

HEALTHY RECIPES

HEARTY VEGETABLE SOUP

Prep time: 30 minutes, Cook Time: 30-40 minutes

Ingredients

2 Tbsp. olive oil	2 bay leaves
½ cup diced onions	1 tsp. dry or 1 Tbsp. fresh chopped thyme
¼ cup diced celery	2 tsp. salt
¼ cup diced carrots	fresh ground pepper to taste
3 cloves minced garlic	
28 oz can diced tomatoes	
32 oz, low sodium, fat-free chicken broth or vegetable broth	
1 cup leftover cooked or frozen vegetables (peas, corn, green beans)	

1. In a large saucepan or Dutch oven, heat olive oil on medium-low heat.
2. Saute' onions, celery, and carrots until soft, do not brown.
3. Add garlic, saute' for 1 minute.
4. Add tomatoes with juice.
5. Add broth and bring to a boil.
6. Add other vegetables, bay leaves, dry thyme (fresh thyme goes in during the last 10 minutes), salt and pepper.

Reduce heat and simmer uncovered for 30-40 minutes, until carrots and celery are soft.

Serves 8; 1 cup servings

VEGETARIAN CHILI

1 jar chunky salsa
1 can black beans
1 can diced tomatoes with green chilies
1 bag frozen vegetable mix (fiesta style)
1 bag frozen corn
1 tub low-fat or fat-free sour cream

Combine all 6 ingredients in a stew pot and cook on low heat until all vegetables are tender. Cover and refrigerate overnight. Reheat on low until hot the next day. May need to add a little water if too thick. Season with fresh garlic, onion, and/or chili powder if desired.

Optional ingredients to garnish soup

1 bag reduced fat shredded cheese
1 bag tortilla chips

VEGGIE PIZZA

1 roll low-fat crescent dinner rolls
1 pkg. fat-free cream cheese
½ cup fat-free Miracle Whip
Chopped vegetables

Flatten out crescent rolls and bake at 375 for 13 minutes or until slightly browned. Mix cream cheese and Miracle Whip together and spread over crust and add chopped veggies

ORANGE FLUFF

1 lg. can crushed pineapple (drained)
1 pkg. lowfat cream cheese
1 small pkg. sugar-free orange jello

1 lg. container Lite Whipped Topping (thawed)
1 lg. can mandarin oranges

Mix first 3 ingredients together with mixer.

Fold in Lite Whipped Topping, large container thawed, and large can of mandarin oranges (drained)

RITA'S PEA SALAD

1 head cauliflower
1 lb. Turkey bacon
½ purple onion
1 cup lowfat shredded cheddar cheese

1 ½ cups lowfat mayonaise
1 lb. frozen peas

Cut head of cauliflower into small pieces – cook bacon, drain and tear into small pieces and cook frozen peas, drain and rinse in cold water. Chop up ½ purple onion into small pieces saving 2 or 3 small rings to garnish salad top.

Mix cauliflower, bacon pieces, peas, onion, and ½ cup of cheese with mayonnaise. Cover top with other ½ of cheese and garnish with purple onion rings.

This salad is actually better if made the night before and left in the fridge overnight.

EGGPLANT PARMESAN

1 large eggplant peeled and cut into ¼' slices
8 oz. spaghetti sauce
1 egg white or egg substitute w/dash of skim milk
1 cup Seasoned Bread Crumbs
¼ cup Parmesan Cheese
½ cup Mozzarella cheese made from partially skimmed milk

1. Sprinkle eggplant slices with salt and let stand 30 minutes to an hour between paper towels to draw out moisture.
2. Dip eggplant slices in egg substitute or egg whites, then in seasoned bread crumbs. Place on cookie sheet lightly sprayed with vegetable spray and spray top of eggplant slices lightly. Bake at 425 until browned and tender, approximately 20 minutes, turning once.
3. Spoon a little sauce in the bottom of a baking dish, add a layer of eggplant, spaghetti sauce, grated parmesan cheese, and shredded mozzarella cheese. Repeat layers ending with spaghetti sauce and cheeses.
4. Cover and bake at 350 about 45 minutes to an hour.

HUMMUS

1 can chickpeas, drained (reserve)
1 tsp. cumin
2 Tbsp. soy sauce
¼ c. lemon juice
¼ tsp. red pepper
6 sprigs fresh cilantro
2 cloves garlic
¼ small onion chopped

Place all ingredients into food processor. Add reserve, if necessary, for a creamy consistency. Serve with tortilla chips or pita bread.

HOLIDAY CHERRY SHORTCAKE

21 oz. cherry pie filling

1 c. powdered sugar

8 oz. fat-free cream cheese – softened

8 oz. Cool Whip Free – thawed

¼ c. walnuts – chopped

13 oz. angel food cake – cubed

1. In a large mixing bowl, combine powdered sugar, cream cheese, whipped topping and walnuts. Mix well.
2. Fold in cake cubes.
3. In a serving bowl, pour half of the cake mixture.
4. Pour half of the cherry pie filling on top of the cake mixture.
5. Repeat layers until all ingredients have been used.
6. Chill 3 hours before serving