

Healthy Start to the New Year

Try these healthy recipes in 2014!



BlueCross BlueShield of Mississippi

It's good to be Blue.

Orange Cinnamon French Toast

Ingredients

- 2 Tbsp. healthy butter substitute
- 2 Tbsp. sugar or sugar substitute
- 1 C. Eggbeaters or egg whites
- 1 Tbsp. cinnamon
- ½ tsp. nutmeg
- ½ tsp. orange zest/rind
- 2 tsp. maple extract
- ¼ can orange juice concentrate mixed with ¼ C. water
- 4 slices of whole grain bread of choice

Directions

1. Preheat oven to 400°.
2. Mix egg white, maple extract and orange juice with water. Set aside.
3. Spread margarine in the bottom of an 8-inch baking pan and sprinkle cinnamon, sugar and nutmeg over the pan, reserving a little cinnamon for use as a topper.
4. Dip bread slices into egg white mixture on both sides and arrange in pan.
5. Cover with remaining egg mixture and top with sprinkles of cinnamon.
6. Bake for approximately 25 minutes until eggs are set.

Nutrition

Serving size: 1 piece; Calories: 175; Fat: 3g; Saturated Fat: 0.5g; Protein: 9g; Sodium: 27mg; Fiber: 2g; Carbohydrates: 28g

Source: Cooper Clinic Nutrition Services

Squash Tacos with Avocado

Ingredients

- 1½-lb. butternut or acorn squash, peeled, halved lengthwise, seeded, cut into ½-inch slices
- 1 tsp. chili powder
- 1 clove garlic, finely chopped
- 2 Tbsp. olive oil
- Salt and freshly ground black pepper
- 8 6-inch corn tortillas
- 1 ripe avocado, peeled, pitted, sliced into 8 wedges
- ¼ C. fresh cilantro leaves
- ¼ C. sliced white onion
- 1 lime, cut into wedges

Directions

1. Preheat oven to 425°. Spread squash on a large, rimmed baking sheet. In a small bowl, stir together chili powder, garlic, oil, ¼ tsp. salt and ¼ tsp. pepper; pour over squash and toss to coat. Roast squash, turning once, until blistered in spots and tender when pierced with a knife, about 20 minutes.
2. Warm a large skillet over medium-high heat. Working in batches, toast tortillas, turning once, until charred, about two minutes per side. Transfer tortillas to a clean kitchen towel and wrap up to keep warm. Repeat with remaining tortillas.
3. Fill tortillas with squash, avocado, cilantro and onion, dividing evenly. Serve with lime wedges.

Nutrition

Serving size: 2 tacos; Calories: 336; Fat: 16g; Saturated Fat: 2g; Protein: 6g; Sodium: 172mg; Fiber: 10g; Carbohydrates: 50g

Source: Health Magazine

Smart Lasagna

Ingredients

- 1 large eggplant, sliced into ¼ in.-thick slices
- ¾ tsp. sea salt
- 2 tsp. olive oil
- ½ C. chopped onion (frozen is fine)
- 3 Tbsp. chopped garlic
- ¾ tsp. freshly ground black pepper
- ½ tsp. chopped fresh oregano
- ⅛ tsp. cayenne pepper
- 1 (28 oz.) can crushed tomatoes
- 1 C. fresh basil leaves, chopped
- 1 C. (8 oz.) fat-free ricotta cheese
- 1 (8 oz.) pkg. precooked whole-wheat noodles
- 2 medium zucchini, cut into ¼ in.-thick slices
- 1½ C. (6 oz.) shredded part-skim mozzarella cheese

Directions

1. Preheat oven to 350°.
2. Place eggplant slices in a single layer on several layers of paper towels. Sprinkle evenly with salt.
3. Heat oil in a large skillet over medium-high heat to sauté the onion and garlic. Add ¼ tsp. black pepper, oregano, cayenne pepper and tomatoes; bring to a boil. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Combine basil with the fat-free ricotta in a small bowl.
5. Spread ½ C. tomato mixture into the bottom of a 13 x 9 inch baking dish coated with cooking spray.
6. Arrange four noodles over tomato mixture; top with half of eggplant and half of zucchini.
7. Spread ricotta mixture over vegetables; cover with four noodles. Spread one cup tomato mixture over noodles; layer with remaining eggplant and zucchini slices.
8. Arrange remaining four noodles over vegetables, and spread remaining tomato mixture over noodles.
9. Top with mozzarella.
10. Cover with foil and bake at 350° for 35 minutes. Uncover and bake an additional 25 minutes or until browned.

Nutrition

Serving size: recipe serves 10-12; Calories: 184; Fat: 6g; Saturated Fat: 2.2g; Protein: 13g; Fiber: 5g

Source: Cooper Clinic Nutrition Services