

# Towson University's Book of Healthy Flavors

A collection of healthy recipes from Towson  
University students, faculty, and staff

Put together by Health Education and Promotion  
Intern, Courtney Insley

March 2021

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# About Me

Hello,

My name is Courtney Insley and I am a senior at Towson University, with an anticipated graduation date of May 2021. I am majoring in Health Education & Promotion and love all areas of the health field! At TUNE (Towson University in Northeastern Maryland), where I am interning, I am responsible for completing two projects of my choice related to health. One of those projects is this healthy recipe book, which I named "Towson University's Book of Healthy Flavors". I wanted to create this recipe book because I love to cook, and I want myself and others to be inspired in trying new kinds of food. I not only wanted to create a recipe book, but a healthy one, that contained a collection of Towson students, staff, and faculty's favorite go-to recipe. Eating healthy is important to me and creating this book has opened my mind to all the healthy options available, and I hope it will open your mind too!

-Court

# Introduction to Healthy Eating

The word “healthy” can have a variety of meanings and can be based on one’s health goals, experiences, and other areas. For some, the word “healthy” can mean maintaining a balanced lifestyle through mental and physical means, while for others the word can mean fulfilling the body with what it needs to admit energy throughout the day. While there are a lot of factors that contribute to living a healthy lifestyle, it is vital that you are receiving the proper nutrients through your diet and most importantly, eating what makes you feel your best! “Towson University’s Book of Healthy Flavors” contains a recipe for anyone and everyone—whether you are

# Healthy Eating Plate Diagram

# Spinach and Feta Greek Egg Bake

4 Servings\*\*

## **Ingredients:**

- 12 large eggs
- 1 teaspoon extra virgin olive oil
- 11-12 ounces baby spinach
- 1/2-3/4 teaspoon salt
- 1/4 teaspoon black fine graded pepper
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 4-6 ounces imported feta cheese crumbled

## **Directions:**

1. Preheat oven to 375 degrees and spray an 8 x 8 baking dish with cooking spray.
2. Heat oil in a large frying pan over medium-high heat. Add spinach and sauté until bright green and wilted (about 4-5 minutes). Spread cooked spinach into an even layer in baking pan.
3. In a medium bowl, whisk together eggs, pepper, oregano and garlic powder. Pour mixture over spinach and use a fork to carefully stir the spinach and eggs. Sprinkle entire dish evenly with crumbled feta.
4. Bake in the oven until eggs are fully cooked through (about 30-35 minutes).
5. Remove the pan, letting it cool. Then slice the pan into eight pieces to serve.

## **Original recipe:**

<https://thelemonbowl.com/spinach-and-feta-greek-egg-bake/>

### About Me!

- Anthony Skevakis
- Dean of Students
- Main Campus
- Anthony's favorite memory

## Cinnamon Coffee Smoothie

### **Ingredients:**

- 1 frozen banana
- 1 tablespoon almond butter
- 2-4 tablespoons espresso
- 4 ice cubes
- 3/4 cup almond milk
- 1 teaspoon cinnamon

### **Directions:**

1. Add all ingredients in a blender and blend until smooth. Add more almond milk, as needed.

#### About Me!

-Shreeram Mishra  
-Nursing Major  
-TUNE  
-Shreeram loves cinnamon  
and coffee, and she likes to  
add in bananas to make the  
☺  
☺

## Sunny-Side-Up Eggs with Tomato Base

### **Ingredients:**

- Whole wheat bread
- Few slices of tomatoes
- 2-3 diced tomatoes (for the tomato base)
- 2 eggs
- Avocado
- Choice of seasoning

### **Directions:**

1. Add one tsp of oil into a pan.
2. Add diced tomatoes on high heat.
3. Cook tomatoes until they become like a paste or until all the liquid is absorbed.
4. Once you notice that the tomatoes are crispy/well done, lower the heat.
5. Add 2 eggs and cover to desired yolk texture.
6. Serve on bread with avocado, tomato slices, and any other toppings/seasoning.

About Me!

-Muskan Tariq  
-BSN Nursing Major  
-Mai



## Banana-Oat Pancakes

### **Ingredients:**

- 2 medium ripe bananas
- 2 eggs
- 1/2 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 1/2 cups old-fashioned rolled oats
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt

### **Directions:**

1. Blend all ingredients into a blender until smooth or your liking.

#### About Me!

-Jessica Oliveros  
-Health Education and  
Promotion Major  
-Main Campus  
-A traditional food that Jessica  
and her dad make during the  
holidays are a Colombian food  
called Arepas!

## Simple Egg and Bacon Breakfast Sandwich

### **Ingredients:**

- Thomas brand multigrain English muffin
- Laughing cow garlic & herb cheese
- 2 slices of turkey bacon
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## Egg and Veggie Sandwich with a Side of Tea

### **Ingredients:**

- 3 egg whites
- Handful of spinach
- About 4 grape tomatoes
- Handful of mushrooms
- Onions
- Slice or shredded cheese
- 1/2 tbsp of butter
- Pam spray
- Goya adobo seasoning
- Whole wheat bagel or bread
- Lemon ginger hot tea (or any tea will do)

### **Directions:**

1. Dice the tomatoes and onions and cut the mushrooms into small pieces.
2. Grab a handful of spinach and rip the leaves in half.
3. Add butter to a pan, tossing in the spinach, tomatoes, mushrooms, and onions. Sprinkle the Goya adobo seasoning over the veggies in the pan.
4. æ-1816



## The Perfect Chicken Breast

### **Ingredients:**

- Chicken breast
- Salt
- Pepper
- Paprika
- Olive oil
- Garlic clove
- Lemon
- Parsley

### **Directions:**

1. Thinly slice the chicken breast in half. Season the chicken.
2. Start on a high heat, pouring olive oil into a pan (the oil in the pan should sizzle).
3. Place chicken breast into the pan, making sure to flip the chicken to evenly cook both sides (if the chicken sticks to the pan that means the chicken is not finished cooking).
4. Reduce the heat to a medium heat setting and pour some water into the pan and cover with lid (let it cook for another 7 minutes).
5. As the chicken continues to cook prepare the additional sauce/seasoning.
6. Mince garlic, then cut a lemon in half (at this point check on your chicken).
7. If the chicken is fully cooked, take the pan off the heat and add in the minced garlic, butter, and lemon juice from lemon.
8. Cut the chicken, top with parsley, and serve.

### **About Me!**

- Alex Mattes
- Business Administration Major
- Main Campus
- His dad has a 20-year-old crab cake recipe that no one knows but him!

## White Chicken Chili

Serves 6\*\*

### **Ingredients:**

- 6 C. reduced sodium chicken broth
- 3-4 C. cooked and chopped/shredded boneless skinless chicken breast (1 1/2 lb.)
- 2 15oz. cans of white beans (drained and rinsed)
- 2 C. Salsa Verde
- 2 tsp cumin

### **Directions:**

1. Toss all ingredients together into a medium stock pot or large sauce pan.
2. Heat over medium-high heat until boiling; cover and reduce heat to medium-low and simmer for at least 5 minutes.

#### About Me!

-Sana Siddique  
-Health Education and Promotion  
Major  
-Main Campus  
-Sana's favorite memory  
regarding food is eating from a  
food truck festival in Pakistan!

## Lemon Garlic Parmesan Shrimp Pasta

Serves 6\*\*

### **Ingredients:**

- 8 ounces linguine pasta (can substitute whole wheat pasta for a healthier option)
- 2 tablespoons olive oil
- 6 tablespoons butter (can substitute unsalted butter for a healthier option)
- 4 cloves garlic minced
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## Copycat Tacobell Crunch Wrap Supreme (Vegetarian)

### **Ingredients:**

- 1/4 cup beefless crumbles/ground beef alternative (brands: Beyond Meat, Gardein, BOCA)
- 1/4 tbsp taco seasoning
- 1 large flour tortilla (can substitute whole wheat for a healthier alternative)
- 1/4 cup crushed tortilla chips
- 1/2 cup chopped romaine lettuce
- 1/4 cup diced tomatoes
- 2 tbsp chopped red onion
- 2 tbsp shredded cheese (or you can use a vegan chesses alternative)

### **Directions:**

1. Cook the ground “beef” as directed (varies by brand), adding the taco seasoning and 1 tbsp of water. Let simmer for 5 minutes or until all the water has been absorbed.
2. In a separate bowl, toss together the diced tomatoes and red onion until well mixed.
3. Preheat a pan or skillet on low to medium heat, then begin assembling the crunch wrap.
4. Place the crushed tortilla chips in the center of the tortilla in a circular shape, leaving at least a 2-inch border of the flour tortilla around the circle of crushed chips.
5. Layer on top of the circle of chips the shredded lettuce, then the tomato onion mixture, then the cooked “beef” last—all while making sure to maintain a circular shape and leaving at least a 2-inch border of tortilla around the inner circle of filling.
6. If using cheese, add this layer last, on top of the “beef” layer before folding the tortilla.
7. Begin folding the crunch wrap by starting at one edge of the flour tortilla and folding it inwards in 5ths (5 sections). Continue folding around the edge until the 5 folds are completed and the crunch wrap is securely closed, and no inner filling is visible.
8. Carefully place the filled crunch wrap on the pre-heated pan/skillet with the folded side down first. Cook on this side for 2-3 minutes or until the tortilla is golden brown.
9. Enjoy on its own or with a side of hot sauce, salsa, and/or guacamole!

### **About Me!**

-Erin Lee  
-Nursing Major  
-Main Campus  
- “Although non-dairy milk alternatives are credited for benefitting the environment as they produce lower greenhouse gas emissions than dairy milk, almond milk production requires more water usage than any other dairy and non-dairy alternative milk!”



## Asiago Chicken Pasta with Sun-Dried Tomatoes and Spinach

4 Servings\*\*

### **Ingredients:**

- 8 oz penne pasta (can substitute gluten free brown rice penne, for gluten free version)
- 1/3 cup sun-dried tomatoes with 2 tablespoons of oil
- 1 lb. chicken breast sliced in half and chopped
- 3 garlic cloves minced
- Salt
- 1/4 teaspoon paprika
- 1 cup half and half (half milk and half cream to form a lighter cream)
- 1/2 teaspoon salt
- 1 cup Asiago cheese shredded
- 2 cups of fresh spinach

## Cincinnati Chili

### **Ingredients:**

- 1-quart water
- 2 pounds ground turkey
- 2 medium onions chopped
- 2 T vinegar
- 2-8 oz cans tomato sauce
- 1 bay leaf
- 1/2 t. red pepper
- 2 t. Worcestershire sauce
- 1 t. ground cumin
- 1t. ground allspice
- 1 t. cinnamon
- 3 T. chili powder
- 1 oz. Bakers Unsweetened Chocolate

### **Directions:**

1. Boil ground turkey in water. Drain off half the water.
2. Add all the other ingredients and simmer for about an hour.
3. Serve with whole grain spaghetti, grated cheddar, and beans if desired.

#### About Me!

-Kathleen Gould

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## Spring Quesadilla

### **Ingredients:**

- 2 poblano peppers
- 8 flour tortillas (can substitute whole wheat for a healthier option)
- 1 1/2 cups shredded cheese of your choice
- 1 sweet potato diced and roasted
- 1 red bell pepper stemmed and diced
- 1/2 cup cooked black beans, drained and rinsed
- 1/4 cup chopped scallions
- 1 serrano pepper thinly sliced (optional)

### **Directions:**

1. Roast the poblanos. Char the peppers over a gas burner or under a broiler until the skin is blackened all over. Remove them from the heat, place them in a bowl, and cover them with a towel or plastic wrap for 10 minutes. Uncover and use your hands to peel and remove the loose skin. Slice off the stem, and remove the seeds, and slice it into strips.
2. Assemble tortillas with sprinkles of cheese, sweet potatoes, poblano slices, bell pepper, black beans, scallions, and serrano (if using)!

## Greek Inspired Salad

### **Ingredients:**

- 3 cups raw spinach
- 1/4 cup sliced cucumbers
- 4-5 grape tomatoes
- Grilled chicken
- 3 tablespoons of red wine vinegar
- 1/8 cup sliced red onions
- 1/4 cup of crumbled feta cheese

### **Directions:**

1. Cook chicken thoroughly.
2. Slice red onions and cucumbers.
3. Add all the ingredients into a bowl and top with red wine vinegar.

#### About Me!

-Rebecca Dawson  
-Psychology Major  
-TUNE  
-Rebecca proposed to her husband on Valentine's Day, which included a sushi date!

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# Broiled Salmon with Herb Mustard Glaze

**Ingredients:**

- 2 garlic cloves
- 3/4 teaspoon finely chopped fresh rosemary leaves
- 3/4 teaspoon finely chopped fresh thyme leaves
- 1 tablespoon dry white wine
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons Dijon mustard
- Nonstick olive oil cooking spray
- Six 6- to 7-ounce salmon fillets
- Salt and freshly ground black pepper
- 6 lemon wedges

**Directions:**

1. In a mini food processor, combine garlic, rosemary, thyme, wine, oil, Dijon mustard, and 1 tablespoon of whole-grain mustard. Grind the mustard sauce until combined (about 30 seconds). Transfer to a small bowl. Add remaining 1 tablespoon of whole-grain mustard to the sauce and stir to combine. Set aside mustard sauce.
2. Preheat the broiler. Line a heavy rimmed baking sheet with foil. Spray the foil with nonstick spray. Arrange the salmon fillets on the baking sheet and sprinkle them with salt and pepper. Broil for 2 minutes. Spoon the mustard sauce over the fillets. Continue broiling until fillets are just cooked through and golden brown (about 5 minutes longer).
3. Transfer the fillets to plates and serve with lemon wedges.

About Me!  
-Kulthum Languida Traore

## Veggie Pasta Salad

### **Ingredients**

- Rotini pasta
- Olive oil
- Red onion
- Yellow bell pepper
- Orange bell pepper
- Broccoli
- Grape tomatoes
- Arugula
- Feta cheese
- Italian dressing

### **Directions**

1. Cook pasta following directions on package.
2. Drain pasta and put bowl to the side.
3. Put olive oil in pan, add chopped red onion, bell peppers, and broccoli. Cook as desired.
4. Add arugula on top of hot pasta so it wilts.
5. Add cooked veggies to pasta, followed by feta cheese and Italian dressing.

### About Me!

-Megan Hainley  
-Art & Design Major  
-Main Campus  
-Megan's family always makes Italian foods for the holidays, even Thanksgiving!

# Salmon Grain Bowl

4 Servings\*\*

## Avocado Pesto Pasta

### **Ingredients:**

- 1-pound dried linguini
- 1 bunch basil leaves (about 2.5 ounces)
- 1/2 cup toasted pine nuts
- 2 ripe avocados pitted and peeled
- 2 tablespoon fresh lemon/lime juice (about 1/2 a lemon)
- 3 garlic cloves
- 1/2 cup olive oil
- Salt for taste
- Freshly ground black pepper for taste
- 1/4 cup chopped cherry tomatoes (optional)

### **Directions:**

1. In a large pot, bring water to a boil. Add the pasta and cook according to package directions.
2. While the pasta cooks, create the pesto by blending the basil, avocados, lemon juice, garlic, and olive oil in a food processor. Season with salt and pepper and stir in pine nuts.
3. Drain the pasta. In a large serving bowl, toss the pesto with hot freshly cooked pasta and garnish each serving with a basil leaf and tomatoes for extra taste and color.

#### About Me!

-Andrea Brace, PhD, CHES  
-Associate Professor and Health Education and Promotion Coordinator, Department of Health Sciences  
-Main Campus  
-Andrea's family was stationed at Comiso Air Force Base in Sicily when she was a kid. Her family loved to explore the local restaurants. Pesto became a favorite dish while her family lived there!



## Chicken with Garlic, Basil, and Parsley

### **Ingredients:**

- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 4 skinless, boneless chicken breast halves
- 4 cloves garlic thinly sliced
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 2 tomatoes sliced

### **Directions:**

1. Preheat oven to 350 degrees F (175 degrees C). Coat a 9 x 13-inch baking dish with cooking spray.
2. Sprinkle 1 teaspoon parsley and 1 teaspoon basil evenly over the bottom of the baking dish. Arrange chicken breast halves in the dish, and sprinkle evenly with garlic slices.
3. In a small bowl mix the remaining 2 teaspoons parsley, remaining 2 teaspoons basil, salt, and red pepper flakes. Sprinkle over the chicken and top with tomato slices.
4. Bake covered in the preheated oven for 25 minutes. Remove, cover, and continue baking for 15 minutes, or until chicken juices run clear.

#### About Me!

- Alexis Hernandez
- Health Education and Promotion Major
- Main Campus
- "My grandmother used to cook this meal ever since I could remember, and it has turned into my favorite healthy meal to cook!"

## "College" Vegetarian Sloppy Joe's

Serves 2\*\*

### **Ingredients:**

- 1 can of Sloppy Joe Sauce
- 2 cups of canned lentils
- Choice of bread, rice, or pasta (optional)

### **Directions:**

1. Open, drain, and rinse the canned lentils.
2. Begin preparing your choice of carbohydrate (if any).
3. Open your canned sauce and mix it with the lentils.
4. Place lentil and sloppy joe mixture into a microwave-safe container and microwave for 90 seconds.
5. Stir your vegetarian sloppy joes and microwave for another 90 seconds.
6. Place vegetarian sloppy joes over your choice of carbohydrate (if desired).

#### About Me!

-Luke Birdsong  
-CCMA and TU FoodShare  
AmeriCorps VISTA Member  
-Main Campus  
- "My favorite food is the  
Cheeseburger in Paradise (yes,  
like the song, and yes, it's  
real)!"

# Spicy Shrimp Pasta

Serves 2-3\*\*

For a healthier option you can skip out on the cheese and use 1/2 & 1/2, rather than heavy cream\*\*

## **Ingredients:**

- 4-6 cloves of garlic (your preference)
- 1 diced yellow or sweet onion
- 1/2-1 cup sliced mushrooms (baby bella)
- 1 cup cherry tomatoes diced or a can of diced tomatoes
- Olive oil
- 1.5 tbsp non-salted butter for cooking
- 10-14oz of shrimp
- 3oz heavy cream (2oz 1/2 & 1/2 for sauce)
- 1 cup chicken or vegetable stock
- Flour (eye it to thicken sauce)
- Mozzarella cheese (if you want it cheesy—also eye it to thicken sauce)
- 1 tbsp parsley
- 1 tbsp red pepper flakes
- 1.5 tsp cayenne pepper
- 2 tsp creole seasoning (not necessary)
- Salt and pepper for taste
- Bowtie pasta or any other kind of pasta (can substitute gluten free or whole wheat)

## **Directions:**

1. Dice up the onion and tomato.
2. Heat pan on medium heat. Throw some oil in the pan with the garlic and onions. Dash it with salt and pepper.
3. Add the mushrooms and tomato when you smell the garlic getting right. Cover it and let it steam up a little.
4. Add shrimp, not overcooking them. Then add the cayenne and red pepper flakes.
- 5.

# Chicken Cabbage Soup

This recipe has lower sodium than typical soup broths and can be low carb if you skip the corn, noodles, and/or rice\*\*

## **Ingredients:**

- 12 cups water
- 2 tbsp Mrs. Dash Original Seasoning
- 1 tsp ginger (ground is fine)
- 2 chicken bouillon cubes
- 1/8 tsp pepper
- 1/4 cup onion diced
- 1 (14 oz) bag green beans
- 8 oz (half bag) baby carrots (or 3 regular carrots)
- 1 small cabbage
- 1 cut-up chicken or 8 chicken thighs (skinless, bones are okay)
- 1 (14 oz) bag corn (optional)
- Rice or noodles (optional)

## **Directions:**

1. Add chicken, water, seasonings, and onion in a covered stockpot on a medium heat.
2. Cook on low boil for 45-60 minutes, stirring occasionally. Add the carrots about 30 minutes in.
3. Once the chicken is cooked, pull it out and shred/debone it before returning to the pot.
4. While shredding the chicken, add the green beans, cabbage, and (if desired) corn. These veggies will be approximately 5 minutes to cook on a low simmer.
5. Serve with noodles or rice (if desired), making sure to keep the noodles or rice sperate so they don't get mushy.

# Mini Eggplant Pizza Recipe

6 servings\*\*

## **Ingredients:**

- 1 medium eggplant (cut into uniform slices)
- 2 tbsp olive oil
- Sea salt
- Black pepper
- 1/2 cup marinara sauce
- 1 1/2 cup mozzarella cheese (shredded)
- 1 tsp Italian seasoning
- 1 oz mini pepperoni slices (optional)

## **Directions:**

1. Preheat the oven to 450 degrees F (232 degrees C). Line a baking sheet with parchment paper.
2. Arrange the eggplant slices in a single layer on the lined baking sheet. Brush or spray both sides lightly with olive oil. Sprinkle with sea salt and black pepper.
3. Bake for about 15 minutes, until the eggplant is soft and golden.
4. Spread about 2 teaspoons (9g) marinara sauce on each eggplant slice. Sprinkle each with about 2 tablespoons (28 g) shredded cheese. Top with Italian seasoning and pepperoni slices.
5. Set the oven to broil or 500 degrees F (260 degrees C). Return to the oven. Bake for about 5 more minutes, until the cheese is melted and slightly browned.

## **Original Recipe:**

<https://www.wholesomeyum.com/recipes/easy-mini-eggplant-pizza-recipe/>

### About Me!

-Stephanie Austin  
-Assistant Director for Community Engagement and Civic Engagement & Social Responsibility  
-Main Campus  
-When Stephanie was a kid her family would have dinner at her grandparent's house every Wednesday night. It was always her favorite part of the week!

## Turkey Kafta Kabob

### **Ingredients:**

- 1 lb. ground turkey
- 2 tbsp fresh chopped mint
- 2 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp salt
- 1 tbsp pepper
- 1 tbsp cumin
- 1/2 tbsp coriander
- 8 wooden skewers
- Tzatziki sauce (optional)
- Choice of veggies (optional)

### **Directions:**

1. Soak skewers in water while you prep.
2. Mix all ingredients in a large bowl and divide into 8 portions.
3. Squeeze the meat mixture along the length of each wooden skewer.
4. Grill on medium-high heat for 5 minutes, then flip and grill for another 5 minutes or until you reach an internal temp of 165.
5. Serve with Tzatziki sauce and a side of your favorite grilled vegetables.

## Dill Pickle Soup

### **Ingredients:**

- 3/4 medium yellow onion diced
- 1/2 stalk celery diced
- 1.5 large pickles diced
- 1 c dill pickle juice
- 1 teaspoon white pepper
- 1 cup chicken broth (use vegetable broth to be vegetarian, and omit the chicken)

## Avocado Corn Salad

### **Ingredients:**

- 1 lb. cherry tomatoes
- 3 cobs of corn grilled and shucked
- 2 large avocados, peeled, pitted and sliced
- 1/2 medium red onion thinly sliced
- 1/4 cup cilantro chopped (1/2 small bunch)
- 2 tbsp extra virgin olive oil
- 2 tbsp lime juice (from 2 limes)
- 2 garlic cloves pressed or finely minced
- 1 tsp sea salt or 3/4 tsp table salt
- 1/8 tsp black pepper

### **Directions:**

1. Cut and dice the tomatoes. Remove corn off the cobb.
2. Peel pit and slice avocados.
3. Peel and thinly slice red onion.
4. Chop a small bunch of cilantro.
5. Press in 2 garlic cloves.
6. Squeeze in fresh lime.
7. Sprinkle in salt and pepper.
8. Add 1 teaspoon of olive oil.



# Roasted Chicken and Potatoes with Broccoli

Serves 6\*\*

## **Ingredients:**

- 1/3 cup fat free chicken broth
- 2 tbsp butter melted
- 3 cloves garlic minced
- 1 tbsp Italian seasoning
- 1.33 lbs. boneless skinless chicken breast (cut into cutlets)
- 1 lb. potatoes cut into wedges
- 1 lb. broccoli

## **Directions:**

1. Preheat the oven to 425 degrees.
2. Mix together the chicken broth, melted butter, garlic, and Italian seasoning.
3. Carefully cut the potato into wedges. Toss with half of the chicken broth and butter mixture. Spread out onto a baking sheet, sprayed with cooking spray, in a single

## Baked Indian Falafel

### **Ingredients:**

- 1 cup uncooked chickpeas soaked 24 hours, drained, rinsed, and patted dry (use uncooked but not canned ones)
- 1/2 cup chopped shallot or yellow onion
- 3 garlic cloves
- 1 teaspoon lemon zest
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 teaspoon sea salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon baking powder
- 1 cup chopped fresh cilantro leaves and stems, patted dry
- 1 cup chopped fresh parsley leaves and stems, patted dry
- 1 tablespoon extra-virgin olive oil



## Summer Fruit Salsa with Homemade Cinnamon Chips

Yield 8 \*\*

### **Ingredients:**

- 1 cup fresh strawberries diced
- 1 cup fresh mango diced
- 2 fresh kiwis peeled and diced
- 2 tablespoons red onion chopped
- 2 tablespoons fresh mint chopped
- 2 tablespoons fresh lime juice
- 10 flour tortillas
- 1/4 cup coconut oil melted
- 1 teaspoon cinnamon
- 1/3 cup coconut sugar

### **Directions:**

1. Combine strawberries, mango, kiwi, onion, mint, and lime juice in a medium bowl. Stir well to combine the flavors. Serve immediately or chill in fridge until ready to serve.
2. Preheat oven to 350 degrees F.
3. Brush the tortillas with the oil. Cut each tortilla into 8 wedges. Combine the cinnamon and sugar and sprinkle evenly over the tortillas.
4. Place on a baking sheet and bake for 5-7 minutes or until crisp.
5. Serve immediately with fruit salsa.

### **Original Recipe:**

<https://www.project-sunny.com/blog/summer-fruit-salsa-homemade-cinnamon-chips>

#### About Me!

-Allison Frey  
-Director of Student Services  
-TUNE  
- "I love to entertain! I try and have both healthy and not so healthy options available. Things like fruit kabobs with a low-fat cream cheese dip and a veggie pizza go great with my not so healthy mac & cheese and toll house chocolate chip cookies!"

# White Bean Dip with Pita Chips

Serves 6\*\*

## **Ingredients:**

- 1 (15-ounce) can cannellini beans, drained and rinsed
- 2 cloves garlic
- 2 tablespoons fresh lemon juice
- 1/3 cup olive oil, plus 4 tablespoons
- 1/4 cup (loosely packed) fresh Italian parsley leaves
- Salt
- Freshly ground black pepper
- 6 pitas
- 1 teaspoon dried oregano

## **Directions:**

1. Preheat the oven to 400 degrees F
2. Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of a food processor. Pulse until the mixture is coarsely chopped. Season with salt and pepper, to taste. Transfer the bean puree to a small bowl.
- 3.

# Healthy Air Fryer Tostones

Serves 4\*\*

## **Main Ingredients:**

- 2 green plantains
- 1 1/2 tablespoons avocado oil (or coconut oil or grapeseed oil)
- Pinch of sea salt
- Spray avocado oil

## **Seasoning Ingredients:**

- 1 cup warm water
- 3 garlic cloves minced (or 2 tablespoons garlic powder)
- 1 teaspoon onion powder
- 2 teaspoons sea salt & pepper

## **Utensils:**

- Air fryer

## **Directions:**

1. Set air-fryer to 420 degrees F.
2. Peel the plantain by chopping off the ends and making a long slit along the side of

## Apple Cider Brussels Sprouts

Serves 2\*\*

### **Ingredients:**

- 1-pound Brussels sprouts washed and halved
- 1 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar
- 2 tsp maple syrup
- Sea salt for taste
- Ground black pepper for taste
- 1/4 cup pine nuts, toasted

### **Directions:**

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. In a mixing bowl, mix the olive oil, vinegar, and syrup. Add the Brussels sprouts and toss until, 2.897 0 Td ( )Tj 0 Td (s)-11 (y)-5 (r)-10.6

## Yogurt Snack Bark

### **Ingredients:**

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## Vegan Edible Peanut Butter Chocolate Chip Cookie Dough

### **Ingredients:**

- 1 can unsalted chickpeas (rinsed and drained)
- 1/4 cup of agave (or any sweetener of choice)
- 2 tsp vanilla extract
- 3/4 cup all natural, unsalted peanut butter
- 1/2 cup chocolate chips

### **Directions:**

1. In a food processor or blender, blend together the chickpeas, sweetener, vanilla extract, and peanut butter (this step may require you to start/stop

## 4 Ingredient Chocolate Avocado Truffles

### **Ingredients:**

- 1/3 cup mashed avocado (about 1/2 an avocado)
- 1/2 cup dark chocolate chips
- Cocoa powder
- Sea salt

### **Directions:**

1. Add avocado and a sprinkle of sea salt to a food processor and pulse a few times to combine.
2. Melt chocolate chips by placing them in a small microwave-safe bowl and microwaving for 30 seconds. Stir and microwave for another 20 seconds or until all the chocolate chips have melted. Pour melted chocolate into food processor with the avocado and pulse until mixture is completely combined and avocado is no longer visible. If you don't have a food processor you can mash the mixture with a fork.

# Keto Chocolate Mug Cake

**Ingredients:**

- 2 tbsp butter
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# Paleo Apple Pie Bars

16 servings \*\*

## **Crust/Crumble Ingredients:**

- 3/4 cup smooth almond butter
- 1 tsp pure vanilla extract
- 1/4 cup pure maple syrup
- 3 tbsp coconut oil
- 1 cup blanched almond flour
- 1/4 cup coconut flour
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon

## **Filling Ingredients:**

- 3 pink lady or other crisp tart sweet apples peeled and chopped (1/4-inch pieces)
- 1/3 cup water
- 2 tsp lemon juice
- 3 tbsp coconut sugar
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 2 tsp tapioca or arrowroot starch
- 1/8 tsp fine grain sea salt

## **Directions:**

1. Preheat oven to 350 degrees F and line an 8 x 8 square metal baking dish with parchment paper.
2. For the filling, combine the water, lemon juice, and apples in a medium saucepan and bring to a boil over medium heat—apples



## Banana Chia Pudding

