



*Wonders of Wellness
Miscellaneous Healthy
Recipes
2013*

Recipes

- 1. Best Ever Broccoli Salad*
- 2. Chef Meg's Herb Roasted Turkey*
- 3. Cranberry Salsa*
- 4. Grandma Rickard's Chicken & Dressing*
- 5. Leftover Turkey Soup*
- 6. Orange-Spice Glazed Carrots*
- 7. Penne Pasta Salad (multigrain)*
- 8. Spinach-Berry Salad*
- 9. Turkey Salad*

Best Ever Broccoli Salad

Prep Time: 70 minutes

Servings: 12 (1/2 cup)

Ingredients:

For the Dressing:

1 cup Fat Free Miracle Whip (can also use low fat or regular)

½ cup sugar

2 tablespoons white vinegar

For Salad:

6 cups fresh broccoli, chopped

½ cup almonds, sliced

1 30 oz. jar of bacon bits, or crumbled bacon

½ cup scallions, sliced

¼ cup raisins

Directions:



1. *Mix ingredients for dressing first, and chill for one hour.*
2. *Mix all salad ingredients together in large bowl, toss with dressing and serve.*

NOTE: *Can use pecans, and add dried cherries, cranberries, or craisins.*

Nutritional Facts:

Calories = 114.1

Fat = 1.5 g

Cholesterol = 4.4 mg

Sodium = 308 mg

Total Carbs = 23.4 g

Dietary Fiber = 2.3 g

Protein = 3.3 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=299111>

Chef Meg's Herb Roasted Turkey

Prep Time: 5 minutes

Cooking Time: 240 minutes (4 hours)

Servings: 15 (4 oz.)

Ingredients:

12 lb. turkey

1 orange

2 tablespoons olive oil

1 tablespoon rosemary

1 teaspoon thyme

1 teaspoon sage

½ teaspoon black pepper

Directions:

- 1. Pre-heat oven to 400 degrees.*
- 2. Remove the giblets and neck if they are encased within the turkey.*

3. *Rinse and pat the turkey dry.*
4. *Slice the orange in half and stuff inside the bird.*
5. *In a small bowl, combine oil and seasonings. Rub the seasonings under the skin and on top of the breast of the turkey. Rub any remaining seasonings over the entire turkey.*
6. *If the legs are not secured with a wire, tie them together with kitchen string. Place the turkey on a V-rack in a roasting pan, tucking the legs under the bird.*
7. *Roast at 400 degrees for 30 minutes; reduce oven temperature to 325 degrees and continue cooking the turkey until an internal temperature of 165 degrees is reached for the breast or 180 degrees for the leg.*
8. *Look for other indications of doneness: loose joints and juices running clear. If the turkey begins to turn dark brown before the internal temperature is met, cover the breast with foil and continue to roast.*

NOTE: *If you do not have a V-rack you can create one by placing chopped carrots, celery, and onion (about ½ cup each), under the turkey.*

Nutritional Facts:

Calories = 167.3

Fat = 5.8 g

Cholesterol = 63.8 mg

Sodium = 778.1 mg

Total Carbs = 4.1 g

Dietary Fiber = 0.7 g

Protein = 23.5

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=770718>

Cranberry Salsa

Prep Time: 15 minutes

Servings: 12

Ingredients:

1 16-oz. can whole berry cranberry sauce

1 tablespoon shallots, finely chopped

1 jalapeno chili pepper, seeded and finely diced

1 tablespoon fresh lime juice

1 tablespoon cilantro leaves, chopped



Directions:

- 1. Place all of the ingredients in a small bowl. Stir well to combine.*
- 2. Store the salsa in the refrigerator for up to 2 weeks.*
- 3. Serve at room temperature.*

Nutritional Facts:

Calories = 141.1

Fat = 0.1 g

Cholesterol = 0.0 mg

Sodium = 26.9 mg

Total Carbs = 36.4 g

Dietary Fiber = 1.0 g

Protein = 0.2 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=205630>

Grandma Rickard's Chicken and Stuffing

Prep Time: 45

Cooking Time: 60 minutes

Servings: 28 (1/2 cup)

Ingredients:

1 skillet of corn bread

4 pieces of toast, diced with scissors

1 medium onion, chopped

3 to 4 stalks of celery, chopped

3 large eggs

4 chicken breasts, boiled and shredded or diced

1 to 2 cans of chicken broth (or use broth from boiling chicken)

Poultry seasoning, sage, salt & pepper to taste (about ½ tablespoon for each)

1/3 stick butter or margarine

Directions:

1. Pre-heat oven to 350 degrees.
2. Crumble corn bread and combine with toast, chopped onion and chopped celery.
3. Add your chicken breasts, chicken broth (to taste), butter or margarine and 3 large eggs (raw or boiled).
4. Once everything is combined, you will have an easier time incorporating the seasonings. You may need to add more chicken broth at this time to make it juicy enough to withstand baking time.
5. Bake for about 60 minutes.
6. Serve with cranberry sauce and your favorite veggies.

Nutritional Facts:

Calories = 144.9

Fat = 4.2 g

Cholesterol = 47 mg

Sodium = 478.2 mg

Total Carbs = 14.2 g

Dietary Fiber = 0.6 g

Protein = 10.6 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=87501>

Leftover Turkey Soup

Prep Time: 30 minutes

Cooking Time: 240 minutes (4 hours)

Servings: 20

Ingredients:

2 small onions, diced

3 cups baby carrots, roughly chopped

2 cups celery, diced

3 cups red, yellow, green bell peppers

2 tablespoons unsalted butter

1 tablespoon dried garlic

1 tablespoon rosemary

1 tablespoon thyme

1 tablespoon sage

2 tablespoon fresh black pepper

11 cups turkey broth

10 cups leftover turkey, chopped

¼ cup whole wheat flour

Directions:

1. Pre-heat oven to 275 degrees.
2. Melt the butter in stock pot, add onions and sauté, and then add carrots, celery, bell peppers.
3. Cook for a while then add spices and mix.
4. Add 3 cups of turkey broth. Dice up the leftover turkey then add to the pot. Now add the remaining 8 cups of turkey broth and let simmer on the stove top.
5. Once the broth and everything is hot, remove 1 cup of turkey broth and add flour mix then add back to the pot.
6. Cover and place in oven to finish cooking.

Nutritional Facts:

Calories = 208.7

Fat = 6.7 g

Cholesterol = 62.5 mg

Sodium = 941.3 mg

Total Carbs = 6.4 g

Dietary Fiber = 1.4 g

Protein = 29.6 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=446610>

Orange-Spice Glazed Carrots

Cooking Time: 3 ½ to 4 hours

Servings: 6

Ingredients:

1 package (32 oz.) baby carrots

½ cup packed brown sugar

½ cup orange juice

3 tablespoon butter or margarine

¾ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

2 tablespoon cornstarch

¼ cup water

Directions:

- 1. Combine all ingredients except cornstarch and water in slow cooker.*

2. *Cover and cook on LOW for 3 ½ to 4 hours or until carrots are crisp-tender.*
3. *Spoon carrots into serving bowl.*
4. *Remove juices to small saucepan.*
5. *Heat to a boil.*
6. *Mix cornstarch and water in small bowl until blended.*
7. *Stir in saucepan. Boil 1 minute or until thickened, stirring constantly.*
8. *Pour over carrots.*

Nutritional Facts:

Calories = 87.3

Fat = 1.3 g

Cholesterol = 0.0 mg

Sodium = 26.9 mg

Total Carbs = 19.6 g

Dietary Fiber = 0.3 g

Protein = 0.2 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=15437>

Penne Pasta Salad

Prep Time: 120 minutes (2 hours)

Cooking Time: 15 minutes

Servings: 14

Ingredients:

1 (14.5 oz. box) Barilla plus Penne Pasta

2 cups fresh broccoli florets, chopped

2 cups carrots, chopped into bite-sized pieces

2 cups cherry tomatoes

½ cup Kraft Free Italian Dressing

½ cup Kraft 2% Milk Sharp Cheddar Cheese

Directions:

- 1. Cook pasta as directed.*
- 2. Place chopped broccoli and carrots into strainer.*
- 3. To drain pasta, pour it into the strainer containing the vegetables to blanch them.*
- 4. Toss vegetables and pasta and place in refrigerator until chilled.*



5. Toss other ingredients with pasta mixture and serve cold.

NOTE: Prep time above includes the time needed to chill before adding other ingredients.

Nutritional Facts:

Calories = 162.9

Fat = 2.3 g

Cholesterol = 2.9 mg

Sodium = 289.5 mg

Total Carbs = 28.3 g

Dietary Fiber = 5.4 g

Protein = 9.1 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=165256>

Spinach-Berry Salad

Prep Time: 10 minutes

Cooking Time: 2 minutes

Servings: 4 (1 ¼ cups)

Ingredients:

1/3 cup almonds, slivered

4 cups baby spinach

¾ cup strawberries, quartered

1 tablespoon balsamic vinegar

1 teaspoon Dijon mustard

1 teaspoon honey

3 tablespoon extra-virgin olive oil

1 oz. soft goat cheese

Salt and pepper to taste



Directions:

1. Place the almonds in a dry skillet or sauté pan. Cook over low heat, shaking the pan the entire time until the almonds are toasting. The almonds are done when you start to smell a “nutty” scent.
2. Remove the almonds from the pan to cool. (Do not cool in the skillet because they will burn from the heat that remains in the pan.)
3. Prepare the dressing by placing the vinegar, mustard, and honey in a mixing bowl. Slowly whisk in the oil.
4. Place the spinach in a large bowl. Add the strawberries, almonds, and dressing. Toss to coat.
5. Top with goat cheese. If desired, season with a pinch of salt and pepper.
6. Serve immediately.

Nutritional Facts:

Calories = 181.2

Fat = 16.6 g

Cholesterol = 3.3 mg

Sodium = 75.4 mg

Total Carbs = 6.4 g

Dietary Fiber = 2.3 g

Protein = 4 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=695225>

Turkey Salad

Prep Time: 20 minutes

Servings: 12 (1/4 cup)

Ingredients:

3 cups cooked turkey, chopped (light meat)

5 tablespoons Light Hidden Valley Ranch Dressing

5 tablespoons Light Mayo

1 tomato, chopped

2 celery stalks, chopped

3 tablespoons onion, chopped

1 tablespoon garlic powder (to taste)

1 tablespoon Poultry Seasoning (to taste)

Dash of pepper

Dash of salt

Directions:

- 1. Combine all ingredients.*

Nutritional Facts:

Calories = 99.4

Fat = 4.7 g

Cholesterol = 26.3 mg

Sodium = 147.6 mg

Total Carbs = 2.7 g

Dietary Fiber = 0.3 g

Protein = 11 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=227072>