

Recipe of the Month – March

Breakfast: **Bacon and Spinach Scramble**

Prep Time: 10 min

Cook Time: 20 min

Ingredients:

- ✓ 1 egg + 2 egg whites or egg substitute
- ✓ 2 slices cooked turkey bacon, crumbled (or buy bacon bits to save some time)
- ✓ 1 cup baby spinach, torn or chopped into smaller portions
- ✓ Cooking spray
- ✓ ¼ cup of cheese (optional)

Putting it all together:

1. Heat skillet and cook turkey bacon until crispy. Set aside to cool and crumble
2. Wisk together the eggs, bacon and spinach, add to skillet
3. Cook the mixture, either omelet style or a scramble
4. Top with a sprinkle of cheese

Nutritional Info:

This is a breakfast for one. A single scramble provides 200 calories, 24 g of protein, 16 g of carbs and 16 grams of fat. Add a piece of toast or a banana to round off your breakfast and start the day off right. The protein in this recipe will go a long way towards powering you through your morning and keeping you satisfied till lunch.

Eggs are a fantastic source of vitamin A, vitamin B-12, riboflavin, and folacin, iron, phosphorus, and zinc, as well as choline and DHA, which are important nutrients for brain health. Eggs have earned a bad reputation in recent years but are an excellent addition to any well rounded diet.

Recipe adapted from: www.fitnessmagazine.com

Lunch: **Apple & Chicken Sandwich**

Prep Time: 10 min

Cook Time: 5 min

Ingredients:

- ✓ ½ can (12 oz.) of dark and light meat chicken, drained
- ✓ 1/4 cup light mayo
- ✓ 1 Tbsp. lemon juice
- ✓ ½ cup shredded Swiss cheese
- ✓ 1 apple, chopped
- ✓ 1/2 cup grated carrot
- ✓ 2 slices whole wheat bread
- ✓ 1 Tbsp. butter
- ✓ Chopped celery (optional) – for an added crunch

Putting it all together:

1. In small bowl, combine chicken, mayo, lemon juice, cheese, celery, apple, and carrot.
2. Spread butter on the outside of sandwich bread and spread chicken mixture onto one piece of bread.
3. Grill the sandwiches in a skillet, covered, over medium heat, turning once, until cheese begins to melt and bread is toasted.

Nutritional Info:

One sandwich, depending on your choice of lighter ingredients, contains around 350 calories, 21 grams of fat and 5 grams of fiber. This sandwich takes a unique spin on the typical grilled cheese with the added crunch of apples and celery, as well as extra protein from the chicken. The flavonoid *quercetin* found in apples helps to slow down carbohydrate absorption by the body, which keeps blood sugar levels stable and helps prevent spikes and crashes in hunger.

Recipe adapted from: www.busycooks.about.com

Other information: [Health Benefits of the Apple](#)

Dinner: **Cajun Shrimp with Edamame Salsa**

Prep Time: 20 min

Cook Time: 30 min

Ingredients:

- ✓ 2 mangoes, seeded, peeled, and chopped (or purchase sliced mangos in light juice)
- ✓ 1 cup frozen shelled edamame, prepared according to package directions and cooled
- ✓ 1 chopped red pepper
- ✓ 1/2 cup finely chopped green onions
- ✓ 2 tablespoons lime juice
- ✓ 1 1/2 tablespoons canola oil
- ✓ 1/4 teaspoon salt
- ✓ 1 pound fresh or frozen large shrimp
- ✓ 2 teaspoons purchased salt-free Cajun seasoning

Putting it all together:

1. Make the salsa: Mix the mangoes, edamame, red pepper, green onions, lime juice, 1/2 tablespoon canola oil, and the salt. Cover and chill until ready to eat – makes about 3 cups.
2. Thaw shrimp, if frozen, under cool water.
3. Peel and devein shrimp, rinse and pat dry.
4. In a large bowl combine the shrimp with Cajun seasoning.
5. Over medium-high heat, warm a large skillet, adding the remaining tablespoon of canola oil.
6. Add shrimp; cook and stir about 5 minutes or until shrimp are well cooked.
7. Remove from heat and pour the pre-made edamame salsa over top of shrimp.

Per serving, this spicy number contains 340 calories, 12 grams of fat, 29 grams of carbs and 33 grams of protein. It also contains 50% of your daily value of Vitamin A.

According to existing research, eating spicy foods can help keep you lean, strong, sharp and happy. Who knew it was so beneficial? These positive side effects have been linked to the various spices such as curcumin (an indian spice) and capsaicin, which give chili peppers their bite.

The shrimp in this Cajun dish is a nutrient packed source of protein, while being low in fat and calories. One serving of shrimp contains about 65% of your daily requirement of selenium and omega-3s. These two nutrients help to fight cancer cell growth and encourage DNA repair.

Recipe adapted from www.EatBetterAmerica.com, additional information from <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=107>.

A Little Something Extra: DIY Chocolate Dipped Strawberries (Pears, bananas, or whatever you prefer!)

This delightful treat is perfect for making for friends and family for any occasion. It's also much cheaper to DIY!

Prep Time: 30 min

Cook Time: No baking required!

Ingredients:

- 1 pound of medium-sized whole strawberries or fruit of choice
- 6 ounces of milk (or dark) chocolate
- 3 ounces of white chocolate
- Wax Paper

Putting it all together:

1. Wash your fruit of choice and pat dry (moisture from the fruit will spoil the texture of the melted chocolate).
2. Microwave milk chocolate in a glass bowl, stopping after 30 seconds, then every 10 seconds until almost melted.
3. Stir until smooth.
4. Dip each piece of fruit into the melted chocolate, covering the lower half.
5. Place on a baking sheet lined with wax paper.
6. Repeat with all the fruit.
7. Melt the white chocolate (see above steps), and use a fork to drizzle over the chocolate covered fruit.
8. Refrigerate for an hour and serve.

Nutritional Info:

As yummy (and healthy) as this recipe is, always indulge in moderation. If using strawberries, each chocolate covered piece contains approximately 50 calories and 2 grams of fat.

Strawberries are a great source of Vitamin C, manganese and fiber, and have a plethora of other health benefits to include antioxidant (cancer fighting) and anti-inflammatory properties. Don't forget that chocolate also has anti-oxidant properties; however, **dark** chocolate is proven to contain much higher levels of the necessary components, called flavonoids. Chocolate also stimulates the release of endorphins in the body! Clearly you can't go wrong with this recipe.

Recipe adapted from:

<http://www.foodnetwork.com/recipes/food-network-kitchens/chocolate-covered-strawberries-recipe/index.html>