



Harvest for Health

Healthy Recipes



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**These recipes came from the American Institute for Cancer Research website.*

http://www.aicr.org/testkitchen/vegetables.html?gclid=CjwKEAjwz4u9BRCbioK3stnBznESJADA75xbHa3rI5MAxdEUeIrVxE1_4TIGtWw1TlxYOebcvi1dTBoC6fbw_wcB?referrer=https://www.facebook.com/



Soup

Quick 8-Vegetable Soup

- 1 Tbsp. extra virgin olive oil
- 1 small chopped onion
- 4 cups vegetable broth or fat-free, reduced-sodium chicken broth
- 1/2 cup frozen baby lima beans
- 1 (15-oz.) can no salt added black, Great Northern, or navy beans
- 1 cup frozen mixed vegetables
- 1/2 cup frozen tri-colored bell peppers
- 2 tsp. dried oregano or thyme
- Pinch of dried red pepper flakes
- 1 cup frozen broccoli florets
- Salt, to taste
- 1/4 cup grated Parmesan cheese

Directions

1. In large saucepan, heat oil over medium-high heat. Add onion and cook until translucent, 5 minutes, stirring occasionally. Add broth and bring liquid to boil. Add lima beans, reduce heat and simmer, covered, for 5 minutes.
2. Add canned beans, mixed vegetables, peppers, oregano and pepper flakes and simmer, covered, for 5 minutes. Add broccoli, cover, and cook for 5 minutes. Add salt to taste. This soup keeps, covered in refrigerator, for 3 days. Reheat in covered pot over medium heat.
3. To serve, divide soup among deep bowls. Top each serving with 1 tablespoon Parmesan cheese, or pass it separately at table.

Makes 4 servings.

Per 1½ cup serving: 298 calories, 8 g total fat (2 g saturated fat), 43 g carbohydrate, 17 g protein, 13 g dietary fiber, 237 mg sodium.



Carrot Soup with Orange and Ginger

- 1 Tbsp. extra virgin olive oil
- 4 cups chopped carrots, peeled, cut into 1/2-inch pieces
- 1 cup chopped yellow onions
- 2 cloves garlic, minced
- 3 cups low-sodium chicken broth (vegetable stock or broth may be substituted)
- 4 large strips orange zest
- 1 tsp. finely minced fresh ginger
- 1/2 cup orange juice
- 1 Tbsp. fresh lemon juice, optional
- Salt and ground black pepper to taste
- 1/4 cup chopped chives (dill may be substituted)

Directions

1. In large pot, heat oil over medium-high heat and add carrots and onions. Sauté about 7-8 minutes. Add garlic and sauté additional 2 minutes.
2. Add broth and orange zest strips. Cover and bring to a boil. Reduce heat, uncover and simmer until carrots are tender, about 10-12 minutes. Let mixture cool for several minutes. Discard orange zest strips.
3. Working in batches, in food processor or blender purée mixture until velvety smooth. Return soup to pot. Stir in ginger and orange and lemon juices. Season with salt and pepper to taste. Over low heat, let soup simmer for 5 minutes for flavors to mingle. Garnish with chives and serve.

Makes 4 servings.

Per serving: 150 calories, 5 g total fat (1 g saturated fat), 23 g carbohydrate, 6 g protein, 4 g dietary fiber, 140 mg sodium.



Summer Veggie Soup

- 1 Tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 2 carrots, sliced into 1/4-inch pieces
- 32 oz. reduced-sodium chicken broth (vegetable broth may be substituted)
- 1 (15-oz.) can chickpeas, drained and rinsed
- 2 medium yellow squash, sliced into 1/4-inch pieces
- 1 medium zucchini, sliced into 1/4-inch pieces
- 2 medium potatoes, diced into 1/2-inch pieces
- 1 cup corn kernels, fresh or frozen
- Salt and freshly ground black pepper to taste
- 6 asparagus spears, cut into 1-inch pieces
- 2 plum or Roma tomatoes, coarsely chopped
- 1/4 cup fresh basil, finely chopped
- 1/4 cup of fresh chives, coarsely chopped

Directions

1. In soup pot, heat oil over medium heat. Add onion and garlic and sauté about 6-8 minutes. Add carrots and cook until softened, about 5 minutes.
2. Stir in broth, chickpeas, squash, zucchini, potatoes, corn, salt and pepper. Bring to boil. Reduce heat and simmer about 5 minutes. Stir in asparagus and cook 2 minutes or until squash and potatoes are tender, but not mushy. Then stir in tomatoes and cook 2 minutes.
3. Place in bowls, garnish with basil and chives and serve.

Makes 6 servings.

Per serving: 210 calories, 3.5 g total fat (0 g saturated fat), 38 g carbohydrate, 9 g protein, 7 g dietary fiber, 340 mg sodium.



Fish Chowder with Veggies

Ingredients:

2 Tbsp. extra virgin olive oil (grape seed oil may be substituted)
2 medium carrots, thinly sliced
2 medium stalks celery, 1/4-inch pieces
1 medium onion, chopped medium
1 medium red bell pepper, diced
Salt and freshly ground black pepper to taste
2 Tbsp. whole-wheat flour
4 cups unsweetened almond or soy milk
1 cup water (1 cup clam juice may be substituted)
2 large unpeeled red potatoes, diced into 1/2-inch pieces
2 tsp. Old Bay 30% Less Sodium Seasoning
1 cup frozen yellow corn
1 lb. cod or tilapia fillets, skinless, cut into 1-inch pieces
1/4 cup toasted whole-grain breadcrumbs

Directions:

In large pot heat oil over medium-high heat. Sauté carrots, celery, onion and red pepper for 5 to 6 minutes. Add salt and pepper to taste. Sprinkle flour over mixture and sauté for additional minute. Stir in milk and water and bring to a boil.

Add potatoes and Old Bay. Reduce heat and let simmer for 14 to 15 minutes or until potatoes are tender. Gently stir in corn and fish. Continue to simmer until fish is opaque and cooked through, about 4 to 5 minutes.

Ladle chowder into serving bowls and sprinkle bread crumbs to top. Serve immediately.

Makes 6 Servings

Per serving: 240 calories, 8 g total fat (1 g saturated fat), 26 g carbohydrate, 17 g protein, 4 g dietary fiber, 321 mg sodium.



Salads

Beet Salad with Peaches and Walnuts

- 2 medium cooked red beets, sliced 1/4-inch
- 2 medium tomatoes, sliced 1/4-inch
- Salt and freshly ground black pepper
- 1 small shallot, thinly sliced
- 2 Tbsp. minced mint leaves (reserve a few sprigs for garnish)
- 1 tsp. minced thyme (reserve a few sprigs for garnish)
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. lemon juice
- 1 tsp. honey
- 2 cups sliced peaches without skin (fresh or frozen)
- 1/3 cup toasted chopped walnuts
- 1/4 cup crumbled goat cheese (or feta)

Directions

On platter arrange beets and tomato slices. Season to taste with salt and pepper.

In large mixing bowl combine shallot, mint, thyme, oil, lemon juice and honey. Stir well to combine. Add peach wedges and gently toss to coat.

Arrange peach mixture over beets and tomatoes. Top salad with walnuts and cheese, garnish with mint and thyme sprigs and serve.

Makes 6 servings.

Per serving: 197 calories, 11 g total fat (2.5 g saturated fat), 22 g carbohydrate, 6 g protein, 2 g dietary fiber, 58 mg sodium



Winter Bread Salad

Salad

- 3 cups whole-wheat Italian bread (4 oz.), in 1-inch cubes
- 1 garlic clove, halved lengthwise
- 3 very ripe plum tomatoes
- 1 celery rib, thinly sliced
- 1/2 cup diced sweet onion
- 3 cups romaine lettuce, cut crosswise into 3/4-inch strips
- 3 Tbsp. chopped flat leaf parsley, optional

Dressing

- 3 Tbsp. white or red wine vinegar
- 1/4 tsp. sea salt
- 1/2 tsp. sugar
- 1 tsp. dried oregano
- Freshly ground pepper
- 2 Tbsp. extra virgin olive oil

Directions

1. Spread cubed bread in single layer on baking sheet and let sit until surface feels dry on most sides, or cubes are firm but not stale-hard, 2 to 6 hours.
2. Rub salad bowl, preferably wood or bamboo, liberally with cut side of half a garlic clove. Reserve the other garlic half for another use. Cut tomatoes lengthwise into quarter-wedges, then cut crosswise into chunky pieces. Place tomatoes and any juice in prepared bowl.
3. Add celery, onion and bread cubes. Arrange lettuce over chopped vegetables. Sprinkle on parsley, if using.
4. For dressing, whisk vinegar, salt and sugar in small bowl until salt and sugar dissolve. Add oregano and 3-4 grinds pepper. Whisk in oil.
5. At table, pour dressing over salad and toss until it well-coated and any extra dressing pools in bottom of bowl. Divide salad among 4 wide, shallow bowls, including liquid from bottom of salad bowl.

Makes 4 servings.

Per serving: 158 calories, 8 g total fat (1 g saturated fat), 20 g carbohydrate, 4 g protein, 4 g dietary fiber, 281 mg sodium.

Beet, Carrot, and Apple Salad

- 1 medium beet (or 3/4 cup pre-shredded)
- 2 medium carrots (or 3/4 cup pre-shredded)
- 1 large peeled Granny Smith apple
- 1/4 cup walnut halves, chopped
- 3 Tbsp. chopped flat-leaf parsley or dill or combination
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. salt
- Freshly ground black pepper
- 1 Tbsp. extra virgin olive oil

Directions

1. To shred beet, insert each hand in plastic sandwich bag to avoid staining hands. Peel beet using swivel blade vegetable peeler. Using coarse side of box grater, shred beet to get 3/4 cup. Save remaining beet for another use. Shred carrots and apple. Place shredded beets, carrots and apple in mixing bowl and mix to combine. Add walnuts and green herbs on top of mixed vegetables, and set bowl aside.
2. For dressing, in small bowl whisk together lemon juice and salt until salt dissolves. Add 3-4 grinds of pepper. Whisk in oil. Pour dressing over salad and mix until well combined and evenly dressed. Serve salad within 1 hour of combining with herbs and dressing.

Makes 4 servings.

Per serving: 112 calories, 8 g total fat (<1 g saturated fat), 11 g carbohydrate, 2 g protein, 2 g dietary fiber, 330 mg sodium.



Cool Cauliflower Salad

- 1 medium head cauliflower, broken into florets
- 1/2 cup celery, sliced into 1/2 inch pieces
- 1/4 cup of water
- 1 Tbsp. red wine vinegar
- 1 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1/2 tsp. Italian seasoning
- 1/8 tsp. red pepper flakes
- Salt and freshly ground black pepper

Directions

1. Steam cauliflower florets 6 to 7 minutes or until desired tenderness. In large bowl, combine cauliflower and celery.
2. In small mixing bowl, combine remaining ingredients. Whisk together to mix well. Pour dressing mixture over vegetable mixture and toss gently to thoroughly coat.
3. Cover and chill 2 or more hours. Serve chilled.

Makes 6 servings.

Per serving: 50 calories, 2.5 g total fat (0 g saturated fat), 6 g carbohydrate, 2 g protein, 2 g dietary fiber, 55 mg sodium.



Roasted Root Vegetable Salad

- 1 small sweet potato, about 8-oz, cut into 3/4-inch cubes
- 1 medium potato, cut into 3/4-inch cubes (peeled parsnip may be substituted)
- 1 medium carrot, peeled, cut into 3/4-inch slices
- 1 small red onion, cut into 1/2-inch wedges
- 2 medium celery stalks, 3/4-inch slices
- 1 medium beet, peeled, cut into 3/4-inch cubes
- 1½ Tbsp. extra virgin olive oil, divided
- Sea salt and freshly ground pepper to taste
- 1 tsp. balsamic vinegar
- 2 tsp. fresh lemon juice
- 1/2 tsp. Dijon mustard
- 1 Tbsp. fresh parsley, chopped
- 1 tsp. cilantro, chopped
- 2 Tbsp. walnuts, finely chopped
- 1 oz. crumbled feta cheese

Directions

1. Preheat oven to 425 degrees. In large bowl toss potatoes, carrot, onion, celery and beet with 1/2 tablespoon oil, coating well. Arrange vegetables in a roasting pan. Season with salt and pepper. Roast, stirring several times, until tender and beginning to brown, about 50 minutes.
2. In mixing bowl, whisk vinegar, lemon juice and Dijon with remaining oil and stir in parsley, cilantro and walnuts. Drizzle dressing over vegetables and gently toss. Top with crumbled feta. Serve warm or at room temperature.

Makes 4 servings.

Per ¾ cup serving: 156 calories, 9 g total fat (2 g saturated fat), 17 g carbohydrate, 3 protein, 3 g dietary fiber, 134 mg sodium



Grilled Panzanella

- 4 garlic cloves, minced
- 1/2 tsp. Dijon mustard
- 2 Tbsp. white wine vinegar
- 1/4 cup extra virgin olive oil
- Salt and freshly ground pepper to taste
- 15 fresh basil leaves, chopped coarsely
- 1 medium cucumber, seeded (or English cucumber) washed, sliced into 1/2-inch pieces
- 3 large ripe tomatoes, cut into 1-inch cubes
- 2 Tbsp. green olives, pitted and chopped (capers may be substituted)
- 1 medium red bell pepper, seeded and quartered
- 1/2 large red onion, cut in half and then 1/4 inch slices
- 1/2 small loaf crusty whole-grain French or Italian bread, cut into 1-inch slices, halved

Directions

1. In mixing bowl whisk garlic, mustard, vinegar, oil, salt and pepper and set aside.
2. In large bowl gently combine basil, cucumber, tomatoes and olives.
3. Brush bell peppers and onion slices on one side with oil mixture. Place oil side down on hot grill and cook for 3-4 minutes. Brush other side with oil mixture, turn over and cook an additional 3-4 minutes.
4. Remove from grill. On cutting board, slice peppers into 1/2-inch slices and separate onion rings. Add to vegetables. Add oil mixture and toss to coat.
5. Toast both sides of bread until nicely browned.
6. On a serving platter layer bread and top with vegetables and basil mixture. Toss bread with vegetables if desired. Serve.

Makes 6 servings.

Per serving: 193 calories, 11 g total fat (2 g saturated fat), 22 g carbohydrate, 4 g protein, 4 g dietary fiber, 187 mg sodium.



Main Dish

Mustard Chicken with Summer Vegetables

- 4 Tbsp. stone ground mustard
- 2 Tbsp. reduced-sodium soy sauce
- 4 chicken legs, skin removed
- 4 chicken thighs, skin removed
- 1 medium fennel bulb, cut into 1-inch wedges
- 2 small yellow squash, sliced 1 1/2-inch thick
- 2 small zucchini, sliced 1½-inch thick
- 4 carrots, sliced in half lengthwise
- 4 celery stalks, sliced into 2-inch pieces
- 1 red onion, cut into 1-inch wedges
- 8 whole baby new red potatoes or 4 small red potatoes, halved
- 4 sprigs fresh thyme
- 1 Tbsp. olive oil
- Salt and freshly ground black pepper

Directions

1. Preheat oven to 400 degrees.
2. In large mixing bowl, whisk together mustard and soy sauce. Add chicken and coat well.
3. In large baking pan, arrange fennel, squash, zucchini, carrots, celery, onion, potatoes and thyme. Brush vegetables with oil and season with salt and pepper to taste. Place chicken over vegetables. Brush chicken with mustard sauce. Cover pan with foil and roast for approximately 50 minutes, or until chicken is cooked through and vegetables are tender. Remove foil, increase oven temperature to broil and roast another 4-5 minutes to brown vegetables and chicken. Serve.

Makes 4 servings.

Per serving: 400 calories, 12 g total fat (3 g saturated fat), 40 g carbohydrate, 28 g protein, 7 g dietary fiber, 460 mg sodium.



Peppers Stuffed with Turkey and Wild Rice

- 1 Tbsp. olive oil
- 1/2 medium onion, chopped
- 1 cup coarsely chopped mushrooms, any kind
- 1 lb. ground turkey
- 2 cups of baby spinach leaves, chopped
- 1 cup diced tomatoes
- 2 cloves garlic, minced or 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. oregano
- Salt and pepper to taste
- 3/4 cup chopped carrots, steamed and cut into 1/2-inch chunks
- 1 1/2 cups cooked wild rice
- 4 large green or red bell peppers (or any combination), tops removed* and seeded

*Save tops to cover peppers during baking for a moister filling.

Directions

1. Preheat oven to 350 degrees.
2. Heat oil in a large skillet over medium-high heat. Sauté onion and mushrooms until onions are translucent. Add turkey, spinach, tomatoes, garlic and seasonings and cook until turkey is cooked through, about 5-6 minutes.
3. Place turkey mixture in large mixing bowl and add carrots and wild rice. Combine well. Using spoon, lightly pack mixture into peppers.
4. Place peppers in 9-inch square oven dish, add 1/4 cup water to bottom of pan and bake about 45-50 minutes or until peppers are just tender. Serve.

Makes 4 servings.

Per serving: 329 calories, 14 g total fat (3 g saturated fat), 28 g carbohydrate, 26 g protein, 6 g dietary fiber, 146 mg sodium.



Grilled Pizza with Grilled Vegetables

- 1 lb. prepared whole-wheat pizza dough
- 4 large cremini mushrooms, stemmed, cut crosswise into 1/2-inch slices
- 2 large plum tomatoes, halved lengthwise, seeded, and cut crosswise into thick slices
- 1 medium orange, yellow or red bell pepper, seeded, cut into 1/2-inch strips
- 1 medium zucchini, cut into 1/2-inch slices
- 1/2 medium red onion, cut crosswise into thin slices
- 2 cloves garlic, cut vertically into 4 slices
- Salt and freshly ground black pepper
- 2 Tbsp. extra virgin olive oil, divided
- 1½ cups (6 oz.) shredded low-fat mozzarella cheese
- 4 large basil leaves, cut crosswise into thin strips

Directions

1. Divide pizza dough into thirds. Set aside one third for later use. Divide remaining thirds in half, for a total of four pieces. Gently form into balls and place in lightly oiled bowls. Cover bowls with dishtowel and let sit until dough is soft and pliable, 30 minutes to 1 hour, depending on how cold it is.
2. While dough warms up, for topping, in mixing bowl, combine mushrooms, tomatoes, peppers, zucchini, onion and garlic. Sprinkle on salt and 4-5 grinds pepper. Add 4 teaspoons of oil, and using your hands, toss until vegetables are coated with oil. Set vegetables aside for 30 minutes.
3. When pizza dough is soft, lift 1 piece and pat it into a disk. Holding disk by its edge so dough dangles down, gradually work your fingers around the edge, turning and gently stretching it into 4-inch disk. Place stretched dough on large baking sheet and repeat with remaining 3 pieces. Cover dough and let rest for 10 minutes, until soft enough to repeat, stretching pieces to 7-8 inches. Neat, evenly thick rounds are nice, but do not worry if dough is irregularly shaped and thin in places. Leave dough on baking sheet, covered, while preparing grill.
4. Heat gas grill to medium-high or charcoal grill until ash on charcoal is white. Place marinated vegetables in grill basket. Grill, stirring vegetables occasionally, until crisp-tender, 7-8 minutes. Set grilled vegetables aside.
5. Turn gas grill to low or move coals all to one side of charcoal grill. Use remaining oil to brush disks of pizza dough lightly on both sides. Arrange dough on grill; for charcoal grill place pieces on side without coals. Grill 5-6 minutes, until dough is puffy on top, and bottom is golden brown with darker spots. Thin areas will be darkest. Using tongs, turn pizza crusts over. Immediately sprinkle one-quarter of cheese over each crust, leaving 1/2 inch edge. Close lid and grill until bottom of

crust is golden with darker spots and cheese is just melted, about 1-2 minutes. Remove grilled pizza crusts to individual plates and heap one-fourth of grilled vegetables on top of each crust. Sprinkle on basil and serve immediately.

Makes 4 Pizzas

Per serving: 370 calories, 18.5 g total fat (6 g saturated fat), 38 g carbohydrate, 18 g protein, 7 g dietary fiber, 592 mg sodium.



Cashew Stir-fry with Broccoli and Pork

- 3 tsp. sesame oil, divided
- 1 large onion, halved and thinly sliced
- 1 medium red bell pepper, sliced in 1/4-inch strips
- 1 medium carrot, thinly sliced crosswise
- 3 cups broccoli florets
- 8 oz. boneless pork loin chops, cut into 1-inch by 1/2-inch strips
- 4 cloves garlic, minced
- 1/4 tsp. red pepper flakes or to taste
- 1/2 cup chopped scallions
- 1 Tbsp. finely minced fresh ginger
- 2 Tbsp. reduced-sodium soy sauce
- 1/2 cup reduced-sodium chicken broth or vegetable broth
- 2 cups cooked brown rice
- 1/2 cup toasted unsalted cashews, chopped (roasted peanuts may be substituted)

Directions

1. In large non-stick skillet or wok heat 1 teaspoon oil over medium-high heat. Add onion, pepper and carrot and sauté for 8 to 10 minutes. Remove vegetables and set aside.
2. Heat another 1 teaspoon oil over medium-high heat and stir-fry broccoli for 3 to 4 minutes. Remove broccoli and set aside with vegetables.
3. Heat last teaspoon oil over medium heat and stir-fry pork, garlic and red pepper flakes for 4 to 5 minutes or until pork is no longer pink. Stir in scallions and ginger and sauté for an additional minute. Stir in vegetables. Add soy sauce and broth. Cook 1 to 2 minutes.
4. Divide rice among four dinner bowls and top each with stir-fry. Sprinkle cashews on top and serve.

Makes 4 servings.

Per serving: 369 calories, 15 g total fat (3 g saturated fat), 41 g carbohydrate, 21 g protein, 4 g dietary fiber, 374 mg sodium.

Chilaquiles with Beans and Corn

- Cooking spray
- 1 large ear fresh corn or 1½ cups frozen corn, defrosted
- 1 Tbsp. canola oil
- ¾ cup chopped red onion
- 1 (10 oz.) pkg. frozen spinach, defrosted, squeezed dry
- 1 (15 oz.) can no-salt added pinto beans, drained
- 1 tsp. ground cumin
- 1 (14½ oz.) can no-salt added, diced tomatoes, partially drained
- 6 yellow corn tortillas
- 1 (15 oz.) can mild or medium red enchilada sauce, divided
- 1 cup shredded, reduced-fat Mexican cheese blend, divided

Directions

1. Preheat oven to 400 degrees. Coat 11-inch x 7-inch baking dish with cooking spray and set aside.
2. If using fresh corn, cut kernels from cob; there should be 1-1½ cups. Set aside.
3. In medium skillet, heat oil over medium-high heat. Add onion and cook until translucent, 4 minutes. Add spinach, pulling it apart. Add beans and cumin and cook until cumin is fragrant, stirring often. Add tomatoes and corn and cook until mixture is heated through, 5 minutes. Set vegetable and bean filling aside.
4. Arrange 2 tortillas on bottom of prepared pan. Cut 2 other tortillas in half and add 2 halves to cover bottom of pan. Spoon half the filling over tortillas. Pour on ¾ cup enchilada sauce. Sprinkle on half the cheese. Repeat, using remaining tortillas, filling, sauce and cheese. Cover pan with foil.
5. Bake Chilaquiles for 15 minutes. Uncover and bake until cheese melts and casserole is bubbly around edges, 10 minutes. Let stand 10 minutes before serving.

Makes 6 servings.

Per serving: 216 calories, 5.7 g total fat (1 g saturated fat), 34 g carbohydrate, 10 g protein, 6 g dietary fiber, 496 mg sodium

Turkey Fajitas with Baby Spinach and Red Peppers

Seasoning Marinade

- 1/2 tsp. chili powder
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground cumin
- 1/4 tsp. garlic powder
- 1/8 tsp. finely ground coffee
- 1/8 tsp. ground black pepper

Filling

- 1/2 Tbsp. canola oil
- 1 lb. turkey cutlets or boneless turkey breast, cut into 3/4-inch by 3-inch pieces
- 4 taco-size (9-in) whole-wheat tortillas
- 1½ cups lightly packed baby spinach
- 1/2 cup salsa verde
- 2 (1/2-in) slices red onion, halved crosswise
- 12 (1/2-in.) strips red bell pepper

Directions

1. In small bowl, whisk together chili powder, cinnamon, cumin, garlic powder, coffee and black pepper.
2. Place canola oil and turkey in mixing bowl and add dry seasoning. Using fork or your hands, mix to coat turkey evenly with marinade. Set aside for 20-30 minutes.
3. Heat medium cast iron skillet over medium-high heat. Lay a large sheet of foil on your work surface. One at a time, heat tortillas in dry pan until they are flexible, about 1 minute, turning them after 30 seconds. Stack tortillas on foil, covering them with an inverted plate until all tortillas are warmed, then seal tortillas in foil, and set them aside.
4. Heat grill-pan or stovetop grill over high heat until a drop of water flicked onto it dances. Using tongs, arrange seasoned turkey pieces in rows on grill, placing them 1/2-inch apart. This may require cooking turkey in two batches. Grill for 6 minutes, turning pieces every 1 minute so they cook evenly and to avoid burning. Transfer cooked turkey to serving plate.
5. To assemble fajitas, place warm tortilla on a dinner plate, preferably warm. Arrange one-fourth of spinach in center of tortilla. Add one-fourth of turkey. Spoon on one-fourth of salsa, top with half an onion slice and 4 pepper strips. Fold in top and bottom of tortilla, then sides. Serve immediately.

Makes 4 Servings

Per serving: 317 calories, 6 g total fat (<1 g saturated fat), 31 g carbohydrate, 34 g protein, 2 g dietary fiber, 492 mg sodium

Cypriot Chicken Kebabs

Kebabs

- 12 oz. chicken breast, boneless, skinless, cut into 12 even pieces
- 1 zucchini, cut into 8 slices
- 1 medium red bell pepper, cut into 8 pieces
- 8 cherry tomatoes

Marinade

- 1 Tbsp. extra virgin olive oil
- 2 Tbsp. apple cider vinegar
- 1 tsp. Dijon mustard (spicy brown may be substituted)
- 1/2 tsp. dried oregano
- 2 cloves garlic minced
- 2 Tbsp. fresh parsley, chopped
- Salt and freshly ground black pepper to taste

Dressing

- 12 fresh mint leaves
- 1 cup frozen peas, cooked
- 1 Tbsp. extra virgin olive oil
- 1 clove garlic, minced
- 1/4 tsp. cumin
- Juice of one lemon

*An alternative cooking method is to pre-heat oven to 400 degrees. Place skewers on shallow baking dish on center rack. Bake 10 minutes. Baste and turn over, baste and bake for additional 10-15 minutes or until chicken is cooked through.

Directions

1. Whisk together marinade ingredients and set aside 1 tablespoon for basting later. In shallow dish, cover chicken with marinade until well coated. Cover and marinate in refrigerator for at least 2 hours.
2. Using four kabob skewers, arrange 3 pieces of chicken and 2 pieces each of zucchini, pepper and tomatoes per skewer. For easier grilling, start and end each skewer with chicken.
3. Coat grill lightly with oil to prevent sticking. Place skewers on medium-hot grill. Turn frequently and brush with reserved marinade. Cook for 18-25 minutes or until juices run clean. Cooking time will depend on size of chicken pieces and temperature. *

4. In meantime, for dressing, place ingredients in food processor or blender. Puree and set aside.
5. After removing kabobs from grill, let stand 5 minutes. Serve with dressing on side.

Makes 4 servings.

Per serving: 200 calories, 8 g total fat (<1 g saturated fat), 10 g carbohydrate, 21 g protein, 3 g dietary fiber, 105 mg sodium.





Pasta

Rigatoni with Red Peppers

- 12 oz. rigatoni, whole-wheat preferred
- 1 Tbsp. extra virgin olive oil
- 1 large red onion, coarsely chopped
- 2 medium red bell peppers, deseeded and sliced into 1/2-inch strips
- 1 cup cherry tomatoes, halved
- Salt and freshly ground black pepper
- 10 oz. fresh spinach leaves
- 1/2 cup Parmesan cheese, divided
- 1/2 cup coarsely chopped fresh basil

Directions

1. Cook rigatoni according to package directions for al dente. Drain pasta, reserving 1/2 cup water. Return pasta to pot to keep warm.
2. While pasta cooks, in skillet heat oil over high heat. Stir in onion, peppers and tomatoes. Add salt and pepper, to taste. Sauté, stirring occasionally. After 5 minutes, add spinach and continue to sauté until vegetables are tender and spinach is wilted, about 5 more minutes.
3. Add vegetables, reserved pasta water and 1/4 cup of Parmesan cheese to pasta and gently toss to combine.
4. To serve, top pasta with basil and remainder of Parmesan cheese.

Makes 6 servings.

Per 1½ cup serving: 282 calories, 6 g total fat (2 g saturated fat), 49 g carbohydrate, 14 g protein, 2 g dietary fiber, 171 mg sodium.



Roasted vegetable Lasagna

- 2 eggs
- 1/2 cup grated Parmesan cheese
- 1/2 tsp. ground nutmeg
- 1/2 tsp. garlic powder
- 4 cups low-sodium tomato sauce
- 3 cups low fat mozzarella cheese
- 2 eggplants (about 3 lbs.), quartered lengthwise
- 6 medium zucchini (about 3 lbs.)
- Canola oil cooking spray
- 1 lb. whole-wheat lasagna noodles
- 15 oz. low fat ricotta or low fat cottage cheese (or a combination of both)

Directions

1. Preheat the oven to 450 degrees. Grease a 13x9x2-inch baking pan, set aside.
2. Slice the eggplant and zucchini in 1/2-inch slices. Layer on two baking sheets and coat both sides of the vegetables with cooking spray. Roast for 20 minutes. Toss the vegetables and continue to roast until well browned and soft, about 20 minutes more. Transfer vegetables to a large bowl.
3. Reduce the oven temperature to 375 degrees.
4. Cook the lasagna noodles according to package directions. Separate the noodles and let them cool slightly.
5. Meanwhile, in a medium bowl, mix together the ricotta and/or cottage cheeses, eggs, Parmesan, nutmeg and garlic powder.
6. To assemble: spread a thin layer of sauce over the bottom of the prepared pan. Cover with a layer of pasta (noodle strips slightly overlapping). Spread with one-third of the ricotta mixture. Sprinkle one-quarter of the mozzarella over the ricotta. Spoon one-third of the roasted vegetables on top. Top with 1/2 cup of tomato sauce and continue the assembly as directed until you have 4 layers of pasta and 3 layers of filling. Spread the remaining sauce on top and sprinkle with the remaining mozzarella cheese.
7. Cover the pan with aluminum foil and bake for 30 minutes. Uncover and continue to bake until golden and bubbly, about 15 minutes more. Let stand for 15 minutes before serving.

Make 12 servings.

Per serving: 360 calories, 11 g total fat (5 g saturated fat), 45 g carbohydrate, 23 g protein, 11 g dietary fiber, 310 mg sodium

Pasta Shells with Garlicky Kale

- 1 Tbsp. extra virgin olive oil
- 5 cloves garlic, minced
- 1/4 tsp. red pepper flakes (or to taste)
- 10-12 oz. (10-12 cups, loosely packed) pre-washed baby kale, coarsely chopped
- 1/2 cup vegetable broth
- Salt and freshly ground black pepper, to taste
- 1 Tbsp. Parmesan cheese
- 8 oz. small whole-wheat pasta shells, cooked to package directions

Directions

1. Heat oil in large skillet over medium heat. Sauté garlic with red pepper about 2 minutes.
2. Stir in about half the greens, broth, and season to taste with salt and pepper. Increase heat to medium-high, cover, and cook until greens wilt, about 3 minutes. Stir in remaining greens, cover and cook an additional 12 minutes or until greens are tender. Stir occasionally.
3. Place cooked, drained pasta in saucepan. Add greens mixture and gently toss until well combined.
4. Sprinkle with cheese and serve.

Makes 4 servings.

Per 1½ cups serving: 302 calories, 6 g total fat (1 g saturated fat), 56 g carbohydrate, 13 g protein, 7 g dietary fiber, 264 mg sodium.



Pepper Jack, Sweet Potato and Avocado Sandwich

- 1 chubby orange-fleshed sweet potato, peeled
- 4 (1/2-inch) slices rustic whole-wheat Italian bread
- 2 oz. Pepper Jack cheese, thinly sliced or shredded (preferably reduced fat)
- 4 thin slices red onion
- 4 (1/2-inch) slices tomato
- 1/2 cup baby arugula
- 1/2 medium avocado, sliced
- Olive oil cooking spray

Directions

Preheat oven to 400 degrees F. Coat baking sheet with cooking spray.

Cut sweet potato in 1/4-inch slices. Place sweet potato slices on prepared baking sheet. Roast for 15 minutes, until slices are just tender. Using wide spatula, transfer slices to wire rack and let cool.

Meanwhile, lightly toast bread. Place 1 slice on each of two plates. Immediately cover hot toast with cheese. Top with 2 slices sweet potato, 2 slices onion, 2 slices tomato and half the arugula. Save remaining sweet potato for later use.

On remaining bread slices, use fork to mash and spread avocado. Close sandwich, placing avocado side down. With serrated knife, cut sandwiches diagonally in half.

Makes 2 servings.

Per serving: 345 calories, 15 g total fat (5 g saturated fat), 40 g carbohydrate, 16 g protein, 9 g dietary fiber, 483 mg sodium.





Sides

Roasted Cauliflower with Spiced Tomato Sauce

- 1 tsp ground cumin
- 1/2 tsp. ground coriander
- 1/4 tsp. ground cardamom
- 1/8 tsp. ground pepper, preferably white
- 2 Tbsp. canola oil, divided
- 7-8 cups medium cauliflower florets (from a 2¼ - 2½ lb. cauliflower head)
- Cooking spray
- 1 Tbsp. finely chopped garlic
- 1 can (8 oz.) tomato sauce, no salt added
- 2 Tbsp. tomato paste
- 2 tsp. raw sugar
- 2 tsp. white distilled vinegar
- 1/8 tsp. ground cloves
- 1/8-1/4 tsp. ground cayenne pepper
- 1/2 tsp. salt

Directions

Preheat oven to 425 degrees F.

In large mixing bowl, combine cumin, coriander, cardamom, ground pepper and 1 tablespoon oil. Add cauliflower and with your hands, toss and rub to coat florets, 1 minute.

Line 11-inch x 15-inch jelly roll pan with foil. Coat foil with cooking spray. Arrange seasoned cauliflower in one layer on pan. Bake for 10 minutes. Stir, then bake 10 minutes longer.

Meanwhile, in small saucepan, heat remaining oil over medium-high heat. Add garlic and cook, stirring, until fragrant, 1 minute. Add tomato sauce, tomato paste, sugar, vinegar, cloves, cayenne and salt and mix to combine. Cook until sauce bubbles vigorously around edges of pot.

Spoon tomato sauce over cauliflower on pan and mix with spatula until florets are well coated, 1 minute. Roast cauliflower 10 minutes. Stir, and bake until florets are tender, about 5 minutes. Serve hot or warm.

Makes 6 servings.

Per serving: 92 calories, 5 g total fat (0 g saturated fat), 11 g carbohydrate, 3 g protein, 4 g dietary fiber, 275 mg sodium.

Balsamic Glazed Carrots

- 1 Tbsp. peanut or canola oil
- 4 cups baby-cut carrots or 1/2-inch diagonally sliced carrots
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. brown sugar
- Salt and freshly ground black pepper to taste

Directions

In large skillet, heat oil over medium-high heat. Add carrots. Sauté until carrots become tender crisp and start to brown slightly, about 11-12 minutes. Reduce heat to medium. Sprinkle vinegar and sugar over carrots, stirring to thoroughly coat carrots. Season to taste with salt and pepper. Remove from heat and serve warm.

Makes 6 servings.

Per serving: 66 calories, 2 g total fat (0 g saturated fat), 11 g carbohydrate, <1 g protein, 1.5 g dietary fiber, 64 mg sodium.



Zucchini and Onion Frittata

- Cooking spray, preferably olive oil
- 1/2 cup finely chopped onion
- 1 tsp. finely chopped garlic
- 8 oz. zucchini (1 medium), cut into 1/8-inch rounds
- 4 large eggs
- 2 large egg whites
- 2 Tbsp. grated Parmesan cheese
- 1/2 tsp. salt
- Ground black pepper
- 1/4 cup fresh basil, cut cross-wise into thin slices
- 1 Tbsp. extra virgin olive oil

Directions

1. Coat pan heavily with cooking spray and set over medium-high heat. Sauté onion until golden, 3-4 minutes. Mix in garlic and cook 1-2 minutes, until onion is lightly browned. Transfer contents of pan to plate to cool.
2. Coat pan again with cooking spray and return to heat. Add zucchini and cook until slices look moist and translucent. Using tongs, keep spreading and turning zucchini to brown slices on both sides, 8-10 minutes, adding to onion mixture as zucchini slices brown. Wipe out the pan.
3. In mixing bowl, whisk eggs and whites until well combined. Mix in cheese, salt and pepper. Add vegetables and basil, and mix with fork to combine with eggs.
4. Add oil to pan and tilt pan to swirl oil around sides. Set pan over medium-high heat. Pour in egg mixture, spreading zucchini and onion in an even layer. As eggs start to set, use wide spatula to lift frittata around edges while tilting pan slightly so liquid egg flows out and under the edges. Cook until frittata is browned on bottom and set except in center, about 8 minutes. Off heat, invert large plate over pan. Pressing it firmly in place against the pan, invert the two so frittata falls from pan onto plate. Slide frittata back into pan and cook to lightly brown bottom, 1-2 minutes longer. Slide frittata onto serving plate. Serve immediately, or cool frittata to room temperature before serving. This frittata also can be covered and refrigerated overnight. Cut into 4 wedges, and serve.

Makes 4 servings.

Per serving: 138 calories, 9 g fat (2 g sat fat), 5 g carbohydrate, 9 g protein, 1 g fiber, 419 mg sodium.

Collards with Carrots, Garlic and Pumpkin Seeds

- 2 large garlic cloves
- 8 collard greens leaves
- 2 medium carrots
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. shelled raw pumpkin seeds
- Salt and freshly ground black pepper

Directions

Peel and cut garlic cloves into thin lengthwise slices.

Cut away stem and center vein from each collard leaf. Fold leaf in half and stack. Cut leaves lengthwise into 1-inch strips, turn and cut into 1/2–1-inch pieces.

Peel and cut carrots into thin diagonal slices.

In large skillet, heat oil over medium-high heat. Add pumpkin seeds and sauté 1 minute. Add garlic and sauté 30 seconds. Add collards and carrots and sauté until collards begin to wilt, about 2 minutes. Stir in 1/2 cup water. Cover and steam for 5-7 minutes, until crisp tender. Uncover and continue cooking, stirring often, until water evaporates, about 2 minutes. Season to taste with salt and pepper. Serve warm.

Makes 4 servings.

Per serving: 114 calories, 9 g total fat (1 g saturated fat), 7 g carbohydrate, 3 g protein, 3 g dietary fiber, 33 mg sodium.



Quinoa with Cauliflower and Broccoli

- 1 Tbsp. extra virgin olive oil, divided
- 2 cups cauliflower florets
- 2 cups broccoli florets
- 1 medium green bell pepper, sliced into strips
- 1 medium red bell pepper, sliced into strips
- 1 cup chopped onion, divided
- 3 cloves garlic, minced
- 1 Tbsp. fresh thyme, chopped medium (1 tsp. dried may be substituted)
- 1 Tbsp. fresh oregano, chopped medium (1 tsp. dried may be substituted)
- 1 cup quinoa
- 2 cups reduced-sodium vegetable broth
- Salt and freshly ground black pepper

Directions

1. In skillet, heat 2 teaspoons olive oil over medium-high heat. Add cauliflower, broccoli, peppers, 1/2 cup onion and garlic. Sauté 5 minutes until vegetables start to soften. Stir in herbs and sauté 2 minutes. Remove from stovetop and set aside.
2. In strainer, place quinoa and rinse thoroughly with cold water. Using your hand, swish quinoa under running water for 2 minutes to remove bitter natural coating. Drain and set aside.
3. In medium saucepan, heat remaining teaspoon oil over medium-high heat. Add remaining onion. Sauté about 3 to 4 minutes. Add broth and quinoa. Increase heat to bring mixture to boil. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 20 minutes.
4. Gently stir in vegetable mixture and combine well with quinoa. Season with salt and pepper to taste. Serve.

Makes 8 servings.

Per serving: 120 calories, 3.5 g total fat (0 g saturated fat), 20 g carbohydrate, 5 g protein, 4 g dietary fiber, 50 mg sodium.

Quinoa Risotto Primavera

- 2½ cups cauliflower florets, cut in 1-inch pieces, stems well-trimmed
- 1½ Tbsp. extra virgin olive oil
- 1/2 cup finely chopped onion
- 2 Tbsp. finely chopped shallot
- 2/3 cup quinoa, rinsed and drained
- 3½ cups fat-free, reduced-sodium chicken broth, divided
- 1/3 cup thinly sliced baby carrots
- 1/2 cup frozen baby green peas
- 1/4 cup grated Parmesan cheese
- Salt and freshly ground black pepper
- 1/3 cup chopped flat leaf parsley

Directions

1. Place cauliflower in food processor. Pulse until cauliflower resembles crumbled feta, about 15-20 pulses; there should be 2 cups chopped cauliflower to set aside. Use leftover to add to soup or salad.
2. In heavy, wide, large saucepan, heat oil over medium-high heat. Add onion and cook, stirring often, for 3 minutes. Add shallots and cook until golden, about 3 minutes, stirring occasionally. Add quinoa and cook, stirring constantly, until grain makes constant crackling, popping sound, about 5 minutes. Carefully add 2 cups broth, standing back as it will spatter. Cover, reduce heat and simmer quinoa for 10 minutes.
3. Add cauliflower, carrots and 1/2 cup hot broth and simmer, uncovered, for 5 minutes, stirring often. Add peas and enough broth to keep risotto soupy, about 1/4 cup. Cook 8-10 minutes, or until quinoa is al dente or to your taste and vegetables are tender-crisp, adding broth 1/4 cup at a time, as needed. Risotto is done when liquid is mostly absorbed and mixture is slightly wet, but not soupy. Off heat, stir in cheese and season to taste with salt and pepper. Garnish with parsley and serve. Leftover risotto keeps for 3 days, covered in refrigerator, and can be served at room temperature as a whole-grain salad.

Makes 8 Servings

Per serving: 120 calories, 4.5 g total fat (1 g saturated fat), 14 g carbohydrate, 5 g protein, 3 g dietary fiber, 280 mg sodium.