

Healthy Recipes

Turkey-bean Enchiladas	Servings: 4 Preparation time: 15 minutes Cooking time: 20 minutes
<p>Ingredients</p> <p>6 medium scallions, white and light green parts chopped 2 cup cooked skinless light meat turkey, cubed 15 oz canned pinto beans, drained and rinsed 1 cup canned enchilada sauce, or taco sauce, divided 4 medium tortilla, flour, fat-free 1/2 cup shredded reduced-fat Mexican cheese</p>	<p>Directions</p> <p>Preheat oven to 350°F. Combine scallions, turkey, beans and 1/2 cup enchilada sauce. Fill each tortilla with 1/4 of turkey-bean mixture. Fold in sides and then top and bottom of tortilla to completely enclose filling. Place seam-side down in a 9 x 13-inch baking dish. Pour remaining 1/2 cup enchilada sauce over top of enchiladas and top with cheese. Cover pan and bake until heated through and cheese is hot and bubbly, 20 minutes.</p>

No-salt Seasoning	Makes 12 tablespoons
<p>Ingredients</p> <p>4 tablespoons paprika 4 tablespoons garlic powder 2 tablespoons onion powder 1 tablespoon pepper 1 tablespoons ground celery seed</p>	<p>Directions</p> <p>Mix everything and store in an airtight container.</p>

Refried Beans	
<p>Ingredients</p> <p>fat free refried beans (Pureed) low fat sour cream salsa (very thin or puree) part skim mozzarella or cheddar shredded cheese</p>	<p>Directions</p> <p>Mix together or layer and melt</p>

Spicy Salsa	Yield: makes about 3 cups (4 servings)
<p>Ingredients</p> <p>¼ cup chopped onion 8 plum tomatoes (chopped) ½ red onion (diced) 2 jalapeno peppers (diced) pulp & seeds removed. 2 cloves of garlic (chopped) ¼ cp fresh coriander ½ tsp. cumin ¼ cup lime juice, kosher salt & fresh ground pepper to taste</p>	<p>Directions</p> <p>1. Combine all ingredients in a large plastic or glass bowl (not aluminum). 2. Cover and let stand overnight in refrigerator.</p>

Spinach with Bacon and Mushrooms	Yield: makes about 3 cups (4 servings)
<p>Ingredients</p> <p>2 slices bacon, diced ½ cup finely chopped onion 2 cups sliced mushrooms (8 ounces) 1 pound fresh spinach leaves, well washed, stems removed 1/8 teaspoon freshly ground pepper</p>	<p>Directions</p> <p>Cook the bacon in a large non-stick skillet over medium heat until crisp. Remove with a slotted spoon to a paper towel; set aside. In the same skillet, cook the onion in the bacon drippings 1 minute over medium heat. Add the mushrooms; raise the heat to medium-high and cook and stir until the vegetables are tender, about 4 minutes. Add the spinach; cook and stir just until it is wilted, about 1 minute. Sprinkle with the reserved bacon and ground pepper.</p>

Beef - Vegetable Casserole (Crockpot)	Servings: 4
<p>Ingredients</p> <p>1 lb extra lean ground beef or turkey 1 medium onion, chopped 1/2 c celery, chopped 4 cups cabbage, chopped 2 1/2 cups canned stewed tomatoes, slightly mashed 1 tablespoon flour 1 teaspoon salt 1 tablespoon Splenda 1/4-1/2 black pepper according to taste</p>	<p>Directions</p> <p>Sauté meat, onion and celery in non stick skillet until meat is browned. Pour into cooker top with layers of cabbage and tomatoes, flour, salt, Splenda and pepper.</p> <p>Cover, and cook on high for 4-5 hrs.</p>

Low Fat Chicken Cacciatore	Servings: 4
<p>Ingredients</p> <p>2 lbs uncooked boneless, skinless chicken breasts, cubed 1/2 lb fresh mushrooms 1 bell pepper, chopped 1 med onion, chopped 12 oz can low sodium diced tomatoes 6 oz can low sodium tomato paste 12oz can low sodium tomato sauce 1/2 tsp dried oregano 1/2 tsp dried basil 1/2 tsp garlic powder 1/2tsp salt 1/2 tsp black pepper</p>	<p>Directions</p> <p>Combine all ingredients.</p> <p>Cover and cook on low 8 hrs. Serve over wheat pasta</p>

Low Carb Chili	Servings: 6
<p>Ingredients</p> <p>2 pounds boneless chicken breast, cut into bite sized pieces 1 3/4 cups chicken stock 1 small bunch scallions (five or six) chopped 4 ribs of celery - diced fine 1/4 cup red bell pepper - diced 1 clove of garlic -chopped Salt and pepper to taste 1/2 cup butter 1 teaspoon cumin 1 tablespoon chili powder (or to taste) 1 can (10 oz.) can diced tomatoes with chilies 1 cup water Grated Parmesan cheese for garnish</p>	<p>Directions</p> <p>Sauté the scallions, celery, and bell pepper in the butter. Add the chicken and cook just until the color begins to turn. Combine the chicken stock, canned tomatoes, water, garlic, cumin and chili powder in the warm slow cooker and add the chicken and vegetables. Stir once to blend.</p> <p>Cover and cook on high for one hour, then turn the heat to low for 4-5 hours. Garnish with grated Parmesan cheese.</p>

Jambalaya	Preparation Time: 30 minutes Cooking Time: 8 - 10 hours (crock pot) Serves: 4 - 6
<p>Ingredients</p> <p>1 lb boneless, skinless chicken thighs, diced 2 green peppers, chopped 1 medium onion, chopped 2 stalks celery, sliced 4 cloves garlic, minced 1 can (14 oz) whole tomatoes, chopped 1/3 of a can tomato paste 1 can fat free beef broth 1 TBS dried parsley 1 1/2 tsp dried basil 1/2 tsp dried oregano 1 tsp hot sauce 1/2 tsp salt 1 lb shrimp, peeled 4 cups cooked brown rice</p>	<p>Directions</p> <p>Combine all ingredients (except shrimp and rice) in crock-pot. Cook on low for 8-10 hours.</p> <p>In the last 15 minutes, add the raw shrimp and cooked rice.</p>

Taco Soup	Yields 6-8 servings (about 2 quarts)
<p>Ingredients</p> <p>2 lbs ground beef or turkey 1 envelope taco seasoning 1 1/2 c water 1 can (15 3/4 ounces) mild chili beans 1 can (15 1/4 ounces) whole kernel corn, drained 1 can (15 oz) pinto beans, rinsed and drained 1 can (14 1/2 oz) stewed tomatoes 1 can (10 oz) diced tomatoes with green chilies 1 can (4 oz) chopped green chilies, OPTIONAL 1 envelope ranch salad dressing mix</p>	<p>Directions</p> <p>In a Dutch oven, stew pot or large kettle, cook beef over medium heat until no longer pink: drain. Add taco seasoning and mix well. Stir in remaining ingredients. Simmer uncovered for 15 min. or until heated through, stirring occasionally.</p> <p>Note: For lower fat/calories use reduced fat or fat free ingredients.</p>

Flourless Chewy Oatmeal Cookies	Yields about 1 dozen cookies
<p>Ingredients</p> <p>1/3 cup Unsalted butter 1 1/2 cups Rolled oats 1/2 cup Splenda® 1/4 cup Splenda® Brown sugar - scant, firmly packed 1/8 tsp Salt 1 tsp Vanilla extract 1 Egg</p>	<p>Directions</p> <ol style="list-style-type: none"> 1. Melt the butter and set aside to cool. Place oats in a medium-sized bowl. Stir in both sugars and the salt and blend to break up any lumps. 2. In a separate bowl, whisk together the melted butter, vanilla and egg. Stir this into the oat mixture, mixing with your hands or a large wooden spoon to work in the ingredients. Form into a large ball of dough. 3. Chill the dough 20 minutes. 4. Preheat oven to 350°F. Meanwhile, prepare a baking sheet by lining with parchment paper. 5. Form the chilled dough into 1-inch balls and flatten down very slightly on the baking sheet. Bake for 13 to 17 minutes or until the edges are nicely browned and the tops of the cookies are medium golden in color. 6. Cool well on the baking sheet (about 10 minutes) before attempting to remove, using a metal spatula or icing knife. 7. The dough can also be brought to room temperature and flattened more when placed on the baking sheet to make a large, crisp and lace-like cookie. Keep the cookies refrigerated.

Crustless Pumpkin Pie	
Ingredients 15 oz. can pumpkin 12 ounces can skim evaporated milk 3/4 cup egg substitute or 3 egg whites 1/2 tsp. salt 1 T. pumpkin pie spice 1 tsp. vanilla 1 cup Splenda	Directions Combine all ingredients & beat until smooth .Pour into greased (Use Pam) 9 1/2" glass pie plate. Bake @ 400 degrees for 15 minutes, then @ 325 degrees for 45 minutes until knife comes out clean from the center.

Peanut Butter Cookies	Yields about 1 dozen cookies
Ingredients 1 cup peanut butter 1 cup Splenda® 1 egg 1 T vanilla (Optional)	Directions Mix & drop, roll, or press out. Bake at 350 for about 12 minutes.

Peanut Butter Protein Balls	
Ingredients 1 cup natural smooth peanut butter 1 cup quick rolled oats 1 cup protein powder	Directions Mix all together & form into balls the size of walnuts. For more protein & to keep them from sticking together, roll them in crushed nuts or oatmeal. Store in an airtight container. Keep refrigerated. This is great quick protein pick-me-up.

Banana Strawberry Smoothie	Preparation Time: 5 minutes Cooking Time: none Serves 1
<p>Ingredients</p> <p>6-8 ice cubes 1 banana 1 cup frozen strawberries 1 cup fat free plain yogurt Dash of Splenda</p>	<p>Directions</p> <p>Blend until smooth-ie</p>

Layered Mexican Dip	Yields 24 appetizer servings
<p>Ingredients</p> <p>6 oz. lean ground turkey 6 oz. lean ground pork 1/2 c. chopped onion 1 (16 oz.) can pinto beans, drained & mashed 1 (4 oz.) can chopped green chilies, undrained 1/2 c. shredded reduced-fat Monterey Jack cheese 1/2 c. Shredded low-fat Cheddar cheese 1/2 c. Picante sauce 1/4 c. chopped green onions 1 tbsp. sliced ripe olives 1/2 c. low-fat sour cream</p>	<p>Directions</p> <p>Cook turkey, pork and onion in a large nonstick skillet over medium heat until browned, stirring to crumble meat. Drain and pat dry with paper towels. Set aside. Spread pinto beans in an 11 x 7 x 2 inch baking dish; layer reserved meat mixture, chopped green chilies, cheeses and Picante sauce over beans. Bake, uncovered, at 350 degrees for 15 minutes or until cheese melts and mixture is thoroughly heated. Sprinkle chopped green onions and sliced olives evenly over picante sauce; top with sour cream. Serve with unsalted tortilla chips or Melba rounds.</p>

Sugar Free Hot Cocoa	Makes 30 servings
<p>Ingredients</p> <p>One cup baking cocoa Two cups of Splenda® Five and ½ cups of nonfat dry milk powder One cup nonfat powdered creamer 1 ½ tsp. of salt</p>	<p>Directions</p> <p>Add 3-4 TBSP of mix to one cup of hot water</p>

Baked Stuffed Salmon	Preparation Time: 15 minutes Cooking Time: 45 minutes Serves: 8
<p>Ingredients</p> <p>1 salmon, about 5 lb each, center and rib bones removed 1 lemon, juiced 1 medium onion\cooked, thinly sliced 1 large tomato\cooked, thinly sliced 8 basil leaves, rinsed, dried and thinly sliced oven roasting bags</p>	<p>Directions</p> <p>Preheat oven to temperature 400°F. Slice partly through salmon so that you can open it up and lay it flat, skin side down. Remove thin bones running down center of each fillet. Sprinkle inside of fish with salt and pepper to taste and half the lemon juice. Place 2/3 of the onion, tomato and basil on one of the fillets. Close up fish with stuffing inside and place it inside roasting bag. Arrange remaining onion, tomato and basil on top of fish. Sprinkle with remaining lemon juice. Close roasting bag tightly around fish. Bake 30 minutes. Turn package over and bake another 15-20 minutes, or until fish is no longer pink inside. Serve fish with juices.</p>

Beef Bordelaise	Preparation Time: 15 minutes Cooking Time: 45 minutes Serves: 8
<p>Ingredients</p> <p>1 pound lean beef round, trimmed and cut into 1" cubes 1 1/2 onions, chopped 2 large garlic cloves 1/2 dry red wine 1/2 cup fat-free low sodium beef broth 1 cup tomato, chopped (or use canned diced) 1 6-oz can of tomato juice (or use the liquid from the can of diced tomatoes) 1 3 x 1 piece of orange peel 1 tsp Worcestershire sauce 1 tsp chopped fresh rosemary, of 1/2 tsp dried 1/2 pound peeled baby carrots</p>	<p>Directions</p> <p>In a heavy pot brown beef on all sides, set aside. Discard any fat that may be in the pot, add onion and garlic, and cook over medium heat until golden. Add wine, broth, tomato juice, orange peel, Worcestershire, and rosemary. Bring to a boil. Add cooked beef (and any drippings) and carrots. Cover and lower heat; simmer for 30 minutes. Uncover, raise heat to medium-high and cook 15 minutes, until liquid in post reduces and gets slightly thick.</p>

Beef Fajitas	Preparation Time: 15 - 30 minutes Cooking Time: 30 minutes Serves: 4
<p>Ingredients</p> <p>12 oz lean sirloin beef, about 1/2-inch thick, trimmed 1 1/2 Tbsp fresh lime juice, divided 1 1/4 tsp chili powder, divided 1 large onion, sliced 1 large sweet red pepper, sliced 1/4 tsp table salt 1/4 cup cilantro, fresh, chopped 1/2 cup salsa 1/4 cup fat-free sour cream 8 large leaf lettuce, green leaf-variety (optional)</p>	<p>Directions</p> <p>Coat a large nonstick skillet with cooking spray. Heat skillet over medium-high heat. Meanwhile, drizzle steak with 2 teaspoons of lime juice and then sprinkle it with 1 teaspoon of chili powder.</p> <p>Add steak to skillet and cook over medium-high heat for 6 minutes, turning once, for medium-rare, or longer until desired doneness. Remove to a cutting board and let stand.</p> <p>Add onion, pepper and salt to skillet. Off heat, coat vegetables with cooking spray. Sauté over medium-high heat until onions and peppers are lightly browned and crisp-tender, about 5 minutes. Remove from heat and stir in remaining lime juice, chili powder and cilantro.</p> <p>Slice steak thinly across grain. Toss sliced steak with onion mixture and serve with salsa and sour cream. Wrap up in lettuce leaves if desired.</p>

Beef Tenderloin Roast	Preparation Time: 15 - 30 minutes Cooking Time: 50 minutes Serves: 8
<p>Ingredients</p> <p>1lb raw lean beef tenderloin 1/2 tsp salt 1/2 tsp black pepper, freshly ground 2 medium garlic cloves, minced 1 TBS rosemary, fresh, minced, or 1 tsp dried rosemary 1 tsp dried oregano</p>	<p>Directions</p> <p>Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray. Season beef all over with salt and pepper; transfer to prepared pan. Combine garlic, rosemary and oregano in a small bowl. Rub herb mixture all over top of beef; gently press herbs into beef with your hands so it sticks. Roast until an instant-read thermometer inserted in center of beef reads 160°F, about 45 to 50 minutes (for medium meat; cook longer for medium to well done meat).</p>

Chicken with Mango Salsa	Preparation Time: 15 - 30 minutes Cooking Time: 50 minutes Serves: 8
<p>Ingredients</p> <p>1/2 cup chopped peeled mango 1/2 cup chopped tomato 2 tablespoons minced fresh cilantro 1 tablespoon chopped jalapeno pepper 1 tablespoon chopped red onion 1-1/2 teaspoons chopped celery 1-1/2 teaspoons lime juice 1/4 teaspoon grated lime peel 2 boneless skinless chicken breast halves (6 ounces each) 1/4 teaspoon Salt 1/8 teaspoon pepper 1 tablespoon canola oil</p>	<p>Directions</p> <p>For salsa, in a small bowl, combine the mango, tomato, cilantro, jalapeno, onion, celery, lime juice and peel. Cover and refrigerate for 2-3 hours. Sprinkle chicken with salt and pepper. In a large skillet, cook chicken in oil over medium-high heat for 5-6 minutes on each side.</p>

Fancy Skillet Steaks	Serves 2
<p>Ingredients</p> <p>2 boneless beef sirloin steaks (6 ounces each) 3 teaspoons olive oil, divided 1/4 cup chopped onion 1/4 cup oil-packed sun-dried tomatoes, chopped 2 tablespoons balsamic vinegar 1 teaspoon Splenda 1 garlic clove, minced 1/2 teaspoon lemon-pepper seasoning</p>	<p>Directions</p> <p>In a large skillet, cook steaks in 1 teaspoon oil over medium-high heat for 4-5 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well- done, 170°). Remove and keep warm. Add the onion, tomatoes, vinegar, Splenda, garlic, lemon-pepper and remaining oil to the skillet. Cook and stir for 4-5 minutes or until onion is tender. Spoon over steaks.</p>

Grilled Southwestern Pork Chops	Serves 4
<p>Ingredients</p> <p>1/2 T. chili powder 1/2 T. oil 1/2 t. cumin 1/8 t. salt 1/8 t. cayenne pepper 1/2 garlic clove, finely chopped 4 pork loin or rib chops, 1/2" thick (1 1/4 lbs.)</p>	<p>Directions</p> <p>Mix all ingredients except pork. Spread chili powder mixture evenly on both sides of the chops. Cover and refrigerate at least 30 minutes, but no longer than 24 hours. Heat coals or gas grill for direct heat. Cover and grill pork 4 - 6" from medium heat 10 - 12 minutes, turning frequently, until slightly pink when cut near bone.</p>

Guacamole Omelet	Makes 1 serving
<p>Ingredients</p> <p>2 eggs 1 tablespoon water Salt and pepper 1/4 avocado, peeled 1/2 teaspoon lemon juice Dash of seasoned salt 4 drops hot pepper sauce 1 small tomato, chopped</p>	<p>Directions</p> <p>In a small bowl mash avocado until chunky. Add lemon juice, seasoned salt, hot pepper sauce and tomato. Mix well. Set aside.</p> <p>Mix eggs, water and a dash of salt and pepper. Beat briskly. Pour into a hot nonstick skillet or omelet pan. Stir with a circular motion while shaking the pan vigorously over heat. Stir until eggs begin to set. Let stand 2 to 3 seconds and shake pan. Omelet should move freely.</p> <p>Spoon guacamole mixture over half of omelet. Slip a broad spatula under the omelet and fold in half carefully.</p>

Easy Italian Skillet Chicken	30 Minutes to Prepare and Cook Makes 4 servings
<p>Ingredients</p> <p>4 boneless skinless chicken breast 1 can (14.5 oz) Italian diced tomato 1 can (2.25 oz) sliced black olive 2 tbsp olive oil 2 oz low fat mozzarella cheese</p>	<p>Directions</p> <p>In skillet, cook chicken breast in olive oil. When chicken is almost done, add all other ingredients (except mozzarella cheese) in skillet. Simmer for 15-20 min. Spoon mixture over the top of chicken. Sprinkle with mozzarella cheese and cover until cheese is melted. For an additional 210 calories and 1.5 grams of fat, serve over 2oz whole wheat spaghetti.</p>

Mexican Chicken	Preparation Time: 10 minutes Cooking Time: 30 - 40 minutes Serves: 4
<p>Ingredients</p> <p>4 boneless skinless chicken breasts 1 jar (16 oz) mild thick chunky salsa 1 can (2.25 oz) sliced black olives, drained 1/2 tsp finely chopped garlic</p>	<p>Directions</p> <p>Beat chicken breasts to uniform thickness. Spray nonstick frying pan with olive oil spray. Sauté garlic over low heat. Add chicken and over low-medium heat cook until golden, turning once. Add salsa and cover. Continue to cook over low medium heat 30 – 40 minutes. Good served over brown rice. Top with olives.</p>

Mini Frittatas with Ham and Cheese	Serves: 8 (3 frittatas each)
<p>Ingredients</p> <p>Cooking spray 1/2 cup finely chopped onion 2/3 cup chopped reduced-fat ham (about 2 ounces) 1/3 cup (about 1 1/2 ounces) shredded reduced-fat extra-sharp cheddar cheese 2 tablespoons chopped fresh chives 1/8 teaspoon dried thyme 1/8 teaspoon black pepper 4 large egg whites 1 large egg</p>	<p>Directions</p> <p>Preheat oven to 350°. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 2 minutes or until crisp-tender. Add ham; sauté 3 minutes. Remove from heat; cool 5 minutes. Combine remaining ingredients in a large bowl; stir with a whisk. Add ham mixture, stirring with a whisk. Spoon mixture into 24 miniature muffin cups coated with cooking spray. Bake at 350° for 20 minutes or until set.</p>

Savory Scallops	
<p>Ingredients</p> <p>1 lb scallops Salt & pepper to taste 3 tablespoons chopped shallots 1/2 C peeled, seeded tomatoes cut in cubes (I used canned) 1 clove garlic 2 teaspoons white vinegar 1 1/2 tablespoon chopped fresh parsley Olive oil</p>	<p>Directions</p> <p>In small pan combine, shallots, tomatoes, garlic & vinegar and season with salt and pepper. Cook for 2 minutes. Lightly oil bottom of skillet and heat scallops in one layer. Cook shaking pan and stirring 1 to 2 minutes. Do not brown or overcook. Spoon sauce over scallops and sprinkle with parsley.</p>

Spicy Shish Kabobs	
<p>Ingredients</p> <p>2 boneless skinless chicken breasts 1 zucchini 4 cherry tomatoes 1 yellow sweet pepper 4 whole jalapeño peppers Jerk seasoning (can be found at most stores under Caribbean)</p>	<p>Directions</p> <p>Wash chicken and vegetables. Slice zucchini in 1/4 inch square pieces. Cut chicken in 1 inch cubes, alternate chicken with vegetables. Put jalapeños in middle. Marinade in 1 tbsp jerk seasoning and 1/4 cup ranch dressing for 1 hour. Grill for 15 minutes and serve with rice or salad. Dish can be made vegetarian or with beef.</p>

Szechuan-style Shrimp	
<p>Ingredients</p> <p>1 1/2 tablespoons peanut oil 2 teaspoons finely chopped fresh ginger 1 tablespoon coarsely chopped garlic 2 tablespoon finely chopped scallions 1 lb. raw shrimp, shelled and de-veined</p> <p>For the sauce:</p> <p>1 tablespoon tomato paste 2 teaspoons chili bean sauce 2 teaspoons Chinese black vinegar or cider vinegar 1/2 teaspoon salt 1/2 teaspoon freshly ground black pepper 2 teaspoons Splenda 2 teaspoons sesame oil Cilantro sprigs, to garnish (optional)</p>	<p>Directions</p> <ol style="list-style-type: none"> 1. Heat a wok over high heat. Add the oil, and when it is very hot and slightly smoking, add the ginger, garlic, and scallions. 2. Stir-fry for 20 seconds, and then add the shrimp. Stir-fry the shrimp for about 1 minute. 3. Add the sauce ingredients and continue to stir-fry for another 3 minutes over a high heat. Serve at once.