



Recipes for Healthy Living



Preparing healthy meals is one of the important steps I am taking to stay healthy and help lower my risk of type 2 diabetes. After I took the Diabetes Risk Factor Assessment at [AskScreenKnow.com](https://www.askscreenknow.com), I realized it was important to make these changes for myself and for my family. This recipe guide includes some of my family's favorite healthy recipes. Each dish is packed with great flavors that I know your family will enjoy.

Remember to take the Diabetes Risk Factor Assessment at [AskScreenKnow.com](https://www.askscreenknow.com) — do it today for your family.

Bon Appétit!

Justine Follows These Tips for Keeping It Healthy and Flavorful

- Pump up the volume of any dish by adding colorful, low-calorie vegetables, such as broccoli.
- Cut down on the amount of salt by looking for low-sodium ingredients.
- Use low-carb pasta as a delicious alternative to regular pasta.
- Save on saturated fat and calories when cooking chicken by removing the skin.
- Try light products, such as reduced-fat cheese, to keep a recipe tasty without the extra fat.

crispy baked chicken

Ingredients

2 cups crispy rice cereal	2 tbsp water
1/4 tsp garlic powder	4, 6-oz (24 oz) boneless, skinless chicken breasts
1/2 tsp onion powder	Nonstick vegetable cooking spray
1/2 tsp paprika	1 cup long-grain brown rice, cooked according to directions without salt or fat
1/4 tsp pepper	
1/4 tsp salt	
1/2 tsp dried Italian seasoning	
1 egg	

Nutrition Facts

Per serving: 434 calories

Total Fat 5 g	Sodium 378 mg
Saturated Fat 1 g	Carbohydrates 49 g
Trans Fat 0 g	Dietary Fiber 2 g
Cholesterol 152 mg	Protein 46 g

Makes: 4 servings
Prep Time: 15 minutes
Cook Time: 60 minutes
Difficulty: Easy



Preparation

Preheat oven to 350°F. Crush crispy rice cereal in a bowl and add garlic powder, onion powder, paprika, pepper, salt, and Italian seasoning. Mix well. Whisk egg and water in a shallow bowl and coat chicken breast with egg mixture, then coat chicken in crushed cereal mixture.

Place on a baking sheet that has been sprayed with nonstick cooking spray. Bake uncovered for 1 hour or until done.

Makes: 4 servings
Prep Time: 15 minutes
Cook Time: 60 minutes
Difficulty: Easy



skillet pork chops with herbs

Ingredients

1 tsp dried thyme	2 tbsp fresh parsley, chopped
1 tsp dried sage	
1 tbsp vegetable oil	8 oz fettuccini noodles, cooked according to directions without salt or fat
Nonstick vegetable cooking spray	
4, 5-oz (20 oz) pork chops, lean, boneless	1/2 tsp Italian seasoning
1/2 cup red wine vinegar	1/2 tsp salt
1/4 tsp ground black pepper	2 medium tomatoes, sliced into wedges
	4 cups broccoli florets, steamed until tender

Nutrition Facts

Per serving: 477 calories

Total Fat 12 g
Saturated Fat 3 g
Trans Fat 0 g
Cholesterol 89 mg

Sodium 794 mg
Carbohydrates 47 g
Dietary Fiber 6 g
Protein 40 g

Preparation

To make marinade: In a shallow casserole dish, mix thyme, sage, basil, and oil. Add chops and turn to coat. Cover and refrigerate for 20 minutes.

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, cook chops 3 to 4 minutes on each side until brown. Add vinegar. Reduce heat to low; cover and simmer for 25 to 30 minutes or until pork is tender. Season with ground black pepper. Sprinkle with chopped parsley.

Toss cooked fettuccini noodles with Italian seasoning, salt, tomato wedges, and steamed broccoli florets. Serve pork chops with pasta mixture.

savory meatballs with tomato vegetable sauce

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 18 minutes
Difficulty: Intermediate



Ingredients

3/4 lb extra lean ground beef	1 egg
1/2 cup finely chopped onion, divided	1/2 cup chopped celery
4 cloves minced garlic, divided	2 cups sliced mushrooms
1 tsp ground thyme	3 cups sliced zucchini
1 tsp dried parsley	1/4 cup water
1/2 tsp garlic powder	1 1/2 cups marinara sauce
1/2 tsp salt-free herb seasoning blend	1 1/2 cups "no salt added" tomato sauce
Nonstick vegetable cooking spray	8 oz spaghetti noodles, cooked according to directions without salt or fat

Nutrition Facts

Per serving: 544 calories

Total Fat 19 g

Saturated Fat 6 g

Trans Fat 0 g

Cholesterol 112 mg

Sodium 591 mg

Carbohydrates 64 g

Dietary Fiber 9 g

Protein 30 g

Preparation

In a large bowl mix ground beef, 1/4 cup chopped onion, 2 minced garlic cloves, thyme, parsley, garlic powder, salt-free herb seasoning blend, and egg. Mix well and shape into walnut-sized balls. In a large skillet sprayed with nonstick vegetable cooking spray over medium-high heat, cook meatballs for 8 to 10 minutes until done, turning often.

Meanwhile, in a large saucepan sprayed with nonstick vegetable cooking spray over medium-high heat, add 1/4 cup chopped onion, 2 minced garlic cloves, celery, and sliced mushrooms. Sauté for 2 to 3 minutes and add sliced zucchini. Add water and cover, cooking 3 to 5 minutes until zucchini is slightly tender. Add marinara sauce and tomato sauce; heat through. Add cooked meatballs to sauce and serve over spaghetti noodles.

shrimp and vegetable jambalaya

Ingredients

2 1/2 cups chicken broth	1/4 cup chopped fresh parsley
1 1/4 cups uncooked long-grain white rice	2 cloves garlic, minced
1 cup red bell pepper, cut into 1 inch chunks	1/4 tsp paprika
1 cup green bell pepper, cut into 1 inch chunks	1/4 tsp salt
1 (13 3/4-oz) can water-packed artichoke hearts, drained	Nonstick vegetable cooking spray
1 tsp chili powder	1 tbsp olive oil
	1 1/2 lb medium shrimp, raw, peeled, and cleaned

Nutrition Facts

Per serving: 478 calories

Total Fat 7 g	Sodium 1074 mg
Saturated Fat 1 g	Carbohydrates 53 g
Trans Fat 0 g	Dietary Fiber 4 g
Cholesterol 259 mg	Protein 43 g

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 35 minutes
Difficulty: Easy



Preparation

In a large saucepan combine chicken broth, rice, and red and green bell peppers, artichoke hearts, parsley, chili powder, garlic, paprika, and salt. Mix well. Bring to a boil and simmer on low heat for 25 to 30 minutes or until rice is tender.

Meanwhile, in a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil. When hot, add shrimp and cook 3 to 4 minutes or until shrimp is cooked and turns pink. Toss cooked rice mixture with cooked shrimp.

Makes: 4 servings
Prep Time: 5 minutes
Cook Time: 10 minutes
Difficulty: Easy



grilled salmon with lime

Ingredients

2 tbsp olive oil	4, 6-oz (24 oz) salmon fillets
2 minced garlic cloves	4 cups broccoli florets
1/4 cup lime juice	1 cup cauliflower florets
1 tbsp white cooking wine	1 cup sliced carrots
2 tsp grated lime peel	1 cup long-grain brown rice, cooked according to directions without salt or fat
1 tsp honey	
1 tbsp dried dill	
Nonstick vegetable cooking spray	

Nutrition Facts

Per serving: 488 calories

Total Fat 15 g	Sodium 180 mg
Saturated Fat 2 g	Carbohydrates 49 g
Trans Fat 0 g	Dietary Fiber 6 g
Cholesterol 89 mg	Protein 42 g

Preparation

Preheat grill or broiler to medium heat. In a small saucepan add olive oil and minced garlic. Cook 1 minute and stir in lime juice, cooking wine, grated lime peel, and honey. Remove from heat and stir in dill.

Brush salmon with olive oil mixture. Spray grill or broiler pan with nonstick vegetable cooking spray. Grill or broil salmon 3 to 4 minutes per side, basting occasionally and turning, until fish flakes easily when tested with a fork.

Meanwhile, steam broccoli, cauliflower, and carrots and serve with hot brown rice.

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 45 minutes
Difficulty: Easy



broccoli mac and cheese

Ingredients

6 oz reduced-carb penne pasta	3/4 cup shredded reduced-fat sharp cheddar cheese
3 cups small broccoli florets	3/4 tsp dry mustard
1 tbsp olive oil	1/4 tsp salt
1 onion, finely chopped	1 tbsp plain dry whole wheat bread crumbs
1 tbsp white whole wheat flour	
1 3/4 cups fat-free milk	

Nutrition Facts

Per serving (1 cup): 310 calories

Total Fat 9 g	Sodium 390 mg
Saturated Fat 3 g	Carbohydrates 45 g
Trans Fat 0 g	Dietary Fiber 6 g
Cholesterol 15 mg	Protein 17 g

Preparation

Preheat oven to 350°F. Spray a 1 1/2-quart baking dish with cooking spray. Cook pasta according to package directions. Add broccoli during the last 3 minutes of cooking time. Drain; transfer pasta and broccoli to a large bowl. Meanwhile, heat oil in a large nonstick saucepan over medium-high heat. Add onion and cook, stirring often, until softened, about 8 minutes. Add flour and cook, stirring constantly, 1 minute. Slowly whisk in the milk; bring to a boil. Reduce heat and cook, stirring constantly, until the sauce bubbles and thickens, about 3 minutes. Remove from heat. Stir in cheese, mustard, and salt, until the cheese is melted and the sauce is smooth. Pour the sauce over the pasta and broccoli in the bowl; toss to coat well. Spoon into baking dish. Sprinkle bread crumbs evenly over top of the pasta mixture. Lightly spray top of pasta mix with cooking spray. Bake until the edges are bubbly and the top is golden, about 25 minutes.

bbq chicken

Ingredients

1/2 cup low-sodium ketchup	1/4 tsp cayenne pepper
1/4 cup packed dark brown sugar	1/4 tsp liquid smoke
2 tbsp orange juice	2 (1 lb) bone-in chicken breasts, cut crosswise in half
1 tsp Worcestershire sauce	
1/2 tsp dry mustard powder	

Nutrition Facts

Per serving (1 piece): 260 calories

Total Fat 4 g	Sodium 105 mg
Saturated Fat 1 g	Carbohydrates 22 g
Trans Fat 0 g	Dietary Fiber 0 g
Cholesterol 90 mg	Protein 34 g

Makes: 4 servings

Prep Time: 5 minutes

Cook Time: 30–35 minutes

Difficulty: Easy



Preparation

Preheat the grill to medium-low or prepare a medium-low fire (or preheat the oven to 375°F).

Whisk together ketchup, brown sugar, orange juice, Worcestershire sauce, dry mustard, cayenne pepper, and liquid smoke in a small bowl.

To grill the chicken: Spray the grill rack with cooking spray. Place chicken on the rack and grill, turning occasionally, 15 minutes. Baste chicken with the sauce and continue cooking, turning and basting as needed, until the chicken is nicely glazed and cooked through, 10 to 15 minutes longer. Remove the skin before eating.

To bake the chicken: Line a medium baking pan with foil and lightly spray with cooking spray. Place chicken in the pan and pour the sauce over the chicken. Cover loosely with foil and bake for 15 minutes. Remove the foil and cook, basting the chicken with the sauce occasionally, until the chicken is nicely glazed and cooked through, 15 to 20 minutes longer. Remove the skin before eating.

crispy onion rings

Ingredients

2 large Vidalia onions, cut crosswise into 1/2-inch-thick rounds	1 egg white
1/4 cup white whole wheat flour	1 tsp hot sauce
1/2 cup low-fat buttermilk	3/4 cup cornflake crumbs
	1/2 tsp salt

Nutrition Facts

Per serving (6 onion rings): 120 calories

Total Fat 0 g	Sodium 330 mg
Saturated Fat 0 g	Carbohydrates 25 g
Trans Fat 0 g	Dietary Fiber 3 g
Cholesterol 0 mg	Protein 4 g

Makes: 6 servings
Prep Time: 20 minutes
Cook Time: 25 minutes
Difficulty: Easy



Preparation

Preheat oven to 450°F. Spray two large baking sheets with cooking spray. Separate onion rounds into 36 rings. Reserve any broken or smaller rings for another use. Place flour in a large food storage bag. Whisk together buttermilk, egg white, and hot sauce in pie plate or shallow bowl. Combine cornflake crumbs and salt on a sheet of wax paper. Add onion rings, a few at a time, to the flour; seal the bag and shake until evenly coated. Dip the rings, one at a time, into the buttermilk mixture, then into the cornflake mixture. Transfer the rings to the baking sheets. Lightly spray with cooking spray and bake, without turning, until crisp and golden, 20 to 25 minutes.

fiery cajun shrimp

Ingredients

3 tbsp lemon juice	3/4 tsp black pepper
2 tbsp canola oil	1/4 tsp salt
1 tbsp low-sodium Worcestershire sauce	1 lb unpeeled medium shrimp (about 46–50)
1 tsp unsalted butter, melted	2 lemons, thinly sliced
2 garlic cloves, minced	8 oz whole wheat French bread, sliced, for dipping
1 tsp hot sauce	

Nutrition Facts

Per serving (about 12 shrimp with 2 tbsp of sauce and 2 small slices of bread): 360 calories

Total Fat 15 g	Sodium 480 mg
Saturated Fat 2.5 g	Carbohydrates 12 g
Trans Fat 0 g	Dietary Fiber 1 g
Cholesterol 290 mg	Protein 41 g

Makes: 4 servings
Prep Time: 5 minutes
Cook Time: 15 minutes
Difficulty: Easy



Preparation

Preheat the oven to 400°F. Spray a medium baking dish with cooking spray. Whisk together lemon juice, oil, Worcestershire sauce, melted butter, garlic, hot sauce, pepper, and salt in a small bowl.

Place the shrimp in the baking dish. Evenly top the shrimp with lemon slices. Pour the sauce over the top. Bake, uncovered, stirring once or twice, until the shrimp turn pink, about 15 minutes.

Evenly divide the shrimp and sauce into individual serving dishes. Serve with bread for dipping.

Makes: 10 servings
Prep Time: 20 minutes
Cook Time: 15 minutes
Difficulty: Easy



buffalo style chicken bites

Ingredients

1/2 cup light mayonnaise	3 tbsp reduced-sodium bottled hot pepper sauce
1/4 cup reduced-fat sour cream	2 tbsp plain dry whole wheat bread crumbs
1/4 cup reduced-fat blue cheese crumbles	1 shallot, minced
1 tbsp lemon juice	1 garlic clove, minced
1/4 tsp black pepper	1/2 tsp salt
1 lb ground chicken breast	2 1/2 cups celery sticks
1 small red bell pepper, minced	2 1/2 cups carrot sticks

Nutrition Facts

Per serving (3 meatballs with scant 2 tbsp dressing, 1/2 cup celery sticks, 1/2 cup carrot sticks): 180 calories

Total Fat 12 g
Saturated Fat 1.5 g
Trans Fat 0 g
Cholesterol 40 mg

Sodium 310 mg
Carbohydrates 9 g
Dietary Fiber 2 g
Protein 10 g

Preparation

Preheat the oven to 425°F. Spray a large baking pan with cooking spray.

To make the dressing: combine mayonnaise, sour cream, blue cheese, lemon juice, and pepper in a small bowl. Cover and refrigerate to allow the flavors to blend, about 15 minutes.

Meanwhile, combine ground chicken, bell pepper, 2 tablespoons hot pepper sauce, bread crumbs, shallot, garlic, and salt in a large bowl until well mixed. With lightly moistened hands, form the mixture into 30 (1 1/4 inch) balls. Place on the baking sheet. Bake until meatballs are lightly browned and cooked through, 12 to 15 minutes.

Transfer meatballs to a large bowl. Add remaining 1 tablespoon hot pepper sauce and gently toss until coated. Serve with dressing, celery, and carrot sticks.

