

***January* RECIPES OF THE MONTH**

Choosing to eat healthy does not mean you have to sacrifice on taste. The Department of Recreational Sports offers monthly recipes that will show you how to prepare everyday foods in a healthy, tasty and creative way.

Breakfast- Energizing Oatmeal

Ingredients:

- 1 cup old fashioned rolled oats
- 2 cups water
- sea salt to taste
- 1/2 tsp. cinnamon
- 1/4 cup raisins
- 1/4 sliced almonds
- 1 cup skim milk
- 1 TBS blackstrap molasses

Directions:

1. Bring the water and salt to a boil in a saucepan, turn the heat to low and add the oats.
2. Cook for about 5 minutes, stirring regularly so that the oatmeal will not clump together. Add cinnamon, raisins and almonds, stir, cover the pan and turn off heat.

Nutritional Information:

Oatmeal is one of the best foods to have in the morning. It provides a great source of magnesium, vitamin B1, and phosphorus. All of which speed up the metabolism and give the body the energy needed to get through the day. Magnesium is an essential part of healthy living and is the 4th most abundant mineral found in the body; close to 50% of total body magnesium is found in the bones, which is essential to healthy living.

(Recipe from whfoods.com)

Lunch- Black bean Salad

Ingredients:

- 1/2 cup minced onion
- 2 medium cloves garlic, pressed
- 2 cup black beans or 1 15 oz. can (without BPA), drained and rinsed
- 1 cup frozen corn, thawed
- 8 cherry tomatoes, quartered
- 1/2 cup diced red bell pepper
- 2 TBS pumpkin seeds, coarsely chopped (optional)
- 1/4 cup chopped fresh cilantro (can't have too much of this!)
- 2 TBS extra virgin olive oil
- 3 TBS fresh lemon juice
- salt and black pepper to taste

Directions:

1. Mince onions and press garlic and let sit for at least 5 minutes to bring out their health-promoting benefits.
2. Mix all ingredients together and serve either as is (or with tortilla chips as a dip).
3. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator for a while.

Nutritional Information:

This recipe provides a great amount of protein and antioxidants. Vitamin C, 8 g of fiber as well as vitamin A are all found in this salad. The amount of beans in this dish gives you good amount of protein; which is beneficial to a weight loss regime. This salad is a good alternative to a regular salad with lettuce leaves, providing you with the fiber and vitamins needed.

(Recipe from whfoods.com)

Dinner- Mediterranean Chicken and Pasta

Ingredients:

- 1 6-ounce jar marinated artichoke hearts
- 1 tablespoon olive oil
- 12 ounces skinless, boneless chicken breast, cut into bite-size pieces
- 3 garlic cloves, thinly sliced
- 1/4 cup chicken broth
- 1/4 cup dry white wine
- 1 teaspoon dried oregano, crushed
- 1 7-ounce jar roasted red peppers, drained and cut into strips
- 1/4 cup pitted Kalamata Olives
- 3 cups hot cooked campanelle or penne pasta
- 1/4 cup crumbled feta cheese (optional)

Directions

1. Drain artichoke hearts - reserving marinade, and chop them. In a large skillet, heat oil over medium-high heat; add chicken and garlic. Cook and stir until chicken is brown. Add the reserved artichoke marinade, broth, wine, and dried oregano.
2. Bring to a boil; reduce heat and simmer, covered for 10 minutes. Stir in chopped artichokes, roasted peppers, and olives.
3. To serve - spoon chicken mixture over pasta. If desired, sprinkle with feta cheese.

Nutrition Information:

The chicken in this pasta is a good source of lean protein. Among the many benefits of protein, it can also help maintain bone density and is said to help produce substances that fight pain and swelling in joints. Chicken has been found to protect against Alzheimer's and age-related cognitive decline, as well. The artichokes in this pasta provide a great amount of fiber and the olive oil contains fatty acids that may help lower your risk of heart disease by improving related risk factors.

(Recipe adapted from allrecipes.com)

Specialty- Orange Treat

Ingredients:

- 1/2 tsp. grated lemon rind
- 1/2 TBS fresh lemon juice
- 2 TBS honey
- 2-1/2 TBS low-fat yogurt
- 2 medium oranges
- Optional: Top with orange zest

Directions:

1. In a small bowl, whisk lemon rind, lemon juice and honey until all the honey is incorporated.
2. Add yogurt and whisk thoroughly
3. Peel and separate the individual sections of the orange.
4. Be sure to remove the membrane covering from each section.
5. Cut the sections into thirds crosswise. Place in 2 dessert bowls.
6. Spoon sauce over the oranges.

Nutritional Information:

This specialty recipe provides a great alternative to orange flavored ice cream and is full of natural vitamins. The oranges provide 85 mg of vitamin C as well as 7 g of fiber and 79 g of calcium (which is important for proper bone health), and the serving size listed is only 81 calories! During the flu season, it is very important to fuel your body with proper amounts of vitamin C in order for it to fight off the virus.

(Recipe from whfoods.com)