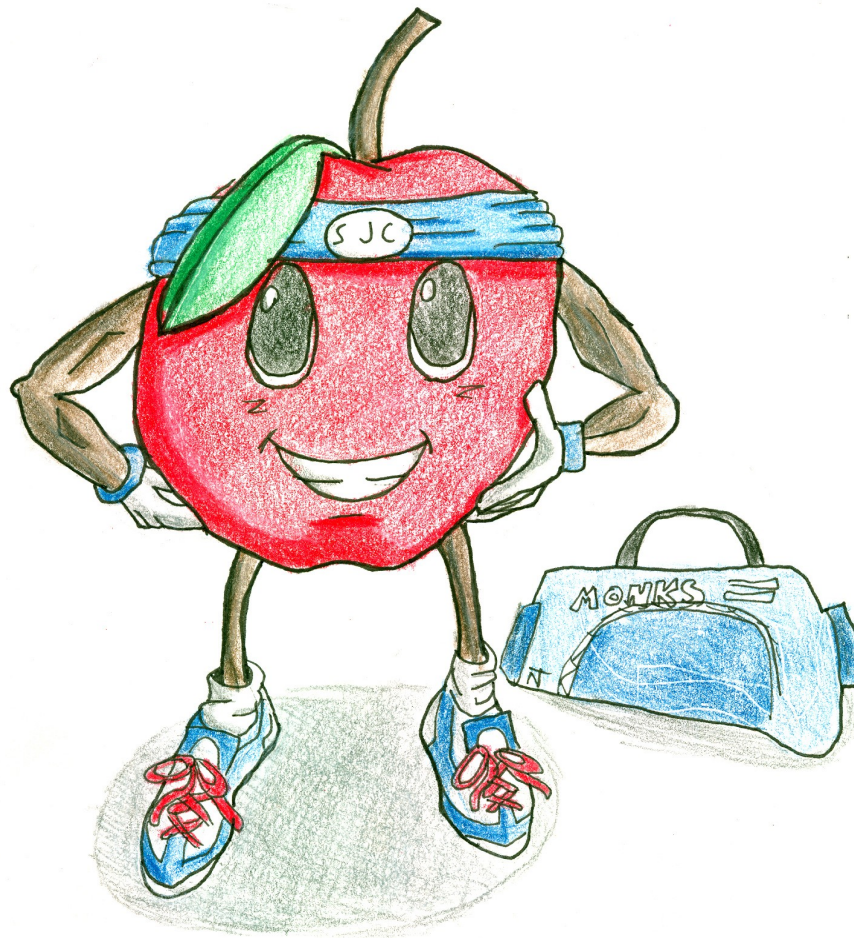


Health and Wellness Cookbook

“Learn how to make Nutritious meals”



Brought to you by the Wellness Team

Apple Stuffed Chicken Breast

Servings per Recipe: 4

Nutrition quick facts:

Calories: 139	Total Fat: 5.1g	Cholesterol: 46mg	Total Carbs: 4.9g	Dietary Fiber: 0.5g	Protein: 15g
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Ingredients:

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

Directions:

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

Find at allrecipes.com

Squash Stuffed Chicken Breast

Servings per recipe: 4

Nutrition Quick Facts:

Calories: 461	Total Fat: 9.8g	Cholesterol: 91mg	Sodium: 197mg	Total Carbs: 53g	Dietary Fiber: 2.9g	Protein: 37.9g
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Ingredients:

- 1 tablespoon butter
- 1/2 cup finely diced acorn squash
- 1 green bell pepper, diced
- 1 small onion finely diced
- 1 stalk celery, chopped
- Salt and pepper to taste
- 4 skinless, boneless chicken breasts
- 2 ounces shredded cheddar cheese
- 2 cups of all purpose flour for coating

Directions:

1. Preheat oven to 350 degrees F. Lightly grease 9x13 inch baking dish.
2. In a medium, melt butter or margarine. Add the squash, green pepper, onion, and celery. Sauté until slightly tender. Season to taste with salt and pepper. Remove from heat add cheese, and mix together.
3. Slice chicken breast on the side about 3/4 of the way through. Stuff mixture evenly into each slit chicken breast until full. Dredge each breast in flour to coat completely and brown coated chicken in skillet.
4. Place browned chicken breast in prepared baking dish, cover and bake in preheated oven for about 30 minutes until chicken is cooked through and juices run clear.

Find at allrecipes.com

Crockpot Chicken Fajitas

Serving per recipe: 3

Nutrition Quick Facts: N/A

(See weightwatchers.com)



Ingredients:

- 5 boneless, skinless chicken breasts**
- 2 Medium Green Peppers**
- 1 Large Red Pepper**
- 1 Large Yellow Pepper**
- 1 Medium Red Onion**
- 4 TB. Fajita Seasoning Mix**
- 4 TB. Taco Seasoning Mix**
- 4 oz. Light Sour Cream**
- 4 oz. Mild Chunky Salsa**
- 12 Medium Fat-Free Flour Tortillas**

Directions:

- 1. Place 5 frozen chicken breasts in Crockpot, cover & cook on high for 6 hours.**
- 2. Remove chicken & shred. Return chicken to Crockpot.**
- 3. Cut bell peppers & red onion into strips & place on top of shredded chicken. Sprinkle seasoning mixes on top of mixture & cover.**
- 4. Turn Crockpot setting to low & cook for 1 hour, stirring occasionally.**
- 5. Serve on fat-free flour tortillas. Light sour cream & salsa may be added.**

Find at weightwatchers.com

Crockpot Chicken Cacciatore

Servings per recipe: 6

Nutritional Quick Facts: N/A

(See weightwatchers.com)



Ingredients:

15 ounces tomato sauce -- Italian style preferred
10 ounces fresh mushrooms -- sliced
Italian seasoning -- to taste
4 chicken breast halves without skin
1/2 cup Marsala wine -- optional
8 ounces pasta -- cooked al dente
onion powder -- to taste
freshly ground black pepper -- to taste
seasoned salt -- to taste
garlic powder -- to taste
1/2 pound baby carrots -- up to 1 lb.

Directions:

1. Spray Crockpot liner with non-stick cooking spray for easy clean-up. Place carrots into bottom of Crockpot. Place chicken on top of carrots. Sprinkle generously with seasonings. Put mushrooms on top of chicken. Pour tomato sauce and wine over the top.
2. Cook on High for about 1 hour (if you're home to do this-- otherwise, just cook on low for about 8 hours total).
3. Then cook on low for 5 to 6 hours.
4. If dish will not be served until later, remove chicken and refrigerate. You can let sauce continue to cook on low for several hours.
5. About 15 minutes prior to serving, turn temp back up to high and re-turn chicken to pot. Serve with cooked pasta

Find at weightwatchers.com

Basil Pork Tenderloin with Black Bean Salsa

Servings per recipe: 4

Nutritional Quick Facts:

Calories: 214

Fat: 3.0 g

Cholesterol: 58 mg

Sodium: 267 mg

Carbohydrates: 18 g

Protein: 27 g



Ingredients:

Marinade

- 2 tablespoons chopped, tomato
- 2 tablespoons minced fresh basil
- 1 tablespoon fresh lime juice
- 2 medium garlic cloves, minced

Salsa

- 1 15-ounce can no-salt-added black beans, rinsed and drained
- 1/2 cup chopped, seeded tomato
- 1 medium green onion, sliced
- 2 tablespoons minced fresh basil
- 1 tablespoon finely snipped fresh Italian parsley

Directions:

1. For the marinade, put the 2 tablespoons tomato in a small bowl. Using the back of a wooden spoon, press gently on the pieces to bruise them and release some of their juice. Stir in the remaining marinade ingredients.
2. Put the pork in a medium glass baking dish. Spoon the marinade over the pork. Turn to coat. Cover and refrigerate for 30 minutes, turning once halfway through.
3. Meanwhile, preheat the oven to 425°F. Lightly spray a roasting pan and rack with cooking spray.
4. Drain the pork, discarding the marinade. Put the pork on the roasting rack, tucking the ends under if they are thin. Roast for 20 to 25 minutes, or until a meat thermometer inserted into the center of the pork reaches 160°F for medium doneness. Remove from the oven. Cover with aluminum foil and let stand for 5 minutes. Cut into slices about 3/4 inch thick.
5. While the pork stands, in a medium bowl, stir together the salsa ingredients. Let stand at room temperature for 5 minutes so the flavors blend. Spoon onto plates. Arrange the pork slices on the salsa.

Find at [American Heart Association. Org/recipes](https://www.heart.org/recipes)

Veggie & Bacon Pizza with Homemade Crust

Nutritional Quick Facts

Calories: 333

Total Fat: 7 g

Cholesterol: 21 mg

Sodium: 402 mg

Carbs: 51 g

Protein: 15 g



Toppings

2 cups part-skim mozzarella or other reduced-fat cheese

2 medium tomatoes, sliced

2 ounces Canadian bacon, diced

2 cups sliced or chopped fresh vegetables

Directions:

If using a standing mixer, in the bowl whisk together the 4 cups of flour, yeast, sugar, and salt. Pour in the water. Attach the dough hook.

With the mixer on low, beat until the dough forms a ball, stopping the mixer and pushing down the dough with your hands as needed so it combines well. If the dough is sticky, add some of the remaining 1/2 cup flour, 1 tablespoon at a time, and beat for 2 to 3 minutes, or until the dough pulls away from the side of the bowl. set the dough aside to rest for 15 minutes.

To knead by hand, turn the dough out as directed above and knead for 8 minutes, or until the dough is smooth and elastic. Work the dough into a ball. Lightly coat a large, clean bowl with 1 teaspoon of the olive oil. Put the dough in the bowl, cover with a clean kitchen towel, and set aside in a warm place (about 85°F) until the dough doubles in size, about 1 hour. Fold down the dough, patting it into a disk, and place it back in the bowl. Cover with plastic wrap and refrigerate overnight. The next day, remove the dough and cut into two equal portions. Shape each into a ball. If you plan to use the dough that day, leave it on the counter, covered with a clean kitchen towel, for 1 hour to let it relax so shaping is easier. If you plan to use the dough another day, wrap it well in plastic wrap or put in an airtight plastic bag, and refrigerate for up to 1 week. For longer storage, freeze the dough, then when you're ready to use it, thaw it overnight in the refrigerator. To prepare the dough, put it on a large, lightly floured surface, such as a counter, and press each piece of the dough into a flat disk. Work one disk in your hands, rotating it around and around while pulling it out gently until it is 12 inches in diameter. Repeat with the second disk. Preheat the oven to 500°F. Dust the peel with cornmeal and place the dough on top. Brush each pizza with 1 teaspoon olive oil. Sprinkle with the cheese. Top, in order, with the tomato slices, Canadian bacon, vegetables, and herbs. Slide the pizza off the peel and onto the pizza stone in the oven. Bake the pizzas for 8 minutes, or until the cheese is bubbly and the crusts are golden brown. Let the pizzas rest for 3 minutes before cutting.

Crust

4 cups all-purpose flour, plus 1/2 cup set aside

1 envelope instant yeast

1 teaspoon sugar

1/2 teaspoon salt

1 1/4 cups tepid water

1 tablespoon olive oil

Cornmeal for dusting the peel

Recipe Courtesy of Alton Brown

Crockpot Lasagna

Servings per recipe: 10

Nutrition Quick Facts:

Fat:	Carbs:	Potassium:
16g	53g	436mg



Ingredients:

- 1 pound(s) uncooked lean ground beef (with 7% fat)
- 1 small onion(s), chopped
- 1 clove(s) garlic clove(s), minced (medium)
- 28 oz canned crushed tomatoes
- 15 oz canned tomato sauce
- 1 tsp table salt and 1 tsp dried oregano, also 1/2 tsp dried basil
- 1/4 tsp crushed red pepper flakes, or to taste
- 1 cup(s) part-skim ricotta cheese
- 1 1/2 cup(s) shredded part-skim mozzarella cheeses, divided
- 6 item(s) dry lasagna noodles, no-cook
- 1/2 cup(s) shredded parmesan cheese, strong-flavored like Romano or Parmigiano Reggiano

Directions:

- 1.Heat a large nonstick skillet over medium-high heat. Add beef, onion and garlic; cook, stirring frequently, breaking up meat with a wooden spoon as it cooks, about 5 to 7 minutes. Stir in crushed tomatoes, tomato sauce, salt, oregano, basil and red pepper flakes; simmer 5 minutes to allow flavors to blend.
2. Meanwhile, in a medium bowl, stir together ricotta cheese and 1 cup of mozzarella cheese.
- 3.Spoon 1/3 of beef mixture into a 5-quart slow cooker. Break 3 lasagna sheets in half and arrange over beef mixture; top with half of ricotta mixture. Repeat with another layer and finish with remaining 1/3 of beef mixture.
- 4.Cover slow cooker and cook on low setting for 4 to 6 hours. Remove cover; turn off heat and season to taste, if desired.
- 5.In a small bowl, combine remaining 1/2 cup of mozzarella cheese and Parmesan cheese; sprinkle over beef mixture. Cover and set aside until cheese melts and lasagna firms up, about 10 minutes. Yields 1/6th of dish per serving.

Find at weightwatchers.com

Salmon with Honey– Balsamic Glaze

Quick Nutritional Facts:

Calories: 200

Total Fat: 7.5 g

Cholesterol: 67 mg

Sodium: 130 mg

Carbs: 7 g

Protein: 25 g



Ingredients:

Cooking spray

1 1/2 tablespoons light mayonnaise

1 1/2 tablespoons balsamic vinegar

1 tablespoon honey

1 1/2 teaspoons sesame seeds

3/4 teaspoon dried oregano, crumbled

3/4 teaspoon olive oil

1 medium garlic clove, minced

4 skinless salmon fillets (about 4 ounces each), rinsed and patted dry

Directions:

Preheat the oven to 375°F. Lightly spray a shallow baking pan with cooking spray.

Spoon the mayonnaise into a small bowl. Gradually whisk in the vinegar until smooth. Whisk in the remaining ingredients except the fish.

Put the fish in the baking pan. Lightly spread the mayonnaise mixture over the top and sides of each fillet.

Bake for 15 to 20 minutes, or until the fish flakes easily when tested with a fork.

Salmon and Corn Chowder

Nutritional Quick Facts:

Calories	236
Total Fat	5.5 g
Cholesterol	24 mg
Sodium	342 mg
Carbohydrates	33 g
Sugar	6 g
Fiber	4 g
Protein	15 g

Servings per recipe: 10 (1 cup)



Recipe courtesy David Hagedorn

Ingredients:

- 1 cup brown rice
- 8 cups fat-free, low-sodium chicken stock
- 1 tablespoon ginger purée
- 2 tablespoons olive oil
- 1 cup diced onion, celery, and diced carrots
- 2 cloves garlic, chopped
- 1 teaspoon turmeric
- 1 teaspoon dried thyme
- 1 bay leaf
- 2 tablespoons curry powder and sugar
- 1 teaspoon salt
- 3 cups (one pound) sweet corn (thawed, if using frozen)
- 1/4 cup flour
- 1 pound salmon, cut into one-inch cubes
- 1/2 cup chopped cilantro, chopped scallions

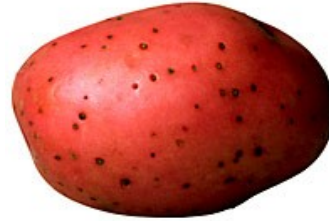
Directions:

1. Place the rice, stock, and ginger purée in a large saucepan and set over high heat. Boil until the rice is cooked through, about 40 minutes. Remove from stove and set aside.
2. In a large stockpot over medium-high heat, bring the olive oil to the smoking point. Add the onions, carrots, celery, garlic, turmeric, thyme, bay leaf, curry, salt, sugar, and corn to the pot and sauté for 5 minutes. Stir in the flour to coat the vegetables. Add the cooked rice and stock to the soup, and let it simmer for 5 minutes. Add the salmon and remove the pot from the stove. Let the soup rest for 5-10 minutes to cook the salmon through. Stir in the chopped cilantro and serve immediately. Garnish with chopped scallions, if desired.

Rosemary-Roasted New Potatoes

Servings per recipe: 4 (3/4 cup)

Nutritional Quick Facts:



Cal:	Fat:	Protein:	Carbs:	Fiber:	Cholesterol:	Iron:	Sodium	Calcium
123	3g	4g	19g	4g	0.0mg	1mg	220mg	9mg

Ingredients:

- 1 (1-pound, 4-ounce) package refrigerated red potato wedges (such as Simply Potatoes)**
- 2 tablespoons chopped fresh rosemary**
- 3 garlic cloves, crushed**
- 1 tablespoon olive oil**
- 1/2 teaspoon onion powder**
- 1/4 teaspoon salt**
- 1/4 teaspoon pepper**

Directions:

- 1. Preheat oven to 500°.**
- 2. In a large bowl, combine potatoes and remaining ingredients.**
- 3. Toss thoroughly to coat each potato wedge with oil and seasonings.**
- 4. Place the potato wedges on a baking sheet that's lined with foil.**
- 5. Bake 22 minutes or until tender and golden. Serve hot.**

Find at Health.com

Baby Carrots with Dill, Butter & Lemon

Servings per recipe: 6 (1/2 cup)

Nutritional Quick Facts:

Cal	Fat	Protein	Carbs	Fiber	Choles- terol	Iron	So- dium	Cal- cium
82g	3g	2g	13g	3g	6mg	1mg	341mg	57mg



Ingredients:

- 2 cups fat-free, less-sodium chicken broth
- 2 pounds baby carrots, peeled and tops trimmed to 1 inch
- 1 tablespoon butter
- 2 teaspoons chopped fresh dill
- 1 tablespoon chopped fresh chives
- 1 tablespoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

Directions:

1. Place broth in a large pot. Arrange carrots in a metal steamer insert or bamboo steamer; place in pot.
2. Cover; bring broth to a boil. Steam carrots for 10 minutes or just until crisp-tender.
3. Transfer carrots to a large bowl. Add remaining ingredients; toss well.
4. Serve immediately.

Find at Health.com

Sweet Cabbage Salad

Servings per recipe: 6 (3/4 cup)

Nutritional Quick Facts:

Cal:	Fat:	Protein:	Carbs	Fiber:	Cholesterol:	Iron:	Sodium:	Calcium
147	4.7g	1.61g	25g	3g	0.0mg	8mg	225 mg	54mg



Ingredients:

- 6 cups shredded cabbage (about 1/2 head)**
- 1 cup shredded carrot (about 1 medium)**
- 1 cup chopped green bell pepper (about 1 medium)**
- 1/2 cup chopped red onion**
- 1/2 cup sugar**
- 1/2 cup white wine vinegar**
- 2 tablespoons olive oil**
- 1 teaspoon dry mustard**
- 1/2 teaspoon celery seeds**
- 1/2 teaspoon salt**

Directions:

- 1. Combine first 4 ingredients in a large bowl; toss well.**
- 2. Combine sugar and remaining ingredients in a small bowl, stirring with a whisk.**
- 3. Pour vinegar mixture over cabbage mixture, tossing gently to combine.**
- 4. Cover; chill 1 hour.**

Find at Health.com

New West Salsa

Makes: (4) 1/2 cups

Nutritional Quick Facts:



Cals:	Fat:	Protein:	Carbo- hydrate:	Fiber:	Iron:	Sodium:	Cal- cium:
33	0.3g	0.8g	7.7g	1.4g	0.3mg	196mg	8mg

Ingredients:

- 2 cups chopped plum tomato (about 3 tomatoes)
- 1 cup chopped Granny Smith apple
- 1/2 cup chopped cucumber
- 1/2 cup fresh corn kernels
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped green onions
- 1/4 cup chopped red onion
- 2 1/2 tablespoons chopped fresh cilantro
- 1 1/2 tablespoons fresh lime juice
- 1 tablespoon chopped seeded jalapeño pepper
- 1 tablespoon balsamic vinegar
- 1 1/2 teaspoons sugar
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

Directions:

1. Combine all ingredients, stirring well to combine.
2. Serve at room temperature or chilled.

Find at Health.com

Grab and Go Snack Mix

Servings per recipe: 10 (1/2 cup)

Nutritional Quick Facts:

Cals:	Fat:	Sodium:	Carbs:	Fiber:	Sugar:	Protein:
138	6.0g	32 mg	20g	2g	13g	2g



Ingredients:

- Cooking spray
- 1 teaspoon canola or corn oil
- 1/4 cup honey
- 1/4 cup chopped walnuts
- 1/4 cup chopped pecans
- 1/4 cup shelled unsalted pumpkin seeds
- 3/4 to 1 teaspoon pumpkin pie spice or apple pie spice
- 2 cups multigrain or whole-wheat cereal squares with maple syrup and brown sugar
- 1/2 cup sweetened dried cranberries or sweetened dried cherries

Directions:

1. Line a baking sheet with aluminum foil and lightly spray with cooking spray.
2. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the honey for 2 minutes, or until it just comes to a boil. Stir in the walnuts, pecans, pumpkin seeds, and pie spice. Cook for 3 minutes, or until the mixture begins to turn golden, stirring constantly. Remove from the heat.
3. Immediately stir in the cereal and dried fruit until well coated, about 30 seconds. Pour onto the baking sheet, using the back of a spoon to quickly spread in a smooth, thin layer. Sprinkle with the salt. Let cool completely, about 45 minutes. Break into 1-inch pieces. Store in an airtight container at room temperature.

Find at American Heart Association

Parmesan Crusted Chicken

Serving per recipe: 6

Quick Nutritional Facts:

Calories: 250

Total Fat: 3.5 g

Cholesterol: 67 mg

Carbs: 21 g

Protein: 32 g

Sodium: 315 mg



Ingredients

- Vegetable cooking oil spray (olive oil preferred)
- 1/2 cup fat-free or low-fat plain yogurt
- 1 1/2 cups whole wheat or plain dry bread crumbs
- 2 tablespoons shredded or grated Parmesan cheese
- 2 tablespoons seasoning blend, grilling blend preferred
- 6 boneless, skinless chicken breast halves (about 4 ounces each, all visible fat discarded)

Directions

Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with vegetable oil cooking spray.

Put the yogurt in a shallow bowl.

In a separate shallow bowl, stir together the bread crumbs, Parmesan cheese and seasoning blend. Set the bowls and baking pan in a row, assembly-line fashion.

Dip each piece of chicken in the yogurt, then roll the chicken in the bread crumb mixture and place it in the baking pan. Lightly spray the top of the chicken with vegetable oil spray.

Bake for about 30 minutes, or until no longer pink in the center.