



Fit & Flavorful
Clam Chowder
Recipe by Executive Chef Mark Beland



Calories: 280 Protein: 16g Carbohydrates: 45g Total Fat: 5g
Saturated Fat: 1g Unsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 29mg Sodium: 489mg Fiber: 6g

Yield: 4 (1 cup) servings

Mayo Clinic Exchange: 1 ½ vegetable, 1 fat, 2 carbohydrates, ½ protein

Ingredients

1 Tbsp. canola oil	½ c. clam juice
1 c. carrot, diced	2 c. low-fat milk
1 c. celery, diced	¼ c. brown rice
2 c. yellow onion, diced	½ c. red potatoes, diced
2 cloves garlic, minced	1 Tbsp. black pepper
2 oz. lean ham	
1 c. fresh clams, diced	
1 ½ c. vegetable stock	
1 tsp. thyme, minced	
1 tsp. oregano, minced	
1 tsp. fennel seed	

Preparation

Sauté carrot, celery, onion, garlic and ham in canola oil until lightly brown, about 10 minutes. Add clams and clam juice, reduce by ½. Add milk, stock, herbs, spices, potatoes and rice. Bring to simmer, cook for 1 hour, until rice is cooked and stew has thickened considerably.



Fit & Flavorful
Carrot Orange Soup
Recipe from Executive Chef Nick Weimer



Calories: 99 Protein: 2.3g Carbohydrates: 17.9g Total Fat: 2.5g
Saturated Fat: 0.3g Unsaturated Fat: 2.2g Trans Fat: 0g
Cholesterol: 0.9mg Sodium: 116.3mg Fiber: 3.6g

Yield: 8 – 1 cup servings

Mayo Clinic Exchange: 3 vegetable, ½ fat

Ingredients

2 lbs carrots, large dice
1 yellow onion, diced
½ Tbsp. canola oil
2 T. fresh ginger, grated
1 cup fresh orange juice (3-4 oranges)
1 tsp. orange zest
4 cups vegetable stock
½ cup plain yogurt
Black pepper to taste

Preparation

Sauté onion in canola oil for 10-15 minutes or until golden to dark brown. Place all ingredients in pot except yogurt and zest. Bring to a boil and reduce heat to simmer. Simmer 30 minutes or until carrots are fully cooked and soft. Puree soup in batches and pour into bowls. Mix yogurt and orange zest and drop a tablespoon into the center of each bowl.



Fit & Flavorful
Chilled Melon Soup
Recipe from Executive Chef Nick Weimer



Calories: 92 Protein: 1.9g Carbohydrates: 20g Total Fat: 0.6g
Saturated Fat: 0.3g Unsaturated Fat: 0.3g Trans Fat: 0g
Cholesterol: 1.8mg Sodium: 88mg Fiber: 1.8g

Yield: 4 servings

Mayo Clinic Exchange: 1 fruit, ¼ dairy, and ¼ vegetable

Ingredients

4 cups assorted melon
Zest and juice of 1 lime
3 Tbsp. Fresno peppers, minced
½ cup plain low fat or fat free yogurt
2 Tbsp. fresh ginger, grated
¼ cup green onion, thinly sliced

Preparation

Peel, seed and chop melon into food processor or blender. Add zest and juice of lime and puree until smooth. Stir in minced Fresno peppers and refrigerate for minimum of 1 hour. In a separate bowl, whisk together plain yogurt and ginger until smooth. Garnish soup with 2 ½ Tbsp. of the yogurt mixture and sliced green onions.



Fit & Flavorful
15 Bean Chili
Recipe from Executive Chef Nick Weimer



Calories: 216 Protein: 8.1g Carbohydrates: 36.7g Total Fat: 5.1g
Saturated Fat: 0.4g Unsaturated Fat: 4.7g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 132.3mg Fiber: 8.9g

Yield: 10 – 8 oz. servings

Mayo Clinic Exchange: 4 vegetable, 1 protein

Ingredients

15 bean soup mix (beans only) 2 cups dry 2 Tbsp. paprika
2 tsp. canola oil 4 Tbsp. chili powder
1 large yellow onion, diced (2 cups) 1 Tbsp. cumin
2 small carrots, diced (1 cup) ¼ cup red wine vinegar
2 ribs celery, diced (1 cup)
4 bell peppers, diced (3 cups)
4 chipotle peppers, minced (1/4 cup)
2 large tomatoes, diced (2 cups)
2 cups vegetable stock
1 can tomato paste (1/4 cup)
2 Tbsp. molasses

Preparation

Rinse beans and soak in cold water overnight in refrigerator. Cook beans in small saucepan in water until soft. Preheat a small stock pot on medium heat and add oil. Add celery, carrot, and onion and sauté until well browned, stirring occasionally. Add bell pepper and chipotle peppers and cook an additional 5 minutes stirring occasionally. Add tomatoes, stock and spices. Cover and reduce heat to low. Cook, stirring occasionally for 4-6 hours adding water as needed to replace evaporated liquid. Stir in tomato paste until well combined and thick, serve.



Fit & Flavorful
Beef Stew
Recipe by Executive Chef Mark Beland



Calories: 350 Protein: 30g Carbohydrates: 41g Total Fat: 7g
Saturated Fat: 2g Unsaturated Fat: 5g Trans Fat: 0g
Cholesterol: 45mg Sodium: 135mg Fiber: 8g

Yield: 4 (1 cup) servings

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

Ingredients

2 tsp. canola oil	¼ c. barley
2 c. yellow onion, diced	1 lb. beef round steak, grilled and patted dry
1 c. celery, diced	¼ c. red wine vinegar
1 c. Roma tomatoes, diced	3 c. vegetable/beef stock
½ c. sweet potato, diced	1 tsp. balsamic vinegar
½ c. mushrooms, diced	1 tsp. sage, minced
1 c. carrot, diced	1 tsp. thyme, minced
4 cloves garlic, chopped	1 Tbsp. parsley, minced
½ c. russet potato, diced	1 Tbsp. oregano, minced
1 c. Kale, diced	1 tsp. rosemary, minced
	1 Tbsp. black pepper

Preparation

Sauté vegetables in canola oil until lightly brown, about 10 minutes. Add Barley, cook additional 5 minutes. Dice grilled round into ½ inch pieces, add to pot. Add vinegar, stock, herbs and spices. Bring to simmer and let cook one hour, until barley is cooked and stew has thickened considerably.



Fit & Flavorful
Carrot Orange Soup
Recipe from Executive Chef Nick Weimer



Calories: 99 Protein: 2.3g Carbohydrates: 17.9g Total Fat: 2.5g
Saturated Fat: 0.3g Unsaturated Fat: 2.2g Trans Fat: 0g
Cholesterol: 0.9mg Sodium: 116.3mg Fiber: 3.6g

Yield: 8 – 1 cup servings

Mayo Clinic Exchange: 3 vegetable, ½ fat

Ingredients

2 lbs carrots, large dice
1 yellow onion, diced
½ Tbsp. canola oil
2 T. fresh ginger, grated
1 cup fresh orange juice (3-4 oranges)
1 tsp. orange zest
4 cups vegetable stock
½ cup plain yogurt
Black pepper to taste

Preparation

Sauté onion in canola oil for 10-15 minutes or until golden to dark brown. Place all ingredients in pot except yogurt and zest. Bring to a boil and reduce heat to simmer. Simmer 30 minutes or until carrots are fully cooked and soft. Puree soup in batches and pour into bowls. Mix yogurt and orange zest and drop a tablespoon into the center of each bowl.



Fit & Flavorful
Chilled Melon Soup
Recipe from Executive Chef Nick Weimer



Calories: 92 Protein: 1.9g Carbohydrates: 20g Total Fat: 0.6g
Saturated Fat: 0.3g Unsaturated Fat: 0.3g Trans Fat: 0g
Cholesterol: 1.8mg Sodium: 88mg Fiber: 1.8g

Yield: 4 servings

Mayo Clinic Exchange: 1 fruit, ¼ dairy, and ¼ vegetable

Ingredients

4 cups assorted melon
Zest and juice of 1 lime
3 Tbsp. Fresno peppers, minced
½ cup plain low fat or fat free yogurt
2 Tbsp. fresh ginger, grated
¼ cup green onion, thinly sliced

Preparation

Peel, seed and chop melon into food processor or blender. Add zest and juice of lime and puree until smooth. Stir in minced Fresno peppers and refrigerate for minimum of 1 hour. In a separate bowl, whisk together plain yogurt and ginger until smooth. Garnish soup with 2 ½ Tbsp. of the yogurt mixture and sliced green onions.



Fit & Flavorful
Cream of Blackened Chicken and Wild Rice Soup
Recipe from Executive Chef Nick Weimer



Calories: 244 Protein: 22.8g Carbohydrates: 21.9g Total Fat: 7.3g
Saturated Fat: 3.7g Unsaturated Fat: 3.6g Trans Fat: 0g
Cholesterol: 56.7mg Sodium: 165.0mg Fiber: 3.5g

Yield: 8 servings

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

Ingredients

1 ½ c. yellow onion, quartered	¼ c. whole wheat flour – toasted
¾ c. celery, chopped	¼ c. cold water
¾ c. carrot, chopped	½ c. 1% milk
1 clove garlic	½ c. cannellini beans, rinsed
2 c. wild rice, cooked	6 c. chicken stock
3 – 4 oz. chicken breasts – blackened* and cubed	4 oz. aged cheddar cheese

Preparation

Place first 4 ingredients in a food processor and pulse until chopped into fine pieces. Add to pre-heated heavy bottom pot and sweat until translucent. Add stock and bring to a boil. While stock is heating, place milk and cannellini beans in food processor and blend until smooth. Mix flour with cold water and whip into boiling stock. Add remaining ingredients and bring back to a boil and serve with ½ oz. grated cheddar cheese on top.

*Blackening spices (adjust seasoning blend to your taste preference):

1 Tbsp. paprika
1 ts. Chipotle or ancho chili powder
½ Tbsp. thyme, minced
1 tsp. cumin powder
1 Tbsp. chili powder
¼ tsp. cayenne pepper



Fit & Flavorful
Cream of Sweet Pea Soup
Recipe by Executive Chef Mark Beland



Calories: 105 Protein: 5g Carbohydrates: 19g Total Fat: 0g
Saturated Fat: 0g Unsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Sodium: 200mg Fiber: 4g

Yield: 6 servings

Mayo Clinic Pyramid Servings: 2 vegetable, 1 starch

Ingredients

1 c. yellow onion, chopped ½ c. celery, chopped
½ c. carrots, chopped 2 cloves garlic, minced
2 c. pea pods 3 c. vegetable stock
1 c. prepared white beans 1 Tbs. fresh Tarragon
1 tsp. black pepper

Preparation

Sautee chopped vegetable until lightly brown 5-10 min. Add pea pods and cook additional 2 min. Add vegetable stock and simmer for ½ hour. Add prepared white beans, tarragon, and pepper. Run through food processor until smooth.



Fit & Flavorful
Cream of Wild Rice
Recipe by Executive Chef Mark Beland



Calories: 230 Protein: 12g Carbohydrates: 40g Total Fat: 4g
Saturated Fat: 1g Unsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 6mg Sodium: 133mg Fiber: 7g

Yield: 4 servings

Mayo Clinic Exchange: ½ protein, 2 carbohydrates, 1 ½ vegetable

Ingredients

1 ½ c. yellow onion, diced	1 ½ c. kale, diced
1 c. carrot, diced	1 Tbsp. parsley, minced
1 c. celery, diced	2 c. vegetable stock
2 cloves garlic, minced	1 tsp. fennel seeds
½ Tbsp. canola oil	1 tsp. black pepper
1 c. white beans, prepared	
2 c. 1% milk	
½ c. wild rice, cooked	

Preparation

Sauté onion, carrot, celery, and garlic in canola oil until lightly brown. Add kale, parsley, stock, and spices. In blender, puree beans with milk. Add bean mixture to soup, bring to simmer and add rice. Cook for 30 minutes.



Fit & Flavorful
 DAHLC Farmers Market Soup
Recipe from Executive Chef Tim Cockram



Calories: 82 Protein: 2.4g Carbohydrates: 14.0g Total Fat: 2.5g
 Saturated Fat: 0.4g Trans Fat: 0.0g
 Cholesterol: 0.0mg Sodium: 554.4mg Fiber: 3.3g

Yield: Approx. 14 servings (1 serving is 8 ounces)

MC Healthy Weight Pyramid serving: 3 vegetables

Ingredients

- 2 Tbsp. vegetable oil
 - ½ cup onion, small dice
 - ¼ cup celery, small dice
 - ¼ cup carrot, small dice
 - 2 Tbsp. garlic, sliced
 - ½ cup fresh basil
 - 2 Tbsp. dry fennel
 - 2 Tbsp. dry oregano
 - 2 Tbsp. ground black pepper
 - 2 Tbsp. ground bay leaves
 - 1 lemon zest and juiced
- 2 pounds mixed vegetables (bite size)
 - 2 pounds tomato sauce (canned)
 - 2 pounds diced tomatoes (canned)
 - 4 cups vegetable stock

Optional ingredients for maximum

excitement

Garnish ideas:

- Baked whole wheat tortilla strips*
- Fat-free plain Greek yogurt*

Preparation

In a stock pot, heat oil. Sauté Mirepoix (onion, celery and carrot) for 3 to 5 minutes until vegetables are translucent. Then, add garlic and herbs and cook for one minute. Next, add lemon zest and juice, mixed vegetables, and remaining ingredients. Cook on medium-low until vegetables are fork tender. Serve with garnishes and enjoy!

Technique: By using high heat, the natural sugar in the food is caramelized which develops rich exciting flavors. This is known as layering.

Taste: A little citrus goes a long way. Natural acidity enhances flavor and reduced dependency on salt.

Try: Add cooked whole grains when vegetables are about al dente. Examples: Quinoa, wheat berries, brown rice, etc.

Tip: Vegetables are naturally low in calories and fat and provide vital nutrients for health.



Fit & Flavorful
Gazpacho
Recipe from Executive Chef Richard Johnson



Calories:83 Protein:3 gm Carbohydrates:12 gm Total Fat:4 gm
Saturated Fat:1 gm Monounsaturated Fat:3 gm Polyunsaturated Fat:1 gm
Cholesterol:0 mg Sodium:119 mg Fiber:3 gm
(Mayo Clinic Pyramid Servings: 2 vegetables, 1 fat)

Yield: servings 4

Ingredients

1 12 ounce can crushed tomatoes	½ pound fresh roma tomatoes, diced
¼ cup green peppers diced	1 whole chipotle pepper, finely diced
1 cup fresh cucumbers, diced	2 teaspoons chopped garlic
1 Tablespoon fresh lime juice	1 tablespoon red wine vinegar
¼ cup water	4 tablespoon fresh cilantro

Topping

1 tablespoon extra virgin olive oil	1 tablespoon fresh lime juice
3 tablespoon fresh cilantro	

Preparation

Combine all ingredients and chill for minimum of one hour. Over night is better.

Topping:

Sprinkle gazpacho with topping and serve immediately.



Fit & Flavorful

Grilled & Chilled Rhubarb & Berry Soup Shooters

Recipe from Executive Chef Tim Cockram



Calories: 70 Protein: 2.2g Carbohydrates: 15.2g Total Fat: 0.5g
Saturated Fat: 0.1g Trans Fat: 0.0g
Cholesterol: 0.3mg Sodium: 15.7mg Fiber: 2.6g

Yield: Approx. 8 servings (1/2 cup servings)

MC Healthy Weight Pyramid serving: 1 fruit

Ingredients

1 pound rhubarb, diced
1 cup fresh raspberries
1 cup fresh strawberries, hulled and diced
½ cup apple juice
2 cups orange juice
½ tsp. Chinese five-spice
1 stick cinnamon (3")
½ tsp. freshly grated nutmeg
½ cup plain non-fat yogurt

Preparation

Preheat grill on medium heat. Place the rhubarb stems on grill and cook for 4-5 minutes or until slightly marked. Allow the rhubarb to chill then slice and place in a stock-pot with the raspberries, strawberries, apple juice, orange juice, cinnamon, Chinese five-spice, and nutmeg. Cover and cook on medium for 15-20 minutes until rhubarb is soft. Remove the cinnamon stick and pour the mixture into a blender; blend until smooth. Pour the mixture through a fine strainer, pressing with a spoon. Refrigerate until thoroughly chilled. Spoon into serving bowls, top with a tablespoon of yogurt and garnish with the berries as desired.

Garnish:

1 tablespoon of yogurt per serving
Raspberries
Strawberry slices



Fit & Flavorful
Matzo Ball Soup - Revised
Recipe by Executive Chef Mark Beland



Calories: 395	Protein: 44g	Carbohydrates: 27g	Total Fat: 12g
Saturated Fat: 2.5g	Unsaturated Fat: 9.5g	Sodium: 261mg	Trans Fat: 0g
Cholesterol: 87mg			Fiber: 4g

Yield: 4 (1 cup servings)

Mayo Clinic Exchange: 1 vegetable, 2 proteins, 1 carbohydrate, 2 fats

Ingredients

Ingredients:

1 lb. chicken breast, no skin
2 tsp. ground sage
1 ½ tsp. ground thyme
1 tsp. ground marjoram
1 tsp. dried rosemary
1 tsp. paprika
½ tsp. ground nutmeg
½ tsp. ground pepper
1 Tbsp. olive oil
3 medium carrots, diced

3 celery stalks, diced
1 medium onion, diced
2 garlic cloves (minced)
4 c. low sodium chicken broth
2 c. water

Matzo Balls:

1 Tbsp. olive oil
4 egg whites
½ c. Manischewitz Matzo Meal, unsalted
2 Tbsp. water

Preparation

To prepare Matzo balls, blend olive oil, egg whites, matzo meal, and salt together. Add water and mix until uniform; cover and place in refrigerator for 30 minutes.

Wash and clean chicken and chunk into ½ inch cubes. Mix spices together and place in a gallon plastic bag. Add chicken to the bag and coat pieces with seasoning. Add olive oil to a pot and brown chicken – set aside and keep warm. Add vegetables and garlic to the pot that the chicken cooked in and cook until vegetables sweat and soften. Add broth; bring to boil. Return chicken pieces to broth and cook for 10 minutes. Add matzo balls to soup. Cover and simmer for 30-40 minutes.

Original recipe nutrition content per serving (serving size = 4)

Calories: 733
Total fat: 45 grams
Saturated fat: 11 grams
Trans fat: 0 grams
Cholesterol: 263 mg
Sodium: 1097
Carbohydrates: 26 grams
Fiber: 3 grams
Protein: 54 grams



Fit & Flavorful
Minestrone

Recipe from Executive Chef Nick Weimer



Calories: 123 Protein: 4.2g Carbohydrates: 27.8g Total Fat: 0.7g
Saturated Fat: 0.1g Unsaturated Fat: 0.6g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 99.3mg Fiber: 5.9g

Yield: 8 servings

Mayo Clinic Exchange: 1 carbohydrate, 2 vegetable

Ingredients

2-3 cloves garlic, minced
1 medium onion, diced (~ 1 cup)
1 small carrot, diced (~ 1/3 cup)
2 ribs celery, diced (~ 1 cup)
1 cup beans, cooked or well soaked and soft
1 medium tomato, diced (~ 1/2 cup)
1 cup cooked whole grain pasta or rice
1 bouquet garni
6 cups white chicken stock or vegetable stock

Preparation

In a heavy bottom stock pot, sweat first 4 ingredients until translucent. Add beans, bouquet garni, and stock. Bring to a boil. Turn down to a simmer and add tomatoes. Simmer 5-10 minutes or until tomatoes soften. Add pasta or rice and simmer for an additional 5 minutes or until pasta/rice is heated thoroughly. About 8-8 oz. servings.



Fit & Flavorful
Potato Leek Soup
Recipe from Executive Chef Nick Weimer



Calories: 129 Protein: 4.6g Carbohydrates: 26.8g Total Fat: 1.2g
Saturated Fat: 0.4g Unsaturated Fat: 0.8g Trans Fat: 0g
Cholesterol: 8.3mg Sodium: 112.6mg Fiber: 3.0g

Yield: 8 servings (1 cup serving size)

Mayo Clinic Exchange: 1 vegetable, 1 ½ carbohydrate

Ingredients

3 leeks, cleaned and sliced (2 cups)
3 russet potatoes, diced (2 cups)
1 cup butternut squash, diced
1 cup rutabaga, diced
1 bunch kale, chiffonade
4 cups vegetable or chicken stock
1 Tbsp. red wine vinegar
Black pepper to taste
½ cup 1% milk
1 bouquet garni (parsley, basil, oregano, bay leaf, etc.)
1 Tbsp. sriracha (optional)

Preparation

Place leeks, potatoes, squash, rutabaga, and stock in a heavy bottom pot. Bring to a boil and reduce to a simmer. Simmer 20 minutes or until vegetables begin to soften. Add bouquet garni, kale, vinegar, and pepper. Simmer an additional 10 minutes and stir in milk. Add sriracha to garnish.



Fit & Flavorful
Roasted Pumpkin Soup
Recipe from Executive Chef Nick Weimer



Calories: 97 Protein: 2.5g Carbohydrates: 20.7g Total Fat: 1.6g
Saturated Fat: 0.2g Unsaturated Fat: 1.4g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 68.2mg Fiber: 3.9g

Yield: 8 servings (1 cup)

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

Ingredients

1 lg. pie pumpkin	2 tsp. canola oil
3 cups vegetable stock	1 tsp. molasses
1 yellow onion, minced	1 tsp. honey
1 lg. carrots, minced	
2 ribs celery, minced	
$\frac{1}{2}$ orange	
6-8 whole cloves	
2 tsp. fresh ginger	
1 tsp. cinnamon – split in 2	
1 tsp. allspice	

Preparation

Halve pumpkin and reserve seeds, roast in 400 degree oven for 1 hour. Wash seeds thoroughly and pat dry. Place in mixing bowl with molasses, honey and first cinnamon. Roast in 400 degree oven for 20-30 minutes until golden brown and crunchy, allow to cool. Saute onion, celery, and carrot in heavy bottom stock pot with oil until well caramelized. Puree vegetables with vegetable stock and return to pot. Press cloves into orange half and place in pot. Bring to a boil and add remaining spices. Scoop out and puree pumpkin flesh and add to pot. Simmer to 20-30 minutes and remove orange half (cloves can be removed and juiced squeezed in if desired). Top bowls of soup with roasted seeds.



Fit & Flavorful
Roasted Red Pepper Soup with Basil Pesto
Recipe from Executive Chef Nick Weimer



Calories: 93 Protein: 3.3g Carbohydrates: 17.9g Total Fat: 1.3g
Saturated Fat: 0.1g Unsaturated Fat: 1.2g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 24.7mg Fiber: 3.6g

Yield: 6 servings (1 cup serving size)

Mayo Clinic Exchange: 2 vegetable, ½ carbohydrate

Ingredients

1 small yellow onion, diced (1/2 cup)
8 large red peppers, roasted and cleaned (2 cups)
4-6 red Fresno peppers, roasted and cleaned (1/4 cup)
2 Tbsp. red wine vinegar
2 large tomatoes, diced (2 cups)
2 cups vegetable stock
6 – ½” slices whole grain French bread, toasted
6 Tbsp. basil pesto (refer to pesto recipe)

Preparation

Sweat onions in a heavy bottom pot at medium heat until translucent. Add peppers, tomatoes, and stock and bring to a boil. Add vinegar and puree soup in batches (be careful, it is hot!). Top each bowl with 1 crouton and 1 Tbsp. pesto.



Fit & Flavorful
Roasted Squash Soup
Recipe by Executive Chef Mark Beland



Calories: 140 Protein: 4g Carbohydrates: 27g Total Fat: 3g
Saturated Fat: 0.5g Unsaturated Fat: 2.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 103mg Fiber: 6g

Yield: 4 servings

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

Ingredients

1 small butternut squash	2 tsp. canola oil
1 c. celery, diced	1 tsp. sage
2 cloves garlic, minced	½ tsp. nutmeg
1 ½ c. spinach, diced	1 tsp. black pepper
1 ½ c. yellow onion, diced	
4 c. vegetable stock	
1 c. carrot, diced	

Preparation

Cut squash into ½ inch pieces, toss in one teaspoon of oil and roast at 400 degrees for 40 minutes, until brown. Sauté vegetables in remaining oil until lightly brown. Add stock and spices to pot, add squash. Puree in batches in blender or food processor. Bring back to simmer.



Fit & Flavorful
Spicy Corn Chowder
Recipe from Executive Chef Nick Weimer



Calories: 145 Protein: 4.5g Carbohydrates: 25.3g Total Fat: 4.3g
Saturated Fat: 0.5g Unsaturated Fat: 3.8 Trans Fat: 0g
Cholesterol: 1.5mg Sodium: 202.7mg Fiber: 3.7g

Yield: 8 servings – 1 cup serving size

Mayo Clinic Exchange: 1 carbohydrate, 1 vegetable, ½ fat, 1/8 protein/dairy

Ingredients

4 cups vegetable stock	1/3 cup wheat flour
1 T. canola oil	4 red fresno peppers, minced
2 cloves garlic, minced	1 cup 1% milk
1 large red onion (1 cup), diced	2 T. Italian parsley, minced
2 large carrots (1/2 cup), diced	1 T. oregano, minced
2 ribs celery (1/2 cup), diced	
3 cups corn, roasted	
1 T. cumin	
1 T. paprika	
Black pepper to taste	

Preparation

In a large pot on medium heat sauté onion, carrots, and celery until golden brown. Add garlic and sauté an additional 5 minutes. Add corn, cumin, paprika and wheat flour, stir frequently for 5-10 minutes. Add vegetable stock and peppers and bring to a boil. Reduce heat and simmer for 10-15 minutes stirring occasionally. Add milk, parsley and oregano and simmer for 5-10 minutes. Enjoy!



Fit & Flavorful
Sun Dried Tomato & White Bean Soup
Recipe from Executive Chef Nick Weimer



Calories: 110 Protein: 7.1g Carbohydrates: 19.8g Total Fat: 1.1g
Saturated Fat: 0.3g Unsaturated Fat: 0.8g Trans Fat: 0g
Cholesterol: 4.9mg Sodium: 180.4mg Fiber: 4.8g

Yield: 8 servings

Mayo Clinic Exchange: 1 carbohydrate, 1 ½ vegetable

Ingredients

1 c. yellow onion, diced
½ c. celery, diced
½ c. carrot, diced
1 Tbsp. garlic, minced
1 c. sun dried tomatoes
2 medium tomatoes, diced
½ c. basil, chiffonade
1 ½ c. cannellini beans, rinsed
½ c. zucchini, diced
1 c. Kale, chiffonade
6 c. vegetable or chicken stock
2 Tbsp. red wine vinegar

Preparation

In a heavy bottom pot, cook onion, celery, carrot, and garlic until translucent. Add all ingredients except basil and bring to a boil. Add basil, stir, and serve.



Fit & Flavorful
Turkey Stew
Recipe by Executive Chef Mark Beland



Calories: 86 Protein: 10.4g Carbohydrates: 9.2g Total Fat: 0.8g
Saturated Fat: 0.6g Unsaturated Fat: 0.2g Trans Fat: 0g
Cholesterol: 18.2mg Sodium: 167mg Fiber: 1.4g

Yield: 8 servings

Mayo Clinic Pyramid Servings: 0.5 protein/dairy, 1 vegetable

Ingredients

3 Tbsp. bread flour	2 ribs celery diced
2 quarts low-sodium turkey or chicken broth	1 tsp. fennel seed
6 oz. diced turkey breast	2 cloves garlic minced
2 Tbsp. parsley	1 Tbsp. black pepper
1 yellow onion diced	
1 leek chopped	
1 carrot diced	
½ c. diced red potatoes	

Preparation

Shake or whisk flour completely into broth and add to slow cooker crock. Add all remaining ingredients. Cook on low for 4-8 hours.



Fit & Flavorful
Vegetarian Chili

Recipe from Executive Chef Mark Beland



Calories: 151 Protein: 12.7 g Carbohydrates: 21.8g Total Fat: 2.4g
Saturated Fat: 0.7g Unsaturated Fat: 1.7g Trans Fat: 0g
Cholesterol: 20.9mg Sodium: 182.5mg Fiber: 6.7g
(Exchange 1 carbohydrate, 2 vegetable)

Yield: 8 servings

Ingredients

2 cups diced onion	1 cup diced celery
1 cup diced bell pepper	2 cloves garlic minced
2 red Fresno peppers diced	2 quarts crushed tomatoes
2 cups cooked pinto beans	2 tbsp Cumin
1 tbsp chipotle pepper	1 tbsp black pepper
1 tbsp balsamic vinegar	1 tbsp oregano

Preparation

Sweat onion, celery, bell pepper and garlic over low heat until onions become translucent 10 min.

Add the remaining ingredients

Simmer for 1-2 hours, if it becomes too thick, thin with vegetable broth, water, or beer.



Fit & Flavorful
Vegetable Dumpling
Recipe by Executive Chef Mark Beland



Calories: 184 Protein: 5g Carbohydrates: 34g Total Fat: 4g
Saturated Fat: 0.5g Unsaturated Fat: 3.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 100mg Fiber: 7g

Yield: 4 servings

Mayo Clinic Exchange: 2 vegetable, 1 ½ carbohydrate, ½ fat

Ingredients

1 ½ c. yellow onion, diced	1 ½ c. kale, diced
1 c. celery, diced	½ c. russet potato, diced
1 c. carrot, diced	1 Tbsp. parsley, minced
2 cloves garlic, minced	1 tsp. black pepper
1 Tbsp. canola oil	1 c. red pepper, diced
4 c. vegetable stock	1 c. broccoli, diced
	1 Tbsp. basil, minced

¼ c. whole wheat flour
1 Tbsp. water

Preparation

Sauté onion, carrot, celery, garlic in canola oil until lightly brown. Add vegetable stock and bring to simmer. Add remaining vegetables and spiced, let simmer 30 minutes. Mix flour and water to thick paste, spoon in marble size clumps of batter. When dumplings float, it's ready to eat.



Fit & Flavorful
Vegetable Stock
Recipe from Executive Chef Nick Weimer



Ingredients

1 lb. onion, chopped
½ lb. carrot, chopped
½ lb. celery, chopped
½ fennel bulb, or stalks
2-3 cloves garlic, chopped
1 bouquet garni
About 2 quarts of cold water

Preparation

In a heavy bottom stock pot, place all ingredients over medium-low heat and bring slowly to a simmer. Simmer for 20-30 minutes. Strain with a fine mesh sieve, cool to 40 degrees. Skim any remaining fat from stock.



Fit & Flavorful
White Chicken Stock
Recipe from Executive Chef Nick Weimer



Ingredients

1 chicken carcass and any left over bits and pieces
½ lb. onion, chopped
¼ lb. carrot, chopped
¼ lb. celery, chopped
2-3 cloves garlic, chopped
1 bouquet garni
2-3 quarts cold water (enough to cover ingredients)

Preparation

In a heavy bottom stock pot, place all ingredients over medium-low heat and bring slowly to a simmer. Simmer for about 2 hours (longer for larger birds or bigger batches), skimming every 30 minutes, and adding more cold water to keep ingredients covered. Strain with fine mesh sieve, cool to 40 degrees. Skim any remaining fat from stock.