

CasWELL Cookbook

1ST EDITION
2017



*Recipes
provided
by
Caswell
County
Employees*

Appetizers



Ranch Seasoning

By: Bonnie Gibson

- 1 1/2 tsp Black Pepper
- 3 Tbsp Parsley
- 2Tbsp Garlic Powder
- 1 tsp Salt, add more if needed
- 1 1/2 Tbsp Onion Powder
- 1 1/2 tsp Dill Weed

Preparation Steps

1. Mix together store in an airtight container. I like glass jars.

Garlic Hummus

By: **Jonna Lunsford**

Ingredients:

1 (15 ounce) can no-salt-added chickpeas
¼ cup tahini
¼ cup extra virgin olive oil
¼ cup lemon juice
1 clove garlic
1 teaspoon ground cumin
½ teaspoon chili powder
½ teaspoon salt

Preparation:

Prep: 10 minutes

Ready in: 10 minutes

Drain chickpeas, reserving ¼ cup of the liquid. Transfer the chickpeas and the reserved liquid to a food processor. Add tahini, oil, lemon juice, garlic, cumin, chili powder and salt. Puree until very smooth, 2 to 3 minutes.

Breakfast



Breakfast Burritos

Meal Type: [Breakfast](#)

A nutritious make-ahead breakfast that family members can warm up to fit their schedules.

Takes under 30 minutes

Makes 6 burritos

INGREDIENTS

- 2 teaspoons olive oil
- 3 green onions, sliced
- 4 large eggs, beaten
- 1 14-oz. can diced tomatoes with green chilies, such as Muir Glen or Hunts, drained
- 1 cup corn kernels (fresh or frozen)
- 6 large whole-wheat flour tortillas
- 1 15.5-oz. can low-sodium refried black beans, such as Amy's Kitchen or Eden Foods
- 1 cup crumbled queso fresco or shredded part-skim mozzarella

PREPARATION

Heat the oil in a large nonstick skillet over medium heat. Add the onions and cook, stirring, until soft. Whisk together the eggs, drained tomatoes and corn kernels. Pour into the skillet. Cook, stirring all the while, until the eggs are set. Remove the pan from the heat.

Place a tortilla on the work surface. Spread about 2 tablespoons refried beans in the center. Spoon about one-sixth of the egg mixture on top. Sprinkle with 2 tablespoons cheese. Fold the sides in and roll up. Wrap in plastic wrap. Repeat with the remaining tortillas and filling.

Burritos can be baked straightaway or frozen and cooked at a later date. Individual fresh burritos take 1-2 minutes to warm in the microwave or 20 minutes in a 375°F oven. Frozen burritos take 2-3 minutes to warm in the microwave or 40 minutes in a 375°F oven.

Serve with your favorite salsa.

NUTRITIONAL INFO

PER SERVING

- 380 Calories
- 13g Fat
- 3g Saturated fat
- 18g Protein
- 47g Carbohydrate
- 8g Fiber
- 489mg Sodium

Source: Healthy Living Kitchens

Soups



3-BEAN TURKEY CHILI RECIPE

Ingredients

- 2 lbs. extra-lean ground turkey
- ½ cup chopped onions
- 1 tbsp. garlic powder
- 2-4 oz. cans of diced green chilies
- 1-15 oz. can organic tri-bean blend drained (Food Lion carries these)
- 1-15 oz. can organic black beans drained
- 2-14.5 oz. cans organic diced tomatoes (do not drain)
- 1 tbsp. Xylitol brown sugar blend (Health Food Store)
- 1 tbsp. chili powder
- 3 tbsp. regular yellow mustard
- 2 tbsp. white vinegar
- 2 tsp. cumin
- 1 tsp. salt
- 1 tbsp. dried or fresh cilantro
- 2 tsp. adobo sauce (optional)

Directions

- In a large pot add onions and meat, sprinkled with garlic powder and cook until no longer pink and drain.
- Next add the green chilies, beans, tomatoes, xylitol and spices (except cilantro) and stir until combined.
- Bring to a boil and then reduce heat and simmer for about 10 minutes.
- Finally, add cilantro. Serve hot.
- Freezes good also.

Submitted by Angie Talbott, Extension Office

Recipe by Jamie Eason

Twenty-Minute Chili

Meal Type: [Vegetarian Entrées](#)

The hardest part of this recipe is opening the cans of beans, tomatoes and hominy. The chili's flavor is deep and full, as if it simmered all day.

Takes Under 30 minutes

Makes 4 servings

INGREDIENTS

- No-stick cooking spray
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 15-ounce (450-g) can low-sodium pinto beans, drained and rinsed
- 1 14.5-ounce can (435-g) Mexican-style stewed tomatoes, crushed
- 2 tablespoons chili powder
- 1 tablespoon chopped chipotle or jalapeño peppers (from a can), optional
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/8 teaspoon unsweetened cocoa
- 1 pinch cinnamon
- 1 16-ounce (440-g) can yellow hominy, rinsed
- chopped cilantro or green onion
- Lime wedges

PREPARATION

Spray a large, heavy saucepan with cooking spray and set over medium heat. Add onions and cook, stirring, until soft, about 5 minutes. Add garlic and cook 1 minute longer.

Stir in beans, tomatoes, chili powder, chipotles (if using), cumin, oregano, cocoa and cinnamon. Bring to a boil and reduce the heat to low. Simmer for 10 minutes to blend the flavors. Add hominy and cook until heated through.

Ladle into bowls and garnish with cilantro or green onions. Serve lime wedges alongside.

NUTRITIONAL INFO

PER SERVING

- 277 Calories
- 2.4g Fat
- 0.3g Saturated fat
- 11.0g Protein
- 54g Carbohydrate
- 13.1g Fiber
- 288mg Sodium

NUTRITION BONUS

The chili is a great source of fiber and the minerals iron, magnesium and potassium.

Source: Healthy Living Kitchens

Salads



Fruit Salad

TOTAL TIME: Prep: 25 min. + chilling YIELD:12 servings

Ingredients

- 1 can (20 ounces) unsweetened pineapple chunks
- 1 can (15 ounces) reduced-sugar sliced pears, drained
- 1 can (15 ounces) sliced peaches in juice, drained
- 1-1/2 cups seedless red grapes
- 1 package (3 ounces) cook-and-serve vanilla pudding mix
- 2 medium firm bananas
- 3 tablespoons lemon juice
- 1 jar (10 ounces) maraschino cherries, well drained

Directions

- 1. Drain pineapple, reserving juice in a 1-cup measuring cup. In a large bowl, combine the pineapple, pears, peaches and grapes. Cover and chill.
- 2. Add enough water to pineapple juice to measure 1 cup. Pour into a small saucepan. Whisk in pudding mix. Bring to a boil over medium heat, stirring constantly. Remove from heat; set aside to cool to room temperature.
- 3. Slice bananas into a small bowl. Drizzle with lemon juice; gently toss to coat. Let stand for 5 minutes; drain. Add bananas and cherries to chilled fruit. Add cooled pudding; toss gently to combine. Refrigerate until serving. Refrigerate leftovers. Yield: 12 servings, 1/2 cup per serving.

Nutritional Facts

1/2 cup: 140 calories, 0 fat (0 saturated fat), 0 cholesterol, 53mg sodium, 37g carbohydrate (33g sugars, 2g fiber), 0 protein. **Diabetic Exchanges:** 2 fruit.

Submitted by Joyce Rainey

Strawberry Salad with Poppyseed Dressing

- For the salad
- Romaine lettuce or spinach leaves, washed
- Strawberries, washed and sliced
- Pecans, chopped
- Feta cheese, crumbled
- • For the poppyseed dressing:
- 1/2 cup olive oil
- 1/3 cup red wine vinegar
- 1 tablespoon poppyseeds
- 1/2 teaspoon dry mustard
- 2-3 tablespoons honey, to taste
- 1/2 teaspoon salt

Powered by Chicory

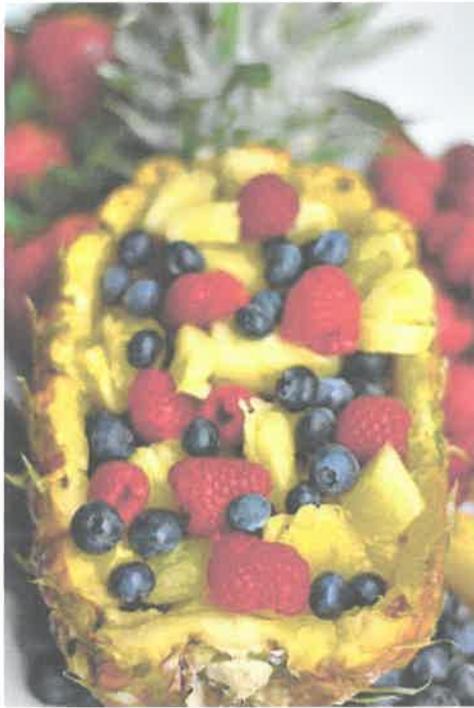
1. Place lettuce in the bottom of a serving bowl or distribute among individual plates. Top with strawberries, pecans, and feta cheese, to taste. Toss with dressing just before serving, or serve dressing on the side.
2. For the dressing: whisk all ingredients together and mix again just before pouring to recombine the oil and vinegar.

Submitted by Melissa Williamson

Pineapple Salad

Submitted by: Colon Cassady

Cut a large pineapple in half lengthwise. Remove center by cutting close to outer edge with curved knife. Cut pineapple removed from center, in wedges. Combine with fresh strawberries and orange sections and or blueberries. Refill pineapple shell, garnish with sprigs of fresh mint.



Western Salad

Submitted by: Colon Cassady

2 cups ½ inch bread cubes
2 cloves garlic
¼ teaspoon dry mustard
¼ teaspoon black pepper
1/3 cup lemon juice
1 egg

¼ Cup Mazola Salad Oil
2 to 3 heads Romaine or Lettuce
½ teaspoon salt
1 cup crumbled Blue Cheese
1/3 cup Mazola Salad Oil

Sauté bread cubes in the ¼ cup Mazola with garlic, stirring until all sides are golden brown. Remove garlic. Break romaine or lettuce which should be cold, crisp and well drained, into small pieces in salad bowl. Sprinkle with mustard, salt, pepper and cheese. Combine lemon juice with Mazola and pour over the greens. Break egg, which has been simmered for only 1 minute, over greens. Toss gently to mix. Then add sautéed bread cubes; toss lightly and serve at once. Makes 6 to 8 servings.

Fajita Chicken Salad

BY RIAN HANDLER

Your favorite Mexican dish, now in salad form.

TOTAL TIME: 1:00

PREP: 0:10

LEVEL: EASY

SERVES: 4

INGREDIENTS

- Juice of 2 limes
 - 1/2 c. extra-virgin olive oil, divided
 - 1 tbsp. honey
 - 1/2 tsp. cumin
 - 1/4 tsp. red chili flakes
 - kosher salt
 - Freshly ground black pepper
 - 2 boneless skinless chicken breasts
 - 2 bell peppers, thinly sliced
 - 1 white onion, thinly sliced
 - 1 large head of romaine, cored and chopped
-
- 1 avocado, thinly sliced

DIRECTIONS

1. In a small bowl, combine lime juice, 1/4 cup olive oil, honey, cumin and chili flakes. Season with salt and pepper.
2. In a large Ziploc bag or glass baking dish, combine chicken and half the dressing. Let marinate for at least 30 minutes and up to 6 hours.
3. After marinating, heat 2 tablespoons olive oil in a grill pan over medium-high heat. Add chicken and grill until fully cooked through, about 6 minutes per side. Let cool, then chop into strips.
4. Wipe out grill pan. Then, add remaining 2 tablespoons olive oil to same pan over medium-high heat. Add peppers and onions and cook until charred and slightly softened, 10 minutes.
5. In a large bowl, add romaine, chicken, peppers, onions and avocado. Toss with remaining dressing until evenly coated.

Greek Pasta Salad

By: Karen Brann

½ cup olive oil
½ cup red wine vinegar
1 ½ tsp. garlic powder
1 ½ tsp. dried basil
1 ½ tsp. dried oregano
¾ tsp. ground black pepper
¾ tsp. white sugar
5 cups cooked elbow macaroni

3 cups fresh sliced mushrooms
15 cherry tomatoes, halved
1 cup sliced red bell peppers
¾ cup crumbled feta cheese
½ cup chopped green onions
1 (4 oz.) can whole black olives
¾ cup sliced pepperoni sausage
1 cup sliced cucumbers

Directions

In large bowl, whisk together olive oil, vinegar, garlic powder, basil, oregano, black pepper, and sugar.

Add cooked pasta, mushrooms, tomatoes, red peppers, feta cheese, green onions, black olives, pepperoni, cucumbers.

Toss until evenly coated. Cover, chill 2 hours or overnight.

(If preferred, green pepper and red onion can be substituted and that makes it tasty also.)



Orange Fruit Salad



Prep
15 m

Ready In
15 m

Recipe By: Carolyn Casner

"Serve this refreshing fruit salad featuring juicy melon, clementines and mango on its own or with other colorblock fruit salads (like red, purple and green) for a fun, crowd-pleasing rainbow side dish."

Ingredients

- 2 cups diced ripe cantaloupe
- 2 cups clementine segments
- 2 cups diced ripe mango
- 2 tablespoons chopped fresh mint (optional)
- 1 cup Lime Yogurt Fruit Salad Dressing (optional; see associated recipe)

Directions

- 1 Combine cantaloupe, clementines, mango and mint (if using) in a large bowl. Serve with yogurt dressing, if desired.

To make ahead: Refrigerate for up to 4 hours; toss with mint just before serving (if using).

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Pasta & Rice



Slow Cooked Chicken Parmesan Pasta

By: Bonnie Gibson

Prep Time: 15 min

Cook Time: 4 hr

Serves: 8

- 4 Chicken Breast, boneless, skinless
- 1 lb Penne Pasta
- 2 cans Crushed Tomatoes, (28 oz)
- 1 Onions, diced
- 1 Tbsp Salt & Pepper
- 1 tsp Red Pepper Flakes, optional
- 1 Tbsp Basil, dried
- 1 tsp Oregano, dried
- 2 Tbsp Parsley, fresh
- 1 tsp Parsley, dried
- 1 1/2 cups Mozzarella Cheese, shredded
- 1/4 cup Parmesan, shredded

Preparation Steps

1. Season chicken with salt and pepper, to taste. Place chicken into a 6-qt slow cooker.
2. In a large bowl, combine crushed tomatoes, onion, basil, oregano, parsley and red pepper flakes, if using. Stir into the slow cooker and gently toss to combine. Cover and cook on low heat for 4 hours.
3. Remove chicken from the slow cooker and shred, using two forks.

4. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
5. Stir pasta and chicken into the slow cooker; top with cheeses. Cover and cook on low heat for an additional 10-20 minutes, or until the cheeses have melted.
6. Serve immediately, garnished with parsley, if desired.

Recipe Source: Damn Delicious ,
<http://damndelicious.net/2016/08/05/slow-cooker-chicken-parmesan-pasta/>

Pasta-less Pasta Salad

By: Katelyn Rose

Ingredients:

3-4 Zucchini, spiraled, sauteed

Parmesan cheese

8oz mozzarella cheese

small bottle Italian dressing

8-10 cherry tomatoes

1 cucumber

Medium purple onion

Green pepper

Directions:

Mix Zucchini, mozzarella cheese, Italian dressing, tomatoes, purple onion, green pepper and cucumber together. Sprinkle Parmesan cheese on top.

Veggies



Home Fries

By: Bonnie Gibson

Prep Time: 8 min

Cook Time: 20 min

Serves: 2

- 1 Tbsp Olive Oil, enough to coat the fries
- 4 large Potatoes, Russet or whatever you like
- 1 tsp Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Salt
- 1 tsp Pepper
- 1 tsp Cumin

Preparation Steps

1. Cut potatoes into thin slices long ways
2. Put cut potatoes into large bowl
3. Add seasoning and olive oil to bowl and toss till fries well coated. (Alter seasoning based on your taste preferences.)
4. Spread fries in a thin layer on a cookie sheet and bake at 400 for 15 to 20 minutes

Recipe Source: Hannah Ortiz

Oven Roasted Sweet Potatoes

By: **Bonnie Gibson**

- 1 lb Sweet Potatoes, cut into spears
- 1 Tbsp Olive Oil
- Sea Salt, to taste
- 1 Tbsp Cinnamon

Preparation Steps

1. Preheat oven to 400 F.
2. Cut sweet potatoes into wedges.
3. While oven heats, place potatoes onto baking sheet.
4. Brush with olive oil, then sprinkle with salt and cinnamon.
5. Bake for 25 minutes, check for with fork to see if soft.
Continue baking until golden and soft in middle.

Twice-Baked Stuffed Potatoes

Meal Type: [Sides & Salads](#)

These rich and cheesy spuds offer more than a third of your daily recommended potassium and calcium, the two minerals that help regulate blood pressure. Enjoy two halves for a filling main course, or a single half as a great side for roast chicken.

Takes Over 60 minutes

Makes 4 servings

INGREDIENTS

- 4 russet potatoes (about 8 oz/240 g each)
- 1 teaspoon olive oil, plus extra for brushing
- 4 cups (16 oz/500g) broccoli florets, cut into 3/4-in (2-cm) pieces
- 1/4 teaspoon salt
- 3-4 tablespoons fat-free milk
- Freshly ground black pepper
- 1/2 teaspoon dry mustard
- 1 cup fat-free sour cream
- 4 scallions, thinly sliced
- 2 cups grated (6 oz/175 g) reduced-fat cheese, such as Cabot 50% Reduced Fat Cheddar

PREPARATION

Preheat the oven to 400°F (200°C). Scrub potatoes, pat dry and lightly brush all over with olive oil. Set potatoes on a foil-lined baking sheet and bake 60 minutes or until a skewer can be easily inserted into a potato. Remove from the oven but do not turn oven off.

While the potatoes are baking, place broccoli florets, 1 teaspoon olive oil, 1/8 teaspoon salt and 1/2 cup water in a wide skillet. Turn heat to high and cook rapidly, stirring once or twice, until water evaporates. Transfer to a bowl.

Cut each baked potato in half lengthwise. With a spoon, scoop the flesh from the potato halves in a bowl, leaving a shell about 3/8-inch (1 cm) thick. Place shells on the baking sheet and return to the oven to crisp up for 10 minutes.

Meanwhile, add milk to potato flesh and mash potatoes with a fork until smooth. Stir in 1/8 teaspoon salt, a generous grinding of black pepper, the dry mustard, sour cream and scallions. Add the broccoli and 1 cup of the cheese.

Remove the potato shells from the oven. Heat broiler. Mound filling in the shells and sprinkle with the remaining cheese. Broil about 7 minutes, until cheese melts and the tops begin to brown. Let cool 5 minutes before serving.

NUTRITIONAL INFO

PER SERVING

- 423 Calories

- 9g Fat
- 5g Saturated fat
- 0g Trans fat
- 24g Protein
- 65g Carbohydrate
- 8g Fiber
- 362mg Sodium
- 507mg Calcium
- 1,688mg Potassium

MAKE AHEAD

You can bake the potatoes the night before to assemble and bake again the following day.

ZUCCHINI PATTIES

Dolly Huffman Clayton-Public Health

INGREDIENTS:

- 2 Medium Zucchini
- 2-3 Medium Carrots
- 1 Red Pepper
- 5 Green Onions
- 1 Cup Panko Bread Crumbs
- 1 Cup Shredded Colby Jack Cheese
- 2 Eggs
- 1 ½ tsp. Old Bay Seasoning
- 2 Tbsp. Mayonnaise
- 1 tsp. Dijon Mustard
- ¼ tsp. Red Pepper Flakes



DIRECTIONS:

1. Grate Zucchini and Carrots and squeeze all juice/water from vegetables.



Helpful Hint: I used a grater for this purpose and grated items on a cheesecloth so that I could squeeze out the excess water/juice. I squeezed out 1 cup of juice/water from the zucchini alone.



2. Chop finely Red Pepper and Green Onions

Helpful Hint: I used a food processor to chop these items. I had to squeeze juice from red pepper, but not green onions.



3. Put all vegetables in bowl.



4. Add remaining ingredients.



5. Mix all ingredients together.



6. Form into patties and bake on a greased baking sheet at 400 degrees for 15 minutes and turn over and bake for 15 more minutes.



7. Remove from oven and enjoy.



I serve these on a soft shell tortilla as a wrap sandwich, and add a bit of mayonnaise.

Chunky Potato Soup over Fresh Spinach

By: Ajarie Holman

- 2 cups cubed peeled potatoes (use 1 large baking potato about 15oz)
- 2 cups water
- 1 small onion, diced
- 1 vegetable bouillon cube or chicken bouillon cube
- ½ tsp garlic salt
-

Directions

Cut potato into ½ inch pieces (because the potato breaks down once it is cooked, make the pieces larger rather than smaller)

Dice the Onion

In a saucepan, combine the potatoes, water, onions, and bouillon; bring to a boil. Cook until potatoes are tender, about 10 minutes. Stir in the garlic salt.

To Serve –

Lay a bed of chopped fresh raw spinach in bottom of bowl; top with soup.

<http://www.caswelllocalfoods.org/soups-on-2nd-wednesday/chunky-potato-soup-over-fresh-spinach-with-garam-masala-egg-frittata>

Meats



Garlic Parmesan Salmon

BY LINDSAY FUNSTON

Smothered in parsley and Parm, you need this herb-crusted salmon.

TOTAL TIME: 0:35

PREP: 0:15

LEVEL: EASY

SERVES: 6

INGREDIENTS

- 1 2-3 lb salmon fillet
 - 1 tbsp. extra-virgin olive oil
 - 2 tbsp. Freshly Chopped Parsley
 - 1/4 c. finely grated Parmesan
 - 4 cloves garlic, minced
 - kosher salt
-
- Freshly ground black pepper

DIRECTIONS

1. Preheat oven to 400° and spray a piece of aluminum foil with cooking spray. In a small bowl, mix together oil, parsley, Parmesan, and garlic and season with salt and pepper.
2. Place salmon on foil on a large rimmed baking sheet and brush garlic mixture all over salmon.
3. Cover with foil and bake until salmon is cooked through, 15 to 20 minutes.
4. Sprinkle with more Parmesan and serve.

Mexican Chicken & Quinoa

BY LAUREN MIYASHIRO

It's also delicious with rice, but we think you'll love the quinoa.

LEVEL: **EASY**

YIELD: **4 SERVINGS**

INGREDIENTS

- 1 c. quinoa, rinsed
 - 2 1/4 c. chicken or vegetable stock, divided
 - 1 lime, zest and juice (divided)
 - kosher salt
 - 2 chicken breasts, cut into 1-in pieces
 - 1 tsp. dried oregano
 - 1 1/2 tsp. ground cumin
 - 1 tsp. chili powder
 - 1/2 tsp. paprika
 - 1 bell pepper, sliced lengthwise
 - 1 onion, sliced
 - 1 15.5-oz can black beans, drained
 - 1 c. corn
 - 1 jalapeño, finely diced
 - 1 c. Monterey Jack, shredded
 - 1 c. salsa
 - 1 avocado, sliced
 - sour cream
-
- extra-virgin olive oil

DIRECTIONS

1. In a large saucepan, combine quinoa, 2 cups of stock (or water) and a pinch of salt and bring to boil. Reduce heat, cover and let simmer until liquid is absorbed, about 15 minutes. Fluff quinoa and add the zest of 1 lime and the juice of half a lime.
2. Meanwhile, season chicken. In a medium bowl, toss chicken with spices and a squeeze of lime. Set aside.
3. Heat about 2 tablespoons of olive oil in a large skillet over medium-high heat. When the pan is hot, add the onions and peppers. Season to taste with salt and pepper. When the vegetables are soft, remove them from pan and set aside.
4. Add more olive oil to skillet. Add chicken, season with salt and pepper, and sauté until cooked through. Remove from pan and set aside.
5. Add remaining stock to skillet and scrape the bottom of the pan with a wooden spoon. Add the black beans and let simmer until the liquid reduces about halfway. Season to taste with salt and pepper. Add a squeeze of lime. Set aside.

6. Combine corn and diced jalapeño.
7. Build your bowl. Fill bowl with quinoa, then add chicken, peppers, onions and the bean and corn mixtures. Top with cheese, sour cream, salsa and avocado.

Chicken Cacciatore

Meal Type: [Meat/Poultry/Seafood](#)

For a true "hunter's" chicken, sauté a few mushrooms along with the green peppers.

Takes 30-60 minutes

Makes 4 servings

INGREDIENTS

- Olive oil cooking spray
- 1 small onion, sliced
- 2 red or green bell peppers, cored and sliced
- 2 cloves garlic, minced
- 2 teaspoons Italian seasoning (mixed dried herbs)
- 2 14-ounce (420-g) cans no-salt-added diced tomatoes
- 1/4 cup (1 oz/30 g) all-purpose flour
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon salt
- freshly ground black pepper, to taste
- 4 bone-in chicken breasts (about 8 oz/240 g each), skin removed

PREPARATION

Preheat the oven to 350°F (175°C).

Coat a saucepan with cooking spray and place over medium-low heat. Add onions and peppers and cook, stirring, for 5 minutes.

Add garlic and herbs; cook for 15 seconds. Stir in tomatoes, partially cover and simmer for 10 minutes.

While the sauce simmers, brown the chicken: Combine flour, parsley, salt and pepper in a shallow dish. Spray a large heavy skillet with cooking spray and set over medium heat.

Dredge the chicken pieces in the seasoned flour and brown skinned-side down until golden, about 3 minutes. As the pieces brown, transfer to a baking dish.

Pour the sauce over the chicken. Cover the baking dish with aluminum foil. Bake for 30 minutes.

NUTRITIONAL INFO

PER SERVING

- 229 Calories
- 3.5g Fat
- 0.9g Saturated fat
- 30g Protein
- 19g Carbohydrate
- 3.4g Fiber
- 390mg Sodium

NUTRITION BONUS

The cacciatore sauce is a good source of potassium and lycopene.

Source: Healthy Living Kitchens

Quick and Easy Dinner: Spicy Chicken Kebabs

Meal Type: [Meat/Poultry/Seafood](#)

An array of spices and cool yogurt prove a flavorful mix in this quick chicken dish.

What You'll Need

- 3 tablespoons nonfat plain yogurt or Greek yogurt
- 1 small onion, minced
- 2 cloves garlic, minced
- 1/4 teaspoon cayenne or Aleppo pepper
- 1 tablespoon frozen orange juice concentrate
- 1 teaspoon ground cumin
- 16 oz (500 g) chicken tenders, sliced in half

Make It 1-2-3!

In a shallow dish, combine yogurt, onions, garlic, cayenne, orange juice concentrate, cumin, salt and a generous grinding of black pepper. Add chicken pieces and toss to coat with marinade. Cover and refrigerate for at least 15 minutes and up to 2 hours.

Thread metal or wooden skewers with chicken. Coat a stovetop grill pan with cooking spray and heat over medium heat.

Cook kebabs until the chicken is no longer pink in the middle, about 6 minutes per side.

Serve with saffron rice tossed with peas; sliced cucumbers; red or purple plums for dessert.

Serves 4

NUTRITIONAL INFO

PER SERVING

- 159 Calories
- 2g Fat
- 0g Saturated fat
- 0g Trans Fat
- 28g Protein
- 7g Carbohydrate
- 1g Fiber
- 92mg Sodium
- 62mg Calcium

YOGURT

In a spicy marinade, yogurt doubles as a tenderizer and a great fat-free coating.

Quick and Easy Dinner: Baked Salmon with Lemons and Onions

Meal Type: [Meat/Poultry/Seafood](#)

"Fatty fish" is a misnomer — even the leanest beef has more saturated fat than this catch of the day.

What You'll Need

- 1 1/2 pounds (700 g) skinless Alaska king or sockeye salmon or Arctic char fillets (in 4 pieces)
- 2 large onions, very thinly sliced
- 1 teaspoon olive oil
- 1/2 teaspoon fresh thyme leaves or 1 big pinch dried thyme
- 4 tablespoons white wine, dry vermouth or apple cider
- 2 lemons, scrubbed and very thinly sliced

Make It 1-2-3!

Preheat oven to 450°F. Heat oil in an ovenproof skillet set over medium heat. Add onions and cook, stirring often, until soft and translucent, about 10 minutes. Stir in thyme and wine, vermouth or apple cider. Season with a little salt and pepper.

Set fish fillets on top of onions. Lay lemon slices over all. Bake until the fish is cooked through, about 12 minutes depending on the thickness of the fillet.

Discard lemon slices. Serve fish on the onions.

Serve with brown basmati rice tossed with dried currants; steamed green beans.

Serves 4

NUTRITIONAL INFO PER SERVING

- 214 Calories
- 5g Fat
- 1g Saturated fat
- 0g Trans fat
- 32g Protein
- 8g Carbohydrate
- 1g Fiber
- 208mg Sodium
- 33mg Calcium

SALMON

Seafood lovers take heart: Salmon is loaded with heart-healthy omega-3s.

Desserts



Sparkling Strawberry Cocktail

Submitted Angela Wilson



Prep: 2 minutes

Cook: 0

Serves: about 4

Add a bit of bubbly to the refreshing sweetness of strawberry sorbet, with this Sparkling Strawberry Sorbet Cocktail. Whether enjoying with Prosecco or as a kid friendly mocktail with ginger ale, this drink is a great choice for everyone on a warm summer day.

Ingredients

Select ingredients:

- 1 to 2 pints of strawberry sorbet (depending on serving size and desired drink to sorbet ratio)
- For a non-alcoholic version substitute ginger ale or soda)
- Chopped fresh strawberries for garnishing the glasses, if desired

Directions

1. Put small scoops of sorbet in a glass
2. Top off with chilled Prosecco.
3. Cover with diced strawberries (optional) and serve immediately

Diabetic fruit cake recipe - 3 ingredients

By: Elin Claggett

1 kgm dried fruit (add up the gms on the pack on a variety of dried fruit to 1000 gm to equal 1 kg.

2 cups juice (tropicana 50/50 has less carbs)

2 cups self-rising flour

nuts if desired

Marinate fruit in juice over night

Add flour and nuts

Cook 2 hr. @ 250 degrees (although I have cooked less time at higher temp)

****This is still not a health food but a little healthier than other cakes with candied fruit

Diabetic cake - 2 ingredients

1 pkg Pillsbury sugar free cake mix

1 can diet soda

Mix and bake according to directions on pkg.

Mango Smoothie Pops

Meal Type: [Baked Goods & Desserts](#)

Fun and fat-free, the pops take less than 5 minutes to assemble. They're frozen and ready to eat in about 3 hours.

Takes Over 60 minutes

Makes 10 pops

INGREDIENTS

- 1 envelope unflavored gelatin
- 3/4 cup (6 fl oz/180ml) mango or peach nectar
- 2 1/2 cups (10 oz/300g) frozen mango pieces
- 16 oz (480g) apricot-mango or peach-flavored nonfat yogurt

PREPARATION

Sprinkle gelatin over mango or peach nectar in a small saucepan. Let stand for 1 minute or until the gelatin softens. Cook over very low heat, stirring, until the gelatin dissolves, about 2 minutes.

Combine mangoes, yogurt and the gelatin mixture in a blender or food processor and puree until smooth, Spoon the mixture evenly into 10 3-oz. (90ml) paper cups. Cover tops of the cups with aluminum foil and insert a wooden-treat stick through the foil into the center of each cup. Freeze until firm, about 3 hours.

To serve, remove the foil and peel cups from smoothie pop.

NUTRITIONAL INFO

PER SERVING

- 55 Calories
- 0g Fat
- 0g Saturated fat
- 3g Protein
- 11g Carbohydrate
- 2g Fiber
- 28mg Sodium

MAKE AHEAD

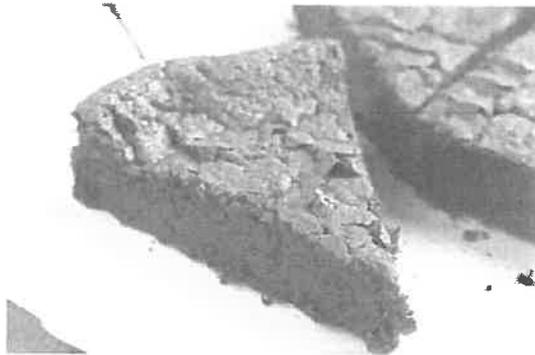
You can prepare the pops several days in advance.

COOKING TIP

Substitute frozen peach slices if frozen mango pieces are unavailable.

Source: Healthy Living Kitchens

Low-Carb Chocolate Bake



Craving a brownie or piece of cake? Here is a great go-to recipe for staying low-carb, yet satisfying your chocolate craving.

Recipe:

Servings: 8

Ingredients:

- 1 block – 8 oz. cream cheese
- 1 cup Splenda
- 5 eggs
- 2 Tbsp. cocoa powder

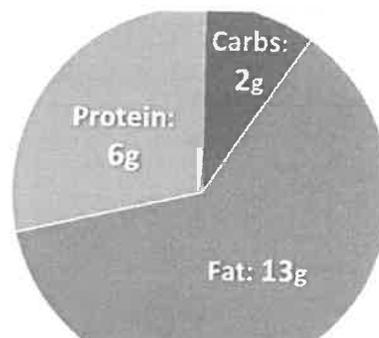
Instructions:

1. Preheat oven to 350°
2. Mix all ingredients well
3. Spray baking pan with non-stick spray, and pour batter in pan
4. Bake at 350° for 35 minutes
5. Let cool and serve with redi-whip topping if desired

Recipe Notes:

Yield: 8 servings, each with: 13g Fat; 6g Protein; 2g carbohydrates

The number of servings one should eat in a sitting will depend upon your daily carbohydrate limit.





Quick Mixed Berry Topping



Cook
5 m

Ready In
5 m

Recipe By: EatingWell Test Kitchen

“Frozen mixed berries become an almost instant fruit topping in the microwave. Serve over angel food cake or Greek-style yogurt.”

Ingredients

- 2 cups frozen mixed berries
- 2 tablespoons sugar
- 1½ teaspoons cornstarch

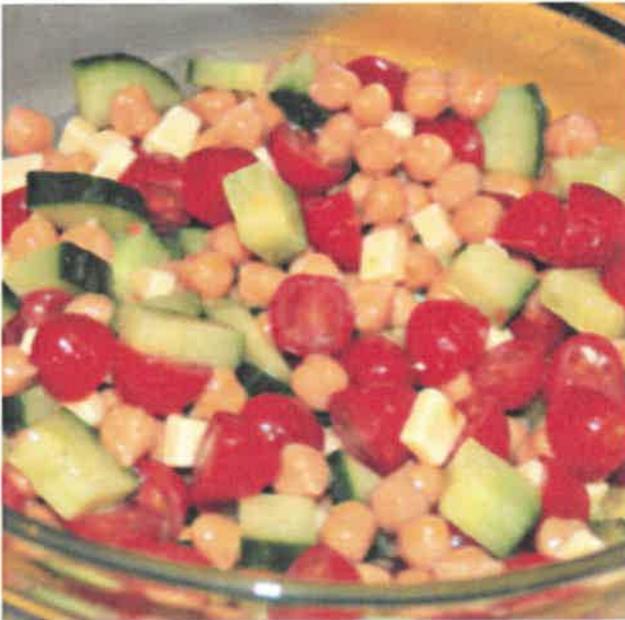
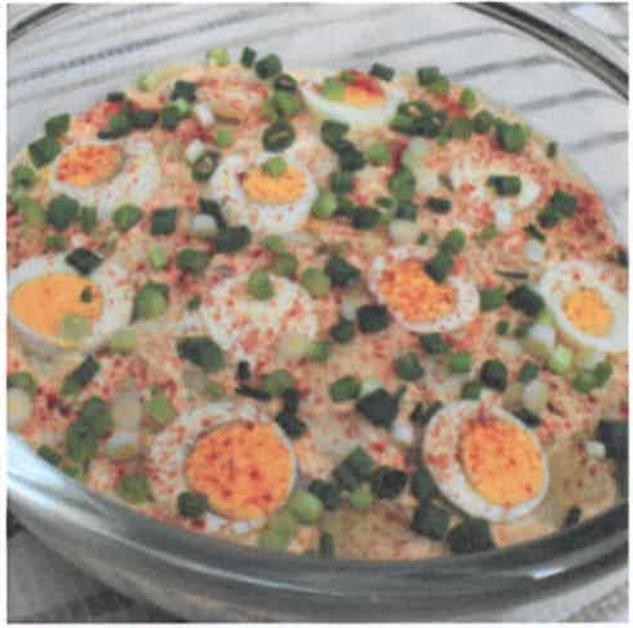
Directions

- 1 Toss berries, sugar and cornstarch in a large microwave-safe bowl until well combined. Microwave on High for 2 minutes. Stir and microwave on High until slightly thickened and steaming, about 2½ minutes more.

What You Get: Vitamin C

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Gluten-Free



Skinny Burrito Bowl

BY LINDSAY FUNSTON

All the flavors of a burrito without all the calories.

LEVEL: **EASY**

INGREDIENTS

- 1 c. brown jasmine rice
 - 1 lb. ground turkey
 - 1 tbsp. Taco Seasoning
 - kosher salt
 - 1/4 c. plain yogurt
 - 2 tsp. Hot sauce
 - 2 c. grape tomatoes, halved
 - 2 avocados, diced
-
- 1 15-oz. can black beans

DIRECTIONS

1. In a small pot, cook rice according to package directions.
2. Meanwhile, in a large skillet over medium heat, cook turkey until no longer pink, 6 to 7 minutes. Season with taco seasoning and salt.
3. In a small bowl, mix together yogurt and hot sauce. (If you want a nice drizzle, transfer to a plastic Ziploc or piping bag.)
4. Assemble burrito bowl: Divide rice among four bowls and top with ground turkey, tomatoes, avocados, and black beans and drizzle with spicy yogurt. Garnish with cilantro.

UL 14, 2016

Eggplant Pizza Bites

BY LAUREN MIYASHIRO

With pizza on a veggie, you can have pizza anytime!

TOTAL TIME: 0:20

PREP: 0:05

LEVEL: EASY

SERVES: 6

INGREDIENTS

- 2 large eggplants, cut into 1/2" rounds
 - Extra-virgin olive oil, for brushing
 - kosher salt
 - Freshly ground black pepper
 - 1 c. marinara
 - 1 c. shredded mozzarella
 - 1/2 c. mini pepperoni
 - 1/2 c. shredded Parmesan
-
- 1/4 c. finely sliced basil

DIRECTIONS

1. Preheat grill to medium-high. Brush both sides of eggplant with olive oil and season with salt and pepper.
2. Grill eggplant until tender and slightly charred on both sides, 3 to 4 minutes per side. Top each round with marinara, mozzarella and mini pepperoni. Keep the eggplant on the grill to allow the cheese melt, about 30 seconds more. Remove eggplant from grill. Top with Parmesan and basil and serve.

Zucchini Lattice Lasagna

BY LINDSAY FUNSTON
JONATHAN BOULTON

This knockout dish is so good, you won't miss the carbs.

TOTAL TIME: 1:00

PREP: 0:20

LEVEL: EASY

SERVES: 8-10

INGREDIENTS

- 2 c. ricotta
 - 1 c. freshly grated Parmesan, plus more for sprinkling top
 - 2 large eggs
 - kosher salt
 - Freshly ground black pepper
 - 1 1/2 c. marinara
 - 2-3 large zucchini, cut into large strips using a Y peeler and drained on paper towels
-
- 3 c. shredded mozzarella

DIRECTIONS

1. Preheat oven to 350°. In a small bowl, make ricotta mixture: Stir together ricotta, Parmesan and eggs and season with salt and pepper.
2. Spread a thin layer of sauce in a baking dish and layer with two layers of zucchini noodles, ricotta mixture, and mozzarella.
3. For the final layer, make a zucchini lattice. Layer zucchini noodles side by side at a diagonal in the baking dish. Lift the bottom half of every other noodle and lay another zucchini noodle across diagonally. Repeat until top layer is full.
4. Sprinkle with more Parm and season with salt and pepper.
5. Bake until totally melty and zucchini is cooked through, 30 minutes.
6. Let rest 10 minutes before slicing.

Zucchini Ravioli

BY LAUREN MIYASHIRO

Zucchini noodles can stand in for much more than spaghetti.

TOTAL TIME: 0:50

PREP: 0:20

LEVEL: EASY

SERVES: 8

INGREDIENTS

- Extra-virgin olive oil, for baking dish
 - 4 medium zucchini
 - 2 c. ricotta
 - 1/2 c. finely grated parmesan, plus more for garnish
 - 1 large egg, lightly beaten
 - 1/4 c. thinly sliced basil, divided
 - 1 clove garlic, minced
 - kosher salt
 - Freshly ground black pepper
 - 1 1/2 c. marinara
-
- 1/2 c. shredded mozzarella

DIRECTIONS

1. Preheat oven to 375° and grease a large baking dish with olive oil.
2. Make the Noodles: Slice two sides of each zucchini lengthwise to create two flat sides. Using a vegetable peeler, slice each zucchini into thin flat strips, peeling until you reach the center. These are your “noodles.”
3. Make the Filling: In a medium bowl, combine ricotta, Parmesan, egg and 2 tablespoons basil and season with salt and pepper.
4. Assemble the Ravioli: Lay two strips of zucchini noodles so that they overlap lengthwise. Lay two more noodles on top, perpendicular to the first strips. You should end up with a “T” shape. Spoon about 1 tablespoon of filling in the center of the zucchini. Bring the ends of the strips together to fold over the center, working one side at a time. Turn the ravioli over and place in the baking dish seam-side down. Repeat with remaining zucchini and filling. Pour marinara around the zucchini and top ravioli with mozzarella.
5. Bake until zucchini noodles are “al dente” and the cheese is melted and starting to brown on top; 25 to 30 minutes.
6. Top with remaining basil and Parmesan and serve.

Tuscan Spaghetti Squash

BY LAUREN MIYASHIRO

This low carb alternative might just be better than the real thing.

TOTAL TIME: 1:10

PREP: 0:10

COOK: 1:00

LEVEL: EASY

SERVES: 4 SERVINGS

INGREDIENTS

- 1 large spaghetti squash
 - 1 tbsp. extra-virgin olive oil
 - kosher salt
 - Freshly ground black pepper
 - 4 slices bacon
 - 2 cloves garlic, minced
 - 1 1/2 c. cherry tomatoes, halved
 - 2 c. baby spinach
 - 1/2 c. heavy cream
 - 1/3 c. grated Parmesan
-
- Basil, for garnish

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Cut squash in half lengthwise. Rub all over with olive oil and season with salt and pepper. Place flesh side-down on baking sheet. Bake for 40-45 minutes, until the spaghetti squash is tender. Let cool until cool enough to handle, then use two forks to pull apart spaghetti squash flesh into fine noodle-like strings.
3. Meanwhile, cook bacon in a medium skillet until crispy. Transfer to a paper towel-lined plate to drain.
4. Pour off half the bacon fat and add garlic, tomatoes and spinach to the skillet. Season with salt and pepper. Add heavy cream and Parmesan and let simmer until slightly thickened. Add spaghetti squash and toss until fully coated. Crumble bacon over the squ

Chicken Zucchini Alfredo

BY LAUREN MIYASHIRO

No pasta? No problem.

TOTAL TIME: 0:35

PREP: 0:15

LEVEL: EASY

SERVES: 4

INGREDIENTS

- 3 large zucchinis
 - 2 tbsp. extra-virgin olive oil, divided
 - 3/4 lb. chicken breast
 - kosher salt
 - Freshly ground black pepper
 - 1 tsp. Italian seasoning
 - 2 cloves garlic, finely minced
 - 3/4 c. half and half (or whole milk)
 - 4 oz. cream cheese
 - 1/2 c. freshly grated Parmesan (plus more for serving)
-
- 1/4 c. fresh chopped parsley

DIRECTIONS

1. Make zucchini “pappardelle”: Using a vegetable peeler, peel zucchini lengthwise to create long, thin strips. Lay flat on a paper towel-lined baking sheet until ready to use.
2. In a large skillet over medium-high heat, heat 1 tablespoon oil. Season both sides of chicken chicken breasts with salt, pepper and Italian seasoning and cook until cooked through, 6 to 8 minutes per side. Transfer to a cutting board and slice into strips.
3. Add remaining tablespoon olive oil to the skillet. Add garlic and cook until fragrant, about 1 minute, then add half and half and cream cheese and cook, stirring often, until cream cheese is melted. Add Parmesan, then season with salt and pepper and simmer until the sauce has thickened, 3 to 5 minutes.
4. Fold in cooked chicken, zucchini pappardelle and parsley. Serve immediately.

Zucchini Enchiladas

BY LINDSAY FUNSTON

The bold truth: You won't even miss tortillas.

TOTAL TIME: 0:40

PREP: 0:20

LEVEL: EASY

SERVES: 4

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
 - 1 large onion, chopped
 - kosher salt
 - 2 cloves garlic, minced
 - 2 tsp. ground cumin
 - 2 tsp. chili powder
 - 3 c. Shredded chicken
 - 1 1/3 c. red enchilada sauce, divided
 - 4 large zucchini, halved lengthwise
 - 1 c. Shredded Monterey Jack
 - 1 c. shredded Cheddar
 - Sour cream, for drizzling
-
- Fresh cilantro, for garnish

DIRECTIONS

1. Preheat oven to 350°. In a large skillet over medium heat, heat oil. Add onion and season with salt. Cook until soft, 5 minutes, then add garlic, cumin and chili powder and stir until combined. Add shredded chicken and 1 cup enchilada sauce and stir until saucy.
2. On a cutting board, use a Y-shaped vegetable peeler to make thin slices of zucchini. Lay out three, slightly overlapping, and place a spoonful of chicken mixture on top. Roll up and transfer to a baking dish. Repeat with remaining zucchini and chicken mixture.
3. Spoon remaining 1/3 cup enchilada sauce over zucchini enchiladas and sprinkle with both cheeses.
4. Bake until melty, 20 minutes.
5. Garnish with sour cream and cilantro and serve.

Taco Stuffed Peppers

BY LAUREN MIYASHIRO

Taco 'bout a healthy dinner!

TOTAL TIME: 0:35

PREP: 0:15

LEVEL: EASY

YIELD: 6

INGREDIENTS

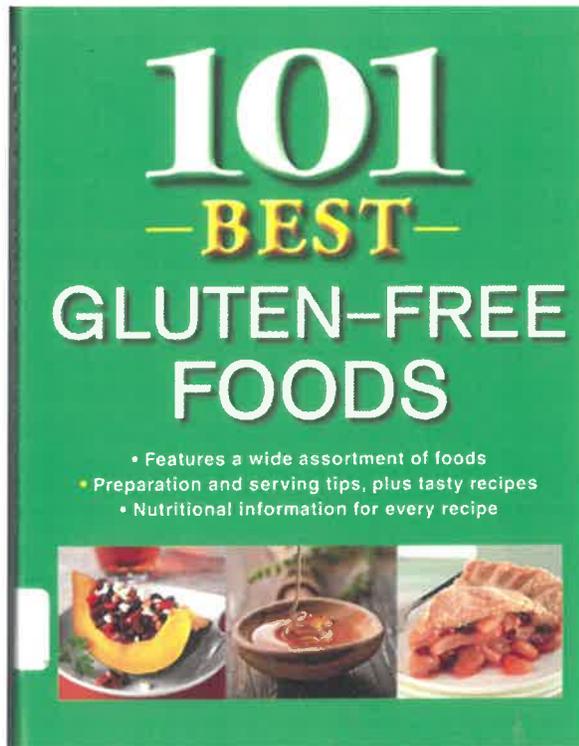
- extra-virgin olive oil
 - 1/2 Onion, chopped (about 1 cup)
 - 1 clove garlic, minced
 - 1 lb. ground beef
 - kosher salt
 - Freshly ground black pepper
 - 2 tbsp. Chopped cilantro
 - 1 tsp. chili powder
 - 1/2 tsp. ground cumin
 - 1/2 tsp. smoked paprika
 - 3 bell peppers, halved (seeds removed)
 - 1 c. shredded Cheddar
 - 1 c. Shredded Monterey Jack
 - 1 c. Shredded lettuce
 - Pico de gallo, for serving
 - Hot sauce, for serving
-
- Lime wedges, for serving

DIRECTIONS

1. Preheat oven to 375° and spray a large baking dish with cooking spray.
2. In a large skillet over medium heat, heat about 1 tablespoon olive oil.
3. Add onion and cook until the onion is tender, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more. Add ground beef and cook until no longer pink, about 5 minutes. Drain fat.
4. Add chili powder, ground cumin, and paprika to beef mixture, then season with salt and pepper.
5. Drizzle bell peppers with olive oil and season with salt and pepper. Place the peppers, cut side up, in the baking dish and spoon meat mixture into each pepper. Top with cheese and bake until the cheese is melted and the peppers are crisp-tender, about 20 minutes.
6. Top each pepper with lettuce and serve with pico de gallo, hot sauce, and lime wedges.

Gluten-free Brownies

Caswell County Public Library has numerous cookbooks with countless healthy receipts, including this one from the “101 Best Gluten-Free Foods” cookbook:



Gluten-free brownies

- ¼ cup soy flour
- ¼ cup cornstarch
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup (1 stick) margarine
- 1 cup unsweetened cocoa powder
- ½ cup semisweet chocolate chips
- 1 teaspoon vanilla
- 2 eggs



- 1> Preheat oven to 350F. Spray 8-inch square baking pan with nonstick cooking spray. Combine soy flour, cornstarch, baking soda and salt in small bowl.
- 2> Melt margarine in large saucepan over low heat. Add brown sugar; cook and stir until sugar is completely dissolved. Remove from heat; sift in cocoa and stir until combined. Add flour mixture; stir until smooth. (Mixture will be thick.)
- 3> Stir in chocolate chips and vanilla. Add eggs; beat until smooth and well blended. Pour batter into prepared pan.
- 4> Bake 25 to 30 minutes or until toothpick inserted into center comes out almost clean.

❖ *101 Best Gluten-Free Foods*, Lincolnwood, IL: Publications International, LTD. 2012. Print

For more healthy receipts and great dinner ideas, visit the Caswell County Public Library and check-out one of our many books for the cooking section. All you need is a picture ID to get a free library card!

Bread





Turkey Apple Cheddar Sandwich



Prep
5 m

Ready In
5 m

Recipe By: Carolyn Casner

"It only takes 5 minutes to make this healthy sandwich with whole-wheat bread and the classic combination of Cheddar cheese and apples that your kids will love."

Ingredients

- 2 slices whole-wheat sandwich bread
- 1 tablespoon mayonnaise
- 2 ounces low- or reduced-sodium deli turkey
- 1 ounce sliced Cheddar cheese
- 4 to 6 thin apple slices

Directions

- 1 Spread mayonnaise on both slices of bread. Top with turkey, Cheddar and apple.

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