

Employee Wellness



WHEE for Life Summer Wellness Challenge

Recipes

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Baked Oatmeal Muffins

Ingredients:

2 ½	cups	Old-fashioned rolled oats
1	tsp	Baking powder
½	tsp	Kosher salt
1	tsp	Cinnamon
2	tbsp	Butter, melted and cooled
2	cups	Milk, 2%
1	whole	Egg
¼	cups	maple syrup or raw honey
¼	cup	dried fruit or nuts (optional) (I use English Walnuts)
2	cups	fruit, fresh or frozen (for these muffins I used 1 cup chopped apples and 1 cup chopped pears)

Directions:

Preheat the oven to 375 degrees and line a muffin pan with 12 liners (foil or parchment liners work best)

In a medium bowl, combine the oats, baking powder, salt, cinnamon, fresh fruit (and dried if using). In a small bowl, whisk together the butter, milk, syrup, and egg. Combine wet ingredients with dry.

Batter will be very loose and wet. Evenly distribute oatmeal/fruit mix into lined muffin tins. Bake at 375 degrees for 25-35 minutes or until muffins are just golden brown. Bake time may vary depending on size of muffin tins and oven. Allow to cool for a few minutes before serving. If not serving immediately, refrigerate in air tight container. To freeze muffins, cool completely before storing.

Yields: 12 muffins

submitted by: Irene Welch

Berry Peanut Butter Smoothie

Ingredients:

- 6 ounces Raspberries, fresh or frozen
- 2 Tbsp Reduced fat milk
- 2 Tbsp Peanut Butter, smooth & natural
- 1 tsp honey
- 1 cup ice cubes

Directions:

Add all ingredients into the blender.

Blend until smooth.

Share with a buddy and enjoy!!

submitted by: Kellie Monteith

Catamount Smoothie Layered Smoothie

Ingredients:

First Layer:

- | | | |
|---|-------|-----------------|
| 1 | whole | Orange, sliced |
| 2 | whole | Bananas, frozen |
| 1 | cup | Mango, frozen |
| ¼ | cup | Orange Juice |

Second Layer:

- | | | |
|---|------|-------------------------------|
| 1 | 6 oz | Yogurt, berry flavored |
| 2 | cups | Berries, frozen |
| ¼ | cup | Milk (to desired consistency) |

Directions:

Blend first layer of ingredients until smooth and add to cup(s).
Repeat with second layer of ingredients.

Drink and Enjoy!

submitted by: Amy Smith

Chocolate Chip Peanut Butter Nice Cream

Ingredients:

2	frozen	Bananas, sliced
1	Tbsp	Peanut Butter
1	tsp	Chocolate Chips
	to flavor	Chocolate Sauce

Directions:

In food processor, blend frozen banana slices until smooth.

Add peanut butter, pulse until smooth and combined.

Add chocolate chips and pulse approximately 5 times until combined.

Remove to bowl and add desired amount of chocolate sauce.

Serves 1.

submitted by: Zachary Williams

Chocolate Chip Peanut Butter Oatmeal Cookies

Ingredients:

1	large	Egg White
½	cup	Honey
¼	cup	Peanut Butter (homemade)
1	cup	Oats, instant
1 ½	tsp	Baking Powder
1 ½	tbsp	Miniature Chocolate Chips
2	tbsp	Dark Chocolate Chips
1	Tsp	Vanilla extract
¾	Cup	Whole Wheat or Gluten Free Flour

Directions:

Preheat the oven to 325°F, and line a baking sheet with parchment paper or a silicone baking mat.

Whisk together the oats, flour, baking powder, and salt in a medium bowl. In a separate bowl, whisk together the egg white and vanilla. Mix in the peanut butter until smooth. Stir in the honey. Add in the flour mixture, stirring just until incorporated. Fold in the dark chocolate chips and 1 tablespoon of miniature chocolate chips. (If the cookie dough is very wet, similar to the texture of very thick muffin batter, then chill for 30 minutes.)

Drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten to the desired thickness and

width. Gently press the remaining miniature chocolate chips into the tops. Bake at 325°F for 11-14 minutes. Cool on the pan for 10 minutes before turning out onto a wire rack.

Notes: It's extremely important to measure both the oats and flour correctly using the spoon-and-level method or a kitchen scale. Too much of either will dry out the cookies and leave them crumbly instead of chewy.

Instant oats are also known as quick-cooking or minute oats. They come in large canisters, just like old-fashioned oats. They are not the ones in the small flavored packets of oatmeal. To make your own, add the same amount of old-fashioned oats to a food processor, and pulse 10-12 times.

For a gluten-free version, use gluten-free instant oats and a gluten-free flour blend. I recommend the following blend: ½ cup (60g) millet flour, 2 tablespoons (15g) tapioca flour, 2 tablespoons (17g) brown rice flour, and ½ teaspoon xanthan gum.

Any natural-style creamy peanut butter may be substituted in place of the homemade easy blender peanut butter. The only ingredients in the peanut butter should be peanuts and salt. (Oil is fine as a third ingredient.) Do not substitute crunchy peanut butter; the cookies will turn out too dry and cakey.

If you prefer, pure maple syrup or agave may be substituted in place of the honey. You may also substitute ½ cup (106g) brown sugar plus ¼ cup (60mL) of milk. Any milk will work.

submitted by: Jessica Barnes

Chocolate Quinoa Muffins

Ingredients:

2 cups	Cooked Quinoa (about ½ cup dry)
4	Eggs
1/3 cup	Milk (try unsweetened almond milk)
1 tsp	Vanilla
½ cup	Coconut oil, melted (sub for butter)
1/3 cup	Applesauce, unsweetened
1 cup	Stevia (for baking, or coconut sugar)
1 cup	Cocoa powder (unsweetened)
1 ½ tsp	Baking powder
½ tsp	Baking soda
½ tsp	salt

Quinoa is ridiculously good for you. Not only is the gluten-free grain a complete protein, but it's also a good source of fiber, iron, magnesium, and phosphorus. Some people want all the nutritional benefits of quinoa without the taste, so here is a dessert recipe using quinoa as an alternative to white flour. And because quinoa is so moist, these muffins hold together better than the average crumbly, flour-based version. They're also naturally sweetened and call for coconut oil in place of butter. But be wary, quinoa is sticky, so be sure you spray cooking oil on your muffin pan so none of this chocolate dessert is wasted. These muffins are flourless, nut-free, gluten-free, dairy-free, low-calorie, and low in sugar.

Directions:

Preheat your oven to 350 degrees F.

In a large bowl or stand mixer, put in all the ingredients and mix until well combined.

Mist your muffin tin with oil, or line with silicone liners or foil liners to prevent sticking.

Pour into muffin tins just over ½ full.

Bake for 15-16 minutes until you press them and they spring back. The toothpick test doesn't work well on these as a bit of crumb will stick to the toothpick as they are so rich and moist.

Prep time: 10 mins, Cook time: 15 mins

Total time: 25 mins

Nutrition

Serving size: 1 muffin

Calories: 96

Fat: 6.4 g Saturated fat: 4.2 g

Carbs: 9.2 g

Sugar: 0.7 g

Sodium: 142 mg

Fiber: 4.3 g

Protein: 2.4 g

submitted by: Haley Medford

Homemade Healthy Ice Cream

Ingredients:

- 1 Frozen Banana
- 1 tbsp Cocoa Powder
- 1 tbsp Peanut Butter (jiff natural, creamy or crunchy)

Directions:

Slice frozen banana into medallions.

Add bananas, cocoa powder, and peanut butter to a food processor

Blend until consistent like ice cream

Place in bowl and enjoy!

Tips:

Can add strawberries or other food fun.

Use honey roasted peanut butter

Use less or more cocoa powder depending on taste (the more the richer). I found I like a little less than tablespoon. Also try dark cocoa.

Just double or triple or quadruple for more people or more for yourself.

submitted by: Jonathan Johnston

JennieV's Jammin' Juicebox

Ingredients:

10	oz	Pineapple Juice, fresh
6	oz	Part Soda Water
		Basil (big handful)
½		Lime

Directions:

Muddle a hearty amount of Basil and squeeze in fresh lime juice. Then add pineapple juice and bubbly water and stir. Serve over ice for a most refreshing summer treat.

submitted by: JennieV. Dowdle Sorrells

Oat Bars!

Ingredients:

2 cups Oats
Dates
Dried Berries (cranberries,
raisins, etc..)
2 Bananas
Chocolate Chips (if desired)
Agave (tiny bit)

Directions:

Blend all ingredients up in a food processor.

Put in a 9x9 baking pan and refrigerate

Best bars ever!

submitted by: Joanna Woodson

Salted Almond Butter Freezer Fudge

Ingredients:

Freezer Fudge

1 ½	cups	Almond butter, raw smooth
¼	cup	Virgin Coconut Oil
2	tbsp	Virgin Coconut Oil
¼	cup	Maple Syrup, pure
¼-½	tsp	Pink Himalayan sea salt or other fine sea salt, to taste

Chocolate Topping

3	tbsp	Virgin coconut oil
1 ½	tbsp	Maple syrup, pure
3	tbsp	Cocoa powder, unsweetened
	pinch	Pink Himalayan sea salt or other fine sea salt
		Maldon sea salt or other flaked sea salt, for garnish (optional)

Directions:

Lightly grease a standard size loaf pan (9"x5") and line with a piece of parchment paper cut to fit the length of the pan.

For the fudge:

Spoon the almond butter into a large mixing bowl.

In a small pot, add the coconut oil, maple syrup, and salt (only the fudge ingredients here). Heat over low, until the oil is melted. Slowly pour the wet mixture into the bowl with the almond butter, stirring as you go.

Stir until completely smooth and combined. It'll be quite runny at this stage.

With a spatula, spoon the almond butter mixture into the prepared pan. Smooth out. Place the pan, uncovered, on a flat surface in the freezer. Freeze for around 1 hour, or until the fudge is solid.

For the chocolate topping:

In a small pot, add the oil and melt the oil over low heat. Remove from heat and whisk in the maple syrup, cocoa powder, and salt until smooth. I like to place the chocolate sauce in the fridge for several minutes until thickened slightly.

Slice the frozen slab of fudge into about 21 (1-inch) squares and place on a large plate lined with parchment paper, about a half-inch between each piece. Spoon the chocolate sauce on top of each square (a scant 1 teaspoon per square). Place back in the freezer until the chocolate is solid. Sprinkle on some flaked sea salt, if desired.

Break apart the squares of fudge (if the chocolate pooled at the bottom) and enjoy immediately.

Return leftovers to the freezer

submitted by: Shawna Young

The World's Healthiest Fudge

***(Low Calorie, Low Fat, Vegan, Low Carb, Sugar Free
Not Taste free)***

Ingredients:

¼	cup	Almond Meal
2	tbsp	Almond Milk
¼	cup	mashed banana, pumpkin, or applesauce (Choose this carefully, as it will determine the flavor of your fudge)
		Kosher Salt & Black Pepper
1	tbsp	Unsweetened cocoa powder (or Carob powder)
	to taste	Sweetener (your preference)

Directions:

Combine almond meal and almond milk.

Microwave for 30 seconds.

Add in mashed banana, pumpkin, or applesauce, cocoa powder, and sweetener to taste, if desired, and mix until incorporated.

Spread it into a container (plastic works very well for popping the fudge out) and freeze until solid.

You can keep it in the freezer for extended period of time, but you may need to let it thaw at room temperature before eating.

Yield 12-15 pieces of fudge.

submitted by: Kelly Stuckey

California Fish Tacos

Ingredients:

2	filets	White Fish (swai works well)
1	small	Lime, halved
¼	cup	salsa
1	can	Black beans, drained and heated
1/8	head	Cabbage, shredded (not grated)
½-1	cup	Jack/cheddar cheese, shredded mix
6		Corn tortillas
	to taste	Sour cream
	to taste	Tomatoes, chopped
	bunch	Cilantro (to taste)
	jar	salsa

Directions:

Cook fish on medium heat in fry pan. Turn once when meat is white and flakey and cover with ¼ cup of salsa.

After fish is ready, line up ingredients like subway and go to town!

submitted by: Rubae Schoen

Easy Crockpot Salsa Chicken

Ingredients:

1	can	Black Beans, 15oz
1	jar	Salsa, 16oz
1	can	Corn, whole kernel, drained, 15oz
2-4		Chicken Breast
1	tbsp	Chili Powder
1	bag	Blue Corn Tortilla
1	cup	Shredded Cheese

Directions:

Combine black beans, salsa, corn, chicken, and chili powder in crock pot, cook on low for 6-8 hours. Remove chicken and shred, once shredded add back to the veggie mixture.

Serve with tortillas, top with sour cream and cheese as desired.

submitted by: Miranda Stacy

Fish Tacos

Ingredients:

1	cup	Nonfat sour cream
¼	tsp	Salt
2	cans	Chipotle chilies in adobo, minced
1	Tbsp	Butter
1	cup	Onion, chopped
1	cup	Tomato, chopped
1	tsp	Cumin, ground
½	tsp	Cinnamon
½	tsp	Salt
4	cloves	Garlic, minced
3	Tbsp	Cilantro, fresh, chopped
1	lb	Tilapia, fillets
2	Tbsp	Lime juice, fresh squeezed
1	tsp	Lime zest, fresh, grated
4		Fat-free tortillas (heated)

Directions:

Mix the first three ingredients to make a sauce and set aside in a bowl.

In a skillet, sauté for 5 minutes the next 8 ingredients (butter through cilantro). Add the fish, cover and cook 3 minutes or until opaque.

Remove from heat and stir in lime juice and zest.

Ready to serve in warmed tortilla with other toppings as desired (corn, tomatos, black beans, etc..)

submitted by: Pam Buchanan

Greek Chicken Pita

Ingredients:

4	large	Chicken breasts, cut into cubes
1	tsp	Olive oil
1-2	large	Sweet peppers (orange, red, yellow)
	to taste	Cherry tomatoes (halved)
	to taste	Feta cheese
½	Cup	Greek vinaigrette dressing
		Pitas (can use whole wheat)
		Romaine lettuce

Directions:

Heat olive oil in pan at medium heat.

Add chicken breast, when chicken is almost done add half of the Greek dressing. Cook for 2 minutes.

Add Peppers, cherry tomatoes, and Feta cheese. Cook for about 2 minutes and add the remaining Greek dressing.

Cook until veggies are at desired texture. Stuff pitas will Greek chicken. Can add romaine lettuce for additional crunch if desired.

Serves 3-4 people.

About 500 Calories (depending upon what kind of dressing and cheese you use)

submitted by: Joanna Rathbone

Grilled Shrimp Foil Packets

Ingredients:

1 ½	lbs	Large shrimp, peeled & deveined
2	cloves	Garlic, minced
2	whole	Smoked andouille sausages, thin sliced
2	ears	Corn, cut crossways into 4 pieces
1	Lb	Red Bliss Potatoes, chopped 1" pieces
2	Tbsp	Extra virgin Olive Oil
1	Tbsp	Old Bay Seasoning
1	Whole	Lemon, sliced thin wedges
4	Tbsp	butter
To	Taste	Kosher salt and black pepper
2	Tbsp	Fresh Parsley, chopped

Directions:

Preheat grill over high heat.

Cut 4 sheets of foil about 12 inches long. Divide shrimp, garlic, sausage, corn, and potatoes evenly over the foil sheets.

Drizzle with olive oil.

Add the Old Bay seasoning and season to taste with salt and pepper.

Toss gently to combine.

Top each mixture with parsley, lemon and a tablespoon of butter each.

Fold the foil packets crosswise over the shrimp boil mixture to completely cover the food.

Roll the top and bottom edges to seal them closed.

Place foil packets on the grill and cook until just cooked through - about 10-15 minutes.

Serve immediately

submitted by: Jane Buchanan

Ground Turkey Lettuce Wraps

Ingredients:

1	tsp	Olive oil
1	lb	Raw lean turkey breast, ground
½	medium	Medium red onion, chopped
½	medium	Medium bell pepper, chopped
1	clove	Garlic, finely chopped
1-2	small	Green onion(s), chopped
⅔	cup	Water chestnuts, chopped
1	Tbsp	Soy sauce (reduced sodium)
1	Tbsp	Seasoned rice vinegar
2	Tbsp	Fresh cilantro, chopped
1	large	Head lettuce, separated leaves

Directions:

Heat oil in medium saucepan over medium-high heat. Add turkey, onion, and bell pepper; cook, stirring frequently until turkey is cooked through and onion is translucent.

Add garlic, green onion, water chestnuts, soy sauce, and vinegar; cook, stirring occasionally, for 2 to 3 minutes, or until most of the liquid has evaporated.

Add cilantro; mix well. Remove from heat.

Evenly spoon mixture onto lettuce leaves; wrap the leaves around mixture, and eat!

I like to add sriracha to mine! Yum!

submitted by: Betsy Aspinwall

Salsa Chicken

Ingredients:

- 1 jar Salsa (use your favorite)
- 3-4 Chicken breasts
- box Cream Cheese
- Shredded Cheese (your favorite blend)

Directions:

Preheat oven to 350.

Pour ½ jar salsa into bottom of baking dish, spread evenly.

Arrange chicken breasts on top of the salsa.

Spread a small amount of light cream cheese on top of each piece of chicken. Cover with remaining salsa.

Bake 25 minutes.

Add handful of shredded cheese on top, return to oven for additional 10 minutes.

Serve with rice and/or beans.

submitted by: Danielle Glosson

Spaghetti Squash Spaghetti

Ingredients:

1		Spaghetti Squash
1	Small	Onion, diced
1	tbsp	Garlic, diced
1	Tbsp	Red Pepper Flakes
1	lb	Turkey Sausage
1	Jar	Spaghetti sauce (your favorite)

Directions:

Cut the spaghetti squash in rings and place in baking sheet that has been drizzled with olive oil.

Preheat oven to 400 degrees Bake for 25 minutes

Sautee diced onion, garlic, and red pepper flakes in skillet add cooked turkey sausage.

Add favorite spaghetti sauce and cook until heated well.

Remove squash from oven and scoop out center into bowls. Top with sauce.

Enjoy!

submitted by: Jessie Nosworthy

Sweet & Spicy Honey Chicken

Ingredients:

1	Tbsp	Brown sugar
2	Tbsp	Honey, organic
1/4	Cup	Soy sauce, low sodium
2	Tsp	Ginger root, fresh chopped
2	Tsp	Garlic, chopped
2	Tbsp	Hot sauce
	to taste	Salt and pepper
4	skinless	Chicken breast, boneless, 1/2 strips
1	Tbsp	Olive oil

Directions:

Lightly salt and pepper the chicken

Heat oil in a large skillet over medium heat.

Add chicken strips and brown on both sides (about 1 minute per side).

Pour the sauce over the chicken.

Simmer uncovered until the sauce thickens (8-10 minutes).

Chicken is best served with stew fresh broccoli, zucchini, snow peas, carrots, water chestnuts, and other vegetables or brown rice.

submitted by: Niki Paganelli

Taco Turkey Lasagna

Ingredients:

1 lb	Turkey, lean 93/7
1 medium	Bell pepper, chopped
1 can	Green chilies or poblano pepper
½ medium	Sweet (or red) onion, chopped
1 Tbsp	Olive oil
1 15 oz can	Tomato puree
2 cups	Shredded cheese (your preference)
12	Corn Tortillas
1 15 oz can	Kernel corn
1 15 oz can	Black beans

Spice Mix

2 tsp	Cumin
1 tsp	Chili powder
½ tsp	Smoked paprika
¼ tsp	Garlic powder
¼ tsp	Onion powder
1 ½ tsp	Salt
1 tsp	Pepper

Directions:

Preheat oven to 350 degrees.

Brown turkey in a skillet over medium heat until halfway cooked through. (About 3 minutes) Add in bell pepper, poblano pepper (or green chilies), onion, and 1 T. olive oil. Continue cooking until meat is thoroughly cooked through. (Another 3-4 minutes)

Keep on heat and add in can of tomato puree. Let simmer over low for about 3-5 minutes while fixing spice mix.

Combine spice mix ingredients in a small bowl. Sprinkle into skillet, stir, and let simmer for another 3 minutes.

Begin layering in a 2 ½ quart CorningWare dish or 9 x 13 inch baking dish. Start with 1/3 of the turkey meat mixture and then layer 6 tortillas. Next, layer 1/3 turkey mixture, ½ can of corn, ½ can of beans, and 1 c. of shredded cheese. Repeat with remaining turkey, corn, beans and cheese. Bake in oven for 25-30 minutes.

Let sit for at least 15 minutes before serving. Enjoy!

submitted by: Jonathan Johnston

Tuna and Veggie Protein Packed Lunch

Ingredients:

- 1 can Tuna (chunk light in water), 4oz
drained and rinsed
- 1 Pkg Eat Smart Stir Fry Vegetables (or
broccoli and carrots) use your
choice
- 1 Tbsp. Soy Sauce, dark

Directions:

Microwave veggies as per instructions.

While the veggies are steaming in the bag, rinse the tuna until water is clear (or nearly clear) and squeeze out excess water.

Open bag of veggies in big bowl, (be careful of steam), add squeezed tuna, sprinkle with soy sauce and voila! Super-easy and fast, healthy meal.

If sodium is a concern, then use low-sodium soy sauce or Dr. Bragg's amino splash for flavor with added benefits!

Note: Chuck light tuna has less mercury in it than solid white albacore, so I opt for chunk light - and it's cheaper than albacore

submitted by: Tammy Allman

Turkey Burgers

Ingredients:

1 lb	Ground Turkey
to taste	Onion, chopped
1	Egg
to bind	Bread Crumbs

Directions:

Mix turkey, egg, chopped onions and bread crumbs together. Continue to add bread crumbs until the mixture binds together. Form turkey burger patties and heat skillet on high. Place patties in skillet and cook until done.

Serve with spicy mustard.

submitted by: Laura Ansley

Turkey Meatballs & Whole Wheat Pasta

Ingredients:

2	lbs	Ground turkey
¾	cup	Parmesan cheese, grated
¾	cup	Italian bread crumbs
1	large	Egg, lightly beaten
2	tsp	Italian seasoning, dried
2	tsp	Parsley flakes, dried
1	tsp	Garlic powder
1	tsp	Salt
	dash	Black pepper
3-4	Tbsp	Italian bread crumbs
2	Tbsp	Tomatoes, whole peeled
1	box	Pasta, whole wheat

Directions:

Meatballs:

Heat oven to 375° and line a large baking sheet with nonstick foil.

Combine turkey, cheese, ¾ cup [bread crumbs](#), egg, Italian seasoning, parsley, garlic powder, salt, and pepper.

Stir or mix on low speed of a stand mixer with paddle attachment until blended or mix with hands.

Roll the meatballs in the fine dry bread crumbs to lightly coat, then arrange them on the baking sheet and dust with the dry bread crumbs.

Bake for 20 to 25 minutes, or until browned and cooked through.

If you make larger meatballs, allow more time.

Pasta:

Cook pasta according to package directions.

Drain and transfer to a bowl.

Lightly crush the whole tomatoes and add to pasta.

Add meatballs and serve.

submitted by: Lisa Surber

Turkey Taco Salad

Ingredients:

4 oz	Lean ground turkey
to taste	Taco Seasoning
¼ cup	Black beans
2 Tbsp	Salsa
1 ½ cups	Romaine lettuce
¼ cup	Yellow peppers, chopped
¼ cup	Tomatoes, chopped
2 Tbsp	Guacamole

Directions:

Brown turkey then add taco seasoning and allow to simmer until meat is well seasoned.

Use romaine lettuce as the bottom layer of the salad, top the lettuce with all the remaining ingredients

Enjoy!

submitted by: Mandy Dockendorf

Yam Neua (Thai beef salad)

Ingredients:

1	lb	Beef tenderloin, at room temperature
½	tsp	Black Pepper, freshly-ground
5	tbsp	Lime juice, fresh
2	tbsp	Fish sauce (nam pla)
½	tsp	Sugar, if desired
1-3	small	Thai bird chilies or Serrano chilies (or to taste), fresh, seeded & minced
½	cup	Shallots or red onion, thinly sliced
4	whole	Scallions, sliced
½	cup	Cilantro leaves, fresh
2	tbsp	Mint leaves, finely chopped
1	whole	Cucumber, peeled, seeded and cut into thin slices

Directions:

Sprinkle meat with pepper, then grill or broil beef to medium-rare. Transfer to a cutting board & cool for 30 minutes, then cut beef across the grain in thin slices.

In a large bowl, stir together lime juice, fish sauce, sugar (if using), and chilies.

Add beef, cucumbers, shallots, scallions, cilantro, and mint, and toss well.

Serve chilled or at room temperature.

Serve with rice or noodles for a more substantial meal, or with lettuce to make a salad.

submitted by: Jennifer Cooper

Baby Heirloom Tomato Salad

Ingredients:

1	lb	Baby Heirloom Tomatoes
2	bunches	Bunches of Scallions
		Olive Oil, for Rubbing
	to taste	Kosher Salt & Black Pepper
3	tbsp	Lime Juice, fresh
½	Cup	Fingerling Potatoes, Cubed

Directions:

Light a grill.

Grill the tomatoes, scallions and potatoes over high heat, turning once, until blistered; 1 minute per side.

Transfer to a platter.

Drizzle the salad with the lime juice and olive oil and serve.

Serves 10

submitted by: Jane Adams-Dunford

Cartwheel Pasta with Peppers & Onions

Ingredients:

1 ½	cups	Sweet yellow onion, halved and thinly sliced crosswise
3	tbsp	Extra-virgin olive oil
½	tsp	Salt plus 1 tablespoon, divided
1/8	tsp	Crushed red pepper
2	whole	Yellow bell peppers
1	whole	Red bell pepper
¾	cup	Coarsely chopped canned no-salt-added whole peeled tomatoes, with their juice
1	tsp	Flat-leaf parsley, chopped
12	ounces	Ruote di carro (wagon wheels) or fusilli pasta

Directions:

Combine onion, oil, ¼ teaspoon salt and crushed red pepper in a large skillet over medium heat. Cook, stirring occasionally, until the onion is a rich golden color, 10 to 15 minutes.

Meanwhile, peel bell peppers with a vegetable peeler. Cut them in half, remove the cores and thinly slice into 1 ¼ inch-wide strips.

When the onion is golden, increase heat to medium-high and add the peppers. Cook, stirring occasionally, for 2 minutes. Reduce heat to medium; add tomatoes and 1/4 teaspoon salt and cook until the tomatoes are no longer watery and have separated from the oil, 15 to 20 minutes. Add parsley, stir for 30 seconds, and then remove from heat.

Meanwhile, bring 2 quarts of water to a boil in a large pot. Add the remaining 1 tablespoon salt, then add pasta and stir well. Cook according to package instructions until just tender. Drain well and toss with the sauce.

Serve at once.

submitted by: Donna Reynolds

Corn and Black Bean Chopped Salad

Ingredients:

- | | | |
|---|------|--|
| 1 | head | Iceberg Lettuce |
| 1 | can | Whole Kernel Corn, (15oz) drained |
| 1 | can | Black Beans, (15 oz), drained |
| 1 | can | Ro*Tel® Mexican Diced Tomatoes
with Lime Juice & Cilantro, (10 oz)
undrained |
| 2 | tbsp | Canola Oil |

Directions:

Toss together all ingredients in large bowl until combined. – about 140 calories in a serving.

Tips:

Add your favorite shredded cheese as desired.

If you like less spice, substitute your favorite Ro-Tel for the Ro-Tel above.

submitted by: Pam Buchanan

Cowboy Caviar

Ingredients:

2	Tbsp	Red wine vinegar
2	Tbsp	Olive oil
1	clove	Garlic, minced
1/8	tsp	Black pepper
1	whole	Avocado, ripe, diced
1	can	Black eye peas, drained
1	can	Corn kernels
2/3	cup	Green onions, sliced
2/3	cup	Cilantro, fresh, chopped
1 1/2	cups	Tomatoes, fresh, chopped
	to taste	Salt
	to taste	Hot sauce, if desired

Directions:

Mix all ingredients well in mixing bowl, make a day ahead and marinate in refrigerator.

Serve as a dip with tortilla chips, or roll into a tortilla. You can also put a scoop on a bed of lettuce and serve as a salad.

submitted by: Beth Moore

Creamy Cheesy Cauliflower

Ingredients:

10	cups	Cauliflower, coarsely chopped (about 2 heads)
2	tsp	Butter
2	large	Onions, chopped
3	cloves	Garlic, minced
½	cup	All-purpose flour
3 ½	cup	Milk, 1%
		Salt and pepper to taste
¾	cup	Parmesan Cheese, freshly grated
3	tbsp	Parsley, finely minced

Directions:

Add 4 quarts of water to a 6-quart saucepan. Bring the water to a boil. Add the cauliflower, and cook for about 10 to 12 minutes or until tender. Drain. Set aside. In a large skillet, melt the butter over medium-high heat. Add the onions and garlic, and sauté for 6 to 7 minutes until soft, making sure the onions and garlic do not turn brown. Combine the flour and milk, and whisk until very smooth. Add to the onions and garlic, bring to a simmer, and cook for 2 minutes. Season with salt and pepper. Whisk in the cheese, and fold in the cauliflower. Garnish with parsley.

Serves 16

submitted by: Steve Lillard

Curried Pea and Tomato Soup

Ingredients:

1	small	Sweet onion, chunked
2	tsp	Curry powder
½	tsp	Red curry paste/red curry powder
1	bag	Frozen green peas
1	can	Crushed tomatoes
		Stock or and kind of water
1-2	cups	Cream or coconut milk
	To taste	Salt and pepper

Directions:

Sauté onion pieces.

Add curry powder, curry paste, peas and tomatoes, cover with stock (cover about ½") and simmer for 20 minutes.

Transfer to blender and puree, set aside a small amount of the liquid to save in case you need it later.

Add 1-2 cups of cream or coconut milk.

Salt and pepper to taste, add extra blended mix to the desired consistency.

Dig in.

This soup freezes well.

submitted by: Nancy Liddle

Curry Chick-Peas

Ingredients:

1	medium	Onion, diced
2	cloves	Garlic, chopped
3	tsp	Mild curry paste
16	oz	Crushed Tomato, (use juice)
2	medium	Carrots, sliced thin
3	cups	Chick-peas, canned or cooked
½	cup	Red Lentils (handful)
1	Tbsp	Lemon juice
1	tsp	Bragg's liquid aminos (tamari or soy)
2	cups	Kale, chopped (2 handfuls)
12	Oz	Penne Pasta, cooked

Directions:

Sauté onion and garlic in tomato juice—start with 2 Tbsp.—medium heat, 3-5 min.

Stir in curry paste and cook for 3 min. —add the rest of the tomato juice as you go.

Add tomatoes, carrots, chick-peas, red lentils, lemon juice, Bragg [stir] then kale

Cook for 15 min., stirring occasionally.

Serve over penne pasta and add garden GARNISH:
fresh basil, fresh thyme or rosemary and edible
flowers like nasturtiums

submitted by: Amy McKenzie

Disappearing Zucchini Orzo

Ingredients:

12 oz	Orzo pasta
1 medium	Onion, chopped
3 large	Zucchini, yellow squash combo
4 cloves	Garlic
1 Tbsp	Olive oil
2 Tbsp	Thyme, fresh, minced
2 Tbsp	Oregano, fresh, minced
½ cup	Parmesan (other hard cheese), grated
to taste	Salt and pepper

Directions:

Cook orzo according to package instructions.

Meanwhile, grate the zucchini, then sauté in a large pan with the onion, garlic, and olive oil. Cook until vegetables are tender and just turning golden.

Remove from heat, and stir in herbs.

Mix drained, cooked orzo with zucchini mixture and parmesan, and season to taste with salt and pepper.

Serve warm or at room temperature

submitted by: Jennifer Cooper

Greek Zoodle Salad

Ingredients:

2	whole	Zucchini
¼	whole	English Cucumber, chopped
10	halved	Cherry tomatoes
10	Pitted	Kalamata olives, halved
¼	cup	Red Onion, sliced thin
2	Ounces	Reduced fat Feta Cheese, crumbled
2	tbsp	Extra Virgin Olive Oil
2	tbsp	Lemon Juice, fresh squeezed
1	tsp	Dried Oregano
		Salt and pepper to taste

Directions:

Cut zucchini into noodle-shaped strands using a spiralizing tool. Place "zoodles" in a large bowl and top with cucumber, tomatoes, olives, red onion, and feta cheese.

Whisk olive oil, lemon juice, oregano, salt, and pepper together in a bowl until dressing is smooth; pour over "zoodle" mixture and toss to coat. Marinate salad in refrigerator for 10 to 15 minutes.

submitted by: Rebecca Manring

Grilled Polenta and Veggies w/ Lemon Vinaigrette

Ingredients:

Dressing

2	tblsp	Extra Virgin Olive Oil
2	tblsp	Lemon juice (fresh squeezed)
2	tblsp	Dill, fresh, chopped
¼	tsp	Black Pepper
¼	tsp	Course Ground Salt
2	cloves	Garlic, minced
1	tblsp	Garlic scapes, minced or green onion or onion or shallot

Veggies

4	tblsp	Extra Virgin Olive Oil
1	med	Red Bell Pepper, quartered
1	large	Onion, quartered
4	med	Tomatoes, halved
2	med	Zucchini, cut lengthwise ¼" thick
1	small	Eggplant, cut lengthwise ¼" thick
½	tsp	Black Pepper
¼	tsp	Course Ground Salt

Other

1	tube	Polenta, pre-cooked, cut into 8-10 round slices
1	can	Navy or other bean, 15 oz. rinsed and drained

Directions:

Preheat grill and oil grill rack.

Whisk together in a large bowl all the ingredients for the lemon vinaigrette dressing. Set aside.

Coat veggies before you grill them with the remaining 4 Tbls oil, $\frac{1}{2}$ tsp pepper and $\frac{1}{4}$ teaspoon salt in another large bowl. Coat polenta too.

Grill the vegetables and polenta until hot and lightly charred, 3 to 6 minutes per side.

Chop the roasted vegetables. Add veggies and beans to the bowl containing the dressing and gently stir.

Serve the polenta on the side.

Can garnish with more dill.

submitted by: Amy McKenzie

Pasta with Easy Summer Sauce

Ingredients:

2 cups	Grape/Cherry Tomatoes, quartered
¼ cup	Parsley, fresh, minced
2 Tbsp	Basil, fresh, minced
½ cup	Red onions, minced
1 clove	Garlic, minced or pressed
¼ cup	Extra-virgin olive oil
1 tsp	Salt
½ tsp	Black Pepper, coarsely ground
2 tsp	Balsamic vinegar (optional) **
1 lb	Farfalle (or other short chunky pasta)
2 cups	Green Beans, cut 2 inch pieces
½ cup	Feta Cheese, crumbled (to taste)

Directions:

Bring a large covered pot of salted water to a boil, when the water boils, stir in the pasta, cover, and cook for 2 to 3 minutes

Meanwhile, combine the tomatoes, parsley, basil, red onions, garlic, olives, oil, salt, pepper, and vinegar, if using, in a large bowl.

When the water returns to a boil, add the green beans and cook for 8 to 10 minutes, until the pasta is al dente and the beans are tender. Drain well.

Add the pasta and green beans to the bowl with the seasoned tomatoes.

Stir in the feta cheese and gently toss everything together. Serve hot or at room temperature.

*Or any variety of tomato diced into ½-inch pieces

**Taste the tomato mixture to decide if your tomatoes “want” the additional vinegar

submitted by: Patrick Hinkle

SRI Salad

Ingredients:

Salad

1 ½	cups	Quinoa, cook according to package directions
1	bunch	Kale, washed stem removed, shredded
2	large	Carrots, peeled and cut into coins
2-3		Scallions, white part, minced
½	cup	Cranberries, dried
6	ounce	Feta, crumbled (more or less if you like)
1	can	Garbanzos, drained and rinsed (optional)

Dressing

1/3	cup	Olive Oil
2	small	Lemons (squeezed - use juice)
2	tbsp	Honey
	to taste	Salt and Pepper
1	tsp	Cinnamon
1	Tsp	Garlic Powder

Directions

Put the washed kale in a large mixing bowl. Add the hot, cooked quinoa, stir it a tiny bit to distribute it around and cover with a cookie sheet or top of some sort and allow the hot grain to steam/wilt the kale for 15 minutes. Add carrot coins, scallions, cranberries, feta and garbanzos. Whisk the dressing ingredients together and taste. Adjust. Stir it into the salad and chill. This salad keeps well for a few days. If it dries out, you can always freshen it up with a sprinkle of balsamic vinaigrette.

submitted by: Nancy Liddle

Summer Fruit Salad, The Best

Ingredients:

1/3	cup	Sugar, or 1/4 cup Agave Nectar
1/2	cup	water
1/4	cup	Fresh Mint, or lemon verbena leaves
2	tbsp.	Lemon or Lime Juice
2	cups	Grapes, seedless, halved
2	whole	Peaches or Nectarines, cut 1 1/2 " pieces
1	cup	Strawberries or Raspberries, sliced

Directions:

Bring sugar and water to a boil in saucepan.

Simmer 2 minutes.

Remove from heat, and stir in mint and lemon juice.

Steep 15 minutes. Strain out mint.

Combine grapes, peaches, strawberries, and blueberries in large [bowl](#). Stir in sugar syrup.

Cover, and chill 2 hours, or overnight

submitted by: Tina Fisher

Taco Stuffed Zucchini Boats

Ingredients:

1	tsp	Paprika
½	tsp	Oregano
1	small	Onion, minced
2	tbsp	Bell pepper, minced
4	oz	Tomato sauce
¼	cup	Water
½	cup	Mexican Shredded Cheese, Reduced fat
¼	cup	Scallions or Cilantro, chopped, for topping

Directions:

Bring a large pot of salted water to boil. Preheat oven to 400°F. Place 1/4 cup of salsa in the bottom of a large baking dish.

Using a small spoon or melon baller, hollow out the center of the zucchini halves, leaving 1/4-inch thick shell on each half. Chop the scooped out flesh of the zucchini in small pieces and set aside 3/4 of a cup to add to the taco filling, (squeeze excess water with a paper towel) discarding the rest or save to use in another recipe. Drop zucchini halves in boiling water and cook 1 minute. Remove from water.

Brown turkey in a large skillet, breaking up while it cooks. When no longer pink add the spices and mix well. Add the onion, bell pepper, reserved zucchini, tomato sauce and water. Stir and cover, simmer on low for about 20 minutes.

Using a spoon, fill the hollowed zucchini boats dividing the taco meat equally, about 1/3 cup in each, pressing firmly. Top each with 1 tablespoon of shredded cheese. Cover with foil and bake 35 minutes until cheese is melted and zucchini is cooked through. Top with scallions and serve with salsa on the side.

submitted by: Shauna Sleight

Veggie Lasagna

Ingredients:

15 oz	Ricotta cheese
½ cup	Parmesan cheese
1	egg
1 Tbsp	Italian herbs
to taste	Salt and pepper
2 cups	Veggies (zucchini, yellow squash, broccoli, spinach)
25 oz jar	Spaghetti sauce
1 box	Pasta noodles
2 cups	mozzarella

Directions:

Mix ricotta, parmesan, egg, Italian herbs and salt/pepper in bowl. Set aside.

In blender, pulse veggies.

In crock pot, pour ½ of the spaghetti sauce in bottom of crock pot. Layer uncooked noodles on top, break if needed.

Pour ½ of ricotta mixture on top smoothing out over the noodles. Add layer of veggie mixture. Add 1 cup mozzarella cheese.

Repeat layers. Noodles, Ricotta, Veggies, remaining sauce, remaining mozzarella.

Cook on low for 4 hours. Serve with garlic bread and enjoy.

submitted by: Nick Stenger

Zucchini and Tomato Gratin

Ingredients:

1	Tbsp	Extra-virgin olive oil
2	cloves	Garlic, minced
2	Tbsp	Onion, finely chopped
2	leaves	Basil, fresh, chopped
½	cup	White rice
2	small	Zucchini, sliced ¼ " thick
4	medium	Tomatoes, sliced ½ " thick
1	cup	Water, boiling
	to taste	Salt and pepper
½	cup	Asiago cheese (or ¼ cup Parmesan)

Directions:

Preheat oven to 375.

Spread oil, coating the bottom of 8" square baking dish.

Sprinkle garlic, onion, and basil over the oil.

Spread rice over the top.

Layer zucchini and tomato slices over rice, pour the boiling water over the top.

Season with salt and pepper.

Bake for 20 minutes. Sprinkle the cheese over the top and bake for additional 10-15 minutes, until cheese is golden brown.

Serve immediately.

submitted by: Annie Hall

Zucchini Pizza Bites

Ingredients:

2	large	Zucchini, sliced into ¼" thick rounds
1/3	cup	Tomato or marinara sauce
1/3	cup	Mozzarella cheese, shredded
2	tbsp	Olive Oil
		Salt and pepper, to taste
		Basil, to taste

Directions:

Preheat oven to 380°F. Line a baking sheet with parchment paper.

Lightly coat both sides of zucchini slices with olive oil and arrange on prepared baking sheet.

Season with salt and pepper and bake in the oven for 2 minutes.

Flip zucchini slices and bake in the oven for additional 2 minutes.

Remove from oven and top each with ½ teaspoon of tomato sauce and a pinch of shredded mozzarella.

Bake for an additional minute, until mozzarella is melted.

Top with fresh basil or any other topping of your liking before serving.

Makes about 24 bites. Cut just one zucchini for a smaller serving.

submitted by: Haley Bosco