



South Carolina

Recipe Book

Vol. IV



For more ideas, visit www.SouthCarolinaBlues.com.

Table of Contents



Appetizers

Avocado With Pink Grapefruit.....	3
Garden Veggie Pizza Squares.....	4



Breakfast

Chili-Cheese Egg Casserole.....	6
Italian Sausage Frittata.....	7
Yogurt Chocolate Chip Muffins.....	8



Desserts

Chocolate Pudding “Cake”.....	10
Czech Crepes With Berries and Cream.....	11



Main Dishes

Grilled Chicken With Spinach and Melted Mozzarella.....	13
Leftover Ham Bone Soup With Potatoes and Cabbage.....	14
Pork Chops With Dijon Herb Sauce.....	15
Roast Pepper and Onion Steak.....	16
Roasted Trout With Garlic and Lemon.....	17
Shrimp Scampi Foil Packets.....	18
Shrimp Tacos.....	19
Soy Marinated Flank Steak.....	20
Spaghetti Squash Lasagna.....	21
Tex-Mex Chicken Fingers.....	22
Turkey Turnovers.....	23
Vegetarian Black Bean Chili.....	24



Side Dishes

Cornbread Stuffing.....	26
Cucumber Salad.....	27
Makeover Spinach Gratin.....	28
Garlic Cauliflower.....	29
Grilled Corn Salad With Feta.....	30
Pasta Salad.....	31
Potato and Broccoli Cakes.....	32
Roasted Asparagus.....	33
Roasted Brussels Sprouts and Butternut Squash.....	34
Sautéed Asparagus, Peppers and Mushrooms.....	35
Sweet Potato and Carrot “Tots”.....	36
Turkey Bacon-Wrapped Asparagus.....	37
Vegetarian Baked Beans.....	38



Snacks

Baked Zucchini Sticks.....	40
Dried Granola and Fruit.....	41
Easy No-Cook Salsa.....	42
Roasted Chickpeas.....	43
Trail Mix Truffles.....	44



Appetizers



Avocado With Pink Grapefruit

Makes 8 servings

Ingredients

3 ripe Hass avocados, halved, pitted, peeled and cut into bite-size pieces
1 large pink grapefruit, peeled, membrane removed from each section, pieces halved

4 sprigs cilantro, leaves only
Salt and pepper to taste

Instructions

1. In a medium bowl, gently toss the avocado and grapefruit pieces.
2. Garnish with cilantro.

3. Serve, lightly seasoned with salt and pepper.

Nutrition Facts

Serving size: 1 cup; calories per serving: 110; carbohydrate: 8g; protein: 1g; fat: 3.5g; saturated fat: 1g; sugars: 5g; dietary fiber: 2g; cholesterol: 0mg; sodium: 50mg

Source: www.diabetes.org/mfa-recipes/meal-plans



Garden Veggie Pizza Squares

Makes 48 squares

Ingredients

One 8-ounce package refrigerated crescent rolls
One 8-ounce package cream cheese, softened
One 1-ounce package ranch dressing mix
2 carrots, finely chopped

½ cup chopped red bell pepper
½ cup chopped green bell pepper
½ cup chopped fresh broccoli
½ cup chopped green onions

Instructions

1. Preheat oven to 375 degrees.
2. Roll out crescent rolls on a large non-stick baking sheet.
3. Stretch and flatten to form a rectangular shape on sheet.
4. Bake 11 to 13 minutes, or until golden brown.
5. Allow to cool.
6. In medium-size mixing bowl, beat cream cheese until softened.
7. Mix in half to whole package of ranch dressing mix according to your taste.
8. Spread the cream cheese mixture over the cooled crust.
9. Arrange carrots, bell peppers, broccoli and green onions over the top of the crust.
10. Refrigerate for 1 hour.
11. Cut into bite-sized squares and serve.

Nutrition Facts

Serving size: 2 squares; calories per serving: 75; fat: 5g; saturated fat: 0; cholesterol: 15mg; sodium: 162mg; carbohydrates: 6g; dietary fiber: 1g; protein: 2g; sugar: 0g

Recipe adapted from www.healthdiscovery.net



Breakfast



Chili-Cheese Egg Casserole

Makes 10 servings

Ingredients

10 large eggs
¼ cup flour
1 teaspoon baking powder
½ teaspoon salt

⅓ cup butter
16 ounces non-fat cottage cheese
8 ounces shredded Monterey Jack cheese
One 7-ounce can diced green chilies

Instructions

1. Whisk eggs in a large bowl.
2. Combine and stir flour, baking powder and salt, then add to eggs and blend.
3. Add remaining ingredients to eggs and stir.
4. Bake uncovered at 350 degrees in a 9-by-13-inch buttered baking dish for 45 minutes or until golden brown and set.

Nutrition Facts

Serving size: ⅒ of recipe; calories per serving: 268; carbohydrates: 6g; protein: 18g; fat: 18g; saturated fat: 9.5g; sugars: 3g; dietary fiber: 0g; cholesterol: 232mg; sodium: 530mg

Created by Kristin Scott and verified by BlueCross Food Services



Italian Sausage Frittata

Makes 2 servings

Ingredients

¼ pound Italian turkey sausage
 2 teaspoons olive oil
 ½ pound russet or baking potatoes, cut into ½-inch cubes (about 1½ cups)
 2 cups sliced onion
 2 cups washed, ready-to-eat spinach
 2 cups sliced, baby portobello mushrooms

2 teaspoons minced garlic
 2 large eggs
 5 large egg whites
 ¼ cup nonfat milk
 ½ cup fresh basil
 ¼ teaspoon freshly ground black pepper

Instructions

1. Preheat the broiler.
2. Cut the sausage into ½-inch slices.
3. Heat the oil in a medium, ovenproof, nonstick skillet over medium-high heat.
4. Add the potatoes and sauté 3 minutes.
5. Add the sausage, onion and spinach and sauté 3 minutes, stirring several times.
6. Add the mushrooms and garlic.
7. Continue to cook 1 to 2 minutes.
8. Meanwhile, whisk the whole eggs, egg whites and milk together.
9. Tear the basil into small pieces and add to the egg mixture along with the black pepper.
10. Pour egg mixture into the skillet and gently stir vegetables to make sure the egg mixture spreads throughout the pan.
11. Press the sausage and vegetables into the egg mixture. Turn the heat to low and cook 10 minutes. Frittata will be mostly cooked through.
12. Place the frittata under the broiler for 1 to 2 minutes to brown. Watch to make sure the top doesn't brown too much.
13. To serve, loosen frittata around edges, cut in half and slip each half onto an individual plate.

Nutrition Facts

Serving size: ½ frittata; calories per serving: 420; fat: 55g; saturated fat: 3.5g; cholesterol: 230 mg; sodium: 600mg; carbohydrates: 45g; dietary fiber: 6g; protein: 35g; sugar: 10g; potassium: 1,600mg

Recipe adapted from www.diabetes.org



Yogurt Chocolate Chip Muffins

Makes 4 servings

Ingredients

Cooking spray
1¾ cups cake flour
½ teaspoon baking soda
3 tablespoons unsalted butter, room temperature
⅔ cup sugar

3 large egg whites
½ tablespoon vanilla extract
1¼ cups fat-free Greek yogurt
9 tablespoons semi-sweet chocolate chips

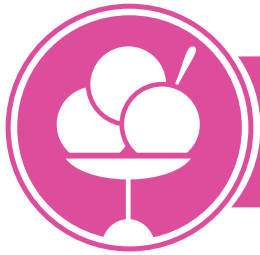
Instructions

1. Preheat oven to 375 degrees. Line a muffin tin with 12 muffin liners and spray with cooking spray.
2. Mix flour and baking soda with a whisk in a medium bowl.
3. In a large bowl, with a hand mixer, mix and cream the butter and sugar on medium setting for about 2 minutes.
4. In a small bowl, beat the egg whites and vanilla with a whisk, add to bowl with butter/sugar mixture.
5. Mix in the yogurt, then flour mixture and mix on low speed until combined, 1 minute.
6. With a spatula, fold in the chocolate chips and spoon into lined muffin tins until about ¾ filled.
7. Bake at 375 degrees, or until a toothpick inserted in the center comes out clean, about 16 to 18 minutes. Let cool before eating.

Nutrition Facts

Serving size: 1 muffin; calories per serving: 187; fat: 5.5g; saturated fat: 3.5g; cholesterol: 8mg; sodium: 256mg; carbohydrates: 30.0g; fiber: 0.5g; protein: 6.0g; sugars: 17.0g

Source: www.skinnytaste.com



Desserts



Chocolate Pudding “Cake”

Makes 12 servings

Ingredients

30 graham cracker squares (15 sheets broken in half),
divided
1.4-ounce box sugar-free, fat-free instant chocolate
pudding mix

1½ cups fat-free milk
12 ounces fat-free whipped topping, thawed and
divided
¼ cup mini chocolate chips

Instructions

1. Arrange 10 graham cracker squares, slightly overlapping, on bottom of 8-inch-square pan.
2. In a large bowl, prepare pudding according to package directions. Cool in refrigerator for 5 minutes.
3. Fold 6 ounces whipped topping into pudding and incorporate well.
4. Spread half of the pudding mixture over graham cracker squares in pan; cover with 10 of the remaining graham cracker squares. Repeat layers.
5. Refrigerate 3 hours or overnight.
6. Top dessert with remaining 6 ounces light whipped topping. Sprinkle with mini chocolate chips.

Nutrition Facts

Serving size: 1 rectangle (2x2 $\frac{2}{3}$); calories per serving: 165; carbohydrate: 29g; protein: 3g; fat: 3g; saturated fat: 1.1g; sugars: 13g; fiber: 1g; cholesterol: 0mg; sodium: 210mg

Source: www.diabetes.org/mfa-recipes/meal-plans



Czech Crepes With Berries and Cream

Makes 12 crepes

Ingredients

1 cup all-purpose or white whole wheat flour
1½ cups 1 percent milk (or milk of your choice)
2 large eggs
1 teaspoon olive or grapeseed oil
Nonstick cooking spray

For the berries:
6-ounce package blackberries
6-ounce package raspberries
12-ounce package strawberries cut in quarters
12 tablespoons light whipped cream of your choice
(or yogurt/cottage cheese)
1 teaspoon powdered sugar, for topping

Instructions

1. In a blender, blend flour, milk, eggs and oil until smooth.
2. Heat a nonstick crepe pan on medium-low heat. When hot, spray with cooking spray to coat bottom of skillet.
3. Pour ¼ cup crepe mixture into pan, swirling pan slightly to make crepe thin and smooth.
4. Cook for 1 minute or until bottom of crepe is light golden brown.
5. Flip; cook 30 seconds to 1 minute or until light golden brown.
6. Set aside on a plate and repeat with remaining crepe mixture.
7. To serve, spoon 1 tablespoon cream or your desired filling into center of each crepe.
8. Top with some berries and roll crepes.
9. Sprinkle lightly with powdered sugar and more berries on top. These are best served warm.

Nutrition Facts

Serving size: 2 crepes; calories per serving: 180; fat: 4g; saturated fat: 1g; cholesterol: 63mg; sodium: 50mg; carbohydrates: 30g; dietary fiber: 5g; protein: 7g; sugars: 10g

Source: www.healthdiscovery.net



Main Dishes



Grilled Chicken With Spinach and Melted Mozzarella

Makes 6 servings

Ingredients

24 ounces (3 large) chicken breasts sliced in half lengthwise to make 6
Kosher salt and pepper to taste
1 teaspoon olive oil
3 cloves garlic, crushed

10 ounces frozen spinach, thawed and drained
3 ounces shredded part skim mozzarella
½ cup roasted red pepper, sliced in strips (packed in water)
Olive oil spray

Instructions

1. Preheat oven to 400 degrees.
2. Season chicken with salt and pepper.
3. Lightly spray a grill or grill pan with oil.
4. Cook chicken until no longer pink, about 2 to 3 minutes per side.
5. Heat a skillet over medium heat.
6. Add oil and garlic, sauté about 30 seconds; add spinach, salt and pepper.
7. Cook until heated through, 2 to 3 minutes.
8. Place chicken on a baking sheet, divide spinach evenly among the 6 pieces and place on top.
9. Top each with ½ ounce mozzarella and roasted peppers and bake until melted, about 3 minutes

Nutrition Facts

Serving size: 1 piece; calories per serving: 195; total fat: 6g; saturated fat: 2g; cholesterol: 91mg; sodium: 183mg; carbohydrates: 3.5g; fiber: 1.5g; sugars: 0.5g; protein: 31g

Source: www.skinnytaste.com



Leftover Ham Bone Soup With Potatoes and Cabbage

Makes 6 servings

Ingredients

Cooking spray	4 cups less-sodium chicken broth
½ cup onion, chopped	10 ounces Yukon gold potatoes, peeled and diced small
2 cloves garlic, minced	1 leftover ham bone
½ cup celery, chopped	5 ounces chopped leftover ham
2 medium carrots, peeled and sliced	1 small head cabbage, cored and chopped

Instructions

1. Spray a pan with oil. Sauté the onions, celery and garlic for 4 to 5 minutes.
2. Add the chicken broth, carrots, ½ cups water, potatoes, ham bone and ham.
3. Cook covered over low heat for 1 hour, adding the cabbage during the last 10 to 15 minutes. Cook until the cabbage and vegetables are tender.

Nutrition Facts

Serving size: 1½ cups; calories per serving: 124; total fat: 2.5g; saturated fat: 1g; cholesterol: 22mg; sodium: 437mg; carbohydrates: 15.0g; fiber: 3.5g; protein: 10.5g; sugars: 4.5g

Source: www.skinnytaste.com



Pork Chops With Dijon Herb Sauce

Makes 4 servings

Ingredients

1 teaspoon butter
4 pork chops (22 ounces with bone, fat removed),
1-inch thick, trim all visible fat
½ teaspoon salt
fresh ground pepper

3 tablespoons chopped onion
¾ cup chicken stock or broth
1 tablespoon Dijon mustard
2 tablespoons chopped, fresh herbs like parsley or
chives

Instructions

1. In a large skillet, melt the butter over moderately low heat.
2. Season the pork with salt and pepper.
3. Raise heat to medium, add the chops to the pan and sauté for 7 minutes.
4. Turn and cook until chops are browned and done to medium, about 7-8 minutes longer.
5. Remove the chops and put in a warm spot.
6. Add the onion to the pan and cook, stirring, until soft, about 3 minutes. Add the stock and boil until it reduces to ½ cup, about 2 to 3 minutes.
7. Stir in the mustard, herbs and ⅛ teaspoon pepper.
8. Put the chops on a platter and pour the sauce over the meat.

Nutrition Facts

Serving size: 1 chop with sauce; calories per serving: 180; total fat: 5g; saturated fat: 2g; cholesterol: 86.5mg; sodium: 400mg; carbohydrates: 1g; fiber: 0g; sugars: 0.5g; protein: 29g

Source: www.skinnytaste.com



Roast Pepper and Onion Steak

Makes 4 servings

Ingredients

1 red pepper, halved lengthways with seeds and membranes removed
1 medium onion, peeled and sliced

1 tablespoon fresh oregano, chopped
4 small (5-ounce) ribeye steaks
cooking spray

Instructions

1. Preheat oven to 400 degrees.
2. Coat a non-stick baking pan with cooking spray.
3. Place peppers and onions on pan, sprinkle with oregano and bake 12 minutes or until lightly browned.
4. Slice the pepper into strips.
5. Grill the steak until cooked to desired doneness.
6. Serve topped with peppers and onions.

Nutrition Facts

Serving size: 1 steak; calories per serving: 237; fat: 10g; saturated fat: 4g; cholesterol: 68mg; sodium: 89mg; carbohydrates: 4g; dietary fiber: 1g; protein: 32g; sugar: 0g

Recipe adapted from www.healthdiscovery.net



Roasted Trout With Garlic and Lemon

Makes 4 servings

Ingredients

½ cup fresh basil leaves
¼ cup fresh rosemary
½ cup fresh Italian parsley
3 cloves garlic, sliced into rounds
1 whole trout, cleaned (gutted), with head and tail attached (about 1½ to 2 pounds)

2 preserved lemons (see Tip), thinly sliced with seeds removed, or fresh lemons tossed with ½ teaspoon salt
Vegetable cooking spray
½ teaspoon black pepper

Instructions

1. Preheat oven to 375 degrees.
2. Remove basil, rosemary and parsley from their stems. Mix with garlic rounds in a small bowl.
3. Cut a pocket in the trout and tuck lemons, basil, parsley and garlic inside. Lightly spray the outside of the fish with vegetable cooking spray. Sprinkle with pepper.

4. Place on a parchment-lined baking sheet and roast until the skin is nicely browned, about 30 minutes.

Tip: Preserved lemons can be purchased in your favorite gourmet store and will keep in the refrigerator for several months.

Nutrition Facts

Serving size: ¼ trout; calories per serving: 240; carbohydrate: 9g; protein: 29g; fat: 1.9g; saturated fat: 0.0g; sugars: 2g; fiber: 3g; cholesterol: 75 mg; sodium: 370mg

Source: www.diabetes.org/mfa-recipes/meal-plans



Shrimp Scampi Foil Packets

Makes 4 servings

Ingredients

Aluminum foil
4 garlic cloves: 2 grated, 2 thinly sliced
½ teaspoon kosher salt
1 tablespoon extra-virgin olive oil
40 jumbo peeled and deveined shrimp (slightly over 1 pound)

¼ cup dry white wine
1 tablespoon fresh lemon juice
4 pinches red pepper flakes
2 tablespoons unsalted butter, melted
3 tablespoons chopped parsley
1 lemon, cut into wedges

Instructions

1. Whisk the grated garlic, salt and oil in a medium bowl. Add shrimp, toss to coat and chill uncovered at least 30 minutes and up to 1 hour.
2. Make foil packets. Tear off four 16-inch sheets of aluminum foil.
3. Place 10 shrimp on the center of each foil sheet. Top each with remaining garlic slices, 1 tablespoon wine, lemon juice, pinch of red pepper flakes and ½ tablespoon melted butter.
4. Bring up the long sides of the foil, so the ends meet over the food. Double-fold the ends, leaving room for heat to circulate inside. Double-fold the two short ends to seal the packet.
5. Grill over high heat, 8 minutes. Use gloves or tongs to remove and carefully open. Top with chopped parsley. Serve with lemon wedges.

Nutrition Facts

Serving size: 1 packet; calories per serving: 224; carbohydrates: 6g; protein: 24g; fat: 11g; saturated fat: 4.5g; sugars: 0g; fiber: 1.5g; cholesterol: 188mg; sodium: 312mg

Recipe adapted from www.skinnytaste.com



Shrimp Tacos

Makes 4 servings

Ingredients

1 pound large shrimp, peeled and deveined
½ teaspoon paprika
½ teaspoon onion powder
½ teaspoon garlic powder
Dash of salt
Dash of pepper
⅓ cup mayonnaise

1 ounce lemon juice
2 jalapenos, sliced
1 cup cabbage, thinly sliced
1 teaspoon Creole seasoning
½ cup Greek yogurt
12 small flour tortillas

Instructions

1. Mix Greek yogurt, mayonnaise, lemon juice, Creole seasoning and jalapenos in a bowl to make sauce.
2. Coat shrimp in onion, garlic, paprika, salt and pepper.
3. Sauté shrimp in a non-stick pan until pink; remove from heat promptly.
4. Place shrimp, cabbage and sauce on a tortilla and enjoy.

Nutrition Facts

Serving size: 3 tacos; calories per serving: 880.5; carbohydrates: 101g; protein: 59g; fat: 12g; saturated fat: 4g; sugars: 4.5g; fiber: 4g; cholesterol: 175mg; sodium: 1404mg



Soy Marinated Flank Steak

Makes 6 servings

Ingredients

½ cup reduced-sodium soy sauce
 ¼ cup honey
 2 tablespoons vegetable oil, plus more for greasing the grill
 1 teaspoon sesame oil
 4 cloves garlic, minced
 2 teaspoons minced ginger

½ teaspoon black pepper
 ¼ teaspoon red chili pepper flakes
 2 tablespoons thinly sliced green onion, plus more for garnish
 ¾ teaspoon rice vinegar
 2 pounds flank steak

Instructions

- In a medium-size bowl, combine the soy sauce, honey, vegetable oil, sesame oil, garlic, ginger, black pepper, red chili pepper and green onions.
- Remove ¼ of the marinade and combine with the rice vinegar in a small bowl. Cover and refrigerate.
- Place the remaining marinade and steak in a 1-gallon resealable bag. Remove as much air as possible and seal the bag.
- Refrigerate for at least 1 hour and no more than 12 hours. Lay the steak flat, then flip the bag after 30 minutes.
- Remove the steak from the marinade, drain any excess liquid and transfer to a pan. Discard the marinating bag.
- Set the grill to high. Add a small amount of oil on a folded piece of paper towel, carefully greasing the grill with the oil.
- Allow the grill to preheat for 15 minutes, and once the grill is very hot, add the steak.
- Cover and cook the steak until well browned, about 4 to 5 minutes, then flip and cook until desired doneness, about 3 to 4 minutes.
- Transfer the steak to a cutting board and allow to rest for 10 minutes.
- Slice the steak against the grain into ¼-inch-thick slices. Pour the reserved marinade on top and serve hot.

Nutrition Facts

Serving size: 4 ounces; calories per serving: 279; total fat: 12.0g; saturated fat: 4.0g; cholesterol: 8mg; sodium: 454mg; total carbohydrates: 8.0g; dietary fiber: 0.5g; protein: 35.5g; sugars: 6g

Source: www.skinnytaste.com



Spaghetti Squash Lasagna

Makes 6 servings

Ingredients

6 cups, or one medium, spaghetti squash
3 cups spaghetti sauce
1 pound ground turkey
8 ounces mozzarella cheese

1 teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon onion powder

Instructions

1. Cut off spaghetti squash stem, and then cut it in half long ways.
2. Scrape out seeds.
3. Place spaghetti squash halves face down on a baking sheet in $\frac{1}{2}$ inch of water.
4. Bake at 350 degrees for 40 minutes, or until you can poke a fork through the skin.
5. Brown the ground turkey and season with the pepper, garlic and onion.
6. Scrape out spaghetti squash and place in a baking dish.
7. Top with sauce, ground turkey and cheese.
8. Bake covered at 350 degrees for 20 minutes, or until sauce bubbles.
9. Serve hot.

Nutrition Facts

Serving size: $\frac{1}{6}$ recipe; calories per serving: 190; carbohydrate: 14g; protein: 24g; fat: 8g; saturated fat: 2g; sugars: 7g; fiber: 3g; cholesterol: 80mg; sodium: 441mg

Created by Kristin Scott and verified by BlueCross Food Services



Tex-Mex Chicken Fingers

Makes 4 servings

Ingredients

Cooking spray
1/3 cup low-fat buttermilk
1 teaspoon grated lime zest
1 tablespoon fresh lime juice
1/2 cup yellow cornmeal
2 tablespoons chopped fresh cilantro
1/2 teaspoon chili powder

1/2 teaspoon ground cumin
1/2 teaspoon dried oregano, crumbled
1/8 teaspoon cayenne
1 pound boneless, skinless chicken breasts or tenders, all visible fat discarded, cut into strips if breasts

Instructions

1. Preheat oven to 400 degrees. Lightly spray an 11-by-7-by-2-inch baking dish with cooking spray.
2. In a shallow dish, whisk together the buttermilk, lime zest and lime juice. In a separate shallow dish, stir together the cornmeal, cilantro, chili powder, cumin, oregano and cayenne.
3. Set the dishes and baking dish in a row, assembly-line fashion.
4. Dip the chicken in the buttermilk mixture, then in the cornmeal mixture, turning to coat at each step and gently shaking off any excess.
5. Using your fingertips, gently press the coating mixture so it adheres to the chicken.
6. Arrange the chicken in a single layer in the baking dish. Lightly spray the chicken with cooking spray.
7. Bake for 20 – 25 minutes, or until the chicken is no longer pink in the center and the top coating is slightly crisp.

Nutrition Facts

Serving size: 3 ounces; calories per serving: 200; total fat: 4g; saturated fat: 1g; cholesterol: 70mg; sodium: 160mg; carbohydrates: 14g; dietary fiber: 1g; protein: 26g; sugar: 1g

Recipe adapted from www.diabetes.org



Turkey Turnovers

Makes 5 servings

Ingredients

1¼ cups chopped cooked turkey or chicken
One 4½-ounce can diced green chili peppers,
drained
¾ cup shredded reduced-fat Monterey Jack or
cheddar cheese
½ cup shredded carrots

½ teaspoon ground cumin
1 package of 10 refrigerated reduced-fat biscuits
Nonstick cooking spray
1 tablespoon skim milk
1 teaspoon sesame seeds

Instructions

1. For filling: In a medium mixing bowl, combine turkey or chicken, chili peppers, cheese, carrots and cumin. Set aside.
2. On a floured surface, roll each biscuit into a 5-inch circle. Place about ½ cup of filling on each of 5 of the circles, spreading to within ½ inch of edge.
3. Spray a baking sheet with cooking spray. Moisten edges of dough with water. Top with remaining circles of dough.
4. Press edges of dough together to seal in filling. Cut slits in the top of each to allow steam to escape.
5. Place turnovers on prepared baking sheet. Brush the tops with the milk and sprinkle with sesame seeds.
6. Bake the turnovers in a 400-degree oven for 12 to 14 minutes or until golden brown. Serve warm.

Nutrition Facts

Serving size: 1 turnover; calories per serving: 236; fat: 9g; saturated fat: 4g; cholesterol: 47mg; sodium: 762mg; carbohydrates: 23g; fiber: 1g; sugars: 0g; protein: 20g

Source: www.healthdiscovery.net



Vegetarian Black Bean Chili

Makes 8 servings

Ingredients

28 ounces (3.5 cups) canned, low-sodium diced tomatoes	1 teaspoon cumin
45 ounces (5.6 cups) canned, low-sodium black beans	1 teaspoon paprika
1 cup diced onion	1 teaspoon cayenne pepper
4 cups chopped bell peppers	2 teaspoons chili powder
1 teaspoon fresh pressed garlic	Diced jalapeno (optional)

Instructions

1. Place all items in a slow cooker. Cook on high for 3 hours, or low for 7-8 hours.
2. Or cook on the stovetop on medium heat for one hour.

Nutrition Facts

Serving size: 1/8 recipe; calories per serving: 224; total fat: 1.0g; saturated fat: 0g; cholesterol: 0mg; sodium: 467mg; total carbohydrates: 48.0g; dietary fiber: 13.0g; protein: 12.0g; sugars: 2g



Side Dishes



Cornbread Stuffing

Makes 8 servings

Ingredients

Vegetable oil spray
3 cups crumbled cornbread
2 cups low-sodium chicken broth
1 cup fat-free, no-salt-added cracker crumbs
3 ribs celery (1½ cups), finely chopped

1 large onion (¾ cup), finely chopped
Whites of 2 medium eggs
½ teaspoon pepper or to taste
½ teaspoon dried sage or poultry seasoning

Instructions

1. Preheat oven to 350 degrees.
2. Lightly spray a 9-inch round or square baking dish with vegetable oil spray.
3. In a large bowl, combine remaining ingredients, stirring well. Pour into baking dish. Bake, covered, for 45 minutes. Or stuff dressing loosely into cavity of 10- to 12-pound turkey just before roasting.

Nutrition Facts

Serving size: ⅛th of recipe; calories per serving: 178; fat: 4g; saturated fat: 1g; cholesterol: 9mg; sodium: 367mg; carbohydrates: 28g; fiber: 2g; protein: 6g; sugars: 0g

Source: www.healthdiscovery.net



Cucumber Salad

Makes 4 servings

Ingredients

2 cups sliced cucumber
1 small red onion, sliced
½ cup distilled white vinegar

Instructions

1. Place ingredients in a medium-sized bowl, stir and cover.
2. Refrigerate overnight.
3. Stir again, mixing water pulled from cucumbers with other ingredients.
4. Serve cold.

Nutrition Facts

Serving size: ¼ recipe; calories per serving: 15; carbohydrates: 4g; protein: .5g; fat: .1g; saturated fat: 0g; sugars: 1.6g; fiber: .6g; cholesterol: 0mg; sodium: 2mg

Created by Kristin Scott and verified by BlueCross Food Services



Makeover Spinach Gratin

Makes 13 servings

Ingredients

3 tablespoons whipped butter
1 cup finely chopped onion
¼ cup flour
¼ teaspoon fresh grated nutmeg
3 cups 2 percent milk
3 pounds (three 16-ounce packages) frozen, chopped

spinach, defrosted
¾ cup freshly grated Parmesan cheese
1 tablespoon kosher salt
½ teaspoon freshly ground black pepper
½ cup shredded Swiss or Gruyere cheese

Instructions

1. Preheat the oven to 425 degrees.
2. In a heavy-bottomed sauté pan, melt the butter over medium heat.
3. Add the onions and sauté until translucent, about 10 – 12 minutes.
4. Add the flour and nutmeg; cook 2 more minutes, stirring occasionally.
5. Add the milk and cook until thickened, about 5 – 7 minutes.
6. Squeeze as much liquid as possible from the spinach and add the spinach to the sauce.
7. Add ½ cup of the Parmesan cheese and mix well.
8. Season to taste with salt and pepper.
9. Transfer the spinach to a large baking dish and sprinkle the remaining ¼ cup Parmesan and the Swiss or Gruyere cheese on top.
10. Bake for 20 minutes until hot and bubbly. Serve hot.

Nutrition Facts

Serving size: ½ cup; calories per serving: 111; fat: 5.5g; saturated fat: 0g; cholesterol: 0mg; sodium: 287mg; carbohydrates: 9.2g; dietary fiber: 2g; protein: 7.7g; sugars: 2.6g

Source: www.skinnytaste.com



Garlic Cauliflower

Makes 4 servings

Ingredients

2 teaspoons olive oil
1¼ pounds cauliflower florets
1 medium red bell pepper, seeded and cut
into ½-inch strips

3 cloves garlic, minced
¼ teaspoon crushed red pepper
¼ cup vegetable stock or water

Instructions

1. Heat oil in a heavy, nonstick skillet over medium-high heat.
2. Sauté next four ingredients 2–3 minutes, stirring frequently.
3. Add stock, cover skillet and cook another 3–4 minutes or until cauliflower is tender.

Nutrition Facts

Serving size: 5 ounces; calories per serving: 63; fat: 3g; saturated fat: 1g; cholesterol: 0mg; sodium: 39mg; carbohydrates: 8g; dietary fiber: 4g; protein: 3g; sugar: 3g

Recipe adapted from www.healthdiscovery.net



Grilled Corn Salad With Feta

Makes 6 servings

Ingredients

6 large or 7 medium ears of corn
¼ cup chopped red onion
2 tablespoons extra-virgin olive oil
½ cup feta cheese, crumbled

Chopped fresh mint, cilantro or parsley
¼ teaspoon kosher salt
Black pepper, to taste

Instructions

1. Set the grill to medium-high. Husk the corn. Grill 10 to 12 minutes, turning often, until charred in spots. Transfer to a cutting board and set aside to cool.
2. Cut the kernels off the cob.
3. Put the corn, red onion and cheese in a medium salad bowl. Drizzle with the olive oil and toss.
4. Add the fresh herbs and toss again. Taste and add salt and pepper. Serve.

Nutrition Facts

Serving size: ⅔ cup; calories per serving: 153; carbohydrates: 18g; protein: 5g; fat: 8g; saturated fat: 3g; sugars: 5.5g; fiber: 3g; cholesterol: 18mg; sodium: 200mg

Recipe adapted from www.skinnytaste.com



Pasta Salad

Makes 8 servings

Ingredients

12 ounces tricolor rotini pasta
1 cup fat-free zesty Italian dressing
1 tablespoon pasta salad seasoning
1 cup canned chickpeas

2 cups diced cucumber
1 cup cheese crumbles
1 cup cubed turkey
½ cup diced cherry tomatoes

Instructions

1. Boil pasta until tender, then strain and cool.
2. Place ingredients in a medium-sized bowl, stir and cover.
3. Refrigerate overnight.
4. Stir again.
5. Serve cold.

Nutrition Facts

Serving size: ⅓ recipe; calories per serving: 395; carbohydrates: 59g; protein: 20g; fat: 0.8g; saturated fat: 3g; sugars: 6g; fiber: 0.7g; cholesterol: 25mg; sodium: 427mg



Potato and Broccoli Cakes

Makes 4 servings

Ingredients

1 tablespoon olive oil
2½ ounces leeks, white part only, chopped finely
2½ ounces onion, chopped finely
1 large garlic clove, chopped finely
3 ounces broccoli, chopped finely

8 ounces russet potatoes, peeled
6 tablespoons shredded cheddar Jack cheese
½ + ⅛ teaspoon kosher salt
4 tablespoons water

Instructions

1. In a medium skillet over medium heat, add the oil, leeks, onions and garlic and cook 4 minutes, until soft.
2. Meanwhile, chop the potatoes into ⅛-inch cubes.
3. Add the potatoes, ½ teaspoon salt and 2 tablespoons of water, cover and cook over medium-low heat until soft, about 10 minutes.
4. Add the broccoli, 2 more tablespoons of water, ⅛ teaspoon salt and cook, covered, for 15 minutes, stirring occasionally, until tender.
5. Let cool 10 minutes.
6. Add the cheese and roll into 4 balls, about ½ cup each. Flatten to form cakes.
7. To cook, heat a large skillet over medium heat, cook 4 to 5 minutes until the bottom is golden, gently flip and cook an additional 4 to 5 minutes.

Nutrition Facts

Serving size: 1 cake; calories per serving: 135; total fat: 6.5g; saturated fat: 2.5g; cholesterol: 9.5mg; sodium: 260mg; carbohydrates: 15.0g; fiber: 2.5g; protein: 4.5g; sugars: 2.5g

Source: www.skinnytaste.com



Roasted Asparagus

Makes 4 servings

Ingredients

1 bunch fresh asparagus
Olive oil spray

Salt, to taste
Black pepper

Instructions

1. Preheat oven to 400 degrees.
2. Wash and trim hard ends off asparagus. Place in a single layer in roasting pan.
3. Spray all over with olive oil and season with salt and pepper.
4. Roast in oven approximately 10 minutes, or until tender-crisp.

Nutrition Facts

Serving size: ¼th of recipe; calories per serving: 26; fat: 0.0g; saturated fat: 0.0g; cholesterol: 0mg; sodium: 2mg; carbohydrates: 5.0g; fiber: 2.5g; protein: 2.5g; sugars: 2.0g

Source: www.skinnytaste.com



Roasted Brussels Sprouts and Butternut Squash

Makes 6 servings

Ingredients

Kosher salt
2 tablespoons extra-virgin olive oil
16 ounces Brussels sprouts, halved
16 ounces butternut squash, peeled and diced into $\frac{3}{4}$ -inch pieces

6 sprigs fresh thyme
Fresh black pepper, to taste

Instructions

1. Preheat oven to 425 degrees. Spray a large sheet pan with oil.
2. In a large bowl, combine the Brussels sprouts, butternut squash, thyme, olive oil, $\frac{3}{4}$ teaspoon salt

- and pepper, and arrange the vegetables on the baking sheet in a single layer.
3. Bake 40 minutes, or until the vegetables are roasted and tender.

Nutrition Facts

Serving size: $\frac{2}{3}$ cup; calories per serving: 103; fat: 4.8g; saturated fat: 0.5g; cholesterol: 0mg; sodium: 22mg; carbohydrates: 15g; dietary fiber: 5g; protein: 3g; sugars: 3g

Source: www.skinnytaste.com



Sautéed Asparagus, Peppers and Mushrooms

Makes 7 servings

Ingredients

1½ tablespoons olive oil
1 pound asparagus, trimmed and cut into thirds
½ cup red onion, sliced

8 ounces baby portobello mushrooms, sliced
1 medium red bell pepper, chopped
1 clove garlic, minced

Instructions

1. Heat olive oil in a large sauté pan or wok over medium-high heat.
2. Add asparagus, onion, mushrooms and red pepper and cook for 15-18 minutes, stirring frequently.
3. Add garlic to pan and cook for 1 minute.
4. Stir vegetables and garlic to incorporate.

Nutrition Facts

Serving size: ½ cup; calories per serving: 50; fat: 3g; saturated fat: 0.4g; fiber: 1g; carbohydrates: 5g; protein: 2g; sodium: 0mg; sugars: 2g; cholesterol: 0mg

Source: www.diabetes.org



Sweet Potato and Carrot “Tots”

Makes 6 servings

Ingredients

Olive oil spray
 1 large (½ pound) sweet potato, peeled
 1 large (¼ pound) carrot, peeled
 1 large egg, lightly beaten
 ½ cup plus 2 tablespoons whole wheat panko breadcrumbs

¼ cup grated mozzarella cheese
 Freshly ground black pepper, to taste
 1 teaspoon kosher salt
 1 teaspoon onion powder
 1 teaspoon garlic powder
 ¼ teaspoon smoked paprika

Instructions

1. Preheat oven to 375 degrees and lightly spray a sheet pan with olive oil. Set aside.
2. Cut sweet potato and carrot into 3 or 4 large chunks.
3. Place them in a food processor fitted with a metal blade and process until finely chopped into rice-size pieces.
4. Heat a large skillet over medium heat, spray the pan with oil and add the chopped vegetables.
5. Cook, stirring for 5 minutes, until softened.
6. Transfer to a large bowl with the egg, panko, mozzarella, onion powder, garlic powder, smoked paprika, salt and pepper and stir with a spatula to ensure it is evenly combined.
7. With your hands, gently form sweet potato-carrot mixture into small rectangular pieces, pressing and rolling them firmly together, about 1 tablespoon each.
8. Evenly space them on prepared sheet pan, spray with olive oil and bake for 10 minutes.
9. Remove from oven, using your hands or small spatula, flip each over, put them back in the oven and bake for 10-12 more minutes, or until brown and crisp.

Nutrition Facts

Serving size: ½ cup; calories per serving: 50; fat: 3g; saturated fat: 0.4g; fiber: 1g; carbohydrates: 5g; protein: 2g; sodium: 0mg; sugars: 2g; cholesterol: 0mg

Source: www.diabetes.org



Turkey Bacon-Wrapped Asparagus

Makes 8 servings

Ingredients

40 spears of trimmed asparagus
8 slices of low-sodium turkey bacon
1 teaspoon olive oil

1 dash pepper
½ teaspoon garlic powder
½ teaspoon onion powder

Instructions

1. Toss asparagus in olive oil.
2. Sprinkle pepper, garlic powder and onion powder evenly across asparagus spears.
3. Wrap five spears in a slice of bacon.
4. Use a toothpick to hold bacon if needed.
5. Repeat until all spears and bacon slices are used.
6. Roast in the oven at 350 degrees or on the grill for 10 minutes.

Nutrition Facts

Serving size: 1 bundle; calories per serving: 46; total fat: 2.5g; saturated fat: 0.6g; cholesterol: 10mg; sodium: 75mg; total carbohydrates: 3.0g; dietary fiber: 1.5g; protein: 4.0g; sugars: 1.5g



Vegetarian Baked Beans

Makes 6 servings

Ingredients

Cooking spray
1 large onion, diced
Two 14.5-ounce cans navy beans, rinsed and drained
1 cup gluten-free vegetable broth
¼ cup no-salt-added ketchup

¼ cup low-calorie brown sugar blend
1 tablespoon gluten-free lower-sodium soy sauce
1 tablespoon Dijon mustard
1 teaspoon garlic powder

Instructions

1. Preheat the oven to 350 degrees.
2. Coat an 8-inch baking pan with cooking spray.
Set aside.
3. Mix all the ingredients in a large bowl.
4. Pour into prepared baking pan.
5. Cover and bake for 45 minutes.
6. Uncover and bake an additional 30 to 40 minutes or until thickened.

Nutrition Facts

Serving size: ½ cup; calories per serving: 175; fat: .04g; saturated fat: 0.1g; cholesterol: 0mg; sodium: 475mg; carbohydrates: 36g; dietary fiber: 9g; protein: 7g; sugar: 9g; potassium: 485mg

Recipe adapted from www.diabetes.org



Snacks



Baked Zucchini Sticks

Makes 4 servings

Ingredients

Cooking spray
4 medium (7 ounces each) zucchinis, ends trimmed,
cut into ½-inch sticks
3 large egg whites, beaten
¼ teaspoon kosher salt

Fresh black pepper, to taste
1 cup seasoned whole-wheat breadcrumbs
2 tablespoons grated Romano cheese
¼ teaspoon garlic powder
½ cup marinara sauce for dipping (optional)

Instructions

1. In a small bowl, beat egg whites and season with salt and pepper. In a zip-close bag, place breadcrumbs, garlic powder and cheese and shake well. Spray cookie sheet with cooking spray and set aside.
2. Dip zucchini sticks into eggs, then into breadcrumb-and-cheese mixture, a few at a time, and shake to coat. Place the breaded zucchini on the cookie sheet in a single layer and spray more cooking spray on top.
3. Bake at 425 degrees for about 20 – 25 minutes, or until golden brown. Serve with marinara sauce for dipping.

Nutrition Facts

Serving size: approximately 1 zucchini; calories per serving: 154; carbohydrates: 26g; protein: 9g; fat: 2g; saturated fat: 0.5g; sugars: 7g; dietary fiber: 3g; cholesterol: 0mg; sodium: 327mg

Recipe adapted from www.skinnytaste.com



Dried Granola and Fruit

Makes 8 servings

Ingredients

2 cups old-fashioned rolled oats
¼ cup sunflower seeds
Dash of salt
½ teaspoon cinnamon
2 tablespoons grapeseed oil

3 tablespoons maple syrup
½ teaspoon vanilla extract
⅓ cup dried cranberries
⅓ cup raisins

Instructions

1. Preheat oven to 300 degrees.
2. Line a baking sheet with parchment paper.
3. Mix oats, seeds, salt and cinnamon.
4. Add oil, syrup and vanilla and mix well.
5. Spread on parchment paper and bake for 15 minutes.
6. Remove and stir. Bake for another 15 minutes or until golden.
7. Let granola cool, then add raisins and dried cranberries.
8. Store in an air-tight container.

Nutrition Facts

Serving size: ⅓ of recipe; calories per serving: 185; carbohydrates: 28g; protein: 4g; fat: 7g; saturated fat: 1g; sugars: 13g; dietary fiber: 3g; cholesterol: 0mg; sodium: 21mg



Easy No-Cook Salsa

Makes 4 servings

Ingredients

¼ small onion
2 small cloves peeled garlic
½ jalapeño, seeded and membranes removed or
leave in for spicy

14.5-ounce can diced tomatoes
Handful of cilantro
Juice of 1 lime
¼ teaspoon kosher salt

Instructions

Place everything in the chopper of a food processor and pulse a few times until combined and chunky. Don't over-process.

Nutrition Facts

Serving size: ¾ cup; calories per serving: 28; total fat: 0g; saturated fat: 0g; cholesterol: 0mg; sodium: 201mg; carbohydrates: 5g; fiber: 1g; protein: 1g; sugars: 2g

Source: www.skinnytaste.com



Roasted Chickpeas

Makes 6 servings

Ingredients

1 cup of chickpeas
1 teaspoon of olive oil
1 dash pepper

½ teaspoon garlic powder
½ teaspoon onion powder

Instructions

1. In a medium bowl, gently toss chickpeas, olive oil and seasoning.
2. Space mixture out on a cookie sheet.
3. Roast at 350 degrees until peas are golden and crunchy.

Nutrition Facts

Serving size: ⅓ recipe; calories per serving: 130; total fat: 2.75g; saturated fat: 0.3g; cholesterol: 0mg; sodium: 8mg; total carbohydrates: 20.5g; dietary fiber: 6.0g; protein: 6.5g; sugars: 3.5g



Trail Mix Truffles

Makes 8 servings

Ingredients

1/3 cup dried apples
1/4 cup dried apricots
1/4 cup apple butter
2 tablespoons golden raisins
1 tablespoon reduced-fat peanut butter

1/2 cup low-fat granola
1/4 cup graham cracker crumbs, divided
1/4 cup mini chocolate chips
1 tablespoon water

Instructions

1. Blend apples, apricots, apple butter, raisins and peanut butter in food processor until smooth.
2. Stir in granola, 1 tablespoon crumbs, chocolate chips and water.
3. Place remaining crumbs in a bowl.
4. Shape tablespoonfuls of mixture into balls; roll in remaining crumbs.
5. Cover; refrigerate until ready to serve.

Nutrition Facts

Serving size: 2 truffles; calories per serving: 121; fat: 4g; saturated fat: 1g; cholesterol: 0mg; sodium: 14mg; carbohydrates: 20g; fiber: 2g; protein: 3g; sugars: 0g

Source: www.healthdiscovery.net



South Carolina

*BlueCross BlueShield of South Carolina
is an independent licensee of the
Blue Cross and Blue Shield Association*

SouthCarolinaBlues.com

*The listed sources are independent companies that provide wellness education
on behalf of BlueCross BlueShield of South Carolina.*