



2023



HEALTHY LIVING COOKBOOK



SPECIAL THANKS

Special thanks to The Home Depot associates who participated in this year's recipe contest, and congratulations to all whose recipes were chosen to be featured in this cookbook!



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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

EAT MORE COLOR: 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



Wash or scrub fruits and vegetables under running water and dry with a clean paper towel—even if you're not going to eat the peel. This is important because sometimes raw fruits and veggies contain harmful germs that can make you and your family sick.

SWEET POTATO TORTELLINI

This creamy vegetarian dish features store-bought cheese tortellini simmered with sweet potatoes and fresh spinach. Your kids will love this grown-up version of macaroni and cheese!

Serves: 4

Serving Size: 1 cup

Prep Time: 20 minutes

Cook Time: 30 minutes

TOTAL TIME: 50 minutes

INGREDIENTS:

- 1 tablespoon olive oil
- 1 sweet potato, cut into bite-size cubes
- 1 tablespoon chopped rosemary
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup vegetable broth
- 5 ounces spinach
- 1 cup half and half
- 12 ounces cheese tortellini

INSTRUCTIONS:

Heat oil in heavy 10- or 12-inch skillet over medium heat. Stir in sweet potato cubes, rosemary, salt and pepper. Cover the skillet and cook, stirring occasionally, for about 5 minutes, until the sweet potatoes are just starting to soften. Uncover the skillet and add the broth, scraping the bottom of the pan with a spatula to dissolve the brown bits. Add the spinach and cook until it wilts down. Stir in the half and half, cover and bring to simmer. Uncover and stir in tortellini. Cook, stirring frequently, for 10 to 15 minutes until tortellini are plump and cooked through. Serve immediately.

NUTRITIONAL VALUE:

Calories: 256

Sodium: 780 mg

Fat: 14 g

Carbohydrates: 27 g

Protein: 8 g

Sugar: 5 g



**MICHAEL
MDO 5886**
Hamilton, OH

WHAT'S UP DOC CARROT CAKE

It's hard to believe a dessert can be a great source of fiber and help lower your cholesterol, but this carrot cake is as good for you as it is good tasting!

Serves: 10

Serving Size: 1/10 loaf

Prep Time: 15 minutes

Cook Time: 40 minutes

TOTAL TIME: 55 minutes



DENISE
MDO 5877
Hicksville, NY

ORANGE/YELLOW

INGREDIENTS:

- 2 eggs
- ½ cup applesauce
- ½ teaspoon nutmeg
- ½ cup unsweetened oat milk
- ½ cup Swerve brown sugar
- ½ cup Swerve granulated sugar
- 1½ cups shredded carrots
- ¼ cup dried cranberries
- 1½ cups oat flour*
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon

INSTRUCTIONS:

*You can make oat flour by pulsing oatmeal in a blender or food processor. (Two cups of oatmeal will yield about 1½ cups of oat flour.)

Preheat oven to 350 degrees. Spray loaf pan with cooking spray or line with parchment paper.

Mix eggs, applesauce and brown and granulated swerve until a little fluffy. Add milk and mix. In a separate bowl, mix dry ingredients. Mix the dry ingredients into the egg mixture. Fold in carrots and cranberries. Pour into the prepared loaf pan. Bake for 40 minutes.

NUTRITIONAL VALUE:

Calories: 120

Sodium: 199 mg

Fat: 2 g

Carbohydrates: 40 g

Protein: 4 g

Sugar: 5 g

MY QUINOA RECIPE

Whether you need a vegetarian entree, side dish, pita wrap or salad, you can have it all with this protein-packed recipe.

Serves: 6

Serving Size: 2 cup

Prep Time: 20 minutes

Cook Time: 20 minutes

TOTAL TIME: 40 minutes

INGREDIENTS:

- 2 cups quinoa, cooked according to package instructions
- ½ onion, chopped
- 2-3 cloves garlic, minced
- 1 tomato, chopped
- 1 red or green pepper, chopped
- 1 can corn
- 1 can black beans
- Chopped cilantro to taste
- 2 teaspoons cumin
- 1/3 cup olive oil
- Salt and pepper to taste

INSTRUCTIONS:

Cook 2 cups of quinoa according to package instructions. In a large bowl, place onion, garlic, tomatoes, peppers, corn and black beans. Once quinoa is ready, add to bowl. Mix ingredients together while adding seasoning and oil.

NUTRITIONAL VALUE:

Calories: 441

Sodium: 284 mg

Fat: 17 g

Carbohydrates: 60 g

Protein: 15 g

Sugar: 5 g



BRIANNA
Store 3487
Plaistow, NH

SPAGHETTI SQUASH PAD THAI

Enjoy your favorite Thai dish with a healthy twist—spaghetti squash! You'll never order Thai carry out again after you taste this crunchy, creamy dish without complicated Thai ingredients.

Serves: 6

Serving Size: 1 cup

Prep Time: 30 minutes

Cook Time: 1 hour

TOTAL TIME: 1 hour, 30 minutes

INGREDIENTS:

- ½ cup peanuts
- 2 eggs
- ½ pound chicken breast, diced
- 4 cloves garlic, minced
- 1 cup carrot, julienned
- 1 cup bean sprouts
- 2 bunches scallions or green onions, sliced
- ¼ cup chopped cilantro
- 1 lime, sliced
- ½ cup water
- ¼ cup light brown sugar

INSTRUCTIONS:

Preheat oven to 400 degrees. Slice your spaghetti squash in half lengthwise and scoop out the seeds. For easy cutting, pierce your spaghetti squash with a knife (to help vent so it doesn't burst) and cook in the microwave for 3-5 minutes, depending on the size of your squash. The knife slides through much easier this way!

Rub the cut side of the squash with a teeny bit of olive oil and place on your rimmed baking dish/sheet cut side down. Roast for about 40 minutes, or until tender and easily pierced with a fork. When ready, the once rock-hard exterior of the squash will be visibly softened with a tender interior. Scoop squash "noodles" out of the squash halves and set aside.

After the squash is cooked, in a large nonstick skillet or wok, heat 1 tablespoon of oil over medium heat. Add the peanuts and allow them to fry for 30 seconds. Re-



FRANCES
Store 1917
Glendale Heights, IL

- ¼ tablespoon fresh lime juice
- ¼ cup creamy peanut butter
- 1½ teaspoon Worcestershire sauce
- 3 tablespoons soy sauce
- 4 cloves garlic, minced
- ¼ teaspoon Thai chili sauce or sambal
- 1 medium spaghetti squash

move from pan and set aside. Roughly chop when cooled. Next, crack the eggs into the pan and scramble until just slightly set. Remove from pan and set aside.

In the same pan, heat the remaining 2 tablespoons of oil and add the garlic and chicken. Stir until the chicken is fully cooked through, about 4 to 5 minutes. Prepare sauce while chicken is cooking. In a sauce pot over medium heat, stir together the water, brown sugar, lime juice, peanut butter, Worcestershire sauce, soy sauce and garlic. Stir frequently as the mixture comes to a boil. Remove from heat and stir in chili sauce to taste. Adjust seasoning as desired.

When the chicken is done, add the eggs, carrots, bean sprouts, sauce and noodles and toss to combine. Serve and garnish with cilantro, scallions, peanuts, lime wedges and more chili sauce.

NUTRITIONAL VALUE:

Calories: 296

Sodium: 692 mg

Fat: 15 g

Carbohydrates: 22 g

Protein: 22 g

Sugar: 5 g

PHILLY CHEESE STUFFED PEPPERS

A low-carb approach to a Philadelphia classic, you won't miss the bread in this stuffed pepper version.

Serves: 4

Serving Size: 2 pepper halves

Prep Time: 10 minutes

Cook Time: 25 minutes

TOTAL TIME: 35 minutes

INGREDIENTS:

- 4 red bell peppers
- 1 teaspoon vegetable oil
- 16 ounces mushrooms, sliced
- 1½ pounds sirloin, cooked until done and sliced
- 2 teaspoons Italian seasoning
- 8 slices provolone cheese, sliced in half

INSTRUCTIONS:

Cut peppers in half and par boil them. Heat onion and oil in medium-high heat. Add cooked steak and Italian seasonings to pan. Put one slice of cheese into each pepper. Put cooked steak into each pepper and then place another slice of cheese on top of steak. Bake for 5 minutes and then broil for 2 minutes until cheese is melted.

NUTRITIONAL VALUE:

Calories: 496

Sodium: 411 mg

Fat: 21 g

Carbohydrates: 12 g

Protein: 66 g

Sugar: 10 g



MARGERY
Store 3805
Boardman, OH

STEPH'S FRESH SALMON

Steph says "I have been making this salmon for a long time. It is always a hit with family and friends and I even get compliments when I eat it for lunch the next day at work."

Serves: 2

Serving Size: 4 ounces of salmon

Prep Time: 10 minutes

Cook Time: 60 minutes

TOTAL TIME: 1 hour and 10 minutes



STEPHANIE
Store 1805
Twin Falls, ID

ORANGE/YELLOW

INGREDIENTS:

- 8 ounces fresh salmon
- 1 teaspoon kosher salt
- 3 teaspoons lemon pepper
- 8 small red potatoes cut in half
- 4 tablespoons butter
- 1 lemon, cut into slices
- Ground pepper to taste

INSTRUCTIONS:

Preheat oven to 450 degrees. Place salmon in oven safe dish, skin side down. Season with lemon pepper. Put halved potatoes in dish as well, and season with salt and pepper. Add cubed butter and slices of lemon across the top of the dish. Cover with foil and bake 45-60 minutes until salmon flakes easily and potatoes are done.

This is a very versatile recipe which can be very easily tailored to your taste. Add vegetables, such as onions, asparagus, winter squash or green beans, with potatoes before baking. Also delicious served over rice instead of with potatoes. You could also fancy it up by serving with some hollandaise sauce.

NUTRITIONAL VALUE:

Calories: 491

Sodium: 1370 mg

Fat: 32 g

Carbohydrates: 25 g

Protein: 26 g

Sugar: 2 g

CRISPY OKRA AND CHICKEN SALAD

Roasting is an easy way to get the high-fiber health benefits of okra in this spiced-up, crunchy, super nutritious chicken salad.

Serves: 4

Serving Size: 1 chicken breast

Prep Time: 15 minutes

Cook Time: 35 minutes

TOTAL TIME: 50 minutes

INGREDIENTS:

- 1 bunch kale
- 1 red onion, diced
- ¾ pound grape tomatoes, chopped
- 2 sweet peppers, diced
- 1 pound chicken breast, diced
- 12 ounces okra
- 4 tablespoons olive oil, divided
- 2 teaspoons black pepper
- 1 teaspoon salt
- 1 teaspoon curry powder
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon poultry seasoning
- 1 teaspoon white pepper
- 2 teaspoons white vinegar

INSTRUCTIONS:

Combine the smoked paprika, curry powder and onion powder in a small bowl and mix well. Set aside for later. Combine the chicken, garlic powder, white pepper, black pepper, salt, poultry seasoning, 2 tablespoons olive oil, peppers and onion in a bowl and mix well. Set aside for later. Combine the kale, grape tomatoes and vinegar in a bowl. Set aside for later.

Preheat oven to 425 degrees. Line a rimmed baking sheet with foil. Spread okra in a single layer on the baking sheet, then drizzle with 2 tablespoons of olive oil. Sprinkle the seasoning mix and stir to coat.

Roast for 25 minutes (or slightly longer), until the ends are golden. Cook time will vary based on okra size. When finished, chop well and add to the kale mixture.

Place a pan on the stove at medium-high heat. When hot, add chicken mix to pan and let sit for a minute before lightly mixing until all sides of the chicken are a golden-brown color. Reduce heat to low and cook until chicken is cooked all the way through. When finished, mix with the kale and crispy okra mixture. Serve and enjoy. Bon Appetit!

NUTRITIONAL VALUE:

Calories: 414

Sodium: 1015 mg

Fat: 21 g

Carbohydrates: 20 g

Protein: 38 g

Sugar: 3 g



DILYON
Store 980
Newark, NJ

SPICY ISLAND SHRIMP AND SCALLOPS

Escape to the islands with this one-dish meal that pairs the tropical flavors of seafood and mangoes with spices and peppers. And, according to Angelina: “it’s simple to make and the leftovers, if any, are even better!”

Serves: 6

Serving Size: 1 cup

Prep Time: 20 minutes

Cook Time: 30 minutes

TOTAL TIME: 50 minutes



ANGELINA
Store 4643
Virginia Beach, VA

ORANGE/YELLOW

INGREDIENTS:

- 1 large yellow pepper, diced
- 1 large red onion, diced
- 2 tablespoons olive oil
- 16 ounces tomato sauce
- 14 ounces diced tomatoes with green chilis (or without green chilis)
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ teaspoon smoked paprika
- ½ teaspoon oregano
- ½ teaspoon thyme
- ¼ teaspoon white pepper
- ¼ teaspoon cayenne pepper
- 1 pound large shrimp
- ¾ pound bay scallops
- 2 cups mango, diced
- 1 tablespoon fresh parsley, minced
- 3 tablespoons green onions, chopped

INSTRUCTIONS:

In large skillet, sauté peppers and onions in olive oil until soft. Add tomato sauce, diced tomatoes and spices. Bring to a boil, reduce heat and simmer 10-15 minutes to develop flavor and to reduce slightly. Add in shrimp, scallops, mango and parsley. Cook, simmering, about 5 minutes or until seafood is done. Don't overcook the seafood! Remove from heat and sprinkle with green onions. Serve over rice, noodles or even zoodles!

NUTRITIONAL VALUE:

Calories: 241

Sodium: 1386 mg

Fat: 7 g

Carbohydrates: 23 g

Protein: 20 g

Sugar: 15 g

GARLIC CHICKEN PRIMAVERA WITH PENNE

The perfect dish for summer when asparagus and tomatoes are in season, this primavera showcases the fresh veggies and salty Parmesan cheese.

Serves: 4

Serving Size: 2 cups

Prep Time: 15 minutes

Cook Time: 30 minutes

TOTAL TIME: 45 minutes

INGREDIENTS:

- 2-3 cups penne pasta
- 2 chicken breasts, cubed
- 2 cups asparagus, bite size
- 2 cups tomatoes, bite size
- 1 cup carrots, shredded or cubed
- 1 cup Parmesan cheese
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cloves garlic, minced
- 1-2 tablespoons olive oil

INSTRUCTIONS:

Cook the pasta in boiling water 15-20 minutes until tender. Cook chicken in a frying pan until done; remove and keep warm. Heat olive oil in frying pan and add garlic. Add asparagus and carrots and cook until soft. Season with salt and pepper. Drain pasta when done cooking and add to frying pan. Add chicken back to frying pan with tomatoes and Parmesan. Heat through. Enjoy!

NUTRITIONAL VALUE:

Calories: 516

Sodium: 1125 mg

Fat: 24 g

Carbohydrates: 39 g

Protein: 38 g

Sugar: 6 g



**JENNIFER
SDC 5852**
Joliet, IL

GLUTEN-FREE BANANA BREAD

Guilt free as well as gluten free, this banana bread gets its sweetness from applesauce, bananas and spices—no refined sugar!

Serves: 12

Serving Size: 1 slice

Prep Time: 30 minutes

Cook Time: 30 minutes

TOTAL TIME: 1 hour

INGREDIENTS:

- ½ cup sugar
- ½ cup applesauce
- 2 large eggs
- 3 bananas
- 1 cup gluten-free flour
- ½ cup rolled oats
- ¼ cup oat or almond flour
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon vanilla
- ½ teaspoon baking powder
- 1 teaspoon baking soda

INSTRUCTIONS:

Preheat oven to 350 degrees. Mix liquid and wet ingredients including the bananas. Mix until smooth. Add in remaining dry ingredients and mix until smooth. Spray with preferred oil a 9x9 or 8x8 baking dish. Bake 30 minutes or until a knife comes out clean. Different gluten-free flours will vary cooking time.

NUTRITIONAL VALUE:

Calories: 140

Sodium: 142 mg

Fat: 1 g

Carbohydrates: 30 g

Protein: 3 g

Sugar: 14 g



DAN
Store 2009
Ft. Wayne, IN

ORANGE/YELLOW

WAKEY-WAKEY BREAKFAST CASSEROLE

Roasted veggies add rich flavor to this easy-to-assemble breakfast casserole that's gluten free, freezes well and feeds a crowd.

Serves: 12

Serving Size: 1 square

Prep Time: 35 minutes

Cook Time: 1 hour

TOTAL TIME: 1 hour and 35 minutes



RITA
Store 6547
San Antonio, TX

INGREDIENTS:

- 1 sweet potato, cubed
- 1 sweet onion, sliced
- 1 red bell pepper, sliced
- 8 ounces mushrooms, sliced
- 1 cup fresh broccoli, diced
- 2 tablespoons olive oil
- 12 eggs
- 1 cup milk
- 1 teaspoon salt-free seasoning
- ½ teaspoon pepper
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 1 teaspoon minced garlic
- 6 ounces fresh spinach, chopped
- 1 cup turkey sausage crumbles
- 1 cup mild shredded cheddar cheese
- 1 tablespoon dried parsley

INSTRUCTIONS:

Preheat oven to 350 degrees. Toss the potato, bell pepper, onion, broccoli and mushrooms in olive oil and ½ teaspoon salt. Spread veggies on baking sheet and roast in oven for 15 minutes or until potato is tender. Whisk the eggs, milk and spices together. When veggies are done, transfer to 13x9-inch baking dish. Stir in garlic then the spinach and sausage. Sprinkle cheese on top. Pour the egg mixture over veggies, shaking pan to distribute evenly. Lightly press down veggies into egg mixture. Bake 30-40 minutes until set. Sprinkle dried parsley on top. Let sit for a few minutes then serve warm. Cut into 12 squares. All veggies and spices are optional—use what you like or have on hand!

NUTRITIONAL VALUE:

Calories: 191

Sodium: 253 mg

Fat: 13 g

Carbohydrates: 6 g

Protein: 13 g

Sugar: 3 g

REFRESHING BEAN DIP

Whether you use this as a dip or a side dish, this tangy take on the all-American three-bean salad will be a welcome addition to a picnic, potluck or family dinner.

Serves: 8

Serving Size: 2/3 cup

Prep Time: 20 minutes

Cook Time: 0 minutes

TOTAL TIME: 20 minutes plus overnight marinating



SAM
Pro Support
Georgia

ORANGE/
YELLOW

INGREDIENTS:

- ¾ cup diced orange bell pepper
- ¾ cup diced yellow bell pepper
- ¾ cup diced tomato
- ¾ cup diced cucumber
- ½ cup diced onion
- ¼ cup seeded, chopped jalapeno pepper
- 1 can tri-bean blend, drained and rinsed
- ½ cup Italian dressing

INSTRUCTIONS:

Combine all ingredients in bowl and add Italian dressing to taste. Let sit in refrigerator overnight for maximum flavor. Serve with your favorite chips or as a side dish.

NUTRITIONAL VALUE:

Calories: 117

Sodium: 231 mg

Fat: 4 g

Carbohydrates: 18 g

Protein: 4 g

Sugar: 4 g

ESTHER'S EASY CHICKEN TORTILLA SOUP

Comfort food at its finest, tortilla soup has healing powers that will soothe your family through cold and flu season and year-round!

Serves: 8

Serving Size: 1½ cups

Prep Time: 10 minutes

Cook Time: 50 minutes

TOTAL TIME: 60 minutes



ESTHER
Store 8560
Reno, NV

INGREDIENTS:

- 4 tablespoons olive oil
- 2-3 large skinless, boneless chicken breast halves
- 1 medium onion, chopped
- 5 cloves garlic, minced
- 1 28-ounce can crushed tomatoes
- 1 14.5-ounce can chicken broth
- 14.5 ounces water
- 2 teaspoons chili powder
- 2 teaspoons dried oregano
- 1 teaspoon cayenne pepper
- 1 15-ounce can white beans
- 1 cup white corn kernels
- 1-3 fresh jalapeno peppers, sliced
- 1 cup chopped fresh cilantro

INSTRUCTIONS:

In a large pot, drizzle a little oil on high heat, brown the chicken breast 1-2 minutes each side and then set aside. Drizzle a little more oil, reduce the heat to medium and sauté the onions and garlic until the onions are translucent. Add oregano, chili powder and cayenne pepper and mix. Put the chicken back in the pot, add the can of crushed tomatoes, broth and water and bring to boil. Add the beans and corn and simmer for 20 minutes.

Add garlic salt or salt and pepper to taste and let it continue to simmer. Meanwhile, take out the chicken, let it cool then, using two forks or hands, shred them. Put the shredded chicken back into the pot and add chopped cilantro and 1-3 sliced jalapenos (personal spicy preference). Simmer another 15 minutes.

When you're ready to serve, you can top with cheese, avocado, cilantro, green onions, radish, broken tortilla chips or lime.

NUTRITIONAL VALUE:

Calories: 230

Sodium: 100 mg

Fat: 9 g

Carbohydrates: 20 g

Protein: 17 g

Sugar: 4 g

I CAN'T BELIEVE IT'S NOT NUTELLA!

This is a healthy alternative to the all-time favorite on toast, Nutella. Nutella has so much sugar and nothing beneficial to your health. You won't believe it's not Nutella when you try this recipe!

Serves: 10

Serving Size: 2 tablespoons

Prep Time: 5 minutes

Cook Time: 15 minutes

TOTAL TIME: 20 minutes

INGREDIENTS:

- 1 cup peeled, cubed sweet potatoes
- 3 ounces 72% cacao dark chocolate, chopped
- 2 tablespoons walnuts, chopped
- 2 tablespoons coconut oil, divided
- 1 pinch salt

INSTRUCTIONS:

Place a steamer basket in a pot with water on the stove on medium heat for about 3 minutes until water is simmering. Add cubed sweet potatoes into the steam basket and cover for 7-10 minutes or until cooked and tender.

Melt the dark chocolate using a double boiler by heating water on low heat until simmering and stirring constantly. You may also use the microwave—heat chocolate for about 15 seconds and stir frequently until fully melted.

Add the steamed sweet potato, melted chocolate, 1 tablespoon of liquid coconut oil and a pinch of salt to a food processor or blender and blend. Add 1 more tablespoon of liquid coconut oil when it's halfway blended. Blend until smooth. Add chopped walnuts or your preferred kind of nuts and pulse about 4 times. Store in a glass container and refrigerate... if there is any left.

NUTRITIONAL VALUE:

Calories: 93

Sodium: 41 mg

Fat: 8 g

Carbohydrates: 6 g

Protein: 1 g

Sugar: 3 g



MARCELLA
HR Services
Georgia

AFRICAN PEANUT STEW: NUTRITIOUS & DELICIOUS

Halie says “passed down from my mother, a clinical dietitian of 35 years, this recipe was always loved by the whole family. This recipe can be made with chicken or without, and is infused with many vegetables and super foods.”

Serves: 8

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 25 minutes

TOTAL TIME: 40 minutes



**HALIE
IT**
Texas

INGREDIENTS:

- 1 tablespoon olive oil
- 1 medium red onion, chopped
- 1 cup finely chopped green pepper
- ½ cup chopped celery
- ½ cup chopped carrots
- 3 cloves garlic, chopped
- 2 teaspoons minced ginger
- 1 tablespoon curry powder
- 1 14.5 ounce can diced tomatoes
- 1 bay leaf
- 4 cups chicken broth or bouillon
- 1 sweet potato, diced into ½-inch pieces
- 1½-2 cups frozen shelled edamame
- ¼ cup chunky peanut butter
- 5 ounces baby spinach leaves, torn into bite size pieces
- Chopped cilantro
- ½ teaspoon salt
- ½ teaspoon black pepper

INSTRUCTIONS:

Heat olive oil in a 4-quart saucepan or Dutch oven over medium heat. Add onion, bell pepper, carrot and celery; sauté until soft and translucent, about 5 minutes. Add garlic, ginger and curry powder and sauté until fragrant, about 1 minute; do not brown garlic. Add tomatoes and bay leaf; cook uncovered until tomatoes are slightly reduced, about 3 minutes.

Add broth and sweet potatoes and bring to a boil. Reduce heat to low and simmer about 8 minutes. Stir in edamame and peanut butter until combined. Cook until thoroughly heated, about 2 minutes. Stir in cilantro and spinach until spinach wilts. Season with salt and pepper.

NUTRITIONAL VALUE:

Calories: 164

Sodium: 1231 mg

Fat: 8 g

Carbohydrates: 17 g

Protein: 7 g

Sugar: 6 g

SHOW STOPPER SALAD

You'll stop the show when you show up at a dinner, party or gathering with this beautiful, multi vegetable, whole grain salad.

Serves: 8

Serving Size: 2 cups

Prep Time: 25 minutes

Cook Time: 15 minutes

TOTAL TIME: 40 minutes



SUSAN
Store 4502
Rutland, VT

ORANGE/YELLOW

INGREDIENTS:

- 1 package arugula
- 1½ cups fresh green beans
- 1½ cups carrot sticks
- 1½ cups sliced seedless cucumber
- 1½ cups cherry tomatoes
- 1½ cups sliced yellow pepper
- 1½ cups sliced red pepper
- 1 cup kalamata olives
- 1 cup chickpeas
- 1 avocado
- 1½ cups cheddar or feta cheese
- 2 cups whole wheat orzo
- 1½ cups sliced orange pepper
- 1 cup olive oil
- 1 cup fresh lemon juice
- 3 tablespoons minced garlic
- 2 tablespoons chopped dill

INSTRUCTIONS:

Use a large-diameter bowl which is approximately 4-5 inches high. Cook orzo until al dente and let cool. On bottom of the bowl, evenly spread your arugula. Now it's time to get creative. On top of the arugula around the outside of the bowl, put each ingredient in a mound so they stay in their section. Contrast the colors to create a color pallet. Once orzo is cooled add that to outside also. In the center add the cheese and the avocado--use feta if you want a sharper taste. Keep dressing aside until ready to toss. Dressing is a simple lemon and robust olive oil, garlic and dill combined. After guests are done admiring how creative and healthy the salad looks, add the dressing and then toss to combine all the ingredients. This salad is also perfect for making and keeping for yourself and family, but it won't last long!

NUTRITIONAL VALUE:

Calories: 791

Sodium: 1126 mg

Fat: 54 g

Carbohydrates: 61 g

Protein: 17 g

Sugar: 8 g

SUPER POWER QUINOA BANANA LOAF

Liana says “A gift from the Incas to the world, quinoa is a super nutritious and versatile grain that gives this loaf over 4 grams of protein.”

Serves: 12

Serving Size: 1 slice

Prep Time: 15 minutes

Cook Time: 35 minutes

TOTAL TIME: 50 minutes

INGREDIENTS:

- ½ cup white quinoa
- 2 bananas
- 2 eggs
- 2 cups light brown sugar
- ½ cup vegetable oil
- 1 teaspoon vanilla essence or extract
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 cups all-purpose flour

INSTRUCTIONS:

Preheat oven to 350 degrees. Wash quinoa with cold water and boil in a pan with 1 cup water. Rinse. To make the banana puree, mash 2 bananas until soft. Mix eggs, oil and sugar at high speed for 5 minutes.

Sift flour with baking powder and baking soda. Add to mixer and lower speed to medium. Incorporate vanilla, quinoa and banana puree. Mix well with a spatula. Grease a loaf pan with cooking spray. Add the cake mix and bake for approximately 30 minutes. Insert a toothpick. If it comes out dry, turn oven off, remove cake and let it cool before unmolding. If toothpick is still wet, bake an extra 5 minutes if needed.

NUTRITIONAL VALUE:

Calories: 315

Sodium: 171 mg

Fat: 11 g

Carbohydrates: 54 g

Protein: 4 g

Sugar: 3 g



LIANA
Store 0140
Valdosta, GA

LEMON CHICKEN AND SPAGHETTI SQUASH

Craving carbs? Try the spaghetti squash pasta substitute! This veggie-forward dish will make a spaghetti squash believer out of you and your family.

Serves: 4

Serving Size: 1 cup

Prep Time: 5 minutes

Cook Time: 40 minutes

TOTAL TIME: 45 minutes



AGNES
Store 8453
Hilo, HI

ORANGE/YELLOW

INGREDIENTS:

- 2 boneless, skinless chicken breasts, sliced
- 8 ounces baby spinach
- 3 cups cherry tomatoes
- 4 cloves garlic, minced
- ½ lemon
- 1 spaghetti squash
- 1 medium yellow onion, chopped
- 1 cup chicken broth
- 1¼ teaspoons black pepper
- 1½ teaspoons sea salt
- 1 tablespoon olive oil

INSTRUCTIONS:

Preheat oven to 400 degrees. Cut spaghetti squash in half long ways and scoop out the seeds and stringy insides (you can throw the seeds away or save them and roast later). Drizzle some olive oil, then season inside with sea salt and black pepper. Lay the cut side on a baking sheet and roast in the oven for 40 minutes.

Season chicken breast with black pepper and sea salt. Heat olive oil in large skillet over medium-high heat. Sauté chicken breast until cooked through (roughly 10 minutes). Remove from skillet and set aside.

Add onion and garlic to skillet and sauté until fragrant, about 1-2 minutes. Add tomatoes and cook until softened, about 2-3 minutes. Add chicken broth, lemon juice and remaining sea salt. Reduce the heat and cook until liquid is reduced by half, about 15 minutes. Add chicken and spinach and cook until spinach is wilted, about 2 minutes.

Once the spaghetti squash is done use 2 forks (or 1) and scrape inside to make noodles. Serve chicken and veggies over the spaghetti squash!

NUTRITIONAL VALUE:

Calories: 262

Sodium: 1011 mg

Fat: 7 g

Carbohydrates: 18 g

Protein: 31 g

Sugar: 7 g

WEEKNIGHT GROUND TURKEY SWEET POTATO SKILLET

Turkey and sweet potatoes are the perfect Thanksgiving pair and the perfect weeknight pair in this flavorful one- skillet meal that the whole family will love.

Serves: 6

Serving Size: 1 cup

Prep Time: 20 minutes

Cook Time: 30 minutes

TOTAL TIME: 50 minutes



CATHERINE
Store 0946
Vineland, NJ

INGREDIENTS:

- 3 cups peeled, diced sweet potatoes
- 1 pound ground turkey
- 2 yellow bell peppers, diced
- 1 cup chopped onions
- 1½ tablespoons ground cumin
- ½ cup shredded mozzarella
- 2 teaspoons minced garlic
- ½ cup water
- 1 teaspoon chili powder
- ¼ cup chopped cilantro
- ½ teaspoon sea salt
- 2 tablespoons olive oil
- ½ teaspoon black pepper

INSTRUCTIONS:

In a large skillet, heat oil over medium-high heat. Add garlic and cook for 1 minute until fragrant and then add ground turkey using a wooden spoon to break apart meat; cook approximately 8 minutes or until golden brown. Add all dry ingredients and stir well to incorporate. Add onion and bell pepper and cook for 4 minutes until caramelized. Add diced sweet potatoes and water. Stir and cover with lid for approximately 6-8 minutes until sweet potatoes have softened—add water during this process to keep meat from drying out. Remove lid, top meat mixture with cheese and allow cheese to melt. Garnish with cilantro before serving.

NUTRITIONAL VALUE:

Calories: 327

Sodium: 438 mg

Fat: 17 g

Carbohydrates: 16 g

Protein: 24 g

Sugar: 5 g

TACO SOUP

Put a new spin on Taco Tuesday with this healthier alternative to everyone's all-time favorite food!

Serves: 6

Serving Size: ½ cup

Prep Time: 30 minutes

Cook Time: 30 minutes

TOTAL TIME: 60 minutes



DONNA
Store 0884
Decatur, GA

ORANGE/YELLOW

INGREDIENTS:

- 2 pounds ground chuck
- 2 white onions, diced
- 2 low-sodium taco seasoning packets (2 ounces taco seasoning)
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 cans petite diced tomatoes
- 2 cans pinto beans
- 1 can Mexican corn
- 1 can Rotel tomatoes
- 6 tablespoons low-fat shredded cheese
- 6 teaspoons low-fat sour cream
- Low-fat, low-sodium tortilla chips to garnish

INSTRUCTIONS:

In a large skillet brown ground chuck, onions and red and green bell peppers and add to pan. In a large pot, cook tomatoes, pinto beans and corn to a low simmer. Mix taco seasoning with meat mixture and add 1 cup of hot water per package of seasoning. Mix thoroughly and add mixture to vegetables. Bring to a boil stirring constantly. Let simmer on low for 10-15 minutes before serving. Sprinkle shredded cheese to taste with sour cream and a few tortilla chips on the side!

NUTRITIONAL VALUE:

Calories: 428

Sodium: 1106 mg

Fat: 13 g

Carbohydrates: 45 g

Protein: 33 g

Sugar: 14 g



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

EAT MORE COLOR: 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

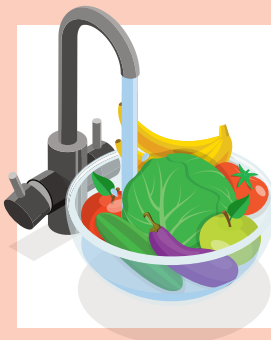
- Sprinkle raspberries or strawberries into yogurt for breakfast or a snack.
- Eat half of a pink grapefruit before meals to help limit the calories you consume.
- Add watermelon to your plate at summer parties and barbeques. It packs a high nutritional punch for a low amount of calories.
- Sauté tomatoes 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



Wash or scrub fruits and vegetables under running water and dry with a clean paper towel—even if you're not going to eat the peel. This is important because sometimes raw fruits and veggies contain harmful germs that can make you and your family sick.

GINGER CHICKEN SALAD

Use your leftover cooked chicken or a grocery store rotisserie chicken to make this tangy, filling salad that features crunchy, creamy and colorful nuts and veggies.

Serves: 4

Serving Size: 1 cup

Prep Time: 20 minutes

Cook Time: 0 minutes

TOTAL TIME: 20 minutes



**ANDREA
SSC**
Atlanta, GA

INGREDIENTS:

- 4 tablespoons toasted sesame oil
- 1 teaspoon honey
- 2 cloves garlic, peeled and minced
- 3 tablespoons rice vinegar
- 1 tablespoon soy sauce
- Salt and pepper
- 3 cups chopped romaine lettuce
- 1 cup chopped red cabbage
- 1 cup shredded carrots
- 6 green onions, thinly sliced
- ½ cup micro greens
- ½ cup chopped cilantro
- 1 jalapeno, seeded and thinly sliced
- 1 tablespoon sesame seeds
- 2 yellow bell peppers, chopped
- 2 cups cooked chicken, shredded
- 1 tablespoon sushi ginger
- 1 avocado, sliced
- 1 cup cashews

INSTRUCTIONS:

The key to this recipe is to finely chop all the vegetables so that each forkful has a little of everything.

Prepare the dressing by combining oil, honey, garlic, vinegar and soy sauce in a small bowl. Taste and adjust with salt and pepper to your taste.

Prepare all the remaining ingredients and add to a large bowl. Pour dressing on top and combine well.

NUTRITIONAL VALUE:

Calories: 520

Sodium: 485 mg

Fat: 40 g

Carbohydrates: 28 g

Protein: 16 g

Sugar: 10 g

RAINBOW SPRING ROLLS

Wrap up your favorite veggies in a spring roll for a nutritious bundle of crunchy goodness!

Serves: 4

Serving Size: 2 rolls

Prep Time: 20 minutes

Cook Time: 0 minutes

TOTAL TIME: 20 minutes



COURTNEY
Store 3103
Great Falls, MT

RED/PINK

INGREDIENTS:

- 1 package spring roll wrappers
- 1 head lettuce, torn into 2-inch pieces
- 1 red bell pepper, julienned
- 1 bag carrots, julienned
- 1 bunch radishes, thinly sliced
- 1 cucumber, julienned
- 1 head red cabbage, thinly sliced

INSTRUCTIONS:

Tear the lettuce into 2-inch pieces. Julienne the red bell pepper, carrots and cucumber. Thinly slice the cabbage and radishes. Set aside.

Cook protein (if desired). You can use salmon, shrimp, chicken, tofu or thin rice noodles to fit your dietary needs!

Fill a bowl with warm water. Place a spring roll wrapper in bowl for a few seconds. Pull out and set on plate. Layer the veggies on the middle of the wrapper (lettuce, bell pepper, cucumber, carrots, radish and cabbage). If you are adding a protein, now is the time to add that in!

Roll one side of the wrapper over the veggies and protein (if using). Fold in the sides of the wrapper. Then roll until completely rolled. Serve with a peanut dipping sauce or just enjoy!

NUTRITIONAL VALUE:

Calories: 202

Sodium: 174 mg

Fat: 1 g

Carbohydrates: 23 g

Protein: 29 g

Sugar: 11 g

HOMEMADE MEATBALLS AND MARINARA

Teri adapted this meatball recipe to make it diabetic friendly for her husband. She watched her grandmother make this spaghetti sauce from scratch growing up and replicated her recipe.

Serves: 8

Serving Size: 4 meatballs

Prep Time: 25 minutes

Cook Time: 1 hour

TOTAL TIME: 1 hour, 25 minutes

INGREDIENTS:

- 2 tablespoons olive oil
- 1 onion, chopped
- 6 cloves garlic, minced
- 28-ounce can crushed tomatoes
- ½ teaspoon dried oregano
- 3 tablespoons fresh chopped parsley
- 1 tablespoon fresh chopped basil
- Cooking spray
- 2 ounces grated Parmesan cheese
- 1 pound ground turkey
- ½ cup whole wheat breadcrumbs
- 1 egg
- 2 teaspoons Italian seasoning
- 8 ounces grated mozzarella cheese
- ½ teaspoon black pepper
- 1 teaspoon sea salt
- 1 box whole wheat linguini

INSTRUCTIONS:

To make the marinara sauce, heat oil in sauce pan over medium heat. Once hot, add half of the onion stirring until soft, about 5 minutes. Add half of the garlic and cook an additional 1-2 minutes. Add tomatoes, oregano and 1 tablespoon parsley. Bring to light boil, reduce heat to low and simmer for 15 minutes, stirring occasionally. Add basil before removing from heat and stir to combine.

To make the meatballs, heat oven to 350 degrees and lightly coat a 9x13 pan with cooking spray. In large bowl, add the rest of the onion, garlic and parsley as well as the Parmesan cheese, ground turkey, bread



TERI
Online Resolutions
Arizona

crumbs, egg, Italian seasoning and salt and pepper. Mix together with hands until well combined and no pockets of breadcrumbs remain.

Pour half of marinara in bottom of prepared pan and spread out to cover bottom of pan. Form meatballs (about 2 tablespoons each) and lay in pan in single layer. Should make approximately 24 meatballs. Spoon remaining marinara over top. Spread shredded cheese over sauce. Bake until cheese is bubbly, melted and browned (about 40 minutes). While meatballs are cooking, prepare whole wheat linguine per package directions. Serve 2-3 meatballs with sauce over linguine.

NUTRITIONAL VALUE:

Calories: 494

Sodium: 989 mg

Fat: 21 g

Carbohydrates: 44 g

Protein: 34 g

Sugar: 7 g

MEXICAN SNACK SQUARES

You can use any toppings in this delicious, mouth-watering appetizer to take to a party or use as a favorite side dish with your family meals. Enjoy and have fun making your own concoctions.

Serves: 12

Serving Size: 1 square

Prep Time: 30 minutes

Cook Time: 20 minutes plus 1 hour chilling time

TOTAL TIME: 1 hour and 50 minutes

INGREDIENTS:

- 2 cans crescent rolls
- 16 ounces refried beans
- 1½ cups sour cream
- 2 tablespoons taco seasoning mix
- 1½ cups shredded cheddar cheese
- ½ cup chopped green onions
- ½ cup chopped green peppers
- ½ cup sliced ripe olives
- 1 cup chopped seeded tomatoes

INSTRUCTIONS:

Heat oven to 350 degrees. In an ungreased 15x10 inch pan, place crescent rolls over the bottom and up the sides to form crust. Make sure you press and seal all perforations. Bake for about 15 to 19 minutes or until golden brown. Cool completely.

Spread beans over cooled crust. Mix together sour cream and taco seasoning mix and then spread over bean mixture. Sprinkle cheese, green onions, green peppers, tomatoes and olives evenly over sour cream. Cover and refrigerate for one hour. Cut into squares.

NUTRITIONAL VALUE:

Calories: 346

Sodium: 901 mg

Fat: 22 g

Carbohydrates: 29 g

Protein: 10 g

Sugar: 7 g



TINA
Store 3835
Avon, OH

RED/PINK

CROCKPOT PORK CHOPS AND APPLES

Ten minutes in the morning is all it takes to come home to the amazing cinnamon and apple smell of your pork chop dinner as it slow cooks!

Serves: 4

Serving Size: 1 pork chop with apples

Prep Time: 10 minutes

Cook Time: 6-8 hours in slow cooker

TOTAL TIME: 6-8 hours in slow cooker



KIMBERLY
Store 6357
Clearwater, FL

INGREDIENTS:

- 4 boneless pork chops
- 6 apples
- 1 cup stevia brown sugar
- 1 teaspoon vanilla
- 3 tablespoons cinnamon
- ½ cup apple juice

INSTRUCTIONS:

Place 4 boneless pork chops in the bottom of the slow cooker. Slice the apples (peeled or unpeeled) in quarters and place on top of chops. Add apple juice, cinnamon, stevia brown sugar and vanilla. Cover the slow cooker and cook on slow for 6-8 hours. Serve over rice or sweet potatoes.

NUTRITIONAL VALUE:

Calories: 481

Sodium: 8 mg

Fat: 3 g

Carbohydrates: 98 g

Protein: 8 g

Sugar: 35 g

PINK RICE

Jazz up your usual white rice side dish with this colorful, spicy and healthy pink version!

Serves: 4

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 50 minutes

TOTAL TIME: 1 hour and 5 minutes



**AZEEMA
SSC**
Atlanta, GA

RED/PINK

INGREDIENTS:

- 1 can shoestring or julienned beets*, drained
- 1½ cups white rice
- 1 tablespoon canola oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin
- 1 teaspoon yellow split peas
- 2 teaspoons sesame seeds
- 2 green chilies, sliced
- ½ teaspoon salt
- Chopped cilantro to taste

INSTRUCTIONS:

Toast the sesame seeds. Let it cool and grind it to a powder. Set aside. Cook the rice per package directions and let it cool for 10 minutes.

In a pan, heat the oil and fry the cumin, mustard seeds and yellow split peas for a few minutes. Add the green chilies (optional) to the pan and fry for a minute. Add the beets and salt to taste and fry for 5 minutes. Add the rice and stir to combine. Add the sesame seeds and a handful of chopped cilantro and stir to combine. Simmer on low heat for 2-3 minutes. Enjoy!!!

* To use fresh beets instead of canned, peel and boil 1-2 red beets. Chop into 1-inch pieces or shoestrings.

NUTRITIONAL VALUE:

Calories: 264

Sodium: 962 mg

Fat: 5 g

Carbohydrates: 35 g

Protein: 5 g

Sugar: 10 g

LOW-CAL/LOW-CARB CURRY CHICKEN

Spice up your dinner rotation with this no-guilt, veggie-packed dish. Each ingredient is a nutrient powerhouse—even the curry powder itself is good for your digestive and heart health.

Serves: 2

Serving Size: 1 bowl

Prep Time: 20 minutes

Cook Time: 20 minutes

TOTAL TIME: 40 minutes



RICK
MDO 5870
Orlando, FL

INGREDIENTS:

- 1 chicken breast, diced into ½-inch cubes
- Cooking spray
- 1 cucumber
- 2 stalks celery, cut into 1/8-inch pieces
- 3 radishes, thinly sliced
- 1 cup sliced onion
- 1 package cauliflower rice
- 2 tablespoons curry powder

INSTRUCTIONS:

Coat chicken breast with cooking spray, then toss in 1 of the 2 tablespoons of curry powder. Spray a sauce pan with cooking spray and bring to medium heat. Add chicken and cook thoroughly. Peel cucumber, cut into 4 equal size pieces, then cut pieces length wise into quarters. Remove chicken from pan and set aside. Add all veggies and additional curry powder to the pan. Cook, adding ¼ cup of water and stirring to keep from burning on bottom. Once veggies soften, add chicken back to pan and bring to a simmer. Decrease heat to low and allow to thicken.

Cook cauliflower rice in microwave as directed on the package. Place cauliflower rice into two bowls. Cover rice with the chicken. Add hot sauce for a little zing. Enjoy!

NUTRITIONAL VALUE:

Calories: 328

Sodium: 631 mg

Fat: 5 g

Carbohydrates: 43 g

Protein: 30 g

Sugar: 15 g

CAULIFLOWER TOMATO RISOTTO

*Risotto without the gluten or carbohydrates!
Kathleen says this is a dish her grandmother
used to make the family. Serve as a side dish,
a meal or as a stuffed bell pepper filling.*

Serves: 10

Serving Size: ½ cup

Prep Time: 20 minutes

Cook Time: 45 minutes

TOTAL TIME: 1 hour, 5 minutes



KATHLEEN
Store 4032
Redmond, OR

RED/PINK

INGREDIENTS:

- 2 bags riced cauliflower
- 2 cans tomato sauce
- 2 tablespoons minced garlic
- 1 pound ground turkey or ground beef
- 1 tablespoon butter
- 1 minced onion
- 1 teaspoon rosemary
- 1 cup Romano cheese
- 1 teaspoon salt

INSTRUCTIONS:

In a large sauce pan on medium heat, add diced onion and butter and sauté until translucent. Add garlic, salt, ground meat and rosemary, and brown the meat. To the meat mixture, add riced cauliflower and tomato sauce. On medium heat, stir risotto until cauliflower is cooked through and soft. Once cauliflower is soft, add the cup of Romano/Parmesan cheese and stir into pot. The consistency should not be saucy, so simmer until sauce is reduced.

NUTRITIONAL VALUE:

Calories: 154

Sodium: 383 mg

Fat: 7 g

Carbohydrates: 7 g

Protein: 15 g

Sugar: 1 g

TOMATO SOUP

No time to babysit a low-and-slow soup? No worries! You'll cook this spicy, rich tomato soup in the oven!

Serves: 8

Serving Size: 1 cup

Prep Time: 25 minutes

Cook Time: 60 minutes

TOTAL TIME: 1 hour, 25 minutes



JOEL
Store 420
Scottsdale, AZ

INGREDIENTS:

- 1 yellow onion, chopped
- $\frac{3}{4}$ cup celery root, chopped
- 8 cloves garlic, thinly sliced into long slices
- 2 28-ounce cans San Marzano tomatoes
- 4 tablespoons olive oil
- 3 teaspoons salt
- 3 teaspoons sugar
- 3 cups chicken stock
- 3 tablespoons tomato paste
- 1 teaspoon rosemary, dried
- 1 teaspoon black pepper
- 1 teaspoon thyme, dried
- 1 teaspoon celery seed
- $\frac{1}{2}$ cup heavy cream
- 1 tablespoon hot sauce
- 1 teaspoon red pepper
- Celery salt to taste

INSTRUCTIONS:

Preheat oven to 450 degrees. In a large cooking dish, place San Marzano tomatoes, onion, celery root, garlic slices, chicken stock, olive oil and tomato paste. Mix, then place in the oven and cook for 30 minutes. Remove from oven and add salt, sugar, rosemary, thyme, celery seed and black pepper. Stir together. Place back in oven and cook for another 30-45 minutes.

In batches if necessary, puree the soup with a blender then add to a large pot. You can make the soup completely smooth by blending longer, then straining through a wire mesh strainer, but I prefer not to. Once in large pot, add in heavy cream, hot sauce, red pepper and celery salt. You can increase or decrease these quantities to taste.

NUTRITIONAL VALUE:

Calories: 295

Sodium: 2535 mg

Fat: 17 g

Carbohydrates: 30 g

Protein: 7 g

Sugar: 15 g

EASY SAUSAGE AND SHRIMP SKILLET

Shrimp packs a serious punch of protein and other nutrients with a very low number of calories. This classic pairing of shrimp and sausage with crunchy veggies will be your family's favorite comfort food.

Serves: 4

Serving Size: 1½ cups

Prep Time: 15 minutes

Cook Time: 15 minutes

TOTAL TIME: 30 minutes

INGREDIENTS:

- 1 package smoked turkey sausage, sliced
- 1 pound shrimp, peeled and deveined
- 1 medium white onion, sliced
- 4 cloves minced garlic
- 1 head broccoli, chopped
- 1 red or green bell pepper, sliced
- 3 tablespoons avocado oil
- 3 tablespoons Kinder's Red Garlic Seasoning
- 1 tablespoon cracked pepper
- 1 teaspoon chicken bouillon

INSTRUCTIONS:

Add 1 teaspoon chicken bouillon, cracked pepper and 1 tablespoon avocado oil to the shrimp, mix then set aside.

You will only need 1 large skillet to cook this dish. Add 1 tablespoon of avocado oil to pan then add sausage to skillet and brown (about 3 minutes on high heat). Once done, remove from heat and place in clean bowl. Add 1 tablespoon avocado oil to the same pan and then add shrimp. Cook shrimp on high heat for 90 seconds on each side or to your desired liking. Once cooked, remove shrimp from skillet and place in bowl with cooked sausage. Add garlic to the pan and cook for 1 minute. Then add broccoli and cook for 2 additional minutes before adding the sliced white onion and bell pepper. Mix all ingredients together and cook for an additional 2 to 3 minutes, leaving your veggies with a nice crunch.

Once veggies are cooked, place the sausage and shrimp back into the skillet, stir and heat for 1 minute. Serve.

NUTRITIONAL VALUE:

Calories: 396

Sodium: 5068 mg

Fat: 20 g

Carbohydrates: 21 g

Protein: 8 g

Sugar: 5 g



RACHELLE
Store 6952
Stanton, CA

UKRAINIAN BORSCHT

Ukrainian borscht is a hearty soup of beef, root vegetables and cabbage that gets its characteristic deep red color from beets.

Serves: 6

Serving Size: 2 cups

Prep Time: 30 minutes

Cook Time: 1 hour, 45 minutes

TOTAL TIME: 2 hours, 15 minutes

INGREDIENTS:

- 1 pound beef*, cut into 1-inch pieces
- 14 cups water
- 1 tablespoon salt
- 2 beets, grated
- 4 tablespoons olive oil
- 1 tablespoon vinegar
- 1 tablespoon sugar
- 2 tablespoons tomato paste
- 1 tablespoon butter
- 1 onion
- 2 carrots, grated
- 3 potatoes, sliced
- ½ head cabbage
- 2 tomatoes**, peeled and chopped
- 2 bay leaves
- ¼ teaspoon pepper
- ¼ cup chopped parsley plus a few sprigs for garnish
- 2 cloves garlic, pressed or minced
- Sour cream (optional)

INSTRUCTIONS:

Wash meat in cold water, cut into 1-inch pieces and place in a large soup pot with 14 cups cold water and 1 tablespoon salt. Bring it to a boil and remove the foam as soon as it boils (if you wait, it will be hard to get rid of foam as it integrates into the broth and you'd have to strain it later). Reduce heat, partially cover and simmer 45 minutes to 1 hour, periodically skimming off any foam that rises to the top.

Grate beets on the large grater holes (a food processor works amazingly well). Place them in a large heavy-bottom skillet with olive oil and vinegar and sauté for 5 minutes, then reduce heat to medium-low and add sugar and tomato paste. Mix thoroughly and sauté until starting to soften, stirring occasionally (about 10 minutes). Remove from pan and set aside. In the same skillet (no need to wash it), sauté onion in butter for 2 minutes. Add grated carrot and sauté another 5 minutes or until softened, adding more oil if it seems too dry.

Once the meat has been cooking at least 45 minutes, place sliced potatoes into the soup pot and cook 10 minutes, then add cabbage, sautéed beets, onion, carrots and chopped tomatoes. Cook another 10 minutes or until potatoes can be easily pierced with a fork. Add bay leaves, pepper and more salt to taste. Stir in parsley and garlic. Immediately cover and remove from heat. Let the pot rest covered for 20 minutes for the flavors to meld. Garnish with sour cream and fresh sprigs of parsley or dill.

*Pork can be used also. And if your meat has a bone in it, place it in the water whole. After it boils for 45 minutes to 1 hour, remove it from soup, cut away and discard the bone and cut meat into 1-inch pieces.

**To peel whole tomatoes, blanch them in boiling hot water for 30-45 seconds, then transfer to cold water and the skin should peel right off.

NUTRITIONAL VALUE:

Calories: 321

Sodium: 1966 mg

Fat: 13 g

Carbohydrates: 47 g

Protein: 9 g

Sugar: 19 g



LYUBOV
Store 8984
St. Joseph, MO

MARY'S "BREAKFAST ON THE GO COOKIES"

Mary freezes these cookies in individual plastic bags and grabs them when she's "on the go" and needs a quick, healthy snack. She says they're great with coffee.

Serves: 36

Serving Size: 1 cookie

Prep Time: 30 minutes

Cook Time: 15 minutes

TOTAL TIME: 45 minutes



MARY
Store 1710
Tamuning, GU

RED/PINK

INGREDIENTS:

- 1 cup sugar
- ½ cup peanut butter
- ½ cup butter
- ¼ cup water
- 1 tablespoon vanilla
- 1 egg
- 1 cup flour
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup rolled oats
- ¾ cup dried cranberries
- 3 cups Wheat Chex Cereal

INSTRUCTIONS:

Preheat oven to 375 degrees. Cream butter and sugar; add peanut butter and mix until smooth. Add water, vanilla and egg. In a separate bowl, combine flour, baking soda, cinnamon and salt. Add flour to wet ingredients slowly until combined—do not over beat. Carefully stir in oats, cranberries and cereal.

Drop batter by the spoon full onto ungreased cookie sheet and bake until brown, 12-15 minutes.

NUTRITIONAL VALUE:

Calories: 117

Sodium: 101 mg

Fat: 5 g

Carbohydrates: 18 g

Protein: 2 g

Sugar: 9 g

LUCIA FAMILY CAPRESE

When summer brings a bounty of tomatoes and basil, it's time to make this caprese, a fast and healthy Italian appetizer or snack for any occasion!

Serves: 5

Serving Size: 6 ounces

Prep Time: 20 minutes

Cook Time: 0 minutes

TOTAL TIME: 20 minutes

INGREDIENTS:

- 5 ripe Roma tomatoes
- 1 block mozzarella cheese
- 6-8 tablespoons olive oil
- 5-8 tablespoons white balsamic vinegar
- 1-2 pinches garlic salt
- 10-15 basil leaves

INSTRUCTIONS:

Slice the tomatoes and place on a plate. Add a little garlic salt on the tomatoes (too much will overpower the flavor). You may slice the mozzarella cheese to your desired thickness. I do it about the same thickness and width of the tomatoes. Once the cheese is on the tomatoes, add the olive oil on the cheese and sides of the tomatoes if they are exposed. Chop as much basil as you like and add it to the top of the cheese and tomatoes. (A secret, the olive oil keeps the basil in place for the next step.) I like plenty of greens so I do a lot.

Add the white balsamic vinegar to taste over the basil, cheese and sides of the tomatoes (I prefer a little extra). Note: You may serve the caprese at room temperature or you can refrigerate the tomatoes to serve it cool. Either way is healthy and delicious! (The basil plant can be cut and left in a jar of water. It will grow roots and you can plant them continuously.)

NUTRITIONAL VALUE:

Calories: 221

Sodium: 81 mg

Fat: 20 g

Carbohydrates: 8 g

Protein: 2 g

Sugar: 6 g



RICHARD
Store 6350
St. Cloud, FL

RASPBERRY CHOCOLATE SCONES

Make a cup of tea to drink with these delicious and healthy scones that are perfect for breakfast or snack time.

Serves: 8

Serving Size: 1 scone

Prep Time: 15 minutes

Cook Time: 12 minutes

TOTAL TIME: 27 minutes



KATHERINE
Store 4702
Seattle, WA

RED/PINK

INGREDIENTS:

- 1¾ cups whole wheat pastry flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ cup butter
- 2 tablespoons cocoa nibs
- 2 cups unsweetened frozen raspberries, thawed

INSTRUCTIONS:

Preheat oven to 425 degrees. Mix dry ingredients. Cut butter into small chunks and knead it into the dry ingredients until flaky. Mix in thawed raspberries and cocoa nibs, adding a bit of water or milk if necessary to make a dough. Separate into eight scones and bake for 12 minutes.

NUTRITIONAL VALUE:

Calories: 234

Sodium: 208 mg

Fat: 4 g

Carbohydrates: 41 g

Protein: 5 g

Sugar: 5 g

SPICY CHICKPEA AND SWEET POTATO STEW

The perfect fall dish, this hearty vegetarian stew features smokey, warm spices, creamy sweet potatoes and meaty chickpeas.

Serves: 6

Serving Size: 1½ cups

Prep Time: 20 minutes

Cook Time: 35 minutes

TOTAL TIME: 55 minutes

INGREDIENTS:

- 1 large sweet potato, diced
- 1 can chickpeas
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 jalapeno pepper, seeded and chopped
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- Salt and pepper to taste
- 1 tomato, diced
- 2 cups vegetable broth
- 2 tablespoons olive oil
- Cilantro, chopped

INSTRUCTIONS:

Heat olive oil in a large pot over medium heat. Add onion and garlic and cook until soft and fragrant, about 5 minutes. Add sweet potato, chickpeas, red bell pepper, jalapeno pepper, cumin, smoked paprika, cinnamon, turmeric, salt and pepper, and stir well. Add diced tomatoes and vegetable broth, bring to a boil, then reduce heat and let simmer for 20-25 minutes or until the sweet potatoes are tender. Serve hot, garnished with fresh cilantro. Enjoy!

NUTRITIONAL VALUE:

Calories: 175

Sodium: 559 mg

Fat: 8 g

Carbohydrates: 21 g

Protein: 6 g

Sugar: 5 g



ZACHARY
Store 0611
Gardena, CA

SUPER IMMUNITY CONCOCTION

Marvin says: "all of these ingredients were chosen because they are considered 'super' foods and immunity boosters. This incredibly healthy concoction will appeal to all ages and keep you safe. Go Orange!"

Serves: 6

Serving Size: 2 cups

Prep Time: 20 minutes

Cook Time: 45 minutes

TOTAL TIME: 65 minutes



MARVIN
Store 4711
Bellevue, WA

RED/PINK

INGREDIENTS:

- 1 package lentils (orange or green)
- 1 bag carrots, diced
- 1 onion, diced
- 1 clove garlic, minced
- 1 container cremini mushrooms, sliced
- 1 bag kale, rinsed
- 1 bunch green onions, chopped
- 6 radishes
- 1 carton (32 ounces) chicken stock
- 2 tablespoons olive oil

INSTRUCTIONS:

Rinse a bag of lentils (orange or green) and put them in a pot of water/chicken stock (amount depends of the level of liquid you like in your soup - I typically go minimal). Bring to a boil, reduce heat to slow roil and cover pot. In a large pan with a lid, heat olive oil to medium and add carrots. Sauté for 10 minutes, then add onions and garlic and sauté for 5 minutes. Finally, add the mushrooms cooking to soften and mesh flavors—about 10 more minutes. Add a little water, place the kale on top of the mixture and cover at reduced heat for about 5 minutes (kale begins to change color and become softer).

As the lentils near the right softness, add the pan mix of veggies and kale to the soup, cover and continue to cook for 5-10 minutes for the flavors to integrate, which gives you the perfect amount of time to chop the green onions and 'artistically' trim (easy to do) your radishes to look like the fable mushroom toadstools of childhood fables. Place them on top of the dish for serving.

NUTRITIONAL VALUE:

Calories: 118

Sodium: 334 mg

Fat: 5 g

Carbohydrates: 13 g

Protein: 6 g

Sugars: 4 g

APPLE PIE APPLESAUCE

When Melissa bought too many apples, she started cooking them over the stove and created this versatile sweet treat that's great by itself, on top of pancakes or as a side with pork chops. Your kids won't even realize it's healthy!

Serves: 6

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 1 hour, 30 minutes

TOTAL TIME: 1 hour, 45 minutes



**MELISSA
DC 5123**
Carlisle, PA

INGREDIENTS:

- 4 medium cosmic crisp apples, peeled, cored and cut into ¼-inch slices
- 4 medium Fuji apples, peeled, cored and cut into ¼-inch slices
- ¾ cup no sugar added 100% apple juice
- 1 teaspoon cinnamon

INSTRUCTIONS:

Place sliced apples into a 4-quart pot. Pour apple juice over apples and stir in the cinnamon. Cover pot with lid and on low heat bring to a simmer. Cook on stove for 1½ hours, stirring every 20 to 30 minutes. If too juicy for you, take lid off and let simmer an additional 5 to 10 minutes to your preferred consistency. Your house will smell wonderful and it's just as good warm as cold. We actually prefer it warm. This never lasts in our house, though you can store any leftovers for 3 days in the fridge.

NUTRITIONAL VALUE:

Calories: 138

Sodium: 3 mg

Fat: 0 g

Carbohydrates: 37 g

Protein: 0 g

Sugar: 28 g

SEARED SEA SCALLOPS WITH GREEN APPLE AND JALAPENO PEPPER SALAD

Low in cholesterol and fat, scallops are simple to prepare and cook quickly. This peppery, crunchy salad is the perfect accompaniment to the creamy scallops.

Serves: 1

Serving Size: 1 salad

Prep Time: 20 minutes

Cook Time: 5 minutes

TOTAL TIME: 25 minutes

INGREDIENTS:

- 3 sea scallops
- 1 granny smith apple, julienned
- 2 stalks celery, sliced thin on a bias
- 1 green onion, sliced thin on a bias
- 1 jalapeno pepper, julienned
- 1½ cups arugula
- ½ cup smokehouse almonds
- 1/3 cup real maple syrup
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons vegetable oil, divided
- 1 teaspoon kosher salt
- 1 teaspoon fresh cracked black pepper

INSTRUCTIONS:

Pat dry scallops with paper towel and season with salt and pepper. Add 1 tablespoon oil into a hot nonstick skillet and sear until golden brown. Flip over, remove skillet from the heat and let scallops rest while you prepare the salad.

Add the fresh arugula and the smokehouse almonds to the bowl along with the apples, celery, jalapeno pepper and green onion. For the dressing, pour maple syrup into a microwave safe glass bowl and heat in microwave until bubbly, 30-90 seconds. Remove bowl and whisk in the Dijon mustard, apple cider vinegar and the other tablespoon of oil until well mixed. Pour vinaigrette over salad, season with salt and pepper and gently toss all ingredients together.

To serve, pile salad on a fancy plate and top with scallops. Pour any remaining vinaigrette over the scallops and serve immediately. Blue cheese crumbles on top will also add a nice touch to this salad. Bon Appetit!

NUTRITIONAL VALUE:

Calories: 1145

Sodium: 2712 mg

Fat: 62 g

Carbohydrates: 119 g

Protein: 42 g

Sugars: 88 g



JEFFERY
Store 3012
Springfield, MO

RED/PINK

HEALTHY CHEWY APPLE CINNAMON GRANOLA BARS

These all-natural, no preservative granola bars are the perfect grab-and-go snack for a car pool breakfast, lunch boxes or soccer team treats.

Serves: 12

Serving Size: 1 bar

Prep Time: 15 minutes

Cook Time: 10 minutes

TOTAL TIME: 25 minutes, plus 1 hour chill time



ROBIN
Store 2659
South Attleboro, MA

INGREDIENTS:

- 2½ cups old fashion oats
- 2 cups chopped pecans
- ½ cup flax seeds
- 8 tablespoons coconut oil
- 1 cup honey
- ½ cup packed brown sugar
- ½ teaspoon vanilla extract
- 5 cups puffed rice cereal
- 1 cup diced dried apples
- 2 teaspoons ground cinnamon
- 1 teaspoon salt

INSTRUCTIONS:

Preheat oven to 350 degrees. Spray a 9 by 9-inch baking pan with a nonstick spray and line it with parchment paper, leaving excess hanging over the edges for easier removal later.

Spread oats, nuts and flax seeds in an even layer on a parchment paper-lined baking sheet. Bake for 5-8 minutes, watching closely for oats to just start to turn brown and become fragrant. In a small saucepan, bring honey, coconut oil and brown sugar to a simmer over medium heat. Stir to dissolve sugar for 2-4 minutes. Remove from heat, add vanilla and set aside.

In a large bowl, combine puffed cereal, dried apples, cinnamon and salt. Stir in oat mixture and pour in the honey mixture. Stir until everything is well coated. Press into the prepared 9 by 9-inch pan. Use another piece of parchment paper on top to pack it down and press it into the corners. Chill in the refrigerator for an hour before removing from the pan to cut into bars. Serve at room temperature.

NUTRITIONAL VALUE:

Calories: 445

Sodium: 198 mg

Fat: 23 g

Carbohydrates: 61 g

Protein: 5 g

Sugar: 43 g

VEGETARIAN CINCINNATI CHILI

This healthier version of the famous Cincinnati Chili can be served over spaghetti or used in coney island hot dogs with low-fat cheese and veggie hot dogs.

Serves: 8

Serving Size: ½ cup

Prep Time: 20 minutes

Cook Time: 20 minutes

TOTAL TIME: 40 minutes



**NICHOLAS
MDO 5886**
Hamilton, OH

RED/PINK

INGREDIENTS:

- 3 pounds red lentils
- 30 ounces tomato paste
- ½ teaspoon allspice
- ¼ teaspoon garlic powder
- 4 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper
- ½ teaspoon ground cloves
- 2 tablespoons vinegar
- 1 bay leaf
- 1½ tablespoons cocoa powder
- 1 tablespoon Worcestershire sauce
- 1½ teaspoons salt
- 2 teaspoons cinnamon
- 2 dashes tabasco sauce
- 8 cups water

INSTRUCTIONS:

Wash and rinse the lentils. Mix them with all other ingredients. Boil until lentils are tender, about 20 minutes. May need to adjust water and boil time. After lentils are tender, put into a blender and blend for 20 seconds. Serve on its own or over spaghetti and top with low-fat cheddar cheese and chopped onions.

NUTRITIONAL VALUE:

Calories: 286

Sodium: 650 mg

Fat: 2 g

Carbohydrates: 51 g

Protein: 18 g

Sugar: 15 g



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

EAT MORE COLOR: 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



Wash or scrub fruits and vegetables under running water and dry with a clean paper towel—even if you're not going to eat the peel. This is important because sometimes raw fruits and veggies contain harmful germs that can make you and your family sick.

EASY-BAKE LEMON SALMON WITH ASPARAGUS

Dinner doesn't get easier than this healthy 5-ingredient recipe that's rich in protein, healthy fat and potassium but low in carbs. Line your baking sheet with parchment paper or foil and your clean-up is quick and easy too!

Serves: 4

Serving Size: 1 filet

Prep Time: 15 minutes

Cook Time: 20 minutes

TOTAL TIME: 35 minutes

INGREDIENTS:

- 4 salmon filets
- 1 bunch asparagus
- 1 lemon
- 1 tablespoon olive oil
- Salt and pepper to taste
- Lemon zest (optional)

INSTRUCTIONS:

Preheat the oven to 400 degrees. Wash and trim the asparagus, then place it on a baking sheet. Drizzle the asparagus with olive oil and sprinkle with salt and pepper. Place the salmon filets on top of the asparagus. Season the salmon with salt and pepper to taste. Place a few lemon slices on top of each salmon filet. Bake in the preheated oven for 15-20 minutes or until the salmon is cooked through.

NUTRITIONAL VALUE:

Calories: 343

Sodium: 78 mg

Fat: 20 g

Carbohydrates: 14 g

Protein: 22 g

Sugar: 4 g



ATRIA
Store 4724
Tumwater, WA

RAINBOW VEGETABLE BAKED PENNE WITH SAUSAGE

This pseudo lasagna is a perfect family weekday meal. Molly says “I can prep this ahead, make it in a jiff and my picky son loves it. Mushrooms and all.”

Serves: 6

Serving Size: 8 ounces

Prep Time: 40 minutes

Cook Time: 1 hour

TOTAL TIME: 1 hour and 40 minutes



MOLLY
Store 442
Bullhead City, AZ

GREEN

INGREDIENTS:

- 4 cups penne pasta
- 1 pound turkey Italian sausage
- 2 ounces chopped bell peppers
- 2 ounces sliced onions
- 2 ounces diced carrots
- 2 ounces diced celery
- 2 cloves minced garlic
- 6 ounces mushrooms, sliced
- 8 ounces frozen spinach, thawed and drained
- 24 ounces San Marzano tomatoes
- 2 ounces fresh Italian herbs
- 16 ounces low-fat cottage cheese
- 16 ounces part-skim milk shredded mozzarella
- Salt and pepper to taste

INSTRUCTIONS:

First, salt and boil water for the pasta. Cook the penne to al dente or just under. Reserve some pasta water for the sauce, otherwise strain and set aside while you work with the veggies. Brown the sausage and break into small bites. This can be omitted entirely for a vegetarian version or substituted with legumes.

Next, chop all the vegetables in your desired shapes and sizes. Add the onions, garlic, carrots and celery to the sausage and cook thoroughly. Everything should be tender before building the casserole. Sauté the remaining vegetables. Next, add the tomatoes, pasta water and herbs; remove from heat. Strain the cottage cheese of the liquid. This will prevent the casserole from becoming too wet. Season all with salt and pepper to taste. Spray a casserole dish and layer pasta, sauce, cottage cheese and mozzarella. They will mix slightly, hold their color and taste great. Bake for 30 minutes at 350 degrees or until the cheese is a bubbly goodness. Enjoy!

NUTRITIONAL VALUE:

Calories: 529

Sodium: 1219 mg

Fat: 19 g

Carbohydrates: 43 g

Protein: 48

Sugar: 10

ROASTED ASPARAGUS WITH TOMATO FETA PESTO SALAD

Lemony basil and spinach pesto spices up this asparagus salad. When you add the feta, you have a tangy, salty taste of summer goodness!

Serves: 6

Serving Size: 3-4 asparagus spears

Prep Time: 20 minutes

Cook Time: 30 minutes

TOTAL TIME: 50 minutes

INGREDIENTS:

- 1 bundle asparagus, trimmed
- 1 dozen grape tomatoes, sliced in half
- 1 cup crumbled feta
- ¼ cup +1 teaspoon olive oil, divided
- Salt and pepper to taste
- 1 cup fresh spinach
- 1 cup fresh basil leaves
- 2 cloves garlic, peeled
- 1 lemon, juiced

INSTRUCTIONS:

Preheat oven to 400 degrees. Wash, trim and dry asparagus. Lay them out on a baking sheet lined with parchment paper. Drizzle with 1 teaspoon of olive oil and a couple pinches of salt and pepper. Roast for approximately 10-15 minutes depending on the thickness of the asparagus.

For the pesto, add the spinach, basil and garlic to a food processor and blend. Add the lemon juice and salt and pepper and blend again. Slowly add ¼ cup of olive oil until fully blended.

Put the sliced tomatoes and feta in a bowl. Add the pesto and stir until combined. Put the asparagus on a serving plate and top with the pesto.

NUTRITIONAL VALUE:

Calories: 200

Sodium: 340 mg

Fat: 16 g

Carbohydrates: 7 g

Protein: 4 g

Sugar: 1 g



CRYSTAL
Store 2612
Hyannis, MA

BROCCOLI STUFFED CHICKEN BREAST

You can have this three-ingredient dinner on the table in 45 minutes with only 15 minutes of hands-on prep time!

Serves: 4

Serving Size: 1 chicken breast

Prep Time: 15 minutes

Cook Time: 30 minutes

TOTAL TIME: 45 minutes



MICHAEL
Store 3810
Canton, OH

GREEN

INGREDIENTS:

- 4 boneless skinless chicken breasts
- 3 cups chopped broccoli
- 4 ounces cream cheese
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons garlic powder

INSTRUCTIONS:

Preheat oven to 400 degrees. Mix the cream cheese, broccoli, salt, pepper and garlic powder. Cut a pocket into each chicken breast, and stuff breast with mixed ingredients. Sear on stove top 3-4 minutes on each side. Cover dish with foil and bake in the oven for 25 minutes.

NUTRITIONAL VALUE:

Calories: 362

Sodium: 798 mg

Fat: 15 g

Carbohydrates: 7 g

Protein: 48 g

Sugar: 2 g

TOFU TUNA SALAD

This is not your typical tuna salad. By replacing mayonnaise with tofu, this crunchy tuna salad is much lower in fat and much higher in protein.

Serves: 2

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 2 minutes

TOTAL TIME: 17 minutes

INGREDIENTS:

- 1 can tuna in water, no salt added
- ½ box extra-firm tofu
- ½ cup unshelled edamame
- ½ cup chopped celery
- 2 tablespoons apple cider vinegar

INSTRUCTIONS:

Add a pinch of salt in the boiling water and cook the celery and unshelled edamame for 2 minutes. Then drain the celery and edamame and set aside.

Drain the tuna and tofu. Smash tuna and tofu together. Add a pinch of salt, ground black pepper and apple cider vinegar. Mix well.

Add the celery and edamame to the tuna and tofu mix. Mix well and enjoy!

NUTRITIONAL VALUE:

Calories: 382

Sodium: 620 mg

Fat: 14 g

Carbohydrates: 13 g

Protein: 48 g

Sugar: 2 g



RUORAN
Supply Chain
Tennessee

FALL HARVEST SOUP

Turkey sausage has 50% of the calories and fat of pork sausage with 100% of the spicy flavor. Your family won't notice that this sweet and savory soup is packed with nutritious veggies!

Serves: 6

Serving Size: 2 cups

Prep Time: 20 minutes

Cook Time: 40 minutes

TOTAL TIME: 1 hour



CHRISTOPHER
Store 8944
Seattle, WA

GREEN

INGREDIENTS:

- 12-16 ounces Italian turkey or chicken sausage
- 1-2 yellow onions, medium dice
- 3 medium carrots, medium dice
- 3-5 cloves minced garlic
- 2-4 teaspoons chopped fresh sage
- 2 cups butternut squash, ¼-inch dice
- 2 cups Yukon gold or red potatoes, ¼-inch dice
- 4-6 cups low sodium or homemade chicken broth
- 2 14.5-ounce cans diced tomatoes with juices
- 2 cups kale leaves, chopped (optional)
- 2 tablespoons olive oil

INSTRUCTIONS:

Heat a large Dutch oven or soup pot to medium-high. Add the olive oil and crumble the sausage into the oil. Let it brown until you have some crispy parts. Remove sausage from pot and set aside. Add more oil if needed and sauté the onions and carrots until translucent. (The onions, that is. If you wait for the carrots to be translucent you will starve to death.) Add the garlic and sage for the last 30 seconds. Toss everything but the kale in the pot and simmer until potatoes and squash are tender, about 15 minutes. Add the chopped kale (or don't) and cook for 5-10 minutes. Enjoy!

NUTRITIONAL VALUE:

Calories: 298

Sodium: 1214 mg

Fat: 12 g

Carbohydrates: 29 g

Protein: 21 g

Sugar: 11 g

BLACK EYED PEA SALAD

Judy says this dish is “great as a salad or side dish or serve with tortilla chips as a dip. Spice it up with some jalapenos or add some roasted corn for a more savory dish. The possibilities are endless!”

Serves: 10

Serving Size: $\frac{3}{4}$ cup

Prep Time: 25 minutes + 3 hours in refrigerator

Cook Time: 0 minutes

TOTAL TIME: 25 minutes + 3 hours in refrigerator



JUDY
Store 0151
Hiram, GA

INGREDIENTS:

- 2 cans black eyed peas
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 yellow pepper, chopped
- 2 cups grape tomatoes, chopped
- 1 red onion, chopped
- 2 tablespoons chopped basil
- $\frac{1}{4}$ cup balsamic vinegar
- $\frac{1}{4}$ cup olive oil
- 1 tablespoon stone ground mustard
- 1 teaspoon fresh oregano
- $\frac{3}{4}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon ground black pepper

INSTRUCTIONS:

In a large bowl, combine peas, tomatoes, peppers, onion and basil. To make the dressing, in a small bowl whisk vinegar, oregano, mustard, salt and pepper. Gradually whisk in oil until blended. Drizzle over salad; toss to coat. Refrigerate, covered, at least 3 hours before serving.

NUTRITIONAL VALUE:

Calories: 163

Sodium: 199 mg

Fat: 6 g

Carbohydrates: 22 g

Protein: 6 g

Sugar: 2 g

DILLED SALMON CAKES WITH CUCUMBER SAUCE

Packed with protein and inflammation-busting omega-3 fatty acids, salmon is a super star among the superfoods.

Serves: 4

Serving Size: 1 patty

Prep Time: 15 minutes

Cook Time: 10 minutes

TOTAL TIME: 25 minutes



ROSEMARY
Store 1117
Aiken, SC

GREEN

INGREDIENTS:

- 12 ounces fresh boneless, skinless salmon, shredded
- ½ cup bread crumbs
- 3 tablespoons green onions, chopped
- 2 tablespoons fresh dill
- 1 large egg
- 1/8 teaspoon freshly ground black pepper
- 4 teaspoons olive oil
- ½ cup low-fat Greek yogurt
- 2 cucumbers, peeled and thinly sliced
- ½ cup water at room temperature
- ½ teaspoon lemon rind

INSTRUCTIONS:

Combine the salmon, bread crumbs, green onions, fresh dill, egg and black pepper and shape mixture into 4 or 5 patties. Heat oil in a large nonstick skillet over medium heat. Add salmon patties to pan and cook 4 to 5 minutes on each side or until brown. While patties cook, combine yogurt, lemon rind and room temperature water. Mix until yogurt is diluted. Add cucumbers and mix together until cucumbers are saturated in the yogurt mixture. Set aside.

Serve each salmon patty on a plate, top it with the cucumber mixture and serve with salad and tiny boiled potatoes.

NUTRITIONAL VALUE:

Calories: 285

Sodium: 710 mg

Fat: 12 g

Carbohydrates: 18 g

Protein: 26 g

Sugar: 6 g

ONE SKILLET EGG ROLL BOWL

Satisfy your craving for egg rolls with this quick and easy weeknight skillet version that replaces the crunch of the calorie-filled fried wrapper with fresh cabbage and green onion.

Serves: 4

Serving Size: 8 ounces

Prep Time: 10 minutes

Cook Time: 20 minutes

TOTAL TIME: 30 minutes

INGREDIENTS:

- 1 pound ground pork
- 16 ounces shredded cole slaw
- 2 teaspoons minced ginger
- 2 teaspoons minced garlic
- ¼ cup soy sauce (or low-sodium soy sauce)
- 1 egg
- 2 teaspoons sriracha
- 1 tablespoon sesame oil
- 3 bunches green onion, sliced
- Sesame seeds to taste

INSTRUCTIONS:

Brown the ground pork in a large skillet. Add garlic and ginger and sauté one minute. Stir in soy sauce, mix. Add cole slaw and mix. Simmer one minute. Make a well in the center and drop in your egg. Scramble egg. Stir in sriracha. Drizzle with sesame oil and sprinkle with green onion. Add your desired amount of sesame seeds.

NUTRITIONAL VALUE:

Calories: 536

Sodium: 1561 mg

Fat: 42 g

Carbohydrates: 19 g

Protein: 35 g

Sugar: 9 g



MELISSA
Store 2729
White Lake, MI

CAJUN CABBAGE ROLLS

This delicious plant-based dish offers a low-fat way to enjoy a traditional Cajun favorite!

Serves: 6

Serving Size: 2 cabbage rolls

Prep Time: 20 minutes

Cook Time: 1 hour

TOTAL TIME: 1 hour, 20 minutes



BARBARA
Store 360
Lafayette, LA

GREEN

INGREDIENTS:

- 1 large head fresh green cabbage
- 2 plant-based breakfast sausage patties, crumbled
- $\frac{3}{4}$ cup cooked brown rice
- 1 small onion, chopped
- 2 stalks celery, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 1 14.5-ounce can stewed tomatoes
- 1 14.5-ounce can tomato sauce
- $\frac{1}{2}$ teaspoon sugar
- Salt-free Cajun seasoning

INSTRUCTIONS:

Preheat oven to 350 degrees. Cook rice according to package directions. Heat plant-based crumbled breakfast sausage on medium heat in a large nonstick skillet and add onion, celery, bell pepper and garlic. Cook 15 minutes on low and add water or lightly spray pan with cooking spray. Cover and set aside off heat. Mix in cooked rice.

Place large cabbage leaves in a colander and wash well. Use 12 large leaves. Heat a large pot of water to boiling and carefully place leaves in water. Let cook about 15 minutes or until wilted. Carefully remove leaves and place on paper towel to drain. Don't overlap them. Start with first leaf and add approximately $\frac{1}{4}$ cup of sausage mixture to center of each leaf. Roll up and place in $13\frac{1}{2}$ x 8-inch glass baking dish.

Combine stewed tomatoes, sugar, tomato sauce and your favorite salt-free Cajun seasoning. Heat this to boiling on the stove and then simmer for 10 minutes. Stir well and pour over prepared cabbage rolls. Bake cabbage rolls about 30 minutes. Serve hot and enjoy!

NUTRITIONAL VALUE:

Calories: 201

Sodium: 745 mg

Fat: 3 g

Carbohydrates: 37 g

Protein: 9 g

Sugar: 20 g

AVOCADO SALSA

Everyone loves guacamole with chips. But it can also be used as a topping for grilled chicken or salmon, and as a side dish with white rice.

Serves: 4

Serving Size: ½ cup

Prep Time: 15 minutes

Cook Time: 5 minutes marinating time

TOTAL TIME: 20 minutes

INGREDIENTS:

- 3 avocados, chopped
- 1 red onion, minced or chopped
- 1 cup cherry tomatoes, cut in half
- 2 tablespoons chopped cilantro
- 2 tablespoons lime juice
- 2 tablespoons avocado oil
- Pinch salt and pepper
- ¼ teaspoon crushed red pepper (optional)

INSTRUCTIONS:

Add avocados, red onion, cherry tomatoes and cilantro to a mixing bowl. Add lime juice (freshly squeezed or from the bottle) and avocado oil (your preference). Add salt and pepper to taste. Optional for a spicy kick, add crushed red peppers. Mix all the ingredients and allow it to sit for a minimum of 5 minutes. Enjoy!

NUTRITIONAL VALUE:

Calories: 264

Sodium: 157 mg

Fat: 24 g

Carbohydrates: 15 g

Protein: 3 g

Sugar: 3 g



**ELBA
HR**
Georgia

RAINBOW ROLL-UPS

A veggie—collard leaves—filled with veggies, fresh herbs and creamy curry hummus dunked in peanut sauce is what Rebecca calls a beautiful, healthy desk lunch!

Serves: 6

Serving Size: 1 roll-up

Prep Time: 35 minutes

Cook Time: 0 minutes

TOTAL TIME: 35 minutes



REBECCA
Store 2906
Tupelo, MS

GREEN

INGREDIENTS:

- 3 carrots, julienned
- 1 cucumber, cubed
- ½ head red cabbage, shredded
- 1 container curry hummus
- 1 cup cooked rice
- ¼ cup peanuts
- 1 bunch cilantro, chopped
- 1 bunch collard green leaves
- ¾ cup peanut butter
- ¼ cup soy sauce
- ¼ cup rice vinegar
- ¼ cup water
- 2 tablespoons honey
- 1 clove garlic

INSTRUCTIONS:

Trim the stem/spine of the collard leaf. Don't cut it completely off--just cut it down so that it's nice and thin and pliable. Spread the curry hummus on the collard leaf. Add carrots, cucumbers, red cabbage, cooked rice, peanuts and cilantro to 6 collard green leaves. Fold the ends in and roll from front to back, trying to keep everything inside nice and tight.

To make the peanut sauce, run all the remaining ingredients through a blender or food processor.

NUTRITIONAL VALUE:

Calories: 384

Sodium: 871 mg

Fat: 23 g

Carbohydrates: 36 g

Protein: 15 g

Sugar: 16 g

SUNCOAST SPICY SASHIMI SPINACH SALAD

East meets West in this Japanese-inspired salad with sriracha-coated sushi grade tuna paired with wasabi-infused avocado. Make it as a meal for one or split in two as an appetizer.

Serves: 1

Serving Size: 8 ounces

Prep Time: 20 minutes

Cook Time: 0 minutes

TOTAL TIME: 20 minutes

INGREDIENTS:

- 3 ounces sushi grade tuna
- 1 tablespoon sriracha sauce
- 3 ounces avocado
- 1 tablespoon Kewpie Mayonnaise
- ½ teaspoon wasabi
- 4 cups baby spinach
- 1 teaspoon olive oil
- 4 ¼ x 1-inch slices of nori (optional)

INSTRUCTIONS:

Cut sushi grade tuna into ½-inch cubes. Mix with the sriracha and set aside. Combine Kewpie and wasabi in small bowl. Cut avocado into ½-inch cubes and toss with wasabi mixture and set aside. Toss the baby spinach with the olive oil and transfer to a plate. In two small piles on top of the spinach, add the tuna mixture and the avocado mixture side by side. Top with nori strips for garnish (optional).

NUTRITIONAL VALUE:

Calories: 403

Sodium: 430 mg

Fat: 29 g

Carbohydrates: 11 g

Protein: 24 g

Sugar: 1 g



LISA
Merchandising
Florida

LOW-CAL BROCCOLI SOUP

Make this healthy take on broccoli soup during cold and flu season: one cup of broccoli contains more immunity-boosting vitamin C than an orange.

Serves: 4

Serving Size: 2 cups

Prep Time: 20 minutes

Cook Time: 1 hour

TOTAL TIME: 1 hour and 20 minutes



RENEE
Store 3872
Hilliard, OH

GREEN

INGREDIENTS:

- 3 cups broccoli, cut into bite-size pieces (using stalks optional)
- 1¼ cups celery, cut into bite-size pieces
- 1¼ cups carrots, cut into bite-size pieces
- ¼ cup chopped onion
- 1/8 teaspoon pepper (more to taste)
- ½ teaspoon salt (more to taste)
- ½ teaspoon garlic powder
- 8 cups low-sodium chicken broth
- 1 teaspoon poultry seasoning
- 1 lemon

INSTRUCTIONS:

Place 8 cups of chicken broth into large soup pot. Add all vegetables and seasonings. Bring to a boil and then reduce to simmer for 45 minutes. Squeeze the fresh lemon juice into soup just before serving.

NUTRITIONAL VALUE:

Calories: 142

Sodium: 516 mg

Fat: 3 g

Carbohydrates: 21 g

Protein: 13 g

Sugar: 6 g

SUMMERTIME SWEET POTATO HASH

Your sheet pan is your friend in this veggie-filled, spicy hash. Just pop it in the oven and get ready to enjoy a healthy dinner and an easy clean up.

Serves: 2

Serving Size: 1 sausage link with veggies

Prep Time: 20 minutes

Cook Time: 40 minutes

TOTAL TIME: 1 hour

INGREDIENTS:

- 2 zucchinis, cut into 2-inch pieces
- 1 large red onion, cut into 2-inch pieces
- 2 yellow bell peppers, cut into 2-inch pieces
- 2 sweet potatoes, peeled and cut into 2-inch pieces
- 2 Cajun-style andouille smoked pork sausage links, sliced lengthwise in half (butterflied)
- 1 bunch green onions or chives, chopped
- 2 tablespoons sour cream
- 3 tablespoons olive oil
- 2 teaspoons salt
- 2 teaspoons pepper
- 2 tablespoons complete seasoning

INSTRUCTIONS:

Preheat oven to 425 degrees. Line 2 baking sheets with aluminum foil. Arrange the sweet potatoes on one baking sheet and toss with about 2 tablespoons of olive oil. Season to taste with salt, pepper and complete seasoning. Place the sweet potatoes in the oven for 30-35 minutes on the center rack.

Arrange the rest of the vegetables on the second baking sheet and toss with about a tablespoon of olive oil. Season to taste with salt, pepper and complete seasoning. Push the now-seasoned vegetables to one side of the tray and place the two links butterflied side down on the tray next to the vegetables. After the sweet potatoes have been baking for about 15 minutes, place the vegetable and sausage baking sheet on the top baking rack in the oven and roast for 15-20 minutes.

Once sweet potatoes are fork tender, the vegetables are soft and sausages are warmed through, remove all trays from the oven allow all trays to cool slightly. Divide roasted sweet potatoes into two servings along with the vegetables and sausage links. Top sweet potatoes with a dollop of sour cream and top with green onions. Enjoy!

NUTRITIONAL VALUE:

Calories: 707

Sodium: 4897 mg

Fat: 53 g

Carbohydrates: 39 g

Protein: 24 g

Sugar: 14 g



HEATHER
Supply Chain
Florida

FIESTA CHILI

Whether you make this tri-color bean chili on the stove or in your slow cooker, you're sure to please a hungry crowd!

Serves: 8

Serving Size: 2 cups

Prep Time: 15 minutes

Cook Time: 1 hour or 4 or 8 hours in the slow cooker

TOTAL TIME: 1 hour and 15 minutes or
slow cooker time



ELENA
Store 1230
Williamsville, NY

GREEN

INGREDIENTS:

- 1 tablespoon olive oil
- 1 pound ground turkey
- 1 large yellow onion, chopped
- 1 green bell pepper, chopped
- 15.5-ounce can black beans
- 15.5-ounce can kidney beans
- 15.5-ounce can cannellini beans
- 28-ounce can crushed tomatoes
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon celery seed
- 1 teaspoon cayenne pepper

INSTRUCTIONS:

Heat oil in a Dutch oven over medium heat. Brown the turkey, then add the onion and pepper and cook until the vegetables soften, about 8-10 minutes. Add the remaining ingredients and stir to blend well. Cook for 1 hour. (If you're not a fan of spice, you can omit the cayenne. Alternatively, if you love it, feel free to add more!)

This can also be cooked in a slow cooker. After browning the meat and vegetables in a frying pan, put them into the slow cooker along with the other ingredients. Cook on low for 8 hours or high for 4 hours.

NUTRITIONAL VALUE:

Calories: 251

Sodium: 463 mg

Fat: 9 g

Carbohydrates: 20 g

Protein: 22 g

Sugar: 6 g

SQUASH'D TURKEY BACON BURGER CHILI

A unique twist on turkey chili with butternut squash soup and grilled vegetables taking the dish to a higher level!

Serves: 15

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 1 hour, 20 minutes

TOTAL TIME: 1 hour, 35 minutes

INGREDIENTS:

- 3 pounds ground turkey (85/15)
- 1 tablespoon olive oil
- ¾ cup each onion, celery and carrots, each finely chopped
- 1 cup plain bread crumbs
- 1 beaten egg
- 2 teaspoons ground pepper
- 2 10-ounce packages uncured low-sodium turkey bacon
- 2 1.25-ounce packages chili seasoning mix
- 3 carrots, peeled
- 6 stalks celery, including the leaves (stalks left whole)
- 6 assorted colors bell peppers, cut into large pieces
- 1 jalapeno, cut in half length-wise
- 1 clove garlic, roughly chopped
- 2 tablespoons olive oil
- 2 28-ounce cans petite diced tomatoes, low sodium
- 1 28-ounce can tomato sauce, low sodium
- 2 14-ounce cans diced tomatoes, no salt, basil garlic and oregano flavored
- 6 15-ounce cans dark red kidney beans, drained and rinsed
- 1 32-ounce carton butternut squash creamy soup, low sodium, organic
- 1 large onion, thickly sliced

INSTRUCTIONS:

Prepare the patties as follows: sauté onion, carrots, celery and ground pepper in olive oil until translucent. Add 1 tablespoon chili seasoning, stir. (Reserve the rest of the seasoning.) Remove from heat. In a large bowl, mix together gently the onion mixture with the ground turkey, breadcrumbs and egg. Form into hamburger patties and pan fry until fully cooked. Set aside. (Can be done ahead of time.)

Grill the whole carrots, celery stalks including the leaves, bell pepper pieces, the thick slices of onion and the jalapeno until vegetables are semi tender. Grill

NUTRITIONAL VALUE:

Calories: 600

Sodium: 1571 mg

Fat: 22 g



WILLIAM
Store 6314
Stuart, FL

or pan fry the turkey bacon. Roughly chop turkey patties, bacon and vegetables. In a large pot, heat 1 tablespoon olive oil and sauté the garlic 1-2 minutes being careful not to burn it. Add the chopped patties, bacon and the grilled vegetables, diced tomatoes, tomato sauce, beans and squash soup. Cook on low-medium for one hour, stirring regularly. Serve with your favorite toppings.

Option: Smoke patties after pan frying for one hour at 250 degrees.

Carbohydrates: 65 g

Protein: 39 g

Sugar: 26 g

SHARON'S CILANTRO TABBOULEH

Sharon calls this “my twist on a classic Lebanese salad. Makes a great start to a meal, or add a protein of your choice for a quick lunch.”

Serves: 12

Serving Size: 1 cup

Prep Time: 20 minutes

Cook Time: 20 minutes

TOTAL TIME: 40 minutes plus 20 minutes chill time



SHARON
DFC 6007
Perris, CA

GREEN

INGREDIENTS:

- 3 cups bulgur wheat
- 4 medium tomatoes, finely diced
- 1 cucumber, finely diced
- 3 cups chopped cilantro
- 1 cup lemon juice (about 4 large lemons)
- 4 tablespoons olive oil
- 4 green onions, finely diced

INSTRUCTIONS:

Place bulgur wheat in a large bowl and cover completely with boiling water. Let sit for 10 minutes. Drain any water that has not been absorbed and fluff bulgur wheat with a fork. Generously season the diced tomatoes and cucumbers with salt and let stand for 10 minutes. Pat the tomatoes and cucumbers with a paper towel to remove excess moisture. Add the tomatoes, cucumbers, green onions and cilantro to the bowl with bulgur wheat and toss until combined. Mix in lemon juice and olive oil. Season to taste. Chill tabbouleh in fridge for at least 30 minutes before serving.

NUTRITIONAL VALUE:

Calories: 104

Sodium: 19 mg

Fat: 5 g

Carbohydrates: 15 g

Protein: 3 g

Sugar: 3 g

CREAMY ARTICHOKE SPINACH DIP

Creamy and dreamy at the same time, this is a delicious and versatile dip that may actually rival or surpass guacamole. Perfect as an appetizer with carrot and celery sticks or even as a dressing on a salad.

Serves: 4

Serving Size: ½ cup

Prep Time: 15 minutes

Cook Time: 0 minutes

TOTAL TIME: 15 minutes

INGREDIENTS:

- 1 can ripe pitted green olives, drained and rinsed
- 1 can artichoke hearts (whole or quartered), drained and rinsed
- 5 cups baby spinach
- ¼ cup dairy-free cashew cheese with sea salt and black pepper (you may use another soft or cream cheese instead)
- 2 tablespoons coconut aminos (you may use low-sodium soy sauce instead)
- 1 tablespoon Tabasco sauce (or your favorite hot sauce or other condiment)
- 1 tablespoon garlic powder

INSTRUCTIONS:

Place all ingredients in a food processor and blend until smooth. Serve with vegetables, crackers or over a salad.

NUTRITIONAL VALUE:

Calories: 220

Sodium: 1092 mg

Fat: 17 g

Carbohydrates: 16 g

Protein: 5 g

Sugar: 4 g



**BRANDON
RDC 5642
Ontario, CA**

10-MINUTE VEGAN SHAWARMA BOWL

Make Meatless Mondays exciting with this quick and easy dish, bursting with bold and vibrant flavors. Serve as a bowl, stuffed in a pita or over tortillas as nachos!

Serves: 2

Serving Size: 1 bowl

Prep Time: 20 minutes

Cook Time: 20 minutes

TOTAL TIME: 40 minutes



SONYA
Store 0178
Riverdale, GA

GREEN

INGREDIENTS:

- 2 cups cooked brown lentils
- 2 cups cooked basmati rice
- 1 cup vegetable broth
- 1/3 cup chopped white onion
- 1 tablespoon minced garlic
- 1 tablespoon garam marsala
- 1 tablespoon Chinese five spice
- 1 jar kalamata olives, drained
- 1 cucumber, chopped
- 1 carton grape tomatoes, chopped
- 1 avocado, peeled and chopped
- 1/3 cup chopped fresh cilantro
- 1/2 lime
- 1 pinch pink salt
- 1/2 teaspoon garlic powder
- 1/2 cup water
- 1/2 teaspoon turmeric

INSTRUCTIONS:

Heat oil in skillet on medium. Add onion and sauté for one minute. Add garlic and sauté an additional 30 seconds (careful, garlic burns easily). Mix together garam marsala, pink salt, garlic powder, five spice and turmeric. Add lentils to the skillet and half of seasoning mix. Stir to blend ingredients well. Bring to a simmer and add vegetable broth and rice. Mix well, making sure to scrape the brown bits from the oil, onions, garlic and seasonings. (These bits add bite!) Remove from heat and cover.

While letting the lentil and rice mix absorb the flavors, chop up fresh veggies and olives. Use your favorite vegetables in place of what the recipe calls for, or add them too. Don't be afraid to pile the fresh vegetables on! The more color the better. Once veggies are chopped, assemble bowl, starting with lentil/rice mixture first. Add as much or as little of the veggies as you like. For an extra kick, blend the avocado, cilantro and lime juice, adding water one tablespoon at a time, until creamy. Drizzle over the bowl. Stuff inside a pita pocket or serve over tortilla chips for nachos with a twist. Dig in and enjoy!

NUTRITIONAL VALUE:

Calories: 597

Sodium: 2342 mg

Fat: 34 g

Carbohydrates: 122 g

Protein: 33 g

Sugar: 6 g



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

EAT MORE COLOR: 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

Garlic

Parsnips

Brown pears

Jerusalem artichokes

Raisins

Cauliflower

Mushrooms

Shallots

Currants

Onions

Turnips

Dates

Potatoes



Wash or scrub fruits and vegetables under running water and dry with a clean paper towel—even if you're not going to eat the peel. This is important because sometimes raw fruits and veggies contain harmful germs that can make you and your family sick.

FAT FLUSH SOUP

Flush with veggies and protein, this soup will keep your energy level high. As Jonathon says, “even though the recipe name is weird, it is an amazing dish!”

Serves: 4

Serving Size: 2 cups

Prep Time: 35 minutes

Cook Time: 35 minutes

TOTAL TIME: 1 hour, 10 minutes



JONATHAN
Austin Technology Center 6590
 Austin, TX

INGREDIENTS:

- 1 tablespoon olive oil
- 1 pound lean ground turkey
- 1 green bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 cups onion, chopped
- 1 pound zucchini, chopped
- 10 ounces baby portabella mushrooms, chopped
- 3 cloves garlic, chopped
- 15 ounces kidney beans (or black beans)
- 14.5 ounces canned diced tomatoes
- 1 lime, juiced
- 1 tablespoon cumin
- 1 teaspoon coriander
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- 3 scallions, sliced

INSTRUCTIONS:

Heat the olive oil in a Dutch oven or another large pot over medium heat. Add the turkey, yellow pepper, green pepper, onion, zucchini, mushrooms and garlic. Cook until the turkey is browned, stirring frequently. It will take approximately 20 minutes.

Add the rest of the ingredients to the pot, except the scallions. Heat to a simmer, stirring occasionally. It will take about 15 minutes.

Ladle the soup into bowls (or meal prep containers) and garnish with scallions. So delicious!

NUTRITIONAL VALUE:

Calories: 372

Sodium: 301 mg

Fat: 6 g

Carbohydrates: 43 g

Protein: 37 g

Sugar: 14 g

BLACK BEAN BROWNIES

Why eat a healthy brownie when you could be eating a dark, rich and chocolatey brownie instead? Only if the healthy brownie is dark, rich and chocolatey like this one!

Serves: 12

Serving Size: 1 bar

Prep Time: 15 minutes

Cook Time: 25 minutes

TOTAL TIME: 35 minutes

INGREDIENTS:

- 1 can black beans
- ½ cup semi-sweet chocolate chips, divided
- 3 tablespoons canola oil
- 3 large eggs
- 2/3 cup packed brown sugar
- ½ cup baking cocoa
- 1 teaspoon vanilla extract
- ½ teaspoon baking powder
- 1 pinch salt

INSTRUCTIONS:

Place the beans, ¼ cup chocolate chips and oil in a food processor; cover and process until blended. Add eggs, brown sugar, cocoa, vanilla, baking powder and salt; cover and process until smooth.

Transfer to a parchment-lined 8-inch square baking pan. Sprinkle with remaining chocolate chips. Bake at 350 degrees for 20-25 minutes or until a toothpick inserted in center comes out clean. Cool on a wire rack. Cut into bars.

NUTRITIONAL VALUE:

Calories: 182

Sodium: 190 mg

Fat: 8 g

Carbohydrates: 26 g

Protein: 4 g

Sugar: 17 g



**CHRISTOPHER
RLC 8618
Pittston, PA**

CAULIFLOWER NUGGETS

Introducing the chicken nugget reimagined as a healthy vegetarian dinner. Now imagine your kids loving these nuggets with a kid-friendly dipping sauce.

Serves: 4

Serving Size: 6 nuggets

Prep Time: 20 minutes

Cook Time: 25 minutes

TOTAL TIME: 45 minutes



**LAVIVIAN
Store 571
Houston, TX**

INGREDIENTS:

- 1 head cauliflower
- 1 large egg
- 1¾ cups Italian bread crumbs
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ cup shredded mozzarella cheese
- ½ cup shredded cheddar cheese
- 1 tablespoon olive oil
- Salt and pepper to taste

INSTRUCTIONS:

Preheat the oven to 350 degrees. Prepare a baking sheet with parchment paper and brush olive oil on top of the parchment paper. Clean and break apart cauliflower. Put the cauliflower in a food processor and process until it has a rice consistency. Then add the egg, bread crumbs, seasonings and cheese. Process until well combined. Use a spoon to shape into nuggets and place on baking sheet. Brush olive oil over the top of each nugget. Bake for 20 to 25 minutes or until golden brown.

NUTRITIONAL VALUE:

Calories: 332

Sodium: 780 mg

Fat: 15 g

Carbohydrates: 35 g

Protein: 17 g

Sugar: 3 g

COCONUT CHICKPEA CURRY

This flavorful vegan dish is high in protein and low in cost! Camille says “I find myself making this recipe all the time because it's so delicious!”

Serves: 4

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 30 minutes

TOTAL TIME: 45 minutes



CAMILLE
Store 6559
College Station, TX

WHITE/BROWN

INGREDIENTS:

- 2 tablespoons coconut oil
- 1 yellow onion, chopped
- 14-ounce can diced tomatoes
- 16-ounce can chickpeas
- 3 cloves garlic, chopped
- 1½ tablespoons garam masala
- 1 teaspoon curry powder
- ¼ teaspoon cumin
- 13½ ounce can coconut milk
- 2 teaspoons flour
- 1 lime, juiced
- 1½ cups rice
- Naan bread (optional)

INSTRUCTIONS:

Start cooking the rice according to the instructions on the bag. Chop the onion and garlic into small pieces. In a deep pan, heat up the oil. Add the onions and sauté until translucent. Add the tomatoes along with salt and pepper to taste. Stir. Reduce the heat and let simmer for 10 minutes.

Add the chickpeas, garlic, garam masala, curry and cumin and stir. Add the coconut milk and stir. Add the flour to thicken the mixture (optional). Bring to a boil, then reduce heat to medium low and cook for another 10 minutes. Take off of the heat and add the lime juice. Pour over the rice. Serve with toasted naan (optional).

NUTRITIONAL VALUE:

Calories: 219

Sodium: 253 mg

Fat: 9 g

Carbohydrates: 35 g

Protein: 2 g

Sugar: 13 g

HEALTHY GOULASH

Your kids won't notice they're eating veggies when you serve this scrumptious goulash that comes together in only 35 minutes!

Serves: 6

Serving Size: 8 ounces

Prep Time: 10 minutes

Cook Time: 25 minutes

TOTAL TIME: 35 minutes

INGREDIENTS:

- 1 pound lean ground beef
- 1 box tri-color rotini noodles
- 1 medium zucchini, sliced thin
- 1-2 cans stewed tomatoes
- 1 teaspoon minced garlic
- 1 tablespoon Worcestershire sauce
- ½ teaspoon chopped thyme

INSTRUCTIONS:

Brown ground beef (may also use ground turkey). Boil rotini noodles according to the package. Drain ground beef and add to large bowl. While noodles are boiling, steam the sliced zucchini in water in a glass bowl covered in microwave 2-4 minutes until tender. Add the steamed zucchini, stewed tomatoes undrained, minced garlic, Worcestershire sauce and thyme and mix together. Once noodles are done, drain and stir the noodles into the mixture. Serve with a slice of French bread. Tip: Add some Tabasco sauce to spice it up.

NUTRITIONAL VALUE:

Calories: 215

Sodium: 86 mg

Fat: 7 g

Carbohydrates: 20 g

Protein: 18 g

Sugar: 2 g



SONIA
Store 233
Daytona Beach, FL

GINGER BEEF STIR FRY

Skip the white-carton carry out and make your own stir fry using this quick and easy lower-fat version full of steak and meaty mushrooms!

Serves: 4

Serving Size: 8 ounces

Prep Time: 20 minutes

Cook Time: 15 minutes

TOTAL TIME: 35 minutes



KEITH
Store 3703
Minot, ND

WHITE/BROWN

INGREDIENTS:

- 1½ -2 pounds coulette steak (cut-up tri tip) or filet mignon, cut into 1½-inch x ½-inch strips
- 15-20 mushrooms, sliced
- 1 cup soy sauce
- ½ cup fresh ginger (cut into 1½-inch x 1/8-inch strips)
- 1 cup cooking sherry
- 2 bunches watercress (leaves only)
- 4 tablespoons peanut oil
- 2 teaspoons corn starch
- 2 cups cooked rice

INSTRUCTIONS:

Cut steak into stir-fry slices and coat with corn starch. Combine ½ cup soy sauce and ½ cup sherry in a large mixing bowl (reserving remaining soy sauce and sherry for the last step). Refrigerate for at least 5 minutes. Using a wok, heat 2 tablespoons peanut oil on high heat. Stir fry steak (save juices remaining in the bowl) until meat is pink (about 2 minutes). Put meat in a dry bowl (set aside). Slice mushrooms and sauté in wok with fresh oil and soy sauce to taste (drain and put aside). Add the remaining 2 tablespoons of oil and stir fry ginger for about 30 seconds to 1 minute. Add watercress and stir fry for 30 seconds. Add meat, mushrooms and rest of sauce (plus remaining ½ cup of soy sauce and ½ cup of sherry). Stir fry together for 1 minute. Serve over rice.

NUTRITIONAL VALUE:

Calories: 487

Sodium: 4071 mg

Fat: 18 g

Carbohydrates: 24 g

Protein: 39 g

Sugar: 4 g

PUERTO RICO STYLE COCONUT MACAROONS

Are you nuts about coconut? With this recipe, you can whip up a batch of homemade macaroons in less than 30 minutes!

Serves: 25

Serving Size: 1 cookie

Prep Time: 5 minutes

Cook Time: 20 minutes

TOTAL TIME: 25 minutes



ZORAIDA
Store 6551
Selma, TX

INGREDIENTS:

- 9 ounces coconut flakes
- 5 ounces Truvia® Calorie-Free Sweetener
- 2 tablespoons all-purpose flour
- 4 egg whites
- ¼ teaspoon salt
- 1 teaspoon vanilla extract

INSTRUCTIONS:

Preheat oven to 350 degrees. With a mixer, combine all ingredients until fully incorporated. Take 1-tablespoon sized portions of the mix and put on a tray previously greased or covered with parchment paper, leaving space among portions. Bake for 20 minutes or until brown.

NUTRITIONAL VALUE:

Calories: 94

Sodium: 71 mg

Fat: 8 g

Carbohydrates: 14 g

Protein: 2 g

Sugar: 1 g

NO-BAKE ENERGY BALLS

Amy packs 2 or 3 of these energy balls in individual snack bags and stores them in the freezer for the perfect quick grab-and-go snack.

Serves: 24

Serving Size: 1 ball

Prep Time: 15 minutes

Cook Time: 0 minutes

TOTAL TIME: 15 minutes



AMY
Store 2408
Ellsworth, ME

WHITE/BROWN

INGREDIENTS:

- 1½ cups no-stir natural creamy peanut butter
- ½ cup honey
- 1-1/3 cups old fashioned rolled oats
- ½ cup vanilla protein powder
- 1/8 teaspoon salt
- ½ cup mini dark chocolate chips
- ¼ cup chia seeds

INSTRUCTIONS:

Add all ingredients to a mixing bowl and mix until batter is combined. Use a mini cookie scoop or a spoon to drop energy balls onto a wax paper covered cookie sheet. Roll the balls with your hands to form a 1-inch ball. Place the cookie sheet with the energy bites on it in the refrigerator for 1 hour or until the balls are hardened. Transfer the balls to a container or freezer bag and store in the freezer.

This is such a versatile recipe. You can make it with natural crunchy peanut butter if you want the nuts, you can omit the chia seeds if you wish or you can add flax seed or coconut flakes; the options are endless.

NUTRITIONAL VALUE:

Calories: 165

Sodium: 91 mg

Fat: 10 g

Carbohydrates: 14 g

Protein: 6 g

Sugar: 7 g

HEALTHIER BEEF STROGANOFF

Looking for a decadent date night dinner? Look no further than this luscious stroganoff!

Serves: 4

Serving Size: 6 ounces

Prep Time: 20 minutes

Cook Time: 30 minutes

TOTAL TIME: 50 minutes

INGREDIENTS:

- 8.5 ounces wide egg noodles
- 4 tablespoons olive oil
- 1 pound beef sirloin or tenderloin, sliced
- Salt and pepper
- 1 onion, finely diced
- 3 cloves garlic, minced
- ½ pound cremini mushrooms
- ½ cup dry white wine
- 1½ cups beef broth
- 1 tablespoon all-purpose flour
- 1 teaspoon Worcestershire sauce
- 2 teaspoons Dijon mustard
- ¼ cup plain 2% Greek yogurt
- Fresh parsley, finely chopped

INSTRUCTIONS:

In a large pot filled with salted water, cook the egg noodles according to the package instructions. As your pasta water is coming to a boil, sauté the beef with 2 tablespoons of oil in a large skillet over medium-high heat. Season with salt and pepper. Let the meat cook for 3 minutes per side. When both sides are browned, remove the beef from the pan and transfer to a plate. Set aside. (If the meat doesn't fit in 1 layer you may need to work in batches.)

With the remaining oil, sauté the onion for about 3 minutes. Add the garlic and mushrooms and stir to combine. Continue cooking for another 5 minutes, or until the mushrooms are cooked and the onions are soft. Add the white wine to deglaze the pan, scraping up the browned bits. (You can also use a small amount of beef broth if you don't want to use alcohol.) In a medium bowl, whisk together the beef broth, Worcestershire sauce, Dijon mustard and flour until smooth. Once the wine has cooked off, pour the mixture into the pan, stir and let simmer for about 5 minutes, stirring occasionally. Add the Greek yogurt and stir until combined. Return the beef back to the skillet, stir to combine and season with additional salt and pepper if needed. Serve this healthier beef stroganoff over the egg noodles and garnish with chopped parsley. ENJOY!

NUTRITIONAL VALUE:

Calories: 627

Sodium: 802 mg

Fat: 24 g

Carbohydrates: 60 g

Protein: 40 g

Sugar: 7 g



**ANGEL
Store 8597
Auburn, CA**

SPICY PEANUT BUTTER HUMMUS

This is not your grocery store hummus. Adding the peanut butter gives it a hint of Thai peanut curry flavor for a delicious twist to a Mediterranean classic.

Serves: 4

Serving Size: ½ cup

Prep Time: 10 minutes

Cook Time: 20 minutes if roasting peppers

TOTAL TIME: 10 minutes plus 1 hour chill time



**NOAH
Store 508
Conroe, TX**

WHITE/BROWN

INGREDIENTS:

- 1½ cups cooked chickpeas
- ¼ cup natural peanut butter
- 3 tablespoons lemon juice
- 1 clove garlic, chopped
- 1 teaspoon parsley, minced
- ½ teaspoon salt
- 1 tablespoon red pepper flakes
- 2 roasted red peppers, stems removed (or a jar of roasted red peppers)

INSTRUCTIONS:

Add chickpeas to food processor and puree. Add all other ingredients. Add water (if needed) for desired consistency. Chill in a covered container for 1 hour before serving.

Adjust amount of red pepper flakes or whole roasted red peppers for desired spice level. Fresh, chopped jalapenos, serrano or chili peppers are also an option. Another option is a teaspoon-tablespoon of curry powder if you want a hint of curry taste to bring out more of the Thai peanut curry flavor.

NUTRITIONAL VALUE:

Calories: 523

Sodium: 296 mg

Fat: 46 g

Carbohydrates: 24 g

Protein: 10 g

Sugar: 11 g

CHICKEN PIZZA CRUST BBQ PIZZA

Alexandria says this low calorie, high protein dish helps her maintain her weight loss journey and this is one of her favorite recipes to make when she has a strong craving for a hearty pizza.

Serves: 6

Serving Size: 1 slice

Prep Time: 10 minutes

Cook Time: 25 minutes

TOTAL TIME: 35 minutes



ALEXANDRIA
RDC 5120
Van Buren, OH

WHITE/BROWN

INGREDIENTS:

- 1 can chunk cooked chicken
- 1 egg
- ½ cup grated Parmesan cheese
- 1 cup sugar-free barbecue sauce
- 2/3 cup shredded fat-free mozzarella cheese
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon oregano
- ½ teaspoon basil

INSTRUCTIONS:

Preheat the oven to 425 degrees. In mixing bowl, add chicken, Parmesan cheese, egg, salt, pepper, oregano and basil. Using a fork, combine ingredients thoroughly. Line a cookie sheet with parchment paper and spread mixed ingredients evenly to create the desired pizza shape (i.e., circular or square) using hands to flatten. Place in oven for 25 minutes and bake until golden brown. Carefully remove from the oven, and top the pizza crust with BBQ sauce and mozzarella cheese. Place back into the oven until the cheese is melted. Remove from the oven, and enjoy!

NUTRITIONAL VALUE:

Calories: 177

Sodium: 1052 mg

Fat: 8 g

Carbohydrates: 9 g

Protein: 20 g

Sugar: 0 g

BLIND HEN SOUP

Humaira says “this is a recipe popular among farmers for centuries in the Soon Valley located in Pakistan and has attained the status of herbal medicine. This soup acts as a natural antibiotic and is a great way to reduce body aches and prevent flu and fever.”

Serves: 4

Serving Size: ½ cup

Prep Time: 15 minutes

Cook Time: 10 minutes

TOTAL TIME: 25 minutes

INGREDIENTS:

- 6 tablespoons cooking oil
- 1/3 cup chopped onions
- 12 cloves garlic, chopped
- 2 green chilies, sliced
- 2 tablespoons chopped fresh cilantro
- 1½ cups milk
- ½ cup water
- Salt to taste
- 1 teaspoon red chili powder
- 1 teaspoon turmeric
- 1 teaspoon crushed dried coriander
- 1 teaspoon crushed dried fennel seeds

INSTRUCTIONS:

In a pan, heat any cooking oil of your choice on medium heat. Keep the stove on medium heat throughout the entire cooking process. When the oil is warm, add in the chopped onions and garlic and lightly sauté but do not brown. Add in all of the spices (salt, red chili powder, turmeric, crushed dried coriander, crushed dried fennel seeds) and slowly add in the water while stirring to easily mix the spices together. Stir the mixture for 2 - 3 minutes. Slowly pour in the milk while stirring. Let the milk come to a boil and add in the chopped cilantro and green chilies. The soup is now ready to be served with roti, bread or naan.

NUTRITIONAL VALUE:

Calories: 523

Sodium: 296 mg

Fat: 46 g

Carbohydrates: 24 g

Protein: 10 g

Sugar: 11 g



HUMAIRA
Store 8551
South Riding, VA

SHEET PAN FAJITAS

Make your favorite Mexican fajitas at home in less than an hour. This great weeknight recipe provides a protein boost and is easy to make with easy clean up too!

Serves: 4

Serving Size: 8 ounces

Prep Time: 15 minutes

Cook Time: 30 minutes

TOTAL TIME: 45 minutes



GWEN
Pro Support
Florida

INGREDIENTS:

- 1 onion, sliced
- 3 bell peppers, sliced
- 2 pounds boneless, skinless chicken breast, sliced
- 2 teaspoons kosher salt
- ½ teaspoon black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 5 sprigs fresh cilantro
- 1 lime

INSTRUCTIONS:

Prepare sheet pan with heavy duty aluminum foil. Preheat oven to 425 degrees. Place chicken and veggies in a bowl and drizzle with olive oil. Mix seasonings together and add to mixture in bowl. Pour mixture onto sheet pan and bake for 20-30 minutes until chicken is done and veggies are tender. Sprinkle fresh chopped cilantro over baking pan and squeeze some fresh lime wedges over the top. Serve with tortillas, over a salad or with rice and beans.

NUTRITIONAL VALUE:

Calories: 329

Sodium: 1089 mg

Fat: 7 g

Carbohydrates: 13 g

Protein: 53 g

Sugar: 5 g

SLOW COOKER VEGAN CHILI

This healthy and EASY version of the comfort food classic was the winner of the 2023 Chili Cook Off, Store #4013. (Yes, the winner with a vegan chili!)

Serves: 10

Serving Size: 1½ cups

Prep Time: 20 minutes

Cook Time: 5 minutes plus 8 hours in slow cooker

TOTAL TIME: 25 minutes plus 8 hours in slow cooker



DREW
Store 4013
Portland, OR

WHITE/BROWN

INGREDIENTS:

- 2 cans black beans or kidney beans
- 2 cups vegetable broth
- 2 cups textured vegetable protein (TVP) or soy crumbles
- 2 bay leaves
- ¼ cup olive oil
- 2 medium onions, diced
- 1 orange bell pepper, diced
- 1 jalapeno pepper, minced
- ½ teaspoon cayenne pepper
- 2 teaspoons ground coriander
- 2 teaspoons cumin
- 2 tablespoons chili powder
- 2 cans diced or crushed tomatoes
- 6 cloves garlic, minced
- Salt and black pepper to taste

INSTRUCTIONS:

In a medium sized bowl, combine hot vegetable broth with the TVP. Allow to sit for 5 to 10 minutes. If using pre-seasoned soy crumbles, omit this step. In a large stockpot, add olive oil and sauté onions, garlic, bell pepper and the jalapeno for 3 to 5 minutes, until onions are soft. Reduce heat and add TVP, cayenne, coriander, cumin, bay leaves and chili powder. Stir well to combine and pour into a slow cooker. Add beans, tomatoes and salt and pepper to taste. Gently stir to combine. Set the slow cooker to low and allow the magic to happen for 6 to 8 hours. The longer the better! Add water occasionally if the chili becomes too dry. Taste and adjust seasonings. Remove bay leaves before serving.

NUTRITIONAL VALUE:

Calories: 335 mg

Sodium: 738 mg

Fat: 11 g

Carbohydrates: 43 g

Protein: 19 g

Sugar: 9 g

THE BEST CHICKEN STIR FRY

Why wait for your dinner to be delivered? You can make a tastier, healthier stir fry in your own kitchen in 30 minutes!

Serves: 4

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 15 minutes

TOTAL TIME: 30 minutes

INGREDIENTS:

- 1 teaspoon plus 1 tablespoon olive oil
- 1 cup chopped broccoli
- 1 cup chopped bell peppers
- ½ cup chopped onion
- ½ cup chopped carrots
- 1 can water chestnuts
- 1 pound boneless chicken breast, sliced
- 4 cloves garlic, minced
- ¾ cup chicken broth
- 1 tablespoon honey
- ¼ cup soy sauce (regular or lite)
- 2 teaspoons cornstarch
- 1 tablespoon water

INSTRUCTIONS:

Place 1 teaspoon of oil in a large pan and heat over medium high heat. Add the broccoli, bell peppers, onions, carrots and water chestnuts. Cook for 5-6 minutes or until vegetables are tender. Remove the vegetables from the pan; transfer to a plate and cover with foil to keep warm.

Wipe the pan clean with a paper towel, then heat the remaining tablespoon of oil over high heat. Add the chicken to the pan in a single layer and season with salt and pepper to taste (you can also use your own preferred seasonings such as oregano). Cook for 3-4 minutes per side, or until chicken is browned and cooked through. Lower heat to medium, add the garlic and cook for 30 seconds. Add the vegetables back to the pan.

In a small bowl, whisk together the chicken broth, soy sauce, and honey. Pour the sauce over the chicken mixture and bring to a simmer. In another small bowl, whisk together cornstarch and water and pour it in the pan with the sauce. Simmer for 1-2 minutes or until sauce has just thickened. Serve immediately, with steamed rice if desired.

NUTRITIONAL VALUE:

Calories: 318

Sodium: 920 mg

Fat: 9 g

Carbohydrates: 19 g

Protein: 38 g

Sugar: 7 g



KARLY
Store 2763
Flint, MI

UN-STUFFED PEPPERS

Get the flavor, texture and health benefits of traditional stuffed peppers with a lot less work.

Serves: 5

Serving Size: 6 ounces

Prep Time: 15 minutes

Cook Time: 30 minutes

TOTAL TIME: 45 minutes



BECKY
Store 3308
Las Vegas, NV

WHITE/BROWN

INGREDIENTS:

- 16 ounces 93% lean ground turkey
- 1 cup chopped red onion
- 1 cup diced celery
- 1 red bell pepper, diced
- 2 teaspoons minced garlic
- 1¼ teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 6 ounces baby spinach, chopped

INSTRUCTIONS:

In a large skillet, brown turkey over medium-high heat. Drain and reduce heat to medium-low. Add the rest of ingredients except spinach. Cover and cook stirring occasionally until the celery is soft. Remove from heat, add spinach, cover and let sit 5 minutes until spinach has wilted. Serve as is or over your favorite starch (rice, potatoes, couscous as examples)..

NUTRITIONAL VALUE:

Calories: 165

Sodium: 682 mg

Fat: 6 g

Carbohydrates: 8 g

Protein: 20 g

Sugar: 3 g

KENT'S KILLER STEW

The slow cooker rescues dinner again! With a few minutes of morning prep, come home to what Kent calls "the absolute best beef stew on the planet earth."

Serves: 10

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 8 hours in slow cooker

TOTAL TIME: 8 hours and 15 minutes



KENT
Store 2907
Brandon, MS

WHITE/BROWN

INGREDIENTS:

- 1 white onion, chopped
- 3 carrots, sliced
- 1 bell pepper, chopped
- 1 pound stew meat
- 16 ounces frozen lima beans
- 16-ounce can low-sodium beef broth
- 24-ounce can low-sodium diced tomatoes
- 1 zucchini squash, sliced

INSTRUCTIONS:

Layer the ingredients in a slow cooker in the following order: onion, carrots, bell pepper, stew meat, lima beans, stewed tomato, zucchini and broth. **DO NOT STIR.** Set the slow cooker on low and cook 8 hours. Then, stir and serve.

NUTRITIONAL VALUE:

Calories: 150

Sodium: 1273 mg

Fat: 3 g

Carbohydrates: 15 g

Protein: 16 g

Sugar: 8 g

CILANTRO CAULIFLOWER LIME RICE

Tired of the same old steamed, Mexican or Spanish rice? Shake things up with this zesty cauliflower rice that makes a great side dish for grilled meat or fish.

Serves: 4

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 20 minutes

TOTAL TIME: 35 minutes



SUSAN
Store 1532
Denver, CO

WHITE/BROWN

INGREDIENTS:

- 1 head cauliflower, riced
- 4 cloves garlic, minced
- 1 red onion, chopped
- 2 green onions, chopped
- ½ lime, juiced and zested
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 6 sprigs cilantro leaves, chopped
- 2 tablespoons olive oil

INSTRUCTIONS:

Heat olive oil in large sauce pot, add diced onions and riced cauliflower. Sauté until onions are translucent. Add garlic and sauté for about 30 seconds. Add salt, pepper, lime juice and green onions. Simmer for 15 minutes. Add chopped cilantro and lime zest. Serve.

NUTRITIONAL VALUE:

Calories: 137

Sodium: 346 mg

Fat: 7 g

Carbohydrates: 17 g

Protein: 4 g

Sugar: 6 g

MIXED VEGETABLE STIR FRY

This Thai-inspired vegetable stir fry uses a special ingredient—Golden Mountain Sauce is crucial to bringing this dish together. It can be found at the Asian aisle in farmer's markets.

Serves: 3

Serving Size: 2 cups

Prep Time: 15 minutes

Cook Time: 15 minutes

TOTAL TIME: 30 minutes

INGREDIENTS:

- 2 tablespoons low-sodium oyster sauce
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons Golden Mountain Sauce
- 3 tablespoons vegetable oil
- ½ cup chopped carrots
- ¼ head cauliflower, chopped
- 3 cups chopped cabbage
- 3 stalks Chinese broccoli, chopped, leaves reserved
- 10 sugar snap peas
- 5 mushrooms, chopped
- 5 cloves garlic, minced
- 1-2 Thai chilies, chopped
- 1 teaspoon sugar

INSTRUCTIONS:

In a small bowl, combine oyster sauce, soy sauce, Golden Mountain Sauce and 1 tablespoon water. Cut leaves off of Chinese broccoli with stems chopped and leaves torn into chunks. In a large pan, add vegetable oil, minced garlic and chopped Thai chilies to taste. Sauté over medium heat until aromatic. Add carrots and cauliflower and sauté for about 2-3 minutes, until softened. Add the remaining vegetables, sauce and sugar, reserving the Chinese broccoli leaves. Toss until the vegetables are almost done to your liking. Add the leaves, and toss until wilted. Remove from heat and enjoy over rice or as a side dish!

Note: This dish is very flexible. All vegetable options can be substituted to whatever you have in your kitchen, and you can always add more! I have substituted spinach for the Chinese broccoli and added left-over potatoes and onions.

NUTRITIONAL VALUE:

Calories: 131

Sodium: 1266 mg

Fat: 1 g

Carbohydrates: 24 g

Protein: 11 g

Sugar: 9 g



CHRISTOPHER
Marietta Technology Center 9119
Marietta, GA

CREOLE PUMPKIN SOUP

Soup up your soup repertoire with this contemporary twist on Cajun jambalaya and gumbo. It's smokey and full flavored with a bright essence of lemon, parsley and pumpkin!

Serves: 6

Serving Size: 2 cups

Prep Time: 30 minutes

Cook Time: 45 minutes

TOTAL TIME: 1 hour and 15 minutes



SHAWN
Store 1282
Shirley, NY

WHITE/BROWN

INGREDIENTS:

- 1 pound smoked kielbasa, sliced into medallions
- 1 pound roasted chicken, cut into large dice
- 1 large onion, coarsely chopped
- 1 cup coarsely chopped roasted pepper (from a jar)
- 1 quart low-sodium chicken stock
- ½ cup dark brown sugar
- 1 15-ounce can pure pumpkin
- 1 lemon, zested and juiced
- 1 teaspoon ground cinnamon
- 2 teaspoons smoked paprika
- ½ cup finely chopped fresh parsley, divided
- 1 tablespoon adobo sauce from canned chipotle
- ½ cup pecans, finely chopped

INSTRUCTIONS:

Preheat oven to 300 degrees. In a large pot cook the kielbasa until browned and caramelized. Drain kielbasa on paper towels. Using the oil rendered from the kielbasa, sauté the onion until browned and falling apart. Add all of the ingredients to the pot EXCEPT half of the parsley, lemon zest and the pecans. Bring the soup to a boil while stirring, then lower the heat to just a simmer.

While the soup is heating, gently toast the remaining pecan pieces on a clean sheet pan in the oven until fragrant and just starting to darken in color. This will take only a couple minutes! Let the pecans cool down a bit then combine with the lemon zest and the remaining parsley. This gremolata will be the garnish for the soup when served.

The soup should be cooked for about 30 minutes. Remove from the heat and portion into your favorite serving bowl or deep plate. Garnish with the gremolata. Enjoy with a crisp salad and bread!

NUTRITIONAL VALUE:

Calories: 500


Sodium: 709 mg

Fat: 27 g

Carbohydrates: 31 g

Protein: 29 g

Sugar: 22 g



TIP #5: AXE THE ADDED SALT & SUGAR

Canned, frozen and dried fruits and veggies are 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

EAT MORE COLOR: 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

Plums

Radicchio

Blueberries

Prunes

Red cabbage

Eggplant

Purple figs

Red onions

Grapes

Purple onions



Wash or scrub fruits and vegetables under running water and dry with a clean paper towel—even if you're not going to eat the peel. This is important because sometimes raw fruits and veggies contain harmful germs that can make you and your family sick.

GREEK SIX-LAYER DIP

You'll be a hit when you make this dip for the next big game or dinner party. The creamy consistency comes from healthy beans instead of sour cream.

Serves: 6

Serving Size: 2 tablespoons

Prep Time: 20 minutes

Cook Time: 0 minutes

TOTAL TIME: 20 minutes plus chill time



VIRGINIA
Store 6930
Lorain, OH

INGREDIENTS:

- 1 can white beans
- 1 tablespoon garlic
- ¼ cup olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried dill
- 1 teaspoon dried oregano
- 1/8 teaspoon kosher salt
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- Large red onion, finely chopped
- ½ large zucchini, shredded
- 2 ounces feta cheese
- ½ cup chopped tomatoes
- 2 ounces black olives, sliced
- 1 bag blue corn chips (or any type of corn chip)

INSTRUCTIONS:

In a food processor, place beans, minced garlic, oil, lemon juice, dill, oregano, salt, vinegar and mustard. Puree to somewhat smooth texture. Spread bean mixture on bottom of a serving dish. On top of the bean mixture, evenly sprinkle each of remaining layers of finely chopped red onion, shredded zucchini, feta cheese, chopped tomato and sliced black olives. Chill. Serve with chips or carrots and celery sticks.

NUTRITIONAL VALUE:

Calories: 271

Sodium: 378 mg

Fat: 15 g

Carbohydrates: 30 g

Protein: 6 g

Sugar: 2 g

HEALTHY BREAKFAST MUFFIN

This muffin in a bowl is almost as quick and easy to make as a bowl of cereal. With the warmth of oatmeal and the sweetness of fruit and warm spices, this dish is a delicious and healthy start to your day.

Serves: 1

Serving Size: 1 bowl

Prep Time: 10 minutes

Cook Time: 5 minutes

TOTAL TIME: 15 minutes

INGREDIENTS:

- 1 egg or 3 tablespoons egg carton eggs
- 1 banana, sliced
- 1 ounce old fashioned oats
- 2 ounces frozen blueberries
- 1 tablespoon almond butter
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 teaspoon butter (optional)

INSTRUCTIONS:

Place all ingredients except butter in a cereal bowl and mix well. Microwave for 5 minutes. Add butter to top if desired. Enjoy!

NUTRITIONAL VALUE:

Calories: 398

Sodium: 626 mg

Fat: 19 g

Carbohydrates: 49 g

Protein: 13 g

Sugar: 22 g



KAREN
Store 8472
Pensacola, FL

BANANA OATMEAL BLUEBERRY PANCAKES

No more pancake guilt! These oat and fruit pancakes will satisfy your pancake cravings and keep hunger away throughout the morning. And with only five ingredients, this recipe is quick and easy.

Serves: 1

Serving Size: 1 pancake

Prep Time: 5 minutes

Cook Time: 5 minutes

TOTAL TIME: 10 minutes

INGREDIENTS:

- 2 packages (about 3 ounces) organic instant oatmeal
- 1 ripe medium banana
- 6 tablespoons almond milk
- 1 teaspoon organic vanilla
- Blueberries

INSTRUCTIONS:

Place oatmeal, banana, almond milk and vanilla in a Ninja, blender or food processor. Mix until smooth. Pour into a preheated nonstick pan treated with ghee oil spray or cooking spray. Decorate with your favorite berries, nuts and/or sliced bananas. Cook until bubbles appear then flip and cook for 2 minutes. Serve with your syrup of choice.

NUTRITIONAL VALUE:

Calories: 214

Sodium: 70 mg

Fat: 4 g

Carbohydrates: 50 g

Protein: 6 g

Sugar: 18 g



SCARLETT
Store 4284
Westerly, RI

AMAZING OAT MUFFINS

The perfect grab-and-go breakfast or snack, these muffins feature oats and fruit to tame your hunger and give you the energy and nutrients you need to power through your day.

Serves: 12

Serving Size: 1 muffin

Prep Time: 20 minutes

Cook Time: 15 minutes

TOTAL TIME: 35 minutes

INGREDIENTS:

- 1 cup whole wheat flour
- ½ cup all-purpose flour
- 1 cup old fashioned oats
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ cup brown sugar
- ¼ cup canola oil
- ¾ cup low-fat milk
- 2 eggs
- 1 teaspoon vanilla
- 1 cup blueberries
- 2 bananas

INSTRUCTIONS:

Preheat oven to 350 degrees. Combine the flours, sugar, baking powder, baking soda and oats. Set aside. In another bowl, whisk eggs. Add the milk, oil and vanilla. Puree the bananas and blueberries together and add to the egg mixture. Whisk well. Add to the flour mixture and stir until just moist. Bake in a 12-cup muffin pan, filling each cup ¾ full. Bake for 10-15 minutes or until tops are golden brown.

You can swap the blueberries for an apple instead if you prefer. Either way they are delicious!

NUTRITIONAL VALUE:

Calories: 198

Sodium: 94 mg

Fat: 6 g

Carbohydrates: 30 g

Protein: 5 g

Sugar: 9 g



CHERISH
Store 1537
Montrose, CO

PEANUT BUTTER BLUEBERRY PECAN COOKIES

These gluten-free, dairy-free and low-carb cookies are full of crunchy, sweet goodness. Kelley says: "Think of these cookies as a fun and healthy twist on a PB&J!"

Serves: 8

Serving Size: 1 cookie

Prep Time: 20 minutes

Cook Time: 15 minutes

TOTAL TIME: 35 minutes

INGREDIENTS:

- 1 tablespoon vanilla extract
- 1 cup natural crunchy peanut butter
- 1 teaspoon cinnamon
- ¼ cup toasted pecans, finely chopped
- 1 cup almond flour
- ¼ cup egg whites
- ½ cup blueberries

INSTRUCTIONS:

Preheat oven to 350 degrees. Mix peanut butter, vanilla, egg whites, almond flour and cinnamon together. Stir to combine. Fold in chopped pecans and blueberries. Using a cookie scoop, scoop cookies onto a parchment-lined baking sheet. Add a few additional blueberries on top of your cookies, if preferred. Bake for 13-15 minutes depending on oven. Let cool for 20-30 minutes to allow the cookies to set up.

NUTRITIONAL VALUE:

Calories: 241

Sodium: 142 mg

Fat: 19 g

Carbohydrates: 10 g

Protein: 10 g

Sugar: 3 g



**KELLEY
SSC**
Atlanta, GA

STEAMED HALIBUT WITH FRESH VEGGIES AND HERBS

You don't sacrifice flavor for nutrition in this delicious fish and veggie-packed one-skillet dish. And, it's very versatile—use any type of veggies you have lying around or cook it in a stovetop steamer.

Serves: 4

Serving Size: 1 6-ounce fish filet

Prep Time: 20 minutes

Cook Time: 20 minutes

TOTAL TIME: 40 minutes



DORIS
Store 1502
Arvada, CO

BLUE/PURPLE

INGREDIENTS:

- 3 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 onion, sliced
- 8 sweet peppers, sliced
- 2 medium zucchinis, cubed
- 2 medium eggplants, cubed
- 1 head broccoli florets
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 vine ripe tomatoes, chopped
- 1 teaspoon thyme leaves
- ½ cup kalamata olives
- ¼ teaspoon chopped dill weed
- ½ lemon
- 24 ounces halibut (or cod or grouper fish)
- 2 tablespoons chopped basil

INSTRUCTIONS:

Add 2 tablespoons olive oil in a large cast iron skillet and turn heat to medium high. Add garlic. Once sizzling, add onion and peppers. Cook, stirring occasionally, about 4 minutes. Add zucchini and eggplant. Cook about 5 minutes. Add broccoli florets, salt and pepper and cook an additional 5 minutes. Veggies should be fairly soft. Add tomatoes, thyme and olives and cook 5 minutes, stirring occasionally, until tomatoes begin to break up. Taste and adjust seasoning.

Sprinkle fish with salt, pepper and dill. Lay on top of veggies. Adjust heat so mixture simmers. Cover and cook 8-10 minutes. Remove fish to a platter (or return fish to skillet and serve all from skillet). Stir roughly chopped fresh basil into veggies. Spoon them around fish. Squeeze ½ lemon over, drizzle remaining oil and serve.

NUTRITIONAL VALUE:

Calories: 414

Sodium: 817 mg

Fat: 16 g

Carbohydrates: 31 g

Protein: 35 g

Sugar: 16 g

AVOCADO LIME TARTS

The queen of healthy tarts! These creamy avocado tarts are good for your heart and your sweet tooth. And they are great make-ahead appetizers or desserts.

Serves: 8

Serving Size: 1 tart

Prep Time: 20 minutes

Cook Time: 45 minutes freezing and thawing time

TOTAL TIME: 1 hour, 5 minutes



KIM
Store 4929
Lake Delton, WI

INGREDIENTS:

- 1½ cups rolled oats
- 1 cup pitted dates, chopped
- ¼ cup crushed cashews
- 2 tablespoons coconut oil, melted
- 1 large or 2 small avocados
- 1/3 cup lime juice
- ½ cup pure maple syrup
- 3 tablespoons coconut oil, melted
- ½ teaspoon vanilla
- 1/8 teaspoon salt

INSTRUCTIONS:

Line 8 large muffin tins or 12-15 mini muffin tins with paper cups. To make the crust, place cashews and 2 tablespoons oil in a food processor and process until smooth; then add oats and dates. Divide crust evenly in bottom of the muffin cups, press firmly. Clean food processor and make filling by adding the avocado and the rest of the ingredients and process until smooth. Fill the muffin cups and freeze uncovered for 30 minutes. Take servings out of freezer 15 minutes prior to serving. Store in freezer up to one month covered.

Options: Could use sesame seeds or any crushed nuts other than cashews if desired. Sometimes I add chia seeds, but then add a little more oil.

NUTRITIONAL VALUE:

Calories: 269

Sodium: 42 mg

Fat: 14 g

Carbohydrates: 36 g

Protein: 4 g

Sugar: 7 g

BLUEBERRY SLUSH

What could be easier? Frozen blueberries mixed into a flavorful ice slush with no added sugar make a great snack or dessert.

Serves: 1

Serving Size: 1 slush

Prep Time: 5 minutes

Cook Time: 0 minutes

TOTAL TIME: 5 minutes



CORY
Store 3645
Asheville, NC

BLUE/PURPLE

INGREDIENTS:

- ½ cup frozen blueberries
- 4 ounces sparkling soda water

INSTRUCTIONS:

Place blueberries in a bowl. Open a fresh, cold can of sparkling water and pour about a third of the can over the blueberries. Take a fork and mix the two ingredients until there is no more liquid water and ice slush is surrounding the blueberries. Enjoy! (Sugar-free sweeteners can be added to make the slush sweeter.)

NUTRITIONAL VALUE:

Calories: 43

Sodium: 4 mg

Fat: 0 g

Carbohydrates: 10 g

Protein: 1 g

Sugar: 8 g

QUINOA SALAD WITH ROASTED VEGETABLES AND AVOCADO DRESSING

Roasting veggies brings out their creamy texture that pairs well with the slight crunch of the quinoa. Top off this vegetarian meal with smooth, tangy blended avocado goodness.

Serves: 6

Serving Size: 2 cups

Prep Time: 30 minutes

Cook Time: 30 minutes

TOTAL TIME: 1 hour



ARASH
Store 4711
Bellevue, WA

INGREDIENTS:

- 1 cup quinoa
- 2 cups water
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 eggplant, sliced
- 1 red onion, sliced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 1 avocado
- 1 lime, juiced
- 1 tablespoon honey
- 2 tablespoons chopped fresh cilantro

INSTRUCTIONS:

Preheat oven to 400 degrees. Rinse quinoa and add it to a pot with 2 cups of water. Bring to a boil, then reduce heat to low and cover. Cook for 15-20 minutes until quinoa is tender and water is absorbed. While the quinoa is cooking, toss the sliced bell pepper, zucchini, eggplant, red onion and minced garlic with olive oil, salt and pepper. Spread out on a baking sheet and roast for 20-25 minutes, or until vegetables are tender and lightly browned.

To make the avocado dressing, blend together the avocado, lime juice, honey and cilantro in a blender or food processor until smooth. Once the quinoa and vegetables are done, mix them together in a large bowl and toss with the avocado dressing. Serve warm or at room temperature.

NUTRITIONAL VALUE:

Calories: 247

Sodium: 111 mg

Fat: 1 g

Carbohydrates: 36 g

Protein: 7 g

Sugar: 9 g

BERRY DELICIOUS MANGO SALAD

Monique says “salads can be boring and taste too healthy. Change it up without losing the benefits of a salad. This salad is also great when you have a sweet tooth but don't want to give in to junk food!”

Serves: 4

Serving Size: 6 ounces

Prep Time: 20 minutes

Cook Time: 0 minutes

TOTAL TIME: 20 minutes



MONIQUE
Online Contact Centers
Arizona

INGREDIENTS:

- 1 bag fresh spinach
- ½ cup blueberries
- 1 cup strawberries, cut into cube size
- 1 mango, cut into cube size
- ½ tablespoon mango vinaigrette dressing
- 2½ tablespoons dairy-free coconut yogurt (or vanilla flavor)
- 1 tablespoon dairy-free feta crumbles
- Cracked black pepper

INSTRUCTIONS:

Wash spinach and allow to air dry or use a salad spinner. Coarsely chop spinach into smaller bite-size pieces. Put spinach in a bowl and refrigerate to crisp while prepping fruit. Cut strawberries and mango into cubes.

Take spinach bowl out of fridge and, one fruit at a time, spread blueberries, strawberries and mango on top of spinach. Sprinkle feta across top of salad and lightly sprinkle with pepper.

Make dressing by stirring yogurt and mango vinaigrette together for about 30 seconds so it is creamy and blended well. Drizzle dressing across top of salad. Enjoy!

NUTRITIONAL VALUE:

Calories: 74

Sodium: 34 mg

Fat: 2 g

Carbohydrates: 14 g

Protein: 2 g

Sugar: 11 g

CHICKEN AND BERRIES

You will make this simple five-ingredient recipe over and over all summer when berries are in season. It's low in calories, fat and sugar but big on flavor!

Serves: 2

Serving Size: 6 ounces

Prep Time: 10 minutes

Cook Time: 15 minutes

TOTAL TIME: 25 minutes

INGREDIENTS:

- 6 ounces boneless, skinless chicken breast
- ¼ cup blueberries
- ¼ cup strawberries, sliced
- 2 cups fresh spinach
- ½ container cherry tomatoes, sliced

INSTRUCTIONS:

Grill or air fry the chicken breast and slice when cool. Mix all ingredients and enjoy.

NUTRITIONAL VALUE:

Calories: 140

Sodium: 62 mg

Fat: 2 g

Carbohydrates: 8 g

Protein: 21 g

Sugar: 4 g



HARLEY
Store 134
Cumming, GA

A.B.C. OATMEAL

This dish is a great start your busy day--it delivers a full serving of vegetables, fresh fruit and stick-to-your-ribs whole oats. Sylvia likes to serve it with a little drizzle of pure maple syrup.

Serves: 5

Serving Size: 2 cups

Prep Time: 30 minutes

Cook Time: 2 hours

TOTAL TIME: 2 hours and 30 minutes

INGREDIENTS:

- 2 butternut squash
- 3½ cups water
- 1½ teaspoons kosher salt
- 1 large granny smith apple, peeled, cored and sliced into bite-size chunks
- 1 large Honeycrisp apple, peeled, cored and sliced into bite-size chunks
- ½ teaspoon ground nutmeg
- ½ teaspoon ground allspice
- ¼ teaspoon ground cloves
- 1 teaspoon ground cinnamon
- ¼ cup dried cranberries, no sugar added
- 1¼ cups steel-cut oats, uncooked
- 5 cups nonfat dry milk, reconstituted
- ¼ cup blueberries for garnish (optional)

INSTRUCTIONS:

Preheat your oven to 350 degrees, with the oven rack in the middle position. Wash the squash skin using a paste of baking soda and warm water to remove any grime or dirt. On a wooden cutting board, use a vegetable cleaver to cut the squash in half horizontally. Stand the squash halves on their cut ends and use the cleaver to cut the squash halves vertically. Scoop out the seeds and strings and discard. Line a 9 x 15-inch metal baking sheet with aluminum foil. Place the quartered squash pieces cut side down on the baking sheet and cover each piece loosely with its own piece of foil. Roast for 45 minutes, rotate baking sheet and continue roasting for another 45 minutes. Allow to cool completely before scooping out the roasted flesh. Store in the refrigerator in a sealed container until you are ready to make the oatmeal.

To make the oatmeal, add all ingredients, except the oats, to a 3- or 4-quart heavy steel saucepan, and

bring to a boil over medium heat. Reduce heat to medium low and simmer, stirring occasionally, for 25 minutes to soften the apples, reconstitute the cranberries and allow the spices to permeate the mixture. Stir in the oats, increase heat to medium and bring to a second boil. Reduce heat to low and cover with lid, making sure to leave it slightly askew so the pot does not boil over. Cook for 25-30 minutes more, stirring occasionally to prevent the oatmeal from scorching. Remove oatmeal from heat, take off the lid and cover the pan with a clean tea towel and put the lid back on. Let stand for 5-10 minutes until any excess liquid is absorbed back into the oatmeal. Divide oatmeal into 5 serving dishes and pour 1 cup of reconstituted nonfat dry milk over top of each serving. Garnish with additional cranberries, apple slices, blueberries (if using) and a drizzle of pure maple syrup, if desired.

NUTRITIONAL VALUE:

Calories: 329	Carbohydrates: 62 g
Sodium: 711 mg	Protein: 15 g
Fat: 3 g	Sugar: 29 g



SYLVIA
Store 4010
Hillsboro, OR

WHIPPED COTTAGE CHEESE PARFAIT WITH BLUEBERRY SAUCE

Whip up this creamy, dreamy dessert year-round using fresh or frozen blueberries.

Serves: 4

Serving Size: 8 ounces

Prep Time: 20 minutes

Cook Time: 20 minutes

TOTAL TIME: 40 minutes



MARIA
Store 0916
Woodbridge NJ

INGREDIENTS:

- 2 cups 4% cottage cheese
- 1 pint blueberries (fresh or frozen)
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest (optional)
- ¼ cup plus 1 tablespoon sugar (or zero calorie monk fruit sweetener)
- ¾ cup almond flour
- 2 tablespoons melted butter
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla
- 4 tablespoons sliced almonds

INSTRUCTIONS:

Whip cottage cheese in a processor. In a saucepan over medium heat, combine blueberries, ¼ cup sugar, lemon juice and lemon zest and cook down for 20 minutes, stirring frequently. Set aside and let cool. Meanwhile, in a medium bowl combine almond flour, melted butter, 1 tablespoon sugar, cinnamon and vanilla and stir to combine (will resemble cookie crumbs).

Distribute between 4 8-ounce mason jars:

- 2 tablespoons almond flour mixture
- ¼ cup whipped cottage cheese
- 1 tablespoon blueberry sauce

Repeat layer and top off with 1 tablespoon sliced almonds. Enjoy!

NUTRITIONAL VALUE:

Calories: 345

Sodium: 486 mg

Fat: 19 g

Carbohydrates: 30 g

Protein: 17 g

Sugar: 25 g

GREEK-STYLE PURPLE RICE

Punch up your rice routine with this sweet, salty, crunchy and colorful side dish that's a great accompaniment to grilled meat or fish.

Serves: 6

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 25 minutes

TOTAL TIME: 40 minutes



FLOR DE MARIA
Store 0423
Cottonwood, AZ

BLUE/PURPLE

INGREDIENTS:

- 6 ounces pitted, drained and rinsed kalamata Greek-style olives
- 10 ounces water
- 8 ounces raw jasmine rice
- 4 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon olive oil
- 1 tablespoon mashed raw garlic
- 1 tablespoon mashed fresh ginger
- ¼ cup chopped pecans
- ¼ cup chopped walnuts
- ½ cup chopped raisins

INSTRUCTIONS:

Rinse the olives to remove the salt, then drain and blend them with 10 ounces of water creating what resembles an olive juice. Put olive oil and sesame oil in a pot over low heat and fry the garlic and ginger for about one minute then add the olive juice, soy sauce, rice and all of the remaining ingredients. Stir until well mixed, cover and cook at a very low temperature for about 15 minutes, stirring it as needed to prevent rice from sticking to the bottom of the pot. Continue cooking for approximately 5 minutes more, until the rice grains are fully cooked.

NUTRITIONAL VALUE:

Calories: 245

Sodium: 1045 mg

Fat: 15 g

Carbohydrates: 25 g

Protein: 4 g

Sugar: 9 g

VERY VEGGIE PASTA SAUCE

This classic pairing of eggplant and tomatoes creates a delicious and meaty tasting sauce without the meat!

Serves: 4

Serving Size: 1 cup

Prep Time: 15 minutes

Cook Time: 30 minutes

TOTAL TIME: 45 minutes



MONICA
Store 3809
Cuyahoga Falls, OH

INGREDIENTS:

- 1 eggplant, peeled and cubed
- 1 pound cremini mushrooms, sliced
- 2 pints cherry tomatoes, halved
- 3 cloves garlic, minced
- 1 tablespoon olive oil

INSTRUCTIONS:

Heat oil in a large skillet. Add eggplant and cook until it's brown. Add mushrooms and continue to cook until mushrooms are tender. Toss in tomatoes and garlic.

Cover and simmer until the tomatoes have broken down, about 15 minutes.

Season with salt and pepper to taste. Serve over your favorite pasta.

NUTRITIONAL VALUE:

Calories: 154

Sodium: 27 mg

Fat: 4 g

Carbohydrates: 27 g

Protein: 10 g

Sugar: 10 g

NO-BAKE MATCHA BITES

The pistachios and dates in these breakfast or snack bites are bursting with fiber providing the fuel you need to power through your morning or afternoon.

Serves: 6

Serving Size: 2 bites

Prep Time: 15 minutes

Cook Time: 0 minutes

TOTAL TIME: 15 minutes



TARA
Store 2001
Merrillville, IN

BLUE/PURPLE

INGREDIENTS:

- ½ cup shelled pistachios
- ½ cup shredded coconut
- 10 dates, pitted
- 2 teaspoons matcha powder
- 2 tablespoons coconut oil - solid state
- ¼ cup chopped pistachios
- ½ cup sunflower seeds

INSTRUCTIONS:

Place all ingredients except chopped pistachios in food processor and blend well. Roll into balls around 1 tablespoon in size and then roll the balls in chopped pistachios pressing so they stick. Store in airtight container in the refrigerator for up to 5 days or the freezer for 3 months.

NUTRITIONAL VALUE:

Calories: 238

Sodium: 79 mg

Fat: 16 g

Carbohydrates: 22 g

Protein: 5 g

Sugar: 10 g

FRUIT SALSA WITH CINNAMON CHIPS

Move over guacamole and pico de gallo and make room for the newest summer craze—fruit salsa! Luanne loves this recipe because this crowd favorite is good to the last scoop

Serves: 6

Serving Size: ¼ cup

Prep Time: 25 minutes

Cook Time: 10 minutes

TOTAL TIME: 35 minutes



LUANNE
Store 2723
Okemos, MI

INGREDIENTS:

- 2 granny smith apples, peeled, cored and chopped
- 1 cup chopped strawberries
- 1 kiwi, peeled and chopped
- 1 cup blueberries (optional)
- 1 small orange
- 2 tablespoons brown sugar
- 2 tablespoons apple jelly
- 4 7-inch flour tortillas
- 1 tablespoon sugar
- ½ teaspoon cinnamon

INSTRUCTIONS:

Combine the apples, strawberries, blueberries (if using) and kiwi in a bowl. Zest and juice the orange. Add the zest, juice, brown sugar and apple jelly to the fruit in the bowl. Mix gently.

For the chips, preheat oven to 350 degrees. Wet tortillas with water. Combine cinnamon and sugar and sprinkle over tortillas. Cut each tortilla into 8 wedges. Place in a single layer on a flat baking sheet and bake 8-10 minutes or until lightly brown and crisp. Remove from oven and cool.

NUTRITIONAL VALUE:

Calories: 193

Sodium: 2 mg

Fat: 3 g

Carbohydrates: 40 g

Protein: 3 g

Sugar: 15 g

VEGAN CHICKPEA AND KALE SALAD

This is the perfect vegan salad packed with vitamins and minerals. It is simple and easy to make, and it tastes delicious!

Serves: 2

Serving Size: ½ of salad

Prep Time: 15 minutes

Cook Time: 7 minutes

TOTAL TIME: 22 minutes



**TAMARA
SSC**
Atlanta, GA

INGREDIENTS:

- 2 cups raw organic kale, roughly chopped
- ¼ cup cooked chickpeas
- ¼ teaspoon all-purpose seasoning
- Salt and black pepper
- ¼ red bell pepper, sliced thin
- ¼ cup sprouts
- ¼ cup slivered salt-free almonds
- 1 Roma tomato, diced
- 1 tablespoon nutritional yeast
- 1.2 ounces black olives
- 2 tablespoons blue corn tortilla strips (or any other type of corn tortilla strips)
- Extra virgin olive oil

INSTRUCTIONS:

Rinse your pre-cooked chickpeas in cold water. Add them to a bowl with a pinch of salt, black pepper, all-purpose seasoning and a drizzle of olive oil. Air-fry the chickpeas at 360 degrees for 7 minutes (until they are browned).

Add the kale, chickpeas, red bell pepper slices, sprouts, almonds, diced tomatoes, nutritional yeast, black olives and tortilla strips in a large salad bowl. Serve with your favorite vegan salad dressing, and enjoy!

NUTRITIONAL VALUE:

Calories: 204

Sodium: 260 mg

Fat: 13 g

Carbohydrates: 18 g

Protein: 8 g

Sugar: 5 g

KICKED-UP CURRY CHICKEN SALAD

This is a low-fat, healthy twist on an old classic. It's great by itself and also works well on a sandwich, wrap or over cold noodles.

Serves: 7

Serving Size: 1 cup

Prep Time: 20 minutes

Cook Time: 30 minutes chill time

TOTAL TIME: 50 minutes



STACI
Store 8577
Florence, AL

INGREDIENTS:

- 1 cup plain nonfat Greek yogurt
- 1½ tablespoons curry powder
- 2 tablespoons fresh chopped cilantro
- 2 tablespoons honey
- 1 tablespoon lime juice
- ¾ teaspoon salt
- 1 pinch cayenne pepper (optional)
- 4½ cups boneless skinless chicken breast, boiled, shredded or chopped and cooled (leftover rotisserie chicken works also)
- 2 stalks celery, chopped
- 1 8-ounce can whole or sliced water chestnuts, drained and chopped
- 1 cup seedless purple or green grapes, halved or quartered

INSTRUCTIONS:

Put everything except the chicken, celery, water chestnuts and grapes into a medium sized mixing bowl. Blend well with a whisk until everything is incorporated. Mix the chicken in with a spoon until all chicken is moistened. Gently fold in the celery, water chestnuts and grapes. Place in an airtight container and refrigerate for at least 30 minutes to let the flavors blend. Stir gently before eating.

NUTRITIONAL VALUE:

Calories: 234

Sodium: 649 mg

Fat: 5 g

Carbohydrates: 16 g

Protein: 31 g

Sugar: 11 g

GLUTEN-FREE ANGEL FOOD CAKE

This angel food cake will taste heavenly whether you serve it with fresh fruit or on its own as a light dessert.

Serves: 10

Serving Size: 1 slice

Prep Time: 20 minutes

Cook Time: 45 minutes plus 1 hour cooling time

TOTAL TIME: 65 minutes plus 1 hour cooling time



HEATHER
Store 8563
Oak Harbor, WA

BLUE/PURPLE

INGREDIENTS:

- 11-12 egg whites at room temperature
- $\frac{3}{4}$ cup gluten-free all-purpose flour, sifted
- $\frac{1}{4}$ cup corn starch
- $\frac{3}{4}$ cup powdered sugar
- 14 tablespoons baker's sugar
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons cream of tartar
- 1 tablespoon vanilla
- $\frac{1}{4}$ teaspoon almond extract
- Blueberries for garnish (optional)

INSTRUCTIONS:

Preheat oven to 350 degrees. In medium bowl, mix sifted flour, corn starch and powdered sugar together. Set aside.

Place room-temperature egg whites in large mixing bowl and whip on high until frothy, gradually adding the baker's sugar until soft peaks form. Add cream of tartar, salt, almond and vanilla extract. Whip egg whites until stiff peaks form. Gently fold whipped egg whites into flour/sugar mixture until all dry ingredients are incorporated. Pour or spoon into angel food cake pan and bake for 45 minutes. Cool upside down on cooling rack for 1 hour. Use a flexible knife to cut around the sides of the pan to release the cake.

NUTRITIONAL VALUE:

Calories: 170

Sodium: 61 mg

Fat: 0 g

Carbohydrates: 37 g

Protein: 10 g

Sugar: 27 g

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 or contact the American Heart Association at inquiries@heart.org or (800) 242-8721.

SAFE MINIMUM INTERNAL TEMPERATURE CHART

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean**—Wash hands and surfaces often.
- **Separate**—Separate raw meat from other foods.
- **Cook**—Cook to the right temperature.
- **Chill**—Refrigerate food promptly.

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

PRODUCT	MINIMUM INTERNAL TEMPERATURE & REST TIME
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Ground Meats	160 °F (71.1 °C)
Ground Poultry	165 °F
Ham, fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)





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