

HEALTHY RECIPES

A Fresh Look at Healthy Eating

Cooking healthy meals is easy when you have a good recipe to follow. Here are some tasty dishes to start with! You'll also find websites for more healthy recipes at the end of the handout

Eating a balanced diet

Eating balanced meals means getting the nutrients that you need while not getting too much of any one thing. You want to eat plenty of fruits, vegetables, and grains, along with a moderate amount of lean meat, other forms of protein, and dairy products. Limit fats, salt, and sugars! Here are some healthy side dishes to balance out any meal.

For Breakfast: Red Fruit Salad



Ingredients:

- 4 cups diced watermelon
- ½ pint raspberries
- 1¼ cups halved red seedless grapes or pitted cherries
- 2 tablespoons chopped purple basil (optional)
- 1 cup Lime Yogurt Fruit Salad Dressing

Preparation: Ready in 10 minutes
Combine watermelon, raspberries, grapes (or cherries) and basil (if using) in a large bowl. Serve with yogurt dressing, if desired.
To make ahead: Refrigerate for up to 2 hours; toss with basil just before serving (if using).

Lime Yogurt Fruit Salad Dressing

Ingredients:

- 1½ cups low-fat plain yogurt
- 1 tablespoon lime zest
- 1 tablespoon lime juice
- 4 teaspoons sugar

Preparation: 5 minutes.
Combine yogurt, lime zest, lime juice and sugar in medium bowl. Make ahead and refrigerate up to one day.

Nutrition information: Serving size: ¾ cup

Per serving: 48 calories; 0 g fat(0 g sat); 2 g fiber; 12 g carbohydrates; 1 g protein; 6 mcg folate; 0 cholesterol; 9 g sugars; 0 g added sugars; 454 IU vitamin A; 11 mg vitamin C; 12 mg calcium; 0 mg iron; 1 mg sodium; 156 mg potassium, carbohydrate Servings: 1

For Lunch: Tropical Cucumber Salad



Ingredients:

- 3-5 teaspoons fish sauce
- 1 teaspoon freshly grated lime zest, plus more for garnish
- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 2 teaspoons light brown sugar
- 1 teaspoon rice vinegar
- ¼ teaspoon crushed red pepper
- 1 medium English cucumber, cut into ¾-inch dice
- 1 avocado, cut into ¾-inch dice
- 1 mango, cut into ¾-inch dice
- ¼ cup chopped fresh cilantro

Preparation: Ready in 15 minutes. Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined. Add cucumber, avocado, mango and cilantro; gently toss to coat. Serve garnished with lime zest, if desired.

Nutrition information: Serving size: about 1 cup

Per serving: 185 calories; 11 g fat(1 g sat); 5 g fiber; 22 g carbohydrates; 3 g protein; 89 mcg folate; 0 mg cholesterol; 14 g sugars; 2 g added sugars; 1,157 IU vitamin A; 41 mg vitamin C; 30 mg calcium; 1 mg iron; 305 mg sodium; 510 mg potassium. Nutrition Bonus: Vitamin C (68% daily value), Vitamin A (23% dv), Folate (22% dv). Carbohydrate Servings: 1½



For Dinner: Herb and Vegetable Quinoa



Nutrition information: Serving size: about 1 cup
Per serving: 145 calories; 6 g fat(1 g sat); 3 g fiber; 19 g carbohydrates; 5 g protein; 5 g sugars; 82 mg sodium.
Carbohydrate Servings: 1½



Add a lean cut of white meat, fish, or tofu to complete your meal.

Ingredients:

¾ cup quinoa
¼ cup red wine vinegar
3 tablespoons olive oil
2 cloves garlic, minced
¼ to ½ teaspoon crushed red pepper
¼ teaspoon salt
¼ teaspoon black pepper
1 large red onion, cut into ½-inch-thick rings (9 ounces)
2 small yellow summer squash (8 oz. each), trimmed, halved lengthwise
2 small zucchini (8 oz. each), trimmed and halved lengthwise
8 ounces trimmed thick fresh asparagus spears
1 tablespoon snipped fresh thyme
1 tablespoon snipped fresh parsley

Preparation:

 Ready in 40 minutes

Cook quinoa according to package directions; drain well in a fine-mesh sieve and keep warm. For vinaigrette, in a screw-top jar combine vinegar, oil, garlic, crushed red pepper, salt and black pepper. Cover and shake well to combine; set aside. Spread cut vegetables in a single layer on a large baking pan. Brush evenly with 2 tablespoons of the vinaigrette. If desired, cover grill grate with foil before adding vegetables. For a charcoal or gas grill, grill vegetables in a single layer on the rack of a covered grill directly over medium heat 10 to 12 minutes or until crisp-tender, turning once halfway through grilling time. Transfer grilled vegetables to a clean cutting board; cut up. Add thyme and parsley to the remaining vinaigrette; shake well. In a large bowl, combine cut-up vegetables, cooked quinoa and herb-vinaigrette mixture.

Eating on the go

Eating on the go can sometimes make it harder to stick to healthier eating habits. It takes more discipline to make the healthy choice when you break from your regular routine. Planning and prepping ahead can provide you with quick and easy meals to grab on the go! Here are some healthy 'go-to' recipes that are quick and easy as you walk out the door.

For Breakfast: Thermos Ready Smoothie



Ingredients:

1 cup frozen mixed berries
½ banana
½ cup apple juice
¼ cup silken tofu

Preparation:

 Ready in 5 minutes

Combine berries, banana, apple juice and tofu in a blender; blend until smooth.

Nutrition information: Per serving: 276 calories; 3 g fat(0 g sat); 7 g fiber; 62 g carbohydrates; 6 g protein; 14 mcg folate; 0 mg cholesterol; 43 g sugars; 0 g added sugars; 46 IU vitamin A; 26 mg vitamin C; 43 mg calcium; 1 mg iron; 35 mg sodium; 589 mg potassium. Nutrition Bonus: Vitamin C (43% daily value). Carbohydrate Servings: 4

For Lunch: Spicy Ramen Cup of Noodles (serves 4)



Nutrition information: Serving size: 1 jar
Per serving: 366 calories; 7 g fat(2 g sat); 12 g fiber; 64 g carbohydrates; 16 g protein; 34 mcg folate; 240 mg cholesterol; 2 g sugars; 6,750 IU vitamin A; 11 mg vitamin C; 83 mg calcium; 5 mg iron; 866 mg sodium; 219 mg potassium. Nutrition Bonus: Vitamin A (135% daily value), Iron (28% dv). Carbohydrate Servings: 4½



To Go Tip: Make ahead and store pre-cooked jars covered in the refrigerator for up to 3 days.

Ingredients:

1½ tablespoons reduced-sodium vegetable bouillon paste
1½ teaspoons white miso
1½ teaspoons chile-garlic sauce
1½ teaspoons grated ginger
¾ cup shredded carrot
¾ cup sliced shiitake mushrooms
1½ cups chopped baby spinach
3 hard-boiled eggs, halved
1½ cups cooked ramen noodles
3 tablespoons sliced scallions
¾ teaspoon sesame seeds
3 cups very hot water, divided

Preparation:

 Ready in 15 minutes

Place ½ tablespoon bouillon paste, ½ teaspoon miso, ½ teaspoon chili-garlic sauce and ½ teaspoon ginger in each of 3 pint-and-a-half size canning jars. Layer ¼ cup carrot, ¼ cup mushrooms, ½ cup spinach, 2 egg halves and ½ cup noodles in each jar. Top each with 1 tablespoon scallions and ¼ teaspoon sesame seeds. Close the jars. Refrigerate for up to 3 days. To make one jar of noodles, add 1 cup of very hot water to one jar. Close the jar and shake to combine. Microwave uncovered on high in 1-minute increments until steaming hot, 2 to 3 minutes. Let stand 5 minutes. Stir before eating.

For Dinner: Easy Vegetarian Chili (Serves 4)



To Go Tip: Make ahead and refrigerate for up to 3 days or freeze for up to 3 months. Use individual containers for a quick grab and go.

Ingredients:

1 tablespoon canola oil
¾ cup finely chopped white onion
½ cup finely chopped red bell pepper
4 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon ground cumin
2 teaspoons dried oregano
1 teaspoon ground coriander
2 (15 ounce) cans low-sodium black beans, rinsed
1 (14 ounce) can diced tomatoes
¼ cup water
½ cup shredded cheese, such as Cheddar or pepper Jack

Preparation:

 Ready in 30 minutes

Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic and cook until tender, about 8 minutes. Stir in chili powder, cumin, oregano and coriander; cook, stirring, for 30 seconds. Add beans, tomatoes (with their juice) and water and simmer for 5 minutes. Serve the chili sprinkled with cheese.

Nutrition information: Serving size: 1 cup each. Per serving: 311 calories; 11 g fat(3 g sat); 14 g fiber; 39 g carbohydrates; 16 g protein; 28 mcg folate; 14 mg cholesterol; 4 g sugars; 0 g added sugars; 2,344 IU vitamin A; 40 mg vitamin C; 266 mg calcium; 5 mg iron; 434 mg sodium; 801 mg potassium. Carbohydrate Servings: 2½

Healthy Eating for Weight Loss

For many people, the goal of healthy eating is getting down to or maintaining a healthy weight. Depending on your situation, you may want to consult your doctor to get the best help for reaching your target weight. Below are some recipes that can help you on your way toward a healthy weight.

For Breakfast: Berry Almond-Smoothie Bowl



Ingredients:

- ⅔ cup frozen raspberries
- ½ cup frozen sliced banana
- ½ cup plain unsweetened almond milk
- 5 tablespoons sliced almonds, divided
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon vanilla extract
- ¼ cup blueberries
- 1 tablespoon unsweetened coconut flakes

Preparation:

 Ready in 10 minutes

Blend raspberries, banana, almond milk, 3 tablespoons almonds, cinnamon, cardamom and vanilla in a blender until very smooth. Pour the smoothie into a bowl and top with blueberries, the remaining 2 tablespoons almonds and coconut.

Nutrition information:

 Serving size: 1½ cups

Per serving: 360 calories; 19 g fat(3 g sat); 14 g fiber; 46 g carbohydrates; 9 g protein; 52 mcg folate; 0 mg cholesterol; 21 g sugars; 0 g added sugars; 358 IU vitamin A; 36 mg vitamin C; 341 mg calcium; 2 mg iron; 89 mg sodium; 736 mg potassium. Nutrition Bonus: Vitamin C (60% daily value), Calcium (34% dv). Carbohydrate Servings: 3

For Lunch: Creamy Avocado and White Bean Wrap



Ingredients:

- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 2 teaspoons finely chopped canned chipotle chile in adobo sauce,
- ¼ teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- ¼ cup chopped fresh cilantro
- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- ½ cup shredded sharp Cheddar cheese
- 2 tablespoons minced red onion
- 4 8- to 10-inch whole-wheat wraps, or tortillas

Preparation:

 Ready in 25 minutes

Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion. To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about ⅓ cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

Nutrition information:

 Serving size: 1½ cups

Per serving: 346 calories; 17 g fat(4 g sat); 13 g fiber; 44 g carbohydrates; 12 g protein; 55 mcg folate; 14 mg cholesterol; 3 g sugars; 0 g added sugars; 3,220 IU vitamin A; 27 mg vitamin C; 135 mg calcium; 1 mg iron; 465 mg sodium; 488 mg potassium. Nutrition Bonus: Vitamin A (64% daily value), Vitamin C (45% dv). Carbohydrate Servings: 3



Add a side of fresh fruit, yogurt, or kale chips to complete your meal.

For Dinner: Pistachio-Crusted Chicken with Warm Barley Salad



Ingredients:

Olive oil or canola oil cooking spray
2 cups water plus 1 tablespoon, divided
1 cup quick barley
1 cup salted shelled pistachios, divided
½ cup whole-wheat panko breadcrumbs
1 teaspoon orange zest
½ teaspoon garlic powder
1 large egg white
2 (8 ounce) boneless, skinless chicken breasts, trimmed and cut in half crosswise
½ teaspoon salt, divided
2 tablespoons extra-virgin olive oil
1 cup cherry tomatoes, halved
1 tablespoon white-wine vinegar
1 cup chopped fresh parsley

Preparation: Ready in 30 minutes

Preheat oven to 450°F. Coat a wire rack with cooking spray and place on a foil-lined baking sheet. Bring 2 cups water and barley to a boil in a small saucepan. Reduce heat, cover and simmer until tender, 10 to 12 minutes. Set aside. Meanwhile, pulse ¾ cup pistachios, breadcrumbs, orange zest and garlic powder in a food processor until the pistachios are coarsely chopped. Transfer to a shallow dish. Whisk egg white and the remaining 1 tablespoon water in another shallow dish. Place chicken between 2 pieces of plastic wrap. Pound with the smooth side of a meat mallet or heavy saucepan to an even ½-inch thickness. Sprinkle the chicken with ¼ teaspoon salt, coat with the egg mixture and dredge in the pistachio mixture, patting to adhere. Place on the prepared rack. Coat both sides of the chicken with cooking spray. Bake the chicken until an instant-read thermometer inserted in the thickest part registers 165°F, about 15 minutes. Heat oil in a large skillet over medium heat. Add tomatoes and vinegar. Cook until the tomatoes just start to collapse, about 1 minute. Remove from heat. Drain the barley, if necessary, and stir into the tomatoes along with the remaining ¼ cup pistachios, ¼ teaspoon salt and parsley. Serve with the chicken.

Nutrition information: Serving size: 1 cutlet & 1 cup salad each

Per serving: 565 calories; 27 g fat(4 g sat); 9 g fiber; 47 g carbohydrates; 36 g protein; 47 mcg folate; 63 mg cholesterol; 4 g sugars; 0 g added sugars; 1,669 IU vitamin A; 27 mg vitamin C; 74 mg calcium; 3 mg iron; 514 mg sodium; 780 mg potassium. Nutrition Bonus: Vitamin C (45% daily value), Vitamin A (33% dv). Carbohydrate Servings: 3

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HOW TO READ NUTRITION LABELS

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Nutrition labels are required on prepared foods sold in the United States. They are a valuable resource for choosing a healthy diet, and it's important to know what kinds of information they contain and how to read them. They can be helpful in your quest to make healthy choices.

Nutrition Facts		
8 servings per container		
Serving Size	Serving size 2/3 cup (55g)	
Amount per serving		
Amount of Calories	Calories 230	
% Daily Value*		
Limit these Nutrients	Total Fat 8g	10%
	Saturated Fat 1g	5%
	Trans Fat 0g	
	Cholesterol 0mg	0%
	Sodium 160mg	7%
Minimize these Nutrients	Total Carbohydrate 37g	13%
	Dietary Fiber 4g	14%
	Total Sugars 12g Includes 10g Added Sugars	20%
Get Enough of these Nutrients	Protein 3g	
	Vitamin D 2mcg	10%
	Calcium 260mg	20%
	Iron 8mg	45%
	Potassium 240mg	6%

Percent (%) Daily Value

Source: U.S. Food & Drug Administration. (2018). New and improved nutrition facts label. Retrieved from <https://www.fda.gov/Food/LabelingNutrition/ucm537159.htm>

Serving size reflects the amount that would usually be eaten in a serving. Make sure to check the number of servings in the package. Nutrition information on the label usually is based on one serving.

Calories. This number, now highlighted in bold type, is calories *per serving*. You'll need to know how many servings you're consuming to calculate how many calories you're getting. Calories come from the fat, carbohydrates, and protein in food. Fat has twice as many calories per gram as carbs or protein, but all have a role to play in a healthy diet. Generally, 100 calories per serving is considered moderate. 400 or more calories is considered high.

Limit these nutrients. Saturated and trans fat can raise unhealthy cholesterol. Try to minimize those and eat mostly *mono-* and *polyunsaturated* fats.

Cholesterol and *sodium* (salt) are listed next and should also be eaten in moderation. Be sure to watch out for high amounts of sodium in canned vegetables, soups, and sauces. Get in the habit of checking the label for sodium content for all foods.

These are followed by *carbohydrates*, with sugars and fiber broken out. Try to **minimize** sugars, especially added sugars. Data tells us that it's hard to meet nutrient needs within calorie limits if more than 10% of your calories are from added sugar.

Get enough of these nutrients. Fiber, vitamins, and minerals help the body work properly. It's important to get enough of them.

The percent (%) daily value helps you determine if a serving of food is high or low in a nutrient. Generally, 5%DV or less is considered low, 20%DV or more is considered high. Some nutrients, like *trans fat*, don't have %DV, as they should be limited.

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MAKING HEALTHIER CHOICES

A Fresh Look at Healthy Eating

Trying to eat in a healthier way can feel like starting over with a brand new diet. But developing healthier eating habits doesn't have to be overwhelming. Below are a few simple changes you can make in some of the foods you choose. You don't have to give up your favorite foods, but try these as healthier alternatives. Like with all foods, remember to enjoy these in moderation.

Breakfast

Healthy ways to start the day

- › Oatmeal or porridge
- › Greek yogurt
- › Turkey bacon
- › Plain or low-fat yogurt (try with fresh fruit and/or natural granola)

Lunch

Suggestions for a healthier mid-day meal

- › Use whole-wheat bread for sandwiches.
- › Try packing a homemade lunch (you can control the ingredients).
- › Have fresh fruit or veggies instead of junk food.

Snack

Good nutrition in a pinch

- › Fresh vegetables
- › Mixed nuts
- › Dried fruit
- › Pita and hummus
- › Plain popcorn, air-popped

Dinner

Preparing your meal in a healthier way

- › Reduce the use of red meat a main course. Substitute chicken breasts or fish filets. If you do have red meat, make sure it's extra-lean.
- › Experiment with going meatless for some meals.
- › When pan frying, use olive oil. Baking, grilling or roasting can be healthier than frying your food.

Dessert

Smart alternatives, and still sweet

- › Applesauce
- › Frozen yogurt
- › Frozen juice pops

Drink

Healthy thirst-quenchers for the whole day

- › Water
- › 100% juice
- › White or green tea

References

Healthline (2018). Heart healthy ingredient substitutions. Retrieved from <https://www.healthline.com/health/foods-for-the-heart>

National Institutes of Health (NIH). (n.d). Low-calorie, lower fat alternative foods. Retrieved April 11, 2019 from http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/lcal_fat.htm

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