

Extra Healthy Recipes

Main Ingredient (Broccoli)-

Recipe: Ravioli Salad

Ingredients-

- 9 ounce refrigerated light cheese ravioli
- 3 cups broccoli florets
- 1 cups sliced carrots
- 2 scallions sliced
- ½ cup reduced-calorie Italian dressing or balsamic vinaigrette
- 1 large tomato
- 1 cup fresh pea pods
- (Optional) lettuce leaves as desired

Preparation/ Cook-

- Wash vegetables
- Cook ravioli according to package instructions and omitting any additives
- Toss all ingredients together in a large mixing bowl and serve

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Main Ingredient (Broccoli)-

Recipe: Steamed Broccoli with olive oil, garlic and lemon

Ingredients-

- ¾ lb of broccoli
- 1 garlic clove
- 1 ½ tbsp. olive oil
- 1 ½ tsp fresh lemon juice

Preparation/ Cook-

- Wash the broccoli
- Peel stem and cut them in half
- Using a steamer cook the broccoli until tender (approx. 5 min)
- While cooking the broccoli, chop the garlic, combine with oil, lemon juice, and pepper
- Finish by mixing the cooked broccoli with the other prepared ingredients

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Extra Healthy Recipes

Main Ingredient (Green Beans)-

Recipe: Healthy Green Bean Casserole-

Ingredients-

- 1/2 cup whole wheat panko breadcrumbs
- 1/4 cup freshly grated Parmesan cheese
- 2 tablespoons chopped fresh parsley — plus additional for garnish
- 4 tablespoons extra-virgin olive oil — divided
- 2 1/2 pounds green beans — trimmed
- 1 medium onion — very thinly sliced
- 8 ounces baby bell mushrooms — sliced (do not use plain white mushrooms, as they do not have much flavor)
- 3 tablespoons all-purpose flour
- 2 cups 2% milk
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon ground nutmeg
- 7 ounces 2% Greek yogurt

Preparation/ Cook-

- Preheat oven to broil
- Wash all vegetables
- Coat a broiler safe baking dish with nonstick spray
- In a small bowl, stir together the Panko, Parmesan, parsley, and 2 tablespoons olive oil. Set aside.
- Blanch the green beans
- Heat 1tbsp olive oil in a sauce pan over medium heat, and then add mushrooms/ onions. Cook for 15 minutes then sprinkle flour over them and lightly stir as they turn golden brown
- Slowly add milk while stirring to prevent lumps, add favorite seasonings, until it resembles a gravy

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Main Ingredient (Green Beans)-

Recipe: Vegan Green Beans-

Ingredients-

- 1-pound green beans washed and trimmed
- 1/2 tablespoon melted coconut oil or oil of choice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons lemon juice
- chopped walnuts optional for some crunch

Preparation/ Cook-

- Preheat oven to 400F, line a baking sheet with silicone mat or parchment paper
- Place green beans onto prepared pan, toss with coconut oil, garlic powder, onion powder, and pepper
- Roast for 10-15 min or until cooked to your liking
- Remove from oven and toss with lemon juice
- Add walnuts if desired and serve!

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Main Ingredient (Cauliflower)-

Recipe: Garlic Asiago Cauliflower Rice-

Ingredients-

- 1 medium head cauliflower
- 2 tablespoons unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1-1/2 teaspoons garlic-herb seasoning blend
- 1/2 cup finely grated Asiago cheese

Preparation/ Cook-

- Using a food processor fitted with the steel blade or a box grater, finely shred cauliflower
- In a large cast-iron or other heavy skillet heat oil and seasoning blend over medium-high heat
- Stir in cauliflower, working in batches if necessary.
- Cook, uncovered, until tender, 10-15 minutes, stirring occasionally. Add cheese; stir until well combined

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Main Ingredient (Cauliflower)-

Recipe: Low-Carb Cauliflower Soft Pretzels-

Ingredients-

- 6 cups cauliflower florets (about 1½ pounds)
- 1 large egg, lightly beaten
- ½ teaspoon coarse salt or pretzel salt
- 2 teaspoons sesame seeds, poppy seeds or salt-free everything bagel seasoning (optional)
- 1 cup shredded sharp Cheddar cheese

Preparation/ Cook-

- Preheat oven to 425°F
- Put cauliflower into food processor until finely chopped, and then transfer to a microwave safe bowl. Microwave for 3 minutes and let cool
- Transfer cauliflower to a clean towel to absorb extra moisture then return to bowl and mix with the egg and cheese
- Divide the mixture into 6 portions on the prepared baking sheet and flatten into circles about 3½ inches in diameter. To shape into a pretzel, poke 3 holes into the circles.
- Lightly sprinkle with salt and seeds (optional)
- Bake 22-25 minutes until brown and crispy

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Main Ingredient (Celery)-

Glowing Green Juice-

Ingredients-

- 5 stalks celery, chopped
- 2 Anjou pears, chopped
- 1 Granny Smith apple, chopped
- Stems from 1 bunch fresh cilantro
- 1 small serrano chile, seeded
- 1/2 lemon, peeled
- 1/2 lime, peeled

Preparation/ Cook-

- Juice celery, pears, apple, cilantro stems, serrano chile, lemon, and lime in an electric juicer.
- Divide between 2 tall glasses; serve immediately.

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Extra Healthy Recipes

Main Ingredient (Celery)- Chicken Salad Celery Sticks-

Ingredients-

- 2 cup Chicken Breast, cooked, chopped
- 3 tablespoon green onion
- 1 stalk celery
- 1/4 cup Greek yogurt, plain
- 1/4 tbsp mayonnaise, light
- 1/2 teaspoon vinegar, red wine
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper, ground
- 1/4 cup almonds, sliced

Preparation/ Cook-

- Cook and shred chicken breasts, about two cups. Slice 4-5 green onions. Wash and chop celery into 3-4 inch pieces.
- Mix together Greek yogurt, light mayo, sliced green onions, red wine vinegar (or other vinegar/lemon juice), garlic powder, salt, and pepper
- Add chicken in and mix until well incorporated. Cover and refrigerate until ready to use.
- Top celery sticks with chicken mixture and slivered almonds. Garnish with fresh dill if desired.

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