



## Recipes from Our Recent Book Club Meetings that will Keep You Fit and Aging Healthy!

### Elmos' Red Veggie Soup

#### Ingredients:

- 2 tbsp. olive oil
- 1 c. diced red onion
- 1 c. diced celery
- 1 c. diced carrots
- 5 c. reduced sodium tomato juice
- 1 tsp. ground pepper
- ½ c. dry alphabet vegetable pasta [cooked]
- 6 tbsp. greek yogurt

#### Directions:

Cook the onion, celery and carrots until soft in the olive oil. About 5 minutes. Stir in tomato juice and pepper, let simmer for 20 mins. Stir in cooked pasta and cook another minute. Ladle soup into bowl and dollop with yogurt.

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## Mediterranean Chickpea Patties

### Ingredients:

- 1 [15.5 oz] can chickpeas, rinsed and drained
- ½ c. fresh flat leaf parsley
- 1 garlic clove, chopped
- ¼ tsp. ground cumin
- ½ tsp. kosher salt, divided
- ½ tsp. black pepper, divided
- 1 egg, whisked
- 4 tbsp. all purpose flour, divided
- 2 tbsp. olive oil
- ½ c. low fat greek style yogurt
- 3 tbsp. fresh lemon juice
- 8 c. mixed salad greens
- 1 c. grape tomatoes, halved
- ½ small red onion, thinly sliced
- Pita chips [optional]

### Directions:

1. Pulse first 4 ingredients (through cumin) and ¼ tsp. each salt and pepper in a food processor until coarsely chopped and mixture comes together. Transfer to a bowl, add egg and 2 tbsp. flour; form into 8 (1/2 inch thick) patties. Place remaining flour in a small dish and roll patties in it with floured hands; tap off excess flour.
2. Heat oil in a non-stick skillet over medium-high heat. Cook patties for 2-3 minutes per side or until golden.
3. Whisk together the yogurt, lemon juice, and remaining salt and pepper. Divide greens, tomatoes, onion and patties evenly among 4 plates; drizzle each salad with 2 tbsp. dressing. Serve with pita chips if desired.

### Nutrition Information:

Calories 225; Fat 8g(sat 1g, mono 4g, poly 2g); Cholesterol 54mg; Protein 12 g; Carbohydrate 29g; Sugars 6g; Fiber 8g; Iron 4mg; Sodium 387 mg; Calcium 136mg.

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## Spring Salad of Roasted Asparagus, Goat Cheese and Toasted Pine Nuts

### Ingredients:

- 3 tbsp. balsamic vinegar, divided
- 1 tsp. Dijon mustard
- 1 ½ tbsp. extra virgin olive oil, divided
- 1 tbsp. hot water
- 8 whole jarred pickled beets, drained and quartered
- 1 pound asparagus, ends trimmed
- 1/8 tsp. sea salt
- ¼ tsp. freshly ground pepper, divided
- 4 c. spring salad greens
- 1 tbsp. pine nuts, toasted
- 1 oz. crumbled goat cheese

### Directions:

1. Whisk together 2 tbsp. balsamic vinegar and Dijon mustard in a small bowl. Slowly whisk in 1 tbsp. oil and then 1 tbsp. hot water until well-blended. Toss beets in a small bowl with 1 tsp. of the vinaigrette, and set aside.
2. Preheat oven to 450 degrees F. Toss asparagus with remaining ½ tbsp. oil in a small shallow baking pan. Arrange in a single layer in pan, and sprinkle with salt and 1/8 tsp. pepper; roast in the middle of the oven, shaking pan occasionally, for 10 minutes or until lightly browned and just tender. Drizzle with remaining 1 tbsp. balsamic vinegar, and return to oven for 1 minute or until vinegar is reduced to glaze.
3. Arrange salad greens, asparagus, and reserved beets on 4 plates, and sprinkle with pine nuts and goat cheese. Drizzle salad with remaining vinaigrette and sprinkle with the remaining 1/8 teaspoon pepper. Serve immediately.

### Nutrition Information:

Calories 144; Fat 9g(sat 2g, mono 5g, poly 1g); Cholesterol 6mg; Protein 5g; Carbohydrate 14g; Sugars 9g; Fiber 3g; Iron 3mg; Sodium 188mg; Calcium 76mg.

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## Alaskan BBQ Salmon

### Ingredients:

- 1 c. brown sugar
- ½ c. honey
- 1 dash liquid smoke flavoring
- ½ cup apple cider vinegar
- 1 (4 pound) whole salmon fillet

### Directions:

1. Preheat grill for high heat.
2. In a small bowl, mix together brown sugar, honey, liquid smoke, and vinegar.
3. Brush one side of the salmon with basting sauce. Place the salmon on the grill, basted side down. After about 7 minutes, baste the top, and turn over. Cook for about 8 more minutes, then brush on more basting sauce, turn and cook for 2 minutes. Take care not to over cook the salmon as it will lose its juices and flavor if cooked too long.

### Nutrition Information:

Calories 269; Total Fat 11g; Cholesterol 56 mg.

## Ground Turkey Sloppy Joes

### Ingredients

- 2 lbs. ground turkey
- 2 cans [15 oz. each] tomato sauce
- ½ c. brown sugar [firmly packed]
- 2 tbsp. Worcestershire sauce
- ½ tsp. seasoned salt
- 1 c. chopped onion
- 1 can [6 oz.] tomato paste
- 1/3 c. red wine or cider vinegar
- 2 tbsp. liquid smoke
- ¼ tsp. black pepper

### Directions:

1. Brown turkey with onions over medium high heat about 6 to 8 minutes. Drain.
2. Transfer turkey and onions to slow cooker. Stir in the remaining ingredients.
3. Cover and cook on low 6 to 7 hours. Serve on rolls.

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## Five Spice Turkey and Lettuce Wraps

### Ingredients:

- ½ c. water
- ½ c. instant brown rice
- 2 tsp. sesame oil
- 1 lb. 93% lean ground turkey
- 1 tbsp. minced fresh ginger
- 1 large red bell pepper, finely diced
- 1 [8 oz.] can water chestnuts, rinsed and chopped
- ½ c. reduced sodium chicken broth
- 2 tbsp. hoisin sauce
- 1 tsp. 5 spice powder
- ½ tsp. salt
- 2 heads Boston lettuce, leaves separated
- ½ c. chopped fresh herbs, such as cilantro, basil, mint and chives
- 1 large carrot

### Directions:

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from heat.
2. Meanwhile, heat oil in a large nonstick pan over medium high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five spice powder and salt; cook until heated through, about 1 minute.
3. To serve, spoon portions of the turkey mixture into the lettuce leaves, top with herbs and carrot and roll into wraps.

### Nutrition Information:

Calories 285; fat 11g(sat 3g, mono 1g); cholesterol 66mg; carbohydrates 24g; protein 26g; fiber 5g; sodium 543mg; potassium 390mg; Vitamin A 150%; Vitamin C 140%; Iron 25%; Folate 20%.

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## Sesame Orange Shrimp

### Ingredients:

- 3 tbsp. sesame seeds
- 2 large egg whites
- ¼ c. cornstarch
- ¼ tsp. salt
- ¼ tsp. freshly ground pepper
- 1 lb. peeled and deveined raw shrimp
- 2 tbsp. canola oil, divided
- ¾ c. orange juice
- ¼ c. dry sherry
- 2 tbsp. reduced sodium soy sauce
- 1 tsp. sugar
- 1 scallion, thinly sliced

### Directions:

1. Whisk sesame seeds, egg whites, cornstarch, salt and pepper in a large bowl. Add shrimp and toss to coat.
2. Heat 1 tbsp. oil in a large non stick skillet over medium heat. Add half the shrimp and cook until golden, 1 to 2 minutes per side. Transfer to a paper towel lined plate to drain. Repeat with the remaining 1 tbsp oil and the rest of the shrimp.
3. Add the orange juice, sherry, soy sauce and sugar to the pan. Bring to a boil and cook, stirring occasionally, until slightly thickened and reduced by half, 4 to 6 minutes. Return the shrimp to the pan and stir to coat with the sauce. Serve immediately, with scallion sprinkled on top.

### Nutrition Information:

Calories 232; fat 10g(sat 1g, mono 5g); cholesterol 168mg; carbohydrates 12g; protein 21g; fiber 1 g; sodium 488mg; potassium 327mg; vitamin C 43%; iron 20%.

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## Creamy Chicken and Veggies [Crockpot]

### Ingredients:

- 4 lb. chicken, cut into serving pieces
- 1 tsp. salt
- ¼ tsp. pepper
- 2 tbsp. olive oil
- 2 lbs. small red potatoes, halved
- 1 [16 oz.] package baby carrots
- 1 onion, chopped
- 3 cloves garlic, minced
- 14 oz. can low sodium chicken broth
- 1 cup light sour cream
- 3 tbsp. Dijon mustard
- 3 tbsp. honey
- 3 tbsp. flour
- 1 tsp. dried thyme leaves

### Directions:

1. Sprinkle chicken with salt and pepper. Heat olive oil in a large skillet and brown chicken, skin side down, until skin is brown.
2. In 4-5 qt. slow cooker, place potatoes, carrots and onion. Top with chicken. Pour chicken broth all over. Cover crock pot and cook for 8-9 hours until chicken is thoroughly cooked and vegetables are tender.
3. In a small bowl, stir together light sour cream, mustard, honey, flour, pepper, and thyme until well blended. Stir into mixture in crock pit and turn heat to high. Cook for 15-20 minutes, stirring occasionally, until thickened.

### Nutrition Information:

650 calories, 21.7 g fat, 200% DV Vitamin A, 30% DV Vitamin C

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## Crockpot Moroccan Lentil Stew

### Ingredients:

- 1 c. dried lentils, sorted and rinsed
- 1 lb. butternut squash, peeled and cubed
- 10 small new red potatoes, cubed
- 1 onion, chopped
- 4 cloves garlic, minced
- 2 [14 oz.] cans diced tomatoes, undrained
- 1 tbsp. curry powder
- 1 tsp. cumin
- ½ tsp. salt
- 1/8 tsp. white pepper
- 1/8 tsp. crushed red pepper
- 2 c. water
- 2 tbsp. lemon juice
- 1-2 tsp. curry powder
- 8 oz. pkg. frozen cut green beans, thawed

### Directions:

1. Combine all ingredients except lemon juice, 2 tsp. curry powder, and green beans in a 4-5 qt. slow cooker. Cover and cook on low for 7-8 hours until lentils, squash, and potatoes are tender when tested with a knife. Increase heat to high setting. Stir in lemon juice mixed with the second amount of curry powder, and thawed green beans. Cover and cook for 10-15 minutes until mixture is thoroughly heated and beans are tender.

Note: Instead of potatoes, mixture can be served over rice as an alternative.

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## Crockpot Chicken and Vegetables

### Ingredients:

- 1 lb. boneless and skinless chicken breast
- 3-4 carrots, sliced
- Broccoli
- 1 can cream of mushroom soup

### Directions:

1. Slice carrots and place in bottom of crockpot. Cut broccoli into 2 inch lengths, add to carrots. Lay chicken on top and layer with mushroom soup. Cook 2.5-3 hours on high.

## Chicken Oriental

### Ingredients:

- 1 chicken
- ½ c. honey
- 1 tsp. season all
- 1 pkg. frozen oriental vegetables
- 1 pkg. frozen California mix
- 1 can fancy water chestnuts
- 2 tbsp. sesame oil
- 1 can mushroom pieces

### Directions:

1. Cook chicken with honey and season all in crock pot on low 8 hours. Debone chicken, thaw vegetables and mix with liquid in crock pot. Add chestnuts, mushroom pieces and sesame oil; toss gently. Can be served over rice.