

Eat Well Recipes

For more Eat Well recipes, visit <http://www2.furman.edu/sites/LiveWell/EatWell/Pages/RecipeCorner>

Green Monster Smoothie

- ½ bag of frozen pineapple or mango
- 4-6 cups fresh spinach
- 1 cup orange, apple, or pineapple juice
- 2 ripe bananas

Combine all ingredients in a blender; blend until smooth.

Oatmeal Raisin Cookies

For variety add chopped nuts, dried cherries, dark chocolate chips, or a little shredded coconut.

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| 2 T. canola oil | 1 c. whole wheat flour |
| ¼ c. applesauce | 1 ½ c. rolled oats |
| ½ c. brown sugar | 1 tsp. baking powder |
| ½ c. white sugar | ½ tsp. baking soda |
| 1 egg | ½ tsp. cinnamon |
| 1 tsp. vanilla extract | ½ c. raisins |

Preheat oven to 375° F. Spray a cookie sheet with nonstick cooking spray. In a medium bowl, combine oil, applesauce, brown sugar, white sugar, egg, and vanilla. Beat with an electric mixer or whisk until smooth. In a large bowl, combine flour, oats, baking powder, baking soda, and cinnamon. Stir with a whisk. Add wet to dry. Stir until just combined. Fold in raisins. Drop rounded tablespoons on cookie sheet. Bake for 12 minutes.

Kale Chips

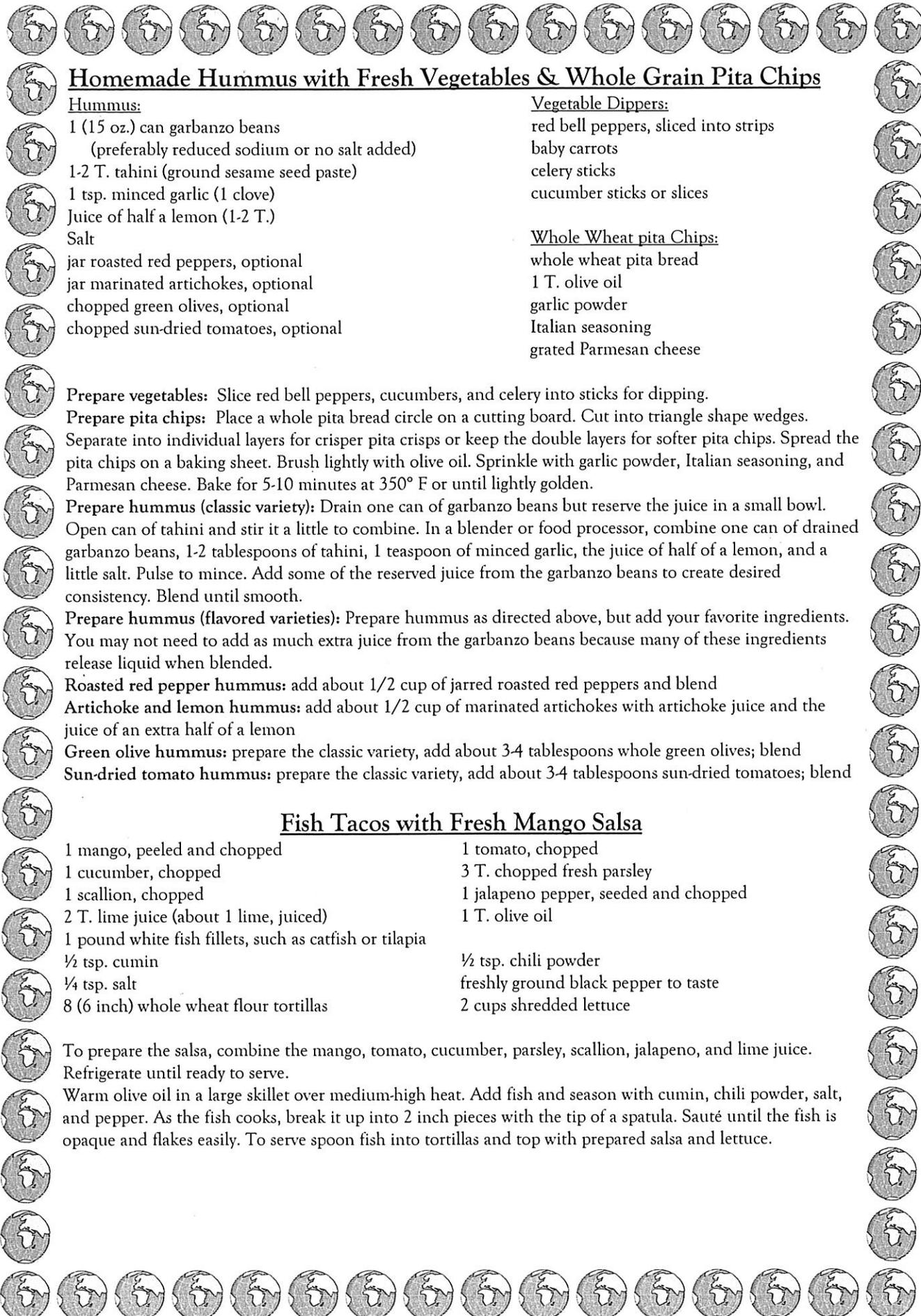
- Large bag of fresh chopped kale
- Olive oil
- Salt
- Grated Parmesan cheese
- Garlic powder

Preheat oven to 350° F. Drizzle one tablespoon of olive oil on a baking sheet. Spread across entire baking sheet with your very clean hands. Spread about 6-8 cups of chopped fresh kale onto the baking sheet. Toss to coat the leaves lightly with oil. Remove any large thick stems.

Classic kale chips: sprinkle with a little salt, toss to coat

Garlic and Parmesan kale chips: sprinkle with salt and garlic powder and grated Parmesan cheese, toss to coat

Spread a single layer of kale onto a large baking sheet. Be careful not to pile it high or it will steam instead of bake: Bake until crisp and lightly browned for about 10-15 minutes, stirring halfway. Keep an eye on them because they burn fairly easily. Enjoy as a snack. Crumble leftovers onto soups, salads, whole grain pizza, or in whole grain dishes.



Homemade Hummus with Fresh Vegetables & Whole Grain Pita Chips

Hummus:

1 (15 oz.) can garbanzo beans
(preferably reduced sodium or no salt added)
1-2 T. tahini (ground sesame seed paste)
1 tsp. minced garlic (1 clove)
Juice of half a lemon (1-2 T.)
Salt
jar roasted red peppers, optional
jar marinated artichokes, optional
chopped green olives, optional
chopped sun-dried tomatoes, optional

Vegetable Dippers:

red bell peppers, sliced into strips
baby carrots
celery sticks
cucumber sticks or slices

Whole Wheat pita Chips:

whole wheat pita bread
1 T. olive oil
garlic powder
Italian seasoning
grated Parmesan cheese

Prepare vegetables: Slice red bell peppers, cucumbers, and celery into sticks for dipping.

Prepare pita chips: Place a whole pita bread circle on a cutting board. Cut into triangle shape wedges.

Separate into individual layers for crisper pita crisps or keep the double layers for softer pita chips. Spread the pita chips on a baking sheet. Brush lightly with olive oil. Sprinkle with garlic powder, Italian seasoning, and Parmesan cheese. Bake for 5-10 minutes at 350° F or until lightly golden.

Prepare hummus (classic variety): Drain one can of garbanzo beans but reserve the juice in a small bowl. Open can of tahini and stir it a little to combine. In a blender or food processor, combine one can of drained garbanzo beans, 1-2 tablespoons of tahini, 1 teaspoon of minced garlic, the juice of half of a lemon, and a little salt. Pulse to mince. Add some of the reserved juice from the garbanzo beans to create desired consistency. Blend until smooth.

Prepare hummus (flavored varieties): Prepare hummus as directed above, but add your favorite ingredients. You may not need to add as much extra juice from the garbanzo beans because many of these ingredients release liquid when blended.

Roasted red pepper hummus: add about 1/2 cup of jarred roasted red peppers and blend

Artichoke and lemon hummus: add about 1/2 cup of marinated artichokes with artichoke juice and the juice of an extra half of a lemon

Green olive hummus: prepare the classic variety, add about 3-4 tablespoons whole green olives; blend

Sun-dried tomato hummus: prepare the classic variety, add about 3-4 tablespoons sun-dried tomatoes; blend

Fish Tacos with Fresh Mango Salsa

1 mango, peeled and chopped
1 cucumber, chopped
1 scallion, chopped
2 T. lime juice (about 1 lime, juiced)
1 pound white fish fillets, such as catfish or tilapia
½ tsp. cumin
¼ tsp. salt
8 (6 inch) whole wheat flour tortillas

1 tomato, chopped
3 T. chopped fresh parsley
1 jalapeno pepper, seeded and chopped
1 T. olive oil
½ tsp. chili powder
freshly ground black pepper to taste
2 cups shredded lettuce

To prepare the salsa, combine the mango, tomato, cucumber, parsley, scallion, jalapeno, and lime juice. Refrigerate until ready to serve.

Warm olive oil in a large skillet over medium-high heat. Add fish and season with cumin, chili powder, salt, and pepper. As the fish cooks, break it up into 2 inch pieces with the tip of a spatula. Sauté until the fish is opaque and flakes easily. To serve spoon fish into tortillas and top with prepared salsa and lettuce.

BBQ Chicken, Mashed Potatoes, and Collard Greens

Serves 4. Total time 40 minutes.

Collard Greens

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| $\frac{1}{2}$ T. olive oil | 3 cups water or low-sodium chicken broth |
| 1 onion, chopped | $\frac{1}{4}$ tsp. salt |
| 2 garlic cloves, chopped | $\frac{1}{4}$ tsp. red pepper flakes, optional |
| 1 pound fresh collard greens, chopped | 2 medium tomatoes, sliced |

Directions:

Warm olive oil in large pot over medium-high heat. Add onion; cook 4 minutes. Add garlic; cook 1 minute. Add collard greens, stir, and sauté about 2 minutes until they start to wilt. Add water, salt, and red pepper; return to a boil. Reduce heat to medium-low, cover, and simmer for 30 minutes or until greens are tender. Serve with a side of sliced tomatoes.

Barbeque Chicken

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| 3 T. water | 1 tsp. dry mustard |
| 3 T. no salt added ketchup | 1 tsp. chili powder |
| 2 T. brown sugar | $\frac{1}{4}$ tsp. salt |
| 2 T. apple cider vinegar | $\frac{1}{2}$ T. olive oil |
| 2 T. Worcestershire | 16 ounces boneless, skinless chicken breasts, |
| 1 T. lemon juice | cut into 2 inch strips |

Directions:

Combine water, ketchup, brown sugar, vinegar, Worcestershire, lemon juice, dry mustard, chili powder, and salt in a large measuring cup; set aside. Warm olive oil in a large skillet over medium-high heat. Add chicken; sauté 6-7 minutes until golden brown. Add sauce, lower heat to medium and simmer about 15 minutes until sauce is thickened and chicken is cooked through.

Homestyle Mashed Potatoes

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| 2 pounds Yukon gold or other baking potato, peeled and cut into 2" chunks | 1 T. butter or trans-free tub margarine |
| 1 tsp. salt | $\frac{1}{3}$ cup 1% milk |

Directions:

Place potatoes in a medium pot and cover with water. Place pot over high heat, cover with a lid, and bring to a boil. Add salt, reduce to medium heat, and simmer 15-20 minutes until potatoes are tender when pierced with a fork. Reserve $\frac{1}{3}$ cup of cooking liquid. Drain potatoes and transfer to a serving dish. Add butter and milk and mash until desired consistency. Add cooking liquid as desired for a smoother consistency.

Total Meal Nutrition Information (per $\frac{1}{4}$ of each recipe): 566 calories, 44 g protein, 11 g fat, 3.5 g saturated fat, 69 g carbohydrate, 7.5 g fiber, 105 mg cholesterol, 693 mg sodium, 1 serving equals: 2 vegetables, 1.5 whole grain equivalents, 1 protein/ dairy, 1 fat

BBQ Chicken, Mashed Potatoes, and Collard Greens

Shopping List

Produce Department

- 1 pound fresh collard greens, chopped (see tip #1)
- 2 pounds Yukon gold or other baking potato (see tip #2)
- 1 onion, chopped
- 2 garlic cloves, chopped

Dry Goods Department

- 3 T. no salt added ketchup
- 2 T. brown sugar
- 2 T. apple cider vinegar
- 2 T. Worcestershire
- 1 T. lemon juice (or juice of half of a lemon)
- 1 tsp. dry mustard
- 1 tsp. chili powder
- ¼ tsp. red pepper flakes, optional

Meat/ Dairy Department

- 16 ounces boneless, skinless chicken breasts
- 1/3 cup 1% milk
- 1 T. butter or trans-free tub margarine

Smart Shopper Tip #1:

To speed up prep time, look for pre-washed, pre-chopped collard greens bagged in the produce section.

Smart Shopper Tip #2:

In a pinch, try frozen peeled potatoes, such as Ore-Ida Steam and Mash® Cut Russet Potatoes or Sweet Potatoes. They can be cooked in the microwave in ten minutes and seasoned lightly as desired.

Smart Shopper Tip #3:

Collard greens are also delicious simmered in stock or broth. There are several good options to use. First, you can make your own homemade stock, skim the fat, and freeze it for later. Second, you can purchase pre-made stock in cans or cartons on the soup aisle. Third, you can purchase soup bouillon granules on the soup aisle that need to be reconstituted with water.

Regardless of the method you choose, be sure to use a low-sodium stock with less than 20% daily value per cup of stock or teaspoon of granules.

Shrimp Gumbo with Brown Rice

Serves 8. Total time 40 minutes.

Shrimp Gumbo with Brown Rice

This simple recipe yields 8 servings so you can freeze the leftovers for another day.

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| 4- $\frac{1}{2}$ cups water | 1 tsp. seafood seasoning (such as Old Bay®) |
| 2 cups uncooked long grain brown rice | $\frac{1}{4}$ tsp. crushed red pepper, optional |
| 1 T. olive oil | 16 oz. package frozen chopped okra, thawed |
| 1 onion, chopped | 16 oz. package corn, thawed |
| 3 garlic cloves, chopped | 1 pound shrimp, peeled and deveined |
| 46 oz. can low-sodium tomato juice | fresh parsley to garnish, optional |
| 28 oz. can no salt added diced tomatoes | |

Directions:

1. In a medium saucepan, bring water to a boil over high heat. Add rice, lower heat to medium, cover, and simmer 30-40 minutes until rice is firm but tender.
2. Warm olive oil in another large pot over medium-high heat. Add onion; sauté 5 minutes. Add garlic, sauté 1 minute. Add tomato juice, tomatoes, and seasoning. Bring to a boil over high heat, lower heat to medium, and simmer uncovered 10 minutes. Add corn and okra; cook 5 minutes. Add shrimp; cook until pink about 3 minutes.
3. To serve, spoon 1 cup of brown rice into each soup bowl. Top with gumbo and chopped parsley. Yield 8 servings.

Nutrition information (per 1/8 recipe): 383 calories, 22 g protein, 4 g fat, <1 g saturated fat, 67 g carbohydrate, 6 g fiber, 86 mg cholesterol, 372 mg sodium
1 serving equals: 2 whole grain, 0.5 protein, 3 vegetable, 0.5 fat

Shrimp Gumbo with Brown Rice

Shopping List

Produce Section

- 1 medium onion, chopped
- 3 garlic cloves, chopped
- fresh parsley to garnish, optional

Dry Goods Section

- 46 oz. can low-sodium tomato juice (see tip #1)
- 28 oz. can no salt added diced tomatoes
- 2 cups long grain brown rice (see tip #2)
- 1 T. olive oil
- 1 tsp. seafood seasoning (such as Old Bay®)
- $\frac{1}{4}$ tsp. crushed red pepper, optional

Seafood Section

- 1 pound shrimp, peeled and deveined

Freezer Section

- 16 oz. package frozen chopped okra
- 16 oz. package corn

Smart Shopper Tip #1:

Since canned tomatoes and tomato juice can be very high in sodium, choose "low sodium" or "no salt added varieties."

Smart Shopper Tip #2:

To speed up cooking time, look for quick cook whole grain brown rice. Check the label for at least 2 grams of fiber per serving.

Black Bean Chili with Avocado and Country Cornbread

Serves 6. Total time 40 minutes.

Black Bean Chili with Avocado

Avocados are known as "poor man's butter" for their rich, velvety texture. They are high in heart-healthy monounsaturated fats and a perfect topping for Mexican dishes.

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| 1 T. olive oil | 2 T. chili powder |
| 4 carrots, chopped (2 cups) | 1 T. cumin |
| 1 onion, chopped | 1 tsp. dried oregano |
| 3 garlic cloves, chopped | $\frac{1}{4}$ tsp. salt |
| 1 fresh jalapeno, seeded and finely chopped | 1 small avocado |
| 2 zucchini, chopped (2 cups) | 1 lime, juiced |
| 2 cups cooked black beans | |
| 2 (28 oz.) cans no salt added crushed tomatoes | |

Directions:

1. Warm olive oil in a large pot over medium-high heat. Add carrots, onion, garlic, and jalapeno; cook 5 minutes. Add zucchini; cook 5 minutes. Add black beans, tomatoes, chili powder, cumin, oregano, and salt; simmer 20 minutes until vegetables are tender and chili is slightly thickened. Peel, pit, and chop the avocado (see tip #1); toss it with lime juice and sprinkle over individual bowls of chili.

Country Corn Bread

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| 1- $\frac{1}{2}$ cup whole grain cornmeal | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ cup whole wheat flour | 1 egg, lightly beaten |
| $\frac{1}{4}$ cup sugar or Splenda® | 8 oz. plain nonfat yogurt |
| $\frac{1}{2}$ tsp. baking soda | $\frac{1}{4}$ cup canola oil |

Directions:

1. Preheat oven to 375° F. In a large bowl, combine cornmeal, flour, sugar, baking soda, and salt. In a small bowl, combine egg, yogurt, and canola oil. Add yogurt mixture to cornmeal mixture, stir to combine (batter will be thick). Pour into a 9-inch square baking pan coated with nonstick cooking spray. Bake 20-25 minutes until golden and cooked through.

Total Meal Nutrition Information (per 1/6 of each recipe): 502 calories, 15 g protein, 19 g fat, 3 g saturated fat, 71 g carbohydrate, 11 g fiber, 36 mg cholesterol, 510 mg sodium
1 serving equals: 1 whole grain, 1 protein/ dairy, 4 vegetable, 1 fat

Black Bean Chili with Avocado and Country Cornbread

Shopping List

Produce Department

- 4 carrots, chopped (2 cups)
- 2 zucchini, chopped (2 cups)
- 1 onion, chopped
- 1 small avocado (see tip #1)
- 1 lime
- 3 garlic cloves, chopped
- 1 fresh jalapeno, seeded and finely chopped

Dry Goods Department

- 2 (28 oz.) cans no salt added crushed tomatoes
- 1 pkg. dried black beans (prepared ahead) or 1 (15 oz.) can black beans
- 1-½ cup whole grain cornmeal (see tip #2)
- ½ cup whole wheat flour
- ¼ cup sugar or Splenda® (see tip #3)
- ¼ cup canola oil
- 1 T. olive oil
- 2 T. chili powder
- 1 T. cumin
- 1 tsp. dried oregano
- ½ tsp. baking soda

Meat/ Dairy Department

- 8 oz. plain nonfat yogurt
- 1 egg

Smart Shopper Tip #1:

Look for the dark green Haas avocado with dark rough, dimpled skin. A ripe avocado will yield to gentle pressure when squeezed.

Store unripe avocados at room temperature and ripe avocados in the refrigerator.

Avocado turns brown easily when exposed to air so prepare it just before serving. Sprinkle it with lime juice to help slow the discoloration.

To chop an avocado, cut it in half lengthwise, cutting around the large, round pit at the center. Scoop out the pit with a spoon and discard it. Gently scoop out the flesh with a spoon and chop it into ¼ inch pieces.

Smart Shopper Tip #2:

Arrowhead Mills, Bob's Red Mill, Hodgson Mills, and King Arthur all make whole-grain cornmeal that is available in many supermarkets. If your supermarket doesn't carry it, ask them to stock it. Remember to look for "whole grain cornmeal" on the ingredient list.

Smart Shopper Tip #3:

Sugar and artificial sweeteners, such as Splenda®, can both fit into a healthy diet. The key is to consume them in moderation.

Whichever you choose, try to limit yourself to no more than one serving of sugar (such as 2 cookies) or artificial sweetener (such as 12 oz. diet soda) per day.

Buttermilk Blueberry Pancakes

Serves 4. Total time 20 minutes.

Blueberry Buttermilk Pancakes

$\frac{1}{2}$ cup whole-wheat flour
 $\frac{1}{2}$ cup all-purpose flour
2 T. sugar
1 tsp. baking powder
 $\frac{1}{2}$ tsp. baking soda
1 cup low-fat buttermilk

1 T. canola oil
1 egg
1- $\frac{1}{2}$ cups blueberries, fresh or frozen
powdered sugar to dust top, optional

Directions:

1. In a large bowl, whisk together the flours, sugar, powder, and soda. In a small bowl, whisk together the buttermilk, oil, and egg. Add the buttermilk mixture to the flour mixture; stir until just combined.
2. Spray a pan with non-stick cooking spray and preheat over medium-high heat. Pour batter onto the pan ($\frac{1}{4}$ cup per pancake). Dot the top of each pancake with blueberries. When bubbles form on the top, flip over and cook on the other side until golden. Dust pancakes with powdered sugar, if desired.

Fresh Strawberries

When strawberries are not in season, try other varieties such as peaches, melon, apples, pears, oranges, or grapefruit.

4 cups fresh strawberries

Serve 1 cup of strawberries beside each serving of pancakes.

Nutrition Information (per $\frac{1}{4}$ recipe): 287 calories, 9 g protein, 6 g fat, 1 g saturated fat, 50 g carbohydrate, 6 g sugar, 7 g fiber, 55 mg cholesterol, 363 mg sodium

1 serving equals: 3 fruit, 2 whole grain, 1 protein/ dairy, 1 fat

Buttermilk Blueberry Pancakes

Shopping List

Produce Department

- 1- $\frac{1}{2}$ cup blueberries (fresh or frozen) (see tip #1)
- 4 cups fresh strawberries (1 quart)

Dry Goods Department

- $\frac{1}{2}$ cup whole-wheat flour (see tip #2)
- $\frac{1}{2}$ cup all-purpose flour
- 2 T. sugar
- 1 T. canola oil
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- powdered sugar to dust top, optional

Meat/ Dairy Department

- 1 cup low-fat buttermilk (see tip #3)
- 1 large egg

Smart Shopper Tip #1:

When fresh blueberries are not in season, use frozen blueberries. Frozen wild Maine blueberries work very well in this recipe. They are small and help the pancakes to cook evenly. If you use frozen berries, do not thaw them before adding them to the batter.

Smart Shopper Tip #2:

Whole wheat flour supplies more fiber and nutrients than all-purpose flour. You can make these pancakes with only whole wheat flour but they won't be quite as fluffy.

Smart Shopper Tip #3:

Despite the name, buttermilk is actually a low-fat option because it is usually made with cultured skim or low-fat milk.

If you don't have any buttermilk on hand, pour 1 tablespoon of lemon juice or white vinegar into a 1 cup measuring cup. Fill the remainder of the cup with skim or 1% milk and let stand for 5 minutes.