

Off to College Cooking

<http://family.go.com/food/recipe-618215-healthy-family-recipes-t/1/>

The EatingWell Taco

By EatingWell.com

Building the perfect taco is a very personal task -- cheese under meat, cheese on top, no cheese at all? This is just our recommendation.

Prep Time: 15 minutes
Ready in: 15 minutes
Yield: 6 servings, 2 filled tacos each
Ease of Prep: Easy



Recipe Ingredients

12 EatingWell Crispy Taco Shells
Lean & Spicy Taco Meat (recipe below)
3 cups shredded romaine lettuce
3/4 cup shredded reduced-fat Cheddar cheese
3/4 cup diced tomatoes
3/4 cup prepared salsa
1/4 cup diced red onion

Recipe Directions

1. To assemble, fill each taco shell with (in any order): a generous 3 tablespoons taco meat, 1/4 cup lettuce, 1 tablespoon cheese, 1 tablespoon tomato, 1 tablespoon salsa, 1 teaspoon onion.

Health Advantages: low calorie, high fiber, low sat fat, low cholesterol, heart healthy, healthy weight.

Nutrition Information

Servings Per Recipe: 6

Amount Per serving

Calories:	261 cal	Carbohydrate Servings:	2
Carbohydrates:	31 g	Dietary Fiber:	5 g
Fat:	5 g	Sodium:	582 mg
Protein:	24 g	Potassium:	272 mg
Nutrition Bonus:	Vitamin A (40% daily value), Vitamin C (25% dv), Zinc (17% dv), Iron (15% dv).		
Exchanges:	1 1/2 starch, 1 vegetable, 3 very lean meat		

Lean & Spicy Taco Meat

By EatingWell.com

A combination of lean ground beef and ultra-lean ground turkey breast makes a less-greasy filling. Bypass taco-seasoning packets in favor of making your own full-flavored filling.

Prep Time: 30 minutes
Ready in: 30 minutes
Yield: 6 servings, about 1/2 cup each
Ease of Prep: Easy



Recipe Ingredients

8 ounces 93%-lean ground beef
8 ounces 99%-lean ground turkey breast
1/2 cup chopped onion
1 10-ounce can diced tomatoes with green chiles , preferably Rotel brand (see Tip), or 1 1/4 cups petite-diced tomatoes
1/2 teaspoon ground cumin
1/2 teaspoon ground chipotle chile or 1 teaspoon chili powder
1/2 teaspoon dried oregano

Recipe Directions

1. Place beef, turkey and onion in a large nonstick skillet over medium heat. Cook, breaking up the meat with a wooden spoon, until cooked through, about 10 minutes. Transfer to a colander to drain off fat. Wipe out the pan. Return the meat to the pan and add tomatoes, cumin, ground chipotle (or chili powder) and oregano. Cook over medium heat, stirring occasionally, until most of the liquid has evaporated, 3 to 6 minutes.

Cover and refrigerate for up to 1 day. Reheat just before serving.

Tip: Look for Rotel brand diced tomatoes with green chiles-original or mild, depending on your spice preference-and set the heat level with either ground chipotle chile (adds smoky heat) or chili powder (adds rich chili taste without extra spice).

Health Advantages: low calorie, low carb, low sat fat, low cholesterol, low sodium, heart healthy, healthy weight.

Nutrition Information

Servings Per Recipe: 6

Amount Per serving

Calories:	98 cal	Carbohydrate Servings:	0
Carbohydrates:	3 g	Dietary Fiber:	1 g
Fat:	2 g	Sodium:	243 mg
Protein:	17 g	Potassium:	26 mg
Exchanges:	3 1/2 very lean meat	Cholesterol:	35 mg
		Saturated Fat:	1 g
		Monounsaturated Fat:	1 g

Peanut Noodles with Shredded Chicken & Vegetables

By EatingWell.com

If you can't find a bagged vegetable medley for this easy noodle bowl, choose 12 ounces of cut vegetables from your market's salad bar and create your own mix.



Prep Time: 30 minutes **Yield:** 6 servings, 1 1/2 cup
Ready in: 30 minutes **Ease of Prep:** Easy

Recipe Ingredients

1 pound boneless, skinless chicken breasts	1 teaspoon minced fresh ginger
1/2 cup smooth natural peanut butter	8 ounces whole-wheat spaghetti
2 tablespoons reduced-sodium soy sauce	1 12-ounce bag fresh vegetable medley , such as carrots, broccoli, snow peas
2 teaspoons minced garlic	
1 1/2 teaspoons chile-garlic sauce , or to taste (see Ingredient note)	

Recipe Directions

1. Put a large pot of water on to boil for cooking pasta.
2. Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.
3. Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl.
4. Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.

Cover and refrigerate for up to 2 days. To serve, stir in 2 tablespoons warm water per portion; serve cold or reheat in microwave. **Ingredient Note:** Chile-garlic sauce (or chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar and is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian section of large supermarkets and keeps up to 1 year in the refrigerator. **Health Advantages:** high fiber, low sat fat, low sodium, heart healthy.

Nutrition Information

Servings Per Recipe: 4

Amount Per serving

Calories:	363 cal	Carbohydrate Servings:	2
Carbohydrates:	36 g	Cholesterol:	44 mg
Fat:	12 g	Saturated Fat:	2 g
Protein:	29 g	Monounsaturated Fat:	0 g
Nutrition Bonus:	Selenium (58% daily value), Fiber (27% dv), Vitamin C (25% dv), Magnesium (19% dv).		
Exchanges:	2 starch, 1 1/2 vegetable, 3 lean meat		

Lasagna Rolls

By EatingWell.com

Prep Time: 45 minutes
Ready in: 45 minutes
Yield: 6 servings, 2 rolls each
Ease of Prep: Easy



Recipe Ingredients

12 whole-wheat lasagna noodles	2 tablespoons finely chopped Kalamata olives
1 tablespoon extra-virgin olive oil	1/4 teaspoon crushed red pepper
3 cloves garlic, minced	1/4 teaspoon salt
1 14-ounce package extra-firm water-packed tofu, drained, rinsed and crumbled	1 25-ounce jar marinara sauce, preferably lower-sodium, divided
3 cups chopped spinach	1/2 cup shredded part-skim mozzarella cheese
1/2 cup shredded Parmesan cheese	

Recipe Directions

1. Bring a large pot of water to a boil. Cook noodles according to package directions. Drain, rinse, return to the pot and cover with cold water until ready to use.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add garlic and cook, stirring, until fragrant, about 20 seconds. Add tofu and spinach and cook, stirring often, until the spinach wilts and the mixture is heated through, 3 to 4 minutes. Transfer to a bowl; stir in Parmesan, olives, crushed red pepper, salt and 2/3 cup marinara sauce.
3. Wipe out the pan and spread 1 cup of the remaining marinara sauce in the bottom. To make lasagna rolls, place a noodle on a work surface and spread 1/4 cup of the tofu filling along it. Roll up and place the roll, seam-side down, in the pan. Repeat with the remaining noodles and filling. (The tofu rolls will be tightly packed in the pan.) Spoon the remaining marinara sauce over the rolls.
4. Place the pan over high heat, cover and bring to a simmer. Reduce heat to medium; let simmer for 3 minutes. Sprinkle the rolls with mozzarella and cook, covered, until the cheese is melted and the rolls are heated through, 1 to 2 minutes. Serve hot.

Freeze the cooked rolls and sauce for up to 1 month.

Health Advantages: high fiber, low sat fat, low sodium, high calcium, heart healthy.

Nutrition Information

Servings Per Recipe: 6

Amount Per serving

Calories:	354 cal	Carbohydrate Servings:	2 1/2
Carbohydrates:	46 g	Dietary Fiber:	8 g
Fat:	11 g	Sodium:	374 mg
Protein:	21 g	Potassium:	396 mg
Nutrition Bonus:	Calcium (30% daily value), Vitamin A (30% dv), Iron (15% dv).		
Exchanges:	1 starch, 1 vegetable, 1 medium-fat meat, 3 fat		

Blue Ribbon Meatloaf

By EatingWell.com

In revisiting this classic, we put the meat back in the "loaf" by using ultra-lean ground beef and turkey. With fresh whole-wheat breadcrumbs and beer-simmered sweet onions, you'll never notice the missing fat.

Prep Time: 10 minutes
Ready in: 2 hours
Yield: 8 servings, one 1-inch slice each
Ease of Prep: Easy



Recipe Ingredients

2 teaspoons canola oil	1 1/4 pounds lean ground beef
1 medium sweet onion , chopped (2 cups)	1 1/4 pounds lean ground turkey
1 12-ounce bottle dark or amber beer	1 cup fresh whole-wheat breadcrumbs (see Tip)
1 teaspoon dried thyme leaves	1/4 cup chopped fresh parsley
1 teaspoon dry mustard	1 large egg , lightly beaten
3/4 teaspoon salt	1 egg white , lightly beaten
Freshly ground pepper to taste	

Recipe Directions

1. Preheat oven to 375°F. Coat an 8 1/2-by-4 1/2-inch loaf pan with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until translucent and starting to brown, about 5 minutes. Pour in beer and increase heat to high. Bring to a vigorous boil; cook until the liquid is quite syrupy and the mixture reduces to about 3/4 cup, 8 to 10 minutes. Transfer to a large bowl. Stir in thyme, dry mustard, salt and pepper. Let cool for 10 minutes.
3. Add beef, turkey, breadcrumbs, parsley, beaten egg and egg white to the onion mixture. Mix thoroughly with clean hands and transfer to the prepared pan.
4. Bake the meatloaf until an instant-read thermometer registers 160° when inserted into the center, about 1 hour 20 minutes. Let rest for 5 minutes; drain accumulated liquid from the pan and slice. Serve hot or cold or in a sandwich.

Tip: To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/3 cup crumbs.

Health Advantages: low calorie, low carb, low sat fat, low sodium, heart healthy, healthy weight.

Nutrition Information

Servings Per Recipe: 8

Amount Per serving

Calories:	275 cal	Carbohydrate Servings:	1/2
Carbohydrates:	8 g	Dietary Fiber:	1 g
Fat:	13 g	Sodium:	353 mg
Protein:	29 g	Potassium:	202 mg
		Saturated Fat:	4 g
		Monounsaturated Fat:	4 g

Buttermilk-Herb Mashed Potatoes

By EatingWell.com

Simmering a garlic clove with the potato infuses it with flavor. Use whatever fresh herbs you have in your refrigerator.

Prep Time: 5 minutes
Ready in: 20 minutes
Yield: 2 servings
Ease of Prep: Easy

Recipe Ingredients

1 large Yukon Gold potato , peeled and cut into chunks
1 clove garlic , peeled
1 teaspoon butter
2 tablespoons nonfat buttermilk
1 1/2 teaspoons chopped fresh herbs
Salt & freshly ground pepper to taste

Recipe Directions

1. Place potato in a small saucepan and cover with water. Add garlic. Bring to a boil; cook until the potato is tender. Drain; add butter and buttermilk, and mash with a potato masher to the desired consistency. Stir in herbs. Season with salt and freshly ground pepper.

Health Advantages: healthy weight, heart healthy, low sodium, low cholesterol, low sat fat, low carb, low calorie.

Nutrition Information

Servings Per Recipe: 2

Amount Per serving

Calories:	85 cal			Carbohydrate Servings:	1
Carbohydrates:	14 g	Dietary Fiber:	1 g	Cholesterol:	5 mg
Fat:	2 g	Sodium:	87 mg	Saturated Fat:	1 g
Protein:	2 g	Potassium:	416 mg	Monounsaturated Fat:	0 g
Exchanges:	1 starch				

Orange-Scented Beef Stir-Fry

By EatingWell.com

Orange marmalade is the secret ingredient in this quick stir-fry. For variations, substitute chicken, shrimp, pork or tofu for the beef; adjusting the cooking time accordingly.

Prep Time: 20 minutes
Ready in: 30 minutes
Yield: 4 servings, 1 1/4 cups each
Ease of Prep: Easy



Recipe Ingredients

1/2 cup reduced-sodium chicken broth , divided	4 teaspoons canola oil , divided
1 tablespoon cornstarch	12 ounces beef top sirloin , trimmed of fat and cut into 1/4-inch strips
2 tablespoons reduced-sodium soy sauce	1 tablespoon minced fresh ginger
2 tablespoons orange marmalade	1 large onion , slivered (1 1/2-2 cups)
1 tablespoon oyster-flavored sauce	1 small red bell pepper , diced (1 cup)
1 tablespoon rice vinegar	1 pound broccoli florets (about 4 cups)
1 1/2-2 teaspoons chile-garlic sauce	

Recipe Directions

1. Combine 1/4 cup broth, cornstarch, soy sauce, marmalade, oyster sauce, vinegar and chile-garlic sauce in a small bowl; mix well.
2. Heat 1 teaspoon oil in a wok or large nonstick skillet over high heat. Add half the beef; stir-fry until browned, about 2 minutes. Transfer to a plate. Stir-fry the remaining beef in 1 teaspoon oil; transfer to the plate.
3. Add the remaining 2 teaspoons oil to the wok. Add ginger and stir-fry until fragrant, 10 to 20 seconds. Add onion; stir-fry for 30 seconds. Add bell pepper and broccoli; stir-fry for 30 seconds. Pour in the remaining 1/4 cup broth, cover and cook until the vegetables are crisp-tender, 2 to 4 minutes. Push the vegetables to the sides. Stir the sauce mixture and add it to the wok. Cook, stirring, until the sauce becomes thick and translucent. Stir the vegetables into the sauce and return the beef to the wok; toss to coat. Serve immediately.

Health Advantages: healthy weight, diabetes appropriate, heart healthy, low sat fat, low cholesterol, low sodium, high fiber, low calorie.

Nutrition Information

Servings Per Recipe: 4

Amount Per serving

Calories:	266 cal	Carbohydrate Servings:	1
Carbohydrates:	23 g	Cholesterol:	42 mg
Fat:	11 g	Saturated Fat:	3 g
Protein:	20 g	Monounsaturated Fat:	5 g
Nutrition Bonus:	Vitamin C (273% daily value), Vitamin A (100% dv), Fiber (20% dv), Iron (20% dv).		
Exchanges:	1/2 other carbohydrate, 2 vegetable, 3 lean meat		

Taco Salad

By EatingWell.com

Depending on the type of salsa you use, this salad will vary in heat. To please everyone, make it mild and put a bottle of your favorite hot sauce on the table. Make it a meal: Baked corn tortilla chips or cheese quesadillas and lime wedges are natural accompaniments.

Prep Time: 30 minutes
Ready in: 30 minutes
Yield: 4 servings, 1 cup filling & 2 cups salad each
Ease of Prep: Easy



Recipe Ingredients

1/2 cup prepared salsa	1 14-ounce can kidney beans , rinsed
1/4 cup reduced-fat sour cream	2 teaspoons cumin
1 teaspoon canola oil	2 teaspoons chili powder
1 medium onion , chopped	1/4 cup chopped fresh cilantro
3 cloves garlic , minced	8 cups shredded romaine lettuce
1 pound 93%-lean ground turkey	1/2 cup shredded sharp Cheddar cheese
2 large plum tomatoes , diced	

Recipe Directions

1. Combine salsa and sour cream in a large bowl.
2. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, about 2 minutes. Add turkey and cook, stirring often and crumbling with a wooden spoon, until cooked through, about 5 minutes. Add tomatoes, beans, cumin and chili powder; cook, stirring, until the tomatoes begin to break down, 2 to 3 minutes. Remove from the heat, stir in cilantro and 1/4 cup of the salsa mixture.
3. Add lettuce to the remaining salsa mixture in the bowl; toss to coat. To serve, divide the lettuce among 4 plates, top with the turkey mixture and sprinkle with cheese.

Health Advantages: high fiber, low sat fat, high potassium, high calcium, heart healthy, diabetes appropriate.

Nutrition Information

Servings Per Recipe: 4

Amount Per serving

Calories:	356 cal	Carbohydrate Servings:	1
Carbohydrates:	26 g	Cholesterol:	81 mg
Fat:	14 g	Saturated Fat:	5 g
Protein:	33 g	Monounsaturated Fat:	1 g
Nutrition Bonus:	Vitamin A (150% daily value), Vitamin C (60% dv), Folate (53% dv), Iron (25% dv), Potassium (22% dv).		
Exchanges:	1 starch, 2 vegetable, 4 lean meat		

Old-Fashioned Spaghetti & Meatballs

By EatingWell.com

To stretch the ground beef, we use high-fiber bulgur and whole-wheat breadcrumbs in the meatballs, which are baked rather than fried.



Prep Time: 40 minutes
Ready in: 1 1/4 hours
Yield: 6 servings
Ease of Prep: Moderate

Recipe Ingredients

1/3 cup bulgur (a health food thing)	1/2 teaspoon salt
1/2 cup hot water	1/2 teaspoon freshly ground pepper
4 ounces lean ground beef	1 cup fresh breadcrumbs , preferably whole-wheat (see Tip)
4 ounces hot Italian sausage	4 cups prepared marinara sauce
1 medium onion , very finely chopped	1/2 cup slivered fresh basil leaves or chopped fresh parsley
2 large egg whites , lightly beaten	1 pound whole-wheat spaghetti or linguine
3 cloves garlic , very finely chopped	1/2 cup freshly grated Parmesan or Romano cheese (1 ounce)
1 teaspoon dried oregano	

Recipe Directions

1. To prepare meatballs: Combine bulgur and water in a small bowl. Let stand until the bulgur is tender and the liquid is absorbed, about 30 minutes.
2. Preheat oven to 350°F. Coat a rack with cooking spray and place it over a baking sheet lined with foil.
3. Combine ground beef, sausage, onion, egg whites, garlic, oregano, salt, pepper, breadcrumbs and the soaked bulgur in a large bowl; mix well. Form the mixture into 1-inch meatballs (about 24). Place the meatballs on the rack and bake for 25 minutes. Blot well with paper towel.
4. To prepare sauce & spaghetti: Put a large pot of lightly salted water on to boil. Bring sauce to a simmer in a Dutch oven. Add the meatballs to the sauce and simmer, covered, for 20 minutes. Stir in basil (or parsley).
5. Meanwhile, cook spaghetti (or linguine) until just tender, 8 to 10 minutes. Drain and transfer to a serving bowl. Top with the sauce and meatballs and serve with grated cheese.

Tip: To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. One slice makes about 1/3 cup.

Health Advantages: high fiber, low sat fat, high calcium, heart healthy.

Nutrition Information Servings Per Recipe: 6

Amount Per serving

Calories: 496 cal		Carbohydrate Servings: 4 1/2
Carbohydrates: 86 g	Dietary Fiber: 18 g	Cholesterol: 28 mg
Fat: 8 g	Sodium: 568 mg	Saturated Fat: 3 g
Protein: 27 g	Potassium: 405 mg	Monounsaturated Fat: 3 g

Nutrition Bonus: Fiber (72% daily value), Vitamin C (35% dv), Iron (30% dv), Calcium (25% dv), Vitamin A (25% dv).

Updated Mac & Cheese

By EatingWell.com

Prep Time: 25 minutes **Yield:** 4 servings
Ready in: 55 minutes **Ease of Prep:** Easy



Recipe Ingredients

3 tablespoons plain dry breadcrumbs	
1 teaspoon extra-virgin olive oil	
1/4 teaspoon paprika	
1 16-ounce or 10-ounce package frozen spinach	1 cup low-fat (1%) cottage cheese
1 3/4 cups 1% milk, divided	1/8 teaspoon ground nutmeg
3 tablespoons all-purpose flour	1/2 teaspoon salt, or to taste
2 cups grated extra-sharp Cheddar cheese (6 ounces)	Freshly ground pepper to taste
	8 ounces (2 cups) whole-wheat elbow macaroni or penne

Recipe Directions

1. Put a large pot of lightly salted water on to boil. Preheat oven to 450°F. Coat an 8-inch square (2-quart) baking dish with cooking spray.
2. Mix breadcrumbs, oil and paprika in a small bowl. Cook spinach according to package directions. Drain and refresh under cold water; press out excess moisture.
3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.
4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.
5. Bake the casserole until bubbly and golden, 25 to 30 minutes.

Prepare through Step 4. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, then bake for 35 to 45 minutes. **Health Advantages:** high fiber, high calcium.

Nutrition Information

Servings Per Recipe: 4

Amount Per serving

Calories: 503 cal		Carbohydrate Servings: 3 1/2
Carbohydrates: 59 g	Dietary Fiber: 8 g	Cholesterol: 54 mg
Fat: 17 g	Sodium: 935 mg	Saturated Fat: 9 g
Protein: 31 g	Potassium: 29 mg	Monounsaturated Fat: 2 g

Nutrition Bonus: 200% dv vitamin a, 583 mg calcium (60% dv), 107 mcg folate (27% dv).

Exchanges: 3 starch, 1 vegetable, 1/2 reduced-fat milk, 2 medium-fat protein, 1/2 fat

Note: A serving of our mac and cheese provides 578 mg calcium, about half of an average adult's daily requirement.

Almond-Crusted Chicken Fingers

By EatingWell.com

Rather than a heavy coating, these chicken fingers are lightly covered in a spicy ground almond and whole-wheat flour mixture that'll have the kids forgetting about fast food and begging for this dinnertime treat.



Prep Time: 20 minutes
Ready in: 40 minutes
Yield: 4 servings
Ease of Prep: Easy

Recipe Ingredients

Canola oil cooking spray	1/4 teaspoon salt
1/2 cup sliced almonds	1/8 teaspoon freshly ground pepper
1/4 cup whole-wheat flour	1 1/2 teaspoons extra-virgin olive oil
1 1/2 teaspoons paprika	4 egg whites (see Ingredient note)
1/2 teaspoon garlic powder	1 pound chicken tenders
1/2 teaspoon dry mustard	

Recipe Directions

1. Preheat oven to 475°F. Set a wire rack on a foil-lined baking sheet and coat with cooking spray.
2. Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor; process until the almonds are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish.
3. Whisk egg whites in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg white and almond mixture.) Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.
4. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.

Ingredient Note: Dried egg whites are convenient in recipes like this one because you don't have to figure out what to do with 4 egg yolks. Look for powdered brands like Just Whites in the baking aisle or natural-foods section or fresh pasteurized whites in the dairy case of most supermarkets. **Health Advantages:** low calorie, low carb, low sat fat, low sodium, heart healthy, diabetes appropriate, healthy weight.

Nutrition Information

Servings Per Recipe: 4

Amount Per serving

Calories:	147 cal	Carbohydrate Servings:	0
Carbohydrates:	4 g	Cholesterol:	49 mg
Fat:	4 g	Saturated Fat:	1 g
Protein:	21 g	Monounsaturated Fat:	3 g
Nutrition Bonus:	Selenium (28% daily value).		
Exchanges:	3 very lean meat, 1/2 fat		

Real-Man Quiche

By EatingWell.com

We've loaded this meaty pie with a whole pound of turkey sausage and given it a fabulous, flaky phyllo crust. Real men do eat quiche!

Prep Time: 35 minutes
Ready in: 1 hour 35 minutes
Yield: 8 servings



Recipe Ingredients

Canola oil cooking spray	2 egg whites
1 pound sweet Italian turkey sausage links , removed from casing	1/2 cup 1% milk
1 medium red onion , thinly sliced	1/4 teaspoon freshly ground pepper
2 cups sliced mushrooms	6 sheets phyllo dough , defrosted according to package directions
4 cups baby spinach	1/4 cup plain dry breadcrumbs
4 eggs	1/4 cup shredded Gruyere cheese

Recipe Directions

1. Preheat oven to 350°F. Coat a 9-inch deep-dish glass pie pan with cooking spray.
2. Cook sausage in a large nonstick skillet over medium-high heat, breaking it up into small pieces with a wooden spoon, until cooked through, about 5 minutes. Transfer to a medium bowl lined with paper towels. Coat the pan with cooking spray, add onion and mushrooms and cook, stirring, until beginning to brown, 4 to 5 minutes. Add spinach and stir until just wilted, about 1 minute. Transfer the vegetables to the bowl with the sausage; set aside.
3. Whisk eggs, egg whites, milk and pepper in a medium bowl.
4. Unroll phyllo onto a clean, dry surface. Cover with a sheet of wax paper and then a damp kitchen towel. Place one sheet of dough into the prepared pie pan, spray with cooking spray and sprinkle lightly with breadcrumbs. Repeat with the remaining phyllo, spraying and sprinkling between each layer, turning each sheet at a 45° angle to cover the entire pan. Trim the phyllo edge with kitchen shears to be level with the rim of the pan. Spread the sausage mixture in an even layer on top of the phyllo; pour in the egg mixture and top with cheese.
5. Bake the quiche until the top is browned and the phyllo is crispy, 40 to 45 minutes. Let cool for 10 minutes before cutting into wedges.

Timing tip: Thaw frozen phyllo in the refrigerator for at least 8 hours or overnight before preparing the recipe.

Health Advantages: low calorie, low carb, low sat fat, heart healthy, healthy weight.

Nutrition Information

Servings Per Recipe: 8

Amount Per serving

Calories:	236 cal	Carbohydrate Servings:	1
Carbohydrates:	19 g	Cholesterol:	153 mg
Fat:	9 g	Saturated Fat:	3 g
Protein:	19 g	Monounsaturated Fat:	3 g
Nutrition Bonus:	Vitamin A (15% daily value), Zinc (15% dv).		
Exchanges:	1 starch, 1 vegetable, 2 medium-fat meats		

Best-Ever Caramel Apple Crisp

Prep Time: 45m
Cook Time: 55m
Ready in: 1h 40m
Yield: 12 servings

Ingredients

Apple Filling:

5 large Granny Smith apples -- peeled, cored, and thinly sliced
1/2 cup white sugar
1 tablespoon all-purpose flour
1/2 teaspoon ground cinnamon
1 tablespoon lemon juice
1/4 cup water

Crumble:

1 1/2 cups all-purpose flour
1 cup brown sugar
1 cup quick cooking oats
1 cup butter, softened

Caramel Sauce:

1 (14- ounce) package individually wrapped caramels, unwrapped
1 (5-ounce) can evaporated milk



Directions

1. Preheat oven to 350 F (175 degree C).
2. In a medium-sized bowl, toss apples with sugar, flour, cinnamon, lemon juice, and water; spread evenly into a 8x8 inch pan. In another bowl, mix together flour, brown sugar, oats, and butter; spoon mixture evenly over apples.
3. In a heavy sauce pan over low heat, melt the caramels with the evaporated milk. Heat, stirring frequently, until mixture has a smooth consistency. Drizzle the caramel sauce over the top of the crumble.
4. Bake in preheated oven for about 45 minutes (apple mixture will bubble and topping will be golden brown).

Nutrition Information

Servings Per Recipe: 12

Amount Per Serving

Calories:	502 cal	Total Fat:	19.5 g	Cholesterol:	47 mg
Sodium:	258 mg	Carbohydrates:	80.6 g	Fiber:	3.3 g
Protein:	5.5 g				