



## SETA's Lean & Delicious Cookbook

Color Your Food!  
Recipes From The  
Lean & Delicious Potluck  
2013

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# STRAWBERRY KALE SMOOTHIE



2 PART KALE

1 PART FROZEN STRAWBERRIES

2 SCOOPS PROTEIN POWDER

1 PART COCONUT MILK

1 TSP FLAX SEED OIL

NO CALORIE FLAVORED SYRUP TO TASTE

OR AGAVE SYRUP TO SWEETEN

- MIX KALE WITH OIL AND LITTLE WATER TO GRIND UP
- ADD REST OF INGREDIENTS AND BLEND

Contributed by Samantha Smith

## CUCUMBER TURKEY SUBS

### Ingredients

- 1 (16-ounce) container of whipped light cream cheese
- 2 tablespoons light mayonnaise
- 1 package of Good Seasonings Italian dressing mix
- 1 lb. of sliced smoked turkey
- 4 Cucumbers cut length-wise and seeded



### Directions

Cut and seed cucumbers. Mix cream cheese, mayonnaise, and Italian dressing mix in a medium bowl. Layer sliced turkey into each side of cucumber. Spread cream cheese mixture over one side of turkey and top with other cucumber and turkey. Cut and serve.

Contributed by Terri Carpenter & Kris Cowen

***ENJOY!!***

## Broccoli-Bacon Salad

(Source: Eating Well)

### Ingredients:

- 1 clove garlic, minced
- ¼ cup low-fat mayonnaise
- ¼ cup reduced-fat sour cream
- 2 teaspoons cider vinegar
- 1 teaspoon sugar
- 4 cups finely chopped broccoli crowns
- 1 8-ounce can sliced water chestnuts, rinsed and chopped
- 3 slices cooked bacon, crumbled (can substitute turkey bacon)
- 3 tablespoons dried cranberries
- Freshly ground pepper to taste



### Preparation:

Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, water chestnuts, bacon, cranberries and pepper; stir to coat with the dressings.

### Nutrition

Per serving: 89 calories; 4 g Fat; 1 g Sat; 1 g Mono; 8 mg Cholesterol; 12 g Carbohydrates; 4 g Protein; 3 g Fiber

Contributed by Debbie Schneider

## Healthy Peanut Butter Banana Oatmeal Bars

Source: Food.com

### Ingredients:

- 1-½ cups quick-cooking oats
- ¼ cup packed light brown sugar
- 1-teaspoon baking powder
- ½ -teaspoon kosher salt
- 1-teaspoon ground cinnamon
- 1-teaspoon vanilla extract
- ½-cup milk
- 1-large egg, lightly beaten
- 1-large mashed banana
- ¼-cup creamy peanut butter



### Directions:

1. Mix together the quick cooking oats, light brown sugar, baking powder, kosher salt and ground cinnamon.
2. Add in the vanilla extract, milk and egg. Mix the ingredients together.
3. Add in the mashed banana and peanut butter. Combine all ingredients.
4. Pour the mixture into a lightly greased 8 by 8 inch metal baking pan. Bake at 350 degrees for 20 minutes.

Cut into squares and enjoy!

### Nutrition

Per Serving: Calories; 167.5; 6.2g Fat; 1.5 g Sat Fat; 25.3 mg Cholesterol; 210.8 mg Sodium; 23.7 g Carbohydrate; 2.6 g Dietary Fiber; 9.7 g Sugars; 5.5 g Protein

Contributed by Debbie Schneider

## Chicken and Broccoli Mac 'n Cheese

This grown-up version of mac 'n cheese is made with whole wheat pasta, broccoli and red bell pepper. It's sure to be a favorite!



**Prep Time** 25 min; **Total Time** 40 min; **Servings** 6

### Ingredients

- 2 1/3 cups uncooked whole wheat penne pasta (8 oz)
- 1 small red bell pepper, coarsely chopped (about 1 cup)
- 1 bag (24 oz) Green Giant® frozen broccoli & three cheese sauce
- 2 cups cubed cooked chicken
- 1/4 cup fat-free (skim) milk
- 1/8 teaspoon ground red pepper (cayenne)
- 1/3 cup Progresso® plain bread crumbs
- 3 tablespoons shredded Parmesan cheese
- 1/2 teaspoon Italian seasoning
- 1 tablespoon olive oil

### Directions

**Step 1** Heat oven to 375°F. Spray 13x9-inch baking dish with cooking spray. Cook pasta as directed on package--except omit salt and add bell pepper last 3 minutes of cook time. Drain; return to saucepan.

**Step 2** Meanwhile, cook broccoli & cheese sauce as directed on bag. Stir cooked broccoli mixture, chicken, milk and ground red pepper into pasta. Pour into baking dish.

**Step 3** In small bowl, stir together bread crumbs, Parmesan cheese and Italian seasoning; stir in oil, using fork. Sprinkle bread crumb mixture over top of pasta mixture.

**Step 4** Bake 15 to 20 minutes or until top is golden brown and pasta is hot.

Contributed by Tammy Banghart

### Nutrition Facts

**Serving Size:** 1 Serving

**Calories:** 340; **Calories from Fat** 80; **Total Fat** 9g; Saturated Fat 2 1/2g; Trans Fat 0g; **Cholesterol** 45mg; **Sodium** 560mg; **Total Carbohydrate** 41g; Dietary Fiber 6g; Sugars 6g;

## Healthy Black Bean Dip



- 2 cups canned black beans, drained and rinsed
- 4 teaspoons tomato paste
- 3 tablespoons water
- 2 garlic cloves, minced
- 1 tablespoon lime juice
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper (or more if you want to turn the heat up a bit!... oww oww!)
- 2 scallions, chopped
- 2 tablespoons canned green chilies, chopped (if they're not already)

### **Here's what you do:**

In a bowl or food processor, add the beans, tomato paste, water, garlic, lime juice, cumin, salt and cayenne pepper. Puree until everything is well blended and desired consistency. Mix in the green chilies and half of the chopped onions. Put it a bowl and stir and add the other half of the chopped onions and sliced limes on top....enjoy! Serve with gluten free chips or vegetables.

Contributed by Ellen Franz

## Seafood Salad



- 1 lb frozen petite peas
- ½ lb salad shrimp
- ½ lb imitation crab flakes
- 1 cup chopped/sliced celery
- 4 tablespoons light mayo
- Lettuce to taste and garnish

Combine everything except lettuce and let sit in the fridge several hours. I like to do it the night before to let the flavors mix. You can add green onions or red onions if you like them / experiment with different dressings. For example, I added a container of yogurt tahini dip I got at Costco because it seemed to be a good idea. Right before serving add the lettuce – I prefer the Iceberg mixes – and garnish with something pretty, such as avocado and tomato or olives or boiled eggs or big shrimp or?

Contributed by Rebel Rickansrud-Young



## Fruit Pizza



### Ingredients:

1 Roll Frozen Sugar Cookie Dough

1 Pkg. Cream Cheese

Powdered Sugar

Any combination of fresh fruit, such as:

Strawberries

Blackberries

Seedless Grapes

Peaches

Blueberries

Red Raspberries

Kiwi

(Avoid fruits that turn brown such as bananas or apples.)

### Directions:

Roll out cookie dough to a very thin layer and place on cookie sheet. Cook until golden brown. Let cool.

In a small bowl, mix cream cheese until creamy. Add a small amount of powdered sugar until slightly sweetened. After cookie has completely cooled, spread a thin layer over entire cookie.

Slice desired fruits into thin slices. Add to the top of the cookie.

Refrigerate until ready to serve.

Contributed by Deanna Dykes

## No Cook Raw Nutty Protein Bars



### Ingredients:

- 2 cups quick oats
- ½ cup natural peanut butter (creamy)
- 4 scoops chocolate whey protein powder
- 1 tablespoon flaxseeds
- ½-¾ cup raisins
- ½ cup raw sliced almonds
- ½ cup water

### Directions:

1. Mix all ingredients in a bowl.
2. Knead mix until dough is formed.
3. Lay out mix onto a cookie sheet while pressing it down.
4. Freeze for 30 minutes and cut into portions as desired. (You may choose to store portions in plastic wrap and take them on the go!)

Contributed by Teresita Saechao

## Cookies



### Ingredients:

- 2 Cups Oats
- 3 mashed bananas
- 1/3 cup applesauce
- ¼ cup Almond Milk
- ½ cup Raisins
- 1 tsp. vanilla
- 1 tsp. cinnamon

Bake at 350 degrees for 15-20 minutes, makes 2 dozen.

Contributed by Joan Kidwell

### Nutrition Facts:

Calories 51; Total Fat 0.5 g; Trans Fat 0.0 g; Cholesterol 0 mg; Sodium 3 mg; Total Carbohydrates 10.9 g; Dietary Fiber 1.3 g; Sugars 4.0 g; Protein 1.2 g; Vitamin A 0%; Calcium 1%; Vitamin C 2%; Iron 2%

## Quinoa Salad



### Ingredients:

- 1 cup Quinoa
- ¼ Cup extra virgin oil
- Flaxseed Oil- splash or two
- 1 teaspoon salt
- ½ cup tomatoes
- 1 red onion diced
- 1 Bell Pepper diced
- 2 Cups Water
- ¼ cup Balsamic Vinegar
- 1 Lemon Juiced
- 1 teaspoon red pepper flakes grinded
- 1 Cucumber diced
- ½ cup broccoli diced

### Directions

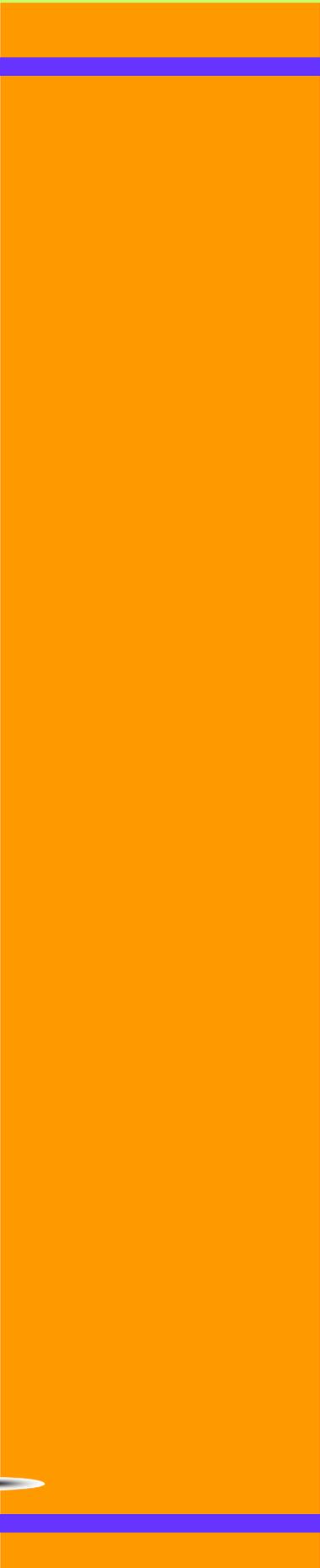
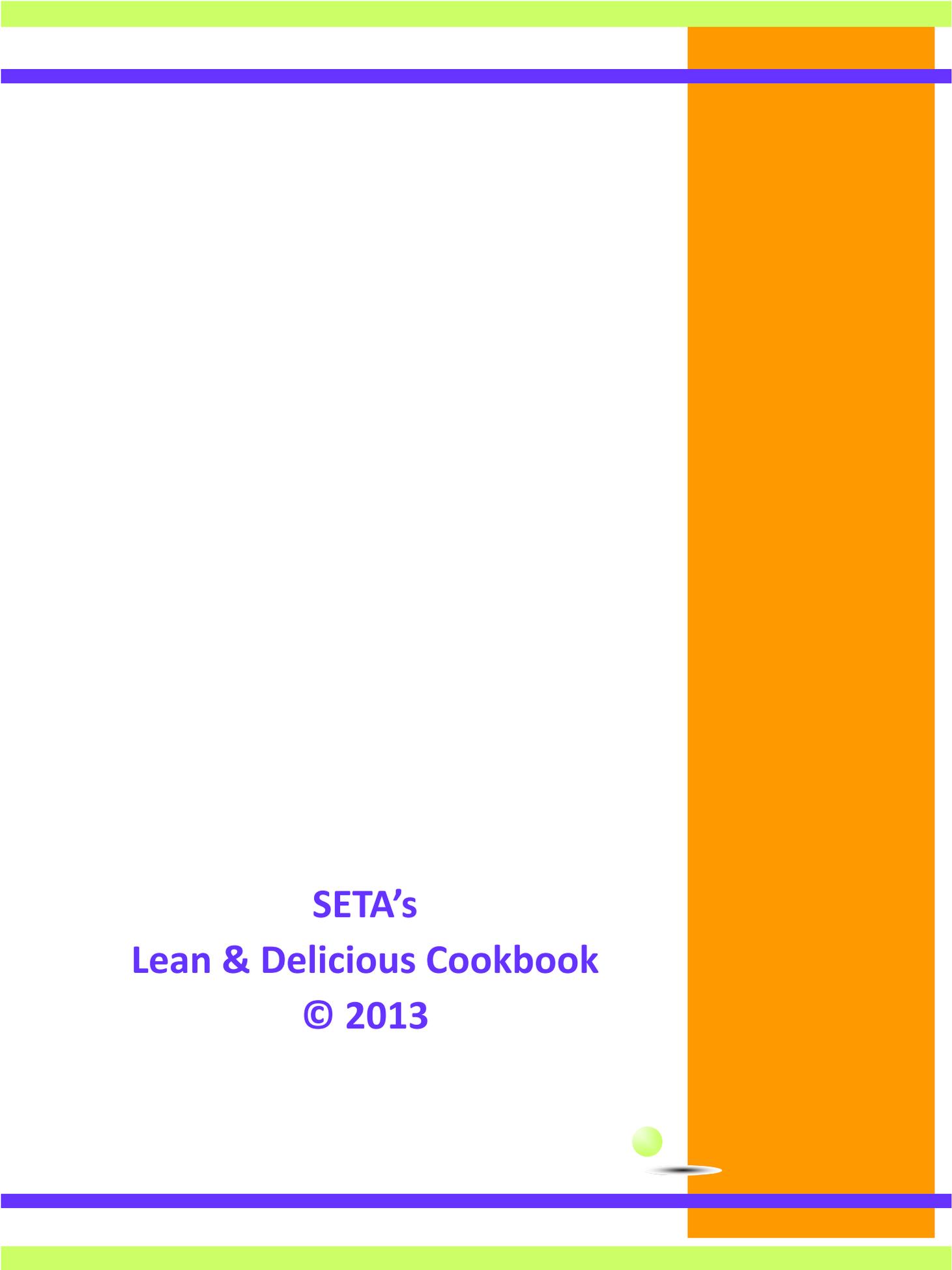
1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.

2. Whisk olive oil, balsamic vinegar, (flax seed oil for extra nutrition if like) lemon squeezed, salt, and grinded red pepper flakes together in a bowl.

3. Combine quinoa, cucumber, tomatoes, red onion, pepper, and broccoli together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

- PREP 20 mins
- COOK 10 mins
- READY IN 30 mins
- **Cook's Note:**
- This salad tastes great right away, and even better the next day when all the flavors have had the chance to marry. Enjoy!
- You can also steam the quinoa instead of boiling if desired.
- This salad is also good with: blueberries, nuts, beans. Be creative and add whatever fruits or veggies you like!

Contributed by Youth Services Team



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