 4

**Serving Size:** 1 sandwich

**Prep Time:** 15 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 35 minutes

## INGREDIENTS:

- 1 pound ground turkey
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- ¼-cup chopped onion
- 1 cup barbecue sauce (To keep it healthy, use a barbeque sauce that's low in sugar.)
- 1/8-teaspoon cayenne pepper
- 4 whole wheat hamburger buns

## INSTRUCTIONS:

Cook ground turkey with all chopped ingredients over medium high heat until the ground turkey is thoroughly cooked and vegetables are soft. Drain any excess liquid from ground turkey and vegetables. Return to stove top over low heat and add cayenne pepper and barbecue sauce. Stir until hot. Serve on whole wheat buns.

## NUTRITIONAL VALUE:

Calories: 419

Sodium: 950 mg

Fat: 12 g

Carbohydrates: 42 g

Protein: 26 g

Sugars: 20 g



**ROBERTA**  
Store 1858  
Compton, CA

# Strawberry Mango Smoothie

Save time and money by making this delicious smoothie at home. Rhonesha says this smoothie “is a great source of protein and it gives me the energy I need to make it through the day without hurting my wallet.”

**Serves:** 2

**Serving Size:** 7 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 10 minutes

## INGREDIENTS:

- 1 cup unsweetened vanilla flavored almond milk
- 1 tablespoon unsweetened protein powder
- 1 tablespoon chia seeds
- 2 dashes cinnamon
- 2 drops honey
- ½-cup chopped mangoes
- 2 ice cubes
- ½-cup strawberries, frozen or fresh

## INSTRUCTIONS:

Place all ingredients in a blender and blend for 5 minutes.

## NUTRITIONAL VALUE:

Calories: 134

Sodium: 82 mg

Fat: 4 g

Carbohydrates: 21 g

Protein: 5 g

Sugars: 16 g



**RHONESHA**  
**Store 627**  
Emeryville, CA



RED/PINK

# Caribbean Style Tomato Soup

*You can feed a crowd when you make this comfort-food tomato soup with a tropical flair!*

**Serves:** 16

**Serving Size:** 20 ounces

**Prep Time:** 5 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 25 minutes

## INGREDIENTS:

- 16 cans (14.5-ounce) diced low-sodium tomatoes
- 8 cans (13.5-ounce) coconut milk
- 2 cups water
- ¼-teaspoon salt
- 1/8-teaspoon pepper
- Grated cheese

## INSTRUCTIONS:

Put all ingredients in a large pot and bring to a boil. Top with grated cheese and serve.

## NUTRITIONAL VALUE:

Calories: 389

Sodium: 347 mg

Fat: 30 g

Carbohydrates: 20 g

Protein: 7 g

Sugars: 14 g



**RELEIGH**  
Store 2667  
Somerville, MA





### **TIP #3: BRING ON THE FLAVOR**

**Cooking fruits and veggies in healthy ways brings out their natural flavors, so you won't need to overdo it on the salt or heavy sauces.**

- Roast vegetables in high heat to caramelize and reduce bitterness.
- Grill fruits to unlock a deeper sweetness and give your color some char.
- Give your veggies a light sauté to crisp without overcooking.

*Source: American Heart Association*

# Paint 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 some extra green to each meal by throwing a handful of spinach or kale into smoothies and soups or by adding a box of frozen chopped broccoli to pasta or rice dishes.
- Add slices of avocado to a sandwich, to eggs or even to a smoothie.
- Roast a pan of brussels sprouts, asparagus or broccoli for a healthy and easy side dish. Just toss with some garlic and extra virgin olive oil.

## GREEN FRUITS AND VEGETABLES

Artichokes

Asparagus

Avocados

Bok choy

Broccoli

Brussels sprouts

Celery

Collard greens

Cucumbers

Green beans

Green cabbage

Green grapes

Green onion

Green peppers

Kale

Kiwis

Leeks

Limes

Mustard greens

Okra

Pears

Peas

Romaine lettuce

Snow peas

Spinach

Sugar snap peas

Watercress

Zucchini



# Crustless Spinach Quiche

*Perfect for brunch or any meal, this quiche is low in carbohydrates, fat and calories and an excellent source of iron.*

**Serves:** 8

**Serving Size:** 4 ounces

**Prep Time:** 15 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 45 minutes

**TOTAL TIME:** 1 hour

## INGREDIENTS:

- 1 cup low-fat cottage cheese
- 1 cup no-fat shredded cheddar cheese
- 10 ounces frozen chopped spinach
- 1 cup chopped fresh mushrooms
- ½-teaspoon garlic powder
- 2 eggs, beaten

## INSTRUCTIONS:

Preheat oven to 350 degrees. Squeeze the spinach in a kitchen towel to remove as much of the moisture as possible. Put cottage cheese, cheddar cheese, spinach, mushrooms, garlic powder and eggs in a large mixing bowl and stir until combined. Lightly spray a pie pan with cooking spray. Pour mixture in pie pan and smooth the top. Bake for 45 minutes.

## NUTRITIONAL VALUE:

Calories: 78

Sodium: 301 mg

Fat: 3 g

Carbohydrates: 3 g

Protein: 10 g

Sugars: 1 g



**ALICE**  
Store 0704  
Memphis, TN



# Asparagus Spinach Pasta

*When asparagus is in season, this is the perfect recipe to showcase it. When paired with spinach, you have a super-nutritious dinner. For extra protein, add chicken or shrimp.*

**Serves:** 4

**Serving Size:** 7 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 30 minutes



**KATHY**  
**Store 1263**  
Rensselaer, NY

GREEN

## INGREDIENTS:

- 1 bunch fresh asparagus, ends cut off then cut in half
- 1 bag fresh baby spinach
- ½ container grape tomatoes, cut in half
- ½ box angel hair pasta (Use whole-grain or high-fiber pasta to make this dish even healthier.)
- 2 tablespoons minced garlic
- 2 pinches garlic salt
- 2 pinches crushed red pepper
- 2 tablespoons olive oil

## INSTRUCTIONS:

Start the water for the pasta. In a sauté pan add olive oil, minced garlic and asparagus and cook for about 3 to 5 minutes. Add pasta to the water—if you time it right, the veggies will be ready at the same time. Add spinach to sauté pan along with garlic salt and crushed pepper. When the spinach cooks down, add the grape tomatoes and stir it up a few times. Drain pasta and immediately add it to veggies. Simmer the pasta and veggies together for a few minutes. Season to taste—I love crushed pepper and garlic so I use more! Mangia, my friends!

## NUTRITIONAL VALUE:

Calories: 312

Sodium: 44 mg

Fat: 8 g

Carbohydrates: 28 g

Protein: 59 g

Sugars: 6 g

# Baked Kale Chips

*Put away those potato chips and try this tasty and simple alternative! Two ounces of kale chips is only 44 calories compared to 300 calories for potato chips. Take them to work and snack on crispy, healthy kale!*

**Serves:** 4

**Serving Size:** 2 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 15 minutes

**TOTAL TIME:** 35 minutes

## INGREDIENTS:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

## INSTRUCTIONS:

Preheat the oven to 350 degrees. Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and dry well with a salad spinner or colander. Drizzle kale with olive oil and sprinkle with seasoned salt or your preferred seasoning (for example, cheddar powder, garlic seasoning or barbecue seasoning).

Bake until the edges brown but not burnt, 10 to 15 minutes. Cool and enjoy!

## NUTRITIONAL VALUE:

Calories: 44

Sodium: 260 mg

Fat: 3 g

Carbohydrates: 4 g

Protein: 2 g

Sugars: 0 g



**AMBER**  
Store 0136  
Columbus, GA

# Mean Green Chopped Salad - all colors!

*A smorgasbord of fresh fruit and vegetables, this salad is chock full of the essential vitamins and minerals that your body craves from every color category. You can make this for a crowd or store the ingredients in separate containers and use for lunch or dinner. For extra protein, you can add chicken!*

**Serves:** 8

**Serving Size:** 16 ounces

**Prep Time:** 30 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 10 minutes

**TOTAL TIME:** 40 minutes

## INGREDIENTS:

- 2 heads broccoli, cut into bite-sized pieces
- ½-pound string beans, cut into bite-sized pieces
- 1 package mushrooms diced
- 2 ears fresh corn
- 4 ounces shredded carrots
- 1 pound baby spinach
- 1 package orange cranberries (available from Trader Joe's)
- ½-pound cucumbers, diced
- ½-pound grape tomatoes
- ½-pound frozen mixed vegetables, thawed and water drained
- 1 red delicious apple, finely chopped
- ¼-pound mixed nuts, chopped
- 2 ounces grape balsamic glaze or balsamic vinegar
- 2 ounces olive oil
- ¼-pound black beans, cooked and drained
- 10 olives, chopped
- ½-pound cilantro, chopped
- ½-pound beets, cooked and drained
- 1 pound goat cheese, chopped

## INSTRUCTIONS:

Bring water to a boil and add the broccoli, string beans, mushrooms and corn. Turn the heat off and let sit for 2 minutes for blanching. Then pour off hot water and rinse with cold water. Cut the corn from the ear and let sit until cool. Cool all ingredients then combine everything in a salad bowl with balsamic glaze and olive oil and serve.

## NUTRITIONAL VALUE:

Calories: 638

Sodium: 501 mg

Fat: 40 g

Carbohydrates: 47 g

Protein: 31 g

Sugars: 15 g



**SOPHIA**  
Store 1208  
Elmont, NY

# Mama's Green Goddess Chicken Salad

*Want to make something different for dinner? This quick and easy chicken salad features a creamy cashew sauce that's as full of nutrition as it is flavor.*

**Serves:** 2

**Serving Size:** 8 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 30 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 60 minutes

## INGREDIENTS:

- 2/3-cup cashews
- 1/4-cup water
- 1 tablespoon apple cider vinegar
- 1 pinch fine sea salt
- 1 pinch cayenne pepper
- 10 ounces boneless, skinless chicken breast
- 1 1/4 cups fresh or frozen peas
- 1 bunch green onions, thinly chopped
- 2 tablespoons chopped fresh dill
- Salad wedge or tossed salad

## INSTRUCTIONS:

Bring 1 cup of water to a boil. Soak cashews in the boiling water for 30 minutes. Drain. Place cashews, 1/4-cup water, apple cider vinegar, sea salt and cayenne pepper in a blender and purée until smooth.

Place chicken breast in a saucepan and add enough water to cover. Cover the saucepan and bring to a boil over medium-high heat, then simmer until chicken is cooked through, about 15 minutes. Drain and cool.

Dice chicken and place in a large bowl. Add puréed mixture, peas, green onions and chopped fresh dill. Toss. Serve on top of a salad wedge or chopped salad.

## NUTRITIONAL VALUE:

Calories: 293

Sodium: 250 mg

Fat: 9 g

Carbohydrates: 15 g

Protein: 39 g

Sugars: 5 g



**LESLIE**  
Store 2709  
Taylor, MI

# Linguine with Broccoli Rabe

*Your family will love this linguine topped with delicious, garlicky broccoli rabe and caramelized onions. No need to tell them that it's packed with fiber, calcium and iron.*

**Serves:** 8

**Serving Size:** 5 ounces

**Prep Time:** 15 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 45 minutes

**TOTAL TIME:** 1 hour

## INGREDIENTS:

- 2 bunches broccoli rabe
- 6 cloves garlic, chopped
- 1 onion, chopped
- 3 tablespoons olive oil
- ½-teaspoon turmeric
- ¼-teaspoon salt
- ½-teaspoon red pepper flakes
- 1 15-ounce can white beans
- 1 pound linguini (Use whole-grain or high-fiber pasta to make this dish even healthier.)
- 1 tablespoon grated pecorino cheese

## INSTRUCTIONS:

In large pot, cook linguine according to package directions; reserve ¼-cup of cooking liquid. While pasta is cooking, prepare the topping. Sauté onion in 1 tablespoon oil in frying pan until it is caramelized, about 8 -10 minutes. Add salt, turmeric and red pepper flakes. Cook 2 minutes. Set aside.

In frying pan, cook broccoli rabe and garlic in remaining 2 tablespoons olive oil until wilted and tender (about 10 minutes). Stir onion mix and broccoli rabe together and serve tossed with linguine and cooking liquid. Top with grated cheese as desired.

## NUTRITIONAL VALUE:

Calories: 140

Sodium: 290 mg

Fat: 8 g

Carbohydrates: 12 g

Protein: 6 g

Sugars: 2 g



**ALI**  
**Store 0947**  
Bridgewater, NJ



GREEN

# Stuffed Collard Green Rolls

*Vanessa says this is a “great way to eat raw collard greens and love it!” These healthy, crunchy rolls are perfect on an appetizer platter or a dinner or lunch plate. Eat and dip away!*

**Serves:** 8

**Serving Size:** 1 roll

**Prep Time:** 10 minutes

**Inactive Time:** 10 minutes

**Cook Time:** 30 minutes

**TOTAL TIME:** 50 minutes

## INGREDIENTS:

- 8 collard green leaves
- ¾-cup uncooked brown rice
- 1 carrot, cut into matchsticks or shredded
- 1/3-cup low-sodium soy sauce
- 2 tablespoons granulated sugar
- 1 clove garlic, minced
- 2 tablespoons minced onion

## INSTRUCTIONS:

Dipping Sauce: Whisk soy sauce, sugar, garlic and onion together. Set aside.

Make brown rice according to directions on package. Simmer rice for 30 minutes or until tender. Drain well, season with salt, cover and set aside to continue steaming for about 10 minutes.

Collard Green Rolls: Cut out hard stem in 8 collard green leaves to be used for rolls. Lay collard greens leaves face down. Put approximately one tablespoon of brown rice near bottom of leaf. Put carrot matchsticks in with rice decoratively. Roll leaves into a cone shape. Serve (eat) collard green rolls with dipping sauce! So good!

## NUTRITIONAL VALUE:

Calories: 96

Sodium: 390 mg

Fat: 0 g

Carbohydrates: 19 g

Protein: 3 g

Sugars: 4 g



**VANESSA**  
Store 0880  
Birmingham, AL

# Salsa Verde Soup

*Turn your dinner into a fiesta with this hearty crock pot recipe. This pork dish is packed with protein and flavor.*

**Serves:** 8

**Serving Size:** 18 ounces

**Prep Time:** 30 minutes

**Inactive Time:** 5 hours

**Cook Time:** 45 minutes

**TOTAL TIME:** 6 hours, 15 minutes

## INGREDIENTS:

- 3 pounds pork roast
- 1 onion, peeled
- 1 ½ pounds tomatillos, husked and rinsed
- 2 jalapenos
- 3 poblano peppers
- 1 clove garlic
- 1 tablespoon olive oil
- 1 bunch cilantro
- 1 15-ounce can black beans
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 green bell pepper, sliced
- 1 can corn
- 1 8-ounce container sour cream
- 1 package taco seasoning mix
- 4 limes
- 1 14.5-ounce can diced fire roasted tomatoes

## INSTRUCTIONS:

Rub roast with taco mix. Place in crock pot. Cover with tomatoes and the juice of 2 limes. Place limes on top of roast. Make sure roast is about half way covered with liquid. Add water if needed. Cook on low for 5 hours or until it falls apart. Reserve liquid. Shred meat.

Preheat oven to 450 degrees. Place tomatillos, poblanos, jalapenos, green bell pepper, garlic and onion on baking sheet. Toss with oil. Roast in the oven until an even char has formed. Let cool, then de-stem and seed. Blend together and add cilantro to form base of the soup.

Add soup base and meat to a stock pot. Add beans, corn, a cup of juice from meat and juice from 2 limes. Cut red and yellow bell peppers and pan fry. Add to soup. Simmer for 10 minutes. Serve and top with sour cream.

## NUTRITIONAL VALUE:

Calories: 531

Sodium: 839 mg

Fat: 22 g

Carbohydrates: 29 g

Protein: 51 g

Sugars: 10 g



**KARISSA**  
Store 0441  
Avondale, AZ

# Guacamole Devilicious

*Creamy guacamole makes even the healthiest whole grain baked chips or pitas taste decadently delicious. Avocados are superfoods that also happen to be super nutritious!*

**Serves:** 10

**Serving Size:** 4 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 20 minutes

## INGREDIENTS:

- 4 avocados, halved and pitted
- 1 Roma tomato, chopped
- 1 cup chopped cilantro
- 1 red onion, chopped
- 2 teaspoons ground cumin
- 1 tablespoon salt
- ½-tablespoon ground black pepper
- 2 teaspoons olive oil
- 1 lemon or lime, juiced

## INSTRUCTIONS:

Scoop the avocado out of the peel and put in big round bowl. Mash the avocado with a fork until smooth. Whisk together the olive oil, cumin, salt and pepper and add to the avocados along with the red onion, cilantro and tomatoes. Mix. Add the lemon or lime juice and stir. Serve with chips or pitas. Healthy and delicious—enjoy!

## NUTRITIONAL VALUE:

Calories: 147

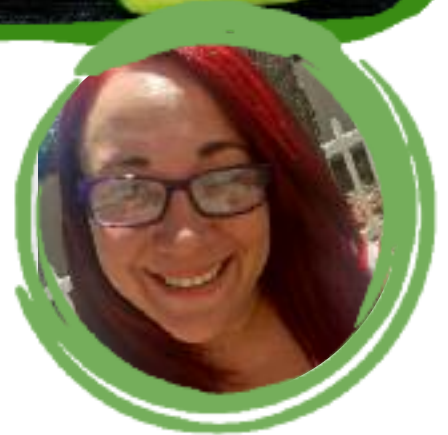
Sodium: 706 mg

Fat: 13 g

Carbohydrates: 9 g

Protein: 2 g

Sugars: 2 g



**JESSICA**  
Store 0260  
West Melbourne, FL



# Tex Mex Chicken Bowl

*Maureen says this dish has “lots of fresh ingredients with a ton of flavor. I eat a low carbohydrate diet, and this gives me high protein and good fats with the avocados. It has a ton of flavor so you feel like you are cheating!”*

**Serves:** 2

**Serving Size:** 1 bowl

**Prep Time:** 30 minutes

**Inactive Time:** 15 minutes

**Cook Time:** 45 minutes

**TOTAL TIME:** 1 hour, 30 minutes

## INGREDIENTS:

- 1 can low-sodium black beans
- 1 teaspoon cumin
- 1 onion, chopped
- 2 cloves garlic, chopped
- 7 Roma tomatoes, diced
- ¼-cup chopped green pepper
- ¼-cup chopped yellow pepper
- 1 pinch salt
- 2 limes
- 3 tablespoons chopped fresh cilantro
- 6 ounces boneless skinless chicken breast
- 2 teaspoons Cajun seasoning spice
- 2 avocados, seeded and diced
- ½ jalapeno pepper, finely chopped
- ½-cup low-fat shredded cheddar cheese
- 1 tablespoon low-fat sour cream
- ½-teaspoon ground pepper
- 1 tablespoon olive oil

## INSTRUCTIONS:

Prepare by placing each of the chopped ingredients--tomatoes, onions, peppers, garlic and cilantro—in separate bowls.

**Chicken:** rub chicken with Cajun seasoning; heat pan with 1 tablespoon olive oil, add chicken and brown on each side. Lower heat to simmer, add juice of 1/2 lime and let chicken cook through—about 30 minutes. Test chicken to be sure that it is cooked through; remove from pan and dice.

**Black Beans:** In a small sauce pan add black beans, ¼-cup of chopped onion, 1 clove of minced garlic and cumin. Cook on low heat for about 15 minutes.

**Pico de Gallo:** Combine and stir: 6 diced tomatoes, ¼-cup of chopped onion, 1 clove of minced garlic, 1 tablespoon of cilantro, half of the finely chopped jalapeno

## NUTRITIONAL VALUE:

Calories: 705

Sodium: 308 mg

Fat: 30 g

Carbohydrates: 79 g

Protein: 42 g

Sugars: 5 g



**MAUREEN**  
**Store 6934**  
Port Saint Lucie, FL

pepper, ¼-cup of both yellow and green peppers and half of lime juice. Add all ingredients to medium bowl, stir and put in refrigerator to cool.

**Guacamole:** Add to a bowl: 2 avocados, seeded and diced, the juice of 1/2 lime, 1 chopped tomato, the other half of the finely chopped jalapeno pepper, 1 tablespoon chopped cilantro, ¼-cup diced onions. Take 2 forks and mash all ingredients together.

In two bowls, layer black beans that have had most of the liquid removed, chicken, pico de gallo on one side and guacamole to the other side. Sprinkle with cheese, add sour cream to the top and then top with a little chopped cilantro. Enjoy!



## **TIP #4: EAT WITH THE SEASONS**

**Seasonal fruits and veggies can make adding color more interesting. Be on the lookout for new produce when the seasons change.**

- Shop your local farmers market to find seasonal fruits and veggies.
- Join CSA (Community Supported Agriculture) or community garden to add diverse color year round.
- Grow your own fruit and veggie garden for DIY seasonal color.

*Source: American Heart Association*

# Paint your plate: White/Brown

## WHY EAT MORE WHITE/BROWN?

White and brown foods are full of the allicin, quercetin and lignans that work to:

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

## EASY WAYS TO EAT MORE WHITE/BROWN FOODS

- Sprinkle chopped onion on salads and soups.
- Roast whole, unpeeled garlic until soft and squeeze on bread or into soups.
- Add sautéed mushrooms to your dishes or substitute a heartier mushroom (like portobello) in place of meat.

## WHITE/BROWN FRUITS AND VEGETABLES

Bananas

Brown pears

Cauliflower

Currants

Dates

Garlic

Jerusalem artichokes

Mushrooms

Onions

Potatoes

Parsnips

Raisins

Shallots

Turnips



# Zucchini and Mushroom Pasta

*Portobello mushrooms with their meaty flavor are low in calories and high in antioxidants, riboflavin, a B vitamin that is important for energy, growth and red blood cell production, and Vitamin D—just one half-cup serving provides 100 percent of the recommended daily Vitamin D.*

**Serves:** 6

**Serving Size:** 8 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 30 minutes

**TOTAL TIME:** 40 minutes

## INGREDIENTS:

- 1 box bow tie pasta (Use whole-grain or high-fiber pasta to make this dish even healthier.)
- 2 zucchinis, sliced
- 1 container baby portobello mushrooms, sliced
- 1 tablespoon Parmesan cheese
- 1 tablespoon olive oil
- 1 tablespoon garlic, finely chopped
- 1 small onion, chopped
- 1 dash red pepper flakes
- 1 squeeze lemon
- Salt and pepper to taste

## INSTRUCTIONS:

Cook pasta according to directions on box, add salt to water. While pasta is cooking, cut the onion, mushrooms and zucchini into slices and finely chop garlic. Sauté the vegetables in olive oil over medium heat. Once the vegetables begin to get tender, add red pepper flakes to your liking, and season with salt and pepper. When pasta is finished, mix with vegetables, Parmesan cheese, a drizzle of olive oil and a squeeze of fresh lemon juice.

## NUTRITIONAL VALUE:

Calories: 277

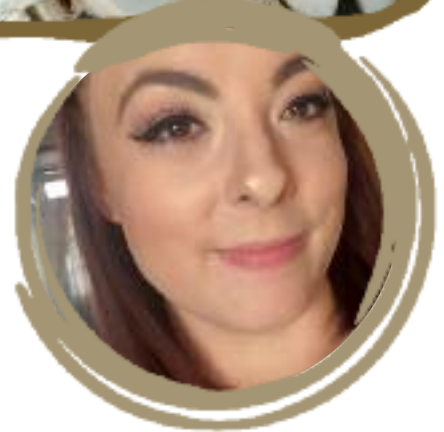
Sodium: 52 mg

Fat: 5 g

Carbohydrates: 48 g

Protein: 12 g

Sugars: 3 g



**ARIEL**  
Store 3310  
Reno, NV

# Landlocked Ceviche

*This plant-based ceviche recipe is perfect for an outdoor party. You can add black beans for some extra protein and serve with tortilla chips.*

**Serves:** 6

**Serving Size:** 8 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 60 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 1 hour and 20 minutes

## INGREDIENTS:

- 1 head cauliflower
- 2 cups diced tomatoes
- ½ red onion, chopped
- 1 jalapeno, diced
- ½-teaspoon salt
- ½-cup lime juice
- ¼- cup chopped cilantro
- 1 avocado, diced
- Ground pepper to taste
- 1 cup canned black beans, drained and rinsed (optional)

## INSTRUCTIONS:

Mix together the cauliflower, tomatoes, red onion, jalapeno, salt and lime juice in a medium bowl. Add the cilantro and let the mixture sit in the fridge for at least 1 hour. Add the avocado and black pepper to taste. Serve immediately.

## NUTRITIONAL VALUE:

Calories: 212

Sodium: 219 mg

Fat: 7 g

Carbohydrates: 30 g

Protein: 9 g

Sugars: 4 g



**BRIANNA  
Crown Bolt**  
Aliso Viejo, CA

# Tasha Salad

*Need a quick and easy busy-day meal? This healthy salad is a real kid pleaser, bursting with flavor, antioxidants and almost 20 vitamins and minerals.*

**Serves:** 4

**Serving Size:** 14 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 20 minutes

## INGREDIENTS:

- 1 rotisserie chicken, cut into bite-sized pieces
- 1 8-ounce block mozzarella cheese, cut into bite-sized pieces
- 2 tomatoes, cut into bite-sized pieces
- 2 avocados, cut into bite-sized pieces
- 2 limes
- 2 tablespoons olive oil
- Kosher salt
- Fresh basil
- Cracked black pepper

## INSTRUCTIONS:

Toss the chicken, mozzarella cheese, tomato, and avocado with the lime juice, olive oil, kosher salt and pepper. Slice the basil into thin strips and sprinkle over the top. Toss again. Can be served with bread of choice.

## NUTRITIONAL VALUE:

Calories: 597

Sodium: 946 mg

Fat: 39 g

Carbohydrates: 19 g

Protein: 50 g

Sugars: 2 g



**CYNTHIA**  
Store 0127  
Fayetteville, GA

# Vegan Caulifredo (Cauliflower Alfredo)

*A healthier version of Fettuccine Alfredo, this recipe can be vegan or non-vegan depending on your ingredients. Either way, cauliflower is anti-inflammatory and antioxidant-rich, and may boost both your heart and brain health.*

**Serves:** 6

**Serving Size:** 7 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 30 minutes

**TOTAL TIME:** 40 minutes

## INGREDIENTS:

- 4 cups cauliflower florets
- 1 tablespoon minced garlic
- ½-tablespoon olive oil
- ½-cup unsweetened almond milk (may use regular milk for non-vegan version)
- ½-cube nutritional yeast (or Parmesan cheese for non-vegan version)
- ½-teaspoon garlic powder
- ½-teaspoon onion powder
- Salt and pepper to taste
- 1 box fettuccine pasta (Use whole-grain or high-fiber pasta to make this dish even healthier.)

## INSTRUCTIONS:

Add cauliflower florets in a large pot and cover with water. Bring to a low boil. Once boiling, cook for another 4-7 minutes until fork tender. Drain. Add the oil into a skillet and sauté the minced garlic over low for 4-5 minutes until softened.

In a blender, add the cooked and drained cauliflower, sautéed garlic, milk, nutritional yeast, onion powder, garlic powder, salt and pepper. Blend until a super smooth sauce forms. Bring a large pot of water to a boil. Add pasta and boil for the time instructed on the package. Drain pasta.

Add cauliflower sauce into the pot and add the drained pasta and cook over low-medium until heated. Add salt and pepper to taste. You may add in your favorite sautéed vegetables like spinach and mushrooms.

## NUTRITIONAL VALUE:

Calories: 277

Sodium: 52 mg

Fat: 5 g

Carbohydrates: 48 g

Protein: 12 g

Sugars: 3 g



**STEPHANIE**  
Store 0206  
Miami, FL



WHITE/BROWN

# EZ Asian Night

*Don't spend money on fat-filled sesame chicken takeout! Try this easy, healthy and tasty version instead. Wasabi peas have anti-cancer and anti-inflammatory properties and are a rich source of folic acid and vitamins K, C, and B.*

**Serves:** 2

**Serving Size:** 22 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 15 minutes

**TOTAL TIME:** 25 minutes

## INGREDIENTS:

- 2 boneless, skinless chicken breasts
- 1 cup wasabi peas
- 1 bunch broccoli
- 1 tablespoon sesame oil
- 1 dash sesame seeds
- 1 box couscous
- 1 can lite coconut milk
- 2 optional fortune cookies

## INSTRUCTIONS:

Preheat your oven's broiler. Crush the wasabi peas in the bag. Salt and pepper the chicken and then roll it in the smashed up wasabi peas (get both sides). Broil until done. Meanwhile steam the broccoli and add some sesame oil toward the end. When serving, sprinkle sesame seeds on top of broccoli. Make quick couscous, but instead of water use the coconut milk and serve....MMM quick, healthy and easy. You will want to make this dinner again and again!

## NUTRITIONAL VALUE:

Calories: 417

Sodium: 334 mg

Fat: 23 g

Carbohydrates: 27 g

Protein: 20 g

Sugars: 1 g



**GEORGE**  
Store 4136  
Pittsburgh, PA



# Banana Oat Chocolate Chip Muffins

*Made with oats and Greek yogurt, these muffins make a deliciously healthy breakfast or snack! Bananas are great for digestion and can increase stamina. Greek yogurt is an added energy bonus and a natural source of probiotics while oats help lower cholesterol.*

**Serves:** 12

**Serving Size:** 1 muffin

**Prep Time:** 10 minutes

**Inactive Time:** 10 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 40 minutes



**SHIANNE**  
**Store 0907**  
West Long Branch, NJ

WHITE/BROWN

## INGREDIENTS:

- 1 cup Greek yogurt
- 2 bananas
- 2 large eggs
- ¼-cup packed brown sugar
- 1 ½ teaspoons baking powder
- ½-teaspoon baking soda
- ½-cup chocolate chips
- 2 cups oats

## INSTRUCTIONS:

Preheat oven to 400 degrees. Prepare a muffin pan by spraying the cavities with cooking spray or lining them with paper liners (if using paper liners, you'll want to spray them with cooking spray as well, since the lack of oil in these muffins could make them stick to the liners after baking). Set aside.

Add all the ingredients except for the chocolate chips to a blender or food processor and process on high until the oats are broken down and batter is smooth and creamy. (If you have a gluten allergy you can replace the regular oats with gluten free oats.) Stir in chocolate chips by hand.

Pour batter into prepared muffin pan, filling each cavity until it is about ¾ full. Optional: sprinkle a few chocolate chips over the top of each muffin. Bake for 15-20 minutes, until the tops of your muffins are set and a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for 10 minutes before removing. Store in an air-tight container for up to a week.

## NUTRITIONAL VALUE:

Calories: 221

Sodium: 194 mg

Fat: 4 g

Carbohydrates: 28 g

Protein: 19 g

Sugars: 13 g

# Healthy Bean Dip

*Served with corn tortillas, pita chips or on top of grilled chicken, this no-cook recipe will become your go-to salsa with lots of healthy vitamins and almost no fat.*

**Serves:** 16

**Serving Size:** 3 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 30 minutes (optional)

**Cook Time:** 0 minutes

**TOTAL TIME:** 20 minutes

## INGREDIENTS:

- 1 15-ounce can organic black beans, rinsed and drained
- 1 15-ounce can organic corn, rinsed and drained
- 1 red pepper, diced
- 1 yellow pepper, diced
- 1 avocado, halved, pitted, peeled and diced
- 1 jalapeno, diced
- ½ red onion, diced
- 1 lime, juiced

## INSTRUCTIONS:

Add all ingredients to a bowl and mix well. Can sit at room temperature for flavors to meld or can be served immediately.

## NUTRITIONAL VALUE:

Calories: 54

Sodium: 70 mg

Fat: 2 g

Carbohydrates: 8 g

Protein: 2 g

Sugars: 2 g



**TAMI**  
**Store 0919**  
**Riverdale, NJ**

# Chickpea (Garbanzo Bean) Soup

Get out your crock pot and whip up a batch of this delicious soup for lunch or dinner. Chickpeas are full of fiber and protein, and studies have shown that they help lower blood glucose levels and improve insulin levels in diabetics.

**Serves:** 8

**Serving Size:** 12 ounces

**Prep Time:** 30 minutes

**Inactive Time:** 6 hours

**Cook Time:** 15 minutes

**TOTAL TIME:** 6 hours, 45 minutes

## INGREDIENTS:

- 4 15-ounce cans garbanzo beans
- 1 Vidalia onion
- 3 stalks celery
- 3 cloves garlic
- 1 can diced tomatoes (I like Ro-tel original)
- 1 ½ teaspoons chili powder
- 1 teaspoon cilantro, crushed between fingers
- ¼-teaspoon oregano, crushed between fingers
- 2-3 32-ounce cartons low-sodium chicken or vegetable broth
- 1 cup mild salsa
- 1 lime, juiced and zested
- 1 teaspoon salt
- ¼-teaspoon black pepper

## INSTRUCTIONS:

In food processor, process one and one half cans of the garbanzo beans, onion, celery, garlic and tomatoes. Sauté the processed mixture till tender and add to crock pot. Then add to the crock pot: the rest of the garbanzo beans (whole and drained), chili powder, cilantro, oregano, salsa, lime zest and all the juice from the one lime, salt, pepper and broth. Cook on high for at least 4-6 hours. Optional: You can process less beans for a thinner soup or more for a little thicker.

## NUTRITIONAL VALUE:

Calories: 116

Sodium: 627 mg

Fat: 2 g

Carbohydrates: 17 g

Protein: 9 g

Sugars: 4 g



**CYNTHIA**  
Store 4116  
Pittsburgh, PA

# Cauliflower Fritters

*Try this low-carb, low-fat alternative to the classic potato pancake. With 75% fewer calories than potatoes, cauliflower fritters are a tasty way to get a serving of vegetables.*

**Serves:** 8

**Serving Size:** 3 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 40 minutes

## INGREDIENTS:

- 1 cup riced cauliflower (see below)
- 2 eggs
- ½-cup flour
- 2 tablespoons water
- ½-bunch green onion
- ½-tablespoon pepper
- ½-tablespoon salt
- ½-tablespoon garlic powder
- Sour cream (optional)
- Green onions (optional)

## INSTRUCTIONS:

To rice cauliflower: Break cauliflower into florets. To rice, you can grate the florets or process them in a food processor. Steam riced cauliflower until fork tender. Drain, pat dry and set aside.

In a bowl mix together the eggs and flour and then add in your cauliflower, chopped green onions and seasonings. Add water to thin batter (you want it to be a little thicker than a pancake batter). Heat a sauté pan and spray with non-stick cooking spray. Drop 1 heaping tablespoon of the fritter batter into the pan and flatten out the batter with the back of your spoon. Once golden brown, about 2-3 minutes, flip and allow another 2-3 minutes cooking time. Serve with a small dollop of sour cream and chopped green onions.

## NUTRITIONAL VALUE:

Calories: 74

Sodium: 468 mg

Fat: 3 g

Carbohydrates: 9 g

Protein: 4 g

Sugars: 2 g



**ADRIANA**  
Store 0618  
Torrance, CA

# Colorful, Healthy Whole Wheat Muffins

*It's a meal in a muffin with fruits, vegetables and whole grains! This perfect to-go food works at breakfast, lunch or dinner.*

**Serves:** 12

**Serving Size:** 1 muffin

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 25 minutes

**TOTAL TIME:** 45 minutes

## INGREDIENTS:

- 1 egg
- 1 cup 2% milk
- ¼-cup vegetable oil
- ¼-cup honey
- 1 teaspoon vanilla
- 2 ½ cups whole wheat flour
- 2 teaspoons baking powder
- 1 cup chopped carrot
- 1 cup fresh or frozen blueberries

## INSTRUCTIONS:

Preheat oven to 350 degrees. In a medium bowl mix together wet ingredients. In a small bowl mix together dry ingredients. Add dry ingredients into wet ingredients. Stir until blended, but don't over mix. Fold in fruits and carrots. Evenly fill prepared muffin tins. Bake for 20-25 minutes.

## NUTRITIONAL VALUE:

Calories: 177

Sodium: 25 mg

Fat: 7 g

Carbohydrates: 27 g

Protein: 5 g

Sugars: 8 g



**YVONNE**  
**Store 2406**  
South Portland, ME



## **TIP #5: AXE THE ADDED SALT & SUGAR**

**Canned, frozen and dried fruits and veggies are just as nutritious as fresh – but they come with some unwelcome add-ons.**

- Check labels to find options with the lowest amounts of salt and added sugars.
- Choose fruits and vegetables packed in their own juices or water and prepared without heavy syrups or sauces.
- Drain and rinse canned produce thoroughly in a colander.

*Source: American Heart Association*

# Paint your plate: Blue/Purple

## WHY EAT MORE BLUE/PURPLE?

Blue/purple 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/PURPLE FOODS

- Snack on frozen blueberries or mix them into oatmeal or yogurt.
- Roast cubed, unpeeled purple potatoes or eggplant for a side dish.
- Add purple cabbage to salads, tacos or wraps to pack in extra nutrients and gut-healthy fiber.

## BLUE/PURPLE FRUITS AND VEGETABLES

Blackberries

Blueberries

Eggplant

Grapes

Plums

Prunes

Purple figs

Purple onions

Radicchio

Red cabbage

Red onions



# Blackberry Mocha Smoothie

*No need for expensive and time-consuming trips to Starbucks! Try this delicious and decadent alternative to high calorie lattes and fruit smoothies. It's quick and easy and blackberries are a good source of vitamins E, C and K and dietary fiber.*

**Serves:** 2

**Serving Size:** 8 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 10 minutes

## INGREDIENTS:

- ½-cup fresh blackberries
- ½-teaspoon instant coffee granules
- ½-teaspoon unsweetened cocoa powder
- 1 cup crushed ice
- ½-cup cold water
- ½-cup instant nonfat dry milk
- 2 tablespoons Splenda (or a few drops of Stevia, to taste)

## INSTRUCTIONS:

Place all ingredients in a blender. Blend until smooth.

## NUTRITIONAL VALUE:

Calories: 85

Sodium: 94 g

Fat: 0 g

Carbohydrates: 14 g

Protein: 7 g

Sugars: 10 g



**VERONICA**  
Store 3805  
Boardman, OH





# Heirloom Tomato Stack

*Whether you serve this as an appetizer, salad or side dish, this refreshing blend of heirloom tomatoes, roasted beets, spinach and goat cheese is colorful, low fat and delicious.*

**Serves:** 4

**Serving Size:** 5 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 10 minutes

## INGREDIENTS:

- 2 heirloom tomatoes, sliced
- 1 fresh beet, roasted or 1 can roasted beets, sliced
- 2 cups fresh spinach
- 6 ounces herb goat cheese, sliced
- 1 bunch fresh basil, chopped
- Balsamic glaze or balsamic vinegar
- Sea salt

## INSTRUCTIONS:

Layer tomatoes, goat cheese, spinach, beets and begin again. Once assembled, drizzle glaze and sea salt to taste. Garnish with basil.

## NUTRITIONAL VALUE:

Calories: 135

Sodium: 289 mg

Fat: 9 g

Carbohydrates: 7 g

Protein: 9 g

Sugars: 5 g



**LUZ-MARIA**  
**Store 0577**  
Houston, TX



BLUE/PURPLE

# Apple Salad Delight

*So versatile that it can be a simple, tasty and healthy dessert or a quick breakfast for you or the kids, this recipe makes about six cups and keeps well refrigerated for a few days.*

**Serves:** 6

**Serving Size:** 1 cup

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 20 minutes

## INGREDIENTS:

- 3 Granny Smith apples, cut into bite-size pieces
- 2 Fuji apples, cut into bite-size pieces
- 32 ounces organic vanilla bean 0% fat Greek yogurt (For a lower sugar option, try unsweetened yogurt with a little vanilla extract.)
- ½-cup raw almonds, chopped
- ¼-cup unsweetened raisins
- ¼-cup unsweetened dried cranberries

## INSTRUCTIONS:

In a large mixing bowl combine the yogurt, raisins, cranberries and chopped almonds. Let sit while cutting apples. Cut apples into small bite-size pieces. Add apples into the bowl. Mix together evenly, place into an air tight bowl and then refrigerate. You can add less nuts; however, I love them so I put a little more. Done! Serve and enjoy!

## NUTRITIONAL VALUE:

Calories: 291

Sodium: 46 mg

Fat: 7 g

Carbohydrates: 46 g

Protein: 15 g

Sugars: 35 g



**PATRICIA**  
Store 6356  
Coconut Creek, FL

# Breakfast Fruit

Steve credits this recipe with being “a key strategy for introducing more fruit into my daily diet.” Blueberries contain vitamins that help improve your cardiovascular health, vision and brain function and flax seeds are rich in omega-3 fatty acids and fiber.

**Serves:** 1

**Serving Size:** 1 bowl

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 10 minutes

## INGREDIENTS:

- ½-cup canned peaches, sliced (Use peaches canned in its own juices instead of heavy syrup.)
- 2 tablespoons ground flax seed
- ¾-cup granola
- ½-cup blueberry yogurt
- 1/8-cup wild blueberries, frozen
- ¼-cup strawberries, frozen
- 1/2 banana, sliced

## INSTRUCTIONS:

Place sliced peaches on bottom of bowl and then sprinkle with the ground flax seed. Add granola and spoon over with yogurt. Then add blueberries, strawberries and sliced bananas. Watching your sugar intake? Choose fresh fruit, unsweetened yogurt or low-sugar granola.

## NUTRITIONAL VALUE:

Calories: 508

Sodium: 181 mg

Fat: 16 g

Carbohydrates: 23 g

Protein: 12 g

Sugars: 44 g



**STEVE**  
Store 2833  
Apple Valley, MN



BLUE/PURPLE

# Healthy Blueberry Muffins

*You'll get a serving of whole grains in these blueberry muffins.*

**Serves:** 10

**Serving Size:** 1 muffin

**Prep Time:** 20 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 40 minutes

## INGREDIENTS:

- 2 tablespoons brown sugar
- ¼-teaspoon cinnamon
- ¾-1 cup 2% milk
- ¼-cup coconut oil
- ½-cup pure honey (For a lower sugar option, try using just ¼ cup of honey.)
- 2 cups whole wheat flour
- 3 teaspoons baking powder
- ½-teaspoon sea or kosher salt
- ¼-cup unsweetened applesauce
- 1 cup blueberries

## INSTRUCTIONS:

Preheat oven to 350 degrees. Spray muffin pans or use liners. Mix sugar and cinnamon and set aside. Mix dry ingredients and set aside. Mix remaining ingredients in mixing bowl, add flour mixture. Mix until smooth then fold in blueberries. Bake for 15 - 20 minutes. Top with brown sugar/cinnamon mixture.

## NUTRITIONAL VALUE:

Calories: 174

Sodium: 128 mg

Fat: 6 g

Carbohydrates: 31 g

Protein: 2 g

Sugars: 22 g



**TERESA  
RDC5034**  
Breinigsville, PA

# “Your” No-Bake Granola Bar

Great for breakfast in the car or on the go, these nut-filled granola bars are packed with protein, antioxidants, vitamins, minerals and omega-3 fatty acids.

**Serves:** 10

**Serving Size:** 1 bar

**Prep Time:** 10 minutes

**Inactive Time:** 30 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 60 minutes

## INGREDIENTS:

- ½-cup chopped walnuts
- ½-cup chopped raw, unsalted almonds
- ½-cup raw sunflower seeds
- 2 cups old fashioned oats
- ½-cup 100% pure honey
- ½-cup natural, unsalted peanut butter
- 1 teaspoon pure vanilla extract
- ¾-cup raisins
- ½-cup chocolate mini chips

## INSTRUCTIONS:

Line a 9" x 9" baking dish with plastic wrap, leaving a 2-inch overhang to use to lift the bars out of the pan. Set aside.

On the stove top, using medium high heat, toast oats, walnuts, almonds and sunflower seeds until golden brown—about 10-15 minutes, stir often. Set aside. In a small saucepan over low heat, warm honey, peanut butter and vanilla. Cook and stir until smooth. Pour over oat mixture and mix. Add raisins and mini chips and mix. Pour into baking dish. Place a sheet of plastic wrap on top of mixture, press down firmly to pack it evenly in the pan.

Place in refrigerator to firm up, 20-30 minutes. Using ends of plastic wrap, remove from pan and cut into bars. You can replace pecans for walnuts, dried fruits for raisins and maple syrup for honey.

## NUTRITIONAL VALUE:

Calories: 383

Sodium: 1 mg

Fat: 20 g

Carbohydrates: 55 g

Protein: 14 g

Sugars: 21 g



**DIANNE**  
Store 3488  
Kenne, NH



# Everything But the Kitchen Sink Smoothie

Michael is “addicted to this drink. I have it almost every day, as a meal in itself or as a drink with couscous or brown rice with beans.” It’s hard to imagine a recipe much healthier than this with its wide variety of superfood fruits and vegetables.

**Serves:** 2

**Serving Size:** 16 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 10 minutes

**TOTAL TIME:** 20 minutes

## INGREDIENTS:

- 1 banana, sliced
- 1 Granny Smith apple, peeled and sliced
- 3 broccoli florets
- 1/3-cup chopped red pepper
- 1/2-cup baby carrots
- 1/2-cup kale, chopped
- 2 tablespoons wheat germ
- 1/2-cup red seedless grapes
- 1/2-cup strawberries, sliced
- 1/2-cup blueberries
- 1/2-cup blackberries
- 1 clementine, peeled and sectioned

## INSTRUCTIONS:

All fruits and vegetables are fresh and raw! Combine everything in a blender—I use a Nutri Bullet blender which pulverizes everything, no pulp to throw out. Use everything. Varying the amounts of each ingredient will subtly change the flavor. Serve immediately.

## NUTRITIONAL VALUE:

Calories: 234

Sodium: 35 mg

Fat: 1 g

Carbohydrates: 64 g

Protein: 6 g

Sugars: 38 g



**MIKE**  
Store 6209  
Danbury, CT



# Vic's Blueberry Blitz Smoothie

*The combination of blueberries and spinach packs a huge punch of nutrition to get you started in the morning or keep you going in the afternoon!*

**Serves:** 2

**Serving Size:** 8 ounces

**Prep Time:** 10 minutes

**Inactive Time:** 0 minutes

**Cook Time:** 0 minutes

**TOTAL TIME:** 10 minutes

## INGREDIENTS:

- 1 cup blueberries, fresh or frozen
- 1 container (5-6 ounces) non-fat blueberry Greek yogurt (I like Chobani Simply 100)
- 2 cups fresh baby spinach
- ½-cup coconut water

## INSTRUCTIONS:

Add all ingredients to a blender. Blend until completely blended.

## NUTRITIONAL VALUE:

Calories: 106

Sodium: 68 mg

Fat: 1 g

Carbohydrates: 17 g

Protein: 9 g

Sugars: 12 g



**VICTORIA**  
**Store 6218**  
New Hartford, CT



BLUE/PURPLE

# Nero E Bianco: Grilled Eggplant with Goat Cheese

*Infusing olive oil with garlic makes this dish pop. It's tangy and creamy, and can be the perfect appetizer or salad on a hot summer day!*

**Serves:** 8

**Serving Size:** 6 ounces

**Prep Time:** 20 minutes

**Inactive Time:** 2 hours

**Cook Time:** 20 minutes

**TOTAL TIME:** 2 hours and 40 minutes

## INGREDIENTS:

- 1 eggplant, sliced into ½-inch rounds
- 5 ounces goat cheese, sliced ½-inch thick
- 1 loaf Italian bread, sliced ½-inch thick (For added fiber and vitamins, use whole wheat or whole-grain bread.)
- ¼-cup olive oil
- 3 tablespoons balsamic vinegar
- 1 tomato, sliced ½-inch thick
- ½-teaspoon salt
- ½-teaspoon pepper
- 2 cloves garlic
- 6 fresh basil leaves, julienned

## INSTRUCTIONS:

Using mortar and pestle, bruise garlic and add 2 tablespoons olive oil and set aside to infuse for 2 hours. Slice eggplant in ½-inch thick rounds and season with salt and pepper. Slice bread and tomatoes and goat cheese to same ½-inch thickness. Brush both sides of bread and eggplant with the garlic-infused olive oil and grill (you can use our outdoor grill or a grill pan on the stove). I do the bread first so it can cool while I do the eggplant. Julienne basil leaves and set aside until ready to plate. Mix remaining olive oil with balsamic vinegar. Place one slice of grilled eggplant on plate, stack on one slice of goat cheese and another slice of eggplant. Sprinkle with julienned basil and drizzle with olive oil. Place tomato and bread on the side and enjoy!

## NUTRITIONAL VALUE:

Calories: 257

Sodium: 386 mg

Fat: 12 g

Carbohydrates: 29 g

Protein: 7 g

Sugars: 6 g



**KIMBERLY**  
Store 6316  
Lake Worth, FL



# Black Bean Salad

*This dish can be dinner one night—served with meat or chicken or as a topping for taco salad—and an appetizer the next served with tortilla chips. However you serve it, this black bean salad is a healthy main or side dish, full of fiber, vitamin C and other antioxidants.*

**Serves:** 13

**Serving Size:** ½ cup

**Prep Time:** 20 minutes

**Inactive Time:** 30 minutes

**Cook Time:** 20 minutes

**TOTAL TIME:** 1 hour and 10 minutes

## INGREDIENTS:

- 1 can (15.5 ounces) black beans, rinsed and drained
- 9 ounces corn fresh or frozen (cooked if fresh, thawed if frozen)
- 1 medium tomato, chopped
- 1/3-cup chopped red onion
- 1 scallion, chopped
- 1 lime
- 1 tablespoon olive oil
- 2 tablespoons fresh minced cilantro
- Salt and pepper to taste
- 1 medium avocado, diced
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 2 cooked or grilled chicken breasts

## INSTRUCTIONS:

In a large bowl, combine beans, corn, tomato, onion, cilantro, peppers, salt and pepper. Squeeze fresh lime juice to taste and stir in olive oil. Marinate in the refrigerator for 30 minutes. Shred chicken with two forks let cool. Add avocado just before serving.

## NUTRITIONAL VALUE:

Calories: 294

Sodium: 35 mg

Fat: 7 g

Carbohydrates: 45 g

Protein: 16 g

Sugars: 5 g



**ERIC**  
**Store 0916**  
Woodbridge, NJ



# Healthy Cooking Tips



Nutrition Center

## 10 Healthy Cooking Tips

One of the best ways to maintain a healthy diet is by eating at home. Here are some tips to help keep your cooking healthy and satisfying.

1. When veggies are overcooked, they lose their color and may lose some nutrients. Preserve their nutrients and colors by cooking them quickly with either steaming or stir-frying.
2. Use herbs, vinegar, tomatoes, onions and/or fat-free or low-fat, low sodium sauces or salad dressings instead of creamy based ones for better health, especially if you have high blood pressure or high cholesterol.
3. Use your time and your freezer wisely. When you cook once, make it last longer by preparing enough for several other meals. Freeze it and have a ready-made healthy treat for the next time you are simply too tired or busy to cook.
4. A smoothie can cover a multitude of needs. Throw a banana (you can keep them in the freezer for weeks) into your blender along with frozen berries, kiwi or whatever fruit is around, 100% orange or other juice, and fat-free or low-fat yogurt (no added sugars). You can get 4–5 servings of fruit in one glass of yummy shake. Try getting your loved one to sip on a smoothie. It's easy, cool, refreshing and healthy. Just be careful, smoothies can be high in calories when they are made with full fat ice cream or full fat yogurt and sugar.
5. Prepared seasonings can have high salt content and increase your risk for high blood pressure. Replace salt with fresh herbs and spices or salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor.
6. Canned, processed and preserved vegetables often have very high sodium content. Look for "low-sodium" or "no salt added" on canned veggies or try the frozen varieties. Compare the sodium content on the Nutrition Facts label of similar products (for example, different brands of tomato sauce) and choose the products with less sodium.
7. Prepare muffins and quick breads with less saturated fat and trans fat and fewer calories. Use three ripe, very well-mashed bananas, instead of 1/2 cup butter, lard, shortening or oil or substitute one cup of applesauce per one cup of these fats.
8. Choose whole grain for part of your ingredients instead of highly refined products. Use whole-wheat flour, oatmeal and whole cornmeal. Whole-wheat flour can be substituted for up to half of all-purpose flour. For example, if a recipe calls for 2 cups of flour, try 1 cup all-purpose flour and 1 cup minus 1 tablespoon whole-wheat flour.
9. In baking, use plain fat-free or low-fat yogurt or fat-free or low-fat sour cream instead of butter, whole milk, or heavy cream.
10. Another way to decrease the amount of fat and calories in your recipes is to use fat-free milk or 1% milk instead of whole or reduced-fat (2%) milk. For extra richness, try fat-free half-and-half or evaporated skim milk.

For more information on heart-healthy eating visit [www.Heart.org/Nutrition](http://www.Heart.org/Nutrition) or contact the American Heart Association at [inquiries@heart.org](mailto:inquiries@heart.org) or (800) 242-8721.



