

Eat Well, Live Well

Recipe Book



Introduction

It's no secret that the concept of healthy eating has taken over American society. With the vast amount of information on healthy eating and healthy recipes that is readily available on the internet, you might think that it would be easy to clean up your eating habits. However, the truth is that many recipes on the internet do not contain nutritional facts and sometimes require a variety of new and expensive ingredients.

The Eat Well, Live Well: Recipe Book pulls a handful of recipes from the U.S. Department of Agriculture's (USDA) website. This recipe book provides recipes in the following categories: breakfast, snacks, side dishes, entrees and desserts.

Each category features five recipes, lists serving sizes and provides nutritional information. The Eat Well, Live Well: Recipe Book is designed to make eating and cooking healthy meals, snacks and treats a bit easier by providing you with government-sponsored recipes.

Breakfast



Snacks



Side Dishes



Entrees



Desserts



The recipes used in this recipe book are intended for informational purposes only and are not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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Breakfast

Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration and better problem-solving abilities. The American Dietetic Association reports that children who eat a healthy morning meal perform better in school. Also, people who eat breakfast generally consume more vitamins, minerals and other healthy nutrients than those who do not eat in the morning. The recipes featured in this section are great options to help start your day off right!

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Sweet Potato Hash With Egg

Garden Frittata

Makes 4 servings

Ingredients

- 4 large eggs
- ¼ tsp. ground black pepper
- ¼ tsp. salt
- 2 medium red potatoes (unpeeled)
- ½ Tbsp. olive oil
- 4 cups kale
- ¼ cup onion (chopped)
- ½ red bell pepper (chopped)

Nutritional information for 1 serving

Calories	180
Total fat	7 g
Saturated fat	2 g
Cholesterol	185 mg
Sodium	240 mg
Total carbohydrate	22 g
Dietary fiber	3 g
Total sugars	1 g
Added sugars included	0 g
Protein	9 g

Directions

1. Beat eggs, pepper and salt in large bowl. Set aside.
2. Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: Cube potatoes and boil 5 minutes until slightly soft, drain.)
3. Chop remaining vegetables while the potatoes cool. Mix vegetables together.
4. Heat oil in a 10-inch nonstick skillet. Saute vegetables for 5-8 minutes. Remove from pan and add to a bowl with beaten eggs. Mix well.
5. Pour egg-vegetable mixture back into the skillet. Cook over low- to medium-heat until the eggs are almost set, about 8-10 minutes.
6. Cover and let sit until the eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160 F.

Potato and Ham Skillet With Egg

Makes 6 servings

Ingredients

- 2 potatoes (peeled, diced)
- 2 Tbsp. vegetable oil
- 2 onions (small, chopped)
- 1 green pepper (chopped)
- 6 eggs (beaten)
- ¼ tsp. black pepper
- 6 ounces ham (chopped, about 1 cup)
- 1 cup reduced-fat cheddar cheese (shredded)

Nutritional information for 1 serving

Calories	290
Total fat	15 g
Saturated fat	5 g
Cholesterol	245 mg
Sodium	540 mg
Total carbohydrate	19 g
Dietary fiber	3 g
Total sugars	4 g
Added sugars included	N/A
Protein	19 g

Directions

1. In a medium-sized skillet, cook potatoes in oil over medium heat until just soft, about 5-10 minutes.
2. Stir in onion, green peppers and ham, and cook for 5 minutes.
3. Pour eggs and black pepper over potato mixture in pan, and sprinkle with cheese.
4. Cook for 5 minutes, stirring occasionally, or until the eggs are firm and the cheese is melted.

Raisin Bran Muffins

Makes 48 muffins

Ingredients

- 3 cups unbleached all-purpose flour
- 2 cups whole-wheat flour
- ½ cup sugar substitute (baking blend)
- ½ cup brown sugar substitute (baking blend)
- 1 Tbsp. baking soda
- 1 Tbsp. ground cinnamon
- 2 tsp. salt
- 5 large eggs (slightly beaten)
- 4 cups low-fat buttermilk
- 1 cup canola oil
- 1 cup unsweetened applesauce
- 12 ¾ cups bran flakes cereal (17.3-ounce box)
- 2 large carrots (grated)
- 1 cup raisins
- 1 cup chopped walnuts

Nutritional information for 1 muffin

Calories	170
Total fat	7 g
Saturated fat	1 g
Cholesterol	23 mg
Sodium	335 mg
Total carbohydrate	24 g
Dietary fiber	3 g
Total sugars	5 g
Added sugars included	1 g
Protein	4 g

Directions

1. Heat the oven to 375 F and line two 12-cup cupcake pans with liners.
2. In a large bowl, whisk together the all-purpose and whole-wheat flours, along with the sugar substitute and brown sugar substitute, baking soda, cinnamon and salt.
3. In a second large bowl, whisk together the eggs, buttermilk, oil and applesauce.
4. Gradually fold the dry ingredients into the wet ingredients. Then, add the bran flakes cereal, carrots, raisins and walnuts, and gently stir until incorporated.
5. Divide the batter in half, putting one bowl to the side. Divide one bowl of the batter among the two prepared pans.
6. Bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 15-20 minutes.
7. Once the pans are cool, remove the muffins and line both pans with new liners.
8. Fill the muffin cups with the remaining batter and bake the muffins until a toothpick inserted in the center of a muffin comes out clean, 15-20 minutes.

Breakfast Burritos With Salsa

Makes 4 servings

Ingredients

- 4 large eggs
- $\frac{1}{8}$ cup low-sodium canned corn (drained) *or* 2 Tbsp. frozen corn
- 1 Tbsp. 1% milk
- 2 Tbsp. green bell pepper (chopped)
- $\frac{1}{4}$ cup onion (chopped)
- 1 tsp. mustard
- $\frac{1}{4}$ tsp. garlic powder
- 4 flour tortillas
- $\frac{1}{4}$ low-sodium salsa
- Nonstick cooking spray

Nutritional information for 1 burrito and 2 Tbsp. salsa

Calories	260
Total fat	9 g
Saturated fat	2 g
Cholesterol	210 mg
Sodium	400 mg
Total carbohydrate	33 g
Dietary fiber	2 g
Total sugars	1 g
Added sugars included	N/A
Protein	12 g

Directions

1. In a large mixing bowl, blend eggs, corn, milk, green peppers, onions, mustard and garlic with a fork until the eggs are smooth, about one minute.
2. Heat a skillet over medium heat. Coat with nonstick cooking spray.
3. Cook egg mixture, stirring from time to time, until eggs are firm and cooked through.
4. Wrap tortillas in a paper towel and microwave for 20 seconds, or until warm. Be careful when unwrapping the tortillas, as they may be hot.
5. Spoon cooked egg mixture evenly onto the tortillas. Roll up the tortillas.
6. Serve each burrito with 2 Tbsp. salsa.
(Note: For an easy on-the-go breakfast, put salsa into burrito with egg mixture before rolling up the tortilla.)

Sweet Potato Hash With Egg

Makes 4 servings

Ingredients

- 4 cups sweet potatoes (cubed, about 2 large sweet potatoes)
- 1 cup water
- 1 Tbsp. and 1 tsp. vegetable oil (separated)
- 2 chicken sausage links
- 1 small yellow onion (diced)
- 1 bell pepper (diced)
- 2 cloves garlic (minced)
- 4 large eggs

Nutritional information for 1 egg and serving of hash

Calories	346
Total fat	14 g
Saturated fat	3 g
Cholesterol	252 mg
Sodium	405 mg
Total carbohydrate	35 g
Dietary fiber	6 g
Total sugars	8 g
Added sugars included	0 g
Protein	20 g

Directions

1. In a large skillet, combine sweet potatoes and water. Bring to a boil over a high heat.
2. Reduce heat to low and continue to cook until the sweet potatoes have absorbed the water, about 20 minutes. Stir occasionally.
3. Add 1 Tbsp. vegetable oil, chicken sausage, onion, bell pepper and garlic to the skillet. Cook for another 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Remove from heat and divide the sweet potato mixture between four plates. Return skillet to stove.
5. Reheat the skillet over medium-high heat. Add the remaining 1 tsp. of vegetable oil once the pan is heated up.
6. Add the eggs to the skillet one at a time. Cook for about 3-5 minutes until the whites are solid and the yolks begin to thicken. Flip the egg and cook for one more minute.
7. Top each serving of sweet potato hash with one cooked egg and serve immediately.

Snacks

Snacking can be an important part of a healthy diet. Healthy snacks can provide energy boosts in the middle of the day and fuel for exercising, as well as decrease your hunger and the odds of overeating at mealtime. Additionally, some research shows that healthy snacking can keep your metabolism revved up during the day and help normalize blood sugar levels.

Though grocery stores offer a large variety of pre-packaged snacks, don't give into convenience! This section features quick and easy snack recipes that you can eat throughout the day.

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Kale Chips

Honey Milk Balls

Makes 20 servings

Ingredients

- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup low-sodium peanut butter
- $\frac{1}{2}$ cup nonfat dry milk
- $\frac{1}{2}$ cup oat cereal (crushed)

Nutritional information for 2 honey milk balls

Calories	40
Total fat	2 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total carbohydrate	6 g
Dietary fiber	0 g
Total sugars	5 g
Added sugars included	N/A
Protein	1 g

Directions

1. In a medium bowl, combine honey and peanut butter.
2. Gradually add dry milk and mix well.
3. Chill for easier handling, about 20 minutes.
4. With greased hands, form chilled mixture into small balls.
5. Roll formed balls in crushed cereal flakes.
6. Chill again until firm.
7. Refrigerate leftovers within two hours.

Trail Mix Bars

Makes 28 servings

Ingredients

- 3 cups crispy rice cereal
- 3 cups toasted oat cereal
- 1 ½ cups raisins
- ½ cup sunflower seeds
- 1 cup honey
- ¾ cup granulated sugar
- 1 jar chunky peanut butter (16 ounces)
- 1 tsp. pure vanilla extract

Nutritional information for 1 bar

Calories	225
Total fat	11 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	133 mg
Total carbohydrate	30 g
Dietary fiber	2 g
Total sugars	22 g
Added sugars included	15 g
Protein	6 g

Directions

1. Combine dry ingredients in a bowl.
2. Combine honey and sugar in a saucepan and bring to a boil.
3. Add peanut butter and vanilla. Stir mixture until peanut butter melts. Remove from heat.
4. Carefully pour mixture over dry ingredients and mix well.
5. Spread into a 9-by-13-inch pan and allow to cool. Cut into 28 bars.

Salmon Spread

Makes 7 servings

Ingredients

- 1 15-ounce can salmon
- 1 Tbsp. lemon juice
- 1 Tbsp. horseradish
- 1 cup fat-free plain yogurt
- 1 Tbsp. dill weed (dried)
- 4 scallions (chopped)
- Parsley (for garnish)

Directions

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers or a rice cake.
4. Sprinkle chopped parsley to garnish.

Nutritional information for 1 bar

Calories	97
Total fat	3 g
Saturated fat	1 g
Cholesterol	32 mg
Sodium	251 mg
Total carbohydrate	4 g
Dietary fiber	0 g
Total sugars	3 g
Added sugars included	0 g
Protein	13 g

Crispy Taquitos

Makes 4 servings

Ingredients

- 1 cup tomatoes (chopped)
- $\frac{3}{4}$ cup onion (chopped)
- 2 Tbsp. plus 2 tsp. cilantro (chopped)
- 1 or 2 jalapeno peppers (seeded, chopped)
- 1 Tbsp. lime juice
- 1 garlic clove (minced)
- $\frac{1}{8}$ tsp. salt
- 2 cups chicken (cooked, finely chopped)
- $\frac{1}{2}$ cup corn (no salt added, canned or frozen, thawed)
- $\frac{1}{4}$ cup green onion (chopped)
- $\frac{1}{4}$ cup bell pepper (green, chopped)
- $\frac{1}{2}$ cup cheddar or Monterey Jack cheese (shredded, reduced fat) or queso fresco
- 12 corn tortillas
- 2 teaspoons vegetable oil

Nutritional information for 3 taquitos

Calories	249
Total fat	6 g
Saturated fat	1 g
Cholesterol	19 mg
Sodium	204 mg
Total carbohydrate	37 g
Dietary fiber	5 g
Total sugars	2 g
Added sugars included	N/A
Protein	13 g

Directions

1. In a medium-sized bowl, combine tomatoes, onion, cilantro and jalapeno.
2. Heat oven to 425 F.
3. In another medium-sized bowl, combine 1 cup of tomato mixture, chicken, corn, green onion, bell pepper and cheese.
4. Soften tortillas on the stovetop or in the microwave oven. Spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
5. Place rolled tortillas seam-side down on a baking sheet and brush each lightly with oil. Bake for 10-15 minutes or until crisp and lightly browned.
6. Place three taquitos on each plate and serve with remaining tomato mixture.

Kale Chips

Makes 6 servings

Ingredients

- 4 cups kale
- 1 ½ Tbsp. olive oil

Nutritional information for 1 serving

Calories	52
Total fat	4 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	17 mg
Total carbohydrate	4 g
Dietary fiber	1 g
Total sugars	0 g
Added sugars included	N/A
Protein	2 g

Directions

1. Line a cookie sheet with parchment paper.
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10-15 minutes or until kale is crisp and edges are brown but not burned.

Side Dishes

Side dishes are often the nutrient workhorses of healthy entrees. These dishes provide the servings of whole grains or vegetables needed to round out a meal. The possibilities for healthy side dishes are endless, and the benefits can be huge. This section features five easy-to-make recipes to complement your meals.

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Asparagus with Gremolata Sauce

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Beet and White Bean Salad

Corn and Pepper Cups

Makes 10 servings

Ingredients

- 5 green peppers (halved lengthwise)
- ½ small onion (chopped)
- 1 ½ garlic cloves (chopped)
- Olive oil
- 3 cups brown rice (cooked)
- 1 10 ½-ounce can diced tomatoes with chilies (undrained)
- ¾ 12-ounce can whole kernel corn (drained)
- ½ cup cheddar cheese (shredded)
- Nonstick cooking spray

Nutritional information for 1 pepper cup

Calories	114
Total fat	2 g
Saturated fat	1 g
Cholesterol	6 mg
Sodium	211 mg
Total carbohydrate	22 g
Dietary fiber	2 g
Total sugars	6 g
Added sugars included	0 g
Protein	4 g

Directions

1. In a large pot, bring water to a boil.
2. Heat oven to 350 F.
3. Remove seeds from peppers. Cook peppers in boiling water for two to three minutes. Drain pot. Set peppers aside.
4. Heat a medium skillet over medium-high heat. Add enough olive oil to coat the bottom of the skillet.
5. Add onion and garlic to the skillet and cook for three minutes.
6. Combine rice, tomatoes, corn and onion. Mix well.
7. Coat baking sheets with nonstick cooking spray.
8. Spoon rice mixture into pepper halves. Place peppers on prepared baking sheets.
9. Bake peppers for 10 minutes, or until hot. Sprinkle with cheese.
10. Bake again for five minutes, or until cheese melts.
11. Serve hot.

Brown Rice Tabbouleh

Makes 6 servings

Ingredients

- 3 cups brown rice (cooked)
- $\frac{3}{4}$ cup cucumber (chopped)
- $\frac{3}{4}$ cup tomato (chopped)
- $\frac{1}{2}$ cup fresh parsley (chopped)
- $\frac{1}{4}$ cup fresh mint leaves (chopped)
- $\frac{1}{4}$ cup green onions (sliced)
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. freshly ground black pepper

Directions

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl.
2. Toss well and chill.

Nutritional information for 1 serving

Calories	200
Total fat	10 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	200 mg
Total carbohydrate	26 g
Dietary fiber	2 g
Total sugars	1 g
Added sugars included	0 g
Protein	3 g

Ratatouille

Makes 8 servings

Ingredients

- 1 Tbsp. vegetable oil
- 1 large yellow onion (chopped)
- 4 cloves garlic (minced)
- 1 medium eggplant (peeled, diced)
- 2 zucchini (diced)
- 1 red bell pepper (cored, seeded, diced)
- 1 tsp. dried basil
- ½ tsp. dried oregano
- 3 ½ cups canned low-sodium tomatoes
- 1 lemon (quartered)
- ¼ cup chopped fresh basil leaves

Nutritional information for 1 cup

Calories	77
Total fat	2 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	18 mg
Total carbohydrate	14 g
Dietary fiber	5 g
Total sugars	7 g
Added sugars included	0 g
Protein	3 g

Directions

1. Heat a large pot over medium-low heat. When it is hot, add the vegetable oil.
2. Add the onion and garlic and cook until golden brown, about 10 minutes.
3. Add the eggplant, zucchini, bell pepper, basil and oregano. Cover and cook until the eggplant is very soft, about 40 minutes.
4. Add the tomatoes and cook, uncovered, for an additional 20 minutes.
5. Garnish with lemon quarters and basil, and serve immediately.
6. Cover and refrigerate leftovers for up to three days.

Asparagus with Gremolata Sauce

Makes 6 servings

Ingredients

- 3 cups asparagus (washed, trimmed)
- 2 Tbsp. margarine (or butter)
- 2 tsp. lemon peel (grated)
- 1 garlic clove (large, minced)
- 2 Tbsp. lemon juice (fresh)
- Parsley (chopped for garnish, optional)

Nutritional information for 1 serving

Calories	49
Total fat	4 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	3 mg
Total carbohydrate	3 g
Dietary fiber	2 g
Total sugars	1 g
Added sugars included	N/A
Protein	2 g

Directions

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain. Rinse asparagus with cold water to cool quickly, and drain again.
3. Pat the asparagus dry.
4. Melt margarine (or butter) in a large skillet over medium-high heat.
5. Add lemon peel and garlic, and stir for 30 seconds.
6. Add asparagus to the skillet and toss to coat.
7. Sprinkle with lemon juice. Saute until asparagus is heated through and coated with sauce, about 3 minutes.
8. Transfer to platter. Sprinkle with parsley and serve.

Beet and White Bean Salad

Makes 6 servings

Ingredients

- 2 Tbsp. apple cider vinegar
- 1 Tbsp. Dijon mustard
- ½ tsp. sugar
- ¼ extra-virgin olive oil
- Salt and pepper (to taste)
- 2 ¾ cups whole beets (drained, halved)
- 1 15-ounce can white kidney beans
- ½ cup reduced-fat blue cheese (crumbled)
- ½ cup walnuts (coarsely chopped, toasted)

Directions

1. In small bowl combine apple cider vinegar, Dijon mustard and sugar. Gradually add olive oil until well-blended. Season with salt and pepper.
2. In large bowl, combine beets and white kidney beans.
3. Pour dressing ingredients from Step 1 into bowl with beets and kidney beans. Toss with dressing.
4. Sprinkle with crumbled blue cheese and walnuts.

Nutritional information for 1 serving

Calories	420
Total fat	29 g
Saturated fat	6 g
Cholesterol	13 mg
Sodium	454 mg
Total carbohydrate	29 g
Dietary fiber	7 g
Total sugars	5 g
Added sugars included	1 g
Protein	14 g



Entrees

Eating healthy meals at dinnertime can be difficult, especially with a busy schedule. Use these recipes to bring healthy and delicious entrees to the table for dinner.

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Slow Cooker Pork Stew Over Brown Rice

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Cod with Spinach

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Braised Chicken Thighs With Spinach

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Cheesy Chicken, Broccoli and Rice Bake

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20-Minute Chicken Creole

Slow Cooker Pork Stew Over Brown Rice

Makes 8 servings

Ingredients

- 2 pounds lean pork stew meat
- 3 cups baby carrots
- 1 large onion (diced)
- 1 ½ tsp. dried thyme leaves
- ½ tsp. coarse ground black pepper
- ¼ tsp. salt
- 1 clove garlic, minced
- 1 ½ cups complete bran and wheat flakes ready-to-eat cereal (crushed to ¾ cup)
- 1 cup dried tart cherries
- ¾ cup 100% apple juice
- 4 cups cooked brown rice

Nutritional information for 1 cup stew and ½ cup brown rice

Calories	360
Total fat	5 g
Saturated fat	2 g
Cholesterol	54 mg
Sodium	139 mg
Total carbohydrate	50 g
Dietary fiber	6 g
Total sugars	19 g
Added sugars included	12 g
Protein	27 g

Directions

1. Trim fat from pork.
2. Spray large pan with nonstick cooking spray. Cook half of the pork at a time until browned.
3. In a 4- or 6-quart slow cooker, layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice over contents.
5. Cover and cook on low setting for 7-8 hours (3-4 hours on high setting).
6. Prepare the brown rice according to package directions toward the end of the stew cooking time.
7. Stir pork mixture and serve over ½ cup brown rice.

Cod with Spinach

Makes 4 servings

Ingredients

- 1 Tbsp. vegetable oil
- 1 pound skinless cod fillets
- 1 yellow onion (chopped)
- 2 cloves garlic (minced)
- 2 cups canned low-sodium diced tomatoes
- ½ cup water
- 2 cups frozen spinach (thawed, chopped)
- ¼ cup Kalamata olives (pitted, chopped)

Nutritional information for 4 ounces

Calories	194
Total fat	6 g
Saturated fat	1 g
Cholesterol	47 mg
Sodium	255 mg
Total carbohydrate	12 g
Dietary fiber	6 g
Total sugars	4 g
Added sugars included	0 g
Protein	25 g

Directions

1. Put the skillet on the stove over high heat. When it is hot, add 1 ½ tsp. oil.
2. Add fish. Cook about 5 minutes on each side, until deeply browned. Remove fish to a plate and cover.
3. Reheat the skillet to medium heat. Add the remaining oil, onion and garlic. Cook about 7 minutes.
4. Add tomatoes and water. Cook about 10 minutes, until the mixture thickens and turns from bright red to an orange color.
5. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives.
6. Cover skillet. Cook about 2 minutes over low heat until spinach is steamed.
7. Serve hot.

Braised Chicken Thighs With Spinach

Makes 4 servings

Ingredients

- 4 6-ounce bone-in chicken thighs (skin removed)
- 1 tsp. vegetable oil
- 1 tsp. salt
- ½ tsp. black pepper
- 1 small yellow onion (peeled and chopped)
- 3 cloves garlic (peeled and minced)
- 1 tsp. dried thyme
- ½ tsp. dried rosemary
- 1 cup water
- 1 10-ounce package spinach

Nutritional information for 4 ounces

Calories	185
Total fat	8 g
Saturated fat	2 g
Cholesterol	112 mg
Sodium	423 mg
Total carbohydrate	5 g
Dietary fiber	2 g
Total sugars	1 g
Added sugars included	0 g
Protein	22 g

Directions

1. Heat skillet over medium-high heat. Add 1 tsp. oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.
2. Reheat skillet over medium heat. Add the onion, garlic, thyme and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes.
5. Serve hot.

Cheesy Chicken, Broccoli and Rice Bake

Makes 4 servings

Ingredients

- 5 cups water
- 2 ½ cups brown rice
- ¼ cup onion (chopped)
- 1 clove garlic (chopped)
- 1 cup nonfat milk
- 1 can cream of mushroom soup
- ¼ tsp. salt
- ¼ tsp. pepper
- ¾ cup low-fat cheddar cheese (grated)
- 2 cups cooked chicken (shredded)
- 2 cups broccoli (pieces)

Nutritional information for 1 cup

Calories	239
Total fat	4 g
Saturated fat	1 g
Cholesterol	22 mg
Sodium	395 mg
Total carbohydrate	37 g
Dietary fiber	2 g
Total sugars	2 g
Added sugars included	0 g
Protein	14 g

Directions

1. Heat oven to 350 F.
2. In a large saucepan, bring water to a boil. Add rice, onion and garlic. Cook for about 20 minutes, until rice is soft.
3. While rice is cooking, combine milk, soup, salt and pepper. Mix well.
4. When rice is done, combine with milk mixture, chicken and broccoli pieces. Mix well.
5. Grease a 9-by-13-inch pan. Pour mixture into prepared pan.
6. Bake for 18 minutes. Sprinkle with cheese.
7. Bake for an additional 6 minutes, or until cheese is melted. Serve hot.

20-Minute Chicken Creole

Makes 8 servings

Ingredients

- 1 Tbsp. vegetable oil
- 2 chicken breasts (whole, skinless, boneless)
- 1 14.5-ounce can diced tomatoes (with juice)
- 1 cup chili sauce
- 1 green pepper (chopped, large)
- 2 celery stalk (chopped)
- 1 onion (chopped)
- 2 garlic clove (minced)
- 1 tsp. dried basil
- 1 tsp. dried parsley
- ¼ tsp. cayenne pepper
- ¼ tsp. salt

Nutritional information for 1 serving

Calories	76
Total fat	3 g
Saturated fat	0 g
Cholesterol	21 mg
Sodium	251 mg
Total carbohydrate	6 g
Dietary fiber	2 g
Total sugars	3 g
Added sugars included	N/A
Protein	8 g

Directions

1. Heat pan over medium-high heat. Add vegetable oil and chicken, and cook until the chicken reaches an internal temperature of 165 F, about 3-5 minutes.
2. Reduce heat to medium.
3. Add tomatoes, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper and salt.
4. Bring mixture to a boil. Reduce heat to low and simmer, covered for 10-15 minutes.
5. Serve over hot, cooked rice or whole-wheat pasta.

Dessert

Even the healthiest eaters opt for a sweet treat every now and then. The dessert recipes featured in this section are a good alternative to eating a large piece of chocolate cake or a shake from your favorite fast food restaurant.

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Pocket Fruit Pies

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Chocolate Chip Yogurt Cookies

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Peach and Biscuit Bake

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Cran-apple Crisp

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Deep-dish Apple Cranberry Pie

Pocket Fruit Pies

Makes 4 servings

Ingredients

- 4 flour tortillas
- 2 peaches, pears or apples
- ¼ tsp. cinnamon
- 2 Tbsp. brown sugar (packed)
- ⅛ tsp. nutmeg
- 2 Tbsp. nonfat milk
- Turbinado sugar (optional)

Nutritional information for 1 prepared pie

Calories	200
Total fat	4 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	340 mg
Total carbohydrate	39 g
Dietary fiber	2 g
Total sugars	14 g
Added sugars included	N/A
Protein	4 g

Directions

1. Heat oven to 350 F.
2. Warm tortillas in microwave to make them easier to handle.
3. Peel, core and chop fruit into pieces.
4. Divide fruit evenly between the four tortillas.
5. In a small bowl, combine brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
6. Roll up the tortillas.
7. Place on an ungreased baking sheet. Make small slashes on tortillas to allow steam to escape.
8. Brush tortillas with milk and, if desired, sprinkle with turbinado sugar.
9. Bake for 8-12 minutes, or until lightly brown.
10. Serve warm or cool.

Chocolate Chip Yogurt Cookies

Makes 36 servings

Ingredients

- ½ cup sugar
- ½ cup light brown sugar (packed)
- ½ cup margarine
- ½ cup nonfat plain yogurt
- 1 ½ tsp. vanilla
- ¾ cup all-purpose flour
- 1 cup whole-wheat flour
- ½ tsp. baking soda
- ½ cup miniature chocolate chips

Nutritional information for 1 cookie

Calories	80
Total fat	3 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	45 mg
Total carbohydrate	12 g
Dietary fiber	1 g
Total sugars	7 g
Added sugars included	7 g
Protein	1 g

Directions

1. Heat oven to 375 F.
2. In a large bowl, combine sugar, brown sugar and margarine. Beat until light and fluffy.
3. Add in yogurt and vanilla. Blend well.
4. Stir in flour and baking soda. Stir until well combined.
5. Carefully add in chocolate chips.
6. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheets.
7. Bake for 8-12 minutes.
8. Allow cookies to cool for one minute before removing from sheets.

Peach and Biscuit Bake

Makes 6 servings

Ingredients

- 1 cup low-fat baking mix
- 1 cup fat-free milk
- ½ tsp. nutmeg (if you like)
- 4 Tbsp. margarine (melted)
- ¾ cup sugar
- 1 ½ pounds fresh peaches (sliced, about 6 peaches)

Nutritional information for 1 serving

Calories	250
Total fat	8 g
Saturated fat	3 g
Cholesterol	10 mg
Sodium	160 mg
Total carbohydrate	44 g
Dietary fiber	2 g
Total sugars	35 g
Added sugars included	N/A
Protein	3 g

Directions

1. Heat oven to 375 F.
2. Mix together baking mix and milk. If using nutmeg, add that too. Stir in margarine until combined.
3. Pour batter into an 8-by-8-inch baking dish.
4. Combine sugar and peaches, and spoon over batter in baking dish (do not mix together).
5. Bake for 50 minutes or until golden brown.

Cran-apple Crisp

Makes 6 servings

Ingredients

- 4 apples
- 1 14-ounce can cranberry sauce
- $\frac{2}{3}$ Tbsp. margarine (soft, melted)
- 1 cup uncooked oatmeal
- $\frac{1}{3}$ cup light brown sugar
- 1 tsp. cinnamon

Nutritional information for $\frac{3}{4}$ cup

Calories	210
Total fat	2 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total carbohydrate	50 g
Dietary fiber	4 g
Total sugars	32 g
Added sugars included	N/A
Protein	2 g

Directions

1. Heat oven to 400 F.
2. Wash apples, remove cores and slice thinly. (Note: Leave peels on apples.)
3. In a bowl, combine cranberry sauce and apples.
4. Pour cranberry-apple mixture into an 8-by-8-inch pan.
5. In a small bowl, combine melted margarine with oatmeal, brown sugar and cinnamon until well blended. Sprinkle over mixture in pan.
6. Cover with foil and bake for 15 minutes.
7. Uncover and bake for an additional 10 minutes, until the topping is crisp and brown.
8. Serve warm.

Deep-dish Apple Cranberry Pie

Makes 10 servings

Ingredients

- 4 large apples (peeled, cored, sliced)
- 2 ½ cups cranberries (fresh or frozen)
- ¾ cup sugar
- ¼ cup all-purpose flour
- 1 tsp. apple pie spice
- 1 pie crust (prepared)

Nutritional information for 1 serving

Calories	158
Total fat	1 g
Saturated fat	0 g
Cholesterol	N/A
Sodium	15 mg
Total carbohydrate	37 g
Dietary fiber	4 g
Total sugars	27 g
Added sugars included	14 g
Protein	1 g

Directions

1. Heat oven to 375 F.
2. Stir all ingredients (except for the pie crust) together in a medium-sized mixing bowl and place in a 10-inch deep-dish pie pan.
3. Place one pie crust on top of the fruits. Cut three or four slits to allow the steam to escape.
4. Bake for about an hour. Serve warm. Refrigerate any leftovers.