

# A Year of Celebrations

healthy recipes for every gathering

GEHA®





Our gatherings are full of tasty temptations. From Independence Day cookouts to the Thanksgiving spread, food is an important and essential part of our celebrations.

Is it possible for our celebratory meals to be delicious, happy and healthy? With careful planning and some creativity, you and your family can enjoy nutritious holiday foods that don't skimp on flavor – and won't widen your waistline. These recipes will take the stress out of healthy meal planning, giving you time to relax, enjoy and let life happen.



A young girl in a blue dress and polka-dot boots is holding a bunch of radishes. She is walking alongside a woman in jeans and yellow boots. The background is a blurred outdoor setting with a white picket fence and green grass.

# Mother's Day

Your mother probably taught you how to eat right. Make her proud by preparing a healthy brunch to show your love and appreciation.

roasted vegetable frittata

iced almond chai

fruit skewers & yogurt dip

# roasted vegetable frittata

yields 4 servings

- 6 eggs
- 1/3 C water
- 1/4 C roasted potatoes, cut into 1/2-inch cubes
- 1/4 C roasted or grilled red pepper, chopped into 1/2-inch pieces
- 1/4 C roasted or grilled zucchini, chopped into 1/2-inch pieces
- 1/4 C roasted mushrooms, halved
- 2 cloves roasted garlic, sliced
- 1/2 tsp. kosher salt
- 1/4 tsp. white pepper
- 1/2 C grated Asiago cheese
- 2 Tbsp. butter
- 1 small shallot, minced

Nutrition Facts (per serving):  
237 calories, 17.5 g total fat,  
15.25 g protein, 673 mg sodium  
5 g carbohydrates, .75 g fiber,  
304 mg cholesterol

1. Preheat the oven to 350 degrees F.
2. In a mixing bowl whisk together the eggs and water. Add potatoes, red pepper, zucchini, mushrooms, garlic, salt and pepper. Fold in 1/4 cup Asiago cheese. Set aside.
3. In a large ovenproof nonstick skillet, melt the butter over medium heat. Add the shallots and saute for 4 minutes. Stir in the egg mixture. Cover, reduce the heat to low and cook until the eggs are almost set, about 10 minutes.
4. Sprinkle the frittata with the remaining Asiago. Place the frittata in the oven and cook until the eggs are set, about 15-20 minutes. Place a large serving plate over the pan, and carefully invert to turn out the frittata to serve.

Note: Garnish with grated parmesan cheese and chopped parsley (optional). Recipe cook time is based on using pre-roasted vegetables.

To roast the vegetables:

Cut the potatoes, red pepper and zucchini in 1/2-inch cubes, halve the mushrooms, and slice the garlic. Place them on a sheet pan in a single layer and toss with 3 Tbsp. olive oil, 1 tsp. salt and 1/2 tsp. pepper. Roast for 15 to 20 minutes. Remove from oven and set aside until needed.



Want to see how this recipe is made?  
Visit [geha.com/frittata](https://geha.com/frittata)

# iced almond chai

yields 4 servings

- 3 green cardamom pods, cracked
- 1 (3-inch) stick cinnamon
- 2 whole cloves
- 1/2 tsp. anise seed
- 1 tsp. black peppercorns
- 3 C cold water
- 3 black teabags
- 3 chai teabags with black tea
- 3 C boiling water
- 1 1/3 C unsweetened almond milk, chilled
- 8 to 10 tsp. agave syrup, preferably dark

Nutrition Facts  
(per 1 cup serving):  
60 calories, 1 g total fat  
(0 g saturated fat),  
13 g carbohydrate, 0 g protein,  
0 g dietary fiber, 50 mg sodium

1. For the chai, combine the cardamom, cinnamon, cloves, anise, and peppercorns in a medium saucepan. Add the water, and bring to a boil over medium-high heat. Cover, reduce the heat, and simmer 5 minutes. Off the heat, add the black teabags, cover, and steep for 5 minutes. Remove the teabags, squeezing them well. Pour the chai into a heat-proof jar and cool to room temperature. Cover and refrigerate for up to 3 days. Strain the chai when ready to use, and discard the spices.
2. For ice cubes, in a heatproof measuring cup, pour the boiling water over the 3 chai tea bags and steep for 10 minutes. Divide the tea between two ice cube trays and cool to room temperature, then freeze into cubes.
3. To serve, place 6 chai ice cubes in each of four 12-ounce glasses. Pour in 1/2 cup of the strained, chilled chai. Add 1/3 cup almond milk and sweeten to taste, using 2 to 3 teaspoons agave syrup per serving.

Courtesy of the American Institute for Cancer Research, [aicr.org](http://aicr.org).



# fruit skewers & yogurt dip

yields 4 servings

- 1 C strawberries, rinsed, stems removed, and cut in half
- 1 C fresh pineapple, diced (or canned pineapple chunks in juice, drained)
- ½ C blackberries
- 1 tangerine or Clementine, peeled and cut into 8 segments
- 8 6-inch wooden skewers

## Dip

- 1 C strawberries, rinsed, stems removed, and cut in half
- ¼ C fat-free plain yogurt
- 1/8 tsp. vanilla extract
- 1 Tbsp. honey

## Nutrition Facts:

71 calories, 0 g total fat

18 g carbohydrate, 1 g protein,

2 g dietary fiber, 10 mg sodium

1. Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer.
2. To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well.
3. Serve two skewers with yogurt dip on the side.

Courtesy of the National Heart, Lung and Blood Institute, [nhlbi.nih.gov](http://nhlbi.nih.gov).

A photograph of a man and a woman grilling food outdoors. The man, in the foreground, is wearing a light blue polo shirt and is looking down at a grill. The grill contains several skewers of grilled meat and some round patties. The woman, in the background, is also wearing a light blue shirt and is smiling while looking at the grill. The background is a blurred green lawn.

# Father's Day

Fire up the grill and show dad some love with these tasty recipes that are as delicious as they are nutritious.

[mustardbbqchickenkabobs](#)

[grilled romaine and caesar](#)

[mango tomato salsa](#)

[garden potato salad](#)

# mustard bbq chicken kabobs

yields 6 servings

- 1-1/2 C ketchup
- 1 C prepared mustard
- 1/2 to 2/3 C cider vinegar
- 1/2 C of your favorite sweetener
- 1 Tbsp. Worcestershire
- 1/2 tsp. maple extract
- 1/2 tsp. coarsely ground black pepper
- 2 Tbsp. stick butter or margarine
- 1-1/2 lbs. skinless, boneless chicken breasts, cut into 3/4-inch cubes
- 2 small yellow summer squash, cut crosswise into 1-inch cubes
- 12 medium mushroom caps
- 1 large green pepper, cut into 1-inch pieces

Nutrition Facts (per serving):

285 calories, 8 g fat,

66 mg cholesterol,

27 g carbohydrate, 30 g protein

1. Combine all ingredients, except chicken and vegetables, in medium saucepan. Cook over medium heat 3 to 4 minutes or until sauce is hot and butter is melted.
2. Assemble chicken cubes and vegetables on skewers. Grill over medium heat 10 to 15 minutes or until chicken is no longer pink, turning occasionally and basting generously with sauce. Heat remaining sauce to serve with kabobs.

**NOTE:** Kabobs can also be broiled. Broil 6 inches from heat source for 10 to 12 minutes or until chicken is no longer pink and vegetables are tender, turning occasionally and basting with sauce.

Courtesy of the Calorie Control Council, [theskinnyonlowcal.org](http://theskinnyonlowcal.org).



# grilled romaine & caesar

yields 4 servings

- 1 slice whole wheat-bread
- 2 heads romaine lettuce, rinsed and halved lengthwise
- 4 tsp. olive oil
- 4 tsp. light Caesar dressing
- 4 Tbsp. shredded Parmesan cheese
- 16 cherry tomatoes, rinsed and halved

## Nutrition Facts (per serving):

162 calories, 8 g fat,  
2 g saturated fat, 6 mg cholesterol,  
17 g carbohydrate, 8 g protein,  
8 g dietary fiber, 241 mg sodium

1. Preheat the grill or grill pan on high temperature.
2. Cube the bread. Spread in a single layer on a foil-covered tray for a toaster oven or conventional oven. Toast to a medium-brown color and crunchy texture. Remove. Allow to cool.
3. Brush the cut side of each half of romaine lettuce with 1 teaspoon of olive oil.
4. Place cut side down on the grill or on a grill pan on the stovetop. Cook just until grill marks appear and romaine is heated through, about 2–5 minutes.
5. Place each romaine half on a large salad plate. Top each with one-fourth of the bread cubes. Drizzle each with 1 teaspoon of light Caesar dressing. Sprinkle each with 1 tablespoon of shredded parmesan cheese. Garnish with eight tomato halves around each plate.

Courtesy of the National Heart, Lung and Blood Institute, [nhlbi.nih.gov](http://nhlbi.nih.gov).

# mango tomato salsa

yields 3 servings

## SALAD

- 1 C mango, peeled, finely diced
- 2 plum tomatoes, finely diced
- 2 Tbsp. red onion, minced
- 1 tsp. serrano or jalapeno chile, minced
- 1 Tbsp. lime juice, freshly squeezed
- ½ tsp. sugar
- ½ tsp. rice wine vinegar, unseasoned
- 1 Tbsp. cilantro, fresh, chopped
- 2 tsp. mint, fresh, chopped
- Salt and freshly ground pepper, to taste

## Nutrition Facts (per serving):

60 calories, <1 g total fat,  
<1 g protein, 12 g carbohydrates,  
1.5 g dietary fiber

1. In a serving bowl add mango, tomatoes, onion and chile and gently toss to mix.
2. Add lime, sugar, vinegar, cilantro, mint, salt, and pepper. Gently stir mixture to combine well.  
Serve at room temperature.



Want to see how this recipe is made?  
Visit [geha.com/salsa](http://geha.com/salsa)

Courtesy of The Culinary Center of Kansas City, [kcculinary.com](http://kcculinary.com)



# garden potato salad

yields 10 servings

- 3 lbs. potatoes (about 6 large), boiled in jackets, peeled and cut into ½-inch cubes
- 1 C chopped celery
- ½ C sliced green onion
- 2 Tbsp chopped parsley
- 1 C low-fat cottage cheese
- ¾ C low-fat milk
- 3 Tbsp. lemon juice
- 2 Tbsp. cider vinegar
- ½ tsp. celery seed
- ½ tsp. dill weed
- ½ tsp. dry mustard
- ½ tsp. white pepper

Nutrition Facts  
(per 1 cup serving):  
151 calories, 1 g total fat  
(1 g saturated fat),  
2 mg cholesterol, 118 mg sodium

1. In a large bowl, place potatoes, celery, green onion, and parsley.
2. Meanwhile, in a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper, until smooth.  
Chill for 1 hour.
3. Pour chilled cottage cheese mixture over vegetables; mix well.
4. Chill for at least 30 minutes before serving.

Courtesy of National Heart, Lung and Blood Institute, [nhlbi.nih.gov](http://nhlbi.nih.gov).

# Fourth of July



Celebrate Independence Day with a fresh picnic-style meal straight out of the summer garden and onto your table.

mango berry rotini salad

tomato and corn salad with basil

crispy oven-fried chicken

1-2-3 peach cobbler



# mango berry rotini salad

yields 4 servings

- 1 C (4 oz) whole-wheat rotini pasta, uncooked
- 1 ripe mango
- 1 C raspberries
- 1 C blueberries
- 2 C fresh baby spinach
- 1/2 C reduced-fat feta cheese

## Vinaigrette

- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. raspberry vinegar
- 1 tsp. sugar
- 1 tsp. poppy seeds
- 1/4 tsp. salt

## Nutrition Facts (per serving):

45 calories, 0 g. total fat,  
10 g carbohydrate, 2 g protein,  
less than 1 g dietary fiber,  
85 mg sodium

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
3. While rotini is cooking, cut mango into chunks, removing peel and pit.
4. Place salad ingredients in a large bowl; drizzle with vinaigrette. Toss gently.

Courtesy of the Produce For Better Health Foundation and What's Cooking? USDA Mixing Bowl, [whatscooking.fns.usda.gov](https://whatscooking.fns.usda.gov).

# tomato & corn salad with basil

yields 4 servings

- 1 large ear local yellow or yellow-and-white corn
- 3 ripe medium tomatoes
- 1/2 red bell pepper, finely chopped
- 1/3 C thinly sliced green onions, green and white parts
- 1/3 C finely chopped sweet onion
- 1 Tbsp. fresh lime juice
- 1/2 tsp. kosher salt
- 1/4 tsp. mustard powder
- Freshly ground pepper
- 4-5 large basil leaves
- 1 Tbsp. chopped fresh mint, optional

Nutrition Facts (per serving):  
45 calories, <1 g fat (0 g sat fat),  
10 g carbohydrates, 2 g protein,  
2 g fiber, 242 mg sodium

1. Shuck corn and steam for 3 minutes. When corn is cool enough to handle, cut kernels off ear and place in mixing bowl.
2. Half tomatoes vertically and cut one half into 4 wedges for garnish. Remove seeds from remaining tomatoes. Chop tomatoes and add to corn. Add red pepper, green onions and sweet onion. In small bowl, whisk lime juice with salt, mustard powder and 4 or 5 grinds pepper until salt dissolves. Pour dressing over salad and toss gently with fork to combine. At this point, salad can sit up to 15 minutes.
3. Just before serving, stack basil leaves, then cut crosswise into thin strips, and add to salad. Add mint, if using. Toss to combine herbs with salad. Garnish with tomato wedges. Serve immediately.

Courtesy of the American Institute for Cancer Research, [aicr.org](http://aicr.org).



# crispy oven-fried chicken

yields 10 servings

- ½ C fat-free milk or buttermilk
- 1 tsp. poultry seasoning, divided
- 1 C cornflakes, crumbled
- 1½ Tbsp. onion powder
- 1½ Tbsp. garlic powder
- 2 tsp. ground black pepper
- 2 tsp. dried hot pepper, crushed
- 1 tsp. ground ginger
- 8 pieces skinless chicken  
(4 breasts, 4 drumsticks)
- A few shakes paprika

Nutrition Facts (per 1/2 breast  
or 2 small drumsticks):

117 calories, 3 g total fat

(1 g saturated fat), 17 g protein,

6 g carbohydrates,

49 mg cholesterol, 67 mg sodium

1. Put milk in a bowl, add ½ teaspoon of poultry seasoning, and mix. Set aside.
2. Combine remaining ½ teaspoon of poultry seasoning and all other spices (except paprika) with cornflake crumbs, and place in plastic bag.
3. Wash chicken and pat dry. Dip a piece of chicken into milk mixture and shake to remove excess. Quickly put into plastic bag and shake with seasonings and crumbs to coat. Remove the chicken from the bag; repeat for all pieces.
4. Refrigerate chicken for 1 hour.
5. Remove chicken from the refrigerator and sprinkle lightly with paprika for color.
6. Preheat oven to 350 degrees F. Space chicken pieces evenly on a greased baking pan.
7. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for another 30 to 40 minutes, or until meat can easily be pulled away from the bone with fork.
8. Drumsticks may require less baking time than breasts. The seasoning will form a crispy "skin." (Note: Do not turn chicken during baking.)

Courtesy of National Heart, Lung and Blood Institute, [nhlbi.nih.gov](http://nhlbi.nih.gov).

# 1-2-3 peach cobbler

yields 8 servings

- ½ tsp. ground cinnamon
- 1 Tbsp. vanilla extract
- 2 Tbsp. cornstarch
- 1 C peach nectar
- ¼ C pineapple juice or peach juice (if desired, use juice reserved from canned peaches)
- 2 cans (16 oz each) peaches, packed in juice, drained (or 1¾ lb fresh peaches, sliced)
- 1 Tbsp. soft tub margarine
- 1 C dry pancake mix
- 2/3 C all-purpose flour
- ½ C sugar
- 2/3 C fat-free evaporated milk
- ½ tsp. ground nutmeg
- 1 Tbsp. brown sugar
- Nonstick cooking spray, as needed

Nutrition Facts (per serving):  
271 calories, 4 g total fat,  
54 g carbohydrate, 4 g protein,  
2 g dietary fiber, 263 mg sodium

1. Preheat oven to 400 degrees F.
2. Combine cinnamon, vanilla, cornstarch, peach nectar, and juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
3. Add sliced peaches to mixture. Reduce heat and simmer for 5 to 10 minutes.
4. In another saucepan, melt margarine and set aside.
5. Lightly spray an 8-inch-square glass dish with cooking spray. Pour hot peach mixture into dish.
6. In a mixing bowl, combine the pancake mix, flour, sugar, and melted margarine. Stir in evaporated milk. Quickly spoon this mixture over the peach mixture.
7. Combine nutmeg and brown sugar in a small bowl. Sprinkle mixture on top of batter.
8. Bake for 15 to 20 minutes or until golden brown.
9. Cool and cut into eight squares.

Courtesy of the National Heart, Lung and Blood Institute, [nhlbi.nih.gov](http://nhlbi.nih.gov).



# Halloween

Counteract  
candy overload  
with delicious  
foods that  
emphasize  
healthy fall  
flavors.

sweet hot pumpkin seeds

pumpkin mac and cheese

Autumn vegetablesuccotash

roasted butternut squash  
soup



# sweet hot pumpkin seeds

yields 8 servings

- Canola oil spray
- 1 C pumpkin seeds\*
- 4 tsp. walnut oil (olive oil may be substituted)
- 1 tsp. ground ginger
- 1 pinch cloves
- 1/2 tsp. cinnamon
- 1/2 tsp. chili powder or paprika (optional)
- 1 Tbsp. plus 1 tsp. dark brown sugar
- Dash salt
- 2 tsp. water

\* Scooped whole from the pumpkin then washed and dried and pre-toasted for 30 minutes in a 300 degree oven; or hulled, prepackaged from the grocery store.

## Nutrition Facts (per serving):

180 calories, 14 g total fat  
(1 g saturated fat), 9 g protein,  
6 g carbohydrates,  
1 g dietary fiber, 160 mg sodium

1. Preheat oven to 375 degrees F.
2. Lightly coat baking sheet with canola oil spray. Either pre-toast whole seeds from pumpkin (as noted), or spread hulled seeds on pan in one layer and toast in oven for 10 minutes.
3. In small skillet, whisk together oil, spices, sugar, salt and water. Simmer on low heat, stirring occasionally, until seeds finish toasting.
3. Remove seeds from oven and stir into spice mixture, coating evenly, and cook on stove for another 5 minutes. Return seeds to baking sheet, patting into one layer. Bake about 10 minutes, until crisp.
4. Remove from oven, let cool and gently loosen from baking sheet with tip of spatula. Store in a tightly-covered container.

Courtesy of the American Institute for Cancer Research, [aicr.org](http://aicr.org).



# pumpkin mac and cheese

yields 6 servings

- Canola oil cooking spray
- 1/2 C panko bread crumbs
- 1/3 C grated Parmesan cheese, divided
- 1 Tbsp. canola oil
- 8 oz. whole-wheat rotelle pasta
- 1 C low-fat (1%) milk
- 1 Tbsp. unsalted butter
- 1 Tbsp. all-purpose flour
- 1½ C (2½ oz.) sharp light (50 percent) Cheddar cheese
- 1 C canned unsweetened pumpkin
- 1/2 tsp. mustard powder
- 1/4 tsp. ground black pepper
- Pinch of cayenne pepper
- 1/8 tsp. ground nutmeg, (optional)

Nutrition Facts (per serving):  
289 calories, 9 g total fat  
(4 g saturated fat) , 17 g protein,  
37 g carbohydrates,  
4 g dietary fiber, 307 mg sodium

1. Preheat oven to 375 degrees F. Coat 6 cup baking dish with cooking spray and set aside.
2. To breadcrumbs, add 2 tablespoons Parmesan cheese and toss to combine. Add oil and using your fingers, toss to coat breadcrumbs, then set mixture aside.
3. In large pot, boil 4 quarts of water. Add pasta and cook for 10 minutes, until slightly al dente. Drain in colander, and set aside.
4. While pasta cooks, in microwave or small saucepan, heat milk until it steams, and set aside.
5. In large saucepan, melt butter over medium heat. Whisk in flour and cook for 1 minute, whisking slowly. Off heat, gradually add milk while whisking to avoid lumps. Return pot to medium-high heat and simmer sauce until it thickens to consistency of stirred yogurt, 3 minutes. Add cheese, remaining Parmesan cheese, pumpkin, mustard, black and cayenne peppers and nutmeg, if using, and stir until cheddar melts. Mix in cooked pasta. Spread mac and cheese in prepared baking dish. Sprinkle seasoned breadcrumbs over top.
6. Bake 15-20 minutes or until breadcrumbs are crisp and golden brown. Serve immediately.

Courtesy of the American Institute for Cancer Research, [aicr.org](http://aicr.org).

# Autumn vegetable succotash

yields 8 servings

- 1/4 C olive oil
- 1 C onion (diced)
- 2 garlic clove (finely chopped)
- 2 C bell pepper (red, diced)
- 2 C zucchini (diced)
- 2 C summer squash (yellow, diced)
- 3 C lima beans (frozen)
- 3 C corn kernels (frozen)
- 2 Tbsp. sage (fresh, coarsely chopped)

Nutrition Facts (per serving):

205 calories, 8 g total fat,

4 g protein, 25 g carbohydrates,

4 g dietary fiber

1. In a skillet over medium-high heat, add oil.
2. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
3. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage and serve.

Courtesy of the Centers for Disease Control and Prevention and What's Cooking? USDA Mixing Bowl, [whatscooking.fns.usda.gov](https://whatscooking.fns.usda.gov).

# roasted butternut squash soup

yields 4 servings

## SOUP

- 3 to 4 lbs. butternut squash, peeled and seeded
- 2 yellow onions
- 2 apples, peeled and cored
- 3 Tbsp. olive oil
- Kosher salt and freshly ground black pepper
- 2 to 4 C chicken stock
- 1/2 tsp. curry powder (optional)

## CONDIMENTS

- Scallions, white and green parts, trimmed and sliced diagonally
- Flaked sweetened coconut, lightly toasted
- Roasted salted pepitas (pumpkin seeds)
- Diced banana (optional)

Nutrition Facts (per serving, without condiments):

332 calories, 13.5 g total fat,  
9 g protein, 48.5 g carbohydrates,  
6.25 g dietary fiber,  
7.25 mg cholesterol

1. Preheat the oven to 350 degrees F.
2. Cut the butternut squash, onions and apples in 1-inch cubes. Place them on a baking sheet and toss with the olive oil, 1 teaspoon salt and 1/2 teaspoon pepper. Divide the squash mixture between 2 sheet pans and spread it in a single layer. Roast for 35 to 45 minutes, until very tender. Note: If desired, add curry to vegetables before roasting.
3. Heat the chicken stock to a simmer. When the vegetables are done, place them in a separate pot, blender or food processor. Add some of the chicken stock and coarsely puree.
4. When all of the vegetables are processed, place them in a large pot and add enough chicken stock to make a thick soup. Add the curry powder, 1 teaspoon salt and 1/2 teaspoon pepper. Taste for seasonings to be sure there's enough salt and pepper to bring out the curry flavor.
5. Reheat and serve hot with condiments either on the side or on top of each serving.



Want to see how this recipe is made?  
Visit [geha.com/squash](http://geha.com/squash)

Courtesy of the Culinary Center of Kansas City, [kcculinary.com](http://kcculinary.com).



# Thanksgiving



Give thanks for good health. Celebrate your holiday with a memorable meal that spins classic dishes into nutritious and delicious new favorites.

mashed cauliflower

Autumn salad

apple-glazed sweet potatoes

cornbread-crusted  
turkey fillets

# mashed cauliflower

yields 4 servings

- 1 medium cauliflower
- 4 green onions, sliced,  
including half green stems
- 2-4 cloves garlic
- 1/4-1/2 C unsweetened plain  
almond milk
- 4 tsp. extra virgin olive oil,  
divided
- Salt and freshly ground black  
pepper to taste
- 1 Tbsp. chopped chives

Nutrition Facts (per serving):

87 calories, 5 g total fat

(<1 g saturated fat),

10 g carbohydrate,

3 g protein, 4 g dietary fiber,

61 mg sodium

1. Place cauliflower, onions and garlic in steamer basket and steam for 10-12 minutes, or until very tender.
2. Place cooked cauliflower, onions and garlic in blender or food processor. Add 1/4 cup almond milk and 2 teaspoons olive oil. Blend until desired consistency. For creamier consistency add more milk in 1 tablespoon increments. Season to taste with salt and pepper.
3. Transfer to serving bowl. Drizzle with remaining oil and garnish with chives. Serve.

Courtesy of the American Institute for Cancer Research, [aicr.org](http://aicr.org).

# Autumn salad

yields 6 servings

- 1 Granny Smith apple, rinsed and sliced thinly (with skin)
- 2 Tbsp. lemon juice
- 1 bag mixed lettuce greens (or your favorite lettuce) (about 5 C), rinsed
- ½ C dried cranberries
- ¼ C walnuts, chopped
- ¼ C unsalted sunflower seeds
- 1/3 C low-fat raspberry vinaigrette dressing

## Nutrition Facts (per serving):

138 calories, 7 g total fat  
(1 g saturated fat),  
19 g carbohydrate,  
3 g protein, 3 g dietary fiber,  
41 mg sodium

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with raspberry vinaigrette dressing, to lightly cover the salad, and serve.

Courtesy of National Heart, Lung and Blood Institute, [nhlbi.nih.gov](http://nhlbi.nih.gov).



# apple-glazed sweet potatoes

yields 4 servings

- 2 1/2 C unsweetened 100% apple juice
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt
- 2 lbs. sweet potatoes, peeled and thinly sliced

Nutrition Facts (per serving):  
208 calories, 0 g total fat,  
50 g carbohydrate,  
3 g protein, 5 g dietary fiber,  
200 mg sodium

1. Combine apple juice, cinnamon and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

Courtesy of the California Department of Public Health,  
[cachampionsforchange.cdph.ca.gov](http://cachampionsforchange.cdph.ca.gov).

# cornbread crusted turkey fillets

yields 4 servings

- 1 C low-fat buttermilk
- 1 Tbsp. Dijon mustard
- 4 skinless turkey fillets (3 oz. each)
- 4- by 4-inch square prepared cornbread (about 1 C crumbs)
- 1 egg white (or substitute liquid egg white)
- 1 C low-sodium chicken broth
- 1 Tbsp. cornstarch
- 1 lb. frozen baby carrots
- 1 Tbsp. fresh sage, rinsed, dried, and chopped (or 1 tsp. dried)
- 1 Tbsp. butter

## Nutrition Facts (per serving):

285 calories, 6 g total fat  
(3 g saturated fat),  
48 mg cholesterol, 29 g protein,  
29 g carbohydrate,  
3 g dietary fiber, 420 mg sodium

1. Preheat oven to 350 degrees F.
2. Combine buttermilk and Dijon mustard. Mix well.
3. Add turkey fillets to buttermilk mixture to marinate for 5–10 minutes while preparing cornbread.
4. Grind cornbread in a food processor, or use your fingers to make coarse crumbs. Place breadcrumbs on a baking sheet, and dry in a 300 degree F oven for 4–5 minutes. Do not brown.
5. Pour breadcrumbs into a dry, shallow dish. Put egg white in a separate bowl.
6. Remove turkey from the buttermilk, and dip each fillet first in the egg white and then in the cornbread crumbs to coat. Be sure to discard leftover buttermilk mixture and cornbread crumbs.
7. Place breaded turkey fillets on a baking sheet, and bake for 10–15 minutes (to a minimum internal temperature of 165 degrees F).
8. While the turkey is cooking, combine chicken broth, cornstarch, carrots, sage, and butter in a medium saucepan. Bring to a boil over high heat, stirring occasionally. Lower temperature to a simmer.
9. Simmer gently for about 5 minutes, or until the butter is melted, the sauce is thick, and the carrots are warm.
10. Serve each 3-ounce turkey fillet with 1 cup of carrots and sauce mixture.

Courtesy of National Heart, Lung and Blood Institute, [nhlbi.nih.gov](http://nhlbi.nih.gov).

## Serve up healthy holiday eating

- 1 Stay fresh and light. Avoid dishes that are breaded, fried, or coated in heavy sauces. Instead, opt for dishes that are steamed, raw or roasted. You'll avoid the calorie bombs – and feel better during the celebration.
- 2 Take it slow. Leisurely eating gives your mind time to register signals of fullness, which may help you consume less food.
- 3 Fill up on veggies. High-fiber vegetables can fill your stomach without eating up your calorie allowance.
- 4 Give into temptation (a little). If you're really tempted to try every last offering at your holiday celebrations, take a 1 to 2-bite portion of each dish. You'll get a taste of what you're craving, without overdoing it.
- 5 Guzzle water. Water can fill up your stomach, leaving less room for overindulgence. Staying adequately hydrated keeps your body functioning properly – including keeping your metabolism revved.
- 6 Watch your alcohol intake. Being mindful of what you sip can save you hundreds of calories.
- 7 Pop a mint. Keep mints or gum on hand for when you've finished eating. Having a minty-fresh mouth can help you avoid mindless snacking.
- 8 Get moving. Include games and activities in your holiday traditions to take the focus off food. You'll avoid overeating, and have the opportunity for special bonding time with your friends and family.



A photograph of a man and a young child smiling and looking at each other in front of a decorated Christmas tree. The man is wearing a blue sweater and has a watch on his left wrist. The child is wearing a white long-sleeved shirt with a colorful pattern. The Christmas tree is decorated with green, white, and blue ornaments and a large white flower ornament.

# Winter holidays

Chase away those visions of sugar plums (and cookies and pies) with tasty, guiltless dishes that will brighten your holiday table.

holiday quinoa salad

beef with greens & potatoes

spinach corn casserole

low-fat latkes

# holiday quinoa salad

yields 4 servings

- 3/4 C quinoa
- 1 3/4 C water
- 3/4 tsp. kosher or sea salt, divided
- 1/2 medium Fuji apple, cored and finely chopped
- 1/2 C fresh pomegranate seeds
- 1/3 C finely chopped cilantro
- 1/4 C finely chopped fresh mint
- 1 1/4 C finely chopped flat-leaf parsley
- 1/3 C finely chopped scallions, green and white parts
- 1/4 C blood orange juice, or orange juice plus 1 teaspoon lemon juice
- Freshly ground pepper
- 2 tsp. extra virgin olive oil

## Nutrition Facts (per serving):

179 calories, 4 g total fat

(<1 g saturated fat),

32 g carbohydrate, 5 g protein,

3 g dietary fiber, 366 mg sodium

1. Rinse quinoa in strainer, drain well, and place moist grain in heavy, medium saucepan. Cook over medium-high heat, stirring constantly with wooden spatula until grains stick to bottom of pot and then start to move freely and smell toasty, about 5 minutes. When grains of quinoa start to pop, move pot off heat and pour in 1 3/4 cups water, standing back as it will splatter. Immediately return pot to heat and reduce heat to medium. Add 1/4 teaspoon salt, cover, and simmer for 15 minutes, or until quinoa is almost tender. Off heat, let grain sit, covered, for 10 minutes. Using fork, fluff quinoa, and transfer it to mixing bowl. There will be about 2 1/4 cups cooked quinoa.

2. Let quinoa sit until it is room temperature. Add apple, pomegranate seeds, cilantro, mint, parsley, and scallions to grain and, using a fork, mix to combine them.

3. In small bowl, whisk orange juice, or two citrus juices, with remaining 1/2 teaspoon salt until it dissolves. Add 4-5 grinds pepper, then whisk in oil. Pour dressing over salad and toss with fork to distribute it evenly. Serve within 2 hours.

The quinoa and dressing parts of this salad can be made up to 8 hours ahead, then covered and refrigerated separately and combined shortly before serving.

Courtesy of the American Institute for Cancer Research, aicr.org.



# beef with greens & potatoes

yields 6 servings

- 1 lb. top round beef
- 1 Tbsp. paprika
- 1½ tsp. oregano
- ½ tsp. chili powder
- ¼ tsp. garlic powder
- ¼ tsp. black pepper
- 1/8 tsp. red pepper
- 1/8 tsp. dry mustard
- 8 red-skinned potatoes, halved
- 3 C onion, finely chopped
- 2 C beef broth
- 2 large garlic cloves, minced
- 2 large carrots, peeled and cut into very thin 2½-inch strips
- 2 bunches mustard greens, kale, or turnip greens, stems removed (½ lb each) and coarsely torn
- non-stick spray coating, as needed

## Nutrition Facts (per serving):

340 calories, 5 g total fat,

2 g saturated fat,

64 mg cholesterol,

109 mg sodium, 8 g fiber

30 g protein, 45 g carbohydrate

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8-inch thick and 3 inches wide. Trim away visible fat.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.
3. Spray a large heavy skillet with non-stick spray coating. Preheat pan over high heat.
4. Add meat; cook, stirring for 5 minutes.
5. Add potatoes, onion, broth, and garlic. Cook, covered, over medium heat, for 20 minutes.
6. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes.
7. Serve in large serving bowl, with crusty bread for dunking.

Courtesy of the U.S. Department of Health and Human Services, [health.gov](http://health.gov).



# spinach corn casserole

yields 12 servings

- 1 (16-ounce) package chopped frozen spinach
- ½ C minced white onion
- 2 (14¾-ounce) cans creamed corn
- 1 Tbsp. margarine
- 2 tsp. vinegar
- 1 tsp. salt
- ½ tsp. ground black pepper

## Topping

- ½ C bread crumbs
- 2 Tbsp. grated Parmesan cheese
- 1 Tbsp. margarine

## Nutrition Facts (per serving):

100 calories, 18 g carbohydrate,  
3 g dietary fiber, 4 g protein,  
2 g total fat (1 g saturated fat),  
4 mg cholesterol, 419 mg sodium

1. Preheat oven to 400 degrees F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
2. Combine spinach, onion, and creamed corn in casserole dish.
3. Melt 1 tablespoon margarine and add to casserole dish. Add vinegar, salt, and ground black pepper. Mix ingredients together.
4. Spread bread crumbs and Parmesan cheese over top of casserole. Melt remaining margarine and drizzle over topping. Bake for 20 to 30 minutes. Serve while hot.

Courtesy of California Department of Public Health,  
[cachampionsforchange.cdph.ca.gov](http://cachampionsforchange.cdph.ca.gov).

# low-fat latkes

yields 32 servings

- 3 lbs. russet potatoes (about 6 large)
- 1 large yellow onion
- 6 egg whites
- 1/4 C all-purpose or potato flour
- 1 tsp. salt
- Freshly ground black pepper, to taste
- Canola oil spray
- Low-fat sour cream or applesauce for garnish (optional)

Nutrition Facts (per serving):  
45 calories, 0 g total fat,  
10 g carbohydrate, 2 g protein,  
less than 1 g dietary fiber,  
85 mg sodium

1. Place two non-stick baking sheets in the oven and heat to 450 degrees F.
2. Peel potatoes and onion. Coarsely grate potatoes and onion separately, using either a hand grater or a food processor.
3. Place grated potatoes in a large bowl of cold water to soak 10 minutes, then drain well in a colander. (Soaking slows down the rate at which potatoes will turn brown.) Squeeze out by hand, using double sheets of paper to remove excess water. Potatoes should be as dry as possible.
4. Put the potatoes and onions in a mixing bowl. Stir in egg whites, flour, salt and pepper.
5. Remove the hot baking sheets from the oven and spray with oil. Working carefully to avoid burns, spoon pancake mixture onto the hot sheets to make 3-inch pancakes. Bake until golden brown (about 15 to 20 minutes per side), turning once with a sharp-edged spatula. When flipping the pancakes, put them down in the areas still covered with oil.
6. Serve with low-fat sour cream at room temperature or warm applesauce.

Courtesy of the American Institute for Cancer Research, [aicr.org](http://aicr.org).



# New Year's Eve

Give your new year a healthy and auspicious start with these delicious menu options.

black-eyed peas salad

sparkling New Year's cider

walnut mushroom pâté



# black-eyed peas salad

yields 4 servings

## SALAD

- 3 C cooked, dry black-eyed peas
- 1/2 C chopped onion
- 1/2 C chopped celery
- 1 small green bell pepper, seeded and chopped
- 1/4 tsp. salt

## DRESSING

- 1/4 C cider vinegar, or use regular white vinegar instead
- 1 tsp. dried basil, optional
- 2 cloves garlic, crushed
- 1 1/2 tsp. sugar
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 3/4 C vegetable oil, or olive oil

## Nutrition Facts

(per 1/2 cup serving):

210 calories, 5 g total fat

(0.5 g saturated fat),

11 g protein, 31 g carbohydrates,

9 g dietary fiber, 180 mg sodium

1. In a large serving bowl, combine black-eyed peas, chopped onion, celery, green pepper and salt. Set aside.
2. Dressing: In a small bowl or other container, mix together vinegar, garlic, sugar, salt, and pepper. If using basil, add that too. Slowly add the oil while mixing the dressing; stir until dressing is well blended. A blender can be used to prepare the dressing.
3. Pour the dressing over the black-eyed peas and vegetables. Cover and refrigerate until chilled – about 2 hours or overnight.

Courtesy of food.com and What's Cooking? USDA Mixing Bowl, [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov).

# sparkling New Year's cider

yields 6 servings

- 2 C 100% apple juice
- 1 star anise
- 2 whole cloves
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 4 C sparkling water  
(unsweetened)

Nutrition Facts  
(per 1 cup serving):  
39 calories, 9 g carbohydrates,  
3 mg sodium

1. Combine the first five ingredients in a pot and cook over medium-high heat for about 5 minutes, stirring the liquid intermittently.
2. Place a strainer over a large, glass bowl, or pitcher. Carefully pour the liquid into the container. Discard the star anise and cloves.
3. Place the container in the refrigerator to cool for about 30 minutes.
3. Once the apple juice mixture is cool, combine it with the sparkling water and serve.

Courtesy of Center for Nutrition Policy and Promotion and What's Cooking? USDA Mixing Bowl, [whatscooking.fns.usda.gov](https://whatscooking.fns.usda.gov).

# walnut mushroom pâté

yields 28 servings

- 1/2 C chopped walnuts
- 1/4 oz. dried porcini or wild mushrooms
- 1/3 C hot tap water
- 8 oz. crimini mushrooms, stemmed and quartered
- 8 oz. white mushrooms, stemmed and quartered
- 1/2 C coarsely chopped shallots
- 2 garlic cloves, chopped
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. dried thyme
- 2 tsp. reduced-sodium soy sauce
- Salt and freshly ground black pepper
- 2 Tbsp. chopped flat-leaf parsley, for garnish

Nutrition Facts  
(per 1 Tbsp. serving):  
25 calories, 2 g total fat  
(0 g saturated fat),  
2 g carbohydrate, 1 g protein,  
0 g dietary fiber, 10 mg sodium

1. Preheat oven to 350 degrees F.
2. Spread walnuts on baking sheet. Stir and toast 5 minutes, until nuts are colored and fragrant. Transfer nuts to plate, cool and set aside.
3. In food processor, combine half the fresh mushrooms with shallots, garlic, and half the soaked wild mushrooms. Pulse to chop very fine, about 20 times; take care not to over-process. In large skillet, heat oil over medium-high heat. Add chopped mushroom mixture, mixing to combine with oil. In food processor, finely chop remaining fresh and soaked mushrooms, then add to pan. Do not clean out food processor. Cook until mushrooms look wet, 8-10 minutes, stirring often. Add thyme, soy sauce, and reserved mushroom liquid. Continue cooking until mushrooms are golden and cling together, 8 minutes. Set aside.
4. Add walnuts to food processor, and then cooked mushrooms. Pulse until mushroom-walnut mixture is chunky; do not purée. Turn warm pâté into serving bowl and season to taste with salt and pepper. Or season pâté and cool to room temperature, cover tightly and refrigerate for up to 5 days. Garnish with parsley and serve with toast points, crackers or pita chips.

Courtesy of the American Institute for Cancer Research, [aicr.org](http://aicr.org).



# Valentine's Day

A person wearing a dark blue long-sleeved shirt and blue jeans is holding a large bouquet of tulips. The bouquet consists of many purple tulips and a few red ones. The person's hands are visible at the bottom of the bouquet, and a silver watch is visible on their left wrist. The background is a soft, out-of-focus light color.

This Valentine's Day, skip the hectic restaurant scene and its heavy, calorie-laden dishes. You can have a special and healthy date night with a lovingly-prepared home-cooked meal.

spinach-stuffed sole

caramelized mushroom  
and onion risotto

chocolate mint  
angel food cake

# spinach-stuffed sole

yields 4 servings

- Nonstick cooking spray
- 1 tsp. olive oil
- ½ lb. fresh mushrooms, sliced
- ½ lb. fresh spinach, chopped
- ¼ tsp. oregano leaves, crushed
- 1 clove garlic, minced
- 1½ lb. fillets of sole or other white fish
- 2 Tbsp. sherry
- 4 oz. (1 C) part-skim mozzarella cheese, grated

Nutrition Facts (per serving):  
262 calories, 8 g total fat  
(4 g saturated fat),  
95 mg cholesterol,  
312 mg sodium

1. Preheat oven to 400 degrees F. Spray a 10×6-inch baking dish with nonstick cooking spray.
2. Heat the olive oil in a skillet; sauté the mushrooms for about 3 minutes or until tender.
3. Add spinach, and continue cooking for about 1 minute or until spinach is barely wilted. Remove from heat; drain liquid into prepared baking dish.
4. Add oregano and garlic to drained sautéed vegetables; stir to mix ingredients.
5. Divide vegetable mixture evenly among fillets, placing filling in center of each fillet.
6. Roll fillet around mixture and place seam-side down in prepared baking dish.
7. Sprinkle with sherry, then grated mozzarella cheese. Bake 15 to 20 minutes, or until fish flakes easily with a fork in the thickest part. Lift out with a slotted spoon, and serve.

Courtesy of National Heart, Lung and Blood Institute, [nhlbi.nih.gov](http://nhlbi.nih.gov).

# caramelized mushroom & onion risotto

yields 4 servings

- 1 Vidalia onion  
(thinly sliced vertically)
- 2 Tbsp. canola oil (divided)
- 1 lb. cremini mushrooms  
(sliced)
- 1 C short-grain brown rice
- 1/4 C dry white wine
- 2 C low-sodium vegetable or  
chicken broth
- 3 C water
- 1 1/2 C frozen peas
- 1/4 C reduced-fat  
Parmesan cheese

Nutrition Facts (per serving):  
380 calories, 10 g total fat  
(1.5 g saturated fat), 12 g protein,  
58 g carbohydrates, 6 g fiber,  
270 mg sodium

1. Heat 1 tbsp canola oil in a 10-inch skillet over medium heat. (Do not use non-stick skillet.)
2. Add Vidalia onions and stir to coat with the oil. Stirring occasionally, let cook until brown (about 30 minutes).
3. Remove Vidalia onions from pan, and set aside.
4. Wipe pan clean. Heat remaining olive oil in pan and brown mushrooms (about 15 minutes).
5. While mushrooms and Vidalia onions are browning, cook risotto as follows.
6. Heat wine and rice in pot, stir until wine is absorbed.
7. Mix broth and water together.
8. Increase heat to medium-high; stir in 1 cup of water-broth mixture.
9. Cook uncovered, stirring frequently, until liquid is absorbed.
10. Continue stirring and add remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another.
11. Add peas to rice with last cup of liquid.
12. Cook until rice is tender and mixture has a creamy consistency, approximately 1 hour.
13. Gently stir in caramelized Vidalia onions, mushrooms, and cheese. Let sit about five minutes and serve.

Courtesy of the Produce for Better Health Foundation and  
What's Cooking? USDA Mixing Bowl, [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov).



# chocolate mint angel food cake

yields 12 servings

## CAKE

- 3/4 C cake flour
- 1/2 C cocoa powder
- 1 1/2 C sugar, divided
- 12 egg whites
- 1 1/2 tsp. cream of tartar
- 1/4 tsp. salt
- 1 1/2 tsp. vanilla extract
- 1 tsp. peppermint extract

## SAUCE

- 1 package (10 oz.) frozen raspberries, thawed and drained (juice reserved)
- Water
- 1/4 C sugar
- 2 Tbsp. cornstarch

## Nutrition Facts (per serving):

160 calories, <1 g total fat  
(0 g saturated fat), 5 g protein,  
38 g carbohydrates, 2 g fiber,  
105 mg sodium

## CAKE

1. Preheat oven to 375 degrees F. Sift flour, cocoa and 3/4 cup sugar twice, and set aside.
2. Beat egg whites with cream of tartar, salt, vanilla and peppermint until stiff enough to form soft peaks but still moist and glossy.
3. Add remaining 3/4 cup sugar, two tablespoons at a time, continuing to beat until egg whites hold stiff peaks.
4. Sift about 1/4 of flour mixture over egg whites and fold in. Repeat, folding in remaining flour by fourths.
5. Bake in ungreased 2-piece 10-inch tube pan for 35-40 minutes or until done. Invert cake in pan over a wine bottle or long stem soda bottle and cool.

## SAUCE

1. For sauce, add enough water to reserved raspberry juice to measure 1 1/4 cups.
2. Mix sugar and cornstarch in 1-quart saucepan.
3. Stir in juice and raspberries.
4. Heat to boiling over medium heat. Boil and stir for 1 minute. Cool. Serve with angel food cake.

Courtesy of the American Institute for Cancer Research, [aicr.org](http://aicr.org).

# St. Patrick's Day



Healthy eating doesn't take luck – just mindfulness and a little planning. Enjoy these delicious cold-weather warmers and celebrate St. Patrick's Day in good health.

green-mash potatoes

American Irish stew

# green- mash potatoes

yields 8 servings

- 7 potatoes (medium size, about 1 C each)
- 1 C skim milk (divided)
- 2 garlic cloves (peeled)
- 1 C frozen peas
- 2 Tbsp. soft (tub) margarine
- 1/8 tsp. white pepper
- 1/4 tsp. kosher salt

Nutrition Facts (per serving):  
176 calories, 3 g total fat  
(1 g saturated fat), 5 g protein,  
34 g carbohydrates,  
4 g dietary fiber, 131 mg sodium

1. Simmer peeled, diced potatoes for about 10 minutes until soft when pierced with a fork.
2. Cook 1 cup peas in microwave for about 3 minutes; drain and reserve.
3. Heat milk until hot. Add garlic cloves to milk and let stand for 5 minutes.
4. Puree peas, 1/4 cup milk, and garlic cloves using a blender.
5. Drain potatoes and begin to mash.
6. Slowly add 3/4 cup milk while mashing.
7. Blend in the pureed peas and garlic, margarine, and white pepper (optional) to the mashed potatoes.
8. Place mashed potatoes in a serving dish and keep warm.
9. Just before serving, lightly sprinkle kosher salt on top of potatoes.

Courtesy of the Center for Nutrition Policy and Promotion and What's Cooking? USDA Mixing Bowl, [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov).



# American Irish Stew

yields 6 servings

- 1 Tbsp. extra virgin olive oil
- 1¼ lbs. beef, top round, cut into ¾-inch pieces (stew beef with the fat trimmed may be substituted)
- 3 cloves garlic, minced
- Salt and freshly ground pepper to taste
- 1 medium onion, coarsely chopped
- 3 medium carrots, peeled and cut into ¾-inch pieces
- 2 medium parsnips, cut into large chunks (optional)
- 3 C low-fat, reduced-sodium beef broth, or as needed
- 4 medium russet potatoes, peeled, cut into chunks
- 1 Tbsp. chopped fresh rosemary
- 1 leek, coarsely chopped
- 2 Tbsp. chopped fresh parsley

Nutrition Facts (per serving):

370 calories, 8 g total fat

(2 g saturated fat),

43 g carbohydrate, 32 g protein,

6 g dietary fiber, 427 mg sodium

1. Heat oil in large pot over medium-high heat. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper.
2. Add onion, carrots and parsnips. Cook for 3 to 4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer for about 75 minutes or until meat is tender.
3. Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer uncovered until potatoes are tender. Do not overcook to avoid potatoes falling apart.
4. Serve hot and garnish with parsley.

Courtesy of the American Institute for Cancer Research, [aicr.org](http://aicr.org).

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