



# Tropical Green Smoothie

This smoothie will quickly transport you to the islands with its fresh tropical flavors! Loaded with fiber and vitamin C, our Tropical Green Smoothie makes the perfect start to your morning. Or try it for an afternoon snack if you're in serious need of a stay-cation!

## Ingredients:

1 cup baby kale  
½ cup frozen pineapple chunks  
½ banana  
1, 5.3 ounce container coconut flavored Greek Yogurt  
¼ cup water

## Directions:

1. Combine all ingredients in a blender until smooth. Serve and enjoy!

**Yield:** 2 servings (1 cup per serving)

**Nutrition Facts:** 130 Calories; 2.5 g Fat (2 g Saturated Fat; 0 g Trans Fat); 10 mg Cholesterol; 35 mg Sodium; 21 g Carbohydrate (2 g Fiber, 11 g Sugar, 0 g Added Sugar); 7 g Protein; 0% Daily Value (DV) Vitamin D; 6% DV Calcium; 6% DV Iron; 6% DV Potassium



# Broccoli & Cheese Spaghetti Squash

Think cheesy broccoli mac & cheese, but with spaghetti squash instead! If you haven't tried this winter squash in your veggie routine yet, what are you waiting for? We swap spaghetti squash for traditional macaroni to lower the carbohydrates and boost the fiber. Then we mix in a low-fat creamy, cheesy broccoli sauce to make it irresistible! Enjoy!

## Ingredients:

- 1 large spaghetti squash
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 large head broccoli, cut into bite sized florets
- 2 garlic cloves, minced
- ¼ cup all-purpose flour
- 1 cup fat-free milk
- 1 cup low-sodium vegetable broth
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 ½ cups reduced fat shredded cheddar cheese

## Directions:

1. Preheat oven to 375° F. Lightly grease a baking sheet. Cut spaghetti squash in half lengthwise and scrape out the seeds. Roast in oven cut side down for 40-45 minutes. Remove from oven; once cooled, shred squash with a fork and set aside. Keep oven on.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add onion and cook until softened, about 3-4 minutes. Add broccoli and garlic and cook 5-6 minutes more.
3. Stir in flour, reduce heat to low and cook until flour is incorporated and no longer dry, stirring constantly, about 3-4 minutes. Whisk in milk and vegetable broth, increase heat to medium high and cook until liquid thickens, about 2-3 minutes. Add salt and pepper.
4. Remove from heat and stir in cheddar cheese, mix until cheese is melted through.
5. Grease a 13 x 9 inch baking dish and fill with shredded spaghetti squash. Pour broccoli and cheese mixture on top. Bake for 25-30 minutes until top is golden and crispy.

**Yield:** 8 servings (1 cup per serving)

**Nutrition Facts:** 200 Calories; 7 g Fat (2.5 g Saturated Fat; 0 g Trans Fat); 15 mg Cholesterol; 270 mg Sodium; 25 g Carbohydrate (6 g Fiber, 8 g Sugar, 0 g Added Sugar); 13 g Protein; 0% Daily Value (DV) Vitamin D; 25% DV Calcium; 10% DV Iron; 15% DV Potassium.



## Chicken Parmigiana

Chicken Parmigiana is definitely an Italian-American classic dish that brings back memories of big Sunday dinners! Our lightened up version will keep you satisfied and Grandma will never even know you made some changes to her recipe! We cook the chicken in just 1 tablespoon of olive oil compared to traditional recipes which call for frying. Serve our chicken parm over spaghetti squash or zucchini noodles instead of pasta to boost the veggie content of this super satisfying dish!

### Ingredients:

- 8 chicken tenders, trimmed of any visible fat
- ¼ cup all-purpose flour
- ¼ teaspoon black pepper, divided
- 2 egg whites
- 1/3 cup panko breadcrumbs
- 3 tablespoons grated parmesan cheese
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 tablespoon olive oil
- 1 cup low-sodium marinara sauce
- ½ cup low-fat shredded mozzarella cheese

### Directions:

1. Preheat oven to 350°F. Spray a 13 x 9 inch baking dish with cooking spray.
2. Set up a dredging station: In one bowl, place flour and 1/8 teaspoon pepper, whisk together. In a second bowl, beat the egg whites. In a third bowl, whisk together panko, grated parmesan cheese, basil, parsley and remaining 1/8 teaspoon pepper.
3. Coat chicken: Take the first chicken tender and dip it in the flour, coating both sides, shake off excess. Then dip it in the egg whites, coating both sides, shake off excess. Finally, dip it in the panko mixture, coating both sides, shake off excess and set aside. Repeat with remaining chicken tenders.
4. Heat olive oil in a large skillet over medium heat. Add chicken tenders and cook about 3 minutes per side until cooked through and no longer pink inside. Set aside.
5. Spread ½ cup marinara sauce on the bottom of baking dish. Add chicken tenders. Spread remaining ½ cup marinara sauce over chicken and sprinkle with mozzarella cheese. Bake 5-8 minutes until cheese is melted. Serve and enjoy!

**Yield:** 4 servings (2 chicken tenders per serving)

**Nutrition Facts:** 260 Calories; 8 g Fat (3 g Saturated Fat; 0 g Trans Fat); 60 mg Cholesterol; 280 mg Sodium; 18 g Carbohydrate (1 g Fiber, 4 g Sugar, 0 g Added Sugar); 29 g Protein; 0% Daily Value (DV) Vitamin D; 10% DV Calcium; 10% DV Iron; 2% DV Potassium



## Fall Quinoa Salad

This Fall quinoa salad has great health benefits! Quinoa is high in fiber. Fiber can help to reduce risk of heart disease and certain cancers including colon and breast cancer. Quinoa is also very high in protein and provides all of the essential amino acids that our bodies need.

Take a look at this tasty Fall recipe for an easy, cost-effective way to benefit from all the healthy qualities quinoa has to offer, enjoy!

### Ingredients:

1 cup quinoa  
¼ cup sliced almonds  
2 tablespoons cider vinegar  
2 tablespoons honey  
1 tablespoon olive oil  
¼ teaspoon salt  
¼ teaspoon black pepper  
2 cups kale, finely chopped  
1 Granny Smith apple, diced  
1/3 cup raisins  
2 tablespoons parsley, finely chopped

### Directions:

1. Cook quinoa according to package directions. Set aside to cool to room temperature.
2. Meanwhile, add almonds to a small dry sauté pan and toast over medium heat for about 3 minutes until fragrant. Set aside to cool.
3. In a large bowl, whisk together cider vinegar, honey, olive oil, salt and pepper. Add chopped kale and toss with hands for 3-5 minutes until kale has softened.
4. To the cider vinegar and kale mixture, add the cooled quinoa, apple, raisins and parsley; toss to combine. Serve and enjoy!

**Yield:** 4 servings (1 cup per serving)

**Nutrition Facts:** 322 Calories; 9 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 171 mg Sodium; 54 g Carbohydrate (6 g Fiber, 20 g Sugar, 8 g Added Sugar); 9 g Protein; 25% Daily Value (DV) Vitamin A; 60% DV Vitamin C; 0% DV Vitamin D; 10% DV Calcium; 17% DV Iron; 12% DV Potassium



# Grandma's Molasses Cookies

We're making some healthy swaps to Grandma's favorite holiday cookie: Molasses Cookies! Instead of using Grandma's favorite ingredient from back in the day, shortening, we're using olive oil for the fat in this recipe. Remember olive oil is one of our heart healthy, unsaturated fats. Wheat flour and flax seeds help to add a little unexpected fiber to the recipe as well.

Serve with milk to get a dose of calcium and vitamin D, enjoy!

## Ingredients:

1 cup all-purpose flour  
¾ cup whole wheat flour  
¼ cup ground flaxseeds  
2 teaspoons baking soda  
1 teaspoon ground cinnamon  
½ teaspoon ground ginger  
½ teaspoon ground cloves  
1 egg  
1 cup brown sugar  
¾ cup olive oil  
½ cup molasses

## Directions:

1. Preheat oven to 350°F. Line 2 baking sheets with parchment paper.
2. In a medium bowl, mix together all-purpose flour, wheat flour, flaxseeds, baking soda, cinnamon, ginger and cloves. Set aside.
3. In a large bowl, mix together egg, brown sugar, olive oil and molasses. Add dry mixture to wet mixture and combine. Refrigerate dough for at least one hour or overnight.
4. Use a teaspoon to scoop dough and roll into balls. Place dough balls at least 2 inches apart on parchment lined baking sheet.
5. Bake 8-9 minutes until lightly browned on the edges. Cool and serve or store in an air tight container.

**Yield:** 24 servings (2 cookies per serving)

**Nutrition Facts:** 150 Calories; 7 g Fat (1 g Saturated Fat; 0 g Trans Fat); 10 mg Cholesterol; 115 mg Sodium; 21 g Carbohydrate (1 g Fiber, 14 g Sugar, 14 g Added Sugar); 2 g Protein; 0% Daily Value (DV) Vitamin D; 2% DV Calcium; 6% DV Iron; 2% DV Potassium



# Morning Glory Muffins

These fast and simple muffins are a good source of fiber since they are packed with a variety of fruits and vegetables! Filled with hearty nutrition and delicious flavor, these glorious muffins will keep you fueled and full all morning long.

## Ingredients:

1 ½ cups whole wheat flour  
2 teaspoons ground cinnamon  
1 ½ teaspoon baking soda  
1 teaspoon baking powder  
1 cup unsweetened applesauce  
¼ cup brown sugar  
2 eggs  
2 teaspoons vanilla extract  
1 large apple, diced  
¾ cup raisins  
½ cup chopped walnuts  
2 medium carrots, grated  
½ medium zucchini, grated  
¼ cup unsweetened flaked coconut

## Directions:

1. Preheat the oven to 400°F. Line 16 muffin tin cups with paper liners.
2. Mix together flour, cinnamon, baking soda, and baking powder.
3. In a separate bowl, whisk together applesauce, brown sugar, eggs and vanilla. Add applesauce mixture to flour mixture and stir until combined. Fold in apples, raisins, walnuts, carrots, zucchini and coconut.
4. Scoop batter into 16 paper-lined muffin cups. Bake until golden and a knife inserted into the center comes out clean, 20 to 25 minutes.

**Yield:** 16 muffins (1 muffin per serving)

**Nutrition Facts:** 157 Calories; 5 g Fat (1 g Saturated Fat; 0 g Trans Fat); 23 mg Cholesterol; 167 mg Sodium; 22 g Carbohydrate (3 g Fiber, 4 g Sugar, 2.5 g Added Sugar); 3 g Protein; 6% Daily Value (DV) Vitamin A; 5% DV Vitamin C; 0% DV Vitamin D; 4% DV Calcium; 5% DV Iron; 4% DV Potassium



# Whole Wheat Pesto Pasta

There is nothing like the smell of fresh basil to get everyone ready and wishing for the warm weather! Pesto is a fresh herb sauce that can be made with mostly any green. We are sticking with the traditional basil here, switching out traditional pine nuts for sunflower seeds to boost the protein. Our version also cuts back on the olive oil to help save on calories without sacrificing any flavor! A batch of this will make dinner for the whole family plus leftovers for lunch! Enjoy!

## Ingredients:

- 1 box (13.5 ounces) whole wheat penne pasta
- 2 cups packed fresh basil leaves
- ¼ cup raw, hulled sunflower seeds
- ¼ cup grated parmesan cheese
- 2 cloves garlic, chopped
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/3 cup olive oil
- 1 pint cherry tomatoes, quartered

## Directions:

1. Cook pasta according to package directions. Reserve 1 cup starchy pasta water, then drain pasta and set aside.
2. Prepare pesto: Add basil leaves, sunflower seeds, parmesan cheese, garlic, salt and pepper to food processor. Pulse until basil is finely chopped and ingredients are well combined. With the food processor running, slowly drizzle in the olive oil until the sauce is smooth.
3. In a large mixing bowl, combine cooked pasta and pesto sauce. Add a little of the reserved pasta water to help make a sauce if necessary. Add in cherry tomatoes and stir to combine. Serve and enjoy!

**Yield:** 10 servings (1 cup per serving)

**Nutrition Facts:** 227 Calories; 10 g Fat (2 g Saturated Fat; 0 g Trans Fat); 2 mg Cholesterol; 67 mg Sodium; 29 g Carbohydrate (4 g Fiber, 2 g Sugar, 0 g Added Sugar); 7 g Protein; 4% Daily Value (DV) Vitamin A; 5% DV Vitamin C; 0% DV Vitamin D; 5% DV Calcium; 9% DV Iron; 3% DV Potassium