

EAT WELL FOR LIFE

RECIPE BOOK



WEEK 1 RECIPE:

BAKED COD WITH SUMMER SQUASH

Fish fillets sautéed in a little olive oil, then baked, are far lower in fat than fried fish. Meaty cod fillets baked with vegetables and tomato sauce make a substantial main dish. Serve the fish with brown rice or pasta.

INGREDIENTS:

- 1/4 cup plain dried bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon rosemary, crumbled
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 2 medium yellow squash (6 ounces each), halved lengthwise and cut crosswise into 1/4-inch-thick slices
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1-1/2 cups canned tomatoes, chopped with their juice
- 4 skinless, boneless cod fillets (6 ounces each)

INSTRUCTIONS:

1. Preheat oven to 400°F. In a small bowl, stir together bread crumbs, Parmesan cheese, rosemary, and 1 tablespoon of olive oil; set aside.
2. In a large ovenproof no-stick skillet, heat remaining 1 tablespoon olive oil over medium heat. Add onion and garlic and stir-fry seven minutes or until onion is tender.
3. Stir in bell pepper, yellow squash, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Cook, stirring occasionally, five minutes or until bell pepper is crisp-tender. Stir in tomatoes and 1/4 teaspoon of salt. Bring to a boil and cook seven minutes or until lightly thickened.
4. Place cod on top of vegetables and sprinkle with remaining 1/4 teaspoon each salt and pepper. Top with bread crumb mixture. Bake, uncovered, 20 minutes or until cod is cooked through and bread crumbs are lightly browned. Makes 4 servings.

NUTRITIONAL FACTS PER SERVING:

256 calories, 10g total fat, 2.4g saturated fat, 5.8g mono-unsaturated fat, 1.1g polyunsaturated fat, 3.9g dietary fiber, 25g protein, 18g carbohydrate, 50mg cholesterol, 956mg sodium.



A GOOD SOURCE OF:

Lycopene, selenium, vitamin B6, vitamin C

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To reap the heart-healthy benefits of Omega-3 fatty acids in fish, how you cook the fish, the type of fish and the amount of fish you consume all impact its heart health benefits. It's best to bake, broil or poach instead of frying it. The American Heart Association recommends eating at least two servings of fatty fish rich in Omega-3 fatty acids like DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) a week to protect against heart disease. Salmon, sardines, tuna, halibut and mackerel are among the fish that are richest in Omega-3s.

Source: American Heart Association's (AHA) Scientific Sessions 2009.

WEEK 2 RECIPES: SLIDERS

INGREDIENTS:

- 1/4 pound 90-95% lean ground beef
- 1/4 pound ground turkey
- 4 whole-wheat or lite English muffins
- 2 teaspoons honey mustard
- 4 tomato slices
- 1/4 cup onion slices
- 1/4 cup alfalfa sprouts
- 1/4 cup shredded carrots

INSTRUCTIONS:

1. Combine ground beef and turkey.
2. Split the English muffins. Toast 4 halves lightly, and spread mustard on 4 muffin halves.
3. Press a thin layer of ground meat into each muffin half, about 2 tablespoons per muffin.
4. Place the muffins, meat side down, in a hot skillet coated with no-stick spray. Lightly press the muffins on the skillet.
5. Cook over medium-low heat just until meat is thoroughly cooked. Remove carefully with a spatula.



6. While meat is cooking, toast the remaining muffin halves. Top meat with tomato slices, onions, alfalfa sprouts and remaining muffin halves. Makes 4 servings.

NUTRITIONAL FACTS PER SERVING:

219 calories, 11g protein, 31g carbohydrate, 6.4g fat.

A GOOD SOURCE OF:

Fiber, iron, tryptophan, zinc, vitamin B12, vitamin B6, niacin and vitamin C

CRAB SALAD STUFFED MINI PITAS

INGREDIENTS:

- 1 pound crab flakes (imitation or real)
- 3 tablespoons each low-fat mayonnaise and nonfat sour cream
- 1 tablespoon honey mustard
- 1 tablespoon minced fresh parsley
- 1 teaspoon old bay seasoning
- 1/4 teaspoon black pepper
- 4 whole-wheat mini pita bread
- Lettuce

INSTRUCTIONS:

1. Combine first six ingredients in a medium bowl, and mix well.
2. Stuff pitas with lettuce, and divide crab salad evenly between pitas. Makes 4 servings.

NUTRITIONAL FACTS PER SERVING:

215 calories, 18g protein, 30g carbohydrate, 4g dietary fiber, 3g total fat, saturated fat trace.

A GOOD SOURCE OF:

Fiber, phosphorus, selenium, zinc, copper, folate

WEEK 3 RECIPES: HOMEMADE GRANOLA

INGREDIENTS:

- 4 cups old-fashioned rolled oats
- 1 1/2 cups toasted wheat germ
- 1/2 cup hulled sunflower seeds
- 1/2 teaspoon salt
- 1/2 cup frozen cranberry-juice concentrate, thawed
- 1/4 cup honey
- 2 tablespoons extra-light olive oil
- 2 teaspoons vanilla extract
- 2/3 cup dried cranberries

INSTRUCTIONS:

1. Preheat oven to 250°F. In a large bowl, stir together oats, wheat germ, sunflower seeds, and salt.
2. In a small bowl, stir together cranberry-juice concentrate, honey, oil, and vanilla. Pour mixture over oats mixture and, with a fork, stir to coat.
3. Spoon onto jelly-roll pan, spreading mixture out to an even layer. Bake 1 hour or until oats are lightly browned and crisp, stirring several times as mixture cooks.
4. Remove from oven, cool to room temperature, and stir in dried cranberries. Pack in an airtight container to store. Makes about 6 1/2 cups.



NUTRITIONAL FACTS PER SERVING:

258 calories, 7.8g total fat, 1.1g saturated fat, 2.7g mono-unsaturated fat, 3.4g polyunsaturated fat, 5.4g dietary fiber, 9g protein, 40g carbohydrate, 0mg cholesterol, 92mg sodium.

A GOOD SOURCE OF:

Fiber, magnesium, quercetin, selenium, vitamin E and zinc.

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EGG-BACON SANDWICH

INGREDIENTS:

- Whole-wheat, high-fiber or lite English muffin
- 1/4 cup egg substitute (or 1 egg)
- 2 slices low-fat turkey or soy bacon
- 1 teaspoon lite margarine

INSTRUCTIONS:

1. Toast muffins. Lightly spread with margarine.
2. Microwave or cook egg substitute in no-stick cooking spray.
3. Cook soy bacon in hot skillet according to package directions.
4. Assemble sandwiches by placing the cooked egg and bacon in between muffin halves.
5. Eat and enjoy, or wrap in foil to keep warm on the go. Makes 1 serving.

NUTRITIONAL FACTS PER 1-SANDWICH:

256 calories, 21g protein, 31g carbohydrate, 5g dietary fiber, 7g total fat, 1g saturated fat, 812mg sodium.

A GOOD SOURCE OF:

Fiber, phosphorus, selenium, zinc, copper, folate

Make our Egg-Bacon Sandwich instead of getting an egg-sausage biscuit at the drive thru, and you'll add 5 grams dietary fiber and save: **347 calories, 39g total fat, 17g saturated fat, 284mg cholesterol and 298mg sodium.**

WEEK 4 RECIPES:

BUTTERNUT-BROWN RICE PILAF

INGREDIENTS:

- 1-1/2 cups peeled, diced butternut squash (about 1 small)
- 1 cup long-grain brown rice
- 1 can (14-1/2 ounces) chicken broth
- 1/4 cup water
- 3/4 teaspoon curry powder
- 1/4 pound green beans, cut into 1/4-inch pieces
- 2 tablespoons chopped fresh basil leaves

INSTRUCTIONS:

1. In a medium saucepan, combine squash, brown rice, broth, water, and curry powder, and bring to a boil over high heat. Reduce to low, cover, and simmer 25 minutes.
2. Add green beans, stir to combine, and cook over low heat five minutes or until rice is just tender. Stir in basil. Makes 4 servings.

NUTRITIONAL FACTS PER SERVING:

223 calories, 3.3g total fat, .8g saturated fat, 1.2g mono-unsaturated fat, 1g polyunsaturated fat, 5g dietary fiber, 5g protein, 44g carbohydrate, 2mg cholesterol, 460mg sodium.



A GOOD SOURCE OF:

Beta-carotene.

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By happy coincidence, butternut squash and brown rice take the same amount of time to cook. So this hearty, curried pilaf is a one-pot wonder.

FRIED BROWN RICE WITH VEGETABLES

INGREDIENTS:

- 1 tablespoon canola oil
- 1 cup egg substitute
- 2 cloves garlic
- 1 (10-ounce) bag mixed frozen vegetables, thawed
- 1 tablespoon reduced-sodium soy sauce
- 2 cups cooked brown rice or 1 pouch microwave-ready 90-second brown rice
- Black pepper, to taste

INSTRUCTIONS:

1. Heat oil over medium-high heat in a large nonstick skillet coated with no-stick cooking spray.
2. Add egg substitute and scramble to cook. Add remaining ingredients and stir-fry until heated through. Season with black pepper. Makes 4 servings.

NUTRITIONAL FACTS PER 1-SANDWICH:

240 calories, 7g total fat, 1g saturated fat, 5g dietary fiber, 12g protein, 33g carbohydrate, 1mg cholesterol, 295mg sodium.

A GOOD SOURCE OF:

Fiber, riboflavin, vitamin B6, folic acid, vitamin E and magnesium

WEEK 5 RECIPES:

CHILLED GRAPEFRUIT SALAD

INGREDIENTS:

- 2 large pink grapefruits, peeled and cut into small pieces
- 1 medium red onion, thinly sliced, separated into rings
- Thinly slivered zest of half an orange
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh lemon juice
- 1/4 cup olive oil
- 2 tablespoons orange juice
- Freshly ground black pepper, to taste

INSTRUCTIONS:

1. Place grapefruit in a non-metallic serving dish. Top with onion rings. Sprinkle with orange zest.
2. In a small bowl, mash garlic and salt together. Whisk in mustard and lemon juice. Very slowly whisk in oil.
3. Thin with orange juice. Pour dressing over salad and sprinkle with pepper. Chill until serving time. Makes 4 servings.

NUTRITIONAL FACTS PER SERVING:

178 calories, 14g total fat, 1.9g saturated fat, 10g mono-unsaturated fat, 1.2g polyunsaturated fat, 2.3g dietary fiber, 1g protein, 14g carbohydrate, 0mg cholesterol, 324mg sodium.



A GOOD SOURCE OF:

Lycopene, quercetin, vitamin C.

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A perfect complement to spicy Mexican dishes, this refreshing salad features three healthy citrus fruits—grapefruit, oranges, and lemons. You get segments of grapefruit, the phytochemical-rich zest of the orange, and the juice of the lemon—an exceptional source of vitamin C.

BLUE & BERRY SHAKE

INGREDIENTS:

- 2 cups plain or lite vanilla yogurt
- 1 cup non-fat milk or vanilla soymilk
- 1 cup blueberries, fresh or frozen
- 1 cup raspberries or strawberries, fresh or frozen
- Honey or sweetener, to taste

INSTRUCTIONS:

1. Place all ingredients in a blender and blend at high speed until smooth. Makes 4 servings.

NUTRITIONAL FACTS PER SERVING:

110 calories, 6g protein, 18g carbohydrates, fat trace, 2g dietary fiber.

A GOOD SOURCE OF:

Calcium, vitamin A, vitamin C, vitamin E, betacarotene, potassium, manganese, magnesium, anthocyanins

WEEK 6 RECIPES:

WASSAIL TEA

INGREDIENTS:

- 2 quarts low-calorie cranberry juice or other sugar-free fruit-flavored drink
- 8 fruit-flavored herbal tea bags (apple cinnamon, cran-raspberry, etc.)
- 2 quarts water
- 4 to 6 sticks cinnamon or mulling spice bags
- 1/2 cup sucralose sugar substitute, to taste

INSTRUCTIONS:

1. Mix all ingredients and simmer (very low heat) for 1 to 2 hours. Or mix ingredients in a crock pot and heat on low setting until hot. Serve warm. Leftover wassail may be stored in refrigerator and warmed in the microwave. Makes 16 cups.

NUTRITIONAL FACTS PER 1-CUP:

23 calories, 0g total fat, 0g protein, 6g carbohydrate.



What's Wassail? Wassail is a hot, spiced punch often associated with the holiday season. The old English phrase "waes haeil" means "be healthy," and our Wassail Tea fits the bill.

CRANBERRY COOLER

INGREDIENTS:

- 1 quart low-calorie cranberry juice
- 1 quart club soda or carbonated water
- 1/2 cup fresh lemon juice

INSTRUCTIONS:

1. Mix all ingredients. Serve over ice and garnish with lemon or lime. Makes 8 servings.

NUTRITIONAL FACTS PER 1-CUP:

23 calories, 0g total fat, 0g protein, 6g carbohydrate.

A GOOD SOURCE OF:

Magnesium, potassium, phosphorus, vitamin A, vitamin C, thiamine, riboflavin, and niacin and is rich in phytonutrients including flavonoids, which are beneficial antioxidants.

L.O.C. WATER

According to the *American Dietetic Association (ADA)*, the average adult loses about two and a half quarts or about 10 cups of water daily. The ADA recommends consuming at least 8 cups of water and other fluids daily, more with regular exercise. The *Institute of Medicine of the National Academies of Science (2004)* recommends 13 cups of total water/fluids daily for adult males and 9 cups daily for adult females.

INGREDIENTS:

- 1 lemon, 1 orange, 1 cucumber and 2 quarts of water

INSTRUCTIONS:

1. Scrub and wash produce well. Thinly slice the lemon, orange and cucumber. Place in a 2-quart pitcher and fill with water.
2. Refrigerate for 30 to 45 minutes, until desired flavor is achieved. Strain out fruit and cucumber. Drink the LOC water for a refreshing, calorie-free beverage.

NUTRITIONAL FACTS PER 1-CUP:

0 calories.

WEEK 7 RECIPE: MOM'S MEAT LOAF

INGREDIENTS:

- 2 slices white bread, crumbled
- 1/4 cup skim milk
- 3/4 pound extra-lean ground beef
- 1 cup grated carrots
- 1 stalk celery, finely chopped
- 1 medium onion, minced
- 2 cloves garlic, minced
- 1 can (6 ounces) no-salt-added tomato paste
- 1 egg white, slightly beaten
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

INSTRUCTIONS:

1. Preheat oven to 400°F. Line 8½ x 4½ inch loaf pan with foil.
2. In large bowl, combine bread and milk. Add beef, carrots, celery, onion, garlic, tomato paste, egg white, thyme, salt, and pepper. Mix until well combined.
3. Transfer to prepared pan and bake 25 minutes, or until cooked through. Serve hot, warm, or chilled.

NUTRITIONAL FACTS PER SERVING:

256 calories, 8.7g total fat, 3.3g saturated fat, 3.5g mono-unsaturated fat, 0.5g polyunsaturated fat, 4g dietary fiber, 22g protein, 23g carbohydrate, 31mg cholesterol, 513mg sodium.



A GOOD SOURCE OF:

Beta-carotene, niacin, potassium, riboflavin, vitamin B6, vitamin B12, zinc.

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No offense to mom, but our version of meat loaf is better for you. Extra-lean beef improves the fat and cholesterol levels, but a healthy amount of chopped vegetables (carrots, celery, and onion) and lycopene-rich tomato paste bring bonus nutrients to this family dish.

FEED THE RIGHT HUNGER



- Be aware of physical hunger, no hunger and fullness.
- Identify feelings that trigger emotional eating.
- Acknowledge your food-mood connections.
- Express feelings to a supportive listener.
- Be accepting of yourself and your behaviors.
- Eat in a relaxed, inviting atmosphere.
- Take pleasure in eating.
- Nurture yourself in non-food ways.

WEEK 8 RECIPES: MEALS IN A MINUTE

SOY VEGGIE BURGERS

Cook a soy veggie burger in the microwave according to package directions. Top with reduced-fat cheese, and place on a whole-grain bun with a generous amount of lettuce, tomato and favorite condiments. Complete the meal with a salad and fresh fruit.

COTTAGE CHEESE PLATE

Portion 3/4 cup low-fat or non-fat cottage cheese on a plate. Top with sliced fresh fruit or unsweetened canned fruit. Complete the meal with a whole-wheat dinner roll or low-fat muffin.

PIZZA BAGEL

Top a whole-wheat bagel with prepared pizza sauce, shredded low-fat mozzarella cheese and favorite toppings. Microwave or broil until cheese melts. Complete meal with carrot sticks, fresh fruit and a glass of fat-free or 1% milk.



BLACK BEAN ENCHILADA

Place 1/2 cup black beans, 1/4 cup cooked brown rice and 2 tablespoons shredded low-fat cheddar cheese on a whole-wheat flour tortilla. Fold in half and roll up. Place on a plate; top with salsa and 2 more tablespoons shredded low-fat cheddar cheese. Microwave on HIGH for 1-1/2 minutes or until cheese melts. Serve with a generous amount of shredded lettuce and chopped tomatoes. Complete the meal with fresh fruit and sliced tomatoes.



HAM AND CHEESE PITA

Place 3 ounces lean ham on a whole-wheat pita. Spread with a thin layer of mustard. Top with 1/4 cup shredded low-fat sharp cheddar cheese. Broil or microwave until cheese melts. Complete the meal with ready-to-serve salad with low-fat dressing and fresh fruit.

BEEF TORTILLA PIZZA

Brown and cook 3 ounces extra lean ground round with 1 small chopped onion. Season with dried oregano and salt. Spoon onto a whole-wheat tortilla. Top with chopped tomato, 1/4 cup shredded low-fat mozzarella cheese and 1 tablespoon grated Parmesan cheese. Bake at 400° F for 12 minutes. Complete the meal with ready-to-serve salad and fresh fruit.

VEGETABLE SUB

Chop up favorite vegetables, such as peppers, onions, mushrooms, tomatoes, hot peppers, artichokes and a few black olives. Spread vegetables over an open-faced whole-wheat roll. Sprinkle lightly with olive oil or low-fat Italian dressing, and top with 2 slices low-fat cheese. Place under the broiler or in microwave until cheese melts. Add a generous amount of lettuce. Complete the meal with fresh fruit and fat-free milk.

Remember: Fuel up with quality, not quantity!