



*Recipes
for Health*

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This collection of recipes was compiled in observance of
National Nutrition Month®.

Sources for these recipes include:

Allrecipes.com, Calraisins.org, Chooseveg.com, Cooks.com,
Cooks.org, Eatingwell.com, Food.com and Foodnetwork.com.

For the Kids

Frozen Yogurt Pops

Ingredients:

- 1 8-oz. container of flavored of yogurt

Utensils:

- small paper cups
- wooden popsicle sticks
- plastic wrap

Directions:

Pour yogurt into paper cups. Fill them. Cover with a piece of plastic wrap. Poke a hole in the plastic wrap and stand the stick straight up in the center of the cup. Place the cups in the freezer until the yogurt is frozen. Remove the plastic wrap, remove the paper cup.

Serves: 3 to 4

Serving size: 1 pop

Source: Adapted from a recipe found at
[http:// www.cooks.com/rec/view/0,1825,144180-242192,00.html](http://www.cooks.com/rec/view/0,1825,144180-242192,00.html).

Tiny Pizzas

Ingredients:

- 1 standard-sized bagel, cut in half
- tomato sauce
- Shredded mozzarella cheese
- Toppings: diced green pepper, chopped onion, or chopped tomato
- Seasonings: oregano, basil, and pepper

Utensils:

- oven (adult help is needed)
- knife (adult help is needed)
- baking sheet

Directions:

Preheat the oven to 325° F. Spread tomato sauce on bagel halves. Sprinkle shredded cheese over the tomato sauce on each bagel. Add toppings. Lightly sprinkle seasonings on each half. Place the bagel halves on a baking sheet. Bake in the oven (low heat) for about 5 to 8 minutes until the cheese begins to bubble. Let cool.

Source: Adapted from a recipe found at [http:// www.cooks.com/rec/view/0,1926,149178-226204,00.html](http://www.cooks.com/rec/view/0,1926,149178-226204,00.html).

Tortilla Roll Ups

Ingredients:

- 6 whole wheat flour tortillas (9-inch)
- 6 tbsp. smooth peanut butter
- 12 tbsp. California raisins

Directions:

Warm tortillas on a hot skillet pan until soft (adult help is needed). Place a warm tortilla on a cutting board. Spread 1 tablespoon peanut butter evenly over each tortilla. Sprinkle 2 tablespoons of raisins over the top of the peanut butter. Roll up tortilla tightly. Slice them diagonally 1/2-inch thick. Serve.

Source: Adapted from a recipe found at
[http:// www.calraisins.org/raisin-recipes/recipe/ california](http://www.calraisins.org/raisin-recipes/recipe/california).

Egg in a Hole

Ingredients:

- 1 slice sourdough, potato, or wheat bread
- 1 to 2 tablespoons unsalted butter
- 1 large egg
- Salt and freshly ground black pepper
- Pinch paprika, optional

Directions:

(Adult help is needed.) Cut a 2-inch round from the center of the bread. Over medium heat, melt a small amount of butter in a small nonstick skillet. Place the bread and the round in skillet and toast lightly, about 1 minute. Crack the egg into the hole. Season with salt and pepper. Cook until golden brown. Flip the egg and round. Season with salt and pepper. Cook 2 more minutes for a runny yolk or longer for a well done egg. Place the egg-in-the-hole on a plate. Sprinkle with paprika (optional). Serve. The toasted round can be used for dipping into the yolk.

Source: Adapted from a recipe found at
[http:// www.cooks.com/rec/view/0,1616,145189-243207,00.html](http://www.cooks.com/rec/view/0,1616,145189-243207,00.html).

For the Family

Eggplant Tomato Bake

Ingredients:

- 1 eggplant, sliced into ½ inch rounds
- 1 tomato, sliced
- ¼ cup grated fat-free Parmesan cheese

Directions:

Preheat oven to 400 degrees F. Spray a cookie sheet with non-stick oil spray. Arrange eggplant rounds on the cookie sheet and sprinkle Parmesan over the eggplant. Layer one slice of tomato on top of each eggplant round. Sprinkle with Parmesan cheese. Bake for 10 to 15 minutes

Source: Adapted from a recipe found at
[http:// allrecipes.com/Recipe/Eggplant-Tomato-Bake/ Detail.aspx](http://allrecipes.com/Recipe/Eggplant-Tomato-Bake/Detail.aspx).

Brown Rice Salad

Ingredients:

- 6 slices bacon
- ½ cup diced red onion
- ½ cup white wine vinegar
- ½ cup chicken broth
- 2 teaspoons Dijon mustard
- 1 teaspoon sugar
- 1 teaspoon kosher salt, plus a pinch
- ½ teaspoon freshly ground black pepper
- 1 recipe Baked Brown Rice (recipe on next page)
- 1 tablespoon chopped fresh dill

Directions:

In a 10-inch sauté pan over medium heat, fry the bacon until crisp. Drain, crumble, and set aside. Reserve 1 tablespoon of the bacon fat.

Add the red onion to the pan. Cook 5 to 6 minute until translucent. Add the vinegar, chicken broth, mustard, sugar, salt, and pepper to the pan and stir to combine. Add the bacon back to the pan along with the rice and cook 7 to 10 minutes, stirring occasionally, until the liquid is absorbed. Add dill and stir. Allow to cool. Serve.

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Baked Brown Rice

Ingredients:

- 1 ½ cups brown rice, medium or short grain
- 2 ½ cups water
- 1 tablespoon unsalted butter
- 1 teaspoon kosher salt

Directions:

Preheat the oven to 375 degrees F. Place rice into an 8-inch square glass baking dish.

Bring the water, butter and salt to a boil in a covered saucepan. When the water boils, pour it over the rice, stir to combine. Cover the dish, tightly. Bake on the middle oven rack for 1 hour. After 1 hour, remove cover and fluff the rice with a fork. Serve immediately.

Source: Adapted from the recipe found at <http://www.foodnetwork.com/recipes/alton-brown/brown-rice-salad-recipe/index.html>.

Chicken– Rice– Broccoli Casserole

Ingredients:

- 1 (10 oz.) pkg. frozen broccoli
- 2 cups cooked, cubed chicken
- 2 cups cooked rice
- 1 cup Velveeta cheese, grated
- 1 (10 oz.) can cream of mushroom soup
- 1 (3 oz.) can French fried onions
- 1 soup can milk

Directions:

Cook the broccoli as directed on the package. Combine chicken, rice, cheese, broccoli, and soup. Add 1 soup can of milk. Mix. Pour mixture into a greased or buttered 1 ½ quart casserole. Top with onions. Bake at 350 degree for 30 minutes.

Source: Adapted from the recipe found at
<http://www.cooks.com/rec/view/0,1642,154180-233197,00.html>

Chicken Livers and Mushrooms Over Rice

Ingredients:

- 1 cup cooked rice
- 1 lb. mushrooms (or 1 - 8 oz. can)
- 1 lb. chicken livers
- ¼ cup. butter
- 4 tbsp. flour
- 2 cups chicken broth
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup sherry

Directions:

Combine mushrooms, chicken livers and butter in a large frying pan. Cook until the Ingredients: are tender. Sprinkle in flour and mix. Add broth and cook until the sauce becomes thick. Add salt and pepper, then add sherry. Heat. Serve over rice.

Source: Adapted from the recipe found at
<http://www.cooks.com/rec/view/0,1742,158189-228192,00.html>.

Stewed Cabbage

Ingredients:

- ¼ cup butter or margarine
- 1 medium cabbage – cut into squares
- 2 onions, chopped
- 1 (14.5 oz) can stewed tomatoes
- 1 stalk celery, chopped
- Salt and pepper to taste
- 2 cloves garlic, minced

Direction

Melt butter over medium heat in a large saucepan. Add onion, celery, and garlic. Sauté for 3 – 5 minutes. Stir in cabbage. Reduce heat to low. Simmer for 15 minutes. Add tomatoes. Season with salt and pepper to taste. Cover pan and cook over medium heat for 30– 40 minutes, until the cabbage is tender.

Source: Adapted from the recipe found at
<http://allrecipes.com/Recipe/Stewed-Cabbage/Detail.aspx>.

Santa Fe Veggie Quesadillas

Ingredients:

- 2 - 12 inch flour tortillas
- ½ Cup diced red bell pepper
- ¾ Cup shredded Cheddar/Monterrey Jack cheese
- ½ Cup black beans, cooked & drained (or canned)
- ½ Cup frozen corn, cooked and drained
- 1 chopped green onion

Directions:

Lightly oil a large skillet and heat over medium heat. Place the tortilla in the skillet. Turn it once to ensure an even coating of oil on each side. Cook the tortilla on one side for 1 minute. Spread half of the cheese on half of the tortilla. Top the cheese with half of the corn, red bell pepper, black beans and green onion. Fold the un-topped half of the tortilla over the filling. Turn the tortilla over and continue to heat. When the cheese is melted, transfer the tortilla from the pan onto a cutting board. Slice into 4 pieces. Serve warm.

Source: Adapted from the recipe found at <http://allrecipes.com/Recipe/Santa-Fe-Veggie-Quesadillas/Detail.aspx>.

Heart Healthy Burritos

Ingredients:

- 4 (10 inch) Fat Free Flour Tortillas
- 2 cups grilled chicken strips, precooked, prepared refrigerated or frozen
- 1 $\frac{1}{3}$ cups cooked brown rice
- 1 $\frac{1}{3}$ cups cooked broccoli
- 2 cups reduced fat Cheddar Cheese, shredded

Directions:

Following the package directions. Cook chicken strips, brown rice and broccoli. Keep hot.

Heat tortillas in a microwave for 10 seconds.

Build a burrito by placing $\frac{1}{2}$ cup of chicken on the bottom third of each tortilla. Then, add $\frac{1}{3}$ cup of brown rice and $\frac{1}{3}$ cup of broccoli.

Sprinkle $\frac{1}{2}$ cup of cheese over the broccoli.

Roll each tortilla into a burrito. Cut burritos in half. Serve hot.

Source: Adapted from the recipe found at <http://allrecipes.com/Recipe/Heart-Healthy-Burrito/Detail.aspx>.

Crunchy Vegetable Wrap

Ingredients:

- ¼ cup tub-style fat-free cream cheese
- 4 (10 inch) fat-free flour tortillas
- 4 curly leaf lettuce leaves
- 1 cup alfalfa sprouts
- 1 cup shredded red cabbage
- ½ cup chopped tomato
- ¼ cup crumbled blue cheese
- 2 tbsp. finely diced red onion

Directions:

Spread 1 tablespoon cream cheese over each tortilla. Top each with a lettuce leaf, sprouts and remaining ingredients. Roll up. Cut each rolled wrap in half.

Source: Adapted from the recipe found at http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000222606.

Chicken Fried Rice

Ingredients:

- 2 tbsp. vegetable oil, divided
- 8 ounces skinless, boneless chicken breast, cut into strips
- ½ red bell pepper, chopped
- ½ cup green onion, chopped
- 4 cloves garlic, minced
- 3 cups cooked brown rice
- 2 tbsp. light soy sauce
- 1 tbsp. rice vinegar
- 1 cup frozen peas, thawed

Directions:

Over medium heat, 1 tablespoon of vegetable oil in a large skillet. Add the chicken, bell pepper, green onion and garlic. Cook and stir until the chicken is cooked through, about 5 minutes. Remove the chicken to a plate and keep warm. Heat the remaining tablespoon of oil in the same skillet over medium-high heat. Add the rice; cook and stir to heat through. Stir in the soy sauce, rice vinegar and peas, and continue to cook for 1 minute. Return the chicken mixture to the skillet. Stir to blend. Heat through before serving.

Source: Adapted from the recipe found at <http://allrecipes.com/Recipe/Chinese-Chicken-Fried-Rice-I/Detail.aspx>.

Quick and Easy Chicken, Broccoli and Brown Rice

Ingredients:

- 1 tbsp. vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (98% Fat Free or Healthy Request®)
- 1 ½ cups water
- ¼ tsp. paprika
- ¼ tsp. ground black pepper
- 1 ½ cups cooked brown rice*
- 2 cups fresh or frozen broccoli florets

Directions:

Heat the oil in a 10-inch skillet- over medium-high heat. Add the chicken. Cook until browned, about 10 minutes. Remove the chicken from the skillet.

Stir the soup, water, paprika and black pepper in the skillet. Heat to a boil.

Stir the rice and broccoli in the skillet. Reduce the heat to low. Return the chicken to the skillet. Sprinkle the chicken with additional paprika and black pepper. Cover and cook until the chicken is cooked through, about 5.

Source: Adapted from the recipe found at <http://www.foodnetwork.com/recipes/quick-easychicken-broccoli-brown-rice-recipe/index.html>

Healthy Potato Chips

Ingredients:

- 1 $\frac{1}{3}$ pounds Sweet Potatoes, Yukon Gold
- or red potatoes, unpeeled, scrubbed
- 2 tsp. extra-virgin olive oil
- $\frac{1}{2}$ tsp. salt

Directions:

Slice potatoes, thinly. Toss the slices with oil and salt in a medium bowl.

Spray a large microwave-proof plate with cooking spray. Arrange potato slices in a single layer on the plate. Microwave, uncovered, on High until the potatoes begin to brown. Turn the slices over and continue microwaving until they brown around the edges. Check as needed. Transfer the chips to another plate and allow to cool. They will crisp more as they cool

Source: Adapted from a recipe found at http://www.eatingwell.com/recipes/microwave_potato_chips.html.

Healthy Onion Rings

Ingredients:

- 2 medium yellow onions
- $\frac{3}{4}$ cup all-purpose flour
- 2 tsp. baking powder
- 3 large eggs
- 1 $\frac{1}{2}$ cups fine dry breadcrumbs, preferably whole-wheat (see Note)
- 1 tbsp. seasoning blend, such as
- Cajun, jerk or Old Bay
- Olive oil or canola oil cooking spray

Directions:

Preheat to 450°F. Coat 2 large baking sheets with cooking spray. Cut off both ends of each onion and peel. Slice into $\frac{1}{2}$ -inch-thick slices; separate into rings. Place the rings in a medium bowl; cover with cold water. Combine flour and baking powder in a dish. Lightly beat eggs in another dish.

Combine breadcrumbs and seasoning in a third dish. Working with one ring at a time, remove from the water. Coat in flour. Dip in egg. Then coat in the breadcrumb mixture. Place on baking sheets. Generously. Coat the onion rings with cooking spray.

Bake for 10 minutes. Turn each onion ring over and return to the oven, switching the positions of the baking sheets. Continue baking until brown and very crispy, 8 to 10 minutes more.

Source: Adapted from a recipe found at http://www.eatingwell.com/recipes/oven_baked_onion_rings.html

Healthy Chicken Tortilla Soup

Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 (15 ounce) can whole peeled tomatoes, mashed
- 1 (10 ounce) can enchilada sauce
- 1 medium onion, chopped
- 2 cubanelle peppers, chopped
- 2 cloves garlic, minced
- 2 cups water
- 1 (14.5 ounce) can reduced-sodium chicken broth
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. salt
- ¼ tsp. black pepper
- 1 bay leaf
- 1 (10 ounce) package frozen corn
- 1 tbsp. chopped cilantro
- 7 corn tortillas
- Vegetable cooking spray
- Suggested toppings: sliced radishes, diced avocado, sliced bell peppers, fresh cilantro.

Directions:

Put chicken, tomatoes, enchilada sauce, onion, cubanelle peppers and garlic into a slow cooker. Add water and chicken broth. Season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover. Cook on low for 6 to 8 hours (or on High setting for 3 to 4 hours).

Preheat oven to 400 degrees F. Lightly spray both sides of tortillas with cooking spray. Cut tortillas into strips, Spread on a baking sheet.

Bake in preheated oven until crisp-10 to15 minutes.

Source: Adapted from a recipe found at <http://allrecipes.com//Recipe/slow-cooker-chickentortilla-soup/Detail.aspx>.

Cabbage Caboodle

Ingredients:

- 1 pound lean ground turkey
- 1 medium head of cabbage – sliced to ¼ inch strips
- ½ medium onion sliced
- 2 – 14.5 oz. Cans diced tomatoes with liquid
- 2 cups cooked brown rice
- salt and pepper to taste

Directions:

Brown ground turkey in a large saucepan. Add cabbage, onion and canned tomatoes. Cover and simmer on medium heat 15 minutes or until cabbage is tender. Stir in cooked rice and salt and pepper. Cover and return to heat for 5 minutes or until rice is heated through.

Source: Family of Lorna G. Williams

Stuffed Peppers

Ingredients:

- 1 Pack of Portobello mushrooms, diced
- 1 Small onion, diced
- 1 Clove garlic, diced
- 2 Bell Peppers sliced in half with seed removed (color is optional)
- ½ pound of chicken (optional)
- shredded cheese (lowfat)

Directions:

If using chicken, cut chicken into small pieces and saute in pan over medium heat until chicken is brown. Saute mushrooms, onions and garlic until tender. Cut peppers in half and remove the seeds. Fill peppers with chicken, mushrooms, garlic and onions. Place on cookie sheet and bake for 15-20 minutes. Top with cheese if desired and place in oven until cheese is melted.

Source: Jessica McDowell

Chicken and Bean Enchiladas

Ingredients:

- 8 flour tortillas
- Cooking spray
- ¼ cup chicken broth
- 1 (16 ounce) skinless, boneless chicken breast
- 1 medium onion, diced
- 1 red pepper, stemmed, seeded, and diced
- 1 (15 ounce) can black beans, drained and rinsed
- 1 cup corn kernels
- ¼ cup packed chopped fresh cilantro
- 1 (4 ounce) can diced green chilies
- 2 ¼ cups grated low-fat sharp
- Cheddar cheese, divided
- 2/3 cup fat free sour cream
- 2/3 (10 ounce) can red enchilada sauce
- Hot sauce to taste
- Salt and pepper, to taste

Directions:

Pre-heat oven to 350 degrees F. Coat an 8”X11”X2” baking dish with cooking spray. Pour chicken broth into a small frying pan. Heat to simmer. Add chicken breast, cover and simmer until done. Cool and shred. In same frying pan, add onions and red pepper. Sauté over medium heat until soft. Remove from heat. In a large bowl, place chicken, onionpepper mixture, beans, corn, cilantro, chilies, 2 cups of the cheese, and sour cream. Toss to blend. Add hot sauce, salt and pepper to taste. Place 1/8 of mixture into center of each tortilla, roll and place in baking dish. When all rolls are completed, pour Enchilada sauce over top and top with remaining ¼ cup cheese. Bake for 35 minutes. Makes 4 servings.

Source: Adapted from a recipe found at <http://allrecipes.com/Recipe/Fiesta-Chicken-and-Black-Bean-Enchiladas/Detail.aspx>.

Crunchy Raisin Rice

Ingredients:

- 2 tbsp. light olive oil
- 1 small onion, chopped
- 4 stalks celery, chopped
- 3 $\frac{3}{4}$ cups water, divided
- 1 cup California raisins
- 2 cups instant whole grain brown rice
- $\frac{1}{2}$ tsp. seasoned salt
- 1 tsp. light olive oil
- $\frac{1}{2}$ cup slivered almonds, toasted

Directions:

Heat 2 tablespoons olive oil in heavy sauté pan. Sauté onion and celery until onion is translucent. Set aside. In a 1-quart bowl, microwave 2 cups water for 2 minutes. Add raisins. Let stand for 3 to 5 minutes to plump. Drain and set aside. In a 1-quart saucepan, heat remaining 1 $\frac{3}{4}$ cups water to boiling and stir in rice. Return to boil; cover and simmer for 5 minutes. Remove from heat. Stir in raisins; recover. Let stand for 5 minutes.

Combine onion-celery sauté and rice in large salad bowl. Season with seasoned salt and 1 teaspoon olive oil. Stir. Top with almonds. Serve hot.

Source: Adapted from a recipe found at <http://www.calraisins.org/raisin-recipes/recipe/crunchyraisin-rice/>.

Raisin Apple and Whole Wheat Bake

Ingredients:

- 4 slc. day-old whole wheat bread, cubed (about 1 ½ cup)
- 3 tbsp. butter, melted
- 4 Granny Smith apples, peeled and sliced (about 3 cups)
- ¼ cup light brown sugar
- 1 ½ tsp. ground cinnamon
- ½ tsp. ground allspice
- ¼ tsp. ground nutmeg
- 1 tsp. grated lemon zest
- 2 tbsp. fresh lemon juice
- 2 tsp. vanilla
- 1½ cup California raisins
- 6 tbsp. apple juice concentrate, thawed

Directions:

Preheat oven to 350°F. Combine bread cubes and butter, in a small bowl. Mix well. Press half of mixture in bottom of a 9-inch square glass pan. In another bowl, combine apple slices, brown sugar, cinnamon, allspice, nutmeg, lemon zest, lemon juice, vanilla, raisins and concentrate. Place apple filling into pan and spread evenly. Top with remaining bread mixture. Cover with foil. Bake at 350°F for 35 minutes. Increase oven temperature to 400°F. Uncover and bake for 20 minutes more. Cut into 9 squares and serve warm topped with frozen nonfat vanilla yogurt, if desired.

Source: Adapted from a recipe found at

<http://www.calraisins.org/raisin-recipes/recipe/raisin-appleand-wheat-bake/>.

Spanish Rice

Ingredients:

- 1 quart water
- 1 cup rice
- ¼ cup extra virgin olive oil
- 1 pint chicken or beef broth
- 3 cloves garlic, minced pinch of cayenne
- 1 pint chopped fresh vegetables of your choice*
- 1 pint diced tomatoes and juice
- 1 tbsp. tomato paste (optional)
- ½ tbsp. sugar or honey
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ cup Marsala or other red wine
- ¼ tsp. Spanish paprika

Directions:

In a saucepan or skillet with a heavy cover (such as cast iron) brown the rice for 3 or 4 minutes; add onions and other coarsely chopped vegetables. Sauté until onions are translucent, adding garlic during the last few minutes. Stir in tomatoes, broth, water and seasonings. Stir until boiling; cover tightly and reduce heat to low. Cook on low heat for 30-40 minutes. During the last 10 minutes, uncover. Add wine. Simmer over medium heat. Season.

*Vegetable Suggestions: celery, green or red bell peppers, poblano peppers, jalapeno peppers, sweet Spanish or Vidalia onions, Mixture of vegetables should have at least one or more onions. Variation: Turn this into a hearty meal by flavoring the olive oil at the start with a tablespoon of bacon or pork drippings (or leftover pan juices from a roast beef). Add a pound of cubed pork or bulk sausage and brown before adding the vegetables, then proceed as above.

Source: Adapted from a recipe found at <http://www.cooks.com/rec/view/0,2242,154178-233201,00.html>.

Black Bean Soup

Ingredients:

- 1 tbsp. vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 2 carrots, chopped
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 4 cups vegetable stock
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 (8.75 ounce) can whole kernel corn
- ¼ teaspoon ground black pepper
- 1 (14.5 ounce) can stewed tomatoes

Directions:

In large saucepan, heat oil at medium heat. Cook onion, garlic, and carrots until the onion is soft. Add chili powder and cumin. Cook and stir for 1 minute. Add stock, 1 can of the beans, corn, and pepper. Bring to boil. In a food processor or blender, puree tomatoes and remaining can of beans, together. Add mixture to the pot. Reduce heat and cover. Simmer 10 to 15 minutes or until carrots are tender.

Source: Adapted from a recipe found at
<http://allrecipes.com/Recipe/Black-Bean-Vegetable-Soup/Detail.aspx>.

Eggplant Parmesan

Ingredients:

- 3 eggplant, peeled and thinly sliced
- 2 eggs, beaten
- 4 cups Italian seasoned bread crumbs
- 6 cups spaghetti sauce, divided
- 1 (16 ounce) package mozzarella cheese, shredded and divided
- ½ cup grated Parmesan cheese, divided
- ½ tsp. dried basil

Directions:

Preheat oven to 350 degrees F (175 degrees C). Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top. Bake in preheated "oven for 35 minutes, or until golden brown.

Source: Adapted from a recipe found at <http://allrecipes.com/Recipe/Eggplant-Parmesan-II/Detail.aspx>.

Sweet Potato Burritos

Ingredients:

- 1 tbsp. vegetable oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 6 cups canned kidney beans, drained
- 2 cups water
- 3 tbsp. chili powder
- 2 tsp. ground cumin
- 4 tsp. prepared mustard
- 1 pinch cayenne pepper, or to taste
- 3 tbsp. soy sauce
- 4 cups cooked and mashed sweet potatoes
- 12 (10 inch) flour tortillas, warmed
- 8 ounces shredded Cheddar cheese

Directions:

Preheat oven to 350 degrees F). Heat oil in a medium sized skillet. Sauté onion and garlic until soft. Stir in beans, and mash. Stir in water, and heat until warm. Remove from heat. Stir in the chili powder, cumin, mustard, cayenne pepper and soy sauce. Divide the bean mixture and mashed sweet potatoes evenly between the warm flour tortillas. Cover with cheese. Roll up tortillas burrito style. Place on a baking sheet. Bake for 12 minutes in the preheated oven. Serve.

Source: Adapted from a recipe found at <http://allrecipes.com//Recipe/addictive-sweet-potatoburritos/Detail.aspx>.

Oatmeal Cottage Cheese Pancakes

Ingredients:

- ½ cup oatmeal
- ½ cup cottage cheese
- 1 tsp. vanilla
- 4 egg whites

Directions:

Blend all Ingredients: in blender. Spray skillet with cooking spray. Scoop a small amount to yield small sized pancakes. Serve with your favorite pancake topping.

Source: Adapted from a recipe found at

<http://www.food.com/recipe/oatmeal-cottage-cheese-pancakes-43072>.

Black Bean Veggie Burgers

Ingredients:

- 1 (16 ounce) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- ½ onion, cut into wedges
- 3 cloves garlic, peeled
- 1 egg
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tsp. Thai chili sauce or hot sauce
- ½ cup bread crumbs

Directions:

If grilling: Preheat an outdoor grill for high heat. Lightly oil a sheet of aluminum foil.

If baking: Preheat oven to 375 degrees F. Lightly oil a baking sheet.

In a medium bowl, mash black beans with a fork.

In a food processor, finely chop bell pepper, onion, and garlic. Stir into mashed beans.

In a small bowl, mix egg, chili powder, cumin, and chili sauce. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture holds together. Divide mixture into four patties.

If grilling: Place patties on foil. Grill 8 minutes on each side.

If baking: Place patties on baking sheet. Bake 10 minutes on each side.

Source: Adapted from a recipe found at <http://allrecipes.com/Recipe/Homemade-Black-Bean-Veggie-Burgers/Detail.aspx>.

Rosemary New Potatoes

Ingredients:

- 2 pounds red new potatoes, quartered
- 1 tsp. olive oil
- 1/8 tsp. sea salt
- 1 tsp. dried rosemary, crushed
- cooking spray

Directions:

Preheat oven to 375°. Place potato quarters in a large bowl. Top with oil. Add sea salt and rosemary. Mix thoroughly. Spoon onto heated non-stick baking sheet. Bake at 375° for 50 minutes.

Source: Adapted from a recipe found at http://www.chooseveg.com/display_recipe.asp?recipe=203.

For the Sweet Tooth

Healthy Banana Cookies

Ingredients:

- 3 ripe bananas
- 1 cup pitted chopped dates or chopped
- 2 cups rolled oats raisins
- 1/3 cup canola or vegetable oil
- 1 tsp. Vanilla extract

Directions:

Preheat oven to 350° F. Mash the bananas in a large bowl. Stir in the oats, dates or raisins, oil and vanilla. Mix. Let the mixture rest for 15 minutes. Drop onto an ungreased cookie sheet by teaspoonfuls. Bake for 20 minutes or until brown.

Source: Adapted from a recipe found at
<http://allrecipes.com/Recipe/Healthy-Banana-Cookies/Detail.aspx>.

Chocolate Crunch

Ingredients:

- 1 cup Wheat Chex cereal, (2 ounces)
- 1 cup pretzel sticks broken in half, (2 ounces)
- ¼ cup salted roasted almonds, (2 ½ ounces)
- 3 tbsp. bittersweet chocolate chips, melted

Directions:

Combine Chex, pretzels and almonds in a medium bowl. Warm chocolate in microwave for intervals of 30 seconds until melted. Drizzle with melted chocolate. Stir to combine. Spread the mixture on a wax paper-lined baking sheet. Refrigerate about 30 minutes or until the chocolate is set.

Source: Adapted from a recipe found at http://www.eatingwell.com/recipes/chocolate_crunch.html.

Frozen Chocolate Covered Bananas

Ingredients:

- 4 large ripe bananas, peeled and cut into thirds crosswise
- $\frac{3}{4}$ cup semisweet or bittersweet chocolate chips, melted
- $\frac{1}{4}$ cup shredded coconut

Directions:

Peel 4 large ripe bananas. Cut into thirds. Insert a popsicle stick into the cut end of each piece. Warm chocolate chips in microwave for intervals of 30 seconds until melted. Cover each piece of banana with melted chocolate. Sprinkle with coconut.

Place the bananas on a baking sheet lined with wax paper. Freeze about 2 hours or until frozen,

Source: Adapted from a recipe found at http://www.eatingwell.com/recipes/chocolate_covered_bananas.html.

Baked Sweet Potato Sticks

Ingredients:

- 1 tbsp. olive oil
- ½ tsp. Paprika
- 8 sweet potatoes, sliced lengthwise into quarters

Directions:

Preheat oven to 400° F. Spray baking sheet with cooking spray. Mix olive oil and paprika in a large bowl. Add potato sticks. Stir to coat. Place on prepared baking sheet. Bake 40 minutes.

*May substitute 1 tsp ground cinnamon for paprika

Source: Adapted from a recipe found at
<http://allrecipes.com/Recipe/Baked-Sweet-Potato-Sticks/Detail.aspx>.



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