



HEALTHY U'S

TASTE OF SUMMER COOKBOOK

FEATURING ORIGINAL
SUBMISSIONS FROM
UTOLEDO FACULTY & STAFF

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MEDITERRANEAN SANDWICH

**NUTRITIONAL INFORMATION PER SERVING: CALORIES 312, PROTEIN 11G, TOTAL FAT 6G, SODIUM 665MG,
TOTAL CARBOHYDRATE 47G. SERVES 2**

INGREDIENTS

Two slices of whole grain bread
1-2 handfuls of spring greens
2-4 Slices of sweet onion
2-4 Slices of tomato (or halves of cherry tomatoes)
Slices of feta or crumbling cheese (1 Tbs)
A thick sweet dressing (like raspberry vinaigrette)

INSTRUCTIONS

- Sprinkle dressing on bread
- Arrange all ingredients on top in order listed
- Sprinkle generous amount of dressing on top
- Slice in a half, wrap in wax paper or plastic, lightly press and let chill for 5 minutes or so for sandwich to hold the shape



RED, WHITE, AND BLUE PARFAIT

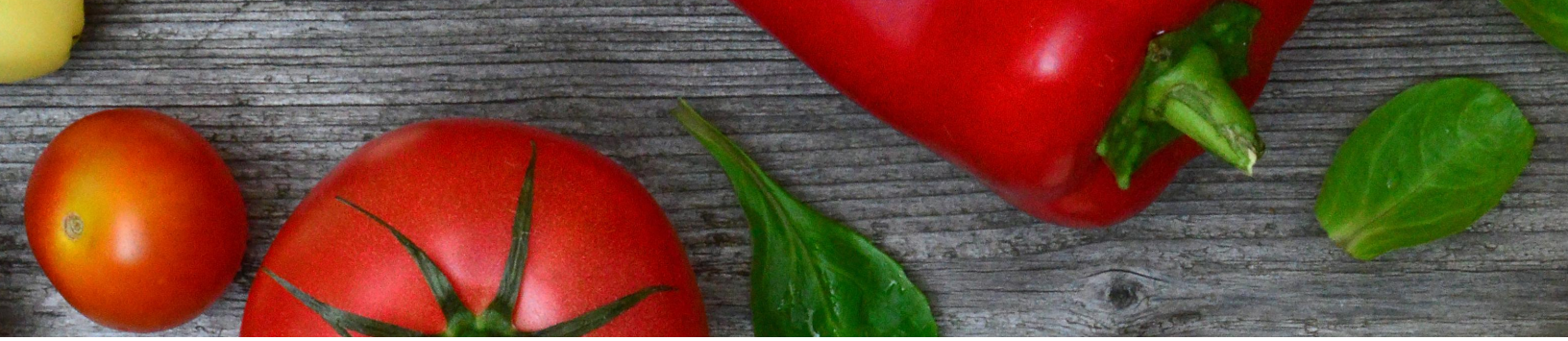
NUTRITIONAL INFORMATION PER SERVING: CALORIES 242, PROTEIN 12G, TOTAL FAT 5G, SODIUM 49MG, TOTAL CARBOHYDRATE 39G. SERVES 1

INGREDIENTS

- 1/2 cup Fresh strawberries cut into small pieces
- 1/4 cup Fresh blueberries
- 1/2 cup Fat Free plain or vanilla Greek yogurt
- 1/4 cup all natural granola
- Honey optional

INSTRUCTIONS

- Layer bottom of glasses with strawberries
- Then, layer with a couple of tablespoons of yogurt
- Next, layer with blueberries.
- Place a layer of granola
- Then repeat with another layer of strawberries, yogurt and blueberries (red, white, and blue)



MEDITERRANEAN SALAD

NUTRITIONAL INFORMATION PER SERVING: CALORIES 149, PROTEIN 4G, TOTAL FAT 11G, SODIUM 635MG, TOTAL CARBOHYDRATE 9.5G. SERVES 4

INGREDIENTS

- 1 can of black olives, sliced in half
- 1 pint of cherry tomatoes, sliced in half
- 1 large cucumber, cubed in similar size as olive & tomato pieces
(optional: peel, or stripe-peel the cucumbers)
- 1/2 cup Feta cheese, crumbled
- 4 tsp Greek dressing

INSTRUCTIONS

- Toss together all ingredients, chill, and serve



APPLE NACHOS

NUTRITIONAL INFORMATION PER SERVING: CALORIES 375, PROTEIN 8G, TOTAL FAT 17G, SODIUM 142MG, TOTAL CARBOHYDRATE 53G. SERVES 1

INGREDIENTS

1 apple, cored and sliced
2 tablespoons of peanut butter
1 tablespoon of honey
1 tablespoon granola

INSTRUCTIONS

- Warm peanut butter and honey in microwave for up to 30 seconds
- Arrange apple slices on plate
- Drizzle peanut butter and honey mixture over the apple slices
- Top with granola



LEMONY GREEN BEAN PASTA SALAD

NUTRITIONAL INFORMATION PER SERVING: CALORIES 361, PROTEIN 9G, TOTAL FAT 14G, SODIUM 377MG, TOTAL CARBOHYDRATE 48G. SERVES 6

INGREDIENTS

12 oz. cavatappi or your favorite pasta shape
1/2 lb. haricots verts or thin green beans, halved lengthwise
1 tablespoon fresh thyme
5 teaspoons lemon zest, divided
1/4 cup finely chopped roasted, salted pistachios
2 tablespoons champagne or white wine vinegar
1 tablespoon minced shallot
1 garlic clove, minced
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
5 tablespoons olive oil
1 1/2 cups loosely packed arugula

INSTRUCTIONS

- Cook pasta according to package directions, adding green beans to boiling water. During the last 2 minutes of cooking; drain.
- Rinse pasta mixture with cold water and drain well.
- Place pasta with green beans, thyme, and 3 teaspoons lemon zest in a large bowl; toss gently to combine.
- Whisk together 1/4 cup pistachios, the next 5 ingredients, and the remaining lemon zest in a small bowl. Add oil in a slow, steady stream, whisking constantly until blended. Drizzle over the pasta mixture.
- Add arugula and toss gently to coat.



GRILLED GARDEN PIZZA

NUTRITIONAL INFORMATION PER SERVING: CALORIES 618, PROTEIN 28G, TOTAL FAT 38G, SODIUM 1217MG, TOTAL CARBOHYDRATE 44G. SERVES 2

INGREDIENTS

- 1 Naan Garlic Bread
- 1 large tomato, thinly sliced
- 1/2 cup fresh corn cut from the cob
- 6 pieces of thinly sliced sweet red pepper
- 4 pieces of thinly sliced red onion
- 1/2 cup sliced black olives
- 1/2 cup thinly sliced fresh spinach
- 2 tablespoons olive oil
- 1 clove fresh garlic
- 2 tablespoons sweet basil, chopped
- 1 cup shredded or sliced mozzarella cheese
- 1/2 cup shredded parmesan cheese

INSTRUCTIONS

- Turn on one burner or one side of the grill.
- Drizzle fresh tomatoes and garlic with 1T olive oil. Let sit for 10 minutes while the grill warms up.
- Brush 1/2 T olive oil on one side of the Naan bread and put oil side down on the hot side of the grill 2-3 minutes until browned. Brush 1/2 T on the top and flip over to brown the second side. Remove from the grill and brush garlic clove on the hot bread. Top with Parmesan, tomatoes, red
- pepper slices, corn, onion, black olives and mozzarella cheese. Return to the other side of the grill for 5 minutes or until cheese is melted.
- Top with spinach and basil.



CROCKPOT BEEF POT ROAST

NUTRITIONAL INFORMATION PER SERVING: CALORIES 635, PROTEIN 50G, TOTAL FAT 22G, SODIUM 704MG, TOTAL CARBOHYDRATE 60G. SERVES 7

INGREDIENTS

- 2-3 lb lean chuck roast (trimmed of fat)
- 3 large carrots cut (either medallions or 2 inch slices)
- 1 medium onion chopped
- 5-6 potatoes cubed
- 2 cans low sodium cream of mushroom
- 2 cans low sodium or no salt beef broth

INSTRUCTIONS

- Place about 1/3 of the cut potatoes, onions, and carrots into the bottom of the crockpot
- Place the roast on top of the vegetables
- Spread one can of the cream of mushroom on top of the roast, pour one can of the beef broth over that and sprinkle the salt and pepper over the entire thing to taste
- Put the remaining potatoes, onions and carrots on top of the roast, spread the other can of the cream of mushroom on top of the veggies, pour the other can of the beef broth over that, and sprinkle with salt and pepper again.
- Put the cover on and cook on low for 7-8 hours.



APPLE CINNAMON PROTEIN WAFFLES

NUTRITIONAL INFORMATION PER SERVING: CALORIES 242, PROTEIN 20G, TOTAL FAT 4G, SODIUM 256MG, TOTAL CARBOHYDRATE 36G. SERVES 4

INGREDIENTS

- 3/4 cup oat flour (whatever you have on hand will work though)
- 1 1/2 scoop vanilla protein powder of your choice
- 2 teaspoons cinnamon
- 1.5 teaspoon baking powder
- 1/2 cup applesauce
- 2 egg whites
- 1 whole egg
- 2 teaspoons almond extract
- 1 small apple (minced)
- Sugar free maple syrup

INSTRUCTIONS

- Preheat waffle maker/iron.
- In mixing bowl, add flour, protein powder, cinnamon, baking powder. Mix thoroughly.
- In a separate larger bowl, add apple sauce, egg whites, whole egg, and almond extract. Mix thoroughly.
- Gradually pour dry ingredient bowl contents into larger wet ingredient bowl, while mixing. Mix until fully incorporated. Fold in minced apple, dark chocolate chips.
- Measure about 1/2 cup of batter and pour onto waffle maker. Let cook for about 4-5 minutes, or as specified by your waffle maker. Repeat process until all batter is done. Makes about 4 waffles.
- Top with sugar free or low sugar syrup



SUMMER CHICKPEA SALAD

NUTRITIONAL INFORMATION PER SERVING: CALORIES 188, PROTEIN 7G, TOTAL FAT 7G, SODIUM 850MG, TOTAL CARBOHYDRATE 24G. SERVES 3

INGREDIENTS

- 2 1/4 cups diced cucumbers, partially peeled
- 1 cup diced, seeded tomato
- 1/4 cup diced red onion
- 2 tablespoons fresh lemon juice
- 1/2 tablespoon minced fresh parsley
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon kosher salt and pepper, to taste
- 15 ounce can chickpeas, rinsed and drained

INSTRUCTIONS

- Combine all the ingredients together, toss well, and chill for 5 minutes



TOMATO BASIL COUSCOUS

NUTRITIONAL INFORMATION PER SERVING: CALORIES 402, PROTEIN 42G, TOTAL FAT 7G, SODIUM 953MG, TOTAL CARBOHYDRATE 43G. SERVES 2

INGREDIENTS

- 1 12.5-oz can of chicken breast, or grilled chicken
- 1 15-oz can of diced tomatoes undrained or 1 pint of cherry tomatoes diced
- 1/2 cup dried couscous
- 1 Tbsp green pesto
- 2 garlic cloves, minced
- 1/2 cup shredded mozzarella cheese
- Fresh basil leaves (or dried)

INSTRUCTIONS

- Cook the tomatoes in a non-stick pan at medium-high heat, lid covered for 2 minutes.
- Add the couscous and reduce the heat to medium and cover with a lid, stirring occasionally, so that the couscous doesn't stick to the pan.
- Drain and add the chicken breast and cook like this for 6-7 minutes until the couscous is almost done and has soaked up some of the tomato sauce.
- Stir in the pesto and the minced garlic, cooking until the couscous is done completely.
- Stir in the mozzarella cheese, letting it melt inside the pan.
- Serve with fresh basil leaves



ROASTED SAUSAGE WITH SHALLOTS AND POTATOES

**NUTRITIONAL INFORMATION PER SERVING: CALORIES 380, PROTEIN 18G, TOTAL FAT 18G, SODIUM 578MG,
TOTAL CARBOHYDRATE 38G. SERVES 5**

INGREDIENTS

1.5 lbs of baby potatoes
10 shallots, halved with skins left on
3 Tbs Olive oil, salt, pepper, red pepper flakes
5 or so good sausages, whatever kind you like
Few big handfuls of arugula
Lemon, Parmesan, and more olive oil for dressing, or
2 Tbs garlic expressions dressing

INSTRUCTIONS

- Preheat your oven to 425 degrees. Toss shallots and potatoes with 2 Tbs olive oil, salt, pepper, and red pepper flakes.
- Roast for 15 minutes.
- Remove from oven and top with sausage 1 Tbs olive oil. Roast for another 30 or so, until everything is nice and browned and the shallots are caramelized.
- Place arugula in a large bowl and toss with lemon juice, olive oil, and Parmesan. Or use any dressing you like.
- Top arugula with all the roasted sausage and vegetables



FAVA BEAN AND RADISH BRUSCHETTA

NUTRITIONAL INFORMATION PER BAGUETTE: CALORIES 131, PROTEIN 4G, TOTAL FAT 7G, SODIUM 170MG, TOTAL CARBOHYDRATE 13G. SERVES 8

INGREDIENTS

- 1 pound fresh fava beans, shelled
- 2 to 3 medium radishes, julienned (about 1/2 cup)
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon chopped mint leaves
- 1 tablespoon chopped fennel fronds (optional)
- Salt and Freshly ground black pepper
- 8 (1/2-inch-thick, 3-to-4-inch-long) baguette slices
- 1/4 cup olive oil
- 1 clove garlic, peeled

INSTRUCTIONS

- Bring a pot of salted water to a boil and cook fava beans for 2 minutes. Drain and transfer beans to a large bowl of ice water. Let cool and then drain. Slip the outer skin off each bean and discard the skin. Place the beans in a large bowl and coarsely mash with a fork leaving some beans whole or in chunks.
- Combine the beans, radishes, lemon zest, lemon juice, mint leaves, and fennel fronds (optional). Season to taste with salt and pepper.
- Brush olive oil over both sides of the baguette slices and grill or broil. Rub toasts with garlic and then spoon the fava bean mixture on top. Sprinkle a little extra salt on top and serve.



CAPRESE SALAD

NUTRITIONAL INFORMATION PER SERVING: CALORIES 216, PROTEIN 12G, TOTAL FAT 16G, SODIUM 298MG, TOTAL CARBOHYDRATE 5G. SERVES 4

INGREDIENTS

8 ounces fresh mozzarella
2-3 tomatoes
1 bunch basil
Extra-virgin olive oil
Sea salt and Black pepper

INSTRUCTIONS

- Slice the mozzarella and tomatoes into thin slices
- Lay tomato slices on a platter, top with a leaf of basil, and then layer with mozzarella
- Drizzle with olive oil and sprinkle with salt and black pepper
- Serve immediately.



CHILLED BLACK BEAN, FETA & CUCUMBER SALAD

NUTRITIONAL INFORMATION PER SERVING: CALORIES 245, PROTEIN 13G, TOTAL FAT 9G, SODIUM 1047MG, TOTAL CARBOHYDRATE 28G. SERVES 8

INGREDIENTS

- 3 (15-ounce) cans black beans, drained and rinsed
- 1 (15-ounce) can whole-kernel corn (or about 1 1/2 cups fresh corn)
- 1/2 medium cucumber, finely diced
- 1 cup chopped cilantro
- 2 to 3 limes juiced
- 1/2 cup chopped celery or green onions
- 1 cup crumbled feta
- 1/3 cup red wine vinegar
- Sea salt, cracked black pepper, and cumin to taste

INSTRUCTIONS

- Combine the black beans, corn, cucumber, cilantro, celery, and feta in a large bowl and toss until mixed evenly.
- Add lime juice and vinegar, stir, and taste. You may want to add more lime to taste. Add a dash of salt, pepper, and cumin, and adjust to taste.
- Chill for at least one hour before serving.



MOZZACADO SANDWICH

**NUTRITIONAL INFORMATION PER SERVING: CALORIES 488, PROTEIN 24G, TOTAL FAT 27G, SODIUM 759MG,
TOTAL CARBOHYDRATE 37G. SERVES 2**

INGREDIENTS

- 4 thick slices bread of your choice
- 1 medium avocado
- 1 small ripe tomato
- 4 thick slices of
mozzarella cheese
- 6 to 8 fresh basil leaves
- Salt and black pepper

INSTRUCTIONS

- Lightly toast the bread. Meanwhile, smash the pitted avocado with a little salt and pepper.
- Spread a thick layer of smashed avocado on the warm bread. Layer the cheese with the basil and tomato over the avocado.
- Make two sandwiches, slice, share!



CHARRED CORN SALAD W/ VINAIGRETTE

**NUTRITIONAL INFORMATION PER SERVING: CALORIES 94, PROTEIN 3G, TOTAL FAT 3G, SODIUM 36MG,
TOTAL CARBOHYDRATE 17G. SERVES 6**

INGREDIENTS

- 6 ears fresh corn on the cob, shucked
- 1 to 2 tablespoons canola oil
- Kosher salt and freshly cracked black pepper
- 1 1/2 cups packed fresh basil leaves
- 1 clove garlic, grated
- 1/4 cup cider vinegar
- 1/4 cup extra-virgin olive oil
- 1 (10-ounce) container small heirloom cherry tomatoes, halved
- 1/2 small red onion, cut into small dice

INSTRUCTIONS

- Preheat a grill pan over high heat.
- Brush or rub each cob with some canola oil and sprinkle with salt and pepper. Place the corn on the hot grill and char each side, 2 to 3 minutes. Set aside until cool enough to handle. Once the corn has cooled, stand each ear up, in a wide, shallow bowl and, slice the corn kernels off the cob.
- Meanwhile, in a food processor, add the basil and garlic and pulse until the basil break down. Add the vinegar. Pulse while adding the oil and process until smooth. Season with salt and pepper.
- In a large mixing bowl, combine all ingredients, add the vinaigrette and toss



ZUCCHINI, POTATO AND TOMATO CASSEROLE

NUTRITIONAL INFORMATION PER SERVING: CALORIES 222, PROTEIN 7G, TOTAL FAT 10G, SODIUM 750MG, TOTAL CARBOHYDRATE 27G. SERVES 4

INGREDIENTS

2 Tablespoons butter
1 large onion sliced
2 medium potatoes sliced 1/4" thick
2 medium zucchinis sliced 1/4" thick
4 roma or plum tomatoes sliced 1/4" thick
1 tsp Salt
3/4 tsp Pepper
2 Tablespoons Margarine melted
1/3 C grated Parmesan cheese

INSTRUCTIONS

- Preheat oven to 375 degrees.
- Melt 1 Tablespoon of margarine in a medium skillet over medium heat. Add onions and saute for 15-20 minutes until tender and caramelized.
- Spray a quiche pan or round baking dish with cooking spray.
- Spoon caramelized onions into the pan and spread evenly.
- Toss potatoes, zucchini and tomato slices with salt and pepper.
- Arrange in a single layer over the onions, alternately and overlapping slightly.
- Drizzle with melted margarine and cover with foil.
- Bake for 30 minutes. Remove foil and sprinkle with Parmesan.
- Do not cover and bake for an additional 35-40 minutes or until golden brown.