

*My Health,
My Choice,
My Life*
Recipe Guide



Make healthy foods anywhere

A variety of recipes you can make with a microwave, a crock pot, a cooktop, an oven, or even no heat source at all

Working with you

...to make healthy food easier

My Health, My Choice, My Life is a federally-funded mental health initiative designed to improve quality of life for people with mental illness as well as the length of time that they live.

Why? Studies have shown that people who have a mental illness and are also part of the public healthcare system in the United States are dying, on average, 25 years earlier. Pretty scary statistic, if you ask us.

My Health, My Choice, My Life is trying to make a difference in a big way by taking the time to educate our peers about chronic disease management and making healthier lifestyle choices in each of the eight dimensions of wellness.

One of these dimensions, Physical Wellness, encompasses not only the things you do as far as

As physical activity goes, but also what you put into your body.

Over the course of our grant, Peer Wellness Coaches have discovered that many of the peer support centers we work in do not have full kitchens. We want people to know that even if you don't have a stove, microwave, slow-cooker, or oven, that there are still healthy options for you.

We have designed this cookbook around finding snacks and meals that fit into three categories:

- Can be made with no cooking necessary
- Can be made using only a microwave or slow-cooker
- Can be made using a stove or oven

Hopefully you can find what you need to make healthy items very easily.

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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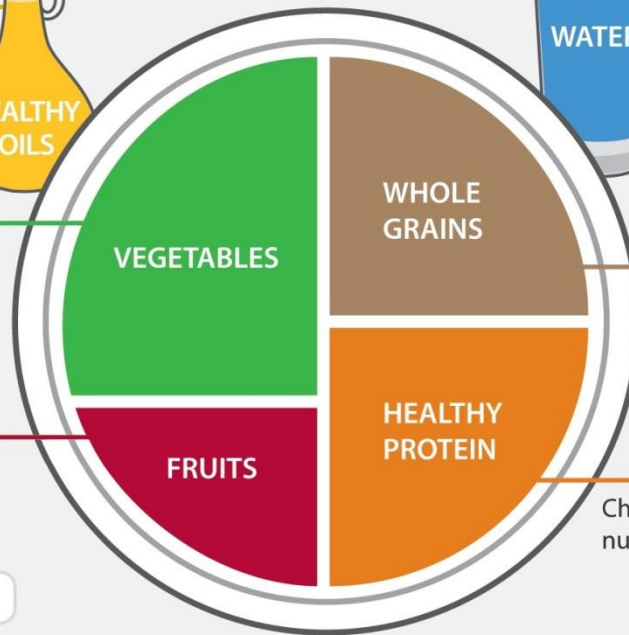
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Healthy Eating Guidelines



- 1. Work toward 7 portions of fruit and/or vegetables a day.**
 - These are a good source of fiber and vitamins and minerals.
 - They have no cholesterol and are a healthy source of carbohydrates.
 - Depending on how they are prepared, they have little or no fat.
 - If 7 portions seem like a lot then work at gradually adding 1 or 2 portions each day.
- 2. Choose foods lower in fat.**
 - Choose leaner cuts of meat and eat more fish.
 - Eat combinations of plant proteins like rice with beans.
 - Use unsaturated fat. These are liquid at room temperature like olive oil.
 - Avoid saturated fats that are solid at room temperature like butter.
 - As you read labels, it's best to eat foods with no more than 5 grams of fat per portion.
- 3. Limit foods that can raise cholesterol.**
 - This is important for maintaining good blood pressure.
 - It helps prevent heart attacks and stroke.
 - Eat less meat and dairy products as cholesterol is only found in animal products.
 - Avoid or limit saturated and trans fats. They cause our bodies to make cholesterol.
- 4. If you have diabetes or pre-diabetes or pre-diabetes, watch carbohydrates.**
 - 40 to 60 grams per meal is recommended for most people with diabetes.
 - Choose carbohydrates that come from healthier sources.
- 5. Reduce the amount of salt and sodium.**
 - These can increase blood pressure and heart disease.
 - Sodium is often hidden, so be sure to read the labels.
 - Reduce the amount of salt added to food or do not add at all.
- 6. Maintain a healthy weight.**

Diabetes Healthy Eating Plate

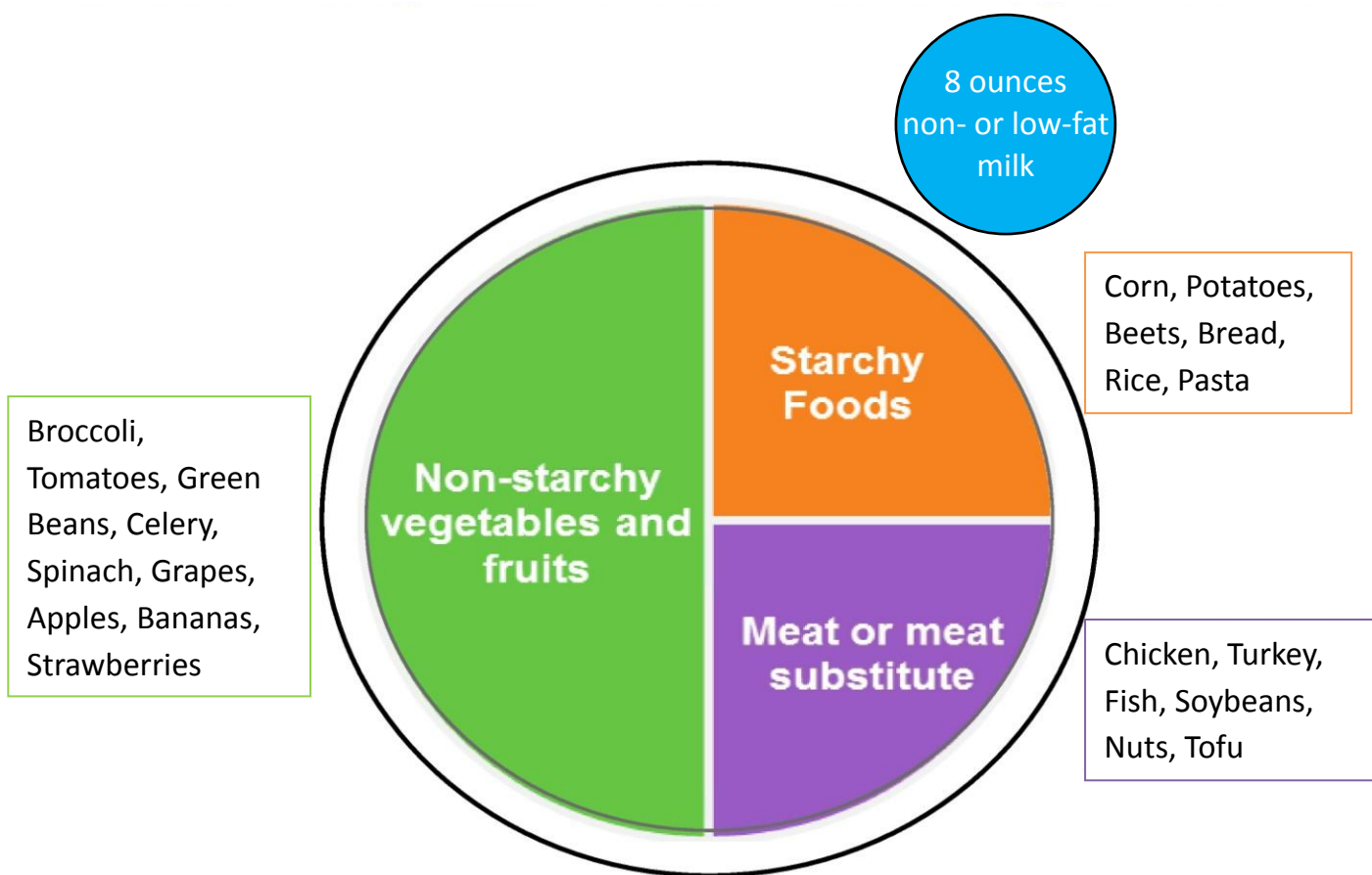


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Notes



Cowboy Caviar

Serves 20

Ingredients:

- 1 14.5-ounce can of black beans
- 1 14.5-ounce can of yellow whole kernel corn
- 1 10-ounce can of mild Ro Tel
- 2 14.5-ounce cans of petite diced tomatoes
- 1 bunch of green onions, chopped
- ¼ cup fresh cilantro, chopped
- 1 jalapeno, seeded and diced
- Garlic powder (to taste)
- Salt and pepper (to taste)
- 2 bags of tortilla chips

Directions:

1. Drain and rinse black beans.
2. Drain corn.
3. Drain RoTel and diced tomatoes.
4. Chop green onions and cilantro.
5. De-seed and dice jalapenos. (Caution: Don't touch your eyes when handling jalapenos!)
6. Mix all ingredients in a large bowl.
7. Season with garlic powder, salt and pepper.
8. Cover and chill in the refrigerator for 15 minutes.
9. Serve with tortilla chips.



Trail Mix

Serves 15

Ingredients:

- 16 ounces of unsalted, dry roasted peanuts
- 16 ounces of unsalted, dry roasted sunflower seeds
- 6 ounces of shelled, whole pecans
- 6 ounces of almonds
- 6 ounces of dried cranberries

Directions:

1. Pour all ingredients into a large bowl and mix well.
2. Serve in $\frac{3}{4}$ cup portions.

Notes



Easy Guacamole

Serves 10

Ingredients:

- 6 ripe avocados
- 2 limes, juiced
- 1 large onion, chopped
- 4 medium tomatoes, seeded and diced
- 1 jalapeno, seeded and diced (optional)
- Garlic powder (to taste)
- 1 bunch of cilantro, stems removed, chopped
- Salt (to taste)
- Pepper (to taste)
- 1 bag of tortilla chips

Directions:

1. Cut open avocados and remove pit.
2. Peel and mash avocado in a large bowl.
3. Add lime juice.
4. Mix in onions, tomatoes, garlic powder, cilantro, salt and pepper. (If using jalapeno, be careful not to touch your eyes!)
5. Cover and refrigerate for 15 minutes to chill.
6. Serve with tortilla chips.



Quick and Easy Salsa

Serves 10

Ingredients:

- 4 large tomatoes, seeded and chopped
- 1 onion, chopped
- ½ cup chopped fresh cilantro
- 3 cloves garlic, minced (or 1 ½ tablespoons of already minced garlic)
- 1 tablespoon of lime juice
- Salt (to taste)
- 1 jalapeno, seeded and minced
- 1 bag of tortilla chips

Directions:

1. In a medium bowl, combine tomatoes, onions, cilantro, garlic, lime juice, salt, and jalapeno. Mix well. (Caution: When handling jalapenos, please be careful not to touch your eyes.)
2. If desired, you may also place all ingredients in a food processor and chop until it is chunky or smooth.
3. Serve with tortilla chips.

Notes



Hummmus

Serves 15

Ingredients:

- 2 15.5-ounce cans garbanzo beans, drained, reserving $\frac{1}{2}$ cup of liquid
- 2 tablespoons garlic, minced
- 1 lemon, juiced
- 4 tablespoons extra virgin olive oil
- Salt (to taste)
- Pita bread wedges, crackers, or raw vegetables (for dipping)

Directions:

1. Place garbanzo beans and $\frac{1}{4}$ cup of the reserved liquid into a blender or food processor.
2. Add garlic, lemon, olive oil, and salt.
3. Mix for 3-5 minutes or until blended into a creamy peanut butter consistency (add more liquid from the garbanzo beans as necessary).
4. Serve with pita bread wedges, crackers or raw vegetables

Notes



Bruschetta

Serves 10

Ingredients:

- 2 14.5 ounce cans of diced tomatoes, drained
- 4 tablespoons of chopped basil
- 2 tablespoons of extra virgin olive oil
- 2 tablespoons of garlic, minced
- 1 box of Triscuits

Directions:

1. Mix tomatoes, basil, garlic and olive oil in a medium bowl.
2. Cover and refrigerate for 15 minutes.
3. Spoon mixture onto Triscuit and serve .

Notes



Cucumber Yogurt Dip

Serves 10

Ingredients:

- 1 cucumber
- 2 cups of plain yogurt
- 1 cup non-fat sour cream
- 1 lemon, juiced
- 2 tablespoons of fresh dill, chopped
- 1 tablespoon garlic, minced
- Vegetables (for dipping)

Directions:

1. Peel, seed and grate the cucumber.
2. Mix cucumber, yogurt, sour cream, lemon juice, dill and garlic in a serving bowl.
3. Chill for 1 hour.
4. Serve with your favorite vegetables.

Notes



Greek Yogurt Ranch Dip

Serves 8

Ingredients:

2 cups of plain Greek yogurt
1 packet of ranch seasoning
Vegetables for dipping

Directions:

1. Mix Greek yogurt and ranch seasoning.
2. Chill for 1 hour.
3. Serve with vegetables.

Notes



Chicken Ranch Pinwheels

Serves 10

Ingredients:

- One 8-count pack of whole wheat tortillas
- 1 brick of low-fat cream cheese, softened
- 1 pack of ranch dressing mix
- 1 pack of Tyson Grilled and Ready sliced chicken
- 1 bell pepper, sliced
- 1/3 onion, sliced

Directions:

1. Mix ranch dressing mix and cream cheese together until completely blended.
2. Spread about 1 tablespoon of cream cheese on tortilla from edge to edge.
3. Put chicken, pepper and onion in the middle and roll up tight.
4. Once wrapped, cut the roll into slices that are about 1.5 inches thick.
5. Cover and refrigerate for 30 minutes.

Notes



Lemon Velvet Supreme

Serves 6

Ingredients:

- 2 cups vanilla yogurt, fat-free
- 3 tablespoons instant, lemon pudding mix
- 8 squares graham crackers, crushed
- 1 4-ounce can of mandarin orange slices, drained

Directions:

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Pour pudding mixture over cracker crumbs.
4. Top with mandarin orange slices.

Check out the next page for an alternate version!



Banana Cream Supreme

Serves 8

Ingredients:

- 4 cups vanilla non-fat Greek yogurt
- 2 bananas, sliced
- 8 tablespoons instant banana cream pudding mix (option: sugar free mix)
- 16 squares graham crackers (option: use graham cracker pie crust instead)
- 1 cup water

Directions:

1. Combine yogurt, water, bananas and pudding mix and stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Pour pudding mixture over cracker crumbs (or use pie crust instead).
4. Top with mandarin orange slices.

Notes



Banana Split Fruit Salad

Serves 6

Ingredients:

- 2 large bananas
- 3 cups low fat cottage cheese
- 1 cup pineapple chunks
- 1 cup strawberries, sliced
- ½ cup pecans, chopped

Directions:

1. Cut banana in 3 chunks and slice down the middle.
2. Place 2 banana slices on each plate, forming an oval.
3. Place dollop cottage cheese in the center of the slices and add some of the strawberries and pineapple.
4. Sprinkle with pecans.
5. Repeat for total of 6 servings.



Crunchy Banana Cakes

Serves 8

Ingredients:

- 8 plain, unsalted rice cakes
- 1 cup natural peanut butter
- 3 large bananas, sliced
- Honey (optional)

Directions:

1. Spread 2 tablespoons of peanut butter on 1 rice cake.
2. Place banana slices on top.
3. Drizzle with honey, if desired.

Notes



Peanut Butter and Yogurt Fruit Dip

Serves 10

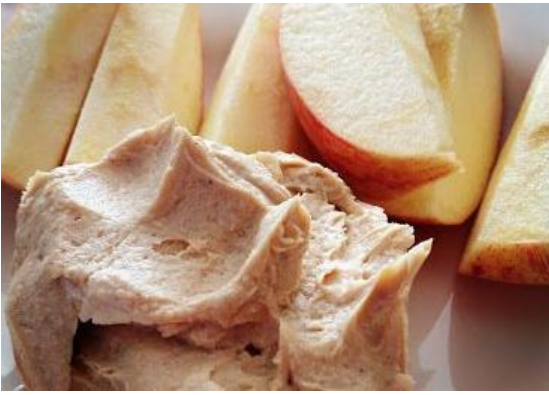
Ingredients:

- 1 cup natural peanut butter
- 2 cups nonfat vanilla yogurt
- Assorted fruit (apple slices, grapes, bananas, strawberries)

Directions:

1. In a medium bowl, mix together peanut butter and yogurt.
2. Serve with fruit.

Notes



Cinnamon Honey Fruit Dip

Serves 4

Ingredients:

- 1 cup of plain Greek yogurt
- 4 tablespoons natural peanut butter
- 2 tablespoons honey
- Dash cinnamon (to taste)

Directions:

1. Combine ingredients and mix well.
2. Serve with your favorite fresh fruit.



Fruit Salad with Yogurt Honey-Lime Dressing

Serves 8

Ingredients:

- ½ cup plain fat-free yogurt
- ¼ cup lime juice
- ¼ cup honey
- 1 teaspoon lime zest
- 2 cups cantaloupe, cut in bite size pieces
- 1 cup seedless grapes
- 1 cup pineapple, cut in bite size pieces
- 2 cups berries (strawberries, blueberries, raspberries)
- 1 cup mandarin oranges, drained

Directions:

1. In a small bowl, mix the yogurt, lime juice, honey and lime zest until well blended.
2. Combine fruit together in a large bowl.
3. Toss fruit with the yogurt honey-lime dressing.
4. Cover and refrigerate until ready to serve.



Nilla Nanner Sandwiches

Serves 15

Ingredients:

1 box of mini vanilla wafers
5-7 bananas

Directions:

1. Slice bananas.
2. Place banana slice in between two vanilla wafers.



Mini Rice-Cake Stacks

Serves 4

Ingredients:

- 16 mini apple-cinnamon rice cakes
- 1 tablespoon natural peanut butter
- 8 banana slices

Directions:

1. Spread 8 rice cakes with peanut butter.
2. Top each with a banana slice and the remaining rice cakes.



Grapes and Grahams

Serves 4

Ingredients:

- 4 tablespoons light cream cheese
- 8 graham cracker squares
- 1 cup halved grapes

Directions:

1. Spread cream cheese on graham cracker.
2. Top with halved grapes.



Frozen Yogurt Pops

Serves 2

Ingredients:

8-ounce container of your favorite flavor of yogurt
Small paper cups
Wooden popsicle sticks
Plastic wrap

Directions:

1. Pour yogurt into paper cups.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Poke a hole in the plastic wrap with a popsicle stick. Stand the stick straight up in the center of the cup.
4. Put cups in the freezer until frozen, about 2 hours.
5. Remove plastic wrap and peel away paper cup.



Cheesecake Snacks

Serves 8

Ingredients:

- 12 whole graham crackers, split in half
- 8-ounce block of low fat cream cheese, softened
- ½ cup of strawberry or other all fruit spread (not jelly!)
- Sliced fruit (optional)

Directions:

1. Combine cream cheese and fruit spread. Stir until smooth.
2. Spread cream cheese mix on graham cracker halves and top with fresh sliced fruit, if desired.
3. Lightly cover and refrigerate for up to 1 hour.



Seven-Layer Dip

Serves 12

Ingredients:

- 3 medium-sized ripe avocados
- 2 Tbsp. lemon juice
- ½ tsp. salt and ¼ tsp. pepper
- 1 ½ cups nonfat plain Greek yogurt
- 1 package taco seasoning mix
- 2 cans refried beans
- 1 bunch green onions, chopped (optional)
- 3 medium-sized ripe tomatoes, chopped
- 2 cans (3 ½ oz. each) pitted ripe sliced olives, drained
- 8 oz. grated 2% sharp cheddar cheese

Directions:

1. Peel, pit and mash avocados in a bowl with lemon juice, salt and pepper (or put in blender).
2. In another bowl, combine yogurt and taco seasoning mix.
3. Spread refried beans on a large shallow serving platter.
4. Spread avocado mixture over bean dip.
5. Spread yogurt-taco seasoning mixture over the avocado mixture.
6. Sprinkle with the chopped green onions, then the tomatoes, and finally the olives.
7. Cover with the grated cheddar cheese.
8. Serve chilled with your choice of corn chips.



Spice Roasted Nuts

Serves 4 (1/4 cup servings)

Ingredients:

Chili Almonds

1/8 tsp chili powder
1/8 tsp cayenne pepper
1/8 tsp salt
1 cup whole unpeeled almonds

Curried Cashews

1 tsp curry powder
1 cup unsalted cashews

5-Spice Peanuts

1/2 tsp Chinese five-spice powder
1 cup salted peanuts

Cocoa Pecans

1/2 Tbsp cocoa powder
1/4 tsp ground cinnamon
2 Tbsp sugar
1 cup pecan halves

Directions:

1. Preheat the oven to 400°F.
2. Select one of the four recipes.
3. Heat **1 Tbsp butter** and the appropriate spices in a small saucepan.
4. Stir in nuts, then spread on baking sheet.
5. Roast for 10 to 12 minutes, until fragrant and warm, but not overly toasted.



Kale Chips

Serves 4

Ingredients:

- 1 bunch of kale, washed and dried, cut into 2" pieces with ribs removed (about 3 cups)
- 1 Tbsp olive oil
- ½ tsp salt

Directions:

1. Preheat oven to 325° F.
2. In a large bowl, toss kale with olive oil and salt.
3. Place on a baking sheet. Bake for 10 to 15 minutes, mixing once half-way through. The kale should be crispy, not browned.



Triscuit Pizza

Serves as many as you make!

Ingredients:

Triscuits

Pizza or spaghetti sauce

Shredded cheese

(Mozzarella, Cheddar, Jack, and Parmesan are options)

Pizza toppings

(optional: pepperoni, sausage, olives, tomatoes, mushrooms, peppers – whatever you want on your pizza!)

Directions:

1. Preheat oven to 350° F.
2. Cover a cookie sheet with foil.
3. Lay the Triscuits side-by-side to form a rectangle.
4. Pour pizza sauce over the Triscuits and spread it out with a spoon.
5. Sprinkle cheese on top.
6. Add other toppings, as desired.
7. Bake for about ten minutes or until cheese is melted.



PB&J Healthy Oatmeal Cookies

Serves 8 (2 cookies per serving)

Ingredients:

- 2 medium ripe bananas, mashed
- 1 cup of uncooked quick oats
(use gluten-free oats to make them gluten-free, if necessary)
- 2 tablespoons chunky peanut butter
- 4 teaspoons reduced sugar jelly

Directions:

1. Preheat oven to 350°F.
2. Spray a non-stick cookie sheet with cooking spray.
3. Combine the mashed bananas and peanut butter in a medium bowl. Add the oats and mix until thoroughly combined.
4. Place batter by tablespoons (little more than level) on the cookie sheet, making an indent with the back of the measuring spoon. Repeat until you have 16 cookies.
5. Bake 15 minutes or until golden. Remove from oven and top each with 1/4 teaspoon jelly.



Chewy Chocolate Chip Oatmeal Breakfast Cookie

Serves 8

Ingredients:

Two ripe bananas, mashed
1 cup of uncooked quick oats
1/4 cup semisweet chocolate chips
2 tablespoons all natural peanut butter
Parchment paper

Directions:

1. Preheat oven to 350° F.
2. Place parchment paper on cookie sheet.
3. Combine the mashed bananas and oats, stir well.
4. Add in peanut butter and semisweet chocolate chips.
5. Use a spoon to scoop onto cookie sheet.
6. Bake 10-15 min.



Pizza Roll-Up

Serves 1 per tortilla

Ingredients:

- One 8-inch whole-wheat flour tortilla
- 2 tablespoons prepared pizza sauce
- 12 leaves baby spinach
- 3 tablespoons shredded part-skim mozzarella

Directions:

1. Place tortilla on a plate and spread pizza sauce over it.
2. Top with an even layer of spinach and sprinkle cheese on top.
3. Microwave on high until cheese is just melted, about 45 seconds.
4. Carefully roll the tortilla up.
5. Let cool for 10 minutes before serving.
6. Slice into pieces, if desired.



Spicy Buffalo Cauliflower Bites

Serves 6

Ingredients:

- 1 cup water
- 1 cup all purpose flour
- 2 tsp garlic powder
- 22 oz (6 ½ cups) cauliflower florets
- ¾ cup Frank's Hot Sauce
- 1 tbsp melted unsalted butter

Directions:

1. Preheat oven to 450° F. Lightly spray a large non- stick baking sheet with oil.
2. Combine the water, flour, and garlic powder in a bowl and stir until well combined.
3. Coat the cauliflower pieces with the flour mixture and place on the baking sheet; bake for 20 minutes.
4. While the cauliflower is baking, combine the hot sauce and butter in a small bowl.
5. Remove cauliflower from oven, pour the hot sauce mixture over the baked cauliflower, mix, place back in the oven. Bake for an additional 5 minutes.
6. Serve with low-fat blue cheese dressing (if desired) and celery sticks.



Banana “Ice-Cream”

Serves 4 (1/2 cup servings)

Ingredients:

- 3 ripe bananas
- 2 pitted dates (optional)

Directions:

1. Peel and slice three bananas.
2. Freeze sliced bananas in a freezer-proof container.
3. Once frozen, put bananas into a food processor along with the pitted dates. Process until creamy.



Granola

Serves 30 (1/2 cup servings)

Ingredients:

- 8 cups old fashioned oats
- 1 cup chopped pecans
- 1 cup chopped walnuts
- 1 cup sliced almonds
- 2 cups diced dates
- 2 cups raisins
- 1 cup agave
- ½ tsp. vanilla extract
- ⅓ cup canola oil
- ½ tsp. salt
- 1 tbsp. cinnamon

Directions:

1. Preheat oven to 325° F.
2. In a large mixing bowl, mix oats, pecans, walnuts, almonds.
3. In a small mixing bowl, mix agave, oil, vanilla, salt, cinnamon.
4. Pour small bowl mixture over the large bowl mixture and stir.
5. Spread combined ingredients on cookie sheet, approximately ¼ inch deep.
6. Bake 20 minutes, stirring/turning halfway through.
7. Remove from oven.
8. Add dates and raisins and stir.
9. Allow to cool. Place in airtight container.



Baked Zucchini with Parmesan

Serves 4

Ingredients:

- 4 small zucchini, washed and halved lengthwise
- 1 tbsp. olive oil
- Salt and freshly ground pepper
- 1/3 cup freshly grated parmesan cheese
- 2 garlic cloves, minced

Directions:

1. Preheat oven to 400° F.
2. Arrange zucchini cut sides up in an ovenproof dish large enough to hold them in a single layer.
3. Lightly brush with the olive oil and season with the salt and pepper.
4. In a small bowl, mix the parmesan cheese with the minced garlic, then sprinkle over the zucchini.
5. Bake for about 15 minutes or until zucchini are tender and the cheese is browned.



Garlic and Olive Oil Sautéed Green Beans

Serves 3-4

Ingredients:

- 1 pound fresh green beans, ends popped or chopped off
- 2 tsp. olive oil
- 2 garlic cloves, minced
- Salt and pepper

Directions:

1. Prepare green beans and bring a pot of water to a boil. Allow green beans to boil for 4-5 minutes, watching to see that they don't change color and lose their crispness.
2. Drain green beans and add to an ice bath. Drain and set aside until ready to sauté.
3. Heat a sauce pan or skillet on medium heat with olive oil for at least 3 minutes. Add garlic and cook for 60 seconds.
4. Add green beans and cook for an additional 3-5 minutes. Season with salt and pepper.



Colorful Fruit Kabobs

Serves 25

Ingredients:

- 25 strawberries, hulled
- 25 pieces of cantaloupe or 25 pieces mandarin oranges
- 25 pieces pineapple, canned
- 25 pieces kiwi fruit, or 25 pieces honeydew melon
- 50 blueberries
- 25 bamboo or other disposable skewers

Directions:

1. If using wooden or bamboo skewers, make sure all the splinters are off of them by rolling two together in your hands, or rub them over each other, as if you are sharpening a knife.
2. Cut the fruit that is not already small into 1 inch or bite-sized chunks.
3. First, skewer the strawberry.
4. Then, skewer the cantaloupe or orange.
5. Then, skewer the pineapple.
6. Then, skewer the kiwi or honeydew melon.
7. Then finish the skewer with 2 blueberries on the pointed end. Make sure to push them fairly high so they don't slip off.



Meals

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Healthy Tuna Salad

Serves 2

Ingredients:

¼ cup plain Greek yogurt
1 tbsp mayonnaise
one 5-ounce can of tuna
1 small apple, diced
2 stalks celery, diced
¼ of an onion, chopped
¼ tsp garlic salt
salt & pepper
lemon juice

Directions:

1. Chop the apple, celery, and onion. Add to a bowl.
2. Drain tuna and add it to the bowl.
3. Add Greek yogurt and mayonnaise to the bowl.
4. Add garlic salt, salt & pepper, and lemon juice.
5. Mix thoroughly and serve as is or on a sandwich.



Crock Pot Wild Rice Casserole

Serves 8

Ingredients:

2 onions, finely chopped
3 stalks celery, thinly sliced
12 ounces whole grain and wild rice mix
2 ½ cups water
10.75-ounce can condensed low-sodium cream
of mushroom soup
¼ cup butter (½ stick)
8 ounces grated cheddar cheese
½ cup sliced fresh mushrooms

Directions:

1. In a slow cooker, place onions, celery, rice mix, water, condensed cream of mushroom soup, butter, cheese and mushrooms.
2. Cover, and cook on low 6 to 10 hours or on high 3 to 5 hours.



Microwave Mashed Sweet Potatoes

Serves 5

Ingredients:

- 5 sweet potatoes, washed
- ½ cup butter, cut up
- 1/2 cup firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1/2 teaspoon salt

Directions:

1. Pierce sweet potatoes several times with a fork.
2. Place in a large microwave-safe bowl; cover with damp paper towels. Microwave at HIGH 15 minutes or until tender, turning every 5 minutes. Caution: BOWL MAY BE HOT.
3. Let stand 15 minutes.
4. Peel and mash sweet potatoes with a potato masher or a handheld mixer until smooth.
5. Stir in butter, brown sugar, cinnamon, nutmeg and salt until butter melts.
6. Serve immediately.



Cranberry Turkey Cabbage Wraps

Serves 4

Ingredients:

- 8 large cabbage leaves
- 1 Tbsp. extra-virgin olive oil
- 2 cups shredded cooked turkey (or chicken)
- 1 apple, cored and chopped
- 1/3 cup dried cranberries
- 3 green onions, thinly sliced
- 14-to-16-oz. can whole berry cranberry sauce

Directions:

1. Preheat oven to 350°F. Immerse cabbage leaves, four at a time in boiling water. Cook 2 to 3 minutes or until leaves are just wilted. Using a slotted spoon, carefully remove leaves; drain well.
2. In a large skillet, heat olive oil over medium heat. Add turkey, apple, cranberries, and green onions. Cook and stir until heated through and apple just begins to soften. Season to taste with salt and pepper. Divide turkey mixture among cabbage leaves, roll up, tucking in sides.
3. Spread cranberry sauce over bottom of a 2-quart baking dish. Add cabbage rolls, seam sides down. Cover with foil. Bake 15 to 20 minutes or until heated through.



Fajita-Style Quesadillas

Serves 8

Ingredients:

- ½ medium red or green sweet pepper, seeded and cut into bite-size strips
- ½ medium onion, halved and thinly sliced
- 2 teaspoons vegetable oil
- four 6-inch white corn tortillas
- Nonstick cooking spray
- ½ cup shredded Monterey Jack cheese (2 ounces)
- 2 thin slices tomato, halved crosswise
- 1 tablespoon snipped fresh cilantro
- Light dairy sour cream (optional)
- Cilantro leaves and lime wedges (optional)

Directions:

1. In a large skillet cook sweet pepper and onion in hot vegetable oil over medium-high heat for 3 to 5 minutes or until just tender. Remove from heat.
2. Lightly coat one side of each tortilla with cooking spray. On the uncoated side of two of the tortillas, place half of the cheese. Top with onion mixture, tomato slices, the 1 tablespoon cilantro, and remaining cheese. Top with remaining tortillas, coated sides up.
3. Heat a very large skillet or griddle over medium heat. Cook quesadillas 4 to 5 minutes per side or until cheese melts and tortillas are lightly browned. Cut each quesadilla into 4 wedges. Serve warm and, if desired, with sour cream, cilantro leaves and lime wedges.



Turkey and Black Bean Chili

Serves 8

Ingredients:

12 ounces ground turkey
1 large onion, chopped
1 green bell pepper, chopped
3 cloves garlic, minced
two 15-oz. can black beans, rinsed and drained
one 28-oz. can diced tomatoes
3/4 cup beef broth
2 tablespoons unsweetened cocoa powder
2 tablespoons hot chili powder
1 tablespoon ground cumin
1 tablespoon smoked paprika
Toasted baguette slices (optional)
Sliced green onions (optional)

Directions:

1. In a large skillet, cook ground turkey, onion, bell pepper, and garlic over medium heat until browned. Drain fat. Transfer meat mixture to a 3 1/2 to 4-quart slow cooker. Add beans, tomatoes, broth, cocoa powder, chili powder, cumin, and paprika.
2. Cover and cook on low heat setting for 8 to 10 hours or on high heat setting for 4 to 5 hours. Top with baguette slices and green onions, if desired.



Ratatouille (Vegetable Stew)

Serves 8

Ingredients:

- 1 medium sized eggplant, cut into bite sized pieces
- 2 large onions, cut into rings
- 3 cloves garlic, crushed
- 2 green peppers, cut into strips
- 4 medium sized zucchini, cut into bite sized pieces
- 2 medium sized ripe tomatoes, cut into wedges
- 1 tbsp. salt
- ¼ cup olive oil
- Freshly ground black pepper, to taste
- ½ tsp. thyme
- ½ tsp. rosemary
- 1 bay leaf
- 2 tbsp. parsley, finely chopped

Directions:

1. Sauté onions and garlic for two minutes.
2. Add green pepper and cook for two minutes, stir as needed.
3. Add eggplant and cook for three minutes, stir as needed.
4. Add zucchini and cook for three minutes, stir as needed.
5. Add tomatoes, rosemary, salt, pepper, thyme, and bay leaf, stir as needed.
6. Simmer uncovered for 30-40 minutes until all the vegetables are tender.
7. Remove bay leaf, garnish with parsley, and serve hot.



Crock Pot Chicken Taco Meat

Serves 8

Ingredients:

- 3 tbsp. taco seasoning
- 1 cup low sodium chicken broth
- 1 pound boneless, skinless chicken breast

Directions:

1. Dissolve taco seasoning into chicken broth.
2. Place chicken into crock pot and pour chicken broth over it.
3. Cover and cook on low for 6-8 hours.
4. With two forks, shred the chicken meat into bite-sized pieces.
5. To freeze, place shredded meat into freezer bags with the juices.
6. Press out all the air and seal..



Easy Sweet and Sour Chicken

Serves 4

Ingredients:

3 tbsp. all-purpose flour
½ tsp. garlic powder
½ tsp. salt
½ tsp. black pepper
1 pound boneless, skinless chicken breast halves, cut into 1 inch cubes
3 tbsp. vegetable oil, divided
3 celery ribs, sliced
2 green bell peppers, diced
1 onion chopped
½ cup ketchup
½ cup lemon juice
½ cup crushed pineapple with syrup
1/3 cup packed brown sugar

Directions:

1. Combine flour, garlic powder, salt and black pepper in a shallow dish. Roll and coat chicken cubes in flour mixture.
2. Heat 2 tbsp. vegetable oil in a skillet over medium-high heat.
3. Cook and stir chicken in hot oil until no longer pink in the center and juices run clear, 8 to 10 minutes; remove and set aside.
4. Heat 1 tbsp. vegetable oil in the same skillet over medium heat.
5. Cook and stir celery, green peppers, and onion in heated oil until slightly tender, about 5 minutes.
6. Return chicken to the skillet.
7. Whisk ketchup, lemon juice, pineapple, and brown sugar in a bowl; pour into the skillet; bring to a boil.
8. Cook and stir chicken and vegetables in sauce until heated through, 2 to 3 minutes.



Roasted Vegetables

Serves 10

Ingredients:

- 6 medium-sized sweet potatoes, cut into large chunks
- 6 medium-sized root vegetables (white potatoes, rutabagas, turnips, parsnips, beets)
- 6 carrots, chopped
- 2 large onions
- $\frac{3}{4}$ cup of extra virgin olive oil
- Pepper, to taste

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, add all chopped vegetables and pour oil over top.
3. Add pepper, mix well.
4. Spread vegetable mixture evenly on a baking sheet.
5. Bake for 1 hour or until tender.



Salmon Patties

Serves 3 (one patty per serving)

Ingredients:

- 1 can wild Alaskan salmon
- 1 egg
- 1 handful of crackers, bread crumbs, or oats
- Salt (to taste)
- Pepper (to taste)
- Vegetable oil

Directions:

1. Drain salmon well.
2. In a large bowl, combine salmon, egg and crackers. Add salt and pepper to taste. Mix well.
3. Form into patties.
4. In an oiled skillet over medium heat, brown patties on both sides, turning once. (About 3-5 minutes on both sides).



Turkey and Spinach Salad

Serves 10

Ingredients:

- 3 ½ cups of leaf spinach
- 6 hard boiled eggs, chopped or sliced
- ½ pound sliced sandwich turkey meat
- 6 ounces dried cranberries
- 16 ounces fat-free Italian dressing

Directions:

1. In a large bowl, combine spinach, eggs, turkey, and dried cranberries.
2. Lightly drizzle with fat-free Italian dressing and serve.



Skinny Veggie Lasagna

Serves 9

Ingredients:

- 3 cups veggies of your choice, chopped
- ½ chopped onion
- 2 tbsp. minced garlic
- 1 tbsp. olive oil
- 1 cup low fat ricotta cheese
- 1 egg
- 2 cups fresh spinach
- 2 cups tomato sauce
- 12 uncooked oven-ready whole grain lasagna noodles
- 1 cup mozzarella cheese, shredded

Directions:

1. Preheat oven to 375°F.
2. Over medium-high heat, sauté olive oil, onion and garlic. Add veggies and sauté until tender; set aside.
3. Whisk egg into ricotta cheese and stir in fresh spinach
4. Pour part of tomato sauce into the bottom of a greased 9 X 13 pan. Top with 4 lasagna noodles, ½ cup ricotta mixture, ½ of the veggies, and ¾ cup sauce. Repeat; top entire pan with noodles, remaining sauce, and mozzarella cheese.
5. Cover and bake 40 minutes. Remove foil and bake an additional 10 minutes until cheese is bubbly.



Black Bean Quesadillas

Serves 8 (Serving: ½ Quesadilla)

Ingredients:

- 15 ounce can of black beans, rinsed
- ½ cup shredded Monterey Jack cheese or Pepper Jack
- ½ cup prepared salsa, divided
- 4 whole-wheat tortillas (8-inch)
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

Directions:

1. Combine beans, cheese, and ¼ cup salsa in a medium bowl.
2. Place tortillas on a work surface and spread ½ cup of filling on half of each tortilla.
3. Fold tortillas in half, pressing gently to flatten.
4. Heat 1 tsp. oil in a large non-stick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides (2 to 4 minutes total).
5. Transfer to a cutting board and tent with foil to keep warm.
6. Repeat with the remaining 1 tsp. oil and quesadillas. Serve with avocado and remaining salsa.



Huevos Rancheros

Serves 6 (one egg per serving)

Ingredients:

- 3 tbsp. olive oil
- 1 green pepper, thinly sliced
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 large fresh tomatoes, finely chopped (or 2 cups stewed tomatoes, drained)
- ½ cup tomato sauce
- ½ tsp. salt
- 1-2 tbsp. chili powder
- ½ tsp. cumin
- ½ tsp. oregano
- 6 slices low-fat mozzarella cheese

Directions:

1. In a skillet over medium heat combine olive oil, green pepper, onion, and garlic. Sauté.
2. Add tomato, tomato sauce, salt, chili powder, cumin, and oregano. Cook for 20 minutes, occasionally mashing tomatoes.
3. Break 6 eggs into the sauce mixture that has been created. Cover the skillet and poach eggs over low heat for 3-5 minutes (or until as firm as desired).
4. Serve over brown rice or with a side salad.



2 Ingredient Pancakes

Serves 1

Ingredients:

- 2 eggs
- 1 banana (ripe)

Directions:

1. Mash up banana well.
2. Add in whisked eggs.
3. Warm a non-stick or cast iron skillet to medium and spray with oil.
4. Cook silver dollar sized pancakes for 30 seconds on each side and serve.

How to Make a Sandwich



Step 1: Choose Your Outsides

Bread:
This staple is best served whole-wheat, but always read the label for information on fats and carbohydrates.



Pita bread:
This option lets you fill up your sandwich!
(Whole-wheat, lower-carb tortillas are a good option, too.)

Lettuce:
This carb-free option is great for people making lower-carb food choices.



Step 2: Choose Your Insides

Lunch meats are delicious, but check the label to see how much fat, calories, and sodium is in each serving.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (65g)	
Amount per 2/3 cup	
Calories 230	
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 6mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2 mcg
20%	Calcium 260mg
45%	Iron 8mg
25%	Potassium 235mg

* Percent Daily Values (DV) and calories reference to be inserted here.

Vegetables are a delicious way to give your sandwich some crunch! Lettuce, tomato, pickles, onions — anything you'd eat raw!



Chicken or tuna salads offer a lot of taste and a lot of protein. Stick to the healthier recipes found in this guide, and you'll be good to go!



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How to Make a Pasta Dish (with sauce recipes!)



Pick a pasta.

There are many kinds of pastas, but whole-wheat options are best because they have more nutrients and are a “complex” carbohydrate (they take longer to break down). **One cup is one serving.**



Choose a sauce.

Here are some great-tasting home-cooked sauces:

Light Alfredo Sauce

1 Tbsp. extra virgin olive oil
4 cloves garlic, minced (or ¾ tsp. garlic powder)
2 cups skim milk
1 cup chicken broth
3 Tbsp. all-purpose flour
1/2 tsp. salt
1/4 tsp. black pepper
1/2 cup grated Parmesan cheese

1. In a medium saucepan, heat oil over medium heat. Add garlic and saute until golden brown. (If you're using garlic powder, just mix it in.)
2. In a small saucepan, stir together milk, chicken broth, flour, salt and pepper over low heat until smooth and thick. Stir into garlic. Continue to cook over medium low heat, stirring frequently, until the sauce is thick. Stir in Parmesan cheese. Serves 8.

Tip: Add sauteed veggies to add some nutrition and crunch.



Simple Marinara Sauce

28-ounce can crushed tomatoes
1/4 cup extra virgin olive oil
7 garlic cloves, peeled and slivered or minced
Pinch of crushed red pepper flakes
1 teaspoon kosher salt
1/4 teaspoon dried oregano, more to taste

1. Pour tomatoes into a large bowl. Pour 1 cup water into can and slosh it around to get tomato juices. Reserve.
2. In a large skillet (do not use a deep pot) over medium heat, heat the oil. When it is hot, add garlic.
3. As soon as garlic is sizzling (do not let it brown), add the tomatoes, then the reserved tomato water. Add red pepper flakes, oregano (if using) and salt. Stir.
4. Simmer sauce until thickened and oil on surface is a deep orange, about 15 minutes. (If using oregano, taste sauce after 10 minutes of simmering, adding more salt and oregano as needed.) Makes enough for one pound of pasta.

Mushroom Sauce

1/2 cup chopped onion
1/2 cup chopped green bell pepper
1/2 cup red bell pepper, chopped
1 1/2 cups fresh sliced mushrooms,
or 8oz of canned mushrooms, drained
4 tablespoons butter
1 can low-fat condensed cream of chicken soup
1/3 cup milk

In a saucepan over medium heat cook the onions, green pepper, red pepper, mushrooms and butter until mushrooms are tender. Stir in the cream of chicken soup and milk. Cook until smooth.



Meats

If you want a meat in your pasta, grilled chicken is available pre-cooked at your local grocery store. Turkey and chicken Italian sausages exist, but always read their labels — the healthiest choice for you may involve eating less than one serving. (And don't be afraid to experiment with vegetables, either!)



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How to Make a Salad (in seven easy steps)

Pick a base (lettuce, usually).

There are so many to choose from, your choices are really limited only by your grocery store: iceberg, butter, and radicchio are just three options.



Add more greenery.

The produce section is your playground. More greens may include alfalfa sprouts, avocado, broccoli, or cucumber.

Pops of color.

More color in your salad helps you get a larger variety of vitamins and nutrients. Try adding carrots, red onion, red bell peppers, or tomatoes.

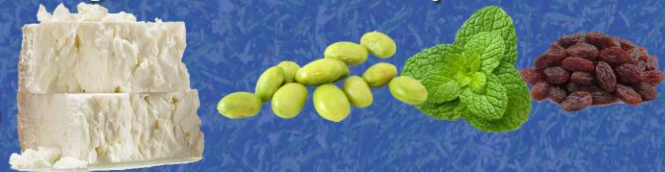


Make it crunchy.

Adding things like apples, walnuts, or pistachios brings even more nutrients to your salad.

Add some extras.

Get more dairy with some low-fat feta cheese, get protein from some soybeans, get some flavor with a hint of mint, or even go sweet with raisins.



Pack it with protein.

Lean meats like salmon, shrimp, chicken, or tuna will work. For more plants, try chickpeas.

Dress it up!

Use balsamic vinegar, olive oil, vinaigrettes, or use a lower-fat bottled dressing (read the label!).



Amount Per Serving	
Calories 80	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Sodium 200mg	8%
Total Carbohydrate 17g	9%
Dietary Fiber 3g	12%

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Smoothies



How to Make a Smoothie

Grab a blender and start mixing. Mix all ingredients until smooth.

Blueberry Smoothie

- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 teaspoon vanilla extract
- 1 ½ cups vanilla almond milk



Raspberry Peach Smoothie

- 1 ½ fresh peaches, pitted and chopped
- 1 ½ cups frozen raspberries
- 1 cup almond milk
- ¼ teaspoon vanilla extract
- 2 cups ice



Smoothies



Cranberry Orange Smoothie

- ¾ cup fresh or frozen whole cranberries
- 1 cup ripe pear
- 1 ½ cups orange juice
- 2 cups ice



Peaches and Cream Smoothie

- 3 cups chopped fresh peaches, pitted
- 1 frozen banana
- 2 cups coconut milk or almond milk
- 1 tablespoon freshly squeezed lemon juice
- ½ teaspoon vanilla extract



Strawberry Flavored Water



4-6 strawberries, hulled and quartered

1/2 lemon, sliced

Small handful of basil, scrunched

Ice and cold filtered water

1. Fill juice pitcher to the top with ice and fruit.
2. Slightly scrunch up the basil so it releases its flavor and add to pitcher.
3. Cover with cold filtered water.
4. Let the water infuse at least 1 hour before serving.



Watermelon Flavored Water



2 slices of watermelon, seeded, cut into thirds or quarters

Small handful of basil, scrunched

Ice and cold filtered water

1. Fill juice pitcher to the top with ice and fruit.
2. Slightly scrunch up the basil so it releases its flavor.
3. Cover with cold filtered water.
4. Let the water infuse at least 1 hour before serving.





My Health, My Choice, My Life Recipe Guide



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by the Peer Wellness Coaches of
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