

# **VA Farmers Market Cookbook**

VA Salt Lake City Health Care System

2015-2016

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## SYMBOL KEY



High Fiber



Low Saturated Fat



Low Sodium



## Avocado Dip

Recipe adapted from [tasteofhome.com](http://tasteofhome.com)

### INGREDIENTS

- 2 avocados, peeled and pitted
- 1 package (8 oz) fat-free cream cheese
- 1/3 cup plain low-fat yogurt
- 1/3 cup picante sauce
- 1 Tbsp lime juice
- 1/2 tsp salt
- 1/4 tsp garlic powder



### DIRECTIONS

- Mash avocados and cream cheese until smooth.
- Stir in the next five ingredients.
- Serve with chips or raw vegetables. Refrigerate leftovers.

Nutrition Facts Number of servings per recipe: 10 Calories per serving: 100	<b>Total Fat</b> 6g	<b>Total Carbohydrate</b> 6g
	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 3g
	<b>Sodium</b> 350mg	<b>Protein</b> 5g

## Avocado Hummus

Recipe adapted from [www.thelovelycupboard.com](http://www.thelovelycupboard.com)

### INGREDIENTS

- 1 can white beans, drained and rinsed
- 1 avocado, cubed
- 1 Tbsp lime juice
- 1 Tbsp + 1 tsp olive oil
- 1/2 tsp salt
- 1/4 tsp cayenne pepper



### DIRECTIONS

1. Add all ingredients in a food processor.
2. Blend until smooth. Serve with raw vegetables, pita bread or tortilla chips.

Nutrition Facts Number of servings per recipe: 8 Calories per serving: 100	<b>Total Fat</b> 6g	<b>Total Carbohydrate</b> 9g
	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 4g
	<b>Sodium</b> 160mg	<b>Protein</b> 3g

# Avocado, Tomato and Mango Salsa

Recipe adapted from [allrecipes.com](http://allrecipes.com)

## INGREDIENTS

- 1 mango, peeled, seeded and diced
- 1 avocado, peeled, pitted and diced
- 4 tomatoes, diced
- 1 jalapeno pepper, seeded and minced
- ½ cup chopped, fresh cilantro
- 3 cloves garlic, minced
- 1 tsp salt
- 2 Tbsp fresh lime juice
- ¼ cup chopped red onion
- 2 Tbsp olive oil



## DIRECTIONS

In a medium bowl, combine the mango, avocado, tomatoes, jalapeno, cilantro and garlic. Stir in the salt, lime juice, red onion and olive oil. To blend the flavors, refrigerate for about 30 minutes before serving. Serve with tortilla chips.

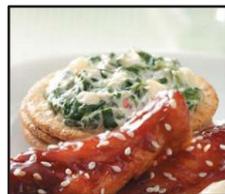
Nutrition Facts	<b>Total Fat</b> 7g	<b>Total Carbohydrate</b> 12g
Number of servings per recipe: 8	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 3g
Calories per serving: 110	<b>Sodium</b> 300mg	<b>Protein</b> 2g

# Classic Spinach Dip

Adapted from [tasteofhome.com](http://tasteofhome.com)

## INGREDIENTS

- 4 cups fresh baby spinach, chopped
- 2 Tbsp water
- ⅔ cup sliced water chestnuts, chopped
- ⅓ cup light sour cream
- ⅓ cup mayonnaise
- 4 tsp vegetable soup mix
- 1 green onion chopped



## DIRECTIONS

1. In a microwave-safe bowl, combine spinach and water. Cover and microwave on high for 45-60 seconds or until wilted; drain. Cool slightly and squeeze dry.
2. In a small bowl, combine the water chestnuts, sour cream, mayo, soup mix, onion and spinach. Chill for at least one hour. Serve with assorted crackers.

Nutrition Facts Number of servings per recipe: 6 Calories per serving: 90	<b>Total Fat</b> 5g	<b>Total Carbohydrate</b> 8g
	<b>Saturated Fat</b> 1.5g	<b>Dietary Fiber</b> 1g
	<b>Sodium</b> 130mg	<b>Protein</b> 2g

## Egg Salad with Veggies

*Ellie Walker and Ann Betts*

### INGREDIENTS

- 5 hard-boiled eggs, cooled and shelled
- ¼ cup light mayonnaise
- 2 tsp mustard
- 2 tsp lemon juice
- 1 cup vegetable mixture, diced  
(see below)



### DIRECTIONS

1. Mash and mix the first four ingredients with a fork until it is well mixed and as smooth as you like. Add the course chopped veggies to the egg salad and mix to disperse the veggies evenly. Serve on bread, crackers, or lettuce leaves.
2. For the vegetable mixture, you can use whatever you have on hand. We recommend one medium onion and 3-4 sticks each of celery and carrots. Cut everything into small chunks and put into food processor to chop to a coarse dice. This will make approximately 3 to 4 cups of chopped veggies. You can use the extra mix in chicken or tuna salads, green salads, deviled eggs, soups or stews, or as a snack mixed with low fat cottage cheese.

Nutrition Facts Number of servings per recipe: 3 Calories per serving: 218	<b>Total Fat</b> 16g	<b>Total Carbohydrate</b> 8g
	<b>Saturated Fat</b> 4g	<b>Dietary Fiber</b> 1g
	<b>Sodium</b> 303mg	<b>Protein</b> 11g

# Grilled Peach Salsa

Allison Riederer

Recipe adapted from <http://www.pbs.org/food/blogs/fresh-tastes/>

## INGREDIENTS

- 1 yellow onion, minced
  - 1 lb yellow peaches
  - 1 jalapeno pepper, seeded and minced
  - 2 Tbsp fresh lime juice
  - 1 large tomato, minced
  - 1 bunch cilantro, minced
  - 1 tsp minced garlic
  - Pinch of salt to taste
- (not included in nutrition facts)



## DIRECTIONS

1. Preheat your grill to medium-high heat. Rub a little olive oil over the grates.
2. Slice your peaches down the middle and discard the pit. Once the grill is hot, set peaches (cut-side down) on the grill and close the top. Grill for 8-10 minutes, until peaches are very juicy and have those nice charred lines running across. Remove peaches from the grill and turn off grill.
3. Set grilled peaches aside to cool. Meanwhile, combine the minced sweet onion, jalapeno pepper, tomato, cilantro and garlic in a large bowl. Once peaches are cool enough to handle, chop them up and add them to the bowl.
4. Squeeze a lime over everything, toss well and season with salt to taste. For a full, rich flavor, marinate in the fridge overnight.



This salsa isn't just for dipping chips! Here are some ways to incorporate it into different dishes in your own kitchen:

1. Make quesadillas with whole wheat tortillas, shredded chicken, cheese and a few scoops of peach salsa
2. Mix 1½ cups of salsa in with 2-3 cups of cooked brown rice, 1 can of rinsed black beans, and ½ cup of crumbled feta cheese for a delicious side dish.
3. Make a salad! Start with a bed of fresh spinach (or any greens), add chopped red pepper, fresh corn, black beans or chicken, diced avocado, and a scoop of salsa. Crumble tortilla chips on top and enjoy!

Nutrition Facts	<b>Total Fat</b> 0g	<b>Total Carbohydrate</b> 9g
Number of servings per recipe: 8	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 1g
Calories per serving: 35	<b>Sodium</b> 75mg	<b>Protein</b> 1g

## Hot Spicy Salsa

David (Jesus) Zaragoza

### INGREDIENTS

- 10 serrano peppers
- 5 jalapeno peppers
- 3 habanero peppers
- 3 (28-oz) cans of petite diced regular tomatoes
- Garlic salt to taste

### DIRECTIONS

1. Put peppers in a pot with water and bring to a boil; reduce heat and let simmer until the peppers are soft, 45-50 minutes.
2. Put in colander and let cool. Remove stems.
3. Place peppers in a food processor and puree to any consistency that you prefer. Place the peppers in a large bowl.
4. Placed the diced tomatoes in the food processor and buzz it a few times until they are chopped even smaller. Put tomatoes in a bowl with the peppers.
5. Add garlic salt to taste though avoid adding too much because the chips will be salty. If the salsa is too hot, add more tomatoes.
6. Store in an airtight container in the back of the refrigerator.



NOTE: This salsa is great on many different foods such as: baked potatoes, eggs and potatoes, steaks, pork chops, homemade burritos, refried beans, etc.

*Buy fresh vegetables in season.  
They'll cost less and will taste better.*

# Pepper Avocado Salsa

Recipe adapted from [tasteofhome.com](http://tasteofhome.com)

## INGREDIENTS

- 2 medium tomatoes, diced
- ¼ cup each diced green, sweet red and yellow pepper
- ¼ cup diced red onion
- 2 Tbsp olive oil
- 2 Tbsp lime juice
- 1 Tbsp white wine vinegar
- 1 garlic clove, minced
- 1 Tbsp minced fresh basil or 1 tsp dried basil
- 1 Tbsp minced fresh dill or 1 tsp dill weed
- 1 tsp sugar
- ¾ tsp minced fresh thyme or ¼ tsp dried thyme
- Dash hot pepper sauce
- 1 large ripe avocado



## DIRECTIONS

In a large bowl, combine the first 12 ingredients. Cover and refrigerate. Just before serving, peel and chop the avocado; stir into the salsa. Serve with tortilla chips.

Nutrition Facts	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 6g
Number of servings per recipe: 7	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 3g
Calories per serving: 100	<b>Sodium</b> 0mg	<b>Protein</b> 1g

*Vegetables are naturally low-calorie, high in fiber, and full of vital vitamins and minerals, so eating more vegetables while trying to lose weight is a great way to help you feel full and get the vitamins and minerals your body needs.*

## Strawberry Salsa

Adapted from [tasteofhome.com](http://tasteofhome.com)

### INGREDIENTS

- 2½ cups finely chopped fresh strawberries
- 1 cup chopped green pepper
- 1 Tbsp chopped green onions
- 2 Tbsp minced fresh parsley
- ⅓ cup prepared Catalina salad dressing
- Dash hot pepper sauce
- Pepper to taste



### DIRECTIONS

In a large bowl, combine the strawberries, green pepper, onions, and parsley. Stir in the salad dressing, hot pepper sauce and pepper. Cover and refrigerate for 2 hours. Serve with tortilla chips.



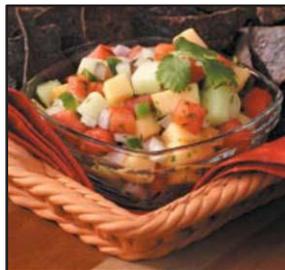
Nutrition Facts	<b>Total Fat</b> 0g	<b>Total Carbohydrate</b> 12g
Number of servings per recipe: 6	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 2g
Calories per serving: 50	<b>Sodium</b> 160mg	<b>Protein</b> 1g

## Summer Melon Salsa

Recipe adapted from [tasteofhome.com](http://tasteofhome.com)

### INGREDIENTS

- ½ cup cubed cantaloupe
- ½ cup cubed honeydew
- ½ cup cubed seedless watermelon
- ¼ cup chopped red onion
- 1 jalapeno pepper, seeded and chopped
- 2 Tbsp minced fresh cilantro
- 1 Tbsp lime juice
- ¼ tsp pepper
- ¼ tsp salt



### DIRECTIONS

Combine the melon, onion, jalapeno, cilantro, lime juice, pepper and salt. Serve with tortilla chips. Refrigerate leftovers.



Nutrition Facts	<b>Total Fat</b> 0g	<b>Total Carbohydrate</b> 8g
Number of servings per recipe: 3.5	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 1g
Calories per serving: 30	<b>Sodium</b> 90mg	<b>Protein</b> 1g

# Watermelon Salsa

Recipe adapted from Food Network Magazine's June 2013 Issue

## INGREDIENTS

- 1½ tsp lime zest (from 1 lime)
- Fresh-squeezed juice from 3 limes
- 1 Tbsp sugar
- Freshly ground pepper
- 3 cups seeded and finely chopped watermelon
- 1 cucumber, peeled, seeded and diced
- 1 mango, peeled and diced
- 1 jalapeno pepper, seeded and minced
- 1 small red onion, finely chopped
- 8 fresh basil leaves, finely chopped
- ½ tsp garlic salt



## DIRECTIONS

1. Stir together the lime zest, lime juice, sugar and ¼ tsp pepper in a bowl. Add the watermelon, cucumber, mango, jalapeno, onion and basil and toss gently. Chill the salsa until ready to serve.
2. Add the garlic salt just before serving. Serve with tortilla or pita chips.

Nutrition Facts	<b>Total Fat</b> 0g	<b>Total Carbohydrate</b> 15g
Number of servings per recipe: 8	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 2g
Calories per serving: 60	<b>Sodium</b> 60mg	<b>Protein</b> 1g

*Looking to lose weight, but hate feeling hungry?*

*Try adding more fruits & vegetables!*

*Both are packed with fiber, which not only helps fill you up, but it also keeps your digestive system running like a well-oiled machine.*

# Zucchini Salsa

*Recipe*

*VA Share the Harvest*

## INSTRUCTIONS

- 10 cups zucchini, peeled and shredded (about 2 huge or 4 regular)
- 4 onions, chopped
- 2 green bell peppers, chopped (you may substitute all peppers with 2 green chilies to give a hot flavor)
- 2 red bell peppers, chopped
- ¼ cup salt
- 1 Tbsp salt
- 2 Tbsp dry mustard
- 2 Tbsp garlic powder
- 1 Tbsp Cumin
- 2 cups white vinegar
- 1 cup brown sugar
- 2 Tbsp crushed red pepper flakes
- 1 tsp nutmeg
- 1 tsp black pepper
- 5 cups peeled, chopped ripe tomatoes (about 4 large or 8 regular)
- 2 Tbsp cornstarch
- 2 cans tomato paste (2 6 oz. cans or one 12-14 oz. can)

## DIRECTIONS

In a large bowl combine zucchini, onions, red pepper, green pepper, and salt. Mix together and cover. Let stand a few hours or overnight. Then rinse, drain well, and place into a large pot. Add mustard, garlic, cumin, vinegar, brown sugar, pepper flakes, cornstarch, nutmeg, black pepper, tomatoes, and tomato paste. Bring to a boil and simmer for 15 minutes. Put into ½ pint or 1 pint jars.

Nutrition Facts	<b>Total Fat</b> 0.5g	<b>Total Carbohydrate</b> 21g
Number of servings per recipe: 20	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 3g
Calories per serving: 90	<b>Sodium</b> NA	<b>Protein</b> 2g



# Asian Spinach Salad with Orange and Avocado

## INGREDIENTS

- 2 Tbsp finely chopped shallots (or onion)
- 2 Tbsp rice vinegar
- 1 Tbsp vegetable oil
- 1 tsp minced peeled fresh ginger
- ¼ tsp (generous) Asian sesame oil
- 1 navel orange
- 1 6-ounce bag baby spinach leaves
- 1 avocado, cut into ½-inch wedges



## DIRECTIONS

1. Whisk first 5 ingredients in large bowl. Season to taste with salt and pepper. Set dressing aside.
2. Cut off peel and white pith from orange. Cut orange into 1/3 inch rounds; cut rounds crosswise in half. Add spinach to dressing; toss to coat.
3. Add avocado and orange; toss gently.

Nutrition Facts Number of servings per recipe: 4 Calories per serving: 160	<b>Total Fat</b> 11g	<b>Total Carbohydrate</b> 15g
	<b>Saturated Fat</b> 1.5g	<b>Dietary Fiber</b> 7g
	<b>Sodium</b> 70mg	<b>Protein</b> 3g

*Enjoying a farmer's market meal is only three steps away: shop for what's fresh; cook with inspiration; and eat the delicious results.*

# Asparagus Salad

*VA Smartest Loser Competition*

## INGREDIENTS

- 1½ lb fresh asparagus spears
- ¼ cup water
- ½ cup torn watercress
- ½ cup Walden Farms coleslaw dressing
- 2 green onions, sliced
- 1 Tbsp chopped fresh parsley
- 1 Tbsp lemon juice
- 1 tsp Dijon mustard
- ¼ tsp salt
- ¼ tsp dried whole tarragon
- ⅛ tsp pepper
- 6 big lettuce leaves
- 1 (4 oz) jar chopped pimento, drained



## DIRECTIONS

1. Snap off tough ends of asparagus and remove scales with a knife or vegetable peeler, if desired. Cut into 1½-inch pieces. Place in 11x7x2 inch baking dish and add water. Cover with plastic wrap (heavy duty) and microwave on high for 6 to 7 minutes or until crisp-tender; drain. Cover and chill.
2. For watercress dressing, mix remaining ingredients in blender (cover top) and process until smooth. Cover and chill. Yields 1 cup.
3. To serve: Spoon ½ cup chilled asparagus onto each of 6 lettuce lined salad plates. Put 2 tablespoons watercress dressing over each salad. Reserve remaining dressing for later use. Top each salad evenly with chopped pimento.

Nutrition Facts Number of servings per recipe: 6 Calories per serving: 120	<b>Total Fat</b> 7g	<b>Total Carbohydrate</b> 12g
	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 3g
	<b>Sodium</b> 300mg	<b>Protein</b> 3g

# Asparagus Tomato Salad

Cathie Bristow

## INGREDIENTS

- 1 cup cooked, chopped asparagus
- 1 red ripe tomato, cut into wedges
- ½ cup fat free Italian dressing
- 10 jumbo black olives
- 2 oz mozzarella cheese, part skim milk, cubed



## DIRECTIONS

- Cook the asparagus to desired tenderness.
- Combine all ingredients and mix.
- Chill and serve (you may warm it, if desired).

Nutrition Facts	<b>Total Fat</b> 4.5g	<b>Total Carbohydrate</b> 7g
Number of servings per recipe: 4	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 2g
Calories per serving: 80	<b>Sodium</b> 540mg	<b>Protein</b> 5g

*Eat the rainbow! Try a variety of fruits  
and vegetables in a variety of colors.  
You'll get all the various nutrients  
the different colors offer.*

# Black Bean Salad

Valerie Lambiase

## INGREDIENTS

- 1 can small white beans (navy, cannellini), drained and rinsed
- 2 cups corn – fresh or frozen, roasted or pan sautéed till blackened
- 2 jalapeño peppers, diced (or poblano – depends on heat level you like)
- 1 can black beans, drained and rinsed
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- ½ red onion, diced
- 4 garlic cloves, minced
- 4 Tbsp cilantro, chopped
- 2 Tbsp corn oil
- 4 limes, juiced (or to taste)
- 4 Tbsp chili powder (or to taste)
- 1½ Tbsp cumin
- ½ tsp cayenne pepper (or to taste)
- Salt and pepper to taste (not included in nutrition facts)



## DIRECTIONS

1. Place rinsed and drained beans in a large bowl.
2. To blacken the corn: either grill 4 ears fresh on the grill or, if using frozen, quickly sauté thawed corn in 1½ Tbsp HOT corn oil until blackened. Canned corn gets mushy so avoid using it.
3. Let corn cool, and then add to beans. Add the rest of the vegetables and mix, then add the corn oil, lime juice and dry spices. Chill for a few hours before serving to allow flavors to mellow.
4. It can be served with chips, as a side or in a tortilla with rice, smothered in a good green chili.

Nutrition Facts Number of servings per recipe: 16 Calories per serving: 90	<b>Total Fat</b> 2.5g	<b>Total Carbohydrate</b> 15g
	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 4g
	<b>Sodium</b> 160mg	<b>Protein</b> 4g

# Cherry Tomato Corn Salad

Adapted from [tasteofhome.com](http://tasteofhome.com)

## INGREDIENTS

- ¼ cup minced fresh basil
- 3 Tbsp olive oil
- 2 tsp lime juice
- 1 tsp sugar
- ½ tsp salt
- ½ tsp pepper
- 2 cups frozen corn, thawed or 3-4 medium- sized ears, boiled and drained
- 2 cups cherry tomatoes, halved
- 1 cup chopped, seeded and peeled cucumber



## DIRECTIONS

1. In a jar with a tight-fitting lid, combine the basil, oil, lime juice, sugar, salt and pepper; shake well.
2. In a large bowl, combine the corn, tomatoes and cucumber. Drizzle with dressing; toss to coat. Refrigerate until serving.

Nutrition Facts Number of servings per recipe: 6 Calories per serving: 120	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 13g
	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 2g
	<b>Sodium</b> 200mg	<b>Protein</b> 2g

*Fruits and vegetables are jam packed with disease-fighting phytochemicals, antioxidants, vitamins, minerals, and fiber, so eat up!*

# Chinese Cabbage Salad

Lezlie Cohn-Oswald

*This is from a recipe I was given at a potluck luncheon about 15 years ago and my husband, who is a professional chef, helped me get it to the wonderful tastiness that it is today!*

## INGREDIENTS

- 2 Tbsp sesame seeds
- 1½ Tbsp rice vinegar (used unseasoned rice vinegar to limit the salt)
- ⅓ cup olive oil
- ½ tsp sesame oil
- 2 Tbsp sugar
- ½ tsp salt
- ¼ tsp white pepper (use freshly ground peppercorns for the best flavor!)
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp Chinese Five-Spice (choose salt-free)
- ¼ tsp ground ginger
- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 2 carrots, shredded
- 3-oz pkg ramen noodles (without seasoning packet), crushed

## DIRECTIONS

1. Toast sesame seeds over medium heat until golden brown. Set aside.
2. Mix together vinegar, olive oil, sesame oil, sugar, salt, white pepper, onion powder, garlic powder, Chinese five-spice and ginger in a small bowl.
3. In a large bowl, mix together cabbage, carrots and crushed ramen noodles. Toss with dressing mix to coat entirely.
4. Top with toasted sesame seeds.

Nutrition Facts Number of servings per recipe: 8 Calories per serving: 180	<b>Total Fat</b> 12g	<b>Total Carbohydrate</b> 15g
	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 2g
	<b>Sodium</b> 200 – 290mg	<b>Protein</b> 3g

## Citrus Salad

Recipe adapted from *The Romney Family Table* cookbook

### INGREDIENTS

- 3 clementine's, peeled and sectioned
- 1 grapefruit, peeled and sectioned
- 1 orange, peeled and sectioned
- 1 pink grapefruit, peeled and sectioned
- 1 mango, diced
- Seeds from 1 pomegranate
- 2 Tbsp fresh mint leaves, chopped



### DIRECTIONS

- Combine fruits in a large serving bowl.  
Sprinkle with chopped mint leaves and stir gently.

Nutrition Facts Number of servings per recipe: 6 Calories per serving: 140	<b>Total Fat</b> 1g	<b>Total Carbohydrate</b> 35g
	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 7g
	<b>Sodium</b> 0mg	<b>Protein</b> 2g

## Coconut Watermelon Salad

Recipe adapted from *Food Network Magazine's July/August 2013 Issue*

### INGREDIENTS

- 1/3 cup sweetened coconut flakes
- Tbsp sweetened condensed milk
- 2 Tbsp half and half
- Tbsp fresh squeezed lime juice
- Salt to taste (not included in nutrition facts)
- 5 cups chopped seedless watermelon
- Pinch of ground cinnamon



### DIRECTIONS

1. Preheat the oven to 400 degrees F. Spread the coconut on a baking sheet and bake, stirring occasionally, until golden brown, 5 to 8 minutes. Transfer to a bowl and let cool.
2. Combine the condensed milk, half and half, lime juice and a pinch of salt in a small bowl. Put the watermelon in a large bowl and drizzle with the condensed milk mixture. Sprinkle with the toasted coconut and cinnamon.



Nutrition Facts Number of servings per recipe: 5 Calories per serving: 120	<b>Total Fat</b> 3.5g	<b>Total Carbohydrate</b> 21g
	<b>Saturated Fat</b> 2.5g	<b>Dietary Fiber</b> 1g
	<b>Sodium</b> 35mg	<b>Protein</b> 2g

## Cucumber Salad

### INGREDIENTS

- 2 cucumbers, peeled and cut into 1/4-inch slices
- 1 Tbsp rice wine vinegar or distilled white vinegar
- ¼ tsp sugar
- Salt & freshly ground pepper to taste  
*(not included in nutrition facts)*
- Cayenne pepper or dill, optional



### DIRECTIONS

Whisk together vinegar, sugar and a pinch of cayenne pepper and/or dill. Season with salt and pepper. Add cucumbers and toss to coat. Chill until ready to serve.

Nutrition Facts	<b>Total Fat</b> 0g	<b>Total Carbohydrate</b> 2g
Number of servings per recipe: 4	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 1g
Calories per serving: 15	<b>Sodium</b> 0mg	<b>Protein</b> 1g

## Farmers Market Salad

*VA Share the Harvest*

### INGREDIENTS

- 1 carrot, scrubbed and finely diced
- 1 cucumber, peeled, seeded and diced
- 2 tomatoes, chopped
- 1 celery rib, finely diced
- 4 large green olives, pitted and sliced
- Small cubes of sharp cheddar cheese
- 1 Tbsp toasted sunflower seeds
- 3-4 torn leaves of basil
- 1 tsp olive oil
- Black pepper
- Fresh lemon juice to taste

### DIRECTIONS

Gently toss everything with the oil. Season with pepper and add a little lemon juice to taste.

Nutrition Facts	<b>Total Fat</b> 12g	<b>Total Carbohydrate</b> 8g
Number of servings per recipe: 4	<b>Saturated Fat</b> 6g	<b>Dietary Fiber</b> 2g
Calories per serving: 170	<b>Sodium</b> 240mg	<b>Protein</b> 9g

# Fresh Corn Salad

Recipe adapted from *The Barefoot Contessa Cookbook*

## INGREDIENTS

- 6 ears of corn, husks and silk removed
- ½ cup red onion, diced
- 3 Tbsp apple cider vinegar
- 3 Tbsp extra virgin olive oil
- ½ tsp salt
- 1 tsp freshly ground black pepper
- ⅔ cup lightly packed fresh basil leaves, cut into thin ribbons



## DIRECTIONS

Cut the kernels off the cob. Toss the corn kernels in a large bowl with the onion, vinegar, olive oil, salt and pepper. Toss in fresh basil just before serving. Serve cold or at room temperature.

Nutrition Facts	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 35g
Number of servings per recipe: 6	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 4g
Calories per serving: 210	<b>Sodium</b> 200mg	<b>Protein</b> 5g

*Fruits and vegetables are naturally low in sodium and calories, and they are also cholesterol-free and fat-free, which makes eating more of them great for maintaining or losing weight.*

# Fresh Tomato, Cucumber, Basil & Mozzarella Salad

*Lezlie Cohn-Oswald*

## INGREDIENTS

- 2 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 2 Tbsp fresh basil, chiffonade (Stack leaves, roll tightly, perpendicular to the roll into long thin strips)
- 2 pints red and/or yellow cherry tomatoes, cut in half
- 16 oz. part skim mozzarella balls
- 2 large cucumbers, cut in half lengthwise then sliced

## DIRECTIONS

1. In a small bowl, mix together oil and vinegar. Add basil and set aside for at least 10 minutes.
2. In large bowl, combine tomatoes and cucumbers. Mix in dressing mixture, making sure to coat as much of the vegetable mix as possible.
3. Carefully mix in mozzarella. Salt & pepper to taste. Serve and enjoy!



Nutrition Facts Number of servings per recipe: 8 Calories per serving: 140	<b>Total Fat 4g</b>	<b>Total Carbohydrate 10g</b>
	<b>Saturated Fat 1g</b>	<b>Dietary Fiber 2g</b>
	<b>Sodium 473mg</b>	<b>Protein 16g</b>

# Garden Vegetable Black Bean Salad

Joan Heusser

## INGREDIENTS

- 2 large tomatoes, chopped
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup canned or fresh cooked corn
- 1 cup coarsely chopped zucchini
- ¼ cup green onions, sliced
- 3 Tbsp chopped cilantro
- ⅓ cup fat-free Italian salad dressing
- 1 tsp ground cumin
- ¾ tsp chili powder, divided
- 2 cloves garlic, minced
- ¼ cup unsalted cocktail peanuts, chopped



## DIRECTIONS

1. In large bowl, combine tomatoes, beans, corn, zucchini, green onion and cilantro; set aside.
2. In a small bowl, whisk together salad dressing, cumin, ½ tsp chili powder and garlic. Stir into bean mixture, tossing to coat well. Refrigerate for at least 1 hour to blend flavors.
3. To serve, toss peanuts with remaining ¼ tsp chili powder. Sprinkle over salad and serve immediately.

Nutrition Facts Number of servings per recipe: 6 Calories per serving: 110	<b>Total Fat</b> 3.5g	<b>Total Carbohydrate</b> 20g
	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 5g
	<b>Sodium</b> 290mg	<b>Protein</b> 6g

*Nuts & beans, can help lower you blood pressure and reduce your risk of cancer, stroke and heart disease.*

# Greek Salad

Joan Heusser

## INGREDIENTS

- 3 Tbsp extra-virgin olive oil
- 1½ Tbsp lemon juice
- 1 clove garlic, minced
- ½ tsp dried oregano
- ¼ tsp salt (optional)
- ¼ tsp freshly ground black pepper,  
add more for garnish
- 3 tomatoes, cut into wedges
- ¼ red onion, sliced into rings
- ½ cucumber, sliced into thick half moons
- ½ green or red bell pepper, julienned
- 4 oz feta cheese, cut into small cubes



## DIRECTIONS

Combine all ingredients.

Nutrition Facts	<b>Total Fat</b> 17g	<b>Total Carbohydrate</b> 8g
Number of servings per recipe: 4	<b>Saturated Fat</b> 6g	<b>Dietary Fiber</b> 2g
Calories per serving: 200	<b>Sodium</b> 470mg	<b>Protein</b> 6g

*Try grilling vegetables like tomatoes, mushrooms, peppers, onions, and zucchini, for a tasty side to barbecue.*

# Grilled Corn Pasta Salad

Rec Adapted from [tasteofhome.com](http://tasteofhome.com)

## INGREDIENTS

- 4 large ears sweet corn in husks
- 1½ cups uncooked whole-wheat penne pasta
- 2 cups cherry tomatoes
- 1 medium zucchini, thinly sliced
- 1 can (2¼ oz) black olives, drained and sliced
- ⅓ cup white wine vinegar
- 2 Tbsp olive oil
- 1 Tbsp minced fresh basil or 1 tsp dried basil
- 1 tsp sugar
- 1 tsp salt
- ½ tsp ground mustard
- ¼ tsp garlic powder
- ¼ tsp pepper



## DIRECTIONS

1. Carefully peel back the corn husks to within 1 inch of bottom; remove silk. Rewrap the corn in husks and secure with kitchen string. Place in a large kettle; cover with cold water. Soak for 20 minutes; drain. Grill the corn, covered, over medium heat for 25-30 minutes or until tender, turning often.
2. Meanwhile, cook pasta according to package directions; drain and rinse in cold water. When corn is cool enough to handle; remove kernels from cob and place in a large bowl. Add the pasta, tomatoes, zucchini and olives.
3. In a jar with a tight-fitting lid, combine remaining ingredients; shake well. Pour over salad and toss gently to coat. Cover and refrigerate until serving.

Nutrition Facts	<b>Total Fat</b> 6g	<b>Total Carbohydrate</b> 28g
Number of servings per recipe: 8	<b>Saturated Fat</b> 0.5g	<b>Dietary Fiber</b> 4g
Calories per serving: 170	<b>Sodium</b> 360mg	<b>Protein</b> 5g

## Grilled Eggplant Salad

*Adapted from Food Network Magazine September 2013*

### INGREDIENTS

- 1 eggplant
- 2 Tbsp olive oil
- ¼ tsp salt
- 1 tomato, chopped
- 1 garlic clove, minced
- 2 Tbsp chopped basil
- 1 tsp red wine vinegar
- 1 tsp oregano
- Salt and pepper (not included in nutrition facts)
- Shaved Parmesan (not included in nutrition facts)



### DIRECTIONS

Slice the eggplant lengthwise into thirds, toss with olive oil and ½ tsp salt. Grill over medium-high heat until tender, 8 minutes per side; coarsely chop. Toss with tomato, garlic, basil, vinegar and oregano.

Season with salt and pepper and top with shaved parmesan.

Nutrition Facts Number of servings per recipe: 4 Calories per serving: 100	<b>Total Fat</b> 7g	<b>Total Carbohydrate</b> 8g
	<b>Saturated Fat</b> .1g	<b>Dietary Fiber</b> 5g
	<b>Sodium</b> 150mg	<b>Protein</b> 2g

*To ramp up the flavor of vegetables without adding extra calories or salt, try adding fresh or dried herbs like tarragon, basil, thyme, or rosemary.*

# Grilled Sweet Potato and Scallion Salad

Adapted from Food Network Magazine

## INGREDIENTS

- 4 sweet potatoes
- 8 scallions
- 1 cup olive oil
- 2 tsp Dijon mustard
- 2 Tbsp apple cider vinegar
- 1 Tbsp balsamic vinegar
- 1 tsp honey
- Salt and pepper, to taste (*not included in nutrition facts*)
- 1/3 cup roughly chopped fresh parsley



## DIRECTIONS

1. Preheat the oven to 375 degrees F. Bake the potatoes until they can be just pierced with a knife, about 45 minutes. Cut into large chunks.
2. Preheat a grill to high. Brush the potatoes and scallions with 1/3 cup oil and arrange on the grill. Grill the potatoes until just tender, about 5 minutes per side. Grill the scallions until softened and marked, about 1 minute per side. Remove the scallions and potatoes from the grill; cut the scallions into small pieces.
3. In a large bowl, whisk the remaining 1/3 cup olive oil, the mustard, vinegars and honey; season with salt and pepper. Add the potatoes, scallions and parsley and toss until the potatoes are well coated.

Nutrition Facts Number of servings per recipe: 10 Calories per serving: 200	<b>Total Fat</b> 15g	<b>Total Carbohydrate</b> 17g
	<b>Saturated Fat</b> .2g	<b>Dietary Fiber</b> 3g
	<b>Sodium</b> 55mg	<b>Protein</b> 2g

# Hearty Kale Salad

Adapted from [eatingwell.com](http://eatingwell.com)

## INGREDIENTS

- 6 cups kale, very thinly sliced; about ½ large bunch; tough stems removed
- 2 slices center-cut bacon
- 2 Tbsp extra virgin olive oil
- ½ cups onion, chopped
- 1½ cups button mushrooms, sliced
- 2 Tbsp red wine vinegar
- 1 tsp whole-grain mustard
- ¼ tsp freshly ground pepper
- ⅛ tsp salt



## DIRECTIONS

1. Place kale and eggs in a large bowl.
2. Cook bacon in a large skillet over medium heat until crisp. Leaving the bacon fat in the pan, transfer the bacon to a paper towel-lined plate. Chop when cool enough to handle.
3. Add oil and onion to the pan and cook, stirring, for 2 minutes. Add mushrooms and cook, stirring, until softened, about 2 minutes more. Remove from the heat and stir in vinegar, mustard, pepper and salt. Pour the mushroom mixture over the kale and eggs. Add the bacon and toss to combine.

<b>Nutrition Facts</b>	<b>Total Fat</b> 4g	<b>Total Carbohydrate</b> 3.5g
Number of servings per recipe: 4	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 1g
Calories per serving: 60	<b>Sodium</b> 75mg	<b>Protein</b> 2g

# Marinated Vegetable Salad

Kim Engelby

Adapted from *cookinglight.com*



## INGREDIENTS

- 2 cups diagonally sliced carrot (~1 pound)
- 2 cups (2-inch) julienne-cut zucchini
- 1 cup vertically cut sliced red onion
- ½ cup (2-inch) julienne-cut red bell pepper
- ¼ cup red wine vinegar
- 2 Tbsp finely grated fresh Parmesan cheese
- 1 Tbsp chopped fresh parsley
- 1 Tbsp water
- 1 Tbsp olive oil
- ¼ tsp dried basil
- ¼ tsp dried oregano
- ¼ tsp salt
- ⅛ tsp black pepper

## DIRECTIONS

1. Place carrot in microwave-safe dish; cover with plastic wrap. Microwave at HIGH 4 minutes or until crisp-tender; cool.
2. Place zucchini in a microwave-safe dish; cover with plastic wrap. Microwave at HIGH 1½ minutes or until crisp-tender; cool.
3. Combine carrot, zucchini, onion, and bell pepper in a large bowl. Combine vinegar and next 8 ingredients in a small bowl, stirring with a whisk.
4. Pour vinegar mixture over vegetables, tossing to coat. Cover and marinate in refrigerator 2 hours.

<b>Nutrition Facts</b>	<b>Total Fat</b> 2.5g	<b>Total Carbohydrate</b> 9g
Number of servings per recipe: 7	<b>Saturated Fat</b> 0.5g	<b>Dietary Fiber</b> 2g
Calories per serving: 70	<b>Sodium</b> 150mg	<b>Protein</b> 2g

# Mixed Fruit and Spring Greens with White Chocolate-Orange Vinaigrette

*Adapted from foodnetwork.com – VA Share the Harvest*

## INGREDIENTS

### Salad

- 1 15 oz. can Mandarin oranges,  
reserve the juice
- 5 oz spring greens
- 2 cups fresh strawberries, quartered
- ½ pint blueberries



### Vinaigrette

- ¼ cup white wine vinegar
- ⅓ cup reserved Mandarin orange juice
- ¼ tsp salt
- 2 Tbsp sugar
- ¼ cup white chocolate chips
- 3 Tbsp olive oil

## DIRECTIONS

1. Drain mandarin oranges and reserve juice. In a large bowl, combine salad greens and fruit. Set aside.
2. To make the dressing, in a small saucepan over medium-low heat, combine vinegar, ⅓ cup reserved mandarin juice, salt, and sugar. Gently heat until sugar is dissolved. Remove from heat. Stir in white chocolate until melted. Set aside to cool. Do not refrigerate, as white chocolate will set.
3. Before serving, slowly whisk in olive oil. Spoon desired amount over salad and toss. Serve remaining dressing on side.

Nutrition Facts	<b>Total Fat</b> 10g	<b>Total Carbohydrate</b> 24g
Number of servings per recipe: 6	<b>Saturated Fat</b> 2.5g	<b>Dietary Fiber</b> 3g
Calories per serving: 180	<b>Sodium</b> 125mg	<b>Protein</b> 2g

# Papa's Mediterranean Pizza Salad

Wendi High

## INGREDIENTS

### Salad

- 1 cups spinach
- 1 cup cooked chicken, chopped
- ½ cup sundried tomatoes
- ½ cup artichokes, chopped
- ½ cup croutons, or cubed French bread



### Dressing

- Add 3 minced garlic cloves
- Basil, parsley, dill, chives and oregano
- ¼ cup olive oil

## DIRECTIONS

1. Combine salad ingredients
2. Mix dressing ingredients and drizzle on top of salad.
3. Top with crumbled feta cheese and black olives if desired.

Nutrition Facts	<b>Total Fat</b> 11g	<b>Total Carbohydrate</b> 8g
Number of servings per recipe: 6	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 3g
Calories per serving: 160	<b>Sodium</b> 95mg	<b>Protein</b> 9g

# Poppy Seed Fruit Madness

Wendi High

## INGREDIENTS

- 1 cup green seedless grapes, halved
- 1 cup strawberries, quartered
- ½ cup blueberries
- 2 Tbsp sugar (can substitute agave or honey)
- ¼ cup fresh lime juice
- 1 tsp poppy seeds
- ¼ cup unsalted pistachios, toasted



## DIRECTIONS

Add ingredients together and stir to combine.

Nutrition Facts	<b>Total Fat</b> 4g	<b>Total Carbohydrate</b> 21g
Number of servings per recipe: 4	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 3g
Calories per serving: 120	<b>Sodium</b> 0mg	<b>Protein</b> 2g

# Spicy Pepper Slaw

*VA Share the Harvest*

## INGREDIENTS

- 3 cups shredded cabbage
- 2 celery ribs, chopped
- 1 medium green pepper, julienned
- 1 cup fresh green beans
- 1 cup fresh asparagus, cut into 1 inch pieces
- 1 bunch green onions, chopped
- ½ cup apple cider vinegar
- 3 Tbsp olive oil
- 1 Tbsp lime juice
- 1 Tbsp thyme
- 1 Tbsp fresh dill
- 1 Tbsp minced cilantro
- 1 tsp salt and pepper

## DIRECTIONS

In a large bowl, combine the first six ingredients. In a small bowl, whisk the remaining ingredients, pour over salad, and toss to coat. Refrigerate for at least one hour before serving.

Nutrition Facts Number of servings per recipe: 8 Calories per serving: 80	<b>Total Fat</b> 5g	<b>Total Carbohydrate</b> 7g
	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 2g
	<b>Sodium</b> 310mg	<b>Protein</b> 1g

# Spinach and Fresh Fruit Salad

*Tronika Ortegon*

## INGREDIENTS

- 1 (10oz) bag fresh baby spinach
- 1 (2 oz.) package bacon bits
- ½ cup fresh bleu cheese, crumbled
- 1 cup fresh strawberries, quartered
- ½ cup fresh blueberries
- ¾ cup low fat balsamic vinaigrette dressing
- 1/3 cup chopped walnuts

## DIRECTIONS

1. To a large bowl, add all ingredients.
2. Mix to combine and serve.



Nutrition Facts Number of servings per recipe: 4 Calories per serving: 287	<b>Total Fat 22g</b>	<b>Total Carbohydrate 18g</b>
	<b>Saturated Fat 6g</b>	<b>Dietary Fiber 3g</b>
	<b>Sodium 1192mg</b>	<b>Protein 13g</b>

# Spinach and Red Pepper Salad

*Adapted from allrecipes.com*

## INGREDIENTS

- 1 (6 ounce) package baby spinach
- 1 red bell pepper, thinly sliced
- ½ cup grated Parmesan cheese
- ¼ cup olive oil
- ¼ cup rice vinegar

## DIRECTIONS

1. In a large bowl, mix the baby spinach, red bell pepper, and Parmesan cheese.
2. In a small bowl, mix the olive oil and rice vinegar.
3. Toss with the baby spinach mixture, and serve.

Nutrition Facts Number of servings per recipe: 6 Calories per serving: 130	<b>Total Fat</b> 11g	<b>Total Carbohydrate</b> 4g
	<b>Saturated Fat</b> 2.5g	<b>Dietary Fiber</b> 2g
	<b>Sodium</b> 150mg	<b>Protein</b> 3g

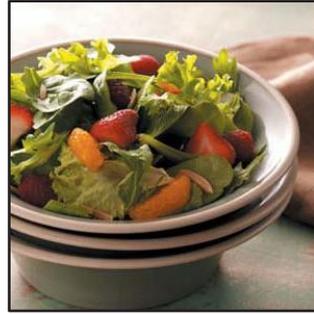
# Spring Greens with Berries

*Adapted from tasteofhome.com*

## INGREDIENTS

### Salad

- 2 packages (5 oz each) spring mix salad greens
- 1 can (11 oz) mandarin oranges in own juice, drained
- $\frac{3}{4}$  cup sliced fresh strawberries
- $\frac{3}{4}$  cup fresh raspberries
- $\frac{1}{2}$  cup slivered almonds, toasted



### Orange Vinaigrette

- $\frac{1}{4}$  cup canola oil
- 1 Tbsp red wine vinegar
- 1 Tbsp orange juice
- 1 Tbsp honey
- 1 tsp grated orange zest
- 1 tsp Dijon mustard
- Pinch of salt
- Pinch of black pepper



## DIRECTIONS

In a large bowl, combine the greens, oranges, berries and almonds. In a jar with a tight-fitting lid, combine the vinaigrette ingredients; shake well. Drizzle over salad and toss to coat.

Nutrition Facts	<b>Total Fat</b> 12g	<b>Total Carbohydrate</b> 14g
Number of servings per recipe: 7	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 3g
Calories per serving: 160	<b>Sodium</b> 135mg	<b>Protein</b> 3g

*Try setting a goal for increasing your fruit and vegetable intake. Keep track of how many fruits & vegetables you eat each day, and then try to add one extra serving each day until you've reached your goal.*

# Springtime Salad

Adapted from [tasteofhome.com](http://tasteofhome.com)

## INGREDIENTS

- 1 cup water
- 1 lb. fresh asparagus, trimmed
- ¼ cup sugar
- ¼ cup canola oil
- 2 Tbsp cider vinegar
- 1½ tsp sesame seeds
- 1 tsp poppy seeds
- ¼ tsp salt
- ¼ tsp paprika
- ¼ tsp Worcestershire sauce
- 2 cups sliced fresh strawberries
- ¼ cup crumbled blue cheese, optional



## DIRECTIONS

1. In a large skilled, bring water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry; set aside.
2. In a jar with a tight fitting lid, combine the sugar, oil, vinegar, sesame seeds, poppy seeds, onion, salt, paprika and Worcestershire sauce; shake well. Cover and refrigerate one hour.
3. In a large bowl, combine the asparagus and strawberries. Drizzle with dressing and toss to coat. Sprinkle with crumbled blue cheese if desired.

Nutrition Facts Number of servings per recipe: 6 Calories per serving: 180	<b>Total Fat</b> 12g	<b>Total Carbohydrate</b> 16g
	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 3g
	<b>Sodium</b> 180mg	<b>Protein</b> 3g

# Strawberry Spinach Salad

*Kelli Horton*

## INGREDIENTS

- 1½ cups quartered strawberries
- 2 Tbsp feta cheese
- ¼ cup light balsamic vinaigrette
- 1 Tbsp finely chopped fresh mint
- 1 (6-oz) package fresh baby spinach
- 2 Tbsp sliced almonds, toasted
- ¼ tsp freshly ground black pepper



## DIRECTIONS

Combine the first five ingredients in a large bowl. Toss gently to coat. Sprinkle with almonds and pepper. Serve immediately.

Nutrition Facts	<b>Total Fat</b> 6.5g	<b>Total Carbohydrate</b> 12g
Number of servings per recipe: 4	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 4g
Calories per serving: 113	<b>Sodium</b> 270mg	<b>Protein</b> 3g

# Summer Salsa Salad

*Wendi High*

## INGREDIENTS

- 1 avocado, chopped
- 1 cup cherry tomatoes, sliced in half
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 bunch cilantro, chopped
- 1 15-oz can black beans, drained
- 1 cup frozen corn, thawed
- ¼ cup light zesty Italian salad dressing



## DIRECTIONS

1. Drizzle salad with dressing and toss to combine.
2. Serve with tortilla chips crumbled on top.

Nutrition Facts	<b>Total Fat</b> 6g	<b>Total Carbohydrate</b> 20g
Number of servings per recipe: 6	<b>Saturated Fat</b> 0.5g	<b>Dietary Fiber</b> 7g
Calories per serving: 140	<b>Sodium</b> 420mg	<b>Protein</b> 5g

# Summer Veggie Salad

*Adapted from Cooking Light, June 2014*

## INGREDIENTS

- 4 (4-inch) Portobello mushroom caps
- 2 (1/2-inch-thick) slices red onion
- 2 ears shucked corn
- 1 large red bell pepper, quartered and seeded
- 1 medium zucchini, halved lengthwise
- 1 large yellow squash, halved lengthwise
- Cooking spray
- 3 Tbsp olive oil
- 1 Tbsp fresh lemon juice
- 1 tsp minced, fresh thyme
- 1/2 tsp Dijon mustard
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 2 oz Manchego, Pecorino or Asiago cheese, shaved (about 1/2 cup)
- 1 oz pine nuts, toasted (about 1/4 cup)



## DIRECTIONS

1. Preheat grill to medium-high heat.
2. Coat mushrooms, onion, corn, bell pepper, zucchini and yellow squash with cooking spray. Arrange vegetables on grill rack coated with cooking spray. Grill 5 minutes on each side or until tender.
3. Combine oil and next 5 ingredients (through black pepper) in a large bowl, stirring with a whisk. Cut kernels from ears of corn; add to oil mixture. Cut remaining vegetables into bite-sized pieces; toss gently to combine. Top with cheese and pine nuts.

Nutrition Facts Number of servings per recipe: 8 Calories per serving: 140	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 13g
	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 3g
	<b>Sodium</b> 180mg	<b>Protein</b> 5g

# Tabbouleh-Style Quinoa Salad

Chris DeGrazio

## INGREDIENTS

### Salad

- 1 cup quinoa
- 2 cups water (or broth: vegetable or chicken)
- 4 Roma tomatoes, seeded and chopped
- 1-2 cucumbers, seeded and chopped
- $\frac{3}{4}$  cup chopped fresh parsley
- $\frac{1}{2}$  cup chopped fresh mint
- 4 green onions, chopped



### Dressing

- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{4}$  cup olive oil
- 1 clove garlic, minced
- Salt and pepper to taste (not included in nutrition facts)

## DIRECTIONS

1. Bring water (or broth) and quinoa to boil and simmer for approximately 15 minutes. Allow to cool to room temperature.
2. Mix vegetables and herbs together.
3. For dressing, mix ingredients together and pour over vegetables; toss.
4. Mix in cooled quinoa.

Nutrition Facts	<b>Total Fat</b> 17g	<b>Total Carbohydrate</b> 35g
Number of servings per recipe: 4	<b>Saturated Fat</b> 2.5g	<b>Dietary Fiber</b> 6g
Calories per serving: 320	<b>Sodium</b> 15mg	<b>Protein</b> 8g

*Try swapping your usual snack with fresh fruit instead.*

# Three Bean Salad

Adapted from allrecipes.com

## INGREDIENTS

- 1 (15 oz) can green beans
- 1 lb wax beans
- 1 (15 oz) can kidney beans, drained and rinsed
- 1 red onion, sliced into thin rings
- $\frac{3}{4}$  cup white sugar
- $\frac{2}{3}$  cup distilled white vinegar
- $\frac{1}{3}$  cup olive oil
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{2}$  tsp celery seed



## DIRECTIONS

Mix all ingredients together. Let set in the refrigerator for at least 12 hours before serving.



Nutrition Facts	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 25g
Number of servings per recipe: 10	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 3g
Calories per serving: 180	<b>Sodium</b> 420mg	<b>Protein</b> 3g

*Keep containers of cut-up vegetables in the refrigerator for quick and easy snacking. Carrots and celery sticks are traditional, but try mixing it up with bell pepper slices, broccoli florets, or cucumber slices*

# Veggie Pesto Pasta Salad

Wendi High

## INGREDIENTS

3 cups whole wheat pasta, cooked  
1/3 cup low-fat Greek yogurt  
2 Tbsp pesto  
Salt and pepper to taste  
1 large carrot, peeled  
2 tomatoes, diced  
2 bell peppers; red, orange or green  
1 cup spinach  
1 green onion, chopped  
Cucumbers to garnish



## DIRECTIONS

Cook the pasta according to package directions. In the meantime cut the vegetables (carrot, tomatoes, bell pepper and spinach) into smaller pieces and put them all into one large bowl. Once the pasta is cooked, drain and cool it off under cold running water. Add the pasta to the bowl of cut vegetables. Add the yogurt and pesto and mix well. Season with salt and pepper and garnish with chopped green onion and cucumbers.

Nutrition Facts Number of servings per recipe: 6 Calories per serving: 140	<b>Total Fat</b> 2.5g	<b>Total Carbohydrate</b> 25g
	<b>Saturated Fat</b> .5g	<b>Dietary Fiber</b> 5g
	<b>Sodium</b> 120mg	<b>Protein</b> 6g

# Watermelon and Feta Salad

Wendi High



## INGREDIENTS

- One watermelon
- 1 cup crumbled Feta
- 1 cup fresh basil
- Olive oil to taste (not included in nutrition facts)
- Salt to taste (not included in nutrition facts)

## DIRECTIONS

1. Slice watermelon into bite-sized chunks and add to serving bowl.
2. Slice fresh basil leaves into little strips and add to bowl.
3. Crumble feta over watermelon and basil, toss with olive oil and salt to serve.

NOTE: Blueberries are also a great addition to this salad.

Nutrition Facts Number of servings per recipe: 12 Calories per serving: 140	<b>Total Fat</b> 3g	<b>Total Carbohydrate</b> 29g
	<b>Saturated Fat</b> 1.5g	<b>Dietary Fiber</b> 2g
	<b>Sodium</b> 75mg	<b>Protein</b> 4g

# Angel Hair Pasta with Garden Vegetables

*Adapted from tasteofhome.com*

## INGREDIENTS

- 8 oz uncooked whole-wheat angel hair pasta
- 1 cup sliced fresh mushrooms
- 1 cup thinly sliced fresh carrots
- 1 cup fresh snow peas
- 1 cup chopped sweet yellow, red or green pepper
- 1/3 cup chopped fresh basil
- 2 garlic cloves, minced
- 1 Tbsp olive oil
- 2 tsp corn starch
- 1 cup vegetable or chicken broth
- 1/4 tsp salt
- 3 medium tomatoes, peeled and chopped
- 1/4 cup grated Parmesan cheese



## DIRECTIONS

1. Cook the pasta according to package directions. Meanwhile, in large nonstick skillet, sauté the mushrooms, carrots, snow peas, pepper, basil and garlic in oil for 2-3 minutes or until crisp-tender.
2. In a small bowl, combine the cornstarch, broth and salt until smooth; gradually stir into the vegetable mixture. Bring to a boil. Cook and stir for 1-2 minutes or until the vegetables are crisp-tender and the sauce is thickened.
3. Remove from heat; stir in tomatoes. Drain pasta; divide among four plates. Top with vegetables; sprinkle with cheese.

Nutrition Facts	<b>Total Fat</b> 10g	<b>Total Carbohydrate</b> 57g
Number of servings per recipe: 4	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 9g
Calories per serving: 360	<b>Sodium</b> 380mg	<b>Protein</b> 12g

# Fettuccine with Sweet Pepper Cayenne Sauce

Adapted from allrecipes.com

## INGREDIENTS

- 12 oz dry fettuccine pasta (try whole grain)
- 2 red bell peppers, julienned
- 3 cloves garlic, minced
- ¾ tsp cayenne pepper
- 1 cup reduced fat sour cream
- ¾ cup chicken broth
- ⅔ cup grated Parmesan cheese
- Salt and pepper to taste



## DIRECTIONS

1. Bring a large pot of water to boil. Add pasta and cook for 8-10 minutes or until al dente; drain.
2. Meanwhile, spray cooking oil in a large skillet and sauté red bell peppers, garlic and cayenne peppers over medium heat for 3-5 minutes.
3. Stir in sour cream and broth; simmer uncovered for 5 minutes. Remove from heat and stir in cheese.
4. Toss hot pasta with salt and season with salt and pepper to taste.

Nutrition Facts	<b>Total Fat</b> 14g	<b>Total Carbohydrate</b> 73g
Number of servings per recipe: 4	<b>Saturated Fat</b> 8g	<b>Dietary Fiber</b> 4g
Calories per serving: 500	<b>Sodium</b> 430mg	<b>Protein</b> 22g

*An easy way to add more vegetables to your diet is by adding them to things you currently enjoy.*

*Try adding lettuce, tomatoes, cucumbers, or even peppers to your sandwiches, or chop up your favorite vegetables and add them to your pasta sauce.*

# Fresh Tomato Soup

*Adapted from Food Network Magazine*

## INGREDIENTS

- 4½ lbs tomatoes  
(4 lbs quartered, ½ lb chopped)
- 1½ Tbsp olive oil
- 1 clove garlic, minced
- 2 scallions, chopped
- 1½ Tbsp heavy cream
- ½ tsp salt
- ¼ tsp pepper
- ½ cup whole wheat mini pasta,  
uncooked



## DIRECTIONS

1. Puree the quartered tomatoes in a blender. Heat the oil in a pot over medium heat.
2. Add the garlic and scallions and cook, stirring, 2 minutes. Increase the heat to medium high; strain the pureed tomatoes through a mesh sieve into the pot. Stir in the chopped tomatoes,
3. 1 cup water, the cream, ½ tsp salt and ¼ tsp pepper. Bring to a simmer and cook until thickened, about 5 minutes. Add the pasta and cook until tender, about 10 minutes; season with salt and pepper.



Nutrition Facts	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 31g
Number of servings per recipe: 4	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 8g
Calories per serving: 210	<b>Sodium</b> 320mg	<b>Protein</b> 7g

# Gazpacho

Wendi High

## INGREDIENTS

- 4 cups tomato juice
- 1 onion, minced
- 1 green bell pepper, minced
- 1 cucumber, chopped
- 2 cups chopped tomatoes
- 2 green onions, chopped
- 1 clove garlic, minced
- 3 Tbsp fresh lemon juice
- 2 Tbsp red wine vinegar
- 1 tsp dried tarragon
- 1 tsp dried basil
- ¼ cup chopped, fresh parsley
- Salt and pepper to taste (not included in nutrition facts)



## DIRECTIONS

In a blender or food processor, combine all ingredients. Blend until well-combined but still slightly chunky. Chill at least two hours before serving if eating it cold. Can serve hot or cold.

<b>Nutrition Facts</b>	<b>Total Fat</b> 0g	<b>Total Carbohydrate</b> 9g
Number of servings per recipe: 10	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 2g
Calories per serving: 45	<b>Sodium</b> 270mg	<b>Protein</b> 2g



# Grape Tomato, Olive and Spinach Pasta

*Adapted from Cooking Light Magazine*

## INGREDIENTS

- 8 oz uncooked whole-wheat penne
- 2 tsp olive oil
- ¼ tsp crushed red pepper
- 1 large garlic clove, thinly sliced
- 2 cups cherry tomatoes, halved
- ½ cup low-sodium vegetable broth
- ¼ tsp salt
- ¼ tsp black pepper
- 10 kalamata olives, pitted and coarsely chopped
- 4 cups baby spinach
- ¼ cup torn basil leaves
- 1 oz Parmesan cheese, grated (about ¼ cup)



## DIRECTIONS

1. Bring a large saucepan of water to a boil. Add pasta; cook 8 minutes or until al dente, omitting salt and fat. Drain in a colander over a bowl, reserving ½ cup cooking liquid.
2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add red pepper and garlic; sauté 30 seconds. Add tomatoes, broth, salt, black pepper, and olives; cook 6 minutes or until tomatoes begin to break down, stirring occasionally. Add pasta and ½ cup reserved cooking liquid to pan; simmer 2 minutes. Stir in spinach and basil; cook 2 minutes or until greens wilt. Divide pasta mixture evenly among 4 bowls; top with Parmesan cheese. Serve immediately.

Nutrition Facts	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 50g
Number of servings per recipe: 4	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 7g
Calories per serving: 320	<b>Sodium</b> 480mg	<b>Protein</b> 11g

# Pasta with Corn and Kale

*Adapted from Food Network Magazine*

## INGREDIENTS

- 6 ears of corn
- Salt
- 1 lb whole wheat fusilli pasta
- 5 Tbsp olive oil.
- 2½ lbs assorted mushrooms (such as shitake and cremini), trimmed and sliced
- 3 garlic cloves, sliced
- ½ tsp red pepper flakes
- 2 bunches kale, stems removed, leaves cut into strips
- 2 bunches scallions (white and light green parts), chopped
- 4 Tbsp unsalted butter, cubed
- Ground pepper



## DIRECTIONS

1. Cut the corn kernels off the cob and transfer to a bowl, then scrape the cobs with the back of a knife to extract the liquid; set aside. Put the corncobs in a large pot and fill with water; season with salt. Cover and bring to a boil, then add the pasta and cook as the label directs; reserve 1 cup of the pasta cooking water, then drain. Discard the cobs.
2. Meanwhile heat 2 Tbsp olive oil in a Dutch oven or heavy-bottomed pot over high heat. Add half of the mushrooms in a single layer and cook, undisturbed, until golden, 4-5 minutes. Season with salt, stir and continue cooking until tender, about 5 more minutes; transfer to a large bowl. Add another 2 Tbsp olive oil to the pot and repeat with the remaining mushrooms. Transfer to the bowl.
3. Add the remaining 1 Tbsp olive oil, the garlic and pepper flakes to the pot; cook, stirring, until the garlic is soft, 1 to 2 minutes. Stir in the kale and season with salt. Cover and cook until wilted, about 3 minutes. Add the corn kernels, mushrooms, scallions, and butter. Cook, stirring until the butter is melted and the mixture is heated through, about 2 minutes. Add the pasta and ½ cup of the reserved pasta cooking water; cook, stirring, until heated through, 1 to 2 more minutes, adding more cooking water as needed to loosen the sauce. Season with salt and pepper.

Nutrition Facts	<b>Total Fat</b> 11g	<b>Total Carbohydrate</b> 44g
Number of servings per recipe: 12	<b>Saturated Fat</b> 3.5g	<b>Dietary Fiber</b> 6g
Calories per serving: 300	<b>Sodium</b> NA	<b>Protein</b> 9g

# Roasted Vegetable Pasta

*Adapted from Food Network Magazine*

## INGREDIENTS

- 2 small zucchini, halved lengthwise and sliced ½ inch thick
- 1 bunch asparagus, trimmed and cut into 2-inch pieces
- 3 Tbsp olive oil
- Freshly ground pepper
- 1 small onion, diced
- 2 cloves garlic, thinly sliced
- 1 28-oz can diced tomatoes
- ½ cup grated Parmesan cheese
- 9 oz linguine
- ½ cup chopped fresh basil



## DIRECTIONS

1. Preheat the oven to 425 degrees F. Bring a large pot of salted water to a boil.
2. Meanwhile, toss the zucchini and asparagus with 1½ Tbsp olive oil on a rimmed baking sheet; season with salt and pepper. Roast until tender, about 20 minutes.
3. Heat the remaining 1½ Tbsp olive oil in a large skillet over medium heat. Add the onion; cook, stirring occasionally, until softened, about 8 minutes. Add the garlic and cook 30 more seconds. Increase the heat to medium high, add the tomatoes and simmer, stirring occasionally, 15 minutes. Remove from the heat and stir in the cheese.
4. Meanwhile add the linguine to the boiling water and cook as the label directs. Reserve ½ cup cooking water, then drain the pasta and add to the skillet with the sauce. Add the roasted vegetables and the reserved cooking water; toss to combine, then stir in the basil. Divide among bowls and top with more cheese.

Nutrition Facts	<b>Total Fat</b> 14g	<b>Total Carbohydrate</b> 64g
Number of servings per recipe: 4	<b>Saturated Fat</b> 3.5g	<b>Dietary Fiber</b> 6g
Calories per serving: 440	<b>Sodium</b> 610mg	<b>Protein</b> 16g

# Root Vegetable Minestrone with Bacon

*Adapted from Cooking Light, March 2014*

## INGREDIENTS

- 5 center-cut bacon slices, chopped
- 1½ cups chopped, peeled butternut squash
- 1 cup chopped onion
- ⅔ cup chopped carrot
- ½ cup chopped parsnip
- ½ cup chopped celery
- 4 tsp tomato paste
- ½ tsp dried basil
- ½ tsp dried thyme
- 3 garlic cloves, minced
- 2⅔ cups unsalted chicken stock
- 1 oz (½ cup) cooked ditalini pasta
- ¾ cup unsalted cannellini beans, rinsed and drained
- ¼ tsp salt
- ¼ tsp black pepper



## DIRECTIONS

Cook bacon in a large Dutch oven over medium heat until crisp. Remove bacon from pan; reserve 1 Tbsp drippings in pan. Increase heat to medium-high. Add butternut squash and next 8 ingredients (through garlic) to drippings in pan; sauté 8 minutes, stirring occasionally. Add chicken stock, scraping pan to loosen browned bits. Bring to a boil; cover, reduce heat and simmer 15 minutes. Stir in uncooked pasta; cook 10 minutes. Stir in cannellini beans, salt and pepper; cook 2 minutes or until vegetables and pasta are tender. Divide soup evenly among 4 bowls; top evenly with bacon.

<b>Nutrition Facts</b>	<b>Total Fat</b> 7g	<b>Total Carbohydrate</b> 34g
Number of servings per recipe: 4	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 6g
Calories per serving: 240	<b>Sodium</b> 670mg	<b>Protein</b> 13g

# Summer Vegetable Soup

*Adapted from tasteofhome.com*

## INGREDIENTS

- 1 onion, quartered and thinly sliced
- 1 Tbsp olive oil
- 4 cups reduced-sodium chicken or vegetable broth
- 1 cup sliced zucchini
- 1 can (15½ oz) navy beans, rinsed and drained
- ½ cup diced peeled red potato
- ½ cup cut fresh green beans (2-inch pieces)
- ½ cup chopped peeled tomato
- ½ tsp pepper
- ⅛ tsp ground turmeric
- ¼ cup chopped celery leaves
- 2 Tbsp tomato paste



## DIRECTIONS

1. In a large saucepan, sauté onion in oil until tender. Add the next eight ingredients. Bring to a boil. Reduce heat; cover and simmer for 20-30 minutes or until vegetables are tender.
2. Stir in celery leaves and tomato paste. Cover and let stand for 5 minutes before serving.

Nutrition Facts Number of servings per recipe: 4 Calories per serving: 180	<b>Total Fat</b> 4g	<b>Total Carbohydrate</b> 30g
	<b>Saturated Fat</b>	<b>Dietary Fiber</b> 9g
	<b>Sodium</b> 190mg	<b>Protein</b> 8g



# Tomato and Basil Pasta

*Adapted from Quick and Healthy Recipes and Ideas 3rd Edition  
by Brenda J. Ponichtera, RD.*

## INGREDIENTS

- 4 medium tomatoes, diced
- 2 tsp dried or 2 Tbsp chopped fresh basil
- 2 tsp chopped garlic
- ¼ tsp ground black pepper
- 8 oz uncooked whole wheat thin spaghetti
- Grated Parmesan cheese (optional)



## DIRECTIONS

1. Mix the first five ingredients and let set at room temperature for one hour.
2. Cook whole wheat thin spaghetti according to package directions and drain.
3. Top pasta with tomato mixture. Serve immediately and top with a sprinkle of parmesan cheese (optional).

Nutrition Facts Number of servings per recipe: 4 Calories per serving: 230 (without parmesan cheese)	<b>Total Fat</b> 1g	<b>Total Carbohydrate</b> 50g
	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 9g
	<b>Sodium</b> 15mg	<b>Protein</b> 10g

*Swap out some of the rice or pasta in your casseroles and pasta dishes with chopped vegetables like broccoli, zucchini, onion, mushrooms, tomatoes, or peppers.*

# Vegetarian Chili

Adapted from allrecipes.com

## INGREDIENTS

- 1 Tbsp olive oil
- ½ medium yellow onion, chopped
- 2 bay leaves
- 1 tsp ground cumin
- 2 Tbsp dried oregano
- 1 Tbsp salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 2 (4-oz) cans chopped green chili peppers, drained
- 3 (28-oz) cans whole peeled tomatoes, crushed
- ¼ cup chili powder
- 2 (12-oz) packages vegetarian burger crumbles
- 1 Tbsp ground black pepper
- 1 (15 oz) can kidney beans, drained
- 1 (15 oz) can garbanzo beans, drained
- 1 (15 oz) can black beans
- 1 (15 oz) can whole kernel corn



## DIRECTIONS

1. Heat the olive oil in a large pot over medium heat. Stir in the onion and season with bay leaves, cumin, oregano and salt. Cook and stir until onion is tender, then mix in the celery, bell peppers, jalapeno peppers, garlic and green chili peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.
2. Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil; reduce heat to low and simmer 45 minutes. Stir in the corn and continue cooking 5 minutes before serving.

Nutrition Facts Number of servings per recipe: 10 Calories per serving: 310	<b>Total Fat</b> 5g	<b>Total Carbohydrate</b> 41g
	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 13g
	<b>Sodium</b> NA	<b>Protein</b> 23g



## Baked Kale Chips

### INGREDIENTS

- 2 cups kale, washed
- 1 ½ Tbsp olive oil
- 1 Tbsp apple cider vinegar
- ¼ tsp sea salt

### DIRECTIONS

1. Preheat oven to 375 degrees. Line a non-insulated cookie sheet with parchment paper.
2. With a knife or shears, carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner.
3. Coat kale with oil and vinegar and sprinkle with salt. Bake until edges are brown but not burnt, about 8-10 minutes.



Nutrition Facts Number of servings per recipe: 2 Calories per serving: 123	<b>Total Fat</b> 10g	<b>Total Carbohydrate</b> 7g
	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 1g
	<b>Sodium</b> 319mg	<b>Protein</b> 2g

# Butternut Squash Casserole

*Adapted from pauladeen.com*

## INGREDIENTS

- 8 cups cubed, peeled butternut squash (about 3 squash)
- 1 yellow onion, chopped
- 3 large eggs
- ½ cup coconut milk
- 1½ tsp curry powder
- 1 tsp salt
- ¼ tsp black pepper
- ½ cup raisins
- ½ cup sweetened flaked coconut



## DIRECTIONS

1. Preheat oven to 350 degrees F.  
Lightly grease a 2½ qt casserole dish.
2. In a large Dutch oven, combine squash and onion; add water to cover. Bring to a boil over high heat and cook 10-12 minutes or until squash is tender; drain well. Spoon squash mixture into a large bowl.
3. In a small bowl, whisk together eggs, milk, curry powder, salt and pepper. Add to squash mixture. Beat at medium speed with an electric mixer until smooth. Spoon into prepared baking dish; sprinkle evenly with raisins and coconut. Bake 40 minutes or until center is set.

Nutrition Facts	<b>Total Fat</b> 7g	<b>Total Carbohydrate</b> 29g
Number of servings per recipe: 8	<b>Saturated Fat</b> 5g	<b>Dietary Fiber</b> 4g
Calories per serving: 190	<b>Sodium</b> 340mg	<b>Protein</b> 5g

# Cajun Asparagus

VA Smartest Loser Competition

## INGREDIENTS

1 lb asparagus  
tsp Cajun seasoning



## DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Snap the asparagus at the tender part of the stalk. Arrange spears in one layer on a baking sheet. Spray lightly with nonstick spray; sprinkle with the Cajun seasoning.
3. Bake in the preheated oven until tender, about 10 minutes.

Nutrition Facts	<b>Total Fat</b> 0g	<b>Total Carbohydrate</b> 4g
Number of servings per recipe: 4	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 2g
Calories per serving: 25	<b>Sodium</b> 135mg	<b>Protein</b> 2g

# Couscous with Ginger, Orange, Almond and Herbs

*Adapted from [finecooking.com](http://finecooking.com)*

## INGREDIENTS

1. Tbsp olive oil
- ½ medium yellow onion, finely chopped
- 1 clove garlic, finely chopped
- 2 Tbsp finely minced fresh ginger
- 1 cup fresh orange juice (about 3 oranges), strained
- 1 Tbsp unsalted butter
- 1½ cup couscous, dry
- 1 tsp salt
- ½ cup slivered almonds, toasted
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh cilantro
- Zest from one orange
- Black pepper



## DIRECTIONS

1. In a medium skillet or large saucepan with a tight lid, heat the oil over medium heat. Add the onion and cook, stirring frequently, until soft but not browned, 8-10 minutes. Stir in the garlic and ginger and cook for 2 minutes. Add the orange juice and simmer rapidly until the liquid has almost completely evaporated, about 10 minutes, stirring as needed to prevent the juice from caramelizing. Add 2 cups water and bring to a boil. Remove from heat, add the butter, couscous and salt. Stir to combine. Cover and let stand for 15 minutes. Fluff the couscous with a fork. Stir in the almonds, herbs and orange zest.
2. Season with salt and pepper to taste.

Nutrition Facts	<b>Total Fat</b> 11g	<b>Total Carbohydrate</b> 41g
Number of servings per recipe: 6	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 4g
Calories per serving: 300	<b>Sodium</b> 390mg	<b>Protein</b> 8g

# Garlic Roasted Summer Squash

*Adapted from allrecipes.com*

## INGREDIENTS

- 2 summer squash
- 2 Tbsp olive oil
- 2 cloves minced garlic
- ½ tsp oregano
- ½ tsp thyme
- Salt and pepper to taste  
*(not included in nutrition facts)*



## DIRECTIONS

1. Preheat oven to 450 degrees Fahrenheit.
2. Trim the ends from the squash, and cut each squash in half. Cut the halves in half again
3. crosswise, to make 4 pieces; cut those pieces in half twice more the long way, to make 16 short spears from each squash.
4. Toss the squash with olive oil and garlic in a bowl; place into a shallow baking dish. Sprinkle with salt and black pepper.
5. Roast the squash until the spears and garlic start to brown, 5 to 10 minutes. Check the squash after 5 minutes, and add time in 2- to 3-minute intervals to avoid burning.

Nutrition Facts Number of servings per recipe: 4 Calories per serving: 80	<b>Total Fat</b> 7g	<b>Total Carbohydrate</b> 4g
	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 1g
	<b>Sodium</b> 0mg	<b>Protein</b> 1g

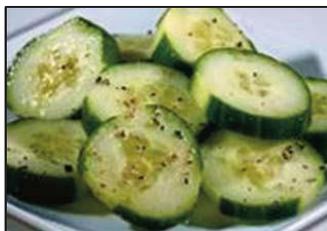
*Even though most people identify squash with vegetables, from a botanical standpoint, they're considered fruits because they contain the seeds of the plant. Squash are divided into two categories -- summer and winter squash.*

## Gourmet Cucumbers

*Adapted from Quick and Healthy Recipes and Ideas 3rd Edition  
by Brenda J. Ponichtera, RD*

### INGREDIENTS

- 1/3 cup rice vinegar
- 1 Tbsp sugar or artificial sweetener
- 1 medium cucumber, not peeled,  
thinly sliced (about 2 cups)
- 3/4 cup sliced sweet onion
- 1/4 tsp ground black pepper
- 1/4 tsp dried dill weed (optional)



### DIRECTIONS

1. Mix vinegar with sugar. Add remaining ingredients.
2. Serve immediately or marinate in the refrigerator for 2 or 3 hours. Serve with a slotted spoon or drain liquid before serving.

Nutrition Facts	<b>Total Fat</b> 0g	<b>Total Carbohydrate</b> 6g
Number of servings per recipe: 6	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 1g
Calories per serving: 25	<b>Sodium</b> 0mg	<b>Protein</b> 1g

## Green Onion and Dill Quinoa

*Adapted from Cooking Light*

### INGREDIENTS

- 1 cup uncooked quinoa 1 1/4 cups water
- 1/4 cup chopped green onions
- 2 Tbsp chopped fresh dill
- 2 tsp fresh lemon juice
- 1/2 tsp minced fresh garlic
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper

### DIRECTIONS

Rinse and drain quinoa. Place water in medium saucepan and bring to a boil. Add quinoa to pan; cover, reduce heat, and simmer 13 minutes or until liquid is absorbed. Stir in green onions, fresh dill, lemon juice, garlic, salt and pepper.

Nutrition Facts	<b>Total Fat</b> 2.5g	<b>Total Carbohydrate</b> 28g
Number of servings per recipe: 4	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 3g
Calories per serving: 160	<b>Sodium</b> 150mg	<b>Protein</b> 6g

# Grilled Garlic Parmesan Zucchini

*Adapted from allrecipes.com*

## INGREDIENTS

- 3 zucchini squash
- 3 Tbsp butter or margarine, softened
- 2 cloves garlic, minced
- 1 Tbsp chopped fresh parsley
- ½ cup freshly grated Parmesan cheese

## DIRECTIONS

1. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
2. Cut the zucchini in half crosswise, then slice each half into 3 slices lengthwise, making 6 slices per zucchini.
3. Mix the butter, garlic and parsley in a bowl, and spread the mixture on both sides of the each zucchini slice. Sprinkle one side of each slice with Parmesan cheese and place the slices, cheese side up, crosswise on the preheated grill to keep them from falling through.
4. Grill the zucchini until the cheese has melted and the slices are cooked through and show grill marks, about 8 minutes.

Nutrition Facts	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 3g
Number of servings per recipe: 6	<b>Saturated Fat</b> 5g	<b>Dietary Fiber</b> 1g
Calories per serving: 110	<b>Sodium</b> 210mg	<b>Protein</b> 5g



## Grilled Green Beans

*Adapted from Cooking Light, June 2014*

### INGREDIENTS

- 3 large shallots or 1 small red onion, vertically sliced
- 2 garlic cloves, minced
- 1 lb green beans, trimmed
- 2 Tbsp olive oil
- 2 tsp lower-sodium soy sauce
- 1 tsp sesame oil
- ¼ tsp salt
- ¼ tsp black pepper



### DIRECTIONS

1. Preheat grill to medium-high heat.
2. Place a grill basket on hot grill; preheat for 5 minutes.
3. Place shallots, garlic and green beans in a large bowl. Drizzle with olive oil; toss well to coat. Arrange mixture in hot grill basket; cover grill, cook 7 minutes or until beans are lightly charred, tossing occasionally. Place bean mixture in a large bowl; cover and let stand 5 minutes. Add soy sauce and remaining ingredients; toss to combine.

Nutrition Facts	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 9g
Number of servings per recipe: 4	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 4g
Calories per serving: 110	<b>Sodium</b> 240mg	<b>Protein</b> 2g

## Kale Mashed Potatoes

*Adapted from Cooking Light, January/February 2014*

### INGREDIENTS

- 2 cups mashed potatoes, frozen or fresh
- 1 Tbsp butter
- 2 cups sliced kale
- ¼ cup sliced green onion
- ½ cup 1% milk
- ½ tsp pepper



### DIRECTIONS

1. Make the mashed potatoes or cook them according to package directions if using frozen potatoes.
2. Melt butter in a large skillet over medium heat. Add kale and green onions; sauté 1 minute. Stir in milk and pepper. Add kale to potatoes and stir to combine.

Nutrition Facts	<b>Total Fat</b> 4g	<b>Total Carbohydrate</b> 19g
Number of servings per recipe: 4	<b>Saturated Fat</b> 2g	<b>Dietary Fiber</b> 2g
Calories per serving: 120	<b>Sodium</b> 430mg	<b>Protein</b> 4g

## Lemon Herb Orzo

Adapted from Food Network Magazine, September 2013

### INGREDIENTS

- 1½ cup uncooked orzo pasta
- 2 Tbsp butter
- ⅓ cup chopped chives
- ⅓ cup chopped dill
- ⅓ cup chopped parsley
- Zest from one lemon
- Salt and pepper (*not included in nutrition facts*)



### DIRECTIONS

1. Cook orzo in boiling salted water until al dente. Reserve ¼ cup of the cooking water, then drain.
2. Toss with the butter, chives, dill, parsley and the lemon zest. Add the reserved cooking water if needed to loosen. Season with salt and pepper.

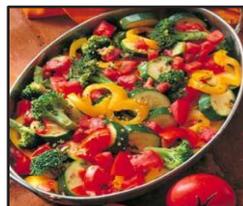
Nutrition Facts	<b>Total Fat</b> 6g	<b>Total Carbohydrate</b> 33g
Number of servings per recipe: 4	<b>Saturated Fat</b> 4g	<b>Dietary Fiber</b> 2g
Calories per serving: 210	<b>Sodium</b> 55mg	<b>Protein</b> 6g

## Mediterranean-Style Vegetables

Recipe adapted from recipe.com

### INGREDIENTS

- 2 cups sliced zucchini
- 2 cups sliced red, yellow or green sweet peppers
- 2 cups chopped broccoli
- ¼ cup reduced sodium chicken broth
- 2 cloves garlic, minced
- 1 Tbsp snipped fresh basil or oregano **or**
- 1 tsp dried basil or oregano, crushed
- ¼ tsp pepper
- 3 medium tomatoes, chopped



### DIRECTIONS

1. In a Dutch oven or a large kettle, combine zucchini, sweet peppers, broccoli, broth, garlic, basil or oregano, and pepper. Bring to a boil; reduce heat.
2. Simmer, covered, for 6-9 minutes or until crisp-tender, stirring occasionally. Stir in tomatoes.

Nutrition Facts	<b>Total Fat</b> 0.5g	<b>Total Carbohydrate</b> 7g
Number of servings per recipe: 6	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 3g
Calories per serving: 40	<b>Sodium</b> 15mg	<b>Protein</b> 2g

# Oven Roasted Vegetables

## INGREDIENTS

- 1 sweet potato
- 1 red potato
- 1 head broccoli
- 2 cups Brussels sprouts
- 1 yellow onion
- 2 Tbsp olive oil
- Salt and pepper to taste (*not included in nutrition facts*)



## DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Chop all vegetables into bite-sized pieces and place them in a large bowl.
3. Lightly coat with olive oil and season with salt and pepper.
4. Spread vegetables on a baking sheet and bake 35-40 minutes.

**NOTE:** You can use nearly any vegetable combination you would like in this recipe. Cauliflower, carrots, mushrooms, peppers, zucchini, cherry tomatoes and fennel are great options.

<b>Nutrition Facts</b>	<b>Total Fat</b> 3.5g	<b>Total Carbohydrate</b> 16g
Number of servings per recipe: 8	<b>Saturated Fat</b> 0.5g	<b>Dietary Fiber</b> 3g
Calories per serving: 100	<b>Sodium</b> 30mg	<b>Protein</b> 3g



## Roasted Carrots

*Adapted from The Barefoot Contessa Cookbook*

### INGREDIENTS

- 12 carrots
- 2 Tbsp olive oil
- 1¼ tsp salt
- ½ tsp freshly ground black pepper
- 2 Tbsp minced fresh dill or parsley



### DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally in ½-inch-thick slices.
3. Toss them in a bowl with the olive oil, salt, and pepper. Transfer to a sheet pan in 1 layer and roast in the oven for 20 minutes, until browned and tender.
4. Toss the carrots with minced dill or parsley, season to taste, and serve.

Nutrition Facts	<b>Total Fat</b> 4.5g	<b>Total Carbohydrate</b> 16g
Number of servings per recipe: 6	<b>Saturated Fat</b>	<b>Dietary Fiber</b> 4g
Calories per serving: 110	<b>Sodium</b> 480mg	<b>Protein</b> 2g

## Rosemary Roasted Butternut Squash

*Adapted from allrecipes.com*

### INGREDIENTS

- Butternut squash, peeled and cubed
- 2 cloves garlic, minced,
- Sprigs fresh rosemary, finely chopped
- 1 Tbsp. olive oil, or more to taste
- Salt and black pepper to taste  
(not included in nutrition facts)



### DIRECTIONS

1. Preheat oven to 400 degrees F (200 degrees C).
2. Mix butternut squash cubes, garlic, rosemary, olive oil, salt and black pepper until well coated.
3. Spread mixture into a large baking dish.
4. Bake in preheated oven until squash is caramelized and golden brown, 45-50 minutes.

Nutrition Facts	<b>Total Fat</b> 5g	<b>Total Carbohydrate</b> 11g
Number of servings per recipe: 6	<b>Saturated Fat</b> 0.5g	<b>Dietary Fiber</b> 2g
Calories per serving: 90	<b>Sodium</b> 0mg	<b>Protein</b> 1g

# Root Vegetable Fries

*Adapted from the Food Network Magazine*

## INGREDIENTS

- 1 lb carrots, cut into fries
- 1 lb parsnips, cut into fries (cut around cores)
- 1 Tbsp olive oil
- 1 tsp lemon-pepper seasoning (salt-free)
- 2 ½ tsp salt
- 3 egg whites, beaten
- ½ cup panko bread crumbs



## DIRECTIONS

1. Toss cut carrots and parsnips with the vegetable oil, lemon-pepper seasoning and salt. Toss with the beaten egg whites and then coat in panko breadcrumbs.
2. Spread out on 2 baking sheets. Bake at 400 degrees F, stirring once, until crisp, about 35 minutes.

<b>Nutrition Facts</b>	<b>Total Fat</b> 2.5g	<b>Total Carbohydrate</b> 26g
Number of servings per recipe: 6	<b>Saturated Fat</b> .0g	<b>Dietary Fiber</b> 6g
Calories per serving: 140	<b>Sodium</b> 433mg	<b>Protein</b> 3g



*Choose sweet potatoes over white potatoes for more potassium and beta carotene.*

# Saffron-Roasted Cauliflower

Adapted from Food Network Magazine, May 2014

## INGREDIENTS

- ¼ cup olive oil
- ½ tsp lightly crumbled saffron threads
- ¼ tsp coriander seeds, crushed
- 2 cloves garlic, smashed
- 1 shallot, chopped
- 1 tsp salt + more for seasoning  
*(not included in nutrition facts)*
- 1 head cauliflower, cut into florets
- 1½ tablespoons lemon juice
- Chopped fresh parsley for topping



## DIRECTIONS

1. Preheat the oven to 450 degrees F. Heat the olive oil in a large ovenproof skillet over medium heat. Add the saffron, coriander, garlic, shallot and 1 tsp salt and cook, stirring until the shallot is translucent and the oil turns yellow, about 5 minutes. Add the cauliflower, lemon juice and ⅓ cup water. Increase the heat to medium high and cook, stirring occasionally, until the cauliflower turns yellow and the water has mostly evaporated, about 5 minutes.
2. Transfer the skillet to the oven. Roast, stirring halfway through, until the cauliflower is tender and golden, about 15 minutes. Season with salt and sprinkle with parsley.

Nutrition Facts	<b>Total Fat</b> 10g	<b>Total Carbohydrate</b> 8g
Number of servings per recipe: 6	<b>Saturated Fat</b> 1.5g	<b>Dietary Fiber</b> 3g
Calories per serving: 120	<b>Sodium</b> NA	<b>Protein</b> 3g

## Stir-Fried Bok Choy with Ginger and Garlic

*Robin Miller*

### INGREDIENTS

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 Tbsp minced fresh ginger
- 8 cups chopped fresh bok choy
- 2 Tbsp reduced-sodium soy sauce
- Salt and ground black pepper

### DIRECTIONS

1. Heat oil in a large skillet over medium heat.
2. Add garlic and ginger and cook 1 minute.
3. Add bok choy and soy sauce and cook 3-5 minutes until greens are wilted and stalks are crisp-tender.
4. Season to taste with salt and black pepper.

Nutrition Facts	<b>Total Fat</b> 4g	<b>Total Carbohydrate</b> 4g
Number of servings per recipe: 4	<b>Saturated Fat</b> .5g	<b>Dietary Fiber</b> 1g
Calories per serving: 60	<b>Sodium</b> 380mg	<b>Protein</b> 3g

## Sweet and Tangy Watermelon

*Ellen Nishi*

### INGREDEINTS

- 1 watermelon, cut into bite-sized chunks
- 4 sprigs fresh mint leaves, minced
- ½ lemon, juiced



### DIRECTIONS

Toss the watermelon chunks and mint leaves together in a large bowl. Pour the lemon juice over the watermelon and toss again to coat evenly. Refrigerate for 30 minutes before serving.

Nutrition Facts	<b>Total Fat</b> 0.5g	<b>Total Carbohydrate</b> 34g
Number of servings per recipe: 10	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 2g
Calories per serving: 140	<b>Sodium</b> 0mg	<b>Protein</b> 3g

# Tomato and Basil Bruschetta

*VA Smartest Loser Competition*

## INGREDIENTS

- 2 cups chopped ripe tomatoes
- 1 Tbsp finely chopped basil
- ½ tsp salt
- ½ tsp pepper
- 4 Tbsp olive oil
- 1 Tbsp white wine vinegar
- 1 baguette



## DIRECTIONS

Core and seed tomatoes before chopping.

Combine tomatoes, basil, salt, pepper, olive oil and vinegar. Slice baguette into 25 slices and drizzle the remaining 2 Tbsp olive oil over bread and broil in oven until golden brown. Top each slice of bread with 2 Tbsp tomato-basil mixture and serve.

<b>Nutrition Facts</b>	<b>Total Fat</b> 2.5g	<b>Total Carbohydrate</b> 21g
Number of servings per recipe: 25	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 2g
Calories per serving: 120	<b>Sodium</b> 260mg	<b>Protein</b> 5g



# Vegetable Couscous with Lemon Vinaigrette

*Adapted from The Romney Family Table cookbook*

## INGREDIENTS

- 1 (6-oz) box couscous
- 1 cup fresh green beans, cooked and cut into 1/2-inch pieces
- 1 cup asparagus, cooked and cut into 1-inch pieces
- 20 cherry tomatoes cut in half
- 1 red bell pepper, diced
- 1 red onion, finely diced



## Lemon Vinaigrette

- 4 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1½ Tbsp freshly-squeezed lemon
- Salt and pepper to taste (*not included in nutrition facts*)

## DIRECTIONS

Cook couscous according to package directions and cool. Add chopped vegetables; toss with vinaigrette. Serve at room temperature or chilled.

Nutrition Facts	<b>Total Fat</b> 9g	<b>Total Carbohydrate</b> 30g
Number of servings per recipe: 6	<b>Saturated Fat</b> 1.5g	<b>Dietary Fiber</b> 4g
Calories per serving: 220	<b>Sodium</b> 15mg	<b>Protein</b> 6g

# Vegetable Stuffed Eggplant

Adapted from [tasteofhome.com](http://tasteofhome.com)

## INGREDIENTS

- 1 small eggplant
- 1 medium ear sweet corn, husk removed
- 1 small yellow onion, finely chopped
- 1 tomato, chopped
- 1 Garlic clove, minced
- 1½ Tbsp olive oil
- 2Tbsp minced fresh parsley
- ½ tsp salt
- ¼ tsp minced fresh oregano
- ¼ tsp pepper
- ½ cup water
- ⅓ cup shredded cheddar cheese



## DIRECTIONS

1. Cut the eggplant in half lengthwise; remove pulp, leaving a ¼-inch shell. Cut the removed pulp into cubes; set shells aside. Cut corn off the cob.
2. In a large nonstick skillet, sauté the eggplant pulp, corn, onion, tomato and garlic in oil until onion is tender. Stir in seasonings. Spoon mixture into reserved shells. Place in an ungreased 11x7 inch baking dish; pour water into dish.
3. Cover and bake at 350 degrees for 25-30 minutes or until heated through. Uncover; sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

Nutrition Facts	<b>Total Fat</b> 17g	<b>Total Carbohydrate</b> 41g
Number of servings per recipe: 2	<b>Saturated Fat</b> 6g	<b>Dietary Fiber</b> 13g
Calories per serving: 330	<b>Sodium</b> 710mg	<b>Protein</b> 11g

# Veggie-Stuffed Eggplant

*Adapted from tasteofhome.com*

## INGREDIENTS

- 1 medium eggplant
- ½ cup chopped yellow onion
- 2 garlic cloves, minced
- ½ cup chopped fresh mushrooms
- ½ cup chopped zucchini
- ½ cup chopped red bell pepper
- ¾ cup seeded chopped tomatoes
- ¼ cup toasted wheat germ
- 2 Tbsp minced fresh parsley
- ½ tsp dried thyme
- Pinch of salt
- Pinch of black pepper
- Dash crushed red pepper flakes
- 1 Tbsp grated Parmesan cheese



## DIRECTIONS

1. Cut eggplant in half lengthwise; remove pulp, leaving a ¼-inch thick shell. Cube pulp; set shells and pulp aside.
2. In a large nonstick skillet coated with cooking spray, sauté onion and garlic until onion is tender. Add the mushrooms, zucchini, red pepper and eggplant pulp; sauté for 4-6 minutes or until vegetables are crisp-tender. Stir in the tomatoes, wheat germ, parsley, thyme, salt, pepper and pepper flakes; cook for one minute.
3. Divide mixture evenly between the eggplant shells; sprinkle with Parmesan cheese. Place on a baking sheet. Bake at 400 degrees for 20-25 minutes or until shells are tender.

Nutrition Facts	<b>Total Fat</b> 3g	<b>Total Carbohydrate</b> 35g
Number of servings per recipe: 2	<b>Saturated Fat</b> 0.5g	<b>Dietary Fiber</b> 15g
Calories per serving: 190	<b>Sodium</b> 200mg	<b>Protein</b> 10g

## Zucchini Casserole

*Adapted from The Romney Family Table cookbook*

### INGREDIENTS

- 1 cup diced Vidalia onion
- 2 Tbsp olive oil, divided
- 4 cups sliced zucchini
- $\frac{3}{4}$  cup grated Parmesan cheese
- 4 eggs, beaten
- $\frac{1}{3}$  cup dry bread crumbs
- 2 Tbsp melted butter

### DIRECTIONS

1. Preheat oven to 350 degrees F. In a skillet, sauté the onion in a 1 Tbsp olive oil.
2. Grease an 8x8-inch baking dish with remaining 1 Tbsp olive oil; add zucchini and sautéed onions in layers. Sprinkle with cheese. Pour beaten eggs over the cheese. Top with bread crumbs. Drizzle butter on top. Bake 50 minutes.



Nutrition Facts	<b>Total Fat</b> 10g	<b>Total Carbohydrate</b> 6g
Number of servings per recipe: 9	<b>Saturated Fat</b> 4g	<b>Dietary Fiber</b> 1g
Calories per serving: 140	<b>Sodium</b> 190mg	<b>Protein</b> 7g

*Fill half your plate with fruits and vegetables!*

# Zucchini Gratin

Laura Ochintero

## INGREDIENTS

- 4 Tbsp butter
- 4 large zucchini, sliced
- 4 medium shallots, minced
- 2 tsp garlic, minced
- 1 cup half and half
- $\frac{2}{3}$  cup cheddar cheese
- $\frac{1}{3}$  cup Parmesan cheese
- $\frac{1}{4}$  tsp oregano
- Salt and pepper to taste (not included in nutrition facts)
- Green onions, sliced, for garnish (*not included in nutrition facts*)



## DIRECTIONS

1. Preheat the oven for 400 degrees F.
2. Heat a large, deep pot to medium heat and add the butter. Once melted, sauté the shallots and garlic in the butter until the shallots are translucent, about a minute or two.
3. Add the zucchini, half and half, salt, pepper, oregano and Parmesan cheese. Let the mixture cook on the stovetop for 8-10 minutes, until the mixture is bubbly. Make sure to keep stirring while it is cooking.
4. Then, transfer the mixture to a greased casserole dish (9x13 inch or similar size), and mix in most of the cheddar cheese. Once everything is blended thoroughly, sprinkle the rest of the cheddar cheese on top.
5. Bake the gratin for 10-14 minutes, or until the cheese is bubbly and golden-brown. Top with sliced green onions for garnish, if desired.

Nutrition Facts	<b>Total Fat</b> 9g	<b>Total Carbohydrate</b> 5g
Number of servings per recipe: 12	<b>Saturated Fat</b> 6g	<b>Dietary Fiber</b> 1g
Calories per serving: 110	<b>Sodium</b> 125mg	<b>Protein</b> 4g

# Coconut Curried Sweet Potato and Chickpea Stew

*Adapted from oneingredientchef.com*

## INGREDIENTS

- 1 small yellow onion
- 1 Tbsp vegetable oil
- 3 cloves garlic
- ½ tsp cinnamon
- ½ tsp turmeric
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp ground cloves
- Salt to taste
- 1 tsp fresh grated ginger
- 1 red chili
- 1 can (15 oz.) diced tomatoes
- 1 can (15 oz.) chickpeas, drained and rinsed
- 1 large sweet potato, diced into 1-inch chunks
- 1 can (15 oz.) light coconut milk
- ½ cup chopped parsley
- Jasmine rice, for serving



## DIRECTIONS

1. In a large, deep skillet heat the vegetable oil and onion (loosely diced). Allow to soften for 3-4 minutes.
2. Add the garlic, chili and ginger to the onions. Stir and allow the spices to mingle for several minutes.
3. Add in chickpeas, tomatoes, sweet potato and coconut milk.
4. Turn the heat down, cover and simmer for 30-50 minutes. Stir occasionally. If desired, add in more seasonings (such as cinnamon, turmeric and salt).
5. Right before serving, add parsley to complete the dish. Serve over jasmine rice.

Nutrition Facts	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 31g
Number of servings per recipe: 5	<b>Saturated Fat</b> 3.5g	<b>Dietary Fiber</b> 6g
Calories per serving: 220	<b>Sodium</b> 430mg	<b>Protein</b> 5g

# Garlic Chicken Stir-Fry

*Adapted from allrecipes.com*

## INGREDIENTS

- 2 Tbsp peanut oil
- 6 cloves garlic, minced
- 1 tsp grated, fresh ginger
- 1 bunch green onions, chopped
- 1 tsp salt
- 1 lb. boneless, skinless chicken breasts, cut into strips
- 2 yellow onions, thinly sliced
- 1 cup sliced cabbage
- 1 red bell pepper, thinly sliced
- 2 cups sugar snap peas
- 1 cup low-sodium chicken broth
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp sugar
- 2 Tbsp corn starch



## DIRECTIONS

1. Heat peanut oil in wok or large skillet. When oil begins to smoke, quickly stir in 2 cloves minced garlic, ginger root, green onions and salt. Stir-fry until onions become translucent, about 2 minutes. Add chicken and stir until opaque, about 3 minutes. Add remaining 4 cloves minced garlic and stir. Add sweet onions, cabbage, bell pepper, peas, and ½ cup of the broth and cover.
2. In a small bowl, mix the remaining ½ cup broth, soy sauce, sugar and corn starch. Add sauce mixture to wok/skillet and stir until chicken and vegetables are coated with the thickened sauce. Serve immediately, over hot rice if desired.

Nutrition Facts	<b>Total Fat</b> 5g	<b>Total Carbohydrate</b> 14g
Number of servings per recipe: 8	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 2g
Calories per serving: 160	<b>Sodium</b> 480mg	<b>Protein</b> 15g

# Grilled Salmon with Lemon-Dill Sauce

Adapted from *bettycrocker.com*

## INGREDIENTS

### Marinade

- 1 Tbsp canola or olive oil
- 1 Tbsp chopped fresh dill weed
- 1 tsp grated lemon peel
- 3 Tbsp lemon juice
- 2 Tbsp honey
- ½ tsp garlic-pepper blend
- 1 lb salmon fillets, cut into 4 pieces (4 oz each)



### Lemon-Dill Sauce

- 1 container (6 oz) Greek Fat Free plain yogurt
- 1 Tbsp fresh or 1 tsp dried dill, chopped
- ½ tsp grated lemon peel
- 1 Tbsp lemon juice
- ⅛ tsp pepper



## DIRECTIONS

1. In small bowl, mix all marinade ingredients. In 8-inch square glass baking dish, arrange salmon pieces skin side up in single layer. Pour marinade over salmon; turn to coat. Cover with plastic wrap; refrigerate 20 minutes.
2. Heat grill. Brush grill rack with oil. Remove salmon from marinade. Place skin side down on grill over medium heat. Cover grill; cook 10 to 15 minutes or until salmon flakes easily with fork. Meanwhile, in small bowl, mix sauce ingredients. Serve with salmon.

Nutrition Facts	<b>Total Fat</b> 9g	<b>Total Carbohydrate</b> 11g
Number of servings per recipe: 4	<b>Saturated Fat</b> 1.5g	<b>Dietary Fiber</b> 0g
Calories per serving: 240	<b>Sodium</b> 105mg	<b>Protein</b> 28g

# Grilled Sirloin Skewers with Peaches and Peppers

*Adapted from cookinglight.com*

## INGREDIENTS

- 1 lb. boneless sirloin steak, cut into 1 inch chunks
- 2 cups low sodium beef marinade
- 2 ripe peaches, each cut into 8 wedges
- 1 red onion, cut into 8 wedges
- 2 bell peppers, each cut into 8 pieces



## DIRECTIONS

1. In a gallon resealable plastic bag, add the steak pieces and marinade and shake to coat. Let sit in refrigerator for at least 30 minutes. If you are using wooden skewers, soak in a shallow dish of water for at least 30 minutes.
2. Heat grill to medium-high heat and lightly coat with cooking spray.
3. Assemble the skewers by alternating meat cubes, peach wedges, onion wedges, and bell pepper pieces.
4. Grill 6 minutes or until tender and pink in the center, turning occasionally.
5. Serve warm with brown rice for a complete meal.

# Lemony Baked Salmon

*Adapted from allrecipes.com*

## INGREDIENTS

- 2 cloves of garlic, minced
- 6 tablespoons light olive oil
- 1 tsp dried basil
- ¼ tsp salt
- 1 tsp ground black pepper
- 1 Tbsp lemon juice
- 1 Tbsp fresh parsley, chopped
- 2 (6 oz.) fillets



## Directions:

1. In a small bowl, prepare marinade by mixing garlic, light olive oil, basil, salt, pepper, lemon juice and parsley. Place salmon fillets in a medium glass baking dish and cover with marinade. Marinate in the refrigerator about 1 hour, turning occasionally.
2. Preheat oven to 375 degrees.
3. Place fillets in aluminum foil, cover with marinade and seal. Place sealed salmon in the glass dish, and bake 35-45 minutes, until easily flaked with a fork.

Nutrition Facts Number of servings per recipe: 2 Calories per serving: 607	<b>Total Fat 49g</b>	<b>Total Carbohydrate 3g</b>
	<b>Saturated Fat 8g</b>	<b>Dietary Fiber &lt;1g</b>
	<b>Sodium 393mg</b>	<b>Protein 41g</b>

# Lemon Pepper Parmesan Tilapia

Recipe adapted from [thecookierookie.com](http://thecookierookie.com)

## INGREDIENTS

- 2/3 cup grated Parmesan cheese
- 1/4 cup shredded Parmesan
- 1/4 cup diced green onions
- 1 Tbsp lemon pepper
- 1 Tbsp chopped parsley
- Pinch of salt
- 1 Tbsp olive oil
- 4 tilapia fillets (about 4 oz each)
- Lemon, cut into wedges



## DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Mix together the grated parmesan, lemon pepper, parsley and salt. Drizzle the tilapia with olive oil and then top it with the cheese mixture, pressing it in lightly making sure it sticks. Sprinkle lightly with the shredded parmesan. Transfer to foil lined baking sheet.
3. Bake until the fish is opaque in the thickest part, about 10 minutes.
4. To brown further, broil for about 5 minutes until cheese crust is slightly crispy. Watch carefully to ensure that the fish does not get burned.
5. Top with chopped green onions and serve with lemon wedges.

Nutrition Facts	<b>Total Fat</b> 13g	<b>Total Carbohydrate</b> 0g
Number of servings per recipe: 4	<b>Saturated Fat</b> 5g	<b>Dietary Fiber</b> 0g
Calories per serving: 280	<b>Sodium</b> 870mg	<b>Protein</b> 40g

# One Pan Skinny Tex Mex Chicken and Zucchini

Laura Ochinerio

## INGREDIENTS

- 1 Tbsp extra virgin olive oil
- 1 Tbsp cumin, divided
- 1 tsp black pepper
- 1 lb. boneless, skinless chicken breasts, cut into 1" pieces
- 1 large onion, finely chopped
- 2 Tbsp garlic, minced
- 2 bell peppers, chopped
- 1 cup corn, fresh or frozen
- 1 can low sodium black beans, drained and rinsed
- 1 can low sodium diced tomatoes
- 1 tsp chili powder
- 1 tsp paprika
- ½ tsp cayenne pepper, if desired
- 1 large zucchini, diced
- 1 cup Colby jack cheese, shredded
- ½ cup green onions, chopped
- 1 cup cilantro, chopped



## DIRECTIONS

1. Preheat large deep skillet on medium heat and add olive oil. Sprinkle 1 tsp each of cumin and black pepper on the chicken pieces and add to pan. Sauté until golden brown, about 5-7 minutes. Remove chicken to plate.
2. Add onion, garlic, and bell pepper to the pan and sauté until the onion is translucent. Add corn, beans, tomatoes, chili powder, paprika, cayenne pepper and remaining cumin. Bring to a boil, cover and cook for 10 minutes.
3. Add zucchini and stir. Sprinkle with cheese, cover and cook for another 5 minutes until cheese is melted and zucchini is soft.
4. Top with green onions and cilantro. Serve hot with brown rice or quinoa.

Nutrition Facts Number of servings per recipe: 6 Calories per serving: 338	<b>Total Fat 12g</b>	<b>Total Carbohydrate 31g</b>
	<b>Saturated Fat 5g</b>	<b>Dietary Fiber 9g</b>
	<b>Sodium 291mg</b>	<b>Protein 29g</b>

## Pork Fried Rice

*Brianne Newton*

### INGREDIENTS

- 2 Tbsp vegetable oil
- 1 1-lb pork tenderloin, trimmed of fat, diced into 1 inch cubes
- 1 cup yellow onion, diced
- 1 cup bell pepper, diced
- 1 cup carrots, diced, fresh
- 1 Tbsp garlic
- 1 Tbsp ginger
- 2 Tbsp lite soy sauce
- 1 cup peas, fresh or frozen
- 2 cups cooked brown rice
- 4 eggs
- 4 Tbsp milk



### DIRECTIONS

1. In a medium pan over medium high heat, add 1 Tbsp. oil and the diced pork. Sauté until cooked through, stirring frequently. Remove pork from pan but leave remaining oil and brown bits.
2. Turn the heat up to high. Beat the eggs and milk together and pour into pan. Stir slowly with a rubber spatula. When lumps begin to form, turn the heat down to low and fold eggs over on themselves. When there is no more runny liquid, transfer eggs to a plate.
3. To the same pan, add the other Tbsp. of oil. Add onion, bell pepper, and carrots and sauté 5 minutes. Add garlic, ginger, soy sauce, and peas and sauté until peas are heated through, about 4 more minutes.
4. Add the brown rice, pork, and scrambled eggs to warm. Gently mix to combine ingredients and serve immediately.

NOTE: Try mixing in pineapple to give a sweet flavor to your rice. It's best to add it when you add the peas so it has enough time to warm up. If pineapple is out of season you can use sliced canned pineapple in 100% juice.

## Roasted Vegetable Flatbread Pizza

*Brianne Newton*

### INGREDIENTS

- 4 whole wheat flatbreads (pita or naan bread works too)
- 1 can low sodium tomato paste
- 1 Tbsp Italian seasoning
- 1 ½ cups chopped vegetables (onion, bell pepper, broccoli, squash and zucchini all work well)
- 1 cup part-skim mozzarella
- ½ cup fresh basil, roughly chopped

### DIRECTIONS

1. Preheat oven to 450 degrees. When the oven is heated, put the flatbreads on the top rack to crisp for about 8 minutes.
2. Meanwhile, mix tomato paste with Italian seasoning. Chop vegetables and basil.
3. When flatbreads are sufficiently crispy, remove from oven.
4. Spread tomato paste mixture on each flatbread, then top with vegetables. Sprinkle mozzarella and basil on top.
5. Return to oven to melt the cheese, about 5 minutes.
6. Remove, cut into quarters, and enjoy!



# Spaghetti Squash Lasagna

*Adapted from skinnytaste.com*

## INGREDIENTS

- 1 cup part-skim ricotta
- 1 cup packed spinach leaves, roughly chopped
- 1 Tbsp Italian seasoning
- 2 cups marinara sauce
- 3 cups baked spaghetti squash
- 1/8 cup reduced fat Parmesan cheese
- 1 1/2 cups part-skim shredded mozzarella



## DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a food processor, blend ricotta, spinach, and Italian seasoning until smooth.
3. In a baking dish, ladle 1 cup marinara sauce. Top with the spaghetti squash and spread evenly.
4. Spread the ricotta mixture on top and then sprinkle half of the parmesan and mozzarella cheeses.
5. Layer the remaining sauce, then parmesan and mozzarella cheeses on top.
6. Cover with foil and bake for about 40 minutes, or until cheese begins to bubble along the edges.

**NOTE:** You can cook the spaghetti squash in the microwave or the oven. For this recipe, we suggest the microwave since it's faster. Cut the squash in half lengthwise and scoop out the seeds and fibers in the middle. Put the halves, cut side down, in a microwave safe baking dish. Fill the dish with about 1 inch of water. Microwave on high for 8-12 minutes, or until you can easily pierce the skin with a fork. Let cool for 15 minutes then scrape out the flesh using a fork so that the squash separates into spaghetti-like strands. You'll probably have more than you need, so save the rest for another night as a side with garlic and black pepper or substitute for spaghetti noodles for a lighter spaghetti dinner!

# Spicy Egg Bake

David (Jesus) Zaragoza

## INGREDIENTS

### Hot Sauce Remoulade

- ¼ cup mayonnaise
- 1 Tbsp hot sauce
- 1 Tbsp lemon juice

### Egg Bake

- ⅛ lb bacon, chopped
- 1 cup sliced mushrooms
- ¼ cup chopped onion
- ¼ cup chopped green bell pepper
- ½ cup Original Bisquick mix
- 1 cup milk
- 6 eggs
- 1 tsp hot sauce
- 2 cups roughly chopped spinach



## DIRECTIONS

1. Heat oven to 350 degrees F. Grease 9-inch square baking dish.
2. In a small bowl, mix hot sauce remoulade ingredients; set aside.
3. In a skillet, cook bacon over medium-low heat until the fat has melted. Add mushrooms, onions and bell pepper. Increase heat to medium; cook until mushrooms are tender.
4. In large bowl, beat Bisquick mix, milk and eggs with whisk. Add 1 tsp hot sauce, chopped spinach and cooked bacon and vegetables. Beat well with whisk; pour into baking dish.
5. Bake 30-40 minutes or until eggs are set. Cool 5-10 minutes before cutting. Serve drizzled with hot sauce remoulade.

NOTE: To save fat and calories, use low-fat milk in the egg bake and fat-free sour cream (instead of mayonnaise in the hot sauce remoulade).

Nutrition Facts	<b>Total Fat</b> 14g	<b>Total Carbohydrate</b> 14g
Number of servings per recipe: 6	<b>Saturated Fat</b> 4g	<b>Dietary Fiber</b> 1g
Calories per serving: 220	<b>Sodium</b> 380mg	<b>Protein</b> 10g

# Stuffed Sweet Potatoes with Beans and Greens

Adapted from *thekitchn.com*

## INGREDIENTS

- 4 sweet potatoes
- 2 Tbsp olive oil
- 1 shallot, diced
- 1 garlic clove, minced
- 1 (4-inch) sprig fresh rosemary
- ¼ tsp red pepper flakes
- 1½ cups (or 1 can) cooked and drained white beans
- 6 cups kale, trimmed and sliced into ribbons
- 1 Tbsp fresh lemon juice
- Salt and pepper (*not included in nutrition facts*)



## DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Scrub the sweet potatoes and prick them in a few places with a fork. Place them on a baking sheet and bake until soft all the way through, 45 minutes to 1 hour.
3. Start the beans and greens about 15-20 minutes before the potatoes are done. In a wide, deep saucepan with a cover, heat the olive oil over low-medium heat. Add the shallots and cook until softened, about 5 minutes. Add the garlic, rosemary sprig, and red pepper flakes and cook, stirring, for about a minute. Add the beans and cook for 5 minutes, stirring occasionally. Add the kale, cover the pan and cook, stirring occasionally, for about 5 minutes or until the kale is soft. Remove the rosemary sprig, stir in the lemon juice and season to taste with salt and pepper.
4. To serve, slice each sweet potato lengthwise and push on the ends to open up the middle. Spoon the beans and greens into the center.



Nutrition Facts	<b>Total Fat</b> 8g	<b>Total Carbohydrate</b> 55g
Number of servings per recipe: 4	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 10g
Calories per serving: 320	<b>Sodium</b> 120mg	<b>Protein</b> 12g

## Swiss Oatmeal

### INGREDIENTS

- ½ cup rolled oats
- ¼ cup skim milk
- ¼ cup light vanilla yogurt
- ¼ cup chopped or grated apple
- ½ banana, sliced
- 1 Tbsp dried cranberries



### DIRECTIONS

1. Combine milk and oats in a bowl and let soak (can soften overnight in the refrigerator if desired).
2. Add cut fruit and cranberries to oat mixture.
3. Add yogurt and stir just until ingredients are combined.
4. Store in the fridge until ready to serve. Makes one serving.

NOTE: Be creative! You can make this recipe with any fruit that you enjoy, or add spices like cinnamon for extra flavor. The recipe works well in larger batches. Store covered in the fridge for up to 3 days, fruit may brown a little over time.

Nutrition Facts	<b>Total Fat</b> 4g	<b>Total Carbohydrate</b> 58g
Number of servings per recipe: 1	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 6g
Calories per serving: 300	<b>Sodium</b> 65mg	<b>Protein</b> 10g

*Start your day with a fruit or vegetable filled breakfast. Try adding berries to pancakes, oatmeal, or waffles. Make a vegetable omelet with chopped onions, mushrooms, and peppers. Add cut-up bananas, peaches, or strawberries to your regular cereal*



# Apricot Lemon Bread

Roberta Rose

## INGREDIENTS

- 6 Tbsp butter or margarine
- 2 eggs
- Grated rind of 1 lemon
- 2 cups apricot freezer jam (blend until completely pureed/liquid in blender)
- 1½ cups flour
- 1½ tsp baking powder
- ¼ tsp salt
- ½ cup nuts (like walnuts)



## Topping

- Juice of 1 lemon
- ¼ cup sugar

## DIRECTIONS

1. Warm butter to room temperature and cream with electric beaters. Add liquefied apricot, lemon rind, eggs and beat until combined. Mix dry ingredients together and then slowly add to the liquids and beat until dry ingredients are mixed in. Fold in nuts. Let rise in a prepared loaf pan for 20 minutes. Bake at 350 degrees F for 50 minutes until a toothpick comes out clean, but don't overcook.
2. Topping: Combine the two ingredients in a small saucepan and boil until the sugar is dissolved.
3. Remove from oven. While the bread is still hot, prick top of bread all over about 1 inch deep with a round toothpick. Pour topping over bread and let cool in pan before removing. To remove, run a knife around edges of pan and gently pry the bread off the side of the pan.

Nutrition Facts Number of servings per recipe: 12 Calories per serving: 280	<b>Total Fat</b> 10g	<b>Total Carbohydrate</b> 47g
	<b>Saturated Fat</b> 4g	<b>Dietary Fiber</b> 1g
	<b>Sodium</b> 190mg	<b>Protein</b> 4g

# Chocolate Zucchini Cake

Food Network Magazine, July/August 2013

## INGREDIENTS

- Cooking spray for the pan
- 1½ cup all-purpose flour, plus more for the pan
- ½ cup plus 1/3 cup semisweet chocolate chips
- ¼ cup unsweetened cocoa powder
- ½ tsp salt
- ½ tsp baking soda
- ¼ tsp ground nutmeg
- 1¼ cup sugar
- ½ cup unsweetened applesauce
- 1 tsp olive oil
- 2 large eggs
- ½ tsp vanilla extract
- 1 medium zucchini, grated and squeezed dry
- 1 tsp honey



## DIRECTIONS

1. Preheat oven to 350 degrees F. Butter the bottom and sides of a 9-in-square cake pan. Dust the pan with flour, tapping out the excess.
2. Toss ½ cup chocolate chips with 1 Tbsp flour in a small bowl. Whisk the remaining flour, the cocoa powder, salt, baking soda and nutmeg in a medium bowl; set aside.
3. Beat the sugar, ½ cup olive oil, the eggs and vanilla in a large bowl with a mixer on medium speed until smooth and pale, about 3 minutes. Add the flour-cocoa mixture; beat on low speed until combined, about 2 minutes (the batter will be thick). Add the zucchini and beat until combined, about 2 more minutes. Fold in the flour-coated chocolate chips with a wooden spoon.
4. Transfer the batter to the prepared pan and bake until a toothpick inserted into the center comes out clean, 30-35 minutes. Transfer to a rack and let cool completely.
5. Make the glaze: Combine the remaining 1½ cup chocolate chips, 1 tsp olive oil and the honey in a microwave-safe bowl. Microwave on medium-high power in 30 second intervals, stirring, until the chocolate is melted. Spread over the cake and then cut into pieces.

Nutrition Facts	<b>Total Fat</b> 7g	<b>Total Carbohydrate</b> 58g
	<b>Saturated Fat</b> 3.5g	<b>Dietary Fiber</b> 3g
Servings per recipe: 9	<b>Sodium</b> 220mg	<b>Protein</b> 5g
Calories per serving: 300		

# Fresh Fruit Yogurt Dessert

VA Smartest Loser Competition

## INGREDIENTS

### Crust

- 1 cup vanilla wafer crumbs
- ¼ cup finely chopped walnuts
- 2 Tbsp margarine, melted



### Filling

- 1 pkg. (4-serving size) raspberry-flavor sugar-free gelatin
- 1¼ cups boiling water
- 8 oz lowfat vanilla yogurt
- 1½ cups fresh raspberries
- Reduced calorie whipped topping (*not included in nutrition facts*)

## DIRECTIONS

1. In a small bowl, combine all crust ingredients; mix well. Press mixture firmly in bottom of ungreased 8-inch square pan. Refrigerate while preparing filling.
2. In large bowl, dissolve gelatin in boiling water; stir in yogurt until well blended. Cover; refrigerate until thickened but not set, 50-60 minutes. Beat gelatin mixture at highest speed until doubled in volume, about 5 minutes. Fold in raspberries; pour into crust. Cover; refrigerate about one hour or until firm.
3. To serve, cut into squares. Garnish each serving with raspberries and whipped topping, if desired.

Nutrition Facts	<b>Total Fat</b> 6g	<b>Total Carbohydrate</b> 11g
Number of servings per recipe: 9	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 2g
Calories per serving: 110	<b>Sodium</b> 100mg	<b>Protein</b> 3g

*Looking for something sweet? Try a baked apple or pear topped with cinnamon and honey for a deliciously simple dessert.*

## Grilled Peaches with Honey Cream

*Adapted from Cooking Light Magazine*

### INGREDIENTS

- 2 Tbsp butter, melted
- 2 Tbsp honey, divided
- ¼ tsp ground cardamom
- Dash of salt
- 4 medium peaches, pitted and halved
- Cooking spray
- ⅓ cup plain fat-free Greek yogurt
- 2 Tbsp half-and-half
- ¼ tsp vanilla extract
- 1 cup raspberries



### DIRECTIONS

1. Combine melted butter, 1 Tbsp honey, cardamom, and salt in a medium bowl. Add peaches and toss to coat. Let stand for 5 minutes.
2. Heat a grill pan over medium heat. Coat pan with cooking spray. Arrange peaches on grill pan; grill 2 minutes on each side or until grill marks appear.
3. Combine yogurt, half-and-half, remaining 1 Tbsp honey, and vanilla in a small bowl; stir with a whisk. Serve with peaches and raspberries.



Nutrition Facts	<b>Total Fat</b> 7g	<b>Total Carbohydrate</b> 24g
Number of servings per recipe: 4	<b>Saturated Fat</b> 4g	<b>Dietary Fiber</b> 2g
Calories per serving: 160	<b>Sodium</b> 100mg	<b>Protein</b> 3g

*Mix fresh or frozen berries with yogurt and cereal for a delicious breakfast.*

# Mixed Berry Cake

Laura Ochintero

## INGREDIENTS

- 4 pints strawberries (2 lbs), hulled and quartered
- 2 pints blackberries (12 oz)
- 2 pints raspberries (12 oz)
- $\frac{3}{4}$  cup sugar, for the filling
- 2 Tbsp cornstarch
- $1\frac{1}{2}$  cups all-purpose flour
- 1 cup sugar, for the batter
- 2 tsp finely grated lemon zest
- $1\frac{1}{2}$  tsp baking powder
- 1 tsp salt
- 2 eggs
- $\frac{1}{2}$  cup milk
- 1 tsp pure vanilla extract
- $1\frac{1}{2}$  sticks unsalted butter, melted



## DIRECTIONS

1. Make the filling: In a bowl, toss the berries with sugar and cornstarch and let stand for 10 minutes.
2. Meanwhile, make the batter: Preheat the oven to 375 degrees F. In a medium bowl, whisk the flour with the sugar, lemon zest, baking powder and salt. In a small bowl, mix the eggs with the milk and the vanilla. Whisk the liquid into the dry ingredients until evenly moistened, then whisk in the melted butter until smooth.
3. Spread the filling in a 9x13 inch baking dish. Spoon the batter on top, leaving small gaps. Bake in the center of the oven for one hour, until the fruit is bubbling and a toothpick inserted into the topping comes out clean. Let cool for one hour before serving.

Nutrition Facts Number of servings per recipe: 16 Calories per serving: 300	<b>Total Fat</b> 12g	<b>Total Carbohydrate</b> 46g
	<b>Saturated Fat</b> 7g	<b>Dietary Fiber</b> 6g
	<b>Sodium</b> 210mg	<b>Protein</b> 4g

# Peanut Butter Popcorn with Cranberries

*Adapted from marlenekoch.com*

## INGREDIENTS

- 2 bags 94% fat-free Smart Pop (2.9 oz bags)
- 1/3 cup dried cranberries
- 1 1/2 cups miniature marshmallows
- 2 Tbsp butter or margarine
- 1/4 cup peanut butter
- 1 large egg white
- 3 Tbsp Splenda granular sweetener



## DIRECTIONS

1. Pop 2 bags of popcorn per package directions. Pour the popcorn into a large bowl removing any un-popped kernels. Sprinkle the popcorn with cranberries.
2. Preheat oven to 300 degrees F. Heavily coat a 15" x 10" jelly roll pan with nonstick cooking spray. Parchment or foil can be used to ease cleaning the pan.
3. In a small saucepan, melt butter or margarine and marshmallows over low heat, stirring frequently. Remove from heat. Add peanut butter, egg white and Splenda. Whisk together until well blended.
4. Pour mixture over popcorn-cranberry mixture and toss to coat evenly.
5. Pour coated popcorn onto prepared baking pan. Spread out evenly.
6. Bake for 20-25 minutes. Popcorn will be golden brown. Allow to cool at room temperature.
7. Break into large pieces and serve.

Nutrition Facts	<b>Total Fat</b> 4g	<b>Total Carbohydrate</b> 15g
Number of servings per recipe: 16	<b>Saturated Fat</b> 1.5g	<b>Dietary Fiber</b> 2g
Calories per serving: 100	<b>Sodium</b> 105mg	<b>Protein</b> 2g

*Looking for a sweet treat? Try grilling fruit for dessert. Ripe peaches, apples, and bananas all make excellent grilled desserts.*

# Savory Scones

Darrell Dixon

## INGREDIENTS – Makes 40 scones

- 1 lb. zucchini
- 1 bunch green onions
- 1 bottle (8.5 oz.) “Bella Sun Luci Julienne Cut Sun Dried Tomatoes in Olive Oil and Italian Herbs” (Available at Smith’s)
- 8 oz. package of shredded Mexican Style Cheese
- 18 or 19 oz. bottle of XXX Hot BBQ Sauce (The XXX “bite” will be diluted down to a mild “bite”)
- 1 cup buttermilk 1 jumbo size egg
- 1 stick butter (melted)
- 1 tsp. salt
- 7 cups white bread flour
- 2 cups cracked wheat flour (make cracked wheat flour by grinding hard wheat in a heavy duty blender until it climbs the sides of the chamber.)
- 4 Tbsp. double acting baking powder
- One bottle of mild BBQ Sauce.

## DIRECTIONS

1. Shred the zucchini into a medium size mixing bowl. Squeeze the shredded zucchini by hand to release the juice into the bowl.
2. Dice the onions, (including the greens.) Add to the zucchini.
3. Mince the sun dried tomatoes along with the oil from the bottle in a blender. Add to the zucchini and onions.
4. Add the entire bag of cheese and mix thoroughly.
5. Wisk the entire bottle of BBQ Sauce, buttermilk, egg, butter and salt on high speed.
6. Add to the mixture in the mixing bowl and mix thoroughly.
7. Mix dry ingredients in a separate bowl.
8. Combine all ingredients. Using a small rubber spatula, gently cut the ingredients into the flour. Mix by hand until everything is thoroughly mixed. Avoid kneading (stretching and pulling the dough.) After everything is thoroughly mixed, the dough should be moist but not too sticky. Gently work more white flour into the dough if too moist.
9. Preheat the oven to 300 degrees. Cut the dough into four equal pieces. Knead one piece of dough 6 or 7 times. Avoid too much kneading. Press the dough evenly into a 9 inch greased pie dish. Brush the top with a light glaze of mild BBQ Sauce. Bake for 35 to 45 minutes.

The recipe can also be used for filled biscuits or empanadas with pulled pork or other filling.

Nutrition Facts Servings per recipe:a;dlkajdf;l	<b>Total Fat</b> 6g	<b>Total Carbohydrate</b> 27g
	<b>Saturated Fat</b> 3g	<b>Dietary Fiber</b> 2g
	<b>Sodium</b> 300mg	<b>Protein</b> 6g

# Strawberry Coconut Chia Seed Banana Bread

Linda Gallegos

## INGREDIENTS

- 1¾ cups all-purpose flour
- 1 tsp baking powder
- ¾ tsp baking soda
- ¼ tsp salt
- 1 cup ripe mashed banana (about 2-3 bananas)
- 1 Tbsp coconut oil, melted and cooled
- 2⅓ cup packed dark brown sugar
- 3 tsp vanilla extract
- 1 egg
- ¼ cup nonfat plain Greek yogurt
- 2 Tbsp unsweetened almond milk (soy, coconut, or skim also work)
- ¾ cup diced organic ripe strawberries
- ¼ cup smashed organic raspberries (or you can use more strawberries)
- ½ cup unsweetened coconut, plus 3 tablespoons for topping (sweetened is fine, too)
- 2 Tbsp chia seeds
- 2-4 strawberries, sliced for topping



## DIRECTIONS

1. Preheat oven to 350 degrees F. Grease 9-inch loaf pan with cooking spray. (I love Trader Joe's Coconut Oil spray.)
2. In a large bowl, whisk together flour, baking powder, baking soda, and salt; set aside.
3. In a separate large bowl, beat together banana, brown sugar, egg, coconut oil vanilla, yogurt, and almond milk until smooth and creamy. Slowly add dry mixture to wet ingredients, and mix until combined. Gently fold strawberries, raspberries, coconut and chia seeds into the batter.
4. Place batter in prepared loaf pan. Sprinkle top evenly with 3 tablespoons of coconut. Place sliced strawberries over the top of the bread. Bake for 50-65 minutes or until toothpick inserted into center comes out clean. Cool on wire rack for 20 minutes, then remove from pan and return to wire rack to finish cooling. Bread is even better the next day (they always are). Bread will stay fresh for a few days when wrapped tightly. I love this bread with strawberry jam and peanut butter.

Nutrition Facts	<b>Total Fat</b> 5g	<b>Total Carbohydrate</b> 31g
Number of servings per recipe: 12	<b>Saturated Fat</b> 4g	<b>Dietary Fiber</b> 3g
Calories per serving: 180	<b>Sodium</b> 180mg	<b>Protein</b> 4g

# Strawberry Cupcakes

VA Smartest Loser Competition

## INGREDIENTS

- 1 box white cake mix
- 1 cup unsweetened applesauce
- $\frac{3}{4}$  cup water
- 3 egg whites
- $1\frac{1}{2}$  cup fat-free strawberry yogurt
- $\frac{3}{4}$  cup light cool-whip
- 12 strawberries, cut in half



## DIRECTIONS

1. Heat oven to 350 degrees F.
2. Line 24 cupcake tins with paper wrappers.
3. Remove cool whip from freezer to let it thaw.
4. Mix together the cake mix, half the yogurt, the applesauce, water and egg whites.
5. Beat on medium speed until smooth.
6. Pour into prepared cupcake tins. Make sure each one is about  $\frac{3}{4}$  full.
7. Bake for 20-26 minutes, or until a toothpick inserted into the center comes out clean. Remove and let cool.
8. Mix together the cool-whip and the remaining  $\frac{3}{4}$  cup strawberry yogurt. Spread on cooled cupcakes. Top each cupcake with one strawberry half.

Nutrition Facts Number of servings per recipe: 24 Calories per serving: 110	<b>Total Fat</b> 2.5g	<b>Total Carbohydrate</b> 21g
	<b>Saturated Fat</b> .5g	<b>Dietary Fiber</b> 0g
	<b>Sodium</b> 160mg	<b>Protein</b> 2g



# Sweet Potato Muffins

*Adapted from allrecipes.com*

## INGREDIENTS

- 1 ⅓ cups packed brown sugar
- ½ cup applesauce
- 1 tsp vanilla extract
- 2 eggs
- 2 cup flour
- 2 tsp baking powder
- 1 tsp cinnamon
- 1 tsp nutmeg
- ½ tsp allspice
- ½ tsp salt
- 4 cup peeled, shredded sweet potato
- ½ cup raisins
- ¾ cup walnuts



## DIRECTIONS

1. Preheat the oven to 350 degrees. Grease muffin tins to hold 12 muffins.
2. Whisk together brown sugar, oil, vanilla and eggs in a small bowl.
3. Mix together the flour, baking powder, spices, salt and grated sweet potatoes in a large bowl. Make a well in the center and pour in the egg mixture. Stir in the egg mixture just until blended. Fold in the raisins and walnuts.
4. Spoon the batter into the tins. Bake for 25-30 minutes or until a toothpick inserted into the middle comes out clean.
5. Take the muffins out of the oven and remove from the tins. Serve immediately.

Nutrition Facts Number of servings per recipe: 12 Calories per serving: 280	<b>Total Fat</b> 6g	<b>Total Carbohydrate</b> 53g
	<b>Saturated Fat</b> 1g	<b>Dietary Fiber</b> 3g
	<b>Sodium</b> 220mg	<b>Protein</b> 5g

# Tasty Dill Bread

*Adapted from Food Network Magazine, May 2013*

## INGREDIENTS

- 2¼ tsp active dry yeast
- 3 cups bread flour
- 3 medium shallots, very thinly sliced
- 2 Tbsp chopped fresh dill
- 2 tsp dill seeds
- 1 tsp fennel seeds
- 1 tsp sesame seeds
- 3 Tbsp honey
- 1 Tbsp molasses
- 1 Tbsp wheat germ
- 2 tsp salt
- ½ tsp black pepper
- 1 cup low-fat cottage cheese
- 1 large egg
- Cooking spray for the pan



## DIRECTIONS

1. Make the dough: In a medium bowl, sprinkle the yeast over ½ cup warm water (about 110 degrees F) and gently shake the bowl to help the yeast mix with the water. Set aside until dissolved, about 10 minutes.
2. In the bowl of a mixer fitted with a paddle attachment, combine the bread flour with the shallots, fresh dill, dill seeds, fennel seeds, sesame seeds, honey, molasses, wheat germ, salt and pepper. Mix on medium-low speed to blend. Mix in the cottage cheese and egg.
3. Add the yeast mixture and mix to incorporate. Transfer the dough to a greased bowl. Cover with a towel and put in a warm place until doubled in volume, 1 hour 30 minutes to 2 hours.
4. Generously grease an 8-inch loaf pan with cooking spray. Gently push the air out of the dough. Put the dough squarely in the pan and cover it with the towel again. Leave in a warm place to rise for one hour. Meanwhile, preheat the oven to 400 degrees F.
5. Bake the bread: Lower the oven temperature to 350 degrees F. Bake the loaf until a wooden pick inserted into the center comes out clean, 30-35 minutes. Remove from the oven and unmold. Let the bread rest on a rack for at least 30 minutes before cutting.

Nutrition Facts	<b>Total Fat</b> 1g	<b>Total Carbohydrate</b> 31g
Number of servings per recipe: 12	<b>Saturated Fat</b> 0g	<b>Dietary Fiber</b> 1g
Calories per serving: 160	<b>Sodium</b> 470mg	<b>Protein</b> 7g

# Touch of Spring Muffins

Adapted from *tasteofhome.com*

## INGREDIENTS

- 2 cups all-purpose flour
- ½ cup sugar
- 1 Tbsp baking powder
- ½ tsp salt
- 1 egg
- ¾ cup skim milk
- ⅓ cup canola oil
- ½ cup fresh strawberries
- ½ cup sliced fresh rhubarb



## Topping

- 6 small fresh strawberries, halved
- 2 tsp sugar

## DIRECTIONS

1. In a large bowl, combine the flour, sugar, baking powder and salt. In a small bowl, beat the egg, milk and oil until smooth. Stir into dry ingredients just until moistened. Fold in strawberries and rhubarb.
2. Fill greased or paper-lined muffin cups ¾ full with the batter. Place a strawberry half, cut side down, on each. Sprinkle with sugar.
3. Bake at 375 degrees for 22-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.



Nutrition Facts	<b>Total Fat</b> 7g	<b>Total Carbohydrate</b> 27g
Number of servings per recipe: 12	<b>Saturated Fat</b> 0.5g	<b>Dietary Fiber</b> 1g
Calories per serving: 180	<b>Sodium</b> 230mg	<b>Protein</b> 3g

# Seasonal Eating

Choosing fresh fruits and vegetables in season will most often be cheaper, tastier and more nutritious than those out of season.

Summer	Fall	Winter	Spring
Apples	Acorn Squash	Brussels Sprouts	Apricots
Apricots	Asian Pear	Buttercup	Artichokes
Avocado	Broccoli	Squash	Arugula
Beets	Brussels Sprouts	Chestnuts	Asparagus
Bell Peppers	Butter Lettuce	Clementines	Broccoli
Blackberries	Butternut	Collard Greens	Carrots
Blueberries	Squash	Dates	Cherries
Cantaloupe	Cauliflower	Grapefruit	Corn
Cherries	Cranberries	Kale	Grapefruit
Chiles	Date Plum	Kiwi	Green Beans
Corn	Grapes	Leeks	Honeydew
Cucumber	Gooseberries	Mandarin	Lettuce
Eggplant	Huckleberries	Oranges	Mango
Figs	Jalapeno	Oranges	Mushrooms
Grapes	Peppers	Pears	New Potatoes
Grapefruit	Mushrooms	Persimmons	Oranges
Green Beans	Passion Fruit	Sweet Potatoes	Peas
Lettuce	Pears	Tangerines	Pineapple
Limes	Pineapple	Turnips	Radishes
Mangos	Pomegranates		Rhubarb
Melons	Pumpkin		Snow Peas
Peaches	Sweet Potatoes		Spinach
Raspberries	Swiss Chard		Strawberries
Strawberries	Turnips		
Summer Squash			
Tomatoes			
Zucchini			

# Herbs and Spices

Herbs and spices provide a great way to season food often without adding sodium.

<b>Spice</b>	<b>Uses</b>
Allspice	Sweet potatoes, pumpkin pie, beef roast, ham, gravy
Anise	Carrots, edamame, cooked fruit dishes, eggs, baked goods
Basil	Tomatoes, zucchini, cauliflower, strawberries, fish, poultry, pasta
Bay Leaves	Vegetable soups, tomato sauce, beans, mashed potatoes, fish, beef roast
Cardamom	Vegetable dishes, soups, poultry, fish, baked goods
Cayenne	Tomatoes, eggplant, onions, corn, potatoes, fish, chili,
Pepper	cheese, rice
Celery Seed	Cucumber, tomatoes, spinach, coleslaw, soups, sandwiches, fish, breads
Chives	Cabbage, carrots, cucumbers, tomatoes, potatoes, pasta, fish, cottage cheese, eggs
Cinnamon	Sweet potatoes, acorn squash, pears, fruit dishes, baked goods, oatmeal, lamb
Cloves	Apples, sweet potatoes, ham, chicken, wild game, baked goods, Indian cuisine
Coriander	Artichokes, cauliflower, onions, avocado, mango, blackberries, coconut, couscous, chicken, beef, fish, shellfish
Cumin	Mushrooms, beans, lime, fall soups, citrus marinades, potatoes, chili, rice, couscous, cooked fruit dishes
Dill	Asparagus, cauliflower, cucumber, green beans, leeks, melon, salmon, trout, plain yogurt, eggs, tofu dishes
Fennel	Celery, apple, tomatoes, olives, radishes, curry, sausage, chicken, risotto, pork, lamb
Fenugreek	Tomato sauces, lentils, stir-fries, mashed potatoes, mango, citrus, curry, chicken, pork, sandwiches, pasta dishes
Garlic	Broccoli, cabbage, zucchini, eggplant, green beans, onions, potatoes, tomatoes, breads, pasta, eggs, fish, soups
Ginger	Cauliflower, mushrooms, stir-fries, berries, citrus fruit, tofu, pasta, couscous, rice, puddings, baked goods

Lavender	Melons, berries, peaches, pears, plums, baked goods, pork, lamb, fish
Lemon Pepper	Bell peppers, summer squash, celery, peas, pasta, fish, chicken
Mint	Cauliflower, eggplant, peas, tomatoes, berries, citrus fruit, couscous, quinoa, pasta, lamb, sorbet, lemonade
Mustard (seed/powder)	Cucumber, leeks, melon, beef, salmon, chicken, millet, rice, homemade salad dressing
Nutmeg	Asparagus, cabbage, broccoli, carrots, potatoes, cauliflower, potatoes, cooked fruit dishes, chicken, lamb, pork
Onion Powder	Soup, beef, lamb, pork, chicken, gravy, homemade bread, vegetable dip
Oregano	Brussels sprouts, zucchini, cauliflower, eggplant, tomatoes, pasta, beef, Latin cuisine, Italian cuisine
Paprika	Artichokes, leeks, onions, potatoes, tomatoes, pasta sauces, rice, eggs, beef, pork, chicken
Parsley	Artichokes, Brussels sprouts, cabbage, carrots, zucchini, eggplant, peas, tomatoes, soups, hummus, lamb
Poppy Seed	Homemade breads/desserts, fish, curry, salad dressings, pancakes, waffles, pasta, vegetables
Rosemary	Asparagus, Brussels sprouts, cucumbers, eggplant, potatoes, lentils, beef, lamb, pork, chicken, homemade breads
Sage	Beets, carrots, eggplant, onions, peas, beef, fish, pork, soft cheeses, homemade breads, rosemary, thyme
Sesame Seed	Homemade breads, salad dressings, Asian cuisine, stir-fry, hummus
Tarragon	Peas, carrots, tomatoes, cherries, citrus fruits, fish, poultry, eggs, rice, pasta
Thyme	Beets, carrots, mushrooms, potatoes, tomatoes, soups, homemade breads, casseroles, meats, marinades
Turmeric	Rice and vegetable dishes, beef, poultry, fish, curry, lentils, beans
Vanilla Bean	Berries, melons, citrus fruits, coconuts, apples, homemade desserts, tomato sauces, poultry, fish

## **Starting with Seasonings**

*This section has been adapted from the “Move! Spice It Up” handout.*

### **Meat, Poultry, and Fish Combinations**

**Beef:** Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme

**Lamb:** Curry powder, garlic, rosemary, mint

**Pork:** Garlic, onion, sage, pepper, oregano

**Veal:** Bay leaf, curry powder, ginger, marjoram, oregano

**Fish:** Curry powder, dill, dry mustard, marjoram, paprika, pepper, turmeric

**Chicken:** Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme, anise seeds

### **Vegetables**

**Carrots:** cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage

**Corn:** cumin, curry powder, onion, paprika, parsley

**Green Beans:** Dill, curry powder, marjoram, oregano, tarragon, thyme

**Greens:** onion, pepper

**Potatoes:** Dill, garlic, onion, paprika, parsley, sage

**Summer Squash:** cloves, curry powder, marjoram, nutmeg, rosemary, sage, allspice

**Winter Squash:** cinnamon, ginger, nutmeg, onion

**Tomatoes:** basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

### **General Guidance**

- Begin with small amounts of ground spices or ground herbs, working up to an amount that suits your tastes. Start with ¼ teaspoon and work your way up.
- Cayenne pepper and garlic powder are powerful spices. Start with ¼ teaspoon, and adjust to taste.
- Red pepper intensifies in flavor during cooking; add in small increments until your desired spice is reached.
- 1 tablespoon of fresh herb is equivalent to 1 teaspoon of dried herbs.
- When creating your own recipe, begin with one or two spices or herbs. The amount of herbs or spices you use will vary with type of herb or spice, type of recipe, and personal preference.
- When doubling a recipe, only increase the amount of herbs and spices by 1 ½ times and adjust to your preference from there.
- Remember, many herbs and spices intensify in flavor after simmering or sitting overnight, so if you plan on having leftovers, the flavor of the dish will change with time.
- Experiment with different flavor combinations to find what you like! This is what makes cooking fun and healthy.

*Herbs and spices can be used to add extra flavor to food without adding salt or calories. Get started and spice it up!*

# Glossary

## Cooking Definition

### Term

1 Al dente	Firm to the bite; usually refers to cooked pasta or rice
Bake	A dry heat method of cooking most commonly done in an oven
Baste	Adding fat or liquid to moisten food during the cooking process
Beat	Vigorously mixing ingredients to combine and add air to the product
Blanch	A partial cooking method usually used for fruits and vegetables – the food is immersed in boiling water for a short time, then quickly removed and immersed in ice water
Boil	Heating liquid to a temperature of 212 degrees F or 100 degrees C – large bubbles break the surface of the liquid rapidly
Braise	A moist heat method of cooking in which meat is first browned in hot fat/oil then cooked in a small amount of liquid
Broil	A dry heat method of cooking that uses direct heat – can be accomplished in the oven or on a grill
Chop	To cut into small pieces that are not uniform in size
Crisp-tender	The stage at which vegetables are tender but still crunchy; similar to al dente
Cube	To cut in large ( $\frac{1}{8}$ – $\frac{3}{4}$ in), uniform, cube-shaped pieces
Dash	A measuring term generally used with seasonings that is equal to between $\frac{1}{16}$ and $\frac{1}{8}$ tsp
Dice	To cut in small ( $\frac{1}{4}$ in), uniform pieces
Dredge	Coating moist food in a dry ingredient (ex. breaded fish)
Fillet	A thin slice of meat that does not have any bones
Fold	Gently mixing ingredients by plunging the cooking utensil into the center of the mixture, bringing it up the side of the bowl, and then folding it over the top of the mixture
Gratin	A dish made with bread crumbs and cheese in which the top of the is lightly browned with direct heat

Infuse	To add flavor to cooking liquid by first heating the liquid and then soaking herbs and spices in the liquid
Julienne	To cut into uniform, thin strips
Marinade	A sauce added to meat prior to cooking to soften and flavor the meat – the marinating process can be very short (about 30 minutes) or very long (several hours) depending on the recipe
Mince	To cut in very small ( $\frac{1}{8}$ inch or smaller) pieces that do not necessarily need to be uniform in size
Pinch	A measuring term that is equal to about $\frac{1}{16}$ of a teaspoon
Poach	A moist heat cooking method in which food is submerged in liquid heated to between 160 and 180 degrees F
Puree	To blend a cooked food (usually a fruit or a vegetable) until it becomes a thick, homogenous liquid
Sauté	To cook quickly in a small amount of very hot oil
Sear	Browning the outside of food (usually meat) at high heat until the surface of the food begins to caramelize – usually accomplished in a skillet using hot oil
Sieve	A cooking utensil made out of mesh wire that is used to separate fine particles from coarse particles – can be used to sift dry items or strain liquids
Simmer	Heating liquid to just below the boiling point – the liquid remains more still and bubbles only break the surface of the liquid every few seconds (temperature is 180-190 degrees F)
Steam	A moist heat cooking method in which water is heated to a boil and the steam from the water cooks the food
Whisk	To rapidly mix in a circular motion using a whisk or a fork – incorporates air into the mixture
Zest	To scrape or cut the colorful portion of the rind off of fruit to flavor dishes