Utah Valley University
Wellness Programs
Tasty Tuesday Recipes
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Breakfast
**Breakfast Parfait**

**Ingredients:**
- 1 cup vanilla yogurt
- 1/2 cup granola
- 1/2 cup frozen berries

**Directions:**
In a cup layer half the yogurt, half the granola, and half of the mixed berries. Repeat until gone.

**Apple Cinnamon Steel-Cut Oatmeal**

**Ingredients:**
- 2 cups steel cut oats
- 4 cups water
- 5 cups skim milk
- 3 large honey crisp apples cut into 1/2 inch pieces
- 2 Tbsp. brown sugar
- 1 Tbsp. cinnamon
- 1 tsp. vanilla
- 1 tsp. nutmeg
- 1/2 tsp. salt

**Directions:**
Combine all ingredients in a 6 quart slow cooker and cook on low overnight. 7-8 hours.

**Cinnamon Oatmeal Waffles**

**Ingredients:**
- 2 cups oatmeal
- 2 cups flour
- 1/2 cup brown sugar
- 1 1/2 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 2 cups buttermilk
- 4 eggs

**Directions:**
Combine all ingredients starting with dry ingredients. Spoon into waffle maker and bake according to the waffle makers instructions. Enjoy with syrup, berries, whip cream, peanut butter, or bananas.

**Morning Milkshake**

**Ingredients:**
- 1 cup milk
- 1 Tbsp. honey or sugar
- 1 Tbsp. peanut butter
- 1 banana, frozen
- 1/4 tsp. cinnamon

**Directions:**
Combine all ingredients in a blender and blend until smooth. *If you don’t have frozen bananas, you can use fresh bananas and a handful of ice cubes.*
Pumpkin Waffles

**Ingredients:**
1 cup milk  
1 egg, separated  
1/2 c. pumpkin puree  
1/2 tsp. vanilla  
3 tbsp. canola oil  
2 tbsp. brown sugar  
3/4 c. whole wheat flour  
1/2 c. all purpose flour  
2 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. cinnamon  
1/8 tsp. nutmeg  

**Directions:**
1. In large bowl, mix milk, egg yolk, pumpkin, vanilla, oil, and brown sugar. In a mixing bowl, beat egg white until stiff peaks form. Set aside.  
2. Add flours, baking powder, salt, cinnamon, and nutmeg to the wet mixture, stirring just until combined (batter may be lumpy). Fold in egg whites.  
3. Spray waffle iron with cooking spray and pour approximately 1/2 cup batter into iron. Cook until golden brown. Serve immediately with butter and syrup.

Whole Wheat Pancakes

**Ingredients:**
1 egg  
1 cup of whole wheat flour  
1 tbsp. of baking powder  
1/2 tsp. salt  
1 tbsp. sugar  
2 tbsp. canola oil  
3/4 cup skim milk  

Berry Topping: Sliced strawberries and Sugar free raspberry jam.

**Directions:**
In a small bowl, beat the egg until fluffy. Beat in remaining ingredients just until smooth. Grease a heated griddle if necessary. For each pancake, pour about 3 tbsp. of batter from the tip of a large spoon or from a pitcher onto the heated griddle. Cook until pancakes are puffed and dry around the edges. Then turn and cook until golden brown. Heat strawberries and jam on stovetop if desired.
Lunch and Dinner
Vegetarian Black Bean Chili

**Ingredients:**
- 2 Tbsp. olive oil
- 2 large onions, diced
- 3 cloves garlic, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 3 (14 oz.) cans diced tomatoes, un-drained
- 2 tsp. cumin
- 2 tsp. cayenne pepper
- 1 Tbsp. chili powder
- 1/2 tsp. crushed red pepper flakes
- 10 oz. package of freezer corn
- 2 (15 oz.) cans black beans
- 1 cup picante or taco sauce

**Directions:**
In a heavy skillet, sauté onions in the olive oil until tender, stirring frequently. Add garlic and cook 2 minutes longer. Add cumin and cayenne pepper, and whatever other spices you might like. Cook for 2 minutes longer. Mix all ingredients into a 4-5 quart slow cooker. Cover and cook on low for about 10 hours. If you have a newer, hotter, cooking crockpot, cook on low for 6-7 hours.

Pesto Chicken Florentine

**Ingredients:**
- 2 Tbsp. olive oil
- 2 cloves garlic, finely chopped
- 4 skinless, boneless chicken breast halves, cut into strips
- 2 cups fresh spinach leaves
- 1 package (4.5 oz.) dry alfredo sauce
- 2 Tbsp. pesto
- 1 Tbsp. grated Romano cheese
- 1 pkg. pasta

**Directions:**
1. Heat oil in a large skillet over medium high heat. Add garlic, sauté for 1 min. then add chicken and cook for 7 to 8 min on each side. When chicken is close to being cooked through (no longer pink inside) add spinach and sauté all together for 3 to 4 minutes.
2. Meanwhile, prepare alfredo sauce according to package instructions. When finished stir in pesto; set aside.
3. 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.
4. Add chicken/spinach mixture to pasta, then stir in pesto/alfredo sauce. Mix well, top with cheese and serve.
Crockpot Santa Fe Chicken

**Ingredients:**
- 1 can chicken broth
- 1 can diced tomatoes with green chilies
- 1 can black beans, drained and rinsed
- 8 oz. frozen corn
- 3 green onions, diced
- 1 tsp. cumin
- 1 tsp. dried cilantro
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 3/4 tsp. cayenne pepper (more or less to taste)
- 2 chicken breasts

**Directions:**
Combine all ingredients into a crockpot. Salt chicken breasts, lay on top of mixture and cook on low for 7 hours. Remove chicken breasts and shred with 2 forks. Return shredded chicken to crockpot, stir to combine, taste and adjust seasoning to taste. Serve in whole wheat tortillas or over brown rice.

Cheese Tortellini's with Marinara Sauce

**Ingredients:**
- 19 oz package Celentano Cheese Tortellinis
- 24 oz jar Francesco Rinaldi tomato & basil sauce
- 1 teaspoon salt

**Directions:**
Bring salt and 1 quart of water to a boil. Add tortellinis to boiling water and simmer for 2 to 3 minutes, stirring occasionally. Drain and serve with warm marinara sauce.

Lime Garlic Chicken

**Ingredients:**
- 1 package (1 lb. 4 oz.) boneless chicken breasts
- 1/2 cup fresh lime juice
- 3 cups chicken broth
- 4 cloves garlic, chopped
- 1 tsp. dried thyme leaves
- 1/2 tsp. pepper
- 4 Tbsp. butter
- 2 cups uncooked instant brown rice

**Directions:**
Place chicken in crock pot. Add remaining ingredients except the rice. Cover and cook on low for 8-10 hours. During last 15 minutes of cooking, stir in rice.

Healthy Chili

**Ingredients:**
- 1 pkg. chili seasoning
- 1 lb. ground turkey
- 1 Tablespoon minced onion (yellow or white)
- 2 cans stewed tomatoes
- 30 oz. can of chili beans (use vegetarian 99% fat free chili)
- 2 teaspoons brown sugar

**Directions:**
Brown meat and onions then add all together on low heat in Crockpot or on the stove top until heated through.
Black Bean Hummus

**Ingredients:**
- 1 tsp. minced garlic
- 1 (15 ounce) can black beans; drain
- 2 Tbsp. lemon juice
- 1 Tbsp. of toasted sesame seeds
- 1 Tbsp. olive oil
- ¾ tsp. ground cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper

**Directions:**
Put minced garlic, sesame seeds and olive oil in a food processor. Add black beans, lemon juice, cumin, salt, and cayenne pepper. Process until smooth, scraping down the side as needed.

Four Bean Chili

**Ingredients:**
- 1/2 lb. hamburger (extra lean)
- 1 onion, chopped
- 1 can green lima beans un-drained
- 2 cans kidney beans, un-drained
- 1 can butter beans un-drained
- ½ cup ketchup
- ½ cup brown sugar
- ½ c. water

**Directions:**
Brown hamburger and onion together on the stove top. Stir together all ingredients and simmer on stove top for 20-30 min or until hot.

Teriyaki Turkey Lettuce Wraps

**Ingredients:**
- 1 pound ground turkey
- One 10oz. Bag shredded carrots
- 4 to 5 scallions, thinly sliced
- 1/3 c. store bought low sodium teriyaki sauce
- 1 head iceberg lettuce, leaves separated

**Directions:**
In a large skillet, heat 1 tablespoon extra-virgin olive oil over high heat. Add the turkey and cook, breaking up the meat with a spoon, until browned, about 4 minutes. Stir in the carrots, scallions, and 1/4 c. water; lower the heat to medium-low. Cover loosely with foil and cook until water is absorbed and the veggies are soft, about 4 minutes. Stir in the teriyaki sauce to taste and cook until heated through, about 4 minutes. Divide the mixture among the lettuce leaves, about 1/4 c. for each. Roll up and serve immediately.

Veggie Burritos

**Ingredients:**
- 4 whole wheat tortillas
- 4 romaine lettuce leaves (shredded or whole)
- 1 can refried beans (14.5 oz.)
- 1/2 c. shredded cheese
- 1/4 c. onions, broccoli, and green bell peppers (or your favorite veggies)
- 1 Roma tomato
- Optional: Light ranch dressing and/or Salsa to taste

**Directions:**
Toast the tortillas in a skillet or microwave. Sautee onions on skillet for a couple of minutes, then add beans, cheese and vegetables. Turn heat off and let the ingredients sit for a minute. Add cooked ingredients to the tortilla and top with lettuce, dressing and/or salsa. For more raw taste top the burrito with vegetables instead of heating them.
**Sweet Orange Chicken**

**Ingredients:**
- 4 chicken breasts
- 1 1/2 c. orange juice
- 4 tsp. Dijon mustard
- 1/2 medium onion, diced
- 2 Tbsp. brown sugar

**Directions:**
Put chicken breasts in crockpot. Mix orange juice, mustard, onion and sugar and pour mixture on top of the chicken. Cook on low for 2-3 hours or until chicken is cooked through. Delicious with brown rice.

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**Lime Cilantro Chicken**

**Ingredients:**
- 4 boneless, skinless chicken breasts
- 2 tsp. olive oil
- 1/4 c. lime juice
- 1/4 c. chicken broth
- 1 tsp. minced or chopped garlic
- 1/4 c. chopped fresh cilantro, packed
- 1/4 tsp. salt
- 1/2 tsp. ground black pepper

**Directions:**
Coat chicken with olive oil and place in crockpot. In a small bowl, combine lime juice, chicken broth, garlic, cilantro, salt and pepper. Spoon mixture evenly over chicken; Cook on Low 6-8 hours or high 3-4 hours. Shred chicken and use for quesadillas or tacos.

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**Chicken and Corn Chili**

**Ingredients:**
- 1 large onion, chopped
- 1 lb. boneless, skinless chicken breasts
- 2 c. low sodium chicken broth
- 1 green pepper, seeded and chopped
- 1 3/4 tsp. ground cumin
- 1/2 tsp. cayenne pepper
- 1 can diced tomatoes & jalapenos
- 1 1/2 c. frozen corn, thawed
- 2 can (15 oz.) cannellini beans
- 2 Tbsp. stone-ground cornmeal
- Monterey Jack Cheese, shredded
- 3/4 tsp. salt

**Directions:**
In a slow cooker, combine onion, chicken, broth, green pepper, jalapeno, 1 1/2 tsp. of the cumin, 1/4 tsp. of cayenne, and 1/3 tsp. salt. Cook on high for 4-6 hours. Shred the chicken and return to slow cooker and add remaining 1/4 tsp of both cumin and cayenne. Add tomatoes, corn, and beans. Gently mash some of the beans to thicken chili. Stir in cornmeal and the remaining salt. Let sit a few minutes. Serve with cheese.
Creamy Chicken and Wild Rice Soup

**Ingredients:**
- 1 lb. (4 breasts) skinless chicken breasts, diced
- 1/2 c. uncooked wild rice
- 1/4 c. chopped onions
- 2 cans (10 3/4 oz.) reduced fat cream of potato soup
- 1 can (14oz) low sodium chicken broth
- 1/4 tsp. garlic powder
- 2 c. of fresh sliced carrots
- 1 can (12oz) evaporated fat free milk

**Directions:**
Place chicken in slow cooker. In a large bowl, mix wild rice, onions, soup, broth, garlic powder, and carrots; pour over chicken. Cover and cook on low heat for 7-8 hours. Stir in evaporated milk, increase heat to high. Cover and cook for an additional 15 to 30 minutes or until hot.

Bell Pepper Bites

**Ingredients:**
- 1 medium green bell pepper
- 1 medium red bell pepper
- 1/4 cup sliced almonds
- 4 oz. of fat free cream cheese, softened
- 1 tsp. lemon pepper seasoning blend
- 1 tsp. fresh lemon juice

**Directions:**
Cut each bell pepper in half lengthwise. Cut each half into 6 pieces. In a skillet, dry roast the almonds over medium heat until golden brown. Transfer 1 tsp. of almonds aside for garnishing and place the rest in a blender for 15-20 seconds. In a mixing bowl, beat the cream cheese, lemon pepper seasoning, and lemon juice until creamy. Add the ground almonds and beat until combined. Spoon mixture onto each bell pepper slice. Garnish with sliced almonds.

Crockpot Chicken

**Ingredients:**
- 4 chicken breasts
- 2 (12oz) cans of reduced fat cream of chicken soup
- 1 envelope of Lipton onion soup mix (dry)
- 2 c. cut up carrots or 1 bag baby carrots
- 2 c. celery, chopped
- 1 onion, chopped into rings

**Directions:**
Cut chicken breasts and add to bottom of crockpot. Add remaining ingredients and cook on high for 3-4 hours or low for 5-6 hours. Serve over brown rice or your desired dish.

3 Bean Chili

**Ingredients:**
- 15 oz. can kidney beans, drained and rinsed
- 15 oz. can black beans, drained and rinsed
- 15 oz. can pinto beans, drained and rinsed
- 14 oz. can spicy diced tomatoes, undrained
- 8 oz. can tomato sauce
- 1 Tbsp. chili powder
- 1/8 tsp. crushed red pepper flakes
- 1 onion, chopped. If desired

**Directions:**
Combine all ingredients and put in a crockpot. Cover and cook for 5-6 hours on low, until mixture is blended and thickened. Serve with sour cream and grated cheese, if desired. Makes six servings.
**Easy Veggie Pizza**

**Ingredients:**
- 2 (8oz) cans reduced-fat refrigerated crescent dinner rolls
- 1 (8oz) package reduced-fat cream cheese
- 1/2 c. light sour cream
- 1 tsp. dried dill weed
- 1/8 tsp. garlic powder

Top with your favorite vegetables (broccoli, cauliflower, carrots, tomato, cucumber, peppers, green onions.)

**Directions:**
Unroll both cans of dough on an ungreased cookie sheet: separate dough into 4 long rectangles. Bake at 375° for 13-15 min. Cool completely. In a small bowl, mix cream cheese, sour cream, dill weed, and garlic powder until smooth. Spread over crust. Chop up your favorite veggies and top your veggie pizza.

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**Chicken Vegetable Stew**

**Ingredients:**
- 3 c. fresh baby carrots
- 2 c. cubed (1 inch) peeled potatoes
- 2 c. celery cut into pieces
- 1 c. sliced onion
- 1 can (14.5 oz) diced tomatoes with juice
- 5 c. skinless chicken breasts, cut into pieces
- 4 can (14.5 oz) fat free, low fat chicken broth
- 5 chicken bouillon cubes

**Directions:**
Spray slow cooker with nonstick cooking spray. Layer all vegetables in slow cooker. Top with chicken. Pour broth over chicken. Cover: cook on high for 4 hours or on low for 8 hours. Stir just before stirring.

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**Cucumber Sandwich**

**Ingredients:**
- 3/4 c. fat free cream cheese, slightly softened
- 1 Tbsp. Ranch seasoning mix
- Half of a large cucumber, thinly sliced
- 8 slices of whole wheat bread

**Directions:**
Mix cream cheese and ranch packet. Spread cream cheese on to each slice of bread. Place cucumber slices on 4 of the slices of bread and top with the remaining bread slices. Cut into quarters and serve immediately or wrap and save for later.

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**Fresh Bruschetta**

**Ingredients:**
- 3 1/2 Tbsp. extra virgin olive oil
- 1 lb. ripe Roma tomatoes
- 1 Tbsp. dried basil
- 2 tsp. garlic salt
- 1/2 tsp. salt
- Pepper to taste

**Directions:**
In a bowl, mix olive oil, basil, garlic salt, salt and pepper together. Chop tomatoes and stir in. Serve on baguettes or pita chips.
Crockpot Mashed Potatoes

**Ingredients:**
- 5 pounds red potatoes, cut into chunks
- 1 Tbsp. minced garlic, or to taste
- 3 cubes chicken bouillon
- 1 (8oz.) container low-fat sour cream
- 1 (8oz.) package light cream cheese, softened
- ½ c. butter
- Salt and pepper to taste

**Directions:**
In a large pot of lightly salted boiling water, cook the potatoes, garlic, and bouillon until potatoes are tender but firm, about 15 min. Drain, reserving water. In a bowl, mash potatoes with sour cream and cream cheese, adding reserved water as needed to attain desired consistency. Transfer potato mixture to a slow cooker, cover, and cook on low for 2-3 hours. Just before serving stir in butter and season with salt and pepper to taste.

Turkey and Vegetable Wrap

**Ingredients:**
- 1 whole wheat tortilla
- ¼ of a tomato (chopped)
- ¼ of a green bell pepper (chopped)
- ½ cup of shredded lettuce (any variety)
- 4 slices of cucumber
- 2 slices of turkey meat (deli)
- 1 Tbsp of fat-free Ranch dressing or less, depending on preference

**Directions:**
Spread desired amount of Ranch dressing over one side of Tortilla. Build on the meat and then vegetables. Roll up like a burrito. If desired, put in toothpicks in to hold it together. Enjoy as a snack or lunch!

Hummus

**Ingredients:**
- 2 cloves garlic, peeled and crushed
- 2 tablespoons olive oil
- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 1 tablespoon sesame seeds
- Salt and pepper to taste

**Directions:**
Place garbanzo beans in a blender or food processor with approximately 1 teaspoon reserved liquid. Process until smooth. Mix in the garlic, olive oil, sesame seeds, salt and pepper. Blend to desired consistency, increasing the amount of reserved garbanzo bean liquid as desired. Chill in refrigerator until served; serve with whole wheat pita chips, whole wheat tortillas, or fresh veggies.

Cowboy Caviar

**Ingredients:**
- 1 can black beans (drained and rinsed)
- 1 can red kidney beans (drained and rinsed)
- 1 can corn (drained)
- 2 tomatoes (chopped)
- 1 green bell pepper (chopped)
- ½ of a red onion (chopped)
- ½ cup of fat-free Italian dressing (add more if needed)

**Directions:**
Add all ingredients together in a mixing bowl and stir. Serve with multigrain chips or whole wheat pita chips!
**Crockpot Easy Beef Stew**

**Ingredients:**
- 4 medium red potatoes
- 1 1/2 lb. beef stew meat
- 1/3 c. flour
- 14 oz. can diced tomatoes, un-drained
- 2 c. water
- 3 c. frozen stir fry bell peppers and onions
- Montreal steak seasoning
- Salt and pepper to taste

**Directions:**
Scrub potatoes and cut into quarters. Place in bottom of crock pot. In a separate bowl, mix flour, salt and pepper, and toss with steak seasoned beef to coat, add to crock pot. Add un-drained tomatoes and water and stir. Cover crockpot and cook on low for 7-8 hours. Beef and potatoes should be tender, add stir fry vegetables, cover and cook for another 30-40 minutes until vegetables are hot and tender. Makes 4-6 servings.

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**Asparagus Ham roll-ups**

**Ingredients:**
- 12 stalks asparagus
- 1 container low-fat whipped cream cheese
- 12 slices deli-sliced ham

**Directions:**
Chop ends of asparagus. Boil asparagus until tender. Drain water and let asparagus cool. Spread cream cheese lightly on slice of ham. Roll asparagus in ham, and spear with a toothpick to hold together. Repeat process until all asparagus spears are finished.

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**Salsa Chicken**

**Ingredients:**
- 6 chicken breasts, thawed
- 1 jar of salsa
- 1 taco seasoning packet
- 1 1/2 c. of fat-free sour cream, if desired

**Directions:**
Put chicken breasts in a crockpot with salsa and taco seasoning. Cook on high for 4-6 hours. After cooked, shred chicken with fork. If the mixture is too soupy you can drain some of the liquid. Add sour cream and mix. Delicious when served on whole wheat tortillas or in a salad.

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**Creamy Italian Chicken**

**Ingredients:**
- 4 Chicken breasts
- 1 package of Italian seasoning
- ¼ cup water
- 1 package of reduced fat cream cheese
- 1 can cream of chicken soup (healthy choice)
- 1 4oz can of mushrooms (drained)

**Directions:**
Put the chicken breast in a slow cooker. Mix Italian seasoning and water together and pour over chicken. Cook on low for 3 hrs. Then mix cream cheese and soup together and stir in mushrooms. Pour over chicken and cook on low for 1 more hour. Serve over rice or noodles.
Sides and Snacks
**White Bean Artichoke Dip**

**Ingredients:**
- 1 Can Cannellini Beans
- 1 Can Artichoke Hearts
- 1 Small Clove Garlic, chopped (about 1 tsp. chopped Garlic)
- 2 Tbsp. Fresh Lemon Juice
- 2 Tbsp. Extra Virgin Olive Oil, plus more for drizzling on top
- 3 Tbsp. Freshly grated Parmesan Cheese
- 1 tsp. Finely Chopped Rosemary
- Salt and Fresh Ground Black Pepper to Taste
- Sweet Paprika for garnish

**Directions:**
1. Drain Beans into colander and rinse well, until no foam remains. Let drain at least 5 minutes. Drain Artichokes.
2. In food processor, combine beans, artichokes, garlic, and lemon juice and blend until fairly smooth. Keep food processor motor running and add the olive oil in a stream.
3. Add Parmesan, and finely chopped fresh rosemary and pulse about 10 times to blend. Season dip to taste with salt and fresh ground pepper. Place dip into a bowl and sprinkle with paprika and drizzle over a small amount of olive oil.

**Peanut Butter Fruit Dip**

**Ingredients:**
- 1 cup of Low-Fat Vanilla yogurt
- 1/4 cup Crunchy peanut butter
- 1 tsp. Vanilla
- 1-1 1/2 tsp. Cinnamon

**Directions:**
Mix all ingredients together, chill in the refrigerator. Pair with your favorite fruit, add granola, or eat it plain!

**Black Bean Salsa**

**Ingredients:**
- 2 cans black beans, rinsed and drained
- 1 large can of mandarin oranges, drained, reserve liquid in separate bowl
- 1 large avocado, peeled and chopped
- 1 red bell pepper, roasted, peeled and chopped
- ½ Tb lime juice
- Citrus Dressing
- 2 Tb canola oil
- 1Tb balsamic vinegar
- 2 Tb reserved mandarin orange juice

**Directions:**
1. In a medium bowl pour beans, mandarin oranges, avocado, roasted peppers, and chopped cilantro.
2. In a separate bowl add the oil, balsamic vinegar, and reserved mandarin juice. Mix well.
3. Add dressing to the bean mixture and mix well. Sprinkle the lime juice overall.

**Crockpot Chunky Applesauce**

**Ingredients:**
- 10 Gala apples cored and diced
- ½ Cup water
- ½ Cup sugar
- Ground cinnamon to taste

**Directions:**
Combine apples and water in crock pot. Cover and cook on low for 4-6 hours. Mash soft apples with a potato masher and stir in sugar; cook for 30 more minutes. Sprinkle with cinnamon and serve.
Artichoke and Spinach Dip

**Ingredients:**
- 2 c. artichoke hearts
- 1 Tbsp. black pepper
- 4 c. chopped spinach
- 1 tsp. thyme
- 2 cloves garlic, minced
- 1 Tbsp minced parsley
- 1 c. white beans, prepared
- 2 Tbsp. parmesan cheese
- 1/2 c. low fat sour cream

**Directions:**
Mix all ingredients together. Put in glass or ceramic dish and bake at 350 F for 30 minutes. Serve with whole-grain bread, crackers, or vegetables.

Pineapple Salsa

**Ingredients:**
- 3 1/2 cups pineapple
- 1 red bell pepper
- 1 jalapeno chile
- 1 clove garlic
- 1/2 red onion
- 1/2 cup packed fresh cilantro
- 1 lime, juiced
- Salt and pepper

**Directions:**
Blend garlic and jalapeno in blender or food processor. Add remaining ingredients and blend. Pour into a bowl, and enjoy!

Trail Mix

**Ingredients:**
- 2 cups raw almonds
- 1 cup cashews or other nuts
- 2 cup raisins
- 1 cup banana chips
- 1 cup sunflower seeds

**Directions:**
Roast almonds and other nuts (except cashews) for 8-10 min at 350 degrees. Cool nuts. Add rest of ingredients. Enjoy!

Avocado, Pico de Gallo, Black Bean dip

**Ingredients:**
- 3 cans of black beans, drained & rinsed
- 1 can of corn drained
- 1 chopped bunch of cilantro
- 1 pint/container of fresh deli pico de gallo drained off a little
- (Homemade pico de gallo: finely chopped tomato, (half) onion, red bell pepper, & jalapeno according to your preference)
- 2-3 fresh limes juiced
- 2 chopped avocados
- Served with multi-grain or tortilla chips

**Directions:**
Rinse and drain 3 cans of black beans and put into a large bowl. Drain corn and add to dip. Chop bunch of cilantro and remove stems if you’d like. Lightly drain fresh deli pico de gallo or chop up homemade pico de gallo and add to dip. Cut up avocados into small cubes and squeeze 2-3 limes over entire dip. Enjoy!
Avocado and Corn Salsa

**Ingredients:**
1 jalapeño
¼ onion
¼ cup cilantro
1 ripe avocado

Chop up ingredients and add...
2-3 tbsp. lime juice
½ can low-sodium corn
1 tsp. sugar
Salt and pepper to taste

**Directions:**
Chop, combine, mix, & enjoy!
*Serve with multi-grain tortilla chips

Fruit Salsa

**Ingredients:**
3-4 Kiwi, chopped
2 apples, chopped
1 cup frozen mixed berries
½ C. Red Onion, chopped
1 T. Lemon Juice
2 T. Strawberry or Raspberry Jam

**Directions:**
Combine all ingredients, stir and chill for ½ hour. Stir again and serve with tortilla chips.
For homemade baked tortilla chips, spread soft butter on to flour tortilla, cut in to wedges, and bake at 400 degrees for 8-10 minutes. Cool and enjoy.

Salsa

**Ingredients:**
2 (14.5 ounce) cans stewed tomatoes
½ onion, finely diced
1 tsp minced garlic
½ lime, juiced
1 tsp salt
¼ c canned sliced green chilies, or to taste
3 tbsp chopped fresh cilantro

**Directions:**
Place tomatoes, onion, garlic, lime juice, salt, green chilies, and cilantro in a blender or food processor. Blend on low to desired consistency. Serve with whole grain tortilla chips or pita chips.

Granola

**Ingredients:**
Put in Large Bowl and Mix Together:
4 Cups of Oatmeal
2 Cups of Shredded Coconut
2 Cups of Sliced Almonds
½ Cup of Oil

**Directions:**
Add ½ cup of Honey and Mix by Hand Spread on Cookie Sheet and Bake at 350 Turning every 5 minutes –4 minutes when it starts to brown Continue 20-30 minutes Turnout onto Cupboard to Cool Add 1 Cup of Craisins
**Spinach Dip**

**Ingredients:**
- 1 (10-oz.) package frozen spinach, defrosted
- 1 cup low-fat mayonnaise
- 1 cup low-fat sour cream
- 1 (8-oz.) can water chestnuts
- 3 green onions
- 1 packet vegetable soup mix

**Directions:**
Drain and finely chop water chestnuts and spinach. In a medium bowl, combine the rest of the ingredients. Add water chestnuts and spinach, and then mix well. Refrigerate 3 hours before serving. Serve with wheat thins.

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**Black Bean Dip**

**Ingredients:**
- 4 c. canned black beans
- 1 c. tomatoes, chopped
- 1/2 c. onion, chopped
- 2 c. low-fat sour cream
- 3 Tbsp. cumin
- 2 tsp. chili powder

**Directions:**
Add all ingredients to a food processor or blender. Blend until smooth. Serve with fresh vegetables or multi-grain chips.

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**Guacamole**

**Ingredients:**
- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic

**Directions:**
In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Refrigerate 1 hour for best flavor, or serve immediately. Serve with pita chips or whole wheat tortillas.
Mandarin Fruit Dip

**Ingredients:**
1 (8 ounce) reduced-fat cream cheese, cubed
16 ounces fat-free vanilla yogurt
1 teaspoon vanilla extract
1 (11 ounce) can mandarin oranges, drained
Assorted fresh fruit (whatever is in season)

**Directions:**
In a mixing bowl, beat cream cheese until creamy. Add yogurt and vanilla; beat until smooth. In a small bowl, mash remaining oranges with a fork; drain. Stir into cream cheese mixture. Transfer to a serving bowl. Refrigerate until serving; serve with fruit.

Peanut Butter Banana Quesadillas

**Ingredients:**
½ Banana
1 T Natural Peanut Butter
Small handful of Chocolate Chips
1 Whole Wheat Tortilla

**Directions:**
Spread Peanut Butter on half of the tortilla. Slice banana and place slices on peanut butter. Sprinkle chocolate chips on the peanut butter and bananas. Fold tortilla in half. Place the quesadilla in the frying pan over medium heat. Brown each side slightly. The chocolate chips should be melted. Enjoy!

Fresh Salsa

**Ingredients:**
2 cups seeded, chopped tomatoes (6-7 medium tomatoes)
the leaves from one bunch of fresh cilantro, chopped*
6 cloves fresh chopped garlic
1/2 an onion chopped
1 jalapeno, finely chopped
1/2 teaspoon salt
about 1 tablespoon lime juice

**Directions:**
Mix all ingredients until well incorporated. Refrigerate overnight for maximum flavor.

Parmesan Zucchini Crisps

**Ingredients:**
Zucchini (however much you want)
Grated Parmesan cheese
Breadcrumbs (Italian seasoned whole wheat are really tasty)
Extra virgin olive oil
Sea salt (or kosher salt)
Pepper to taste

**Directions:**
Wash and cut zucchini into rounds. Put zucchini rounds in a bowl and coat with a thin layer of olive oil. In another bowl, mix an equal amount of breadcrumbs and Parmesan cheese, then stir well until mixed. Add in a dash of salt and pepper to taste. Coat each zucchini round, front and back, in breadcrumb mixture and place on a greased cookie sheet. Bake at 450 for about 15 minutes or until golden brown. Serve warm!
Yogurt Bars

**Ingredients:**
- 1 cup plain greek yogurt (add tsp honey to sweeten)
- 1 cup of toppings (berries, nuts, cinnamon, shredded coconut, granola)

**Directions:**
Spread a layer of yogurt on a sheet of wax paper between a quarter and one half inch thick. Sprinkle desired toppings. Freeze it overnight. In the morning, crack the bar into pieces. Store these in a freezer safe air-tight bag.

Cucumber Roll-ups

**Ingredients:**
- cucumbers
- 1-1/2 cups low-fat Greek yogurt
- 1 tablespoon curry powder
- 1 tablespoon lime juice
- salt and pepper
- 1 tablespoons herbs, such as cilantro, if desired
- ham or turkey if desired

**Directions:**
- Slice the cucumbers lengthwise using a vegetable peeler. Lay the cucumbers aside on a paper towel plate to allow excess moisture to drain.
- Mix together the yogurt, curry powder and lime juice. Add salt and pepper to taste.
- Spread the yogurt mixture across the cucumber slices and sprinkle with fresh herbs if desired.
- Spread thinly sliced ham or turkey across the cucumber slices if desired. Roll up carefully, using a toothpick to close if needed.
- Keep refrigerated until serving.

Sautéed Sugar Snap Peas

**Ingredients:**
- 1 1/2 pounds fresh sugar snap peas
- 1 tablespoon good olive oil
- 1 1/2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- Sea salt or fleur de sel, for serving

**Directions:**
Remove and discard the stem end and string from each sugar snap pod. Heat the olive oil in a large sauté pan over medium-high heat. Add the sugar snap peas, salt and pepper and sauté, tossing occasionally for 3 to 5 minutes, until the sugar snap peas are crisp tender. Place the sugar snap peas in a serving bowl, sprinkle with sea salt and serve.

Strawberry Avocado Salsa

**Ingredients:**
- 1 cup finely chopped strawberries
- 1/4 cup finely chopped peeled avocado
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 2 tablespoons fresh lime juice
- 2 teaspoons finely chopped seeded jalapeno pepper
- 1/4 teaspoon sugar

**Directions:**
Combine all ingredients in a medium bowl; toss gently. Serve immediately. Serve this sweet and savory salsa with roast chicken, sautéed fish, or grilled pork tenderloin. You can also enjoy it as a snack with baked tortilla chips.
Soups and Salads
Curried Chicken Salad

**Ingredients:**
- 1-2 cups chicken, chopped
- 1/8 cup onion, chopped
- 1 T butter
- 1 tsp. lemon juice
- 1/4 t. salt
- 1/2 T. fresh parsley
- 1/8 t. thyme
- 6 T. raisins

**Directions:**
Place onion and butter in a crock pot with the chicken. Pour lemon juice over the chicken and sprinkle with parsley, thyme, salt, and paprika. Cover and cook on Low 8-10 hrs. or High 4-5 hrs. Combine mayo, curry powder, and water in a medium bowl, stirring with a whisk until well blended. Add roasted chicken, chopped apple, celery, raisins, and salt. Cover and chill. Enjoy with crackers or spread over whole wheat bread.

Spinach Salad

**Ingredients:**
- ¾ c. almonds, slivered and toasted
- 1 lb. spinach, rinsed and torn into bite size pieces
- 1 c. Craisins
- 2 T. sesame seeds, toasted
- ¼ c. white sugar
- ¼ t. paprika
- ¼ c. white wine vinegar
- ¼ c. cider vinegar
- ¼ c. vegetable oil

**Directions:**
In large bowl, combine spinach with the toasted almonds and Crasins. In medium bowl, whisk together the sesame seeds, sugar, paprika, white wine vinegar, cider vinegar, and vegetable oil. Toss with spinach just before serving. Serves 8.

Lentil Soup

**Ingredients:**
- 1 tsp. olive oil
- 1 onion, diced
- 1/4 tsp. pepper
- Paprika to taste
- 1 carrot sliced
- Dash of Salt
- 4 c. of chicken or vegetable broth
- 1 c. dry lentils

**Directions:**
In a large pot, sauté onions and carrot in the olive oil for 3-5 minutes until onions turn clear. Add the vegetable or chicken broth, lentils, pepper, paprika, and salt. Reduce heat to simmer. Cover and cook until lentils are soft, about 45 min. Stir in lemon juice before serving.

Pumpkin Soup

**Ingredients:**
- 1 chopped onion
- 1 (29oz.) can pumpkin
- 3 1/2 c. low sodium chicken broth
- 1 c. applesauce
- 2 tsp. ground ginger
- 1/2 c. light sour cream
- 1/2 c. bacon bits
- Salt and pepper

**Directions:**
Sautéee chopped onions. Put pumpkin and sautéed onions into large pot. Add broth, applesauce, and ground ginger. Add salt and pepper as desired. Bring to boil. Add sour cream. Add bacon bits if desired.
Mediterranean Pasta Salad

**Ingredients:**
- Salad:
  - 6 oz. whole-wheat bowtie pasta
  - ½ c. low-fat feta cheese
  - 1 c. canned Kalamata olives, halved
  - 1 cup artichoke hearts, halved
  - Vinaigrette:
    - 3 Tbsp. olive oil
    - 2 ½ Tbsp. lemon juice
    - 1 tsp. minced garlic
- 1 c. grape tomatoes, halved
- ½ c. sliced red onion
- 2 tsp. dried basil
- ¼ c. pine nuts (optional)

**Directions:**
Prepare vinaigrette first by combining all ingredients and mixing with whisk. Set aside to let flavors mingle. Cook pasta according to package, rinse, & cool. Add remaining salad ingredients and mix. Toss salad with dressing and serve.

Southwest Pasta Salad

**Ingredients:**
- Salad:
  - ½ lb. whole-wheat bowtie pasta
  - Zest from 2 limes
  - ¾ c. sliced green onions
  - ½ c. canned corn
  - 1 large red, yellow, or orange bell pepper, diced
- Vinaigrette:
  - 6 Tbsp. fresh lime juice
  - 4 cloves garlic
  - 1 ½ tsp. chili powder
  - 1 tsp. cumin
  - 1 tsp. coriander
  - ¾ c. white wine vinegar
  - ½ c. canola oil
- ½ c. roughly chopped cilantro

**Directions:**
Cook pasta according to package, rinse, & cool. Add remaining salad ingredients. To prepare dressing, place all ingredients except oil into a blender and blend until smooth. Add oil and blend until incorporated – don’t over blend! Toss salad with dressing and serve.

Low Fat Chicken Salad

**Ingredients:**
- 1 ½ cups diced (or shredded) cooked chicken breast
- 1 cup halved, seedless red grapes
- 1/3 cup reduced-fat mayonnaise
- ¼ cup diced celery
- ½ tsp ground pepper
- 1 Tbsp toasted slivered almonds (optional)
- ½ cup chopped apples (optional)

**Directions:**
Combine the chicken, grapes, celery, mayonnaise, (apples and almonds, if preferred), and pepper together in a medium bowl and mix salad well. Chill for 1 hour (or serve immediately) and top with lettuce, between 2 pieces of whole wheat bread.

Carrot Salad

**Ingredients:**
- 1 10 oz. package shredded carrots
- 1 can crushed pineapple, undrained
- 1 large apple
- 2/3 cup raisins

**Directions:**
Core and chop up apple. Then in a large bowl, stir together carrots, apple pieces, raisins, and pineapple.
Creamy Tortellini Soup

**Ingredients:**
1-1 ½ - 2 ounce envelope White sauce Mix
4 Cups of water
1-14 ounce can vegetable broth
1 ½ cups sliced fresh mushrooms
½ cups chopped onion
3-cloves garlic, minced
½ teaspoon dried basil, crushed
¼ teaspoon salt
1/8 teaspoon cayenne pepper
1-7 or 8 ounce dried cheese tortellini
1-12 ounce can fat free evaporated milk
6 cups fresh baby spinach leaves or torn spinach

**Directions:**
1. Place dry white sauce in a 3-1/2- slow cooker. Gradually add the water to the white sauce mix, stirring until smooth. Stir in broth, mushrooms, onion, garlic, basil, salt, oregano, and cayenne pepper. Cover and cook on low for 5 to 6 hours or on high for 2-1/2 to 3 hours. Stir in dried tortellini. Cover and cook on low-heat setting for 1 hour more or high-heat setting for 45 minutes more. Stir in evaporated milk and fresh spinach. Makes 4 servings.

Minestrone Soup

**Ingredients:**
1/2 onion, chopped
1 fresh rosemary sprig
1 cup carrots, chopped
2 bay leaves
1 celery stalk, chopped
2 tbsp chopped fresh basil
2 garlic cloves, minced
1 medium zucchini, chopped
1 (28 oz) can diced tomatoes
salt and fresh pepper
1 (15 oz) can white beans, drained, rinsed.
3 cups fat free chicken or vegetable broth
2 cups cooked small whole wheat pasta

**Directions:**
Rinse and drain beans. You can Puree beans with 1 cup of the broth in a blender, or just add them to the pot with the rest of the ingredients. In a crock pot, combine broth, tomatoes, pureed beans, carrots, celery, onion, garlic, herbs, salt and pepper. Cover and cook on low for 6 to 8 hours. Forty minutes before the soup is done cooking, add zucchini. Cover and cook 30 more minutes. Add cooked pasta, cook 10 minutes more. Remove bay leaves, rosemary sprig, parmesan rind and season to taste with salt and black pepper. Ladle soup into bowls.
Chicken Corn Chowder

**Ingredients:**
- 2 teaspoons olive oil
- 2 cans whole kernel corn
- 1 can creamed corn
- 1 medium onion, chopped
- ½ teaspoon dried thyme
- 2 cups fat-free reduced-sodium chicken broth
- 2 cups low-fat milk
- 3 tablespoons all-purpose flour
- 2 teaspoons sugar
- 2 cups cubed cooked chicken breast (about 10 ounces)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

**Directions:**
Heat the oil in a large pot over medium heat. Add the corn, onion, and thyme and cook, stirring occasionally, until soft, 10-12 min. Combine the broth, milk, flour and sugar. Pour into the pot. Cook, stirring, until slightly thickened and just starting to boil. Add the chicken, salt and pepper.

Black Bean Soup

**Ingredients:**
- 1 T olive oil
- 4 large cloves garlic, roughly chopped
- ¾ C diced carrots (about 2 med carrots)
- ¾ C diced celery (about 2 ribs)
- 1 C diced onion (about 1 sm-med onion)
- 1 C diced black beans, rinsed and drained
- ½ t spice
- 1 (16oz) bag frozen peas and carrots
- 1 (14.5oz) can green beans
- 1 (10.75oz) can low sodium tomato soup
- 1 (15.25oz) can corn
- 2 (14.5oz) can chopped stewed tomatoes
- Salt and pepper to taste

**Directions:**
Place large pot on stove and set to medium-high heat. When pan is warm, add olive oil. Add carrots, celery, onion, and garlic and sauté 4-5 minutes. Add in black beans, chilies, and beef broth. Stir to combine and then add the salt, pepper, chili powder, cumin, oregano, and bay leaf. Simmer uncovered for 20-25 min. or until carrots are tender, remove from heat and remove bay leaf from soup. Puree soup until desired consistency.

Almost Instant Soup

**Ingredients:**
- 1 lb. lean ground beef or turkey
- 1 Large onion
- 3-4 Potatoes chopped
- 1 (16oz) bag frozen peas and carrots
- 1 (14.5oz) can green beans
- 1 (10.75oz) can low sodium tomato soup
- 1 (15.25oz) can corn
- 2 (14.5oz) can chopped stewed tomatoes
- Salt and pepper to taste

**Directions:**
Cook ground meat and onion until meat is browned and onion is tender. Add remaining ingredients including the liquid in the cans. Cover and simmer for 30 minutes.
Smoothies and drinks
Spinach Berry Smoothie

**Ingredients:**
- 1 cup of spinach leaves
- 1 medium sized banana
- 1 cup of mixed frozen berries (blueberries, raspberries, and blackberries)
- ½ cup of apple juice (can substitute with non-fat plain yogurt)

**Directions:**
Put All Ingredients in Blender and Blend until smooth.

Vanilla Berry Granola Smoothie

**Ingredients:**
- 1 cup light vanilla yogurt
- ½ cup all natural granola
- 1 cup soy milk
- 1 cup frozen blueberries
- 1 Tbsp. vanilla extract

**Directions:**
Put All Ingredients in Blender and Blend until smooth.

Berry Citrus Smoothie

**Ingredients:**
- ¾ c. low fat vanilla yogurt
- ½ c. orange juice
- 5-6 strawberries, stems removed
- 1 c. blueberries, frozen
- 1 c. raspberries, frozen
- 1 banana, sliced
- 1-2 tsp. honey

**Directions:**
Put All Ingredients in Blender and Blend until smooth.

Peach Pie Smoothie

**Ingredients:**
- ½ C. nonfat or 1 percent lowfat milk
- ½ C. nonfat plain yogurt
- 1 C. unsweetened frozen peaches
- 1 Tbsp. honey, plus more to taste
- ⅛ tsp. Vanilla Extract
- 1/8 tsp. Ground Cinnamon
- Pinch of Ground Nutmeg
- Pinch of Ginger

**Directions:**
Put All Ingredients in Blender and Blend until smooth.

Green Smoothie

**Ingredients:**
- ½ cup of frozen Mango
- ⅔ of a large banana cut into chunks
- 6 large frozen or fresh Strawberries
- 2 cups of Spinach (or as much as you want)
- 1/3 cup of Greek Yogurt/ any sweetener
- 8oz of water or 1 cup of ice

**Directions:**
Grind up the fruit and water/ice blend till smooth. Add spinach and sweetener/yogurt. Pour into glass and serve!
*You can also switch out mango for a peeled orange.
**Strawberry Orange Fruit Smoothie**

**Ingredients:**
- 1 ½ c low-fat milk
- 1 (10 oz) bag frozen strawberries
- 1 medium banana
- 1/3 c. orange juice

**Directions:**
Put All Ingredients in Blender and Blend until smooth.

**Igor’s Green Elixir Drink (smoothie)**

**Ingredients:**
- 1 Banana
- 12 oz. Frozen Mango
- 3 c. Baby Spinach, Packed
- 2 ¼ C Pineapple Juice

**Directions:**
Place all ingredients into a blender. Blend on high until smooth. (If you like your smoothies on the thin side add some water, up to 1 C. after blending. Then, blend again.)

**Pumpkin Smoothie**

**Ingredients:**
- 1/2 can pumpkin pie filling
- 1/2 very ripe medium sized banana (frozen if possible)
- 3/4 c. fat-free vanilla yogurt
- 1 Tbsp. honey
- 1 tsp. pumpkin pie spice
- 1/4 tsp. vanilla extract
- Crushed ice (until desired consistency)

**Directions:**
Put All Ingredients in Blender and Blend until smooth.

**Hot Apple Cider**

**Ingredients:**
- 6 cups apple cider
- 2 tbs maple syrup
- 2 cinnamon sticks
- ¼ tsp cloves
- 6/8’s of an orange peel, cut into strips
- 6/8’s of a lemon peel, cut into strips

**Directions:**
Pour all of the ingredients into a large pot. Place the pot over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling. Remove the cider from the heat and discard the orange and lemon peels along with the cinnamon sticks. Pour drink into cups and enjoy!
Desserts
Banana Bites

**Ingredients:**
- 1 yellow banana
- All Natural Peanut Butter
- Hershey’s Chocolate Syrup

**Directions:**
Slice banana into bite sized pieces. Smear preferred amount of peanut butter on the slice. Drizzle lightly with chocolate syrup. Enjoy!
*Chocolate Syrup can be switched out with Nutella.

No Bake Energy Balls

**Ingredients:**
- 1 cup oatmeal
- 1 cup coconut flakes
- 1/2 cup ground flaxseed
- 1/2 cup mini chocolate chips
- 1/2 cup peanut butter (or other nut butter)
- 1/3 cup honey
- 1 tsp. vanilla

**Directions:**
Mix first four ingredients in medium bowl. Add remaining ingredients, and stir well until thoroughly incorporated. Cover bowl with plastic wrap and chill in the refrigerator for half an hour. Once chilled, roll into 1-inch balls and enjoy! Store in airtight container and keep refrigerated for up to 1 week.

Banana Bread

**Ingredients:**
- 2 Cups all-purpose flour
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 1 Cup Sugar
- ¾ Cup butter, softened
- 2 large eggs
- 1 ½ Cups mashed ripe banana (about 3 bananas)
- 1/3 Cup plain low-fat yogurt
- 1 teaspoon vanilla extract

**Directions:**
Preheat oven to 350 degrees.
Combine the first 3 dry ingredients and whisk well. In a separate bowl, beat the sugar, butter, eggs, banana, yogurt and vanilla until well blended. Add the flour mixture; beat until moist.
Spoon batter into an 8 ½ X 4 ½ inch loaf pan coated with cooking spray. Bake at 350 degrees for 1 hour or until a wooden pick inserted in center comes out clean.

Chocolate Banana Grahams

**Ingredients:**
- Graham crackers
- Nutella
- Banana
- Shredded coconut

**Directions:**
Break graham crackers into fourths. Top with ¾ tsp. of Nutella, 2 slices of banana, and sprinkle with coconut for a delicious, healthy treat!
Holiday Gingerbread Muffins

**Ingredients:**
1 egg
1/4 cup applesauce
3 tablespoons vegetable oil
1/4 cup molasses
1/2 cup sugar
1 1/2 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon clove
1/4 teaspoon ginger
1/4 teaspoon nutmeg
1/2 cup boiling water sugar, to sprinkle

**Directions:**
1. Preheat oven to 350°.
2. Grease 12 muffin cup/tins.
3. In medium bowl, beat the egg, applesauce, oil, molasses and 1/2 cup sugar.
4. Combine dry ingredients in a medium bowl and add to first mixture.
5. Stir in the water, mixing well.
6. Fill the muffin cups two-thirds full.
7. Lightly sprinkle with sugar.
8. Bake at 350° for 20 to 25 minutes or until done.

Pear Crumble

**Ingredients:**
1 can (16 oz.) pear slices, drained
8 Nilla Wafers, crushed
1/8 tsp. ground cinnamon
Reddi whip topping on top

**Directions:**
Spoon pears into four dessert bowls. Sprinkle with wafer crumbs. Combine Reddi whip and cinnamon; spoon over desserts.