



HEALTHY SUBSTITUTES

Egg White Bites

Submitted By: Heather Balgowan

I like this recipe because it's very low calorie and great for reheating and grab-n-go.

1 small carton of egg whites
cooking spray

1 cup each mozzarella and cheddar
cheese, shredded

Handful of spinach, chopped
onion, diced

Pepper, diced

Tomato, diced

Preheat oven to 375 degrees. Spray each muffin tin with cooking spray. Add your favorite diced vegetables. Sprinkle cheese. Fill each muffin tin with egg whites. Bake about 12-15 minutes. No longer or they will start to brown.

Yield: 12 servings



Vegetable Egg Casserole

Submitted By: Ellen Berry

- 5 eggs
- 2 cups egg substitute
- 1/3 cup shredded pepper Jack cheese
- 1/3 cup shredded cheddar cheese
- 1/4 cup grated Romano cheese
- 1/4 teaspoon pepper
- 1/4 teaspoon hot pepper sauce
- 1 medium onion, chopped
- 2 cups fresh broccoli florets
- 2 cups coarsely chopped fresh spinach
- 1/2 cup shredded carrots

Preheat oven to 350 degrees. In a large bowl, whisk eggs, egg substitute, cheeses, pepper and pepper sauce. Stir in the vegetables. Transfer to an 11x7-inch. baking dish coated with cooking spray. Bake, uncovered, 45-50 minutes or until a knife inserted near center comes out clean. Let stand 10 minutes before cutting.

Yield: 6 servings

Buffalo Chicken Dip - Light

Submitted By: Ann Mark

2 cups cooked boneless, skinless chicken breast, shredded
1/2 cup nonfat Greek yogurt
8 ounces Neufchatel cheese, softened
4 ounces crumbled bleu cheese (about 1 cup)
1/2 cup hot sauce (such as Frank's)

Preheat the oven to 350 degrees. Mix all ingredients together well. Bake in the preheated oven until hot and bubbly, about 20 minutes.



Best Guacamole Recipe

Submitted By: Colleen Medeiros

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- 2 avocados smashed in a molcajete
 - 1 half vine ripened tomato diced in 1/8-inch cubes
 - 1/2 Spanish onion, finely chopped
 - 1 large clove garlic, minced
 - Juice of one half lime
 - 1/2 bunch cilantro, minced
 - Honey to taste
 - Salt and pepper to taste

Combine all ingredients and mix. Enjoy!



Cucumber Salsa

Submitted By: Jennifer Kamienski

1 red, yellow, & orange pepper, diced into small cubes

1 English cucumber, diced

1/2 red onion, diced

2 tablespoons grape seed oil

1/3 cup white vinegar

1 bag of Scoops tortilla chips

Mix together. Refrigerate for 2 hours. Can keep refrigerated for up to 1 week. Scoops are the best way to get all the good stuff.



Salsa asada (Roasted salsa)

Submitted By: Francisco Lovera



Salsa is a common staple of a Mexican household. I grew up watching my mother preparing salsa every day to enjoy it with the daily meal.

4 tomatoes

3 peeled garlic cloves

1/2 onion

1 chipotle dry pepper

Salt and pepper to taste

Set a small pot with 1/4 quart of water to boil. Once water is bubbling, add chipotle pepper and let it soften, about 5 minutes. On a skillet at high heat, add tomatoes, onion and garlic cloves. Rotate about every 1 to 1 1/2 minutes to blacken on all sides. Once all dry ingredients are roasted and blackened and pepper has boiled for 5 minutes we are ready to blend them. Put the onion, garlic cloves, chipotle pepper, one tomato and 2 tablespoons of the water where the pepper boiled in the blender. Blend them thoroughly. Add the rest of the tomatoes and pulse blend the salsa until it achieves a chunky texture. Add salt and pepper to taste. Serve on a small bowl and add it to tacos, Mexican dishes or simply with tortilla chips.

Yield: 6-12 servings

Spinach and Artichoke Dip (Lite Version)

Submitted By: Chris Bauer



1 can artichoke hearts in water, drained
10 oz frozen spinach, thawed and drained
1/4 cup finely chopped shallots
1 teaspoon minced garlic
1/2 cup fat free Greek yogurt
1/2 cup sour cream
1 cup shredded Parmesan/Asiago cheese blend
2/3 cup shredded part skim mozzarella cheese
Pepper to taste

Preheat oven to 375 degrees. Grease an oven proof dish and set aside. In a small food processor, finely chop the shallots. Place in a large mixing bowl. In the same food processor coarsely chop the artichokes and add to the mixing bowl. Add the remaining ingredients into the mixing bowl and combine them. Place the dip in the greased ovenproof dish and bake for about 25 minutes. Serve the dip warm with crackers, veggies or tortilla chips. The mixture can be made one day ahead and stored in the fridge to bake the next day.

Yield: 8-12 servings

Vegetarian Buffalo Bites (Vegetarian)

Submitted By: Nick Wade



1 medium head cauliflower, chopped into bite-size pieces

1/2 cup garbanzo bean flour

1/2 cup water

1 teaspoon garlic powder

1/2 teaspoon salt

1 teaspoon melted butter or ghee

2/3 cup hot sauce

Preheat oven to 450 degrees. In a medium-sized bowl, combine flour, water, garlic powder, and salt. Whisk together until smooth. Toss cauliflower into garbanzo batter, making sure to coat each piece completely, then place battered cauliflower on a lightly greased, nonstick baking sheet. Bake for 15 minutes, tossing halfway through. In the meantime, combine melted butter and hot sauce in a large bowl, regularly stirring. When cauliflower is done, remove it from the oven and gently toss it in the hot sauce mixture. Place cauliflower back on the baking sheet and cook for an additional 25 minutes until it becomes crispy. Allow cauliflower to cool for 15 minutes before serving.

Zucchini Parmesan Crisps (Healthy Snack)

Submitted By: John Fuller

Cooking spray
2 medium zucchinis
1 tablespoon olive oil
1/4 cup freshly grated Parmesan
1/4 cup plain dry bread crumbs
1/8 teaspoon salt
Freshly ground black pepper

Preheat oven to 450 degrees. Coat a baking sheet with cooking spray. Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet. Bake the zucchini rounds until browned and crisp, 25-30 minutes. Remove with spatula. Serve immediately.

Yield: 4 (1/2 cup) servings



Zucchini Cakes

Submitted By: Michelle Eve



Something we eat in the summer when the garden is overflowing with zucchini.

Zucchini – medium to large

1 egg

1/2 cup bread crumbs

1/3 cup grated Parmesan cheese

Red pepper flakes (optional)

Salt and pepper

Olive oil for frying

Combine zucchini, bread crumbs, cheese, salt and pepper, pepper flakes, and egg until the mixture will hold shape. You may need to add more bread crumbs. Heat olive oil in a pan over medium heat, and drop approximately 1/4 cup of zucchini batter into the oil, flatten with spatula. Fry until golden and flip.

Serve with ranch dressing or sour cream.

Apple Cashew Salad

Submitted By: Brian Baier



My mom gave me this recipe and Stephanie Butler has endorsed it so it must be good!

1 bag Italian blend salad (romaine & radicchio)
1 bag baby spinach
2 medium Granny Smith apples (cubed, with skin on)
1/2 cup cashews

Dressing:

1/3 cup vinegar – red wine or apple cider (my preference is for the red wine)
1/3 cup sugar
1 teaspoon celery salt
1 teaspoon salt
1 teaspoon garlic salt
1 cup oil – vegetable or canola

Mix greens together in large salad bowl. Core and cube apples. Add to greens. Mix first 5 salad dressing ingredients together in small bowl. Slowly add oil, whisking constantly. Before serving, toss desired amount of dressing and cashews with greens.

Yield: 6+ servings

Butternut Squash Soup

Submitted By: Anton Kuhner



1 butternut squash
7-8 celery stalks
1 large onion
3-4 cups chicken broth

Nutmeg
Salt
Olive oil

Split squash and remove seeds. Place squash on a baking sheet. Score squash and season with nutmeg. Bake squash in oven for 30-45 minutes at 350 degrees until soft. Dice (rough) celery and onions. In a large pot sauté onions in olive oil on medium heat. Add celery in pot when onions become yellow. Remove Squash from oven. Remove skin and dice. Add diced squash to pot with celery and onions. Add a pinch of salt. Cook for 3-5 minutes. Add chicken broth (approximately 2 cups) to pot. Using an immersion blender or counter top blender, blend the contents of the pot until soup is smooth. Add additional chicken broth to obtain desired thickness.

Mango Quinoa Salad

Submitted By: Rebecca Hansen



3 cups cooked quinoa
1 (14 oz) can black beans, rinsed and drained
1 large mango, peeled and diced
1 red bell pepper, diced
1/2 cup green onions, sliced
2 tablespoons cilantro, chopped
2 tablespoons olive oil
2 tablespoons lime juice
2 tablespoons red wine vinegar
Salt and pepper

Cook the quinoa according to package directions. Cool to room temperature. Combine the quinoa, beans, mango, pepper, onions, and cilantro in a large bowl and toss. In a small bowl whisk the oil, lime juice, and vinegar. Toss into a salad and refrigerate overnight.

Yield: 6 servings

Mexican Zucchini Burrito Boats (Vegetarian, Gluten free)

Submitted By: Lindsay Sienkiewicz



4 large zucchinis	1 jalapeño (or poblano pepper), cored and diced
1 (15 oz) can black beans, drained and rinsed	1 tablespoon + 1 teaspoon olive oil
1 cup cooked brown rice	2 teaspoons cumin
1 cup salsa (use your preferred level of spiciness)	1 teaspoon chili powder
1 red bell pepper, cored and diced	1/2 cup fresh cilantro, finely chopped
1/2 red onion, diced	salt to taste
1/2 cup corn kernels	1 cup shredded cheddar/Monterey Jack cheese

Start by greasing a 9x13-inch casserole dish then set aside. Slice each zucchini in half lengthwise. Using a melon baller or metal teaspoon, hollow out the center of each zucchini. Lightly brush the tops with one teaspoon of olive oil then place them skin side down in the casserole dish. Next warm the tablespoon of olive oil in a large skillet over medium heat. Add the onion and the peppers and cook for 2-3 minutes. Then add the rice, corn, and beans along with the salsa, chili powder and cumin. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside. Preheat the oven to 400 degrees and then stir in 1/4 cup of the cilantro and salt to taste to the filling. Spoon the filling inside of each zucchini until they are all full. Sprinkle each half with cheese then arrange them in the dish and cover with foil. Bake in the oven for 25 minutes then remove the foil and set the oven to broil. Cook them for 5 more minutes, until the cheese is bubbly and golden brown. Allow them to cool for 5-10 minutes then top with fresh cilantro and serve. Store leftovers in an airtight container for up to 3 days.

Yield: 8 boats

Vegetarian Stuffed Peppers (Vegetarian)

Submitted By: Heather Balgowan



4 large peppers (green, yellow, or red)	1 cup shredded cheddar cheese
1 bag of Morning Star Farms Grillers Crumblers or Boca Meatless Ground Crumbles	1 tablespoon Worcestershire sauce
3/4 cup uncooked instant rice	Salt
1 small onion, chopped	Pepper
2 cans tomato sauce, divided	2 large eggs - beaten

Cut tops off peppers and discard; remove seeds. Blanch peppers in boiling water for 5 minutes. Drain and rinse in cold water; set aside. In a bowl, combine veggie crumbles, 1 can tomato sauce, rice, 1/2 cup cheese, onion, Worcestershire sauce, salt, pepper and egg; mix well. Stuff the peppers; place in an ungreased baking dish. Pour the remaining tomato sauce over peppers. Cover and bake at 350 degrees for 45 minutes or until peppers are tender. Sprinkle with remaining cheese; return to the oven for 5 minutes or until cheese is melted.

Yield: 4 servings

Oven Roasted Vegetables

Submitted By: Sue DeMarino

- 2 sweet potatoes, cubed
- 3 new potatoes, cubed
- 1 red onion, quartered and pieces separated
- 2 zucchini, sliced 1-inch thick
- 2 summer squash, sliced 1-inch thick
- 1 bag (8 oz) baby carrots
- 8 oz button mushrooms, ends of stems cut off
- 1 tablespoon fresh thyme, chopped (1 teaspoon dried)
- 2 tablespoons fresh rosemary, chopped (2 teaspoons dried)
- 1 teaspoon dried basil (optional)
- 3 teaspoons garlic, minced
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste (shake or two)

Chop all the vegetables*, as specified in the ingredient list. Preheat oven to 450 degrees. Mix thyme, rosemary, basil, garlic, olive oil, balsamic vinegar, salt and pepper together in a bowl, set aside. Put the chopped vegetables in a large bowl, then pour the oil, vinegar and herb mixtures over the vegetables. Stir until all the vegetables are coated evenly. Line a baking sheet or roasting pan with aluminum foil, and lightly spray with cooking spray. Spread the vegetables evenly on the pan and pour the remaining oil, vinegar & herb mixture on top, add additional salt and pepper to taste. Roast for 40 minutes, stirring every 15-20 minutes, or until potatoes are soft when poked with a fork.

*Any combination of vegetables can be used in this recipe.

Yield: 6-8 servings

Crunchy Wasabi-Lime Salmon and Red Cabbage & Sugar Snap Peas (From: Stephen Butler)

Submitted By: Stephanie Butler



- 3/4 cup wasabi peas, about 3 oz
- 4 (6 oz) thick salmon filets
- 1 large lime
- 1 tablespoon olive oil
- 2 cups (6 oz) sugar snap peas
- 3 1/2 cups (10 oz) finely shredded red cabbage

Preheat oven to 400 degrees. Put the wasabi peas in the bowl of a food processor and process until powdery, but still with tiny pieces. Sprinkle the fish with salt. Pat the crushed peas onto the fish, making sure that the top is evenly coated. Grate the zest of the lime and sprinkle it onto the fish. Drizzle with the oil. Place the fish on a rimmed baking sheet and bake for 10-12 minutes, until the fish is cooked through. Cut lime and squeeze a little juice onto the fish. Serve how you please and with what you please. Or serve over the red cabbage and sugar snap peas.

Red Cabbage & Sugar Snap Peas: Trim ends of sugar snap peas. Heat 1 tablespoon oil in large non-stick skillet. Add red cabbage and sugar snaps. Cook over high heat for 5 minutes until crisp-tender. Salt and pepper to taste.

Hint: Wasabi peas spice lessens when cooked.

Yield: 4 servings

Crab Stuffed Salmon

Submitted By: Pedro Sevilla



1/2 lemon
16 oz lump crab meat
3 cloves garlic, minced
3 tablespoons parsley, minced
1 teaspoon salt
1 teaspoon black pepper
24 oz wild caught salmon filet, 4 (6 oz) filets

Seasoning:

1/2 teaspoon salt
1/2 teaspoon pepper
2 cloves garlic, minced

Preheat oven to bake at 400 degrees. In a small bowl, season crab meat with minced garlic, parsley, the juice of half of a lemon, salt, and pepper. Slice salmon filet lengthwise down the center to create a space for stuffing. Stuff salmon with seasoned crab meat, using about 1/4 cup of crab per salmon filet. On a broiling pan, bake salmon for 18 minutes at 400 degrees. Switch to broil, move rack to the top layer, and broil salmon at 500 degrees for an additional 5 minutes. Garnish with fresh parsley and lemon.

Yield: 4 servings

Jkam's Zesty Lemon Chicken w. Capers & Asparagus

Submitted By: Jennifer Kamienski



6 chicken breasts (cut in half)
Whole wheat flour
3 cups lemon juice
1/2 cup capers

1 fresh asparagus spears cut into 1-
inch pieces
2 tablespoons grape seed oil

Heat the oil in a frying pan on medium-high flame. Coat the chicken in the flour, add to pan. Crisp each side quickly then turn down the heat to low. Add a cup of lemon juice and let it reduce down, flipping the chicken regularly. Keep adding juice for 8-10 mins until cooked through. Remove all chicken to another plate – including the sauce. Add oil, asparagus, capers, and 1 cup of lemon juice to pan. Sauté at medium-high heat until the asparagus is bright green and fork tender. Pour whole combination over the chicken.

Yield: 4

Roasted Chicken & Vegetables

Submitted By: Anton Kuhner

3-4 split chicken breast halves with bone

Any of your fresh root vegetable (Suggestions include: bag of brussel sprouts; 3-4 white potatoes; bag of carrots; asparagus; green beans)

Rosemary

Salt

Pepper

Butter

2 tablespoons olive oil

Rinse chicken under water and split breast in half with a kitchen shear. Rinse vegetables and cut carrots, potatoes, and brussel sprouts. All vegetables should be of a similar size for cooking. Place vegetables in a roasting pan. Add olive oil, salt, pepper, and rosemary to vegetables and mix in roasting pan. Place chicken quarters on top of vegetables in roasting pan. Keep space between chicken. Melt butter and add salt pepper and rosemary to butter. Paint butter mixture onto chicken. Place pan in 450-475 degree oven for 30-45 min until chicken is cooked and vegetables are soft.



Flourless Pumpkin Chocolate Chip Muffins

Submitted By: Ann Mark

1 cup pumpkin puree
1/2 cup pure maple syrup
2 eggs
1 tablespoon vanilla extract
3 tablespoons melted coconut oil
1/4 cup unsweetened vanilla almond milk
2 and 1/4 cup rolled oats
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 cup dark chocolate chips

Preheat the oven to 350 degrees and then grease or line mini-muffin tins. Combine the wet ingredients first (pumpkin, maple syrup, eggs, etc.). Using a blender or a food processor, blend the oats until fine. Add the oats and additional dry ingredients to the pumpkin mixture and blend until smooth. Using a spoon, gently stir the chocolate chips into the batter. Pour the batter into the muffin tin, filling each about 3/4th of the way full. Bake in the oven for 14 minutes, until light golden brown.



Cranberry-Apple Crisp

Submitted By: Natalie Raffol



Filling:

4 cups sliced tart apples (about 4 medium)
1 cup fresh cranberries (cut in half)
1 tablespoon vanilla extract
1 tablespoon pure maple syrup
1 tablespoon cinnamon
1/2 teaspoon nutmeg

Topping

1/2 cup chopped walnuts
1/4 cup coconut oil
1 cup almond flour
3/4 teaspoon ground cinnamon
3/4 teaspoon ground nutmeg
1 tablespoon pure maple syrup

Pre-heat oven to 400 degrees. Mix ingredients for the filling and arrange in 8x8 square pan. Melt coconut oil, then mix in almond flour, maple syrup, walnuts, and spices. Sprinkle mixture over apple & cranberry mixture. Bake 20 minutes covered, then 10-20 minutes uncovered until topping is golden brown and apples are tender. Serve warm with whipped cream, ice cream or melted cheddar cheese (my favorite!).

Serves about 6 (depending on the size of your servings!).