

MAKE
YOURSELF
AND YOUR HEALTH
A PRIORITY

“In It Together” Healthy Recipe Collection



**“Self-care is not selfish.
You cannot serve from
an empty vessel.”**
—Eleanor Brown

About these recipes

The following favorite recipes were submitted by Kent State employees who submitted a healthy recipe they have tried during this period of teleworking and social distancing. As many are likely finding more time to prepare meals, let's draw inspiration from one another.

Recipes were compiled by the Employee Wellness Office into this delightful recipe book for our Kent State community.

Enjoy!

Black Bean Dip

INGREDIENTS

- 2 cans black beans (drained and rinsed)
- ¼ cup vegetable broth, chicken broth or water (your choice)
- 2 cloves garlic, raw
- 1 Tbsp. lime juice
- Heavy pinch of salt
- ½ tsp. chili powder
- ½ tsp. cumin
- ¼ cup chopped cilantro
- ½ cup chopped green onions

DIRECTIONS

- Place all ingredients in food processor and blitz until creamy.
- Test for seasoning and adjust.
- Serve warm or cold.
- Use as a dip with tortilla or pita chips or as a spread on wraps or sandwiches.

Submitted by Valerie Reed

Flourless Banana Chocolate Chip Muffins

INGREDIENTS

- 4 Large Ripe Bananas (mashed)
- 2 Cups of Old Fashioned Oats
- 1 Large Egg & 1 Egg Yolk
- 2 Tbsp + 2 tsp Unsweetened Almond Milk
- 1/8 Cup of Nature's Hollow Honey Substitute
- 1 Teaspoon Ground Cinnamon
- 1 Teaspoon Baking Soda
- 1 teaspoon Vanilla or Almond Extract
- Cooking spray
- Lily's Dark Chocolate Baking Chips (12 on each muffin)

DIRECTIONS

1. Spray a muffin tin with cooking spray. Set aside.
2. Preheat oven to 350 degrees.
3. Put all ingredients into a bowl (except Lily's Chocolate Chips) and mix well.
4. Divide mixture into 12 muffin wells. Place 12 Lily's Chocolate Chips into each muffin well.
5. Bake for 15 minutes. If after inserting a toothpick into the center of the muffin comes up clean, your muffins are done. If batter is on the toothpick, reduce the temperature to 325 degrees and continue baking at 2 minute intervals.
6. Cool in the pan for 15 minutes, then transfer to a rack for continued cooling.

Submitted by Vanessa Mobley

7-Minute Ramen Meal

INGREDIENTS

1 pkg. instant ramen noodles w. flavor packet
1 egg
½ carrot
(mushrooms, frozen peas, bell pepper)
25 oz. square microwavable container

DIRECTIONS

Pour flavor packet contents into container. (Use less to reduce sodium content).
Shred carrot into container. Add other vegetables as desired.
Place instant ramen noodles into container.
Fill container 1/3 full of water.
Loosely cover container.
Microwave for 2:30 minutes. Stir. Microwave for 2:30 minutes.
Fry an egg sunny-side up or over-medium.
When noodles are cooked, add egg on top. Cut up egg.
Stir ingredients together.

Submitted by Josiah Murphy

Black Bean Stuffed Sweet Potatoes

INGREDIENTS

4 medium to large sweet potatoes
2 tablespoons olive oil or vegetable oil
1 onion (about 1 cup diced)
¼ teaspoon each: chili powder, cumin, and salt
1 – 15oz can of black beans, drained and rinsed

Ingredients for cream sauce topping:

½ cup sour cream or plain yogurt
1 teaspoon lime juice
½ teaspoon pepper

Submitted by Jeanne Semilia

DIRECTIONS

- Pre-heat oven to 350 degrees F. Place the sweet potatoes on a lightly greased baking tray and bake for 55-65 minutes or until a fork can easily be inserted into the flesh of the potatoes.
- When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium heat and then add in onion. Saute' for 5 minutes until the onion begins to become translucent. Add and stir in chili powder, cumin, and salt. Cook for an additional 3 minutes.
- Add the black beans to the skillet and stir to combine. Continue to cook, stirring frequently, until the black beans are fully heated through...about 5 minutes. Remove pan from heat and set aside.
- Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and shred the flesh from the skin so that the inside is mashed and easy to scoop out.
- Evenly spread the black bean mixture on top of the 4 sweet potatoes.
- If desired, top with the cream sauce made by whisking together sour cream (or plain yogurt), lime juice, and black pepper. Garnish with avocado and cilantro.

Serves 4

Cabbage Roll Chicken Enchiladas

INGREDIENTS

- 12 green cabbage leaves
- 2½ cups shredded cooked chicken
- 1 (15 ounce) can spicy refried beans
- 1¾ cups shredded cheese, such as Monterey Jack, Cheddar or Colby-Jack, divided
- 1 (10 ounce) can red enchilada sauce
- Chopped fresh cilantro (optional)

DIRECTIONS

Bring a large pot of water to a boil. Add cabbage leaves and cook for 1 minute. Drain and rinse with cold water. Pat dry.

Preheat oven to 350 degrees F.

Combine chicken, refried beans and ¾ cup cheese in a medium bowl. Coat the bottom of a 9-by-13-inch baking dish with a few tablespoons enchilada sauce. Fill each cabbage leaf with about 1/3 cup of the chicken mixture and roll into an enchilada. Place, seam-side down, in the baking dish (they will be snug). Drizzle with the remaining enchilada sauce and sprinkle with the remaining 1 cup cheese.

Bake until heated through and the cheese is melted, about 20 minutes. Sprinkle with cilantro, if desired

Source: *EatingWell.com*, January 2018

Vegetarian White Bean Chili

INGREDIENTS

1 tablespoon olive oil
1/2 cup each of chopped carrots and celery
1 tablespoon or 3 cloves garlic, minced
16-32 oz chicken or vegetable broth
(I only use 16 oz because I prefer thicker chili.
If you use more broth, you may also want to increase
the amount of spices you add)
1 can (4 ounces) chopped green chiles
1 teaspoon ground cumin
1 teaspoon dried oregano
1/2 teaspoon cayenne pepper
Salt and pepper to taste
3 cans (14.5 ounces each) white beans, drained. Navy,
Great Northern and Cannellini all work
1/2 cup frozen corn kernels
Favorite type of shredded cheese for topping
Tostitos multigrain scoops for dipping

DIRECTIONS

In a Dutch oven over medium heat, add olive oil, carrots and celery.
Cook until veggies soften, about 5 minutes. Add garlic and continue
to cook until garlic becomes fragrant, about 1 min longer

Stir in broth, green chiles, cumin, oregano, cayenne, salt and pepper;
bring to a boil

Reduce heat to low. With a potato masher or fork, mash 2/3 of the
beans until relatively smooth. Add to saucepan. Add remaining
beans to saucepan along with the frozen corn

Simmer uncovered for 20-30 minutes, stirring occasionally. Let stand
for 5 minutes before serving. Chili will thicken. Stir and serve

Top each serving with cheese, if desired. Serve with multigrain
scoops

This chili tastes great left over! You can also freeze leftovers. When
ready to use, thaw in refrigerator overnight. Heat through in a
saucepan, stirring occasionally. Add broth or water if necessary.

Serves 4-6

Healthier Tuna Salad

INGREDIENTS

2 can chunk light tuna in water
2 medium stalks celery
1 medium carrot
½ medium red pepper
1/4 c. light mayonnaise
3 tbsp. nonfat plain yogurt
1 tbsp. fresh lemon juice
¼ tsp. freshly ground black pepper

DIRECTIONS

In medium bowl, combine tuna, celery, carrot, red pepper, mayonnaise, yogurt, lemon juice, and 1/4 teaspoon freshly ground black pepper.

Makes about 2 1/2 cups (4 servings).

Serve on whole wheat bread, bun or with crackers.

Spinach Strawberry Salad

INGREDIENTS

Fresh spinach

Strawberries

Toasted pecans

Feta

Balsamic or Poppy Seed Dressing

DIRECTIONS

Toast and chop pecans (use candied pecans for a sweeter salad).

Toss the spinach and strawberries in a large bowl (feel free to add some other fresh berries such as blueberries and it makes a great addition to a patriotic get together)

Add the feta and pecans. (substitute: blue cheese crumble or goat cheese)

It's best to have a few dressings on the side and NOT add them to the salad.

This recipe is refreshing and ALWAYS a huge hit! Enjoy!

Minestrone Soup Made Easy

INGREDIENTS

- 1 14-oz. bag frozen mixed vegetables
- 1 23-oz. jar marinara sauce, your favorite flavor
- 5 cups water
- 12 oz. cut green beans (or 1 14.5-oz can)
- 1 15.5-oz. can white beans, drained & rinsed
- 4 oz. small pasta or tortellini
- Parmesan cheese for garnish, if desired

DIRECTIONS

- Heat mixed vegetables in a large saucepan.
- Add marinara sauce and water; bring to a boil.
- Stir in green beans, white beans, and pasta.
- Cook until pasta is done, about 5 minutes.
- Dish into bowls and top with shredded Parmesan cheese, if desired.

Serves 6

Submitted by Jackie Williams

Asian Salmon and Spinach Rice Bowls

INGREDIENTS

- 1 lb. salmon, cut into 4 filets
- 2 c. jasmine rice (or brown basmati rice)
- 4 Tbsp. soy sauce
- 4 Tbsp. maple syrup
- Juice from 1 lime
- 1 ½ tsp. cornstarch
- 1 pkg. 10 oz. frozen spinach, or fresh if preferred
- 1 tsp. minced garlic
- ½ Tbsp. olive oil
- ½ Tbsp. red pepper flakes
- 1-2 Tbsp sesame seeds

DIRECTIONS

1. Preheat oven to 400°.
2. Cook rice as directed (brown rice will take longer but is healthier!).
3. Sauté the garlic and pepper flakes with olive oil until garlic is lightly golden and fragrant, about 1 minute.
4. Add pure maple syrup, soy sauce, and lime juice and cook until it starts to bubble.
5. Whisk cornstarch into 1.5 teaspoons water until mixed thoroughly; stir into the sauce. Cook until it is thick; about 2-3 minutes.
6. Place salmon fillets on foil lined baking pan. Top each fillet with 1 teaspoon of sauce. Bake 12 minutes or until cooked thoroughly.
7. Saute spinach in non-stick pan over medium heat. Season with salt and pepper to taste. Since it is frozen and will release water as it cooks. If using fresh baby spinach, add a teaspoon of olive oil to saute.
8. Divide rice equally among 4 bowls; top each bowl with spinach, salmon fillets with the skin removed.
9. Top each bowl with remaining sauce and sprinkle with sesame seeds.

Serves 4. Prep time: 10 min. Cook time: 30 min.

Submitted by Roza Maille

Bean Salad with a Great Dressing

INGREDIENTS

3 cans of beans - I use 2-chickpea and 1-black bean
1 avocado, diced
1 big clove of garlic
1 tsp. honey
1 Tbsp. Dijon mustard
1 tsp. zaatar
1 c. olive oil
1 Tbsp. white wine vinegar
Juice of 1 lemon
1 shallot, diced

DIRECTIONS

Rinse and drain the beans, try to remove as much water as possible. Put beans in a bowl and add the avocado and the shallot. Mince or grate the garlic into a small bowl and then whisk in the honey, vinegar, lemon juice, olive oil, and zaatar and pour over the bean mixture, and gently stir it up so that the beans and avocado are coated and the shallot distributed.

If you like, add some chopped herbs to serve, such as more parsley or some chives. Refrigerate if you are not serving immediately.

If you don't have zaatar in your cupboard, leave it out, it is still good. But the zaatar puts a little something special into this dressing so you might want to try it. Use any beans you like, but I think at least one can of chickpeas is essential.

Egg Roll Ramen Skillet

INGREDIENTS

- 1/4 cup low-sodium soy sauce
- 1/2 tablespoon cornstarch
- 1 teaspoon ground ginger
- 2 tablespoons hoisin sauce
- 1 tablespoon rice wine vinegar
- 1/4 teaspoon red pepper flakes
- 3 (3 oz) packages ramen noodles
- 2 tablespoons sesame oil, divided
- 1 small yellow onion, thinly sliced
- 4 cloves garlic, minced
- 1 lb ground pork
- 1 large red bell pepper, thinly sliced
- 1 (16 oz) bag coleslaw mix with carrots
- 2 green onions, finely chopped

DIRECTIONS

1. In a small bowl, whisk the cornstarch into one tablespoon of the soy sauce until dissolved. Whisk in the remaining soy sauce, ginger, hoisin sauce, vinegar, and red pepper flakes. Set aside.
2. Discard the seasoning packages from the ramen and cook noodles 1 minute less than package directions call for. Drain and toss with 1 tablespoon sesame oil.
3. In a large skillet or work, heat the remaining oil over high heat. Add the onion and cook about 3 minutes.
4. Reduce heat to medium-high, add garlic, and cook 30 seconds. Push onions and garlic to the side of the pan and add pork to center. Let cook 30 seconds before stirring, then break apart meat with a wooden spoon and stir in onions and garlic. Cook until no longer pink.
5. Add bell pepper and coleslaw mix and cook until cabbage has reduced, 2-3 minutes.
6. Add noodles and sauce and toss thoroughly, cook 2-4 minutes.
7. Adjust seasoning as needed, top with green onions, and enjoy!

Quick and Delicious Black Beans

INGREDIENTS

3 Tbsp olive oil
Chopped garlic (amount to your liking)
¼ cup tomato paste
1 ½ tsp smoked paprika
1 tsp cumin
¼ tsp pepper flakes
2 cans of drained and rinsed black beans
½ cup boiling water
1 ½ cup cheddar cheese

DIRECTIONS

In oven-proof cast iron or other oven-proof pot (I used a stainless steel pot), briefly saute garlic and stir in tomato paste, paprika, pepper flakes and cumin, cooking for 30 seconds being careful not to burn

Stir in water

Stir in beans

Cover with cheese

Bake in 475 degree oven for 5-10 minutes

Broil for a few minutes to brown cheese on top

*Submitted by Judy Wearden
Recipe from NY Times*

Country-Style Greek Salad

INGREDIENTS

- 6 Tbsp extra virgin olive oil
- 1 ½ Tbsp red wine vinegar
- 1 tsp lemon juice
- 1 garlic clove, minced
- 2 tsp minced fresh oregano
- 2 cucumbers, peeled, halved, seeded, sliced thin
- 1/2 red onion, sliced thin
- Salt and pepper
- 6 large ripe tomatoes, cored, seeded, cut into 1/2" chunks
- 1 cup jarred red roasted peppers, rinsed, cut into 1/2" strips
- 1/2 cup pitted kalamata olives
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 5 ounces (1 1/4 cups) feta cheese, crumbled

DIRECTIONS

1. Whisk oil, vinegar, lemon juice, garlic, oregano, 1/2 teaspoon salt, and 1/8 teaspoon pepper together in large bowl. Add cucumbers and onion, toss to coat, and let sit for 20 minutes.
2. Add tomatoes, red peppers, olives, parsley and mint to bowl with cucumber-onion mixture and toss to combine. Season with salt and pepper to taste. Transfer salad to wide, shallow serving bowl or platter and sprinkle with feta.

Source: “The Complete Mediterranean Cookbook” by America's Test Kitchen

Submitted by Charlene Nichol

Lemony Chicken and Orzo Soup

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium leek, white and pale-green parts only, halved lengthwise, sliced crosswise 1/2" thick
- 1 celery stalk, sliced crosswise 1/2" thick
- 12 ounces skinless, boneless chicken thighs
- 6 cups low-sodium chicken broth
- Kosher salt, freshly ground pepper
- 1 freshly ground pepper
- 1/2 cup orzo
- 1/4 cup chopped fresh dill
- Lemon halves (for serving)

*Submitted by Mary Lynn Delfino
Recipe from Epicurious*

DIRECTIONS

- Heat oil in a large heavy pot over medium heat. Add leek and celery and cook, stirring often, until vegetables are soft, 5-8 minutes. Add chicken and broth; season with salt and pepper. Bring to a boil, cover, reduce heat, and simmer until chicken is cooked through, 15-20 minutes. Transfer chicken to a plate. Let cool, then shred chicken into bite-size pieces.
- Meanwhile, return broth to a boil. Add orzo and cook until al dente, 8-10 minutes.
- Remove pot from heat. Stir in chicken and dill. Serve with lemon halves for squeezing over.

Total time: 45 minutes

Makes 4 servings

Per serving: 200 calories, 7 g fat, 1 g fiber

Fruity Curried Lentil Salad

INGREDIENTS

- 1 (8 ounce) can pineapple chunks, juice reserved
- 1/2 cup quinoa
- 1/2 cup lentils
- Salt and pepper to taste
- 2 teaspoons curry powder
- 1/2 cup unsweetened dried coconut
- 1/4 cup chopped pecans
- 1/4 cup finely diced red onion
- 1 tablespoon chopped fresh cilantro

DIRECTIONS

1. Pour the pineapple juice into a measuring cup and add enough water to make 2 cups. Set the pineapple chunks aside (I have used crushed pineapple as well). Pour the pineapple juice into a saucepan and stir in the quinoa and lentils. Season with salt, black pepper and curry powder. Bring to a boil over high heat, then reduce heat to medium-low, cover and simmer until the lentils and quinoa have absorbed the water (about 30 minutes). Stir in the coconut and simmer for 5 more minutes.
2. Stir in the pineapple (chunks or crushed), pecans and onion. Cook briefly to reheat. Sprinkle with cilantro.

Notes:

- I use green onions instead of red onion because they are not as strong. I have also used vidalia and other sweet onions.
- I don't like cilantro all that much and rarely have fresh herbs so I just leave this ingredient out
- I have added dried cranberries and/or raisins and even some plain non-fat yogurt to make it creamy.
- I suggest toasting whatever nut you use. I usually use almonds/walnuts because I rarely have pecans.
- I think it tastes great warm or cold.

Low Carb Protein Waffles

INGREDIENTS

- 1 scoop protein powder
- 1 egg
- 3 Tablespoons water
- 1 teaspoon baking powder

Toppings of your choosing:

- sugar free syrup
- dark chocolate chips
- peanut butter
- blueberries

DIRECTIONS

1. Heat waffle iron
2. Mix the protein powder, egg, water, and baking powder until fully combined.
3. Spray waffle iron with cooking spray.
4. Cook according to your waffle iron.
5. Enjoy with toppings of your choosing!

Submitted by Meghan Miller

Turkish-Style Red Lentil Soup

INGREDIENTS

1 1/3 cup red lentils, picked through and rinsed
7 cups low-sodium vegetable broth
1 large yellow onion, diced
4 cloves garlic, diced
1 tablespoons tomato paste
1 teaspoon ground cumin
1/8 teaspoon cayenne pepper
3/4 teaspoon salt, or to taste

Optional toppings:

Lemon wedges, chopped mint, sour cream

DIRECTIONS

In a large pot, combine lentils, broth, onion, carrot, garlic, tomato paste, cumin, and cayenne and bring to a boil over high heat.

Lower heat and simmer, uncovered, until vegetables are very tender and lentils begin to fall apart, about 25 minutes.

Remove the pot from heat and use an immersion blender to quickly blend the soup until it is creamy but not completely pureed. Or you can blend about half the soup in a regular blender, but use caution when blending hot liquids - blend only in small batches, hold the lid down firmly with a kitchen towel, and begin blending on low speed.

Add salt and serve with lemon wedges and a garnish of mint, if desired. Also good with a dollop of sour cream.

Submitted by Jan Rader

Buffalo Cauliflower

INGREDIENTS

1/2 head of cauliflower
Favorite hot sauce/buffalo sauce to taste
(I use Frank's Red Hot)

If Serving With Southwest Rice & Beans

1 cup brown or whole grain rice, cooked according to package instructions (I use Lundberg Wild Blend)
1/2 cup pinto beans from can, rinsed
2 Tbsp chopped cilantro
2 tsp lime juice
Salt and pepper to taste

DIRECTIONS

Preheat your oven to 375 degrees.
Rinse the cauliflower and chop it into florets.
Steam the florets until they soften (I just do this in the microwave and it takes 4-6 min.)
Drain the cauliflower so there is no excess liquid remaining. You may even want to pat the florets dry with a paper towel.
Transfer the florets to a small baking dish, and then pour hot sauce over them to taste. Mix to achieve an even coating.
Bake the florets in the oven for 5 minutes to allow the hot sauce to soak in. Remove from oven.
Serve alongside celery sticks and a dipping sauce OR over combined Southwest Rice & Beans ingredients

Chicken Soup with Noodles

INGREDIENTS

- 1/2 rotisserie chicken
- 2 Tbsp drippings from chicken
- 1 large onion, chopped
- 2 garlic cloves, minced
- 6 cups unsalted chicken stock
- 3 cups vegetable stock
- 4 celery ribs, chopped
- 4 medium carrots, chopped
- 2 bay leaves
- 1 tsp fresh thyme
- 3 cups uncooked egg noodles
- 1 Tbsp fresh parsley, chopped
- 1 Tbsp lemon juice

DIRECTIONS

1. Add onions to drippings and cook over medium-high heat until tender. Add garlic; cook 1 minute longer. Add stock stirring to loosen browned bits from pan. Bring to a boil.
2. Add chicken, celery, carrots, bay leaves and thyme. Reduce heat and simmer until vegetables are tender, 25-30 minutes.
3. Remove soup from heat and add noodles. Let stand, covered, until noodles are tender, 20-25 minutes.
4. Stir in parsley and lemon juice. Adjust seasoning with salt and pepper. Discard bay leaves.

Submitted by Connie Simms