



# Made From Scratch

## Back to the Basics of Healthy Eating

### Breakfast egg and ham burrito

#### Ingredients:

- 4 eggs
- 4 egg whites
- 1/4 tsp black pepper
- 2 tbsp reduced-fat cheddar cheese (shredded)
- 2 tsp margarine (trans fat-free)
- 4 slices deli ham (reduced-sodium, chopped)
- 1/4 onion (diced)
- 1/4 cup green pepper (diced)
- 4 corn tortillas (heated)
- 4 tsp salsa
- 1 dash hot pepper sauce



#### Instructions:

1. In a medium bowl, whisk together the eggs, egg whites, hot pepper sauce, black pepper, and cheese.
2. Heat the margarine in a medium non-stick pan over medium heat. Add the ham and sauté for 2-3 minutes. Remove the ham from the pan.
3. Add the onions and green peppers to the hot pan and cook for about 5 minutes. Add the ham back to the pan.
4. Reduce the heat to low and add the eggs to the pan. Gently stir the eggs with a spoon or spatula and continue lightly cooking over low heat until the eggs are cooked and set.
5. Evenly divide the egg mixture into four servings. Spoon each portion of the egg mixture into a tortilla and top each with one teaspoon of salsa. Fold the tortilla to close.

**Nutrition facts** | Servings: 4 | Serving size: 1 burrito

**Calories:** 200 | **Fat:** 8 g | **Saturated fat:** 2.5 g | **Fiber:** 2 g | **Carbohydrates:** 15 g | **Protein:** 16 g | **Sodium:** 380 mg

**Recipe tips:** Ham slices can be substituted with turkey slices.

### Chopped veggie salad with feta

#### Ingredients:

- 1/2 (14-oz) can artichoke hearts (rinsed, drained and coarsely chopped)
- 4 oz button mushrooms (chopped)
- 1 small tomato (seeded and chopped)
- 1/4 cup green onion (finely chopped)
- 1/4 cup fresh parsley (chopped)
- 1 1/2 tsp dried basil
- 3/4 tsp dried oregano
- 1/2 oz reduced-fat feta cheese (crumbled)

#### Instructions:

1. In a medium bowl, toss together all the ingredients except the feta.
2. Add the feta and toss gently. This salad is best if served within 1 hour.

**Nutrition facts** | Servings: 4 | Serving size: 3/4 cup

**Calories:** 50 | **Fat:** 0 g | **Saturated fat:** 0 g | **Fiber:** 6 g | **Carbohydrates:** 9 g | **Protein:** 3 g | **Sodium:** 75 mg

**Did you know that** artichokes contain both prebiotics and probiotics, which have been shown to improve immunity, digestion, and nutrient absorption? The gut microflora is essential for inhibiting pathogenic bacteria growth, which is essential for a healthy gut!

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

## Beef stew with fresh mango

### Ingredients:

- 1 1/2 lbs. lean stew meat (1-inch cubed, all visible fat discarded)
- 2 (14.5-oz) cans no-salt-added diced tomatoes (drained)
- 1 medium onion (cut into 6 wedges)
- 1 large red bell pepper (cut lengthwise into 1/2-inch strips)
- 2 tbsp Worcestershire sauce (lowest sodium available)
- 1 tbsp chili powder
- 2 medium garlic cloves (minced)
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 cup uncooked, whole-wheat couscous
- 1 1/2 cups fat-free, low-sodium beef broth (or fat-free, low-sodium vegetable broth)
- 1 medium mango (cut into bite-size pieces)
- 1/2 cup fresh cilantro (chopped)

### Instructions:

1. In a slow cooker, stir beef, tomatoes, onion, bell pepper, Worcestershire sauce, chili powder, garlic, cinnamon, salt, and pepper. Cook, covered, on low for 8-9 hours or on high for 5-5 1/2 hours or until the beef is tender.
2. About 10 minutes before serving time, prepare the couscous using the package directions, omitting the salt and substituting the broth for the water. Spoon into bowls.
3. Ladle the stew onto the couscous. Top with the mango and cilantro.

**Nutrition facts** | Servings: 6 | Serving size: 1 cup stew and 1/2 cup couscous

**Calories:** 395 | **Fat:** 9 g | **Saturated fat:** 3 g | **Fiber:** 8 g | **Carbohydrates:** 50 g | **Protein:** 30 g | **Sodium:** 224 mg

**Recipe tips:** If you have stew and couscous left over, make tacos! Combine the stew and couscous, warm the mixture in the microwave, spoon onto warmed tortillas, and top with fat-free sour cream and shredded low-fat cheddar cheese.

## Sloppy garden joes

### Ingredients:

- 1 yellow onion (chopped)
- 1 carrot (chopped or shredded)
- 1 green pepper (chopped)
- 1 lb. ground turkey (or chicken)
- 1 (8-oz) can unsalted tomato sauce
- 1 (14.5-oz) can whole tomatoes (crushed)
- 4 (2-oz) cans mushrooms (drained)
- 1/4 cup barbecue sauce
- 6 whole wheat buns (split in half to make 12)



### Instructions:

1. Sauté onions, carrots, green pepper, and ground turkey or chicken in a pan over medium heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings, and bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.

**Nutrition facts** | Servings: 12 | Serving size: 1 sandwich

**Calories:** 160 | **Fat:** 6 g | **Saturated fat:** 1 g | **Fiber:** 4 g | **Carbohydrates:** 19 g | **Protein:** 10 g | **Sodium:** 317 mg

**Recipe notes:** If you prefer to use fresh mushrooms, use 8 ounces of fresh mushrooms instead of canned mushrooms.