

Healthy Recipes



BlueCross BlueShield
of Mississippi

It's good to be Blue.

Try these fun and healthy recipes at home!

Pita Pizzas

Ingredients

- 4 whole-wheat pitas
- 1 can lower sodium pizza sauce
- 1 c. shredded part skim mozzarella cheese
- vegetables of choice (peppers, onions, black olives, tomatoes, mushrooms)

Directions

Preheat oven to 425°. Spread pizza sauce evenly over pitas. Sprinkle with cheese. Top with vegetables of choice. Bake for 8 minutes or until pitas are crispy and cheese is melted.

Baked Crispy Chicken Fingers

Ingredients

- 8 chicken breast tenderloins
- ½ c. low-fat buttermilk
- 4 c. whole grain cereal, crushed
- Cooking spray

Directions

Preheat oven to 400°. Combine chicken and buttermilk and let chill for 15 minutes. Spray a baking dish with cooking spray. Dip chicken into cereal crumbs and place on baking sheet. Cook for 10-12 minutes or until chicken is cooked through.

Mini Taco Bowls

Ingredients

- 8 whole-wheat tortillas
- 1 lb. lean ground beef
- 1 c. salsa
- 1 tomato, chopped
- 1 bell pepper, chopped
- 1 c. shredded lettuce
- ½ c. shredded cheese

Directions

Preheat oven to 350°. Line 8 muffin cups with one tortilla each, folding back edges of tortillas and leaving center open forming a cup for filling. Bake 10 minutes or until tortillas hold their shape.

In a large skillet, brown lean ground beef. Drain. Stir in salsa. Bring to a boil and simmer for 10 minutes.

Spoon meat mixture into tortilla bowls. Top with remaining ingredients.

Berry Yogurt Pops

Ingredients

- ¼ c. low-fat milk
- ¾ c. light cool whip, thawed
- 1 container non-fat yogurt
- ½ c. strawberries, chopped
- ½ c. bananas, chopped
- ¼ c. blueberries
- 6 - 3oz. paper cups
- Aluminum foil
- Pop sticks

Directions

Blend all ingredients in a blender until smooth. Pour into paper cups. Cover with aluminum foil. Insert pop stick through foil into center of cups. Freeze berry cups for several hours until firm. Peel back paper cup just before serving.