Your Healthy HOME

Oaklawn

Recipes Provided by Oaklawn

Recipe Index

Banana Smoothie

Serves Two

Ingredients:

1 Frozen Banana
½ cup nonfat yogurt
½ cup fresh orange juice
¼ cup washed blueberries

Directions:

Combine all ingredients in a blender and blend until smooth.

Nutritional Facts:

Serving: ¾ cup

Calories: 124
Total Fat: 0g
Total Carbohydrates: 25g
Fiber: 2g
Protein: 5g

Oaklawn

No-Cook Muesli

Serves Four

Ingredients:

1 cup plain nonfat yogurt
1 cup quick oats
½ cup whole nuts, such as almonds
walnuts, or pecans
1 tablespoon flaxseed meal (optional)
1 tablespoon maple syrup or honey 1 cup fresh berries

Directions:

1. In a blender, combine the yogurt, oats, nuts, flaxseed meal, and maple syrup or honey.

2. Blend until the oats and nuts are in small pieces (about 30 seconds), then divide the muesli among four bowls and top with the berries. Or blend ½ cup of berries with the muesli and garnish with the rest.

Nutritional Facts:

Serving: about ½ cup muesli with ¼ cup berries

Calories: 270
Total Fat: 14g
Total Carbohydrate: 26g
Fiber: Sg
Protein: 11g

Oaklawn

Zucchini Frittata

Makes One 10" Round Frittata

Ingredients:

2 to 3 small zucchini
6 eggs
8 to 10 large basil leaves, chopped or torn 2 tablespoons chopped fresh parsley
¾ cup freshly grated Parmesan
Salt and pepper
3 slices bacon
1 small, ripe tomato, seeded and diced 4 scallions, chopped
1 tablespoon butter

Directions:

1. Coarsely grate enough of the zucchini to make 2 ½ cups and place it in a medium-size mixing bowl. Lightly salt the zucchini and toss it gently to season it evenly. Let it sit for 10 minutes, then use clean hands to squeeze the zucchini, pressing out the excess water.

2. In a large mixing bowl, whisk the eggs until they are evenly blended. Whisk in the basil, parsley, about half of the Parmesan, ¼ teaspoon salt, and 1/a teaspoon pepper. Set the mixture aside.

. . . directions continue on next page

Oaklawn

3. Heat a 10-inch oven proof nonstick skillet on the stove top. Add the bacon and cook it over medium heat until it is crisp, about 6 to 8 minutes. Transfer the bacon to a paper towel-lined plate. Spoon all but 1 tablespoon of the bacon fat out of the pan. Heat the broiler.

4. Add the grated zucchini to the skillet and saute it over high heat for 3 minutes, stirring occasionally. While the zucchini is cooking, chop or crumble the bacon into small pieces and add it to the egg mixture.

5. Add the diced tomato and scallions to the skillet and saute the vegetables until they are soft but not mushy, about 2 to 3 minutes. Add the butter to the skillet in pieces and stir it into the vegetables. Use a fork to loosely arrange the vegetables in an even layer in the pan.

6. Whisk the egg mixture again, then slowly pour it over the vegetables, covering the entire surface. Do not stir the mixture. Instead, gently shake the pan to help settle the egg. Cook the frittata over medium heat for 4 minutes without disturbing it.

7. Sprinkle the remaining cheese evenly over the top of the frittata. Place the pan under the broiler about 8 inches from the heat source and broil the frittata for about 2 minutes.

8. Using an oven mitt, remove the pan from the oven and poke a fork in the center of the frittata to see if it's done. If you see liquid egg around the fork, place the pan back under the broiler for another 45 to 60 seconds. When the frittata is done, transfer the pan to a cooling rack.

9. Let the frittata cool in the pan for S minutes, then carefully slide a flexible spatula around the edge to loosen it. Once it's free, gently lift the frittata with the spatula, tilt the pan, and slide it onto a large serving plate. Let it cool at least 5 more minutes, then slice it into wedges and serve.

Nutritional Facts:

Serving: 1/8 slice

Calories: 125
Total Fat: 9g
Total Carbohydrate: 3g
Fiber: 1g
Protein: 9g

Oaklawn

Oatmeal Pancakes

Makes nine medium sized pancakes

Ingredients:

2 eggs
2 tablespoons vegetable oil
1 cup all-purpose flour, or ½ cup all-purpose and ½ cup whole wheat
1 cup rolled oats
1 ½ teaspoons baking powder
½ teaspoon salt
¾ cup orange juice (preferably fresh) 2 tablespoons butter

Directions:

1. In a small bowl, mix eggs with oil. In a medium-size bowl, combine dry ingredients.

2. Stir the egg mixture into the dry ingredients, then stir in enough orange juice to create a thick batter.

3. Heat the butter in a large frying pan, then pour batter into the pan by quarter cupfuls. Cook until done, turning once.

Nutritional Facts:

Serving: 2 pancakes

Calories: 322; Total Fat: 16g; Total Carbohydrate: 37g; Fiber: 3g; Protein: 8g

Oaklawn

Beef & Black Bean Chili

Serves Six

Ingredients:

Southwest Seasoning Mix (see recipe below)
½ pound ground beef
Vegetable oil
1 large onion, chopped
1 medium green bell pepper, chopped
1 clove garlic, minced
1 ½ cups tomato juice
1 ½ to 2 cups beef or chicken stock
1 cup canned crushed tomatoes in puree
3 to 4 cups cooked black or red beans
¾ teaspoon salt
Black pepper, to taste
Sour cream, grated cheddar cheese, and/or chopped parsley, for garnish

Southwest Seasoning Mix
1 tablespoon cumin
1 tablespoon mild chili powder
1 ½ teaspoons coriander
1 teaspoon dried oregano
1 teaspoon unsweetened cocoa powder

Oaklawn

. . . directions on next page

Directions:

1. In a small bowl, blend all of the ingredients for the Southwest Seasoning Mix, then set the bowl aside.

2. Heat a medium-size casserole or Dutch oven. Add the ground beef and brown over medium heat for several minutes. Using a slotted spoon, transfer the meat to a small bowl and set it aside.

3. If there's very little fat left in the pan, add 1 to 2 tablespoons of vegetable oil. Add the onion and green pepper and saute over moderate heat for 8 to 9 minutes, until the onion is translucent. Add the garlic and seasoning mix, stirring constantly for 30 seconds.

4. Stir in the remaining ingredients and the reserved meat, using enough stock to achieve a consistency that is neither too thin nor too thick. Bring the mixture to a simmer gently for 10 to 15 minutes, stirring often. Thin the chili with a little more stock if necessary. Serve hot with the garnishes.

Nutritional Facts:

Serving: 1 cup (Does not include garnishes)

Calories: 271
Total Fat: 9g
Total Carbohydrate: 23g
Fiber: 9g
Protein: 18g

Oaklawn

Chicken & Biscuit Pie

Serves Eight

Ingredients:

Biscuit Topping

2 cups flour

1 tablespoon baking powder

1 teaspoon sugar

½ teaspoon salt

¼ cup cold unsalted butter, cut into ¼ inch pieces

¾ cup reduced fat (2%) milk

Filling

4 tablespoons butter

1 cup finely chopped onion

1 stalk celery, finely chopped

½ cup flour

1 ½ cups chicken stock

1 ½ cups whole milk

½ teaspoon dried sage

½ teaspoon dried thyme

2 ½ cups diced cooked chicken

2 cups vegetables of your choice (leftovers or frozen ones that have been thawed) Salt and pepper

Oaklawn

. . . directions on next page

Directions:

1. Melt the butter on the stove top in a Dutch oven or other oven-safe sauce · pan with high sides. Stir in the onion and celery, then cover the pan and cook them for 7 to 8 minutes over medium heat, stirring occasionally. Add the flour, stirring for 1 to 2 minutes to lightly brown it.

2. Whisk the chicken stock into the pan. When it starts to thicken, whisk in the milk. Add the sage, thyme, chicken, and vegetables, continuing to stir until the mixture is heated through, about 5 to 7 minutes. Add salt and pepper to taste.

3. Remove the pan from the stove top and heat the oven to 375°F. Meanwhile, make the biscuit topping by combining the flour, baking powder, sugar, and salt in a mixing bowl. Add the butter and use your fingertips to rub it into the dry ingredients. Add the milk and stir briskly, just until the dough pulls together.

4. Flour your work surface and turn the dough onto it. Using floured hands, knead the dough two or three times, then flatten it to about ½ inch thick. Using a small round cutter, cut the dough into 24 biscuits and place as many as will fit, barely touching, on top of the filling. (You can bake any extras separately on a lightly greased pie plate, for about 15 minutes.)

5. Bake the potpie until the biscuits are golden brown and the filling is bubbly, about 20 to 30 minutes. Then let it cool for 5 to 10 minutes before serving it.

Nutritional Facts:

Serving: 3 biscuits and
1 cup of filling

Calories: 366
Total Fat: 16g
Total Carbohydrate: 35g Fiber: 2g
Protein: 19g

Oaklawn

Smoky Rice & Beans

Serves Six

Ingredients:

1 tablespoon olive oil
½ cup diced onion
½ teaspoon ground cumin
1 teaspoon minced canned chipotle pepper
1 cup white rice
1 cup canned black beans, drained and rinsed
½ cup canned diced tomatoes, drained
½ cup frozen corn (optional)
Salt and pepper, to taste
2 cups chicken broth
2 tablespoons chopped scallion greens (optional)

. . . directions on next page

Oaklawn

Directions:

1. Heat the oil in a medium-size saucepan over medium heat. Add the onion, cumin, and chipotle pepper. Cook for 5 minutes, stirring occasionally, or until the onion starts to soften.

2. Add the rice and stir to coat with the oil. Add the black beans, tomatoes, and corn. Season with salt and pepper. Add the chicken broth and bring to a boil. Reduce the heat to low, cover, and simmer for about 25 minutes, or until all the liquid is absorbed.

3. Remove from the heat and let stand for 10 minutes. Transfer to a serving bowl, then sprinkle with scallions, if desired.

Nutritional Facts:

Serving: about 1 cup

Calories: 207
Total Fat: 3g
Total Carbohydrate: 36g
Fiber: 3g
Protein: 8g

Oaklawn

Vegetable Tortellini Soup

Serves Five

Ingredients:

2 tablespoons olive oil

1 medium onion, chopped

1 small zucchini, diced

1 medium carrot, peeled and diced S ½ cups chicken stock

1 teaspoon dried basil (more if fresh)

1 bay leaf

½ cup canned crushed tomatoes

½ teaspoon salt

9 ounces fresh or frozen tortellini (cheese or meat filled)

2 to 3 tablespoons chopped fresh parsley

Black pepper, to taste

. . . directions on next page

Oaklawn

Directions:

1. Heat the olive oil in a medium soup pot or large saucepan. Add the onion, zucchini, and carrot. Saute over moderate heat for 8 to 1 O minutes, stirring often, until the onion is soft and translucent.

2. Add the stock, basil, bay leaf, tomatoes, and salt to the pot. Increase the heat and bring the mixture to a low boil. Add the tortellini and bring the soup back to a low boil. Cook it for 2 minutes, then reduce the heat and let it simmer for 5 to 6 minutes longer. Gently stir in the parsley and pepper during the last minute or so.

Nutritional Facts:

Serving: about 1 ½ cups

Calories: 177
Total Fat: 7g
Total Carbohydrate: 1 Sg
Fiber: 2g
Protein: 13g

Oaklawn

Asian Pulled Pork Sandwich

Serves Ten

Ingredients:

½ cup low-sodium soy sauce

½ cup hoisin sauce

3 tablespoons ketchup

3 tablespoons rice vinegar ¼ cup honey

3 cloves garlic, minced

1 ½ tablespoons peeled and grated fresh ginger

2 teaspoons dark sesame oil

1 ½ teaspoons Chinese five-spice powder

4 pounds boneless Boston butt pork roast, trimmed of fat

and cut into 2-inch chunks (you can substitute beef brisket)

10 buns

. . . directions on next page

Oaklawn

Directions:

1. Add everything but the meat and buns to the slow cooker and whisk to combine. Add the pork and toss it to coat. Cover and cook the meat on low for 8 hours.

2. When the pork is done, remove it from the slow cooker with a slotted spoon and place it on a cutting board. Shred the pork by pulling the pieces apart with two forks.

3. Return the meat to the cooker, stir it into the remaining sauce, and then serve it on the buns. If you like, make the dish up to 2 days ahead and store it covered in the refrigerator.

4. Simply skim off any accumulated fat and reheat the meat in a saucepan over low heat before serving.

Nutritional Facts:

Serving: about 1 sandwich

Calories: 508
Total Fat: 21g
Total Carbohydrate: 36g
Fiber: 2g
Protein: 42g

Oaklawn

Moroccan Chicken Kebobs

Serves Six

Ingredients:

Dry Rub

1 teaspoon cinnamon
½ teaspoon salt
½ teaspoon cumin
½ teaspoon turmeric
¼ teaspoon cayenne (optional) ¼ teaspoon pepper
¼ teaspoon cardamom
¼ teaspoon ground cloves
¼ teaspoon nutmeg
2 teaspoons brown sugar

Kebobs

2 pounds boneless, skinless chicken breasts 2 small red onions, peeled and cut into 1-inch-wide sections
2 bell peppers, cleaned and cut into 1-inch squares
¼ cup olive oil
Salt and pepper, to taste
12 (10-inch) bamboo skewers, soaked in water for 30 mins

. . . directions on next page

Oaklawn

Directions:

1. In a small bowl, combine the dry rub ingredients and mix well

2. Cut the meat into 1 ½ inch cubes and put them in a gallon size resealable plastic bag with the rub mix. Seal the bag and shake it vigorously until all the chicken is well coated.

3. Place the onions and peppers in a gallon-size resealable plastic bag, add the olive oil, and season with salt and pepper. Seal the bag and shake it vigorously to coat the vegetables well.

4. Assemble the kebabs by alternately skewering pieces of chicken, onions, and peppers.

5. Prepare a charcoal fire, or sec a gas grill to medium-high, close the lid, and heat until hot, about 10 to 15 minutes.

6. Grill the kebabs, turning occasionally, until the chicken is no longer pink inside, about 8 to 10 minutes on a gas grill.

Nutritional Facts:

Serving: 2 skewers

Calories: 287
Total Fat: 13g
Total Carbohydrate: 4g
Fiber: 1g
Protein: 35g

Oaklawn

Baked Potato Wedges

Serves Five

Ingredients:

2 tablespoons canola oil
1 cup flour
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon black pepper
½ teaspoon celery salt
½ teaspoon seasoning salt
2 large eggs
4 medium potatoes (1 ½ pound), scrubbed and rinsed but not peeled
Canola cooking spray

Directions:

1. Heat the oven to 450 degrees F. Coat a baking sheet with a tablespoon of canola oil.

2. With a fork or whisk, mix the flour, garlic powder, salt, pepper, celery salt, and seasoning salt in a shallow dish and set aside. Crack the eggs into a small bowl and beat with a fork.

. . . directions continue on next page

Oaklawn

3. Cut each potato into 16 half-inch-thick wedges. Dip each wedge into the beaten eggs, then flour mixture, making sure it is well coated. Place the coasted wedges on the prepared baking sheet and let them sit 10 to 15 minutes.

4. Coat the tops of the potato wedges generously with canola cooking spray. Bake in the center of the oven until golden brown (15 to 18 minutes), flipping after 10 minutes.

Nutritional Facts:

Serving: about 12 wedges (6 ounces)

Calories: 267
Total Fat: 8g
Total Carbohydrate: 39g
Fiber: 3g
protein: 8g

Oaklawn

Chicken Fajitas

Serves Four

Ingredients:

1 ripe avocado, cut into chunks, with 1 teaspoon
of lime juice tossed in Salsa
Sour cream
Fresh cilantro, chopped
4 teaspoons ground cumin
4 teaspoons chili powder
1 teaspoon dried oregano
½ teaspoon salt
2 boneless, skinless chicken breasts, cut in half
1 small red or yellow pepper, sliced
1 onion, sliced
2 teaspoons olive oil
4 8-inch flour tortillas

. . . directions continue on next page

Oaklawn

Directions:

1. Place your toppings (avocado, salsa, sour cream, and cilantro leaves) in separate bowls and set them on your table.

2. Next, make the rub. Combine the cumin, chili powder, oregano, and salt in a shallow bowl. Lightly rub the spices into the chicken with your fingertips until the meat is coated on all sides. Heat your grill to medium. Grill the chicken on both sides, just until cooked through, about 8 minutes. Remove from the heat, slice thinly, and set it on a platter.

3. While the chicken is cooking, toss the pepper and onion in the olive oil. Set them on the grill, using a vegetable screen, if desired, and cook for 5 to 8 minutes, turning once. Remove from the heat and set on the platter with the chicken.

4. Place the tortillas on the grill for 5 to 7 seconds on each side, turning with tongs, until hot. Set out the grilled chicken, pepper, and onion with the toppings and tortillas. Let guests assemble and roll their own fajitas.

Nutritional Facts:

Serving: 1 fajita (does not include salsa, sour cream, or cilantro)

Calories: 331
Total Fat: 15g
Total Carbohydrate: 26g
Fiber: 8g
Protein: 20g

Oaklawn

Peanut Butter Trail Mix

Makes 40 Pieces

Ingredients:

1 cup peanut butter
1 cup honey
3 cups old-fashioned oats
½ cup ground flaxseed
1 cup chocolate chips
½ cup chopped nuts of your choice
½ cup dried fruit of your choice

Directions:

1. Mix together 1 cup peanut butter and 1 cup honey until smooth. Gradually add in 3 cups of old fashioned oats and ½ cup ground flaxseed. Add 1 cup chocolate chips and 1 cup any combination of nuts and soft dried fruit (try ½ cup coarsely chopped peanuts and ¼ cup each of raisins and dried cranberries) and mix gently in your stand mixer or smush together by hand.

2. Roll into ping-pong ball size balls and for maximum presentation value put in paper muffin cups. You can eat them right away, but they'll be less sticky after a night in the fridge. They freeze well too, layered on wax paper in an airtight container.

Nutritional Facts:

Serving: 1 ball

Calories: 133; Total Fat: 6g; Total Carbohydrate:; 16g;
Fiber: 2g; Protein: 3g

Oaklawn

Black Bean Salsa

Serves Six

Ingredients:

2 medium-size Roma tomatoes
½ medium-size red onion
3 scallions
1 (15 ½-ounce) can black beans, drained and rinsed
1 ½ tablespoons taco seasoning mix
2 tablespoons sour cream or plain yogurt

Directions:

1. Using a small knife, halve each tomato. Cut away the stem area, then cut the two halves in half. Over the sink or a small bowl, squeeze the tomato pieces as you would a sponge to force out the seeds and water. Use a knife or hand-powered food chopper to dice the tomatoes. Transfer to a large bowl.

2. Dice the red onion and add it to the bowl. Finely chop the scallions and add them to the bowl, along with the beans.

3. Sprinkle on the taco seasoning and lightly toss the mixture until evenly blended. Spoon in the sour cream or yogurt and toss again until the ingredients are fully coated.

Nutritional Facts:

Serving: ½ cup

Calories: 71; Total Fat: 1 g; Total Carbohydrate: 11g;
Fiber: 4g; Protein: 5g

Oaklawn

Summer Fruit Pizza

Serves Six

Ingredients:

Crust
1 pound purchased pizza dough, or your favorite homemade recipe
1 tablespoon melted butter
2 tablespoons sugar

Frosting
1 (8-ounce) package low-fat cream cheese at room temperature
¼ cup sugar
1 teaspoon finely grated orange zest
½ teaspoon vanilla extract
Assorted fruit (such as blueberries, banana slices, mandarin orange sections, seedless grapes, kiwi fruit slices, and strawberry halves)

. . . directions on next page

Oaklawn

Directions:

1. Heat the oven to 400°F.

2. Spread the dough in an ungreased 12-inch pizza pan. Brush on the butter and sprinkle on the 2 tablespoons of sugar. Bake the crust until it is golden brown, 12 to 15 minutes. Cool the crust on a wire rack.

3. In a medium-size bowl, combine the frosting ingredients with a rubber spatula. Stir until smooth.

4. Spread the frosting over the cooled crust. Gently press in the fruit.

Nutritional Facts:

Serving: 1 slice

Calories: 180
Total Fat: 4g
Total Carbohydrate: 28g
Fiber: 3g
Protein: 5g

Oaklawn

Frozen Fruit Bites

Makes 12 Cookies

Ingredients:

12 vanilla wafer cookies
½ cup vanilla yogurt
½ cup Neufchatel cream cheese, softened
1 teaspoon lemon juice
1 teaspoon honey
Sliced kiwi, strawberries, or whole blueberries

Directions:

1. Place liners in a mini-cupcake pan. Put a wafer cookie, flat side up, in the bottom of each well.

2. In a medium-size bowl, whisk together the yogurt, cream cheese, lemon juice, and honey until smooth. Spoon 1 heaping tablespoon on top of each cookie, then top the mixture with the fruit.

3. Cover the pan with plastic wrap, then place it in the freezer until the fruit bites are firm, about 1 to 1 ½ hours. Remove the tray from the freezer 15 to 25 minutes before serving.

Nutritional Facts:

Serving: 1 cookie

Calories: 68; Total Fat: 4g; Total Carbohydrate: 7g; Fiber: Og; Protein: 2g

Oaklawn