



# Healthy Meals

Breakfast | Lunch | Dinner | Dessert

Flavorful recipes to help get you on your way to living a healthier lifestyle.



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# Breakfast

<u>Blueberry Scones</u>	4
<u>Blueberry Buttermilk Pancakes</u>	5
<u>Homemade Syrup</u>	6







# Blueberry Scones

## INGREDIENTS

2 cups all-purpose flour, plus more for dusting  
5 teaspoons sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
9 tablespoons cold unsalted butter

Zest of 2 lemons  
1 1/2 cups fresh blueberries  
2 large eggs  
1/3 cup heavy cream, plus more for brushing tops

1. Preheat the oven to 400 degrees.
2. Line a sheet pan with parchment paper and set aside.
3. Meanwhile, in a large bowl whisk together the flour, sugar, baking powder, salt and lemon zest. Add the butter and work it into the flour mixture with a pastry cutter or by pressing it between your fingers until the mixture resembles coarse meal and the butter is about the size of peas. Using your fingers, gently toss the blueberries with the flour mixture. Then, whisk together the cream and the eggs.
4. Make a well in the center of the flour mixture and pour in the egg mixture. Using the tines of a fork and working from the outside of the flour mixture, gently start incorporating the dry ingredients into the wet until just combined. The dough will be crumbly.
5. Lightly dust your work surface with flour and turn the dough out. Gently knead the dough and pat it out into a 6-inch rectangle. Using a knife or a pastry bench scraper, cut the dough into four equal squares. Cut each square in half on the diagonal to make eight triangles. Carefully transfer the scones to the prepared sheet pans. Brush tops with remaining cream.
6. Bake until lightly golden brown and firm to the touch, about 15 to 18 minutes. Then place on a wire rack to cool.



*Left:* Sprinkling the scones with some sugar before baking will add a touch of sweetness. *Right:* Though fresh blueberries are recommended, frozen blueberries can also be used.





*Left:* Gently folding the blueberries into your batter will ensure they are not crushed. *Right:* Frozen blueberries can also be used for the pancakes.

## Blueberry Buttermilk Pancakes

### INGREDIENTS

2 cups all-purpose flour  
 2 teaspoons baking powder  
 1 teaspoon baking soda  
 1/2 teaspoon Kosher salt  
 2 tablespoons sugar  
 1/4 teaspoon ground cinnamon  
 1 cup fresh blueberries  
 2 cups buttermilk  
 2 large eggs, lightly beaten  
 Zest of 1 lemon

1. Whisk together dry ingredients in a large bowl.
2. Toss blueberries with 3 tablespoons of the flour mixture. Set aside.
3. Combine buttermilk, eggs and lemon zest together in a small bowl.
4. Slowly pour wet ingredients into the dry ingredients, mixing just until combined. Small lumps are OK.
5. Fold in the blueberries and let pancake batter rest for 10 minutes.
6. Heat a large skillet or griddle over medium-high heat. Spray with non-stick cooking spray or brush with butter or oil.
7. Ladle 1/2 cup of batter onto skillet for each pancake. Flip when small bubbles appear on the surface and continue cooking until golden brown.

*Yield:* 12



*Clockwise From Left:* The finished syrup can be stored in a glass jar in the refrigerator for up to two weeks. When measuring the white sugar, be sure there are no lumps. Brown sugar must be packed for a proper measurement.

## Homemade Syrup

### INGREDIENTS

1 1/2 cups water  
 1 tablespoon corn starch  
 1/2 cup packed brown sugar  
 1/2 cup white sugar  
 1 teaspoon vanilla extract

1. Add water and sugars to a saucepan on medium heat. Continue to stir until sugars are dissolved.
2. Add in vanilla extract.
3. In a small bowl, combine corn starch and a bit of water to create a slurry. Make sure all of the lumps are gone, and then pour slurry into sugar mixture.
4. Allow mixture to boil until you've reached your desired consistency, roughly 10-15 minutes, keeping in mind your syrup will thicken as it cools.
5. Once your syrup is cool enough, you can pour it into a glass jar or bottle. The syrup will keep in the refrigerator for up to 2 weeks.





# Lunch

<u>Creamy Macaroni Salad</u>	10
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*Left:* Be sure to wash and seed your bell pepper before chopping. *Right:* Wash celery stalks and chop into bite-size pieces.

## Creamy Macaroni Salad

### INGREDIENTS

1 lb box of elbow macaroni  
1/2 cup of red bell peppers, chopped  
1/2 cup of carrots, shredded  
1/2 cup of celery, chopped  
1/2 cup mayonnaise  
Garlic powder, salt and pepper

1. Cook macaroni. Before straining macaroni save about a cup of the water. Strain pasta and immediately put in bowl so elbows hang on to some of the water.
2. Chop bell peppers and celery, and add to macaroni. Shred carrots and add to pasta mixture.
3. If pasta mixture seems too dry, add some of the water that was set aside. You don't want pools of water, just enough for the pasta to absorb.
4. Add mayo a little at a time to pasta mixture. Salad should be wet, but not overly creamy.
5. Add garlic powder, salt and pepper to taste.
6. Cover and refrigerate a few hours to allow flavors to permeate and for mixture to get cold.
7. Stir before serving. You may need to add some more mayo. Serve cold.

*Left:* The finished salad is best served cold, stirring before serving.





*Clockwise From Left:* If eating the wrap immediately or on the go, add the dressing to the wrap. Chop tomatoes into small bite-size pieces. Wash and chop lettuce to small pieces.

## Chicken & Turkey Bacon Wrap

### INGREDIENTS

1 boneless, skinless chicken breast  
8 slices of turkey bacon  
1 head of romaine lettuce  
2 tomatoes  
1 cup shredded mild cheddar cheese  
Parmesan ranch dressing  
4 or 5 flour tortillas  
Salt and pepper to taste

1. Preheat oven to 350 degrees.
2. Season with salt and pepper. Bake for 35-40 minutes or until done.
3. Bake turkey bacon according to package directions.
4. Meanwhile, chop lettuce, and seed and dice tomatoes. Set aside.
5. After chicken has cooled slightly, chop and combine with lettuce and tomatoes. Slice bacon and add to mixture. Add cheese and combine.
6. Spoon mixture evenly onto four or five tortillas.
7. Add dressing to tortilla before closing or place in small bowl to dip.

*Yield: 4 or 5 wraps*



*Left:* Though the pita chips taste good warm, they can be serve at room temperature and can be saved for several days. *Right:* The spinach dip can be easily doubled for larger gatherings.

## Thyme Pita Chips & Spinach Dip

### INGREDIENTS

#### FOR PITAS CHIPS

Plain pita  
Olive oil  
Kosher salt, pepper and dried thyme, enough to season well

#### FOR DIP

1 cup sour cream  
1 cup mayonnaise  
1/2 cup frozen spinach  
1 packet Lipton Onion soup mix

1. Preheat oven to 350 degrees.
2. Cut pita into small even pieces. Place pieces into a bowl.
3. Lightly coat with olive oil, and toss to evenly coat.
4. Add salt, pepper and thyme and toss. Add more seasonings, if needed, after tossing.
5. Pour pita mixture onto cookie sheet lined with foil.
6. Bake 5 minutes. Take tray out and stir pita pieces. Put back in oven until pieces are crispy throughout.
7. While pita chips are baking, thaw and drain spinach. Mix together sour cream and mayonnaise in a small bowl. Once combined, add onion soup packet and mix until well blended. Mix in spinach and place into fridge until ready to serve.





# Mushroom Panini

## INGREDIENTS

1 large shallot	Fresh buffalo mozzarella
1 16 oz container of button mushrooms	Ciabatta bread
1 cup or so of arugula	1 teaspoon thyme
	Salt and pepper

1. Peel skin off of shallot and slice into thin pieces.
2. Wipe dirt off of mushrooms with a paper towel. Slice mushrooms to a 1/4 inch thick.
3. Put a large sauté pan on medium heat. Once pan is hot, add a bit of olive oil or butter.
4. When oil/butter is just melted, add shallots to the dry pan and constantly move until shallots have caramelized but have not burned.
5. Add mushrooms and cook throughly. Stir, making sure mushrooms and shallots are well combined.
6. Season with thyme, salt and pepper. Cook until all of the liquid has cooked off.
7. While mushrooms are cooking, place slices of mozzarella cheese on a paper towel to absorb any excess moisture.
8. When mushrooms are finished, take off heat and set aside.
9. Grab a ciabatta roll and layer with arugula, mozzarella and mushroom mixture.
10. Close sandwich and place into a panini press or indoor grill. Serve hot.

*Left:* After pressing panini, cool for a minute and slice in half before serving. *Right:* To clean mushrooms, wipe with a paper towel or mushroom brush until dirt is removed.







# Dinner

<u>Zucchini Fritters</u>	18
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<u>Gnocchi with Butter-Thyme Sauce</u>	20
<u>Crock-Pot Beef Brisket</u>	22







Shredding the zucchini into larger pieces and keeping the skin on will help the fritters better hold their form during frying.

## Zucchini Fritters

### INGREDIENTS

2 large zucchinis, grated  
3 tablespoons grated  
Parmesan cheese  
2 eggs, beaten  
4 tablespoons Italian  
breadcrumbs  
Salt and pepper to taste

1. Squeeze the zucchinis in a dish towel to remove excess water, then combine with the Parmesan cheese, eggs, breadcrumbs, salt and pepper.
2. Heat a splash of oil in a frying pan and add 2 tablespoons of the mixture for each fritter.
3. Cook three fritters at a time for 2 to 3 minutes on each side, until golden brown. When fritters are finished, remove from pan and place on a plate with a paper towel to absorb excess oil.
4. Serve immediately.

*Yield: 12 fritters*

*Left:* Place fritters on paper towels to remove excess oil and serve warm.





*Clockwise From Left:* The ziti can be pre-made and baked 30 minutes before you are ready to serve. Serve ziti with Parmesan cheese for some extra flavor. Though penne rigate is suggested, any pasta is suitable for ziti.

## Baked Ziti

### INGREDIENTS

1 lb penne rigate noodles  
1 cup shredded mozzarella  
1 cup Italian blend shredded cheese  
4 oz tomato sauce  
4 oz ricotta cheese  
1 lb fresh buffalo mozzarella cheese

1. Preheat oven to 350 degrees.
2. Cook pasta, strain and place back in pot.
3. Add shredded mozzarella, Italian cheese blend, tomato sauce and ricotta cheese to pasta and stir until well combined. More tomato sauce or ricotta cheese may be needed for a smoother consistency.
4. Add pasta mixture to a 13x9 pan.
5. Slice mozzarella and place on top of pasta mixture.
6. Place in oven for 20 minutes or until cheese on top is bubbling and slightly brown.
7. Serve hot.



*Left:* Roll each piece of the dough over a wooden plank with ridges or over a fork to get texture. *Right:* Add the Pecorino Romano to the gnocchi while it is still warm to slightly melt before serving.

## Gnocchi with Butter-Thyme Sauce

### INGREDIENTS

1/2 cup unsalted butter  
1 tablespoon fresh thyme leaves  
1 large russet potato  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1 large egg, beaten  
1/4 cup all-purpose flour  
1/4 cup shaved Pecorino Romano cheese

1. Cook the butter in a medium skillet over medium heat until it begins to brown, about 2 minutes. Remove from the heat. Add the thyme leaves. Set aside.
2. Pierce the potato with a fork, and microwave until tender, turning once, about 12 minutes. Cut the potato in half and scoop the flesh into a large bowl; discard the skin. Using a fork, mash the potato well. Mash in the salt and pepper. Mix in 3 tablespoons of the egg; discard the remaining egg. Sift the flour over the potato mixture and knead just until blended.
3. Divide the dough into four pieces. Roll each piece between your palms and the work surface into a 1/2-inch-diameter rope. Cut the dough into 1-inch pieces. Roll each piece of dough over a wooden paddle with ridges or over the tines of a fork.
4. Cook the gnocchi in a large pot of boiling salted water until the gnocchi rise to the surface, about 1 minute. Continue cooking until the gnocchi are tender, about 4 minutes longer. Using a slotted spoon, transfer the gnocchi to the hot thyme butter in the skillet. Toss to coat.
5. Spoon the gnocchi and butter sauce into shallow bowls. Top with the Pecorino and serve.





*Left:* Be sure not to overcook the new potatoes or they will become too mushy. When finished, serve on the side.

## Crock-Pot Beef Brisket

### INGREDIENTS

3 or 4 lb cut of beef brisket  
2 16oz cans of beef broth  
4 large carrots  
3 large celery sticks  
1 can of new potatoes  
1 packet of Lipton Onion  
soup mix

1. Wash and slightly trim brisket. Be sure to leave the large piece of fat mostly intact.
2. Place meat into Crock-Pot fat-side down.
3. Wash and peel carrots and then chop into bite-size pieces. Wash and trim celery, then chop into bite-size pieces.
4. Add carrots and celery to Crock-Pot.
5. Add cans of beef broth and packet of soup mix. If meat isn't fully covered by liquid, add water.
6. Turn on the Crock-Pot and leave untouched.
7. After about 4 hours, open can of potatoes and drain.
8. Stir brisket and vegetable mixture. Add potatoes to crock pot.
9. Continue to cook until brisket is very tender to the touch.
10. Serve hot, with celery, carrots and potatoes on the side.

*Left:* The brisket can be served warm or cold for sandwiches.





# Dessert

<u>Monkey Bread</u>	26
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*Left:* Lightly coat dough with cinnamon sugar mixture and then place into pan. Pieces do not need to be tightly packed. *Right:* It is important to use jam, instead of jelly or preserves, because jam will have a better consistency and will give the bread a glaze.

## Monkey Bread

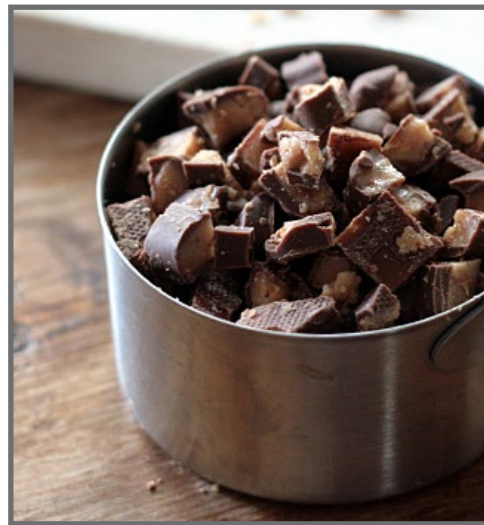
### INGREDIENTS

4 packages refrigerated biscuits (Pillsbury non-flaky, not Grands)  
1 cup sugar  
1 1/2 tablespoons cinnamon  
3/4 cup unsalted butter  
1/2 cup apricot jam  
1/2 cup chocolate chips

1. Preheat oven to 375 degrees.
2. Grease a 10-inch bunt pan and add jam to bottom of pan.
3. Pop open cans, break apart biscuit and cut each biscuit into four pieces.
4. Put cinnamon and sugar in a large Ziploc bag and mix well. Add a few biscuit pieces at a time to the cinnamon sugar mixture, and shake until each are fully coated.
5. Layer coated biscuits into pan, adding chocolate chips throughout.
6. In a saucepan, melt butter and remaining cinnamon and sugar mixture until sugar has dissolved.
7. Pour the mixture over the biscuits.
8. Place in oven on a cookie sheet to catch drips, and bake for 30 minutes.
9. Cool for 10 or 15 minutes. With a plate or platter on the bottom, large enough to catch any overflowing juice, turn monkey bread out. Serve immediately.

*Left:* Ensure your plate is large enough to catch any overflowing glaze.





*Clockwise From Left:* If you make the Death By Chocolate one day before serving, the flavors will have time to meld. Chop the Heath into very fine pieces so it can be evenly layered. Cook your cake up to a day before hand so it is cool enough to layer.

## Death by Chocolate

### INGREDIENTS

- 1 box chocolate pudding
- 1 chocolate cake, pre-baked
- 1 container Cool Whip
- 2 12oz bags of Heath miniatures

1. Prepare the chocolate pudding according to the directions on the box.
2. While the pudding sets, unwrap and chop the two bags of Heath. Set aside.
3. In a large glass bowl, place a layer of the chocolate cake. Cover cake with a layer of chocolate pudding. Add a layer of Heath, then a layer of Cool Whip.
4. Repeat until layers are within 1 inch from the top of the bowl. Add Heath and crumble cake onto top layer. Serve cold.



*Left:* Once the crumb bars have browned, remove them from the oven and then wait 30 minutes until they are cool to slice. *Right:* The amount of bars you get will depend on how small they are sliced.

## Blueberry Crumb Bars

### INGREDIENTS

- 1 cup white sugar
- 1 teaspoon baking powder
- 3 cups all-purpose flour
- 1 cup (2 sticks) cold unsalted butter
- 1 egg
- 1/4 teaspoon salt
- Zest and juice of 1 lemon
- 4 cups fresh blueberries
- 1/2 cup white sugar
- 4 teaspoons cornstarch

1. Preheat the oven to 375 degrees. Grease a 13x9 pan.
2. In a medium bowl, stir together 1 cup sugar, flour and baking powder. Mix in salt and lemon zest. Use a fork or pastry cutter to blend in the butter and egg. Dough will be crumbly. Pat half of dough into the prepared pan.
3. In another bowl, stir together the rest of the sugar, cornstarch and lemon juice. Gently mix in the blueberries. Sprinkle the blueberry mixture evenly over the crust. Crumble remaining dough over the berry layer.
4. Bake in preheated oven for 45 to 55 minutes, or until top is slightly brown.
5. Cool completely before cutting into squares.

*Yield: 36 small rectangles*





*Left:* The more you smash the bananas the more incorporated they will be with the banana bread batter. *Right:* Chop walnuts into small pieces that will easily distribute throughout the bread.

## Banana Walnut Bread

### INGREDIENTS

- 1 cup granulated sugar
- 8 tablespoons (1 stick) unsalted butter, room temperature
- 2 large eggs
- 3 ripe bananas
- 1 tablespoon milk
- 1 teaspoon ground cinnamon
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups walnuts

1. Preheat the oven to 325 degrees. Butter a 9x5 loaf pan.
2. Cream the sugar and butter in a large mixing bowl until light and fluffy. Add the eggs one at a time, beating well after each addition.
3. In a small bowl, mash the bananas with a fork (No ripe bananas? Click [here](#) to ripen them fast). Mix in the milk and cinnamon. In another bowl, mix together the flour, baking powder, baking soda and salt.
4. Add the banana mixture to the creamed mixture and stir until combined. Add dry ingredients, mixing just until flour disappears.
5. Pour batter into prepared pan and bake 50 minutes to an hour, or until a toothpick inserted in the center comes out clean.
6. Set aside to cool on a rack for 15 minutes. Remove bread from pan, invert onto rack and cool completely before slicing.

*Left:* Make the bread a day before serving to ensure a gooey texture.



# Kitchen Tips

MEASURING EQUIVALENTS	
UNIT:	EQUALS:
1 tsp.	1/3 Tbsp.
1 Tbsp.	3 tsp.
1/8 cup	2 Tbsp. or 1 fl. oz.
1/4 cup	4 Tbsp. or 2 fl. oz.
1/3 cup	1/4 cup plus 4 tsp.
1/2 cup	8 Tbsp. or 4 fl. oz.
1 cup	8 fl. oz.
1 pint	2 cups or 16 fl. oz.
1 quart	2 pints or 32 fl. oz.
1 liter	1 quart plus 1/4 cup
1 gallon	4 quarts

TECHNIQUES
Before slicing, cool meat for 5 minutes after cooking to allow juices to settle.
A fresh egg will sink in a cup of water. If it floats, it's bad.
Spray your grater with cooking spray before grating cheese for an easy clean up.
If there are no fresh herbs available, 1 tablespoon of fresh herbs is equivalent to 1 teaspoon of dried herbs.
Place a damp towel underneath your cutting board to keep it from slipping.
For more techniques, go <a href="#">here</a> .

INGREDIENT SUBSTITUTIONS	
Baking Powder – 1 teaspoon	1/3 teaspoon baking soda plus 1/2 teaspoon cream of tartar
	1/4 teaspoon baking soda plus 1/2 cup yogurt or buttermilk (decrease liquid in recipe by 1/2 cup)
Bread Crumbs (Dry) – 1 cup	3 slices of bread, crumbled
Butter – 1 cup	1 cup of regular margarine
	1 cup of oil (but only if melted butter is called for)
Buttermilk – 1 cup	1 tablespoon of lemon juice or vinegar plus enough regular milk to make 1 cup (let sit for 5 minutes)
Cornstarch – 1 tablespoon	2 tablespoons of flour (must cook for at least 3 minutes longer to thicken)
Egg – 1 whole egg	1/4th cup of egg beaters
	2 tablespoons of mayonnaise (for baking batters only)
Flour (All-Purpose) – 1 cup	1/2 cup whole wheat flour plus 1/2 cup of all purpose flour (don't substitute more than 1/2 the flour)
Sugar (White) – 1 cup	1 cup of firmly packed brown sugar
	1 3/4 cups confectioner's sugar (not for baking)
Whole Milk – 1 cup	1 cup buttermilk plus 1/2 teaspoon of baking soda (if baking, reduce baking powder by 2 teaspoons)
	1/4 cup nonfat dry milk , 7/8 cup of water and 2 teaspoons of butter





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When you are at home, even  
if the chicken is a little burnt,  
what's the big deal? Relax.

— Jacques Pepin

Healthy Meals

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