

# *Healthy Recipe Book*

*Ideas on healthy foods that are  
affordable and nutritious foods*

*And Nutritional Handouts*

2018 Edition

**WATERMELON AGUA FRESCA  
(BETTER TASTE AND NUTRITION THAN SODA)**

<b>Nutritional Info Per Serving (8oz approx. 240 ml)</b>	<b>Watermelon Agua Fresca</b>	<b>Orange Crush Soda</b>
Calories	50	130
Fat	0g	0g
Saturated Fat	0g	0
Cholesterol	0mg	0g
Sodium	2mg	2mg
Carbohydrate	0g	0g
Sugar	5g	34g

Delicious. Also high in potassium and vitamins.

**RECIPE**

4 cups of cubed watermelon  
1/4 cup of sugar, or to taste  
4 cups water or carbonated water  
Juice from 1/2 lemon

In a blender, blend the watermelon until smooth. Strain the juice through a strainer, and keep just the watermelon juice. Add lemon juice to taste and mix with water (or carbonated water). Add ice. Mix before serving.

**MIXED SALAD WITH ASIAN SOY GINGER DRESSING  
(ALTERNATIVE FOR THE BOTTLED RANCH DRESSING)**

<b>Nutritional Info Per Serving (2Tbsp. approx. 30ml)</b>	<b>Soy Ginger Dressing</b>	<b>Bottled Ranch Dressing (Hidden Valley)</b>
Calories	80	140
Fat	5g	14g
Saturated Fat	1g	2.5g
Cholesterol	0mg	10mg
Sodium	180mg	250mg
Carbohydrate	1g	2g
Dietary Fiber	0g	1g

Brighten up a summer mix salad with an Asian soy ginger dressing. It's a fresh and healthy twist to iceberg lettuce with ranch. Feel free to add or omit toppings such as sesame seeds, pumpkin seeds, mango, strawberries. For extra protein, add cubed cooked chicken, tofu or edamame soy beans.

**MIXED SALAD WITH ASIAN SOY GINGER DRESSING**

For Dressing:

- 2 cloves garlic, finely chopped
- 1 tablespoon (approx. 28g) fresh ginger, peeled and finely chopped
- 2 tablespoons (approx. 28ml) sesame oil
- 2 tablespoons (approx. 28mls) soy sauce
- 2 tablespoons (approx 28ml) rice vinegar
- 1 tablespoon (approx 28ml) honey
- ¼ cup (approx. 70ml) canola oil

For Salad:

- Mixed spring salad
- Baby Spinach
- Segments of mandarin orange (fresh or canned)
- Roasted sesame seeds
- Fresh mango
- Fresh strawberries
- Optional protein: Edamame soy beans, cooked chicken, extra-firm tofu

Mix all ingredients for dressing together in a bottle, shaking to make sure it's well mixed. Mix well with salad. Add toppings. Serve immediately.

**PUMPKIN ZUCCHINI CHOCOLATE CHIP BREAD**  
(ALTERNATIVE FOR PUMPKIN PIE OR ANY DESSERT)

<b>Nutritional Info Per Serving (approx. 150g)</b>	<b>Pumpkin Zucchini Chocolate Chip Bread (per 1 slice out of 12 slices)</b>	<b>Costco Pumpkin Pie (per 1 slice out of 12 slices)</b>
Calories	153	310
Fat	4.5g	11g
Sodium	48mg	370mg
Carbohydrate	26.1g	48g
Dietary Fiber	2.3g	0.8g
Sugars	13g	30g

All the flavors of Fall without the guilt! This Pumpkin Zucchini Chocolate Chip Bread will satisfy your sweet tooth while you enjoy a low-fat, fiber-packed, dessert!

**Ingredients:**

- 1 1/2 cups whole wheat flour or white whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoons cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground cloves (optional)
- 3/4 cup canned pumpkin puree
- 1 cup shredded zucchini, squeezed of excess moisture
- 1/3 cup honey (or pure maple syrup)
- 1 tablespoon olive or coconut oil
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup chocolate chips

**Instructions:**

1. Preheat oven to 350 degrees F. Grease a 9 inch loaf pan with nonstick cooking spray.
2. In a large bowl, whisk together flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger.
3. In a separate large bowl combine pumpkin, zucchini, honey, oil, egg, and vanilla until well combined and smooth. Whisk in almond milk. Add wet ingredients to dry ingredients and mix until just combined. Gently fold in chocolate chips, reserving a few for sprinkling on top. Bake for 50-60 minutes or until toothpick comes out clean. Cool on wire rack for 10-15 minutes, then remove bread from pan and transfer to wire rack to finish cooling.

**FROM CANNED TO DELICIOUS**  
**CANNED SPAGHETTI SAUCE...⇨...⇨...⇨...⇨...⇨CHICKEN BOLOGNESE SAUCE**

<b>Nutritional Info Per Serving (125g)</b>	<b>Canned Spaghetti Sauce (Aldi Puttanesca Sauce)</b>	<b>Chicken Bolognese Sauce (Homemade with Puttanesca Sauce)</b>
Calories	98	150
Fat	6g	5g
Saturated Fat	1g	2g
Cholesterol	0	20g
Sodium	763mg	120mg
Carbohydrate	12g	8g
Dietary Fiber	4g	8g
Cost per serving	\$0.50	\$0.80

I started with the best tasting sauce I can find, and add ground chicken and lots of vegetables to make this nutritious, delicious and cheap homemade spaghetti sauce. It is also very easy to make.

**HOMEMADE CHICKEN SPAGHETTI SAUCE RECIPE**

- 1 large onion, chopped (approx. 300 gr)
- 1 large carrot, chopped very finely (approx. 500 gr)
- 4 large tomatoes, chopped (approx. 700 gr)
- 2 lbs (approx. 900 gr) ground chicken
- 1 jar (17 oz or 475 gr) Puttanesca Pasta Sauce (purchased at Aldi's)
- 1 can (15 oz or 425 gr) diced tomatoes
- 2 oz (approx 50ml) olive oil
- Salt, pepper to taste

In a large, heavy-bottomed pan, add oil. Saute the onion and carrot until translucent, then add ground chicken and continue to saute over medium heat until lightly browned. Add fresh chopped tomatoes and continue stirring for 2-3 minutes. Add canned pasta sauce and diced tomatoes. Bring to a boil, then lower heat to simmer. Season to taste with salt/pepper. Simmer for approximately 40 minutes, stirring gently to avoid food being burned at the bottom. Serve with pasta, or rice/quinoa.

## SOFRITAS BURRITO BOWL

Nutritional Info Per Serving (1 bowl)	1 Sofrita Bowl	Chipotle Sofritas Bowl
Calories	795	1115
Fat	42g	56g
Saturated Fat	5g	17.5g
Cholesterol	0mg	70mg
Sodium	1,865mg	3500mg
Carbohydrate	92g	112g
Dietary Fiber	28g	25g

Brighten up your day with a Sofritas Burrito Bowl. It contains flavorful latin inspired ingredients. It's a very healthy and affordable lunch fix.

### SOFRITAS BURRITO BOWL

#### For Sofrita Bowl:

1 cup TVP (texturized vegetable protein) or lean turkey grounds  
Chipotles in adobo sauce (1/2 small can)  
1 tomato  
1 small yellow onion  
1 red bell pepper  
1 cup cilantro  
3 large cloves garlic  
Juice from 1 lime  
1 tsp oregano  
1 tsp coriander  
1 tsp salt  
2 tsp chili powder  
1 tsp smoked paprika

#### For Cashew Cream Sauce

Juice of 1 lemon  
1 cup of soaked cashews  
1 tsp cumin/salt/ground mustard powder

Directions: Blend everything together except the TVP until smooth and transfer to a pan, add in the TVP, bring to a boil and then let simmer for 15 minutes.

**SALSA VERDE MARINATED CHICKEN BREAST**  
(ALTERNATIVE FOR FRIED CHICKEN)

<b>Nutritional Info Per Serving (approx. 150g)</b>	<b>Trader Joe's Salsa Verde Marinated Chicken breast (per 150g chicken)</b>	<b>Fried Chicken (per 150g chicken; approx. 2 drumsticks)</b>
Calories	265	400
Fat	5.4g	25.4g
Saturated Fat	1.5g	6.6g
Cholesterol	127.5mg	166.6mg
Sodium	414mg	886.6mg
Carbohydrate	1.5g	11.4g
Dietary Fiber	0.5g	0.8g

Spice up your chicken breast dinner! Use a Crockpot to marinate 4lbs of chicken breast with Salsa Verde (from Trader Joes or any of your favorite brands) to make a tasteful, tender chicken addition for your tostadas, casseroles, meal prep, burritos, and more. Be sure to add vegetables of your choice including, but not limited to: onions, bell peppers, garlic or other nutritious greens.

**Thrifty Tip:** Use chicken thighs instead of chicken breast for a cheaper alternative. Also consider saving the chicken thigh bones for homemade chicken broth.

**TOSTADAS:** Mild-medium spice level.

For Crockpot: About 15 servings. **Ingredients:** 1 white onion, 4lb chicken breast, 2 jars of Trader Joe's Salsa Verde (11.6oz per salsa jar)

1. Chop 1 white onion and layer 1/3 of it on the bottom of crock pot
2. Place a layer of chicken breast over the onions in crock pot
3. Optional: Sprinkle garlic powder over chicken layer
4. Place 1/2 to 1/3 a salsa jar over chicken layer
5. Repeat Steps 1-4 with every layer of chicken breast

**Healthy Tip:** Consider watering down the salsa to reduce sodium intake.

6. Cook on High for 3½-4 hours or on Low for 8 hours
  - If cooking on High for 4 hours, use two forks to shred chicken in crockpot after 2 hrs
7. Optional: If cooking on High for 4 hours, add peppers of your choice after 3 hrs.

For Tostadas (and assembly): Start with corn tostadas

1. Add mashed black beans (higher protein alternative for refried beans)
2. Add your salsa-marinated shredded chick breast
3. Add Cotija cheese (less fat alternative for Mexican-cheese blends)
4. Add fresh chopped romaine lettuce (more nutritious than iceberg lettuce)
5. Add fresh chopped tomatoes (in season)
6. Add fresh avocado slices (healthy fat)
7. And add more!



## Potato Spinach Tacos

Nutritional Info Per Serving (2 tacos)	Taco Filing	2 Corn tortillas	Soy Potato Taco (1 Serving)
Calories	80	110	360
Fat	5g	1.5g	13g
Saturated Fat	1g	1g	2g
Cholesterol	0mg	10mg	15mg
Sodium	180mg	20mg	766mg
Carbohydrate	1g	23g	42g
Dietary Fiber	0g	2g	8g

Lighten up your day with potato spinach tacos! These tacos are a quick fix. Keep yourself feeling healthy with the low carb corn tortillas to wrap your delicious potato filling in. the potato filling is super flavorful with the taste of chili, lime, and more!

### POTATO SPINACH TACOS

#### For Taco:

2 cloves garlic cloves minced (or 1 tsp Garlic powder)  
 1 large chopped onion  
 2 potatoes cubed  
 10 oz. spinach  
 1 tsp chili powder  
 1 tsp cumin  
 1 tsp smoked paprika  
 1 cup vegetable broth  
 Salt and pepper to taste  
 Lime pieces to taste  
 Cilantro to taste  
 Soft corn tortillas

Directions: Boil potatoes until soft. While potatoes are boiling, saute the onion in a couple of tablespoons of vegetable broth until soft, then add in the spices and broth as needed while mixing. Add in the spinach and potatoes with the one cup of vegetable broth. Add salt and pepper for taste. Cook until mixture no longer contains liquid to proper consistency. Heat tortillas and add potato mixture. Top with lime juice and cilantro.



## Zucchini Noodles with Pesto Sauce

Nutritional Info Per Serving (4 servings)	Pesto Sauce	Zucchini noodles (Zoodles) 4 medium Zucchini's (784 g) (4 servings)	Regular Pesto Pasta (4 servings) (includes pasta noodles and pesto sauce)
Calories	258	132	1536
Fat	24.6 g	2.4 g	104 g
Saturated Fat	6.3 g	0.8 g	18 g
Cholesterol	19.35 mg	0 mg	40 mg
Sodium	338.6 mg	64 mg	716 mg
Carbohydrate	2.5 g	24 g	116 g
Dietary Fiber	5.4 g	8 g	9.6 g

Make traditional Pesto Pasta healthy with zucchini noodles! It's a minimal carb mock pasta meal. Feel free to add any extra veggies to this recipe.

### For Pesto Sauce:

- 6 oz Basil
- 1/3 cup Parmesan Cheese (Grated)
- 1/2 tsp Salt
- 1/3 cup Dried Pine Nuts
- 1/2 tsp Garlic
- 1/3 cup Extra Virgin Olive Oil

### Directions:

1. Combine basil, pine nuts, Parmesan, garlic and salt in a food processor or blender; pulse until finely chopped.
2. Add oil in a slow and steady stream with machine running; process until fairly smooth but not puréed.
3. Serve immediately or refrigerate in an airtight container for up to 3 days or freeze for up to 1 month.

### For Noodles:

- 4 Medium sized zucchini
- salt
- olive oil
- pepper

### Directions:

1. Use a vegetable peeler to shred the whole zucchini into noodle-like strips
2. Boil a pot of water, toss in your **zucchini noodles** and cook for one minute. It's similar to cooking frozen veggies on the stovetop. And once your **noodles** have cooked, drain the **noodles** in a colander and then add salt, pepper, and a drizzle of olive oil for taste.

### Optional:

- Diced Tomatoes
- Diced Onions
- Diced Green Bell pepper
- Mix pesto sauce with zucchini noodles together in a bowl, make sure it's well mixed. Add any toppings. Serve immediately

**NUTRITIOUS, DELICIOUS AND CHEAP**

**EAT THIS .... NOT THAT**

**HUMMUS.....7 LAYER DIP**

<b>Nutritional Info Per 1oz (28g)</b>	<b>Hummus (Homemade)</b>	<b>7 Layer Dip (Store Bought)</b>
Calories	50	66
Fat	2.4g	5g
Saturated Fat	0.3g	3g
Cholesterol	0	13g
Sodium	69mg	178mg
Carbohydrate	5.7g	4g
Dietary Fiber	1.1g	1g

**HUMMUS RECIPE**

1 can (15 oz or approx. 425 gr) drained chickpeas, liquid reserved 3 oz (approx. 85 gr) tahini sesame paste

2 oz (approx 50ml) olive oil

2 cloves garlic

Juice of 1 lemon, more as needed

Salt, pepper to taste

Ground paprika to taste

Put all ingredients into a blender and process to a puree. Add more liquid reserved from the chickpeas as needed to obtain a smooth puree. Taste and adjust the seasoning. Serve with pita bread or vegetable sticks, e.g., carrots, celery, bell peppers, jicama, tomatoes.