

# Good Eats

## Healthy and Affordable Recipes



Prepared by



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# Corn, Blueberry, and Wild Rice Salad

*Serves 6 people*



## Ingredients

2 tablespoons Lemon Juice  
about 1/2 lemon  
2 tablespoons Olive Oil  
2 teaspoons Honey  
1/2 teaspoon Ground Cumin  
1 teaspoon Salt  
1 1/2 cups Corn Fresh or frozen  
1 cup Blueberries fresh or frozen  
1 cup Wild Rice or 1 cup Brown  
Rice  
1 Cucumber finely diced  
1/4 cup Red Onion finely diced  
or 1/4 cup Scallions finely diced  
1/4 cup Cilantro Fresh, chopped

## Directions

Make the dressing: In a large serving bowl, combine lemon juice, olive oil, honey, cumin, and salt. Whisk together with a fork.

Add corn, blueberries, rice, cucumber, onion, and cilantro.

Stir together all ingredients to coat them evenly with dressing.

Serve immediately, or cover and refrigerate 1 hour to let flavors meld.

In a medium saucepan, bring water to a boil. Mix in wild rice and 1/2 teaspoon salt and bring back to a boil.

Reduce heat to low, cover, and simmer until rice is tender and water is absorbed, about 45 minutes.

1 cup | Calories - 157, Total Fat - 5 g, Sodium - 226 mg,  
Total Carbohydrates - 27 g, Protein - 4 g

# Zucchini with Tomatoes Tapsi

Serves 4 people



## Ingredients

1 tablespoon Olive Oil  
1/2 Onion Large, chopped  
4 cloves Garlic sliced  
1 Tomato large, sliced  
1 teaspoon Salt  
1 teaspoon Arabian Spice Blend  
4 Zucchini medium, peeled and cut into 1/2-inch thick slices  
8 ounces Tomato Sauce  
of Salt to taste  
of Black Pepper to taste

## Directions

Heat the oil in a skillet over medium-high heat.

Add the onion and garlic. Cook until onions are soft, about 3 minutes.

Turn off the burner. Add 2 tablespoons of water to the onions and garlic.

Arrange the tomato slices on top of the onions. Sprinkle with 1 tsp salt and 1 tsp spice blend.

Add the zucchini in one layer and spread the tomato sauce over top.

Cover the pan and simmer over low heat for about 10 minutes, or until the zucchini is tender.

Serve over brown rice.

3/4 cup | Calories - 112, Total Fat - 5 g, Sodium - 620 mg,  
Total Carbohydrates - 17 g, Protein - 5 g

# Grilled Fish with Mango and Coconut Salad

Serves 6 people



## Ingredients

### Dressing

- 1 1/2 tablespoons Lime Juice fresh
- 1 tablespoon Olive Oil
- 1 teaspoon Honey
- 1/2 teaspoon Crushed Red Pepper Flakes

### Fish and Salad

- 2 tablespoons Coconut Milk
- 3 cloves Garlic minced
- 1/4 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 1 pound Mahi-mahi or 1 pound Snapper Fillets or 1 pound Cod Fish
- 6 cups Salad Greens washed and torn into bite-sized pieces
- 1/4 cup Coconut Flakes toasted
- 1 Mango ripe, peeled, and diced

## Directions

In a small bowl, stir together all the ingredients for the dressing. Set aside.

In a medium bowl, stir together coconut milk, garlic, salt and pepper. Add the fish and turn to coat evenly. Let marinate 30 minutes, or refrigerate overnight.

Heat a grill, broiler, or heavy skillet. Cook fish just until tender, 3 to 5 minutes each side. Transfer fish to a cutting board and break into small pieces.

In a large bowl, combine greens, mango and fish. Drizzle in the dressing and toss gently to mix. Sprinkle with flaked coconut. Top salad with fish, and serve immediately.

2 cups | Calories - 243, Total Fat - 8.3 g, Sodium - 598 mg,  
Total Carbohydrates - Dietary Fiber 2.5 g - Protein - 23 g

# Teriyaki Meatballs

Serves 6 people



## Ingredients

1 1/2 pounds Ground Turkey for meatballs  
3/8 cup Panko Bread Crumbs for meatballs  
3/4 Egg for meatballs  
1 1/2 Green Onions thinly sliced for meatballs  
1 1/2 cloves Garlic minced for meatballs  
3/4 tablespoon Ginger freshly grated, for meatballs  
3/4 teaspoon Soy Sauce for meatballs  
1/4 cup Soy Sauce for sauce  
3/8 teaspoon White Pepper for meatballs or 3/8 teaspoon Black Pepper for meatballs  
3/4 tablespoon Cornstarch for sauce  
1 1/2 tablespoons Brown Sugar packed (for sauce)  
3/8 teaspoon Ginger Ground, for sauce  
1/4 teaspoon Garlic Powder (for sauce)  
2 1/4 tablespoons Honey (for sauce)  
1/4 cup Water (for sauce)

## Directions

Preheat oven to 400° F. In a large bowl, combine ground meat, Panko, eggs, green onions, garlic, ginger, soy sauce, and pepper.

Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1 1/4- to 1 1/2-inch meatballs. Place meatballs onto baking sheet sprayed with non-stick spray and bake until golden brown and cooked through, about 20-25 minutes.

In a small bowl, whisk together cornstarch and 1/4 cup water; set aside. In a small bowl, whisk together cornstarch and 1/4 cup water; set aside. In a small saucepan over medium heat, add soy sauce, brown sugar, ginger, garlic powder, honey, and 1/3 cup water; bring to a simmer.

Add cornstarch into mixture and stir until thickened enough to coat the back of a spoon, about 2 minutes.

Toss meatballs immediately with teriyaki sauce, garnished with green onion and sesame seeds, if desired.

3 pieces | Calories - 280, Total Fat - 11 g, Sodium - 483 mg,  
Total Carbohydrates - 18 mg, Protein - 27 g

# Kenyan-Style Braised Greens with Tomatoes

Serves 6 people



## Ingredients

1 1/2 pounds Kale approximately

2 bunches or 1 1/2 pounds

Collard Greens

3/4 tablespoon Vegetable Oil

3/4 Onion chopped

3/4 teaspoon Cumin

3/8 teaspoon Coriander Seed  
ground

3/8 teaspoon Turmeric ground

1 1/2 Tomatoes chopped

3/4 Green Chili Peppers seeds  
removed and diced (optional)

3/4 cup Water

3/4 teaspoon Salt

of Black Pepper to taste

1 1/2 tablespoons Lemon Juice  
(optional)

## Directions

Chop the greens into 1-inch strips, including the ribs.

Heat oil in a large pot. Add onion and cook for 8 minutes over medium heat.

Add cumin, coriander and turmeric.

Add tomatoes and chile (if using). Stir and cook for 2 minutes.

Add the greens, salt and pepper. Stir to combine.

Add 1 cup water and bring to a boil. Turn heat to low and cover. Cook until greens are tender, about 15 minutes.

Stir in lemon juice if desired.

Serve hot.

1 cup | Calories - 60, Total Fat - 2 g, Sodium - 324 mg,  
Total Carbohydrates - 9 g, Protein - 3 g

# Red Lentil Stew

*Serves 4 people*



## Ingredients

1/8 cup Vegetable Oil  
1/2 Onion small, finely  
chopped  
2 1/2 cloves Garlic minced  
1 tablespoons Ethiopian  
Berbere Spice Blend see  
notes below  
4 cups Water  
1 cups Lentils dried, rinsed,  
and drained  
1 tablespoons Tomato Paste  
3/8 teaspoon Salt

## Directions

In a large pot, heat oil over medium heat. Add onion and cook until tender.

Stir in garlic and berbere spice or chili powder. Cook for 1 minute.

Add water, lentils, tomato paste, and salt.

Bring to a boil. Reduce heat to low and simmer until lentils are tender, about 20 minutes (or 30 minutes for brown lentils).

Stir occasionally.

Serve hot with Ethiopian-style injera or other bread.

1 cup | Calories - 243, Total Fat - 8 g, Sodium - 599 mg,  
Total Carbohydrates - 34 g, Protein - 12 g

# Herbed Potato Salad

*Serves 6 people*



## Ingredients

1 1/2 pounds Red Potatoes cut into cubes  
1/2 cup Italian Dressing light  
1/2 tablespoon Spicy Brown Mustard  
1 tablespoon Parsley fresh, chopped  
1 teaspoon Garlic Salt  
1/4 teaspoon Black Pepper  
1/2 cup Red Bell Pepper chopped  
1/2 cup Green Bell Pepper chopped  
1/2 cup Green Onions chopped

## Directions

In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook).

Drain well and let cool.

Cut potatoes into bite-size pieces and place in a medium bowl.

In a small bowl, combine dressing, mustard, parsley, seasonings and whisk with fork; pour over potatoes and toss well.

Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

0.50 cup | Calories - 132, Total Fat - 4 g, Sodium - 441 mg,  
Total Carbohydrates - 24 g, Dietary Fiber - 4 g

# Ancho Chili and Chicken Soup

*Serves 4 people*



## Ingredients

2 dried ancho chilies, seeded and torn into pieces  
1 cup water 2½ cups low-sodium chicken broth  
2 stalks celery, chopped  
1 medium onion, peeled and chopped  
1 cup cooked, chopped chicken  
¾ cup chopped carrots  
1 teaspoon oregano  
¾ cup chopped chayote squash

## Directions

Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant.

Cover with 1 cup boiling water and let stand for 20 minutes.

Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan.

Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.

Place chilies and liquid in a blender or food processor and puree until smooth.

Add chili puree and chayote to broth mixture.

Simmer for 5 minutes more. Serve.

1 1/2 cup | Calories - 103, Total Fat - 2 g, Sodium - 408 mg,  
Total Carbohydrates - 8 g, Dietary Fiber 3 g, Protein - 13 g

# Zucchini Sauté

Serves 8 people



## Ingredients

1¼ pounds zucchini (about 3 medium zucchini)  
½ teaspoon olive oil  
1 tablespoon dried oregano  
2 cloves garlic, finely chopped  
1 teaspoon grated lemon peel  
1 tablespoon grated Parmesan cheese  
¼ teaspoon ground black pepper

## Directions

Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.

Heat oil in a heavy nonstick skillet over medium-high heat.

Add oregano and garlic, and sauté for about 2 minutes.

Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.

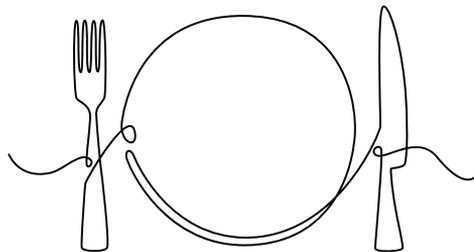
Mix in Parmesan cheese and pepper. Serve warm.

## Make it a Full Meal

Grill tomatoes

Steam spinach

Serve over brown or white rice



1 cup | Calories - 32, Total Fat - 1 g, Sodium - 31 mg, Total Carbohydrates - 5 g, Dietary Fiber - 2 g, Protein - 2 g

# Easy Turkey Skillet Dinner

*Serves 4 people*



## Ingredients

Non-stick cooking spray

$\frac{3}{4}$  pound lean ground turkey

1 medium onion, peeled and chopped

3 tomatoes, chopped

3 Tablespoons tomato paste

1 teaspoon each dried basil, oregano, and garlic powder

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon ground black pepper

2 medium zucchini, sliced

## Directions

Wash hands with warm water and soap. Wash fresh vegetables before preparing

Spray nonstick cooking spray in a large skillet.

Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.

Add tomatoes, tomato paste, and seasoning. Simmer over medium heat for 10 minutes.

Add zucchini and cook for 5 minutes more. Serve while hot.

1 cup | Calories - 143, Total Fat - 1 g, Sodium - 356 mg, Total Carbohydrates - 11 g, Dietary Fiber - 3 g, Protein - 24 g

# Hearty Vegetable Pasta (Vegetarian)

Serves 4 people



## Ingredients

1 (16-ounce) package whole grain penne pasta  
1 medium onion  
½ pound carrots, or combination of carrots and winter squash  
2 Tablespoons canola oil  
1 (26-ounce) jar marinara sauce  
1 (10-ounce) package firm tofu  
⅓ cup milk  
¼ teaspoon salt  
Dash of ground nutmeg

## Directions

Cook pasta using package directions. Prepare sauce while pasta cooks.

Peel and rinse onion.

Dice onion into ¼-inch pieces.

Rinse, peel, and grate carrots. (If using winter squash, adults should rinse and peel before passing off to children to grate.)

In a large skillet over medium-low heat, heat oil. Add onions and cook 5 minutes. Add grated carrots and cook 5 minutes more.

Add marinara sauce to vegetables. Drain tofu. Crumble into sauce. Mix well.

Raise heat to medium. Cook until sauce begins to simmer, about 7 minutes.

Pour in milk. Stir to combine.

Pour sauce over cooked, drained pasta. Just before serving, add salt and nutmeg. Stir.

¾ cup | Calories - 180, Total Fat - 4.5 g, Sodium - 250 mg,  
Total Carbohydrates - 29 g, Dietary Fiber - 3 g, Protein - 8 g

# Mexican Rice

*Serves 4 people*



## Ingredients

1 tablespoon Vegetable Oil  
1 cup Onion chopped  
14 ounces Chicken Broth Low-sodium  
1 cup White Rice  
1/2 cup Tomatoes chopped  
1/2 teaspoon Chilli Powder  
1/4 teaspoon Salt  
1 cup Corn thawed if frozen  
1 cup Mixed Vegetables peas and carrots blend

## Directions

Heat vegetable oil in a medium saucepan over medium heat.

Add onion and sauté until soft, about 5 minutes.

Stir in broth, rice, 1/2 cup tomatoes, chili powder, and salt.

Bring to a boil; reduce heat and simmer, covered, for 25 minutes

Stir in vegetables and let stand for 5 minutes.

Spoon remaining tomatoes over the top and serve.

1 1/2 cup | Calories - 200, Total Fat - 10 g, Sodium - 85 mg,  
Total Carbohydrates - 39 g, Dietary Fiber - 3 g,

# Ratatouille (dairy & gluten free)

Serves 4 people



## Ingredients

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 Tablespoons canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

## Directions

Preheat oven to 425°F.

Rinse and peel onion. Peel garlic. Rinse eggplant, zucchini, squash, and tomato.

Dice onion and eggplant into ½-inch pieces. Slice zucchini and squash into ½-inch slices. Chop tomato. Mince garlic.

In a medium bowl, add onion, eggplant, zucchini, squash, garlic, oil, basil, oregano, salt, and black pepper. Toss until veggies are well coated.

Coat baking sheet with non-stick cooking spray. Spread veggies out in a single layer so they do not touch. Bake for 20 minutes.

Remove from oven.

Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden crisp, about 15–20 minutes more.

1 ½ cup | Calories - 160, Total Fat - 11 g, Sodium - 150 mg,  
Total Carbohydrates - 16 g, Protein - 3 g

# Tropical Eye Opener

Serves 4 people



## Ingredients

1 mango, peeled, seeded, and cut into chunks

1 large banana, peeled and sliced

1 cup undrained pineapple chunks\*

3/4 cup low-fat vanilla frozen yogurt

1 cup ice cubes

\*Canned fruit in 100% fruit juice.

## Directions

Combine all ingredients in a blender container.

Blend until mixture is smooth.

Pour into glasses and serve.



To add more lean protein to this dish, consider using unflavored Greek yogurt in place of regular yogurt.

1 cup | Calories - 151, Total Fat - 1 g, Sodium - 31 mg, Total Carbohydrates - 35 g, Protein - 3 g

# Healthier Horchata

*Serves 5 people*



## Ingredients

1 cup white rice, long-grain  
uncooked

5 cups water

½ cup milk, 1%

½ tablespoon vanilla extract

1½ cup of dates, chopped and  
pitted

½ tablespoon ground cinnamon

## Directions

Soak rice in 2.5 cups of hot water for 2 hours - rice will be soft but able to be broken.

Blend together the rice, dates, water, and vanilla extract.

Strain the rice water with a fine mesh sieve into a pitcher and discard the rice.

Stir in the milk. Chill and stir before serving over ice.

Pair with spicy foods or other cinnamon flavored meals.

1 cup | Calories - 200, Total Fat - 1 g, Sodium - 13 mg, Total Carbohydrates - 50 g, Protein - 3 g

# Mixed Berry Crisp

*Serves 6 people*



## Ingredients

Nonstick cooking spray  
7 cups frozen mixed berry medley, thawed  
½ tablespoon sugar  
1 tablespoon all-purpose flour  
1½ teaspoons cornstarch  
¾ cup old-fashioned oats  
¼ cup whole wheat flour  
¼ teaspoon salt  
¼ teaspoon cinnamon  
¼ cup packed brown sugar  
⅛ teaspoon vanilla extract  
2 tablespoons chilled butter, cut into small pieces

## Directions

Place an oven rack in the middle of the oven. Preheat oven to 375°F.

In a medium bowl, mix berries, sugar, all-purpose flour, and cornstarch.

Spray a 9 x 9-inch baking dish with nonstick cooking spray. Pour fruit mixture into the baking dish.

In a medium bowl, combine oats, whole wheat flour, brown sugar, salt, cinnamon, and vanilla extract.

Mix in butter until crumbly.

Sprinkle oat mixture evenly over berry mixture.

Bake until topping is golden brown, about 45 minutes.

Serve warm or at room temperature.

1 cup | Calories - 158, Total Fat - 0 g, Sodium - 8 mg, Total Carbohydrates - 42 g, Protein - 1 g

# Fruit Salad Sundae

*Serves 4 people*



## Directions

Put fruit in a medium bowl and mix together.

Divide fruit into 4 cups or bowls.

Top with yogurt and cereal, and serve.

## Ingredients

- 1 cup sliced strawberries
- 1 cup kiwi, sliced and peeled
- 1 cup cantaloupe chunks
- ½ cup grapes
- 1 banana, peeled and sliced
- 1 (6-ounce) container of nonfat or lowfat vanilla yogurt
- ½ cup toasted oat cereal



To add more lean protein to this dish, consider using unflavored Greek yogurt in place of regular yogurt.

1 ¼ cup | Calories - 140, Total Fat - 0 g, Sodium - 55 mg, Total Carbohydrates - 32 g, Protein - 4 g

# Apple Oatmeal

*Serves 4 people*



## Ingredients

- 1<sup>3</sup>/<sub>4</sub> cups 100% apple juice
- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt (optional)

## Directions

Combine all ingredients in a medium, microwave-safe bowl.

Place in microwave uncovered and cook on high for about 2 minutes.

Stir and let cool for 1 minute before serving.

**A tasty recipe packed with good-for-you foods!**

3/4 cup | Calories - 157, Total Fat - 1 g, Sodium - 78 mg,  
Total Carbohydrates - 34 g, Protein - 3 g

All recipes sourced from EatFresh.org



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**Health Education Council (HEC) developed the cookbook to educate residents about the healthy, affordable dishes that they can prepare for their families.**

HEC believes improving the health of those living in historically under-served neighborhoods is essential to a thriving community for everyone. This takes community-wide collaboration and leveraging investment—of time, money, and resources—while building trust and opportunity. HEC activates the power of collaboration to improve health outcomes in under-served communities. To learn more about HEC please visit [healthedcouncil.org](http://healthedcouncil.org).

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