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## A Recipe for Healthy Communities

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## *A Recipe for Healthy Communities*

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### *ABSTRACT*

In Grand Rapids' urban areas the ability to gain access to nutritional food is difficult and in some cases, impossible. The purpose of the project is to work with a local non-profit organization be more successful in helping people living in areas known as food deserts. "Food deserts are defined by the USDA as parts of the country vapid of fresh fruit, vegetables, and other healthful whole foods, usually found in impoverished areas. This is due to a lack of grocery stores, farmers' markets, and healthy food providers" (Gallagher, 2010). Having access to the produce is only the first obstacle. Rectifying this problem would also include access to fresh produce and the means to prepare the food in a healthy way. In a Liberal Studies course at Grand Valley State University called *Food Matters*, we partnered The Heartside Gleaning Initiative (HGI), which began to make a difference in the Heartside district of Grand Rapids. The initiative was set up to help bring extra produce, which would otherwise go to waste from the local farmers markets to supply food banks, soup kitchens and people in residential areas where fresh produce is not available. With hopes to help the organization our group put together a sample recipe book. The recipe book includes easy and low-maintenance recipes, which uses minimal ingredients that are focused around produce coming from the farmers' markets. The recipe book was created as a tool to be used to help people learn about preparing produce in a healthy way. Some set backs occurred while compiling this project, it was brought to our attention that the recipients of the produce lacked kitchen equipment, which made recipes more difficult to construct. However, we were determined to help HGI in their efforts to encourage healthy eating in the Heartside community. The project, recipe book, and encouragement for the community have potential for growth in the future.

## *INTRODUCTION*

A positive community can empower people to make changes and positively build a strong, healthy population. “Research shows that access to fresh and healthy food is one of several factors which can contribute to better eating habits and positive health outcomes, including decreased risk for obesity and diet-related diseases”(Hinkle-Brown, 2014). For a community to become healthy after years of malnourishment, one thing the community needs is to have access to nutrient dense food. The Heartside Gleaning Initiative is a non-profit organization which was set up to improve the health of the low income community of The Heartside district of Grand Rapids. “It has an unemployment rate of 22.5% with over 45% of the population living below the poverty line, because of high poverty levels and low access to food, many residents of the Heartside community rely upon soup kitchens and food pantries for their daily food intake. Much of the food provided from these places is low in nutrients and high in calories” (Sisson, 2014). Childhood obesity is a major issue in low-income areas which lack access to healthy food, scientific studies show that children in the U.S. will have a shorter life expectancy than their parents for the first time in history (Benaroch, 2014). The Heartside district is surrounded by urban expansion and gentrification, making healthy food options scarce. This is an area that has been defined as a food desert, and it is only becoming worse as gentrification continues to push forward (Potter, 2014). HGI wants to provide education about healthy food and food preparation to neighborhood residents (Sisson, 2014).

## *ACTION PLAN*

One of the HGI’s goals is to empower the Heartside community to develop food systems that can redirect, or glean, unused healthy food to residents in need. Our class

at Grand Valley State University called *Food Matters*, has partnered with the organization to help work on some of the challenges such an endeavor engenders. After conducting research and volunteering with the organization, our group decided to help tackle the issue HGI frequently encounters regarding the lack of education in the Heartside community about the food they are receiving. HGI identified this to be a concern, while they were giving fresh food to the people at a neighborhood center. A large majority of the people receiving the food were unfamiliar with the types of produce they were receiving. Furthermore, research shows that “eight out of ten low-income families cook at home” (Hosny & VanderVeer, 2012). Since the Heartside district includes families of low-income households we wanted to help HGI with education for these families about the food they are receiving, and give them healthy recipes to prepare the food in their homes. With that in mind, our group planned to create a recipe book, which HGI could supply members of the Heartside community with recipes to match the day's particular produce item being distributed.

## *PROCESS*

The plan included going to the farmer’s markets and taking an inventory of the produce being offered. This gave us a clear idea of what types of produce would be finding its way to the Heartside district. In addition to this, we also brainstormed with people in the community. People who have tables at the Fulton Street Farmer’s market gave feedback about the abundance of produce they may have. Ham Family Farm helped with a weekly and seasonal produce list. Local chefs Jeff Finan and Jason Richardson from the Green Well Gastro Pub, helped with recipe ideas. Next, we made a list of produce items from the farmers’ market feedback and distributed it amongst

members of our group to equally contribute to a recipe book for the HGI. The guidelines for the recipes included healthy, simple directions, using minimal ingredients and minimal equipment. An important factor in addition to the recipe was a nutrition fact or a fun fact about the fruit/vegetable being used. The idea here was to invoke a sense of excitement with the people receiving the produce with which they could then pass on to their children to hopefully get them interested in healthy eating habits as well. Establishing these habits is important as "One out of every five children in the U.S. is overweight or obese. Overweight children lead to overweight adults, placing them at risk of developing chronic diseases or health issues," (Benaroch, 2014). Common factors of childhood obesity include genetic factors, lack of physical activity and unhealthy eating habits (Benaroch, 2014). Studies show that children become more invested in a meal if they help with its preparation. Relating food to fun things is a great way to get kids involved and more interested in what they are eating (Rose, 2012). This objective is a very important part of the community that HGI was trying to reach.

Once our group had developed a substantial number of recipes, we compiled an alphabetical index which was user-friendly, with recipes which were easy to find and utilize. With the finished book of compiled recipes, gleaners will be able to distribute the fruit/vegetables to the community, along with a recipe and directions on how to prepare it.

HGI wanted the recipes to be healthy and simple enough so that someone without a high-end kitchen can still easily utilize it. The only way to ensure that these recipes would have a sufficient amount of nutrition was by using a nutrition calculator, and finding out the nutritional value of each. We wanted to make sure that the participants

receiving the food would be provided with not only knowledge on the specific type of produce and why it is healthy, but also a great way to prepare it.

## *RESULTS*

In addition to educating ourselves about produce coming from the farms in West Michigan, we learned how to prepare vegetables that we, ourselves, were unfamiliar with. Volunteering with the initiative helped open our eyes to the kinds of struggles people in our neighboring communities go through which differ from our own day to day struggles.

The final edition of the recipe book (see Appendix A) will not only help the current people living in the food deserts of our small city, but ideally, it could go beyond Grand Rapids, and potentially be adopted by other cities and even states in the years to come. The recipes may also be something that families pass down through the generations, and could become family staples and traditions.

While this project had many triumphs and successes, we found it difficult to find recipes that were healthy using minimal kitchen equipment. Normally, when people think of healthy cooking, the last piece of equipment they think about using is a microwave. This poses a challenge because while we want to offer these people a healthy way to prepare food, a microwave is not a desirable way to do so. We also wanted to supply some ideas that focused on children, encouraging families to prepare healthy meals together. As we compiled our list of recipes, we strove to maintain a good level of diversity with them. We made it a point to include recipes, which were microwavable, fun for kids, and easy-to-make for any average cook with little experience in the kitchen. Dividing this project up

amongst our group members helped keep the recipes diverse and interesting.

With regard to the project, our group discovered that collaboration was not as easy as anticipated. While we all had great ideas and we wanted to contribute, meeting with each other and getting on the same page proved to be somewhat of a struggle. Most of our group held up to the responsibilities, however we had a few setbacks resulting in some of us having to do more work than originally anticipated. Wanting to prove to HGI that our plan had meaning and care behind it, we pushed on and dealt with the hindrances as they came. A quote by Henry Ford describes our group best "Coming together is a beginning; keeping together is progress; working together is success." In the end, we hope that what we have accomplished will help HGI in their efforts to be even more successful.

#### *FUTURE CONSIDERATIONS*

We wanted to have a sample book to give to HGI with a good amount of recipes to give them opportunities in the future. The recipe book is forever evolving and should continue to grow. The project we constructed is merely the beginning of our long-term goal, and will give HGI an opportunity to use our recipe book in years to come and make adjustments as needed. Our goal in creating this recipe book was for it to serve as a stepping-stone for others to add onto it throughout the course of its use. Ideas for growth could include more recipes and contributions from farmers as they continue to grow new crops and experiment with items at farmer's markets. Input from other farmers would be beneficial as the produce information we received when constructing our recipe book came from just one farmer. Another idea for expansion on this could be including a section within the recipe book dedicated primarily to health and fun facts.

Although our current copy gives a quick fact about the fruit/vegetable the recipe focuses on, there could be a separate section dedicated to information for those that might be interested in expanding their education on healthy food options. This type of material could be used in conjunction with cooking classes and nutrition classes, which may be taught in the future. Another idea could be to take this compilation of recipes and information and turn it into individual recipe books to handout to people in the community that were interested, rather than just assigning all the distribution responsibilities to HGI. Whether it's others that pursue this type of work, projects for students, or HGI themselves, our hopes are that this recipe book helps HGI achieve the goal of helping the Heartside community to become healthier.

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Appendix A

# RECIPES

## Green Beans

Green Beans have vitamin A, Folic acid, copper and phosphorus  
Green beans have diuretic properties and are good for kidney function and preventing water retention and they stimulate the production of white blood cells (needed to defend the body against infection)

## Garlic Green Beans

### Ingredients:

1 lb. fresh green beans  
3-4 cloves of garlic  
2-3 tbsp. olive oil  
2-3 cups of chicken broth  
3-4 tbsp. butter  
Salt and pepper to taste

### Directions:

1. Drizzle 2-3 tablespoons of olive oil in the pan and melt 3-4 tablespoons of butter over medium high heat.
2. Wait for all the butter to melt and look foamy.
3. Next, add the chopped garlic.
4. Let the garlic cook for 2-3 minutes and then add the green beans.
5. Stir them around and get them as flat as possible in the pan. Cook until they turn bright green.
6. Then add some salt and pepper.
7. And cook for a couple more minutes, stirring occasionally.
8. Next add enough chicken broth to cover them and stir.
9. Let it come to a rapid boil.
10. Next, cover them and turn the heat to medium low, venting the pan so steam can escape. Cook for 15-20 minutes or until most of the chicken broth has cooked out. Serve warm.

## Nutrition Facts

Serving Size 330 g

**Amount Per Serving**

**Calories** 160

Calories from Fat 112

**Total Fat 12.4g Saturated Fat 3.1g Sodium 587mg Total Carbohydrates 12.3g**



green beans are some of the healthiest vegetables that you can eat. Whether you prefer to eat them raw, steamed or stir-fried, green beans are a great source of many nutrients that can help you boost your health.

## Quick Skillet Garlic Green Beans

### Ingredients:

- French Green Beans or String Beans- 1 1/2 pounds
- Garlic- 5 cloves sliced into wedges
- Chili flakes- 1-2 tsp ( optional)
- Extra light Olive Oil or Canola oil- 2 tbsp
- Salt to taste

### Directions:

Cut the end off the green beans and if you like cut them up into shorter pieces ( easier to eat this way)

Heat the oil in a skillet and sauté the garlic until crisp and light brown.

Add the chili flakes and salt and stir for a few seconds

Add the washed and cut beans and stir to cover evenly with the oil.

Cover the skillet with a lid and leave to cook, stirring occasionally.

## Nutrition Facts

Serving Size 122 g

**Amount Per Serving**

**Calories** 251

Calories from Fat 198

**Total Fat** 22.0g

**Saturated Fat** 2.0g **Sodium** 371mg **Total Carbohydrates** 11.5g **Protein** 2.5g

Fresh green beans are very low in calories. Therefore, people who are calorie conscious need not worry and can eat them in good amounts. It also contains low amount of sodium, saturated fat and cholesterol.

## Roasted Parmesan Green Beans

### Ingredients:

- 12 oz green beans, trimmed
- 2 tsp olive oil
- 1/4 tsp garlic powder
- 1 1/2 tbsp shredded parmesan

### Directions:

Preheat the oven to 425 °F.

Line a baking sheet with aluminum foil

Lay green beans out on the baking sheet and drizzle oil over them.

Season with salt, pepper, garlic powder, and parmesan cheese and toss to evenly coat.

## Nutrition Facts

Serving Size 117 g

**Amount Per Serving**

**Calories** 63

Calories from Fat 29

**Total Fat** 3.2g

**Sodium** 7mg **Total Carbohydrates** 8.3g **Sugars** 1.7g

Green beans grow in the form of bush that can reach 8 to 20 inches in height or in the form of 7 to 10 feet long vine. Leaves of green beans can be green or purple in color. Green beans produce white, pink or purple flowers which are usually pollinated by insects.

## Green Beans and Almonds

### Ingredients

Kosher salt  
Pepper  
2 pound(s) green beans, trimmed  
3 tablespoon(s) olive oil  
2 clove(s) garlic, thinly sliced  
1/3 cup(s) sliced almonds

### Directions

1. Bring a large pot of water to a boil. Add 1 Tbsp salt, then the green beans, and cook until just tender, 3 to 4 minutes. Drain.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the almonds and cook, stirring occasionally, until golden brown, 2 to 3 minutes.
3. Add the green beans to the skillet, season with 1/2 tsp salt and 1/4 tsp pepper and toss to coat. Serve warm or at room temperature.

### Nutrition Facts

Serving Size 330 g

#### Amount Per Serving

**Calories** 278

Calories from Fat 177

**Total Fat** 19.6g

**Saturated Fat** 2.5g **Cholesterol** 0mg **Sodium** 19mg **Sugars** 4.7g **Protein** 7.9g

Sweet potatoes and yams are not the same thing!  
They're botanically two different vegetables, even though the supermarket may use them interchangeably.

## Sweet Potatoes

### Roasted Sweet Potatoes

#### INGREDIENTS

- 2 medium sweet potatoes, scrubbed and sliced 1/8 inch thick
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon coarse salt
- 1 lime, cut into wedges, for serving

#### DIRECTIONS

Preheat oven to 400 degrees, with racks in center and lower positions. Divide sweet potatoes between 2 rimmed baking sheets. Drizzle with oil, toss, and spread them in a single layer on sheets. Bake, flipping once, until centers are soft and edges are crisp, 22 to 25 minutes. Sprinkle with salt, and serve with lime wedges.

#### Nutrition Facts

Serving Size 6 g

**Amount Per Serving**

**Calories** 40

Calories from Fat 40

**Total Fat** 4.7g **Saturated Fat** 0.7g **Cholesterol** 0mg **Sodium** 320mg

To take in the amount of vitamin A that is in one sweet potato you would have to eat 23 cups of broccoli

## Skillet Sweet Potatoes

### Ingredients

- 1 Sweet Potato
- ½ tsp Sea Salt
- ½ tsp Dried Parsley
- Ground Cinnamon, to taste
- 2 tsp Oil

### Instructions

1. Peel and dice the sweet potato into bit size pieces, about ½" cubes.
2. Heat a skillet over medium heat and add the coconut oil.
3. When the oil is hot, add the potatoes. Stir to coat all of the pieces with the coconut oil and add the salt, parsley, and cinnamon. Mix well.
4. Cook the potatoes, stirring occasionally, for about 15-20 minutes. Keep an eye on them so they don't burn, but make sure they get nice and crispy. You may need to cook them, longer, it just depends on the size of your skillet and the heat of your stove.
5. Remove from heat when they are soft on the inside and crispy on the outside.

### Nutrition Facts

Serving Size 126 g

**Amount Per Serving**

**Calories** 184

Calories from Fat 83

**Total Fat** 9.3g

**Saturated Fat** 1.2g **Cholesterol** 0mg **Sodium** 977mg **Sugars** 7.4g **Protein** 2.3g

Sweet potatoes can be white, yellow, red, purple, and orange  
The orange-fleshed sweet potato are sweeter than the others

## Sweet Potato Fries

### Ingredients:

2 lb Sweet Potatoes  
2 tbsp Olive Oil  
1/8 tsp Salt  
1/8 tsp Pepper  
1/8 tsp Garlic Powder  
1/8 tsp Paprika

### Directions:

- . Preheat oven to 450.
- . Line baking sheet with parchment paper.
- . Cut sweet potatoes into 1/4" fries.
- . Toss fries in olive oil to coat.
- . Spread fries out on prepared baking sheet.
- . Cook 20 minutes turning occasionally or until fries are browned.

### Nutrition Facts

Serving Size 939 g

**Amount Per Serving**

**Calories** 1,313

Calories from Fat 266

**Total Fat** 29.6g

**Saturated Fat** 4.3g **Sodium** 373mg **Sugars** 4.7g **Protein** 14.0g

Sweet potatoes have been grown in the United States since 1648, when they were first planted in Virginia.

## Maple Glazed Sweet Potatoes

### Ingredients

4 pound(s) sweet potatoes, peeled  
Salt  
1 cup(s) pure maple syrup  
1 1/2 cup(s) cranberries  
3 tablespoon(s) butter (no substitutions)

### Directions

1. In covered 6-quart sauce pot, heat whole sweet potatoes with 1 teaspoon salt and enough water to cover to boiling on high. Reduce heat to low; simmer, covered, about 30 minutes or just until potatoes are fork-tender. Drain. Set aside until cool enough to handle.
2. Meanwhile, in 1-quart saucepan, heat maple syrup to boiling on high. Boil gently 10 to 15 minutes or until reduced to 1/2 cup. Stir in cranberries, butter, and 1/2 teaspoon salt, and cook just until cranberries pop, about 5 minutes longer.
3. Preheat oven to 400 degrees. Cut sweet potatoes crosswise put into a baking dish
4. Spoon maple-cranberry syrup evenly over potatoes. Bake, uncovered, 20 minutes or until hot.

### Nutrition Facts

Serving Size 583 g

**Amount Per Serving**

**Calories** 834

**Total Fat** 9.6g **Saturated Fat** 5.7g **Sodium** 1854mg **Sugars** 50.6g **Protein** 7.2g

The human body turns beta-carotene into vitamin A and carrots are one of the best sources for beta-carotene. Vitamin A is important for the health of our vision (including our night vision) as well as our bones, teeth and skin.

## **Honey Glazed Carrots**

### **Ingredients**

- 1 4 carrots, peeled
- 2 1 tbsp butter, melted
- 3 1 tbsp honey
- 4 1/4 tsp salt
- 5 1/4 tsp pepper, ground

### **Instructions**

- 1 preheat oven to 425
- 2 Line a baking sheet with aluminum foil and spray with cooking spray. Set aside.
- 3 Peel your carrots, and slice into thirds and slice again vertical. You want the carrots to be the same size.
- 4 In a small bowl whisk together butter and honey and pour over carrots. Season with salt and pepper.
- 5 Place on baking sheet and roast for 15 - 20 minutes or until carrots are tender.

### **Nutrition Facts**

Calories: 69.9, Total Fat: 1.9 g, Cholesterol: 0.0 mg, Sodium: 280.6 mg Potassium: 266.1 mg, Total Carbohydrate: 13.6 g, Dietary Fiber: 2.3 g Sugars: 9.5 g, Protein: 0.8 g



Carrots were first grown as a medicine not a food

## CRISPY BAKED CARROT CHIPS

### INGREDIENTS

- 1 carrot, sliced very thinly into rounds
- ½ tablespoon oil
- pinch of kosher salt
- cinnamon (I used about ½ teaspoon for a “light” cinnamon taste)

### INSTRUCTIONS

- 1 Preheat oven to 425 degrees and line a baking sheet with parchment paper.
- 2 Combine carrots in a medium bowl with oil & spices. Toss to combine.
- 3 Transfer to the baking sheet and arrange in a single layer.
- 4 Bake for 10-12 minutes, watching carefully. Chips can go from crispy to burnt in as little as a minute since they are so thin.
- 5 Remove from oven and serve immediately.

### Nutrition Facts

Serving Size 71 g

**Amount Per Serving**

**Calories** 91

Calories from Fat 61

**Total Fat 6.8g Sodium 197mg Sugars 3.0g Protein 0.6g**

Just half a cup of raw spinach counts as 1 of the 5 servings of fruits and vegetables you should eat a day.

## **spinach salad with lemon garlic vinaigrette**

### **Ingredients:**

fresh spinach  
grated parmesan  
chopped or slivered almonds, toasted if you like  
crumbled bacon OR  
fresh thinly-sliced mushrooms

### **For the vinaigrette:**

juice of one lemon (about 1/3 cup)  
small clove of garlic, minced (about 1/2 teaspoon)  
canola oil (i eyeball this--maybe 2/3 cup)  
salt and pepper to taste

### **How to combine:**

combine lemon and garlic. slowly whisk in oil until the mixture starts to thicken and get cloudy. season with salt and pepper. (be careful if you are using bacon as it is pretty salty already.)  
toss salad and serve.

### **Nutrition Facts**

Serving Size 107 g

**Amount Per Serving**

**Calories** 90

Calories from Fat 56

**Total Fat 6.3g Sodium 50mg Sugars 1.4g Protein 5.3g**

In the 1930's U.S. spinach growers credited Popeye with a 33% increase in domestic spinach consumption.

## Garlic Sautéed Spinach

### Ingredients

- 3 cloves garlic, minced
- 3 cups fresh baby spinach
- 1 tbsp. olive oil
- ½ tsp. kosher salt
- ¼ tsp. pepper

### Instructions

- 1 Heat oil over med-high heat in a fry pan.
- 2 Add garlic and cook for 1 min.
- 3 Add spinach, salt and pepper. Toss the spinach for 1-2 minutes until mostly wilted.
- 4 Remove from heat and serve.

### Nutrition Facts

Serving Size 39 g

**Amount Per Serving**

**Calories** 52

**Calories from Fat** 43 **Saturated Fat** 0.7g **Sodium** 412mg **Protein** 1.1g

Eggplants aren't REALLY vegetables, they're berries. Which is strange, considering other fruits are commonly mistaken for vegetables – like tomatoes.

## **EGGPLANT PIZZA**

### **INGREDIENTS:**

2 large eggplant, sliced 1 inch thick  
24 oz jar tomato sauce  
20 slices mozzarella cheese  
3-4 oz fresh cherry tomatoes, sliced  
1 cup fresh spinach

### **DIRECTIONS:**

Preheat your oven to 425 F. In two baking trays arrange the sliced eggplants bake for 15-20 minutes.

Remove the baked eggplant from the oven and turn your broiler on. Spread 1 tablespoon of tomato sauce over each eggplant round followed by one slice of cheese. Arrange some fresh spinach and cherry tomatoes over the cheese and broil for 3-5 minutes. Make sure you keep a close look while the eggplant is under the broiler as they can burn really fast.

Serve while still hot.

### **Nutrition Facts**

Serving Size 398 g

**Amount Per Serving**

**Calories** 463

**Calories from Fat** 229 **Saturated Fat** 15.0g **Sodium** 862mg **Sugars** 7.5g **Protein** 42.6g

You could call brussels sprouts the alphabet veggie because we're a really good source of beta carotene (your body can turn that into vitamin A), we're one of the best sources of folate (one of the B vitamins), we're packed with vitamin C.

## Brussels Sprouts Grilled Cheese Sandwich

### Ingredients

- 2 teaspoons olive oil
- 1/4 cup red onion, thinly sliced
- 2/3 cup thinly shredded brussels sprouts
- 4 thick slices bread
- 4 ounces cheese
- 2 tbs olive oil (or butter) for frying

### Instructions

- 1 In a large nonstick pan add the 2 teaspoons olive oil over medium-high heat. Add the red onion and sauté until soft. About 3 minutes. Add the Brussels sprouts, sprinkle with salt and sauté another 2 minutes and then remove from the heat.
- 2 Divide the cheese and the onion/brussels sprouts combo between the two sandwiches.
- 3 Add the olive oil (or butter) back to the sauté pan over medium-low heat and add the sandwiches. Cook until the bread is golden brown on both sides (about 5 minutes on each side) and the cheese is melting.
- 4 Slice in half and serve hot!

### Nutrition Facts

Serving Size 123 g

**Amount Per Serving**

**Calories** 335

**Calories from Fat** 217 **Sodium** 482mg **Sugars** 2.3g **Protein** 16.6g

In a long line of crucifers with cabbage, radishes, cauliflower, and kale, Brussels sprouts are a cool weather crop with a nutty, earthy taste and the appearance of miniature cabbage heads.

## PAN SEARED BRUSSELS SPROUTS

### Ingredients

3 cups brussels sprouts, halved  
1 teaspoon black pepper  
1 teaspoon garlic salt  
2 tablespoons olive oil  
1/4 cup seasoned bread crumbs

### Instructions

Add brussels sprouts, black pepper, garlic salt & 1 tablespoon of olive oil to a skillet.  
Cook over a low heat allowing the brussels sprouts to brown on each side before flipping them.  
After about 10 minutes add 1 more tablespoon of olive oil & seasoned bread crumbs.  
Cook for another 10 minutes, flipping occasionally.  
The edges should be browned.

### Nutrition Facts

Serving Size 164 g

**Amount Per Serving**

**Calories** 242

**Calories from Fat** 138 **Sodium** 298mg **Sugars** 4.1g **Protein** 7.0g

Brussels sprouts are on a fairly short list of foods that boost the libido, but the scientific evidence of this has yet to be published.

## Roasted Garlic Brussels Sprouts

### Ingredients:

- 2 pounds brussels sprouts, cutting each brussels sprout in half
- $\frac{1}{8}$  cup olive oil (or more, depending on the size of your brussels sprouts, you may need up to  $\frac{1}{2}$  cup of olive oil so they aren't too dry)
- $\frac{1}{2}$  tbsp. garlic powder

### Instructions:

- 1 Preheat oven to 400 degrees Fahrenheit.
- 2 In a large bowl, toss brussels sprouts with olive oil and garlic powder.
- 3 Pour brussels sprouts onto a large jelly roll pan and shake the pan to get the brussels sprouts to be in an even layer.
- 4 Bake for 35 minutes, turning the brussels sprouts with a spatula half-way through the cooking process.
- 5 Serve warm.

### Nutrition Facts

Serving Size 463 g

**Amount Per Serving**

**Calories** 263

Calories from Fat 77

**Total Fat** 8.6g **Saturated Fat** 1.5g **Sodium** 114mg **Sugars** 10.3g **Protein** 15.8g

Potatoes are definitely America's favorite vegetable. Did you know that every year we consume about 140 pounds of potatoes per person? Europeans have us beat, though. They consume twice as many spuds as American potato lovers!

## Parmesan Potatoes

### Ingredients

- 6-8 small potatoes, washed & halved lengthwise
- ¼ C unsalted butter, melted
- Grated Parmesan cheese
- Ground black pepper

### Instructions

- 1 Preheat oven to 400 degrees.
- 2 Pour melted butter in the bottom of a 9x13 pan; turn to coat
- 3 Generously sprinkle grated Parmesan cheese over the melted butter.
- 4 Lightly sprinkle ground black pepper over the cheese and butter.
- 5 If desired, sprinkle on other seasonings, like rosemary.
- 6 Wash potatoes and half lengthwise. Place cut-side down in pan.
- 7 Bake 45 minutes. Let stand 5-10 minutes before removing from pan so that the crust will completely crisp up.

### Nutrition Facts

Serving Size 360 g

**Amount Per Serving**

**Calories** 372

Calories from Fat 141

**Total Fat** 15.7g **Saturated Fat** 9.8g **Sodium** 130mg **Sugars** 3.9g **Protein** 6.0g



One medium-size potato has just 110 calories and is absolutely fat-, sodium and cholesterol free, making them downright undeniable for any diet.

## Potato Hash Browns

### Ingredients

1 lb. russet potatoes  
3 tbsp. olive oil  
Kosher salt and freshly ground black pepper, to taste

### Directions

1. Peel potatoes and shred using the large holes of a box grater.
2. Heat 2 tbsp. olive oil in a nonstick skillet over medium heat. Stir in potatoes. Using a spatula, gently press potatoes, molding them to fit the skillet. Cook until edges are golden brown, 20–22 minutes.
3. Cover skillet with a large inverted plate, flip hash browns onto plate, then slide back into the skillet, cooked side up. Drizzle remaining oil around the edge of the skillet and cook until golden brown on the bottom, about 12 minutes more. Slide onto a plate and season with salt and pepper.

### Nutrition Facts

Serving Size 125 g

**Amount Per Serving**

**Calories** 168

**Calories from Fat** 95 **Total Fat** 10.6g **Saturated Fat** 1.5g **Sodium** 7mg **Sugars** 1.3g **Protein** 1.9g

Swiss chard is a nutritional powerhouse -- an excellent source of vitamins K, A, and C, as well as a good source of magnesium, potassium, iron, and dietary fiber.

## Sautéed Swiss Chard with Orange

### INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 bunches Swiss chard (large stems removed), leaves cut into 1-inch strips
- Zest from 1 orange, cut into wide strips, plus juice
- Coarse salt and ground pepper

### DIRECTIONS

- 1 In a large skillet, heat oil over medium-high. Add Swiss chard and orange zest. Cook, tossing frequently, until chard wilts, about 4 minutes. Season with coarse salt and ground pepper, then add juice of the orange; toss to coat.

### Nutrition Facts

Serving Size 117 g

**Amount Per Serving**

**Calories** 52

**Calories from Fat** 34 **Total Fat** 3.8g **Saturated Fat** 0.5g **Sodium** 243mg **Sugars** 1.3g **Protein** 2.0g

Swiss Chard has unique benefits for blood sugar regulation. In addition, chard may provide special benefits in the diets of individuals diagnosed with diabetes.

## Sautéed Swiss Chard

### Ingredients

1 teaspoon olive oil  
2 cups sliced yellow onion  
12 cups chopped Swiss chard  
2 tablespoons water  
2 teaspoons vinegar(apple cider vinegar)  
1/4 teaspoon freshly ground black pepper

### Directions

Heat a large nonstick skillet over medium heat. Add olive oil; swirl to coat. Add onion cook 10 minutes or until browned. Add Swiss chard and water to pan; cook 3 minutes or until chard wilts. Stir in vinegar and freshly ground black pepper.

### Nutrition Facts

Serving Size 177 g

**Amount Per Serving**

**Calories** 57

**Calories from Fat** 13 **Total Fat** 1.5g **Sodium** 231mg **Sugars** 3.7g **Protein** 2.4g

Beets are highly nutritious and “cardiovascular health” friendly root vegetables.

## Roasted Beets

### Ingredients

- 6 medium-sized beets, stems, leaves and roots removed
- Olive Oil
- Kosher Salt
- Pepper

### Directions

- 1 Heat oven to 400 degrees.
- 2 Line a baking sheet with foil.
- 3 Peel the beets and slice into 1/2-inch rounds.
- 4 Place on baking sheet and drizzle liberally with olive oil. Season with salt and pepper and toss gently to coat.
- 5 Cook for 40 minutes until tender, flipping half way through.
- 6 Remove and add a little more kosher salt.
- 7 Serve and enjoy!

### Nutrition Facts

Serving Size 159 g

**Amount Per Serving**

**Calories** 126

**Calories from Fat** 65 **Total Fat** 7.3g **Saturated Fat** 1.0g **Sodium** 697mg **Sugars** 11.9g **Protein** 2.5g

Beets are a wonderful tonic for the liver, works as a purifier for the blood, and can prevent various forms of cancer.

## How to cook beets

### Ingredients

- Bunch of Beets

### Instructions

- 1 Cut the green leaves off the bulb
- 2 Place un-peeled beets in a large pot of boiling water. Do not add salt or it will blunt the color. Boil on medium for 30-45 minutes.
- 3 You will know when they are ready because they will be tender when you push a knife through the center.
- 4 Under the cold tap, rub the beets to remove the skin.
- 5 Chop off the head and tail.
- 6 You can serve the beets with a little balsamic vinegar or butter with seasoning and a herb of choice.

Cabbage is one of the oldest vegetables in existence and continues to be a dietary staple throughout the world.

## Roasted Cabbage Steaks

### INGREDIENTS

- 1 tablespoon plus 2 more tablespoons extra-virgin olive oil
- 1 medium head green cabbage, cut into 1-inch-thick rounds
- Coarse salt and ground pepper
- 1 teaspoon caraway or fennel seeds

### DIRECTIONS

Preheat oven to 400 degrees. Brush a rimmed baking sheet with 1 tablespoon extra-virgin olive oil. Place 1 medium head green cabbage, cut into 1-inch-thick rounds, in a single layer on sheet and brush with 2 tablespoons oil. Season with coarse salt and ground pepper and sprinkle with 1 teaspoon caraway or fennel seeds. Roast until cabbage is tender and edges are golden, 40 to 45 minutes.

### Nutrition Facts

Serving Size 184 g

**Amount Per Serving**

**Calories** 76

**Calories from Fat** 34 **Total Fat** 3.8g **Saturated Fat** 0.6g **Sodium** 614mg **Sugars** 5.7g **Protein** 2.4g

One cup of shredded raw cabbage contains 190% of the recommended daily amount of vitamin C.

## Cabbage Slaw

### Ingredients

1/2 head(s) (medium) green cabbage  
3/4 cup(s) thinly sliced white onion  
1/2 cup(s) fresh cilantro  
1/4 cup(s) vegetable oil  
3 tablespoon(s) (about 1 1/2 limes) fresh lime juice  
1 tablespoon(s) apple cider vinegar  
2 teaspoon(s) freshly ground pepper

### Directions

In a large bowl, combine cabbage, onion, and cilantro. In a medium bowl, whisk oil, lime juice, and vinegar to combine. Sprinkle slaw with pepper, season with salt to taste, and toss with dressing to combine.

### Nutrition Facts

Serving Size 399 g

**Amount Per Serving**

**Calories** 223

**Calories from Fat** 126 **Total Fat** 14.0g **Saturated Fat** 2.8g **Sodium** 66mg **Sugars** 12.4g **Protein** 4.9g

Cantaloupe derives its name from the town of Cantalupo, Italy

## Cantaloupe Salsa

### Ingredients

2.5 cups cantaloupe, finely diced (about 1/2 large cantaloupe)  
1 cup red onion, finely diced  
2 jalapeños, seeded and minced  
1/4 cup cilantro, chopped  
juice of 1 lime  
salt to taste

### Directions

Combine cantaloupe, red onion, jalapeños, cilantro, and lime juice in a medium bowl. Stir to combine. Season to taste with salt. Cover and refrigerate until ready to serve.

### Nutrition Facts

Serving Size 127 g

**Amount Per Serving**

**Calories** 46

**Calories from Fat 2 Total Fat 0.2g Sodium 16mg Sugars 8.9g Protein 1.1g**



**FUN FACT: Did you know that romanesco is a great source of vitamin C?**

### **Roasted Romanesco (serves 2-3)**

#### **INGREDIENTS**

1 head Romanesco broccoli, broken into large florets

2 tablespoons vegetable oil

1/2 teaspoon kosher salt

1/2 teaspoon pepper

#### **DIRECTIONS**

Preheat oven to 450°. Toss Romanesco with oil, salt, and pepper on a rimmed baking sheet. Roast, turning halfway through, until golden and tender, about 20 minutes.

#### **NUTRITIONAL FACTS (per serving)**

Calories: 86

Fat: 7 g

Sodium: 204 mg

Carbs: 5.1 g

Protein: 2.4 g

**FUN FACT: Romanesco florettes look like pyramids!**

**Romanesco Pasta (serves 4-6)**

### **INGREDIENTS**

A head of broccolo romanesco (cut into pieces) □ Olive oil or vegetable oil □ Parmesan cheese (optional) □ Salt □ 1 pound pasta

### **DIRECTIONS**

Boil salted water in a pot big enough to hold the cut-up broccoli. Rinse the broccolo and separate it into florets and cutting the larger stalk pieces into cubes. When the water starts boiling, add the broccoli and boil from 5-8 minutes over medium-high heat. Remove the broccoli from the salted water, but do not drain it – save the water for the pasta! Bring it to a boil again, adding more water if needed for the amount of pasta you're cooking, and cook your pasta al dente according to the package directions.

While the water is coming to a boil or the pasta has just been added, in a large frying pan, heat up a few tablespoons of vegetable oil and a clove of garlic if desired.

Add the broccoli florets and sauté them over medium-high heat, starting to gently smash them with your wooden spoon so they get nice and creamy.

After the pasta is drained, mix together the pasta and the broccoli off the heat and add an extra touch of the olive oil. Serve and add some Parmesan cheese.

**FUN FACT: Broccoli is high in iron.**

## **Broccoli and Cheddar Casserole (serves 4-6)**

### **INGREDIENTS**

2 tablespoons butter or margarine

1 onion, chopped

2 cups chopped broccoli

1 ½ cups white rice

2/3 cup shredded cheese

½ cup milk

### **DIRECTIONS**

Sautee onion in melted butter

Steam broccoli until desired tenderness

Combine all ingredients in a pan; bake at 350 degrees for 45 minutes

### **NUTRITIONAL FACTS (per serving)**

Calories: 235

Fat: 11.4 g

Sodium: 252.9 g

Carbohydrate: 26 g

Sugar: 3.5 g

Protein: 8 g

**FUN FACT: Broccoli is a great source of folic acid!**

**Steamed Broccoli (serves 3-4)**

**Ingredients**

Head of broccoli

Pinch of salt

**Directions**

Wash the broccoli

Cut the broccoli into smaller pieces

Place broccoli in microwave-safe bowl with 3 tablespoons of water

Cover the bowl with saran-wrap or a plate

Microwave for 3-4 minutes

**Nutritional Facts (per serving)**

Calories: 98

Fat: 1 g

Sodium: 115 mg

Carbohydrate: 20 g

Sugar: 4 g

Protein: 7 g

## **FACT: Butternut squash is high in potassium**

### **Butternut Squash Soup (serves 2) □**

#### **Ingredients □**

1 (2 to 3 pound) butternut squash, peeled and seeded □ 2 tablespoons butter or margarine □

1 medium onion, chopped □

6 cups chicken or vegetable stock □

Nutmeg (optional) □

Salt and pepper □

#### **□ Directions □**

Cut squash into 1-inch chunks.

In large pot melt butter.

Add onion and cook until browned, about 8 minutes. .

Add squash and stock.

Bring to a simmer and cook until squash is tender. (15-20 minutes)

Stir and season with nutmeg, salt and pepper.

#### **Nutritional Facts (per serving):**

Calories: 125

Fat: 5 g

Protein: 3 g

Sugar: 4 g

Carbohydrates: 19 g

Sodium: 1044 g

**FUN FACT: Butternut squash is high in antioxidants!**

**Cinnamon roasted butternut squash (Serves 3)**

**Ingredients**

1 large butternut squash, cubed  
2 tablespoons vegetable oil  
1 teaspoon cinnamon  
½ teaspoon salt

**Directions**

Preheat oven to 425 degrees  
Toss squash with oil, cinnamon and salt  
Spread cubes onto baking sheet lined with foil.  
Bake for 40 minutes (until cubes are tender)

**Easy cutting tip:**

Cut off the stem and bottom end. Slice squash in half. Spoon the seeds out. Cut into chunks!

**FUN FACT: Bell peppers are high in magnesium!**

**Sautéed Peppers and Onions (serves 4)**

**Ingredients**

1 bell pepper, seeded and cut into strips

1 onion, thinly sliced

1 tablespoon margarine

2 tablespoons vegetable oil

½ teaspoon of salt

**Directions**

Heat the butter and olive oil in a medium skillet over medium heat.

Add the bell pepper, onion and salt.

Cook until soft and browned (7 to 8 minutes)

**Nutritional Facts (per serving):**

Calories: 90

Fat: 7 g

Carbohydrate: 7 g

Protein: 1 g

Sodium: 27 mg

**FUN FACT: Peppers are a rich source of vitamin A!**

## **Rice and Vegetable Stuffed Peppers**

### **Ingredients**

2 bell peppers  
1 tomato, chopped  
1 onion, chopped  
½ cup kale, chopped  
½ cup corn (optional)  
2 cups cooked rice  
½ teaspoon salt  
1 tablespoon vegetable oil  
Salt and pepper to taste

### **Directions**

Cook rice according to package (minute rice works great!)  
Preheat oven to 350 degrees  
Cook onion in oil until browned  
Add rice, kale, tomato, corn and salt.  
Cook for 5 minutes  
Cut the bell peppers in halves  
Fill with rice mixture  
Bake for 25-30 minutes

### **Nutritional Facts(per serving)**

Calories: 225  
Fat: 4.9 g  
Sodium: 348 mg  
Carbohydrate: 41.6 g  
Sugar: 11.3 g  
Protein: 6.1 g



**FUN FACT: Arugula is rich in vitamin C!**

## **Arugula Sauté with Garlic**

### **Ingredients**

1 tablespoon vegetable oil

1 teaspoon garlic

4 cups arugula

Salt and pepper to taste

### **Directions**

Heat oil in pan over medium-low heat

Add garlic, cook for a minute

Add arugula, salt and pepper until arugula starts to wilt

Serve immediately

### **Nutritional Facts (per serving)**

Calories: 37

Fat: 4 g

Protein: 1 g

Carbohydrate: 1 g

Sodium: 152 mg

**FUN FACT: Arugula is rich in vitamin K!**

**Spaghetti and Arugula (serves 3-4)**

**Ingredients**

2 tablespoons vegetable oil

1 clove garlic

1 cup chopped tomato

7 cups arugula

3/4 box pasta

Salt and pepper to taste

Parmesan cheese (optional)

**DIRECTIONS:**

Heat 1 tablespoon oil over medium-high heat.

Add garlic; sauté 20 seconds.

Add tomato and arugula; sauté 2 minutes Spoon into a bowl

Cook pasta

Add 1 tablespoon oil, spaghetti, salt, and black pepper

Toss well.

Sprinkle with cheese.

**NUTRITIONAL FACTS (per serving)**

Calories: 347

Fat: 11.6 g

Carbohydrate: 41.6 g

Protein: 17.5 g

Sodium: 705 g

**FUN FACT: One serving of kale contains 206% of your vitamin A intake.**

**Kale “Chips” (serves 4)**

**INGREDIENTS**

1 BUNCH OF KALE; WASHED AND DRIED

2 TABLESPOONS VEGETABLE OIL

SALT TO TASTE (½ teaspoon)

**DIRECTIONS**

Preheat oven to 275 degrees

Place cut up kale on baking sheet

Drizzle oil and salt on each piece

Bake until crispy (20 minutes) flipping pieces half way through

Will last up to a week if stored in plastic zip-lock or container!

**NUTRITIONAL FACTS (per serving)**

Calories: 93

Fat: 7 g

Protein: 2 g

Sodium: 312 g

Carbohydrate: 7 g

**FUN FACT: Kale contains an omega 3 fatty acid that is essential for brain health!**

## **Sautéed Kale (serves 3-4)**

### **INGREDIENTS:**

2 bunches kale  
3 tablespoons vegetable oil  
2 cloves garlic  
¼ cup water  
Salt and pepper to taste

### **DIRECTIONS:**

Heat oil in pan.  
Add garlic; cook until soft (not browned)  
Add water and kale  
Cover for 5 minutes (low heat)  
Remove cover and cook until water has evaporated  
Season with salt and pepper

### **NUTRITIONAL FACTS (per serving)**

Calories: 178  
Fat: 11 g  
Protein: 6 g  
Carbohydrate: 18 g  
Sodium: 336 mg

**FUN FACT: Collard greens are high in vitamin k!**

**Pinto Beans with Collard Greens (serves 4)**

**INGREDIENTS**

1 onion, chopped  
4 cloves garlic, chopped  
1 lb collard greens  
½ cup water  
1 can or 1 ½ chopped tomato  
1 can pinto beans  
1 tablespoon vegetable oil  
Salt/ pepper to taste

**DIRECTIONS**

Chop onion and garlic  
Chop up collard greens  
Sautee garlic and onion in pan  
Add water, tomatoes and beans  
Bring to boil  
Add greens and simmer for 5 minutes  
Stir in oil and serve

**FUN FACT: Collard greens are high in Vitamin C!**

**Simple Collard Greens (serves 1-3)**

**INGREDIENTS:**

1 cup chopped collard greens  
½ garlic clove, minced (optional)  
1 teaspoon oil  
salt and pepper to taste

**DIRECTIONS:**

Heat pan with oil  
Add greens and garlic if desired  
Stir until bright green (3 minutes)  
Turn pan to medium-high and fry for 30 seconds  
Toss with salt and pepper  
Enjoy!

**NUTRITIONAL FACTS (per serving)**

Calories: 49.4  
Sodium: 30.4 g  
Fat: 0.6 g  
Protein: 4 g

**FUN FACT: Leeks are native to central Asia!**

**Grilled Cheese and Leek Sandwich (serves 2)**

**INGREDIENTS:**

4 slices of bread  
3 tablespoons margarine  
3 leeks, chopped  
American cheese  
4 slices tomato

**DIRECTIONS:**

Heat pan on medium heat  
Spread butter evenly on each side of bread  
Top with leeks, half of cheese and tomato, then rest of cheese  
Place other piece of bread on top  
Toast until brown

**FUN FACT: Parsnips are rich in Vitamin B!**

**Baked Parsnip Fries (serves 4)**

**INGREDIENTS**

2 lbs parsnips, cut into strips

1 clove garlic

3 tablespoons oil

Salt and Pepper to taste

**DIRECTIONS**

Preheat oven to 425

Coat parsnip strips with oil, salt and pepper

Place on baking sheet and bake for 10 minutes

Flip on other side and bake another 10 to 15 minutes

Enjoy!

**NUTRITIONAL FACTS (per serving)**

Calories: 180

Fat: 11 g

Carbohydrate: 20 g



**FUN FACT: Parsnips are rich in Vitamin C!**

**Creamy Mashed Parsnips (serves 4)**

**INGREDIENTS**

2 pounds parsnips

2 teaspoons salt

3 tablespoons milk

2 tablespoons margarine or butter

**DIRECTIONS**

Cut parsnips into cubes

Cover with cold water in big pot.

Add salt, bring to boil

Cook for 14 minutes

Drain and mash parsnips with margarine and milk

Add salt and pepper to taste

**NUTRITIONAL FACTS (per serving)**

Calories: 240

Fat: 7 g

Sodium: 1210 mg

Carbohydrate: 41 g

**FUN FACT: Tomatoes are high in lycopene (an antioxidant).**

## **TOMATO AND CORN SAUTEE (SERVES 4)**

### **INGREDIENTS:**

2 TEASPOONS VEGETABLE OIL

1 CUP CORN KERNELS

½ CUP SHALLOTS OR ONION

1 POUND DICED TOMATOES

1 TABLESPOON CHOPPED BASIL (OPTIONAL)

¼ TEASPOON SALT

### **DIRECTIONS:**

HEAT OIL IN PAN OVER MEDIUM HEAT

ADD CORN AND SHALLOTS(ONION), COOK UNTIL BROWNED (5 MINUTES)

REMOVE FROM HEAT, LET STAND FOR 5 MINUTES

ADD TOMATOES, BASIL AND SALT

### **NUTRITIONAL FACTS (PER SERVING)**

CALORIES: 37

FAT: 3 G

CARBOHYDRATE: 15 G

SODIUM: 159 MG

PROTEIN: 3 G

**FUN FACT: TOMATOES ARE HIGH IN VITAMIN C!**

**GAZPACHO SALSA (SERVES 6)**

**INGREDIENTS:**

2 TOMATOES, DICED  
1 YELLOW PEPPER, DICED  
1 CUCUMBER, DICED  
½ ONION, DICED  
1 TABLESPOON VEGETABLE OIL  
SALT AND PEPPER TO TASTE

**DIRECTIONS:**

COMBINE TOMATOES, PEPPER, CUCUMBER, OIL, SALT AND PEPPER.  
SERVE WITH TORTILLA CHIPS, CRACKERS, OR EAT BY THE SPOON-  
FUL!

**NUTRITIONAL FACTS (PER SERVING)**

CALORIES: 21  
PROTEIN: 1 G  
CARBOHYDRATE: 5 G

**FUN FACT: A TOMATO IS ACTUALLY A FRUIT!**

**THE TMST (TOMATO, MAYO, SPINACH AND TOAST SANDWICH) SERVES 1**

**INGREDIENTS**

2 SLICES BREAD, TOASTED OR UNTOASTED  
MAYO  
HANDFUL OF SPINACH  
1 LARGE TOMATO  
SALT/PEPPER

**DIRECTIONS**

TOAST BREAD  
SPREAD MAYO ON TOAST  
CUT TOMATO INTO SLICES, SPRINKLE WITH SALT AND PEPPER  
PLACE SPINACH BETWEEN TOMATO SLICES ON  
BREAD  
ENJOY!

# **FUN FACT: AN APPLE A DAY KEEPS THE DOCTOR AWAY!**

## **APPLE CRISP (SERVES 7)**

### **INGREDIENTS**

COOKING SPRAY

¼ CUP BROWN SUGAR

¼ CUP FLOUR

½ OATS

2 TABLESPOONS MARGARINE

1 TEASPOON CINNAMON

1 TEASPOON VANILLA EXTRACT (OPTIONAL)

5 CUPS APPLES, SLICED

### **DIRECTIONS**

PREHEAT OVEN TO 375 DEGREES

SPRAY BAKING PAN WITH SPRAY

COMBINE BROWN SUGAR, FLOUR, OATS, MARGARINE, CINNAMON AND VANILLA IN SMALL BOWL

MIX TOGETHER WITH A FORK

LAYER APPLES IN PAN

COAT WITH SUGAR MIXTURE EVENLY

BAKE 30 MINUTES

### **NUTRITIONAL FACTS (PER SERVING)**

CALORIES: 145

CARBOHYDRATE: 27 G

PROTEIN: 2 G

SODIUM: 41 MG

**FUN FACT: APPLES ARE HIGH IN FIBER!**

**APPLE SAUCE (serves 6)**

**INGREDIENTS**

4 LBS APPLES

1 CUP WATER

3 TABLESPOONS SUGAR

**DIRECTIONS**

SIMMER CHOPPED APPLES WITH WATER

ADD SUGAR, SIMMER FOR 30 MINUTES

TRANSFER INTO A CONTAINER FOR STORAGE

ENJOY!

**FUN FACT: APPLES ARE PART OF THE ROSE FAMILY!**

## **APPLE-POTATO PANCAKES (SERVES 2)**

### **INGREDIENTS**

1 APPLE  
1 POTATO  
1 EGG  
2 TABLESPOONS FLOUR  
PINCH OF CINNAMON (OPTIONAL)

### **DIRECTIONS**

PEEL APPLE AND POTATO  
BOIL IN POT UNTIL SOFT  
MASH TOGETHER, ADD FLOUR AND EGG  
SPRAY PAN  
COOK MIXTURE ON MEDIUM HEAT  
4 MINUTES EACH SIDE  
SERVE WITH SYRUP

### **NUTRITIONAL FACT (PER SERVING)**

CALORIES: 99  
FAT: 4.1 G  
SODIUM: 101 G  
CARBOHYDRATE: 13.8 G  
PROTEIN: 2.1 G

**FUN FACT: STRAWBERRIES LOOK LIKE A HEART!**

## **SPINACH STRAWBERRY SALAD**

### **INGREDIENTS**

SPINACH

STRAWBERRIES

DRESSING OF CHOICE

WALNUTS OR PECANS (OPTIONAL)

### **DIRECTIONS**

TOSS SPINACH AND SLICED STRAWBERRIES TOGETHER.

DRIZZLE WITH FAVORITE DRESSING (GREAT WITH OIL AND A PINCH OF SALT!)



**FUN FACT: STRAWBERRIES ARE HIGH IN VITAMIN C!**

**MIXED BERRY FRUIT SALAD (SERVES 6)**

**INGREDIENTS**

2 CUPS CHOPPED STRAWBERRIES

½ CUP RASPBERRIES

1 CUP BLUEBERRIES

1 APPLE, CHOPPED

2 TEASPOONS LEMON JUICE

1 TEASPOON HONEY OR SUGAR

**DIRECTIONS**

PLACE CHOPPED FRUIT IN LARGE BOWL

MIX LEMON/HONEY OR SUGAR TOGETHER

DRIZZLE THE FRUIT

SERVE IMMEDIATELY

## **FUN FACT: STRAWBERRIES HELP YOUR BRAIN TO FUNCTION BETTER!**

### **SMASH BERRY MUFFINS**

#### **INGREDIENTS**

2 CUPS STRAWBERRIES, MASHED

2/3 CUP SUGAR

1/3 CUP VEGETABLE OIL

2 EGGS

1 ½ CUP FLOUR

½ TEASPOON BAKING POWDER

½ TEASPOON SALT

#### **DIRECTIONS**

HEAT OVEN TO 425 DEGREES

GREASE MUFFIN PAN WITH COOKING SPRAY

SMASH STRAWBERRIES IN BOWL

STIR IN SUGAR, OIL AND EGGS UNTIL MIXED

ADD FLOUR, POWDER AND SALT UNTIL FLOUR IS MIXED IN

SPOON BATTER INTO MUFFIN CUPS

BAKE 15-18 MINUTES

## Roasted Rutabaga

\*Fun Fact: Rutabagas are considered a cross between a turnip and cabbage. \*

Total time: 50 mins

Prep: 10 mins

Cook: 40 mins

Servings: 4

**Nutrition Info.:** Calories: 191, Fat: 14g, Sodium: 2,300 mg

### **Preparation:**

Toss 1 large peeled and cubed **rutabaga** with 3 tablespoons olive oil, and **salt** and **pepper** on a baking sheet. Roast at 425 degrees F until golden and soft, 40 minutes. Toss with 1/2 teaspoon apple cider vinegar and chopped **parsley**

# Basil Cinnamon Peaches

\*Fun Fact: The juice from peaches makes a great moisturizer.\*

Total time: 5.5 hours (4 hours chilling time)

Prep time: 30 mins

Servings: 6

**Nutrition Info (per serving):** Calories: 85, Fat: 0g, sodium: 1mg

## **Ingredients:**

1 ½ cups water

½ cup sugar

3 strips lemon zest

2 tablespoons lemon juice

1 3-inch cinnamon stick piece

3 ripe but firm medium peaches, halved lengthwise and pitted

½ cup packed fresh basil leaves, roughly chopped

## **Preparation:**

1. Combine water, sugar, lemon zest, lemon juice and cinnamon stick in a large nonreactive saucepan; bring to a simmer over medium-high heat, stirring often, until the sugar dissolves. Add peach halves. Return to a brisk simmer, cover the pan and simmer, turning the peaches occasionally, until they are tender when pierced with a skewer or paring knife and the skins are loosened, 20 to 25 minutes (depending on the ripeness of the peaches). Transfer the peaches to a plate with a slotted spoon.
2. Return the liquid to a boil and cook until reduced to about ¾ cup, 10 to 12 minutes. Remove from the heat, stir in basil and let cool to room temperature, about 40 minutes.
3. Slip off and discard the peach skins. Place the peaches in a storage container and strain the cooled syrup over them. Cover and chill for at least 4 hours.

## Pear and Celery Root Slaw

\*Fun Fact: There are over 3,000 varieties of pears grown around the world.\*

Total time: 30 mins

Servings: 6

**Nutritional Info (per serving):** Calories: 83, Fat: 2g, Sodium: 219mg

### **Ingredients:**

1/4 cup low-fat mayonnaise

2 tablespoons cider vinegar

1 teaspoon sugar

1/2 teaspoon caraway seeds

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

2 slightly underripe pears, cut into matchsticks (about 4 cups)

1 small celery root, peeled (see Tips), cut into matchsticks (about 1 cup)

1 cup julienne-cut carrots (see Tips) or 2 medium carrots, cut into matchsticks

1/4 cup very thinly sliced red onion

### **Preparation:**

Whisk mayonnaise, vinegar, sugar, caraway seeds, salt and pepper in a large bowl. Add pears, celery root, carrots and onion and toss to coat. Serve at room temperature or chilled.

## Simple Garlic Dip

\*Fun Fact: Garlic breath can't be cured, but chewing on parsley leaves can help to reduce the smell.\*

Total time: 10 mins

Servings: 10

**Nutritional info (per serving):** Calories: 130, Fat: 13g, Sodium: 250mg

### **Ingredients:**

10 ounces cream cheese, softened

1 cup milk, or more to taste

1 cup sour cream

½ cup mayonnaise

3 cloves garlic, pressed

1 pinch ground black pepper, or to taste

### **Preparation:**

Beat cream cheese, milk, sour cream, mayonnaise, garlic, and ground black pepper together in a bowl, or with an electric mixer.

Tip: Best when served after chilled for 8 hours or overnight.

# Dandelion Greens With A Kick

\*Fun Fact: Dandelions are a member of the sunflower family.\*

Total time: 35 mins

Prep time: 10 mins

Cook time: 15 mins

**Nutritional Info (per serving):** Calories: 150, Fat: 11g, Sodium: 1300mg

## **Ingredients:**

2 teaspoon salt

1 pound dandelion greens, torn into 4-inch pieces

2 tablespoons olive oil

1 tablespoon butter

½ onion, thinly sliced

¼ teaspoon red pepper flakes

2 cloves garlic, minced

Salt and ground black pepper to taste

1 tablespoon grated parmesan cheese (optional)

## **Preparation:**

1. Soak dandelion greens in a large bowl of cold water with 1 teaspoon salt for 10 minutes. Drain.
2. Bring a large pot of water to a boil with 1 teaspoon salt. Cook greens until tender, 3 to 4 minutes. Drain and rinse with cold water until chilled.
3. Heat olive oil and butter in a large skillet over medium heat; cook and stir onion and red pepper flakes until onion is tender, about 5 minutes. Stir in garlic until garlic is fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid is evaporated, 3 to 4 minutes. Season with salt and black pepper.
4. Sprinkle greens with Parmesan cheese to serve.

# Simple Cucumber Salad

\*Fun Fact: Cucumbers are about 90% water and can grow up to 24 inches long.\*

Total time: 2 hours and 15 mins (2 hours chilling time)

Prep time: 15 mins

Servings: 4-6

**Nutritional Info (per serving):** Calories: 50, Fat: <1g, Sodium: 375mg

## **Ingredients:**

3 large seedless cucumbers, about 1 pound each, or 4 pounds regular cucumbers

1 1/2 teaspoons salt

1/4 cup white vinegar

1/4 cup cider vinegar

1/2 cup sugar

1 tablespoon chopped fresh chives

## **Preparation:**

Peel the cucumbers and cut in half lengthwise. Using a small spoon or a melon baller, scoop out the seeds and watery center from each half, forming a shallow groove down the center. Using a sharp paring knife, slice the cucumbers crosswise as thinly as possible, ideally about 1/8-inch thick.

Place the cucumbers in a colander and sprinkle with the salt. Using clean hands, toss to combine the cucumbers with the salt and allow to stand, refrigerated, for at least 1 hour and up to 2 hours.

Using clean hands, squeeze handfuls of cucumber slices to release any excess liquid and transfer to a medium nonreactive bowl.

In another medium nonreactive bowl, combine the white vinegar, cider vinegar, and sugar, and stir until the sugar is completely dissolved. Pour the vinegar mixture over the cucumbers and add the chopped chives. Stir to thoroughly combine and serve, or refrigerate up to 12 hours or overnight and serve cold.



## Easy Delicious Asparagus

\*Fun Fact: Asparagus is beneficial as it lifts the mood and helps in coping with stress.\*

Total time: 10 mins

Prep time: 5 mins

Cook time: 5 mins

Servings: 4

**Nutritional info (per serving):** Calories: 95, Fat: 8g, Sodium: 175mg

### **Ingredients:**

2 tablespoons olive oil

½ pound fresh asparagus

3 tablespoons lemon juice

Salt and ground black pepper to taste

¼ cup finely grated Parmesan cheese

### **Preparation:**

1. Heat the olive oil in a large skillet over medium-high heat.
2. Cook and stir the asparagus in the hot oil until tender, about 5 minutes.
3. Pour in the lemon juice, and season to taste with salt and pepper.
4. Place the asparagus into a serving dish, and sprinkle with Parmesan cheese to serve.

## Easy Fried Zucchini

\*Fun Fact: The world's largest recorded zucchini was 69.5 inches long and weighed 65 pounds.\*

Total time: 20 mins

Prep time: 10 mins

Cook time: 10 mins

Servings: 4

**Nutritional Info (per serving):** Calories: 250, Fat: 17g, Sodium: 400mg

### **Ingredients:**

2 zucchinis, cut into ½ inch slices

2 eggs, beaten

1 sleeve buttery round crackers, crushed

2 tablespoons olive oil

Salt and ground black pepper to taste

### **Preparation:**

1. Coat each zucchini slice with egg, then press into cracker crumbs, coating both sides. Shake off excess and place the breaded zucchini onto a plate while breading the rest; do not stack.
2. Heat olive oil in a large skillet over medium heat. Pan fry zucchini until crust browns and zucchini softens, about 3 minutes on each side. Season with salt and pepper.

## Easy Yellow Squash

\*Fun Fact: In Latin America, squash is sometimes used to make candy.\*

Total time: 1 hour

Prep time: 30 mins

Cook time: 30 mins

Servings: 3-4

**Nutritional Info (per serving):** Calories: 60, Fat: 0g, Sodium: 760mg

### **Ingredients:**

4 yellow squash

1 tablespoon minced onion

1 tablespoon butter

½ cup milk

Salt and pepper to taste

### **Preparation:**

1. Slice and steam or boil squash until tender. Pour off any remaining water.
2. Mash the squash slightly. In a medium size pot place mashed squash, onion, butter, milk, salt and pepper. Mix well and heat over a medium flame. Serve warm.

## Garlic Snow Peas

\*Fun Fact: Snow peas are one of the first vegetables brought to the U.S. by the pioneers.\*

Total time: 5 mins

Prep time: 5 mins

Servings: 4

**Nutritional Info (per serving):** Calories: 50, Fat: 3.5g, Sodium: 50mg

### **Ingredients:**

2 cups fresh snow peas (washed, dried, and trimmed)

1 -2 tablespoon vegetable oil

3 minced garlic cloves

Salt and pepper to taste

### **Preparation:**

1. Heat pan on medium-hi heat
2. Add oil, get it hot, dump in peas
3. About 1 minute after stir frying, add garlic and seasoning
4. Quick fry just till bright green and still crisp
5. Cooking time is an estimate -- do not overcook or they will turn a dull green and go limp
6. Remove and serve while still hot

## Cool Watermelon Slushes

\*Fun Fact: Watermelons are made up of about 92% water.\*

Total time: 6 mins

Cook time: 3 mins

Prep time: 3 mins

Servings: 4

**Nutritional Info (per serving):** Calories: 30, Fat: 0g, Sodium: 0mg

### **Ingredients:**

6 ice cubes

2 cups seeded watermelon

1 teaspoon honey

### **Preparation:**

Place the ice cubes into a blender. Cover, and pulse until crushed. Add the watermelon and blend for about 1 minute, until slushy. Add the honey, and blend for about 10 seconds

## Classic Baked Acorn Squash

\*Fun Fact: Acorn squash have a shelf life of up to 6 months.\*

Total time: 1 hour 25 mins

Prep time: 10 mins

Cook time: 1 hour 15 mins

**Nutritional Info (per serving):** Calories: 160, Fat: 3.5g, Sodium: 80mg

### **Ingredients:**

1 acorn squash

1 tablespoon butter

2 tablespoon brown sugar

2 teaspoons maple syrup

Dash of salt

### **Preparation:**

1. Preheat oven to 400°

2. Using a sharp, sturdy chef's knife, carefully cut the acorn squash in half, from stem to tip. (A rubber mallet can help if you have one.) The squash can rock back and forth, so take care as you are cutting it. Use a sturdy metal spoon to scrape out the seeds and stringy bits inside each squash half, until the inside is smooth.

Take a sharp paring knife and score the insides of the acorn squash halves in a cross-hatch pattern, about a half-inch deep cuts. Place the squash halves cut side up in a roasting pan. Pour 1/4-inch of water over the bottom of the pan so that the squash doesn't burn or get dried out in the oven.

3. Rub a half teaspoon of butter into the insides of each half. Sprinkle with a little salt if you are using unsalted butter. Crumble a tablespoon of brown sugar into the center of each half and drizzle with a teaspoon of maple syrup.

4. Bake for about an hour to an hour 15 minutes, until the tops of the squash halves are nicely browned, and the squash flesh is very soft and cooked through. It's hard to overcook squash, it just gets better with more caramelization. But don't undercook it.

When done, remove them from the oven and let them cool for a bit before serving. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas.

## Raspberry Sauce

\*Fun Fact: There are over 200 species of raspberries.\*

Total time: 15 mins

Prep time: 10 mins

Cook time: 5 mins

**Nutritional Info (per serving):** Calories: 53, Fat: 0g, Sodium: 0mg

### **Ingredients:**

1 pint fresh raspberries

¼ cup white sugar

2 tablespoons orange juice

2 tablespoons corn starch

1 cup cold water

### **Preparation:**

1. Combine the raspberries, sugar, and orange juice in a saucepan. Whisk the cornstarch into the cold water until smooth. Add the mixture to the saucepan and bring to a boil.
2. Simmer for about 5 minutes, stirring constantly, until the desired consistency is reached. The sauce will thicken further as it cools.
3. Puree the sauce in a blender or with a handheld immersion blender and strain it through a fine sieve. Serve warm or cold. The sauce will keep in the refrigerator for up to two weeks.

## Easy Raspberry Lemonade

\*Fun Fact: Raspberries are members of the rose family.\*

Total time: 5 mins

Prep time: 5 mins

Servings: 18 (4 oz.)

**Nutritional Info (per serving):** Calories: 55, Fat: 0g, Sodium: 0mg

### **Ingredients:**

1 (12 oz) can frozen raspberry lemonade concentrate

3 cups water

$\frac{3}{4}$  teaspoon lime juice

12 ounces lemon-lime flavored carbonated beverage

1 cup crushed ice

1 cup fresh raspberries for garnish

18 mint leaves for garnish (optional)

### **Preparation:**

In a large punch bowl, combine raspberry lemonade concentrate, water and lime juice. Stir in lemon-lime soda and crushed ice. Garnish each glass with a fresh raspberry and a mint leaf.



## Simple Lettuce Salad

\*Fun Fact: One cup of raw leaf lettuce has only 9 calories.\*

Total time: 10 mins

Prep time: 10 mins

Servings: 2

**Nutritional Info (per serving):** Calories: 150, Fat: 14g, Sodium: 125mg

### **Ingredients:**

2 cups torn leaf lettuce

1 hard-cooked egg, chopped

1 green onion, sliced

2 tablespoons mayonnaise

1 teaspoon cider vinegar

1/8 teaspoon pepper

### **Preparation:**

1. In a salad bowl, combine the lettuce, egg and onion.
2. In a small bowl, whisk the mayonnaise, vinegar and pepper.
3. Pour over salad and toss to coat.

## Simple Italian-Style Salad

\*Fun Fact: The average American eats approximately 30 pounds of lettuce each year.\*

Total time: 5 mins

Prep time: 5 mins

Servings: 2

**Nutritional Info (per serving):** Calories: 320, Fat: 27g, Sodium: 190mg

### **Ingredients:**

- 1 romaine lettuce (heart)
- ½ of a fresh red bell pepper
- 4 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons Italian seasoning
- 2 dashes salt

### **Preparation:**

1. Slice the Romaine lettuce into 1-inch chunks starting from the tip. Place pieces into a salad spinner or colander to thoroughly rinse.
2. Slice your red bell pepper into thin ½-inch strips, then slice each strip in half. (I think this is a good size for salads, but feel free to make them whatever size you prefer.)
3. In a small bowl, whisk together the olive oil, balsamic vinegar, Italian seasoning, and sea salt.
4. Drizzle dressing over salad, toss, and enjoy

## Summer Radish Salad

\*Fun Fact: Radishes grow from seed to eating plant in just 25 days.\*

Total time: 1 hour 25 mins (1 hour 10 mins setting time)

Prep time: 15 mins

Servings: 6

**Nutritional Info (per serving):** Calories: 188, Fat: 18g, Sodium: 211mg

### **Ingredients:**

2 cups sliced radishes

½ teaspoon salt

1 cup sliced red onion

1 cup seeded and sliced cucumber

½ cup extra virgin olive oil

2 tablespoon white wine vinegar

½ teaspoon white sugar

1 clove garlic

1 teaspoon chopped fresh dill

### **Preparation:**

1. Toss radishes with salt; let stand for about 10 minutes. Drain any liquid and transfer radishes to a large bowl. Add red onion and cucumber slices.
2. Whisk olive oil, vinegar, sugar, garlic, and dill in a small bowl until well mixed; pour over vegetables and toss to combine. Cover and refrigerate for at least 1 hour before serving

## Steamed Radishes

\*Fun Fact: Radishes can help cure stomach aches and hiccups.\*

Total time: 15 mins

Prep time: 7 mins

Cook time: 8 mins

Servings: 4

**Nutritional Info (per serving):** Calories: 110, Fat: 11.5g, Sodium: 100mg

### **Ingredients:**

20 radishes

2 tablespoons water

¼ cup butter

### **Preparation:**

1. Trim the ends off of the radishes and peel a band of radish-skin from around the middle of the radish.
2. Steam the radishes in a covered microwave safe container for 8 minutes, or until fork tender. Drain and toss with butter, serve immediately.