

Andy's Cornish Game Hens

Yield: 2 servings

Ingredients:

1 Cornish hen
1 Garlic clove
1 tsp Oregano
5 tsp Canola Oil
1/2 cup Water
6 Asparagus spears, medium
1 cup fresh Spinach, chopped
1 cup Romaine lettuce, chopped
1 Roma tomato, sliced
2 tsp Dijon Salad Dressing
12 Green beans, fresh
4 Carrot rings, 1/2 inch sliced circles with centers hollowed out
1/2 Zucchini
1 medium Russet potato, sliced and quartered
1 tsp Paprika
1 tsp Garlic powder
1/8 tsp Cayenne

Dijon Salad Dressing

Ingredients

1 1/2 TBS Lemon juice
1/4 tsp Lemon zest
1/2 TBS minced Vidalia Onion
1/3 cup Canola oil
1 tsp Dijon Mustard

Directions

1. Make the Dijon Salad Dressing (ingredient list below). Combine lemon juice, lemon zest, minced Vidalia Onion, canola oil, and Dijon Mustard in a container with a sealable lid. Seal lid and shake vigorously until well blended. Set aside.
2. Make the garden salad. Toss 1 cup fresh, chopped spinach, 1 cup chopped Romaine lettuce, and sliced Roma tomato. Set aside and keep chilled.
3. Make the Cornish hen. Preheat oven to 450° F
4. Mix 1 tsp oregano, 1 minced garlic clove, 1 tsp canola oil in microwavable container. Microwave for 30 seconds. Let cool.
5. Rinse the hen and pat dry
6. Place hen in 2-quart baking dish
7. Gently lift the breast skin and put 1/2 the cooled oregano/garlic/oil mixture under the skin above the left breast and the remaining mixture under the skin of the right breast.
8. Bake at 450° F for 25 minutes.
9. While the hen bakes, prepare the carrots and green beans. Slide 3 green beans through the hole of 1 carrot ring. Repeat with remaining carrot rings and green beans to make 4 sets. Brush with 1 tsp canola oil and steam for 15 minutes. (Oil is optional. Helps keep vegetables warm after being steamed.)

10. Once the hen has baked for 25 minutes, pour 1/2 cup hot water into baking dish, Lower oven temperature to 350° F and bake for an additional 25 minutes. (Cold water could result in a glass pan shattering in the oven.)
11. While the hen bakes, scrub and slice potato and zucchini. Mix 1 tsp Paprika, 1 tsp garlic powder, 2 tsp canola oil. Coat the zucchini with half of the oil/Paprika/garlic powder mixture and set aside. Stir in 1/8 tsp Cayenne pepper into the remaining oil/Paprika/garlic powder mixture, coat the potato wedges. and place on a baking sheet pan.
12. After the Cornish Hen has baked at 350° F for 25 minutes, place asparagus in the liquid and put potatoes on bottom oven shelf. Bake for 10 more minutes or until the internal temperature of the hen is 165° F. Remove from oven. Let rest for 5 minutes. Remove and discard the skin. Split the hen in half.
13. Raise the oven temperature to 450° F and flip the potatoes, and then add the zucchini to the baking sheet. Bake for 10 minutes until the zucchini is soft and the potatoes are done.
14. Steam green beans and carrots for 10 minutes.
15. Plate asparagus, Cornish hen, zucchini, carrots and green beans. Pour 1 tsp Dijon salad dressing over each salad. Serve.
16. Take picture with you and your date and post on Facebook to impress your friends.

Nutrition per serving: 485 calories, 139 mg of sodium, 2.63 grams of total fat

Recipe by Andy Verrett – St. Petersburg winner!

Curried Carrot Spread

Prep: 20 min. Cook: 15 min. Chill: 4 hours

Special equipment: food processor

3 cups of sliced carrot

$\frac{3}{4}$ cup of chopped onion

3 cloves of garlic, minced

2 TBSP olive oil

1 TBSP curry powder

1 tsp ground cumin

1 15 oz. can of cannellini beans, rinsed and drained

$\frac{1}{2}$ tsp salt

Thinly sliced green onion (optional garnish)

Whole wheat crackers and or assorted vegetables for dipping

Preparation

1. In medium covered saucepan cook carrot in small amount of boiling water for 15 min or until very tender. Drain.
2. Meanwhile, in small skillet cook onion and garlic in hot oil until tender. Stir in curry powder and cumin. Transfer carrot onion mixture to food processor; add beans and salt. Cover and process until smooth. Transfer to serving bowl. Cover and refrigerate at least 4 hours, up to 3 days.
3. To serve, top with green onions. Serve with crackers or vegetable dippers. Makes 3 cups

Nutrition: Each serving (2 TBSP) 40 cal, 1 g fat (0 sat. fat), 0 mg cholesterol, 84 mg sodium, 6 g Carbo, 2 g fiber, 2 g protein.

Recipe source: Better Homes and Gardens Annual Recipes 2008

Easy Cheesy Zucchini Gratin – Low Carb & Keto

Yield: 9 servings (3 x 3 square each serving)

Equipment: 9x9 ovenproof pan

Ingredients

4 cups of sliced raw zucchini

1 small onion, peeled and sliced thin

Salt & pepper to taste

1 ½ cups shredded pepper jack cheese

2 TBSP butter

½ tsp garlic powder

½ cup heavy whipping cream

Directions

1. Preheat oven to 375 degrees F
2. Grease a 9x9 or equivalent oven proof pan.
3. Overlap 1/3 of the zucchini and onion slices in the pan, then season with salt and pepper and sprinkle with ½ cup shredded cheese.
4. Repeat two more times until you have three layers and have used up all of the zucchini, onions and shredded cheese.
5. Combine the garlic powder, butter and heavy cream in a microwave safe dish.
6. Heat for one minute or until the butter has melted. Stir.
7. Gently pour the butter and cream mixture over the zucchini layers.
8. Bake at 375 degrees F for about 45 minutes, or until the liquid has thickened and the top is golden brown.
9. Serve warm.

Nutrition per serving: 230 calories, 20 grams of fat, 3 g net carbohydrates, 8 g of protein

Notes: Depending on your zucchini, you may find it takes long to cook in order to get your sauce to reduce. If you find it very watery after 45 minutes, lower the oven temperature to 350 and cook it another 10 minutes or so.

Recipe submitted by: Dr. Haychell Sarayadar

Egg Roll in a Bowl

Yield: 4 servings

Ingredients

1 pound of ground turkey

4 cloves of garlic, minced

6 cups of coleslaw mix or shredded cabbage

1 TBSP fresh ginger, minced

1 TBSP soy sauce

½ cup of low sodium organic beef broth

1 TBSP sesame oil

¼ cup of chopped green onion

Directions

1. Heat a large skillet over medium heat. Add the ground turkey and cook, stirring often to crumble, until cooked through. Do not drain
2. Add the coleslaw mix or cabbage, garlic, ginger, soy sauce and the beef broth to the skillet with the turkey. Cook for 3 – 4 minutes or until the cabbage has softened a bit.
3. Remove from the heat and top with the green onions and sesame oil.
4. Serve immediately.

Nutrition per serving: 231 calories, 11.5 g total fat, 3 g of saturated fat and 262 mg of sodium.

Recipe by Sheila Batt

Ground Chicken with Peas and Carrots

Serves: 6

Ingredients

- 1 lb. of ground chicken
- 1 lb. package of frozen mixed peas and carrots
- 1 TBSP minced garlic
- 1 medium onion, chopped
- ½ TBSP lemon pepper
- 1 TBSP Oyster sauce
- 1 TBSP canola oil

Directions

1. In a skillet saute the minced garlic and onion in the oil until light brown,
2. Add the ground chicken and oyster sauce, mix thoroughly and cook on medium heat about 10 minutes making sure chicken is cooked through
3. Add the mixed vegetables and lemon pepper, stir and cover. Continue cooking for 3 minutes.
4. Place on a platter and serve hot.

Nutrition per serving: 205 cal, .72 gm sat. fat, 4.45 gm total fat and 222.5 mg sodium

Recipe by Agnes Cleofe B Alpapara

Healthy Apple Crisp

Yield: 8

Equipment: 9 x 13" baking dish

Ingredients

8 Fuji apples, diced with skin on

1 tsp vanilla extract

Cinnamon to taste

4 packets of lower sugar Quaker maple and brown sugar oatmeal

½ cup of water

Pam cooking spray – butter flavor

Topping of your choice: low fat Greek yogurt suggested (and not added in the nutrition information)

Directions

1. Preheat oven to 400 degrees F
2. Dice apples and place in a large bowl. Add cinnamon to taste and add vanilla. Add 2 packets of the oatmeal with the water to the apples. Toss until evenly covered. Pour into baking dish and evenly sprinkle with the other 2 packets of oatmeal on to the apples. Lightly spray the apple mixture with Pam cooking spray. (butter flavor works best)
3. Place in pre- heated oven for about 40 minutes (times vary depending on your oven)
4. At the end of baking, switch oven to low broil so that the top gets golden and crunchy. Let cool and serve with your favorite topping – Non-fat Greek yogurt is suggested.

Nutrition per serving: 95 calories, 0 fat, 85 gm of sodium

NOTE: DON'T USE PYREX GLASS BAKING PAN UNDER THE BROILER – IT WILL BREAK



Recipe by: Kelly Clay

Oatmeal Butterscotch Cookie Dough Bites

Yield: 15 to 18 balls

Equipment: food processor

Ingredients

1 cup of rolled oats

¼ cup of roasted almonds

2 TBSP of either ground flaxseeds or chia seeds

2 to 3 TBSP of almond butter or other nut butter or coconut butter

¼ cup of brown rice syrup, honey or maple syrup

½ tsp vanilla extract

1/3 cup of butterscotch chips

Directions

1. In a food processor grind oats and almonds until they are the consistency of coarse sand. Add the ground flaxseeds, almond butter, brown rice syrup and vanilla extract and continue to process until fully incorporated. (Depending on the viscosity of your nut butter, you may need to add more, or more or less sweetener). Do not worry if dough is not sticky; it will come together when rolled. Add butterscotch chips and roll dough into bite size balls.

Nutrition per serving per ball: 80 calories, 4 g fat, 1 mg of sodium

Recipe provided by Live Laugh Eat.com

Recipe made by Tammy Pruitt served in a Dunkin' box ☺

Pineapple Bacon Pizza

Serves: 4

Ingredients:

Large white box Publix 4 cheese pizza

5 canned pineapple rings, drained and cut into small pieces

3 1 oz. slices of Canadian bacon, cut into small pieces

1 large shallot, sliced

1 TBSP ghee

Directions:

Saute sliced shallot in 1 TBSP ghee until carmelized

Sprinkle evenly the shallot, bacon and pineapple over frozen pizza

Bake pizza in 400 degree oven for 18 to 20 minutes or until crust is browned and cheese is melted.

Cut into 4 slices and serve.

Nutrition per serving: 380 calories, 8 gm of saturated fat, 15 grams of total fat, 880 mg sodium,

Recipe by Sue Vilardi

Savory Lentil Muffin

Yield: 10 servings

Equipment: muffin tin or 8" round or square cake pan

Ingredients

2 ½ cups rice and lentil flour mix (Handva flour – available in Indian stores)

½ cup plain yogurt (or non-dairy yogurt)

1 ½ cup warm water

1 TBSP oil

1 ½ cup zucchini, grated

1 ½ cup carrots, grated

1 ½ cup spinach, cilantro chopped

2 – 3 tsp fenugreek leaves (fresh or dried) – optional

1 TBSP fresh grated ginger

3 – 4 TBSP sugar

1 tsp fresh chopped green chilies

2 – 3 tsp sesame seeds

1-2 TBSP oil

½ tsp mustard seeds

1 tsp sesame seeds

1 tsp red chili powder/dried red chilies

¾ tsp turmeric

1 TBSP sesame seeds

1 tsp baking soda

Directions

1. Mix the first four ingredients together – (flour, yogurt, water and oil) in a large bowl and keep in a warm place for 6 to 8 hours.
2. Heat 1 – 2 TBSP oil in skillet. Add mustard seeds and once they start sputtering, turn off the heat, add sesame seeds (1 tsp) and dried red chilies or chili powder (1 tsp).

3. To the flour yogurt mixture add the zucchini, carrots, spinach, cilantro, fresh ginger, sugar, green chili and sesame seeds plus add the seasonings in direction #2. Mix it all together.
4. Preheat oven to 350 degrees F. Grease all sides of 8" round or square cake pan or muffin tins.
5. Add the baking soda to the batter.
6. Pour the batter into the prepared pan and garnish with the 1 TBSP sesame seeds.
7. Bake between 40 – 50 minutes (if using cake pan) less if using muffin tins.
8. With a clean knife or toothpick, check to test for doneness – (nothing will stick to the toothpick if it's done). Then broil for the last 5 minutes to get a crispy browned top.

Nutrition per serving: 219 calories, 155 mg sodium, ? fat

Recipe winner in Tarpon Springs by Dimple Shah

Savory Lentils

Yield: 5 servings

Equipment: Crock pot

Ingredients

32 oz. of reduced sodium chicken broth

1 1/3 cup of dried brown lentils

1 medium onion, diced

2 stalks of celery, diced

2 carrots, chopped

¼ tsp of dried thyme

Directions

1. Place all ingredients in a crock pot and cook on high for 3 ½ hours

Nutrition per serving: 185 calories, 1 gm total fat, .29 gm saturated fat, 375 mg sodium

Note: when preparing dried beans, peas and lentils sort them on the counter to pick out any small stones or dirt that could be in the bag – these foods are packaged on site and sometimes nature gets into the bag – protect your dental work! Dried lentils do not require soaking before cooking, but wash well, and remove anything that floats.

Recipe winner: Jane Wilson RN

Spinach Berry Salad with Sweet Poppy Seed Dressing

Serves: 8

Equipment: salad bowl and tongs

Ingredients:

8 cups of baby spinach leaves

1 cup strawberries, sliced

6 ounces of blueberries

6 ounces of raspberries

4 ounces of feta cheese

¼ cup of red onion, thinly sliced (may use less)

1 cup of sliced or slivered almonds

Dressing:

1 cup of oil

1/3 cup vinegar, white, apple cider or raspberry

½ cup of sugar

1 tsp poppy seeds

1 tsp dried mustard

1 tsp salt

Directions:

1. To make the dressing – in a jar or a bowl add oil, vinegar, sugar, poppy seeds, dried mustard and salt. Shake well and refrigerate until ready to use.
2. Place spinach in a large bowl. Top with sliced strawberries, blueberries, raspberries, feta cheese, red onion and almonds.
3. Drizzle with poppy seed dressing. Serve immediately.

Nutrition per serving (using 1 TBSP dressing): Calories: 304, total fat: 24 grams, sat.fat 3.86 grams, sodium 218 mg

Recipe source: Modern Honey.com web site

Recipe made by: Robin Booth Watson in St. Petersburg and Sharon Lynch, Pinellas Park HD

Taco Salad with Romaine Lettuce Wraps

Yield: 8 servings

Ingredients

- 1 14.4 ounce bag of frozen corn kernels (about 3 cups)
- 2 cups of cooked black beans
- 6 tomatoes, diced
- 1 cup of homemade salsa (using tomatoes, cilantro, red pepper, lemon juice, black pepper, cumin, parsley, oregano, garlic and pinch of cayenne pepper)
- 1 ½ tsp minced garlic
- 1 ½ tsp cumin
- 1.5 lb. boneless skinless chicken breasts
- 2 sweet peppers, thinly sliced
- 1 bunch of fresh cilantro
- 1 pint of cherry tomatoes, cut in quarters
- 1 lime, squeezed of it's juice
- 1 head of Romaine lettuce, washed and dried (will need 3 leaves/serving)

Directions:

1. Preheat oven to 375 degrees F.
2. Spray a large (9 x 13 inch) baking dish with cooking spray.
3. Combine the corn, black beans diced tomatoes, ½ cup of salsa, garlic and cumin. Pour this mixture into the prepared baking dish.
4. Place the chicken on top of the corn mixture. Season with salt and pepper.
5. Cover tightly with foil and bake for approximately 45 – 60 minutes or until the internal temperature of chicken reaches 165 degrees F. (the length of cooking time depends on the thickness and size of the chicken breasts)
6. Remove the chicken from the dish and slice into small pieces (or shred with two forks)
7. Return chicken to the baking dish, stir to combine, and garnish with the sliced peppers, cilantro, cherry tomato quarters, and lime juice to taste.
8. Serve with the lettuce leaves on the side for people to assemble themselves

Nutrition per serving based on 3 leaves/serving: 238 calories, 3.22 g total fat, .91 g of saturated fat and 238 mg sodium

Note: if using prepared jarred salsa the sodium content increases to 488 mg sodium and if using canned black beans the sodium is increased even more.

Recipe winner in Pinellas Park!!! – Chef Faridah Lalani RN, CRNI, CIC