



### Quick and Nutritious Quesadilla

**Ingredients**

- 2 flour tortillas
- 1/4 cup fat-free refried beans
- 2 ounces low-fat shredded Monterey Jack cheddar
- 2 ounces chunky tomato salsa

**Directions** Top a flour tortilla with 1/4 cup fat-free refried beans, 2 ounces low-fat shredded Monterey Jack cheddar and chunky tomato salsa. Cover with another tortilla and microwave for 45 seconds. Cut into quarters and enjoy!



### Healthy Fruit Cup/Salad

**Ingredients**

- 1 cup Blue Berries
- 1 cup diced apples
- 1 cup cherries
- 1 cup diced watermelon
- 1 cup diced cantaloupe
- 1 cup sliced strawberries
- 1 cup sliced kiwi
- 1 cup red/green grapes

**Directions** In a large bowl, mix the fruits. Add a little healthy whipping cream on top if you prefer. This is a very healthy fruit snack. It's low in fat and contains a lot of vitamins. Goes great with yogurt!



### Healthy Strawberry Shake

**Ingredients**

- 12 ounces strawberry yogurt
- 1 cup of strawberries
- 1 cup of ice
- teaspoon of honey
- teaspoon of lemon juice

**Directions** In a blender add all ingredients at once, blend for about 30-45 seconds and serve chilled. Shakes work as a satisfying and nutritious snack when you're in a hurry.



### Healthier Banana Bread

*Recipe from www.dr.weil.com: Native to the Caribbean and Central America, bananas are one of America's favorite fruits. They are rich in potassium. One banana contains 450 mg, or one-fifth of the adult daily requirement (and provides a good dose of magnesium, too). Most banana bread recipes are saturated with butter and sugar. Instead, this one uses a small amount of canola oil, which is much better for your heart, and honey, which means lots of flavor. By the way, don't use regular whole-wheat flour, it's too heavy for this recipe. Try whole-wheat pastry flour instead.*

**Ingredients**

- 3 very ripe bananas
- 1/2 cup honey

- 3 tablespoons canola oil, plus a little more for oiling the loaf pan
- 1 teaspoon pure vanilla extract
- 1 1/2 cups whole-wheat pastry flour
- 1 1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 3/4 cup chopped walnuts or pecans

**Directions:**

1. Heat the oven to 350 degrees F. Lightly oil a loaf pan.
2. Mash the bananas and mix with the honey, canola oil, and vanilla extract.
3. Stir together the whole-wheat pastry flour, baking soda, and salt. Add the nuts.
4. Blend the two mixtures and spoon into the loaf pan. Bake for 40 minutes, or until center is set.
5. Enjoy!

### Spiced Hot Cereal

*We've added a special twist to your usual hot breakfast cereal—vanilla, almonds and cinnamon! So good, it'll be love at first bite.*

*Makes 1 serving. Nutritional values per serving: 540 calories, 19g fat (3.0g sat), 18g protein, 84g carbohydrate, 12g fiber, 0mg cholesterol, 150mg sodium and 29g sugar.*

**Ingredients**

- 2 oz. hot cereal
- 1/4 tsp. vanilla extract
- 1/4 tsp. cinnamon
- 2 Tbsp. raisins
- 2 Tbsp. sliced almonds
- 1 slice low-sodium whole-wheat bread
- 1 Tbsp. low-sodium peanut butter
- 1 Tbsp. sugar-free jelly or jam
- 1 small orange

**Directions** Choose any hot cereal you like, such as oatmeal, Wheatena or other. Cook according to package directions, stir in vanilla extract and cinnamon to taste, and add raisins. Serve with peanut butter and jam on bread, with the orange on the side.

*From The Heart Smart Diet Plan on www.eDiets.com*

### Food and Recipe Websites:

<http://www.ediets.com/news/article.cfm?cmi=1335104&cid=6&code=24262>

<http://www.ediets.com/ews/?cid=6&code=24045>

<http://www.unm.edu/ehpp>

[www.healthycookingrecipes.com](http://www.healthycookingrecipes.com)