

# HEALTHY RECIPES: MEATLOAF

1 can (6 ounces) no salt added tomato paste  
½ cup dry red wine  
½ cup water  
1 clove garlic, minced  
½ teaspoon dried basil leaves  
¼ teaspoon dried oregano leaves  
¼ teaspoon salt  
16 ounces ground turkey breast  
1 cup oatmeal  
¼ cup liquid egg substitute  
½ cup shredded zucchini

Preheat the oven to 350°F. Combine the tomato paste, wine, water, garlic, basil, oregano, and salt in a small saucepan. Bring to a boil, then reduce the heat to low. Simmer, uncovered, for 15 minutes. Set aside. Combine the turkey, oatmeal, egg substitute, zucchini, and ½ cup of the tomato mixture in a large bowl. Mix well. Shape into a loaf and place into an ungreased 8" X 4" loaf pan. Bake for 45 minutes. Discard any drippings. Pour ½ cup of the remaining tomato mixture over the top of the loaf. Bake for an additional 15 minutes.

Place on a serving platter. Cool for 10 minutes before slicing. Serve the remaining tomato sauce on the side.

Serves 8

Nutritional information

Per serving: 188 calories, 12 g protein, 12 g carbohydrates, 10 g fat, 3 g saturated fat, 244 mg sodium, 39mg cholesterol, 2 g fiber.

# HEALTHY RECIPES: MASHED POTATOES

4 cups cauliflower florets  
1 ounce I Can't Believe It's Not Butter! Spray  
1 ounce Land O'Lakes Gourmet Fat-Free Half & Half  
pinch salt  
pinch freshly ground black pepper

Steam or microwave the cauliflower until soft. Puree in a food processor, adding the butter spray and the half-and-half to taste. Season with salt and pepper.

Serves 4

Nutritional information

Per serving: 81 calories, 2 g protein, 5 g carbohydrates, 6 g fat, 2 g saturated fats, 82 mg sodium, 4mg cholesterol 3g fiber.

# HEALTHY RECIPES: QUICK LUNCHTIME IDEAS

## Roast Beef Wrap

¼ cup reduced-fat cream cheese

4 9"-10" flour tortillas

½ red onion, sliced

4 spinach leaves, washed

8 ounces sliced roast beef

For each wrap, spread a small amount of the cream cheese over the surface of a tortilla, Layer the onion, spinach, and roast beef on top. Fold opposite sides of the tortilla toward the center about 1 ½" and roll up from the bottom.

Serves 4

Nutritional information

Per serving: 300 calories, 13 g protein, 42g carbohydrates, 9 g fat, 3 g saturated fat, 659mg sodium, 21mg cholesterol, 3 g fiber.

## Turkey Roll-Ups

4 slices turkey breast

4 medium Boston lettuce leaves

Cilantro Mayonnaise (see below)

4 scallions

4 red bell pepper strips

Place 1 slice of turkey on a lettuce leaf spread with Cilantro Mayonnaise. Add 1 scallion and 1 pepper strip. Fold into a tight, cigarlike roll.

Ham may be substituted for the turkey. Cilantro Mayonnaise can be used as a dip instead of a spread.

Serves 2

Nutritional information

Per serving: 54 calories, 10 g protein, 2 g carbohydrates, 1 g fat, 0 g saturated fats, 604mg sodium, 17 mg cholesterol, 1 g fiber.

## Cilantro Mayonnaise

¾ cup reduced-fat mayonnaise

¾ cup loosely packed cilantro leaves

1 tablespoon fresh lime juice

1 teaspoon light soy sauce

1 small clove garlic

Place the mayonnaise, cilantro, lime juice, soy sauce, and garlic in a blender or food processor. Blend until smooth.

Yield ¾ cup

Nutritional information

Per tablespoon: 36 calories, 0 g protein, 3 g carbohydrates, 3 g fat, 1 g saturated fats, 104mg sodium, 4 mg cholesterol, 0 g fiber.

## HEALTHY EATING: QUICK BREAKFAST IDEAS

- low-fat yogurt sprinkled with low-fat granola
- oatmeal with low-fat or fat-free milk, or soy-based beverage
- a slice of whole-wheat toast with a thin spread of peanut butter
- fruit smoothie made with frozen fruit, low-fat yogurt, and juice
- high-fiber, low-sugar cereal with soy-based beverage or low-fat milk

## HEALTHY EATING: QUICK SNACK IDEAS

- low-fat or fat-free yogurt
- rice cakes
- fresh or canned fruits (not in syrup, choose canned fruits in pear juice)
- sliced vegetables or baby carrots
- dried fruit and nut mix (no more than a small handful)
- air popped popcorn sprinkled with garlic powder or other spices, whole grain crackers or pretzels
- high-fiber, low sugar cereal