Eat Right with Healthy Bites

Make a Small Change Challenge Cookbook

Featuring recipes from Vanderbilt Chefs & Registered Dietitians
# Table of Contents

## Chapter 1
### Bread
- Apricot Bread ................................................................. 1
- Cranberry Orange Nut Bread ......................................... 2

## Chapter 2
### Appetizer
- 7-layer Dip ........................................................................ 3
- Phyllo Sausage Cups ......................................................... 5

## Chapter 3
### Salads/Sides
- Italian Vinaigrette .......................................................... 6
- Onion Dijon Vinaigrette ..................................................... 7
- Crunchy Broccoli Extraordinaire ....................................... 8
- Oven-baked Mexi-fries ..................................................... 9

## Chapter 4
### Main Dish
- Veggie and Bean Enchiladas ........................................... 10
- Spicy Black Beans with Chilies and Lime ....................... 12
- Red Lentil–Rice Cakes with Simple Tomato Salsa ........... 13
- Balsamic Grilled Chicken ............................................... 15
- Asian Noodle Salad ......................................................... 16
- Roasted Red Pepper Pasta ............................................... 17
- Quick Chicken Tikka Masala ............................................ 18
- Ginger Chicken and Broccoli Stir-fry ................................ 20
- Bean and Rice Stuffed Peppers ....................................... 21
- Camp's Fish Tacos ........................................................... 22
- Pico De Gallo .................................................................... 23
- Vegetarian Chili 2013 ....................................................... 24
- Rice & Bean Casserole with Guacamole ......................... 26
- Caprese Pasta Salad Cup ............................................... 27
- Vegetable Couscous with Saffron and Harissa ................ 28
- Baked Enchilada Casserole ............................................. 30

## Index
......................................................................................... 31
Chapter 1

Bread

APRICOT BREAD

1 loaf
Source: Marilyn Holmes, MS, RD, LDN, Vanderbilt Recreation and Wellness Center

Ingredients

- 2 cups whole wheat flour
- 2 cups packed light brown sugar
- 2 teaspoons baking soda
- ¼ teaspoon cinnamon
- 2 lbs. fresh apricots, peeled and pitted or 2 cans (16 ounce each) apricots, drained
- 2 eggs, slightly beaten or egg substitute equivalent
- ¼ cup canola oil
- 2 teaspoons vanilla extract
- All-purpose flour

Method

1. Preheat oven to 350 degrees.
2. In a medium mixing bowl combine whole wheat flour, brown sugar, baking soda and cinnamon; mix lightly.
3. In a blender container puree apricots.
4. In a small bowl combine apricot puree, eggs, oil, and vanilla; mix well. Add to dry ingredients, mixing just until blended; do not over mix.
5. Spray a 5 X 9 inch loaf pan with vegetable cooking spray. Dust with all-purpose flour.
6. Pour batter into the prepared pan.
7. Bake for 55 minutes.
8. Cool in pan for several minutes.
9. Remove from pan.
CRANBERRY ORANGE NUT BREAD

HINT: Sometimes I will toast a slice of bread for breakfast. It is quite good warm out of the toaster.

1 large loaf of bread or 3 mini loaves
Source: From Elizabeth Robinson, MEd, RD, LDN Dietetic Internship Program at Vanderbilt. Recipe adapted from Elizabeth’s mom

Ingredients
2 cups all-purpose flour
1 cup sugar
1 teaspoon salt
½ teaspoon baking soda
¾ cup fresh squeezed orange juice (could use from concentrate if desired)
1 egg, well beaten
2 tablespoons butter
grated orange peel from 1 orange
1 cup fresh cranberries, coarsely chopped
½ cup pecans, chopped and toasted

Method

1. Preheat oven to 350 degrees.
2. Add orange juice, egg, butter and grated orange peel to dry ingredients; mix well. Stir in cranberries and nuts.
3. Spray the bottom of a 9” x 5” bread pan and then put batter into the pan.
4. Bake 55–60 minutes, until a toothpick inserted in center of the bread comes out clean. Cool thoroughly before serving.
5. After it has cooled, wrap in plastic wrap and foil, then store in the refrigerator or freeze.
Chapter 2
Appetizer

7-LAYER DIP

This flavorful dip is full of things that are good (or at least not bad!) for you—hummus, light cream cheese, cucumbers, tomatoes, chopped Kalamata olives, green onions, feta cheese, and a sprinkling of parsley. Plus, you can either scoop it up with whole-wheat pita chips or even vegetables. It's a great variation of the classic Mexican 7-layer Dip minus the sour cream and cheddar cheese.

10 servings
Source: From Liz Smith, RD, LDN, Clinical Nutrition

Ingredients

1 (8 ounce) package low fat cream cheese, softened
1 teaspoon dill weed or Greek seasoning (salt free)
3 cloves garlic, minced or pressed
2 teaspoons lemon juice
1 ½ cups hummus
1 cup cucumbers, seeded and diced
1 cup tomatoes, seeded and diced
½ cup Kalamata olives, chopped
½ cup green onions, chopped (about 3 onions)
½ cup crumbled low fat feta cheese
⅛-¼ cup fresh parsley, minced

Method

1. With an electric mixer, combine the cream cheese, seasoning, garlic, and lemon juice until light and fluffy.
2. Spread mixture in the bottom of a pie plate or a small, shallow baking dish.
3. Spread a layer of hummus.
4. In order, create layers by sprinkling the cucumbers, tomatoes, olives, onions, feta cheese, and parsley.
5. Cover with plastic wrap and chill for at least 2 hours.
6. Serve with pita chips, fresh vegetables, and/or flatbread.
PHYLLO SAUSAGE CUPS

Note: You may prepare the cups in advance and store in the refrigerator until time to heat.

30 plus mini cups.
Source: From Elizabeth Robinson, MEd, RD, LDN Dietetic Internship Program at Vanderbilt. Recipe adapted from Elizabeth’s mom

Ingredients

1 pound turkey sausage
8–12 ounces fat free cream cheese, softened
½ bunch scallions (green onions), finely chopped
3 packages mini phyllo cups

Method

1. Brown sausage in a skillet, stirring until crumbly and fully cooked; drain well and blot with paper towels.
2. Combine sausage with the cream cheese and green onions (scallions) in a bowl and mix well.
3. Place phyllo cups on a cookie sheet or in a mini muffin tin.
4. Spoon sausage/cream cheese/scallion mixture into the phyllo cups and arrange on a baking sheet.
5. Bake at 350 degrees for 10–15 minutes or until heated through. Serve warm.
Chapter 3
Salads/Sides

ITALIAN VINAIGRETTE
approximately 6 ounces
Source: Chef George Moran

Ingredients
1/4 cup balsamic vinegar
10 tablespoons vegetable stock thickened
1 tablespoon onion, minced
2 teaspoons garlic, minced
1 teaspoon dried mustard
3 teaspoons fresh basil, chopped
1 tablespoon chives, chopped fine
1 tablespoon parsley, chopped
1/4 teaspoon kosher salt
1 teaspoon lemon juice
1 teaspoon sugar

Method
Wisk together all ingredients in bowl to use on salad.
ONION DIJON VINAIGRETTE

approximate 6 ounces
Source: Chef George Moran

Ingredients
⅜ cup balsamic vinegar
3 tablespoons Dijon mustard
3 tablespoons minced onion
1 tablespoon fresh thyme, minced
1 teaspoon Kosher salt
¼ cup thickened vegetable stock

Method

Whisk together all ingredients in bowl.
CRUNCHY BROCCOLI EXTRAORDINAIRE

Servings: --
Source: From Becky Gregory, MS, RD, LDN, CDE

Ingredients
1 head fresh broccoli, chopped
2–3 cloves garlic, minced
2 tablespoons olive oil
salt and pepper, to taste

Method

1. Preheat oven to 375ºF.
2. Put broccoli, garlic, 2 tablespoons olive oil, and a few shakes of salt and pepper in a Ziploc bag.
3. Shake it up.
4. Spread out on baking sheet, place on top rack, and bake for about 30 minutes.
5. Broccoli will be crunchy and delicious!
OVEN-BAKED MEXI-FRIES

4 servings
Source: Marilyn Holmes, MS, RD, LDN, Vanderbilt Recreation and Wellness Center

Ingredients
1 ½ pounds (approximately seven medium) baking potatoes, peeled and cut into thin strips
1 tablespoon canola or light olive oil
2 teaspoons chili powder
½ teaspoon salt (optional)
½ teaspoon dried oregano
¼ teaspoon garlic powder
¼ teaspoon ground cumin

Method
1. Preheat oven to 450 degrees Fahrenheit.
2. Combine all ingredients in a bowl; toss well. Arrange potatoes in a single layer on a baking sheet. Bake for 15 – 20 minutes, or until golden brown.
Chapter 4
Main Dish

VEGGIE AND BEAN ENCHILADAS

4 servings
Source: Jamie Pope, MS, RD, LDN, Instructor of Nutrition, Vanderbilt School of Nursing

Ingredients
1½ – 2 cups soy crumbles (Boca or Morningstar Farms brand) or 1 block firm tofu, drained and cut into 1/2 inch pieces
1 (15 ounce) can black or pinto beans, drained, rinsed and slightly mashed
½ onion, diced (about ½ cup)
1 medium green, red, yellow and/or orange pepper, chopped (about ½ – ¾ cup)
1 zucchini, grated (about ¾ cup)
2 carrots, grated (about ¾ cup)
1½ cups (approximately 12 ounces) enchilada sauce (canned or recipe following)
¾ cup water
10–12 whole wheat or whole grain flour tortillas
1½ cups (about 6 ounces) reduced fat or soy cheese, grated

Method

Veggie and bean enchiladas
1. Preheat oven to 350 degrees Fahrenheit.
2. In a medium pot, sauté onions, peppers, garlic, and other chopped vegetables of choice (carrots, zucchini, etc.) in 2 tablespoons olive or canola oil until lightly browned.
3. Add approximately 1 cup enchilada sauce.
4. Stir in soy crumbles (or cubed firm tofu) and black or pinto beans (slightly mashed) and heat for about 10 minutes.
5. Add 1 cup grated reduced fat sharp cheddar or Mexican blend cheese (or soy cheese) and stir.
6. Spoon 3–4 tablespoons mixtures into tortillas, roll, and place in a casserole dish to which about 1/3 cup of enchilada sauce has been distributed.
7. Once all tortillas are placed in casserole dish, pour and any remaining
sauce over top, particularly around edges. Top with another ½ cup of grated cheese, if desired.
8. Cover with foil and bake at 350 degrees for 20–30 minutes or until bubbly. Remove foil and serve.
SPICY BLACK BEANS WITH CHILIES AND LIME

Servings: --
Source: Chef Gary Rawson

Ingredients

1 ½ cups dried black beans, sorted and soaked overnight
salt and pepper
½ medium-sized carrot, diced
½ celery rib, diced
1 ½ teaspoons lime zest, minced
3 tablespoons fresh lime juice
2 tablespoons champagne vinegar
1 garlic clove, finely chopped
3 pinches of cayenne pepper
¼ cup light olive oil
1– 2 jalapeno chilies, seeded and diced
2 tablespoons chopped cilantro
1 tablespoon chopped fresh mint

Method

1. Drain and rinse the beans and place them in a large saucepan. Cover generously with cold water and bring to a boil. Reduce the heat and cook at a gentle boil for 20 to 25 minutes, until the beans are tender and still hold their shape. Taste the beans to be sure they are cooked before draining them.

2. While the beans are cooking, bring a small pot of water to a boil with ½ teaspoon salt. Drop the carrot into the water and cook for 1 minute, adding the celery for the last 30 seconds. Drain immediately and rinse under cold water. Make the dressing by combining the lime zest and juice, vinegar, garlic, cayenne, 1 teaspoon salt, and ¼ teaspoon black pepper. Gradually whisk in the oil. When the beans are tender, drain and toss immediately with the dressing and the jalapenos. If the chilies are very hot, add half the amount to the salad, then add more to taste; the salad should be spicy. Marinate for 30 seconds. Season to taste with salt and pepper; then add the cilantro and mint before serving.
RED LENTIL-RICE CAKES WITH SIMPLE TOMATO SALSA

4 servings

**Source:** From Executive Chef Bill Claypool

**Ingredients**

---Tomato Salsa---
3 cups plum tomato (about 6 tomatoes), finely chopped
¼ cup chopped fresh basil
1 tablespoon balsamic vinegar
2 teaspoons capers
¼ teaspoon salt
5 cups water, divided

---Red Lentil Cakes---
1 cup dried small red lentils
½ cup uncooked basmati rice
2 tablespoons olive oil, divided
½ cup finely chopped red bell pepper
½ cup finely chopped red onion
½ teaspoon fennel seeds, crushed
2 cloves garlic, minced
¾ cup (3 ounces) shredded part-skim mozzarella cheese
¾ cup dry breadcrumbs
1 tablespoon chopped fresh basil
1 teaspoon salt
¼ teaspoon freshly ground black pepper
2 large egg whites, lightly beaten

**Method**

1. To prepare salsa, combine first 5 ingredients (plum tomato, basil, balsamic vinegar, capers, and salt); set aside at room temperature.
2. To prepare cakes, bring 4 cups water and lentils to a boil in a medium saucepan. Reduce heat, and simmer for 20 minutes or until tender. Drain and rinse with cold water; drain. Place lentils in a large bowl.
3. Combine remaining 1 cup water and rice in pan; bring to a boil. Cover, reduce heat, and simmer 18 minutes or until liquid is absorbed. Cool 10 minutes. Add rice to lentils.
4. Heat 1 teaspoon oil in a large nonstick skillet over medium–high heat. Add bell pepper, onion, fennel seeds, and garlic to pan; sauté 2 minutes or until tender. Cool 10 minutes. Add to rice mixture. Add mozzarella cheese and remaining ingredients, stirring until well combined. Let stand for 10 minutes.
5. Wipe skillet clean with paper towels. Heat 2 teaspoons olive oil in skillet
over medium heat. Spoon half of rice mixture by 1/3-cupfuls into pan, spreading to form 6 (3-inch) circles; cook 5 minutes or until lightly browned. Carefully turn cakes over; cook 5 minutes on other side. Remove cakes from pan. Repeat procedure with remaining 1 tablespoon olive oil and remaining rice mixture. Serve with salsa.
BALSAMIC GRILLED CHICKEN

1 servings
Source: From Chef George Moran: adapted from Sodexo

Ingredients
1 boneless skinless chicken breast
1 tablespoon balsamic vinegar
⅛ tablespoon honey
to taste garlic, chopped
dash black pepper
dash salt

Method

1. Combine all ingredients in a bowl, except for chicken.
2. Pour marinade over chicken and refrigerate for at least 1 hour to marinate.
3. Grill chicken to minimum internal temperature of 165°F.
4. Cool in refrigerator to internal temperature of 40°F.
ASIAN NOODLE SALAD

Adapted from Jamie Oliver (and me from a nutrition standpoint), this salad is a triumph, a total winner, and an explosion of color, flavor, and texture. The beauty of this salad is you can just wing it, adjusting the ingredients of the salad or dressing as you like. You can also add grilled chicken or pork tenderloin for added protein, making this delicious salad into a meal. This salad is full of healthy fats, vegetables, vitamins & minerals!

HINT: Dressing keeps for up to three days before serving, without cilantro.

10 servings
Source: From Liz Smith, RD, LDN—Clinical Nutrition Recipe adapted from The Pioneer Woman

Ingredients

1 package linguine noodles, cooked, rinsed, and cooled
½ head napa cabbage, sliced
½ head purple cabbage, sliced
½ bag baby spinach
1 red bell pepper, sliced thin
1 yellow bell pepper, sliced thin
1 orange bell pepper, sliced thin
1 bag bean sprouts (also called mung bean sprouts)
1 bunch cilantro, chopped (or less to taste)
3 whole scallions, sliced
3 whole cucumbers peeled and sliced
½ can (about 5 oz.) whole cashews, lightly toasted in skillet

Method

For the dressing:
1 whole lime, juiced
8 tablespoons olive oil
5 tablespoons light soy sauce
2 tablespoons sesame oil
1/3 cup brown sugar
3 tablespoons fresh ginger, chopped
2 cloves garlic, chopped
2 whole hot peppers or jalapenos, chopped
cilantro, chopped

ROASTED RED PEPPER PASTA

HINT: You can substitute fresh basil for the parsley. You can also mix in chopped, lightly cooked fresh vegetables (zucchini, yellow squash, cherry tomatoes, and mushrooms). For a different twist, sprinkle freshly grated parmesan on top instead of the feta.

6 servings
Source: From Elizabeth Robinson, MEd, RD, LDN Dietetic Internship Program at Vanderbilt. Recipe from Ellie Krieger.

Ingredients
2 tablespoons extra virgin olive oil
1 small onion, chopped
2–3 cloves garlic, peeled & chopped
1 (16 ounce) jar roasted red peppers
½ cup low sodium chicken or vegetable stock
1 cup low fat or fat free feta cheese
1 lb. whole wheat fettuccine
salt and pepper to taste
2 tablespoons fresh parsley, chopped

Method

1. Heat oil in a skillet and sauté onion and garlic for about 10 minutes. Add roasted red peppers & sauté. Remove from heat and let cool.
2. When cool, place in the bowl of your food processor (or blender) along with the stock and all but 2 tablespoons of the feta cheese. Blend well.
3. Cook pasta and drain reserving 1/2 cup of the pasta water. Toss with the red pepper sauce, adding pasta water by the tablespoon, if needed to achieve desired consistency.
4. Sprinkle with salt and pepper, if desired.
5. Place in serving bowl and sprinkle parsley and remaining feta cheese on top.
QUICK CHICKEN TIKKA MASALA

4 servings
Source: From Executive Chef Bill Claypool

Ingredients
4 teaspoons garam masala
½ teaspoon salt
¼ teaspoon turmeric
½ cup all-purpose flour
1 lb. chicken tenders
4 teaspoons canola oil, divided
6 cloves garlic, minced
1 large sweet onion, diced
4 teaspoons fresh ginger, minced
1 (28 ounce) can plum tomatoes, undrained
½ cup whipping cream
½ cup fresh cilantro, chopped (for garnish)

Method
1. Stir together garam masala, salt and turmeric in a small dish.
2. Place flour in a shallow dish.
3. Sprinkle chicken with 1/2 teaspoons of the spice mixture and dredge in the flour. (Reserve the remaining spice mix and 1 tablespoon of the remaining flour.)
5. Sprinkle chicken with 1/2 teaspoon of the spice mixture and dredge in the flour. (Reserve the remaining spice mix and 1 tablespoon of the remaining flour.)
7. Cook the chicken until browned, 1 to 2 minutes per side. Transfer to a plate.
8. Heat the remaining 2 teaspoons oil in the pan over medium–low heat. Add garlic, onion and ginger and cook, stirring often, until starting to brown, 5 to 7 minutes.
9. Add the reserved spice mix and cook, stirring, until fragrant, 30 seconds to 1 minute.
10. Sprinkle with the reserved 1 tablespoon flour and stir until coated.
11. Add tomatoes and their juice. Bring to a simmer, stirring and breaking up the tomatoes with a wooden spoon.
12. Cook, stirring often, until thickened and the onion is tender, 3 to 5 minutes.
13. Stir in cream. Add the chicken and any accumulated juices to the pan. Bring to a simmer and cook over medium–low heat until the chicken is cooked through, 3 to 4 minutes. Garnish with cilantro.
GINGER CHICKEN AND BROCCOLI STIR-FRY

Servings: --
Source: From Gwendolyn (Fran) Blackman, MS, RD, CDE, Nutrition Clinic—Center for Women’s Health. Recipe from Fran's mother.

Ingredients
3 boneless, skinless chicken breasts, cut into strips
1-2 cups broccoli florets (broccoli tops)
1 cup red pepper, cut into strips
1 cup baby carrots, chopped
¼ cup green onion, sliced (optional)
1 teaspoon garlic powder
1-2 tablespoons extra-virgin olive oil
⅔ cup Miracle Whip salad dressing
½ teaspoon ginger
2 tablespoons low sodium soy sauce
¼ teaspoon crushed red pepper (optional)
4 cups brown rice
½ teaspoon ginger

Method

1. Mix together salad dressing, ginger, low-sodium soy sauce, crushed red pepper and garlic powder. Set aside.
3. Add broccoli, red pepper strips, carrots and green onion. Mix with chicken.
4. Cover and heat on medium until vegetables are tender (about 10-12 minutes).
5. Stir in salad dressing mixture.
6. Simmer on low for about 1 minute.
7. Serve over brown rice. Enjoy!
BEAN AND RICE STUFFED PEPPERS

6 servings
Source: From Lisa Lillie, MS-MPH, RD, Vanderbilt Nutrition Department, Oncology. Recipe from a vegetarian cookbook.

Ingredients
6 medium size red, yellow, or orange peppers
1 ½ cups cooked long grain rice
½ cup onion, chopped
1 (15 ounce) can red kidney beans, rinsed and drained
1 (14.5 ounce) can no salt added stewed tomatoes
1 (4 ounce) can chopped green chilies, drained
1 teaspoon chili powder
1 ½ cups (about 6 ounces) shredded reduced fat sharp cheddar cheese, divided into 1 cup and 1/2 cup

Method

1. Cut tops off peppers, and remove seeds. Cook tops and bottoms of peppers in boiling water for 5 minutes. Drain peppers; set aside.
2. Combine rice and next 5 ingredients in a medium bowl; stir in 1 cup cheese.
3. Spoon mixture evenly into peppers and replace pepper tops; place peppers in an 11 x 7 x 1.5 inch baking dish. Add hot water to dish to a depth of 1/2 inch.
4. Bake, uncovered, at 350 degrees for 25 minutes
5. Remove pepper tops and sprinkle stuffed peppers evenly with remaining 1/2 cup cheese. Replace tops and bake an additional 5 minutes or until cheese melts.
CAMP'S FISH TACOS

approximately 16 tacos

Source: Camp Howard, Director, Vanderbilt Campus Dining

Ingredients

2 lbs. mahi-mahi/grouper/tilapia
½ small onion, thinly sliced longwise
stems of 1 bunch cilantro
1 ½ limes, juiced
½ lime thinly sliced
1 tablespoon olive oil
½ teaspoon kosher salt
½ teaspoon cracked black pepper

---Sauce---
½ cup lite mayonnaise
½ cup fat free sour cream
¼ cup onion, minced
2 tablespoons minced cilantro
1 teaspoon (or more) of thick hot sauce (hot cayenne pepper sauce)... not tabasco
2 tablespoons lime juice
Pinch of salt

---Toppings---
1 cup finely shredded cabbage
1 bunch sprigs of cilantro
pico de gallo
wedges of fresh lime
corn tortillas – warm

Method

1. Marinate fish in a mixture of onion, cilantro, lime, olive oil, kosher salt, and black pepper.
2. Grill fish on high heat on both sides until almost done cover and hold hot.
3. Mix all ingredients for sauce and keep chilled.
4. Take a warm tortilla and spread a little sauce down the center, flake – off a little fish with a fork, place over sauce, add cabbage, a squeeze of lime, and pico. Roll and eat!
5. This goes really well with jasmine rice.
PICO DE GALLO

Use to top Fish Tacos.

2 cups / 16 ounces

Source: Camp Howard, Director, Vanderbilt Campus Dining

Ingredients

2 medium tomatoes, diced
1 small red or yellow onion, small dice
½ fresh jalapeno pepper, fine minced
1 teaspoon granulated garlic
juice of 1 lime
½ bunch cilantro chopped
½ teaspoon olive oil
pinch kosher salt

Method

Combine Ingredients, Toss Well, Chill…
VEGETARIAN CHILI 2013

*Goes well with cornbread*

1 gallon (16 cups)

Source: Camp Howard, Director, Vanderbilt Campus Dining

**Ingredients**

- 4 tablespoons olive oil
- 1 cup small yellow onion, diced
- 1 tablespoon fresh garlic, minced
- 1 cup baby carrots, sliced, same size as squash
- 1 cup roasted then rough chopped cauliflower*
- 2 cups small yellow squash, diced
- 1 cup small zucchini, diced
- 1 tablespoon fresh garlic, minced
- 1 tablespoon good quality red chili powder
- 1 teaspoon chipotle pepper powder
- 1 teaspoon kosher salt
- 1–2 teaspoons fresh ground black pepper
- 1 teaspoon ground cumin
- 3 (15 ounce) cans vegetable broth
- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can black beans
- 1 (15 ounce) can pinto beans
- 1 fresh jalapeno, cut length

**Method**

1. In large (2 gallon) pot, sauté onion and garlic in 2 tablespoon olive oil. Sauté until tender.
2. Add remaining vegetables and 2 tablespoons olive oil, sauté over medium heat for 10 minutes.
3. Add dry spices and stir well. Cook and stir for 5 minutes over medium heat. Add remaining ingredients. Bring to boil and then simmer 1/2 hour. Remove jalapeno.
4. Serve with grated cheddar cheese, sour cream, chopped green onion, Frito Corn Chips and sliced jalapeno. Goes well with cornbread too!

Roasted Cauliflower:
1. Cut 2.5 cups of cauliflower florets off head. Toss in 2 tablespoons olive oil
to cover evenly, sprinkle with kosher salt and freshly ground black pepper.
2. Roast cauliflower at 450° for 10–15 minutes or until lightly browned.
3. Remove from oven and then rough chop.
4. After roasting, cauliflower should yield 1 cup.
RICE & BEAN CASSEROLE WITH GUACAMOLE

HINT: For added nutrients, consider sautéing 3 cups of spinach or kale in 2 tablespoons water in a skillet and add it to this recipe before it is cooked.

6 servings
Source: From Becky Gregory, MS, RD, LDN, CDE. Recipe from Yummly.com

Ingredients
1 cup brown rice, dry
3 cups vegetable or chicken broth
1 (8 ounce) can tomato sauce
1 (4 ounce) can diced green chilies
1 (14.5 ounce) can kidney beans, drained and rinsed
1.5 teaspoons cumin
1 teaspoon salt
¼ teaspoon garlic powder
2 avocados, very ripe
1 jalapeno, minced
1–2 limes
pinch cumin
pinch garlic salt

Method
1. Preheat oven to 350°F
2. In a 9” x 13” pan, combine the rice, broth, beans, tomato sauce, green chilies, cumin, chili powder, salt and garlic powder. Stir well.
3. Cover tightly with foil. Place in oven and bake for 90 minutes (no peeking!).
4. To make the guacamole topping, mash the avocados with the minced jalapenos, cumin, garlic salt and lime juice. Season with additional pinch of cumin and garlic salt to taste.
5. When the rice and beans finish cooking, serve on plates topped with a big scoop of guacamole!
CAPRESE PASTA SALAD CUP

HINT: Best if eaten within 24 hours.

8 servings
Source: From Chef George Moran

Ingredients
1 cup dry radiatore pasta
2 ⅔ cups plum tomatoes, fresh, diced
1 cup fresh mozzarella cheese, diced
¼ cup fresh basil
2 tablespoons pine nuts, toasted
½ cup jumbo Kalamata olives, sliced
½ cup canola oil
1 teaspoon salt
1 teaspoon pepper
3 tablespoons balsamic vinegar

Method

1. Cook pasta according to manufacturer directions. Cool.
2. Combine all ingredients and mix well
3. Serve and enjoy!
VEGETABLE COUSCOUS WITH SAFFRON AND HARISSA

Servings: --
Source: Chef Gary Rawson

Ingredients

3 tablespoons olive oil
1 onion
2 garlic cloves, crushed
1 teaspoon ground cumin
1 teaspoon paprika
1 (14 ounce) can chopped tomatoes
1 ¼ cups vegetable stock
1 cinnamon stick
generous pinch of saffron strands
4 baby eggplants, quartered
8 baby courgettes, trimmed and quartered
1 ½ cups couscous
8 baby carrots
1 (14 ounce) can chickpeas, drained and rinsed
¾ cup prunes
3 tablespoons chopped fresh parsley
3 tablespoons chopped fresh coriander
2–3 tablespoons harissa

Method

1. Heat the olive oil in a large saucepan and cook the onion and garlic gently for 5 minutes, until soft.
2. Add the cumin and paprika and cook, stirring, for 1 minute.
3. Stir in the tomatoes, stock, cinnamon stick, saffron, eggplant, courgettes, and carrots. Season with salt. Bring to a boil, lower the heat, cover and cook for 20 minutes.
4. Select a colander that will fit over the pan of vegetables. Line it with a double thickness of cheese cloth.
5. Soak the couscous according to the instructions on the packet.
6. Add the chickpeas and prunes to the vegetables and cook for five minutes.
7. Fork the couscous to break up any lumps and spread it in the colander.
8. Place it on top of the vegetables, cover, and cook for 5 minutes until the couscous is hot.
9. Tip the couscous into warmed dish. Using a draining spoon add the vegetables. Spoon over a little of the cooking liquid, add the parsley and
coriander and toss gently to combine. Stir the harissa into the remaining sauce and serve separately.

Courgettes are also known as Zucchini.

Harissa – Harissa can be found in the specialty foods section at your grocery store. It often comes in a 4–5 ounce squeeze tube. Recipe for Harissa Sauce: http://www.wholefoodsmarket.com/recipe/harissa
BAKED ENCHILADA CASSEROLE

8 servings
Source: Marilyn Holmes, MS, RD, LDN, Vanderbilt Recreation and Wellness Center

Ingredients
1 (16 ounce) can pinto beans, drained
1 (16 ounce) can chili beans, un-drained
1 large onion, chopped
½ to 1 cup thick and chunky salsa
12 corn tortillas, cut into 1-inch squares
1 – 2 cups low-fat cheddar cheese, grated
1 large tomato, chopped
2 cups head lettuce, chopped
Guacamole
Nonfat sour cream

Method
1. In medium-size mixing bowl, combine beans, onion, and salsa; mix well.
2. Spray with nonstick cooking spray an 8 inch by 11 inch baking pan with 2 inch sides. Sprinkle 1 tablespoon water in bottom of pan. Layer pan with half of the corn tortilla pieces, half of the bean mix, and half of the cheese; repeat the layers.
3. Bake at 350 degrees for 45 minutes.
4. Serve with chopped tomatoes, lettuce, guacamole, and sour cream of choice.
Index

(12 ounce) fat free cream cheese, 5
(3 ounces) shredded part-skim mozzarella cheese, 13
(8 ounce) package low fat cream cheese, 3
(about 5 oz.) whole cashews, 16
(or more) of thick hot sauce (hot cayenne pepper sauce)... not tabasco, 22
---red lentil cakes ---, 13
---sauce---, 22
---tomato salsa---, 13
---toppings---, 22
all-purpose flour, 1, 2, 18
avocadoes, 26
baby carrots, 20, 24, 28
baby courgettes, 28
baby eggplants, 28
baby spinach, 16
baking potatoes, 9
baking soda, 1, 2
balsamic vinegar, 6, 7, 13, 15, 27
bean sprouts (also called mung bean sprouts), 16
black beans, 24
black or pinto beans, 10
black pepper, 15
boneless, 20
boneless skinless chicken breast, 15
broccoli florets (broccoli tops), 20
brown rice, 20, 26
butter, 2
canola oil, 1, 18, 27
canola or light olive oil, 9
capers, 13
carrot, 12
carrots, 10
celery rib, 12
champagne vinegar, 12
chick–peas, 28
chicken tenders, 18
chili beans, 30
chili powder, 9, 21
chipotle pepper powder, 24
chives, 6
chopped cilantro, 12
chopped fresh basil, 13, 13
chopped fresh coriander, 28
chopped fresh mint, 12
chopped fresh parsley, 28
chopped green chilies, 21
chopped tomatoes, 28
cilantro, 16
cilantro chopped, 23
cinnamon, 1
cinnamon stick, 28
cooked long grain rice, 21
corn tortillas, 30
corn tortillas – warm, 22
couscous, 28
cracked black pepper, 22
crumbled low fat feta cheese, 3
crushed red pepper (optional), 20
cucumbers, 3
cumin, 26
diced green chilies, 26
diced tomatoes, 24
dijon mustard, 7
dill weed or greek seasoning (salt free), 3
dried black beans, 12
dried mustard, 6
dried oregano, 9
dried small red lentils, 13
dry breadcrumbs, 13
dry radiatore pasta, 27
egg, 2
eggs, 1
enchilada sauce (canned or recipe following), 10
extra virgin olive oil, 17
extra–virgin olive oil, 20
fat free sour cream, 22
fennel seeds, 13
finely chopped red bell pepper, 13
finely chopped red onion, 13
finely shredded cabbage, 22
fresh apricots, 1
fresh basil, 6, 27
fresh cilantro, 18
fresh cranberries, 2
fresh garlic, 24, 24
fresh ginger, 18
fresh ground black pepper, 24
fresh jalapeno, 24
fresh jalapeno pepper, 23
fresh lime juice, 12
fresh mozzarella cheese, 27
fresh parsley, 3, 17
fresh squeezed orange juice (could use from concentrate if desired), 2
fresh thyme, 7
freshly ground black pepper, 13
garam masala, 18
garlic, 3, 6, 8, 13, 15, 17, 18
garlic clove, 12
garlic cloves, 28
garlic powder, 9, 20, 26
generous pinch of saffron strands, 28
ginger, 20, 20
good quality red chili powder, 24
granulated garlic, 23
grated orange peel from 1 orange, 2
green onion, 20
green onions, 3
ground cumin, 9, 24, 28
guacamole, 30
harissa, 28
head fresh broccoli, 8
head lettuce, 30
head napa cabbage, 16
head purple cabbage, 16
honey, 15
hummus, 3
jalapeno, 26
jalapeno chilies, 12
juice of 1 lime, 23
jumbo kalamata olives, 27
kalamata olives, 3
kidney beans, 24, 26
kosher salt, 6, 7, 22, 24
large egg whites, 13
large onion, 30
large sweet onion, 18
lemon juice, 3, 6
light olive oil, 12
lime juice, 22
lime thinly sliced, 22
lime zest, 12
limes, 22, 26
linguine noodles, 16
lite mayonnaise, 22
low fat or fat free feta cheese, 17
low sodium chicken or vegetable stock, 17
low sodium soy sauce, 20
low-fat cheddar cheese, 30
mahi-mahi/grouper/tilapia, 22
medium green, 10
minced cilantro, 22
minced onion, 7
miracle whip salad dressing, 20
no salt added stewed tomatoes, 21
nonfat sour cream, 30
olive oil, 8, 13, 22, 23, 24, 28
onion, 6, 10, 17, 21, 22, 28
orange bell pepper, 16
packages mini phyllo cups, 5
packed light brown sugar, 1
paprika, 28
parsley, 6
pecans, 2
pepper, 27
pico de gallo, 22
pinch cumin, 26
pinch garlic salt, 26
pinch kosher salt, 23
pinch of salt, 22
pinches of cayenne pepper, 12
pine nuts, 27
pinto beans, 24, 30
plum tomato (about 6 tomatoes), 13
plum tomatoes, 18, 27
prunes, 28
red bell pepper, 16
red kidney beans, 21
red or yellow onion, 23
red pepper, 20
red, yellow, or orange peppers, 21
reduced fat or soy cheese, 10
roasted red peppers, 17
roasted then rough chopped cauliflower*, 24
salt, 2, 13, 15, 18, 26, 27
salt (optional), 9
salt and pepper, 8, 12
salt and pepper to taste, 17
scallions (green onions), 5
shredded reduced fat sharp cheddar
cheese, 21
small onion, 22
small yellow onion, 24
small yellow squash, 24
small zucchini, 24
soy crumbles (boca or morningstar farms
brand) or 1 block firm tofu, 10
sprigs of cilantro, 22
stems of 1 bunch cilantro, 22
sugar, 2, 6
thick and chunky salsa, 30
thickened vegetable stock, 7
tomato, 30
tomato sauce, 24, 26
tomatoes, 3, 23
turkey sausage, 5
turmeric, 18
uncooked basmati rice, 13
vanilla extract, 1
vegetable broth, 24
vegetable or chicken broth, 26
vegetable stock, 28
vegetable stock thickened, 6
water, 10, 13
wedges of fresh lime, 22
whipping cream, 18
whole cucumbers peeled and sliced, 16
whole scallions, 16
whole wheat fettuccine, 17
whole wheat flour, 1
whole wheat or whole grain flour tortillas,
10
yellow bell pepper, 16
zucchini, 10