

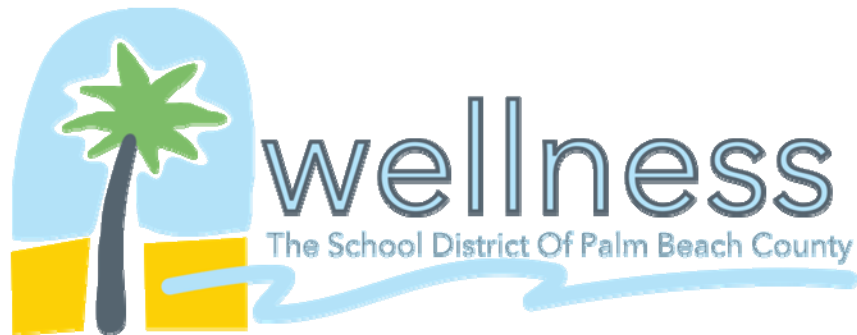
Employee Wellness

"2nd Annual"

Healthy *Living* Cookbook



2012-2013



Healthy Recipe Cookbook

Thank you to everyone that provided Recipes for our “2nd Annual” Employee Wellness Healthy Recipe Cookbook!

We asked for recipes straight from your kitchens, that are delicious and good for you. The Healthy Recipe Cookbook was open to all School District employees, and was designed to encourage healthier food choices. Participants submitted revamped or original “from scratch” healthy recipes in a variety of categories and meal times.

Please enjoy all the recipes for *HealthyLiving!*



<http://www.palmbeachschools.org/riskmgmt/Wellness2/>

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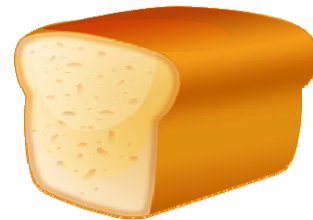
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Healthy Banana Bread

By Claudia Robbins & Leadership Students/
Boca Raton High School

Ingredients: Makes 10-12 slices

2 Cups spelt flour (or white, arrowhead mills gf, etc)
1 teaspoon baking soda
1/2 teaspoon Cinnamon
3/4 teaspoon baking powder
3/4 teaspoon salt
1/3 cup of milk (or oil)
1 1/2 teaspoon pure Vanilla extract
1/2 cup agave or maple syrup
1 1/2 tablespoon lemon juice
1 stevia packet (or 1 tablespoon of more agave or other sweetener)
1 2/3 cup tightly packed mashed banana (measured after mashing)
1/3 cup berries of choice, or more banana



Instructions:

- >Preheat oven to 350 degrees F.
- >Combine dry ingredients and mix well.
- >In a separate bowl, combine wet ingredients and mix into dry. (Mix by hand and don't over mix).
- >Pour into a greased loaf pan and cook for 35-50 Minutes, depending on how gooey you want it.
- >(Tip: If the top is cooked but the inside is still gooey, put tin foil over the top and continue to cook.)
- > After removing from the oven, let cool for ten minutes before slicing. After the first day, this bread is best stored in the fridge, or cut into slices and freeze for later.



Nutritional Information:

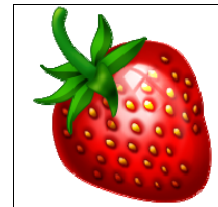
130 Calories
0 grams of fat
0 mg cholesterol
Fiber (depends on the flour you use)

Strawberry Banana Yogurt Parfait

By Ellen Smith & Wellness Student Council /
Gove Elementary School

Ingredients: 8 Servings (1 parfait-1 cup)

4 cups light (no-sugar added) fat-free vanilla yogurt
2 large bananas (about 2 cups) sliced
2 cups fresh strawberries, sliced (or use thawed frozen fruit)
2 cups graham crackers, crumbled or any granola
1/2 cup fat-free whipped topping (optional)



Instructions:

- > Spoon 1 tablespoon of yogurt into the bottom of each 8-ounce wine or parfait glass.
- > Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, and 1/4 cup graham crackers.
- > Repeat the yogurt, banana, strawberry and graham cracker layers.
- > Top with a rounded tablespoon of fat-free whipped topping, if desired.
- > Serve the parfait immediately or cover each glass with plastic wrap and chill for up to 2 hours before serving.



Nutritional Information:

179 Calories
Carbohydrates - 36 g
Cholesterol - 3 mg
Fat - 2g
Sodium - 190 mg
Fiber - 2 g
Potassium- 438 mg
Protein - 6 g

Brown Rice & Corn Salad

By Ann Skakandy / North Transportation Facility

Ingredient: 4 Servings

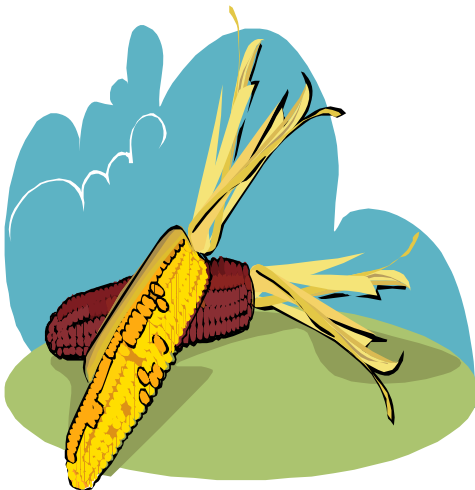
1 cup brown rice
1 (7 ounce) Can whole kernel corn (drained)
1 cup coarsely chopped green pepper
1 small cucumber (chopped)
1/3 cup chopped red onion
1/3 cup vegetable oil
2 tablespoon vinegar
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon sugar
1 tomato (coarsely chopped)
(Beans can also be added)



Instructions:

> Cook rice according to package directions. Transfer to bowl. Cover and chill.

> Add corn, green pepper, cucumber, add onions to rice; mix well.



Protein 9.9 g

Nutritional Information:

155 calories
Carbohydrate - 26 g
Fat - 5g
Sugar - 1 g
Cholesterol - 0 mg
Sodium - 2 mg
Fiber - 1.4

Baby Carrots

By Ann Skakandy / North Transportation Facility

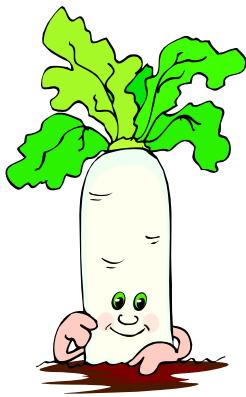
Ingredients: 4 Servings

1 pound baby Carrots
1/4 cup orange juice
3 tablespoon brown sugar
2 tablespoon butter
1 teaspoon cornstarch
Pinch of salt
Pinch of cinnamon



Instructions:

- > Place carrots in a shallow saucepan and cover with water. Boil until tender.
- > Drain and return carrots to pan.
- > Pour orange juice over carrots and mix well.
- > Simmer over medium heat for about 5 minutes.
- > Stir in brown sugar, butter, and salt. Heat until butter and sugar melt.



Nutritional Information

136 Calories
Carbohydrates - 20.8 g
Cholesterol- 15 mg
Fat - 5.9 g
Sodium - 228 mg
Fiber- 3.3 g
Protein - 0.9 g

**Resolve to eat more
vegetables this year!**

Easy Turkey Chili

By David Mick/ ERP Systems

Ingredients: 12 Servings

1 teaspoon canola oil
2.5 pounds ground turkey
1 chopped onion
2- 15 ounce cans low sodium chicken broth
2- 28 ounce cans Crushed tomatoes
2-15 ounce cans low sodium black beans, rinsed and drained
2-15 ounce cans low sodium kidney beans, rinsed and drained
2-16 ounce cans refried beans
3 tablespoon minced garlic
4 tablespoon Chili powder
2 teaspoon paprika
2 teaspoon dried oregano
1 teaspoon ground cumin
Black pepper to taste
2 tablespoons shredded cheddar cheese (optional)



Instructions:

- >Heat canola oil in a large pot over medium-high heat and stir in ground turkey.
- >Cook and stir until turkey is crumbly evenly browned and no longer pink.
- >Drain and discard all excess liquid.
- >Stir in onion; Cook and stir until the onion is tender, about 5 minutes.
- >Add all remaining ingredients (except optional cheese).
- >Bring to a boil, then reduce heat to low.
- >Cover and simmer for 30 minutes.
- >Sprinkle each bowl with 2 tablespoons of cheddar cheese, if desired.



Nutritional information:

299 Calories	Fiber- 11.2 g
Fat: 9.4 g	Protein - 25.2 g
cholesterol - 65 mg	Carbohydrates - 31.2 g
Sodium - 580 mg	

Mini Lasagna Cupcakes

Melanie Haney / Orchard View Elementary

Ingredients: 6 Servings (2 mini cupcakes each)

2- Jennie O –sweet Italian lean turkey sausage links
24 wonton wrappers (found in cold produce section)
1/4 cup grated parmesan cheese
1 1/4 cups fat free shredded mozzarella cheese
1 cup fat free ricotta cheese
1 cup pasta sauce (Hunts no salt added/mixed with Hunts Basil Garlic Oregano tomato sauce)

Instructions:

- >Preheat oven to 375 F. Spray muffin tin with nonstick cooking spray.
- >Remove casings from the sausages and brown the meat, then drain. Add pasta sauce to the meat.
- >Start layering your lasagna cupcakes. Begin with wonton wrapper and press it into the bottom of each muffin tin. Add the ricotta cheese, 1/2 tablespoon of sauce meat mixture, then sprinkle a little parmesan cheese and mozzarella cheese in each cupcake. Repeat layer (wonton, ricotta, parmesan, and mozzarella).
- >Bake for 20 minutes, or until edges are brown.
- >Remove from oven and let cool for 5 minutes. To remove, use a knife to loosen the edges, then pop each one out.



Nutrition Information:

273 Calories
Carbohydrates - 13 g
Cholesterol - 28 mg
Fat - 4 g
Sodium - 452 mg
Protein - 12 g
Fiber 1 g

Inspired by: www.tablespoon.com/recipes/lasagna-cupcakes-recipes/1/

Green Bean Casserole

By Karen Adducci / Purchasing Department

Ingredients: 6 Servings

1 1/2 pounds fresh green beans, trimmed
2 tablespoon butter
1/4 cup all purpose flour
1 1/2 cups 2% reduced fat milk
1/2 cup nonfat buttermilk
1 tablespoon ranch dressing mix
2 teaspoon thyme
1/4 teaspoon salt
1/4 teaspoon pepper
1 teaspoon butter

1 teaspoon butter
1-8 ounce package sliced mushrooms
Vegetable cooking spray
1 cup French fried onions, crushed
1/2 cup panko (Japanese breadcrumbs)
2 plum tomatoes, seeded and chopped



Instructions:

>Preheat oven to 350 degrees. Cook green beans in boiling salted water to cover in a Dutch oven 4 to 6 minutes or to desired degree of doneness; drain. Plunge into ice water to stop the cooking process; drain and pat dry.

>Melt 2 tablespoons butter in Dutch oven over medium heat; whisk in flour until smooth. Cook whisking constantly, 1 minute. Gradually whisk in 1 1/2 cups milk; cook, whisking constantly 3 to 4 minutes or until sauce is thickened and bubbly. Remove from heat, and whisk in buttermilk and next 4 ingredients.

>Melt 1 teaspoon butter in a medium skillet over medium-high heat; add mushrooms and sauté 6 to 8 minutes or until lightly browned. Remove from heat: let stand 5 minutes.

Gently toss mushrooms and green beans in buttermilk sauce. Place in a 13 x 9 inch pan or 3 quart baking dish coated with cooking spray.

>Combine French fried onions and next 2 ingredients; sprinkle over green bean mixture.

>Bake at 350 degrees for 25 to 30 minutes or until golden brown and bubbly. Serve immediately.

Nutritional Information: [Source: Southern Living](#)



168 Calories

Carbohydrates - 18.5 g

Cholesterol - 15 mg

Fat - 8.4 g

Fiber - 3.9 g

Sodium - 296 mg

Protein - 5.7 g

La Bamba Casserole

By Karen Adducci / Purchasing Department

Ingredients: 6 Servings

1- 5.25 ounce can whole green chilies (drained)
Cooking spray
1 pound ground turkey breast
1 cup chopped onion
2 teaspoons chili powder
1/2 teaspoon ground cumin
1/4 teaspoon salt
2 garlic cloves (minced)
1-10 ounce can diced tomatoes and green chilies (undrained)
2 cups frozen whole-kernel corn (thawed)
1 - 16-ounce can fat-free refried beans
1 1/2 cup (6 ounces) shredded cheddar cheese
1 cup chopped tomato
1/2 cup chopped green onions

Instructions:

>Preheat oven to 375 degrees.
>cut chilies in half lengthwise. Arrange chilies in a single layer in an 8 inch square baking dish coated with cooking spray.
>Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add turkey, onion, chili powder, cumin, salt, and garlic; sauté 5 minutes stirring to crumble. Add diced tomatoes; cook 5 minutes or until liquid evaporates.
>Spoon turkey mixture over chiles. Top with corn. Carefully spread beans over corn. Sprinkle cheese over beans. Bake at 375 degrees for 30 minutes. Let stand 5 minutes then top with chopped tomato and green onions.



Nutrition Information:

344 Calories	
Carbohydrates - 30.7 g	Fiber - 7.4 g
Sodium - 902mg	Fat - 10.7 g
Cholesterol - 77 mg	Protein - 32.2 g

Source: Cooking Light

Stuffed Tomatoes

By Ingrid Kehlhofer / Santaluces High School

Ingredients:

Small round red tomatoes (just bigger than cherry tomatoes)

Your choice of:

Tuna Salad (Canned tuna, mayonnaise, choice of chopped vegetables)

Goat Cheese mixed with basil or chives

Guacamole (with a Cilantro leaf)

Instructions:

> Wash the tomatoes and cut off the top third.

> Scoop a small amount out of your choice, leave the rest.

> Place a dollop of tuna /or/ cheese on the tomato bottom.

> Cap (or not) with the top leaving the filling exposed.



Easy, quick and healthy appetizers for parties. They are bright and tasty as well as offering a nutritious serving of vitamins and protein.

Veggie Pasta Bake

By Debra Boutet / Purchasing Department

Ingredients: 6 servings

8 ounces dried whole wheat penne pasta (2 3/4 cups)	1 tablespoon olive oil
2 1/2 cups cauliflower florets (1/2 medium head)	2 medium carrots, sliced
1 medium onion, chopped	2 cloves garlic, minced
12 ounces kale, stems removed, leaves torn (12 cups)	1/2 cup frozen peas
1/2 cup frozen whole kernel corn	1 stalk of celery, chopped
2 tablespoons Parmesan cheese, finely shredded or grated	

Cheese Sauce

2 tablespoons "I Can't Believe It's Not Butter Light"
2 tablespoons all-purpose flour
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 cup fat free milk
4 ounces reduced fat cheddar cheese, shredded (1 cup)

Instructions:

>Preheat oven to 350 degrees. In a large Dutch oven cook pasta according to package directions: add cauliflower during the last 4 minutes of cooking.

Drain, rinse, set aside.

>In the same Dutch oven cook onion and garlic in hot olive oil over medium heat for 2 minutes. Add carrots and celery: cook just until carrots are tender.

Add kale: cook just until wilted. Stir in pasta mixture, peas and corn.

>For cheese sauce, in a small saucepan melt butter: stir in flour, salt, and pepper. Add milk all at once: cook and stir until thickened and bubbly. Reduce heat; Add cheddar cheese. Cook and stir until melted. Stir sauce into pasta and vegetables. Transfer to a 3 quart casserole (sprayed with Pam). Bake, covered, for 35 minutes. Uncover, sprinkle with the Parmesan cheese. Bake 5 minutes more.



Nutritional Information:

365 Calories	Fiber- 4 mg
Carbohydrates - 47 g	Fat 10 g
Sugars - 7 g	Sodium - 355 mg
Protein - 15 g	

Source: Better Homes and Gardens

Tomato Basil Chicken

By Debra Boutet / Purchasing Department

Ingredients: 4 Servings

1 pound raw boneless skinless lean chicken breast tenders
1-15 ounce Can crushed tomatoes with basil
1 1/2 cups thinly sliced onions
2-3 cloves chopped garlic (optional)

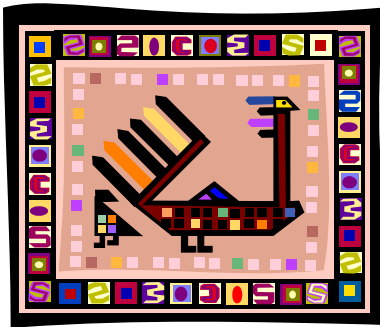
Instructions:

>Preheat oven to 350 degrees. Cook onions (and garlic if using) over medium-high heat in a pan sprayed with nonstick spray, just until they begin to brown (about 3-5 minutes).

>Pour half of the tomatoes into a medium baking pan. Lay chicken in the pan then top with onions. Pour the rest of the tomatoes evenly over the chicken and onions.

>Bake in the oven for about 30 minutes (until chicken is cooked through).

>Allow chicken to cool and sauce to thicken slightly before serving .



Nutritional Information:

175 Calories
Carbohydrates - 11 g
Fat - 1.5 g
Sodium - 251 mg
Fiber - 2 g
Sugars 6 g
Protein 28 g

Toss cold leftovers on top of lettuce for a salad or heat and serve over whole grain pasta or brown rice.

Spaghetti and Meatballs

By Kristen Mangan / Hammock Pointe Elementary

Ingredients: 4-6 Servings

Sauce:

- 1 jar of tomato sauce
- 2 Cans diced tomatoes
- 1 box whole wheat spaghetti

Turkey Meatballs:

- 1 lb extra lean turkey (Jeanie-O)
- 1/2 cup finely grated carrot
- 1/2 cup finely chopped onion
- 2 tablespoons chopped parsley, plus more for garnish
- 3 cloves grated garlic
- 1 egg
- 1/4 cup parmesan
- 2 slices of wheat bread, crusts removed. Pulse into crumbs in food processor.



Instructions:

- > Mix all of the meatball ingredients together. Form into meatballs about 2 tablespoons for each meatball.
- > In a large sauce pot, pour the tomato sauce and both cans of diced tomatoes. Bring to a simmer.
- > Gently drop the meatballs into the sauce, not on top of each other.
- > Simmer for about 35 minutes until meatballs are no longer pink in the center.
- > You can simmer for longer if you want- sometime I will let them simmer for over an hour.
- > Cook pasta according to directions about 10 minutes before meatballs are done.
- > Serve over pasta, add Chopped parsley for garnish.



Inspired by: Ellie Kneger

Taco Pizza

By Pam Ambrose / School Police Department

Ingredients: 4 Servings

Dough:

3 cups all purpose flour
3/4 cup warm water not above 120 degrees
1 package of yeast
1 tablespoon olive oil
1 teaspoon sugar
1/2 teaspoon salt

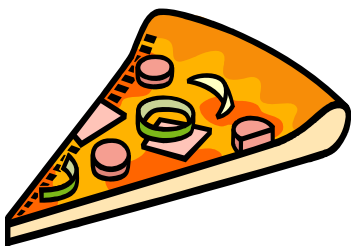
Toppings:

1 can vegetarian refried beans
16 ounce jar salsa
1/4 cup jalapenos sliced from jar or fresh
1 1/2 cups low fat cheddar cheese
Shredded lettuce
Diced tomatoes
Low fat sour cream
16 ounce pitted black olives, sliced



Instructions:

- > Dissolve yeast, water, and sugar. After 5 minutes add oil, salt, and flour. Mix together and knead for a few minutes on a floured surface. Let dough rise in an oiled bowl for at least an hour in a warm place covered with a towel. Spread out on an oiled pizza pan or cookie sheet.
- > Combine refried beans, 1/2 jar of salsa and jalapenos. Spread on pizza crust top with cheese and black olives.
- > Bake at 450 degrees for 15 or 20 minutes or until crisp.
- > Serve with lettuce, chopped tomatoes, sour cream, and salsa.



Nutritional Information:

204 Calories	Protein - 11 g
Carbohydrate - 17.3 g	Fiber - 3.6 g
Cholesterol - 29.7 mg	Sodium - 68.2 g
Fat - 10 g	

Sea Salt Oatmeal Cookies

By Ann Skakandy / North Transportation Facility

Ingredients: 24 Servings

8 tablespoons butter @ room temperature (1 1/2 sticks)
1 cup light brown sugar
1/2 cup sugar
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon Cinnamon
2 eggs
1 teaspoon Vanilla extract
1 1/2 cups flour
2 cups rolled oats



Instructions:

- > Mix all ingredients except oats.
- > Mix in oats, cover bowl with plastic wrap and chill dough for at least one hour.
- > Form into golf ball size balls. Sprinkle with sugar and tiny bit of kosher salt.
- > Bake for 11 to 15 minutes @ 375 degrees on parchment paper.
- > Transfer to wire rack to cool.



Nutritional Information:

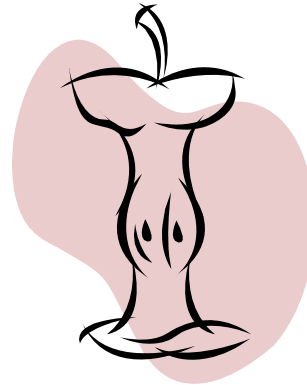
218 Calories	Fat - 8.8 g
Carbohydrate - 3.2 g	Fiber - 1.4 g
Cholesterol - 38 mg	
Sodium - 213 g	
Protein - 3 g	

Healthy Apple Dip

By Claudia Robbins & Leadership Students/
Boca Raton High School

Ingredients: 2 Servings (Tablespoons)

1 cup non-fat Greek yogurt
1/2 cup applesauce
1 tablespoon honey
1/8 teaspoon vanilla extract
1/8 teaspoon cinnamon



Instructions:

- > Combine all of the above ingredients in a small bowl.
- > Chill and serve.



Nutritional Information:

35 Calories
Carbohydrates- 6 mg
Fat - 0 g
Sugar - 5 g
Sodium - 10 mg
Protein - 3 g

Remember :
“An apple a day - Keeps the doctor
away!”

Frozen Margarita Pie

By Ann Skakandy / North Transportation Facility

Ingredients: 8 Servings

Crust:

8 ounces whole grain pretzel sticks
1/4 cup unsalted butter melted
1/2 cup agave syrup

Filling:

12 ounce can evaporated skim milk
1 teaspoon arrow-root powder
1/3 cup agave syrup
zest of 1 lime
6 teaspoons lime juice
2 tablespoons orange juice (1 orange)
2 tablespoon tequila
1 tablespoon orange liqueur (such as triple sec)
1/2 teaspoon vanilla extract
1 cup heavy cream

whipped topping:

2 cups heavy cream
5 tablespoons agave syrup
1 tablespoon vanilla extract
Pinch of salt
Lime slices to garnish



Instructions:

>Preheat oven to 350 degrees F. Use cooking spray to lightly coat a 9 inch or a 12 inch tart pan.

>To prepare crust: Use a food processor to finely grind the pretzels. Add the butter and agave syrup then pulse to combine. Transfer to the prepared pan and press evenly along bottom and up the sides. Bake 5 to 7 minutes until edges are golden. Set aside to cool.

>To make filling: Fill a large bowl with ice and cold water. Mix together 2 tablespoons of the evaporated skim milk & arrow root. Set Aside.

>In a small saucepan over medium heat combine the remaining evaporated milk and the agave syrup until mixture comes to a simmer. Whisk in the arrowroot mixture. Stirring constantly, let the mixture thicken slightly. Remove the pan from heat and place it in the bowl of ice. Whisk the mixture often until cooled. Pour the cooled filling into a large bowl. Whisk in the lime zest, lime juice, orange juice, tequila, orange liqueur & vanilla extract. Refrigerate for 30 minutes or until semi-firm. Use an electric mixture to beat the cream to soft peaks & fold the whipped cream into the cooled lime mixture. Spoon filling into pie crust and freeze until firm (about 4 Hours).

>To make the topping: In a medium bowl, combine the heavy cream, agave syrup, vanilla and salt. Use a mixer to beat until stiff peaks form, 2-3 minutes. Let pie defrost for 10 minutes before serving. Top with whipped topping and lime slices. **Source: Baking with Agave Nectar**

THANK YOU!



>Thank you to everyone that submitted a recipe!

>Thank you to all Wellness Champions for their support.

>Enjoy Healthy Eating!

