

HEALTHY EATING RECIPES

The following are examples of recipes that include many healthy ingredients.

JUICY FRUIT SALAD

Preparation: 5 minutes

Ready In: 5 minutes

Ingredients:

- 1 (15 oz.) can of pineapple chunks with juice
- 1 apple, peeled, cored, and diced
- 1 orange, peeled, diced, and juice reserved
- 1 banana, sliced
- 1 cup of seedless green grapes, halved

Directions:

1. In a large bowl, toss together the pineapple, apple, orange, banana, and grapes.
2. Add the juice from the pineapple and orange and chill until serving.



EASY RED PEPPER HUMMUS

Preparation: 10 minutes

Ready In: 10 minutes

Ingredients:

- 1 (16 oz.) can garbanzo beans (chickpeas), drained and rinsed
- 1 tablespoon olive oil
- 1 medium red bell pepper, cut into ½ inch pieces
- 1 tablespoon tahini
- 1 lime, juiced
- 1 ½ tablespoons water
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- Bag of pita chips or Wheat Thin crackers

Directions:

1. In a food processor or blender, blend the garbanzo beans, olive oil, red bell pepper, tahini, lime juice, water, salt, black pepper, and garlic powder.
2. Blend until smooth.
3. Transfer to a bowl and serve with pita chips or Wheat Thin cracker.



BAKED KALE CHIPS

Preparation: 10 minutes

Ready In: 20 minutes

Ingredients:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Directions:

1. Preheat an oven to 350°F (175 °C).
2. Line a non-insulated cookie sheet with parchment paper.
3. With a knife or kitchen shears, carefully remove the kale leaves from the thick stems and tear into bite-sized pieces.
4. Wash and thoroughly dry the kale with a salad spinner.
5. Drizzle kale with olive oil and sprinkle with seasoned salt.
6. Bake for 10 minutes or until the edges are brown, but are not burnt.



STRAWBERRY OATMEAL BREAKFAST SMOOTHIE

Preparation: 5 minutes

Ready In: 5 minutes

Ingredients:

- 1 cup soy milk
- ½ cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- ½ teaspoon vanilla extract (optional)
- 1 ½ teaspoons white sugar (optional)

Directions:

1. In a blender, combine soy milk, oats, banana, and strawberries.
2. Add vanilla and sugar if desired.
3. Blend until smooth.
4. Pour into glasses and serve.



MOCK TUNA SALAD

Preparation: 20 minutes

Ready In: 20 minutes

Ingredients:

- 1 (19 oz.) can of garbanzo beans (chickpeas), drained and mashed
- 2 tablespoons mayonnaise
- 2 teaspoons spicy brown mustard
- 1 tablespoon sweet pickle relish
- 2 green onions, chopped
- Salt and pepper, to taste
- 1 head of red leaf or green leaf lettuce

Directions:

1. In a medium bowl, combine garbanzo beans, mayonnaise, mustard, relish, green onions, salt, and pepper.
2. Mix well.
3. Rinse lettuce.
4. Place lettuce in individual servings and place mock tuna on top as desired.

