

Mini Quiche with Sweet Potato Crust

Makes: 6 servings (12 muffins)

Ingredients

1½ cups shredded peeled sweet potato
1 tablespoon olive oil
½ cup diced ham
½ cup diced red pepper
1 cup shredded Cheddar cheese
1 ½ cup Egg Beaters (or 6 eggs)
½ cup nonfat milk
¼ teaspoon salt
¼ teaspoon pepper



Directions:

Preheat oven to 350°F. Generously coat a muffin tin with cooking spray.

Toss sweet potato and oil in a medium bowl. Divide among the 12 muffin cups, pressing into the bottom and up the sides to create a crust.

Divide ham and red pepper among the cups. Top with cheese, keeping it away from the edges to minimize sticking.

Whisk eggs, milk, salt and pepper in a large measuring cup. Carefully pour the mixture into the cups, dividing evenly.

Bake until set and cooked through, 22 to 28 minutes. Run a knife around the edges of the quiches and remove from the tin while still hot. Serve warm.

Nutritional Information per 2 muffins:

Calories 217, Total Fat 14 gm, Sat Fat 6 gm, Chol 211 mg, Na+ 468 mg, Carb 8 gm, Pro 14 gm
Fiber 1 gm

Source: eatingwell.com

Healthy Dark Chocolate “Puppy Chow”

Makes: 20 (1/3 cup) servings

Ingredients

5 cups whole grain cereal squares
2 cups bittersweet chocolate chips
1/3 cup smooth natural peanut butter
1 tablespoon vanilla extract
2 Tablespoons confectioners’ sugar

Directions:

Line a baking sheet with wax paper or a nonstick baking mat. Place cereal in a large bowl.

Heat chocolate chips in a medium saucepan over medium-low heat, stirring frequently, until melted. Add peanut butter and stir to combine. Remove from heat and stir in vanilla. Pour the mixture over the cereal; gently stir until evenly coated. Transfer to the prepared baking sheet and spread in an even layer. Refrigerate until the chocolate has hardened, about 30 minutes.

Gently break the puppy chow into bite-size pieces. Place the confectioners' sugar in a fine-mesh sieve and sprinkle over the mixture. Toss to coat.

Nutritional Information per 1/3 serving:

Calories 187, Total Fat 9 gm, Sat Fat 4 gm, Chol 0 mg, Na+ 103 mg, Carb 29 gm, Pro 4 gm, Fiber 4 gm

Source: eatingwell.com



Butternut Squash Stuffed Manicotti

Makes: 12 servings

Ingredients

Filling

1 medium butternut squash
1/3 cup finely chopped shallot
16 oz ricotta drained of liquid
¾ cup plus 4 tablespoons grated Parmesan cheese
1 egg
1 garlic clove, finely chopped and smashed
Pinch of nutmeg
salt and pepper to taste

1, 8 oz box manicotti, cooked and drained

Sauce

1 stick butter
8 whole sage leaves

Directions

Preheat oven to 400 degrees F. Cut squash in half lengthwise, scoop out the seeds. Season with salt and pepper and place flesh side down on a baking sheet. Bake until tender and a knife comes out easily, ~40 minutes. Use a spoon to scoop out flesh. Puree squash, chopped shallot, ricotta, 3/4 cup Parmesan cheese, egg, garlic, nutmeg, salt and pepper in a food processor until smooth.

Fill manicotti and place in a buttered baking dish.

For the sauce, melt 1 stick butter in a sauce pan on medium until bubbly and golden brown, throw in all 8 sage leaves, let them sizzle and get crisp.

Spoon sauce on top of each shell and sprinkle each with 4 tablespoons grated Parmesan cheese. Loosely cover with foil and place in 400 oven until filling is cooked, ~15-20 minutes.

Nutritional Information per serving (1 stuffed manicotti)

Calories 325 , Total Fat 10 gm , Sat Fat 5 gm, Cholesterol 60 mg , Na+ 580 gm , Carb 36 gm,
Protein 15 gm, Fiber 4 gm

Source: adapted from myrecipes.com



SBL Cooking Demo: Spring Is In The Air

Light Pimiento Cheese-Stuffed Celery

Makes: ~3 cups pimiento cheese

Ingredients

- 1 ¼ cups light mayonnaise
- 1 (4 oz) jar diced pimiento, drained
- 1 teaspoon Worcestershire sauce
- 1 teaspoon finely grated/sliced green onion
- ¼ teaspoon ground red pepper
- ¼ teaspoon garlic powder
- 2 (8oz) blocks 2% reduced fat sharp Cheddar cheese, finely shredded
- 6 celery ribs, cut into 4 inch pieces

Garnish: paprika

-store remaining pimiento cheese mixture in an air tight container in refrigerator for up to 1 week.

Directions:

Stir together light mayonnaise and next 4 ingredients in a medium bowl.

Stir in cheese.

Spread 1 Tablespoon cheese mixture into each celery rib. Garnish if desired.

Nutritional Information per 4 inch piece spread with 1 Tablespoon pimiento cheese:

Calories 54, Fat 4.1 gm, Sat Fat 1.8 gm, Cholesterol 9 mg, Na+ 147 mg, Carb: 1.5 gm, Protein 2.5 gm, Fiber 0.4 gm

Source: myrecipes.com



Pickled Beets

Makes: 6 servings

Ingredients:

2 bunches fresh beets, trimmed

1 ½ cups cider vinegar

½ cup water

¼ cup sugar

1 Tablespoon salt

1 whole allspice berry

2 whole cloves

1 teaspoon coriander seeds

1 bay leaf



Directions:

Cook beets in boiling water, covered, for 30-40 minutes or until tender. Drain and peel.

Meanwhile, bring vinegar and next 7 ingredients to a boil in a medium saucepan over medium-high heat. Reduce heat and simmer 15 minutes.

Slice beets into quarters; pour vinegar mixture over beets. Allow beets to cool to room temperature, cover, and refrigerate several hours or overnight.

Nutritional Information per 1 cup

Calories 70 , Fat 0 gm, Sat Fat 0 mg, Cholesterol 0 mg, Na+ 110 mg, Carb 13 gm, Pro 2 gm, Fiber 3 gm

Source: allrecipes.com

Vegetable Salad

Makes: ~12 servings

Ingredients:

- 1 can kidney beans (drained)
- 4 stalks celery
- 1 small onion- diced
- 1 green pepper-diced
- 1 large package frozen, mixed vegetables- cooked and cooled
- ½ cup sugar
- 1 teaspoon flour
- ½ cup vinegar
- 1 Tablespoon mustard
- ½ teaspoon salt
- 1/8 teaspoon pepper

Directions:

Cook vegetables according to directions. Drain and cool.

Add beans, celery, onion, and green pepper.

In separate bowl, combine sugar and flour; add vinegar, mustard, salt, and pepper. Cook on high until thick- stirring several times.

Pour over vegetables and let sit overnight in refrigerator.

Source: Kristina's Kitchen ☺



Healthified Crunchy Asian Salad

Makes 15 servings

Ingredients:

Dressing:

- ½ cup canola oil
- 1/3 cup rice vinegar
- 3 Tablespoons sugar
- ¾ teaspoon salt
- ½ teaspoon pepper

Salad:

- 1 package (3oz) ramen noodle soup mix (any flavor)
- 1 bag (16 oz) coleslaw mix (shredded cabbage and carrots)
- 8 medium green onions, sliced (1/2 cup)
- ½ cup sliced almonds (2 oz)
- ¼ cup sesame seeds
- 1 medium red bell pepper, cut into 1 x 1/8 inch strips
- 2 seedless oranges, peeled, coarsely chopped (1 ½ cups)
- 2 cups coarsely chopped fresh baby spinach leaves

Directions:

In large bowl, beat dressing ingredients with wire whisk until sugar is dissolved and mixture is well blended.

Break up ramen noodles in bag before opening. Discard seasoning packet fro, soup package.

Add noodles and all remaining salad ingredients except oranges and spinach to dressing; toss to mix well. Stir in oranges and spinach.

Nutritional Information per serving: ~1 cup

Calories 110 , Total Fat 7 gm, Sat Fat 0.5 gm, Cholesterol 0 mg, Na+ 150 mg, Carb 9 gm, Protein 1 gm, Fiber 2 gm.



Source: bettercrocker.com

Key Lime Berries

Servings- will vary based on number of strawberries used

Ingredients:

Key Lime Greek Yogurt

Lime zest

Strawberries- washed, drained, and hulled

Directions:

Mix lime zest into lime Greek yogurt.

Spoon yogurt into strawberries.

Garnish with additional lime zest.



Nutritional Information per stuffed strawberry (approximate as will vary based on size of strawberry and Greek yogurt used)

Calories ~15 , Total Fat 0.5 gm, Sat Fat 0.1 gm, Cholesterol 1 mg, Na+ 10 mg, Carb 4 gm, Protein 2 gm, Fiber 0.4 gm.

Source: pinterest

The Best Carrot Cake

Makes 24 mini muffins

Ingredients

Cake:

2 ²/₃ cups grated carrot
½ cup unsweetened applesauce
¼ cup egg white or 1 egg or ¼ cup applesauce
¼ cup skim milk
¼ cup honey
1 teaspoon vanilla extract
1 teaspoon baking powder
1 teaspoon cinnamon
1 ¹/₃ cup flour

Frosting:

¼ cup Maple syrup
1 block Low fat cream cheese

Directions

Preheat oven to 350

Prepare muffin tins by greasing or lining

In a small bowl, combine grated carrot, applesauce, eggs white or substitute, milk, honey, and vanilla.

In separate bowl, mix together flour, baking powder, baking soda, and spices.

Combine wet and dry ingredients, mixing until just combined.

Spoon into muffin tin and bake for ~ 20-25 minutes or until inserted toothpick comes out clean.

Cool before frosting.

Nutritional Information per mini muffin

Calories 70 , Total Fat 0.5 gm, Sat Fat 0.1 gm, Cholesterol 0 mg, Na+ 65 mg, Carb 15 gm, Protein 1 gm, Fiber 1.1 gm.

Source: pinterest

