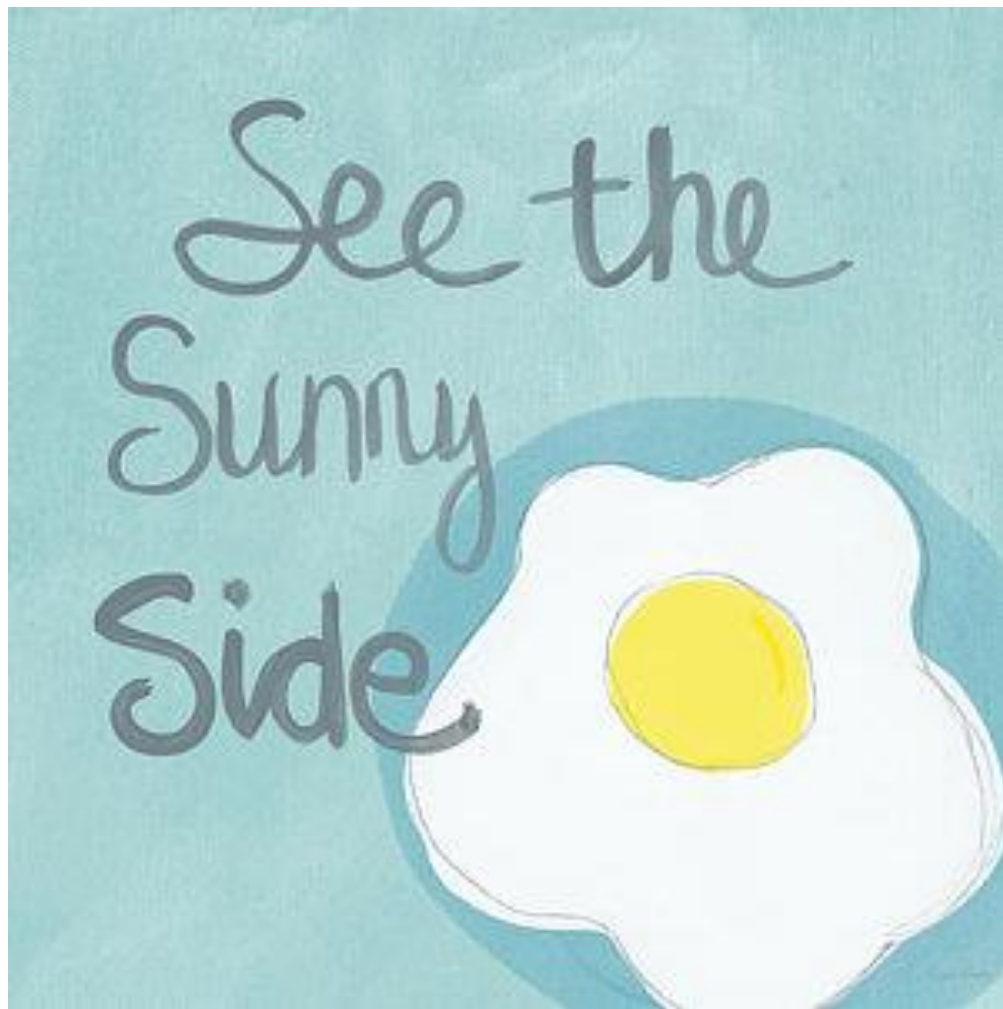


# 2017 Spring Recipe Contest Book



## **Table of Contents**

### *Breakfast Dishes*

Healthier Banana Muffins, page 4

### *Sides*

Cabbage and Radish Slaw, page 6

Cucumber Salad, page 7

Farro Salad with Asparagus and Parmesan, page 8

Green Beans and Avocado, page 9

Lasagna Dip, page 10

Warm Brussels Sprouts Salad, page 11

### *Main Meals*

Asparagus Pasta Salad, page 13

Chicken Fried Rice, page 14

Mom's Noodles, page 15

Quinoa Cakes with Roasted Red Pepper Sauce and Avocado Salsa, page 16

Quinoa Lasagna, page 17

Risotto with Spring Carrots and Leeks, page 18

Springtime Penne with Peas and Parmesan, page 19

Sweet Potato Black Bean Veggie Burgers, page 20

Turkey Chili, page 21

### *Sweet Treats*

Pumpkin Spice Muffins, page 23

Spice Cake Muffins, page 24

# Breakfast



## Healthier Banana Muffins

Submitted By: LiveWell Vermont

### **Ingredients:**

- 2 cups whole wheat flour
- 1/2 cup rolled oats
- 1/4 cup coconut oil
- 1/4 cup applesauce
- 1/4 cup butter, softened to room temperature
- 1/4 cup honey
- 1/4 cup brown sugar
- 3-4 ripened bananas, mashed
- 2 eggs, beaten
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- Optional: Walnuts



### **Directions:**

1. Preheat oven to 350
2. In a large bowl, mix coconut oil, applesauce, butter, honey, brown sugar, eggs, and bananas.
3. In a different bowl mix whole wheat flour, oats, baking soda, and salt.
4. Mix the dry ingredients slowly into the wet ingredients. Stir or use an electric mixer until smooth.
5. Stir in walnuts if desired.
6. Scoop mixture into lined muffin tins. Bake 20-30 minutes (depending on the size of muffin tins you use) and until a toothpick comes out clean.
7. Let cool slightly and enjoy.

## Side Dishes



## Cabbage and Radish Slaw

Submitted By: Betty Morse

### **Ingredients:**

- 4 cups shaved or thinly sliced cabbage (about 1/3 medium cabbage)
- 8 radishes, thinly sliced
- ¼ cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- ¼ tsp salt, if desired

### **Directions:**

1. Put sliced cabbage and radishes in large bowl. Mix lime juice, salt, and fresh cilantro. Stir the dressing into the cabbage and radishes. Enjoy!



## Cucumber Salad

Submitted By: Kimberly A Davis

### **Ingredients:**

- 1-2 cucumbers, cubed
- 1 green pepper, diced
- 1 yellow pepper, diced 1 red pepper, diced
- 1 orange pepper, diced
- 1/2 cup Italian dressing

### **Directions:**

1. Mix all ingredients, DONE! :)



## Farro Salad with Asparagus and Parmesan

Submitted By: Heather Walton

Prep: 20 m, Cook: 55 m, Ready In: 13 h 15 m

### **Ingredients:**

- 2 cups farro
- 3/4 pound fresh asparagus, trimmed
- 1 cup red and yellow cherry tomatoes, halved
- 3/4 cup chopped walnuts
- 3/4 cup dried cranberries
- 1/2 cup chopped fresh parsley
- 1/3 cup chopped fresh chives
- 1/4 cup balsamic vinaigrette, or to taste
- 1 cup shaved Parmesan cheese, divided

### **Directions:**

1. Soak farro in a large bowl of water for at least 12 hours. Drain.
2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the drained farro, and return to a boil. Reduce heat to medium, then cook the farro uncovered, stirring occasionally for 20 minutes. Reduce heat to low, cover, and continue simmering until tender, about 30 more minutes. Drain and allow to cool.
3. Bring a large pot of lightly salted water to a boil. Add the asparagus, and cook uncovered until tender, about 3 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the asparagus is cold, drain well, and chop. Set aside.
4. Place farro, asparagus, tomatoes, walnuts, cranberries, parsley, and chives in a large bowl. Drizzle the balsamic vinaigrette over and sprinkle about 3/4 cups Parmesan cheese, then toss. Top with the remaining 1/4 cup of Parmesan cheese. Serve at room temperature.





## Green Beans and Avocado

Submitted by: Marshall Rich

### Ingredients:

- 3 tablespoons olive oil
- 1 lb. fresh green beans
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 2 ripe avocados
- 5 scallions

### Directions:

2. Trim the green beans.
3. Heat the oil in a frying pan.
4. Sauté the beans for 3-4 minutes on medium high heat until they have turned a nice color. Lower the heat towards the end and add spices. Put aside in a bowl.
5. Chop the onion finely. Peel the avocado and remove the pit, mash coarsely with a fork.
6. Stir together onions and avocado into the green beans and mix.
7. Add a handful of finely chopped cilantro before serving.



## Lasagna Dip

Submitted by: Suzanne Bushee

### Ingredients:

- 8 oz. extra lean ground beef
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1/4 tsp each of salt and black pepper
- 1 3/4 cups canned crushed tomatoes
- 1 cup light ricotta cheese
- 2 egg whites or a 1/4 cup of fat-free liquid egg substitute
- 1/2 tsp chopped garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 2 tbsp. grated Parmesan cheese
- fresh basil chopped for a topping

### Directions:

1. Preheat oven to 350, Spray an 8 x 8 baking pan with nonstick spray a large nonstick skillet with spray and heat on medium high.
2. Add beef, 1/2 tsp of seasoning, 1/4 tsp garlic powder, 1/4 tsp onion powder and 1/8 tsp each of salt and pepper. Cook fully.
3. Remove from heat, add tomatoes and remaining amount of seasonings (1/2 tsp Italian season, 3/4 tsp garlic powder, 3/4 tsp onion powder. mix In a medium bowl, combine ricotta cheese, egg whites, chopped garlic and remaining 1/8 tsp each of salt and pepper. mix until smooth.
4. Spread ricotta mixture into the baking pan. Spread meat sauce evenly on top. Sprinkle with mozzarella and Parmesan cheese.
5. Bake until hot and bubble, about 20 min. Serve with pita chips.



Note: Each serving is about 80 calories, 3g total fat, 4 g carbs, 8.5g protein, 224 mg sodium, 2.5 g sugars

## Warm Brussels Sprouts Salad

Submitted by: LiveWell Vermont

*Serves 4-6*

### **Ingredients:**

- 1 1/2 pounds Brussels Sprouts
- 2 Tablespoons olive oil
- 1 Teaspoon Salt
- 1 medium sized apple sliced thinly
- 1/3 cup cranberries
- Honey or Maple syrup to taste

### **Directions:**

1. Preheat oven to 350 degrees.
2. Slice Brussels Sprouts in half and toss in olive oil and salt.
3. Bake in the oven for about 35-40 minutes.
4. Mix with cranberries and apple slices. Drizzle honey or maple syrup on top to taste and stir all together.

Enjoy!



## Main Dishes



## Asparagus Pasta Salad

Submitted By: Tabbi Daly

### Ingredients:

- 8 oz. penne pasta uncooked
- 1# asparagus, trimmed and cut into 2 inch pieces
- 1 cup halved cherry tomatoes
- 1/2 cup thinly sliced purple onion

### Dressing:

- 1/3 cup plain greek yogurt
- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 tbsp. freshly chopped parsley
- 1 tsp sugar
- 1 tsp lemon zest
- salt and pepper to taste

### Directions:

1. Boil pasta for 12 min then add the cut asparagus. Cook for additional 2-3 min and then drain and run under cold water until cooled. Drain completely and place in large bowl.
2. Add tomato and onion and toss to coat.
3. Wisk together the remaining ingredients for the dressing and poor over pasta. Stir to coat. Serve



## Chicken Fried Rice

Submitted By: Michele Morgan-Krall

### **Ingredients:**

- 1 medium head cauliflower, stem removed
- 3 teaspoons canola oil
- 2 large eggs, lightly beaten
- 3 cloves garlic, minced
- One 1-inch piece fresh ginger, peeled and grated
- 1 cup frozen mixed peas and carrots, thawed
- 1/4 cup thinly sliced scallions
- 1/4 cup plus 2 tablespoons low-sodium soy sauce, plus more for serving, optional
- 2 tablespoons sesame oil
- 2 cooked chicken breasts, diced (I used a rotisserie chicken)
- Hot sauce, for serving, optional



### **Directions:**

1. Cut the cauliflower into chunks. Working in batches, pulse the cauliflower in a food processor until coarse in texture, like rice. This recipe uses about 4 cups of cauliflower rice. If you have any leftover, save it for another use.
2. Heat a wok or large skillet over medium-high heat. Add 1 teaspoon of the canola oil. Add the eggs and quickly scramble. Transfer the eggs to a plate and set aside.
3. Heat the remaining 2 teaspoons canola oil. Add the garlic and ginger and cook, stirring constantly, about 1 minute. Add the peas and carrots, scallions and cauliflower. Stir-fry until the vegetables are tender, about 5 minutes.
4. As the vegetables are cooking, whisk the soy sauce and sesame oil together in a small bowl.
5. Stir the sauce and chicken into the cauliflower mixture. Cook an additional minute or 2. Stir the cooked eggs back into the mixture.
6. Serve with hot sauce and additional soy sauce if desired.

## Mom's Noodles

Submitted By: Andrea Smith

### **Ingredients:**

- 1 large onion
- 1 can chopped tomatoes or fresh tomatoes
- 2 cloves garlic
- 1/4 to 1/2 cup olive oil
- 1 package egg noodles

### **Directions:**

1. In a small sauce pan or small fry pan sauté onion, garlic, EVOO, and tomatoes with juice until a dark golden color.
2. Cook noodles according to package and drain.
3. Dump in the veggie mixture and stir well.
4. Enjoy! My family loves these.



# Quinoa Cakes with Roasted Red Pepper Sauce and Avocado Salsa

Submitted By: Robin Katrick

## Ingredients:

### *Roasted Red Pepper Sauce:*

- 2 Red Bell Peppers
- 1 cup almond milk (I bet this would be great with coconut milk)
- 1 Tablespoon corn starch
- 2 Shallots, chopped
- 4 cloves of garlic, minced
- Salt and Pepper to taste
- 2 Tablespoons nutritional yeast
- 1/2 carrot shredded
- 3 eggs
- 2 cloves garlic, minced
- handful of parsley, chopped
- 1/2 cup Parmesan cheese
- 1/4-1/2 cup almond flour
- salt and pepper to taste

### *Quinoa Cakes:*

- 1 cup quinoa cooked
- 1/2 zucchini shredded

### *Avocado Salsa:*

- 1 avocado, diced
- handful of cherry tomatoes, halved
- 1 lime, juiced
- handful of cilantro, chopped
- salt and pepper to taste

## Directions:

### *For the Roasted Red Pepper Sauce:*

1. Preheat oven to 500. Cook red peppers whole for 30 minutes. Remove from oven and wrap in foil for 10 minutes to soften.
2. While the red peppers are cooking, sauté the shallots and garlic together until golden brown. Add to a blender. Remove the skin and seeds from the red peppers and add to blender with the shallots and garlic. Add in 1 cup of almond milk, corn starch, nutritional yeast, and salt and pepper.
3. Blend until smooth. Then pour into a sauce pan and heat until thickened.

### *For the Quinoa Cakes:*

1. Add together all the ingredients (cooked quinoa, zucchini, carrot, parsley, eggs, almond flour, garlic, and salt and pepper) into a bowl and stir until everything is well mixed. Heat up oil in a large frying pan. There should be enough oil in the pan to fry the quinoa cakes.
2. Using a 1/4 cup measuring cup, scoop out the mixture and drop it into the frying pan. Cook about 5 minutes on each side.

### *For the Avocado Salsa*

1. Mix together the avocado, cherry tomatoes, lime juice, salt, pepper, and cilantro. To serve, spoon the roasted red pepper sauce on top of the quinoa cakes and add the avocado salsa on the side.

Note: I added sautéed spinach to my meal for added veggies! Enjoy!





# Quinoa Lasagna

Submitted By: LiveWell Vermont

Serves 8

## Ingredients:

- 2 cups water
- 1 cup quinoa
- 2 tablespoons canola or olive oil
- 1 cup chopped onions
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 2 cups tomato sauce or prepared pasta sauce
- 2 cups no salt added low-fat cottage cheese
- 1 large egg beaten
- 1/4 cup grated Parmesan cheese
- 2 tablespoons fresh basil, minced or 1/2 teaspoon dried
- 1 tablespoon dried oregano
- 2 cups sliced zucchini
- 2 cups fresh spinach
- 1 1/2 cups shredded part-skim mozzarella cheese

## Directions:

1. Coat a 9x13 dish with cooking spray. Combine water and quinoa in a saucepan. Bring to boil. Reduce to simmer, cover, and cook for 15 minutes. Fluff with a fork and spread evenly in the dish.
2. Preheat oven to 350
3. Wipe out the saucepan, add oil, and heat over medium heat. Add onion, cook stirring frequently until they start to brown. Add mushrooms - cook, stirring until softened and very little moisture is left in the pan. Add the garlic and sauce.
4. Combine cottage cheese and egg in a bowl. Mix well and then stir in the basil and oregano.
5. Spread 1/3 of the sauce over the layer of quinoa. Add a layer of all the zucchini and then all the cottage cheese mixture. Then 1/2 of the remaining sauce followed by a layer of spinach. Finish with the remaining sauce and add the mozzarella on top.
6. Bake the lasagna until it is hot and the cheese is melted, bubbling, and slightly browned around the edges 35-40 minutes. Let stand 10 minutes before serving.



## Nutritional Information:

Per serving: 266 calories 11 g fat (4 g sat); 3 g fiber; 24 g carbohydrates; 19 g protein; 83 mcg folate; 41 mg cholesterol; 7 g sugars; 0 g added sugars; 1237 IU vitamin A; 12 mg vitamin C; 257 mg calcium; 2 mg iron; 507 mg sodium; 566 mg potassium

## Risotto with Spring Carrots and Leeks

Submitted by: Laura Ann Nicolai

Yield: 4-6 Servings

### Ingredients

- About 7 cups well-seasoned chicken or vegetable stock
- 2 tablespoons extra virgin olive oil
- ¾ pound tender spring carrots, peeled and thinly sliced on the diagonal
- 4 small young leeks, white & light green parts only, rinsed thoroughly and chopped
- Salt, preferably kosher salt, to taste
- 1 ½ cups arborio or carnaroli rice
- 2 teaspoons fresh thyme leaves
- 2 garlic cloves, minced
- ½ cup dry white wine, such as pinot grigio or sauvignon blanc
- 2 to 3 tablespoons chopped fresh parsley, or a combination of parsley, tarragon and marjoram or chives
- Freshly ground pepper to taste
- 1 to 2 teaspoons fresh lemon juice
- ¼ to ½ cup freshly grated Parmesan cheese

### Directions

1. Pour your stock or broth into a saucepan, and bring it to a simmer over low heat with a ladle nearby or in the pot.
2. Heat the oil in a wide, heavy skillet or saucepan over medium heat, and add the carrots, leeks and 1/2 teaspoon salt. Cook, stirring, until the vegetables begin to soften, about three minutes. Add the rice, thyme and garlic. Cook, stirring, until the grains of rice are separate and beginning to crackle.
3. Add the wine, and stir over medium heat until it has almost evaporated. Begin adding the simmering stock, two ladleful's (about 1/2 cup) at a time. The stock should just cover the rice and should be bubbling, not too slowly nor too quickly. Cook, stirring often, until the liquid is almost absorbed. Add another ladleful or two of the stock, and continue to cook in this fashion — adding more stock when the rice is almost dry, then stirring — for about 20 to 25 minutes. Taste a bit of the rice. It should be chewy but not hard in the middle. (If it is still hard in the middle, add more stock and cook for another five minutes or so.) Stir in the chopped fresh herbs, add pepper to taste, and salt, only if needed.
4. When the rice is cooked al dente, remove the pan from the heat and stir in another ladleful of stock, the Parmesan and lemon juice. The rice should be creamy. Serve immediately.



## Springtime Penne with Peas and Parmesan

Submitted By: Laura Ann Nicolai

Yield: 4 servings

### *Ingredients*

- 1 pound fresh peas, shelled (about 3/4 cup)
- 6 ounces' pea shoots (tendrils, shoots, leaves) (1/2 big bunch)
- 1 tablespoon extra-virgin olive oil
- 1 bunch young spring onions or scallions, finely chopped (about 1/2 cup)
- 1 clove garlic, finely chopped
- Salt and freshly ground pepper
- 2 teaspoons chopped fresh tarragon
- 1 tablespoon chopped fresh parsley
- ¾ pound penne (can use whole wheat if preferred)
- 1 to 2 ounces Parmesan, grated (1/4 to 1/2 cup, to taste)

### *Directions*

1. Begin heating a large pot of water for the pasta. Meanwhile, steam the peas over an inch of boiling water for 4 minutes, until just tender. Transfer to a bowl. Add the pea shoots to the steamer and steam 2 minutes, until just wilted. Remove from the heat and allow to cool until you can handle them. Do not discard the steaming water; pour it into a measuring cup. Squeeze out excess water from the pea greens and chop medium-fine. You should have about 1 cup chopped leaves and tender stems.
2. Heat the olive oil over medium heat in a large skillet and add the chopped spring onion or scallions and garlic. Cook, stirring, about 3 minutes. Add the pea shoots and stir together for about a minute. Season to taste with salt and pepper. Add the peas, tarragon and parsley and about 1/4 cup of the steaming water and heat through.
3. When the water in the pot comes to a boil, salt generously and add the pasta. Cook al dente, using the timing instructions on the package as a guide but checking the pasta a minute before the time indicated is up. When the pasta is ready, using a ladle transfer 1/2 cup of the pasta cooking water to the pan with the peas and pea shoots. Drain the pasta and toss at once with the vegetables and Parmesan. Serve hot.



## Sweet Potato Black Bean Veggie Burgers

Submitted by: LiveWell Vermont

### Ingredients:

- 1 1/2 lb. sweet potatoes
- 1/3 cup quinoa
- 1 cup old fashioned oats
- 1 can (15oz) black beans (drained and rinsed)
- 1/2 small red onion, diced
- 1/2 cup lightly packed fresh cilantro, chopped
- 2 tsp cumin powder
- 1 tsp chili powder
- 1 tsp chipotle powder or smoked paprika
- 1/2 tsp cayenne powder (optional)
- 1/2 tsp salt
- oil, for cooking
- whole wheat hamburger buns (optional)
- burger fixings (avocado, guacamole, lettuce, cheese, pickles, etc.)

### Directions:

1. Preheat oven to 400 degrees F.
2. Slice sweet potatoes lengthwise and place side down on baking sheet. Bake 30-40 minutes and remove from oven.
3. Once cool, remove the skin and chop up the potato. Set aside.
4. While the sweet potato is cooking, cook the quinoa.
5. Grind oats with food processor or blender. They should still be flakes and not powder.
6. Mix the sweet potatoes, quinoa, black beans, onion, cilantro, cumin, chili powder, chipotle, cayenne, and salt. Use a potato masher to mix together. Mix in the oats.
7. Cover and refrigerate for 30 minutes.
8. Shape burgers (1/2 cup per patty) from mixture.
9. Pan fry burgers (3-4 minutes per side)
10. Toast buns if preferred.



# Turkey Chili

Submitted By: LiveWell Vermont

## Ingredients

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken breast (at least 90%) - (Vegetarian? Try lentils, peas or textured vegetable protein)
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can no-salt added diced tomatoes
- 1 cup shredded sweet potato
- 1 1/4 cups low-sodium chicken broth - (Vegetarian? Use vegetable broth)
- 2 (15 oz.) cans low-sodium dark red kidney beans, rinsed and drained (or 1 can black beans and 1 can kidney beans - your choice!)
- 1 (15 oz.) can no-salt added sweet corn, rinsed and drained (or 1 package unsweetened frozen corn)

## Instructions

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and sauté for 5-7 minutes, stirring frequently.
2. Add in ground turkey and break up the meat; cooking until no longer pink.
3. Add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
4. Add in tomatoes, chicken broth, kidney beans, corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like.
5. Makes 6 servings, about 1 1/2 cups each.

**Chili tip:** Brighten flavors with acidic ingredients. Adding a splash of lime juice or cider vinegar to your chili at the end of cooking helps to brighten the dish and add another layer of complexity to the flavor.

**For topping:** cheese, avocado, diced red onion, cilantro, plain Greek yogurt (tastes like sour cream)

**Add whole grains:** try brown rice, quinoa, wheat berry or bulgar



## Sweet Treats



## Pumpkin Spice Muffins

Submitted By: Heather Legacy

### **Ingredients:**

- 1 box of Spice cake mix
- 1 can 15 oz. pumpkin
- mini chocolate chips (To your liking)

### **Directions:**

1. Mix cake mix and pumpkin. Add mini chips.
2. Spoon into sprayed mini cupcake pan.
3. Bake 350 for 11-12 mins until toothpick comes out clean. Let cool and enjoy.

Note: Full of fiber and delicious! I make them in mini pans so I feel like I am eating more. (All psychological to me.)



## Spice Cake Muffins

Submitted By: Suzanne Bushee

### **Ingredients:**

- 1 box Spice Cake mix (moist style)
- 1 can (15 oz.) pure pumpkin
- 2 tbsp. powder sugar

### **Directions:**

1. Preheat oven to 350 line a 12-cup muffin pan with liners or spray in a bowl, combine cake mix with the can of pumpkin until smooth pour evenly into each muffin liner bake about 20 minutes' cool completely sprinkle with powdered sugar when cooled.

Note: 1 muffin is about 177 calories, 270 mg sodium, 37g carbs, 1.5 g fiber, 2.5 g fat, 21g sugar, 2g protein

