

Healthy Recipe Mondays

Monday August 23, 2010

Homemade Black Bean Burgers

Yields 4 patties

Calories: 198 | Total Fat: 3g | Cholesterol: 53mg

Ingredients

- 1 (16 ounce) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- ½ onion, cut into wedges
- 3 cloves garlic, peeled (minced garlic works too)
- 1 egg
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon Thai chili sauce or hot sauce
- ½ cup bread crumbs

Directions

1. If grilling, preheat an outdoor grill on high heat and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F and lightly oil a baking sheet.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. In a food processor, finely chop bell pepper, onion, and garlic. Then stir mixture into mashed beans.
4. Stir egg into black bean mixture and mix in bread crumbs until the mixture is sticky and holds together. Divide into four patties.
5. For grilling, place patties on foil and grill about 8 minutes on each side. If baking, place patties on baking sheet and bake about 10 minutes on each side.

Healthy Recipe Mondays

Monday August 30, 2010

Apple Cinnamon Oatmeal

Yields 2 servings

Calories: 217 | Total Fat: 4.3g | Cholesterol: 10mg

Ingredients

1 cup water

¼ cup apple juice

1 apple, cored and chopped

2/3 cup rolled oats

1 teaspoon ground cinnamon

1 cup milk

Directions

Combine the water, apple juice, and apples in a saucepan. Bring to a boil over high heat, and stir in the rolled oats and cinnamon. Return to a boil then reduce heat to low and simmer until thick (about 3 minutes). Spoon into serving bowls and pour milk over the servings.

Healthy Recipe Mondays

Monday September 6, 2010

Cajun Pasta Fresca

Yields 8 servings

Calories: 272 | Total Fat: 6.1g | Cholesterol: 5mg

Ingredients

- 1 pound vermicelli pasta
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 13 roma (plum) tomatoes, chopped
- 1 tablespoon salt
- 1 tablespoon chopped fresh parsley
- 1 tablespoon Cajun seasoning
- ½ cup shredded mozzarella cheese
- ½ cup grated Parmesan cheese

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 the pasta water is boiling, in a skillet over medium heat, briefly sauté garlic in oil. Stir in tomatoes and their juice and sprinkle with salt. When tomatoes are bubbly, mash slightly with a fork and stir in parsley. Reduce heat and simmer 5 more minutes.

Toss hot pasta with tomato sauce, Cajun seasoning, mozzarella and Parmesan. Enjoy!

Healthy Recipe Mondays

Monday September 13, 2010

Beer Lime Grilled Chicken

Yields 4 servings

Calories: 182 | Total Fat: 2.9g | Cholesterol: 67mg

Ingredients

- 1 lime, juiced
- 1 (12 fluid ounce) can light colored beer
- 1 teaspoon honey
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh cilantro
- Salt and pepper
- 4 skinless, boneless chicken breast halves

Directions

In a bowl, mix the lime juice, beer, honey, garlic, cilantro, and salt and pepper until the honey dissolves. Pour the mixture over the chicken, cover and marinate for 30 minutes.

Preheat an outdoor grill for medium heat and lightly oil grate. Remove chicken from marinade and shake off excess; discard remaining marinade. Grill chicken until tender and juices run clear, about 7 minutes per side., mozzarella and Parmesan. Enjoy!

Healthy Recipe Mondays

Monday September 20, 2010

Mexican Bean Stew

Yields 6 servings

Calories: 426 | Total Fat: 5.9g | Cholesterol: 0mg

Ingredients

1 cup dried pinto beans
1 cup dry black beans
1 cup dry garbanzo beans
1 tablespoon olive oil
1 onion, diced
4 cloves garlic, crushed
1 teaspoon ground cumin
1 (14.5 oz) can crushed tomatoes
2 cups fresh corn kernels
1/2 teaspoon ground cinnamon
salt and pepper to taste
cayenne pepper to taste

Directions

1. Rinse and sort pinto beans, black beans and garbanzo beans. Place in a large bowl and cover with water. Soak overnight.
2. Drain beans and place in a large pot; cover with water. Bring to a boil and cook for 1 hour, or until beans are tender. It may be necessary to add more water during cooking to prevent drying out or scorching.
3. Heat oil in a small saucepan over medium-high heat. Saute onion and garlic until onion is transparent. Stir in cumin. To the beans add the onion, garlic and crushed tomatoes. Simmer for 20 minutes. Stir in corn and cinnamon; cook 15 minutes more. Season with salt pepper and cayenne to taste before serving.

Healthy Recipe Mondays

Monday September 27, 2010

Salmon Teriyaki Bake

Yields 4 servings

Calories: 390 | Total Fat: 21.9g | Cholesterol: 112mg

Ingredients

2 pounds salmon fillet
2 cups Teriyaki marinade

Directions

1. Rinse and cut fillet into four pieces.
2. Soak in Teriyaki Marinade for about an hour (in a covered pan in fridge).
3. Cook on grill or place in preheated oven at 400 degrees. Depending on size of fillets, should cook in about 7 to 10 minutes.

Healthy Recipe Mondays

Monday October 4, 2010

Cabbage Rolls

Yields 6 servings

Calories: 246 | Total Fat: 10.8g | Cholesterol: 88mg

Ingredients

12 leaves cabbage
1 cup cooked white rice
1 egg, beaten
1/4 cup milk
1/4 cup minced onion
1 pound extra-lean ground beef
1 1/4 teaspoons salt
1 1/4 teaspoons ground black pepper
1 (8 ounce) can tomato sauce
1 tablespoon brown sugar
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce

Directions

Bring a large pot of water to a boil. Boil cabbage leaves 2 minutes; drain.

In large bowl, combine 1 cup cooked rice, egg, milk, onion, ground beef, salt, and pepper. Place about 1/4 cup of meat mixture in center of each cabbage leaf, and roll up, tucking in ends. Place rolls in slow cooker.

In a small bowl, mix together tomato sauce, brown sugar, lemon juice, and Worcestershire sauce. Pour over cabbage rolls.

Cover, and cook on Low 8 to 9 hours.

Healthy Recipe Mondays

Monday October 11, 2010

Jerky Chicken

Yields 4 servings

Calories: 197 | Total Fat: 2.7g | Cholesterol: 68mg

Ingredients

- 1 teaspoon onion, finely chopped
- 3 tablespoons brown sugar
- 4 tablespoons soy sauce
- 4 tablespoons red wine vinegar
- 2 teaspoons chopped fresh thyme
- 1 teaspoon sesame oil
- 3 cloves garlic, chopped
- 1/2 teaspoon ground allspice
- 1 habenero pepper, sliced
- 4 skinless, boneless chicken breast halves - cut into 1 inch strips

Directions

Combine the onion, brown sugar, soy sauce, vinegar, thyme, sesame oil, garlic, allspice and habanero pepper in the container of a food processor or blender. Process until smooth. Place the chicken into a large re-sealable bag, and pour in 3/4 of the sauce. Squeeze out excess air, and seal. Marinate in the refrigerator for at least one hour. Preheat your oven's broiler.

Remove chicken from bag, and discard marinade. Broil chicken for 10 to 15 minutes, turning once to ensure even cooking. Heat remaining sauce in a small pan, and pour over chicken when serving.

Healthy Recipe Mondays

Monday October 18, 2010

Whole Wheat Honey Pizza Dough

Yields 1 - 12 inch thin crust pizza

Calories: 83 | Total Fat: 0.6g | Cholesterol: 0mg

Ingredients

1 (.25 ounce) package active dry yeast
1 cup warm water
2 cups whole wheat flour
1/4 cup wheat germ
1 teaspoon salt
1 tablespoon honey

Directions

Preheat oven to 350 degrees F (175 degrees C). In a small bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes. In a large bowl combine flour, wheat germ and salt. Make a well in the middle and add honey and yeast mixture. Stir well to combine. Cover and set in a warm place to rise for a few minutes. Roll dough on a floured pizza pan and poke a few holes in it with a fork. Bake in preheated oven for 5 to 10 minutes, or until desired crispness is achieved. Finish off this crust with your favorite tomato sauce, cheese and toppings!

Recommendations for Toppings: sliced olives, mushrooms, and green bell pepper OR broccoli, mushrooms, and purple onion OR ground turkey meat, feta cheese crumbles, and spinach.

Healthy Recipe Mondays

Monday October 25, 2010

Shrimp & Avocado Salad

Yields 4 servings

Calories: 341 | Total Fat: 29.9g | Cholesterol: 69mg

Ingredients

1 cup cooked salad shrimp
2 tablespoons chopped fresh chives
1/3 cup mayonnaise
1 tablespoon Worcestershire sauce
2 tablespoons chili sauce
salt to taste
2 avocados, halved lengthwise and pitted
1 tablespoon lemon juice
Bibb lettuce leaves
1 teaspoon paprika
sliced pimento peppers, for garnish

Directions

In a bowl, mix the shrimp, chives, mayonnaise, Worcestershire sauce, and chili sauce. Season with salt to taste. Mound the shrimp mixture into avocado halves, and sprinkle with lemon juice. Place avocado halves on Bibb lettuce leaves that have been dusted with paprika. Garnish with strips of pimento to serve.

Healthy Recipe Mondays

Monday November 1, 2010

Honeyed Pork Chops

Yields 6 servings

Calories: 168 | Total Fat: 7.6g | Cholesterol: 36mg

Ingredients

- 2 tablespoons vegetable oil
- 6 boneless pork chops
- 3 tablespoons honey
- 1/2 cup water
- 1/4 cup soy sauce
- 1 small onion, chopped
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground black pepper

Directions

1. Preheat oven to 325 degrees F (165 degrees C).
2. Heat the oil in a skillet over medium heat, and brown the pork chops about 5 minutes on each side. Transfer to a baking dish.
3. In a bowl, mix the honey, water, soy sauce, onion, ginger, and pepper. Pour over the pork chops in the baking dish.
4. Bake pork chops 1 hour in the preheated oven, to an internal temperature of 160 degrees F (70 degrees C).

Healthy Recipe Mondays

Monday November 8, 2010

Tomato Curry Chicken

Yields 4 servings

Calories: 264 | Total Fat: 8.5g | Cholesterol: 84mg

Ingredients

4 skinless, boneless chicken breast halves
2 tablespoons butter
1 onion, chopped
2/3 cup beer
1 (10.75 ounce) can condensed tomato soup
1 teaspoon curry powder
1/2 teaspoon dried basil
1/2 teaspoon ground black pepper
1/4 cup grated Parmesan cheese

Directions

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

Place chicken in a 9x13 inch baking dish. Melt butter in a medium skillet over medium heat. Sauté onion, then stir in beer, soup, curry powder, basil and pepper. Reduce heat to low and simmer for about 10 minutes, then pour over chicken.

Bake at 350 degrees F (175 degrees C) for 1 hour; sprinkle with cheese for last 10 minutes of baking.

Healthy Recipe Mondays

Monday November 15, 2010

Mini Meatloaves

Yields 8 servings

Calories: 255 | Total Fat: 14.4g | Cholesterol: 77mg

Ingredients

- 1 egg
- 3/4 cup milk
- 1 cup shredded Cheddar cheese
- 1/2 cup quick cooking oats
- 1 teaspoon salt
- 1 pound ground beef
- 2/3 cup ketchup
- 1/4 cup packed brown sugar
- 1 1/2 teaspoons prepared mustard

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine the egg, milk, cheese, oats and salt. Add the ground beef, mixing well, and form this mixture into eight miniature meatloaves. Place these in a lightly greased 9x13 inch baking dish.
3. In a separate small bowl, combine the ketchup, brown sugar and mustard. Stir thoroughly and spread over each meatloaf.
4. Bake, uncovered, at 350 degrees F (175 degrees C) for 45 minutes.

Healthy Recipe Mondays

Monday November 22, 2010

Mexican Chicken

Yields 6 servings

Calories: 301 | Total Fat: 3.7g | Cholesterol: 68mg

Ingredients

- 6 skinless, boneless chicken breast halves
- 1 (20 ounce) jar salsa
- 1 large red bell pepper, chopped
- 2 tablespoons ground cumin
- 2 tablespoons lemon juice
- 2 tablespoons chili powder
- 3 cloves crushed garlic
- 2 (15 ounce) cans black beans, rinsed and drained

Directions

Preheat oven to 400 degrees F (205 degrees C).
Arrange the chicken pieces in a 3 quart casserole dish or a 9x13 inch baking dish. Combine the salsa, red bell pepper, cumin, lemon juice, chili powder and garlic. Pour the mixture over the chicken. Pour the black beans on top and cover. Bake in the preheated oven for 1 to 1 1/2 hours. Serve with rice if desired.

Healthy Recipe Mondays

Monday November 29, 2010

Holiday Chicken Salad

Yields 4 servings

Calories: 253 | Total Fat: 16.5g | Cholesterol: 42mg

Ingredients

4 cups cubed, cooked chicken meat
1 cup mayonnaise
1 teaspoon paprika
1 1/2 cups dried cranberries
1 cup chopped celery
2 green onions, chopped
1/2 cup minced green bell pepper
1 cup chopped pecans
1 teaspoon seasoning salt
ground black pepper to taste

Directions

In a medium bowl, mix together mayonnaise with paprika and seasoned salt. Blend in dried cranberries, celery, bell pepper, onion, and nuts. Add chopped chicken, and mix well. Season with black pepper to taste. Chill 1 hour.

Healthy Recipe Mondays

Monday December 6, 2010

Baked Three Cheese Eggplant

Yields 6 servings

Calories: 249 | Total Fat: 16.4g | Cholesterol: 24mg

Ingredients

1 eggplant, sliced into 1/2 inch rounds
2 tablespoons olive oil, or as needed
1 tablespoon garlic powder, or to taste
2 tablespoons olive oil
1 small onion, chopped
3 cloves garlic, chopped (minced works too)
2 small tomatoes, chopped
1 (10 ounce) package fresh spinach leaves
1/2 cup ricotta cheese
3/4 cup shredded mozzarella cheese, divided
3/4 cup grated Parmesan cheese, divided
3/4 cup tomato and basil pasta sauce
2 teaspoons Italian seasoning

Directions

Preheat the oven to 350 degrees F (175 degrees C). Brush eggplant slices with olive oil on both sides, and place them on a baking sheet. Sprinkle garlic powder over the top. Bake for 10 minutes.

Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the onion, garlic, tomatoes and spinach. Cook and stir for a few minutes until fragrant, and the tomatoes have released their juices. In a medium bowl, mix together 1/2 cup of ricotta cheese, 1/2 cup of mozzarella cheese, and 1/2 cup of Parmesan cheese. Set aside.

Place the eggplant slices in a greased 9x13 inch baking dish. Top with the spinach mixture. Spoon the cheese mixture over the spinach, and spread into a thin layer.

Pour the pasta sauce over the cheese layer. Sprinkle the remaining mozzarella and Parmesan cheese over the top. Sprinkle with Italian seasoning.

Bake for 30 minutes in the preheated oven, or until heated through and the eggplant is easily pierced with a fork.

Healthy Recipe Mondays

Monday December 13, 2010

Spicy Turkey Burgers

Yields 8 servings

Calories: 230 | Total Fat: 11.8g | Cholesterol: 84mg

Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons minced garlic
- 1 teaspoon minced fresh ginger root
- 2 fresh green chili peppers, diced
- 1 medium red onion, diced
- 1/2 cup fresh cilantro, finely chopped
- 1 teaspoon salt
- 1/4 cup low sodium soy sauce
- 1 tablespoon freshly ground black pepper
- 3 tablespoons paprika
- 1 tablespoon ground dry mustard
- 1 tablespoon ground cumin
- 1 dash Worcestershire sauce

Directions

1. Preheat the grill for high heat.
2. In a bowl, mix the ground turkey, garlic, ginger, chili peppers, red onion, cilantro, salt, soy sauce, black pepper, paprika, mustard, cumin, and Worcestershire sauce. Form the mixture into 8 burger patties.
3. Lightly oil the grill grate. Place turkey burgers on the grill, and cook 5 to 10 minutes per side, until well done.

Healthy Recipe Mondays

Monday December 20, 2010

Artichoke Mashed Potatoes

Yields 6 servings

Calories: 289 | Total Fat: 8.1g | Cholesterol: 22mg

In light of the holiday season, I wanted to share some healthy and tasty side dishes as a nice compliment to any holiday meal!

Ingredients

4 large baking potatoes, peeled and quartered
1 (15 ounce) can artichoke hearts in water, drained
1 teaspoon minced garlic, or to taste
1/2 cup hot skim milk
1/4 cup softened butter
salt and pepper to taste

Directions

Place potatoes in a large pot with enough water to cover. Bring to a boil over high heat, then reduce heat to medium-low. Cover and simmer until tender, 15 to 20 minutes; drain. Meanwhile, puree the artichokes and garlic with the milk until smooth.

Place drained potatoes in a mixing bowl and mash with a potato masher until smooth. Stir in softened butter and artichoke puree until the butter has melted. Season to taste with salt and pepper.

Healthy Recipe Mondays

Monday December 27, 2010

Delectable Green Beans

Yields 6-8 servings

Calories: 37 | Total Fat: 1.7g | Cholesterol: 4mg

In light of the holiday season, I wanted to share some healthy and tasty side dishes as a nice compliment to any holiday meal!

Ingredients

2 (15 ounce) cans green beans

1 cube beef bouillon cube

1 tablespoon Worcestershire sauce

1 teaspoon soy sauce

1 tablespoon butter

1/8 teaspoon garlic pepper seasoning

Directions

Drain the green beans, reserving 1/2 of the liquid. Dissolve the bouillon cube in the reserved liquid.

Place green beans and liquid in a saucepan. Add Worcestershire sauce, soy sauce, butter or margarine and garlic pepper seasoning to taste. Simmer gently for 15 minutes. Remove to serving bowl leaving beans sitting in their liquid. Use a slotted spoon to serve.