
Easy and healthy

Recipes for delicious meals and snacks



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Fresh Zucchini Guacamole

Makes 10 servings

Ingredients

- 3 medium zucchini
- 1 medium ripe avocado (slightly soft to the touch)
- 1 teaspoon garlic, minced (or 1/2 teaspoon garlic powder)
- 1 medium lemon, juiced (or 2 tablespoons lemon juice)
- 1 teaspoon salt (or to taste)

Optional seasonings:

- 1/4 teaspoon cumin
- 2 packets stevia (or pinch of stevia or sweetener of choice to taste)
- 1 large Roma tomato, finely diced*
- 1/2 medium red onion, finely diced*
- 1/4 cup cilantro, finely chopped*



*May substitute 1 cup store-bought fresh pico de gallo for the tomato, onion and cilantro.

Instructions

In a food processor or high-speed blender, blend together the avocado, zucchini, garlic, lemon juice and seasonings until just smooth (or until it reaches the texture you desire). Scoop into a bowl and stir in tomatoes, onion and cilantro (or simply stir in the pico de gallo). Garnish with additional cilantro and serve with freshly made tortilla chips (or store-bought baked chips) or homemade baked pita chips.

Nutrition Facts

Serving Size: 1/2 cup; Calories 30; Total Fat 1g; Total Carbohydrates 4g; Dietary Fiber 2g; Sugar 1g; Protein 1g

Recipe courtesy of www.dashingdish.com



Skinny Layered Pizza Dip

Makes 12 servings

Ingredients

Layer 1:

1 (8 oz.) pkg fat-free cream cheese, softened*
 1/4 cup low-fat plain Greek yogurt
 1/4 cup low-fat cottage cheese
 (or additional 1/4 cup Greek yogurt)
 1/2 teaspoon garlic powder
 1/2 teaspoon Italian seasoning
 2 tablespoons grated Parmesan cheese

Layer 2:

1 cup pizza sauce
 3/4 cup mozzarella cheese
 1/4 cup green bell pepper, finely chopped
 (or mushrooms or pizza topping of choice)
 1/8 cup mini turkey pepperonis (or regular
 size turkey pepperoni, cut into quarters)

Optional toppings:

1/2 teaspoon Italian seasoning
 1/4 cup chopped olives

**Or 1 cup low-fat cottage cheese, pureed in a blender or food processor until smooth. If using cottage cheese instead, leave out Parmesan cheese, as it would be too salty!*

Instructions

1. Preheat oven to 350 degrees. Spray a 9-inch pie plate (or a 9x13 in. baking pan) with cooking spray.
2. In a medium bowl, mix together the ingredients for the first layer. Spread first layer in the prepared dish.
3. On top of the first layer, follow by spreading each ingredient in second layer (in order) over cream cheese layer. Start with pizza sauce, followed by mozzarella, green pepper, pepperonis and end with Italian seasoning and olives (if desired).
4. Bake for 25-30 minutes, or until cheese is melted and bubbly.

Nutrition Facts

Serving Size: 1/4 cup; Calories 63; Total Fat 2g; Total Carbohydrates 4g; Dietary Fiber 0.5g; Sugar 1.5g; Protein 7g

Recipe courtesy of www.dashingdish.com



Old-Fashioned Chicken Noodle Soup

Makes 4 servings

Ingredients

8 cups chicken stock or fat-free, lower-sodium chicken broth
 2 (4-ounce) skinless, bone-in chicken thighs
 1 (12-ounce) skinless, bone-in chicken breast half
 2 cups diagonally sliced carrots
 2 cups diagonally sliced celery
 1 cup chopped onion
 6 ounces uncooked medium egg noodles
 ½ teaspoon kosher salt
 ½ teaspoon black pepper
 Celery leaves (optional)



Instructions

1. Combine the first 3 ingredients in a Dutch oven over medium-high heat; bring to a boil. Reduce heat; simmer 20 minutes. Remove chicken from pan; let stand for 10 minutes. Remove chicken from bones; shred meat into bite-sized pieces. Discard bones.
2. Add carrots, celery and onion to pan; cover and simmer for 10 minutes. Add noodles, and simmer 6 minutes. Add chicken, salt and black pepper; cook for 2 minutes or until noodles are done. Garnish with celery leaves, if desired.

Nutrition Facts

Serving size: about 1 ½ cups; Total time: 1 hour, 1 minute; Calories 423; Fat 7.7g; Saturated fat 2.2g; Mono fat 1.6g; Poly fat 1.4g; Protein 44.4g; Carbohydrate 42.2g; Fiber 4.8g; Cholesterol 171mg; Iron 3.3mg; Sodium 474mg; Calcium 98mg

Recipe courtesy of www.myrecipes.com



Pumpkin Curry Soup

Makes 4 servings

Ingredients

- 2 tablespoons margarine
- 1 cup onion, chopped
- 2 cloves garlic, crushed
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 cups vegetable broth
- 1 (15 ounce) can pumpkin
- 1 1/2 cups whole milk



Instructions

Melt margarine and cook onion and garlic. Stir in the curry, salt and pepper and cook for 1 minute. Add the broth and pumpkin, bring to a simmer and cook uncovered for 20 minutes. Stir in milk just before serving.

Nutrition Facts

Serving Size: 8oz; Calories 256.4; Total Fat 14.1g; Saturated Fat 5.9g; Cholesterol 27.4mg; Sodium 1020.8mg; Total Carbohydrates 22.1g;

Recipe adapted from Southern Food Service



Sweet Potato Bean Soup

Makes 8 servings

Ingredients

2 cartons (32 oz.) low-sodium chicken broth
 1 lb. sweet potatoes, peeled, cut into 1/2-inch pieces
 1 medium onion, chopped
 3 stalks celery, sliced 1/4-inch thick
 1 can (6 oz.) tomato paste
 1/2 tsp. paprika
 1/4 tsp. ground cumin
 Salt and freshly ground black pepper
 2 cans (15.5 oz.) cannellini (white kidney beans), drained
 1 can (15.5 oz.) chickpeas, drained and rinsed
 1/3 cup fresh basil or parsley, coarsely chopped



Instructions

In large pot over high heat, pour in broth and add sweet potatoes, onion, celery, tomato paste, paprika and cumin, and bring to a boil. Add salt and pepper to taste. Reduce heat, and simmer until vegetables are tender, about 20-25 minutes. Stir in beans and chickpeas. Cover, and simmer until beans are heated through, about 3-4 minutes. Gently stir soup until well mixed, and ladle into soup bowls. Garnish with basil or parsley and serve. For creamy soup, purée a portion of the soup, return to the pot, and combine well before serving.

Nutrition Facts

One serving: Calories 250; Total Fat 3.5g; Saturated Fat < 1g; Protein 15g;
 Total Carbohydrate 42g; Fiber 10g; Sodium 480mg

Recipe courtesy of American Institute for Cancer Research



Baked Hot Wings with Cilantro Lime Dip

Makes 4 servings

Ingredients

2 pounds whole chicken wings
 ½ cup reduced-sugar apricot preserves
 1 tablespoon minced garlic, reserve ½ teaspoon
 1 tablespoon reduced-sodium soy sauce
 1 teaspoon Thai-style chili garlic sauce
 2 tablespoons lime juice, divided
 ½ teaspoon ground black pepper, divided
 1 cup nonfat, plain Greek yogurt
 ¼ cup chopped fresh cilantro



Instructions

Preheat oven to 375 degrees.

Coat a baking sheet with cooking spray. Remove skin from wings. (While it's hard to get the skin off the wings, it's worth it to reduce fat.) Lay chicken wings in a single layer on the baking sheet and spray again with cooking spray.

Bake for 10 minutes. While the chicken is baking, whisk apricot preserves, 2½ teaspoons of garlic, soy sauce, chili garlic sauce, lime juice and ¼ teaspoon ground black pepper together and set aside.

After the wings have been in the oven for 10 minutes, coat them generously with the apricot preserve mixture. Return to the oven for another 15 minutes or until wings are cooked through and glaze is caramelized.

In a small bowl, whisk together Greek yogurt, 1 tablespoon lime juice, cilantro and ¼ teaspoon ground black pepper. Serve dipping sauce with hot wings.

Nutrition Facts

Serving Size: 3 whole wings or 6 wings and drumettes, ¼ cup dip; Calories 220;
 Total Fat 5.0g; Saturated Fat 1.4g; Cholesterol 55mg; Sodium 245mg;
 Total Carbohydrates 17.0g; Dietary Fiber 0.0g; Protein 25.0g

Recipe adapted from www.diabetes.org



Chicken with 40 Cloves of Garlic

Makes 8 servings

Ingredients

2 (3-pound) whole chickens
 1 tablespoon butter
 1 tablespoon extra-virgin olive oil
 ½ teaspoon salt
 ¼ teaspoon freshly ground black pepper
 40 garlic cloves, peeled
 1 ¼ cups fat-free, less-sodium chicken broth
 1 cup dry white wine
 24 (¼-inch-thick) slices diagonally cut
 French bread baguette
 Chopped fresh flat-leaf parsley (optional)



Instructions

Remove and discard giblets and neck from chickens. Rinse chickens with cold water; pat dry. Trim excess fat; remove skin. Cut each chicken into 8 pieces. Combine butter and oil in a 12-inch nonstick skillet over medium-high heat. Sprinkle salt and pepper evenly over chicken. Add half of chicken pieces to pan; cook 2 minutes on each side or until golden. Remove chicken from pan; keep warm. Repeat procedure with remaining chicken.

Reduce heat to medium. Add garlic; cook 1 minute or until garlic begins to brown, stirring frequently. Arrange chicken on top of garlic. Add broth and wine; cover and cook 25 minutes or until chicken is done.

Remove chicken from pan; keep warm. Increase heat to medium-high; cook 10 minutes or until liquid is reduced to about 1 cup. Serve sauce and garlic with chicken and bread. Garnish with chopped parsley, if desired.

Nutrition Facts

Calories 343; Calories from fat 36%; Fat 13.7g; Sat fat 3.6g; Mono fat 4.9g; Poly fat 3.4g; Protein 29.6g; Carbohydrate 24.2g; Fiber 2g; Cholesterol 111mg; Iron 2.3mg; Sodium 468mg; Calcium 58mg

Recipe courtesy of www.myrecipes.com



Ginger-Coconut Chicken

Ingredients

- 1 tablespoon yellow split peas
- 1 teaspoon coriander seeds
- 1-2 dried red chiles, such as Thai, cayenne or chiles de arbol
- ¼ cup “lite” coconut milk
- 2 tablespoons minced fresh ginger
- 4 medium cloves garlic, minced
- 2 tablespoons finely chopped fresh cilantro
- ½ teaspoon salt, or to taste
- 4 boneless, skinless chicken breast halves,
(1-1 ¼ pounds total), trimmed



Instructions

Toast split peas, coriander seeds and chiles in a small skillet over medium heat, shaking the pan occasionally, until the split peas turn reddish-brown, the coriander becomes fragrant and the chiles blacken slightly, 2 to 3 minutes. Transfer to a plate to cool for 3 to 5 minutes. Grind in a spice grinder or mortar and pestle until the mixture is the texture of finely ground pepper.

Combine coconut milk, ginger, garlic, cilantro, salt and the spice blend in a shallow glass dish. Add chicken and turn to coat. Cover and refrigerate for at least 30 minutes or overnight.

Preheat broiler. Coat a broiler-pan rack with cooking spray. Place the chicken (including marinade) on the rack over the broiler pan. Broil chicken 3 to 5 inches from the heat source until it is no longer pink in the center and the juices run clear, 4 to 6 minutes per side.

Nutrition Facts

Calories 152; Total Fat 3g; Saturated Fat 1.0g; Cholesterol 66mg; Sodium 371mg;
Total Carbohydrates 0g; Dietary Fiber 1.0g; Protein 27.0g

Recipe adapted from Southern Food Service



Grilled Chicken With Grilled Pineapple and Vegetable Salsa

Makes 4 servings

Ingredients

Salsa

- ½ whole cored pineapple
- ½ medium red bell pepper
- ½ medium green bell pepper
- ½ medium yellow onion
- 2 medium jalapenos (optional)
- 10-12 grape tomatoes
- 3 tablespoons chopped fresh cilantro
- 1 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon salt

Chicken

- 4 4-ounce chicken breasts



Instructions

Grill or roast vegetables until grill marks are apparent. Set aside and let cool. When cool, dice all vegetables and put in bowl. Add remaining ingredients, set aside.

Season chicken with salt and pepper and grill until done (internal temperature of 160 degrees). Serve on plate with ¼ cup of salsa and accompanying sides.

Nutrition Facts

Serving Size: 4-oz chicken breast, ¼ cup salsa; Calories 165; Total Fat 4.5g; Saturated Fat 1.0g; Cholesterol 60mg; Sodium 372mg; Total Carbohydrates 3.0g; Dietary Fiber 1.0g; Protein 24.0g

Recipe adapted from Southern Food Service



Grilled Salmon Filet

Makes 1 serving

Ingredients

1 5-ounce salmon filet
¼ teaspoon olive oil
Teriyaki sauce



Instructions

Brush salmon with olive oil and place on preheated grill. Cook 2 to 3 minutes per side. Turn once. Fish is done when it is firm, flakes easily and has reached an internal temperature of 140-145 degrees. Do not overcook. When done, remove from grill and brush with teriyaki sauce. Serve immediately.

Nutrition Facts

Serving Size: 5 oz; Calories 300; Calories from Fat 180; Total Fat 20g; Saturated Fat 4.5g; Trans Fat 0g; Cholesterol 75mg; Sodium 85mg; Total Carbohydrates 0g; Dietary Fiber 0g; Sugars 0g; Protein 29g; Vitamin A 2% RDA; Vitamin C 13% RDA; Calcium 2% RDA; Iron 1% RDA

Recipe adapted from Southern Food Service



Grilled Salmon with Apricots/Berries over Arugula

Makes 4 servings

Ingredients

4 4-ounce salmon filets
 8 apricot halves
 2 cups fresh arugula
 ¼ cup toasted walnut pieces
 8 fresh basil leaves
 1 teaspoon olive oil or spray
 2 teaspoons maple syrup
 ½ cup fresh raspberries



Dressing

¼ cup white balsamic vinegar
 1 teaspoon maple syrup
 ¼ cup extra-virgin olive oil
 ¼ teaspoon ground, coarse black pepper
 ½ teaspoon sea salt

Instructions

Dressing: Mix all ingredients in bowl and whisk together, set aside.

Salmon and Salad: Lightly brush both sides of salmon with olive oil or spray, place salmon top side down on grill or baking dish. Cook for 3 minutes, turn and cook for another 3 minutes. Lightly brush apricots with olive oil and maple syrup, cook in pan over medium heat cut side down or until golden brown. In a bowl, toss arugula with white balsamic dressing until glossy. Top each bed of arugula with two apricot halves, berries, basil leaves and walnuts, then place salmon filet on top.

Nutrition Facts

Serving Size: 4oz; Calories 600; Calories from Fat 308; Total Fat 34g; Saturated Fat 6g; Trans Fat 0g; Cholesterol 62mg; Sodium 374mg; Total Carbohydrates 48g; Dietary Fiber 10g; Sugars e7g; Protein 30g; Monosaturated Fat (Heart-Healthy Fat) 15g

Recipe adapted from Southern Food Service



Lemon Chicken with Artichoke Hearts

Makes 3 to 4 servings

Ingredients

2 tablespoons olive oil
 ½ medium yellow onion, finely chopped
 3 medium garlic cloves, thinly sliced
 1 ½ pounds boneless skinless chicken meat, large dice
 1 ½ cups quartered artichoke hearts
 (canned or jarred – not frozen)
 ⅔ cup dry white wine
 ⅓ cup water
 1 teaspoon freshly squeezed lemon juice
 ½ cup lightly packed thinly sliced basil leaves
 1 teaspoon lemon zest
 Salt and pepper, to taste



Instructions

Heat oil in a large frying pan over medium-high heat. When it shimmers, add onion and garlic, season with salt and freshly ground black pepper, and cook until golden, about 4 minutes. Add chicken and cook, stirring rarely, until well-browned on all sides, about 5 minutes. Add artichoke hearts and cook until slightly broken down, about 3 minutes. Add wine, water, and juice and scrape the bottom of the pan to incorporate any browned bits. Cook until alcohol smell is cooked off and sauce is slightly reduced, about 5 minutes. Remove from heat, stir in basil and lemon zest, and serve.

Nutrition Facts

Serving Size: 1; Calories 423; Total Fat 12g; Saturated Fat 2g; Protein 56g;
 Total Carbohydrates 11g; Sugar 1g; Fiber 1g; Cholesterol 132mg; Sodium 402mg

Recipe courtesy of Aida Mollenkamp



Lemony Honey-Glazed Roasted Chicken

Makes 6 servings

Ingredients

1 1/2 cups fresh lemon juice
1 (3 1/2 - 4 lbs.) whole roasting chicken
1 tbsp. dried Italian herbs (or 1/2 tbsp. dried oregano
and 1/2 tbsp. dried basil)
Salt and freshly ground pepper to taste
4-5 sprigs fresh thyme
1/3 cup honey



Instructions

Pour lemon juice into a large bowl. Place chicken in juice. Cover with plastic wrap and refrigerate at least one hour. Turn chicken over and let marinate an additional hour. Preheat oven to 450 degrees. Remove chicken from marinade. Sprinkle on Italian herbs. Add salt and pepper to taste. Place thyme sprigs in cavity of chicken. Place chicken, breast side up, on a rack in roasting pan. Roast uncovered for 15 minutes. Reduce heat to 375 degrees, and roast for an additional 30 minutes. Heat honey, and with pastry brush, thoroughly coat chicken all over. Lower heat to 350 degrees. Continue to cook until well browned, about 45 minutes, occasionally basting chicken with the natural juices and re-coating it with honey. Use a meat thermometer to make sure chicken is fully cooked, 170 degrees internal temperature. If desired, use gravy separator to remove fat from pan juices and ladle juice over brown rice.

Nutrition Facts

One serving 4 oz: Calories 225; Total Fat 7g; Saturated Fat 2g; Protein 25g;
Total Carbohydrates 16g; Sodium 76mg

Recipe courtesy of American Institute for Cancer Research



New Orleans-Style BBQ Shrimp

Makes 3 to 4 servings

Ingredients

½ cup extra-virgin olive oil
 8 tablespoons unsalted butter
 12 cloves garlic, peeled and smashed (about 1 head)
 2 bay leaves
 4 sprigs thyme
 1 pound large shrimp, shell on and deveined
 1 teaspoon Worcestershire sauce
 1 tablespoon kosher salt
 1 tablespoon sweet paprika
 ½ to ¾ teaspoon cayenne pepper
 2 tablespoons dry sherry
 3 lemons, cut into wedges
 Crusty bread, optional



Instructions

Preheat oven to 350 degrees. Heat olive oil, butter, garlic, bay leaves and thyme in a large ovenproof skillet over medium heat until butter melts and garlic and herbs are fragrant, about 5 minutes. Toss shrimp, Worcestershire sauce, salt, paprika, and cayenne in a bowl. Add to skillet along with sherry and transfer to oven. Bake until shrimp curl and are pink, about 10 minutes. Transfer to a serving dish and serve with lemon wedges and bread.

Nutrition Facts

One serving: Calories 330; Total Fat 27g; Saturated Fat 10g; Protein 13g;
 Total Carbohydrates 9g; Sugar 1g; Fiber 1g; Cholesterol 115mg; Sodium 860mg

Recipe courtesy of Food Network Kitchens



Stuffed Pork Tenderloin

Makes 6 servings

Ingredients

5 tablespoons extra-virgin olive oil, plus more for brushing
 4 slices uncooked bacon, chopped
 8 ounces cremini mushrooms, thinly sliced
 Kosher salt and freshly ground pepper
 1 clove garlic, finely chopped
 1 tablespoon breadcrumbs
 ½ cup chopped fresh parsley
 2 pork tenderloins (2 to 2 ½ pounds total), trimmed
 ½ teaspoon grated lemon zest



Instructions

Heat 2 tablespoons olive oil in a large skillet over medium heat. Add the bacon and cook until crisp, about 8 minutes. Add the mushrooms, ½ teaspoon salt and pepper to taste; cook until the mushrooms are soft, about 4 minutes. Add the garlic and cook 1 minute. Remove from heat and stir in the breadcrumbs and all but 2 tablespoons parsley. Let cool.

Soak 10 to 12 toothpicks in water to prevent them from burning. Rinse the pork and pat dry. Butterfly the pork: Make a 1-inch-deep incision down the length of each tenderloin; do not cut all the way through. Open the meat like a book, so the tenderloins lie flat.

Cover the pork with plastic wrap; pound with the flat side of a meat mallet until about ½ inch thick, starting from the middle and working outward. Spread the mushroom mixture over the 2 tenderloins. Starting with a long side, tightly roll up each tenderloin. Secure the seams with the toothpicks.

Preheat a grill to medium high; brush the grates with olive oil. Brush the pork rolls with olive oil and season with salt and pepper. Grill, turning, until a meat thermometer inserted into the center of the pork registers 140 degrees, 25 to 30 minutes. Transfer to a cutting board to rest, about 10 minutes.

Mix the remaining 3 tablespoons olive oil and 2 tablespoons parsley, the lemon zest and salt and pepper to taste in a bowl. Remove the toothpicks and slice the pork rolls. Top with parsley oil.

Nutrition Facts

One serving: Calories 323; Total Fat 17g; Saturated Fat 3.5g; Protein 39g;
 Total Carbohydrates 3g; Sugar 1g; Fiber 1g; Cholesterol 116mg; Sodium 301mg

Recipe courtesy of Food Network Magazine



Thyme-Roasted Salmon With Crunchy Veggie Salsa

Makes 4 servings

Ingredients

Salsa

- ½ medium cucumber, peeled, seeded and diced
- ¼ cup quartered or chopped grape tomatoes
- ½ medium green bell pepper, diced
- ¼ cup finely diced radishes
- 2 tablespoons snipped fresh cilantro
- 2 tablespoons finely diced red onions
- 1 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon salt



Salmon

- 4 5-ounce filets
- 1 teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground black pepper

Instructions

In a medium bowl, gently stir together the salsa ingredients; chill. Rinse the fish and pat dry. Spray baking sheet with vegetable spray, sprinkle fish with seasoning mix. Bake at 375 degrees for 20 minutes or until the fish flakes easily. Serve on plate with ¼ cup of salsa and accompanying sides.

Nutrition Facts

Serving Size: 1 – 5-oz filet, ¼ cup salsa; Calories 156; Total Fat 5.0g; Saturated Fat 1.0g; Cholesterol 59.0mg; Sodium 372mg; Total Carbohydrates 3.0g; Dietary Fiber 1.0g; Protein 23.0g

Recipe adapted from Southern Food Service



Turkey Breast with Honey-Mustard Glaze

Makes 10 servings

Ingredients

1 4-6 pound turkey breast, fresh or thawed
 ½ teaspoon kosher salt
 ¼ teaspoon freshly ground black pepper
 ¼ cup honey
 2 tablespoons Dijon-style mustard



Instructions

Season interior and exterior of turkey breast with salt and pepper. In 13 x 9 inch roasting pan, place turkey breast on a V-shaped rack. Roast, uncovered, in a 325-degree preheated oven for 1 ½ to 2 ¼ hours or until meat thermometer registers 170 degrees in the deepest part of breast. Meanwhile, in a small bowl, combine honey and mustard. Brush glaze over breast during final 20 minutes of cooking. Remove from oven and allow turkey breast to stand for 10 minutes before carving.

Nutrition Facts

One serving: Calories 176; Total Fat 6g; Protein 25g; Total Carbohydrates 3g; Sodium 90mg.

Recipe courtesy of Diabetic Gourmet Magazine



Whole-Grain Veggie & Hummus Wrap

Makes 4 servings

Ingredients

- 2 cups spinach
- 1 cup of your favorite hummus
- 4 whole-grain tortillas
- 1 avocado, thinly sliced
- 1/2 cucumber, peeled and very thinly sliced
- 1 small red bell pepper, very thinly sliced



Instructions

Spread about 1/4 cup hummus on 1 tortilla, leaving about an inch from the edge. Arrange 1/4 each of spinach, sliced avocado, sliced cucumber and sliced bell pepper on top of hummus and tightly roll up tortilla. Repeat with remaining tortillas, hummus, spinach, avocado, cucumber and bell pepper.

Nutrition Facts

Serving Size: 1 wrap; Calories 269; Total Fat 15.0g; Saturated Fat 2.5g; Cholesterol 0mg; Sodium 424mg; Total Carbohydrates 29.2g; Dietary Fiber 10.0g; Protein 8.8g

Recipe adapted from www.wholefoodsmarket.com



Baked Brown Rice

Makes 6-8 servings

Ingredients

- 1 cup brown rice
- 4 cups water
- ¼ cup olive oil
- ¼ teaspoon ground cumin
- ½ teaspoon chili powder
- 4 chicken bouillon cubes or
4 teaspoons chicken granules



Instructions

You will need a large cast iron skillet or a large baking dish. Preheat oven to 325 degrees. Place water in a separate pot and boil. While oven and water are heating, place oil and rice in cast iron skillet and brown the rice. If you don't have a large cast iron skillet, brown the rice in any large frying pan. When rice is browned, add the other ingredients.

If you DO NOT have a large cast iron skillet, transfer brown, seasoned rice into a large baking dish.

Now, carefully pour boiling water into skillet or baking dish on top of the rice. Stir well. Place uncovered skillet or baking dish into oven and bake for about one hour, or until top is crispy and water is absorbed. Remove from oven and serve.

Nutrition Facts

Serving Size: ½ cup; Calories 80; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 470mg; Total Carbohydrates 18g; Dietary Fiber 3g; Protein 3g

Recipe adapted from Southern Food Service



Cauliflower (Mock Mashed Potatoes)

Makes 1 qt

Ingredients

- 1 large head cauliflower
- 1 tablespoon butter, coconut oil or margarine
- 1 tablespoon heavy whipping cream
- 2 cloves garlic, chopped
- Salt and pepper to taste



Instructions

In a large pot with tight-fitting lid, steam the cauliflower in 2 inches of water for 15 minutes. Gradually transfer cauliflower to food processor in small batches and puree. When all is pureed, add butter, heavy cream, garlic, salt and pepper. Continue processing until it reaches a smooth, creamy texture.

For extra flavor, add your favorite fresh herb.

Nutrition Facts

Serving Size: 4oz; Calories 59; Total Fat 3.0g; Saturated Fat 1.0g; Total Carbohydrates 8g; Protein 3.0g

Recipe adapted from Southern Food Service



Chopped Grilled Summer Salad

Makes 6 servings

Ingredients

One (10.5-ounce) container grape tomatoes
2 small zucchini, sliced longwise into ½-inch pieces
1 red bell pepper, ribs removed, sliced into quarters
1 yellow bell pepper, ribs removed, sliced into quarters
½ medium red onion, sliced
¼ cup olive oil, plus more for drizzling
Kosher salt and freshly ground black pepper
3 handfuls arugula
¼ cup roughly chopped fresh basil leaves
1 tablespoon balsamic vinegar



Instructions

Heat a grill or grill pan on medium-high heat. Add the tomatoes, zucchini, red and yellow bell peppers and onions to a large rimmed baking sheet and drizzle liberally with the olive oil. Sprinkle evenly with salt and pepper, tossing to coat all the veggies in the oil. Place in a grill basket and grill until tender and lightly charred, about 5 minutes per side. If using an indoor grill pan, you will need to grill in two batches to avoid overcrowding the pan and steaming the veggies. Remove the charred vegetables to a cutting board and rest until cool enough to handle. Chop into bite-size pieces. Add the chopped vegetables, arugula and basil to a large bowl. Drizzle with the balsamic vinegar and a small amount of olive oil, season with some salt and pepper, and toss it all together.

Nutrition Facts

One serving: Calories 113; Total Fat 9g; Saturated Fat 1g; Protein 2g;
Total Carbohydrate 7g; Sugar 4g; Fiber 2g; Cholesterol 0mg; Sodium 105mg

Recipe courtesy of Food Network Kitchens



Grilled Asparagus Spears

Makes 4 servings

Ingredients

One bundle of asparagus (16 spears)
½ tablespoon salt
½ tablespoon pepper
2 tablespoons extra-virgin olive oil



Instructions

Cut bottoms from asparagus spears. Put in bowl and mix with salt, pepper and olive oil. Place on a hot grill until the spears begin to get charred; serve.

Nutrition Facts

Serving Size: 4 spears; Calories 11; Total Fat 0.0g; Saturated Fat 0.0g; Cholesterol 0mg; Sodium 8mg; Total Carbohydrates 1.0g; Dietary Fiber 1.0g; Protein 2.0g

Recipe adapted from Southern Food Service



Hummus & Cucumber Pita

Makes 8 servings

Ingredients

1 quart of hummus
8 6-inch pitas
1 red onion, sliced into rings
1 cucumber, sliced
1 green bell pepper, cut into strips
2 tomatoes, sliced
8 leaves Romaine lettuce



Instructions

Open each pita half carefully to form a pocket. In each pocket, place 1 scoop of hummus, 2 onion rings, 4 slices of cucumber, 4 strips of green pepper, 1 slice tomato and lettuce leaf.

Nutrition Facts

Serving Size: 2 each; Calories 260; Total Fat 3.5g; Saturated Fat 0g; Cholesterol 0mg; Sodium 500mg; Total Carbohydrates 51g; Dietary Fiber 8g; Protein 10g

Recipe adapted from Southern Food Service



Parsley Smashed New Potatoes

Makes 6 servings

Ingredients

2 pounds new or baby red potatoes,
(1- to 2-inch diameter), large ones, quartered
 $\frac{2}{3}$ cup low-fat plain yogurt
2 scallions, cut in half lengthwise and finely chopped
 $\frac{1}{4}$ cup finely chopped fresh parsley
2 tablespoons butter, softened
 $\frac{3}{4}$ teaspoon salt
White or freshly ground black pepper, to taste



Instructions

Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes, cover and steam until very tender when pierced with a fork, 20 to 25 minutes. (Check the water level near the end of steaming to be sure the pan doesn't boil dry. Add more boiling water as needed.)

Meanwhile, combine yogurt, scallions, parsley, butter, salt and pepper in a large bowl.

Mix the cooked potatoes into the yogurt mixture, breaking them up with a fork until they crumble apart and lightly clump together.

Nutrition Facts

One serving (1 cup): Calories 159; Total Fat 4g; Saturated Fat 3g; Mono-saturated Fat 0g; Cholesterol 12mg; Protein 4g; Total Carbohydrate 27g; Fiber 3g; Sodium 321mg; Potassium 779mg

Recipe courtesy of www.eatingwell.com



Roasted Fingerling Potatoes

Makes 4 servings

Ingredients

- 1.5 pounds fingerling potatoes
- ¼ cup extra-virgin olive oil
- 1 tablespoon salt
- 1 tablespoon pepper



Instructions

Preheat the oven to 425 degrees. Rinse potatoes, place in bowl and add salt, pepper and olive oil. Spread on baking sheet and bake 15-20 minutes or until tender.

Nutrition Facts

Serving Size: ¾ cup potatoes; Calories 110; Total Fat 0.0g; Saturated Fat 0.0g; Cholesterol 0mg; Sodium 1mg; Total Carbohydrates 26g; Dietary Fiber 2.0g; Protein 3.0g

Recipe adapted from Southern Food Service



Roasted Green Beans and Onions

Makes 4 servings

Ingredients

Vegetable oil spray
 12 ounces fresh green beans, trimmed
 1 medium yellow onion, cut into ¼-inch wedges
 2 teaspoons extra-virgin olive oil
 1 teaspoon Dijon mustard
 ½ teaspoon dried tarragon
 ¼ teaspoon salt
 ⅛ teaspoon dried red pepper flakes (optional)
 2 tablespoons finely chopped parsley



Instructions

Preheat the oven to 425 degrees. Lightly spray baking sheet with vegetable spray. Place the beans (be sure they are very dry) and onion wedges in a single layer on the pan. Liberally spray the vegetables with vegetable oil spray. Roast for 10 minutes. Stir. Roast for another 8 minutes, or until the vegetables begin to brown. Meanwhile, in a small bowl, stir together remaining ingredients, except the parsley. To serve, drizzle oil mixture over the vegetables, stir gently to coat and sprinkle with parsley.

Nutrition Facts

Serving Size: ½ cup; Calories 75.3; Total Fat 0.3g; Saturated Fat 0.0g; Cholesterol 0.0mg; Sodium 12.1mg; Total Carbohydrates 16.8g; Dietary Fiber 4.1g; Sugars 7.3g; Protein 3.2g

Recipe adapted from Southern Food Service



Summer Corn Salad

Makes 4 servings

Ingredients

- 5 ears of corn, boiled or grilled
- 3 tablespoons olive oil
- 1 tomato, seeded and diced
- Fresh cilantro, to taste
- 1 red onion, chopped
- 1 green bell pepper, diced
- 1 lime, juiced
- Salt and pepper, to taste



Instructions

Remove corn kernels with paring knife and place in large bowl. Add tomato, onion and green pepper. Toss to combine. Add lime juice and olive oil. Snip in cilantro and season with salt and pepper. Serve.

Nutrition Facts

Serving Size: 1; Calories 226; Total Fat 12g; Saturated Fat 2g; Protein 5g;
Total Carbohydrate 30g; Sugar 11g

Recipe courtesy of Food Network Kitchens



Sweet Potato Casserole

Makes 10 servings

Ingredients

2 ½ pounds sweet potatoes, (3 medium),
peeled and cut into 2-inch chunks
2 large eggs
1 tablespoon canola oil
1 tablespoon honey
½ cup low-fat milk
2 teaspoons freshly grated orange zest
1 teaspoon vanilla extract
½ teaspoon salt

For Topping:

½ cup whole-wheat flour
⅓ cup packed brown sugar
4 teaspoons frozen orange juice concentrate
1 tablespoon canola oil
1 tablespoon butter, melted
½ cup chopped pecans



Instructions

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.) Preheat oven to 350 degrees. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray. Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato, and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish. **To prepare topping:** Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.

Nutrition Facts

One serving: Calories 242; Fat 10g (2g sat, 5g mono); Cholesterol 46mg;
Carbohydrates 36g; Protein 5g; Fiber 4g; Sodium 170mg; Potassium 351mg.

Recipe courtesy of www.eatingwell.com



Three Bean Salad

Makes 2.5 qts

Ingredients

- Kosher salt
- Ice
- 8 ounces fresh green beans (about 2 cups), washed and cut in half
- 1/4 cup sherry vinegar
- 2 teaspoons Dijon mustard
- 1 tablespoon honey
- 1/2 cup extra-virgin olive oil
- One 15-ounce can cannellini beans, rinsed and drained
- One 15-ounce can red kidney beans, rinsed and drained
- 1/4 cup fresh basil leaves, chopped
- 1/4 cup fresh flat-leaf parsley leaves, chopped
- 1 shallot, minced
- Freshly ground black pepper
- Toasted almonds or pecans



Instructions

Bring a pot of salted water to a boil. Set up a large bowl of ice water. Add the green beans to the pot and cook until crisp-tender, 2 to 3 minutes. Drain and plunge the green beans into the ice water to stop the cooking. Drain the green beans.

Whisk the vinegar, mustard and honey in a large bowl. Whisk in the oil until emulsified. Add the green beans, cannellinis, kidneys, basil, parsley and shallots to the bowl and toss to coat. Sprinkle with salt and pepper and serve.

Nutrition Facts

Serving Size: 1/2 cup; Calories 80; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 470mg; Total Carbohydrates 18g; Dietary Fiber 3g; Protein 3g

Recipe courtesy Jeff Mauro



Toasted Quinoa Salad

Makes 6 servings

Ingredients

- 1 1/2 cups dry quinoa
- 2 1/4 cups water
- 1 cup fresh cilantro, chopped
- 1/4 cup fresh mint leaves, chopped
- 1/4 red onion, chopped
- 1 small jalapeno pepper, seeded and chopped (optional)
- 1 tablespoon fresh ginger root, peeled and chopped
- 4 tablespoons lime juice
- 2 1/2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/4 cup walnut pieces or sliced almonds



Instructions

Brown the dry quinoa in a skillet over medium heat, stirring for about 6 minutes.

Bring the water, ginger, jalapeno (optional) and salt to a roiling boil, add the quinoa, cover and reduce heat to low.

Simmer with a tight lid until all or most of the liquid is absorbed, about 12 minutes.

Transfer to fine mesh strainer and fluff with fork.

After quinoa has cooled, add the rest of the ingredients and stir until well blended.

Nutrition Facts

Serving Size: 4 oz.; Calories 403; Total Fat 12.0g; Saturated Fat 1.0g; Cholesterol 64mg; Sodium 98mg; Total Carbohydrates 9.0g; Dietary Fiber 7.0g; Protein 13.0g

Recipe adapted from Southern Food Service



10-Minute Fruit Tart

Makes 6 servings

Ingredients

- 1 box vanilla or lemon flavor instant pudding mix
- 1 orange, zested
- ½ cup seedless raspberry or blackberry preserves
- 1 prepared graham cracker crust
- ½ pint raspberries
- ½ pint blackberries or blueberries
- 6 large strawberries, sliced
- 2 tablespoons chopped fresh mint, optional



Instructions

Make pudding according to package directions and let stand five minutes. Stir orange zest into the pudding. Spread a thin layer of preserves across the bottom of graham cracker crust. Top with pudding. Arrange fruit on pudding, then sprinkle tart with mint, if desired.

Nutrition Facts

One serving: Calories 311; Total Fat 8g; Saturated Fat 1.5g; Protein 2g; Sugar 44g;
Total Carbohydrates 59g

Recipe courtesy of Food Network Kitchens



Banana Strawberry Yogurt Smoothie

Makes 1 serving

Ingredients

- 1 banana, peeled and sliced
- 4 ounces plain low-fat yogurt
- 2 teaspoons honey
- ¼ cup whole milk
- 2½ ounces fresh strawberries
- 1 cup ice cubes



Instructions

Combine all ingredients in a blender. Puree until smooth. Serve immediately.

Nutrition Facts

Serving Size: 16 oz; Calories 239; Calories from Fat 40; Total Fat 4.5g; Saturated Fat 2.5g; Trans Fat 0g; Cholesterol 15mg; Sodium 112mg; Total Carbohydrates 44g; Dietary Fiber 3g; Protein 9g

Recipe adapted from Southern Food Service



Berry Nutty Parfait

Makes 4 servings

Ingredients

- 2 cups blueberries
- 2 cups sliced strawberries
- 1 tablespoon honey, softened by placing the jar in a pan of water over low heat
- 2 cups low-fat plain yogurt
- ½ cup low-fat granola
- 4 tablespoons. chopped walnuts (pecans or almonds can be substituted)



Instructions

Place berries in mixing bowl. Drizzle with softened honey, and toss gently to coat. Spoon ¼ cup yogurt into four parfait glasses (tall, narrow wine glasses will do), and top with layer of berry mixture. Repeat layers with remaining yogurt and berry mix. Top with granola and nuts. Serve.

Nutrition Facts

One serving: Calories 257; Total Fat 8g; Saturated Fat 2g; Protein 10g; Total Carbohydrates 41g

Recipe courtesy of American Institute for Cancer Research



Low-Fat Strawberry Shortcake

Makes 4 servings

Ingredients

4 slices angel food cake
Sliced strawberries
1 tablespoon sugar
Low-fat whipped topping



Instructions

Wash and slice strawberries. Put in a bowl and gently mix in sugar. Put strawberries on cake with 1 tablespoon of whipped topping per serving.

Nutrition Facts

Serving Size: 1-oz piece; Calories 156; Total Fat 5.2g; Saturated Fat 8.0g; Cholesterol 1.0mg; Sodium 264mg; Total Carbohydrates 34.0g

Recipe adapted from Southern Food Service



Maple-Pumpkin Custards with Crystallized Ginger

Makes 6 servings

Ingredients

1 ½ cups 1% milk
4 large eggs
¾ cup maple syrup
¾ cup canned unseasoned pumpkin puree
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon salt
3 tablespoons whipped cream
¼ cup chopped crystallized ginger



Instructions

Preheat oven to 325 degrees. Put a kettle of water on to heat for a water bath. Line a roasting pan with a folded kitchen towel. Heat milk over low heat in a small saucepan until barely steaming but not boiling. Whisk eggs and syrup in a large bowl until smooth. Gently whisk in the warm milk (a little bit at a time so the eggs don't cook). Add pumpkin puree, cinnamon, nutmeg and salt; whisk until blended. Divide the mixture among six 6-ounce (¾-cup) custard cups. Skim foam from the surface. Place custard cups in the prepared roasting pan. Pour enough boiling water into the pan to come halfway up the sides of the custard cups. Place the pan in the oven and bake, uncovered, until custards are just set but still quiver in the center when shaken, 45 to 50 minutes. Transfer custards to a wire rack and let cool for 45 minutes. Cover and refrigerate for at least 1 hour, or until chilled. To serve, top each custard with a dollop of whipped cream and a sprinkling of crystallized ginger.

Nutrition Facts

One serving: Calories 212; Fat 5g (2g sat, 2g mono); Cholesterol 145mg; Carbohydrates 37g; Protein 7g; Fiber 1g; Sodium 131mg; Potassium 286mg.

Recipe courtesy of www.eatingwell.com



Pear-Cranberry Pie with Oatmeal Streusel

Makes 12 servings

Ingredients

1 unbaked 9-inch-deep-dish pastry shell

For Streusel:

$\frac{3}{4}$ cup regular oats

$\frac{1}{2}$ cup packed light brown sugar

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon ground nutmeg

Dash of salt

2 tablespoons chilled butter, cut into small pieces

For Filling:

3 cups ($\frac{1}{2}$ -inch) cubed peeled Anjou pears (2 large)

2 cups fresh cranberries

$\frac{2}{3}$ cup packed light brown sugar

2 $\frac{1}{2}$ tablespoons cornstarch



Instructions

Preheat oven to 350 degrees.

To prepare streusel, combine first 5 ingredients in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.

To prepare filling, combine pear, cranberries, $\frac{2}{3}$ cup brown sugar and cornstarch in a large bowl; toss well to combine. Spoon pear mixture into pastry shell; sprinkle streusel over pear mixture. Bake at 350 degrees for 1 hour or until bubbly and streusel is browned. Cool at least 1 hour on a wire rack.

Nutrition Facts

One serving (1 wedge): Calories 240; Calories from Fat 31%; Total Fat 8.2g; Saturated Fat 2.4g; Mono-saturated Fat 3.1g; Poly-saturated Fat 0.8g; Protein 1.6g; Total Carbohydrates 41.5g; Fiber 2.4g; Cholesterol 5mg; Iron 0.8mg; Sodium 118mg; Calcium 27mg

Recipe courtesy of www.myrecipes.com



Vegan Double Fudge Brownies

with a *secret ingredient*

Ingredients

1 cup whole-wheat flour
 1 cup raw sugar
 1/2 cup unsweetened cocoa powder
 1/2 teaspoon baking powder
 1/2 teaspoon salt
 1 small zucchini
 1/2 cup extra-virgin olive oil
 1 teaspoon pure vanilla extract
 1/4 cup vegan dark chocolate chips



Instructions

Preheat oven to 350 degrees. Spray 9x13 inch pan with cooking spray.

In a large bowl, stir the dry ingredients together (flour, sugar, cocoa powder, baking powder and salt).

Place the zucchini in a food processor, and puree it as much as you can. Add the oil and vanilla extract, and puree until smooth.

Pour the wet ingredients into the bowl of dry, and mix until a thick batter forms. Stir in the chocolate chips.

Bake for 15 minutes or until a toothpick inserted comes out clean. Cool for at least 15 minutes before cutting.

Enjoy as is if you prefer a soft, cake-like consistency, but for a classic, chewy brownie-like texture, wrap cut brownies in foil and freeze for at least an hour. Enjoy right out of the freezer.

Nutrition Facts

Serving Size: 42.3g; Calories 158; Total Fat 7.7g; Saturated Fat 1.5g; Cholesterol 0mg; Sodium 79mg; Total Carbohydrates 23g; Dietary Fiber 1.3g; Sugars 14.6g; Protein 1.7g



Yogurt Parfait

Makes 1 serving

Ingredients

- 6 ounces plain, low-fat yogurt
- 1 ounce granola cereal
- 2 ounces sliced, sweetened frozen strawberries



Instructions

In parfait cup, add ½ of the yogurt. Top with diced fruit, remaining yogurt and granola.

Nutrition Facts

Serving Size: 1 each; Calories 260; Calories from Fat 30; Total Fat 3.5g; Saturated Fat 1.5g; Trans Fat 0g; Cholesterol 10mg; Sodium 115mg; Total Carbohydrates 49g; Dietary Fiber 3g; Protein 12g

Recipe adapted from Southern Food Service



Overnight Oats with Yogurt

Makes 1 serving

Ingredients

1/2 cup regular or thick rolled oats
 1/2 cup plain nonfat Greek yogurt
 1/2 cup milk (skim, almond, soy, etc.)
 1/2 banana, sliced
 pinch of cinnamon
 pinch of sea salt
 pinch of sugar or a drizzle of honey
 1/4 cup strawberries
 2 teaspoons whole flaxseeds (or ground or meal)



Instructions

The night before, combine ingredients in a bowl, stir, then cover with plastic wrap and place in the refrigerator overnight.

In the morning, remove the plastic wrap and stir the ingredients again. You will notice the texture is very creamy, doughy and thick. The oats absorb the liquid and become almost fluffy.

Special recipe tips

The choices for toppings are endless. Here are a few you might want to try:

- Fresh fruit (sliced peaches, blueberries, raspberries, blackberries)
- Almonds, cashews, walnuts, chia seeds, trail mix
- Dried fruits
- Nut butter (almond, peanut, cashew)

Nutrition Facts

Serving Size: 376g; Calories 356; Total Fat 5.4g; Saturated Fat 0.8g; Cholesterol 5mg; Sodium 105mg; Total Carbohydrates 54.7g; Dietary Fiber 7.6g; Protein 26.0g

Recipe adapted from Southern Food Service



Quick & Easy Trail Mix

Makes 5 servings

Ingredients

- 1/4 cup raw almonds
- 1/4 cup raw cashews
- 1/4 cup raw pumpkin seeds
- 1/4 cup dried cranberries
- 1/4 cup dark chocolate pieces



Instructions

Combine all ingredients into a large bowl and mix. Use a measuring cup and separate mixture into individual containers or bags.

Special recipe notes

- Allows for many modifications, such as adding walnuts, pecans, sunflower seeds or your favorite nut. Also, try adding dried apples or cherries.

Nutrition Facts

Serving Size: 1/4 cup; Calories 171; Total Fat 12.9g; Saturated Fat 4.0g; Cholesterol 0mg; Sodium 12mg; Total Carbohydrates 11.0g; Dietary Fiber 2.7g; Protein 4.6g

Recipe adapted from Southern Food Service



Blueberry-Almond Smoothie

Makes 1 serving

Ingredients

- 1 cup blueberries, plus more for garnish
- 2 tablespoons roasted, salted almonds
- 1 tablespoon honey
- ¾ cup ice cubes
- ¼ cup unsweetened almond milk



Instructions

Put the blueberries, almonds and honey into a blender. Blend on high until the mixture is mostly smooth, about 1 minute. Add the ice cubes and almond milk and blend until very smooth. Add 1 to 2 tablespoons of cold water if needed to adjust consistency. Pour into a glass and garnish with a short skewer of blueberries.

Nutrition Facts

Serving Size: 1 each; Calories 270; Total Fat 10g; Sodium 55mg; Total Carbohydrates 42g; Dietary Fiber 6g; Protein 5g

Recipe courtesy of Food Network Kitchens



Honey-Lemon Ginger Tea

Makes 1 serving

Ingredients

- 2 ½ inches fresh ginger, peeled and halved lengthwise, and cut crosswise into 1/4 inch thick slices
- 4 cups fresh cold water
- 2 herbal tea bags
- Juice from 1 large lemon
- 2-4 tablespoons honey, to taste



Instructions

In a covered saucepan, bring the ginger and water to a boil, then reduce heat to low. Simmer, covered, on low heat for 20 minutes.

Remove from heat, add the tea bags, cover and let steep for 5 to 10 minutes.

Strain the tea, discarding the tea bags and saving the ginger for reuse.

Add the lemon juice and honey to taste, reheat and serve hot.

Nutrition Facts

Calories 34.9; Calories from Fat 0; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 5.3mg; Total Carbohydrate 9.7g; Dietary Fiber 0.1g; Sugars 8.9g; Protein 0.1g

Recipe courtesy of www.myrecipes.com



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