Avance Care®
Your Healthcare Simplified™
Healthy Eating
2018

Avance Dietitian Recommended Recipes,
Grocery Store Tips & Restaurant Guide
Intro

Are you stuck in a recipe rut? Whether you are looking for a quick-and-easy weekday breakfast, a decadent chocolate dessert, or a new Sunday dinner to add to your rotation, this cookbook has the solution. Tested and approved by Avance Care’s registered dietitians, these recipes are simple, tasty, nutritious, and adaptable. If you are wondering how these foods can fit into your meal plan, talk with your registered dietitian/nutritionist. Remember: Even small changes in your lifestyle can add up to big results over time. Happy cooking!

Editorial Board
Team of Avance Care Registered Dietitians

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Food Sensitivities and Dietary Icons:

At Avance Care, we believe that top quality medical care is caring, convenient, and comprehensive. Open 7 days a week, we are there for you and your family when you need it most. Our team of providers are your ongoing partners on your healthcare journey, helping you optimize your health and enjoy life to the fullest. Welcome to the Next Generation of Primary Care, Your Healthcare Simplified.

Schedule your appointment today at AvanceCare.com
Weight Management Program

Are you tired of dieting and resorting to quick-fixes, only to regain the weight and then some? Enroll now in Avance Care’s 3-month intensive, individualized weight loss program to help you both lose weight AND keep it off.

Patients That Follow Our Program Have Seen

- Up to 100 lb. weight loss after 1 year (with continued follow up after 6 sessions)
- Up to 15% body weight loss in first 3 months
- Weight loss of up to 2 lb/week
- Reductions in LDL by as much as 106 mg/dL
- Reductions in triglycerides by as much as 395 mg/dL
- Reductions of A1C up to 5.9 point drop

What Our Program Offers

We suggest committing to biweekly appointments with your dietitian for optimal results.

Session 1: Nutritional Assessment

- 90-minute visit
- Assessment of medical history, personal goals, and current lifestyle habits
- Explanation of your nutrition analysis report
- Customized education and materials
- SMART goal setting

Session 2: Meal Planning

- 60-minute visit
- Individualized meal plan
- Menu planning practice
- Recipes to match meal plan

Session 3: Body Composition and Meal Plan Review

- 45-60-minute visit
- Body composition and waist circumference assessment using advanced bio-electrical impedance technology. This test will be repeated at Visit 6 to show changes in your body composition.
- Review of food tracking records and meal plan
- Nutrition coaching

Session 4: Individual Grocery Store Tour

- 90-minute visit
- Learn how to shop and plan meals without busting your budget
- Create your own healthy shopping list
- Decipher confusing food labels and ingredient lists
- Family members welcome to join

Session 5: Mindful Eating

- 60-minute visit
- Mindful eating coaching and guided mindful eating activity
- SMART Goal Setting
- Review of goals and progress

Session 6: Healthy Dining Out and Social Occasions

- 60-minute visit
- Review of restaurant menus and tips for eating out and navigating social occasions and holidays
- Reassessment of body composition

Post Program Support

Ongoing follow up sessions are recommended for accountability and additional coaching. We suggest committing to biweekly sessions with your dietitian (RDN) for optimal results.

What Will it Cost?

Most health insurance plans cover this program provided by a licensed dietitian. In some cases, you may be eligible for unlimited benefits with no co-pay or deductible. Our Specialty Services Coordinators will call your insurance provider to verify your benefits and will alert you of any copays or fees, if applicable.

Speak to your healthcare provider for a program referral or call Avance Specialty Services directly at 919-237-1337.

AvanceCare.com/Weight-Management-Program
Emotional Eating Program

Emotional eating occurs when you choose food in response to feelings (positive or negative), instead of physical hunger. Most people experience this occasionally, but for some individuals it can become a frequent challenge and create a pattern of disordered eating.

Am I an Emotional Eater?

Take this quick self-assessment to determine if you are struggling with emotional eating.

1. I often turn to food when I am feeling negative emotions such as stress or sadness, or in response to positive emotions such as happiness.
2. I am constantly thinking about food, even after I just ate.
3. I hide my eating from my family and friends.
4. I feel a lot of shame and regret after I eat too much.
5. I feel unable to control myself around food.

If 2 or more of these statements apply to you the emotional eating program may be beneficial.

Program Structure

Avance Care’s program combines nutrition and behavioral counseling in a structured format to empower you and support you in repairing your relationship with food.

The program consists of two 9-week tiers, providing both beginner and advanced levels of support to promote long-term success. Participants attend weekly one-hour appointments alternating between a registered dietitian and a behavioral therapist. After the first 9 weeks, graduates of Tier 1 will be offered entry into Tier 2, an advanced course in emotional eating, if considerable progress has been made.

The Program Is Designed to Help Participants:

• Embrace the nourishing qualities of eating
• Develop the skills needed to establish a healthier relationship with food
• Practice and implement mindfulness techniques in their daily life
• Understand the complex relationship between physical health, emotional health, and eating
• Investigate how previous experiences and habits affect their food behaviors
• Explore new strategies for self-care and self-acceptance

All potential participants will attend an introductory assessment with an Avance Care registered dietitian. Individuals who meet the program’s eligibility criteria must be able to commit one hour each week for 9 weeks of in person counseling. During each appointment, participants will be given at home activities to practice mindfulness skills between sessions.

This is not a diet or weight loss program. It is an opportunity to build the skills and knowledge necessary to improve your relationship with food.

What Will it Cost?

Most health insurance plans cover this program provided by a licensed dietitian. In some cases, you may be eligible for unlimited benefits with no co-pay or deductible. Our Specialty Services Coordinators will call your insurance provider to verify your benefits and will alert you of any copays or fees, if applicable. Speak to your healthcare provider for a program referral or call Avance Specialty Services directly at 919-237-1337.

AvanceCare.com/Emotional-Eating
Thriving with Diabetes Education Program

Why settle for surviving with diabetes when you can thrive! Learning you have diabetes is a shock. Avance Care’s Diabetes Education program can help you develop practical strategies that make managing diabetes easier and even enjoyable.

What Our Program Offers

Two out of three patients achieved an A1C less than 7 within 3 months of starting the program.

Session 1: “Get to Know You” Visit
(90-minute visit)
- Discuss your medical history, current lifestyle habits, diabetes self-care behaviors and goals
- Create an individualized learning plan with your dietitian for how to manage your diabetes and overall wellness
- Learn the basics of diabetes, blood sugar monitoring and treatment options available to you

Session 2: Eating Healthy with Diabetes
(60-minute visit)
- Review your food and blood sugar journals to learn your patterns
- Learn how your daily eating habits compare with recommendations by participating in a nutritional analysis activity
- Discuss carbohydrate counting, reading food labels, and strategies for dining out

Session 3: Personalized Healthy Eating Plan
(60-minute visit)
- Create an individualized meal plan tailored to your food preferences
- Practice meal planning and tips for eating healthier “on the go”
- Receive delicious and healthy recipes to match your meal plan

Session 4: The Daily Dose: Medications
and Preventing High and Low Blood Sugar
(60-minute visit)
- Review your medications and how they work in your body
- This session may be provided by our clinical pharmacist, who can work with you to optimize your medication regimen
- Discuss additional vitamins, minerals and complementary and alternative medicine
- Learn how to prevent and treat low and high blood sugar and how to navigate sick days

Session 5: Staying Active and Moving
Towards Health (60-minute visit)
- Find out how physical activity affects your blood sugar
- Create personalized physical activity goals
- Learn how to reduce your risk of cardiovascular, kidney, eye, and nerve complications and how to care for your feet

Session 6: Getting the Support You Need
(60-minute visit)
- Find out how stress affects your blood sugar
- Discuss problem solving, motivation, stress management, and relaxation techniques, as well as strategies for increasing support from family, friends, healthcare providers, and the community
- Practice stress management techniques such as meditation or breathing exercises, if desired
- Behavioral wellness providers are available to assist with healthy coping and stress management, as needed

Post Program Support

Ongoing follow up sessions are recommended for accountability and additional coaching. We suggest committing to biweekly sessions with your dietitian (RDN) for optimal results.

What Will it Cost?

Most health insurance plans cover this program provided by a licensed dietitian. In some cases, you may be eligible for unlimited benefits with no co-pay or deductible. Our Specialty Services Coordinators will call your insurance provider to verify your benefits and will alert you of any copays or fees, if applicable.

Speak to your healthcare provider for a program referral or call Avance Specialty Services directly at 919-237-1337.
Behavioral Wellness

Your mind + your body
It’s all one system

Research demonstrates that depression & many other common behavioral health conditions frequently develop along with common chronic illnesses.

Our onsite, licensed mental health specialists believe in breaking down the artificial distinction frequently made between physical and mental health that occurs in our often-fragmented medical system. If you or a loved one has struggled with the very common conditions of anxiety or depression, for example, you know all too well how these illnesses may be stigmatized. People suffering from depression and similar conditions may be treated differently than patients with conditions assumed to be purely “physical” in origin.

At Avance Care, we’re interested in much more than the absence of illness. Our providers will engage you in an active therapeutic process that will help you:

• grow in self-awareness
• make healthy choices
• achieve appropriate balance in all areas of your life—physical, mental, behavioral, social, and spiritual

Avance Care therapists use a strength-based approach that helps you achieve your full potential and greatest degree of life satisfaction. We coordinate with your medical treatment team to help you draw on your capabilities and overcome the limitations imposed by illness and injury. We work with you to change negative behavioral patterns that perpetuate unhealthy habits, revise perspectives interfering with meaningful relationships in your life, and more.

Getting Started

1. You can request a referral during a medical appointment with your Avance Care provider. Or, directly request services by contacting Avance Behavioral Wellness at 919.237.1337 or bw@avancecare.com.

2. Before beginning therapy, our Behavioral Wellness Coordinator helps you understand your insurance coverage. Behavioral Wellness services are covered ONLY by Blue Cross Blue Shield, United Healthcare, and Medicare at this time. Self-pay, discounted bundle fees available for non-insured patients.

AvanceCare.com/BW
Blueberry Bran Muffins

Prep Time: 15 Minutes  
Cook Time: 25-30 Minutes  
Makes: 12 Servings

Ingredients:

1 cup whole wheat pastry flour  
1 teaspoon kosher salt  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon ground cinnamon  
7 ounces non-fat, plain Greek yogurt  
1/4 cup sugar  
1/2 cup vegetable oil  
1/4 cup honey  
2 large eggs  
1 teaspoon vanilla extract  
2 1/2 cups wheat bran  
1 1/2 cups fresh blueberries (8 ounces)  
Nonstick cooking spray

Preparation:

1. Preheat oven to 375 degrees F.  
2. Spray top of a muffin pan with nonstick spray and line pan with 12 paper liners.  
3. In a medium bowl, stir together the flour, salt, baking soda, baking powder, and cinnamon.  
4. In a large bowl, whisk together the yogurt, sugar, oil, honey, eggs, and vanilla until combined.  
5. Add the dry ingredients to the wet ingredients, stirring just until combined.  
6. Gently stir in the wheat bran and blueberries until combined.  
7. Scoop the batter into the muffin cups. Bake for 25-30 minutes, until the tops are golden brown and a toothpick inserted into the center of one of the muffins comes out clean.  
8. Allow to cool for 5 minutes and serve warm or at room temperature.

Nutritional Information:  
Serving Size: 1 muffin  
Calories: 210, Fat: 10g, Protein: 5g, Carbohydrates: 27g, Fiber: 3g, Sodium: 150mg

Nutrition Tip: Don’t let the word “bran” scare you. These muffins are a moist, slightly sweet breakfast treat. The Greek yogurt packs a punch of protein that most muffins lack. The bran and whole wheat flour contain fiber which helps with heart and digestive health. If you can’t find whole wheat pastry flour (commonly found at health food stores) then use 1/2 cup whole wheat flour and 1/2 cup all-purpose flour instead. Wheat bran can be found at most grocery and health food stores. We used Bob’s Red Mill brand in this recipe.

Adapted from:  
https://barefootcontessa.com/recipes/blueberry-bran-muffins
Freezer-Friendly Breakfast Burritos

Prep Time: 30 Minutes  
Cook Time: 15 Minutes  
Makes: 8 Servings

Ingredients:
1 red bell pepper  
1 green bell pepper  
1/2 medium red onion  
1/2 teaspoon salt, divided  
Pinch of red pepper flakes (optional)  
One 15-ounce can low-sodium black beans, drained and rinsed  
8 large eggs  
1 1/2 cups reduced-fat (2%-milk), Mexican style, shredded cheese  
8 fajita-sized (8-10-inch), low carb, whole wheat taco wraps (ex. La Banderita Low Carb Soft Taco)  
Pepper to taste  
Nonstick cooking spray

Preparation:
1. Pre-heat oven to 400 degrees F.  
2. Chop peppers and onions.  
3. Roast your vegetables: Combine peppers and onions on a sheet pan coated in cooking spray. Sprinkle with 1/4 teaspoon salt and desired amount of pepper and toss. Bake 10-15 minutes or until soft. Set aside to cool.  
4. Cook your eggs: Combine 8 eggs, remaining 1/4 teaspoon salt, and red pepper flakes, if using, in a large bowl. Whisk to combine. Heat a large skillet on medium high heat. Coat with cooking spray. Pour in egg mixture, stirring occasionally until eggs are set. Remove from heat and allow to cool.  
5. Assemble the burritos: Allow all ingredients to come to room temperature. Bring eggs, beans (rinsed and drained), vegetables, cheese, and tortillas to a large work area. Sprinkle 3 tablespoons shredded cheese covering the tortilla, but leaving a 1-inch boarder. Layer 1/4 cup black beans, 1/4 cup vegetables, and 1/4 cup scrambled eggs on the center of the tortilla, making sure to keep the 1-inch boarder on the sides. Do not over-stuff.  
6. Fold the burritos: Roll the burrito tightly by first folding in the sides (this keeps all the contents inside the burrito), then rolling from the bottom up. Visit http://www.thekitchn.com/how-to-wrap-a-burrito-so-it-doesnt-fall-apart-when-you-eat-it-cooking-lessons-from-the-kitchn-189756 for a demonstration.  
7. Seal the burritos: Heat a small skillet over medium-high heat. Lay the folded burrito seal side down (the cheese will act as glue to hold the burrito together). Toast until golden then flip and toast on the other side. Remove from the heat and allow to cool. Repeat with remaining burritos.  
8. Freeze the burritos: Wrap cooled burrito tightly in a large piece of aluminum foil. Repeat with remaining burritos. Freeze in a single layer on a baking sheet. Once frozen, store in a gallon-sized zip-top freezer bag for long-term freezing (up to 3 months).  
9. To eat: Unwrap and microwave on high for 1-2 minutes, until warmed through, or heat in regular or toaster oven at 350 degrees for 12-15 minutes.  
10. Serve with desired toppings. We recommend plain, fat-free Greek yogurt in place of sour cream, your favorite salsa, or sliced avocado.

Nutritional Information:  
Serving Size: 1 Burrito  
Calories: 215  
Fat: 8g  
Protein: 15g  
Carbohydrates: 14g  
Fiber: 4g  
Sodium: 342mg

Nutrition Tip: Investing the time to make these frozen breakfast burritos will leave you smiling and stress-free on busy mornings. This recipe is versatile. Feel free to make substitutions with the vegetables and beans you have on hand. Be sure to allow all ingredients to cool before assembling and do not overstuff the burrito. This will ensure the burrito isn't soggy, and folds and seals nicely for a mess-free, hand-held breakfast.
Jolly Green Giant
Breakfast Smoothie

Prep Time: 5-10 Minutes
Makes: 1 Serving

Ingredients:

1 cup (8 ounces) non-fat milk
or 1 cup cashew milk, unsweetened
1/2 cup frozen blueberries
1 cup raw spinach leaves
1/2 medium banana
1 tablespoon unsweetened cocoa powder
1 tablespoon flax seeds
1 teaspoon stevia (for desired sweetness)

Preparation:

1. Add milk, blueberries, spinach, banana, unsweetened cocoa powder and flax seeds to blender. Add stevia to taste.
2. Blend and enjoy.

Nutrition Information:
Serving Size: 1 smoothie
Calories: 254, Fat: 5g, Protein: 13g, Carbohydrates: 41g, Fiber: 8g, Sodium: 135mg

Nutrition Tip: This smoothie is a great option for an on-the-go breakfast. It’s packed with fiber from the fruit, vegetables and flax seeds, as well as protein from the milk and flax seeds to start your day off right!

Adapted from:
https://greatist.com/eat/simple-smoothie-recipes
Mini Crustless Quiche Muffins

Prep Time: 5 Minutes  
Cook Time: 35 Minutes  
Makes: 12 Servings

Ingredients:

- 2 cups cooked, chopped broccoli
- 1 cup chopped tomatoes
- 12 large eggs
- 1 cup non-fat milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon garlic powder
- 1 cup part-skim mozzarella cheese, shredded and divided
- Nonstick cooking spray

Preparation:

1. Preheat the oven to 350 degrees F. Spray a muffin tin with cooking spray.
2. Prepare vegetables, if needed.
3. Whisk eggs, milk, salt, pepper, and garlic pepper together until well combined. Add chopped vegetables and 1/2 cup cheese to egg mixtures and stir.
5. Top each muffin with remaining 1/2 cup cheese.
6. Bake for 35-40 minutes, until golden brown.
7. Let cool and store in refrigerator for up to 1 week. Muffins can be frozen whole. To re-heat, thaw in refrigerator overnight and microwave about 2 minutes.

Nutritional Information:

- Serving Size: 1 muffin
- Calories: 122, Fat: 8g, Carbohydrates: 4g, Fiber: 1g, Protein: 9g, Sodium: 135mg

Nutrition Tip: Pair with a piece of fruit for an antioxidant-packed, on-the-go breakfast! Two muffins will give you a whole serving of vegetables. Feel free to mix up the vegetables and cheese – the possibilities are endless!

Adapted from: http://www.momables.com/crustless-broccoli-and-cheddar-quiche-muffins
Chocolate Banana Overnight Oats

Prep Time: 10 minutes, plus 4 hours in the refrigerator
Makes: 6 Servings

Ingredients:

1 1/2 cups dry steel cut oats, gluten free if desired (1/4 cup per jar)
1 1/2 cups skim milk (1/4 cup per jar)
6 tablespoons chia seeds (1 tablespoon per jar)
6 teaspoons vanilla extract (1 teaspoon per jar)
3 tablespoons unsweetened cocoa powder (1/2 tablespoon per jar)
32 ounces plain, non-fat Greek yogurt or vanilla Greek yogurt if preferred (1/2 cup or 1 individual container per jar)
2 medium bananas (1/3 per jar)
6 tablespoons walnuts, chopped (1 tablespoon per jar)

Preparation:

1. Add oats, milk, chia seeds, and vanilla extract to mason jars and stir to combine. Layer with unsweetened cocoa powder then Greek yogurt in a container with a lid, such as a pint-sized mason jar.
2. Slice the bananas into bite-sized sections and then layer into mason jars. Top with walnuts.
3. Cover and refrigerate at least four hours.
4. Stir to combine and enjoy!

Nutritional Information:
Serving Size: 1 mason jar or alternative container
Calories: 336, Fat: 11g, Protein: 23g, Carbohydrates: 39g, Fiber: 8g, Sodium: 81mg

Nutrition Tip: Start your day with this high protein, high fiber breakfast option. Overnight oats can be prepared up to a week ahead of time and enjoyed as a quick and delicious breakfast or lunch. Try switching out the cocoa powder for 1/2 cup strawberries (total 43g carbohydrate) for a strawberry banana version. Or maybe you would prefer 1 tablespoon of peanut butter instead of walnuts (total 40g carbohydrate)? There are so many ways to make these overnight oats your own.
Protein Pancakes

*Prep Time: 5 Minutes*
*Cook Time: 15 Minutes*
*Makes: 8 Servings*

**Ingredients:**
1 cup old-fashioned rolled oats, certified gluten free, if needed  
6 large egg whites  
1 cup low-fat cottage cheese  
1 teaspoon cinnamon  
Nonstick cooking spray

**Preparation:**
1. Heat a skillet to medium-high heat and spray with nonstick cooking spray.
2. Add all ingredients to a food processor or blender and blend until mixed thoroughly.
3. Scoop 1/4 cup of the batter onto the skillet to form a pancake.
4. Cook until small bubbles begin to appear, then using a spatula, flip and cook another 2-3 minutes.
5. Remove promptly from the skillet and place on a cooling rack while you repeat the process for remaining batter.

**Nutritional Information:**
*Serving Size: 1 pancake (1/4 cup batter)*
*Calories: 76, Fat: 1g, Protein: 7g, Carbohydrates: 8g, Fiber: 1g, Sodium: 135mg*

**Nutrition Tip:** These pancakes are not only easy to make with 4 ingredients, but they are delicious and healthy too! With just 8 grams of carbohydrates and 7 grams of protein per pancake, they are sure to fuel you throughout the morning. Try adding a handful of your favorite nuts or berries to the batter for variety. These pancakes can be stored in the refrigerator for up to a week or in the freezer for up to a month.

*Adapted from:*  
https://skinnyfitalicious.com/cottage-cheese-pancakes/
Maple Pumpkin Spice Granola

Prep Time: 5 Minutes  
Cook Time: 40 Minutes  
Makes: 16 Servings

Ingredients:

- 1/2 cup canned pumpkin
- 2 tablespoons pure maple syrup
- 1/2-1 teaspoon cinnamon (to taste)
- 1/2-1 teaspoon pumpkin pie spice (to taste)
- 1/4 teaspoon salt
- 1/2 cup raw, unsalted walnuts, chopped
- 1/2 cup raw, unsalted pumpkin seeds (pepitas)
- 2 cups rolled oats (certified gluten-free if needed)
- 2/3 cup dried cranberries

Preparation:

1. Preheat oven to 300 degrees F. Prepare a large baking sheet with parchment paper.
2. Stir pumpkin, maple syrup, cinnamon, and pumpkin pie spice to combine.
3. Mix salt, nuts, seeds, and oats together. Add wet ingredients to dry and stir to combine.
4. Spread mixture evenly in one layer on baking sheet, using two sheets if necessary.
5. Bake for about 40 minutes, checking every 10 minutes and stirring periodically to break up large clumps.
6. When granola is done, allow to cool completely and mix in dried cranberries.
7. Store for up to 1 week in airtight container.

Nutritional Information:

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Nutrition Tips: Pumpkin is a rich source of beta-carotene, which is converted to vitamin A in the body. The healthy fats found in the nuts can help absorb this essential nutrient. Change up the nuts, fruits, and spices for variety! The pumpkin can be swapped for mashed banana, and the maple syrup for honey. Do not increase oven temperature as this can burn the walnuts. If using salted nuts, leave out the 1/4 teaspoon salt.

Adapted from:
http://www.foodandnutrition.org/Stone-Soup/April-2013/Try-This-Make-Your-Own-Granola/
Black Bean Burgers

*Prep Time: 5 Minutes  
Cook Time: 10 Minutes  
Makes: 2 black bean burgers*

**Ingredients:**

- 3/4 cup low-sodium canned black beans (rinsed and drained)
- 1/2 cup fresh spinach
- 1/4 cup whole wheat flour
- 2 tablespoons rolled oats
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1 small garlic clove, minced
- Nonstick cooking spray

**Preparation:**

1. Combine all ingredients in a food processor and mix until combined.
2. Form into two black bean burger patties.
3. Cook on a skillet coated with cooking spray over medium heat, for 5 minutes per side.

**Nutrition Information:**

- **Serving Size:** 1 black bean burger  
  - Calories: 207,  
  - Fat: 6g,  
  - Protein: 9g,  
  - Carbohydrates: 31g,  
  - Fiber: 9g,  
  - Sodium: 440mg

**Nutrition Tip:** These are a quick and easy meatless alternative to burgers. Packed full of fiber and protein from the beans, they are sure to keep you satisfied. Serve on a whole wheat sandwich thin and top with sliced tomato, avocado, fresh spinach, ketchup, and/or mustard or without a bun on a salad for a lower carbohydrate option.

**Adapted from:**  
Crock Pot White Chicken Chili

Prep Time: 10 Minutes
Cook Time: 4-8 hours
Makes: 8 Servings

Ingredients:
1 large green pepper
1 medium yellow onion
3 cloves garlic, minced
One 4-ounce can diced green chilies
1 1/2 pounds boneless, skinless chicken breasts
32 ounces low-sodium chicken broth
1 1/4 teaspoons salt
1 teaspoon dried oregano
1 teaspoon ground chili powder
2 teaspoons ground cumin
One 15-ounce can no-salt added navy beans, drained and rinsed
One 15-ounce can no-salt added pinto beans, drained and rinsed
Pinch of ground red pepper (optional)

Preparation:
1. Chop pepper and onions.
2. Place all ingredients, except beans, in a slow cooker and stir together to combine.
3. Cover and cook on high for 4-6 hours or low for 6-8 hours.
4. When there is about 30 minutes left in cooking, remove chicken and shred it. Add it back to the cooker along with beans and cook for 20-30 more minutes.
5. Serve each portion with toppings such as diced avocado, cilantro springs, lime wedge, a dollop of plain Greek yogurt (in place of sour cream), or a sprinkle of low-fat shredded cheese.

Nutritional Information:
Serving Size: 1 1/3 cups (toppings not included)
Calories: 216, Fat: 2g, Protein: 25g, Carbohydrates: 22g, Fiber: 7g, Sodium: 469mg

Nutrition Tip: This quick crock pot chili is perfect for busy work days, tailgates, pot-lucks, and more. It’s a family favorite that can stay in your recipe rotation all fall and winter long. This recipe can be altered to include a variety of beans (kidney, garbanzo, cannellini, etc.) and peppers (poblano, jalapeño, etc.). Beans are high in soluble fiber which helps with satiety, digestive health, and can also help lower LDL cholesterol.

Adapted from:
http://popculture.com/healthy-living/2016/04/07/recipe-slow-cooker-white-chicken-chili/
Kale and Grain Power Bowl With Orange Tahini Dressing

Prep Time: 20 Minutes  
Cook Time: 30 Minutes  
Makes: 5 Servings

Ingredients:

- 1 cup uncooked whole grain of choice (try wheat berries, farro, or quinoa)
- 1 teaspoon olive oil
- 2 large red bell peppers, cut into large chunks
- 1/2 cup tahini (sesame seed paste/butter)
- 2 tablespoons water
- 2 tablespoons honey
- 1 clove garlic
- 5-6 cups raw, chopped kale
- 1 tablespoon olive oil
- 1 pound cooked, shredded chicken breast*
- Juice of 1/2 lemon
- Zest and juice of 1 orange
- Salt and pepper, to taste

Preparation:

1. Preheat oven to 400 degrees F.
2. Cook grain according to package directions. Once done, drain and season with 1 teaspoon olive oil and 1/4 teaspoon salt, or to taste.
3. Once oven is pre-heated and while grain is cooking, coat red peppers with cooking spray and roast in oven for about 25 minutes, turning halfway through cooking.
4. While grain is simmering and peppers are roasting, prepare the tahini dressing (makes about 3/4 cup dressing). Combine tahini, orange zest, orange juice, honey, water, and garlic in a blender or food processor and blend until smooth. Season with 1/4 teaspoon salt and black pepper, to taste.
5. Prepare the kale salad: Place 5 cups of chopped kale in a large Ziplock bag, toss with lemon juice, 1 tablespoon olive oil, and salt/pepper, seal the bag, and gently massage until leaves begin to wilt, about 4-5 minutes.
6. Once all ingredients are prepared, layer ingredients in bowl: Grain, kale, chicken, roasted red peppers, and drizzle with 1-2 tablespoons tahini dressing.

*Use any leftover chicken from a previous night’s dinner, or, if preparing ahead of time, combine 1 pound chicken and 32 ounces unsalted chicken broth in a crockpot, and cook on HIGH for 5 hours. Shred before using.

Nutrition Information:

- Serving Size: 1/2 cup grain, 1/2 cup shredded chicken, 1 cup kale, 1/4 cup red pepper, 1-2 tablespoons tahini dressing
- Calories: 390, Fat: 19g, Protein: 35g, Carbohydrates: 40g, Fiber: 6g, Sodium: 364mg

Nutrition Tip: This recipe can easily be adapted to include any grain or roasted/grilled vegetables you have on hand. Try substituting shredded Brussels sprouts for the kale. Using leftovers from a previous meal can save time when it comes to roasting and cooking veggies and grains.

Dressing Recipe Adapted from: http://www.thekitchn.com/5-easy-sauces-to-make-your-grain-bowls-pop-227266
White Bean Salad with Lemon Vinaigrette

Prep Time: 10 Minutes
Makes: 4 Servings

Ingredients:

Ingredients for Dressing:

- 1/4 cup fresh squeezed lemon juice
- 1 1/2 tablespoons olive oil
- 7 fresh basil leaves, thinly sliced
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- Zest of 1 lemon
- Salt and pepper to taste

Ingredients for Salad:

- One 15-ounce can no-salt added cannellini beans, drained and rinsed
- 1/2 cup chopped fresh tomato
- 1 avocado, diced
- 1/2 sweet onion, diced

Preparation:

1. In a small bowl mix the dressing ingredients together, whisk until well blended.
2. In a large bowl mix together the salad ingredients.
3. Add the dressing and toss lightly to coat evenly. Add salt and pepper to taste, and serve!

Nutritional Information:
Serving Size: 4 servings
Calories: 192, Fat: 10g, Protein: 6g, Carbohydrates: 24g, Fiber: 9g, Sodium: 252mg

Nutrition Tip: This is a diverse salad where ingredients may be changed based on what you have on hand. Fresh red pepper, red onions or cucumbers would be wonderful additions! Chopped shrimp is a delicious protein addition to this salad or serve with grilled fish.

Tuna Salad Wrap

*Prep Time: 15 Minutes
Makes: 1 Wrap*

**Ingredients:**

1 Flatout flatbread, Light Original  
3 ounces canned tuna in water, drained  
2 tablespoons fat-free mayonnaise  
1 teaspoon Dijon mustard  
1 tablespoon non-fat, plain Greek yogurt  
1/2 teaspoon fresh dill, chopped  
1 tablespoon red bell pepper, chopped  
1 tablespoon celery, chopped  
2-3 leaves of curly green leaf lettuce  
Salt and freshly ground pepper

**Preparation:**

1. In a medium bowl, combine the tuna, mayonnaise, yogurt, mustard, pepper, dill, and celery, and season with salt and pepper.
2. To assemble the flatbread wrap, spread the tuna salad onto the wrap, cover with lettuce leaves and roll up, beginning at rounded end. Cut in half.

**Nutritional Information:**

Serving Size: 1 wrap  
Calories: 225, Fat: 3.5g, Protein: 31g, Carbohydrates: 23g, Fiber: 8g, Sodium: 660mg

**Nutrition Tip:** Did you know that non-fat Greek yogurt is a great substitute for mayonnaise in a recipe? This helps to cut the calories and fat while adding a little boost of protein. Also, Flatout flatbreads are a great low-carb alternative to tortilla wraps, and provide a good source of fiber and protein to your recipe!

*Adapted from:*
https://www.flatoutbread.com/recipes/tuna-salad-wrap/
Sheet Pan Chicken Sausage and Veggies

**Prep Time: 10 Minutes**  
**Cook Time: 30 Minutes**  
**Makes: 6 Servings**

**Ingredients:**  
1 pound fresh chicken or turkey sausage, Italian style, casings removed and cut into chunks  
1 pound red potatoes, diced  
3 bell peppers (any color), chopped into large chunks  
2 heads broccoli, roughly chopped  
1 large Vidalia onion, cut into big chunks  
3 tablespoons olive oil  
2 teaspoons Italian seasoning  
1/4 teaspoon crushed red pepper (optional)  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
1/4 cup parmesan cheese, shredded

**Preparation:**

1. Preheat oven to 400 degrees F.
2. Combine all ingredients, except for the cheese, onto 2 sheet pans, Toss with oil, salt, pepper, and seasonings to coat.
3. Roast, uncovered, for 30 minutes, stirring halfway.
4. Toss with parmesan cheese just before serving.

**Nutritional Information:**

- **Serving size:** About 1 cup  
- **Calories:** 266, **Fat:** 14g, **Protein:** 15g,  
- **Carbohydrates:** 22g, **Fiber:** 3g, **Sodium:** 486mg

**Nutrition Tip:** Looking for a minimal-prep, nutrient-dense, yet flavorful dinner and lunch option? This sheet pan option is a balanced meal, all in one! You can substitute the veggies with any of your choosing. Green beans are another great option. Remember to get the uncooked sausage rather than pre-cooked. The fresh offers more flavor and less of the sodium. The brand used in this recipe was Al Fresco uncooked sausage.
Fish Tacos with Homemade Pico De Gallo

*Prep Time: 10-15 Minutes*
*Cook Time: 15 Minutes*
*Makes: 4 Servings*

**Ingredients:**

- 2 tablespoons light mayonnaise
- 1/4 cup non-fat, plain Greek yogurt
- 1 lime, juiced, divided
- 1 small tomato, diced
- 1 small sweet onion or 1/2 large, diced
- 1/4 cup cilantro, roughly chopped
- 1/4 cup shredded red cabbage
- 1 jalapeño, seeded and diced (can adjust amount based on spice tolerance)
- 12 ounces white flesh, salt-water fish, such as mahi-mahi, grouper, or flounder
- 1 teaspoon olive oil
- 12 small corn tortillas (6-inch)
- Salt and pepper to taste

**Preparation:**

1. **Greek yogurt sauce:** Combine mayonnaise and Greek yogurt in a small bowl and mix in juice of 1/2 lime. Season with salt and pepper.

2. **Homemade pico de gallo:** Combine tomato, onion, cilantro, cabbage, and jalapeño in a separate bowl. Add juice of other half of lime.

3. Pre-heat grill to medium (grill temperature will vary grill-to-grill). Season fish with salt, black pepper, and olive oil. Place fish directly on grates and close grill. Cook 5-7 minutes per side, or until internal temperature reaches 145 degrees F.

4. Slice cooked fish into bite-sized pieces and distribute evenly among the 12 corn tortillas. Top with homemade pico de gallo and serve with a dollop of Greek yogurt sauce.

**Nutrition Information:**

- Serving Size: 3 tacos
- Calories: 277, Fat: 6g, Protein: 25g, Carbohydrates: 33g, Fiber: 4g, Sodium: 343mg

**Nutrition Tip:** This homemade pico de gallo slashes sodium but delivers on flavor! Use leftovers to serve atop eggs or eat with raw veggies. Looking to save time? Try mixing up the pico de gallo and Greek yogurt sauce ahead of time, or do so while the fish is grilling. **Variation:** serve with sliced avocado instead of the yogurt sauce.

**Adapted from:**
Sticky Glazed Tofu

Prep Time: 10 Minutes
Cook Time: 30 Minutes
Makes: 4 Servings

Ingredients:

- 1/4 cup sweet chili sauce (check if gluten free)
- 1 teaspoon fresh ginger
- 1/2 teaspoon ground coriander
- 1 tablespoon sesame seeds
- 1 cup cubed extra firm tofu
- 2/3 cup uncooked brown rice
- 2 cups cauliflower florets
- 2 tablespoons olive oil
- 1/2 teaspoon turmeric
- 1 cup green beans
- 1 cup edamame
- 1 lemon, juice and zest
- 1 tablespoon sesame oil
- Salt to taste

Preparation:

1. Combine sweet chili sauce, ginger, coriander, and sesame seeds to make a glaze. Toss glaze in a bowl with cubed tofu and marinate 15 minutes to 1 hour.
2. While the tofu marinates, preheat oven to 350 degrees F and begin cooking brown rice according to package instructions. Also start boiling water to blanch green beans and edamame.
3. Cut cauliflower and green beans into bite sized pieces.
4. Toss cauliflower in olive oil and turmeric. Arrange in a single layer on a foil covered baking sheet. Roast cauliflower in the preheated oven for 10-15 minutes, until it is tender and begins to brown.
5. Once the water is boiling, submerge both the green beans and edamame for 1-2 minutes, until bright green. Immediately drain the beans and run under cold water. Drain and toss with lemon juice and lemon zest. Add salt if desired.
6. Drain tofu, reserving the marinade. Heat sesame oil in a nonstick pan and sear tofu on all sides until light brown in color. Add the remaining marinade to the pan to warm.
7. To serve: divide cooked rice between four bowls, top with cauliflower and beans, and then sticky tofu.

Nutrition Information:

- Serving Size: 1/4 recipe
- Calories: 353, Fat: 19g, Protein: 17g, Carbohydrates: 34g, Fiber: 7g, Sodium: 137mg

Nutrition Tip: Whether tofu is typically part of your diet or not, this glazed option will be a welcomed addition to any meal pattern. Try making extra of the marinated tofu to add to wraps or salads for easy lunch options during the week. The tofu can also be combined with mixed vegetables of your choice for a heart healthy stir fry option. Save yourself time by purchasing pre-cut vegetables from the salad bar or using frozen vegetables for this high fiber recipe.

Adapted from: https://nadialim.com/recipe/spiced-cauliflower-sticky-glazed-tofu/
**Zucchini Noodles with Avocado Pesto and Shrimp**

*Prep Time: 35 Minutes  
Cook Time: 35 Minutes  
Makes: 4 Servings*

### Ingredients:
- 5-6 medium zucchini (about 2 1/4 - 2 1/2 pounds total), trimmed
- 3/4 teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- 1/4 cup unsalted shelled pistachios
- 2 tablespoons lemon juice
- 1/4 teaspoon ground black pepper
- 1/4 cup extra virgin olive oil plus 2 tablespoons, divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left if desired
- 1 teaspoon Old Bay Seasoning

### Preparation:
1. Using a vegetable spiralizer, cut zucchini into noodles. Place the zucchini noodles in a colander and toss with 1/2 teaspoon salt. Let drain for 15 to 30 minutes, and then gently squeeze to remove any excess water.
2. Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining 1/4 teaspoon salt in a food processor. Pulse until finely chopped. Add 1/4 cup oil and process until smooth.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is cooked through, 3 to 4 minutes. Transfer to a large bowl.
4. Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

### Nutrition Information:
- **Serving Size:** 1 3/4 cup each
- **Calories:** 446, **Fat:** 33g, **Protein:** 26g, **Carbohydrates:** 16g, **Fiber:** 7g, **Sodium:** 553mg

**Nutrition Tip:** Zucchini "noodles" are quick and easy to prepare, and are a great low-carb option for those classic pasta dishes! The avocado in the pesto sauce offers an excellent source of heart healthy fat. You can also find pre-spiralized zucchini noodles at many grocery stores.

*Adapted from:  
Prep Time: 30 Minutes
Cook Time: 45 Minutes
Makes: 12 Servings, 6 Servings per 8x8 casserole

Ingredients:
- 1 pound uncooked spaghetti
- 1 cup finely chopped onion
- 2/3 cup finely chopped celery
- 1 tablespoon unsalted butter
- Three 8-ounce packages pre-sliced mushrooms
- 1/4 teaspoon salt
- 3/4 teaspoon black pepper
- 1/2 cup dry sherry
- 2/3 cup all-purpose flour
- Three 14 1/2-ounce cans fat-free, less-sodium chicken broth
- 2 1/4 cups (9 ounces) grated Parmesan cheese, divided
- 1/2 cup (4 ounces) 1/3-less-fat cream cheese
- 4 cups chopped cooked chicken breast (about 1 1/2 pounds)
- 1 slice whole wheat bread or 1/4 cup store-bought bread crumbs
- Nonstick cooking spray

Preparation:

1. Preheat oven to 350 degrees F. Bring a large pot of water to a boil for cooking the pasta. Once water comes to a boil, cook according to box directions. Drain pasta and set aside.
2. While oven preheats and pasta cooks, chop onion and celery.
3. Melt butter in a large pot over medium-high heat. Add onion, celery, mushroom, salt and pepper. Sauté 4 minutes or until mushrooms are tender. Add sherry; cook 1 minute.
4. Gradually add flour to pot; cook 3 minutes, stirring constantly with a whisk. Gradually add broth, stirring constantly.
5. Bring mixture to a boil, reduce heat and simmer 5 minutes, stirring frequently. Remove from heat.
6. Add 1 3/4 cups Parmesan cheese and cream cheese. Stir with a whisk until cream cheese melts.
7. Add pasta and chicken; stir until blended.
8. Divide mixture between 2 (8-inch-square) baking dishes coated with cooking spray.
9. Place bread in food processor; pulse 10 times or until coarse crumbs form (or simply use 1/4 cup store bought bread crumbs). Combine bread crumbs and remaining 1/2 cup Parmesan cheese and sprinkle evenly over pasta.
10. Bake for 30 minutes or until light brown and bubbly. Remove and let stand 15 minutes before serving.

Nutrition Information:
Serving Size: Per 1 serving (1/6th of 8x8 casserole or about 1 1/3 cup)
Calories: 391, Fat: 10g, Protein: 35g, Carbohydrates: 36g, Fiber: 3g, Sodium: 581mg

Nutrition Tip: This lightened-up family favorite is a huge improvement from its traditional version which has about 700 calories, 20g saturated fat, and over 1000 mg sodium per serving. Bake both 8x8 dishes to serve a crowd or make one and freeze one (unbaked) for later. To freeze, prepare through Step 9 and allow to cool completely. Cover with plastic wrap and then with heavy-duty foil. To prepare frozen casserole, thaw completely in the fridge (about 24 hours). Preheat oven to 350 degrees F, remove foil (reserve), remove plastic wrap (discard), and cover with reserved foil. Bake for 30 minutes. Uncover and bake an additional 1 hour or until golden and bubbly.

Adapted from:
http://www.myrecipes.com/recipe/chicken-tetrazzini-6
Sheet-Pan Chicken Fajitas

**Prep Time:** 15 Minutes  
**Cook Time:** 20-25 Minutes  
**Makes:** 4 Servings

**Ingredients:**
- 1 pound boneless, skinless chicken breasts  
- 2 tablespoons extra-virgin olive oil  
- 2 teaspoons ground cumin  
- 1 tablespoon chili powder  
- 1 teaspoon garlic powder  
- 3/4 teaspoon salt  
- 1 large red bell pepper, sliced  
- 1 large yellow bell pepper, sliced  
- 1 large orange bell pepper, sliced  
- 1 large yellow onion, sliced  
- 1 tablespoon fresh squeezed lime juice  
- 8 corn tortillas, warmed  
- Nonstick cooking spray

**Preparation:**
1. Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil and spray with cooking spray.  
2. Cut chicken breast in half horizontally, then slice crosswise into strips.  
3. Combine olive oil, cumin, chili powder, garlic powder and salt in a large bowl. Add chicken and stir to coat.  
4. Add sliced vegetables and stir to combine. Transfer chicken and vegetable mixture to baking sheet and spread in an even layer.  
5. Bake on middle rack for 15 minutes. Turn oven on to broil and bake another 5 to 10 minutes until chicken is cooked through and the vegetables are browning in spots (check often to ensure not to burn).  
6. Remove from oven and stir in lime juice.  
7. Serve the chicken and vegetables in warmed tortillas. Top with lime wedges, cilantro, low-fat sour cream or non-fat plain Greek yogurt, avocado, and/or pico de gallo if desired.

**Nutritional Information (without toppings):**
- **Serving Size:** 2 fajitas  
- **Calories:** 357, **Fat:** 12g, **Protein:** 30g, **Carbohydrates:** 33g, **Fiber:** 6g, **Sodium:** 573mg

**Nutrition Tip:**
What can be easier than one pan meals? Minimum preparation and easy clean up make them perfect for busy weeknight dinners. Serve these in corn or whole wheat flour tortillas or on top of shredded lettuce for a low carbohydrate fajita salad. Offering lime wedges, cilantro, low-fat sour cream, avocado, and/or pico de gallo allows family members to customize dinner to their liking.

**Adapted from:**

_without sour cream_
### Quinoa Pizza Bowls

**Prep Time:** 15 Minutes  
**Cook Time:** 20 Minutes  
**Makes:** 6 Servings

#### Ingredients:
- 1 cup dry quinoa  
- 2 cups unsalted chicken or vegetable stock  
- 16 ounces low-sodium pizza sauce, divided  
- 1 1/2 cups reduced fat (2%) shredded mozzarella cheese  
- 3 cups pizza vegetables of choice (pictured: peppers, mushrooms, onions, and black olives)  
- 9 ounces hot Italian style chicken sausage (or alternative vegetarian substitute)  
- Crushed red pepper as desired

#### Preparation:
1. Preheat oven to 425 degrees F.
2. Cook quinoa according to package instructions using chicken or vegetable stock instead of water.
3. While the quinoa cooks, brown the chicken sausage on the stove top and wash and chop vegetables into bite sized pieces so that all ingredients are ready to assemble into bowls.
4. As the quinoa finishes cooking, add 1/2 cup pizza sauce and stir to combine.
5. Place 6 large (10-ounce) ramekins on a baking tray and spread 2 tablespoons of pizza sauce on the bottom of each ramekin.
6. Layer each with 1/4 cup of quinoa, a pinch of shredded mozzarella, the vegetables of your choice, and chicken sausage.
7. Add 2 more tablespoons of pizza sauce and then repeat ingredients from step six to make a second layer.
8. Top with another pinch of mozzarella so that the ramekins are full but not overflowing.
9. Bake in the oven for 15-20 minutes or until the cheese is melted and the bowls are heated through. If desired, turn the oven to “broil” for 1-2 minutes until the cheese on top is golden brown.
10. Sprinkle with crushed red pepper if desired and serve immediately.

#### Nutrition Information:
- **Serving Size:** 1 ramekin  
- **Calories:** 244, **Fat:** 11g, **Protein:** 16g, **Carbohydrates:** 22g, **Fiber:** 5g, **Sodium:** 522mg

#### Nutrition Tip:
Looking for a fun way to add variety at dinner? These quinoa pizza bowls are sure to be a family favorite. Encourage children to select their own vegetables, making each family member’s bowl a little different. Don’t own ramekins? An 8 inch by 8 inch glass baking dish will work just as well in the oven!

#### Note:
This recipe can be made lower sodium by using plain ground turkey instead of flavored chicken sausage and no salt added tomato sauce instead of pizza sauce. Just be sure to season with all your favorite Italian herbs and spices to enjoy the same flavors.

#### Adapted from:
https://www.gimmesomeoven.com/easy-quinoa-pizza-bowls/
SNACKS
Baked Jalapeño Poppers

Prep Time: 25 Minutes
Cook Time: 25 Minutes
Makes: 24 (12 Servings)

Ingredients:

- 12 jalapeño peppers, sliced in half lengthwise
- 4 1/2 ounces light cream cheese
- 2 ounces shredded 2% sharp cheddar cheese
- 5 medium scallions, green part only, thinly sliced
- 1/2 cup panko crumbs
- 1/8 teaspoon paprika
- 1/8 teaspoon garlic powder
- 1/8 teaspoon chili powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup egg beaters or egg whites, beaten
- Nonstick cooking spray

Preparation:

1. Preheat oven to 350 degrees F. Wearing rubber gloves, cut peppers in half lengthwise and scoop out the seeds and membrane.
2. Combine cream cheese, cheddar and scallions in a medium bowl.
3. Combine panko, paprika, garlic powder, chili powder, salt and pepper in a shallow bowl.
4. Fill peppers with cheese filling using a small spoon or spatula and then dip peppers in egg beaters.
5. Place each pepper in panko mixture, using a spoon to coat them, making sure all the seasoning doesn't fall to the bottom of the bowl.
6. Spray a baking pan with cooking spray. You can line pan with parchment paper for easier clean up. Lightly spray the peppers with a little more cooking spray.
7. Bake in the oven for 20-25 minutes, until golden brown and cheese oozes out.
8. Remove from oven and serve immediately.

Nutritional Information:

Serving Size: 2 poppers
Calories: 60, Fat: 3g, Protein: 4g, Carbohydrates: 4g, Fiber: 1g, Sodium: 146mg

Nutrition Tip: Looking for a lightened-up game day snack? Look no further! This recipe packs in the flavor with less calories and fat. Do not touch your eyes or nose while cutting hot peppers – with or without gloves. The capsaicin content of these peppers can cause burning and irritation to your eyes and nose!

Adapted from: https://www.skinnytaste.com/skinny-baked-jalapeno-poppers/
Buffalo Chicken Dip

*Prep Time: 5 Minutes  
Cook Time: 30 minutes on stovetop or 3 hours in crockpot  
Makes: 9 Servings*

**Ingredients:**

- 4 ounces reduced-fat cream cheese, softened
- 1 cup fat-free sour cream
- 1/2 cup crumbled blue cheese
- 1/2 cup hot sauce (i.e. Frank’s hot sauce)
- 1 teaspoon white wine vinegar
- 2 cups cooked chicken breast, shredded

**Preparation:**

1. Combine first 5 ingredients in a bowl until smooth.
2. Stir in shredded chicken.
3. Cook on low in crockpot for 3 hours or simmer over low heat for 30 minutes on stovetop.

**Nutritional Information:**

- **Serving Size:** 1/3 cup
- **Calories:** 108, **Fat:** 5g, **Protein:** 10g, **Carbohydrates:** 5g, **Sodium:** 848mg

**Nutrition Tip:** Buffalo chicken dip is always a hit at parties and tailgates; however, it can be loaded with fat and calories. By substituting reduced-fat cream cheese and fat-free sour cream, you save on calories and fat without sacrificing flavor. Serve with baked pita chips or celery sticks for a low carb, gluten free option.

**Adapted from:**

http://www.skinnytaste.com/lighter-buffalo-chicken-dip/
Cowboy Caviar

**Prep Time: 30 Minutes**
**Makes: 6-8 Servings**

**Ingredients:**

- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 tablespoon sugar
- 1/4 cup olive oil
- 1 teaspoon lime zest
- 6 tablespoons lime juice (about 3 limes)
- 1/2 cup fresh cilantro, roughly chopped
- Two 15-ounce cans of black beans, drained and rinsed
- 3 ears of cooked corn, cut off the ear, or about 3 cups (can use frozen or canned)
- 2 red bell peppers, diced
- 2 cloves garlic, minced
- 2 avocados, diced

**Preparation:**

1. To make the vinaigrette, combine salt, cayenne pepper, sugar, olive oil, lime zest, lime juice, and cilantro in a bowl and stir well.
2. In a large bowl, combine remaining ingredients except avocado. Toss with vinaigrette and mix well.
3. Just before serving, dice avocados and gently toss with salad.

**Nutritional Information:**

- **Serving Size:** About 3/4 cup
- **Calories:** 243, **Fat:** 13g, **Protein:** 6g, **Carbohydrates:** 30g, **Fiber:** 8g, **Sodium:** 302mg

**Nutrition Tip:** While cowboy caviar is traditionally used as a dip, this version has enough flavor to be used as a salad on its own. Whip it up on Sunday to enjoy all week long!

**Adapted from:**
Greek Yogurt Ranch Dip

*Prep Time: 5 Minutes*
*Makes: 8 Servings*

**Ingredients:**

1 cup plain, nonfat Greek yogurt
1 tablespoon olive oil
1 tablespoon ranch dressing mix (i.e. Hidden Valley or Good Seasonings, approximately 1/2 packet)

**Preparation:**

1. Place all ingredients in a 2-cup bowl or jar and stir to combine.

**Nutrition Information:**
*Serving Size: About 2 tablespoons*  
*Calories: 40, Fat: 2g, Protein: 15g, Carbohydrates: 3g, Sodium: 145mg*

**Nutrition Tip:** Save calories and saturated fat by using Greek yogurt in this recipe! Try dipping veggies like carrots, celery, bell peppers, or even whole wheat pita chips. Want some extra spice? Add a tablespoon of buffalo sauce, like Frank’s.
No-Bake Trail Mix Granola Bars

Prep Time: 10 Minutes  
Cook Time: 30 Minutes  
Makes: 25-30 Servings

Ingredients:

1/2 cup raw, unsalted peanuts, roughly chopped  
1/2 cup unsalted pumpkin seeds (pepitas)  
2 cups raisins or other dried fruit, roughly chopped  
1 1/2 cups rolled oats (certified gluten-free if needed)  
2 cups Wheat Chex or other whole-grain cereal, roughly chopped (rice chex may be used if gluten-free)  
1/4 cup ground flaxseed  
1/4 teaspoon salt  
1 teaspoon cinnamon  
1/3 cup brown sugar  
1/2 cup honey (or maple syrup if vegan)  
1/2 cup natural, unsalted peanut butter  
1 teaspoon vanilla extract

Preparation:

1. Line a 9x13 inch pan with parchment paper.  
2. Combine nuts, seeds, dried fruit, oats, cereal, flaxseed, cinnamon, and salt in a large bowl.  
3. Melt brown sugar, honey, and peanut butter in microwave-safe bowl for about 1 minute and mix well. Stir in vanilla extract.  
4. Pour wet ingredients into dry and combine until mixed thoroughly.  
5. Press firmly into 9x13 inch pan. Refrigerate 1 hour and cut into 30 bars. Store in refrigerator for up to 1 week, or keep in freezer for long-term storage. Pull out in the morning for a defrosted afternoon snack!

Nutritional Information:  
Serving Size: 1 bar  
Calories: 120, Fat: 5g, Carbohydrates: 19g, Fiber: 2g, Protein: 3g, Sodium: 47mg

Nutrition Tip: Ground flaxseeds provide a plant source of essential omega-3 fatty acids. Omega-3 fats assist in reducing inflammation and may play a role in cognitive function. If using salted nuts, leave out the added salt. Experiment with flavors by substituting walnuts, sunflower seeds, almond butter or maple syrup!

Adapted from:  
http://appforhealth.com/2012/08/homemade-natural-energy-bar/

vegan option – sub maple syrup for honey
Slow-Roasted Cherry Tomato Bruschetta

**Prep Time: 15 Minutes**  
**Cook Time: 1 Hour**  
**Makes: 14 Servings**

**Ingredients:**

- 3 pints cherry tomatoes
- 1 tablespoon extra-virgin olive oil
- 3 cloves minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 cup sliced fresh basil
- 1 tablespoon red wine vinegar
- 14 slices baguette
  
  Sliced fresh basil, for garnish

**Preparation:**

1. Preheat oven to 325 degrees F.
2. Toss tomatoes with oil, garlic, salt and pepper. Place on a baking sheet and roast until broken down, 45 to 55 minutes.
3. Combine the roasted tomatoes with basil and vinegar.
4. Top baguette slices with the roasted tomato mixture. Garnish with sliced fresh basil.

**Nutritional Information:**

**Serving Size:** 1 baguette slice  
**Calories:** 69, **Fat:** 1g, **Protein:** 3g, **Carbohydrates:** 13g, **Fiber:** 3g, **Sodium:** 178mg

**Nutrition Tips:** Tomatoes are an excellent source of vitamin A, vitamin C and potassium! You can store the tomato mixture in the fridge and toast a few pieces of baguette to have fresh bruschetta several nights in a row!

**Adapted from:**  
http://www.eatingwell.com/recipe/249352/slow-roasted-cherry-tomato-bruschetta/
Blueberry Muffin Energy Bites

**Prep Time:** 10 Minutes  
**Makes:** 24 Servings

**Ingredients:**
- 1 cup raw almonds  
- 1 cup raw cashews  
- 1 cup dates, pitted  
- 1 cup dried blueberries  
- 1 1/2 teaspoons vanilla extract  
- 1/4 teaspoon sea salt  
- Zest of 1 lemon  
- Juice of 1/2 a lemon

**Preparation:**
1. Add nuts to food processor. Process until nuts are pea-sized.
2. Add dates and dried blueberries and process until all ingredients have broken down and are a bit sticky.
3. Add salt, lemon zest, juice, and vanilla extract to the food processor.
4. Process until all ingredients come together to form 1 large sticky ball.
5. Roll into 24 small balls and store in the refrigerator for up to 1 week or in the freezer.

**Nutritional Information:**
- Serving Size: 1 ball  
- Calories: 109, Fat: 6g, Protein: 2g, Carbohydrates: 13g, Fiber: 2g, Sodium: 24mg

**Nutrition Tip:** Save on calories, saturated fat and sugar with these no-bake energy bites that taste just like a blueberry muffin! A typical blueberry muffin from a bakery has upwards of 350 calories and 29 grams of sugar! Pair with a glass of low-fat milk to add more protein for a healthy snack or dessert.

**Adapted from:**
http://www.thehealthymaven.com/2013/05/blueberry-muffin-energy-bites.html
DESSERTS
Apple Crisp

Prep Time: 15 Minutes  
Cook Time: 30 Minutes  
Makes: 7 Servings

Ingredients:

- 1/4 cup packed brown sugar
- 1/4 cup all-purpose flour
- 1/2 cup old-fashioned rolled oats
- 2 tablespoons butter, softened
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 5 cups peeled, sliced red apples (about 5 apples)
- Nonstick cooking spray

Preparation:

1. Preheat oven to 375 degrees F. Coat a 13 x 9-inch pan with cooking spray.
2. In a small bowl, combine brown sugar, flour, oats, butter, cinnamon, nutmeg, and vanilla. Blend with a fork until moistened (mixture should be crumbly).
3. Layer apples in the pan and oat mixture evenly over top.
4. Bake 30 minutes.

Nutrition Information:

Serving Size: 1 cup  
Calories: 145, Fat: 4g, Protein: 2g, Carbohydrate: 27g, Fiber: 2g, Sodium: 41mg

Nutrition Tip: Desserts are often packed with calories, fat, and sugar making it seem impossible to fit them into a healthy lifestyle. However, it is possible to consume dessert in moderation while still managing your weight and chronic diseases. Take this lighter apple crisp for example; cutting down on sugar and butter can save you 80 calories and 16g of carbohydrates. Not to mention the antioxidant and vitamin/mineral benefits you gain from the apples. In fact, the flavonoid, Quercetin, and fiber found in apples can help you manage blood sugars and weight!

Adapted from:  
Blueberry Banana Frozen Greek Yogurt Bars

Prep Time: 10 Minutes  
Cook Time: Overnight  
Makes: 6 Servings

Ingredients:
- 1 1/2 tablespoons honey
- 16 ounces plain, nonfat Greek yogurt
- 1 small banana
- 1 cup blueberries

Utensil:
Reusable popsicle mold

Preparation:
1. Stir honey into Greek yogurt.  
2. Pulse bananas and blueberries in a food processor or blender until liquid consistency.  
3. Combine yogurt mixture and fruit mixture together and pour into 6 popsicle molds. Alternatively, layer yogurt and fruit mixture into molds for a "layered look."  
4. Freeze overnight.  
5. Briefly run under hot water to remove from popsicle molds.

Nutritional Information:
Serving Size: 1 Popsicle
- Calories: 88, Protein: 8g, Carbohydrates: 11g, Fiber: 1g, Sodium: 23mg

Nutrition Tip: Greek yogurt bars are a high protein alternative to most sweet treats. These can also be made with other combinations of fruit such as strawberries, raspberries, peaches, or plums. If you prefer an even lower sugar snack, replace honey with Stevia, saving an extra 4g of carbohydrate per bar!

Adapted from:
https://therecipecritic.com/2015/08/greek-yogurt-fruit-pops/
Whole Wheat Banana Bread

Prep Time: 15 Minutes  
Cook Time: 45-50 Minutes  
Makes: 1 loaf (about 10 slices)

Ingredients:
- 1/3 cup unsweetened applesauce  
- 1/4 cup honey  
- 2 tablespoons brown sugar  
- 2 large eggs  
- 3 large ripe bananas, mashed (about 1 1/2 cups)  
- 1/4 cup non-fat milk or unsweetened almond milk  
- 1 teaspoon baking soda  
- 1 teaspoon pure vanilla extract  
- 1/2 teaspoon ground cinnamon  
- 1/2 teaspoon salt  
- 1 1/2 cups whole-wheat flour  

Nonstick cooking spray

Preparation:

1. Heat oven to 350 degrees F. Grease an 8 X 4 inch loaf pan with nonstick spray.
2. In a large bowl, combine the applesauce, honey and brown sugar. Add the eggs and beat well. Stir in the bananas and milk. Add the baking soda, vanilla extract, cinnamon, and 1/2 teaspoon salt and stir.
3. Fold the flour into the banana mixture until just combined.
4. Pour the batter into the prepared pan and bake until a toothpick inserted into the center of the loaf comes out clean, 45-50 minutes. Cool in the pan for 10 minutes, then transfer to a wire rack to cool completely. Cut into 10 slices.

Nutritional Information:

Serving Size: 1 slice  
Calories: 136, Fat: 1g, Protein: 4g,  
Carbohydrates: 31g, Fiber: 3g, Sodium: 115mg

Nutrition Tips: Did you know that applesauce is a great substitute for oil in baked goods? Applesauce helps to cut down the calories and fat in a recipe while also adding fiber and other nutrients!

Adapted from:  
http://www.realsimple.com/food-recipes/browse-all-recipes/healthy-banana-bread
Single Serve Chocolate Mug Cake

*Prep Time: 5 Minutes*
*Cook Time: 1 Minute*
*Makes: 1 Mug Cake*

**Ingredients:**

- 2 1/2 tablespoons whole wheat flour (can substitute all-purpose, gluten-free flour if needed)
- 1 1/2 tablespoons unsweetened cocoa powder
- 1/8 teaspoon baking powder
- 1 egg white
- 1 tablespoon maple syrup
- 1/2 teaspoon vegetable or canola oil
- 1 1/2 tablespoons 1% milk
- 1/4 teaspoon mini chocolate chips to sprinkle on top after cooking (approximately 10)
- Nonstick cooking spray

**Preparation:**

1. Place dry ingredients in a small bowl and whisk until combined.
2. Add egg white, maple syrup, vegetable oil and milk to the dry ingredients and mix until just combined.
3. Spray a mug with cooking spray and pour batter into mug.
4. Microwave on high for 60 seconds.
5. Sprinkle chocolate chips on top and enjoy!

**Nutritional Information:**

- **Serving Size:** 1 mug cake
- **Calories:** 200, **Fat:** 4g, **Protein:** 9g, **Carbohydrates:** 34g, **Fiber:** 4g, **Sodium:** 138mg

**Nutrition Tips:** This single serve, high fiber and high protein chocolate mug cake is a quick and easy homemade treat! Pour low-fat milk over the top after cooking to add some extra protein and calcium. Consider adding berries or 1/2 teaspoon melted peanut butter before serving for some variations on this dessert!

*Adapted from:*

http://healthyglow.co/2016/12/31/single-serve-healthy-chocolate-mug-cake/
Skinny Chocolate Chip Cheesecake Bars

Prep Time: 15 Minutes
Cook Time: 25 Minutes
(4 hours, including chilling)
Makes: 16 Servings

Ingredients:

- 3/4 cup graham cracker crumbs
- 2 tablespoons unsalted butter, melted
- 8 ounces reduced-fat cream cheese, softened to room temperature
- 3/4 cup fat-free, plain Greek Yogurt
- 2 large egg whites
- 1/4 cup granulated sugar
- 2 tablespoons all-purpose flour
- 1 tablespoon fresh lemon juice
- 2 teaspoons vanilla extract
- 1/2 cup mini chocolate chips

Preparation:

1. Preheat oven to 350 degrees F. Line the bottom and sides of an 8-inch square baking pan with aluminum foil or parchment paper, leaving an overhang on all sides to easily lift the bars out of the pan before cutting. Set aside.

2. Make the crust: Mix graham cracker crumbs with melted butter. Press into the lined baking pan and bake for 8 minutes. Remove from oven and allow to cool as you prepare the filling.

3. Make the filling: Beat the softened cream cheese for 1 minute using a hand or stand mixer. Beat in yogurt, egg whites, sugar, and flour until mixture is smooth and creamy, about 3 minutes.

4. Add lemon juice and vanilla, beat for 1 minute until combined. Fold in chocolate chips.

5. Spread filling on top of crust and bake uncovered for 20 minutes. Cover the cheesecake bars with aluminum foil and bake for an additional 5 minutes.

6. Allow to cool for 20 minutes at room temperature, then chill completely in the refrigerator for at least 3 hours. Lift the foil out of the pan and cut into 16 squares.

Nutritional Information:

- Serving Size: 1 bar
- Calories: 132, Fat: 7g, Protein: 4g, Carbohydrates: 13g, Sodium: 118mg

Nutrition Tip: Who doesn’t love cheesecake! Well now you can have your cheesecake and eat it too. Reduced-fat cream cheese and plain, non-fat Greek yogurt reduces the calories and fat of this popular dessert. What’s even better is that this recipe is low in carbohydrates and sugar, making it friendly for people with diabetes. Bars can be made ahead of time and stored covered in the refrigerator up to 7 days or frozen for up to 2 to 3 months. Thaw overnight in the refrigerator before serving. This recipe can also be doubled if preparing for a larger crowd by baking in a 9 x 13 pan and cooking for 45-55 minutes.

Adapted from:
https://sallysbakingaddiction.com/2014/01/05/skinny-chocolate-chip-cheesecake-bars/
Prep Time: 15 Minutes  
Makes: 4 Servings

Ingredients:

- 5 packed cups of arugula (5 ounces)
- 1 small fennel bulb
- 2 tablespoons olive oil
- 1 lemon, juice and zest
- 8 tablespoons parmesan cheese, freshly shaved
- Black pepper to taste

Preparation:

1. Prepare the fennel by cutting off the fronds, leaving a 2 inch “handle” above the bulb. Remove the outer layer around the bulb and cut off any remaining root mass at the base.
2. Use a mandolin to shave the fennel or thinly slice with a knife.
3. For the dressing: Combine olive oil, lemon juice, 1 teaspoon lemon zest, and black pepper and mix well. Set aside.
4. Combine arugula and fennel then toss with half the dressing. Continue adding dressing to taste.
5. Divide salad among four bowls or plates and top with 2 tablespoons freshly shaved parmesan cheese.

Nutritional Information:

| Serving Size: 1/4 of recipe | Calories: 129, Fat: 10g, Protein: 6g, Carbohydrates: 7g, Fiber: 3g, Sodium: 158mg |

Nutrition Tip: Easily make half your plate vegetables with this simple and delicious salad. The pepper and lemon flavors balance well with heavier entrees, making this an ideal side dish for any Italian meal. To make it a main dish, add tuna for extra protein and your favorite whole grain or fruit for carbohydrate. The dressing can also be kept in the refrigerator for a couple weeks, just shake well before using.

Adapted from:  
Baked Broccoli Macaroni and Cheese

**Prep Time:** 25 Minutes  
**Cook Time:** 20 Minutes  
**Makes:** 16 Servings as a side, 8 Servings as a main

**Ingredients:**

- 12 ounces uncooked high fiber or whole grain elbow pasta  
- 3/4 pound fresh broccoli florets  
- 1 1/2 tablespoons butter  
- 1/4 cup onion, minced  
- 1/4 cup flour  
- 2 cups skim milk  
- 1 cup fat-free chicken broth (vegetarians use vegetable broth)  
- 8 ounces (2 cups) reduced-fat sharp cheddar  
- 2 tablespoons grated Parmesan cheese  
- 1/4 cup seasoned bread crumbs  
- Salt and fresh ground pepper to taste  
- Nonstick cooking spray

**Preparation:**

1. Cook pasta and broccoli together in a large pot of salted water, according to package directions for al dente (or slightly under cook by 2 minutes).
2. Preheat oven to 375 degrees F and spray a 9 X 13 baking dish with cooking spray.
3. In a large, heavy skillet, melt butter. Add onion and cook over low heat about 2 minutes, stirring occasionally. Add flour and cook another minute while stirring, until the flour is golden and well combined.
4. Add milk and chicken broth, whisk constantly over medium-high heat until it comes to a boil; cook about 5 minutes, stirring occasionally, until the sauce becomes smooth and thick. Season with salt and pepper.
5. Once the sauce is thick, remove from heat, add cheese and mix well until cheese is melted. Adjust salt and pepper to taste, add cooked macaroni and broccoli and mix well.
6. Pour into prepared baking dish. Top with grated cheese and breadcrumbs. Spray a little more cooking spray on top.
7. Bake for 15-20 minutes, then broil for 1 to 2 minutes to get the breadcrumbs golden brown (watch carefully to not burn).

**Nutrition Information:**

- **Serving Size:** 1/2 cup (side dish)  
- **Calories:** 158  
- **Fat:** 5g  
- **Protein:** 9g  
- **Carbohydrates:** 22g  
- **Fiber:** 3g  
- **Sodium:** 108 mg (without salt)

**Nutrition Tip:** This recipe saves on calories and fat by using a reduced fat cheese and skim milk. Using whole grain pasta adds heart healthy fiber. You can also enjoy this as a main dish—the serving size would be 1 cup, doubling the nutrition facts provided. Pair with a crisp green salad.

**Adapted from:**  
Prep Time: 15 Minutes
Cook Time: 30 Minutes
Makes: 8 Servings

Ingredients:
- 2 pounds fresh green beans; washed, trimmed and cut in half
- 2 tablespoons olive oil, divided
- 1 1/3 cup shallots, minced, divided
- 1/2 cup seasoned breadcrumbs
- 1 tablespoon grated Parmesan cheese
- 1/2 teaspoon dried thyme or 1 teaspoon fresh thyme
- 16 ounces mushrooms
- 1 teaspoon salt, divided
- 1 teaspoon pepper, divided
- 1/4 cup flour
- 1 cup reduced-sodium chicken stock or vegetable stock
- 1 cup skim milk
- 1/4 cup grated Pecorino Romano cheese

Preparation:

1. Preheat oven to 375 degrees F and spray a 13 X 9 baking dish with cooking spray.
2. Bring a large pot of water to a boil. Add green beans and cook for 5 minutes. Drain in colander and rinse under cold water to stop them from cooking. Set aside.
3. Heat 1 tablespoon olive oil in a medium-sized skillet over medium-high heat. Add 1 cup of the minced shallots and sauté for about 3 to 5 minutes, stirring occasionally until golden brown.
4. Reduce heat to medium-low, add breadcrumbs, 1 tablespoon Parmesan cheese, and thyme. Sauté 5 to 6 minutes, stirring frequently until golden brown (be careful not to burn). Place in a separate bowl until time to assemble casserole.
5. Heat remaining 1 tablespoon olive oil in large pan over medium-high heat. Add remaining 1/3 cup shallots and sauté 1 to 2 minutes. Add mushrooms, season with 1/2 teaspoon salt and 1/2 teaspoon pepper, and sauté 6 to 8 minutes, stirring occasionally until golden brown.
6. Sprinkle flour over the mushrooms and stir constantly for about 1 minute. Slowly add chicken stock, then milk. Bring to a low boil, and cook, stirring occasionally, until thickened (about 3 minutes). Stir in the Romano cheese.
7. In a large bowl, stir green beans with mushroom sauce. Season with remaining 1/2 teaspoon salt and 1/2 teaspoon pepper. Pour into prepared baking dish and top with toasted breadcrumb topping.
8. Bake uncovered for 30 minutes.

Nutritional Information:
Serving Size: 1/8 of recipe
Calories: 170, Fat: 6g, Protein: 9g, Carbohydrates: 24g, Fiber: 5g, Sodium: 549mg

Nutrition Tip: This lightened-up green bean casserole is the perfect healthy alternative for your next holiday celebration, pot luck, or even as an accompaniment to weeknight meals. Why buy processed, canned cream of mushroom soup that is loaded with sodium and fat when you can create your own healthy and tasty sauce with fat-free milk and reduced-sodium chicken or vegetarian stock. Another great perk--this recipe can be made ahead of time, stored in the refrigerator for up to 2 days, and baked when ready to eat!

Adapted from: http://www.skinnytaste.com/lightened-up-green-bean-casserole-with/
Sweet Potato Fries

**Prep Time:** 10 Minutes  
**Cook Time:** 25 Minutes  
**Makes:** 4-5 Servings

**Ingredients:**
- 2 large sweet potatoes  
- 2 tablespoons vegetable oil  
- 1 teaspoon smoked paprika  
- 1/2 teaspoon ground cayenne pepper  
- Salt and pepper, to taste

**Preparation:**

1. Preheat oven to 425 degrees F.
2. Using a large, sharp chef’s knife or mandolin, cut sweet potatoes in half horizontally and then carefully cut into thin slices.
3. Toss with vegetable oil, paprika, cayenne pepper and salt/pepper.
4. Arrange in a thin layer on a baking sheet, using two if needed.
5. Bake for 15 minutes, turn, and return to oven to finish baking for about 10 minutes.

**Nutritional Information:**
- **Serving Size:** 1/2 cup  
- **Calories:** 144  
- **Fat:** 7g  
- **Protein:** 2g  
- **Carbohydrates:** 19g  
- **Fiber:** 3g  
- **Sodium:** 180mg

**Nutrition Tip:** Sweet potatoes are rich in beta-carotene, which is converted to vitamin A in the body. These nutrients are important for sight. The smoky seasonings blend well with the sweetness of the potatoes! Don’t have these spices on hand? Try using a combination of garlic and onion powder for a more neutral flavor.
Prep Time: 20 Minutes  
Cook Time: 45 Minutes  
Makes: 10 Servings

Ingredients:

- 2 1/2 pounds cauliflower florets
- 3 tablespoons olive oil
- 1/4 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 2 cloves garlic, minced
- 1/4 cup low-fat plain Greek yogurt
- 1/4 cup low-fat milk
- 1 cup shredded reduced-fat Mexican cheese blend
- Nonstick cooking spray

Preparation:

1. Preheat the oven to 450 degrees F. Coat an 8 X 8-inch baking dish with cooking spray and set it aside.
2. Coarsely chop the cauliflower florets and place them in a large bowl. Add the olive oil and 1/8 teaspoon each of salt and pepper. Toss to evenly coat. Arrange the cauliflower in an even layer on a baking sheet, and roast in the oven until lightly browned, 30 to 35 minutes. Remove the baking sheet from oven and set aside to cool for at least 10 minutes. Lower the oven to 375 degrees F.
3. Mince the garlic. In a large bowl, using a potato masher or a fork, mash the roasted cauliflower. Add the minced garlic, yogurt, milk, and the remaining 1/8 teaspoon salt and pepper. Mix to combine.
4. Place the cauliflower mixture in the prepared baking dish, and sprinkle the shredded cheese evenly over the top. Bake until the top is bubbling and lightly browned, about 15 minutes.

Nutritional Information:

- Serving Size: 1/2 cup
- Calories: 105, Fat: 7g, Protein: 6g, Carbohydrates: 6g, Fiber: 2g, Sodium: 177mg

Nutrition Tips: Mashing cauliflower is a great way to substitute starch at a meal for more vegetables! Cauliflower is part of the cruciferous vegetable family and is full of antioxidants!

Adapted from:  
“The Greek Yogurt Kitchen” By: Toby Amidor, MS, RD, CDN
Tips from Our Registered Dietitians
10 Uses for Rotisserie Chicken

For $5-7 each, this versatile ingredient can be a weeknight lifesaver! Grab one or stock up for a week of convenient eats. Try any of the ideas below!

1. **Salads.** Use atop a simple salad of mixed greens and top with your favorite reduced-fat dressing.

2. **Grain Bowls.** Layer whole grains such as brown rice, quinoa or farro, leftover grilled or roasted veggies, and shredded chicken, and dress with a flavorful sauce.

3. **Tacos.** Fill 6-inch corn tortillas with chicken, and top with shredded lettuce, cabbage, tomato, onion, avocado, and cheese. Look for pre-made pico de gallo and pre-diced veggies in your supermarket produce department, or use the salad bar.

4. **Homemade Pizza.** Use a pre-made pizza crust (such as Mama Mary’s whole wheat crust), top with pizza sauce, reduced-fat cheese, chicken, and veggies of choice and bake according to package directions.

5. **Enchiladas.** Fill 6-inch whole wheat tortillas with chicken and enchilada sauce (homemade or store-bought), top with reduced-fat cheese, and bake at 350 degrees F for 30 minutes. Serve with shredded lettuce, tomato, and onion.

6. **Sandwiches.** A simple chicken sandwich can be a tasty, filling meal! Try spreading a schmear of hummus or avocado for variety and a healthy source of fat.

7. **Pasta.** Cook pasta as directed, and toss with chicken, low-sodium canned tomatoes, and veggies of choice. Or toss with your family’s favorite pasta recipe.

8. **Stuffed Potatoes.** Make your own baked potato bar at home! Bake 4-6 potatoes in the oven, and set out shredded chicken, salsa, cheese, diced veggies, hot sauce, marinara sauce, or other toppings and allow each family member to design their own meal.

9. **Paninis.** Have some leftover crusty bread? Turn it into a savory panini! Spray each side with cooking spray, fill with chicken, veggies, cheese, and heart-healthy spread of choice (such as hummus, avocado, pesto, or tahini), and cook on a panini maker, George Foreman, or the old fashioned way: on the stove.

10. **Chicken salad.** Use in your favorite chicken salad recipe. **Nutrition tip:** Try mixing equal parts mayonnaise and non-fat plain, Greek yogurt to reduce the saturated fat content of your meal.
1. Make a shopping list and stick to it. Not only will this save you money, but will also help you avoid impulse purchases. Keep a running list in your kitchen of items you need to replace and organize the list by store category (i.e. produce, meat, condiments, dairy, etc.) to save time and money.

2. Don't shop when you're hungry. You're more likely to make impulse purchases on less nutritious items that cost more such as processed chips, cookies, crackers, and sugary beverages.

3. Shop the perimeter of the store first to save money and empty calories. Fresh, more nutritious foods (i.e. fruits, vegetables, low-fat dairy, lean meat, and whole grain breads) are often found around the perimeter of the store while high calorie, processed foods (i.e. cookies, chips, and sugary beverages) are often found in the aisles.

4. Check for supermarket specials. These are printed in the newspaper or online. Plan your weekly meals shopping trip around what’s on sale. For example, if lean ground beef is on sale, plan a healthy “Taco Tuesday” night for your family.

5. Buy whole, unpackaged fresh fruits and vegetables. Buying whole fruits and vegetables, and washing/cutting them yourself provides significant savings.

6. Shop in-season. In-season fresh fruit and vegetables are often lower in cost, more flavorful, and higher in nutrients.

7. Buy frozen fruits and vegetables. Frozen fruits and vegetables are equivalent in nutrients to fresh fruits and vegetables, and are often cheaper and more convenient to prepare.

8. Look for no-salt added and no-sugar added products. When buying canned vegetables, choose no-salt added; when buying canned fruit, choose no-sugar added. Always drain and wash canned vegetables before consuming to eliminate added salt.

9. Look at unit price. Price per unit is an easy way to compare brands and sizes to determine cheapest option!

10. Buy in bulk. Foods found in bulk are often cheaper than individual servings (i.e. bags of apples are cheaper by the pound than individual apples).

11. Buy store brands when possible. They are often lower in cost, but equal in quality and nutrition.

**Nutritious, Budget Friendly Foods**

12. Beans/lentils, canned tuna/salmon/chicken, peanut butter, nuts, eggs, yogurt, cheese, milk, brown rice, whole grain pasta, whole grain bread, oats, potatoes, frozen fruits and vegetables.
GENERAL TIPS

• Order salad dressings on the side, and opt for a reduced-fat or “light” variety. Monitor salad toppings. Remember: 1/4 cup of shredded cheese (about the size of an egg) is an appropriate serving size for most people.

• Choose foods labeled “grilled,” “roasted,” “baked,” “braised” or “steamed” over foods labeled “fried” or “crispy.”

• Start with a small salad or broth-based soup. Research shows this can help reduce overall calorie consumption!

• If you know you are going out later in the day, eat a bit lighter the rest of the day. However, do not skip meals or snacks as this can leave you ravenous and more likely to overeat later on.

PIZZA

• Opt for thin crust.

• Limit your portion to 1-2 slices and pair with a salad. Some restaurants may offer grilled chicken for the salad if you need something more filling.

• Choose less-greasy (lower-fat) toppings such as vegetables and chicken breast instead of pepperoni or sausage.

• If ordering a whole pie, ask for light cheese and take 1/2 home.

CHINESE

• Choose options that are stir-fried or steamed over battered and deep fried.

• Watch out for sweet sauces, such as sweet and sour sauce, which can be high in sugar. Choose oyster or mustard-based sauces. Ask for the sauce on the side and use only a small amount for flavor.

• Choose brown rice when available and watch your portion. One cup of rice provides about 240 calories, and most takeout containers hold about 2 cups. Avoid fried rice.

• Choose steamed dumplings over fried eggrolls.

• Portions are often huge – consider splitting a dish with friends or saving some for the next day.

MEXICAN

• Choose low-calorie toppings like grilled vegetables, shredded lettuce, and tomato salsas.

• Opt for a salad (minus the fried bowl) or limit your shells or tortillas. One small flour tortilla has 100 calories, and 1 hard shell has 150 calories.

• Avoid sour cream and fried tortilla strips. Guacamole, although made from avocados (a healthy fat), can still add hundreds of calories if you are not careful. Stick to a couple of tablespoons for 50 calories and 4 grams of fat.

• Beans can offer fiber and lean protein, but avoid the refried variety.

• Be wary of the tortilla chips! These are often unlimited and can be difficult to turn down. For reference, an entire bag of Chipotle tortilla chips provides almost 600 calories!
Italian

- Start with a salad, with light dressing, or broth-based soup, such as minestrone, to fill up.

- Choose tomato-based sauces such as marinara, instead of oil or cream-based sauces such as Alfredo.

- Consider saving at least half of your meal for the next day. Pasta is very calorie and carbohydrate dense. A typical plate (1 1/2 cups) of plain spaghetti at Olive Garden can add up to 340 calories and more than 60 grams of carbohydrate. Avoid adding creamy sauce, high-fat meats, and cheese as they can give the meal almost enough calories to fuel a whole day.

Mediterranean

- Choose fish or chicken over beef or lamb.

- Although heart healthy, many sauces and spreads, like hummus, are high in fat and therefore large portions can cost you hundreds of calories. Spoon these onto your plate instead of dipping straight into the serving bowl.

- Rice and pitas are popular sides, but choosing both can add up to nearly 100 grams of carbohydrate. Choose one or the other and fill up on vegetable sides.

- Falafels (chickpea patties) can be a healthy option if grilled or baked; however, these patties may be deep fried at certain restaurants.
Avance Care’s Registered Dietitians

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Nadeen received her Masters in Human and Health Sciences focusing on nutrition. She truly believes that food can be medicine and aid us to live a healthier lifestyle.

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