



Simple & Healthy Veggie Quesadilla with Cilantro Yogurt Dip

Nutritional Information

Calories: 150 Per Serving

Fat: 6g Per Serving

Carbohydrates: 19g Per Serving

Protein: 7g Per Serving

Ingredients

12 soft corn tortillas (6 inches)

1 1/2 cups cheddar cheese, shredded

1 cup corn kernels (fresh, frozen/thawed, or canned/drained)

1/2 cup beans, black or pinto (canned or cooked; drained)

1/2 cup cilantro, chopped

1 bell pepper, finely chopped

1 jalapeno pepper, finely minced (optional)

1 carrot, shredded

Cilantro Yogurt Dip

2 cups plain nonfat yogurt

1/4 cup cilantro, finely chopped

1/2 teaspoon salt

Directions

Preheat a large skillet over low heat (250 °F in an electric skillet and divide cheese, corn, beans, cilantro, shredded carrots, and peppers between the tortillas, covering about half of each tortilla and fold each tortilla in half over the filling.

Place one or two folded tortillas on a dry skillet and heat until the cheese is melted, and the tortilla is slightly golden, about 3 minutes.

Turn over and cook the other side until golden, about 1 minute and remove to a plate and repeat until all tortillas are heated.

Mix nonfat yogurt, cilantro, and salt to make the dip and cut the quesadilla into wedges and serve immediately with the dip and refrigerate leftovers within 2 hours.

Source: <https://medlineplus.gov/recipes/veggie-quesadillas-with-cilantro-yogurt-dip/>



Simple & Healthy Watermelon and Fruit Salad

Nutritional Information

Calories: 40 Per Serving

Fat: 0g per Serving

Carbohydrates: 10g per Serving

Protein: 1g per Serving

Ingredients

1 cup diced watermelon

2 cups sliced strawberries

1 cup blueberries (fresh or frozen and thawed)

1/2 cup diced fruit, try apple, banana or pear

2 teaspoons lime juice

2 teaspoons honey

Directions

Wash hands with soap and water.

In a serving bowl, gently mix together fruit.

In a small bowl, combine lime juice and honey. Pour over fruit and toss to coat.

Refrigerate leftovers within 2 hours.

Source: <https://medlineplus.gov/recipes/watermelon-and-fruit-salad/>





Simple & Healthy Curried Pumpkin Soup

Nutritional Information

Calories: 110 Per Serving
Fat: 3.5g Serving
Carbohydrates: 15g Serving
Protein: 5g Serving

Ingredients

1/2 pound fresh mushrooms, sliced	1 can (12 ounces) evaporated milk
1/2 cup chopped onion	1 tablespoon honey
2 tablespoons margarine	1/2 teaspoon salt
2 tablespoons all-purpose flour	1/4 teaspoon pepper
1 teaspoon curry powder	1/4 teaspoon ground nutmeg
3 cups vegetable broth (see notes)	Fresh or frozen chives (optional)
1 can (15 ounces) solid-pack pumpkin	

Directions

1. In 4 quart (or larger) saucepan, sauté the mushrooms and onion in margarine until tender. Stir in the flour and curry powder until blended. Gradually add the broth.
2. Bring to a boil; cook and stir for 2 minutes or until thickened.
3. Add the pumpkin, milk, honey, salt, pepper, and nutmeg; heat through.
4. Garnish with chives if desired.
5. Refrigerate leftovers within 2 hours.

Notes:

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Try substituting cooked winter squash or cooked pumpkin for canned pumpkin. Mash and measure out 2 cups for soup.
- Honey is not recommended for children under 1 year old.

Source: <https://medlineplus.gov/recipes/curried-pumpkin-soup/>



Simple & Healthy Vegetable Beef Soup

Nutritional Information (per serving)

Calories: 150 Per Serving
Fat: 4.5g Per Serving
Carbohydrates: 18g Per Serving
Protein: 12g Per Serving

Ingredients

1 pound lean ground meat (turkey, chicken or beef)	1 cup whole kernel corn (canned and drained, frozen, or fresh cooked)
1 cup diced onion and 1/2 cup sliced celery	2 cups water
1 cup sliced or diced carrots	3 teaspoons or 3 cubes low sodium beef, chicken or vegetable bouillon
1 1/2 cups sliced or chopped cabbage	1 teaspoon garlic powder or 4 cloves, crushed and 1 teaspoon dried parsley
1 can (15 ounces) kidney beans drained and rinsed	1/2 teaspoon dried oregano leaf
2 cans (15 ounces each) tomato pieces with liquid	1/2 teaspoon dried sweet basil leaf
1 can (15 ounces) tomato sauce	1/4 teaspoon pepper
1 can (15 ounces) cut green beans, drained and rinsed	

Directions

In a skillet over medium-high heat (350 °F in an electric skillet), cook the ground meat until browned, breaking it up as it cooks. Drain any fat. Add to soup pan.

In the same skillet, sauté the onion, celery, and carrots until limp but not brown. Add to soup pan. Next, add all the remaining ingredients to soup pan.

Bring to a boil. Lower heat, cover and simmer about 30 minutes. Refrigerate leftovers within 2 hours.

Source: <https://medlineplus.gov/recipes/vegetable-beef-soup/>





Simple & Healthy Zesty Tomato Soup

Nutritional Information (per serving)

Calories: 94 Per Serving
Fat: 0g Per Serving
Carbohydrates: 16g Per Serving
Protein: 5g Per Serving

Ingredients

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| 1 can (14 and 1/2 oz) no-salt-added diced tomatoes | 1 tsp garlic powder |
| 1 cup jarred roasted red peppers, drained (or substitute fresh roasted red peppers) | 1/4 tsp ground black pepper |
| 1 cup fat-free evaporated milk | 2 Tbsp fresh basil, rinsed and chopped (or 2 tsp dried) |

Directions

- Combine tomatoes and red peppers in a blender or food processor and puree until smooth.
- Put tomato mixture in a medium saucepan and bring to a boil over medium heat.
- Add evaporated milk, garlic powder, and pepper.
- Return to a boil, and gently simmer for 5 minutes.
- Add basil and serve.

Optional step: Serve with whole-wheat croutons sprinkled on top.



Source: <https://medlineplus.gov/recipes/zesty-tomato-soup/>



Simple & Healthy Turkey Ginger Rice Lettuce Wraps

Nutritional Information

Calories: 280 per Serving
Fat: 8g per Serving
Carbohydrates: 36g per Serving
Protein: 16g per Serving

Ingredients

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| 3 Tablespoons low-sodium soy sauce | 1 Tablespoon minced fresh ginger or 3/4 teaspoon ground ginger |
| 1 Tablespoon sugar, granulated or brown | 1/4 teaspoon garlic powder or 1 clove of garlic, minced |
| 2 teaspoons sesame oil | 1 can (8 ounces) water chestnuts, drained and chopped |
| 1 teaspoon hot sauce | 2 cups cooked brown rice |
| 3/4 pound lean ground turkey | 8 large lettuce leaves |
| 2 stalks of celery, sliced | |
| 2 medium carrots, shredded | |

Directions

- Wash hands with soap and water.
- In a small bowl, blend the soy sauce, sugar, sesame oil and hot sauce.
- In a large skillet, sauté turkey, celery and carrot until the turkey begins to brown, 10 minutes.
- Break turkey into crumbles as it cooks.
- Add ginger and garlic and cook 2 minutes.
- Stir in soy sauce mixture and water chestnuts.
- Cook 2 minutes longer.
- Stir in cooked rice and heat through.
- Serve in lettuce leaves.
- Refrigerate leftovers within 2 hours.

Source: <https://medlineplus.gov/recipes/turkey-ginger-rice-lettuce-wraps/>





Simple & Healthy Rice with Chicken and Vegetables

Nutritional Information (per serving)

Calories: 220 Per Serving
Fat: 4.5g Per Serving
Carbohydrates: 29g Per Serving
Protein: 17g Per Serving

Ingredients

1 Tablespoon vegetable oil	3 cups (28-oz can) diced or crushed tomatoes, with juice
1 cup chopped onion	1/2 cup corn or other vegetables (fresh, frozen, or canned, drained and rinsed)
1 pound boneless, skinless chicken breast, cut into pieces	1 1/2 teaspoon cumin
3 cloves garlic, minced or 3/4 teaspoon garlic powder	1 teaspoon chili powder
2 Tablespoons minced jalapeno	1/4 teaspoon salt
1 1/2 cups chopped bell pepper	2 cups cooked brown rice
	1/3 cup chopped fresh cilantro

Directions

In a large skillet, saute onion in oil over medium heat until softened, about 5 minutes, add chicken and cook until no longer pink for about 10 minutes

Add garlic, jalapeno, and bell pepper and stir until softened, about 5 minutes

Next add remaining vegetables, cumin, chili powder and salt
Simmer until heated through and vegetables are cooked

Add cooked rice (or serve over rice) and sprinkle cilantro over the top before serving

Refrigerate leftovers within 2 hours

Source: <https://medlineplus.gov/recipes/rice-with-chicken-and-vegetables/>



Simple & Healthy Salmon Patties

Nutritional Information (per serving)

Calories: 160 Per Serving
Fat: 5g Per Serving
Carbohydrates: 6g Per Serving
Protein: 22g Per Serving

Ingredients

1 can (14.75 ounces) salmon with bones, drained	1 egg, lightly beaten
1 slice of bread, torn into small pieces	1/2 cup minced celery
1 Tablespoon mayonnaise	1/2 cup minced or grated carrot
1 Tablespoon lemon juice	1/2 cup minced onion

Directions

Wash hands with soap and water. In a medium bowl break up the salmon and mash bones with a fork. Remove the salmon skin if desired.

Add the rest of the ingredients and mix well.

Lightly grease a large skillet and place it over medium heat.

Firmly press about 1/2 cup of the mixture into a 1-inch thick patty. Repeat to make 3 more patties.

Add the patties and cook until they are golden brown, about 5 to 7 minutes per side. Refrigerate leftovers within 2 hours.

Notes:

- Try canned tuna or mackerel instead of salmon.
- Use 1/4 cup dry bread crumbs or cracker crumbs instead of sliced bread.

Source: <https://medlineplus.gov/recipes/salmon-patties/>





Simple & Healthy Zucchini Pizza Boats

Nutritional Information

Calories: 60 per Serving

Fat: 3g per Serving

Carbohydrates: 4g per Serving

Protein: 4g per Serving

Ingredients

- 2 medium or 3 small zucchini
- 1/2 cup tomato based pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons Parmesan cheese

Directions

- Wash hands with soap and water
- Heat oven to 350 °F
- Cut each zucchini in half lengthwise
- Use a spoon to gently scrape out the soft, seedy center of zucchini
- Place zucchini halves in a small baking dish
- Spoon pasta sauce into zucchini halves
- Top with mozzarella and Parmesan cheese
- Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and the cheese is bubbly and brown
- Serve warm and refrigerate leftovers within 2 hours



Source: <https://medlineplus.gov/recipes/zucchini-pizza-boats/>



Simple & Healthy Tasty Hamburger Skillet

Nutritional Information

Calories: 280 per Serving

Fat: 8g per Serving

Carbohydrates: 36g per Serving

Protein: 16g per Serving

Ingredients

- 1 pound lean ground beef (15% fat or less)
- 1/3 cup chopped onion
- 1/3 cup chopped green pepper
- 2 cups water
- 1 cup white rice, uncooked
- 1 teaspoon garlic powder or 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) diced tomatoes with juice
- 1 1/2 cups corn (canned and drained, frozen, or freshly cooked)
- 1 can (15 ounces) red kidney beans, drained and rinsed
- 1/2 cup grated cheddar cheese

Directions

- Wash hands with soap and water.
- Cook ground beef, onion, and green pepper in large skillet over medium heat (300 °F in an electric skillet) until hamburger is no longer pink and drain excess fat from pan.
- Add water, rice, garlic powder, chili powder, salt, pepper, tomatoes with juice, corn, and beans.
- Cover the pan and cook for about 20 minutes or until rice is soft.
- Remove from heat, sprinkle with grated cheese, and serve hot.
- Refrigerate leftovers within two hours.

Source: <https://medlineplus.gov/recipes/tasty-hamburger-skillet/>





Simple & Healthy Veggie Skillet Eggs

Nutritional Information (per serving)

Calories: 130 Per Serving
Fat: 8g Per Serving
Carbohydrates: 5g Per Serving
Protein: 8g Per Serving

Ingredients

6 medium or large eggs
1/4 teaspoon pepper
1/2 teaspoon oregano or basil
1/3 cup shredded cheese (1 1/2 ounces)
2 teaspoons oil
1 small onion, chopped (about 2/3 cup)
1 clove garlic, chopped (or 1/8 teaspoon garlic powder)
2 cups fresh, canned, or frozen mixed vegetables (green beans, zucchini, peas, corn, broccoli, mushrooms)
1 medium tomato, sliced

Directions

Beat eggs with pepper, oregano or basil, and cheese in a medium bowl.
Heat oil in a medium skillet. Add onions, garlic, and other vegetables and cook on medium (300 °F in an electric skillet) until soft.
Pour egg mixture over vegetables. With knife or spatula, lift outer edges of eggs so egg mixture flows to the bottom of the pan.
Cook until eggs are set, about 6 minutes. Top with tomato slices.
Cut into 6 wedges; serve hot and refrigerate leftovers within 2 hours

Source: <https://medlineplus.gov/recipes/veggie-skillet-eggs/>



Simple & Healthy Baked Berry Oatmeal

Nutritional Information (per serving)

Calories: 280 Per Serving
Fat: 7g Per Serving
Carbohydrates: 46g Per Serving
Protein: 9g Per Serving

Ingredients

2 cups old-fashioned rolled oats
1 teaspoon baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
2 eggs
1/2 cup packed brown sugar
1 1/2 teaspoons vanilla
2 cups of 1% or nonfat milk
4 teaspoons butter, melted
2 cups cane berries, fresh or frozen
1/4 cup chopped walnuts (optional)

Directions

- Preheat oven to 375 °F and in a medium bowl, mix oats, baking powder, cinnamon, and salt
- In a separate bowl, beat the eggs until blended and stir in brown sugar, vanilla, milk, and melted butter
- Pour wet ingredients into the dry ingredients and stir until well combined
- Add the berries and stir lightly to spread them evenly and pour mixture into a 2-quart baking dish
- Sprinkle with chopped nuts if desired then bake for 20 to 30 minutes or until the top is golden brown
- Refrigerate leftovers within 2 hours

Source: <https://medlineplus.gov/recipes/baked-berry-oatmeal/>

