

Lifestyle Change Healthier Recipes



Fallbrook Regional
HEALTH DISTRICT

...community health & wellness center



Table Of Content

| | | | |
|-------------------------------|----|------------------------|----|
| Introduction | 03 | Mexican Style Ceviche | 22 |
| Excellent & Healthy Cornbread | 05 | Chili Recipe | 24 |
| Acapulco Shrimp | 06 | Zucchini Fries | 26 |
| Easy Holiday Brisket | 08 | Sheet-Pan Greek Shrimp | 27 |
| Cauliflower Pizza Crust | 10 | Our TEAM! | 29 |
| Pesaratu Gatu | 12 | | |
| Healthy Mac and Cheese | 14 | | |
| Spicy Honey Garlic Salmon | 16 | | |
| Cauliflower "Potato" Salad | 18 | | |
| Healthy BBQ Sauce | 19 | | |
| Healthy Crockpot Pot Roast | 20 | | |

Introduction

April of 2023, a group of 20 individuals came together with one objective: A life free from Pre-Diabetes. Over the next year, the class discovered new ways of remaining active, managing stress, shopping for healthy foods, cooking and so much more!

In addition to discovering healthier foods, the students received an assignment to find healthier alternatives to some commonly consumed dishes. This recipe book highlights some of their choices. In lieu of French Fries, how about Zucchini Fries? Love cornbread, how about switching out some ingredients for healthier options. Believe it or not, there was even a healthier version of Traditional Mac and Cheese!

It's important to remember that the CDC recommends a healthy plate made of: 50% non-starchy vegetables, 25% protein, and 25% starchy vegetables. So, many of these special recipes would go nicely paired with other veggies or proteins.

It's with great pleasure to provide Lifestyle Change Cohort 1 with a copy of their collective cookbook. I want to thank each of you who contributed to the making of this book. Lastly, all recipes found online have been provided recognition through a link to their website.



Excellent & Healthy Cornbread

Ingredients

- 1 Cup Unbleached Flour
- 1 Cup Cornmeal
- 1/4 Cup White Sugar (or less)
- 1 Teaspoon Baking Soda
- 3/4 Teaspoon Salt
- 2 Large Eggs

Instructions

1. Preheat the oven to 400 F (200 degrees C). Lightly grease an 8-inch baking pan.
2. Whisk flour, cornmeal, sugar, baking soda, and salt together
3. Bake in the preheated oven until the center springs back when lightly pressed, 20-25min.



Preparing

10 Minutes



Cooking

20 Minutes



Acapulco Shrimp

Acapulco Shrimp

Ingredients

- Any amount of shrimp... I prefer jumbo (21-25), deveined with shell and tails intact.
- Lawry's Seasoning Salt
- Garlic Powder... do not use garlic salt!
- Olive Oil

Instructions

1. Defrost shrimp as directed & rinse under cold water. Pat Shrimp Dry.
2. Place shrimp in large bowl & season generously with Lawry's seasoning salt and garlic powder, no salt.
3. Heat skillet/wok on high heat adding olive oil.
4. Add shrimp to hot skillet or wok and stir fry. Add more olive oil as needed so shrimp doesn't burn.
5. Shrimp will turn pink as it cooks, usually only takes about 4 minutes.
6. All done!



Easy Holiday Brisket Recipe (Low Calorie)

Ingredients

- 5 pound brisket
- Olive oil spray
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 (28-ounce can) crushed tomatoes
- 10 garlic cloves
- ½ cup all-natural zero calorie brown sugar (or brown sugar)
- ¼ cup apple cider vinegar
- 2 cups beef broth
- 2 onions
- 5 carrots
- 5 celery stalks

Easy Holiday Brisket Recipe (Low Calorie)

Instructions

1. Preheat the oven to 300 degrees.
2. Use paper towels to pat the brisket dry. Then rub both sides with salt and pepper.
3. Heat a dutch oven over a medium heat, and lightly spray with olive oil.
4. Add the brisket to the dutch oven and brown the brisket on each side for 5 minutes.
5. While the brisket is browning, add the canned tomatoes, garlic, brown sugar, apple cider vinegar, and beef broth to a blender. Blend until smooth, and set aside.
6. Remove the brisket from the dutch oven (move to a cutting board or plate) and add the onions, carrots and celery.
7. Cook the veggies for 5-6 minutes, then add in 1/2 of the tomato mixture from the blender. Scrape the bottom of the pan loosening any browned bits.
8. Add the brisket back to the dutch oven, and pour the remaining tomato broth mixture over it.
9. Cover the dutch oven, and place the brisket in the oven.
10. Roast the brisket for 5 hours.
11. Remove the brisket from the dutch oven and let it rest on the cutting board fat-side up for 30 minutes.
12. Skim the fat off the sauce, and keep the sauce and veggies hot by adding it back to the oven, or by simmering over low heat on the stove top.
13. Cut the fat cap off the brisket, and discard. And slice the brisket against the grain.
14. Serve hot topped with sauce and veggies.



Cauliflower Pizza Crust

Cauliflower Pizza Crust

Ingredients

- 1 head cauliflower, stalk removed
- 1/2 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 2 eggs, lightly beaten

Instructions

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. (I like to put it on a towel to get all the moisture out.) Let cool.
3. In a bowl, combine the cauliflower with the mozzarella, Parmesan, oregano, salt, garlic powder and eggs. Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes.
4. Add desired toppings and bake an additional 10 minutes.



Cooking
20 Minutes



Serving
50 Minutes

Pesaratu Gatu



Pesaratu Gatu

Ingredients

- 1 Cup Mung Beans (split without skin)
- 1/2 Cup Water
- 1 Tsp Salt
- 1/8 Tsp Baking Soda (to make lighter)
- Pinch Red Chili Powder (to make spicier)
- 2 Tbs Vegetable Oil
- 1 /2 Inch Ginger, Chop
- 1/2 Medium Green Chili, Chop
- 1 Small Onion, Chop

 **Preparing**
15 Minutes

 **Cooking**
15 Minutes

Instruction

1. Mix the mung beans with water, cover and let sit for at least 4 hours (or overnight). Rinse the beans and grind them fine in a blender with 1/2 cup water until foamy (pourable batter). Add salt (and baking soda and chili powder, if using).
2. In a frying pan, mix and heat butter and vegetable oil. Spread one ladle of batter in a circular motion, and if you want it crispier, spread it thinner.
3. Right after the batter has been spread, sprinkle a teaspoon of the chopped herbs (onion, ginger, and green chili) and press into the top of the batter. Cook until the sides brown (about 2 minutes). Flip and cook the other side a lightly (2 minutes).

VARIATIONS- For more fiber and texture, use split mung beans with green skin left on. For a more nutritious pancake, sprout whole mung beans by soaking them for half a day (12hrs).

Healthy Mac and Cheese

Easy Healthy Mac and Cheese Recipe swaps out copious amounts of heavy dairy for lightened up options. It's easy to make in 15 min in one pot.



Healthy Mac and Cheese

Ingredients

- 3 cups whole wheat elbow macaroni uncooked
- 3 cups vegetable or chicken broth low sodium
- 1 cup whole milk
- 2 tbsp butter salted
- 1/4 tsp garlic powder
- 1/4 tsp mustard condiment
- 3/4 tsp salt
- Ground black pepper to taste
- 1 cup marble or cheddar cheese shredded
- 1/4 cup Parmesan cheese shredded

Instruction

1. In a medium pot, add broth, milk, butter, garlic powder, mustard, salt, ground black pepper and bring to a boil.
2. Add elbow macaroni and cook for 8-10 minutes, stirring every few minutes to prevent sticking. Cook until al dente or desired firmness and adding more milk or broth if you wish.
3. Turn off heat. Add marble cheese and Parmesan cheese in portions and stir between each until melted. That's it.
4. Serve immediately as mac and cheese tastes best fresh. Saucy, creamy and so comforting!
5. Top with your favorite hot sauce, everything bagel, Montreal steak spice, paprika, nutmeg, soy sauce and even honey. Or with leftover chopped baked bacon. I like to bake mine at 425 degrees F for 20 minutes. Way less mess.



Spicy Honey Garlic Salmon

Ingredients

- 4 8 oz salmon fillets center cuts
- 2 tsp. olive oil
- 1 tsps. smoked paprika or normal paprika
- 1 tsp. garlic powder
- $\frac{3}{4}$ tsp. fresh ground black pepper more or less to taste
- $\frac{1}{2}$ tsp. cayenne pepper more or less to taste

The Sauce

- $\frac{1}{4}$ cup honey
- 4 cloves garlic minced or chopped
- 1 tbsp. lemon juice
- $\frac{1}{2}$ tsp. onion powder
- 2 tbsps. water
- $\frac{1}{3}$ cup soy sauce Low-sodium
- $\frac{1}{2}$ tsp. chili flakes more or less to taste
- 1 tbsp. olive oil
- $1\frac{1}{2}$ tsp. corn starch
- $\frac{1}{2}$ tsp. ginger powder optional

https://www.cookinwithmima.com/wprm_print/5601

Spicy Honey Garlic Salmon

Instructions

1. Remove the skin from the salmon. Slice them into 8 oz pieces and pat them dry.
2. In a small bowl stir together paprika, garlic powder, fresh ground pepper, and cayenne pepper. Season both sides of the salmon with this seasoning.
3. In a small bowl or cup, mix together the sauce ingredients: honey, garlic, water, lemon juice, soy sauce, onion powder, cornstarch and ginger powder, chili flakes, and 1 tbsp. of olive oil to make the sauce. Set aside for cooking.
4. Bring a large nonstick skillet over medium heat. Add 2 Tbsps. of olive oil. Place the salmon in the pan and sear for 5 minutes without moving. Flip and cook on the other side for 5 minutes.
5. Pour the sauce into the pan and let the sauce and salmon cook together 2-3 minutes, or until the sauce thickens up. Scoop up some of the sauce and glaze the salmon as it cooks.
6. Remove from heat and garnish with sesame seeds, chopped green onion, and lemon wedges before serving.



Preparing

17 Minutes



Cooking

15 Minutes

Cauliflower “Potato” Salad

Ingredients

- Kosher salt
- 1 large head of cauliflower, cut into bite-sized florets (6 to 8 cups)
- A heaping 1/2 cup mayonnaise
- 2 tablespoons yellow mustard
- 1 tablespoon apple cider vinegar
- Freshly ground black pepper
- 1/3 cup chopped dill pickles
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped fresh chives
- 3 hard-boiled eggs, peeled and chopped
- 2 celery stalks, chopped
- 1 shallot, diced



Instruction

1. Bring a pot of salted water to a boil. Add the cauliflower florets to the boiling water and cook until tender, 5 to 7 minutes. Drain well and cool to room temperature.
2. Add the mayonnaise, mustard, vinegar, 1/2 teaspoon salt and 1/2 teaspoon pepper to a large mixing bowl and whisk to combine. Then add the cooled cauliflower, pickles, dill, chives, eggs, celery and shallot. Mix until thoroughly combined. Serve at room temperature or cover and store in the refrigerator until ready to serve.

Healthy BBQ Sauce



Ingredients

- 0.5 tablespoon Olive oil
- 1 Onion - small; very finely diced
- 500 g (2 cups) Passata - (2 cup)
- 2 Garlic clove - crushed
- 4 tablespoon Tomato puree
- 2 tablespoon Honey
- 1 pinch Black pepper
- 1 tablespoon Paprika
- 3 tablespoon Balsamic vinegar
- 1 tablespoon Worcestershire sauce

Instruction

1. Add 0.5 tablespoon Olive oil to a pan and put 1 Onion in and gently cook for 3-4 minutes until softened.
2. Add 500 g Passata, 2 Garlic clove, 4 tablespoon Tomato puree, 2 tablespoon Honey, 1 pinch Black pepper, 1 tablespoon Paprika, 3 tablespoon Balsamic vinegar and 1 tablespoon Worcestershire sauce. Stir well.
3. Simmer for around 10 minutes.
4. If you want a smooth sauce, wait for it to cool and then blend to the desired consistency.



Healthy Crockpot Pot Roast

- 2 lb extra lean eye of round beef roast
- 1 cup white onion roughly chopped
- 2 cups carrots sliced 2 inches each
- 2 cups baby red potatoes sliced in half
- 2 tablespoons Worcestershire sauce gluten free
- 1 1/2 cups vegetable broth low sodium
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon thyme
- 1 teaspoon parsley
- Salt and pepper to taste
- 2 tablespoons arrowroot powder or cornstarch (if making gravy)

Healthy Crockpot Pot Roast

Instruction

1. Mix the onion powder, garlic powder, thyme, parsley, salt and pepper together in a bowl. Rub the seasoning mix into the pot roast really well, covering the entire thing.
2. Add the broth to the slow cooker then place the pot roast in it. Add the Worcestershire sauce then place the onion, carrots and potatoes around and over the top. Cover and cook on low 6-8 hours.
3. Remove the pot roast and veggies from the slow cooker once finished and set aside on a plate.
4. If making the gravy, use the leftover liquid in the slow cooker by adding the arrowroot powder (or cornstarch). Whisk continuously until the flour dissolves and the water thickens. This should take less than 5 minutes. You can also pour the liquid in a saucepan and heat to thicken.
5. Shred the pot roast with a fork and serve with gravy and veggies.



Preparing
10 Minutes



Cooking
15 Minutes



Fab Freddy's Amazing Mexican Style Ceviche

Fab Freddy's Amazing Mexican Style Ceviche

Ingredients

- 1/2 Pound Peeled, deveined Shrimp, medium or large size
- 1/2 Pound Scallops, bay or ocean, or a mix of both
- 1/2 Pound White Fish (Cod, Halibut, etc,) cut into bite size cubes
- 2/3 Bunch Green Onions, sliced into rounds
- 3-4 Medium Stalks Celery, diced
- 1-2 Medium (6") Zucchini, diced
- 1-2 Medium Tomatoes, diced
- 1 Bunch Cilantro, leaves chopped, discard large stems
- 2-3 Jalapeno peppers, seeds and membranes removed, finely diced
- 8-12 oz Prepared fresh Mexican salsa, mild, medium, or hot, as you prefer. Store bought is fine.
- 1/4 cup fresh lemon juice
- 1/3 cup fresh orange juice
- V8 or tomato juice. Added at the end to adjust liquid content, if necessary
- Salt to taste

Instruction

1. Add all diced and chopped vegetables to a large bowl.
2. CRITICAL STEP: DO NOT OVER COOK THE SEAFOOD, UNLESS YOU LIKE RUBBER SHRIMP. If you are using frozen seafood, make sure it is thawed to room temperature before proceeding. Bring a large pot of water to a vigorous boil, Add all of the seafood at once. BOIL FOR TWO MINUTES, TWO AND A HALF AT MOST.
3. Immediately drain all the hot water and add cold water to stop the cooking process.
4. Drain the seafood when it has chilled to room temperature, and add to the bowl of diced veggies.
5. Add the salsa, lemon juice and orange juice.
6. Add Salt and gently mix all ingredients together.
7. Add V8 or tomato juice as needed.
8. Add salt and additional juice to taste. SERVE WELL CHILLED.

Chili Recipe



By Valerie Bertinelli- Turkey Chili

Ingredients

- 12 tablespoons vegetable oil
- 1 yellow onion, finely chopped
- 2 cloves garlic, minced
- 1 pound ground turkey (80 percent lean)
- Kosher salt and freshly ground black pepper
- 2 tablespoons tomato paste
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cloves
- One 15-ounce can diced tomatoes
- 1 tablespoon cider vinegar
- 2 teaspoons Worcestershire sauce
- 1 ounce unsweetened chocolate, finely chopped
- 12 ounces spaghetti
- 8 ounces shredded Cheddar
- Thinly sliced green onions, for topping, optional

Chili Recipe



 **Preparing**
30 Minutes

 **Total Time**
50 Minutes

Instruction

1. Heat the oil in a Dutch oven or heavy pot over medium-high heat. Add the onions and garlic and cook, stirring occasionally, until softened, about 6 minutes. Add the ground turkey, 1 teaspoon salt and 1/4 teaspoon pepper, and cook, breaking up any clumps with a wooden spoon, until brown, about 5 minutes. Add the tomato paste, chili powder, paprika, allspice, cinnamon, coriander, cumin and cloves; cook, stirring constantly, for 1 minute. Add the tomatoes and 1 1/2 cups water, and bring to a simmer. Simmer, uncovered, until slightly reduced, about 10 minutes.
2. Add the vinegar, Worcestershire and chocolate, and continue to simmer until the flavors have melded and the chili has thickened a little more, about 10 minutes. Season with salt and pepper. While the chili simmers, bring a large pot of salted water to a boil. Cook the spaghetti according to the package directions.
3. Serve the spaghetti topped with chili, Cheddar, and green onions if using.

Zucchini Fries



Ingredients

- 2 medium Zucchini
- 1 large Egg
- 3/4 cup Grated parmesan cheese
- 1/4 tsp Garlic powder
- 1/4 tsp Black pepper (optional)

Instruction

1. Preheat the oven to 425 degrees F (218 degrees C). Line and lightly grease a baking sheet. (Parchment paper works best, but foil might be okay if you grease it very well.)
2. Cut each zucchini in half lengthwise 4 times (to make eight long sticks from each squash). Then cut the sticks once crosswise, making 16 sticks from each squash, approximately 4 in (10 cm) long and 1/2 in (1 cm) thick. If the zucchini sticks feel "wet", pat them dry with paper towels.
3. AD
4. Prepare two shallow bowls – one with beaten egg and one with a mixture of grated parmesan cheese, garlic powder, and black pepper. Dip each squash stick in the egg, shake off the excess, then press into the parmesan mixture, coating all sides. (Use one hand for the egg and the other for the parmesan, to avoid getting too much egg in the parmesan which will make it clumpy.) Place on the prepared baking sheet in a single layer without touching.
5. Bake for about 20 minutes, flipping the fries and rotating the pan halfway through, until fairly dark golden.
6. Place under the broiler for 2-3 minutes, until darker golden and crispy.

Sheet-Pan Greek Shrimp with Asparagus, Tomatoes and Olives Recipe



Sheet-Pan Greek Shrimp with Asparagus, Tomatoes and Olives

Ingredients

- 2 pounds fresh asparagus
- 1 pint grape or cherry tomatoes, halved crosswise
- 3 tablespoons olive oil, divided
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 1 cup mixed pitted Greek olives
- 1 pound large deveined, tail-on shrimp, thawed if frozen
- 1 teaspoon minced fresh oregano
- 1 teaspoon minced fresh mint
- 1/2 cup crumbled feta cheese, for garnish
-

Instruction

1. Preheat the oven to 400°F.
2. Trim the asparagus by bending each spear about 1 inch from the cut end until it snaps. In a large bowl, toss the asparagus and tomatoes with 2 tablespoons olive oil, 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper. Spread evenly on a large rimmed sheet pan. Add the olives, tossing them evenly over the vegetables. Cook for 20 minutes while you prepare the shrimp.
3. Toss the shrimp with the remaining 1/4 teaspoon each kosher salt and pepper, along with the oregano and mint. Toss the vegetables gently with tongs, then place the shrimp on top of the vegetables in an even layer. Cook for 10 minutes more, until the shrimp are opaque and cooked through. Sprinkle with feta cheese and serve immediately.



Lifestyle Changers

