

PESTO

Servings 16



Ingredients

- 2 cups fresh basil leaves
- 3 garlic cloves, unpeeled & roasted
- ¼ cup pine nuts or walnuts
- 7 Tbsp extra virgin olive oil
- ¼ cup grated parmesan cheese
- Salt and pepper

Paired well with grilled fish, spaghetti and on toasted breads

Preparation

Roast garlic on stove top if desired

Combine: garlic, nuts, basil, oil, parmesan, and ½ teaspoon salt in food processor until smooth, scraping down bowl as needed. Season with salt and pepper if desired.



Calories 142.7; total fat 13.2g; cholesterol 1.6mg; sodium 56.4mg; total carbohydrate 6.9g dietary fiber 4.2g; protein 2.8g

Source: http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=12438728

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.

FRESH AND EASY SALSA

Servings 16



Ingredients

6 large tomatoes (Roma's preferably),
chopped
1 onion, chopped
 $\frac{3}{4}$ cup green chili peppers chopped
1 tsp vinegar
1 tsp salt

*Enjoy with tortilla chips, on
grilled fish, or on morning
eggs!*

Preparation

Combine all ingredients in food processor or blender and process until ingredients are blended.



Calories 11.9; total fat .1g; cholesterol 0.0mg; sodium 173.8mg; total carbohydrate 2.6g dietary fiber .3g; protein 0.1g

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information:
go.osu.edu/cfaesdiversity

Spaghetti Squash

Servings 1



Ingredients

1 spaghetti squash, halved lengthwise
and seeded
Spaghetti Sauce (optional)

Preparation

Preheat oven to 350 degrees.
Cut spaghetti squash in half.
Pour and inch or so of water into glass
baking dish.
Place 2 sides of squash with cut sides down
into dish and bake for 30 minutes or until a
sharp knife can be inserted easily.
Remove squash from oven and set aside to
cool enough to handle.
Use fork to scape out the stringy pulp from
the squash and place in a serving bowl and
add your favorite topping!

*Top with your favorite
spaghetti sauce and parmesan
cheese!*



Calories 41.9; total fat 0.4g; cholesterol 0.0mg; sodium 27.9mg; total carbohydrate 10.0g dietary fiber 2.2g; protein 1.0g

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information:
go.osu.edu/cfaesdiversity.

Cucumber Dill Dip

Servings 8



Ingredients

1 cup plain or nonfat Greek yogurt
1 cup diced cucumber (peel optional)
1 clove garlic, minced
1 Tbsp. fresh dill
1-2 tsp. lemon juice
Salt and pepper to taste

Preparation

Place yogurt in a bowl and stir. Add cucumber, garlic, dill and lemon juice.

Stir gently and taste. Add salt and pepper if needed.



Calories 20.0; total fat 0.0g; cholesterol 0.0mg; sodium 33.0mg; total carbohydrate 1.6g dietary fiber 0.1g; protein 3.0g

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information:
go.osu.edu/cfaesdiversity

Green Beans, Cranberries and Nuts

Servings 2



Ingredients

- 1 cup fresh green beans, trimmed and cut into 4" pieces
- 2 tsp. canola or olive oil
- 2 Tbsp. dried cranberries or ½ cup fresh or frozen cranberries
- 2 Tbsp. chopped nuts (walnuts, pecans, or almonds)
- ½ Tbsp. honey
- Lemon pepper, dill or seasoning blend of your choice to taste

Preparation

Cook beans until tender crisp and drain. Heat oil in saucepan, add cranberries and nuts. Cook stirring often. Once cranberries are softened, stir in green beans; cook until beans are heated through. Add honey and stir well. Serve beans hot sprinkled with choice of seasoning(s).

Calories 130; total fat 8g; cholesterol 0mg; sodium 240mg; total carbohydrate 15g dietary fiber 3g; protein 2g



CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity

Baked Parmesan-Breaded Eggplant

Servings 4



Ingredients

1-2 eggplant, peeled
Cooking spray
½ tsp. salt
½ tsp. pepper
¾ cup bread crumbs
¾ cup grated parmesan cheese
2 eggs whites, whipped

Preparation

Preheat oven to 450 degrees
Peel and slice eggplant
Spray a baking sheet. Mix breadcrumbs and cheese in a bowl. Whip egg whites in a bowl. Dip eggplant in egg whites and crumb mixture to coat both sides, patting to help coating to adhere. Place on baking sheets. Bake 10 minutes or until golden brown, rotating pans halfway through baking and turning eggplant slices over halfway through baking using a spatula.

Calories 202.8; total fat 6.9g; cholesterol 14.8mg; sodium 564.6mg; total carbohydrate 22.2g dietary fiber .3.8; protein 13.4g

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information:
go.osu.edu/cfaesdiversity