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# HEALTHY RECIPES

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FROM REGISTERED DIETITIANS  
JEN KAMPS & ANNA FEE

# CRISPY BUTTERNUT SQUASH BREAKFAST HASH

MAKES 1 SERVING

- 1 cup butternut squash, cut into  $\frac{1}{2}$  inch cubes
- 1 +  $\frac{1}{2}$  Tbsp olive oil
- 1 cooked egg
- Optional toppings: green onions, hot sauce, etc



## DIRECTIONS

Peel skin off butternut squash with a veggie peeler. Core seeds with a spoon. Then cut the squash into  $\frac{1}{2}$  inch cubes. In a bowl, coat squash in oil, salt, and pepper. Place in air fryer for 375 degrees F for 14 minutes. Flip the squash halfway through cooking. As squash is cooking, cook egg in sauté pan. Place squash in bowl, top with cooked egg and optional toppings.

## Nutrition Information Per Recipe:

Calories: 250; Fat: 18 g; Saturated Fat: 3 g; Sodium: 80 mg; Carbohydrates: 17 g; Fiber: 3 g; Sugar: 3 g; Protein: 8 g

## Health Benefits

Orange veggies contain carotenoids like beta carotene which may prevent risk of certain cancers. Eggs are a great source of lean protein – another easy protein option – mild flavor that can be altered to taste changes.

# CHICKEN STIR FRY RECIPE

MAKES 4 SERVINGS

## STIR FRY SAUCE

- 1 tbsp corn starch
- 2 tbsp cold water
- ¼ cup low sodium chicken broth
- 3 tbsp low sodium soy sauce
- ¼ cup honey
- 1 tbsp toasted sesame oil
- ½ tsp crushed red pepper flakes

## STIR FRY INGREDIENTS

- 1 lb chicken breast, cut into small cubes
- Salt and pepper to taste
- 2 tbsp olive oil, divided
- 2 cups broccoli florets
- ½ yellow bell pepper, cut into 1-inch pieces
- ½ red bell pepper, cut into 1-inch pieces
- ½ cup baby carrots, sliced
- 2 tsp minced ginger
- 2 garlic cloves, minced



## DIRECTIONS

In a medium size bowl, whisk together corn starch and water. Add remaining ingredients (chicken broth, soy sauce, honey, toasted sesame oil and red pepper flakes). Whisk to combine. Set aside.

Add one tablespoon of olive oil to a large skillet. Heat over medium high heat. Add chicken. Season with salt and pepper. Cook for 3-5 minutes or until cooked through. Remove from skillet. Reduce heat to medium. Add remaining tablespoon of oil to the skillet. Add broccoli, bell peppers and carrots. Cook, stirring occasionally, just until crisp tender. Add ginger and garlic. Cook for an additional minute. Add chicken back into the skillet, and stir to combine.

Whisk stir fry sauce, and pour over chicken and vegetables. Stir gently to combine. Bring to a boil, stirring occasionally, and let boil for one minute. Serve with rice if desired.

## Nutrition Information Per Recipe:

Calories: 345; Fat: 13 g; Saturated Fat: 2 g; Sodium: 570 mg; Carbohydrates: 29 g; Fiber: 2 g; Sugar: 19 g; Protein: 26 g

## Health Benefits

Broccoli is loaded with antioxidants that may prevent risks of various cancers. Ginger may help with nausea due to its antioxidant properties and is also anti-inflammatory.

# CRANBERRY TURKEY MEATBALLS

MAKES 4 SERVINGS

## FOR THE MEATBALLS

- 1 pound 93% lean ground turkey
- ½ cup plain breadcrumbs
- 1 large egg, lightly beaten
- 1 cup shredded tart apple such as Granny Smith
- 1 ½ tablespoons fresh sage
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¾ teaspoon kosher salt
- ½ teaspoon ground black pepper
- Chopped fresh parsley, optional for garnish



## FOR THE CRANBERRY SAUCE

- 1 cup whole berry cranberry sauce
- ¼ cup unsweetened applesauce
- 2 tablespoons pure maple syrup
- Zest of 1 orange
- 1 tablespoon freshly squeezed orange

## DIRECTIONS

Preheat the oven to 425 degrees F. Cover a baking sheet with parchment paper or cooking spray. Set aside. In a large mixing bowl, combine the turkey, breadcrumbs, egg, apple, sage, garlic powder, onion, powder, salt and pepper. With your hands, lightly mix to combine.

Roll the mixture into 1 ½ - 2 inch balls, using a small scoop to help portion. Arrange the meatballs on top of the prepared baking sheet. Bake for 12-14 minutes or until internal temperature reaches 165 degrees F.

Meanwhile, prepare the sauce. In a saucepan (large enough to hold the meatballs), combine the cranberries, applesauce, maple syrup, orange zest and orange juice. Heat over medium to warm through.

Add the cooked meatballs to the sauce, then spoon the sauce over gently to coat. Transfer to a serving platter to enjoy immediately or place in a slow cooker set to the lowest heat to keep warm. Garnish with fresh parsley as desired and serve.

## Nutrition Information Per Recipe:

Calories: 405; Fat: 12 g; Saturated Fat: 3 g; Sodium: 875 mg; Carbohydrates: 52 g; Fiber: 3 g; Sugar: 35 g; Protein: 26 g

## Health Benefits

Turkey is a lean source of highly absorbed protein. Including the high protein into the diet maintains lean muscle mass. Meatballs are versatile and provide quality nutrition in a small bite.

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## PUMPKIN PIE IN A CUP

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MAKES 1 SERVING

- 1 graham cracker
- $\frac{1}{4}$  cup mix of Greek yogurt and vanilla pudding
- $\frac{1}{4}$  cup pumpkin pie mix
- 1 Tbsp Cool Whip
- Dash of cinnamon



### DIRECTIONS

Crush graham cracker and add to bottom of a clear cup. Add Greek vanilla pudding mix, followed by the pumpkin pie mix. Top with Cool Whip and a sprinkle of cinnamon. Enjoy!

### Health Benefits

Greek yogurt is a great source of easy to consume protein. Cinnamon is anti-inflammatory, a source of antioxidants and can trigger apoptosis which can kill cancer cells.

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## CRANBERRY CREAMI

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- 12 oz fresh or frozen strawberries and cranberries
- Cranberry/raspberry/or cherry jello mix
- Zero sugar cranberry juice (white or red)
- Orange and lime zest



### DIRECTIONS

Fill the Ninja Creami pint 1/2 way to freeze fill line with mix of cranberries and strawberries. Muddle/mash berries to a thick jelly, you may still see a few whole berries. Add 2-3 tablespoons of jello mix. Add cranberry juice to freeze fill line. Stir in orange and lime zest. Freeze for 12+ hours. Use “Sorbet Creami Option” on Ninja Creami. If you do not have a Ninja Creami, place ingredients into blender and blend/mix thoroughly, then freeze mixture. When ready to eat, let thaw for about an hour or so, then blend again and enjoy!

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## S'MORES CREAMI

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- Chocolate protein shake of choice
- Chocolate pudding mix
- Cocoa powder
- Vanilla extract
- Graham crackers
- Mini marshmallows
- Chocolate chips



### DIRECTIONS

Fill Ninja Creami pint just under the freeze fill line with protein shake option. Add in 2-3 tablespoons of chocolate pudding mix and 1 tablespoon cocoa powder. Add 1 tsp of vanilla extract. Stir well. Freeze 12+ hours. Blend on “Light Ice Cream Option” on Ninja Creami. If you do not have a Ninja Creami, place ingredients into blender and blend/mix thoroughly, then freeze mixture. When ready to eat, let thaw for about an hour or so, then blend again and enjoy!