

The
Buckeye
Wellness
Innovator
Cookbook

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Beverages

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Bern's Splendid Smoothies

Contributed by Bernadette Melnyk

Prep Time

5 minutes

Cook Time

2-3 minutes

Serves

2

Ingredients

1 handful each

Strawberries, raspberries and blueberries

1 TBSP

Flax seed

1 handful

Spinach or kale

1 tsp

Tumeric

1

Avocado

2 scoops

Protein powder, any flavor

1

Banana

8-12 oz

Almond milk (12 for thinner smoothie)

1 tsp

Chia seeds

Instructions

Add all ingredients into blender and blend to smooth consistency.

Low Fat Egg Nog

Contributed by Misty McGiffin

Prep Time

15 minutes

Cook Time

4-24 hours

Serves

12

Ingredients

4

Cups skim milk

1/3 cup

Light rum (optional)

1 (12 oz) can

Evaporated milk

1 tsp

Vanilla

1 (8 oz) carton

Frozen egg product, thawed

1/2 cup

Sugar

Instructions

Cook and stir skim milk, evaporated skim milk, egg product and sugar over medium heat about 10 minutes or until slightly thickened. Do not boil. Stir over a bowl of ice water. Cover and chill 4 to 24 hours. Stir in rum and vanilla. Stir in additional skim milk until desired thickness. Sprinkle each serving with ground nutmeg. Serve with cinnamon stick stirrers.

Mulled Cider

Contributed by Misty McGiffin

Prep Time

5 minutes

Cook Time

15 minutes

Serves

12

Ingredients

2 quarts (1/2 gallon)

Apple cider

1 tsp

Whole cloves

1 tsp

Whole allspice

1

Cinnamon stick

1/3 cup

Brown sugar

Instructions

Put all ingredients in a pot and bring to a boil. Reduce heat and simmer 15 minutes. Remove spices and keep till served.

Sparkling Honey Limeade

Contributed by Watch What UEAT

Prep Time

15 minutes

Cook Time

1 minute

Serves

6

Ingredients

5

Limes squeezed

1

Lime thinly sliced

1/2 cup

Honey

3-4

Ice cubes

6

Cups sparkling water chilled

1/4 cup

Loosely packed mint leaves

1/8 tsp

Salt

Instructions

In a pitcher combine lime juice, salt and honey. Mix well until combined. Then add sparkling water and stir to combine. In a serving glass add few ice cubes, fresh mint leaves and lime slice. Pour prepared limeade over ice and enjoy.

Classic Strawberry Banana Smoothie

Contributed by Two Healthy Kitchen

Prep Time

5 minutes

Cook Time

1 minute

Serves

2

Ingredients

2 cups

Ice

2 TBSP

Honey

1 1/2 cups

Hulled, halved strawberries

1 tsp

Vanilla

1 5.3 oz cup

Nonfat vanilla Greek yogurt

1/2

Very ripe banana

Instructions

Put all ingredients into blender. Blend until smooth. All ingredients should be well incorporated.

Watermelon Cherry Slushies

Contributed by Yay! For food

Prep Time	Cook Time	Serves
10 minutes	2-3 hours (including freeze time)	2

Ingredients

3 cups

Frozen seedless watermelon, cut into cubes

1 cup

Frozen sweet cherries, pitted

1/2

Fresh lime (3 tsp), juice

1 tsp

Fresh mint, chopped

1/2-1 cup

Cold water

Instructions

Place the watermelon, cherries, lime, mint and 1/2 cup cold water in a high-powered blender and blend on high speed until smooth. If necessary, add more water to thin out the slushy. Taste and adjust according to preferences. Add sweetener such as honey or maple syrup if desired to add additional sweetness. Serve immediately.

Breakfast

- 15 Carrot Cake Waffles
- 16 Banana Pancakes
- 17 Mama Buffington's Homemade Granola
- 18 Mason Jar Baked Oatmeal
- 19 Buckeye Breakfast Balls

Carrot Cake Waffles

Contributed by Cristin Sutliff via Karissa's vegan kitchen

Prep Time

10 minutes

Cook Time

15 minutes

Serves

4 waffles

Ingredients

1 1/4 cup

Bob's Red Mill Gluten Free 1-to-1 Baking Flour

3-4 TBSP

Maple syrup

2 tsp

Baking powder

3 tsp

Vanilla extract

1 tsp

Cinnamon

3/4 cup

Shredded carrots

1/2 tsp

Ginger

1/4 cup

Chopped pecans

1/4 tsp

Salt

1 cup

Cashew milk

2 TBSP

Oil

Instructions

Turn on your waffle iron and grease if necessary. Whisk together the Gluten Free 1-to-1 Baking Flour, baking powder, cinnamon, ginger and salt. Stir in the cashew milk, oil, maple syrup and vanilla extract. Mix in the shredded carrots and chopped pecans. Pour 1/4 of the carrot cake waffle batter onto the iron and close the lid. Cook until the indicator light comes on or you have browned waffles that are cooked through and do not stick to the iron. This mixture will make four waffles. Drizzle some maple syrup on top and dig in!

Banana Pancakes

Contributed by Susie O Brien via cooktoria

Prep Time

10 minutes

Cook Time

12 minutes

Serves

6 pancakes

Ingredients

2

Medium sized bananas

1/2 cup

Almond milk (or milk of choice)

2

Eggs

1 Tcup

Flour

1 tsp

Baking powder

1/2 tsp

Baking soda

Instructions

Puree the bananas with potato masher or fork. Add almond milk, eggs and whisk until smooth. Add flour, baking powder and baking soda. Mix the batter gently and try not to over mix. A few lumps are fine. If the mixture looks too thin, add a little extra flour. Heat up a non-stick skillet on medium heat. Using 1/4 cup as a measure, scoop the batter onto the skillet. In about 1 minute you should see some bubbles start to appear. Flip the pancake over and fry for another minute. Repeat this step with the remaining batter. You should have 6 pancakes. Garnish with fresh bananas and drizzle with maple syrup. Enjoy!

Mama Buffington's Homemade Granola

Contributed by Brenda Buffington

Prep Time

5 minutes

Cook Time

45-60 minutes

Serves

4

Ingredients

1/3 cup

Light brown sugar

1/3 cup

Coconut oil or Soy oil

1/3 cup

Honey

1 TBSP

Black Strap molasses or Maple Syrup

8 oz

Juice (apple or cranberry)

1 tsp

Vanilla extract

3 cups

Rolled oats

1 cup

Almond slices (also walnuts, peanuts...)

1/3 cup

Pumpkin seeds

1/3 cup

Flax seed

1/3 cup

Chia seed

1/3 cup

Sesame seed

1/3 cup

Sunflower seed

1/3 cup

Wheat germ

Instructions

Pre-Heat oven to 310 degrees, line a large rimmed baking sheet with parchment paper then spray with cooking oil. Heat pan ingredients until combined and very warm to the touch. Pour liquid ingredients into the large bowl of dry ingredients and mix thoroughly. Pour entire mixture onto baking sheet, press out until flat and bake at 310 for 45-60 minutes (until golden brown). Remove from oven and let cool.

Mason Jar Baked Oatmeal

Contributed by Kristen Heitman

Prep Time

5 minutes

Cook Time

1 minute

Serves

1

Ingredients

1/2 cup

Oats

1

Egg

3/4 cup

Water, milk, or nut milk

Optional

Fruits, nuts, spices (optional)

Instructions

Combine oats with chosen fruits / nuts / seeds / spices of choice in a mason jar. Scramble egg and pour into oat mixture. Add water or milk and stir until evenly combined. Microwave on high for 30 seconds. Remove jar and stir oatmeal. Continue to microwave for 30 more seconds, stirring every 15 seconds. Time may vary depending on your microwave.

Buckeye Breakfast Balls

Contributed by Lindsay Badertscher, OSU Health Plan Coach

Prep Time

10 minutes

Cook Time

15 minutes

Serves

8-10

Ingredients

3 cups

Oats

1 cup

Honey

1 cup

Unsweetened coconut

2 cups

Natural peanut butter

1/2 cup

Dried cherries or chopped pecans

Instructions

Mix together. Roll into balls and refrigerate.

Salads

- 23 Cauliflower Potato Salad
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- 25 Doritos Taco Salad
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Cauliflower Potato Salad

Contributed by Lizzie Zehala via Pop Culture Healthy Living

Prep Time

15 minutes

Cook Time

45 minutes

Serves

8-10

Ingredients

1 head

Cauliflower

3 TBSP

Skim milk

1/4 cup

Plain, non-fat Greek yogurt

1/4 cup

Light mayonnaise

2 TBSP

White vinegar

1 TBSP

Yellow mustard

1 tsp

Celery seeds

1/4 tsp

Salt

4

Hard-boiled eggs, minus 2 yolks, all diced

1/2 cup

Diced celery

2

Green onions, thinly sliced

To taste

Black pepper

Instructions

Bring about 2-3 inches of water to a boil in a large pot and place a steam basket with the cauliflower florets over it. The steam from the water will cook the cauliflower in 5-7 minutes (until fork-tender). Transfer about 1/2 cup of the cauliflower to a high-speed blender with 2-3 tablespoons of skim milk. You just need enough milk to loosen the cauliflower up. Blend into a thick puree, then set aside. Transfer the remainder of the hot cauliflower to a colander and run cold water over it. Set aside to let water drain. In a large mixing bowl, whisk together the yogurt, mayonnaise, vinegar, mustard, celery seeds, salt and pepper. Gently fold in the cooled and drained cauliflower florets, eggs, celery and green onions. Next, fold in the pureed cauliflower, and season with salt and pepper. Refrigerate for thirty minutes and serve.

Classic Italian Pasta Salad

Contributed by Susie O Brien via IWashYouDry Blog

Prep Time

15 minutes

Cook Time

4 1/2 hours

Serves

12

Ingredients

1 lb

Tri-colored Rotini pasta, uncooked

1 cup

Sliced pepperoni, quartered

1 tsp

Olive oil

1 1/2 cup

Italian salad dressing

1 cup

Broccoli florets, cut into small pieces

1 1/2 cups

Thick sliced English cucumber

1

Red bell pepper, seeded and chopped

1/2

Purple onion; diced

Instructions

Bring a large pot of water to a boil and add the pasta and 1 tsp olive oil. Cook until the pasta is al dente, and then add the broccoli florets. Cook 2 more minutes and then strain pasta and broccoli in a colander and run cold water over it until the pasta and broccoli are cooled. Drain completely and set aside. In a large bowl combine the sliced cucumber, red bell pepper, olives, onion and pepperoni. Add in the pasta and broccoli and stir to combine. Pour in the dressing and toss to coat. Cover and store in the fridge until ready (up to four hours ahead of time for best results). Stir again before serving. Enjoy!

Doritos Taco Salad

Contributed by Cristin Sutliff

Prep Time

20 minutes

Cook Time

0 minutes

Serves

5

Ingredients

1 lb

Lean ground beef

1 packet

Taco seasoning (1.25 oz)

2

Romaine lettuce hearts, rinsed then chopped

1 cup

Black beans, rinsed

1

Large tomato, seeded then chopped

1/2 cup

Shredded cheddar cheese

1 cup

Nacho cheese Doritos, broke into bite size pieces

1 cup

Catalina dressing

Instructions

Brown and crumble ground beef in a large skillet over medium-high heat. Drain grease. Add taco seasoning and water called for on packet. Stir until mixture comes to a boil. Reduce heat to low and simmer 10 minutes. Remove from heat and let meat cool slightly. In a large salad bowl add chopped lettuce, black beans, tomato and cheese. Add slightly cooled ground beef and gently toss to combine everything. Serve now, or chill in refrigerator until ready to eat. When ready to serve, add Doritos chips and dressing to salad. Toss to coat. Serve.

Grilled Chicken and Strawberry Cobb Salad

Contributed by Megan Amaya

Prep Time

5 minutes

Cook Time

5 minutes

Serves

4

Ingredients

1/4 cup

Olive oil

2 tsp

Lime zest

3 TBSP

Lime juice

1 1/2 tsp

Honey

To taste

Kosher salt and freshly ground black pepper

1/2 cup

Sliced red onion

4

Heads romaine lettuce

4

Grilled chicken breasts

2 cups

Sliced Strawberries

1/2 cup

Feta cheese

1 cup

Cooked peas

1

Avocado

Instructions

Whisk together 1/4 cup olive oil and 2 tsp lime zest, 3 Tbsp lime juice and 1 1/2 tsp honey. Season with kosher salt and freshly ground black pepper. Drizzle over romaine lettuce, sliced grilled chicken breasts, sliced strawberries, feta cheese, cooked peas, sliced avocado and sliced red onions. Season with kosher salt and pepper.

Layered Ham and Macaroni Salad

Contributed by Leslie Davidson

Prep Time

5 minutes

Cook Time

5 minutes

Serves

4

Ingredients

1 cup

Uncooked elbow macaroni

1 pkg

Frozen peas

4 cups

Shredded lettuce

1

Medium cucumber, sliced

1 1/2 cup

Light Mayonnaise

1/4 tsp

Salt

1 1/2 cup

Diced cooked ham

1

Small onion, thinly sliced

1 1/2 tsp

Dill weed

1/2 cup

Shredded swiss or mozzarella cheese

Instructions

Cook macaroni according to package directions. During the last five minutes of cooking, add the frozen peas. Drain and rinse with cold water to chill. If you have time, chill this drained mixture in the fridge for a while. In a large bowl, layer lettuce, cucumber, chilled macaroni and peas, ham, and onions. Combine mayonnaise with dill weed and salt. Spread the mayonnaise dressing evenly over top of salad. (You may want to skip this step if you are not planning to eat the salad in one sitting.) Sprinkle with cheese. Cover and chill. Toss just before serving.

Summer Couscous Salad

Contributed by Lindsay Badertscher, OSU Health Plan Coach

Prep Time

5 minutes

Cook Time

5 minutes

Serves

4

Ingredients

2 cups

Cooked whole wheat couscous

1 cup

White kidney beans

1/3 cup

Golden raisins

1/2 cup

Crushed almonds

1/2 cup

Chopped zucchini

1/2 cup

Chopped red pepper

1/4 cup

Chopped green onions or leeks

1/4 cup

Chopped Kalamata olives

1/2 cup

Goat cheese

3 TBSP

Extra virgin olive oil

2 TBSP

Fresh lemon juice

1/4 - 1/2 cup

Fresh mint

Instructions

Mix in a bowl and enjoy!

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Banana Bread

Contributed by Cookie and Kate

Prep Time

15 minutes

Cook Time

1 1/2 hours

Serves

1 loaf

Ingredients

1/3 cup

Melted coconut oil or extra-virgin olive oil

1/2 cup

Honey or maple syrup

2

Eggs

1 cup

Mashed ripe bananas (about 2-3 large bananas)

1/4 cup

Milk

1 tsp

Baking soda

1 tsp

Vanilla

1/2 tsp

Ground cinnamon

1/2 tsp

Salt

1 3/4 cups

White whole wheat flour

Instructions

Preheat oven to 325 degrees Fahrenheit and grease a 9x5 inch loaf pan. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in the loaf pan for 10 minutes, then transfer to a wire rack for 20 minutes before slicing.

Mango Salsa

Contributed by Wendy Hedrick

Prep Time

10 minutes

Cook Time

2 minutes

Serves

1 bowl

Ingredients

2

Fresh mangoes

1

Sweet red pepper

1/2

Red onion

Instructions

Peel and chop two fresh mangoes into small, bite sized chunks. Chop one sweet red pepper into small, bite sized chunks. Chop half of a red onion into small, bite sized chunks. You can leave the onion raw or lightly sauté it to coax out the flavor before adding it. Mix the above ingredients together in a serving bowl. Add fresh cilantro and lime juice to taste and lightly toss so all of the flavors combine. Serve with flaxseed or blue corn chips and enjoy!

Mexican Chicken Soup

Contributed by Colleen Herr

Prep Time

5 minutes

Cook Time

8 hours

Serves

4-5

Ingredients

3

Chicken breasts

1 can

Diced tomatoes

1 can

Black beans (drained)

1 can

Summer crisp corn

1 16 oz box

Chicken broth

1

Onion, diced

1

Pepper (any color)

1

Bay leaf

1/2 package

Taco seasoning

pinch

Salt and pepper

Instructions

Place all ingredients into crockpot on low for 8 hours. After 8 hours shred chicken and remove bay leaf. Great with a side of tortilla chips or corn bread!

Optional toppings: shredded cheese, sour cream, avocado.

Fruit Salsa and Cinnamon Chips

Contributed by Karri Benishek

Prep Time

5 minutes

Cook Time

10 minutes

Serves

4-5

Ingredients

1 pint

Hulled strawberries

1

Large peeled and cored granny smith apple

2

Peeled kiwi

1

Peeled orange

8

Whole wheat tortilla shells

1/2

Cup water

3 TBSP

Lemon juice

1 TBSP

cinnamon

1/3 cup

Sugar

Instructions

Chop all fruit and combine in small bowl. Spray tortilla shells with lemon juice and water mixture and sprinkle with cinnamon and sugar. Cut into wedges and bake at 350 roughly 10 minutes, turning halfway through.

Salsa is also good on pancakes or waffles if you don't want to make the chips.

Cauliflower Fried Rice

Contributed by Margaret Jenkins

Prep Time

15 minutes

Cook Time

5 minutes

Serves

4

Ingredients

1 head

Cauliflower

1 bag

Frozen mixed vegetables

3

Large eggs (scrambled)

2 TBSP

Extra virgin olive oil

1/4 cup

Low-sodium soy sauce

Instructions

Clean and chop cauliflower head into florets. In batches, using your food processor, pulse until “rice” is formed. In a large sauté pan over medium heat, add olive oil. Add in cauliflower and vegetables. Cook for about ten minutes or until fragrant. Add in eggs and cook, stirring together until well-combined. When eggs are cooked, turn off heat. Serve topped with sesame seeds, fresh cilantro, or chopped scallions.

Cauliflower Frittata

Contributed by Margaret Jenkins

Prep Time

30 minutes

Cook Time

8-10 minutes

Serves

4

Ingredients

1

Onion, peeled and minced

2 TBSP

Olive oil

2

Garlic cloves, peeled and minced

1 head

Cauliflower, cut into florets then coarsely chopped

1/4 cup

Water

1 tsp each

Salt, ground cumin

1/2 tsp

Black pepper

1/2 cup

Chopped fresh flat leaf parsley, basil or cilantro

4

Large eggs

1/2 cup

Crumbled low-fat feta/shredded cheddar cheese

Instructions

Preheat oven to 400 degrees. Put 1 tablespoon oil, the onion, and garlic in skillet and set the heat to medium. Cook, stirring frequently with the spatula, until the onion is just golden, about 7 minutes. Add the cauliflower, water, salt, pepper, and cumin, and herbs (if using) and stir well. Cook, stirring from time to time, until the cauliflower is soft, about 10 minutes. Crack the eggs; one at a time, into the bowl. Beat the eggs gently with the fork. Add the remaining ingredients, including the cauliflower mixture and gently mix until just combined. Reheat the skillet over medium heat and when the skillet is hot, add the remaining 1 tablespoon oil. Pour the cauliflower mixture into the skillet and using the spatula, flatten the surface. Cook for 4 minutes. Carefully, move the skillet to the oven. Bake until the edges are lightly browned and shrinking away from the sides of the pan, and the center is set, 8 to 10 minutes (or longer). Take the skillet out of the oven and cut the frittata into wedges. Serve hot or at room temperature.

California Salsa

Contributed by Jenny Anderson

Prep Time

10 minutes

Cook Time

1 hour +

Serves

4-5

Ingredients

2

Avocados, diced

2 TBSP

Olive oil

1 pint

Cherry tomatoes, cut in halves or fourths

pinch

Salt and pepper

3/4 cup

Kalamata olives, cut in halves or fourths

1

Medium red onion, chopped

1/4 cup

Balsamic vinegar

Instructions

Combine all ingredients and let sit, refrigerated, for at least an hour. You can use this "salsa" as a topping on grilled chicken or beef. You can make it heartier by adding cannellini beans and pine nuts and serve as a chopped salad. Top spinach leaves or arugula for a light dinner or lunch. Use as a topping over a baked potato, whole wheat pasta or bulgur wheat.

Kale Chips

Contributed by Lindsay Badertscher

Prep Time

5 minutes

Cook Time

8-10 minutes

Serves

4-5

Ingredients

1 bunch

Kale

1 TBSP

Olive oil

1/2 tsp

Salt

pinch

Pepper (to taste)

Instructions

Preheat an oven to 425 degrees. Line a cookie sheet with parchment paper (optional). With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner or paper towels. Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 8-10 minutes.

Cauliflower Pizza Bites

Contributed by Patricia McBeth

Prep Time

10 minutes

Cook Time

25-27 minutes

Serves

4-5

Ingredients

1 head

Cauliflower

2

Large eggs

1 cup

Shredded mozzarella

1/4 cup

Shredded parmesan

3 TBSP

Finely chopped fresh basil

1 TBSP

Garlic powder

pinch

Kosher salt

1

Freshly ground black pepper

1/2 cup

Marinara

1/4 cup

Mini pepperoni

Instructions

Preheat oven to 400 degrees F. Grate cauliflower on the small side of box grater to form fine crumbs. Transfer to a large bowl. Add egg, 1/3 mozzarella, Parmesan, 2 tablespoons basil, and garlic powder and season with salt and pepper. Form into small patties (they will be wet) and place on a greased baking sheet. Bake until golden, 20 minutes. Top each patty with a thin layer of marinara, remaining mozzarella and mini pepperoni and bake until cheese melts and pepperoni crisps, 5 to 7 minutes more. Garnish with remaining basil and serve.

Spaghetti Squash Hash Brown

Contributed by Patricia McBeth

Prep Time

5 minutes

Cook Time

5-7 minutes

Serves

2

Ingredients

2 cups

Cooked and shredded spaghetti squash (about
1/2 small cooked squash)

1 TBSP

Olive oil

pinch

Salt (to taste, optional)

Instructions

Heat the oil in a large non stick skillet over medium heat. Press the water out of the squash with paper towels. Form little patties (2 tablespoons or so) by pressing the squash firmly between your palms. Place the patties gently on the warmed skillet and let cook for 5-7 minutes per side. Only flip these once if possible to get the nice browned effect. Transfer to paper towels to drain, then serve warm. Sprinkle with some salt if desired.

Guacamole

Contributed by Alina Tiber

Prep Time

10 minutes

Cook Time

1 hour

Serves

4-5

Ingredients

1-2 TBSP

Cilantro

3

Ripe avocados

1 tsp

Fresh garlic

1/4

Red onion

1-2 tsp

Southwest Chipotle Seasoning

1/2

Lime

Instructions

Preheat oven to 400 degrees F. Grate cauliflower on the small side of box grater to form fine crumbs. Transfer to a large bowl. Add egg, 1/3 mozzarella, Parmesan, 2 tablespoons basil, and garlic powder and season with salt and pepper. Form into small patties (they will be wet) and place on a greased baking sheet. Bake until golden, 20 minutes. Top each patty with a thin layer of marinara, remaining mozzarella and mini pepperoni and bake until cheese melts and pepperoni crisps, 5 to 7 minutes more. Garnish with remaining basil and serve.

Crispy Balsamic Brussel Sprouts

Contributed by Slender Kitchen

Prep Time

10 minutes

Cook Time

20 minutes

Serves

4

Ingredients

1 lb

Fresh Brussels sprouts

1/4 tsp

Freshly ground black pepper

1.5 TBSP

Olive oil

2.5 TBSP

Balsamic vinegar, divided

2 cloves

Fresh garlic, minced

1/2 tsp

Salt

Instructions

Preheat oven to 450. Cover a baking sheet with aluminum foil and set aside. Rinse sprouts in cool water and then chop off the tough ends. Chop sprouts in half. Whisk together oil, half the balsamic vinegar, minced garlic, salt, and pepper. Drizzle it over the chopped sprouts and then toss to combine. Spread the sprouts out evenly over the baking sheet. Roast for 20-25 minutes or until the sprouts are tender-crisp. Drizzle with the remaining vinegar, and sprinkle with salt to taste.

Main Course

- 45 Baked Ham with Pineapple Brown Sugar Glaze
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Baked Ham with Pineapple Brown Sugar Glaze

Contributed by Cristin Sutliff via RotiNRice.com

Prep Time

10 minutes

Cook Time

2 hours

Serves

16

Ingredients

1

Bone-in full cooked spiral cut ham (about 10 lbs)

1 cup

Pineapple juice

1/2 cup

Brown sugar

1

Cinnamon stick

4

Cloves

Instructions

Take ham out of the refrigerator about 2 hours before baking to allow it to come to room temperature. Remove ham from packaging. Rinse and pat dry with paper towels. Place in a deep baking dish with fat side up. Combine pineapple juice, brown sugar, cinnamon stick, and cloves in a small saucepan. Bring to a boil. Reduce heat to medium low and simmer for about 15 minutes or until pineapple juice is reduced by half. It should be thick and syrupy. Brush half of the glaze onto the ham and into the folds of the cut slices. Reserve the other half of the glaze for later. Place ham in a preheated 325 degrees Fahrenheit oven and bake for 1 1/4 to 1 1/2 hours. Carefully remove ham from the oven and brush the remaining glaze onto the ham. Return to the oven and continue to bake for another 15 to 20 minutes or until internal temperature of ham reaches 160 degrees Fahrenheit. Allow ham to rest for 15 minutes before serving.

Lobster Roll

Contributed by Susie O Brien via Self Recipes

Prep Time

5 minutes

Cook Time

15 minutes

Serves

4

Ingredients

2 pieces

1.5 lobster

1

Lemon

3 TBSP

Olive oil

1 TBSP

Sweet rice wine (Mirin)

1 tsp

Dijon mustard

1 TBSP

Chopped chives

2 tsp

Minced shallot

4 pieces

Potato roll, lightly toasted

To taste

Salt and pepper

1 pinch

Paprika

Zest

Lemon

Instructions

For the lobster, bring a pot of salted water to a rolling boil, add lobster and cook for about 8 minutes. Shock in an ice water bath. Crack claws, take the meat out and chop. This will yield about 2 cups of lobster meat. To assemble the lobster salad, mix all ingredients together. Slightly toast bread in a non stick pan. Place a dollop of salad in each piece of bread, roll and serve.

Creamy Chicken Mushroom Rice Casserole

Contributed by Lizzie Zehala via Lyuba Brooke

Prep Time

15 minutes

Cook Time

45 minutes

Serves

4-6

Ingredients

3 cups

Cooked rice

1 tsp

Cornstarch

1-2 TBSP

Vegetable oil for cooking

2 cups

Shredded Italian cheese mix

5-6

Chicken tenders

1 pinch

Salt, pepper and garlic powder

8 oz

Baby bella mushrooms

1 cup

Chicken stock

1/2 cup

Heavy cream

2 tsp

Fresh thyme

Instructions

Slice mushrooms and set them aside until ready to cook. Preheat the oven to 350 degrees and grease a 9x9 casserole dish. Preheat a cooking pan over medium heat. Add some oil and let it heat up. Cook chicken tenders, season with some garlic powder, salt and pepper, until just done. Take out the tenders and set aside. Add mushrooms to the pan where you cooked the chicken. Season with some salt, pepper, and garlic powder and mix well. Saute mushrooms until just done as well. Take the mushrooms out of the pan. Dice cooked chicken tenders and add it to a mixing bowl. Add cooked rice and mushrooms to the bowl as well. Add 1 cup of shredded Italian cheese mix and mix well. Heat up chicken stock and heavy whipping cream. Combine corn starch with a splash of chicken stock and stir until combined. Quickly stir the corn starch mixture into the stock/heavy cream mixture. Stir in salt, pepper and thyme. Bring to simmer and take off heat. Combine the sauce with the rice mixture in the bowl. Stir well and transfer to the prepared casserole dish. Top with remaining cheese. Bake for 18-20 minutes.

Honey Garlic Chicken and Veggies

Contributed by Chrissy Sprouse

Prep Time

10 minutes

Cook Time

35 minutes

Serves

4

Ingredients

3 TBSP

Olive oil, divided

2 TBSP

unsalted butter

2 TBSP

Honey

2 TBSP

Brown sugar

1 TBSP

Dijon mustard

3 cloves

Garlic, minced

2 TBSP

Chopped fresh parsley leaves

1/2 tsp

Dried oregano

1/2 tsp

Dried basil

1 pinch

Salt and pepper, to taste

16 oz

Baby red potatoes, halved

4

Boneless, skinless, chicken breasts

24 oz

Broccoli floets

Instructions

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a small bowl, whisk together 2 tablespoons olive oil, butter, honey, brown sugar, Dijon, garlic, oregano and basil; season with salt and pepper, to taste. Set aside. Place potatoes in a single layer onto the prepared baking sheet. Drizzle with remaining 1 tablespoon olive oil and season with salt and pepper, to taste. Add chicken in a single layer and brush each chicken breast with honey mixture. Place into oven and roast until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 25-30 minutes.* Stir in broccoli during the last 10 minutes of cooking time. Then broil for 2-3 minutes, or until caramelized and slightly charred. Serve immediately, garnished with parsley, if desired.

Lemon Chicken and Spaghetti Squash

Contributed by Tricia Hohl

Prep Time

5 minutes

Cook Time

30 minutes

Serves

4

Ingredients

1

Spaghetti squash

3 cups

Cherry tomatoes, halved

5 TBSP

Olive oil

1/2 tsp

Sea salt

pinch

Sea salt and black pepper, to taste

1/4 tsp

Black pepper

2

Chicken breasts, cut into pieces

1/2

Lemon, juiced

1

Medium yellow onion, diced

1 cup

Chicken broth

4 cloves

Garlic, minced

8 oz

Baby spinach

Instructions

Preheat oven to 375 degrees F. Poke several holes into the spaghetti squash. Microwave on high for 5 minutes. Cut squash in half along the holes. Remove seeds with a spoon. Drizzle squash with olive oil, and season with salt and pepper. Place squash upside down on baking tray and bake for 40 minutes until soft. Let cool. Using skillet, cook the chicken breast on medium high heat with a little olive oil for 6-8 minutes until the chicken is golden brown and cooked through. Remove chicken from the pan and set aside. Sauté onion for a few minutes. Add garlic and cook for a minute. Add tomatoes and cook for a couple minutes. Cook until onions are translucent. Add lemon juice and chicken broth. And cook until the liquid partially reduces, about 20 minutes. Add chicken and cook for 2 minutes. Add spinach and cook for 2 minutes. Using a fork, shred the inside of the squash. Pour sauce over the squash. Serve immediately. Enjoy!

Italian Zucchini Noodle Skillet with Sausage

Contributed by Tricia Hohl

Prep Time

5 minutes

Cook Time

5 minutes

Serves

4

Ingredients

2 TBSP

Coconut oil (or olive oil)

1

Medium yellow onion, thinly sliced

1 pint

Grape tomatoes, halved

4

Fully cooked Italian sausage links, sliced into coins

pinch

Salt and pepper, to taste

2 oz

Shredded parmesan cheese

4

Medium zucchini

Instructions

Warm a large skillet over medium-high heat. Once you can feel the heat from 6" above the pan, add oil. Meanwhile: cut the onion in half and peel the outer layer. Slice the onion into thin strips. Toss onion slices in the pan when it's ready. Sprinkle with salt and pepper (about 1/4 teaspoon of each). Meanwhile: Rinse tomatoes and slice in half. Cut sausage into coins. Once the onions are beginning to look translucent, add tomatoes and sausage. Add salt and pepper (about 1/4 teaspoon each). Your tomatoes will begin to release their juices, and it will collect in the pan, once you see the tomato juice, you are ready to add zucchini. Meanwhile: Wash zucchini and make zucchini noodles (see above for options on making the noodles). Add zucchini noodles to skillet. Add salt (about 1/2 teaspoon). Use tongs to toss and coat zucchini. Cook until desired texture is reached. I like mine like al dente pasta, about 3 minutes. Taste. Season with salt and pepper as necessary. Shred Parmesan cheese over the skillet. Serve and enjoy!

Saucy Meatballs

Contributed by Leslie Davidson, recipe from Pampered Chef

Prep Time

5 minutes

Cook Time

1 hour

Serves

8-10

Ingredients

2 lbs

Lean ground beef

3

Eggs, slightly beaten

1 cup

Dry bread crumbs

1 pkg

Dry onion soup mix

1 can (16 oz)

Whole berry cranberry sauce

12 oz

Chili sauce

1 cup

Light brown sugar, packed

14 oz

Sauerkraut, rinsed and drained

1 cup

Water

Instructions

Preheat oven to 350 degrees F. Prepare meatballs: In large bowl, combine ground beef, eggs, breadcrumbs and onion soup mix until well blended. With small stainless steel scoop, shape meatballs and arrange in single layer on 9' x 13' baking sheet. Prepare sauce: In bowl, combine cranberry sauce, chili sauce, brown sugar, sauerkraut, and water. Stir with whisk until well blended, then pour evenly over meatballs. Bake 50 - 55 minutes or until meatballs are done.

White Chicken Chili

Contributed by Samantha Froimson

Prep Time

15 minutes

Cook Time

2-3 hours

Serves

4-6

Ingredients

1 1/4 lbs

Boneless, skinless chicken breasts

4 cups

Chicken broth

8 oz jar

Salsa verde

1

Large green pepper

1 can

White kidney beans, rinsed and drained

1 can

Cannellini beans, rinsed and drained

1 can

Butter beans, rinsed and drained

1 can

Great Northern beans, rinsed and drained

Instructions

Place chicken in the bottom of a 6-quart or larger slow cooker. Top with the chicken broth, white beans, and salsa verde. Stir to combine. Cover and cook on low for 4-6 hours or high for 2-4 hours, until the chicken is cooked through. Remove the chicken breasts to a plate. Once cool enough to handle, shred and add back to slow cooker. Add fresh cilantro, lime, jalapeno, avocado, plain greek yogurt, shredded cheese, or crushed tortilla chips to taste and serve warm.

Spicy Dr. Pepper Pulled Pork

Contributed by Leslie Davidson

Prep Time

5 minutes

Cook Time

6 Hours

Serves

8-10

Ingredients

1

Large onion, peeled and quartered

5-7 lbs

Whole pork shoulder

pinch

Salt and pepper, to taste

7 oz

Chipotle peppers in adobo sauce

2 cans

Dr. Pepper

1 cup

Broth or water

1/2 cup

Flour

1 pkg

Kings Hawaiian Buns

4 TBSP

Brown sugar, packed

Instructions

Preheat oven to 300 degrees. In a large dutch oven, combine brown sugar, chipotle peppers in adobo sauce and Dr. Pepper. Stir to combine. Place onion quarters in the bottom the dutch oven. Generously salt and pepper the pork roast and then set it on top of the onions in the pan. Place lid tightly on pot, then set pot in the oven. Cook for at least six hours, turning roast two or three times during the cooking process. Check meat after six hours; it should be absolutely falling apart (use two forks to test.) If it's not falling apart, return to the oven for another hour. Remove meat from pot and place on a cutting board or other work surface. Use two forks to shred meat, discarding large pieces of fat. Strain drippings/ cooking liquid into a small container and place in the refrigerator. Allow to chill so the fat will separate and rise to the top. Spoon off fat and discard. Heat remaining drippings/ cooking liquid in a large saucepan on low. It may be thick but will thin out as it heats. I add about a cup of chicken broth so I end up with more gravy. To make gravy, whisk about a 1/2 cup of flour into drippings/ cooking liquid and heat on medium-high until thickened. Return the shredded meat to the gravy, and reheat to serve. You can also skip making gravy and just add the shredded meat to the drippings/ cooking liquid. I serve on Kings Hawaiian Buns.

Desserts

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Almond Flour Chocolate Chip Cookies

Contributed by Elizabeth Bogard

Prep Time

15 minutes

Cook Time

12 minutes

Serves

2 dozen cookies

Ingredients

1/2 cup

Butter, softened

1/4 cup

Coconut oil

3/4 cup

Brown sugar or coconut sugar

2 tsp

Baking soda

2

Large eggs

1/2 tsp

Baking soda

1/2 tsp

Salt

3 cups

Blanched almond flour

1 1/4 cup

Chocolate chips

2/3 cup

Pecans

Instructions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. In the bowl of a stand mixer, cream together the butter, coconut oil, and the sugar. Add the vanilla and eggs, mixing until incorporated. Mix in the baking soda and salt. Add the almond flour, 1 cup at a time, beating well after each addition. Fold in the chocolate chips and pecans with a wooden spoon. Form the dough into a tablespoon rounds and place on the lined baking sheet about 3 inches apart. Bake for 11-13 minutes, or until golden brown around the edges. Cool and enjoy! These cookies are best enjoyed the day they are baked, but they do freeze well.

Black Bean Brownies

Contributed by Margaret Jenkins

Prep Time

10 minutes

Cook Time

25-30 minutes

Serves

16 brownies

Ingredients

1 can

Black beans

3

Large eggs

3 TBSP

Canola oil

1 tsp

Vanilla extract

1/2 cup

Brown sugar, packed

1/3 cup

Cocoa powder

1/2 cup

Chocolate, peanut butter, or butterscotch chips, or chopped nuts

Instructions

Preheat oven to 350 degrees F. Coat a 9-inch square baking dish with non stick cooking spray. In a colander, drain and rinse beans. In a large bowl, use fork to whisk eggs, oil, and vanilla. Add beans and mash with fork until beans are barely visible (this can take 5 minutes or more of mashing). Stir in sugar and cocoa. Blend with a rubber spatula until mixed. If using, stir in chips or nuts. Pour batter into the baking dish. Bake until a knife inserted in the center of the brownies comes out clean, 25-30 minutes. Let cool completely. Cut into 16 squares.

Buckeyes

Contributed by Leslie Davidson

Prep Time

10 minutes

Cook Time

2 hours

Serves

8-10

Ingredients

1 stick

Butter, softened

1 lbs

Powdered sugar

1 cup

Peanut Butter

1 tsp

Vanilla

12 oz pkg

Chocolate chips

Instructions

Mix butter, powdered sugar, peanut butter, and vanilla together and form 1 inch balls and chill for 2 hours. Melt chocolate chips and dip each ball in chocolate leaving an uncovered spot. Let buckeyes chill until hard.

Chocolate Peanut Butter Pie

Contributed by Leslie Davidson

Prep Time

20 minutes

Cook Time

4-5 hours

Serves

4-5

Ingredients

1

Prepared pie crust

2 TBSP

Peanut butter

1/2 cup

Peanut butter

sprinkle

Confectioners sugar

1/4 cup

3/4 cups

Confectioners' sugar

1 1/2 cups

Milk

1 pkg

Instant chocolate pudding mix

Instructions

Bake pie crust on 425° for 15 minutes or according to the package. Allow to slightly cool. In a medium, microwave-safe bowl, heat peanut butter until soft, 30-60 seconds. Add butter and mix well. Gradually stir in confectioners' sugar until combined. Spread mixture into pie crust. Allow to cool completely in fridge. In a small bowl, mix milk with instant pudding. Pour over the peanut butter mixture in crust. Refrigerate until firm, at least 4 hours. Spread whipped topping onto pie. In a small bowl, combine peanut butter and confectioners' sugar to form crumb topping. Sprinkle on top of pie. Chill pie until ready to eat.

Crustless Pumpkin Pie

Contributed by Misty McGiffin

Prep Time

20 minutes

Cook Time

5 hours

Serves

8

Ingredients

1 can

Pumpkin

1 can

Evaporated skim milk

3

Egg whites

1/2 cup

Sugar

1/2 cup

All purpose flour

1 1/2 tsp

Pumpkin pie spice

3/4 tsp

Baking powder

1/8 tsp

Salt

2 tsp

Grated orange peel

1/4 cup

Packed brown sugar

1/4 cup

Quick cooking oats

1 TBSP

Margarine, softened

Instructions

Heat oven to 350 degrees. Prepare Brown Sugar Topping. Spray pie plate, 10 x 1 1/2 inches, with nonstick cooking spray. Place remaining ingredients in blender or food processor in order listed. Cover and blend until smooth. Pour into pie plate. Sprinkle with topping. Bake 50 to 55 minutes or until knife inserted in center comes out clean. Cool 15 minutes. Refrigerate about 4 hours or until chilled.

Diet Soda Cake

Contributed by Patricia McBeth

Prep Time

10 minutes

Cook Time

35 hours

Serves

12

Ingredients

1 box

Moist style cake mix

1 can

Diet soda

Instructions

Try this with yellow cake mix and diet cream soda! Preheat oven to 350 degrees F. Combine ingredients in a large bowl. Whisk thoroughly and transfer to a baking pan sprayed with nonstick spray; bake in the oven until a knife inserted into the center comes out clean. (Refer to cake mix box for pan size and approximate bake time.)

Chocolate Cheesecake Cups

Contributed by Patricia McBeth

Prep Time

20 minutes

Cook Time

80 minutes

Serves

12

Ingredients

1 oz

Semisweet baking chocolate

1/8 oz

Semisweet baking chocolate shavings

4 oz

Philly 1/3 less fat cream cheese

1/4 cup

Sugar

1/4 cup

Light sour cream

1

Large egg

Instructions

Preheat oven to 225F. Line a mini muffin pan with mini cups or mini muffin liners. Melt 1 oz of chocolate in the microwave in 30 second increments, stirring in between until chocolate has melted (about 1 ½ min). In a bowl, using a hand mixer beat the cream cheese and sugar; then add the sour cream until smooth. With a spoon, fold in the egg (always folding under) and the melted chocolate until smooth. Spoon 2 tbsp in each cup. Bake 50 minutes, then turn oven off and let them sit in the oven for 30 minutes longer. Remove from oven and cool completely before serving (two hours or overnight in fridge). Shave the remaining chocolate and sprinkle over the top before serving.

Healthier Chocolate Pudding

Contributed by Patricia McBeth

Prep Time

5 minutes

Cook Time

20 minutes

Serves

8

Ingredients

2

Avocados

1

Banana

1/2 cup

Cocoa powder

1/2 cup

Pitted dates

1 tsp

Vanilla

Instructions

Step one: Soak the dates in hot water for an hour and a half (or in warm water for three hours). This step will ensure that the dates' skins are completely soft and blend up smoothly. Step two: Put the meat from the avocados along with the rest of the ingredients in a food processor or blender. Step three: Puree the ingredients on high, stopping to scrape the sides of the bowl to make sure everything gets mixed evenly. Blend for three to four minutes until it's really smooth. Step four: Dish out servings ; any fun bowl or glass will do. Chill. If covered, the pudding will keep in the fridge for two to three days. Step five: If you like, add a sprinkle of nuts, a dusting of powdered sugar or a dash of cardamom for a nice Mediterranean flavor.

Mascarpone with Raspberry and Pineapple

Contributed by Patricia McBeth

Prep Time

5 minutes

Cook Time

10 minutes

Serves

4-6

Ingredients

3 sheets

Phyllo dough

1/4 cup

Mascarpone cheese

1/4 cup

Finely chopped pineapple

1/4 cup

Raspberry yogurt

1

Small block chocolate, garnish

Instructions

Preheat the oven to 350 degrees F. Layer the phyllo sheets on top of each other. Using the cookie cutter, cut out 12 rounds and press them into the mini muffin tin. Bake until golden brown and crisp, about 7 minutes. Remove from the oven and let cool. Meanwhile, combine the mascarpone, pineapple, and raspberry yogurt in a small bowl and stir to combine. Spoon the mascarpone mixture into the phyllo cups. Using a vegetable peeler, shave some chocolate onto the top of the mascarpone mixture and serve.

Watermelon Cookies

Contributed by Pat Brinkman

Prep Time

5 minutes

Cook Time

10 minutes

Serves

8-10

Ingredients

1

Watermelon

1 cup

Vanilla yogurt

1/2 cup

Berries

Instructions

Slice melon into 1 inch thick slabs, then use cookie cutters to make shapes. Frost your treats with vanilla flavored or plain Greek yogurt (spoon the yogurt into a squeeze bottle to make decorating really fun and easy) and top them with small pieces of berries or other fruit, if you like. Enjoy. This is a great treat on a hot day!

