



2015

Healthy Holidays Challenge

Recipe Book

This book contains recipes submitted by city employees for the 2015 Healthy Holidays Side Dish Challenge. Each recipe (in green) is followed with nutritional information (in red) by Healthy Columbus Registered Dietician, Ashley Harris.



2015 Healthy Holidays Challenge: Healthy Recipe Book

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Simone Burley

ASIAN GREEN BEANS

INGREDIENTS:

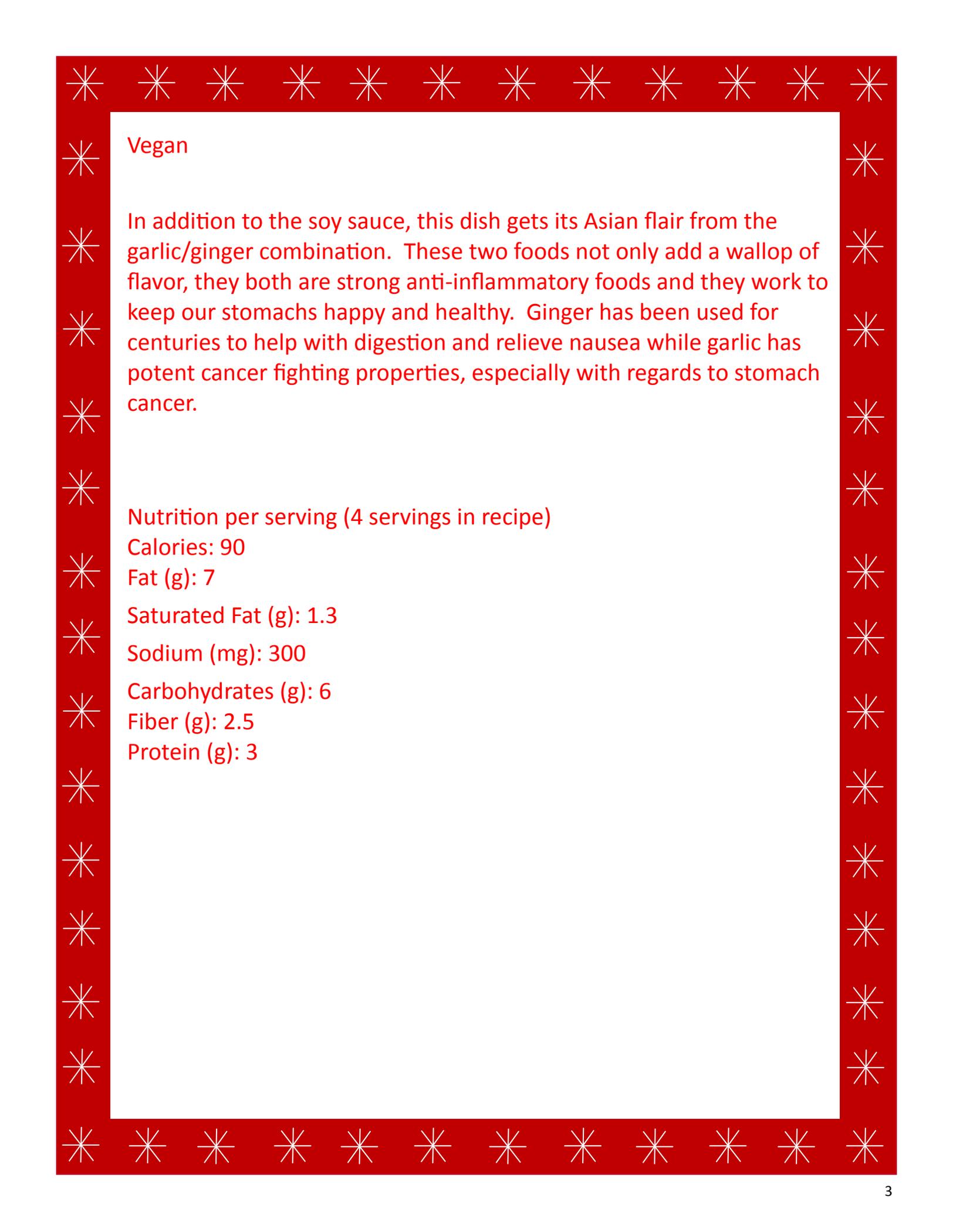
- 1 pound green beans
- 2 tablespoons peanut oil
- 1 small shallot, finely chopped
- 3 teaspoons minced garlic
- 2 teaspoons grated fresh ginger
- 2 tablespoons soy sauce

INSTRUCTIONS:

Wash green beans under cold running water. Cut off the root ends and discard. Bring a large pot of salted water to a boil over medium-high heat. Add the beans and blanch until bright green, about 5 minutes.

Shock in ice water then drain in a colander.

Heat a large wok or wok like skillet over high heat. Add the peanut oil, then add the shallots, garlic and ginger. Stir the mixture around so it fries in the oil and gets fragrant, about 30 seconds. Add the green beans and toss a couple of times to coat everything evenly. Sauté for a couple of minutes so the beans get a little caramelization. Add the soy sauce and cook for 1 to 2 more minutes; the beans should still be nice and crisp. Transfer to a large platter and serve.



Vegan

In addition to the soy sauce, this dish gets its Asian flair from the garlic/ginger combination. These two foods not only add a wallop of flavor, they both are strong anti-inflammatory foods and they work to keep our stomachs happy and healthy. Ginger has been used for centuries to help with digestion and relieve nausea while garlic has potent cancer fighting properties, especially with regards to stomach cancer.

Nutrition per serving (4 servings in recipe)

Calories: 90

Fat (g): 7

Saturated Fat (g): 1.3

Sodium (mg): 300

Carbohydrates (g): 6

Fiber (g): 2.5

Protein (g): 3

Karen Murdock

Baked Cauliflower Mac & Cheese

INGREDIENTS:

2c uncooked whole wheat elbow macaroni

1/2lb raw cauliflower - washed and finely chopped

1 can of Campbell's heart healthy cheddar soup

2.5c low-fat shredded cheddar cheese

1/2c skim milk

1/2c fat free sour cream

1/2tsp each: salt, dry mustard, pepper

2 eggs lightly scrambled

INSTRUCTIONS:

Preheat oven to 350 degrees

Cook macaroni for 6 minutes, drain and set aside

Microwave cauliflower for 2 minutes, set aside

In large mixing bowl, combine remaining ingredients and mix until well blended then add macaroni and cauliflower

Transfer mixture to casserole dish

Bake covered for 30 minutes, uncover and bake for another 30 minutes

Vegetarian

This healthy take on macaroni and cheese is made with whole-wheat pasta which helps control blood sugar and inflammation and provides extra vitamins, minerals and fiber. The addition of eggs helps boost the protein content while the addition of cauliflower to the cheesy mix decreases the calories per serving. Cauliflower also provides a nutritional boost by providing vitamin K and potent cancer fighting properties.

Nutrition per serving (6 servings in recipe)

Calories: 290

Fat (g): 6

Saturated Fat (g): .2

Sodium (mg): 700

Carbohydrates (g): 39

Fiber (g): 4

Protein (g): 21

Debra Jones

Black Bean Salad

INGREDIENTS:

1 (15 ounce) can black beans, rinsed and drained

2 (15 ounce) cans whole kernel corn, drained

8 green onions, chopped

2 jalapeno peppers, seeded and minced

1 green bell pepper, chopped

1 avocado - peeled, pitted, and diced

1 (4 ounce) jar pimentos

3 tomatoes, seeded and chopped

1 cup chopped fresh cilantro

1 lime, juiced

1/2 cup Italian salad dressing

1/2 teaspoon garlic salt

INSTRUCTIONS:

In a large bowl, combine the black beans, corn, green onions, jalapeno peppers, bell pepper, avocado, pimentos, tomatoes, cilantro, lime juice, and Italian dressing. Season with garlic salt. Toss, and chill until serving.

Vegan

This 100% plant-based dish is packed full of vitamins, minerals, fiber and phytochemicals (naturally occurring plant chemicals with numerous health benefiting properties). The black beans in this dish provide a rich source of both fiber and protein while the cilantro is thought to help with everything from lowering cholesterol and blood sugar to helping detoxify the body of heavy metals.

Nutrition per serving (8 servings in recipe)

Calories: 215

Fat (g): 8

Saturated Fat (g): 1

Sodium (mg): 700

Carbohydrates (g): 29

Fiber (g): 7.6

Protein (g): 6

Todd Hills

Braised Root Vegetables and Cabbage with Fall Fruit

INGREDIENTS:

2 tablespoons unsalted butter

2 tablespoons extra-virgin olive oil

1 small white onion, thinly sliced

4 carrots, sliced 1/3 inch thick

4 large radishes, quartered

4 baby turnips, peeled and quartered

3/4 pound Savoy cabbage, cored and coarsely chopped

1 Golden Delicious apple—peeled, cored and cut into 1-inch pieces

2 garlic cloves, thinly sliced

Salt

Freshly ground pepper

1/2 cup low-sodium chicken broth

1 Bosc pear—peeled, cored and cut into 1-inch pieces

INSTRUCTIONS:

Preheat the oven to 350°. In a large, deep skillet, melt the butter in the olive oil. When the foam subsides, add the onion, carrots, radishes, turnips, cabbage, apple and garlic. Season with salt and black pepper and cook over high heat, stirring, until the vegetables are lightly browned in spots, about 6 minutes. Add the chicken broth and bring to a boil. Cover and braise in the oven for 25 to 30 minutes, until tender. Remove from the oven, stir in the pear pieces and cook over high heat until the liquid is evaporated and the pear is tender, about 5 minutes. Transfer the braised fruits and vegetables to a bowl and serve.

Vegetarian

This dish mixes the sweet and savory and, because it is full of fiber rich foods, it will fill you up without adding too many extra calories. Both the apples and pears provide pectin fiber, which is the best fiber for lowering cholesterol and toning the intestines. In addition to fiber, this dish is packed with cancer-fighting cruciferous vegetables, which include radishes, turnips and Savoy cabbage.

Nutrition per serving (6 servings in recipe)

Calories: 235

Fat (g): 9

Saturated Fat (g): 3.2

Sodium (mg): 230

Carbohydrates (g): 37

Fiber (g): 11

Protein (g): 4.7



Eliza Thrush

Broiled Brussels Sprouts

INGREDIENTS:

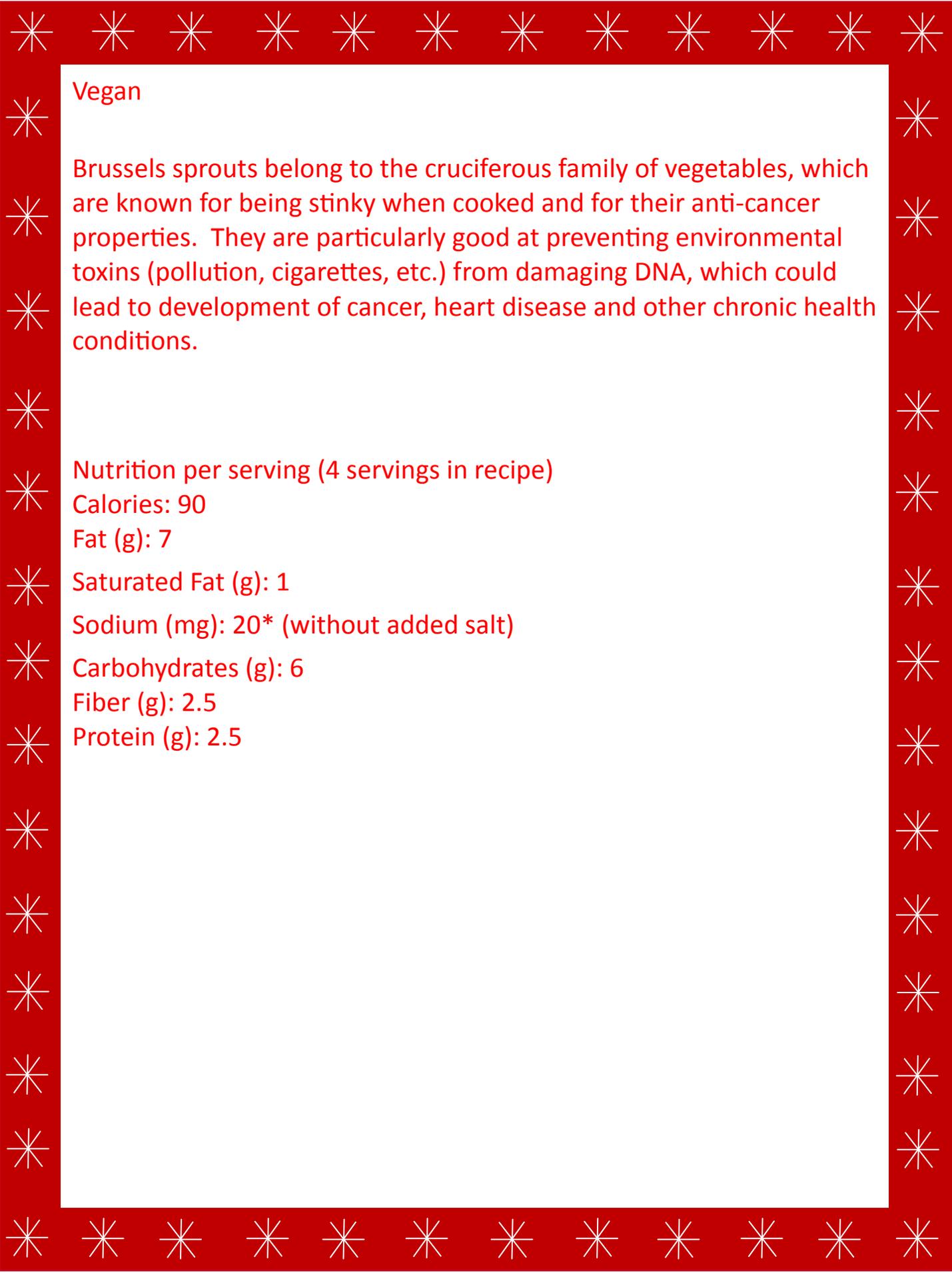
3 cups raw Brussels sprouts

2 TBSP olive oil

Sea salt and pepper, to taste

INSTRUCTIONS:

Preheat oven to 400 degrees. Wash Brussels sprouts and cut off ends, if necessary. Drain and place in a bowl. Drizzle with 2 TBSP olive oil and mix to lightly coat Brussels sprouts. Place in a 13 x9 in pan in a single layer. Dust with cracked pepper and sea salt. Cover with foil and bake at 400 degrees for 25 minutes, remove foil, and cook uncovered for an additional 20-25 minutes (total cooking time 45-50 minutes).



Vegan

Brussels sprouts belong to the cruciferous family of vegetables, which are known for being stinky when cooked and for their anti-cancer properties. They are particularly good at preventing environmental toxins (pollution, cigarettes, etc.) from damaging DNA, which could lead to development of cancer, heart disease and other chronic health conditions.

Nutrition per serving (4 servings in recipe)

Calories: 90

Fat (g): 7

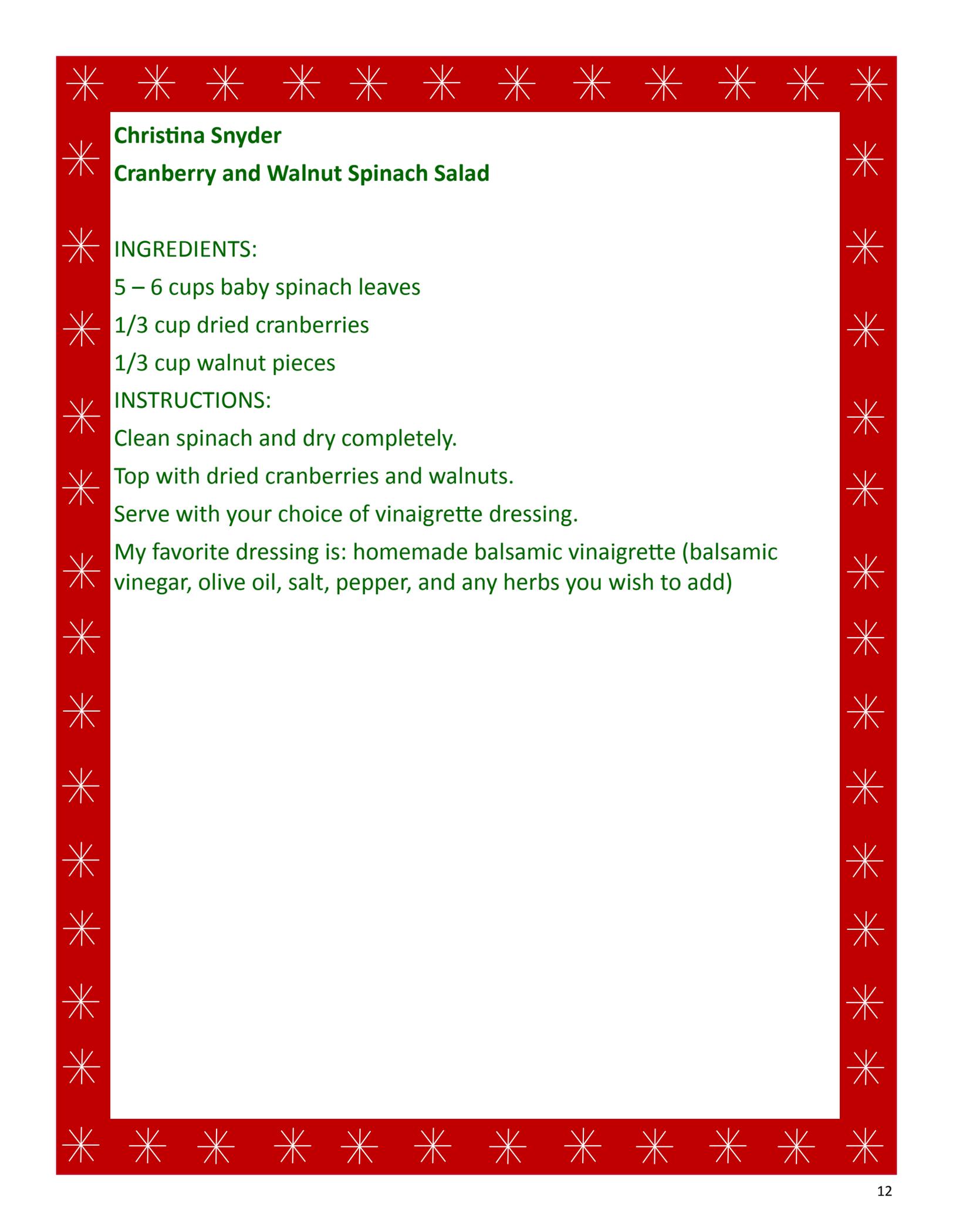
Saturated Fat (g): 1

Sodium (mg): 20* (without added salt)

Carbohydrates (g): 6

Fiber (g): 2.5

Protein (g): 2.5



Christina Snyder

Cranberry and Walnut Spinach Salad

INGREDIENTS:

5 – 6 cups baby spinach leaves

1/3 cup dried cranberries

1/3 cup walnut pieces

INSTRUCTIONS:

Clean spinach and dry completely.

Top with dried cranberries and walnuts.

Serve with your choice of vinaigrette dressing.

My favorite dressing is: homemade balsamic vinaigrette (balsamic vinegar, olive oil, salt, pepper, and any herbs you wish to add)

Vegan

This dish is bound to please the masses with its perfect flavor pairings and holiday colors. And with only 3 ingredients (4 if you count the dressing), it can literally be whipped up in a matter of minutes. Each ingredient also brings health benefits to the table. Healthy fats are found in the walnuts (provides omega-3 fatty acids) and the vinaigrette (provides mono-unsaturated fats from the olive oil). The spinach is packed full vitamin K, vitamin C, vitamin E, folic acid, fiber and iron. And the cranberries offer vitamin C, insoluble fiber, manganese and copper.

Nutrition per serving (4 servings in recipe)* (includes addition of 2 Tbs. Balsamic Vinaigrette dressing per serving)

Calories: 190

Fat (g): 13

Saturated Fat (g): 1.5

Sodium (mg): 360

Carbohydrates (g): 17

Fiber (g): 2.5

Protein (g): 2

Jake Slechter

Creamy Asparagus and Cauliflower Soup

INGREDIENTS:

3 Cloves garlic, chopped/minced

6 Cups Vegetable Stock

1 cauliflower

Salt/Pepper

Cayenne pepper

2 tablespoons asparagus tips

Crème Fresche Dallup

1 green onion

2 bundles Asparagus

INSTRUCTIONS:

Sweat garlic in stock pot. Stir in broth, cauliflower, cayenne pepper, salt and black pepper. Simmer.

Stir in asparagus in cauliflower mix and bring up heat. 5-6 minutes.

Blend soup with immersion blender or food processor.

Garnish with Crème Freshe and green onion

Vegetarian

This creamy dish is surprisingly low in calories and can help fight against cancer and arthritis! The cruciferous vegetable cauliflower has potent anti-oxidant properties that protect our cells DNA against cancer-causing damage. Asparagus has been used for centuries to fight arthritis and rheumatism with recent research pointing to these benefits coming from its anti-oxidant properties and its ability to block inflammatory pathways in the body's cells.

Nutrition per serving (4 servings in recipe)

Calories: 120

Fat (g): 3

Saturated Fat (g): 2

Sodium (mg): 260* (with low-sodium broth)

Carbohydrates (g): 17

Fiber (g): 5.8

Protein (g): 5.5

Staci McWhirter
Crispy Brussels Sprouts

INGREDIENTS:

2 pounds Brussels sprouts, trimmed, halved, outer leaves removed (6 cups prepped)

2 tablespoons coconut oil, melted or olive oil*, plus more for serving

1 teaspoon dry Harissa spice blend**

3/4 teaspoon fine sea salt

Freshly ground black pepper, to taste

INSTRUCTIONS:

Preheat the oven to 400°F and line a large baking sheet with parchment paper.

With a paring knife, trim off the ends of the sprouts, then slice in half lengthwise, and pick off any loose outer leaves. Place the prepped sprouts into a large bowl.

Add the oil onto the sprouts in the bowl and stir or toss with hands until thoroughly coated. Add the Harissa and salt, and stir until combined.

Spread the Brussels sprouts onto the prepared baking sheet in a uniform layer. Garnish with freshly ground black pepper.

Roast the sprouts for 20 minutes, then flip with spatula, and continue roasting for another 5-15 minutes until browned to your liking. Smaller sprouts will brown faster than larger ones.

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Drizzle with a teaspoon or so of melted coconut oil and quickly toss to coat. This infuses with flavor and moistens them a bit after roasting. Taste and add another pinch of salt, if desired, and serve immediately - the hotter the better.

*If using melted coconut oil, make sure that your Brussels sprouts are at room temperature before mixing in the oil. If the sprouts are chilled from the fridge, the oil will harden when mixing. Using virgin coconut oil will impart a very light coconut flavor. You can also use flavorless refined coconut oil.

**Harissa spice blend can be found at Whole Foods. It contains: paprika, caraway, chili pepper, cayenne pepper, coriander, cumin, garlic, peppermint, sea salt

Vegan

This take on roasted Brussels sprouts uses coconut oil as its fat source which provides it with a lovely light coconut flavor and is a great oil to use when cooking at high temperatures as it has a high smoke point and is less likely to oxidize. Despite being high in saturated fat, we don't typically see the negative impacts on cholesterol levels and health with this plant-based fat as we do with other animal-based saturated fats. And because this dish is mostly made up of Brussels sprouts, it is a great low calorie treat. A single 3.5-ounce serving of Brussels sprouts contains a whopping 3.3 grams of fiber and 2.3 grams of protein with only 35 calories!

Nutrition per serving (6 servings in recipe)

Calories: 105

Fat (g): 5

Saturated Fat (g): 4

Sodium (mg): 375

Carbohydrates (g): 14

Fiber (g): 5.7

Protein (g): 5.2

Merrari McKinney

FOOL

Easy Cranberry Sauce

INGREDIENTS

1 12-ounce bag of fresh cranberries, rinsed and drained

1 cup granulated sugar

1 lemon, zest, and juice

INSTRUCTIONS

In a large saucepan, cook the cranberries, sugar and 1 cup of water over low heat until the skins begin to pop open, approximately 5 minutes. Stir in the zest and juices (orange juice or a little apple juice tastes good added in too) and continue to cook for another 15 minutes. Remove from the heat and let cool,

Transfer to an airtight container and store in the refrigerator.

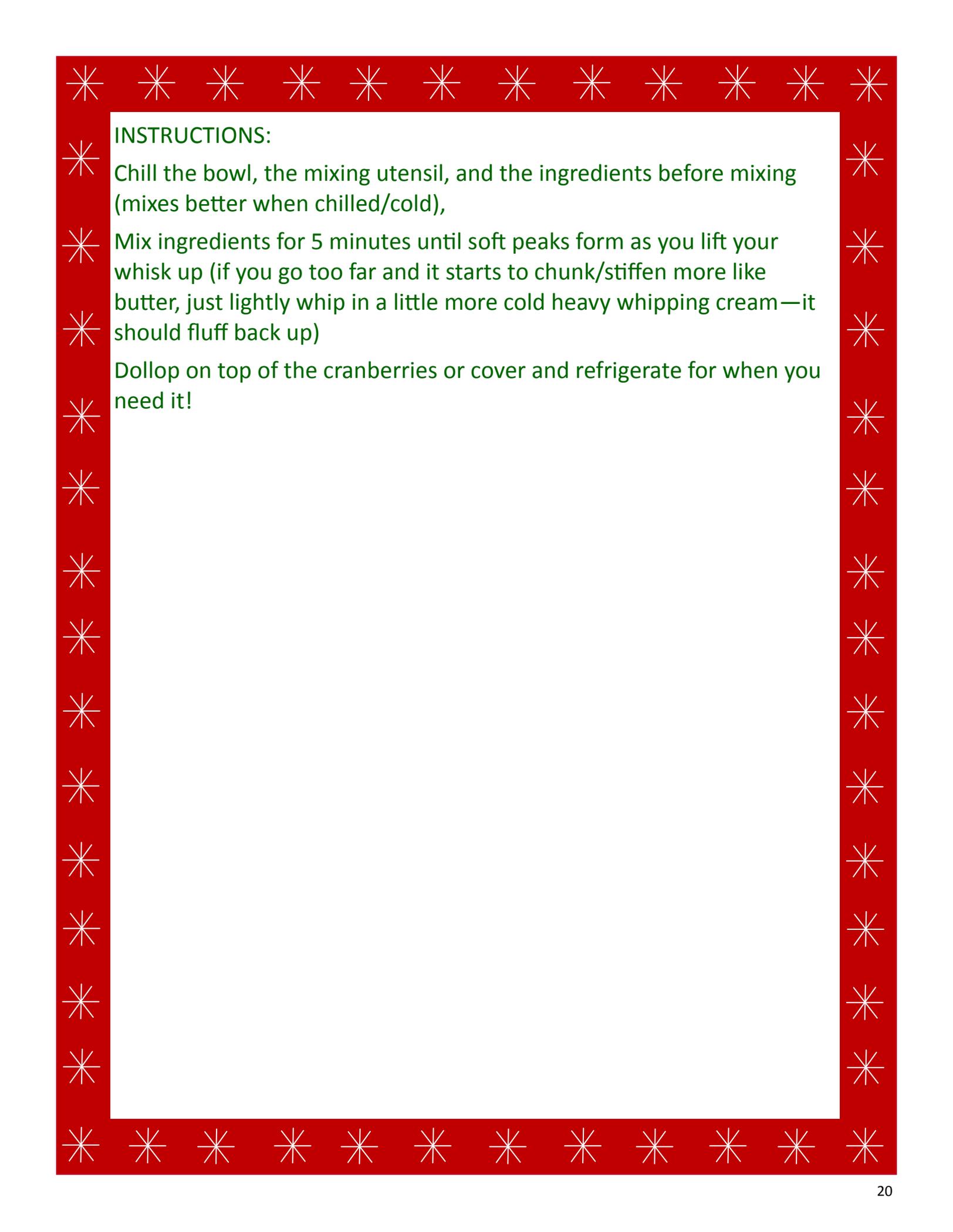
Whipped Cream

INGREDIENTS

Organic heavy whipping cream (a little less than one little pint carton)
pure vanilla extract (a teaspoon and a half or so)

some kind of preferred sweetener (I melt down some turbinado sugar into a smoothly mixable simple syrup; agave doesn't spike one's blood sugar; honey is classic; maple syrup is great; etc.)—I add to taste (you can feel it out while you're mixing)

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INSTRUCTIONS:

Chill the bowl, the mixing utensil, and the ingredients before mixing (mixes better when chilled/cold),

Mix ingredients for 5 minutes until soft peaks form as you lift your whisk up (if you go too far and it starts to chunk/stiffen more like butter, just lightly whip in a little more cold heavy whipping cream—it should fluff back up)

Dollop on top of the cranberries or cover and refrigerate for when you need it!

Vegan

This fat-free, sodium-free, low-calorie dish is super easy to make and beats the store-bought cranberry sauce any day. In addition to providing a sweet treat, this dish can help with everything from preventing UTI's (urinary tract infections) and kidney stones to warding off cancer, heart disease and other degenerative diseases. This is mostly due to the actions of their anthocyanin phytochemicals, which in addition to providing health benefits, also give them their bright red color.

Nutrition per serving (6 servings in recipe)

Calories: 115

Fat (g): 0

Saturated Fat (g): 0

Sodium (mg): 0

Carbohydrates (g): 31

Fiber (g): 0

Protein (g): 0

Danielle Ohms

Kale Salad with Coucous, Grilled Chicken and Pomegranates

INGREDIENTS:

1 1/2 cups uncooked coucous

1 1/2 cups water

1 large bunch of kale, torn from stems and torn into pieces

2 boneless skinless chicken breast (about 1 pound)

2 tablespoons olive oil

1/2 cup toasted pine nuts

1/2 cup pomegranate seeds (arils)

1 avocado, chopped

4 ounces goat cheese, crumbled

Dressing

1/2 cup olive oil

1 tablespoon tahini

1 large cloves garlic, minced

3 tablespoons lemon juice

1 1/2 tablespoons honey

1/2 teaspoon salt, plus more to taste

1/2 teaspoon pepper, plus more to taste

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INSTRUCTIONS:

Preheat oven to 350 degrees.

Preheat grill to medium-high heat. Rub the chicken with olive oil salt and pepper. Grill for 7-8 minutes on both sides or until cooked through. Let cool five minutes and then dice into bite size pieces. Set a side and keep warm.

While the chicken cooks start on the kale. In a glass measuring cup or small bowl, mix all the dressing ingredients, whisk to combine and then season with salt and pepper. Taste and if needed add more salt and pepper.

Grease a baking sheet and spread kale on the baking sheet. To the kale add 2-3 tablespoon of the dressing (just enough to coat the kale, reserve the rest) massage the kale with the dressing and spread out evenly on the baking sheet. and roast for 10 minutes. Toss well and roast for 5-10 minutes more, until slightly crispy but not golden.

While kale is roasting bring the water to a boil. Once the water boils, remove from the heat and add the couscous, stir and cover for 10 minutes or until ready to use. When ready to use fluff with a fork.

Once the chicken, kale, and couscous are all done combine them in a large bowl. Add the toasted pine nuts, pomegranate seeds, avocado and goat cheese. Toss to combine and then add the remaining dressing and toss one more time.

With only 515 calories, this dish is a main meal and sides all wrapped in one! The chicken provides a lean protein source while the kale provides a wealth of nutrients including carotenes, vitamin C, vitamin B6, vitamin E, fiber, iron and calcium. And while the 35 grams of fat per serving (provided by the avocado, tahini and olive oil) may seem high, these are considered healthy fats and are important in helping to lower cholesterol and fight inflammation in the body.

Nutrition per serving (8 servings in recipe)

Calories: 515

Fat (g): 34

Saturated Fat (g): 6.3

Sodium (mg): 280

Carbohydrates (g): 35

Fiber (g): 5

Protein (g): 21

Adam Wheeler

MASHED BUTTERNUT SQUASH

INGREDIENTS:

4 lbs butternut squash (about 2 medium-sized squash)

Olive oil

2 Tbsp unsalted butter

2 apples, grated

1 yellow onion, diced small

1/4 tsp kosher salt

1 clove garlic, minced

1/2 tsp cinnamon

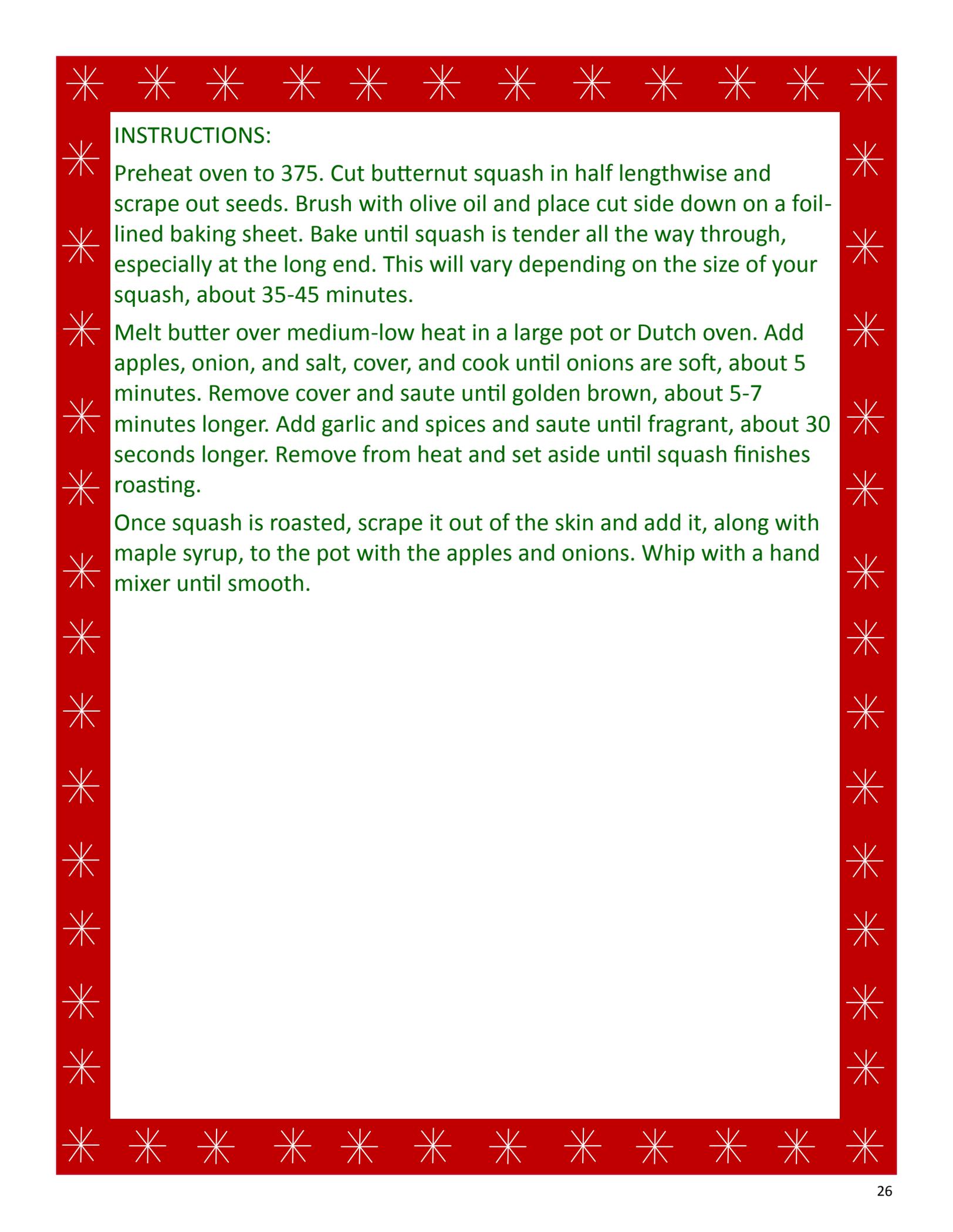
1/2 tsp coriander

1/2 tsp cumin

1/8 tsp cayenne pepper

2-3 Tbsp maple syrup

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INSTRUCTIONS:

Preheat oven to 375. Cut butternut squash in half lengthwise and scrape out seeds. Brush with olive oil and place cut side down on a foil-lined baking sheet. Bake until squash is tender all the way through, especially at the long end. This will vary depending on the size of your squash, about 35-45 minutes.

Melt butter over medium-low heat in a large pot or Dutch oven. Add apples, onion, and salt, cover, and cook until onions are soft, about 5 minutes. Remove cover and saute until golden brown, about 5-7 minutes longer. Add garlic and spices and saute until fragrant, about 30 seconds longer. Remove from heat and set aside until squash finishes roasting.

Once squash is roasted, scrape it out of the skin and add it, along with maple syrup, to the pot with the apples and onions. Whip with a hand mixer until smooth.

Vegetarian

This low-sodium dish is packed full of healing spices including cinnamon (helps lower blood sugar), cayenne pepper (helps decrease inflammation), coriander (helps decrease cholesterol) and cumin (aids with digestion and nutrient absorption). These spices are all also potent cancer fighters as is the butternut squash, which is rich in beta-carotene. Beta-carotene has potent anti-cancer and anti-inflammatory properties and is especially effective in fighting lung cancer.

Nutrition per serving (6 servings in recipe)

Calories: 290

Fat (g): 22

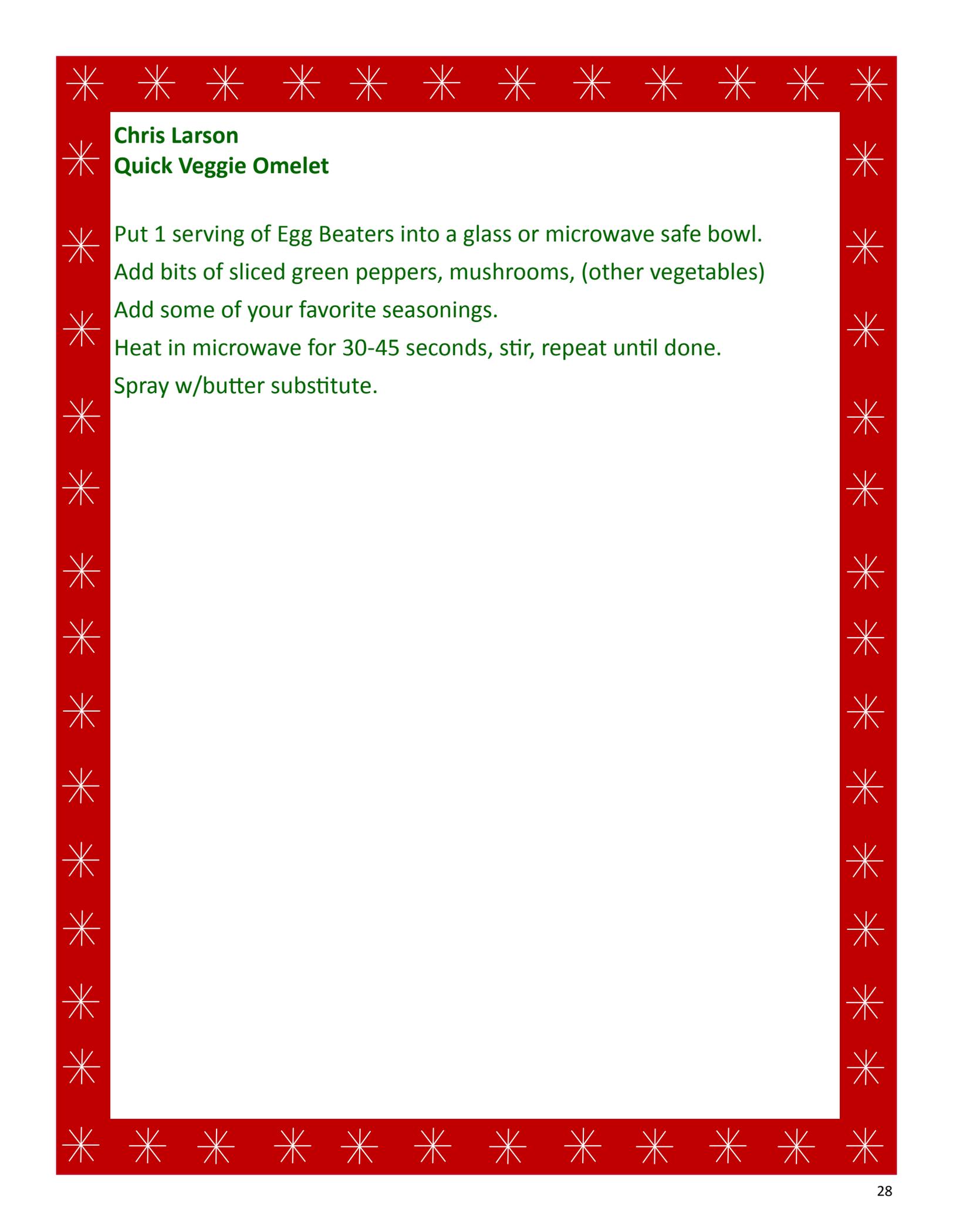
Saturated Fat (g): 2.5

Sodium (mg): 80

Carbohydrates (g): 57

Fiber (g): 6.5

Protein (g): 5



Chris Larson

Quick Veggie Omelet

Put 1 serving of Egg Beaters into a glass or microwave safe bowl.

Add bits of sliced green peppers, mushrooms, (other vegetables)

Add some of your favorite seasonings.

Heat in microwave for 30-45 seconds, stir, repeat until done.

Spray w/butter substitute.

Vegetarian

This low-calorie, high-protein dish can be enjoyed at any meal and doubled (or tripled) in size to meet your hunger needs while staying within your calorie goals. Pack it full of your favorite veggies and spices for added nutrients and fiber.

Nutrition per serving (1 serving in recipe)

Calories: 50

Fat (g): 0

Saturated Fat (g): 0

Sodium (mg): 100* (without added salt)

Carbohydrates (g): 5

Fiber (g): 4

Protein (g): 5

Jeff Johnson

Risotto with Champagne and Radicchio

INGREDIENTS:

3 cups fat-free, less-sodium chicken broth

1 cup water

2 tablespoons olive oil

1 cup finely chopped yellow onion

2 cups uncooked Arborio rice or other medium-grain rice

2 cups Champagne, divided

2 cups thinly sliced radicchio

1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese, divided

1 tablespoon butter

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/8 teaspoon ground nutmeg

INSTRUCTIONS:

Bring broth and 1 cup water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.

Heat oil in a large Dutch oven over medium heat. Add onion to pan, and cook 5 minutes or until tender, stirring frequently. Add rice; cook for 2 minutes, stirring constantly. Stir in 1 1/2 cups Champagne; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Stir in broth mixture, 1/2 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 20 minutes total). Remove from heat.

Stir in remaining 1/2 cup Champagne, radicchio, 1/2 cup cheese, butter, salt, pepper, and nutmeg. Let stand 5 minutes. Serve with remaining 1/2 cup cheese.

This unique dish provides a good source of protein and can be used as either a main or a side dish. It also contains the under utilized radicchio leaf. Radicchio provides an excellent source of fiber and vitamins A, C, E and K. In fact, just one serving of radicchio provides up to 11% of your daily fiber needs and 10% of your daily vitamin C needs.

Nutrition per serving (8 servings in recipe)

Calories: 310

Fat (g): 8

Saturated Fat (g): 3.1

Sodium (mg): 50

Carbohydrates (g): 42

Fiber (g): 2.4

Protein (g): 9

Meredith Lawler

Roasted Brussels Sprouts

INGREDIENTS:

1 1/2 pounds Brussels sprouts

3 tablespoons good olive oil

3/4 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

INSTRUCTIONS:

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately

Vegan

This simple dish contains only a few ingredients but extends its health benefits in many different directions. Brussels sprouts, In addition to be potent cancer fighters, are rich in folic acid, vitamin B6, vitamin C, vitamin K, thiamin, beta-carotene, potassium and fiber. And olive oil is considered a mono-unsaturated fat and helps to lower cholesterol and inflammation in the body.

Nutrition per serving (4 servings in recipe)

Calories: 170

Fat (g): 11

Saturated Fat (g): 1.5

Sodium (mg): 400

Carbohydrates (g): 15

Fiber (g): 6.5

Protein (g): 5.8

Vince Fasone

Roasted Brussels Sprouts

INGREDIENTS:

1.5 lbs Brussels Sprouts

3 T. Good Olive Oil

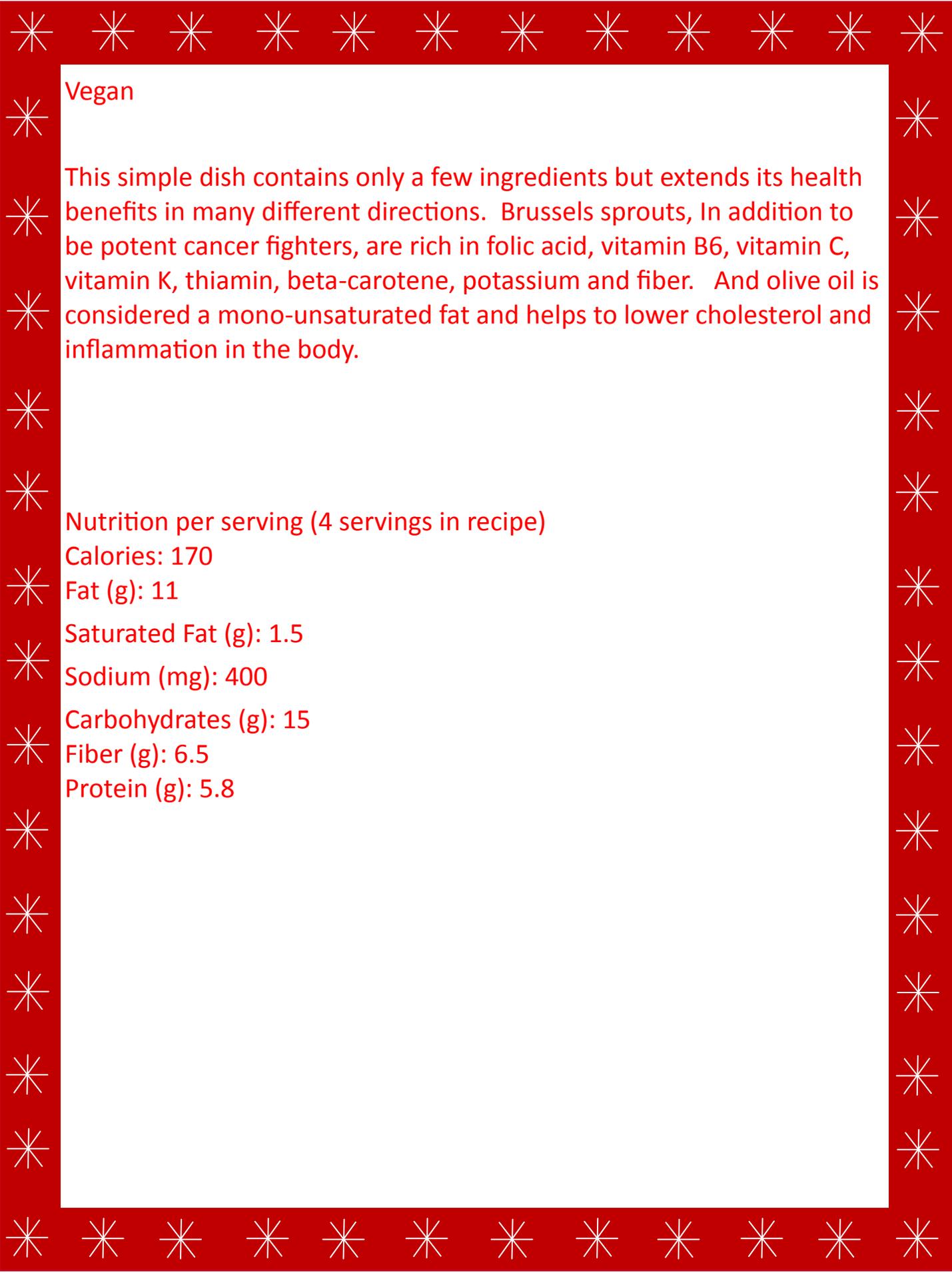
$\frac{3}{4}$ t. Kosher Salt

$\frac{1}{2}$ t. freshly ground black pepper

INSTRUCTIONS

Preheat oven to 400 degrees F.

Cut off the ends of the Brussels Sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt & pepper. Pour them onto a sheet pan and roast for 35-40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown sprouts evenly. Sprinkle with more kosher salt if you prefer and serve immediately.



Vegan

This simple dish contains only a few ingredients but extends its health benefits in many different directions. Brussels sprouts, In addition to be potent cancer fighters, are rich in folic acid, vitamin B6, vitamin C, vitamin K, thiamin, beta-carotene, potassium and fiber. And olive oil is considered a mono-unsaturated fat and helps to lower cholesterol and inflammation in the body.

Nutrition per serving (4 servings in recipe)

Calories: 170

Fat (g): 11

Saturated Fat (g): 1.5

Sodium (mg): 400

Carbohydrates (g): 15

Fiber (g): 6.5

Protein (g): 5.8

Sherry Booth

Sizzled Green Beans with Crispy Prosciutto & Pine Nuts

INGREDIENTS:

- 2 pounds green beans, trimmed
- 2 1/2 teaspoons extra-virgin olive oil, divided
- 2 ounces prosciutto, thinly sliced, cut into ribbons
- 4 cloves garlic, minced
- 2 teaspoons minced fresh sage
- 1/4 teaspoon salt, divided
- Freshly ground pepper, to taste
- 1/4 cup toasted pine nuts
- 1 1/2 teaspoons freshly grated lemon zest
- 1 teaspoon lemon juice

INSTRUCTIONS:

- Bring a large pot of water to a boil. Add beans, return to a boil, and simmer until crisp-tender, 3 to 4 minutes. Drain.
- Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat. Add prosciutto; cook, stirring, until crispy, 4 to 5 minutes. Drain on a paper towel.

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Wipe out the pan; heat the remaining 2 teaspoons oil over medium heat. Add the beans, garlic, sage, 1/8 teaspoon salt and several grinds of pepper. Cook, stirring occasionally, until the beans are browned in places, 3 to 4 minutes. Stir in pine nuts, lemon zest and the prosciutto. Season with lemon juice, the remaining 1/8 teaspoon salt and pepper.

Tips & Notes

Make Ahead Tip: Prepare through Step 1 and refrigerate for up to 2 days.

Tip: To toast chopped nuts & seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

This flavorful dish allows you have it all – you can enjoy the rich, indulgent flavor of the prosciutto while still staying way below your calorie budget by using green beans as the main ingredient. The lemon juice and zest round out the flavor of the dish and add extra health benefits. Interesting enough the health benefiting nutrients in lemons are not just found in the juice! The peels of citrus fruits are a rich source of volatile oils and phytochemicals, both of which have anti-bacterial, anti-fungal, and anti-cancer properties including providing protecting against skin cancer.

Nutrition per serving (6 servings in recipe)

Calories: 105

Fat (g): 7

Saturated Fat (g): .8

Sodium (mg): 350

Carbohydrates (g): 7

Fiber (g): 3

Protein (g): 6.5

Melanie Anderson
Southwest Quinoa Salad

INGREDIENTS:

- 1 cup quinoa cooked according to package directions
- 1 – 14 ounce can black beans, drained and rinsed
- 1 – 14 ounce can corn, drained
- 1/2 of a large red bell pepper
- 4 green onions, diced
- 1/4 cup chopped cilantro
- Juice from 2 limes
- 1/3 cup olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1 teaspoon salt

INSTRUCTIONS:

Cook 1 cup quinoa according to package directions. When the quinoa is done cooking, fluff it with a fork, transfer it to a large bowl, and allow it to cool completely (about 15 minutes). In a small bowl whisk together lime juice, olive oil, ground cumin, black pepper and salt. When the quinoa has cooled, add in black beans, corn, red bell pepper, chopped green onions, and cilantro. Stir in dressing and toss to coat. Cover and refrigerate for at least an hour before serving. Leftovers the next day are even better!

Vegan

This versatile vegan delight can be enjoyed as a main dish, a side dish, or even a salad topper. It features quinoa as its main ingredient, a South American grain that is one of only a few plant proteins to be considered a complete protein (contains all of the essential amino acids).

Nutrition per serving (8 servings in recipe)

Calories: 250

Fat (g): 11

Saturated Fat (g): 1.5

Sodium (mg): 575

Carbohydrates (g): 30

Fiber (g): 6

Protein (g): 7

Karen Fields
Spinach Bliss

INGREDIENTS:

1 bell pepper (I like using red, orange or yellow for the color and the nutrients – you can also combine the colors)

½ - 1 sweet onion

1 bag of frozen cut leaf spinach

1 tbsp. of olive oil

Garlic cloves (1-2 large cloves or to taste)

¼ bar of Neufchatel cheese or ¼ c. of feta cheese (optional and according to taste preference)

Dash of salt and pepper

INSTRUCTIONS:

Cook the spinach according to directions on the bag. Drain in a colander; set aside.

(continued on next page)

Chop peppers and onions to ½-inch pieces. Heat olive oil in medium pan. Add peppers and onions to olive oil. Brown or caramelize the veggies while stirring occasionally in uncovered pan. (The olive oil will coat the veggies giving them a mildly sweet flavor.) Crush the garlic with the back of a knife, allow to sit for a few seconds; separate peel; mince; and add to the veggies. Add the drained spinach. If you are using the Neufchatel cheese, mix it into the spinach mixture until it is melted; then turn the heat off. If you are using the feta cheese, turn the heat off after adding the spinach and sprinkle the feta cheese on top and mix slightly. Season with salt & pepper to taste.

The Neufchatel cheese will thicken as it sits. Serve in a bowl as a side dish, use this as a vegetable dip or as a dip on petite toasts, pita chips or toasted baguette slices.

Variations: Fresh spinach can be used – just be sure to drain it. Finely chopped tomatoes & jalapeno peppers can be added on top. This can also be added to a “bread bowl” for parties.

Vegetarian

This is a recipe is made mostly of spinach and is a great option for those looking for a low-calorie, savory dip. Spinach provides a rich plant-source of iron and can help the body build up red blood cell stores and prevent anemia. While iron found in plant foods is harder for our body to absorb than by iron from animal foods, the absorption of plant-food iron is significantly improved with the addition of vitamin C. The bell pepper in this dish is a great source of vitamin C adding a perfect compliment to the spinach iron and providing immune boosting benefits.

Nutrition per serving (4 servings in recipe)

Calories: 95

Fat (g): 6

Saturated Fat (g): 1.8

Sodium (mg): 140* (without added salt)

Carbohydrates (g): 9

Fiber (g): 3.5

Protein (g): 4

Laura Ricker

Spinach Walnut Salad

INGREDIENTS:

¼ c. plus 2 T pomegranate juice

1 t. sugar

Kosher salt

½ c. coarsely chopped walnuts

¼ c. thinly sliced red onion

One 5-oz. container baby spinach

4 oz. white button mushrooms, trimmed and thinly sliced, about 1 c.

¾ c. grape tomatoes, halved

1 T. red wine vinegar

1 T. good quality extra virgin olive oil

INSTRUCTIONS:

Combine ¼ cup juice with the sugar and ¼ teaspoon salt in a small nonstick skillet. Bring to a simmer over medium-high heat and cook, stirring occasionally, until the mixture reduces slightly, about 5 minutes. Add the walnuts and continue to cook, stirring, until the nuts are coated and dark and the liquid evaporates in the skillet, about another 5 minutes. Transfer to a baking sheet to cool. When cool, break apart with your hands.

Meanwhile, soak the red onion in ice water for about 10 minutes; drain and pat dry. Place the baby spinach in a serving bowl and top with the onions, mushrooms, tomatoes and walnuts. In a bowl whisk the remaining 2 tablespoons juice with the vinegar, ¼ teaspoon each salt and pepper, and then whisk in the oil. Drizzle over the salad and toss just before serving.

Vegan

Despite being low-calorie, this vegan dish is full of heart healthy fats and cancer-fighting nutrients. Walnuts are high in omega-3 fatty acids, which are being investigated for many health benefits- from decreasing cholesterol and inflammation to helping fight cancer and depression. Spinach is a rich source of carotenes, potent cancer fighters, which are being studied for their ability to fight many cancers including breast and skin. Mushrooms are another food being heavily studied for cancer fighting properties and studies have shown the button mushroom in particular to be potent in fighting breast cancer.

Nutrition per serving (4 servings in recipe)

Calories: 180

Fat (g): 13

Saturated Fat (g): 1

Sodium (mg): 120

Carbohydrates (g): 14

Fiber (g): 3.5

Protein (g): 6

Danielle Helsel

Sweet Potato Casserole

INGREDIENTS

3 cups cooked, mashed sweet potatoes

½ cup Splenda (or other sugar substitute)

3 egg whites beaten

½ c unsweetened almond milk (VANILLA IS GOOD ALSO)

1/4 cup of unsweetened apple sauce

½ tsp salt, or LITE SALT

½ tsp vanilla extract.

TOPPING:

½ cup Splenda brown sugar substitute

2 ½ tsp of unsweetened apple sauce

½ cup of rolled oats (can be ground)

1 cup chopped pecans

INSTRUCTIONS:

Combine/mix the ingredients to the main dish, and put into a baking dish.

Just before baking add the topping and bake 20 minutes covered, at 350.

Then bake an additional 15-20 minutes uncovered.

Vegetarian

This sweet treat uses sugar substitutes to help lower the overall sugar content and gets plenty of protein from the eggs and pecans to help balance out the dish. Despite being considered a starchy food, sweet potatoes have a much lower glycemic index than white potatoes and may actually help stabilize blood sugars. Sweet potatoes are also packed full of beta-carotene which provides the deep orange color and helps protect against cancer by acting as an antioxidant and decreasing inflammation in the body.

Nutrition per serving (8 servings in recipe)

Calories: 225

Fat (g): 10

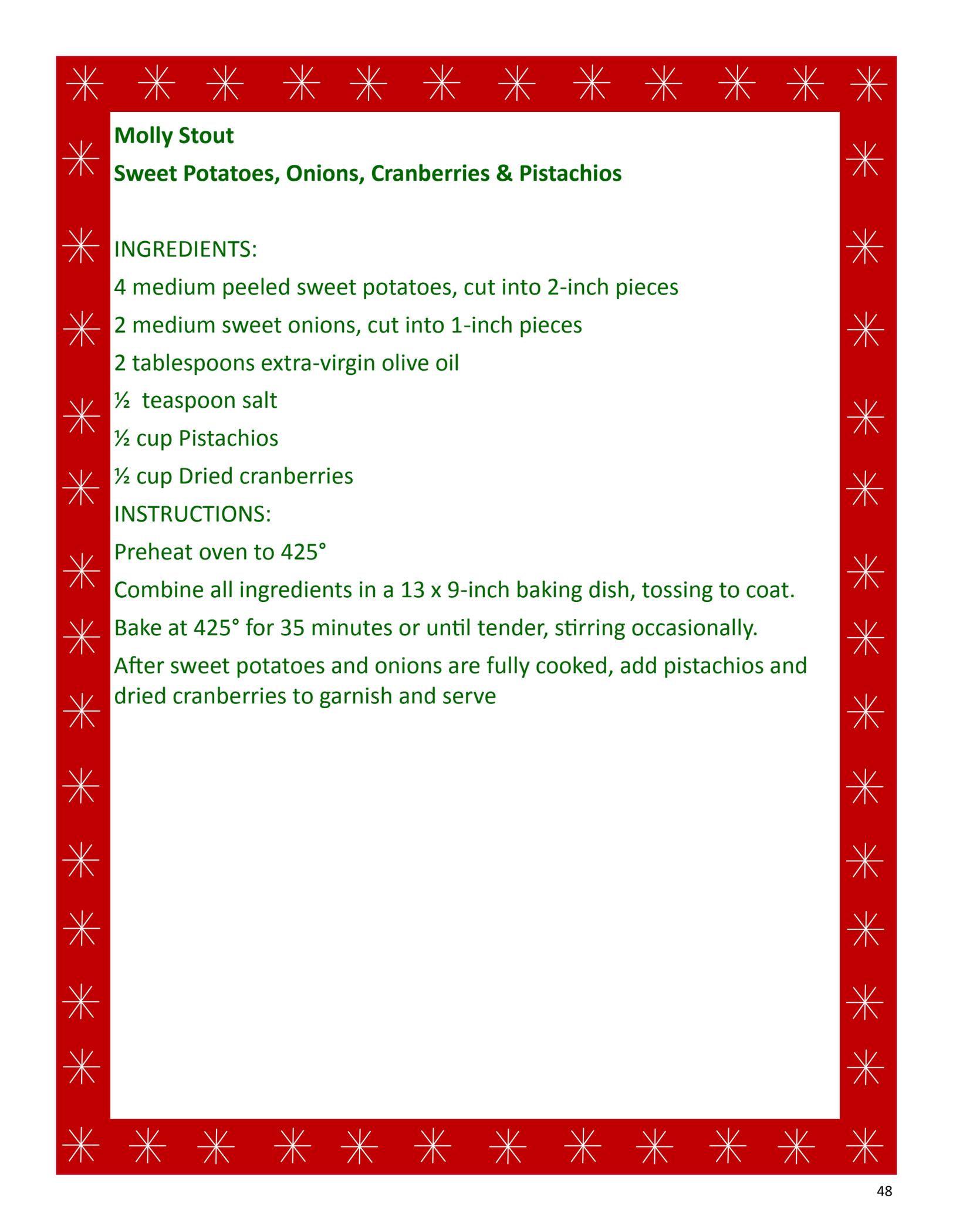
Saturated Fat (g): 1

Sodium (mg): 140

Carbohydrates (g): 43

Fiber (g): 5.5

Protein (g): 5



Molly Stout

Sweet Potatoes, Onions, Cranberries & Pistachios

INGREDIENTS:

4 medium peeled sweet potatoes, cut into 2-inch pieces

2 medium sweet onions, cut into 1-inch pieces

2 tablespoons extra-virgin olive oil

½ teaspoon salt

½ cup Pistachios

½ cup Dried cranberries

INSTRUCTIONS:

Preheat oven to 425°

Combine all ingredients in a 13 x 9-inch baking dish, tossing to coat.

Bake at 425° for 35 minutes or until tender, stirring occasionally.

After sweet potatoes and onions are fully cooked, add pistachios and dried cranberries to garnish and serve

Vegan

This all-plant food dish is packed full of nutrition powerhouses. All of the ingredients are rich in vitamins, minerals, fiber and phytochemicals (naturally occurring plant chemicals with numerous health benefits). Sweet potatoes are rich in vitamin C, vitamin B2, vitamin B6, biotin, manganese, copper and fiber. Cranberries are rich in fiber, manganese, copper and anthocyanidins. These anthocyanidin phytochemicals provide cranberries with their deep red color, have potent cancer fighting properties, and help prevent UTI (urinary tract infections) by preventing the adhesion and penetration of bacteria in the urinary tract.

Nutrition per serving (6 servings in recipe)

Calories: 245

Fat (g): 10

Saturated Fat (g): 1.3

Sodium (mg): 200

Carbohydrates (g): 37

Fiber (g): 4.8

Protein (g): 4.3

Mahogany McMillion

Wild Rice Stuffing

INGREDIENTS:

¼ cup olive oil

2 tablespoons butter

2 large onions, chopped

3 tablespoons thyme leaves

2 cups wild rice blend

4 cups water or broth

Salt, to taste

½ cup chopped parsley

1/3 cup dried cranberries

1 ¼ cup roughly chopped toasted hazelnuts

INSTRUCTIONS:

Preheat the oven to 375 degrees.

Heat the olive oil and butter in a stockpot over medium heat. Add the onions and thyme and cook for 8 to 10 minutes or until the onions are soft and turning brown. Add the rice, water or broth, and salt and bring to a boil then simmer and cover for 40 minutes. Stir in the parsley, cranberries and hazelnuts. Cover and cook for another 5 minutes or until the liquid is mostly absorbed. Transfer to a greased 9- x 12-inch baking pan and bake for 30 minutes.

Vegetarian

This whole-grain dish is full of fiber and a superstar for heart-health! Fiber helps improve heart health by lowering LDL (bad) cholesterol. However the heart benefits of this dish go far beyond the fiber! Hazelnuts are rich in the cholesterol lowering mono-unsaturated fats and also contain a nutrient that helps prevent blood clots. Cranberries contribute to heart health in many ways by providing nutrients that help decrease cholesterol, blood pressure, and inflammation. Cranberries also slow the hardening and plaque build up in our arteries, which eventually can lead to heart disease.

Nutrition per serving (8 servings in recipe)

Calories: 380

Fat (g): 23

Saturated Fat (g): 3.8

Sodium (mg): 80* (with low-sodium broth)

Carbohydrates (g): 42

Fiber (g): 5.5

Protein (g): 9