To and From the Kitchens of IPFW Employees:
Healthy Recipes and Information to Create a Healthier You.

IPFW Employee Cookbook 2011-2012
IPFW Employees and Families,

We know that your health and happiness are important to you and your family. We are here to help you have access and support in all of your personal wellness goals. Throughout the 2011-2012 academic year, IPFW Health & Wellness has focused programming on helping you create a Healthier U. Through workshops and monthly challenges, screenings, one-on-one consultations, and countless special events, we hope to have helped you find support and resources that are beneficial to your overall health and happiness, both at home and work.

We have partnered with the IPFW/Parkview Health & Wellness clinic to ensure that you have excellent care close by whenever you may need it. We are happy to partner on a daily basis to help serve your needs best.

IPFW was named a Gold level Fit-Friendly Company again in 2011. We have been recognized by the American Heart Association for meeting employee health and fitness needs.

Thank you for your continued support and participation.

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Stay Informed! Visit [www.ipfw.edu/health](http://www.ipfw.edu/health)
IPFW Health and Wellness is focusing on happiness for 2012. Why happiness? We believe that happiness is the real foundation of our overall health and wellness. Without happiness, your health can not reach its optimal level.

According to Gretchen Rubin, author of The Happiness Project, a “happiness project” is an approach to changing your life. First is the preparation stage, when you identify what brings you joy, satisfaction, and engagement, and also what brings you guilt, anger, boredom, and remorse. Second is the making of resolutions, when you identify the concrete actions that will boost your happiness. Then comes the interesting part: keeping your resolutions.

First, make some ground rules:

**Listen to what’s buzzing in your brain.**
Focus on a statement or quote to help us goal set or to relate to our goals and emotions.

**Follow the metaphor.**
You might find that your commandments would be better expressed through metaphor. Consider Howell Raines’ commandments, from Fly Fishing Through the Midlife Crisis
“Rule One: Be careful about where you fish and what you fish for and whom you fish with.
Rule Two: Be even more careful about what you take home and what you throw back.
Rule Three: The point of all fishing is to become ready to fly fish.
Rule Four: The point of fly fishing is to become reverent in the presence of art and nature.
Rule Five: The Redneck Way and Blalock’s Way run along the same rivers, but they do not come out at the same place.”

**Aim high and fight the urge to be too comprehensive.**
Review your commandments daily, keep them fresh in your mind, and Rubin says, “to do this, it helps to keep the list short and snappy.” Maybe you need twelve, or perhaps 3 or 5 will do. It’s up to you.

**Think about what's true for YOU.**
Each person’s list will differ. One person resolves to "Say yes," another person resolves to "Say no." You need to think about YOURSELF, your values, your strengths and weaknesses, your interests.

Gretchen Rubin, Happiness Project

<table>
<thead>
<tr>
<th>Define Your Happiness Project:</th>
</tr>
</thead>
<tbody>
<tr>
<td>How will you begin?</td>
</tr>
<tr>
<td>What are your commandments?</td>
</tr>
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Stay Informed! Visit www.ipfw.edu/health
BUILD YOUR HEALTH TEAM

1. Cigna Choose Well Live Well Personal Health Advocate:
   - My.cigna.com
   - 1-800-767-7141
2. Employee Assistance Program Personal Counselor
   - Achieve work/life balance
   - (260) 436-5795 or (800) 729-3971
   - 24-hours a day/7 days a week
3. Personal Physician
4. IPFW Health and Wellness Clinic
   - 481-5748
   - www.ipfw.edu/clinic
   - 2011: Accepting Cigna insurance and LabCorp lab draws
5. IPFW Athletics Center
   - 481-6655
   - www.ipfw.edu/fitness
   - www.ipfw.edu/intramurals
   - www.gomastodons.com
6. IPFW Health & Wellness Program Offerings
   - www.ipfw.edu/health
   - Screenings
   - Health Awareness Workshops
   - Health Behavior Programs
   - Special Events
7. IPFW Registered Dietitian: Judy Tillapaugh, R.D., 481-6647
8. IPFW Wellness Specialist: Jen Roherty, ACSM HFS, 481-6746
9. IPFW Personal Trainers: Kate Black, Sue Bair, & Jim Thurber
   - www.ipfw.edu/fitness
10. IPFW Human Resources
    - www.ipfw.edu/hr
11. IPFW Campus Resources
    - Trail network: www.fortwayneparks.org
    - Measured outdoor walking distances: http://new.ipfw.edu/offices/wellness/resources/walking.html
12. Local Health & Wellness Information and Events:
13. Local Hospitals:
    - Parkview Hospital: www.parkview.com
    - Lutheran Hospital: www.lutheranhospital.com

Stay Informed! Visit www.ipfw.edu/health
What’s the key to health and happiness?

Our health plan focuses on helping you keep well, rather than just providing coverage for covered illness or injury. Your plan includes coverage for preventive care services for men, women, and children. Visit www.mycigna.com to see your specific individual preventive coverage.

### Preventive Health

#### Wellness Exams and Immunizations

<table>
<thead>
<tr>
<th></th>
<th>Birth to 2 Years</th>
<th>Ages 3-10</th>
<th>Ages 11-21</th>
<th>Ages 22 and Older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Well-Baby/Well-Child/Well-Person Exam: (includes height, weight, head-circumference, BMI, history, anticipatory guidance, education regarding risk reduction, psychosocial/behavior assessment)</td>
<td>Birth, 1, 2, 4, 6, 9, 12, 15, 18, 24, &amp; 30 months; Additional visits 2-4 days for infants discharged less than 48 hours after delivery</td>
<td>Well-child exams; once per year</td>
<td>Once per year</td>
<td>Periodic visits, depending on age.</td>
</tr>
<tr>
<td>Diphtheria, Tetanus, Toxoids and Acellular Pertussis (DTaP)</td>
<td>2, 4, &amp; 6 months and 15-18 months</td>
<td>Ages 4-6</td>
<td>Tetanus, diphtheria, acellular pertussis (Tdap) given once; ages 11-64</td>
<td>Tetanus and diphtheria toxoids; booster (Td) every 10 years; Tdap given once; ages 11-64</td>
</tr>
<tr>
<td>Hemophilic Influenza type b conjugate (Hib)</td>
<td>2, 4, &amp; 6 months and 15-18 months</td>
<td>12-23 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis A (HepA)</td>
<td></td>
<td>12-23 months</td>
<td></td>
<td>May be required for persons at risk</td>
</tr>
<tr>
<td>Hepatitis B (HepB)</td>
<td>At birth, 1-4 months and 6-18 months</td>
<td>Ages 3-10 if not previously immunized</td>
<td>Ages 11-18 if not previously immunized</td>
<td>May be required for persons at risk</td>
</tr>
<tr>
<td>Human Papillomavirus (HPV)</td>
<td></td>
<td>Ages 9-10, as doctor advises</td>
<td>Ages 11-12, catch-up, ages 13-26</td>
<td>Catch-up, through age 26</td>
</tr>
<tr>
<td>Influenza Vaccine</td>
<td>Annually</td>
<td>6 month and older</td>
<td>Annually</td>
<td>Annually</td>
</tr>
<tr>
<td>Measles, Mumps, and Rubella (MMR)</td>
<td>Ages 12-15 months</td>
<td>Ages 4-6 or 11 &amp; 12 if not given earlier</td>
<td>If not already immune</td>
<td>Rubella for women of childbearing age if not immune</td>
</tr>
<tr>
<td>Meningococcal (MCV)</td>
<td></td>
<td>All persons age 11-18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pneumococcal (Pneumonia)</td>
<td>2, 4, &amp; 6 months, and 12-15 months</td>
<td>Ages 3-10</td>
<td>Ages 65 and older, once (or younger than 65 for those with risk factors)</td>
<td></td>
</tr>
<tr>
<td>Poliovirus (IPV)</td>
<td>2 &amp; 4 months and 6-18 months</td>
<td>Ages 4-6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rotavirus</td>
<td>Ages 6-24 months</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella (Chickenpox)</td>
<td>Ages 12-15 months</td>
<td>Ages 4-6</td>
<td>Second dose catch-up or if no evidence of prior immunization or chickenpox</td>
<td>Second dose catch-up or if no evidence of prior immunization or chickenpox</td>
</tr>
<tr>
<td>Zoster</td>
<td></td>
<td></td>
<td>Ages 60+</td>
<td></td>
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#### Women’s Health Screenings and Interventions

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<th>Pregnant women</th>
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<td>Anemia Screening</td>
<td></td>
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<tr>
<td>Bacteriuria Screening</td>
<td></td>
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<td>Chlamydia Screening</td>
<td>Sexually active women ages 24 and under and older women at risk</td>
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<td>Cocciidiosis Screening</td>
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<tr>
<td>Gonorrhea Screening</td>
<td>Sexually active women at risk</td>
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<td>Hepatitis B Screening</td>
<td>Pregnant women</td>
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<tr>
<td>Influenza Virus Screening</td>
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<tr>
<td>Mumps Screening</td>
<td></td>
</tr>
<tr>
<td>Osteoporosis Screening</td>
<td>Ages 65 and older (or under age 65 for women at risk)</td>
</tr>
<tr>
<td>Poliovirus (IPV)</td>
<td></td>
</tr>
<tr>
<td>Poliomyelitis Screening</td>
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<td>Rubella Screening</td>
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<td>Syphilis Screening</td>
<td>Pregnant women</td>
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<td>Tuberculosis Screening</td>
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<td>Varicella Chickenpox</td>
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</tr>
<tr>
<td>Zoster</td>
<td>Ages 60+</td>
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Contact my.cigna.com or call 1800-767-7141 with specific benefits-related questions.
<table>
<thead>
<tr>
<th>Health Screenings and Interventions</th>
<th>Birth to 2 years</th>
<th>Ages 3 to 10</th>
<th>Ages 11 to 21</th>
<th>Ages 22 and older</th>
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<tr>
<td>Alcohol misuse</td>
<td></td>
<td></td>
<td></td>
<td>All adults</td>
</tr>
<tr>
<td>Autism</td>
<td>18, 24 months</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>At each visit</td>
<td>Once a year</td>
<td>Every 2 years or as doctor advises</td>
<td></td>
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<tr>
<td>Cholesterol/Lipid Disorders</td>
<td>Screening of children and adolescents (after age 2, but by age 10) at risk due to known family history; when family history is unknown, or with personal risk factors (obesity, high blood pressure, diabetes)</td>
<td>Ages 20 and older if risk factors</td>
<td>All men ages 25 and older or ages 20-35 if risk factors. All women ages 45 and older or ages 20-45 if risk factors.</td>
<td></td>
</tr>
<tr>
<td>Colon Cancer Screening</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Congenital Hypothyroidism Screening</td>
<td>Newborns</td>
<td></td>
<td></td>
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<tr>
<td>Depression Screening</td>
<td>Ages 12-18</td>
<td>All adults</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Developmental Screening</td>
<td>9 and 18 months</td>
<td>30 months</td>
<td></td>
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<tr>
<td>Developmental Surveillance</td>
<td>Newborn, 1, 2, 4, 6, 12, 15, and 24 months</td>
<td>At each visit</td>
<td>At each visit</td>
<td></td>
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<tr>
<td>Diabetes Screening</td>
<td></td>
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<td></td>
<td>Adults with sustained blood pressure greater than 135/80</td>
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<td>Dental Caries Prevention</td>
<td>Children older than 6 months</td>
<td>Children older than 6 months</td>
<td></td>
<td></td>
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<tr>
<td>Oral Health Evaluation/Assessment for Dental Referral</td>
<td>12, 18, 24 months</td>
<td>30 months, 3 &amp; 6 years</td>
<td></td>
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<tr>
<td>Hearing Screening</td>
<td>All newborns by 1 month</td>
<td>Ages 4,5,6, 8, &amp; 10 or as doctor advises</td>
<td>Adults with hyperlipidemia, those at risk for cardiovascular disease or diet-related chronic disease</td>
<td></td>
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<td>Healthy Diet/Nutrition Counseling</td>
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<td></td>
<td></td>
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<tr>
<td>Hemoglobin or Hematocrit</td>
<td>12 months</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>HIV Screening</td>
<td></td>
<td>Adolescents at risk</td>
<td>Adults at risk</td>
<td></td>
</tr>
<tr>
<td>Lead Screening</td>
<td>12 &amp; 24 months</td>
<td></td>
<td></td>
<td></td>
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<td>Metabolic/Hemoglobinopathies (according to state law)</td>
<td>Newborns</td>
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<td>Obesity Screening</td>
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<td>Ages 6 and older</td>
<td>Ages 11 and older</td>
<td>All adults</td>
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<td>PKU Screening</td>
<td>Newborns</td>
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<tr>
<td>Prophylactic Ocular (Eye) Medication to prevent blindness</td>
<td>Newborns</td>
<td></td>
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<tr>
<td>Prostate Cancer Screening (PSA)</td>
<td></td>
<td></td>
<td></td>
<td>Once a year for men ages 50 and older or any age with risk factors</td>
</tr>
<tr>
<td>Sexually Transmitted Infections (STI) Screening</td>
<td></td>
<td>All sexually active adolescents</td>
<td>All adults at risk</td>
<td></td>
</tr>
<tr>
<td>Sickle Cell Disease Screening</td>
<td>Newborns</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Syphilis Screening</td>
<td></td>
<td>Individuals at risk</td>
<td>Individuals at risk</td>
<td></td>
</tr>
<tr>
<td>Tobacco Use/Cessation Interventions</td>
<td></td>
<td></td>
<td></td>
<td>All adults</td>
</tr>
<tr>
<td>Tuberculin Test</td>
<td>Children at risk</td>
<td>Children at risk</td>
<td>Adolescents at risk</td>
<td></td>
</tr>
<tr>
<td>Ultrasound AAA Screening</td>
<td></td>
<td></td>
<td></td>
<td>Men ages 65-75 who have ever smoked</td>
</tr>
<tr>
<td>Vision Screening (not complete eye exam)</td>
<td>Ages 3,4,5,6,8, and 10 or as doctor advises</td>
<td>Ages 12, 15, and 18 or as doctor advises</td>
<td></td>
<td></td>
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</table>
# Know Your Numbers

<table>
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<tr>
<th>Assessment</th>
<th>Norms</th>
<th>My Values</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blood Pressure</strong></td>
<td>120/80</td>
<td></td>
</tr>
</tbody>
</table>
| **BMI**                            | Underweight = <18.5  
Normal weight = 18.5–24.9  
Overweight = 25–29.9  
Obesity = BMI of 30 or greater |           |
| **Cholesterol**                    | Below 200 mg/dL—Desirable  
200-239 mg/dL—Borderline High  
240 mg/dL and above—High |           |
| **HDL**                            | Below 40 mg/dL (men)  
Below 50 mg/dL (women)—Poor  
50-59 mg/dL—Better  
60 mg/dL and above—Best |           |
| **LDL**                            | Below 70 mg/dL—Ideal for people at very high risk of heart disease  
Below 100 mg/dL—Ideal for people at risk of heart disease  
100-129 mg/dL—Near ideal  
130-159 mg/dL—Borderline high  
160-189 mg/dL—High  
190 mg/dL and above—Very high |           |
| **Triglycerides**                  | Below 150 mg/dL—Desirable  
150-199 mg/dL—Borderline High  
200-499 mg/dL—High  
500 mg/dL and above—Very High |           |
| **Blood Sugar**                    | Fasting—70-99 milligrams per deciliter  
2 Hour Fast—70-145 mg/dL  
Random Reading—70-125 mg/dL |           |
| **Waist Circumference**            | Men:  
Very High: >47 inches  
High: 39.5 - 47  
Low: 31.5 - 39  
Very Low: <31.5  
Women:  
> 43.5 inches  
35.5 - 43  
28.5 - 35  
< 28.5 |           |
| **Average number workouts per week** | 3-5 workouts or 150 minutes of exercise |           |
| **Average number of days when you get 5-9 servings of fruits and vegetables per day** | 5-9 servings per day |           |
| **Average number of nights with 7-9 hours of sleep** | 7-9 hours per night |           |

Source: American Heart Association, American College of Sports Medicine, Centers for Disease and Control
**Simple Tips for Success**

**Eat Three Meals and 2-3 Snacks Daily.**
Make time for meals. Eating three meals per day plus snacks will provide you with energy that will last all day and keep your metabolism active. Pack healthy, portable snacks when you know you will be on the go.

**Build Meals with Complex Carbohydrates.**
Carbohydrates are the main fuel source for the mind and muscles. Complex carbohydrates include whole wheat breads, cereals, pasta, rice, beans and other starchy vegetables.

**Vegetables and Fruit**
Include vegetables and fruit at each meal or snack. Fresh, frozen, and/or canned are all healthy options to include vegetables and fruit into meals and snacks.

**Include Protein at Each Meal.**
Protein provides essential amino acids which are the building blocks for the body’s tissues. Lean sources include non-fat or 1% dairy, low-fat cheese, poultry, seafood, lean meats, tofu, soy, egg whites and beans.

**Limit High Fat Foods.**
Fat provides essential fatty acids which help transport nutrients and provide energy. Some fat is important but too much will provide excess calories.

**Limit High Sugar Foods.**
High sugar foods like soda, candy and desserts are high in calories and low in nutrients.

**Stay Hydrated.**
Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. If you wait until you are thirsty, you are already partially dehydrated. Carry a bottle of water in your bag.

**Relax, Turn Off the TV and Enjoy Your Meals.**
Listen to your body as to when you are hungry and when you are satisfied. Taking your time while eating will help you realize when you are satisfied and prevent over eating.

**If You Choose to Drink Alcohol, Drink in Moderation.**
It’s recommended that women limit themselves to one drink per day and men stop at two.

**Confused?**
Contact an IPFW Dietitian at the IPFW/Parkview Health and Wellness Clinic! Call 481-6647 or email tillapau@ipfw.edu to schedule an appointment. This is a free service for employees!
Creating Perfect Portions

Balancing Calories
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce
- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Food Groups

<table>
<thead>
<tr>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Dairy</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make at least half your grains whole</td>
<td>Vary your veggies</td>
<td>Focus on fruits</td>
<td>Get your calcium-rich foods</td>
<td>Go lean with protein</td>
</tr>
</tbody>
</table>

1. Add in daily oils: 3-6 tsp.
2. Daily physical activity: 30-60 minutes
3. Avoid empty calories

http://www.choosemyplate.gov
Breakfast
1 1/2 cup whole grain cereal
1 cup milk (skim or 1%) or yogurt
Berries or 1/2 cup 100% juice

Lunch
6” turkey sub with veggies
Baked Doritos
Water, milk or unsweetened tea

Snack
Kale chips

Dinner
1 cup cooked whole wheat pasta
1/2 cup tomato sauce
Shredded cheese
3 ounces baked chicken breast
1 cup milk (skim or 1%)
Fruit or vegetables

Snack
Oatmeal bar (page 61)
1/2—1 cup yogurt

Breakfast
Peanut butter banana breakfast wrap (pg. 25)
8 oz. mocha with skim milk

Snack
Trail mix from vending machine
Or
1/4 cup nuts

Lunch
Grilled chicken sandwich
1 cup milk (skim or 1%) or yogurt
Carrot sticks

Dinner
Slow cooker quinoa casserole (page 39)
Salad with light dressing

Snack
3 cups 94% fat-free popcorn or air-popped
Orange

Smart Grocery Shopping Tips
1. Concentrate shopping time around the perimeter of the grocery store. Fill your card with produce first.
2. Watch your beverages. Choose 100% juices instead of juice drinks. Beware of soft drinks, which can contain up to 11 teaspoons of sugar.
3. Do not shop when you are hungry.
4. Think whole grains! Cereals can be a source of fiber. Find cereals with at least 5 grams fiber per serving.
5. Beware of featured items at the end of aisles and at the checkout counter. These foods are often loaded with fat and calories, plus make you spend more money on things you don’t really need.
6. Make a list and stick to it.
7. If you are trying to find convenient, on-the-go items, look for foods that are high in fiber and have both healthy carbohydrates and protein.
8. Clip coupons before you go to the store. Use only coupons on items that you normally buy or will definitely use. Be sure to use store discount cards.

Prepared by: Judy Tillapaugh, R.D., IPFW Wellness/Fitness Coordinator
# BACK TO THE BASICS

## Whole Grains

3 (1 oz.) equivalents per day  
(at least 1/2 of all the grains eaten should be whole grains)  
One ounce serving equals 1 slice whole-wheat bread,  
1/2 cup brown rice, 5 whole-wheat crackers, 1/2 cup oatmeal

## Fruits

2 cups per day  
One serving equals 1 cup sliced, chopped or cut-up fruit,  
about 8 large strawberries, 1 large orange, 32 seedless grapes

## Protein

5.5–6.6 oz. equivalents per day  
In general, 1 ounce of meat, poultry or fish, 1/4 cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

## Vegetables

2-1/2 cups per day  
One serving equals 1 cup chopped or florets of raw/cooked broccoli, 2 medium carrots, 2 cups of raw, leafy greens = 1 cup cooked, leafy greens

## Dairy Foods

3 cups of low-fat or fat-free milk or milk equivalents per day  
One serving equals 1 cup milk, 1 container (8 oz.) yogurt, 1-1/2 oz. cheese

## Fats

5–7 teaspoons per day

### Table: Whole Grains, Vegetables, Fruits, Milk and Milk Products

<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Milk and Milk Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Whole-grain breakfast cereal</td>
<td>• Broccoli</td>
<td>• Peaches</td>
<td>• White milk</td>
</tr>
<tr>
<td>• Whole-grain breads (wheat, rye, etc.)</td>
<td>• Spinach</td>
<td>• Bananas</td>
<td>• Flavored milk</td>
</tr>
<tr>
<td>• Oatmeal</td>
<td>• Carrots</td>
<td>• Grapefruit</td>
<td>• Lactose-free milk</td>
</tr>
<tr>
<td>• Brown rice</td>
<td>• Red or green pepper</td>
<td>• Blueberries</td>
<td>• Cheddar cheese</td>
</tr>
<tr>
<td>• Popcorn</td>
<td>• Tomatoes</td>
<td>• Kiwi</td>
<td>• Swiss cheese</td>
</tr>
<tr>
<td><strong>Tips</strong></td>
<td>• Sweet potatoes</td>
<td>• Cantaloupe</td>
<td>• Mozzarella cheese</td>
</tr>
<tr>
<td>Snack on ready-to-eat, whole-grain cereals such as toasted oat cereal</td>
<td><strong>Tips</strong></td>
<td></td>
<td>• Yogurt</td>
</tr>
<tr>
<td>Try brown rice or whole-wheat pasta</td>
<td>Buy vegetables that are easy to prepare</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Try whole-grain snack chips, such as baked tortilla chips</td>
<td>Try crunchy vegetables, raw or lightly steamed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use whole grains in mixed dishes, such as barley in vegetable soup or stews</td>
<td>Shred carrots or zucchini into meatloaf, casseroles, quick breads, or muffins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>and bulgur wheat in stir-fry or casseroles</td>
<td>Include chopped vegetables in pasta sauce or lasagna</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Choose foods that name whole wheat, whole oats, brown rice, etc. first on the</td>
<td>Set a good example for children by eating vegetables with meals and as snacks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>label’s ingredient list</td>
<td><strong>Tips</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tips</strong></td>
<td>Buy fresh fruits in season</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Include milk as a beverage at meals</td>
<td>Vary your fruit choices—fruits differ in nutrient content</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use fat-free or low-fat milk instead of water to prepare oatmeal and hot cereals</td>
<td>Keep a bowl of whole fruit on the table, counter, or in the refrigerator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make a dip for fruits or vegetables from yogurt</td>
<td>Refrigerate cut-up fruit to store for later</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Top casseroles, soups, stews, or vegetables with shredded reduced fat cheese</td>
<td>Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make fruit-yogurt smoothies in the blender</td>
<td>For dessert, have baked apples, pears, or a fruit salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you are lactose intolerant, choose lactose-reduced or low-lactose alternatives such as cheese, yogurt, or lactose-reduced milk</td>
<td><strong>Tips</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Conversions and Abbreviations**

<table>
<thead>
<tr>
<th>Conversion</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>tbsp. = tablespoon</td>
<td>tsp. = teaspoon</td>
</tr>
<tr>
<td>c. = cup</td>
<td>oz. = ounce</td>
</tr>
<tr>
<td>pt. = pint</td>
<td>qt. = quart</td>
</tr>
<tr>
<td>lb. = pound</td>
<td>pkg. = package</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Conversion</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tsp.</td>
<td>1 tbsp.</td>
</tr>
<tr>
<td>4 oz.</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>8 oz.</td>
<td>1 cup</td>
</tr>
<tr>
<td>2 cups</td>
<td>1 pint</td>
</tr>
<tr>
<td>2 pints</td>
<td>1 quart</td>
</tr>
<tr>
<td>1 quart</td>
<td>4 cups</td>
</tr>
<tr>
<td>1 gallon</td>
<td>4 quarts</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Conversion</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbsp.</td>
<td>1/8 cup</td>
</tr>
<tr>
<td>4 tbsp.</td>
<td>¼ cup</td>
</tr>
<tr>
<td>8 tbsp.</td>
<td>½ cup</td>
</tr>
<tr>
<td>5 tbsp. + 1 tsp.</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>12 tbsp.</td>
<td>¾ cup</td>
</tr>
<tr>
<td>16 tbsp.</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

**Stocking Your Kitchen with the Basics**

**Canned Beans**
beans are an excellent source of fiber and protein! Try a variety such as black, red kidney, white and pinto. Try fat-free refried beans!

**Tomatoes**
Tomato based pasta sauce is a great staple to keep on hand. Canned tomatoes, tomato sauce, tomato paste and salsa can also be used to enhance a variety of dishes.

**Rice**
You can stock regular or instant rice. Brown rice has the most nutrients.

**Pasta**
Pasta is quick and delicious! There are many varieties such as fettuccini, penne, spaghetti, orzo, macaroni and many more. Most pasta varieties are also available in whole wheat as well!

**Herbs**
Fresh herbs are very flavorful, though may not be convenient. Dried sage leaves, bay leaves, oregano, thyme, rosemary, and mint are just as great!

**Spices**
Purchase spices in small quantities. Convenient spices to keep include garlic powder, garlic salt, onion powder, pepper, salt, nutmeg, oregano, Italian seasoning, cayenne pepper, paprika and basil.

**Other**
Baking powder, baking soda, canned fruits and vegetables, canned fish, cream of mushroom or chicken soup, canola or olive oil, broth and non-stick cooking spray.
# The Lingo: Chopping

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chop</td>
<td>To cut into small pieces with a sharp knife.</td>
</tr>
<tr>
<td>Cube</td>
<td>To cut into small squares of equal size.</td>
</tr>
<tr>
<td>Dice</td>
<td>To cut into small cubes. Size may be specified in recipe.</td>
</tr>
<tr>
<td>Grate</td>
<td>To cut food into very fine particles by rubbing on a grater. Spray a grater with non-stick spray to help in cleanup.</td>
</tr>
<tr>
<td>Grind</td>
<td>To cut food into tiny particles by pushing through a food grinder, or by crushing with a mortar and pestle. Also can be accomplished in a food processor.</td>
</tr>
<tr>
<td>Julianne</td>
<td>To cut into thick long strips.</td>
</tr>
<tr>
<td>Sliver</td>
<td>To slice into long, then strips.</td>
</tr>
</tbody>
</table>

# The Lingo: Mixing

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beat</td>
<td>To make a mixture smooth or to introduce air by using a brisk, regular revolving motion that lifts the mixture over and over.</td>
</tr>
<tr>
<td>Blend</td>
<td>To combine two or more ingredients by mixing thoroughly.</td>
</tr>
<tr>
<td>Fold</td>
<td>To combine by using two motions: (1) cutting vertically through the mixture and (2) turning over and over by sliding the implement across the bottom of the mixing bowl with each turn of the bowl. Usually accomplished with a spatula, and usually used to incorporate light mixtures, such as egg whites, into other mixtures, such as cake batter.</td>
</tr>
<tr>
<td>Mix</td>
<td>To combine ingredients in any way that evenly distributes them.</td>
</tr>
<tr>
<td>Stir</td>
<td>To mix foods with a circular motion for the purpose of blending or obtaining uniform consistency.</td>
</tr>
<tr>
<td>Toss</td>
<td>To lightly blend ingredients by lifting them and letting them fall back in the bowl.</td>
</tr>
</tbody>
</table>
**The Lingo: Cooking**

**Baking vs. Roasting**

Both baking and roasting are done behind a closed oven door. Foods are cooked by dry heat circulating in the oven. The key is an accurate oven temperature. Generally, baking is used for cookies, breads and pies and for preparing chicken and fish. Meat is rarely baked. Roasting is done at a higher heat and is appropriate method for cooking meat, poultry and vegetables. Bake or roast foods in the middle of the oven unless the recipe states otherwise.

**Grilling vs. Broiling**

These are essentially the same techniques. The main difference is that in grilling, the heat source is below the food and in broiling, the heat source is above the food. When broiling, place a pan about 4 inches from the heat source. To prevent cleanup hassles, line the bottom of the pan with aluminum foil so you can toss it out when you are done cooking. Watch food very carefully when using the broiler so that they do not burn.

*Eating Well on Campus by Ann Selkowitz Litt*

**The Rest of the Lingo**

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baste</td>
<td>To spread, brush or spoon water, melted fat or other liquid such as chicken broth, over food to keep the surface moist and add flavor.</td>
</tr>
<tr>
<td>Blanch</td>
<td>To boil in water for a short time and then plunge into cold water or to pour boiling water over food then drain it almost immediately. Often used to preserve color in vegetables or loosen tomato skin.</td>
</tr>
<tr>
<td>Boil</td>
<td>To cook in water or liquid that is boiling.</td>
</tr>
<tr>
<td>Marinate</td>
<td>To let foods stand in a liquid mixture. Refrigerate, covered if marinating for more than 2 hours.</td>
</tr>
<tr>
<td>Poach</td>
<td>To cook in water, broth or other liquid that is just below boiling point</td>
</tr>
<tr>
<td>Sear</td>
<td>To brown surface quickly over high heat, usually in a hot skillet. Often an instruction at the beginning of meat preparation.</td>
</tr>
<tr>
<td>Simmer</td>
<td>To cook in a liquid at a low temperature. Liquid should not boil.</td>
</tr>
<tr>
<td>Steam</td>
<td>To cook, covered, over a small amount of boiling liquid so the steam formed in the pan cooks the contents.</td>
</tr>
<tr>
<td>Sauté</td>
<td>To cook briskly in a small amount of fat, usually in a skillet on top of the stove. Also known as pan-fry.</td>
</tr>
</tbody>
</table>
Many people resolve to “eat more healthfully,” "cut out sweets,” "lose weight," but it’s important to know how to do this for yourself. It’s important to know whether you’re a moderator or an abstainer.

There’s no right way or wrong way—it’s just a matter of knowing which strategy works better for you. Once again, back to the Fifth Splendid Truth: you can build a happy life only on the foundation of your own nature. If moderators try to abstain, they feel trapped and rebellious. If abstainers try to be moderate, they spend a lot of mental energy battling their temptations.

**You’re a moderator if you…**
- Find that occasional indulgence heightens your pleasure—and strengthens your resolve
- Get panicky at the thought of “never” getting or doing something

**You’re an abstainer if you…**
- Have trouble stopping something once you’ve started
- Aren’t tempted by things that you’ve decided are off-limits

People can be surprisingly judgmental about which approach you take. As an abstainer, you may often get disapproving comments like, “It’s not healthy to take such a severe approach” or “It would be better to learn how to manage yourself” or “Can’t you let yourself have a little fun?” On the other hand, you may hear abstainer-types saying to moderators, “You can’t keep cheating and expect to make progress” or “Why don’t you just go cold turkey?” But different approaches work for different people. (Exception: with an actual addiction, like alcohol or cigarettes, people generally accept that abstaining is the only solution.)

Gretchen Rubin

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**TRY THESE FAST FOOD TIPS NEXT TIME YOU’RE DINING OUT:**

1. Fast food can make you fat, so dinner at a sit-down chain must be better, right? In fact, our menu analysis of 24 national chains revealed that the average entree at a sit-down restaurant contains 867 calories, compared with 522 calories in the average fast-food entree. And that's before appetizers, sides, or desserts—selections that can easily double your total calorie intake.

2. That “medium” soda may actually be a large. Duke University researchers discovered that some fast-food chains encourage their customers to buy larger soft drinks—which justifies higher prices—by increasing the number of ounces in all sizes of drinks. They know what you may not: Most people subconsciously pick the middle option without considering the actual amount, says study author Richard Staelin, Ph.D. Remember, 8 ounces is one serving.

3. Before you head out to your next meal, really take stock of how many times you’ve eaten out this week. A 2008 study in the *International Food Research Journal* found that people are less likely to make healthy restaurant choices when they feel that they’re dining out for a “special occasion.” If you’re eating every meal at home and dining out truly is a once-a-week splurge, then don’t worry about it so much. But if you’re like most of us, eating out is probably more like a once-a-day splurge. And if that’s the case, remember, there’s nothing special here. Eat smart today because you’ll have to do it again tomorrow.

4. When, for a 2008 study published in the journal *Obesity*, researchers offered patrons two plate sizes, 98.6 percent of those with the highest BMI took the larger of the two to the buffet. A bigger plate tricks your eye into thinking you’re not eating as much when you load it up—and after you start eating. Use a smaller plate, get a smaller belly.

*Eat This Not That: 12 Best Restaurant Weight Loss Tips*
CIGNA:
Helping You Create a Healthier, Happier You.

www.mycigna.com

- Health Risk Assessment
- Online and Phone Coaching programs (weight loss, sleep, stress and smoking cessation)
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- Personalized and secure online account tools
- Review plan coverage levels
- Check available balances
- Track claims and payments
- Get HAS bank account information
- Manage investment accounts via link to JPMorgan Chase
- Vast health and wellness resources
- Wellness discounts

Purdue-Cigna Customer Service Hotline
Available 24/7
1-800-767-7141

Abundant health resources available at you're my.cigna.com webpage
BREAKFAST ON THE GO

9 Fast, Healthy Breakfast Ideas

1. **Fruit and Cheese**: a balanced, easy-to-assemble make-ahead morning meal: grab an apple, wrap 1-2 ounces of cheddar in plastic, and toss 1/4 cup of fiber- and protein-rich walnuts into a resealable plastic bag.

2. **Peanut Butter Waffle**: Instead of dousing a whole-grain or bran toaster waffle in syrup, cut the sugar and boost the protein and fiber by spreading it with 2 tablespoons of peanut butter. You can also sprinkle on 1 tablespoon of raisins, sesame seeds, or extra peanuts for even more fiber, which helps deliver the meal's nutrients slowly and steadily.

3. **Plain Doughnut With Chocolate Milk**: A plain cake-style doughnut is usually a better choice than a bakery muffin. At Dunkin' Donuts, for instance, an old-fashioned doughnut has 280 calories, while a corn muffin has 510 calories. Add fiber by eating ¼ cup of almonds or dried fruit. Instead of coffee, try 8 ounces of low-fat chocolate milk.

4. **Strawberry Shake**: In a cocktail shaker, combine a packet of vanilla or strawberry instant-breakfast powder (look for the no-sugar-added kind, such as Carnation) and 1 cup of low-fat strawberry cow's milk or soy milk. (You can also mix this the night before.) If you have time, use a blender to add strawberries or a frozen banana, for extra fiber, and a scoop of protein powder.

5. **Morning Pizza**: You could have a slice of last night's pizza (it's preferable to filling up on sugar or skipping breakfast). Or you could try a more sophisticated spin: Take a slice of crusty bread, spread it with 3 tablespoons of low-fat ricotta, and add tomatoes. Finish with a drizzle of olive oil (about 1 teaspoon) and a little salt and pepper. Broiling is optional.

6. **Energy Bars**: To substitute for a meal, an energy bar should have at least 3 to 5 grams of fiber and 10 grams of protein. Odwalla, Kashi GoLean, and TruSoy are all good options. Because cereal bars rarely have more than 2 grams of protein, kids might be better off adding a stick of Go-Gurt! and a sleeve of peanuts.

7. **Egg McMuffin**: Yes, you read that right. If you must eat fast food in the morning, get an Egg McMuffin at McDonald's. At 300 calories, it's not an outrageous meal. Plus it has a good amount of lean protein from the egg and the Canadian bacon. To trim empty calories, remove the top half of the muffin. For additional fiber, add a fresh orange.

8. **Cereal "Sundae"**: A bowl of fiber-rich bran flakes (about 1 1/2 cups) with 8 ounces of low-fat milk is nearly the perfect breakfast. Make it portable by replacing the milk with lemon or vanilla yogurt and mixing it in a to-go container. Increase the fiber and vitamins by adding ¼ cup of nuts or fresh or dried fruit, such as chopped pecans or blueberries.

9. **Huevos Rancheros**: One of the most portable proteins is a hard-cooked egg, but it has no fiber or carbohydrates. So slice it, then roll it in an 8-inch whole-wheat tortilla with a piece of Canadian bacon or lean ham and, if you like, a ½-ounce slice of cheese. Add a tablespoon of salsa for a shot of flavor and a smidgen of vitamin C.

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Stay Informed! Visit www.ipfw.edu/health

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<table>
<thead>
<tr>
<th>Bread/Cereal Group</th>
<th>Fruit Group</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold Cereal</td>
<td>+</td>
<td>Fruit</td>
</tr>
<tr>
<td>Whole wheat bagel</td>
<td>+</td>
<td>Orange juice</td>
</tr>
<tr>
<td>Instant oatmeal</td>
<td>+</td>
<td>Raisins</td>
</tr>
<tr>
<td>Whole Wheat Toast</td>
<td>+</td>
<td>Peaches</td>
</tr>
<tr>
<td>Waffles</td>
<td>+</td>
<td>Pomegranate Juice</td>
</tr>
</tbody>
</table>
**RED PEPPER EGG-IN-A-HOLE**

Serves 4  
Calories: 80  
Points+: 2

**Ingredients:**
- Olive oil spray  
- 1 bell pepper cut into 4-1/2” thick rings  
- 4 large eggs

1. In a large, nonstick skillet, heat on medium.  
2. When hot, spray olive oil spray, add egg into the center of the pepper.  
3. Season as desired and cook until the egg whites are mostly set, but the yolks are still runny, 2-3 minutes.  
4. Gently flip and cook 1 more minute for over easy, longer if you like them over well.  

www.skinnytaste.com

**CINNAMON APPLE SPICE OATMEAL**

Serves 1  
Calories: 230  
Points+: 2

**Ingredients:**
- 1/3 cup uncooked quick oats  
- 2 Tbsp. apple butter  
- Dash of cinnamon  
- 1 Tbsp. low fat granola

1. Cook oatmeal in water according to package directions.  
2. Pour cooked oatmeal in a bowl and top with apple butter, granola, and cinnamon.  
3. You can add a little low-fat milk if you like your oatmeal thinner. Enjoy!

Submitted by Nick Young, English Department
**HUEVOS RANCHEROS**

Serves: 2  
Calories: 195  Points+: 5

**Ingredients:**  
- 1/2 tsp. oil  
- 1/2 onion, minced  
- 1 medium tomato, minced  
- 2 Tbsp. chopped green chilies  
- Oil spray  
- Pinch of cumin (optional)  
- 2 large eggs  
- 1/4 cup shredded lettuce  
- 1 oz. shredded cheese  
- 2 tsp. chopped cilantro  
- Olive oil spray  
- 2 corn tortillas

1. Heat oil in pan. Add onions and cook one minute. Add tomatoes, chilies, and cumin and cook another few minutes. Set aside and keep warm.  
2. In another medium non-stick pan, lightly spray the tortillas with oil on each side and heat a few minutes on both sides until tortillas get crispy and pockets or air bubbles start to form inside. Set aside.  
3. In the same pan, lightly spray more oil and add eggs. Cover and cook until sunny-side up or to your liking.  
4. To serve, place a tortilla on each plate, top with egg, tomatoes, lettuce, cheese, and cilantro.

www.skinnytaste.com
LEMON CRANBERRY SCONES

Serves: 10
Calories: 192    Points+: 5

**Ingredients:**
- 2 tbsp. sugar
- 2 tbsp. fresh lemon juice, divided
- 1/2 cup low-fat buttermilk
- 1/4 cup sugar
- 1 tbsp. lemon zest
- 2 tsp. vanilla extract
- 1 large egg
- 2 cups whole wheat flour
- 1 tbsp. baking powder
- 1/2 tsp. salt
- 3 tbsp. chilled butter (must be cold), cut into small pieces
- 3/4 cup dried sweet cranberries or cherries

1. Position rack in top third of oven and preheat oven to 375 F. Line baking sheet with parchment paper. Make glaze by combining 2 Tbsp. sugar and 1 Tbsp. lemon juice.
2. Combine buttermilk, remaining lemon juice, sugar, lemon zest, vanilla, and egg in a medium bowl, stirring with a whisk.
3. Combine flour, baking powder, and salt in a large bowl, stirring with a whisk. Cut in chilled butter with a pastry blender, or use 2 knives, until the mixture resembles coarse meal. Gently fold in cranberries or cherries. Add buttermilk mixture, stirring just until moist. Dough will be sticky.
4. Place dough onto a floured surface and knead lightly four times with floured hands. Form dough into an 8-inch circle onto baking sheet, about 3/4” thick. Using a knife, cut dough into 10 wedges (do not cut all the way through). Brush lemon glaze over dough. Bake until golden, about 18-20 minutes or until a tester comes out clean. Serve warm or at room temperature.
If you leave out the dried fruit, the scones are 4 point plus each.

www.skinnytaste.com

PROTEÍN AND BERRY PITA

Serves: 1
Calories: 133    Points+: 3.5

**Ingredients:**
- 3 tbsp. fat-free ricotta cheese
- 1/2 tsp. vanilla extract
- 1/2 tsp. Splenda or other sweetener
- 3 tbsp. of your favorite berries
- 1/2 whole-wheat pita

1. In a small bowl, mix ricotta, vanilla, and sweetener.
2. Add berries to ricotta mix.
3. Open pita and scoop ricotta mix into middle. Wrap pita in foil or put into container if you’re on the go.

The Everything Healthy College Cookbook
CREATE YOUR FOLLOW-THROUGH PLAN

Motivation is in the mind; follow-through is in the practice.
Motivation is conceptual; follow-through is practical.
In fact, the solution to a motivation problem is the exact opposite of the solution to a follow through problem.
The mind is essential to motivation.
But with follow through, it's the mind that gets in the way.
Your Problem Isn't Motivation by Peter Bregman

Create your own follow through plan to ensure your success:

1. Create an environment that supports your workout goals:

________________________________________________________________________
________________________________________________________________________

2. Be accountable to a person or with a person:

________________________________________________________________________

3. Decide when and where you’re going to workout:

________________________________________________________________________
________________________________________________________________________

4. Commit to a concrete plan:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

5. Realize that your follow-through challenge will only last a few seconds. As soon as you put your sneakers on and start heading to the gym, your mind will give up arguing with you.

6. Discipline will be useful for a while as you get back into working out. But after that, momentum will take over and the pleasure of feeling more fit will help quiet the internal distractions.

7. Think of your plan as a multifaceted campaign; a checklist that you should go through each day to make sure you are stacking the deck in your favor.

Your Problem Isn't Motivation by Peter Bregman
## PEANUT BUTTER BANANA BREAKFAST WRAP

Serves: 1  
Calories: 672  Points+: 18.5

**Ingredients:**
- 2 tbsp. peanut butter or other nut butter  
- 1 whole-wheat tortilla  
- 2 tbsp. granola  
- 1/2 banana, sliced thin  
- 1/4 tsp. cinnamon  
- 1 tbsp. raisins  
- 1 tsp. agave nectar, optional

1. Spread peanut butter down the center of the tortilla and layer granola and banana on top.  
2. Sprinkle with cinnamon and raisins, and drizzle with agave nectar if desired.  
3. Warm in the microwave for 10-15 seconds to slightly melt peanut butter.

Source: The Everything Healthy College Cookbook

## WAKE UP SMOOTHIE

Serves: 3 (1 cup each)  
Calories: 139  Points+: 4

**Ingredients:**
- 1 1/4 cup orange juice  
- 1 banana  
- 1 1/4 cup frozen berries, i.e., raspberries, blackberries, blueberries, strawberries  
- 1/2 cup low-fat silken tofu or low-fat plain yogurt  
- 1 tbsp. honey, if desired.

**Directions:**
1. Combine juice, banana, berries, tofu or yogurt, and honey using a blender. Blend until creamy.  
2. Serve immediately.

Source: eatingwell.com
HASH BROWN EGG WHITE NESTS

Serves: 3
Calories: 133    Points+: 3

Ingredients:
- Olive oil spray
- 1/2 cup minced onion
- 1 cup shredded potatoes
- Dash of garlic powder
- 1 cup egg whites or egg beaters, beaten
- 2 Tbsp. diced onions
- 1/4 cup diced bell peppers
- 8 oz. reduced fat Swiss, chopped
- 1 oz. turkey ham, sliced
- Dash of garlic powder

1. Preheat oven to 375 F. Lightly spray a muffin tin with oil spray. Combine potatoes, 1/2 cup onion, and garlic powder. Fill each muffin tin with 1/4 cup potatoes and press along the side of the tin so that it forms a nest. Bake 35 minutes or until golden brown and edges are crispy.
2. While nests are baking, combine the egg whites with remaining ingredients in a medium bowl.
3. After removing nests from oven, fill each cup with about 3 tbsp. of egg mixture. Return to the oven and bake an additional 17-20 minutes or until eggs are fully cooked.

www.skinnytaste.com

MORNING FRUIT SALAD

Serves: 6-8
Calories: 232 (1 cup)    Points+: 6.5

Ingredients:
- 1 can (11 oz.) mandarin oranges
- 1/4 cup plus 2 tbsp. mayonnaise
- 1 1/2 cups seedless grapes, halved
- 2 small apples, chopped
- 2 small bananas, sliced
- 1/3 cup chopped walnuts
- 1/4 cup maraschino cherries, halved
- 1/4 cup raisins

1. Drain oranges, reserving 4 1/2 tsp. juice (discard remaining). In a small bowl, combine mayonnaise and reserved juice.
2. In a large bowl, combine the oranges, grapes, apples, bananas, coconut, walnuts, cherries, and raisins. Divide among serving dishes; drizzle with mayonnaise mixture. Serve immediately.

Taste of Home Magazine
**CORN AND BASIL CAKES**

Serves: 4  
Calories: 320  Points+: 8.5

**Ingredients:**
- 1/2 cup whole-wheat flour  
- 1/2 cup low-fat milk  
- 2 large eggs  
- 2 tbsp. canola oil, divided  
- 1/2 tsp. baking powder

1. Whisk flour, milk, eggs, 1 tbsp. oil, baking powder, salt, and pepper in a medium bowl until smooth. Stir in corn and basil.

2. Brush a large nonstick skillet lightly with some of the remaining 1 tbsp. oil; heat over medium heat until hot but not smoking.

3. Cook four cakes at a time using about 1/4 cup batter for each, making them about 3 inches wide. Cook until the edges are dry, about 2 minutes. Flip and cook until golden brown on the other side, 1-3 minutes or more.

4. Repeat with the remaining oil and batter, making 10 cakes total. Reduce the heat as necessary to prevent burning.

Submitted by Kate Black, IPFW Personal Fitness Trainer

**LOW-FAT PEANUT BUTTER BANANA MUFFINS**

Serves: 12  
Calories: 160  Points+: 4

**Ingredients:**
- 3 ripe medium bananas  
- 1/3 cup unsweetened apple sauce  
- 1 1/4 cups unbleached all purpose flour  
- 3/4 tsp. baking soda  
- 1/4 tsp. salt  
- 2 tbsp. margarine, softened  
- 1/3 cup light brown sugar  
- 2 large egg whites  
- 1/2 tsp. vanilla extract  
- 10 tbsp. peanut butter (divided into 8 tbsp. and 2 tbsp.)

1. Preheat oven to 325 F. Line a muffin tin with 12 liners. Mash bananas in a bowl and set aside.

2. In a medium bowl, combine flour, baking soda, salt, and sugar with a wire whisk. Set aside.

3. In a large bowl, cream butter and sugar with an electric mixer. Add egg whites, bananas, apple sauce, vanilla, and 8 tbsp. peanut butter, and beat at medium speed until thick. Scrape down sides of the bowl.

4. Add flour mixture, then blend at low speed until combined. Do not over mix.

5. Pour batter into muffin tin halfway, then add 1/2 tsp. of the remaining peanut butter into each muffin well. Top of each muffin with remaining batter, and bake on the center rack for 25 minutes, or until a toothpick inserted in the center comes out clean.

Submitted by Jen Roherty, Department of Athletics, Recreation, and Intramural Sports
A One Sentence Journal

“My path-breaking happiness formula holds that to be happy, you must think about feeling good, feeling bad, and feeling right, in an atmosphere of growth.” Gretchen Rubin

Journaling is a frequently suggested practice to help you reflect on life changes, thankfulness, healthy habits, etc. In fact, Barnes and Noble has an entire wall dedicated to journals! Yet the intimidation of filling a journal page every day often encumbers most people into never starting.

But what if you knew that it wouldn’t require more than one sentence?

Gretchen Rubin, author of the Happiness Project, began her daily one-sentence journal” in 2006. At her one year anniversary of her journaling, she recalls, “For a long time, I’d been alarmed by how little I remembered about my own past. In particular, because one of my resolutions is to “Appreciate this time of life,” I felt the impulse to keep a record of the pattern of our days (not to mention the funny things my children said) so I’d remember this time of life later.

The idea of keeping a proper journal was far too daunting, so I decided instead to keep a “one-sentence journal.”

Each night, I write one sentence (well, actually, usually it’s three or four sentences, but by calling it a “one sentence journal” I keep my expectations realistic) about what happened that day to me, the Big Man, and the girls.

Right now, I can’t imagine forgetting the time when the Little Girl said politely, “Can I have some more pajamas on my pasta?” when she meant “parmesan,” but I will, I will.

And I’ll forget what it was like to have a child who still sleeps in a crib, or one who is reading Elizabeth Enright’s The Saturdays for the first time. I’ll forget the huge amount of meat that the Big Man once grilled in a single evening.

My hope is that, years from now, when I’m trying to remember what life was like at this point, I can look back at my one-sentence journal.

Of course, I’ve missed a lot of days. Although I’ve been trying to keep it up for a year, it still hasn’t quite solidified into a habit. I’ve let ten days go by, without thinking about the journal once. But still, I’ve managed to get a lot of memories down on paper.”

Gretchen Rubin, author of The Happiness Project

Create your own one-sentence journal and take another step in Your 2012 Happiness Project
**BLUE CHEESE-PEPPER STEAK WRAP**

Serves: 4  
Calories: 310  Points+: 8

**Ingredients:**
- 12 oz. boned top lean round steak
- 2 tsp. dry mustard
- 1/2 tsp. black pepper
- 1/4 tsp. garlic powder
- Cooking spray
- 2 cups sliced mushrooms
- 1 onion, cut into 1/4-inch thick wedges
- 1 medium red bell pepper, seeded and cut into 1/4-inch strips
- 2 tbsp. water
- 1 1/2 tbsp. red wine vinegar
- 1/2 cup (2 oz.) crumbled blue cheese or feta cheese
- 4 (8-inch) fat-free tortillas
- 2 cups chopped romaine lettuce

1. Trim fat from beef; slice into 1/4-inch strips and set aside.  
2. Combine the mustard, black pepper, and garlic, in a large bowl. Add beef, tossing to coat.  
3. Place a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add beef mixture; sauté 4 minutes or until done. Remove from pan; keep warm. Add mushrooms, onion, and bell pepper to pan; sauté 2 minutes. Add water; cover and cook 5 minutes, stirring occasionally. Stir in beef mixture and vinegar. Remove from heat; stir in cheese.  
4. Warm tortillas according to package instructions. Spoon 1 cup mixture onto each tortilla; top each serving with 1/2 cup lettuce and serve.

**PIZZA ROLL-UP**

Serves: 1  
Calories: 217  Points+: 5

**Ingredients:**
- 1-8 inch whole-wheat tortilla
- 2 tbsp. prepared pizza sauce
- 12 leaves baby spinach
- 3 tbsp. shredded part-skim mozzarella

1. Place tortilla on a plate and spread pizza sauce over it. Top with an even layer of spinach and sprinkle cheese on top.  
2. Microwave on high until the cheese is just melted, about 45 seconds.  
3. Carefully roll the tortilla up and let it cook for 10 minutes before slicing into pieces, if desired.
Lunch

**GREEN QUINOA**

Serves: 4  
Calories: 366  Points+: 9

**Ingredients:**
- 1 cup quinoa  
- 2 cups water  
- 1 vegetable bouillon cube  
- 1/4 cup flaxseed oil  
- 1/4 cup extra-virgin olive oil  
- 1/2 cup lemon juice  
- 1/2 tsp. sea salt (optional)  
- 1/2 tsp. ground black pepper  
- 2 large bunches of mint or parsley/cilantro, finely chopped  
- 2 bunches scallions, finely chopped  
- 1 cucumber, seeded and finely chopped  
- 8 ounces arugula, finely chopped

1. Put the quinoa in a fine sieve. Rinse it well under running water and drain. Transfer to a small pot. Add the water and bouillon cube and bring to a boil.
2. Turn the heat down to medium low, cover, and cook for 15 minutes or until all the water has been absorbed. The quinoa grains should be fully opened, giving the appearance of having sprouted.
3. Whisk the flaxseed oil, olive oil, lemon juice, salt, and pepper in a large bowl. Add the quinoa, mint, cucumber, scallions, and arugula. Toss until thoroughly mixed. Serve at once, while still warm.

Submitted by Kate Black, IPFW Personal Fitness Trainer

**EDAMAME AND BROCCOLI RICE BOWL**

Serves: 1  
Calories: 372  Points+: 10

**Ingredients:**
- 1 tbsp. chunky peanut butter  
- 2 tbsp. 100% pineapple juice  
- 1 tbsp. water  
- 1 tsp. low-sodium soy sauce  
- 2 cups broccoli florets  
- 1/2 cup shelled edamame  
- 1/2 cup cooked brown rice

Edamame is a green vegetable more commonly known as a soybean, harvested at the peak of ripening right before it reaches the "hardening" time. In East Asia, the soybean has been used for over two thousand years as a major source of protein. Edamame is consumed as a snack, a vegetable dish, used in soups or processed into sweets. As a snack, the pods are lightly boiled in salted water, and then the seeds are squeezed directly from the pods into the mouth with the fingers.

www.edamame.com

1. Whisk together peanut butter, pineapple juice, water, and soy sauce.  
2. Toss with broccoli florets and edamame and sauté 8 minutes.  

Submitted by Mandi Witkovski, ITS, Vegetarian Times, June 2011
400 Calorie Lunch Ideas

Dawn Jackson Blatner, RD, LDN, author of *The Flexitarian Diet*, created nutrient-packed meal ideas that don’t overdo it on calories. Try one of these 400 calorie lunches. Each averages about 16 grams of protein.

1. Mediterranean Plate:
   Serve 6 tbsp. hummus, 6 kalamata olives, 1 toasted whole-grain pita (cut into triangles), 1/2 cup cucumber slices, and 1/2 cup baby carrots

2. Guacamole and Green Burrito:
   Wrap whole grain tortilla around 1/2 cup vegetarian refried beans, 1/4 cup steamed spinach, and one-third avocado mashed with 2 tbsp. green salsa.

3. Pesto and White Bean Quinoa:
   Combine 1 tbsp. prepared pesto, 1/2 cup canned white beans, 1/2 cup halved cherry tomatoes, 1/2 cup baby spinach, and 2 tbsp. almond slivers. Serve with 1/2 cup cooked quinoa.

4. Fast Noodle Soup:
   Bring 3 cups low-sodium vegetable broth and 2 oz. dry whole-grain fettuccine to a boil; boil 6 minutes. Add 1 cup broccoli slaw and 2 oz. cubed extra-firm tofu; simmer 5 minutes. Top with 1 tsp. low-sodium soy sauce and 2 tbsp. each chopped green onion, chopped cilantro, and dark sesame oil.

Submitted by Mandi Witkovski, ITS, Vegetarian Times, June 2011

Bulgur Salad with Kale and Feta

Serves: 3-4
Calories: 228, Points+: 6

Ingredients:
- 1 cup bulgur
- 2 cups water
- 1 tbsp. oil
- 2 tsp. cumin seeds
- 1 small red onion, sliced into strips
- 2 jalapeno peppers, minced
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 1/4 cup dry white wine or water
- 1 bunch kale, washed and cut into thin strips
- 3 scallions, green parts, thinly sliced
- 1/2 cup coarsely chopped fresh cilantro
- 3 ounces feta cheese crumbled

1. Combine the bulgur and water in a small saucepan over high heat. Bring to a boil, then lower the heat, cover and simmer for 15 minutes until tender. Strain off any water that hasn’t been absorbed.
2. Heat the oil in a sauté pan over medium-high heat. Add the cumin seeds and let sizzle until fragrant, about 30 seconds. Add the onion and cook until it’s browned around the edges, about 6 minutes. Stir in the jalapenos, garlic, and salt.
3. Pour in the wine to glaze the pan, scraping up any browned bits with a wooden spoon or spatula. Add the kale and cook, tossing from time to time until wilted, about 4 minutes.
4. Transfer to a mixing bowl and allow to cool slightly. Stir in the scallions, cilantro, feta, cooked bulgur, and olive oil. Taste and adjust the seasonings if necessary. Serve warm, at room temperature, or cold.

Submitted by Kate Black, IPFW Personal Fitness Trainer
It is what you experience when you accept yourself, when you relax and when you stop neurosising about being a "size zero," about "why he hasn't called" and about "what I should be doing with my life." You will increase your happiness score significantly if you can begin to accept that the happiness you hope "to get" after you find your true partner, get the dream job, buy the ideal home and earn the right money, is already in you.

- **Relationships: My most important relationships get my best attention.**
  Relationships are the heart of happiness. Social research has found "rich and satisfying relationships" are the only external factors that will move your happiness score from "quite happy" to "very happy." A common mistake we make is to get so busy pursuing happiness that we fail to give our best time, energy and attention to our relationships. Remind yourself daily that happiness is in the connections you make, in the friendships you keep and in the love that exists between others.

- **Work: I have a strong sense of purpose, and/or I love my work.** The more you can say, "I love my work" and really mean it, the higher your happiness score will be. People who love their work usually feel they are making a significant contribution to a cause they believe in.

- **Attitude:** I choose my attitude most of the time: Can you find the place in your mind where you have already made a decision about how good today will be, and how good this year will be and how good your life will be? Choice is a powerful thing. More of anything or everything will not make a difference to your happiness score until you consciously choose to be happy. Therefore, set an intention to be happy today. Decide to make today even more enjoyable than you thought it was going to be.

- **Gratitude:** I appreciate my life as it happens. The real gift of gratitude is the more grateful you are, the more present you become. In the English language, the word "present" has three distinct meanings: "here," "now" and "a gift."
  There are two meta-attitudes that can significantly increase your happiness score. The first is gratitude. The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see.

- **Forgiveness:** I am good at letting go of past hurts and disappointments. You cannot hold onto a grievance and be happy. Why? One reason is you can't be a victim and be happy. Holding onto a grievance is a sign of a mistaken identity. You are not a victim. Also, holding onto a grievance is really a decision to keep suffering. Forgiveness helps you let go and be happy.

- **Humor:** I know how to have fun, and I do. Note to self: Remember to enjoy the miracle of existence today. You can increase your happiness score immediately by being more spontaneous today. Disengage the autopilot, switch off the controls, stop being so sensible, issue a friendly restraining order to your superego, and, for God's sake, let yourself have some fun today.

- **Health:** I look after myself and take care of my well-being. You cannot neglect yourself and find happiness. The better you treat yourself, the better your happiness score will be.

- **Spirituality:** I know what inspires me, supports me and gives me strength.

- **Now:** I believe happiness is a way of traveling. Some things never change: Your greatest opportunity for healing and happiness has been, will be, still is, now!

Robert Holden, PhD
**AVOCADO TUNA SALAD**

Serves: 2  
Calories: 213  Points+: 5  
Ingredients:  
- 1 can of tuna, packed in water, drained  
- 1/2 ripe avocado  
- 1 stalk of celery, diced  
- 1/4 cup jalapeno pickle relish  

1. Mix tuna, avocado, celery, and relish in a small bowl. Serve on bread or with crackers.  
   
   Jen Roherty, Department of Athletics, Recreation, and Intramural Sports

### How to cut an avocado:

1. Using a sharp chef's knife, slice through the avocado lengthwise until you feel the knife hit the pit. Then rotate the avocado, keeping the knife steady, to make a cut all around the pit. Twist the two halves apart.
2. Aim your knife at the pit and whack into it, using enough force that the knife won't slip. Twist the knife to pull out the pit.
3. Use your knife's tip to score avocado flesh, making squares, then scoop it out with a spoon.

**CHEF MEGS ROASTED ROOT VEGETABLES**

Serves: 8 (1/2 cup)  
Calories: 48.7  Points+: 1  
Ingredients:  
- 1 tbsp. olive oil  
- 1 red onion, sliced  
- 4 cloves garlic, peeled and cut in half  
- 2 carrots, peeled and diced  
- 1 turnip, peeled and diced  
- 1 sweet potato, peeled and diced  
- 2 parsnips, peeled and diced  
- 1 tsp. dried rosemary  
- 1 tsp. dried thyme  
- 1 pinch salt, optional  
- 1/2 tsp. black pepper  
- 1 tbsp. balsamic vinegar, optional  

1. Preheat oven to 375 F. Spray a baking sheet pan with nonstick cooking spray.
2. Combine all ingredients in a mixing bowl; toss to combine. Place mixture on sheet pan and bake for 30 minutes, turning vegetables every ten minutes until vegetables are tender and slightly browned.
3. Drizzle with balsamic vinegar before serving.

   Judy Tillapaugh, Department of Athletics, Recreation, and Intramural Sports  
   Sparkpeople.com
Creating Happiness at Home

Human Growth and Development
- Three or more family meals per week are associated with:
  - Reduction in teen pregnancy
  - Later onset of sexual activity

Social and Emotional
- Three or more family meals per week are associated with an INCREASE in:
  - Language skills for preschoolers
  - Thinking skills and linguistic development
  - School performance / better grades
- And a DECREASE in:
  - Rates of depression
  - Suicide attempts

Substance Abuse Prevention
- Three or more family meals per week are associated with:
  - Lower rates of tobacco, alcohol, and marijuana use

Nutrition
- Three or more family meals per week are associated with kids being LESS likely to:
  - Be overweight
  - Eat unhealthy foods
  - Have an eating disorder
  - Drink pop
- And are MORE likely to:
  - Eat healthy foods like fruits and vegetables

www.familytableonline.org
**SIMPLE LUNCH-TIME STAPLES**

- Reduced-fat sliced cheese
- Premium Chunk Chicken Breast in Water
- Pita bread
- Thin-Slice Lunch Meat
- Popchips
- 100-calorie packs
- Apple chips
- Brown rice
- Quinoa
- Sweet potato
- Lentils or beans

www.thekitchn.com

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**QUINOA TABOULI**

Serves: 6  
Calories: 209  Points+:  6

**Ingredients**

- 1 c. uncooked quinoa, rinsed and drained
- 1/2 cup chopped scallions
- 1 c. chopped fresh parsley
- 1/4 c. chopped fresh mint
- 1/2 c. quartered grape tomatoes
- 1/4 c. extra virgin olive oil
- 1/4 c. fresh lemon juice
- 1 tsp. minced garlic

1. Cook the quinoa per the package. Chill thoroughly.
2. Add scallions, parsley, mint, and tomatoes to the quinoa. Add salt and pepper to taste.
3. Whisk olive oil, lemon juice, and garlic until blended. Add to quinoa and veggies and mix until thoroughly combined. Chill before serving.
4. This is great as a main dish with a few gluten free crackers. It also works wonderfully as a component of a sandwich made on a Gluten Free Flatbread. I’d add, hmmm, hummus and baby spinach leaves to round it off.

www.thekitchn.com

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**MICROWAVE SWEET POTATO**

Serves: 1  
Calories: 102  Points+:  3

**Ingredients**

- Medium sweet potato

1. Wash well but don’t peel. Prick the skin with the tip of a knife two or three places.
2. Place the sweet potato on a paper towel in microwave.
3. Cook on high for 5 minutes. Turn the sweet potato, bottom to top and cook another 5 minutes. (Microwave strengths vary, experiment with yours until you know.)
4. Top with steamed veggies

www.thekitchn.com

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**10 Tips to Build a Healthy Meal**

1. Make half your plate veggies and fruits  
2. Add lean protein  
3. Include whole grains  
4. Don’t forget dairy  
5. Avoid extra fat  
6. Take your time  
7. Use a smaller plate  
8. Take control of your food  
9. Try new foods  
10. Satisfy your sweet tooth in a healthy way.
**Slow Cooker Black Bean and Goat Cheese**

Serves: 4  
Calories: 181  Points+: 4.5

**Ingredients:**
- 1/2 can refried black beans
- 2 cloves garlic, chopped
- 1/2 of a lime, juiced
- 1 tsp. cayenne pepper
- 1 tsp. cumin
- 2 tbsp. Chopped cilantro leaves
- 3-5 slices goat cheese

1. Open the can of refried black beans and scoop out about half of the contents into a small crock pot. Squeeze in the lime juice. Add chopped garlic, spices, and cilantro.
2. Stir and top with sliced goat cheese
3. Cover and plug in. Cook for 1-2 hours or until the goat cheese has melted and the beans are warm and gooey.
4. Serve with baked tortilla chips.

*Crockpot356.blogspot.com*

**Slow Cooker Baked Potatoes**

Serves: 1-5  
Calories: 278 (large potato)  Points+: 7

**Ingredients:**
- Potato

1. Wash and dry potatoes. Cover each potato in aluminum foil and place in a crock pot. Cook on low for about 8 hours.
2. Top with your favorite toppings!

*www.skiptomylou.org*
**Slow Cooker Quinoa Casserole**

Serves: 6  
Calories: 255  
Points+: 6.5

**Ingredients:**  
- 1 1/2 cups quinoa  
- 3 cups broth  
- 1 tbsp. olive oil  
- 1/2 tsp. salt (optional)  
- 1/2 tsp. cinnamon  
- 1/4 cup sliced almonds  
- 1/3 cup dried unsweetened cranberries  
- Handful of baby spinach  
- 1 cup baby tomatoes, halved or quartered depending on size  
- 1/2 block feta cheese, crumbled.

1. Rinse quinoa in a fine mesh strainer until water runs clear. Dump it into a crockpot. Add 1 tbsp. olive oil and mix it around. Add broth, salt (optional), and cinnamon. Stir in almonds and cranberries.
2. Cover and cook on low for 4-6 hours or on high for 2-4 hours. The quinoa is done when you can fluff it with a fork and it is tender. The liquid should be pretty well absorbed, similar to how you know rice is done.
3. Fluff the quinoa with a fork and add tomatoes and feta cheese. Stir gingerly to mix. Add a large handful of baby spinach to the top of the crockpot and close the lid. Cook on high for about 20 minutes or until the spinach has wilted. Stir again to distribute the spinach.

_Crockpot356.blogspot.com_

**Slow Cooker Ethiopian Chicken Stew**

Serves: 8  
Calories: 217  
Points+: 6

**Ingredients:**  
- 1 14.5-oz can diced tomatoes, undrained  
- 1 1/2 lbs. boneless, skinless chicken thighs  
- 1/4 cup fresh lemon juice  
- 2 tbsp. margarine  
- 3 large onions, diced (or 3 tbsp. minced dried onion flakes)  
- 1 tsp. ground ginger  
- 1 tbsp. paprika  
- 1 tsp. cayenne pepper  
- 1/2 tsp. black pepper  
- 1 tsp. ground turmeric  
- 2 cups water  
- 8 hard boiled eggs (peeled, to add later)

1. Use a 6-quart slow cooker. Empty the tomato can into your cooker. Put in the chicken thighs and add the lemon juice. Now add margarine, onion, and all spices. Pour in the water.
2. Cover and cook on low for 6-8 hours or high for 4-5 hours.
3. Your soup is done when the onions are soft and translucent and the chicken is cooked through and begun to fall apart. Ladle into a wide-mouth bowl and place a whole hard boiled egg into each dish.

_Crockpot356.blogspot.com_
TIPS FOR GETTING EXERCISE—AND THE BENEFITS

Exercise is a KEY to happiness. Research shows that people who exercise are healthier, more energetic, think more clearly, sleep better, and have delayed onset of dementia. They get relief from anxiety and mild depression. They perform better at work.

1. **Always exercise on Monday.** This sets the psychological pattern for the week.
2. **If at all possible, exercise first thing in the morning.** As the day wears on, you’ll find more excuses to skip exercising. Get it checked off your list, first thing. It’s also a very nice way to start the day; even if nothing else goes right, you’ve accomplished that.
3. **Never skip exercising for two days in a row.** You can skip a day, but the next day, you must exercise, no matter how inconvenient.
4. **Give yourself credit for the smallest effort.** My father always said that all he had to do was put on his running shoes and close the door behind him. Many times, by promising myself I could quit ten minutes after I’d started, I got myself to start – and then found that I didn’t want to quit, after all.
5. **Think about context.** I thought I disliked weight-training, but in fact, I disliked the guys who hung out in the weight-training area. Are you distressed about the grubby showers in your gym? Do you try to run in the mornings, but recoil from going out in the cold? Examine the factors that might be discouraging you from exercising.
6. **Exercise several times a week.** If your idea of exercise is to join games of pick-up basketball, you should be playing practically every day. Twice a month isn’t enough.
7. **If you don’t have time both to exercise and take a shower, find a way to exercise that doesn’t require you to shower afterward.** Each week, I have a very challenging weight-training session, but the format I follow doesn’t make me sweat.
8. **Look for affordable ways to make exercising more pleasant or satisfying.** Exercise is a high life priority, so this a worthwhile place to spend some money if that helps.
9. **Think of exercise as part of your essential preparation for times you want to be in especially fine form -- whether in performance or appearance.**
10. Courtesy of Voltaire: **Don’t let the perfect be the enemy of the good.** Don’t decide it’s only worth exercising if you can run five miles or if you can bike for an hour. Even going for a ten-minute walk is worthwhile. Do what you can.
11. **Suit up.** Even if you’re not sure you’re going to exercise, go ahead and put on your exercise clothes. Pack your bag. Put the dog’s leash by the door. Get prepared. If you’re ready to go, you might find it easier just to go ahead and exercise.
12. **Don’t kid yourself.** Paying for a gym membership doesn’t mean you go to the gym. Having been in shape in high school or college doesn’t mean you’re in shape now. Saying that you don’t have time to exercise doesn’t make it true.

People often ask me, “So if I want to be happier, what should I be doing?” and I always say, “The first thing to do is to make sure you’re getting plenty of sleep and some exercise.”

Gretchen Rubin, Author of The Happiness Project
**SLOW COOKER MEXICAN BLACK BEANS**

Serves:  
Calories: 114  Points+: 3

**Ingredients:**
- 1 lb. black beans
- 6 cups broth (chicken, vegetable)
- 6 cloves of garlic, smashed and chopped
- 1 14.5-oz. can diced tomatoes, or 2 cups fresh chopped tomatoes
- 1 tbsp. cumin
- 1 tbsp. chili powder

1. Use a 6-quart slow cooker. Put beans into your slow cooker and add the chopped garlic, broth, tomatoes, cumin, and chili powder. Stir well to combine.
2. Cover and cook on low for 8 hours.

Great as a side-dish with quesadillas and rice or as a stand alone dish!  
Crockpot356.blogspot.com

**SLOW COOKER CHILI BEAN STUFFED PEPPERS**

Serves: 4  
Calories: 283  Points+: 7

**Ingredients:**
- 4 small to medium green, red, or yellow sweet peppers
- 1 cup cooked brown rice
- 1 15-oz. can chili beans with chili gravy
- 1 15-oz. can or two 8-oz. cans no-salt-added tomato sauce
- 1/3 cup finely chopped onion
- 3 oz. Monterey jack cheese, shredded (3/4 cup)

1. Remove tops, membranes, and seeds from sweet peppers. Chop enough tops to make 1/3 cup; set aside. If necessary, cut a thin slice from the bottom of each pepper so they sit flat. In a medium bowl, stir together rice and undrained beans; spoon into peppers. Pour tomato sauce into the bottom of a 4-6 quart slow cooker; stir in reserved chopped pepper and onion. Place peppers, filled side up, in cooker.
2. Cover and cook on low-heat setting for 6-6.5 hours or on high-heat for 3-3.5 hours.
3. To serve, transfer peppers to serving plate and cut in half, if desired. Spoon tomato sauce over peppers and sprinkle with cheese, and if desired, chili powder.

http://www.bhg.com
**SLOW COOKER BAKED SPICED SWEET POTATOES**

Serves: 4  
Calories: 150  Points+: 4

**Ingredients:**  
- 4 large sweet potatoes, washed well  
- 1 tsp. cumin  
- 1 tsp. chili powder  
- 1 tsp. salt (optional)  
- 2-4 limes

1. Scrub the skin of each sweet potato with a vegetable brush under running water. Pat dry. Use a fork to prick the skin of each potato, maybe 6 times.  
2. In a small bowl, combine the dry spices.  
3. Lay out a length of foil big enough to encompass one sweet potato. Put the potato in the middle of the foil and run 1/4 of the spice mixture on the potato skin. Wrap the foil around the potato capturing any spices that did not stick to the potato.  
4. Using a 6.5 quart slow cooker, put them into the slow cooker and cover. Cook on high for 6-8 hours. The potatoes are done when a knife inserts easily and the potato flesh is fluffy.  

Crockpot356.blogspot.com

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**SLOW COOKER JAMBALAYA**

Serves: 8  
Calories: 457  Points+: 11.5

**Ingredients:**  
- 2 lbs. boneless, skinless chicken thighs  
- 1 lbs. smoked sausage, cut into 2-inch slices  
- 1 large onion, chopped  
- 1 large green bell pepper, seeded and chopped  
- 3 stalks celery, chopped  
- 1 (28 oz.) can diced tomatoes with juice  
- 3 cloves garlic, chopped  
- 2 cups chicken broth  
- 1 tbsp. Cajun or Creole spice mix  
- 1 tsp. dried thyme  
- 1 tsp. dried oregano  
- 1 lb. extra large shrimp, peeled and deveined  
- 1 3/4 cups long-grain rice  
- Parsley, optional

1. Combine chicken, sausage, onion, green pepper, celery, tomatoes, garlic, chicken broth, spice mix, thyme and oregano in a large (5-quart) slow cooker. Cook on low for 5 hours.  
2. Add shrimp and rice; raise heat to high and cook for 30 minutes more. Sprinkle with chopped parsley, if desired.

http://www.americanfamily.com
Slow Cooker Provençale Chicken Supper

Serves 4
Calories: 296 Points+: 7

Ingredients:
- 4 6-oz. skinned chicken breast halves
- 2 tsp. dried basil
- 1/8 tsp. salt (optional)
- 1/8 tsp. black pepper
- 1 cup diced yellow bell pepper
- 1 16-oz. can cannellini beans or other white bean
- 1 14.5-oz. can pasta-style tomatoes, undrained.

1. Place the chicken in the slow cooker. Sprinkle with basil, salt (optional), and black pepper. Add the bell pepper, beans, and tomatoes. Cover with lid. Cook on low-heat for 8 hours.

Cooking Light, September 1999

Slow Cooker Shredded Korean Chicken Tacos

Serves: 8
Calories: 322 Points+: 8

Ingredients:
- 3-4 lbs. chicken breast
- 1/2 cup brown sugar
- 1/3 cup low-sodium soy sauce
- 1 head garlic, peeled, but leave cloves intact (approximately 10 cloves)
- 1/2 onion, diced
- 1 inch fresh ginger root, peeled and grated
- 2 tbsp. seasoned rice wine vinegar
- 1 tbsp. sesame oil
- 1 whole jalapeno, diced

1. Use a 6-quart slow cooker. Put all ingredients into the slow cooker (raw meat). Cover and cook on low for 8-10 hours or until meat has fully shredded. You can help it out by cutting the meat into pieces an hour or so before serving time.

2. Serve in soft corn or flour tortillas with shredded cabbage salad and rice.

Shredded cabbage salad:
1 bag shredded coleslaw, 1 tbsp. soy sauce, 2 tbsp. seasoned rice vinegar, pepper to taste. Toss and serve.

Submitted by Alexa Van Osdol, Department of Athletics, Recreation, and Intramural Sports
**SLOW COOKER ULTIMATE APPLES**

Serves: 8  
Calories: 180  Points+: 5

**Ingredients:**
- 1/2 cup chopped, toasted walnuts
- 1/2 cup dried cranberries
- 2 tbsp. molasses
- 1 tsp. orange zest
- 8 apples, cored
- 1 cup cranberry juice
- Vanilla flavored yogurt, optional

1. In a bowl, combine walnuts, cranberries, sugar, and orange zest.
2. To stuff the apples, hold your hand over the bottom of the apple and use your fingers to tightly pack the core space with the walnut mixture and then place in slow cooker.
3. Drizzle cranberry juice evenly over the apples.
4. Cover and cook on low for 8 hours, 4 hours on high, until apples are tender.
5. Transfer to a serving dish and spoon cooking juices over the apples.

The Healthy Slow Cooker

**SLOW COOKER APPLE SAUCE**

Serves: 4  
Calories: 164  Points+: 4

**Ingredients:**
- 8 medium apples
- 1 strip of lemon peel
- 1 tsp. fresh lemon juice
- 3 inch cinnamon stick

1. Core and slice apples. (Optional, peel).
2. Place apples into the slow cooker and add cinnamon stick, lemon peel, and lemon juice.
3. Set crock pot to low and cook for 6 hours. Stir apples occasionally, apples will slowly break down.
4. Remove the cinnamon stick.
5. You can use a blender to smooth the sauce or use a potato masher if you like a chunkier sauce.

Jennifer Roherty, IPFW Department of Athletics, Recreation, and Intramural Sports
**SLOW COOKER WHOLE WHEAT BREAD**

Serves: 8  
Calories: 235  Points+: 6.5

**Ingredients:**
- 1 tbsp. yeast
- 1/4 cup warm water
- 1 cup warm skim milk
- 1/2 cup rolled oats
- 1 tsp. salt
- 2 tbsp. olive oil
- 2 tbsp. honey
- 1 whole egg
- 1/4 cup wheat germ
- 2 3/4 cup whole wheat flour

1. Grease a deep metal or glass bowl or 1 lb. coffee can. Turn slow cooker on high to preheat.  
2. Dissolve yeast in water, combine with milk, oats, salt, oil, honey, egg, and wheat germ.  
3. Add flour and knead until smooth and elastic, about 5 minutes.  
4. Turn dough immediately into bowl or can; cover loosely with foil.  
5. In bottom of slow cooker, place 1/2 cup of water and a trivet or some crumpled foil.  
6. Place can or bowl on this; cover and bake on high for 3 hours. Note: sides of bread brown and crisp, top will be slightly brown and be soft to touch.

Food.com

**SLOW COOKER HOT MULLED GINGER-SPICED CIDER**

Serves: 8  
Calories: 230  Points+: 6

**Ingredients:**
- 3 whole cloves
- 2 strips of orange rind
- 2 whole allspice
- 1 cinnamon stick
- 1 (1/2 inch) piece peeled fresh ginger
- 12 cups apple cider
- 1/2 cup apple jelly
- 1/4 tsp. ground nutmeg

1. Place the first five ingredients on a 5-inch square double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.  
2. Place cheesecloth bag, cider, jelly, and nutmeg in a slow cooker. Cover and cook on high for 4 hours. Remove and discard cheesecloth.

Myrecipes.com
COOKING AND HAPPINESS: TIPS FROM RACHAEL RAY

1. **Keep it Simple:** What might be a breeze for one person can send someone else into a panic. Try to stick to the basics when writing a recipe. Don’t overload your brain or put too much pressure on the dish. Keep it simple. Focus on the essentials and you’ll get results, in and out of the kitchen.

2. **Choose Happiness:** My grandpa Emmanuel always said, "You can laugh or you can cry. Just be sure to choose what you're going to cry about carefully." That's why I think one great way to happiness is cooking. Say you're worn out from a long day at the office, frazzled from juggling your kids’ activities. Sure, it's easy to hit the drive-through or get takeout. But you've got another choice. How about putting on some music and making dinner? Nothing complicated. Just good fresh food. Try that one night. I think you'll be surprised at how satisfying it is.

3. **Be Real:** Be real. Make connections with people. Look them in the eye. Tell them how you feel. Don't be afraid to say what you mean. When you let go of the stuff you hold inside, you'll be amazed at what comes back to you.

4. **Savor Life:** I think we're born with our minds open to everything the world has to offer. Too bad sometimes we learn to close them

5. **Try New Things:** Not just foods, but experiences. Travel to that faraway country even if you're scared of flying. Take a different route home from work. Stop to talk to your neighbor. Don't waste time worrying about what you might be getting yourself into. God has packed life full of interesting flavors, ideas, people. Savor it all!

6. **A Little Goes a Long Way:** That goes for lots of things. Spices. Success. Think you're not up to the task, whatever it might be? There's a way you can knock those feelings of inadequacy right out of your head. How? Make dinner. Really! It's the greatest therapy I know. Just give it a shot. Cooking is easier than you think. Plus, it gives you an incredible payoff.

7. **Work with What You’ve Been Given:** I really believe there's no such thing as accidents, only opportunities. God gives everyone the ingredients to a good happy life. It's up to us to make the most of them

http://www.guideposts.org/celebrities/find-personal-happiness-rachael-rays-cooking-tips?page=0,0
SPAGHETTI SALAD

Serves: 6  
Calories: 240  Points+: 6

Ingredients:
- 1 lb. whole wheat spaghetti cooked in salted water and cooled  
- 1 broccoli crown cut into florets (peel and slice the stems, too!)  
- 1 15-oz. can cut tomatoes with juice  
- 1 15-oz can medium ripe olives, slice in half.  
- 2-3 ribs celery, sliced  
- 1/4-1/2 cup diced onion  
- 1/2 cup frozen peas (optional)  
- 5-8 basil leaves, torn  
- 1 head of parsley, chopped  
- 2 tbsp. olive oil  
- 1 tsp. cider vinegar  
- 3-4 tbsp. light soy sauce  
- pepper

1. Rinse the pasta several times with cold water until it is cooled.  
2. Add the vegetables and herbs in a large bowl with spaghetti and toss. Add pepper and toss.  
3. Add oil and vinegar. Add more oil if necessary and toss again.

Marilyn Marchionni, Continuing Studies

CLEAN OUT THE FRIDGE VEGETABLES

Serves: 2  
Calories: 203  Points+: 6

Ingredients:
- Gather all of the vegetables you have on hand: bell peppers, carrots, onions, zucchini, summer squash, eggplant, green beans  
- 1-3 tsp. olive oil  
- 1-3 cloves garlic  
- 1-2 cans tomatoes  
- 1/4 cup chopped jalapeno peppers  
- Pepper to taste

1. Clean veggies and trim off any bad spots. Cut into medium (bite-size) pieces.  
2. Over medium heat, add olive oil to a large pan. Add garlic, vegetables, and jalapenos. Add salt and pepper, to taste. Cover and cook until all vegetables are soft.  

Tips:  
- This recipe is great served hot, room temperature, and even cold. Freezes well, too!  
- If you don’t like spicy food, use Italian style tomatoes with basil and oregano for extra flavor.

Mandi Witkovski, ITS
TACO SEASONING

Serves: 8
Calories: 38.1 Points+: 1.5

Ingredients:
- 3 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. red pepper flakes

1. Combine all ingredients. Store in a closed container.
   Submitted by Judy Tillapaugh, Department of Athletics, Recreation, and Intramural Sports

QUINOA TACOS

Serves: 12
Calories: 358 Points+: 9

Ingredients:
- 4 cups water
- 5 cups chopped romaine lettuce
- 3 tablespoons chopped fresh cilantro
- 2 cups Low-Fat Guacamole
- 12 flour tortillas
- 2 garlic cloves, minced or pressed
- 3 cups cooked black beans
- 2 cups dry quinoa
- 1/4 teaspoon salt, to taste
- 1 cup salsa such as Colorful Corn Salsa
- Taco seasoning (Above recipe)

2. Cook beans and garlic in a shallow pan on medium-low heat for 5 minutes. Stir in taco seasoning.
3. Fill tortillas with quinoa, beans, guacamole, and cilantro. Top with lettuce and salsa.

Tip: Keep leftover taco ingredients in separate covered dishes and refrigerate. Quinoa and beans will stay fresh for about three days. Wrap tortillas to prevent them from drying and they will stay fresh for about seven to ten days in the refrigerator. Chopped romaine and cilantro are best when used within one to two days. Follow storage recommendations for Low-Fat Guacamole and Colorful Corn Salsa.

Jen Roherty, Department of Athletics, Recreation, and Intramural Sports
www.nutritionmd.org
BLACK BEAN SALAD

Serves: 4  
Calories: 240  Points+: 6

Ingredients:
- 2 cans black beans, rinsed several times
- 1 can cut tomatoes, drained
- 1 can whole kernel corn, drained
- 1 bunch cilantro
- 1 medium jalapeno, flesh only, diced small
- 1 head Boston or leaf lettuce
- Olive oil to moisten
- 2 limes cut into wedges

1. Wash and de-stem the cilantro, tear or chop the larger leaves, the smaller ones are fine as is.
2. Combine the beans, corn, cilantro, and jalapeno.
3. Add olive oil and stir.
4. Line a bowl with the lettuce and dumb the vegetables into the cavity.
5. Line the bowl with the lime wedges to squirt onto each serving.

Great for a potluck!  

Marilyn Marchionni, Continuing Studies

WEIGHT WATCHERS GARDEN VEGETABLE SOUP

Serves: 6  
Calories: 38.1  Points+: 1.5

Ingredients:
- 1/2 cup carrots, sliced
- 1/3 cup onion, diced
- 2 garlic cloves, minced
- 3 cups broth
- 1 cup green cabbage, diced
- 1 cup spinach, chopped
- 1 tbsp. tomato paste
- 1/2 tsp. dried basil
- 1/4 tsp. dried oregano
- 1 cup zucchini, diced

1. Spray a large saucepan with nonstick cooking spray, and heat.
2. Place carrot, onion, and garlic in saucepan. Sauté vegetables over low heat for 5 minutes, until softened.
3. Add broth, cabbage, spinach, tomato paste, basil, and oregano. Bring to a boil.
4. Reduce heat, and simmer, cover, for 15 minutes. Stir in zucchini and cook 3-4 minutes.

Deborah Hoile, Philosophy
**Tortilla Soup**

Serves: 4  
Calories: 264  Points+: 6

**Ingredients:**
- 3 cooked chicken breast halves, shredded  
- 3 cans chicken broth  
- 1 can of corn, drained  
- 1 can of cut green beans, drained  
- 1 jar of picante sauce (mild, medium, or hot according to your taste)

1. Combine all and heat thoroughly, careful not to boil.  
2. Add crushed tortilla chips and shredded cheese to individual bowls.

Tip: Instead of cooking the chicken, pick up a rotisserie chicken from the store!  

Karen Burtnette, College of Arts and Sciences

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**Apple Cheddar Turkey Burger with Parsnip Fries**

Serves: 4  
Calories: 576  Points+: 13

**Turkey Meatballs**

**Ingredients:**
- 2 lbs. ground turkey breast  
- 4 scallions, finely chopped  
- 1 tbsp. grill seasoning  
- 1 tsp. poultry seasoning  
- 2 tbsp. extra virgin olive oil.  
- 1 apple, granny smith, cut into 12 slices  
- 4 slices extra-sharp cheddar  
- 1/4 cup jam  
- 2 tbsp. mustard

1. In a bowl, combine turkey, scallions, and seasonings. Form into 4 patties, pressing your thumb into the center of each to prevent it from bulging.  
2. In a large skillet, heat olive oil, 2 turns of the pan, over medium-high heat. Add the patties and cook for 6 minutes on each side for medium. Top each with apples and a slice of cheese.
3. Tent the pan with foil and cook until the cheese melts, 1-2 minutes.
4. In a small bowl, mix together the jam and mustard. Slather on the burgers.

Submitted by Jen Roherty, Source: Rachael Ray Magazine

**Parsnip Fries**

**Ingredients:**
- 2 1/2 lbs. medium parsnips  
- 2 tbsp. olive oil  
- Pepper, to taste

1. Preheat oven to 450 degrees. Peel parsnips, cut in strips.  
2. One two large rimmed baking sheets, toss parsnips with oil; season with (optional) salt and pepper. Spread on a single layer.
3. Roast until tender and golden brown, 25-30 minutes. Rotate sheets and toss parsnips halfway through baking.

http://www.marthastewart.com
CUCUMBERS IN YOGURT

Serves: 4
Calories: 69   Points+: 2

Ingredients:
- 1 medium cucumber, sliced
- 1/2 tsp. dill weed (to taste)
- 1 tsp. garlic chopped
- Cracked pepper, to taste
- 1 1/2 cups plain yogurt or Greek yogurt

1. Peel cucumber and slice lengthwise. Put into a bowl with a lid.
2. Sprinkle with dill weed so that each cucumber has some. Add garlic and pepper.
3. Add in yogurt, stir well, cover, and refrigerate for 2-4 hours.

Tips: In addition, add sliced onions, radishes, or grape tomatoes.

Marilyn Marchionni, Continuing Studies

SPAGHETTI SQUASH LASAGNA

Serves: 4
Calories: 291   Points+: 7

Ingredients:
- 2 cups marinara sauce
- 3 cups cooked roasted spaghetti squash
- 1 cup part skim ricotta
- 8 tsp. parmesan cheese
- 6 oz. part skim shredded mozzarella

Roasted Spaghetti Squash
1. Cut the squash in half lengthwise, scoop out the seeds and fibers with a spoon.
2. Place on a baking sheet, cut side up, and sprinkle with salt and pepper.
3. Bake at 350 degrees for about an hour or until the skin gives easily under pressure and the insides are tender. Remove from oven and let it cook 10 minutes. Using a fork, scrape out the squash flesh a little at a time. It will separate into spaghetti-like strands. Put into a serving dish.

Tip: Squash can be cooked the night before to lessen preparation time.
4. Preheat oven to 375. In four individual 5x7 inch oven safe baking dishes, ladle 1/4 cup marinara sauce on the bottom of each dish. Top each with 3/4 cup cooked spaghetti squash and spread evenly. Top each with 1/4 cup ricotta.
5. Sprinkle 1 tsp. grated parmesan cheese and 3/4 ounce mozzarella on each. Add the remaining sauce, parmesan, and mozzarella.
6. Cover with foil and bake for 15-20 minutes or until the cheese is melted and the edges begin to bubble; uncover and cook an additional 5 minutes.

Skinnytaste.com
**TUSCAN ROASTED VEGGIES**

Serves: 4  
Calories: 221  
Points+: 6

**Ingredients:**  
- 4-6 red potatoes, cubed  
- 1 sweet potato, cubed  
- 1/2 head cauliflower, diced  
- 1 cup carrots, diced  
- 1/2 onion, diced  
- Small bunch of asparagus, cut into bite size pieces

1. Preheat oven to 350 degrees.  
2. Cover the bottom of a glass baking dish with olive oil. Roll the veggies in the oil to make sure everything is coated. Generously, sprinkle with chopped garlic.  
3. Roast in oven for one hour. Veggies will be soft when done.  
Tip: Since the oven is running, roast some chicken while you’re at it!

Marilyn Marchionni, Continuing Studies

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**PASTA PRIMAVERA**

Serves: 6  
Calories: 257  
Points+: 7

**Ingredients:**  
- 1 cup small broccoli florets  
- 1 small sweet red bell pepper, cut into strips  
- 1/2 cup snow peas  
- 1 small sliced zucchini  
- A few sprays of butter flavored Pam  
- 1 cup non-fat evaporated milk (not sweetened)  
- Fresh ground pepper  
- Fresh oregano or other desired seasoning  
- Cooked vermicelli or cooked brown rice

1. Spray sauté pan with Pam. Sauté vegetables until tender crisp.  
2. Add evaporated milk and cook until slightly reduced.  
3. Add ground pepper and other desired seasonings.  
4. Serve over cooked vermicelli or brown rice. Top with parmesan cheese, if desired.

Marilyn Morgan, Sociology
ROSEMARY GARLIC PARMESAN BISCUITS

Serves: 14  
Calories: 113  Points+: 3

Ingredients:
- 2 tbsp. margarine, melted
- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 1 1/2 tbsp. chopped fresh rosemary
- 2 cups Bisquick
- 3 oz. shredded parmesan cheese
- 2/3 cup fat free milk.

1. Melt margarine in a small pan, add oil, and half the garlic; sauté on low heat about 1 minute.
2. Remove from heat and add chopped rosemary.
3. In a large bowl, combine Bisquick mix, parmesan cheese, and remaining garlic. Stir in milk and mix (careful not to over mix). Drop batter by heaping tablespoonful onto a prepared cookie sheet.
4. Bake for 10 minutes. Brush or drizzle biscuits with margarine. Bake for 5 more minutes or until lightly browned on the bottom.

Skinnytaste.com

Gazpacho

Serves: 10  
Calories: 76  Points+: 1

Ingredients:
- 3 cloves garlic, crushed
- 1 onion, coarsely chopped
- 1 cucumber, sliced
- 1 green bell pepper, seeded and chopped
- 5 tomatoes, peeled and quartered (can or frozen also works)
- 1/4 cup olive oil
- 1/4 cup white vinegar
- 1 bunch fresh cilantro, chopped or oregano for an Italian flavor
- 1 tsp. paprika (optional)
- 1-12 oz. can tomato juice

1. In the container of a food processor or blender, combine the garlic, onion, cucumber, bell pepper, tomatoes, olive oil, vinegar, parsley, salt and pepper. Cover and blend to your desired texture. Stir in the tomato juice and paprika and transfer to a bowl or container. Refrigerate for at least 1 hour to blend the flavors. May add fresh chopped cucumber for texture. Top each bowl with a dollop of light sour cream before serving.

Joanne Blosser, Communication Sciences and Disorders
Bring Back Breakfast

SMART NUTRITION SOLUTIONS FOR ANY CASE OF MORNING MADNESS

We all experience "morning madness." Whether it's a time crunch, a picky eater or lack of appetite in the morning, many things can keep you from making it out the front door on time. The good news is that healthy breakfast options are available for whatever morning hurdles you face.

Quick breakfast fix: Running low on time? Here are speedy breakfast ideas to get you and your family out the door and ready for your day.

- Mix low-fat yogurt with whole-grain cereal, and serve with a glass of orange juice.
- Blend low-fat milk, frozen strawberries and a banana for a 30-second smoothie to enjoy with a bran muffin.
- Add dried cranberries and almonds to quick-cooking oatmeal.

Picky Eater: Do your children demand certain foods every morning? You can make subtle changes to give their traditional breakfasts a nutritional boost.

- Doughnuts: Offer whole-grain toaster waffles with reduced-sugar syrup. If doughnuts are on the menu, consider serving the smaller option of doughnut holes and add other food groups such as low-fat milk and fruit to ensure some extra nutrition to get you through the day.
- Bacon: Switch to Canadian and turkey bacon, which is much lower in fat than regular bacon.
- Toast with peanut butter: Use whole-grain toast to boost fiber and use reduced-fat peanut butter. Add a glass of low-fat milk or orange juice.
- Sugary cereals: Substitute low-sugar, whole-grain cereals and berries.

Lack of Appetite: Many kids complain that they just don't feel like eating when they get up. If this is true for your child, here are some things you can do:

- Spread it out: Have your child eat a piece of fruit and drink a glass of low-fat milk before they leave the house, then on the bus they can eat an oatmeal muffin or a low-sugar breakfast cereal bar.
- Eat breakfast at school: Many schools serve a variety of nutritious breakfasts for kids. Encourage your children to take advantage of these options if available.

Be a role model and eat breakfast: If your child sees you making time to eat a healthy meal, he or she will follow your good example.

For more tips, videos and guides on nutritious meals and snacks for anytime of the day, consult a registered dietitian and visit www.kidseatright.org.

http://www.eatright.org
**ORANGE CHICKEN AND RICE**

Serves: 14  
Calories: 113  Points+: 3  

**Ingredients:**  
- 1 tsp. olive oil  
- 1 1/2 lb. chicken breast (cut in half or thirds)  
- 1/8 tsp. ginger  
- 2 tbsp. sugar  
- 1 tbsp. cornstarch  
- 1 cup orange juice  
- 1 tbsp. vinegar  
- 1 tbsp. low sodium soy sauce  
- 2 tbsp. margarine  
- Brown rice or rice pilaf

1. Start minute brown rice or rice pilaf.  
2. Heat olive oil in frying pan, sauté chicken until cooked through.  
3. To make the sauce, put cornstarch in a small saucepan and add orange juice slowly while stirring so cornstarch doesn’t clump. Place over medium heat and add the ginger, sugar, soy sauce, vinegar, and margarine. Heat until thick.  
4. Serve chicken over a bed of rice and spoon sauce over chicken.  
Tip: Cook a double batch and freeze half. Place rice on bottom of a freeze container and chicken on top. Freeze orange sauce in a separate container.

Family Table

**SPINACH AND CHEDDAR QUESADILLA**

Serves: 2  
Calories: 424  Points+: 11

**Ingredients:**  
- 1 tbsp. olive oil  
- 4 corn tortillas  
- 1/2 cup cooked spinach, drained well or use fresh  
- 6-8 grape or cherry tomatoes, halved or quartered  
- Dash of nutmeg or Old Bay seasoning  
- 4 oz. cheddar, slice thin

1. Heat a large skillet over medium-high heat and coat with a dash of olive oil. Lay two of the tortillas on the hot griddle. Cover each tortilla with a spinach layer. Add the tomatoes. Season with nutmeg or Old Bay. Layer with slices of cheddar. Top each with another tortilla and press down with spatula. Cook for a minute or two and carefully flip the quesadilla using a broad, flat spatula. Press down a bit and cook until the cheese is melted and the tortillas are turning golden.

Karina Allrich, IPFW Employee

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Stay Informed! Visit www.ipfw.edu/health
## Enchilada Casserole

Serves: 6  
Calories: 365  Points+: 5

### Ingredients:
- 3 tbsp. diced green chilies, divided
- 1/2 cup salsa
- 1/4 cup chopped green onions
- 1/4 cup chopped, fresh cilantro
- 1 15-oz. can black beans, rinsed and drained
- 1 11-oz. can corn with peppers, drained
- 1 10-oz. can enchilada sauce
- 1/2 cup egg substitute
- 1 8.5 oz. corn muffin mix
- 2 tbsp. chopped bottle roasted bell peppers
- 1 1/2 cup (6-oz.) shredded cheese
- 6 tbsp. low-fat sour cream
- 1 1/2 tsp. thinly sliced cilantro

1. Place 2 tbsp. green chilies and next 6 ingredients (through enchilada sauce) in large pot, stir well. Bring to a boil and then simmer until heated through.
2. Combine remaining 1 tbsp. green chilies, egg substitute, muffin mix, and roasted bell peppers in a bowl. Spoon batter evenly over bean mixture in bot. Cover and cook until bread is done. Sprinkle cheese over corn bread. Top each serving with sour cream and sprinkle with cilantro.

**TIP:** This can be done in a slow cooker also. Cook on low for 4 hours then add bread and cook for another hour.

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## Unbelievable Baked Buffalo Wings

Serves: 2  
Calories: 40.7  Points+: 1

### Ingredients:
- 1 lb. chicken wings
- 1 tbsp. cayenne pepper
- 1 tsp. crushed red pepper flakes
- 1/2 cup Louisiana hot sauce
- 1 tbsp. margarine

1. Fill a large pot half way with water and then add the first four ingredients. Bring water mixture and wings to a boil and then boil for 15 minutes.
2. Transfer wings to an oven safe container coated with cooking spray. Bake wings on “broil” (high) for 15 minutes on each side. For crisper wings, longer.
3. While waiting for wings, combine the hot sauce and margarine in a microwave safe dish and cook in microwave for 2 minutes or until melted. When wings are done, shake them up with the sauce and enjoy.
**MOSTLY NOT POTATO SALAD**

Serves: 6  
Calories: 165  Points+: 5

**Ingredients:**
- 6 small red skinned potatoes, scrubbed and quartered  
- Big handful of green beans, trimmed and sliced into 1 inch pieces  
- 2 tbsp. whole-grain mustard  
- 2 tbsp. red wine vinegar  
- 2 tbsp. olive oil  
- 1/2 tsp. honey  
- 1/4 cup finely chopped dill

1. Bring a pot of water to a rolling boil. Salt the water generously, add potatoes, and cook until tender but not falling apart, about 10 minutes. Thirty seconds before the potatoes are done, add the green beans to the pot. Drain potatoes and green beans and set aside.

2. In the meantime, make the dressing in your large serving bowl by whisking together the mustard, vinegar, olive oil, honey, and dill. Give the dressing a taste and adjust if needed. Then add to the bowl the potatoes, beans, and remaining ingredients and gently toss together. Serve chilled or at room temperature.

**SWEET CRUSTED CHICKEN NUGGETS**

Serves: 2  
Calories: 353  Points+: 8

**Ingredients:**
- 8 ounces raw boneless skinless lean chicken breast, cut into 10 nuggets  
- 1/4 cup Fiber One bran cereal (original)  
- 1 ounce Pringles Light Fat Free Barbeque Potato Crisps (or another fat-free BBQ-flavored potato chip)  
- 3 tablespoons Frank's Red Hot Original Cayenne Pepper Sauce  
- Dash onion powder  
- Dash garlic powder  
- Dash cayenne pepper  
- Dash black pepper  
- Dash salt

1. Preheat oven to 375 degrees. In a blender or food processor, grind Fiber One to a bread crumb-like consistency.

2. Crush potato crisps completely. In a small dish, mix crushed crisps with cereal crumbs. Add onion powder, garlic powder, cayenne, black pepper, and salt, and mix well.

3. Place chicken pieces in a separate dish. Cover with Frank's Red Hot and toss to coat.

4. Spray a baking sheet with nonstick spray.

5. Give each chicken piece a shake so it's not dripping with sauce, and then coat evenly with crumb mixture. Lay crumb-covered nuggets on the baking sheet. Bake in the oven for 10 minutes. Flip nuggets over and bake for 10 more minutes, or until outsides are crispy and chicken is cooked throughout.
**Oven Roasted Tomatoes**

Serves: 1  
Calories: 78  Points+: 2

**Ingredients:**  
- 1 large, red, ripe, and juice tomato  
- 1 tsp. olive oil  
- 1 tsp. herbs (rosemary, parsley, thyme, or basil)  
- Pepper to taste

1. Preheat oven to 375 degrees. Cut the tomato in half, from top to bottom. Use a melon baller to remove seeds. Sprinkle with oil, herbs, and pepper.  
2. Individually nest the tomato halves in aluminum foil, leaving the top open. Place open-end up directly on the grill in the oven. Roast for 15 minutes.  
Tip: Roasted tomatoes are one of those amazingly simple foods that look and taste like a complicated gourmet specialty. The roasting brings out sweetness in the tomatoes, making them a great accompaniment to many dishes. Try them alongside grilled steaks, mixed in with pasta, or in an omelet. You can’t go wrong!

The Everything Healthy College Cookbook

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**Avocado Spinach Panini**

Serves: 4  
Calories: 390  Points+: 11

**Ingredients:**  
- 2 avocados, halved and thinly sliced  
- 1/3 cup julienned, sun dried tomatoes  
- 2 tbsp. diced red onion  
- 2 cups lightly packed baby spinach  
- 4 4-oz. ciabatta rolls, split in half.

1. Layer avocado slices, tomatoes, onion, and 1/2 cup spinach on each roll. Spray Panini with cooking spray.  
2. Coat skillet or grill pan with cooking spray, heat over medium heat. Place Panini in pan; weight with smaller diameter sauce pan weighted with 1 or 2 cans. Cook 2 minutes, remove weight, flip Panini, replace weight, and cook 1 1/2—2 more minutes.

Mandi Witkovski, ITS  
Vegetarian Times, July/August 2011
Dinner and Sides

Zucchini Quinoa Lasagna

Serves: 6
Calories: 385 Points+: 10

Ingredients:
- 2 large zucchini, cut lengthwise
- 1 tsp. salt
- 2 cups low-sodium broth
- 1 cup quinoa, rinsed and drained
- 1/2 cup tomato sauce
- 1/4 cup finely chopped onion
- 1 tsp. dried oregano
- 1/4 cup fresh basil leaves, chopped
- 2 tbsp. cream cheese
- 1 25-oz. jar marinara sauce
- 1/2 cup shredded cheese.

1. Preheat oven to 400 F. Place zucchini slices on bed of paper towels. Sprinkle with salt and cover with paper towels and let stand to release moisture while preparing quinoa.
2. Bring broth, quinoa, tomato sauce, onion, and oregano to a boil in saucepan. Cover, reduce heat to medium low, and simmer 25 minutes or until all liquid is absorbed. Remove from heat and stir in basil, parsley, and cream cheese.
3. Spoon 1/3 cup marinara sauce over bottom of 8-inch square baking dish. Blot remaining moisture and salt from zucchini slices, and lay 4 zucchini slices over marinara sauce in pan. Spoon half of quinoa over zucchini and cover with 1/3 cup marinara. Repeat with 4 more zucchini slices, remaining quinoa, and 1/3 cup marinara. Top with remaining 4 zucchini slices, remaining marinara, and shredded cheese. Bake lasagna for 30 minutes or until zucchini is tender and top is bubbly.

Mandi Witkovski, ITS, Vegetarian Times, July/August 2011

Cantaloupe-Arugula Salad

Serves: 4
Calories: 117 Points+: 3

Ingredients:
- 3 cups cantaloupe balls
- 1 cup tightly packed arugula
- 1 tbsp. olive oil
- 1 1/2 tsp. cracked black pepper
- 2 oz. ricotta salata or manchego cheese, shaved or cut into cubes

1. Toss together cantaloupe, arugula, oil, and pepper in large bowl. Top each with cheese.

Mandi Witkovski, ITS, Vegetarian Times, July/August 2011
Italian Beef Sandwiches

Serves: 4
Calories: 185  Points+: 4

Ingredients:
- 1 package Eye of Round (2.5-3 lbs.)
- 1 regular can of beef broth
- 1 jar pepperonis-slice them in rings or buy pre-sliced
- Mrs. Dash (regular)
- 1/2 onion, sliced (optional)

Cut off visible fat from beef and put in crock pot with can of broth and optional onions. Sprinkle with Mrs. Dash and cook on low for a total of 10-12+ hours. After 6-8+ hours, pull the meat apart and add 3/4ths of the peppercini’s and most of the juice from jar and sprinkle with more Mrs. Dash to taste. Continue on low for a few more hours, stirring and pulling apart meat occasionally and adding Mrs. Dash, until ready to serve. Serve on buns (preferably a hard roll type to help soak up the juice)

Tip: (I double the recipe for pot lucks – sometimes triple it for bigger parties)

Karen Burtnette, Arts and Sciences

Stuffed Shells

Serves: 6 (2 shells each)
Calories: 402  Points+: 11

Ingredients:
- 1 box large pasta shells (~12 shells)
- 1-15 oz. container ricotta
- 1 large egg
- 2 cups shredded mozzarella
- 1/4 cup grated parmesan cheese
- 1 tbsp. dried parsley
- 1 tsp. garlic powder
- 1 large jar of your favorite spaghetti sauce

1. Preheat oven to 350 degrees.
2. Parboil shells according to package directions, approximately 7 minutes.
3. Mix next six ingredients while shells boil.
4. Rinse cooked shells with cold water and drain.
5. Lightly coat the bottom of a 13 x 9 or slightly larger baking dish with spaghetti sauce.
6. Spoon cheese mixture into shells and place them face up in the dish. Top with additional mozzarella or parmesan, if desired.
7. Pour the remaining spaghetti sauce over shells and cover the dish with foil.
8. Cook for 30 minutes. Cool slightly before serving.

Dawn Adams, College of Education and Public Policy
**Pepper Steak**

Serves: 6  
Calories: 340   Points+: 8

**Ingredients:**
- 1.5—2 lbs. flank or round steak cut into 1/8 inch thin strips
- 2 tbsp. vegetable oil
- 1/4 cup low sodium soy sauce
- 1 tsp. garlic powder
- 1 tsp. ginger
- 1/8 tsp. cayenne powder
- 1/8 tsp. black pepper
- 2 cups bell peppers (any color) cut into thin strips
- 1 large onion cut into thin strips
- 1 large tomato diced
- 1 tbsp. flour
- 1 cup water (1.5-2 cups for thinner sauce)
- 2 cups of cooked rice

1. Cook 2 cups of rice according to package directions
2. While rice cooks, cut steak into strips
3. Mix soy sauce, black pepper, garlic, ginger, and cayenne in a 2 quart bowl.
4. Add cut steak to soy mixture and mix to coat. Set aside.
5. While meat marinates, cut peppers and onion. Heat the oil in a man over medium heat. Add steak/soy mixture and brown lightly.
6. Add peppers and onions and cook until tender crisp.
7. Mix flour and water and add it to the man until sauce is thickened. Be sure to dissolve all lumps. Corn-starch may be used instead.
8. Add diced tomato just to warm through and then serve over cooked rice.

*Dawn Adams, College of Education and Public Policy*

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**Asian Coleslaw**

Serves: 4  
Calories: 53.6   Points+: 1

**Ingredients:**
- 1 tbsp. + 1 tbsp. chunky peanut butter
- 1.5 tsp. honey
- 1.5 tsp. cider vinegar
- 1.5 tsp. soy sauce
- 1/4 tsp. curry powder
- 1/8 tsp. ground cayenne red pepper
- 2 cups shredded coleslaw mix

1. Combine first six ingredients and mix well.
2. Add to the coleslaw mix and stir well until coated.
3. Refrigerate at least 1 hour before serving to allow flavors to mix.

*Denise Buhr, Helmke Library*
Eating Together

FAMILY DINNERS IN A FLASH

While it can be difficult for busy families to find time to sit down together for daily family meals, research indicates that those families who eat together have a stronger bond, and children have higher self-confidence, enhanced vocabulary skills and score higher on academic tests.

With all of these benefits, make time to eat with your family, especially with the following tips from registered dietitians—the food and nutrition experts!

Quick guide to nutritious meals

Planning in advance saves you time and allows you the opportunity to pack your family meal with an extra nutritional punch. So before you head to the grocery, consider the following criteria for healthier options:

- Include at least one selection from each of the five food groups: grains, vegetables, fruits, dairy and protein foods.
- Limit your intake of foods that are high in fat.
- Incorporate high-fiber foods like whole-grain breads and cereals, vegetables, fruits, dry beans, nuts and seeds.

For more information on the food groups, recommended portion sizes and much more, visit www.MyPyramid.gov or consult a registered dietitian.

Try This: Mediterranean chicken breast (a boneless, skinless chicken breast baked for 20 minutes with lemon juice and a pinch of oregano and topped with feta cheese); steamed broccoli; brown rice; vanilla low-fat yogurt topped with fresh berries; and a glass of water.

Make meals a family affair

Cooking a meal together not only gets everyone involved but it can also entice kids to try new foods, bolster their self-esteem, and promote their future health. For tips and recipes on preparing healthy meals with children, visit www.KidsEatRight.org.

And even if in a rush, families can still work together for meal preparation: adults can be in charge of the entrée, older kids can prepare the salad and little ones can set the table.

Before you get all hands on deck, teach your children about reducing the risk of foodborne illness by visiting www.HomeFoodSafety.org.

Finally, to make the most of your family meals, make conversation part of the dining experience and reduce distractions by turning off the TV and phones and tuning in to your loved ones.

http://www.eatright.org
OATMEAL BARS

Serves: 12
Calories: 277 Points+: 8

Ingredients:
- 1 cup firmly packed brown sugar
- 1/3 cup margarine
- 2 tbsp. honey
- 1/2 tsp. vanilla
- 1 large egg
- 1 cup all-purpose flour
- 1 tsp. cinnamon
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 1/4 cups crisp rice cereal
- 1/2 cup semi-sweet mini chocolate chips
- 1 1/2 cup dry oatmeal
- 1/2 cup raisins (optional)

1. Preheat oven to 350 F and lightly grease or spray 9x13 pan.
2. In large bowl, beat brown sugar and margarine until fluffy. Blend in honey, vanilla, and egg.
3. In separate bowl, combine flour, cinnamon, baking soda, and salt. Beat flour mixture gradually into sugar mixture until combined. By hand, stir in oats, cereal, chips, and raisins until mixed.
4. Press mixture firmly in bottom of greased pan, and bake at 350 F for 20-25 minutes, until light brown.
5. Cook 10 minutes, cut into squares, remove from pan when cool.

Tip: A great grab-n-go breakfast bar

Family Table

PUMPKIN SWIRL CHEESECAKE YOGURT CUPCAKES

Serves: 12
Calories: 109 Points+: 5

Ingredients:
- 12 reduced fat vanilla wafers
- 8 oz. 1/3 less fat cream cheese, softened
- 1/4 cup sugar
- 1 tsp. vanilla
- 6 oz. fat-free vanilla Greek yogurt
- 2 large egg whites
- 1 tbsp. all-purpose flour
- 3/4 cup pumpkin butter or pumpkin pie filling

1. Heat oven to 350 F. Line cupcake tin with liners and place a vanilla wafer at the bottom of each liner.
2. Gently beat cream cheese, sugar, and vanilla until smooth using an electric mixer. Gradually beat in yogurt, egg whites, and flour. Do not over beat. Pour into cupcake liners filling halfway.
3. Top each with 1 tbsp. of the pumpkin butter. Using a toothpick, swirl the pumpkin butter into the cream cheese mixture for a marbling effect. Bake 25 minutes or until the center is almost set. Cool to room temperature. Chill a few hours in the refrigerator before serving.

Skinnytaste.com
EVERYTHING COOKIES

Serves: 24
Calories: 133    Points+: 4

**Ingredients:**

- 1 1/4 cup whole wheat pastry flour
- 1 cup ground almond meal
- 1/2 cup whole oats
- 1/2 cup shredded unsweetened coconut
- 1/2 tsp. salt
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 cup olive oil
- 2/3 cup maple syrup
- 2 tsp. vanilla extract
- 1/2 cup semi-sweet chocolate chips

1. Preheat oven to 350 F. Line a cookie sheet with parchment. In a large bowl, whisk together flour, almond meal, oats, shredded coconut, salt, baking powder, and soda.
2. In a separate bowl, stir together oil, syrup, and vanilla. Combine the two mixtures, then stir in the chocolate chips.
3. Scoop out the dough with a tablespoon (level dough) and roll into little balls. A melon baller could be used also! Bake 11-12 minutes until the cookies start to turn golden.

**Tip:** You can make your own almond meal from almonds in your food processor, but you can also find it at the grocery in the baking aisle.

Submitted by Jen Roherty, Department of Athletics, Recreation, and Intramural Sports.
Source: The Food Trust

JALAPENO AND LIME HUMMUS

Serves: 8
Calories: 127  Points+: 3

**Ingredients:**

- 1 16-oz. can chilled chickpeas, drained, and rinsed
- Juice of one large fresh lime
- 2 tbsp. peanut butter or sunflower seed butter
- 3 cloves fresh garlic
- 2 heaping tbsp. pickled jalapenos
- 1-2 tbsp. olive oil
- 2 tbsp. cilantro
- Pinch of cumin, to taste
- Red pepper flakes, to taste
- Pinch of sea salt, to taste (optional)

1. Combine all ingredients in a food processor and smooth.

Gluten Free Goddess
ROASTED TOMATO SALSA

Ingredients:
- 1 1/2 lbs. plum tomatoes, seeded, roasted, and chopped
- 2 tbsp. red onion, diced very fine
- 4 cloves garlic, minced
- 1 tbsp. olive oil
- 1 tbsp. balsamic vinegar or lime juice
- 1/2 tsp. sea salt, optional
- 1/3 to 1/2 tsp. ground chipotle or cayenne pepper, to taste
- Pinch of sugar or honey, to taste

1. Combine the salsa ingredients in a bowl, cover and chill for an hour. Taste for seasoning adjustments. Cover and keep chilled for up to 4 days.
2. Tips: Try adding chopped bell peppers (all colors, roasted corn kernels, canned black beans, rinsed.)

Gluten Free Goddess

MAPLE VANILLA POPCORN

Ingredients:
- 1/2 cup olive oil (1/4 cup for popping and 1/4 cup for topping)
- 3/4 cup popcorn kernels
- 1/4 cup pure maple syrup
- 2 tsp. vanilla extract
- 1/2 tsp. salt, optional

Before you start, make sure all ingredients are within reach. This goes pretty quickly.

1. In a large stockpot, over medium heat, warm oil and swirl it around to coat the bottom of the pan. Drop in a few kernels and wait for them to pop. Once they do, pour in all kernels and shake until they are in a single slayer on the bottom of the pan and quickly cover the pot. Give the pot a shake every few seconds to make sure none of the kernels are burning. You’ll hear the popping speed up in the beginning and then slow down toward the end. This is your cue to go ahead and pull the heat. Wait until popping stops to take off the lid. Pour popcorn into a big bowl and set aside.

2. To the same pot, add remaining 1/4 cup oil, maple syrup, vanilla, and salt. Simmer over medium to medium-low heat. Swirl the pot around to mix it all up and to keep it from burning. You want a nice sizzle for a few minutes until the maple topping starts to thicken. Drizzle over the popcorn, wait a second for the topping to cool.

The Food Trust
What to order when you're eating out

Here are some hints on how to order from menus.
Ask if you can get nutrition facts for menu items.

1. Steakhouse
   - Trim the fat from broiled meat and order without sauces or gravy.
   - A filet, flank, or London broil steak is the leanest cut.

2. Salad Bar
   - Be careful about potato and pasta salads, bacon bits, marinated vegetables, olives, fruits in heavy syrup, and seeds or nuts.
   - One ladle of creamy salad dressing can be about 300 calories.
   - Select dark, leafy greens, raw vegetables and fruits, lean ham or turkey and cottage cheese.
   - Use fat-free dressing or low-fat dressing in small amounts.

3. Chinese/Oriental
   - Many menu items can be made to order. Request no oil (ask for broth or stock instead) or ask for only a small amount of oil.
   - Choose items with large portions of vegetables.
   - Avoid wontons, egg rolls, sweet and sour choices, fried rice, fried dumplings, sesame noodles, egg foo young, and tempura.

4. Italian
   - Pasta with red sauce (marinara, red clam, or marsala) is a great choice unless the sauce has high fat meat such as sausage.
   - Avoid cream sauces such as Alfredo or butter sauce as well as parmigiana, beef lasagna, cheese sauce or filling, pesto, carbonara, sausage dishes and garlic bread.

5. Pizza
   - Vegetable pizzas can have half the calories of the “works” type.
   - Ask for extra vegetables to replace the meat on pizza.
   - You can request ½ of the cheese as well.

6. Mexican
   - Chicken fajitas, tortillas and Spanish rice without sour cream and guacamole are often OK choices.
   - Go easy on chips and rich/fried items on the menu such as chili rellanos, nachos, chorizo, chimichangas, flautas, and taco bowl salads.

7. Fast Foods
   - Choose BBQ or broiled and grilled chicken sandwiches as well as a regular hamburger or roast beef sandwich instead of jumbo burgers and fried sandwiches.
**Whipped Lemony Hummus**

Serves: 12  
Calories: 181  
Points+: 5

**Ingredients:**
- 1 lb. dried chickpeas
- 1 bay leaf
- 1/2 tbsp. sea salt
- 1/2 cup lemon juice plus zest of one lemon
- 3 cloves of garlic, chopped
- 1/2 cup tahini
- 1/4—1/2 cup warm cooking water
- 1/4—1/2 cup olive oil

*The night before or at least 4 hours before, prepare the chickpeas:*
1. Sort: Spread the chickpeas out on a big cookie sheet and take out any clumps of dirt, stones or odd-looking peas.
2. Rinse: Rinse the beans 3 times by putting them in a large pot (the one you will cook them in, and remember that they will swell up to 2-3 times their size) and swishing them around in cold water with your hands until the water is clear.
3. Soak: Fill your large pot with enough water to cover the peas by several inches. Put in the fridge and soak for at least 4 hours or overnight.

*Then, cook the chickpeas:*
1. Drain and fast boil: Drain off the soaking water and rinse one final time with fresh, cold water. Again, fill the pot with water to cover the chickpeas by several inches. Over high heat, bring to a rolling boil for about 5 minutes. This helps them be more digestible. Skim off any white foam that floats to the top.
2. Cook: Add a bay leaf, turn down heat and simmer for about 45 minutes or so partially covered. Check to see if the peas are tender. When they are, add sea salt and continue cooking until they are really tender but not mushy. Drain and save 1/2 cup of cooking water for the hummus.

*Finally, make the hummus:*
1. Add warm (this helps them get super silky smooth and the heat helps cut the garlic’s bite) chickpeas, lemon juice, garlic, tahini, cooking water to a food processor and puree for about 3-4 minutes. Scrape down the sides. Then whip again, slowly drizzling oil until creamy and smooth. Taste and add salt and pepper if needed.

*Customize it:*
1. You can blend in sundried tomatoes, roasted peppers, kalamata olives, mint, or spinach.
2. You can top it with the same thing you’ve blended in, or garnish with pomegranate seeds or a salsa of mint and tomato. No matter what, a swirl of olive oil is a great topper.
**Cranberry-Jalapeno Granita**

Serves: 4  
Calories: 98  
Points+: 3

**Ingredients:**
- 2 cups cranberry juice  
- 1/3 cup sugar  
- 4 5-inch mint sprigs  
- 1 jalapeno pepper, sliced  
- 2 tbsp. fresh lime juice

1. Combine first 4 ingredients in a small saucepan. Bring to a boil. Cover and remove from heat; let stand 15 minutes. Strain cranberry mixture through a fine mesh sieve into an 11 x 7 inch baking dish; discard solids.  
2. Cool to room temperature; stir in lime juice. Cover and freeze for about 45 minutes.  
3. Stir cranberry mixture every 45 minutes until completely frozen (about 3 hours).  
4. Remove mixture from freezer; scrape entire mixture with a fork until fluffy.

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**Iced Ginger Chai**

Serves: 4  
Calories: 7  
Points+: 0

**Ingredients:**
- 2 quarts water  
- 1/2 cup finely chopped fresh ginger  
- 10 pods cardamom  
- 5 whole cloves  
- 10 whole black peppercorns  
- 1/2 tsp. fennel seed  
- 1/4 cup organic loose rooibos tea

1. Place all ingredients in a pot and bring to a boil.  
2. Reduce and leave pot on stove with mixture at a rolling simmer for 30 minutes.  
3. Turn off heat; allow mixture to remain in pot overnight to continue steeping without heat.  
4. Strain mixture into a 1 quart mason jar, you will have between 3-4 cups of chai concentrate.  
5. Fill a glass with ice, 1 cup chai concentrate and 1/4 cup almond milk or milk of your choice.  
6. Add sweetener to taste and serve.

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Myrecipes.com  
Elenaspantry.com
PEPPER-SPICED PECANS AND ALMONDS

Serves: 12
Calories: 266 Points+: 7

Ingredients:
- 3 tbsp. pure maple syrup
- 1 1/2 tsp. Worcestershire sauce
- 1/2 tsp. ground cayenne red pepper
- 2 tsp. ground ancho chili pepper
- 1/2 tsp. ground chipotle chili pepper
- 1 1/2 tsp. ground cumin
- 1/2 tsp. salt (optional)
- 2 cups pecan halves
- 2 cups whole almonds

1. Preheat oven to 375 degrees. Line a 10x15 jelly roll pan with parchment paper.
2. In a large bowl, combine the maple syrup, Worcestershire sauce, and all spices; mix well. Add pecans and almonds and stir well to coat all the nuts.
3. Spread the nuts in a single layer on the prepared pan.
4. Bake for 10 minutes or until lightly browned. Watch closely so the nuts don’t burn.
5. Cool on a wire rack and then peel the nuts off the parchment paper.
6. Store in an air-tight container. Nuts may be kept in the freezer for longer storage.

Denise Buhr, Helmke Library

TAHINI-DRIZZLED FRUIT SALAD

Serves: 6
Calories: 211 Points+: 6

Ingredients:
- 1/2 cup tahini
- 1 tbsp. to 1/4 cup honey
- 1/4 tsp. vanilla
- 3-4 tbsp. water to thin
- 4 cups fruit, cut into bite sized pieces
- Shredded coconut or chopped nuts, optional

1. Whisk together tahini, honey, and vanilla. Add honey slowly so as to not add too much.
2. Then add water to thin, if necessary.
3. Divide fruit among 4 bowls and pour tahini mixture over each. Top with whatever you fancy. We like shredded coconut or chopped nuts.

The Food Trust
**MICROWAVE POTATO CHIPS**

Serves: 1  
Calories: 284  Points+: 7

**Ingredients:**
- 1 medium russet potato  
- parchment paper  
- Salt (optional)  
- Optional seasonings: chili powder, Creole seasoning, Old Bay seasoning, etc.

1. Using a mandolin or v-slicer, slice one medium russet potato (peeled, if you like) as thinly as possible, taking care that all slices are the same thickness. Line the turntable tray of your microwave with parchment paper and place the potato slices on it without overlapping. Salt lightly and sprinkle with your choice of seasonings.
2. Microwave at full power—watching closely—until spots of brown begin to appear, about 4-6 minutes. Turn off the microwave for 1 minute. Microwave again at full power until the slices are golden brown. (Be very careful not to over-brown or they will taste burned.) Remove from the microwave and allow to cool. Repeat until all potato slices are cooked.

**JALAPENO CHEESE DIP**

Serves: 12  
Calories: 171  Points+: 5

- 2-8 oz. light cream cheese  
- 1/2 cup light sour cream  
- 1/2 cup light mayonnaise  
- 1 cup low fat shredded cheese  
- 6-8 chopped jalapeno peppers or a 2 oz. jar + a 4 oz. can of green chilies

1. Cream together the cream cheese, sour cream and mayonnaise.
2. Add half of the shredded cheese into the mixture and half on top.
3. Add jalapenos and bake at 375 degrees for 30 minutes.

Submitted by Joanne Blosser, Communication Sciences and Disorders
**TEX MEX POPCORN**

Serves: 12  
Calories: 138  
Points+: 4

**Ingredients:**  
- 8 cups air-popped popcorn  
- 1/2 cup margarine, trans fat free  
- 1 jalapeno pepper, minced  
- 4 cloves garlic, minced  
- 1 tbsp. chili powder  
- 1 tsp. cumin  
- 1/8 tsp. cayenne pepper  
- 1/2 cup grated Cotija cheese

1. Preheat oven to 300 F. In a large bowl, place popcorn. In small saucepan, heat margarine over medium heat until melted. Stir in jalapeno; cook and stir for 1 minute. Then add garlic; cook and stir for 2 minutes longer until fragrant. Remove from heat and add chili powder and cumin. Drizzle over popcorn and toss to coat.

2. Sprinkle cayenne pepper and Cotija cheese over popcorn and toss to coat. Spread on large cookie sheet. Bake for 20-25 minutes, stirring once during baking time, until popcorn is glazed. Cool on paper towels. Store in airtight container at room temperature.

**How to pop popcorn using a pan on the stove:** Add a tablespoon of oil to the pan. You will need about 1/2 cup of popcorn kernels to make 10 cups of popped corn. Place the pan over high heat and add the popcorn. Gently shake the pan until the popcorn starts to pop, then put the cover on and keep shaking until the popping slows to 1 pop every 2 seconds. Remove from heat and remove the lid when all popping stops.

**ROASTED CHICKPEAS: 2 WAYS**

Serves: 12  
Calories: 48  
Points+: 1

**Chili Roasted Chickpeas**

**Ingredients:**  
- 1 can chickpeas, drained and rinsed  
- 2 tsp. chili powder  
- 1 1/2 tsp. salt  
- 1 tbsp. lime juice

1. Preheat oven to 400 F. Combine all ingredients in a mixing bowl and mix well. Spray a baking sheet with oil spray and spread chickpeas out in a single layer. Bake, stirring every 25 minutes, until golden and crunch, about 45-55 minutes. Cool completely before serving.

**Curry Roasted Chickpeas**

**Ingredients:**  
- 1 can chickpeas, drained and rinsed  
- 1/2 tsp. curry powder  
- 1/4 tsp. cumin  
- 1/8 tsp. cayenne  
- 1/4 tsp. salt (optional)

Both recipes use the same directions:

1. Preheat oven to 400 F. Combine all ingredients in a mixing bowl and mix well. Spray a baking sheet with oil spray and spread chickpeas out in a single layer. Bake, stirring every 25 minutes, until golden and crunch, about 45-55 minutes. Cool completely before serving.

Jen Roherty, Department of Athletics, Recreation, and Intramural Sports
Are you sure you're on track for a healthy and nutritious day?

Keep track for a day and see how you are doing!

**Recommended Minimal Food Per Day: 1,500—2,000 calories per day**

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<tr>
<th>Category</th>
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<tr>
<td>Bread/Grain</td>
<td>6-8 Servings</td>
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<tr>
<td>Vegetables</td>
<td>1 1/2—2 1/2 cups</td>
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<tr>
<td>Fruits</td>
<td>1 1/2—2 1/2 cups</td>
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<tr>
<td>Meat, Poultry, Fish, Eggs or Beans</td>
<td>5-7 ounces or equivalent</td>
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<tr>
<td>Milk or Yogurt</td>
<td>2-3 cups</td>
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<tr>
<td>Oils or other healthy fats</td>
<td>3-6 teaspoons</td>
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<tr>
<td>Favorite Foods (Optional)</td>
<td>150-200 calories</td>
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**Breakfast**

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YOUR HEALTH CONSCIOUS GROCERY LIST

Cholesterol and Blood Sugar Helpers
Some foods rich in soluble fiber and/or plant sterols can help lower blood cholesterol levels, enhance digestive health and minimize the rise in blood sugar levels after a meal (good for diabetics).

Antioxidant Rich
Antioxidants help to prevent and repair damage done by free radicals in the environment. A diet rich in antioxidants may also enhance immunity and lower the risk of cancer. Antioxidants include some vitamins, minerals and flavonoids.

High Fiber
There are two kinds of fiber, soluble and insoluble, both are important for a healthy digestive system. Additionally, insoluble fiber adds bulk to the diet which is helpful for weight control. A diet high in both fibers can reduce the risk of heart disease and diabetes.

Low Sodium
Eating foods high in sodium may cause high blood pressure. Lower your consumption of high sodium foods and eat foods rich in potassium for good health. Most processed foods use sodium so if you stick to whole, less processed foods, you will naturally lower the sodium in your diet.

High Energy Foods
The best choices for energizing foods are ones that are rich in carbohydrates. Put these foods together along with low fat protein and high fiber foods for energy throughout the day.

Best To Buy Organic
The nonprofit Environmental Working Group says these 12 are among the most susceptible to pesticide residue, and thus most profitable to buy organic.

Cholesterol & Blood Sugar Helpers
□ Vegetables
□ Fruits
□ Whole grains
□ Beans
□ Nuts
□ Seeds

Foods Enriched with Plant Sterols
□ Orange juice
□ Yogurts
□ Margarines
□ Cereal
□ Granola bars
□ Chocolate

Omega 3 Fatty Acid Rich Foods
□ Salmon
□ Lake trout
□ Mackerel
□ Albacore tuna
□ Walnuts
□ Flaxseed
□ Canola oil
□ Soybeans
□ Cereals
□ Omega-3 fortified foods

Antioxidant Rich
□ Artichokes
□ Russet potatoes
□ Apples
□ Blueberries
□ Blackberries
□ Cherries
□ Cranberries
□ Raspberries
□ Strawberries
□ Plums
□ Prunes
□ Pecans
□ Small red beans
□ Red kidney beans
□ Pinto beans
□ Black beans
□ Coffee
□ Red wine
□ Tea

High Fiber
□ Most vegetables
□ Pears
□ Mangoes
□ Kiwi
□ Plums
□ Blackberries
□ Raspberries
□ Peaches
□ Strawberries
□ Apples
□ Citrus fruits
□ Dried fruits
□ Nuts
□ Seeds
□ Dried peas
□ Beans
□ Lentils
□ Whole grains
□ Oatmeal
□ Oatbran

High Potassium
□ Mushrooms
□ Peas
□ Potatoes
□ Spinach
□ Sweet potatoes
□ Tomatoes
□ Bananas
□ Grapefruit
□ Oranges
□ Beans
□ Lentils
□ Low-fat or fat-free dairy
□ Raisins

High Energy Foods
□ 100% vegetable juices
□ Sweet potatoes
□ Tomatoes
□ 100% fruit juices
□ Blueberries
□ Cantaloupe
□ Citrus fruit
□ Mango
□ Strawberries
□ Most whole fruits
□ Dried fruits
□ Nuts
□ Beans
□ Low-fat dairy products
□ Whole grains

Others:
□ __________________
□ __________________
□ __________________
□ __________________

Source: WebMD
10 Tips for Healthy Grocery Shopping

Consider this checklist for making healthier food choices in every department of your supermarket:

1. **Produce.** Spend the most time in the produce section, the first area you encounter in most grocery stores (and usually the largest). Choose a rainbow of colorful fruits and vegetables. The colors reflect the different vitamin, mineral, and phytonutrient content of each fruit or vegetable.

2. **Breads, Cereals, and Pasta.** When choosing whole-grain cereals, aim for at least 4 grams of fiber per serving, and the less sugar, the better. Keep in mind that 1 level teaspoon of sugar equals 4 grams and let this guide your selections. Ward points out that cereals -- even those with added sugar -- make great vehicles for milk, yogurt, and/or fruit. Avoid granolas, even the low-fat variety; they tend to have more fat and sugar than other cereals.

3. **Meat, Fish, and Poultry.** The American Heart Association recommends two servings of fish a week. Ward recommends salmon because people often like it, and it's widely available, affordable, not too fishy, and a good source of omega-3 fatty acids. Be sure to choose lean cuts of meat (like round, top sirloin, and tenderloin), opt for skinless poultry, and watch your portion sizes.

4. **Dairy.** Dairy foods are an excellent source of bone-building calcium and vitamin D. There are plenty of low-fat and nonfat options to help you get three servings a day, including drinkable and single-serve tube yogurts, and pre-portioned cheeses. If you enjoy higher-fat cheeses, no problem -- just keep your portions small.

5. **Frozen Foods.** Frozen fruits and vegetables (without sauce) are a convenient way to help fill in the produce gap, especially in winter. Some of Ward's frozen favorites include whole-grain waffles for snacks or meals, portion-controlled bagels, 100% juices for marinades and beverages, and plain cheese pizza that she jazzes up with an extra dose of skim mozzarella cheese and a variety of veggies.

6. **Canned and Dried Foods.** Keep a variety of canned vegetables, fruits, and beans on hand to toss into soups, salads, pasta, or rice dishes. Whenever possible, choose vegetables without added salt, and fruit packed in juice. Tuna packed in water, low-fat soups, nut butters, olive and canola oils, and assorted vinegars should be in every healthy pantry.

4 Simple Shopping Rules

1. **Shop the perimeter** of the grocery store, where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located. Avoid the center aisles where junk foods lurk.

2. **Choose "real" foods, such as 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible.** If you want more salt or sugar, add it yourself.

3. **Stay clear** of foods with cartoons on the label that are targeted to children. If you don't want your kids eating junk foods, don't have them in the house.

4. **Avoiding foods that contain more than five ingredients, artificial ingredients, or ingredients you can't pronounce.**

FORT WAYNE-ALLENTOWN MARKETS

1. **Barr Street Market**  Corner Wayne & Barr Streets, Fort Wayne, IN 46802 Saturdays, 9am—1pm
2. **Clinton Street Market**  3030 N Clinton St Ft Wayne, 46805, Opens May 13 Sat 8am-1pm 260-441-6804
3. **Country Garden & Farm Market**  14110 U.S. Hwy. 24 West, Roanoke, IN 46783 (CSA June 6—Oct 17) 260-672-1254
4. **Dupont Downs Farmer’s Market**  538 E Dupont Road, Fort Wayne, IN 46825 Thursdays Noon-7pm Sharon Iovino 387-5068  www.dupont.downs.com
5. **East State Village—Tecumseh Branch Library**  Sundays, Noon—4pm (June 5—October 23) 260-312-0661
6. **Fort Wayne Parks & Recreation**  Community Center, 233 W Main St Fort Wayne, IN 46802 Fridays 10– Noon, (July 8—September 3) 260-427-6466
7. **Georgetown Bowl Indoor Farmers’ Market**  Tues Noon-7pm
8. **Georgetown Farmer’s Market**  In front of Georgetown Theatre Building Thursdays 4-7 pm (June 9-Sept 15) 260-749-0461
9. **Global Garden Market**  Unitarian Church 5310 Old Mill Road, Sun 12-2, Catherine Kasper Place 2826 S Calhoun , FW, Friday 3-7 (June—Oct) Call 456-8969 for exact dates.
10. **Grabner Organic Farms**— U-Pick Berries & CSA – Certified Organic 26409 Springfield Ctr. Rd Harlan, IN 46743 260-710-5656
11. **Harby’s Farm Market**  4525 Knoll Road, Ft. Wayne, IN 46809, 9am—6pm, Mon—Sat (July—Oct 31) 260-747-4644
12. **Historic W Main St. Farmers’ Market**  1936 W Main St, FW, IN 46802 Fridays 3-8pm 260-515-9700
13. **Kurtz Enterprises**  14212 State Road 37 E New Haven, IN 46774 (July—December) 260-657-5811
14. **North Leo Mennonite Church Community Gardens & Market.** State Road 1 Leo, IN 46765 Sat 9am —1pm (June—August), Free WIFI, scripts SNAP & WIC Vouchers 260-627-6467
15. **Salomon Farmer’s Market**  817 W DuPont Rd Fort Wayne, IN 46825 Wednesdays 4-7pm (June 8—Oct 5)
16. **Schmucker’s Produce Market**  12815 Doty Road, New Haven, IN 46774 9am—5pm, Monday—Saturday
17. **Southside Market—Fresh Farm Produce**  3300 Warsaw Street, FW, IN 46806 Saturdays Only, 7am—1pm (April 23— December 17)
18. **Towne House Retirement Center**  2209 St Joe Center Rd, FW, IN 46825 Outside around the Fountain, Tuesdays 3-6 pm (June—August)
19. **WIC Market** (Neighborhood Heath Clinic)  1725 S Calhoun, Fort Wayne Wed 11-2 (July 13-Sept) 260-458-2641
20. **Woodburn Farmer’s Market**  Carl Street Parking Lot, Wednesdays 2:30-6pm (June 29— August) 260-632-0702

Revised 8-16-11
# Indiana Fruits and Vegetable Harvest Calendar

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Happiness

is not about what happens to you, but how you choose to respond to what happens. That's why it's called happiness not happenness — though it could be called hope-ness. You must always leave room for hope that all has happened for good cause.