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# **Granola Baked Apples**

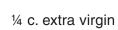
### Yield: 4 servings

- 4 cooking apples (Rome Beauty or Granny Smith)
- ¾ c. low-fat granola
  2 Tbsp. brown sugar
  ⅓ tsp. cinnamon
- 1. Wash and core apples.
- 2. Scoop out center of apples to leave ½-inch shell. Chop ½ cup apple from the center and reserve. Cut a strip of peel ½-inch wide around the top of the apple.
- In a medium bowl, mix granola, reserved <sup>1</sup>/<sub>2</sub> cup chopped apple, brown sugar, and cinnamon.
- 4. Fill scooped out apples with granola mixture and place in a shallow baking dish. Add 1/4 inch of water to baking dish.
- 5. Cover apples and bake in 350°F oven for 45 minutes or until tender.

# **Healthy Recipes**

# **Roasted Sweet Potato Fries**

### Yield: 6 servings

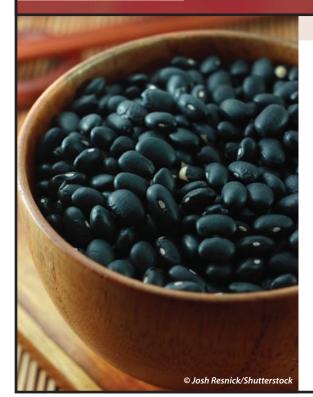


olive oil

1 clove garlic, chopped

1/2 tsp. fresh rosemary, chopped ½ tsp. paprika
½ tsp. onion powder
¼ tsp. black pepper
¼ tsp. salt
2 sweet potatoes

- 1. Preheat oven to 450°F and line cookie sheet with parchment paper.
- 2. Place oil in bowl and mix in garlic, rosemary, and seasonings.
- 3. Wash and peel sweet potatoes.
- 4. Cut sweet potatoes into fries approximately <sup>3</sup>/<sub>8</sub>-inch x <sup>3</sup>/<sub>8</sub>-inch x 3-inches
- 5. Place sweet potatoes in oil mixture and toss to coat.
- 6. Spread sweet potato fries on parchment paper and place in oven.
- 7. Turn fries after 15 minutes and cook another 10 to 15 minutes until brown and crispy.



# **Black Beans and Rice**

### Yield: 8 servings

1½ tsp. canola oil
1 small onion, chopped
4 cloves garlic, minced
½ c. brown rice
¼ c. white rice
1½ c. chicken stock
1 tsp. ground cumin
¼ tsp. cayenne pepper ¼ tsp. salt
1 jalapeño pepper, pickled
1 c. tomatoes, small dice
3½ c. canned black beans, drained
1 Tbsp. lime juice

- 1. Place oil in pot and heat over medium heat. Sauté garlic and onion for 5 minutes. Add brown and white rice and sauté for another 2 minutes.
- 2. Add chicken stock and spices to pot and bring to a boil. Reduce heat and cover to simmer for 20 minutes.
- 3. Add pepper, tomatoes, and black beans to pot and simmer for another 10 minutes stirring occasionally.
- 4. Mix in lime juice and serve.

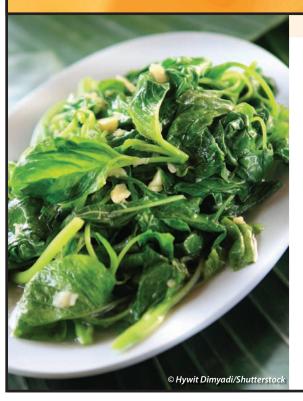
# **Healthy Recipes**

# Sautéed Spinach

### Yield: 6 servings

1½ lb. baby spinach leaves
2 Tbsp. olive oil
6 cloves garlic, sliced
¼ tsp. lemon juice
salt and pepper to taste

- 1. Rinse spinach well and pat dry.
- 2. Heat oil in a large pot over medium heat. Add garlic and sauté for about 1 minute—do not let garlic brown.
- 3. Add spinach, salt, and pepper to pot and stir about 1 to 2 minutes until wilted.
- 4. Place spinach in serving bowl and drizzle with lemon juice.



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# **Grilled Vegetable Kabobs**

### Yield: 6 servings



1 each red, yellow, and green bell peppers 12 oz. button mushrooms 1 red onion 1 pint cherry tomatoes 2 Tbsp. canola oil Salt and pepper to taste

- 1. Preheat grill to medium.
- 2. Wash and trim vegetables. Cut zucchini, peppers, and onion into 1½ inch chunks.
- Thread vegetables onto skewers, alternating for color. (If using wood skewers, soak in water for 30 minutes prior to using.)
- 4. Brush oil on skewered vegetables. Salt and pepper to taste.
- 5. Use tongs to place vegetable kabobs on a preheated grill.
- 6. Cook kabobs for about 10 minutes. Turn kabobs with tongs halfway through cooking time.

# **Healthy Recipes**



# **Strawberry Yogurt Shake**

### Yield: 2 servings

- 1 c. strawberries, frozen
- 1 c. low-fat strawberry yogurt
- 1 c. low-fat or fat-free milk
- 1 tsp. vanilla
- 1. Combine strawberries, yogurt, milk, and vanilla in a blender.
- 2. Blend on high speed for 20 seconds or until mixture is smooth.



# **Grilled Peach Salad**

### Yield: 6 servings

- 1½ Tbsp. vegetable oil
  4 firm, ripe peaches
  1 oz. Parmesan cheese, large shred
  3 Tbsp. pine nuts, toasted
  4 oz. baby lettuce
  ¼ c. balsamic vinaigrette
- 1. Preheat a grill to medium heat.
- 2. Halve and pit unpeeled peaches. Cut each half into 3 wedges and lightly brush with oil.
- 3. Place pine nuts on a sheet pan in a 300°F oven for 10 minutes until lightly browned. Shake pan after about 5 minutes to ensure even browning.
- 4. Place wedges on grill. Cook for about 2 minutes on each side.
- 5. Arrange 4 wedges on a bed of lettuce. Sprinkle with cheese and pine nuts. Drizzle with vinaigrette.

# **Healthy Recipes**

# <image>

# **Marinated Cherry Tomatoes**

### Yield: 6 servings

½ tsp. salt
¼ c. lemon juice
¾ c. oil
1 clove garlic, crushed
½ tsp. basil
½ tsp. thyme
1 Tbsp. parsley, chopped
2 pints cherry tomatoes

- 1. Mix all ingredients except tomatoes in a bowl.
- 2. Wash cherry tomatoes and remove stems.
- 3. Add tomatoes to dressing and chill 2 hours or overnight.



# **Hearty Corn Bread**

### Yield: 8 servings

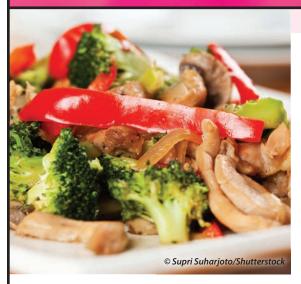
1 egg

- 1/4 c. honey
- 1 c. buttermilk
- 8 tsp. canola oil
- 1 c. medium grind, whole-grain cornmeal

1 c. all-purpose flour 2 tsp. baking powder ½ tsp. baking soda ½ tsp. salt

- 1. Prepare 8-inch baking dish with cooking spray.
- 2. Beat egg in a medium-size mixing bowl. Add honey, buttermilk, and oil to egg and mix well.
- 3. Place cornmeal, flour, baking powder, baking soda, and salt in a separate bowl and stir to combine ingredients.
- 4. Add dry ingredients into liquids and stir until ingredients are thoroughly incorporated.
- 5. Pour corn bread batter into baking dish and bake at 410°F for 20 minutes.

# **Healthy Recipes**

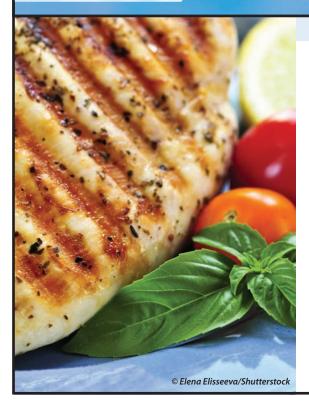


# Chicken Stir Fry

<sup>2</sup>/<sub>3</sub> c. cold water

### Yield: 4 servings

- 1 lb. boneless, skinless chicken breasts, slightly frozen 1 red pepper
- <sup>1</sup>/<sub>4</sub> tsp. ginger, ground 2 Tbsp. soy sauce
- 1 Tbsp. cornstarch
- 2 Tbsp. sesame or vegetable oil
  1 12-oz. bag broccoli florets, frozen
  3 c. brown rice, cooked
- 1. Slice chicken breast into thin slices.
- 2. Using a different knife and cutting board, wash red pepper then remove stem and seeds. Slice into thin strips.
- 3. Combine ginger, soy sauce, cornstarch, and water in a small bowl.
- 4. Preheat a wok or large skillet over medium high heat.
- 5. Carefully add 1 Tbsp. plus 2 tsp. of oil to wok or skillet. Add chicken and cook until chicken is lightly browned, stirring constantly. Remove chicken from wok and hold in warm oven.
- 6. Add remaining 1 tsp. oil to wok. Add red pepper and broccoli stirring constantly for 2 to 3 minutes.
- 7. Add chicken back into wok with vegetables.
- 8. Add mixture from step 3 to chicken and vegetables. Bring to a boil and cook until mixture thickens slightly.
- 9. Serve over hot rice.



# **Marinated Chicken Breasts**

### Yield: 4 servings

¼ c. cider vinegar
¼ tsp. dried thyme
¾ tsp. dried oregano
¾ tsp. dried rosemary
3 Tbsp. whole-grain mustard
2 cloves garlic, crushed
½ c. canola oil
4 chicken breasts, boned and skinned

- 1. Mix the vinegar, herbs, mustard, garlic, and oil in a resealable bag. Add chicken to bag, seal, and shake to coat with marinade. Refrigerate until ready to cook.
- Preheat grill to medium-high. Remove chicken from marinade. Allow excess marinade to drip off before placing on grill. Turn chicken once grill marks form and continue cooking until chicken reaches 165°F.

# **Healthy Recipes**



# **Breakfast Oatmeal**

### Yield: 2 servings

<sup>3</sup>/<sub>4</sub> c. oatmeal, old fashioned
<sup>1</sup>/<sub>8</sub> tsp. cinnamon, ground
<sup>1</sup>/<sub>2</sub> c. raisins
1 c. nonfat milk
<sup>1</sup>/<sub>2</sub> c. water
<sup>1</sup>/<sub>3</sub> c. walnuts, chopped
2 tsp. brown sugar

- 1. Place oatmeal, cinnamon, raisins, milk, and water in a microwave-safe dish. (Use a dish that is large enough to accommodate oatmeal as it doubles in volume.)
- 2. Microwave on high for 3½ minutes. Stir oatmeal mixture and microwave for another minute or until it reaches desired consistency.
- 3. Divide nuts and sugar between two cereal bowls. Pour half of oatmeal mixture in each bowl and mix.