

Live Well: An Investment in Good Health

Healthy Recipes

Vegetable Minestrone

Use fresh or dried herbs.

Prep time:

Cook time: 35-45 minutes

Serves: 4, about 1 ½ cup

1 Tbsp.	olive oil
1 small	onion, finely chopped
1/4 cup	finely sliced green onions
1/2 cup	finely sliced celery
1/2 cup	finely chopped carrots
2 tsp.	chopped fresh sage (1 tsp. dried may be substituted)
1 tsp.	chopped fresh thyme (1/2 tsp. dried may be substituted)
2 tsp.	chopped fresh parsley (1 tsp. dried may be substituted)
2 tsp.	garlic, minced
1 cup	finely chopped cabbage
Salt and ground pepper to taste	
1 (14-oz) can	cannellini beans, drained and rinsed
3 cups	reduced-sodium, fat-free chicken broth
1 medium	potato, cut into 1/2-inch cubes
1/4 cup	uncooked pearl barley
1 cup	frozen, cut green beans
1 Tbsp.	grated Parmesan cheese



In large pot heat oil over medium-high heat. Add onions, celery, carrots, sage, thyme, parsley, and garlic. Sauté 5-6 minutes.

Add cabbage, salt, pepper, and cannellini beans and stir. Add broth, bring to a boil, and stir in potato and barley. Reduce heat and simmer, covered 20-22 minutes or until potato pieces are tender when pierced with a fork, gently stirring occasionally.

Stir in green beans. Continue to simmer for 5 minutes. Garnish with Parmesan cheese and serve.

How to Stir Fry:

Stir-frying is quickly cooking small, uniform pieces of food in a little hot oil in a wok or large skillet over medium-high heat. It's a fast way to cook fresh food and it helps the veggies keep their color, crunch, and nutrients.

Oil: Peanut oil is an ideal choice because of its' high smoke point; soybean or canola oil works too. You need a tablespoon of oil for 1 to 2 servings.

Meat: Choose tender, quick cooking meats, seafood, or tofu; pork loin, chicken breast, sirloin steak or shrimp. Use 2 ounces per serving.

Fresh Vegetables: Use 1 to 2 cups of vegetables per serving. For a quick fix, use a 16-ounce bag of frozen stir-fry vegetables.

Other vegetables: Asian canned vegetables can replace some fresh vegetables but be sure to drain them very well before using.

Garlic or other aromatics: Use a ½ teaspoon of minced garlic per serving. (Optional)

Sauce: Only 1 – 2 Tablespoons are necessary per serving. Use ready-to-use sauces or make your own.

Garnishes: Green onions, nuts

Have all ingredients ready to go.

1. Heat 1 tablespoon oil in a skillet over medium-high heat until the oil shimmers.
2. Add garlic and cook for 15 seconds.
3. Add vegetables. Cook, stirring constantly with a wooden spoon or high heat spatula for 2 to 4 minutes until the vegetables are crisp tender. Remove vegetables from the pan.
4. Add 1 tablespoon oil to skillet and add meat to the pan. Cook and stir until the meat is cooked through.
5. Push meat to the side and add sauce to the center of the skillet. Cook and stir until the sauce is bubbly.
6. Return all vegetables to the skillet. Cook everything about 1 minute until the meat and vegetables are coated with the sauce and heated through.
7. Serve over rice and sprinkle individual servings with garnish. (optional)



Simple Marinade for Shrimp

1 cup	fresh chopped cilantro
¼ cup	lime juice
¼ cup	extra virgin olive oil
3 Tbsp	honey
1 ½ teas	chili powder
Dash	salt and pepper

Combine all ingredients in a food processor until smooth.

Add 3 Tbsp of mixture to each pound of thawed, peeled, deveined shrimp and marinate for 10 minutes.

Remove shrimp from marinade and grill or oven roast shrimp until cooked through, internal temperature 145 degrees F. Discard used marinade.

Serve cooked shrimp on salads, grain bowls, or as an entrée.

Refrigerate leftover shrimp and use within 3 days.

Note: Unused marinade can be used as a salad dressing.



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Basic Oven Roasted Vegetables

4 ounces	baby carrots
10 ounces	Brussel's sprouts; washed and cut in-half
8 ounces	sweet potatoes; peeled and large diced
10 ounces	fresh cauliflower, washed and cut in 1-inch flowerets; okay to use stems
1-2	colored bell peppers cut into 1-inch pieces
1	red onions; large diced
1-2 Tbsp	olive oil

seasoning of choice, salt and pepper

1. Preheat oven to 400 degrees F.
2. Prep veggies and mix together in a large bowl.
3. Drizzle veggies with olive oil and season with garlic and herb blend. Toss.
4. Spread veggies in a single layer onto parchment or foil-lined baking sheet.
5. Oven roast in a 400-degree oven until browned and tender-crisp. Estimate 20-30 minutes.
6. Salt and pepper veggies lightly after pulling sheet pan from the oven
7. Serve



Velvet Golden Soup

This soup is guaranteed to warm you up on a winter day. The aroma is outstanding.

Prep time: 25 minutes

Cook time: 1 hour

Serves: 6

- 2 butternut squashes (4 C puree)
- 2 C skim milk
- 2 T packed brown sugar (or 1 Tbsp Truvia Brown Sugar Blend or equivalent)
- Pinch nutmeg
- 1 T butter
- 1 C Plain Greek Yogurt
- Salt- to taste
- Pepper- to taste



Preheat oven to 350 degrees. Boil 4 C water.

Halve squashes lengthwise. Scoop out seeds. Place halves, cut sides down, in a shallow baking dish. Place baking dish on center rack. Pour in boiling water to reach 1/2 inch from bottom of dish. Bake for about 45 minutes, or until necks of squashes are tender. When tender, remove from baking dish and cool.

Scoop flesh from cooled squashes into a food processor or blender. Process until smooth and has a shine or satin look. Transfer pureed squash to a large saucepan. Stir in milk, brown sugar, a pinch of nutmeg, butter, and salt and pepper to taste. Gently bring to simmering. Stir in Greek yogurt. Heat thoroughly.

Purchase a variety of salt free seasoning blends or make your own.

Salt-Free Seasoning Blend

- 5 tsp onion powder
- 2 ½ tsp garlic powder
- 2 ½ tsp paprika
- 2 ½ tsp dry mustard
- 1 ½ tsp thyme leaves, crushed
- ½ tsp white pepper
- ¼ tsp celery seed

Combine. Store in an airtight container.



Greek Yogurt Marinade for Chicken

Toss chicken with a yogurt marinade the night before to enjoy flavorful, moist meat.

1/2 cup	plain Greek yogurt
2 teaspoons	olive oil
2 teaspoons	red wine vinegar
2 teaspoons	minced garlic
1 teaspoon	dried oregano
1 teaspoon	ground turmeric
1 teaspoon	black pepper
½ teaspoon	salt
pinch	red pepper flakes
2 lbs.	skinless chicken breast or thighs



1. Whisk together yogurt, oil, vinegar, garlic, oregano, turmeric, salt, pepper, and red pepper flakes.
2. Place chicken thighs or breasts, with the skin removed, in a shallow dish, add marinade and turn chicken to coat. Cover.
3. Refrigerate marinating chicken for as little as 2 hours or as long as overnight.
4. Depending on chosen cooking method, cooking surfaces such as grates and pans should be treated with oil or non-stick cooking spray prior to preheating.
5. Preheat grill, oven, or heavy pan for stove top cooking.
6. Grill, roast, or cook chicken on stove top. Cook 6 minutes or so on each side cooking to an internal temperature of 165 degrees F.

Making your own salad dressing is a snap.

Make and serve right away or store in the refrigerator.

Maple Mustard Dressing

- ½ cup canola oil
- ¼ cup real maple syrup
- ¼ cup apple cider vinegar
- 2 tsp Dijon mustard
- ½ tsp minced or crushed garlic
- salt & pepper to taste

1. Combine the oil, maple syrup, vinegar, mustard, and garlic in a small jar.
2. Tighten lid and shake.
3. Add salt and pepper to taste.

Makes about 1 1/3 cups.



Balsamic Vinaigrette

- 1 cup extra virgin olive oil
- 1/3 cup balsamic vinegar
- ½ tsp minced or crushed garlic
- ½ tsp dried herb of your choice (thyme, basil, tarragon for example)
- salt & pepper to taste

1. Combine the oil, vinegar, garlic, and herbs in a small jar.
2. Tighten lid and shake.
3. Add salt and pepper to taste.

Makes about 1 1/3 cups.

Lemon Parmesan Dressing

- 1 cup extra virgin olive oil
- 1/3 cup lemon juice (fresh squeezed if possible)
- ½ cup Parmesan cheese
- ½ tsp minced garlic

1. Combine the oil, lemon juice, Parmesan, and garlic in a small jar.
2. Tighten lid and shake.
3. Add salt and pepper to taste.

Makes about 1 ½ cups.



Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Sodium-Free Flavoring Tips

When cooking, the following items may be used for flavoring instead of salt or seasonings that contain sodium.

Remember: A little bit of spice goes a long way! Be careful not to overseason.

Spice Blend Recipe (makes about 1/3 cup)

- 5 teaspoons onion powder
- 2½ teaspoons garlic powder
- 2½ teaspoons paprika
- 2½ teaspoon dry mustard
- 1½ teaspoon crushed thyme leaves
- ½ teaspoon white pepper
- ¼ teaspoon celery seed

Food Items				
	Beef	Chicken	Eggs	Fish
Flavorings	Basil	Basil	Chervil	Basil
	Bay leaf	Cloves	Curry	Bay leaf
	Caraway	Cranberries	Dill	Chervil
	Curry	Mace	Dry mustard	Curry
	Dill	Mushrooms (fresh)	Garlic or garlic powder	Dill
	Dry mustard	Nutmeg	Green pepper	Dry mustard
	Garlic	Oregano	Jelly	Green pepper
	Grape jelly	Paprika	Mushrooms (fresh)	Lemon juice
	Green pepper	Parsley	Nutmeg	Marjoram
	Mace	Pineapple	Onion powder	Mushrooms (fresh)
	Marjoram	Saffron	Paprika	Paprika
	Mushrooms (fresh)	Sage	Parsley	Pepper
	Nutmeg	Savory	Rosemary	Tarragon
	Onion or onion powder	Tarragon	Tarragon	Tomato
	Parsley	Thyme	Tomato	Turmeric
	Pepper	Tomato		
	Rosemary	Turmeric		
Sage				

Food Items					
	Lamb	Pork	Veal	Vegetables	Desserts
Flavorings	Cloves	Applesauce	Apricots	Basil	Allspice
	Curry	Basil	Basil	Dill	Anise
	Dill	Caraway	Bay leaf	Garlic or garlic powder	Cinnamon
	Garlic or garlic powder	Chives	Currant jelly	Ginger	Cloves
	Mace	Cloves	Curry	Lemon juice	Ginger
	Mint	Garlic or garlic powder	Ginger	Mace	Mace
	Mint jelly	Onion or onion powder	Marjoram	Marjoram	Nutmeg
	Onion	Rosemary	Mushrooms (fresh)	Nutmeg	Vanilla extract
	Oregano	Thyme	Oregano	Onion or onion powder	Other extracts
	Parsley		Paprika	Tarragon	
	Pineapple			Tomato	
	Rosemary			Sugar or sugar substitute	
	Tarragon			Salt-free salad dressing	
	Thyme			Vinegar	

Notes: