

# Healthy

# RECIPE

## ROASTED VEGGIES OVER WHOLE WHEAT PASTA

- 1 16 ounce bag of frozen vegetables
- 2 tablespoons of olive oil
- ½ teaspoon of minced garlic
- ¼ cup of parmesan cheese plus extra for topping
- ¼ teaspoon black pepper
- 1 pound of whole wheat pasta

Place fresh or frozen vegetables in a bowl. Add one tablespoon olive oil, minced garlic, parmesan cheese, and black pepper. Toss all ingredients together. Spray baking pan with Pam. Add vegetables evenly onto pan. Bake vegetables at 500 degrees for a 30 minutes or until golden brown. Boil pasta as per directions on the box. Drain pasta and add to the vegetables and toss. Add one tablespoon of olive oil to the pasta and toss. Sprinkle with grated parmesan cheese. Enjoy!



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## HERE'S THE FRUIT SCOOP

½ cup strawberries  
½ cup blueberries  
1 can drained mandarin oranges  
½ cup sliced grapes  
¼ cup flaked coconut  
1 cup vanilla greek yogurt  
cinnamon

Slice fresh strawberries, blueberries, and grapes and place in a bowl and gently stir. Drain mandarin oranges and add to the fruit mixture. Add one cup of vanilla yogurt, coconut, and a dash of cinnamon. Mix together and scoop into an ice cream cone. Enjoy.!

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## CRUNCHY APPLE SALAD

3 fresh apples chopped in bite-size pieces

½ cup of celery chopped

1 cup of vanilla Greek yogurt

½ teaspoon of cinnamon

½ cup of raisins or dried cranberries

½ cup of chopped walnuts

Mix together apples, celery, raisins and walnuts in a bowl and set aside. In a separate bowl, mix yogurt and cinnamon. Add the yogurt mixture to the apple mixture. Chill for one hour and enjoy!



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### BEAN SALAD YUMMINESS

- 1 (14.5 ounce) can green beans, drained
- 1 (14.5 ounce) can wax beans, drained
- 1 (15.5 ounce) can garbanzo beans, drained
- 1 (14.5 ounce) can kidney beans, drained
- 1 (14.5 ounce) can black beans, drained
- ½ cup chopped onion
- ½ cup chopped celery
- ¼ cup of olive oil
- ½ cup of vinegar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup white sugar

Open canned beans and drain out the liquid and run the beans under cold water. Place beans in a large bowl. Chop onion and celery and add to the bean bowl. In a small bowl mix oil, vinegar, salt, pepper, and white sugar. Mix thoroughly. Add this mixture to the large bowl. Chill for three hours and serve. Enjoy!



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## GREEN WITH ENVY

2 cups of fresh spinach

2 cups of almond milk

2 cups of frozen fruit (your choice)

1 banana

dash of cinnamon

Add all ingredients to a blender and mix until smooth. Enjoy!

