

St. Joseph School Healthy Cookbook

2021 Version

Egg roll in a bowl

1 pound ground turkey
1 bag of coleslaw mix dry (easiest method but doesn't make as much) or 1 head of cabbage shredded with two shredded carrots
Ginger freshly grated
Fresh garlic 1-2 cloves
Green onions
Liquid aminos (soy sauce's healthier friend)

Brown turkey until cooked all the way through, lay the cabbage mix on top and let get wilted, add ginger and garlic and soy and cook down more.

We typically serve this over cauliflower rice or you can do brown rice. I let the kids pick a teriyaki sauce or sweet and sour sauce (which I make my own, recipe below) but I do not think it needs it I just maybe put a dash more of liquid aminos. Put fresh green onion chopped on top optional

Sweet and sour sauce

- - 1/2 cup brown sugar
 - 1/2 cup apple cider vinegar
 - 1/3 cup ketchup
 - 1 tablespoon bragg's liquid aminos
 - 1/4 cup water or
 - 1 clove garlic minced
 - 1 tablespoon corn starch
 - Throw all together in sauce pan and cook down until not runny

Chicken Lettuce Wraps

INGREDIENTS:

1 tablespoon oil (grape-seed)
1 pound chicken (finely diced or pulled... can do ground chicken as well if desired)
2 cloves garlic, minced
1 onion, diced
1/4 cup hoisin sauce
2 tablespoons soy sauce
1 tablespoon rice wine vinegar
1 tablespoon freshly grated ginger
1 tablespoon Sriracha, optional
1 (8-ounce) can whole water chestnuts, drained and diced
2 green onions, thinly sliced
Kosher salt and freshly ground black pepper, to taste
Wonton strips, optional
Cilantro, optional
1 head butter lettuce or big romaine leaves

DIRECTIONS:

1. Bake chicken for 35-40 minutes in oven or slow cooker. Season then dice or shred.
2. Heat oil in pan (I use grape-seed) and sauté onion for a few minutes, then add a touch of salt & pepper. Add in garlic, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha, sauté about 1-2 more minutes.
3. Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.
4. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style. Add wonton strips for a crunch and cilantro!

Protein Bites

INGREDIENTS

1/2 cup creamy peanut butter

1/2 cup semi-sweet chocolate chips

1 cup old fashioned oats

1/2 cup ground flax seeds

1 tablespoon honey

2 tablespoons unsweetened cocoa
powder

1 tablespoon chocolate protein powder

2 tablespoons water

Healthy Blueberry muffins

2tbs butter	1-2TBS milk
1 egg	1/2 tsp. baking powder
2/3 cup plain yogurt	1/2 tsp soda
1 tsp vanilla	1 tsp cinnamon
3/4 cup whole wheat flour	
3/4 cup rolled oats	2/3 cup blueberries
1/3 cup sugar	Sugar for sprinkling
1/4 cup ground flax seed	(optional)

- Bake at 350° (*makes one 1g. pan.)

- Melt butter, stir in egg yogurt + vanilla

add flour + any ingredients

add Blueberries

line muffin tins or greased pan

Bake 25 minutes

Healthy banana Pancakes Made With 3 Ingredients

- 2 ripe bananas
- 2 eggs
- 1 cup oats
- Optional flavor and mix-ins of your choice (vanilla extract, cinnamon, berries, raisins, nuts, shredded coconut, chocolate chips, etc.)

Simply blend the bananas, eggs and oats together really well (preferably in a blender) and cook them on a skillet like you would any other pancakes. They are definitely a little bit more fragile than flour pancakes, so let them cook through on one side before flipping.

Enjoy plain or with your favorite toppings (maple syrup, puréed fruit, peanut butter, etc).

Zucchini Muffins

2 c. Grated unpeeled zucchini
1 c. Raisins
1 c. Wheat flour
1 c. White flour (you can use all wheat)
2 t. Vanilla
1 t. Cinnamon
2 t. Baking soda
1 t. Salt
3/4 t. Baking powder
4 eggs
2/3 c. Sugar
1/2 c. Applesauce
1/2 c. Oil

Prepare the zucchini and set aside. Sift or stir the dry ingredients together. Stir in the raisins. Beat the eggs. Add the wet ingredients, including zucchini, all into the dry, then stir just until mixed.

Put paper muffin cups in muffin tins. Bake at 350 for about 20 minutes or until toothpick inserted comes out clean. Makes about 18 muffins. Refrigerate or freeze.

Green Shake

1. Grab ingredients
2. Ingredients are Spinach 5 ounce, kale, flaxseed 3tbs, ripe banana, handful of frozen mango, handful of frozen pineapple, if you are feeling chocolate and organic cacao 2spon, half cup or 1 cup of water
3. blend flaxseed 10 seconds, then add spinach with flaxseed and water, blend of 20 seconds, add fruit and blend a final 20 seconds

Enjoy

Vegetable Puffs/Swirls

Ingredients:

Potatoes -3 (boiled and peeled)
Green Peas - 1/2 cup (Frozen)
Onions -1 finely chopped
Carrots-1 cut in small cubes
Ginger-1 inch
Garlic pods-3
Green Chillies (Jalapenoes)-1 finely chopped
Puff pastry sheets-1 packet (Pepper ridge farm)
Oil - 1 teaspoon
Salt-1/2 teaspoon

Method:

Heat pan, add one teaspoon of oil. Add onions and saute until they are translucent. Once the onions are translucent add the chopped ginger, garlic pods, and green chillies. At this point add 1/2 teaspoon of salt. After two minutes, add the carrots and green peas. Let this mixture cook for about 5 mins until all the vegetables are soft.

In the meantime, mash the potatoes with a masher and keep it aside.

Once all the vegetables are cooked add the mashed potatoes and mix everything.

Let the mixture cool down and use this filling to make the pinwheels with the puff pastry sheets.

Follow the instructions on the puff pastry sheets packet on how to make swirls or puffs.



NO BAKE ENERGY BITES

★★★★★ 4.9 from 192 reviews

🕒 prep time: 20 MINS 🕒 cook time: 0 MINS

🕒 total time: 20 MINS 🍴 yield: 20-25 ENERGY BITES 1X

DESCRIPTION

This No-Bake Energy Bites recipe is easy to make, full of feel-good ingredients, and irresistibly delicious!

INGREDIENTS

SCALE 1X 2X 3X

- 1 cup [old-fashioned oats](#)
- 2/3 cup toasted [shredded coconut](#) (sweetened or unsweetened)
- 1/2 cup [creamy peanut butter](#)
- 1/2 cup [ground flaxseed](#)
- 1/2 cup [semisweet chocolate chips](#) (or [vegan chocolate chips](#))
- 1/3 cup [honey](#)
- 1 tablespoon [chia seeds](#) (optional)
- 1 teaspoon [vanilla extract](#)

INSTRUCTIONS

- 1 **Stir everything together.** Stir all ingredients together in a large mixing bowl until thoroughly combined.
 - 2 **Chill.** Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
 - 3 **Roll into balls.** Roll into mixture into 1-inch balls.
 - 4 **Serve.** Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.
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No Bake Energy Bites

1 cup oatmeal (uncooked)
1/2 cup peanut butter
1/2 cup ground flax seed
1/2 cup chocolate and/or mix of white chips
1/2 cup raisins
1/3 cup honey
1 tbsp chia seeds
1/2 tsp vanilla extract
1/2 tsp almond extract

Stir all ingredients together. Cover and chill for 1 hour, then roll into balls. Enjoy!

Strawberry Spinach Salad

Ingredients:

Fresh spinach leaves
sliced strawberries
walnuts or cashews
optional, craisins, raisins, golden raisins, etc
Poppyseed dressing

Directions:

Rinse and drain spinach leaves. Put in a large bowl. Mix in sliced strawberries, nuts or optional toppings.

Drizzle salads with poppyseed dressing

Air Fryer Roasted Chickpeas

2 cans of garbanzo beans, strain out all the liquid and pat dry them with a clean kitchen cloth and toss them in the air fryer for about 25 mins at 390f. Keep checking them periodically and move them around. Half way through brush some olive oil on to them. You can avoid this step as well. Around 18-20 mins they should start to feel crispier (you can hear them when you move them around), this is the time, when they are still a little soft, to get them out and add the seasoning. Put them back in for a couple of more minutes carefully making sure they don't burn.

After you are done you can add extra seasoning as per your taste.

For seasoning I added juice of half a lime, garlic salt, some red chilli powder or paprika and a tiny bit of garam masala powder (powdered whole Indian spices).

Philly Cheesesteak Stuffed Green Peppers

4 medium sized green peppers
1/3 cup diced onion
1/4 cup low sodium beef broth
6 ounce sliced baby bella mushrooms
1 lb thinly shaved deli roast beef
4 tblsp low fat cream cheese
4 oz reduced fat mozzarella cheese

Directions:

Preheat oven to 400 degrees.

Slice peppers in half lengthwise, clean out the insides and set aside in a 9x13 inch cake pan.

In a large skillet sauté onions in the broth for about 5 minutes, until the onions are soft. Add the mushrooms and cook for another 5 minutes. Then mix in the roast beef until it is heated through. Remove from heat and mix in the cream cheese. Fill the bottom of each green pepper with a small amount of the cheese, then add some of the beef/onion/mushroom mixture. Add a little cheese to the tops of the peppers. Bake for about 15-20 minutes until the cheese is browned and bubbly.

Also is very good reheated!

Almond butter & cherry snack wraps

Whole grain tortilla

Almond butter or sun butter

Fresh spinach

Dried cherries

Spread almond butter on the tortilla. Add a handful of spinach. Sprinkle with dried cherries. (Add sunflower seeds or chopped nuts as another option.) Roll up and enjoy.

BANANA OAT ENERGY BITES

You'll Need

- 2 ripe bananas
- 2 cups rolled oats
- $\frac{1}{4}$ cup almond butter (or peanut butter, or your favorite nut butter)
- $\frac{1}{4}$ cup honey
- 2 tablespoons mini chocolate chips
- $\frac{1}{2}$ teaspoon cinnamon

How To

1. Mash up the bananas in a large mixing bowl.
2. Stir in the rolled oats, almond butter, honey, miniature chocolate chips and cinnamon.
3. Scoop about 2 tablespoons of *the mixture* and roll into a 1-inch ball. Repeat with the rest of the mixture.
4. Refrigerate for 2 hours, allowing the oats enough time to soften.
5. Store the energy bites in the refrigerator.

Black Bean Salsa

- 2 cans black beans drained
- 12 oz frozen bag corn
- 1 can Rotelle
- $\frac{3}{4}$ cup green onions
- $\frac{1}{3}$ cup lime juice
- $\frac{1}{3}$ cup olive oil
- 1 tsp. salt
- 1 tsp. cumin
- Cilantro

Healthy Smoothie!

1 ripe banana (skin starting to spot with brown)
1 half mango
6-8 large strawberries
1 1/2 cup milk
1/2 cup fresh spinach (loose do not pack)

Directions:

Peel a ripe banana and cut into 4 equal pieces. IT IS VERY IMPORTANT TO USE A RIPE BANANA FOR SWEETNESS. Put banana and fresh spinach into a container and set in freezer. This will make the banana more creamy and lessen the green flavor of the spinach. Freeze for 1 hour. (If you are in a hurry, this step can be skipped.)

Peel one mango, remove half of the fruit and add to blender. Clean 6-8 large strawberries (cut tops off and halve them) and add to blender. Remove spinach and banana from the freezer. Set banana aside and add the spinach and milk.

Blend on high for 30 seconds. Add the banana and blend for an additional 30 seconds to 1 minute until smooth and creamy. Best served right away. Serves 2 people.

To mix it up, try different fruit combos or add vanilla Greek yogurt. Make sure to keep the banana and spinach in the ingredients though for consistency and vitamins! Enjoy!

Zach H.

Simply
COLORADO

Crunchy Bananas

Yield:

4 servings

Serving Size:

$\frac{1}{2}$ banana

Preparation Time:

5 minutes

**Nutrient Analysis
per serving:**

Calories: 83
Fat: 2 gm
Cholesterol: 0 mg
Sodium: 31 mg

2 bananas

$\frac{1}{2}$ c. orange juice

$\frac{1}{3}$ c. coconut, granola or chopped nuts

Peel bananas and cut into one-inch thick slices. Dip each slice in orange juice then roll in the crunchy topping. Serve as a fun fingerfood snack or freeze to make a warm weather treat.

Yogurt Sundaes in Granola Cups



Kids will love this healthy breakfast riff on a classic sundae. We replace the ice cream with good-for-you Greek yogurt topped with fresh berries and a few chocolate chips; it's all served in an edible granola bowl for extra fun.

Active: 20 mins

Total: 30 mins

Servings: 6



Ingredients

1 ½ cups old-fashioned rolled oats

¼ cup almond butter

3 tablespoons honey or maple syrup, divided

1 large egg white

½ teaspoon ground cinnamon

¼ teaspoon salt

1 ½ cups low-fat plain Greek yogurt

6 medium strawberries, hulled

6 teaspoons mini chocolate chips

Directions

Step 1

Preheat oven to 350 degrees F. Coat a jumbo muffin pan with cooking spray.

Step 2

Thoroughly stir oats, almond butter, 2 tablespoons honey (or maple syrup), egg white, cinnamon and salt together in a medium bowl. Using wet fingers, press about 1/4 cup of the oat mixture into each muffin cup, covering the bottoms and halfway up the sides. Bake until browned on the edges, 12 to 17 minutes. Cool in the muffin pan for 10 minutes, then remove to a rack to cool completely.

Step 3

Meanwhile, stir yogurt and the remaining 1 tablespoon honey (or maple syrup) together in a medium bowl. Spoon 1/4 cup of the yogurt mixture into each granola cup. Slice a strawberry over each granola cup and sprinkle with 1 teaspoon chocolate chips.

Tips

Tip: People with celiac disease or gluten sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.

Tips

To make ahead: Prepare through Step 2 and store in an airtight container at room temperature for up to 2 days.

Nutrition Facts

Serving Size: 1 Granola Cup With Generous 1/4 Cup Filling **Per Serving:** 241 calories; protein 11.3g; carbohydrates 30.3g; dietary fiber 3.8g; sugars 14.9g; fat 9.7g; saturated fat 2.4g; cholesterol 5.7mg; vitamin a iu 31.2IU; vitamin c 10.5mg; folate 20.6mcg; calcium 110.9mg; iron 1.4mg; magnesium 57.2mg; potassium 210.4mg; sodium 149.7mg; thiamin 0.1mg; added sugar 9g.

Exchanges:

1 1/2 Fat, 1 Starch, 1/2 Other Carbohydrate, 1/2 Reduced-Fat Dairy