

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.

March Recipes of the Month

Breakfast- Swiss Breakfast

Ingredients:

- 1 cups rolled oats
- 1/4 tsp. cinnamon
- 2 TBS raisins
- 2 TBS sliced almonds
- 2 TBS dried apricots, chopped
- 2 TBS sunflower seeds
- 1 date, chopped
- 1 TBS dried cranberries

Directions:

- Mix all ingredients together.
- Bring 2 cups water to a boil.
- Add mixed ingredients. Turn heat to low and cook uncovered, stirring occasionally until water is absorbed, about 7 minutes.
- Cover, and set for about 2 minutes before serving.
- Serve with low-fat milk or dairy-free milk.

Nutritional Information: This breakfast recipe is a nutritious and tasty way to start the day. It has a unique combination of sweetness and tartness and can be served hot or cold so it's a great breakfast dish to include as part of your healthy living, year-round. (Recipe from whfoods.com)

Lunch- Healthy Sautéed Chicken and Asparagus

Ingredients:

- 1 medium onion, cut in half and sliced medium thick
- 3 medium cloves garlic, pressed
- 1 TBS chicken broth
- 1 TBS minced fresh ginger
- 1 large boneless, skinless chicken breasts, cut into 1 inch pieces
- 1 bunch asparagus, cut into 1-inch pieces (about 2 cups when cut)
- 2 TBS soy sauce

- 1 TBS rice vinegar
- Pinch red chili flakes
- Salt and white pepper to taste

Directions:

- Cut onion and mince garlic and let both sit for at least 5 minutes.
- Heat 1 TBS broth in a 12-inch stainless steel skillet. Sauté onion in broth for about 2 minutes over medium-high heat, stirring constantly.
- Add ginger, garlic, chicken, and continue to for another 3-4 minutes, stirring constantly.
- Add asparagus, soy sauce, vinegar, and red chili flakes. Stir together and cover. Cook for another 2-3 minutes. This may have to cook for an extra couple minutes if the asparagus is thick. Season with salt and pepper to taste.

Nutritional Information

The chicken and asparagus combination in this recipe is a wonderful addition to your healthy lifestyle. It not only tastes fantastic, but contains just 275 calories! More specifically, asparagus not only tastes delicious, but is also a wonderful source of nutrients for a healthy body and mind. Asparagus contains many anti-inflammatory nutrients, which help to combat arthritis, asthma, and autoimmune diseases. Protein is the biggest use in our body and one of the benefits of eating chicken is that it contains the lean meat. Scientists have discovered that it has the capacity to help obese to lose weight and others who wants to manage their figure.

Dinner- 15-Minute Salmon with Tomato Salsa

Ingredients:

- 1-1/2 lbs. salmon filet cut into 4 pieces, skin and bones removed
- 1 TBS lemon juice
- Salt and pepper to taste
- Salsa -- If you want to save time you can use your favorite prepared salsa.
- 1 large fresh ripe tomato, diced small pieces, about 1/2 inch
- 3 TBS finely minced onion
- 3 medium cloves garlic, pressed
- 1-2 TBS minced jalapeno pepper (or to taste)
- 1 TBS minced fresh ginger
- 1 TBS coarsely chopped pumpkin seeds
- 1/4 cup chopped fresh cilantro
- 2 TBS lemon juice
- 1 TBS extra virgin olive oil
- Salt and black pepper to taste

Directions:

- To Quick-Broil preheat broiler on high and place an all stainless steel skillet (be

sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source.

- Rub salmon with 1 TBS fresh lemon juice and a little salt and pepper. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)
- Using a hot pad, pull pan away from heat and place salmon on hot pan, skin side down. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness (10 minutes for every inch of thickness).
- Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.

Salsa:

- Combine all salsa ingredients.
- Spoon over salmon.
- Garnish with mint and a sprinkle of extra virgin olive oil.

Nutritional Information:

If you want a great tasting recipe that also provides over 100% of the daily value for hard-to-find omega-3 fatty acids and vitamin D, try this easy-to-prepare recipe tonight. It only takes 15 minutes and you will have a meal you'll want to share with your best friends. Enjoy!

Dessert- Blueberry & Chocolate Parfait

Ingredients

- 1 pint fresh blueberries
- 8 oz. yogurt
- 2 oz. dark chocolate

Directions

- Divide blueberries into two bowls.
- Top each with 1/2 half of the carton of yogurt.
- Top with shaved chocolate or chocolate pieces.

Nutrition Information

This is quick and easy dessert that not only tastes great but provides a rich supply of powerful, health-promoting antioxidants.