



March 2007

National Nutrition Month

Employee Healthy Recipe Share





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SALADS

WHITE CHOCOLATE AMBROSIA SALAD

Contributed by Wendee Newton, Flight



- 1 - 15 oz. light fruit cocktail, drained (keep juice)
- 1 - 20 oz. pineapple tidbits in juice, drained (keep juice)
- 1 - 15 oz. mandarin oranges, drained
- 2 small pkgs. white chocolate Sugar Free/Fat Free pudding
- 1 c. Fat Free sour cream
- 1/2 tub (12 oz. size) Cool Whip Free

Drain fruit cocktail and pineapple tidbits and save juice. Mix pudding with this juice. Stir in sour cream and then Cool Whip. Fold in fruit and chill for about 1 hour.

Serves 8

RASPBERRY YUMMY JELL-O

Contributed by Heidi Greenhorn, MS, RD, LD – Registered Dietician, ABX Healthcare Center

Ingredients:

- 3 small sugar-free raspberry Jell-O
- 2 – 12 oz frozen raspberries
- 1 – 25 oz unsweetened applesauce

Preparation:

Mix 3 cups of water with Jell-O on the stove. Make sure mixture is dissolved (mix well for around 3 minutes). Take off stove and put in a bowl. Stir in applesauce and berries. Refrigerate for six hours. Enjoy!

Nutrition:

Makes 12 servings:

Per serving:

- 64 calories
- 0 gms fat
- 10 gms carbohydrates
- 1 gram protein

HEALTHY ITALIAN GREEN BEAN SALAD

Contributed by Marsha Rardin, Maintenance

1lb. fresh green beans
1 small container of grape or cherry tomatoes
1/2 lb. block of low fat mozzarella cheese
1 small bottle of reduced fat Italian dressing

Clean beans and break into 1 1/2" pieces. Steam or microwave for 10 to 15 minutes, still firm. Rinse in cold water. Cut tomatoes in half; add to beans. Cut cheese into small cubes and add to beans. Add dressing and stir. For a change add red onion rings and mushrooms.

Serves 4-6 people.

SWEET AND SOUR BEETS

Contributed by Betty Wright, Ground

2 cans sliced beets
1/4 cup cider vinegar
2 tsp sugar
2 tsp cornstarch
1/8 tsp ground cloves
1/8 tsp black pepper

Drain beets, reserving 1 cup of beet juice. In a medium saucepan, add beet juice and vinegar. In a small bowl, mix sugar and cornstarch and blend into beet juice and vinegar mixture. Add the cloves and pepper and cook over medium heat, stirring often, for 2-3 minutes or until the mixture thickens slightly and turns clear. Add the beets and heat through – about 3 minutes.

Serves 4

One serving: 65 calories; 0 fat; 2g protein; 4g carbohydrates

Alternative:

2 cans sliced beets
1/2 cup cider vinegar
2 tsp sugar
1 Tbsp whole cloves
1/8 tsp black pepper

Drain beets and place all of the liquid in a medium saucepan and add remaining ingredients. Add beets and heat until heated thoroughly. Serve warm or cold. To make pickled eggs, add boiled eggs and refrigerate overnight.

SPINACH, STRAWBERRIES & TOASTED SESAME SEED SALAD

Contributed by Heidi Greenhorn, MS, RD, LD – Registered Dietician, ABX Healthcare Center

2 bunches of fresh spinach, chopped into bite size pieces
2 pints fresh strawberries, sliced

Poppy Seed Dressing:

2 tbsp sesame seeds
½ cup sugar
¼ cup apple cider vinegar
½ cup canola oil
1 tbsp poppy seeds
1 ½ tsp minced onion
¼ tsp Worcester sauce
¼ tsp paprika

Broil sesame seeds for 1-2 minutes and add to dressing.

ORANGE FLUFF

Contributed by Taffney Smedley, RTRM, ABX Healthcare Center

1 small pack sugar free orange Jell-O
1 small container fat free cottage cheese
1 small container fat free sugar free Cool Whip
1 medium can mandarin oranges (drained)

Mix all together and refrigerate until set. Eat and Enjoy! It tastes like a Dreamsickle!

CHICKEN TACO SALAD (for two)

Contributed by Stephanie Bartley, Administration

12 Low-Fat Tortilla Chips
1 c. Shredded Lettuce
1 Chopped Tomato
4 oz Chopped Cooked Smoked Chicken Breast
1 oz Shredded Fat-free Cheddar
¼ c. Jarred Salsa
1 Tbsp Fat-Free Sour Cream

Place 6 tortilla chips on 2 plates. Mix together lettuce, tomato, chicken, cheddar, salsa and sour cream. Make sure to top each of the chips with an equal portion of the lettuce mixture.

FRUIT SALAD SANDWICHES

Contributed by Mark Constant, Ground

1/4 cup nonfat process cream cheese
3 Tablespoons marshmallow creme
1/4 cup crushed pineapple
1/4 cup mandarin orange segments, cut in half
1/4 cup red or green grapes, cut in half
1 small red eating apple, thinly sliced
4 slices cinnamon-raisin bread, toasted

Mix cream cheese and marshmallow creme with wire whisk in small bowl until smooth. Fold in pineapple, orange segments and grapes. Arrange apple slices on 2 slices of bread. Spread cream cheese mixture over apples: top with remaining slices of bread. Cut each sandwich into fourths.

Makes 8 servings

Nutrition information per serving:

calories 85
protein 3g
fat 0g
sodium 135mg

RAINBOW FRESH FRUIT SALAD

Contributed by Heidi Greenhorn, MS, RD, LD – Registered Dietician, ABX Healthcare Center

1 cup fresh blueberries
2 cups cubed honeydew melon
2 cups cubed cantaloupe
2 cups fresh strawberries
8 individual packets Splenda

Gently toss the blueberries, honeydew, cantaloupe, strawberries, and Splenda together until well mixed. Keep chilled until ready to serve.

Yield: 7 (1-cup) servings

Calories: 61 (0% fat); Total fat: 0 gm; Cholesterol: 0 mg; Carbohydrate: 15 gm; Dietary Fiber: 2 gm; Protein: 1 gm; Sodium: 11 mg

SALAD DE COLORES

Contributed by Heidi Greenhorn, MS, RD, LD – Registered Dietician, ABX Healthcare Center

1 bunch fresh spinach – torn, washed and dried
½ medium head red cabbage, shredded
2 large carrots, sliced
1 red bell pepper, chopped
3 tablespoons balsamic vinaigrette salad dressing
1 ounce pumpkin seeds (optional)

In a large bowl, combine the spinach, cabbage, carrots and bell pepper. Add enough salad dressing to coat. Toss, and sprinkle with pumpkin seeds and pepper if desired.

Nutrition Information:

Servings: 5

Calories: 109
Fat: 4.4 grams
Carbohydrates: 15.9 grams
Protein: 4.7 grams
Fiber: 5.1 grams
Sodium: 100 mg
Cholesterol: 0 mg

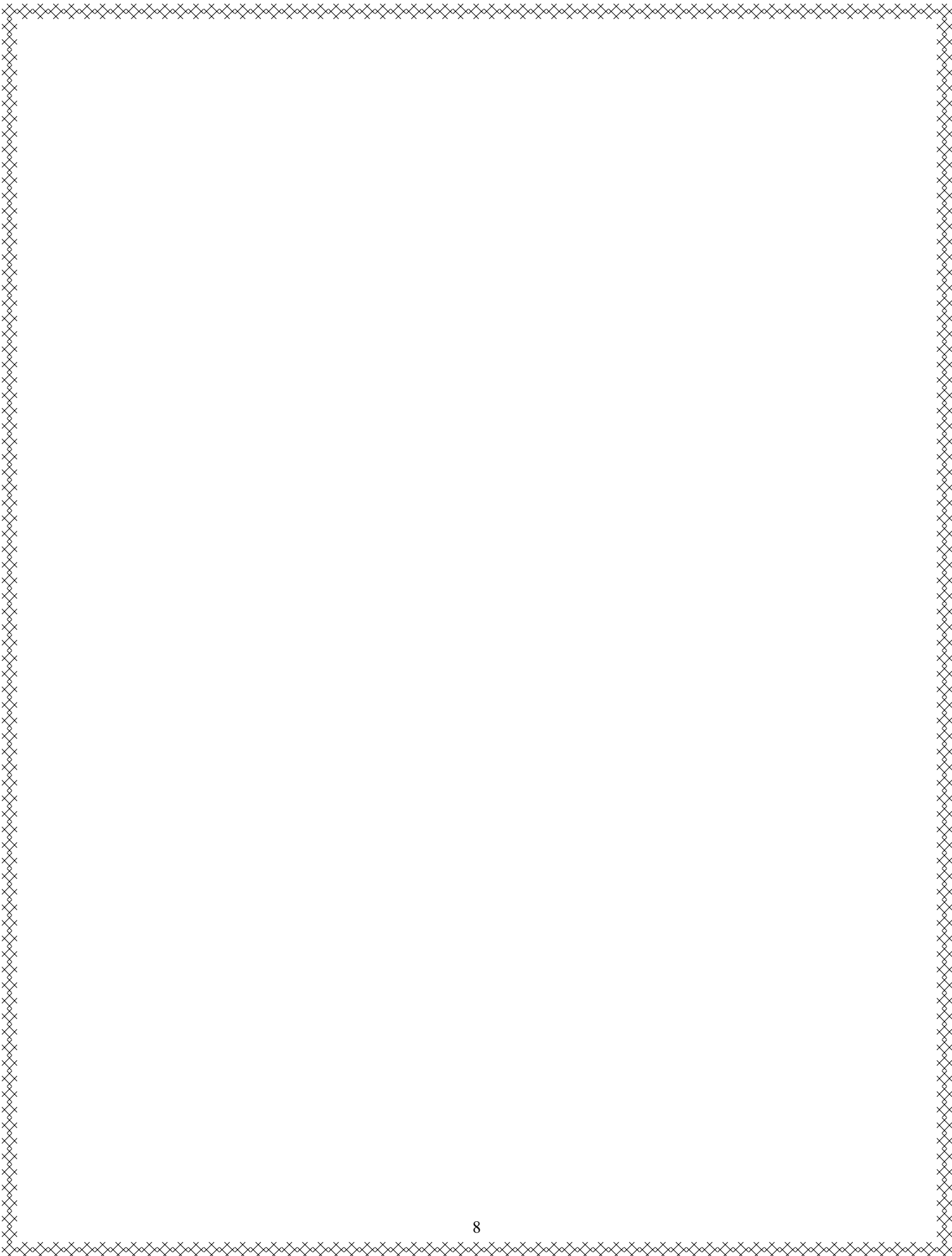
GARDEN SALAD

Contributed by Sherry Knowles, Administration

Dressing: 1 cup sugar
½ tsp pepper
1 tbsp salt
½ cup salad oil
¾ cup vinegar
1 tbsp green bean juice

Vegetables: 1 can LeSeur brand tiny peas, drained
1 can French-style green beans, drained
(reserve 1 tbsp juice for dressing)
1 cup celery, finely chopped
¾ cup green pepper, finely chopped
1 can white “Shoe Peg” corn, drained
1 small jar pimento, finely chopped
¾ cup onion, finely chopped

Bring dressing ingredients to a boil and cool. Pour the liquid over the vegetables. Refrigerate several hours or overnight. Will keep 10-14 days in refrigerator.



SOUPS

BROCCOLI CHEESE SOUP

Contributed by Stephanie Bartley, Administration

- 2 tsp. Olive Oil
- 1/2 c. Onion (minced)
- 16 oz. Frozen chopped Broccoli
- 29 oz. Canned Chicken Broth
- 4 oz. Kraft Velveeta Light Reduced-Fat (cut into cubes)
- 1/2 c. Fat-Free Skim Milk
- 1/2 tsp. Garlic Powder
- 1/2 c. Water
- 1/4 c. Cornstarch



Heat oil in a large saucepan over medium-high heat. Add onion and cook 3 minutes, until soft. Add broccoli and broth and bring to a boil. Reduce heat to medium and simmer for 3 minutes, until broccoli is tender. Reduce heat to low; add cheese, and stir until cheese melts. Stir in milk and garlic powder. Whisk together water and cornstarch. Add mixture to pan and simmer 2 minutes, until thick. Serve hot.

TACO SOUP

Submitted by Cheryl Schoonover, Air Park Services

- 1 large onion, diced
- 3 cans chicken broth, low fat, low sodium
- 1 package taco seasoning
- 1 bag frozen mixed vegetables, broccoli stir-fry is good
- 1 box frozen spinach
- 1 can diced tomatoes
- Salt, pepper and garlic to taste

Sauté onion with 1/2 can broth and taco seasoning until onion is softened. Add the rest of the ingredients, bring to low boil and simmer 30 minutes. Using cheese taco seasoning adds richness.

ITALIAN TORTELLINI STEW

Contributed by Trisha Richards, Administration

1 chopped onion
2 tablespoons basil
2 sliced zucchini
1/4 teaspoon salt
32 ounces chicken broth
1/4 teaspoon pepper
28 ounces crushed tomatoes
8 ounces dry cheese-filled tortellini
15 ounces Great Northern beans

Combine all ingredients except tortellini in a six-quart crock-pot. Cook on low heat for 6 hours. Turn heat to high and add tortellini. Cook 20 minutes on high heat.

Makes 8 servings.

Nutritional information per serving:

Calories 150

Fat 2g

Fiber 6g

MINISTRONE SOUP

Contributed by Heidi Greenhorn, MS, RD, LD – Registered Dietician, ABX Healthcare Center

1 (46-ounce) can tomato juice
1 pound eye of round, cut into tiny pieces
1 (14-ounce) jar pizza sauce
3 (15.25-ounce) cans mixed vegetables, undrained
1 (15-ounce) can red kidney beans, undrained
2 (14.5-ounce) cans no salt-added stewed tomatoes, undrained
2 cups dry elbow macaroni

In a large nonstick soup pot, combine the tomato juice, eye of round, pizza sauce, mixed vegetables, beans, and tomatoes. Bring to a full boil over high heat. Stir in the elbow macaroni. Return to a boil. Cook, uncovered, stirring frequently for 8 minutes.

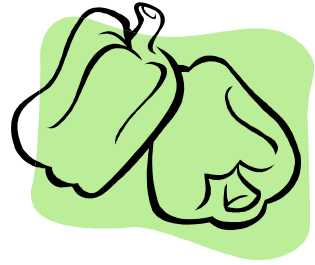
Yield: 18 (1-cup) servings

Calories: 157 (10% fat); Total fat 2 gm; Cholesterol: 14 mg; Carbohydrates: 25 gm; Dietary Fiber: 6 gm; Protein: 11gm; Sodium: 617 mg;

MAIN DISHES

ZUCCHINI PIZZA CASSEROLE

Contributed by Jennifer Simpson, Administration



- 4c shredded unpeeled zucchini
- 1/2 tsp salt
- 2 eggs
- 1/2c grated Parmesan cheese
- 1c shredded 2% or fat free cheddar
- 2c shredded low fat mozzarella
- 1lb lean ground beef or ground turkey
- 1/2c chopped onion
- 1 can (15oz.) Italian-flavor tomato sauce
- 1 medium chopped green pepper

Place zucchini in a strainer; sprinkle with salt. Let drain for 10 minutes. Squeeze out moisture and combine with beaten eggs, Parmesan, 1/2c cheddar, and 1c mozzarella. Spray 13x9 pan with cooking spray. Press zucchini mix into pan. Bake @ 400 degrees for 20 minutes. Brown meat with onion; drain. Add tomato sauce and spoon over baked zucchini. Top with remaining cheeses and sprinkle with green peppers. Bake for 20 minutes more.

CHICKEN CHIMICHANGAS (low fat)

Contributed by Kathy Eversman, Administration

- 2 1/2 c. chopped cooked chicken
- 2/3 c. Picante Sauce
- 1/3 c. green onions, sliced
- 3/4 tsp. cumin
- 1/2 tsp. oregano, crushed
- 1/2 tsp. salt (reduce if needed)
- 8 whole wheat flour tortillas (7-8 inch round)
- 1/4 c. margarine, melted
- 1 c. cheddar cheese, shredded
- Diced fresh tomatoes and shredded lettuce

Combine chicken, picante sauce, onion, cumin, oregano and salt in a saucepan. Simmer for 5 minutes. Brush one side of a tortilla with melted margarine. Turn it over and spoon about 1/3 cup of the chicken mixture down the center of the unbuttered side. Top with 2 tablespoons of shredded cheese. Fold the sides of the tortilla over the filling, then fold the two ends to the center, enclosing the filling. Place seam side down in a 9x13 baking dish. Repeat the process with the remaining tortillas. Bake 475 degrees for 13 minutes. Top with additional picante sauce, diced tomatoes and lettuce.

VEGETABLE ROLL-UPS

Contributed by Rosalee Thomas, Ground

1 pkg. soft taco shells
1 pkg. Hidden Valley ranch dressing mix
8 oz. cream cheese (1/3 less fat bar)
1 cup Miracle Whip Light
1 pkg. shredded cheese
Finely chopped fresh vegetables of your choice
(I use fresh broccoli, cauliflower and shredded carrots)

Mix cream cheese, miracle whip and ranch dressing until creamy. Spread on taco shells. Sprinkle on finely chopped vegetables of your choice. Sprinkle with shredded cheese. Roll them up and cut into bite size pieces.

HOME-STYLE TURKEY MEATLOAF

Contributed by Dawna Barney, Administration

This recipe is for all of you afraid to try ground turkey – because it is delicious!

1 ½ lbs lean ground turkey
1 chopped onion
2 egg whites and one whole egg
1 cup salsa
¾ cup old-fashioned oats, uncooked
1 pkg dry vegetable soup mix
¼ tsp ground black pepper
½ cup ketchup

Preheat oven to 350 degrees. In large bowl mix turkey, onion, eggs, salsa, oats, soup mix and pepper. Press mixture into 9x5 loaf pan and spread ketchup over top. Bake in preheated oven until meatloaf is no longer pink in the center and juice is clear, about 1 hour and 15 minutes.

Cut up leftovers and freeze in individual freezer containers. I throw in a handful of frozen veggies and it is an easy “grab and go” lunch for work!

Serves 6

CHICKEN SLOW COOKER

Contributed by Pat Wallace, Administration

4 legs & 4 thighs
2 cans (14 1/2 oz ea.) petite cut diced tomatoes with zesty jalapeños.

Remove skin. Put all in slow cooker for 4-5hrs (hi) or 7-9 hrs low. Garnish w. Chopped cilantro if desired. Great with brown rice and a salad.

SHRIMP N PASTA

Contributed by Mary Thompson, Ground

8 ounces rigatoni or other favorite pasta shape
1/4 cup olive oil
1 pound medium-size shrimp, peeled and deveined
1 medium-sized green bell pepper, cut into thin strips
1 medium-size red bell pepper cut into thin strips
1 cup sliced mushrooms
3 cloves garlic, minced
1 tablespoon dried basil
2 medium- sized tomatoes, coarsely chopped
1 cup picante sauce
Grated Parmesan cheese

Cook the pasta according to the package directions; drain and set aside in a large bowl. Meanwhile, heat the oil in a large skillet over medium-high heat. Add the shrimp, peppers, mushrooms, garlic, and basil. Cook for 3 to 4 minutes, stirring frequently, until the shrimp are warmed through and the peppers are almost tender. Stir in the tomatoes and picante sauce; simmer for 2 to 3 minutes or until warmed through, stirring frequently. Add to the cooked pasta; mix well. Serve topped with Parmesan cheese and additional picante sauce, if desired.

Yields 4 servings

I have fixed this recipe many times it is excellent for some thing different. I usually fix it when Kroger's has their shrimp on sale, but I buy the one where the shrimp is ready to cook. I do not get the kind you have to peel! Enjoy.

TRUDI'S CHICKEN

Contributed by Trudi Tedrick, Administration

This recipe is simple and delicious.

4 Boneless Skinless Chicken Breasts
1 cup salsa
1 cup crushed pineapple
1 bunch green onion diced

Bake chicken breast in 350-degree oven for approx. 30 min. Mix salsa and pineapple together. Put salsa and pineapple over chicken. Top with green onion.

SPEEDY CHICKEN CACCIATORE

Contributed by Heidi Greenhorn, MS, RD, LD – Registered Dietician, ABX Healthcare Center

8 oz whole wheat spaghetti
1 lb boneless, skinless chicken, cooked and diced
1 green pepper, cut into 1-inch pieces
1 small onion, cut into 1-inch pieces
1 15 oz can light tomato sauce
2/3 cup water
1/4 teaspoon pepper

Cook pasta according to package directions. While pasta cooks, coat a large non-stick skillet with cooking spray; place over medium high heat until hot. Add chicken, green pepper and onion. Sauté until chicken is browned and vegetables are crisp tender. Stir in tomato sauce, water, and pepper. Reduce heat and simmer, uncovered, for 5 minutes, stirring often. To serve, top chicken mixture over drained spaghetti.

Nutrition information:

Servings: 5

Calories: 390
Fat: 7.6 grams
Carbohydrates: 45 grams
Protein: 23 grams
Fiber: 3 grams
Sodium: 347 mg

TURKEY CASSEROLE

Contributed by Heidi Greenhorn, MS, RD, LD – Registered Dietician, ABX Healthcare Center

1 lb lean ground turkey
3 cloves garlic, minced
1 1/2 teaspoon dried oregano leaves
1 can (28 oz) diced tomatoes, undrained
1 package (9 oz) frozen green beans, thawed, drained
1 cup Kraft 2% milk shredded reduced fat mild cheddar cheese

Preheat oven to 375 degrees F. Brown meat with garlic and oregano in large nonstick skillet; drain. Add tomatoes, with their liquid, and the beans, mix well. Spoon meat mixture into 13x9 inch baking dish. Cover with foil. Bake 30 minutes or until heated through. Remove from oven; uncover. Sprinkle with cheese. Let stand 5 minutes or until cheese is melted.

DESSERTS

BLUEBERRY PIE...RAW!

Contributed by Helicia Sonney, Ground

Raw crust is:

- 1 cup walnuts
- 1/2 cup majool dates
- 1 tsp. vanilla
- 1/8 tsp. sea salt
- 1/2 tsp. cinnamon
- 4 cups fresh blueberries / frozen also fine
- 1 Tbs. raw agave nectar

Combine first 5 ingredients in processor until dough forms. Press into 9" glass pan. Clean processor & puree blueberries & agave. Pour into prepared crust. Top with some extra whole berries for an appetizing appeal! Chill in fridge for at least 1 hour.



PINEAPPLE ORANGE SUNSHINE CAKE

Contributed by Melody Joy, Administration

- 1 yellow cake mix
- 1/4 cup applesauce, unsweetened
- 4 Egg Beaters or egg substitute
- 15 ounces mandarin oranges in light syrup
- 8 ounces fat free whipped topping
- 1 large Sugar free/Fat free Instant Vanilla Pudding
- 20 ounces crushed pineapple in juice

Preheat oven to 350 degrees. Spray 9x13 pan with Pam. Mix cake mix, applesauce, Egg Beaters and mandarin oranges by hand and pour into pan. Bake 30 to 40 minutes until done. Cool. Mix whipped topping, pudding and crushed pineapple together. Spread on cooled cake.

Serves 16

Each serving equals 4 weight watcher points

Per serving:

215 calories; 4g Fat; 4g Protein; 41g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 265mg Sodium

LAYERED BANANA PINEAPPLE DESSERT

Contributed by Julia Heath, Ground

CRUST:

1-1/2 cups graham cracker crumbs
1/4 cup sugar or Splenda
1/3 cup margarine melted
3 bananas sliced

Mix crumbs, sugar and margarine in 13x9 pan. Press evenly onto bottom of pan for crust. Arrange banana slices on crust.

FILLING

1-8 oz. pack of low-fat cream cheese (room temperature)
3-1/2 cups of cold skim milk
2 small packs vanilla instant pudding mix
1-20 oz. can crushed pineapple (drained)
1 tub lite cool whip thawed (the more the better)

Beat cream cheese in large bowl until smooth. Gradually beat in milk. Add pudding mixes, beat until well blended. Spread evenly over banana slices. Spoon pineapple over pudding mixture evenly. Spread cool whip over pineapple. Can put slices of banana on top. Refrigerate 3 Hours.

CHERRY CHIFFON DESSERT

Contributed by Julia Heath, Ground

1 can 21oz. Cherry Pie Filling
1 can 14 oz. Sweetened Condensed Skim Milk
8 oz. Lite Cool Whip
15 oz. can Pineapple
1 cup Miniature Marshmallows

Combine all ingredients in large bowl. Chill - 30 minutes.

CHOCOLATE MOUSSE

Contributed by Heidi Greenhorn, MS, RD, LD – Registered Dietician, ABX Healthcare Center

1 ½ cups skim milk, cold

1 package fat-free, sugar-free chocolate instant pudding (4 serving size)

1 cup cool whip lite, thawed

Pour milk into mixing bowl. Add pudding mix. Beat with wire whisk 2 minutes. Gently stir in whipped topping. Spoon into individual dishes or medium serving bowl. Refrigerate until ready to serve.

Serving size: 5

Nutrition Information per serving:

Serving size: ~ ½ cup

Calories: 83

Protein: 3 grams

Fat: 3 grams

Carbohydrates: 13 grams

Sodium: 311 mg

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