



## Garbanzo Pesto Salad

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



### Ingredients

- 3 cups garbanzo beans, washed and drained
- 1/2 medium red onion, diced
- 1/4 cup olive halves – optional
- 3 tomatoes, diced
- 1 cucumber, seeded and diced
- 2 medium cloves garlic
- 1 cup packed fresh basil leaves
- 1/4 cup packed fresh parsley leaves
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon salt, or to taste (taste before adding)

Place drained garbanzos in a mixing bowl. Gently mix in onion, olives, and tomatoes. Place garlic, basil, parsley, oil, lemon juice and salt in food processor and process until mixture is thoroughly combined and basil and parsley are chopped very, very fine. Stir basil mixture into garbanzos. Serve immediately.

*Courtesy of Chef Nancy Jaworski*

07131-6/18



## Chicken Souvlaki Sheet Pan Style

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



### Ingredients

#### Chicken and marinade:

- 2 boneless skinless chicken breast, each cut into 4-5 pieces
- 1 tbsp. cumin
- ½ tsp. allspice
- 1 tsp. cinnamon
- 1 tbsp. dry minced onions
- 2 tbsp. olive oil
- 1 lemon, juiced

#### Vegetables:

- 1 small eggplant, diced in ¾ inch pieces
- 2 bell peppers, sliced in wedges (any color)
- 1 large red onion, wedged thinly
- ½ cauliflower, cut into small florets
- 1 lemon, cut into 8 pieces
- 6 peeled fresh garlic cloves
- 2 cups grape tomatoes or 2 tomatoes cut into wedges
- Olive oil
- Salt and pepper

Whole wheat pita bread

*(Directions on the back of the card.)*

# Chicken Souvlaki Sheet Pan Style

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](https://piedmont.org/livingbetter)



Mix all marinade ingredients together in a gallon zip bag. Add chicken pieces and massage and toss chicken to coat completely. Refrigerate chicken for 4-8 hours.

Preheat oven to 450 degrees.

Mix vegetables, lemon, garlic and tomatoes on lined sheet pan. Drizzle with olive oil, salt and pepper. Toss again. Bake for 15 minutes or until vegetables begin to brown. Add chicken and marinade, then toss. Return to the oven for 15 minutes or until the chicken is cooked through. Make sure the chicken is just cooked through. 160 degrees is great as it will continue to cook once it is removed from the oven. Remove lemon pieces. Don't overcook chicken.

Serve with whole wheat pita bread.

*Courtesy of Chef Nancy Jaworski*

07131-6/18



# Very Berry Sorbet

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



## Ingredients

2 cups frozen berries, your choice

$\frac{3}{4}$  cup almond milk

$\frac{1}{4}$  -  $\frac{1}{2}$  cup purified water

Optional:  $\frac{1}{8}$  teaspoon vanilla extract

Add the berries and almond milk to the Vitamix and blend at the lowest variable speed, taking about 10 seconds to increase the dial to full speed. You may have to do this 2 or 3 times and turn off the blender in between to push the berries down. Add small amounts of water to blend to a sorbet consistency (the amount of water will depend on the berries you use).

Don't over blend as the heat/friction of the mixing will melt the sorbet. Serve immediately in dessert glasses and garnish with a few whole berries and/or a few sprigs of fresh mint.

*Courtesy of Chef Nancy Jaworski*

07131-6/18





## Overnight Oatmeal

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



### Ingredients

- 1 cup old fashioned oats (not instant or steel cut)
- 1 cup almond milk (unsweetened)
- 1 teaspoon vanilla
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup
- 2 tablespoons sliced or chopped almonds
- 1 cup berries (blueberries, strawberries, etc.)

Combine all ingredients and place in jars. Cover securely and store overnight in the refrigerator. Lasts in the fridge for close to a week.

*Courtesy of Chef Nancy Jaworski*

07131-6/18



## Sheet Pan Sugar Snaps and Red Peppers

For more healthy recipes and tips, visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



### Ingredients

- ½ LB Sugar Snap Peas
- 1 Large Red Bell Pepper, Julienned
- 2 TB Olive Oil
- 2 TB Minced Garlic
- 2 Tsp Italian Seasoning
- Sea Salt and Freshly Ground Black Pepper to Taste
- 4 Cups Prepared Quinoa

Preheat the oven to 450F. Toss the peas and the red pepper with the olive oil, garlic and Italian seasoning, salt and pepper on a sheet pan and then spread them out.

Roast for 7 -8 minutes or until browned on the edges. Top quinoa with the roasted veggies and serve.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*



# Blueberry Jam Salad

For more healthy recipes and tips, visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



## The Dressing

- 1/4 Cup Low Sugar Blueberry Jam
- 1/4 Cup Balsamic Vinegar
- 1 Tsp Dijon Mustard
- 3 TB Extra Virgin Olive Oil
- 1/2 Tsp each Salt and Black Pepper

## The Salad

- 8 Cups Spring Greens (Baby Spinach, Arugula, Watercress or other Lettuces)
- 1 Cup Shredded Red Cabbage
- 1 Cup Shredded Carrots
- 2 Cups Blueberries
- 4 Oz Goat Cheese, Crumbled
- 1/4 Thinly Sliced Green Onions
- 1/2 Cup Toasted Slivered or Sliced Almonds

**Step One** To make the dressing, add the jam, vinegar, mustard and oil to a jar and shake well. Season with the salt and pepper.

**Step Two** To make the salad, toss together the salad ingredients. Beginning with half of the dressing, toss the salad, adding more if necessary.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*



## Caprese Skewers

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



### Ingredients

- 1 Cup Kalamata Olives
- 1 Cup Frozen Artichoke Hearts, defrosted
- 1 Pkg Grape Tomatoes
- 1 Pkg Mozzarella Balls, cut in half or quarters  
if necessary
- Basil, chopped for garnish
- 1 Recipe Simple Vinaigrette OR
- 1 Recipe Basil Balsamic Vinaigrette

Skewer olives, grape tomatoes and artichoke hearts on bamboo skewers. Sprinkle with chopped herbs and drizzle with Simple Vinaigrette or serve with a small bowl of Basil-Balsamic Vinaigrette.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*



## Breakfast Banana Cookies

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



### Ingredients

- 1 Medium Banana
- 1 Cup Natural Almond Butter
- 1 Large Egg
- 1 Tsp Vanilla
- 1/2 Tsp Baking Soda
- 1/2 Cup Demedera or Raw Sugar
- 1/4 Tsp Fine Sea Salt
- 1 1/2 Cups Chopped Dark Chocolate at least 70%

Preheat oven to 350F. Mash the banana in a large mixing bowl. Add the almond butter, egg, vanilla, baking soda, sugar and salt, stirring to combine. Fold in the chocolate.

Drop heaping teaspoons of the dough on a parchment-lined baking sheet, placing the cookies about 1 1/2" apart. Bake them for 8-10 minutes, or until cookies are lightly golden brown and set.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*

07131-418



## Roasted Green Beans with Balsamic Glaze

For more healthy recipes and tips, visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



1 LB Green Beans  
1 TB Olive Oil  
Sea Salt and Freshly Ground Black Pepper to taste  
¼ Cup Slivered or Sliced Almonds, toasted

Roast the green beans in a 400F oven on a sheet pan until brown on the edges. Remove and drizzle with the Balsamic Glaze, sprinkle with almonds.

### Balsamic Glaze

1 TB Olive Oil, divided  
Sea Salt and Freshly Ground Black Pepper to taste  
2 TB Minced Shallots  
2 Tsp Grated Garlic  
1 Cup Balsamic Vinegar  
2 TB Unsalted Butter  
1 Stalk Rosemary

In a saucepan over medium heat, add the the olive oil. Once the oil is hot, add the shallots to the pan and sauté until translucent, about 1 minute. Add the garlic to the pan and sauté until fragrant. Pour the balsamic vinegar into the pan and bring to a boil. Add the rosemary and allow the balsamic to simmer and reduce until only about 1/4 cup of balsamic remains, about 20 minutes. Taste, and season with salt and pepper. Remove from the heat and swirl the butter into the pan. Remove the rosemary sprig before serving.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*



# Arugula Pesto

For more healthy recipes and tips, visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



**Clever!** This pesto is a real “meal-maker” Mix it with some whole wheat pasta for dinner, create an easy salad by tossing it with grape tomatoes and a little mozzarella, or spread it on a sandwich instead of mayo to make a scrumptious lunch.

## Ingredients

1 Garlic Clove	¼ Cup Chopped Parsley
2 TB Tahini*	½ Cup Chopped Toasted Walnuts
1 TB Lemon Juice	1 Cup Extra Virgin Olive Oil
2 – 3 Cups Arugula, packed	
Sea Salt and Freshly Cracked Black Pepper	

## Instructions

Place the garlic, tahini and lemon juice in the food processor bowl and whiz until pureed. Add the walnuts and arugula and pulse to blend. With the machine running, pour the olive oil in a steady stream into the bowl, process until smooth. Season to taste with salt and pepper. Serve with crudité like carrots, grape tomatoes, radishes and broccoli florets.

**\*Scoop!** This pesto uses tahini, an easy to find condiment makes the sauce delicious and vegan. Tahini is ground sesame seed paste. It’s easy to find in the grocery store, check the international section. In a pinch, almond butter is a great substitute, adding just a little more nutty sweetness to the pesto.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*





## Orange and Cranberry Relish

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



### Ingredients

- 1 Bag Fresh Cranberries
- 1 Large Navel Orange, zested and cut in 8 pieces
- ¼ Cup Honey

In the bowl of a food processor add all the ingredients and pulse until desired thickness.

Taste and add more honey if desired.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*





# Root Veggie Puree

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](https://www.piedmont.org/livingbetter)



## Ingredients

3 LB Assorted Root Veggies, like carrots, turnips, celeriac parsnips, sweet potatoes, etc.

1 Cup Ricotta Cheese

2 TB Unsalted Butter

Sea Salt and Freshly Ground Black Pepper to taste

Chopped Green Onions for garnish

Peel and chop veggies, add to a large pot with 2 TB sea salt and cover with water. Bring to a boil and simmer about 15 minutes or until vegetables are easily pierced with a fork. Drain. Add back to the pot and add in ricotta and butter. Puree with an immersion blender. Serve garnished with green onions.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*



## Personal Pumpkin Cheesecakes

For more healthy recipes and tips, visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



- 3 Cups Fresh Fruit or Berries, sliced
- 1 TB Orange Zest
- 1 TB Orange or Cinnamon Liquor
- 12 oz Neufchatel or Light Cream Cheese, softened
- ½ Cup Pumpkin Puree
- 3 TB Nonfat Greek Plain Yogurt
- 1 tsp Vanilla Extract
- 1 Large Egg
- 2 Large Egg Whites
- ¼ tsp Fine Sea Salt
- 3 TB Fine Raw Sugar or Demedera Sugar

### Step One

Preheat oven to 325F. Place fruit in a bowl and stir in liquor and orange zest. Set aside.

### Step Two

Beat cream cheese for 1 minute on medium-high speed or until fluffy, Add pumpkin, yogurt, sugar, salt and vanilla and beat on medium speed until well incorporated. Add eggs and whites, one by one, scraping bowl as needed.

### Step Three

Spoon mixture into 10 – 12 small ramekins until ¾ full. Bake for 15 to 17 minutes or until middle is set. Remove from oven and cool at room temperature. Cakes may crack or fall in middle leaving a perfect spot for fruit. Simply spoon on top and serve.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*



## Holiday Salad with Maple Syrup Vinaigrette

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



1 Box Spring Greens  
1 Bag Frozen Cherries, defrosted and patted dry  
1 Cup Dried Cherries  
Sweet Potato Croutons  
Maple Syrup Vinaigrette

Lay the greens on a large platter, sprinkle the cherries, dried cherries and croutons on the salad, drizzle with vinaigrette.

### **Maple Syrup Vinaigrette**

2 TB Apple Cider Vinegar  
¼ Tsp Sea Salt  
3 TB Maple Syrup  
2 Tsp Grated Fresh Ginger  
½ Cup Extra Virgin Olive Oil

Add all the ingredients to a jar and shake well. Serve with roasted root vegetables like sweet potatoes and red onions, parsnips, turnips, etc. or try it drizzled over a fresh fruit salad.

### **Roasted Sweet Potato Croutons**

Preheat oven to 400F. Cut 2 sweet potatoes into small, uniform squares, (no need to peel if the skins are tender). Scatter on parchment or foil lined sheet pan. Spray or coat with olive oil and toss with 1 TB garam masala, 1 tsp turmeric, 1 tsp sea salt and ½ tsp freshly ground black pepper. Roast until browned on edges or about 25 – 30 minutes.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*



## Warm Roasted Veggie Salad with Herbed Mustard “Jar” Dressing

For more healthy recipes and tips, visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



**Clever!** This recipe is more of an inspiration than a set of specifics. Make sure to include fresh veggies to add a crispy contrast to the toasty flavors. I often shred some Napa and purple cabbage and garnish with thinly sliced green onions. Halved or quartered grape tomatoes, chopped shallots, celery, fennel or sliced bell peppers would all be tasty, too.

Preheat oven to 400F. Trim or cut your favorite veggies and divide them by type and hardness. (Baby potatoes on one tray, green beans on another, etc.) Toss or spray veggies with about 1 tsp extra virgin olive oil, sea salt and freshly ground black pepper. Spread evenly on sheet pan lined with foil or parchment paper. Roast for 20 - 45 minutes depending on choice of veggies; the harder the vegetable, the longer it will take to cook. Remove from oven, and while still warm toss with dressing. Add some cool and crunchy fresh cabbage or other veggies to provide a contrast between roasted and fresh flavors and textures.

### Herbed Mustard “Jar” Dressing

½ Cup Extra Virgin Olive Oil	1 TB Orange Juice
¼ Cup Red Wine Vinegar	1 Garlic Clove, grated
3 TB Dijon Mustard	2 tsp Italian Seasoning
Sea Salt & Freshly Ground Black Pepper to taste	

Place all ingredients together in a jar and shake well.

**\*Scoop!** Adding orange juice to the dressing mellows out the sharp acidity of the red wine vinegar without having to add any sugar. If you have a favorite dressing recipe that tastes too strong, a TB of orange juice often makes it smoother and just a little sweeter.



## Chocolate Requeso Creams (Spain)

For more healthy recipes and tips, visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



*In Spanish, ricotta is known as Requeso. It can be salted or sweetened for cooking purposes.*

### Ingredients

1 (15 OZ) Container Light Ricotta Cheese  
2 TB Confectioners Sugar  
4 OZ at least 60% Dark Chocolate, Melted  
2 Cups Chopped Berries or Seasonal Fruit  
2 TB Fruit Liquor or Orange Juice

### Instructions

Blend the cheese, sugar and melted chocolate together in a food processor until smooth. Spoon into wine glasses and place in the fridge for an hour to set up. While the cream is in the fridge, macerate the fruit in the liquor or juice. Remove the creams from the fridge, top with berries and serve.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*



## South Indian Butternut Stew

For more healthy recipes and tips,  
visit [piedmont.org/livingbetter](http://piedmont.org/livingbetter)



**Clever!** You can buy pre-chopped butternut squash if you don't have time to prep. But don't buy the packaged version just because it's difficult to get a knife through its leathery skin. Poke the squash with your knife a couple of times and then place in microwave for about 3 or 4 minutes. Let it cool until you are able to handle it, slice off the bottom and top, cut it in half and remove the seeds. Flip it over so it is flat on your board and use a Y-shaped peeler to easily peel off the skin. Then cut each half again lengthwise to start prepping it to chop, making sure to keep a flat side down on the board, so you don't cut yourself.

### Ingredients

2 (15 oz) Cans Chickpeas, rinsed and drained	1 TB Fresh Grated Ginger
About 2½ Lbs Butternut Squash, peeled, seeded and chopped in 1" pieces	1 tsp Cumin
2 Large Carrots, chopped	1 tsp Garam Masala
1 Large Red Onion, chopped	1 tsp Sea Salt
1 Cup Red Lentils	½ tsp Turmeric
4 Cups Vegetable Broth	¼ tsp Freshly Ground Black Pepper
2 TB Tomato Paste	¼ Cup Lime Juice
	6 Cups Cooked Basmati Brown Rice
	½ Cup Nonfat Greek Yogurt
	½ Cup Shredded Cheddar Cheese
	¼ Cup Chopped Green Onions

From above ingredients list, combine chickpeas through black pepper in a 6-quart slow cooker. Stir, cover, and cook on low 5-6 hours, until lentils have begun to break down. Stir in lime juice. Serve over rice or quinoa and sprinkle with yogurt, cheese and onions.

*Courtesy of Healthy Chef Partyologist Nancy Waldeck*