

# SUZANNE'S SALAD

This salad is great as a snack or as a side dish. Try it with Macaroni & Cheese (page 31).

**Makes 6 servings.** 1 cup per serving.

**Prep time:** 10 minutes



## Ingredients

- 5 cups mixed lettuce greens, chopped
- 2 large celery stalks, sliced
- $\frac{3}{4}$  cup dried cranberries, currants or raisins
- $\frac{1}{2}$  cup walnuts, broken
- 2 large apples with the peel
- Favorite reduced-fat dressing (balsamic vinaigrette works best)

## Preparation

1. Wash and slice celery stalks and apples. Set aside.
2. Combine all ingredients (including the apples and celery) in a large bowl. Mix the salad and serve.
3. Use vinaigrette or other reduced-fat dressings sparingly (up to 10 sprays or 1 tablespoon per serving).



### **Fitness Tip: Strengthen your wrists using this wrist curl:**

While seated, rest your forearm on the arm of a sturdy chair with your hand over the edge and palm facing upward. Hold weight (for example, a 14-ounce can or medium-sized water bottle) in your hand. Slowly bend your wrist up and down. Repeat 10-15 times. Repeat with other hand 10-15 times.

Photo courtesy of the California WIC Program and recipe adapted from Suzanne Haydu

# ROASTED VEGGIES WITH SESAME & GINGER

This savory side is a colorful addition to your meal.

**Makes 6 servings.**  $\frac{1}{6}$  of recipe per serving.

**Prep time:** 10 minutes + **Cook time:** 15 minutes



Photo courtesy of and recipe adapted from the California WIC Program.

## Ingredients

- 1 pound baby carrots
- 1 bunch **asparagus\*** trimmed, cut into 1-inch pieces
- 1 Tbsp olive oil
- 1 Tbsp ground ginger
- 1 Tbsp sesame seeds
- salt to taste

\*Instead of asparagus, you can use broccoli.

## Preparation

1. Preheat oven to 475°F.
2. Place carrots and asparagus or broccoli in a large bowl. Toss with olive oil.
3. Add ground ginger, sesame seeds and salt. Mix well.
4. Place vegetables on a baking sheet and roast in oven for 15 minutes or until vegetables are tender.



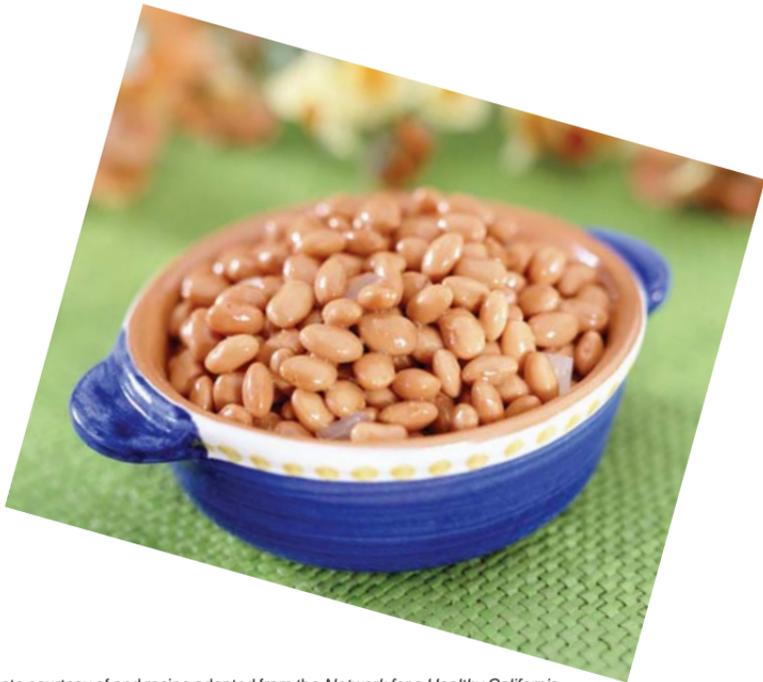
**Fitness Tip: Do a front arm raise, which will strengthen your shoulders and grip:** Stand tall with your feet shoulder-width apart. Hold a 14-ounce can (tomato sauce, gravy, etc.) in each hand, palms facing backward. Raise your arms straight out in front of you to shoulder height. Hold for a few seconds, then slowly return to the starting position. Repeat 10-15 times.

# SIMMERED BEANS

Liven up simmered beans by adding Pico de Gallo (page 41) or finely chopped roasted bell peppers!

**Makes 6 servings.**  $\frac{1}{2}$  cup per serving.

**Prep time:** 10 minutes + **Cook time:** 1 hour and 15 minutes to 1 hour and 45 minutes



## Ingredients

- 1 cup dried beans (pinto, black, or pink), rinsed
- 4 cups water
- $\frac{1}{2}$  onion, peeled and chopped
- $\frac{1}{2}$  bay leaf (optional)
- $\frac{1}{8}$  tsp salt

## Preparation

1. Place beans, water, onion, and optional bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to  $1\frac{1}{2}$  hours or until beans are tender.
2. Remove bay leaf and stir in salt. Chili powder or other seasonings can be added to taste. Cook 15 minutes longer.
3. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.



# APPLE-GLAZED SWEET POTATOES

Just simmer sweet potato slices in juice and serve.

**Makes 4 servings.**  $\frac{1}{2}$  cup per serving.

**Prep time:** 10 minutes + **Cook time:** 30 minutes

## Ingredients

- 2 $\frac{1}{2}$  cups unsweetened 100% apple juice
- $\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{4}$  tsp salt
- 2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

## Preparation

1. Combine apple juice, cinnamon, and salt in a large frying pan. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve hot.



### **Fitness Tip: Strengthen your shoulders and upper back muscles:**

Sit in a sturdy chair with your feet flat on the floor, shoulder-width apart. Hold arms, palms down, straight in front of you at shoulder height. Relax your shoulders, keep your upper body still, and reach forward with your hands. Stop when you feel a stretch or slight discomfort. Hold position for 10-30 seconds. Sit back up. Repeat at least 3-5 times.

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

# OVEN WEDGE FRIES



A tasty surprise for those who love fries.

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 10 minutes + **Cook time:** 15 minutes

## Ingredients

- nonstick cooking spray or  $\frac{1}{2}$  Tbsp vegetable oil
- 2 large russet potatoes, cut into wedges

## Seasoning Mix

- 2 cloves garlic, finely chopped
- 1 tsp Italian herb seasoning mix
- 1 tsp chili powder and/or paprika

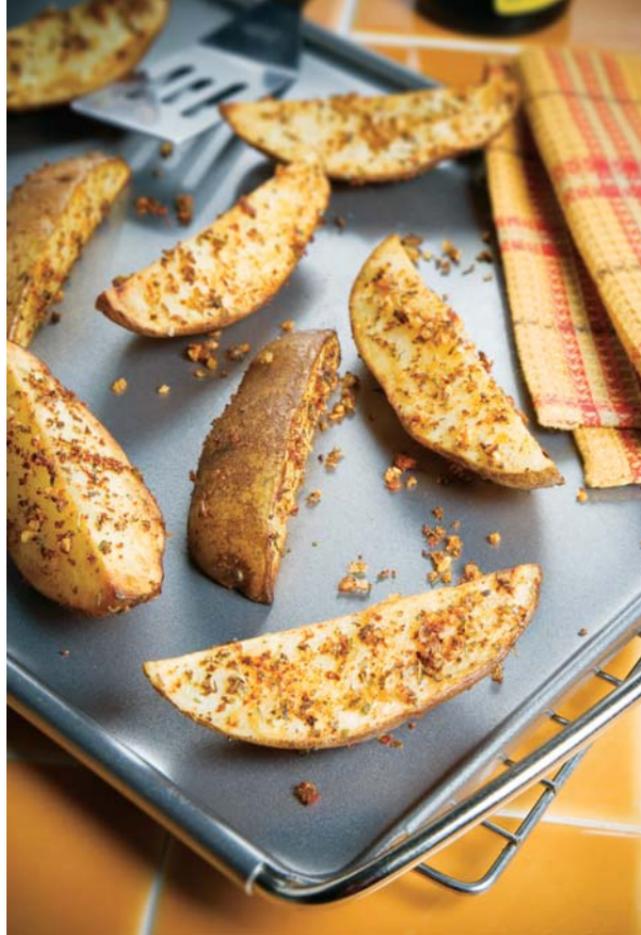


Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

## Preparation

1. Preheat oven to 400°F.
2. Spray a cookie sheet with nonstick cooking spray or lightly brush with oil. Place potato wedges on the cookie sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle  $\frac{1}{2}$  of the mixture over the top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture, and bake for another 7 minutes or until the wedges are browned and cooked through. Serve warm.

# ZUCCHINI PARMESAN

This vegetable side dish is flavorful and easy to prepare.

**Makes 5 servings.** 1 cup per serving.

**Prep time:** 10 minutes + **Cook time:** 5 minutes



Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

## Ingredients

- 1<sup>1</sup>/<sub>4</sub> pounds **zucchini** (about 3 medium zucchini)
- 1<sup>1</sup>/<sub>4</sub> tsp olive oil
- 1 Tbsp dried oregano
- 2 cloves garlic, finely chopped
- 1 tsp grated lemon peel
- 1 Tbsp grated Parmesan cheese
- 1<sup>1</sup>/<sub>4</sub> tsp ground black pepper

## Preparation

1. Cut zucchini in half. Cut each half into 4 strips, like in picture.
2. Heat oil in a heavy nonstick frying pan over medium-high heat.
3. Add oregano and garlic and sauté for about 2 minutes.
4. Add zucchini and lemon peel and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.



**Fitness Tip:** Take the stairs instead of the elevator!  
This is a great way to include more physical activity in your day.

# ZUCCHINI & BROWN RICE SOUP

A hearty and soothing soup that is fun to share.

**Makes 6 servings.**  $\frac{1}{6}$  of recipe per serving.

**Prep time:** 10 minutes + **Cook time:** 45 minutes



## Ingredients

- 6 cups low sodium chicken or vegetable broth
- $\frac{1}{2}$  cup uncooked brown rice
- 1 large onion, sliced
- 1 large carrot, chopped
- 2 Tbsp olive oil
- 1 pound **zucchini**, grated
- $\frac{1}{2}$  pound kale leaves, julienned (cut into thin strips)
- salt and pepper to taste

## Preparation

1. In a heavy saucepan, bring chicken broth to a boil.
2. Stir in brown rice, bring to a simmer, cover, and cook for about 40 minutes or until rice is tender.
3. In a large sauté pan, cook onions and carrots in olive oil until tender. Add zucchini and cook for 4-5 minutes.
4. Mix in kale, stirring until wilted. Set aside.
5. When the rice is tender, stir in zucchini mixture. Season with salt and pepper.
6. The soup will be fairly thick. If desired, thin with additional broth. To make a heartier soup, add cooked chicken or cooked beans.

Photo courtesy of and recipe adapted from the California WIC Program.



# FRUITY DELIGHT

Try frozen or chilled fruit for a refreshing treat on a hot day.

**Makes 1 serving.**

**Prep time:** 5 minutes

## Ingredients

- $\frac{1}{2}$  cup fresh or frozen **mango**, sliced\*
- $\frac{1}{2}$  cup fresh or frozen **strawberries**, sliced\*
- $\frac{3}{4}$  cup nonfat or lowfat yogurt

\*Use other fruits as desired (e.g. banana, **kiwi**, **peaches**).

## Preparation

1. Place yogurt in a bowl.
2. Top with fruit and enjoy.



### **Fitness Tip: Strengthen and tone your upper arms:**

Stand tall with your feet shoulder-width apart. Hold a 14-ounce can (tomato sauce, gravy, etc.) in each hand, palms up, arms at your side. Slowly bring the cans toward your shoulders, bending your arms at the elbows. Hold for a few seconds, then return to the starting position. Repeat 10-15 times.

Photo courtesy of the Network for a Healthy California.



# PARADISE FREEZE

This snack or dessert is simple to make, using just a few ingredients and a blender.

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 5 minutes

## Ingredients

- 1 large banana
- 2 cups **strawberries**
- 2 ripe **mangos**, chopped
- $\frac{1}{2}$  cup of ice cubes

## Preparation

1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.



### **Fitness Tip: Strengthen your upper legs with this chair squat:**

Stand in front of a sturdy chair as if prepared to sit down. Raise your arms, palms down, straight in front of you. Bend your knees and slowly lower yourself onto the chair. Lightly touch the chair with your behind and then slowly stand back up. Repeat 10-15 times.

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

# PICO DE GALLO

Fresh and flavorful. Try it with Egg Scrambles (page 12).

**Makes 6 servings.**  $\frac{1}{2}$  cup per serving.

**Prep time:** 20 minutes

## Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

## Ingredients

- 1 pound ripe **tomatoes** (about 2 medium tomatoes), chopped
- $1\frac{1}{2}$  cups onion, chopped
- $\frac{1}{3}$  cup fresh cilantro, chopped
- 3 jalepeño peppers, seeds removed and chopped
- 2 Tbsp lime juice
- 2 cloves garlic, minced
- $\frac{1}{4}$  tsp salt



Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

# TOMATILLO SALSA

Add to eggs, tacos, or any of your favorite dishes. Try substituting for Pico de Gallo in Huevos Rancheros (page 13).

**Makes 4 servings.**  $\frac{1}{2}$  cup per serving.

**Prep time:** 20 minutes

## Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

## Ingredients

- 18 medium-sized tomatillos (about 2 cups), washed and finely chopped, with husks removed.
- $\frac{1}{2}$  cup onion, chopped
- $\frac{1}{2}$  cup fresh cilantro, chopped
- 1 Tbsp lime juice
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp sugar
- 2 finely chopped Serrano chilies (remove seeds before chopping)

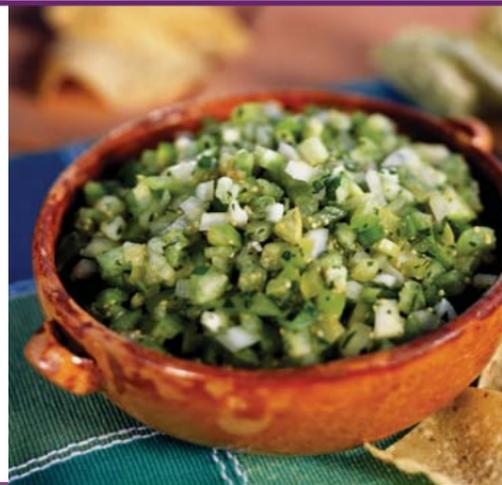


Photo courtesy of and recipe adapted from the *Network for a Healthy California*.



# HOMEMADE HUMMUS

This homemade hummus is simple to make. Serve it with fresh vegetables or use it as a spread.

**Makes 6 servings.**  $\frac{1}{6}$  of recipe per serving.

**Prep time:** 10-15 minutes

## Ingredients

- 1 15-ounce can chickpeas or garbanzo beans, drained and rinsed
- 3-4 Tbsp tahini (sesame butter)
- 2 cloves garlic
- 1 lemon, juiced
- salt and pepper to taste
- $\frac{1}{2}$  cup water (optional)

## Optional Ingredients

- 1 whole green onion, finely chopped (or 1 teaspoon onion powder)
- 1 Tbsp chopped fresh parsley
- Dash olive oil
- Roasted **bell peppers**

## Preparation

1. Blend all ingredients in a food processor or blender, or mash in a bowl with a sturdy potato masher. You can add water to thin the hummus. If you use the masher method, finely chop or press the garlic first.
2. Add one or more of the optional ingredients listed above. Mix well.
3. Use as a sandwich spread or dip. Leftovers keep for about a week in the refrigerator.

Photo courtesy of the Network for a Healthy California.