



WILDCAT KITCHEN

Employee



Cookbook

2016

Shopping Guide

what's healthier & what's not

Fruits & Vegetables

Good: standard fresh produce, low-sodium canned vegetables, canned fruit in water or 100% juice, frozen produce w/o sauces, save money by buying heads of lettuce instead of pre-cut bags

Step up: in-season produce (better quality and cheaper!), organic produce (fresh, canned, or frozen with no added ingredients), buying conventional versions of produce is fine to save money but choose organic for the produce that is often highest in pesticides:

strawberries, apples, nectarines, peaches,
celery, grapes, cherries, spinach, tomatoes, bell peppers

Avoid: high sodium canned vegetables, fruit canned in heavy syrup, frozen fruits with added sugars, frozen vegetables in sauces

Bakery & Grains

Good: make sure the first ingredient in the food starts with the word "whole", compare sodium & sugar contents, eat other grains besides wheat products such as rice, quinoa, barley, and oats

Step up: fermented yeast breads ("old school" bread-making like sourdough) or bread with sprouted grains can make nutrients more available and can be easier to digest, 100% organic whole grains

Avoid: pastries, doughnuts, cakes, cookies, cinnamon rolls, sweet breads—if you're going to have sweets like these, make them from scratch at home!

Meat & Eggs

Good: fresh cuts of lean meats (skinless poultry, lean beef, fish, bison, venison), fresh eggs, "grass-fed" or "cage-free" or "natural" are generally better choices, "choice" and "select" meats have less fat, note that brown eggs are not automatically healthier than white eggs (they are a different color because of the type of chicken they come from), canned fish in water

Step up: the terms "grass-fed" "natural" and "cage-free" don't necessarily mean it's healthier, **organic** is the way to go because it covers everything from pesticides and antibiotics to how the animals were raised, omega-3 eggs contain more healthy-fats to fight inflammation

Avoid: processed deli meats, high-fat meats (sausages or "prime" cuts)

Dairy

Good: low-fat dairy products, plain yogurts without added sugars (sweeten them with fresh fruit or honey!), choose natural cheese

Step up: organic dairy products (same reasons as mentioned in meat), product from grass-fed cows, non-fat Greek yogurt contains more protein than regular yogurt while regular yogurt usually has more calcium

Avoid: processed cheese like American and cheese dips, whole milk products (unless they are for a toddler under age 2)

Food-Claims

Always read food labels. Many products that are marketed as "sugar-free" "cholesterol-free" "reduced-fat" "low-calorie" "gluten-free" etc. often contain artificial and processed ingredients, or contain excess sugar, sodium, or fats depending on the food. Choose pantry foods with "NON-GMO" labeling and organic ingredients when possible (look for when they're on sale!)

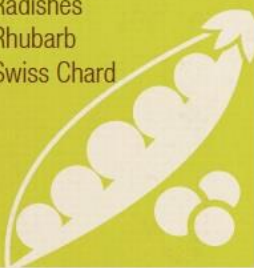
SEASONS of eating



Your heart-healthy recipes will taste even better with seasonal produce.

SPRING

Artichokes
Asparagus
Chives
Fava Beans
Green Onions
Leeks
Lettuce
Parsnips
Peas
Radishes
Rhubarb
Swiss Chard



SUMMER

Berries
Corn
Cucumbers
Eggplant
Figs
Grapes
Green Beans
Melons
Peppers
Stone Fruit
(Apricots, Cherries,
Nectarines, Peaches,
Plums)
Summer Squash
Tomatoes
Zucchini



FALL

Apples
Brussels Sprouts
Dates
Hard Squash
(Acorn, Butternut,
Spaghetti)
Pears
Pumpkin
Sweet Potatoes



WINTER

Bok Choy
Broccoli
Cauliflower
Celery
Citrus Fruit
(Clementines, Grapefruit,
Lemons, Limes, Oranges,
Tangerines)
Collard Greens
Endive
Leafy Greens
(Collard, Kale, Mustard,
Spinach)
Root Vegetables (Beets,
Turnips)



YEAR ROUND: Cabbage, Carrots, Garlic, Onions, Mushrooms

Keep these tips in mind when using and shopping for seasonal produce:



Freeze fresh produce to add to smoothies, soups and breads.



Fresh foods are often less expensive during their harvest season. You may even save a bit more by buying in bulk.



Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise too.



Shop your farmers' market. The farmers can share a wealth of information about the foods and might even give you ideas on how to prepare them.



Frozen and canned fruits and vegetables are also healthy choices. Compare food labels and choose products with the lowest amounts of sodium and added sugars.

The American Heart Association recommends



4-5 servings per day
each of fruits and vegetables.



American Heart Association's Simple Cooking with Heart is nationally sponsored by



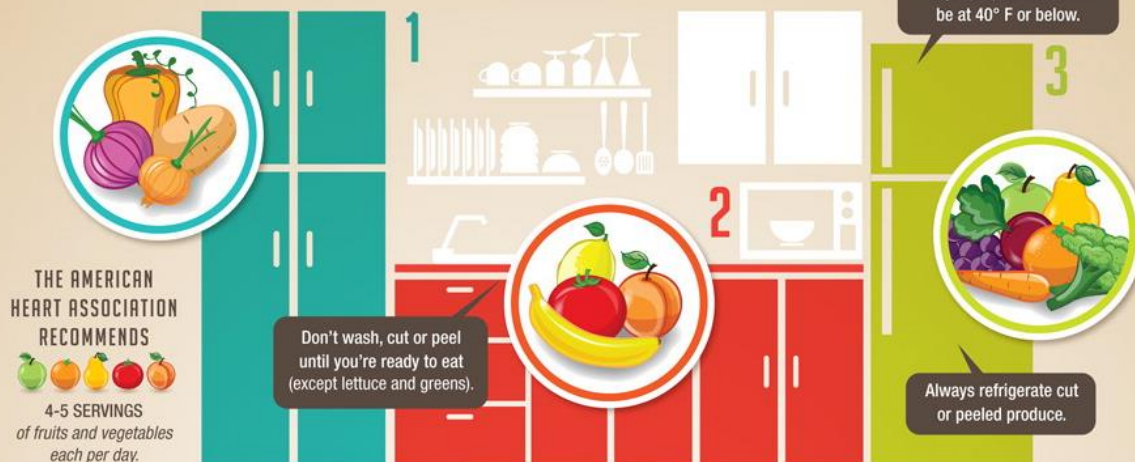
FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
HEART.ORG/SIMPLECOOKING

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Get Fresh WITH FRUITS & VEGETABLES



Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables.



PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS
HARD SQUASH
(Winter, Acorn, Spaghetti, Butternut)

SWEET POTATOES, POTATOES, & YAMS
WATERMELON

COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS
CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

REFRIGERATOR

Store in plastic bags with holes, in your produce drawer, unless noted:

APPLES & PEARS
BEETS & TURNIPS
Remove greens and keep loose in the crisper drawer.
BERRIES, CHERRIES & GRAPES
Keep dry in covered containers or plastic bags.
BROCCOLI & CAULIFLOWER
CARROTS & PARSNIPS
Remove greens.
CELERY
CORN
Store inside their husks.
CUCUMBERS, EGGPLANT & PEPPERS
Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep stems moist and wrap loosely in plastic.

GREEN BEANS
LETTUCE & LEAFY GREENS
Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELONS
MUSHROOMS
Keep dry and unwashed in store container or paper bag.
PEAS
ZUCCHINI & SUMMER/YELLOW SQUASH



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Healthy Recipe Swaps

Use this as a quick guide to see what other healthy ingredients you can use in place of an ingredient a recipe calls for.

Instead of...

SOUR CREAM

Mayonnaise OR cream cheese

One egg

Salt on savory foods

Flour tortilla

Syrup

Refined sugar

Shortening/oil in baking

Dairy products (intolerance)

All-purpose flour

Try...

Plain Greek yogurt

Plain low-fat yogurt

Two egg whites

Herbs OR salt-free seasoning

Corn tortilla

100% real maple, honey, agave

Honey, fruit puree, OR cut back

Unsweetened applesauce for $\frac{1}{2}$
(may need to reduce baking time)

Unsweetened almond, rice,
coconut, OR soy milk

$\frac{1}{2}$ all-purpose + $\frac{1}{2}$ whole wheat,
nut flours



Recipes that are gluten-free have the stamp in the upper right corner. If you need gluten-free recipes, check the notes section for the stamp before making the recipe, since it may just need a small tweak before preparing.

Mary Schwab's Gluten-Free Flour:

1 cup brown rice flour
2 cups white rice flour
 $\frac{1}{4}$ cup potato starch
 $\frac{2}{3}$ cup tapioca starch flour
 $\frac{1}{3}$ cup cornstarch

Mix all ingredients together. Store in refrigerator.
Makes 4 $\frac{1}{2}$ cups.

Which fat should I use?

Be aware of the differences between fats to know which to use as a swap when necessary

	About	Best used for
Avocado Oil	<ul style="list-style-type: none"> -Hint of avocado flavor -Mostly all unsaturated fat 	Dressings Stir fry Sautéing
Butter	<ul style="list-style-type: none"> -1 Tbsp provides nearly as much vitamin A as a glass of milk -Research hasn't concluded that clarified butter is healthier -About 50% saturated fat 	Spread Baking Clarified butter is better for high-heat sautéing
Canola Oil	<ul style="list-style-type: none"> -Light texture and neutral flavor -Vitamins E and K -Oil with lowest amount of saturated fat and the most omega-3s 	Good with high heat Sautéing Baking Frying Dressings
Coconut Oil	<ul style="list-style-type: none"> -Can increase "good" HDL cholesterol, but can also increase "bad" LDL cholesterol -More research is needed about therapeutic benefits (antibacterial) -Over 80% saturated fat 	Can be a good substitute for butter, since it's also solid at room temperature, but be aware it is not necessarily healthier
Extra-Virgin Olive Oil	<ul style="list-style-type: none"> -If eaten in place of saturated fats, can lower risk of heart disease, blood pressure, and cholesterol -Fruiter flavor and aroma 	Dressings Drizzling Moderate-heat sautéing only (Use olive pomace oil for higher heat)
Grapeseed Oil	<ul style="list-style-type: none"> -Light flavor, hint of nuts -Vitamin E -Unsaturated omega-6 fats, which help lower cholesterol but can increase inflammation 	Good with high heat Baking Sautéing Stir fry
Peanut Oil	<ul style="list-style-type: none"> -Neutral flavor, but can get a roasted/toasted version -Good source of vitamin E -80% unsaturated fats 	Good with high heat Frying Grilling/Roasting Sautéing
Safflower Oil	<ul style="list-style-type: none"> -Light flavor -May improve insulin sensitivity, "good" HDL cholesterol, and inflammation 	Good with high heat Stir fry Sautéing Baking



Meat Temperatures

Beef - 140 (rare)
 Beef - 160 (medium)
 Beef - 170 (well)
 Pork - 165
 Lamb - 145
 Ham - 140
 Poultry - 180






The FitFluential Guide to COOKING WITH GREEK YOGURT

HOW

 = 
 1 cup oil 3/4 cup yogurt

 = 
 1 cup sour cream 1 cup yogurt

 = 
 1 cup cream cheese 1 cup yogurt

 =  
 1 cup butter 1/4 cup yogurt
 1/2 cup butter

WHY

Cut fat by up to 99%
 Add up to 1000% more protein

Cut fat by up to 98%
 Add up to 36% more protein

Cut fat by up to 99%
 Add up to 60% more protein

Cut fat by up to 50%
 Add up to 235% more protein

MEASURING CHART

1 tablespoon (tbsp) = 3 teaspoons (tsp)	1 cup = 48 teaspoons
1/16 cup = 1 tablespoon	1 cup = 16 tablespoons
1/8 cup = 2 tablespoons	8 fluid ounces (fl oz) = 1 cup
1/6 cup = 2 tablespoons + 2 teaspoons	1 pint (pt) = 2 cups
1/4 cup = 4 tablespoons	1 quart (qt) = 2 pints
1/3 cup = 5 tablespoons + 1 teaspoon	4 cups = 1 quart
3/8 cup = 6 tablespoons	1 gallon (gal) = 4 quarts
1/2 cup = 8 tablespoons	16 ounces (oz) = 1 pound (lb)
2/3 cup = 10 tablespoons + 2 teaspoons	1 milliliter (ml) = 1 cubic centimeter (cc)
3/4 cup = 12 tablespoons	1 inch (in) = 2.54 centimeters (cm)





BREAKFAST

2-Ingredient Banana Pancakes



Submitted by: Sue Turley
of Servings: 2
Serving Size: 2 pancakes



INGREDIENTS

2 eggs
1 banana
Cinnamon (optional)

DIRECTIONS

Smash banana. Stir in eggs and cinnamon.

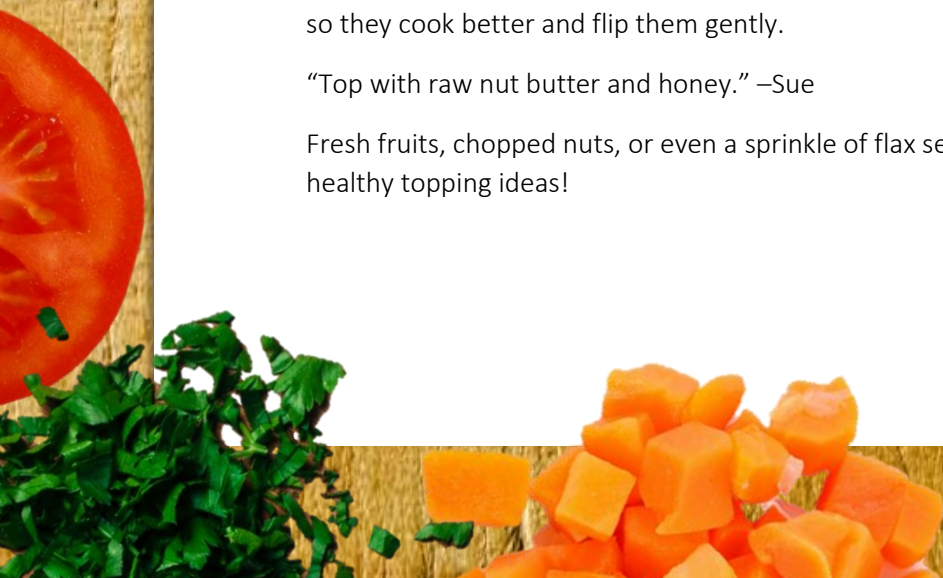
Lightly coat a skillet with cooking spray and heat over medium-low heat. Pour batter onto skillet and cook until the underside is golden-brown, then gently flip over to cook the other side.

> NOTES AND TIPS

These are more liquid and delicate than typical pancakes. Keep them small so they cook better and flip them gently.

“Top with raw nut butter and honey.” –Sue

Fresh fruits, chopped nuts, or even a sprinkle of flax seed are other great healthy topping ideas!



Banana Walnut Muffins



Submitted by: Jennifer Evans

of Servings: 4

Serving Size: 2 muffins



Photo: SimplyGluten-Free

INGREDIENTS

2 ½ medium fresh bananas
(very ripe are best)

1 Tbsp coconut oil, raw, extra-virgin, melted

1 egg

1 ¼ cups almond flour

1 pinch sea salt, unrefined

½ tsp baking soda

½ cup walnuts, raw, chopped

DIRECTIONS

Preheat oven to 350°. Line 8 muffin cups with liners.

Mash the bananas in a bowl. Add coconut oil and eggs, and blend until mixture is smooth.

Add almond flour, salt, and baking soda; mix well. Add chopped walnuts and stir to combine.

Spoon the batter into muffin cups. Bake for 20-25 minutes or until the muffins are golden brown and a toothpick inserted in the center of a muffin comes out clean. Let muffins cool in the pan for about half an hour, then serve.

> NOTES AND TIPS

Jennifer recommends using organic ingredients when possible, as well as choosing cage-free, omega-3 eggs to get the most nutrition possible!

Cinnamon and nutmeg could also be heart-healthy optional ingredients to add some spice.

Blueberry Oat Muffins

Submitted by: Julie Hamilton

of Servings: 12

Serving Size: 1 muffin



INGREDIENTS

1 cup and 1 Tbsp all-purpose flour
1 cup old-fashioned rolled oats
1 ½ tsp baking powder
½ tsp baking soda
½ tsp cinnamon
¼ tsp salt
1 large egg

1 cup plain Greek yogurt
¼ cup honey
2 Tbsp granulated sugar
¼ cup unsweetened almond milk
2 tsp vanilla
1 cup blueberries, frozen or fresh

DIRECTIONS

Preheat oven to 350° and prepare a muffin pan by coating the cups with cooking spray.

In a large mixing bowl, combine the 1 cup flour, oats, baking powder, baking soda, cinnamon, and salt.

In a separate bowl, beat the egg until it becomes slightly frothy. Whisk in the yogurt, honey, sugar, almond milk, and vanilla, mixing until well-combined.

Add the wet ingredients to the dry ingredients, mixing gently until just combined. Toss the blueberries with 1 Tbsp flour to prevent them from bleeding or sinking to the bottom of the muffins, and fold them into the batter. Divide the batter among the 12 muffin cups.

Bake for 20-22 minutes or until the tops are firm to the touch and a toothpick inserted into the center comes out clean. Allow them to cool in the pan for about 5 minutes before transferring to a wire rack. Store in an airtight container at room temperature for up to 5 days, or freeze for up to 3 months.

> NOTES AND TIPS

You can substitute in a half and half mix of all-purpose flour and whole-wheat flour, but the texture will be slightly denser and moister.

Crush oats first to get a less-lumpy muffin.

Breakfast Fruit & Nut Cookies

Submitted by: Raeanna Johnson

of Servings: 6

Serving Size: 2 cookies



INGREDIENTS

½ cup brown sugar
¼ cup light oil
3 egg whites
½ cup unsweetened dried cranberries
(or other unsweetened dried fruit)
1 tsp vanilla
1 cup all-purpose flour

½ cup whole wheat flour
½ cup bran flakes
2 Tbsp flax seed
½ tsp baking soda
¼ tsp cinnamon
¼ tsp allspice
¼ cup slivered almonds

DIRECTIONS

Preheat oven to 350°.

Combine sugar, oil, and egg whites in a large mixing bowl. Stir in dried fruit and vanilla.

Combine flours, bran, baking soda, flax seed, and spices. Stir with a whisk or fork.

Add flour mixture to egg mixture, stirring just until combined. Fold in almonds.

Drop by tablespoon full onto baking sheets lined with parchment paper. Bake for 12 minutes or until almost set. Cool on pans and transfer to wire racks to cool completely.

> NOTES AND TIPS

These are a great to make ahead and have on hand when you're in a hurry and need breakfast on-the-go. The whole wheat flour, bran flakes, and flaxseed provide fiber and complex carbohydrates.



Breakfast Egg Cups



Submitted by: Employee Wellness

of Servings: 3

Serving Size: 2 Each



INGREDIENTS

Cooking spray

6 large eggs

¼ cup low-fat milk

1/8 tsp salt

1/8 tsp black pepper

1 medium bell pepper, diced

¾ cup spinach, chiffonade (roll them up and slice thin)

¼ cup shredded cheddar cheese

DIRECTIONS

Spray a muffin tin for 6 muffins with cooking spray. Preheat oven to 375°.

Whisk the eggs and milk together in a bowl. Season with salt and pepper.

Prepare the vegetables. Add the peppers, spinach, and cheese to the egg mixture.

Fill muffin cups ¾ full and bake for 20-25 minutes until centers are set and no longer runny. Allow to cool slightly before serving.

> NOTES AND TIPS

These are great for on-the-go. Make them ahead of time and refrigerate or freeze them in an airtight container, then heat them in the microwave when you're ready to eat!

Freezer Smoothie Packs



Submitted by: Employee Wellness

of Servings: 1

Serving Size: 1 Smoothie (2 Cups)



INGREDIENTS

- 1 cup spinach
- ½ banana, cut up into 1-inch pieces
- ¼ cup non-fat plain Greek yogurt, frozen
(about 2 frozen cubes)
- 1 cup mixed frozen fruit (your choice!)
- 1 to 1 ¼ cup water OR low-fat milk

DIRECTIONS

Fill an ice cube tray with yogurt and freeze ahead of time.

In a zip-lock sandwich bag, add the spinach, banana pieces, frozen yogurt cubes, and mixed frozen fruit. Squeeze out the air and zip shut. Place in freezer. Repeat for additional packs.

To prepare: pour 1 to 1 ¼ cups water or low-fat milk in a blender. Add one frozen pack and blend until smooth, adding additional liquid if necessary to get desired consistency.

> NOTES AND TIPS

Create whatever flavor smoothies you want!

Search online for other healthy smoothie recipes you can prep that include fresh fruit, greens, protein, healthy fats, and are low in added sugars.

Fruity Baked Oatmeal



Submitted by: Mary Schwab

of Servings: 6

Serving Size: 1 piece



INGREDIENTS

3 cups regular oatmeal
1 cup brown sugar, not packed
2 tsp baking powder
1 tsp salt
½ tsp ground cinnamon
2 eggs, lightly beaten
1 cup low-fat milk

½ cup butter, melted
3 Tbsp flaxseed meal (optional)
½ cup chopped nuts
1 medium apple, chopped
1/3 cup fresh or frozen peaches, chopped
1 cup (6oz) fresh or frozen blueberries
(or other berry of your choice)

DIRECTIONS

Combine oatmeal, brown sugar, baking powder, salt, and cinnamon.

Combine the eggs, milk and butter in a separate bowl and mix; add to the dry ingredients.

Stir in the apple, peaches, and blueberries.

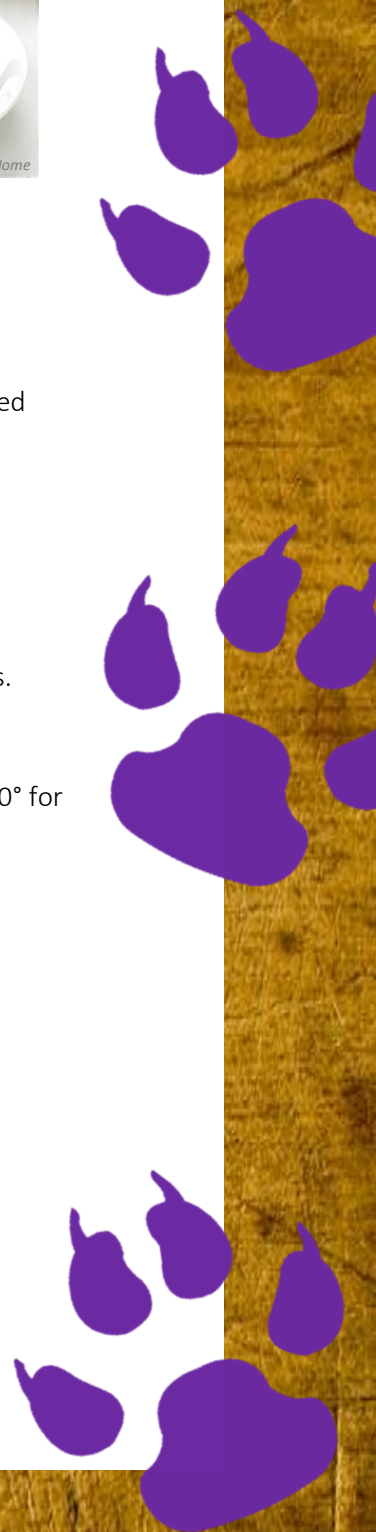
Pour into an 8-inch square baking dish coated with cooking spray. Bake, uncovered at 350° for 40 to 45 minutes, or until a knife inserted near the center comes out clean.

Cut into 6 squares. Serve with milk if desired.

> NOTES AND TIPS

Consider adding in dried fruit! Mary's recipe suggested dried cranberries instead of peaches. Be sure to choose dried fruit lower in added sugars, but mix it up!

For a smoother texture, peel the apples before chopping.



Golden Frittata



Submitted by: Employee Wellness

of Servings: 6

Serving Size: 1/6 of pan



INGREDIENTS

1 Tbsp olive oil
3 small potatoes (about 12oz) chopped
½ tsp salt
¼ tsp fresh ground black pepper
½ cup bell pepper, chopped
½ cup onion (red, yellow or green) chopped

2 cups broccoli, chopped
2 cups egg whites (about one dozen)
¼ tsp turmeric

DIRECTIONS

Preheat the oven to 350°.

Heat the olive oil in a 10" nonstick, ovenproof skillet over medium-high heat. Add the potatoes, salt, and pepper. Cook for 5 minutes, until potatoes begin to brown.

Add the bell pepper and onion; cook for 2 minutes longer. Add the broccoli and remove from heat.

Combine the egg whites and turmeric in a medium bowl. Pour over the vegetable mixture. Give the pan a few good shakes to ensure the egg mixture settles over the bottom of the pan.

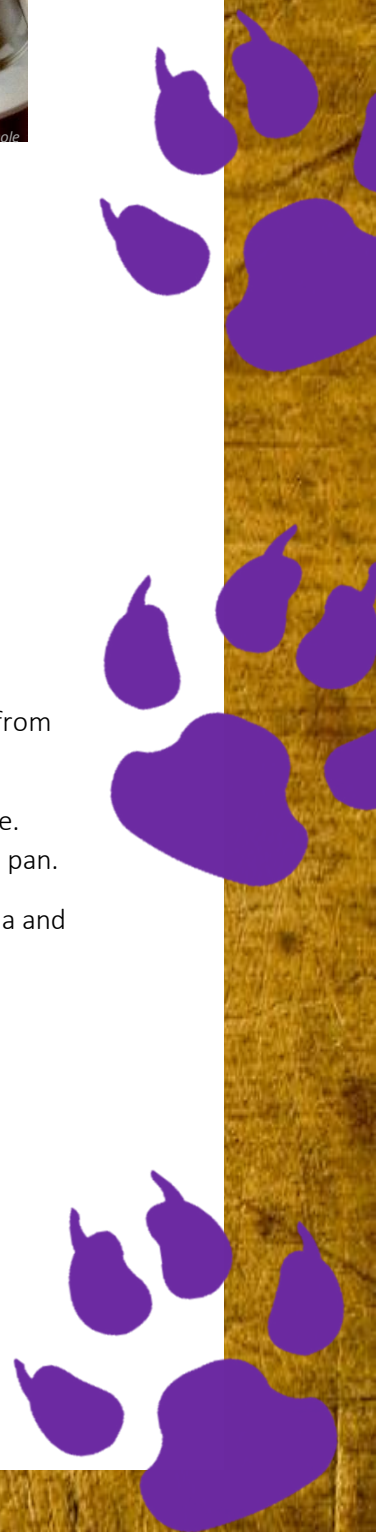
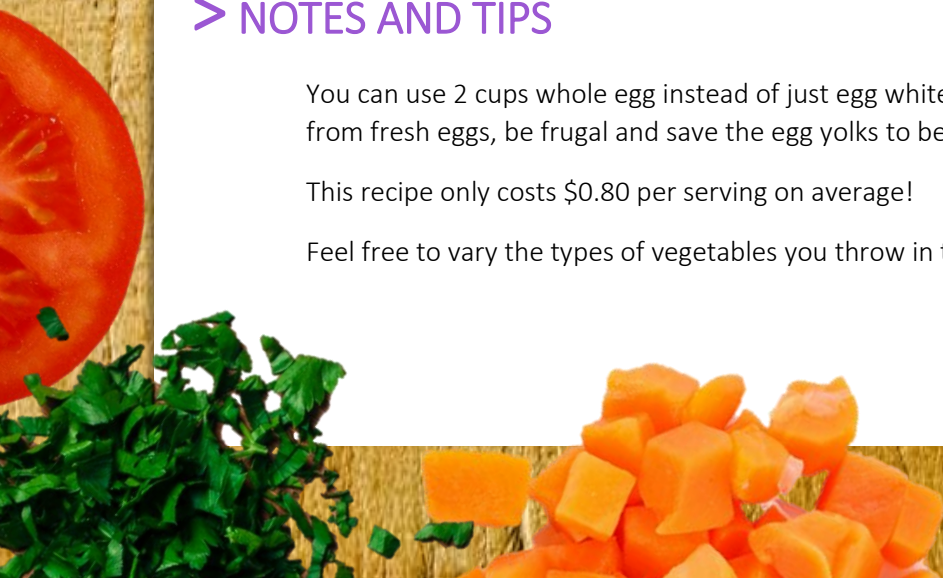
Bake for 20 minutes, until set in the center. Loosen the edges of the frittata with a spatula and slide it onto a serving plate.

> NOTES AND TIPS

You can use 2 cups whole egg instead of just egg whites. If using egg whites from fresh eggs, be frugal and save the egg yolks to be used another time.

This recipe only costs \$0.80 per serving on average!

Feel free to vary the types of vegetables you throw in the mix.



Oatmeal Cottage Cheese Banana Pancakes



Submitted by: Julie Hamilton

of Servings: 1

Serving Size: 3-4 pancakes



INGREDIENTS

½ cup old-fashioned rolled oats
½ medium banana
½ tsp vanilla
1 tsp baking powder
½ tsp cinnamon
2 large egg whites (or 1 egg)

¼ cup fat-free (or low-fat) cottage cheese
1 to 2 Tbsp unsweetened vanilla
almond milk
Optional add-ins: fresh berries,
chocolate chips, peanut butter

DIRECTIONS

Place all ingredients (except the optional ones) in a blender and blend until completely smooth, about 30 seconds.

Lightly coat a large nonstick skillet or griddle with cooking spray and heat over medium-low heat.

Drop batter by ¼ cup onto skillet. Add desired toppings to pancakes at this point.

Cook until bubbles appear on top. Flip cakes and cook until golden brown on underside. Wipe skillet clean and repeat with more cooking spray and remaining batter.

> NOTES AND TIPS

This recipe packs in 20g of protein!





Raspberry Peach Chia Bowls

Submitted by: Employee Wellness

of Servings: 4



INGREDIENTS

2 cups of milk of choice
(low-fat, coconut, almond, etc.)
½ cup chia seeds
1 Tbsp 100% real maple syrup
¼ tsp vanilla extract

2 cups of peach slices
¼ cup orange juice
2 cups raspberries
½ of a lime
3 Tbsp water
1 tsp honey

DIRECTIONS

In a large bowl, whisk together coconut milk, chia seeds, syrup, and vanilla. Continue whisking until mixture begins to thicken slightly. (It will continue to thicken the longer it sets and forms a gel).

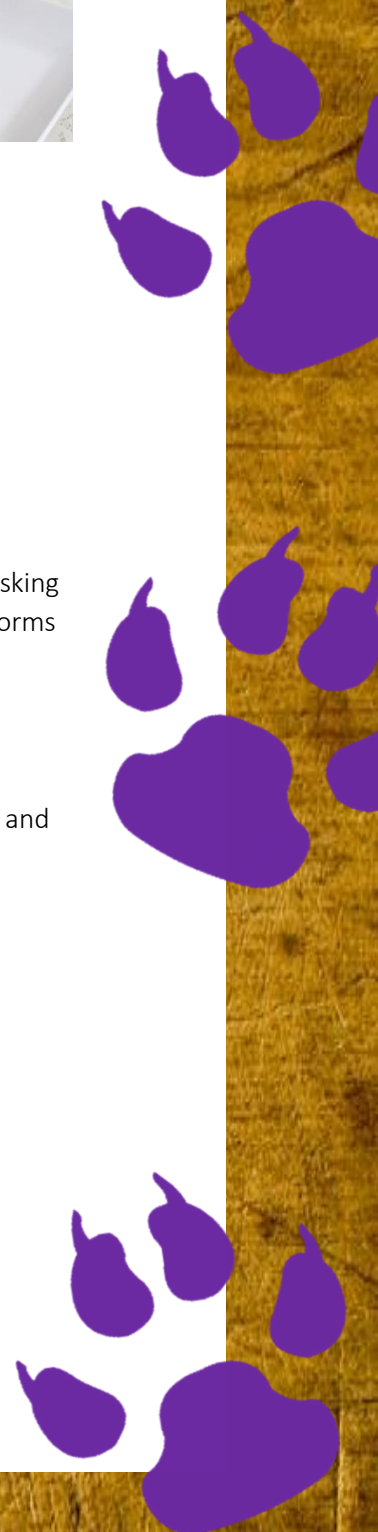
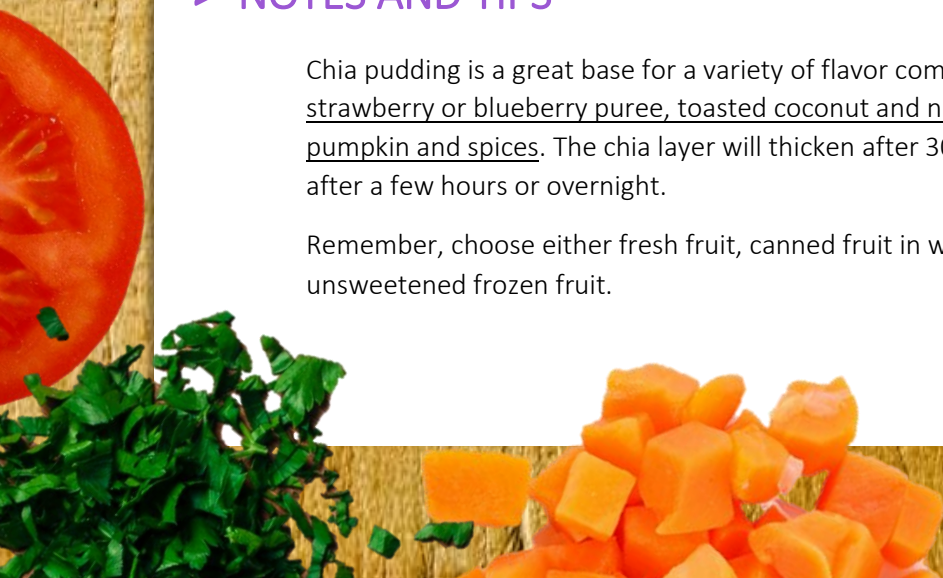
Pour into 4 glasses or small mason jars and refrigerate while you make the other layers.

For peach layer, puree peaches and juice in a blender or food processor until completely smooth. Pour or spoon over chia layer. For raspberry layer, puree raspberries, lime juice, and sweetener (if needed) until completely smooth. For best texture, strain the seeds out by pressing it through a sieve with a spatula. Discard seeds. Pour or spoon over peach layer. Refrigerate at least 20-30 minutes.

> NOTES AND TIPS

Chia pudding is a great base for a variety of flavor combinations. Try strawberry or blueberry puree, toasted coconut and nuts, fresh jam, or even pumpkin and spices. The chia layer will thicken after 30 minutes, but is best after a few hours or overnight.

Remember, choose either fresh fruit, canned fruit in water or 100% juice, or unsweetened frozen fruit.



Warm “Just Fruit!” Topping



Submitted by: Jamie Stein

of Servings: 6

Serving Size: about ¼ cup



INGREDIENTS

3 cups fresh or frozen fruit of choice
(mix it up and get creative!)

3 Tbsp 100% orange juice

Optional add-ins:

¼ tsp ground cinnamon
¼ tsp fresh or ground ginger
1 tsp chia seeds (add after removing
from heat)
Fresh lemon or lime juice

DIRECTIONS

Place fruit and juice in a small saucepan and bring to medium heat.

Once bubbling, reduce heat slightly and use a wooden spoon to muddle and mash the fruit.

Continue cooking over medium-low heat for 10-12 minutes, occasionally mashing fruit to combine.

Remove from heat and transfer to a clean jar or container to cool thoroughly. Store leftovers in the fridge to reheat again.

> NOTES AND TIPS

Serve this compote warm over pancakes, waffles, French toast, toast, oatmeal, or even ice cream sundaes and desserts!)

No added sugar required—a great, healthy way to sweeten your breakfast foods without slathering on the syrup and butter.



*APPETIZERS
& SIDES*

Black Bean Salad



Submitted by: Diane Kawamura

of Servings: 6-8



INGREDIENTS

1 can (15oz) black beans, drained
1 can (16oz) corn, drained
1 red bell pepper
1 green bell pepper
1 yellow bell pepper
½ cup red onion, diced
1 clove garlic, minced

1 tsp fresh cilantro, chopped
¼ cup olive oil
4 Tbsp red wine vinegar
1 tsp lime juice
Fresh ground pepper, to taste
Salt, to taste
Tortilla chips

DIRECTIONS

Seed and dice bell peppers.

In a salad bowl, combine bell peppers, onion, corn, garlic, and cilantro. Toss to mix.

Add olive oil, vinegar, and lime juice. Salt and pepper to taste. Toss again.

Add black beans last and toss well. Serve with tortilla chips.

> NOTES AND TIPS

If you are being mindful of sodium intake, purchase “low-sodium” canned foods or rinse and drain the beans before using.



Chickpea Salad



Submitted by: Tamara Robinette

of Servings: 4



INGREDIENTS

1 can chickpeas, rinsed and drained
1 cup edamame, shelled
½ red bell pepper, diced
1 clove garlic, minced

Slivered almonds, portion as preferred
Chives, portion as preferred
Feta cheese
Oil and vinegar dressing

DIRECTIONS

Toss chickpeas, edamame, bell pepper, and garlic together.

Add almonds, chives and cheese.

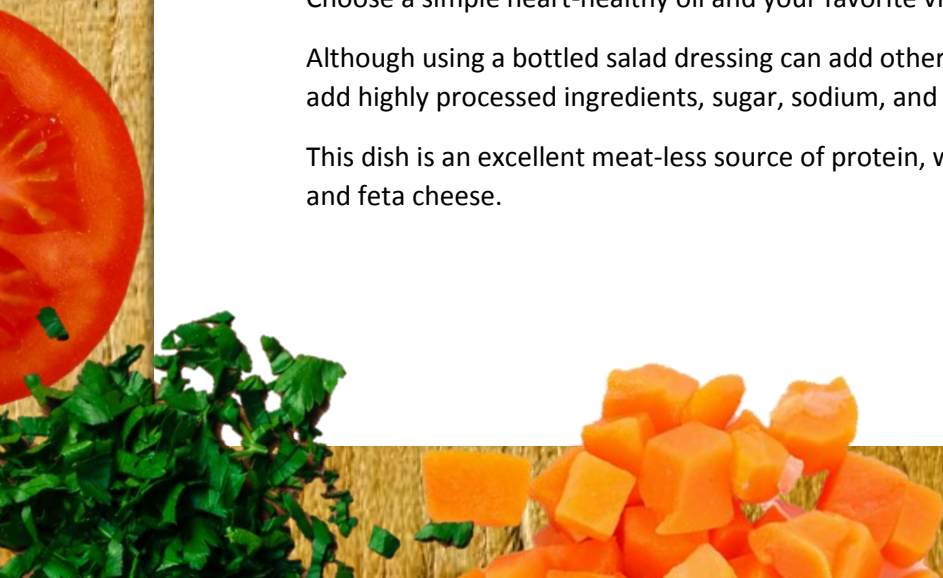
Toss with dressing and serve immediately.

> NOTES AND TIPS

Choose a simple heart-healthy oil and your favorite vinegar as the dressing.

Although using a bottled salad dressing can add other flavors, it also can add highly processed ingredients, sugar, sodium, and even trans-fats!

This dish is an excellent meat-less source of protein, with the legumes, nuts, and feta cheese.



Cucumber Appetizer



Submitted by: Mary Schwab

of Servings: about 5

Serving Size: 2-3 pieces



INGREDIENTS

1 large fresh cucumber

8oz Philly cream cheese, softened

Small amount low-fat milk or plain yogurt

½ tsp dill weed

1 tsp dry onion

¼ tsp garlic powder

1 tsp Mrs. Dash, regular

(or salt-free seasoning blend of choice)

1/8 tsp salt

Paprika and parsley for decoration (optional)

DIRECTIONS

Peel and cut the cucumber into thick rounds (about ½ inch thick). Carefully scoop out seeds.

Slightly thin the cream cheese by adding the small amount of milk or yogurt.

Add all seasonings to the cream cheese. Mix well and fill cucumbers with filling.

Refrigerate for a few hours to let flavors go through.

> NOTES AND TIPS

You can use whipped cream cheese. Do not thin with milk or yogurt if using whipped cream cheese.

Dress them up by using a piping tip to fill them. Sprinkle with paprika and add a small parsley leaf for decoration!





Cucumber Tomato and Avocado Salad

Submitted by: Diane Kawamura

of Servings: 4 (as a side salad)



INGREDIENTS

1 cucumber, sliced and quartered
4 Roma tomatoes (approx. 1lb), chopped
2 ripe avocados, chopped
½ medium red onion, chopped
¼ cup fresh cilantro

Juice of 1 lemon
Salt and black pepper to taste
2 Tbsp extra virgin olive oil

DIRECTIONS

Place sliced cucumber, tomatoes, avocados, onion, and cilantro in a large salad bowl.

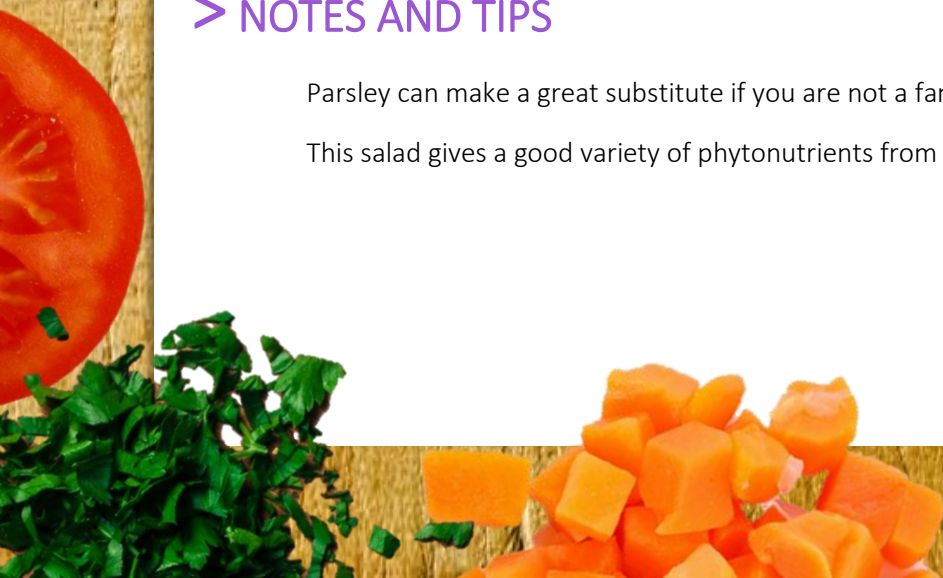
Toss with olive oil, lemon juice, salt, and pepper.

Refrigerate to allow flavors to blend.

> NOTES AND TIPS

Parsley can make a great substitute if you are not a fan of cilantro.

This salad gives a good variety of phytonutrients from all the different colors!



Delightful Dip

Submitted by: Holly Hirst

of Servings: about 8



INGREDIENTS

- | | |
|---|----------------------------------|
| 2 tomatoes | 1 can black-eyed peas |
| 2 avocados | 6-8 oz of Zesty Italian dressing |
| 2 onions | (bottled or see notes below) |
| 1 can Shoepeg corn (or sweet kernel corn) | |

DIRECTIONS

- Chop tomatoes, avocados, and onions.
- Drain and rinse black-eyed peas and corn.
- Mix all ingredients. Keep chilled.

> NOTES AND TIPS

Full-fat bottled Italian dressing will likely contain fewer processed ingredients than a low-fat or fat-free version. But for a whole foods choice, make your own!

Zesty Italian Dressing

Makes 6 oz Combine and shake/whisk all ingredients.

- | | |
|---------------------------------------|----------------------------|
| ½ cup canola or olive oil | 1 tsp Dijon mustard |
| 2 Tbsp white wine vinegar | ½ tsp honey |
| 1 Tbsp red wine vinegar | ½ tsp salt |
| ½ clove garlic, pressed | 1/8 tsp dried oregano |
| 1 Tbsp finely chopped shallots | 1/8 tsp dried marjoram |
| 1 Tbsp finely chopped red bell pepper | Pinch of red pepper flakes |

Easy Sweet Potato Biscuits

Submitted by: Employee Wellness

of Servings: 9

Serving Size: 1 Each



INGREDIENTS

- | | |
|---|--|
| 1 cup all-purpose flour | $\frac{3}{4}$ cup cooked mashed sweet potato |
| $\frac{1}{2}$ cup whole-wheat flour | (about 1 medium potato) |
| 1 Tbsp baking powder | $\frac{1}{3}$ to $\frac{1}{2}$ cup low-fat milk, as needed |
| 1 tsp salt | |
| 6 Tbsp cold unsalted butter, cut into cubes | |

DIRECTIONS

Preheat oven to 425°. Line a baking sheet with parchment.

In a medium mixing bowl, using a whisk, combine the flour, baking powder, and salt. Add the butter and then using a fork, pastry blender, or fingers, work the butter into the flour mixture until it is the size of small peas. Refrigerate 10 minutes.

Add the sweet potato puree and $\frac{1}{3}$ cup milk to the flour mixture and stir to combine. If the mixture is crumbly and not sticking together, add the rest of the milk, 1 Tbsp at a time.

Remove the dough onto a flour dusted surface and dust the top with a little more flour. Roll the dough to $\frac{3}{4}$ inch thickness. Cut using a knife or biscuit cutter into 9 pieces.

Place the biscuits on the baking sheet. Bake until tops are lightly golden brown, 12-15 minutes.

> NOTES AND TIPS

If you want this recipe to be made with 100% whole wheat flour (1 $\frac{1}{2}$ cups total), whole wheat pastry flour is recommended. It is more fine and soft, resulting in a fluffier biscuit that isn't as tough or dense.

Fabulous Veggie Pizza

Appetizer

Submitted by: Gina Shelley

of Servings: varies (makes 1 pan)

Serving Size: varies



INGREDIENTS

2 cans (8oz) refrigerated crescent dinner rolls
1 pkg (8oz) cream cheese, softened
½ cup light mayonnaise
1 tsp fresh dill weed
½ tsp onion salt
1 cup broccoli florets, chopped

1 cup green bell pepper, chopped
1 cup red bell pepper, chopped
¼ cup red onion, chopped
1 small can sliced olives

DIRECTIONS

Preheat oven to 375°. Separate dough into 4 rectangles.

Press onto bottom and up the sides of a 1" deep large baking pan or cookie sheet to form crust.

Bake 11-13 minutes or until golden brown on crust. Remove from oven and cool.

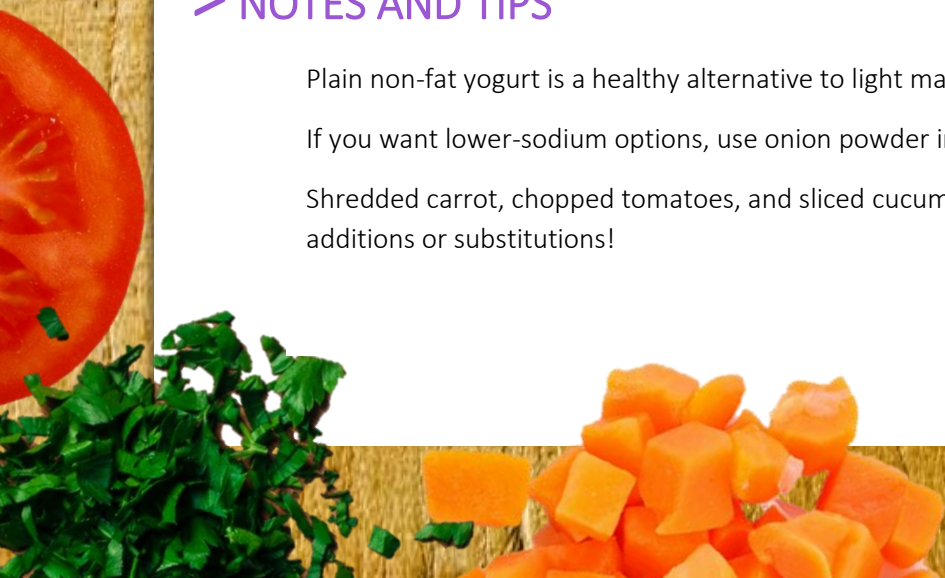
Mix cream cheese, mayo, dill, and onion salt until well blended. Spread over crust and top with remaining ingredients. Refrigerate until ready to serve. Cut into squares.

> NOTES AND TIPS

Plain non-fat yogurt is a healthy alternative to light mayonnaise.

If you want lower-sodium options, use onion powder instead of onion salt.

Shredded carrot, chopped tomatoes, and sliced cucumber are also great additions or substitutions!



Great Guacamole



Submitted by: Mary Schwab

of Servings: 7

Serving Size: ½ cup



INGREDIENTS

3 ripe avocados

½ sweet Vidalia onion, minced

½ Tbsp garlic, minced

3-5 fresh Roma tomatoes or 2 medium
vine-ripe tomatoes, diced

1 tsp ground cumin

¾ tsp sea salt

Black pepper to taste

½ tsp cayenne pepper (optional)

1 bunch fresh cilantro, slightly chopped

2 Tbsp fresh lime juice

DIRECTIONS

Scoop avocado flesh out of shells. Place avocados in a large bowl and mash with a potato masher or the back of a large spoon.

Add onion, garlic, tomatoes, cumin, salt, black pepper, and cayenne pepper. Mix together with a fork. Taste and adjust seasoning.

Stir in cilantro and lime juice.

Chill 30 minutes before serving.

> NOTES AND TIPS

Vidalia onions are a sweet onion, and can be substituted with a yellow onion.

Avocados are full of heart-healthy monounsaturated fats that can help lower cholesterol and risk of heart disease! Consuming more healthy fats also helps your body absorb important fat-soluble vitamins A, D, E, and K.



Green Apple Salad



Submitted by: Tamara Robinette

of Servings: 4



INGREDIENTS

2/3 cup low-fat Greek yogurt
1 Tbsp honey
2 tsp horseradish

2 cups Savoy cabbage, chopped
2 green apples, cored and sliced

DIRECTIONS

Whisk yogurt, honey, and horseradish together.

Add the chopped Savoy cabbage and sliced apples.

Chill for 1 hour before serving.

> NOTES AND TIPS

Sliced fresh pear could be a delicious substitute or addition to this also!

Horseradish often contains lots of ingredients and is highly processed. For a healthier version, find a recipe for horseradish using simpler ingredients!

This salad contains a lot of fiber which aids in digestive health, lowering cholesterol, and keeping you feel full longer.

Savoy cabbage in particular is a good source of sinigrin, which may help prevent cancer.



Lemon Parmesan Zucchini



Submitted by: Heidi Jenkins

of Servings: 2

Serving Size: Depends on the size of zucchini



INGREDIENTS

- 1 zucchini or summer squash
- 1 Tbsp olive oil
- 3 Tbsp lemon juice
- Salt-free lemon pepper
- ½ cup parmesan cheese

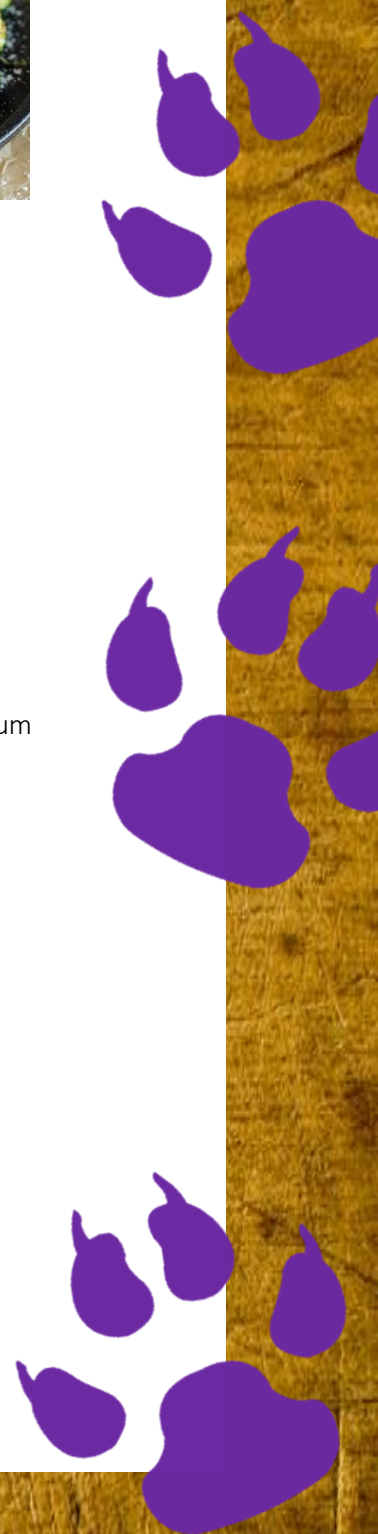
DIRECTIONS

- Slice squash or zucchini into thin rounds (about ¼ inch thickness).
- Grease fry pan with olive oil. Place squash in single or double layer in pan. Cook on medium heat.
- Sprinkle lemon pepper over squash to taste. Pour lemon juice into pan.
- Cook, turning squash occasionally, until squash are tender.
- Remove from pan and top with parmesan cheese.

> NOTES AND TIPS

Look for fresh shredded parmesan cheese near the deli; it tends to be less processed than bottled grated parmesan cheese.

Ease up on the cheese to reduce the calorie and fat content.



Quinoa Salad



Submitted by: Carly Selden

of Servings: 8-10

Serving Size: ½ cup



INGREDIENTS

2 cups quinoa
1/3 cup fresh lime juice
1/3 cup canola oil
1 Tbsp fresh minced garlic
2 tsp cumin
1 jalapeno, seeded and minced

¼ cup raisins
¼ cup currants
1 red onion, diced
¼ cup pine nuts, toasted
1 bunch cilantro, minced
Dash of salt

DIRECTIONS

Cook quinoa according to package directions, drain, and cool.

Mix together oil, lime juice, garlic, cumin, and salt and set aside.

Add jalapeno, raisins, currants, onion, pine nuts, and cilantro to the cooled quinoa.

Pour dressing mixture over quinoa and stir to coat well.

Refrigerate for 2+ hours before serving.

> NOTES AND TIPS

“This quinoa salad actually tastes better the next day, after having a full day to marinate with all of those yummy flavors. It is a favorite of ours to have with our Thanksgiving fare. Using fresh garlic and cilantro, instead of dried, in this dish is worth the extra effort.” -Carly



Seasoned Black Beans

(Chipotle® copycat recipe)



Submitted by: Employee Wellness

of Servings: 6

Serving Size: ½ cup



INGREDIENTS

2 cans (15oz) low-sodium black beans

1 tsp chili powder

½ tsp cumin

1/8 tsp allspice

1 clove garlic, crushed

½ tsp salt

¼ tsp sugar

DIRECTIONS

Pour the beans into a small saucepan.

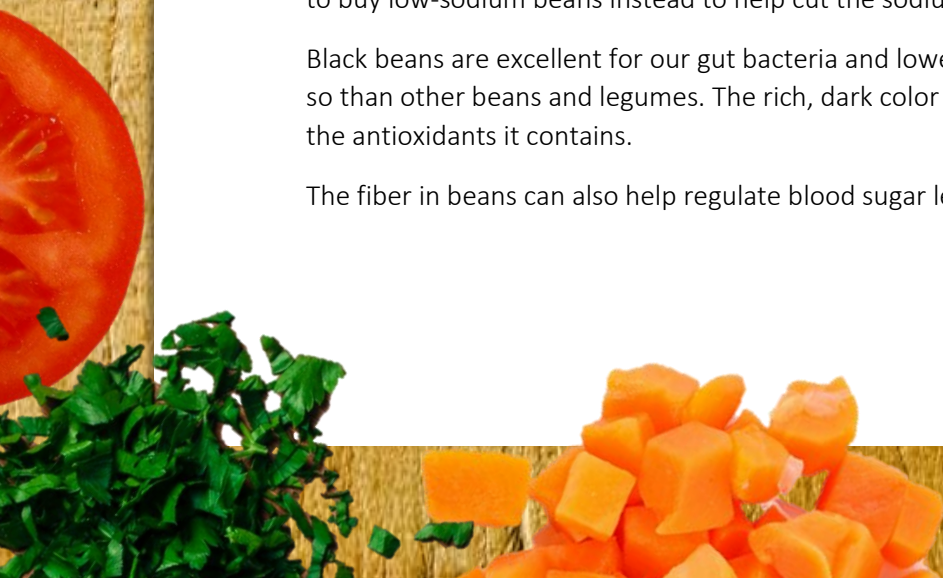
Stir in the other ingredients. Heat over medium heat until hot.

> NOTES AND TIPS

Since the liquid from the beans is used in this recipe, do not drain and rinse the beans. That is usually done to reduce the sodium content, so just be sure to buy low-sodium beans instead to help cut the sodium.

Black beans are excellent for our gut bacteria and lower digestive tract, more so than other beans and legumes. The rich, dark color of the beans is due to the antioxidants it contains.

The fiber in beans can also help regulate blood sugar levels.



Summer Tortellini Salad

Submitted by: Raeanna Johnson

of Servings: 6

Serving Size: 1 Cup



INGREDIENTS

1 pkg (9oz) uncooked refrigerated cheese-filled tortellini
1 medium zucchini, thinly sliced
1 large carrot, peeled and chopped
1 pint cherry tomatoes, halved

4 green onions with tops, thinly sliced
 $\frac{1}{4}$ cup snipped fresh parsley
 $\frac{1}{2}$ cup fat-free Italian or Ranch dressing
2 Tbsp fresh Parmesan cheese, grated

DIRECTIONS

Cook tortellini according to package directions. Meanwhile, prep vegetables. Drain and rinse under cold running water using large colander (keeps pasta from sticking together). Place tortellini in large bowl and set aside.

Add vegetables to tortellini. Pour salad dressing over salad. Grate Parmesan cheese over salad and mix gently.

Cover and refrigerate at least 2 hours before serving.

> NOTES AND TIPS

You could substitute the store-bought dressing with a homemade version for fewer processed ingredients.

Sweet Potato Fries



Submitted by: Heidi Jenkins

of Servings: 4

Serving Size: About 1 cup



INGREDIENTS

2 medium sweet potatoes, scrubbed and peeled

Sea salt, to taste

Non-stick cooking spray

Spices of your choice (paprika, lemon pepper, cayenne, cinnamon, etc.)

DIRECTIONS

Slice sweet potatoes lengthwise into $\frac{1}{4}$ inch thick slices. Cut the slices into $\frac{1}{4}$ inch with sticks. Place the sweet potatoes into a large bowl, and sprinkle with salt. Let stand for about 10 minutes to release some of the moisture.

Meanwhile, preheat the oven to 450°. Line a baking sheet with aluminum foil and lightly spray with cooking spray.

Spread the potatoes onto a paper towel to absorb any excess moisture. Place the potatoes back into the large bowl and spray with cooking spray. Sprinkle with spices, to taste. Spread the potatoes in a single layer onto the prepared baking sheet.

Bake the fries until they are golden and tender, 25-35 minutes.

> NOTES AND TIPS

Baking the potatoes instead of frying them significantly reduces the amount of fat. Making these yourself also allows you to control the salt.

If you aren't a fan of sweet potatoes, try this recipe using regular Russet potatoes. They still contain vitamin C and potassium, and will be healthier than ones from a restaurant!



White Salad



Submitted by: Diane Kawamura

of Servings: 6



INGREDIENTS

2 medium-large heads cauliflower,
chopped into florets
3 medium cucumbers, peeled and cut in 4
lengthwise, then sliced
4 shallots, finely chopped
3 Tbsp fresh parsley, chopped

Vinaigrette:

1 tsp salt
½ tsp fresh ground pepper
2 Tbsp wine vinegar
6 Tbsp olive oil

DIRECTIONS

Place the cauliflower in a large pan with salted water. Let them boil for about 4-6 minutes. Do not overcook them so they remain firm. Drain and rinse under cold water; drain again thoroughly.

Place the cauliflower in a deep bowl. Add the cucumbers and the shallots.

Refrigerate for at least 2 hours.

Just before serving, prepare and add the vinaigrette. Sprinkle with the freshly chopped parsley. Mix well and serve cold.

> NOTES AND TIPS

Cauliflower is an excellent source of vitamin C, vitamin K, folate, and other nutrients that link its consumption to cancer prevention!

This salad keeps well for several days in the refrigerator.

The photo shows this recipe with dill substituted for parsley.





ENTRÉES

Chicken Salad w/ Apples and Grapes



Submitted by: Sherri Melton

of Servings: 4



INGREDIENTS

- | | |
|--|---------------------------------------|
| ¼ cup low-fat plain yogurt | ¾ cup red grapes, halved |
| ¼ cup low-fat Ranch dressing | 1 cup flat-leaf parsley, chopped |
| ½ tsp sea salt | ½ cup dried cranberries |
| ¼ tsp garlic powder | 1 cup celery, diced |
| Black pepper, to taste | 1 cup carrots, shredded |
| 2 cups grilled chicken, roughly chopped | 4 large romaine leaves |
| ½ fresh apple, skin on, chopped into cubes | ¼ cup raw almonds or walnuts, chopped |

DIRECTIONS

Combine the yogurt, dressing, salt, garlic powder, and pepper in a medium bowl and whisk to incorporate.

Combine chicken, apple, parsley, grapes, cranberries, celery, and carrots in a large salad bowl.

Pour the dressing over and toss to thoroughly coat. Arrange lettuce leaves on plates. Divide the salad evenly on the leaves and top with the chopped nuts.

> NOTES AND TIPS

Low-fat Ranch is a smart choice for weight management and heart health. If you want a more whole-food dressing, choose a full-fat dressing with few ingredients and a low amount of sugar.



To make the recipe gluten-free, choose a dressing without gluten.

You can substitute fresh, chopped garlic for garlic powder. Choose dried cranberries (or other dried fruit) with less added sugars.

Feel free to add other healthy greens in the mix, like watercress or spinach!

Chicken Tortilla Soup



Submitted by: Heidi Jenkins

of Servings: About 12

Serving Size: 1 cup



INGREDIENTS

- | | |
|--|--------------------------------------|
| Non-stick cooking spray | 2 cans reduced-sodium diced tomatoes |
| 2 corn or whole wheat tortillas | 2 cups salsa |
| 1 Tbsp olive oil | ½ cup fresh or frozen corn kernels |
| 1 medium onion | 1 cup shredded cooked chicken breast |
| 1 clove garlic, chopped | 1/3 cup fresh cilantro (optional) |
| 1 Anaheim Chile, seeded and chopped | 1 avocado, cubed |
| 2 cans (14.5oz) low-sodium chicken broth | 1 cup shredded cheddar cheese |

DIRECTIONS

Preheat oven to 350°. Spray a cookie sheet with cooking spray. Cut tortillas into ¼ inch strips. Place strips in a single layer on the cookie sheet, and bake until golden and crisp, about 9 minutes.

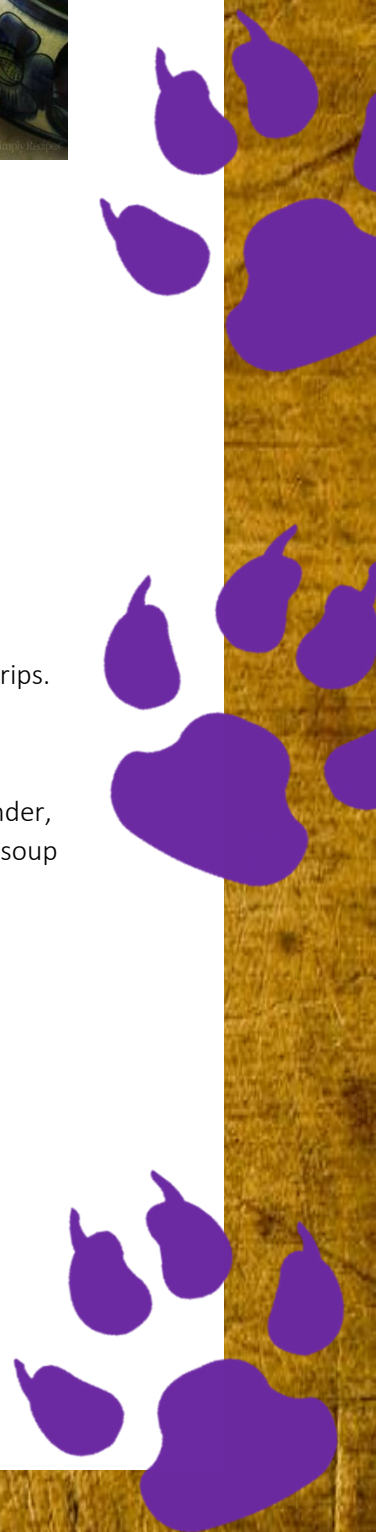
Put olive oil, garlic, and Anaheim pepper in a medium pot. Sauté until onion is slightly tender, about 5 minutes. Combine chicken broth, tomatoes, salsa, and corn in the pot. Bring the soup to a boil over high heat. Reduce heat to medium low and simmer for 8 minutes. Stir the chicken into the soup. Add Salt and Pepper, if needed.

Ladle soup into bowls and top with avocado, chopped cilantro, tortilla chips, and cheese.

> NOTES AND TIPS

Choose a low-sodium salsa with basic ingredients, or we recommend you make your own fresh salsa!

You could add plain Greek yogurt if you like sour cream in your soup (adds protein and calcium).



Chicken-Rice-Broccoli Casserole



Submitted by: Debbie Hansen

of Servings: 6

Serving Size: varies from ½ to 1 cup



INGREDIENTS

- | | |
|---|------------------------------------|
| 1 Tbsp olive oil | 1 can (10oz) cream of chicken soup |
| 1 small onion, chopped | 2-3 cups chicken broth |
| 2 chicken breasts, cut into small cubes | 2 cups broccoli florets |
| 4 cloves garlic, minced | 1 cup cheddar cheese |
| ¾ cup Basmati or brown rice | Salt and pepper to taste |

DIRECTIONS

Heat olive oil in a large skillet. Add chopped onion, garlic and cubed chicken. Cook on medium heat for a few minutes until chicken starts to brown a bit. Season with salt and pepper to taste.

Add rice, cream of chicken soup and chicken broth. Start with 2 cups of chicken broth and if more is needed until rice is fully cooked, add more. Cook over medium heat until rice is fully cooked, should take about 15 minutes or so. Taste for seasoning and adjust as necessary.

Add half the cheese and the all of broccoli florets and continue cooking for 2 more minutes, until broccoli softens a bit. Sprinkle the remaining cheese over the top before serving.

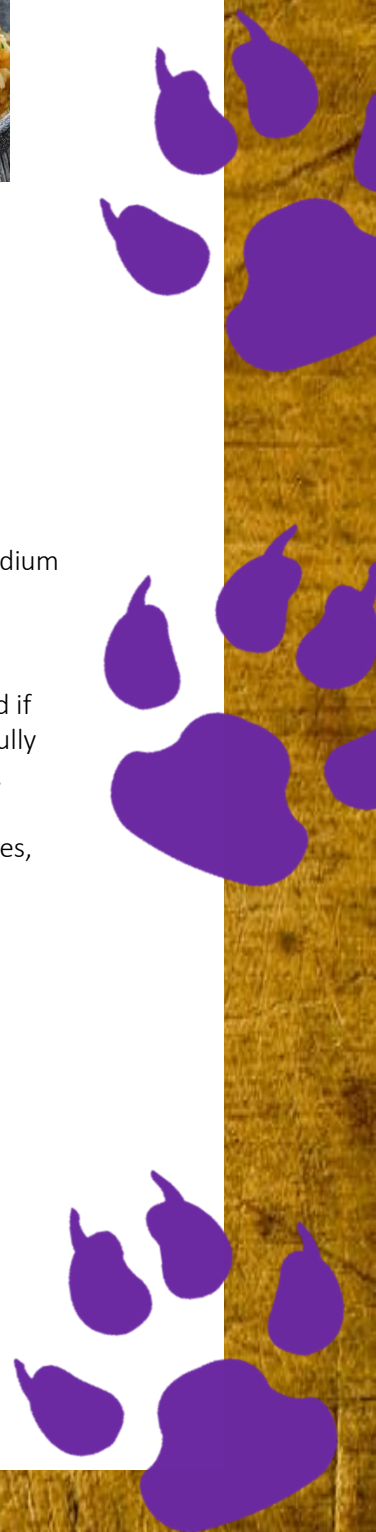
> NOTES AND TIPS

“This dish is so yummy and my family absolutely loves it, so I usually double this recipe, except for the cheese to keep the caloric intake lower. This dish is great as leftovers also!” --Debbie



To make this gluten-free, substitute the cream soup with gluten-free flour or cornstarch whisked with milk.

Choose low-sodium chicken soup and chicken broth for heart health.



Cucumber Yogurt Tabbouleh Wrap



Submitted by: Jamie Stein

of Servings: 4

Serving Size: About 1 1/2 cups tabbouleh



INGREDIENTS

4 large whole-wheat tortillas
2 cups water
1 cup quinoa
¼ cup olive oil
½ tsp salt
¼ cup fresh lemon juice
2 medium tomatoes, diced

½ carrot, finely diced
½ cucumber, finely diced
1 cup fresh flat-leaf parsley, chopped
Dressing:
8 oz plain Greek yogurt
1 cucumber, peeled, seeded, and chopped
1 ½ Tbsp fresh lemon juice
1 Tbsp fresh dill, chopped (optional)

DIRECTIONS

Boil water in a 1qt pot; add quinoa. Turn down heat to low and cover; let simmer for 15 minutes. Remove from heat once all water has evaporated (don't let quinoa burn to bottom of pan). Fluff quinoa with fork and allow to cool completely. Cover and refrigerate the quinoa for at least a few hours to get the best flavor.

In a large bowl, combine olive oil, salt, lemon juice, tomatoes, carrot, cucumber, and parsley. Stir in the cooled quinoa.

In a food processor or blender, mix the yogurt, cucumber, lemon juice, (and dill) until smooth.

Serve tabbouleh in tortilla. Drizzle generously with yogurt dressing and roll into a wrap.

> NOTES AND TIPS

Don't let the name weird you out—this has a taste similar to a chilled tomato and cucumber pasta salad. After having this once, I crave it all the time now! --Jamie

Using quinoa turns it into a whole grain dish packed with a complete, plant-based protein. It is super quick and simple to make! The fresh cucumber and lemon flavors make it great for lunchtime in summer.



The tabbouleh and dressing are gluten free, so skip the wrap and serve it in a bowl!



Ham & Bean Soup



Submitted by: Raeanna Johnson

of Servings: about 8

Serving Size:



INGREDIENTS

1 lb navy beans, dry
7 cups water
1 ham bone
2 cups cubed cooked smoked ham
¼ cup onion, minced

2 medium carrots, chopped
½ tsp salt
1 bay leaf
Dash of black pepper

DIRECTIONS

Rinse beans. Heat beans and water to boiling; boil gently 2 minutes. Remove from heat; cover and let stand 1 hour.

Add remaining ingredients. Heat to boiling. Reduce heat; cover and simmer about 1 hour and 15 minutes or until beans are soft. Skim off foam occasionally. (Add water if necessary.)

Remove bay leaf and ham bone. Trim meat from bone and add to soup. Season to taste.

> NOTES AND TIPS

Using the bone in the broth releases a wealth of nutrients from the marrow into the soup, including anti-inflammatory and gut-healing proteins, heart-healthy fats, and bone- and joint-healthy minerals.

Homemade Chicken Nuggets

Submitted by: Jeanette Lowe

of Servings: 3-4



INGREDIENTS

1 lb boneless skinless chicken breasts
2 eggs
1 cup whole-wheat breadcrumbs
¼ cup grated parmesan cheese
½ tsp paprika

½ tsp garlic powder
Salt and pepper to taste
Cooking oil

DIRECTIONS

Chop the chicken into small chunks, and sprinkle them with salt and pepper (if desired). Lightly beat the eggs in a shallow bowl. In another shallow bowl, mix together the breadcrumbs, cheese, paprika, and garlic powder with a fork.

Toss some of the chicken chunks into the egg mixture until they are coated on all sides. Drop them on top of the bread crumb mixture and flip them over a few times until they are completely coated. Put the coated pieces on a plate while you work the rest of the chicken.

Heat a thin layer of oil in a large sauté pan over medium-low heat. Cook the chicken nuggets for several minutes on each side until they are golden brown on the outside. Cut one down the middle to make sure it is fully cooked. Transfer the nuggets to a plate lined with paper towels to help drain off any excess oil.

> NOTES AND TIPS

If you want to skip the frying, bake them instead at 400° for about 18 minutes.

Making them at home is an excellent way to avoid all the added ingredients in store-bought chicken nuggets. If possible, choose organic chicken.

"I usually work late and this is an easy recipe that my 15-year-old daughter can make for dinner before I get home." —Jeanette

Lemon Caesar Salad

Submitted by: Larry Allen

of Servings: 8-10

Serving Size: about 1 cup



INGREDIENTS

3-4 Tbsp fresh lemon juice
1 tsp Dijon mustard
1-2 tsp anchovy paste or 1-2 anchovy fillets, minced fine
1-2 tsp Worcestershire sauce
2-3 large cloves garlic, minced finely
¼ tsp fresh ground black pepper
Vinegar (1 tsp if red wine or balsamic,
1 Tbsp if white wine or white balsamic)

2-3 fresh basil leaves, minced (optional)
1/3 cup extra virgin olive oil
2 egg yolks and ½ egg white

Salad:

2-3 Romaine hearts, torn/cut into bite-size pieces
½ cup shredded or shaved Parmesan cheese
1 to 1 ½ cups croutons (preferably whole-grain and homemade)

DIRECTIONS

In a medium bowl using a wire whisk, blend all dressing ingredients except oil and eggs. Gradually add oil, whisking constantly until smooth. Add egg and whisk until smooth.

In a large bowl, combine romaine, cheese, and croutons; toss gently. Pour dressing over salad; toss to combine.

> NOTES AND TIPS

All the dressing ingredients can be done to taste. Keep in mind that Worcestershire sauce is easy to overdo, and feel free to go up to 5 cloves of garlic if you are a garlic fan.

You can substitute the eggs in this recipe with 1 Tbsp plain, nonfat Greek yogurt.

Anchovy fillets packed in oil will generally have a much better taste than anchovy paste. They are a good source of omega-3 fatty acids and contain calcium, magnesium, and iron.

Fresh Mozzarella, Heirloom Tomato, and Basil Pizza

Submitted by: Jamie Stein

of Servings: 6

Serving Size: 2 slices



INGREDIENTS

12oz refrigerated fresh pizza dough

½ cup fresh basil leaves

2 Tbsp extra virgin olive oil

3 garlic cloves

1 Tbsp water

4 oz fresh mozzarella cheese

2 (6oz) heirloom tomatoes, cut 1/4in slices

½ tsp salt

¼ tsp freshly ground black pepper

DIRECTIONS

Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500°.

Let dough stand at room temperature for 30 minutes.

Place basil, 1 Tbsp oil, and garlic in a food processor; pulse 3 times to form a paste. Add 1 Tbsp water; pulse until smooth.

Roll dough into a 14in circle on a floured surface; pierce entire surface liberally with a fork. Carefully remove pizza stone from oven. Arrange dough on stone. Brush remaining 1 Tbsp oil over dough. Top evenly with cheese and tomatoes. Bake at 500° for 11 minutes or until crust is browned and crisp. Drizzle basil mixture over pizza; sprinkle evenly with salt and pepper. Cut into 12 slices.

> NOTES AND TIPS

Try making fresh dough from scratch to control the amount of salt, fat, and whole grains in the dough! If the dough continues to shrink when rolling it out, continue to let it rest at room temperature for an additional 10 minutes. Feel free to add any other additional veggies you want!

Ooodles of Noodles

Submitted by: Joan Thompson

of Servings: 6

Serving Size: 1 cup



INGREDIENTS

2 $\frac{3}{4}$ cups whole wheat penne pasta (11oz)
1 $\frac{1}{2}$ Tbsp olive oil
2 $\frac{1}{4}$ cups fresh grape tomatoes, halved
1 $\frac{1}{2}$ tsp dried basil
 $\frac{3}{4}$ tsp salt
 $\frac{1}{4}$ tsp ground black pepper

1 Tbsp fresh garlic, minced
3 Tbsp whole wheat flour
2 $\frac{1}{3}$ cups low-sodium vegetable broth
4 cups fresh Swiss chard, stems removed,
chopped

DIRECTIONS

In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.

Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Add basil, salt, pepper, and garlic. Stir.

Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.

Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.

> NOTES AND TIPS

Find other family-friendly recipes like this on USDA's "What's Cooking?" website.

Orange-Ginger Chicken



Submitted by: Raeanna Johnson

of Servings: 4

Serving Size: 1 breast, about 1 ½ Tbsp sauce



Photo: Oxnood House

INGREDIENTS

4 skinless, boneless chicken breasts
(about 1 ½ lbs)

½ tsp salt

¼ tsp black pepper

1/8 tsp garlic powder

1 ½ tsp olive oil

1 navel orange

3 Tbsp honey

1 tsp grated peeled fresh ginger

Chopped green onions (optional)

DIRECTIONS

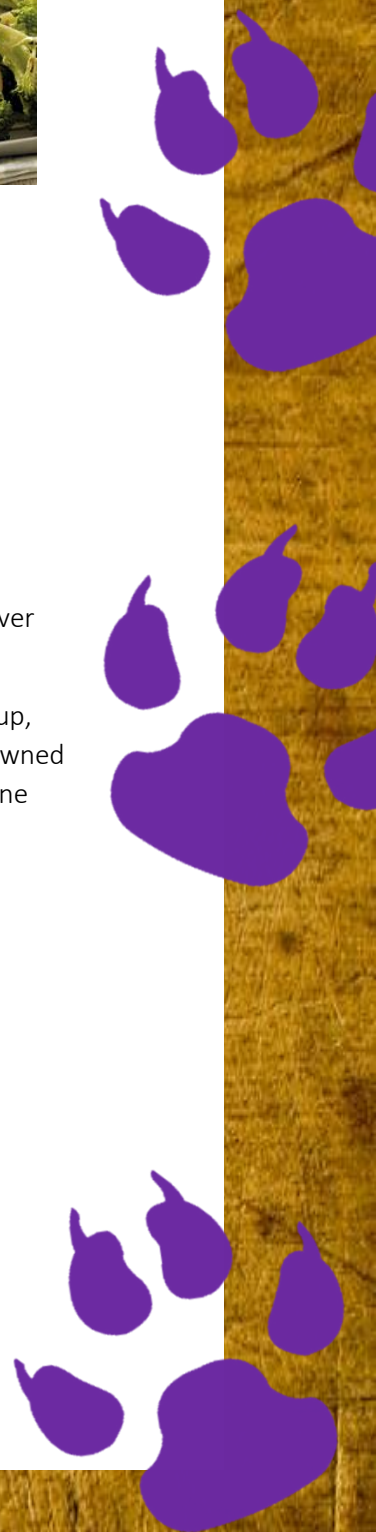
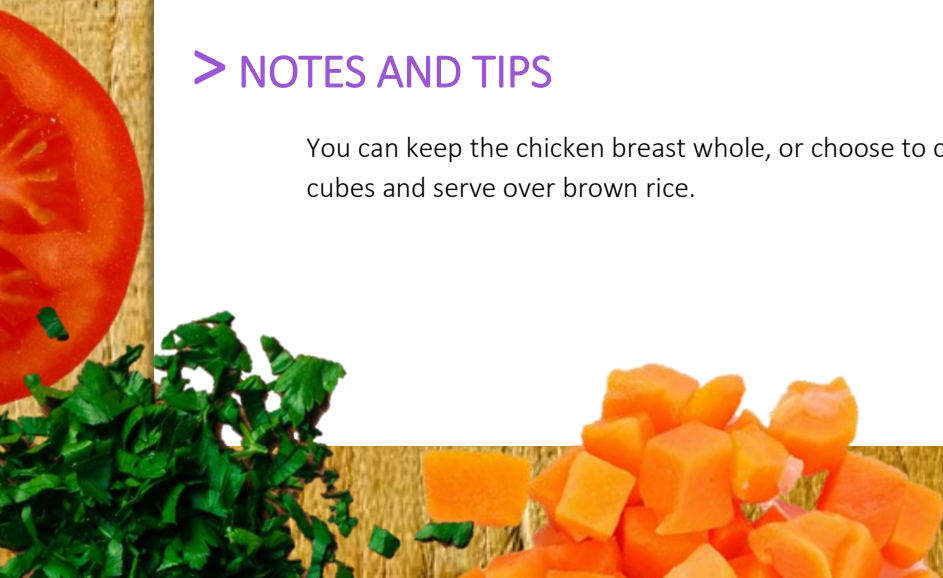
Sprinkle chicken with salt, pepper, and garlic powder. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 3-4 minutes on each side or until browned.

While chicken cooks, grate rind and squeeze juice from orange to measure 1 tsp and ¼ cup, respectively. Add orange rind, juice, honey, and ginger to chicken, scraping to loosen browned bits. Bring to a boil; reduce heat and simmer, uncovered, 7 minutes or until chicken is done and orange mixture is syrupy.

Sprinkle with green onion, if desired.

> NOTES AND TIPS

You can keep the chicken breast whole, or choose to chop them into small cubes and serve over brown rice.



Oven-Fried Mexican Chicken

Submitted by: Diane Kawamura

of Servings: 4

Serving Size: 3oz chicken and ¼ cup salsa



INGREDIENTS

1lb boneless, skinless chicken breasts,
pounded until uniform thickness
¼ tsp salt
1 cup panko bread crumbs
1 cup low-sodium salsa

Taco Seasoning:
1 Tbsp chili powder
1 tsp cumin
1 tsp red pepper flakes

DIRECTIONS

Preheat oven to 375°. Prepare the taco seasoning by combining ingredients and mixing well.

Combine the panko, taco seasoning, and salt in a shallow dish.

Remove any fat from the chicken breasts. Pull the tenderloin away from the breast; it is on the underside of the breast. Slice the remaining breast into one inch strips. You should get 4 strips from each breast.

Spray each strip with non-stick cooking spray, then dip into the bread crumbs to coat the entire surface. Transfer the chicken to a baking sheet. Bake for 20 minutes or until the meat reaches 165° at the thickest point.

Serve with salsa.

> NOTES AND TIPS

You can substitute the panko crumbs with crushed baked tortilla chips.

Choose a salsa with few ingredients or make your own fresh salsa!

Oven-Fried Parmesan Chicken

Submitted by: Diane Kawamura

of Servings: 6

Serving Size: about 6oz



INGREDIENTS

¼ cup egg product or 2 eggs, beaten
1/8 cup milk, fat-free
6 Tbsp cup Parmesan cheese
6 Tbsp bread crumbs, fine, dry
1 tsp oregano, dried

½ tsp paprika
1/8 tsp black pepper
2.5lbs chicken pieces (breast, thighs, drumsticks), skinned
1/8 cup butter

DIRECTIONS

Preheat oven to 375°. Grease two large shallow baking pans; set aside. In a small bowl, combine eggs and milk. In a shallow dish, combine Parmesan cheese, bread crumbs, oregano, paprika, and pepper.

Dip chicken pieces into egg mixture; coat with crumb mixture. Arrange chicken pieces in prepared baking pans, making sure pieces don't touch. Drizzle chicken pieces with melted butter.

Bake for 45-55 minutes or until chicken is tender and no longer is pink (170° for breasts, 180° for thighs and drumsticks). Do not turn chicken pieces during baking.

Immediately transfer chicken to a covered container; serve within 1 hour, or cover and chill.

> NOTES AND TIPS

Because this recipe still uses oil to keep the breading moist and "fried", it is comparable to real fried chicken, but much healthier by being baked!

Potato Soup



Submitted by: Tamara Robinette

of Servings: 6



INGREDIENTS

1-2 Tbsp olive oil, divided
4-5 small potatoes, chopped
1 small onion, chopped
2 cloves garlic
1 roasted red pepper, chopped

2 green onions
3 cups organic chicken broth
3 Tbsp butter
¼ cup milk
Salt and pepper, to taste

DIRECTIONS

In a medium pot, heat oil and add onion, garlic, and red pepper. After you get a good sizzle, add about ½ cup chicken broth; let simmer until everything is soft.

Toss potatoes with oil, salt, and pepper, and roast on a baking sheet at 400° for about 30 minutes. Set aside the equivalent of one potato for later.

By this time the onion, garlic, and pepper should be soft. Add the green onions. Cook for about 3 minutes.

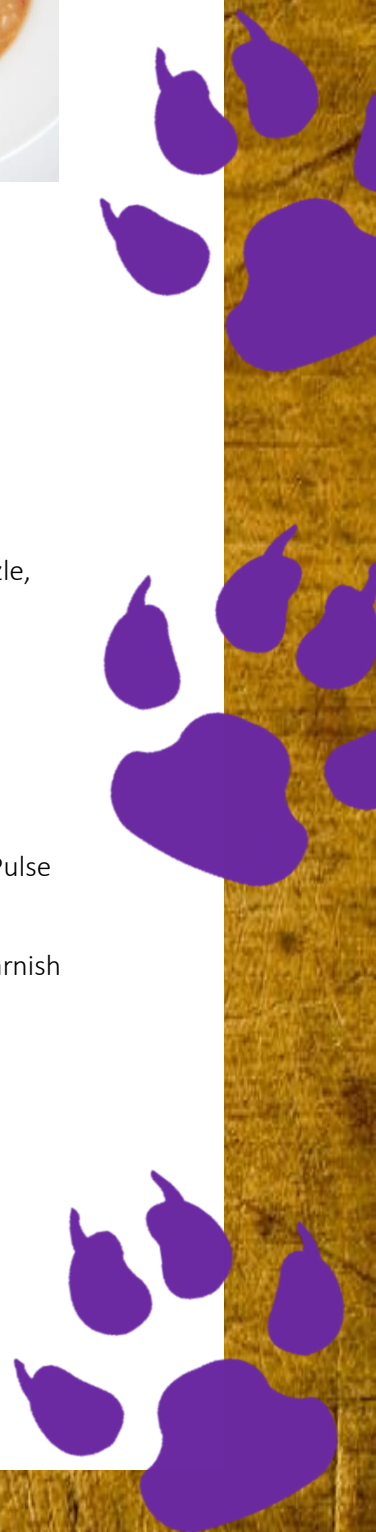
Place this mixture in a blender. Add roasted potatoes and the rest of the chicken broth. Pulse the blender until everything is blended. It can be left a bit chunky as desired.

Pour mixture back into pot. Add butter, milk, and remaining potatoes; heat. Serve and garnish with green onions.

> NOTES AND TIPS



For gluten-free, make sure the chicken broth is gluten-free.



Quick Burritos

Submitted by: Levi Slade

of Servings: 4-8 (depending on tortilla size)

Serving Size: 1 Burrito



INGREDIENTS

1 can (15oz) black beans, rinsed and drained
4 slices (1oz each) Pepper Jack cheese
(or other natural cheese)
½ -1 bell pepper, chopped
Additional veggies, chopped
(optional: tomatoes, whole kernel corn,
avocado slice, etc.)

Picante Sauce, to taste
Corn or whole wheat tortillas

For breakfast burritos:
4 eggs (optional)

DIRECTIONS

For 1-2 servings:

Stack beans, veggies, and ½ or 1 cheese slice on each tortilla. Microwave for 45 seconds to 1 minute. Top with picante sauce, wrap, and enjoy! Refrigerate remaining ingredients for even faster burritos in the future.

For Breakfast burritos or for many servings:

Scramble eggs with beans, veggies, and cheese in fry pan all at once. Dish mixture onto separate tortillas and top each one with picante sauce. Wrap and serve!

> NOTES AND TIPS

Choose an organic picante sauce if available, or one with the fewest processed ingredients.

Avoid using processed cheese like American, Velveeta, or jarred queso.



Use corn tortillas and skip the picante sauce to make these gluten-free.

Salmon Salad Sandwich w/ Chili Aioli



Submitted by: Jamie Stein

of Servings: 2

Serving Size: 1 sandwich



INGREDIENTS

3 Tbsp low-fat mayonnaise
1 tsp Sriracha chili sauce
5 oz canned salmon, drained
1/2 lemon, for fresh juice
2 Tbsp fresh dill, chopped
1 clove garlic, minced

Salt, to taste
4 slices whole-grain bread of choice
1/2 cup spinach, arugula, or green of choice
4 tomato slices

DIRECTIONS

Mix the mayonnaise and Sriracha chili sauce; set aside.

Combine the salmon, juice of the 1/2 lemon, dill, garlic, and salt.

Divide salmon salad between the two sandwiches. Top with the greens, tomato slices, and drizzle with the chili aioli.

> NOTES AND TIPS

Many people struggle to meet the recommendation of eating a 3oz serving of fatty fish twice per week. Canned salmon is easy to swap in place of tuna, throwing in a greater helping of inflammation-fighting omega-3 fatty acids.

Buying bread from artisan bakers or purchasing whole-grain products with the fewest ingredients is the best option.



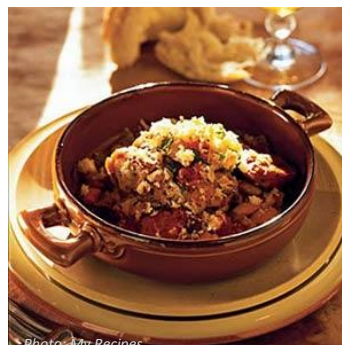
Or serve on gluten-free bread!

Slow-Cooker Chicken Cassoulet



Submitted by: Raeanna Johnson

of Servings: 6



INGREDIENTS

1 can (15oz) navy beans, pinto beans, or black-eyed peas, rinsed and well drained
4 boneless, skinless chicken breasts
Sea salt and fresh ground black pepper, to taste
2 Tbsp extra virgin olive oil
1 2/3 cups low-sodium chicken stock

1 medium onion, peeled and chopped
4 celery stalks, trimmed and chopped
4 cloves garlic, pressed
¼ cup sundried tomatoes (optional)
3 large carrots, peeled and chopped
¼ cup fresh basil, chopped fine
1 tsp thyme
2 Tbsp fresh parsley, minced

DIRECTIONS

Spread half of the beans in the bottom of your slow-cooker pot.

Season poultry with salt and pepper. Heat olive oil over medium heat in a skillet. Brown the poultry on both sides in the skillet for about 5 minutes on each side.

Place the browned chicken on top of the beans in the slow cooker. Top with remaining beans and the chicken stock. Add water if you don't have enough chicken stock.

Sauté the onions, celery, garlic, tomatoes, carrots, and herbs using the same skillet. Spread this mixture over the ingredients in the crock pot. Cover and put on slow heat for several hours.

> NOTES AND TIPS

A cassoulet is a French dish similar to a stew. The photo shows it topped with a small amount of breadcrumbs and natural cheese. If you choose to add these ingredients at the end, just a sprinkle is enough.



For gluten-free, make sure the chicken stock is gluten-free.

Spinach and Rice



Submitted by: Jennifer Grandi

of Servings: 2



INGREDIENTS

2 Tbsp olive oil
2 small bags of fresh spinach
1-2 medium tomatoes, chopped
4-6 mushrooms, sliced
2 garlic cloves, chopped

1 cup of rice, cooked
 $\frac{3}{4}$ cup beans of choice (optional)
 $\frac{1}{4}$ cup Feta cheese (optional)

DIRECTIONS

Prepare the rice.

Heat olive oil in a skillet. Add spinach and cook down to half its size.

Add sliced mushrooms, chopped garlic, and chopped tomatoes.

Add the rice after the vegetables have mostly cooked.

Season to taste. Add the beans and top with the Feta cheese for a heartier meal.

> NOTES AND TIPS

Be sure to season with salt-free herbs and spices for heart health!

Eating cooked spinach allows your body to better absorb the iron in the leaves compared to eating raw spinach. The combination of rice and beans also provides this meal with complete proteins! Nutritionally, this meal is excellent for people who don't eat meat often.



Stuffed Bell Peppers

Submitted by: Heidi Jenkins

of Servings: 6

Serving Size: 1 Bell Pepper

INGREDIENTS

6 bell peppers (any color)

1lb extra lean ground beef

1 medium onion, chopped

Salt and pepper, to taste

2 cans (14.5oz) reduced-sodium diced tomatoes

1 tsp Worcestershire sauce

1 cup precooked brown rice

1 cup shredded Cheddar cheese

1 can (10.75oz) condensed tomato soup
(lower-sodium if possible)

DIRECTIONS

Preheat oven to 350°. Bring a large pot of water to a boil. Cut the tops off the bell peppers and remove the seeds and ribs. Cook peppers in boiling water for 5-7 minutes, drain. Sprinkle salt inside each pepper and set aside.

In a large skillet, sauté beef and onions until beef is browned. Drain if needed. Season with salt and pepper as needed. Stir in the tomatoes, rice, and Worcestershire. Simmer for about 10 minutes. Remove from heat and stir in cheese.

Stuff each pepper with meat mixture, and place peppers open side up in baking dish. Spoon about 1 Tbsp of tomato soup over the top of each pepper. Bake 25-35 minutes, until heated through and cheese is melted.

> NOTES AND TIPS

Try to choose peppers with a flat bottom. They will sit in the baking dish better.

For those who don't like bell peppers, you can put some of the meat mixture into a meat loaf pan and top with tomato soup. Bake the same.

Feel free to substitute the beef with ground turkey, ground chicken, or a meat-free option like browned tofu.



White Chicken Chili



Submitted by: Tamara Robinette

of Servings: 6



INGREDIENTS

4 cups cooked chicken, chopped
2 Tbsp olive oil
1 medium onion, chopped
3 cloves garlic, chopped
1 red pepper, chopped
2 Tbsp fresh parsley

1-2 Tbsp chili powder
2 tsp cumin
1 tsp sea salt
2 cans organic Great Northern beans
32oz carton organic chicken broth
1 cup half & half

DIRECTIONS

In a 6qt Dutch oven, heat oil and sauté onion until soft. Add garlic, red pepper, and parsley. Sauté for 4-5 minutes.

Add chili powder, cumin, and salt. Sauté for 2-3 minutes until fragrant.

Rinse and drain beans, and add to pan. Add chicken broth and chicken. Bring to a boil, then reduce heat and simmer for 40 minutes.

Gradually add half & half. Mix until well combined.

Serve hot with cilantro for garnish.

> NOTES AND TIPS

Make sure to add the dairy slowly and keep the heat very low to prevent the soup from curdling.



For gluten-free, make sure the chicken broth is gluten-free.

Zucchini Chicken Poppers



Submitted by: Shari Love

of Servings: 4

Serving Size: 6-8



INGREDIENTS

1 lb ground chicken
2 cups grated zucchini (leave peel on)
2-3 green onions, sliced
3-4 Tbsp cilantro, minced
1 clove garlic
1 tsp salt

$\frac{1}{2}$ tsp pepper (to taste)
 $\frac{3}{4}$ tsp cumin (optional)
Olive oil, for cooking (or other healthy cooking oil, or ghee)

DIRECTIONS

Mix ground chicken with zucchini, green onion, cilantro, garlic, salt, pepper, and cumin. Mixture will be wet.

To cook on the stovetop: Heat olive oil over medium heat. Using a small scoop or tablespoon, drop meatballs into the pan. Cook 8-10 at a time for about 4-6 minutes on the first side. Flip and cook an additional 4-5 minutes, or until golden brown and the centers are cooked through.

To bake: Drizzle oil onto a baking sheet. Scoop meatballs onto the greased pan. Drizzle additional oil over top. Bake at 400° for 20-25 minutes or until cooked through. If desired, place under broiler for an additional 2-3 minutes until browned.

> NOTES AND TIPS

You can also use ground turkey and replace cumin with paprika, or any spice of your choice.

"These go fast; I would suggest a double batch!" -Shari



DESSERTS

Apple Cookies



Submitted by: Jamie Stein

of Servings: 2

Serving Size: 3-4 slices



INGREDIENTS

- 1 large apple
- ¼ cup peanut butter
- ¼ cup almonds, sliced
- ¼ cup walnuts, chopped
- ¼ cup shredded coconut
- ¼ cup chocolate chips

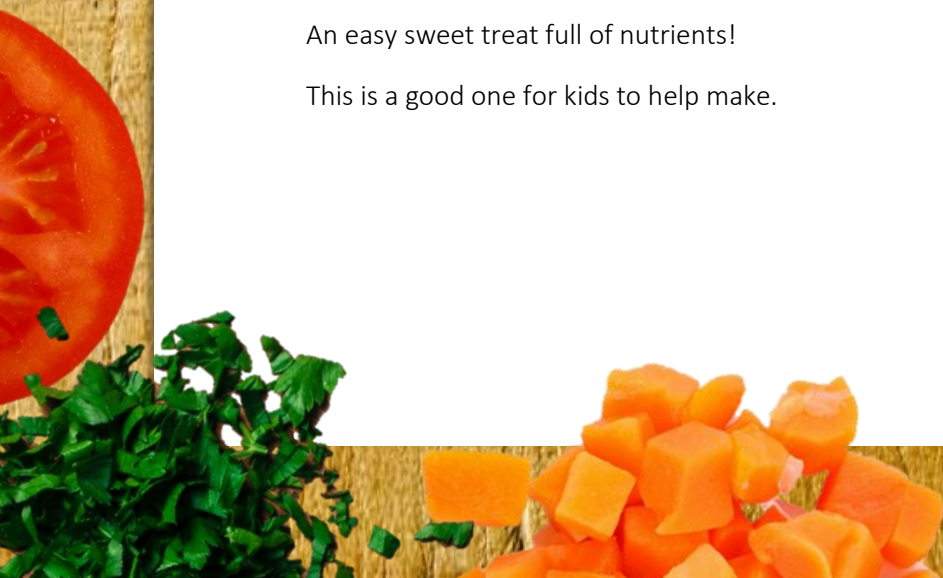
DIRECTIONS

- Slice apple into thin rings and remove core.
- Spread peanut butter over one side of ring.
- Top with almonds, walnuts, coconut, and chocolate chips.

> NOTES AND TIPS

An easy sweet treat full of nutrients!

This is a good one for kids to help make.



Apple, Golden Raisin, & Pecan Cake

Submitted by: Employee Wellness

of Servings: 8

Serving Size: 1 slice



INGREDIENTS

1 $\frac{3}{4}$ oz shelled pecans
7oz apples, peeled, cored, finely diced
 $\frac{3}{4}$ cup light brown sugar
2 cups self-rising flour
1 tsp baking powder
2 tsp cinnamon

Salt, to taste
3 $\frac{1}{2}$ Tbsp sunflower or canola oil
3 $\frac{1}{2}$ Tbsp low-fat milk
2 large eggs
1 tsp vanilla extract
1 $\frac{3}{4}$ oz golden raisins
Powdered sugar, just enough for dusting

DIRECTIONS

Preheat the oven to 350°. Grease a 9-inch round springform cake pan and line the base with parchment paper. Place the nuts on a baking sheet and toast them in the oven for 5 minutes until crisp. Allow to cool then coarsely chop.

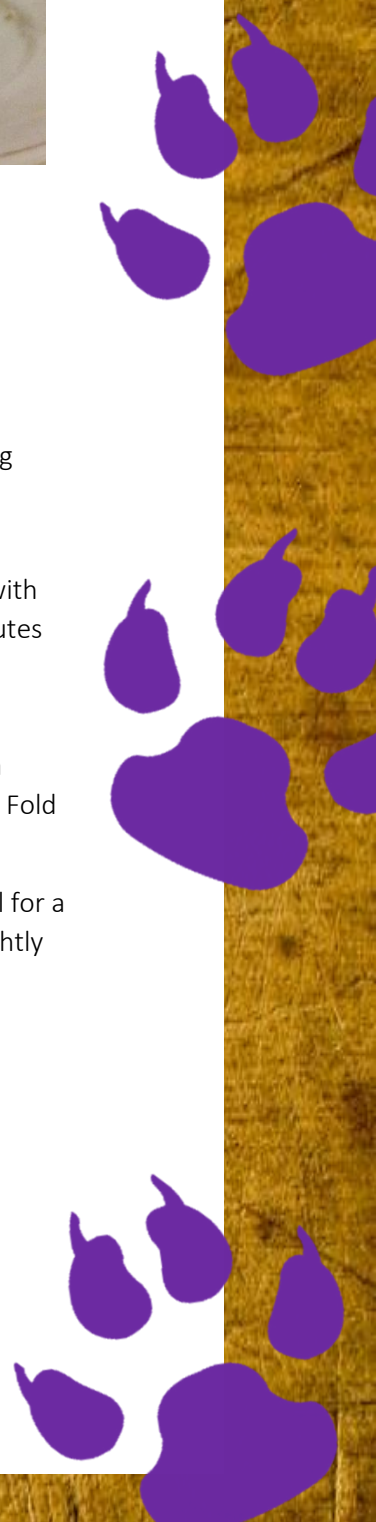
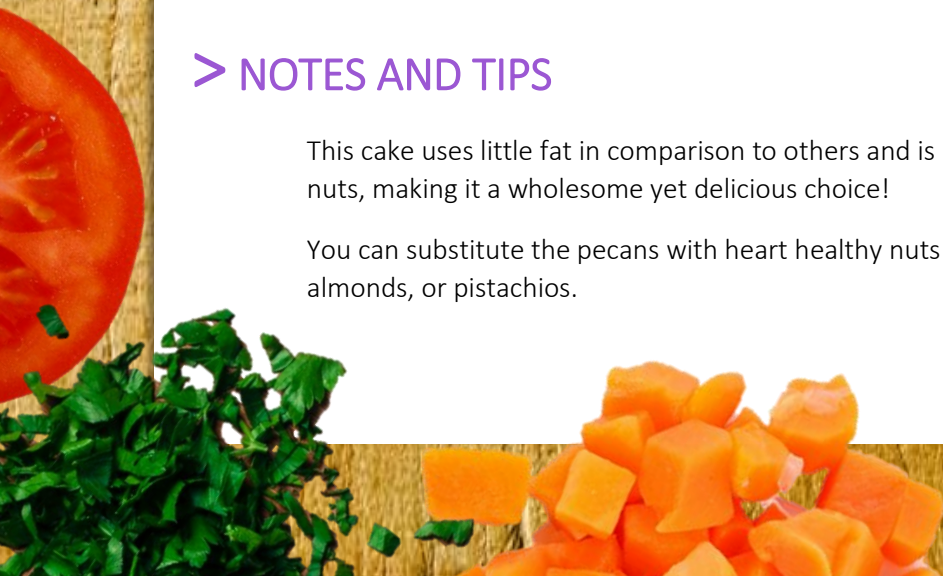
Mix apples and sugar together in a large mixing bowl. Sift in the flour, baking powder, cinnamon, and a little salt, and fold in. Then whisk together the oil, milk, eggs, and vanilla extract in a separate bowl. Pour this mixture in the cake mix and stir until well combined. Fold in the nuts and raisins, and pour the mixture into the prepared pan.

Bake in the center of the oven for 30-35 minutes until a skewer comes out clean. Let cool for a few minutes in the pan, then turn onto a wire rack and remove the parchment paper. Lightly dust with powdered sugar if desired. Cut into 8.

> NOTES AND TIPS

This cake uses little fat in comparison to others and is packed with fruit and nuts, making it a wholesome yet delicious choice!

You can substitute the pecans with heart healthy nuts of choice, like walnuts, almonds, or pistachios.



Cashew Treats



Submitted by: Sue Turley

of Servings: 6

Serving Size: 2 balls



Photo: Nutrition Stripped

INGREDIENTS

- 1 $\frac{3}{4}$ cups chopped cashews
- $\frac{3}{4}$ cups unsweetened coconut
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup honey or agave
- 2 Tbsp vanilla
- Chocolate chips (optional)

DIRECTIONS

Mix all ingredients together and shape into 12 balls.

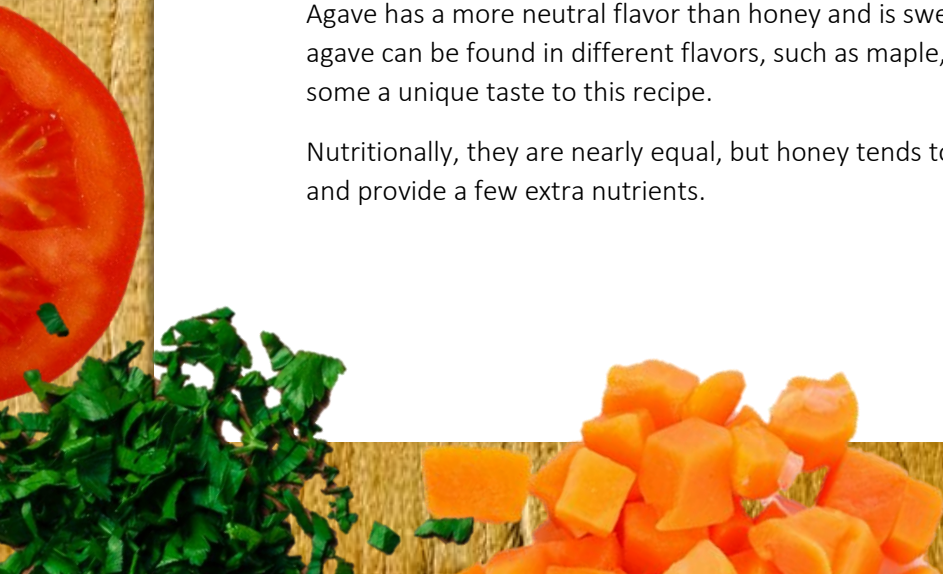
Refrigerate.

> NOTES AND TIPS

Tastes like cookie dough, but you can eat it raw!

Agave has a more neutral flavor than honey and is sweeter. Additionally, agave can be found in different flavors, such as maple, which could add some a unique taste to this recipe.

Nutritionally, they are nearly equal, but honey tends to be less processed and provide a few extra nutrients.



Chocolate Peanut Butter Protein Popcorn

Submitted by: Sue Turley

of Servings: 4

Serving Size: 2 Cups



INGREDIENTS

- ¼ cup popcorn kernels
- 2 Tbsp natural peanut butter
- 2 Tbsp coconut oil
- 1 scoop protein powder
- Handful of dark chocolate chips

DIRECTIONS

- Pop kernels and set aside in bowl.
- Melt peanut butter and coconut oil in separate dish.
- Stir in protein powder and chocolate chips.
- Pour over popcorn and stir. Place in freezer for about 10 min.

> NOTES AND TIPS

How to pop kernels on the stove top:

Heat 2 Tbsp + 1 tsp canola or peanut oil in a 2-3 quart saucepan on medium heat. Put just 3 or 4 kernels into the oil and cover the pan. When they pop, add the rest of the ¼ cup kernels in an even layer. Cover, remove from heat, and count 30 seconds. Return the pan to the heat. Occasionally gently shake the pan back and forth. Keep lid slightly ajar to let steam release.

Chocolate Pomegranate Bark



Submitted by: Employee Wellness

of Servings: about 4



INGREDIENTS

7oz dark chocolate

½ to 1 cup pomegranate seeds

½ cup dry roasted almonds

DIRECTIONS

Melt the dark chocolate in the microwave or a double boiler.

Mix half of the pomegranate seeds and almonds into the chocolate.

Spread the mixture into a glass baking dish lined with parchment paper, as thin or thick as you like. Top with the remaining seeds and nuts, and press down gently so that they will stick.

Refrigerate for 2-3 hours or until firm. Cut roughly with a knife or break the bark into uneven pieces. Store in an airtight container in the refrigerator for up to two weeks, or freeze for up to 6 months.

> NOTES AND TIPS

This is such an easy recipe! Vary it up by using different healthy nuts and fruits—just use the same preparation method.

All Natural Sugar Free Fruit Soda



Submitted by: Employee Wellness

of Servings: 4

Serving Size: 8oz (recipe makes 1 quart)



INGREDIENTS

1/3lb fresh ripe fruit of choice
(blueberry, strawberry, mango, peach,
pineapple, kiwi, blood orange,
grapefruit, etc.)

32oz carbonated water

DIRECTIONS

Wash and prep fruit as needed (taking out seeds, peeling, trimming, etc.). Place them in a food processor and pulse until they are rough chopped, then scrape down the sides of the machine. Puree until completely smooth. Let the machine run for a minute or longer to ensure a nice smooth puree.

Push the mixture through a mesh strainer, using the back of a large spoon to make sure as much of it gets through as possible. Most of it should go through, leaving just the small seeds behind. You should have approximately ½ cup of puree.

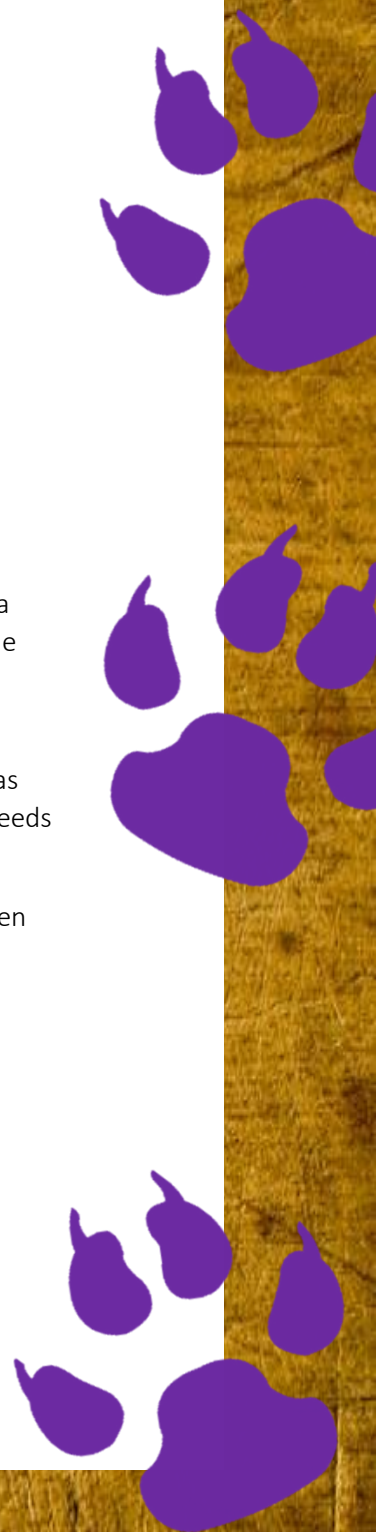
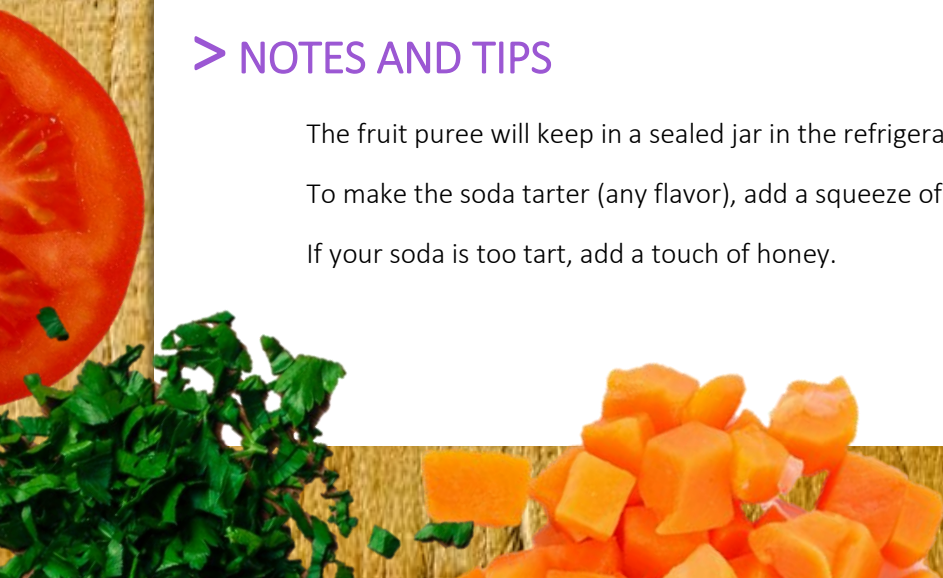
To make the soda, use 2 Tbsp of the puree for each 8oz of carbonated water. Mix and then serve immediately. You can adjust the amount of puree for a lighter or stronger flavor.

> NOTES AND TIPS

The fruit puree will keep in a sealed jar in the refrigerator for a week.

To make the soda tarter (any flavor), add a squeeze of fresh lemon juice.

If your soda is too tart, add a touch of honey.



Healthy Strawberry Rhubarb Crisp



Submitted by: Employee Wellness

of Servings: 6-8



INGREDIENTS

Filling:

4 cups diced strawberries
2 cups diced rhubarb
2 Tbsp orange juice
2 Tbsp honey
2 Tbsp tapioca flour (tapioca starch)
½ tsp vanilla extract

Topping:

¾ cup rolled or quick-cooking oats
¾ cup almond flour
(can grind up blanched slivered almonds)
3 Tbsp coconut oil (or butter)
3 Tbsp pure maple syrup (or honey)
1 tsp cinnamon
1 tsp vanilla extract
Pinch salt

DIRECTIONS

Preheat the oven to 350°.

Combine all filling ingredients and stir. Pour into an 8x8 (or 2 quart) baking dish.

Combine all topping ingredients in a separate bowl. Mix with forks or a pastry blender until well combined. If after a few minutes your mixture is still a bit dry, you can add a little more oil or syrup.

Crumble the topping over the fruit filling. Bake for 40-45 minutes, or until the top is golden brown and the filling is bubbling. Let cool before serving.

> NOTES AND TIPS

You can substitute all-purpose flour in for the almond flour if you wish.

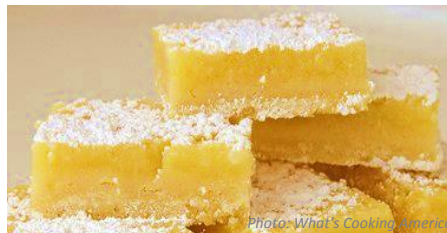
Rhubarb is a sweet and tangy vegetable that many people think is a fruit!

Lemon Bars



Submitted by: Mary Schwab

of Servings: varies (makes one 13x9 pan)



INGREDIENTS

Crust:

1 cup butter
2 cups flour
½ cup powdered sugar

Filling:

4 large eggs, lightly beaten
1 ½ cups granulated sugar
Two small lemons (for juice and zest)
¼ cup flour
1-2 tsp powdered sugar

DIRECTIONS

Preheat oven to 350°. Line a 9x13 baking dish with parchment paper (optional) for easy removal. Melt butter either in the microwave or on stove-top. Add flour and powdered sugar. Blend with a fork. Press mixture into baking dish. Bake for 15 minutes and remove from oven.

Reduce oven temperature to 325°. To make the filling, combine eggs, granulated sugar, lemon juice, lemon peel, and flour.

Pour this mixture on hot crust and bake at 325° for 18 minutes. The lemon layer should not brown. Remove bars from oven and sprinkle with powdered sugar (or wait until service to prevent it from soaking into bars). Cool completely. Cut into individual bars and remove to plate, or leave in dish. Store in refrigerator.

> NOTES AND TIPS

Feel free to experiment with whole wheat flour and cutting back on the sugar. Compared to other sweets, lemon bars provide protein from all the eggs and contain fresh fruit ingredients, making it a healthier option. Just note that these may still be calorie-dense.



Mary traditionally makes these as a gluten-free bar by substituting flour with her gluten-free flour blend (in the front of this book). If your gluten-free flour blend doesn't contain Xanthan gum, add 2 tsp Xanthan gum to the crust and ¼ tsp

Pumpkin Chocolate Chip Bars

Submitted by: Debbie Hansen

of Servings: 12

Serving Size: 1/12 of pan



INGREDIENTS

- 15oz can of 100% pure pumpkin
- 1 box spice cake mix
- 12oz (½ package) semi-sweet chocolate chips

DIRECTIONS

Preheat oven according to cake mix instructions. Spray 9x13 cake pan with nonstick cooking spray.

Combine pumpkin and spice cake mix in a mixing bowl and stir until dry ingredient is moist. Stir in chocolate chips.

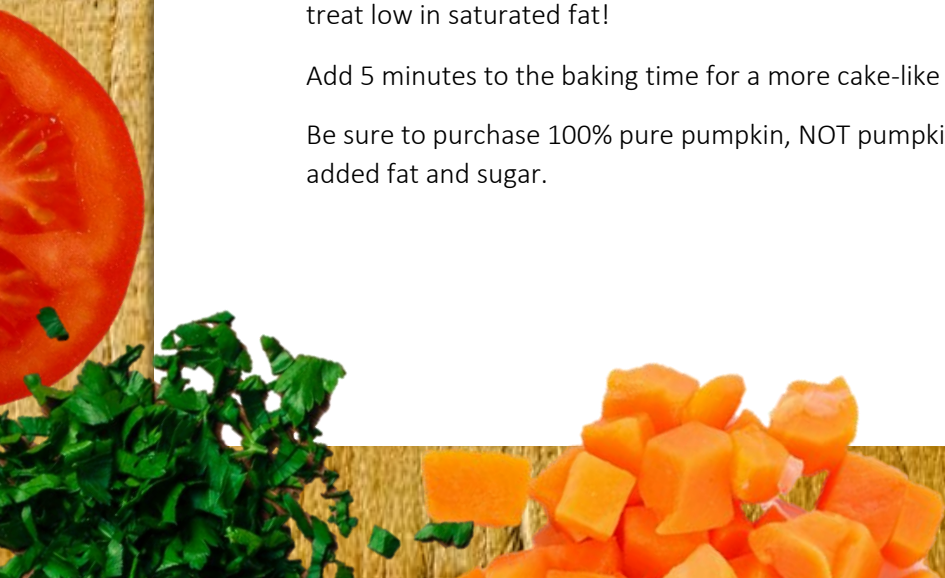
Spread mixture evenly into cake pan. Bake according to cake mix temperature and time instructions. Let cool and cut into 12 bars.

> NOTES AND TIPS

Since this recipe doesn't require any eggs, butter, oil, or dairy to make, it's a treat low in saturated fat!

Add 5 minutes to the baking time for a more cake-like consistency.

Be sure to purchase 100% pure pumpkin, NOT pumpkin pie mix, which has added fat and sugar.



Peanut Butter & Pretzel Truffles

Submitted by: Galynn Mook

of Servings: 10

Serving Size: 2



INGREDIENTS

- ½ cup crunchy natural peanut butter
- ¼ cup finely chopped salted pretzels
- ½ cup milk chocolate chips, melted

DIRECTIONS

Combine peanut butter and pretzels in a small bowl. Chill in freezer until firm, about 15 minutes.

Roll the peanut butter mixture into 20 balls (about 1 teaspoon each). Place on baking sheet lined with parchment or wax paper and freeze until very firm, about 1 hour.

Melt chocolate by microwaving on medium for 1 minute. Stir, then continue microwaving on medium, stirring every 20 seconds, until melted. OR place chocolate in top of double boiler over hot, but not boiling water. Stir until melted.

Roll the frozen balls in melted chocolate. Refrigerate until the chocolate is set, about 30 minutes. Store airtight in refrigerator for up to 2 weeks.

> NOTES AND TIPS

If you prefer dark chocolate, use semi-sweet chocolate chips.

Natural peanut butter is typically the healthiest choice. Reduced-fat peanut butters often contain trans-fat and added salt or sugar.

Peanut Butter Taffy



Submitted by: Sue Turley

of Servings: 9 (in an 8x8 pan)



INGREDIENTS

- 1 cup honey
- 1 cup peanut butter (natural is best)
- 2 cups low-fat powdered milk

DIRECTIONS

Warm peanut butter in a microwavable bowl.

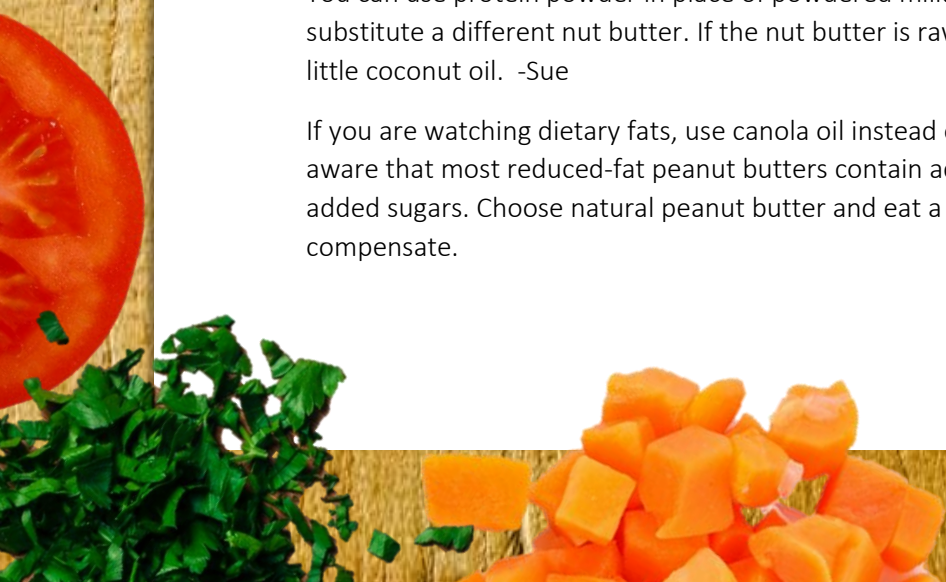
Stir in honey. Stir and knead in powdered milk until ingredients are well combined.

Roll out thick on a cutting board or press into a deep baking pan. Let cool, then cut into squares and enjoy!

> NOTES AND TIPS

You can use protein powder in place of powdered milk, and you can substitute a different nut butter. If the nut butter is raw and thicker, add a little coconut oil. -Sue

If you are watching dietary fats, use canola oil instead of coconut oil. Also, be aware that most reduced-fat peanut butters contain added trans-fats or added sugars. Choose natural peanut butter and eat a small portion to compensate.



Happy Cooking!

Thanks to everyone who submitted recipes
for this book!

We hope these recipes can be an easy, quick
way for you to continue to add more whole
foods to your diet, and appreciate the
benefits of slowing down, preparing and
enjoying your food, and living well!

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