



Maya W. Paul's Dinner Recipes

Note: These recipes are a supplement to Helpguide's Healthy Recipes article. Please refer to article for references and additional notes. (http://www.helpguide.org/life/healthy_recipes.htm)

Sweet Potato Burritos or Tacos

Sweet potatoes are filled with carotenoids, vitamins A, B6, C, potassium, manganese, and fiber.

Ingredients:

- 1 large sweet potato, grated or diced into small cubes
- 1 large onion, chopped
- 2 cloves of garlic, minced or pressed
- 1 Tbsp. olive oil
- 2 Tbsp. curry
- 2 tsp. cumin
- 1 tsp. chili powder (optional)
- Salt & pepper to taste
- 2 cups black beans, heated
- Grated low-fat cheese
- Salsa
- 1 avocado sliced
- Tortilla shells – for either burritos (large) or tacos (small)

Directions:

1. Add olive oil to a large skillet and add the onions, sauté until translucent
2. Add garlic, curry and cumin. Sauté until fragrant.
3. Add sweet potatoes and chili powder. Mix thoroughly. Sauté for a minute or two stirring continuously.
4. Add 1 – 2 Tbsp. of water, cover and cook until sweet potatoes are tender (about 5 to 7 minutes)
5. Heat beans, grate cheese, slice avocado
6. Warm tortillas for 5 minutes in the oven or toaster oven.
7. Add sweet potato mixture and beans on to the tortilla shells
8. Sprinkle with cheese. Add salsa and avocado. Enjoy!

Quiche with Ham & Broccoli

This healthier quiche gets its rich taste from eggs and low-fat cheese, instead of heavy cream. Serve it for dinner or anytime.

Ingredients:

- 1 Piecrust for a 9" pie plate
- 1¼ cups low-fat shredded cheese (i.e. Colby or Monterey Jack)
- 2 large broccoli florets, cut into small pieces
- Sea salt and ground black pepper, to taste
- 6 eggs (or 4 eggs & 2 egg whites)

- 1/3 cup low-fat milk (or rice milk, soymilk or water)
- 3 thin slices fresh deli ham, cut into pieces

Directions:

1. Preheat oven to 350°F.
2. Prepare the piecrust in a 9" pie plate.
3. Spread some of the cheese over bottom of plate.
4. Coat a skillet with cooking spray or a little oil and heat on medium.
5. Add broccoli and cook until tender, about 5-8 minutes.
6. Season with salt and pepper, to taste, and set aside.
7. In a large bowl, whisk together eggs and milk. Season with pepper, to taste.
8. Stir in remaining cheese, broccoli and ham.
9. Pour into pie plate and bake for 30 – 35 minutes or until center is set.
10. Cool quiche for 10 minutes on a rack, slice into 6 equal wedges and serve.

Simplified Chicken Marbella

Prunes are a good source of vitamin A, potassium, and copper, as well as fiber.

Ingredients:

- 1 ½ - 2 lbs. Chicken legs, thighs or breasts without the skin
- 1 onion chopped
- 1 or 2 cloves of garlic crushed
- 2 cups of prunes (~ 8 oz)
- 2 cups balsamic vinegar
- 2 cups water
- 1 tsp. salt
- Fresh ground black pepper
- Herbs (i.e. oregano, thyme, basil, rosemary)

Directions:

1. Place all ingredients into a large baking dish (9x12 pan works well) so that the chicken is almost completely covered by the liquid
2. Bake at 400 degrees for 20 minutes
3. Turn oven down to 325 degrees for another 15 or 20 minutes

Bean Burgers

Black beans are extremely high in cholesterol lowering fiber. They also are comparable to grapes and cranberries for their anti-oxidant properties. When eaten with whole grains, such as brown rice, they make a virtually fat-free complete protein.

Ingredients:

- 1 16 oz. can of black beans, mostly drained & mashed until smooth (other beans work, too)
- 1 egg beaten
- ½ cup bread crumbs
- ¼ cup onion, chopped
- ¼ cup low-fat cheese
- Dash of salt
- ½ tsp. cumin (optional)

Directions:

1. Mix all ingredients together
2. Form into patties and place on a slightly greased cookie sheet (or onto a frying pan or skillet)
3. Broil (or fry) until one side is brown & slightly crisp.
4. Carefully flip and broil (or fry) the other side until also brown & slightly crisp
5. Enjoy with all the usual hamburger fixings.

Spinach Veggie Lasagna

Ingredients:

- 1 16 oz. package whole wheat lasagna noodles
- 2 cups fresh spinach, coarsely chopped (or 1 package frozen, chopped spinach)
- 1 onion, chopped
- 2 Tbsp. olive oil
- 2 cloves garlic, chopped or minced
- ½ cup parmesan cheese, grated
- 1 cups low-fat ricotta cheese
- 1 egg
- ¼ cup low fat milk (or any other liquid)
- ¾ cup low fat cheese, grated
- 3 plum tomatoes, sliced (optional)
- 2 zucchini, sliced
- Herbs such as oregano and thyme
- Salt & fresh ground pepper

Directions:

1. Preheat oven to 375 degrees.
2. Prepare lasagna noodles (instant or no bake also work great)
3. Sauté onion and garlic over medium heat in 1 Tbsp. of olive oil
4. Add zucchini and sauté until slightly cooked (about 5 minutes)
5. Add the spinach, if using fresh and sauté with the onions until slightly wilted – about 2 minutes. (Prepare frozen spinach as directed, drain and very briefly sauté with the onions)
6. Set aside ¼ cup of the veggie mix.
7. In a bowl mix the ricotta, ¼ cup water, and the egg. Then add the remaining veggie mix and stir together.
8. Oil a 9x12-inch baking dish with 1 Tbsp. olive oil.
9. Spread the ¼ cup of the veggie mix over the bottom of the pan and cover with a layer of the pasta.
10. Scatter a layer of the grated cheese over the noodles, then add ¼ of the veggie mix and top with a layer of noodles.
11. Repeat for 3 more layers, ending with a layer of the veggies and a little grated cheese.
12. Cover with foil and bake for 20 to 30 minutes or until heated through, then remove foil and bake for an additional 5 to 10 minutes to brown the top.

Lean & Juicy Hamburgers

Grass-fed beef contain higher concentrations of Beta-carotene, increased levels of omega-3 fatty acids, a more desirable omega-3:omega-6 ratio, and higher levels of conjugated linoleic acid (CLA or polyunsaturated fatty acids), all substances that are reported to have favorable effects on our health.

Ingredients:

- 1 pound lean ground meat (i.e. grass-fed beef or buffalo)
- 2 eggs
- ¼ cup onion, chopped
- ½ cup bread crumbs
- ½ cup oatmeal with how water added to the cup (just enough to fill up the cracks)
- 2 Tbsp. raisins (optional)
- 2 Tbsp. walnuts, broken into pieces (optional)
- ½ tsp salt
- Fresh ground pepper

Directions:

1. Mix all ingredients in a large bowl.
2. Form into patties
3. Heat a frying pan to medium to medium high and add 1 Tbsp. olive oil
4. Add patties and cook at medium heat until side is golden brown
5. Flip and cover to keep moist and to “bake” the inside of the burger.
6. Enjoy with the usual hamburger fixings or as you would meatloaf.