

Easy & Healthy Recipes

Three Cheese Chicken Penne Florentine

Ingredients

1 teaspoon olive oil
Cooking spray
3 cups thinly sliced mushrooms
1 cup chopped onion
1 cup chopped red bell pepper
3 cups chopped fresh spinach
1 tablespoon chopped fresh oregano
1/4 teaspoon freshly ground black pepper
1/4 teaspoon freshly ground black pepper
1 (16-ounce) carton 2% low-fat cottage cheese
4 cups hot cooked penne (about 8 ounces uncooked tube-shaped pasta)
2 cups shredded roasted skinless, boneless chicken breast
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese, divided
1/2 cup (2 ounces) grated fresh Parmesan cheese, divided
1/2 cup 2% reduced-fat milk
1 (10 3/4-ounce) can condensed reduced-fat, reduced-sodium cream of chicken soup, undiluted



Calories 345
Calories from fat 25 %
Fat 9.7 g
Saturated fat 5.1 g
Monounsaturated fat 3.1 g
Polyunsaturated fat 1 g
Protein 31.7 g
Carbohydrate 32.9 g
Fiber 2.1 g
Cholesterol 56 mg
Iron 2 mg
Sodium 532 mg

Preparation

Preheat oven to 425°.

Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add mushrooms, onion, and bell pepper; sauté 4 minutes or until tender. Add spinach, oregano, and black pepper; sauté 3 minutes or just until spinach wilts.

Place cottage cheese in a food processor; process until very smooth. Combine spinach mixture, cottage cheese, pasta, chicken, 3/4 cup cheddar cheese, 1/4 cup Parmesan cheese, milk, and soup in a large bowl. Spoon mixture into a 2-quart baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup cheddar cheese and remaining 1/4 cup Parmesan cheese. Bake at 425° for 25 minutes or until lightly browned and bubbly.

Cheese and Zucchini Quiche

Ingredients:

1 and 1/2 cups sliced yellow squash (2 small or 1 very large)
1 and 1/2 cups sliced zucchini (2 small or 1 very large)
1 large orange bell pepper, chopped (or any color)
2 cloves roasted garlic, chopped
1 Tablespoon ground thyme (or fresh chopped)
3 large eggs
3 large egg whites
3/4 cup milk
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2/3 cup shredded cheese
2 Tablespoons grated parmesan cheese

Directions:

Heat a large skillet over medium-high heat. Spray with nonstick spray and add

Few nutrition facts were given, but it makes six servings with 128 calories per serving with less than 8 grams of fat, the eggs would also provide good amounts of protein



sliced squash and zucchini, chopped pepper, roasted garlic, and thyme. A little pinch of salt and pepper, too. (The rest of the salt and pepper called for in the recipe goes into the egg mixture, so just use a pinch here). Stirring frequently, cook for 6-7 minutes or until veggies are tender. Spoon into a bowl and allow to cool as you prepare the egg mixture. Preheat oven to 350F degrees. Spray a 9-inch pie pan or square pan with nonstick spray. Set aside.

In a large bowl, whisk the eggs, egg whites, milk, salt, and pepper together until thoroughly combined. Arrange veggies into the prepared pan. Top with shredded cheese, then pour the egg mixture on top. Sprinkle with grated parmesan cheese.

Bake for 45 minutes or until filling is set and no longer jiggles. Cool for 10 minutes on a wire rack before slicing and serving. This quiche makes great leftovers! Store tightly covered in the refrigerator for up to 4 days.

Make it ahead: Baked quiche freezes well, up to 2 months. Thaw overnight and bake at 350F to warm up for 20 minutes, give or take.

Fresh Burrito Bowl

Ingredients

1/4 cup black beans
 1 teaspoon chicken broth
 Pinch of cumin
 Pinch of cayenne
 Pinch of garlic powder
 1/2 cup red cabbage, sliced thin
 3 ounces precooked grilled chicken breast, sliced thin
 2 tablespoons nonfat Greek yogurt
 2 tablespoons fresh salsa
 Fresh cilantro, for garnish
 Sliced green onions, for garnish



Nutrition Facts	
Serving Size 1 serving (316.1 g)	
Amount Per Serving	
Calories 350	Calories from Fat 34
	% Daily Value*
Total Fat 3.8g	6%
Saturated Fat 0.2g	1%
Trans Fat 0.0g	
Cholesterol 77mg	26%
Sodium 241mg	10%
Total Carbohydrates 36.3g	12%
Dietary Fiber 8.3g	33%
Sugars 4.4g	
Protein 42.6g	
Vitamin A 1%	Vitamin C 21%
Calcium 9%	Iron 21%

* Based on a 2000 calorie diet

Preparation

Microwave black beans with chicken broth, oregano, cumin, cayenne, and garlic powder on high for 30 to 45 seconds until heated. Set aside. Add red cabbage to your bowl, and spoon the black beans on top. Layer sliced chicken, Greek yogurt, salsa, and cilantro and green onions, and enjoy immediately!