

Delicious Demo Kitchen Recipes from the
GE Family Wellness Center



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TIME *for*



BREAKFAST

Baked Apple Pie Oatmeal

Servings: 8

Total Time: 50 Minutes

Ingredients:

2 cups old-fashioned rolled oats

½ cup raisins or dried cranberries

½ teaspoon salt

1 teaspoon vanilla extract

2 tablespoons unsweetened applesauce

¾ cup light brown sugar

1 teaspoon baking powder

2 large eggs

2 tablespoons vegetable oil

1 cup walnuts or pecans, divided

3 teaspoons cinnamon

2 apples, cut into 1/2-inch chunks

2 cups skim milk



Directions:

Preheat the oven to 325°F. Line a 8 or 9-inch square baking dish with parchment paper.

In a medium bowl, combine the oats, brown sugar, 1/2 cup of nuts, raisins, baking powder, cinnamon and salt. Mix well.

In a separate bowl, whisk the eggs, milk, and vanilla until well combined.

Add the milk mixture to the oat mixture, along with the vegetable oil and applesauce.

Scatter the apples evenly on the bottom of the baking dish. Pour the oatmeal mixture over top and spread evenly.

Sprinkle remaining 1/2 cup nuts on top. Bake for 40-45 minutes, until the top is golden and the oats are set.

Nutrition Information Per serving:

410 calories, 16.5g total fat, 2.1g saturated fat, 12.5g protein, 54g total carbohydrate, 203 mg sodium

Chef Notes: Best served warm with plain Greek yogurt! You can also make single serving version of this recipe in the microwave by combining ½ cup of oats, teaspoon of brown sugar, one egg, ½ cup skim milk, vanilla, cinnamon, tablespoon of cranberries, and teaspoon of nuts. Whisk wet ingredients in a microwave-safe bowl, then add dry ingredients. Cook in the microwave for 1 minute 30 seconds. Stir with a fork. Cook for another 1 minutes and 30 seconds, making sure the egg is fully cooked. Let cool and enjoy!

Storage Tips: This dish can be refrigerated for up to 4 days or frozen for one month.

Eggs in Crispy Ham Cups

Servings: 6

Total Time: 20 minutes

Ingredients:

Nonstick cooking spray

Pepper, to taste

12(1oz) slices Black Forest Ham

Fresh basil, scallions or parsley, optional

12 large eggs

Directions:

Preheat oven to 400°F.

Lightly coat 12 muffin cups with nonstick cooking spray. Fit one slice of ham into each muffin cup (ham will hang over edges of cups).

Crack one egg into each cup.

Bake until whites are cooked but yolks are still runny, about 13 minutes.

Season eggs with pepper and remove cups carefully.

Sprinkle with chopped basil, scallions or parsley.

Nutrition Information Per serving:

410 calories, 16.5g total fat, 2.1g saturated fat, 12.5g protein, 54g total carbohydrate, 203mg sodium



Chef Notes: Experiment with different add-ins, herbs, and seasonings to mix this dish up! Serve with whole grain toast, jam, and a fresh fruit salad.

Storage Tips: This dish can be refrigerated for up to 3 days.

High Protein Pancakes with Real Maple Syrup and Black Forest Ham

Servings: 4 (3 pancakes, 2 oz ham, 2 tablespoons maple syrup)

Total Time: 20 minutes

Ingredients:

½ cup unbleached all-purpose flour

¼ teaspoon fine sea salt

1 cup low-fat cottage cheese

Canola spray oil

½ cup whole-wheat flour

2 tablespoons sugar

2 tablespoons expeller-pressed canola oil

6 oz low sodium Black Forest Ham

½ teaspoon baking soda

4 eggs

½ cup low-fat (1%) milk

½ cup maple syrup

Directions:

Mix dry ingredients in a large bowl.

In a separate bowl, using a whisk mix the eggs, cottage cheese, milk and oil.

Add flour mixture to egg mixture and whisk until just blended.

Using pan spray, coat a large pan or griddle and turn stove onto medium heat.

Spoon 1/4 cup of the batter onto the pan. Cook in batches, flipping pancakes once, until golden brown on both sides and cooked through, about 5 minutes total.

Once pancakes are finished and plated, lightly spray the same pan with cooking spray and add ham. Cook over medium heat until crisp.

Nutrition Information Per Serving:

458 calories, 13.6g total fat, 2.8g saturated fat, 24g protein, 60g carbohydrate, 58mg sodium



Chef Notes: Serve with fresh or frozen fruit. If pancakes begin to burn, lower heat to medium-low.

Banana Bread Muffins with Omega-3 Powerhouse Chia Seed Jam and Greek Yogurt Spread

Servings: 12 muffins with 1 tablespoon Greek yogurt and 1 tablespoon jam

Total Time: 35-40 minutes

Ingredients:

Nonstick cooking spray

½ teaspoon baking soda

½ teaspoon salt

3 tablespoons extra-virgin olive oil

4 medium carrots, shredded

1 ¼ cups all-purpose flour

½ teaspoon baking powder

1 cup old-fashioned rolled oats

1 large egg

1 medium ripe banana, mashed

½ cup packed dark-brown sugar

½ teaspoon ground nutmeg

½ cup raisins

⅓ cup skim milk

Directions:

Preheat oven to 400°F. Coat a 12-cup muffin pan with cooking spray.

In a large bowl, whisk together flour, brown sugar, baking soda, baking powder, nutmeg, and salt until there are no lumps.

Stir in oats and raisins. Add the oil, egg, milk, carrots, and banana and stir until blended.

Fill each muffin cup with ¼ cup batter. Bake until a toothpick inserted in center of a muffin comes out clean, about 25 minutes.

Serve muffins sliced with 1/2 tablespoon plain Greek yogurt and ½ tablespoon jam spread on each muffin half.

Nutrition Information Per Serving:

170 calories, 4.6g total fat, 1g saturated fat, 3.2g protein, 30g carbohydrate, 180mg sodium



Chef Notes: You can use any type of dried fruit in place of raisins.

Storage Tips: To store, keep uncut muffins in an airtight container up to 3 days.

Omega-3 Powerhouse Chia Seed Jam

Servings: 16 tablespoons

Total Time: 90 minutes

Ingredients

2 ¼ cups frozen strawberries

2 tablespoons maple syrup

2 ½ tablespoons chia seeds

Directions:

Add strawberries and one-tablespoon maple syrup to a saucepan and cook over medium heat.

Mash the berries with a fork or the back of a spoon and bring the mixture to a simmer.

Reduce heat to low for about 8 minutes, stirring frequently, until the strawberries begin to thicken.

Add the chia seeds to the pot and bring to a simmer, stirring constantly for 2 minutes.

Remove from the heat and pour contents into a heat-safe container.

Let cool for at least 30 minutes.

Place in the fridge to completely chill. Seal the jar with a tight fitting lid after the jam is fully chilled.

Nutrition Information per serving:

18 calories, 0g total fat, 0g saturated fat, 0.2g protein, 4g carbohydrate, 0mg sodium



Chef Notes: You can stir in ½ teaspoon pure vanilla extract just before pouring the jam into a jar.

You can use any frozen berry such as raspberries, blueberries, blackberries, etc.

Storage Tips: Keep in an airtight container in the fridge for up to 10 days.

Breakfast Burrito with Three Types of Salsa

Servings: 1 burrito

Total Time: 15 minutes

Ingredients:

1 whole egg and 2 egg whites

1/4 cup canned low-sodium black beans, rinsed and drained

2 tablespoons, shredded, low-fat cheddar cheese

1 whole-wheat tortilla, six inch

Directions:

In a non-stick frying pan or skillet, scramble eggs and beans.

When eggs are starting to softly form, add cheese.

Cook until eggs are fully scrambled and cheese is melted.

Fill tortilla with egg mixture and top with two tablespoons of your favorite salsa.

Nutrition Information per Serving:

262 calories, 10g total fat, 4.5g saturated fat, 21g protein, 22g carbohydrate, 317mg sodium



Chef Notes: Use any beans that you like. Pinto and black beans work best. Freeze leftover egg yolks, just add a little water before freezing, to use for baked goods around the holidays or make your own mayo.

Storage Tips: This dish is best eaten just after cooking.

Pico De Gallo

Servings: 4 Total Time: 15 minutes

Ingredients:

2 ripe Roma tomatoes, cut into 1/4-1/2-inch cubes
Pinch of salt
1/2 small white onion, finely diced
1 small jalapeno, finely diced
1/4 cup finely chopped fresh cilantro

Directions:

1. Season tomatoes with salt and toss to combine. Transfer to a colander set in a bowl and allow draining, discard liquid.
2. Combine drained tomatoes with onion, chilies, cilantro, and lime juice. Toss to combine.



Chipotle Salsa

Servings: 8 Total Time: 13 minutes

Ingredients:

1 can (14 oz) low sodium diced tomatoes
1 cup fresh cherry tomatoes, sliced
1/2 cup white onion, chopped
2 cloves garlic, chopped
1/2 jalapeno, chopped
2 chipotle peppers in adobo, plus 1 teaspoon of adobo sauce
1 teaspoon kosher salt
1/2 teaspoon black pepper
1/2 cup cilantro
1 Tablespoon lime juice



Directions:

1. Combine all ingredients in the food processor or blender and pulse until everything is evenly blended.
2. Taste and adjust salt and pepper as needed. Add more chipotle peppers if you like it extra spicy.

Salsa Verde

Servings: 2 1/2 cups Total Time: 35 minutes

Ingredients:

About 1 pound tomatillos, husks removed and rinsed
1 small bunch of cilantro, chopped
2 to 3 jalapenos
1 tablespoon lime juice
1/2 small onion
1 clove of garlic



Directions:

1. Place the tomatillos (chopped in half and cut side down) and half the onion on an oiled roasting pan.
2. Roast for 12 to 20 minutes at 450°F until soft. (For a smoky flavor, switch to broil for the last few minutes to lightly char your tomatillos).
3. Place everything in the food processor and puree.

Make Ahead Very Berry Protein Smoothie

Servings: 5 smoothies (~10 oz each)

Total Time: 15 minutes

Ingredients:

30 oz plain, fat free Greek yogurt

2.5 cups frozen berries

2 bananas

2.5 cups skim milk

¼ cup orange juice

Directions:

Place ingredients in a blender. Blend until fully mixed.

Separate smoothies into five freezer bags or freezer safe storage containers. Freeze.

Defrost by placing in the refrigerator the night before you plan to use.

Nutrition Information per Serving:

225 calories, 0.4g total fat, 0.6g sat fat, 22g protein, 34g carbohydrates, 126mg sodium



Chef Notes: Top with crushed nuts or pair with homemade granola.

Storage Tips: You can keep these smoothies in the freezer for up to 3 months.

TIME *for*



LUNCH

5 Days of Mango Black Bean Quinoa Salad in a Mason Jar

Servings: 5 salads

Total Time: 30 minutes

You'll need 5 clean mason jars with lids

Ingredients:

For the dressing:

2 limes, juiced
2 tablespoons honey
1 teaspoon white sugar
1 tablespoon Dijon mustard
1 teaspoon garlic powder
½ teaspoon cumin
Pepper to taste
1/3 cup olive oil

For the salad:

1 avocado, diced
1 lime, juice or 1 tbsp. lime juice
2 cups frozen diced mango, thawed
1 jalapeno, seeded and finely chopped
1/2 cup finely chopped cilantro
1 can black beans, drained
1 cup yellow corn, drained
1 cup cooked quinoa
5 cups shredded romaine lettuce

Chef Notes: Store in the refrigerator for up to 7 days. You can use brown rice as a substitute for quinoa.

Before serving, vigorously shake, and pour into a bowl to enjoy!

Storage Tips: Store in the refrigerator for up to 7 days.



Directions:

¹Place all of the dressing ingredients except olive oil in a blender. Blend on low until thoroughly combined. With the blender running on low, stream the olive oil into the blender and blend until smooth. ²Assemble the salad in the following order: In the bottom of each jar, add 2-3 tablespoons of the Honey Lime Vinaigrette. ³Next, divide the quinoa evenly between all 5 jars. ⁴Squeeze the juice of one half of the lime on the mango, and the other half over the avocado ⁵Divide the mango among the jars, and then add the black beans and corn. ⁶Next, add the avocado, onion, and jalapeno. Top with Cilantro and greens.

Nutrition Information per Serving: 446 calories, 24g total fat, 4g saturated fat, 11g protein, 56g carbohydrates, 154mg sodium

Grilled Hummus and Veggie Wrap

Servings: 4 wraps

Total Time: 20-25 minutes

Ingredients:

1 small, red onion-cut into thick slices	1 red bell pepper, seeded and quartered
1 eggplant, cut into 1/2-inch-thick slices	2 tablespoons olive oil
1/8 teaspoon kosher salt	1 (8-ounce) container plain hummus
4 (1.9-ounce) whole-grain flatbreads	1/4 cup crumbled feta cheese
1/4 cup chopped fresh flat-leaf parsley or 1 tablespoon dried parsley	

Directions:

Heat a large grill pan over medium-high heat. Lightly coat the onion, bell pepper, and eggplant with 1 tablespoon oil. Add onion and bell pepper to pan; cook 3 minutes on each side or until grill marks appear. Remove from pan. Add eggplant to pan; cook 3 minutes on each side or until grill marks appear. Remove from pan; coarsely chop vegetables. Combine vegetables, remaining 1 tablespoon oil, parsley, and salt; toss to combine. Spread ¼ cup hummus over each flatbread, leaving a 1/2-inch border around edges. Divide vegetables over each flatbread; top each serving with 1 tablespoon cheese. Roll up wraps, and cut diagonally in half.

Nutrition Information per Serving: 220 calories, 14.8g total fat, 3.2g saturated fat, 7.5g protein, 18g carbohydrate, 411mg sodium



Chef Notes: You can use Portobello mushrooms in place of, or in addition to, the eggplant.

Storage Tips: You can store the roasted vegetables in an airtight container for up to three days.

BBQ Shredded Chicken with Light Coleslaw

Servings: 4 sandwiches

Total Time: 25 minutes

Ingredients:

For the BBQ:

2 teaspoons olive oil, divided
12 oz boneless, skinless, chicken breast cutlets
1 cup onion, sliced
½ cup of your favorite BBQ Sauce
4 (2-ounce) whole grain rolls

For the coleslaw:

½ cup nonfat plain Greek yogurt
3½ tablespoons cider vinegar
3 tablespoons sugar
⅛ teaspoon black pepper
16 ounces (about 6¼ cups) bagged coleslaw blend or shredded cabbage

Directions:

BBQ: Heat 1 teaspoon oil in a large skillet over medium-high heat.

Add chicken; sauté 4 minutes or until done. Remove chicken from pan and place on a plate lined with paper towel.

Heat remaining oil in pan over medium-high heat. Add onion and sauté for 4 minutes.

While onions are cooking, shred chicken using a fork.

Add chicken back into pan along with barbecue sauce; cook 30 seconds or until evenly heated.

Remove from heat. Divide mixture among the rolls and top with ¼ cup coleslaw.

Coleslaw: In a small bowl, combine Greek yogurt, vinegar, sugar, and pepper and whisk until smooth and thoroughly combined.

Place slaw blend/cabbage in a large bowl and pour Greek yogurt dressing mixture over top. Stir to coat cabbage thoroughly.

Cover and refrigerate for at least 30 minutes before using.

Nutrition Information per Serving: 417 calories, 8g total fat, 1g saturated fat, 34.5g protein, 51g carbohydrate, 742mg sodium



Chef Notes: For less calories, carbohydrates, and sodium, serve the pulled chicken and coleslaw mixture over a mixed green salad instead of a sandwich.

Storage Tips: Store leftover coleslaw in an airtight container in the refrigerator. Best if eaten within a day or two. Store leftover pulled chicken in an airtight container in the refrigerator for up to three days or divide into freezer bags and store for up to one month.

Quick Lentil Soup with Warm Pita and Dollop of Greek Yogurt

Servings: 6 Total Time: 30 minutes

Ingredients:

1 onion, chopped 1 garlic clove, crushed
1 tablespoon olive oil 1 cup red split lentils, cooked
2 cups chicken or 2 cups vegetable broth
1 (19 ounce) can Italian-style stewed tomatoes, un-drained and chopped
3 Whole Wheat Pitas

Directions:

Sauté onion and garlic with olive oil in a large sauce pot over medium high heat until softened. Stir in remaining ingredients and bring to a boil. Cover and simmer for 10 minutes, stirring occasionally. Serve with a dollop of plain Greek yogurt or sour cream and ½ a warm whole-wheat pita.

Nutrition Information per Serving: 327 calories, 6g total fat, 1.5g saturated fat, 26.5g protein, 43g carbohydrate, 216mg sodium



Chef Notes: Warm the pita up in the oven or the microwave. Use ½ cup dried red split lentils and 1-cup water. Combine lentils and water, cook over low/medium heat for 15 minutes, partially covered. Remove lentils from heat and let sit in saucepan for 5-10 minutes to absorb any excess liquid. You can cook lentils in bulk in a 1:2 ratio, lentils to water, and freeze in small batches.

Storage Tips: Refrigerate leftover soup for up to 5 days or freeze in batches for up to 1 month.

Chipotle Lime Chicken Burrito Bowl

Servings: 2 bowls

Total Time: 90 minutes

Ingredients:

For the chicken:

1 boneless skinless chicken breast	1 tablespoon chiles in adobo
½ tablespoon extra virgin olive oil	1 tablespoon lime juice
½ cup cherry tomatoes, sliced in half	1 tablespoon cilantro, chopped
2 cups brown rice, cooked	1 cup shredded lettuce
Salt and pepper to taste	
½ cup canned low sodium black beans, drained and rinsed	

For the dressing:

1 tablespoon chiles in adobo
½ tablespoon cilantro, chopped
2 tablespoons lime juice
1/3 cup fat free sour cream

Directions:

Marinate the chicken with the chiles in adobo sauce and oil in a storage bag or container in the morning before work, or refrigerate for at least an hour.

After the chicken has been marinated, add the chicken along with the marinade to a large skillet over medium high heat. Sauté until fully cooked and both sides are caramelized, about 8 minutes.

Remove the chicken from the pan and transfer to a plate to cool for at least 2 minutes before cutting.

Cut each chicken breast into medium size cubes and set aside.

Fill each bowl with half of the brown rice; toss rice with lime juice and cilantro.

Top each bowl with chipotle chicken, tomatoes, lettuce and black beans.

In a small bowl mix the dressing ingredients. Drizzle over burrito bowls or serve on the side.

Nutrition Information per Serving: 517 calories, 9.5g total fat, 2.1g saturated fat, 32g protein, 73g carbohydrates, 183mg sodium

Chef Notes: To find chiles in adobo, check out the cultural foods aisle at your local grocery store.

Substitute plain Greek yogurt for the fat free sour cream in the dressing.

Storage Tips: This dish is best eaten freshly prepared. You can prep the rice and chicken ahead of time and refrigerate or freeze until ready to assemble bowls.

Whole Grain Salad with Chickpeas

Servings: 4

Total Time: 45 minutes

Ingredients:

¾ cup bulgur

1 can chickpeas, drained and rinsed

½ small red onion, finely diced

2 plum tomatoes, finely diced

4 green onions, sliced, plus

½ cup green onions, chopped

¼ cup lime juice

1 tablespoon honey

½ cup canola oil or olive oil

Salt and pepper to taste

1 Serrano or jalapeno, seeds removed & chopped

Directions:

Place bulgur in a large bowl, pour 3 cups boiling water over the bulgur, cover the bowl with plastic wrap and let sit until tender, about 15 to 20 minutes.

Drain well in a colander.

Rinse chickpeas under cold water in a colander.

Return the cooked bulgur to the bowl and mix in the onion, tomatoes, chickpeas, and 4 sliced green onions.

Place the lime juice, honey, chile, and 1/2 cup chopped green onion in a blender and blend until smooth.

With the motor running, slowly add the oil until emulsified. If the mixture appears too thick, blend in a few tablespoons of cold water, and season with salt and pepper, to taste.

Transfer the salad to bowls or store in an airtight container and drizzle on the dressing.

Nutrition Information per Serving: 529 calories, 30g total fat, 2.3g saturated fat, 12g protein, 60g carbohydrate, 150mg sodium



Chef Notes: This is a great meal to prepare ahead of time because it gets more flavorful as the bulgur has time to absorb the dressing.

Storage Tips: This salad will keep for 2-3 days in the refrigerator.

TIME *for*



DINNER

Turkey Meatloaf Muffins with Roasted Broccoli

Servings: 12 muffins, each serving is 3 muffins with ¼ of the broccoli Total Time: 55 minutes

Ingredients:

For the meatloaf:

1 package 99% fat-free ground turkey breast
½ cup bread crumbs
1 cup onions, finely diced
1 egg
2 tablespoons Worcestershire sauce
½ cup barbecue sauce + 1/3 cup for topping
¼ teaspoon salt
Fresh ground pepper, to taste

For the broccoli:

1 bunch broccoli, cut into florets, stems peeled and sliced
2 tbsp. olive oil
3 cloves garlic, sliced
Salt and freshly ground pepper



Chef Notes: Use ½ tablespoon garlic powder in place of fresh garlic on the broccoli. For an added kick to your meatloaf, try adding ½ tablespoon of red pepper flakes.

Storage Tips: Freeze leftover muffins in an airtight container for up to one month, or store in the refrigerator for 5-6 days.

Directions:

Meatloaf: Preheat oven to 350°F. Coat a muffin pan with cooking spray or use silicone muffin cups.

In a large bowl, add ground turkey, breadcrumbs, onions, egg, Worcestershire sauce, ½ cup barbecue sauce, & salt and pepper. Using your hands or a large spoon, thoroughly mix together until well blended. Add meatloaf mixture to the muffin cups, flattening out the tops. Top each meatloaf muffin with barbecue sauce and spread evenly over top. Bake for 40 minutes. Run a knife around each muffin to loosen it from the pan. Remove to a serving plate. **Broccoli:** Preheat oven to 450°F. Toss the broccoli florets with the olive oil, garlic, salt, and pepper on a baking sheet. Spread them out and then roast, without stirring, until the edges are crispy and the stems are crisp-tender, about 20 minutes.

Nutrition Information per Serving: 466 calories, 12.8g total, 2g saturated fat, 58g protein, 66g carbs, 317mg sodium

Vietnamese Noodle Bowl

Servings: 4

Total Time: 40 minutes

Ingredients:

4 cups of water	1 onion, sliced
1 tablespoon vegetable oil	4 cups low sodium chicken broth
1 1/2 lbs chicken breasts	3 carrots, peel and cut into strips
1/2 cup snow peas, thinly sliced	1 bell pepper, thinly sliced
1 tbsp Sriracha	1 tbsp low sodium soy sauce
3 oz rice noodles	2 tablespoons lime juice
2 inches fresh ginger, peeled and grated	
1 package shitake mushroom, chopped	
1 bunch basil, rinsed and remove leaves from stem	

Directions:

In a saucepan or kettle, bring 4 cups of water to a boil.

In a separate saucepan, heat the oil. Add the carrots, onion, ginger, pepper, peas, and chicken. Cook for 5 minutes. Cover with broth. Add sriracha, soy sauce. Bring to a boil and cook for 20 minutes. Add the mushrooms to the pot and continue to cook for 5 minutes.

Add the dry rice noodles to a large heat-safe mixing bowl and cover with the boiling water, leave to soak for about 15 minutes or cook according to package directions.

Drain the noodles; divide the noodles evenly between bowls. Ladle soup on top, then top each serving with a ½ tablespoon of lime juice and sprinkle of basil. Serve immediately.

Nutrition Information per Serving: 485 calories, 16.5g total fat, 4g saturated fat, 54.4g protein, 28g carbohydrate, 568mg sodium



Chef Notes: Check your supermarkets ethnic food section for the rice noodles, sriracha, and low sodium soy sauce.

You can use white button mushrooms in place of shitake.

Storage Tips: This dish is best eaten immediately.

Vietnamese Summer Rolls

Servings: 4 rolls Total Time: 25-30 minutes

Ingredients:

Summer rolls:

1 ounce bean thread noodles or vermicelli

4 (8-inch) rice-paper rounds

2 red-leaf lettuce leaves, remove ribs, and tear leaves in half

1/4 cup fresh basil leaves

1/2 cup Napa cabbage, thinly sliced

1/3 cup carrot, shredded

Directions:

To prepare sauce, simply mix the peanut butter and hoisin until thoroughly combined.

Next, cover noodles with boiling-hot water and soak 15 minutes, then drain well.

Put a double thickness of paper towel on a work surface or large plate.

Fill a shallow baking pan or large mixing bowl with warm water. Soak 1 rice-paper round until pliable, being careful not to make any holes, 30 seconds to 1 minute, then transfer to paper towels.

Arrange 1 piece of lettuce on bottom half of soaked rice paper, folding or tearing to fit and leaving a 1-inch border along edge. Add basil, carrot, cabbage, and noodles.

Roll up rice paper tightly around filling. Then fold in sides and continue rolling, similar to folding a burrito or wrap.

Transfer summer roll to a plate and cover with dampened paper towels until ready to serve. Repeat for the next 3 rolls.

Nutrition Information per Serving: 123 calories, 3g total fat, 1g saturated fat, 3.5g protein, 21g carbohydrates, 200mg sodium

Peanut Sauce

2 Tablespoons Hoisin sauce

1 Tablespoon peanut butter



Chef Notes: You can add cooked chicken, tofu, or pork to the rolls if desired. If you cannot find Napa cabbage or red leaf lettuce, any leafy green will work well.

Storage Tips: Summer rolls may be made 6 hours ahead and chilled, wrapped in dampened paper towels in a sealed plastic bag. Bring rolls to room temperature before halving and serving.

Vegetarian Chili

Servings: 6

Total Time: 60 minutes

Ingredients:

1 tablespoon vegetable oil	1 onion, chopped
1 red bell pepper, chopped	1 jalapeno pepper chopped and seeded
2 teaspoons chili powder	2 teaspoons ground cumin
2 teaspoons garlic powder	1/2 teaspoon salt
½ cup low-fat shredded cheese	1 (14.5-ounce) can diced tomatoes, un-drained
1 can each of (15-ounce) no-salt-added black beans, pinto beans, kidney beans, & sweet corn, rinsed and drained	
1/2 cup reduced-fat sour cream or plain Greek yogurt	
1 can (13 oz) low sodium vegetable or chicken broth	

Directions:

In a large saucepan heat oil over medium-high heat.

Place a colander/strainer in the sink. Add the beans and corn. Rinse with cool water, let drain.

Add onion and red pepper to the pan. Cook for 8 minutes, stirring frequently.

Add jalapeno and spices and cook for 3 minutes, reduce heat to medium.

Add broth, beans, corn, and tomatoes to the pot. Bring to a boil and cook for 20 minutes.

Remove the pot from the stove and mash everything in the pot with a potato masher or back of a large serving spoon.

Return to the stove and cook on medium-low for an additional 10 minutes.

Nutrition Information per Serving: 548 calories, 10g total fat, 4g saturated fat, 33g protein, 85g carbohydrates, 430mg sodium



Chef Notes: Serve with cheese and sour cream. For a spicier chili add 1 teaspoon of cayenne pepper and/or leave the seeds in the jalapeno. This dish goes well with corn bread or whole grain crackers.

Storage Tips: Store in the refrigerator for up to 4-5 days or store in freezer safe containers or bags and freeze in batches for up to 3 months.

Moroccan Beef Stir-fry

Servings: 4

Total Time: 25-30 minutes

Ingredients:

1 lb lean beef, strips for stir-fry
1 onion, sliced
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon ground cinnamon
1 teaspoon chili powder
3 cups cooked brown rice

2 red peppers, sliced
1 tablespoon oil
1 teaspoon ground ginger
3/4 teaspoon black pepper
1/2 teaspoon ground coriander
2 tablespoons water

Directions:

Heat oil in pan on medium-high. Add peppers and onions, cook for 8 minutes.

Add beef, cook until brown. About 3 minutes.

Add spices and water to the pan and stir to coat the meat and vegetables, cook for 2-4 minutes on medium low heat.

Divide the rice evenly into bowls or plates and top with beef and vegetable mixture.

Nutrition Information per Serving: 436 calories, 11g total fat, 3g saturated fat, 39g protein, 42 g carbohydrate, 663mg sodium



Chef Notes: Couscous, bulgur, or quinoa can be used in place of the brown rice. Double the spices and store the extra in an airtight container.

Storage Tips: Store leftovers in the refrigerator for up to 4 days. To make this dish even quicker to prepare, cook the brown rice in bulk ahead of time and freeze or refrigerate until ready to use. Just reheat with a few tablespoons of water in a saucepan or the microwave.

Pork with Apples and Onions

Servings: 4 Total Time: 35 minutes

Ingredients:

4 boneless pork loin chops	1 tablespoon vegetable oil
1/2 teaspoon salt	1/4 teaspoon ground pepper
1 teaspoon garlic powder	2 apples, peeled, cored, thinly sliced
2 medium onions, thinly sliced	

Directions:

Season pork chops with salt and pepper. Add oil to skillet and heat; add pork chops. Cook over medium heat, turning once, 6-8 minutes or until browned. Remove chops to serving platter; keep warm.

Place apple and onion slices into same skillet with pan juices. Cook over medium heat, stirring occasionally, 5-7 minutes or until onions are caramelized.

Return chops to pan; continue cooking 2-3 minutes or until internal temperature of pork reaches at least 145°F and is no longer pink.

Nutrition Information per Serving: 264 calories, 8g total fat, 2g saturated fat, 30g protein, 18g carbohydrates, 350mg sodium



Chef Notes: You can use any apple that you like, it is best to stick with tart apples.

This dish can also be prepared in the oven. Just place the apples and onions in a baking dish, toss with oil, top with seasoned pork chops and bake at 350 degrees F for 30-40 minutes.

Storage Tips: Store leftovers in the refrigerator for up to 4 days.

Spaghetti Squash with Roasted Red Pepper Cream Sauce

Servings: 4

Total Time: 60 minutes

Ingredients:

For the Sauce:

2 red bell peppers

2 cloves garlic, minced or 2 tsp garlic powder

1 (15 oz.) can diced tomatoes

Dash of red pepper flakes

1/2 cup fresh basil, rinsed and coarsely chopped

Salt and black pepper, to taste

1/4 cup plain Greek yogurt

For the Spaghetti:

1 medium spaghetti squash, cut in half and seeds and membrane removed

2 tablespoons olive oil

Salt and pepper, to taste

Directions:

Preheat oven to 400°F. Coat cut sides of squash with oil, and sprinkle with salt and pepper to taste. Place squash, cut sides down, on a rimmed baking sheet lined with parchment paper. Bake until tender, about 45 minutes. While the squash is baking, roast red peppers under the broiler for about 10 minutes, or until peppers are completely black. Place peppers in a paper bag to allow to sweat. Peel the charred skins from the peppers and remove the seeds. Chop the peppers and set aside. In a large saucepan, heat the olive oil over medium heat. Add onion and sauté until softened, about 3 minutes. Stir in garlic and cook for 2 minutes. Add the red peppers and diced tomatoes. Add red pepper flakes, fresh basil, and season with salt and pepper. Simmer on stove for 5 minutes. Stir in the Greek yogurt. Transfer the sauce to a blender or food processor. Make sure you let the sauce cool before blending so you don't get burnt. Puree until smooth, with some texture remaining. When the squash is done baking, let it cool for a few minutes-until you can touch it. Scrape the squash with a spoon to remove flesh in long strands. Place in a large bowl or on individual plates. Top spaghetti squash with the red pepper sauce and serve warm.

Nutrition Information per Serving: 196 calories, 12g total fat, 3g saturated fat, 4g protein, 22g carbohydrate, 267mg sodium

Chef Notes: You can buy roasted red peppers in a jar to save some prep time!

I like to serve this dish with garlic chicken sausage to round out the meal with a lean protein.

If you don't mind a chunky sauce you can forgo pureeing the sauce and save some time.

Storage Tips: Refrigerate leftovers for up to 3-4 days.



DESSERTS

Apple and Mixed Berry Crisp

Servings: 12 pieces

Total Time: 75 minutes

Ingredients:

For the Filling:

2 tart apples, peeled, cored and thinly sliced
1 cup mixed frozen berries
1/8 cup packed brown sugar
1 ½ teaspoons ground cinnamon
1 teaspoon ground nutmeg
1/8 cup water

For the Topping:

1 cup oats
1/3 cup whole-wheat flour
3/4 cup sugar
1 teaspoon cinnamon
1/4 teaspoon salt
6 tablespoons of butter-canola oil blend, melted

Directions:

Preheat oven to 375°F.

Place fruit in the bottom of a 9-inch dish.

Sprinkle brown sugar, ground cinnamon, ground nutmeg, and water on the fruit.

In a separate bowl, combine the dry ingredients. Add melted butter and mix with hands until crumbly.

Spread the crumb mixture evenly on top of the fruit.

Bake for 50 to 60 minutes, so the top is lightly brown and the fruit is bubbly.

Nutrition Information per Serving: 178 calories, 7.6g fat, 0.7g saturated fat, 14g protein, 27.3g carbohydrate, 52mg sodium



Chef Notes: Use any berry, fresh or frozen, that you like best instead of the mixed berries. You can also use pears instead of apples.

Storage Tips: Once cooled, cover dish with foil or wrap and store in the refrigerator for up to a week.

Fudgy Fiber Brownies

Servings: 16

Total Time: 45 minutes

Ingredients:

1 can (15 ounces) black beans, rinsed and drained
3 tablespoons canola oil
2/3 cup packed brown sugar
1 teaspoon vanilla extract
1/8 teaspoon salt

1/2 cup semisweet chocolate chips, divided
3 eggs
1/2 cup baking cocoa
1/2 teaspoon baking powder

Directions:

Place the beans, 1/4 cup chocolate chips and oil in a food processor; cover and process until blended. Add the eggs, brown sugar, cocoa, vanilla, baking powder and salt; cover and process until smooth. Transfer to a 9-in. square-baking pan coated with cooking spray. Sprinkle with remaining chocolate chips. Bake at 350°F for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Cut pan into 4x4 to yield 16 bars.

Nutrition Information per Serving: 191 calories, 6.2g fat, 2g saturated fat, 7.3g protein, 28.6g carbohydrate, 35mg sodium



Chef Notes: Replace the last ¼ cup of chocolate chips with peanut butter chips. You can also substitute dark chocolate chips for semisweet to produce a richer brownie.

Storage Tips: Store at room temperature or in the refrigerator in an airtight container for up to 5 days, although they will most likely be eaten by then.

Frozen Chocolate Bananas

Servings: makes about 45 banana bites

Total Time: 45 minutes

Ingredients:

2 cups or 12 ounces semi-sweet or milk chocolate chips

2 tablespoons canola oil

3 ripe bananas

Directions:

Fill the bottom of the double boiler or saucepan with an inch of water and bring to a simmer. Cover with the top of the boiler or metal bowl-mixing bowl. While you wait for the water to boil, line your workstation with parchment or wax paper. Next, place the chocolate in the metal bowl. Let the chocolate melt, stirring occasionally with a rubber spatula, until the chocolate is completely melted. Remove the bowl with the chocolate and transfer to your workstation.

While the chocolate is melting, peel and slice the bananas into 1/2-inch slices.

Add the oil to the chocolate and stir until completely combined. Using a fork, dip the banana slices into the chocolate and coat completely. Lift the slice out and scrape it against the side of the bowl to remove excess chocolate.

Transfer each slice to the parchment paper. You may need to re-warm the chocolate once or twice while dipping — just set it back over the simmering water until it's loose again. Once the chocolate has set, transfer the bananas on the parchment paper into a freezer safe container or bag. Freeze the banana bites until the chocolate is completely solidified, at least 6 hours or overnight.

Nutrition Information per Serving: 47 calories, 1.8g fat, 0g saturated fat, 0.5g protein, 7.3g carbohydrate, 29mg sodium



Chef Notes: In lieu of using a double boiler, melt the chocolate in 15-second bursts in the microwave in a microwave-safe bowl, stirring between bursts. Stop when there are still a few lumps of chocolate and stir until all the chocolate is melted.

Dip the banana bites in your favorite topping such as sprinkles, coconut, or chopped nuts.

Storage Tips: Bites will keep for up to 3 months in the freezer.

Oatmeal Coconut Cookies

Servings: 12 cookies

Total Time: 35 minutes

Ingredients:

2 ripe bananas, mashed

1/2 cup sugar

3 teaspoons almond milk

1 teaspoon baking soda

1 cup rolled oats

1 teaspoon vanilla extract

1/2 cup vegetable oil

1 cup all purpose flour

1 teaspoon cinnamon

1/4 cup shredded coconut, unsweetened

Directions:

Preheat oven to 350°F.

In blender or food processor, blend together mashed bananas, vanilla, sugar, oil and milk.

In large bowl, sift together flour, baking soda and cinnamon.

Stir in the oat flakes and then fold in the banana mixture.

Fold in shredded coconut.

Scoop spoon-sized portions onto a lightly oiled or parchment lined cookie sheet and bake for 15-20 minutes.

Nutrition Information per Serving: 200 calories, 10.4g total fat, 2g saturated fat, 2.5g protein, 25.3g carbohydrate, 105mg sodium



Chef Notes: You can add in dried cranberries, raisins, or chocolate chips.

Decrease sugar to 1/3 cup if you cannot find unsweetened coconut.

If you do not have access to a blender or food processor, you can mash the mixture with a potato masher.

Storage Tips: Store in an airtight container in the refrigerator for up to a week.

Strawberry Shortcakes with Fat Free Yogurt and Strawberries

Servings: 10 Total Time: 40 minutes

Ingredients:

For the shortcake:

- 1 $\frac{3}{4}$ cups whole-wheat pastry flour, sifted
- 2 $\frac{1}{2}$ teaspoons low-sodium baking powder
- $\frac{1}{4}$ cup all-purpose flour, sifted
- $\frac{1}{4}$ cup butter-canola oil blend, chilled
- $\frac{3}{4}$ cup fat-free milk
- 1 tablespoon sugar

For the topping:

- 6 cups fresh strawberries, sliced
- $\frac{3}{4}$ cup plain fat-free yogurt

Directions:

Preheat oven to 425°F.

In a large mixing bowl, combine the flours, baking powder and sugar together. Using a fork, cut the chilled butter into the dry ingredients until the mixture resembles coarse crumbs. Add the chilled milk and stir just until a moist dough forms.

Turn the dough onto a floured work surface and, with floured hands, knead for 6 to 8 times until the dough is smooth.

Using a rolling pin or glass jar, roll the dough into a rectangle $\frac{1}{4}$ -inch thick. Cut into 10 squares.

Place the squares onto the prepared baking pan and bake until golden, 10 to 12 minutes or until golden brown.

Transfer the biscuits onto individual plates. Top each with 1 cup strawberries and 1 $\frac{1}{2}$ tablespoons yogurt.

Nutrition Information per Serving: 185 calories, 5.5g fat, 0.8g saturated fat, 4.8g protein, 29g carbohydrate, 66mg sodium



Chef Notes: You can use All Purpose flour instead of pastry, but you will not get as soft of a biscuit.

If strawberries are not in season you can use frozen strawberries, just thaw and lightly sweeten with $\frac{1}{2}$ tablespoon maple syrup or sugar.

Storage Tips: Store in an airtight container at room temperature for up to 5 days.

Baked Apple Halves

Servings: 8

Total Time: 75 minutes

Ingredients:

2 large apples

1 tablespoon butter, melted

¼ teaspoon ground nutmeg

2 tablespoons brown sugar

½ teaspoon ground cinnamon

⅓ cup water or apple juice

Directions:

Preheat oven to 350°F. Cut the apples in half, remove the core and seeds with a small spoon or knife.

Place the apples in an ovenproof baking dish.

In a small bowl, combine the brown sugar, butter, cinnamon and nutmeg. Spoon this mixture into the centers of your apple halves. Pour water or apple juice into the baking dish.

Bake apples for 40 to 45 minutes or until the apples are tender, basting them occasionally with the juices from the baking dish.

Nutrition Information per Serving: 51 calories, 1.6g fat, 0.9g saturated fat, 0.2g protein, 10g carbohydrate, 12 mg sodium



Chef Notes: Serve warm with plain or vanilla yogurt and a drizzle of maple syrup.

If you prefer, you can peel the apples before cutting.

Storage Tips: Store in the refrigerator in an airtight container for up to 4 days.

TIME *for*



SNACKS

Whole Grain Pita Chips

Servings: 6 Total Time: 25-35 minutes

Ingredients:

3 pitas, cut into 8 wedges
1 teaspoon garlic powder

4 tablespoons olive oil
Salt and black pepper

Directions:

Preheat heat oven to 375°F.

Cut pitas into 8 wedges. Pour olive oil into a bowl and add garlic, salt and pepper.

Coat pita chips with olive oil mixture.

Arrange pita chips on baking sheet and bake for 12 to 15 minutes.

Nutrition Information per Serving: 164 calories, 10g total fat, 1.4g saturated fat, 2.8g protein, 17g carbohydrate, 160mg sodium



Chef Notes: Serve the pita chips while still warm.

Storage Tips: Store in an airtight container at room temperature for up to a week.

Creamy Hummus

Servings: 6 Total Time: 15-20 minutes

Ingredients:

One 15-ounce can chickpeas, rinsed and drained
1/4 cup fresh lemon juice, about 1 large lemon
1/2 to 1 teaspoon kosher salt, depending on taste
1/2 teaspoon ground cumin
Dash of ground paprika for serving

1/4 cup tahini
1 large garlic clove, minced
2 tablespoons olive oil
2- 3 tablespoons water

Directions:

In a food processor or blender, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl then turn on and process for 30 seconds. Add the olive oil, minced garlic, cumin and the salt to the tahini and lemon juice mixture. Process for 30 seconds, scrape sides and bottom of bowl then process another 30 seconds. Add half of the chickpeas to the food processor then process for 1 minute. Scrape sides and bottom of bowl, add remaining chickpeas and process for 1 to 2 minutes or until thick and smooth. To thin out hummus, slowly add 2 to 3 tablespoons of water while blending until the consistency is just right. To serve, drizzle about 1 tablespoon of olive oil over the top and sprinkle with paprika.

Nutrition Information per Serving: 173 calories, 11g total fat, 1.4g saturated fat, 5.8g protein, 16.5g carbohydrate, 165mg sodium



Chef Notes: You can flavor the hummus any way that you like. Examples include adding roasted red peppers, cayenne pepper, lemon juice, or taco seasoning.
Storage Tips: Store homemade hummus in an airtight container and refrigerate up to one week.

Chocolate Almond Butter

Servings: 16

Total Time: 10 minutes

Ingredients:

2 cups dry toasted, unsalted almonds

1 tablespoon cocoa powder

¼ teaspoon salt

1/8 cup semisweet chocolate chips

1 tablespoon sugar, or to taste

Directions:

Place almonds, chocolate chips, sugar, and salt in a blender or food processor and secure lid.

Turn machine on at the lowest speed, and gradually increase the speed to high.

Continue to mix for another minute or so, until the butter begins to flow freely through the blades. Melt chocolate chips separately, in the microwave or double boiler, and then mix in along with sugar, cocoa, and salt.

Nutrition Information per Serving: 115 calories, 9.6g total fat, 1g saturated fat, 3.9g protein, 5.4g carbohydrate, 35mg sodium



Chef Notes: You can use peanuts or cashews instead of almonds.

Storage Tips: Transfer to an airtight container and store in the refrigerator for up to 3 weeks.

Greek Yogurt parfait with Homemade granola

Servings: 10 (1/4 cup granola, 1 cup plain Greek yogurt, 1/2 cup blueberries)

Total Time: 30 minutes

Ingredients:

2 cups old fashioned rolled oats
¼ cup sunflower seeds, unsalted
1 tbsp vegetable oil
1 large pinch salt

½ cup sliced almonds
2 tbsp maple syrup
¼ tsp vanilla extract

Directions:

Preheat the oven to 300°F.

Combine all ingredients in a mixing bowl, toss to coat.

Spread the mixture in a thin layer on a baking sheet and bake for 10 minutes, until very lightly toasted.

Serve with ½ cup berries, 1 cup Greek yogurt, and ¼ cup granola.

Nutrition Information per Serving: 200 calories, 5.9g total fat, 0.7g saturated fat, 11.3g protein, 27.9g carbohydrate, 190mg sodium



Chef Notes: You can substitute agave nectar or honey instead of maple syrup.

Storage Tips: This granola can be kept in an airtight container in a cool, dry place for up to 2 weeks.

Spicy Roasted Chickpeas

Servings: 8

Total Time: *55-60 minutes*

Ingredients:

2 (15-ounce) cans low sodium chickpeas, drained and rinsed

2 tablespoons olive oil

1 teaspoon ground cumin

1 teaspoon chili powder

1/2 teaspoon cayenne pepper

Directions:

Heat the oven to 400°F and arrange a rack in the middle.

Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated.

Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.

Nutrition Information per Serving: 142 calories, 5.6g total fat, 0.5g saturated fat, 6.1g protein, 18.4g carbohydrate, 185mg sodium



Chef Notes: You can use almost any seasoning you would like such as a Ranch packet, curry powder, or even salt, pepper, garlic.

Storage Tips: Store at room temperature in an airtight container for up to a week.

Garlic Kale Chips

Servings: 6

Total Time: *30 minutes*

Ingredients:

1 head kale, washed and thoroughly dried

2 tablespoons olive oil

1 teaspoon garlic powder

½ teaspoon salt

Directions:

Preheat the oven to 350°F.

Remove the ribs from the kale and cut or tear into 1 1/2-inch pieces.

Lay on a baking sheet and toss with the olive oil and salt. Make sure to thoroughly rub the oil onto each piece of kale.

Bake until crisp, turning the leaves halfway through, about 15 minutes.

Nutrition Information per Serving: 75 calories, 4.7g total fat, 0.7g saturated fat, 2.1g protein, 7.3g carbohydrate, 191mg sodium



Chef Notes: You can season the chips with your favorite spice blend.

Storage Tips: Store at room temperature in an airtight container for 3-4 days.