

December Recipes of the Month

Breakfast- Scrambled Egg Tostada

Ingredients:

- 1 corn tortilla
- 1 egg
- 1/2 cup black beans
- 2 tbs. salsa
- 1/2 avocado, diced
- nonstick cooking spray

Directions:

Toast both sides of tortilla on medium heat in small skillet until crisp or golden brown. Set crispy tortilla aside. Spray nonstick cooking spray on the skillet and scramble the egg. Then combine the scrambled egg, black beans, salsa, and avocado in the crispy tortilla.

Nutrition Information:

This breakfast has about 300 calories and will keep you full until lunch. The egg is a complete source of protein and the black beans provide additional protein to this meal. Black beans also contain fiber, which helps keep your digestive system healthy. The avocado is a great source of heart-healthy fats, while the salsa adds some low-calorie and low-fat flavor. In addition, the cooking method keeps this breakfast healthy. Instead of deep frying the tortilla in high cholesterol and high fat oil, you are toasting it plain. In addition, instead of cooking the eggs in oil or butter, you are lightly coating the skillet with cooking spray to help keep this recipe healthier. Enjoy!

(Recipe adapted from fitnessmagazine.com)

Lunch- Spicy Shrimp Tortilla Soup

Ingredients:

- 1 tbs. extra virgin olive oil
- 1 cup onion, finely chopped
- 1/3 cup celery, diced
- 1/3 cup carrot, peeled and chopped
- 1 tbs. chipotle chile, minced and canned in adobo sauce
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 2 tsp. fresh garlic, minced
- 4 cups fat-free, reduced-sodium chicken broth
- 1 (15 oz.) can white hominy, rinsed and drained (can also substitute corn)
- 1 (15 oz.) can no-salt-added, fire-roasted diced tomatoes, un-drained
- 12 oz. medium shrimp, peeled, deveined, and tails removed
- 1 tbs. freshly squeezed lime juice
- 1/8 tsp. sea salt
- 1/2 cup baked tortilla chips, lightly crushed
- 1 cup diced avocado

Directions:

Heat oil in a large pot over medium-high heat. Add onion, celery, carrot, chipotle chile, cumin, chili powder, and garlic. Sauté, stirring occasionally until carrot is tender (about 6 minutes). Add chicken broth, hominy and tomatoes. Bring soup to a boil; cover and cook 6 more minutes, stirring occasionally. Add shrimp, cooking 2 minutes or until shrimp become pink or opaque. Remove soup from heat and add the lime juice and salt. Divide soup between 4 bowls and top with chips and diced avocado.

Nutrition Information:

This spicy soup makes 4 servings so you can share with friends or have leftovers for a healthy lunch throughout the week. With plenty of veggies like celery, carrot, chiles, hominy, and tomatoes, you are sure to get a wide range of important vitamins and minerals that your body needs. Tomatoes are especially healthy when heated since the cooking process helps to release their lycopene, which is a cancer-preventing antioxidant. By using lower-sodium canned goods and sea salt instead of table salt, you are helping to keep your blood pressure lower, which is great for your heart health. In addition, shrimp are a great source of protein as well as astaxanthin, which is both an antioxidant and anti-inflammatory nutrient. Astaxanthin has been linked to reduced incidence of colon cancer and a lower risk of immune system complications associated with diabetes. Shrimp are also a great source of Omega-3 fatty acids, which are healthy fats that help your heart and blood vessels. (Adapted from Cookinglight.com)

Dinner- Apricot Roasted Chicken

Ingredients:

- 1 cup apricot jam
- 3 tsp. dry mustard
- 1 tbs. sherry vinegar
- 2 tbs. extra-virgin olive oil
- pinch of cayenne pepper
- 1 whole chicken, cut into parts (about 6 pounds)
- Sea salt and black pepper to taste

Directions:

Preheat the oven to 400 degrees. While the oven is heating, combine jam, mustard, vinegar, oil, and cayenne pepper in a small bowl. Set aside. Season the chicken with salt and pepper to taste, then brush with the apricot mixture. Roast in a baking dish for 10 minutes. Baste the chicken with more of the apricot glaze. Turn the chicken and roast for another 10 minutes. Baste the chicken again and roast 5 minutes, or until the glaze has a slight crisp.

Nutrition Information:

This recipe makes 4 servings. The chicken is a great source of protein, a nutrient that is required for a variety of important functions in our bodies. Protein can help maintain bone density and may prevent osteoporosis. In addition, protein helps rebuild muscles after an intense workout. Chicken is also an excellent source of Vitamin B6, which our bodies use to metabolize carbohydrates, fat, and protein. Vitamin B6 also helps strengthen our immune system and produces red blood cells, which can help prevent anemia. An important mineral in chicken is selenium, which can help maintain normal thyroid gland functioning and is also an antioxidant that protects your body from cancer-causing free radicals.

(Recipe adapted from Wholeliving.com)

Specialty- Baked Apples

Ingredients:

- 4 apples, cored
- 1/2 cup walnuts, finely chopped
- 2 tbs. raisins, dried/fresh cranberries, or chopped dried fruit of your choice
- 1 tbs. honey or maple syrup
- 1/2 tsp. cinnamon
- dash of ground cloves
- 1 tbs. brown sugar
- 2 tbs. butter

Directions:

Preheat oven to 350 degrees. Place apples in a 9x9 baking dish. Combine walnuts, dried fruit, honey, cinnamon, cloves, sugar, and butter in a bowl. Mix well. Stuff cored apples with walnut mixture. Bake apples uncovered for 40-45 minutes.

Nutrition Information:

This recipe makes 4 servings and can be a healthy substitution for an apple pie craving. Apples contain lots of healthy antioxidants, vitamins, and minerals such as potassium, phosphorous, calcium, vitamins A, B, C and E. In addition, apples are low in calories and are a great source of fiber, which can help keep you full and your digestive system healthy. Walnuts provide heart healthy fats and protein, while the spices and dried fruit give this recipe extra flavor and antioxidants without adding too much extra sugar. In fact, cinnamon can help keep blood sugar levels stable and may even be able to reduce blood pressure.