

# Healthy Cookbook

Human Resources 2010

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## SALADS & SOUPS

### Broccoli Salad with Cranberries & Almonds

*Submitted by Becky Beck*

#### Ingredients

- 1/4 cup plain yogurt, skim
- 1/3 cup dried cranberries
- 1 bunch broccoli
- 1/3 cup, slivered almonds
- 1/4 cup light mayonnaise

#### Directions

1. Cut up the florets, peel the stems and chop. Steam all broccoli for 5-9 minutes.
2. Flash cool broccoli in ice water until chilled.
3. In a small bowl mix the other ingredients adding herbs and spices to taste. dill, celery seeds and onion powder are good. Thin mixture with rice wine vinegar.
4. When broccoli is chilled mix in bowl with dressing adding cranberries and almonds.
5. Serve chilled.

### Gazpacho (modified from Foodnetwork Ina Garten's recipe)

*Submitted by Mary Tillemans*

#### Ingredients

- 1 cucumber chopped with peel
- 1 red pepper chopped
- 4 plum tomatoes chopped
- 1 small red onion chopped
- 3 garlic cloves minced
- 3 cups tomato juice (no salt added)
- 1/4 cup white wine vinegar
- Lemon juice from 1 lemon
- 1 tsp black pepper
- 1 tsp cilantro

#### Directions

Chop all (could be food processed but don't over process) vegetables. Combine in large bowl with garlic, tomato juice, vinegar, pepper. Mix well & chill for at least 4 hours. You could drizzle Extra Virgin Olive Oil when serving (adding about 100 calories & about 10 more grams of fat).

Serves: 6 (1 cup serving): - Nutrition Information Per Serving:

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs
326	2	.3	12.5	13.3	108	77

## Lemon Orzo Salad with Spinach and Tomatoes

*Submitted by Chris Piehowski*

### Ingredients

20 Fresh Cherry Tomatoes,  
1 - 1 lb box Orzo pasta  
1 cup fresh spinach leaves, I remove the stems  
2 tbsp Bertolli Extra Virgin Olive Oil  
1 tsp Balsamic Vinegar  
1 tbsp dried Basil  
1 tsp Black Pepper  
Sea Salt  
3 tbsp Lemon Juice  
3 tsp minced Garlic  
3 cups Chicken Broth  
1/2 cup Parmesan Cheese  
1/2 cup fresh Parsley, chopped  
Pinch dried thyme

### Directions

Tomatoes - I prefer to marinate these overnight.

In a container with top put tomatoes, EVOO, balsamic vinegar, pinch of salt, and black pepper. Shake and put in fridge over night.

Meal - Combine the lemon juice, garlic and a generous pinch of salt in a small bowl and set aside.

Bring a large pot of salted water to a boil over high heat.

Meanwhile, put the chicken broth in a medium saucepan and bring to a boil over medium-high heat. Boil until the broth has reduced to 1 cup, 20 to 30 minutes. Reduce the heat to low. Add the lemon-garlic mixture. Keep warm.

Cook the orzo in the boiling water until barely al dente, about 7 minutes. Drain and immediately toss with the broth mixture.

Add the 1/2 cup Parmigiano and the parsley and thyme. Let cool about 20 minutes then add tomatoes and spinach.

Season to taste with salt and pepper and toss well to combine. Serve warm or cold.

Serves: 8 - Nutrition Information Per Serving:

calories	total fat	protein	fiber	sodium (mg)	carbs
276	6.6	10.7	2.9	501.4	45.8

## Fresh Fruit Salad with Baby Spinach and Yogurt-Poppy Seed Dressing

*Submitted by Mary Hauser*

Serving size: 2

### Ingredients

- 1 tablespoon pomegranate vinegar (or apple cider)
- 1/2 teaspoon dry mustard
- 1/2 teaspoon honey
- 1/8 teaspoon salt
- 3 tablespoons vanilla yogurt
- 1-1/2 tablespoons vegetable oil
- 1/2 teaspoon poppy seed
- 1 to 2 teaspoons water, to thin
- 3 cups Baby Spinach Leaves
- 1 Banana, sliced
- 1 cup peeled sliced fresh Pineapple
- 1/2 cup Raspberries

### Directions

Place vinegar, mustard, honey and salt in small bowl. Whisk in yogurt and oil; stir in poppy seed. Thin with water as needed.

Arrange spinach on platter or individual plates. Compose fruit on top of salad. Drizzle with dressing.

Serves: 2 - Nutrition Information Per Serving:

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs
213	11	1	2	5	165	31

## Cucumber Tomato Salad

*Submitted by Janelle Wegner*

Serves 4

1. cucumber, peeled, seeded and diced
2. 1/4 diced red onion
3. 1/4 cup feta cheese (crumbled)
4. 2 medium tomatoes cored and diced
5. 1/4 cup olives - chopped
6. 1 cup cooked orzo pasta

Cook the pasta, drain and cool. Add all of the other ingredients together. Mix and chill for at least an hour. Scoop onto beds of butter lettuce. Serve with pita bread or crusty French bread.

## Pasta Salad

*Submitted by Stacy Sorsveen*

1/2 package (about 8 ounces) of whole grain vermicelli or thin spaghetti, cooked and rinsed in cold water  
Few bunches of fresh parsley, chopped  
2-3 ounces shredded parmesan cheese  
small can (2 ¼ oz) of sliced black olives  
4-6 ounces of Wishbone Light Italian dressing

Mix together and chill for ½ hour before serving.

## Curried Chicken Salad with Apples and Raisins

*Submitted by Marcy Syman*

### Ingredients

1/4 cup low-fat mayonnaise  
1 teaspoon curry powder  
2 teaspoons water  
1 cup chopped skinless, boneless Grilled Seasoned Chicken (about 4 ounces)  
3/4 cup chopped Braeburn apple (about 1 small)  
1/3 cup diced celery  
3 tablespoons raisins  
1/8 teaspoon salt

### Directions

Combine mayonnaise, curry powder, and water in a medium bowl, stirring with a whisk until well blended. Add the Grilled Seasoned Chicken, chopped apple, celery, raisins, and salt; stir mixture well to combine. Cover and chill. Yield: 2 servings (serving size: about 1 cup)

Serves: 2 (serving is about 1 cup) - Nutrition Information Per Serving:

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs
222	5.4	.9	17.5	2.5	731	26.9

## Asian Cabbage Salad

*Submitted by Gloria Heinz*

### Ingredients

1 recipe of Peanut Butter Dressing (see under directions)  
6 cups packaged shredded cabbage with carrot (coleslaw mix)  
1 cup fresh sugar snap peas, trimmed and thinly sliced lengthwise  
1/2 cup coarsely shredded, peeled jicama  
1/4 cup thinly sliced green onions  
1/4 cup sliced almonds, toasted  
Fresh cilantro (optional)

### Directions

1. Prepare Peanut Butter Dressing. Toss shredded cabbage, peas, jicama, and green onions in with the dressing. Cover and chill for 30 to 60 minutes.

2. Just before serving, sprinkle with toasted almonds and cilantro. Makes 6 to 8 servings.

**Peanut Butter Dressing:** In a large bowl combine 1/3 cup peanut butter, 1 tsp. curry powder, 1/2 tsp. each of salt, garlic powder, and ground ginger; gradually whisk in 1/3 cup water, 2 Tbsp. lemon juice, and 2 Tbsp. olive oil until smooth.

## Tomato-Basil Couscous Salad

*Submitted by Todd Rowley*

### Ingredients

3/4 cup cooked couscous  
1 tomato, chopped  
1/3 cup canned chickpeas, drained and rinsed  
2 scallions, chopped  
1 teaspoon extra-virgin olive oil  
1 tablespoon fresh lemon juice  
1 tablespoon chopped fresh basil  
Lettuce

### Directions

Combine the couscous, tomato, chickpeas, scallions, oil, lemon juice, and basil in a bowl. Toss, and serve on a bed of lettuce.

**Serves: 7 - Nutrition Information Per Serving:**

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs
43	1	0	2	1	0	7

## Main Dishes

### Farfelle Caprese

*Submitted by Marcia Keown*

#### Ingredients

- 6 cups hot cooked whole wheat Farfelle pasta (about 3/4 pound uncooked pasta)
- 4 cups chopped plum tomato (about 2 1/2 pounds)
- 1 1/2 cups fresh basil leaves, thinly sliced
- 1 cup (4 ounces) diced fresh mozzarella cheese
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon capers
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 garlic clove, crushed
- 1/3 cup (1 1/2 ounces) grated fresh Parmesan or Romano cheese

#### Directions

Combine first 4 ingredients in a large bowl. Combine oil, capers, salt, pepper, and garlic in a small bowl; stir well with a whisk. Pour over pasta mixture; toss gently. Sprinkle with Parmesan cheese; toss well.

Serves: 5 (Serving is 2 cups) - Nutrition Information Per Serving:

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs
390	12.5	5	16	4.5	553	54

## Dips & Other Miscellaneous

### Cowboy Caviar - Served with baked tortilla chips

*Submitted by Sheree Krueger*

#### Ingredients

- 5 Roma tomatoes, chopped
- 1 can (15 ounces) corn, drained
- 1 can (15 ounces) black-eyed peas, drained
- 1 can (15 ounces) kidney beans, drained
- 1 can (15 ounces) cannellini or Great Northern beans, drained
- 1 can (7 ounces) diced green chilies
- 6 green onions, sliced
- 1/2 teaspoon garlic salt
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Juice of 2 or 3 limes
- Lime slices for garnish

Serves: 32 - Nutrition Information Per Serving:

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs	ww pts
116	1	0	7	5	14	22	2



## Quick Mexican Dip - Served with baked tortilla chips

*Submitted by Resa Weigel*

### Ingredients

8 oz block of light Cream Cheese  
8 oz tub of light Sour Cream  
1 package of Taco Seasoning

Top with:

Shredded Lettuce  
Shredded Cheese  
Salsa

### Directions

Beat cream cheese, sour cream and taco seasoning together. Spread in 9X13 pan and top with salsa, shredded lettuce and shredded light cheddar cheese.

Serves: 25 - Nutrition Information Per Serving:

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs
42	3.4	2.2	1.8	0	99.6	1.3

## Trail Mix

*Submitted by Brenda McCoy*

2 c. unsalted dry roasted peanuts  
2 c. no salt dry roasted almonds  
2 c. Craisins  
2 c. chopped dried pineapple pieces  
2 c. M&Ms

Mix together. Enjoy!

## Guacamole

*Submitted by Sandi Blaeser*

### Ingredients

3 ripe avocados  
Lemon juice  
Minced onion  
Crushed Garlic  
Diced tomato  
Chili Powder  
Salt  
Pepper  
Seasoning Blend (I use McCormick's Perfect Pinch Garlic/Bell Pepper Blend)  
Chips

### Directions

Cut open the avocados and remove pits; scoop out avocado "meat" into bowl  
Mash avocados with a fork (the success of guacamole depends on your avocados; under-ripe don't mash easily and are bitter; over-ripe are stringy and turning brown inside)  
Add about a teaspoon of lemon juice to preserve the color of the avocado and add some flavor  
Add all other seasonings to reach a desired flavor - feel free to substitute real onion for minced onion (or add ingredients like jalapeno or cilantro)  
Add diced tomatoes - can be as much or as little (none) as desired  
Re-taste after adding tomatoes - may need to add salt or other seasoning(s)  
Chill or serve immediately; if not serving immediately, completely cover the guacamole with plastic wrap to prevent ANY air from reaching the avocados - otherwise guacamole will turn dark green or brown (taste is not affected, but presentation isn't very pretty)  
Serve with chips; I use Tostitos Scoops.  
Could substitute with organic chips to increase "healthy" factor.

## Hummus

*Submitted by Kathryn Johnson*

1(15oz) Can chickpeas  
1 clove garlic  
1 T. lemon juice  
1 tsp ground cumin  
1/4 tsp ground red pepper  
1/4 tsp salt  
3 T. tahini

Drain can of chickpeas, reserving ¼ cup liquid. Place chickpeas and tahini in processor. Add garlic, lemon juice, cumin, red pepper, and salt. Process until smooth, adding reserved liquid until desired consistency. Place in serving bowl and sprinkle top with paprika. Serve with pita bread or pita chips.

## Muffins

### Applesauce Oatmeal Muffins

*Submitted by Jerilynn Sushko*

#### Ingredients

1 cup old fashion rolled oats (not instant)  
1 cup non-fat milk  
1 cup whole wheat flour  
1/2 cup brown sugar  
1/2 cup unsweetened applesauce  
2 egg whites  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 tsp. cinnamon  
1 tsp. sugar  
raisins or nuts (optional)

#### Directions

Soak the oats in milk for about one hour.

Preheat the oven to 400 degrees.

Spray muffin pan with cooking spray.

Combine the oat mixture with the applesauce and egg whites, and mix until combined.

In a separate bowl measure and whisk the dry ingredients together.

Add wet ingredients to dry and mix until just combined. Add nuts or raisins if desired.

Do not over mix the batter or the muffins will be tough.

Spoon muffin mixture into muffin pan.

Combine the cinnamon and sugar and top each muffin with some of the mixture.

Bake for 20-25 minutes or until done.

Remove from pan, cool and enjoy.

These can be frozen and reheated in the microwave for a quick breakfast.

Number of Servings: 12

## Cookies, Bars & Desserts

### Apricot Bars

*Submitted by Ellen Flannigan*

Apricots are an excellent source of vitamin A, antioxidants, and fiber. Nuts add protein and essential minerals - almonds are high in calcium, for example.

#### Ingredients

1 cup of dried apricots (plus 6-8)  
3/4 cup almonds  
3/4 cup walnuts  
2/3 cup of whole wheat flour  
1/4 cup wheat germ  
6-8 T. apricot nectar  
1/2 cup honey

#### Directions

(The original recipe called for 2 T. canola oil. I forgot to put it in one time, added more apricot nectars and a few stewed apricots and it turned out better without the oil-your choice)

Chop apricots and nuts in food processor. Mix in honey, wheat germ, and flour. Add enough apricot nectar to moisten the mixture thoroughly. Boil 6-8 apricots in a little water, pour off the water and cut up the stewed apricots and add to the mixture.

Press into an 8" X 8" square greased pan. Bake at 350 degrees for 23-26 minutes (until firm). Let cool and then cut into bars. Store in refrigerator or freezer.

### Cozy Peach Cobbler

*Submitted by Karen Varian*

#### Ingredients

Cooking spray

#### *Filling*

3/4 cup peach nectar  
1/2 cup fresh orange juice  
2 tablespoons cornstarch  
1 1/2 teaspoons vanilla extract  
1/4 teaspoon ground cinnamon  
1 29-ounce can sliced peaches, packed in juice, drained  
1 tablespoon firmly packed light brown sugar

#### *Topping*

1 tablespoon light tub margarine, melted  
1 cup buttermilk pancake mix, whole-wheat preferred  
2/3 cup all-purpose flour  
1/2 cup sugar  
1/2 teaspoon grated orange zest

2/3 cup fat-free evaporated milk  
2 tablespoons firmly packed light brown sugar  
1/4 teaspoon ground cinnamon

#### Directions

Preheat the oven to 400°F. Lightly spray an 8-inch square glass baking dish with cooking spray.

In a medium saucepan, stir together the nectar, orange juice, cornstarch, vanilla, and cinnamon. Cook over medium heat for 6 to 8 minutes, or until the mixture comes to a boil and thickens, stirring frequently. Reduce the heat to medium low. Stir in the peaches and 1 tablespoon brown sugar. Reduce the heat and simmer for 5 minutes, stirring occasionally. Pour into the baking dish.

Meanwhile, in a medium bowl, stir together the margarine, pancake mix, flour, and sugar. Add the orange zest to the evaporated milk. Stir into the pancake mixture. Drop the dough by spoonfuls to form mounds on the warm fruit mixture.

In small bowl, combine the remaining 2 tablespoons brown sugar and cinnamon. Sprinkle over the cobbler.

Bake for 15 to 20 minutes, or until golden brown. Transfer the pan to a cooling rack and let cool for 10 minutes. Cut into squares. Serve warm or at room temperature.

**Cook's Tip on Nectar:** If you don't find canned fruit nectars with the other fruit juices in the supermarket, look in the health food or Mexican food sections.

Serves: 8 (1 slice per serving) - Nutrition Information Per Serving:

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs
239	1	0	5	3	163	55

### Texas Sheet Cake *(from Cooking Light)*

*Submitted by Angela Hansen*

Light and fluffy yet rich and moist, Texas sheet cake is one of our favorite chocolate desserts.

#### Ingredients

Cake:

Cooking spray

2 teaspoons all-purpose flour

2 cups all-purpose flour

2 cups granulated sugar

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/4 teaspoon salt

3/4 cup water

1/2 cup butter or stick margarine

1/4 cup unsweetened cocoa

1/2 cup low-fat buttermilk

1 teaspoon vanilla extract

2 large eggs

#### Icing

6 tablespoons butter or stick margarine  
 1/3 cup fat-free milk  
 1/4 cup unsweetened cocoa  
 3 cups powdered sugar  
 1/4 cup chopped pecans, toasted  
 2 teaspoons vanilla extract

**Directions**

Preheat oven to 375°.

To prepare the cake, coat a 15 x 10-inch jelly-roll pan with cooking spray, and dust with 2 teaspoons flour. Set prepared pan aside.

Lightly spoon flour into dry measuring cups; level with a knife. Combine 2 cups flour and next 4 ingredients (2 cups flour through salt) in a large bowl; stir well with a whisk. Combine water, 1/2 cup butter, and 1/4 cup cocoa in a small saucepan; bring to a boil, stirring frequently. Remove from heat; pour into flour mixture. Beat at medium speed of a mixer until well-blended. Add buttermilk, 1 teaspoon vanilla, and eggs; beat well. Pour batter into prepared pan; bake at 375° for 17 minutes or until a wooden pick inserted in center comes out clean. Place on a wire rack.

To prepare the icing, combine 6 tablespoons butter, milk, and 1/4 cup cocoa in a medium saucepan; bring to a boil, stirring constantly. Remove from heat, and gradually stir in powdered sugar, pecans, and 2 teaspoons vanilla. Spread over hot cake. Cool completely on wire rack.

Note: You can also make this recipe in a 13 x 9-inch baking pan. Bake at 375° for 22 minutes.

Serves: 20 (1 slice per serving) - Nutrition Information Per Serving:

calories	total fat	sat fat	protein	fiber	sodium (mg)	carbs
298	10	5.5	3	.5	188	49.8

**Applesauce Cookies**

*Submitted by Shirley Evans*

**Ingredients**

1/4 cup soft diet margarine  
 1/4 cup sugar\*  
 1 egg  
 1 tsp. vanilla  
 1/2 cup unsweetened applesauce  
 1 cup flour (1/2 whole wheat\*, 1/2 unbleached white)  
 1 tsp. soda  
 1 tsp. cinnamon  
 1/4 tsp salt  
 1/8 tsp. cloves  
 1/2 cup oatmeal  
 1/2 cup raisins

**Directions**

(Use 2 T. sugar, 2 T. honey if using whole wheat flour) Cream margarine and sugar. Add egg. Blend vanilla and applesauce. Mix flour, soda, cinnamon, salt, cloves, oatmeal, and raisins. Add to margarine mixture. Drop by teaspoonful on cookie sheet. Bake at 375 for 10 minutes.

**Yield: 2 dozen**

**Serving Size: 2 cookies - Nutrition Information Per Serving:**

calories	total fat	protein	carbs
110	3	2	20

## Double Chocolate-Oatmeal Cookies

*Submitted by Ron Groess*

### Ingredients

- 2 Tablespoons butter, melted
- 1/2 cup sugar
- 1/4 cup unsweetened cocoa
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup uncooked regular oats
- 2 Tablespoons all-purpose flour
- 1/4 teaspoon baking powder
- Dash of salt
- 1 ounce white chocolate, chopped

### Directions

1. Preheat oven to 350 degrees
2. Combine first 5 ingredients in a large bowl; beat until smooth
3. Combine oats, flour, baking powder, and salt; add to butter mixture, stirring just until blended. Stir in chopped white chocolate. Drop by rounded tablespoonfuls 2 inches apart onto a baking sheet lined with parchment paper.
4. Bake at 350 degrees for 9 minutes or until cookie centers are almost done. Cool 1 minute on pan. Remove from pan; cool completely on wire rack.

**Yield: about 10 servings**

**Servings: 1 cookie - Nutrition Information Per Serving:**

calories	total fat	protein	fiber	sodium (mg)	carbs
109	4.3	2	1.1	52	17

## Delicious Cake

*Submitted by Barb Rossi*

### Ingredients

Yellow cake mix

4 eggs

1/3 cup unsweetened applesauce

1 can mandarin oranges with juice

### Directions

Mix the above and bake at 350 for 30 minutes. Place topping on cake when cooled.

### Topping:

12 oz. Cool Whip (fat free)

1 can crushed pineapple with juice

1 box sugar free and fat free vanilla pudding

Yield: about 20 servings

Nutrition Information Per Serving:

calories	total fat	protein	fiber	sodium (mg)	carbs
197	6.3	2.6	.6	182	32.7