



HEART HEALTHY

Recipe Guide



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TIPS & TRICKS



MUST-HAVE HERBS, SPICES & SEASONINGS

- Basil
- Bay Leaves
- Chilli Powder/Cayenne Pepper
- Cinnamon
- Cloves
- Coriander
- Curry Powder
- Ginger
- Mace
- Nutmeg
- Oregano
- Paprika
- Parsley
- Rosemary

INGREDIENTS TO KEEP ON HAND

Any raw/whole ingredients that you cook yourself to control salt and sugar content are great for a heart healthy diet. If you struggle getting enough produce, don't forget to "eat the rainbow." Incorporating a variety of fruits and vegetables of different colors ensures you are getting the nutrition you need. Try to avoid pre-cooked entrees, or anything packaged.

Lean Proteins: Chicken, turkey, tuna, salmon, etc.

Fruit: Apples, berries, grapes, kiwis, mangoes, etc.

Vegetables: Broccoli, cauliflower, garlic, spinach, kale, etc.

Seeds: Chia seeds, flax seeds, quinoa, sunflower seeds, etc.

TRY MEAL PREPPING TO KEEP YOU ON TRACK

Planning and prepping your meals ahead of time won't just keep your diet on track. It can also help you save money on eating out since you'll be less likely to do so.

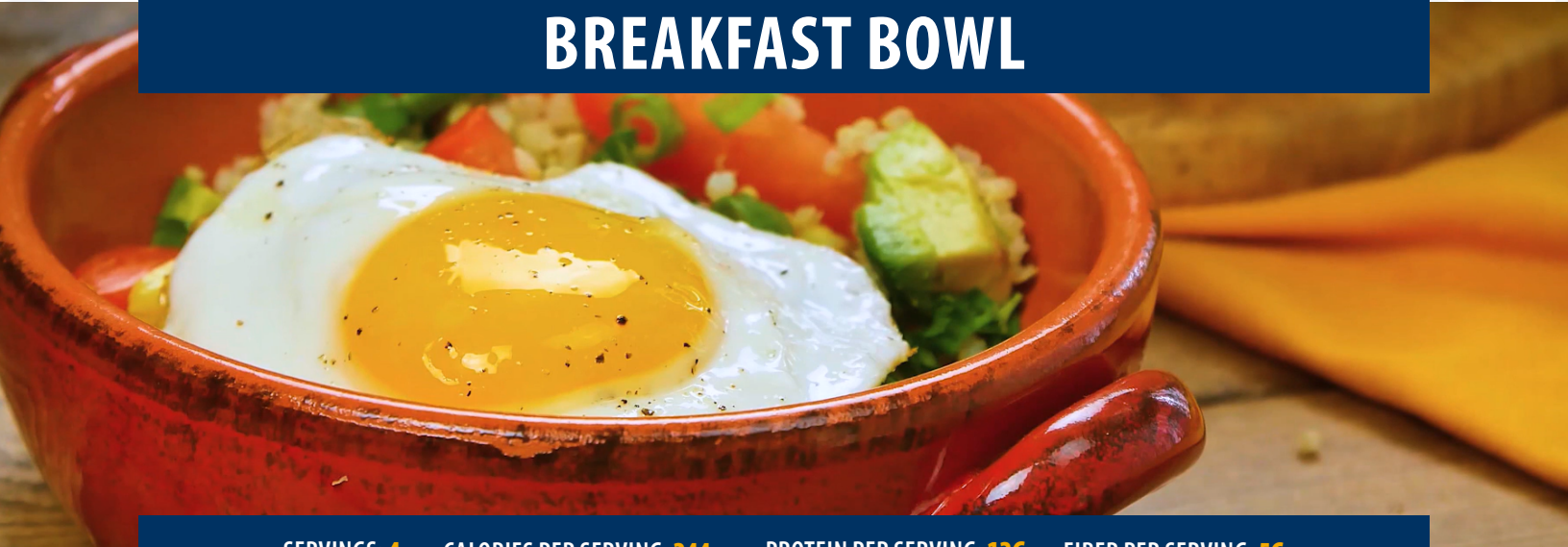
Here are some tips on how to get started:

Start Small: Don't try to do it all. Plan just a few meals at first, slowly building up until you are where you'd like to be.

Healthy/Easy Recipes: Make sure your meals are balanced, but also easy to make - your slow cooker can be your best friend! Try out some of the recipes in this cookbook.

Pre-portion Meals: Placing your meals into individual containers for reheating helps save you time when hunger hits.

SOUTHWESTERN QUINOA AND EGG BREAKFAST BOWL



SERVINGS: 4

CALORIES PER SERVING: 244

PROTEIN PER SERVING: 12G

FIBER PER SERVING: 5G

Ingredients

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes (about 2 cups), chopped
- 1 cup no salt added frozen corn, thawed
- 1/2 cup medium avocado, pitted and diced
- 1/4 cup green onions, chopped
- 1/2 cup fresh cilantro - optional
- Cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- Red hot-pepper sauce to taste - optional

Directions

1. Cook the quinoa according to the package directions. Remove from the heat.
2. Spoon the quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro.
3. Lightly spray a large skillet with cooking spray. Crack the eggs into the skillet. Sprinkle the salt and pepper over the eggs. Cook, uncovered, over medium-high heat for 3 to 4 minutes, or until the egg whites are set but the yolks are still runny. Using a spatula, carefully transfer one egg sunny side up into each of the bowls. Sprinkle with the hot sauce.

BALSAMIC ROASTED BEET SALAD WITH GOAT CHEESE AND TOASTED ALMONDS



SERVINGS: 4 CALORIES PER SERVING: 315 PROTEIN PER SERVING: 10.5G FIBER PER SERVING: 4G

Ingredients

- 4 beets, yellow or red (1 16-ounce can whole beets, drained and sliced, can be substituted)
- 1/2 cup water
- 1/4 cup balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 1 garlic clove, minced
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 7 ounces mixed salad greens
- 1/2 cup goat cheese, crumbled
- 1/4 cup almonds, sliced, toasted
- 1/4 figs or dates, pitted, chopped

Directions

1. Heat oven to 375°F.
2. Place beets and water in small baking dish. Cover tightly with aluminum foil; bake 45 to 60 minutes or until tender. Cool slightly; peel skin off beets. Cut each beet into 8 wedges; set aside.
3. In small bowl, combine vinegar, oil, garlic, sugar, salt, and pepper to make vinaigrette.
4. In large bowl, combine mixed greens, chopped figs, and beets. Drizzle with vinaigrette; toss to coat. Arrange salad evenly onto 4 salad plates. Top each with cheese and almonds.

BEAN SALAD



SERVINGS: 10 CALORIES PER SERVING: 190 PROTEIN PER SERVING: 7G FIBER PER SERVING: 5G

Ingredients

Dressing

- 3 tablespoons apple cider vinegar or red wine vinegar
- 3 cloves garlic, minced (1 teaspoon garlic powder)
- 3 tablespoons extra virgin olive oil
- 1/2 tablespoon ground cumin
- 1 lime, juiced
- Pinch salt
- Pinch freshly ground black pepper

Salad

- 1 (14.5 ounce) can diced tomatoes (no salt added), drained well OR 2 cups small tomatoes, halved
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1/2 red onion, chopped
- Handful of cilantro, chopped

Directions

1. In a large bowl, whisk together vinegar, garlic, olive oil, cumin, lime juice, salt and pepper.
2. Add in remaining ingredients and mix well.
3. Cover and chill in refrigerator for 2 hours or overnight.
4. Served chilled or at room temperature. Enjoy!

MANGO, AVOCADO, AND BLACK BEAN SALAD



SERVINGS: 6 CALORIES PER SERVING: 218 PROTEIN PER SERVING: 7G FIBER PER SERVING: 9G

Ingredients

- 1 head romaine lettuce, torn into bite-size pieces
- 1 15.5-ounce can, no salt added black beans, rinsed and drained
- 1 15.5-ounce can, no salt added or low-sodium whole-kernel corn, rinsed and drained
- 2 medium mangoes, cut into 1/2-inch cubes
- 1 medium avocado, cut into 1/2-inch cubes
- 2 medium green onions, cut into 1/2-inch pieces (or 1/2 small red or white onion, cut into 1/2-inch pieces)
- 1 medium red or green bell pepper, cut into 1/2-inch pieces
- 1 small fresh jalapeño, seeds and ribs discarded, finely chopped (optional)
- 3 tablespoons fresh lime juice
- 2 tablespoons fresh cilantro, chopped
- 1 tablespoon olive oil
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. Put the romaine on plates or in bowls. Set aside.
2. In a medium bowl, stir together the beans, corn, mango, avocado, onions, bell peppers, and jalapeño.
3. In a small bowl, whisk together the lime juice, cilantro, oil, chili powder, pepper, and salt until well mixed. (You can also put the ingredients in a Mason jar with a secure lid and shake.) Pour over the bean mixture, gently tossing to coat.
4. Spoon over the romaine.

AVOCADO ALFREDO WITH ZUCCHINI NOODLES



SERVINGS: 4

CALORIES PER SERVING: 180

PROTEIN PER SERVING: 4G

FIBER PER SERVING: 6G

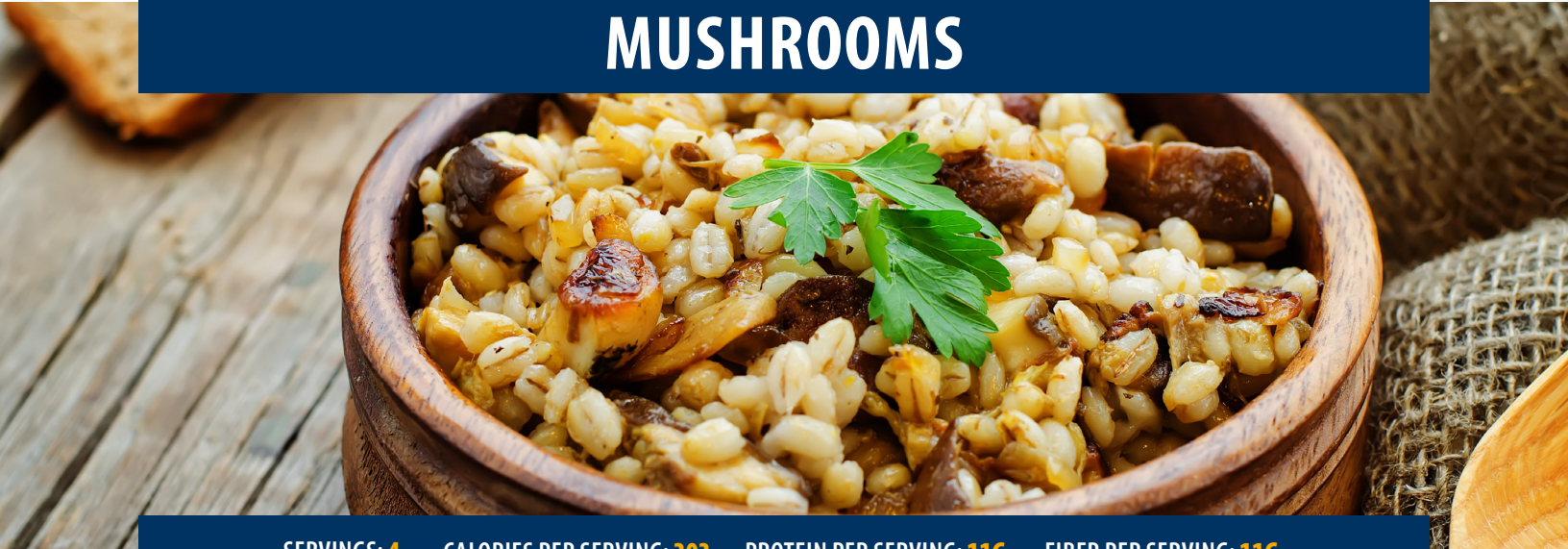
Ingredients

- 2 avocados
- 1/4 cup grated Parmesan cheese, divided
- 1/2 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon avocado oil
- 2 tablespoons garlic, minced
- 4 cups zucchini noodles
- 2 tablespoons fresh parsley, chopped

Directions

1. In a blender or food processor, puree the avocado flesh with 2 tablespoons of the Parmesan cheese, lemon juice, salt and pepper.
2. Heat the oil in a large skillet or wok over medium heat. Add the garlic and sauté until fragrant, about 30 seconds. Add the zucchini noodles and sauté, stirring frequently, until crisp-tender, about 3 minutes. Remove the skillet from the heat, then add the avocado puree. Mix with tongs to coat the zucchini noodles and warm the avocado sauce.
3. Serve immediately. Top each serving with the remaining cheese and parsley.

BARLEY RISOTTO WITH PORTOBELLO MUSHROOMS



SERVINGS: 4 CALORIES PER SERVING: 303 PROTEIN PER SERVING: 11G FIBER PER SERVING: 11G

Ingredients

- Olive oil cooking spray
- 1 tablespoon olive oil
- 1/2 pound sliced fresh portobello mushrooms, cut into 1-inch pieces
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 cup pearl barley, rinsed
- 1 tablespoon chopped fresh rosemary (1 teaspoon crushed dried)
- 3/4 cup dry white wine
- 4 cups canned low-fat, low-sodium chicken or vegetable broth
- 1 tablespoon slivered blanched almonds, toasted
- 2 tablespoons flat-leaf parsley, chopped

Directions

1. Lightly coat a large heavy saucepan with cooking spray. Add the olive oil and heat over medium-high heat. Add the mushrooms and cook for 5 to 7 minutes, stirring frequently. Remove the mushrooms and set aside.
2. Again lightly coat the saucepan with cooking spray. Add the onion and garlic. Cook, stirring often, until the onion wilts, about 4 minutes. Stir in the barley, rosemary, and white wine. Continue to cook for 8 to 10 minutes, stirring often.
3. Meanwhile, in another saucepan, heat the broth. Add the broth, 1/2 cup at a time to the barley, keeping the remaining broth at a slow simmer. Stir the barley mixture frequently, and cook until almost all of the broth has been absorbed before adding the next 1/2 cup. When the barley is tender and all the broth has been added, stir in the reserved mushrooms. The entire cooking time should take about 35 to 40 minutes. Continue to cook for another 2 to 3 minutes, until the mushrooms are heated through and the risotto reaches the desired consistency. Fold in the almonds and parsley. Serve and enjoy!

LASAGNA



SERVINGS: 8 CALORIES PER SERVING: 172 PROTEIN PER SERVING: 6G FIBER PER SERVING: 6G

Ingredients

- 1 tablespoon extra virgin olive oil
- 4 cloves garlic, minced (or 4 teaspoons jarred minced garlic)
- 1 small onion, chopped
- 1 1/2 cups fresh kale, chopped (about 3 leaves), cut into bite-size pieces, stems discarded (or 1 1/2 cups frozen spinach, thawed)
- 2 1/2 cups eggplant or summer squash (about 1 small eggplant or 2 squash), cut into 1/2-inch cubes
- 1 1/2 cups tomatoes, diced (or 14.5 ounces canned, no salt added, diced tomatoes)
- 1 pound extra-lean ground beef or turkey (95% lean or more)
- 2 cups white mushrooms, sliced
- 1 cup low sodium, or, no salt added cannellini beans, drained and rinsed
- 3/4 teaspoon black pepper, divided
- 2 teaspoons salt-free herbs, Italian blend, divided
- 1/2 cup low-moisture, part-skim shredded mozzarella
- 1/2 teaspoon crushed red pepper
- 3 tablespoons red wine vinegar
- 1/2 cup low-fat ricotta cheese
- 9 whole-grain sheets lasagna noodles
- 1 tablespoon no salt added tomato paste
- 8 ounces canned, no salt added tomato sauce

Directions

1. Preheat oven to 350° F.
2. Cook lasagna noodles according to package directions; omitting salt, butter and oil.
3. In a saucepan, heat oil. Add garlic and onion and cook over medium heat for about 4 minutes. Add kale (or spinach), tomatoes and eggplant (or squash) and pepper and cook 3 minutes. Turn up heat to medium-high, add ground beef or turkey and cook until meat browns slightly and liquid is absorbed. Add mushrooms, beans, vinegar, tomato paste, and tomato sauce. Stir in red pepper flakes, 1 teaspoon dried herbs, 1/2 teaspoon of pepper. Simmer for 15 to 20 minutes, stirring occasionally.
4. Mix together mozzarella and 1 teaspoon dried herbs.
5. In a 9x13 ovenproof dish, place 3 lasagna sheets, one third of lasagna filling and half of ricotta in small clumps. Repeat placing the lasagna sheets, filling and ricotta step. Top with 3 more lasagna sheets, remaining filling and top with mozzarella mixture. Bake for 30 minutes.

SPAGHETTI-SQUASH SPAGHETTI



SERVINGS: 4

CALORIES PER SERVING: 172

PROTEIN PER SERVING: 6G

FIBER PER SERVING: 6G

Ingredients

- 1 spaghetti squash (3 pounds)
- Non-stick cooking spray
- 1 teaspoon extra virgin olive oil
- 1 clove garlic, minced (or 1 teaspoon jarred minced garlic)
- 1/2 small onion, chopped
- 1 cup tomatoes, diced (or 8 ounces canned, no salt added, diced tomatoes)
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt-free herbs, Italian blend
- 1/8 teaspoon crushed red pepper flakes
- 16 ounces canned, no salt added, tomato sauce
- 1/2 cup small, bite-size fresh mozzarella balls (can substitute fresh mozzarella, cut into bite-size pieces)
- 1/4 cup basil, coarsely chopped or torn (or 1 teaspoon dried basil)

Directions

1. Preheat oven to 350° F.
2. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves of squash face down and bake for 1 hour or until tender.
3. Heat oil in medium saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes.
4. Let squash sit at room temperature until just cool enough to handle. Take a fork and scrap flesh from outside working in, creating "spaghetti noodles".
5. Add squash "noodles" to sauce and remove from heat. Toss with mozzarella balls and fresh basil and serve.

WHOLE WHEAT SPAGHETTI WITH MARINARA AND TURKEY MEATBALLS



SERVINGS: 6 CALORIES PER SERVING: 489 PROTEIN PER SERVING: 36G FIBER PER SERVING: 16G

Ingredients

Marinara Sauce

- 14 ounce canned, no-salt-added, or, low-sodium, sliced carrots
- 14.4 ounce packaged, frozen pepper stir-fry (onions and peppers) (thawed)
- 1 medium zucchini (chopped)
- 4 clove fresh garlic (minced) OR 2 teaspoon jarred, minced garlic
- 52 ounce cubed, no-salt-added, or, low-sodium tomato (crushed)
- 2 teaspoons salt-free, dried Italian spice blend

Whole Wheat Spaghetti and Turkey Meatballs

- 1 pound extra-lean or fat-free ground turkey breast (95%-99% lean)
- 1/4 teaspoon black pepper
- 1/2 cup whole-grain cereal flakes (crushed, optional)
- 1 pound whole-wheat spaghetti

Directions

Marinara

1. In a large pot (not over any heat yet), add carrots. Use a fork or potato masher to mash. Add stir-fry vegetables, zucchini, garlic, crushed tomatoes, and spice blend.
2. Bring to a boil over high heat. Cover, and reduce heat to medium-low so sauce is simmering.

Whole Wheat Spaghetti and Turkey Meatballs

1. In a bowl, combine turkey, pepper, cereal and parsley. Form meat mixture into golf-size meatballs to make about 20 to 25 meatballs.
2. Add meatballs into the simmering sauce, trying to get the majority of meatballs covered by sauce. Cover and cook until meatballs are cooked through, about 20 to 25 minutes.
3. Make spaghetti according to package directions (omitting the salt and fat). Serve with marinara and meatballs.

GREEN BEAN CASSEROLE



SERVINGS: 8

CALORIES PER SERVING: 77

PROTEIN PER SERVING: 3G

FIBER PER SERVING: 2G

Ingredients

- 1 pound frozen green beans (French cut is best), thawed
- 1 10.5-ounce can reduced fat, low sodium cream of mushroom soup
- 1/2 cup low-fat sour cream
- 1/2 teaspoon black pepper
- 1 small onion, cut into thin strips
- Cooking spray
- 1/4 cup whole-wheat flour

Directions

1. Preheat the oven to 350°F.
2. In a 13 x 9 x 2-inch glass baking dish, stir together the green beans, soup, sour cream, and pepper until well blended. Bake for 20 minutes.
3. Meanwhile, spread out the onion strips on a baking sheet. Lightly spray the onion strips with cooking spray.
4. Sprinkle the flour over the onion strips, tossing to coat.
5. Lightly spray a medium-large skillet with cooking spray. Cook the onions on medium-high heat for 3 to 4 minutes, or until crispy, stirring occasionally.
6. When the casserole is done baking, remove it from the oven. Stir half of the onions into the green bean mixture.
7. Top with the remaining onions. Bake for 5 minutes, or until the onions on top are browned.

Cream of Mushroom Soup Replacement - Mix ingredients together and use as you would in your recipe

- 1 4-ounce can mushroom pieces, drained and chopped
- 1 cup Fage Greek yogurt
- 1 cup Better Than Bouillon (BTB) roasted chicken base prepared broth (1 teaspoon BTB + 1 cup hot water)
- 1 teaspoon No-Salt Mrs. Dash or Weber salt-free chicken seasoning or to taste

Note: To make Cream of Celery replacement, add 1 stalk of celery, diced, and 1/2 teaspoon celery seed

OLIVE OIL MASHED POTATOES



SERVINGS: 8

CALORIES PER SERVING: 134

PROTEIN PER SERVING: 2G

FIBER PER SERVING: 3G

Ingredients

- 1 1/2 pounds small Yukon Gold potatoes, halved or cut into 2-inch pieces
- 6 medium cloves garlic
- 1/4 cup olive oil (extra virgin preferred)
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1 cup green onions, chopped

Directions

1. Put the potatoes, garlic, and salt in a large saucepan. Pour in enough water to cover the potatoes. Bring to a boil over high heat. Boil for 15 to 20 minutes, or until the potatoes are soft. Transfer the potatoes and garlic to a colander. Drain well. Return them to the pan.
2. Using the tines of a fork, mash the potatoes and garlic, being sure to crush each piece of potato and each garlic clove.
3. Add the green onions, oil, and pepper, stirring until well combined.

BASIC TUSCAN BEAN SOUP

SERVINGS: 9

CALORIES PER SERVING: 140

PROTEIN PER SERVING: 7G

FIBER PER SERVING: 6G

Ingredients

- 30 ounces chickpeas (garbanzo beans), rinsed and drained
- 14 ounces canned diced tomatoes
- 5 cups chicken or vegetable broth
- 2 teaspoons rosemary, minced
- 2 tablespoons basil, minced
- 2 tablespoons balsamic vinegar
- 4 cloves garlic, minced
- 2 carrots, diced
- 1 onion, diced
- 1 tablespoon olive oil

Directions

1. In a saucepot over medium heat, heat the olive oil. Add the onions, celery, and carrots and sauté for 5 minutes. Add the garlic and rosemary and sauté for 1 minute. Add the remaining ingredients, except the vinegar and basil. Bring to boiling. Reduce the heat and simmer, partially covered, for 20 minutes.
2. Add the vinegar. Top with the basil before serving.

FRESH GARDEN VEGETABLE SOUP



SERVINGS: 4

CALORIES PER SERVING: 153

PROTEIN PER SERVING: 5G

FIBER PER SERVING: 5G

Ingredients

- 3 cups low sodium stock (vegetable, chicken or beef)
- 1 tablespoon olive oil
- 1/2 cup carrot, chopped
- 1 cup canned diced tomatoes (no salt added)
- 2 cups potatoes, diced
- 1/2 tablespoon salt
- 1/2 tablespoon black pepper
- 1/2 cup fresh sweet corn
- 1 cup fresh sweet peas
- 1/2 fresh green beans, cut (ends snipped)
- 1 handful of basil, parsley, or cilantro
- 1/2 lemon

Directions

1. Heat the oil in a large saucepan. Add the onions and cook for about 2 minutes, until translucent. Then add carrots. Continue cooking, stirring occasionally for about 3 minutes.
2. Pour in the tomatoes and add the potatoes. Pour in the stock. Bring the liquid to a simmer. Add the salt and pepper and continue to cook for about 8 minutes.
3. Add the corn, peas, and green beans. Continue cooking until all the vegetables are tender.
4. Meanwhile, roughly chop the basil, parsley, or cilantro. Juice half of lemon. Remove the soup from the heat. Ladle into bowls and garnish with chopped herbs.

INDIAN-SPICED PUMPKIN-APPLE SOUP



SERVINGS: 4

SERVING SIZE: 1 CUP

CALORIES PER SERVING: 129

PROTEIN PER SERVING: 5G

FIBER PER SERVING: 7G

Ingredients

- 1 teaspoon coconut oil
- 2 peeled apples, such as Fuji or Gala, chopped into 1-inch pieces
- 1 medium onion, chopped into 1-inch pieces
- 1/4 cup water, up to 1/4 cup water and 1/2 cup water, divided use
- 2 cups canned solid-pack pumpkin (not pie filling)
- 1 1/2 cups fat-free, low-sodium vegetable broth
- 1 tablespoon garam masala
- 1/4 teaspoon cinnamon OR 1/4 teaspoon curry powder
- 1/2 cup fat-free milk
- 1/4 cup fat-free sour cream (optional)
- 1 tablespoon plus 1 teaspoon unsalted shelled pumpkin seeds, dry-roasted

Directions

1. In a medium saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the apples and onion for 5 minutes, or until soft, stirring frequently.
2. Pour in 1/4 cup water. Cook, covered, for 7 minutes, or until the apples and onion are very soft, uncovering only once or twice to add 2 tablespoons of water as needed to prevent sticking (adding no more than 1/4 cup water total).
3. Gently stir in the pumpkin, broth, garam masala, cinnamon and remaining 1/2 cup water. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 10 minutes.
4. In a food processor or blender (vent the blender lid), process the soup in batches for 10 to 15 seconds, or until slightly chunky. Carefully return to the pan.
5. Slowly pour in the milk, stirring until blended. Cook over medium heat for 30 seconds, or until heated through.
6. Garnish each serving with the sour cream and pumpkin seeds.

SIMPLE RATATOUILLE



SERVINGS: 10

CALORIES PER SERVING: 86

PROTEIN PER SERVING: 2G

FIBER PER SERVING: 3G

Ingredients

- 1/4 cup olive oil
- 1 large onion, coarsely chopped
- 1 large green bell pepper, seeded and chopped into bite-sized pieces
- 1 large eggplant, cut into 1-inch cubes
- 2 medium zucchini, sliced into 1/2 inch rounds
- 3 large tomatoes, seeded and chopped
- 1/4 cup chopped flat leaf parsley, loosely packed
- 1 tablespoon minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Pinch of cayenne, or to taste
- Salt
- Freshly ground black pepper

Directions

1. In a large saucepan, heat olive oil over medium heat.
2. Add the onion and bell pepper and sauté for 5 minutes, stirring frequently.
3. Add the eggplant and zucchini and continue to sauté for an additional 3 minutes.
4. Stir in the tomatoes, parsley, garlic, oregano, basil, and cayenne, and season to taste with salt and pepper.
5. Bring to a boil, reduce heat to low, cover, and simmer for 30 minutes, until mixture is thick and vegetables are tender.
6. Adjust the seasonings to taste and serve.

SLOW COOKER HARVEST BEEF STEW



SERVINGS: 6

SERVING SIZE: 2 CUPS

CALORIES PER SERVING: 311

PROTEIN PER SERVING: 24G

FIBER PER SERVING: 7G

Ingredients

- 1 pound bottom round beef roast (cut into 1-inch cubes)
- 1 large russet potato, cut into 1/2-inch dice (about 2 cups)
- 1/4 cup all-purpose flour
- 1 medium sweet potato, cut into 1/2-inch dice (about 2 cups)
- 2 cups peeled, thinly sliced carrots
- 1 10-ounce package frozen pearl onions
- 1 14.5-ounce can no-salt-added diced tomatoes
- 1 14.5-ounce can fat-free, low-sodium beef broth
- 1 cup water
- 3/4 teaspoon dried thyme
- 1/2 teaspoon ground pepper
- 1 10-ounce package frozen peas
- 2 tablespoons dried parsley

Directions

1. Add the beef, russet potato, and flour to a 4- to 6-quart slow cooker, stirring well to combine.
2. Add the sweet potato and carrots to the slow cooker. Top with the onions, tomatoes, broth, water, thyme, and pepper.
3. Cook, covered, for 10 to 12 hours on low heat or 5 to 6 hours on high heat. Just before serving, quickly stir in the peas and parsley. Re-cover. Cook for 5 to 10 minutes.

AIR FRYER CRISPY (UN) FRIED CHICKEN



SERVINGS: 4 CALORIES PER SERVING: 219 PROTEIN PER SERVING: 29G FIBER PER SERVING: 2G

Ingredients

- 1/2 cup all-purpose flour
- 2 tablespoons fresh parsley, minced (or 2 teaspoons dried parsley, crumbled)
- 1/2 teaspoon ground oregano
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne (or 1/4 teaspoon crushed red pepper flakes) - optional
- 1/2 to 1 cup buttermilk
- 1/2 tablespoon red hot-pepper sauce, or to taste - optional
- 1/3 cup finely whole-grain crispbread or whole-grain crackers (lowest sodium available) or whole-wheat panko (Japanese-style bread crumbs)
- 1/3 cup shredded or grated Parmesan cheese
- 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness, patted dry
- Cooking spray

Directions

1. Preheat the air fryer to 390°F.
2. In a shallow dish or pie pan, whisk together the flour, parsley, oregano, pepper and cayenne.
3. In a separate shallow dish or pie pan, whisk together the buttermilk and hot sauce. In a third shallow dish or pie pan, stir together the crispbread crumbs and Parmesan. Set the dishes and a large plate in a row, assembly-line fashion. Dip the chicken in the flour mixture, then in the buttermilk mixture and finally in the crumb mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips gently press the crumb mixture so it adheres to the chicken. Place the chicken on the plate. Cover and refrigerate for 30 minutes to 4 hours.
4. Lightly spray the chicken with cooking spray. Arrange the chicken in a single layer in the air fryer basket. (Don't overcrowd; work in batches as needed.) Cook for 10 to 15 minutes, or until the chicken is no longer pink in the center and the top coating is golden brown, turning once halfway through and lightly spraying with the cooking spray.

BAKED FISH WITH TOMATOES, SPINACH, AND OLIVES



SERVINGS: 4 CALORIES PER SERVING: 136 PROTEIN PER SERVING: 20G FIBER PER SERVING: 4G

Ingredients

- 1 package (10 ounces) frozen chopped spinach
- 4 four-ounce white fish fillets (such as cod or haddock)
- 2 small tomatoes (plum tomatoes, if available), each cut into 8 slices
- 2 scallions, trimmed and thinly sliced
- 2 tablespoons sliced black olives
- 1 large orange, zest and juice
- 8 thin slices of lemon
- Salt
- Freshly ground black pepper

Directions

1. Preheat the oven to 400 degrees
2. Drain the spinach in a sieve, pressing out as much liquid as possible
3. Cut 4 pieces of aluminum foil and 4 pieces of parchment paper large enough to wrap the fillet in. Place the paper on top of the foil. Lay 1 fillet on each piece of paper.
4. Top each fillet with 2 tablespoons of spinach, 4 slices of tomato, $\frac{1}{4}$ of the scallions, and $\frac{1}{2}$ tablespoon of olives. Drizzle orange juice over each fillet, sprinkle with orange zest, and season with salt and pepper as desired. Top each fillet with 2 slices of lemon. Completely wrap the fish, sealing the edges of the foil.
5. Place on a baking sheet and bake until the fish is opaque and flakes easily when tested with a fork, about 13 to 18 minutes. Cooking time will vary depending on the thickness of the fish. Cook fish about 10 minutes per inch of thickness. Serve immediately.

CAULIFLOWER-CRUST PIZZA WITH VEGETABLE TOPPING AND BALSAMIC GLAZE



SERVINGS: 4

CALORIES PER SERVING: 206

PROTEIN PER SERVING: 20G

FIBER PER SERVING: 6G

Ingredients

- Cooking spray
- 2 cups cauliflower florets and stems (about 1/4 of a large head), finely chopped
- 1/4 cup Parmesan cheese, shredded or grated
- 2 large egg whites
- 1 large egg (or 1/4 cup egg substitute)
- 1 teaspoon dried oregano, crumbled
- 1 8-ounce can, no salt added tomato sauce
- 1/4 cup basil, coarsely chopped
- 1/4 teaspoon salt
- 1 1/4 cup frozen meatless crumbles, thawed
- 1/2 cup button mushrooms, sliced
- 1/2 cup orange bell peppers, sliced
- 1/2 cup yellow bell peppers, sliced
- 1/2 cup green bell peppers, sliced
- 4 sun-dried tomatoes, snipped into 1/2 pieces
- 1/2 cup low-fat mozzarella cheese, shredded

Glaze

- 1/2 cup balsamic vinegar
- 1 tablespoon honey (or maple syrup)

Directions

1. Lightly spray the slow cooker with cooking spray. In a medium bowl, stir together the cauliflower, Parmesan, egg whites, egg, and oregano. Using your hands, gently press the mixture to form a crust in the bottom of the slow cooker.
2. In the same medium bowl (rinsed and wiped clean), whisk together the tomato sauce, basil, and salt until combined. Spread over the cauliflower crust.
3. Place the meatless crumbles, mushrooms, and all the bell peppers on the tomato sauce. Sprinkle the sun-dried tomatoes over all. Cook, covered, on low for 4 to 5 hours or on high for 2 to 2 1/2 hours, or until the mushrooms are soft and the bell peppers are tender.
4. Quickly sprinkle the mozzarella over the vegetable topping. Re-cover the slow cooker and cook for 30 minutes on low or 15 minutes on high, or until the mozzarella has melted.
5. While the mozzarella is melting, in a small saucepan, stir together the vinegar and honey. Bring to a simmer over medium-high heat. Reduce the heat to medium low and simmer for about 8 to 10 minutes, until the mixture is reduced by half (to about 1/4 cup), swirling the pan and stirring occasionally.
6. Using a wide spatula, gently lift the pizza from the slow cooker and transfer to a work surface. Drizzle the glaze over the pizza. Cut into

GRILLED SHRIMP WITH MINT SALSA VERDE



SERVINGS: 2 CALORIES PER SERVING: 150 PROTEIN PER SERVING: 14G FIBER PER SERVING: 1G

Ingredients

- 1/2 tablespoon plus 1 teaspoon and 1/2 tablespoon fresh lemon juice, divided
- 1 teaspoon and 1 tablespoon olive oil, divided
- 1 clove garlic, minced
- 12 jumbo raw shrimp in shells (21 to 25 count), peeled, rinsed, and patted dry
- 2 medium green onions, chopped
- 3 tablespoons fresh mint, chopped
- 1 tablespoon fresh cilantro, snipped
- 1/2 tablespoon capers, drained
- 1/2 tablespoon fresh jalapeños, seeds and ribs discarded, or to taste
- 2 teaspoons fat-free, plain yogurt
- 1 teaspoon water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Cooking spray

Directions

1. In a small glass baking dish, whisk together 1/2 tablespoon plus 1 teaspoon lemon juice, 1 teaspoon oil, and garlic. Add the shrimp, turning to coat. Cover and refrigerate for 10 minutes, turning once.
2. Meanwhile, in a mini food processor, process the green onions, mint, cilantro, capers, jalapeño, yogurt, water, salt, pepper, remaining 1/2 tablespoon lemon juice, and remaining 1 tablespoon oil for 30 seconds, or until smooth and creamy. Scrape the side once or twice during this process.
3. Preheat a grill pan on medium-high heat. Lightly spray with cooking spray. Remove the shrimp from the marinade. Discard the marinade. Grill the shrimp for 2 to 3 minutes on each side, or until pink and cooked through. Serve with the salsa verde drizzled on top.

HEALTHY CHICKEN BROCCOLI QUINOA

SERVINGS: 4 CALORIES PER SERVING: 404 PROTEIN PER SERVING: 32G FIBER PER SERVING: 5G

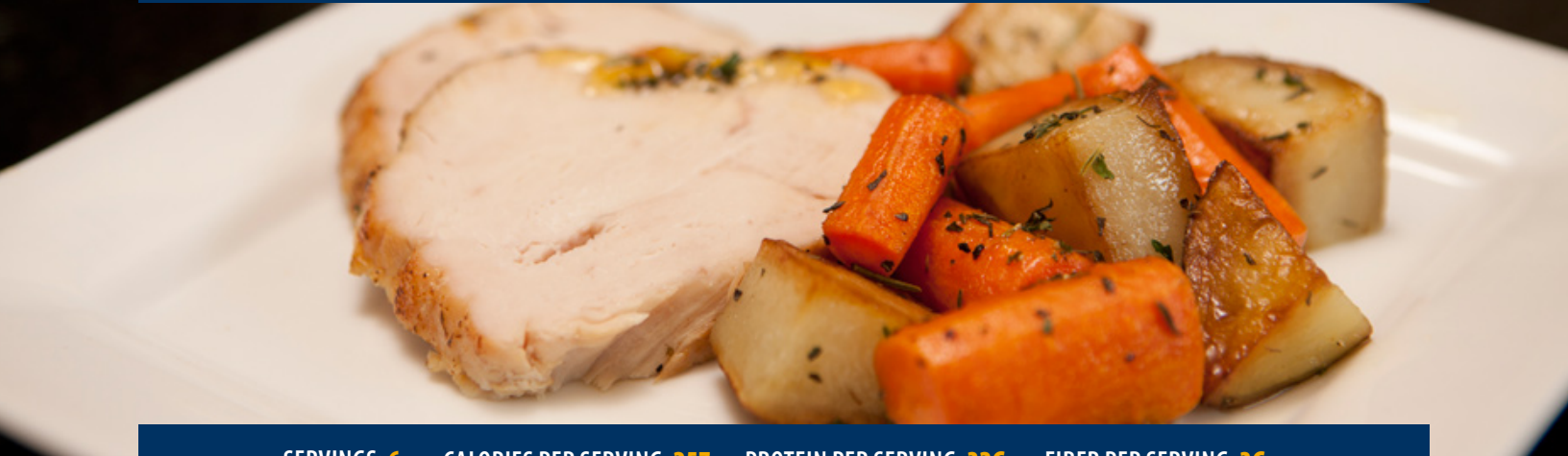
Ingredients

- 1 tablespoon olive oil
- 2 tablespoons butter, divided
- 1 pound boneless, skinless chicken breasts, diced into 1-inch cubes
- Salt, to taste
- Freshly ground black pepper, to taste
- 1 yellow onion, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon crushed red pepper flakes (or less, to taste)
- 1 cup uncooked quinoa
- 2 cups chicken broth
- 2 cups broccoli florets
- 1 tablespoon lemon juice
- Fresh parsley, chopped (for garnish)

Directions

1. In a large skillet or pot with a tight-fitting lid, heat the oil and 1 tablespoon of the butter over medium heat. Add the chicken and season it liberally with salt and pepper.
2. Cook the chicken for about 5 minutes, or until cooked through. Transfer the chicken to a plate and set it aside.
3. To the same skillet, melt the remaining butter. Add the onion and celery and cook for 3-4 minutes until softened.
4. Add the garlic, thyme, rosemary, and crushed red pepper flakes. Cook for another minute until fragrant.
5. Stir in the quinoa and broth. Increase heat to high and bring mixture to a boil. Reduce heat to low, cover, and cook for about 15 minutes, until most of the liquid has been absorbed by the quinoa.
6. Add the broccoli and return the chicken to the skillet. Cover and cook for another 5 minutes, or until the quinoa has absorbed all of the liquid.
7. Stir in the lemon juice and sprinkle with parsley. Serve warm.

ORANGE GLAZED-TURKEY WITH POTATOES AND CARROTS



SERVINGS: **6** CALORIES PER SERVING: **257** PROTEIN PER SERVING: **32G** FIBER PER SERVING: **3G**

Ingredients

- Cooking spray
- 1 1/2 to 1 3/4 pound boneless, skinless turkey breast, all visible fat discarded
- 2 teaspoons dried mixed herbs (a combination of any/all, including rosemary, basil, parsley, tarragon, chives, thyme, and sage)
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 3 tablespoons sugar-free orange marmalade
- 1 pound potatoes (any type), cut into 2-inch cubes
- 4 medium carrots, cut into 2-inch pieces
- 1 tablespoon olive oil (extra virgin preferred)

Directions

1. Preheat the oven to 375°F.
2. Lightly spray a 13 x 9 x 2-inch casserole dish with cooking spray. Place the turkey in the dish.
3. In a small bowl, stir together the herbs, salt, pepper, and garlic powder. Rub half the mixture all over the turkey.
4. Spread the marmalade over the turkey.
5. In a large bowl, stir together the potatoes, carrots, and oil with the remaining herb mixture. Place the vegetables around the turkey in the dish. Roast for 1 hour.
6. Remove from the oven. Let stand for 5 to 10 minutes to allow the juices to redistribute.

SEARED BEEF SIRLOIN AND GRILLED PEACHES



SERVINGS: 4 CALORIES PER SERVING: 270 PROTEIN PER SERVING: 28G FIBER PER SERVING: 2G

Ingredients

- 1 pound boneless top sirloin steak (about 1 1/2-inch thick), all visible fat discarded
- 4 medium peaches, halved
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon honey
- 2 cups spinach, spring mix greens, arugula, kale, or other greens
- 1 tablespoon balsamic vinegar
- 3 tablespoons sliced basil leaves
- 2 tablespoons fat-free feta cheese, crumbled

Directions

1. Preheat the grill on medium high.
2. Put the beef and peaches on a large platter. Using a basting brush, brush the oil over the beef and peaches. Sprinkle the salt and pepper over the beef. Drizzle the honey over the peaches.
3. Grill the beef for 8 to 10 minutes on each side for medium-rare doneness.
4. Place the peaches on the grill with the cut side down. Grill the peaches for 3 to 4 minutes on each side, or until fork-tender.
5. Let the beef stand for 10 minutes before slicing it.
6. Arrange the greens on a large platter. Top with the grilled peach halves. Drizzle the peaches with the vinegar. Sprinkle with the basil and feta. Serve with the beef.

SLOW-COOKED POT ROAST



SERVINGS: 6 CALORIES PER SERVING: 211 PROTEIN PER SERVING: 25G FIBER PER SERVING: 3G

Ingredients

- 1 tablespoon olive oil
- 1 1/2 pounds beef top round roast (one piece), all visible fat discarded, set out at room temperature for an hour before cooking, patted dry with paper towels
- 1/4 teaspoon salt
- 3 cloves garlic, coarsely chopped
- 2 medium ribs of celery, chopped into 1-inch pieces
- 2 medium potatoes, unpeeled, chopped into 2-inch pieces
- 2 medium carrots, sliced crosswise into 1-inch pieces
- 1 medium yellow onion, thinly sliced
- 1 cup water

Directions

1. Preheat the oven to 325°F.
2. In a large, heavy ovenproof pot, heat the oil over medium heat, swirling to coat the bottom. Cook the beef for 2 to 3 minutes on each side.
3. Sprinkle the pepper and salt over the beef.
4. Stir in the garlic, celery, potatoes, carrots, onion, and water.
5. Bake, covered, for 2 hours.
6. Let the beef rest on a large cutting board, covered loosely with aluminum foil, for 15 minutes. (This allows the juices to redistribute so the beef stays moist.) Slice the beef into thin slices. Place on a large serving platter. Drizzle the pan juices over the beef.
7. Using a slotted spoon, transfer the vegetables onto the serving platter or into a large serving bowl.

SLOW COOKER CRANBERRY TURKEY TENDERLOIN WITH SWEET POTATOES



SERVINGS: 6 CALORIES PER SERVING: 360 PROTEIN PER SERVING: 39.7G FIBER PER SERVING: 4.7G

Ingredients

- 2 pounds sweet potatoes
- 1/2 cup 100% orange juice
- 1/2 teaspoon ground sage
- 1/2 teaspoon dried thyme
- 1 package lean turkey tenderloin
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/2 (14-ounce) can whole berry cranberry sauce

Directions

1. Coat the bowl of a large slow cooker (like 4-quart, 5-quart, or bigger) with cooking spray.
2. Wash the sweet potatoes. Chop each sweet potato into a 1-inch medium dice. Add potatoes into the slow cooker bowl, along with orange juice, sage, and thyme. Stir to combine ingredients together.
3. Place the 2 turkey tenderloins over the potato mixture. Season turkey with salt and pepper; add cranberry sauce over the turkey, using a spatula to spread it over the turkey.
4. Cover slow cooker with lid and cook until both the potatoes and turkey are fully-cooked, about 4 to 5 hours on high temperature or 8 to 10 hours on low temperature.
5. Transfer the turkey to a cutting board to slice. Use a slotted spoon to remove the diced sweet potato and serve; or use a potato masher to smash the sweet potato with remaining liquid in slow cooker for a sweet potato mash. Serve.

TURKEY AND BEAN TOSTADAS WITH AVOCADO-TOMATO SALSA



SERVINGS: 5 CALORIES PER SERVING: 260 PROTEIN PER SERVING: 19G FIBER PER SERVING: 8G

Ingredients

Salsa

- 2 cups chopped tomatoes (about 2 medium tomatoes)
- 1 medium avocado, diced
- 1 large ear of corn, husks and silk discarded, and kernels removed from the cob (or 1 cup frozen whole-kernel corn, thawed and drained)
- 1 to 2 medium fresh jalapeños, seeds and ribs discarded, finely chopped
- 2 tablespoons finely chopped red onion
- 2 tablespoons fresh lime juice

Tostada

- Cooking spray
- 5 6-inch corn tortillas
- 8 ounces ground skinless turkey breast
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 15.5-ounce can, no salt added black beans, rinsed and drained
- 2 tablespoons water

Directions

1. In a small bowl, stir together all the salsa ingredients. Set aside.
2. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Place the tortillas on the baking sheet. Lightly spray the tortillas with cooking spray. Using a fork, pierce the tortillas a few times to prevent them from filling with air. Bake for 5 to 6 minutes on each side, or until golden brown.
4. Meanwhile, in a medium nonstick saucepan, cook the turkey, chili powder, cumin, and coriander over medium-high heat for 5 to 6 minutes, or until the turkey is no longer pink, stirring occasionally to turn and break up the turkey.
5. Add the beans and water. Cook for 5 minutes, or until the beans are heated through. Using a potato masher. Coarsely mash the beans. Remove from the heat.
6. To assemble the tostadas, spread the turkey mixture over each tortilla. Spoon the salsa over all.

APPLE PEAR CRISP



SERVINGS: 4

CALORIES PER SERVING: 156

PROTEIN PER SERVING: 2G

FIBER PER SERVING: 4G

Ingredients

Topping

- 1/4 cup uncooked rolled oats
- 1/4 cup all-purpose flour
- 2 tablespoons trans-fat-free tub margarine, chilled in freezer for 15 minutes
- 1 tablespoon unsweetened apple sauce
- 1/2 teaspoon ground cinnamon
- 1 tablespoon stevia sugar blend

Crisp

- 1 large pear (Anjou or Bartlett), peeled and diced
- 1 teaspoon cornstarch
- 1/2 teaspoon stevia sweetener (or 1 stevia sweetener packet)
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cardamom - optional
- 1 large apple (Granny Smith, Fuji, or Gala), peeled and diced

Directions

1. Preheat the oven to 375°F.
2. In a medium bowl, stir together the crisp ingredients. Spoon 1/2 cup of the apple-pear mixture into four 6-ounce ovenproof glass custard cups or porcelain ramekins.
3. In a small bowl, stir together the topping ingredients until well blended. Sprinkle the topping over the fruit mixture in each custard cup.
4. Bake for 20 to 25 minutes, or until the fruit mixture is bubbly and the topping is golden brown.

BROILED-GLAZED PEACHES STUFFED WITH BLUEBERRY COMPOTE AND CREAM CHEESE



SERVINGS: 4 CALORIES PER SERVING: 126 PROTEIN PER SERVING: 3G FIBER PER SERVING: 4G

Ingredients

- 1 pint blueberries, divided
- 1 tablespoon cornstarch
- 2 tablespoons fat-free cream cheese
- 5 teaspoons lemon juice, divided
- 1 tablespoon nuts like pistachios, walnuts, or almonds, finely chopped
- 4 firm but ripe peaches (around 1 pound), halved and pitted
- 1/2 cup granulated sugar substitute, divided
- 1 cup non-fat vanilla frozen yogurt - optional

Directions

1. Preheat the broiler on high.
2. Add half the blueberries to a small nonstick pan. Warm over medium-high heat, stirring occasionally, until blueberries begin to burst, about 4 to 5 minutes. Lower the heat to medium; add in remaining blueberries, 1/4 cup sugar substitute, cream cheese, and 2 teaspoons lemon juice. Stir constantly until cream cheese melts, about 2 to 3 minutes. Remove from heat and reserve until needed.
3. Meanwhile, coat a large baking dish with cooking spray. Halve each peach; remove and discard the pits. Using a teaspoon or a melon baller, remove 1 teaspoon of peach flesh from the middle of each peach so each peach can hold more filling. Place each peach half cut-side-up in the baking dish.
4. Make the glaze: In a small bowl, add 1/4 cup sugar substitute, and 1 tablespoon cornstarch; stir in enough teaspoons of lemon juice to create a glaze consistency, about 2 to 3 teaspoons. Use a spoon to spread the glaze on the top of each peach half.
5. Broil peaches about 3 to 4 inches from heat until peaches are almost tender, about 5 minutes.
6. Remove dish from the broiler. Divide blueberry mixture between each peach, filling each peach cavity. Place in broiler for another 5 minutes.
7. Remove from boiler again. Top with nuts, using your fingers to press nuts into blueberry compote, if needed. Use a spatula to transfer 2 peach halves to each plate. Top each one with 2 tablespoons frozen yogurt, if desired. Serve.

CANTALOUPE-LIME SORBET

SERVINGS: 4

CALORIES PER SERVING: 65

PROTEIN PER SERVING: 1G

FIBER PER SERVING: 4G

Ingredients

- 3 cups cantaloupe, 1-inch chunks
- 1 small banana, sliced
- 1 teaspoon lime zest, grated
- 2 tablespoons fresh lime juice
- 1 teaspoon stevia sweetener (or 2 stevia sweetener packets)
- 1 squeeze lemon lime-flavored stevia water enhancer
- 4 sprigs fresh mint
- 4 slices fresh lime

Directions

1. In a food processor or blender, process the cantaloupe, banana, lime zest, and lime juice for 1 to 2 minutes, or until the mixture is smooth, scraping the sides as needed. Add the stevia sweetener and stevia water enhancer. Process for 15 to 20 seconds, or until the mixture is smooth.
2. Pour the mixture into an electric ice cream maker. Freeze according to the manufacturer's directions. Or, place the mixture in a 1-quart bowl. Freeze, covered, for 4 to 6 hours, or until frozen, stirring every hour. Garnish with the mint and lime slices.

CHOCOLATE AVOCADO-CHIA PUDDING



SERVINGS: 6

SERVING SIZE: 1/2 CUP

CALORIES PER SERVING: 129

PROTEIN PER SERVING: 3G

FIBER PER SERVING: 5G

Ingredients

- 2 medium very ripe avocados, peeled and pitted
- 1/2 cup unsweetened almond milk
- 1/4 cup unsweetened Dutch-process cocoa powder
- 1/4 cup fat-free, plain Greek yogurt
- 3 Medjool dates (pitted)
- 1 teaspoon vanilla extract
- 2 tablespoons chia seeds
- 1/4 cup plus 2 tablespoons unsalted, chopped almonds or walnuts (optional)

Directions

1. In a food processor or blender, process all the ingredients except the almonds until smooth.
2. Transfer the pudding to serving dishes. Cover and refrigerate for at least 1 hour to allow the chia seeds to thicken.
3. Just before serving, sprinkle with the almonds if desired.

FROZEN YOGURT BARK



SERVINGS: 8

CALORIES PER SERVING: 129

PROTEIN PER SERVING: 5G

FIBER PER SERVING: 7G

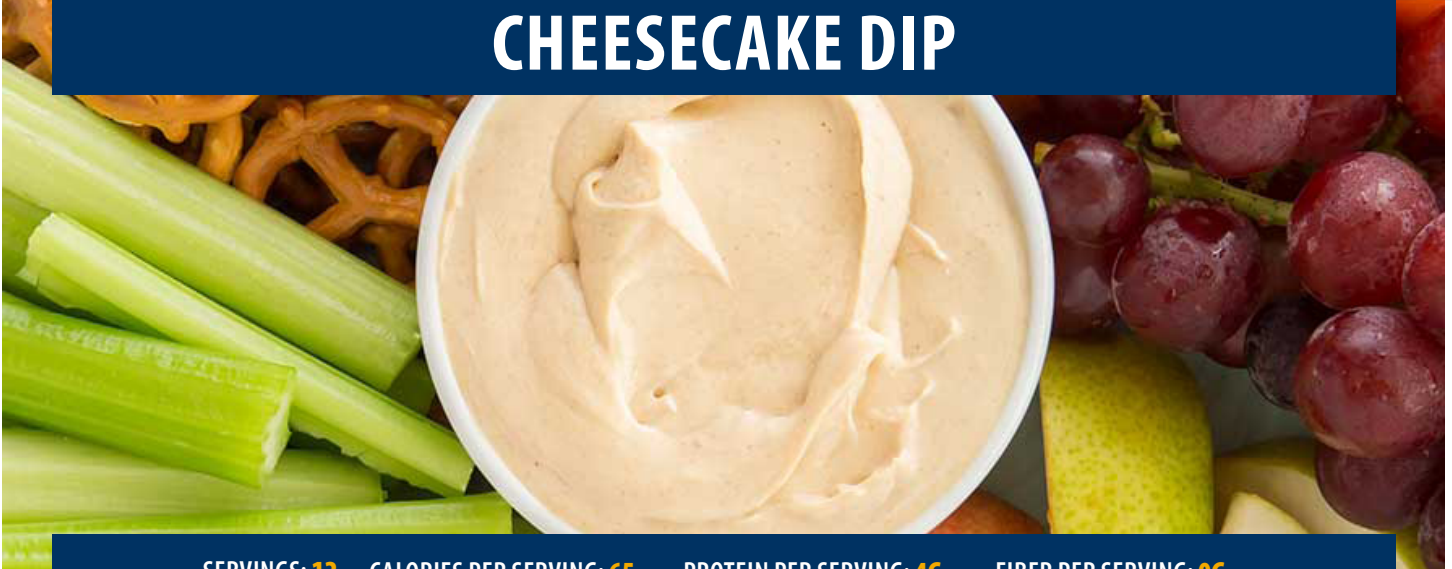
Ingredients

- 1 1/2 cups low-fat plain Greek yogurt
- 2 tablespoons honey or pure maple syrup
- 2 tablespoons chopped unsalted almonds
- 1/2 cup finely chopped mango
- 1/2 cup blueberries
- 1/4 cup blackberries or raspberries, chopped if large

Directions

1. In a medium bowl, whisk together the yogurt and honey until combined.
2. Line a 13 x 9 x 2-inch baking dish with parchment paper. Using a spatula or knife, spread the yogurt mixture over the paper as thinly as possible.
3. Sprinkle the almonds over the yogurt mixture. Using your fingertips, gently press the almonds into the yogurt mixture.
4. Sprinkle the mango, blueberries, and raspberries over all. Using your fingertips, gently press the fruit into the yogurt mixture.
5. Cover the dish with plastic wrap or aluminum foil. Freeze overnight.
6. At serving time, remove the baking dish from the freezer. Gently lift the parchment paper from the dish and transfer to a cutting board. Using your hands, break the bark into pieces (or you may need to hit it lightly on the surface of the cutting board). It's best to eat the bark immediately. It begins to melt 15 minutes after being removed from the freezer.

PEANUT BUTTER CHOCOLATE CHEESECAKE DIP



SERVINGS: **12** CALORIES PER SERVING: **65** PROTEIN PER SERVING: **4G** FIBER PER SERVING: **0G**

Ingredients

- 4 ounces fat-free cream cheese, softened
- 4 ounces low-fat cream cheese, softened
- 1/4 cup low-sodium peanut butter
- Chocolate-flavored liquid stevia sweetener to taste

Directions

1. In a small bowl, stir together both cream cheeses and the peanut butter until smooth. Add the liquid stevia sweetener. Stir together until well blended.
2. Serve with celery sticks, baby carrots, apple and pear slices, and no-salt-added pretzels.

PINEAPPLE UPSIDE-DOWN CAKE



SERVINGS: 8

CALORIES PER SERVING: 188

PROTEIN PER SERVING: 4G

FIBER PER SERVING: 2G

Ingredients

- 1 (20-ounce) can pineapple slices in juice, drained
- 1/4 cup low-calorie brown sugar blend
- 3/4 cup granulated, no-calorie sweetener, divided
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- Pinch of salt
- 1 medium, ripe banana, peeled and chopped
- 1 tablespoon coconut oil
- 1 tablespoon water
- 2 large eggs
- 1/2 cup 1 percent buttermilk
- 1 teaspoon vanilla extract

Directions

1. Preheat the oven to 350°F.
2. Make the pineapple glaze: Drain pineapple juice from the canned pineapple slices (about 1 cup) into a medium heavy-duty pot. (Reserve pineapple slices.) Add low-calorie brown sugar blend and 1/4 cup no-calorie granulated sweetener into the pot and bring to a boil over high heat. Let boil until bubbly and reduced by about one-fourth, around 8 to 10 minutes. (Make sure to keep an eye on it while boiling in case it reduces quickly.) Remove from heat; the amount of liquid should be around 3/4 cup.
3. Coat a 9-inch cake pan with cooking spray. Pour the pineapple glaze into the dish. Arrange as many pineapple rings as will fit over the glaze—about 7. Reserve the remaining pineapple rings.
4. Meanwhile, into a small bowl, add all the dry ingredients: 1/2 cup no-calorie, granulated sweetener, flour, baking powder, baking soda, cinnamon, and salt.
5. Into a large bowl, add the chopped banana. Use a fork to mash the banana. Add oil, water, eggs, buttermilk, and extract into the bowl with the banana, stirring together to combine. Stir in the dry ingredients until mixed together. Chop remaining pineapple rings and stir into the batter.
6. Pour batter over the pineapple rings. Bake in the oven until a toothpick inserted in the center of the cake comes out clean, about 50 minutes.
7. Remove cake from the oven and let cool 10 minutes. Run a butter knife along the edges of the cake pan to make sure the cake won't stick. Place a plate on top of the pan and use pot holders to flip cake over to invert. Serve warm or at room temperature.

SWEET AND FIERY ROASTED NUTS



SERVINGS: 4

CALORIES PER SERVING: 208

PROTEIN PER SERVING: 5G

FIBER PER SERVING: 3G

Ingredients

- 2 teaspoons olive oil
- 1/2 teaspoon stevia sweetener (or 1 stevia sweetener packet)
- 10 drops cinnamon-flavored liquid stevia sweetener
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne
- 1/3 cup walnut halves
- 1/3 cup pecan halves
- 1/3 cup almonds

Directions

1. Preheat the oven to 350°F.
2. In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne. Add the walnuts, pecans, and almonds, stirring to coat.
3. Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes, or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes. Serve warm or at room temperature.

WHOLE GRAIN FRUITED ENERGY BARS



SERVINGS: 10 CALORIES PER SERVING: 185 PROTEIN PER SERVING: 6G FIBER PER SERVING:

Ingredients

- 1 1/2 cups rolled oats
- 1/2 cup unsweetened dried cranberries
- 1/2 cup unsweetened coconut (toasted, if desired)
- 1/2 cup chopped almonds (toasted, if desired)
- 3/4 cup honey
- 1/2 cup peanut butter

TIP: *This recipe is simple to modify based on your tastes and what you have on hand. Substitute different nut butters, dried fruit, and/or nuts, or dark chocolate pieces for a “sometimes” treat!*

Directions

1. Spray 8x8 inch baking pan with non-stick spray (or line with parchment paper)
2. Place all dry ingredients in a large bowl and stir together (if toasting the coconut and almonds, do this while the nuts and coconut are in the oven).
3. In a microwave-safe bowl, stir together the honey and peanut butter. Heat in the microwave for 30 seconds or until honey melts for easier mixing with dry ingredients. Stir into dry ingredients.
4. Transfer mixture into prepared 8x8 pan. Using hands or spatula, press down and smooth until even.
5. Refrigerate till firm (about 2-3 hours). Cut into 10 squares. Bars will keep up to one week stored in the refrigerator.

BERRY BANANA BLISS SMOOTHIE



SERVINGS: 1 CALORIES PER SERVING: 335 PROTEIN PER SERVING: 15.5G FIBER PER SERVING: 11.3G

Ingredients

- 1 cup mixed berries (blueberries, strawberries, raspberries)
- 1 ripe banana
- 1/2 cup plain Greek yogurt
- 1/2 almond milk (or milk of choice)
- 1 tablespoon chia seeds
- 1 tablespoon honey (optional for sweetness)
- Ice cubes (optional)

TIP: *Customize this recipe by adding other heart-healthy ingredients like spinach, kale, or flaxseeds!*

Directions

1. Wash the berries and peel the banana.
2. In a blender, combine the mixed berries, banana, Greek yogurt, almond milk, chia seeds and honey.
3. Blend until you achieve a smooth and creamy consistency. If too thick, add more almond milk (or milk of choice) - if too thin, add ice cubes.
4. Pour into glass and enjoy!

BERRY CITRUS SPLASH MOCKTAIL



SERVINGS: 2

CALORIES PER SERVING: 80

PROTEIN PER SERVING: 0.8G

FIBER PER SERVING: 2.3G

Ingredients

- 1 cup fresh orange juice
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- Sparkling water
- Ice cubes
- Fresh mint leaves for garnish
- 1 tablespoon honey or agave syrup (optional for sweetness)

Directions

1. Squeeze fresh orange juice and wash the berries.
2. In a blender, blend the blueberries and raspberries until smooth. You can strain the mixture if you prefer a smoother texture.
3. In a pitcher, combine the fresh orange juice and the blended berry mixture. Add honey or agave syrup if desired and stir well.
4. Fill glasses with ice cubes.
5. Pour the mixed citrus and berry juices over the ice in each glass, leaving room for sparkling water.
6. Add sparkling water to each glass to your preferred level, stirring gently to combine.
7. Garnish each glass with fresh mint leaves.

GINGER CUCUMBER MINT FIZZ



SERVINGS: **2** CALORIES PER SERVING: **52** PROTEIN PER SERVING: **2.1G** FIBER PER SERVING: **3.8G**

Ingredients

- 1 cucumber, thinly sliced
- Handful of fresh mint leaves
- Juice of 1 lime
- 1 cup ice
- 1 cup ginger ale*

TIP: *Consider using OliPop Ginger Ale, a healthy soda alternative with a good source of fiber!

Directions

1. In a glass, muddle together cucumber slices and fresh mint leaves.
2. Add ice to the glass.
3. Squeeze the juice of the lime into the glass.
4. Top with ginger ale.*
5. Stir gently and garnish with a mint sprig.

SUMMER MELON FREEZE



SERVINGS: 6

CALORIES PER SERVING: 72

PROTEIN PER SERVING: 2.1G

FIBER PER SERVING: 2.5G

Ingredients

- 2 cups watermelon flesh, seeds and rind removed
- 2 cups honeydew flesh, rind removed
- 2 cups coconut water
- 1/3 cup mint leaves
- 1 1/2 tablespoons freshly squeezed lime juice
- 6 oz of cucumber, peeled
- 2 cups ice cubes

Directions

1. Cut watermelon and honeydew flesh into 1-inch cubes. Freeze for at least 3 hours.
2. Cut cucumber flesh into 1-inch cubes and set aside.
3. Add frozen watermelon and honeydew, coconut water, mint, lime juice, and cucumber to a blender.
4. Add ice cubes to the blender. Blend until ingredients are smoothly mixed.
5. Divide mixture among glasses and garnish with a sprig of mint leaves.