



WCA = Health and Wellness

Westmoreland Community Action has always been a leader in Westmoreland County in so many ways over the years. Whether it is our terrific programming or building our social enterprises, WCA is always out front. WCA now wants to lead in a different area and in a different way. WCA wants to be the leader as an organization through health and wellness and we want all of you to be a part of our mission.

We as an agency would like to eat healthier and exercise more while promoting healthier lifestyles and leading by example. This cookbook is one way to eat healthier and enjoy good tasting food. We also want to develop agency exercise groups and get back to having a 5k run/walk. We promote this attitude through Head Start and now we want to expand our horizon. We at WCA want you to be a part of leading by example. Please volunteer to lead a walking group, organize soup and salad bars, or even write up a special recipe for our staff and families. Thank you for your support.

Here's to your health!

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Before plunging ahead with a recipe, look it over and think about what you can change to turn it into a healthy recipe. Make notes of any alterations, so you can refer to them the next time you prepare the recipe. You may have to make the recipe a few times before you get the results you want, but that is OK! Once you find the right combination of ingredients—for the desired taste, consistency and nutrients—is well worth the trouble.

Use this guide to help reduce the amount of fat, salt, sugar and calories as you prepare healthy recipes.

Your guide to ingredient substitutions for healthy recipes

If your recipe calls for this ingredient:	Try substituting this ingredient:
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)
Bread, white	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening. Also don't substitute diet, whipped or tub-style margarine for regular margarine.
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Cream	Fat-free half-and-half, evaporated skim milk
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Flour, all-purpose (plain)	Whole-wheat flour for half of the called-for all-purpose flour in baked goods Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast (make sure no poultry skin has been added to the product)
Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress

Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
Milk, evaporated	Evaporated skim milk
Milk, whole	Reduced-fat or fat-free milk
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Pasta, enriched (white)	Whole-wheat pasta
Rice, white	Brown rice, wild rice, bulgur or pearl barley
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Sugar	In most baked goods you can reduce the amount of sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends
Yogurt, fruit-flavored	Plain yogurt with fresh fruit slices

Source: MayoClinic.com 23 July 2012 <http://www.mayoclinic.com/health/healthy-recipes/NU00585>

Healthy cooking techniques can capture the flavor and nutrients of your food without adding excessive amounts of fat, oil or salt. Try these preparation techniques for healthy recipes:

Cooking method: Healthy cooking techniques include braising, broiling, grilling, poaching, sautéing, and steaming.

Basting liquid: If the direction say to baste the meat or vegetables in oil or drippings, use a small amount of cooking wine, fruit juice, vegetable juice or fat-free vegetable broth instead.

Nonstick cookware: using nonstick pans or spraying pans with nonstick spracy will further reduce the amount of fat and calories added to your meals.

No matter how much you reduce, switch or omit ingredients, some recipes may still be high in sugar, fat or salt. You can help your diet by cutting back on the portion size instead.

Still intimidated by the idea of having to substitute things? Take a look at the recipe on the following page, which shows a before-and-after ingredient list. As you can see, making a few small changes can make a big difference in the amount of fat, calories, and salt in a serving. By making the changes listed, you save 110 calories, 9 grams of fat, 35 milligrams of cholesterol, 60 milligrams of sodium and 9 grams of table sugar *per muffin*.

Healthy Recipe Makeover: Morning Glory Muffins

Original	Healthier Option	...why?
2 cups all-purpose (plain) flour	1 cup all-purpose (plain) flour 1 cup whole-wheat (whole-meal) flour	To increase fiber, replace HALF the all-purpose flour with whole-wheat flour.
1 ½ cups sugar	¾ cup sugar	To reduce the amount of calories, cut the sugar in half.
2 teaspoons baking soda	2 teaspoons baking soda	To avoid flat or dense muffins, do not alter baking soda as it is an ingredient needed for proper leavening.
1 teaspoon ground cinnamon	2 teaspoons ground cinnamon	A bit more cinnamon can enhance the sweetness of the muffin.
½ teaspoon salt	Omit	Salt is not needed because baking soda contains salt, which leavens and adds enough flavor.
3 large eggs	¾ cup egg substitute	To reduce the amount of saturated fat and cholesterol, replace each egg with ¾ cup egg substitute.
1 cup vegetable oil	½ cup vegetable oil ½ cup unsweetened applesauce	To reduce the amount of fat, replace half the oil with unsweetened applesauce. Like fat, applesauce acts to retain moisture.
½ cup coconut	Omit	To reduce saturated fat and calories, leave out the coconut.
1 teaspoon vanilla extract	2 teaspoons vanilla extract	To enhance the sweet flavor of the muffins, double the amount of the vanilla.
2 cups peeled and chopped apples	2 cups chopped apples (unpeeled)	To increase the amount of fiber, do not peel the apples before chopping.
½ cup raisins	½ cup raisins	To control the number of calories, do not increase the amount of raisins. Raisins are calorie dense, meaning they have a

		lot of calories in a small portion.
½ cup grated carrots	¾ cup grated carrots	To increase the amount of nutrients, including Vitamin A and fiber, add another ¼ of grated carrots. The added carrots also serve as a good substitute for the omitted coconut.
½ cup chopped pecans	2 tablespoons chopped pecans	To reduce the amount of fat and calories, decrease the amount of pecans used by ¼.

Source: MayoClinic.com 23 July 2012 <http://www.mayoclinic.com/health/healthy-recipes/NU00584/NSECTIONGROUP=2>

Directions: Preheat the oven to 350 F. Line a muffin pan with paper or foil liners. In a large bowl, combine the flours, sugar, baking soda, and cinnamon. Whisk to blend evenly. In a separate bowl, add the egg substitute, oil, applesauce and vanilla. Stir in the apples, raisins and carrots. Add to the flour mixture and blend just until moistened but still slightly lumpy. Spoon the batter into muffin cups, filling each cup about 2/3 full. Sprinkle with chopped pecans and bake until springy to the touch, about 35 minutes. Let cool for 5 minutes, then transfer the muffins to a wire rack and let cool completely.

Calories	180	Sodium	163mg
Total Fat	7g	Total Carbohydrate	26g
Saturated fat	1g	Dietary Fiber	2g
Monounsaturated fat	2g	Protein	3g
Cholesterol	0		

Main Courses

"When you wake up in the morning, Pooh," said Piglet at last, "what's the first thing you say to yourself?"

"What's for breakfast?" said Pooh. "What do you say, Piglet?"

"I say, I wonder what's going to happen exciting today?" said Piglet.

Pooh nodded thoughtfully. "It's the same thing," he said."
— A.A. Milne

Pesto Chicken Florentine

Yields 4 servings

Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic, finely chopped
- 4 skinless, boneless chicken breast halves - cut into strips
- 2 cups fresh spinach leaves
- 1 (4.5 ounce) package dry Alfredo sauce mix
- 2 tablespoons pesto
- 1 (8 ounce) package dry penne pasta
- 1 tablespoon grated Romano cheese

Directions

1. Heat oil in a large skillet over medium high heat. Add garlic, sauté for 1 minute; then add chicken and cook for 7 to 8 minutes on each side. When chicken is close to being cooked through (no longer pink inside), add spinach and sauté all together for 3 to 4 minutes.
2. Meanwhile, prepare Alfredo sauce according to package directions. When finished, stir in 2 tablespoons pesto; set aside.
3. In a large pot of salted boiling water, cook pasta for 8 to 10 minutes or until al dente. Rinse under cold water and drain.
4. Add chicken/spinach mixture to pasta, then stir in pesto/Alfredo sauce. Mix well, top with cheese and serve.

Zesty Grilled Chicken

Yields 4 servings

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 cup extra virgin olive oil
- 1/2 cup white sugar
- 1/2 tablespoon honey
- 1/2 teaspoon saffron
- 4 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon cayenne pepper
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried parsley
- 1 pinch dried sage

Directions

1. Place chicken in a shallow dish. In a medium bowl, mix together the olive oil, sugar, honey, saffron, garlic, basil, thyme, cayenne pepper, salt, oregano, parsley, and sage. Pour the mixture over the chicken. Cover, and marinate 20 to 25 minutes in the refrigerator.
2. Preheat the grill for medium heat.
3. Lightly oil the grill grate. Discard marinade, and place chicken on the grill. Cook for 10 minutes on each side, or until exterior is charred and juices run clear.

Baked Garlic Parmesan Chicken

Yields 6 servings

Ingredients

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 cup dry bread crumbs
- 2/3 cup grated Parmesan cheese
- 1 teaspoon dried basil leaves
- 1/4 teaspoon ground black pepper
- 6 skinless, boneless chicken breast halves

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumb mixture.
3. Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Chicken with Garlic, Basil, and Parsley

Yields 4 servings

Ingredients

- 1 tablespoon dried parsley, divided
- 1 tablespoon dried basil, divided
- 4 skinless, boneless chicken breast halves
- 4 cloves garlic, thinly sliced
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 2 tomatoes, sliced

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with cooking spray.
2. Sprinkle 1 teaspoon parsley and 1 teaspoon basil evenly over the bottom of the baking dish. Arrange chicken breast halves in the dish, and sprinkle evenly with garlic slices. In a small bowl, mix the remaining 2 teaspoons parsley, remaining 2 teaspoons basil, salt, and red pepper; sprinkle over the chicken. Top with tomato slices.
3. Bake covered in the preheated oven 25 minutes. Remove cover, and continue baking 15 minutes, or until chicken juices run clear.

Apple Stuffed Chicken Breast

Yields 4 servings

Ingredients

- 2 skinless, boneless chicken breasts
- 1/2 cup chopped apple
- 2 tablespoons shredded Cheddar cheese
- 1 tablespoon Italian-style dried bread crumbs
- 1 tablespoon butter
- 1/4 cup dry white wine
- 1/4 cup water
- 1 tablespoon water
- 1 1/2 teaspoons cornstarch
- 1 tablespoon chopped fresh parsley, for garnish

Directions

1. Combine apple, cheese, and bread crumbs. Set aside.
2. Flatten chicken breasts between sheets of waxed paper to 1/4 inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.
3. Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.
4. Transfer chicken to a serving platter. Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.

Slow Cooker Cilantro Lime Chicken

Yields 6 servings

Ingredients

- 1 (16 ounce) jar salsa
- 1 (1.25 ounce) package dry taco seasoning mix
- 1 lime, juiced
- 3 tablespoons chopped fresh cilantro
- 3 pounds skinless, boneless chicken breast halves

Directions

1. Place the salsa, taco seasoning, lime juice, and cilantro into a slow cooker, and stir to combine. Add the chicken breasts, and stir to coat with the salsa mixture. Cover the cooker, set to High, and cook until the chicken is very tender, about 4 hours. If desired, set cooker to Low and cook 6 to 8 hours. Shred chicken with 2 forks to serve

Sloppy Joes

Yields 6 servings

Ingredients

- 1 pound lean ground beef
- 1/4 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon prepared yellow mustard
- 3/4 cup ketchup
- 3 teaspoons brown sugar
- salt to taste
- ground black pepper to taste

Directions

1. In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids.
2. Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes. Season with salt and pepper.

Mini Meatloafs

Yields 8 servings

Ingredients

- 1 egg
- 3/4 cup milk
- 1 cup shredded Cheddar cheese
- 1/2 cup quick cooking oats
- 1 teaspoon salt
- 1 pound ground beef
- 2/3 cup ketchup
- 1/4 cup packed brown sugar
- 1 1/2 teaspoons prepared mustard

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine the egg, milk, cheese, oats and salt. Add the ground beef, mixing well, and form this mixture into eight miniature meatloaves. Place these in a lightly greased 9x13 inch baking dish.
3. In a separate small bowl, combine the ketchup, brown sugar and mustard. Stir thoroughly and spread over each meatloaf.
4. Bake, uncovered, at 350 degrees F (175 degrees C) for 45 minutes.

Marinated Flank Steak

Yields 6 servings

Ingredients

- 1/2 cup vegetable oil
- 1/3 cup soy sauce
- 1/4 cup red wine vinegar
- 2 tablespoons fresh lemon juice
- 1 1/2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1/2 teaspoon ground black pepper
- 1 1/2 pounds flank steak

Directions

1. In a medium bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper. Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover, and refrigerate for 6 hours.
2. Preheat grill for medium-high heat.
3. Oil the grill grate. Place steaks on the grill, and discard the marinade. Grill meat for 5 minutes per side, or to desired doneness.

Asian Beef with Snow Peas

Yields 4 servings

Ingredients

- 3 tablespoons soy sauce
- 2 tablespoons rice wine
- 1 tablespoon brown sugar
- 1/2 teaspoon cornstarch
- 1 tablespoon vegetable oil
- 1 tablespoon minced fresh ginger root
- 1 tablespoon minced garlic
- 1 pound beef round steak, cut into thin strips
- 8 ounces snow peas

Directions

1. In a small bowl, combine the soy sauce, rice wine, brown sugar and cornstarch. Set aside.
2. Heat oil in a wok or skillet over medium high heat. Stir-fry ginger and garlic for 30 seconds. Add the steak and stir-fry for 2 minutes or until evenly browned. Add the snow peas and stir-fry for an additional 3 minutes. Add the soy sauce mixture, bring to a boil, stirring constantly. Lower heat and simmer until the sauce is thick and smooth. Serve immediately.

High Temperature Eye of Round Roast

Yields 6 servings

Ingredients

- 1 (3 pound) beef eye of round roast
- salt and pepper to taste

Directions

1. Preheat the oven to 500 degrees F (260 degrees C). Season the roast with salt and pepper and place in a roasting pan or baking dish. Do not cover or add water.
2. Place the roast in the preheated oven. Reduce the temperature to 475 degrees F (245 degrees C). Roast for 21 minutes (seven minutes per pound) then turn off the oven and let the roast sit in the hot oven for 2 1/2 hours. Do not open the door at all during this time!
3. Remove the roast from the oven, the internal temperature should have reached at least 145 degrees F (65 degrees C). Carve into thin slices to serve.

Cajun Spiced Pork Chops

Yields 4 servings

Ingredients

- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon rubbed dried sage leaves
- 1/2 teaspoon garlic salt
- 1 1/2 teaspoons extra-virgin olive oil
- 4 center cut pork chops

Directions

1. Mix paprika, cumin, black pepper, cayenne pepper, sage, and garlic salt on a plate. Liberally coat each pork chop with the spice mixture.
2. Heat olive oil and several pumps of non-stick, butter-flavored spray in a large skillet over high heat. Place pork chops in the skillet, reducing heat to medium. Cook until the pork is no longer pink in the center, 8 to 10 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Easy Mini Quiches

Yields 24 servings

Ingredients

- 6 slices bacon, chopped
- 1 onion, chopped
- 3 eggs
- 3/4 cup buttermilk baking mix
- 1 1/2 tablespoons chopped fresh parsley
- 2 cups shredded American cheese

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease 2 mini muffin pans. In a large skillet over medium heat, fry bacon and onion together for about 5 minutes, or until bacon is crisp. Drain and set aside.
2. In a medium bowl, beat the eggs. Stir in the baking mix, parsley, shredded cheese, bacon and onion. Spoon into greased muffin cups.
3. Bake for 10 to 15 minutes in the preheated oven, or until the tops are lightly browned. Allow mini quiches to cool in the pan before carefully removing with a small knife or spatula.

Black Beans, Corn and Yellow Rice

Yields 8 servings

Ingredients

- 1 (8 ounce) package yellow rice mix
- 1 1/4 cups water
- 2 tablespoons olive oil
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15.25 ounce) can whole kernel corn, drained
- 2 teaspoons lime juice
- 1 teaspoon ground cumin

Directions

1. Bring the rice, water, and olive oil to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
2. Mix together the beans, corn, lime juice, and cumin in a large bowl. Stir in the cooked rice and serve.

****throw in a can of diced tomatoes with green chilies for added flavor!****

Black Bean and Pork Tenderloin Slow Cooker Chili

Yields 8 servings

Ingredients

- 1 1/2 pounds pork tenderloin, cut into 2 inch strips
- 1 small onion, coarsely chopped
- 1 small red bell pepper, coarsely chopped
- 3 (15 ounce) cans black beans
- 1 (16 ounce) jar salsa
- 1/2 cup chicken broth
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 2 teaspoons chili powder

Directions

1. Combine pork tenderloin, onion, red pepper, black beans, salsa, chicken broth, oregano, cumin, and chili powder in a slow cooker. Set to Low and cook for 8 to 10 hours.
2. Break up pieces of cooked pork to thicken the chili before serving

Spicy Lime Grilled Shrimp

Yields 8 servings

Ingredients

- 3 tablespoons Cajun seasoning
- 1 lime, juiced
- 1 tablespoon vegetable oil
- 1 pound peeled and deveined medium shrimp (30-40 per pound)

Directions

1. Mix together the Cajun seasoning, lime juice, and vegetable oil in a resealable plastic bag. Add the shrimp, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 20 minutes.
2. Preheat an outdoor grill for medium heat, and lightly oil the grate. Remove the shrimp from the marinade, and shake off excess. Discard the remaining marinade.
3. Cook the shrimp on the preheated grill until they are bright pink on the outside and the meat is no longer transparent in the center, about 2 minutes per side.

Vegetable Medley

Yields 6 servings

Ingredients

- 1 tablespoon olive oil
- 2 yellow squash, sliced
- 2 zucchini, sliced
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 cloves crushed garlic
- 1 (16 ounce) can diced tomatoes
- 1/2 teaspoon dried basil
- 2 teaspoons dried oregano
- salt and pepper to taste
- 1/4 cup grated Parmesan cheese

Directions

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large saute pan heat olive oil over medium heat. Add squash, zucchini, onion, green bell pepper, and garlic. Saute until all vegetables are soft. Add tomatoes with juice. Season with basil, oregano, salt, and pepper.
3. Transfer ingredients to a glass baking dish. Bake for 20 minutes in the preheated oven. Sprinkle with Parmesan cheese and bake another 10 minutes.

Baked Zucchini Chips

Yields 4 servings

Ingredients

- 2 medium zucchini, cut into 1/4-inch slices
- 1/2 cup seasoned dry bread crumbs
- 1/8 teaspoon ground black pepper
- 2 tablespoons grated Parmesan cheese
- 2 egg whites

Directions

1. Preheat the oven to 475 degrees F (245 degrees C).
2. In one small bowl, stir together the bread crumbs, pepper and Parmesan cheese. Place the egg whites in a separate bowl. Dip zucchini slices into the egg whites, then coat the breadcrumb mixture. Place on a greased baking sheet.
3. Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.

Vegetable Lasagna

Yields 12 servings

Ingredients

- 1 (16 ounce) package lasagna noodles
- 1 pound fresh mushrooms, sliced
- 3/4 cup chopped green bell pepper
- 3/4 cup chopped onion
- 3 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 (26 ounce) jars pasta sauce
- 1 teaspoon dried basil
- 1 (15 ounce) container part-skim ricotta cheese
- 4 cups shredded mozzarella cheese
- 2 eggs
- 1/2 cup grated Parmesan cheese

Directions

1. Cook the lasagna noodles in a large pot of boiling water for 10 minutes, or until al dente. Rinse with cold water, and drain.
2. In a large saucepan, cook and stir mushrooms, green peppers, onion, and garlic in oil. Stir in pasta sauce and basil; bring to a boil. Reduce heat, and simmer 15 minutes.
3. Mix together ricotta, 2 cups mozzarella cheese, and eggs.
4. Preheat oven to 350 degrees F (175 degrees C). Spread 1 cup tomato sauce into the bottom of a greased 9x13 inch baking dish. Layer 1/2 each, lasagna noodles, ricotta mix, sauce, and Parmesan cheese. Repeat layering, and top with remaining 2 cups mozzarella cheese.
5. Bake, uncovered, for 40 minutes. Let stand 15 minutes before serving.

Veggie Pot Pie

Yields 6 servings

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 8 ounces mushrooms
- 1 clove garlic, minced
- 2 large carrots, diced
- 2 potatoes, peeled and diced
- 2 stalks celery, sliced 1/4 inch wide
- 2 cups cauliflower florets
- 1 cup fresh green beans, trimmed and snapped into 1/2 inch pieces
- 3 cups vegetable broth
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce
- 1 recipe pastry for double-crust pie

Directions

1. Preheat oven to 425 degrees F (220 degrees C).
2. Heat oil in a large skillet or saucepan. Cook onions, mushrooms, and garlic in oil for 3 to 5 minutes, stirring frequently. Stir in carrots, potatoes, and celery. Stir in cauliflower, green beans, and vegetable broth. Bring to a boil, then turn heat down to a simmer. Cook until vegetables are barely tender, about 5 minutes. Season with salt and pepper.
3. In a small bowl, mix the cornstarch, soy sauce, and 1/4 cup water until cornstarch is completely dissolved. Stir into vegetables, and cook until sauce thickens, about 3 minutes.
4. Roll out 1/2 of the dough to line an 11x7 inch baking dish. Pour the filling into the pastry lined dish. Roll out remaining dough, arrange over the filling, and seal and flute the edges.
5. Bake in preheated oven for 30 minutes, or until the crust is brown.

Veggie Burgers

Yields 8 servings

Ingredients

- 2 teaspoons olive oil
- 1 small onion, grated
- 2 cloves crushed garlic
- 2 carrots, shredded
- 1 small summer squash, shredded
- 1 small zucchini, shredded
- 1 1/2 cups rolled oats
- 1/4 cup shredded Cheddar cheese
- 1 egg, beaten
- 1 tablespoon soy sauce
- 1 1/2 cups all-purpose flour

Directions

1. Heat the olive oil in a skillet over low heat, and cook the onion and garlic for about 5 minutes, until tender. Mix in the carrots, squash, and zucchini. Continue to cook and stir for 2 minutes. Remove pan from heat, and mix in oats, cheese, and egg. Stir in soy sauce, transfer the mixture to a bowl, and refrigerate 1 hour.
2. Preheat the grill for high heat.
3. Place the flour on a large plate. Form the vegetable mixture into eight 3 inch round patties. Drop each patty into the flour, lightly coating both sides.
4. Oil the grill grate, and grill patties 5 minutes on each side, or until heated through and nicely browned.

Veggie Fajitas

Yields 5 servings

Ingredients

- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 2 green bell peppers, sliced
- 2 yellow bell peppers, sliced
- 1/2 onion, sliced
- 1 cup mushrooms, sliced
- 3 green onions, chopped
- lemon pepper to taste

Directions

1. In a large frying pan over a medium heat, saute olive oil and garlic.
2. Let the garlic saute for 2 minutes, stir in the green and yellow bell peppers. Let the peppers saute for 2 minutes, stir in the onions.
3. After two minutes add the mushrooms and green onions to the frying pan.
4. Season the vegetables with lemon pepper to taste and stir well.
5. Cover the frying pan and cook until all of the vegetables are tender.

Zucchini Herb Casserole

Yields 6 servings

Ingredients

- 1/3 cup uncooked long grain white rice
- 2/3 cup water
- 2 tablespoons vegetable oil
- 1 1/2 pounds zucchini, cubed
- 1 cup sliced green onions
- 1 clove garlic, minced
- 1 1/4 teaspoons garlic salt
- 1/2 teaspoon basil
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon dried oregano
- 1 1/2 cups seeded, chopped tomatoes
- 2 cups shredded sharp Cheddar cheese, divided
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Directions

1. Combine the rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer 20 minutes, until rice is tender.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a shallow 1 1/2 quart casserole dish.
3. Heat the oil in a skillet over medium heat, and cook the zucchini, green onions, and garlic 5 minutes, or until tender. Season with garlic salt, basil, paprika, and oregano. Mix in the cooked rice, tomatoes, and 1 cup cheese. Continue to cook and stir until heated through. Transfer to the prepared casserole dish. Top with remaining cheese.
4. Bake uncovered 20 minutes, or until cheese is melted and bubbly.

Dessert

“Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie.” ~Jim Davis

Zucchini Brownies

Yields 24 servings

Ingredients

- 1/2 cup vegetable oil
- 1 1/2 cups white sugar
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 2 cups shredded zucchini
- 1/2 cup chopped walnuts
- 6 tablespoons unsweetened cocoa powder
- 1/4 cup margarine
- 2 cups confectioners' sugar
- 1/4 cup milk
- 1/2 teaspoon vanilla extract

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking pan.
2. In a large bowl, mix together the oil, sugar and 2 teaspoons vanilla until well blended. Combine the flour, 1/2 cup cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini and walnuts. Spread evenly into the prepared pan.
3. Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when gently touched. To make the frosting, melt together the 6 tablespoons of cocoa and margarine; set aside to cool. In a medium bowl, blend together the confectioners' sugar, milk and 1/2 teaspoon vanilla. Stir in the cocoa mixture. Spread over cooled brownies before cutting into squares.

Cranberry Orange Oatmeal Cookies

Yields 24 servings

Ingredients

- 1 cup butter, softened
- 1 cup packed brown sugar
- 1/2 cup white sugar
- 2 eggs
- 1 1/2 teaspoons vanilla extract
- 1 tablespoon grated orange zest
- 1 teaspoon orange extract
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3 cups rolled oats
- 1 cup dried cranberries

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, cream together the butter, brown sugar and white sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla, orange zest and orange extract. Combine the flour, baking soda and cinnamon; stir into the butter mixture. Stir in the oats and cranberries. Drop by rounded tablespoonfuls onto ungreased cookie sheets.
3. Bake for 10 to 12 minutes in the preheated oven, or until golden brown. Allow cookies to cool on baking sheet for 2 minutes before removing to a wire rack to cool completely.

Chocolate Pumpkin Muffins

Ingredients

- One box dark chocolate cake mix
- One 15 oz. can solid pack pumpkin

Directions

1. Mix two ingredients with electric mixer. Mixture will be thick.
2. Line muffin tins (will make 18 muffins) with paper liners or use cooking spray.
3. Bake at 400 degrees for 15-20 minutes. Do not over bake.
4. When cool sprinkle with powdered sugar.

One muffin equals 181 calories

3.5 grams fat

37 carbs

2 grams fiber

2 grams protein

Fat free Sugar Free Cheese Cake

Ingredients

- 1 large container of fat free cottage cheese
- 1 envelope of lemon flavor sugar free gelatin
- Graham crackers enough to make a graham cracker crust

Directions

1. Microwave the container of cottage cheese for 1 minute, just to warm slightly.
2. Scoop the warmed cottage cheese into the food processor or blender.
3. Process until smooth.
4. In a cup or small dish pour a small amount of boiling water on the gelatin.
5. Stir to dissolve.
6. Pour the gelatin into the cottage cheese. Process until mixed.
7. Pour into the graham cracker crust.
8. Keep it refrigerated until serving for optimal flavor and consistency
9. Top with fat free whipped topping.

For variety use other flavors of gelatin.

Lime makes a nice “key lime pie”.

The only fat or sugar is in the graham crackers. And it's really good!

From Cathy Slagle at Head Start

Gluten Free Peanut Butter Bars

Yields 48 servings

Ingredients

- 4 tablespoons butter
- 2 cups confectioners' sugar
- 1 cup shredded coconut
- 1 cup chopped walnuts
- 2/3 cup peanut butter
- 1/2 cup maraschino cherries, chopped
- 2 1/4 cups semisweet chocolate chips
- 1 cup flaked coconut

Directions

1. Melt butter or margarine over low heat. Remove from heat and mix melted butter, confectioners' sugar, coconut, walnuts, peanut butter and cherries. Form into small balls. Chill until firm.
2. Melt chocolate chips over low heat. Stick a toothpick into each ball and dip into chocolate. Roll chocolate covered peanut butter balls in coconut to coat. Chill.

Flourless Chocolate Cake

Yields 16 servings

Ingredients

- 1/2 cup water
- 1/4 teaspoon salt
- 3/4 cup white sugar
- 18 ounces squares bittersweet chocolate
- 1 cup unsalted butter
- 6 eggs

Directions

1. Preheat oven to 300 degrees F (150 degrees C). Grease one 10 inch round cake pan and set aside.
2. In a small saucepan over medium heat combine the water, salt and sugar. Stir until completely dissolved and set aside.
3. Either in the top half of a double boiler or in a microwave oven melt the bittersweet chocolate. Pour the chocolate into the bowl of an electric mixer.
4. Cut the butter into pieces and beat the butter into the chocolate, 1 piece at a time. Beat in the hot sugar-water. Slowly beat in the eggs, one at a time.
5. Pour the batter into the prepared pan. Have a pan larger than the cake pan ready, put the cake pan in the larger pan and fill the pan with boiling water halfway up the sides of the cake pan.
6. Bake cake in the water bath at 300 degrees F (150 degrees C) for 45 minutes. The center will still look wet. Chill cake overnight in the pan. To unmold, dip the bottom of the cake pan in hot water for 10 seconds and invert onto a serving plate.

Low Fat Banana Bread

Yields 12 servings

Ingredients

- 2 eggs
- 2/3 cup white sugar
- 2 very ripe bananas, mashed
- 1/4 cup applesauce
- 1/3 cup nonfat milk
- 1 tablespoon vegetable oil
- 1 tablespoon vanilla extract
- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup chopped walnuts

Directions

1. Preheat oven to 325 degrees F (165 degrees C). Spray a bread pan with non-stick cooking spray, and lightly dust with flour.
2. In a large bowl, beat eggs and sugar in a large bowl until light and fluffy, about 5 minutes. Beat in bananas, applesauce, milk, oil and vanilla.
3. In a separate bowl, sift together flour, baking powder, baking soda and salt. Stir flour mixture into banana mixture, mixing just until blended. Fold in walnuts. Pour batter into prepared pan.
4. Bake in preheated pan until golden and a toothpick inserted into center of the loaf comes out clean, about 1 hour. Turn bread out onto a wire rack and let cool.

Green Grape Salad

Yields 8 servings

Ingredients

- 4 pounds seedless green grapes
- 1 (8 ounce) package cream cheese
- 1 (8 ounce) container sour cream
- 1/2 cup white sugar
- 1 teaspoon vanilla extract
- 4 ounces chopped pecans
- 2 tablespoons brown sugar

Directions

1. Wash and dry grapes. In a large bowl, mix together the cream cheese, sour cream, sugar and vanilla.
2. Add grapes and mix until evenly incorporated.
3. Sprinkle with brown sugar and pecans, mix again and refrigerate until serving.