



Fit & Flavorful  
Apfelrotkohl

Recipe from Executive Chef Nick Weimer



Calories: 137    Protein: 1.8g    Carbohydrates: 25.7g    Total Fat: 3.8g  
Saturated Fat: 0.6g    Unsaturated Fat: 3.2g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 30.9mg    Fiber: 3.8g

**Yield: 4 servings (1 cup)**

Mayo Clinic Exchange: ½ fat, 2 vegetable, ½ fruit, ½ sweet

**Ingredients**

½ head red cabbage, julienne	4 peppercorns
1 apple, sliced thin	4 allspice berries
1 small yellow onion, julienne	4 whole cloves
¾ cup water	1 bay leaf
½ cup cider vinegar	½ T. corn starch
1 T. honey	½ T. cold water
1 T. molasses	Cheesecloth
1 T. olive oil	

**Preparation**

Place whole spices in a piece of cheesecloth and tie off with butchers twine. In a heavy bottom pot, caramelize onions over medium heat. Add all ingredients except cornstarch and cold water. Bring to a boil, then turn down to a gentle simmer. Cook for one hour stirring occasionally. Remove spice bag and bring back to a boil. Stir cornstarch and cold water together and add to cabbage mixture, stirring until thickened.



Fit & Flavorful  
Marinated Asparagus  
*Recipe by Executive Chef Mark Beland*



Calories: 30    Protein: 2g    Carbohydrates: 5g    Total Fat: 1g  
Saturated Fat: 0g    Unsaturated Fat: 1g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 4mg    Fiber: 2g

**Yield: 5 servings**

Mayo Clinic Pyramid Servings: 1 vegetable

**Ingredients**

1 lb. Asparagus  
2 Tbsp. balsamic vinegar  
1 tsp. black pepper  
1 tsp. olive oil  
Zest of one lemon

**Preparation**

Combine all ingredients and toss to coat asparagus. Let marinade for 1-2 hours. Cook under over broiler on high for 2-3 minutes



Fit & Flavorful  
Baby beets and carrots with dill  
*Recipe from The Mayo Clinic Cookbook*



Calories: 68    Protein: 1gm    Carbohydrates: 8gm  
Saturated Fat: 1gm    Unsaturated Fat: 2gm  
Cholesterol: 3mg    Sodium: 261mg  
(Exchange 2 vegetables, 1 fat)

Total Fat: 4gm  
Trans Fat: 1gm  
Fiber: 2gm

**Yield: 6 servings**

**Ingredients**

1 pound red and yellow baby beets, about 1 1/2 inches in diameter  
1/2 pound baby carrots, peeled  
2 teaspoons butter  
1 tablespoon extra-virgin olive oil  
1 1/2 teaspoons fresh lemon juice  
2 teaspoons chopped fresh dill, plus sprigs for garnish

**Preparation**

If the beet greens are still attached, cut them off, leaving about 1 inch of the stem intact. In a large pot fitted with a steamer basket, bring 1 inch water to a boil. Add the unpeeled beets, cover, and steam until tender, 20 to 25 minutes. Remove from the pot and let stand until cool enough to handle, then peel and cut into quarters. Set aside and keep warm. Check the pot, add water to a depth of 1 inch if necessary and return to a boil. Add the baby carrots, cover, and steam until tender, 5 to 7 minutes. If the carrots are varied sizes, cut the larger ones into halves or thirds for even cooking. Remove from the pot. In a large bowl, toss the carrots with the butter, olive oil, lemon juice and chopped dill. Add the beets, toss gently to combine, and transfer to a serving dish. Serve immediately, garnished with the dill sprigs.



Fit & Flavorful  
Baked Stuffing Meatballs  
*Recipe from Executive Chef Mark Beland*



Calories: 400    Protein: 21.4g    Carbohydrates: 57.1g    Total Fat: 10.5g  
Saturated Fat: 2.2g    Unsaturated Fat: 8.3g    Trans Fat: 0g  
Cholesterol: 19.6mg    Sodium: 748.9mg    Fiber: 10.4g  
(Mayo Clinic Pyramid Servings: 2 protein, 2 carbohydrate, 1 fruit)

**Yield: 3 servings**

**Ingredients**

2 cups stuffing  
1 cup turkey, cubed  
½ cup cranberries  
½ cup water  
1 egg white

**Preparation**

Mix stuffing, water and egg to make sticky  
Put ¼ cup of mixture in palm and flatten out  
Place piece of turkey in center with spoon of cranberries on top  
Fold up edges and pack together like snow ball  
Place all balls on baking pan covered and bake at 350° for 10 minutes, uncover  
and continue to bake until internal temp of 165° has been reached and outside is  
nicely browned and crusty.



Fit & Flavorful  
Basic Grain Pilaf  
*Recipe by Executive Chef Mark Beland*



Calories: 145    Protein: 6g    Carbohydrates: 30g    Total Fat: 1g  
Saturated Fat: 0g    Unsaturated Fat: 1g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 61mg    Fiber: 8g

**Yield: 6**

Mayo Clinic Exchange: 1 vegetable, 1 $\frac{3}{4}$  carbohydrates

**Ingredients**

1 cup dry whole grain (Rice, Barley, Wheat, etc.)	1.5 cups water
1 cup onion, diced	1 cup carrot, diced
1 cup celery, diced	$\frac{1}{4}$ cup green peas
3 cup spinach, chopped	1 tsp black pepper
1 tablespoon, Parsley, chopped	1 tablespoon garlic, minced

**Preparation**

Put all ingredients in oven proof 9X9 dish. Cover with foil and bake at 350 for 1 hour, or until all liquid is absorbed.





Fit & Flavorful  
Black Bean and Cocoa Salad  
*Recipe from Executive Chef Nick Weimer*



Calories: 206    Protein: 9.8g    Carbohydrates: 34.8g    Total Fat: 5.1g  
Saturated Fat: 0.9g    Unsaturated Fat: 4.2g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 27.5mg    Fiber: 11.4g

**Yield: 4 servings**

Mayo Clinic Exchange: 1 protein, 2 vegetable, 1 fat

**Ingredients**

2 cups cooked black beans	Juice of 1 lemon
½ cup yellow onion, diced	1 Tbsp. olive oil
2 bell peppers, diced (1 ½ cups)	1 Tbsp. honey
1 small tomato, diced (¾ cup)	
1 Tbsp. chili powder	
1 Tbsp. paprika	
½ tsp. ancho chili powder	
2 Tbsp. cocoa powder	
½ Tbsp. cumin powder	

**Preparation**

Place all ingredients in a bowl and mix thoroughly. Can also be served as a bean dip.



Fit & Flavorful  
Braised Root Vegetables  
*Recipe from Executive Chef Mark Beland*



Calories: 157    Protein: 3.3g    Carbohydrates: 31.4g    Total Fat: 0.9g  
Saturated Fat: 0.1g    Unsaturated Fat: 0.8g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 91.8mg    Fiber: 5.9g

**Yield: 8 servings – 1 cup serving size**

Mayo Clinic Exchange: 1 vegetable, 1.5 carbohydrates, 1/3 sweet

**Ingredients**

1 pound large rutabagas, diced  
1 pound large sweet potatoes, diced  
½ cup small yellow onion, diced  
2 cloves garlic, minced  
1 T. black pepper  
1 tsp. canola oil  
1 pound large carrots, diced  
½ pound large gold potatoes, diced  
½ cup celery, diced  
1 pint Irish Stout (Guinness)  
½ cup green kale, shredded

**Preparation**

Sauté onion, celery, and garlic in canola until light brown. Add diced root veggies and Irish Stout. Season with pepper and braise in a 350 degree oven for 1 hour. Serve with braising liquid and garnish with kale.



Fit & Flavorful  
Brown Jasmine Rice Pilaf  
*Recipe from Executive Chef Nick Weimer*



Calories: 112    Protein: 2.6g    Carbohydrates: 24.1g    Total Fat: 0.8g  
Saturated Fat: 0.2g    Unsaturated Fat: 0.6g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 25.7mg    Fiber: 2.1g

**Yield: 8 servings**

Mayo Clinic Exchange: 1 carbohydrate, 1 vegetable

**Ingredients**

1 cup onion, diced  
½ cup carrot, diced  
½ cup celery, diced  
1 Tbsp. garlic, minced  
1 cup vegetable stock  
1 cup water  
1 cup brown jasmine rice  
1 Tbsp. parsley, minced

**Preparation**

In a small saucepan, sweat onion, carrot, celery, and garlic until translucent. Add stock, water, rice and parsley. Cover and cook, stirring occasionally, until rice is cooked through and no liquid remains.



Fit & Flavorful  
Butternut Squash and Apple Salad  
*Recipe by Executive Chef Mark Beland*



Calories: 125    Protein: 4g    Carbohydrates: 25g    Total Fat: 2g  
Saturated Fat: 0.5g    Unsaturated Fat: 1.5g    Trans Fat: 0g  
Cholesterol: 1mg    Sodium: 95mg    Fiber: 5g

**Yield: 6**

Mayo Clinic Exchange: 2 ½ vegetables, ½ fruit, ½ carbohydrate

**Ingredients**

1 butternut squash, peeled/seeded, cut ½ in. pieces	<u>Dressing:</u>
2 tsp. olive oil	½ c. low-fat plain yogurt
2 apples of choice, cored, cut ½ inch pieces	2 tsp. balsamic vinegar
6 oz. spinach, chopped	1 ½ tsp. honey
1 ½ c. celery, chopped	1 tsp. nutmeg
6 oz. arugula, chopped	
2 c. carrots, chopped	

**Preparation**

Toss squash in olive oil, roast in 400 degree oven for 20-30 minutes until golden brown and soft. Cool completely. Place all vegetables in large bowl. Mix together yogurt, vinegar, honey and nutmeg and whisk until smooth. Pour dressing over salad and toss.



Fit & Flavorful  
Cajun Grilled Corn  
*Recipe from Executive Chef Nick Weimer*



Calories: 95    Protein: 3.5g    Carbohydrates: 19.8g    Total Fat: 2.0g  
Saturated Fat: 0.3g    Unsaturated Fat: 1.7g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 28.9mg    Fiber: 3.7g

**Yield: 4 servings (1 medium ear)**

Mayo Clinic Exchange: 1 carbohydrate

**Ingredients**

4 ears of sweet corn  
1 Tbsp. paprika  
1 tsp. chipotle or ancho chili powder  
½ Tbsp. Thyme, minced  
1 tsp. cumin powder  
1 Tbsp. chili powder  
¼ tsp. cayenne pepper

**Preparation**

Grill sweet corn in husk until dark brown to black, 30-40 minutes. Mix dry spices together thoroughly and sprinkle over grilled corn.



Fit & Flavorful  
Calico Bean Salad  
*Recipe from Chef Mark Beland*



Calories: 67    Protein: 3.8 gm    Carbohydrates: 11 gm    Total Fat: 0.8gm  
Saturated Fat: 0.1 gm    Unsaturated Fat: 0.7 gm    Trans Fat: 0 gm  
Cholesterol: 0 mg    Sodium: 21.4 mg    Fiber: 3.5 gm  
(Mayo Clinic Pyramid Servings: 1 vegetable, ½ carbohydrate)

**Yield: 12 servings**

**Ingredients**

½ c. cooked black beans	½ c. cooked pinto beans
½ c. cooked kidney beans	½ c. green beans
½ c. cooked chickpeas, or garbanzo beans	1 tsp. ground cumin
1 green bell or sweet pepper, chopped	1 carrot, shredded
½ c. sliced radish	½ c. chopped spinach
2 TBS. white wine vinegar	2 TBS. crushed tomatoes

**Preparation**

Mix all together, chill for 1 hour.



Fit & Flavorful  
Canned Asparagus  
*Recipe from Chef Richard Johnson*



Calories: 19	Protein: 2g	Carbohydrates: 4g	Total Fat: 0.1g
Saturated Fat: 0g		Unsaturated Fat: 0.1g	Trans Fat: 0g
Cholesterol: 0mg		Sodium: 2mg	Fiber: 2g

(Mayo Clinic Pyramid Servings: 1 vegetable)  
**Yield: 9 pints or 70 servings**

### Ingredients

16 lbs fresh asparagus  
8 cloves garlic, chopped  
2 whole lemons, one juiced, one sliced

### Preparation

#### Raw Pack Method:

Wash asparagus. Snap off woody stems. Trim off any tough scales. Cut in to 1 inch pieces and wash again. Pack asparagus as tightly as possible into sterilized hot jars, leaving about 1" head space. Add garlic and lemon juice, distributed between 9 jars. Add one or two slices of lemon to each jar. Pour boiling water into jars, leaving 1" head space. Cover with sterilized lids and bands. Snug down lids. Can under pressure (15lbs) for 30 minutes.



Fit & Flavorful  
Edamame & Summer Bean Salad  
*Recipe from Mayo Clinic Cookbook*



Calories:130    Protein:9 gm    Carbohydrates:12 gm    Total Fat:5 gm  
Saturated Fat:1 gm    Monounsaturated Fat: gm    Polyunsaturated Fat: gm  
Cholesterol:0 mg    Sodium:196 mg    Fiber: 4gm  
(Mayo Clinic Pyramid Servings: 1 vegetable, 1 protein)

**Yield: servings 8**

**Ingredients**

¾ pound wax beans	2 cups shelled edamame
2 green (spring) onions	2 tomatoes, seeded and diced
1 tablespoon chopped fresh basil	1 tablespoon chopped fresh basil
1 tablespoon rice vinegar	1 tablespoon fresh lime juice
1 teaspoon honey	1 teaspoon Dijon mustard
2 teaspoons olive oil	½ teaspoon salt
¼ teaspoon freshly ground black pepper	

**Preparation**

Trim the wax beans and cut crosswise into thirds. In a large pot fitted with a steamer basket, bring 1 inch water to a boil. Add the wax beans and edamame, cover and steam until both are tender-crisp, about 5 minutes. Drain, rinse with cold water and drain again.

Trim the green onions, then thinly slice on the diagonal, including the tender green tops.

In a large bowl, combine the steamed edamame and wax beans, green onions, tomatoes and basil. Toss to mix evenly.

In a small bowl, combine the vinegar, lime juice, honey and mustard. Whisk in the olive oil. Add the dressing to the vegetables and toss to coat. Season with the salt and pepper. Serve chilled or at room temperature



Fit & Flavorful  
Fresh Vegetable Noodles  
*Recipe from Executive Chef Mark Beland*



Calories: 31    Protein: 1.1g    Carbohydrates: 7.0g    Total Fat: 0.2g  
Saturated Fat: 0.1g    Unsaturated Fat: 0.1g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 44.7mg    Fiber: 2.0g

**Yield: 4 servings – 1 cup per serving**

Mayo Clinic Exchange: ¼ carbohydrate, 1 vegetable

**Ingredients**

1 cups zucchini, chopped  
1 cup carrots, chopped  
1 cup yellow squash, chopped  
1 cup celery, chopped

**Preparation**

Wash and trim ends of veggies. Create flat side by trimming a ½ inch off one side. Rest on newly created flat side, and cut into 1/8 inch planks. Stack planks in two piles and cut long way by 1/8 inch creating “spaghetti” cut vegetables. Steam veggies for 2 minutes, until tender.



Fit & Flavorful  
Fruit Kabob

*Recipe by Executive Chef Mark Beland*



Calories: 75    Protein: 1g    Carbohydrates: 20g    Total Fat: 0g  
Saturated Fat: 0g    Unsaturated Fat: 0g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 2mg    Fiber: 2g

**Yield: 6 servings**

Mayo Clinic Pyramid Servings: 1 fruit

**Ingredients**

2 c. green grapes  
2 c. strawberries, capped  
2 c. pineapple, diced  
Bamboo skewers

**Preparation**

Skewer fruit chunks alternating varieties. Serve as is or can be presented stuck in melon.

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Fit & Flavorful  
Green Bean Casserole  
*Recipe by Executive Chef Mark Beland*



Calories: 122    Protein: 5g    Carbohydrates: 20g    Total Fat: 3.5g  
Saturated Fat: 0.5g    Unsaturated Fat: 3g    Trans Fat: 0g  
Cholesterol: 1mg    Sodium: 29mg    Fiber: 6g

**Yield: 6**

Mayo Clinic Exchange: 1 vegetable, 1 carbohydrate, ½ fat

**Ingredients**

2 lbs. fresh green beans, clipped & cut in 2" pcs.    1 c. skim milk  
1 pt. crimini mushrooms, cleaned and sliced    1 yellow onion, sliced  
1 c. yellow onion, diced    1 tsp. canola oil  
½ c. celery, diced  
1 Tbsp. flour  
1 tsp. black pepper  
1 Tbsp. flour  
2 cloves garlic, minced  
1 Tbsp. canola oil

**Preparation**

Toss sliced onion in 1 tablespoon flour. Bake single layer on sheet pan at 400 degrees for 15 minutes, or until golden brown and crispy. Cool on paper towel. Heat sauté pan, add canola oil. Sauté onion, celery and garlic for 5-10 minutes until lightly brown. Add 1 tablespoon flour to pan and cook for additional 5 minutes. Add milk and bring to simmer. In separate sauté pan, sauté mushrooms and green beans in 1 teaspoon canola oil until browned. Add sauce to green beans/mushrooms and toss. Place in glass or ceramic dish. Top with crispy onions and bake at 350 degrees for 30 minutes.



Fit & Flavorful  
**Green Beans with Red Pepper  
and Garlic**



*Recipe from The New Mayo Clinic Cookbook*

Calories: 50    Protein: 2 gm    Carbohydrates: 7gm    Total Fat: 2gm  
Saturated Fat: <1gm    Unsaturated Fat: 1gm    Trans Fat: <1gm  
Cholesterol: 0.0mg    Sodium: 201 mg    Fiber: 3gm

**Yield: 6 servings**

Mayo Clinic Exchange: 2 vegetable

**Ingredients**

1 lb green beans, stems trimmed  
2 teaspoons olive oil  
1 red bell pepper (capsicum), seeded and  
cut into julienne  
1/2 teaspoon chile paste or red pepper  
flakes  
1 clove garlic, finely chopped  
1 teaspoon sesame oil  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black  
pepper

**Preparation**

Cut the beans into 2-inch (5-cm) pieces. Bring a large saucepan three-fourths full of water to a boil. Add the beans and cook until they turn bright green and are tender-crisp, 1–3 minutes. Drain the beans, then plunge them into a bowl of ice water to stop the cooking. Drain again and set aside.

In a large frying pan, heat the olive oil over medium heat. Add the bell pepper and toss and stir for about 1 minute. Add the beans and sauté for 1 minute longer. Add the chile paste and garlic and toss and stir for 1 minute longer. The beans will be tender and bright green. Drizzle with the sesame oil and season with the salt and black pepper.

Serve immediately.



Fit & Flavorful  
Grilled Vegetables  
*Recipe from Chef Richard Johnson*



Calories: 78    Protein: 2gm    Carbohydrates: 8gm    Total Fat: 5gm  
Saturated Fat: <1gm    Unsaturated Fat: 4gm    Trans Fat: 0gm  
Cholesterol: 0mg    Sodium: 12mg    Fiber: 2gm  
(Mayo Clinic Pyramid Servings: 1 vegetable and 1 fat)  
**Yield: 4 servings**

**Ingredients**

**Marinade:**

4 tsp canola oil  
2 Tbsp balsamic vinegar  
2 tsp fresh thyme  
2 tsp fresh rosemary  
1 tsp freshly ground black pepper

**Vegetables:**

1 medium zucchini, cut into large pieces  
1 medium yellow squash, cut into large pieces  
1 green bell pepper, cut into 1 inch pieces  
1 red bell pepper, cut into 1 inch pieces  
1 small onion, quartered with stem attached  
4 roma tomatoes, cut in half

**Preparation**

For marinade, combine all ingredients in a large bowl and mix well.

Cut Vegetables. Add to marinade and toss to coat.

Marinate 30 minutes tossing every 10 minutes.

Grill to desired texture and flavor.



Fit & Flavorful  
Macaroni and Cheese  
*Recipe from Chef Richard Johnson*



Calories: 265    Protein: 16gm    Carbohydrates: 33gm    Total Fat: 9gm  
Saturated Fat: 4gm    Monounsaturated Fat: <1gm    Polyunsaturated Fat: <1gm  
Cholesterol: 26mg    Sodium: 391mg    Fiber: 3gm  
(Mayo Clinic Pyramid Servings: 1 protein/dairy, 2 carbohydrate and 1 veggie)

**Yield: 8 servings**

**Ingredients**

3 cups dry whole-grain or whole-grain blend elbow macaroni	Salt and pepper to taste
½ cup fat-free sour cream	Pinch or two cayenne pepper
5 tablespoons corn starch	2 ¼ cups (9 ounces) shredded reduced-fat sharp cheddar cheese
3 cups low-fat 1% milk	
1 ½ cups soy milk	

**Preparation**

Bring a large saucepan of water to a boil. Add the macaroni and cook for 10 minutes or until al dente, then drain. Measure 6 cups of noodles, then pour them back in the large saucepan and set aside.

Meanwhile, in a medium-sized saucepan, slowly heat the sour cream, dissolve cornstarch in cold milk and soy milk, add to sour cream mixture and bring to a boil over medium heat, stirring frequently. Reduce the heat to simmer, stir in salt, black pepper, and cayenne pepper, and stir frequently until the sauce thickens (about 5 minutes).

Remove the sauce from the heat, add the cheese, and stir well (the cheese will melt almost immediately). Pour the cheese sauce into the large saucepan with macaroni and stir to combine.



Fit & Flavorful  
Marinated Potato Salad  
*Recipe from Chef Richard Johnson*



Calories: 112    Protein: 3gm    Carbohydrates: 23gm    Total Fat: 1gm  
Saturated Fat: 0gm    Unsaturated Fat: 1gm    Trans Fat: 0gm  
Cholesterol: 0mg    Sodium: 31mg    Fiber: 3gm  
(Mayo Clinic Pyramid Servings: 1 ½ carbohydrate and 1 vegetable)  
**Yield: 4 servings**

**Ingredients**

12 oz red potatoes, washed and sliced	1 tsp extra virgin olive oil
½ inch thick, then boiled until tender	½ tsp turbinado sugar
1/3 cup red onion, shaved thinly	½ tsp Dijon mustard
½ medium red bell pepper thinly sliced	1 tsp red wine vinegar
1 Tbsp green onion, finely chopped	1 tsp fresh dill weed
¼ tsp fresh chopped garlic	Black pepper to taste

**Preparation**

Combine the potatoes, onion and red peppers in a large bowl.

Blend the rest of the ingredients together and pour over the vegetables. Toss to coat evenly.

Chill 30 minutes to one hour before serving.



Fit & Flavorful  
Mashed Cauliflower

*Recipe from Executive Chef Tim Cockram*



Calories: 53    Protein: 2.2g    Carbohydrates: 3.8g    Total Fat: 3.6g  
Saturated Fat: 0.5g    Trans Fat: 0g  
Cholesterol: 0.2mg    Sodium: 24.7mg    Fiber: 1.1g

**Yield: Approx. 2 cups mashed; serving size: ½ cup**

Mayo Clinic Healthy Weight Pyramid serving: 1 vegetable, ½ fat

**Ingredients**

1 head cauliflower, approx.. 2 c. florets  
2 cups water  
3 T. low-fat or fat-free milk  
1 T. olive oil  
2 T. Greek yogurt  
1 tsp. garlic, sliced  
½ tsp. lime zest  
Freshly ground black pepper  
Snipped chives or chopped green  
onion tops

**Preparation**

Remove the core from the head of cauliflower and separate the cauliflower into florets, yielding approximately 2 cups. Set aside.

In a medium to large pot over high heat, bring the water to a boil. Add the cauliflower to pot of boiling water, cover and reduce heat to medium. Cook the cauliflower for 12 to 15 minutes, until very tender and able to be mashed with a fork or potato masher.

Drain the cauliflower into a colander. Let sit until all the water is drained. Place on sheet pan and place in hot oven for 10-15 minutes and dry. The drier the cauliflower, the better.

In the same pot used to steam the cauliflower, add the garlic and milk. Then, add the cauliflower to hot mixture and mash with fork or masher until well combined. Next, add remaining ingredients to the cauliflower and mix in thoroughly. Top with chives or green onions.



Fit & Flavorful  
Mashed Cauliflower and Kale  
*Recipe from Executive Chef Tim Cockram*



Calories: 42    Protein: 2.0g    Carbohydrates: 4.1g    Total Fat: 2.5g  
Saturated Fat: 0.4g    Trans Fat: 0.0g  
Cholesterol: 0.2mg    Sodium: 20.8mg    Fiber: 1.1g

**Yield: Approx. 6 servings (1/2 cup)**

MC Healthy Weight Pyramid serving: 1 vegetable and 1/2 fat

**Ingredients**

1 head cauliflower (approx.. 2 c. florets)  
2 cups water  
1 tsp. garlic, sliced  
1 cup kale, chiffonade  
3 Tbsp. low fat or fat free milk  
1 Tbsp. olive oil  
2 Tbsp. Greek non-fat plain yogurt  
1/2 tsp. lime zest  
Freshly ground black pepper  
Snipped chives

**Optional ingredients for**

**maximum excitement**  
*2 tsp. hot sauce or*  
*2 tsp. cumin*

**Preparation**

Preheat the oven to 175 degrees. Remove the core from the head of the cauliflower and separate the cauliflower into florets, yielding approximately 2 cups. Set aside.

In a medium to large pot over high heat, bring the water to a boil. Add the cauliflower to pot of boiling water. Cover and reduce heat to medium. Cook the cauliflower for 12 to 15 minutes, until very tender and able to be mashed with a fork or potato masher. Drain the cauliflower into a colander. Let sit until all the water is drained. Place cauliflower on a sheet pan and put in a hot oven for 10-15 minutes and dry. The drier the cauliflower, the better.

In the same pot used to steam the cauliflower, add the garlic, kale and milk, then add the cauliflower to hot mixture and mash with fork or masher until well combined. Next, add remaining ingredients to the cauliflower and mix in thoroughly. Top with chives or green onions.

**Technique:** Using a vegetable in place of starch we are adding nutrients.

**Taste:** The lime zest adds a nice brightness to the dish.

**Try:** Add spices! Great way to introduce new spices through familiar foods.

**Tip:** Cauliflower and kale are known as cruciferous vegetables and the phytochemicals in them may reduce risk of diseases.





Fit & Flavorful  
Mashed Vegetables  
*Recipe by Executive Chef Mark Beland*



Calories: 102    Protein: 4g    Carbohydrates: 18g    Total Fat: 3g  
Saturated Fat: 0.5g    Unsaturated Fat: 2.5g    Trans Fat: 0g  
Cholesterol: 1.5mg    Sodium: 47mg    Fiber: 3g

**Yield: 2 servings**

Mayo Clinic Exchange:

**Ingredients**

1 c. diced rutabaga  
1 c. diced cauliflower  
½ c. diced parsnip  
1 tsp. black pepper  
¼ c. low fat milk  
2 cloves garlic, minced  
1 tsp. olive oil

**Preparation**

Place diced vegetables in cool water and bring to boil, reduce heat, cover and simmer for 20 minutes. Sauté garlic in olive oil. Place cooked vegetables, garlic, pepper and milk in food processor, pulse until smooth.



Fit & Flavorful  
Midwest Pride Stuffing  
*Recipe from Executive Chef Tim Cockram*



Calories: 85    Protein: 3.1g    Carbohydrates: 13.4g    Total Fat: 2.4g  
Saturated Fat: 0.3g    Trans Fat: 0.0g    Fiber: 1.6g  
Cholesterol: 0.0mg    Sodium: 47.1mg

**Yield: 16 servings (1/2 cup per serving)**

Mayo Clinic Exchange: 1 carbohydrate, 1/2 fat

**Ingredients**

2 1/2 c. low-sodium vegetable broth or	2 c. red cabbage, finely chopped
2 1/2 c. water w/vegetable bouillon cube	1/3 c. dried cranberries
2/3 c. cracked wild rice, dry	1/2 c. fresh cranberries
1 1/2 Tbsp. olive oil	1/4 c. almonds, chopped
1 medium red onion, chopped	1/2 c. apple or pear juice, or as needed
1 large celery stalk, diced	1/2 c. egg substitute
2 cloves garlic, minced	4 c. whole grain bread, finely diced
1/4 tsp. dried parsley	
1/4 tsp. dried Thyme	
1/4 tsp. dried sage	
Freshly ground pepper to taste	

**Preparation**

Bring the broth to a simmer in a small saucepan. Stir in the wild rice, cover and simmer gently until the liquid is absorbed, about 35 minutes. Preheat the oven to 375 degrees.

Heat the oil in a medium sized skillet. Add the onion and sauté until translucent. Add the celery and sauté over medium heat until both are golden. Reduce heat to low and add the garlic and herbs, cook for 2 minutes or until fragrant. Turn off heat and deglaze pan with juice.

Combine the onion-celery mixture with the cooked wild rice and all the remaining ingredients in a large mixing bowl. Add bread to mixture gently folding in slowly, until the mixture is evenly moistened.

Transfer the mixture to a lightly oiled, large shallow baking dish. Bake for 30 to 35 minutes, or until the top begins to get slightly crusty and internal temperature is 165 degrees for 15 seconds.



Fit & Flavorful  
Multi grain flour  
*Recipe by Executive Chef Mark Beland*



Calories: 185    Protein: 7g    Carbohydrates: 35g    Total Fat: 2g  
Saturated Fat: 0.5g    Unsaturated Fat: 1.5g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 4mg    Fiber: 6g

**Yield: 5 (1/4 cup servings)**

Mayo Clinic Exchange: 2 carbohydrates, 1/2 fat, 1/4 protein

**Ingredients**

1/2 cup barley	1/4 cup amaranth
1/4 cup millet	1/4 cup quinoa
1 tablespoon buckwheat	1 tablespoon wild rice

**Preparation**

Grind together in blender or coffee grinder.  
Use in place of part or all of measurements of whole wheat flour or white flour  
in existing recipes.



Fit & Flavorful  
*Polenta*  
Recipe from *The Mayo Cookbook*



Calories: 164    Protein: 5g    Carbohydrates: 29g    Total Fat: 4g  
Saturated Fat: 1g    Unsaturated Fat: 3g  
Cholesterol: 1 mg    Sodium: 252mg    Fiber: 4g

**Serving size per 1 wedge**

Mayo Clinic Exchange: 1 Carbohydrate; 1 Protein/Dairy

**Ingredients**

1 red bell pepper (capsicum), roasted  
and seeded  
1 garlic clove  
1 3/4 cups water  
1 3/4 cups plain soy milk (soya milk) or  
1 percent low-fat milk  
1 tablespoon extra-virgin olive oil  
1/2 teaspoon salt  
1 cup polenta, preferably stone-ground  
2 tablespoons grated Parmesan cheese  
1 tablespoon chopped thyme

**Preparation**

In a blender or food processor, combine the roasted pepper, garlic and 1  
tablespoon of the water. Process until smooth; set the coulis aside.

Preheat the oven to 450 F. Lightly coat a 9-inch round cake pan with olive oil  
cooking spray.

In a large saucepan, combine the soy milk, remaining water, olive oil and salt.  
Whisk in the polenta and place over medium heat. Whisk constantly until the  
polenta begins to thicken. Reduce the heat to low and resume stirring with a  
wooden spoon. Cook, stirring frequently, until the polenta pulls away from the  
sides of the pan, about 15 minutes. Add the coulis and stir to combine. Pour the  
mixture into the prepared cake pan and sprinkle with the cheese. Bake until firm,  
about 15 minutes. Let stand in the pan for 10 minutes before serving. Cut into 6  
wedges and sprinkle with the thyme.



Fit & Flavorful  
Potato Cakes  
*Recipe by Executive Chef Mark Beland*



Calories: 127    Protein: 7g    Carbohydrates: 19.3g    Total Fat: 2.6g  
Saturated Fat: 1.4g    Unsaturated Fat: 1.2g    Trans Fat: 0g  
Cholesterol: 6.6mg    Sodium: 162.1mg    Fiber: 2g

**Yield: 8 servings**

Mayo Clinic Pyramid Servings: 1 carbohydrate, ½ protein/dairy

**Ingredients**

2 large russet potatoes ( 2-3 in. diam.)    1 Tbsp. black pepper  
1 sweet potato    2 oz grated parmesan cheese (1/4 cup)  
1 yellow onion  
1 rib celery  
2 cloves garlic  
4 egg whites  
½ cup rolled oats  
½ tsp. nutmeg

**Preparation**

Wash potatoes thoroughly. Bake potatoes at 350 degrees for 1 hour or until soft. Let cool slightly and mash. Dice the onion, celery, garlic and sweet potato into very small pieces. Add to mashed potatoes. Add egg whites, oats and spices. Mix thoroughly. Form into 8 small pucks and bake at 350 degrees for 45 minutes. Remove from oven and turn over to broil. Top each cake with shredded parmesan and place under broiler until cheese is golden and crusty.



Fit & Flavorful  
Potato Salad with Swiss Chard and Pesto  
*Recipe from Executive Chef Tim Cockram*



Calories: 156    Protein: 1.7g    Carbohydrates: 10.0g    Total Fat: 12.8g  
Saturated Fat: 1.8g    Unsaturated Fat: 11.0g    Trans Fat: 0.0g  
Cholesterol: 2.6mg    Sodium: 92.0mg    Fiber: 1.3g

**Yield: 12 (1/2 cup servings)**

Mayo Clinic Exchange: 1 carbohydrate, 2 fat

**Ingredients**

1 lb. fingerling potatoes, washed  
1/2 c. mayonnaise, low fat  
3 T. sherry vinegar (15 yr aged preferred)  
1 T. cilantro, chopped  
1 c. prepared pesto  
1/2 lemon, juiced  
3 oz. leeks, diced  
6 oz. Swiss chard, chopped (about 4 big leaves)

**Preparation**

Boil potatoes until fork tender. Drain and cool potatoes. Slice into bite size pieces and set aside.

In a large bowl, mix the mayonnaise, vinegar, cilantro, pesto and lemon juice into a paste. Mix leeks and potatoes into the bowl with dressing. Gently fold in the Swiss chard, coating well.



Fit & Flavorful  
Prattie Oaten  
*Recipe by Chef Richard Johnson*



Calories: 126    Protein: 2gm    Carbohydrates: 15gm    Total Fat: 6gm  
Saturated Fat: 4gm    Monounsaturated Fat: 1.5gm    Polyunsaturated Fat: 0.5gm  
Cholesterol: 15mg    Sodium: 78mg    Fiber: 2gm  
(Mayo Clinic Pyramid Servings: ½ carbohydrate, ½ fruit and 1 fat)  
**Yield: 8 servings**

**Ingredients**

1 cup oatmeal  
2 cups water  
1/8 teaspoon salt  
½ cup dried apricots, chopped  
¼ cup whole wheat pastry flour  
¼ cup butter

**Preparation**

Cook oatmeal with water and salt according to package directions. Stir in dried apricots. Allow cooked oatmeal to cool until it is just warm to the touch. Form oatcakes into 2 oz balls (1/4 cup each) and roll balls in flour to coat. Press balls into desired shape, about the size of an English muffin.

Add butter to a large skillet and place over medium heat. Gently heat butter until melted. Cook oatcakes in butter until well browned, turn to brown the other side.

Serve immediately.



Fit & Flavorful  
Quick Kraut



*Recipe from Executive Chef Mark Beland*

Calories: 7      Protein: 0.2g      Carbohydrates: 1.4g      Total Fat: 0.0g  
Saturated Fat: 0.0g      Unsaturated Fat: 0.0g      Trans Fat: 0g  
Cholesterol: 0.0mg      Sodium: 167.3mg      Fiber: 0.5g

**Yield: 24 servings – ¼ cup per serving**

Mayo Clinic Exchange: 1/3 vegetable

**Ingredients**

6 cups finely shredded green cabbage  
2 tsp. kosher salt  
2 tsp. brown sugar  
½ cup white vinegar  
1 tsp. black pepper  
½ tsp. caraway seed

**Preparation**

Toss cabbage with salt and sugar, let stand in colander for one hour. Rinse well with cold running water to remove excess salt and sugar. Drain well. Mix prepared cabbage with vinegar and spices, refrigerate for 2-3 hours. Serve on chicken brat.



Fit & Flavorful  
Quinoa Risotto with Arugula and Parmesan  
*Recipe from Mayo Clinic Cookbook*



Calories: 147    Protein: 8gm    Carbohydrates: 23gm    Total Fat: 3gm  
Saturated Fat: 1gm    Monounsaturated Fat: 1gm    Polyunsaturated Fat: 0gm  
Cholesterol: 3mg    Sodium: 292mg    Fiber: 2gm  
(Mayo Clinic Pyramid Servings: 2 Vegetables, 1 carbohydrate and 1 fat)

**Yield: 6 servings**

**Ingredients**

1 tablespoon olive oil	1 small carrot, peeled and finely chopped
½ yellow onion, chopped	½ cup shiitake mushrooms, sliced thin
1 garlic clove, minced	¼ cup grated Parmesan cheese
1 cup quinoa, well rinsed	½ teaspoon salt
2 ¼ cups vegetable stock or broth	¼ teaspoon fresh ground black pepper
2 cups chopped, stemmed arugula	

**Preparation**

In a large saucepan, heat the olive oil over medium heat. Add the onion and saute until soft and translucent, about 4 minutes. Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. Don't let the garlic brown.

Add the stock and bring to a boil. Reduce the heat to low and simmer until the quinoa is almost tender to the bite but slightly hard in the center, about 12 minutes. The mixture will be brothy. Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, about 2 minutes longer.

Stir in the cheese and season with the salt and pepper. Serve immediately.



Fit & Flavorful  
Roast Asparagus and Wild Mushrooms  
*Recipe from Executive Chef Mark Beland*



Calories: 51    Protein: 3.6g    Carbohydrates: 7.9g    Total Fat: 1.5g  
Saturated Fat: 0.2g    Unsaturated Fat: 1.3g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 11.2mg    Fiber: 3.5g

**Yield: 4 (1 cup) servings**

Mayo Clinic Exchange: ¼ fat, 1 ½ vegetable

**Ingredients**

1 pound Asparagus, cut in 1 inch pieces  
2 Tbsp. balsamic vinegar  
2 cups Morel or other asst. mushroom, cut in quarters  
1 tsp. black pepper  
1 tsp. olive oil  
Zest of one lemon

**Preparation**

Combine all ingredients and toss to coat asparagus. Let marinade for 1-2 hours.  
Cook under oven broiler on high for 2-3 minutes.



Fit & Flavorful  
Roasted Peppers and Onions  
*Recipe from Executive Chef Mark Beland*



Calories: 104    Protein: 2.7g    Carbohydrates: 15.5g  
Saturated Fat: 0.6g    Unsaturated Fat: 3.9g  
Cholesterol: 0 mg    Sodium: 9.7mg

Total Fat: 4.5g  
Trans Fat: 0g  
Fiber: 4.9g

**Yield: 5 servings – 1 cup per serving**  
Mayo Clinic Exchange: 2 fruits, 1 fat

**Ingredients**

2 red bell peppers	4 poblano peppers
2 anaheim peppers	4 jalapeno peppers
1 red onion	2 cloves garlic
1 Tablespoon oregano	1 Tablespoon olive oil
1 tsp black pepper	

**Preparation**

Quarter all peppers; remove seeds and ribs, place in mixing bowl. Trim onion and cut in quarters, pull layers apart. Place in bowl with peppers. Mince garlic and oregano. Toss onions and peppers with garlic, oregano, pepper and oil. Roast on cooler section part of grill or broiler for 10-15 min, until browned.



Fit & Flavorful  
Roasted root vegetables with cumin and coriander  
Recipe from Mayo Clinic Cookbook



Calories: 101    Protein: 2g    Carbohydrates: 16g    Total Fat: 4g  
Saturated Fat: 1g    Unsaturated Fat: 3g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 179mg    Fiber: g

**Yield: 8 servings**

Mayo Clinic Pyramid Servings: 1 carbohydrate, 1 fat

**Ingredients**

½ lb sweet potatoes, peeled and cut into 1-inch pieces  
½ lb parsnips, peeled and cut into 1-inch pieces  
½ lb rutabagas, peeled and cut into 1-inch pieces  
½ lb turnips, peeled and cut into 1-inch pieces  
2 Tbsp. olive oil  
1 tsp. ground cumin  
1 tsp. ground coriander  
½ tsp. salt  
¼ tsp. freshly ground black pepper  
2 Tbsp. chopped fresh cilantro (fresh coriander)

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**Preparation**

Position a rack in the lower third of the oven and preheat to 400 degrees.

In a large bowl, combine the vegetables, olive oil, cumin, coriander and salt. Toss well to coat. Arrange the vegetables in a single layer on a large baking sheet.

Roast, stirring or shaking the vegetables every 15 minutes, until tender and evenly browned, about 45 minutes. Sprinkle with the pepper, taste and adjust the seasoning.

Transfer to a serving dish and sprinkle with the cilantro. Serve hot or at room temperature.



Fit & Flavorful  
Roasted Squash with Wild Rice and Cranberry  
*Recipe from Executive Chef Nick Weimer*



Calories: 157    Protein: 4.8g    Carbohydrates: 29.1g    Total Fat: 3.4g  
Saturated Fat: 0.3g    Unsaturated Fat: 3.1    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 5.8mg    Fiber: 3.3g

**Yield: 8 servings (1 cup)**

Mayo Clinic Exchange: 1 ½ carbohydrates, ¼ fruit, ½ fat

**Ingredients**

4 cups squash, peeled, diced and roasted  
4 cups cooked wild rice  
1 onion, diced (1 cup)  
¼ cup walnuts  
1 cup cranberries  
1 small orange, peeled and segmented  
½ T. Italian parsley, chopped  
¼ tsp. thyme, chopped  
Black pepper to taste  
1 tsp canola oil

**Preparation**

In a hot sauté pan, brown onions in oil, add cranberries and sauté for 1 minute. Add remaining ingredients and sauté 4-5 minutes or until heated thoroughly. Serve and enjoy!



Fit & Flavorful  
Savory Buckwheat Pilaf with Toasted Spices  
*Recipe from Mayo Clinic Cookbook*



Calories: 139    Protein: 4gm    Carbohydrates: 25gm    Total Fat: 3gm  
Saturated Fat: <1gm    Monounsaturated Fat: 2gm    Polyunsaturated Fat: <1gm  
Cholesterol: 0mg    Sodium: 198mg    Fiber: 3gm  
(Mayo Clinic Pyramid Servings: 1 vegetable, 1 carbohydrate and 1 fat)

**Yield: 6 servings**

**Ingredients**

1 tablespoon olive oil  
1 yellow onion, chopped  
1 cup buckwheat groats  
3 garlic cloves, minced  
½ teaspoon cumin seed  
½ teaspoon mustard seed

¼ teaspoon ground cardamom  
2 cups vegetable stock or broth  
1 tomato, peeled, seeded and diced  
½ teaspoon salt  
2 tablespoons chopped fresh cilantro

**Preparation**

In a saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the buckwheat groats, garlic, cumin seed, mustard seed and cardamom. Sauté, stirring constantly, until the spices and garlic are fragrant and the buckwheat is lightly toasted, about 3 minutes.

Carefully pour in the stock. Bring to a boil, then reduce the heat to medium low, cover and simmer until the liquid is absorbed, about 10 minutes. Remove from the heat and let stand, covered, for 2 minutes.

Stir in the tomato and salt. Transfer to a serving bowl and sprinkle with the cilantro. Serve immediately.



Fit & Flavorful  
 Southwest Stuffed Zucchini  
*Recipe from Executive Chef Tim Cockram*



Calories: 194    Protein: 8.0g    Carbohydrates: 32.0g    Total Fat: 5.3g  
 Saturated Fat: 0.8g    Trans Fat: 0.0g  
 Cholesterol: 0.0mg    Sodium: 123.4mg    Fiber: 4.6g

**Yield: Approx. 6 servings (1/2 stuffed zucchini)**

MC Healthy Weight Pyramid serving:  
 1 carbohydrate, 1/2 protein, 1 vegetable, 1 fat

**Ingredients**

- 2 Poblano peppers
- 2 c. fresh corn kernels (about 4 ears)
- 1 c. chopped onion
- 1 Tbsp. chopped fresh oregano
- 1 Tbsp. olive oil
- 1 Tbsp. fresh lime juice
- 3/4 tsp. ground cumin
- 1/4 tsp. freshly ground black pepper
- 3 large ripe zucchini (about 4 pounds)
- 1/2 c. uncooked quinoa
- 1/2 c. tomato sauce
- 1/2 c. water
- 3 oz. soy cheese, shredded (about one cup packed)

**Preparation**

Preheat broiler to high. Cut zucchini in half and set aside. Carefully scoop out Zucchini like a canoe, leaving shells intact. Chop removed zucchini and reserve. Cut the peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin side up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until roasted. Coarsely chop peppers; place in a bowl. Add corn, zucchini and onion to pan; broil 10 minutes, stirring twice. Add corn mixture to chopped peppers; stir in oregano, oil, lime juice, cumin, and black pepper.

Preheat oven to 350. Place quinoa in a fine sieve, and place sieve in a large bowl. Cover quinoa with water. Using your hands, rub the grains together for 30 seconds; rinse and drain. Repeat the procedure twice. Drain well.

Combine water, tomato sauce and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer for 15 minutes or until liquid is absorbed. Remove from heat; fluff with a fork. Add quinoa mixture to corn mixture; toss well. Spoon about 3/4 cup corn mixture into each zucchini. Divide cheese evenly among the zucchini. Bake at 350 for 20 minutes and cheese is golden brown.







Fit & Flavorful  
Spanish Brown Rice  
*Recipe from Chef Richard Johnson*



Calories: 117    Protein: 2gm    Carbohydrates: 20gm    Total Fat: 3gm  
Saturated Fat: 0.5gm    Unsaturated Fat: 2gm    Trans Fat: 0gm  
Cholesterol: 0mg    Sodium: 23mg    Fiber: 1.5gm  
(Mayo Clinic Pyramid Servings: 1 ½ carbohydrate and 1 vegetable)

**Yield: 6 servings**

**Ingredients**

3/4 C Brown Rice	1 TBS Corn Oil
1/4 C Chopped Onion	1/4 C Chopped Green Pepper
1/4 C Chopped Celery	2 cloves fresh garlic
1 Jalapeno Pepper, Chopped	1/2 C Fresh Tomato Chopped
1 tsp fresh oregano	1/2 tsp cumin seed, ground
1 1/2 C water	

**Preparation**

Sauté onion, peppers and celery in corn oil until browned. Add rice and cook until rice starts to brown. Add remaining ingredients and water and bring to a boil, cook uncovered, with out stirring until water is reduced and is no longer visible on the surface of the rice. Reduce heat and cover 10 minutes, remove from heat and keep covered 10 additional minutes.



Fit & Flavorful  
Spiced Carrot Raisin Bread  
*Recipe by Executive Chef Mark Beland*



Calories: 130    Protein: 3g    Carbohydrates: 22g    Total Fat: 4g  
Saturated Fat: 0.5g    Unsaturated Fat: 3.5g    Trans Fat: 0g  
Cholesterol: 24mg    Sodium: 150mg    Fiber: 2.5g

**Yield: 18**

Mayo Clinic Exchange: 1 fat, 1 sweet, ½ vegetable

**Ingredients**

Dry Ingredients

1-1/2 c. whole wheat pastry flour  
1/2 tsp. baking soda  
1-1/2 tsp. baking powder  
1/2 tsp. salt  
3 tsp. cinnamon  
1/2 tsp. nutmeg  
1/4 tsp. cloves  
1/4 tsp. paprika or cayenne  
1 Tbsp. grated lemon zest  
1/4 c. ground flax seed

Wet Ingredients

1/4 c. honey  
2 eggs  
1/2 c. brown sugar  
1/2 c. apple sauce  
1/4 c. olive oil  
3/4 tsp. almond extract  
2/3 c. raisins  
2 c. shredded, drained, and fluffed  
carrots (about 4 carrots)

**Preparation**

Preheat oven to 375. Sift or whisk thoroughly the flour, baking soda, baking powder, and spices in a large bowl. In a separate bowl, mix eggs, sugar, honey, baby food, olive oil, and almond extract thoroughly. Add the carrots and raisins. Mix the wet ingredients into the dry ingredients just until combined, being careful not to over-mix. Pour batter into a greased loaf pan and bake at 375 for 45 minutes to one hour, until tester inserted into center comes out clean.



Fit & Flavorful  
Spiced Melon Salad  
*Recipe from Executive Chef Nick Weimer*



Calories: 61      Protein: 1.7g      Carbohydrates: 11.9g      Total Fat: 0.6g  
Saturated Fat: 0.3g      Unsaturated Fat: 0.3g      Trans Fat: 0g  
Cholesterol: 1.8mg      Sodium: 31.6mg      Fiber: 0.8g

**Yield: 4 servings**

Mayo Clinic Exchange:  $\frac{3}{4}$  fruit,  $\frac{1}{4}$  dairy

**Ingredients**

2 cups assorted melon, diced  
1/2 cup plain or vanilla low fat or fat free yogurt  
1/4 tsp. nutmeg  
1/4 tsp. mace  
1/8 tsp. clove  
1/8 tsp. cinnamon  
Zest and juice of  $\frac{1}{2}$  orange

**Preparation**

Place all ingredients in a bowl and mix thoroughly.



Fit & Flavorful  
Spicy Peanut Spring Roll  
*Recipe by Executive Chef Mark Beland*



Calories: 375    Protein: 14g    Carbohydrates: 68g    Total Fat: 5g  
Saturated Fat: 1g    Unsaturated Fat: 4g    Trans Fat: 0g  
Cholesterol: 9mg    Sodium: 715mg    Fiber: 5g

**Yield: 4 servings (Entrée = 3 rolls)**

Mayo Clinic Exchange: 1 ½ vegetables, 4 carbohydrates, 1 fat

**Ingredients**

2 c. Napa cabbage, shredded	¼ c. peanuts, chopped
1 c. celery, sliced thin	2 cloves garlic, minced
1 c. carrot, shredded	1 tsp. low-sodium soy sauce
1 red Fresno pepper, minced	1 tsp. black pepper
1 c. leek, sliced thin	1 Tbsp. fresh ginger, grated

12 egg roll wraps  
1 egg white

**Preparation**

Toss all ingredients together (except wrap and egg white). Let set together for minimum of one hour. Lay out wraps on flat surface, brush with beaten egg white. Spoon out vegetable mix evenly. If liquid has pooled in bowl, take care to drain excess. Roll according to diagram on package. Bake in 450 degree oven for 10-15 minutes, until golden brown.



Fit & Flavorful  
Spring Risotto  
*Recipe from Executive Chef Tim Cockram*



Calories: 412    Protein: 15.8g    Carbohydrates: 53.8g    Total Fat: 15.4g  
Saturated Fat: 2.4g    Trans Fat: 0.0g  
Cholesterol: 2.2mg    Sodium: 366.9mg    Fiber: 4.8g

**Yield: Approx. 4 servings (1 cup)**

MC Healthy Weight Pyramid serving: 2.5 carbs, 1 protein/dairy, 2 veg., 1 fat

**Ingredients**

2 tablespoons canola oil – divided  
12 ramps or (1 cup of leeks)  
1 cup brown rice  
1 cup asparagus – tender parts in 1” pieces  
1 cup morel mushrooms – chopped  
3 cloves garlic  
¼ pound vegetarian sausages – chopped  
½ cup white wine vinegar  
3 cups low-salt chicken broth  
1/8 cup freshly grated parmesan cheese  
¼ cup fresh basil - chiffonade

**Preparation**

Trim leeks by slicing bulbs and slender stems. Thinly slice green tops and reserve for end of recipe.

Heat 1 Tbsp. oil in heavy large saucepan over medium heat. Add sliced ramps (leeks) – bulbs and stems, asparagus, and mushrooms and sauté until almost tender, about 4 minutes. Add garlic and sausage, cook for 2 more minutes. Remove and set aside. Heat remaining 1 Tbsp. oil. Add rice and stir 2-3 minutes until very nutty and aromatic. Next, add vinegar and coat grain with liquid. Simmer until liquid is absorbed, about 1 minute. Add 3 cups low sodium chicken broth, 1 cup at a time, simmering until almost absorbed before next addition and stirring often. Continue cooking until rice is just tender and risotto is creamy, adding more broth if dry and stirring often, about 18 minutes. Mix in vegetables, grated parmesan cheese, and green tops. Place into four bowls and top with basil.



Fit & Flavorful  
Spring vegetable bouquet  
*Recipe by Executive Chef Mark Beland*



Calories: 55    Protein: 2g    Carbohydrates: 7g    Total Fat: 3g  
Saturated Fat: 0g    Unsaturated Fat: 3g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 35mg    Fiber: 2g

**Yield: 12 servings**

Mayo Clinic Pyramid Servings: 2 vegetables

**Ingredients**

2 celery stalks	1 lb. carrots
2 yellow bell peppers	1 lb. asparagus
2 quarts boiling water	2 Tbs. olive oil
1 Tbs. black pepper	

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**Preparation**

Cut celery in ¼ inch strips lengthwise, cook for 2 min in boiling water. Remove and cool.

Cut carrots in sticks ¼ inch by ¼ inch and 4 inch long. Cut pepper in ¼ inch strips lengthwise. Trim Asparagus to 4 inch. Toss carrots, yellow peppers, celery and asparagus in oil and season with pepper. Bundle together small handful and tie with cooked celery strand. Roast at 400 degrees for 10 min.



Fit & Flavorful  
Stuffed Chayote



*Recipe from Executive Chef Nick Weimer*

Calories: 68    Protein: 4.0g    Carbohydrates: 9.9g    Total Fat: 1.9g  
Saturated Fat: 0.7g    Unsaturated Fat: 1.2g    Trans Fat: 0g  
Cholesterol: 2.8mg    Sodium: 116.8mg    Fiber: 2.0g

**Yield: 4 servings**

Mayo Clinic Exchange: ½ carbohydrate, ¼ protein, ¼ vegetable

**Ingredients**

2 Chayote squash, halved  
1 slice whole grain bread, toasted and crushed  
2 T. Parmagiano Reggiano, grated  
1 bell pepper, diced (1/2 cup)  
1 medium tomato, diced (1/2 cup)  
1/8 cup egg beaters or 1 egg white  
Zest of 1 lime  
1 t. chili powder  
1 t. cumin

**Preparation**

Simmer or steam chayote until soft, 15-20 minutes. Scoop out center of chayote with spoon, chop and add to mixing bowl. Sweat bell pepper in sauté pan until soft, about 5 minutes. Add to mixing bowl with chayote, tomato, lime zest, chili powder, cumin and egg. Spoon into center of chayote. Mix parmesan and breadcrumbs and top chayote. Place in baking pan at 350 for 20 minutes or until internal temperature of 165.



Fit & Flavorful  
Stuffed Tomatoes

*Recipe from Executive Chef Nick Weimer*



Calories: 114    Protein: 6.5g    Carbohydrates: 15.1g    Total Fat: 4.1g  
Saturated Fat: 1.3g    Unsaturated Fat: 2.8g    Trans Fat: 0g  
Cholesterol: 4.8mg    Sodium: 197.6mg    Fiber: 3.3g

**Yield: 4 servings (3/4 per serving)**

Mayo Clinic Exchange: 1 1/2 vegetable, 1/2 carbohydrate, 1/4 protein, 1/4 fat

**Ingredients**

2 large ripe tomatoes (any variety)  
1 tsp. canola oil  
1 carrot, diced (1/2 cup)  
2 ribs celery, diced (1/2 cup)  
1 yellow onion, diced (1 cup)  
1 cup mushrooms, diced  
2 slices whole grain bread  
1 ounce aged parmesan cheese  
1 T. oregano, minced  
Black pepper to taste

**Preparation**

Bake or toast bread until dark brown and dry and allow to cool. Place bread into food processor with parmesan and black pepper and pulse to chop finely. Core, half and seed tomatoes. Place on a baking sheet. Heat oil in a sauté pan and cook carrot, celery and onion until well browned. Add mushrooms and cook until little to no liquid remains, then add oregano and stir to combine. Spoon vegetable mixture into tomatoes and top with cheese mixture. Bake at 350 for 15-20 minutes or until top is brown and crisp.



Fit & Flavorful  
Succotash



*Recipe from Executive Chef Nick Weimer*

Calories: 151    Protein: 6.9g    Carbohydrates: 29.9g    Total Fat: 2.0g  
Saturated Fat: 0.3g    Unsaturated Fat: 1.7g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 111.9mg    Fiber: 5.8g

**Yield: 8 servings (1 cup)**

Mayo Clinic Exchange: 1 vegetable, 1 carbohydrate, ½ protein

**Ingredients**

2 tsp. canola oil  
1 yellow onion, diced (1 cup)  
2 cups corn (preferably fresh)  
2 green bell peppers, diced (2 cups)  
2 hot peppers of choice (1/4 cup)  
2 cups cubed winter squash (your choice)  
2 cups beans (your choice)  
½ cup vegetable stock  
Juice of 1 small lemon (2 T.)  
3 T. fresh cilantro, minced  
Black pepper to taste

**Preparation**

Sauté onions in a heavy skillet over medium heat until translucent. Add peppers and sauté for 2-3 minutes or until peppers begin to soften. Add vegetable stock, squash and beans. Bring to a simmer and cover until squash is tender. Add lemon juice, pepper and cilantro and enjoy.



Fit & Flavorful  
Sweet Potato and Turkey Hash  
*Recipe by Executive Chef Mark Beland*



Calories: 115    Protein: 8g    Carbohydrates: 13g    Total Fat: 3g  
Saturated Fat: 0.5g    Unsaturated Fat: 2.5g    Trans Fat: 0g  
Cholesterol: 50mg    Sodium: 50mg    Fiber: 3g

**Yield: 6 servings**

Mayo Clinic Pyramid Servings: ½ protein, 1 carbohydrate

**Ingredients**

1 c. ground turkey breast  
1 Tbsp. Canola oil  
2 c. sweet potatoes, diced skin on  
½ c. yellow onion, diced  
½ c. vegetable stock  
1 tsp. fresh thyme, chopped  
1 tsp fennel seed, ground  
½ tsp. nutmeg  
1 Tbsp. paprika  
1 Tbsp. black pepper  
1 tsp. cumin seed, ground  
2 Tbs. garlic, minced

**Preparation**

Brown turkey breast in sauté pan. Remove when done, add canola oil and sauté vegetables until brown. Add herbs and spices to stock and de-glaze pan with liquid. Reduce until virtually dry in bottom of pan.



Fit & Flavorful  
Tabbouleh  
*Recipe by Executive Chef Mark Beland*



Calories: 90    Protein: 3g    Carbohydrates: 15g    Total Fat: 2.5g  
Saturated Fat: 0g    Unsaturated Fat: 2.5g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 37mg    Fiber: 4g

**Yield: 6 servings**

Mayo Clinic Exchange: 1 vegetable, 1 carbohydrate

**Ingredients**

½ c. bulgur wheat  
4 c. spinach, chopped  
1 c. green onion, diced  
2 c. cucumber, sliced  
1 Tbsp. olive oil  
1 c. water  
1 c. tomato, chopped  
¼ c. basil, chopped  
Juice of 2 lemons

**Preparation**

Toss all ingredients together in a large bowl.



Fit & Flavorful  
3 Bean Cassoulet

*Recipe from Executive Chef Mark Beland*



Calories: 194    Protein: 11.5g    Carbohydrates: 35.8g    Total Fat: 1.0g  
Saturated Fat: 0.2g    Unsaturated Fat: 0.8g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 21.7mg    Fiber: 11.5g

**Yield: 8 servings – 1 cup per serving**

Mayo Clinic Exchange: 1.5 protein, 1 vegetable

**Ingredients**

2 cups dry bean mix*	4 cloves garlic, minced
10 cups water	1 T. black pepper
1 cup tomatoes, chopped	¼ cup white vinegar
1 cup celery, chopped	1 tsp. paprika
½ cup parsley, minced	1 cup yellow onion, chopped
1 T. cumin seed	1 cup green bell pepper, chopped

\*Mix dry beans together and store in jar or air tight container.

1 bag Navy beans  
1 bag Lima beans  
1 bag Pinto beans

**Preparation**

Soak dry beans in 10 cups of water overnight in slow cooker crock. Strain beans and **reserve liquid**. Return to crock and cover with enough of the reserved liquid to just cover beans and cook for 2 hours. Next, add rest of ingredients, and cook on low for an additional 2 hours minimum. Enjoy!



## Fit & Flavorful Vegetable Slaw



*Recipe from Executive Chef Richard Johnson*

Calories: 73    Protein: 1 gm    Carbohydrates: 10 gm    Total Fat: 3.5 gm  
Saturated Fat: 0 gm    Monounsaturated Fat: 2.5 gm    Polyunsaturated Fat: 0.4 gm  
Cholesterol: 0 mg    Sodium: 18 mg    Fiber: 1.2 gm  
(Mayo Clinic Pyramid Servings: 2 vegetable, ½ fat)

**Yield: servings 8**

### **Ingredients**

4 Tbs shredded carrots	1 bunch shredded Swiss Chard
1 head shredded Napa cabbage	1 ea Red/Green Pepper (julienne)
½ cup Red Cabbage	Fresh jalapeno pepper to taste (optional)

### **Dressing**

¼ cup Turbinado Sugar*	½ tsp ground mustard seed
2 Tbs Olive oil	¼ tsp ground pepper
2 oz Cider Vinegar	2 tsp celery seed

\* substitute white sugar

### **Preparation**

Combine Cabbage, Carrots, Swiss Chard, and peppers in a large bowl.

In a heavy sauce pan, combine dressing ingredients. Dissolve sugar and bring mixture to a boil, reduce heat and simmer 5 minutes.

Add dressing to vegetables and toss to coat.

Cool immediately; let rest refrigerated at least 30 minutes before serving.



Fit & Flavorful  
Walnut & Rice Stuffed Pears with Gorgonzola  
*Recipe from Executive Chef Tim Cockram*



Calories: 134    Protein: 2.8g    Carbohydrates: 24.6g    Total Fat: 3.6g  
Saturated Fat: 0.7g    Unsaturated Fat: 2.9g    Trans Fat: 0.0g  
Cholesterol: 1.7mg    Sodium: 39.1mg    Fiber: 4.4g

**Yield: 12 – ½ pears**

Mayo Clinic Exchange: 1 fruit, ½ carbohydrate, ½ fat

**Ingredients**

¼ c. black rice	1 T. dried cranberries
¼ c. brown rice	1 T. finely chopped sage
1 c. stock – chicken or vegetable	1 tsp. fresh thyme leaves, roughly chopped
1 T. olive oil	1/8 c. Gorgonzola cheese
1 small or medium onion, finely chopped	
1 c. diced celery	
2 garlic cloves, minced	
6 ripe but firm pears, peeled, halved, cored	
¼ c lightly toasted walnuts, coarsely chopped	
2 T. red lentils, soaked in cold water to cover for 2 or 3 hours and drained	

**Preparation**

Cook the black and brown rice separately in 2 parts water or stock. Follow the directions on the package for timing (brown rice should take 35 to 40 minutes). Transfer to a large bowl.

While the rice is cooking, prepare the remaining ingredients. Heat the oil over medium heat in a large, heavy skillet and add the onion. Cook, stirring often, until the onion begins to soften, about 3 minutes. Add the celery and continue to cook until the onion is completely tender, another 3 to 4 minutes. Then stir in the garlic and cook, stirring until fragrant, about 30 seconds. Remove from the heat and add the herbs to the hot pan for 30 seconds, then dump into bowl with the rice.

Stir the mixture until cool to touch, then fold in the cheese, lentils and cranberries.

Place the stuffing into the pears and bake in a 350-degree oven for 25-30 minutes before serving.



Fit & Flavorful  
Whole Grain Banana Bread  
*Recipe by Executive Chef Mark Beland*



Calories: 150    Protein: 4g    Carbohydrates: 30g    Total Fat: 3g  
Saturated Fat: 0.5g    Unsaturated Fat: 2.5g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 150mg    Fiber: 2g

**Yield: 1 loaf (14 slices)**

Mayo Clinic Pyramid Servings: 2 sweets

**Ingredients**

½ c. brown rice flour  
½ c. amaranth flour  
½ c. tapioca flour  
½ c. millet flour  
½ c. quinoa flour  
1 tsp. baking soda  
½ tsp. baking powder  
1/8 tsp. salt  
2 Tbsp. Grapeseed oil

½ c. raw sugar  
¾ c. Egg beaters (egg whites)  
2 c. mashed banana

**Preparation**

Mix all dry ingredients except sugar. Mix egg, oil, sugar and mashed banana. Add to dry ingredients and mix thoroughly. Bake at 350 degrees for 50-60 minutes, check for doneness with toothpick.



Fit & Flavorful  
Whole Grain Bread  
*Recipe by Executive Chef Mark Beland*



Calories: 200    Protein: 7g    Carbohydrates: 42g    Total Fat: 1.5g  
Saturated Fat: 0g    Unsaturated Fat: 1.5g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 4mg    Fiber: 5g

**Yield: 24 slices**

Mayo Clinic Exchange: 3 carbohydrates

**Ingredients**

3 c. warm water  
2 (.25 ounce) packages active dry yeast  
1/3 c. honey  
3 c. bread flour  
1 Tbsp. salt  
3 ½ c. whole wheat flour  
2 c. multi grain flour blend

**Preparation**

In a large bowl, mix warm water, yeast, and 1/3 cup honey. Add 3 cups white bread flour, and 2 cups multi grain flour, stir to combine. Let stand for 30 minutes or until big and bubbly. Mix in whole wheat flour and salt. Knead until forms solid ball that pulls away from bowl and stops sticking. Cover with towel and let rise 1 hour, or until doubled. Punch down and divide into three loaf pans. Cover and let rise until just above top of pan. Bake at 350 degrees for 30-40 minutes. Top should be golden brown and have a hollow sound when tapped.



Fit & Flavorful  
Whole Grain Stuffing  
*Recipe by Executive Chef Mark Beland*



Calories: 184    Protein: 8g    Carbohydrates: 27g    Total Fat: 4.5g  
Saturated Fat: 0.5g    Unsaturated Fat: 4g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 320mg    Fiber: 7g

**Yield: 12**

Mayo Clinic Exchange: 2 carbohydrates, ½ vegetable, ½ fat

**Ingredients**

8 c. stale whole grain bread, cut in cubes    1 Tbsp. black pepper  
2 c. yellow onion, diced    2 egg whites  
1 c. carrot, diced  
2 c. zucchini, diced  
2 c. vegetable or chicken broth  
1 Tbsp. fresh sage, minced  
1 tsp. fresh thyme, minced  
1 c. celery, diced  
2 cloves garlic, minced  
2 Tbsp. olive oil

**Preparation**

Sauté vegetables in olive oil for 10 minutes, until translucent. Add broth, pepper and herbs. Pour over bread and toss to evenly distribute. Place in glass or ceramic dish and bake at 350 degrees for 40 minutes.



Fit & Flavorful  
Whole Wheat Soda Bread  
*Recipe by Executive Chef Mark Beland*



Calories: 80    Protein: 4.8g    Carbohydrates: 14.3g    Total Fat: 0.9g  
Saturated Fat: 0.2g    Unsaturated Fat: 0.7g    Trans Fat: 0g  
Cholesterol: 0.8mg    Sodium: 153.5mg    Fiber: 2.3g

**Yield: 8 servings**

Makes 1 loaf (approximately 15 ½ inch slices)

Mayo Clinic Pyramid Servings: 1 carbohydrate

**Ingredients**

2 c. whole wheat flour	1 tsp. baking powder
¼ c. flax seed meal	½ tsp. baking soda
¼ c. millet meal	1 tsp. caraway seed, crushed
2 Tbsp. wheat gluten	1¼ c. low fat buttermilk or skim milk
½ tsp. kosher salt	2 egg whites

**Preparation**

Sift together dry ingredients. Mix with wet until well moistened. Form in (5-inch by 8-inch) loaf pan and bake at 350 degrees for 50-6- minutes. Test for doneness with skewer.



Fit & Flavorful  
Wild Mushroom Risotto  
*Recipe from Executive Chef Tim Cockram*



Calories: 137    Protein: 4.1g    Carbohydrates: 20.0g    Total Fat: 4.6g  
Saturated Fat: 1.0g    Sodium: 81.8mg    Trans Fat: 0g  
Cholesterol: 2.9mg    Fiber: 2.3g

**Yield: 6 servings (1/2 cup serving)**

Mayo Clinic Exchange: 2 vegetable, 1 carbohydrate

**Ingredients**

2 Tbsp. olive oil  
1 pint oyster, shitake or crimini mushroom  
1 cup yellow onion, diced  
½ cup celery, diced  
¼ cup garlic, minced  
¼ cup Italian parsley, chopped  
½ cup short grain brown rice  
¼ cup champagne vinegar  
2 cups vegetable stock  
¼ cup parmesan cheese, grated

**Preparation**

In sauté pan, add olive oil, mushrooms, onion and celery. Sauté for 5-8 minutes until lightly brown then add garlic and parsley and sauté for 1 more minute. Add rice, continue to sauté for addition 3-4 minutes until rice is aromatic and smells nutty, then add ¼ cup vinegar to coat rice. Slowly add ½ of stock and reduce to simmer. When liquid is completely absorbed, add remainder of stock and continue to simmer. When all liquid is absorbed, add grated cheese and stir in to melt.

\*Choose any variety of mushrooms you prefer



Fit & Flavorful  
Wild Rice and Squash Salad  
*Recipe from Executive Chef Nick Weimer*



Calories: 98    Protein: 3.1g    Carbohydrates: 13.4g    Total Fat: 3.9g  
Saturated Fat: 0.5g    Unsaturated Fat: 3.4g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 20.9mg    Fiber: 2.2g

**Yield: 4 servings (1 cup)**

Mayo Clinic Exchange: ½ carbohydrate, 1 vegetable, ¾ fat

**Ingredients**

1 cup cooked wild rice  
1 ½ cups squash, cubed  
3 tsp. olive oil  
3 oz. spinach, chiffonade  
1 shallot, sliced thin  
1 T. Italian parsley, minced  
1 tsp. sage, minced  
1 tsp. oregano, minced  
Black pepper to taste  
¼ cup red wine vinegar

**Preparation**

Toss squash in 1 tsp. olive oil and roast in 400 degree oven for 30-40 minutes or until golden brown on edges, allow to cool to 40 degrees. Toss all ingredients together in a mixing bowl and serve.



Fit & Flavorful  
Wild Rice Pilaf



*Recipe from Executive Chef Mark Beland*

Calories: 214    Protein: 6.5g    Carbohydrates: 38g    Total Fat: 4.8g  
Saturated Fat: 0.3g    Unsaturated Fat: 4.5g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 64.2mg    Fiber: 4.5g

**Yield: 5 (1 cup) servings**

Mayo Clinic Exchange: 2 carbohydrates, 1 fat, 1 vegetable

**Ingredients**

½ cup fancy wild rice	1 tsp. black pepper
¼ cup brown rice	2 Tbsp. dried cranberries
¼ cup wheat berries	2 ½ cups vegetable stock
1 cup diced onion	
½ cup diced celery	
2 cups chopped Ramps, nettles or kale	
1 Tbsp. canola oil	
½ cup diced carrot	
2 cloves garlic minced	
2 Tbsp. Italian parsley, chopped	

**Preparation**

Sweat vegetables in olive oil for 10-12 min, until onions become translucent. Add parsley, sweat 1 min more, and add grains and sauté for 2-3 min. Add vegetable stock and season with pepper, bring to boil, reduce to simmer and cook covered for 45 min, or until all liquid is absorbed. Fluff with fork and mix in cranberries.