



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Healthy Heart Challenge Cookbook



**WORTHINGTON AREA YMCA**

Healthy Heart Challenge Cookbook

# Forward

April 2017

To our participants,

Thank you to all of this year's Healthy Heart Challenge participants. With your involvement we have raised \$420 for the American Heart Association.

As a special Thank You for your participation and completion of the Healthy Heart Challenge, we have compiled together the recipes submitted from participants during week 4 as well as some additional tasty choices for you to treat yourself too.

The goal was for participants to submit a "healthy" recipe; we did not check calories, sodium, fat, sugar, etc., so we cannot guarantee everything is the "healthiest" option, but we do believe all of these will be a delicious addition to your cooking repertoire.

Thank you again from Cory and the YMCA Staff for making the YMCA what it is.

Sincerely,

A handwritten signature in black ink, appearing to read "Cory Greenman". The signature is fluid and cursive, with a long horizontal stroke at the end.

"To put Christian principles into practice through programs that build a healthy spirit, mind and body for all."  
- YMCA Mission Statement

# Table of Contents

<b>Breakfast</b> .....	Section 1
Breakfast Casserole	Chocolate Banana Oatmeal
Gibb's Oat Bran Muffin	Greg's Juicing Muffins
Huevos Rancheros	Oatmeal Pancakes
Potato-Zucchini Frittata	Protein Pancakes
<b>Appetizers</b> .....	Section 2
Bruschetta Bites	Caprese bites
Cauliflower Breadsticks	Eggplant Parmesan Bites
Greek Feta Dip	Inside Out Egg Rolls
Philly Cheesesteak Stuffed Peppers	Ranch Cauliflower Bites
<b>Salads</b> .....	Section 3
Avocado-Bacon Macaroni Salad	BBQ-Ranch Salad
BLT Salad in a Jar	Cauliflower (potato) Salad
Fruit Salad with Lime Yogurt	Garden Pasta Salad
Greek Salad	Herbed Potato Salad
<b>Entrées</b> .....	Section 4
Cabbage Hot Dish	Cauliflower Hot Dish
Chicken Sweet Potato Skillet	Chicken Tortilla Soup
Lemon Greek Chicken	Shrimp Penne
Shrimp Quesadilla	Spaghetti Squash with Red Sauce
Steak and Potatoes	Zucchini Boats on the Grill
<b>Desserts</b> .....	Section 5
Chocolate-Mint Bars	Cinnamon Baked Pears
Crustless Apple Pie	Deep Dish Brownies
Fruit pizza	Huckleberry Ice Cream
Lemon-Blueberry Cupcakes	Strawberry Shortcakes
<b>Snacks/Other</b> .....	Section 6
Apple Pie Energy Bites	Coconut Coffee
Crispy & Spicy Snack Mix	Easy Snack Wraps
Energy Balls	Oatmeal Cookies
Spicy Hummus Dip	Sweet-n-Spicy Nuts
Smoothie Recipes	
<b>Common Cooking Conversions</b>	
<b>Substitutions &amp; Hints</b> .....	Section 7
Common Cooking Conversions	Baking Pan Conversions
Helpful Hints	Common Substitutions
Low-High Slow Cooker Conversion	Oven-Slow Cooker Conversion

# Breakfast

# Breakfast Casserole

Makes 6 servings  
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Takes 4-8 hours depending on cooking setting.

## Ingredients

- 1 bag frozen hash browns (32oz)
- 1 lb turkey bacon
- 1 small, diced onion
- 8 oz shredded sharp cheddar or a low fat alternative
- 1/2 red bell pepper
- 1/2 green bell pepper
- 12 eggs
- 1c milk
- Salt and pepper to taste

## Steps:

Cut the bacon into small pieces, cook and drain. Add half the bag of hash browns to the bottom of the slow cooker. Add half the bacon, half the onion, half the green and red bell peppers and half the cheese. Add the remaining hash browns and then repeat the process with the remaining half ingredients.

In a medium/large bowl, beat the eggs and milk together. Pour the egg mixture over the ingredients in the slow cooker. Cook on low for 4 hours or warm for 8 hours.

**Optional:** replace/add any vegetables for other alternatives of your choice. You may also replace the turkey bacon for sausage or substitute the turkey for pork bacon or sausage.

# Chocolate Banana Nut Oatmeal

Makes ~4 servings  
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Takes ~30 minutes

## Ingredients

- 2c plain almond milk
- 2 ripened bananas
- 1-1/2 diced, 1/2 sliced across
- 1/4t pure almond extract
- 1/4t pure vanilla extract
- Kosher salt
- 2c old fashioned rolled oats
- 2T unsweetened cocoa powder
- 2T honey, or agave nectar
- 1/3c toasted and chopped walnuts
- Ground cinnamon
- 2T semisweet chocolate chips

## Steps:

Bring the almond milk, 1-3/4 cups water, diced bananas, almond and vanilla extracts and pinch of salt to boil in a large saucepan over high heat.

Stir in the oats, cocoa powder and 1 tablespoon honey/nectar and reduce to medium heat. Cook, stirring frequently until the oats are cooked to your desired consistency, ~6-7 minutes.



Transfer to bowl(s), top with sliced bananas, walnuts and remaining honey/nectar, cinnamon and chocolate chips to taste.

## Gibb's Oat Bran Muffins

submitted by Ruth Nystrom

Makes ~12 muffins

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Takes 5-15 minutes prep time, approximately 15 minutes baking

### Ingredients

- 2-1/4c oat bran
- 1T baking powder
- 1/4c sugar, maple syrup
- 2T chopped almonds
- 2 large, overripe bananas
- Handful of raisins or blueberries
- 1/4c shredded coconut (optional)
- 1-1/4c nonfat milk
- 2 egg whites (1 large egg, more cholesterol)

### Steps:

Combine all ingredients in a mixing bowl (if you use blueberries, it is easier to add them by hand to filled muffin tin). Blend all other ingredients into a puree and mix thoroughly with the dry ingredients.

Fill greased/oiled muffin tins, allowing some room for mix to rise. Bake at 450°F until tops of muffins are brown (approximately 15 minutes).

As soon as they're cool, enjoy! You may also freeze when cooled and microwave for ~30 seconds on high when needed.

## Greg's Juicing Muffins

submitted by Greg Wede

Makes ~12 muffins

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Takes 5-15 minutes prep time, approximately 20-25 minutes baking

### Ingredients

- 1-3/4c flour
- 1/2c milled flax seed
- 1/4c sugar
- 2t baking powder
- 1/2t salt
- 1 beaten egg
- 1/2t ground cinnamon
- 1c apple-carrot mixture
- 3/4c milk
- 1/3c cooking oil
- 1/4c raisins

### Steps:

Apple-Carrot mixture: pulp from juicing 1 apple and approximately 16 baby carrots (8oz carrot). Or use 10oz apple sauce, reduced over low-medium heat.

Stir the dry ingredients together in a mixing bowl. Mix all wet ingredients together in a separate mixing bowl. Using a spatula, slowly add the wet ingredients to the dry mixture just enough to wet the mix.

Fill a greased/oiled muffin tin approximately 2/3 full. Bake at 400° F for 20-25 minutes or until a toothpick comes out clean. Makes approximately 12 muffins.

# Huevos Rancheros

Makes ~4 servings

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Takes 25-35 minutes

## Ingredients

- 4 large eggs
- 2T extra-virgin olive oil
- 1 15.5 ounce can black beans drained and rinsed
- 4 6 inch corn tortillas (warmed)
- 1/2c crumbled feta cheese
- 1/4c chopped cilantro (optional)
- 2 small tomatoes
- 1 small onion
- 2t extra-virgin olive oil
- 1 medium jalapeno pepper, chopped
- 2 cloves garlic: 1 chopped, 1 smashed
- 1/2t hot sauce
- Kosher salt and pepper

## Steps:

Preparing the salsa: grate the tomatoes and onion into a large bowl. Add the jalapeno, chopped garlic, hot sauce, cumin and salt and pepper to taste. Heat in medium skillet over low heat and add 2 teaspoons olive oil. Fry the salsa in the oil until it thickens, ~3 minutes.

Remove the salsa to a bowl and in the same pan add the beans, smashed garlic, 1/2c warm water and a pinch of salt. Cook over low heat until warmed through, smashing slightly with a fork.

Meanwhile, heat the remaining 2T of oil in another skillet. Fry the eggs sunny side up; season with pepper. Place 1 warm tortilla on a plate and add bean mixture, top with the fried egg, your salsa and cheese.

# Oatmeal Pancakes

submitted by Shirley Olson

Makes 3-5 pancakes

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Takes 10-15 minutes depending on prep time.

## Ingredients

## Steps:

- 1c quick oatmeal
- 1-1/2c buttermilk
- 2 eggs
- 1/3c flour
- 1t baking powder
- 1t baking soda
- 1t sugar
- 1/2t salt

Mix ingredients together in a bowl. Fry in a pan with a little oil or use an electric griddle. Flip pancake over after once side reaches golden brown color or to your preference.

**Optional:** Add vanilla and cinnamon, or ground flaxseed, raisins or blueberries for additional flavors, textures.

# Potato & Zucchini Frittata

Makes 4 servings

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Takes 45-60 minutes depending on prep time.

## Ingredients

- 1 small, russet potato, peeled & cut into 1/2 inch cubes
- 4 large eggs
- 2 egg whites
- 2T course chopped cilantro
- 1 small zucchini, 6oz, grated & squeezed dried
- 3/4t salt
- 1/4t hot sauce
- 1T olive oil
- 1 garlic clove, minced
- 1 small onion, finely chopped
- 1/2c queso fresco (2 oz)
- 2 strips cooked, crumbled turkey bacon

## Steps:

Bring the potatoes, in enough water to cover them, to a boil. Cook over medium-high heat until potatoes are tender, Drain and pat dry. Whisk together the eggs, egg whites, cilantro, salt and hot sauce in a large bowl. Preheat the oven broiler to medium-high.

Heat the oil in a medium, oven proof, skillet over medium-high heat. Add the garlic and onion, cook, stirring occasionally until the onion is translucent (2 minutes). Add the zucchini and cook until tender. Add the cooked potatoes and continue cooking, stirring occasionally until the potatoes begin to brown.

Evenly pour the egg mixture over the vegetable mixture. Cook over medium heat, tilting the pan and lifting the edges to let uncooked egg flow underneath. Sprinkle with cheese (optional) and bacon (optional). Broil until eggs are puffed. Carefully remove and serve in slices direct from skillet.

**Optional:** additional vegetables such as diced peppers. You may also continue to cook on stove top, egg mixture will not be as puffy however.

# Protein Pancakes

submitted by Brody Wright

Makes 1 servings

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Takes 10—15 minutes

## Ingredients

- 1c egg whites
- 1/3c whole oats
- Stevia or Splenda (optional) to tasteq
- Cinnamon (optional) to taste

## Steps:

Spray a pan with cooking spray and heat over medium-high heat. In a medium bowl, stir all ingredients together until combined. Pour into pan at desired size(s).

When pancake begins to turn white, and edges begin to harden, flip over and cook another 1-2 minutes. Top with sugar free syrup, fresh fruit or slivered almonds.

# Appetizers

## Bruschetta Strawberries-Tomatoes

Makes 20 servings

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Takes 20-30 minutes

### Ingredients

- 1/2 pt strawberries
- 1/2 pt mixed cherry tomatoes (red and yellow)
- 3T thinly sliced, fresh basil
- 1 clove garlic
- 2t balsamic vinegar
- 2T extra virgin olive oil
- 1 large baguette
- Salt and pepper to taste

### Steps:

Dice the cherry tomatoes and strawberries unless purchased diced. In a medium bowl, mix the cherry tomatoes, strawberries, basil, garlic and balsamic vinegar with 2T olive oil. Season to taste with salt and pepper. Set aside.

Place bread on a baking pan/sheet and brush with olive oil; flip and repeat. Heat grill to medium-high. Transfer bread to grill and grill until slightly charred, 1-2 minutes per side.

Slice bread and place on platter and top each slice with 1 heaping T of mix and serve.

**Optional:** in place of grilling, use your oven to warm the bread.

## Caprese Bites

Makes 12 servings

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Takes 20-25 minutes

### Ingredients

- 8 oz mozzarella balls
- 2T extra virgin olive oil
- 1t Italian seasoning
- 1/4t crushed red pepper flakes
- Kosher salt
- 24 cherry tomatoes
- 12 fresh basil leaves
- 1c Balsamic vinegar
- Skewers

### Steps:

In a small bowl, stir together the mozzarella, olive oil, Italian seasoning, crushed red pepper and season with salt to taste, set aside.

**Balsamic Glaze:** In a sauce pan or skillet, bring balsamic vinegar to a low simmer. Let thicken until syrupy, around 15 minutes. Set aside and let cool and thicken.

**Skewer Assembly:** Layer a cherry tomato, basil leaf, marinated mozzarella ball and another cherry tomato. Place on serving tray/platter.

Drizzle the glaze over the skewers and serve.

# Cauliflower Breadsticks

submitted by Kristie Amundson

Makes ~5 servings

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Takes ~30 minutes total time

## Ingredients

- 1 head raw cauliflower
- 1-1/4c shredded mozzarella cheese
- 1/2c shaved parmesan cheese
- 1t salt
- 1 large egg
- 1/2T fresh, minced garlic
- 1/2T fresh, chopped basil
- 1/2t ground black pepper
- 1/2T fresh, chopped Parsley

## Steps:

Preheat the oven to 425° F. Line a baking sheet with parchment paper.

Core and break cauliflower into florets. Place in food processor and pulse until roughly the size of rice. In a large bowl, add the riced cauliflower, 1/2c shredded mozzarella, 1/2c parmesan cheese, 1 egg, 1/2T garlic, 1/2T basil, 1/2t parsley, 1t salt, 1/2t black pepper. Mix until combined and holds together. Place the mixture onto the lined baking sheet and spread into a rectangle, approximately 9"x7" and 1/4" thick.

Bake in the oven for 10-12 minutes. Remove and top with 3/4c shredded mozzarella cheese and return to oven and continue baking until cheese is melted and starts to brown. Remove from oven and cool. Cut into "breadsticks" Garnish with fresh herbs and parmesan cheese. Serve with a red sauce.

# Eggplant Parmesan Bites

Makes 4-6 servings

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Takes 30-40 minutes

## Ingredients

- 2 medium egg plants
- 3 large eggs
- 1c flour
- 1T fresh, chopped parsley
- 2c Panko bread crumbs
- 1c grated parmesan cheese
- 1T Italian seasoning
- Marinara sauce

## Steps:

Preheat the oven to 375° F.

Line a baking sheet with parchment paper. Peel eggplants and chop into 1" squares. Using 3 bowls, set up the dredging station. Fill one with the eggs and lightly beat them. In another other bowl combine the Panko bread crumbs, Italian seasoning and parmesan. In the third, put flour.

First, coat the eggplant cubes in flour. Then dip into the egg, shaking off the excess and then toss into the Panko mixture. Bake, turning occasionally, until the bites are golden brown on all sides, approximately 25 minutes. Sprinkle with parsley and serve with warm marinara.



## Greek Feta Dip

Makes 8 servings

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Takes 30-35 minutes

### Ingredients

- 12 oz Feta
- 1c Greek Yogurt
- 8 oz cream cheese, room temp
- 1/4c extra virgin olive oil
- Juice and zest of 1 lemon
- 2T dill, chopped
- Kosher salt
- Crushed red pepper flakes
- 1/2c chopped cucumber
- 1/2c pint cherry tomatoes, halved

### Steps:

In a large bowl, combine feta, greek yogurt, cream cheese, olive oil lemon juice and zest. With a mixer (stationary or hand) mix until fluffy. Season with salt and crushed red pepper flakes. Stir in dill.

Transfer to a serving bowl. Top with cucumber and tomatoes. Garnish with additional dill and olive oil. Serve with pita chips.

## Inside Out Egg Rolls

submitted by Anita McNab

Makes 4 servings

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Takes 20-30 minutes

### Ingredients

- 1 lb sausage (regular/Italian)
- 3T minced celery
- 3T minced onion
- 1 egg, beaten
- 4-6 cups coleslaw mix
- 3T soy sauce
- 2T sesame seeds (optional)
- 1T ground ginger
- 1/8t garlic powder
- Ground black pepper to taste

### Steps:

In a large skillet, brown the sausage and then add the celery, onion and garlic powder. Beat the egg and cook in butter, leave flat and not stirred. Turn the egg once. Chop and add to mixture once bound. After all the ingredients are cooked to the desired state, add the cole slaw. Cook until wilted, within 5-10 minutes. Serve on dishes.

**Optional:** This recipe is a low carb alternative, if that is not your goal, add in bread crumbs or serve on toast, crackers.

# Philly Cheesesteak Stuffed Peppers

submitted by Garrett Amundson

Makes 4 servings

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Takes 25-30 minutes

## Ingredients

- 2 green pepper
- 1c shredded mozzarella cheese
- 1 sweet onion
- 1T extra-virgin olive oil
- 1 lb shaved steak

## Steps:

Preheat the oven to 375° F.

Cut the onion into long strings and sauté on high in the olive oil until translucent. Add the steak to cooked onions and cook until the steak is no longer pink. Cut the peppers length wise, remove the seeds and ribs.

Fill the bottom of the peppers with a layer of shredded cheese. Layer the onion and meat mixture. Add a final layer of cheese. Cook for 15-20 minutes, on a pan until the cheese is melted. If you want a softer pepper, add some water to bottom of the pan and cover with tin foil.

# Ranch Cauliflower Bites

Makes 18 servings

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Takes 30-35 minutes

## Ingredients

- 1 head of cauliflower
- 1-1/4c shredded sharp cheddar cheese
- 2 large eggs
- 6 strips bacon, cooked and crumbled
- 1 packet ranch seasoning mix
- 1t chives

## Steps:

Preheat oven to 375° F.

Pulse cauliflower in a food processor until it forms large crumbs. Place cauliflower in paper towels or cheesecloth to dry. Pour cauliflower into a large bowl. Add eggs, 1 cup of cheese, ranch seasoning, 3/4 of the bacon and the chives.

Oil/lubricate a muffin tin and fill each opening 2/3 full with the mixture. Top with cheese and crumbled bacon. Bake for 20-22 minutes, or until lightly golden brown. Garnish with additional chives before serving.

# Salads

## Avocado Bacon Macaroni Salad

Makes 4 servings

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Takes 20-25 minutes

### Ingredients

- 12 oz elbow pasta
- 5 slices bacon, diced
- 2 avocados, halved, seeded, peeled and diced
- 2t fresh thyme leaves, garnish
- Salt and pepper to taste

### (Lemon Thyme Dressing)

- 3/4c mayonnaise
- 1/4c lemon juice
- 1-1/2T lemon zest
- 1T sugar
- 1t fresh thyme leaves
- 1/3c olive oil
- Salt and pepper to taste

### Steps:

In a large pot, cook pasta according to directions. Drain well. Heat a large skillet over medium-high heat, add oil if necessary and cook bacon until brown and crispy. Transfer to paper towels and let cool.

Dressing: Combine mayonnaise, lemon juice, lemon zest, sugar and thyme in a food processor. Salt and pepper to taste. With the motor running, slowly add the olive oil until emulsified.

In a large bowl, combine the pasta, bacon, avocado and dressing. Salt and pepper to taste. Serve when done, garnish with thyme leaves.



## BBQ Chicken Salad

Makes 2-4 servings

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Takes 15 minutes

### Ingredients

- 2 boneless, skinless chicken breasts
- 1T olive oil
- 6c romaine lettuce, chopped
- 1 Roma tomato, diced
- 1/4c tortilla strips
- 1/4c red onion, diced
- 3/4c canned corn, drained
- 3/4c canned black beans, drained/rinsed
- 1/4c shredded Monterey jack cheese
- 1/2c shredded cheddar cheese
- 1/4c ranch dressing
- 1/4c BBQ sauce
- Salt and pepper to taste

### Steps:

Heat olive oil in a medium skillet over medium-high heat. Season chicken breasts with salt and pepper to taste. Add to skillet and cook, flipping once, until cooked through. Let cool before dicing into bite size pieces.

Place romaine lettuce in a large bowl, top with cooked chicken, tomato, corn, beans, onion and cheese. Pour ranch and BBQ sauce on top of salad. Lightly toss to combine. Serve topped with tortilla strips.

## BLT Salad in a Jar

submitted by Christine Preuss

Makes 2 servings

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Takes 10 minutes

### Ingredients

- 4 slices, reduced-fat bacon
- 14, fat-free croutons.
- 2 medium fresh tomatoes
- 2c romaine lettuce
- 2c iceberg lettuce
- 2 scallions, chopped
- 1/4c low-fat mayonnaise
- 2T 2% milk
- 2T low-fat sour cream
- 1/8t salt

### Steps:

Crisp bacon in a pan, use an oil if necessary. When cooked to desired doneness, remove and crumble. For the dressing, mix the mayonnaise, sour cream, milk salt and scallions in a bowl. Place the dressing in the bottom of a jar, layering the lettuce on top. Voila! A ready to go salad, mix by shaking or stirring before eating.

**Optional:** This recipe can be substituted for a BLT sandwich, just replace the croutons with two pieces of low calorie/reduced-fat bread. Add only 2T of dressing to sandwich.

## Cauliflower (Potato) Salad

submitted by Bobbie Bofenkamp

Makes ~6 servings

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Takes 45 minutes

### Ingredients

- 1 head fresh cauliflower
- 1 stalk celery, chopped
- 1 green pepper, chopped
- 1t parsley flakes
- 1t salt
- 1 dill pickle, chopped
- 1t lemon juice
- 1t mustard
- 1t mayo
- 1t Worcestershire
- 1t onion flakes
- 1t sweetener

### Steps:

Core and break cauliflower into florets, add to boiling water- boil for 15 minutes, or less. Drain the cauliflower. Mix all other ingredients in a small bowl. Mix to combine. Add to cauliflower.

You can add or subtract for what you prefer.

# Fruit Salad with Lime Yogurt

Makes 8 servings

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Takes 25-30 minutes

## Ingredients

- 1 large ripe honeydew melon, seeded, cut into 1-1/2 inch chunks
- 1 pt strawberries, hulled, halved
- 1/4c lime juice
- 2T sugar
- 2c nonfat plain yogurt
- 1/4c sugar
- 1T lime zest
- 1T lime juice

## (Lime Yogurt)

## Steps:

In a small bowl, combine yogurt, sugar, lime zest and juice stirring until sugar is dissolved. Cover and chill until chilled.

In a large bowl toss melon, strawberries, lime juice and sugar together. Let stand for 15 minutes, stirring occasionally.

# Garden Pasta Salad

Makes 6 servings

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Takes 30-35 minutes

## Ingredients

## Steps:

- 2c Whole wheat rotini
- 1/3c reduced fat mayonnaise
- 1/3c low-fat plain yogurt
- 2T extra virgin olive oil
- 1T red wine vinegar
- 1 clove garlic, minced
- 1/3c fresh basil, slivered
- 1/8t salt
- 1c cherry/grape tomatoes, halved
- 1c yellow/red bell pepper, diced
- 1c grated carrots
- 1/2c Kalamata olives, pitted, chopped
- 1/2c scallions, chopped

In a large pot, cook pasta according to directions. Drain well, refresh under cold water. Whisk mayonnaise, yogurt, oil, vinegar, garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell peppers, carrots, scallions, olives and basil. Toss again to coat. Serve slightly chilled.

**Optional:** You can use lemon juice in place of the red wine vinegar.

## Greek Salad

Makes 2 servings

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Takes 10 minutes

### Ingredients

- 5c romaine lettuce, chopped
- 1 small red onion, thinly sliced
- 1 cucumber, thinly sliced
- 1/2c cherry tomatoes, halved
- 1/4c sliced Kalamata olives
- 1/4c crumbled goat cheese
- Black pepper to taste
- 1/4c olive oil
- 1/4c apple cider vinegar
- Zest of 1 lemon
- 3T lemon juice
- 1-1/2T extra fine sugar

### Steps:

Vinaigrette: Whisk together olive oil, apple cider vinegar, lemon juice, lemon zest and sugar in a small bowl. Set aside.

Place romaine in a large bowl, top with red onion, cucumber, tomatoes, olives, goat cheese and pepper to taste. Pour dressing on top of salad and gently toss to combine. Serve, eat immediately after.

## Herbed Potato Salad

Makes 4 servings

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Takes 30-35 minutes

### Ingredients

- 1-1/2 pounds red or Yukon gold potatoes, scrubbed, cut into 1 inch pieces
- 1t salt
- 1-1/2t sherry or white wine vinegar
- 1/4c nonfat plain or greek yogurt
- 2T reduced fat mayonnaise
- 1T Dijon mustard
- 1/3c celery, chopped
- 1/4c scallions, chopped
- 1T fresh parsley, chopped
- 1T fresh dill, chopped
- Black pepper to taste

### Steps:

Bring a large pot of water with 1t salt to a boil. Add potatoes and cook until tender. Drain and transfer to a large bowl. Toss with the vinegar and season with pepper to taste. Set aside and let cool.

Whisk together yogurt, mayonnaise and mustard in a small bowl. Add this dressing to the reserved potatoes. Combine with the scallions, celery, parsley and dill. Gently stir to combine. Season with additional salt and pepper to taste.

# Entrées

## Cabbage Hot Dish

submitted by Shirley Olson

Makes 6 servings

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Takes 2 hours, 30 minutes

### Ingredients

- 1 head of cabbage
- 1 lb raw hamburger
- 1 small onion
- 1 can tomato soup (8oz)
- 1/2c uncooked white rice
- 3/4c water

### Steps:

Preheat the oven to 375° F.

Cut up the head of cabbage and place in an oiled or nonstick casserole pan. Sprinkle the rice on top of the cabbage, evenly distributed. Break up the raw hamburger and place on top of the cabbage and rice.

Mix the can of tomato soup and 3/4c water together in a bowl. Pour mixture over top of the casserole pan. Place in oven and bake for 1-1/2 to 2 hours or until the rice is done.

**Optional:** add additional vegetables such as celery or peppers to the dish.

## Cauliflower Hot Dish

submitted by Lisa Sampson

Makes 6 servings

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Takes 35 minutes

### Ingredients

- 1 head of cauliflower
- Zucchini wedges
- 1 lb ground beef
- Mushrooms
- 1 can diced tomatoes with garlic and onion
- Cheese slices

### Steps:

Brown the hamburger and drain. Core and break cauliflower into florets, add to boiling water until slightly firm. Drain the cauliflower and mash.

Together in the pan, add the hamburger, drained tomatoes, zucchini, mushrooms and any other additional vegetables you would like. Heat until cooked throughout. Top with a slice of cheese to your serving.

# Chicken & Sweet Potato Skillet

submitted by Anne Raetz

Makes 4 servings

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Takes 50-60 minutes

## Ingredients

- 1 lb boneless chicken, cubed
- 4 thick slices, chopped bacon
- 1T olive oil
- 1t kosher salt
- 1/2t black pepper
- 2 granny smith apples
- 4 cloves, minced garlic
- 1t ground cinnamon
- 3c brussel sprouts, trimmed, quartered
- 1 medium sweet potato, peeled, cut into 1/2" cubes
- 1 medium onion, chopped
- 1/8t garlic powder
- 2t fresh, chopped thyme
- 1c reduced sodium chicken broth

## Steps:

Heat the olive oil in a large nonstick or cast iron skillet over medium-high heat until hot. Add the cubed chicken, 1/2t kosher salt and black pepper. Cook until lightly browned and cooked through. Transfer to plate.

Reduce the heat to medium-low heat. Add the chopped bacon and cook until crisp and fat has rendered. Transfer bacon to paper lined plate, discard all but 1-1/2T bacon fat from pan.

Increase heat to medium-high. Add brussel sprouts, sweet potato, onion and remaining salt. Cook, stirring occasionally until tender and onions look translucent.

Stir in the apples, garlic, thyme and cinnamon. Cook 30 seconds then add 1/2c broth. Bring to a boil and cook until broth evaporates. Add the chicken and remaining 1/2c broth. Cook until heated through, stir in reserved bacon and serve warm/hot.

**Optional:** swap out brussel sprouts for broccoli, or add celery, peppers or other vegetables. If you're a bacon lover, add more to taste.



# Shrimp Penne

submitted by Amber Kamm

Makes 4 servings

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Takes 25-30 minutes

## Ingredients

- 8 oz whole wheat penne, cooked according to package
- 1 lb raw, peeled, deveined shrimp
- 1/4c olive oil
- 1/2t salt
- 1/2t black pepper
- 4 cloves garlic, grated
- 4c broccoli florets
- 2 oz lemon juice
- 1/8t lemon zest, or more
- Parmesan cheese
- Parsley, basil, red chili flakes

## Steps:

Cook pasta according to directions. Reserve 1c starchy liquid, strain pasta and set aside.

Pat dry shrimp and evenly coat with salt and pepper. Heat 2T of olive oil in large, deep skillet over medium-high heat. Add garlic and heat for ~30 seconds to release aroma then add shrimp. Sauté shrimp in pan until turned pink, 3-4 minutes total, be careful not to overcook. Remove from pan and set side.

In the same pan, add broccoli, and reserved starchy liquid you set aside. Bring to a boil then cover with pan lid and reduce to simmer. Steam broccoli until bright green, ~3-4 minutes. Add cooked shrimp along with cooked pasta. Stir remaining 2T olive oil, lemon zest and juice to pan. Toss well and add more salt pepper to taste.

Serve with parmesan cheese, herbs, chili flakes.

# Shrimp Quesadilla

submitted by Jeff Post

Makes 1 serving

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Takes <15 minutes

## Ingredients

- 3 raw, peeled, deveined shrimp
- 1t canola oil
- 1 clove garlic, chopped
- 1/4c red onion, thinly sliced
- 1/4c red bell pepper, sliced
- 1/4c mushrooms, sliced
- 1c baby spinach
- 1/4c Worcestershire sauce
- 1 whole wheat tortilla
- 1/4c low fat, shredded cheese
- 2T salsa
- 2T nonfat greek yogurt

## Steps:

Heat the oil in a nonstick pan. Add garlic and shrimp, cook 1-2 minutes per side. Add vegetables and sauce, cook for an additional 5 minutes. Remove to a bowl.

Using an oil or nonstick spray to coat the pan. Place the tortilla in pan and top with shrimp-vegetable mix and top with cheese. Fold tortilla in half and cook 2 minutes per side, pressing down with spatula. Serve topped with salsa and yogurt.

# Chicken Tortilla Soup

submitted by Peggy Meier

Makes ~8 serving

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Takes ~60 minutes

## Ingredients

- 2, boneless, skinless chicken breasts
- 32 oz chicken broth
- 15 oz can black beans
- 6 oz can tomato paste
- 10 oz can Rotel
- 1c frozen, canned corn
- 2T cornmeal
- 2-3c water
- ½ packet fajita seasoning mix
- Chili powder, cumin, garlic powder

## Steps:

In a pan, place chicken breasts and season with chili powder, cumin, garlic powder to taste. When cooked, dice and set aside.

In a stock pot or dutch oven, mix chicken breasts, broth, can of black beans (rinsed and drained), tomato paste, Rotel and corn. Heat until stock reaches a slow boil, reduce heat to simmer.

In a small microwave safe bowl, combine water and cornmeal. Microwave on high for 1 minute. Whisk into soup. Add fajita seasoning and continue to simmer 20-30 minutes. Top with corn tortilla strips/chips.

**Optional:** use a low sodium broth. You can also add a dollop of guacamole or shredded cheese to your serving.

# Lemon Greek Chicken

submitted by Luke Brunning

Makes 4 servings

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Takes 75 minutes

## Ingredients

- 4 split chicken breast halves
- 2t lemon zest
- 1/4c lemon juice
- 4 garlic cloves, pressed
- 2t olive oil
- 2 or 3 dried oregano leaves
- 1/8t ground black pepper
- 3/4t salt
- 8 oz fresh mushrooms
- 1 red bell pepper, cut in 1" pieces
- 1 red onion, cut into wedges
- 2 medium baking potatoes

## Steps:

Preheat oven to 400° F.

In a small bowl, combine lemon zest, lemon juice and oil. Press garlic into bowl. Add oregano, salt and black pepper, set aside. Add 1/2 of previous mixture to bottom of a 9"x13" pan. Add chicken to pan. Cut each potato lengthwise into 8 wedges and add to pan. Add sliced bell pepper, onion and mushrooms to pan. Add last half of liquid mixture using a pastry brush.

Bake for 1 hour, removing and brushing mixture with pan juices after 30 minutes.

# Spaghetti Squash with Meat Sauce

submitted by Kris Hohensee

Makes 6 servings

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Takes 40-50 minutes

## Ingredients

- 1 large spaghetti squash (4 lb)
- 1 large yellow onion, finely diced
- 1T olive oil
- 3 medium carrots, peeled, chopped
- 3 garlic cloves, minced
- 1 lb 90% lean ground beef
- Coarse salt and black pepper
- 1 14 oz can diced tomatoes
- 1T crushed red pepper flakes
- 1t dried oregano
- 1T fresh basil, chopped
- Grated parmesan cheese (optional)
- Crushed red pepper flakes (optional)

## Steps:

Preheat oven to 350° F.

Cut the spaghetti squash in half lengthwise. Spray the outside of the squash with vegetable oil and place face down in a baking dish. Cook until the squash is tender, about 25-30 minutes.

# Steak and Potatoes

submitted by Cory Greenway

Makes 2-4 servings

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Takes 40-50 minutes

## Ingredients

- 1-1/2 lb flank steak, fat trimmed
- 2 lb russet potatoes
- 3T Dijon mustard
- 1T extra virgin olive oil
- 2T chives, minced
- 1T tarragon, minced
- 2 large egg whites
- 1t paprika
- 2T cold water
- Kosher or sea salt and pepper to taste
- Cayenne pepper or Cajun seasoning

## Steps:

Preheat oven to 450° F.

Whisk the mustard and olive oil in a small bowl. Coat the steak with 2T of the mustard mix, then season with black pepper and set aside. Whisk the chives, tarragon and 2T cold water into the remaining mustard mix.

Slice the potatoes into 1/4 inch thick sticks and pat dry. Whisk egg whites, paprika, cayenne and or Cajun and 1/4t salt in a large bowl. Add the potatoes and toss to coat. On an oiled baking sheet, spread the potatoes out, letting excess egg and liquid run off. Bake until golden brown, ~25 minutes.

Heat a large cast iron skillet over high heat until very hot. Add the steak and apply pressure to weigh down the steak and sear until browned, ~3 minutes per side. Turn off heat and let steak rest in pan 5-8 minutes for medium-rare, or cook to your desired doneness. Thinly slice against grain of the steak into strips. Serve with the fries and mustard.

# Zucchini Boats on the Grill

submitted by Kerri Hooge

Makes 4 servings

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Takes 40-50 minutes

## Ingredients

- 2 medium zucchini
- 1 slice white bread, torn into pieces
- 1/4c bacon bits
- 1T minced black olives
- 1 jalapeno pepper, minced
- 3T diced green chile peppers
- 1/4c minced onion
- 1/4c chopped tomato
- 6T shredded sharp cheddar cheese
- 1 pinch dried basil
- Salt and pepper to taste

## Steps:

Prepare your grill for indirect heat.

Place the zucchini in a pot with enough water to cover. Bring to a boil and cook 5 minutes. Drain, cool and cut in half length wise. Scoop out the pulp, leaving 1/4" between skin. Chop the pulp.

In a bowl, mix the zucchini pulp, bread pieces, bacon bits, olives, jalapeno, green chiles, onion, tomato and cheddar cheese. Season with basil and salt, pepper to taste. Stuff the zucchini halves with the mixture.

Seal each stuffed half with aluminum foil. Place foil packets on grill over indirect heat and cook 15-20 minutes until tender.

# Desserts

## Chocolate-Mint Bars

Makes 20 servings (1 piece)

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Takes 40 minutes, refrigeration ~2 hrs

### Ingredients

- 4-1/2oz all-purpose flour
- 1/2t salt
- 1c granulated sugar
- 1/2c egg substitute
- 1t vanilla extract
- 2 large eggs, beaten
- 1/2c melted butter
- 3/4c semisweet chocolate chips
- 2c powdered sugar
- 2T fat-free milk
- 1/2t peppermint extract
- 2 drops green food coloring
- 2T water
- 3T butter
- 1 can (16oz) chocolate syrup

### Steps:

Preheat oven to 350°F.

Bottom layer: sift, or lightly spoon flour into a measuring cup, level with a knife. Combine with salt and stir with a whisk. Combine granulated sugar, egg substitute, 1/4c melted butter, 2T water, vanilla, eggs and chocolate syrup in a medium bowl, stir until smooth. Add flour mix to chocolate mixture, stirring until blended. Pour the batter into a 13x9 inch metal baking pan coated with cooking spray. Bake for 22-25 minutes, or until a wooden toothpick inserted comes out almost clean. Remove from oven and let cool completely.

Mint Layer: Combine powdered sugar, 1/4c melted butter 2T fat-free milk, 1/2 teaspoon peppermint extract and 2 drops food coloring in a medium bowl. Beat with a mixer until smooth. Spread mint mix over cooled cake.

Lastly, combine chocolate chips and 3T butter in a microwavable bowl. Microwave on high for 1 minute or until melted, stirring after 30 seconds. Let stand for 2 minutes, then evenly spread over top of mint mixture. Cover and refrigerate until ready to serve, cut into 20 pieces.

## Cinnamon Baked Pears

Makes 8 servings

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Takes 50 minutes

### Ingredients

- 4 ripe pears
- 1/2c melted butter
- 1T cinnamon-sugar
- 1c old fashioned oats
- 1/2c finely chopped almonds
- 1/3c brown sugar
- 1t ground cinnamon
- Kosher salt

### Steps:

Preheat oven to 400°F.

Halve pears scoop out some of the center. Brush the insides of the pears with 2T of the melted butter and sprinkle with cinnamon-sugar. In a medium bowl combine the oats, almonds, brown sugar, cinnamon and a pinch of salt. Pour the remaining melted butter into the bowl and combine.

Spoon/scoop the mixture into the pear halves. Bake until soft, 35-40 minutes. Serve warm and top with or serve with a scoop of vanilla ice cream.

# Crustless Apple Pie

Makes 6 servings

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Takes 40-50 minutes

## Ingredients

- 6 large baking apples, halved vertically and cored
- 12T melted butter.
- 1/3c sugar
- 2T ground cinnamon
- 2/3c old fashioned rolled oats
- Vanilla ice cream
- Warm caramel

## Steps:

Preheat oven to 350°F. Place a piece of parchment paper on a baking sheet.

Place the apple flat side down on a cutting surface. Using a knife, create thin slices all the way across, stopping before cutting through the bottom. (The apple should stay together as one piece). Transfer apples to prepared baking sheet. Lightly brush the apple tops with melted butter and sprinkle with sugar.

Bake until apples are soft and caramelized, 20-25 minutes. Remove from the oven. In a small bowl combine the remaining melted butter, sugar, cinnamon and oats. Once apples have cooled enough to handle, spoon mixture inside the apple slits. Return to the oven and bake an additional 10 minutes. Serve warm with a scoop of vanilla ice cream and drizzle warm caramel over.

# Deep Dish Brownies

submitted by Ruth Nystrom

Makes 16, 2 inch square brownies

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Takes 55-70 minutes

## Ingredients

- 3T unsalted butter
- 2T canola oil
- 4 oz semisweet chocolate, chopped
- 3/4c packed dark brown sugar
- 1/4c white sugar
- 2t pure vanilla extract
- 1/2t fine salt
- 2 large eggs, cold
- 1T cold brewed coffee
- 1/4c cocoa powder
- 3/4c all-purpose flour
- 1/4t baking soda

## Steps:

Preheat oven to 325°F.

Melt the chocolate and butter together, either in a sauce pan or by microwave. Be careful not to burn. Once melted, stir the brown and white sugars, vanilla extract and salt into the chocolate mixture. Add the eggs and coffee. Beat vigorously until fully incorporated and batter is thick and glossy.

Add the cocoa, flour and baking soda and stir until combined. Pour the batter into an 8"x8", well-oiled pan. Bake until the top is crispy and a toothpick comes out clean after being inserted (around 30 minutes). Let brownies cool before serving.

## Fruit Pizza

Makes 4 servings

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Takes 70-80 minutes

### Ingredients

- 1 package refrigerated cookie dough (18 oz)
- 1 package cream cheese, softened (18 oz)
- 1/3c white sugar
- 1/2t vanilla extract
- 1 pt fresh strawberries, sliced
- 1 pt fresh blueberries
- 2 bananas, sliced
- 2 kiwis, peeled, sliced
- 1/2c orange marmalade
- 2T water

### Steps:

Preheat oven to 350°F. Lightly grease a 12-inch pizza pan.

Press cookie dough into pizza pan, prick holes in dough with a fork. Bake in the oven until golden brown, 10-15 minutes. Allow cookie crust to cool. Beat cream cheese, sugar, vanilla extract until smooth, spread over cooled crust. Arrange strawberries, kiwi, blueberries, bananas in any fashion over cream cheese mixture. Mix orange marmalade in water in a small bowl, spoon over fruit. Chill 1 hour before serving.

## Huckleberry Ice Cream

Makes 16 servings (1/2c)

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Takes 20 minutes- 4-1/2 – 5 hours additional chill time.

### Ingredients

- 2c half-half
- 4 eggs
- 1/2c sugar
- 2c Huckleberries
- 1/4t salt
- 1c whipping cream
- 1t vanilla extract

### Steps:

In a medium saucepan, whisk together half-half, eggs, sugar and salt. Place pan over medium-high heat and whisk mixture until bubbly. Strain into a large bowl and cool. Then whisk in cream, vanilla and berries. Cover with plastic wrap and refrigerate until chilled, ~2 hours.

Pour mixture into ice cream maker and process according to manufacturer's directions.

**Optional:** If you cannot find huckleberries, use blueberries or another small berry alternative.

# Lemon-Blueberry Cupcakes

Makes 1 dozen

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Takes 40-50 minutes

## Ingredients

- 1-1/2 cups all-purpose flour plus 2T
- 10T granulated sugar
- 1-1/2t baking powder
- 1/4t salt
- 1/4c melted butter
- 1 large egg
- 1/2c low fat buttermilk
- 1/2c 2% reduced-fat milk
- 1t grated lemon rind

## (Frosting)

- 1/4c low/reduced fat cream cheese, softened
- 2T butter, softened
- 1t grated lemon rind
- 1t vanilla extract
- 1/8t salt
- 1-1/2c powdered sugar, sifted
- 2t lemon juice
- 3/4c fresh or frozen (thawed) blueberries

## Steps:

Preheat oven to 350°F. Line a 12 muffin tin with muffin cups.

Cupcakes: Lightly spoon 1-1/2c flour into measuring cup, level with knife. Measure 1T flour, level. Sift together 1-1/2 plus 1T flour into a large mixing bowl with granulated sugar, baking powder, 1/4t salt and baking soda. In another bowl, combine melted butter and egg, whisk together. Add buttermilk, milk, 1t rind to butter mixture and stir with a whisk. Add the buttermilk mixture to the flour mixture, stirring just until moist. Toss blueberries with remaining 1T flour then fold into batter. Spoon batter into prepared muffin cups. Bake for 25 minutes or until a wooden toothpick inserted comes out clean. Cool in pan for 5 minutes, then remove from pan and let cool on wire rack.

Frosting: Place cream cheese, 2T butter, 1t rind, vanilla extract and 1/8t salt in a bowl. Beat with a mixer until blended. Gradually add powdered sugar (do not over beat). Stir in lemon juice. Spread frosting gently over cupcakes. Garnish with blueberries if desired or lemon zest. Store in refrigerator.

# Strawberry Shortcakes

Makes 6 servings

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Takes 35 minutes

## Ingredients

## Steps:

- 6 Sponge cake dessert shells
- 1T cornstarch
- 1c orange juice
- 1/4 t vanilla or almond extract
- 1-1/2c fresh strawberries, sliced
- 1T calorie free sweetener

Combine the sweetener and cornstarch in a small saucepan. Stir in orange juice and bring to a boil, cook, stirring constantly for 1 minute or until mixture has thickened and is bubbly. Remove from heat and stir in extract. Let cool completely.

Combine the orange juice mixture and strawberries in a medium bowl and stir together, gently. Cover and chill and additional 30 minutes. Spoon sauce over dessert shells and serve.

# **Snacks & Drinks**

## Apple Pie Energy Bites

Makes ~20 servings

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Takes 20-30 minutes

### Ingredients

- 2c old fashioned rolled oats
- 1t ground cinnamon
- 2T ground flaxseed
- 1/2t salt
- 1T chopped hazelnuts
- 1T chopped walnuts
- 1/2t allspice
- 1/2c almond butter
- 1t vanilla extract
- 2T honey
- 1/4c unsweetened, dried cranberries
- 1c grated granny smith apples

### Steps:

Stir together oats, cinnamon, flax seed, salt, hazelnuts, walnuts and allspice in a large bowl. In another bowl, combine the almond butter, honey and vanilla extract. Mix with the oat mixture until fully combined. Stir in the apples and dried cranberries into the oat/butter mixture until fully combined.

Using your hands, or tablespoon, form balls with the oat and apple mixture. Store the energy bites in your fridge, in an air tight container for up to 4 days.

## Coconut Coffee

Makes 1 drink

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Takes 5-15 minutes depending on how the coffee is made

### Ingredients

- 1/2 cup coffee
- Small pinch fine sea salt
- 1 to 1-1/2 t sugar
- 1-1/2 T sweetened condensed milk
- 3 T unsweetened coconut milk
- 5 regular sized ice cubes

### Steps:

Brew the coffee, when done stir in the salt, sugar, 1-tablespoon of the sweetened condensed milk and 1-tablespoon of the coconut milk. Set aside. (don't worry if the coffee cools)

In a blender, crush or chop the ice cubes to a snow like texture. Add remaining 1/2 tablespoon sweetened condensed milk and the remaining 2 tablespoons coconut milk. Blend for about 5 seconds to combine. Scrape/spoon into a glass.

Pour the coffee into the glass, around the outside. Toward the end, the ice may float upward like an iceberg. Serve with a spoon/utensil for stirring.



## Crispy & Spicy Snack Mix

Makes ~10 servings

-----

Takes 30-40 minutes

### Ingredients

- 2c corn or rice cereal (Crispix)
- 1c tiny pretzels twists
- 1/2c reduced fat wheat crackers (Wheat Thins)
- 1/2c reduced fat cheddar crackers (Cheez-it)
- 1-1/2T butter, melted
- 1T ginger stir-fr sauce
- 1t chili powder
- 1t ground cumin
- 1/4t salt
- Cooking spray

### Steps:

Preheat oven to 250° F.

Combine the cereal, pretzels, wheat crackers and cheddar crackers in a bowl. Combine the butter, stir fry sauce, chili powder, cumin and salt. Drizzle over the cereal mixture lightly tossing to coat. Spread the mixture into a jelly roll pan coated with cooking spray. Bake for 30 minutes or until crisp, stirring twice.

## Easy Snack Wraps

Makes ~50 servings

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Takes 15-20 minutes

### Ingredients

- 12 10in flour tortillas
- 1 8 oz package cream cheese
- 1 head of lettuce
- 1 6 oz package deli-style sliced turkey
- 2c shredded carrots
- 2c minced tomato

### Steps:

Spread cream cheese evenly over the tortillas. Top the cream cheese with lettuce leaves. Arrange the turkey sliced in even layers on top of the lettuce. Sprinkle the tomatoes and carrots over the turkey slices. Roll the tortillas into wraps, be sure to keep even, tight pressure. Cut the wraps diagonally into bite size pieces and secure with toothpicks.

## Energy Balls

submitted by Deb Meyer

Makes ~8 servings

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Takes 20 minutes

### Ingredients

- 2 ripe bananas
- 1c quick oats
- 1/2c dark chocolate chips
- 1T peanut butter, heaping

### Steps:

Preheat oven to 350°F.

Mix ingredients together in a bowl, using an electric mixer or by hand. Remove an amount of mix, about the size of a ping pong ball, and roll into a ball. Bake for 15 minutes.

## Oatmeal Cookies

Makes ~20 servings

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Takes 40 minutes

### Ingredients

- 3 eggs
- 1c sour milk
- 3c all-purpose flour
- 2c brown sugar
- 1c shortening
- 1t vanilla extract
- 1t baking powder
- 1t baking soda
- 1/2t salt
- 1t ground cinnamon
- 2c rolled oats
- 1c chopped walnuts
- 1c raisins
- 1c semisweet chocolate chips

### Steps:

Preheat oven to 350° F. Line cookie sheets.

In a large bowl, cream together the shortening and sugar until light and fluffy. Add the eggs one at a time, beating well with each addition. Then stir in vanilla and sour milk. Combine the flour, baking powder, baking soda, salt, cinnamon and gradually stir into the mixture. Lastly, stir in the rolled oats, walnuts, chocolate chips and raisins.

Bake for 12-15 minutes. Remove from oven and allow cookies to cool.

**Optional:** feel free to add or remove the additions, walnuts, raisins, chocolate chips, and add you own or try them individually in the mix.

## Spicy Hummus Dip

Makes 6 servings  
-----

Takes 10 minutes, ~2 hours wait time

### Ingredients

- 1 19oz can garbanzo beans
- 2T Tahini
- 2T Lemon juice
- 1 Hot chili pepper
- 1/4t Cayenne pepper
- 1T Water
- 3 Cloves garlic, crushed
- 1/2t ground cumin
- Salt and pepper to taste
- Paprika to taste

### Steps:

Process garbanzo beans, tahini, chili pepper, garlic and lemon juice in a food processor or blender until smooth. Add water as needed to achieve your desired consistency. Place mixture in a bowl. Stir in the cayenne, paprika, salt and black pepper. Cover and refrigerate for a couple of hours- the flavor improves if you allow time for it to develop



## Sweet-n-Spicy Nuts

Makes ~8 servings  
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Takes 15-20 minutes

### Ingredients

- 3c raw almonds
- 1/3c quinoa
- 2T honey
- 1 egg white
- 1/4t cayenne pepper
- 1/4t ground ginger
- Kosher salt

### Steps:

Preheat oven to 300° F. Line baking sheet with parchment paper.

In a large bowl mix together the almonds, quinoa, honey egg white, cayenne, ginger and generously salt. Pour mixture into prepared baking sheet and bake until toasted, around 12-15 minutes. Let cool and transfer to serving bowl.

# Smoothie Recipes

Makes 1 drink each

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Takes 5-15 minutes depending on how ingredients must be prepared

## Ingredients

- Ice
- Sugar
- Milk
- Miscellaneous fruits, vegetables by recipe
- Yogurt
- Miscellaneous ingredients per recipe

## Steps:

- 1. Strawberry-banana:** Blend 1 banana, 1c strawberries, 1/2c vanilla yogurt, 1/2c milk, 2t honey, a pinch of cinnamon and 1c ice.
- 2. Triple Berry:** 1-1/2c mixed blackberries, strawberries and raspberries with 1c milk, 1c ice and add sugar (if necessary) to taste.
- 3. Honeydew Almond:** Blend 2c chopped honeydew melon, 1c almond milk, 1c ice, add honey to taste.
- 4. Peach Ginger:** Blend 2c frozen, sliced peaches, 1-1/2c buttermilk, 3T brown sugar and 1T grated fresh ginger.
- 5. Chai:** Blend 1-1/2c chai tea concentrate with 1c milk, 1c ice. Sprinkle with chai spice or ground cinnamon.
- 6. Watermelon:** (Night before) Freeze 3 cups cubed seeded watermelon until hard. (Day of) Blend 1c cubed fresh seeded watermelon, juice of 1 lime, 1/4c sugar and 1c water.
- 7. Creamsicle:** Blend 3/4c frozen orange-tangerine concentrate with 1/2c cold water and 1c vanilla ice cream and 1c ice.
- 8. Banana PB&J:** Blend 1 frozen banana with 1c soy milk, 1/4c each: creamy peanut butter and wheat germ. 2T seedless strawberry or raspberry jelly.
- 9. Pineapple-Mango:** Blend 1c each: chopped pineapple, chopped mango. Add 1c coconut water, pinch of allspice and 1c ice. Top with sprinkled coconut.
- 10. Veggie:** Blend 1-1/4c tomato juice, 1/4c carrot juice, 1/2 peeled cucumber, 1/2 stalk celery, 1/4c spinach, 1/4c parsley, 1/2c ice.
- 11. Mint-Jalapeno:** Blend 1/3c fresh mint, 1 seeded jalapeno pepper, 2-1/2T honey, pinch of salt and 2c plain yogurt, 2c ice.
- 12. Berry Super Power:** Blend 12 oz cold water, 1c spinach, 2c frozen mixed berries, 1/2c plain yogurt, 2 scoops vanilla protein powder 1T walnuts. 1T ground flaxseed.
- 13. Strawberry-Mango:** Blend 1c coconut milk, 1 peeled & sliced frozen banana, 1 skinned and chunked mango, 5 large, hulled strawberries.
- 14. Summer Stone Fruit:** Blend 1/2c greek yogurt, 1 fresh plum, pitted and chopped, 1 fresh peach, chopped, 1 nectarine, pit removed, chopped, 1/2c blueberries (fresh or frozen).
- 15. Banana:** Blend 2 bananas, 1/2c vanilla yogurt and milk, 2t honey, pinch of cinnamon and 1c ice.

**Optional:** feel free to experiment with other flavors, liquid choices and ingredients; just make sure it is liquid enough to drink. You may also be interested in adding a flavored protein powder to increase the amount of protein per serving and thicken the consistency.

# **Conversions, Substitutions & Helpful Hints**

# Common Cooking Conversions

Measure	Fluid OZ	Tablespoon	Teaspoon
1 gallon	4 quarts	256 tbsp (T)	768 tsp (t)
4 cup	1 quart	64 tbsp (T)	192 tsp (t)
2 cup	1 pint	32 tbsp (T)	96 tsp (t)
1 cup	8 oz	16 tbsp (T)	48 tsp (t)
3/4 cup	6 oz	12 tbsp (T)	36 tsp (t)
2/3 cup	5 oz	11 tbsp (T)	32 tsp (t)
1/2 cup	4 oz	8 tbsp (T)	24 tsp (t)
1/3 cup	3 oz	5 tbsp (T)	16 tsp (t)
1/4 cup	2 oz	4 tbsp (T)	12 tsp (t)
1/8 cup	1 oz	2 tbsp (T)	6 tsp (t)
1/16 cup	0.5 oz	1 tbsp (T)	3 tsp (t)

# Baking Pan Conversions

<b>Recipe Calls For</b>	<b>Volume</b>	<b>Equivalent</b>
2 8in Round Pans	8 cups	<ul style="list-style-type: none"> <li>• 1 8in square pan</li> <li>• 1 9x5in loaf pan</li> <li>• 1 8in spring form pan</li> <li>• 12-16 cupcakes</li> </ul>
2 9in Round Pans	12 cups	<ul style="list-style-type: none"> <li>• 1 10in square pan</li> <li>• 1 10in bundt pan</li> <li>• 2 8x4in loaf pans</li> <li>• 18-24 cupcakes</li> </ul>
10in Bundt Pan	12 cups	<ul style="list-style-type: none"> <li>• 19x13in baking pan</li> <li>• 2 9in round cake pans</li> <li>• 1 10in spring form pan</li> <li>• 18-24 cupcakes</li> </ul>
9x13in Baking Pan	14 cups	<ul style="list-style-type: none"> <li>• 1 10in bundt cake pan</li> <li>• 2 9in round cake pans</li> <li>• 3 8in round cake pans</li> <li>• 2 8x5in loaf pans</li> <li>• 21-28 cupcakes</li> </ul>
9x5in Loaf Pan	8 cups	<ul style="list-style-type: none"> <li>• 2 8in round cake pans</li> <li>• 1 10in pie plate</li> <li>• 1 9in bundt pan</li> <li>• 12-16 cupcakes</li> </ul>
9in Square Pan	8 cups	<ul style="list-style-type: none"> <li>• 1 11x17 baking pan</li> <li>• 1 9x2in deep dish pie plate</li> </ul>
12 Standard Cupcakes	6 cups	<ul style="list-style-type: none"> <li>• 36 mini cupcakes</li> <li>• 6 jumbo cupcakes</li> <li>• 1 9in round pan</li> <li>• 1 8x4 loaf pan</li> <li>• 1 7in bundt pan</li> </ul>

# Helpful Hints

- ◆ When substituting a glass pan, reduce the baking temp by 25° F and check for doneness at least 5 min early.
- ◆ If using a deeper pan, increase the baking time by 1/4 and slightly lower the oven temp (5-10° F)
- ◆ If using a shallower pan, decrease the baking time by 1/4 and slightly raise the oven temp (5-10° F)
- ◆ For jumbo cupcakes, bake in a 350° F oven for approximately 25 minutes
- ◆ For mini cupcakes, bake in a 350° F oven for approximately 10-15 minutes
- ◆ Cream will not curdle when poured over fruits if you add a pinch of baking soda to the cream before serving
- ◆ Cottage cheese can be used in place of sour cream when making dips. Just place it in a blender until it is creamed
- ◆ Cream cheese can be colored with food coloring when used as a filler such as between rolled sandwiches
- ◆ When you poach eggs, try adding a little vinegar and salt to the water. This will set the eggs and keep them in shape
- ◆ When beating egg whites, add a teaspoon of cold water and you will almost double the quantity
- ◆ When cooking wild game (venison/pheasant/etc.) use a cola to soak and remove the gamey flavor
- ◆ Thaw out your frozen fish in milk, it will remove the frozen taste and make it more fresh caught.

## Ingredient      Amount                      Substitution

<b>Allspice</b>	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/4 teaspoon cloves
<b>Baking Powder</b>	1 teaspoon	1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar <b>OR</b> 1/4 teaspoon baking soda plus 1/2 cup buttermilk (decrease liquid in recipe by 1/2 cup)
<b>Baking Soda</b>	1 teaspoon	4 teaspoons baking powder <b>OR</b> 1 teaspoon potassium bicarbonate and 1/3 teaspoon salt. <b>NOTE:</b> If the recipe calls for an acidic liquid such as sour cream, yogurt, buttermilk, vinegar, molasses, or citrus juice, you should replace it with the same amount of whole milk
<b>Bread Crumbs</b>	1 cup	1 cup cracker crumbs <b>OR</b> 1 cup matzo meal <b>OR</b> 1 cup ground oats
<b>Broth: Beef or Chicken</b>	1 cup	1 bouillon cube plus 1 cup boiling water <b>OR</b> 1 tablespoon soy sauce plus enough water to make 1 cup <b>OR</b> 1 cup vegetable broth
<b>Brown Sugar</b>	1 cup, packed	1 cup white sugar plus 1/4 cup molasses and decrease the liquid in recipe by 1/4 cup <b>OR</b> 1 cup white sugar <b>OR</b> 1 1/4 cups confectioners' sugar
<b>Chocolate (semisweet)</b>	1 ounce	1 (1-ounce) square of unsweetened chocolate plus 4 teaspoons sugar <b>OR</b> 1 ounce semisweet chocolate chips plus 1 teaspoon shortening
<b>Chocolate (unsweetened)</b>	1 ounce	3 tablespoons unsweetened cocoa plus 1 tablespoon shortening or vegetable oil
<b>Egg</b>	1 whole	2 1/2 tablespoons of powdered egg substitute plus 2 1/2 tablespoons water <b>OR</b> 1/4 cup liquid egg substitute <b>OR</b> 1/4 cup silken tofu pureed <b>OR</b> 3 tablespoons mayonnaise <b>OR</b> half a banana mashed with 1/2 teaspoon baking powder <b>OR</b> 1 tablespoon powdered flax seed soaked in 3 tablespoons water

## Ingredient      Amount                      Substitution

<b>Lard</b>	1 cup	1 cup shortening <b>OR</b> 7/8 cup vegetable oil <b>OR</b> 1 cup butter
<b>Lemon Juice</b>	1 teaspoon	1/2 teaspoon vinegar <b>OR</b> 1 teaspoon white wine <b>OR</b> 1 teaspoon lime juice
<b>Lemon Zest</b>	1 teaspoon	1/2 teaspoon lemon extract <b>OR</b> 2 tablespoons lemon juice
<b>Lime Juice</b>	1 teaspoon	1 teaspoon vinegar <b>OR</b> 1 teaspoon white wine <b>OR</b> 1 teaspoon lemon juice
<b>Lime Zest</b>	1 teaspoon	1 teaspoon lemon zest
<b>Onion</b>	1 cup, chopped	1 cup chopped green onions <b>OR</b> 1 cup chopped shallots <b>OR</b> 1 cup chopped leeks <b>OR</b> 1/4 cup dried minced onion <b>OR</b> 1/4 cup onion powder
<b>Rice- White</b>	1 cup, cooked	1 cup cooked barley <b>OR</b> 1 cup cooked bulgur <b>OR</b> 1 cup cooked brown or wild rice
<b>Semi-sweet Chocolate Chips</b>	1 cup	1 cup chocolate candies <b>OR</b> 1 cup peanut butter or other flavored chips <b>OR</b> 1 cup chopped nuts <b>OR</b> 1 cup chopped dried fruit
<b>Sour Cream</b>	1 cup	1 cup chocolate candies <b>OR</b> 1 cup peanut butter or other flavored chips <b>OR</b> 1 cup chopped nuts <b>OR</b> 1 cup chopped dried fruit
<b>Sour Milk</b>	1 cup	1 tablespoon vinegar or lemon juice mixed with enough milk to make 1 cup: Let stand 5 minutes to thicken
<b>Vinegar</b>	1 teaspoon	1 teaspoon lemon or lime juice <b>OR</b> 2 teaspoons white wine
<b>White Sugar</b>	1 cup	1 cup brown sugar <b>OR</b> 1 1/4 cups confectioners' sugar <b>OR</b> 3/4 cup honey <b>OR</b> 3/4 cup corn syrup
<b>Yogurt</b>	1 cup	1 cup sour cream <b>OR</b> 1 cup buttermilk <b>OR</b> 1 cup sour milk

# Substitutions & Helpful Hints

## Slow Cooker Conversions

<b>LOW</b>	<b>HIGH</b>
7 hrs	3 hrs
8 hrs	4 hrs
9 hrs	5 hrs
10 hrs	6 hrs
11 hrs	7 hrs
12 hrs	8hrs

## Conventional Recipe to Slow Cooker Time Conversion

<b>Conventional</b>	<b>Slow Cooker Low</b>	<b>Slow Cooker High</b>
15-30 min	4-6 hrs	2-3 hrs
35-45 min	6-8 hrs	3-4 hrs
50 min-3 hrs	8-10 hrs	4-6 hrs



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