



Athletes' Cookbook

Simple Recipes for College Athletes

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Breakfast Recipes

10-Minute Energizing Oatmeal

Prep and Cook Time: 10 minutes

Ingredients:

- 1 cup old fashioned rolled oats
- 2 cups water
- sea salt to taste
- 1/2 tsp cinnamon
- 1/4 cup raisins
- 1/4 sliced almonds
- 1 cup soymilk or skim milk
- 1 TBS blackstrap molasses

Directions:

1. Bring the water and salt to a boil in a saucepan, then turn the heat to low and add the oats.
2. Cook for about 5 minutes, stirring regularly so that the oatmeal will not clump together. Add cinnamon, raisins and almonds, stir, cover the pan and turn off heat. Let sit for 5 minutes. Serve with milk and sweetener.

Serves 2

Healthy Cooking Tips:

If you are using prepackaged oats, it is best to follow the directions on the package.

Granola with Fresh Fruit

Prep and Cook Time: 10 minutes

Ingredients:

- 3 cups prepared granola
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 2 sliced bananas
- 2 TBS sliced almonds
- 2 cups low-fat milk or dairy-free milk alternative

Directions:

1. Divide granola into 4 bowls. Top with fruit and milk. **Serves 4**

Poached Egg over Spinach

Prep and Cook Time: 15 minutes

Ingredients:

- 2 omega-3 enriched eggs
- 1 tsp light vinegar
- 1 lb fresh spinach (or kale or collard greens)
-
- *Mediterranean Dressing*
- 1 TBS extra virgin olive oil
- 1 tsp fresh lemon juice
- 1 medium clove garlic
- sea salt and pepper to taste

Directions:

1. Use a large pot (3 quart) with lots of water. Bring water to rapid boil.
2. While water is coming to a boil, press or chop garlic and let it sit for at least 5 minutes to enhance its health-promoting properties.
3. Wash spinach.
4. When water is at full boil, place spinach into the pot. **Do not cover.** Cooking uncovered helps the acids to escape into the air. Cook spinach for 1 minute; begin timing as soon as you drop the spinach into the boiling water. See 5-Minute Kale or 5-Minute Collard Greens recipes if you use these greens in place of spinach.
5. After the spinach has cooked for 1 minute (do not wait for water to return to a boil), use a mesh strainer with a handle to remove spinach from the pot. Press out excess liquid.
6. Toss spinach with dressing ingredients while it is still hot. Mediterranean dressing does not have to be made separately.

Poached Eggs

1. Bring 1 quart water to a high simmer in a 10-inch skillet with 1 tsp of vinegar.
2. When water comes to a high simmer poach eggs for about 5 minutes, or until whites are firm. Remove from water with a slotted spoon and place over spinach mixture. **Serves 2**

Poached Eggs Over Collard Greens & Shiitake Mushrooms

Prep and Cook Time: 20 minutes

Ingredients:

- 6 cups chopped collard greens (stems removed)
- 1 medium onion, cut in half and sliced thin
- 6 fresh shiitake mushrooms, sliced medium thick, stems removed
- 4 fresh omega-3-rich eggs
- about 4 cups water
- 1 TBS apple cider vinegar, or any white wine vinegar
-
- Dressing
- 1 TBS fresh lemon juice
- 1 TBS minced fresh ginger
- 3 medium cloves garlic pressed
- 1 TBS soy sauce
- 1 TBS extra virgin olive oil
- salt and white pepper to taste

Directions:

1. Slice onions and press garlic and let sit for 5-10 minutes to bring out their health-promoting benefits.
2. Bring lightly salted water to a boil in a steamer.
3. Rinse greens well. Roll or stack leaves and cut into 1/2" slices and cut again crosswise. Cut stem into 1/4" slices. Let sit for 5 -10 minutes.
4. Steam collard greens, mushrooms and onions together for 5 minutes.
5. While steaming greens, get ready for poaching eggs by bringing water and vinegar to a fast simmer in a small, shallow pan. You can start on high heat, and once it comes to a boil, reduce heat to a simmer before adding eggs. Make sure there is enough water to cover eggs.
6. Mix together lemon juice, ginger, garlic, soy sauce, olive oil, salt, and pepper in a small bowl.
7. Poach eggs until desired doneness. This will take about 5 minutes, or just until the white is set and the yolk has filmed over.
8. Remove vegetables from steamer and toss with dressing. Remove eggs from water with a slotted spoon and place on plate of tossed greens. **Serves 4**

Healthy Cooking Tips:

Make sure you **do not** add any salt to the poaching water for the eggs. The salt has a tendency to dissolve the egg whites. By making sure there is enough water in the poaching pan to cover eggs, you avoid the eggs sticking to the bottom of the pan.

You want the eggs to float while they cook. This also avoids breaking the eggs when you remove them with the slotted spoon. You may want to lay the spoon with the egg on a towel briefly after removing egg from water. This allows the towel to absorb some of the poaching water, and it won't end up diluting your greens. In addition to removing the excess water from the eggs, you also want to make sure you very gently press out the excess water from the steamed greens. This needs to be done very gently to protect the

mushrooms and onions from being broken up into pieces. It is worth this extra care so the flavor of the delicious dressing isn't diluted.

Swiss Breakfast

Prep and Cook Time: 10 minutes

Ingredients:

- 1 cups rolled oats
- 1/4 tsp cinnamon
- 2 TBS raisins
- 2 TBS sliced almonds
- 2 TBS dried apricots, chopped
- 2 TBS sunflower seeds
- 1 date, chopped
- 1 TBS dried cranberries

Directions:

1. Mix all ingredients together.
2. Bring 2 cups water to a boil.
3. Add mixed ingredients. Turn heat to low and cook uncovered, stirring occasionally until water is absorbed, about 7 minutes.
4. Cover, and set for about 2 minutes before serving.
5. Serve with low-fat milk or dairy-free milk.

Serves 1

Healthy Cooking Tips:

You can make a larger batch of this breakfast cereal to have on hand.

Yogurt with Fruit

Prep and Cook Time: 15 minutes

Ingredients:

- 1 apple, chopped
- 1/2 cup raisins
- 1 cup seedless grapes
- 2 bananas, sliced
- 1 cup berries, whatever is in season
- 2 cups plain or vanilla low-fat yogurt

Directions:

1. Mix all the fruit together. Either top with yogurt or mix yogurt and fruit together.

Lunch Recipes

15-Minute Black Bean Salad

Prep and Cook Time: 15 minutes

Ingredients:

- ½ cup minced onion
- 2 medium cloves garlic, pressed
- 1 15 oz can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 8 cherry tomatoes, quartered
- ½ cup diced red bell pepper
- 2 TBS pumpkin seeds, coarsely chopped
- ¼ cup chopped fresh cilantro
- 2 TBS extra virgin olive oil
- 3 TBS fresh lemon juice
- salt and black pepper to taste

Directions:

1. Mince onions and press garlic and let sit for at least 5 minutes to bring out their health-promoting benefits.
2. Mix all ingredients together and serve. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator for a while. **Serves 4**

Healthy Caesar Salad

Prep and Cook Time: 10 minutes

Ingredients:

- 2 large head romaine lettuce, outer leaves removed & discarded
- * optional: 1/4 cup walnuts
- **Dressing:**
- 2 TBS tahini
- 1 2 oz can anchovies, drained of oil, rinsed and chopped (optional)
- 4 medium cloves garlic, chopped
- 3 TBS lemon juice
- 2 TBS balsamic vinegar
- 2 TBS extra virgin olive oil
- salt and cracked black pepper to taste

Directions:

1. Rinse lettuce, cut into bite size pieces, and dry. Try to get lettuce as dry as possible so dressing is not diluted. It is best to use a salad spinner if you have one.
2. Blend dressing ingredients together for 1-2 minutes, drizzling the olive oil in at the end a little at a time. Toss romaine lettuce with desired amount of dressing. Add walnuts and chicken if desired. There will be dressing left over, which will keep very well in your refrigerator for up to 2 weeks. **Serves 4**

15-Minute Shrimp and Avocado Salad

Prep and Cook Time: 15 minutes

Ingredients:

- 1 lb cooked medium sized shrimp (buy still frozen if possible for freshness), remove tails
- 1 medium-sized tomato, seeded and chopped
- 3 scallions, chopped
- 1 large clove garlic, pressed
- 2 TBS fresh lemon juice
- 1 TBS balsamic vinegar
- 1 large firm avocado, cut into 1/2-inch cubes
- 1 TBS chopped cilantro
- 1 TBS chopped fresh mint
- 2 TBS chopped pumpkin seeds
- salt and pepper to taste
- pinch red pepper flakes
- extra virgin olive oil to taste
- 1 head small romaine lettuce, outer leaves removed

Directions:

1. Make sure shrimp is completely unfrozen if you buy it already cooked. Pat it dry with paper towels.
2. Mix all ingredients, except lettuce, in a bowl. For optimum flavor, marinate in refrigerator for 15 minutes or more. It is still very good served right away if you don't have the time. Serve on bed of chopped romaine lettuce. **Serves 4**

Serving Suggestion: Serve with

- Zesty Mexican Soup

Healthy Cooking Tips:

Buying shrimp that is still frozen will ensure that it will be as fresh as possible. That's because even "fresh shrimp" in stores is likely to have been frozen and so this type often loses their freshness very quickly. This recipe was created to be very quick and easy, so we added already cooked shrimp to the ingredient list. If you have the time, obviously it would have better flavor if the shrimp was raw and you cooked it yourself. It is very important either way to make sure the shrimp is patted dry. Otherwise it will dilute the flavor of your salad. Also, it is important that your avocado is ripe, yet still somewhat firm. If it is mushy, your salad will have an unattractive appearance.

Kidney Bean Salad with Mediterranean Dressing

Prep and Cook Time: 15 minutes

Ingredients:

- 1 ear of raw corn kernels
- 1/4 cup minced red onion
- 1 15oz can kidney beans, rinsed and drained
- 1 medium tomato, chopped
- 2 TBS fresh parsley or cilantro, minced
-
- **Mediterranean Dressing**
- 4-5 cloves garlic, chopped or pressed
- 1 cup extra virgin olive oil
- 1/3 cup fresh lemon juice
- sea salt and pepper to taste

Directions:

1. Combine all ingredients and toss with 1/2 cup Mediterranean Dressing.

Mediterranean Dressing

1. Press garlic and let it sit for 5 minutes.
2. Whisk together the lemon juice, garlic, sea salt, and pepper.
3. Slowly pour the extra virgin olive oil into the mixture while whisking constantly. The more slowly you pour and the faster you whisk, the thicker and creamier the dressing will be.

The dressing will store in the refrigerator for up to 10 days. It will solidify so you will need to bring it back to room temperature before using.

Servings

- Salad: Serves 2
- Dressing: Yields about 1-1/3 cup

Marinated Bean Salad

Prep and Cook Time: 25 minutes

Ingredients:

- 2 TBS minced onion
- 3 medium cloves garlic, pressed
- 2 cups fresh green beans cut into 1-inch lengths
- 1 15 oz can lima beans, drained and rinsed
- 1 15 oz can kidney beans, drained and rinsed
- 1 large ripe fresh tomato, chopped
- 2 TBS chopped fresh basil (or 2 tsp dried basil)
- 1 TBS chopped fresh oregano (or 1 tsp dried oregano)
- 1 TBS chopped fresh parsley (or 1 tsp dried parsley)
- 3 TBS fresh lemon juice
- 2-3 TBS extra virgin olive oil
- salt and cracked black pepper to taste

Directions:

1. Mince onion and press garlic and let sit for 5 minutes to bring out its health-promoting benefits.
2. Fill the bottom of a steamer with 2 inches of water.
3. While steam is building up in steamer cut green beans.
4. Steam for 5 minutes. A fork should pierce them easily when they are done.
5. Drain and rinse canned beans. Let beans sit in colander for another couple of minutes to drain excess water.
6. Mix all ingredients together. If you have the time, let it marinate for at least 15 minutes. It can keep in the refrigerator for a few days. Keep on hand for a quick meal. **Serves 4**

Healthy Cooking Tips:

This salad is even better if it marinates for at least a couple hours. Make sure the beans are well drained or your salad will taste flat and weak. Also, use fresh herbs for the best flavor.

Seared Tuna Salad

Prep and Cook Time: 20 minutes

Ingredients:

- 3 cups (or 10 oz) mung bean sprouts
- 1 lb yellowfin or ahi tuna
- 1 TBS fresh lemon juice
- 1 cup cucumber, peeled, seeds scooped out and sliced 1/4 inch thick
- 2 cups snow peas, ends removed and cut in half
- 6 cherry tomatoes quartered
- 1/2 cup chopped scallion
- 2 TBS chopped cilantro
- 1 tsp toasted sesame seeds
- **Dressing**
- 3 TBS soy sauce
- 2 TBS fresh lemon juice
- 2 tsp honey
- 1 TBS extra virgin olive oil
- salt and white pepper to taste
- pinch red pepper flakes

Directions:

1. Rinse and dry mung bean sprouts. This can be done easily in a salad spinner. Lay out pile of sprouts on cutting board and chop a couple times. Place in a bowl and add rest of salad ingredients.
2. Whisk together dressing ingredients.
3. Preheat stainless steel 10-12 inch skillet over medium high heat for 2 minutes.
4. Rub tuna with lemon juice and season with a little salt and pepper. Place on hot pan and cook for 1½ minute. Turn and cook another 1½ minutes. This is our Stove top Searing cooking method. Cut tuna into 1-inch pieces and toss with rest of salad ingredients and dressing. Sprinkle with sesame seeds and serve.

Serves 4

Healthy Cooking Tips:

Choose fresh tuna that is about 1 inch thick. It is meant to be seared on the outside and rare inside for this recipe. This way it will stay moist and absorb the flavor of the dressing well. Don't dress this salad until you are ready to eat it since the salt in the dressing will draw out the water from the cucumbers and dilute the flavor.

Tuna Salad Surprise

Prep and Cook Time: 20 minutes

Ingredients:

- 2 6 ½ oz cans of light tuna, drained
- ¼ cup finely diced celery
- 3 TBS chopped walnuts
- 3 TBS chopped fresh parsley
- ¼ cup finely minced onion
- salt and black pepper to taste
- 1 medium head romaine lettuce, chopped
- 1 small tomato, chopped, seeds and excess pulp removed
-
- **Dressing**
- 3 medium cloves garlic, pressed
- 1 TBS prepared Dijon mustard
- 1 tsp honey
- ½ tsp salt
- ½ tsp cracked black pepper
- 4 TBS fresh lemon juice
- ¼ cup sunflower seeds
- 4 oz silken tofu
- ½ tsp dried Italian herbs
- 2 TBS extra virgin olive oil
- a little water to thin if necessary

Directions:

1. Mince onions and press garlic and let sit for 5-10 minutes to bring out their health-promoting benefits.
2. Blend dressing ingredients in blender adding oil a little at a time at end (to incorporate). Blend well to make sure sunflower seeds are ground.
3. Mix tuna, celery, walnuts, parsley, onion, salt, and pepper.
4. Mix desired amount of dressing with tuna mixture.
5. Serve on bed of chopped romaine lettuce with chopped tomato. **Serves 4**

Healthy Cooking Tips:

Blend the dressing long enough to completely grind the sunflower seeds for a smooth texture.

10-Minute Seared Tuna

Prep and Cook Time: 10 minutes

Ingredients:

- 12 oz of tuna cut into 2 steaks
- 2 TBS mirin rice wine (can be found in Asian section of supermarket)
- 1 + 1 TBS fresh squeezed lemon juice
- 2 TBS tamari (soy sauce)
- 1 TBS minced fresh ginger
- 3 TBS minced scallion
- salt & white pepper to taste

Directions:

1. Preheat 10-12 inch stainless steel skillet over medium-high heat for 2 minutes.
2. While pan is preheating, rub tuna with 1 TBS lemon juice, season with a little salt and white pepper, and prepare ginger and scallion.
3. Place tuna on preheated skillet and cook for 1-2 minutes on each side, depending on thickness, and then remove from skillet. Seared tuna is best when medium rare. This is our Stovetop Searing cooking method. Place on a plate.
4. Turn heat down to medium and add rest of ingredients to pan in order given, and cook for 1 minute. Season with salt and pepper. Pour over tuna and serve.

Serves 2

Serving Suggestion: Serve with

- Napa Cabbage Salad
- Seaweed Rice

Healthy Cooking Tips:

Make sure the tuna is very fresh and about 1 inch thick or more. Yellowfin is good for this recipe. Refer to our Stovetop Searing animation if needed for more instruction. Basically, it is best to make sure the pan has had sufficient time to get hot so it sears the tuna. This will seal in the moisture. Because tuna can get dry from cooking, it is important not to overcook it. Tuna is best served cooked no more than medium rare.

Dinner Recipes

15-Minute Braised Fennel Salmon

Prep and Cook Time: 15 minutes

Ingredients:

- 1-1/2 lbs salmon fillet, cut into 8 pieces, skin and bones removed
- 1 TBS + 1/4 cup chicken or vegetable broth
- 1 large fennel bulb sliced thin, save 1 TBS chopped green tops to use for garnish
- 2 TBS fresh squeezed lemon juice
- salt and white pepper to taste

Directions:

1. Season salmon with a little salt and white pepper. Set aside.
2. Heat 1 TBS broth in 10-12 inch stainless steel skillet. Healthy Sauté fennel bulb in broth over medium heat for 1 minute stirring constantly.
3. Add ½ cup broth, lemon juice, pinch salt and pepper, and place salmon on top.
4. Reduce heat to low and cover. Cook for about 5 minutes. Do not overcook fennel, or it will lose its flavor. This is our Stovetop Braising cooking method. Sprinkle with chopped green fennel tops. Adjust seasoning to taste and serve.

Serves 4 Serving Suggestions: Serve with ○
Pureed Sweet Peas

Healthy Cooking Tips:

Choose fresh salmon that is cut from the thickest part of the fish. It will give better results. Even though this recipe is for 4, the salmon is cut into 8 pieces. This will allow the pieces to cook quicker, without overcooking the outer edges before the center is done. It also keeps the fennel from becoming overcooked. Because temperatures vary in different stoves check the salmon for doneness after about 3 minutes. You can do this by sticking the tip of a sharp knife into the filet. The flesh will separate easily and it should look pink in the center. You want to cook it slightly less than how you want to eat it, as it continues to cook after you remove it from the heat. Salmon is best when it is cooked medium.

15-Minute Salmon with Mustard, Dill Sauce

Prep and Cook Time: 15 minutes

Ingredients:

- 1/1/2 lbs salmon filet cut into 4 pieces, skin and bones removed
- 1 TBS fresh lemon juice
-
- **Dill Sauce**
- 2 medium garlic cloves, pressed
- 1 TBS Dijon mustard
- 2 TBS fresh lemon juice
- ¼ cup chicken broth
- 1 tsp honey
- 1 tsp chopped fresh dill
- salt and white pepper to taste

Directions:

1. Preheat broiler on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.
2. Press garlic and let it sit for at least 5 minutes to bring out its health-promoting properties.
3. Rub salmon with 1 TBS fresh lemon juice, salt and pepper. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)
4. Using a hot pad, pull pan away from heat and place salmon on hot pan. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly (7 minutes per inch of thickness). Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.
5. To make the sauce, add garlic to a stainless steel skillet and stir for half a minute. Add mustard, lemon juice, broth, honey, salt and pepper. Cook on high heat for a minute to reduce slightly and then add dill. Pour over salmon and serve. **Serves 4**

Serving Suggestion: Serve with

- Pureed Sweet Peas

Healthy Cooking Tips:

When cooking with fresh herbs, add at the end of cooking to retain maximum flavor.

3-Minute Scallops

Prep and Cook Time: 10 minutes

Ingredients:

- 1/2 lb bay scallops or sea scallops
- 1 TBS low-sodium chicken or vegetable broth
- 2 medium cloves garlic
- 1 TBS extra virgin olive oil
- 1 TBS fresh lemon juice
- sea salt and pepper to taste

Directions:

1. Chop garlic and let sit for 5 minutes to enhance its health-promoting benefits.
2. Heat 1 TBS broth over medium heat in a stainless steel skillet.
3. When broth begins to steam, add scallops and garlic and sauté for 2 minutes stirring frequently. After 2 minutes, turn scallops over and let cook on the other side for 1 minute. Scallops cook very quickly so watch your cooking time. Overcooked scallops become tough. (If you are using larger sea scallops, you'll need to cook for 1-2 minutes longer.)
4. Dress with extra virgin olive oil, lemon juice, garlic, salt and pepper.

Serves 2

Braised Salmon with Leeks

Prep and Cook Time: 20 minutes

Ingredients:

- 2 medium leeks, cut lengthwise
- 4 medium cloves garlic, pressed
- 1 TBS + 1/2 cup chicken or vegetable broth
- 1 TBS + 1 TBS fresh lemon juice
- 1 TBS fresh chopped tarragon
- 1-1/2 lbs salmon fillet, cut into 8 pieces, skin and bones removed
- salt and white pepper to taste

Directions:

1. Cut off green tops of leeks and remove outer tough leaves. Cut off root and cut leeks in half lengthwise. Fan out the leeks and rinse well under running water, leaving them intact. Cut leeks into 2-inch lengths. Now, holding the leek sections cut side up, cut lengthwise so that you end up with thin strips, known as chiffonade cut. Make sure slices are cut very thin.
2. Let leeks and garlic sit for at least 5 minutes to bring out their hidden health benefits.
3. Heat 1 TBS broth in 10-12 inch stainless steel skillet. Healthy Sauté leeks over medium heat in broth for about 5 minutes, stirring frequently. Add garlic and sauté for another minute. Add 1/2 cup broth and lemon juice and simmer for another 5 minutes, covered, stirring occasionally.
4. Rub salmon with 1 TBS fresh lemon juice, salt and white pepper.
5. Stir fresh tarragon, salt, and pepper into leeks, and place salmon on top of leeks. Simmer for about 3-4 minutes, covered, or until salmon is pink inside. Time may vary a little depending on thickness of salmon. Serve leeks topped with salmon and drizzle with juice. **Serves 4**

Serving Suggestions: Serve with

- Pureed Sweet Peas

Healthy Cooking Tips:

It is best to choose salmon that is cut from the thickest part of the fish, so filets will remain moister when cooked. If you want to remove the bones from the salmon rub your fingers over the salmon to find the line of bones. Remove each bone with your fingers, tweezers, or pliers.

Refer to the animation for cutting the leeks: Leeks Cut Lengthwise. When they are cut into thin strips they provide a nice bed for your salmon with more texture than simply slicing them crosswise. It is important to cut the strips thin, as they will not get tender without cooking them for longer. Even though this recipe is for 4, I cut the salmon into 8 pieces. They cook more evenly when cut small. Otherwise the outside of the salmon gets overdone before the center is cooked. Check the salmon's doneness by inserting the tip of a knife into the center. It should flake, yet be still pink in the center for

medium. Remove it from the heat slightly before it is done to your liking, as it will continue to cook while you are serving the dish.

Fresh Herbed Chicken Breasts

Prep and Cook Time: 20 minutes

Ingredients:

- 4 boneless chicken breasts with skin on
- 2 medium cloves garlic, pressed
- 1 TBS fresh squeezed lemon juice
- 2 tsp chopped fresh sage
- 2 tsp chopped fresh thyme
- 1 tsp chopped fresh rosemary
- 1/4 cup chicken broth
- salt and cracked black pepper

Directions:

1. Preheat broiler on high. Place ovenproof metal pan under broiler to get hot. Do not use glass or Pyrex for this.
2. Season chicken with a little salt and pepper. When pan is very hot (which takes about 5 minutes), put chicken in pan and return it to broiler. Turn heat to low. Don't put it too close to the heating element. It is best to put in middle of the oven, about 7 inches from the heat source. (Quick Broil) for about 15 minutes, or until done, depending on thickness of chicken.
3. While chicken is cooking chop herbs.
4. In a small skillet, add chopped herbs, lemon juice, broth, pressed garlic, salt, and pepper. Heat on medium heat for about 30 seconds.
5. When chicken is done remove skin, slice, and place on platter. Drizzle herb sauce over chicken. **Serves 4 Serving Suggestions:** Serve with
 - Steamed Vegetable Medley and
 - Pureed Navy Beans

Healthy Cooking Tips:

Chicken breasts can easily dry out. Leaving the skin on until done and making sure you do not overcook it helps a great deal. The breasts should read 160 F degrees on an instant reading thermometer and the juices should run clear. By leaving the skin on while broiling it keeps the breast moist and flavorful. It is important to broil the chicken breasts no closer than the 7 inches from heat source as recommended and have the heat turned to low. This will give the breasts a chance to cook throughout without burning on top and drying out. Placing it in a very hot pan seals the bottom and retains more moisture. This recipe is created for a quick and easy meal. If you have the time, try marinating the chicken breasts for 24 hours in the herb mixture (if you do this, increase the lemon juice by 1 TBS). It will be tenderer, and the sauce will permeate the breast. By slicing the breast when done there is more surface for the sauce to cover.

Holiday Turkey with Rice Stuffing & Gravy with Fresh Herbs

Prep and Cook Time:

Ingredients:

- **Please read entire recipe before shopping or beginning.**
- 12-15 lb fresh organic, or free-range turkey (do not use self-basting turkey)
- **Stuffing:**
- ½ cup wild rice
- 1 cup long grain brown rice
- 1 medium onion, chopped
- ¾ cup diced celery, about ¼-inch pieces
- 2 cups sliced crimini mushrooms
- 1 medium green apple, diced about ¼ inch pieces
- 4 medium cloves garlic, minced
- ½ cup chopped walnuts
- 6 dried apricots, coarsely chopped
- ½ cup raisins
- ½ cup chopped fresh parsley
- 2 TBS chopped fresh sage (or 2 tsp dried sage)
- 3 TBS chopped fresh thyme (or 1 TBS dried thyme)
- ½ TBS fennel seeds
- ½ cup + 1 TBS chicken broth
- salt and black pepper to taste
- **Gravy:**
- 6 cups chicken broth
- 2 large carrots, chopped in large pieces
- 2 medium onions, cut into large pieces
- 2 celery sticks, cut into large pieces
- neck, wing tips and giblets from turkey
- 1/3 cup flour mixed with water
- 1 TBS chopped fresh rosemary (or 1 tsp dried rosemary)
- 2 TBS chopped fresh thyme (or 2 tsp dried thyme)
- salt and black pepper
- *optional ¼ cup dried porcini mushrooms

Serves: minimum of 8

Directions: Stuffing:

1. Bring 3½ cups of lightly salted water to a boil. While water is coming to a boil, rinse the wild rice under running water in a strainer. When water is boiling add both wild and brown rice, cover, turn heat to low and cook for about 45 minutes, until tender. Do not overcook. You will most likely have excess water when rice is cooked properly. Put cooked rice in a strainer and drain out excess water. Set aside in a large enough bowl to mix everything together.
2. Heat 1 TBS chicken broth in a large stainless steel skillet. Healthy Sauté onion in broth over medium heat for 5 minutes. Add mushrooms and celery and continue to sauté for another 2-3 minutes.
3. Mix all the stuffing ingredients together in bowl and season with salt and pepper. **Always stuff the turkey just before roasting-never ahead of time-to avoid the growth of harmful bacteria. Have the stuffing hot and pack it loosely in the body cavity.**

Turkey:

1. Rinse turkey well inside and out. Pat dry. (If you had to buy a frozen turkey, make sure it is completely thawed.)
2. Preheat your oven to 350 degrees F (177 C) and put the oven rack on the bottom shelf. Right before roasting the turkey, stuff it loosely with the stuffing.
3. Cut about 48 inches of heavy kitchen twine. Truss the turkey by first binding the legs together with the center of the length of twine. Run the twine along the sides of the turkey toward the neck tightly holding the wings to its sides with the twine. Cross the twine around the neck end of the bird and back to the legs. Loop around legs and tie a knot. Rub the turkey with a little salt and pepper.
4. Place turkey breast side down on a flat or V-shaped rack in roasting pan. Make sure you use a rack inside the roasting pan. Otherwise the skin may stick to the pan and tear. Add a cup of chicken broth to the bottom of the pan. Roast breast side down, basting about every 30 minutes with the pan juices for about 2½ hours for a 12-15 lb turkey.
5. Bring turkey to the top of the stove, turn it to its back and remove the trussing twine. This will now allow the inside of the legs to brown along with the rest of the turkey. Baste again, and return to the oven. But first, check the breast for doneness by inserting an instant reading thermometer at the thickest part of the breast toward the neck. This will give you an idea how much longer the turkey will need to cook. It should read about 125F (52C) at this point. When the thermometer reads between 165F and 170F (74-77C) in the thickest part of the thigh the turkey is perfectly done. Check the stuffing by inserting the thermometer into the center of the cavity. The stuffing should read 165F (74C) to be done. If it has not reached this temperature, you will have to remove it from the turkey and finish cooking it in a baking pan on its own. It's important the stuffing reaches this temperature to be safe to eat. Check the thighs for doneness. Remove your turkey to a platter, but don't carve it for at least 20 minutes.

Gravy:

1. Simmer all the ingredients except oat flour, thyme, rosemary, salt, and pepper for about 1 hour on medium heat.
2. Strain and discard solids. Heat ¼ cup broth in a stainless steel skillet. Whisk in flour a little at a time to incorporate. Using a wire whisk, add the rest of the broth a little at a time on low heat. Keep whisking to avoid lumps until all the liquid is incorporated.
3. Add rosemary and cook for another 20 minutes on low heat, stirring occasionally. Season with chopped thyme, salt, and pepper.

Healthy Cooking Tips:

- Roasting a big holiday turkey can be tricky. If you are roasting a turkey that is small and easy to handle it is best to start roasting it breast side down, and turn it breast side up after about 1 ½ hours. Juices from the dark meat flow down through the breast and moisten it. If you are roasting a large turkey it is too difficult to turn, especially when it is stuffed. One way to avoid ending up with a dry breast is to pack it in ice before roasting so it is much colder than the rest of the bird. That way when you roast it entirely with the breast up it cooks slower and there is much less chance of it overcooking and drying out. Tent the breast with foil until there is about 1½

hours left of roasting time. If the breast reads 125F (52C) internal temperature at its thickest part and it is not sufficiently brown, turn the oven heat up 25F degrees (to 190C). If it is getting too brown turn the heat back down to slow down the browning.

- Plan on roasting your stuffed turkey about 30 minutes per lb total.
- Simmer the turkey neck and giblets (but not the liver) with water, onions, carrots, and celery instead of using the fat from the turkey for a healthier way of making your gravy.
- If you want to add some of the drippings from the turkey pan, skim off as much fat as possible. Use just enough to enhance flavor, so you avoid too much fat. Also if you choose to add dried porcini mushrooms to your gravy simmer them in the beginning with the vegetables for an hour. You will get a lot of flavor from them. You can either discard them with the rest of the vegetables or chop them and add back to the gravy.

Roast Turkey Breast with Chipotle Chili Sauce

Prep and Cook Time: 20 minutes

Ingredients:

- Sliced Turkey Breast
- **Sauce:**
- 1 medium onion, finely minced
- 4 medium cloves garlic, finely minced
- 1-2 canned chipotle chilies, minced fine
- 3 TBS Dijon mustard
- 3 TBS tomato paste
- 3 TBS blackstrap molasses
- 1 TBS + 1½ cup chicken broth
- 1 TBS chopped fresh oregano (or 1 tsp dried oregano)
- salt to taste

Directions:

1. Mince onion and garlic and let sit for 5 minutes to bring out their hidden health benefits.
2. Heat 1 TBS broth in a stainless steel skillet over medium heat. Healthy Sauté onion in broth for 5 minutes stirring frequently.
3. Add garlic and continue to sauté for another minute.
4. Add rest of ingredients and simmer for about 15 minutes, letting sauce thicken slightly.
5. Slice turkey and serve with sauce. (For a smoother consistency sauce you can strain before serving.)

Healthy Cooking Tips:

The amount of chipotle chilies to use should depend upon the level of spice you like.

1-Minute Spinach

Prep and Cook Time: 10 minutes

Ingredients:

- 1 pound fresh spinach
- 1 tsp lemon juice
- 1 medium fresh garlic, pressed or chopped
- 1 TBS extra virgin olive oil
- salt and cracked black pepper to taste
- Optional:
- chopped tomato
- kalamatta olives
- cashews
- goat cheese
- few drops tamari soy sauce

Directions:

1. Chop or press garlic and let it sit for 5 minutes to bring out its health-promoting benefits.
2. Bring lightly salted water to a rapid boil in a large pot.
3. Cut stems off spinach leaves and clean well. This can be done easily by leaving spinach bundled and cutting off stems all at once. **Rinse spinach leaves very well as they often contain a lot of soil.**
4. Cook spinach in boiling water for 1 minute.
5. Drain and press out excess water. Toss in rest of ingredients while still hot.

Serves 2

5-Minute Collard Greens

Prep and Cook Time: 5 minutes

Ingredients:

- 1 pound collard greens, chopped
-
- **Mediterranean Dressing**
- 1 tsp lemon juice
- 1 medium clove garlic, pressed or chopped
- 1 TBS extra virgin olive oil
- sea salt and black pepper to taste
- 1-1/2 TBS sunflower seeds
-
- **Optional:**
- 1/2 red onion, sliced (add to steamers with collard greens)
- 6 kalamata olives, sliced
- 3 TBS pumpkin seeds
- 5 drops tamari soy sauce
- dash of cayenne pepper

Directions:

1. Fill bottom of steamer with 2 inches of water.
2. While steam is building up, slice collard greens leaves into 1/2-inch slices and cut again crosswise. Cut stems into 1/4-inch slices. Let both leaves and stems sit for at least 5 minutes to enhance their health-promoting properties.
3. Press or chop garlic and let sit for at least 5 minutes to bring out more of its health-promoting properties.
4. Steam collard greens for no more than 5 minutes.
5. Transfer to a bowl. For more flavors, toss collard greens with the remaining ingredients and any of the optional ingredients you desire while they are still hot. (Mediterranean Dressing does not need to be made separately).

Serves 2

5-Minute Healthy Sautéed Asparagus Prep and Cook Time: 10 minutes

Ingredients:

- 1 lb asparagus
- 3 TBS low-sodium chicken or vegetable broth
- **Mediterranean Dressing:**
- 3 TBS extra virgin olive oil
- 2 medium cloves garlic
- 2 tsp lemon juice
- sea salt and pepper to taste
-
- Optional: Sun-dried tomatoes and feta cheese

Directions:

1. Chop or press garlic and let for at least 5 minutes to enhance its health-promoting properties.
2. Heat 3 TBS broth over medium heat in a stainless steel skillet.
3. When broth is heating, snap off the woody bottom of asparagus stems, then cut the spears into 2-inch lengths. Cutting them into short pieces of equal length ensures quick, even cooking.
4. When broth begins to steam, add asparagus. **Cover** and cook for 5 minutes. The outside will be tender and the inside will be crisp. Thinner spears will take about 3 minutes. "Healthy Sauté" will concentrate both the flavor and nutrition of asparagus.
5. Transfer to a bowl. For more flavors, toss asparagus with the remaining ingredients while it is still hot. (Mediterranean Dressing does not need to be made separately.)

Serves 2

Healthy Cooking Tips:

To mellow the flavor of garlic, add garlic to asparagus for the last 2 minutes of cooking.

7-Minute Sweet Potatoes

Prep and Cook Time: 7 minutes

Ingredients:

- 1 lb sweet potatoes, diced (if organic, do not peel)
- 2 cloves chopped or press garlic
- Sea salt and pepper to taste
- 3 TBS extra virgin olive oil
- 2 TBS ground pumpkin seeds
- 2 TB fresh chopped rosemary
-
-

Optional:

- 1/2 onion slice (cook with the sweet potatoes)
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves

Directions:

1. Fill bottom of steamer with 2 inches of water.
2. While steam is building up press or chop garlic and let sit for at least 5 minutes to bring out more of its health-promoting properties.
3. Cut potatoes in half and cut into 1/2" slices. You do not need to peel if they are organic.
4. Steam sweet potatoes for no more than 7 minutes.
5. Transfer to a bowl. For more flavors, toss sweet potatoes with the remaining ingredients and any of the optional ingredients you desire while they are still hot.

Serves 2

Baked Potato with Rosemary, Mushroom Sauce

Prep and Cook Time: 1hr 15 min

Ingredients:

- 4 medium baking potatoes, such as russet
- ¼ cup dried porcini mushrooms
- ½ cup hot water
- ½ medium onion, minced
- 1 TBS + ½ cup vegetable broth
- 4 cloves garlic, minced
- 2 cups sliced crimini mushrooms
- 1 TBS tomato paste
- 1 TBS chopped fresh rosemary (or 1 tsp dried rosemary)
- salt and pepper to taste
- *optional 2 oz Chevre goat cheese

Directions:

1. Preheat oven to 375F/190C. Wash potatoes well, poke with a knife a few times, and bake until tender, about 1 hour.
2. Soak porcini mushrooms in hot water until soft, and chop. Reserve mushroom water.
3. Healthy Sauté onions over medium-low heat in medium sauté pan for 5 minutes, stirring frequently. Add garlic and continue to sauté for another minute.
4. Add crimini and porcini mushrooms and continue to sauté for 2 minutes. Add tomato paste, mushroom water, ½ cup broth, and rosemary. Simmer for another 10 minutes, and season with salt and pepper. Cut baked potatoes in half and top with mushroom sauce and goat cheese.

Healthy Cooking Tips:

If you can't find dried porcini mushrooms, you can make the recipe without them.

Crimini Mushroom Sauté

Prep and Cook Time: 15 minutes

Ingredients:

- ½ medium onion, cut in half and sliced thin
- 1 TBS chicken or vegetable broth
- 4 cups whole small to medium crimini mushrooms. Remove ends of mushroom stems and wipe clean if necessary.
- 6 medium cloves of garlic, chopped
- 1 TBS chopped fresh rosemary (or 1 tsp dried rosemary)
- ¼ cup Tawny or regular Port
- salt and black pepper to taste

Directions:

1. Slice mushroom.
2. Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onion for 5 minutes over medium heat stirring frequently. While onions are cooking, prepare rest of ingredients.
3. Add garlic, mushrooms and rosemary to onions, and continue to sauté for another 5 minutes.
4. Stir in port and simmer for about 4 more minutes. Season with salt and pepper.

Fiesta Brown Rice Salad

Prep and Cook Time: 50 minutes -includes cooking time for rice

Ingredients:

- 4 cups cooked brown rice
- 1 medium red bell pepper, diced
- 1 medium green bell pepper, diced
- 1 cup corn
- 1 cup black beans
- 4 TBS favorite vinaigrette
- 1 tsp ground cumin
- pinch of cayenne
- 2 TBS chopped cilantro

Directions:

1. Combine 4 cups cooked brown rice, diced bell peppers, corn, and black beans. Toss with your favorite vinaigrette.
2. Add 1 tsp cumin seed and a pinch of cayenne to dressing. Sprinkle rice salad with chopped cilantro

Serves 4

Healthy Mashed Sweet Potatoes

Prep and Cook Time: 15 minutes

Ingredients:

- 2 medium-sized sweet potatoes or yams, sliced thin for quick cooking
- 2 TBS fresh orange juice
- ½ tsp gram masala
- 1 TBS extra virgin olive oil
- salt and white pepper to taste

Directions:

1. Bring lightly salted water to a boil in a steamer with a tight fitting lid.
2. Steam peeled and sliced sweet potatoes in steamer basket, covered, for about 10 minutes, or until tender
3. When tender, mash with potato masher, adding rest of ingredients. **Serves 4**

Healthy Cooking Tips:

If you do not have sensitivity to fats, an extra TBS olive oil will give it a richer taste.

Pinto Beans with Collard Greens

Prep and Cook Time: Prep and cooking time: 30 minutes

Ingredients:

- 1 medium-sized onion, chopped
- 4 cloves garlic, chopped
- 1½ lbs collard greens
- 3 TBS + ½ cup vegetable broth
- 15 oz can of diced tomatoes, drained
- 15 oz can pinto beans, drained
- 2 TBS lemon juice
- 1 TBS olive oil
- salt and pepper to taste

Directions:

1. Chop onion and garlic and let sit for 5-10 minutes to bring out their hidden health benefits.
2. After remove stems from collard greens, rinse and chop the greens. Let sit for 5-10 minutes.
3. Heat 3 TBS vegetable broth in large sauté pan. When the broth begins to steam, add onions, and Healthy Sauté for 3 minutes.
4. Add garlic and continue to sauté for another minute.

5. Add 1/2 cup vegetable broth, tomatoes, and pinto beans to the onions and garlic mixture and bring to a boil. Add collard greens and simmer for 5 minutes. Season with salt and pepper.
6. Remove from heat and stir in olive oil and lemon juice. Serve hot.

Serves 4

Poached Eggs Over Spinach and Mushrooms

Prep and Cook Time: 10 minutes

Ingredients:

- 1 package frozen spinach (or use fresh spinach and follow instructions for 1-Minute Spinach)
- 1/2 lb crimini mushrooms, sliced
- 3 TBS low-sodium chicken or vegetable broth
- 1 tsp lemon juice
- 1 medium fresh garlic, pressed
- 1 TBS extra virgin olive oil
- 2 eggs, preferably organic, poached
- salt and cracked black pepper to taste

Directions:

1. Thaw spinach or place in boiling water until thawed.
2. Drain and press out excess water from spinach.
3. Heat 3 TBS broth over medium heat in a stainless steel skillet.
4. When broth begins to steam, add sliced mushrooms and sauté for 4 minutes. Add spinach and sauté for 3 more minutes.
5. Transfer to a bowl. For more flavors, toss crimini mushrooms and spinach with the remaining ingredients while they are still hot.
6. When water comes to a high simmer, poach eggs for about 5 minutes, or until whites are firm. Remove from water with a slotted spoon and place over spinach and mushroom mixture.

Serves 2

Healthy Cooking Tips:

Make sure you **do not** add any salt to the poaching water for the eggs. The salt has a tendency to dissolve the egg whites. By making sure there is enough water in the poaching pan to cover eggs, you avoid the eggs sticking to the bottom of the pan.

You want the eggs to float while they cook. This also avoids breaking the eggs when you remove them with the slotted spoon. It is also important that the water is at a steady simmer and not boiling. You may want to lay the spoon with the egg on a towel briefly after removing egg from water. This allows the towel to absorb some of the poaching water so that the flavor of the mushroom and spinach mixture won't be diluted.

Healthy Dessert Recipes

10-Minute Fresh Berry Dessert with Yogurt and Chocolate

Prep and Cook Time: 10 minutes

Ingredients:

- 1 basket fresh strawberries or raspberries
- 8 oz low-fat vanilla yogurt
- 2 oz net-wt dark chocolate

Directions:

1. Fold together yogurt and berries.
 2. Melt chocolate in a double boiler with heat on medium. Place berries and yogurt in individual bowls and drizzle with melted chocolate.
- For a more formal presentation you may want to pour a pool of yogurt on a plate and place berries on top of pool. Drizzle chocolate over berries.

Serves 2

Banana Colada

Prep and Cook Time: Prep Time: 15 minutes; Freezing Time: 8 hours

Ingredients:

- 1/2 cup canned coconut milk
- 2 TBS lime juice
- 1/3 cup fine grated coconut
- 2 heaping cups of frozen bananas (about 4 bananas), sliced into 1/4-inch rounds before freezing

Directions:

1. Add lime juice and some of the coconut milk to a blender. If the bananas are frozen together pull them apart before adding them quickly one at a time through the feed tube.
2. Stop the blender and scrape the ingredients down. Add more coconut milk and scrape down the mixture as needed to keep the mixture moving through the blender.
3. Add grated coconut and run the blender, stopping it as soon as the bananas are blended. If blending goes on too long the mixture will get warm and runny rather than cool and creamy.

Serves 2

Healthy Cooking Tips:

Remember that bananas are ripe when they have brown spots on the skin. They will provide a nice sweet taste to the recipe. A blender needs enough liquid to create a vortex of ingredients whirling in the center. In this recipe use as little liquid as possible to keep the blender going. Try serving in half a papaya.

Blueberries with Yogurt and Chocolate

Prep and Cook Time: 5 minutes

Ingredients:

- 1 pint fresh blueberries
- 4 oz vanilla or soy yogurt, stirred
- 1 TBS chopped walnuts
- 2 tsp grated chocolate

Directions:

1. Place blueberries into two bowls.
2. Top with yogurt, walnuts and chocolate.

Serves 2

Blueberry Parfait

Prep and Cook Time: 5 minutes

Ingredients:

- 1 pint of fresh blueberries
- 4 oz low-fat vanilla or soy yogurt, stirred
- 1 TBS chopped walnuts
-
- Optional:
- 2 tsp grated chocolate
- 1 tsp diced crystallized ginger

Directions:

1. Layer yogurt and blueberries in 2 wine glasses.
2. Top with chopped walnuts.
3. Sprinkle grated chocolate and diced crystallized ginger, if desired.

Serves 2

Blueberry Peach Crisp

Prep and Cook Time: 10 minutes, cooking time: 45 minutes

This quick and easy dessert takes only a few minutes to put together. It's a delicious way to enjoy nutrient-rich blueberries. For a twist on the recipe, top with a little vanilla yogurt. This dessert recipe is good enough for company and easy enough to prepare regularly for your family.

Ingredients:

- 10 oz fresh or frozen blueberries
- 1 lb of fresh or frozen peach slices
- ¼ cup apple juice
-
- **Topping**
- ½ cup almonds
- ½ cup rolled oats
- 1 cup pitted dates
- 2 TBS apple juice
- ½ tsp cinnamon

Directions:

1. Preheat oven to 350F (175C). Place blueberries in the bottom of a square 8-inch baking pan. If you are using frozen, make sure they are completely thawed and drained of excess water. Place peach slices on top of blueberries. If they are frozen make sure they are also thawed and drained of excess water. Drizzle ¼ cup apple juice over fruit.
2. Remove pits from dates and place in the bowl of a food processor along with oats, almonds and cinnamon. After running the food processor for a minute and the dates have blended with oats and almonds, add apple juice, and mix well.
3. Place mixture evenly over peaches and blueberries, and bake uncovered for about 45 minutes. Serve warm or cool. **Serves 4**

Healthy Cooking Tips:

Make sure the topping is well ground, and mixed while still ending with a coarse texture. It will have a tendency to be in clumps after processing it. When you place it over the fruit mixtures crumble it with your hands into an even layer. Otherwise it will be in big clumps and will not look or taste as good.

Blueberry Truffle

Prep and Cook Time: 5 minutes

Ingredients:

- 1 pint fresh blueberries
- 8 oz yogurt
- 2 oz dark chocolate

Directions:

1. Divide blueberries into two bowls.
2. Top each with 1/2 half of the carton of yogurt.
3. Top with shaved chocolate or chocolate pieces.

Serves 2

Sesame Bar

Prep and Cook Time: 10 minutes

Ingredients:

- 1 cup walnuts
- 1/2 cup sesame seeds
- 1 1/2 cups pitted dates
- 1 1/2 cups raisins
- 1/8 tsp salt

Directions:

1. Pulse all ingredients in food processor until mixture holds together when pressed.
2. Press mixture into 9-inch square pan, and chill. Cut into squares to serve.

Makes 30 1-1/2" bars

Healthy Cooking Tips:

Pulse the ingredients in your food processor just long enough so it holds together without turning into a paste.

Smoothie Recipes

Brain Booster

Ingredients;

½ c fresh or frozen blueberries
½ c raspberries
1 c pineapple OJ
½ c low fat vanilla yogurt 1 c ice

Muscle Builder

Ingredients;

2 Tbsp Peanut Butter
1 banana
1/3 c whey protein
½ c fat free chocolate frozen yogurt 1 c fat free milk

Heart Helper

Ingredients;

1 banana
1/c raspberries
1 Tbsp peanut butter
½ c non fat chocolate frozen yogurt 1 c fat free milk

Smooth Operator

Ingredients;

½ c pitted cherries
½ c mangos
½ c low fat vanilla yogurt 1 c pineapple OJ
1 c ice

Mood Maker

Ingredients;

½ c blueberries
½ c mango
1 c pineapple OJ
1 c ice

Mango Surprise Smoothie

Servings: 1

Ingredients;

1/4 c. mango cubes
1/4 c. mashed ripe avocado (MUFA)
1/2 c. mango juice
1/4 c. fat-free vanilla yogurt
1 Tbs. freshly squeezed lime juice
1 Tbs. sugar
6 ice cubes

Directions;

Combine the mango, avocado, mango juice, yogurt, lime juice, sugar, and ice cubes in a blender.

Process until smooth.

Pour into a tall glass.

Garnish with sliced mango or strawberry, if desired, and serve.

Nutritional Info Per Serving

268 calories, 5 g protein, 53 g carbohydrates, 6 g fat, 1 g saturated fat, 1 mg cholesterol, 84 mg sodium, 4 g fiber

Blueberry Smoothie**Servings:** 1**Ingredients;** 1 c.

skim milk

1 c. frozen unsweetened blueberries

1 Tbs. cold-pressed organic flaxseed oil (MUFA)

Directions;

Place milk and frozen unsweetened blueberries in blender and blend for 1 minute.

Transfer to glass, and stir in flaxseed oil.

Peanut Butter and Banana Smoothie**Servings:** 1**Ingredients;**

1/2 c. fat-free milk

1/2 c. fat-free plain yogurt

2 Tbs. creamy natural unsalted peanut butter (MUFA) 1/4

very ripe banana

1 Tbs. honey

4 ice cubes

Directions;

Combine the milk, yogurt, peanut butter, banana, honey, and ice cubes in a blender.

Process until smooth. Pour into a tall glass and serve.

Nutritional Info Per Serving

410 calories, 19 g protein, 50 g carbohydrates, 16 g fat, 2 g saturated fat, 5 mg cholesterol, 289 mg sodium, 3 g fiber

Vanilla Yogurt and Blueberry Smoothie

Ingredients;

1 c. skim or soy milk

6 oz. (80-calorie) vanilla yogurt

1 c. fresh blueberries

1 Tbs. flaxseed oil (MUFA)

Handful of ice OR 1 cup frozen blueberries

Directions;

Combine milk, yogurt, and fresh blueberries plus ice OR frozen blueberries in a blender.

Blend for 1 minute, transfer to a glass, and stir in flaxseed oil.

Nutritional Info Per Serving

Chocolate Delight Smoothie

Servings: 1

Ingredients;

1/2 c. skim or soy milk

6oz. (80-calorie) vanilla yogurt 1/4 c.

chocolate chips (MUFA) 1 c. fresh

raspberries

Handful of ice OR 1 cup frozen raspberries

Directions;

Combine milk, yogurt, chocolate chips, and fresh raspberries plus ice OR frozen raspberries in a blender.

Blend for 1 minute, transfer to a glass, and eat with a spoon. You'll

want to get every last drop!

Nutritional Info Per Serving

387 calories

Sweet Peach Smoothie

Servings: 1

Ingredients; 1 c.

skim milk

1 c. frozen unsweetened peaches

2 tsp. cold-pressed organic flaxseed oil (MUFA)

Directions;

Place milk and frozen, unsweetened peaches in blender and blend for a minute. Transfer to glass, and stir in flaxseed oil.

Citrus Surprise Smoothie

Servings: 1

Ingredients;

1 c. skim or soy milk

6oz. (80-calorie) lemon yogurt

1 med. orange peeled, cleaned, and sliced into sections

1 Tbs. flaxseed oil (MUFA) Handful

of ice

Directions;

Combine milk, yogurt, orange and ice in a blender.

Blend for 1 minute, transfer to a glass and stir in flaxseed oil.

Nutritional Info Per Serving

370 calories

Apple-a-Day Smoothie

Servings: 1

Ingredients;

1/2 c. skim or soy milk

6oz. (80-calorie) vanilla yogurt 1

tsp. apple pie spice

1 med. apple peeled and chopped

2 Tbs. cashew butter (MUFA)

Handful of ice

Directions;

Combine milk, yogurt, apple pie spice, apple, cashew butter, and ice in blender.

Blend for a minute, transfer to a glass, and eat with a spoon.

You won't want to miss a drop!

Nutritional Info Per Serving

388 calories

Pineapple Paradise Smoothie

Servings: 1

Ingredients; 1

c. skim milk

4 oz. canned pineapple tidbits in juice

1 Tbs. cold-pressed organic flaxseed oil (MUFA) A

handful of ice.

Directions;

Place milk, canned pineapple in blender, add the ice and whip for 1 minute.

Transfer to glass and stir in flaxseed oil.

AMAZING APPLE SMOOTHIE

Ingredients;

2 cups apple sauce

1 cup apple cider

1 cup orange juice

2 tablespoons Vermont maple syrup

1/2 teaspoons nutmeg

1/2 teaspoons cinnamon

Combine all ingredients in a blender and blend until smooth. Pour into glasses and serve.

APPLE CARROT QUENCHER

Ingredients;

2 cups carrot juice

1/2 cups apple juice

6 ounces non-fat vanilla or plain yogurt, frozen

1 banana

Put all ingredients into blender. Blend until smoothie consistency is reached!

APPLES AND CREAM SMOOTHIE

Ingredients;

2 cups vanilla low fat ice cream

1 cup unsweetened applesauce

1/4 teaspoons ground cinnamon or apple pie spice

1 cup fat free skim or 1% low fat milk

Ground cinnamon (optional)

In a blender container combine low-fat ice cream, applesauce, and the 1/4 teaspoons cinnamon or apple pie spice. Cover and blend until smooth. Add fat free skim or 1% low fat milk. Cover and blend until just mixed. Pour into glasses. If desired, sprinkle each serving with additional cinnamon. Serve immediately. Makes 4 (8-ounces) servings.

APPLE PIE SMOOTHIE

Ingredients;

1 frozen banana

1/2 peeled, chopped apple

1 cup apple juice

1/2 teaspoons cinnamon

Pinch of nutmeg

Blend. Great substitute for applesauce! Control the consistency by adding more or less chopped apple.

APRICOT APPLE SMOOTHIE

Ingredients;

1 apple (golden delicious), peeled, cored & chopped

1 cup apple juice

4 apricots, fresh, pitted (skin optional)

1 banana, peeled

3/4 cups yogurt, plain 10 - 12

ice cubes

1 tablespoon honey

Place all ingredients in a blender and puree until smooth.

ARTIC FOREST SMOOTHIE

Ingredients; 1 peach,
frozen
10 blueberries, frozen

1 cup light (reduced sugar) fat-free vanilla yogurt, frozen 1/2
cups 1% milk

1/2 tablespoons crushed pecan 1/2
teaspoons salt

1/4 teaspoons vanilla extract

Put all ingredients into blender. Blend until smoothie consistency is reached!

AVOCADO AVALANCHE

Ingredients;

1 large avocado

2 teaspoons condensed milk

1 cup ice

Scoop out avocado into blender. Add 2 teaspoons condensed milk or a little more, depending on how sweet you like it. Then add the ice and blend all of it together until it's a semi-creamy texture.

High Energy Breakfast Shake

Prep and Cook Time: 5 minutes

Ingredients:

- 1 medium banana
- 1/2 cup whole strawberries
- 1-1/2 cup low-fat milk
- 2-1/2 TBS almond butter
- 2 TBS ground flaxseeds
- 1-1/2 TBS blackstrap molasses

Directions:

1. Blend all ingredients until smooth.

Serves 2

Strawberry Smoothie

Prep and Cook Time: 5 minutes

Ingredients:

- 4 large strawberries
- ¼ cup low-fat plain yogurt
- 1 cup fresh orange juice
- 1 TBS tahini
- 1 medium size banana
- ½ tsp vanilla
- 1 TBS honey
-

Directions:

1. Remove stems from strawberries and wash.
2. Blend all ingredients in blender until smooth.

Serve 2 (8 oz glass servings)