

# FEARLESS IS EATING HEALTHY



Excellus    
LIVE  
FEARLESS

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## THERE ARE THINGS IN LIFE THAT AFFECT HEALTH THAT YOU CAN'T CONTROL,

such as family history, aging, and the air you breathe. But you do have control about food choices. Making good food choices is an important thing you can do to stay healthy. What you choose to eat, and how much you eat, can have a serious impact on your quality of life.

Because of busy lifestyles, thinking about food choices and cooking healthy meals may not seem easy. Fast foods often are seen as a good option. Fast foods are usually not the best choice. They may have a lot of saturated fat and cholesterol, along with high calories and salt.





Be aware of what you eat. Help yourself avoid chronic health conditions such as high blood pressure and diabetes by making healthy food choices.

You may find that healthy eating is easier than you thought and well worth the effort. This recipe booklet offers you easy healthy recipes to help you maintain a healthy diet.

**ENJOY!**

For more recipes, please visit [www.mrfood.com](http://www.mrfood.com)





# BALSAMIC CHICKEN

¼ cup balsamic vinegar

2 Tbsps. olive oil

1½ tsps. garlic powder

¼ tsp. salt

¼ tsp. black pepper

4 (5-ounce) boneless, skinless chicken breast halves



Combine all ingredients in a large resealable plastic storage bag; mix well. Seal and marinate in refrigerator 30 minutes.

Heat a grill pan over medium heat until hot. Place chicken in pan, discarding excess marinade and cook 6 to 10 minutes per side, or until no pink remains and juices run clear.

Calories:	199
Carbohydrates:	2g
Fat:	7g
Protein:	31g
Sodium:	144mg
Total Fiber:	0g



Servings:  
4



Serving Size:  
1 piece  
of chicken



# SPAGHETTI SQUASH

- 3 cups cooked spaghetti squash
- ½ cup reduced-fat sour cream
- 1 egg, lightly beaten
- 1 Tbsp. minced garlic
- ¼ tsp. dried Italian seasoning
- ¼ tsp. dried thyme
- ½ tsp. salt
- ¼ tsp. black pepper
- ¾ cup reduced-fat shredded Cheddar cheese



Preheat oven to 400°.

Coat a 1½ quart baking dish with a cooking spray.

In a large bowl, combine all ingredients; mix well.

Place mixture in prepared baking dish.

Bake 35 to 40 minutes, or until browned on top and heated through.

Calories:	62
Carbohydrates:	3.6g
Fat:	3.9g
Protein:	3.8g
Sodium:	198mg
Total Fiber:	0.6g



Servings:  
9



Serving Size:  
¾ cup of  
spaghetti squash





## NO-BAKE KEY LIME PIE

- 1 (4-serving) package sugar-free lime gelatin
- ½ cup boiling water
- 1 (8-ounce) package fat-free cream cheese, softened
- 1 Tbsp. fresh lime juice
- 1 tsp. grated lime peel
- 2 cups frozen light whipped topping, thawed





Coat a 9-inch pie plate with cooking spray.

In a small bowl, dissolve gelatin in boiling water, stirring until dissolved.

In a large bowl, beat cream cheese until smooth. Slowly add liquid gelatin until well combined.

Stir in lime juice and lime peel. Fold in whipped topping until well blended.

Pour into pie plate, cover and chill 3 hours or until set.

Calories:	46
Carbohydrates:	4g
Fat:	1.3g
Protein:	3g
Sodium:	122mg
Total Fiber:	0.6g



Servings:  
12



Serving Size:  
1 slice of pie



# ROASTED SWEET POTATO STICKS

- 1 Tbsp. olive oil
- ½ tsp. onion powder
- ¼ tsp. salt
- ⅛ tsp. ground cinnamon
- 1 Tbsp. light brown sugar
- 2 sweet potatoes, peeled and cut into ½ inch sticks



Preheat oven to 400°.

In a large bowl, combine oil, onion powder, salt, cinnamon, and brown sugar.

Add sweet potato sticks and toss until evenly coated.

Place on rimmed baking sheet.

Bake 30 to 35 minutes, or until crispy.

Calories:	50
Carbohydrates:	8.4g
Fat:	1.7g
Protein:	0.5g
Sodium:	91mg
Total Fiber:	1.0g



Servings:  
8



Serving Size:  
3 sweet potato  
sticks



# BARBECUE TURKEY LOAVES

- 6 Tbsps. barbecue sauce, divided
- 2 Tbsps. water
- $\frac{2}{3}$  cup quick-cooking or old-fashioned rolled oats
- 2 egg whites, lightly beaten
- 2 tsps. Chili powder
- 2 tsps. Worcestershire sauce
- $\frac{1}{2}$  tsp. salt
- 1 pound ground turkey breast
- 1 small onion, chopped
- $\frac{1}{2}$  red or green bell pepper, chopped





Preheat oven to 375°. Coat a 9x13-inch baking dish with cooking spray.

In a large bowl, combine 3 tablespoons barbecue sauce and the water.

Add oats, egg whites, chili powder, Worcestershire sauce and salt. Mix well. Add turkey, onion and bell pepper; mix well.

Form mixture into 6 oval-shaped meat loaves, and place in prepared baking dish; bake 30 minutes.

Spread remaining 3 tablespoons barbecue sauce over the tops and bake 5 more minutes, or until meat loaves are cooked through and juices run clear.

Calories:	150
Carbohydrates:	11g
Fat:	2g
Protein:	22g
Sodium:	408mg
Total Fiber:	2g



Servings:  
6



Serving Size:  
1 mini  
turkey loaf



# DOUBLE CHOCOLATE BROWNIES

$\frac{2}{3}$  cup all-purpose flour  
 $\frac{2}{3}$  cup sugar  
 $\frac{1}{2}$  cup unsweetened cocoa  
 $\frac{1}{4}$  cup ( $\frac{1}{2}$  stick) butter, melted  
2 Tbsps. water  
1 Tbsp. vanilla extract  
 $\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{3}$  cup egg substitute  
 $\frac{1}{4}$  cup fat-free hot fudge sauce, warmed



Pre-heat oven to 350°. Coat an 8-inch square baking dish with cooking spray.

In a large bowl, combine all ingredients except fudge sauce; mix well then spread half the batter in prepared baking dish.

Top with hot fudge sauce then spread remaining batter over sauce.

Bake 25 to 30 minutes, or until a toothpick inserted in center comes out clean. Cool completely then cut into squares and serve.

Calories:	98
Carbohydrates:	17g
Fat:	3g
Protein:	2g
Sodium:	69mg
Total Fiber:	1g



Servings:  
16



Serving Size:  
1 brownie square



## SOUTH-OF-THE-BORDER BEAN DIP

- 2 (15½ ounce) cans pinto beans,  
rinsed and drained, divided
- 1 cup salsa, divided
- 1 tsp. canola oil
- 1 onion, finely chopped
- 1 green bell pepper, finely chopped
- 3 garlic cloves, minced
- 1 Tbsp. dried cilantro
- 2 tsps. ground cumin
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{2}$  cup shredded Cheddar cheese
- 1 tomato, chopped





In a blender or food processor, combine 1 can of beans and  $\frac{1}{4}$  cup salsa; blend or process until smooth.

In a large non-stick skillet, heat the oil over medium heat and sauté the onion, bell pepper and garlic for 5 to 7 minutes or until tender.

Add the bean mixture, cilantro, cumin, salt and the remaining can of beans and  $\frac{3}{4}$  cup salsa; mix well. Bring to a boil, reduce the heat to low, and simmer for 5 minutes, stirring frequently.

Pour the mixture into a shallow serving dish, top with Cheddar cheese and tomato and serve warm.

Calories:	76
Carbohydrates:	11g
Fat:	1.8g
Protein:	4.6g
Sodium:	480mg
Total Fiber:	3.1g



Servings:  
14



Serving Size:  
 $\frac{1}{4}$  cup



## SWEET & SPICY SHRIMP

2 Tbsps. honey  
1 Tbsp. yellow mustard  
½ tsp. dried minced onion  
¼ tsp. ground ginger  
1 Tbsp. butter  
1 pound large shrimp  
(24 – 30 count), peeled and deveined  
2 tsps. fresh chopped  
parsley



In a large bowl, combine honey, mustard, minced onion, and ginger; mix well and set aside.

In a large skillet, melt butter over medium heat, and sauté shrimp for 1 to 2 minutes.

Add honey-mustard mixture to shrimp, stirring until shrimp are pink and sauce is heated through.

Sprinkle with chopped parsley and serve immediately.

Calories:	95
Carbohydrates:	6g
Fat:	3g
Protein:	12g
Sodium:	174mg
Total Fiber:	0g



Servings:  
6



Serving Size:  
4 to 5 shrimp



# ROASTED ASPARAGUS

- 1 pound fresh asparagus
- ½ cup freshly grated  
Parmesan cheese
- 1 Tbsp. grated lemon rind
- ½ tsp. salt
- ½ tsp. freshly ground pepper
- 2 Tbsps. olive oil





Preheat oven to 400°. Snap off rough ends of asparagus.  
Arrange asparagus in a single layer in a rimmed baking sheet.  
Sprinkle with cheese, lemon rind, salt and pepper.  
Drizzle with oil.  
Bake uncovered for 9 minutes or until tender.

Calories:	138
Carbohydrates:	5.3g
Fat:	10g
Protein:	7.4g
Sodium:	484mg
Total Fiber:	2.6g



Servings:  
4



Serving Size:  
5 asparagus  
spears



## APPLE CRISP FOR TWO

2 apples, cored, peeled and thinly sliced  
2 Tbsps. all-purpose flour, divided  
1 tsp. sugar  
Pinch of ground cinnamon  
2 Tbsps. quick-cooking rolled oats  
2 Tbsps. brown sugar  
2 Tbsps. butter



Preheat oven to 400°. Coat a 2-cup microwave-safe baking dish with cooking spray.

In a medium bowl, combine apples, 1 teaspoon flour, sugar and cinnamon; mix well. Spoon into baking dish and cover with wax paper.

Microwave on high power 3 to 4 minutes or until apples are soft.

In a small bowl, combine remaining flour with oats and brown sugar; mix well. Using a fork, blend in butter until crumbly. Sprinkle mixture over apples.

Bake 15 to 20 minutes or until golden and bubbly. Serve warm.

Calories:	314
Carbohydrates:	50g
Fat:	13g
Protein:	3.3g
Sodium:	148mg
Total Fiber:	3.5g



Servings:  
2



Serving Size:  
1 serving



## WEEKEND BEEF STEW

- 3 Tbsps. all-purpose flour
- 1 pound beef flank steak, cut into ½ -inch chunks
- 3 Tbsps. canola oil
- 2 cups water
- 1 cup decaffeinated black coffee
- 1 tsp. dried thyme
- 1 tsp. salt
- 1 tsp. black pepper
- 6 potatoes, peeled and quartered
- 6 carrots, cut into large chunks
- 3 onions, quartered
- 1 tsp. browning and seasoning sauce





Place flour in shallow dish; add beef chunks and coat completely with flour.

In soup pot, heat oil over medium-high heat; add beef and brown on all sides 8 to 10 minutes. Add water, coffee, thyme, salt and pepper to beef; mix well and bring to boil.

Reduce heat to low, cover and simmer 1 hour.

Add remaining ingredients, increase heat to high and return to boil. Reduce heat to low and simmer 50 to 60 minutes or until beef and vegetables are tender, stirring occasionally.

Calories:	357
Carbohydrates:	43g
Fat:	12g
Protein:	18g
Sodium:	505mg
Total Fiber:	6g



Servings:  
6



Serving Size:  
1½ cups



# CRUSTLESS QUICHE

- $\frac{3}{4}$  cup cooked chopped ham
- $\frac{1}{2}$  onion, chopped
- 4 large eggs
- $\frac{1}{2}$  cup half-and-half
- $\frac{1}{8}$  tsp. black pepper
- $\frac{3}{4}$  cup reduced fat shredded Pepper Jack cheese



Preheat oven to 350°. Coat a 9-inch pie plate with cooking spray.

Evenly distribute ham and onion on bottom of prepared pie plate.

In a medium bowl, whisk together eggs, half-and-half, and pepper. Stir in cheese. Pour mixture over ham and onion.

Bake 30 to 35 minutes, or until a toothpick inserted in center comes out clean. Let cool 10 minutes, then serve.

Calories:	138
Carbohydrates:	3.0g
Fat:	8.3g
Protein:	12g
Sodium:	426mg
Total Fiber:	0.2g



Servings:  
6



Serving Size:  
1/6 of quiche



Excellus

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