

# Eat Well, Care Well

Volume 1 Cookbook



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Greater Wisconsin Agency on Aging Resources, Inc.

[GWAAR Website Link](#)

**Mission Statement:** The mission of GWAAR is to deliver innovative support to lead aging agencies as we work together to promote, protect, and enhance the well-being of older people in Wisconsin.

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# Breakfast



## Pineapple Coco-Mint Smoothie

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### Ingredients

- 1 ½ oz swiss chard
- 4 oz pineapple
- 1 apple-chopped
- 3 sprigs mint
- 1 tbsp flaxseed
- 1 cup coconut water
- 1 cup ice

### Instructions

1. Put all ingredients into a blender and blend until all chunks are removed
- ✓ Coconut water is one of the best ways to hydrate your body as well as your skin!



Photo courtesy pixabay.com

## Berry Green Smoothie

Source: <https://www.runningtothekitchen.com/tips-for-hydration/>

### Ingredients

- 1 cup frozen strawberries
- 1 cup coconut water
- 6 ounces plain Greek yogurt
- Handful of baby greens  
(spinach, kale, etc.)

### Instructions

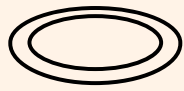
1. Combine all ingredients in a blender and blend until smooth



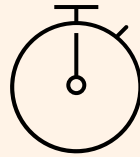
Photo courtesy pixabay.com



# Crustless Quiche



Serves 3-4



Prep time: 10 min



Cook time: 15 min

## Ingredients

- 1 package of frozen spinach or 2-3 cups fresh
- ½ onion
- ½ green pepper
- 6 eggs
- Broth of your choice
- Cheese of your choice
- Black pepper
- Herbs or salt-free seasoning of your choice

## Instructions

1. Cook spinach, onion, green peppers in a 9-inch cast iron skillet
  2. In a bowl, whisk together the eggs and add enough broth to thin out the eggs to a pourable, smooth consistency
  3. Pour into the cast iron skillet with the cooked veggies. Add the cheese. Stir to combine.
  4. Cook at 400 degrees F for ~15 minutes or until the internal temp reaches 165 degrees F
- ✓ If you don't have a cast iron skillet, you can pour the mixture into a premade pie crust



Photo courtesy pixabay.com

## Berry-Nana Smoothie

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### Ingredients

- 1 cup vanilla soymilk
- 1 cup frozen blueberries or frozen berry mix
- 1 banana, sliced
- 1 tbsp soy protein powder
- ½ cup ice
- 1 tsp honey (optional)



### Instructions

1. Puree all ingredients in blender on high until smooth

### Nutrition Information

- 150 calories
- 2.5g fat (0g saturated fat)
- 0mg cholesterol
- 80mg sodium
- 27g carbohydrates
- 4g fiber
- 7g protein



Photo courtesy pixabay.com

# Wholegrain Blueberry Muffins

## Ingredients

- 1 cup whole wheat pasty flour
- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  cup brown sugar, packed
- $\frac{1}{4}$  cup flax seed meal
- 2 tsp baking powder
- 1 tsp baking soda
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  cup soybean oil
- 1 cup buttermilk
- 1 egg, beaten
- 1 tsp vanilla extract
- 1  $\frac{1}{2}$  cups blueberries, frozen

## Instructions

1. Preheat oven to 375 F. Paper-line or grease 12 muffin cups
2. Combine dry ingredients in a medium bowl and set aside
3. Whisk wet ingredients together in a large bowl
4. Pour dry ingredients into the large bowl and stir until blended. Stir in blueberries
5. Spoon batter into prepared muffins tins (3/4 full)
6. Bake for 18-22 minutes until edges are golden



Photo courtesy pixabay.com

## Nutrition Information (1 muffin)

- 240 calories
- 12g fat (2g saturated fat)
- 20mg cholesterol
- 280mg sodium
- 30g carbohydrates
- 2g fiber
- 4g protein



## Apple Pie Overnight Oats

---

### Ingredients

- 2/3 cup low-fat milk
- 1/2 cup old-fashioned rolled oats
- 1/2 cup diced apple
- 1/4 cup chopped pecans
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1 tbsp maple syrup or honey
- Pinch of salt

### Instructions

1. In a small bowl or 12-oz jar, combine all ingredients and stir until well combined. Cover and refrigerate overnight or at least 6 hours.



Photo courtesy pixabay.com



## Berry Coconut Overnight Oats

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### Ingredients

- ½ cup lactose-free milk
- ½ cup old-fashioned rolled oats
- ½ cup raspberries
- 1/3 cup coconut Greek yogurt
- ¼ cup unsweetened shredded coconut
- 1 tbsp chia seeds
- 1 tsp maple syrup
- ½ cup strawberries, chopped
- Fresh raspberries, additional chopped strawberries, shredded coconut (optional)

### Instructions

1. Combine milk and next 6 ingredients (milk through maple syrup) in a medium-size bowl and stir well
2. Pour half of the oat mixture into jar or container with lid, add chopped strawberries, and top with remaining oat mixture. If desired, top with a few raspberries, chopped strawberries, and coconut. Cover and refrigerate overnight or at least 6 hours.



Photo courtesy pixabay.com



## Pumpkin Bread

Source: <https://www.allrecipes.com/recipe/9217/super-moist-pumpkin-bread/>

### Ingredients

- 3 ½ cup all-purpose flour
- 2 cups packed brown sugar
- 2/3 cup white sugar
- 2 cups pumpkin puree
- 1 cup vegetable oil
- 2/3 cup milk
- 2 tsp baking soda
- 1 tsp salt
- 1 tsp ground nutmeg
- 1 ½ tsp ground cinnamon
- 2/3 cup flaked coconut (optional)
- 1 cup roasted walnuts chopped (optional)



Photo courtesy pixabay.com

### Instructions

1. Preheat oven to 350 degrees F.

Grease and flour two 8x4 inch loaf pans.

2. In a large bowl, combine the flour, oil, milk, baking soda, salt, ground nutmeg, and ground cinnamon. Mix until all the flour is gone. Fold in the nuts and flaked coconut, if desired. Pour batter into prepared pans.

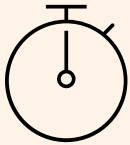
3. Bake at 350 degrees F for 45-60 minutes or until a toothpick inserted in the center comes out clean.



Yields 20 servings

# Protein Waffles

Source: <https://www.kitchennostalgia.com/breakfast/protein-waffles.html>



Cook time: 30 min



Makes 7-8 waffles

## Ingredients

- 2 cups oat flour, or flour of your choice
- 1 tbsp protein powder or dry powdered milk
- 1 2/3 tbsp baking powder
- 1 tbsp sugar
- Pinch of salt
- 2 eggs
- 1 2/3 cup Greek yogurt
- 1 tsp vanilla extract
- Dash of cinnamon

## Instructions

1. In a bowl, combine flour with protein powder or powdered milk, baking powder, sugar, and salt, if desired
2. In a separate bowl, mix eggs with yogurt and vanilla extract
3. Add wet ingredients to the dry ingredients and stir just until incorporated
4. Cook waffles in greased waffle maker according to package directions

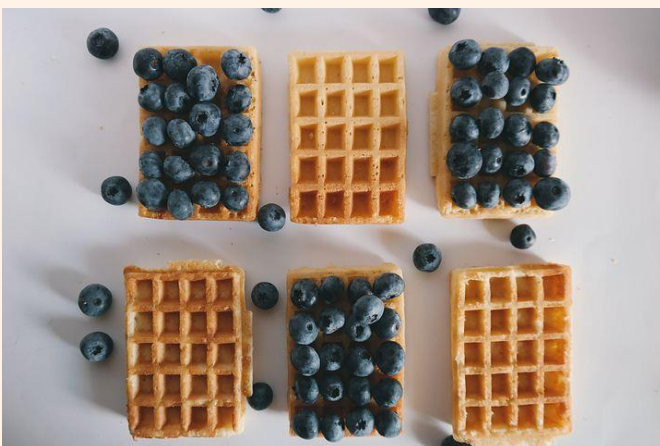


Photo courtesy pixabay.com

## All Muscle, No Milk Shake

### Ingredients

- 2 tbsp. peanut butter (or any nut butter)
- 2 tbsp. almonds
- 1 cup ice
- 1 cup soy milk (adjustable)
- 1 frozen banana halved
- 2 tbsp. baking cocoa



### Instructions

1. Add ice, banana, and soy milk to blender
2. Combine the rest of the ingredients into the blender
3. Blend, starting on a lower setting and increasing the power until the shake is smooth and consistent in color.
4. Pour and enjoy!



Photo courtesy pixabay.com

## Peanut Butter Pancakes

Source: <https://fitfoodiefinds.com/3-ingredient-peanut-butter-pancakes/>

### Ingredients

- 1 small-medium banana
- 2 eggs, large
- ¼ tsp vanilla
- ½ tsp cinnamon
- 2 tbsp. flour of your choice  
(peanut flour recommended)

### Instructions

1. Spray pan with nonstick cooking spray and turn on to low/medium heat
2. Smash banana until smooth then add 2 eggs and vanilla-whisk vigorously to combine. Then add flour and cinnamon and whisk until the batter is smooth.
3. Add 2 tbsp of batter onto the heated pan and let it cook for about a minute each side
4. Serve and enjoy!

### Nutrition Information

- 281 calories
- 10g fat (0g saturated fat)
- 338mg cholesterol
- 0mg sodium
- 30g carbohydrates
- 4g fiber
- 19g protein

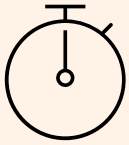


Photo by Lindsay VanKampen

Peanuts are rich in B vitamins!!



## Greek Yogurt with Walnuts and Honey



5 minutes to prepare!



Greek yogurt is a great source of calcium!

### Ingredients

- 4 cups of Greek yogurt
- ½ cup California walnuts, toasted, chopped
- 3 tbsp honey or agave nectar
- Fresh fruit, chopped or granola, low-fat (both optional)

### Instructions

1. Spoon yogurt into 4 individual cups
2. Sprinkle 2 tbsp of walnuts over each and drizzle 2 tsp of honey over each
3. Top with fruit and granola, if desired

### Nutrition Information

- 300 calories
- 10g fat (1g saturated fat)
- 115mg sodium
- 25g carbohydrates
- 1g fiber
- 29g protein



Photo by Lindsay VanKampen



## Raspberry Banana Smoothie Bowl

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### Ingredients

- 1 ½ cups almond milk or milk of your choice
- ½ frozen or fresh banana
- 1 cup frozen or fresh raspberries
- 1 tbsp almond butter
- 1 scoop of vanilla protein powder
- Shredded coconut- optional
- Dark chocolate cereal bar, or shredded dark chocolate

### Instructions

1. Combine milk, banana, raspberries, nut butter, and protein powder in a blender and blend until smooth
2. Pour into a bowl and garnish with fresh raspberries, dark chocolate, shredded coconut, and any other toppings that you have on hand



Photo courtesy pixabay.com

## Banana Berry Oatmeal

### Ingredients

- ½ cup rolled oats
- ½ cup water
- ½ of a banana, sliced
- Dash of cinnamon
- 3-4 tbsp milk of choice
- Top with 1 cup of your choice of berries

### Instructions

1. Mix rolled oats, cinnamon, and water and microwave for 1 minute
2. Add in the banana and cook for another minute
3. Stir in milk and top with berries of your choice

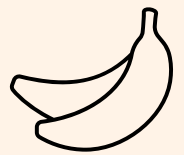


Photo courtesy pixabay.com

## Gluten-Free Oatmeal Waffles

Source: <https://www.allrecipes.com/recipe/256559/cathys-gluten-free-oatmeal-waffles/?printview>

### Ingredients

- Cooking spray
- 1 ½ cups gluten-free rolled oats
- ¾ cup almond milk
- 1 egg
- 3 tbsp melted butter of choice
- 1 tbsp brown sugar
- 1 tsp baking powder

### Instructions

1. Preheat waffle iron to manufacturer's instructions, grease with cooking spray
2. Combine oats and almond milk in a large bowl
3. Whisk egg yolk and butter together in a small bowl, stir into oat mixture
4. Beat egg white in a glass, metal, or ceramic bowl, until stiff peaks form
5. Stir brown sugar and baking powder into oat mixture
6. Scoop ½ cup batter onto preheated waffle iron and spread to edges. Close iron and cook for 5 minutes. Repeat with remaining batter



Photo courtesy pixabay.com

## Overnight Oats with Strawberries and Toasted Almonds

Source: <https://www.realsimple.com/food-recipes/browse-all-recipes/overnight-oats-strawberries-toasted-almonds>

### Ingredients

- ½ cup old-fashioned oats
- ½ cup whole milk
- 1 tsp honey, plus more for serving
- ¼ tsp vanilla extract
- ¼ tsp kosher salt
- 1 cup quartered strawberries
- 2 tbsp slivered almonds, roasted

### Instructions

1. In a small bowl or 12-oz jar, combine the oats, honey, vanilla, and salt. Cover and refrigerate overnight or at least 6 hours
2. Remove from refrigerator and stir. Top with strawberries and almonds. Drizzle with honey, if desired



Photo courtesy pixabay.com





# Lunch



## Chicken Avocado Burritos

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### Ingredients

- 1 cup rotisserie chicken
- ½ cup shredded cheese- Mexican or taco blend
- ½ diced avocado
- ¼ tbsp chopped cilantro
- 2 whole wheat tortillas
- ½ tsp olive oil
- Sour cream (optional)

 Makes 2 servings



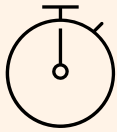
Photo courtesy pixabay.com

### Instructions

1. Mix shredded chicken, cheese, avocado, cilantro, and sour cream (if using) in a bowl
2. Spread mixture evenly over the tortillas and wrap like a burrito
3. Heat a pan or skillet with olive oil to coat the surface over medium high heat
4. Cook burritos on hot pan for a minute or two on each side until they are crispy and toasted

# Zesty Chicken Soft Tacos

Source: <https://www.tasteofhome.com/recipes/zesty-chicken-soft-tacos/>



Total time: 25 minutes



Serves: 2

## Ingredients

- ½ cup reduced-fat sour cream
- 1 tbsp sriracha chili sauce
- 1 tbsp lime juice
- ¾ tsp grated lime zest (optional)
- ¼ tsp salt
- Pinch of black pepper
- 2-3 tortillas, warmed
- ¾-1 cup rotisserie chicken, skin removed, shredded
- Fresh cilantro (optional)

## Instructions

1. In a small bowl, mix the first six ingredients. Spread over tortillas, top with chicken and, if desired, cilantro. Variation: if you don't have enough chicken or you prefer a vegetarian option, substitute with your favorite bean

## Nutrition Information (1 taco)

- 420 calories
- 14g fat (5g saturated fat)
- 111mg cholesterol
- 942mg sodium
- 33g carbohydrates
- 1g fiber
- 37g protein



Photo courtesy pixabay.com

## Avocado and White Bean Sandwich

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Prep time: 15 minutes Serves: 1-2

### Ingredients

- 2 avocados
- 1 15 oz can white beans, rinsed & drained
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 clove garlic or 1tsp minced
- Thyme, black pepper, and salt-free garlic herb blend to taste

### Instructions

1. Mash all ingredients together in a medium bowl to desired consistency
2. Add any veggies or cheese to make a sandwich or eat the spread with whole wheat crackers!

### Nutrition Information

- 567 calories
- 30g fat (9g saturated fat)
- 28mg cholesterol
- 941mg sodium
- 55g carbohydrates
- 15g fiber
- 22g protein



Photo courtesy pixabay.com

## Healthy Skin Avocado Salad

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### Ingredients

- 1 avocado (peeled, pitted, and diced)
- ½ sweet onion (chopped)
- ½ large ripe tomato (chopped)
- Salt and pepper to taste
- ¼ cup pumpkin seeds
- ½ green bell pepper (chopped)

### Instructions

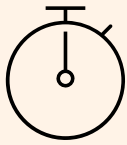
1. In a medium bowl, combine avocado, onion, bell pepper, tomato, and pumpkin seeds. Toss gently.
2. Season with salt and pepper.
  - ✓ The avocado, bell pepper, and tomato included all keep our skin strong!



Photo courtesy pixabay.com



## Salad with Tuna, White Beans, and Shallots



Prep time: 15 min



Cook time: 5 min



Serves: 1-2

### Ingredients

- 1-5 oz can tuna or chicken, drained
- Shallots, green onion, or onions, finely chopped
- 1-15 oz can white cannellini or other beans, drained & rinsed
- Lemon juice, black pepper, and other seasonings (optional)

### Instructions

1. Drain the tuna
  2. Slice some shallot or onions, finely
  3. Cook them in some olive oil on low heat for about 2 minutes. Add the drained beans and sauté another 2 minutes, finally add the tuna and stir.
  4. Add lemon juice and other optional ingredients as desired
- ✓ This protein packed recipe can be eaten with a fork or over salad greens or even placed on a sandwich!



Photo courtesy pixabay.com

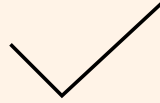


# Apple Tuna Sandwich

Source: <https://hungerandhealth.feedingamerica.org/recipe/apple-tuna-sandwiches-2/>



Serves: 6



1 serving contains 24g of protein!

## Ingredients

- 2 (5 oz) cans chunk-light tuna packed in water, drained
- 1 green apple, finely diced
- 1 stalk celery, diced
- ½ cup plain non-fat Greek yogurt
- 2 tsp mustard
- 2 tsp honey
- 100% whole wheat bread
- Large lettuce leaves

## Instructions

1. Mix together the yogurt, mustard, and honey in a large bowl
2. Add the tuna, apples, and celery, and mix again
3. Spread the mixture out to slices of bread or on a bed of lettuce



Photo courtesy pixabay.com

## Sweet Potato Nuggets

Source: <https://mouthsofmums.com.au/recipe/sweet-potato-nuggets/#0a0ToVYbylxaYDz3.97>

### Ingredients

- 1 ½ cups sweet potato, steamed and mashed
- 1 tbsp chia seeds
- 1 tbsp ground flax seed or meal
- 1 tbsp butter, melted
- ½ tsp cinnamon
- ½ tsp cumin (optional)
- 1 whole egg
- 2 egg whites (for coating)
- 1 cup corn flakes, crushed
- Olive oil spray

### Instructions

1. Preheat oven to 375 degrees.  
Combine mashed potato, chia seeds, flax meal, butter, spices and egg until well combined
2. Divide into nuggets
3. Place egg whites in one bowl, and the corn flake crumbs in another
4. Coat each nugget with the egg white, then roll in the corn flake crumbs until well covered. Place on baking tray. Lightly spray with olive oil spray
5. Bake for 25 minutes, or until golden brown and crisp



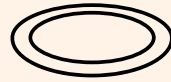
Photo by Lindsay VanKampen

# Quick and Easy Bean Burger

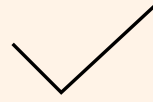
Source: <https://www.yummly.com/recipe/Quick-Easy-Bean-Burger-1557457>



Total time: 20 minutes



Serves: 3



Provides 40% of daily fiber needs!

## Ingredients

- 15 oz can black beans, rinsed and drained
- 2 tbsp flour (if needed)
- 2 tbsp salsa
- 1 tsp lime juice (optional)
- ¼ cups frozen corn and any other veggies or cheese
- Seasoning of your choice

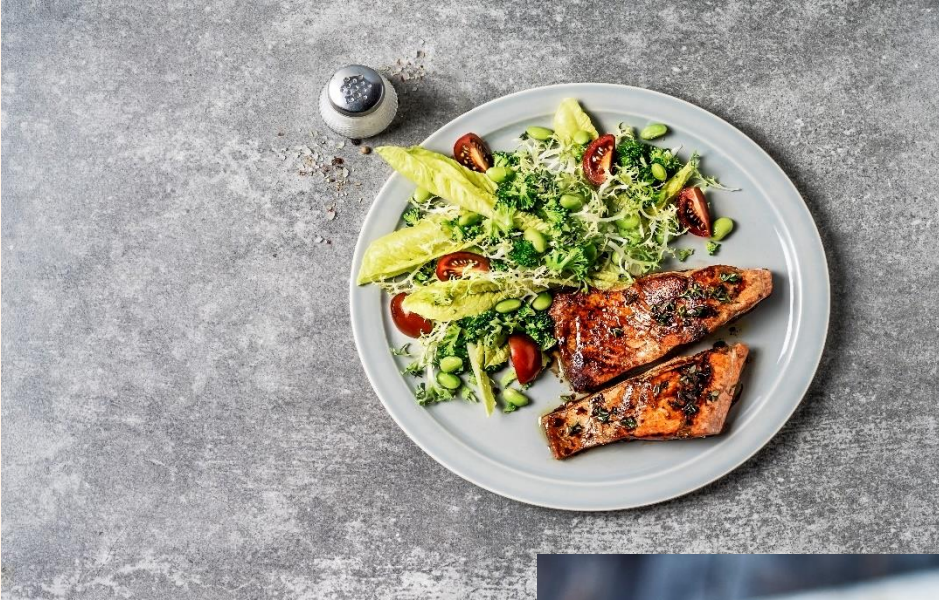
## Instructions

1. Heat a large skillet over medium-high heat
2. Coat skillet with non-stick spray
3. In a large bowl, mash beans with fork
4. Add in flour, and seasonings. Mix well
5. Stir in corn and other veggies/cheese, if using
6. Form into 3 patties, and add to skillet
7. Cook for 2-3 minutes, or until browned
8. Flip and cook an additional 1-2 minutes (can also broil for 3-5 minutes instead of pan frying)
9. Serve on a bun or lettuce leaf



Photo by Pam VanKampen





# Dinner

## Cauliflower Soup

### Ingredients

- 1 tbsp unsalted butter
- 1 tbsp extra virgin olive oil
- 1 medium onion, chopped
- 1 leek (white and light green parts), chopped
- 2 garlic cloves, finely chopped
- 1 small head cauliflower, cored and sliced
- 4 cups lower-sodium chicken broth
- ½ cup heavy cream
- Cracked pepper, for serving
- Chive oil (1 bunch chives, ½ cup canola/grapeseed oil)

### Instructions

1. Heat butter and oil in large pot on medium. Add onion, leek, and ½ tsp salt and cook, covered, stirring occasionally, until tender (but not brown), 10-12 minutes
2. Stir in garlic and cook 1 minute. Add cauliflower, broth and cream and simmer until cauliflower is tender, 15 to 18 minutes
3. Using handheld blender (or standard blender, in batches) puree until smooth
4. Make chive oil: in blender, puree chives and ½ cup canola/grapeseed oil until smooth. Transfer to small saucepan and cook on medium until mixture begins to simmer, about 3 minutes. Pour through a coffee filter set over a measuring cup.
5. Serve with Chive Oil and cracked pepper, if desired



Photo courtesy pixabay.com



## California Burger Wraps

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### Ingredients

- 1 lb. lean ground beef (90% lean)
- ½ tsp salt
- ¼ tsp pepper
- Lettuce leaves
- 1/3 cup crumbled feta cheese
- 2 tbsp light salad dressings
- ½ medium ripe avocado, peeled and cut into 8 slices
- ¼ cup chopped red onion
- Chopped cherry tomatoes, optional



Photo courtesy pixabay.com

### Instructions

1. In a large bowl, combine beef, salt, and pepper, mixing lightly but thoroughly. Shape into eight ½-inch thick patties
2. Grill burgers, covered, over medium heat or broil 3-4 in. from heat until a thermometer reads 160 degrees for 3-4 minutes on each side
3. Place burgers in lettuce leaves. Combine feta and salad dressing; spread over burgers. Top with avocado, red onion, and tomatoes if desired

## Spinach Quesadillas

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### Ingredients

- 3 ounces fresh baby spinach (about 4 cups)
- 4 green onions, chopped
- 1 small tomato, chopped
- 2 tbsp lemon juice
- 1 tsp ground cumin
- ¼ tsp garlic powder
- 1 cup shredded reduced-fat Monterey Jack cheese or Mexican blend cheese
- ¼ cup reduced-fat ricotta cheese
- 6 flour tortillas (6 inches)
- Reduced-fat sour cream, optional

### Instructions

1. In a large nonstick skillet, cook and stir spinach, onions, tomatoes, lemon juice, ground cumin, and garlic powder until spinach is wilted. Remove from heat, stir in cheese
2. Top half of the tortilla with spinach mixture; fold other half over filling. Place on a griddle coated with cooking spray; cook over medium heat until golden brown, 1-2 minutes per side. Cut quesadillas in half; if desired, serve with sour cream



Photo courtesy pixabay.com

## Feta-Dill Chicken Burgers

### Ingredients

- 1 large egg, lightly beaten
- 1 large shallot, minced
- 2 tbsp crushed Ritz crackers
- 2 tbsp minced fresh dill
- 3 garlic cloves, minced
- ¼ tsp salt
- ¼ tsp pepper
- 1 pound ground chicken
- ½ cup finely crumbled feta cheese
- 2 tbsp canola oil
- 4 hamburger buns, split

### Instructions

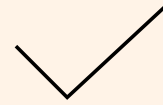
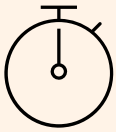
1. Combine egg, shallot, Ritz crackers, dill, garlic, salt, and pepper. Add chicken, mix lightly but thoroughly. Gently stir in cheese
2. Shape into four ½-inch thick patties (mixture will be soft). Brush patties with oil
3. Grill, covered, over medium heat until a thermometer reads 165 degrees for 5-6 minutes per side
4. Serve on buns. If desired, top with your favorite toppings



Photo courtesy pixabay.com

# Sheet Pan Chicken and Veggie Fajitas

Source: <https://www.nourishedsimply.com/sheet-pan-chicken-fajitas/>



Total time: 30-35 min

Yields 8 fajitas

300 calories per fajita

## Ingredients

- 2 lb. chicken breast, slice in half lengthwise and cut into strips
- 1 green pepper, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 onion, sliced
- Cooking spray
- 1 tbsp olive oil
- 8 low-sodium tortillas

## Seasoning

- 1 tsp chili powder
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp dried cilantro
- ½ tsp cumin
- ¼ tsp cayenne pepper

## Instructions

1. Preheat the oven to 350 degrees F
2. Lightly coat the sheet pan with cooking spray or oil
3. Slice the peppers, onion, and chicken into strips
4. Combine the spice mixture in a small dish
5. Spread the sliced peppers, onions, and chicken on the prepared sheet pan
6. Drizzle 1 tbsp olive oil over the entire pan
7. Sprinkle the seasoning mixture over the entire pan
8. Gently toss the ingredients to evenly coat the chicken and vegetables with oil and seasoning
9. Bake for 20 minutes or until the chicken reaches 165 degrees F
10. Serve in warm low-sodium tortillas

## Skinny Spinach Lasagna

Source: <https://pinchofyum.com/skinny-spinach-lasagna>

### Ingredients

- 2 tbsp butter or oil
- 1 tbsp minced garlic
- 2 tsp minced fresh thyme
- 6 oz fresh spinach
- 2 lbs. ricotta cheese
- 1 egg
- ½ tsp salt
- ¼ tsp nutmeg
- ½ tsp Italian seasoning
- A squeeze of lemon juice (optional)
- 12 no-boil lasagna noodles
- 1 24-oz jar of spaghetti or marinara sauce
- 2 cups shredded mozzarella cheese or Italian blend

### Instructions

1. Melt the butter in a large skillet over medium heat. Add the garlic and thyme; sauté for 2-3 minutes. Add the spinach; sauté until just barely wilted, about 2 minutes. Remove from heat.
2. In a large bowl, combine the ricotta, egg, salt, nutmeg, and a squeeze of lemon juice. Add the spinach and stir to combine.
3. Preheat the oven to 375 degrees. Spread a little bit of tomato sauce in the bottom of a 9 x 13 pan. Layer with 3 lasagna noodles, 1/3 of the spinach mixture, ¼ of the tomato sauce, and ¼ of the cheese. Repeat and pour ½ cup water over the two layers. Repeat once more, ending with noodles, sauce, and cheese. Pour ½ cup water over the whole thing again and cover tightly with oiled foil.
4. Bake for 30-40 minutes; when the liquid is bubbling, and the noodles have softened, remove the foil and bake uncovered for 10 more minutes. Let stand for 10-15 minutes before serving.



Photo courtesy pixabay.com



## Simple Pan Seared Salmon

Source: [https://www.allrecipes.com/recipe/21736/pan-seared-salmon-i/?internalSource=streams&referringId=416&referringContentType=Recipe%20Hub&clickId=st\\_trending\\_b](https://www.allrecipes.com/recipe/21736/pan-seared-salmon-i/?internalSource=streams&referringId=416&referringContentType=Recipe%20Hub&clickId=st_trending_b)

### Ingredients

- 2 (6 oz) fillet salmon
- 1 tbsp olive oil
- 1 tbsp capers
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 2 slices of lemon

### Instructions

1. Preheat a large heavy skillet over medium heat for 3 minutes
2. Coat salmon with olive oil. Place in skillet and increase heat to high. Cook for 3 minutes. Sprinkle with capers, salt, and pepper. Turn salmon over, and cook for 5 minutes, or until browned. Salmon is done when it flakes easily with a fork.
3. Transfer salmon to individual plates, and garnish with lemon slices



Photo courtesy pixabay.com

# Apple Cider Chicken

Source: <https://www.wellplated.com/apple-cider-chicken/>

## Ingredients

- 4 tsp veg. oil or olive oil
- 1 tbsp butter
- 1 ½ pounds boneless, skinless chicken thighs
- 1 tsp kosher salt or salt-free seasoning blend
- ½ tsp freshly ground black pepper
- ½ cup fresh apple cider
- 2 tsp Dijon mustard
- 3 medium firm, sweet apples, cored and cut into ½ inch slices
- 2 tsp chopped fresh rosemary, plus additional for serving

## Instructions

1. Heat 2 tsp of oil in a large skillet over medium-high. Sprinkle the top of the chicken evenly with ½ tsp kosher salt and ¼ tsp pepper. Once the oil is hot and simmering, add the chicken to pan, top side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3-4 additional minutes. Remove to a plate and cover with foil to keep warm.
2. In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 1 tsp of oil & the butter to the pan over medium high. Once the oil is hot, add the apple slices, remaining ½ tsp salt, ¼ tsp pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to pan and pour the cider mixture over the top. Let cook 4-5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.



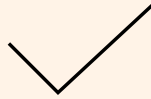
Photo from pexel.com

## Simple and Savory Stir Fry

Source: <https://recipes.heart.org/recipes/simple-chicken-or-shrimp-stir-fry>



Serves: 4



Calories: 439



Protein: 25g

### Ingredients

- 2 cups cooked brown rice
- Nonstick cooking spray
- 2 small boneless skinless chicken breast halves, cut into bite-size pieces
- ½ medium green cabbage head
- 4 medium peeled carrots
- 2 tsp extra virgin olive oil
- 2 tbsp low sodium soy sauce
- 1 tbsp reduced fat peanut butter
- 2 tbsp chopped, unsalted, unroasted peanuts

### Instructions

1. Cook rice according to the package
2. While the rice cooks, spray a skillet with nonstick cooking spray and cook the chicken on medium heat. When the chicken is done, set aside
3. Chop cabbage into strips and peel carrots. Add to the skillet and toss with oil. Cook on medium heat and stir frequently. Cook until crunchy and then add the chicken into the pan
4. Stir in soy sauce and peanut butter
5. Serve on a plate with rice, chicken and vegetables, and sprinkle with peanuts



Photo courtesy pixabay.com

# Parmesan Chicken Strips

Source: <https://damndelicious.net/2014/12/26/parmesan-chicken-bites/>

## Ingredients

- ½ cup vegetable oil
- 1 lb. boneless, skinless chicken breasts, cut into strips
- Salt and pepper to taste
- 1 cup panko breadcrumbs
- ¼ cup grated parmesan
- 1 tsp garlic powder
- ½ tsp smoked or regular paprika
- ½ cup flour
- 2 large eggs, beaten
- 2 tbsp chopped fresh parsley leaves

## Instructions

1. Heat vegetable oil in a large skillet over medium-high heat
2. Season chicken with salt and pepper
3. In large bowl, combine panko, parmesan, garlic powder, and paprika. Set aside
4. Place chicken in flour, dip into eggs, then into panko mixture, pressing to coat
5. Add chicken into skillet, and cook till golden and crispy, about 3-4 minutes. Transfer to a paper towel-lined plate
6. Serve immediately, garnished with parmesan and parsley, if desired

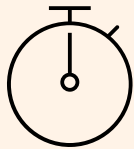


Photo from pixabay.com

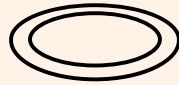


# Baked Herbed Salmon

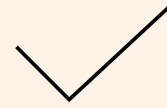
Source: <https://www.yummly.com/recipe/Baked-Herbed-Salmon-2220325>



Total time: 25 minutes



Serves: 4



45% of daily protein needs

## Ingredients

- 4 salmon fillets, thawed per packaging
- 1 tsp dried dill weed
- 1 tsp dried rosemary
- ½ tsp dried parsley
- ½ tsp salt (optional)
- ¼ tsp pepper
- Lemon

## Instructions

1. Preheat oven to 400 degrees.  
Prepare cookie sheet by lining with parchment paper or aluminum foil
2. Mix dill weed, rosemary, parsley, salt, and pepper together in a little bowl
3. Place salmon on cookie sheet
4. Sprinkle each salmon with herbs
5. Bake for 20 minutes or until internal temperature of the salmon reaches 145 degrees
6. Top with lemon juice and serve with favorite sides!



Photo courtesy pixabay.com



## Low Sodium Spaghetti Sauce

Source: <https://www.recipe-diaries.com/low-sodium-spaghetti-sauce/>



### Ingredients

- ¼ cup chopped onions
- 15 oz no salt added tomato sauce (canned)
- 8 tbsp of no salt added tomato paste (Hunt's)
- 1 ½ tbsp sugar (optional)
- 3 tsp garlic, diced or minced
- 1 ½ tsp dried, ground oregano
- 2 tbsp leaves basil (dried)
- 1/8 tsp crushed red pepper flakes
- 1 ½ cups of water

### Instructions

1. Spray a pan with cooking spray. Cook the onions until they're translucent and add the tomato sauce and tomato paste, then water
2. Stir in all the spices and let the sauce simmer on low for 30 minutes.  
Adding in ground beef is optional



Photo courtesy pixabay.com

# Sweet Potatoes Au Gratin

Source: <https://www.tasteofhome.com/recipes/sweet-potatoes-au-gratin/>

## Ingredients

- 2 large uncooked sweet potatoes peeled and sliced ¼ inch thick
- 1 large egg
- 2 cups heavy whipping cream
- ¾ tsp salt
- 1/8 tsp ground nutmeg
- Pinch of pepper
- 3 tbsp grated parmesan cheese
- Minced fresh thyme, optional

## Instructions

1. Place potatoes in a greased 8-inch square dish
2. In a bowl, beat egg. Then add cream, salt, nutmeg, and pepper. Mix well
3. Pour over the potatoes, sprinkle with cheese
4. Bake, uncovered at 375 degrees until the potatoes are tender, 40-45 minutes
5. Top with thyme, serve, and enjoy!



Photo from pixabay.com

## Warm Chicken Tortellini Au Gratin

Source: <https://www.tasteofhome.com/recipes/warm-chicken-tortellini-au-gratin/>

### Ingredients

- 2 cans (14 oz each) water-packed artichoke hearts
- 3 cups shredded cooked chicken
- 3 cups refrigerated spinach tortellini, cooked
- 1 ½ cups mayonnaise
- 1 ½ cups grated Asiago cheese
- Fresh basil, optional

### Instructions

1. Preheat oven to 350 degrees. Drain artichoke hearts, reserving ¼ cup of the juices
2. Coarsely chop; combine with chicken, tortellini, mayonnaise, 1 cup cheese and reserved artichoke liquid
3. Place artichoke mixture in a greased 13x9 inch baking dish and sprinkle it with the remaining cheese. Bake until bubbly and starting to brown, or 30 minutes
4. Garnish with basil, serve, and enjoy!



Photo from pixabay.com

# Chicken and Dumpling Casserole

Source: <https://foodhero.org/recipes/chicken-and-dumpling-casserole>

## Ingredients

### Chicken Mixture

- 3 tbsp vegetable oil
- 1 cup chopped of each: onion, carrots, and celery
- 3 cups low-sodium chicken broth
- 3 tbsp flour
- 2 cups chopped cooked chicken
- 1 cup frozen peas
- ½ tsp salt
- Rosemary, thyme, and other herbs and seasonings to taste

### Dumplings

- 1 cup flour
- 2 tbsp baking powder
- ¼ tsp salt
- 1 egg
- 1/3 cup 1% or nonfat milk



Photo courtesy pixabay.com

## Instructions

\*Wash hands and preheat oven to 400 F

### Chicken Mixture

1. In a large skillet, add oil and heat over medium-high heat. Add onion, carrot, and celery; cook until soft.
2. Add a small amount of unheated broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
3. Add the chicken, veggies, and seasoning. Heat on low while making dumplings.

### Dumplings

1. Mix the flour, baking powder, and salt in a mixing bowl. Add the egg to the milk and beat well. Stir into the flour until combined.
2. Pour the chicken mixture into a lightly greased casserole dish. Drop dumpling dough by spoonful onto chicken mixture (makes about 8 dumplings).
3. Bake uncovered for 15 minutes.





# Sides



## Roasted Brussel Sprouts

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Source: <https://www.foodnetwork.com/recipes/bobby-flay/roasted-brussels-sprouts-with-pomegranate-and-hazelnuts-recipe-1973768>

### Ingredients

- 1 ¼ pounds brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- Kosher salt and freshly ground pepper or salt-free blend of your choice
- Pomegranate juice and sugar mixed together for pomegranate molasses
- Seeds from 1 pomegranate
- ½ cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tbsp finely grated orange zest

### Instructions

1. Preheat oven to 375 degrees F
2. Put the brussels sprouts in a medium roasting pan, toss with olive oil, and season with salt pepper. Roast until light golden brown and is soft on the inside (about 45 minutes)
3. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season as needed



Photo courtesy pixabay.com

## Leafy Green Salad

### Ingredients

- 2 cups torn romaine lettuce
- 2 cups fresh baby spinach
- ½ cup thinly sliced red onion
- ½ cup thinly sliced fresh mushrooms
- 3 tbsp balsamic vinegar
- 1 tbsp olive oil

### Instructions

1. In a large bowl toss together romaine lettuce, baby spinach, red onion, and mushrooms
2. In a screw-top jar combine balsamic vinegar and olive oil. Shake to mix
3. Drizzle over the salad and toss to coat



Photo courtesy pixabay.com

### Nutrition Information

- 57 calories
- 3g fat
- 90mg sodium
- 2g fiber
- 1g protein

## Roasted Carrots with Balsamic Herb Glaze

Source: <https://supermancooks.com/roasted-carrots-with-balsamic-herb-glaze/>

### Ingredients

- 1 lb. baby carrots
- 1 tbsp rosemary
- 1 tsp salt
- 2 tbsp balsamic vinegar
- 2 tbsp brown sugar
- 2 tbsp olive oil

### Instructions

1. Preheat oven to 350 degrees
2. Clean carrots and lay in single layer on shallow baking sheet
3. Mix remaining ingredients together in small mixing bowl
4. Pour mixture over carrots and place in oven for 30-45 minutes or until tender
5. Remove from oven and serve!



Photo courtesy pixabay.com

## Roasted Carrots with Cardamom Butter

Source: <https://www.eatingwell.com/recipe/249574/roasted-carrots-with-cardamom-butter/>

### Ingredients

- 4 tbsp butter, melted
- 2 tsp canola oil
- 1 tsp ground cardamom
- ½ tsp salt
- 2 lbs. carrots, peeled and cut diagonally into ¼ inch thick slices

### Instructions

1. Position rack in lower third of oven; preheat to 450 degrees F
2. Combine butter, oil, cardamom, and salt in a medium bowl. Add carrots and toss well to coat. Spread evenly on a rimmed baking sheet. Roast the carrots, stirring twice, until tender and golden, about 30 minutes. Serve immediately.



Photo courtesy pixabay.com



## Sweet Potato Mash

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/sweet-potato-mash-recipe-2105071>

### Ingredients

- 2 sweet potatoes
- 1 ½ tbsp of butter
- 4 sage leaves
- 2 scallions, chopped
- Salt and pepper to taste

✓ Only takes 25 minutes!

### Instructions

1. Pierce the sweet potatoes with a fork; microwave 8 minutes. Scoop the flesh into a bowl, then mash
2. Brown the butter in a skillet, then add the sage leaves and fry until crisp, transfer to a plate
3. Cook the chopped scallions with salt and pepper in the browned butter. Drizzle over the sweet potatoes; top with the sage if desired. Enjoy!



Photo courtesy pixabay.com



## Maple-Butternut Puree

Source: <https://www.cookinglight.com/recipes/maple-butternut-puree>

### Ingredients

- 4 cups cubed peeled butternut squash
- 2 tbsp pure maple syrup
- 1 tbsp unsalted butter
- 1 tsp grated peeled fresh ginger
- 5/8 tsp kosher salt
- ½ tsp black pepper
- 1 grated garlic clove
- 4 tsp roasted unsalted pumpkin seed kernels

### Instructions

1. Bring a large saucepan of water to a boil
2. Add butternut squash to pan and cook for 10 minutes or until tender
3. Drain the water and peel and cube the butternut squash
4. Place squash, maple syrup, butter, ginger, kosher salt, black pepper, and garlic clove in the food processor and process until smooth
5. Top each serving with roasted unsalted pumpkin seed kernels



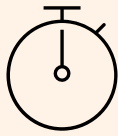
Photo courtesy pixabay.com

### Nutrition Information

- 130 calories
- 4g fat
- 323mg sodium
- 3g fiber

# Bacon and Brussel Sprout Slaw

Source: <https://www.cookinglight.com/recipes/bacon-brussels-sprout-slaw>



Total time: 20 minutes



Serves: 6



Only 90 calories per serving!

## Ingredients

- 1 cup thinly sliced carrots
- 1/3 cup thinly sliced green onions
- ¼ cup canola mayonnaise
- 3 tbsp apple cider vinegar
- 1 tsp sugar
- ½ tsp black pepper
- 2 bacon slices, cooked and crumbled
- 12 oz brussel sprouts, shredded (about 5 cups)
- 2 tsp toasted sliced almonds

## Instructions

1. Combine the 1<sup>st</sup> 8 ingredients in a large bowl, stirring to coat
2. Let stand at room temperature 10 minutes, then sprinkle with almonds



Photo courtesy pixabay.com

# Mashed Cauliflower

Source: <https://www.eatingwell.com/recipe/256293/garlic-mashed-cauliflower/>

## Ingredients

- 8 cups cauliflower florets
- 3 tbsp extra-virgin olive oil
- 2 cloves garlic, sliced
- $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  tsp ground pepper
- 1 tbsp chopped fresh sage

## Instructions

1. Steam cauliflower for about 10-12 minutes
2. While the cauliflower is steaming, heat the oil in a small skillet. With the heat on medium-low add the garlic
3. Cook about 1-2 minutes until the edges of the garlic are brown
4. Transfer the cauliflower, garlic, salt, and pepper to a food processor. Process until very smooth
5. Serve with sage and drizzle with oil if desired



Photo courtesy pixabay.com

## Roasted Garlic Cauliflower

Source: <https://www.allrecipes.com/recipe/54675/roasted-garlic-cauliflower/?lnkid=1746>

### Ingredients

- 2 tbsp minced garlic
- 3 tbsp olive oil
- 1 large head cauliflower, separated into florets
- 1/3 cup grated parmesan cheese
- Salt and pepper to taste
- 1 tbsp chopped fresh parsley

### Instructions

1. Preheat oven to 450 degrees.  
Grease a large casserole dish
2. Place the olive oil and garlic in a large resealable bag. Add cauliflower and shake to mix. Pour into casserole dish, and season with salt and pepper
3. Bake for 25 minutes, stirring halfway through. Top with parmesan cheese and parsley, and broil for 3-5 minutes, until golden brown



Photo courtesy pixabay.com



## Cinnamon Maple Roasted Veggies

Source: <https://www.mrfood.com/Vegetables/Cinnamon-Maple-Roasted-Veggies>

### Ingredients

- ¼ cup vegetable oil
- ½ tsp ground cinnamon
- 1 tsp salt
- ¼ tsp black pepper
- 1 ½ pounds butternut squash, peeled, seeded, and cut into ½ inch cubes
- 1 pound brussels sprouts, trimmed and cut in half
- ½ cup walnut halves
- ½ cup dried cranberries
- 3 tbsp maple syrup

### Instructions

1. Preheat oven to 400 degrees F. In a large bowl, combine oil, cinnamon, salt, and pepper; mix well
2. Add squash and brussels sprouts and toss until evenly coated. Place vegetable mixture on baking sheets
3. Bake for 30 minutes, or until tender and beginning to brown
4. Place on large platter, then sprinkle with walnuts and dried cranberries
5. Drizzle with syrup and toss gently. Serve immediately and enjoy!



Photo courtesy pixabay.com



## Sautéed Spinach with Garlic

Source: <https://www.veggiesdontbite.com/veestro-review-best-sauteed-spinach/>

### Ingredients

- 1-2 cloves garlic, minced
- 3 tbsp veggie broth, or a drizzle of your favorite low sodium oil
- 2 cups fresh spinach
- 1 tbsp white wine
- A squeeze of fresh lemon juice

### Instructions

1. Sauté with garlic with 1 tbsp broth or drizzle of oil on medium-low heat for 1 to 2 minutes or until fragrant
2. Add the spinach, the other 2 tbsp of broth, or a little bit more oil and wine. Sauté 3-4 minutes until spinach is wilted
3. Squeeze some lemon on top and enjoy on its own or as a side to any meal!



Photo courtesy pixabay.com

## Hot Spinach Apple Salad

Source: <https://www.tasteofhome.com/recipes/hot-spinach-apple-salad/>

### Ingredients

- 3 bacon strips, diced
- 1/8 cup apple cider vinegar
- 1 tbsp brown sugar
- 4 cups fresh baby spinach
- 1 unpeeled large red apple, thinly slice
- ½ medium red onion, chopped (about ¼ cup)

### Instructions

1. In a large skillet, on medium to low cook the bacon
2. Remove bacon and leave drippings in the pan
3. Bring the brown sugar, drippings, and vinegar to slight boil. They should be incorporated with no remaining sugar crystals
4. Mix the salad together with the other ingredients and drizzle the dressing on top



Photo from pixabay.com

## Butternut Squash Jumble

Source: <https://www.tasteofhome.com/recipes/butternut-squash-jumble/>

### Ingredients

- ½ small butternut squash
- ½ sweet potato, peeled and cut into 1-in
- ½ tbsp olive oil
- 1/8 tsp dried thyme
- 2 tbsp gorgonzola cheese
- 2 tbsp chopped pecans
- 1 tbsp fresh parsley
- Dash of salt and pepper

### Instructions

1. Preheat oven to 425 F
2. Mix in a large bowl squash, sweet potatoes, olive oil, salt and pepper, and thyme
3. Transfer onto a baking pan
4. Roast until tender 40-45 minutes, stirring occasionally
5. Sprinkle with cheese, pecans, and parsley



Photo from \*pexels.com

### Nutrition Information (1 cup)

- 311 calories
- 14g fat
- 10mg cholesterol
- 45g carbohydrate
- 6g protein



# Snacks



## Roasted Pumpkin Seeds

Source: <https://www.allrecipes.com/recipe/13768/roasted-pumpkin-seeds/>

### Ingredients

- 1 ½ cup raw pumpkin seeds
- 2 tbsp of olive oil
- Pinch of sea salt

### Instructions

1. On a large baking sheet, spread pumpkin seeds so they do not overlap
2. Drizzle olive oil over seeds and mix well with clean hands
3. Sprinkle sea salt evenly over seeds
4. Bake at 300 degrees F for about 45 minutes or until golden brown; stirring occasionally



Great healthy fall recipe!



Photo courtesy pixabay.com



## Chickpea Poppers

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### Ingredients

- 1 can (15 oz) chickpeas, rinsed and drained
- Cinnamon
- Pepper
- Nutmeg

### Instructions

1. Preheat oven to 425 degrees F
2. Dry chickpeas on a towel to remove any excess moisture
3. On a foil lined baking tray, evenly spread chickpeas, it may be necessary to re-dry them with a towel
4. Season to taste with cinnamon, nutmeg, and pepper
5. Roast for 40 minutes or until crunchy, stirring about every 10 minutes to ensure even baking



Photo courtesy pixabay.com

## Do it Yourself Microwave Popcorn

Source: Pam VanKampen (RDN)

### Ingredients

- 1 bag 94% fat free microwave popcorn- popped
- Spray margarine
- Garlic-herb salt-free seasoning or other seasoning of choice
- Parmesan cheese
- Baking sheet lined with parchment paper

### Instructions

1. Preheat oven to 350 degrees  
F. Microwave the popcorn.  
While the popcorn is popping, line a baking sheet with parchment paper
2. Once the popcorn is popped, spread it evenly on the baking sheet. Spray the popcorn lightly with the margarine
3. Sprinkle on the seasoning and some parmesan cheese. Bake at 350 degrees for 2-4 minutes, just until the cheese begins to melt. Enjoy!



Photo by Pam VanKampen

## Protein Balls

---

### Ingredients

- ½ cup creamy peanuts butter
- ¾ cup nonfat milk powder
- ½ cup ground flaxseed
- ½ cup honey
- ½ crushed cereal of your choice  
or coconut

Add the following per your preferences:

- 1/3 cup raisins
- 1/3 cup craisins
- 1/3 cup sunflower nuts
- 1/3 cup chocolate chips

### Instructions

1. Combine peanut butter, milk powder, flaxseed, and honey in a bowl and mix well. Stir in the sunflower nuts and dried fruit as desired
2. Roll mixture in small balls and then roll balls in crushed cereal, if desired. Place on waxed paper
3. Chill in refrigerator for at least 1 hour before serving

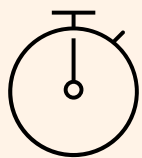


Photo by Pam VanKampen

Makes 16 protein balls!!

## Frozen Green Pea Hummus

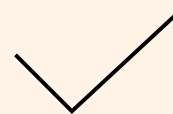
Source: <https://www.health.com/recipes/fresh-pea-hummus>



Total time: 10 minutes



Serves: 4



Packed with fiber!

### Ingredients

- 1 cup frozen peas, thawed
- 4 tbsp chopped walnuts
- 2 tbsp fresh lemon juice
- 4 garlic cloves, minced
- ½ tsp salt
- ½ tsp pepper
- Crackers

### Instructions

1. Combine peas, walnuts, lemon juice, garlic, salt, and pepper in a blender or food processor, process until smooth
2. Serve on crackers

### Nutrition Information

- 150 calories
- 5g fat (0g saturated fat)
- 0mg cholesterol
- 340mg sodium
- 23g carbohydrates
- 5g fiber
- 5g protein



Photo by Lindsay VanKampen



## Three Bean Confetti Salad

Source: [https://cannedbeans.org/documents/Canned\\_Beans\\_Recipes.pdf](https://cannedbeans.org/documents/Canned_Beans_Recipes.pdf)

### Ingredients

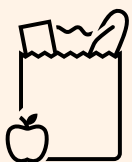
- 1 tsp garlic, chopped
- ¼ cup red wine vinegar
- 1 tbsp Dijon mustard
- ¼ cup extra-virgin olive oil
- ½ black beans, drained and rinsed
- ½ can pinto beans, drained and rinsed
- ½ can great northern beans, drained and rinsed
- ½ cup cooked canned corn
- ¼ red pepper, diced
- 1 can chopped green chilies, drained
- ½ cup red onion, chopped
- 2 tbsp cilantro, chopped
- 1 avocado, chopped
- Salt and black pepper to taste

### Instructions

1. In a small bowl, combine garlic, red wine vinegar, and mustard. Let sit for 5 minutes. Whisk in olive oil. Set aside.
2. Place beans, corn, red pepper, chilies, red onion, and cilantro in medium bowl. Pour in vinegar mixture, gently mix.
3. Fold in avocado and adjust seasonings.



Photo courtesy pixabay.com



Great way to use up items already in your pantry!



# Sweets

## Pumpkin Pie Filling

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### Ingredients

- 1 can (15 oz) pumpkin puree
- 1 (13.5 oz) can full-fat coconut milk
- ¼ cup rolled oats or 3 tbsp flour of choice
- 2 tbsp ground flax
- 1/3 cup coconut sugar or brown sugar
- 2 tbsp sweetener of choice
- 2 tsp cinnamon
- 1 tsp pumpkin pie spice
- ½ tsp salt
- 1 tbsp pure vanilla extract

### Instructions

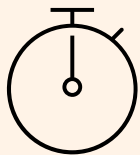
1. Preheat oven to 400 F and blend all ingredients together until smooth
2. Pour into a prepared pie crust in a 10" round pan
3. Bake for 27 minutes, let cool, and refrigerate at least 5 hours for the pie to "set"



Photo courtesy pixabay.com

## Winter Fruit Salad

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/winter-fruit-salad-recipe-1973035>



Total time: 30 minutes



Serves: 6

### Ingredients

- 1 1-inch piece ginger, peeled and thinly slices
- 1 vanilla bean, split lengthwise and seeds scraped out
- 1 lemon
- 5 large navel or blood oranges
- 2 mangoes, peeled and diced
- 2 firm bananas, peeled and diced
- 5 kiwis, peeled and diced
- 12 sliced of mandarin oranges
- 1 cup pomegranate seeds
- ½ cup sugar

### Instructions

1. Combine the sugar, 2 cups of water, ginger, and vanilla in a saucepan. Bring to a boil over medium-high heat. Reduce the heat and simmer for 5 minutes. Refrigerate until cold
2. Prepare the fruit and place it in a bowl and gently toss. Pour the syrup over the fruit and chill overnight



Photo from pixabay.com



# Peanut Butter Apple Bars

Source: <https://www.cookinglight.com/recipes/pb-pretzel-apple-bars>

## Ingredients

- 1 cup old fashion rolled oats
- 1/6 cup peanut butter
- 1/8 cup honey
- 3/4 tbsp coconut oil
- 1/2 tbsp vanilla extract
- 1 large egg white
- 1/3 cup apples, chopped
- Pinch of salt

## Instructions

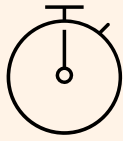
1. Place peanut butter, honey, and oil in a microwavable bowl. Microwave at high until warm, about 30 seconds; whisk until smooth. Whisk in vanilla, salt, and egg white
2. Add apples and peanut butter. Stir until well combined. Using a spatula, press mixture very firmly into prepared pan
3. Bake at 350 degrees F until lightly browned, 20 to 22 minutes. Cool in pan on a wire rack 15 minutes. Remove from pan using parchment paper. Cool completely on rack



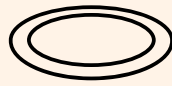
Photo courtesy pixabay.com

## Red Velvet Cupcakes

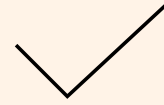
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Total time: 25 minutes



Serves: 24



The beans add fiber and protein!

### Ingredients

- 1 can Cannellini beans, drained and rinsed
- 1 pkg red velvet cake mix
- 1 large egg
- ½ cup applesauce

### Instructions

1. In a small food processor, add beans and puree until smooth
2. Mix cake mix, pureed beans, egg and applesauce on low speed until moistened, about 30 seconds
3. Beat on medium speed for 2 minutes
4. Fill cupcake lined tins about 2/3 full of batter
5. Bake at 350 degrees F for 12-15 minutes or until toothpick comes out clean
6. Cool completely before frosting or top with fruit or a little powdered sugar



Photo courtesy pixabay.com

## Sweet Potato Custard

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Source: Nicole Tellock from *Delicious Heart Healthy Eating*

### Ingredients

- ½ cup cooked sweet potato
- ¼ cup mashed banana (about 1 small banana)
- ½ cup evaporated skim milk
- 1 tbsp packed brown sugar
- 1 beaten egg yolk
- ¼ tsp salt
- 1/8 cup raisins
- ½ tbsp sugar
- ½ tsp ground cinnamon

### Instructions

1. Preheat oven to 325 degrees F
2. Spray a 1-quart casserole dish with nonstick cooking spray
3. In a medium bowl, stir together sweet potato and banana. Add milk, blending well
4. Add brown sugar, egg yolk, and salt. Mix thoroughly
5. Transfer sweet potato mixture to casserole dish
6. Combine raisins, sugar, and cinnamon. Sprinkle over the top of the sweet potato mixture
7. Bake for 40-45 minutes, or until a knife inserted near the center comes out clean
8. Serve and enjoy!

## Black Bean Brownies

Source: <https://chocolatecoveredkatie.com/no-flour-black-bean-brownies/>

### Ingredients

- 1 ½ cups black beans (1 15 oz can, drained and rinsed)
- 2 tbsp cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- 1/3 cup pure maple syrup
- 2 tbsp sugar or stevia
- ¼ cup coconut or vegetable oil
- 2 tsp pure vanilla extract
- ½ tsp baking powder
- 1/2 -2/3 cup chocolate chips

### Instructions

1. Preheat oven to 350 F
2. Combine all ingredients except the chocolate chips in a food processor and blend until smooth
3. Stir in the chocolate chips
4. Pour mixture into greased 8x8 pan
5. Cook for 15-18 minutes, cool for at least 10 minutes before cutting



Photo courtesy pixabay.com

### Nutrition Information

- 115 calories
- 5.5g fat
- 15g carbohydrates
- 3g fiber
- 2.5g protein



## Candyland Peppermint Bark

Source: <https://chocolatecoveredkatie.com/candyland-peppermint-bark/>

### Ingredients

- ½ cup coconut butter
- 12 drops peppermint extract
- 1 ½ tbsp maple syrup
- Optional garnishes  
(sprinkles/candy canes)

### Instructions

1. Mix all ingredients in a bowl, ensuring the coconut butter has been melted
2. Spread the mixture onto wax paper and freeze until hardened



Photo courtesy pixabay.com

## Raspberry Crumble Bars

Source: <https://myincrediblerecipes.com/juicy-raspberry-crumble-bars/>

### Ingredients

- 2 ½ cups flour
- ¼ tsp baking soda
- ¼ tsp salt
- ½ cup packed light brown sugar
- ¼ cup cane sugar
- ½ cup unsalted butter at room temp
- 1 cup raspberries
- ¼ cup sugar
- 2 tsp cornstarch

### Instructions

1. Preheat oven to 375 degrees
2. Spray an 8x8 inch baking dish with non-stick spray
3. Using a large mixing bowl, add the flour, baking soda, salt, and brown sugar to whisk to combine
4. Add butter to mixture until combined into small crumbs
5. Prepare the raspberries by adding them into a bowl with the cane sugar and corn starch using a mixer to combine
6. Use ¾ crumb mixture and place in the baking pan
7. Press the mixture evening throughout the pan to create a crust
8. Spread raspberry mixture over the crust leaving about a ¼ inch of all edges
9. Sprinkle the remaining crumb mixture all over the raspberries and lightly press down
10. Bake in oven for about 30 minutes or until lightly golden brown on top
11. Remove from oven and allow to cool



Photo from pixabay.com

## Strawberry Blueberry Frozen Yogurt Bark

Source: <http://www.superhealthykids.com/strawberry-blueberry-frozen-yogurt-bark/>

### Ingredients

- 1 cup yogurt, plain or vanilla.  
You can use Greek yogurt for more protein
- 1 tbsp maple syrup, pure or honey
- ¼ cup blueberries and ¼ cup strawberries or ½ cup of desired berries

### Instructions

1. Mix yogurt with maple syrup and place onto a parchment lined cookie sheet
  2. Top yogurt with blueberries and strawberries/berries
  3. Freeze for 6-8 hours or overnight. Breakup and serve
- ✓ Note: it starts to melt quickly so be sure to keep frozen until ready to serve



Photo by Lindsay VanKampen

## Chocolate-Peanut Butter Shake

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### Ingredients

- ½ cup heavy whipping cream
- 3 tbsp creamy peanut butter
- 3 tbsp chocolate syrup
- 1 ½ cup chocolate ice cream

### Instructions

1. Blend in a blender! Enjoy!



Photo courtesy pixabay.com



## Raspberry Chia Pudding

Source: <http://veggingattheshore.com/2017/02/chocolate-raspberry-chia-pudding/>

### Ingredients

- 1.5 cups milk of your choice
- ½ cup fresh raspberries
- 1 tbsp agave nectar or sweetener or your choice
- 6 tbsp chia seeds
- 1 tsp cocoa powder
- Optional: shaved chocolate for topping

### Instructions

1. Mix together milk, raspberries, cocoa powder, and agave in a blender. Stir in chia seeds. Divide mixture between bowls or mason jars
2. Cover and refrigerate for at least 6-8 hours
3. Remove from refrigerator and add toppings if desired



Photo by Lindsay VanKampen

### Nutrition Information

- 366 calories
- 24g fat (1g saturated fat)
- 10mg sodium
- 35g carbohydrates
- 27g fiber
- 12g protein



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# Dressings

All dressings from <https://greatist.com/health/healthier-salad-infographic#3>

## Perfect Balsamic Vinaigrette

### Ingredients

- 4 tbsp balsamic vinegar
- 8 tbsp olive oil
- 2 tbsp Dijon mustard
- Pinch of salt and pepper

### Instructions

1. Combine ingredients, shake well



Photo courtesy pixabay.com

## Creamy Honey Mustard Dressing

### Ingredients

- ¼ cup plain Greek yogurt
- 1 tbsp mustard
- 2 tsp honey
- ½ tbsp lemon juice
- Water, to thin is necessary

### Instructions

1. Combine ingredients, shake well



Photo courtesy pixabay.com

## Healthified Ranch

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### Ingredients

- ¼ cup plain Greek yogurt
- ½ tsp dried dill
- Pinch of salt and pepper
- 1 very small clove garlic finely minced
- 1 tbsp parmesan
- 3 tbsp olive oil

### Instructions

1. Combine ingredients, shake well



Photo courtesy pixabay.com



## About The Author

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My name is Casey Vagts, and I currently am a first-year student studying dietetics at UW-Stout! I first became interested in nutrition after reading the book “Salt Sugar Fat: How the Food Giants Hooked Us” by Michael Moss when I was a junior in high school. Ever since then I have been enthusiastic about becoming a dietitian. I want to help others see the relationship between nutrition and disease and how our food can fuel us, especially by adding more beneficial foods, not restricting. There is so much nutrition misinformation that exists online today and I hope to combat this issue in my future career!

