

LiveWell Employee Recipe Book



2016

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Breakfast



***Healthy Tip:** Start your day with a healthy breakfast! Fueling yourself with the right foods at breakfast can help boost your performance at work, give you more energy, and help to maintain a healthy weight!*

Protein Pancakes

Ingredients

- 1 banana mashed
- 2 egg whites
- 1 egg
- 1 scoop protein powder



Preparation

1. Mix all ingredients together
2. Spray pan with a light cooking spray and scoop into fry pan
3. Fry just like you would any other pancake until golden brown on each side.
4. Top with a little Vermont Maple Syrup or natural peanut butter and you have a healthy breakfast.

Submitted by: Rose Houde

Blueberry Banana Greek Yogurt Pancakes

Prep time:10 mins Cook time:10 mins Yields: 1 serving, about 6-7 pancakes

Ingredients

- 1/4 cup (60 g) plain greek yogurt
- 1/2 medium, ripe banana (50 g or 1/4 cup [60 ml] mashed)
- 1/2 cup (40 g) rolled oats ground to a fine consistency
- 2 large egg whites OR 1 large egg
- 1-2 Tbsp. (15-30 ml) unsweetened almond milk
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract or 1/2 tsp of maple syrup
- 1/4 cup (35 g) blueberries, fresh or frozen



Preparation

1. Preheat a skillet over medium heat and coat it with cooking spray or oil. You want to make sure that it's very hot before you start cooking your pancakes.
2. Add all the ingredients except for blueberries to a blender in the order listed and mix until batter is smooth and frothy, about 1-2 minutes. Allow batter to sit for a few minutes so that it thickens up.
3. Pour batter straight from blender onto skillet until desired size of pancakes is reached and drop in the blueberries by hand.
4. Cook until the edges have set and bubbles begin to form on the tops of the pancakes, about 3 minutes. Using a spatula, flip and cook for another 2 minutes. Repeat until all the batter is gone, making sure to coat your skillet again with oil between each batch. Top with desired toppings and enjoy!

Submitted by: Christie Vallencourt

Best Coffee Ever



Ingredients

- 6-8 oz. of black coffee (hot to warm in temp)
- 1 tablespoon of unrefined coconut oil

Note: unrefined coconut oil has more of a coconut flavor, the refined has less or no coconut flavor

Preparation

1. Put in a blender/or use emersion blender (Please be careful the coffee is hot!!!)
2. Blend for 30 seconds. Serve

The coffee comes out smooth and frothy! It is unbelievable. Add cinnamon or flavor extracts if desired.

Submitted by: Marie Lewis

Soups



Healthy Tip: Soups can be a great healthy meal or side dish especially when they're jam packed with nutrient dense veggies. Make a big pot of soup and you can have a simple meal ready for you for the whole week!

Rockin' Moroccan Stew

Ingredients

- 2 tsp olive oil
- 1 cup onions, chopped
- 1/2 cup celery, diced
- 1/2 cup green bell pepper, diced
- 1 clove garlic, minced
- 3 cups vegetable broth
- 3 cups sweet potatoes, cubed
- 19 oz. tomatoes, canned
- 19 oz. chickpeas, canned, drained and rinsed
- 1 tbsp. lemon juice
- 2 tsp ginger, fresh, grated
- 1 tsp cumin
- 1 tsp curry powder
- 1 tsp ground coriander
- 1 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 cup raisins
- 2 tbsp. natural peanut butter, smooth
- 2 tbsp. fresh cilantro

Preparation

1. Heat olive oil in a large, non-stick saucepan over medium-high heat. Add onions, celery, green pepper and garlic. Cook and stir until vegetables begin to soften, about 3 minutes.
2. Add all remaining ingredients, except raisins, peanut butter and cilantro. Bring to a boil. Reduce heat to low and simmer, covered, for 20 minutes.
3. Stir in raisins, peanut butter, and cilantro. Mix well. Simmer for 5 more minutes. Serve hot.



Submitted by: Lori Perry

Slow Cooker Chicken Risotto Soup

Ingredients

- 1 potato, cubed
- 2 carrots, sliced thin
- 2 stalks of celery with leaves, sliced
- 1 onion, chopped
- 1 whole 3-4 pound chicken, gutted and rinsed
- 1 tsp. salt
- 1 can condensed tomato soup (do not dilute)
- 8 cups water
- 1 cup cooked rice
- 1/2 cup shredded Parmesan cheese

Preparation

1. Place cut up vegetables in bottom of slow cooker.
2. Place chicken on top of vegetables.
3. Combine the salt, water, and tomato soup and pour over the chicken.
4. Turn the slow cooker on low for 8-10 hours.
5. Take the chicken out of the slow cooker and debone and remove the skin.
6. Blend the stock and vegetables with an immersion blender until smooth.
7. Return the chicken meat and the cooked rice to the slow cooker and set to warm until ready to eat.
8. Sprinkle each serving with some Parmesan soup, and "Godere" ("Enjoy yourself")!



Submitted by: Tracy Watterson

Yummy Bean and Kale Soup

Ingredients

- 1 - 16 oz. can cannellini white kidney beans
- 6 cups low sodium chicken or vegetable broth
- Olive oil as needed
- 1 onion, chopped
- 2 small carrots, diced
- 1 celery stalk, diced
- 4 cup shredded kale (1 bunch)
- 1 boiling potato, diced
- 2 cup chopped swiss chard bunch (1 bunch)
- 1 large tomato, diced
- 2 garlic cloves, minced
- 2 teaspoon minced fresh rosemary leaves
- 1 tablespoon minced parsley
- 1 teaspoon fresh thyme leaves
- Freshly-ground black pepper to taste
- 1 cup freshly-grated Parmesan cheese

Preparation

1. Drain beans and transfer half of beans to food processor or blender and puree. Reserve remaining whole beans.
2. Heat 1/4 cup oil in large pot over medium-high heat. Add onion, carrots and celery and sauté 5 minutes. Stir in kale, potato, pureed beans and 6 cups of broth. Heat over medium heat and simmer for about 30 minutes until vegetables are tender.
3. Add chard, tomato, garlic, rosemary, parsley, thyme and pepper to taste. Simmer until chard is tender and flavors are well blended, at least 1 hour, adding additional stock if soup is too thick. (Soup should be quite thick.)
4. Stir in reserved whole beans and simmer until heated through, 5 to 10 minutes (Can be cooled and refrigerated overnight). Ladle into heated soup bowls and sprinkle with Parmesan cheese. Top each bowl of soup with spoonful of olive oil, if desired. Enjoy!



Submitted by: June Bascom

Vegan Lentil Soup

This simple vegan lentil soup recipe comes together quickly with mostly pantry ingredients. Be sure to have your ingredients prepped and ready before you start cooking! Recipe yields four big bowls of soup.

Prep time: 10 mins Cook time: 45 mins Serves: 4 servings

Ingredients

- ¼ cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- ½ teaspoon dried thyme
- 1 28-ounce can of diced tomatoes, drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- Pinch red pepper flakes
- Freshly ground black pepper
- 1 cup chopped fresh collard greens or kale, tough ribs removed
- Juice of ½ to 1 medium lemon, to taste

Preparation

1. Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
2. Once the oil is shimmering, add the chopped onion and carrot. Cook, stirring often, until the onion has softened and is turning translucent (about 5 minutes). Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.
3. Pour in the lentils, broth, and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape.
4. Transfer 2 cups of the soup to a blender. Protect your hand from steam with a tea towel placed over the lid and purée the soup until smooth. Pour the puréed soup back into the pot and add the chopped greens. Cook for 5 more minutes, or until the greens have softened to your liking.
5. Remove the pot from heat and stir in the juice of half of a lemon. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. Serve immediately. Sometimes I also add some white beans...YUM!!!!



Author: Cookie and Kate Cuisine: Mediterranean

Submitted by: Kinsley Sicard

Carrot and Lentil Soup

Ingredients

- 2 tsp olive oil
- 2 cloves garlic, minced
- 1 1/2 tsp. ground cumin
- 1/4 or 1/2 tsp. red pepper flakes
- 32 oz. vegetable broth
- 3 carrots, thinly sliced
- 3/4 C red lentils
- 2 Tablespoons chopped cilantro
- 2 teaspoons fresh lime juice



Preparation

1. Heat oil in large saucepan over medium-high heat. Add onion & garlic & cook, stirring occasionally until softened. Add cumin & red pepper flakes & cook, stirring, until fragrant, about 30 seconds.
2. Add broth, carrots & lentils and bring to boil. Reduce heat & simmer, partially covered, until carrots & lentils are very tender, about 20 minutes.
3. Remove saucepan from heat & let soup cook for about 5 minutes. Puree soup in blender in batches.
4. Return soup to saucepan & cook over medium heat stirring occasionally, until heated through, about 2 minutes. Remove from heat & stir in cilantro and lime juice.

Nutrition

Per serving (1 cup): 184 calories; 3 g Total Fat, 0 g Sat. Fat; 29 g Carbs, 5 g Sugar, 8 g Fib; 10 g Protein

Submitted by: Jane Malgeri

Toasted Quinoa Soup

Prep time: 20 min Cook time: 85 min Serving size: 1 c Serves: 8

Ingredients

- 1 cup(s) uncooked quinoa, rinsed
- 2 Tbsp. olive oil
- 1/2 cup(s) uncooked onion(s), diced
- 4 clove(s) (medium) garlic clove(s), sliced
- 1/2 cup(s) uncooked carrot(s), small-diced
- 1/2 cup(s) uncooked bell pepper(s), small-diced, red
- 1/2 tsp kosher salt
- 1 tsp. rosemary, leaves, minced
- 1/4 tsp ground cumin
- 1/2 cup(s) uncooked potato(es), small-diced, peeled
- 7 cup(s) vegetable broth
- 1/2 cup(s) uncooked zucchini, small-diced
- 1 Tbsp. fresh lemon juice, (or to taste)
- 1/4 tsp red pepper flakes, (or to taste)

*Toasting quinoa enhances its flavor.



Preparation

1. Preheat oven to 325°F. Spread quinoa in a thin layer on a rimmed baking sheet; toast in oven until it completely changes color from beige to dark brown, about 30 minutes. Use a spatula to stir it every 10 minutes to toast it evenly and keep edges from burning; set quinoa aside.
2. In a large soup pot, heat oil over medium heat. Add onion, garlic, carrot, bell pepper and a pinch of salt; sweat (cook over low heat, stirring frequently) until all vegetables have softened, 10-12 minutes. Add rosemary and cumin; cook 1-2 minutes until spices bloom (become very aromatic). Add potato, toasted quinoa and vegetable broth; stir.
3. Bring soup to a boil; reduce heat to maintain a simmer, cover and cook until quinoa is tender, about 30 minutes. Add zucchini; cook 5 minutes more. Stir in lemon juice and red pepper flakes.

Notes: This recipe, originally by Amanda Freitag, has been adapted from The Chef Next Door for Weight Watchers Magazine. If soup is too thick, add a small amount of water or broth.

Submitted by: Lisa Wright

Healthy Chili made with Lean Ground Turkey, Kidney Beans and Corn

Serves: 6 (about 1 1/2 cups each)

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 (99%)
- 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 diced tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz.) cans dark red kidney beans, rinsed and drained
- 1 (15 oz.) can sweet corn, rinsed and drained

For topping: cheese, avocado, tortilla chips, cilantro, sour cream

Preparation

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. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
2. Next add in tomatoes, chicken broth, kidney beans and 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.



Submitted by: Joe Sampsell

Lemon Chicken Soup (for Busy Families)

Ingredients

3. 2 chicken breast boiled and shredded (you can also use one whole rotisserie chicken)
4. 2 cartons low-sodium chicken stock
5. 1 cup rice
6. Juice from one lemon
7. 1 Tablespoon (or more) lemon pepper seasoning
8. Garlic (optional)
9. Salt to taste

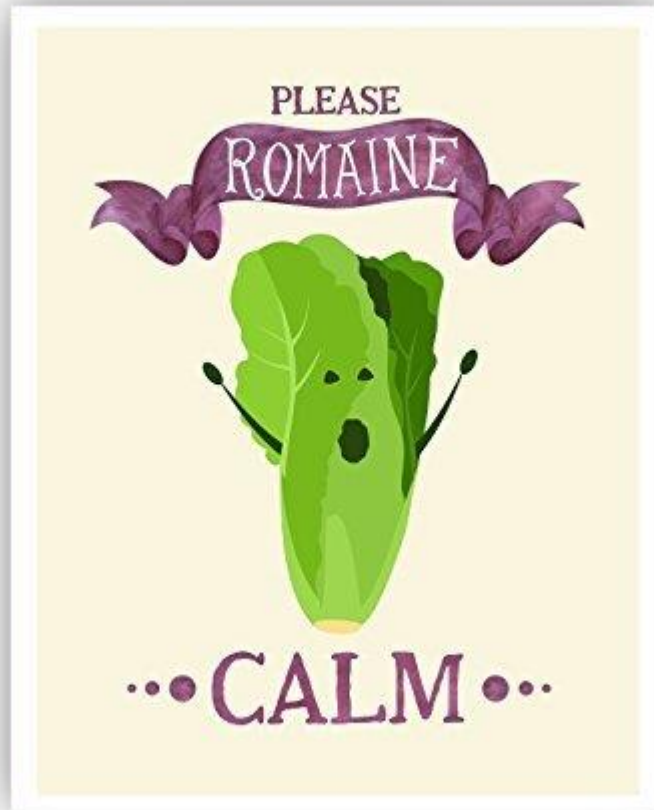
Preparation

1. Throw it all in a pot and let it simmer for 40-60 minutes. The rice will melt into the sauce and make magic happen!



Submitted by: Laura Werner

Salads



***Healthy Tip:** Salads are a great way to up your fruit and veggie intake. The more colorful, the better! Add a side salad to your meal or add on some protein such as quinoa, beans, chicken, eggs, or fish to make it a meal!*

Quinoa Salad

Yield: 4 main course servings, 6 side dish servings

Ingredients

- 1 cup organic quinoa
- Sea salt
- 2 good handfuls of organic baby spinach leaves, washed, drained
- 1 large ripe pear, washed, stemmed and cored, cut into pieces
- 1/2 cup chilled chickpeas, rinsed, drained
- 2 tablespoons fresh chopped parsley
- Sea salt and fresh ground pepper, to taste
- A handful of pecans, pan toasted and salted to taste



For the Maple Vinaigrette Dressing:

- 4 tablespoons extra virgin olive oil
- 3 tablespoons golden balsamic vinegar
- 2 tablespoons pure maple syrup

Preparation

1. Rinse the quinoa thoroughly in a fine sieve. Place the quinoa in a saucepan or a rice cooker.
2. Add 2 cups fresh water, and a pinch of sea salt.
3. Cover and cook on a low simmer until all the water is evaporated and the quinoa is tender- roughly 20 minutes. Fluff with a fork and dump it into a large salad bowl.
4. Add the baby spinach, pear, chick peas, and chopped parsley to the quinoa and fluff.
5. Whisk together the vinaigrette, pour it over the quinoa salad and toss gently to coat. Season to taste with sea salt and ground pepper.
6. Just before serving, add the toasted pecans and lightly combine. Makes four main course servings, six side dish servings.

Submitted by: Sara Jewett

Avocado Strawberry Spinach Salad with Poppy Seed Dressing

Ingredients

For Salad:

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, diced (or you can double this to 2 avocados)
- 4 ounces crumbled gorgonzola or blue cheese
- 1/4 cup sliced almonds, toasted
- half a small red onion thinly sliced
- Optional: To make the salad a meal you can add in a couple of grilled chicken breasts

Poppy Seed Dressing:



- 1/2 cup olive oil
- 3 Tablespoons apple cider vinegar
- 2Tbsp of honey
- 1Tbsp. Poppy seeds
- salt and pepper to taste

Preparation

1. To make the Salad: toss all ingredients together with your desired amount of dressing until combined. Serve immediately.
2. To make the poppy seed dressing: whisk all ingredients together until combined.

Submitted by: Leslie Baker

Watermelon Salad with Balsamic Vinaigrette

Ingredients

- 1/4 cup balsamic vinegar
- 1/2 cup olive oil
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- 1 clove of garlic, minced
- salt and pepper, to taste
- 1 medium seedless watermelon, cubed
- 1/2 vidalia onion, thinly sliced
- 3/4 cup fresh mint, chopped
- 8 ounces Feta cheese, crumbled



Preparation

1. In a small mixing bowl, whisk together vinegar, olive oil, mustard, honey and garlic. Season with salt and pepper and set aside. Refrigerate until ready to serve.
2. Spread 2/3 of watermelon on serving platter. Top with onion, mint and cheese and season with pepper.
3. Pour dressing over salad and garnish with remaining watermelon cubes.

Submitted by: Teresa Hemingway

Texas Quinoa Salad

Ingredients

- 1 cup quinoa
- 1 tablespoon butter
- 2 cups chicken broth
- 1/2 cup diced green bell pepper
- 1/2 cup diced red onion or green onion
- 1 cup corn
- 1 (15 ounce) can black beans, drained
- 1/4 cup chopped cilantro
- 1 large tomato, diced
- 1/2 cup fresh lime juice, or to taste
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon adobo seasoning
- 1/2 cup feta cheese
- salt and black pepper to taste

Preparation

1. Rinse the quinoa thoroughly under cold water, and drain. Melt butter in a large saucepan over medium heat, and cook and stir the quinoa until the water has evaporated and the quinoa is lightly toasted, about 3 minutes. Pour in the chicken broth, bring to a boil, reduce heat to low, and simmer until the quinoa has absorbed all the broth, about 10 minutes. Cool quinoa in refrigerator at least 10 minutes.
2. Mix together green pepper, red onion, corn, black beans, cilantro, tomato, lime juice, red wine vinegar, olive oil, adobo seasoning, and feta cheese in a large salad bowl. Lightly stir in the quinoa, and season with salt, pepper, and additional lime juice to taste, if desired. Chill the salad at least 30 minutes before serving; serve cold.

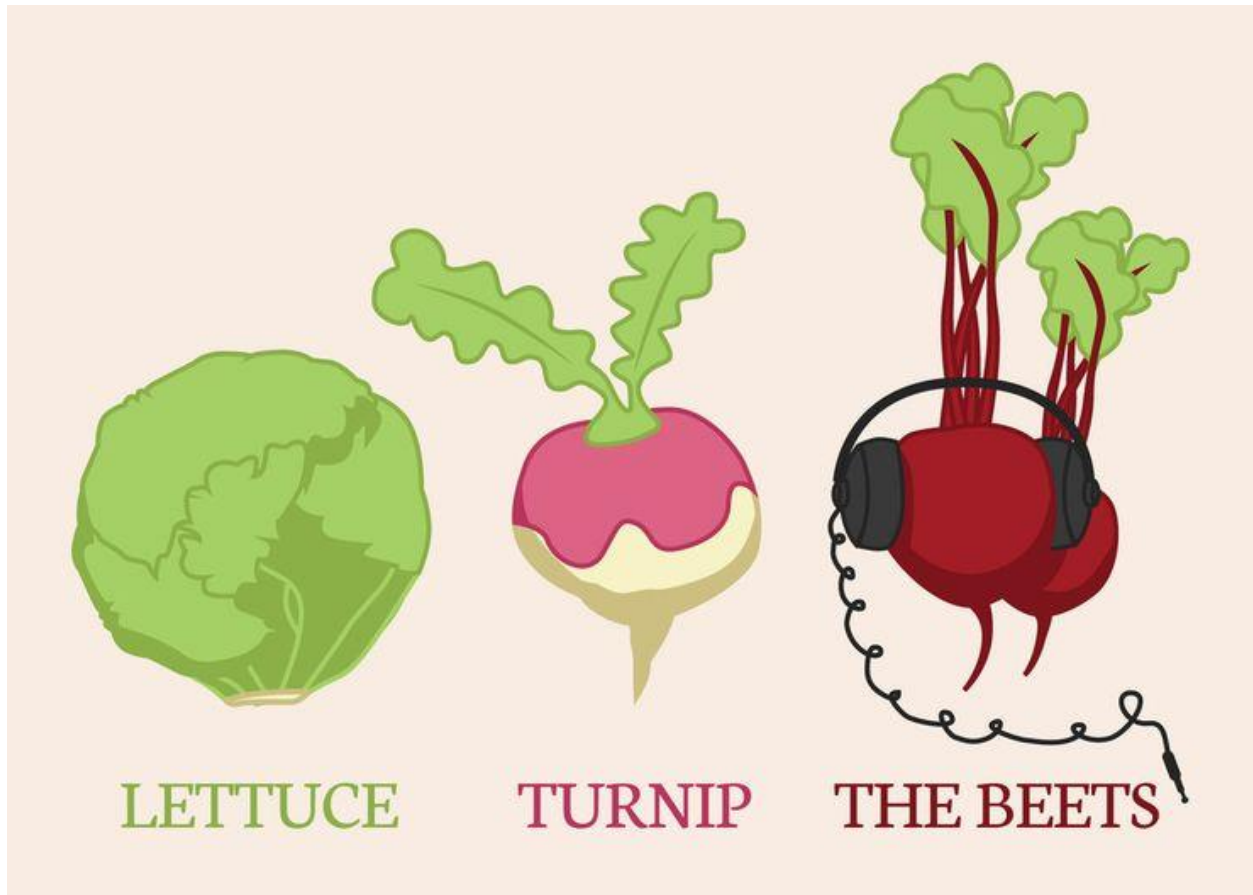


Nutrition

Nutrients per serving (1 cup Southwest Quinoa Salad): Calories: 221, Total Fat: 11 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 26 g, Fiber: 4.5 g, Sugars: 2 g, Protein: 6 g, Sodium: 23 mg, Cholesterol: 0 mg

Submitted by: Shannon Huntington

Vegetarian Main Dishes



***Healthy Tip:** Vegetarian diets filled with nutrient rich fruits, vegetables, and grains have many health benefits. Whether you change over to a vegetarian diet full time or adopt a meatless Monday plan, you will be taking steps to lower your cholesterol, reduce your environmental impact, save money, lose or maintain weight, and much more!*

Greek Pizza (Eating Well Recipe)

Ingredients to Make 12-Ounces Dough

- 3/4 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1 package quick-rising yeast, (2 1/4 teaspoons), such as Fleischmann's Rapid Rise
- 3/4 teaspoon salt
- 1/4 teaspoon sugar
- 1/2-2/3 cup hot water, (120-130°F)
- 2 teaspoons extra-virgin olive oil

For Greek Topping

- 2 large bags of spinach and/or kale
- 1 head fresh garlic
- 1 medium onion or shallot
- 1 container of feta cheese (tomato basil or regular)
- Parmesan cheese
- 1 tsp olive oil
- salt & pepper to taste
- Crushed red pepper (optional)
- Kalamata or black olives sliced (optional)

Dough Preparation

1. Combine whole-wheat flour, all-purpose flour, yeast, salt and sugar in a food processor; pulse to mix. Combine hot water and oil in a measuring cup. With the motor running, gradually pour in enough of the hot liquid until the mixture forms a sticky ball. The dough should be quite soft. If it seems dry, add 1 to 2 tablespoons warm water; if too sticky, add 1 to 2 tablespoons flour. Process until the dough forms a ball, then process for 1 minute to knead.
2. Transfer the dough to a lightly floured surface. Coat a sheet of plastic wrap with cooking spray and place it, sprayed-side down, over the dough. Let the dough rest for 10 to 20 minutes before rolling.
3. Place a pizza stone or inverted baking sheet on the lowest oven rack; preheat oven to 500°F or highest setting. Roll and top the pizza as desired (we suggest a 13-inch circle) and bake the pizza until the bottom is crisp and golden, 10 to 14 minutes. Serve immediately.



Make Ahead Tip: Store in a plastic bag coated with cooking spray in the refrigerator for up to 2 days. Bring to room temperature before using.

Topping Preparation

1. Heat oil in large sauté pan over medium heat. Clean spinach (remove spines and rinse). Place spinach in pan and cover. Let steam and sauté for about 5-7 minutes. Dice up onion, and mince garlic. Once spinach has wilted, add onion and garlic to pan and sauté for 2-3 minutes. Can add crushed red pepper here or use it on top of pizza.
2. Spread out crust on pizza stone. Top with spinach mixture. Top spinach with feta cheese, and sprinkle with Parmesan cheese. Add olive (optional).
3. Bake according to directions above for pizza dough (10-14 minutes).

Nutrition Facts for Dough: Per 12-ounce serving: 766 calories; 12 g fat (2 g sat., 8 g mono); 0 mg cholesterol; 142 g carbohydrates; 26 g protein; 16 g fiber; 1882 mg sodium; 542 mg potassium.

No nutritional facts with topping. Just a recipe that we have used in our family for years and is adjusted every time it is passed down. Can use frozen spinach, but fresh is great. Try adding some kale as well. Always better to use more spinach, since it wilts and shrinks.

Submitted by: Sarah Roy

Ratatouille

Ingredients

- 1 (6 ounce) can tomato paste
- 1 32 oz. can of diced tomatoes (drained)
- 1 onion, chopped
- 1/4 cup minced garlic
- 1 tablespoon olive oil
- salt and ground black pepper to taste
- 1 small eggplant, trimmed and very thinly sliced
- 1 zucchini, trimmed and very thinly sliced
- 1 yellow squash, trimmed and very thinly sliced
- 1 red bell pepper, cored and very thinly sliced
- 1 yellow bell pepper, cored and very thinly sliced
- 3 tablespoons olive oil, or to taste
- 1 teaspoon fresh thyme leaves, or 20 basil leaves roughly chopped
- 3 tablespoons mascarpone cheese or parmesan cheese (Optional)



Directions

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Spread tomato paste & diced tomatoes into the bottom of a 10x10-inch baking dish. Sprinkle with onion and garlic and stir in 1 tablespoon olive oil and water until thoroughly combined. Season with salt and black pepper.
3. Arrange alternating slices of eggplant, zucchini, yellow squash, red bell pepper, and yellow bell pepper, starting at the outer edge of the dish and working concentrically towards the center. Overlap the slices a little to display the colors. Drizzle the vegetables with 3 tablespoons olive oil and season with salt and black pepper. Sprinkle with thyme leaves or basil leaves. Cover vegetables with a piece of parchment paper cut to fit inside.
4. Bake in the preheated oven until vegetables are roasted and tender, about 45 minutes. Serve with dollops of mascarpone cheese or sprinkle Parmesan cheese.

Submitted by: Nicole Garand

Guam Red Rice

Ingredients

- 2 cups of white rice (or brown, but follow the liquid directions for brown)
- Water as directed (or substitute with Coconut Milk)
- Achiote spice (found in the oriental section) by Sazon Goya
- Soy sauce
- Scallions
- Green and Red Peppers
- Carrots
- Honey
- Fresh ginger
- Garlic



Preparation

1. Cut up green and red pepper, scallions and carrots. Combine with soy sauce, honey, fresh ginger and garlic to taste and allow to marinate.
2. Put rice, water/coconut milk and Achiote spice in rice cooker.
3. A couple of minutes before rice is done, sauté vegetables.
4. Dish out rice and add vegetables for a scrumptious side dish island style. Hafa Adai!

Submitted by: Cathi Farr

Eggplant and Tofu casserole

Ingredients

- 1 Eggplant
- 6 ounces of tofu cut up in pieces
- 1 zucchini
- 1 medium Spanish onion
- salt (to your taste)
- Olive Oil (6 tablespoons)
- Soy milk (unflavored) or low fat milk about 3/4 cup
- 2 eggs
- Shredded cheese (whichever one you like, about 4 ounces)
- Turmeric (1 tablespoon)
- ginger (1 tablespoon)
- nutmeg (half of a teaspoon)
- 6 tablespoons of bread crumbs

Preparation

1. Put the olive oil in a pan and add the cut up onion, cook over low heat, for about 2 minutes, then add the eggplant and zucchini (previously cut up) as well. Mix carefully for about 2 minutes.
2. Add the tofu and the cheese, mix up again carefully.
3. Whisk the eggs in a bowl and add them to the mix; stir carefully.
4. Add the soy milk and continue stirring. Last, add the spices and the bread crumbs. Mix all this well.
5. Add the mix into an ovenproof dish.
6. Cook it in the oven for 20 to 25 minutes at 325. Enjoy!



Submitted by: Antonia Davis

Pesto Pasta

This pasta is delicious with fish or chicken and nice accompanying a green salad.

Ingredients

- 1 Box of your preferred whole grain pasta (we enjoy Ancient Harvest quinoa pasta) cooked al dente
- 2 Cups fresh basil leaves
- 3 cloves of fresh garlic (or to taste)
- 1/4 cup raw unsalted nuts (traditionally pesto is made with pine nuts but it's also delicious with cashews or walnuts)
- 2/3 cup extra virgin olive oil
- 1/2 cup grated fresh parmesan cheese
- 1 small sweet onion
- 1 cup cherry or grape tomatoes halved
- 2 cups fresh spinach
- Salt & pepper to taste



Preparation

1. Dice your onion into small pieces and cook in a large skillet with 1 – 2 tablespoons of olive oil slowly over low heat to caramelize for approximately 20 minutes (onions are done when they are translucent and lightly browned).
2. While your onions cook you can make your homemade pesto. Combine the basil, garlic and nuts in a food processor and pulse until coarsely chopped. Add the remaining olive oil and parmesan cheese and pulse until smooth. You may add a pinch of salt and pepper if you'd like. Reserve about half of what you've made for future use (can be stored in an airtight container for about a week or even frozen).
3. Add your tomatoes and spinach to the onions and cook over medium heat until the greens are wilted. Add your cooked pasta and the pesto and toss gently until all the noodles are coated. You can add a few tablespoons of warm water (sometimes we save out a small amount of the pasta cooking water just in case) to thin out the pesto if needed.
4. Garnish with a sprinkle of parmesan cheese. Serve and enjoy.

Submitted by: Amanda Gilman-Bogie

Spaghetti Squash Yakisoba Style

Ingredients

- 1 small spaghetti squash (about 1½ pounds)
- 1 small onion, finely chopped bite size
- 10 shiitake mushrooms (or button mushrooms)
- 2 scallions, finely chopped
- 1 cup coleslaw mix of carrots and cabbage
- 1 tbsp. vegetable oil or other neutral oil
- 1 tsp dried red chile, chopped (optional)
- 1 tbsp. sesame seeds

For the sauce:

- 2 tbsp. soy sauce
- 2 tbsp. dark soy sauce or regular soy sauce
- ½ tbsp. granulated sugar
- Salt and white pepper to taste



Preparation

1. Cut spaghetti squash in half, scrape off the seeds with a spoon and microwave for 20-25 minutes (or bake in the oven at 400F° for 40-50 minutes).
2. Use a fork and scrape the flesh into strings.
3. In a large pan over high heat, add vegetable oil and onions. Cook for three minutes or until onions are soft. Add coleslaw mix and red chile and cook for two minutes.
4. Add shiitake mushrooms and cook for another two minutes.
5. Add spaghetti squash, scallions and sauce, and mix well until the sauce has evenly coated all the vegetables. Cook for two minutes and turn the heat off.

Submitted by: Sheila Lowe

Meat Main Dishes



Healthy Tip: Lean proteins such as fish, turkey, and chicken can help you build muscle, make your meal more filling, and provide many nutrients.

Boston Chicken

Ingredients

- 1/4 t. paprika
- 1 T. lime juice
- 1 T. honey
- 1/4C vegetable oil
- 1 lb. boneless, skinless chicken breasts

Preparation

1. In a small bowl, combine the paprika, lime juice, honey and oil. Mix well.
2. Place chicken on a foil lined baking sheet and baste with some of the oil mixture.
3. Bake at 400 deg. for 30 - 40 mins., or until meat is cooked through and no longer pink, basting every 10 mins. with the oil mixture.
4. Remove from oven and serve. Goes well with rice and vegetable of choice. Any left-over freezes well for a later meal. Enjoy.

Nutrition info: Calories 267; Fat 15 grams; Cholesterol 66mg; Carbs 5 grams; Fiber 0; Protein 26 grams; Sodium 78mg.

From: Healthy Meals for Less by Jonni McCoy, Bethany House, 2002, 2009.



Submitted by: Jean Johnston

Super Easy Turkey Meatloaf

Ingredients

- 2 pounds lean ground turkey (raised without antibiotics)
- 2 medium-large organic onions chopped in small or large pieces
- 2 large organic garlic cloves minced
- 1.5 to 2 cups organic uncooked oatmeal (not instant)
- 2 cups skim milk or tomato juice or 1 cup of each
- 3 eggs
- 1 tablespoon organic Italian mixed dry spices



Preparation

1. Preheat oven to 350 degrees.
2. Lightly coat bottom and sides of two glass baking dishes or ceramic loaf pans with organic olive oil.
3. Mix all ingredients above by hand until thoroughly blended.
4. Place into baking dishes and sprinkle oatmeal on top.
5. Bake 1.5 hours but check at 1.25 hour if containers are low profile. Meatloaf is done when brown around edges and bottom and texture are solid in middle. Cool about 15 minutes before slicing. Eat fresh but also freeze individual pieces to enjoy later.

Submitted by: Pauline Liese

Baked Chicken Chimichangas (chimi's)

Ingredients

- 2 skinless/boneless organic chicken
- 1/4 cup Salsa (any kind your preference)
- 1 tsp of ground cumin (use more if you like the taste)
- 1-package (2 cups) low fat Cheddar Cheese (I use Cabot 50% light)
- 1 package of flour/corn tortillas (I use Chi-chis four and corn enchilada tortillas)

Guacamole

- 1 ripe Avocado
- Juice from 1/4-a 1/2 a lemon or a lime
- 1 clove minced garlic (or 1 tsp of garlic powder)
- 1/4 tsp of salt

Preparation

1. Lightly coat a Pyrex 13x9 in dish with cooking spray (wipe out excess)
2. Steam Chicken (cut into chunks to fit in steamer to cook faster, least amount of calories)
3. Shred chicken by using forks to pull apart or use a food processor
4. Place shredded chicken in a 2 qt. sauce pan and add Salsa and cumin
5. Place sauce pan on medium heat on stove. Stir contents of pan until most of the liquid is gone (adjust stove temp to make this happen).
6. Take a tortilla and put a tablespoon of cheese on it. Top that with a 1/4 cup of chicken mixture. Fold tortilla sides over tightly, turn top and bottom of tortilla under. Place in Pyrex dish. Do this with remaining chicken and tortillas (you may have extra chicken which is great to use in a salad for lunch the next day).
7. Place Pyrex loaded with the chimi's in a preheated 375-degree oven. Cook for 12-15 minutes. check to may sure the edges of tortillas are not burning. The last few minutes of baking you can add some of the light cheddar to the tops of the chimis to melt.
8. Serve with low fat or no fat sour cream, extra salsa, and a tablespoon of guacamole



Guacamole Preparation

1. Peel and pit avocado. Cut meat of avocado into chunks, add juice, garlic, and salt.
2. Using a potato masher, mash ingredients together to a consistency you like (chunky or smooth) Using a food processor is fine too.

Submitted by: Susan Thayer

Buffalo Chicken Salad

I came up with this recipe to combat one of the biggest diet busters there are for me "Buffalo Chicken Wings" I made this for myself one super bowl and some friends of mine tried it and now it has become a favorite among everyone I know. This is good for the person limiting carbs or fat.

Ingredients

- 2 boneless skinless chicken breasts.
- 1 tablespoon olive oil
- 2 cloves of fresh garlic
- ½ cup of Franks Red Hot Sauce
- ¼ teaspoon cumin
- ½ teaspoon chili powder
- Cayenne pepper or Sriracha for heat. I use a ½ pinch of cayenne pepper.

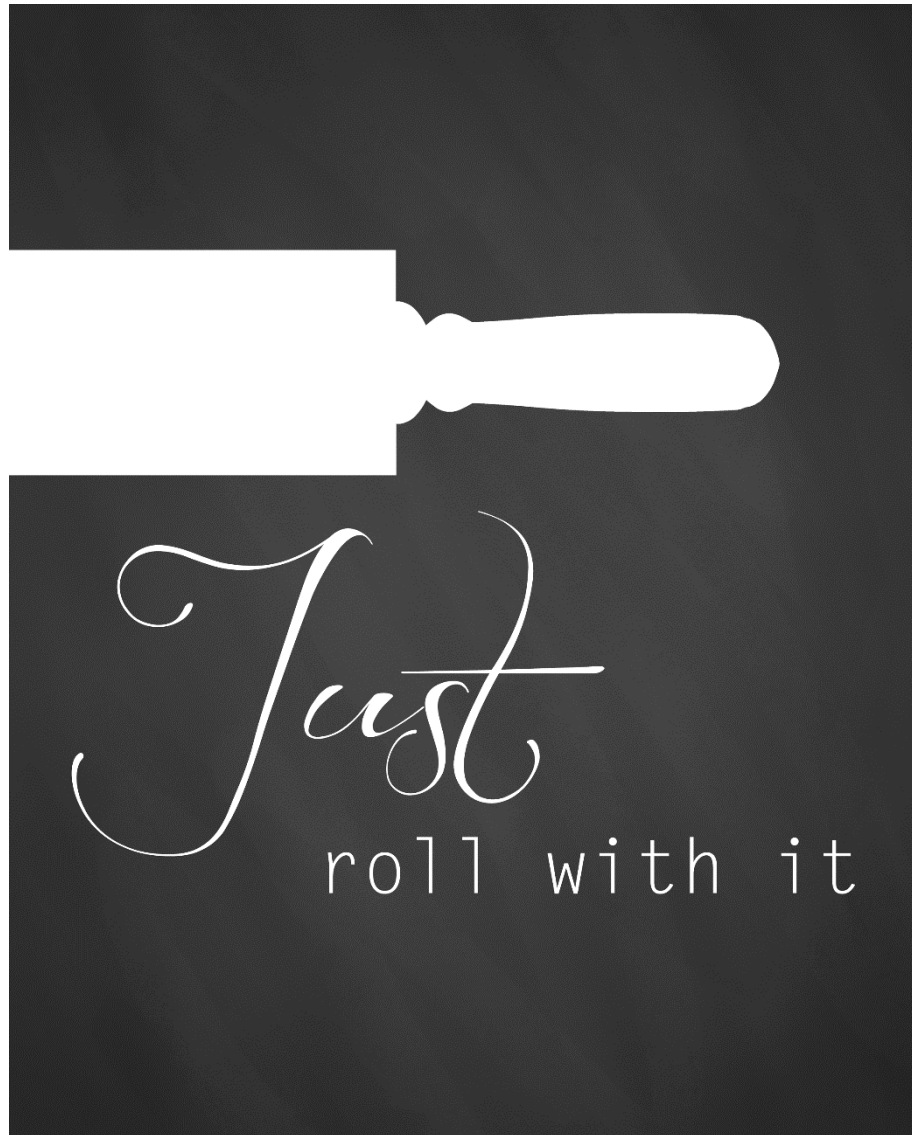


Preparation

1. Skin and slice the garlic, also cut up the chicken into bite size pieces.
2. Heat the Teflon pan with oil in it and heat the garlic for about 3 seconds to impart some flavor into the oil.
3. Add the chicken and brown it nicely.
4. Once browned, add the hot sauce and let it cook for about 2 minutes.
5. Add the cumin, chili powder and then add the Sriracha or cayenne pepper to taste. Remember a little goes a long way so be judicious as the Red Hot sauce will double the spiciness of the other components. I use a ½ pinch of cayenne pepper.
6. Reduce the heat until the chicken is cooked completely.
7. Serve the chicken and some sauce over a bed of lettuce with regular or fat free blue cheese dressing.

Submitted by: Ludwig Pulaski

Snacks



Healthy tip: Adding healthy snacks into your day can help keep hunger at bay and prevent overeating at meals. Just make sure your snacks are holding you over until your next meal and not replacing the meal itself!

Coconut Bathed Date Balls

Ingredients

- 1/2 Cup Unsweetened grated coconut
- 1 Cup chopped pitted dates
- 1/2 Cup Raw Walnut pieces
- 3 T Maple Syrup or Agave



Preparation

1. Throw everything in a food processor together. One minute on low or pulse until it starts to form a ball. You can add a touch more maple syrup or agave to help bond the ingredients.
2. Wet hands, form into balls. Quick, yummy and very nutritious!

Submitted by: Laura Brundage

Peanut Butter Oatmeal Energy Bites

Ingredients

- 1 cup oats
- 2/3 cup toasted shredded coconut (unsweetened)
- 1/2 cup natural peanut butter, or almond butter
- 1/2 cup mini dark chocolate chips
- 1/3 cup honey
- 1 tbsp. chia seeds
- 1 tsp. vanilla



Preparation

1. Combine all ingredients in a large bowl.
2. Roll and compress the mixture into 1 inch rounds and place on parchment paper.
3. Refrigerate for 5-10 minutes until firm and then transfer to an airtight container.
4. Refrigerate and enjoy for up to one week.

Submitted by: Nya Magee

Chocolate Chia Seed Muffins

Dry ingredients:

- 1/2 cup whole wheat flour
- 1/4 cup sugar
- 1/3 cup cocoa powder
- 1/3 cup chia seeds
- 1 tsp. baking soda
- 1 tap. Cinnamon
- 1/2 tsp. ginger
- 1/2 tsp. salt



Wet ingredients:

- 1 can black beans, including the liquid
- 1 can cannellini beans, including the liquid
- 4-5 large carrots, peeled and grated
- 1/4 cup vegetable oil
- 1/4 cup water
- 1 egg
- 1 tsp. vanilla extract

Preparation

1. Separately mix wet ingredients in 1 bowl and dry ingredients in another.
2. Combine ingredients together.
3. Spoon into greased muffin tins (with fat free non-stick cooking spray).
4. Bake at 350-degrees for 17 minutes.

Submitted by: Alexandra Nerenberg

Treats



Healthy Tip: A healthy lifestyle is all about balance. If you want a treat, go ahead and have one. Just remember to balance it out with nutritious and healthy meals. Everything in moderation!

Strawberry Oat Bars

This treat can be made gluten free or vegan very easily. Just replace the egg with a chia "egg" and use a substitute for the honey if you're vegan. If you're gluten free, use a gluten free flour!

Ingredients

- 1/3 cup Coconut Oil
- 1/4 cup Brown Sugar
- 1/4 cup Honey
- 1 Egg
- 1 cup Whole Wheat Flour or Oat/Gluten Free Flour (if gluten free)
- 1.5 cups Rolled Oats
- 1 TBSP Chia Seeds
- 1/2 tsp Baking Soda
- 1/2 tsp Salt
- Cinnamon
- 1 cup Fruit Preserves or Jam (if you're watching your sugar intake, you can make your own jam/fruit preserves to control the amount of sugar in this recipe!)



Preparation

1. Preheat oven to 350 degrees and lightly grease 8x8 pan.
2. In a large mixing bowl, mix oil and brown sugar.
3. Add the egg and vanilla, mixing until well blended.
4. Stir in oats, flour, chia seeds, baking soda, and salt.
5. Press 3/4 the batter into the bottom of the prepared pan. Spread the jam/preserves evenly over the top.
6. Crumble the remaining batter evenly on top and sprinkle with cinnamon.
7. Bake 25-30 minutes until lightly brown. Cool in pan before serving.

Submitted by: Robin Katrick

Trail Mix Chocolate Chip Cookies

Yield: about 3-4 dozen cookies, depending on how large you make them.

Ingredients

- 1 stick of salted butter, organic
- 1/2 cup of light brown sugar, organic
- 1/2 cup of cane sugar, organic
- 1/4 cup of raw honey, organic and local
- 1 cage free egg, organic
- 1 tablespoon of flax meal mixed with 3 tablespoons of water, let stand for 15 minutes until gelled to substitute for 1 egg (I like King Arthur)
- 1 1/2 cup of white whole wheat flour (Again, I like King Arthur.)
- 1 tsp pure vanilla, organic
- 1 tsp of baking soda
- 1/2 tsp of fine sea salt
- 1 tbsp. of cinnamon
- 1 cup of semi-sweet chocolate chips or dark chocolate chips, organic
- 3 cups of old fashioned oatmeal, organic OR 3 cups of 5-grain cereal, organic
- 1 medium sized banana, organic (well-ripe)
- 1/2 cup of dried cranberries, organic
- 1/4 cup of sliced almonds, organic

Preparation

1. Pre-heat oven at 350 degrees.
2. Beat together butter, sugars, honey until creamy.
3. Add flax mixture, egg, banana and vanilla. Beat well.
4. Add dry ingredients of flour, baking soda, salt, cinnamon and mix well. Stir in oats.
5. Fold in chocolate chips, almonds and cranberries. (I use a Kitchen Aid mixer to make all my baked goods. I recommend a medium speed for mixing, and a low speed to fold).
6. Drop rounded tablespoons onto a greased baking stone (I find a baking stone is better alternative than a cookie sheet).
7. I usually use spray olive oil to grease my baking stone, spray for 1.5 seconds to give a quick coat).
8. Bake 10-12 minutes.
9. Remove from oven and let stand for 2 minutes before you transfer cookies to a cooling rack or waxed paper.



Note -- the mix tends to be a little runny, but it yields a moist cookie inside and crispy on the outside - how I like them. If you want a slightly firmer cookie, grind 1/4 cup of oatmeal or 5-grain cereal in a coffee grinder to make oat-like flour and add to the mix.

Submitted by: Leah Korce

Healthy Cookies

Ingredients

- 3 mashed ripe bananas
- 1/3 cup unsweetened apple sauce
- 2 cups whole oats
- 1/4 cup almond milk
- 1/4 cup raisins
- 1/4 cup Chia or flax seed (can substitute any seed such as sunflower, pumpkin, etc.)
- 1 cup non-partially hydrogenated chocolate chunks
- 1 tsp pure vanilla extract
- 1 tsp cinnamon

Preparation

1. Preheat oven to 350 degrees
2. Mix ingredients in a medium bowl
3. Drop spoon-size balls onto cookie sheet
4. Bake for 15-20 minutes. Cool on a wire rack for 10 minutes. Enjoy!



Submitted by: Alissa Robertson