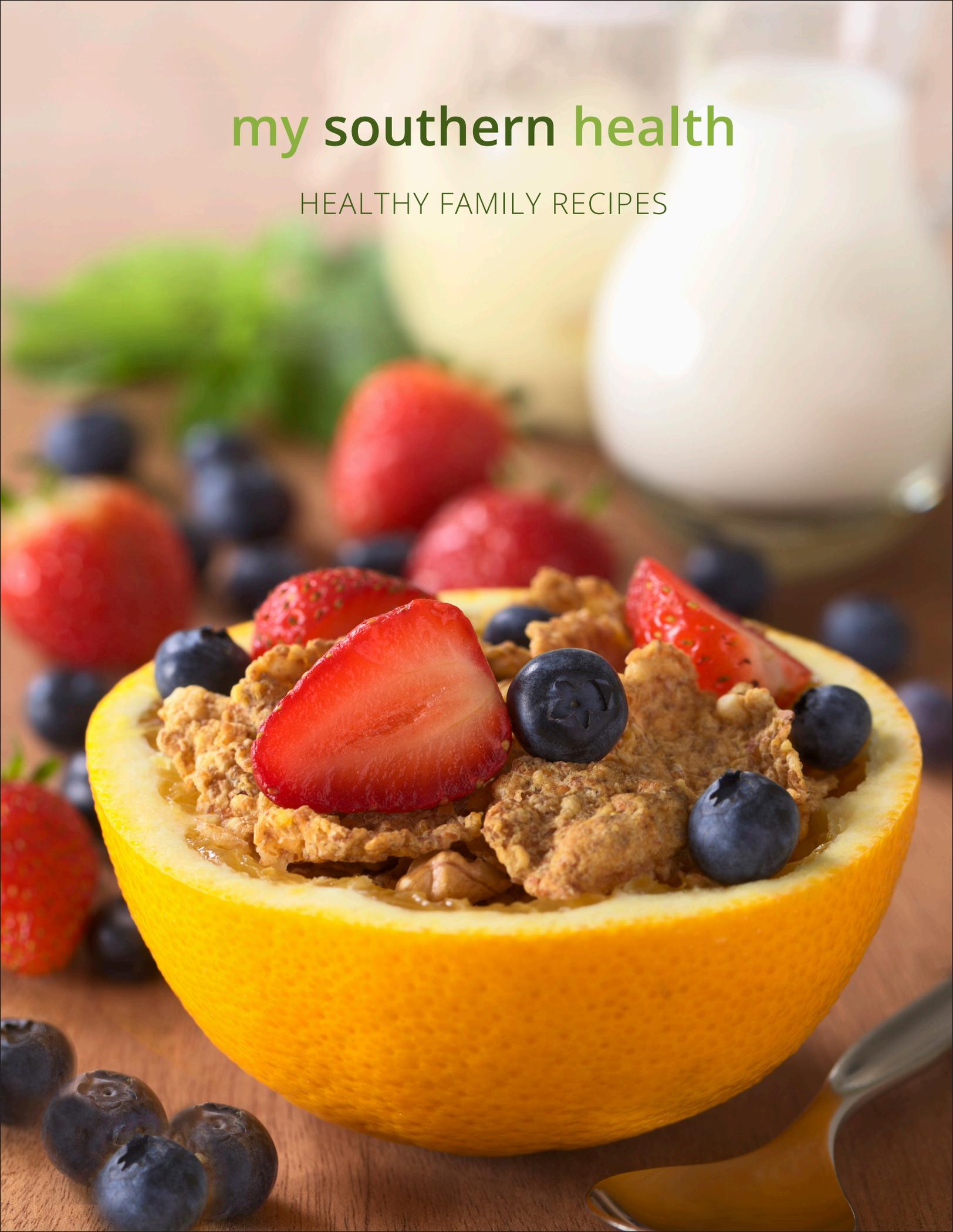


my southern health

HEALTHY FAMILY RECIPES





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BREAKFAST



FROZEN BREAKFAST BURRITOS

8 servings

Ingredients

12 eggs

Hot sauce, to taste

8 large (8") wheat tortillas

1 cup 2% shredded sharp cheddar cheese

½ cup of vegetables of your choice (e.g. peppers, asparagus, broccoli)

¼ cup - ½ cup salsa

Salt & pepper

Directions

1. Crack eggs into a large bowl, then season with salt, pepper and hot sauce. Whisk until well beaten. Heat a large skillet over medium heat, then spray with non-stick spray. Pour in eggs and vegetables and scramble until the eggs are set, but still glossy. Remove to a plate and set aside.
2. Lay tortillas on a clean, dry surface. Divide the egg and vegetable mixture among the tortillas, then top with salsa and cheese. Fold over the top of each tortilla, fold in the sides, and continue rolling to form a burrito. Wrap individually in plastic wrap. Freeze in a large freezer bag.
3. When ready for breakfast, remove a burrito from freezer. Unwrap and discard plastic wrap, then wrap burrito in a paper towel. Microwave for 1 ½-2 minutes, or until hot.

ALMOND AND BANANA SMOOTHIE

4 servings

Ingredients

2 large, ripe bananas, peeled and sliced

2 cups almond milk or milk

2 cups ice cubes

2 tablespoons (packed) golden brown sugar

1 teaspoon vanilla extract

Ground nutmeg to taste

Directions

1. Blend the first five ingredients in a blender until smooth.
2. Divide the smoothie mixture into four small glasses and sprinkle lightly with the ground nutmeg.

STRAWBERRY-WATERMELON SMOOTHIE

Ingredients

3 cups 1-inch cubed seeded watermelon

2 cups frozen quartered hulled strawberries

1 ½ teaspoons finely grated, peeled ginger

1 ½ teaspoons fresh lime juice

Directions

1. Combine all ingredients in a blender and process until smooth.
2. Divide between two small glasses and serve.

TURKEY BACON BREAKFAST WRAP

10 servings

Ingredients

10 turkey bacon slices cut to ¼ inch pieces
½ cup green pepper, seeded/chopped
½ cup onion chopped
1 avocado (optional)
1 medium tomato diced
5 eggs
½ cup skim milk
1 cup cheddar cheese
10 large (8") whole wheat tortillas
Salsa to taste

Directions

1. In a large skillet over medium heat, cook bacon, green pepper, and onion until bacon is brown. Remove from heat.
 2. In a small bowl combine eggs, milk and pepper. Pour eggs over bacon and return to skillet for 2-3 minutes, stirring frequently and mix in cheese.
 3. Place egg mixture on lower ⅓ of each of the tortillas. Roll and place on 9x13 microwave safe dish.
 4. Cook in microwave 2-3 minutes until hot.
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ANYTIME BREAKFAST SCRAMBLE

1 serving

Ingredients

1 whole egg
2 egg whites
2 tablespoons skim milk
1 tablespoons olive oil
3 oz. diced deli turkey
¼ cup Halved cherry Tomatoes and Sliced Green Onion
½ cup arugula
1oz feta cheese

Directions

1. Whisk together whole egg, egg whites and milk.
2. In a non-stick pan sauté turkey, cherry tomatoes, and green onions in olive oil until turkey is hot and green onions begin to soften. Add arugula and cook until wilted.
3. Add egg mixture and scramble until eggs are cooked to taste.
4. Top with feta cheese.

SIDES



EASY COUSCOUS "TABOULI"

4 Servings

Ingredients

2 quarts boiling water
1 10oz. box of couscous (whole wheat if available)
½ cup diced onion
½ cup diced tomato
½ cup diced cucumber
½ cup sliced black olives
¼ to ½ cup minced parsley
2-4 tablespoons lemon juice (to taste)
2-4 tablespoons olive oil (to taste)
Salt and pepper (to taste)

Directions

1. Put couscous in a bowl, pour boiling water over couscous until just covered (you probably won't need all of it)
 2. Cover bowl with plastic wrap and let sit for 10 minutes. Fluff cous cous with a fork.
 3. Fold in all other ingredients and season to your liking.
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CARROT, APPLE AND FENNEL SLAW

4 Servings

Ingredients

½ cup plain nonfat yogurt
2 tablespoons white wine vinegar
½ teaspoon celery seeds
¼ teaspoon coarse salt
1 tablespoon freshly chopped tarragon
1 pound carrots, peeled and cut into 3-by-¼-inch matchsticks
1 fennel bulb, cut into 3-by-¼-inch matchsticks
1 Granny Smith apple, unpeeled, cored, and cut into ½-inch wedges

Directions

1. Place the yogurt, white wine vinegar, celery seeds, salt and tarragon in a small bowl, and whisk to combine; set aside.
2. Place the carrot and fennel matchsticks and apple wedges in a medium bowl.
3. Add the reserved yogurt dressing, and toss to combine.

ROASTED BEETS WITH LEMON-THYME DRESSING

4 Servings

Ingredients

6 medium beets, rinsed (about 2 ½ pounds); can be red, golden, or any variety or combination
¼ cup extra virgin olive oil
1 tablespoon chopped fresh thyme leaves
Zest and juice of 1 lemon
Salt and pepper to taste

Directions

1. Preheat oven to 400°.
 2. Leave root and 1 inch of stem on beets; scrub with a brush. Wrap beets in foil. Bake at 400° for 1 hour or until tender.
 3. While beets cool, in a small container with a tight lid, combine olive oil, thyme, lemon juice, lemon zest and salt and pepper. Close container and shake vigorously.
 4. Cool beets to room temperature, then peel and cut each beet into 8 wedges.
 5. Pour dressing over beets and toss to coat. Serve immediately or cover and keep in refrigerator until ready to serve.
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SEASONAL FRUIT SALAD WITH MINT

6 Servings

Ingredients

1 ½ cups strawberries, cleaned and quartered
¾ cups fresh pineapple chunks
1 cup apples, cored and cut into chunks
1 pint blackberries, cleaned
¼ cup finely chopped mint

Directions

1. In a mixing bowl, combine the cut fruit and toss.
 2. Add the fresh mint and stir gently.
 3. Serve in parfait dishes or small bowls.
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GRAIN SALAD WITH DRIED FRUIT AND NUTS

3-4 Servings

Ingredients

½ cup cooked brown rice
½ cup cooked quinoa
½ cup cooked wheat berries
¼ cup chopped toasted walnuts
¼ cup dried cherries
¼ cup chopped dried apricots
2-3 tablespoons apple cider vinegar
1-2 tablespoons agave nectar
salt & pepper to taste

Directions

1. Cook the grains according to the directions on the package. Combine.
2. Fold in dried fruit and nuts.
3. Season with vinegar, agave nectar and salt and pepper.

PEACH, BLUEBERRY AND GINGER FRUIT SALAD

4-6 Servings

Ingredients

2 limes
1/3 cup water
1/3 cup honey
3 large peaches (2 1/2 lb total) peeled and cut into 1-inch pieces
3 cups blueberries (3/4 oz)
1/4 cup finely chopped crystallized ginger (1 1/2 oz)

Directions

1. Remove zest from 1 lime in strips with a vegetable peeler and cut any white pith from strips with a sharp knife.
 2. Squeeze 3 tablespoons juice from limes.
 3. Bring zest, water, and sugar to a boil in a 1-quart saucepan, stirring until sugar is dissolved, then boil, uncovered, about 3 minutes.
 4. Remove from heat and stir in lime juice.
 5. Let syrup stand 20 minutes, then remove zest with a slotted spoon and discard.
 6. Toss together peaches, blueberries, and syrup in a large bowl and sprinkle with ginger.
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GARDEN GREENS WITH YELLOW TOMATOES AND PEACHES

3-4 Servings

Ingredients

1/3 cup extra-virgin olive oil
2 tablespoons minced shallot
2 tablespoons white balsamic vinegar
1 1/2 tablespoons fresh lemon juice
8 cups mixed baby greens
4 small vine-ripened yellow tomatoes, cut into wedges
2 small yellow peaches, wiped clean of fuzz, halved, pitted, thinly sliced

Directions

1. Whisk first 4 ingredients to blend in medium bowl.
2. Season dressing to taste with salt and pepper.
3. Toss greens, tomatoes and peaches and add dressing

Tip - dressing can be made up to two hours ahead.

PAN-CHARRED GREEN BEANS

3-4 Servings

Ingredients

1 lb green beans
2 tablespoons olive oil
1 tablespoon toasted sesame seeds
2 tablespoons soy sauce
black pepper to taste
4 tablespoons salt
2 qts water

Directions

1. Bring water and salt to a boil, drop in beans, remove after 1 minute.
2. Heat oil in sauté pan until very hot. Add green beans.
3. Saute until green beans are cooked and begin to brown. Remove from heat. Finish with soy sauce, sesame seeds and black pepper.

APPETIZERS AND SNACKS



TRAIL MIX WITH HOMEMADE GRANOLA

8 servings

Ingredients

3 cups old-fashioned oats
1 cup coarsely chopped pecans
½ cup unsweet shredded coconut
3 tablespoons (packed) brown sugar
¾ teaspoon ground cinnamon
½ Teaspoon ground ginger
¼ teaspoon salt
⅓ cup honey
2 tablespoons vegetable oil
1 cup assorted dried fruit

Directions

1. Preheat oven to 350°F.
 2. Line rimmed baking sheet with parchment.
 3. Mix the first 7 ingredients in large bowl. Stir honey and oil in saucepan over medium-low heat until smooth.
 4. Pour honey mixture over oat mixture and toss. Spread on a prepared sheet.
 5. Bake until golden, stirring every 10 minutes, about 40 minutes. Place sheet on rack.
 6. Stir granola; cool. Mix in fruit. Can be made up to 1 week ahead.
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CALIFORNIA FRESH FIG SALSA

16 servings

Ingredients

1 lb. California figs
2 fresh green onions, sliced crosswise
2 medium tomatoes, peeled, seeded and coarsely chopped
1 cup peeled and diced mango
2 tablespoons finely chopped fresh mint
2 cloves garlic, minced
2 jalapeno peppers, seeded and minced
2 teaspoons grated lime peel
2 tablespoons lime juice
1 tablespoon balsamic vinegar
Salt and pepper, to taste

Directions

1. Wash, stem and dice figs to make 2 cups.
2. Combine with remaining ingredients and chill several hours.
3. Serve with honey-glazed lamb chops, broiled or grilled fish, chicken, pork, beef or with chips for dipping.

TRADITIONAL SALSA

6-8 servings

Ingredients

2 large ripe tomatoes, seeds and excess pulp removed, chopped
½ cup finely minced onion
½ cup chopped green pepper
4 medium cloves garlic, minced
1-4 oz can diced jalapeno pepper. Start with a small amount and add to taste
2 tablespoons coarsely chopped pumpkin seeds
6 tablespoons chopped fresh cilantro
2 tablespoons fresh lemon juice
1 tablespoon extra virgin olive oil
salt and black pepper to taste

Directions

1. Mix all ingredients and serve with chips or cut vegetables.
Good for up to one week in the refrigerator.
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BBQ KALE CHIPS

6-8 servings

Ingredients

3 large handfuls of kale
2 tablespoons Extra Virgin Olive Oil
¼ teaspoon salt
¼ teaspoon smoked paprika
¼ teaspoon garlic powder

Directions

1. Preheat oven to 350°
2. Remove all kale leaves from the stalk. Break into 1-2 inch pieces and wash well.
(**Very Important:** Dry kale leaves completely with paper towels and repeat drying)
3. Place all kale in a mixing bowl and coat with all of the olive oil
4. Line a baking sheet with aluminum foil and place all of the kale on the sheet.
5. Bake for 10 minutes. Meanwhile combine salt, paprika and garlic powder.
6. Remove kale from oven and sprinkle with seasoning mixture.
7. Place back in oven for 2-4 minutes or until crispy. Watch closely to avoid burning.

JALAPENO SALSA

6-8 servings

Ingredients

½ pound jalapenos
8 cups coarsely chopped tomatoes, peeled
3 cups chopped, seeded Sweet Banana Peppers
2 cups chopped onions
2 cups apple cider vinegar
6 cloves of minced garlic
1 tablespoon salt
1 teaspoon dried oregano
¼ cup chopped cilantro

Directions

1. For chunky salsa, combine all ingredients.
2. For smoother salsa, pulse 7-10 times in a blender, then blend on slow for 30 seconds.
3. For fine salsa, blend on high for 1 minute.
4. Customize by adding ingredients of your choice, like corn, avocado, black beans or pineapple.

MEALS



GREEK SALAD PITA SANDWICHES (VEGETARIAN)

4 servings

Ingredients

3 tablespoons extra-virgin olive oil
1 tablespoon red wine vinegar
1 ¼ cups chopped seeded plum or cherry tomatoes
1 cup diced seeded peeled cucumber
1 cup chopped green bell pepper
⅔ cup chopped red onion
½ cup chopped radishes
½ cup chopped fresh Italian parsley
1 cup crumbled feta cheese (about 4 ½ ounces)
4 8-inch-diameter whole wheat pita breads, halved
hummus

Directions

1. Whisk olive oil and red wine vinegar in large bowl.
2. Season dressing with salt and pepper.
3. Mix tomatoes, cucumber, bell pepper, red onion, radishes, and parsley into dressing.
4. Stir in feta cheese.
5. Smear hummus on inside of pita, then using slotted spoon, transfer salad mixture to pita bread halves.
6. Serve sandwiches immediately.

CHICKEN SALAD OVER LETTUCE

5 servings

Ingredients

3 ⅓ cups chopped, cooked chicken
½ cup chopped celery
½ cup of diced apples, grapes and raisins
⅓ cup light mayonnaise
⅓ cup plain yogurt (Greek yogurt preferred)
¼ tsp poultry seasoning
Dash of pepper
6–8 cups of lettuce of your choice

Directions

1. Mix the ingredients together in a bowl.
2. Serve ⅔ of a cup of chicken salad over a bed of lettuce.

MIXED GREENS SALAD

1 serving

Ingredients

1 cup spring mix or other salad greens
½ cup strawberries
1oz soft goat cheese
¼ cup sliced almonds
2 tablespoons of salad dressing of your choice
Shaved onion for garnish

Directions

1. Wash salad mix and strawberries before slicing.
2. Toss salad mix with dressing until leaves are evenly coated.
3. Add strawberries, goat cheese, almonds and shaved onions.

SIMPLE & DELICIOUS FLATBREAD PIZZA

6 Servings

Ingredients

1 can crushed tomato
1 can tomato paste
1 jar of blended Italian seasoning
Olive oil
Salt and pepper
1 twelve inch prepared flatbread
Your favorite low-fat cheeses
Low-fat meats (Italian turkey sausage, for example)
Your favorite veggies

Directions

Sauce

1. Combine canned crushed tomatoes with can of tomato paste and one tablespoon of blended Italian seasoning.
2. Cook until the liquid reduces and sauce thickens, set aside.

Toppings

1. Sauté in a skillet with olive oil, salt and pepper.
2. For prepared flatbread—preheat oven to 300°
3. Lay bread on a baking sheet in a single layer and place in preheated oven for 3-5 minutes just to soften.

Build your pizza

1. Spoon a layer of sauce and spread it to the ends of the flatbread.
2. Layer your toppings. Top with cheese. Bake in the oven either on the baking sheet, or directly on the rack for a crispier crust, bake until the cheese has melted.

BROCCOLI AND CORN CALZONES

6 Servings

Ingredients

½ cups chopped broccoli florets
1 ½ cups fresh corn kernels, (about 3 ears; see Tip)
1 cup shredded part-skim mozzarella cheese
⅔ cup part-skim ricotta cheese
4 scallions, thinly sliced
¼ cup chopped fresh basil
½ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon freshly ground pepper
All-purpose flour, for dusting
20 ounces prepared whole-wheat pizza dough,
Thawed if frozen
2 teaspoons canola oil

Directions

1. Preheat to 475°
Position racks in upper and lower thirds of oven.
Coat 2 baking sheets with cooking spray.
2. Combine broccoli, corn, mozzarella, ricotta, scallions, basil, garlic powder, salt and pepper in a large bowl.
3. On a lightly floured surface, divide dough into 6 pieces. Roll each piece into an 8-inch circle. Place a generous ¾ cup of the filling on one half of each circle, leaving a 1-inch border of dough. Brush the border with water and fold the top half over the filling. Fold the edges over and crimp with a fork to seal. Make several small slits in the top to vent steam. Brush each calzone with oil. Transfer the calzones to the prepared baking sheets.
4. Bake the calzones, switching the pans halfway through, until browned on top, about 15 minutes. Let cool slightly before serving.

Tip - to reduce saturated fat even further, use nonfat ricotta

RED, WHITE AND GREEN SOUP

Ingredients

2-4 teaspoon olive oil
1 medium-large onion
2 large carrots, sliced
2 sticks celery, sliced
2-3 cloves garlic - minced
1 teaspoon dried or 2 teaspoons fresh thyme
1 teaspoon dried or 2 teaspoons fresh oregano
1-2 bunches kale, washed, stripped from stem, and chopped
4-5 large tomatoes, chopped
4 cups stock, water, or tomato juice
2 cups cooked or canned white beans
Salt and pepper to taste

Directions

1. Heat the olive oil over medium heat in a soup pot or dutch oven.
2. Add the onion, carrot and celery.
3. Cook until the onions are translucent, then add minced garlic
4. Add liquid, kale, and let it begin to simmer.
5. Add salt and pepper to taste.

BBQ RUBBED SALMON

3-4 oz. piece of salmon

Ingredients

1tsp Olive Oil
½ cup brown sugar
¼ cup paprika
1 tablespoon black pepper
1 tablespoon salt
1 tablespoon chili powder
1 tablespoon garlic powder
1 tablespoon onion powder
1 teaspoon cayenne

Directions

1. Mix everything (except olive oil) together and store in an airtight container.
2. Rub Salmon with olive oil and dust with bbq rub. Grill over high heat (400-500 degrees) flipping once, until internal temperature of fish reaches 165 degrees

Tip - Using a dry rub on fish and other items that tend to stick creates a barrier between the fish and the grill grates.

EARLY SPRING PASTA WITH OVEN ROASTED CHICKEN

4 Servings

Ingredients

4 boneless skinless chicken breasts, 3-4 ounces each.
1 cup fat free italian dressing
4 cups cooked whole wheat pasta
1 red onion, sliced
3 cloves garlic, minced
1 bunch asparagus, cut into 1 inch pieces
1 8oz bag baby spinach
1 pint cherry tomatoes, halved
2 tablespoons olive oil
Salt and pepper to taste
Garnish with shaved parmesan cheese

Directions

1. Marinate chicken breasts in Italian dressing for at least 1 hour in the refrigerator. (chicken can be marinated up to 8 hours.)
 2. Water can be heated for the pasta and vegetables can be cut.
 3. Place chicken on a foil-lined sheet pan and bake at 350 degrees for 12-15 minutes until internal temp reaches 165°.
 4. While chicken is cooking, prepare pasta according to package directions.
 5. Sauté garlic, onion and asparagus in olive oil. When asparagus begins to soften, add tomatoes and spinach and continue to saute until spinach is cooked and tomatoes begin to wrinkle.
 6. Add drained pasta to vegetables and mix thoroughly. Season with salt and pepper.
 7. Top pasta with chicken breast and garnish with parmesan cheese.
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CHICKEN WITH DILL AND BASIL MAYONNAISE

4-6 Servings

Ingredients

Medium-sized whole chicken
2 tomatoes
2 medium onions
9 black peppercorns
12 parsley stalks
Fresh thyme
1 bay leaf
1 large lemon

Directions

1. Put the chicken in a large pot.
2. Add the tomatoes, onions in their skins, and peppercorns. Tuck in the parsley stalks, the thyme and the bay leaf. Cut the lemon in half and add it to the pan.
3. Pour enough water to cover the chicken. Bring to a boil, skim the froth, then turn the heat down to a simmer.
4. Simmer for an hour.
5. The meat should be tender but not falling off the bone.
6. Pull from the stock and pull the meat off in larger pieces.