

Central Pennsylvania
Health Care Quality Unit

20 Years of Recipes

Taken from the Health Care Quality Unit's
Healthy Outcomes newsletter
2001 – 2021



5-Ingredient Peppermint Bark

December 2020

8 oz. semisweet chocolate, broken into pieces
2 tsp. canola oil, divided
½ tsp. peppermint extract, divided
8 oz. white chocolate, broken into pieces
25 peppermint candies, crushed

- Lightly grease a 9x9-inch pan and line with waxed paper, smoothing out wrinkles; set aside.
- Place the semisweet chocolate and 1



- teaspoon of the canola oil in the top of a double boiler over just barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching. When the chocolate is melted, stir in ¼ teaspoon of the peppermint extract. Pour the melted chocolate into the prepared pan and spread evenly over the bottom of the pan. Sprinkle half of the crushed peppermints over the chocolate layer. Refrigerate until completely hardened, about 1 hour.
- Place the white chocolate and the remaining 1 teaspoon canola oil in the top of a double boiler over just barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching. When the chocolate is melted,

stir in the remaining $\frac{1}{4}$ teaspoon peppermint extract. Pour the white chocolate directly over the semisweet chocolate layer; spread evenly. Sprinkle the remaining crushed candy over the top and gently press in. Refrigerate until completely hardened. Remove from pan; break into small pieces to serve. ✱

Apple Pepita Salad

January 2020

¼ cup hulled pumpkin seeds (pepitas)
1 tsp. olive oil, or as needed (optional)
1 tsp. minced shallot
Ground black pepper to taste

Salad:

3 cups torn romaine lettuce
3 cups torn baby spinach
1 cup dried apple chips
¼ cup dried cranberries
¼ cup crumbled bleu cheese

Dressing:

⅓ cup extra-virgin olive oil
3 tbsp. apple cider vinegar
2 tbsp. white sugar
1 tsp. Dijon mustard
1 tsp. mayonnaise



- Preheat oven to 400°F. Toss pepitas with 1 teaspoon olive oil in a bowl; spread onto a baking sheet. Toast in the preheated oven until pepitas start to turn golden brown and become fragrant, about 5 minutes. Let cool.
- Combine ⅓ cup olive oil, vinegar, sugar, mustard, mayonnaise, shallot, and black pepper together in a container with a tight-fitting lid. Close tightly and shake dressing vigorously.
- Toss the toasted pepitas, dressing, romaine lettuce, spinach, apple chips, cranberries, and bleu cheese together in a large bowl. ✨

Apple Pie Yogurt Parfait

November 2021

½ cup chopped walnuts

1 tbsp. unsalted butter

2 large Fuji, Gala, or Granny Smith apples, peeled and chopped

2 tbsp. maple syrup

1 tsp. ground cinnamon

½ tsp. ground nutmeg

¼ tsp. ground allspice

1⅓ cup nonfat Greek yogurt

½ cup + 2 tbsp. vanilla almond probiotic granola



- In a large skillet, toast walnuts over medium-high heat for 4 minutes or until lightly browned and fragrant, stirring frequently, transfer to a plate to cool.
- In the same large skillet, heat butter over medium heat, add apples and cook for 4 minutes or until tender, stirring occasionally. Stir in 1 tablespoon maple syrup, cinnamon, nutmeg, and allspice: cook 2 minutes or until heated through.
- In 4 (8-oz.) jars or glasses, alternately layer apples, yogurt, ½ cup granola and walnuts: drizzle with remaining 1 tablespoon maple syrup and sprinkle with remaining 2 tablespoons granola. ✨

Banana-Berry Smoothie

August 2001

1 cup frozen unsweetened raspberries
1 ripe banana
1 cup crushed or chopped ice
½ cup non-fat plain yogurt

Combine all ingredients in blender. Cover and blend until smooth and creamy. ✱



Basil Green Goddess Dressing

June 2016

Makes 1½ cups dressing

1 cup fresh basil leaves
½ cup flat-leaf parsley
1 cup yogurt or Greek yogurt
1-2 tsp. agave nectar or honey, per taste
2 tbsp. green onion (scallions), 3-4 green onions, white and green parts
Juice of 1 lemon – freshly squeezed
2 garlic cloves, minced
½ tsp. cider vinegar
½ tsp. Worcestershire Sauce or 1 tsp. anchovy paste
¾ tsp. coarse sea salt or kosher salt
¾ tsp. freshly ground black pepper
2 tbsp. olive oil

- Place all ingredients except the olive oil in a food processor fit with steel blade. Pulse ingredients until smooth and creamy.
- With food processor on, drizzle in olive oil and process until oil is incorporated.
- Place dressing in an airtight container and refrigerate several hours or overnight before serving. ✿



Black Bean and Sweet Potato Chili

October 2021

2 tbsp. olive oil
2 cloves garlic, minced
1 small onion, diced
2 small sweet potatoes, peeled, chopped
2 medium carrots, sliced
½ red bell pepper, chopped, optional
1 (15-oz.) can black beans
1 (15-oz.) can diced tomatoes, or tomato sauce
½ cup water, or vegetable broth
1 tbsp. chili powder
1 tsp. ground cumin
½ tsp. cayenne, or to taste
½ tsp. garlic powder
½ tsp. salt
¼ tsp. black pepper
Fresh cilantro, for garnish



- Heat olive oil in Dutch oven or soup pot, over medium heat.
- Add garlic and onions; sauté for 1 to 2 minutes.

- Add sweet potatoes, carrots, and bell pepper to pan and cook until onions are soft, 5 to 6 minutes.
- Reduce heat to medium-low and add remaining ingredients, stirring to combine well. Allow chili to simmer, partially covered and stirring occasionally over medium-low heat, for 20 to 25 minutes, until the flavors have mingled, and the sweet potatoes, carrots, and bell peppers are soft.
- Serve in a bowl with desired chili toppings. ✱

Blueberry-Lemon Ricotta Pound Cake

June 2021

$\frac{3}{4}$ cup sugar
5 tbsp. unsalted butter, room temperature
3 large eggs, room temperature
 $\frac{3}{4}$ cup part-skim ricotta cheese
2 tbsp. lemon zest
2 tbsp. lemon juice plus 1 tsp., divided
1 tsp. vanilla extract
 $1\frac{1}{2}$ cups white whole-wheat flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
2 cups fresh blueberries
2 tbsp. packed confectioners' sugar

- Preheat oven to 350°F. Coat a 9x5-inch loaf pan with cooking spray; line bottom with parchment paper.
- Beat sugar and butter in large bowl with electric mixer on medium-high until



creamy. Beat in eggs, one at a time, until fully incorporated. Reduce speed to medium-low and beat in ricotta, lemon zest, 2 tablespoons lemon juice and vanilla until just combined. Sprinkle flour on top, then evenly sprinkle baking powder and salt over flour. With mixer on low, beat until almost combined.

- Add blueberries; gently fold in. Transfer to loaf pan.
- Bake until starting to brown around edges and a tester inserted in center comes out clean, about 1 hour. Let cool in pan on wire rack for 20 minutes. Run a knife around the edge to loosen the cake, then invert onto rack. Carefully turn right-side up. Let cool completely.
- Clean the bowl, add confectioners' sugar, and whisk in remaining 1 teaspoon lemon juice until smooth. Brush the glaze on the cake. ✿

Blueberry Walnut Salad

June 2017

- 1 (10 oz.) package mixed salad greens
- 1 pint fresh blueberries
- ¼ cup walnuts
- ½ cup raspberry vinaigrette salad dressing
- ¼ cup crumbled feta cheese

- In a large bowl, toss the salad greens with the blueberries, walnuts, and raspberry vinaigrette. Top with feta cheese to serve. ✨



Broccoli and Cheddar Omelet

May 2014

2 eggs
2 tbsp. water
Cooking Spray
1/3 cup cooked broccoli florets
2 tbsp. finely shredded Cheddar cheese

- Beat eggs and water until blended.
- Coat 6- to 8-inch non-stick skillet with cooking spray. Heat over medium heat until hot. Pour in egg mixture. Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.
- When top surface of eggs is thickened and no visible liquid egg remains, place broccoli and cheese on one side of the omelet. Fold omelet in half with tuner. With a quick flip of the wrist, turn pan and invert or slide omelet onto plate. Season with salt and pepper, if desired. Serves 1. ✪



Butternut Squash Soup

November 2017

1 medium butternut squash
1 cup coconut milk
1 cup (plus more to thin) homemade chicken broth or stock
1 sweet onion
2 tbsp. butter or coconut oil
Salt and pepper to taste
½ tsp. nutmeg (or to taste)
½ tsp. garlic (or to taste)
Sprinkle of thyme (optional)



- Cut the top and bottom off the butternut squash and then carefully cut remaining skin off. Cut the squash in half and then scoop out the seeds and save because they are great roasted!
- Chop the squash into small cubes and dice the onion.
- In large stock pot, melt butter and add diced onions.
- Sauté for 3 minutes until the mixture is starting to soften and then add the cubed squash. Sauté for an additional 5 minutes until the squash starts to brown.
- Add the coconut milk, chicken stock, and spices; bring soup to a simmer. Simmer about 20 minutes until soft, stirring occasionally to prevent sticking to the bottom of the pot.
- Once soft, use an immersion blender or a hand blender to puree until smooth. Serve warm or you can make ahead of time to reheat for a fast meal addition. ✨

Butterscotch Brownies

March 2003

¼ cup vegetable oil
1 cup light brown sugar, firmly packed
1 egg, slightly beaten
¾ cup sifted flour
1 tsp. baking powder
½ tsp. vanilla extract
½ cup coarsely chopped walnuts

- Blend oil and sugar. Stir in beaten egg.
- Sift flour and baking powder together and combine with egg mixture. Add vanilla and walnuts to the batter and spread in an oiled 8x8x2-inch pan.
- Bake at 350°F for 25 minutes. Cool slightly and cut into squares. ✪



Campfire Banana Boat Chocolate Caramel S'mores

August 2020

- 4 ripe bananas
- 12 marshmallows (3 to 4 per banana), or a handful of mini marshmallows
- 12 squares dark chocolate (3 to 4 per banana)
- ¼ cup caramel chips
- 8 graham crackers (2 per banana), crumbled



- Cut a slit in each banana and open slightly. Scoop out a few small chunks of banana (and eat!).
- Stuff 3 to 4 marshmallows in the scooped-out sections, then tuck a square of chocolate beside each marshmallow. Sprinkle a few caramel chips over top.
- Close the skin of the banana as much as you can and place the bananas directly on a campfire grill.
- Alternatively, wrap the bananas tightly in foil and place directly on coals. The banana skins will blacken as the bananas cook.
- Grill until the chocolate and caramel melt, and the marshmallows begin to look squidgy, 5 to 7 minutes.
- Using metal tongs, carefully transfer bananas on plates.
- The bananas might release some water. If they do, use a paper towel to wipe off.
- Sprinkle the crushed graham crackers over top and serve with a spoon for scooping.
- Bananas cooked directly over the grill will have a slightly smoky flavor. When wrapped in foil, they have less smoky flavor and will take a few more minutes to cook. ✿

Cauliflower with Cheese Sauce

December 2015

- ¼ cup nonfat dry milk powder
- 3 tbsp. flour
- ½ tsp. salt
- ½ tsp. thyme
- ¼ tsp. cayenne pepper
- 1½ cups fat-free milk
- 1 cup finely diced red bell pepper
- ¼ cup shredded reduced-fat sharp Cheddar cheese
- ¼ cup grated Parmesan cheese
- 2 scallions, minced
- 2 tsp. Dijon mustard
- 1 head cauliflower, cut into small florets



- In a medium saucepan, whisk together the dry milk powder, flour, salt, thyme, and cayenne. Gradually whisk in the liquid milk until no lumps remain.
- Cook, stirring constantly, over medium heat until the sauce is slightly thickened, about 5 minutes.

- Stir in the bell pepper and cook until crisp-tender, about 2 minutes.
 - Stir in the Cheddar and Parmesan cheeses and cook until they have melted, about 1 minute.
 - Remove from the heat and stir in the scallions and mustard.
 - Meanwhile, in a vegetable steamer, steam the cauliflower until tender, about 4 minutes.
 - Transfer to a medium bowl. Add the cheese sauce, tossing until the cauliflower florets are well coated.
- Makes 4 servings. ✱

Cherry Almond Nice Cream

July 2020

4 bananas, sliced and frozen
2 cups cherries, pitted and frozen
½ cup toasted almonds, chopped

- Add bananas and cherries to a food processor or blender, and process on high until creamy.
- Spread into a freezer-safe dish, and top with chopped almonds.
- Freeze until ready to serve. Move to refrigerator about 30 minutes before serving for a creamy soft serve consistency! ✨



Chicken Pockets

February 2002

2 medium carrots, sliced
2 medium zucchinis, sliced
1 lb. skinless chicken breasts, divided into 4 pieces
½ tsp. garlic powder
½ tsp. dried dill weed
½ tsp. paprika
1 tsp. onion powder
1 medium lemon, sliced

- Preheat oven to 350°F.
- Cut four 12-inch squares of foil and spray lightly with cooking spray.
- Divide carrot and zucchini slices among foil squares.
- Sprinkle both sides of chicken pieces with garlic, onion, dill weed and paprika. Place chicken on top of veggies. Top with lemon slice.
- Bake 20-30 minutes, until chicken is cooked through and veggies are tender.
- Serves 4. ✪



Chicken Pot Pie

February 2020

6 cups of chicken broth and water, adding bouillon cubes to strengthen flavor if needed
Salt and pepper to taste
½ cup chopped celery, onions, and carrots
4 medium potatoes peeled and cubed
Leftover chicken

- Bring all the ingredients to a boil in a large stock pot.

Ingredients for noodles:

4 cups of flour
2 tbsp. butter
2 eggs
1 tsp. salt
½ tsp. pepper
1 cup of water (give or take)



- Mix salt, pepper, and flour together. Cut butter into flour (you can use your hands).

- Beat eggs slightly and mix into dough with a fork. Add water to make a thick dough that can be rolled.
- Spread a generous amount of flour on the counter and the roller. Roll the dough to desired thickness (1/4-inch). Cut dough into squares with a pizza cutter.
- Drop noodles into the boiling pot. Stir after about 50 seconds to keep them from sticking to each other.
- Boil for about 25-30 minutes, depending on thickness of noodle. Serve. ✿

Chicken Soup with Rice and Broccoli

October 2017

4 cups fat-free, low-sodium chicken broth
1 small onion, chopped
1½ cups broccoli florets
½ cup small ribs celery, diced
2 small carrots, sliced
½ cup short grain brown rice, washed
2 cups cooked, skinless chicken, diced

- Soak rice in cold water from 15 minutes to one hour. This will reduce cooking time.
- Bring broth to a boil in a large saucepan. Add presoaked rice and vegetables. Reduce heat to low, cover and simmer, stirring occasionally, until rice is tender.
- Add cooked chicken and simmer for 3-4 minutes. ✱



Cinnamon Baked Apples

November 2020

1 tsp. butter
2 tbsp. brown sugar
3 tsp. vanilla sugar
3 tsp. cinnamon
1 tsp. nutmeg
6 large apples, peeled, cored, sliced
3½ tbsp. water

- Preheat oven to 350°F.
- Grease a large baking dish with the butter.
- Mix brown sugar, vanilla sugar, cinnamon, and nutmeg in a small bowl.
- Layer about ⅓ of the apples in prepared baking dish; sprinkle with ⅓ of the sugar mixture. Repeat layers twice more.
- Bake in preheated oven for 30 minutes.
- Pour water over apples and continue baking until tender, about 15 minutes more. ✿

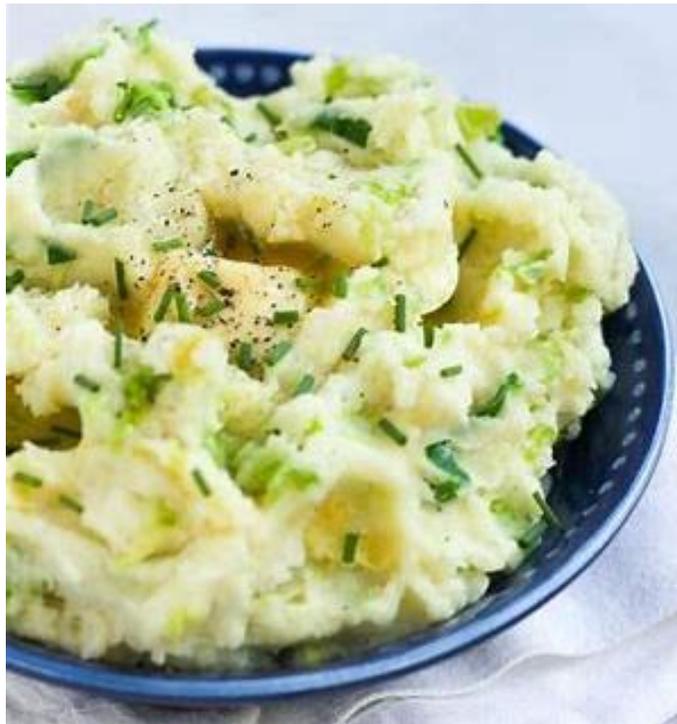


Colcannon

March 2021

1-lb. Rooster (red skinned) potatoes
½ lb. Savoy cabbage or curly kale
1 onion, finely chopped
½ cup cream
1 stick butter
Salt and pepper to taste

- Boil potatoes and cabbage (or kale) separately in salted water for 15-20 minutes until tender.
- Heat the butter in a heavy-based pan and when the butter is melted add the onion and brown.
- Add sliced cabbage/kale, mashed potatoes, and cream.
- Stir well.
- Cook gently for few minutes.
- Season to taste with salt and pepper and serve. ✨



Cranberry Bread with Orange Glaze

December 2017

Makes 1 whole loaf or 2 mini loaves

Nonstick cooking spray, or 1 tsp. butter
1/3 cup vegetable oil
3/4 cup granulated sugar
1/4 cup milk
2 large eggs
1 tsp. vanilla extract
1 tsp. orange zest from 1 orange
1 cup fresh or frozen cranberries, chopped
1 1/2 cups all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/4 cup pecans or walnuts, chopped

Orange Glaze:

1 cup powdered confectioner's sugar
2 tbsp. fresh orange
juice from an orange

- Heat oven to 350°F.
- Using nonstick cooking spray or butter, grease a loaf pan or 2 mini loaf pans. Put a thin strip of parchment paper in the bottom of the pan and lightly grease over the parchment paper.
- In a large bowl, combine oil, sugar, milk, eggs, vanilla, orange zest and cranberries. Mix well.
- Stir in flour, baking powder, and salt. Fold in chopped nuts.
- Pour into prepared pan(s). Bake 1 whole loaf for 50-60 minutes, or 2 mini loaves for 30-40 minutes or until toothpick-tested done.
- Meanwhile, whisk together ingredients for orange glaze and set aside. Remove loaf from oven; let cool 10 minutes. Then, with a blunt knife, loosen sides

of loaf from pan(s) and remove by lifting strip of parchment paper.

- Immediately brush glaze over each loaf.
- Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week. ✿



Cucumber Pasta Salad

May 2007

½ cup rotini or rotelle pasta
4 cucumbers, peeled, quartered, and chopped
4 stalks celery, chopped
1 large onion, chopped
½ cup low-fat creamy salad dressing
1 cup buttermilk
2 tsp. celery seeds

- Cook pasta for 8-10 minutes; drain.
- In large bowl, combine pasta, cucumber, celery, and onion.
- In a small bowl, combine the dressing, buttermilk, and celery seeds.
- Toss salad with the dressing; cool and serve. ✿



Double Tomato Bruschetta

September 2019

6 Roma (plum) tomatoes, chopped
½ cup sun-dried tomatoes, packed in oil
3 cloves minced garlic
¼ cup olive oil
2 tbsp. balsamic vinegar
¼ cup fresh basil, stems removed
¼ tsp. salt
¼ tsp. ground black pepper
1 French baguette
2 cups shredded mozzarella cheese

- Preheat oven on broiler setting.
- In a large bowl, combine the Roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
- Cut the baguette into ¾-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
- Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese. Broil for 5 minutes, or until the cheese is melted. ✨



Easy Cornbread Muffins

January 2018

1 cup cornmeal
1 cup flour
 $\frac{1}{3}$ cup sugar
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
1 egg, beaten
 $\frac{1}{4}$ cup canola oil
1 cup milk

- Preheat oven to 400°F.
- Grease muffin pan or line with paper muffin liners.
- In large bowl, mix cornmeal, flour, sugar, baking powder and salt.
- Add egg, oil, and milk; stir gently to combine.
- Spoon batter into prepared muffin cups.
- Bake 15 to 20 minutes, or until a toothpick inserted into a muffin comes out clean. ✿



Easy Pumpkin Dip

October 2018

$\frac{3}{4}$ cup low-fat cream cheese
 $\frac{1}{2}$ cup packed brown sugar
 $\frac{1}{2}$ cup canned pumpkin
2 tsp. maple syrup
 $\frac{1}{2}$ tsp. cinnamon

- Beat cream cheese, brown sugar, and canned pumpkin together with an electric mixer on medium speed in a bowl until light and creamy, 3 to 5 minutes.
- Add maple syrup and cinnamon and beat until smooth, 1 to 2 minutes.
- Cover with plastic wrap and refrigerate for 30 minutes. ✱



Fourth of July Salad

July 2021

- 1 cup blueberries
- 1 cup sliced strawberries
- 1 cup chopped watermelon
- 1 cup red grapes
- 1 cup shredded coconut

- Combine blueberries, strawberries, watermelon, and grapes in a bowl; add coconut. ✨



Fresh Strawberry Dressing

June 2016

1 cup strawberries, rinsed, hulled, and sliced
1 tbsp. balsamic vinegar
 $\frac{3}{4}$ tsp. freshly ground pepper
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ cup canola oil

- Place strawberries, vinegar, pepper, sugar and salt in a blender or food processor; process until pureed, stopping once or twice to scrape down the sides.
- Add canola oil and process until smooth. ✿



Gluten-Free Strawberry Shortcake

May 2021

$\frac{2}{3}$ cup brown rice flour
 $\frac{2}{3}$ cup cornstarch
 $\frac{2}{3}$ cup tapioca flour
1 tbsp. baking powder
 $\frac{1}{4}$ tsp. baking soda
 $\frac{1}{4}$ tsp. xanthan gum
 $\frac{1}{2}$ tsp. salt
6 tbsp. vegetable shortening
 $\frac{2}{3}$ cup white sugar
 $\frac{3}{4}$ cup skim milk
4 cups sliced fresh strawberries
2 cups reduced-fat whipped topping

- Preheat oven to 425°F.
- Whisk rice flour, cornstarch, tapioca flour, baking powder, baking soda, xanthan gum, and salt together in a bowl; set aside.
- Grease baking sheet or cover with parchment paper.
- Beat shortening and sugar in large bowl until light and fluffy. Pour in flour mixture alternately with milk, mixing until just incorporated. Drop onto prepared baking sheet into 8 equal portions.



- Bake until golden brown on the bottoms, 10 to 12 minutes. Remove and cool on wire rack.
- Once cool, slice each shortcake in half, and place each bottom half onto a dessert plate. Evenly divide the sliced strawberries onto each shortcake, and dollop with the whipped topping.
- Place the shortcake tops on top and serve. ✿

Good-For-You Granola

September 2017

8 cups rolled oats
1½ cups wheat germ
1½ cups oat bran
1 cup sunflower seeds
1 cup finely chopped almonds
1 cup finely chopped pecans
1 cup finely chopped walnuts
1½ tsp. salt
½ cup brown sugar
¼ cup maple syrup
¾ cup honey
1 cup vegetable oil
1 tbsp. ground cinnamon
1 tbsp. vanilla extract
2 cups raisins or sweetened dried cranberries

- Preheat oven to 325°F.
- Line two large baking sheets with parchment or aluminum foil.
- Combine oats, wheat germ, oat bran, sunflower seeds, almonds, pecans, and walnuts in a large bowl.
- Stir together salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla in a saucepan. Bring to a boil over medium heat, then pour over the dry ingredients, and stir to coat.
- Spread the mixture out evenly on the baking sheets. Bake until crispy and toasted, about 20 minutes. Stir



once halfway through. Cool, then stir in the raisins or cranberries before storing in an air-tight container. ✿

Green Pea and Green Bean Salad

June 2008

16 oz. can tiny green peas
16 oz. can white shoepeg corn
16 oz. can French cut green beans
1 medium onion, chopped
 $\frac{3}{4}$ cup finely chopped celery

Dressing:

$\frac{1}{2}$ cup oil
 $\frac{1}{2}$ cup wine vinegar
 $\frac{3}{4}$ cup sugar
1 tsp. salt
 $\frac{1}{2}$ tsp. pepper

- Make **dressing** by combining all ingredients and heat to boiling. While cooling, drain and combine the veggies. When dressing is cooled, pour over the veggies. Let stand 24 hours (or at least 6 hours). ✿



Grilled Balsamic Chicken and Pineapple Tacos

August 2019

2 boneless skinless chicken breasts sliced in half
¼ cup balsamic vinegar
¼ cup extra virgin olive oil
1 tsp. fresh minced garlic
½ tsp. ground pepper
1 tbsp. fresh rosemary or 1 tsp. dried rosemary
1 pack of corn or flour tortillas
 – you can lightly grill these too, to warm them up
1 cup thinly sliced/ shredded purple cabbage
1 fresh pineapple, sliced
Plain fat-free Greek yogurt



- Mix vinegar, oil, garlic, pepper, and rosemary; add chicken to the mixture and refrigerate for at least 1 hour, up to overnight.

- After chicken has marinated, turn grill on medium-high. Grill chicken on each side for 5-7 minutes, or until 165°F.
- Thinly slice into bite-sized pieces.
- Lightly coat pineapple with cooking spray or a thin drizzle of olive oil to prevent sticking. Place on grill for 3-4 minutes per side.
- If serving inside the tacos as a topping, dice up the pineapple after grilling. Take 1 tortilla. Add a few slices of chicken, shredded purple cabbage, diced pineapple, and a spoon of fat-free Greek yogurt. ✱

Healthy Carrot Cake Bites

April 2021

½ cup coconut flour
½ cup + 1 tbsp. water
2 tbsp. unsweetened applesauce
½ tsp. vanilla
1 tsp. cinnamon
4 tbsp. granulated sweetener (equivalent to 4 tbsp. sugar)
1 carrot, finely chopped or shredded
4 tbsp. coconut

- Combine flour, water, applesauce, and vanilla in large bowl, and stir.
- Add in cinnamon, sweetener, and shredded carrots, stir to combine.
- Refrigerate dough for 15 minutes.
- Place shredded coconut in small bowl.
- Remove dough from fridge and roll into 15 equal-sized cake balls. Roll each ball in shredded coconut until evenly coated.
- Store in refrigerator for up to a week. 🌟



Healthy Homemade Ice Cream

September 2016

1½ cups almond milk
2 bananas -- peeled, sliced, and frozen
½ cup strawberries, sliced and frozen
½ tsp. vanilla extract

- Blend almond milk, frozen bananas, frozen strawberries, and vanilla extract together in a blender until desired consistency is reached.
- Transfer mixture to a bowl and freeze until solid, about 4 hours. ❄



Hobo Packet Hamburger and Potatoes

September 2020



- 1 lb. lean ground beef
- 1 package dry onion soup mix
- 4 small potatoes peeled, sliced
- 2 cups carrots chopped
- 1 large or 2 small onions, sliced
- 2 tbsp. olive oil
- 1 tsp. garlic powder
- Salt and pepper to taste
- 1 can condensed mushroom soup

- Preheat oven to 375°F.
- Combine ground beef and dry soup mix in a bowl. Form into four patties and set aside.
- In a large bowl combine all remaining ingredients except mushroom soup. Toss until well mixed.
- Spray a 12x18-inch piece of foil with non-stick spray. Place ¼ of the vegetable mixture in the center of the foil. Top with 1 beef patty. Add 2 tablespoons of condensed mushroom soup on top of each patty.
- Seal foil packets well. Place beef side up on a large baking sheet and bake 35-45 minutes or until potatoes and carrots are tender.

Note: These foil packs can also be grilled at medium heat for about 45 minutes or until potatoes are tender and ground beef reaches 160°F. ❁

Homemade Reeses Peanut Butter Eggs

April 2019

¼ cup peanut butter
Dash of salt, optional
¼ cup powdered sugar
2 tbsp. cocoa powder
2 tbsp. virgin coconut oil
Liquid stevia to taste, or 2 tbsp. pure maple syrup
2 tbsp. powdered sugar or oat syrup, honey, or agave
flour, if needed

- If peanut butter isn't soft, gently warm until stir-able.
- Mix peanut butter, salt, and sugar in a bowl to form a crumbly dough. Different nut butters will yield different results, so if dough is too gooey, add up to 2 table-spoons oat flour/additional sugar. Or add a little more nut butter if too dry. Taste, and add salt if desired.
- Transfer to a Ziploc bag, smush into one big ball, then form dough into flat little ovals or egg shapes. Freeze 1 hour or until firm.
- Meanwhile, mix the cocoa and melted coconut oil in a shallow



dish. Add the liquid sweetener. If you use the stevia option, also add a scant 2 tablespoons extra oil or water. Mix until it looks like chocolate sauce.

- Take one “egg” from the freezer at a time and dip in chocolate, using a corn skewer or fork. Immediately return covered egg to the freezer to harden.
- Best to store these in the freezer as well. You can thaw a little before eating, or eat when frozen—either way, they’re awesome! ✨

Hoppin' John

January 2019

1 tbsp. olive oil
1 large meaty ham bone
1½ cups chopped onion
3 stalks celery, chopped
2 cloves garlic, minced
3 (15 oz.) cans black-eyed peas, rinsed and drained
1¼ cups chicken broth, or more as needed
1 cup dry white wine
1 cup chopped ham
2 bay leaves
¼ tsp. dried thyme
Salt and pepper to taste
2 cups uncooked white rice
6 cups water, divided

- Heat oil in large Dutch oven over medium-high heat; brown ham bone on all sides about 15 minutes. Reduce heat to medium; stir in onion, celery, and garlic; cook until onion is translucent, stirring often, about 5 minutes.
- Add peas, 2 cups water, chicken broth, wine, ham, bay leaves, thyme, salt, and pepper; stir. Bring to a



boil. Reduce heat, simmer until thickened, 30 to 60 minutes.

- Add more chicken stock if the mixture is too thick.
- About 30 minutes before serving, bring rice and 4 cups water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 20 to 25 minutes. Let rice stand covered for about 10 minutes to absorb steam.
- Remove ham bone from soup, cutting any extra ham off the bone and returning it to the pot. Discard the bone. Stir cooked rice into the mixture until well combined and serve. ✱

Italian Winter Soup

January 2021

2 tbsp. olive oil
3 cloves garlic, minced
2 tbsp. chopped onion
4 (3.5 oz.) links Italian sausage, sliced
8 cups chicken stock
1 tsp. dried oregano
1 tbsp. dried basil
¼ cup chopped fresh parsley
2 cups uncooked
white rice
½ cup heavy cream

- Heat oil in a large pot over medium heat. Add garlic and onion and sauté for 3 minutes, or until tender. Add sausage, browning well on all sides, about 5 minutes. Add chicken stock, oregano, basil, and parsley. Bring to a boil, reduce heat to low and simmer 1 hour.
- Add rice and simmer for 30 more minutes.
- Finally, add the cream, stirring well. Remove from heat and let soup rest 5 minutes before serving. ✿



Kale Chowder

February 2015

2 baking potatoes, diced with skin
½ cup diced onion
½ tsp. garlic powder
½ tsp. thyme
½ tsp. oregano
3 cups water
2 cups low-sodium chicken broth
1 (14-oz.) can diced tomatoes, no salt added
1 (15-oz.) can kidney beans, drained and rinsed
4 cups chopped fresh kale

- Add all items, except kale, to large soup pot. Bring to a boil and reduce to a simmer. Cook until potatoes are almost done, about 10 minutes, and add kale.
- Continue cooking for 10 minutes. Serves 6. 🌟



Light Pumpkin Custard

January 2005

3 cups skim milk
1½ cups canned pumpkin
1 cup brown sugar
2 tbsp. lite maple syrup
6 egg whites
1 tsp. vanilla
1 tbsp. cinnamon
1 tbsp. pumpkin pie spice
1 egg

- Preheat oven to 350°F.
- Heat milk in saucepan until hot, but not boiling.
- In large bowl, mix pumpkin, sugar, and spices. Beat in egg and egg whites until smooth. Stir in hot milk. Add vanilla and stir well.
- Pour into 10 ungreased custard cups. Place cups in a pan and fill with water, about an inch from the top.
- Bake about 45 minutes or until a toothpick inserted comes out clean. Let cool or cover and refrigerate until ready to serve. ✨



Linguine with Garlic Sauce

September 2001

8 oz. linguine, cooked according to package directions
3 tbsp. olive oil
4 large garlic cloves, minced
 $\frac{2}{3}$ cup snipped fresh parsley

- Sauté garlic in hot olive oil until light brown. Add parsley. Season with salt and pepper. Toss with hot linguine. ✪



Mandarin Chicken Pasta Salad

July 2019

1 tsp. finely chopped, peeled fresh ginger
½ cucumber - scored, halved lengthwise, seeded, and sliced
⅓ cup rice vinegar
¼ cup orange juice
½ cup diced red bell pepper
¼ cup vegetable oil
½ cup coarsely chopped red onion
1 tsp. toasted sesame oil
2 diced Roma tomatoes
1 (1 oz.) pkg. dry onion soup mix
1 carrot, shredded
2 tsp. white sugar
1 (6 oz.) bag fresh spinach
1 clove garlic, pressed
1 (11 oz.) can mandarin orange segments, drained
1 (8 oz.) pkg. bow tie (farfalle) pasta
2 cups diced cooked chicken
½ cup sliced almonds, toasted

- Whisk together the ginger root, rice vinegar, orange juice, vegetable oil, sesame oil, soup mix, sugar, and garlic until well blended. Cover, and refrigerate until needed.
- Bring a large pot of lightly salted water to a boil. Add the bowtie pasta and cook for 8 to 10 minutes or until al



dente; drain, and rinse under cold water. Place pasta in a large bowl.

- To make the salad, toss the cucumber, bell pepper, onion, tomatoes, carrot, spinach, mandarin oranges, chicken, and almonds with the pasta. Pour the dressing over the salad mixture and toss again to coat evenly. Serve immediately. ✨

Marinated Vegetable Salad

August/September 2003

2 cups cauliflower pieces
2 cups broccoli pieces
1 basket cherry tomatoes, cut in halves
1 (8-oz.) bottle fat-free Italian dressing

- Mix above ingredients and chill overnight.
- Serves 6. *



Mexican Chicken

June 2020

1½ cups of cooked, cut up chicken
1 can cream of mushroom soup
1½ cups of broken up tortilla chips
1 can tomatoes
1½ cups grated Colby-Jack Cheese
Green chopped onion sprinkled on top

- Preheat oven to 350°. Use an 8x8-inch baking dish (no greasing necessary).
- Layer ingredients in order given. Bake 35-40 minutes until cheese starts to brown.

Serving Side Suggestions:

Refried Beans – put beans in baking dish, top with extra cheese and bake alongside casserole above;

Mexicorn or Fiesta Corn in a can.

Serve over a bed of shredded lettuce! ✨



Mexican Pasta Salad with Creamy Avocado Dressing

August 2018



Pasta Salad:

8 oz. whole-wheat fusilli pasta (about 3 cups)
1 cup halved grape or cherry tomatoes
½ cup canned black beans, rinsed
½ cup corn, fresh or frozen (thawed)
½ cup shredded cheddar cheese
¼ cup diced red onion
¼ cup chopped fresh cilantro

Dressing:

½ ripe avocado
¼ cup mayonnaise
2 tbsp. lime juice
1 small clove garlic, grated
½ tsp. salt
¼ tsp. cumin

- Cook pasta in a large pot of boiling water according to package directions. Drain, rinse with cold water, then drain again. Transfer to a large bowl. Stir in tomatoes, beans, corn, cheddar, onion, and cilantro.
- Combine avocado, mayonnaise, lime juice, garlic, salt, and cumin in a mini food processor. Puree until smooth. Add the dressing to the pasta and toss to coat. ✱

Mixed Greens and Apple Salad

June 2016

- 4 cups mixed greens salad mix
- 1 shredded carrot
- 1 shredded apple
- Handful of sprouts (optional)
- 2 tbsp. dried cranberries
- ¼ cup walnuts, chopped
- 1 slice sprouted grain bread, toasted (optional)



Dreamy Tahini Dressing:

- 2 tbsp. tahini
- 1 tbsp. tamari
- 4 cloves garlic
- 2 tbsp. raw apple cider vinegar
- ¼ tsp. ground turmeric
- ¼ tsp. ground black pepper
- 2 tbsp. ground flaxseed meal
- 2 tbsp. canola oil
- ¼ tsp. crushed red pepper flakes (optional)

1 tsp. minced fresh ginger
1 tbsp. maple syrup
¼ cup water

- To make dressing, whisk all the ingredients together by hand or blend in a blender until smooth. Store in glass jar in refrigerator. It will keep for 2 weeks. Makes 1½ cups.
- Chop all the greens and add all the salad ingredients to a large bowl, toast the sprouted grain bread and cut into small squares; add to bowl. Toss with ¼ cup dressing. ✿

MY FAVORITE FALAFEL

December 2016

1 cup dried chickpeas
½ large onion roughly chopped (1 cup)
2 tbsp. finely chopped fresh parsley
2 tbsp. finely chopped fresh cilantro
1 tsp. salt
½ -1 tsp. dried hot red pepper
4 cloves of garlic
1 tsp. cumin
1 tsp. baking powder
4-6 tbsp. flour
Soybean or vegetable oil for frying
Chopped tomato for garnish
Diced onion for garnish
Diced green bell pepper for garnish
Tahina sauce
Pita bread



- Put chickpeas in large bowl; add enough cold water to cover by at least 2 inches. Let soak overnight, then drain (or use canned chickpeas, drained).

- Place drained, uncooked chickpeas and the onions in a food processor fitted with a steel blade. Add parsley, cilantro, salt, hot pepper, garlic, and cumin. Process until blended but not pureed. Sprinkle in baking powder and 4 tablespoons of the flour, and pulse. Add enough bulgur or flour so the dough forms a small ball and no longer sticks to your hands.
- Turn into a bowl and refrigerate, covered, for several hours.
- Form the chickpea mixture into balls about the size of walnuts or use a falafel scoop.
- Heat 3 inches of oil to 375°F in a deep pot or wok and fry 1 ball to test. If it falls apart, add a little flour.
- Then fry about 6 balls at once for a few minutes on each side, or until golden brown. Drain on paper towels.
- Stuff half a pita with falafel balls, chopped tomatoes, onion, green pepper, and pickled turnips, if desired. Drizzle with tahina thinned with water. ✱

New Year's Day Black-Eyed Peas

January 2018

1 lb. dry black-eyed peas
2 cups chopped cooked ham
1 pinch garlic powder
2 onions, diced
1 (14.5 oz.) can whole tomatoes
Salt and pepper to taste

- Place black-eyed peas in 8-quart pot. Add enough water to fill pot $\frac{3}{4}$ full. Stir in ham and diced onions, and season with salt, pepper, and garlic powder.
- Place tomatoes in a blender or food processor, and blend until the tomatoes are liquefied. Add tomatoes to pot. Bring all ingredients to boil. Cover the pot, and simmer on low heat for $2\frac{1}{2}$ to 3 hours, or until the peas are tender. ✪



Nutritious Pumpkin Muffins

November 2019

1 cup all-purpose flour
½ cup honey
½ cup whole wheat flour
2 large eggs
1 tsp. baking powder
6 tbsp. butter, melted and cooled
½ tsp. baking soda
¼ cup Greek yogurt
½ tsp. kosher salt
1 cup toasted and chopped pecans
2 tsp. pumpkin pie spice (below)
2 tbsp. brown sugar
1 cup canned pumpkin

- Preheat oven to 325°F; line muffin tin with liners.
- In large bowl, whisk together flours, baking powder, baking soda, salt, and pumpkin pie spice (next page). Add pumpkin, honey, eggs, butter, and yogurt; mix until combined. Fold in ¾ cup pecans.
- Divide batter into muffin liners, top with remaining pecans and brown sugar. Bake until muffins are golden brown, and a toothpick comes out clean, about 30 minutes. Let muffins cool in pan, then serve.



Pumpkin pie spice:

4 tsp. ground cinnamon

2 tsp. ground ginger

1 tsp. ground cloves

½ tsp. ground nutmeg

- Mix together.
- Store in an airtight container in a cool, dry place for up to 6 months. ✨

One-Bowl Chocolate Cake

February 2017

$\frac{3}{4}$ cup + 2 tbsp. whole-wheat pastry flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{3}$ cup unsweetened cocoa powder
1 tsp. baking powder
1 tsp. baking soda
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup nonfat buttermilk
 $\frac{1}{2}$ cup packed light brown sugar
1 large egg,
 lightly beaten
2 tbsp. canola oil
1 tsp. vanilla
 extract
 $\frac{1}{2}$ cup hot strong
 black coffee
Confectioners'
 sugar, for
 dusting



- Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.
- Whisk flour, sugar, cocoa, baking powder, baking soda and salt in a large bowl. Add buttermilk, brown sugar, egg, oil, and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.)
- Pour the batter into the prepared pan. Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes.
- Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper, and let cool completely. Dust the top with confectioners' sugar before slicing. ✿

Papaya-Stuffed Chicken and Basmati Rice

August 2016

4 skinless, boneless chicken breast halves
1 tbsp. butter
1 papaya, peeled, seeded, and sliced
1 cup orange juice
1 pinch ground cinnamon, or to taste
1 8-oz. can crushed pineapple in its own juice
⅓ cup melted butter
1 cup crushed Ritz crackers
1 tbsp. brown sugar
1 tbsp. butter
½ tsp. ground cinnamon
1 cup basmati rice
1 tsp. ground nutmeg
1½ cups water
1 pinch cayenne pepper
Salt and pepper to taste

- Preheat oven to 350°F. Line a baking sheet with aluminum foil.
- Lay a chicken breast flat on work surface. Use the tip of a sharp boning or paring knife to cut a pocket in the chicken breast through a 2-inch slit in the side. Repeat with the remaining chicken breasts.
- Place the papaya slices into the pocket of each chicken breasts, then sprinkle papaya slices with cinnamon to taste.
- Dip the chicken breast halves, one at a time, into the melted butter, then the cracker crumbs.
- Heat 1 tablespoon of butter in a skillet over medium-high heat. Arrange chicken breasts in skillet and cook until golden brown on each side, about 10 minutes. Place browned chicken breasts on the prepared baking sheet.

- Bake for about 20 minutes; flip each breast. Continue baking until the chicken is no longer pink in the center and the juices run clear, about 20 minutes more (165°F).
- Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- Meanwhile, melt the remaining 1 tablespoon of butter in the same skillet used to brown the chicken over medium-high heat, scraping up any browned bits. Stir in the orange juice, pineapple, brown sugar, ½ teaspoon of cinnamon, nutmeg, cayenne, salt, and pepper.
- Reduce heat to medium and simmer until reduced, about 30 minutes.
- Reduce the heat once more to low and continue simmering until the sauce is thickened.
- Serve the chicken breasts over the rice with the pineapple sauce spooned on top. ✨



Parmesan Herbed Walnuts

June 2016

½ cup grated Parmesan cheese
1 tsp. parsley flakes
½ tsp. Italian herb seasoning
½ tsp. garlic salt
Dash of cayenne pepper
1 egg white
2 cups California walnut halves and pieces

- In a medium bowl, combine Parmesan cheese, parsley flakes, herb seasoning, garlic salt and cayenne pepper; set aside.
- In a separate medium bowl, beat egg white until frothy. Add walnut halves and pieces; toss to coat. Add walnuts to cheese mixture; mix thoroughly.
- Spread in a single layer on a lightly oiled baking sheet. Bake in 250°F oven for about 30 minutes, until golden and crisp. Cool.
- Store in an airtight container.
- Makes about 2 cups. ✨



Pasta Fagioli

February 2019

3 tbsp. olive oil
1 onion, quartered then halved
2 cloves garlic, minced
1 (29 oz.) can tomato sauce
5½ cups water
1 tbsp. dried parsley
1½ tsp. dried basil
1½ tsp. dried oregano
1 tsp. salt
1 (15 oz.) can cannellini beans
1 (15 oz.) can navy beans
⅓ cup grated Parmesan cheese
1 lb. ditalini pasta

- In a large pot over medium heat, cook onion in olive oil until translucent.
- Stir in garlic and cook until tender.
- Reduce heat, and stir in tomato sauce, water, parsley, basil, oregano, salt, cannellini beans, navy beans and Parmesan. Simmer 1 hour.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain. Stir into soup. ✨



Peach and Blackberry Crumble

July 2015

Filling:

¼ cup sugar
3 tbsp. cornstarch
¼ tsp. allspice
4 peaches, peeled and cut into ½-inch wedges
2 cups fresh blackberries, room temperature

Crumble:

⅔ cup all-purpose flour
⅓ cup brown sugar
½ tsp. ground cinnamon
¼ tsp. kosher salt
4 tbsp. butter, softened
⅔ cup coarsely chopped pecans

- Preheat oven to 375°F.
- Grease a 9-inch baking dish with butter or cooking spray and set aside.
- In a small bowl, combine sugar, cornstarch, and allspice.



- Combine peaches and berries in a large bowl and toss with sugar mixture. Spread evenly into baking dish and set aside.
- In a medium bowl, combine flour, sugar, cinnamon, and salt. Using the back of a fork, incorporate butter into flour mixture until it resembles small peas. Stir in pecans and spread mixture evenly over fruit.
- Bake for 45-50 minutes until fruit is bubbly and crust is golden brown. Serve with fresh whipped cream or vanilla ice cream if desired. Serves 8. ✿

Peach Pie Smoothie

November 2009

½ cup nonfat or 1% low fat milk
½ cup nonfat plain yogurt
1 cup unsweetened frozen peaches
1 tbsp. honey, plus more to taste
¼ tsp. vanilla extract
⅛ tsp. ground cinnamon
Pinch ground nutmeg
Pinch ground ginger

- Put all ingredients into a blender and blend until smooth. ✪



Philly Cheesesteak Meatloaf

August 2021

2 tbsp. butter
1 small onion, diced
1 green pepper, diced
8 oz. mushrooms, minced
½ tsp. salt
½ tsp. pepper
2 lbs. ground beef
2 tbsp. ketchup
2 tbsp. Worcestershire sauce
2 eggs
1 cup panko breadcrumbs
8 oz. provolone slices



- Preheat oven to 375°F. Spray loaf pan with cooking spray.
- In large skillet, add butter, onion, pepper, mushrooms, salt, and pepper. Brown 1 to 2 minutes. Stir. Brown 1 to 2 minutes. Stir again. Cool 5 minutes.
- In large bowl, add ground beef, ketchup, Worcestershire sauce, eggs, panko, and onion/pepper mixture. Mix well.

- Add half of the mixture to the loaf pan and layer with half the cheese. Add remaining meat mixture and bake 40 minutes.
- Put on remaining cheese and bake additional 15-20 minutes. Let rest 10 minutes before slicing. ✱

Potato Filling

November 2016

3 medium potatoes
¼ cup milk
½ tsp. salt
¼ tsp. pepper
8 tbsp. (1 stick) butter, preferably unsalted
1 cup chopped onion
3 celery ribs, chopped
4 cups cubed home-style white bread, about 10 slices
2 eggs, lightly beaten
¼ cup chopped fresh parsley
Salt and pepper to taste
8 tbsp. butter, cut into bits

- Preheat oven to 350°F. Generously butter a 1½ quart baking dish. Set aside.
- Cook potatoes in water until tender. Drain, mash, and beat in milk, salt, and pepper. Transfer to large bowl.
- Melt 8 tablespoons of butter in large skillet over medium heat. Add onions and celery; cook until just soft, about 10 minutes. Add to potatoes, using slotted spoon.
- Sauté bread cubes in same skillet until brown and crispy, adding more butter if needed. Transfer bread to potatoes. Add eggs, parsley, salt, and pepper to



potato mixture. Mix thoroughly; transfer to baking dish. Dot with butter bits.

- Bake until hot, about 35 minutes. Cover with foil if top browns too much.

*Casserole can be prepared up to 2 days ahead, refrigerated, and brought to room temperature before baking. **

Pulled Chicken Tacos

September 2021

Base:

1½ lb. all-natural skinless boneless chicken breasts
8 soft tortillas

Teriyaki-Pineapple: *(Pictured top left)*

1 (20 oz.) can crushed pineapple, drained
¾ cup reduced sodium teriyaki sauce
1¼ cup water

Fiesta:

(Pictured center)

1 (15.5 oz.) jar salsa
1 (15 oz.) can no salt added black beans, drained,
rinsed
⅓ cup water

BBQ-Corn:

(Pictured lower right)

1 cup barbecue sauce
1½ cup frozen sweet corn, thawed
1 cup water



- Place chicken in 3- to 4-quart slow cooker; pour Fiesta Chicken, Teriyaki-Pineapple or BBQ-Corn ingredients over chicken, making sure chicken is covered.
- Cover and cook Fiesta Chicken or BBQ-Corn on high 3 to 4 hours (low 6 to 8 hours), or Teriyaki-Pineapple 2½ to 3 hours (low 5 to 6 hours) or until chicken is very tender.
- Transfer chicken to large bowl; shred with 2 forks. Return chicken to slow cooker; stir to coat with the sauce.
- Serve chicken mixture in taco shells with your favorite toppers. ✨

Pumpkin Gingerbread

October 2020

3 cups sugar
1 cup vegetable oil
4 large eggs
 $\frac{2}{3}$ cup water
1 (15 oz.) can pumpkin
2 tsp. ground ginger
1 tsp. ground allspice
1 tsp. ground cinnamon
1 tsp. ground cloves
 $3\frac{1}{2}$ cups flour
2 tsp. baking soda
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. baking powder

- Preheat oven to 350°F. Lightly grease two 9x5-inch loaf pans.
- In a large mixing bowl, combine sugar, oil, and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice, cinnamon, and cloves.
- In a medium bowl, combine flour, soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed.
- Divide batter between prepared pans. Bake in preheated oven until toothpick comes out clean, about 1 hour. ✿



Pumpkin Parfait

August/September 2003

- 1 cup pumpkin puree
- 1 cup evaporated skim milk
- 1 pkg. (4 serving size) sugar free, non-fat vanilla pudding
- 1 tsp. pumpkin pie spice
- 1 cup skim milk

- Mix all ingredients in a mixer bowl. Place in parfait glasses. Chill until set. Serves 6. ✪



Pumpkin Pie Dip

September 2021

1 (8 oz.) package Neufchatel Cheese, softened
½ cup confectioner's sugar
1 tsp. pure vanilla extract
1 tsp. ground cinnamon
¾ cup pumpkin puree
¼ tsp. ground nutmeg

- Combine cheese and confectioner's sugar in a medium bowl and beat with a mixer at medium speed until blended.
- Add pumpkin, vanilla, cinnamon, and nutmeg and beat until smooth and creamy.
- Cover and chill at least 30 minutes. Serve. ✨



Quick Lemon Custard with Blueberry Topping

February 2009

1 box (4-serving size) sugar free instant lemon pudding
1½ cups cold skim or low-fat milk
1 cup lemon yogurt (light or low-fat)
Fresh blueberries

- Pour milk into a chilled bowl. Sprinkle with pudding mix and beat with hand mixer on medium/low speed for 2 minutes until well blended. Scrape the sides of the bowl to incorporate all the pudding mix.
- Add yogurt and mix briefly. Spoon into dessert dishes and chill. Before serving, sprinkle with blueberries. ✪



Rhubarb Crunch

May 2019

3 cups diced rhubarb
1 cup white sugar
3 tbsp. all-purpose flour
1 cup packed light brown sugar
1 cup quick cooking oats
1½ cups all-purpose flour
1 cup butter

- Preheat oven to 375°F. Lightly grease a 9x13-inch baking dish.
- In a large mixing bowl combine rhubarb, white sugar, and 3 tablespoons flour. Stir well and spread evenly into baking dish. Set aside.
- In a large mixing bowl combine brown sugar, oats, and 1½ cups flour. Stir well then cut in butter until mixture is crumbly. Sprinkle mixture over rhubarb layer.
- Bake for 40 minutes. Serve hot or cold. ✿



Seared Scallops with Spicy Papaya Sauce

September 2018

1 small papaya, peeled, seeded, chopped
1 red bell pepper, chopped
½ red onion, chopped
2 tbsp. fresh lime juice
1 tbsp. chopped fresh cilantro
1 tsp. minced jalapeno peppers
1 tsp. salt
1 tbsp. olive oil
2 tbsp. all-purpose flour
⅛ tsp. ground black pepper
1 lb. sea scallops

- In a medium bowl, combine papaya, red pepper, jalapeno, onion, lime juice, cilantro, and ¼ teaspoon salt. Set aside.
- In a large sealable bag, combine flour, black pepper, and remaining ¾ teaspoon salt. Add scallops and shake to coat.
- In a large skillet, heat oil over medium heat. Add scallops; cook and stir until golden.
- Serve scallops over papaya sauce. ✨



Sesame Green Beans

October 2016

1 tbsp. olive oil
1 tbsp. sesame seeds
1 lb. fresh green beans, cut into 2-inch pieces
¼ cup chicken broth
¼ tsp. salt
Freshly ground black pepper to taste

- Heat oil in a large skillet or wok over medium heat. Add sesame seeds. When seeds start to darken, stir in green beans. Cook, stirring, until the beans turn bright green.
- Pour in chicken broth, salt, and pepper. Cover and cook until beans are tender-crisp, about 10 minutes. Uncover and cook until liquid evaporates. ✱



Shamrock Shake Smoothie

March 2018

1 frozen large banana, sliced
1 cup spinach
½ cup low-fat vanilla yogurt
½ cup low-fat milk
⅓ cup packed fresh mint leaves, plus more for garnish
4 ice cubes
Kiwi slices for garnish

- Combine banana, spinach, yogurt, milk, mint, and ice in a blender.
- Blend until smooth.
- If you like, cut kiwi slices into shamrock shapes and thread onto a skewer.
- Serve the smoothie garnished with the kiwi and mint, if desired. 🌿

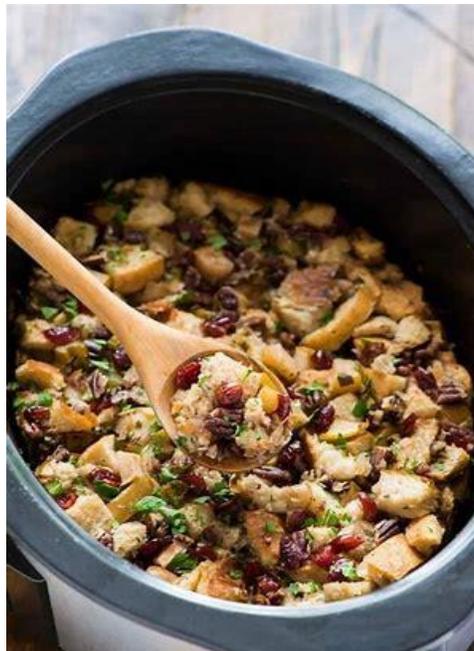


Slow Cooker Stuffing

November 2018

1 cup butter or margarine
2 cups chopped onion
2 cups chopped celery
¼ cup chopped fresh parsley
12 oz. sliced mushrooms
12 cups dry bread cubes
1 tsp. poultry seasoning
1½ tsp. dried sage
1 tsp. dried thyme
½ tsp. dried marjoram
1½ tsp. salt
½ tsp. ground black pepper
4½ cups chicken broth, or as needed
2 eggs, beaten

- Melt butter or margarine in a skillet over medium heat. Cook onion, celery, mushrooms, and parsley in butter, stirring frequently.
- Spoon cooked vegetables over bread cubes in a very large mixing bowl. Season with poultry seasoning, sage, thyme, marjoram, and salt and pepper. Pour in enough broth to moisten and mix in eggs. Transfer mixture to slow cooker, and cover.
- Cook on High for 45 minutes, then reduce heat to Low, and cook for 4 to 8 hours. ✨



Spinach Cheese Squares

December 2016

2 tbsp. butter
3 eggs
1 cup all-purpose flour
1 cup milk
1 tsp. baking powder
1 lb. shredded Cheddar cheese
2 (10 oz.) pkgs. frozen chopped spinach
1 tbsp. minced onion

- Preheat oven to 350°F.
- Place butter in a 9x13-inch baking dish and melt butter in oven. Remove when melted, approximately 3 minutes.
- In large mixing bowl, beat eggs well. Mix in flour, milk, and baking powder. When the dough is well combined, mix in cheese, spinach, and onion. Spoon mixture into the baking dish with melted butter.
- Bake for 35 minutes. Let cool 45 minutes then cut into bite-size squares. ✿



Strawberry Banana Smoothie

June 2019

1 cup almond milk
1 chopped banana, frozen
 $\frac{3}{4}$ cup strawberries
3 ice cubes
1 scoop vanilla protein powder
1 tsp. vanilla extract
1 tsp. honey
1 tsp. ground flax seed
1 tsp. ground chia seeds
 $\frac{1}{2}$ tsp. ground cinnamon

- Blend in a blender until smooth. ✨



Strawberry Shortcake

June 2018

1½ cups flour
2½ tsp. baking powder
½ tsp. baking soda
4 tbsp. sugar, divided
Lemon zest
Pinch of salt
½ cup buttermilk
4 oz. cold unsalted
butter
Coarse sugar
3 cups fresh
strawberries, sliced
1 tbsp. lemon juice
Whipped Cream



- Preheat oven to 425°F and line a baking pan with parchment paper.
- Combine flour, baking powder, baking soda, 2 tablespoons sugar, salt, and lemon zest in a small bowl (or food processor). Add cold butter and cut in with a fork or pulse a few times with a food processor (or cut in by hand using a pastry cutter) until you have coarse crumbs. Stir in buttermilk.
- Drop dough onto the prepared pan. Sprinkle with coarse sugar and lemon zest. Bake 15 minutes or until lightly browned.
- Combine sliced strawberries, remaining 2 tablespoons sugar and lemon juice in a bowl and let sit at room temperature at least 30 minutes to release juices.
- Serve biscuits with strawberries and whipped cream.

Note: If you don't have buttermilk, place 1 tablespoon lemon juice in a measuring cup and fill it with ½ cup milk. ✿

Stuffed Pepper Soup

October 2019

1 lb. lean ground turkey
1 onion, diced
4 cloves garlic, minced
6 cups stock, vegetable, or chicken
1 (18 oz.) can diced tomatoes (including juices)
2 bell peppers, chopped
1 tsp. salt
½ tsp. dried oregano
½ tsp. dried basil
1 bay leaf
½ cup basmati rice
1 tsp. Worcestershire sauce

- In a large pot, heat olive oil over medium heat. Add onion, and cook for 5-7 minutes, until soft.
- Add minced garlic and cook for 1 minute.
- Add ground turkey and cook, breaking up with a spatula, until no longer pink.
- Add remaining ingredients, bring to a boil, reduce heat and simmer (covered), for 20-25 minutes, or until rice is cooked through and vegetables are soft. Taste and adjust seasoning and enjoy! ✨



Sweet Barbeque Shrimp

July 2006

2 lbs. large shrimp, uncooked (pull the skin/tails off)
1 onion, finely chopped
1 cup olive oil
1 tsp. sugar
1 tsp. cayenne pepper
½ tsp. salt
½ tsp. oregano
1 tsp. garlic powder
¼ cup maple syrup

- In large bowl, mix everything except shrimp together and then add shrimp.
- Leave in the fridge overnight or several hours. Flip occasionally to distribute marinade.
- Remove from fridge one hour before grilling.
- Preheat grill while skewering the shrimp.
- Optionally, place flat on a fine-screen mesh cookware (less work!).
- Grill and serve over rice, pasta or as is.
- Leftover marinade can be used as dipping sauce. ✪



Thai Chicken Casserole

February 2021

1 (11½ oz.) bottle Thai peanut sauce
1 cup chicken broth
3 cups shredded rotisserie chicken
3 cups coleslaw mix
4 green onions, chopped
1 (14 oz.) package thick rice noodles
Optional – chopped peanuts and minced fresh cilantro

- Preheat oven to 400°F.
- Whisk together peanut sauce and broth; toss with chicken, coleslaw mix and green onions.
- Prepare noodles according to package directions; drain and toss immediately with chicken mixture.
- Transfer to a greased 13x9-inch baking dish.
- Bake, covered, until heated through, 10-15 minutes. If desired, top with peanuts and cilantro. ✨



Thai Cucumber Salad

July 2018

3 large cucumbers, peeled, halved lengthwise,
seeded, and cut into ¼-inch slices

1 tbsp. salt

½ cup white sugar

½ cup rice wine vinegar

2 jalapeno peppers, seeded and chopped

¼ cup chopped cilantro

½ cup chopped peanuts

- Toss the cucumbers with the salt in a colander and leave in the sink to drain for 30 minutes.
- Rinse with cold water, then drain and pat dry with paper towels.
- Whisk together the sugar and vinegar in a mixing bowl until the sugar has dissolved. Add the cucumbers, jalapeno peppers, and cilantro; toss to combine.
- Sprinkle chopped peanuts on top before serving. ✨



The Ultimate Healthy Gingerbread Cookies

December 2018



1 cup + 6 tbsp. white whole wheat flour
¾ tsp. cornstarch
¼ tsp. baking powder
1½ tsp. ground ginger
¼ tsp. ground cinnamon
⅛ tsp. ground nutmeg
⅛ tsp. ground cloves
¼ tsp. salt
2 tbsp. unsalted butter or coconut oil, melted and cooled slightly
1 large egg, room temperature
1½ tsp. vanilla extract
¼ cup molasses
1 tsp. vanilla crème stevia
10 tsp. confectioners' style stevia for the icing (optional)
2 tsp. nonfat milk

- Whisk together flour, cornstarch, baking powder, ginger, cinnamon, nutmeg, cloves, and salt in a medium bowl.
- In a separate bowl, whisk together butter, egg, and vanilla extract. Stir in molasses and vanilla crème stevia.
- Add flour mixture, stirring just until incorporated.
- Transfer the dough to the center of a large sheet of plastic wrap, and shape into a 1-inch thick rectangle. Cover the top with another large sheet of plastic wrap. Chill the dough for at least 1 hour.
- Preheat oven to 325°F and line two baking sheets with silicone baking mats or parchment paper.
- Leaving cookie dough between the sheets of plastic wrap, roll it out to 1/8-inch thick. Lightly flour your cookie cutter and cut out shapes; place them onto prepared baking sheets.
- Reroll the unused dough, and repeat.
- Bake 8-10 minutes. Cool 5 minutes before turning out onto a wire rack to cool completely.
- For the icing, stir together confectioner's style stevia and milk in a small bowl. Spoon into a zip-topped bag and snip off the corner. Pipe onto cooled cookies. ✿

Thin Mints

December 2019

1¼ cups blanched almond flour
1 tbsp. tapioca flour
⅓ cup cocoa powder
Dash Himalayan sea salt
5 tbsp. butter, softened
1 tsp. vanilla extract
½ tsp. peppermint extract
3 tbsp. raw honey
2 tsp. coconut sugar

- In a bowl combine all ingredients. With a fork, mix together until butter is well incorporated and you have formed a pliable dough.
- Roll dough into a ball, wrap in parchment paper and place in refrigerator. Chill 30-45 minutes.
- Preheat oven to 350°F.
- Place dough on parchment paper. If too soft, sprinkle additional tapioca flour onto parchment before placing dough on it.
- Place a second sheet of parchment paper over the dough. Roll out to ¼-inch thick. (Not any thinner; thin dough will be hard to lift. If dough is too soft, return to refrigerator for additional 10 minutes.)
- Use a cookie cutter to cut out and gently lift with a spatula; place on parchment-lined cookie sheet.



Bake 15 minutes. Remove; cool completely on cooling rack.

Chocolate Coating:

1 cup dark chocolate

¼ tsp. peppermint extract

2 tsp. coconut oil, or more as needed

- Over a double boiler, melt chocolate and coconut oil. Add peppermint extract.
- Use a spoon to dip cookies into chocolate until fully coated and place back on the parchment paper.
- If chocolate is thick, add additional melted coconut oil to thin it out.
- Let chill in the fridge for 10 minutes, or until chocolate has hardened. ✱

Traditional Irish Stew

March 2020

2 tbsp. vegetable oil
1 lb. mutton or lamb cutlets (bone removed, cut into 2-inch chunks)
2 tbsp. plain flour
2 lb. potatoes (peeled and cut into quarters)
1 cup onion (roughly chopped)
1 cup leeks (cleaned and finely sliced)
1 cup carrots (roughly chopped)
1½ pints dark beef stock
2 or 3 cabbage leaves (thinly sliced)
Salt and Pepper (to taste)

- Heat oven to 350°F.
- In large frying pan heat half of the oil to hot, but not smoking. Add half the lamb and brown all over. Remove to a casserole.
- Cover with half of the potatoes, onions, leeks, and carrots.
- Add remaining oil to frying pan, heat again and add remaining lamb. Brown all over and add to casserole.
- Cover with remaining vegetables.



- Add flour to frying pan and stir well to soak up fat and juices. Cook on gentle heat for 3 minutes.
- Add stock, a ladle at a time, until you have a thick, lump-free sauce. Pour over lamb and vegetables.
- Add remaining stock to casserole, cover with tight-fitting lid, cook in oven for 1 hour.
- Add cabbage, replace lid, and cook another hour.
- Check from time to time to make sure stock isn't reducing too much, as meat and vegetables should always be covered by liquid. If the sauce is too runny at the end, cook a little longer with lid removed. Season with salt and pepper.
- Serve piping hot. Perhaps a little crusty bread would be good with it to soak up all that fabulous gravy. ✱

Triple Chocolate Pudding

January 2018

3 tbsp. unsweetened cocoa powder
3 tbsp. cornstarch
 $\frac{1}{3}$ cup packed dark brown sugar
3 cups low-fat milk
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. salt
2 oz. German or other sweet chocolate, coarsely
chopped
2 tbsp. mini chocolate chips (1 oz.)
1 tsp. vanilla extract

- In a small bowl, combine the cocoa powder, cornstarch, brown sugar, and $\frac{1}{2}$ cup of the milk.
- In a medium saucepan, combine the remaining $2\frac{1}{2}$ cups milk, cinnamon, and salt. Bring to a boil over medium heat. Whisk the cocoa mixture into the boiling milk and cook, whisking, just until thickened, about 4 minutes.
- Stir in the sweet chocolate and chocolate chips. Remove from the heat, cover, and let stand until the chips have melted, about 1 minute.
- Stir in the vanilla extract.
- Spoon into 6 bowls and chill until serving time. ✨



Triple Cranberry Sauce

November 2016

1 cup frozen cranberry juice concentrate, thawed
⅓ cup white sugar
1 (12-oz.) package fresh cranberries, rinsed
½ cup dried cranberries
3 tbsp. orange marmalade
2 tbsp. fresh orange juice
2 tsp. minced orange peel
¼ tsp. ground allspice (optional)

- Stir the cranberry juice concentrate and sugar together in a saucepan over medium-high heat, and bring to a boil, stirring until sugar has dissolved.
- Mix in the fresh and dried cranberries, reduce heat to medium, and cook until the dried cranberries soften and the fresh ones pop, 7 to 10 minutes. Remove from heat.
- Mix in the orange marmalade, orange juice, orange peel, and allspice until thoroughly combined.
- Allow the cranberry sauce to cool completely. Pour into glass serving dish, cover, and chill until cold, at least 2 hours.
- Can be made up to 2 days ahead of time and refrigerated until serving. ❁



Turkey Meatloaf

November 2012

- 1 tbsp. olive oil
- 1 large onion, chopped
(1½ cups)
- 2 garlic cloves, minced
- ¾ tsp. salt, divided
- ½ tsp. pepper, divided
- 1½ tbsp. Worcestershire sauce
- ⅓ cup fat-free, less-sodium
chicken broth
- 3 tbsp. ketchup, divided
- 1¾ lbs. ground turkey, 97% lean
- ¾ cup dry breadcrumbs
- 1 large egg, lightly beaten
- 1 large egg white, lightly beaten

- Preheat oven to 375°F. Heat oil in medium skillet over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes. Add garlic, ¼ teaspoon salt, and ¼ teaspoon pepper; cook, stirring, 1 minute. Stir in Worcestershire sauce, broth, and 1 tablespoon ketchup; transfer mixture to a large bowl, and cool.
- Add turkey, breadcrumbs, egg, egg white, and remaining ½ teaspoon salt and ¼ teaspoon pepper to mixture in bowl and mix well. (Mixture will be very moist.)
- Cover a baking sheet with



aluminum foil, and coat lightly with cooking spray. Form the turkey mixture into a loaf, and place on the pan. Brush meatloaf evenly with remaining 2 tablespoons of ketchup. Bake 1 hour or until thermometer inserted into center registers 170°F. Let meatloaf stand 5 minutes before serving. ❁

Turkey Salad

September 2001

1 lb. cooked turkey
¾ cup chopped celery
¼ cup chopped sweet gherkin pickles
1 hard-boiled egg, chopped
¼ cup fat-free mayonnaise
2 tsp. lemon juice
4 lettuce leaves

- Dice turkey. Combine with celery, pickles, and egg.
- Combine mayonnaise and lemon juice. Gently stir into turkey mixture. Chill thoroughly and serve on lettuce leaves. ✿



Unstuffed Peppers

May 2020

1 lb. ground beef
¼ lb. sliced bacon
1 onion, minced
2 tsp. salt
¼ tsp. black pepper
2-4 green peppers, cut in 1-inch chunks
1 (28 oz.) can tomatoes, broken up
1 tbsp. paprika
1½ cups uncooked rice
2 cups water

- Brown the ground beef and bacon with onion. Add remaining ingredients.
- Cover and simmer for about 30 minutes or until rice is tender. Add more water as needed. ✪



Vintage Lemonade

August 2017

5 lemons

1¼ cups white sugar

1¼ quarts water

- Peel rinds from the lemons and cut into ½-inch slices. Set the lemons aside.
- Place rinds in a bowl and sprinkle sugar over them. Let stand for one hour, so the sugar begins to soak up the oils from the lemons.
- Bring water to a boil in a covered saucepan and pour over the sugared lemon rinds. Allow mixture to cool for 20 minutes and then remove the rinds.
- Squeeze the lemons into another bowl.
- Pour the juice through a strainer into the sugar mixture. Stir well, pour into pitcher and pop it in the fridge! Serve with ice cubes. ✿



Watermelon and Feta Salad with Arugula and Spinach

May 2016

3 tbsp. extra-virgin olive oil
2 tsp. white balsamic vinegar
½ tsp. kosher salt
2 cups arugula
2 cups baby spinach leaves
1 cup thinly sliced red onion
1 cup grape tomatoes, halved
½ cup crumbled feta cheese
2 cups bite-sized watermelon chunks

- Whisk the olive oil, white balsamic vinegar, and salt together in a small bowl; set aside.
- Combine the arugula, spinach, onions, and tomatoes in a large salad bowl. Drizzle the vinaigrette over the salad mixture; toss to coat.
- Add the feta cheese and watermelon to serve. ✨



Zucchini Oven Chips

October 2013

¼ cup dry breadcrumbs
¼ cup (1 oz.) grated fresh Parmesan cheese
¼ tsp. seasoned salt
¼ tsp. garlic powder
⅛ tsp. freshly ground black pepper
2 tbsp. fat-free milk
2½ cups (¼-inch-thick) slices zucchini (about 2 small)
Cooking spray

- Preheat oven to 425°F.
- Combine first 5 ingredients in a medium bowl, stirring with a whisk.
- Place milk in a shallow bowl.
- Dip zucchini slices in milk, and dredge in breadcrumb mixture. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet.
- Bake for 30 minutes or until browned and crisp. Serve immediately. ✿



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