

The change of seasons involves a change in wardrobe. Perhaps you worry about what will and will not fit, and inevitably, the dreaded discussion about healthier eating choices.

But - healthy eating can be delicious!

Try some of these better choices, your body will thank you, and you might just be surprised at how much you like them!

Eggs and Potatoes

Prep Time: 20 min.

Cook Time: 10 min.

Servings: 4

3 T. butter
1-1/2 lbs. red potatoes, chopped
1/4 C. minced fresh parsley
2 garlic cloves, minced
3/4 tsp. kosher salt
1/8 tsp. pepper
8 lg. eggs
1/2 C. shredded extra-sharp cheddar cheese

Preheat oven to 400°. In a 10-in. cast-iron or other ovenproof skillet, heat butter over medium-high heat. Add potatoes; cook and stir until golden brown and tender. Stir in parsley, garlic, salt and pepper. With the back of a spoon, make 4 wells in the potato mixture; break 2 eggs into each well.

Bake until egg whites are completely set and yolks begin to thicken but are not hard, 9-11 minutes. Sprinkle with cheese; bake until cheese is melted, about 1 minute.

Nutrition: 1 serving: 395 calories, 23g fat (12g saturated fat), 461mg cholesterol, 651mg sodium, 29g carbohydrate (3g sugars, 3g fiber), 19g protein.

Tangy Turkey Tostadas

Prep Time: 10 min.

Cook Time: 15 min.

Servings: 8

1-1/4 lbs. lean ground turkey
3/4 C. sliced fresh mushrooms
1 med. green pepper, chopped
1 sm. onion, chopped
2 garlic cloves, minced
1 can (16 oz.) kidney beans, rinsed and drained
1 C. salsa
1 can (4 oz.) chopped green chiles
1 T. chili powder
1 tsp. ground cumin
1/2 tsp. salt
4 drops hot pepper sauce
1-1/2 C reduced-fat Mexican cheese blend
1/2 C. frozen corn, thawed
16 tostada shells
2 C. shredded lettuce
1 C. chopped tomatoes
1/4 C. minced fresh cilantro

In a large skillet, cook turkey, mushrooms, pepper and onion over medium heat 6-8 min. or until turkey is no longer pink and vegetables are tender, breaking turkey into crumbles; drain. Stir in garlic; cook 1 min. longer.

Stir in beans, salsa, green chiles, chili powder, cumin, salt and pepper sauce. Cook, uncovered, 4-5 min. or until heated through. Add cheese and corn; heat through. Spread about 1/3 C. filling over each tostada shell. Sprinkle with lettuce, tomatoes and cilantro.

Nutrition: 2 tostadas: 356 calories, 15g fat (5g saturated fat), 71mg cholesterol, 739mg sodium, 32g carbohydrate (4g sugars, 5g fiber), 25g protein.

Zucchini Crust Pizza

Prep Time: 20 min.

Cook Time: 25 min.

Servings: 6

2 C. shredded zucchini (1 to 1-1/2 med.), squeezed dry
1/2 C. egg substitute or 2 lg. eggs, lightly beaten
1/4 C. all-purpose flour
1/4 tsp. salt
2 C. shredded part-skim mozzarella cheese, divided
1/2 C. grated Parmesan cheese, divided
2 sm. tomatoes, halved and sliced
1/2 C. chopped red onion
1/2 C. julienned bell pepper
1 tsp. dried oregano

1/2 tsp. dried basil
Chopped fresh basil, optional

Preheat oven to 450°. In a large bowl, combine the first 4 ingredients; stir in 1/2 C. mozzarella cheese and 1/4 C. Parmesan cheese. Transfer to a 12-in. pizza pan coated generously with cooking spray; spread to an 11-in. circle.

Bake until crust is golden brown, 13-16 min. Reduce oven setting to 400°. Sprinkle with remaining mozzarella cheese; top with tomatoes, onion, pepper, herbs and remaining Parmesan cheese. Bake until edge is golden brown and cheese is melted, 10-15 min. Sprinkle with chopped basil if desired.

Nutrition: 1 piece: 188 calories, 10g fat (5g saturated fat), 30mg cholesterol, 514mg sodium, 12g carbohydrate (4g sugars, 1g fiber), 14g protein. **Diabetic Exchanges:** 2 vegetable, 2 lean meat, 1/2 fat.

Pineapple Chicken Fajitas

Prep Time: 20 min.
Cook Time: 20 min.
Servings: 6

2 T. coconut oil, melted
3 tsp. chili powder
2 tsp. ground cumin
1 tsp. garlic powder
3/4 tsp. kosher salt
1-1/2 lb. chicken tenderloins, halved lengthwise
1 lg. red or sweet onion, halved and sliced (about 2 C.)
1 lg. sweet red pepper, cut into 1/2-in. strips
1 lg. green pepper, cut into 1/2-in. strips
1 T. minced seeded jalapeno pepper
2 cans (8 oz. each) unsweetened pineapple tidbits, drained
2 T. honey
2 T. lime juice
12 corn tortillas (6 in.), warmed
Optional: Pico de gallo, sour cream, shredded Mexican cheese blend, sliced avocado and lime wedges

Preheat oven to 425°. In a large bowl, mix first 5 ingredients; stir in chicken. Add onion, peppers, pineapple, honey and lime juice; toss to combine. Spread evenly in 2 greased 15x10x1-in. baking pans.

Roast 10 min., rotating pans halfway through cooking. Remove pans from oven; preheat broiler.

Broil chicken mixture, 1 pan at a time, 3-4 in. from heat until vegetables are lightly browned and chicken is no longer pink, 3-5 min. Serve in tortillas, with toppings and lime wedges as desired.

Nutrition Facts: 2 fajitas: 359 calories, 8g fat (4g saturated fat), 56mg cholesterol, 372mg sodium, 45g carbohydrate (19g sugars, 6g fiber), 31g protein. **Diabetic Exchanges:** 3 starch, 3 lean meat, 1 fat.

Edible Cookie Dough

Prep: 1 min.
Cook: 1 min.
Total: 2 min.

1/4 C. butter softened to room temperature
1/4 C. brown sugar substitute
3 T. powdered sugar substitute
1 C. almond flour
2 T. almond milk
1 tsp. vanilla extract
1/2 C. chocolate chips

Add the butter, brown sugar substitute, and powdered sugar substitute in a mixing bowl. Using a hand mixer, beat together until creamy and smooth.

Add the almond flour, milk, and vanilla extract and mix well. Fold through the chocolate chips.

Cover the cookie dough and refrigerate it for 30 minutes. Keep cookie dough in an airtight container and store it in the refrigerator. Let it thaw for several minutes before enjoying.

Nutrition: 1 serving, Calories: 186kcal, Carbohydrates: 6g, Protein: 10g, Fat: 13g, Sodium: 94mg, Potassium: 16mg, Fiber: 3g, Vitamin A: 367 IU, Calcium: 72mg, Iron: 1mg, Net carbs: 3g

Healthy Chocolate Cake (Fat Free AND Sugar free!)

Prep: 5 min.
Cook: 25 min.
Total: 30 min.

1-1/2 C. all purpose flour gluten free, if necessary
1 C. granulated sweetener of choice
1/4 C. cocoa powder
1 tsp. baking soda
1/2 tsp. salt
1 T. apple cider vinegar
1 tsp. vanilla extract

6 T. unsweetened applesauce
1 C. water

Preheat the oven to 350F. Line an 8-inch springform pan with parchment paper and set aside.

In a large mixing bowl, combine your flour, granulated sweetener, cocoa powder, baking soda, and salt, and mix well.

Add your vanilla extract, apple cider vinegar, and unsweetened applesauce and mix well. Pour the water over the top and mix until fully combined.

Transfer the cake batter into the lined pan and bake for 25-30 min., or until a skewer comes out just clean.

Remove from the oven and let cool in the cake pan for 10 min., before carefully transferring to a wire rack to cool completely. Once cool, frost if desired.

Nutrition: 1 Slice Calories: 98kcal, Carbohydrates: 21g, Protein: 3g, Fat: 1g, Sodium: 306mg, Potassium: 74mg, Fiber: 2g, Vitamin C: 1mg, Calcium: 7mg, Iron: 1mg, Net carbs: 19g

2 Ingredient Fluff Cake

Prep Time: 5 min.

Cook Time: 35 min.

Total Time: 40 min.

Servings: 12

1 (16-oz) box angel food cake mix

1 (20-oz) can crushed pineapple, not drained

whipped topping for serving

chopped fruit for serving

Preheat oven to 350°F. Spray a 9x13" pan with cooking spray and set aside.

In a mixing bowl, combine the dry angel food cake mix with the crushed pineapple, juice and all. Stir well.

Pour cake batter into prepared pan and bake in preheated oven for 35-40 mins. Keep checking the cake after about 30 min. The cake will be springy to the touch when cooked through and golden brown on the top.

Let cool and then cut into squares. Serve with whipped topping and fruit. Enjoy!

Nutrition: Calories: 120kcal, Carbohydrates: 28g, Protein: 2.6g, Sodium: 193mg, Fiber: 0.7g, Sugar: 16g

Quote of the Week:

(Armed Forces Day, May 17) "America without her soldiers would be like God without His angels."

~ Claudia Pemberton