Employee Wellness

WHEE for Life Summer Wellness Challenge
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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 caky.

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, tomatoes, 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 with 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:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ lbs</td>
<td>Large shrimp, peeled &amp; deveined</td>
</tr>
<tr>
<td>2 cloves</td>
<td>Garlic, minced</td>
</tr>
<tr>
<td>2 whole</td>
<td>Smoked andouille sausages, thin sliced</td>
</tr>
<tr>
<td>2 ears</td>
<td>Corn, cut crossways into 4 pieces</td>
</tr>
<tr>
<td>1 Lb</td>
<td>Red Bliss Potatoes, chopped 1” pieces</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Extra virgin Olive Oil</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>Old Bay Seasoning</td>
</tr>
<tr>
<td>1 Whole</td>
<td>Lemon, sliced thin wedges</td>
</tr>
<tr>
<td>4 Tbsp</td>
<td>butter</td>
</tr>
<tr>
<td>To Taste</td>
<td>Kosher salt and black pepper</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Fresh Parsley, chopped</td>
</tr>
</tbody>
</table>
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
- 2/3 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
1 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
$\frac{1}{4}$ 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, $\frac{1}{2}$ 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:**

submitted by: Tammy Allman

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
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, 3/4 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

¼ 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

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Measurement</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>tbsp</td>
<td>Extra Virgin Olive Oil</td>
</tr>
<tr>
<td>2</td>
<td>tbsp</td>
<td>Lemon juice (fresh squeezed)</td>
</tr>
<tr>
<td>2</td>
<td>tbsp</td>
<td>Dill, fresh, chopped</td>
</tr>
<tr>
<td>¼</td>
<td>tsp</td>
<td>Black Pepper</td>
</tr>
<tr>
<td>¼</td>
<td>tsp</td>
<td>Course Ground Salt</td>
</tr>
<tr>
<td>2</td>
<td>cloves</td>
<td>Garlic, minced</td>
</tr>
<tr>
<td>1</td>
<td>tbsp</td>
<td>Garlic scapes, minced or green onion</td>
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### Veggies

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<tbody>
<tr>
<td>4</td>
<td>tbsp</td>
<td>Extra Virgin Olive Oil</td>
</tr>
<tr>
<td>1</td>
<td>med</td>
<td>Red Bell Pepper, quartered</td>
</tr>
<tr>
<td>1</td>
<td>large</td>
<td>Onion, quartered</td>
</tr>
<tr>
<td>4</td>
<td>med</td>
<td>Tomatoes, halved</td>
</tr>
<tr>
<td>2</td>
<td>med</td>
<td>Zucchini, cut lengthwise ¼” thick</td>
</tr>
<tr>
<td>1</td>
<td>small</td>
<td>Eggplant, cut lengthwise ¼” thick</td>
</tr>
<tr>
<td>½</td>
<td>tsp</td>
<td>Black Pepper</td>
</tr>
<tr>
<td>¼</td>
<td>tsp</td>
<td>Course Ground Salt</td>
</tr>
</tbody>
</table>

### Other

<table>
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<th>Measurement</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>tube</td>
<td>Polenta, pre-cooked, cut into 8-10 round slices</td>
</tr>
<tr>
<td>1</td>
<td>can</td>
<td>Navy or other bean, 15 oz. rinsed and drained</td>
</tr>
</tbody>
</table>
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, ½ tsp pepper and ¼ 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:**

- \( \frac{1}{3} \) cup Sugar, or \( \frac{1}{4} \) cup Agave Nectar
- \( \frac{1}{2} \) cup water
- \( \frac{1}{4} \) 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 ½ “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:

submitted by: Haley Bosco

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.