



HEALTHY RECIPES

Healthy Options.
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Independent
Health.
FOUNDATION



Did you know?

Kids who eat dinner with their families 3-4 times a week have better mental health, do better in school, and have better eating habits.

HEALTHY OPTIONS COOKING AT HOME RECIPE BOOK

Start the new year with the Healthy Options Cooking at Home recipe book! These are easy and affordable recipes your whole family will love.

Checkout our website for recipe videos to follow along with local chefs and get cooking! We hope you enjoy and they become family staples in your kitchen!

Healthy Options[®]
Cooking at Home



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For more recipes scan here:



Or go to:

<https://www.healthyoptionsbuffalo.com/hop-at-home>

Sweet Potato and Bean Chili

By Chef Stephen Forman



DIRECTIONS:

1. Preheat oven at 350°F. Place cut sweet potatoes on a greased sheet pan. Bake until slightly soft, about 40 minutes.
2. Place olive oil in a medium saucepan and bring to high heat. Sauté onions and red pepper until caramelized. Add garlic and cook for another 2 minutes.
3. Add spices and sauté for another 2 minutes.
4. Add both beans and stir while seasonings and beans cook together. Add tomato sauce and petite tomatoes to pot. Cook for 45 minutes on low.
5. Add roasted potatoes and continue cooking for another 30 minutes.
6. Remove from heat and enjoy.

INGREDIENTS:

- 3 cans black beans
- 1 can garbanzo beans
- 2 sweet potatoes, peeled and cubed
- 2 red peppers, diced
- 1 onion, diced
- 15 ounce can tomato sauce
- 1 cup petite tomato in sauce
- 5 garlic cloves, minced
- 3 Tbsp. cumin
- 2 Tbsp. paprika and red pepper flakes
- 2 Tbsp. olive oil

Nutrition Facts

10 servings per container	
Serving size	1 1/2 Cup
Amount per serving	270
Calories	
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 45g	16%
Dietary Fiber 16g	57%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 5mg	30%
Potassium 997mg	20%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

SHOPPING LIST

Sweet Potato and Bean Chili

Fruit:

- No fruit this week

Vegetables:

- 2 sweet potatoes- \$0.71 each
- 2 red peppers- \$2.05 each
- 1 sweet onion- \$1.57
- 1 can petite diced tomatoes- \$1.09

Protein:

- 3 cans black beans- \$0.79 each
- 1 can garbanzo beans- \$0.79

Dairy:

- No dairy this week

Grains:

- No grains this week

Herbs, Spices & More:

- 1 head garlic- \$1.04
- 15 ounce can tomato sauce- \$1.89
- cumin, paprika, red pepper flakes
- olive oil, salt and pepper


Cooking at Home

Grocery cost: \$14.27

Recipe cost: \$13.72

Cost per meal: \$2.28

*prices found at your local Wegmans store

TURKEY BURGER SLIDERS

By Chef Andy Rusczyk



DIRECTIONS:

1. Pre-heat oven to 375 degrees F.
2. Combine ground turkey, bread crumbs, eggs and Worcestershire. Add a pinch of salt, pepper, and two minced garlic cloves. Form into 6 even sized burgers.
3. Once oven is set, place burgers on an oiled baking sheet and roast for 35 minutes. Fill a pot 3/4 full with water, place on the stove top on high.
4. Make dill sauce: place yogurt, 1 clove minced garlic, lemon juice and dill into small bowl, whisk to combine. Place in fridge until use.
5. Wash broccoli and cut florets off into equal pieces. When water is boiling, add broccoli, cook 3-4 minutes, and strain. Set aside.
6. Remove burgers from oven.
7. Wash lettuce and tomato, peel off lettuce leaves and slice tomato.
8. On your bun, add the burger, lettuce, tomato, and dill sauce. Serve with broccoli, enjoy!

INGREDIENTS:

Burgers:

- 6 whole wheat slider rolls
- 1 lb ground turkey 94/6
- 1/4 cup liquid egg
- 2 Tbsp. reduced sodium Worcestershire sauce
- 2/3 cup whole wheat bread crumbs
- 2 garlic cloves, minced
- 2 Tbsp. olive oil or cooking spray
- 1 head of lettuce
- 1 tomato
- 2 heads broccoli

Dill Sauce:

- 1 cup fat-free plain Greek yogurt
- 1 clove garlic, minced
- 1 tsp. lemon juice
- 1 1/2 Tbsp. dill, dried

Nutrition Facts

servings per container	1 Slider
Serving size	1 Slider
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 440mg	19%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 2mg	10%
Potassium 471mg	10%

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For more recipes visit
healthyoptionsbuffalo.com

SHOPPING LIST

Turkey Burger Sliders

Fruit:

- No fruit this week

Vegetables:

- 1 head iceberg lettuce - \$1.79
- 1 tomato - \$1.62
- 2 small heads of broccoli - \$2.00

Protein:

- 1 1lb ground turkey 94/6 - \$5.49
- 1 container liquid eggs- \$2.99

Dairy:

- 1 cup plain nonfat Greek yogurt - \$0.79

Grains:

- 1 package Wegman's Multigrain Slider Rolls, 12 pack - \$3.49
- 1 box wheat bread crumbs - \$1.99

Herbs, Spices & More:

- 1 bottle lemon juice - 2.49
- 1 bottle reduced sodium Worcestershire sauce - \$2.79
- garlic
- extra virgin olive oil
- dried dill

**Healthy Options**

Cooking at Home

Grocery cost: \$25.44

Recipe cost: \$15.80

Cost per meal: \$2.63

*prices found at your local Wegmans store

BANANA OAT PANCAKES



Directions:

1. Add oats, salt, cinnamon, and baking powder into a mixing bowl. Whisk together well.
2. In a separate bowl, mix together the mashed bananas, almond milk, vanilla, and eggs. Stir in the other mixture and mix well.
3. Over medium heat in a non-stick pan, coat with cooking spray. Once hot, pour about 1/4 cup of batter for each pancake into the pan. Cook for 3-5 minutes on each side.
4. Enjoy!

Note: use batter right away. If it sits too long it will thicken. Add water if needed.

Ingredients:

- 3 cups old-fashioned oats
- 3 ripe bananas, mashed
- 3 eggs or 3/4 cup egg replacement
- 1 1/2 cup almond milk
- 3/4 tsp vanilla extract
- 3/4 tsp cinnamon
- 1 tsp salt
- 1 1/2 tsp baking powder
- cooking spray

Nutrition Facts

servings per container

Serving size 2 pancakes

Amount per serving

Calories 230

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 41g 15%

Dietary Fiber 6g 21%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 1mcg 6%

Calcium 152mg 10%

Iron 2mg 10%

Potassium 455mg 10%

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SHOPPING LIST

Banana Oat Pancakes

Fruit:

- 3 bananas- \$1.27 per bunch

Vegetables:

- no vegetables this week

Protein:

- eggs- \$0.80 per half dozen

Dairy:

- almond milk- \$1.69

Grains:

- old fashioned oats- \$1.99 per 18 ounces

Herbs, Spices & More:

- vanilla extract- \$2.29
- ground cinnamon
- salt
- baking powder
- cooking spray

Grocery cost: **\$8.04**

Recipe cost: **\$2.84**

Cost per meal: **\$0.47**

*prices found at your local Wegmans store


Cooking at Home

FLATBREAD PIZZA

with a Side Salad



Ingredients:

- 6 Flatbread- Flatout brand- wheat
- 1 1/4 cup smooth marinara
- 1 cup part skim mozzarella
- 1/3 cup garlic, minced
- 1 bell pepper, chopped
- 1 large crown broccoli, chopped

For the Salad:

- 15oz bag of spring mix
- 1 bell pepper
- 1 tomato, chopped
- 1 cucumber, chopped
- 2 Tbsp. balsamic vinaigrette per serving

Optional Homemade Dressing:

1/4 cup olive oil, 3 Tbsp. balsamic vinegar,
3/4 tsp honey, 1 head garlic minced and 1
tsp. pepper

Directions:

1. Preheat oven to 375F.
2. Bring 3 cups water to boil in a large pot. Add broccoli and cook for 2 minutes. Chop when cooled down.
3. Spread marinara over the flatbread.
4. Sprinkle with 1/4 cup cheese each.
5. Top with as many veggies as you want, the greener the better!
6. Bake for 10-15 minutes.
7. Wash and chop veggies for salad.
8. Place veggies in a mixing bowl and toss with salad dressing.
9. Enjoy!

Nutrition Facts

servings per container
Serving size 1 Flatout Bread
with side salad

Amount per serving
Calories 330

% Daily Value*

Total Fat 19g	24%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 660mg	29%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 301mg	25%
Iron 2mg	10%
Potassium 230mg	4%

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SHOPPING LIST

Flatbread Pizza and Side Salad

Fruit:

- no fruits this week

Vegetables:

- 1 crown broccoli- \$1.04 per crown
- 2 bell peppers- \$1.99 each
- 1 bag of spring mix
\$1.50 per 5 ounce bag
- 1 tomato- \$0.46 each
- 1 cucumber- \$0.67 each

Protein:

- Optional: Add your own shredded chicken, ground turkey or black beans

Dairy:

- 1 bag part-skim mozzarella shredded cheese
\$2.19 per 8 ounce bag

Grains:

- Flatbread, Flatout Brand Wheat
\$3.29 per bag of 6

Herbs, Spices & More:

- Marinara Sauce
\$0.99 per jar
- 1 garlic bulb
\$0.42 per bulb
- Kens Simply Balsamic Vinaigrette
\$2.79 per bottle


Healthy Options[®]


Cooking at Home

Grocery cost: \$17.33

Recipe cost: \$16.49

Cost per meal: \$2.75

*prices found at your local Wegmans store