

October 2013 recipes

what's in season?

Arugula, basil, bok choy, broccoli, carrots, corn, dates, eggplant, green beans, green onions, key limes, lettuce, pinto beans, potatoes, pumpkin, radishes, spinach, winter squash, sweet peppers, tomatoes, turnips

Tips for adding seasonal produce to snacks and meals:

1. Sick of celery? Fill raw bok choy stalks with anything you would use to fill celery sticks. (Try pb, hummus or lowfat cottage cheese)
2. Fold a handful of broccoli into your morning omelet.
3. Use turnips any way you would use a potato. Try them baked or boiled in stews, soups and stir-fries, or lightly steamed. Add lemon juice for flavor.
4. Bok choy is great for adding last-minute nutrition to homemade or canned soups.

monthly recipes

beans in a forest

Ingredients

1 cup brown rice
1-8 ounce can no-added-salt tomato sauce
½ cup sliced green onion
1-8 ounce can kidney beans, undrained
2 cups water
¼ teaspoon each: fennel seed, thyme, garlic powder
pinch of cayenne pepper
4 cups broccoli florets

Directions

1. Preheat oven to 350°. Place brown rice, tomato sauce, green onion, kidney beans, water and seasonings in a large casserole or Dutch oven. Bring to a boil, cover and place in the oven until the rice is done and most of the liquid has evaporated - about 30-40 minutes.
2. Meanwhile, when rice is almost done, steam broccoli florets until tender. Serve broccoli florets over the top.

Makes 4 servings.

Per serving: 276 calories, 56 g carbohydrate, 11g protein, 2 g total fat, 0 g saturated fat, 236 mg sodium, 0 mg cholesterol, 9 g fiber

Recipe source: www.foodandhealth.com

4-minute healthy sautéed bok choy

Ingredients

1 lb bok choy, chopped
1 clove garlic, chopped
3 tablespoons low sodium chicken or vegetable broth
1 teaspoon fresh lemon juice
3 tablespoons extra virgin olive oil
5 drops soy sauce
sea salt and pepper to taste
Optional:
1 tablespoon grated ginger
2 tablespoons tofu, cubed
toasted sesame seeds

Directions

1. Chop bok choy and garlic and let sit for 5 minutes to bring out their health-promoting properties.
2. In a stainless steel pan, heat broth. When it begins to steam add bok choy and sauté for 4 minutes.
3. Toss with garlic, lemon juice, olive oil, soy sauce, salt and pepper to taste and any of the optional ingredients you would like to include.

Makes 2 servings.

Per serving: 218 calories, 6 g carbohydrate, 4 g protein, 21 g fat, 2 g fiber

Recipe source: www.whfoods.com

spinach dip for veggies

Ingredients

1 cup lowfat cottage cheese
1 cup nonfat plain yogurt
2 cups chopped, washed and dried fresh spinach
3 garlic cloves, crushed
1/8 teaspoon fresh ground black pepper
1/8 teaspoon or pinch of nutmeg

Directions

Combine all the ingredients in a blender or food processor. Puree until almost smooth.

Serve with an assortment of raw or lightly cooked vegetables, such as: carrot sticks, broccoli florets, jicama sticks, radishes, raw turnips, celery sticks and bell pepper wedges.

Makes 8 servings.

Per serving (1/4): 55 calories, 6 g carbohydrate, 7 g protein, 1 g total fat, 1 g saturated fat, 3 mg cholesterol, 274 mg sodium, 1g fiber

Recipe source: www.foodandhealth.com