2012 Recipe Swap Cookbook
Appetizers
Recipe Name: Guilt Free Bruschetta

Category: Appetizer

Ingredients:
4 Roma Tomatoes
1 Clove Garlic
1 Package “light” feta cheese
2 tablespoons light Italian dressing
1 tablespoon olive oil
Various spices to taste (I suggest basil, dill, scallion)
Low-fat pita chips

Instructions:
Dice Tomatoes
Sauté diced garlic for 1 minute in olive oil, allow to cool, add with tomatoes. Add Italian dressing, feta, garlic oil and spices

Scoop with chips and enjoy!
Recipe Name: Pickled Green Beans (recipe taken from Allrecipes.com)

Category: Appetizer

Ingredients:

- 2 pounds fresh green beans, rinsed and trimmed
- 4 cloves garlic, peeled
- 8 sprigs fresh dill weed
- 4 teaspoons salt
- 2 1/2 cups white vinegar
- 2 1/2 cups water

Instructions:

Cut green beans to fit inside pint canning jars.
Place green beans in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, for 3 minutes. Plunge beans into ice water. Drain well.
Pack the beans into four hot, sterilized pint jars. Place 1 clove garlic and 2 sprigs dill weed in each jar, against the glass. Add 1 teaspoon of salt to each jar.
In a large saucepan over high heat, bring vinegar and water to a boil. Pour over beans.
Fit the jars with lids and rings and process for 10 minutes in a boiling water bath.
Soups and Chili
Recipe Name: Cab-Ca-Po Soup: (from a 2012 issue of Guideposts magazine)

Category: Soup

Ingredients:
1 large onion, minced
serrano pepper, seeded and minced (I left it out in my version)
1 Tablespoon extra-virgin olive oil
5 new potatoes, sliced in quarters (skin on)
1 Tablespoon butter
1 cup of water, divided
1 head cabbage, chopped
2 large carrots, peeled and finely chopped
Sea salt
Freshly ground black pepper
2 14.5-oz cans diced tomatoes, with liquid (or 4 fresh tomatoes, diced)
1 tsp. Italian seasoning
1 14-oz. package turkey sausage, cut into small pieces (I substituted one bag Tofu crumbles)

Instructions:
1. Heat a Dutch oven or other large heavy pot over medium-high heat.
2. Saute onion and serrano in olive oil.
3. Add potatoes, butter and __ cup of water.
4. Cook on medium heat for approximately 10 minutes, or until slightly tender.
5. Add __ cup water and remaining ingredients.
6. Reduce heat and simmer till cabbage, potatoes and carrots are tender__.approximately 30 minutes.
7. Stir periodically; adjust seasoning to taste.

Serves 6. Nutritional Information: Calories: 340; Fat: 11g; Cholesterol: 40mg; Sodium: 1100mg; Total Carbohydrates: 49g; Dietary Fiber: 11g; Sugars: 16g; Protein: 16g.
Recipe Name: Carrot Ginger Soup

Category: Soup

Ingredients:
1 lb. of Carrots
1 medium size Onion
3 cups of vegetable or chicken Stock
1 ½ in. of Ginger Root
½ cup of Half & Half

Instructions:
1. Sautee onion and boil peeled and sliced carrots (about 15 mins.)
2. In blender mix - onion, broth, ginger, carrots.
   NOTE: Put a towel over top of blender so the heat does not cause the soup/top to blow over.
3. Return to pot and add half & half to make creamy.
4. When hot - Enjoy!

Prep Time - 20 min.
Serves - 5
Recipe Name: Simply Hearty Black Bean Soup

Category: Soup

Ingredients:
1 tbsp olive oil
14 oz can chicken broth
2 bay leaves
1 tsp dried basil leaves
1 tsp cumin
2 (15 oz) cans black beans, rinsed & drained
14 oz can diced tomatoes with herbs
1 onion, chopped
15 oz can corn, drained
1 tsp dried thyme leaves
1 tsp balsamic vinegar

Instructions:
Cook onion in oil in a large soup pot. Open one can of beans, mash the beans using a fork, and scoop out of the can into the pot, along with the can of whole beans, drained corn, chicken broth and tomatoes. Stir in seasonings. Cover pot and bring to a boil. Reduce heat to low and simmer the soup for 8-10 minutes, stirring frequently. Remove bay leaves and serve. Serves 4-6.
Recipe Name: Vegetarian Chili

Category: Chili

Ingredients:
2 cans (15 oz. each) black beans w/liquid
2 cans (15 oz. each) pinto beans w/liquid
2 cans (15 oz. each) diced tomatoes
1 small can tomato paste
1 small can mild green chili peppers
1 zucchini, cubed
1 yellow squash, cubed
1 onion, chopped
2 green peppers, chopped
1 red bell pepper, chopped
2 c. corn, frozen
2 Tablespoons chili powder
one-quarter teaspoon cracked red pepper

Instructions:
Sauté chopped onions and peppers in extra virgin olive oil until soft. Add zucchini, yellow squash, seasonings. Add beans, diced tomatoes, and tomato paste. Heat for 20-30 min.

This chili has lots of fresh vegetables and fiber. It’s a filling meal for those who are trying to eat less red meat for health reasons or who are vegetarians. You can make a whole pot on the weekend. Freeze individual portions and take it for lunches throughout the week!
Recipe Name: Turkey Chili

Category: Chili

Ingredients:

1 package 99% fat free ground turkey
1 green pepper (rough chop)
1 med spanish onion (rough chop)
1 jalapeno/habenero pepper (optional) finely chopped
2 Can (15oz) Pinto Beans (or a bean of your choice)
1 can (16oz) Bush’s original baked beans
1 can (28oz) chopped/diced tomatoes
1 bay leaf
1/4 tsp ground black pepper
1 tsp of A1 steak sauce
2 Tbsp of chili powder

Instructions:

Combine all the ingredients in a medium/large size pot and bring to a boil then simmer on low for 4 - 6hrs stirring occasionally or cook in a crockpot on low for 6 - 8hrs
Side Dishes
Recipe Name: Quinoa and Black Beans  
(Taken from Allrecipes.com with some modifications to make it more delicious!)

Category: Side Dish or Main Dish

Ingredients:
- 1 teaspoon vegetable oil
- 1 medium red onion, chopped
- 1 cup chopped red pepper
- 3 cloves garlic, peeled and chopped
- 3/4 cup uncooked quinoa
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- salt and pepper to taste
- 1 (15 ounce) can sweet corn kernels
- 1 (15 ounce) can black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro (or if you get the cilantro in the tube, 1 or 2 squirts will work fine)

Instructions:
Heat the oil in a medium saucepan over medium heat. Stir in the onion, red pepper and garlic, and saute until lightly browned. 
Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes. Mix in the black beans, corn and cilantro. Ready to serve or refrigerate.
Recipe Name: Roasted Yams and Brussels Sprouts (adapted from Wegmans.com recipe)

Category: Side Dish

Ingredients:

1 1/4 lbs Brussels sprouts, trimmed, halved lengthwise
1 - 2 Yams/ sweet potatoes, cut into 1 inch cubes
3 Tbsp olive oil
Salt and pepper to taste

Instructions:

Preheat oven to 450 degrees.

1. Toss vegetables in large bowl with olive oil; season with salt and pepper.
2. Arrange in single layer on baking sheet.
3. Roast on center rack of oven 20-25 min (stir half way through), until lightly browned and tender.

Nutrition Info: Each serving (1 1/2 cup) contains 240 calories, 36 g carbohydrate, (9 g fiber), 7 g protein, 9 g fat, (1 g saturated fat), 0 mg cholesterol, and 105 mg sodium. Calories: 240
Recipe Name: Un-Fried French Fries (recipe taken from In the Kitchen with Rosie)

Category: Side Dish

Ingredients:
5 large baking potatoes (about 2 ¼ pounds total)
Light vegetable oil cooking spray
2 large egg whites
1 tablespoon Cajun spice

Instructions:
Slice each potato lengthwise into ¼ inch ovals, the slice each oval lengthwise into matchsticks.
Coat a baking sheet with 3 sprays of the vegetable oil.
Combine the egg whites and Cajun spice in a bowl. Add the matchstick potatoes and mix to coat. Pour the coated potatoes onto the prepared baking sheet and spread them out into a single layer, leaving a little space between.
Place the baking sheet on the bottom shelf of the oven. Bake for 40 to 45 minutes, until the fries are crispy, turning them every 6 to 8 minutes with a spatula so that they brown evenly. Serve immediately.

Serves 4
Fat per serving: 0.5 grams
Calories per serving: 291
Recipe Name: Crock Pot Vegetable Spaghetti Sauce

Category: Side Dish

Ingredients:

1 large onion, chopped
8-10 baby carrots, cut in thirds
2 cans (4 ounces) mushroom pieces, drained
1 green bell pepper, seeded and chopped
2 cans (14.5 ounces each) diced Italian tomatoes, with liquid
1 can (15 ounces) tomato sauce
1 can (6 ounces) Italian-style tomato paste
2 teaspoons sugar
1/2 teaspoon salt
1/2 teaspoon Italian seasoning

Instructions:

Combine all ingredients in greased 3 1/2 to 5 quart slow cooker. Cover and cook on low heat 6-8 hours. Stir Well. Makes 8-10 servings.

Serve over hot cooked spaghetti or bow tie noodles. Garnish with freshly grated Parmesan cheese.

For a thicker sauce, drain one of the cans of Italian tomatoes before adding to slow cooker.
Main Dishes
Recipe Name: Breadless Reubens

Category: Main Dish

Ingredients:

- 2 - ham steaks (reduced sodium / or reduced fat)
- 2 - slices of swiss cheese (use low fat, if you want to reduce calories)
- 1 - 14 or 15 oz. can of sauerkraut
- Thousand Island Salad Dressing (use low fat to reduce calories)

Instructions:

- Spray Pam (or equal product) in a large frying pan
- Add ham steaks and heat through.
- Once heated, place the sauerkraut on top of the ham steaks (about 1/3 to 1/2 the can per steak)
- Pour the Thousand Island dressing over the sauerkraut and place a slice of cheese on top. Cover the pan and cook until the cheese melts.

This recipe also works with leftover ham, pork or cold cuts.
I save this recipe for the days I'm running late because it's fast and easy. Serves 4 people.
Recipe Name: Easy Crust-less Spinach and Feta Pie (recipe taken from skinnytaste.com)

Category: Main Dish

Ingredients:

- 10 oz frozen spinach, thawed and liquid squeezed out
- 1/2 cup scallions, chopped
- 2 tbsp chopped fresh dill
- 2 tbsp chopped fresh parsley
- 1/2 cup (2.5 oz) reduced fat crumbled feta
- 2 tbsp grated Asiago cheese
- 1/2 cup white whole wheat flour (Bob’s Red Mill)
- 1 tsp baking powder
- 2/3 cup fat free milk
- 1 tsp olive oil
- 2 large eggs, beaten
- 1/2 tsp kosher salt
- fresh cracked pepper to taste
- cooking spray

Instructions:

**Preheat** oven to 400°. Lightly spray a pie dish with cooking spray.

**Mix** spinach, scallions, dill, parsley, feta cheese, and put in the pie dish.

**Sift** flour and baking powder in a medium bowl.

**Add** remaining ingredients to the bowl and **blend** well. Pour into pie dish.

**Bake** 28 to 33 minutes or until knife comes out clean from the center. Let it stand at least 5 minutes before serving.

Servings: 6-8 • Serving Size: 1/6th
Calories: 125.9 • Fat: 5.3 g • Protein: 8.8 g • Carb: 12.3 g • Fiber: 2.5 g • Sugar: 1.7 g
Sodium: 433.1 mg
Recipe Name: Ham and Turkey Stromboli - Weight Watchers recipe from the Dr. Oz website

Category: Main Dish

Ingredients:
- 1 pound frozen whole-wheat pizza dough, thawed
- 2 tbsp honey mustard
- 1/4 pound thinly sliced low-sodium baked Virginia ham
- 1/4 pound thinly sliced low-sodium honey-baked turkey breast
- 1/4 pound thinly sliced reduced-fat Jarlsberg cheese
- 1/2 cup drained bottled roasted red peppers, rinsed and chopped
- 12 arugula leaves

Instructions:
Preheat the oven to 400 degrees. Spray a baking sheet with nonstick spray.
On a lightly floured surface, roll or pat one-sixth of the dough out into a circle about 6 inches in diameter. Spread with 1 tsp of the honey mustard and top with one-sixth of the ham, turkey, cheese, roasted peppers, and arugula. Roll the dough up into a thin cylinder, encasing the filling; tuck the ends under and pinch the edges with your fingers to seal. Repeat with the remaining ingredients, making a total of 6 rolls.

Arrange the rolls, seam side down, on the baking sheet. Spray the tops with nonstick spray. Bake until golden, about 30 minutes. Let the rolls cool 3-4 minutes, then use a serrated knife to slice them in half.

Nutritional Information: 305 Calories, 8g Fat, 3g Saturated Fat, 0g Trans Fat, 29 mg Cholesterol, 375 mg Sodium, 39g Carbohydrates, 4g Fiber, 18g Protein, 238 mg Calcium
Recipe Name: Mini Meatloaves (recipe taken from eatingwell.com)

Category: Main Dish

Ingredients:
- 8 ounces lean ground beef
- 8 ounces lean ground pork
- 8 ounces ground turkey breast
- 1 large egg, lightly beaten
- 1/4 cup quick-cooking oats
- 1/4 cup chopped fresh parsley
- 1/4 cup ketchup, divided
- 3 tablespoons low-fat milk
- 1 small onion, chopped (3/4 cup)
- 3/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1 1/2 teaspoons Worcestershire sauce

Instructions:
Preheat oven to 375 degrees. Coat 8 muffin cups with cooking spray.
Mix beef, pork, turkey, egg, oats, parsley, 2 tablespoons ketchup, milk, onion, salt and pepper in a large bowl.
Form the mixture into 8 balls and place in the prepared muffin cups.
Combine the remaining 2 tablespoons ketchup and Worcestershire sauce and spread about 1/2 teaspoon over each mini meatloaf.
Place the muffin pan on a baking sheet. Bake the meatloaves until their internal temperature reaches 160 degrees, about 25 to 30 minutes. Pour off fat before serving.
Desserts
Recipe Name: Brittle (treat)

Category: Dessert

Ingredients:
- 2 Cups Butter
- 2 Cups Sugar
- 2 tbls Water
- Large Bag Dark Chocolate Chips
- Chopped Nuts

Instructions:

Melt butter and then add sugar and water. Cook to hard crack. Pour hard crack brittle onto a Jelly Roll pan. Let cook for 5 minutes. Sprinkle chips over - let melt - spread with spatula
Sprinkle nuts over top - press in
When chocolate is from - break into pieces
Recipe Name: Chocolate Pumpkin Muffins

Category: Dessert

Ingredients and Instructions:

Take one box of dark chocolate cake mix and combine with one 15 oz can of pumpkin puree. Do not use pumpkin pie filling. Combine both ingredients well and spoon into prepared muffin cups. Bake according to the directions on the cake mix box. Full of fiber and oh so fudgey!!
Recipe Name: Cinnamon Coconut Ice Cream (recipe taken from www.vegweb.com)

Category: Dessert

Ingredients:

- 1 can coconut milk
- 1 teaspoon vanilla extract
- 1 tablespoon cinnamon
- 2 tablespoon agave nectar or other sweetener

Instructions:

1. Empty the can of coconut milk into a dish. Cover and refrigerate for about 4 hours (I did this overnight).
2. Spoon out the clear coconut water that has separated from the coconut. (You can discard or use for another recipe).
3. Using a hand mixer, whip the coconut slowly adding the vanilla, agave, and cinnamon.
4. Freeze for 3 to 4 hours and... TA-DA! Homemade ice cream!

If you don't like cinnamon, try adding something else to your ice-cream, like 1/4 cup of berries or 2 to 3 tablespoon chocolate chips! If you use regular sugar you may want to use more than 2 tablespoons.
Recipe Name: Sweet Potato & Chocolate Cake

Category: Dessert

Ingredients:
2 C all-purpose flour
1 C sugar
2 C canned of canned sweet potatoes, pureed (or fresh, stewed & mashed)
1/4 C vegetable oil
1/2 tsp salt
1/2 tsp orange zest
2 tsp baking powder
2 tsp baking soda
1/2 tsp cinnamon
1 C dark chocolate chips, separated

Instructions:
Preheat oven to 350 and grease bundt cake pan
Blend sweet potatoes until smooth.
Add all ingredients, except chocolate chips.
Mix on medium speed for two minutes. Fold in 1/2 C chocolate chips.
Pour into pan and bake for 60 minute. Tooth pick test for doneness.
Cool and remove from pan to plate.
Melt the remaining 1/2 C chocolate chips and drizzle on cake.

I must say, my batter was even thicker than a typical cake batter.
Maybe due to canned potatoes. SO, I added some soy milk.

Note... Sweet potatoes rank number 1 vegetable for nutrition,
offering twice the RDA of vitamin A, 42% the RMA for vitamin C, four
times the RDA for beta-carotene, and, low in calories. The bottom line... Eat this cake without guilt!
Recipe Name: No Bake Energy Bites

Category: Dessert/Snack

Ingredients:
1 cup oats
1 cup toasted coconut flakes
1/2 cup chocolate chips
1/2 cup peanut butter
1/2 cup flaxseed
1/3 cup honey

Instructions:
Just mold into small balls and voila- a tasty snack or dessert is made and ready to go in 20 minutes or less!