



# Healthy Recipes

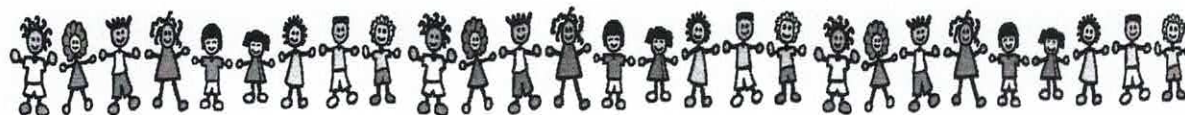
Coordinated School Health

~Where Health and Academics Meet~



## Haywood County Schools

By Cindy Smith



# Contents

## I. "Breakfast-y" things

No-Bake Oatmeal Protein Bars

Blueberry Muffin Energy Bites

Homemade Granola Bars

Chicken Feed

Banana "Ice Cream"

Frozen Yogurt Bark

Zesty Low-fat Dip

Berry Yogurt Smoothie

Banana Pumpkin Smoothie

Peanut Butter Oatmeal Smoothie

St. Patrick's Day Smoothie

Healthy Breakfast Casserole Bites

## II. Salads

Minty Melon Salad

Cucumber Avocado Salad

Tomato Watermelon Salad

Grape Salsa

Summer Broccoli Salad

English Pea Salad

Summer Garden Pasta Salad

Wilted Spinach Salad

Healthier Wilted Spinach Salad

Sweet Potato Salad

### III. Vegetable Dishes

African Pepper Sauce

Roasted Asparagus

Black Eyed Pea Fritters

Cheesy Zucchini Casserole

Baked Zucchini Fries

Stuffed Mini Cucumbers

Taco Stuffed Bell Peppers

Tomato Tacos

### IV. Meat Dishes

Cajun Pecan-Roasted Catfish\*\*\*\*

Roasted Lemon Parmesan Chicken

Creamy Caesar Chicken\*\*\*\*

Lemon-Garlic Chicken

Asian Chicken Lettuce Wraps

Middle Eastern Roasted Chicken

Robert Grunewald's Mexican Chicken\*\*\*\*

Salisbury Turkey Burgers

Slow Cooker Chicken Lentil Soup

\*\*\*\* one on my favorites!!! Easy and delicious! 😊😊😊

# No-Bake Oatmeal Protein Bars

2 c. rolled oats

$\frac{3}{4}$  c. almond butter or peanut butter

$\frac{1}{4}$  c. honey

$\frac{1}{4}$  c. protein powder

$\frac{1}{4}$  c. dark chocolate chips

~ Put almond (or peanut butter) and honey in the microwave for 10- 15 seconds. Mix together

~ Mix thoroughly protein powder and rolled oats in bowl. Add softened honey and almond or peanut butter.

~ Mix in the chocolate chips. Put all in 8 x 8 or 10 x 10 pan and cover with wax paper. Freeze for 20 ~ 30 minutes.

~ Cut into small bars, then put in sandwich bags. Makes eight 2 x 4" bars, or sixteen 2 x 2" bars.

## Blueberry Muffin Energy Bites

1 c. gluten free old fashioned oats

$\frac{1}{2}$  c. dried blueberries

$\frac{1}{4}$  c.vegan vanilla protein powder

1 T. flaxseed meal

$\frac{2}{3}$  c. cashew butter

2 T. syrup

$\frac{1}{4}$  t. cinnamon

In a large bowl, stir together all ingredients until well mixed. Roll into 12 balls. Store in the refrigerator. Makes 12.

## Healthy Breakfast Casserole Bites

1 T. olive oil

1 red bell pepper, diced

1 yellow pepper, diced

1 green bell pepper, diced

$\frac{1}{2}$  yellow onion, diced

2 cloves minced garlic

1 (5 oz.) Chicken breakfast sausage links or turkey sausage

4 large eggs

Salt & pepper to taste

Cook first 6 ingredients in a skillet for 5 minutes. Add sausage or turkey, stir, cook 3-4 more minutes.

Whisk the eggs, salt & pepper. Stir sausage/turkey mixture into eggs. Pour into 24 hole muffin pan. Bake at 350 for 10 minutes, or until eggs are done.

# HOMEMADE GRANOLA BARS

## INGREDIENTS

- 2 1/2 cups toasted rice cereal
- 2 cups old-fashioned oatmeal
- 1/2 cup raisins
- 1/2 cup firmly packed brown sugar
- 1/2 cup light corn syrup
- 1/2 cup peanut butter
- 1 teaspoon vanilla

## DIRECTIONS

1. Put the rice cereal, oatmeal, and raisins in a bowl and stir together.
2. In a small saucepan mix together the brown sugar and corn syrup. Turn the heat to medium-high. Stir constantly while the mixture is brought to a boil. Once boiling, remove the saucepan from the heat.
3. Stir the peanut butter and vanilla into the sugar mixture in the saucepan. Blend until smooth.
4. Pour the peanut butter mixture over the cereals and raisins in the large bowl. Mix well.
5. Press the mixture into an 8" x 8" baking pan.
6. When cool, cut into 16 bars.

## NOTES

- Make your own granola bars and pack them to go to school or anywhere!
- To avoid peanuts or peanut butter, try sunflower seeds or sunflower seed butter.

### • Chicken Feed

- 2 c. toasted oat cereal
- 1 c. peanuts
- 1/2 c. sunflower seeds
- 1/2 c. raisins
- 1 c. dark chocolate m & m's
- That's it! It makes about 10, 1/2 cup servings that you can pack in lunch boxes or serve after school. If you are trying to cut back your sugar, leave out the M & M's!

## BANANA "ICE CREAM"

Here's another easy, healthy summer snack that your kids can make.

Freeze peeled, sliced banana chunks. Use one to two bananas per serving. Put frozen bananas in a blender or food processor and blend until the consistency of ice cream. You can add other fruit like strawberries or blueberries, or a couple of spoons full of peanut butter....or even mini chocolate chips. Bananas have vitamin C and B6, potassium, manganese, magnesium, and more. This is a great way to cool off after working or playing outside. This is Haywood County Schools Health Coordinator Cindy Smith. See you next time!

## FROZEN YOGURT BARK

Several containers of your favorite flavor yogurt

1 pack of strawberries, chopped or sliced

1 c. mini chocolate chips (I like dark chocolate!)

Line a baking tray with parchment paper. Spread yogurt over the whole thing, as thick as you like. Sprinkle strawberries and chocolate chips, or whatever you like with your yogurt. Freeze until firm. Break apart into chunks and eat!

## Zesty Low-fat Dip (easy!!)

1 lb. sausage or hamburger

2 cans diced tomatoes & green chilies, undrained

1 lb. low-fat cream cheese, cut into pieces

Low sodium chips or tortilla chips

Brown sausage or hamburger in skillet. Drain and crumble. Add undrained tomatoes and green chilies and cream cheese. Stir until cream cheese melts. Serve with chips or tortillas.

## Healthy Berry Yogurt Smoothie

$\frac{3}{4}$  c. fresh blueberries

$\frac{3}{4}$  c. fresh blackberries

5.3 oz. plain Greek yogurt

1 c. milk or soy milk

1 banana

Add ingredients to blender. Pulse for 30 seconds, stir, pulse 30 seconds more.  
Serves 2.

## Banana Pumpkin Smoothie (may want to double or triple, if serving more than one person)

2 T. canned pumpkin

$\frac{1}{2}$  c. milk or soy milk

$\frac{1}{4}$  c. Plain Greek yogurt

1 t. honey

1 banana

$\frac{1}{8}$  t. cinnamon

Few pieces of ice

Add all ingredients in blender. Pulse 30 seconds, stir, pulse 30 more seconds. Serves 1.

## Peanut Butter Oatmeal Smoothie

$\frac{1}{2}$  c. old fashioned oats

$\frac{1}{2}$  c. creamy peanut butter

2 bananas

1 c. milk or soy milk

1 T. honey, optional

Add ingredients in a blender. Pulse for 30 to 60 seconds. Stir, then pulse 30 to 60 seconds more. Serves 2.

## St. Patrick's Day Smoothie

1 large frozen banana, sliced

1 c. fresh spinach leaves

$\frac{1}{2}$  c. lowfat vanilla yogurt

$\frac{1}{2}$  c. lowfat milk

$\frac{1}{4}$  c. fresh mint leaves

4 ice cubes

Blend everything in a blender until smooth. Peel & slice some kiwi for garnish, if you wish. It's loaded with folate, vitamins A & C, calcium, iron, and potassium. Makes one serving, so double or triple it! Happy St. Patrick's Day!

## African Pepper Sauce (Kaani)

Homemade African Pepper Sauce that is primarily made with habanero, garlic, onion, basil and other spices. A versatile sauce that can be used as a condiment, dip, or appetizer component.

- 10 peppers Habanero or scotch bonnet pepper
- 1 medium onion
- 4 garlic cloves
- 2 tablespoon bouillon powder or Maggi
- 2 basil leaves
- 2 tablespoon parsley
- 1-3 roma tomatoes adjust to for spiciness
- 1/2 -1 cup vegetable oil
- salt

### Instructions

1. Coarsely chop the tomatoes, onions , and discard stems of the pepper. Then through the tomatoes, onions, garlic, pepper, parsley basil, Maggi in the food processor along with as much oil as desired.
2. Pour the pepper mixture into a small sauce pan bring to a boil and slowly simmer for about 15 minutes. Stirring frequently to prevent burns. Adjust for salt.
3. Discard bay leaf and puree.

## Minty Melon Salad

1 ripe cantaloupe or honeydew melon, peeled, seeded and cut into bite-size pieces

2 tablespoons chopped fresh mint

1 lime, Juice of

1 teaspoon chili powder

1/4 teaspoon fine sea salt

Combine all ingredients in a serving bowl and toss well. Taste and adjust seasoning with chili powder then serve.

## Cucumber Avocado Salad

3 large avocados

2 large cucumbers

$\frac{1}{4}$  c. apple cider vinegar

3 T. sugar or Truvia

~Peel and dice avocados and cucumbers. Put in medium bowl. Toss with vinegar and sugar. Serves 6 ~ 8. Soooooo good!

## Tomato Watermelon Salad

5 c. cubed watermelon

5 c. cubed tomatoes

1 small sliced onion

$\frac{1}{4}$  c. each olive oil, Balsamic vinegar, and sugar or Stevia

A little salt and pepper

Mix all in a large bowl, then eat it up! This will serve about 6 people. You can add some Feta cheese and/or fresh Basil, too!

## Grape Salsa

2 cups seedless grapes, quartered or halved  
1/2 red onion diced  
1/2 cup cherry tomatoes, quartered or halved  
3 tablespoons chopped parsley  
2 tablespoons lime (or lemon) juice  
1 teaspoon chopped oregano  
1 tablespoon red wine vinegar  
salt and pepper to taste  
dash of ground cayenne pepper (optional)

Mix all and spoon onto Ritz crackers or your favorite thing to eat Salsa with. What fun, healthy way to enjoy the holidays and not pack on the pounds. This is Haywood County Schools Health Coordinator Cindy Smith wishing you a Merry Christmas and a Happy New Year.

## SUMMER BROCCOLI SALAD

### **Ingredients:**

5 cups broccoli florets  
5 green onions, chopped  
2 (11 oz.) cans mandarin oranges, drained  
1 orange, grated peel and juice  
2 tablespoons almonds  
3 tablespoons vinegar  
1 tablespoon sugar  
1 tablespoon olive oil

- 1.) Steam broccoli florets in covered saucepan for 3 minutes. Remove from heat and rinse with cold running water until broccoli is no longer warm. Place in serving bowl, and chill.
- 2.) In a medium-sized bowl, combine green onions, mandarin oranges, grated peel and juice from orange, almonds, and remaining ingredients. Toss gently and let sit at room temperature for 15-30 minutes.
- 3.) Pour mixture over chilled broccoli, toss gently.

## English Pea Salad

serves 8

- 2 (15 ounce) cans English peas, well drained...or 2 bags frozen English peas, thawed
- 2 hard-boiled eggs, boiled and peeled
- $\frac{1}{2}$  medium onion, peeled and minced
- 4 tablespoons pickle relish
- 4 tablespoons lowfat mayonnaise
- Dill and a little salt and pepper

~Place peas in a large bowl.

~Chop hard boiled eggs and add to peas along with the minced onion, pickle relish, and mayonnaise. Stir gently to combine. Chill until ready to serve.

~Sprinkle some bacon bits on top and serve with cherry tomatoes.

## Summer Garden Pasta Salad

serves 6

- $1 \frac{1}{2}$  c. whole wheat pasta, uncooked
- $\frac{1}{2}$  c. vinegar
- $\frac{1}{2}$  c. water
- $\frac{1}{4}$  c. sugar
- $\frac{1}{3}$  c. vegetable oil
- $\frac{1}{8}$  tsp. salt
- $\frac{1}{8}$  tsp. pepper
- $\frac{1}{2}$  tsp. garlic powder
- $\frac{1}{4}$  tsp. dill weed
- $\frac{1}{4}$  tsp. dried parsley
- 3 c. fresh vegetables, chopped (use 3 or 4 of your favorites)

~Cook pasta according to package directions. In a small saucepan, combine vinegar, water, sugar, vegetable oil, salt, pepper, garlic powder, dill weed, and dried parsley. Bring to a boil then remove from heat and cool. In a large bowl, combine pasta and vegetables. Pour cooled dressing mixture over pasta and vegetables. Stir well. Refrigerate 3 ~ 4 hours before serving.

## Wilted Spinach Salad

(Serves about 6)

6 c. washed, drained spinach, torn into bite-size pieces

$\frac{1}{4}$  c. sliced green onion

3 coarsely chopped boiled eggs

1 c. cherry tomatoes, or chopped fresh tomatoes

5 pieces cooked, chopped bacon, save 3 T. drippings \*\*\*

$\frac{1}{4}$  c. vinegar

2 T. sugar or sugar substitute

2 T. water

$\frac{1}{2}$  t. salt

$\frac{1}{4}$  t. pepper

Combine spinach, onions and eggs in large salad bowl. Mix vinegar, water, sugar, salt, pepper and drippings in a saucepan. Heat until boiling. Pour over spinach and toss. Sprinkle bacon and tomatoes on top.

\*\*\*\* May add feta cheese

## Healthier Wilted Spinach Salad

(Serves about 6)

1 9-ounce bag fresh spinach leaves

5 T. olive oil, divided

1 medium red onion, halved, cut into 1/3 inch thick wedges with some core attached

1 7-ounce package feta cheese, coarsely crumbled

2 T. Sherry wine vinegar

Place spinach in large bowl. Heat 2 T. olive oil in heavy large skillet over high heat. Add onion, saute' until brown and softened, about 7 minutes. Add remaining 3 T. oil and cheese to skillet. Stir to melt cheese slightly, about 1 minute. Stir in vinegar. Season with salt and pepper to taste. Pour over spinach; toss to coat and wilt slightly.

## **Roasted Asparagus**

1 bunch fresh asparagus, rinsed

2 t. olive oil

1-2 T. lemon juice

1/8 t. salt

1/4 t. pepper

1/4 c. Parmesan cheese

1 t. garlic powder

~Coat asparagus with olive oil, salt, and pepper. Arrange asparagus on foil lined baking sheet. Bake at 400 degrees for about 10 minutes until tender crisp. Toss in the garlic, parmesan cheese and lemon juice, and any other spices you like. Serve. Serves about 4.

## **Black Eyed Pea Fritters**

1 c. dried black-eyed peas

1 t. baking soda

1/4 onion, chopped

1/8 t. salt

1 t. pepper

3 T. water

~Soak peas in water for 8 hours or overnight. Drain and pulse in food processor or blender a few times to loosen skins. Then put in a bowl covered with more water and rub between hands until all skins are off.

~Mix peas, soda, onion, salt and pepper in blender. Add water and puree until smooth.

~Shape into tablespoon sized balls and fry in skillet with coconut oil until golden brown. Drain. Serve with hot sauce or Kaani sauce (on page 6).

Are you trying to get your kids to eat more vegetables? Then they should try this Cheesy Zucchini Casserole. Wash and slice 6 zucchini into  $\frac{1}{2}$  inch slices. Sprinkle with salt and put in colander for 30 minutes, so your zucchini won't be mushy. In a big bowl, mix zucchini, 1 cup marinara sauce, 1 cup mozzarella cheese, some garlic, pepper, and oregano. Pour into sprayed 2 qt. baking dish. Sprinkle with about a half cup of both mozzarella and Parmesan cheeses. Bake at 400 for about 30 minutes. Your kids will think they are eating pizza casserole!

For the printed recipe, email [cindy.smith@hcsk12.net](mailto:cindy.smith@hcsk12.net), or call the board of education. This is Haywood County Schools Health Coordinator Cindy Smith. See you next time!

### **CHEEZY ZUCCHINI CASSEROLE**

2 lb. or 6 zucchini

1 t. kosher salt

1 c. marinara sauce

$\frac{1}{4}$  t. black pepper

1 t. oregano

1 t. garlic powder

1 &  $\frac{1}{2}$  c. mozzarella cheese, divided

$\frac{1}{2}$  c. grated Parmesan cheese

**Follow directions above. Yum!!**

## BAKED ZUCHINNI FRIES

1 cup breadcrumbs

1/2 cup freshly grated Parmesan cheese

1 teaspoon Italian seasoning

Kosher salt and freshly ground black pepper, to taste.

4 zucchini, quartered lengthwise

1/2 cup all-purpose flour

2 large eggs, beaten

2 tablespoons chopped fresh parsley leaves

(Preheat oven to 425 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside. In a large bowl, combine breadcrumbs, Parmesan and Italian seasoning; season with salt and pepper, to taste. Set aside. Working in batches, dredge zucchini in flour, dip into eggs, then dredge in breadcrumb mixture, pressing to coat. Place zucchini onto prepared baking sheet. Place into oven and bake for 20-22 minutes, or until golden brown and crisp. Serve immediately, garnished with parsley, if desired.)

## SWEET POTATO SALAD:

3 large sweet potatoes, peeled and cubed (about 2 lb.)

OR...2 bags frozen, cubed sweet potatoes from frozen food section at Wal Mart

1 small red onion, thinly sliced

2 tbsp. extra-virgin olive oil

Salt and Pepper to taste

1/2 c. dried cranberries...OR 1 bag cranberry/pecan salad topping from salad section at Wal Mart

1/2 c. crumbled feta

1/4 c. freshly chopped parsley

### **For the dressing:**

2 tbsp. apple cider vinegar

1 tbsp. Dijon mustard

1 tbsp. honey

1/2 tsp. ground cumin

1/4 tsp. ground paprika

1/4 c. extra-virgin olive oil

OR.....1/4 or 1/3 c. Olive Garden Italian salad dressing ( I haven't tried that, yet, but I'm going to)

Mix sweet potatoes, oil, onion, salt, and pepper. Bake at 400 for 20 minutes or until fork tender. Meanwhile, whisk together 2 T. vinegar, 1 T. mustard, 1 T. honey, and a little cumin, paprika and olive oil until well blended. Toss the sweet potatoes with dressing, THEN ADD cranberries, feta cheese, and parsley. Serve warm or at room temperature. Let me know if you like it!!!!

## Stuffed Mini Cucumbers (Serves 6)

6 mini cucumbers

$\frac{1}{4}$  c. toasted sunflower seeds (or plain sunflower seeds)

1 c. chopped cherry tomatoes (or you can use fresh regular tomatoes)

16 oz. carton cottage cheese

12 sprigs basil, cut into thin strips, or chopped

Salt, pepper, and favorite spices to taste

Optional:

$\frac{1}{2}$  c. chopped green, jalapeno, banana, or your favorite pepper

$\frac{1}{4}$  c. chopped green or black olives

$\frac{1}{2}$  c. chopped ham, chicken, turkey

Directions: Slice washed cucumbers lengthwise and scoop out seeds in center. Mix in bowl the chopped tomatoes, cottage cheese, sunflower seeds, basil, and spices. Fill each cucumber and serve!

# Taco Stuffed Bell Peppers

3 large bell peppers, halved and cored

## Filling:

1 lb. cooked, chopped chicken

1/3 c. chopped red onion

1 c. canned low sodium black beans, drained

1-1/4 c. enchilada sauce

5 oz. can green chilies

1 c. shredded cheese (Mexican blend)

1/4 c. broken tortilla chips

## Garnish:

Sour cream or plain Greek yogurt

Jalapenos

Cilantro

~Slice open bell peppers, remove insides. Put on baking sheet lined with foil. Spray lightly with olive oil. Bake in oven 8 to 10 minutes at 400 to soften them.

~Mix chopped chicken with onion, beans, chilies and enchilada sauce. Stuff into the peppers.

~Sprinkle with tortilla chips, then with cheese.

~Cover dish with foil and bake 15 to 20 minutes at 350.

~Top with sour cream, jalapeno, and cilantro.

## TOMATO TACOS

1 tbsp. extra-virgin olive oil

1 lb. ground beef

1 medium onion, chopped

1 (1-oz.) packet taco seasoning

4 to 6 large, ripe beefsteak tomatoes

1/2 c. shredded Mexican cheese blend

1/2 c. shredded iceberg lettuce

1/4 c. sour cream

Cook the chopped onion in a skillet 5 to 10 minutes. Add ground beef, taco seasoning. Cook til meat is no longer pink. Drain the fat. Flip tomatoes over, stem side down and slice into 6 wedges....so it looks like a flower or a star. Separate the wedges a little. Fill tomatoes with ground beef, cheese, lettuce and sour cream. Yum Yum! This is Haywood County Schools Health Coordinator Cindy Smith wishing you great day! See you next time!

## Salisbury Turkey Burgers

3 lbs ground turkey

2 (10 1/2 ounce) cans beef gravy

1 cup sliced mushrooms

1 large sliced onion

1/2 cup breadcrumbs

2 teaspoons salt

2 teaspoons pepper

2 tablespoons Worcestershire sauce

2 tablespoons olive oil

1/2 cup chicken stock or 1/2 cup beef stock

~Heat Olive Oil in large skillet.

~Mix bread crumbs, worcestershire sauce, salt, and pepper into ground turkey.

~Form large thin burger patties with meat mixture (don't worry they will shrink)

~Brown turkey burgers about 2 minute on each side (don't cook all the way, they will finish cooking in sauce)

~Remove burgers from pan and add sliced onions and mushrooms to the pan. Sautee until caramelized.

~Replace burgers back in pan with onions and mushrooms. Pour stock and both cans of beef gravy on top.

~Cover and simmer for about 30-45 minutes. Serves 6 ~ 8.

## Roasted Lemon Parmesan Chicken

1 pound asparagus

2 T. olive oil

2 garlic cloves, minced, or 3 teaspoons bottled minced garlic

3 T. Parmesan cheese

Juice of 1 lemon

Salt and pepper to taste

Preheat oven to 400 degrees. Arrange asparagus in a single layer on a baking sheet. Toss the olive oil and salt and pepper. Roast for about 10 minutes. Toss in the garlic, Parmesan cheese, and lemon juice. Serve immediately.

## Lemon Garlic Chicken Stir-fry with Asparagus and Mushrooms

2 lbs. cubed chicken breasts

2 T. arrowroot starch

2 T. olive oil

1 T. minced garlic

1 lbs. raw asparagus spears, chopped into pieces

1  $\frac{1}{2}$  c. mushrooms

$\frac{1}{2}$  c. dried red chilies

Sauce: 2 T. low sodium soy sauce

Juice from 2 lemons

1 T. lemon zest

1 c. low sodium chicken broth

Garnish: cilantro or chopped green onions

~ Mix sauce ingredients.

~Add starch to a medium heated skillet. Slowly add sauce, stirring constantly, until thickened.

~Add chicken and cook until turns white, about 10 minutes. Remove from skillet.

~Add olive oil to skillet. Add asparagus, garlic, mushrooms, and chilies. Cook about 5 minutes until tender crisp.

~Add chicken back into the skillet. Stir to mix sauce throughout.

~Garnish with cilantro and/or green onions. Serves 6.

## Asian Chicken Lettuce Wraps

1/3 c. water

1/4 c. hoisin sauce

1 T. low sodium soy sauce

1 T. vegetable oil

1 lb. ground chicken, or 3 or 4 chicken breasts

1 large carrot, peeled and finely diced

3 t. minced garlic

4 green onions, whites and greens chopped

1 large head of butter lettuce, separated

Combine water, hoisin sauce and soy sauce in small bowl.

Heat a large skillet to medium-high. Add vegetable oil and chicken, cooking until done.

Reduce heat. Add carrot and remaining oil. Cook 2-5 more minutes. Add garlic and white part of onions and cook a few more minutes. Stir in hoisin mixture, still cooking until sauce thickens, 1-2 more minutes. To serve, spoon some chicken mixture in a lettuce leaf and top with the green part of salad onions.

## Slow Cooker Chicken Lentil Soup

1 lb. dried lentils

3 or 4 boneless skinless chicken breasts

1 15 oz. can diced tomatoes

1 yellow onion diced

2 T. minced garlic

1 t. garlic powder

1 t. onion powder

1 t. oregano

2 t. chili powder

2 t. smoked paprika, or plain

2 t. cumin

A pinch of salt and cayenne

10 c. chicken broth

Green onions, cilantro, greek yogurt (for topping)

Put everything in a PAM sprayed crock pot. Cook on high for 4 hours, or on low for 8 hours. Pull chicken out and shred, then return to the pot. Serve with green onions, cilantro, and greek yogurt.

## Middle Eastern Roast Chicken

Here's a delicious spicy blend to enhance chicken or anything else you can think of to cook. Try it on a roasted chicken to start with, and you'll probably put it on everything. To make enough for one roasted chicken you need:

(Middle Eastern Spice Blend)

1 teaspoon of ground paprika, cumin, coriander, and allspice

$\frac{1}{2}$  teaspoon of ground cinnamon, nutmeg, cloves, cardamom, and turmeric

With breast side down, cut your whole chicken with good poultry shears. Take out the backbone to add to the giblets to make your own chicken stock. Flip the chicken over and spread flat. Rub with olive oil and  $\frac{1}{2}$  of the spice mixture. Roast at 425 degrees for about an hour until internal temperature is 157.

Meanwhile in another roasting pan, combine 3 quartered red potatoes, a small bag of baby carrots, 2 leeks, use the top part only, and some kosher salt and pepper,  $\frac{3}{4}$  c. chicken broth, and the rest of the spices. Roast these along side of the chicken until the carrots and potatoes are tender. Serve vegetables in the same dish as chicken or separately.

## Garlic Butter Smashed Sweet Potatoes with Parmesan Cheese

Serves 12

Sweet potatoes are one of the best food based sources of vitamin A and are also a delicious source of fiber, vitamin B6, thiamin, niacin, riboflavin, and carotenoids. These nutrients are good for your hair and skin, digestion, to prevent inflammation and more. Try this delicious version for a new twist.....

3 large or 4 medium sweet potatoes (try to get the really round ones, not the long, skinny ones)

~light spray of olive oil

~4 cloves garlic crushed (or 1-1/2 t. minced garlic)

~a little kosher salt and black pepper

~a little chopped parsley

~2 T. or so of shredded Parmesan Cheese

Wash and trim ends off sweet potatoes. Cut them into quarters. Place them into salted boiling water and cook for about 25 minutes, or fork tender.

Drain. Arrange sweet potatoes onto greased baking sheet and use a fork to lightly flatten each one. Mix the butter, garlic, and parsley. Pour a little over each potato. Sprinkle with a little salt and pepper and spray lightly with olive oil spray. Broil in pre-heated oven (or grill) for about 15 minutes. Take out of the oven and sprinkle each with Parmesan cheese. Put it back in oven until the cheese melts. Sprinkle with a little more Parmesan cheese and serve.

YUM!

## Cauliflower Pizza Crust

1 head cauliflower, stalk removed

$\frac{1}{2}$  c. shredded mozzarella

$\frac{1}{4}$  grated Parmesan

$\frac{1}{2}$  t. dried oregano

$\frac{1}{2}$  t. kosher salt

1 t. garlic powder

2 eggs, lightly beaten

~Preheat oven to 425°. Break cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket a few minutes and drain on paper towels until cool.

~Combine the cauliflower, mozzarella, Parmesan, oregano, salt, garlic powder and eggs. Mix well until it kinda looks like pizza dough. Dump out onto a parchment lined baking sheet. Bake for 20 - 25 minutes or lightly browned on top. Add pizza sauce and your favorite pizza toppings and bake for 10 more minutes.

~Cauliflower has lots of Vitamins A & C, Calcium, iron, protein... and is very low in calories and carbohydrates....with no fat! And....it actually tastes good! (You can cut it into bite sized pieces for an appetizer if you don't want to eat it as pizza.)

# Garlic Mushrooms

serves 4

½ T. unsalted butter

1 T. olive oil

½ onion, chopped

1 lb. button mushrooms

2 T. dry white wine (optional)

1 t. fresh thyme leaves

2 T. chopped fresh parsley

½ minced garlic cloves

A tiny bit of salt

Pepper to taste

~Heat butter and oil in skillet over medium heat. Saute onion 3 ~ 5 minutes. Add mushrooms and cook for 4 ~ 5 minutes until golden and crispy on the edges. Pour in wine and cook for 2 minutes. Stir in thyme, half of the parsley, and garlic. Cook about 1 more minute. Season salt and pepper and sprinkle with the rest of the parsley.

## Broccoli Cheese Bites

These Broccoli Cheese bites are very healthy and low carb, too....if that's your thing.

2 ~ 3 cups chopped broccoli (I use frozen florets, thawed)

1 c. shredded cheese

1/4 c. chopped salad onions or regular onions

2 eggs

1 clove garlic minced, or 1 t. minced garlic

(Optional, but very delicious....1/4 c. bacon bits)

Mix all ingredients in a bowl. Roll into tablespoon size balls. Place on parchment lined baking tray. Spray or drizzle lightly with olive oil. Bake at 375° degrees for about 25 minutes, or until golden brown and cooked through. Serve with a salad or as an appetizer with your favorite dipping sauce. Makes about 20.

## Fall Harvest Trail Mix

makes 10 ~ 12 servings

$\frac{1}{4}$  c. maple syrup

1 &  $\frac{1}{2}$  t. pumpkin pie spice

$\frac{1}{8}$  t. sea salt

$\frac{2}{3}$  c. pecan halves

$\frac{1}{3}$  c. roasted pumpkin seeds

$\frac{1}{3}$  c. sliced almonds

$\frac{1}{3}$  c. each dried cherries, apricots, and cranberries

$\frac{1}{3}$  c. cinnamon chips (red hots) ....optional

### Directions:

~Line baking sheet with parchment paper

~Put syrup in large pan and heat until boiling. Stir in pumpkin spice and nuts, and stir....about 3 ~ 5 minutes or nuts have caramelized and syrup has absorbed. Add cherries, apricots and cranberries (and red hots). Stir until all mixed up. Spread on parchment paper and cool completely.

~Break into clusters. Store in air-tight container.

## Garlic Mushrooms

serves 4

4 T. unsalted butter

1 T. olive oil

$\frac{1}{2}$  onion, chopped

1 lb. button mushrooms

2 T. dry white wine (optional)

1 t. fresh thyme leaves

2 T. chopped fresh parsley

4 minced garlic cloves

A tiny bit of salt

Pepper to taste

~Heat butter and oil in skillet over medium heat. Saute onion 3 ~ 5 minutes. Add mushrooms and cook for 4 ~ 5 minutes until golden and crispy on the edges. Pour in wine and cook for 2 minutes. Stir in thyme, half of the parsley, and garlic. Cook about 1 more minute. Season salt and pepper and sprinkle with the rest of the parsley.

## Healthier Turnip Greens

1 & 1/2 c. water

$\frac{1}{2}$  t. salt and black pepper

1 (14 oz.) can chicken broth

1 lb. turnip greens

$\frac{1}{4}$  c. extra virgin olive oil

$\frac{1}{2}$  t. sugar

Wash and trim stems off turnip greens. Put in boiling water/broth. Add spices. Boil for 5 minutes or so.

Reduce heat to low-medium and cook for a couple of hours or until tender. You can add chopped onions and peppers, too!

P.S. If you are going to cook turnip greens, you might as well triple or quadruple this so you will have plenty!

# Parmesan Chicken Fingers

1 lb. chicken tenders or boneless skinless chicken breasts cut into strips

1 egg

½ c. grated Parmesan cheese

¼ c. panko bread crumbs

½ t. dried oregano

¼ t. black pepper

Combine Parmesan cheese, bread crumbs, oregano, and pepper in a gallon freezer bag. Seal and shake. Beat the egg, dredge the chicken in the egg. Put chicken strips in the bag and shake until coated. Place on baking dish and bake at 375° for 15 ~ 20 minutes, until golden brown. Serve with marinara or pizza sauce for dipping. You might want to double this one!

A one ounce serving of pecans (about 20 pieces, or one cup) has 195 calories, 20 grams of the good fat, 0 cholesterol, 13 carbs and 2.7 grams dietary fiber and over 19 vitamins and minerals including vitamin A, vitamin E, calcium, potassium and zinc. What a powerhouse of nutrition! Make some soon!!

### **Easy Roasted Pecans**

(makes about 8 cups)

~5-6 T. real butter

~2 pounds of pecan halves (about 8 cups)

$\frac{1}{2}$  t. salt

$\frac{1}{4}$  t. garlic powder

Melt butter in microwave safe dish. Add pecans, salt, and garlic. Mix well. Pour onto large baking sheet and spread into an even layer. Bake in pre-heated 350° oven for 10 minutes. Toss pecans and return to oven for 10 more minutes. Cool thoroughly, then store in tightly sealed container or zip lock bag. Makes great Christmas gifts for teachers, neighbors, and friends! Try to limit your serving size to  $\frac{1}{2}$  cup if you can!!!!

## Roasted Garlic Cauliflower

5 cups cauliflower florets

$\frac{1}{4}$  c. coconut oil, melted

4 cloves garlic, minced (or 1 big tablespoon minced garlic from a jar)

Kosher salt and black pepper to taste

$\frac{1}{4}$  c. grated Parmesan cheese

Chopped parsley

Preheat oven to 450. Lightly oil (or use PAM) a baking sheet. Mix coconut oil, garlic, salt and pepper in a big bowl. Add florets and toss and stir to cover. Place cauliflower florets in a single layer on the baking sheet. Bake for 20 ~ 25 minutes, or until golden brown. Sprinkle with Parmesan cheese and parsley. Let the cheese melt a little before serving. Yum!

## Robert Grunewald's Mexican Chicken

(Sooooo easy and DELICIOUS!!!)



4 ~ 6 boneless, skinless chicken breasts

1 pkg. Taco seasoning

1 carton sour cream

1 can Rotel, drained

~Pound the chicken flat. Coat chicken with the taco seasoning. Bake at 350 for 30 minutes or until done. Remove from oven. Spread the Rotel over all the chicken breasts. Put a good size dollop of sour cream on each one. Yum! This is SOOO easy and really good. Serves 4 ~ 6.

## Creamy Caesar Chicken

4 skinless, boneless chicken breasts, pounded flat

1 c. Caesar salad dressing

$\frac{1}{2}$  c. low-fat sour cream

1 - 1  $\frac{1}{2}$  c. Parmesan cheese

Pepper to taste

~Sprinkle both sides of chicken with Parmesan cheese and pepper.

~Stir together the sour cream and salad dressing. Pour over chicken. Sprinkle a little more Parmesan cheese and pepper.

~Bake at 375 for 20 minutes. Turn oven to broil and broil for about 5 minutes, or until browned.

*Good!*

## CAJUN PECAN-CRUSTED CATFISH

$\frac{1}{2}$  c. nonfat buttermilk

$\frac{1}{4}$  t. hot sauce

$\frac{1}{2}$  t. oregano

$\frac{1}{2}$  t. chili powder

$\frac{1}{4}$  t. garlic salt

2 c. crushed corn flakes (low carb can use crushed pork rinds)

$\frac{1}{2}$  c. crushed pecans

1 lb. catfish fillets, cut into 4 pieces

Mix the first 5 ingredients in one bowl and the corn flakes and pecans in another.

Dip each fillet in the buttermilk mixture, then in the corn flake mixture to coat.

Bake for 25 minutes at 375 until it is flaky. Serves 4.

*Good!*

## Oven Baked Parmesan Ranch fries

3 T. olive oil

6-8 new potatoes

1 egg, well beaten

1 packet of Ranch salad dressing mix (in powdered form)

3 T. cornstarch

1/2 c. shredded parmesan

Pepper

Clean and slice potatoes into thin spears. Transfer them to a large bowl and pour the beaten egg over the potatoes. Stir until coated with egg. Sprinkle with cornstarch, parmesan, and about 1/2 the packet of Ranch dressing mix). Stir gently to spread the coating fairly evenly throughout the potatoes. Turn potatoes onto a lightly greased cookie sheet. Bake in an oven preheated to 425 degrees for 20 minutes, flip the potatoes to the other side and cook for 20-25 more minutes, or until crisp and browned.

## Healthier Stuffed Mushrooms

1  $\frac{1}{2}$  lbs. button mushrooms (about 30)

1 T. Olive oil

1 T. minced garlic

$\frac{1}{2}$  t. each kosher salt and pepper

$\frac{1}{4}$  c., plus 3 T. whole wheat Panko

4 oz. reduced fat cream cheese

2 T. chopped parsley

1 T. chopped thyme

$\frac{1}{4}$  c. grated Parmesan cheese, divided

~Remove stems from mushrooms. Lightly wash. Brush any dirt from mushroom caps and stems. Arrange caps, stem side up, on a sprayed baking sheet.

~Chop stems. Add stems, oil, garlic, salt and pepper. Cook, stirring often until moisture has evaporated....about 6 minutes. Add  $\frac{1}{4}$  cup Panko and cook for another minute. Add cream cheese, parsley, thyme, and rest of the Parmesan. Mix well.

~Spoon mushroom mixture into each mushroom cap. Gently dip each mushroom into the rest of the Panko-Parmesan mix to coat. Return to baking sheet. Spray with a little spray. Bake in a pre-heated 400° degree oven for 20 ~ 25 minutes. Yum! I think I'll double it next time!

## Keto Soup.....delicious!!!!

If you are doing a low carb diet, or not doing a diet at all, this Keto soup is awesome....and SOOO easy.

1 lb. hamburger, browned and drained

1 block reduced fat cream cheese

1 can Rotel, undrained

1 box beef broth

1 green pepper, chopped

1 small onion, chopped (I used 1 c. chopped salad onions)

Mix all ingredients in a pot. Heat until cream cheese is melted. Absolutely delicious. I found it on Facebook. I doubled everything but the broth. That'll make 8 ~ 10 servings.

good!

## Roasted Summer Squash with Pesto and Parmesan

5 Or 6 medium summer squash, sliced into  $\frac{1}{2}$  inch rounds...or half summer squash and half zuchinni!

2 Tbsp. + 2 tsp. extra virgin olive oil

1 tsp. Italian Herb Blend

A tiny bit of salt, and pepper to taste

1/3 c. Basil Pesto (can get it at Wal Mart)

$\frac{1}{2}$  - 1 c. grated Parmesan cheese ( more or less to taste.....I like more)

Preheat oven to 450°. Let Pesto soften on counter. Brush large baking sheet with 2 T. olive oil. Wash and cut squash. Arrange squash in a single layer. Brush tops with 2 tsp. olive oil and sprinkle the Italian Herb Blend. Roast for 10 minutes. Remove squash. Turn over to broil. Brush squash with Pesto and sprinkle with Parmesan Cheese. Cook under broiler for about 4 minutes, until the cheese is melted and starting to brown.

## Easy Baked Pesto Chicken



10 ~ 12 chicken strips

2 Tbsp. + 2 tsp. extra virgin olive oil

1 Tbsp. Italian Herb blend

1 c. basil pesto

1 c. grated mozzarella chicken

1 tsp. garlic powder

A tiny bit of salt

Black pepper

~Preheat oven to 350°. Brush a 9 x 13 baking dish with olive oil. Spread half of the pesto over the bottom of the dish. Layer the chicken over the pesto. Brush the rest of the oil on top. Spread the rest of the pesto over the chicken. Sprinkle with garlic and salt. Cover tightly with foil and bake for 20-25 minutes. When cook through, remove foil and sprinkle the mozzarella cheese over, then the pepper. Put uncovered dish back in over until cheese is melted. Switch to broil and broil for about 5 minutes to brown the cheese. YUM! Hope you love it!

## HEALTHY RED PEPPER CRAB DIP

- 6 oz softened low-fat cream cheese
- 1 cup nonfat plain Greek yogurt
- 1/2 cup lump crab meat
- 1 T. minced garlic
- 2 green onions, chopped
- 1/2 red bell pepper, chopped
- 1 small diced jalapeno, seeds removed
- 1/2 tsp Old Bay seasoning
- 1/2 cup freshly grated parmesan cheese, divided
- A little salt and pepper

1. In a large bowl, mix cream cheese and yogurt well. Stir in the rest of the ingredients, saving half of the parmesan.
2. Spoon into a 8" baking dish. Sprinkle with the rest of of cheese.
3. Bake for 30 minutes at 400° or until bubbly and the top is slightly golden.
4. Serve hot with whole grain crackers, tortilla chips, or cut veggies.

This is Haywood County Schools Health Coordinator Cindy Smith. Happy Holidays and see you next time!

# Healthy Mushroom Prosciutto Pizza

1 T. unsalted butter

$\frac{1}{4}$  -  $\frac{1}{3}$  c. finely chopped leeks

4 oz. sliced mushrooms (2 cups)

1 minced garlic clove ( $1\frac{1}{2}$  t. minced garlic)

$\frac{1}{2}$  t. fresh chopped thyme

2 t. sherry vinegar

Coarse salt and ground black pepper

2 t. extra-virgin olive oil

1 cup Italian blend shredded cheese (more if you like more)

4 thin slices prosciutto (2 oz. thinly sliced)

1 (10 oz.) Italian flavored thin pizza crust (or any)

(You can add julienned peppers or some chopped tomatoes, too.)

~Heat a 12" nonstick skillet over medium-high heat. Coat pan with spray. Add mushrooms and leeks; sauté 1 minute. Stir in vinegar, remove from heat.

~Place crust on bottom rack of oven. Bake at  $450^{\circ}$  for 4 minutes. (Bake a few more minutes if you like it crispier.)

~Place crust on baking sheet. Spread mushroom mixture over crust; sprinkle evenly with prosciutto and cheese. Bake at  $450^{\circ}$  for 6 minutes (or cheese melts).

## **Sugar Free Russian Spiced Tea**

3 1/3 oz. jar sugar free instant tea

4 packets crystal light or Wal Mart brand orange drink mix

2 packets lemonade drink mix (crystal light or Wal Mart brand)

4 teaspoons ground cinnamon

2 teaspoons ground cloves

Spoon in 1 or 2 teaspoons tea mix or more per 8 oz. mug.

Microwave until hot.

1 or 2 teaspoons Truvia per mug of tea.

( 1 teaspoon of Truvia has 10 calories)

## FOUR INGREDIENT PEANUT BUTTER CHOCOLATE BITES

### 4 Ingredient Peanut Butter Chocolate Bites

$\frac{3}{4}$  c. smooth peanut butter

1 c. chopped dark chocolate

$\frac{3}{4}$  c. chopped roasted nuts (any kind)

$\frac{1}{4}$  tsp. ground sea salt

Line mini muffin pans with small paper liners

Melt peanut butter and chocolate in microwave or double boiler.

Add almost all the nuts. Mix well.

Fill paper liners with mixture.

Sprinkle tops with rest of nuts and sea salt.

Freeze for about an hour to set and serve.

NOTE: You can store them in a zip lock bag for about a month.