

August – Back to School Recipes

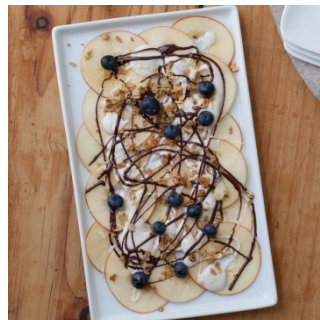


Apple Nachos

Source: eatingwell.com

Makes: 6 servings

- ½ cup low-fat vanilla yogurt
- ¼ teaspoon ground cinnamon
- 3 medium apples, sliced thin
- 2 tablespoons honey, divided
- 2 tablespoons finely chopped dark chocolate, melted, divided
- ¼ cup granola, divided
- ½ cup blueberries, divided



Combine yogurt and cinnamon in a small bowl. Spread half of the apple slices on a medium platter. Drizzle with half the yogurt mixture and 1 tablespoon each with honey and melted chocolate. Sprinkle with 2 tablespoons granola and ¼ cup blueberries. Make a second layer with the remaining ingredients. Serve immediately

Nutrition Information: Serving Size: about 1 cup each

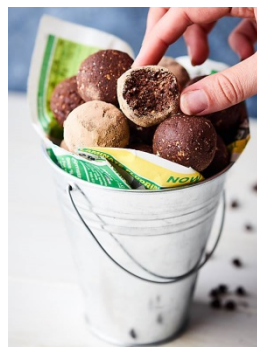
Per Serving: Calories 139; Fat 3g (Sat 1g); Fiber 3g; Carbohydrates 29g; Protein 2g; Sodium 16mg

No Bake Protein Brownie Bites

Source: showmethenyummy.com

Makes: 13 servings

- ½ cup old fashioned oats
- 1 packet HMR 800 chocolate shake mix
- ¼ cup cocoa powder
- ¼ cup all natural almond butter
- 2 tablespoons maple syrup
- ¼ cup almond milk
- 1/3 cup mini chocolate chips



Combine everything (except chocolate chips) into your food processor and process until well combined and a ball starts to form. Add in chocolate chips and pulse until combined. Use a cookie scoop to scoop 13 even bites and then roll each into a ball. Optional – roll in more HMR chocolate shake powder (may need second packet). Store in fridge in an airtight container, but can be eaten at room temperature.

Nutrition Information: Serving: 1 ball

Per Serving: Calories 66; Fat 4g; Carbohydrates 7g; Protein 3g; Sodium 26mg

Cucumber Chips

Makes: 6 servings

2 medium cucumbers (or 3 small ones)
1 tablespoon olive oil
2 teaspoon apple cider vinegar
1 teaspoon salt



Slice cucumber very thin. Use mandolin slicer for best results. Remove excess moisture from slices using paper towel. Put cucumber slices in large bowl and toss with oil, vinegar and salt. Place slices on parchment lined baking tray. Dry at 175 degrees for 3-4 hours or until crispy. Allow slices to cool before serving.

Nutrition Information: ½ cup serving

Per serving: calories 25, fat 2 g; carbohydrates 1 g; sodium 396 mg

Healthy Egg Muffin Cups

Source: showmethetummy.com

Makes: 12 servings

1 tablespoon olive oil
1 cup red pepper, chopped
1 cup yellow onion, chopped
2 cups baby spinach, roughly chopped
1/2 cup fresh or canned mushrooms, chopped
¼-1/2 cup shredded cheddar cheese or feta cheese
2 cloves garlic, minced
4 whole eggs
4 egg whites
1 teaspoon Season Salt
1 teaspoon. black pepper
Optional: hot sauce



Preheat oven to 350 degrees F. Grease a standard nonstick 12-slot muffin pan with cooking spray and set aside. Place equal amounts chopped vegetables in each muffin cup. Sprinkle in cheese evenly into each cup as well. Crack eggs/egg whites into a larger 4 cup measuring cup and whisk together. Add garlic, season salt and pepper and whisk again. Pour the egg mixture evenly into the prepared muffin pan. Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked. Cool slightly and serve immediately. Leftovers can be stored in an airtight container in the fridge for about 4 days.

Nutrition Information: Serving size: 1 muffin

Per serving: Calories 70; Fat 3g; Carbohydrates 3g; Protein 4g; Sodium 148mg

Bacon Cheddar Muffins

Source: sparkpeople.com

Makes: 12 servings

1 cup whole wheat flour
1/3 cup oats
1 tablespoon baking powder
½ t Season salt
6 eggs
¼ cup applesauce, unsweetened
½ cup cheddar cheese, shredded
½ cup cooked chopped bacon (precooked)
1 tablespoon minced dried onion
¼ teaspoon black pepper
¼ teaspoon ground cinnamon



Heat oven to 375°F. MIX flour, oats, baking powder, season salt, cinnamon, onion and pepper in large bowl. Beat eggs and applesauce in medium bowl until blended. Add to flour mixture; stir just until moistened. STIR IN cheese and bacon. Spoon evenly into 12 greased 3-inch muffin cups. Bake in 375°F oven until tops are lightly browned and spring back when tapped with finger, 15 to 20 minutes. Cool in pan on wire rack 5 minutes; remove from pan. Serve warm or cool completely.

Nutrition information: serving size: 1 muffin

Per serving: Calories: 123; Total Fat: 5.0 g; Sodium: 295.1 mg; Total Carbs: 9.9 g; Fiber: 1.5 g; Protein: 6.9 g

Taco Lettuce Wraps

Source: eatingwell.com

Makes: 4 servings

8 small iceberg or romaine lettuce leaves or 4 large, cut in half crosswise
1 tablespoon canola oil
1 pound lean ground beef
1 teaspoon taco seasoning
5 tablespoons prepared salsa
1 tablespoon rice vinegar
1 ½ teaspoons ground cumin
1 cup diced avocado
¼ cup finely diced green onion



Wash and dry lettuce leaves well and cut out any tough ribs. Heat oil in a large nonstick skillet over medium-high heat. Add ground beef, season with taco seasoning and cook, stirring often, until cooked through, 4 to 6 minutes. Meanwhile, whisk salsa, vinegar, and cumin in a small bowl. Remove the pan from the heat, add the salsa mixture and stir to combine. Serve in the lettuce leaves, topped with avocado and green onions.

Nutrition Information: Serving size: 2 wraps

Per Serving: Calories 291; Fat 19g; Fiber 4g; Carbohydrates 8g; Protein 23g; Sodium 348mg

Mini Meatloaves

Source: lifeasmom.com

Makes: 4 servings

- 1-1/2 pounds Ground Round or sirloin (93% lean or leaner)
- 1 cup oats
- 2 tablespoons minced dried onion
- 1/2 cup pureed peas (baby food brand)
- ½ cup shredded zucchini
- ¼ cup ketchup
- 1 egg, lightly beaten
- 1 teaspoon garlic powder
- 1-2 tablespoons Worcestershire sauce
- 1/2 teaspoon Season salt
- 1/4 teaspoon pepper

Toppings:

Ketchup or barbecue sauce and shredded Cheddar cheese



Heat oven to 400°F. Combine all ingredients in large bowl, mixing lightly but thoroughly. Spray loaf pan with nonstick spray. Shape beef mixture into 4 equal loaves, lightly patting beef mixture to level top. Spread ketchup or other topping over each before baking. Cover with foil and bake in oven 20 minutes. Remove foil and bake additional 10-15 minutes until internal temperature reaches 160°F. Remove from oven. Let stand 5 minutes before serving.

Recipe Variations:

Italian Mini Meatloaves: Add 1/2 cup chopped mushrooms, 1/2 cup pasta sauce and 1/4 cup chopped fresh basil to base meatloaf ingredients. Bake 22 to 24 minutes, until internal temperature reaches 160°F. Evenly top with shredded Parmesan cheese. Let stand 5 minutes before serving. Serve with additional pasta sauce and garnish with additional chopped basil, as desired.

Greek Mini Meatloaves: Add 3 tablespoons chopped Kalamata olives and 1/2 teaspoon dried oregano to base meatloaf ingredients. Bake 22 to 24 minutes, until internal temperature reaches 160°F. Evenly top with crumbled feta cheese. Let stand 5 minutes before serving. Serve with prepared tzatziki sauce. Garnish with sliced cucumber, as desired.

Asian Mini Meatloaves: Add 1/4 cup chopped green onions and 1 teaspoon minced fresh ginger to base meatloaf ingredients. Bake 22 to 24 minutes, until internal temperature reaches 160°F. Evenly top with hoisin sauce or teriyaki glaze. Let stand 5 minutes before serving. Garnish with chopped peanuts, sliced green onions or chopped cilantro, as desired.

Spanish Mini Meatloaves: Add 1/2 cup finely chopped red bell pepper, 1/4 cup chopped Spanish olives and 1 teaspoon smoked paprika to base meatloaf ingredients. Bake 22 to 24 minutes, until internal temperature reaches 160°F. Evenly top with shredded manchego cheese. Let stand 5 minutes before serving. Garnish with sliced Spanish olives, as desired.

Nutrition Information: 1 loaf

Per serving: Calories 25; Fat 7.9g; Protein 27.4g; Carbohydrate 15.7g; Fiber 0.9g; Sodium 944mg

Chicken and Spinach Pasta

Source: www.icl.coop

Makes: 4 servings



- 1/4 cup oil-packed sun dried tomato halves
- 2-1/2 cup bowtie pasta, cooked and drained
- 1 c. precooked, chopped chicken breast
- 1/2 cup light Italian dressing
- 1/4 cup or more shredded Parmesan cheese
- 1-10 oz. pkg. fresh leaf spinach, chopped or tear into pieces before adding

Drain tomatoes in colander over bowl, reserving 1 T. of the oil. Place in medium saucepan over low heat pasta, chopped or torn spinach and 1 tablespoon of oil from sun dried tomatoes. With tongs mix ingredients lightly together to combine until spinach is wilted. Remove from heat and combine dressing, mix thoroughly. Lastly sprinkle parmesan over top of ingredients in pan and serve hot.

Nutrition Information: Serving size: 4

Per Serving: Calories 201; Fat 10g; Fiber 2.2g; Carbohydrates 17.9g; Protein 9.7g; Sodium 18.9mg

Zucchini Crisp

Source: allrecipes.com

Makes 20 servings

- 8 cups peeled and seeded zucchini, sliced thin like apple slices for pie
- 1/2 cup granulated sugar
- 1/3 cup lemon juice
- 2 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 cup brown sugar
- 1 cup rolled oats
- 1 cup all-purpose flour. 1 T separated out
- 1/2 cup margarine, room temperature



Preheat oven to 375 degrees. Grease a 9x13-inch baking dish. Mix zucchini, granulated sugar, lemon juice, cinnamon, nutmeg and 1 T flour in a large bowl. Pour mixture into baking dish. Combine brown sugar, oats, and flour in another bowl. Cut in margarine until mixture resembles coarse crumbs; sprinkle over zucchini. Bake in preheated oven until bubbly and zucchini is tender, 40 to 45 minutes.

Nutrition Information: serving size 1/2 cup

Per Serving: 150 calories; 5 g fat; 25.6 g carbohydrates; 1.9 g protein; 0 mg cholesterol; 61 mg sodium

Thank you for your attendance!



Our Program Staff



Director:

Lindsay Williamson,
lwilliamson@sbllha.org
(217) 238-4586

Health Educators:

Kristina Adams, RD.
kadams@sbllha.org
(217) 238-4893

Michelle Schultz, RD.
mhschultz2@sbllha.org
(217) 258-2552

Tina Huston, MA.
thustoo@sbllha.org
(217) 238-4568

Office Hours

Mon & Wed: 8:30-5pm
Tues & Thurs: 8:30am-6pm
Fri - Sun: closed

www.hmrprogram.com
www.sarahbush.org/weightmanagement/