

Healthy Recipe Mondays

Monday, January 7, 2013

Pork Tenderloin w/ Apples

Yields 4 servings

Calories: 213 | Total Fat: 6.3 | Cholesterol: 49mg

Ingredients

1 tablespoon olive oil
1 pork tenderloin, cut in half
salt and pepper to taste
1/2 cup Riesling wine
2 apples - peeled, cored and chopped
1/2 cup chicken stock
1 tablespoon apple cider vinegar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 1/2 teaspoons packed brown sugar
1/2 teaspoon cornstarch dissolved in
2 tablespoons water

Directions

Heat the olive oil in a skillet over medium-high heat. Season the pork tenderloin halves with salt and pepper to taste, then cook in the hot oil until evenly browned on all sides, about 8 minutes. Reduce the heat to medium-low, and cook until the pork is no longer pink in the center, turning occasionally, about 25 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C). Place the pork onto a plate, cover with two layers of aluminum foil, and allow to rest in a warm area for 10 minutes.

While the pork is resting, pour the wine into the pan; bring to a simmer while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Simmer for 2 minutes, then add the apples, chicken stock, vinegar, cinnamon, nutmeg, brown sugar, and nutmeg. Cook and stir until the apples are tender, about 10 minutes. Stir cornstarch mixture into the simmering sauce to thicken. Cook and stir 1 minute more until the sauce thickens and is no longer cloudy.

Slice the pork tenderloin into 1/4 inch thick slices, and arrange on a serving platter. Pour the apple sauce over meat to serve.

Healthy Recipe Mondays

Monday, January 14, 2013

Grilled Portobello Mushrooms

Yields 3 servings

Calories: 217 | Total Fat: 19 | Cholesterol: 0mg

Ingredients

3 portobello mushrooms
1/4 cup canola oil
3 tablespoons chopped onion
4 cloves garlic, minced
4 tablespoons balsamic vinegar

Directions

Clean mushrooms and remove stems, reserve for other use. Place caps on a plate with the gills up.

In a small bowl, combine the oil, onion, garlic and vinegar. Pour mixture evenly over the mushroom caps and let stand for 1 hour.

Grill over hot grill for 10 minutes. Serve immediately.

Healthy Recipe Mondays

Monday, January 21, 2013

Honey Balsamic Vinaigrette

Yields 1 1/2 cups

Calories: 143 | Total Fat: 12.5 | Cholesterol: 0mg

Ingredients

- 1/2 cup balsamic vinegar
- 1 small onion, chopped
- 1 tablespoon soy sauce
- 3 tablespoons honey
- 1 tablespoon white sugar
- 2 cloves garlic, minced
- 1/2 teaspoon crushed red pepper flakes
- 2/3 cup extra-virgin olive oil

Directions

Place the vinegar, onion, soy sauce, honey, sugar, garlic, and red pepper flakes into a blender. Puree on high, gradually adding the olive oil. Continue pureeing 2 minutes, or until thick.

Healthy Recipe Mondays

Monday, January 28, 2013

Sweet Potato Chili

Yields 8 servings

Calories: 250 | Total Fat: 7.4g | Cholesterol: 38mg

Ingredients

2 sweet potatoes, diced
2 (14.5 ounce) cans diced stewed tomatoes with chili seasonings
1 (8 ounce) can tomato sauce
3/4 cup diced sweet onion
1/2 cup chopped celery
1/2 cup water
1 tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1 pinch salt
1 pinch ground black pepper
1 pinch cayenne pepper
1 pinch garlic powder
1 pinch onion powder
1/2 pound ground turkey
1/2 pound ground beef
1 (12 ounce) can black beans, drained and rinsed
1 cup corn

Directions

Place sweet potatoes, stewed tomatoes, tomato sauce, onion, celery, water, chili powder, cumin, cinnamon, salt, black pepper, cayenne pepper, garlic powder, and onion powder in a slow cooker. Cook on high, stirring occasionally, for 5 hours. Heat a large skillet over medium-high heat and stir in ground turkey and ground beef. Cook and stir until meat is crumbly, evenly browned, and no longer pink, 10 to 15 minutes. Drain and discard any excess grease. Add cooked ground turkey, cooked ground beef, black beans, and corn to sweet potato mixture in the slow cooker; cook until flavors have blended, 1 to 2 more hours. Serve warm.

Healthy Recipe Mondays

Monday, February 4, 2013

Slow Cooker Pork

Yields 8 servings

Calories: 195 | Total Fat: 10.1g | Cholesterol: 67mg

Ingredients

3 pounds pork shoulder

2 (1 ounce) packages taco seasoning mix

chili powder to taste

crushed red pepper to taste

Directions

Place pork shoulder in a slow cooker with taco seasoning. If desired, add chili powder and/or red pepper flakes. Place lid on pot and cook on low for 8 hours.

Remove pork shoulder from pot and shred.

Healthy Recipe Mondays

Monday, February 11, 2013

Zucchini and Eggs

Yields 4 servings

Calories: 147 | Total Fat: 12.5g | Cholesterol: 214mg

Ingredients

4 eggs, lightly beaten
2 tablespoons grated Parmesan cheese
2 tablespoons olive oil
1 zucchini, sliced 1/8- to 1/4-inch thick
garlic powder, or to taste
salt and ground black pepper to taste

Directions

Stir the eggs and Parmesan cheese together in a bowl; set aside. Heat the olive oil in a large skillet over medium-high heat; cook the zucchini in the hot oil until softened and lightly browned, about 7 minutes. Season the zucchini with garlic powder, salt, and pepper. Reduce heat to medium; pour the egg mixture into the skillet. Cook, stirring gently, for about 3 minutes. Remove the skillet from the heat and cover. Keep covered off the heat until the eggs set, about 2 minutes more.

Healthy Recipe Mondays

Monday, February 18, 2013

Spicy Grilled Chicken

Yields 6 servings

Calories: 242 | Total Fat: 15.1g | Cholesterol: 67mg

Ingredients

1/3 cup vegetable oil
2 tablespoons lime juice
1/2 teaspoon grated lime zest
2 cloves crushed garlic
1 1/2 teaspoons fresh oregano
1/4 teaspoon red pepper flakes
1 teaspoon salt
1/4 teaspoon ground black pepper
6 skinless, boneless chicken breast halves

Directions

In a shallow glass dish, mix the oil, lime juice, lime zest, garlic, oregano, red pepper flakes, salt, and black pepper. Add chicken, and turn to coat. Cover, and marinate in the refrigerator for 1 hour, turning occasionally.

Preheat grill for medium-high heat.

Lightly oil the grill grate. Drain and discard marinade. Grill chicken for 6 to 8 minutes each side, or until juices run clear.

Healthy Recipe Mondays

Monday, February 25, 2013

Black Bean and Salsa Soup

Yields 4 servings

Calories: 240 | Total Fat: 5g | Cholesterol: 6 mg

Ingredients

- 2 (15 ounce) cans black beans, drained and rinsed
- 1 1/2 cups vegetable broth
- 1 cup chunky salsa
- 1 teaspoon ground cumin
- 4 tablespoons sour cream
- 2 tablespoons thinly sliced green onion

Directions

In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.

Heat the bean mixture in a saucepan over medium heat until thoroughly heated.

Ladle soup into 4 individual bowls, and top each bowl with 1 tablespoon of the sour cream and 1/2 tablespoon green onion.

Healthy Recipe Mondays

Monday, March 4, 2013

Marinated Ranch Broiled Chicken

Yields 2 servings

Calories: 286 | Total Fat: 15g | Cholesterol: 68mg

Ingredients

- 2 skinless, boneless chicken breast halves
- 1 (1 ounce) package dry Ranch-style dressing mix
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar

Directions

Combine the dressing mix, oil and vinegar in a large, re-sealable plastic bag and mix together. Add chicken to bag, seal and shake to coat; work mixture into the meat.

Refrigerate to marinate for at least 1 hour, or overnight if possible.

Preheat oven to Broil/Grill. Remove chicken from bag, discarding any remaining marinade, and broil for 10 to 15 minutes or until cooked through and no longer pink inside.

Healthy Recipe Mondays

Monday, March 11, 2013

Zucchini Pasta Bake

Yields 6 servings

Calories: 271 | Total Fat: 7.9g | Cholesterol: 15mg

Ingredients

8 ounces penne pasta
1/4 cup Parmesan cheese
1/2 cup crushed saltine crackers
1 tablespoon olive oil
1/2 onion, chopped
2 cups chopped zucchini
1 tomato, chopped
2 cloves garlic, minced
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1 pinch dried celery flakes
salt and pepper to taste
1 cup shredded mozzarella cheese

Directions

Bring a large pot of lightly salted water to a boil. Add penne pasta, cook for 10 to 12 minutes, until al dente, and drain. Lightly grease a medium casserole dish.

Preheat oven to 350 degrees F (175 degrees C). In a blender or food processor, thoroughly mix the Parmesan cheese and crackers.

Heat the oil in a skillet over medium heat. Place the onion in the skillet, and cook and stir until tender. Mix in the zucchini, tomato, and garlic, and season with oregano, basil, celery, salt, and pepper. Continue to cook and stir until the zucchini is tender.

In the prepared casserole dish, mix the pasta with the vegetable mixture and mozzarella cheese. Top evenly with the Parmesan cheese mixture.

Bake 25 minutes in the preheated oven, or until the topping is lightly browned. Allow to sit 5 minutes before serving.

Healthy Recipe Mondays

Monday, March 18, 2013

Green Chile Beef Tacos

Yields 12 servings

Calories: 298 | Total Fat: 19.8g | Cholesterol: 82mg

Ingredients

- 5 pounds boneless beef chuck roast
- 1 (1 ounce) packet taco seasoning mix
- 1 (16 ounce) jar green salsa
- 2 cups beef broth, or more if needed

Directions

Lay the chuck roast into the bottom of a slow cooker with a tight-fitting lid. Sprinkle the taco seasoning mix over the beef. Pour the green salsa over the beef, followed by the beef broth.

Cook on Low for 4 hours. Add more beef broth if needed. Remove the beef from the slow cooker and shred with two forks. Return the shredded beef to the slow cooker; mix with the liquid. Serve hot.

Healthy Recipe Mondays

Monday, March 25, 2013

Zesty Pork Chops

Yields 4 servings

Calories: 405 | Total Fat: 5.5g | Cholesterol: 35mg

Ingredients

1 cup soy sauce
3/4 cup water
1/2 cup brown sugar
1 tablespoon honey
1 dash lemon juice
4 pork chops
1 cup ketchup
1/2 cup cocktail sauce
1/4 cup brown sugar
2 tablespoons water
1 1/2 teaspoons ground dry mustard

Directions

In a saucepan over medium heat, mix the soy sauce, water, brown sugar, honey, and lemon juice. Bring to a boil, remove from heat, and cool. Place the pork chops in a large, resealable plastic bag. Pour the soy sauce mixture into the bag, seal, and marinate in the refrigerator for 3 to 6 hours. Preheat oven to 350 degrees. Drain the pork chops, and discard remaining marinade. Arrange the pork chops in a baking dish, cover, and bake 30 minutes in the preheated oven. In a bowl, blend the ketchup, cocktail sauce, brown sugar, water, and mustard. Pour over the pork chops, and continue baking 30 minutes, to an internal temperature of 145 degrees.

Healthy Recipe Mondays

Monday, April 1st, 2013

Vegetarian Tortilla Soup

Yields 12 servings

Calories: 315 | Total Fat: 16.2g | Cholesterol: 12mg

Ingredients

- 2 tablespoons vegetable oil
- 1 (1 pound) package frozen pepper and onion stir fry mix
- 2 cloves garlic, minced
- 3 tablespoons ground cumin
- 1 (28 ounce) can crushed tomatoes
- 3 (4 ounce) cans chopped green chile peppers, drained
- 4 (14 ounce) cans vegetable broth
- salt and pepper to taste
- 1 (11 ounce) can whole kernel corn
- 12 ounces tortilla chips
- 1 cup shredded Cheddar cheese
- 1 avocado - peeled, pitted and diced

Directions

Heat the oil in a large pot over medium heat. Stir in the pepper and onion stir fry mix, garlic, and cumin, and cook 5 minutes, until vegetables are tender. Mix in the tomatoes and chili peppers. Pour in the broth, and season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes.

Mix corn into the soup, and continue cooking 5 minutes. Serve in bowls over equal amounts of tortilla chips. Top with cheese and avocado.

Healthy Recipe Mondays

Monday, April 8th, 2013

Garlic Prawns

Yields 30 shrimp

Calories: 231 | Total Fat: 18.6g | Cholesterol: 89mg

Ingredients

1/2 cup olive oil

1 tablespoon Dijon mustard

3 cloves garlic, minced

1 lemon, juiced

1 orange, juiced

1 teaspoon dried basil, or to taste

2 tablespoons white wine (optional)

30 tiger prawns, peeled and deveined

Directions

In a glass dish, mix together the olive oil, mustard, garlic, lemon juice, orange juice, basil and white wine. Add the prawns, and stir to coat. Cover, and let marinate for 1 hour.

Heat an outdoor grill to high heat.

Thread prawns onto skewers. Grill for 3 to 5 minutes, turning once, until pink.

Healthy Recipe Mondays

Monday, April 15th, 2013

Lemon Tomato Chicken Pasta

Yields 6 servings

Calories: 318 | Total Fat: 10.2g | Cholesterol: 62mg

Ingredients

8 ounces dry cavatappi or rotini pasta, uncooked
1 tablespoon olive oil
1 pound boneless skinless chicken breasts, cut into bite-size pieces
3 cloves garlic, finely chopped
1 (14.5 ounce) can Hunt's® Petite Diced Tomatoes, undrained
1 (8 ounce) can Hunt's® Tomato Sauce
2 tablespoons fresh lemon juice
1/2 cup soft cream cheese spread
1 (.75 ounce) package fresh basil, coarsely chopped
1/4 teaspoon shredded lemon peel
Cracked black pepper

Directions

Cook pasta according to package directions, omitting salt. Meanwhile, heat oil in large nonstick skillet over medium heat. Add chicken and garlic; cook 4 minutes or until chicken is no longer pink, stirring occasionally. Remove from skillet; keep warm. Stir together undrained tomatoes, tomato sauce and lemon juice in same skillet; bring to a boil. Add cream cheese; stir until cream cheese is melted completely. Simmer 2 to 3 minutes to thicken slightly.
Drain pasta. Add to sauce in skillet; stir to coat. Stir in chicken, basil and lemon peel. Sprinkle with pepper, if desired.

Healthy Recipe Mondays

Monday, April 22nd, 2013

Apple Stuffed Chicken Breast

Yields 4servings

Calories: 139 | Total Fat: 5.1g | Cholesterol: 46mg

Ingredients

2 skinless, boneless chicken breasts
1/2 cup chopped apple
2 tablespoons shredded Cheddar cheese
1 tablespoon Italian-style dried bread crumbs
1 tablespoon butter
1/4 cup dry white wine
1/4 cup water
1 tablespoon water
1 1/2 teaspoons cornstarch
1 tablespoon chopped fresh parsley, for garnish

Directions

Combine apple, cheese, and bread crumbs. Set aside.
Flatten chicken breasts between sheets of waxed paper to 1/4 inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.
Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.
Transfer chicken to a serving platter. Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.

Healthy Recipe Mondays

Monday, April 29, 2013

Marinated Turkey Breast

Yields 12 servings

Calories: 317 | Total Fat: 6g | Cholesterol: 164mg

Ingredients

2 cloves garlic, peeled and minced
1 tablespoon finely chopped fresh basil
1/2 teaspoon ground black pepper
2 (3 pound) boneless turkey breast halves
6 whole cloves
1/4 cup vegetable oil
1/4 cup soy sauce
2 tablespoons lemon juice
1 tablespoon brown sugar

Directions

In a small bowl, mix together the garlic, basil, and pepper. Rub over the turkey breasts. Insert one clove into each end of the turkey breasts, and one in the center.

In a large shallow dish, blend vegetable oil, soy sauce, lemon juice, and brown sugar. Place the breasts in the dish, and turn to coat. Cover, and marinate in the refrigerator at least 4 hours.

Preheat grill for high heat.

Lightly oil the grill grate. Discard marinade, place turkey breasts on the grill. Close the lid, and grill turkey breasts about 15 minutes on each side, or to an internal temperature of 170 degrees F (68 degrees C).

Healthy Recipe Mondays

Monday, May 6, 2013

Pasta Fagioli

Yields 4 servings

Calories: 225 | Total Fat: 4.4g | Cholesterol: 2mg

Ingredients

1 tablespoon olive oil
2 stalks celery, chopped
1 onion, chopped
3 cloves garlic, minced
2 teaspoons dried parsley
1 teaspoon Italian seasoning
1/4 teaspoon crushed red pepper flakes
salt to taste
1 (14.5 ounce) can chicken broth
2 medium tomatoes, peeled and chopped
1 (8 ounce) can tomato sauce
1/2 cup uncooked spinach pasta
1 (15 ounce) can cannellini beans, with liquid

Directions

Heat olive oil in a large saucepan over medium heat. Cook celery, onion, garlic, parsley, Italian seasoning, red pepper flakes, and salt in the hot oil until onion is translucent, about 5 minutes. Stir in chicken broth, tomatoes and tomato sauce, and simmer on low for 15 to 20 minutes.

Add pasta and cook 10 minutes, until pasta is tender.

Add undrained beans and mix well. Heat through. Serve with grated Parmesan cheese sprinkled on top.

Healthy Recipe Mondays

Monday, May 13, 2013

Chicken and Rice

Yields 4-6 servings

Calories: 314 | Total Fat: 5g | Cholesterol: 60mg

Ingredients

1 cup uncooked white rice
1 (10.75 ounce) can condensed cream of chicken soup
1 7/8 cups water
1 (1 ounce) package dry onion soup mix
4 skinless, boneless chicken breast halves

Directions

Preheat oven to 350 degrees F (175 degrees C).
Spread rice in the bottom of a 9x13 inch baking dish. Rinse chicken and pat dry; arrange chicken pieces on top of rice.
Mix soup and water together and pour over chicken and rice.
Sprinkle dry onion soup mix on top. Cover and seal TIGHTLY with foil. Bake in the preheated oven for 1 to 1 1/2 hours. Enjoy!

Healthy Recipe Mondays

Monday, May 20, 2013

Slow Cooker Pork Chops

Yields 6 servings

Calories: 146 | Total Fat: 4.3g | Cholesterol: 36mg

Ingredients

6 boneless pork chops
1/4 cup brown sugar
1 teaspoon ground ginger
1/2 cup soy sauce
1/4 cup ketchup
2 cloves garlic, crushed
salt and pepper to taste

Directions

Place pork chops in slow cooker. Combine remaining ingredients and pour over pork chops.

Cook on Low setting for 6 hours, until internal temperature of pork has reached 145 degrees F (63 degrees C).

Healthy Recipe Mondays

Monday, May 27, 2013

Baked Chicken

Yields 4 servings

Calories: 384 | Total Fat: 23.7g | Cholesterol: 115mg

Ingredients

- 1 cup sour cream
- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- 1/2 teaspoon black pepper
- 4 skinless, boneless chicken breast halves
- 1 cup crushed cornflakes cereal
- 1 (1 ounce) package dry onion soup mix
- 3 tablespoons butter, melted

Directions

Preheat an oven to 400 degrees F (200 degrees C). Butter a baking dish.

Whisk the sour cream, Dijon mustard, garlic, and pepper together in a large bowl. Add the chicken and turn to assure the breasts are well coated. Refrigerate 20 to 30 minutes.

Combine the cornflakes and onion soup mix in a bowl. Gently press the chicken breasts into the cornflakes mixture to coat and shake off any excess. Lie the coated breasts in the buttered baking dish. Drizzle the melted butter over the chicken.

Bake in the preheated oven until the chicken is golden brown, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Healthy Recipe Mondays

Monday, June 3, 2013

Bow Tie Pasta w/ Sausage and Peppers

Yields 4 servings

Calories: 489 | Total Fat: 22.9g | Cholesterol: 45mg

Ingredients

- 1 pound Italian sausage, cut into 1/2 inch pieces
- 2 green bell peppers, chopped
- 8 ounces farfalle pasta
- 1/2 cup beef broth
- 1/4 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. While pasta is cooking, cook sausage and peppers in large skillet over medium heat until sausage is brown and juices run clear. Drain sausage mixture and return it to the pan. Pour in the broth, season with black pepper and bring to a boil.

Toss pasta with sausage sauce and serve.

Healthy Recipe Mondays

Monday, June 10, 2013

Spicy Grilled Chicken

Yields 6 servings

Calories: 242 | Total Fat: 15.1g | Cholesterol: 67mg

Ingredients

1/3 cup vegetable oil
2 tablespoons lime juice
1/2 teaspoon grated lime zest
2 cloves crushed garlic
1 1/2 teaspoons fresh oregano
1/4 teaspoon red pepper flakes
1 teaspoon salt
1/4 teaspoon ground black pepper
6 skinless, boneless chicken breast halves

Directions

In a shallow glass dish, mix the oil, lime juice, lime zest, garlic, oregano, red pepper flakes, salt, and black pepper. Add chicken, and turn to coat. Cover, and marinate in the refrigerator for 1 hour, turning occasionally.

Preheat grill for medium-high heat.

Lightly oil the grill grate. Drain and discard marinade. Grill chicken for 6 to 8 minutes each side, or until juices run clear.

Healthy Recipe Mondays

Monday, June 17, 2013

Mexican Pasta

Yields 4 servings

Calories: 358 | Total Fat: 9.4g | Cholesterol: 0mg

Ingredients

1/2 pound seashell pasta
2 tablespoons olive oil
2 onions, chopped
1 green bell pepper, chopped
1/2 cup sweet corn kernels
1 (15 ounce) can black beans, drained
1 (14.5 ounce) can peeled and diced tomatoes
1/4 cup salsa
1/4 cup sliced black olives
1 1/2 tablespoons taco seasoning mix
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

While pasta is cooking, heat olive oil over medium heat in a large skillet. Cook onions and pepper in oil until lightly browned, 10 minutes. Stir in corn and heat through. Stir in black beans, tomatoes, salsa, olives, taco seasoning and salt and pepper and cook until thoroughly heated, 5 minutes.

Toss sauce with cooked pasta and serve.

Healthy Recipe Mondays

Monday, June 24, 2013

Melt-in-your-mouth Meatloaf

Yields 6 servings

Calories: 328 | Total Fat: 16.9g | Cholesterol: 144mg

Ingredients

2 eggs
3/4 cup milk
2/3 cup seasoned bread crumbs
2 teaspoons dried minced onion
1 teaspoon salt
1/2 teaspoon rubbed sage
1/2 cup sliced fresh mushrooms
1 1/2 pounds ground beef
1/4 cup ketchup
2 tablespoons brown sugar
1 teaspoon ground mustard
1/2 teaspoon Worcestershire sauce

Directions

Combine eggs, milk, bread crumbs, onion, salt, sage, and mushrooms in a large bowl. Crumble ground beef over mixture and stir well to combine. Shape into a round loaf; place in a 5-quart slow cooker. Cover and cook on Low until a meat thermometer reads 160 degrees F (71 degrees C), 5 to 6 hours.

Whisk ketchup, brown sugar, mustard, and Worcestershire sauce in a small bowl; spoon sauce over meat loaf. Return to slow cooker and cook on Low until heated through, about 15 minutes. Let stand 10 minutes before cutting.

Healthy Recipe Mondays

Monday, July 1st, 2013

Low-Fat Blueberry Bran Muffins

Yields 12 muffins

Calories: 123 | Total Fat: .9g | Cholesterol: 18mg

Ingredients

1 1/2 cups wheat bran
1 cup nonfat milk
1/2 cup unsweetened applesauce
1 egg
2/3 cup brown sugar
1/2 teaspoon vanilla extract
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 cup blueberries

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or use paper muffin liners. Mix together wheat bran and milk, and let stand for 10 minutes.

In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups.

Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped.

Healthy Recipe Mondays

Monday, July 8, 2013

Baked Chicken

Yields 4 servings

Calories: 384 | Total Fat: 23.7g | Cholesterol: 115mg

Ingredients

- 1 cup sour cream
- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- 1/2 teaspoon black pepper
- 4 skinless, boneless chicken breast halves
- 1 cup crushed cornflakes cereal
- 1 (1 ounce) package dry onion soup mix
- 3 tablespoons butter, melted

Directions

Preheat an oven to 400 degrees F (200 degrees C). Butter a baking dish.

Whisk the sour cream, Dijon mustard, garlic, and pepper together in a large bowl. Add the chicken and turn to assure the breasts are well coated. Refrigerate 20 to 30 minutes.

Combine the cornflakes and onion soup mix in a bowl. Gently press the chicken breasts into the cornflakes mixture to coat and shake off any excess. Lie the coated breasts in the buttered baking dish. Drizzle the melted butter over the chicken.

Bake in the preheated oven until the chicken is golden brown, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Healthy Recipe Mondays

Monday, July 15, 2013

Sweet 'n' Hot Glazed Salmon

Yields 4 servings

Calories: 275 | Total Fat: 9.4g | Cholesterol: 50mg

Ingredients

- 1 1/2 cups apricot nectar
- 1/3 cup chopped dried apricots
- 2 tablespoons honey
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, minced
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon ground cinnamon
- 1 (3/4 pound) salmon filet without skin

Directions

Preheat your oven's broiler, and grease a broiling pan.

In a saucepan over medium heat, mix together the apricot nectar, dried apricots, honey, soy sauce, ginger, garlic, cinnamon and cayenne. Bring to a boil, then reduce heat to medium-low, and simmer for about 20 minutes, or until reduced by about half. Stir occasionally to prevent burning. Remove 1/4 cup of the glaze for basting, and set the remaining aside.

Place the salmon filet on the greased broiling pan, and brush with glaze. Broil 3 inches from the heat for 8 to 12 minutes, or until salmon flakes easily with a fork. Gently turn over once during cooking, and baste frequently during the last 4 minutes. Serve with remaining glaze.

Healthy Recipe Mondays

Monday, July 22, 2013

Kale Chips

Yields 6 servings

Calories: 58 | Total Fat: 2.8g | Cholesterol: 0mg

Ingredients

1 bunch kale

1 tablespoon olive oil

1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

Healthy Recipe Mondays

Monday, July 29, 2013

Garden Salad

Yields 8 servings

Calories: 252 | Total Fat: 9.8g | Cholesterol: 0mg

Ingredients

5 tablespoons red wine vinegar
3 tablespoons grape seed oil
1/3 cup chopped fresh cilantro
2 limes, juiced
1 teaspoon white sugar
3/4 teaspoon salt
2 cloves garlic, minced
1 (1 pound) package frozen shelled edamame (green soybeans)
3 cups frozen corn kernels
1 pint cherry tomatoes, quartered
4 green onions, thinly sliced
1 (15 ounce) can black beans, rinsed and drained

Directions

In a large serving bowl, whisk together the red wine vinegar, grape seed oil, cilantro, lime juice, sugar, salt and garlic. Set aside. Bring a large pot of lightly salted water to a boil. Add the soybeans and boil for 3 minutes. Add corn to the boiling water and continue cooking for 1 more minute. Drain very well, and pour into the bowl with the dressing. Gently mix in the cherry tomatoes, green onions and black beans. Cover and refrigerate for at least 2 hours before serving to chill and blend the flavors.

Healthy Recipe Mondays

Monday, August 5, 2013

Pesto Chicken Florentine

Yields 4 servings

Calories: 572 | Total Fat: 19.3g | Cholesterol: 84mg

Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic, finely chopped
- 4 skinless, boneless chicken breast halves - cut into strips
- 2 cups fresh spinach leaves
- 1 (4.5 ounce) package dry Alfredo sauce mix
- 2 tablespoons pesto
- 1 (8 ounce) package dry penne pasta
- 1 tablespoon grated Romano cheese

Directions

Heat oil in a large skillet over medium high heat. Add garlic, saute for 1 minute; then add chicken and cook for 7 to 8 minutes on each side. When chicken is close to being cooked through (no longer pink inside), add spinach and saute all together for 3 to 4 minutes.

Meanwhile, prepare Alfredo sauce according to package directions. When finished, stir in 2 tablespoons pesto; set aside.

In a large pot of salted boiling water, cook pasta for 8 to 10 minutes or until al dente. Rinse under cold water and drain.

Add chicken/spinach mixture to pasta, then stir in pesto/Alfredo sauce. Mix well, top with cheese and serve.

Healthy Recipe Mondays

Monday, August 12, 2013

Fresh Tomato Salsa

Yields 4 servings

Calories: 51 | Total Fat: .2g | Cholesterol: 0mg

Ingredients

3 tomatoes, chopped

1/2 cup finely diced onion

5 serrano chiles, finely chopped (adjust to taste)

1/2 cup chopped fresh cilantro

1 teaspoon salt

2 teaspoons lime juice

Directions

In a medium bowl, stir together tomatoes, onion, chili peppers, cilantro, salt, and lime juice. Chill for one hour in the refrigerator before serving.

Healthy Recipe Mondays

Monday, August 19, 2013

Marinated Chicken

Yields 6 servings

Calories: 337 | Total Fat: 16.2g | Cholesterol: 67mg

Ingredients

1/4 cup distilled white vinegar
1/3 cup vegetable oil
1/3 cup soy sauce
1 lime, juiced
1/2 lemon, juiced
1/4 cup sherry
2 tablespoons ground mustard
2 teaspoons honey
4 cloves garlic, crushed
1/3 cup brown sugar
2 tablespoons lemon pepper
1 teaspoon dried oregano
1 teaspoon rosemary
1 teaspoon salt
6 skinless, boneless chicken breast halves

Directions

In a large glass bowl, stir together the vinegar, oil, soy sauce, lime juice, lemon juice, sherry, mustard, and honey. Mix in the garlic, brown sugar, lemon pepper, oregano, rosemary, and salt. Place the chicken in the mixture. Cover, and marinate in the refrigerator 8 hours or overnight.

Preheat the grill for high heat.

Lightly oil the grill grate. Discard marinade, and place chicken on the grill. Cook 6 to 8 minutes per side, until juices run clear.

Healthy Recipe Mondays

Monday, August 26, 2013

Banana Pancakes

Yields 6 servings

Calories: 192 | Total Fat: 1.1g | Cholesterol: 2mg

Ingredients

- 1 cup all-purpose flour
- 2/3 cup whole wheat flour
- 1/4 teaspoon salt
- 2 1/2 teaspoons baking powder
- 2 tablespoons white sugar
- 1 1/2 cups buttermilk
- 2 small ripe bananas, finely chopped

Directions

In a large bowl, mix all-purpose flour, whole wheat flour, salt, baking powder and sugar. Stir in buttermilk and bananas just until moistened.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Healthy Recipe Mondays

Monday, September 2, 2013

Jalapeño Chicken

Yields 6 servings

Calories: 446 | Total Fat: 32.5g | Cholesterol: 93 mg

Ingredients

- 6 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 1 (16 ounce) bottle Italian dressing
- 3 fresh jalapeno peppers, halved lengthwise and seeded
- 1 (3 ounce) package cream cheese, softened
- 6 slices bacon
- toothpicks

Directions

Place chicken breasts in a dish with the Italian dressing. Cover, and marinate in the refrigerator at least 2 hours. Preheat the grill for high heat. Stuff each jalapeno half with cream cheese. Roll chicken breasts around jalapeno peppers. Wrap each chicken breast with a slice of bacon. Secure with toothpicks. Lightly oil the grill grate. Arrange wrapped chicken breasts on the prepared grill. Cook for 20 minutes, turning frequently, or until bacon is browned and the chicken juices run clear.

Healthy Recipe Mondays

Monday, September 9, 2013

Strawberry Smoothie

Yields 2 servings

Calories: 160 | Total Fat: 1.1g | Cholesterol: 5mg

Ingredients

- 8 strawberries, hulled
- 1/2 cup skim milk
- 1/2 cup plain yogurt
- 3 tablespoons white sugar
- 2 teaspoons vanilla extract
- 6 cubes ice, crushed

Directions

In a blender combine strawberries, milk, yogurt, sugar and vanilla. Toss in the ice. Blend until smooth and creamy. Pour into glasses and serve.

Healthy Recipe Mondays

Monday, September 16, 2013

Greek Chicken Kabobs

Yields 4 servings

Calories: 243 | Total Fat: 7.5g | Cholesterol: 85mg

Ingredients

- 1 (8 ounce) container fat-free plain yogurt
- 1/3 cup crumbled feta cheese with basil and sun-dried tomatoes
- 1/2 teaspoon lemon zest
- 2 tablespoons fresh lemon juice
- 2 teaspoons dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed dried rosemary
- 1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces
- 1 large red onion, cut into wedges
- 1 large green bell pepper, cut into 1 1/2 inch pieces

Directions

In a large shallow baking dish, mix the yogurt, feta cheese, lemon zest, lemon juice, oregano, salt, pepper, and rosemary. Place the chicken in the dish, and turn to coat. Cover, and marinate 3 hours in the refrigerator.

Preheat an outdoor grill for high heat.

Thread the chicken, onion wedges, and green bell pepper pieces alternately onto skewers. Discard remaining yogurt mixture.

Grill skewers on the prepared grill until the chicken is no longer pink and juices run clear.

Healthy Recipe Mondays

Monday, September 23, 2013

Quick Fruit Salad

Yields 4 servings

Calories: 90 | Total Fat: .7g | Cholesterol: 1mg

Ingredients

- 1 apple, cored and chopped
- 1 large orange, peeled, sectioned, and cut into bite-size
- 1/2 cup seedless grapes
- 1 nectarine, pitted and chopped
- 1/4 cup fresh orange juice
- 6 tablespoons plain low-fat yogurt

Directions

In a mixing bowl, combine the apple, orange, grapes and nectarine. If using a passion fruit, spoon out the flesh and chop.

Pour enough fresh juice to coat and prevent oxidation.

Toss and refrigerate.

Serve with dollop of low-fat yogurt.

Healthy Recipe Mondays

Monday, September 30, 2013

Simple Pesto Pasta

Yields 4 servings

Calories: 392 | Total Fat: 19.9g | Cholesterol: 36mg

Ingredients

1/2 (16 ounce) box dry fettuccine pasta
1/4 cup butter, or to taste
3 tablespoons minced garlic
1/4 cup pesto

Directions

Bring a pot of lightly salted water to a rolling boil; cook the fettuccini at a boil until cooked through yet firm to the bite, about 8 minutes; drain. Transfer the fettuccini to a bowl.

Melt the butter in a saucepan over medium heat. Cook the garlic and pesto in the melted butter until warmed, 2 to 3 minutes; pour over the fettuccini and toss to coat.

Healthy Recipe Mondays

Monday, October 7th, 2013

Fiery Fish Tacos

Yields 6 servings

Calories: 329 | Total Fat: 9.3g | Cholesterol: 23mg

Ingredients

1 cup corn
1/2 cup diced red onion
1 cup peeled, chopped jicama
1/2 cup diced red bell pepper
1 cup fresh cilantro leaves, finely chopped
1 lime, zested and juiced
2 tablespoons sour cream
2 tablespoons cayenne pepper
1 tablespoon ground black pepper
2 tablespoons salt
6 (4 ounce) fillets tilapia
2 tablespoons olive oil
12 corn tortillas, warmed

Directions

Preheat grill for high heat.

In a medium bowl, mix together corn, red onion, jicama, red bell pepper, and cilantro. Stir in lime juice and zest.

In a small bowl, combine cayenne pepper, ground black pepper, and salt. Brush each fillet with olive oil, and sprinkle with spices. Arrange fillets on grill grate, and cook for 3 minutes per side. For each fiery fish taco, top two corn tortillas with fish, sour cream, and corn salsa.

Healthy Recipe Mondays

Monday, October 14th, 2013

Mock Tuna Salad

Yields 4 servings

Calories: 220 | Total Fat: 7.2g | Cholesterol: 3mg

Ingredients

1 (19 ounce) can garbanzo beans (chickpeas), drained and mashed

2 tablespoons mayonnaise

2 teaspoons spicy brown mustard

1 tablespoon sweet pickle relish

2 green onions, chopped

salt and pepper to taste

Directions

In a medium bowl, combine garbanzo beans, mayonnaise, mustard, relish, chopped green onions, salt and pepper.

Mix well.

Healthy Recipe Mondays

Monday, October 21st, 2013

Black Bean and Salsa Soup

Yields 4 servings

Calories: 240 | Total Fat: 5g | Cholesterol: 6mg

Ingredients

- 2 (15 ounce) cans black beans, drained and rinsed
- 1 1/2 cups vegetable broth
- 1 cup chunky salsa
- 1 teaspoon ground cumin
- 4 tablespoons sour cream
- 2 tablespoons thinly sliced green onion

Directions

In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth. Heat the bean mixture in a saucepan over medium heat until thoroughly heated. Ladle soup into 4 individual bowls, and top each bowl with 1 tablespoon of the sour cream and 1/2 tablespoon green onion.

Healthy Recipe Mondays

Monday, October 28th, 2013

Spicy Sweet Potato Fries

Yields 6 servings

Calories: 169 | Total Fat: 4.7g | Cholesterol: 0mg

Ingredients

6 sweet potatoes, cut into French fries
2 tablespoons canola oil
3 tablespoons taco seasoning mix
1/4 teaspoon cayenne pepper

Directions

Preheat the oven to 425 degrees F (220 degrees C).
In a plastic bag, combine the sweet potatoes, canola oil, taco seasoning, and cayenne pepper. Close and shake the bag until the fries are evenly coated.
Spread the fries out in a single layer on two large baking sheets.
Bake for 30 minutes, or until crispy and brown on one side. Turn the fries over using a spatula, and cook for another 30 minutes, or until they are all crispy on the outside and tender inside. Thinner fries may not take as long.

Healthy Recipe Mondays

Monday, November 4th, 2013

Pear and Pomegranate Salad

Yields 2 salads

Calories: 153 | Total Fat: 7.1g | Cholesterol: 0mg

Ingredients

3 cups green leaf lettuce, rinsed and torn
1 Bartlett or Anjou pear
1/3 cup pomegranate seeds
1 tablespoon vegetable oil
2 tablespoons pomegranate juice
1 tablespoon lemon juice
1 teaspoon prepared Dijon-style mustard
1/2 tablespoon honey
ground black pepper to taste

Directions

Divide the lettuce between two bowls. Halve and core the pear, then cut each half in slices. Divide the pear slices and pomegranate seeds among the two bowls and mix gently. Combine the vegetable oil, pomegranate juice, lemon juice, mustard, honey, and pepper in a saucepan. Bring to a boil over high heat; reduce heat and simmer, stirring frequently, until the dressing thickens slightly, about 2 minutes. Pour the warm dressing over the salads and serve.

Healthy Recipe Mondays

Monday, November 11th, 2013

Green bean and Potato Salad

Yields 10 servings

Calories: 176 | Total Fat: 11.3g | Cholesterol: 0mg

Ingredients

1 1/2 pounds red potatoes
3/4 pound fresh green beans, trimmed and snapped
1/4 cup chopped fresh basil
1 small red onion, chopped
salt and pepper to taste
1/4 cup balsamic vinegar
2 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
1 clove garlic, minced
1 dash Worcestershire sauce
1/2 cup extra virgin olive oil

Directions

Place the potatoes in a large pot, and fill with about 1 inch of water. Bring to a boil, and cook for about 15 minutes, or until potatoes are tender. Throw in the green beans to steam after the first 10 minutes. Drain, cool, and cut potatoes into quarters. Transfer to a large bowl, and toss with fresh basil, red onion, salt and pepper. Set aside.

In a medium bowl, whisk together the balsamic vinegar, mustard, lemon juice, garlic, Worcestershire sauce and olive oil. Pour over the salad, and stir to coat. Taste and season with additional salt and pepper if needed.

Healthy Recipe Mondays

Monday, November 18th, 2013

Cranberry and Cilantro Quinoa Salad

Yields 6 servings

Calories: 176 | Total Fat: 3.9g | Cholesterol: 0mg

Ingredients

1 1/2 cups water
1 cup uncooked quinoa, rinsed
1/4 cup red bell pepper, chopped
1/4 cup yellow bell pepper, chopped
1 small red onion, finely chopped
1 1/2 teaspoons curry powder
1/4 cup chopped fresh cilantro
1 lime, juiced
1/4 cup toasted sliced almonds
1/2 cup minced carrots
1/2 cup dried cranberries
salt and ground black pepper to taste

Directions

Pour the water into a saucepan, and cover with a lid. Bring to a boil over high heat, then pour in the quinoa, recover, and continue to simmer over low heat until the water has been absorbed, 15 to 20 minutes. Scrape into a mixing bowl, and chill in the refrigerator until cold.

Once cold, stir in the red bell pepper, yellow bell pepper, red onion, curry powder, cilantro, lime juice, sliced almonds, carrots, and cranberries. Season to taste with salt and pepper. Chill before serving.

Healthy Recipe Mondays

Monday, January 7, 2013

Pork Tenderloin w/ Apples

Yields 4 servings

Calories: 213 | Total Fat: 6.3 | Cholesterol: 49mg

Ingredients

1 tablespoon olive oil
1 pork tenderloin, cut in half
salt and pepper to taste
1/2 cup Riesling wine
2 apples - peeled, cored and chopped
1/2 cup chicken stock
1 tablespoon apple cider vinegar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 1/2 teaspoons packed brown sugar
1/2 teaspoon cornstarch dissolved in
2 tablespoons water

Directions

Heat the olive oil in a skillet over medium-high heat. Season the pork tenderloin halves with salt and pepper to taste, then cook in the hot oil until evenly browned on all sides, about 8 minutes. Reduce the heat to medium-low, and cook until the pork is no longer pink in the center, turning occasionally, about 25 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C). Place the pork onto a plate, cover with two layers of aluminum foil, and allow to rest in a warm area for 10 minutes.

While the pork is resting, pour the wine into the pan; bring to a simmer while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Simmer for 2 minutes, then add the apples, chicken stock, vinegar, cinnamon, nutmeg, brown sugar, and nutmeg. Cook and stir until the apples are tender, about 10 minutes. Stir cornstarch mixture into the simmering sauce to thicken. Cook and stir 1 minute more until the sauce thickens and is no longer cloudy.

Slice the pork tenderloin into 1/4 inch thick slices, and arrange on a serving platter. Pour the apple sauce over meat to serve.

Healthy Recipe Mondays

Monday, November 25th, 2013

Pumpkin Protein Cookies

Yields 14 cookies

Calories: 89 | Total Fat: 2.2g | Cholesterol: 0mg

Ingredients

3/4 cup sugar substitute
1 cup rolled oats
1 cup whole wheat flour
1/2 cup soy flour
1 3/4 teaspoons baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1/2 cup pumpkin puree
1 tablespoon canola oil
2 teaspoons water
2 egg whites
1 teaspoon molasses
1 tablespoon flax seeds

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, whisk together sugar substitute, oats, wheat flour, soy flour, baking soda, baking powder, salt, cinnamon, and nutmeg. Stir in pumpkin, canola oil, water, egg whites, and molasses. Stir in flax seeds, if desired. Roll into 14 large balls, and flatten on a baking sheet.

Bake for 5 minutes in preheated oven. DO NOT OVERBAKE: the cookies will come out really dry if overbaked.

Healthy Recipe Mondays

Monday, December 2nd, 2013

Chocolate Sherbet

Yields 2 pints

Calories: 130 | Total Fat: 1.1g | Cholesterol: 0mg

Ingredients

1 cup sugar

3/4 cup unsweetened cocoa powder

1 1/2 cups water

2 tablespoons amaretto (almond flavored liqueur)

Directions

In a medium bowl, whisk together sugar, cocoa, water, and amaretto until smooth.

Pour mixture into an ice cream freezer container, and follow the manufacturer's instructions to freeze.

Healthy Recipe Mondays

Monday, December 9th, 2013

Pesto Polenta Lasagna

Yields 8 servings

Calories: 179 | Total Fat: 9.1g | Cholesterol: 12mg

Ingredients

1 (18 ounce) package polenta, cut into 1/4 inch thick slices

1/2 (24 ounce) jar bottled marinara sauce

1/4 cup pesto

1/4 cup pine nuts

1 cup shredded mozzarella cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Oil an 11x7x2 inch baking dish.

Arrange a single layer of polenta in the bottom of the prepared baking dish. Spread a thin layer of pesto over the polenta. Spoon half of the sauce over the polenta. Top with another layer of polenta and sauce.

Bake, uncovered, for 25 minutes. Turn on the broiler. Top polenta with cheese and pine nuts, and broil until cheese browns and nuts are toasted.

Healthy Recipe Mondays

Monday, December 16th, 2013

Grilled Peaches and Gingersnaps

Yields 2 servings

Calories: 155 | Total Fat: 3.4g | Cholesterol: 2mg

Ingredients

- 1 firm peach, halved and pitted
- 1 teaspoon canola oil
- 2 tablespoons brown sugar
- 4 scoops vanilla fat-free frozen yogurt
- 2 gingersnap cookies, crumbled

Directions

Preheat an outdoor grill for high heat, and lightly oil the grate. Brush peach halves with canola oil.

Place peach halves on the preheated grill. Grill until tender and peach is warmed through, about 10 minutes.

Place the hot peach on a plate skin-side down. Sprinkle with brown sugar, allowing the sugar to melt. Alternatively, use a small torch to caramelize the sugar. Serve each peach half with 2 scoops of vanilla frozen yogurt and gingersnap cookie crumbles sprinkled on top.

Healthy Recipe Mondays

Monday, December 23rd, 2013

Burgundy Pork Tenderloin

Yields 4 servings

Calories: 400 | Total Fat: 8.6g | Cholesterol: 148mg

Ingredients

- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 onion, thinly sliced
- 1 stalk celery, chopped
- 2 cups red wine
- 1 (.75 ounce) packet dry brown gravy mix

Directions

Preheat oven to 350 degrees F (175 degrees C).
Place pork in a 9x13 inch baking dish, and sprinkle meat with salt, pepper and garlic powder. Top with onion and celery, and pour wine over all.
Bake in the preheated oven for 45 minutes.
When done baking, remove meat from baking dish, and place on a serving platter. Pour gravy mix into baking dish with wine and cooking juices, and stir until thickened. Slice meat, and cover with the gravy.

Healthy Recipe Mondays

Monday, December 30th, 2013

Banana Cookies

Yields 3 dozen cookies

Calories: 56 | Total Fat: 2.4g | Cholesterol: 0mg

Ingredients

3 ripe bananas

2 cups rolled oats

1 cup dates, pitted and chopped

1/3 cup vegetable oil

1 teaspoon vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla. Mix well, and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet.

Bake for 20 minutes in the preheated oven, or until lightly brown.