Welcome to Our Ever-Growing Collection of Healthy Recipes

This selection of recipes has been recommended by our dietitians, who want to help you make the best eating choices you can. We hope you will enjoy this resource and find some new favorites to add to your repertoire of meals and snacks. We will continue to add to this collection, so visit www.PacMed.org/recipes to explore new and wholesome ideas for you and your family.

If you have questions about nutrition or your health, we invite you to make an appointment with your doctor or a PacMed provider. To talk with a PacMed representative, call 1.888.4PACMED.
Not All Snacks Are Created Equal

High-fiber, nutritious foods such as fresh fruit and vegetables, popcorn, nuts and cereal control your appetite by helping you feel full and therefore less likely to overeat.

Chewing foods also helps to stimulate the brain, increasing your overall satisfaction. And because fiber slows down the release of carbohydrates, you benefit from a “time release” effect: sustained energy for a longer period of time.
Ever-Changing Healthy Snack Mix

Makes 10 cups (one serving = ½ cup). Remember to measure your portion!

This throw-together snack mix combines salty and sweet flavors for a satisfying munch. And because it contains whole grains, fiber, protein and unsaturated fat, it provides an energy boost with hunger relief that lasts. Keep the recipe fresh by using different nuts or low-sugar cereals, but realize that the nutritional value will change.

In a large bowl, stir together:
4 cups dry-roasted almonds (no salt), sliced
(Diced cocoa-dusted almonds are a delicious substitute)
2 cups Fiber One Original cereal or another similar cereal
2 cups yogurt-covered raisins*
2 cups Special K Red Berries cereal or another cereal

Measure portions into sandwich bags for grab-and-go snacks, or store in a sealed container. Nuts last longer when kept in the dark or the refrigerator.

* If you are concerned about your sugar intake, you can reduce the amount of yogurt-covered raisins to 1 cup (bringing one serving’s sugar value to 8.3 g). Other nutritional values and recipe yield will also change.

Nutritional information per serving as written:

- Calories: 136.3
- Total Carbohydrate: 25.6 g
- Cholesterol: 0 g
- Fat: 11.4 g
- Dietary Fiber: 5.7 g
- Sodium: 48.4 mg
- Saturated Fat: 2.54 mg
- Sugars: 13.6 g
- Protein: 5.4 g
Simple Sweet Potato Fries

(Serves 6)

Ingredients:
3 medium sweet potatoes cut into wedges
(the thinner, the crispier)
1 tablespoon canola oil
1 tablespoon chili powder
½ teaspoon cinnamon
¼ teaspoon salt

Preparation:
1. Preheat oven to 425°F. In a mixing bowl, combine sweet potato wedges, oil, spices and salt. Mix together until fries are evenly coated.
2. Spread fries out in a single layer on a rimmed baking sheet.
3. Bake for 20 minutes or until crispy on one side. Turn fries and cook for another 20 minutes or until golden brown.

Nutritional information per serving as written:

- Calories: 80
- Carbohydrate: 13 g
- Protein: 1 g
- Fat: 2 g
- Sodium: 130 mg
- Cholesterol: 0 mg
- Added sugar: 0 g
- Fiber: 4 g
Zucchini Oven Chips

(Serves 4)

**Ingredients:**
- ¼ cup dry breadcrumbs
- ¼ cup (1 ounce) grated fresh Parmesan cheese
- ¼ teaspoon seasoned salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons low-fat milk
- 2½ cups (¼-inch-thick) slices zucchini (about 2 small)
- Cooking spray

**Preparation:**
1. Preheat oven to 425°F.
2. Combine first four ingredients in a medium bowl, stirring with a whisk.
3. Place milk in a shallow bowl. Dip zucchini slices in milk and dredge in breadcrumb mixture. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet.
4. Bake for 30 minutes or until browned and crisp. Serve immediately.

**Nutritional information per serving as written:**
- Calories: 70
- Carbohydrate: 8 g
- Protein: 6 g
- Fat: 3 g
- Sodium: 330 mg
- Cholesterol: 10 mg
- Added sugar: 4 g
- Fiber: 5 g
Eight No-Fuss, Healthy Snacks

Convenience is one reason why kids and adults are more likely to reach for a bag of chips or a high-fat, microwaveable snack. Try some of these healthier no-fuss alternatives instead to curb afternoon hunger pangs:

• Individual serving of fat-free yogurt or sugar-free pudding
• Microwaveable popcorn (a whole bag of 94 percent fat-free, “butter-flavored” popcorn has less than 150 calories)
• Low-fat string cheese and a handful of cherry tomatoes
• Sliced apple with a tablespoon of peanut butter
• Banana
• A dozen baby carrots with hummus dip
• Cup of homemade trail mix with whole-grain cereal, raisins and dry-roasted peanuts or almonds, or a cup of cereal with non-fat milk
• Whole-wheat tortilla wrap with low-fat cheese (microwave just long enough to melt cheese)
Turkey Avocado Jicama Wraps

(Serves 4, Preparation 10 minutes)

Looking for a go-to summer dish that’s healthy and quick? It’s a wrap!

Ingredients:
¼ cup low-fat ranch dressing or plain yogurt
2 tablespoons chipotle salsa
¼ teaspoon finely grated orange zest
4 (8-inch) whole-wheat tortillas
12 ounces sliced oven-roasted turkey breast (from deli)
1 ripe Hass avocado, pitted, peeled and sliced
2 cups mesclun (assorted small young salad greens) or 1 bunch cilantro
1½ cups grated jicama
1 tomato, thinly sliced
2 scallions, thinly sliced (white and green parts)
Kosher salt and freshly ground black pepper

Preparation:
1. In a small bowl, combine the ranch dressing with the salsa and orange zest.
2. Lay the tortillas on a cutting board and spread the ranch mixture evenly over each one, leaving about a 1-inch border on all sides.
3. Layer the turkey, avocado, greens, jicama, tomato and scallions evenly over each tortilla, still leaving a border.
4. Season with salt and pepper. Roll up like a pinwheel. Halve and serve.

Nutritional information per serving as written:
- Calories: 423
- Carbohydrate: 41.5 g
- Protein: 32.1 g
- Fat: 14.4 g
- Saturated Fat: 2.4 g
- Cholesterol: 73.8 mg
- Sodium: 596 mg
- Fiber: 7.9 g
- Sugars: 3.8 g
Southwest Style Quinoa Bean Salad

Serves 12, prep time 10 minutes

For a cool, refreshing salad that is packed with flavor and protein, try this.

Ingredients:

- 3 cups water
- 2 teaspoon kosher salt
- 1 cup quinoa, well-rinsed
- 2 19-oz. cans (4 ¾ cups) black beans, drained and rinsed
- 2 19-oz. cans (4 ¾ cups) diced tomatoes, drained
- 1 large orange bell pepper, chopped
- 1 jalapeño pepper, seeded and chopped
- 1 tablespoon extra virgin olive oil
- ¼ cup fresh lime juice
- 1 teaspoon grated lime zest
- ¾ teaspoon ground cumin
- ¾ teaspoon ground coriander
- ¼ cup cilantro, chopped
- 5 whole scallions, minced

Preparation:

1. Bring water and salt to a rolling boil in a large pot. Add quinoa and reduce heat to a simmer. Cover and cook 15 minutes.

2. Remove from heat and fluff with fork before cooling to room temperature.

3. In a large serving bowl, combine beans, tomatoes and peppers. Add quinoa and toss mixture together.

4. In a small bowl or pitcher, whisk together oil, lime juice and zest, spices, cilantro and scallions. Pour dressing over the salad, toss once more and chill 8–12 hours before serving.

Nutritional information per serving (1/12 of recipe):

- Calories: 224
- Total Fat: 3 g
- Carbohydrate: 39 g
- Fiber: 9 g
- Sodium: 142 mg
- Total Protein: 10 g

From the sparkpeople.com web site
Ripe Tomato Soup

(Serves 6. Preparation 40 minutes)

Tomatoes are one of the best sources of lycopene, a vital antioxidant that appears to prevent certain cancers and have heart-healthy benefits. So eat up! This seasonal soup is delicious hot or cold. Note that the color of the soup will depend on the season and type of tomatoes used.

Ingredients:
1–2 tablespoons olive oil
1 medium onion, chopped
3 pounds ripe, fresh tomatoes, trimmed and coarsely chopped
2 cups reduced-sodium chicken stock
1 cup water
Either 10–12 cloves roasted garlic (available already roasted in some store delis) or garlic powder, to taste
Chopped fresh or dried basil, to taste
Freshly ground pepper, to taste

Preparation:
1. In a 3-quart saucepan, sauté onion in olive oil until translucent, about 5 minutes.
2. Add tomatoes and cook until tomatoes are mostly liquid, about 15 to 20 minutes.
3. Add stock, water and garlic, and simmer another 5 to 10 minutes.
4. Puree with a stick blender, or in batches in a blender or food processor. Adjust flavor with garlic powder, if using, and season generously with basil and ground pepper.

Serving suggestion: Top with a small dollop of non-fat Greek yogurt (shown).

Nutritional information per serving (1 serving = scant cup, without yogurt):

- Calories: 102
- Fat: 1 g
- Saturated Fat: 1 g
- Total Carbohydrate: 12 g
- Dietary Fiber: 3 g
- Sugars: 7 g
- Cholesterol: 0 g
- Sodium: 198 mg
- Protein: 4 g
Crustless Salmon Quiche

(Serves 8)

Compared to a commercial ham and cheese quiche, this recipe saves you 344 calories, 23 g of fat, 11 g of saturated fat and 200 g of sodium.

Ingredients:
2 teaspoons olive oil
½ cup red onion, sliced thinly
1 large tomato, enough to cover the bottom of the pie plate, sliced in ¼-inch slices
Cooking spray
1 cup lox-style* smoked salmon, sliced into thin strips
1¼ cups 1% low-fat milk
1 cup shredded reduced-fat cheddar cheese
¼ teaspoon freshly ground white pepper
½ teaspoon dried dill or 1 tablespoon fresh dill, chopped
4 large egg whites or ½ cup egg substitute, lightly beaten
2 large whole eggs, lightly beaten

Preparation:
1. Preheat oven to 350°F.
2. Spray a 9-inch pie plate with cooking spray. Layer the tomatoes in the bottom of the pan.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onion and sauté 1½ minutes. Layer onion over the tomatoes.
4. Sprinkle ¼ cup of the cheese over the tomatoes and onion.
5. Combine salmon and remaining ingredients (including the rest of the cheese) in a large bowl. Pour milk mixture over tomato and onion mixture.
6. Bake for 40 minutes or until top is golden and a knife inserted in center comes out clean; let stand 5 minutes. Serve with toast.

Nutritional information per serving (1 serving = 1/8 of the quiche):

Calories: 135.6  Carbohydrate: 5.8 g  Protein: 14.2 g
Fat: 5.9 g  Fiber: 7 g
Saturated Fat: 2.1 g  Sodium: 578 mg*

A good source of vitamins A, B12, D; calcium, folate, riboflavin, selenium. To cut sodium in half, use plain baked salmon instead of smoked salmon.
Lentil and Spinach Soup

(Serves 8)

This spicy twist on the classic gets added nutrition and taste from the tomatoes and spinach. Perfect for active days, this delicious, satisfying soup is packed with nutrients and flavor.

Ingredients:
- 2 teaspoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 jalapeño peppers, seeded and minced
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 3 (14.5 oz.) cans reduced-sodium chicken broth or 5¼ cups reduced-sodium vegetable broth
- 1¾ cups water
- 1 cup brown lentils, rinsed and picked over
- 1/3 cup sun-dried tomatoes, dried or packed in water and cut into medium-sized pieces
- 2 cups (5 oz.) frozen spinach

Preparation:
1. Heat oil in a soup pot over medium heat.
2. Add onion and cook, stirring often, until softened, 2–4 minutes.
3. Add garlic, jalapeños, cumin and coriander. Cook about 30 seconds.
4. Add broth, water, lentils and sun-dried tomatoes and bring to a simmer.
5. Reduce heat to medium-low; cover and simmer until lentils are very tender, 35–45 minutes.
6. While lentils are cooking, cook spinach on the stovetop or in the microwave according to package directions. Drain and refresh with cold water, squeezing out excess liquid.
7. When lentils are tender, transfer about 3 cups of soup to a blender. Cover blender with lid and a folded kitchen towel. Holding lid securely in place, process until smooth.
8. Return puree to soup, stir in spinach and heat through.

Nutritional information per serving (1 serving = 1 cup):
- Calories: 124
- Carbohydrate: 20 g
- Protein: 10 g
- Fat: 1.5 g
- Fiber: 7 g
- Sodium: 505 mg

From the Tufts University Health & Nutrition Letter, October 2005.
Spicy Spaghetti Squash

(Serves 6)

Lean ground turkey, fresh squash and other healthy ingredients make this recipe a tasty, nutritional choice for those winter days ahead.

Ingredients:
1 small spaghetti squash, halved and seeded
1 tablespoon olive oil
½ cup onion, minced
3 cloves garlic, minced
2 green onions, minced
12 ounces ground white-meat turkey
2 cups crushed tomatoes
2 tablespoons red wine
2 teaspoons capers
2 teaspoons minced fresh oregano
2 teaspoons crushed red pepper flakes
2 tablespoons chopped fresh parsley

Preparation:
1. Preheat oven to 350°F.
2. Place each squash half cut side down on a cookie sheet and bake uncovered for 45–60 minutes or until a fork goes into the shell easily. Allow to cool and scoop out the strands of squash with a large spoon and set aside.
3. Heat the oil in a skillet over medium-high heat. Add the onion, garlic and green onions and sauté for 2 minutes. Add the turkey and cook for 4 minutes more. Add the tomatoes and wine and bring to a boil. Lower the heat and simmer for 20 minutes.
4. Add the capers, oregano, red pepper flakes and parsley; simmer for 5 minutes. If the squash has cooled too much, reheat it in the microwave, covered for 2 to 3 minutes. Top the squash with the sauce and serve.

Nutritional information per serving as written:
- Calories: 154
- Fat: 7.6 g
- Total Carbohydrate: 10.3 g
- Dietary Fiber: 1.3 g
- Sugars: 13.6 g
- Cholesterol: 44 mg
- Sodium: 99 mg
- Protein: 11.3 g
Garlic Chipotle Chicken Tacos
(Serves 4, serving size 2 tacos)
For a tasty twist on chicken tacos, use your grill to add a more authentic southwest flavor plus crunch!

Ingredients:
1 tablespoon chopped fresh garlic
1 tablespoon minced chipotle chile, canned in adobo sauce
2 tablespoons canola oil, divided
1 pound chicken cutlets
⅞ teaspoon kosher salt, divided
⅞ teaspoon black pepper, divided
Cooking spray
2 teaspoons chili powder
1 small red bell pepper, cut into 8 slices
1 small green bell pepper, cut into 8 slices
1 small Vidalia onion, cut into ½-inch rings
8 (6-inch) corn tortillas

Toppings ideas: sliced avocado, tomatillo salsa, pico de gallo, shredded lettuce

Preparation:

2. Combine garlic, chipotle and 1 tablespoon oil; rub evenly over chicken. Sprinkle with ⅛ teaspoon salt and ⅛ teaspoon black pepper. Grill 3 minutes on each side or until done. Remove and keep warm.

3. Combine remaining oil, remaining salt, remaining black pepper and chili powder in a large bowl. Add bell peppers and onion; toss gently to coat.

4. Place vegetables on grill; cook 5 minutes on each side or until soft and charred. Next, grill tortillas 30 seconds on each side or until lightly charred. Remove and keep warm.

5. Thinly slice chicken. Divide chicken, bell peppers and onion among tortillas. Add toppings and enjoy!

Nutritional information per serving as written:
Calories: 312  Dietary Fiber: 4 g  Protein: 29.5 g
Fat: 9.8 g  Cholesterol: 66 mg
Carbohydrate: 27.8 g  Sodium: 533 mg
Cauliflower & Potato Mash

(Serves 12, Serving size 1/3 cup)

By substituting in the antioxidant-rich cauliflower, you’ll create a lower carbohydrate and more nutritionally enhanced dish. Cauliflower is also a good source of vitamins C and K and magnesium.

Ingredients:
- 2 cups plain mashed potatoes
- 5½ cups coarsely chopped cauliflower (about 1 small head)
- ½ cup fat-free milk
- 6 garlic cloves
- 1 bay leaf
- 1 tablespoon unsalted butter
- 1 teaspoon salt
- ¼ cup chopped fresh chives

Preparation:
2. Cook cauliflower in boiling water 7 minutes or until tender. Drain.
3. Place fat-free milk, garlic cloves and bay leaf in a small saucepan; bring to a simmer. Cover and cook over low heat for 10 minutes.
4. Discard bay leaf. Place cauliflower, milk mixture, butter and salt in a food processor, and process until smooth, scraping sides of the bowl occasionally.
5. Combine mashed potatoes and cauliflower mixture in a large bowl, stirring until well blended. Garnish with chives.

Nutritional information per serving as written:
- Calories: 52
- Fat: 2 g
- Total Carbohydrate: 9.5 g
- Dietary Fiber: 2.2 g
- Sugars: 13.6 g
- Cholesterol: 6 mg
- Sodium: 331 mg
- Protein: 2.3 g

Recipe adapted from Cooking Light, November 2005.
Banana Ice Cream

**Ingredients:**
Bananas! (Amount depends on servings needed and size of bananas)

**Preparation:**
1. Peel the bananas and cut them into small pieces.
2. Freeze for just 1-2 hours on a plate.
3. Blend the bananas using a food processor or by hand, making sure to scrape the bowl when they stick to the sides.
4. Mix until they become the consistency of ice cream. Sprinkle with some cinnamon or nutmeg, and/or drizzle with honey if desired.

Eat immediately!

Nutritional information based on ½ cup of ice cream:

- Calories: 120
- Fat: 0 g
- Total Carbohydrate: 30g

- Sodium: 0 mg
- Protein: 0 g
- Added sugar: 0g

- Cholesterol: 0 mg
- Fiber: 4 g
Light and Fluffy Pumpkin Pancakes

(Serves 6)

Ingredients:
1¼ cups all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
½ teaspoon salt
1 pinch cloves
1 cup milk (can be any kind)
6 tablespoons canned pumpkin puree
2 tablespoons melted butter
1 eggs

Preparation:
1. Mix together flour, sugar, baking powder, spices and salt in a bowl.
2. In a separate bowl, whisk together milk, pumpkin, melted butter and egg.
3. Fold mixture into dry ingredients.
4. Spray or grease a skillet and heat over medium heat; pour in ¼ cup batter for each pancake.
5. Cook pancakes about 3 minutes per side. Serve with butter and syrup.
6. Makes about six 6-inch pancakes.

Nutritional information per serving as written:
Calories: 270
Fat: 11 g
Total Carbohydrate: 35 g
Protein: 8 g
Cholesterol: 85 mg
Fiber: 3 g

Recipes adapted from www.food.com.
Roasted Peaches

(Serves 6)

Ingredients:
4 ripe peaches, (about 1¼ pounds)
1½ teaspoons lemon juice
1 tablespoon sugar

Topping ideas: chopped nuts, cinnamon, toasted coconut

Preparation:
1. Preheat oven to 425°F.
2. Cut peaches in half and remove pits. Toss the peach halves with lemon juice in a large bowl; add sugar and toss once again.
3. Arrange halves cut-side up in a baking dish. Roast until the peaches are tender, 20 to 25 minutes. If the juices in the pan begin to burn, add a little water and cover the pan loosely with foil.

Nutritional information per serving as written (without toppings):

- Calories: 71
- Fat: 0 g
- Total Carbohydrate: 18 g
- Sodium: 0 mg
- Protein: 0 g
- Cholesterol: 0 mg
- Fiber: 5 g
- Added sugar: 3 g