

Vermont State Employees Online Recipe Book

* Recommended healthy alternatives to employee recipes from the Vermont State Employees' Wellness Program. Please note that modifications have not been tested, so we suggest making small batches the first time you give them a try. Enjoy!

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BAKED PITA CHIPS



One of the easiest healthy snacks to make is baked pita chips. This recipe uses garlic and rosemary as a seasoning but you can use your imagination and top these with just about any combination of herbs and spices.

INGREDIENTS

3 pita pockets
1/4 c. olive oil
1/2 tsp. sea salt
1/4 tsp garlic powder
3 tbsp dried rosemary

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Line a cookie sheet with aluminum foil. Grease foil with a light coating of olive oil.
3. Cut pita pockets into triangles and then separate them where they are still connected to the other half.
4. Place triangles on cookie sheet (what used to be the inside of the pita should be facing up).
5. In a bowl, mix olive oil, garlic powder, and salt.
6. Using a brush, coat each triangle with the olive oil mixture. Don't overdo it. All you need is a light brushing of oil.
7. Sprinkle dried rosemary over the triangles. (You can also mix the rosemary into the olive oil and brush it on, but it's easier to get the amount of rosemary you want on each chip by sprinkling it separately.)
8. Place in oven and bake for 6-8 minutes depending on thickness of pita bread. You might want to do a couple of test triangles first to see what the right length of time is for your bread and oven. Going one minute too long will cause them to burn. Let cool and enjoy!
9. Great served with hummus, Greek yogurt dip or salsa.

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

BAKED SPINACH ARTICHOKE YOGURT DIP, from the National Dairy Council



This is great dip, loved by everyone I had made it for, and a great healthy alternative to the classic restaurant dip. For alternatives, and to make it healthier, I use fat-free plain yogurt and the whole red pepper and mix it throughout the dip!

Makes 8 Servings
Prep Time: 10 min
Cook Time: 20 min

INGREDIENTS

- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 1 (8-ounce) container low-fat plain yogurt ***Try non-fat Greek yogurt for added protein!**
- 1 cup shredded part-skim, low-moisture Mozzarella cheese
- 1/4 cup chopped green onion
- 1 garlic clove, minced
- 2 tablespoons chopped red pepper

DIRECTIONS

Combine all ingredients except red pepper and mix well. Pour mixture into 1-quart casserole dish or 9-inch pie plate. Bake at 350 degrees Fahrenheit for 20-25 minutes or until heated through and sprinkle with red peppers. Serve with toasted bread or whole grain crackers.

Recipe created by 3-Every-Day™ of Dairy.

Nutritional Facts (based on original recipe)

Calories: 80
Total Fat: 3 g
Saturated Fat: 2 g
Cholesterol: 10 mg
Sodium: 220 mg
Calcium: 20% Daily Value
Protein: 8 g
Carbohydrates: 7 g
Dietary Fiber: 1 g

Submitted by: *Kara Squillante, RD*
Health Programs Outreach Specialist II
Vermont Department of Health

CUCUMBER-FETA GREEK YOGURT DIP



INGREDIENTS

2 C (16oz) Plain non-fat Greek Yogurt
1 medium cucumber, peeled, seeded, finely chopped, and squeezed dry in a kitchen towel
1 C (8oz) crumbled reduced-fat feta
2 garlic cloves, minced
1 tsp dried oregano
2 Tbsp minced onion
1 Tbsp fresh lemon juice

DIRECTIONS

Mix all ingredients together in bowl. Cover and refrigerate 1 hour or so overnight before serving. Serve with cut-up veggies or use as a spread in a sandwich!

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

COLESLAW DRESSING



INGREDIENTS

1 bag coleslaw
1/2 cup sugar **reduce sugar to ¼ cup*
1/4 cup oil
1/4 cup vinegar
1 cup mayonnaise **Substitute 1 cup plain non-fat Greek yogurt*
** Add spices (salt, pepper, Jane's Crazy Mixed Up – can replace mix with fresh spices similar to those found in package – often reduced the amt of sodium) to taste and mix with cole slaw.*

Flavor is better if allowed to sit for an hour.

Submitted by: Nancy Scribner
Business Administrator/Compliance Officer
State Treasurer's Office

HEALTHY "ALFREDO" SAUCE:



INGREDIENTS

1 pint small curd 1% cottage cheese
Minced garlic or garlic powder to taste
Salt and pepper to taste
Skim milk as needed (to thin)

DIRECTIONS

1. Puree with blender although a blender stick is easier and quicker.
2. Add milk to desired consistency, but don't thin too much as it will thin out naturally when added to dish. You can also add Parmesan or Romano cheese as desired at this time.

I recommend not cooking it on the stove as it tends to separate. Warm briefly in the microwave and serve. This sauce is also good served cold on potatoes in place of sour cream.

Submitted by: Sara B. Moran RN, BSN, PHN
Vermont Department of Health
Burlington District Office

TOMATO SAUCE



INGREDIENTS

2 large cans diced tomatoes
1 can tomato paste
Oregano, Basil, Parsley or Italian spice to taste - Approximately 1 teaspoon of each
1 green pepper
1 Onion
Butter ***Try sautéing in canola oil**
1 can of water

For meat lovers: Hamburg, sausage, ground pork, chicken, or turkey may be used in this recipe in any combination ***Try lean ground beef, low-fat chicken sausage, or ground chicken or turkey breast for a healthier, lower fat version**

DIRECTIONS

1. Puree dice tomatoes in a food processor. Add to large cooking pot with spices, tomato paste and water.
2. Chop and sauté onions and peppers in butter in a large frying pan (This is optional/or you can add the vegetables of your choice) When softened add to tomato sauce.
3. In same frying pan, cook meat if desired until done and add to the sauce. Simmer sauce for 15-30 minutes as desired. Add water or simmer longer to reach desired thickness.
4. Add salt and pepper to taste
* Use over your favorite pasta, noodles, or as a pizza sauce

Submitted by: Rachel Rolfe
Nursing Supervisor
Barre District office of the Department of Health

SESAME BROWN RICE SALAD WITH PEANUTS

Makes 4 servings



INGREDIENTS

1 cup brown rice, uncooked 2 Tbsp. fresh lime juice

1/2 cup shredded carrots 4 tsp. canola oil
1/3 cup sliced green onions 1 tsp. dark sesame oil
1/4 cup peanuts, chopped 2 cloves garlic, minced
1 Tbsp. fresh cilantro, chopped

DIRECTIONS

1. Cook rice according to package directions. Transfer rice to a large bowl; fluff with a fork. Cool. Add carrots, onions, 2 Tbsp. peanuts, and 2 tsp. cilantro to rice; toss to combine.
2. Combine juice and remaining ingredients in a small bowl. Drizzle oil mixture over rice mixture. Sprinkle with remaining cilantro and peanuts.

Nutrient information: 133 calories, 5 g fat, 4 g fiber, 6.8 g protein, 23 g CHO per 1/2 cup serving.

Adapted from Cooking Light
Anonymous

SPINACH, MANGO, AND RED QUINOA SALAD (WITH CHICKEN)



Crisp baby spinach blends with sweet mango, tender chicken and a sprinkle of red quinoa in this refreshing salad. Complete with your veggies, protein and wholegrain, this salad is a balanced meal in and of itself.

Servings: 2

INGREDIENTS

2 cups baby spinach
1 small carrot, shredded
2 Tablespoons red onion, minced
1/4 cup red quinoa, cooked
1/4 cup ripe mango, diced
1 cup cooked chicken breast, diced
2 Tablespoons low-fat salad dressing (Newman's Own Low Fat Sesame Ginger Dressing)

DIRECTIONS

Place the spinach, carrot, onion, quinoa, mango, and chicken in a medium bowl. Toss with dressing.

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

TABOULEH SALAD

INGREDIENTS



2 bunches of fresh parsley (1 1/2 cup chopped, with stems discarded)
2 tablespoons of fresh mint, chopped
1 medium onion, finely chopped
6 medium tomatoes, diced
1 tablespoon salt, 1/2 teaspoon black pepper
1/2 cup bulgur, medium grade
6 tablespoons lemon juice
6 tablespoons extra virgin olive oil

DIRECTIONS

1. In a glass bowl, immerse bulgur in water or chicken/vegetable broth, and cover.
2. Microwave for 3 minutes, and remove to check for doneness. It should range from al dente to soft, depending on your preference. Remove any excess liquid from the bulgur.
3. Arrange parsley on a large serving plate. Then arrange the chopped tomatoes over the parsley. Sprinkle all of the softened bulgur wheat over the salad.
4. In a small glass bowl, whisk together the lemon juice, olive oil, and salt and pepper. Drizzle over the tabouleh.
5. Garnish with sprigs of basil or mint. Serve immediately or chill in refrigerator for 2 hours before serving.

Anonymous

BAKED SWEET POTATO FRIES



If you're craving a high-fat, salty treat like French fries, try this recipe! Baked sweet potato fries are much lower in fat and are very quick to prepare. Kids will love these baked fries as well!

INGREDIENTS

- 3 large sweet potatoes, cut into wedges
- 1 tbsp olive oil
- 1 tsp cumin
- dash cayenne pepper
- 1/4 tsp paprika
- 1/2 tsp sea salt

PREPARATION

1. Pre-heat the oven to 400 degrees.
2. In a large bowl, toss together all ingredients until potatoes are evenly coated with oil and spices.
3. Place potatoes on a single layer on a baking sheet and bake for about 30 minutes, or until done.

Serve with a bison burger, turkey burger, veggie or lean beef burger! This meal goes well with roasted vegetables as well!

***Try recipe with parsnip, daikon, rutabega or other root vegetable!**

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

Broccoli Salad



INGREDIENTS

- 1 large broccoli head, cut into bite-sized pieces (peel stalk and dice tender insides)
- 1 small red onion, diced
- 1/2 cup raisins
- 1/2 cup sunflower seeds

Dress With:

- 3 TLBS vinegar
- 1/4 cup sugar
- 1/2 cup mayonnaise ***replace with 1/2 cup non-fat plain Greek yogurt**

Flavor is better if allowed to sit for several hours.

Submitted by: Nancy Scribner
Business Administrator/Compliance Officer
State Treasurer's Office

5 MINUTE SWISS CHARD & KALE SAUTE WITH RAISINS AND PINE NUTS



INGREDIENTS

4 cups of Kale and Swiss Chard leaves (or any greens preferred), de-stemmed and torn into bite-sized pieces
3 Tbsp Grape Seed OR Olive Oil
2 tsp Apple Cider Vinegar or Champagne Vinegar
½ tsp Sea Salt
1/3 cup Golden Raisins
¼ cup Pine Nuts (or Sunflower Seeds, Pumpkin Seeds, etc.), optional

DIRECTIONS

1. Heat the oil in a large sauté pan. Once heated, add greens and cook for about 2 minutes.
2. Once greens start to shrink down and soften, add the vinegar and sea salt. Cook for an additional 2 minutes.
3. Add golden raisins and pine nuts (or seeds). Cook for 1 the final minute. Serve warm.

ROASTED ROOT VEGETABLES



This recipe sings of the fall and early winter harvest. Take advantage of the local farmers market and buy whatever root vegetables they have. I like a bite to the vegetables, so I drizzle a small amount of balsamic vinegar over the vegetables while they are still hot. This side dish is quite affordable: about 60 cents a serving for the vegetables!

INGREDIENTS

1 T olive oil	2 parsnips, peeled and diced
1 red onion, sliced	1 t dried rosemary
4 cloves garlic, peeled and cut in half	1 t dried thyme
2 carrots, peeled and diced	1 pinch salt
1 turnip, peeled and diced	1/2 t black pepper
1 yam or sweet potato, peeled and diced	1 T balsamic vinegar, optional

DIRECTIONS

Preheat oven to 375F. Spray a baking sheet pan with nonstick cooking spray. Combine all ingredients in a mixing bowl; toss to combine. Place mixture on a sheet pan. Bake 30 minutes, turning vegetables every 10 minutes until vegetables are tender and slightly browned. Drizzle with balsamic vinegar before serving.
Makes 8 servings (1/2 cup).

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

TUNA NOODLE CRISP



INGREDIENTS

- 4 oz. uncooked noodles
- ¼ cup Crisco **substitute ¼ cup canola oil*
- 1/3 cup chopped onion
- 2 TLBS chopped green pepper
- 1 10-1/2 oz. can cheese soup **make own cheese sauce using 1 cups skim milk, 1 tsp sea salt, 1 tsp ground pepper, and ½ bag 50% Cabot shredded cheddar cheese. Cook in a saucepan until cheese is melted.*
- ½ cup milk **omit if making own cheese sauce*
- 1 TLB chopped pimento, if desired
- 1 Tsp. salt
- 1/8 Tsp. pepper
- 1 can (6-1/2 or 7 oz.) tuna **we suggest using low sodium canned tuna such as Starkist or Bumblebee*
- ½ cup bread crumbs **use whole wheat Panko bread crumbs or can substitute bread crumbs for ½ cup almond flour*

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cook noodles according to package directions; drain.
3. Melt Crisco in large skillet (*use canola oil here*); add onion and green pepper and cook until tender.
4. Stir in soup (*use homemade cheese sauce here*), milk (*omit if using homemade cheese sauce*), pimento, salt and pepper; bring to a boil. Add cooked noodles and tuna.
5. Place mixture in a 1-1/2 or 2 quart casserole dish. Sprinkle bread crumbs (*whole wheat or almond flour*) on top.
6. Bake at 350 degrees for 25-30 minutes.

Submitted by: Nancy Scribner
Business Administrator/Compliance Officer
State Treasurer's Office

APPLE CRISP-LIKE OATMEAL

I make this oatmeal dish for breakfast, which resembles apple crisp.



INGREDIENTS

- ¼ cup Bob's Steal Cut oats
- 1 tsp. cinnamon
- 1 tsp. chia seed, ground
- 1 Tbs. flax seed, ground
- 1 small apple (cut into small chunks)

DIRECTIONS

Cook (microwave) the oats with just enough water to cover them for 2-minutes, mix in cinnamon, chia seed, ground flax seed and apple chunks and ½ cup of hot water. Let stand for 10 – 15 minutes and enjoy!

Submitted by: Cynthia Stevens
Agency of Transportation
Montpelier

EASY GLUTEN-FREE GRANOLA



Makes: 6 cups Prep Time: 15 minutes Cook Time: 20-30 minutes

INGREDIENTS

1 ½ cups raw walnuts	20 drops vanilla liquid stevia (or use 2 tbsp coconut nectar)
1 ½ cups raw cashew nuts	1 tbsp pure vanilla extract
2 cups certified gluten-free rolled oats	1 tsp cinnamon
1 cup quinoa flakes	¼ tsp sea salt
1/3 cup coconut nectar or honey	1/8 tsp nutmeg
1/3 cup grape seed oil or light olive oil	
1 cup unsweetened dried, shredded coconut	

DIRECTIONS

Preheat oven to 300°F.

1. Chop nuts (I pulse them in a food processor to a coarse meal for ease of digestion) and transfer to a large bowl. Mix in oats and quinoa flakes. Set aside.
2. In a medium bowl, whisk coconut nectar (or honey), oil, stevia, vanilla, cinnamon and nutmeg. Pour wet mixture over dry and combine well. Spread evenly in a parchment-lined pan.
3. Bake 10-15 minutes. Remove from oven, stir. Bake an additional 10-15 minutes or until crisp (check on it frequently as this granola has a tendency to burn quickly. Remove from oven and allow to cool.
4. Stir in coconut and transfer to an air-tight glass jar or container.

Notes:

- Coconut Secret brand coconut nectar can be found at most natural grocers. Coconut nectar is low-glycemic
- For an easy nut-free option, consider a combination of sesame, sunflower and pumpkin seeds. And for added Omega-3 and 6, mix in a couple of heaping tbsp of hemp seed along with the coconut. Unsweetened dried cherries are another tasty and anti-inflammatory addition!

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

PROTEIN PUMPKIN PANCAKES



Enjoy these tasty pumpkin pancakes without guilt. Made with almond meal and packed with protein from eggs, these pancakes are sure to satisfy without shortchanging your results.

Servings: 5

INGREDIENTS

- | | |
|----------------------|------------------------------|
| - 4 large eggs | - 1 cup almond meal |
| - 3/4 cup egg whites | - 1 teaspoon baking powder |
| - 1 can of pumpkin | - 1 teaspoon vanilla extract |
| - dash of nutmeg | - 1 teaspoon ground cinnamon |
| - cooking spray | |

DIRECTIONS

1. In a medium bowl, mix all of the ingredients together.
2. Heat pancake griddle to medium heat and coat with cooking spray.
3. Cook each side about 3 minutes until brown, then flip and cook remaining side.

Enjoy these with boiled fruit on top and a dollop of non-fat vanilla Greek yogurt!

Nutritional Analysis: One serving equals: 255 calories, 15g fat, 112mg sodium, 11g carbohydrate, 5g fiber, and 19g protein.

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

CRANBERRY TUNA SALAD



INGREDIENTS

2 cans low sodium Albacore Tuna, packed in water
(Starkist best – I prefer very low or low sodium)
2 celery stalks, chopped
2 Tablespoons original hummus
1/4 cup dried cranberries
1 teaspoon dried dill weed

DIRECTIONS

1. Drain and flake tuna in a medium bowl.
2. Add all of the ingredients and mix until well combined.

Nutritional Analysis: One serving equals: 195 calories, 2.5g fat, 150mg sodium, 9 carbohydrate, 1g fiber, and 18g protein.

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

MEDITERRANEAN LETTUCE WRAP



This wrap is savory and refreshing, and is the perfect meal to get you beach ready. I recommend roasting your own bell pepper, since most store bought roasted bell peppers are packaged in oil. To do so simply throw it on the grill until soft and then peel the skin after it cools. **Servings: 1**

INGREDIENTS

1 large leaf of lettuce
2 slices lean all-natural turkey
1 roasted red bell pepper, cut into 4 segments
2 tablespoons garlic hummus
1 tablespoon olive tapenade

DIRECTIONS

1. Lay the lettuce leaf flat and spread with 1 tablespoon of hummus. Place the turkey slices on the lettuce and spread with remaining hummus. Sprinkle the olive tapenade over the turkey and top with the roasted bell pepper.
2. Wrap the lettuce; use a tooth pick to hold it together.

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

BALSAMIC ROASTED PORK LOIN



Recipe from [Eating Well Magazine](#). A zesty, yet simple meal with an olive oil and balsamic vinegar marinade. Definitely a crowd pleaser!

INGREDIENTS

½ cup olive oil
½ cup balsamic vinegar
2 tbsp steak seasoning rub
2 pounds boneless pork loin roast (I use pork tenderloin for a leaner option – it's still great!)

DIRECTIONS

1. Dissolve steak seasoning in balsamic vinegar. Then stir in olive oil. Place pork into a re-sealable plastic bag and pour marinade over top. Squeeze out air and seal bag; marinate 2 hours to overnight.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Place pork into a glass baking dish along with marinade. Bake in preheated oven, basting occasionally until the pork reaches an internal temperature of 145 degrees F (65 degrees C), about 1 hour. Let the roast rest for 10 minutes before slicing and serving.

Nutritional Information

Servings Per Recipe: 8
Amount Per Serving
Calories: 299

Dietary Fiber: 0.1g

Fat: 23.4g

Cholesterol: 55.1mg

Protein: 18.4g

Carbohydrates: 3.1g

Sodium: 732.0mg

Anonymous

SAUTEED TILAPIA – Adapted from Cooking Light Magazine



Prep Time: 10 minutes Cook Time: 12 minutes

Yield: 2 servings (serving size: 1 fillet and 2 tablespoons sauce)

INGREDIENTS

¼ cup fat-free, less-sodium chicken broth

¼ cup fresh lemon juice

1 ½ teaspoons drained brine-packed green peppercorns, lightly crushed

1 teaspoon butter

1 teaspoon vegetable oil

2 (6-ounce) tilapia or sole fillets

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

¼ cup all-purpose flour

2 teaspoons butter

Lemon wedges (optional)

DIRECTIONS

1. Combine first 3 ingredients.
2. Melt 1 teaspoon of butter with oil in a large nonstick skillet over low heat.
3. While butter melts, sprinkle fish fillets with salt and black pepper. Place the flour in a shallow dish. Dredge fillets in flour; shake off excess flour.
4. Increase heat to medium-high; heat 2 minutes or until butter turns golden brown. Add fillets to pan; sauté 3 minutes on each side or until fish flakes easily when tested with a fork. Remove fillets from pan.
5. Add broth mixture to pan, scraping to loosen browned bits. Bring to a boil; cook until reduced to ½ cup (about 3 minutes). Remove from heat. Stir in two teaspoons of butter with a whisk.
6. Serve sauce over fillets. Garnish with lemon wedges, if desired.

Nutritional Information

Calories: 282 (26% from fat). Fat: 8.3g (sat 3.2g, mono 2g, poly 2.1g). Protein: 35g. Carbohydrate: 15.3g. Fiber: 0.8g. Cholesterol: 92mg. Iron: 1.5mg. Sodium: 739mg. Calcium: 43m

Submitted by: Maura O'Brien

Wellness Coordinator

Vermont State Employees' Wellness Program

MEXICAN LASAGNA



I usually make two versions – meat for my boys and then beans for my vegetarian daughter. You could also sub ground turkey for ground beef and use low-fat versions of the cheese.

INGREDIENTS

1-1/2 pounds ground beef **Use 93% lean ground beef, lean ground turkey breast, or textured vegetable protein for a lower fat option*
1-1/2 teaspoons ground cumin
1 tbsp chili powder
¼ tsp garlic powder
¼ tsp red pepper
1 tsp salt or to taste
1 tsp black pepper or to taste
1 can (16 ounces) tomatoes, chopped
10-12 corn tortillas

2 cups small curd cottage cheese, drained **Use 1% low-fat cottage cheese or even better, try the 1% low-fat unsalted varieties such as Crowley or Hood*
1 cup grated Monterey Jack cheese with peppers **Look for reduced fat versions or part-skim*
1 egg **Replace with 2 egg whites*
½ cup grated cheddar cheese **Use Cabot 50% light cheddar cheese or another low-fat version*
2 cups shredded lettuce
½ cup chopped tomatoes
3 green onion, chopped
¼ cup sliced black olives

DIRECTIONS

1. Brown ground beef; drain thoroughly.
2. Add cumin, chili powder, garlic powder, red pepper, salt, pepper and tomatoes; heat through.
3. Cover bottom and sides of a 13-in. x 9-in. x 2-in. baking dish with tortillas.
4. Pour beef mixture over tortillas; place a layer of tortillas over meat mixture and set aside.
5. Combine cottage cheese, Monterey Jack cheese and egg; pour over tortillas.
6. Bake at 350 degrees for 30 minutes.
7. Remove from oven; sprinkle rows of cheddar cheese, lettuce, tomatoes, green onions and olives diagonally across center of casserole. Yield: 6-8 servings.

Submitted by: Dawn O'Toole
Department for Children and Families
Director of Operations

SPICY SWEET POTATO SHEPARD'S PIE



(Loaded with fiber, protein & vitamin A!)
Serves 6

INGREDIENTS

2 tbs olive oil
1 medium onion, diced
1 small green bell pepper, diced
1 tbs. minced garlic
1 tbs. chopped green jalapeno

1 lb. 93% lean ground beef or lean ground turkey (simply leave out if vegetarian or use tofu or textured vegetable protein)
1 tbs. tomato paste
1 ½ tbs. chili powder
1 tsp. ground cumin
½ tsp. ground cinnamon

Sea salt to taste
Ground black pepper to taste
2 cups tomatoes, chopped
½ cup cooked edamame (soybeans)
½ cup black beans – drained and rinsed

¼ cup chopped cilantro
1 ½ lbs. sweet potatoes, peeled & cut in chunks
1 tbs. butter or ghee
½ cup of almond milk

DIRECTIONS

1. Heat oil in a large pot over medium heat. Add onion & bell pepper; cook, stirring, for 10 minutes. Add garlic & jalapeno; cook for 2 minutes. Raise heat to medium-high; add beef and brown for 5 minutes.
2. Add tomato paste & spices cook, stirring, for 2 minutes. Add tomatoes; simmer until liquid reduces, 15 minutes. Add edamame, beans & 4 tbs. cilantro. Spoon into a 9x9 inch baking dish.
3. Place sweet potatoes in a saucepan with water to cover. Bring to a boil, reduce heat, and simmer for 30 minutes. Drain; mash with butter and almond milk. Spread mash over the meat mixture. Bake in a 400 F oven until brown, 30 minutes. Garnish with cilantro.

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

VEGETABLE & CHICKPEA CURRY



This has become a regular on our winter menu and even my non-chickpea eating husband likes it. This recipe is from Cooking Light.

INGREDIENTS

1 tablespoon olive oil	1 cup diced green bell pepper
1 1/2 cups chopped onion	1 cup (1-inch) cut green beans
1 cup (1/4-inch-thick) slices carrot	1/2 teaspoon salt
1 tablespoon curry powder	1/4 teaspoon black pepper
1 teaspoon brown sugar	1/8 teaspoon ground red pepper
1 teaspoon grated peeled fresh ginger	1 (14.5-ounce) can diced tomatoes, undrained
2 garlic cloves, minced	1 (14-ounce) can vegetable broth
1 serrano chile, seeded and minced	3 cups fresh baby spinach
3 cups cooked chickpeas (garbanzo beans)	1 cup light coconut milk
1 1/2 cups cubed peeled baking potato *Try sweet potato!	6 lemon wedges

DIRECTIONS

1. Heat oil in a large nonstick skillet over medium heat. Add onion and carrot; cover and cook 5 minutes or until tender. Add curry powder, sugar, ginger, garlic, and chile; cook 1 minute, stirring constantly.
2. Place onion mixture in a 5-quart electric slow cooker. Stir in chickpeas and next 8 ingredients (through broth). Cover and cook on HIGH 6 hours or until vegetables are tender. Add spinach and coconut milk; stir until spinach wilts. Serve with lemon wedges

Note: I find that for using leftovers as we do, it's best to add the baby spinach in each serving rather than at the end of cooking. Otherwise in reheating it gets too soggy. I've also done it with white beans.

Warning: I realized after trying this that not all curry powder is the same in terms of sodium. Check whether your curry powder has salt and be careful not to add any more.

Submitted by: Christine Friese
Department of Libraries
Montpelier

GRAMMIES CHICKEN SOUP



INGREDIENTS

2-3 chicken breasts
1/2-1 cup Celery
Poultry seasoning to taste- teaspoon
1 cup small macaroni like Pastene, Stars, or Orzo or any type of rice ***Try whole-wheat pasta, bean pasta, brown rice or wild rice**
Garnish: (if desired) 1 tbsp Parmesan cheese.
Salt and pepper to taste.

DIRECTIONS

1. Boil chicken in 4-8 cups of water until done. Strain water and reserve for stock.
2. Chop or shred Chicken when cool into small pieces.
3. Add seasoning, Celery and Chicken to stock.
4. Add 4 cups of water.
5. Bring to a boil and then simmer for at least one hour.
6. Add pasta or rice 30 minutes before your ready to serve.
7. Add water to desired consistency. We like this thick and hearty.

Notes:

- Other vegetables may be added if desired
- If you're a cheese lover, almost any type can be added when served
- Stores well and can be frozen.
- To reheat add more water as if thickens.

Submitted by: Rachel Rolfe
Nursing Supervisor
Barre District office of the Department of Health

QUICK CROCK POT VEGETARIAN CHILI



INGREDIENTS

1 – 14.5 oz can diced tomatoes (I used Hunt's Fire Roasted w/Garlic), do not drain ***Use no salt added diced tomatoes to reduce the sodium content**
1 – 8 oz can Tomato Sauce ***Use no salt added canned tomato sauce to reduce the sodium content**
1 – 15 oz can Black Beans, drained ***Drain and rinse the black beans to reduce the sodium content**

1 – 15 oz can Red Kidney Beans, drained and rinsed
1/3 cup black coffee (this takes the place of the liquid from the black beans)
1 small/med. Onion, chopped
1 green and 1 red pepper, chopped

- 2 washed and/or peeled carrots, sliced about ¼" thick
- 2 un-peeled medium green squash (zucchini) – yellow squash too soft
- 2 cups frozen whole kernel corn **Can use no salt added whole kernel corn for a quick option as well*
- 1 tbsp chili powder
- ½ tsp ground red cayenne pepper (you may want to start w/ ¼ tsp on your first batch)

DIRECTIONS

1. Spray the inside of a 4-6 quart crock pot with cooking spray.
2. Place all ingredients inside, stirring once to combine.
3. Cover. Cook on low for 4-5 hrs (recommended) or if no time, cook on high for 2 hrs.
4. Can be served with tortilla chips, sour cream, shredded cheese, or just in a bowl all by itself!

Submitted by: Marlene Poirier
 Administrative Services Coordinator
 Workforce Recruitment, Development and Wellness

SLOW COOKER SPLIT PEA SOUP



INGREDIENTS

- 7 cups of water
- 1 (16 ounce) package of dried split peas, rinsed and sorted
- 1/4 teaspoon of pepper
- 3 medium carrots, cut into 1/4 inch slices
- 1 medium onion chopped
- 2 stalks of celery finely chopped
- 1 ham bone
- 1-2 cloves of garlic

DIRECTIONS

- 1) Mix all ingredients except ham in 5 qt slow cooker, then add ham
- 2) Cover and cook on low heat 8-10 hours or on high for 6-7 hours until peas are tender. Remove ham from cooker; place on cutter board and cut into pieces.
- 3) Stir ham into soup- stir well before serving.

Submitted by: Sheryl Stuart
 Department of Labor
 Montpelier

VEGETARIAN CHILI FROM SCRATCH



*Yields around 10 cups, easily serving 5 (and doubles or triples beautifully)
 Vegetarian, gluten-free, and vegan (if you modify the garnishes)
 Prep time: 20 minutes
 Cook time: 2 hours*

INGREDIENTS

- | | |
|---|---|
| <ul style="list-style-type: none"> 1.5 cups dry pinto beans 1 cup dry black beans ½ cup dry kidney beans 3 to 6 dried chili pods (any combination of ancho, guajillo, pasilla, cascabel, de arbol, ... [see above]) 1 small can chipotle pepper in adobo (double check for gluten free, or use dried morita peppers instead) 28 oz. can of crushed tomatoes | <ul style="list-style-type: none"> 1 medium carrot, finely diced 1 white or yellow onion, finely diced 2 stalks celery, finely diced ¼ cup canola or other neutral vegetable oil 4 cloves garlic, minced juice of 1/2 lemon salt |
|---|---|

For garnish:

- green onion (sliced thin, mostly white parts only), or white onion (minced)
- cilantro leaves
- grated 50% Cabot Light Jabanero Cheddar Cheese or other favorite low-fat cheese
- Dollop non-fat plain Greek yogurt
- lime wedges

DIRECTIONS

1. Carefully sort through the beans removing any extraneous material. Rinse well. Put in the pot you will eventually cook in, add 2 quarts of water, and soak overnight. **Can also use canned beans for a quicker version – just make sure to rinse well. If you use this method, skip step #2.**
2. The next day, drain the beans, add water to cover by an inch or so, and bring to a boil. Reduce to a simmer and cook until the beans are very tender, which could take 1 to 2 hours depending on their age. Add water occasionally, and stir to prevent any scorching. When nearly done, add 2 teaspoons of salt.
3. Meanwhile, toast the chilis in a hot, dry skillet until darkened on both sides. Ventilate the room well while you do this, it produces a rather intense smoke that some people find painful. Allow to cool.
4. Hint: use disposable gloves for this step to avoid having spicy hands!). Break apart the chilis and dispose of the seeds and stems. Add the chilis, tomato sauce, half of the adobo sauce from the can of chipotle, and 1 teaspoon of salt to a blender and puree until very smooth. This sauce should be pretty spicy, because it is going in that huge pot of beans soon!
5. Saute the carrot, onion and celery with 1 teaspoon of salt in the oil for about 10 minutes, until soft. Add the garlic and saute for 1 more minute.
6. Drain most of the liquid from the beans, reserving a cup for later dilution if needed.
7. Add the chili sauce, vegetables and lemon juice to the beans. Bring back to a simmer and let cook for 10 minutes or so, allowing the flavors to begin to marry.
8. Now taste. If it needs more heat or a smoke, add the rest of the adobo sauce. If it needs a lot more heat, you can puree the chipotle peppers and add them. Add salt as needed. You shouldn't be tasting a lemon flavor, but there should be a subtle hint of acidity that wakes up the sauce. If the whole thing is too thick, you can dilute it with some of the reserved bean-cooking liquid.
9. Serve your vegetarian chili with the garnishes listed above.

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees' Wellness Program

PEANUT BUTTER & BANANA SMOOTHIE**INGREDIENTS**

- 1 banana, peeled and cut in slices
- 1 cup grapes
- 1/4 cup all-natural peanut butter
- 1-2 tablespoons soymilk

DIRECTIONS

1. Place grapes and banana slices in the freezer for 30-45 minutes.
2. Once they are chilled, place grapes, bananas and peanut butter in a blender, and blend until smooth.
3. If smoothie is too thick, blend in soymilk. Serve.

Anonymous

“APPLE PIE WITH VANILLA ICE CREAM”



Craving apple pie with vanilla ice cream? Here's a great healthy alternative with an omega-3 boost!

INGREDIENTS

1-medium apple cut into slices or chunks 1 Tbsp. Flax seed, ground
1 tsp. cinnamon 4-6 oz low or non-fat Greek Vanilla Yogurt
1 tsp. chia seed, ground

DIRECTIONS

Place apples in a small bowl, add the cinnamon, chia seed, flax seed and mix together, Cook (microwave) for 30 seconds – 1 minute. Add the yogurt on top or mix it in. Yummy!

Submitted by: Cynthia Stevens
Agency of Transportation
Montpelier

CAROLINA IRISH CREAM PECAN CAKE



Prep Time: 40 minutes
Total Time: 1 hour 45 minutes
Servings: 16

INGREDIENTS

1 cup chopped pecans
1 (18.25 ounce) package yellow cake mix ***Prepare your own cake from scratch – eliminates artificial ingredients and/or partially hydrogenated oils often times found in cake mixes. See below for an example of a healthy yellow cake recipe.**
1 (3.4 ounce) package instant vanilla pudding mix
4 eggs ***Use 2 whole eggs and 4 egg whites to reduce saturated fat**
¼ cup water
½ cup vegetable oil ***Use ¼ cup applesauce and ¼ cup canola oil**
¾ cup Irish cream liqueur

DIRECTIONS

1. Preheat oven to 325 degrees F.
2. Grease and flour a 10 inch Bundt pan.
3. Sprinkle chopped nuts evenly over bottom of pan.
4. In a large bowl, combine cake mix and pudding mix.
5. Mix in eggs, 1/4 cup water, 1/2 cup oil and 3/4 cup Irish cream liqueur.
6. Beat for 5 minutes at high speed.
7. Pour batter over nuts in pan.
8. Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the cake comes out clean.
9. Cool for 10 minutes in the pan, then invert onto the serving dish.
10. Prick top and sides of cake.
11. Spoon glaze over top and brush onto sides of cake. Allow to absorb glaze repeat until all glaze is used up.

To make the glaze

¼ cup water

1 cup white sugar *Try coconut palm sugar – doesn't raise blood sugar levels like regular sugar

¼ cup Irish cream liqueur

½ cup butter *Try reducing the amount of butter to 1/3 cup

1. In a saucepan, combine butter, 1/4 cup water and 1 cup sugar.
2. Bring to a boil and continue boiling for 5 minutes, stirring constantly.
3. Remove from heat and stir in 1/4 cup Irish cream.

Submitted by: Karen Rhodes
Probation and Parole Officer
Rutland and Addison County

HEALTHY YELLOW CAKE RECIPE W/CAROLINA IRISH CREAM TWIST 😊



INGREDIENTS

1 cup chopped pecans

¼ cup organic butter, softened

¾ cup unsweetened applesauce

¾ cup coconut palm sugar

1 whole egg

2 egg whites

1 cup sifted whole wheat flour

2 cups sifted white flour

2 ¼ tsp aluminum-free baking powder

½ tsp salt

1 1/3 cups skim milk

¾ cup Irish Cream Liqueur

2 teaspoons pure vanilla extract

DIRECTIONS

1. Cream applesauce, butter and sugar.
2. Beat in eggs one at a time and then beat in vanilla and Irish Cream Liqueur.
3. Mix dry ingredients together and then alternate between stirring in the milk and the dry ingredient mixture until it is all mixed together.
4. Pour batter over nuts in pan.
5. Bake in oven preheated to 350 for 45 minutes or longer, depending on if the cake passes the doneness test.

Top with glaze from above!

CHOCOLATE MAYO CAKE



Here is a cake and frosting recipe that everyone in my immediate family loves. We have it for every birthday in my family and now my son is doing the same for his family. ***Definitely NOT diet friendly but so worth it!!!

INGREDIENTS

2 cups flour *Use 1 cup whole wheat pastry flour and 1 cup regular flour

1 cups sugar *Replace with coconut palm sugar – less impact on blood sugars and is a natural sugar

½ cup cocoa

2 tsp. baking soda

1 tsp. vanilla extract

1 cup mayonnaise *Replace with low or non-fat plain Greek yogurt

1 cup warm water

DIRECTIONS

1. Grease and flour a cake pan, long or 2 round ones. Pre-heat oven to 350 degrees.
2. Sift all dry ingredients and then add mayo. Stir together and gradually add water and vanilla. Mix until smooth, no need to use electric mixer. Pour into cake pan(s).

- Bake for 20-25 mins. Start checking at 18-20 mins. Make sure toothpick inserted in middle comes out clean.

COFFEE CREAM FROSTING FOR MAYO CAKE

1 cup milk **Use low-fat milk*
5 tbsp. flour

Cook above ingredients on med. heat until thickened. Cool, I usually put in fridge until ready to use.

½ cup shortening **Replace with regular butter – no trans fats as found in shortening*
½ cup margarine **Make sure to use a specially formulated margarine void of trans fats – read the label and check for the words “partially hydrogenated oil”*
1 cup sugar **Use coconut palm sugar*
1 tsp. vanilla
1 heaping tbsp. instant coffee or espresso

Beat shortening (or butter), margarine and sugar until light and fluffy this usually takes between 15-20 mins. Mix vanilla extract and coffee or espresso together and add to shortening/butter mixture and beat in. Add cooled flour mixture to shortening/butter and beat until whipped cream consistency. Frost cake and eat!

Submitted by: Mary Briere
Reach Up Case Manager
DCF~Economic Services
Bennington VT

EASY FOOL PROOF APPLE TART



INGREDIENTS

4 each Puff pastry discs, 6-inch diameter **Make your own puff pastry discs (see recipe below) to avoid trans fats OR buy trans fat-free puff pastry (can be found in health food stores or natural food sections of your grocery store)*
2 teaspoons Brown sugar
2 teaspoon White sugar **Use coconut palm sugar*
1 teaspoon Cinnamon, ground
A tiny pinch Salt
1 Teaspoon Lemon Juice
2 teaspoons Butter, melted, unsalted
4 each Empire or local baking apples, peeled and sliced

DIRECTIONS

- Preheat oven to 425 degrees.
 - Prick pastry round with a fork to avoid over-puffing.
 - Toss apples with sugar, salt, butter, lemon and cinnamon.
 - Attractively arrange apples onto puff pastry disc, and put remaining sugar all over the pastry for a shiny finish.
 - Bake in the oven for approximately 20 minutes
 - Optional: Brush with clear melted apple or apricot jelly.
 - Sprinkle with powdered sugar. Yields 4 tarts.
- * Serve with vanilla ice cream or sweetened crème fraîche (Whipped cream works well also)*

Submitted by: Karen Rhodes
Probation and Parole Officer
Rutland and Addison County

*** QUICK HOMEMADE PUFFED PASTRY DOUGH (replacement for store-bought puff pastry in “EASY Fool Proof Apple Tart” recipe above)**



INGREDIENTS

- 4 cups flour – 2 cups all-purpose and 2 cups whole wheat pastry flour
- 1 teaspoon sea salt
- 2 cups cold butter (1 pound)
- 1 ¼ cups ice water

DIRECTIONS

1. In a large mixing bowl stir together flour and salt.
2. Cut the cold butter into 1/2-inch-thick slices (not cubes). Add the butter slices to the flour mixture; toss till butter slices are coated with the flour mixture and are separated.
3. Pour ice water over the flour mixture. Using a spoon, quickly mix (butter will remain in large pieces and flour will not be completely moistened).
4. Turn dough out onto a lightly floured surface. Knead dough 10 times by pressing and pushing dough together to form a rough-looking ball. Shape dough into a rectangle (dough still will have some dry-looking areas). Make the corners as square as possible. Slightly flatten dough.
5. Working on a well-floured surface, roll the dough into an 18x15-inch rectangle. Fold crosswise into thirds to form a 15x6-inch rectangle. Give dough a quarter turn, then fold crosswise into thirds to form a 5x6-inch rectangle and to create 9 layers. Repeat the rolling, folding, turning, and folding process once more, forming a 5x4-inch rectangle. Wrap dough with plastic wrap. Chill for 20 minutes. Repeat the rolling and folding process 2 more times. Before using, chill dough for 20 minutes more. To use dough in a recipe, cut in half crosswise with a sharp knife.

POACHED PEARS

Serves 4



INGREDIENTS

- 1 cup orange juice
- 1/4 cup apple juice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 4 whole pears
- 2 tablespoons orange zest
- ½ cup fresh raspberries

DIRECTIONS

1. In a small bowl, combine the juices, cinnamon and nutmeg. Stir to mix evenly.
2. Peel the pears and leave the stems. Remove the core from the bottom of the pear. Place in a shallow pan. Add the juice mixture to the pan and set over medium heat. Simmer for about 30 minutes, turning pears frequently. Don't boil.
3. Transfer the pears to individual serving plates. Garnish with raspberries and orange zest and serve immediately.

Submitted by: Alissa Robertson, MS, RD
Health Educator
Vermont State Employees’ Wellness Program

SIMPLE BROWNIES



Recipe from a song book by Gloria Gaither. Makes 2 inch high brownies. Can be frozen if you have any left over.

INGREDIENTS

1-small box cooked chocolate pudding *Prepare your own chocolate pudding to avoid artificial ingredients and stabilizers – **recipe below**

1-devil's food cake mix *Prepare your own devil's food cake – **recipe below**

1 12 oz pk. chocolate chips *Try dark chocolate chips for an antioxidant boost

1/2 cup nuts (optional) *Walnuts are a great choice as they'll add heart healthy omega-3's!

DIRECTIONS

1. Cook pudding as directed. (I use 2% milk). Take off stove when bubbling, add the cake mix **dry**, and the entire bag of chocolate chips and nuts if desired. Mix well by hand until all ingredients are combined (Chips melt into the batter).
2. Put into a 9 by 13 sprayed (or greased and floured) cake dish.
3. Bake for 35 minutes in a 350 degree oven.

Alternative: Vanilla or butterscotch pudding, yellow cake mix and butterscotch morsels

HOMEMADE CHOCOLATE PUDDING (Boxed chocolate pudding replacement in "Simple Brownies" recipe)

From [Eating Well Magazine](#)

Makes 6 servings

INGREDIENTS

- 1 large egg
- 2 1/4 cups nonfat or low-fat milk, divided
- 2/3 cup sugar, divided
- 1/8 teaspoon salt
- 2/3 cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract

DIRECTIONS

- Lightly beat egg with a fork in a medium bowl.
- Combine 1 1/2 cups milk, 1/3 cup sugar and salt in a medium saucepan; bring to a simmer over medium heat, stirring occasionally.
- Meanwhile, whisk the remaining 1/3 cup sugar, cocoa and cornstarch in a medium bowl. Whisk in the remaining 3/4 cup milk until blended. Whisk the simmering milk mixture into the cocoa mixture. Pour the mixture back into the pan and bring to a simmer over medium heat, whisking constantly, until thickened and glossy, about 3 minutes. Remove from heat.
- Whisk about 1 cup of the hot cocoa mixture into the beaten egg. Return the egg mixture to the pan and cook over medium-low heat, whisking constantly, until steaming and thickened, about 2 minutes. (Do not boil.) Whisk in vanilla. Add to Devil's Food Cake recipe below.

HOMEMADE DEVIL'S FOOD CAKE (Devil's food cake mix replacement in "Simple Brownies" recipe)



INGREDIENTS

- 2 cups all-purpose flour
- 1 3/4 cups sugar
- 1/2 cup cocoa
- 1 tablespoon baking soda
- 2/3 cup acceptable vegetable oil
- 1 cup low-fat buttermilk
- 1 cup strong coffee (instant coffee may be used)

DIRECTIONS

1. Preheat oven to 350° F.
2. Grease (with trans fat-free margarine) and flour a 9-x-13-inch pan.
3. In a large mixing bowl, sift together flour, sugar, cocoa and baking soda.
4. Add oil and buttermilk. Stir until well blended. Set aside.
5. Bring coffee to a boil in a small saucepan over medium-high heat. Remove from heat and stir coffee gently into batter. Mixture will be soupy.
6. Mix batter with pudding recipe above and dark chocolate chips (as well as nuts if desired). Pour into prepared pan and bake 35 to 40 minutes. Remove from oven and serve warm or cool completely.

Submitted by: Rachel Rolfe

Nursing Supervisor

Barre District office of the Department of Health