



Eat Well *with* Be Well

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A collection of healthy recipes

www.BeWellBarronCounty.org

Table of Contents

Substitutions	1
Breakfasts	4
Soups	8
Salads	14
Side Dishes	21
Entrees	30
Snacks	44
Desserts	50



Healthy Baking Substitutions

Whole Wheat Flour in place of white flour

Replacing whole wheat flour for white flour not only adds nutrients, but deepens flavor and texture. Whole wheat flour leaves the outer shell of the grain in tact, which provides a greater amount of fiber. This aids in digestion and can lower your risk for diabetes and heart disease. For every cup of white flour, substitute 7/8 cup (or 3/4 cup + 2 tbsp) of whole wheat flour.

Unsweetened Applesauce in place of sugar

Using applesauce in place of sugar provides the necessary sweetness without the extra calories. Substitute one cup of unsweetened applesauce for one cup of sugar. You may need to reduce the amount of liquid in the recipe by 1/4 cup.

Unsweetened Applesauce in place of oil or butter

Applesauce provides the correct consistency and sweetness without the fat that is found in oil and butter. Try substituting half of the butter or oil, and if you can't tell the difference, substitute more.

Marshmallow Fluff in place of frosting

Try replacing frosting with marshmallow fluff to cut down on fat and sugar. This will create the perfect consistency and provide a treat with far less calories.

Natural Peanut Butter in place of reduced fat peanut butter

Reduced fat versions of peanut butter may sound better, but they typically have more sugar. Natural peanut butter provides the same sweetness without the unnecessary added sugar.

Vanilla in place of sugar

Cutting sugar in half and adding a teaspoon of vanilla as a replacement will provide you with the same flavor with significantly fewer calories.

Evaporated Skim Milk in place of cream

Evaporated skim milk is the same consistency as cream with only a fraction of the calories. The substitute is an even swap; swap one cup cream for one cup evaporated skim milk.

Chia Seeds in place of eggs

Combine one tablespoon of chia seeds with one cup of water and let sit for 15 minutes. This makes the perfect substitute for baking. Swap the chia mixture for one egg.

Ground Flax Meal in place of eggs

Mix one tablespoon of ground flax seed with three tablespoons of warm water and whisk together. Let sit in the fridge for 5 to 10 minutes and substitute the flax mixture for one egg.

Healthy Cooking Substitutions

Brown Rice in place of white rice

Unlike white rice, brown rice is not processed. This leaves brown rice with the nutrients that are removed from white rice.

Zucchini Ribbons or Spaghetti Squash in place of pasta

Thin strips of zucchini, or squash pulled apart with a fork, are great low carbohydrate options to substitute for pasta.

Whole Wheat Pasta in place of regular pasta

Whole wheat pasta beats regular pasta with its fiber content and is about 50 calories less per serving.

Olive Oil in place of butter

Using olive oil is a great way to cut down on saturated fat and get a healthy dose of omega-3 fatty acids.

Ground Turkey or Ground Chicken in place of ground beef

Ground turkey or chicken is a great, healthy substitute for ground beef. Using ground turkey or ground chicken removes unnecessary saturated fat and calories from your dish.

Plain Greek Yogurt in place of sour cream

Greek yogurt has half the fat and calories of sour cream with a very similar taste and texture.

Arugula, Romaine, Spinach and/or Kale in place of iceberg lettuce

Darker greens usually contain high amounts of iron, vitamin C and antioxidants versus iceberg lettuce.

Pita or Corn Tortillas in place of bread

Whole wheat pitas and corn tortillas have significantly fewer calories than bread. Stick with corn tortillas over flour for about half the calories.

Plain Greek Yogurt in place of mayonnaise (in tuna/chicken salad)

Substitute Greek yogurt for mayonnaise when preparing a tuna or chicken salad. Add herbs and fresh squeezed lemon juice for a near identical taste with extra protein and fewer calories and fat.

Frozen or Fresh Fruit in place of canned fruit

Cut down the excess sugar and preservatives by using fresh or flash frozen fruit over canned fruit.

Low Fat Cottage Cheese in place of sour cream

For the same texture and a lower fat content, substitute low fat cottage cheese for sour cream.

Herbs, Citrus Juice or Garlic Powder in place of salt

Food does not need to be salty to taste good. Try herbs, citrus juice or garlic powder to add flavor without the added sodium.

Healthy Snack & Drink Substitutions

Dark Chocolate in place of M&M's

Swap out M&M's for dark chocolate, especially when making trail mix and sweets, to lower the amount of sugar.

Popcorn in place of potato chips

When compared to potato chips, popcorn is lower in calories and fat. Make sure you stick with natural air popped popcorn without pre-flavored seasonings. If you want to add more flavor, try cinnamon, chili powder or Parmesan cheese.

Whole Wheat Bread in place of white bread

Whole wheat bread provides the nutrition that is removed from white bread.

Steel-Cut Oatmeal in place of instant oatmeal

Steel-cut oats are a diced whole grain that are rich in fiber, vitamin B, calcium and protein, while instant oatmeal has added sugar and is less nutritious.

Banana Ice Cream in place of dairy ice cream

Freeze bananas then puree for a delicious snack. Banana ice cream has no milk, cream or sugar, unlike dairy ice cream.

Frozen Yogurt in place of dairy ice cream

Frozen yogurt has a lower fat content versus dairy milk, making it a great choice.

Sweet Potato Fries in place of French fries

Sweet potato fries provide fiber, vitamins A, C and B6, unlike average white French fries. This substitution cuts out 20 grams of carbohydrates for every one cup serving.

Water with Fruit instead of soda

Instead of sugary drinks that have no nutritional value, add fruit to your water. Grapefruit, lime, orange, raspberry and grape are tasty options.

Skim Milk instead of whole or 2% milk

Skim milk has fewer calories and less fat with the same amount of protein as whole or 2% milk.

Cinnamon instead of cream and sugar (in coffee)

Instead of adding cream and sugar to your coffee, try substituting it with cinnamon to cut up to 70 calories per cup. Cinnamon also helps boost metabolism.

Breakfasts

Energy Bars

Ingredients:

- 1 cup lightly salted dry roasted peanuts, coarsely chopped
- 1/2 cup crispy brown rice cereal
- 1/2 cup old fashioned or quick cooking rolled oats
- 1/3 cup raw pumpkin seeds or sunflower seeds
- 1/4 cup dried blueberries
- 6 dried apricots, diced

Breakfast



- 3 tbsp. mini chocolate chips
- 5 tbsp. brown rice syrup or light corn syrup

Preparation:

1. Preheat oven to 325°F. Line an 8" inch baking pan (bottom and sides) with aluminum foil and coat with cooking spray.
2. Combine peanuts, rice cereal, oats, pumpkin (or sunflower) seeds, blueberries, apricots and chocolate chips in a large bowl. Drizzle with syrup and gently stir until thoroughly combined. Spread in the baking pan. Coat another piece of foil with cooking spray and place on the bar mixture, sprayed side down. Place another pan on top and press firmly to compress the mixture. This will help the bars hold together after baking. Remove top pan and foil.
3. Bake until just beginning to turn golden on the edges, 20 to 24 minutes (metal pan) or 30 to 35 minutes (glass pan). Cool in the pan on a wire rack for 10 minutes.
4. Carefully lift the baked square out of the pan by holding the edges of the foil and place on a cutting board, leaving the foil underneath. Cut in half, then cut each half crosswise into 6 bars. Let cool completely before lifting the bars off the foil.

Tip:

Store airtight between sheets of wax paper for up to 1 week. Wrap in plastic and freeze.

Nutrition:

Amount Per Serving: 1 bar

Calories 167; Fat 9g; Cholesterol 0; Carbs 9g; Added Sugars 6g; Protein 5g; Fiber 2g; Sodium 28 mg; Potassium 175 mg.

Low Sugar High Protein Lemon Raspberry Muffins

Breakfast

Ingredients:

- 1 lemon
- 1/2 cup sugar
- 1 cup plain Greek yogurt
- 1/3 cup canola oil
- 1 large egg
- 1 tsp. vanilla extract
- 2 cups whole wheat flour*
- 1 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 1/2 cups fresh or frozen (unthawed) raspberries



Preparation:

1. Preheat oven to 400°F. Coat 12 large (1/2 cup) muffin cups with cooking spray or line with paper liners.
2. Use a vegetable peeler to remove the zest from the lemon in long strips. Combine the zest and sugar in a food processor; pulse until the zest is very finely chopped into the sugar.
3. Add yogurt, oil, egg and vanilla. Pulse until blended.
4. Combine whole wheat flour, baking powder, baking soda and salt in a large bowl. Add the yogurt mixture and fold until almost blended. Gently fold in raspberries. Divide the batter among the muffin cups.
5. Bake the muffins until the edges and tops are golden brown, 18 to 25 minutes. Let cool in the pan for five minutes before turning out onto a wire rack. Serve warm.

** Whole wheat flour can be found at your local grocery store in the baking section.*

Nutrition:

Servings Per Recipe: 12

Each muffin contains 3.2 grams of fiber and almost five grams of protein.

Strawberry Oatmeal Smoothie

Breakfast

Ingredients:

- 1 cup milk
- 1/2 cup regular oatmeal (plain)
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 tsp. vanilla extract (optional)
- 1 1/2 tsp. white sugar (optional)



Preparation:

1. In a blender, combine milk, oatmeal, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth.
2. Pour into glasses and serve immediately.

Tip:

Try using steel-cut oats for a more nutritious option.

Nutrition:

Servings Per Recipe: 2

Amount Per Serving

Calories 236; Protein 7.6g; Carbs 44.9g; Cholesterol 0mg;
Fiber 5.9g; Sodium 65mg

Whole Wheat Blueberry Pancakes

Breakfast

Ingredients:

- 1 1/4 cups whole wheat flour*
- 2 tsp. baking powder
- 6 eggs
- 1 cup milk
- 1/2 tsp. salt
- 1 tbsp. sweetener
- 1/2 cup blueberries (fresh or frozen)



Preparation:

1. Mix flour and baking powder, set aside.
2. Beat eggs, milk, salt and sweetener together in a bowl.
3. Stir in flour until just moistened. Add blueberries. Stir to incorporate.
4. Preheat a skillet over medium heat, spray with cooking spray.
5. Pour approximately 1/4 cup of the batter into the pan for each pancake.
6. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown.

Tip:

For a healthy sweetener, try using natural honey.

**Whole wheat flour can be found at your local grocery store in the baking section.*

Nutrition:

Servings Per Recipe: 5

Amount Per Serving: 2 pancakes

Calories 160; Total Fat 2.6g; Cholesterol 46mg; Sodium 464mg;
Carbs 26.7g; Fiber 4g; Protein 9.8g



Soups

8 Can Taco Soup

Ingredients:

- 1 (15 oz.) can black beans, drained and rinsed
- 1 (15 oz.) can pinto beans, drained and rinsed
- 1 (14 oz.) can chicken broth
- 1 (14.5 oz.) can petite diced tomatoes, drained
- 1 (15.25 oz.) can sweet corn, drained
- 1 (12.5 oz.) can white chicken breast, drained
- 1 (10.75 oz.) can cream of chicken soup
- 1 (10 oz.) can green enchilada sauce
- 1 packet taco seasoning
- Tortilla chips

Soup



Preparation:

1. Mix all ingredients together in a large pot, except the tortilla chips.
2. Heat until warm, stirring occasionally.
3. Serve with tortilla chips.

Tip:

To cut back on calories, avoid topping with sour cream and cheese.

Nutrition:

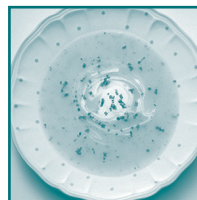
Less than 300 calories per cup.

Baked Potato Soup

Soup

Ingredients:

- 4 baking potatoes
- 2/3 cup all purpose flour
- 6 cups milk
- 1 cup reduced fat shredded extra sharp Cheddar cheese, divided
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1 cup reduced fat sour cream
- 3/4 cup chopped green onions, divided
- 6 bacon slices, cooked and crumbled
- Cracked black pepper (optional)



Preparation:

1. Preheat oven to 400°F.
2. Pierce potatoes with a fork; bake at 400°F for 1 hour or until tender. Let potatoes cool before peeling, coarsely mash.
3. Lightly spoon flour into dry measuring cups; level with a knife. Place flour in a large Dutch oven; gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick and bubbly (about 8 minutes). Add mashed potatoes, 3/4 cup cheese, salt and pepper. Stir until cheese melts. Remove from heat.
4. Stir in sour cream and 1/2 cup onion. Cook over low heat for 10 minutes or until thoroughly heated (do not boil). Ladle 1 1/2 cups soup into 8 bowls. Sprinkle each serving with remaining cheese, onion and bacon. Garnish with cracked pepper, if desired.

Nutrition:

Servings Per Recipe: 8

Amount Per Serving:

Calories 329; Fat 10.8g; Protein 13.6g; Carbs 44.3g; Fiber 2.8g



Crock Pot Minestrone Soup

Ingredients:

- 1 (15 oz.) can white beans, drained, rinsed (cannellini or navy)
- 3 cups fat free chicken broth
- 1 (28 oz.) can diced tomatoes
- 1/2 onion, chopped
- 1 cup carrots, chopped
- 1 celery stalk, chopped
- 2 garlic cloves, minced
- 1 fresh rosemary sprig
- 2 bay leaves
- 2 tbsp. fresh basil, chopped
- 1/4 cup fresh Italian parsley, chopped
- 1 oz. chunk Parmesan cheese rind

Soup



- Salt and pepper
- 1 medium zucchini, chopped
- 2 cups fresh or frozen (defrosted) spinach, chopped
- 2 cups cooked small pasta, ditalini or elbow (al dente)
- Extra Parmesan cheese to top

Preparation:

1. Rinse and drain beans. Puree beans with 1 cup of the broth in a blender.
2. In a crock pot, combine remaining broth, tomatoes, pureed beans, onion, carrots, celery, garlic, rosemary sprig, bay leaf, Parmesan cheese rind, salt and pepper to taste. Cover and cook on low for 6 to 8 hours.
3. Forty minutes before the soup is done cooking, add zucchini and spinach. Cover and cook 30 more minutes. Add cooked pasta, cook 10 minutes more. Remove bay leaves, rosemary sprig, Parmesan rind and season with salt and pepper. Ladle soup into bowls and top with extra Parmesan cheese.

Tip:

For a vegetarian option, use vegetable broth instead of chicken broth.

Servings Per Recipe: 6

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Crock Pot Turkey Chili

Soup

Ingredients:

- 1 1/4 lbs. 99% lean ground turkey
- 1 tsp. oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1 garlic clove, minced
- 1 1/2 cups frozen corn kernels
- 10 oz. can Rotel Mild Tomatoes
- 8 oz. can tomato sauce
- 1/4 cup low sodium chicken broth
- 1 teaspoon cumin*
- 1/2 tsp. chili powder
- 1/2 tsp. paprika
- 1/2 tsp. salt
- 6 cups water



** Cumin (Koo-min) is a spice that can be found in the baking aisle of your local grocery store.*

Preparation:

1. Heat a large skillet over medium-high heat. Add the turkey, season with salt and cook, until turkey browns and is no longer pink; place into the slow cooker. Add oil to the skillet and sauté the onion, garlic and bell pepper over medium heat for 4 to 5 minutes. Spoon over turkey in the slow cooker and stir in corn and tomatoes, tomato sauce, cumin, chili powder, paprika and salt. Mix until well blended. Pour chicken broth into the crock pot.
2. Cover and cook on high heat for 4 hours or low heat for 6 hours. Serve with desired toppings.

Nutrition:

Amount Per Serving: 1 cup

Calories 226; Fat 3g; Carbs 21; Fiber: 3.5g; Protein 31g; Sugar 5g
Sodium 688 mg; Cholesterol 59 mg



Stuffed Pepper Soup

Soup

Ingredients:

- 3 cups cooked brown rice
- 1 lb. 95% lean ground beef
- 1/2 cup green bell pepper, chopped
- 1/2 cup red bell pepper, chopped
- 1 cup onion, finely diced
- 3 garlic cloves, minced
- 2 cans (14.5 oz. each) petite diced tomatoes
- 1 3/4 cups tomato sauce
- 2 cups reduced sodium, fat free chicken broth
- 1/2 tsp. dried marjoram or oregano
- Salt and pepper to taste



Preparation:

1. In a large pot or Dutch oven, brown ground meat on high heat and season with salt. Drain fat, if any, reduce heat to medium-low. Add peppers, onion and garlic. Cook about 5 minutes on low heat.
2. Add tomatoes, tomato sauce, chicken broth, marjoram/oregano and season with salt and pepper to taste. Cover and simmer on low heat for 30 minutes. Serve about 1 1/3 cups of soup in each bowl and top with 1/2 cup cooked brown rice.

Tip:

Use lean ground turkey to reduce the amount of fat.

Nutrition:

Servings Per Recipe: 6

Amount Per Serving: 1 1/3 cup

Calories 261.2g; Fat 4.8g; Carbs 4.8g; Fiber 4.7g;
Protein 17.6g; Sugar 6g

Winter Tomato Soup

Soup

Ingredients:

- 1 tsp. olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 tbsp. no salt added tomato paste
- 1 tsp. sugar
- 1 tsp. thyme
- 1 bay leaf
- 2 cans (14.5 oz.) no salt added diced tomatoes
- 2 cups water
- 1/4 cup milk
- 2 tbsp. plain nonfat Greek yogurt



Preparation:

1. Heat olive oil in medium saucepan. Cook onion and garlic until soft, about 5 minutes. Add tomato paste, sugar, thyme, bay leaf, tomatoes and water. Stir together and bring to a boil. Reduce heat and simmer about 20 minutes.
2. Remove bay leaf. Use a handheld blender to puree the soup in the saucepan, or transfer soup to a food processor or blender. Puree until smooth. Depending on the size of your blender, you may have to do this in batches.
3. Heat milk in microwave for 30 seconds to a warm temperature, and then stir it into the pureed soup along with yogurt. Mix well. Add salt and pepper to taste, and serve.

Tip:

If you are using a standard blender, allow the mixture to cool first; hot liquid may cause the blender to leak.

Nutrition:

Servings Per Recipe: 4

Amount Per Serving:

Calories 76; Fat 1.5g; Carbs 14g; Sodium 43mg; Fiber 3g; Protein 3g



Salads

Crispy Chicken Salad

Ingredients:

- 4 boneless, skinless chicken breasts, thinly sliced
- 2 oz. reduced sodium Black Forest ham, sliced
- 2 oz. low fat Swiss cheese, sliced
- 1 large egg white, beaten
- 1 cup panko bread crumbs
- 4 cups baby arugula
- 1/2 cup grape tomatoes, quartered
- 1 lemon, cut into wedges
- Pepper to taste

Salad



Preparation:

1. Heat oven to 425°F. Lightly oil baking sheet.
2. Season chicken with pepper, and evenly distribute ham and cheese on top. Beginning with a short side, roll up breasts, securing with wooden picks.
3. Put egg white and panko in separate shallow bowls. Dip chicken in egg and then panko to coat. Put on prepared pan.
4. Bake, turning once, until golden brown and cooked through, 15 to 20 minutes.
5. Remove wooden picks and cut chicken into slices. Serve on bed of arugula with tomatoes and squeeze with lemon.

Tip:

Color your salad with a rainbow of vegetables for a more nutritious meal.

Nutrition: Servings Per Recipe: 4

Amount Per Serving: Calories 228; Protein 34g; Carbs 11g; Fiber 1g; Fat 4.5g; Sodium 334mg

Greek Salad

Salad

Ingredients:

- 2 bags of mixed greens
- 1 red onion, diced
- 1 red bell pepper, cut into thin slices or diced
- 1/2 English cucumber, cut into thin slices and halved
- 3 to 4 Roma tomatoes, sliced and quartered
- Almonds, toasted and sliced
- 1/4 cup dried cranberries
- Fat free Feta Cheese crumbles



Preparation:

1. In a large salad bowl, combine the two bags of mixed greens and top with vegetables. Lastly, top with cheese, cranberries and almonds. Serve and enjoy.

Tip:

Try tossing this salad with just salt and pepper; it is flavorful with the cheese and almonds so dressing might not be necessary. If you prefer salad dressing, try balsamic vinaigrette for a low calorie option.

Nutrition:

This salad is low in calories and high in nutrition and fiber. Using little or no dressing will keep this salad healthy.

Grilled Pepper Salad

Salad

Ingredients:

- 4 bell peppers, halved, seeded and stemmed
- 1/4 cup halved and pitted oil cured black olives
- 1/4 cup oil packed sun-dried tomatoes, rinsed and chopped
- 1 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- 1/8 tsp. salt



Preparation:

1. Grill peppers on medium-high heat, turning once, until soft and charred in spots, about 5 minutes per side. When cool enough to handle, chop the peppers; toss with olives, sun-dried tomatoes, oil, vinegar and salt in a large bowl.

Tip:

This salad can be made ahead of time and refrigerated for up to 3 days.

Nutrition:

Servings Per Recipe: 4

Amount Per Serving: 1 cup

Calories 107; Fat 7g; Sodium 330mg; Carbs 10g;

Fiber 2g; Protein 1g

Honey Poppy Seed Fruit Salad

Salad

Ingredients:

- 2 medium firm bananas, chopped
- 2 cups fresh blueberries
- 2 cups fresh raspberries
- 2 cups fresh strawberries, sliced
- 5 tbsp. honey
- 1 tsp. lemon juice
- 3/4 tsp. poppy seeds*



**Poppy seeds can be purchased at your local grocery store in the spice aisle.*

Preparation:

1. In a large bowl, combine the bananas and berries. In a small bowl, combine the honey, lemon juice and poppy seeds. Pour over fruit and toss to coat. Enjoy.

Nutrition:

Servings Per Recipe: 8

Amount Per Serving: 3/4 cup

Calories 117; Fat 1g; Cholesterol 0mg; Carbs 30g; Protein 1g; Fiber 5g; Sodium 2mg

Italian Pasta Salad

Salad

Ingredients:

- 1 (14.5 oz.) box of whole wheat penne rigate pasta
- Olive oil
- 1/2 bottle light Italian salad dressing
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 whole cucumber, chopped
- 1/3 bottle McCormick's Perfect Pinch Salad Supreme Seasoning



Preparation:

1. Cook pasta, using the box directions, until al dente and drain well. Pour a splash of olive oil over pasta to prevent it from sticking.
2. While pasta is boiling, chop vegetables and set aside.
3. Mix Italian dressing and pasta together. Add chopped vegetables. Once combined, slowly add in the Salad Supreme Seasoning until well coated throughout. Refrigerate for at least 2 hours before serving.

Tip:

Try adding cherry tomatoes and low fat pepper jack cheese to add more flavor.

Nutrition:

Servings Per Recipe: 6

Amount Per Serving: 1 cup

Calories 205; Fat 2g; Carbs 40g; Fiber 5.6g; Protein 6.4g

Loaded Spinach Salad

Salad

Ingredients:

- 8 large eggs
- 6 cups baby spinach
- 4 tbsp. creamy blue cheese dressing
- 1 - 8 oz. can beets, rinsed and sliced
- 1 cup carrots, shredded
- 2 tbsp. chopped pecans, toasted



Preparation:

1. Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the lowest simmer for 10 minutes. Drain hot water. Run cold water over the eggs until they are completely cooled. Peel the eggs, discard 6 of the yolks, chop the remaining yolks and whites.
2. Toss spinach and 2 tablespoons of creamy blue cheese salad dressing in a large bowl. Divide between 2 plates. Top with chopped eggs, beets, carrots and pecans. Drizzle with the remaining 2 tablespoons of dressing.

Tip:

To toast chopped pecans, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition:

Servings Per Recipe: 2

Amount Per Serving: About 4 cups

Calories 300; Fat 13g; Cholesterol 216mg; Carbs 26g;

Protein 22g; Fiber 8g; Sodium 823mg



Taco Salad

Salad

Ingredients:

- 1 bag shredded lettuce
- 1 tomato, diced
- 1 onion, diced
- 1 can green chilies, diced*
- 3 garlic cloves, minced
- 1 lb. 93% lean ground beef
- 1/4 cup black olives
- 1/4 cup jalapeno peppers, diced
- 1/4 cup reduced fat Mexican cheese
- 1 1/4 oz. taco seasoning packet



Preparation:

1. In a medium skillet, brown diced onion and ground beef until meat is no longer pink. Drain any remaining grease from meat.
2. Over low heat add in diced green chilies, taco seasoning and 1/4 cup water to meat and stir. Remove from heat and let meat stand for 5 minutes.
3. In a large bowl, add lettuce, tomatoes, jalapeño peppers and black olives. Toss lightly to mix ingredients.
4. To serve, add 1/4 of salad mixture in a bowl. Top salad with 1/4 meat mixture. Sprinkle each taco salad with cheese and add optional toppings, including reduced fat sour cream and diced avocados.

** You can find green chilies in the Mexican food aisle of your local grocery store.*

Nutrition:

Amount Per Serving: 1/4 of plate

Calories 193.6; Fat 8.8g; Carbs 5.6g; Protein 23.7g; Fiber 1.2g; Sugar 4g

Side Dishes

Baby Red Potato Salad

Ingredients:

- 4 cups baby red potatoes, cut into small pieces
- 1/4 cup red onion, finely diced
- 1/2 cup green bell pepper, finely diced
- 1 tsp. Dijon mustard
- 1 tbsp. extra virgin olive oil
- 1 tbsp. red wine vinegar
- 1 tbsp. reduced fat mayonnaise
- Salt and pepper
- 3 green onions, diced

Side Dish



Preparation:

1. Boil potatoes in salted water until soft, approximately 10 minutes. Drain and let cool.
2. While the potatoes are boiling, combine red onion, green pepper, mustard, olive oil, vinegar and mayonnaise and season with salt and pepper. Mix well and let the flavors marinade while the potatoes cook.
3. Once the potatoes are cooked and cool, mix into the bowl. Add green onions and additional salt and pepper to taste. Serve at room temperature or refrigerate until ready to serve.

Nutrition:

Servings Per Recipe: 6

Amount Per Serving: 3/4 cup

Calories 107.2; Fat 3.2g; Carbs 17.8g; Fiber 2.1g; Protein 2.2g



Cowboy Caviar

Side Dish

Ingredients:

- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 1 orange pepper
- 1 celery stalk
- 1 red onion
- 1 can corn, drained
- 3 cans black beans, drained and rinsed
- 1/2 cup apple cider vinegar
- 1/2 cup white sugar
- 1/4 cup vegetable oil



Preparation:

1. Cut and mix vegetables and beans.
2. In saucepan, mix vinegar, sugar and oil.
3. Boil until sugar is dissolved.
4. Pour over vegetables and refrigerate for 2 hours.

Tip:

Serve with tortilla chips. Use leftovers to spice up a taco or omelet.

Nutrition:

This recipe is a great source of vegetables

Garlic Cheddar Biscuits

Side Dish

Ingredients:

- 2 tbsp. butter, melted
- 2 garlic cloves, minced
- 2 tbsp. fresh parsley, chopped
- 2 cups Heart Smart Bisquick
- 3.5 oz. shredded sharp Cheddar cheese
- 2/3 cup milk



Preparation:

1. Preheat oven to 400°F. Line a cookie sheet with parchment paper.
2. Melt butter in a small frying pan; add one clove garlic and sauté on low heat about 1 minute. Remove from heat and add parsley.
3. In a large bowl, combine biscuit mix, Cheddar cheese and remaining garlic. Stir in milk and mix (do not over mix). Drop batter by heaping tablespoons onto prepared cookie sheet.
4. Bake for 10 minutes. Brush or drizzle biscuits with melted butter. Bake for 5 more minutes, or until lightly browned on the bottom.

Nutrition:

Servings Per Recipe: 14

Amount Per Serving: 1 biscuit

Calories 98; Fat 3.9g; Protein 3.7g; Carbs 13g

Grilled Summer Vegetables

Side Dish

Ingredients:

- 2 large zucchini
- 1 large yellow squash
- 3 red, yellow or orange bell peppers
- 2 tbsp. extra virgin olive oil
- 1/2 tsp. red pepper flakes
- 1 tsp. dried Italian herbs
- 1 tsp. coarse salt
- Freshly ground black pepper



Preparation:

1. Cut zucchini and squash into large diagonal slices. Cut peppers into quarters or large strips. Place in large bowl.
2. Drizzle oil over top. Sprinkle with red pepper flakes, herbs, salt and pepper. Toss.
3. Prepare grill.
4. Place vegetables on grill grate over a medium-high flame; cook until vegetables are slightly browned and tender. Enjoy.

Nutrition:

Servings Per Recipe: 4-6

Amount Per Serving:

Calories 80; Protein 2g; Carbs 8g; Fat 5g; Cholesterol 0mg; Fiber 3g; Sodium 350mg

Lightened Up Green Bean Casserole

Side Dish

Ingredients:

- 1 1/2 lbs. fresh green beans, trimmed
- 2 tbsp. light butter
- 1/4 cup all purpose flour
- 1 1/2 cups milk
- 1/2 cup nonfat buttermilk
- 1 tbsp. ranch dressing mix
- 2 tsp. fresh thyme
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1 tsp. light butter
- 1 (8 oz.) package fresh mushrooms, sliced
- 1 cup French onions, crushed
- 1/2 cup whole wheat panko breadcrumbs



Preparation:

1. Preheat oven to 350°F. Boil fresh green beans in salted water covered for about 5 minutes. Drain and blanch on ice to stop cooking process. Pat dry and set aside.
2. In a saucepan over medium heat, melt 2 tablespoons of butter and whisk in flour until smooth, about 1 minute. Gradually add milk, whisking constantly for about 3 to 4 minutes until sauce is thickened and bubbly. Remove from heat and whisk in buttermilk, ranch dressing, thyme, salt and pepper.
3. In a medium skillet over medium-high heat, melt one teaspoon of butter and add mushrooms. Sauté for about 7 minutes, or until lightly browned, and remove from heat. Allow to cool for about 5 minutes then toss with green beans in the buttermilk-ranch sauce.
4. Place mixture in a 9" x 13" inch baking dish coated with spray. Sprinkle with crumbled French onions and panko breadcrumbs over green beans and bake in the oven for 25 to 30 minutes. Top should be golden brown and bubbly.

Nutrition:

Servings Per Recipe: 8

Amount Per Serving: 3/4 cup

Calories 168; Fat 8.4g; Carbs 18.5g;
Fiber 3.9g; Protein 5.7g

Low Cal Low Fat Mashed Potatoes

Side Dish

Ingredients:

- 8 to 10 garlic cloves
- 2 lbs. potatoes, peeled and quartered
- 1/3 cup light sour cream
- 1/4 cup fat free milk
- 1 tbsp. fresh oregano, rosemary or thyme
- 1/2 tsp. salt
- 1/4 tsp. black pepper



Preparation:

1. To roast garlic, wrap unpeeled cloves in foil. Bake in a 400 degree oven 25 to 35 minutes or until cloves feel soft when pressed. When cool enough to handle, squeeze garlic from peels into a small bowl.
2. Meanwhile, put potatoes in a large saucepan with enough cold water to cover. Bring to a boil over high heat. Lower heat to maintain a simmer and cook until tender, about 20 minutes. Drain potatoes; return to saucepan.
3. Mash potatoes and softened garlic with a potato masher or an electric mixer on low speed. Add sour cream, milk, oregano, rosemary, or thyme, salt and black pepper. Beat until light and fluffy.

Tip:

Try Yukon Gold potatoes, which have a naturally buttery taste that's just right in mashed potatoes.

Nutrition:

Servings Per Recipe: 6

Amount Per Serving: 2/3 cup

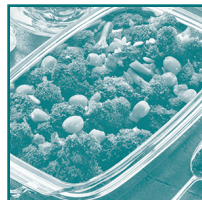
Calories 156; Fat 1g; Carbs 34g; Protein 4g; Fiber 2g

Mediterranean Broccoli & Tomato

Side Dish

Ingredients:

- 4 cups broccoli crowns, trimmed and cut into bite size florets
- 1 cup grape tomatoes
- 1 tbsp. extra virgin olive oil
- 2 garlic cloves, minced
- 1/4 tsp. salt
- 1/2 tsp. freshly grated lemon zest
- 1 tbsp. lemon juice
- 10 pitted black olives, sliced
- 1 tsp. dried oregano
- 2 tsp. capers, rinsed (optional)



Preparation:

1. Preheat oven to 450°F.
2. Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread mixture in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10 to 13 minutes.
3. Meanwhile, combine lemon zest and juice, olives, oregano and capers in a large bowl. Add the roasted vegetables; stir to combine. Serve warm.

Nutrition:

Servings Per Recipe: 4

Amount Per Serving: About 1 cup

Calories 76; Fat 5g; Carbs 7g; Fiber 3g; Protein 3g

Oven Sweet Potato Fries

Side Dish

Ingredients:

- 1 large sweet potato, peeled and cut into wedges
- 2 tsp. canola oil
- 1/4 tsp. salt
- Pinch of cayenne pepper



Preparation:

1. Preheat oven to 450°F.
2. Toss sweet potato wedges with oil, salt and pepper. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.

Nutrition:

Servings Per Recipe: 2

Amount Per Serving:

Calories 122; Fat 5g; Carbs 19g; Protein 2g; Fiber 3g;
Sodium 323mg; Potassium 429mg

Quinoa and Black Beans

Side Dish

Ingredients:

- 1 tsp. vegetable oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 3/4 cup uncooked quinoa*
- 1 1/2 cups vegetable broth
- 1 tsp. ground cumin*
- 1/4 tsp. cayenne pepper
- Salt and pepper to taste
- 1 cup frozen corn kernels
- 1 (15 oz.) can black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro



Preparation:

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt and pepper. Bring the mixture to a boil. Cover, reduce heat and simmer for 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

* *Quinoa (keen-wa) is a grain that resembles rice. It can be found in the grain or healthy food aisle of your local grocery store.*

* *Cumin (Koo-min) is a spice that can be found in the baking aisle of your local grocery store.*

Nutrition:

Quinoa is cholesterol free, low in fat and high in protein. One cup of cooked quinoa contains 8.14 grams of protein.

Entrees

Fish Tacos

Ingredients:

- 1 lime
- 1 cup grape tomatoes, chopped
- 1/2 cup cilantro, chopped
- 1/2 jalapeno, seeded and finely chopped
- 1/2 sweet onion, finely chopped
- 1/2 tsp. salt
- 1 cup plain nonfat Greek yogurt
- 2 tbsp. mayonnaise
- 2 cups green or red cabbage, sliced into narrow strips
- 1 tbsp. olive oil
- 1 lb. tilapia fish fillets
- 1/4 tsp. chili powder
- 1/4 tsp. black pepper

Entree



- 8 small whole wheat tortillas
- 1 avocado, cut into 8 long slices

Preparation:

1. Cut lime in half. Squeeze juice from half and slice other half into 4 thin wedges. In a bowl, combine tomatoes, cilantro, jalapeno, onion, 1/4 teaspoon salt and half the lime juice.
2. In another bowl, mix together yogurt, mayonnaise and remaining lime juice. Combine cabbage and 2 tablespoons of yogurt sauce in another bowl; reserve extra sauce.
3. Heat olive oil in a large pan. Sprinkle tilapia with chili powder, black pepper and remaining 1/4 teaspoon salt; cook 3 minutes. Turn; cook 2 minutes more.
4. Top tortillas with tilapia, salsa, cabbage, avocado and sauce.

Nutrition:

Less than 300 calories per taco.

Healthy Macaroni & Cheese

Entree

Ingredients:

- 8 oz. whole wheat elbow noodles (about 2 cups)
- 1 - 10 oz. bag frozen broccoli or fresh broccoli florets, cut small
- 1 - 10 oz. bag baby spinach or kale (opt.)
- 2 to 3 garlic cloves, minced
- 1 3/4 cups 1% milk, divided
- 3 tbsp. flour
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 3/4 cup extra sharp Cheddar cheese, shredded
- 1/4 cup Parmesan cheese, shredded
- 1/2 tsp. Dijon mustard (opt.)
- 1/4 tsp. crushed red pepper (opt.)



Preparation:

1. Bring a large pot of water to a boil. Cook pasta according to package directions.
2. Add broccoli to a pan. Sauté over medium heat with garlic, crushed red pepper and a pinch of salt until slightly tender. Add kale/spinach towards the end and cook until the greens are wilted.
3. Heat 1 1/2 cups milk in another large pot over medium-high heat until simmering. Whisk the remaining 1/4 cup milk, flour, garlic powder, salt and pepper in a small bowl until combined. Add the flour mixture to the simmering milk; return to a simmer and cook, whisking constantly, until the mixture is thickened, 2 to 3 minutes.
4. Remove from the heat and whisk in Cheddar, Parmesan and mustard until the cheese is melted.
5. Drain the pasta and add to the cheese sauce. Add veggies into the pasta mixture, and heat through (on low heat) until everything is combined.

Nutrition:

Servings Per Recipe: 6

Amount Per Serving: 1 1/2 cup

Calories 252; Fat 8.2g; Carbs 7g; Fiber 5g; Protein 14.5g, Sodium 536 mg.

Healthy Tuna Casserole

Entree

Ingredients:

- 4 cups whole wheat pasta (penne or fusilli)*
- 1 small onion, finely chopped
- 2 - 6 oz. cans solid white tuna, water packed, drained
- 1/2 cup low fat mayonnaise
- 1 cup skim milk
- 1 - 10 oz. can mushrooms, sliced and drained
- 1 tbsp. Mrs. Dash seasoning mix
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1 cup reduced fat Cheddar cheese, grated



Preparation:

1. Preheat oven to 350°F. Grease an 11” x 7” inch baking dish with cooking spray (or use a casserole dish large enough to hold the mixture).
2. Boil pasta in a large pot until al dente; drain, then transfer to a large bowl. Add in onion and tuna; toss to combine.
3. In a saucepan heat soup with milk until smooth. Stir in mushrooms, mayonnaise, Mrs. Dash seasoning, garlic powder and black pepper until combined; pour into the bowl and toss to combine. Transfer mixture to prepared baking dish.
4. Bake for about 30 minutes. Remove from oven then sprinkle with Cheddar cheese, return to oven for 2 to 4 minutes to melt the cheese. Enjoy.

**Whole wheat pasta can be found at your local grocery store in the pasta aisle.*

Nutrition:

Servings Per Recipe: 10

Calories 83.1; Fat 2.9g; Protein 10.9g; Carbs 3.1g;
Fiber 0.4g; Sugar 0.8g

Honey Soy Broiled Salmon

Entree

Ingredients:

- 1 green onion, minced
- 2 tbsp. reduced sodium soy sauce
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tsp. fresh ginger, minced
- 1 lb. center cut salmon fillet, skinned and cut into 4 portions
- 1 tsp. sesame seeds, toasted



Preparation:

1. Whisk green onion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Save the remaining sauce.
2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
3. Transfer the salmon to the pan, skin side down. Discard the marinade. Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the extra sauce and garnish with sesame seeds.

Tip:

To toast sesame seeds, heat a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

Nutrition:

Salmon is a highly nutritious, heart healthy food. Salmon is rich in omega-3 fatty acids, a type of health promoting unsaturated fat. Additionally, salmon is rich in protein as well as many vitamins and minerals that are essential for human health.

Inside Out Lasagna

Entree

Ingredients:

- 8 oz. whole wheat pasta, rotini or fusilli
- 1 tbsp. extra virgin olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 8 oz. white mushrooms
(about 3 1/2 cups), sliced
- 1/2 tsp. salt
- 1/4 tsp. freshly ground pepper
- 1 - 14 oz. can diced tomatoes with Italian herbs
- 8 cups baby spinach
- 1/2 tsp. crushed red pepper flakes (optional)
- 3/4 cup ricotta cheese



Preparation:

1. Bring a large pot of salted water to a boil. Add pasta; cook until just tender, according to package directions. Drain and transfer to a large bowl.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.
3. Add tomatoes, spinach and crushed red pepper flakes (if desired). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.
4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

Nutrition:

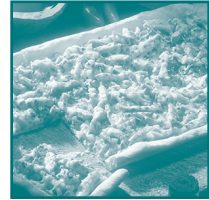
This recipe contains 90% of your daily vitamin A needs as well as 50% of your daily vitamin C requirements.

Light BBQ Chicken Pizza

Entree

Ingredients:

- 1 head cauliflower
- 2 tbsp. olive oil
- Salt and pepper
- 1/2 cup cornmeal
- 2 eggs
- 2 tsp. Italian seasoning
- 1/2 cup barbeque sauce
- 1 cup cooked, shredded chicken
- 3/4 cup shredded Mozzarella cheese
- Red onion, thinly sliced
- Fresh cilantro, chopped (optional)



Preparation:

1. Chop the cauliflower into medium pieces. Heat a large skillet over high heat. Add the oil and heat until shiny. Place the cauliflower in the hot oil, stir and place a lid on the skillet. Roast cauliflower until browned. Be careful not to burn. Continue to let the cauliflower cook, covered, for about 10 to 15 minutes, or until tender-crisp. Let cool for a few minutes.
2. Preheat the oven to 450°F. Add eggs, cornmeal and seasoning to a blender or food processor. Add cauliflower and puree until you have a semi-smooth, thick batter. Cover a pizza pan with parchment paper and pour batter into the center of the paper. Spread until you have about 1/2 inch thick crust or thinner, if desired.
3. Bake the crust for about 20 minutes, checking occasionally to keep from burning. For crispy edges, let it brown a little bit more than a normal crust.
4. While crust is cooking, coat chicken with barbeque sauce. When the crust is cooked through and golden brown, remove and top with barbeque chicken, half the cheese and red onion. Bake for 10 to 15 minutes or until cheese is melted and golden. Top with cilantro, if desired, slice and serve.

Nutrition:

Servings Per Recipe: 8

Amount Per Serving:

Calories 157; Fat 7.3g; Sodium 310.9mg; Carbs 13.3g; Protein 10.4g

Light Orange Beef & Broccoli

Entree

Ingredients:

- Juice of 1 orange
- 1 tbsp. fresh orange zest
- 2 tbsp. low sodium soy sauce
- 1/4 cup beef broth
- 1/3 cup orange marmalade
- 2 tbsp. cornstarch
- 1 tsp. oil
- 1 lb. flank steak, very thinly sliced
- 2 garlic cloves, minced
- 1 broccoli head, washed and cut into bite size pieces



Preparation:

1. Mix the orange juice, orange zest, soy sauce, beef broth, orange marmalade and cornstarch, whisking until the cornstarch is dissolved. Boil the broccoli for just a few minutes, until tender-crisp. The broccoli will cook a little more once you add it in with the sauce; make sure not to boil it for too long.
2. Heat the oil in a skillet over high heat. Add the steak and garlic, draining off extra fat after a few minutes. Flip the pieces until each piece is cooked through and the meat is browned.
3. Add the sauce to the pan and stir for 1 minute until the sauce starts to thicken. Remove from heat and stir in broccoli.

Tip:

Service over brown rice.

Nutrition:

Servings Per Recipe: 4

Amount Per Serving:

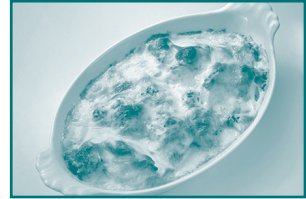
Calories 253.5g; Fat 9.6g; Sodium 553mg;
Carbs 16.9g; Protein 24.8g

Low Fat Baked Pasta with Spinach

Entree

Ingredients:

- 12 oz. uncooked pasta, ziti or penne
- 28 oz. crushed tomatoes
- 1 tsp. olive oil
- 3 garlic cloves, minced
- 10 oz. frozen spinach, thawed
- 1 tsp. oregano
- 2 tbsp. fresh basil, chopped
- Salt and fresh pepper to taste
- 8 oz. fat free ricotta cheese
- 1/4 cup grated Parmesan cheese
- 2 cups shredded Mozzarella cheese
- Olive oil cooking spray



Preparation:

1. Preheat oven to 375°F. Spray a 9" x 13" inch baking pan with cooking spray.
2. In a large pot of salted water, cook pasta according to instructions until al dente. Drain and return to pot.
3. Meanwhile, in a medium saucepan, add olive oil and sauté garlic. Add chopped spinach and chopped tomatoes. Season with basil, oregano, salt and pepper.
4. Add sauce to the pasta and combine. Add half of the Mozzarella, Parmesan and ricotta cheese. Mix well, then transfer to the baking pan.
5. Pour the pasta mixture into the prepared pan and spread evenly. Top with the remaining Mozzarella cheese.
6. Bake for 30 minutes, or until Mozzarella is melted and the edges are lightly browned. Let cool 5 minutes, then cut into 8 equal portions.

Nutrition:

Servings Per Recipe: 8

Amount Per Serving:

Calories 296; Fat 7g; Protein 16g; Carbs 44g;
Fiber 5.5g; Sugar 5g; Sodium 524g

Pineapple Chicken Tenders

Entree

Ingredients:

- 1 cup pineapple juice
- 1/2 cup brown sugar
- 1/3 cup low sodium soy sauce
- 2 lbs. chicken breast tenderloins or strips
- Skewers



Preparation:

1. In a small saucepan over medium heat, mix pineapple juice, brown sugar and soy sauce. Remove from heat just before mixture comes to a boil.
2. Place chicken tenders in a medium bowl. Cover with the pineapple marinade, and refrigerate for at least 30 minutes.
3. Preheat grill to medium heat. Thread chicken lengthwise onto skewers.
4. Lightly oil the grill grate. Grill chicken tenders 5 minutes per side, or until juices run clear.

Tip:

The pineapple chicken tenders cook quickly, so watch them closely.

Nutrition:

About 160 calories per chicken tender

Pork Chops

with Dijon Herb Sauce

Entree

Ingredients:

- 1 tsp. butter
- 4 pork chops (22 oz. with bone), 1 inch thick
- 1/2 tsp. salt
- Fresh ground pepper
- 3 tbsp. onion, chopped
- 3/4 cup fat free chicken stock
- 1 tbsp. Dijon mustard
- 2 tbsp. fresh herbs, parsley or chives, chopped



Preparation:

1. In a large frying pan heat the butter over moderately low heat. Season pork with salt and pepper.
2. Raise heat to medium and add the chops to the pan, sauté for 7 minutes. Turn and cook until chops are browned and cooked to medium, about 7 to 8 minutes longer. Remove the chops and put in a warm spot.
3. Add the onion to the pan and cook, stirring, until soft, about 3 minutes. Add the stock and boil until it reduces to 1/2 cup, about 3 minutes. Stir in the mustard, herbs and 1/8 teaspoon pepper. Put the chops on a platter and pour the sauce over the meat.

Tip:

Trim off all of the visible fat from the pork for a healthier, tastier pork chop.

Nutrition:

Servings Per Recipe: 4

Amount Per Serving: 1 chop

Calories 166.5; Fat 9.2g; Carbs 2.6g; Fiber 0.2g; Protein 16.4g

Seared Steak with Caramelized Onions & Blue Cheese Sauce

Entree

Ingredients:

- 1/4 tsp. salt
- 1 1/4 lbs. boneless strip steak (about 1 inch thick), trimmed
- 2 tbsp. extra virgin olive oil
- 2 cups onion, thinly sliced
- 2 tbsp. water
- 1 tsp. brown sugar
- 1/4 cup crumbled blue cheese



Preparation:

1. Pat steaks dry and cut into 4 equal portions. Salt and pepper steaks to taste. Heat 1 tablespoon oil in a large skillet over medium-high heat until very hot, but not smoking. Add the steaks and cook until browned on the bottom, 2 to 4 minutes. Turn over, reduce heat to medium-low and cook to desired doneness, 3 to 5 minutes for medium rare. Remove the steaks from the pan and set aside, cover with foil.
2. Add the remaining 1 tablespoon oil to the pan and increase the heat to medium. Stir in onion, water and brown sugar. Cover and cook, stirring occasionally, until the onion is golden brown and the liquid has evaporated, 8 to 10 minutes. Add more water, a tablespoon at a time, if the onions are browning too quickly.
3. Remove from the heat. Stir in blue cheese and 1/4 teaspoon salt. Serve each steak with about 2 tablespoons of sauce.

Nutrition:

Servings Per Recipe: 4

Amount Per Serving: 3 oz. steak & 2 tbsp. sauce

Calories 262; Fat 15g; Carbs 7g; Protein 24g; Fiber 1g; Sodium 306mg

Skinny Coconut Shrimp

Ingredients:

- 1 lb. large raw shrimp, peeled and deveined
- 1/2 cup + 1 tbsp. shredded sweetened coconut
- 1/2 cup + 1 tbsp. panko bread crumbs
- 2 tbsp. all purpose flour
- 1 large egg
- Pinch salt
- Nonstick cooking spray

Entree



Sweet and Spicy Dipping Sauce:

- 1/2 cup apricot preserves
- 1 tbsp. rice wine vinegar
- 3/4 tsp. crushed red pepper flakes

Preparation:

1. Preheat oven to 425°F. Spray a nonstick baking sheet with cooking spray.
2. Combine coconut flakes, panko bread crumbs and salt in a bowl. Place the flour on a small dish. Whisk egg in separate bowl.
3. Lightly season shrimp with salt. Dip the shrimp in the flour, shaking off excess, then into the egg, then in the coconut crumb mixture.
4. Lay shrimp on the cookie sheet then spray the top of the shrimp with more cooking spray; bake in the middle rack for about 10 minutes. Turn shrimp over and cook another 6 to 7 minutes or until cooked through. Remove from oven and serve with dipping sauce.
5. For the sauce, combine apricot preserves, rice wine vinegar, and crushed red pepper flakes and place in a small bowl.

Tip:

To cut back on calories and sugar, consider using sugar free apricot preserves for the dipping sauce.

Nutrition:

Servings Per Recipe: 8

Amount Per Serving: 3 shrimp

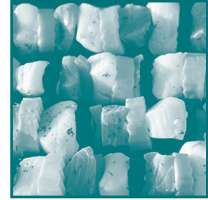
Calories 161; Fat 3.4g; Protein 10.2g;
Carbs 22.2g; Sugar 15.7g

Sweet N' Spicy Salmon Kabobs

Ingredients:

- 1 lb. raw salmon, cut into 1 1/2 inch cubes
- 8 cherry tomatoes
- 1 large yellow pepper, cut into 1 inch pieces
- 1/2 onion, cut into 1 inch pieces
- 4 wooden skewers

Entree



Marinade:

- 1 tsp. cayenne pepper
- 2 tsp. garlic, minced
- 1 tsp. sea salt
- 1 tbsp. light brown sugar
- 1 tsp. parsley
- 1 tbsp. reduced sugar ketchup

Preparation:

1. Separate salmon, pepper and onion cubes into 4 equal piles. Add 2 cherry tomatoes to each of these piles.
2. Thread salmon and vegetables onto each of four skewers, alternating salmon cubes with onions, yellow peppers and cherry tomatoes.
3. Put skewers into sealable plastic bag and add all marinade ingredients.
4. Seal bag and gently massage to blend and coat the skewers. Put in refrigerator for 20 minutes.
5. In the meantime, preheat oven to broil. Make sure top oven rack is approximately 6 inches from broiler.
6. Cover broiler pan with foil and arrange skewers on top. Put in oven for approximately 3 minutes. Turn kabobs and broil for an additional 3 to 4 minutes or until salmon is no longer pink and veggies are well browned.
7. Remove from oven and enjoy.

Nutrition:

Servings Per Recipe: 2

Amount Per Serving: 2 skewers

Calories 378; Protein 45.4g; Carbs 18.5g; Fat 13.6g

Tip:

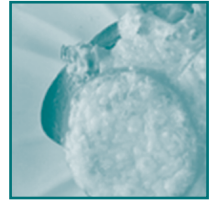
Try serving over brown rice.

Tuna Melt

Entree

Ingredients:

- 2 - 5 oz. cans of chunk light tuna, drained
- 1 medium shallot, minced*
- 2 tbsp. low fat mayonnaise
- 1 tbsp. lemon juice
- 1 tbsp. fresh parsley, minced
- 1/8 tsp. salt
- Dash of hot sauce
- Freshly ground pepper to taste
- 4 slices whole wheat bread, toasted
- 2 tomatoes, sliced
- 1/2 cup shredded sharp Cheddar cheese



** A shallot is a cross between an onion and garlic. You can find shallots at your local grocery store in the fresh produce section.*

Preparation:

1. Preheat broiler to high.
2. Combine tuna, shallot, mayonnaise, lemon juice, parsley, salt, hot sauce and pepper in a medium bowl. Spread 1/4 cup of the tuna mixture on each slice of toast; top with tomato slices and 2 tablespoons cheese. Place sandwiches on a baking sheet and broil until the cheese is bubbling and golden brown, 3 to 5 minutes.

Nutrition:

Servings Per Recipe: 2

Amount Per Serving:

Calories 208; Fat 7g; Cholesterol 29mg; Carbs 17g;
Protein 18g; Fiber 3g; Sodium 497 mg

Snacks

Bacon Wrapped Chicken Bites

Snack

Ingredients:

- 3 boneless skinless chicken breasts, cut in 1 inch chunks
- 10 bacon slices, cut into thirds



Preparation:

1. Preheat oven to 375°F.
2. Wrap a piece of bacon around each piece of chicken; secure with a toothpick and place on a baking sheet.
3. Bake on the lower rack about 25 minutes, turning halfway, or until thoroughly cooked and browned. Blot on a paper towel and serve right away.

Tip:

Sweet chili makes a great dipping sauce for these snacks.

Nutrition:

Servings Per Recipe: 10

Amount Per Serving: 3 bites

Calories 70; Fat 2g; Protein 12.1g; Sodium 117.6mg

Classic Guacamole

Snack

Ingredients:

- 1 medium avocado
- 2 tbsp. red onion, chopped
- 2 tbsp. fresh cilantro, chopped
- 1 tbsp. fresh lime juice
- 1/4 tsp. hot pepper sauce
- Salt to taste



Preparation:

1. Put avocado in a medium bowl and mash with a fork until almost smooth.
2. Add remaining ingredients and stir until combined. Cover surface with plastic wrap and refrigerate up to 1 day.

Tip:

Some cooks believe that keeping an avocado pit in the guacamole will prevent it from turning brown. Give it a try but make sure to remove the pit before serving.

Nutrition:

Servings Per Recipe: 4

Amount Per Serving: 1/4 cup

Creamy Parmesan Spinach Dip

Snack

Ingredients:

- 10 oz. frozen spinach, chopped, thawed and excess liquid squeezed out
- 1/2 cup light sour cream
- 5 tbsp. light mayonnaise
- 1/3 cup Parmigiano Reggiano cheese
- 1/4 cup green onion, chopped
- Fresh pepper to taste



Preparation:

1. Combine all ingredients in a medium bowl. Chill. Remove from refrigerator 30 minutes before serving. Makes about 2 cups.

Tip:

Dip can be made one day in advance and stored in the refrigerator.

Nutrition:

Servings Per Recipe: 8

Amount Per Serving: 1/4 cup

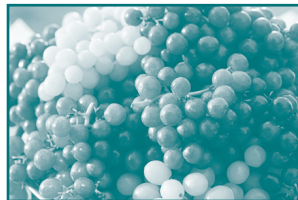
Calories 80; Fat 6.2g; Carb 3.3g; Fiber 0.9g; Protein 3.2g

Grape Salsa

Snack

Ingredients:

- 1 cup red grapes, halved
- 1 cup green grapes, halved
- 1 cup green pepper, chopped
- 1/2 cup onion, chopped
- 2 tbsp. olive oil
- 1 tsp. hot sauce
- 1 tsp salt
- 2 tbsp. lime or lemon juice



Preparation:

1. Mix all ingredients together.
Chill for 1 hour prior to serving.

Tip:

Use whole wheat tortilla chips for a healthier option.

Nutrition:

This is a healthy alternative to cheese based dips.

Mediterranean Bagel Bites

Snack

Ingredients:

- 2 tbsp. hummus
- 2 bagels (whole grain), split and toasted
- 4 thin slices deli roast beef
- 2 tbsp. jarred roasted red peppers, drained, cut into strips
- 2 red onion slices
- 1/2 cup packed baby spinach leaves



Preparation:

1. Spread 1 1/2 teaspoons hummus on each bagel half.
2. Divide the beef, pepper strips, onion and spinach between 2 bagel halves.
3. Top with the remaining bagel halves.
4. Cut each bagel into 8 “bites” and secure with toothpicks.

Tip:

Use low calorie bread, such as English muffins or thin buns, to cut down on calories.

Nutrition:

Servings Per Recipe: 4-6

Amount Per Serving:

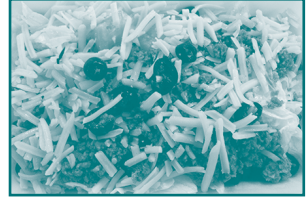
Calories 349; Protein 16.5g; Carbs 64.5g; Dietary Fiber 5.3g;
Fat 3.3g; Cholesterol 12mg; Sodium 700mg

Skinny Taco Dip

Snack

Ingredients:

- 8 oz. 1/3 less fat cream cheese
- 8 oz. reduced fat sour cream
- 16 oz. jar mild salsa
- 1 packet taco seasoning
- 2 cups iceberg lettuce, shredded
- 2 large tomatoes, diced
- 1 cup reduced fat shredded Cheddar cheese
- 2.25 oz. black olives



Preparation:

1. In a large bowl combine cream cheese, sour cream, salsa and taco seasoning. Mix well with an electric mixer.
2. Spread on the bottom of a large shallow glass dish. Top with shredded lettuce, tomatoes, shredded cheese and black olives.
3. Serve with baked tortilla chips.

Nutrition:

Servings Per Recipe: 24

Amount Per Serving:

Calories 60; Fat 3.6g; Protein 2.2g; Carbs 4.7g; Fiber 0.6g

Desserts

Frozen Raspberry-Chocolate Terrine

Desserts

Ingredients:

- 1/3 cup raspberries, fresh or frozen (thawed), plus more for garnish
- 1 quart low fat vanilla frozen yogurt, softened, divided
- 2 tbsp. unsweetened cocoa powder



Preparation:

1. Line an 8" x 4" inch loaf pan with plastic wrap.
2. Mash raspberries in a medium bowl with a fork. Add 2 cups frozen yogurt and stir until combined. Combine the remaining 2 cups frozen yogurt and cocoa in another medium bowl. Spread about half the raspberry mixture into the prepared pan. Top with the chocolate mixture, then the rest of the raspberry. Freeze until firm, at least 3 hours.
3. To unmold, invert onto a serving plate and remove the plastic wrap. Let stand at room temperature for about 5 minutes before slicing into 8 pieces. Serve garnished with fresh raspberries, if desired.

Tip:

You can make this recipe ahead of time. Cover and keep in the freezer for up to 1 week.

Nutrition:

Servings Per Recipe: 8

This is a great alternative to ice-cream desserts.

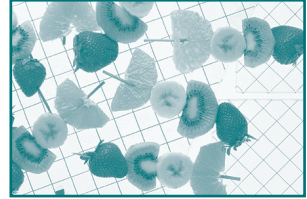
Fruit Kabobs

with Low Fat Fruit Dip

Dessert

Fruit Kabob Ingredients:

- 10 bamboo skewers
- 3 lbs. mixed fruit, washed and dried



Low Fat Fruit Dip Ingredients:

- 1 cup low fat sour cream
- 4 tbsp. brown sugar

Fruit Kabob Preparation:

1. Cut fruit into bite size pieces. Keep them all relatively the same size.
2. Place onto wooden skewers and keep chilled until ready to eat.

Low Fat Fruit Dip Preparation:

Combine sour cream and brown sugar. Enjoy with fruit.

Nutrition:

Nutritional values vary according to fruit.

Less than 50 calories in 2 tablespoons of fruit dip.

Low Fat Gingerbread Cookies

Dessert

Ingredients (Cookies):

- 3 tbsp. unsalted butter, softened
- 3/4 cup brown sugar
- 1/2 cup unsweetened applesauce
- 1 egg
- 1/3 cup dark molasses
- 3 cups all purpose flour (extra for dusting)
- 1 tsp. baking soda
- 2 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1/2 tsp. allspice
- 1/4 tsp. ground cloves



Ingredients (Icing):

- 1 1/2 tbsp. egg whites
- 1/4 tsp. fresh lemon juice
- 1 cup powdered sugar
- Pinch of cream of tartar (optional)

Preparation:

1. In a large mixing bowl, beat the butter, sugar and applesauce until smooth. Add the egg and molasses, mix well.
2. In another large bowl, combine flour, baking soda, ginger, cinnamon, allspice and ground cloves. Add to sugar and molasses mixture, stirring well.
3. Divide the dough into two flat balls; cover with plastic wrap and chill in the refrigerator for at least 2 hours.
4. Preheat oven to 350°F. Generously dust the surface of your working area with flour before rolling out the dough. Work with one ball of dough at a time, keep the other refrigerated while you do.
5. Roll the dough out to a 1/4 or 1/8 inch thickness, sprinkle a little flour on top of the dough if it's sticky. Cut the gingerbread with a cookie cutter shape of your choice.
6. Place cookies 1 or 2 inches apart on a nonstick baking sheet. Bake 10 to 12 minutes.
7. For the icing: Mix the egg whites with lemon juice. Combine with powdered sugar and cream of tartar (if desired) mixing well. If the icing is too thin, add more powdered sugar, if it's too thick, add a drop of lemon juice. Add icing to a piping bag. Decorate when cookies are cooled.

Nutrition:

Less than 70 calories per cookie.

Pink Lemonade Confetti Cupcakes

Dessert

Ingredients:

- 2 1/2 tsp. powdered sugar free pink lemonade mix
- 1 cup water
- 1 box confetti cake mix
- 1/4 cup unsweetened applesauce
- Lemon zest from half of a lemon
- 2 drops pink food coloring (optional)
- 1 tbsp. vegetable oil
- Confetti sprinkles (optional)



Preparation:

1. Preheat oven to 350°F. Line cupcake tins with 24 paper liners.
2. Stir the water and pink lemonade mixture together. Combine the cake mix, pink lemonade mixture, applesauce, lemon zest, food coloring and oil in a large bowl. Use an electric mixer and mix until all the ingredients are thoroughly combined.
3. Pour the batter into the prepared cupcake pans. Add sprinkles and bake in the oven for 22 minutes, or until a toothpick inserted into the center of the cupcakes comes out clean.
4. Cool completely on wire racks before serving.

Nutrition:

Servings Per Recipe: 24

Amount Per Serving: 1 cupcake

Calories 98; Fat 2.3g; Carbs 17.3g

Skinny No Bake Peanut Butter Pie

Dessert

Ingredients:

- 5 oz. reduced fat cream cheese, softened
- 1/2 cup powdered sugar
- 1/3 cup reduced fat peanut butter
- 8 oz. fat free whipped topping
- Reduced fat graham cracker pie crusts
- 3 tbsp. chocolate syrup (optional)



Preparation:

1. Beat cream cheese and powdered sugar together in a medium bowl.
2. Mix in peanut butter and beat until smooth. Fold in whipped topping.
3. Spoon into graham cracker pie shell; cover. Refrigerate until firm, at least 2 to 3 hours. Drizzle with chocolate syrup before serving (if desired).

Tip:

Try using a low calorie peanut butter alternative, such as PB2, and cut out the chocolate syrup to reduce calories.

Nutrition:

Calories will vary based on your choice of peanut butter.

Skinny Peanut Butter Swirl Brownies

Dessert

Ingredients:

- 3/4 cup creamy peanut butter
- 6 oz. low fat vanilla Greek yogurt
- 1/4 cup milk
- 1 large egg
- 1/4 tsp. salt
- 1 tsp. baking powder
- 1 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup old fashioned rolled oats



Preparation:

1. Preheat oven to 350°F. Spray an 8" × 8" inch pan with nonstick cooking spray. Set aside.
2. Place all of the ingredients, except for the peanut butter, into a blender or food processor. For easier blending, place the liquid ingredients into the blender first. Blend until mix is smooth and oats are ground up. You will have to stop the blender and scrape down the sides a few times.
3. Pour batter into prepared baking dish. Batter will be thin. Microwave peanut butter for about 30 seconds. Drop melted peanut butter by spoonfuls onto the batter, swirling gently with a knife to create a marbled effect.
4. Bake for 20 to 25 minutes or until brownies begin to pull away from the sides of the pan. Brownies will be extra fudgy, so be sure to wait until completely cooled to cut. Place in the refrigerator for up to 2 hours to cool. Cut and enjoy.

Tip:

Try swapping the sugar in this recipe with honey for a healthier treat.

Nutrition:

These healthy brownies are not only low in calories but also low in sugar.

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Slim Lemon Squares

Dessert

Ingredients:

- Nonstick cooking spray
- 3/4 cup + 2 tbsp. all purpose flour
- 2/3 cup + 3 tbsp. granulated sugar
- 1/2 stick cold butter, cut into 1/2 inch cubes
- 1 egg
- 1 egg white
- 1/4 tsp. finely grated lemon zest
- 2 tbsp. lemon juice
- 1 tbsp. water
- 1/4 tsp. baking powder
- 1 tbsp. powdered sugar



Preparation:

1. Coat an 8" x 8" inch baking pan with nonstick spray; set pan aside.
2. In a small mixing bowl, combine 3/4 cup flour and 3 tablespoons sugar; add in butter until crumbly. Pat mixture onto the bottom of prepared pan. Bake in a preheated 350°F oven for 15 minutes.
3. Meanwhile, in the same bowl, combine egg and egg white. Beat with an electric mixer on medium speed until frothy. Add remaining sugar and flour, lemon zest, lemon juice, 1 tablespoon water and baking powder. Beat on medium speed for 3 minutes or until slightly thickened. Pour mixture over baked layer in pan. Bake 20 to 25 minutes more or until edges are light brown and center is set. Cool in pan on a wire rack.
4. Sift powdered sugar over top. Cut into 16 bars. Store in refrigerator.

Nutrition:

Servings Per Recipe: 16

Amount Per Serving:

Calories 100; Protein 1g; Carbs 17g; Fat 3g; Fiber 0g

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Strawberry Swirl Cheesecake

Dessert

Ingredients:

- Cooking spray
- 1/2 cup graham cracker crumbs, crushed
- 1 tbsp. light butter, softened
- 8 oz. package reduced fat cream cheese, softened
- 1/4 cup sugar
- 6 oz. fat free vanilla Greek yogurt
- 2 large egg whites
- 2 tbsp. lemon juice
- 1/2 tsp. vanilla extract
- 1 tbsp. all purpose flour
- 1/4 cup sugar free strawberry jam



Preparation:

1. Heat oven to 350°F. Coat an 8" x 8" inch baking pan with nonstick spray.
2. Mix graham cracker crumbs and butter together with a fork until evenly moistened. Press evenly into bottom of prepared pan.
3. Gently beat cream cheese, sugar and vanilla until smooth using an electric mixer. Gradually beat in fat free yogurt, egg whites, lemon juice and flour. Do not over beat. Pour over graham cracker crust.
4. Stir jam until smooth. Drop by small spoonfuls over surface of filling. Using a knife, swirl jam gently through filling to create marble effect.
5. Bake 25 to 30 minutes or until center is almost set. Cool to room temperature. Chill a few hours in the refrigerator.

Nutrition:

This recipe is low in fat.

Stuffed-with-Love Strawberries

Dessert

Ingredients:

- 1/2 tbsp. sugar free fat free vanilla instant pudding mix
- 1/2 tbsp. no calorie sweetener, granulated
- 1 drop vanilla extract
- 1/4 cup Cool Whip Free, thawed
- 2 tbsp. fat free cream cheese, room temperature
- 6 extra large strawberries
- 2 tsp. mini semi-sweet chocolate chips



Preparation:

1. In a medium bowl, combine pudding mix, sweetener, vanilla extract and 1 tablespoon cold water. Stir vigorously until smooth and slightly thickened. Stir in Cool Whip and cream cheese until smooth.
2. Cover and refrigerate until chilled, about 10 minutes.
3. Slice off the stem ends of the strawberries, about 1/2 inch, revealing an opening in each berry. Use a narrow spoon to remove about half of the flesh inside each berry, allowing room for filling.
4. Spoon pudding mixture into a bottom corner of a plastic bag; snip off the tip of the corner to create a small hole, and pipe the mixture through the hole into the strawberries.
5. Press chocolate chips into the exposed filling.

Tip:

Chilling your strawberries prior to using them will make them slightly stiffer and easier to work with when scooping out the center.

Nutrition:

Servings Per Recipe: 1

Amount Per Serving:

Calories 173; Protein 5.5g; Carbs 30g; Fat 4g; Saturated Fat 0.2g; Cholesterol 0mg; Fiber 3.5g; Sodium 309mg; Sugar 16.5g

Super Moist Carrot Cake

with Cream Cheese Frosting

Ingredients:

- 3/4 cup all purpose flour
- 3/4 cup whole wheat flour
- 1 cup granulated sugar
- 1/4 cup sweetened coconut flakes
- 2 tsp. baking soda
- 1 tsp. salt
- 2 tsp. ground cinnamon
- 2 tbsps. canola oil
- 2 large eggs
- 1 1/2 tsp. vanilla
- 2 cups carrots, grated and peeled
- 20 oz. can crushed pineapple in juice, drained
- 1/4 cup chopped walnuts plus 1/4 cup for topping

Dessert



Cream Cheese Frosting:

- 8 oz. 1/3 fat free cream cheese • 1 cup powdered sugar • 1 tsp. vanilla extract

Preparation:

1. Preheat oven to 350°F. In a large bowl, combine flour, sugar, coconut, baking soda, salt and spices; stir well with a whisk.
2. In a medium bowl, combine oil, eggs and vanilla; stir well. Add grated carrots and pineapple; mix well. Fold wet ingredients in with the dry ingredients. Batter will be stiff and dry. Keep folding ingredients until it all comes together. Fold in 1/4 cup chopped nuts.
3. Spoon batter into an 8" inch round cake pan coated with cooking spray. Bake at 350°F for about 40 to 50 minutes, or until a wooden toothpick inserted in the center comes out clean and cake is pulling away from sides of pan. Cool cake completely on a wire rack.
4. To prepare frosting, beat together cream cheese, powdered sugar and vanilla until smooth. Spread frosting over top of cake. Garnish with remaining chopped walnuts.

Nutrition:

Servings Per Recipe: 16

Amount Per Serving: 1 slice

Calories 219; Fat 6.5g; Protein 4g;
Carbs 37g; Fiber 1.5g; Sugar 22g

The Be Well Barron County Cookbook provides you with healthy recipes and food substitutions for creating easy, nutritious and delicious meals.

Be Well Barron County hopes you will enjoy preparing healthy recipes, while improving your health and the health of others.

To view an electronic copy of the cookbook please visit www.BeWellBarronCounty.org

This cookbook was created by **Be Well Barron County** with recipes from a variety of sources.

For more information about Be Well Barron County visit our website at:

www.BeWellBarronCounty.org

or call us at 715.537.6857

Happy Cooking!

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