

# Festive and Healthy Recipes



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It's good to be Blue.

Green up your diet with these festive and healthy recipes!

## St. Patrick's Day Green Smoothie

Servings: 1

### Ingredients

- 1 C 100% apple juice
- 2 Tbsp fresh lemon juice, seeds strained
- 1 C kale, raw, washed
- 2/3 C banana, frozen, chopped, peeled
- 1/3 C cucumber, frozen, chopped
- 1 tsp ginger

### Directions

1. Place chopped cucumber and banana in the freezer overnight until ready for use.
2. Measure and place all ingredients in a high power blender. Blend on high for 30 seconds.
3. Pour and serve!

Source: Chef Labron Alexander, BCBSMS

## Oven "Fried" Green Tomatoes

Servings: 8

### Ingredients

- 4 large green tomatoes
- Salt and pepper to taste
- Canola oil cooking spray
- 1 1/2 C buttermilk
- 2 C Panko bread crumbs
- 1 Tbsp Creole seasoning
- 1 tsp paprika
- 1 C all-purpose flour

### Directions

1. Preheat oven to 400°. Cut tomatoes into 1/4-inch thick slices. Sprinkle both sides of tomatoes evenly with a little salt and pepper to taste. Spray a baking sheet with cooking spray.
2. Pour buttermilk into a shallow dish or pie plate. Stir together Panko, Creole seasoning and paprika in another shallow dish or pie plate.
3. Dredge tomatoes in flour. Dip tomatoes in buttermilk, and dredge in Panko mixture. Lightly coat tomatoes on each side with cooking spray; arrange on the baking sheet.
4. Bake at 400° for 18 to 20 minutes or until golden brown, turning once after 10 minutes.

Source: [www.myrecipes.com](http://www.myrecipes.com)

## Going Green Salad

Servings: 1-2

### Ingredients

- 1 C fresh spinach leaves
- 1 C fresh Romaine lettuce
- 1/2 C broccoli
- 1/4 C cucumber, diced
- 1/4 C green bell pepper, diced
- Additional green vegetables (optional)
- Your favorite salad dressing

### Directions

1. Add all vegetables to a large bowl; toss together.
2. Add additional green vegetables to your salad if desired.
3. Top with your favorite salad dressing.

Source: Chef Labron Alexander, BCBSMS



Servings: 4-6

### Ingredients for the crust:

- 6 full graham crackers
- 2 tsp sugar
- 2 Tbsp unsalted butter, melted

### Ingredients for the pistachio pudding layer:

- 3.4 oz box instant pistachio pudding mix
- 1 3/4 C cold milk
- 1 C frozen lite whipped topping, thawed

### Ingredients for the garnish:

- Additional whipped topping
- Chopped pistachios

Source: [www.mybakingaddiction.com](http://www.mybakingaddiction.com)

## Pistachio Pudding Parfait

### Directions

1. In a blender, pulse graham crackers and sugar until fine crumbs. Remove the crumbs to a medium bowl and drizzle the butter on top of them. Use a fork to combine the butter and graham cracker crumbs. Evenly distribute the crumbs into the bottoms of your serving dishes and gently press them down to create an even crust layer. Set aside.
2. In a medium bowl, combine box of dry pudding mix and milk, whisk for a few minutes. Cover and place in the refrigerator for about 30 minutes.
3. Remove pudding mix from refrigerator and gently fold in 1 cup whipped topping until no white streaks remain. Spoon or pipe pudding mixture into your serving dishes. Cover and refrigerate for at least one hour or until ready to serve.
4. Just before serving, top with additional whipped topping and chopped pistachios.