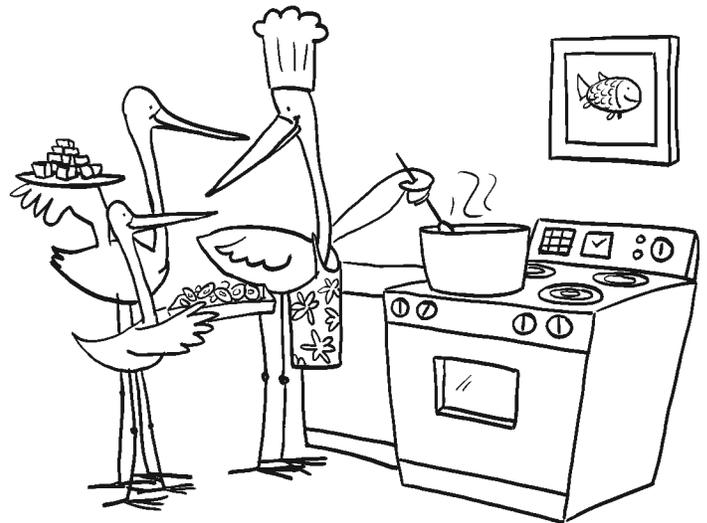


Best Recipes

2018
Edition

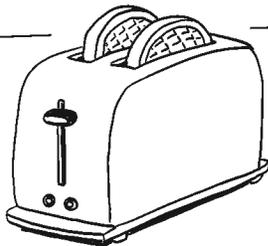
Pick a recipe, and get cooking with your family! Try all of these simple and healthy options to make food everyone will enjoy.



Apple waffles

- 1 tsp. butter
- 1 tsp. brown sugar
- 2 apples, peeled and sliced
- 4 whole-wheat frozen waffles, toasted
- 1 tsp. cinnamon

Melt butter and sugar in a skillet and add the apple slices. Stir over medium-high heat until soft. Spoon onto waffles, and sprinkle with cinnamon. Makes 4 servings.



Slow-cooker chicken spaghetti

- 4 chicken breasts (4 oz. each)
- 1 jar marinara sauce (24 oz.)
- 3 tbsp. water
- 1 lb. whole-wheat spaghetti
- $\frac{1}{2}$ cup low-fat shredded mozzarella cheese

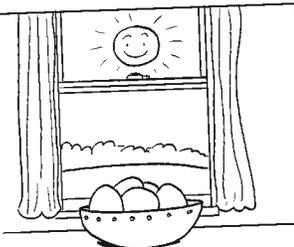
Place chicken breasts, marinara sauce, and water in a slow cooker. Cook on low for 6 hours. Prepare spaghetti according to package directions, and drain. Top pasta with chicken, sauce, and mozzarella. Serves 4.



Sunny egg sandwich

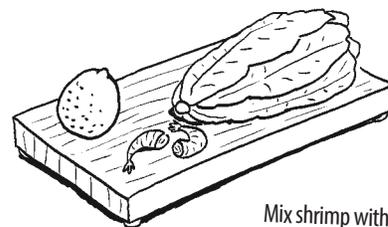
- 1 tsp. butter
- 1 egg
- 2 slices whole-wheat bread, toasted
- 1 tomato slice
- $\frac{1}{4}$ cup greens (arugula, spinach)
- Salt and pepper to taste

Melt butter in a skillet over medium heat. Crack egg into the sizzling butter. Cook until the white and yolk are both solid. With a spatula, place the egg on 1 piece of toast. Layer on a tomato slice and the greens, season with salt and pepper, and top with the second piece of toast. Serves 1.



Shrimp Caesar salad wrap

- 1 lb. cooked shrimp, chopped
- 2 tbsp. light mayonnaise
- 3 tbsp. lemon juice
- $\frac{1}{2}$ tsp. garlic powder
- 4 spinach tortillas
- 2 cups shredded romaine lettuce
- 2 tbsp. grated Parmesan cheese

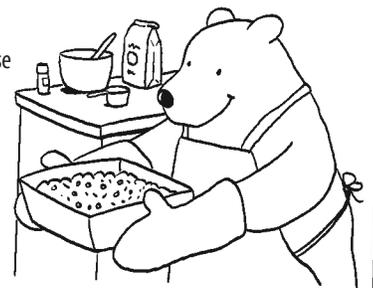


Mix shrimp with mayonnaise, lemon juice, and garlic powder. In each spinach tortilla, place $\frac{1}{4}$ of the shrimp mixture, romaine, and Parmesan, and roll up. Serves 4. *Idea:* Make with canned salmon or grilled chicken breast instead of shrimp.

Pumpkin shepherd's pie

- 1 russet potato, peeled and diced
- 1 can pumpkin puree (15 oz.)
- $\frac{1}{4}$ cup low-fat shredded cheddar cheese
- 1 bag frozen vegetables (16 oz.)
- $\frac{3}{4}$ lb. extra-lean ground beef
- 1 tbsp. flour
- 1 tsp. onion powder
- 1 cup fat-free, low-sodium beef broth

Boil potatoes until tender. Drain, return them to the pot, and mash. Add 1 cup pumpkin puree and cheddar cheese to the potatoes, and beat together. Microwave frozen vegetables. In a skillet, brown the beef, and drain. Stir in flour and onion powder, and cook 4 minutes. Mix in broth and the remaining pumpkin puree until thick, and add vegetables. Spoon mixture into a casserole dish, top with the potato-pumpkin mixture, and broil 5 minutes. Serves 6.



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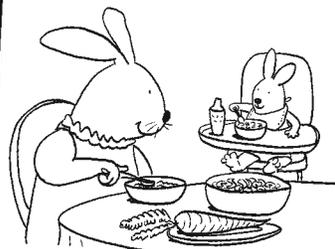
Lemon-pepper salmon

- 1 lb. salmon fillet
- $\frac{1}{2}$ tsp. olive oil
- 1 tsp. lemon zest
- 1 tsp. lemon juice
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. pepper
- 3–4 thin lemon slices



Preheat oven to 400°. Line a baking sheet with foil and place fish on top. Stir together oil, lemon zest, lemon juice, garlic powder, salt, and pepper, and rub mixture on fish. Place lemon slices on top. Cook for 20 minutes or until the fish flakes. Cut into 4 portions and serve.

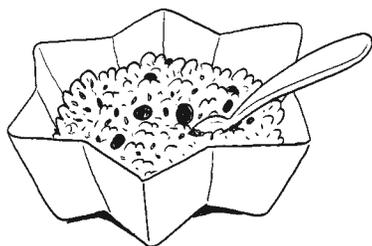
Creamy carrot mac 'n' cheese



- 2 cups canned sliced carrots (drained, rinsed)
- $1\frac{1}{4}$ cups nonfat milk
- 2 cups low-fat shredded cheddar cheese
- 1 lb. cooked macaroni noodles

Combine the carrots and milk in a blender. Gently stir the mixture in a bowl with the cheese and cooked macaroni. Pour into a lightly greased casserole dish, and bake at 350° for 20 minutes. Serves 6.

Colorful grain salad

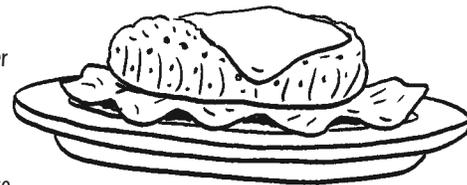


- 1 cup cooked lentils
- 1 cup cooked brown rice
- 1 cup seedless grapes, halved
- $\frac{1}{4}$ cup sliced almonds
- 1 tsp. olive oil
- $\frac{1}{2}$ cup nonfat plain yogurt
- $\frac{1}{2}$ cup light mayonnaise
- $\frac{1}{2}$ tsp. curry powder

Mix lentils, brown rice, grapes, and almonds together. Whisk oil, yogurt, mayonnaise, and curry until blended. Toss the dressing with the salad. Serves 4–6.

Bunless turkey burgers

- 1 lb. lean ground turkey
- 2 tbsp. chopped green onions
- 2 tsp. lime juice
- 2 tbsp. chopped cilantro
- 1 tsp. cumin
- 1 tsp. crushed red pepper
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. pepper
- Nonstick cooking spray
- 4 slices pepper jack cheese
- Large lettuce leaves

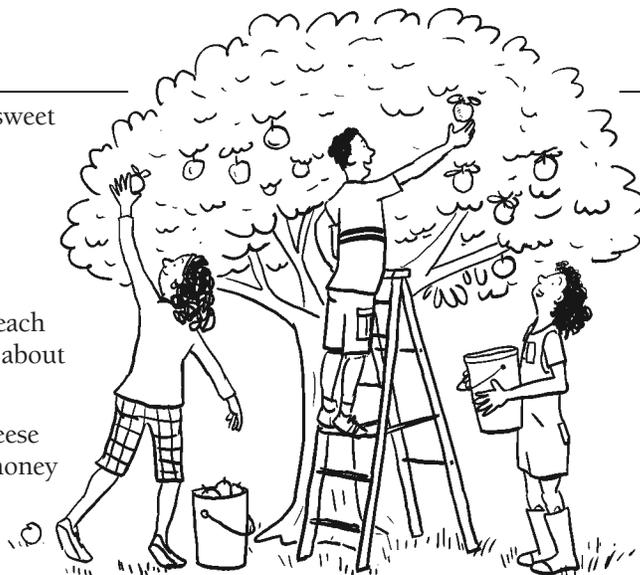


Add ground turkey, green onions, lime juice, cilantro, and seasonings to a bowl, and mix well. Form 4 patties. Coat a nonstick pan with cooking spray, and cook patties for 5 minutes on each side until browned. Top with cheese. Use lettuce leaves as your "bun," or enjoy plain.

Snack corner: Fruit edition

When your children want a sweet treat or need a small snack to hold them over until the next meal, have them go for fruit! Share these ideas:

- Cut a grapefruit in half, and sprinkle 1 tsp. brown sugar on each half. Broil until hot and bubbly, about 2–3 minutes.
- Slice pears, and layer with cheese (Gouda, Jarlsberg). Drizzle on honey for a touch of sweetness.



- Make a fruit salad of apples, oranges, and bananas. Mix in a few spoonfuls of nonfat Greek lemon or vanilla yogurt.
- In a blender, puree 3 cups seedless watermelon chunks with the juice of 1 lime. Make watermelon pops by dividing the mix into 4–6 small paper cups, covering with aluminum foil, and poking a craft stick into each so it stays upright. Freeze.

Editor's Note: Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.