



the

Healthy Mediterranean

Student

COOK

BOOK

cooking with fresh and canned ingredients

By USC's Students of Healthy Mediterranean Cooking

The

Healthy Mediterranean

student cook book

The recipes in this cookbook were designed to incorporate both fresh and canned ingredients to create a collection of recipes that are healthy, simple and prepared with easy-to-access foods. Students at the University of South Carolina can help themselves to seasonal herbs in the campus herb garden located in the round planter behind the Russell House. If food insecurity is a problem, visit the Gamecock Pantry.

Recipes Contributed by:

The Students of
Introduction to Healthy
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The University of South Carolina
Health and Sustainability Fund

Healthy Carolina Farmers Market

The Healthy Carolina Farmers Market is a convenient way for USC students, faculty, staff and community members to shop for fresh, healthy, locally-grown produce and sustainable products.

Dates, Hours and Location:

Greene Street in front of Russell House
9:30 a.m. - 1:30 p.m.
Tuesdays in the Spring & Fall



The Gamecock Pantry is a campus food pantry created for students, by students. Their goal is to serve the USC campus community by providing food aid and resources to enhance the community's overall well-being. Any current student with a valid Carolina Card can use the party's services. Registered students can receive up to 15 food items per week, which will be available for pick-up during operating hours.

HOURS:

Mondays, 5-7 p.m.
Tuesdays, 1-3 p.m.
Wednesdays, 4-6 p.m.
Thursdays, 5-7 p.m.
Fridays, 3-5 p.m.

LOCATION:

McBryde Quadrangle A
1309 Blossom Street
Columbia, SC 29201

CONTACT INFO:

gamecockpantry@sc.edu
Twitter: @Gamecock Pantry

Section 1:

appetizers, salads and sides

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Fresh Black Bean Salsa

A delicious salsa that is easy to make and sure to be a favorite. Fresh avocado and cilantro liven up canned ingredients for a tasty southwestern treat.

Serves: 10

Ingredients:

2 (15 ounces) cans black beans, rinsed and drained

1 (14.5 ounces) can diced tomatoes or 4 Roma tomatoes, seeded and diced

1 (10 ounces) can Rotel tomatoes or other diced tomatoes with green chiles

1 small red or green bell pepper, diced

$\frac{1}{3}$ cup fresh cilantro, chopped

$\frac{1}{4}$ cup red onion, diced

$\frac{1}{4}$ cup lime juice, about 1 lime

1 teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

2 avocados, diced

Directions:

Mix all ingredients except avocados in a bowl. Fold the diced avocado into the mixture. Cover and refrigerate for at least 2 hours. Serve with tortilla chips and enjoy!

Greek Pasta Salad

With the creamy texture of the feta cheese and the homemade Greek dressing, this simple pasta salad is delicious. This recipe will definitely leave you wanting seconds!

Serves: 10

Ingredients:

1 box rotini noodles
1 red onion
1 can pitted black olives
8 ounces basil tomato feta cheese

Dressing:

½ cup olive oil
¼ cup fresh lemon juice
½ tablespoon dried oregano
sea salt and pepper

Directions:

Boil noodles as directed. Rinse with cold water and leave in strainer.

Make the salad dressing by whisking the olive oil, lemon juice, dried oregano, and sea salt and pepper to taste in a small pitcher. Drizzle a small amount of dressing onto noodles to prevent sticking. Let cool. Place noodles in a large bowl.

Slice red onion very thin. Place onion on top of pasta. Drain olives and slice and layer on top of pasta. Crumble the feta cheese and layer on top of pasta. With a large spoon toss all ingredients to combine.

Whisk the dressing again and pour it over the pasta salad. Chill in refrigerator before serving.

Strawberry and Feta Salad

This seasonal salad that combines brightly colored spring mix, fresh strawberries and crunchy pecans will become the center of attention at any party or event.

Serves: 4-6

Ingredients:

1 bag spring mix greens
4 ounces plain feta cheese, crumbled (or Boucheron goat cheese)
2 cups fresh strawberries, halved
4 ounces candied pecans

Dressing: Raspberry Vinaigrette

1/3 cup extra virgin olive oil
1/4 cup white wine vinegar
1/4 cup pureed raspberries

Directions:

Place the spring mix in a large salad bowl. Add the feta cheese, fresh strawberries, and the candied pecans to the spring mix. Shake dressing ingredients together in an oil bottle or mix together in a small bowl. Add desired amount of raspberry vinaigrette to salad. Toss salad ingredients together and enjoy!

Zesty Chickpea and Kale Salad

This flavorful and refreshing recipe is nutritious, easy to make, and packed with protein for a filling meal. Prepare ahead and reheat throughout the week for lunches or serve a dinner as a side dish.

Serves: 2-4

Ingredients:

1 can chickpeas

4-5 kale leaves

2 tablespoons olive oil

½ teaspoon minced garlic

1 lemon, juiced (about 2-3 tablespoons)

salt and pepper

grated parmesan cheese (amount as desired)

Directions:

Rinse and drain chickpeas and add to bowl. Chop kale leaves and add to chickpeas. Combine olive oil, minced garlic, lemon juice, salt and pepper, and cheese and add to the bean and kale mixture. Serve chilled or warm.

Cannellini Bean and Roasted Vegetable Salad

Roasting vegetables in olive oil brings out flavor and adds delicious complexity to a typical bean salad.

Serves: 4-6

Ingredients:

3 large garlic cloves

1 red bell pepper, seeds removed and diced

1 yellow bell pepper, seeds removed and diced

½ large red onion, peeled and chopped

1 tablespoon extra virgin olive oil

kosher salt and black pepper, to taste

2 (15.5 ounce) cans cannellini beans, drained and rinsed

3 tablespoons red wine vinegar, white wine vinegar or balsamic vinegar

1 tablespoon lemon juice

fresh parsley, finely chopped and to taste

Directions:

Preheat oven to 425°F. Peel garlic and use the flat side of a knife blade to smash it. Toss peppers, onion, and garlic in olive oil. Salt and pepper to taste. Roast for 25 minutes, stirring occasionally, until softened and starting to caramelize.

Toss cooked vegetables, cannellini beans, vinegar, and lemon juice together, adding salt and pepper to taste.

Let sit for at least one hour at room temperature. Remove the smashed garlic cloves, and stir in the chopped parsley. Serve alone, on bread, or in a wrap.

Quick Bean Salad

Throw this dish together for a quick vegan or gluten-free side full of fiber, protein and vitamins.

Serves: 5

Ingredients:

1 can cannellini beans, rinsed and drained
1 can cut green beans, drained
½ red bell pepper, chopped
¼ red onion, minced
3 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
salt and pepper to taste

Directions:

Place all ingredients in a large bowl and mix together with a rubber spatula or spoon. Leave in the refrigerator for an hour to chill before serving.

Rice and Black-Eyed Pea Salad

Sweet and sour flavors combine in this easy-to-make side dish perfect for a casual potluck or your everyday dinner. Serve with brown rice for a healthy upgrade.

Serves: 4

Ingredients:

3 tablespoons olive oil, divided
1 cup brown rice
1 clove garlic
2 cups water
1 can (15 ounces) black-eyed peas
2 green onions
½ cup pitted olives
1 medium red bell pepper
½ cup crumbled feta cheese
2 tablespoons lime or lemon juice

Directions:

Heat 1 tablespoon olive oil in medium sized pot over medium heat. Add rice and cook, stirring frequently for 2 minutes or until golden. Stir in chopped garlic and cook 1 minute.

Add water, cover the pot, and bring to a boil on high heat. Reduce heat to low and simmer covered for 30 minutes or until rice is fully cooked and all water has been absorbed

Rinse and drain can of black eyed peas. Thinly slice green onions, pitted olives, and red bell pepper.

Mix cooked rice in a bowl with black eyed peas, onions, olives, pepper, feta cheese and lime or lemon juice and stir together. Chill for 10 minutes.

Serve cold or at room temperature.

Roasted Eggplant with Lemon

A simple and healthy appetizer with a citrus twist.

Serves: 4

Ingredients:

1 large eggplant
1 tablespoon kosher salt
3 tablespoons extra virgin olive oil
salt and pepper to taste
2 tablespoons fresh lemon juice

Directions:

Slice the eggplant in half lengthwise, then cut each half into quarters lengthwise. Cut each of those slices in half to make two shorter quarters. Put the eggplant pieces in a large colander and sprinkle all over lightly with sea salt. The salt will draw out the bitterness of the eggplant. Set in sink to drain for about 30 minutes.

Preheat oven to 400 degrees.

Line a baking sheet with parchment paper or lightly grease. Pat the eggplant dry and place it onto the baking sheet with the skin side down. Brush each slice with olive oil. Roast the eggplant in the oven until softened and golden brown, about 25 to 30 minutes.

Remove from the oven and sprinkle with lemon juice, salt and pepper to taste. Serve hot.

Oven-Baked French Fries

These fries are simple and the perfect side to complement any meal. Use flavors to your taste and cook to the tenderness you prefer. Try this recipe with sweet potatoes for a healthier alternative.

Serves: 4-6

Ingredients:

6-8 medium potatoes or sweet potatoes

¼ cup extra virgin olive oil

2 teaspoons chili powder

2 teaspoons garlic powder

salt and pepper

Directions:

Pre-heat oven to 425 degrees. Wash and slice potatoes into strips or circular slices and place in a medium bowl.

In a small bowl, combine olive oil, chili powder, and garlic powder. Pour mixture over the potato slices and toss to coat.

Cover a baking sheet with aluminum foil. Spread potato slices evenly on baking sheet.

Bake 15 minutes and flip fries. Bake an additional 15 minutes or until the fries are golden brown and at your desired tenderness.

Roasted Sweet Potato Wedges

These tasty roasted sweet potatoes are a great addition to many entrees or can be eaten alone as a healthy snack. Brown sugar and nutmeg add a sweet twist.

Serves: 6-8

Ingredients:

2 tablespoons extra virgin olive oil

3 tablespoons brown sugar

¼ teaspoon ground nutmeg

1 teaspoon sea salt

½ teaspoon pepper

4 pounds sweet potatoes, each peeled and cut into wedges

8 sprigs thyme

Directions:

Heat oven to 400° F.

In a large mixing bowl, combine the olive oil, brown sugar, nutmeg, salt and pepper. Add sweet potato wedges and toss to coat.

Transfer to a large rimmed baking sheet and arrange wedges in a single layer. Scatter the thyme over the top and roast, turning once, until the edges are dark brown and the wedges are crisp.

Cook for about 40 minutes or until wedges appear done.

Sautéed Asparagus with Garlic and Lemon

Sautéed Asparagus is a healthy, fiber-filled side dish to pair with many different entrees, whether meat or fish. This recipe is simple, quick, and adds a nice touch to any meal. Garlic and lemon are a simple addition to enhance asparagus.

Serves: 4

Ingredients:

2 tablespoons olive oil

2-3 cloves of garlic, minced

2 bunches of asparagus, trimmed

1 lemon, juiced

salt and Pepper

Directions:

In a large pan, heat olive oil at a medium heat and add minced garlic to the pan. Add asparagus to oil and cook for about 10-12 minutes, or until lightly brown. Pour the juice of one lemon over the asparagus in the pan. Finish with salt and pepper to taste.

Skillet Broccoli with Garlic

This recipe combines fresh broccoli with a mixture of fresh thyme and garlic. A simple and fast side with only a few ingredients.

Serves: 4

Ingredients:

3 tablespoons olive oil, divided
2 cloves garlic, minced
2 teaspoons fresh thyme, minced
1 pound broccoli florets, cut into small 1 inch pieces
3 tablespoons water
salt and pepper

Directions:

Combine 1 tablespoon olive oil, garlic and thyme in a small bowl and set aside.

Heat 2 tablespoons olive oil over medium heat in a large skillet until oil is hot. Add broccoli and a pinch of salt, without stirring, cook until one side begins to brown, about 2-3 minutes. Add water, cover the skillet, and cook until the broccoli is bright green but still crisp, 2-3 minutes.

Uncover and continue to cook until the water evaporates, stirring occasionally, 2-3 minutes. Push the broccoli to the sides of the skillet and make a clear center.

Add the garlic mixture to that center and cook until fragrant, 30 seconds to a minute. Stir everything together thoroughly. Season with salt and pepper to taste.

Sautéed Corn with Black Beans and Bell Pepper

This side dish is fast and packs a lot of flavor and nutrients. It combines fresh ingredients and common pantry items to create a savory and refreshing flavor to your meal. Add spice by using jalapeño seeds.

Serves: 4

Ingredients:

2 tablespoons olive oil, divided

½ red onion, finely chopped

½ red bell pepper, cut into ¼ inch pieces (other colors can be substituted)

1 jalapeño, seeded and minced

1 clove garlic, minced

½ teaspoon ground cumin

pinch of salt

1 can (15 ounce) black beans, rinsed and drained

1 can corn (15 ounce), rinsed and drained

½ cup fresh cilantro, minced

2-3 tablespoons lime juice

Directions:

Heat 1 tablespoon olive oil in large skillet over medium heat. Add the chopped onion, bell pepper, and jalapeño and cook until onion is softened. Stir occasionally about 5-7 minutes.

Add garlic, cumin, and salt. Cook until combined thoroughly about 1 minute. Add beans and cook until heated through. Transfer to a large bowl and wipe the skillet.

Heat the remaining olive oil over medium heat and add corn. Cook without stirring until one side of the corn is slightly browned, about 3-5 minutes. Stir and continue cooking for 3 minutes.

Transfer into bowl containing the black beans. Stir in cilantro and lime juice to taste.

Succotash

This dish pairs especially well with summertime classics and brings warmth to even the depths of winter. This is often served with rice. Use fresh, canned or frozen lima beans and corn.

Serves: 2-4

Ingredients:

1 cup frozen lima beans

salt and pepper

1 cup frozen corn

2 tablespoons extra virgin olive oil

optional: seasoned salt or paprika

Directions:

Place the lima beans in a medium sized pot, cover with water, and add a sprinkle of salt. Bring the water to a boil and cook for 5 minutes covered over a medium heat. After 5 minutes, add the corn to the mixture and stir until well mixed. Let this mixture cook until the lima beans and corn are tender, approximately 10 minutes.

Once they are done, drain the water from the pot and add the butter. Season with salt and pepper to taste. At this point, if you would like to spice things up a bit, you can add seasoned salt or paprika to taste.

Section 2:

entrees

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Greek Grilled Chicken

This is your classic grilled chicken dish with a Greek flair; enhanced nicely with lemon, fresh garlic and oregano.

Serves: 4

Ingredients:

1 lemon, halved
1 pint grape tomatoes
1 (6 ounce) jar Sicilian pitted green olives, drained
1 teaspoon chopped fresh oregano
1 garlic clove, minced
1 tablespoon plus 2 teaspoons olive oil, divided
4 (6 ounce) skinless, boneless chicken breast halves
4 teaspoons of dried thyme
Extra fresh sprigs of oregano for garnish

Directions:

Preheat oven to 400°F. Squeeze 1 lemon half, and reserve juice. Thinly slice other lemon half crosswise, and quarter each slice. Combine quartered lemon slices, tomatoes, olives, oregano and garlic in a medium bowl; add 2 teaspoons olive oil, and toss to combine.

Sprinkle both sides of chicken evenly with Greek seasoning. Heat remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add chicken, and cook 2 to 3 minutes on each side or until golden brown. Remove chicken from pan; keep warm.

Add reserved lemon juice to pan, scraping pan to loosen browned bits. Add tomato mixture to pan, stirring gently.

Place chicken on top of tomato mixture, and place pan in oven. Bake at 400° for 20 to 22 minutes or until chicken is cooked through. Garnish with oregano sprigs, if desired.

Slow-Cooker Lemon Chicken with Olives

This healthy chicken can be prepared quickly in the morning before a busy day and left in the crock-pot to cook. This Mediterranean-inspired dish makes for a filling and nutritious dinner.

Serves: 4-6

Ingredients:

6 chicken breasts

salt and pepper

1 cup chicken broth

1 lemon

¼ cup pitted kalamata olives

1 clove garlic, minced

½ teaspoon dried oregano

Directions:

Place chicken in crock-pot and sprinkle with salt and pepper. Pour in chicken broth. Cut lemon into thin slices. Add lemon, olives, garlic, and oregano to crock-pot. Cook on low for 5-6 hours.

Southwestern Rice Bowl

This recipe will give you a Mexican food fix without the unhealthy consequences of processed cheeses and refried beans. It's filling and satisfying, so it is perfect for a simple dinner. If you don't have time for the sauce, use your favorite commercial salsa.

Serves: 4

Ingredients:

1 cup uncooked brown rice
1 (14 ounces) can black or pinto beans
1 can of corn
1 can of chopped tomatoes
1-2 red, orange, or yellow bell peppers
1 cup chopped cabbage
2 cups romaine lettuce, chopped

Sauce:

1 chipotle in adobo sauce (comes in a jar)
½ cup plain Greek yogurt
½ teaspoon adobo sauce (from the jar)
1-2 cloves garlic
1 teaspoon fresh lime juice
1/8 teaspoon cumin

Directions:

Cook rice according to directions on the package.

Drain beans, corn, and tomatoes. Chop peppers to desired size. Toss all ingredients together and mix in a large bowl.

For the sauce: scrape away the seeds from the chipotle with a knife (use caution when handling chipotle, and wash your hands when done.) Add all ingredients to a blender and blend until smooth. Taste and adjust seasonings and consistency as necessary.

Tip: if the sauce is too thick, thin it out with more lime juice, or olive oil. If it's too thin, add more Greek yogurt. Drizzle desired amount over burrito bowl and toss.

Pasta with Chicken, Tomato and Feta

This pasta is an easy and delicious meal that leaves you feeling satisfied and healthy. Keep cool by turning off the oven – this Mediterranean-inspired meal can be made out of canned or rotisserie chicken.

Serves: 4

Ingredients:

1 (12 ounces) box of whole wheat penne pasta
3 small cans of chicken or 1 small rotisserie chicken
1 cup (4 ounces) crumbled
2 tablespoons olive oil
3 tablespoons fresh lemon juice
feta cheese
1 can of tomatoes
1 cup torn fresh basil leaves
Sea salt and ground pepper

Directions:

In a large pot of boiling salted water, cook pasta until al dente, according to package directions. Drain; rinse well under cold water. Drain juices from both the cans of chicken and tomatoes and cut up into bite size portions.

Transfer pasta to a large bowl; toss with oil, lemon juice, feta, tomatoes, chicken, and basil; season with salt and pepper. Serve at room temperature or chilled.

Crock-Pot Asian Chicken and Vegetables

This recipe is perfect for a busy college schedule. This straight-forward chicken recipe can be left to cook all day and will leave your home smelling great!

Serves: 4-6

Ingredients:

- 1 red onion
- 4-6 boneless chicken breasts
- 1 large bag of baby carrots
- 2 cans (20 ounces) of crushed pineapple, with juice
- ½ cup teriyaki sauce
- ½ cup water
- 4 garlic cloves, peeled

Directions:

Cut red onion into large chunks. Place chicken in a crock-pot and add carrots, onion, and pineapple with juice. Add teriyaki sauce, water and garlic cloves. Cook on low for 6-7 hours.

Nanny's Homemade Chicken Noodle Soup

*Whether you are feeling under the weather or simply craving something warm and delicious, Nanny's Homemade Chicken Noodle Soup will surely bring a smile to your face and warmth to your heart. **Prepare this recipe the day before you plan to eat it.***

Serves: 8

Ingredients:

4 quarts water

1 medium sized chicken

2 onions, peeled and chopped

1 whole stalk (head) celery, 2 ribs (sticks) for soup, remainder cut in 1/2 inch slices

1 pound carrots, peeled, 2 whole carrots, remainder cut in 1/2 inch slices

1 tablespoon cracked pepper

1 tablespoon garlic salt

4 bay leaves

1 bag of noodles

Directions:

Add 4 quarts water to a large pot. Rinse the chicken inside and out (make sure cavity is free of giblets and any wrappings). Add whole chicken to pot. Add onion, 2 whole ribs of celery, 2 whole carrots, pepper, garlic salt and bay leaves. Cover and bring to a boil. Turn down heat to medium and cook for two hours.

Remove pot from burner. Carefully move chicken onto a large plate. Remove bay leaves and throw away. Remove celery stalks and carrots from broth and mash through a strainer adding mashed product back into soup. Bring soup back to a boil adding sliced celery and sliced carrots. Cook about 30 minutes on high until carrots and celery are tender. When chicken has cooled on plate, remove chicken discarding skin and bones. Cut chicken in bite sizes pieces and add to pot.

In a separate pot boil noodles half the time as directed on package. Drain noodles and add to soup. Simmer for 30 minutes. Cool down to touch to be refrigerated. Refrigerate overnight. When

Southwestern Stuffed Bell Peppers

A tasty stuffed pepper that is healthy, hearty, and simple. Fresh rainbow peppers are the most delicious pair to the southwestern-inspired flavors. Add cooked ground turkey or beef to the bean mixture for more protein.

Serves: 4

Ingredients:

¼ cup olive oil
2 bell peppers any color, seeds removed, cut in half
sea salt & pepper
1 cup brown rice
1 cup chunky salsa
½ can black beans, rinsed and drained
½ can corn
¼ cup cilantro leaves-chopped
1 lime, juiced

Directions:

Preheat oven to 425 degrees. Brush the bottom of a casserole or shallow baking dish with olive oil. Line pepper halves up in pan and brush with olive oil and sprinkle sea salt and pepper on each. Bake 10-15 minutes until skins of peppers begin to bubble.

Cook brown rice according to package instructions. Stir in salsa, beans and corn.

Fill baked peppers with rice mixture and return to oven at 400 degrees for 15 minutes.

Sprinkle with chopped cilantro and squeeze fresh lime juice over peppers.

Hearty Ham and Collard Soup

This soup is wonderful for a chilly day. Collard greens are a great source of Vitamin A, Vitamin C and antioxidants.

Vegetarian version: leave out the ham steak and substitute chicken broth with vegetable stock.

Serves: 8

Ingredients:

1 large sweet onion

3 celery ribs

1 (8 ounces) lean ham steak

1 teaspoon olive oil

1 (14 ounces) can fat-free chicken broth

1 (14 ounces) can diced tomatoes

1 pound fresh collard greens, washed, trimmed, and chopped

3 (16 ounces) cans of pinto beans, rinsed and drained

Directions:

Dice onions, celery and ham. Heat olive oil in a large stockpot over medium heat.

Sauté onions, celery, and ham in hot olive oil over medium-high heat for 8 minutes or until onion is tender.

Stir in chicken broth, diced tomatoes, and chopped collard greens. Bring to a boil. Cover and reduce heat to a simmer, stirring occasionally for 45 minutes.

Stir in beans and simmer an additional 10 minutes or until thoroughly heated.

Black Bean and Latin Picadillo

*This simple and quick main dish packs plenty of protein, good complex carbohydrates and a lot of flavor. This Latin hash is sure to satisfy and keep you full and healthy. **Serve with brown rice.***

Serves: 4

Ingredients:

- 2 teaspoons olive oil
- 1 cup frozen or canned corn, rinsed and drained
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- 2 (15 ounce) cans black beans, rinsed and drained
- ⅓ cup pimiento stuffed olives, sliced
- ½ cup golden raisins
- ¼ teaspoon salt
- 1 ½ cups marinara sauce

Directions:

Heat the olive oil in a medium size skillet on medium heat. Add corn, cumin, and chili powder into the skillet and stir to thoroughly distribute the spices evenly. Cook for a few minutes or until the frozen corn is heated through and soft. Stir in the black beans, pimiento stuffed olives, golden raisins, salt, and marinara sauce. Stir thoroughly and allow to simmer over slightly lower heat. Simmer until the liquid slightly reduces and thickens while stirring occasionally. Served with cooked brown rice.

Chicken Stir-Fry

This quick stir fry is packed with veggies! Use any of your favorite seasonal veggies and add in fiber with whole wheat pasta.

Serves: 8

Ingredients:

1 pound pasta (preferably spaghetti)
1 pound boneless, skinless chicken breast
2-3 tablespoons olive oil
1 small onion, diced
2 bell peppers, diced
3 cloves of garlic, peeled and minced
1 can diced pineapples
½ cup teriyaki sauce

Directions:

Cook the pasta as directed on the box.

As the water begins boiling, cube the chicken breast into 1 inch squares. Thinly coat a deep skillet with 2 tablespoons olive oil and heat it over high heat. Once the oil is heated, sauté the chicken in the pan stirring continually until it is cooked through (about 4 minutes). Remove the chicken and set it aside.

Recoat the skillet with olive oil. Dice the onion and cook it in the skillet until translucent. Add peppers to the skillet. After peppers have softened, add garlic and pineapples to the pan. Keep pineapple juice set aside. Allow this to cook for about 2 minutes, stirring continually. Add teriyaki sauce and pineapple juice. Turn heat down to medium, and simmer for several minutes.

Add the chicken back to the skillet to reheat. Mix pasta into the skillet. Serve warm.

Lemon Grilled Chicken

You'll need a grill for this juicy Lemon Grilled Chicken. Serve with a side of your choosing or cut up and add to a kale or romaine salad.

Serves: 4

Ingredients:

3 tablespoons fresh lemon juice

2 tablespoons extra virgin olive oil

2 garlic cloves, minced

4 (6-ounces) skinless, boneless chicken breast halves

½ teaspoon kosher salt

½ teaspoon freshly ground black pepper

Directions:

Preheat grill to medium-high heat.

Combine lemon juice, olive oil, minced garlic, and chicken breast halves in a large zip-top plastic bag and seal. Marinate in refrigerator 30 minutes, turning occasionally. Remove chicken from bag; discard marinade. Sprinkle chicken evenly with salt and pepper.

Place chicken on grill rack coated with cooking spray. Grill 6 minutes on each side or until no pink remains in chicken.

Lemon Salmon with Lima Beans

The flavors of this dish create the perfect entrée for a late spring or early summer meal.

Serves: 4

Ingredients:

½ cup plain Greek yogurt

1 lemon, half sliced, half zested and juiced

¾ teaspoon paprika

2 teaspoons extra virgin olive oil

3 cloves garlic, thinly sliced

¾ teaspoon dried oregano

red pepper flakes

1 pound (16 ounces) canned lima beans, drained and rinsed

salt and pepper

2 tablespoons chopped parsley

4 (4-ounces each) skinless salmon filets (may substitute chicken if desired)

Directions:

Mix yogurt, juice from half the lemon and ¼ teaspoon paprika in a small bowl and set aside.

Preheat the broiler or grill. Heat 1 teaspoon olive oil in a medium saucepan over medium heat.

Add garlic, oregano, and a pinch of red pepper flakes. Cook about 2 minutes or until the garlic is golden. Add lima beans and lemon zest to saucepan. Cover pan and simmer about 20 minutes or until the beans are tender. Season to taste with salt and pepper.

Remove from heat and stir in the parsley and 1 tablespoon of the yogurt mixture.

Place the salmon on a foil lined baking sheet and sprinkle with remaining paprika, salt and pepper. Place one lemon slice on each piece. Broil until the salmon is cooked through, approximately 6 – 8 minutes. Serve each filet over the lima bean mixture and top with the remaining yogurt mixture.

Pasta with Roasted Broccoli

The right way to eat your carbs—whole wheat pasta with healthy, fiber-filled veggies.

Serves: 6

Ingredients:

6 cups fresh broccoli florets
2 garlic cloves, finely chopped
½ cup chopped walnuts
½ teaspoon salt
¼ teaspoon black pepper
3 tablespoons olive oil
12 ounces whole-wheat rotini pasta
½ cup chicken broth
2 tablespoons extra virgin olive oil
¼ cup grated Parmesan cheese

Directions:

Preheat oven to 400 degrees.

Bring a large pot of salted water to a boil.

In a medium bowl, combine the broccoli, garlic, walnuts, salt and pepper. Drizzle the ingredients with olive oil and stir until coated.

Place the broccoli mixture on a large rimmed baking sheet and roast at 400 degrees for 13 minutes, stirring twice.

Cook pasta according to the package directions (about 10 minutes). Drain, and return to pot.

Add broccoli mixture to pasta pot and stir in broth, olive oil, and Parmesan cheese. Serve immediately.

Pasta with Tomatoes and Cannellini Beans

A quick and delicious 30-minute meal that includes easy to find and common ingredients. This dish provides whole grains and protein and can make a great vegan meal if served without cheese.

Serves: 4

Ingredients:

2 tablespoons of extra virgin olive oil

1 small onion, finely chopped

2 garlic cloves, minced

1 (14 ounces) can of diced tomatoes with juice

pinch of sugar

1 (15.5 ounces) can of cannellini beans, drained and rinsed

1 tablespoons of fresh rosemary, leaves finely chopped, stems discarded

salt and ground black pepper

$\frac{3}{4}$ pound of pasta

Directions:

In a large skillet or saucepan, heat the olive oil over medium heat. Add the onion and cook, stirring for about five minutes until tender. Add garlic and stir for about 30 seconds. Add tomatoes and sugar; slightly raising the heat, cook until tomatoes are bubbling. With heat on medium-low, continue to cook tomatoes, stirring and mashing with the back of a spoon for about 15-20 minutes, until cooked into a thick sauce. Stir in the beans and rosemary, season to taste with salt and pepper. Keep warm.

Boil a large pot of water. Salt the pasta water and cook pasta according to package.

If the tomato sauce is too thick, add up to a $\frac{1}{4}$ cup of pasta water and stir. Drain the pasta, toss with sauce, sprinkle with feta, and serve.

Vegetarian Chili

This vegetarian chili combines fresh and canned ingredients that taste great and won't break the bank! Meat eaters and vegetarians alike will love this hearty, fresh dinner.

Serves: 4-6

Ingredients:

3 tablespoons olive oil
1 medium onion, diced
2 red bell peppers, cored and diced
4 cloves garlic, minced
1 ½ teaspoon cumin
¼ teaspoon cayenne pepper
1 tablespoon chili powder
Salt and fresh ground pepper
1 (15 ounces) can kidney beans, drained & rinsed
1 (15 ounces) can black beans, drained & rinsed
3 (15 ounces) cans diced tomatoes

Directions:

In a Dutch oven or large stock pot, heat oil over medium heat. Add onions, peppers, garlic, cumin, cayenne, and chili powder, and season with salt and pepper. Stir together and cook until soft, 3-4 minutes. Mix in both types of beans, diced tomatoes, and corn. Bring the mixture to a boil, then lower the heat and simmer for 30 minutes, stirring occasionally.

Taste and season with additional salt and pepper if necessary. Top with your favorite garnish and serve immediately.

If not eaten immediately, the chili will keep for about a week in a covered container in the refrigerator or a couple months in the freezer.

Section 3: desserts

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Orange Balsamic Dessert

This dessert is a delightfully sweet and tangy way to end your meal, with remarkably little effort.

Serves: 2-3

Ingredients:

4 oranges

½ cup balsamic vinegar

1 tablespoon brown sugar

Directions:

Peel the oranges, remove all the pith from the outside and remove seeds. Slice into wedges or bite-size pieces. During this process, it is helpful to cut the oranges over a bowl so that you catch all of the juice.

In a small bowl, mix Balsamic vinegar and sugar.

Pour the Balsamic vinegar mixture over the fruit, toss, and serve.

Pineapple Raspberry Parfait

This delectable dessert is yummy, quick and easy! Assemble these quick parfaits even on a busy night and you'll never miss out on dessert. Parfaits can be made with any fresh fruit of your choice for a heart-healthy, low-calorie and low-fat dessert.

Serves: 4

Ingredients:

8 fresh mint leaves , chopped

2 cups nonfat peach yogurt

1 ¼ cup fresh raspberries

1 ½ cup fresh canned or frozen pineapple chunks

Directions:

Finely chop fresh mint leaves. Layer the yogurt, raspberries, and pineapple as desired into a trifle bowl or individual serving cups. Sprinkle about two leaves worth of fresh mint on top of each and serve.

Honey-Lemon Frozen Greek Yogurt

This dessert is a delightfully sweet and tangy way to end your meal, with remarkably little effort.

Serves: 4-6

Ingredients:

3 cups plain whole-milk Greek yogurt

1 tablespoon lemon juice

5 tablespoons honey

10 chopped fresh mint leaves

Directions:

Stir together the yogurt and lemon juice until smooth in a freezer-safe metal bowl.

Combine the honey and mint in a small bowl. Pour the honey mixture on top of the yogurt, then give the yogurt a few quick stirs so that the honey forms "ribbons" in the yogurt but is not blended in completely.

Cover bowl and freeze for 1 to 2 hours. Once frozen scoop out and serve. You may need to let it sit on the counter for a few minutes before scooping and serving.

Peanut Butter & Banana Shake

This protein-packed shake is an awesome breakfast option for those on the run and will keep you going all day. Tastes so good you could have it for dessert too. Add ice or use frozen bananas for a colder, slushier shake.

Serves: 1

Ingredients:

1 ripe banana, broken into big chunks

½ cup oats

¾ cup almond milk

1 spoonful peanut butter

2 spoonsful Greek yogurt-optional

Directions:

In a blender, combine all four ingredients. Blend until desired consistency. Blend longer if oats are not well pureed yet.

The shake will be thick. Add a little more milk for runnier shake, or add Greek yogurt for creamier smoothie.

No-Bake Peanut Butter Oatmeal Cookies

Cookies in five minutes! This is a quick and simple cookie recipe that everyone loves. It has no wheat or eggs, so it's also great for those with allergies or restrictive diets.

Makes 12 cookies

Ingredients:

3 cups old-fashioned oatmeal

5 tablespoons of peanut butter (reduced fat works well)

2 teaspoon of vanilla extract

2 cups brown sugar

½ cup of reduced fat milk

¼ cup of butter

Directions:

Mix together the oatmeal, peanut butter, and vanilla extract and set aside.

Stir together brown sugar, milk, and butter in a medium saucepan. Cook over medium heat stirring occasionally – full boil for one minute. Immediately pour over oatmeal mixture and stir thoroughly but rapidly.

Spoon cookie sized scoops onto waxed paper or plastic wrap and let set until firm. May put in refrigerator to set faster.

Acai Smoothie Bowl

This is an awesome post-workout meal (especially with whey protein powder), or easy breakfast. You could even stay healthy all day and make yourself one of these for dessert. It's so good you won't even realize how healthy it is! With the 10-minute prep time and great nutrition value, you'll be hooked in no time.

Serves: 1

Ingredients:

2 Sambazon acai Packets or puree (available at Whole Foods or Target)

1 tablespoon almond or peanut butter

¼ cup apple juice

1 handful of blueberries (or any seasonal berries)

1 banana

1/2 cup low sodium granola

1 teaspoon honey

Optional— sliced almonds or other fresh fruits

Directions:

Blend acai packets, nut butter, apple juice, berries and banana in blender until well combined but still thick enough to eat with a spoon. Pour into separate bowl and top with granola, then whole fruit and nuts if desired. Drizzle with honey & enjoy!