

## Healthy Recipes

## Granola Baked Apples

Yield: 4 servings



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4 cooking apples (Rome Beauty or Granny Smith)	$\frac{3}{4}$ c. low-fat granola 2 Tbsp. brown sugar $\frac{1}{8}$ tsp. cinnamon
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1. Wash and core apples.
2. Scoop out center of apples to leave  $\frac{1}{2}$ -inch shell. Chop  $\frac{1}{2}$  cup apple from the center and reserve. Cut a strip of peel  $\frac{1}{2}$ -inch wide around the top of the apple.
3. In a medium bowl, mix granola, reserved  $\frac{1}{2}$  cup chopped apple, brown sugar, and cinnamon.
4. Fill scooped out apples with granola mixture and place in a shallow baking dish. Add  $\frac{1}{4}$  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



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$\frac{1}{4}$ c. extra virgin olive oil	$\frac{1}{8}$ tsp. paprika $\frac{1}{8}$ tsp. onion powder
1 clove garlic, chopped	$\frac{1}{4}$ tsp. black pepper $\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ tsp. fresh rosemary, chopped	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  $\frac{3}{8}$ -inch x  $\frac{3}{8}$ -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.

## Healthy Recipes

## Black Beans and Rice



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Yield: 8 servings

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

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



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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.



## Healthy Recipes

## Grilled Vegetable Kabobs

Yield: 6 servings

1 zucchini	1 red onion
1 each red, yellow, and green bell peppers	1 pint cherry tomatoes
12 oz. button mushrooms	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.
3. 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.



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## 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.



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## Healthy Recipes

## Grilled Peach Salad



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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

## Marinated Cherry Tomatoes



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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.

## Healthy Recipes

## Hearty Corn Bread

Yield: 8 servings



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1 egg	1 c. all-purpose flour
¼ c. honey	2 tsp. baking powder
1 c. buttermilk	½ tsp. baking soda
8 tsp. canola oil	½ tsp. salt
1 c. medium grind, whole-grain cornmeal	

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

Yield: 4 servings



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1 lb. boneless, skinless chicken breasts, slightly frozen	⅔ c. cold water
1 red pepper	2 Tbsp. sesame or vegetable oil
¼ tsp. ginger, ground	1 12-oz. bag broccoli florets, frozen
2 Tbsp. soy sauce	3 c. brown rice, cooked
1 Tbsp. cornstarch	

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.



## Healthy Recipes

## Marinated Chicken Breasts



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Yield: 4 servings

- ¼ c. cider vinegar
- ¾ 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.
2. 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



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Yield: 2 servings

- ¾ c. oatmeal, old fashioned
- ⅛ tsp. cinnamon, ground
- ½ c. raisins
- 1 c. nonfat milk
- ½ c. water
- ⅓ 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.