

Easy & Healthy Recipes



Why We Created This Recipe eBook...

This eBook was inspired by the many fellow Sharp team members who enjoy our weekly recipe posts on SharpNET and frequently asked us to consolidate them into one place.

So we have pulled the best recipes into one handy eBook that you can keep on your computer or iPad, ready to inspire and answer the eternal question "What's for dinner?"

We hope you will find this recipe book useful! And as always, we appreciate your comments and suggestions. Simply email us at sharpbesthealth@sharp.com to get in touch with our team.

Happy Cooking!

- Your Sharp Best Health Team

Table of Contents:

- Appetizers, starters and sides p. 4 – 10
- Snacks p. 11 – 16
- Main dishes p. 17 – 29
- Desserts p. 30 – 35
- Healthier holidays p. 36 – 44





*Appetizers,
Starters &
Sides*



Garlic Lemon and Parmesan Oven-Roasted Zucchini

Ingredients:

(Yields 4 servings)

- 1 1/2 lbs. zucchini (about 4 - 5 small/medium zucchini)
- 2 Tbsp. extra-virgin olive oil
- Zest of 1 small lemon (1 tsp.)
- 2 cloves garlic, crushed through a garlic crusher or finely minced
- 3/4 cup finely shredded parmesan cheese
- Salt and freshly ground black pepper

Directions:

1. Preheat oven to 350 degrees. Line a rimmed cookie sheet with aluminum foil.
2. Cut the zucchinis in quarters, length-wise. Set aside.
3. In a small bowl, stir together olive oil, lemon zest and garlic.
4. Align zucchini on prepared baking sheet spacing them evenly apart. Brush olive oil mixture over tops of zucchini (working to get some of the garlic/lemon zest on each piece and not just in one spot).
5. Sprinkle tops with parmesan cheese.
6. Season lightly with pepper and any desired salt-free seasoning.
7. Bake in preheated oven 11 - 13 minutes then, adjust oven rack near top of oven and **broil** for several minutes until parmesan is golden brown.
8. Serve warm and enjoy!

Nutrition info per serving:

Calories 158, total fat 11.5g, carbs 7.1g, protein 9g, cholesterol 215mg, sodium 15mg.

Easy Smoked Salmon Cucumber Rolls

Ingredients:

(Yields 30 rolls)

- 8 oz. low-fat cream cheese, softened
- 1 large cucumber
- 1 Tbsp. dill, chopped
- 3 oz. smoked salmon

Directions:

1. Combine softened cream cheese, chopped dill, and smoked salmon into a smooth spread.
2. Using a vegetable peeler, peel the cucumber into thin strips.
3. Spread the smoked salmon spread onto each strip and roll up.
4. Serve chilled.

Nutrition per 1 roll:

Calories 17, total fat 0.2g, carbs 1g, protein 1.7g, cholesterol 1mg, sodium 98mg



Green Beans with Almonds, Shallots and Parsley

Ingredients:

(Yields 4 servings)

- 8 ounces of green or wax beans, trimmed
- 1/4 cup Marcona almonds, coarsely chopped
- 3 Tbsp. extra virgin olive oil
- 1 large shallot, chopped
- 1 Tbsp. Italian parsley, thinly sliced
- 1 lemon
- Freshly ground black pepper

Directions:

1. Bring a large pot of water to a boil and then salt it. Fill a large bowl with ice and water. Add the green beans to the boiling water and cook until bright green but still firm, about 2 minutes.
2. Remove the beans from the water and place directly into the ice bath. When cool, remove from the bath and pat dry with paper towels.
3. Meanwhile, in a saucepan, heat the olive oil. Add the minced shallots and cook until shallots are tender and just start to brown. Remove from the heat and add the Marcona almonds. Set aside.
4. Coat a large skillet with olive oil. Heat over medium-high heat until very hot. Add the beans and season with sea salt.
5. Cook, tossing frequently, until charred in some spots, about 5 minutes.
6. Remove beans from the pan and place on a serving platter. Top with almond mixture, parsley, and grated lemon zest. Finish with a squeeze of fresh lemon juice and serve immediately.

Nutrition info per serving:

Calories 150, total fat 14g, carbs 6.5g, protein 2.4g, cholesterol 0mg, sodium 190mg.





Cucumber-Feta Bites

Ingredients:

(Yields 1 serving)

- 3 Tbsp. nonfat Greek yogurt
- 2 Tbsp. reduced fat feta, crumbled
- 1 small cucumber, halved lengthwise and seeded
- 2 tsp. walnuts or almonds (crushed)
- Dill to taste
- Garlic, powdered or granulated to taste

Directions:

1. Mix yogurt, garlic, dill and feta.
2. Spoon into cucumber.
3. Top with walnuts or almonds.

Nutrition info per serving:

Calories 114, total fat 4.3 g, carbs 13.5 g, protein 8.1 g, cholesterol 10mg, sodium 87 mg.



Skinny Baked Mozzarella Bites

Ingredients:

(Yields 12 servings)

- 12 sticks part-skim light, low sodium mozzarella string cheese
- 3 Tbsp. whole wheat flour
- 2 egg whites, lightly beaten
- 1 Tbsp. water
- 1 cup panko bread crumbs (or more if you prefer more crunch)
- 1 tsp. garlic powder
- 2 tsp. dried oregano
- 1/4 tsp. ground pepper
- 1/8 tsp. chili powder
- Non-stick olive oil cooking spray
- 1 cup marinara sauce, warmed (calories not included in the nutrition info)

Directions:

1. Remove string cheese from individual packaging and freeze for one hour.
2. Place flour in a small shallow bowl.
3. Beat egg whites and water and place in another shallow dish. Mix panko with the rest of the dry ingredients and place into a third shallow bowl.
4. Remove string cheese from freezer and dip in flour, shaking off excess, then into the egg whites, then coat with the panko crumbs mix.
5. Repeat this process with the remaining cheese placing them on a tray with wax paper. Place cheese back into the freezer until ready to bake (this is a must or they will melt before the crumbs get golden).
6. When ready to bake, preheat oven to 400° F. Line a baking sheet with aluminum foil and lightly spray with the olive-oil cooking spray.
7. Place frozen cheese sticks on baking sheet. Spray the tops of the mozzarella sticks with a little more oil and bake in the bottom third of your oven until crisp, about 4 to 5 minutes. Turn and bake an additional 4-5 minutes watching them closely so they don't melt.
8. Remove from oven onto a plate and allow the pan to rest for 2-3 minutes before serving with warm marinara sauce.

Nutrition info per 1 mozzarella stick (without marinara sauce):

Calories 96, total fat 3g, carbs 8.4g, protein 8g. Cholesterol 12mg, sodium 285mg.

Cauliflower "Chicken Nuggets"

Ingredients:

(Yields 4 servings. Serving size is about 1 cup)

- 1 head cauliflower, cut into florets
- 1 cup whole wheat panko bread crumbs
- 1 egg
- Pepper, garlic, powder and chili powder, to taste
- Dipping sauces of your choice (reduced sugar BBQ works great!)

Directions:

1. Preheat oven to 400 degrees F.
2. In a small bowl, mix together bread crumbs and seasonings. Taste the mix to make sure you like the flavor.
3. Crack an egg into a large, sealable freezer bag, then add the cauliflower pieces to the bag. Close seal and mix well until the cauliflower is fully covered in egg.
4. Open the bag and pour the bread crumb mix inside. Seal the bag again and mix the cauliflower with the bread crumbs until the pieces are coated.
5. Pour the coated cauliflower onto a baking sheet and place it in the oven for approximately 15 to 20 minutes.
6. When the edges of the cauliflower start to crisp, use a spatula to turn the cauliflower for even cooking.
7. Continue cooking until the outside is modestly crisp and the inside is cooked through.
8. Serve with dipping sauce of choice.

Nutrition info per 1 cup of "nuggets" (with no sauce):

Calories 117, total fat 0g, carbs 20g, protein 7.5 g, cholesterol 33mg, sodium 186mg.





Snacks

Quick 'n Easy No-Bake Protein Bars

Ingredients:

(Yields 12 bars)

- 1 1/2 cups gluten-free rolled oats, blended into a flour
- 1/2 cup vanilla vegan protein powder
- 1/2 cup rice crisp cereal
- 1/2 cup natural peanut butter, almond butter or sunflower seed butter
- 4 Tbsp. pure maple syrup (or liquid sweetener of choice, like coconut nectar, agave syrup or honey)
- 1/4 cup almond milk (or other non-dairy milk)
- 1 tsp. pure vanilla extract
- 2 Tbsp. chia seeds
- 3 Tbsp. mini semi-sweet chocolate chips (or dark chocolate chips)

Directions:

1. Line an 8-inch square pan with a piece of parchment paper. Mix the oat flour, protein powder, rice crisp and chia seeds together in a large bowl.
2. In a small bowl, combine nut/seed butter, maple syrup, milk and vanilla. Microwave for 30 seconds, stir and microwave 15-30 seconds more. If the mixture is a bit dry, add another splash of non-dairy milk and mix again.
3. Add liquid mixture into dry ingredients and stir to combine. Add 1-2 Tbsp. water if necessary to make sure all dry ingredients are moistened. Play around with it if necessary and aim for a cookie dough texture.
4. Press the mixture into pan and roll out with a pastry roller until smooth.
5. Pop into the freezer for 15 minutes or so.
6. In the meantime, melt the dark chocolate chips and in a small pot over low heat. When half of the chips have melted, remove from heat and stir until smooth.
7. Remove from freezer and slice into bars. Drizzle with melted chocolate and freeze again until set.
8. Store in the freezer for a week or longer in an air-tight freezer bag or container.

Nutrition info per 1 bar:

Calories 195, total fat 9g, carbs 21.3g, protein 8g, cholesterol 0g, sodium 32g.





Mini Crustless Mushroom-and-Sausage Quiches

Ingredients:

(Yields 12 quiches)

- 8 ounces lean turkey breakfast sausage (Jennie-O brand 90/10 works great), removed from casing and crumbled into small pieces
- 1 tsp. extra-virgin olive oil
- 8 ounces mushrooms, sliced
- 1/4 cup sliced scallions (optional)
- 1/4 cup shredded low-fat Swiss cheese (or any other cheese)
- 1 tsp. freshly ground pepper
- 5 eggs
- 3 egg whites
- 1 cup 1% milk

Directions:

1. Position rack in center of oven; preheat to 325°F.
2. Coat a nonstick muffin tin generously with cooking spray.
3. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool.
4. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.
5. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
6. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely. Enjoy!

Nutrition info per quiche:

Calories 77, total fat 2g, carbs 3g, protein 9g, cholesterol 105 mg, sodium 44mg.



Adapted from www.ograceandgooddeats.com Healthified by Sharp Best Health.

No-Bake Cranberry Pistachio Energy Bites

Ingredients:

(Yields approx. 30 1-inch balls)

- 1½ cups old-fashioned oats (dry, not cooked)
- 1 cup shelled and chopped pistachios (chop or crush the nuts into **really** small pieces!)
- 1 cup dried cranberries (no sugar added)
- Dash of cinnamon
- 1 Tbsp. ground flax seeds (optional)
- 1/3 cup honey

Directions:

1. Combine all of the ingredients together in a large bowl and stir to combine.
2. Cover and refrigerate for at least one hour.
3. Once the mixture is cool (and easier to work with), use a spoon or cookie scoop to shape it into your desired size of energy balls. (Mine were about 1-inch in diameter).
4. You can also line a small baking pan with parchment paper, press the mixture evenly into the pan, and then cut into bars.
5. Store energy balls in a sealed Ziploc bag in the refrigerator for up to 2 weeks.

Nutrition info per 2 balls (including flax seeds):

Calories 98, total fat 4.4g, carbs 1.4.8g, protein 2.7g, cholesterol 0mg, sodium 11mg.

Four-Ingredient Homemade Banana Oat Bars

Ingredients:

(Yields 6 bars, 2x4.5 inch bars)

- 2 large, very ripe bananas
- 1 tsp. vanilla (optional)
- 2 cups rolled oats
- 1/2 tsp. salt (optional)
- 1/4 cup pitted, chopped dried dates
- 1/4 cup chopped nuts — such as walnuts, hazelnuts or pecans
- Grated nutmeg or cinnamon (optional)

Directions:

1. Heat the oven to 350°F and lightly grease a 9x9-inch square baking dish with olive oil or butter.
2. Peel the bananas and mash them in a medium mixing bowl. Mash very thoroughly until no large chunks remain; the bananas should be essentially liquid. (You will have between 1 cup and 1 1/4 cup.) Stir in the vanilla, if using. Add the oats and stir them in. Stir in the salt, dates and nuts.
3. Pat the thick mixture evenly into the baking pan. If desired, sprinkle the top lightly with nutmeg or cinnamon. Bake for 30 minutes or until the edges just begin to crisp up.
4. Place the baking pan on a rack to cool. When the pan is mostly cool, cut into bars and enjoy with a glass of milk or tea.

Nutrition info per 1 bar:

Calories 200, total fat 4.9g, protein 5.5g, sugar 10.7g, cholesterol 0mg, sodium 196 mg.





DIY Trail Mix Ideas

Simple and Sophisticated Trail Mix

Ingredients:

(Yields 6, 1/4 cup servings)

- ½ cup of unsalted almonds
- ½ cup dried cherries
- ½ cup dark chocolate chips
- Sea salt to taste (use sparingly)
- Cinnamon to taste

Directions:

Gently mix ingredients together.

Nutrition info per 1/4 cup:

183 calories, 10.8g fat, 3.6g protein, 22.4g carbs, cholesterol 0mg, sodium 8 mg.

Savory Seeds Trail Mix

Ingredients:

(Yields 6, 1/4 cup servings)

- ½ cup of unsalted almonds
- ½ cup of unsalted pumpkin seeds
- ½ cup of unsalted sunflower seeds
- Garlic powder to taste
- Onion powder to taste
- Cayenne pepper to taste

Directions:

Gently mix ingredients together.

Nutrition info per 1/4 cup:

Calories 135, total fat 10.8g, carbs 6.4g, protein 5.5g, cholesterol 0mg, sodium 2mg.



Main Dishes



Adapted from <https://recipes.sparkpeople.com> Healthified by Sharp Best Health.

Roasted Cauliflower and Chickpeas with Mustard and Parsley

Ingredients:

(Yields 4 servings)

- 14-ounce can chickpeas, rinsed, drained and dried in a kitchen towel
- 1 medium head of cauliflower, outer leaves removed and discarded, cut into bite-sized florets
- Olive oil (see amounts in the directions)
- Coarse sea salt
- 1 Tbsp. Dijon mustard
- 1 Tbsp. seeded mustard
- 1 Tbsp. white wine vinegar
- Freshly ground black pepper
- 1/4 cup chopped Italian parsley

Directions:

1. Preheat the oven to 400F and set the rack in the middle.
2. Toss the chickpeas and cauliflower together in a large roasting pan with 2 Tbsp. of olive oil and a big pinch of salt. Roast, stirring now and then, until everything is dark brown and the cauliflower is quite soft, about 45 minutes.
3. Meanwhile, whisk together the mustards, vinegar and 1/4 cup of olive oil with a pinch of salt and a few healthy grinds of black pepper. While the chickpeas and cauliflower are still warm, toss them with the mustard dressing and the parsley.
4. Serve warm or at room temperature. For a full meal, serve cauliflower and chickpea mix over a nice bed of quinoa along with lemon wedges.

Nutrition info per serving with dressing:

Calories 298, total fat 17.4g, carbs 30.2g, protein 7.8g, cholesterol 0mg, sodium 386mg.



Killer Quinoa Salad Recipe (with Toasted Almonds and Cranberries)

Ingredients:

(Yields 6 servings)

- 1 cup dry quinoa
- 2 cups vegetable stock/broth (low sodium if possible)
- A bunch of green onions, finely sliced
- ½ cup fresh cilantro, finely chopped
- 1 cup celery, finely chopped
- ¾ cup sliced almonds, toasted
- ¾ cup dried cranberries

Ingredients for the dressing:

- 2 Tbsp. fresh lemon juice
- 1 Tbsp. Extra Virgin olive oil
- 1 Tbsp. rice wine vinegar
- 1/2 Tbsp. toasted sesame oil
- Salt and pepper to taste

Directions:

1. Cook the quinoa in the vegetable broth according to the package directions. Set aside to cool.
2. While quinoa is cooking mix the dressing by whisking olive oil, lemon juice, wine vinegar, sesame oil, salt and pepper in a bowl.
3. In a large serving bowl, combine onions, dried cranberries, cilantro, celery, and toasted almonds (let them cool if you just toasted them).
4. Add dressing.
5. Stir in the cooked and cooled quinoa. Cover and let marinate for at least 2 hours in the fridge.
6. Take out of fridge 10 minutes before serving. Enjoy!

Nutrition info per serving:

Calories 229, total fat 11.7g, carbs 23g, protein 8.3g, cholesterol 0mg, sodium 271 mg.

Note: *The dressing can be stored in an airtight container in the refrigerator for up to 1 day. The quinoa can be cooked up to 1 day in advance; after cooling, transfer to an airtight container and refrigerate. Cut the amount of almonds and cranberries to 1/2 or 1/4 of a cup to reduce the recipe's calories.*

Lemony-Garlicky-Cheesy Tilapia

Ingredients:

(Yields 5 servings)

- Cooking spray
- 5 tilapia fillets
- 1/4 cup lemon juice
- 2 Tbsp. "I Can't Believe It's Not Butter" (light), melted
- 1 Tbsp. minced garlic
- 1 tsp. Worcestershire sauce
- 1/8 tsp. ground red pepper (or more to taste)
- 2 Tbsp. parsley
- 1/4 cup Kraft 100% grated parmesan cheese or (Kraft reduced fat parmesan style topping for a low-fat alternative)

Directions:

1. Arrange tilapia in bottom of baking dish coated with cooking spray (single layer)
2. In separate bowl, combine lemon juice, butter, garlic, Worcestershire sauce and red pepper
3. Pour over tilapia
4. Sprinkle with cheese
5. Bake at 425 degrees Fahrenheit for approximately 10 minutes or until tilapia is done
6. Sprinkle parsley over tilapia and serve. Enjoy!
7. We serve this over brown rice. You can also serve it over cauliflower rice — a fantastic alternative to rice.

Nutrition info per serving:

Calories 152, total Fat 7.0 g, carbs 2.1g, protein 23.9g, cholesterol 59.3mg, sodium 207mg.





Adapted from www.allingoodtasteblog.com Healthified by Sharp Best Health.

Baked Oatmeal Casserole

Ingredients:

(Yields 8 servings)

- 2 cups old fashioned rolled oats
- 1/3 cup packed light brown sugar
- 1 tsp. baking powder
- 1 Tbsp. grated orange zest
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 cup walnuts, chopped (or any nuts)
- 1 cup sliced strawberries (any berries will work)
- 2 cups reduced-fat milk
- 1 large egg
- 3 Tbsp. butter, melted
- 2 tsp. vanilla extract
- 1 ripe banana, peeled, 1/2-inch slices

Directions:

1. Heat oven to 375 degrees F (190 degrees C). Generously spray the inside of a 10-1/2 by 7 inch baking dish (or 8-inch by 8-inch square baking dish) with cooking spray and place on a baking sheet.
2. In a large bowl, mix together the oats, sugar, baking powder, orange zest, cinnamon, salt, half the walnuts and half the strawberries. Add to prepared baking dish. Arrange the remaining strawberries and walnuts on top of the oats. Then, scatter the banana slices.
3. In another large bowl, whisk together the milk, egg, butter and vanilla extract. Then, pour over oats and fruit. Gently shimmy and shake the baking dish to help the milk mixture go throughout the oats.
4. Bake oatmeal for 35 to 40 minutes or until the top is golden brown and the milk mixture has set.
5. For an extra tasty top, sprinkle a Tbsp. or so of extra brown sugar on top then place back in the oven under the broiler and broil for 20-30 seconds.
6. Serve warm.

Nutrition info per serving (1/8 of the recipe):

Calories 245, total fat 11.6g, carbs 29, protein 7.8g, cholesterol 38mg, sodium 216m.



Buffalo Chicken Spaghetti Squash

Ingredients:

(Yields 6 servings)

- 1 spaghetti squash (about 2 pounds)
- 1 to 2 Tbsp. olive oil
- 1 to 2 pounds chicken breast, cut into bite-sized pieces
- 3 to 4 green onions, green parts only, chopped
- 1/2 cup Frank's Red Hot Wing Sauce
- 1/2 cup water
- 1 cup shredded cabbage
- 1 cup shredded carrots
- 1 to 2 ounces blue cheese

Directions:

1. Heat a large saucepan with olive oil. Sauté garlic and green onions until golden. Add chicken and cook for about 5-7 minutes until chicken is cooked through.
2. While chicken is cooking, cook spaghetti squash in the microwave in a covered dish for about 6 minutes. Once the squash is cool, scoop out the insides and seeds. Using a fork, gently scrape the rest of the spaghetti squash out. Fluff with the fork to get the strands loose.
3. Add spaghetti squash to the saucepan and toss together with carrots and chopped cabbage.
4. Stir in desired amount of Frank's Hot Sauce.
5. Garnish with blue cheese and green onions. You can also add a salad for a complete meal. Serve and enjoy!

Nutrition info per serving:

Calories 184, total fat 7g, carbs 14g, protein 19g, cholesterol 16mg, sodium 821mg,

Easy Lemon Chicken With Asparagus

Ingredients:

(Yields 4 servings)

- 1 lb. 99% fat free, boneless and skinless chicken breasts
- ¼ cup whole wheat flour
- 2 Tbsp. of soft, trans-fat-free butter spread* (or light or low-fat butter if preferred)
- 1 tsp. lemon pepper seasoning
- 1 cup chopped asparagus
- 2 lemons, sliced

Directions:

1. Cover the chicken breasts with plastic wrap and pound until each piece is about a ¾ of an inch thick.
2. Place the flour in a shallow dish and gently toss each chicken breast in the dish to coat.
3. Melt the butter in a large skillet over medium high heat; add the chicken and sauté for 3-5 minutes on each side, until golden brown, sprinkling each side with the lemon pepper directly in the pan.
4. When the chicken is cooked through, transfer to a plate. Add the lemon slices and chopped asparagus to the pan. Make sure the lemon slices are on the bottom so that they caramelize and pick up the browned bits left in the pan from the chicken and butter.
5. When the asparagus is done and the lemons are golden brown, add the chicken back to the pan and rearrange everything (lemons on top) so it looks nice for serving.

*Some examples include Fleischmann's Original Whipped Tub, Smart Balance Original Buttery Spread, and Blue Bonnet Soft Spread.

Nutrition info per serving:

Calories 185, total fat 6.2g, carbs 10.3g, protein 25g, cholesterol 50mg, sodium 290mg.





Adapted from www.boymeetsbowl.blogspot.com Healthified by Sharp Best Health.

Gluten-Free Cheesy Veggie "Pasta" Bake

Ingredients:

(Yields 6 servings)

- 1 whole spaghetti squash
- 2 Tbsp. olive oil
- 1 red pepper, diced
- 1 zucchini, diced
- 1 carrot, shredded
- 2 cloves garlic, minced
- 1 tomato, diced
- 16 ounces tomato sauce
- 4 ounces shredded mozzarella cheese
- 1/4 cup shredded Parmesan

Directions:

1. Preheat oven to 350 degrees.
2. Poke spaghetti squash all over with a knife and cook in the microwave for eight to 12 minutes until soft. If you don't have a microwave, place the poked squash on a baking pan and bake at 375 degrees for 45 to 60 minutes. If you need more detailed instructions, please read my blog post about how to make basic spaghetti squash pasta.
3. While the squash is cooking, add the oil, garlic, pepper, zucchini and carrots to a pan, cooking over medium heat.
4. Cut the squash in half, scoop out the seeds, and with a fork, scrape the flesh from the peel. It should flake off easily in strings, resembling spaghetti. Place the spaghetti squash in a casserole dish. Add the cooked veggies, diced tomato, sauce and most of the cheese; mix well. Sprinkle leftover cheese on top and bake for 30 minutes or until the cheese is bubbly.
5. Allow to cool for five minutes, serve and enjoy!

Nutrition info per serving:

Calories 151, total fat 7g, carbs 10.4g, protein 8.3g, cholesterol 13mg, sodium 567mg.

Healthy Stuffed Bell Peppers

Ingredients:

(Yields 4 servings)

- 4 large green or red bell peppers
- 1 1/2 tsp. canola oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 pound ground turkey
- 1 1/2 cups cooked rice
- 1 8-ounce can (1 cup) tomato sauce, divided
- 1 Tbsp. chopped fresh parsley
- 1 tsp. salt (optional)
- 1/4 tsp. freshly ground pepper

Directions:

1. Preheat oven to 350°F.
2. Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 8 cups water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
3. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, about 3 minutes. Add turkey and cook, crumbling with a wooden spoon, just until it loses its pink color, about 2 minutes. Drain the fat.
4. Transfer the turkey mixture to a medium bowl and mix in rice, 1/2 cup tomato sauce, parsley, salt (if using) and pepper. Stuff the peppers with the mixture and place them in a 2-quart casserole dish. Spoon the remaining 1/2 cup tomato sauce over the peppers. Cover and bake until the peppers are tender and the filling is heated through, 30 to 35 minutes.

Nutrition info per serving:

Calories 307, total fat 10g, carbs 31g, protein 26g, cholesterol 65mg, sodium 386mg.





Basic Spaghetti Squash "Pasta"

Ingredients:

(Yields 4 cups of "pasta")

- 1 large spaghetti squash cooked and prepared
- 1 tsp. garlic powder or seasoning of choice (or 2 cloves minced garlic)
- 1/2 tsp. pepper
- 1/2 tsp. salt (or to taste)

Directions:

1. Microwave a spaghetti squash for 5-10 minutes, or until soft. Be sure to pierce with a knife before microwaving to release steam. Or bake in the oven at 350 degrees for 30-45 minutes, or until squash is soft. This allows the skin to soften, which makes it easier to cut in half lengthwise!
2. Split the spaghetti squash into two even halves. Be careful, it's hot!
3. Remove the seeds first, and throw them into a trash bowl. Or you could clean them up and cook them just like you would pumpkin seeds!
4. Using a fork, loosen the 'spaghetti' strands from the inside of the squash, scraping them into a bowl or plate.
5. Voilà! Your pasta is ready!

Nutrition info per 1 cup of "pasta":

Calories 34, total fat<0.5g , carbs 7.7g, protein 1g, cholesterol 0mg, sodium 208mg.

Megan Spurling's Famous Southwestern Spaghetti Squash

Ingredients:

(Yields 4 servings)

- 1 medium spaghetti squash, cooked (3 pounds)
- 1 red onion
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 15 oz. can black beans, drained and rinsed
- 1 red bell pepper, chopped
- 1 Tbsp. Chile powder
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. Oregano
- ½ tsp. cumin
- Juice of one lime
- ¼ cup Mexican cheese
- ¼ cup fresh cilantro, chopped

Directions:

1. In a large skillet, heat olive oil at medium temperature. Add onions and cook through until they begin to soften (about 7 minutes) add red bell pepper and cook for approximately 3 minutes.
2. Add the garlic. Cook all 3 items together for an additional 2 minutes.
3. With a fork, scrape the spaghetti squash and add to the skillet, along with the black beans. Add the Chile powder and the next 5 ingredients (through lime juice). Cook all items together for about 4 minutes.
4. Add the Mexican cheese and the fresh cilantro just before serving.

Nutrition info per 1 cup of "pasta":

Calories 215, total fat 7.7g, carbs 26.5g, protein 13g, cholesterol 0mg, sodium 520mg.





Roasted Veggies Ratatouille

Ingredients:

(Yields about 6, 1 cup servings)

- 8-10 whole garlic cloves, peeled
- 12 ripe plum tomatoes
- 1 eggplant
- 2 small zucchini
- 1 onion
- 1 large red bell pepper
- 1 large yellow bell pepper
- 2 Tbsp. fresh chopped thyme leaves
- 2 tsp. dried lavender
- 2 Tbsp. extra virgin olive oil
- Salt and pepper, to taste
- A sprinkle of fresh grated Parmesan cheese (optional)

Directions:

1. Set oven racks at the two lowest levels; preheat to 400 degrees (204 C). Line 2 rimmed baking sheets with parchment paper and set aside.
2. Prep vegetables: cut all of your vegetables (except for garlic cloves) into approximately the same sizes. Don't cut them too small or they will roast too quickly and risk burning.
3. Place all vegetables in a large bowl along with the whole garlic cloves and toss with olive oil and herbs.
4. Spread the vegetables on the parchment-lined rimmed baking sheets and roast in the oven until the vegetables are shriveled and browning at the edges. It will take between 35-45 minutes. Timing will depend on your oven and the size you cut your vegetables. When you smell them, check them.
5. Serve over rice, noodles or as a side dish.

Nutrition info per 1 cup serving:

Calories 163, total fat 6g, carbs 27g, protein 6g, cholesterol 0mg, sodium 219mg.

Skinny Chicken and Broccoli Casserole

Ingredients:

(Yields 6 servings. Serving size is about 1 cup.)

- 1 small onion, chopped
- 1 Tbsp. olive oil
- 2 (8-oz) pkgs. sliced mushrooms
- 2 cups boneless, skinless chicken breasts, cut into cubes
- 2 Tbsp. all-purpose flour
- 1½ cups fat-free-milk
- 1 (16-oz) package steam-in-bag broccoli florets
- 5.3-oz cup fat-free plain Greek yogurt
- ¼ cup light mayonnaise
- ¼ tsp. pepper
- 1/2 cup reduced fat Mexican style cheese blend (or any cheese you like)

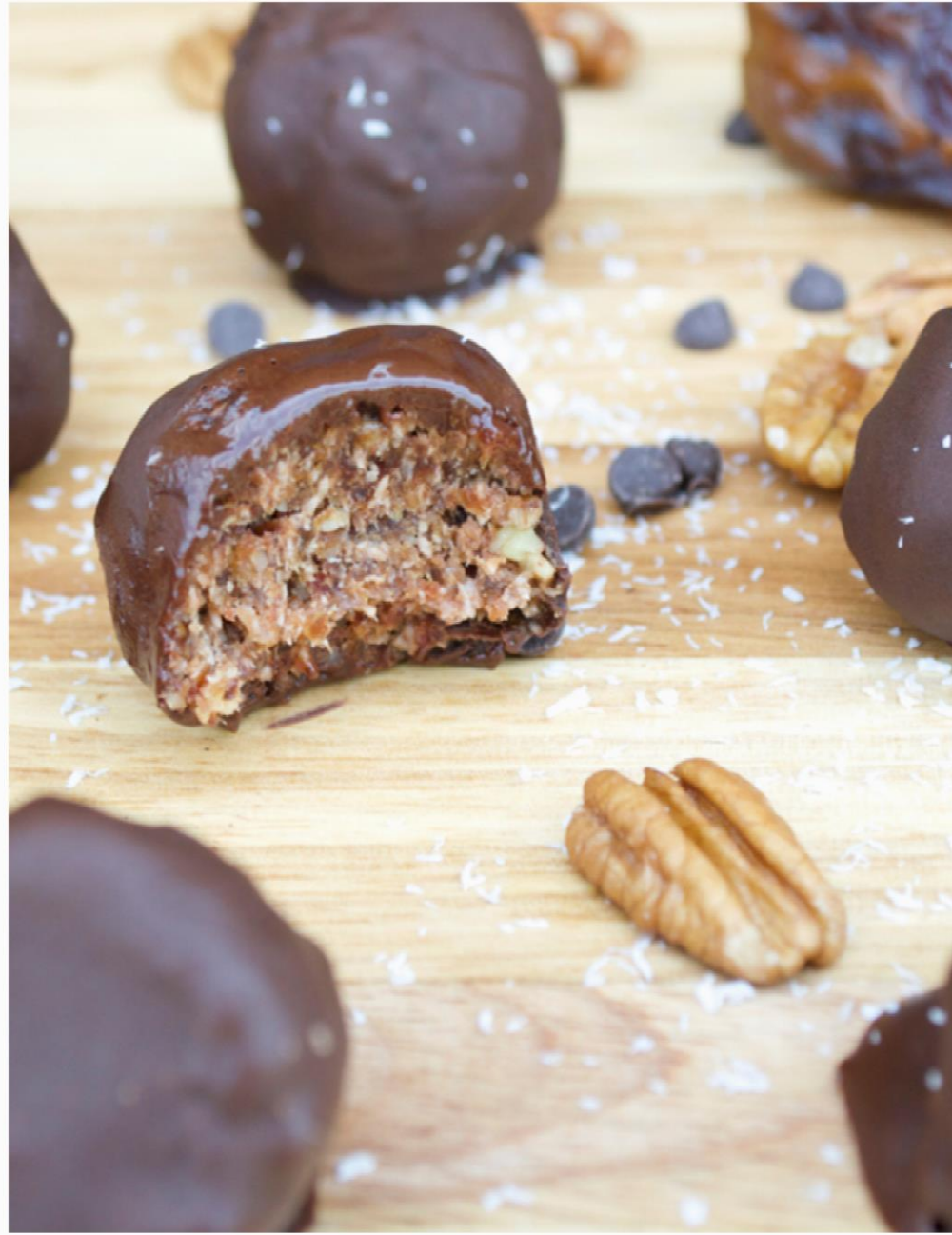
Directions:

1. Preheat oven to 350° F. Spray 2-qt. casserole dish with olive oil cooking spray. Cook broccoli in microwave according to directions; set aside.
2. Heat olive oil over medium-high heat, add onion and mushrooms and cook until mushrooms are starting to get tender. Add cubes chicken. Cook until chicken is cooked through. Drain pan, if needed.
3. Sprinkle flour over chicken and mushroom mixture and stir constantly, cooking for one minute. Stir in milk. Bring to a boil and cook for 3 minutes, or until thick and bubbly.
4. Stir in cooked broccoli, and heat through about 1 minute. Add yogurt, mayo, salt and pepper, stirring lightly to combine.
5. Pour into prepared casserole dish. Sprinkle top with cheese and bake for 20 minutes, or until cheese melts and it's bubbly around the edges. Enjoy!

Nutrition info per serving (1 cup):

Calories 267, total fat 10.9g, carbs 14.2g, protein 29.1g, cholesterol 66mg, sodium 530mg.





Desserts



Dark Chocolate Crepes with Strawberries

Ingredients:

(Yields 12 crepes)

- 3/4 cup white whole-wheat flour (Buckwheat flour is also great for crepes)
- 2 Tbsp. unsweetened cocoa powder (extra dark works too)
- 1 Tbsp. powdered sugar
- 1 1/2 cups 1% milk
- 2 large egg whites
- 1 whole egg
- 1 tsp. oil
- butter flavored spray
- 24 medium strawberries, sliced (2 in each crepe)
- 1 1/2 cups fat-free cool whip
- 3/4 cup dark chocolate syrup to serve

Directions:

1. Blend flour, milk, cocoa powder, powdered sugar, eggs and oil until smooth in the blender.
2. Heat a large nonstick pan on medium-low flame. When hot, spray with buttered flavored spray to coat bottom of pan. Pour 1/4 cup crepe mixture into pan, swirling pan slightly to make crepe thin and smooth. If you are using a different size skillet, use just enough crepe batter to cover the pan otherwise your crepes will be thick.
3. Cook for 1 to 2 minutes or until bottom of crepe is light golden brown. When ready to flip the edges should look dry and may pull away from the edge of the pan. Using your hands and a flipper, gently lift the crepe from the pan and flip over. Cook on the other side for about 30 seconds and place on a plate or on the counter with a lid to keep it from drying out.
4. Cook the rest the same way.
5. To assemble the crepes, place a chocolate crepe on a plate, spoon 2 Tbsp. whipped cream into center of each crepe, then top with strawberries. Roll up the crepe and turn over so the seam side is down. Sprinkle lightly with powdered sugar and drizzle lightly with chocolate syrup.

Nutrition info per 1 crepe:

Calories 139, total fat 1.5g, carbs 24g, protein 3.7g, cholesterol 15mg, sodium 27 mg.



Adapted from www.chocolatecoveredkatie.com Healthified by Sharp Best Health.

German Chocolate Cake Bites

Ingredients:

(Yields approximately 10 tablespoon-sized bites)

- 3/4 cup pitted dates
- 1/2 tsp. pure vanilla extract
- 1/16 tsp. salt
- 2 Tbsp. cocoa powder (or raw cacao powder)
- 2 Tbsp. unsweetened shredded coconut
- 1/3 to 1/2 cup raw pecans
- Optional: feel free to add some chocolate chips

Directions:

1. Place pecans and coconut into a high-speed blender or food processor. Process on high until ingredients are a flour-like consistency.
2. Add the remaining ingredients to the blender/processor, and blend on medium to high until fully incorporated into the dry ingredients.
3. Dump the mixture into a bowl. Take a tablespoon worth of the mixture in between your hands, rolling to form a ball. Repeat until all of the mixture is used.
4. Store in a sealed container in the refrigerator for up to five days. (If they can last that long!)

Nutrition info per Cake Bite:

Calories 50, total fat 2.5g, carbs 8g, protein 0.6g, cholesterol 0mg, sodium 16mg.



Sweet Potato Cookies

Ingredients:

(Yields approx. 12 cookies)

- 2 cups gluten-free oat flour
- 1 tsp. baking soda
- 3/4 tsp. fine sea salt
- 1/2 tsp. cardamom
- 1 tsp. ground cinnamon
- 3/4 cup (1 large) mashed sweet potato
- 1/3 cup virgin coconut oil, melted
- 3/4 cup light unsweetened coconut milk
- 1 tsp. plain vanilla extract
- **Optional (not included in the calorie calculation):** A few handfuls: nuts, chocolate chips, raisins, dried cranberries, dried cherries
- Maple powdered sugar

Directions:

Roasted Sweet Potato:

- Preheat oven to 400 F with the rack in the middle.
- Clean sweet potato and pierce several times with a fork or knife.
- Bake about 45 minutes or until soft.
- Let cool. Peel off skin and mash.

Cookies:

1. Preheat oven to 350 F with the rack in the middle. Prepare a cookie sheet with parchment liner. Whisk together dry ingredients and place in the bowl of a stand mixer.
2. Combine wet ingredients, add to mixer and beat on low speed until you have a batter.
3. Place heaping spoonful of batter onto the cookie sheet.
4. Bake for about 20-22 minutes until cookies are golden brown and crumbly.
5. Transfer to a wire rack to cool.

Nutrition info per one cookie:

Calories 163, total fat 8.8g, carbs 17.4g, protein 4g, cholesterol 0mg, sodium 234mg.



Frozen Chocolate Banana Bites

Ingredients:

(Yields approx. 16 bites)

- 2 large bananas
- 1/4 cup dark chocolate chips or semi-sweet chocolate chips
- 2 heaping tablespoons creamy natural peanut or almond butter
- Toppings (optional: crushed nuts, shredded coconut)

Directions:

1. Cover a cookie sheet with parchment paper. Set aside.
2. Cut bananas into thick slices and set aside. Each banana should give you about 6-8 pieces.
3. In a microwaveable bowl, combine chocolate chips and nut butter. Microwave for 1 minute. Stir until smooth.
4. Dip banana slices in chocolate-nut butter mixture. I found using 2 forks to be the easiest way to do this and to tap off any extra chocolate. Dip one bite in melted chocolate and roll it to cover all sides. Using one fork, remove bite from chocolate. With the other fork, remove excess chocolate and arrange the bite on baking sheet.
5. Lay out banana bites on the parchment/wax paper leaving some space between them.
6. Use the remaining mixture to spoon over the tops for even more chocolaty goodness.
7. Top with toppings (if you want them).
8. Place in freezer and set for at least one hour before serving.

Tip: Store remaining bites in freezer in an airtight container. They will keep fresh awhile — I just can't tell you how long because they're not likely to stick around!

Nutrition info per 2 bites:

Calories 72, total fat 2.9g, carbs 11g, protein 1.5g, cholesterol 0mg, sodium 10mg.

Chocolate Frosting Shots (or chocolate mousse!)

Ingredients:

Yields 8-10 "shots" depending on the size of the shot glasses

- 1 can coconut milk (12 oz.)
- 4 Tbsp. raw honey or agave (or any sweetener of choice to taste if you would like to cut calories)
- 1 tsp. vanilla extract
- 1/4 cup cocoa powder, unsweetened

Directions:

1. Place coconut milk in the freezer for about an hour prior to making the mousse.
2. Once thick, transfer only the creamy part to a bowl, leaving the watery part out (after the freezing, the liquid should be mostly at the bottom of the can and you can just spoon out the thick creamy goodness.)
3. Add honey, vanilla, and cocoa powder.
4. Whip with a mixer or beaters for about 3-5 minutes until smooth and creamy.
5. Pipe the mixture into shot glasses using a piping bag.
6. Serve with dessert spoons.

Nutritional info per "shot" (if making 10 servings):

Calories 84, total fat 8.4g, carbs 3g, protein 1.2g, cholesterol 0mg, sodium 6mg.





*Healthier
Holidays*



Adapted from www.frugalcouponliving.com Healthified by Sharp Best Health.

Egg Snowmen

Ingredients:

(Yields 6 snowmen)

- 6 large hard-boiled eggs
- 6 small hard-boiled eggs
- Peppercorns
- 1 carrot
- 1 skewer / stick for BBQ
- Uncooked pasta
- Parsley

Directions:

1. Peel off the egg shell. Slice off a small section from top and bottom of each egg to allow them to stand and stack neatly.
2. Peel the carrot and cut off the ends. Slice the carrot so that you have 6 round slices from each end that are approximately ½ cm thick.
3. Cut off the top and bottom of the eggs.
4. Stick the BBQ skewer through the eggs to make a hole and remove it. Do the same with the two round slices of carrots.
5. Stick the pasta into the two eggs and the carrot slices.
6. Snap off the extra pasta that is sticking out of the carrot.
7. Stick the tip of the skewer in the eggs to make small holes for the eyes, nose and buttons.
8. Place a peppercorn in each hole and a small piece of carrot for the nose. Lastly, stick a parsley sprig on the side for the broom.

Nutrition per one "Snowman":

Calories 130, total fat 8.2g, carbs 1.7g, protein 11g, cholesterol 324mg, sodium 123mg.



Adapted from www.leannebakes.com Healthified by Sharp Best Health.

Santa Hats

Ingredients:

(Yields 12 "hats")

- 1 dozen strawberries
- 1 cup low-fat whipped cream
- A handful of chocolate sprinkles

Directions:

1. Using a pairing knife, slice the leafy end off each strawberry so they stand up evenly. Then slice the tip off to make a little hat.
2. Using a spoon or a large icing tip, place a large dollop (about 1-2 tsp) of low-fat whipped cream on top of the strawberry base. Plop the little hat on top. Add another small dollop of whipped cream to the tip of the hat to make a mock pom-pom.
3. Place two chocolate sprinkles in the Santa's "face" for the eyes. Using a toothpick, place two very small splotches of whipped cream down the front of the strawberry for buttons.

Nutrition info per one "Santa Hat":

Calories 27, 1.0 g fat, 3.1 g carbs, 1.5 g protein, cholesterol 11mg, 16 mg sodium.

Holiday Sugar Cookie Recipe Makeover

Ingredients:

(Yields 18 cookies)

- 1 cup all-purpose flour
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2 tsp. vanilla extract
- 1/2 cup sugar
- 3 tbsp. butter, softened
- 1/4 cup almond milk
- 1 egg

Directions:

- 1. Preheat oven to 350 degrees F.
- 2. Combine all ingredients in a large bowl. Mix well until batter is blended evenly.
- 3. Roll batter into 1-inch balls and place on a greased baking sheet.
- 4. Bake cookies for approximately 15-18 minutes.
- 5. Remove cookies from baking sheet and allow to cool on wire rack.

Decoration:

- *You can decorate the cookies just with a small amount of "sanding sugar" (a fancy term for large-crystal colored sugars used for decorating) prior to baking (press it in a bit so it doesn't all just roll off when the cookies cool. You could also use a small amount of icing to outline the cookies or add some dots, lines or squiggles to your cookies. Just avoid covering the entire cookie surface with powdered sugar icing—it's too sugary and adds unnecessary calories.*

Nutrition per cookie (no icing):

Calories 65, total fat 2.5g, carb 10g, protein 1.1g, cholesterol 12mg, sodium 45mg.





Adapted from www.nutritious.com Healthified by Sharp Best Health.

Healthier Applesauce Noodle Kugel

Ingredients:

(Yields 12-15 servings)

- Nonstick cooking spray
- 1 pound whole grain wide noodles
- 2 large eggs, whisked
- 4 large egg whites
- 2 teaspoons cinnamon, and more to sprinkle on top
- ½ cup sugar
- Pinch of Kosher salt
- 3 cups unsweetened natural applesauce
- 2 tablespoons extra-virgin olive oil

Directions:

1. Preheat oven to bake at 350° F. Spray a 9 X 13 baking dish with cooking spray and set aside.
2. Bring a large pot of water to boil and cook noodles for 5 minutes. Drain and rinse noodles with cold water to stop cooking.
3. While noodles are cooking, whisk together eggs, egg whites, 2 teaspoons cinnamon, sugar, salt, and applesauce.
4. Coat empty pot with oil, return noodles to pot and fold with oil and egg/applesauce mixture. Transfer noodles to prepared baking dish and sprinkle with cinnamon.
5. Bake 45 to 50 minutes until the kugel is completely set and the noodles on top are slightly crispy and browned. **Use egg substitute (egg beaters or egg whites from a carton) to replace whole eggs in this recipe to reduce calories and fat content.*

Nutrition per one serving (1/15 of the dish):

Calories 180, total fat 4, carbs 34g, protein 3g, cholesterol 50mg, sodium 40mg.



Adapted from www.jessicaspirord.com Healthified by Sharp Best Health.

Bunny Deviled Eggs

Ingredients:

(Yields 12 Bunnies)

- 6 hard-boiled eggs
- 1/4 cup plain Greek yogurt
- Pinch of salt/pepper

For Bunny Face:

- Capers, olives or peppercorn (for eyes)
- Capers, olives, peppercorn or carrots (for nose)
- Chives, bell pepper or celery (for whiskers)
- Bell pepper or celery (for bunny ears)

Directions:

1. Peel hard-boiled eggs and cut lengthwise.
2. Carefully remove the yolk and place in a bowl. Place the egg white halves on a plate.
3. Add the yogurt, salt and pepper to the bowl with the yolk and mix well till smooth.
4. At this point, you can spoon the yolks into the eggs or use a piping bag. You want the egg yolk to be more elevated than the egg whites to make it easier to add the pieces of the bunny face.
5. Carefully place the bunny face parts on the egg starting with the eyes and nose. Note: Make sure the ears and whiskers are cut thin so they remain on the eggs.
6. Serve or make ahead of time and refrigerate.

Nutrition per one "Bunny":

Calories 35, total fat 2.3g, carbs 0.4g, protein 3.2g, cholesterol 82mg, sodium 32mg.



American Flag Fruit Kabobs

Ingredients:

(Yields 12 kabobs)

- 1 cup water
- 3 Tbsp. lemon juice
- 1 pint strawberries, washed, trimmed and halved
- 1 cup blueberries
- 6 bananas, cut into 1" pieces
- Bamboo skewers

Directions:

1. Mix water and lemon juice in a medium sized bowl. Prepare fruit.
2. Place bananas in lemon water to coat to prevent bananas from browning.
3. Thread a strawberry piece, followed by a banana piece onto 7 skewers. Repeat the process two more times on all 7 skewers and end by adding one additional strawberry.
4. On 5 additional skewers, thread a strawberry, banana, strawberry, banana, then follow with about 5 or 6 blueberries.
5. Line all skewers up on a serving platter to look like a flag and serve.

Nutrition per 1 skewer:

Calories 60, total fat 0.3g, carb 15.1g, protein 0.8g, cholesterol 0mg, sodium 2mg.



Low-fat Turkey Gravy

Ingredients:
(Yields 8 servings)

- 1/3 cup reduced-fat butter or Smart Balance Light
- 1/3 cup all purpose flour
- 3 cups reduced-sodium chicken broth or turkey stock
- 1 cup warmed water
- 1 tablespoon dry sherry or any cooking sherry
- Fresh ground pepper, to taste
- 1 cup skinless cooked turkey meat, chopped fine

Directions:

1. In a saucepan over medium heat, melt the butter. Whisk in flour and cook for 1-2 minutes. Gradually whisk in broth and water until well mixed. Bring to a boil, reduce heat to low and simmer for 10 minutes.
2. Stir in sherry, pepper and turkey bits. Serve warm in a gravy boat, creamer or small tea pot.
3. The gravy can be made a day in advance and heated before serving.
4. Makes 4 cups (each serving, 1/4 cup)

Nutrition per ¼ cup of gravy:

Calories 35, total fat 2g, carbs 2g, protein 2g, cholesterol 2mg, sodium 200mg.



Honey-Glazed Sweet Potatoes

Ingredients:

(Yields 8)

- 1/4 cup water
- 2 tablespoons brown sugar
- 2 tablespoons honey
- 1 tablespoon olive oil
- 2 pounds sweet potatoes (about 4 large), peeled and cut into wedges
- Cracked black pepper or chopped herb of choice (rosemary, sage or thyme), to taste

Directions:

1. Preheat the oven to 375 F. Lightly coat a 9-by-13-inch baking dish with cooking spray.
2. To make the sauce, in a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth.
3. Place a single layer of sweet potatoes in the baking dish. Pour the sauce over the sweet potatoes. Turn to coat them.
4. Cover and bake until tender, about 45 minutes. Turn the sweet potatoes once or twice to continue coating them. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes.
5. Transfer to a serving dish and top with pepper or chopped herb of choice. Serve immediately.

Nutrition per serving (2/3 cup):

Calories 150, total fat 2g, carbs 31g, protein 2g, cholesterol 0mg, sodium 42mg.



Want More?

*Please visit our
Nutrition pages on
SharpNET for more
healthy and delicious
recipe ideas.*