

## Cookbook Challenge Participants

James Barrett  
Janine LaFauci  
Michelle Lemay  
Kelly Pinard  
Gail Sergenian



## SO FIT Cookbook



### HEALTHFUL RECIPES

- *Appetizers*
- *Entrées / Main Courses*
- *Side dishes*
- *Desserts*
- *Beverages*

We all know that a healthful diet is one of the best weapons to maintain good health and an important aspect of that diet is well prepared meals.

The SO FIT Healthful Recipes Cookbook is a collection of recipes submitted by University employees.

Enjoy the SO FIT Healthful Recipes Cookbook!

2010

## Skinny Girl Margarita

### Ingredients

2 oz of Clear Premium Tequila (count 1,2 while you pour, no need for measuring)

Tiny splash of orange liquor

Juice of 4 fresh lime wedges



Immediately add the oat mixture to the liquid mixture, add the dried cranberries, and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes.

Remove from the oven and allow cooling completely.

Cut into squares and store in an airtight container for up to a week.

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## Thai Turkey Lettuce Wraps

### Ingredients

1 cup brown rice  
 1 pound ground turkey  
 1 tsp olive oil  
 ¼ cup diced onion  
 1 clove garlic  
 1 stalk green onion  
 1 medium red bell pepper  
 1 cup julienned carrots  
 1 head lettuce  
 1/3 cup low-fat Asian sesame salad dressing  
 1 cup pineapple chunks  
 1 tbsp low sodium soy sauce



### Preparation

In a rice cooker or on stove top, cook the brown rice as directed on box. Allow to cool.

On the stove top, brown ground turkey, garlic and diced onion in olive oil till the turkey is no longer pink. Drain excess liquid.

Julienne the carrots, red bell pepper and green onion. Wash and remove the heart of the lettuce head, trying to keep the leaves as intact as possible.

Once everything has cooled, mix brown rice with the turkey mixture. Add Asian dressing, soy sauce and pineapple chunks.

## Cranberry Almond Granola Bars

### Ingredients

2 tbsp unsalted butter  
 2 cups quick cooking oats  
 1/3 cup dried cranberries  
 ½ cup honey  
 ½ cup almonds  
 ½ tsp salt  
 4 tbsp ground flaxseed  
 ½ cup sunflower seeds  
 1 tsp cinnamon  
 ¼ cup packed brown sugar  
 2 tsp vanilla extract



### Preparation

Grease a 9 by 9-inch glass baking dish and set aside. Preheat the oven to 350.

Spread the oats, sunflower seeds, almonds, and flaxseed onto a half-sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally.

In the meantime, combine the honey, brown sugar, butter, cinnamon, vanilla and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.

Once the oat mixture is done, remove it from the oven and reduce the heat to 300.

In a small saucepan, bring the jam and liqueur or water to a boil, stirring constantly until smooth. Remove sides of pan. Brush the tart with the jam mixture and top with raspberries, flat-side down.

Spoon mixture into lettuce leaves and top with your desired amount of red peppers, green onion and carrots. Fold the lettuce leaves into themselves to create the wrap.

Use extra dressing or soy sauce as dipping sauce if desired.

Serves 5

## Sausage, Lentil, Spinach Soup

### Ingredients

1 ½ cups sliced carrots  
 8 cups of vegetable broth  
 1 16 oz package brown lentils  
 1 bag of spinach (can also use kale)  
 2 cloves of garlic  
 4 links (1 lb package) of chicken sausage



### Preparation

Put into a pot and cook for 30 minutes.

Serves 8-10

## Ricotta Cheesecake with Fresh Raspberries

### Ingredients

Cooking spray  
 1 (15-ounce) container part-skim ricotta cheese  
 ½ cup reduced fat sour cream  
 4 ounces reduced fat cream cheese, softened  
 3 large eggs  
 ¾ cup sugar  
 ¼ cup all-purpose flour  
 1 teaspoon vanilla extract  
 1 teaspoon finely grated orange zest  
 ¼ teaspoon salt  
 ¼ cup all-fruit seedless raspberry jam  
 1 tablespoon orange liqueur or water  
 2 (6-ounce) containers fresh raspberries



### Preparation

Preheat oven to 325 degrees F.

Coat a 9-inch spring form pan with cooking spray. Place ricotta in a food processor and process until smooth and creamy. Add sour cream, Neufchatel, eggs, sugar, flour, vanilla, orange zest and salt. Process until well blended. Pour into the prepared pan and bake until the center is just set, 50 to 55 minutes. Transfer to a wire rack to cool and then cover and chill in the refrigerator for at least 3 hours.

## Peanut Butter Ice Cream Pie

### Ingredients

2 Oreo cookie (or graham cracker) pie crusts  
 1 half gallon low fat or fat free vanilla ice cream  
 1 large tub of cool whip free or low fat cool whip  
 1-2 cups of peanut butter



### Preparation

In a large bowl stir ice cream, cool whip and 1 cup peanut butter until softened and mixed well. (May add more peanut butter to taste).

Once this is done, pour mixture into graham cracker crusts. Freeze until firm. (Best when served fresh from the freezer with a drizzle of hot fudge and a Reese's Peanut Butter Cup or Chocolate for garnish!) Some add-ons (caution: also adds fat) include cutting up pieces of Reese's peanut butter cups and/or Hershey bars and adding them to the mixture before freezing)

Serves 2 pies

## Stuffed Red Peppers

### Ingredients

1 cup Bulgur Wheat  
 2 cups water  
 2 large red bell peppers  
 1 medium onion, diced  
 3 cloves of garlic  
 1 tsp extra virgin olive oil  
 ¼ cup of tomato sauce  
 2 tbsp grated parmesan cheese  
 ¼ cup shredded low-fat mozzarella cheese  
 Turkish Seasoning and/or salt and pepper to taste



### Preparation

Cook 1 cup Dry Bulgur Wheat with 2 cups of water. Let cool. Preheat oven to 350.

Halve the red peppers lengthwise and clean out seeds. Place peppers in bottom of a lightly greased, casserole dish.

Dice the onions and garlic then sauté in the olive oil till the garlic starts to brown and the onions become soft, about 5-7 minutes.

Combine cooled bulgur wheat, tomato sauce, parmesan cheese, garlic and onions in a large mixing bowl.

Add whatever seasoning combination you prefer, I use pepper and Turkish seasoning mix from Penzey's Spices.

Stuff the red peppers with the bulgur mixture and top with the shredded mozzarella cheese.

Cook for 30 minutes, let stand for 5.

Serves 4

## Healthier Carrot Cake

### Ingredients

2 c. grated carrots  
6 egg whites  
1 medium banana  
1 c. Unsweetened applesauce  
3/4 c. brown sugar, packed  
1 1/2 tsp. vanilla  
1 tsp nutmeg  
2 T. cinnamon  
2 tsp. baking soda  
2 1/2 tsp baking powder  
3 c. whole wheat flour  
1/2 c. raisins, optional (caloric info is w/o raisins)



### Preparation

Beat eggs, vanilla, and sugar. Stir in applesauce, milk, mashed banana. Mix dry ingredients and add to egg mixture. Stir in carrots and raisins last. Pour into greased 9 x 13 pan. Bake at 350 degrees for 25 minutes.

Serves 24

Cover and refrigerate 1 hour or up to overnight.

Preheat oven to 350°.

Carefully turn bread slices over to absorb excess egg mixture. Let stand at room temperature 20 minutes. Bake at 350° for 35 minutes or until lightly browned.

Serves 12

## Sweet Potato Mash

### Ingredients

1 tbsp unsalted butter  
¼ cup skim milk  
2 medium sweet potatoes  
Salt and pepper to taste



### Preparation

Boil sweet potatoes in medium stock pot till soft. Drain water.

Add butter and milk and mash with a potato masher or whipping attachment of a hand mixer till smooth. Add desired amount of salt and pepper.

Serves 4

## Nomad Salad

### Ingredients

1 1/2 cups uncooked bulgur or cracked wheat  
 1 1/2 cups boiling water  
 1 cup of dried figs, halved  
 1 cup of chopped fresh parsley  
 1/2 cup chopped fresh mint  
 1/2 cup sweetened dried cranberries (such as raisins)  
 1/2 cup lemon juice  
 2 tablespoons olive oil  
 1/2 teaspoon salt  
 1/2 teaspoon black pepper  
 1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained



### Preparation

Combine the bulgur and boiling water in a large bowl. Cover and let stand 30 minutes. Stir in the figs and remaining ingredients; cover salad and chill thoroughly.

Serves 5

## Orange Pecan French Toast Casserole

### Ingredients

1 cup packed brown sugar  
 1/3 cup butter, melted  
 2 tablespoons light-colored corn syrup  
 Cooking spray  
 1/3 cup chopped pecans  
 1 teaspoon grated orange rind  
 1 cup fresh orange juice  
 1/2 cup fat-free milk  
 3 tablespoons granulated sugar  
 1 teaspoon ground cinnamon  
 1 teaspoon vanilla extract  
 3 large egg whites  
 2 large eggs  
 12 (1-inch-thick) slices French bread (about 1 pound)



### Preparation

Combine brown sugar, butter, and corn syrup; pour into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle chopped pecans evenly over sugar mixture.

Combine rind and next 7 ingredients (rind through eggs); stir with a whisk. Arrange bread slices over pecans in dish; pour egg mixture over bread.

## Healthy Pancakes

### Ingredients

1 ½ cups of white or whole-wheat flour  
 1 tsp baking powder  
 ½ tsp baking soda  
 two egg whites  
 ½ cup plain nonfat yogurt  
 ½ cup skim milk  
 1 tbsp vegetable oil



### Preparation

Thin batter with more milk, if you wish. You can also substitute skim milk or buttermilk for the yogurt. (The acidity of the soured products adds a nice flavor and will make the pancakes rise better). Use about two heaping tablespoons of batter for each pancake.

Serves 10

## Low Fat Spinach Dip

### Ingredients

1 package (10 oz.) baby spinach, chopped or 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry  
 1 container (16 oz.) fat-free sour cream  
 1 cup fat-free mayonnaise  
 1 package Knorr Vegetable recipe mix  
 1 can (8 oz.) water chestnuts, drained and chopped (optional)  
 3 green onions, chopped (optional)



### Preparation

Combine all ingredients and chill about 2 hours. Serve with bread cubes or crackers.

Serves 4 cups of dip

## Sweet Potatoes and Onions

### Ingredients

1 tbsp olive oil  
 2 medium sweet potatoes  
 1 vadalia onion  
 Salt, pepper, and granulated  
 garlic to taste



### Preparation

Preheat oven to 350.

Dice the sweet potatoes and slice the onions into strips.

Create a pouch out of aluminum foil and fill with sweet potatoes, onions and oil. Add desired amount of salt, pepper, and granulated garlic.

Cook for 35 minutes or until the sweet potatoes become soft.

Serves 4

When the pan is hot, spray it with cooking spray. Add the garlic and cook, stirring, until it is very fragrant and just beginning to brown, about 1 minute. Then add the bacon bits and spinach, and season lightly with salt and pepper. Cover the pan and cook, stirring occasionally, until the spinach wilts, about 3 minutes.

When the spinach is cooked, remove it from the pan, draining off as much liquid as possible, and arrange it on a serving platter. Place the salmon fillets on top of the spinach and serve.

## Salmon With Mustard Crust And Sautéed Spinach

### Ingredients

Non-stick cooking spray  
 1 small red onion, sliced very thin  
 1/3 cup Dijon mustard  
 1 small navel orange, peeled and cut into segments  
 Salt and freshly ground black pepper  
 4 (4-oz) salmon fillets  
 2 garlic cloves, sliced very thin  
 2 tbsp real bacon bits  
 12 oz baby spinach



### Preparation

Preheat the broiler on low. Line a baking sheet with foil; spray it with cooking spray and set it aside. In a small bowl, mix the onion with the mustard. Add the orange segments and toss to combine thoroughly. Season the mixture generously with salt and pepper. Divide the onion mixture among the 4 fillets, spreading it out to cover the surface of the fish completely.

Broil the salmon until the onion mixture is almost charred and the salmon is just cooked through, about 8 minutes. Meanwhile, heat a large non-stick sauté pan over medium-high heat.

## Wheat Loaf

### Ingredients

1 1/2 cups Bulgur Wheat  
 3 cups water  
 1 cup frozen spinach  
 1/2 medium onion, diced  
 3 cloves of garlic  
 1 tsp extra virgin olive oil  
 2 ounces of goat cheese  
 1/4 cup of tomato sauce  
 1 tbsp Worcestershire sauce  
 2 large eggs  
 1 tbsp grated parmesan cheese  
 Paprika, salt and pepper to taste



### Preparation

Cook 1 1/2 cups of Dry Bulgur Wheat with 3 cups of water. Let cool

Defrost 1 cup of frozen spinach. Drain extra water. Set aside.

Preheat oven to 350

Dice the onions and garlic then sauté in the olive oil till the garlic starts to brown and the onions become soft, about 5-7 minutes.

Combine cooled Bulgur Wheat, spinach, goat cheese, tomato sauce and garlic and onions in a large mixing bowl. Mix in the two eggs.

Add whatever seasoning combination you prefer, I use pepper, Worcestershire sauce and Turkish seasoning mix.

Spray 8 x 4 loaf pan with cooking spray.

Sprinkle Parmesan cheese and paprika (if desired) onto the bottom of the loaf pan.

Add in mixture into loaf pan and pack down.  
Cook for 30 minutes, let stand for 5.

Serves 5

Add port to pan, scraping to loosen browned bits. Stir in shallots and garlic; cook 45 seconds, stirring frequently. Add beef broth; bring to a boil. Cook 20 seconds; remove from heat. Add mustard and thyme, stirring with a whisk.

Cut steak diagonally across grain into thin slices. Serve steak and sauce with the pasta.

Serves 4

## Sirloin Steak with Dijon-Port Sauce

### Ingredients

3 cups uncooked medium egg noodles  
 1 pound trimmed sirloin (about 1 inch thick)  
 1/2 teaspoon salt  
 1/2 teaspoon black pepper  
 Cooking spray  
 1/2 cup port or other sweet red wine  
 1/4 cup minced shallots  
 1 teaspoon bottled minced garlic  
 1/2 cup less-sodium beef broth  
 1 tablespoon Dijon mustard  
 1/2 teaspoon fresh thyme leaves



### Preparation

Cook noodles according to package directions, omitting salt and fat. Drain; keep warm.

While noodles cook, heat a nonstick skillet over medium-high heat.

Sprinkle both sides of steak with salt and pepper. Lightly coat steak with cooking spray. Add steak to pan; cook 4 minutes on each side or until desired degree of doneness.

Transfer meat to a platter; keep warm.

## Chicken Marsala

### Ingredients

4 (6-ounce) skinless, boneless chicken breast halves  
 1/4 teaspoon salt  
 1/4 teaspoon freshly ground black pepper  
 2 tablespoons all-purpose flour  
 1 tablespoon olive oil  
 1 cup presliced mushrooms  
 1/2 cup Marsala wine  
 1/2 cup fat-free, less-sodium chicken broth  
 2 tablespoons fresh lemon juice  
 1 tablespoon chopped fresh parsley



### Preparation

Place chicken between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/2-inch thickness using a meat mallet or rolling pin. Sprinkle both sides of chicken evenly with salt and pepper.

Place flour in a shallow dish. Dredge chicken in flour, turning to coat; shake off excess flour.

Heat olive oil in a large skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until browned.

Add mushrooms, wine, broth, and juice to pan; reduce heat, and simmer 10 minutes or until mixture is reduced to 2/3 cup. Return chicken to pan, turning to coat well. Cover and cook 5 minutes or until chicken is done. Sprinkle with parsley.

Serves 4

## Quick Meat Loaf

### Ingredients

1/3 cup chopped green onions  
 3 tablespoons dry breadcrumbs  
 2 teaspoons minced garlic  
 1/2 teaspoon salt  
 1/2 teaspoon dry mustard  
 1/4 teaspoon freshly ground black pepper  
 1/4 teaspoon crushed red pepper  
 1 pound ground sirloin  
 1 large egg, lightly beaten  
 6 tablespoons ketchup, divided  
 Cooking spray



### Preparation

Preheat oven to 400°.

Combine first 9 ingredients in a large bowl; add 1/4 cup ketchup. Mix beef mixture with hands just until combined. Shape beef mixture into a 9 x 4 1/2 inch loaf on a broiler pan coated with cooking spray. Bake at 400° for 20 minutes. Brush top of meat loaf with remaining 2 tablespoons ketchup. Bake 7 additional minutes or until done. Slice loaf into 8 equal pieces.

Serves 4

## Stir-fried Tofu with Orange and Pineapple

### Ingredients

8oz. Firm tofu, cut into cubes (or 1 package)  
 2tsp. Fresh ginger  
 2tsp. Grated orange rind  
 Oil for cooking  
 2 large onions cut into thin wedges  
 3 cloves garlic, finely chopped  
 2 tsp. soft brown sugar  
 2 tsp. white vinegar  
 8 oz. fresh pineapple, cut into bite-sized pieces (canned works fine)  
 1 tbsp. orange juice



### Preparation

Put the tofu, ginger, orange rind, and some pepper in a glass or ceramic bowl. Stir, cover, and refrigerate, while preparing rest of the recipe.

Heat a wok or large frying pan until very hot, add 1 1/2 tbsp. oil and swirl it around to coat. Stir-fry the onion, garlic, and brown sugar over medium heat for 2-3 minutes, or until the onion is soft and golden. Stir in the vinegar and cook for 2 minutes. Remove from pan.

Reheat the pan and add the pineapple and orange juice. Stir-fry for 3 minutes over high heat, or until the pineapple is just soft and golden. Stir in the onion mixture, remove from pan, cover, and set aside.

Reheat the pan until very hot and add 1 1/2 tbsp. oil. Stir-fry the tofu in two batches, tossing regularly until it is lightly crisp and golden. Drain on paper towels. Return the tofu and the pineapple mixture to the pan, and toss to heat through. Season well and serve.

## Raspberry Chicken

### Ingredients

2 large chicken breasts, split in half, skinned, boned and halved lengthwise (3/4 pound meat)  
 1/4 cup finely chopped onion  
 3 tablespoons raspberry jelly  
 3 tablespoons wine vinegar  
 1/4 cup whipping cream  
 2 tablespoons butter or margarine  
 Salt



### Preparation

Sprinkle chicken lightly with salt. In a 10-inch skillet melt butter or margarine. Add chicken pieces; cook over medium heat for 5 minutes; turn chicken. Add onion around edges of chicken skillet. Continue cooking 5 minutes more or till chicken is tender and golden, and onion is tender.

Remove chicken from skillet; keep warm. Add jelly and vinegar to skillet. Cook and stir, scraping up bits in the pan. Bring to full boil; boil 1 minute or till slightly reduced. Stir in cream; heat to boiling.

Pour sauce over chicken. Serve with fresh steamed vegetables. Oil for cooking.

Serves 4