

Upgrade Your Health Recipe-a-Day-in-May Campaign

Recipe #1: Fresh Strawberry Fizz Smoothie

Ingredients:

- 1 cup vanilla Greek yogurt or milk
- ½ cup fresh strawberries
- ½ cup seltzer (try la Croix berry)

Directions:

1. Combine yogurt (or milk) and strawberries in a blender.
2. Blend well.
3. Add seltzer; blend another 2-3 seconds.
4. Garnish with a strawberry or mint & enjoy.



Recipe #2: Blueberry Muffin Soufflés

Source: Shelby Cork

Ingredients:

- 1 ripe banana, mashed
- 3 tablespoons milk
- 3 scoops vanilla whey protein powder
- 6 egg whites
- 3 tablespoons flour
- ¼ cup applesauce
- 1 cup blueberries
- Stevia to taste (optional)
- 2 tablespoons ground flax



Directions:

1. Preheat oven to 350 degrees.
 2. Mix together ingredients and bake for 20-25 minutes.
 3. Makes about 11 muffins. Store in refrigerator for up to 5 days.
- Serving size: 2 muffins

Recipe #3: Chia Seed Chocolate Cake

Source: thefoodcoach.com.au

Ingredients

- 4 tbsp chia seeds, soaked in 1 cup of water for 15 minutes
- ½ cup cocoa powder
- ½ cup butter, canola oil or olive oil
- 5 medium to large eggs
- 1 cup almond meal
- 1 cup cane sugar, honey (or your choice of sugar)
- 1 pinch sea salt
- 1 tsp baking soda



Directions:

1. Preheat oven to 350F. Line a spring form cake tin with parchment paper.
2. Soak chia seeds in 1 cup of water for 15 minutes, stirring regularly.
3. In the mean time place cocoa, eggs, almond meal, sugar, salt, baking soda and butter in a bowl. Whisk to combine well and break up any lumps (at least 1 minute). Add chia seed jelly and whisk until well combined. Pour into lined cake tin.
4. Bake in oven for 35-40 minutes or until it bounces back when pressed in middle. Let the cake cool for 5-10 minutes in the tin. Finish cooling on a wire cooling rack.

Recipe #4: Muffin Pan Citrus Cubes

Source: industrioujustice.com

This is a fabulous idea for a water or sangria pitcher! A muffin pan gives you much larger cubes, making the ice last much longer. This also looks beautiful with the whole lemon slices in there. You could also do this with oranges; maybe even throw in some mint or sliced strawberries!



Recipe #5: Chicken Avocado Burritos

Adapted from Source: omgchocolatedesserts.com

Ingredients

- 2 cups rotisserie chicken or cooked and shredded chicken (or 2 chicken breasts, salt and pepper- to taste, 1 Tablespoon mustard, 1 Tablespoon olive oil)
- 1 cup grated cheese (I use low-fat mozzarella)
- 1 avocado -diced
- 2 Tablespoons cilantro-chopped
- 4 large tortillas
- 4 Tablespoon light sour cream
- 1 Tablespoon oil

Directions:

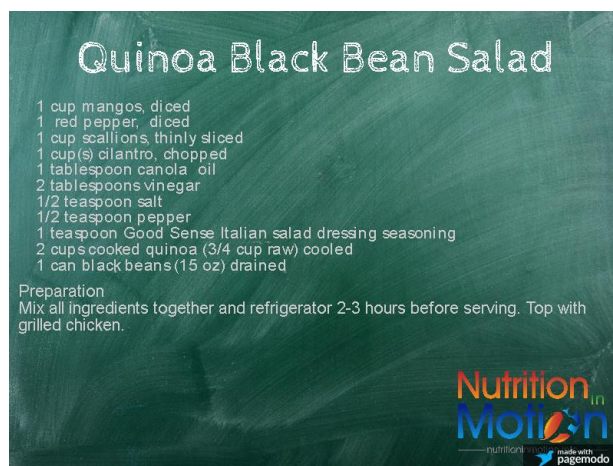
1. Heat 1 tablespoon olive oil in a frying pan, place chicken breast sprinkled with salt and pepper and roast for about 5 minutes on each side. Spread 1 tablespoon mustard over the chicken, add about ¼ cup water add cook covered for a few more minutes.
2. Cut cooked chicken into thin stings.
3. Mix the chicken, cheese, cilantro, and the diced avocados.
4. Spread 1 tablespoon sour cream on each tortilla, add ¼ of the mixture, form a roll.
5. Heat 1 tablespoon oil into a pan and place all four tortillas on the pan, cook for 2 minutes on medium- high heat. Flip on the other side and cook for another minutes or until the tortillas are golden
6. Serve warm.



Recipe #6: Quinoa Black Bean Salad

Ingredients:

- 1 cup mangoes, diced
- 1 red pepper, diced
- 1 cup scallions, thinly sliced
- 1 cup(s) cilantro, chopped
- 1 tablespoon canola oil
- 2 tablespoons vinegar
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon Good Sense Italian salad dressing seasoning
- 2 cups cooked quinoa (¾ cup raw) cooled
- 1 can black beans (15 oz.) drained



Directions:

1. Mix all ingredients together and refrigerate 2-3 hours before serving.
2. Top with grilled chicken.

Recipe #7: Celery and Peanut Butter-flies

Source: thenerdswife.com

Ingredients:

- Celery
- Peanut butter
- Raisins
- Pretzels

Directions:

1. Spread peanut butter in center of celery stick.
2. Top with raisins and pretzels to look like a butterfly.



Recipe #8: Spinach & Chickpeas

Source: Adapted from Gathertable

Ingredients:

- 1 cup of your favorite croutons, slightly crushed
- 2 cloves garlic, minced
- 2 tablespoons extra virgin olive oil
- 1 pound baby spinach
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 (15-ounce) can chickpeas, rinsed and drained
- 1 tablespoon sherry vinegar



Directions:

1. Sauté garlic in olive oil on medium heat for 2-3 minutes.
2. Add spinach, chickpeas, smoked paprika and cumin and cook covered until it is wilted (about 5-6 minutes.)
3. Stir in the sherry vinegar, sprinkle with the toasted bread crumbs & serve.

Recipe #9: Fiesta Shrimp Appetizer

Ingredients:

- 2 pounds fresh or frozen large shrimp, in shells
- 2 cloves garlic, minced
- ½ teaspoon finely shredded lime peel
- ¼ cup lime juice
- 2 tablespoons olive oil
- 2 tablespoons finely chopped green onion
- ¼ cup chopped fresh Anaheim pepper
- 1 to 2 tablespoons snipped cilantro or parsley
- ½ teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon pepper
- Lettuce leaves (optional)



1 medium papaya and/or mango, peeled, seeded, and sliced (optional)

Directions:

1. Thaw shrimp, if frozen. Peel and devein shrimp. In a medium saucepan, bring 4 cups water to boiling. Add shrimp. Simmer, uncovered, for 1 to 3 minutes or until shrimp turn pink, stirring occasionally. Rinse under cold running water; drain. Set aside.
2. In a heavy plastic bag set in a medium bowl combine garlic, lime peel, lime juice, olive oil, onion, Anaheim pepper, cilantro or parsley, sugar, salt, and pepper; mix well. Place cooked shrimp in the bag. Turn bag to coat shrimp with marinade mixture. Marinate in the refrigerator for 2 to 3 hours, turning the bag occasionally.
3. To serve, drain the shrimp, discarding the marinade. If desired, arrange papaya or mango slices around outer edge of a lettuce-lined serving platter. Place shrimp in center of platter. Makes 6 servings.

Recipe #10: Energy Booster

Ingredients:

- 1 cup strawberries, sliced
- 1 banana, sliced
- ½ head of romaine, chopped
- 1 cup cold water
- Cocoa powder, as desired (optional)

Directions:

1. Blend together and enjoy!



Recipe #11: Fusion Snack Mix

Source: Athlete Food Blog (<http://www.athletefood.com/blog/2013/5/9/fusion-snack-mix.html?rq=snack+mix>)

Ingredients:

- 2 handfuls of Glutino gluten-free pretzels
- 1 handful of each of the following:
 - Roasted almonds
 - Walnut halves
 - Golden raisins
 - Pumpkin seeds
 - Cacao nibs

Directions:

1. Mix into a Ziploc baggie.



Recipe #12: Baked Halibut

Source: Gathered Table

Ingredients:

- 1 tablespoon minced fresh rosemary
- 1 tablespoon minced fresh thyme
- 1 pound wild halibut
- salt and pepper, to taste
- 1 tablespoon extra-virgin olive oil
- 4 lemons (optional)

Directions:

Prep –

1. Preheat oven to 350.
2. Chop rosemary and thyme.
3. Cut lemon into wedges (if using)

Make –

4. Place halibut in baking dish, gently brush with olive oil then sprinkle with salt, pepper, and fresh herbs.
5. Bake at 350 degrees for 10-20 minutes.
6. Serve with lemon wedges.



Recipe #13 Fresh Fruit Cocktail

Source: food.com

Ingredients:

- 2 cups apple juice
- 1 tablespoon lemon juice
- ½ teaspoon grated orange zest or ½ teaspoon lemon zest
- 2 (3 inch) cinnamon sticks
- 2 Red Delicious apples, cored and chopped
- 1 ½ cups chopped fresh pineapple
- 1 orange, peeled and sectioned
- ½ cup seedless grapes



Directions:

1. In medium saucepan, combine apple juice, lemon juice, orange or lemon zest, and cinnamon sticks. Heat to boil and simmer, uncovered 10 minutes.
2. Cool to room temperature.
3. In large serving bowl, combine apples, pineapple, orange, and grapes.
4. Remove cinnamon sticks from apple juice mixture and pour mixture over fruit.
5. Chill before serving.

Serves 6

Recipe #14: Healthy Avocado Chicken Salad

Source: familyfreshmeals.com

Ingredients:

- 2 cups shredded chicken
- 1 avocado
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tsp lime juice
- 1 tsp fresh cilantro
- 1/4 light cup mayo
- 1/4 cup plain Greek Yogurt

Directions:

1. Mix all ingredients in a large bowl. Cover and refrigerate for at least 20-30 minutes to let all those yummy flavors blend together. Serve with pita or flat bread.



Recipe #15: Pork and Brown Rice Bowl

Source: <http://wholefoodsnewbody.blogspot.com/2013/06/faster-than-take-out-asian-rice-bowl.html>

Ingredients:

- 1/2 cup brown rice (cooked)
- 1/2 avocado (diced)
- 1/2 small organic tomato (diced)
- A couple dashes of low sodium soy sauce)
- Salt and pepper to taste
- Sesame seeds (optional)

Directions:

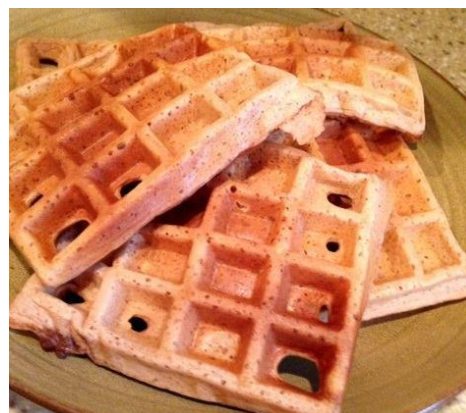
1. Combine cooked rice, avocado, tomato and soy sauce in small bowl.
2. Salt and pepper to taste and top with a pinch of sesame seeds if desired.



Recipe #16: Waffles

Ingredients:

- 2 large eggs
- 2 cups all-purpose or whole wheat flour
- 1 ¾ cups milk
- ½ cup vegetable oil
- 1 tablespoon granulated or packed brown sugar
- 4 teaspoons baking powder
- ¼ teaspoon salt
- Fresh berries if desired



Directions:

1. Heat waffle iron.
2. Beat eggs in large bowl with hand beater or wire whisk until fluffy. Beat in remaining ingredients just until smooth.
3. Pour a scant 2/3 cup batter from cup or pitcher onto center of hot waffle iron. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle iron.
4. Bake about 5 minutes or until steaming stops. Carefully remove waffle. Serve immediately. Top with fresh berries. Repeat with remaining batter.

Recipe #17 Ranch Turkey Burger

Source: laloosh.com

Ingredients:

- 1 lb lean, ground turkey breast
- 1 packet of Hidden Valley Ranch Dressing Dry Mix
- 2 green onions, chopped
- 2 tbsp fresh parsley, chopped
- 3 cloves garlic, minced



Directions:

1. In a bowl, combine all the ingredients.
2. Form into 4 patties. Spray a frying pan with cooking spray and cook on stovetop or grill. Serve on hamburger buns or wrap in iceberg lettuce.

Recipe #18: 4 Ingredient Energy Bites

Source: heandsheeatclean.com

Ingredients:

- 1 cup oats (dry)
- 1/4 cup natural peanut butter
- 3 Tbsp honey
- 2 Tbsp dark chocolate chips

Directions:

1. Mix all ingredients in a large mixing bowl using a spatula
2. Place mixing bowl in refrigerator for 30 minutes to 1 hour
3. Roll mixture into equal size bites
4. Store in refrigerator until ready to eat

Makes 4 servings



Recipe #19: Watermelon Cucumber Salad

Source: Meegan Shiltz

Ingredients:

- 1 cucumber diced
- Watermelon cubed (I'm guessing about 4-5 cups)
- Feta cheese crumbles
- Sliced black olives
- Fresh mint, chopped
- Hy-Vee balsamic glaze



Directions:

1. Mix together. Let marinate for 2-3 hours and serve!

Recipe #20: Grilled Broccoli

Source: Jen DeWall

Ingredients:

- 6 cups broccoli spears
- 2 tablespoons & 1 1/2 teaspoons lemon juice
- 2 tablespoons olive oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 3/4 cup grated parmesan cheese



Directions:

1. Toss broccoli with lemon juice, olive oil, salt and pepper.
2. Marinate 30 minutes. When done marinating, drain off all excess liquid.
3. Put parmesan cheese and broccoli spears in a zip bag. Toss to coat.
4. Grill 8-10 minutes on med heat turning occasionally.

Recipe #21: Cucumber Dill Greek Yogurt Salad

Source: Shewearsmanyhats

Ingredients:

- 4 large cucumbers (about 2 pounds)
- 4 tablespoon plain Greek yogurt (I used 0% fat)
- 1 tablespoon dill
- 1 tablespoon rice vinegar (substitute red or white wine vinegar if needed)
- ½ teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder



Directions:

1. Peel, half, seed, and slice cucumbers.
2. In a medium bowl combine yogurt, dill, vinegar, sugar, salt, pepper and garlic powder.
3. Add cucumber to bowl and toss with yogurt/dill mixture until combined well.
4. Additional salt and pepper to taste, if needed.
5. Refrigerate covered until ready to serve.

Recipe #22: Veggie Toast

Ingredients:

- Whole wheat toast
- Cottage cheese
- Avocado
- Tomatoes
- Salt & pepper to taste



Directions:

1. Top toast with cottage cheese, sliced avocado, and sliced tomatoes.
2. Sprinkle with salt and pepper to taste.

Recipe #23: Patriotic Fruit Kabobs

Source: 100daysofrealfood.com

Ingredients:

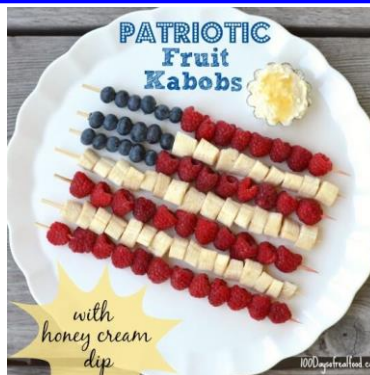
- Red, white and blue fruit such as blueberries, blackberries, bananas, strawberries, raspberries and/or watermelon
- Large or small kabob sticks

Honey Cream Dip

- 4 ounces cream cheese (1/2 a block), cut into chunks
- 1/2 cup heavy cream
- 1 tablespoon honey
- 1/2 teaspoon pure vanilla extract

Directions:

1. Assemble the kabobs by dicing the fruit into bite sized chunks and threading them onto the sticks.
2. To make the Honey Cream Dip use an electric mixer to combine the cream cheese, heavy cream, honey and vanilla. Start on low and then gradually increase the speed to avoid splatters. Whip for several minutes until thick and creamy.



Recipe #24: Skinny Bruschetta Chicken

Ingredients:

- 3 or 4 chicken breasts
- 4 or 5 small tomatoes, chopped (I use cherry tomatoes)
- 1 clove garlic, minced
- 1/2 small red onion, chopped
- 1 tsp. olive oil
- 1 tsp. balsamic vinegar
- 1/8. tsp sea salt
- Handful fresh basil, chopped

Directions:

1. Preheat oven to 375 degrees F (if you choose to bake your chicken rather than grill). Sprinkle some salt and pepper over top, cover and bake for about 35 to 40 minutes (depending on the size of your breasts) until juices run clear.



2. Meanwhile, combine chopped tomatoes, garlic, onion, olive oil, balsamic vinegar, sea salt and basil in a bowl. Refrigerate until chicken is ready to be served and spoon over top of the chicken.

Recipe #25: Monkey Flip Recovery Smoothie

*Source: Dean Karnazes, Ultramarathoner
Popsugar.com*

Ingredients

- 12 ounces of pure, unsweetened coconut water
- 1 banana
- 1 tablespoon almond butter
- 2 tablespoons plain nonfat Greek yogurt
- Stevia or honey, to taste
- Ice, to preference



Directions

1. Add all the ingredients to a blender, and then blend until smooth.

Recipe #26 Banana Almond Rice Cake Snack

Source: Deliciously Organized

Ingredients:

- 2 organic brown rice cakes
- 1 organic banana
- organic raw almond butter
- cinnamon

Directions:

1. Cover rice cakes in almond butter, add sliced banana and sprinkle with cinnamon.



Recipe #27: Pineapple Vanilla Water

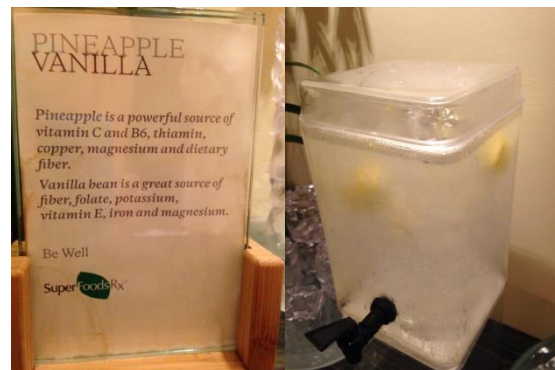
Source: Spa Helani

Ingredients:

- Fresh pineapple
- Vanilla beans, sliced in half lengthwise
- Water

Directions:

1. Place pineapple and vanilla beans into water and let it infuse!



Recipe #28: Greek Yogurt Parfait

Ingredients:

- Fresh fruit
- Greek yogurt
- Fiber One 80 calorie chocolate cereal

Directions:

1. Layer together in a cup or bowl, grab a spoon, and eat!

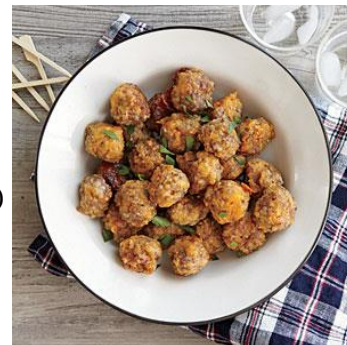


Recipe #29: Cheesy Sausage Balls

Source: <http://www.myrecipes.com/recipe/cheesy-sausage-balls>

Ingredients:

- 1 cup cooked quinoa, chilled
- 1 tablespoon cornstarch
- 1/4 teaspoon black pepper
- 4 ounces reduced-fat sharp cheddar cheese, shredded (about 1 cup)
- 1 pound reduced-fat pork sausage (such as Jimmy Dean)
- Cooking spray



Directions:

1. Preheat oven to 375°.
2. Combine first 5 ingredients in a bowl. Shape mixture into 40 (1 1/2-inch) balls. Place balls on a foil-lined baking sheet coated with cooking spray. Bake at 375° for 18 minutes or until lightly browned and done.

Servings: 20 (2 sausage balls per serving)

Total Time: 30 minutes

Recipe #30: Healthy Smoothie Recipe

Source: <http://www.eatingwell.com/videos/v/95168583/the-secret-formula-to-make-a-healthy-smoothie.htm>

Ingredients:

- 1/2 cup liquid (skip the juice – try unsweetened almond milk, low-fat milk, or coconut water)
- 1 cup banana slices (or ~1 medium banana)
- 1/2 cup frozen fruit
- 1 cup mild greens (spinach or kale)
- 1/3 cup protein (non-fat Greek yogurt, low-fat cottage cheese, silken tofu)
- 1 tablespoon of add-ins (chia seeds, flaxseed, peanut butter)

Directions:

1. Combine ingredients together in a blender and enjoy!



Recipe #31: A Better You!

