

8 Recipes for

# Healthy Eating in the New Year



FAVEHEALTHYRECIPES   



**8 Recipes for Healthy Eating in the New Year**

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8 Recipes for Healthy Eating in the New Year

Cover Photo Credits

Thanks to the following bloggers for their photos on our eCookbook cover:

Tess Gardner from Slow Cooking Kitchen

Priya Aggarwal from Recipris

Letter from the Editors

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Dear Healthy Cooking Enthusiast:

Eating healthier has never been easier. With this collection of healthy eating recipes from some of the highest-ranked bloggers, you can make memorable meals the entire family will enjoy.

This fantastic eCookbook from FaveHealthyRecipes.com, ***8 Recipes for Healthy Eating in the New Year***, provides you with the quick and easy recipes you will need to keep your family happy and keep your kitchen smelling great. Thanks to this definitive collection of delicious easy healthy recipes, keeping your family in shape in the new year has never been more fun.

The free eCookbook contains only top-notch low-calorie, low-fat and low-carb recipes, including some of the best restaurant remakes. Regardless of your reason for wanting healthy recipes, know that this list has dishes that you are sure to devour.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the delights that can be found during the a new resolution to be a healthier, happier you!

For additional healthy recipes, be sure to visit [FaveHealthyRecipes.com](http://www.FaveHealthyRecipes.com). While you're there, [subscribe to our free healthy recipes newsletter](#), *Quick and Healthy Recipes*, to get free recipes delivered to your inbox every week.

Sincerely,

*The Editors of FaveHealthyRecipes*

<http://www.FaveHealthyRecipes.com/>



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## Appetizers, Sides & Main Courses

### Lightened Up Spinach Artichoke Dip

By Priya Aggarwal from Recipris

When we found this Lightened Up Spinach Artichoke Dip, we nearly jumped for joy. This recipe doesn't include butter, sour cream, or heavy cream, like many spinach artichoke dips do. Though this recipe makes about three and a half cups, you might just finish it one sitting. This dip is perfect for just about any party and we promise that no one will be able to tell that it's "light". Enjoy!

#### Ingredients

- 14 ounces artichoke hearts packed in water, drained
- 1 1/4 cups frozen chopped spinach, thawed and squeezed (I measure it while it is still frozen)
- 2 shallots (they're like garlic and onions in one!)
- 2 cloves garlic
- 1/2 cup Greek yogurt
- 1/2 cup light mayonnaise
- 1/3 cup grated Parmesan cheese
- 1/2 cup shredded lite mozzarella cheese
- fresh rainbow peppercorns (or regular black pepper)
- olive oil spray

#### Instructions

1. Preheat oven to 375 degrees F.
2. In a small food processor, coarsely chop the artichoke hearts with the garlic and shallots.
3. Mix all the ingredients in a bowl.
4. Lightly spray baking dish with olive oil.
5. Place in an oven-proof dish and bake at 375 degrees for 20-25 minutes, until hot and cheese is melted.
6. Sprinkle fresh rainbow peppercorns.
7. Serve right away.



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## Spicy Bean Dip

By Tess Gardner from Slow Cooking Kitchen

If you are looking for the perfect appetizer recipe for any party, look no further. What's more classic than a Spicy Bean Dip recipe? Everyone needs one on file and now you can make this fantastically fresh and hearty bean dip. Filled with 3 kinds of beans, 2 kinds of cheese, olives, tomatoes and the rest of the bunch, you'll find everything you need in this dip to please a party. Enjoy!

### Ingredients

- 1/2 (15-ounce) can kidney beans, drained, rinsed
- 1/2 (15-ounce) can black beans, drained, rinsed
- 1 (15-ounce) can spicy chili beans with sauce
- 2 1/4 ounces sliced black olives, drained, rinsed
- 1 1/4 ounces package taco seasoning
- 1 cup cheddar cheese, shredded
- 1 cup Monterey Jack cheese, shredded
- 3 ripe tomatoes, diced
- 1/2 red onion, peeled, chopped
- fresh cilantro, chopped
- unsalted corn tortilla chips

### Instructions

1. In a food processor add beans, handful of tomatoes, handful of onion, 3/4 of the chopped cilantro, taco seasoning and 1/2 cup water; pulse until chunky.
2. Fill serving dish with bean mixture; top with remaining ingredients. Serve with tortilla chips.



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## Baked Sweet Potato Fries

Forgot those fatty french fries and slice up some sweet potatoes for the oven. These will satisfy your craving and are delicious with fresh herbs or a sprinkling of curry powder.

### Ingredients

- 5 pounds sweet potatoes (12 to 15 potatoes)
- 2 tablespoon chopped fresh marjoram or thyme
- 1 1/2 teaspoon salt
- 1 1/2 teaspoon freshly ground pepper

### Instructions

1. Preheat oven to 475 degrees F.
2. Peel the potatoes and cut them in half across the middle, then cut the halves lengthwise into 1/4-inch-thick slices. Put the slices into a bowl and spray well with nonstick cooking spray.
3. Add the marjoram or thyme, salt and pepper. Toss several times to coat the slices with Pam and seasonings.
4. Spread the slices evenly in a single layer on baking sheets. Bake for 8 to 10 minutes, then turn the slices and bake until slightly crisped and tender, 5 to 7 minutes longer.







## “Popcorn” Roasted Cauliflower

By [Kent Altena](#) from Atkins Diet Geek

For a light and low carb alternative to popcorn, make a batch of this "Popcorn" Roasted Cauliflower recipe from Kent Altena. You may think that you don't like cauliflower recipes, but that's because you've never tried roasted cauliflower before. This dish is a delicious low-carb alternative to popcorn.

### Ingredients

- 1 1/2 heads of cauliflower, equivalent to 6 cups
- 1/4 cup oil, preferably coconut oil
- 1 tablespoon salt
- 1 teaspoon salt free seasoning (optional)

### Instructions

1. Preheat oven to 425 degrees F. Line a sheet pan with parchment paper.
2. Chop the cauliflower down to the florets. Remove the stems and cores.
3. In a medium bowl, pour oil, salt, and salt-free seasoning. Stir until well combined. Add the cauliflower and ensure it is coated with oil.
4. Spread cauliflower out on sheet pan. Place in oven for 60 minutes. Flip or rotate cauliflower every 20 minutes until the cauliflower is golden brown. They can be slightly blackened, but do not burn too many.



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## Chunky Minestrone Soup

By Tess Gardner from Slow Cooking Kitchen

There is nothing that is healthier or more satisfying than a big, steaming bowl of Chunky Minestrone Soup. Loaded with nutrient-rich vegetables and beans, your family will leave the table feeling filled and cozy inside. There's no need to add meat to this easy vegetarian soup recipe because it is hearty enough all on its own. Have a happy meatless Monday recipe everyone.

### Ingredients

- 1/3 yellow onion, chopped
- 2 garlic cloves, minced
- 1 cup brown rice, uncooked
- 3 cups water
- 2 cups vegetable broth
- 1 can (28 oz.) crushed tomatoes
- 2 small zucchinis, cut lengthwise, sliced
- 1 can (15 oz.) cannellini beans, drained
- 1 cup baby spinach leaves
- 1 tablespoon Italian herbs

### Instructions

1. In a large saucepan, over medium heat, sauté garlic and onion in olive oil.
2. Add water, rice, vegetable broth, crushed tomatoes, and Italian herbs, cover and continue simmering for 20-25 minutes.
3. Remove lid and add cannellini beans, zucchini and spinach leaves; recover and simmer for an additional 5-7 minutes. Serve & Enjoy!



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## Roasted Tomato Basil Soup

By Tess Gardner from Slow Cooking Kitchen

There is nothing better than a streaming-hot bowl of Roasted Tomato Basil Soup. If you were a fan of the classic tomato soup with grilled cheese as a kid, or even as an adult, consider this the matured version of a lifelong favorite recipe. Whether you'd like to consider this an American classic, or a classic with an Italian twist, you will enjoy every minute of this savory and creamy soup recipe.

### Ingredients

- 8 ripe vine tomatoes
- 5 tablespoon olive oil, divided
- 1/2 yellow onion, peeled, diced
- 1 tablespoon garlic, minced
- 1 tablespoon fresh thyme, destemmed
- 28 oz low sodium crushed tomatoes
- 1/2 cup fresh basil, minced
- salt & pepper to taste (optional)
- crumbled goat cheese (optional garnish)



### Instructions

1. Preheat oven to 375 degrees F.
2. Wash 6-8 ripe vine tomatoes; remove stems and slice lengthwise. Place on baking sheet and drizzle with 3 TBS olive oil; sprinkle with salt and pepper (optional). Bake for 1 hour.
3. In a large saucepan over medium heat saute onions, garlic and thyme in 2 TBS olive oil. Continue simmering for 15 minutes before adding crushed tomatoes, basil, vegetable broth and roasted tomatoes; continue simmering for 30 minutes.
4. Carefully pour soup into blender and liquify before serving. Garnish with crumbled goat cheese (optional).





## Desserts

### Chocolate Raspberry Whoopie Pies

By [Anne Colagioia](#) from EZ Gluten Free

These Chocolate Raspberry Whoopie Pies are a delicious update to the old classic. Now in case you're not quite sure what whoopie pie is, they're like a big sandwich cookie with a cake-like consistency and a creamy filling.

#### Ingredients

- 1 1/2 cups gluten free Bisquick
- 1/2 cup cocoa powder sifted
- 1/2 cup butter, softened
- 1 1/4 cups brown sugar, firmly packed
- 1 large egg
- 1/2 cup milk
- 7 ounces Greek yogurt
- 1 teaspoon vanilla extract
- 1 teaspoon raspberry extract
- FOR THE FILLING:
- 1/2 cup butter, softened
- 1/2 cup low fat cream cheese, softened
- 1 tablespoon (heaping) of seedless raspberry jam
- 1 teaspoon raspberry extract
- 1/2 teaspoon vanilla
- 1 1/4 cups confectioner's sugar



#### Instructions

1. Preheat the oven to 350 degrees F and line two baking sheets with parchment paper.
2. In a large bowl whisk together the gluten free Bisquick and cocoa and set aside.
3. Using a stand mixer or hand mixer beat together the butter and brown sugar until light and fluffy then scrape down the bowl, add the egg and beat until well combined.
4. Scrape down the bowl again then add the milk, Greek yogurt and both the vanilla and raspberry extracts and beat until everything looks well incorporated and smooth.
5. Add the dry ingredients mixture and beat for about 2 minutes or until you have a smooth thick batter.
6. Spoon mounds of the batter onto the prepared pans. I used a large cookie scoop with a volume of just over 2 tablespoons and spaced the cakes about 2 inches apart on the sheet pan. Once the sheet is full you can use a wet finger to flatten the cookies slightly then bake them for 12-14 minutes.
7. When they're done let them rest on the pan for a minute then use a metal spatula to transfer the cakes onto a baking rack to cool completely while you make the filling.
8. For the filling beat together all of the filling ingredients except for the confectioner's sugar until smooth and fluffy. Gradually beat in the confectioner's sugar until it's well incorporated.
9. To boost the color of the filling you can beat in one drop at a time of red food coloring until you have reached a color that you're happy with.
10. Spoon a heaping tablespoon of the frosting into the center of the flat side of half the cakes, then top off the filled cakes with the remaining cakes and apply a slight gentle pressure until the filling just reaches the edge of the cakes.
11. Refrigerate the whole sheet pan of finished whoopie pies for an hour or so to firm up the frosting and serve. For a special occasion these can be dressed up by piping on a few lines of white chocolate or more of the frosting if you want.



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## Cranberry Orange Pistachio Bars

By [Anne Colagioia](#) from EZ Gluten Free

These Cranberry Orange Pistachio Bars are perfect on a holiday dessert table. They have a bottom layer of sweetened short crust pastry thats topped with a cranberry orange marmalade layer and a crumbly pistachio crumb on top.

### Ingredients

- 2 1/2 cups gluten free Bisquick
- 1 1/2 cups sugar, divided (1 ¼ cups & ¼ cup)
- 1 1/2 teaspoon cinnamon, divided (1 tsp & ½ tsp)
- 1 cup cold diced butter
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup pistachios, coarsely chopped
- 1 cup orange marmalade
- 1 tablespoon cornstarch
- 1 orange (the zest and 3 tbsp of the juice)
- 12 ounces fresh cranberries, rinsed and drained

### Instructions

1. Preheat the oven to 375 degrees F and line a 9x13 inch pan with parchment paper.
2. In a small bowl stir together the juice and zest of the orange with the cornstarch until the cornstarch is dissolved.
3. In a medium saucepan over a medium-low heat, stir together the marmalade and cornstarch slurry for about 1-2 minutes until the marmalade loosens up, the mixture is well combined and just starts to come to a boil then turn off the heat and stir in the cranberries and 1/4 cup of sugar and set aside to cool.
4. In a large bowl stir together the gluten free Bisquick with 1 ¼ cups sugar and 1 tsp of cinnamon then add the butter and using a pastry blender cut the butter into the dry mixture until the texture resembles coarse crumbs.
5. Slightly beat the eggs and vanilla together then add it to the dry mixture and stir until you have a very crumbly looking dough mixture.
6. Remove 1 cup of the crumb mixture and stir it together with the chopped pistachios and the rest of the cinnamon and set it aside.
7. Dump the remaining dough into the bottom of the prepared pan and press it firmly in place.
8. Before adding the cranberry mixture give it a quick stir to make sure that the cranberries are all well coated in the marmalade then evenly distribute it over the bottom crust layer.
9. Scatter the pistachio crumb mixture over the cranberries and bake for 50-55 minutes or until the top has a golden color.
10. Once the bars come out of the oven let them rest for 5 minutes then use a flat metal spatula to loosen the edges to ensure there will be no sticking later.
11. Cool the pan to room temperature then cover and refrigerate for 4-6 hours or until they're very well chilled. Use the parchment overhangs to lift the bars out of the pan then slice them into whatever size you want and serve.



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**Thank you to all the bloggers who made this eCookbook possible!**

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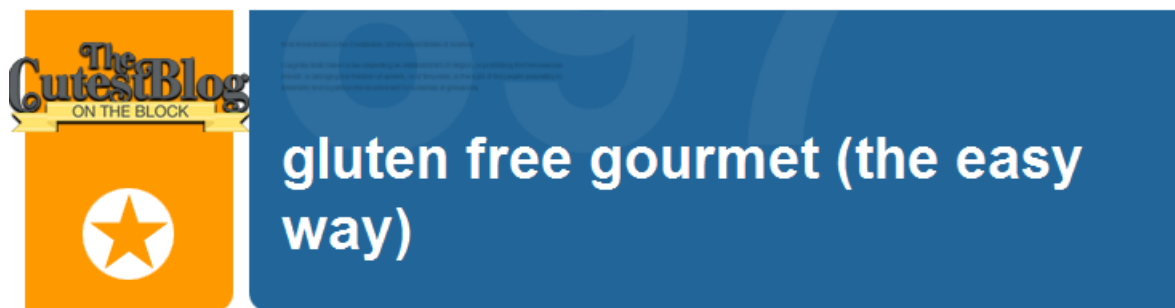
**Tess Gardner from [Slow Cooking Kitchen](#)**

Tess, a native of Eugene, Oregon, offers a wide variety of budget-friendly family recipes with video demonstrations.



**Priya Aggarwal from [Recipris](#)**

Priya is a vegetarian food blogger dedicated to making the best all-veggie dishes around. Her recipes are economical, simple, and beautiful to look at.



**Anne Colagioia of [EZ Gluten Free](#)**

Anne produces videos that showcase her own gluten free recipes in an easy to follow how-to format. She also blogs about her culinary creations on her blog aptly called, EZ Gluten Free.

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## Atkins Diet Geek Blog

Atkins Diet Success Story and Low Carb Recipes

### Kent Alena from [Atkins Diet Geek](#)

After starting a low-carb diet 7 years ago, Kent rediscovered his love to be creative in the kitchen. With most commercially prepared foods being off-limits, he initially didn't know what to make. So, he re-created a lot of old comfort foods in ways acceptable to the Atkins Diet and other low-carb diets.