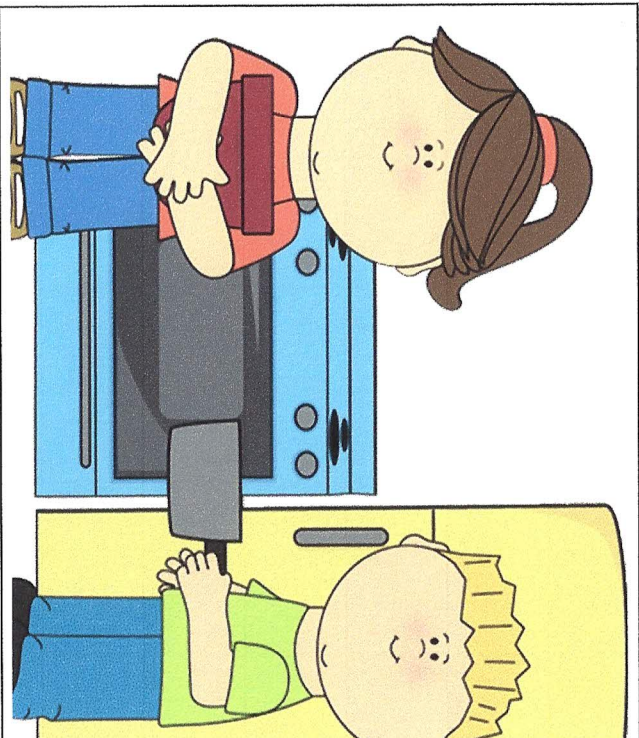



# Healthy Recipes 2014



A decorative border consisting of a grid of red circles of varying sizes, arranged in a pattern that resembles a polka dot design. The circles are set against a white background and form a rectangular frame around the central text.

# Appetizers

## • Roasted Chick Peas

1 can chick peas (garbanzo beans)  
(drained, rinsed)

1 tsp olive oil

1 tsp garlic powder

1 tsp cumin

Mix spices. Mix oil into beans. Add  
spices. Put in greased pan + bake in  
350° oven for 45 min.




## Taco Dip

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- 1 (16oz.) can fat-free refried beans
- 1 (16oz.) light sour cream
- 1 pkg. taco seasoning
- 8oz. pkg. fat free shredded cheddar cheese (I only use half)
- Shredded lettuce, diced tomatoes, black olives (optional)

Spread refried beans in bottom of 11"x7" pan. Stir taco seasoning into sour cream; spread mixture over refried beans. Top with shredded lettuce, diced tomatoes, black olives (if desired). Sprinkle cheese over dish. Serve with Snyder's Reduced Fat Tortilla Dippin Strips



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# Desserts

## Easy Healthy Fudge (Paleo, Vegan)

1 C. Coconut butter (softened)

$\frac{1}{2}$  C. Nut butter (P.B. is fine)

1 tsp vanilla extract

2-4 T Honey

$\frac{1}{3}$  C. Choc. Chips

Mix all ingredients. Spread in a  
8x8 parchment paper lined baking dish.  
Refrigerate or freeze until set.

Kristi Stachler

## Strawberry Cake

Janelle  
Kaiser

1 box strawberry cake mix  
1 can diet red pop

\* Mix together & bake according  
to package instructions.

1 small container fat free or light cool  
1 pkg. sugar free strawberry jello whip

↳ Do NOT prepare

\* Mix together & spread on top of cake.

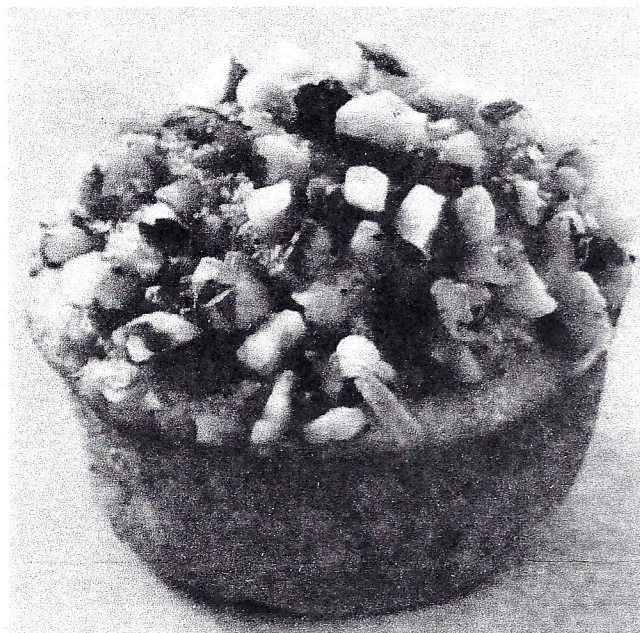


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## Banana Nut Mini Muffins



Average of 2 ratings:


Difficulty Level: **Easy**

Average of 1 reviews

1 Reviews

1 Questions

- [save to recipe box](#)

 [VIEW LARGER](#)

### Ingredients:

- 1-1/3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 egg
- 2/3 cup firmly packed brown sugar
- 3 tablespoons milk
- 3 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 1 cup mashed ripe banana (about 2 larger bananas)
- 1/4 cup chopped toasted walnuts
- additional walnuts (optional)

### Makes:

2 dozen mini muffins.

### Instructions:

<http://www.wilton.com/recipe/print/Banana-Chocolate-Chip-Mini-Muffins>

### Tools:

- [Perfect F](#)

#### step 1

Preheat oven to 375°F. Lightly spray mini muffin pan with vegetable pan spray.

#### step 2

In large bowl, combine the flour, baking powder, baking soda and salt; set aside. In medium bowl, whisk together the egg, brown sugar, milk, oil, vanilla, bananas and walnuts. Stir into flour mixture just until combined. Divide mixture into prepared pans, filling almost full. Sprinkle muffins with additional walnuts, if desired.

#### step 3

Bake 12 to 14 minutes or until firm to the touch. Cool muffins in pan 5 minutes. Transfer to wire rack to cool completely.

Becky Gast

**coconut & honey no-bake energy bites**

Author: Rachel Schultz  
Serves: 50 bites

*only a 100  
calories per  
bite*

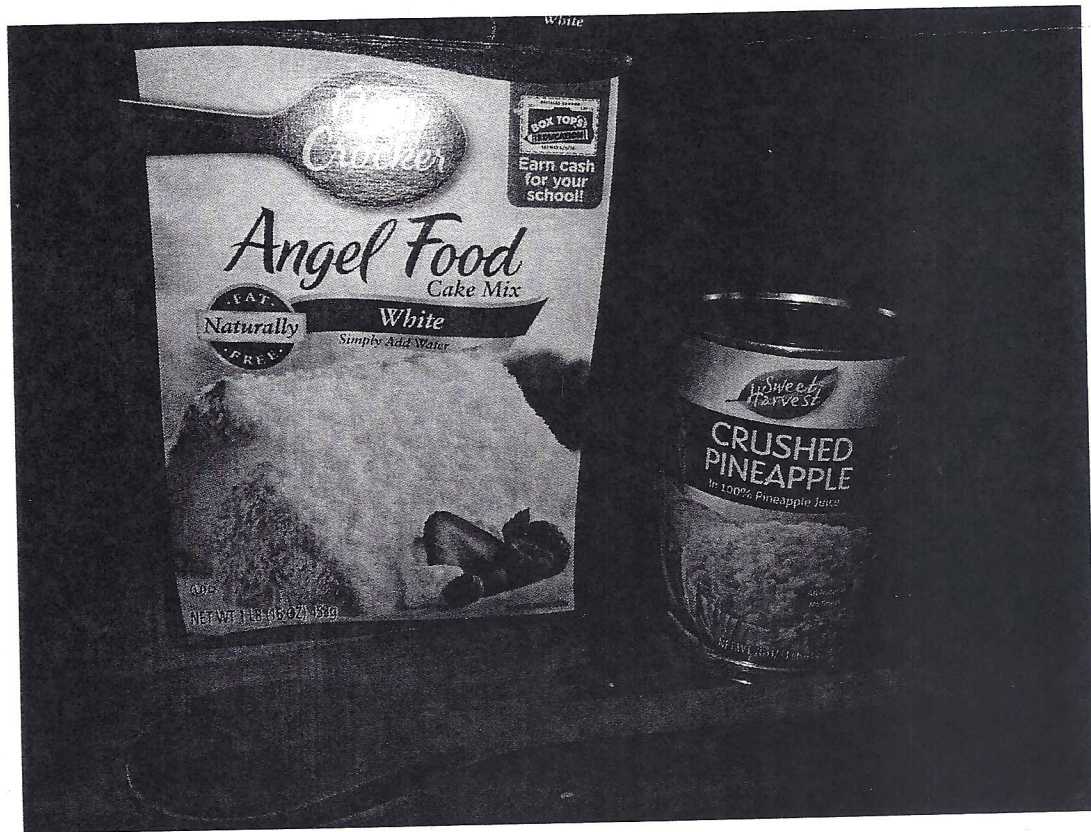
**Ingredients**

- 2 cups old-fashioned oats
- 1 and ½ cups coconut flakes
- 1 cup peanut butter
- 1 cup ground flaxseed
- ¾ cup honey
- 2 teaspoons vanilla

**Instructions**

1. Pulse oats in food processor for a several seconds, until flakes are broken.
2. Combine ingredients in a large mixing bowl with hands.
3. Chill in fridge for 30 minutes.
4. Shape into 1 inch balls. Store in fridge for up to a week.

Recipe by Rachel Schultz at <http://rachelschultz.com/2013/05/05/coconut-honey-no-bake-energy-bites/>



*Elaine Schwendeman*

1 box angel food cake mix

1 can crushed pineapple

Pour into large mixing bowl

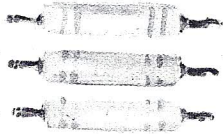
Blend with wooden spoon

Bake as directed on package

Enjoy!



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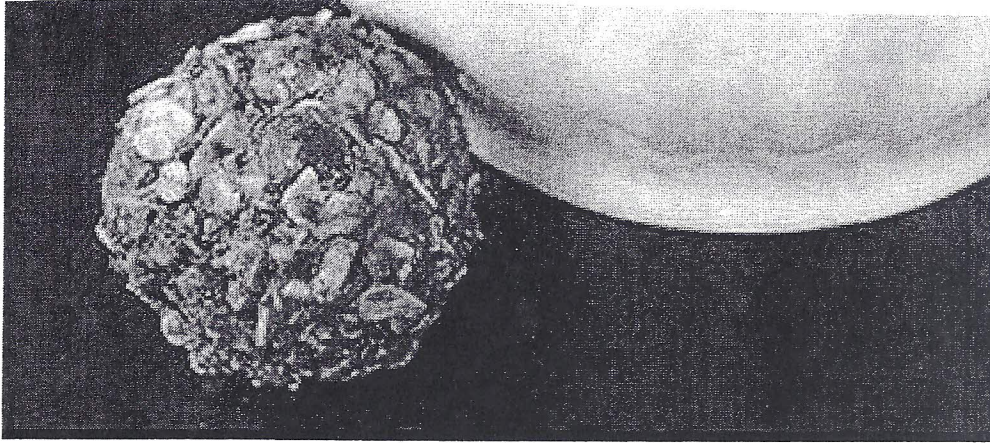


Recipe For: Creamy Peanut Butter Dip  
From: Emily Baucher

Ingredients:

- 2 cups plain greek non fat yogurt
- 1 cup peanut butter

Mix two together and serve  
with fresh fruit.



1 cup (dry) oatmeal  
1/2 cup chocolate chips <sup>or 1/4 cup dried cranberries + 1/4 cup almond slivers.</sup>  
1/2 cup peanut butter <sup>or 1/4 cup p.b. + 1/4 cup almond butter</sup>  
1/2 cup ground flaxseed <sup>or 1/4 cup flaxseed 1/4 cup coconut flour</sup>  
1/3 cup honey  
1 tsp. vanilla

Mix ingredients together in a large bowl. Roll into bite size balls. Refrigerate to set. Enjoy!!

### APPLESAUCE-ZUCCHINI BREAD

1 Cup Unsweetened Applesauce  
½ Cup Sugar  
½ Cup Brown Sugar  
3 Eggs, slightly beaten  
2 teaspoons Baking Soda  
½ teaspoon Baking Powder  
2 teaspoons Vanilla  
2 Cups Zucchini, grated  
3 Cups Flour

Mix the eggs, sugars, applesauce and vanilla. Stir together dry ingredients and add to the applesauce mixture. Squeeze excess water from grated zucchini and stir into batter. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 45 minutes or until done. Cool 10 minutes in pan. Remove and cool on rack. Makes 2 loaves.

Linda White



Diane  
Frozen  
Grapes

Freeze grapes after  
washing.

# Recipe

## Weight Watchers Key Lime Dessert

2 packs crushed graham crackers (low fat)

$\frac{1}{2}$  c sugar

$\frac{1}{4}$  c butter melted

Mix together and put on the bottom of a 9x13 pan

2 sm pkg of Lime Jello (reg or sugar free)

$\frac{1}{2}$  c boiling water

Dissolve jello in water

Stir in 4 (8oz) containers of Key Lime

Ice Yogurt. Add 12 oz. of Cool Whip (sugar free)

Stir and pour on top of cracker crumbs

Spread another 12oz Cool Whip on top.

## Angel Food Pineapple Bars

1 - box angel food cake mix (Betty Crocker)

1 - 20 oz. can unsweetened "crushed" pineapple

\*Stir cake mix and pineapple together in a bowl.

\*Spread into 9x13 ungreased loaf pan

\*Bake 30 – 35 minutes until lightly browned.

\*350 degree oven

\*Cool – then refrigerate

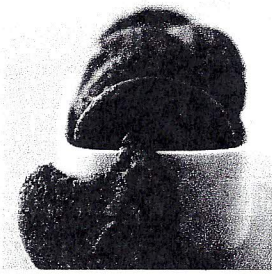
\*Cut with kitchen shears into squares

(can use other fruits)

Nancy VH - CMS



Deb Lehman

my  
recipes

## Cocoa Fudge Cookies

You can mix these incredibly easy, fudge cookies right in the saucepan. When freshly baked, these thin cookies have crisp edges and chewy centers. You can make them with either Dutch process or natural unsweetened cocoa powder; we opted for the latter.

Cooking Light JANUARY 2002

Yield: 2 dozen (serving size: 1 cookie)

Photo by: Becky Luigart-Stayner; Lydia DeGaris-Pursell

## Ingredients

1 cup all-purpose flour	2/3 cup granulated sugar
1/4 teaspoon baking soda	1/3 cup packed brown sugar
1/8 teaspoon salt	1/3 cup plain low-fat yogurt
5 tablespoons butter	1 teaspoon vanilla extract
7 tablespoons unsweetened cocoa	Cooking spray

## Preparation

Preheat oven to 350°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, soda, and salt; set aside. Melt butter in a large saucepan over medium heat. Remove from heat; stir in cocoa powder and sugars (mixture will resemble coarse sand). Add yogurt and vanilla, stirring to combine. Add flour mixture, stirring until moist. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.

Bake at 350° for 8 to 10 minutes or until almost set. Cool on pans 2 to 3 minutes or until firm. Remove cookies from pans; cool on wire racks.

## Select local deals to print with this recipe:

Edit ZIP/Local Stores

Store/Ingredient	Price/Expiration	Unit Cost
<input checked="" type="checkbox"/> Giant Eagle - Domino Pure Cane Granulated Sugar	\$2.00 Valid through 03/26	\$0.03/oz
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\* Local deal prices and availability may vary by store

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## Nutritional Information

### Amount per serving

Calories: 78 Calories from fat: 31% Fat: 2.7g Saturated fat: 1.6g Monounsaturated fat: 0.8g Polyunsaturated fat: 0.1g  
Protein: 1g Carbohydrate: 13.4g Fiber: 0.5g Cholesterol: 7mg Iron: 0.5mg Sodium: 54mg Calcium: 12mg

Brownies

Kylie Moeller

Brownie mix

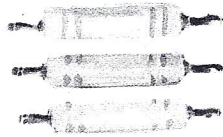
Water

Egg(s)

Plain Nonfat Greek Yogurt

Prepare brownies following the package  
but replace oil with half the amount  
called for of Greek Yogurt.

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Recipe For: Zucchini Bread

From: Emily Baucher

Ingredients: - 3 eggs

- 1 cup apple sauce

- 2 cups chopped zucchini

- 1 tsp. vanilla

- 2 1/2 cups sugar

- 3 cups flour


- 2 tsp. cinnamon

- 1 tsp. salt

- 1 tsp. baking powder

- 1 1/2 tsp. baking powder

Mix together eggs, applesauce, zucchini & vanilla w/ a mixer. ~~Then~~ Combine remaining ingredients and add to creamed mixture; mix thoroughly. Put into 2 greased & floured pans. Bake 1 hour at 350°.

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Mears



Betsy Woeste

### Eggs on Avocado Toast

I won't insult you with an actual recipe. All you need to do is get one ripe avocado, slice it up (or mash it with a fork) and place on some dry toast (I use 100% whole wheat). Top with eggs cooked in your favorite style (Over easy eggs work great!) Season with salt and pepper. This is my very favorite breakfast and keeps me full all morning...which is hard to do. If you've never been an avocado person, this might change your mind. Delicious!



## Sausage Hashbrown Casserole

- 2 lbs. sausage (hot or mild)
- 2 c. shk. cheddar cheese
- 1 can cr. of chicken soup
- 1 c. sour cream
- 1 8oz. French on. dip
- 1 c. chopped onion
- 1/4 c. each red & green peppers
- salt & pepper to taste
- 1 30 oz bag shredded hash  
browns - thawed -
- 1 can mushrooms -

Sandy  
Marbeck

---

Brown sausage, onion, & peppers -  
drain - Combine sausage mixture  
& all other ingr. in a large bowl -  
Bake in well greased 9x13 pan -  
350° for an hour (or golden brown)

# Crock pot OATmeal

Carol  
Henderson

In Crock pot

Add 2 Apples Sliced + Peeled

1/4 cup Brown Sugar

1 TSP Cinnamon


pinch of Salt

Then add 2 cups milk and 2 cups water

Do Not Stir.

Cook overnight 8-9 hrs on low

Can Add more Cn. to your taste.

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# Salads





## Orange Fluff Jello Salad

added by Kathleen Riemer



Kelsey Moorman  
JUST A PINCH  
Recipes

---

### Ingredients

- 1 large package cook and serve vanilla pudding 4.6 oz (not instant pudding)
- 1 large package orange jello 6 oz.
- 2 cups water
- 1 16 ounce container cool whip
- 1/2 bag mini marshmallows
- 2 cans pineapple tidbits (15 oz each) drained
- 2 cans mandarin oranges (11 oz each) drained
- 2 bananas

---

### Directions

1. Mix together pudding, jello and water in pan and cook over medium heat, stirring constantly, until it boils. Remove from heat and pour into large glass bowl. Refrigerate until mixture thickens, about 1 hour. Beat until creamy. Fold in Cool Whip, marshmallows and drained fruit. Chill another hour before serving. Just before serving, slice bananas and stir them in. Top with additional mini marshmallows for decoration. If you like coconut, you could also top with coconut for a more tropical flavor. Note: Some people loved it, some found it too sweet. If you want a less sweet dessert or lower calorie, use sugar free pudding, sugar free jello and light Cool Whip.

Quinoa & Brussels Sprout Salad, serves 2-3 as a meal.

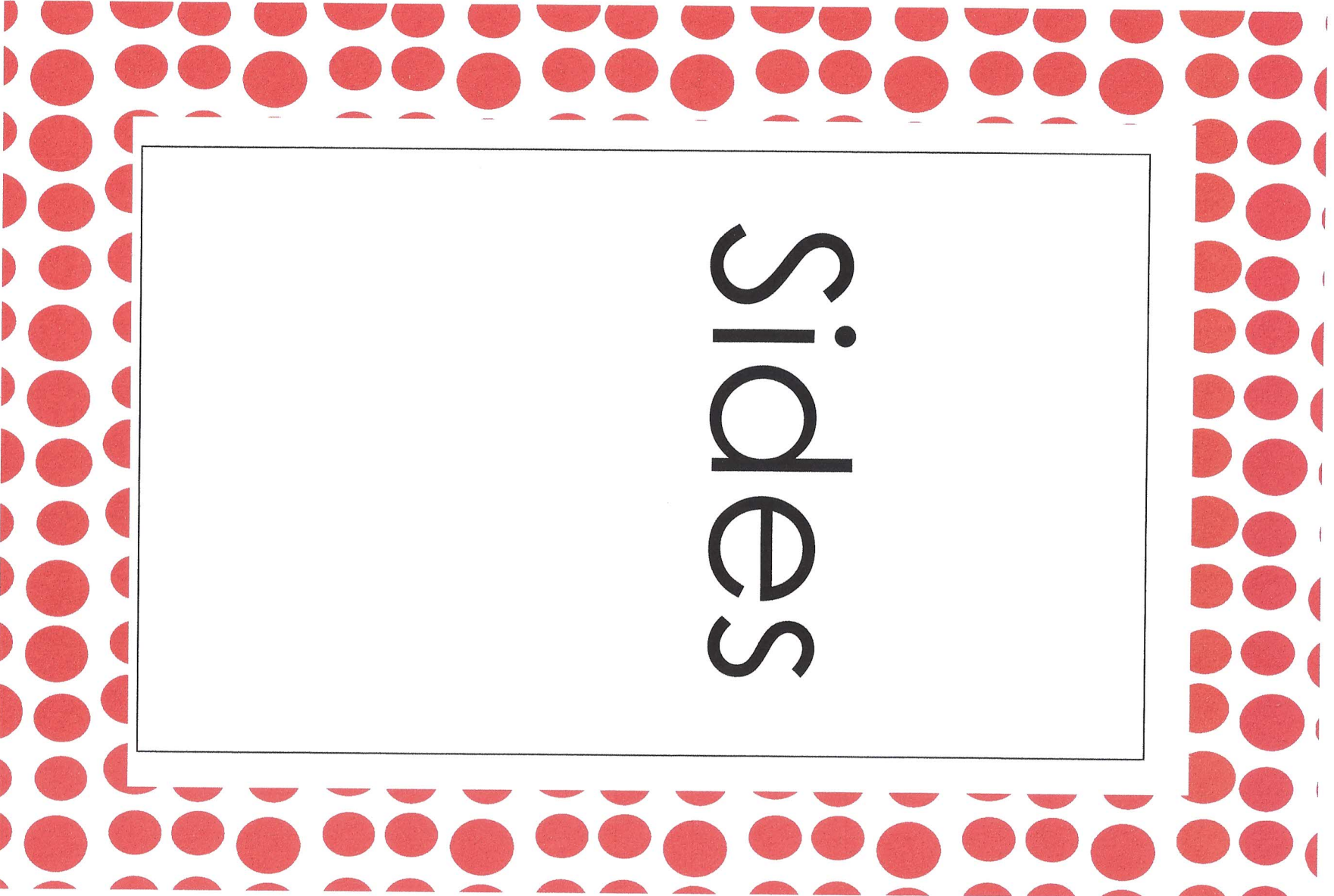
1 lb. brussels sprouts  
2/3 cup uncooked quinoa (I used regular and red quinoa)  
2/3 cup water  
2/3 cup vegetable broth  
1 lemon  
5 tablespoons olive oil  
1/2 tablespoon balsamic vinegar  
1/3 cup chopped nuts (I used almonds but any nut you like is great)  
salt + pepper

Rinse and cut the brussels sprouts in half. Coat them with 3 tablespoons olive oil and bake at 400°F for 30 minutes.

In a medium sized pot combine the quinoa, water, and vegetable stock. You can use all water if you don't have vegetable stock on hand. It just adds flavor. Bring the mixture to a low boil, then reduce the heat to a simmer. Cover and cook until all the liquid has absorbed, about 12-15 minutes.

For the dressing combine the lemon juice (about 1/4 cup from one large lemon), 2 tablespoons olive oil and 1/2 tablespoon balsamic vinegar. Once the brussels and quinoa are ready, combine in a large bowl, add the almonds and pour over the dressing. Toss so everything gets coated well. Season with a little salt + pepper.

I like this salad served piping hot, but it could easily be served cold as well. Either way. Live your life.

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Sides

## Sauteed Spinach with Red Bell Pepper

- 2 T. Country Crock Spread
- 1 med. Red Bell Pepper
- 2 Cloves Garlic
- 1 Bag 10oz Baby Spinach leaves
- 1 Lemon Cut into Wedges

### Directions

(On Gas Stove)  
Melt Country Crock Spread in 12 in Skillet (med heat)  
Saute Peppers till tender 4-5 min. Add Garlic Simmer 15-20 Seconds  
Add ~~Spinach~~ Spinach. Bump Heat up a little to med heat  
To Spinach Is just wilted. 2-3 min.  
Squeeze Lemon Wedges over It and Serve