



ST. AUGUSTINE CHURCH  
HEALTH & WELLNESS TEAM

# HEALTHY FOOD

*with delicious taste*

A Gathering of Recipes



# No Crust Quiche Lorraine

Priscilla Myers

1 ½ cups of grated cheese, swiss or cheddar

½ onion, diced

4 eggs

1 cup of milk

4 Tbsp whole wheat flour

Bacon bits

½ tsp parsley flakes, sprinkle on top before cooking

Mix together cheese, onions, eggs, milk and flour.

Add bacon bits plus any of the following:

mushrooms, broccoli, spinach, zucchini, cauliflower.

Be sure they are drained and diced.

Pour into greased 8" or 9" pan.

Bake at 300 degrees for 45 min or until done.

# Gazpacho

Cindy Sagendorf

*YIELD: 8 SERVINGS*

3 Large tomatoes, peel, remove seeds & finely chop

1 Green pepper, finely chop

1 Cucumber, peel, remove seeds & finely chop

1 cup Celery, chopped

½ cup Green onions or Vidalia onions, chopped

4 cups Low sodium tomato juice

5 tbsp olive oil

4 tbsp red wine vinegar

2 tsp salt

½ tsp pepper

Garnishes: sour cream, croutons, chopped green onion and/or chopped avocado

A summertime must for your lunch or dinner menu!

Be sure all vegetables are finely chopped. Combine all ingredients in a large non-metallic bowl. Prepare ahead in the early morning or chill overnight. Serve soup cold in glass dishes with a dollop of sour cream. Garnish with chopped green onions or avocados. Pass the croutons in a bowl. Delish!

# Easy Vegetable Minestrone Soup

Pillsbury: Fast and Healthy Cookbook

*PREP TIME 25 MIN*

*YIELD: 6 (1 ½ CUP SERVINGS)*

3 - 14 ½ oz. cans ready to serve fat free, low sodium chicken broth

1 - 14.5 or 16 oz can whole tomatoes, undrained, cut up

1 - 6 oz. can no salt added tomato paste

1 tsp dried basil

½ tsp dried thyme

¼ to ½ tsp pepper

3 oz (1 cup) uncooked rotini (spiral pasta)

2 cups frozen mixed vegetables

1 - 19 oz can cannellini or great northern beans, drained

In a large nonstick saucepan, combine broth, tomatoes, tomato paste, basil, thyme and pepper; mix well.

Bring to a boil.

Stir in all remaining ingredients. Simmer 10 - 15 minutes or until rotini and vegetables are tender. If desired, sprinkle with parmesan cheese.



# Original Fat-Burning Cabbage Soup

Weight Watchers

2 bell peppers

6 carrots

10 stalks celery

1 can green beans

1 small cabbage

3 onions

1 - 29 oz can tomatoes

Water to cover vegetables

1 - 15 oz can beef or vegetable broth

1 envelope Lipton onion soup mix

2 qts tomato or V8 juice

Cut all vegetables in about ½ inch dice. Add all but green beans, and bring to a boil. Turn down to a good simmer, cover partially with lid.

Simmer 35-45 minutes, until vegetables are tender and done to taste. Stir once or twice during cook time. Add green beans to warm them.

*Keeps 1 week in fridge. Freezes well.*

*76 calories per serving*

*16 servings*

*2 cups per serving*

# Beet Salad with Spinach, Cashews, and Goat Cheese

*SERVES ABOUT 4 AS A MAIN COURSE*

## BEET SALAD:

2 beets , cooked, sliced  
4 oz baby spinach  
½ cup cashews , roasted  
¼ cup dried cranberries  
2 oz goat cheese

## HONEY LEMON DRESSING

¼ cup olive oil  
2 tablespoons honey  
2 tablespoons lemon juice freshly squeezed

Mix dressing ingredients in a small bowl, whisking well.

Mix salad ingredients, except basil, in a medium bowl.

Add dressing, mix well.

Fold in basil, with a little left on top as garnish.



# Black Bean, Corn & Tomato Salad

Joy of Cooking - 1997

*SERVES ABOUT 4 AS A MAIN COURSE*

## SALAD

1 can corn, drained

1 can black beans, drained

1 can diced tomatoes, drained

½ red onion, diced

¼ cup fresh basil, snipped or sliced

## DRESSING

2 tbsp red wine vinegar

1 clove garlic, minced

1/8 tsp salt

Ground pepper to taste

5 tbsp olive oil

Mix dressing ingredients in a small bowl, whisking well.

Mix salad ingredients, except basil, in a medium bowl.

Add dressing, mix well.

Fold in basil, with a little left on top as garnish.

# Mediterranean Chopped Salad with Chickpeas

A Chef's Kitchen

*SERVES ABOUT 4 AS A MAIN COURSE*

- 2 cans chickpeas (15 oz), drained
- 2 pints cherry tomatoes (4 cups), halved
- 1 large English cucumber, seeded, cut into 1/2" pieces
- 1 large yellow bell pepper, seeded and chopped
- 1 medium red onion, coarsely chopped
- 1 c. pitted Kalamata olives, halved
- 1 jar marinated artichoke hearts (12 oz), chopped  
(reserve marinade)
- 1 large lemon, juiced (1/4 c.)
- 3 Tbls. red wine vinegar
- Olive oil as needed
- 1/4c fresh parsley, chopped
- 1 Tbl. fresh oregano, chopped (or 2 teas. dry)
- 1 1/2 c. crumbled feta cheese (or as desired)
- Salt and fresh ground pepper to taste
- 1/2 c. uncooked quinoa

Mix first 7 ingredients in large bowl.

Whisk together marinade (from artichoke hearts), lemon juice, red wine vinegar and olive oil (to measure 1 c.)

Pour dressing over salad. Add parsley and oregano. Stir to combine.

Add feta and serve immediately.

Can be made ahead (up to last two steps)



# One Pot Lemon Shrimp Pasta Dish

Adapted from "Tasty" by Deb Kavanagh

*PREP TIME 15 MIN / COOK TIME 15 MIN / SERVES 4*

8 oz whole grain spaghetti or linguine

2 tbsp olive oil

4-5 tbsp unsalted butter

4 cloves garlic, minced

½ - 1 tsp red pepper flakes (dep. on the heat you like)

1 ¼ lb large shrimp ( raw, cleaned, frozen from Sam's)

1 tsp oregano

4 cups baby spinach

¼ - 1/3 cup shredded parmesan

1 tbsp lemon juice

Boil pasta in large pot to al dente; drain, set aside.

While pasta is cooking, thaw shrimp under cold running water for about 5 minutes.

In same pot, heat olive oil and 2 tbsp of butter. On low heat, add garlic and red pepper flakes and cook until fragrant.

Toss in shrimp, salt and pepper to taste, stir until shrimp are pink but not completely done.

Add 4 cups spinach and cook until slightly wilted.

Return pasta to the pan, add 2 tbsp butter and parmesan, stir until well mixed and butter is melted.

When shrimp are fully cooked, add lemon juice and serve immediately.

# Garlic Butter Shrimp Scampi

*PREP TIME 5 MIN / COOK TIME 5 MIN / SERVES 4*

2 tbsp olive oil

4 tbsp butter

4-5 large cloves garlic, minced

1 ¼ lb large shrimp ( raw, cleaned, or frozen)

Salt and fresh ground pepper to taste

¼ cup dry white wine or broth

½ tsp red pepper flakes (dep. on the heat you like)

2 tbsp lemon juice

¼ cup chopped parsley

Heat olive oil and 2 tbsp of butter in a large pan or skillet. Add garlic and saute until fragrant (about 30 seconds to a minute). Then add the shrimp, season with salt and pepper to taste and saute for 1-2 minutes on one side (until just beginning to turn pink), then flip.

Pour in wine (or broth), add red pepper flakes. Bring to a simmer for 1-2 minutes or until the wine reduces by about half and the shrimp is cooked through (don't overcook the shrimp). Stir in the remaining butter, lemon juice and parsley and take off heat immediately.

Serve over rice, pasta, garlic bread or steamed vegetables (cauliflower, broccoli, or zucchini noodles).



## Harvest Pot Pie

- 1 medium onion, chopped
- 3 cloves garlic, crushed
- 2 tsp olive oil
- 1½ cups zucchini, halved and sliced
- 1 cup mushrooms, sliced
- 2 small or 1 large parsnip, peeled and cubed
- 2 small or 1 large carrot, peeled and cubed
- 1 cup frozen, organic corn
- ½ each yellow and red pepper, diced
- 1 cup frozen, organic peas
- 1 large sweet potato, peeled and cubed
- 1 8 oz. can Muir Glenn's tomato sauce
- 1 tsp succanat or honey
- 1 tsp dried oregano & chili powder
- ½ tsp dried basil
- 1 cup Soy Kaas or part skim mozzarella, shredded
- 1 cup monterey jack cheese OR
- 2 cups Soy Kaas monterey jack, shredded
- 1 tbsp spelt flour
- 1-2 whole wheat frozen pie shells (or make your own pastry substituting spelt flour for part of pastry flour)

## Harvest Pot Pie (cont.)

In a large pan, saute garlic and onion for 4 minutes, then add the next 8 ingredients. Continue to saute on medium-high heat stirring frequently until root veggies are crisp tender. You may need to add a small amount of water. Stir in next 4 ingredients, bring to boil, reduce heat and simmer uncovered for 5 minutes.

Preheat oven to 375 degrees. As the mixture is simmering, toss shredded cheeses with the flour. Turn heat off and thoroughly mix cheese and veggie mixture together.

At this point you have a choice: Spoon mixture into glass dish and cover with the pie crust or your homemade pastry; OR Spoon mixture in semi-cooked pie crust and cover with the other pie crust (or homemade pastry).

Bake in over for 35 minutes. Pastry should be slightly browned.



# Vegetarian Enchiladas

*PREP TIME 20 MIN / COOK TIME 40 MIN / SERVES 6*

12 oz Butternut squash peeled and cubed into  $\frac{1}{2}$  inch or  $\frac{3}{4}$  inch cubes

1 tbsp Olive oil

Salt and pepper

1 Small onion, diced

1 Bell pepper, diced

15 oz Black beans (canned), cooked, rinsed and drained

4 oz Mild green chiles (canned), diced

$\frac{1}{3}$  cup Salsa

10 oz Red enchilada sauce

6 Tortillas (7 or 8 inch in diameter)

$\frac{1}{2}$  cup Cheddar cheese, shredded

$\frac{1}{2}$  cup Pepper jack cheese, shredded

4 green onions chopped

Roast butternut squash. Preheat oven to 400 F. Line the baking sheet with parchment paper. Toss cubed butternut squash with 1 tablespoon of olive oil on a baking sheet. Sprinkle with salt and pepper. Spread butternut squash in a single layer on the baking sheet. Roast for 20-25 minutes, until softened.

Cook vegetables. Heat 1 tablespoon of olive oil in a large, oven-safe, high-sided skillet on medium heat. Add chopped onion and chopped bell pepper, season with salt and pepper, and cook for about 5 minutes.

## Vegetarian Enchiladas (cont.)

Make the filling. Add roasted butternut squash and black beans (rinsed under cold water and drained really well) to the same skillet with onions and bell peppers. Reserve  $\frac{1}{3}$  cup of black beans for later use. (Optional: You can reserve a very small amount of roasted butternut squash to use later for presentation purposes, if you like, to add on top of the enchiladas. Add half of the mild green chiles, reserving the other half. Mix everything well. Transfer this stuffing mixture into a large bowl.

Assemble. To the same, now empty, skillet add salsa. Add half of the reserved black beans (saving the other half for later, for presentation purposes). Add the remaining reserved mild green chiles, and half of the red enchilada sauce. Stir to combine. Stuff tortillas with the butternut squash and black bean filling from the bowl. Do not overstuff them. It's OK if you have some stuffing left. Add filled tortillas seam side down to the skillet. Top stuffed tortillas with the remaining half of enchilada sauce. If you have stuffing left - add it around and on top of the enchiladas. Top with shredded cheddar and pepper jack cheese.

Bake uncovered in the preheated oven at 400 F for about 10 or 20 minutes until the cheese melts. Remove from oven. Top with chopped green onions.

## Crock Pot Sweet Potatoes & Apples

3 Sweet potatoes, peeled and sliced

3 apples, sliced thick (not peeled)

¼ cup maple syrup

2 tbsp brown sugar

2 tbsp margarine, melted

¼ tsp cinnamon

¼ tsp nutmeg

Salt and pepper to taste

Prepare sweet potatoes and apples, and place in crock pot. Combine the remaining ingredients and pour on top of the sweet potatoes and apples. Cook on low for 4-5 hours. Serves 4-6

# Easy Grilled Vegetables

*PREP TIME 30 MIN*

*YIELD: 6*

3 tablespoons olive oil  
1 pound asparagus, trimmed  
1 pound cherry tomatoes, stemmed  
8 ounces cremini mushrooms, halved  
2 ears corn, each cut crosswise into 4 pieces  
2 zucchini, quartered lengthwise  
Kosher salt and freshly ground black pepper, to taste

## FOR THE BASIL GARLIC SAUCE

½ cup olive oil  
2 ½ tablespoons red wine vinegar  
1 teaspoon Dijon mustard  
2 cloves garlic, chopped  
⅓ cup packed fresh basil leaves  
3 tablespoons packed fresh parsley leaves  
Kosher salt and freshly ground black pepper, to taste

Preheat grill to medium heat.

To make the basil garlic sauce, combine olive oil, vinegar, Dijon, garlic, basil and parsley in the bowl of a food processor until smooth and vibrant green; season with salt and pepper, to taste. Set aside.



## Easy Grilled Vegetables (cont.)

Brush olive oil onto the asparagus, tomatoes, mushrooms, corn and zucchini; season with salt and pepper, to taste. Add vegetables to grill, and cook, turning occasionally, until lightly charred all over, about 3-4 minutes for the asparagus, tomatoes and mushrooms and about 5-8 minutes for the corn and zucchini.

Serve immediately with basil garlic sauce.