

EAT WELL,  
LIVE WELL:

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# RECIPE BOOK



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# INTRODUCTION

It's no secret that the concept of healthy eating has taken over American society. With the vast amount of information on healthy eating and healthy recipes that is readily available on the internet, you might think that it would be easy to clean up your eating habits. However, the truth is that many recipes on the internet do not contain nutritional facts and sometimes require a variety of new and expensive ingredients.

The Eat Well, Live Well: Recipe Book pulls a handful of recipes from the U.S. Department of Agriculture's (USDA) What's Cooking? USDA Mixing Bowl website. This recipe book provides recipes in the following categories:

- Breakfast
- Snacks
- Side dishes
- Entrees
- Desserts

Each category features five recipes, lists serving sizes and provides nutritional information. The Eat Well, Live Well: Recipe Book is designed to make eating and cooking healthy meals, snacks and treats a bit easier by providing you with government-sponsored recipes.



# BREAKFAST

Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration and better problem-solving abilities. The American Dietetic Association reports that children who eat a healthy morning meal perform better in school. Also, people who eat breakfast generally consume more vitamins, minerals and other healthy nutrients than those who do not eat in the morning. The recipes featured in this section are great options to help start your day off right!

# CHEESY GRITS

MAKES: 6 SERVINGS

## INGREDIENTS

- 2 cups water
- 1 chicken bouillon cube
- 1 clove garlic (chopped)
- ¼ cup onion (chopped)
- 1 Tbsp. margarine
- ⅛ tsp. black pepper
- 1 cup yellow grits (dry)
- ¼ cup evaporated milk
- ½ cup reduced-fat cheddar cheese (shredded)

## DIRECTIONS

1. Bring water, garlic, onion, margarine, bouillon cube and black pepper to a boil in a heavy saucepan.
2. Stir in the grits slowly.
3. Reduce heat to low, cover and cook for 20 minutes. Stir occasionally until grits soften.
4. Remove from heat. Add evaporated milk and cheese, and stir until cheese melts.

## NUTRITIONAL INFORMATION FOR 1 SERVING [¾ CUP GRITS]

- Calories—190
- Total fat—7 g
- Saturated fat—4 g
- Cholesterol—15 mg
- Sodium—280 mg
- Total carbohydrate—23 g
- Dietary fiber—1 g
- Total sugars—1 g
- Added sugars included—N/A
- Protein—8 g

# CINNAMON SUGARED PUMPKIN PECAN MUFFINS

MAKES: 12 SERVINGS

## INGREDIENTS

- 8 Tbsp. sugar (divided)
- 2 tsp. cinnamon (divided)
- 1 cup bran flakes
- 1 cup skim milk
- 1 cup flour
- 1 Tbsp. baking powder
- ½ tsp. baking soda
- 1 cup canned pumpkin
- 1 egg
- 1 Tbsp. vanilla
- ¼ cup finely chopped pecans

## DIRECTIONS

1. Heat oven to 400 F. Spray 12 muffin cups with cooking spray.
2. Combine 2 Tbsp. sugar and ½ tsp. cinnamon in a small bowl. Set aside.
3. In a large bowl, combine cereal and milk, and set aside for 5 minutes.
4. Combine 6 Tbsp. sugar, 1 ½ tsp. cinnamon, flour, baking powder and baking soda in a bowl. Whisk pumpkin, egg and vanilla into cereal.
5. Fold in dry mixture, being careful not to overmix. Spoon into prepared pan and sprinkle with pecans and sugar-cinnamon mixture.
6. Bake for 20-25 minutes or until a toothpick comes out clean.

## NUTRITIONAL INFORMATION FOR 1 MUFFIN

- Calories—125
- Total fat—2 g
- Saturated fat—0 g
- Cholesterol—16 mg
- Sodium—223 mg
- Total carbohydrate—23 g
- Dietary fiber—2 g
- Total sugars—11 g
- Added sugars included—9 g
- Protein—3 g

# LIGHT AS A FEATHER WHOLE-WHEAT PANCAKES

MAKES: 12 SERVINGS

## INGREDIENTS

- 1  $\frac{1}{3}$  cups whole-wheat flour
- 1  $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. baking soda
- 1 egg
- 1 Tbsp. brown sugar (packed)
- 1  $\frac{1}{3}$  cups buttermilk
- 1 Tbsp. oil

## DIRECTIONS

1. Heat griddle. In medium bowl, stir or sift dry ingredients together.
2. In a separate bowl, beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened. Batter should be slightly lumpy.
3. Pour  $\frac{1}{4}$ -cup batter for each pancake onto sprayed or seasoned hot griddle.
4. Flip the pancake when bubbles appear on surface. Turn only once.

## NUTRITIONAL INFORMATION FOR 1 4-INCH PANCAKE

- Calories—77
- Total fat—2 g
- Saturated fat—0 g
- Cholesterol—17 mg
- Sodium—194 mg
- Total carbohydrate—12 g
- Dietary fiber—1 g
- Total sugars—2 g
- Added sugars included—1 g
- Protein—3 g

# TROPICAL OVERNIGHT OATMEAL

MAKES: 2 SERVING

## INGREDIENTS

- $\frac{2}{3}$  cup old-fashioned oats (uncooked)
- $\frac{2}{3}$  cup nonfat milk
- $\frac{2}{3}$  cup nonfat Greek yogurt
- $\frac{1}{8}$  tsp. ground allspice
- 1 cup fresh pineapple chunks
- 1 medium banana (sliced)
- 2 Tbsp. sliced almonds

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—338
- Total fat—7 g
- Saturated fat—1 g
- Cholesterol—3 mg
- Sodium—76 mg
- Total carbohydrate—54 g
- Dietary fiber—7 g
- Total sugars—23 g
- Added sugars included—0 g
- Protein—19 g

## DIRECTIONS

1. Mix oats, milk, yogurt and allspice in two bowls or glass jars.
2. Cover and refrigerate overnight.
3. Just before serving, add pineapple, banana and almonds.



# BROCCOLI CHEDDAR FRITTATA

MAKES: 6 SERVINGS

## INGREDIENTS

- 1 10-ounce package frozen broccoli (chopped)
- ¼ cup water
- 8 eggs
- ¼ cup nonfat or low-fat milk
- 2 tsp. prepared mustard
- 1 tsp. seasoned salt
- ⅓ tsp. pepper
- ¾ cup reduced-fat cheddar cheese (shredded)
- 1 Tbsp. green onion (chopped)
- 1 small carrot (diced)
- Nonstick cooking spray

## DIRECTIONS

1. Combine broccoli, carrot and water in 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes. Drain well.
2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion. Mix well.
3. Coat the same skillet from before with cooking spray. Pour mixture into heated pan. Cook over medium heat until eggs are almost set, about 8 to 10 minutes.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, about 8 to 10 minutes. Cut into wedges.

## NUTRITIONAL INFORMATION FOR ¼ OF STRATA

- Calories—160
- Total fat—8 g
- Saturated fat—3 g
- Cholesterol—257 mg
- Sodium—470 mg
- Total carbohydrate—3 g
- Dietary fiber—1 g
- Total sugars—2 g
- Added sugars included—0 g
- Protein—13 g



# SNACKS

Snacking can be an important part of a healthy diet. Healthy snacks can provide energy boosts in the middle of the day and fuel for exercising, as well as decrease your hunger and the odds of overeating at mealtime.

Additionally, some research shows that healthy snacking can keep your metabolism revved up during the day and can help normalize blood sugar levels.

Though grocery stores offer a large variety of prepackaged snacks, don't give into convenience! This section features quick and easy snack recipes that you can eat throughout the day.



# BAJA BEAN DIP

MAKES: 12 SERVINGS

## INGREDIENTS

- 2 15-ounce cans low-sodium tomatoes (drained and chopped)
- 1 15-ounce can nonfat low-sodium refried beans
- 1 15-ounce can low-sodium corn (drained)
- 2 Tbsp. chili powder
- 2 cups low-fat cheddar cheese (shredded)

## DIRECTIONS

1. Heat oven to 350 F.
2. In a skillet, combine 1 cup tomatoes, refried beans, half of the corn and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon mixture into an 8-by-8-inch baking dish. Top with remaining corn and tomatoes, and sprinkle with cheese.
4. Bake 5-10 minutes, or until cheese is melted. Serve warm with tortilla chips!

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—120
- Total fat—2 g
- Saturated fat—1 g
- Cholesterol—5 mg
- Sodium—420 mg
- Total carbohydrate—18 g
- Dietary fiber—4 g
- Total sugars—1 g
- Added sugars included—N/A
- Protein—9 g

# GARDEN PASTA SALAD

MAKES: 6 SERVINGS

## INGREDIENTS

- ½ cup macaroni (cooked)
- ¼ cup onion (finely chopped)
- ½ cup cucumber (finely chopped)
- ¼ cup green pepper (diced)
- 1 Tbsp. vinegar
- ½ Tbsp. vegetable oil
- ¼ tsp. salt
- ¼ tsp. pepper
- ⅓ Tbsp. parsley (chopped, optional)

## DIRECTIONS

1. In a medium-sized bowl, combine macaroni, onions, cucumbers and green peppers. Mix well.
2. In a separate bowl, mix vinegar, vegetable oil, salt and pepper. If using parsley, add that too.
3. Pour the prepared dressing over the pasta. Mix well.
4. Cover bowl and refrigerate for 30 to 45 minutes. Serve cold.

## NUTRITIONAL INFORMATION FOR 1 SERVING [¼ CUP PASTA]

- Calories—34
- Total fat—1 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—98 mg
- Total carbohydrate—5 g
- Dietary fiber—1 g
- Total sugars—1 g
- Added sugars included—N/A
- Protein—1 g

# SALMON SPREAD

MAKES: 7 SERVINGS

## INGREDIENTS

- 1 15-ounce can salmon
- 1 Tbsp. lemon juice
- 1 Tbsp. horseradish
- 1 cup fat-free plain yogurt
- 1 Tbsp. dill weed (dried)
- 4 scallions (chopped)
- Parsley (for garnish)

## DIRECTIONS

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers or a rice cake.
4. Sprinkle chopped parsley to garnish.

## NUTRITIONAL INFORMATION FOR 1 SERVING (1/4 CUP)

- Calories—97
- Total fat—3 g
- Saturated fat—1 g
- Cholesterol—32 mg
- Sodium—251 mg
- Total carbohydrate—4 g
- Dietary fiber—0 g
- Total sugars—3 g
- Added sugars included—0 g
- Protein—13 g

# SOFT PRETZELS

MAKES: 12 SERVINGS

## INGREDIENTS

- 1 Tbsp. yeast
- 1 ½ cups warm water (100-110 F)
- 2 cups all-purpose flour
- 1 ½ cups whole-wheat flour
- 1 egg
- 1 Tbsp. sugar
- 2 Tbsp. sesame seed (optional)

## NUTRITIONAL INFORMATION FOR 1 SERVING [1 PRETZEL]

- Calories—140
- Total fat—1 g
- Saturated fat—0 g
- Cholesterol—16 mg
- Sodium—8 mg
- Total carbohydrate—28 g
- Dietary fiber—2 g
- Total sugars—1 g
- Added sugars included—1 g
- Protein—5 g

## DIRECTIONS

1. Heat oven to 425 F. Lightly grease two baking sheets.
2. In large bowl, sprinkle yeast over warm water. Stir until well-blended.
3. Combine white and wheat flour in a separate bowl.
4. Stir in sugar, ½ teaspoon salt and 2 ½ to 3 cups flour to make a soft, sticky dough. Turn dough onto well-floured surface.
5. To knead, fold dough in half and push dough flat with heels of hands. Turn dough one-quarter turn. Repeat for 5 to 7 minutes. If needed, add more flour until dough is smooth and elastic. Dough should not stick to hands or counter.
6. Cut dough into 12 even pieces.

### *To Form Pretzels:*

1. Roll one piece of dough into 15-inch long rope.
2. Cross left side over middle, creating loop.
3. Fold right side of rope up and over first loop to form pretzel shape.

### *To Bake:*

1. Place pretzels 3 inches apart on baking sheet. Enlarge holes in pretzels by inserting finger into holes. This will prevent them from closing during baking.
2. In small bowl, mix egg and 1 Tbsp. water together. Brush on pretzels. Sprinkle with sesame seeds.
3. Bake for 15-20 minutes or until golden brown. Best if eaten warm.

# VEGGIE BEAN WRAP

MAKES: 4 SERVINGS

## INGREDIENTS

- 2 green or red bell peppers (seeded and chopped)
- 1 onion (peeled and sliced)
- 1 15-ounce can low-sodium black beans (drained and rinsed)
- 2 mangoes (chopped)
- 1 lime (juiced)
- ½ cup fresh cilantro (chopped)
- 1 avocado (peeled and diced)
- 4 10-inch flour tortillas

## DIRECTIONS

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer, about 5 minutes.
2. In a small bowl, combine mangoes, lime juice, cilantro and avocado. Reserve half of the mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

## NUTRITIONAL INFORMATION FOR 1 SERVING [1 WRAP]

- Calories—458
- Total fat—11 g
- Saturated fat—2 g
- Cholesterol—0 mg
- Sodium—599 mg
- Total carbohydrate—78 g
- Dietary fiber—15 g
- Total sugars—19 g
- Added sugars included—0 g
- Protein—15 g



# SIDE DISHES

Side dishes are often the nutrient workhorses of healthy entrees. These dishes provide the servings of whole grains or vegetables needed to round out a meal. The possibilities for healthy side dishes are endless and the benefits can be huge. This section features five easy-to-make recipes to complement your meals.



# BROCCOLI SALAD

MAKES: 8 SERVINGS

## INGREDIENTS

- 6 cups broccoli (chopped)
- 1 cup raisins
- 1 red onion (medium, peeled and diced)
- 2 Tbsp. sugar
- Bacon slices (8 slices, cooked and crumbled, optional)
- 2 Tbsp. lemon juice
- $\frac{3}{4}$  cup low-fat mayonnaise

## DIRECTIONS

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—174
- Total fat—9 g
- Saturated fat—1 g
- Cholesterol—7 mg
- Sodium—198 mg
- Total carbohydrate—23 g
- Dietary fiber—3 g
- Total sugars—16 g
- Added sugars included—3 g
- Protein—3 g

# BROWN RICE TABBOULEH

MAKES: 6 SERVINGS

## INGREDIENTS

- 3 cups brown rice (cooked)
- $\frac{3}{4}$  cup cucumber (chopped)
- $\frac{3}{4}$  cup tomato (chopped)
- $\frac{1}{2}$  cup fresh parsley (chopped)
- $\frac{1}{4}$  cup fresh mint leaves (chopped)
- $\frac{1}{4}$  cup green onions (sliced)
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. freshly ground black pepper

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—200
- Total fat—10 g
- Saturated fat—2 g
- Cholesterol—0 mg
- Sodium—200 mg
- Total carbohydrate—26 g
- Dietary fiber—2 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—3 g

## DIRECTIONS

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl.
2. Toss well and chill.

# CARAMELIZED MUSHROOM AND VIDALIA ONION RISOTTO

MAKES: 4 SERVINGS

## INGREDIENTS

- 1 Vidalia onion (thinly sliced vertically)
- 2 Tbsp. canola oil (divided)
- 1 pound cremini mushrooms (sliced)
- 1 cup short-grain brown rice
- ¼ cup dry white wine
- 2 cups low-sodium vegetable or chicken broth
- 3 cups water
- 1 ½ cups frozen peas
- ¼ cup reduced-fat Parmesan cheese

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—380
- Total fat—10 g
- Saturated fat—2 g
- Cholesterol—5 mg
- Sodium—270 mg
- Total carbohydrate—58 g
- Dietary fiber—6 g
- Total sugars—10 g
- Added sugars included— g
- Protein—12 g

## DIRECTIONS

1. Heat 1 Tbsp. canola oil in a 10-inch skillet over medium heat. (Do not use nonstick skillet.)
2. Add Vidalia onions and stir to coat with the oil. Stirring occasionally, let cook until brown (about 30 minutes).
3. Remove Vidalia onions from pan and set aside.
4. Wipe pan clean. Heat remaining olive oil in pan and brown mushrooms (about 15 minutes).
5. While mushrooms and Vidalia onions are browning, cook risotto as follows.
6. Heat wine and rice in pot. Stir until wine is absorbed.
7. Mix broth and water together.
8. Increase heat to medium-high. Stir in 1 cup of water-broth mixture.
9. Cook uncovered, stirring frequently, until liquid is absorbed.
10. Continue stirring and add remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another.
11. Add peas to rice with last cup of liquid.
12. Cook until rice is tender and mixture has a creamy consistency, approximately 1 hour.
13. Gently stir in caramelized Vidalia onions, mushrooms and cheese. Let sit about 5 minutes and serve.

# CORN AND GREEN CHILI SALAD

MAKES: 4 SERVINGS

## INGREDIENTS

- 2 cups corn (frozen and thawed)
- 1 can diced tomatoes with green chiles (10 ounce)
- ½ Tbsp. vegetable oil
- 1 Tbsp. lime juice
- ⅓ cup green onion (sliced)
- 2 Tbsp. cilantro (fresh chopped)

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—96
- Total fat—3 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—297 mg
- Total carbohydrate—18 g
- Dietary fiber—2 g
- Total sugars—6 g
- Added sugars included—0 g
- Protein—3 g

## DIRECTIONS

1. Combine all ingredients in a medium bowl.
2. Mix well.

# SPAGHETTI SQUASH WITH TOMATOES, BASIL AND PARMESAN

MAKES: 4 SERVINGS

## INGREDIENTS

- 1 spaghetti squash (about 1 ½ pounds, halved)
- 1 Tbsp. olive oil
- 3 Tbsp. Parmesan cheese
- ¼ tsp. dried oregano
- 2 tsp. dried basil
- 1 cup cherry tomatoes (thinly sliced)
- Salt and pepper (to taste, optional)

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—77
- Total fat—5 g
- Saturated fat—1 g
- Cholesterol—3 mg
- Sodium—67 mg
- Total carbohydrate—7 g
- Dietary fiber—2 g
- Total sugars—3 g
- Added sugars included—0 g
- Protein—2 g

## DIRECTIONS

1. Place the 2 squash halves, cut side down, in glass baking dish. Add about ¼ cup water and cover with plastic wrap. Microwave on high for 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
2. In a large bowl, whisk oil, basil, oregano and 2 Tbsp. Parmesan cheese. Stir in tomatoes and season lightly with salt and pepper to taste.
3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tbsp. Parmesan cheese.



# ENTREES

Eating healthy meals at dinnertime can be difficult, especially with a busy schedule. Use these recipes to bring healthy and delicious entrees to the table for dinner.

# APPLE CORN CHILI

MAKES: 4 SERVINGS

## INGREDIENTS

- 2 Tbsp. olive oil (divided)
- 8 ounces boneless, skinless chicken breast (cut to ½-inch cubes)
- 1 medium onion (chopped)
- 2 cloves garlic (minced)
- 1 15-ounce can yellow corn (drained)
- 2 red apples (chopped, skin on)
- ½ Tbsp. ground cumin
- ⅛ tsp. cayenne pepper (if desired)
- 1 15-ounce can black beans (drained and rinsed)
- 4 ½-ounce can diced green chiles (drained)
- 2 tsp. chicken bouillon
- 2 cups water
- ¼ cup sour cream (reduced-fat)
- ¼ cup fresh cilantro (chopped)

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—360
- Total fat—11 g
- Saturated fat—3 g
- Cholesterol—35 mg
- Sodium—140 mg
- Total carbohydrate—48 g
- Dietary fiber—9 g
- Total sugars—15 g
- Added sugars included—0 g
- Protein—20 g

## DIRECTIONS

1. In a stockpot, heat 1 Tbsp. olive oil. Add chicken and brown (about 5 minutes). Remove chicken from pan.
2. Heat remaining olive oil in same pot. Add onions and garlic, and sauté until soft.
3. Add corn and sauté until golden brown. Add apples, cumin and cayenne pepper (if desired). Cook about 3-4 minutes. Let cool about 5 minutes.
4. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot.
5. Add browned chicken, black beans, chiles, bouillon and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 F.
6. To serve, ladle soup in bowls and top with non-puréed portion of apple-corn mixture, sour cream and cilantro.

# BARLEY JAMBALAYA

MAKES: 6 SERVINGS

## INGREDIENTS

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 3 medium onions (diced)
- 4 small celery stalks (diced)
- 1 cup green, red, yellow or orange bell pepper (diced)
- 2 medium cloves garlic (minced)
- 1 Tbsp. canola oil
- 4 ounces ground turkey
- 2 14.5-ounce cans diced tomato
- 1 tsp. salt
- ½ tsp. ground cayenne pepper
- 1 ½ tsp. dried oregano
- 1 tsp. ground black pepper

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—230
- Total fat—5 g
- Saturated fat—1 g
- Cholesterol—15 mg
- Sodium—440 mg
- Total carbohydrate—41 g
- Dietary fiber—9 g
- Total sugars—9 g
- Added sugars included—0 g
- Protein—9 g

## DIRECTIONS

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley, water and bay leaves to a boil. Reduce heat to low and cover. Cook barley until tender and water is absorbed, about 20-30 minutes.
3. In a colander, drain barley. Set aside.
4. In a large pot over medium-high heat, heat oil.
5. Add onions, celery, pepper and garlic to pot. Mix well. Cook until veggies are soft, about 5 minutes.
6. Add ground turkey. Cook until internal temperature registers 165 F on a food thermometer, about 5 minutes more.
7. Add tomatoes and their juices. Bring to a simmer.
8. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
9. Add cooked barley to the mixture. Stir to combine. Add more water or broth, if needed. Cook over low heat to blend flavors, about 5-10 minutes more.
10. Remove bay leaves and serve.



# BRAISED CHICKEN THIGHS WITH SPINACH

MAKES: 4 SERVINGS

## INGREDIENTS

- 4 6-ounce bone-in chicken thighs (skin removed)
- 1 tsp. vegetable oil
- 1 tsp. salt
- ½ tsp. black pepper
- 1 small yellow onion (peeled and chopped)
- 3 cloves garlic (peeled and minced)
- 1 tsp. dried thyme
- ½ tsp. dried rosemary
- 1 cup water
- 1 10-ounce package spinach

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—185
- Total fat—8 g
- Saturated fat—2 g
- Cholesterol—112 mg
- Sodium—423 mg
- Total carbohydrate—5 g
- Dietary fiber—2 g
- Total sugars—1 g
- Added sugars included—0 g
- Protein—22 g

## DIRECTIONS

1. Heat skillet over medium-high heat. Add 1 tsp. oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.
2. Reheat skillet over medium heat. Add the onion, garlic, thyme and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes.
5. Serve hot.

# CRUSTY RICE WITH TOFU AND VEGETABLES

MAKES: 4 SERVINGS

## INGREDIENTS

- 3 cups prepared brown rice
- 1 pound tofu
- 1 cup frozen corn (unthawed)
- 1 cup frozen peas (unthawed)
- 6 scallions (sliced)
- 1 carrot (shredded)
- ¼ cup fresh basil leaves
- ¼ tsp. salt
- 2 Tbsp. vegetable oil

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—389
- Total fat—13 g
- Saturated fat—2 g
- Cholesterol—0 mg
- Sodium—215 mg
- Total carbohydrate—54 g
- Dietary fiber—8 g
- Total sugars—6 g
- Added sugars included—0 g
- Protein—17 g

## DIRECTIONS

1. Put the tofu, corn, scallions, carrot, basil, and salt in a bowl and mix well.
2. Add the rice to the bowl with the tofu and mix well.
3. Put the skillet over medium-high heat and when it is hot, add the oil.
4. Add the rice and tofu mixture to the prepared pan. Reduce heat to low and press down the rice mixture with a spatula. Cover and cook 10 minutes. Press down again to help form a crust. Flip portions of the rice so that you get chunks of crispy rice. Cook until crispy, up to 20 minutes.
5. Serve immediately.

# PASTA FRITTATA WITH PEAS

MAKES: 5 SERVINGS

## INGREDIENTS

- 4 ounces spaghetti
- 4 eggs (lightly beaten)
- Dash of nutmeg
- 1/8 tsp. black pepper
- 1/8 tsp. salt
- 2/3 cup cheese (shredded)
- 1 cup frozen peas (thawed)

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—222
- Total fat—9 g
- Saturated fat—5 g
- Cholesterol—165 mg
- Sodium—249 mg
- Total carbohydrate—22 g
- Dietary fiber—5 g
- Total sugars—2 g
- Added sugars included—0 g
- Protein—14 g

## DIRECTIONS

1. Heat a large nonstick skillet over medium-high heat. Add the oil and sauté the onion and garlic until golden, about 2 minutes.
2. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl. Mix well.
3. Add the milk mixture to the skillet followed by the corn. Mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
4. Divide into four bowls and top each with 1 Tbsp. of shredded cheese.



# DESSERTS

Even the healthiest eaters opt for a sweet treat every now and then. The dessert recipes featured in this section are a good alternative to eating a large piece of chocolate cake or a shake from your favorite fast food restaurant.

# BASIC CUSTARD

MAKES: 4 SERVINGS

## INGREDIENTS

- 1 egg
- 2 Tbsp. sugar
- 1 cup milk
- ½ tsp. vanilla extract

## DIRECTIONS

### Stovetop

1. Beat egg and sugar together in a saucepan.
2. Add milk.
3. Place saucepan with egg-milk mixture in another pan containing 1-2 inches boiling water.
4. Stir custard constantly while cooking. Cook until foam disappears and custard coats the spoon. Remove from heat.
5. Add vanilla and stir. Pour into individual dishes and cool in the refrigerator. Custard will be soft.

### Oven

1. Beat together egg and sugar in a baking dish.
2. Add milk and vanilla. Mix thoroughly.
3. Set baking dish in a shallow pan of hot water.
4. Bake at 350 F until the tip of a knife inserted in the center of the custard comes out clean (50-60 minutes). Do not overcook. Eat warm or refrigerate for later.

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—63
- Total fat—1 g
- Saturated fat—0 g
- Cholesterol—48 mg
- Sodium—44 mg
- Total carbohydrate—9 g
- Dietary fiber—0 g
- Total sugars—9 g
- Added sugars included—6 g
- Protein—4 g

# CLASSIC HONEY FLAN

MAKES: 4 SERVINGS

## INGREDIENTS

- 1 egg (large, whole)
- ½ cup egg substitute
- Nonstick vegetable oil spray
- 1 ½ cups milk (fat-free)
- 7 Tbsp. honey
- 1 tsp. vanilla
- ½ tsp. lemon zest (grated)
- ½ tsp. cinnamon (ground)

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—179
- Total fat—1 g
- Saturated fat—0 g
- Cholesterol—48 mg
- Sodium—118 mg
- Total carbohydrate—36 g
- Dietary fiber—0 g
- Total sugars—36 g
- Added sugars included—29 g
- Protein—8 g

## DIRECTIONS

1. Heat oven to 325 F.
2. Place saucepan with water on stove over medium-high heat and bring to a boil.
3. Spray four ovenproof custard cups with vegetable oil spray.
4. Combine the whole egg, egg substitute, milk, ¼ cup plus 1 Tbsp. of honey, grated lemon zest and vanilla. Beat until mixed but not foamy.
5. In a separate bowl, combine 2 Tbsp. of honey and cinnamon, and mix to blend.
6. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon ½ Tbsp. of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup.
7. Place the baking dish on the rack in the middle of the oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until the knife blade comes out clean when inserted.
8. Serve warm or cold. Before serving, loosen the edges with a knife or spatula and invert onto individual dessert plates.

# PEACH AND BISCUIT BAKE

MAKES: 6 SERVINGS

## INGREDIENTS

- 1 cup low-fat bakery mix
- 1 cup fat-free milk
- ½ tsp. nutmeg (if you like)
- 4 Tbsp. margarine (melted)
- ¾ cup sugar
- 1 ½ pounds fresh peaches (sliced, about 6 peaches)

## DIRECTIONS

1. Heat oven to 375 F.
2. Mix together bakery mix and milk. If using nutmeg, add that too. Stir in margarine until combined.
3. Pour batter into an 8-by-8-inch baking dish.
4. Combine sugar and peaches, and spoon over batter in baking dish (do not mix together).
5. Bake for 50 minutes or until golden brown.

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—250
- Total fat—8 g
- Saturated fat—3 g
- Cholesterol—10 mg
- Sodium—160 mg
- Total carbohydrate—44 g
- Dietary fiber—2 g
- Total sugars—35 g
- Added sugars included—N/A
- Protein—3 g

# PINEAPPLE ZUCCHINI CAKE

MAKES: 12 SERVINGS

## INGREDIENTS

- 3 eggs
- 2 cups sugar
- 2 tsp. vanilla
- 1 cup vegetable oil
- 2 cups zucchini (peeled, grated)
- 1 tsp. baking powder
- 1 tsp. salt
- 1 tsp. baking soda
- 3 cups all-purpose flour
- 1 cup pineapple (crushed, drained)
- ½ cup raisins (optional)
- 1 cup pecans (chopped, optional)

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—439
- Total fat—20 g
- Saturated fat—3 g
- Cholesterol—47 mg
- Sodium—360 mg
- Total carbohydrate—61 g
- Dietary fiber—1 g
- Total sugars—37 g
- Added sugars included—32 g
- Protein—5 g

## DIRECTIONS

1. Heat oven to 350 F. Grease or lightly spray a 9-by-13-inch pan with nonstick cooking spray.
2. In a large bowl, beat eggs, sugar, vanilla and oil. Add zucchini.
3. In a separate bowl, combine baking powder, salt, baking soda and flour. Add dry ingredients to creamed mixture.
4. Stir in fruit and nuts.
5. Bake for 45 to 50 minutes, or until cake springs back when lightly pressed with your finger.



# PUMPKIN ANGEL FOOD CAKE

MAKES: 12 SERVINGS

## INGREDIENTS

- 1 package angel food cake mix
- 1 Tbsp. flour
- 1 tsp. pumpkin pie spice
- $\frac{3}{4}$  cup canned pumpkin
- 1 cup cold water

## DIRECTIONS

1. Heat oven to 350 F.
2. In a large bowl, beat all ingredients with an electric mixer on low speed for 30 seconds. Beat on medium speed for 1 minute.
3. Pour into an ungreased 10-inch angel food cake pan.
4. Bake 37-47 minutes or until golden brown and cracks are dry.
5. Remove from oven and immediately turn pan upside down until cooled.

## NUTRITIONAL INFORMATION FOR 1 SERVING

- Calories—133
- Total fat—0 g
- Saturated fat—0 g
- Cholesterol—0 mg
- Sodium—306 mg
- Total carbohydrate—31 g
- Dietary fiber—1 g
- Total sugars—22 g
- Added sugars included—8 g
- Protein—2 g