

2014 Spring Challenge

Live Healthy Live Well



Recipes

Roasted Root Vegetables

Yield: 4 Servings

Ingredients:

4 root vegetables medium sized (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
 2 carrots (chopped)
 1 onion medium sized (chopped)
 ¼ cup vegetable oil
 3 tbsp Parmesan cheese

Instructions:

1. Preheat oven to 350°
2. Cut vegetables into large chunks
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Source:

Montana State University Extension Service,
<http://www.buyeatlivebetter.org/recipes.cfm>, available from:
<http://recipefinder.nal.usda.gov/recipes/roasted-root-vegetables>

Pear Smoothie

Ingredients:

1 can or 2 cups pear slices, drained
 1 medium banana, peeled & sliced
 1 carton (6 oz) non fat yogurt of your choice
 ½ cup skim milk
 ½ cup crushed ice

Combine all ingredients in blender and process until smooth. Serves 3.

Live Healthy Live Well is a Signature Program of Ohio State University Extension, <http://livehealthyosu.com/>.

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Nutrition Facts

Serving Size 1/4 of recipe (297g)
 Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat 130**

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 150mg **6%**

Total Carbohydrate 30g **10%**

Dietary Fiber 6g **24%**

Sugars 12g

Protein 5g

Vitamin A 190% • Vitamin C 80%

Calcium 15% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Creamy Dill Dip

Yield: 16 Servings

Serving Size: 2 Tablespoons

Ingredients:

- 1 cup sour cream, non fat
- 1 cup yogurt, non fat plain
- 2 tbsp dried dill

Instructions:

1. Put the sour cream, yogurt, and dill in a medium bowl. Stir together
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Notes: Serve with cucumber slices. If you want a creamy salad dressing, add a few tablespoons of water to the dip.

Source:

Adapted from Pennsylvania Nutrition Education Network Website Recipes, available from:

<http://recipefinder.nal.usda.gov/recipes/creamy-dill-dip>

Zucchini Stir Fry

Yield: 4 servings

Serving Size: 1/2 cup

Ingredients:

- 1 tbsp vegetable oil
- 1 medium onion
- 1 yellow squash
- 1 medium zucchini
- 1 red pepper
- 1/2 tsp black pepper
- 1/4 tsp basil
- 1/4 tsp oregano

Instructions:

1. Peel the onion. Cut it into thin slices.
2. Slice the yellow squash into thin round pieces.
3. Slice the zucchini into thin round pieces
4. Chop the red pepper into small pieces
5. Heat the oil in a frying pan or stir-fry pan. Add the onion slices.
6. Cook over medium heat, stirring quickly for 1 minute.
7. Add the spices and stir a few times.
8. Add the remaining vegetables and cook for 3 to 5 minutes until vegetables are just tender

Source:

Adapted from Pennsylvania Nutrition Education Network Website Recipes, available from:

<http://recipefinder.nal.usda.gov/recipes/zucchini-stir-fry>

Nutrition Facts	
Serving Size 1 1/2 cup prepared stir fry, 1/4 of recipe (162g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 30
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	
Vitamin A 20%	• Vitamin C 90%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Kale Chips

Yield: 4 servings

Ingredients:

3 cups of kale (about 10 large leaves)
2 tsp olive oil
1/8 tsp salt (optional)

Instructions:

1. Preheat oven to 350°
2. Wash kale and spin dry in salad spinner
3. Remove kale leaves from center stalks and tear into bite-sized leaves
4. Spread kale leaves out on a baking sheet.
5. Drizzle with olive oil
6. Sprinkle with salt (optional)
7. Bake for 15 minutes or until is crispy with edges slightly browned.

Source:

The University of Maine Cooperative Extension Service
<http://umaine.edu/food-health/recipes/kale-chips/>

Nutrition Facts

Serving Size 1 serving(s) (53g)	
Amount Per Serving	
Calories 45	Calories from Fat 23
% Daily Value	
Total Fat 2.6g	4%
Saturated Fat 0.4g	2%
Trans Fat 0.0g	
Cholesterol 0.0mg	0%
Sodium 21.7.0mg	1%
Total Carbohydrate 5.0g	2%
Dietary Fiber 1.0g	4%
Sugars 1.1g	
Protein 1.7g	
Vitamin A 155%	Calcium 7%
Vitamin C 101%	Iron 5%

Bulgur Chickpea Salad

Yield: 6 servings

1 ¼ cup water
1 cup bulgur (coarse, available in bulk from natural food stores)
1 tsp dried parsley
1 tsp minced onion
1 tsp soy sauce
½ cup scallions (chopped, green onions)
½ cup raisins
½ carrot (chopped)
¾ cup canned chickpeas (garbanzo beans, drained & rinsed)
2 tbsp oil
2 tbsp lemon juice
1 tbsp soy sauce
1 garlic clove (minced)
black pepper (to taste)

Instructions:

1. Bring water to boil in medium saucepan. Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; simmer for 15-20 minutes (until all water is absorbed and bulgur is not to crunchy). Do not overcook.
2. Remove from heat and allow to cool; fluff with fork.
3. Combine dressing ingredients; stir well. Pour over bulgur mixture and mix.
4. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator.

Source:

University of Vermont, Extension, Making it Fit: Piecing Together Your Food Needs
Available from: <http://recipefinder.nal.usda.gov/recipes/bulgur-chickpea-salad>

Nutrition Facts	
Serving Size 1/6 of recipe (212g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 5g	
Vitamin A 35%	• Vitamin C 8%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	