

# 8 RECIPES FOR HEALTHY EATING IN THE NEW YEAR



FAVE HEALTHY RECIPES

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## FAVE HEALTHY RECIPES

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cheap eats & thrifty crafts



# LETTER FROM THE EDITOR

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Dear Healthy Cooking Enthusiast:

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

This fantastic eCookbook from FaveHealthyRecipes, *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 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 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, easy, and delicious. Make one or make several of these easy healthy recipes and discover the delights of becoming a healthier, happier you!

For additional healthy recipes, be sure to visit [FaveHealthyRecipes.com](http://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*

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## Lightened-Up Spinach Artichoke Dip

By: Priya Aggarwal from Recipris

When we found this Lightened-Up Spinach Artichoke Dip, we nearly jumped for joy. Unlike many spinach artichoke dips, this recipe doesn't include butter, sour cream, or heavy cream. Though this recipe makes about three and a half cups, you might just finish it in 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 and drained
- 1 1/4 cups frozen chopped spinach, thawed and squeezed (measure while frozen)
- 2 shallots
- 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
- 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 for 20-25 minutes or until hot and cheese is melted.
6. Sprinkle pepper on top of dish.
7. Serve immediately.



## Spicy Bean Dip

By: Tess Gardner from Slow Cooking Kitchen

If you're looking for the perfect appetizer recipe for your 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 three kinds of beans, two kinds of cheese, olives, tomatoes, and the rest of the bunch, you'll find everything you need to make a party-pleasing dip. Enjoy!

### Ingredients

- 1/2 (15-ounce) can kidney beans, drained and rinsed
- 1/2 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can spicy chili beans with sauce
- 2 1/4 ounces sliced black olives, drained and rinsed
- 1 1/4 ounce taco seasoning
- 1 cup Cheddar cheese, shredded
- 1 cup Monterey Jack cheese, shredded
- 3 ripe tomatoes, diced
- 1/2 red onion, peeled and 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, the 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.



## Baked Zucchini Chips

By: Judith Hines for FaveHealthyRecipes

These Baked Zucchini Chips make for an incredibly healthy snack. The zucchini is deliciously crispy, yet it's the seasonings that will take this recipe to the next level. Because every bite will be amazing, it'll be hard to stop snacking on these zucchini chips. Luckily this is a healthy snack, so you won't feel guilty for eating more than your share.

### Ingredients:

- 2 medium zucchini
- 1/2 teaspoon salt
- 1/4 teaspoon Italian seasoning, use more if desired

### Instructions:

1. Preheat oven to 225 degrees F.
2. Line two baking sheets with foil and spray with cooking spray.
3. Slice zucchini very thinly into circles. They should be about the size and width of a quarter. Lay them on the baking sheet and spray with more cooking spray to coat all surfaces. Sprinkle very lightly with spices and salt.
4. Bake for 45 minutes, then rearrange baking sheets in the oven and bake another 45 minutes. If the chips are not crispy enough, continue to bake. Check frequently until all of the moisture has evaporated and the chips just begin to brown.



## Hearty Chicken and White Bean Soup

By: Judith Hines for FaveHealthyRecipes

Hearty Chicken and White Bean Soup is the perfect soup for a chilly day. Warm yourself up to a big bowl of this filling and comforting soup. This easy soup recipe makes a huge batch so you can enjoy it for lunch, dinner, and leftovers the next night.

### Ingredients

- 4 skinless boneless chicken breasts
- 2 cups water
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1 cup diced onion
- 1 cup diced carrots
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 cup diced zucchini
- 1/2 cup thin julienne-cut bell peppers - red, green, yellow, or a combination
- 1 (28-ounce) can diced tomatoes, undrained
- 1 can cannellini beans, well drained
- 2 cups frozen peas

### Instructions

1. Place the chicken into a two-quart saucepan and add the water and salt. Bring to a boil, then lower heat to a simmer for 20 minutes. Remove chicken to chopping board and cut into half-inch pieces.
2. Pour the resulting broth into a measuring cup and place into the freezer for 10 minutes or until any fat rises to the top. Skim the fat and add water as necessary to make a total of 2 cups.
3. While the chicken is cooking, in a five-quart Dutch oven or soup pot, heat the oil over

medium heat. Add the onion and carrot and cook for 2 minutes. Mash the garlic with the salt and mince finely, then add to the pot with the cayenne. Cover the pot, lower the heat and cook 4 minutes.

4. Uncover, and then add the de-fatted broth, chicken, zucchini, bell peppers, tomatoes, and beans. Cover and cook 8 minutes until all vegetables are tender. Add salt and pepper to taste. Add the peas, bring to a simmer and cook one to two more minutes, then serve in deep bowls.





## 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 and 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 to 25 minutes.
3. Remove lid and add cannellini beans, zucchini and spinach leaves. Recover and simmer for an additional 5 to 7 minutes. Serve and enjoy!



## Roasted Tomato Basil Soup

By: Tess Gardner from Slow Cooking Kitchen

You are going to instantly fall in love with this Roasted Tomato Basil Soup. If you were a fan of the classic tomato soup with grilled cheese as a kid, 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 and diced
- 1 tablespoon garlic, minced
- 1 tablespoon fresh thyme, de-stemmed
- 28 ounce 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 to 8 ripe vine tomatoes; remove stems and slice lengthwise. Place on baking sheet and drizzle with 3 tablespoons olive oil and sprinkle with salt and pepper (optional). Bake for 1 hour.
3. In a large saucepan over medium heat sauté

- onions, garlic and thyme in 2 tablespoons 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 liquefy before serving. Garnish with crumbled goat cheese (optional).



## Low-Carb Cloud Cookies

By: Judith Hines for FaveHealthyRecipes

If you're on a low-carb diet, then you're probably craving a sweet chocolaty treat. Luckily, you can satisfy that craving without ruining your diet. These Low-Carb Cloud Cookies taste just like your traditional chocolate chip cookie recipe, but each cookie has only 11.4 grams of carbs. That's practically nothing!

### Ingredients

- 1/2 cup rolled oats
- 1/2 cup brown sugar, lightly packed
- 1/4 cup butter, room temperature
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup plain low-fat yogurt
- 1 egg
- 1/2 teaspoon vanilla
- 1 1/4 cup all-purpose flour
- 1 cup sugar-free chocolate chips

### Instructions

1. Preheat oven to 375 degrees F. Have ready two ungreased cookie sheets.
2. Place oats into a small food processor or in a blender and process to a fine flour. Set aside.
3. In an electric mixer, blend brown sugar with butter, baking soda, and salt until well mixed.
4. Combine yogurt, eggs, and vanilla in a small

bowl. Whisk to combine and then add to the butter mixture with the machine running. Stir in the flour, then the ground oats, and finally the chocolate chips.

5. Use a small ice cream scoop or measuring tablespoon to scoop dough onto baking sheets. Bake about 10 minutes. The bottoms should be browned but the tops will be only very lightly browned. Cool on a wire rack.



## Low-Carb Scotcheroos

By: Judith Hines for FaveHealthyRecipes

With a crisp peanut butter layer topped with a rich chocolate layer, these Low-Carb Scotcheroos are one of the tastiest dessert recipes around. If you've never tried scotcheroos before, then you're in for a real treat! Every bite will be absolutely amazing, and you'll want to save all of these bars for yourself.

### Ingredients

- 3 cups unsweetened coconut flakes
- 1/2 cup butter
- 1/2 cup natural sugar free peanut butter
- 1 cup Splenda
- 2/3 cup vanilla whey protein powder
- 1 cup coconut oil
- 2 teaspoons cocoa powder
- 3 tablespoons Splenda

### Instructions

1. Prepare a 10 x 7 inch baking pan by lining it with foil with an overhang on each of the long sides. Press the foil into the corners and smooth the surface.

2. Place the coconut flakes into a wide dry skillet and, over low heat, cook and stir for about 3 minutes until the coconut flakes begin to brown lightly around the edges. Set aside to cool.

3. In a large microwavable bowl, microwave the butter and peanut butter for 30 seconds or until melted. Stir to combine, then add in the Splenda and whey protein powder. Stir again until completely combined. Add in the coconut flakes until they are coated.

4. Use a spatula to press the coconut mixture into the pan, then lay a piece of plastic wrap on top (so your fingers do not stick to the mixture). Press to compact the mixture and get it into the corners. Smooth the top as flat as possible. Leave the plastic wrap on top, and let the dessert chill in the refrigerator for 1 hour.

5. In a ceramic bowl, melt the coconut oil in the microwave and combine with cocoa powder and Splenda.

6. Pour the chocolate layer over the peanut butter layer. Make sure the chocolate layer completely covers the peanut butter layer.

7. Chill in freezer for 10 minutes, and then these scotcheroos are ready to serve. Enjoy!

THANK YOU

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**FAVE**  
**HEALTHY**  
**RECIPES**

**The following bloggers made this  
eCookbook possible:**

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**Priya Aggarwal from Recipris**

**Tess Gardner from Slow Cooker Kitchen**



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