



tandem health



*Tandem Health
Healthy Living Program Cookbook*

Fall/Winter Recipes

SIDE DISHES

Michelle's Pizza-fied Zucchini

Ingredients:

- 1 medium-large zucchini
- Low-sodium pizza sauce or spaghetti sauce
- Low-fat shredded mozzarella cheese
- Chopped turkey pepperoni

Directions:

1. Cut zucchini into slanted diagonal pieces.
2. Single layer zucchini onto lightly greased shallow pan.
3. Cover with pizza sauce or spaghetti sauce.
4. Top with cheese and pepperoni.
5. Bake at 350° for 20 minutes. Zucchini should be tender to touch and cheese melted.

Recipe submitted by Michelle Samsel

Oven Roasted Carrots

Ingredients:

- 2 lb carrots, washed, peeled and cut if large
- 2 tbsp olive oil
- 1 tsp salt
- ¼ tsp pepper
- Chopped parsley for garnish, optional

Directions:

1. Preheat oven to 425° and line baking sheet pan with parchment paper.
2. Toss carrots with oil and seasoning.
3. Pour onto prepared baking sheet. Arrange carrots in single layer.
4. Bake 18-20 minutes for baby or garden carrots, 25-30 minutes for larger carrots. Ensure carrots are tender when pierced with fork.
5. Serve warm, garnished with parsley, if desired.

Recipe submitted by Calli Watford

Roasted Sweet Potatoes

Ingredients:

- 3 lb sweet potatoes, peeled and cut into 1 ½-inch pieces
- 1 cup olive oil
- 2 tsp salt
- ½ tsp pepper
- ½ tsp cinnamon

Directions:

1. Preheat oven to 450°.
2. Toss potatoes, oil, salt and pepper on rimmed baking sheet.
3. Roast, tossing occasionally, until tender and browned, 35-45 minutes.

Recipe submitted by Calli Watford

Baked Mac & Cheese

Ingredients:

- 12 oz whole grain elbow macaroni
- 2 tbsp light butter
- ¼ cup flour
- ¼ cup minced onion
- 2 cups skim milk
- 1 cup low-sodium chicken or vegetable broth
- 8 oz low-fat shredded cheddar cheese
- 4 cups baby spinach
- 2 tbsp grated Parmesan cheese
- ¼ cup seasoned whole wheat bread crumbs
- Olive oil spray

Directions:

1. Cook pasta according to package directions. Spray baking dish with olive oil spray.
2. Preheat oven to 375°.
3. Melt butter in large, heavy skillet. Add flour and cook over low heat, stirring with whisk.
4. Add onion and cook another 2 minutes. Add milk and broth and continue whisking, raising heat to medium-high until comes to boil and becomes smooth and thick. Season with salt and pepper.
5. Once thick, remove from heat, add cheese ¼ cup at a time and mix well until cheese melted. Add cooked macaroni and spinach.
6. Pour into baking dish. Top with grated cheese and breadcrumbs. Spray a little more oil on top.
7. Bake for 15-20 minutes, then broil for a few minutes until bread crumbs golden.

Recipe submitted by Calli Watford



Parmesan-Balsamic Brussels Sprouts

Ingredients:

- 1 lb Brussels sprouts, trimmed and halved
- 2 tbsp extra virgin olive oil
- ¼ tsp salt
- ¼ tsp pepper
- ½ cup sliced shallots
- ¼ cup finely grated Parmesan cheese
- 1 tbsp balsamic vinegar

Directions:

1. Preheat oven to 425°.
2. Toss Brussels sprouts, oil salt and pepper in bowl. Spread in even layer on large rimmed baking sheet.
3. Roast for 8 minutes. Remove from oven, add shallots to pan and stir to combine. Roast for 8 more minutes. Remove from oven and sprinkle Brussels sprouts with cheese and vinegar, toss to combine.
4. Turn off oven and return pan to warm oven until cheese is melted, about 2 minutes.

Recipe submitted by Calli Watford

Guacamole Deviled Eggs

Ingredients:

- 9 large eggs
- 1 medium avocado, halved and pitted
- 1-2 Italian plum (Roma) tomatoes, seeded and finely chopped (about 1/3 cup)
- ¼ cup finely chopped green onions
- 2 tbsp fat-free sour cream
- 1-2 tsp finely chopped fresh jalapenos, seeds and ribs discarded (optional)
- 1 ½ tsp fresh lime juice
- ¼ tsp salt
- 1 tbsp + 1 ½ tsp chopped fresh cilantro (optional)

Directions:

1. Add the eggs to a large pot. Fill the pot with enough water to cover the eggs.
2. Bring to a boil over high heat. As soon as the water comes to a boil, remove the pan from the heat. Cover. Let stand for 10 minutes. Drain. Transfer the eggs to a bowl filled with cold water.
3. When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise. Remove the yolks. Add 2 whole egg yolks to a medium bowl. (Save the remaining 7 egg yolks for another use.) Place the egg white halves on a platter.

4. Using a spoon, scoop the avocado into the bowl with the egg yolks. Using a fork, mash together.
5. Stir in the tomatoes, green onions, sour cream, jalapeño, lime juice, salt and pepper.
6. Using a teaspoon or small (1-inch) portion scoop, place the avocado mixture into each egg white half, dividing the mixture equally. Sprinkle each with 1/4 teaspoon cilantro.

Recipe inspired by the American Heart Association

Sweet Potato Nachos

Ingredients:

- Cooking spray
- 3 medium sweet potatoes (about 1lb), peeled and thinly sliced into ¼-inch thick rounds
- 1 tbsp olive oil
- 1 ½ tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1/3 cup no-added salt black beans, rinsed and drained
- 1/3 cup low-fat shredded cheddar cheese
- 1/3 cup chopped tomato (1 medium Italian plum/Roma tomato) or 1/3 cup canned no-added salt diced tomatoes, rinsed and drained
- 1/3 cup chopped avocado

Directions:

1. Preheat the oven to 425°F.
2. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
3. In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
4. Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for 5 to 10 minutes, or until crisp.
5. Remove the pans from the oven. Sprinkle the beans and Cheddar over the sweet potatoes. Bake for 2 minutes, or until the Cheddar melts.
6. Sprinkle with the tomato and avocado.

Recipe inspired by the American Heart Association

SOUPS & SALADS

Turkey Sausage and Kale Soup

Ingredients:

- 1 tbsp vegetable oil
- One 14oz packaged turkey sausage, cut into ½ inch thick slices
- 8 tbsp (1 stick) unsalted light butter
- 1 large white onion, cut into ½ inch dice
- 1 lb red potatoes, cut into ½ inch dice
- 4 celery stalks, cut into ½ inch dice
- 2 carrots, peeled and cut into ½ inch dice
- ½ cup all-purpose flour
- Two 32oz boxes low-sodium vegetable or chicken broth
- Salt, to taste
- Italian seasoning, to taste
- 1 tsp pepper
- 1 lb baby kale (about 16 cups)

Directions:

1. In large soup pot, heat vegetable oil over medium-high heat until hot but not smoking. Add sausage and brown, stirring occasionally, for 5-7 minutes. Transfer sausage to bowl and set aside.
2. Add butter to pot and melt over medium heat. Add onion, potatoes, celery, and carrots and cook, stirring occasionally, until onion is translucent and vegetables are slightly softened, about 10 minutes. Stir in flour and cook, stirring constantly, for 1 minute.
3. Add broth, sausage, salt to taste, Italian seasoning to taste, and pepper. Increase heat to medium-high and bring to boil. Reduce heat and simmer until vegetables are tender and flavors are combined, about 30 minutes.
4. Stir in kale and simmer until wilted, about 5 minutes.

Recipe submitted by Calli Watford

Turkey Chili

Ingredients:

- 1 tbsp olive oil
- 2 lb ground turkey, white and dark combined
- 2 cups coarsely chopped onions
- 2 tbsp chopped garlic
- 1 large sweet red pepper, cored, deveined and coarsely chopped
- 1 cup chopped celery
- 1 jalapeno pepper, cored, deveined and finely chopped
- 1 tbsp fresh oregano, chopped, or 1 tablespoon, dried
- 2 bay leaves
- 3 tbsp chili powder

- 2 tsp ground cumin
- 3 cups canned low-sodium diced tomatoes
- 2 cups low-sodium chicken broth
- Salt and freshly ground pepper, to taste
- Two 5oz cans low-sodium red kidney beans, drained
- 2 cups shredded low-fat cheddar cheese
- 1 cup low-fat sour cream (optional)
- Sliced lime for garnish (optional)

Directions:

1. Heat oil over high heat in large pot and add turkey. Cook until lightly browned, about 5 minutes, chopping down and stirring with side of heavy kitchen spoon to break up any lumps.
2. Add onions, garlic, sweet pepper, celery, jalapeno pepper, oregano, bay leaves, chili powder and cumin. Stir to blend well. Cook for 5 minutes.
3. Add tomatoes, chicken broth, salt and pepper. Bring to boil, reduce heat and simmer, stirring occasionally, for 15 minutes.
4. Add beans and cook, stirring occasionally, for 10 minutes longer.
5. Serve in bowls with cheese, sour cream and lime wedges, if desired.

Recipe submitted by Yilliam Beltran

Chicken Tortilla Soup

Ingredients:

- Three 32oz cans low-sodium chicken broth
- 1 tomato, cut into ½ inch dice
- One 15.25 oz can low-sodium corn kernels, drained and rinsed
- ½ cup finely chopped red onion
- ½ jalapeno, minced
- ½ tsp salt
- ½ tsp pepper
- 4 cups shredded chicken from 1 store-bought rotisserie chicken
- One 5.4oz pouch Mexican rice mix
- 1 tsp ground cumin (optional)
- ½ cup chopped fresh cilantro
- 1-2 avocados, pitted, peeled, and cut into ½ inch dice
- 2 cups (8 oz) grated mozzarella cheese

Directions:

1. In large soup pot, combine broth, tomato, corn, onion, jalapeno, salt and pepper. Bring to boil over medium-high heat. Reduce heat and add shredded chicken. Simmer until heated through.
2. Stir rice mix into soup. Add cumin (if using) and simmer for 15 minutes to cook rice and let flavors meld.
3. Top with cilantro, avocado and mozzarella.

Recipe submitted by Calli Watford



Autumn Apple & Pear Salad

Ingredients:

- Mixed greens
- 1 apple, sliced
- 1 pear, sliced
- Dried cranberries
- Sliced almonds
- Feta cheese (may substitute with goat cheese, blue cheese, or any other cheese of choice)
- Low-fat balsamic vinaigrette
- May add grilled chicken, if desired

Directions:

- Combine mixed greens, apple, pear, cranberries, almonds and cheese in large mixing bowl.
- Top with vinaigrette.

Recipe submitted by Calli Watford

Bean Salad

Ingredients:

For salad:

- Three 15oz canned low-sodium beans of choice, drained and rinsed
- ½ medium onion, finely chopped
- 1 medium cucumber, finely chopped
- 3 tbsp drained capers
- ½ cup finely chopped parsley
- ¾ tsp dried oregano

For dressing:

- ¼ cup red wine vinegar
- ¼ cup extra virgin olive oil
- 1 tsp dijon mustard
- ¾ tsp salt
- ¼ tsp fresh ground black pepper
- 1-2 tsp honey, optional

Directions:

1. Add chopped onions to small bowl and cover with cold water. Set aside for 5 minutes, drain, and then rinse.
2. Meanwhile, in the bottom of large bowl, whisk together vinegar, olive oil, mustard, salt and pepper. May add 1-2 tsp honey, if desired
3. Add beans, drained onion, cucumber, parsley, capers and dried oregano. Toss well, cover and chill in fridge at least 1 hour to allow beans to marinate in dressing.

Recipe submitted by Calli Watford

Fish Stew

Ingredients:

- 1 tsp canola or corn oil
- 1 medium green bell pepper, chopped
- 1 medium carrot, quartered lengthwise and chopped
- ½ medium onion, chopped
- 1 (14.5oz) can no-salt added diced tomatoes, undrained
- 1 cup water
- 6 oz baking potatoes, peeled and diced
- 1 tsp salt-free Cajun or Creole seasoning blend
- 3 catfish or other thin mild fish fillets, such as tilapia (about 4oz each), cut into 1-inch cubes
- 1 tsp light tub margarine
- ½ tsp salt

Directions:

1. In a Dutch oven, heat the oil over medium-high heat, swirling to coat the bottom. Cook the bell pepper, carrot and onion for 3 minutes, or until the onion is soft, stirring frequently. Stir in the tomatoes with liquid, water, potato and seasoning blend. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes, or until the potato pieces are tender.
2. Gently stir in the fish. Cook, covered, for 5 minutes, or until the fish flakes easily when tested with a fork. Remove from the heat.
3. Gently stir in the margarine and salt, being careful not to break up the fish. Let stand, covered, for 5 minutes so the flavors blend. Ladle into soup bowls.

Recipe inspired by the American Heart Association

Chicken Gumbo

Ingredients:

- 3 cups fat-free, low-sodium chicken broth
- 16 oz frozen gumbo-mix vegetables, thawed, or 16 oz frozen cut okra (without seasoning or sauce)
- 2 cups shredded cooked chicken breast, cooked without salt, all visible fat discarded
- 1 (15.5 oz) can no-salt added butter beans or no-salt added red kidney beans, rinsed and drained
- 1 (15.25 oz) can no-salt added whole-kernel corn, rinsed and drained
- 1 (14.5 oz) can no-salt added diced tomatoes, undrained
- 2-3 tsp salt-free Cajun or Creole seasoning blend
- 1 (8.8 oz) pouch brown rice or 1 cup uncooked instant brown rice

Directions:

1. Put the broth, vegetables, chicken, beans, corn, tomatoes and seasoning blend in a large pot.
2. Bring to a boil over high heat. Reduce the heat to medium. Simmer, covered, for 15 minutes.
3. Meanwhile, prepare the rice using the package directions. Put the rice into bowls. Ladle the gumbo over the rice. Serve immediately.

Recipe inspired by the American Heart Association

Honey and Spice Pears

Ingredients:

- 1 cup 100% cranberry juice
- ½ - ¾ tsp ground cinnamon
- 1/8 - ¼ tsp ground allspice
- 4 small firm pears (about 6 oz each), peeled, halved and cored
- 2 tbsp dried unsweetened cherries or cranberries
- 1 tbsp honey + 1 ½ tsp honey

Directions:

1. In a large nonstick skillet, stir together the cranberry juice, cinnamon and allspice. Add the pears and cherries. Bring to a boil over medium-high heat. Cook, covered, for 5 minutes, or until the pears are just tender-crisp. Transfer the pears with the cut side down to a serving plate, leaving the liquid in the skillet.
2. Cook the liquid, still on medium high, for 2 1/2 to 3 minutes, or until reduced to a scant 1/4 cup, stirring frequently. Remove from the heat. Stir in the honey. Spoon over the pears. Let cool completely, about 20 minutes. Turn the pears several times to coat with the sauce or transfer them to plates and spoon the sauce on top.

Recipe inspired by the American Heart Association

MAIN DISHES

Haley's Roasted Turkey Kielbasa and Carrots with Rice

Ingredients:

- 1 turkey kielbasa link
- 2 cups rice
- 4 full sized carrots
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Directions for kielbasa and carrots:

1. Preheat oven to 425°.
2. Cut kielbasa into oval pieces.
3. Cut carrots into oval pieces.
4. Toss kielbasa and carrots in bowl with olive oil and seasonings.
5. Place on non-greased baking sheet, spread out kielbasa and carrots so not layered on top of each other.
6. Roast in oven for 20 minutes.

Directions for rice:

1. Add 2 cups rice to pot.
2. Add 4 cups water to pot.
3. Add pinch of salt and 1 tsp olive oil to rice and water, stir ingredients.
4. Place pot with covering on stove top on medium heat.
5. When water begins to boil, reduce heat to low and allow rice to cook with covering on pot for 20 minutes.

Recipe submitted by Haley Palmer

One Pot Chicken Alfredo

Ingredients:

- 1 lb skinless, boneless chicken breasts
- Salt and pepper, to taste
- 2 tbsp light butter
- 1 tsp minced garlic
- 4 cups low-sodium chicken broth
- 1 lb whole wheat pasta
- 1 ½ cups unsweetened almond milk or skim milk
- 2 tbsp cornstarch
- ¾ cup fresh grated parmesan cheese

Directions:

1. Using sharp knife, cut chicken breasts into 1-inch pieces. Season with salt and pepper.
2. Spray large stock pot or deep skillet with non-stick cooking spray over medium-high heat.
3. Add chicken pieces and sauté until nicely brown on outside, about 5 minutes. Remove chicken from skillet and set aside on plate.
4. Using the same pot, add butter and garlic and cook for 30 seconds or until butter melts. Add chicken broth and bring to a simmer, simmer for 5 minutes.
5. Reduce heat and add pasta.
6. Stir occasionally for 2 minutes, or until pasta just begins to bend and soften.
7. Cover with lid. Continue to cook, while stirring occasionally, until pasta is cooked and al dente (about another 5-7 minutes).
8. Meanwhile, heat milk in microwave for 20-35 seconds, then whisk in cornstarch.
9. Pour milk mixture and chicken pieces into pasta pot.
10. Cover and simmer, stirring occasionally, until pasta is tender, and most liquid has been absorbed, about 5 minutes.
11. Stir in parmesan cheese and continue stirring until all ingredients are well incorporated. Remove from heat. The sauce will continue to thicken.

Recipe submitted by Kristen Caples

Herbed Chicken

Ingredients:

- 4 boneless chicken breasts
- ½ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- 2 tbsp herbs de Provence, divided
- 2 cloves garlic, crushed

Directions:

1. Place olive oil and vinegar in Ziploc plastic bag, seal and shake to combine.
2. Add garlic and 1 tbsp herbs.
3. Add chicken breasts, seal and shake to coat well.
4. Refrigerate for 4 hours.
5. Preheat oven to 400°.
6. Remove chicken from bag and place on baking sheet. Sprinkle both sides with remaining tbsp herbs.
7. Bake for 30-40 minutes, until done.

Recipe submitted with love by Dr. David Justice

Pizza Toast

Ingredients:

- Non-stick cooking spray
- 6 slices whole grain bread
- 6 tbsp low-sodium pizza sauce
- 1 ½ cup shredded mozzarella cheese
- One 5oz package mini pepperoni (may substitute with turkey pepperoni for lower-fat option)

Directions:

1. Preheat oven to 400°.
2. Spray baking sheet with non-stick cooking spray and place bread slices on baking sheet. Bake bread slices for 5 minutes until just starting to toast.
3. Remove toasted bread from oven and spread each slice with 1 tbsp pizza sauce, sprinkle with ¼ cup shredded mozzarella cheese and garnish with pepperoni. Return to oven for 8-10 minutes or until cheese is melted.

Recipe submitted by Sonya Del Rio, Resource Coordinator

Shepherd's Pie

Ingredients:

- 1 lb ground turkey
- Mashed potatoes (may use box or homemade with small red potatoes)
- Low-fat shredded American cheese (or cheese of choice)
- 1 canned low-sodium vegetable of choice

Directions:

1. Brown ground turkey in stovetop pan until done.
2. Prepare mashed potatoes by directions on box for serving size/or homemade.
3. This is a layered meal. Start by adding a layer of ground turkey on bottom of pan, then add layer of vegetables, then add layer of mashed potatoes, then add layer of cheese to top.
4. Bake in oven at 300° until cheese is melted.

Recipe submitted by Georgette Peters

