



A RECIPE BOOK TO HELP YOU

COLOR YOUR PLATE



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TABLE OF CONTENTS

Click on a section or recipe below.

Color Your Plate Classics

Vegetable Kabobs with Sesame Sauce

Roasted Beets

Fresh Vegetable Stew

Four Pepper Pasta

Twice-cooked Noodles

Summer Fruit Salad

Easy Fruit Yogurt for Two

Tabouleh

Purple Reigns - Focus on Blue and Purple

Purple Cow Smoothie

Eggplant Tomato Casserole

Doubly-Good Blueberry Cup

Berry Blue Yogurt Parfaits

Green Fighting Machines - Focus on Green

Easy Caesar Salad

Easy Italian Side Salad

Asparagus Medley

Garlic Green Beans

Lemon Broccoli Salad

Get Fired Up - Focus on Red

Quick N' Easy Marinara Sauce

Radish Dip

Red Salad

Grape Apple Waldorf Salad

Tomato Potato Salad

Baked Apples with Cranberries

Watermelon Gazpacho Salad

Creamy Fruit Smoothie

Add a Glow - Focus on Orange and Yellow

Cranberry Buttercup Squash

Winter Vegetable Stew

Green and Gold Salad

Romaine, Orange and Jicama Salad

Lacking in Color, Bursting With Nutrients -

Focus on Brown, Tan and White

Honey-Roasted Root Vegetables

Country Mushroom Soup

Vegetable Chop Suey

Broiled Banana Dessert

Cauliflower Popcorn

Pristine Pears Christine

Caramelized Onions



USE A VARIETY OF COLORS WITH

Color Your Plate Classics





VEGETABLE KABOBS WITH SESAME SAUCE • 4 servings

Ingredients:

1/3 cup olive oil
1/8 cup sesame oil
2 cloves crushed garlic
1/3 cup red wine vinegar
1 teaspoon dried thyme
3 tablespoons peeled fresh ginger
1/2 teaspoon salt
1/4 teaspoon ground black pepper
16 ounces extra firm tofu, drained and pressed
8 Roma tomatoes
1 large yellow bell pepper, seeded
1 large red bell pepper, seeded
1 medium red onion
2 teaspoons cornstarch
sesame seeds (to taste)

Instructions:

1. Spear vegetables onto 4 large, or 8 small skewers (wooden or metal), alternating vegetables. Place kabobs in a 9 x 13-inch baking dish.
2. To make marinade, combine remaining ingredients, except sesame seeds, in a small bowl. Pour marinade over prepared kabobs. Marinate for 1 to 2 hours, turning occasionally.
3. Drain kabobs and reserve marinade. Place kabobs on a hot grill rack or under a broiler, about 6 inches from heat source.
4. Grill or broil until vegetables are browned and slightly tender, turning once and brushing with reserved marinade.
5. Transfer remaining marinade to a small saucepan. Stir in 2 teaspoons cornstarch and cook over medium heat until thickened, stirring constantly.
6. Stir in sesame seeds and pour over grilled kabobs to coat.

Nutrition Facts: Calories 245, Protein 11 gm, Carbohydrate 39 gm, Dietary Fiber 7 gm, Fat 7 gm, Saturated Fat 1 gm, Sodium 110 mg



ROASTED BEETS • 4 servings

Ingredients:

- 8 small or 4 medium beets
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon garlic powder

Instructions:

1. Scrub and wash beets well, peeling off any bad spots, leaving skins on. Remove the greens, if attached.
2. Place beets in a shallow baking dish coated with nonstick cooking spray and toss beets with oil. Sprinkle with salt, pepper and garlic powder.
3. Roast beets at 450° F for 20 to 25 minutes or until beets are tender when pierced with the tip of a knife. Stir once or twice during the roasting process. Drizzle with balsamic vinegar, if desired, and serve.

Nutrition Facts: Calories 156, Protein 3 gm, Carbohydrate 17 gm, Dietary Fiber 5 gm, Fat 9 gm, Saturated Fat 1 gm, Sodium 125 mg



FRESH VEGETABLE STEW • 8 servings

Ingredients:

- 1/2 head cauliflower, cut into florets
- 2 medium red skin potatoes, unpeeled, diced
- 2 medium carrots, peeled and thinly sliced
- 1 small eggplant, unpeeled, diced
- 1 can (16-ounce) Italian plum tomatoes, drained
- 2 medium onions, thinly sliced
- 2 medium zucchini squash, thinly sliced
- 2 medium yellow squash, thinly sliced
- 1/2 cup frozen green peas
- 1/2 cup cut green beans
- 2 celery ribs, finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup fresh chopped dill (or 1/4 cup dried)

1/2 cup fresh chopped parsley (or 1/4 cup dried)

3 bay leaves

1-1/2 cups (low sodium) vegetable broth

2 tablespoons olive oil

Instructions:

1. Coat a large roaster with nonstick cooking spray.
2. Arrange 1/3 vegetables in a single layer. Sprinkle with salt, pepper, dill and parsley. Top with a bay leaf. Make 2 more layers with remaining vegetables and seasonings.
3. Combine broth and oil and pour over vegetables. Cover and bake at 350° F for 3 hours or until the vegetables are tender. May also be prepared in a large crockpot.

Nutrition Facts: Calories 106, Protein 4 gm, Carbohydrate 16 gm, Dietary Fiber 5gm, Fat 4 gm, Saturated Fat trace, Sodium 211 mg



FOUR PEPPER PASTA • 8 servings

Ingredients:

- 8 ounces whole grain penne pasta
- 1/2 teaspoon salt
- 1 large red bell pepper, seeded
- 1 large yellow bell pepper, seeded
- 1 large green bell pepper, seeded
- 1 large orange pepper, seeded
- 1/2 teaspoon ground black pepper
- 1 large sweet onion
- 2 tablespoons olive oil
- 1 tablespoon granulated sugar
- 3 tablespoons balsamic vinegar
- 1 teaspoon dried basil leaves
(or 2 tablespoons fresh chopped)

Instructions:

1. In a large saucepot, cook penne pasta in a large amount of water for 8 minutes or until al dente. Stir occasionally while boiling. Drain. Set aside.
2. Meanwhile, cut peppers and onion into 1/2-inch strips.
3. Coat a large skillet with nonstick cooking spray. Add oil, peppers, black pepper, onion and salt.
4. Cook until vegetables are tender, about 15 minutes.
5. Stir sugar, vinegar and basil into pepper mixture; heat through. Add cooked pasta to pepper mixture and toss.

Nutrition Facts: Calories 159, Protein 4 gm, Carbohydrate 26 gm, Dietary Fiber 3 gm, Fat 4 gm, Saturated Fat trace, Sodium 200 mg



TWICE-COOKED NOODLES • 8 servings

Ingredients:

- 6 ounces whole grain spaghetti or brown rice noodles
- 3 tablespoons (low sodium) soy sauce
- 1 teaspoon cornstarch
- 1/3 cup cold water
- 1/2 teaspoon curry powder
- 2 tablespoons peanut oil
- 1 clove crushed garlic
- 1 medium onion, sliced
- 1 cup chopped fresh broccoli
- 1 cup sliced fresh mushrooms
- 1 cup shredded carrot
- 3 cups shredded cabbage

Instructions:

1. In a stockpot, cook noodles according to package directions. Rinse briefly in cold water and drain well. Stir soy sauce into corn starch; stir in water and curry. Set aside.
2. Heat wok over high heat; add 1 tablespoon oil. Add half the noodles; stir-fry for several minutes or until lightly browned. Remove to plate. Repeat with remaining oil and noodles.
3. Add garlic and stir-fry for 30 seconds. Add onion and broccoli and stir-fry until broccoli brightens in color. Add mushrooms and carrot and continue stir-frying for an additional 2 to 3 minutes.
4. Stir soy sauce mixture, and add to stir-fry mixture. Cook and stir until thickened and bubbly. Stir in noodles and heat through. Remove from wok; keep warm.
5. Add cabbage to wok; stir-fry cabbage for 3 minutes or until crisp-tender. Arrange on a platter and top with noodle mixture.

Nutrition Facts: Calories 125, Protein 4 gm, Carbohydrate 21 gm, Dietary Fiber 4 gm, Fat 1 gm, Saturated Fat trace, Sodium 245 mg



SUMMER FRUIT SALAD • 8 servings

Ingredients:

- 1 cup cooked orzo pasta, cooled to room temperature
- 1 cup strawberries, quartered
- 1 cup green grapes, cut in half
- 2 kiwi fruit, peeled and sliced
- 1 can (15-ounce) mandarin oranges, packed in juice, drained
- 1 small can unsweetened crushed pineapple, drained, juice reserved
- 1 banana, sliced
- 2 tablespoons plain or lemon-flavored yogurt
- 1 tablespoon honey

Instructions:

1. Combine orzo pasta and fruit in a large bowl.
2. Blend reserved pineapple juice, yogurt and honey in a small bowl.
3. Pour over orzo and fruit mixture. Toss lightly.

Nutrition Facts: Calories 125, Protein 2 gm, Carbohydrate 30 gm, Dietary Fiber 3 gm, Fat trace, Sodium 6 mg



EASY FRUIT YOGURT FOR TWO • 2 servings

Ingredients:

- 1 container (6-ounce) lite lemon yogurt
- 1 container (6-ounce) lite strawberry yogurt
- 1-1/2 cups frozen raspberries, slightly thawed

Instructions:

1. In each of two small dessert cups, spoon half of each yogurt into the dessert cups. (Spoon one flavor on the left side and one flavor on the right side of the cup. Do not spoon the flavors on top of each other.)
2. Top with the slightly thawed raspberries and serve immediately.
3. Garnish with a mint leaf, if desired.

Nutrition Facts: Calories 125, Protein 2 gm, Carbohydrate 30 gm, Dietary Fiber 3 gm, Fat trace, Sodium 6 mg



TABOULEH • 6 servings

Ingredients:

- 3/4 cup boiling water
- 1/2 cup bulgur (or quinoa*)
- 1/2 cup minced parsley
- 1/4 cup minced mint leaves
- 1/2 cup finely chopped green onion
- 1 tomato, diced
- 1 English cucumber, diced
- 3 tablespoons olive oil
- 2 tablespoons lemon juice, or to taste
- 1/2 teaspoon salt, to taste
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground white pepper
- Pinch allspice

Instructions:

1. Pour boiling water over the bulgur.
2. Cover and let stand for approximately 20 minutes until bulgur is tender and water is absorbed. Add the chopped vegetables and toss to mix.
3. In a small bowl, combine oil, lemon juice, salt, peppers and allspice. Add to the bulgur mixture and mix well. Chill before serving.

Nutrition Facts: Calories 130, Protein 3 gm, Carbohydrate 14 gm, Dietary Fiber 3 gm, Fat 8 gm, Saturated Fat 1 gm, Sodium 190 mg

** Quinoa (pronounced keen-wah) is a seed from an herb plant with grain and cereal like qualities. Quinoa is high in nutritional quality, due to its high fiber and complete protein content. It can be used in many recipes in place of rice, bulgur, or couscous. To prepare, combine 1 part quinoa to 2 parts water and simmer for 15 minutes or until tender.*



FOCUS ON BLUE AND PURPLE FRUITS AND VEGETABLES BECAUSE

Purple Reigns





PURPLE COW SMOOTHIE • 2 servings

Ingredients:

- 8 ounces skim milk or unsweetened almond milk
- 1 cup frozen blueberries
- 1/2 cup Concord grape juice
- Honey, to taste

Instructions:

Combine all ingredients in a blender and process until smooth.

Nutrition Facts: Calories 119, Protein 5 gm, Carbohydrate 25 gm, Dietary Fiber 3 gm, Fat 1 gm, Saturated Fat trace, Sodium 65 mg

July is the peak of the blueberry harvest season, with Maine being the largest producer of blueberries in North America.



EGGPLANT TOMATO CASSEROLE • 8 servings

Ingredients:

- 4 small eggplants (about 2-1/2 pounds)
- 2 tablespoons olive oil
- 2 cloves crushed garlic
- 2 tablespoons all-purpose flour
- 3 cans (14.5-ounce) stewed tomatoes, undrained
- 2 teaspoons granulated sugar
- 1 teaspoon paprika
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon dried basil leaves
- 1/2 cup grated Parmesan cheese

Instructions:

1. Wash eggplants; cut into 2-inch cubes. Simmer eggplant in a small amount of boiling water for 10 minutes. Drain.
2. Coat a large skillet with nonstick cooking spray. Add oil and heat. Add garlic and sauté until golden, about 1 minute. Remove from heat.
3. Stir in flour, tomatoes, sugar, paprika, pepper and basil. Cook, stirring over medium heat, until mixture boils and is thickened.
4. Coat a 2-quart casserole with nonstick cooking spray. Layer eggplant cubes alternately with tomato mixture. Top with grated cheese.
5. Bake at 375° F for 30 minutes or until lightly browned. Serve over brown rice. Makes 8 servings.

Nutrition Facts: Calories 245, Protein 8 gm, Carbohydrate 37 gm, Dietary Fiber 8 gm, Fat 9 gm, Saturated Fat 2 gm, Sodium 800 mg



DOUBLY-GOOD BLUEBERRY CUP • 8 servings

Ingredients:

- 1/3 cup granulated sugar
- 3 tablespoons cornstarch
- 1/8 teaspoon salt
- 1/4 cup Concord grape juice
- 4 cups blueberries, divided
- 1/3 cup Splenda® sugar substitute
- 1 tablespoon margarine
- 1 tablespoon lemon juice

Instructions:

1. Combine sugar, cornstarch and salt in a saucepan. Add juice and 2 cups blueberries. Cook over medium heat, stirring constantly, until mixture comes to a boil and is thickened and clear.
2. Remove from heat and stir in Splenda, margarine and lemon juice. Let cool.
3. Divide remaining 2 cups blueberries between 8 custard cups or parfait glasses. Pour cooled blueberry mixture over top. Chill. Garnish with whipped topping, if desired.

Nutrition Facts: Calories 90, Protein 1 gm, Carbohydrate 20 gm, Dietary Fiber 3 gm, Fat 2 gm, Saturated Fat 1 gm, Sodium 20 mg



BERRY BLUE YOGURT PARFAITS • 4 servings

Ingredients:

- 2 tablespoons trans fat-free margarine
- 3 tablespoons honey
- 1/2 cup crunchy-style bran cereal
- 2 cups old-fashioned rolled oats
- 1/2 cup sliced almonds
- 1/2 cup roasted soy nuts
- 1/2 cup ground flax seed
- 1/2 cup dark raisins
- Nonstick cooking spray
- 2 cups fresh blueberries, blackberries, elderberries or combination
- 2 cups lite blackberry yogurt

Instructions:

1. To make granola, in small saucepan, cook margarine and honey over medium-low heat until margarine is melted, stirring to blend.
2. In large mixing bowl, combine cereals, nuts and flax seed; stir to mix well. Drizzle sweetened margarine over mix and toss to coat.
3. Coat a large baking sheet with nonstick cooking spray. Spread cereal mixture on baking sheet in a single layer.
4. Spray mixture with light coating of nonstick cooking spray. Bake at 425° for 6 to 10 minutes or until lightly toasted. Cool before serving. Makes about 8 cups.
5. Use 2 cups for this recipe and reserve the remaining granola for another use. To assemble parfaits, place 1/4 cup granola in the bottom of each of 4 parfait glasses, spoon 1/4 cup yogurt into each glass and top with 1/4 cup blueberries. Repeat layering.

Nutrition Facts: Calories 245, Protein 11 gm, Carbohydrate 39 gm, Dietary Fiber 7 gm, Fat 7 gm, Saturated Fat 1 gm, Sodium 110 mg



FOCUS ON GREEN FRUITS AND VEGETABLES WITH

Green Fighting Machines



EASY CAESAR SALAD • 8 servings

Ingredients:

- 1 head romaine lettuce, washed and torn
- 1 small can sliced black olives, drained and rinsed
- 1/4 cup freshly grated Parmesan cheese
- 1/2 cup prepared Caesar-style croutons
- 1/3 cup reduced fat Caesar salad dressing

Instructions:

Combine lettuce, olives, Parmesan cheese and croutons in a large salad bowl. Toss with desired amount of dressing.

Nutrition Facts: Calories 120, Protein 4 gm, Carbohydrate 7 gm, Dietary Fiber 3 gm, Fat 9 gm, Saturated Fat 1 gm, Sodium 330 mg



EASY ITALIAN SIDE SALAD • 8 servings

Ingredients:

- 1 head romaine lettuce, washed and torn
- 6 Roma tomatoes, cut into quarters
- 1 can (4-ounces) garbanzo beans, drained and rinsed
- 1 cup canned kidney beans, drained and rinsed
- 1/2 small red onion, sliced and separated into rings
- 1/4 cup red wine vinegar
- 1/4 cup extra virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano

Instructions:

1. Wash and chop romaine lettuce and place in large salad bowl. Add tomatoes, beans and onion.
2. In a small bowl or dressing jar, combine vinegar, oil and seasonings. Toss salad and serve.

Nutrition Facts: Calories 120, Protein 4 gm, Carbohydrate 12 gm, Dietary Fiber 4 gm, Fat 7 gm, Saturated Fat 1 gm, Sodium 185 mg



ASPARAGUS MEDLEY • 4 servings

Ingredients:

- 2 teaspoons olive oil
- 1 large red bell pepper, seeded and cut into thin slices
- 1 large green bell pepper, seeded and cut into thin slices
- 1 pound fresh asparagus, cut into 1-1/2-inch pieces
- 2 cloves crushed garlic
- 1/2 fresh lemon
- Dash salt
- 2 tablespoons slivered almonds, toasted

Instructions:

1. Coat a large skillet with nonstick cooking spray.
2. Place skillet over medium heat until hot.
3. Add oil and heat. Add peppers, asparagus and garlic, and sauté for 3 minutes or until tender-crisp.
4. Squeeze lemon over sautéed vegetables. Season with salt. Toss in almonds.

Nutrition Facts: Calories 75, Protein 3 gm, Carbohydrate 7 gm, Dietary Fiber 3 gm, Fat 5 gm, Saturated Fat 1 gm, Sodium 70 mg



GARLIC GREEN BEANS • 4 servings

Ingredients:

- 1 teaspoon olive oil tub margarine
- 1 clove crushed garlic
- 1 medium shallot, minced
- 1 pound fresh green beans, washed and ends removed
- Salt and black pepper, to taste

Instructions:

1. Melt margarine in a large skillet coated with nonstick cooking spray over medium heat.
2. Stir in garlic and shallot, and cook for 1 to 2 minutes.
3. Add beans and cook until tender-crisp, about 5 minutes. Season with salt and pepper to taste.

Nutrition Facts: Calories 43 , Protein 2 gm, Carbohydrate 8 gm, Dietary Fiber 3 gm, Fat 1 gm, Saturated Fat trace, Sodium 73 mg



LEMON BROCCOLI SALAD • 6 servings

Ingredients:

- 4 cups fresh broccoli florets
- 2 cups fresh cauliflower florets
- 1/2 cup water
- 1 cup matchstick carrots
- 1 small red onion, chopped
- 2 tablespoons dark raisins
- 1/4 cup toasted sunflower seeds
- 1/2 cup plain non-fat yogurt
- 2 tablespoons honey mustard
- 1 tablespoon mayonnaise
- 3 tablespoons honey
- 1/2 teaspoon grated lemon peel

Instructions:

1. In a medium casserole, combine broccoli, cauliflower and water. Cover. Microwave on HIGH for 3 to 4 minutes or until vegetables are very hot and color brightens.
2. Rinse briefly with cold water to stop cooking. Drain well.
3. In a large bowl, combine broccoli, cauliflower, carrot, onion, raisins and sunflower seeds. Set aside.
4. In a small bowl, combine yogurt, mustard, mayonnaise, honey and lemon peel. Mix well.
5. Stir yogurt mixture into vegetable mixture. Toss to coat. Cover salad tightly. Chill at least 4 hours or overnight to blend flavors.

Nutrition Facts: Calories 117, Protein 5 gm, Carbohydrate 19 gm, Dietary Fiber 3 gm, Fat 4 gm, Saturated Fat trace, Sodium 155 mg



FOCUS ON RED FRUITS AND VEGETABLES AND

Get Fired Up





QUICK N' EASY MARINARA SAUCE • 8 servings

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 medium onion, chopped
- 2 cloves crushed garlic
- 8 ounces sliced fresh mushrooms
- 1 cup matchstick carrots
- 2 celery ribs, finely chopped
- 1 large green bell pepper, seeded and diced
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt and ground pepper
- 1 teaspoon granulated sugar
- 1 can (28-ounce) chopped tomatoes
- 1 can (6-ounce) tomato paste

Instructions:

1. Coat a large saucepot with nonstick cooking spray. Add oil and heat. Add onion, garlic and mushrooms. Sauté for 2 minutes.
2. Add carrots, celery and green pepper. Cover and continue cooking until vegetables are tender.
3. Add herbs, seasonings, sugar, tomatoes and tomato paste. Stir to combine. Cover, reduce heat and simmer for 10 to 15 minutes. Adjust seasonings. Makes 4 cups.

Nutrition Facts: Calories 70, Protein 3 gm, Carbohydrate 12 gm, Dietary Fiber 3 gm, Fat 2 gm, Saturated Fat trace, Sodium 325 mg



RADISH DIP • 6 servings

Ingredients:

- 1/2 cup plain non-fat yogurt
- 1/2 cup lite sour cream
- 2 cups radishes, cut in half
- 1/4 cup reduced-fat mayonnaise
- 1/4 teaspoon hot sauce or to taste
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/8 teaspoon ground black pepper

Instructions:

1. Drain yogurt using a cheese cloth or a colander lined with paper towels. Let set for 20 to 30 minutes. Place in a medium bowl and stir in sour cream. Set aside.
2. In a food processor or blender, coarsely chop radishes.
3. Add mayonnaise, hot sauce, salt, onion powder and pepper. Pulse several times or until well combined. Add to yogurt mixture; stir well.
4. Cover and chill to blend flavors.
5. Garnish with a sliced radish, if desired. Serve with assorted cruciferous vegetables such as broccoli, cauliflower and kohlrabi. Makes 1-1/2 cups of dip.

Nutrition Facts: Calories 30, Protein 2 gm, Carbohydrate 3.5 gm, Dietary Fiber 1 gm, Fat 1 gm, Saturated Fat trace, Sodium 160 mg, Calcium 50 mg



RED SALAD • 8 servings

Ingredients:

- 1 head red romaine lettuce
- 1/4 cup pecans, chopped
- 1/4 cup crumbled goat cheese
- 1/4 cup dried cranberries
- 2 red pears, cored, seeded and sliced
- 1/4 cup seasoned rice wine vinegar
- 1/4 cup canola oil or extra virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder

Instructions:

1. Wash and chop romaine lettuce and place in large bowl.
2. Toast pecans in microwave for about 1 to 2 minutes or until aromatic.
3. Add goat cheese, cranberries, sliced pears and pecans to salad bowl and toss to combine.
4. In a small bowl or dressing jar, combine vinegar, oil and seasoning to taste. Toss salad and serve.

Nutrition Facts: Calories 137, Protein 3 gm, Carbohydrate 9 gm, Dietary Fiber 3 gm, Fat 10 gm, Saturated Fat 2 gm, Sodium 87 mg

Time-Savings Tip: Make your own reduced sodium seasoning mix by combining 1/4 cup salt, 1/4 cup ground white pepper, 1/4 cup onion powder and 1/4 cup garlic powder in a spice container. Use this mixture to season your favorite recipes.



GRAPE APPLE WALDORF SALAD • 4 servings

Ingredients:

- 2 large red delicious apples, unpeeled, cored and cut into cubes
- 1/2 cup red grapes, cut in half
- 1/4 cup diced celery
- 1/4 cup chopped pecans, toasted
- 2 tablespoons apple juice
- 2 tablespoons plain non-fat yogurt
- 2 tablespoons reduced fat mayonnaise

Instructions:

1. In a small bowl, combine juice, yogurt and mayonnaise. Stir with a wire whisk until smooth. Set aside.
2. Combine cubed apple, grapes, celery and pecans in a medium bowl. Pour dressing over mixture and toss well. Makes 4 servings (approximately 1/2 cup per serving).

Nutrition Facts: Calories 90, Protein 1 gm, Carbohydrate 16 gm, Dietary Fiber 3 gm, Fat 3 gm, Saturated Fat 0.5 gm, Sodium 50 mg



TOMATO POTATO SALAD • 8 servings

Ingredients:

- 6 large red potatoes
- 2 cups grape tomatoes, cut in half
- 1 small red onion, chopped
- 1/4 cup fresh chopped cilantro
- 1-1/2 teaspoons ground cumin
- 1 clove crushed garlic
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground white pepper
- 1/2 cup lite sour cream
- 1/4 cup reduced-fat mayonnaise

Instructions:

1. Wash and scrub potatoes. Remove any blemishes.
2. Place potatoes in a large saucepot with about 3 inches of water. Cover and bring to a boil over high heat. Reduce heat to medium-low and continue cooking for 20 to 40 minutes or until potatoes are tender.
3. Drain and let cool.
4. Cut potatoes into cubes when cool. Do not peel. Set aside.
5. Wash tomatoes and cut in half.
6. In a large bowl, combine chopped tomatoes, onion, cilantro, cumin, garlic, salt and peppers. Add potatoes. Combine sour cream and mayonnaise and add to mixture, tossing gently to coat.

Nutrition Facts: Calories 116, Protein 3 gm, Carbohydrate 20 gm, Dietary Fiber 3 gm, Fat 3 gm, Saturated Fat 0.5 gm, Sodium 230 mg



BAKED APPLES WITH CRANBERRIES • 8 servings

Ingredients:

- 1/2 cup Splenda® sugar substitute
- 1 tablespoon cornstarch
- Pinch ground cinnamon
- Pinch ground nutmeg
- 1-1/2 cups apple cider or apple juice
- 1/2 cup dried cranberries
- 1 tablespoon butter
- 8 Jonagold or other red baking apples

Instructions:

1. Combine Splenda, cornstarch, cinnamon and nutmeg in a saucepan.
2. Stir in cider and dried cranberries. Bring to a boil over medium heat.
3. Reduce heat and simmer, uncovered, for 10 to 15 minutes or until cranberries are tender and cider mixture is reduced. Stir in butter until melted.
4. Remove cores from apples. Peel 1-inch around tops. Place apples in a baking pan coated with nonstick cooking spray. Fill centers with fruit. Spoon remaining mixture over apples.
5. Bake uncovered at 350° F for about 45 minutes or until apples are tender when pierced with a fork.

Nutrition Facts: Calories 116, Protein trace, Carbohydrate 27 gm, Dietary Fiber 4 gm, Fat 2 gm, Saturated Fat 1 gm, Sodium 16 mg



WATERMELON GAZPACHO SALAD • 6 servings

Ingredients:

- 3 tablespoons lime juice
 - 2 tablespoons extra virgin olive oil
 - 1 tablespoon honey
 - 1/2 teaspoon salt
 - 4 cups watermelon cubes
 - 1 medium English cucumber, diced
 - 1 medium red bell pepper, seeded and chopped
 - 1/2 small red onion, finely chopped
 - 1 clove crushed garlic
- Optional: 1/2 medium jalapeno pepper, seeded and minced; 1/4 cup chopped fresh parsley*

Instructions:

1. Whisk together lime juice, oil, honey and salt in a small bowl. Set aside.
2. Combine watermelon, cucumber, red pepper, onion, garlic, jalapeno and parsley in a large bowl. Stir to blend.
3. Pour prepared dressing over mixture and toss to combine. Refrigerate for a couple of hours to blend flavors.

Nutrition Facts: Calories 97, Protein 1 gm, Carbohydrate 13 gm, Dietary Fiber 2 gm, Fat 5 gm, Saturated Fat 1 gm, Sodium 180 mg



CREAMY FRUIT SMOOTHIE • 1 serving

Ingredients:

- 1/2 cup plain or lite strawberry yogurt
- 1 cup frozen strawberries or raspberries
- 1 cup lite or 100% cranberry-raspberry juice

Instructions:

1. Combine all ingredients in a blender; blend until smooth.

Nutrition Facts: Calories 147, Protein 6 gm, Carbohydrate 31 gm, Dietary Fiber 4 gm, Fat 1 gm, Saturated Fat trace, Sodium 74 mg



FOCUS ON ORANGE AND YELLOW FRUITS AND VEGETABLES TO

Add a Glow to Your Plate





CRANBERRY BUTTERCUP SQUASH • 2 servings

Ingredients:

- 1 medium butternut or acorn squash
- 1 tablespoon lite whipped butter
- Dash salt
- Dash ground black pepper
- 2 teaspoons dark brown sugar
- 2 tablespoons dried cranberries
- 2 tablespoons sliced toasted almonds or pecans

Instructions:

1. Pierce squash in several places. Place on a microwave-safe plate and microwave on HIGH for 6 minutes. Turn squash over and microwave for 5 to 8 minutes more or until squash is soft to touch. Let stand for a few minutes to finish cooking.
2. Cut squash in half and scoop out seeds. Place on serving dish.
3. Divide margarine, salt, pepper, brown sugar, cranberries and almonds between squash halves. Serve immediately.

Nutrition Facts: Calories 172, Protein 3 gm, Carbohydrate 28 gm, Dietary Fiber 1.5 gm, Fat 6.5 gm, Saturated Fat 1.5 gm, Sodium 168 mg



WINTER VEGETABLE SOUP • 4 servings

Ingredients:

- 1 teaspoon extra virgin olive oil
- 1 medium onion, sliced
- 2 cups diced carrots (fresh or frozen)
- 1-1/2 cups rutabaga, peeled and diced
- 1 medium potato, unpeeled and diced
- 2 large parsnips, peeled and diced
- 2 cups (low sodium) vegetable broth
- 1 bay leaf
- 1 tablespoon cornstarch
- 1-1/2 cups 1% milk
- 1/2 cup evaporated skimmed milk
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup frozen petite green peas, thawed

Instructions:

1. Coat a large saucepot with nonstick cooking spray. Add olive oil and warm in pan.
2. Add onion, carrots, rutabagas, potatoes and parsnips. Reduce heat, cover and cook over low heat for 10 minutes. Add broth and bay leaf and simmer for 30 minutes.
3. In a small bowl, blend cornstarch with a small amount of 1% milk, then add to soup. Pour remaining 1% milk and evaporated milk into soup and heat, stirring until soup thickens.
4. Do not boil. Remove bay leaf and season with salt and pepper.
5. Stir in green peas and simmer over low heat to heat peas.

Nutrition Facts: Calories 244, Protein 11 gm, Carbohydrate 38.5 gm, Dietary Fiber 8 gm, Fat 5.5 gm, Saturated Fat 1 gm, Sodium 650 mg



GREEN AND GOLD SALAD • 8 servings

Ingredients:

- 1 large papaya
- 1 avocado
- 1 head romaine lettuce, washed and torn
- 1/4 cup extra virgin olive oil
- 1/4 cup tarragon vinegar
- 2 tablespoons honey
- 1/2 tablespoon lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dry mustard
- 1 teaspoon minced onion
- 1/4 teaspoon paprika

Instructions:

1. Peel papaya and cut into cubes. Reserve the seeds. Cut avocado in half lengthwise around the seed; rotate the halves to separate. Remove the seed by sliding the tip of a spoon gently underneath and lifting out. Scoop out the avocado meat with a spoon and slice.
2. Place papaya and avocado slices into a large bowl filled with romaine.
3. In a blender, combine oil, vinegar, sugar, lime juice, salt, pepper, dry mustard, minced onion and paprika and blend thoroughly.
4. Add 1-1/2 tablespoons papaya seeds and blend until seeds are the size of coarsely ground pepper. Pour a desired amount of dressing over salad and toss to combine.

Nutrition Facts: Calories 145, Protein 2 gm, Carbohydrate 12 gm, Dietary Fiber 3 gm, Fat 11 gm, Saturated Fat 1 gm, Sodium 145 mg



ROMAINE, ORANGE AND JICAMA SALAD • 6 servings

Ingredients:

- 1 head romaine lettuce, washed and torn into pieces
- 3 green onions, chopped
- 2 oranges, peeled and diced
- 1 large yellow bell pepper, seeded and diced
- 1 jicama, peeled and julienned
- 1 small sweet onion, finely chopped
- 2 cloves crushed garlic
- 1/2 cup fresh chopped basil
- 1/4 cup seasoned rice wine vinegar
- 1/4 cup olive oil
- 1 tablespoon honey
- 1/4 teaspoon salt

1/4 teaspoon ground black pepper

3 tablespoons sunflower seeds, optional

Instructions:

1. In a large salad bowl, combine romaine, green onions, oranges, pepper and jicama. Toss well and set aside.
2. In a food processor or blender, combine onion, garlic, basil, vinegar, oil, honey, salt and black pepper. Process until blended.
3. Before serving, pour dressing over salad and toss. Sprinkle with sunflower seeds, if desired.

Nutrition Facts: Calories 211, Protein 5 gm, Carbohydrate 25 gm, Dietary Fiber 10 gm, Fat 12 gm, Saturated Fat 2 gm, Sodium 105 mg

A close-up photograph of ginger root, showing its characteristic knobby, light brown/tan color and fibrous texture. The ginger is piled together, filling the entire frame.

FOCUS ON BROWN, TAN AND WHITE FRUITS AND VEGETABLES THAT ARE

Lacking in Color, Bursting With Nutrients





HONEY-ROASTED ROOT VEGETABLES • 8 servings

Ingredients:

- 1 large sweet potato, scrubbed and cut into cubes
- 2 medium turnips, scrubbed, peeled and cut into cubes
- 2 medium parsnips, scrubbed, peeled and cut into cubes
- 3 medium carrots, scrubbed and cut into cubes
- 2 medium sweet onions, cut into cubes
- 2 tablespoons honey
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Instructions:

1. Combine all ingredients in a large bowl and toss to coat.
2. Place vegetable mixture on a jelly-roll pan or shallow baking pan coated with nonstick cooking spray.
3. Bake at 450° F for 35 minutes or until vegetables are tender and begin to brown. Stir every 15 minutes.

Nutrition Facts: Calories 125, Protein 2 gm, Carbohydrate 23 gm, Dietary Fiber 5 gm, Fat 4 gm, Saturated Fat 1 gm, Sodium 170 mg



COUNTRY MUSHROOM SOUP • 6 servings

Ingredients:

- 1 large Vidalia onion, thinly sliced
- 1/3 cup brown rice
- 1/4 cup wild rice
- 6 cups (low-sodium) vegetable or chicken broth
- 1 pound fresh mushrooms
- 1 pound fresh baby portabella mushrooms
- 2 tablespoons extra virgin olive oil
- 2 cloves crushed garlic
- 1 cup matchstick carrots
- 1/4 cup dry sherry, optional
- 1 tablespoon fresh-chopped parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground white pepper

Instructions:

1. In a large saucepot, combine garlic, onion, brown rice, wild rice and broth. Bring to a boil. Cover, reduce heat and simmer for 25 minutes.
2. Meanwhile, wash and scrub mushrooms. Chop half the mushrooms and slice the other half.
3. Coat a large deep skillet with nonstick cooking spray. Place over medium heat. Add oil and heat. Add garlic and mushrooms. Gently cook mushrooms for about 10 to 15 minutes or until golden brown and most of the moisture has evaporated.
4. Add mushrooms and carrots to simmering broth. Stir in sherry and parsley; season with salt and peppers. Simmer for 10 minutes.

Nutrition Facts: Calories 158, Protein 6.8 gm, Carbohydrate 25.2 gm, Dietary Fiber 3 gm, Fat 3.2 gm, Saturated Fat 0.5 gm, Sodium 355 mg



VEGETABLE CHOP SUEY • 4 servings

Ingredients:

- 1 tablespoon (low-sodium) soy sauce
- 1 tablespoon cornstarch
- 2 tablespoons dry white wine
- 1/2 cup water
- 1 packet (low-sodium) vegetable-flavor instant bouillon
- 1 tablespoon peanut oil
- 1 clove crushed garlic
- 1 tablespoon minced ginger root
- 1 large red bell pepper, seeded and sliced
- 1 head bok choy, coarsely shredded
- 6 green onions, chopped
- 2 celery ribs, sliced
- 3 cups sliced fresh mushrooms
- 3 cups fresh bean sprouts

Instructions:

1. In a small bowl, combine soy sauce, cornstarch, wine, water and vegetable bouillon. Set aside. Wash, drain and prepare all vegetables.
2. Coat a wok or large skillet with nonstick cooking spray. Heat wok over high heat. Add oil and heat oil. Add garlic and ginger root; stir-fry for 30 seconds.
3. Add red pepper, bok choy, green onions and celery and stir-fry for three minutes. Add mushrooms and continue stir-frying for two minutes.
4. Add bean sprouts and sauce mixture. Cook and stir until sprouts soften slightly, about two minutes. Serve over brown rice.

Nutrition Facts: Calories 211, Protein 7.7 gm, Carbohydrate 36.5 gm, Dietary Fiber 4.4 gm, Fat 4.8 gm, Saturated Fat 0.6 gm, Sodium 192 mg



BROILED BANANAS DESSERT • 4 servings

Ingredients:

- 4 pitted dates
- 1/2 cup 100% orange juice concentrate
- 1 teaspoon almond extract, optional
- 2 tablespoons lite whipped butter
- 4 medium ripe bananas, peeled
- 1/3 cup chopped pecans

Instructions:

1. In a small food processor or blender, combine orange juice, dates and almond extract. Pulse to chop dates. Set aside.
2. Coat a baking dish or cast iron skillet with nonstick cooking spray. Add butter and place under broiler until melted.
3. Cut bananas in half; then split each half lengthwise. Arrange bananas, cut side up, in baking dish over melted butter. Pour orange juice mixture over bananas.
4. Place bananas under broiler for four minutes. Sprinkle pecans over bananas and return to broiler for one to two additional minutes or until pecans are toasted.
5. Serve plain, garnish with low-fat whipped topping or top with low-fat ice cream.

Nutrition Facts: Calories 194, Protein 2.1 gm, Carbohydrate 37.3 gm, Dietary Fiber 3.0 gm, Fat 5.5 gm, Saturated Fat 1.7 gm, Sodium 30 mg



CAULIFLOWER POPCORN • 2 servings

Ingredients:

- 1 head cauliflower
- 4 tablespoons olive oil
- 1 teaspoon salt, to taste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 3 tablespoons finely grated Parmesan cheese

Instructions:

1. Preheat oven to 425° F.
2. Trim the head of cauliflower, discarding the core and thick stems; cut florets into pieces about the size of ping-pong balls.
3. In a large bowl, combine the olive oil, salt, garlic powder and onion powder, whisking to blend. Add the cauliflower pieces and toss.
4. Coat a large baking sheet with nonstick cooking spray. Or for easy clean-up, line a baking sheet with parchment.
5. Spread the cauliflower pieces on the sheet and roast for one hour, turning three or four times, until most of each piece has turned golden brown. (As the cauliflower pieces brown, they are caramelizing, which makes them taste sweet.)
6. Toss the cauliflower and Parmesan cheese together in a large serving bowl. Serve immediately.

Nutrition Facts: Calories 85, Protein 2 gm, Carbohydrate 4 gm, Dietary Fiber 2 gm, Fat 7 gm, Saturated Fat 1 gm, Sodium 320 mg



PRISTINE PEARS CHRISTINE • 4 servings

Ingredients:

- 4 large ripe Bosc pears
- 1/4 cup crumbled gorgonzola cheese
- 16 pecan halves

Instructions:

1. Wash pears and cut in half lengthwise. Cut out core. Place pears cut side up in a broiler-safe pan or skillet.
2. Divide gorgonzola cheese evenly between the eight pear halves. Place two pecan halves on each pear half.
3. Broil prepared pears, close to heat source, until cheese begins to melt. Serve warm.
4. Pears will soften and cook slightly.

Nutrition Facts: Calories 152, Protein 3 gm, Carbohydrate 24 gm, Dietary Fiber 4 gm, Fat 6 gm, Saturated Fat 2 gm, Sodium 115 mg



CARAMELIZED ONIONS • 4 servings

Ingredients:

- 4 large Vidalia onions
- 2 teaspoons olive oil
- Dash salt
- Dash ground black pepper
- Dash garlic powder

Instructions:

1. Coat a large skillet with nonstick cooking spray. Place skillet over high heat; add oil and heat. Add onion slices and sauté, separating into rings during stirring.
2. Continue sautéing until onions are dark golden and caramelized—about 15 to 20 minutes. Do not cover.
3. Reduce heat during the caramelization process or recoat skillet with nonstick cooking spray, if necessary, to prevent sticking. Season before serving. Makes four servings.

Nutrition Facts: Calories 60, Protein 1 gm, Carbohydrate 9 gm, Dietary Fiber 2 gm, Fat 2 gm, Saturated Fat trace, Sodium 70 mg



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