

RSBCIHI's  
**“Chuck the Junk”**  
Recipe Collection  
2009'

**Easy, Healthful**

**Recipes and Foods.**

**Submitted by RSBCIHI's**

**Employees for everyday**

**use.**

RSBCIHI 2009' “Chuck the Junk” Recipe Collection

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# Caramel Apple Dish

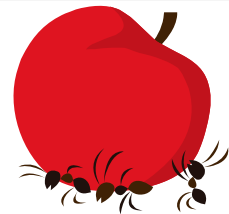
## Things You'll Need:

1-20 oz. can of crushed pineapple.

1-.09 oz. (small pckg.) Sugar Free Butterscotch pudding.

4 Med. Red apples

1-8 oz. of non-fat whipped cream



## Instructions:

1. Combine in a large mixing bowl :  
1/20 oz. can of crushed pineapple  
and 1 small package of Sugar Free  
Butterscotch pudding. Stir thoroughly.

2. Core and chop 4 medium  
Red Delicious apples into bite  
size pieces. Add to  
pineapple/butterscotch pudding  
mixture.

3. Add 1-8 oz. non fat whipped  
topping to mixture and  
stir thoroughly. Keep mixture  
refridgerated.

Kesti Tsosie  
Morongo Admin.



## **Healthy Broccoli Salad**

by Yolanda Magaña

1 head fresh broccoli, cut into bite size pieces

¼ cup red onion, chopped (use more if you really like onion)

½ to 1 cup dried cranberries or raisins (I don't use raisins because my family is not that fond of them. Your preference.)

The original recipe called for one other item but I tweaked the recipe and made it my own style. Again, you can make it according to your food preferences. The omitted item is:

10 slices crisply cooked/chopped bacon or REAL brand imitation bacon bits

I like to par-boil my broccoli so that it gets that dark green color to it. I boil it for about 1 minute or just long enough for it to look dark green. Remove immediately after your cooking time, drain water, rinse in cold water and, let it completely cool at room temperature. Makes for better presentation when it's dark green but you can use it raw and that would be fine. It's your choice.

### **Dressing:**

3 tablespoons white wine vinegar

2 tablespoons white sugar

1 cup mayonnaise

½ to 1 cup sunflower seeds

Prepare dressing first so it has time to sit. I normally add the dressing the night before so the ingredients have time to absorb for a better taste.

Cut up the broccoli. I only use the heads because again, my family is a little picky and they don't always like the stem part (I DO). Mix with your chopped red onion, add your cranberries (or raisins) and sunflower seeds.

Still in your dressing and mix it all up. That's it, you're done! Refrigerate overnight. When ready to serve, mix it up and serve. Sometimes I make another batch of the dressing because it tends to soak up in the salad by morning. Your, call, use your judgment.

*Servings: 6*

Submitted by:

Manny Magaña

# Tomato- Mozzarella Salad



## Ingredients:

Cherry tomatoes

Fresh Mozzarella Cheese (it is packaged with a small amount of liquid)-cut into small cubes or shape with a melon scoop.

Virgin Olive Oil to taste

1-2 Tb. of tarragon vinegar

Dash of sea salt and pepper

Put ingredients in a bowl, drizzle with olive oil, vinegar and season with salt/pepper. You can add black or green olives, capers, or artichoke hearts.

Bon appetite!

Submitted by:  
Daisy Broady

---

## White Pizza

*This pizza is meant to be recreated with your favorite healthy toppings, or it can be made as a vegetarian dish, have fun with it.*

### Ingredients:

- 1 Whole Wheat Pizza dough
- ¼ C Pesto Sauce
- ¼ C ea. Fresh Mushrooms, Broccoli, Spinach, Peppers
- 6 oz Grilled Chicken Breast
- ½ C ea. Low Fat Mozzarella Cheese, Low Fat Jack Cheese



### Directions:

1. Roll out whole wheat pizza dough to the size of pan
2. Spread pesto on top of the dough.
3. Add fresh vegetables: Mushrooms, Broccoli, Spinach, Peppers. Feel free to add any other vegetables you like.
4. Spread both cheeses on top.
5. Bake @ 450° for 15 – 20 minutes, until golden brown.

Submitted by: Karen Corbin

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# WHITE CHICKEN CHILI



## INGREDIENTS:

4oz. Jalapeño  
4oz. Green Chilies  
3 cups Southwest Chicken  
14.5 oz. Chicken Broth (2)  
15 oz. Great Northern Beans (2)  
15 oz. Chili Beans  
4oz. Reduced Fat Shredded Monterey Jack Cheese (1cup)  
1 Diced Onion  
3 Garlic Cloves  
2 tsp. Cumin  
1 tsp. Oregano  
1 tsp. Ground Red Cayenne Pepper  
1 Tbs. Canola Oil

## INSTRUCTIONS:

1. Heat oil, add onion; sauté till soft
2. Add garlic, jalapeño, green chilies, cumin, oregano, and pepper
3. Continue to cook until mixed. (About 3 minutes)
4. Add broth, chicken and beans
5. Simmer 15 min, stirring occasionally
6. May add toppings; cheese, jalapeños, chips

Submitted by:  
Michele Veal

# BAKED SALMON



FRESH SALMON 2-3 LBS

OLIVE OIL

DRIED DILL/FRESH

CAYENNE PEPPER OR SPICES OF CHOICE

SALT & PEPPER

ONIONS AND BELL PEPPERS

INSTRUCTIONS:

1. PREHEAT OVEN TO 425 DEGREES, DRIZZLE OLIVE OIL OVER FISH, ADD SEASONINGS,
2. BAKE FOR 10 MINUTES.
3. LET REST FOR 10-15 MINUTES,
4. SERVE OVER SAUTÉED ONIONS AND BELL PEPPERS.

Submitted by:

KIM PALLIRETO-SOBOBA MEDICAL RECEPTIONIST

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# MEXICAN MACARONI



## INGREDIENTS:

1 lb	Elbow Macaroni (not cooked)
3 cans	Tomato Sauce
8 oz.	Low-Fat 4 Mexican Cheese Package
½ tsp	Black Pepper
1 tsp.	Olive Oil
1 tsp.	Salt

## INSTRUCTIONS:

1. First you boil the macaroni in water with 1 tsp of olive oil and 1 tsp of salt in medium heat, for about 10-12 min.
2. Drain them and put them in a baking sheet/dish.
3. Put 1 ½ cans of tomato sauce in the noodles and mix them all together until they all have some sauce on them. Then put all the graded cheese on top completely covered all the pan, then add the rest of the sauce on top going back and fourth with the sauce.
4. Then last put some pepper on top optional. Bake for about 10-12 minutes or until cheese melted all over the noodles.

Submitted by:  
Lizabella Dominguez



# Copper Penny Carrots



## Ingredients:

2 lbs. carrots, peeled and sliced  
1 small bell pepper, thinly sliced  
1 medium onion thinly sliced  
1 can tomato soup  
1/2 cup salad oil  
1 cup sugar (Splenda may be used also)  
3/4 cup apple cider vinegar  
1 teaspoon mustard  
1 teaspoon Worcestershire sauce  
salt & pepper

## Instructions:

1. Cook carrots in salted water until barely tender.
2. Rinse and drain. Layer carrots, peppers and onions in a bowl. Combine the remaining ingredients in a saucepan and bring to a boil, stirring until blended.
3. Pour over carrot mixture and refrigerate several hours. Keeps well in the refrigerator.

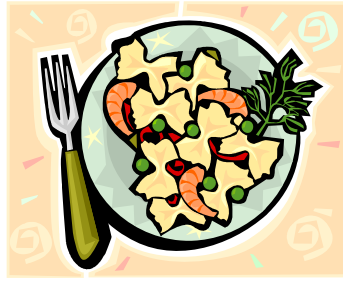
Submitted by:

Marjorie Johnson, MSCIS

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# Pasta Salad



\*Tomato's

\*Italian salad dressing

\*Pasta (Tomato-Spinach enriched)

\*Chicken

\*Italian herbs and cheese Marinade

(Additional vegetables and dressing  
optional)

Submitted by: Tara Ashley Reed

# Chicken Salad



## Ingredients:

Bowl of mixed greens  
Grilled Chicken  
Fresh Peaches  
Fresh Strawberries  
Strawberry Low-Fat Yogurt  
Red Wine Vinegar

## Instructions:

Place mixed greens in a large bowl  
Warm grilled chicken and cut up into bite size pieces  
Toss salad  
Cut up strawberries and place in salad  
Toss salad  
Cut peaches into slices and place in salad  
Toss salad  
In a small bowl mix yogurt with a little red wine vinegar and mix well and drizzle over salad  
  
Eat right away as salad will get soggy

## Submitted by:

*Karre Winge*

# ***Pasta Salad***



## Ingredients:

Box of whole wheat rigatoni noodles  
Low fat Italian salad dressing  
2 tomatoes chopped  
1 cucumber chopped  
¼ red onion chopped

## Instructions:

Boil noodles according to package directions and drain  
Place noodles in large serving bowl and let cool about 5 minutes  
Coat noodles with some dressing and toss  
Place chopped cucumbers on top and drizzle more dressing and toss  
Place chopped onion on top and drizzle more dressing and toss  
Place chopped tomato on top and drizzle more dressing and toss  
Add meat and drizzle more dressing and toss

Refrigerate a few hours or overnight

Right before serving drizzle more dressing and toss and if you are feeling frisky top with fresh grated parmesan cheese and toss one last time

Submitted by:

*Karre Winge*

# \*Mini Chicken Pot Pies\*



## **INGREDIENTS:**

- 1 can (16.3 oz) Pillsbury® Grands!® Flaky Layers refrigerated original biscuits
- 1 can (19 oz) Progresso® Traditional chicken noodle soup  
Spray on Butter (PAM)
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 cup shredded low -fat mozzarella cheese (1 oz)

## **DIRECTIONS:**

1. Heat oven to 375°F. Lightly spray 8 (2 1/4x1 1/4-inch) muffin cups with nonstick cooking spray. Separate dough into 8 biscuits; separate each biscuit into 2 layers. Place 8 biscuit halves in sprayed muffin cups, pressing to cover bottom and sides.
2. Drain soup; store in tightly covered container in refrigerator or freezer for later use. Spoon drained soup evenly into biscuit-lined cups. Place remaining biscuit halves over soup; gently seal each biscuit.
3. Spray biscuit tops with butter. Sprinkle with Italian seasoning and garlic powder. Top each with 1/2 tablespoon cheese.
4. Bake at 375°F. for 15 to 18 minutes or until edges are golden brown. To remove from pan, run knife around edge of pies.

Submitted by:

*\*Michelle Dahl\**

# 30 Minute Dijon Chicken and Brown Rice Pilaf



## Ingredients:

2 tbsp canola oil  
1 lb. boneless skinless chicken breast (cut in thin strips)  
2 cups water  
1 ½ cups instant brown rice, uncooked  
1 medium apple, chopped  
½ cup raisins (dried cranberry raisin)  
2 tbsp Dijon mustard  
3 green onions, chopped  
1/3 cup chopped walnuts or favorite nuts

## Instructions:

Heat oil in a large non-stick skillet on med- high heat. Add meat and season with salt and pepper.  
Cook 8 minutes or till meat is cooked through stirring frequently. Remove meat from skillet, cover to keep warm.

Add water, rice, raisins and mustard to skillet mix well. Bring to boil on med high heat, add apples and reduce heat to simmer, 5 minutes, add meat, stir and cover let stand 5 minutes.

Spoon onto plates, sprinkle with onions and nuts.

Serves 4 people.

*Nutritional Information: Calories 390. Total fat 13 grams, Carbohydrate 46 g.*

*Diet exchange: 2 starch, 1 fruit, 2 meat, 1 fat.*

Submitted by:  
Lorraine Robinson

# **PASTA SALAD**



## Ingredients:

1 pkg. wheat curly pasta (Cooked)  
1-1/2 cup broccoli florets  
4-5 green onions mostly white parts  
1-1/2 cups cherry tomatoes  
1 lg. jar of artichoke hearts, drained  
1 can pitted black olives  
1/2 jar pitted green olives  
2 large avocados, sliced  
Italian Dressing  
Salt and pepper

## Instructions:

Cook pasta according to directions, drain. Rinse with cold water and drain well. Toss with vegetables, adding avocados last.  
Mix one Italian dressing package mix with olive oil and rice vinegar and add to salad. Refrigerate for at least 2 hours

Submitted by:

**Carol Wyant**

## **Tuna Salad on (Whole Wheat Tostadas)**



### **Ingredients:**

**4 Cans of Tuna**  
**4 Tbs. of Low-Fat Mayo**  
**1 Tbs. Mustard**  
**2 Stalks Celery chopped fine**  
**2 Roma Tomatoes Diced chopped fine**  
**Chives to taste**  
**1 Can of Black Olives (Drained)**  
**Dill Pickles to taste chopped fine**  
**Salt and Pepper to taste**

### **Instructions:**

- 1. Mix and serve cold.**

**Sandra Haro**  
**Soboba Dental**



# **Ken's Delight Salad Roll**



## Ingredients:

Rice paper  
Sweet Thai Chili Sauce (for *dipping*)

## Fillings:

Salad greens  
Avocado - slice  
Carrots – julienne  
Cucumber – julienne  
Turkey breast (optional)

## Instructions:

Wet rice paper, put fillings in the middle and roll like a burrito. Dip in the dipping sauce...enjoy!

Submitted by:

**Rosario Chin LVN**

# Spinach Ricotta Pie



## Ingredients:

10 oz Frozen Spinach thawed

15 oz Ricotta Cheese or Cottage Cheese small curd.

8 oz Low-fat Cream Cheese

6 eggs or egg beaters

1 cup chopped marinated artichokes

¼ cup cheese topping of your choice

## Instructions:

1. Spray 9-inch pie plate with Pam olive oil type.
2. Preheat oven to 375°
3. Wring the spinach dry, chop up.
4. In a large bowl beat together ricotta cheese, cream cheese, and eggs. Add spinach, artichokes, salt and pepper to taste.
5. Stir to combine, pour into prepared pan.
6. Sprinkle with cheese or parmesan cheese on top and bake about 35-40 minutes. Enjoy with side salad.

Submitted by:  
Kim Pallireto  
Soboba Medical

# BREAKFAST DANISH



## Ingredients:

1 English Muffin, or 2 slices whole grain bread  
1/2 cup cottage cheese (low fat, small curd) (approx.)  
cinnamon  
Splenda

## Instructions:

Toast muffin or bread. Spread with cottage cheese.  
sprinkle liberally with cinnamon and Splenda to taste.

Submitted by:  
Charlen Taylor, Finance

# COWBOY CAVIAR



## Ingredients:

1 can pinto beans, rinsed and drained  
1 can whole corn, drained  
3 Roma tomatoes, chopped  
1 bunch green onions, chopped  
1 bunch cilantro, chopped  
1 avocado, chopped (do last so does not turn brown)  
1/3 cup red wine vinegar  
1 1/2 - 2 tsp Tabasco sauce  
salt, pepper, coarse garlic powder to taste  
(1/2 Serrano chili for heat if desired)

## Instructions:

1. Combine vinegar and Tabasco and set aside.
2. Mix all other ingredients and pour vinegar in and stir to cover. Refrigerate at least 1 hour.
3. Serve with tortilla chips.

Makes 6 main course meals (served over shredded cabbage)  
or 12 appetizers (using just the tortilla chips)

## Submitted by:

Charlen Taylor, Finance

# Oatmeal White Chocolate Cookies

## Ingredients:

1 ½ cup Raw 1-Minute Oats  
1 ½ cup Whole Wheat Whole Grain Flour  
1 tsp. Baking Soda  
½ tsp. Salt  
2/3 cup Canola Oil  
2/3 cup Splenda (Sugar Substitute)  
2 Large Eggs  
1 tsp. Vanilla Extract  
1 cup Apple Sauce  
¼ cup Soy Milk or Non-Fat Milk  
1 cup Craisins (Dried Cranberries)  
12oz bag White Chocolate Chips  
1 ½ cup Chopped Pecans



## Instructions:

- 1) Preheat oven to 375°
- 2) With an electric mixer, mix together oil and Splenda. Then add in eggs, milk, applesauce and vanilla extract.
- 3) In a separate bowl, mix oats, flour, salt, and baking soda.
- 4) Slowly add in wet ingredients to dry ingredients while mixing with an electric mixer.
- 5) Mix in craisins, nuts and white chocolate chips into dough.
- 6) Spoon out rounded balls of dough on an ungreased cookie sheet.
- 7) Bake at for 12-15 minutes.

Submitted by:  
Afua Khumalo

# Ceviche

- 1 package of Imitation Crab Flakes (Heart health)
- 1 tomato
- ½ red onion
- 1 cucumber
- 8 lemons
- ½ bundle of cilantro
- Whole Wheat Crackers/ Tostadas
- Tapatio Hot Sauce



1. Mixed all ingredients in a bowl.
2. Squeeze all lemons on mixed ingredients.

Serving Suggestion:

Serve ceviche on tostada or crackers add some hot sauce on top.

**Submitted By: Brian Jimenez**

# “Buttered” Noodles (with yellow squash)

Prep: 5 minutes  
Total: 25 minutes  
Serves: 4  
No meat



- 8 ounces whole-wheat spaghetti, angel hair, or other pasta
- ½ cup of yellow squash puree
- ¼ cup nonfat (skim) milk
- 2 tablespoons trans-fat- free soft tub margarine spread (I used “I can’t believe it not Butter”)
- 2 tablespoons grated Parmesan
- ¼ teaspoon salt

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to packaged directions until al dente.
2. Drain, return the pasta to the warm pot, and stir in the squash puree (make sure The puree is very creamy), milk, margarine, parmesan, and salt.

Prepared By: Claudia Magaña

Recipe By: Jessica Sienfeld, Deceptively Delicious

## Lauron’s Chicken Salad

Ingredients:

- 3 13 oz. Cans of chicken breasts
- 2 cups of finely chopped celery
- 1 cup of finely chopped onions
- 1/3 cup finely chopped pepperchinis
- ½ cup of chopped dried cranberries
- ¾ cup pine nuts
- 1 cup of Miracle Whip Light
- 2 tsp lemon pepper
- 2 tsp garlic powder
- 1 tsp horseradish



Mix all ingredients in a bowl. Chill and serve:

Serving suggestions: Whole grain flat bread to make pin wheels  
With Stone ground wheat crackers  
Inside a tomato for lunch

Submitted by: Dr. Elizabeth Lauron

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# Veggie Burger Patties

## Ingredients:

1 large Bell Pepper, diced  
1 large Onion, diced  
2 sticks Margarine  
12 slices of Bread, cubed  
2 cans Vegetarian Burger  
8 Eggs, beaten  
1 Tbsp Seasoning salt  
1 tsp Black pepper (optional)



## Topping:

2 cups Brown sugar  
2 cups Ketchup  
Mix together thoroughly

Directions: Sautee Onions and Bell peppers in Margarine. In a large bowl, combine Bread crumbs, Veggie Burger, Eggs, and Seasonings, mix well. Add sautéed vegetables to the mixture. Mix well and place in baking dish. Cover the Meatloaf with the topping. Bake at 350F for 60 minutes.

## Submitted by:

Donna McCall

# Crab Salad

## Ingredients:

1 Package of Imitation Crab  
10 tomatoes  
1 onion,  
5 cucumbers,  
A handful of cilantro,  
4 lemons and  
1 tsp. of salt.



## Instructions:

Just chop everything up and mix it together, no particular order. Squeeze the lemons all over the salad and sprinkle the salt over it. Mix it up, cover it up and it's done!

## Submitted by:

Marylou Alvarez



# Texas Chili

## Ingredients:

2 lbs.	Ground Turkey
1 box	Original Texas Chili Kit
1 – 8 oz can	Tomato Sauce
8oz	Water
14oz can	Diced Tomatoes
15oz can	Kidney or Pinto Beans
1 cup	Chopped Onions
1 cup	Green Peppers



Optional: Add Cayenne Pepper to Taste

## Instructions:

1. Brown the ground turkey, onions and green peppers in a large skillet and drain any fat.
2. Add in tomato sauce, water, diced tomatoes, spice packet and salt packet. (*optional: cayenne pepper*)
3. Cover and simmer 15 minutes adding the beans when 5 minutes are remaining.

Submitted by:  
Amanda Marquez

# Turkey Cilantro Chili

Preparation Time: 30 minutes  
Makes: 8 servings



## **Ingredients**

1 pound ground turkey  
1 onion, chopped  
1 stalk celery, chopped  
1 ½ teaspoon chili powder  
1 teaspoon cumin  
½ teaspoon garlic powder  
½ teaspoon oregano  
1 bunch fresh cilantro, chopped  
1 can diced tomatoes, 16 ounces  
1 can tomato sauce, 16 ounces  
1 cup kidney, pinto, and garbanzo or soy beans

## **Directions:**

1. Brown ground turkey, onion, and celery in a large skillet. Drain off fat.
2. Add chili powder, cumin, garlic powder, oregano, cilantro tomatoes, and tomato sauce. Stir.
3. Simmer, covered 30 to 45 minutes.
4. Add beans. Simmer, 10-15 minutes.

Serve with green salad and cornbread muffins.

Prepared by Darlene Lynch, Martha Rodriguez, Marcia Ruhl, and Joyce Liang

# Turkey Cilantro Chili (original)

Preparation Time: **30 minutes**

Makes: 8 servings (1 cup per serving)

## Ingredients

2 pounds ground turkey  
1 onion, chopped  
1 stalk celery, chopped  
1½ teaspoon chili powder  
1 teaspoon cumin  
½ teaspoon garlic powder  
½ teaspoon oregano  
1 bunch fresh cilantro, chopped  
1 can diced tomatoes, 16 ounces  
1 can tomato sauce, 8 ounces  
2 cups soybeans, cooked



## Directions

1. Brown ground turkey, onion, and celery in a large skillet. Drain off fat.
2. Add chili powder, cumin, garlic powder, oregano, cilantro, tomatoes, and tomato sauce. Stir.
3. Simmer, covered 30 to 45 minutes.
4. Add beans. Simmer, 10 to 15 minutes.

Serve with green salad and cornbread muffins.

## Nutritional analysis (per serving)

295 Calories  
30 g protein  
15 g fat  
11 g carbohydrate  
4 g fiber  
84 g cholesterol  
368 mg sodium

Exchanges per serving: 1 carbohydrate, 4 protein

Submitted by:  
Marcia Ruhl

# Black Bean Hummus

1 Can Black Beans (drained)  
1 Can Garbanzo Beans (drained)  
1 ½ Tsp Chili Powder  
1 tsp onion powder  
1 tsp garlic powder  
½ tsp lemon pepper  
¼ tsp Sea Salt

-Serve w/Crackers  
(preferably 100% whole grain)



- Serve w/carrots & celery sticks

Submitted By:  
Antonia Roots

## Jell-O Salad

Ingredients:

1, 8oz Container of Cool Whip (or Cool Whip Lite)  
1, 3oz Lime Jello (Sugar Free)  
1, 16oz Crushed Pineapple (Drained)  
1, cup Walnuts or Pecan



Instructions:

1. Mix cool whip and jello together then add in nuts and pineapple.
2. Allow to chill for 30 minutes to 1 hour

Submitted by:  
Joanne Fain

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# Whole Wheat Vegetable Lasagna

## Ingredients:

- 7 Whole wheat pasta strips (The regular one, you don't need to buy the one that bakes in the oven and you don't need to boil them)
- 1 whole package of firm tofu
- 2Tbs lemon juice
- 2c mozzarella cheese
- 1.5c zucchini chopped
- 2c spinach chopped
- 1c onion chopped
- 1 c broccoli chopped
- 1 can of tomato sauce



## Instructions:

1. Preheat oven at 350.
2. In a bowl mix tofu with lemon juice, mash with a fork and let it marinate while you get the ingredients. (You only need to marinate it about 3-5 minutes.)
3. Put first layer of whole wheat pasta in dish, you only need 3.5 to cover dish.
4. Add ½ of tomato sauce. (You need quite a bit of sauce to cook the pasta since you're not boiling it.)
5. Next add half of everything tofu, zucchini, broccoli, onions, spinach topped off with mozzarella.
6. Repeat steps 3-5.
7. Put in oven for 1.5 hrs.
8. Cut and enjoy!

It's very simple, packed with protein, vegetables, fiber, healthy yet good for you! Enjoy! 😊

Submitted by:  
Kathy Featherhat

# Seven Week Bran Muffins

## Ingredients:

5 tsp. Baking soda  
2 cups boiling water  
1 cup oil (or 1 cup applesauce)  
1 ½ cups honey (can use Splenda or sugar)  
4 eggs  
5 cups flour  
1 tsp salt  
1 quart buttermilk  
4 cups All Bran cereal  
2 cups Bran Flakes cereal  
1 pound raisins or dates (optional)



## Instructions:

Mix 5 tsp. soda with 2 cups of boiling water. Pour over 4 cups of All Bran and 2 cups of Bran Flakes—set aside.  
Beat together 1 cup oil and 1 ½ cups honey until well creamed.  
Add eggs, buttermilk, salt, and soaked bran cereals and mix well.  
Add flour and fold in raisins or dates.  
Bake in greased muffin tins (fill 2/3 full) for 15-20 minutes at 400°

This mix will keep for seven weeks in a covered container in the refrigerator!

“How strange a creature is man, who will at times go to such extremes to preserve his life, only to shorten it at the dinner table.”

—William H. Gordon

Good nutritional habits and proper exercise—for total fitness—add a positive, wholesome attitude to life and an involvement in purposeful, uplifting activities of body, mind, and spirit.

♥Mariel S. Parker♥

Submitted by: Lyle Parker

# **THE BASIL VEGGIE SANDWICH**

**Two slices of Jewish Rye, 6 grams of protein and 120 calories**  
**One Morning Star Veggie Pattie, 18 grams of protein, 150 calories**  
**Spicy Mustard**  
**5 to 7 medium sized fresh basil leaves**  
**2 Kosher Pickles on the side (10 calories)**



**The value of this is it tricks me into thinking I am eating a kosher hot dog! Another value is that it is quick to make, easy to eat on the run w/ plenty of protein and minimal calories.**

**Submitted by:**  
**Herbert McMichael**

# Low-Carb Garlic Potatoes

## Ingredients:

5-6 medium Raw Potatoes.  
1 head Fresh Cauliflower  
4 cloves Fresh Garlic  
1 Tb. Seasoning Salt  
1 can PAM Butter Flavored Spray  
1 cup Low-Fat or Non-Fat Milk



## Instructions:

- 1) Wash cauliflower and take off the green leaves. Separate into pieces.
- 2) Steam cauliflower using about  $\frac{1}{4}$  cup water in covered pot. Just until soft.
- 3) When soft, mash until smooth and set aside.
- 4) Without removing the skin, wash and cut potatoes in to wedges of six.
- 5) Mash garlic cloves and add in 5 cups of water, bring to a boil.
- 6) When water is boiling add potato wedges and cover.
- 7) When potatoes are done, drain water, leaving garlic cloves inside.
- 8) Add in cauliflower and mash till smooth with butter spray, milk and seasoning salt. (Make sure to spray butter about 15 seconds)

Submitted by:  
Afua Khumalo



# GARDEN HARVEST CAKE

## Ingredients:

1 CUP FLOUR  
½ C. SUGAR  
1 TSP. GROUND CINNAMON  
1 TSP. BAKING SODA  
¼ TSP. SEA SALT  
½ C. GRATED PEELED GRANNY SMITH APPLE (ABOUT 1 MEDIUM)  
½ C. GRATED CARROT (ABOUT 1 MEDIUM)  
½ C. SHREDDED ZUCCHINI  
1 8OZ. CAN PINEAPPLE TIDBITS (DRAINED)  
¼ C. CHOPPED WALNUTS  
¼ C. CANOLA OIL  
¼ C. NONFAT BUTTERMILK OR NONFAT MILK  
1 LARGE EGG



## Instructions:

1. PREHEAT OVEN TO 350.
2. COMBINE THE FIRST FIVE INGREDIENTS IN A LARGE BOWL, STIRRING WITH A WHISK. ADD GRATED APPLE, GRATED CARROT, SHREDDED ZUCCHINI, PINEAPPLE TIDBITS, AND WALNUTS TO FLOUR MIXTURE; TOSS WELL. COMBINE CANOLA OIL, BUTTERMILK, AND EGG IN A SMALL BOWL, STIRRING WITH A WHISK. ADD EGG MIXTURE TO FLOUR MIXTURE, STIRRING JUST UNTIL COMBINED. SPOON BATTER INTO AN 8 X 4-INCH LOAF PAN COATED WITH COOKING SPRAY. BAKE AT 350 MINUTES OR UNTIL TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN. COOL 10 MINUTES IN PAN OR ON A WIRE RACK; REMOVE CAKE  
YIELD: 9 SERVINGS (SERVING SIZE 1 SLICE)

Submitted by:  
Sandra Castillo

# Peaches “N” Cream

## Ingredients:

- 2 Cups Honey Maid Graham Cracker Crumbs
- 6 Tbsp. Margarine, Melted
- 1 cup Splenda
- 4 pkg. 8oz ea. Philadelphia Neufchâtel, softened (1/3 less fat than cream cheese)
- 1 pkg. Sugar-Free Jell-O Peach Flavor Gelatin (4 servings size)
- 2 Fresh peaches, chopped
- 1 8oz tub Cool Whip Lite or Sugar-Free Whipped Topping, thawed



## Instructions:

1. Mix graham cracker crumbs, margarine and  $\frac{1}{4}$  cup of the Splenda; Press onto bottom of 13x19 inch pan. Refrigerate while preparing filling.
2. Beat neufchâtel and remaining  $\frac{3}{4}$  cup of Splenda in a large bowl until well blended.
3. Add dry gelatin and mix well.
4. Stir in peaches and whipped topping.
5. Spoon mixture over crust; cover and refrigerate 4 hours or until firm.
6. Store leftovers in the refrigerator.

Patricia Cox

Submitted by:

Heidi Lewis

# Portuguese Bean Soup

## Ingredients:

- 6 cloves Garlic, crushed
- 1 ½ Round onions, chopped
- 2 stalks Celery, chopped
- 4 Carrots, diced
- 1 can Vegetable broth (14 ½ oz)
- 2 cans Whole tomatoes plus juice (large),  
cut in chunks
- 3 Potatoes, cubed
- 3 cups Beans, cooked
- ½ head Cabbage, chopped
- 1 cup Macaroni, cooked



## Instructions:

1. Sauté garlic and onions in 2 cups of water until transparent.
2. Add celery and carrots. Continue cooking 5 minutes.
3. Add tomatoes and vegetable broth. Add 2 cups more water to the mixture.
4. Cook 15 minutes, then add remainder of ingredients, except beans and macaroni.
5. Continue to cook 30 minutes on warm setting, after bringing to a boil.
6. Add beans and simmer on warm for 30 minutes, until done to taste.
7. Add cooked macaroni a few minutes before serving.

Dr. Shintani

Makes 8 portions

Submitted by:  
Sandra Conley

# Caprese Salad



## Ripe Tomatoes

Use 7 Tomatoes

## Mozzarella Cheese

Use 1 pound of Low-fat Cheese

## Mixed Greens

Use 2 Bags of Mixed Greens Of Your Choice

## Balsamic Dressing

Your Choice Of Low Calorie Dressing

## Organic Basil

Use 4 Leaves, Chopped And Sprinkled On Top Of Salad

Submitted by: Delores Rizo

# Lentil Soup



## Ingredients:

**1 1/3 bag of lentils in large cooking pot with lots of water**  
**1/2 large red onion, chopped**  
**5 Tbsp. Wyler's chicken granules or Swanson's chicken broth**  
**Salt to taste**

**Cook for approx. 1 hour, stirring occasionally and adding water if needed.**

**Add 4 stalks of celery chopped**  
**Add 2-3 juicy tomatoes chopped**  
**Cook until tender and flavorful, ENJOY!!**

**Submitted by:**  
**Carol E. Anderson**

# Fruit Cobbler



## Ingredients:

- ¼ lb. Margarine**
- 1 c. Flour**
- 1 c. Sugar or Splenda**
- 2 tsp. Baking Powder**
- ½ c. Non-Fat Milk**
- 1 qt. Canned Peaches or other fruit**
- 1 c. Water**
- ½ c. Sugar or Splenda**

## Instructions:

- 1. Melt margarine and pour into a 9” x 12” x 2” baking pan.**
- 2. Combine flour, 1 c sugar, baking powder and milk.**
- 3. Pour into pan.**
- 4. Drain fruit and combine with water and 1/2c sugar.**
- 5. Carefully pour into pan. Bake in oven at 375 for about 1 hour.**
- 6. When done, the batter will have risen to the top and should be a beautiful brown.**

**Mrs. Eric A. Royston**

**Serves 6**

**Submitted by:**

**Carol Sanderson**



## Ideas for Healthy Prepared Snacks

**Flavored Rice Cakes- Keith Ford**



**Veggie Tray with Ranch Dip- Candace Rivas**



**Sugar Free Root Beer/Low-Fat Ice Cream Float  
Afua Khumalo**



**Sliced apples w/ peanut butter (smart balance) – Ray Vega**



**Celery sticks w/ peanut butter (smart balance) - Ray Vega**



**Fruit Tray includes: watermelon, cantaloupe, pineapple –  
Ray Vega**



**Garden Salad w/ mixed veggies and red leaf lettuce w/ Salad  
Spritzer Spray – Marcia Ruhl**



RSBCIHI 2009' "Chuck the Junk" Recipe Collection

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