

Whipping Up
Wellness



EMPLOYEE COOKBOOK

Live Well
Work Well 



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Chicago Transit Authority
December 2017

DEDICATION



Dear CTA Family and Friends:

It is my honor to present you with Whipping Up Wellness—the CTA's first-ever employee cookbook. This is a collection of delicious recipes shared by your friends and colleagues from across the Authority.

A well-balanced, home-cooked meal does more than nourish our bodies and minds—it's also a gift that comforts and welcomes families and friends in both good times and bad. All of the recipes featured in this cookbook are tried and true, as well as healthy and delicious.

It is my hope that with this cookbook, you see food in a new way: fresh, nutritious and exciting. Instead of grabbing a pre-packaged meal or snack that has a list of ingredients that reads like a chemistry experiment, take a moment and try out one of these new recipes with ingredients you know. And have fun whipping up new dishes and new memories – whether with your friends, loved ones or CTA family.

Good food is made great when shared with friends and family.

Bon appétit!

Dorval R. Carter, Jr.

ACKNOWLEDGEMENT

Whipping Up Wellness is about celebrating CTA employees by showcasing how they share a part of themselves with their families. To be able to translate that into something that can be shared with our extended CTA family takes a lot of hard work and extra dedication from some special people that I want to personally thank and recognize. First I want to acknowledge the extra effort and additional hours put in by the Live Well Work Well team devoted to getting out the finished product – Sylvia Dominguez, the project lead, Georgette Hampton, the project manager and Nia Stringfellow, our summer intern who helped launch this project so many months ago.

Beyond the Live Well Work Well team, Whipping Up Wellness would not be possible without the hard work of several people. Karen R. Mazique, Mazique Design Services brought the recipes to life with her design and layout – we thank her for displaying each dish in a way that makes one more mouthwatering than the next. Bruce Moffat and Angel Grajeda were instrumental in assisting us with tying the cookbook to CTA's 70th Anniversary celebration and we thank them for their knowledge and insight.

Finally, I want to thank the contributors of the recipes. Without them none of this would have been possible. So thank you and keep making healthy choices!

Michael Bowen
Director, Compensation, Benefits & HRIS



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Soups/Starters

Soups/Starters

Kyleen Giagnoni

Pico de Gallo

Ingredients:

2 avocados diced in large chunks
 1 15 oz. can of corn, drained
 1 jalapeño, if you want a mild taste
 discard the membrane and seeds
 2 large tomatoes, diced
 1 medium white onion, diced
 1 small bunch of cilantro, stems
 discarded, leaves chopped finely
 Juice of 1 small lime
 Dash of salt
 4 oz. of crumbled feta cheese



Serving Size: 15

Prep/Cook: 10 minutes

About the recipe: This is a favorite with my family at home and my CTA Family. It is healthy and tasty.

Directions:

In a large bowl, combine all ingredients and salt to taste. Serve with Organic Blue Corn Chips.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY



Jason Hoskot Bruschetta

Ingredients:

1 loaf French baguette
4 Roma or plum tomatoes, diced
Extra virgin olive oil
1/3 cup basil leaves
1/2 tsp. oregano
2 tsps. minced garlic
Salt and pepper



Serving Size: 3

Prep/Cook: 15 minutes

About the recipe: This is a great starter dish.

Directions:

Cut bread into approximately 1 inch slices, half-lengthwise, using the entire loaf. Preheat oven to 400°. Evenly lay out bread slices onto foiled cookie sheet. Spoon extra virgin olive oil onto each slice of bread and bake for 5 minutes. Combine remaining ingredients in a mixing bowl and mix well. Remove bread from oven. Spoon tomato mix onto each slice of bread. Serve immediately.

Allergies



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SOY

George E. Leyva

Chicken Tortilla-less Soup

Ingredients:

3 lbs. chicken breasts (bone-in or boneless skinless)
 3 tbsps. of oil of your choice, divided
 2-3 tbsps. of fajita or taco seasoning (or mix 1½ tsp. ground cumin, 2 tbsps. chili powder, 1/4 tsp. garlic powder and 1/4 tsp. cayenne)
 1 large or 2 medium onions, diced
 6 garlic cloves, minced
 2 jalapeño peppers, diced

1-2 roasted poblano peppers, skinned, seeded and diced
 2 quarts (8 cups) chicken stock
 1 28 oz. can of fire roasted tomatoes (if you can't find fire-roasted, you can fire-roast your own or use regular canned tomatoes)
 Juice of 2 limes
 1 cup cilantro, rinsed and chopped

Serving Size: 5

Prep/Cook: 90 minutes

About the recipe: I've been eating Paleo for a while and I came up with this recipe this past winter. This is kind of like really healthy.



Directions:

Preheat your oven 375° (350° for convection). Place your chicken breasts in a large baking pan, and pour one tbsps. of oil over all, coating well. Sprinkle your fajita seasoning over the chicken, coating well, and place in the oven. Cook for about 30-45 minutes (depending on the size of the chicken pieces) until cooked through and liquid from chicken runs clear. Using two forks, shred the chicken (While this is not so easy to do while the chicken is hot, I find I get a better

(Continued)

“shred” if I do so while the chicken is still hot.) Alternately, you can just chop the chicken into small pieces. Meanwhile, in a large Dutch oven over medium heat, melt the remaining 2 tbsps. of oil, and when hot, add in the onions. Cook until onions are translucent, about 4-6 minutes.

Add in the garlic and peppers and sauté for about 1-2 minutes, until fragrant. Pour in the chicken stock and fire roasted tomatoes and bring to a medium boil.

[THIS STEP IS OPTIONAL] If you want a slightly thickened soup, puree some broth with tomatoes, onions and peppers in a blender or Magic Bullet until smooth. Pour back into Dutch oven. I did this with about ½ of the solids in the soup.

Add the chicken, cilantro and lime juice to your bubbling cauldron of goodness. Taste to see what you’re in need of (salt? pepper? more of a kick?) and adjust as need be.

Serve nice and hot with some fresh cilantro and chopped up avocado to go on top. Maybe a wedge of lime if you’re feeling pretty tart, or some extra diced up jalapeños or roasted poblanos if you need more heat. Get out the hot sauce if you really want some zing!

Allergies



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GLUTEN



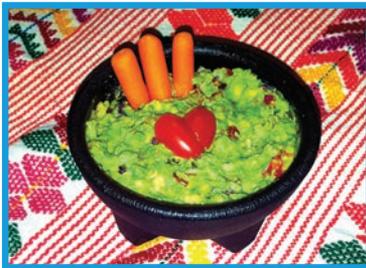
SOY

Sylvia E. Dominguez
Guacamole Ayyy Chihuahua

Ingredients:

4 ripe avocados
2 ripe tomatoes, chopped
3 small multi-colored peppers, minced
or 1 pepper (any color) minced
1 medium onion, minced
1 small jalapeño, minced, stems and
seeds removed (you can substitute
habanero or serrano)

Few sprigs of cilantro, finely
chopped
1 lime or lemon
1 tsp. of lemon pepper
1 tsp. of onion powder
1 tsp. of garlic powder



Serving Size: 8

Prep/Cook: 15 minutes

About the recipe: It's amazing!

Directions:

Cut the avocados in half. Remove seed. Scoop out avocado and place in a mixing bowl. Using a fork or potato masher, roughly mash the avocados. Sprinkle with salt and lime/lemon juice. Add the chopped onion, cilantro, lemon pepper, garlic and onion powder and peppers. Fold in tomatoes. Serve with baked chips or fresh veggies.

Allergies



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GLUTEN



SOY

Valerie Fort

16 Bean Kale Veggio Soup

Ingredients:

- 1 lb. pkg. of 16 bean soup mix, rinse (discard "ham" seasoning packet)
- 1 lb. lean ham cooked and diced
- 1 smoked ham hock
- 1 lb. turkey bacon cooked crispy and chopped
- 1 lb. of lean ground pork, turkey, chicken or beef
- 4 stalks of celery, chopped
- 1 medium onion, minced or 1 tbsp. of onion powder
- 1 1/2 oz. can diced tomatoes or 3 fresh tomatoes (put in blender with 1 cup water)
- 1 jalapeño, minced
- 1 tsp. chili powder (optional)
- 1 tsp. red pepper flakes (optional)
- 1 tbsp. of turmeric
- 2 tbsps. of chicken or beef base or 6 bouillon cubes
- 6 garlic cloves, minced or 1 tbsp. garlic powder
- 6-8 cups water (or enough to cover all ingredients by 2 inches)
- 1 16 oz. bag of kale – large stems removed
- 2 large carrots, chopped
- 2 large zucchini, chopped
- 2 large chayote, peeled and chopped (you can pretty much add any stewing veggies.)

Serving Size: 10

Prep/Cook: 4 hours

About the recipe: Freezes well.



Directions:

In a large crock pot, combine all ingredients except bacon and kale. Mix well. Cover and cook on high for 2 hours and then switch to low for 6 hours. Stir in kale and bacon during last 1/2 hour of cooking. Adjust seasoning to taste and ENJOY!!!!

You can add minced cilantro, sliced avocado, low-fat sour cream, low-fat cheese as toppings. This can be a vegetarian meal by omitting all meat options and using vegetable base in lieu of chicken/beef base.

Allergies



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GLUTEN



SOY

Miguel Moreno

Turkey Bacon Wrapped Jalapeño Stuffed Goodness

Ingredients:

6 jalapeño peppers
8 oz. block of fat free cream cheese
4 oz. of reduced fat cheddar cheese
12 slices of turkey bacon



Serving Size: 6

Prep/Cook: 30 minutes

About the recipe: You may want to use plastic gloves to handle the peppers.

Directions:

Preheat oven to 400°.

Slice the jalapeños in half lengthwise and scrape out the seeds and rind with a spoon. Mix cream cheese and cheddar cheese in a small bowl. Scoop cream cheese mixture into each jalapeño half. Wrap a slice of bacon around each jalapeño half.

Arrange jalapeños on a baking sheet and bake for approximately 20 minutes or until bacon is crispy. Enjoy!

Allergies



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GLUTEN



SOY

Maria Moreno

Cauliflower Walnut Medley

Ingredients:

- 1 medium size cauliflower, chopped
- 2 medium size tomatoes, chopped or 1 pint of halved cherry tomatoes
- 1 small bunch of cilantro, minced
- 1 small onion, diced
- 1 medium yellow pepper, sliced
- Juice from 3 limes
- 2 avocados, diced
- 1/4 cup chopped walnuts
- Salt
- Valentina hot sauce
- Package of tostadas or saltine crackers



Serving Size: 4

Prep/Cook: 10 minutes

About the recipe: This is amazing!

Directions:

Toss all ingredients together. Add lime and salt to taste. Serve on tostadas or crackers. Add hot sauce to taste.

Allergies



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SOY



Salads/Sides

Salads/Sides

Marie Marasovich Watermelon Salad

Ingredients:

1/2 slice of watermelon
1 cup of arugula
1 tbsp. crumbled feta cheese
(Use blue or goat cheese if preferred)
1 tbsp. almonds (sliced or crushed)
1 tsp. balsamic vinegar
1 tsp. olive oil
1 fresh lemon
Salt and pepper



Serving Size: 1

Prep/Cook: 5 minutes

About the recipe: My sister and I make this salad all the time because it's so delicious tasting and easy to throw together - especially when you're in a hurry or need to take something for lunch to work or a party.

Directions:

Place washed arugula on plate. Top with sliced watermelon, feta cheese, and almonds. Drizzle on your olive oil and balsamic vinegar. Squeeze some fresh lemon to taste. Sprinkle salt and pepper to taste. Sit down and enjoy!

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SOY



Trenton Adams Roasted Veggies

Ingredients:

Olive oil for drizzling
 1 large red onion, sliced
 1 large yellow onion, sliced
 4 cloves of garlic, sliced in slivers
 1 large zucchini, sliced
 1 large cauliflower, trimmed and cut into florets
 1 large broccoli, trimmed and cut into florets
 2 large carrots, slice diagonally
 1 tsp. turmeric
 Red pepper flakes (optional)
 1 pint of cherry tomatoes (any color)
 Salt and pepper



Serving Size: 6

Prep/Cook: 35 minutes

About the recipe: Great summer side dish.

Directions:

Preheat oven to 400°.

Toss all ingredients except cherry tomatoes in a bowl. Arrange on 2 baking sheets lined with aluminum foil. Salt and pepper to taste. Bake for 15 minutes. Broil for 5 minutes. Remove from oven to avoid over baking. Garnish with cherry tomatoes.

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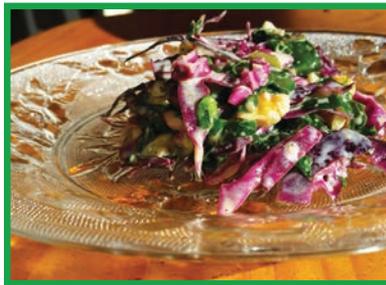


Martin Smith

Massaged Red Cabbage and Kale Salad

Ingredients:

4 cups stemmed, slivered curly kale
 Salt to taste
 1 tbsp. extra virgin olive oil
 3 cups finely sliced or shredded red cabbage
 1/4 cup finely chopped walnuts
 2 tbsps. seasoned rice vinegar
 2 tps. sherry vinegar
 2 to 3 tps. Dijon mustard (to taste)
 1 small garlic clove, minced or puréed (optional)
 1 tbsp. walnut oil
 1/4 cup plain yogurt
 Salt and freshly ground pepper



Serving Size: 3

Prep/Cook: 15 minutes

About the recipe: Great summer dish to pair with BBQ chicken and your favorite cold beverage.

Directions:

Place the slivered kale in a large bowl. Sprinkle with salt and add 1 tbsp. olive oil. Toss together and massage the leaves with your hands for about 3 minutes. The kale will lose some volume. Add the cabbage and walnuts to the kale and toss together.

In a small bowl or measuring cup, combine the rice vinegar, sherry vinegar, Dijon mustard, optional garlic, walnut oil, yogurt and salt and pepper to taste. Whisk together and toss with the salad. Taste and adjust seasonings. Cover and refrigerate for 1 hour or longer before serving. Toss again and serve.

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GLUTEN



SOY

Jocelyn Hernandez

Black Beans and Rice

Ingredients:

- 1 garlic clove—minced
- 1 15 oz. can of black beans, drained
- 1 cup of water
- 1 tbsp. of olive oil
- 1 packet of sazón Goya
- 1/2 tsp. of cumin
- 1 small green pepper, diced
- 1 small Spanish onion, diced
- 4 cups of cooked rice (prepare as directed)



Serving Size: 4

Prep/Cook: 30 minutes

About the recipe: This is a great side dish.

Directions:

Mix all ingredients, except rice, in a medium sauce pan over low heat. Simmer for 15 minutes. Serve 1 cup of rice on a plate and spoon beans over rice.

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SOY

Pamela Lee
Arroz Verde (Green Rice)

Ingredients:

- 1¼ cups water
- 1 tbsp. chicken or vegetable base
- 2 roasted poblano chiles, peeled, stems and seeds removed
- 3 fresh roasted tomatillos
- 1 small bunch of cilantro
- 1 small white onion, cut in half
- 4 garlic cloves, peeled
- 1 cup long-grain brown rice



Serving Size: 4
Prep/Cook: 40 minutes

About the recipe: Great side dish!

Directions:

Puree all ingredients (except rice) in a blender and blend until smooth. Pour blended ingredients in a medium sauce pan. Add rice and stir. Bring to a boil over medium-high heat. Cover and simmer on low heat for 30 minutes. Remove from heat and keep covered for 5 minutes. Fluff with fork. Enjoy!

Allergies



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GLUTEN



SOY

Georgette Hampton

Grilled Chicken Chimichurri Avocado Salad

Ingredients:

4 skinless/boneless chicken thighs or breast fillets
 1 tsp. olive oil
 5 cups Romaine lettuce leaves, washed and dried
 3 ripe tomatoes, sliced
 1/2 red onion, sliced
 2 avocados, sliced
 Fresh parsley leaves, to garnish

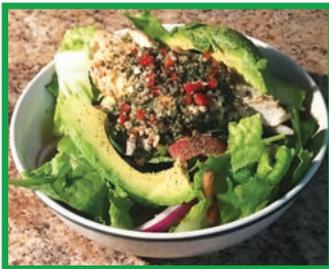
Serving Size: 4

Prep/Cook: 40 minutes

About the recipe: Healthy and filling!

For Chimichurri Sauce:

1/2 cup olive oil
 2 tbsps. red wine vinegar
 2 tbsps. whole grain mustard seed
 1/2 cup finely chopped parsley
 3-4 garlic cloves, minced
 2 small red peppers, seeded and finely chopped
 3/4 teaspoon dried oregano
 1 tsp. of salt
 1/2 tsp. of pepper



Directions:

In a small bowl, mix chimichurri ingredients and mash with fork. Pour 4 tbsps. of chimichurri sauce into a shallow dish and coat chicken fillets. Allow to marinate for 20 minutes. Refrigerate remaining chimichurri to use as a dressing.

Heat the oil in a grill pan or skillet over medium-high heat and grill chicken fillets on each side until golden, crispy and cooked through. Once chicken is cooked, set aside and allow to rest.

Prepare salad with leaves, tomatoes, red onion and avocado slices. Slice chicken fillets and arrange on top of salad. Drizzle with remaining dressing and serve with extra parsley leaves.

Allergies



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GLUTEN



SOY

Kristina Gregory

Savory Kale

Ingredients:

1/3 cup sunflower oil
4 garlic cloves, very finely chopped
1½ cups chicken stock or
low-sodium broth
3 lbs. kale, stems and inner ribs
discarded, leaves coarsely
chopped
Salt and freshly ground pepper
to taste



Serving Size: 4

Prep/Cook: 30 minutes

About the recipe: Great as a side or by itself.

Directions:

In a very large soup pot, heat the sunflower oil. Add garlic and cook over moderately high heat. Stir just until fragrant, about 30 seconds. Add the chicken stock, the kale in large handfuls, letting it wilt slightly before adding more. Season with salt and pepper. Cover and cook over moderate heat until the kale is tender, about 5 minutes.

Remove the lid and cook until the liquid has evaporated, about 3 minutes longer. Transfer to a bowl and serve.

Allergies



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GLUTEN



SOY

Mark T. Ketterson
Easy Peasy Caprese

Ingredients:

1/3 cup fresh basil leaves, torn in half
 1 lb. ciliegine or bocconcini
 mozzarella balls
 1 pint grape or cherry tomatoes
 Kosher salt, to taste
 Garlic, minced, to taste
 Freshly ground black pepper, to taste
 2 tbsps. balsamic vinegar
 2 tbsps. extra virgin olive oil



Serving Size: 4

Prep/Cook: 30 minutes

Directions:

Combine the oil, vinegar, and basil leaves in a bowl. Add the tomatoes and mozzarella and season with salt, garlic, and pepper. Mix well, cover and marinate for at least 30 minutes in the refrigerator to allow the flavors to combine.

About the recipe: This is an easy and delicious little salad you can literally put together in less than ten minutes. It makes a perfect summer side dish for grilled meat, or a satisfying main dish all in itself. As an alternative for the dressing, you can use some bottled Italian dressing and dried basil, but fresh is best. For a tasty variation, add one avocado cut into bite-size chunks, and a dash of lime juice.

Allergies



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GLUTEN



SOY

Shonda Brown Potato Casserole

Ingredients:

5 lbs. of golden potatoes
1 stick of margarine or I Can't Believe
It's Not Butter (room temperature)
1 16 oz. container of light sour cream
or plain yogurt
1/2 tsp. of Kosher Salt
1/2 tsp. of pepper
5 green scallions, sliced
4 slices of cooked and crumbled
turkey bacon
1 lb. shredded reduced fat
cheddar cheese



Serving Size: 8

Prep/Cook: 1 hour 30 minutes

About the recipe: This recipe is the healthy version to a loaded potato but all inside a pan and served hot. Enjoy with a garden salad or a grilled chicken breast.

Directions:

Bake or boil your potatoes. Once cooled, take the skin off the potatoes and mash in a large mixing bowl with potato masher. Add half of the scallions, cheddar cheese and bacon. Fold in sour cream or plain yogurt, margarine and add salt and pepper to taste. Transfer mixture to large baking pan. Spread evenly and top with remaining ingredients. Bake at 320° until medium or golden brown. Enjoy!

Allergies



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SOY

Mikeisha Johnson Spaghetti Salad

Ingredients:

1 box spaghetti
 1/2 cup olive oil
 1/2 cup vinegar
 2 tbsps. sugar
 1 cucumber, diced
 3 green onions, diced
 10 cherry tomatoes, halved
 Salt and pepper



Serving Size: 6

Prep/Cook: 30 minutes

About the recipe: Spaghetti salad is a quick, cool, healthy and refreshing dish to be enjoyed by everyone.

Directions:

Prepare spaghetti according to directions on box. Transfer pasta to serving bowl. In a separate bowl, whisk olive oil, vinegar and sugar. Pour over pasta. Toss veggies into spaghetti. Season to taste with salt and pepper. Cover bowl and refrigerate overnight.

Allergies



Su Mei Mei Shrimp Pasta Salad

Ingredients:

Box of Bow Tie Pasta
 1 romaine lettuce, chopped
 1/2 red onion, diced
 1 lb. of raw shell-on shrimp
 1 red pepper, diced
 1 seedless English cucumber, diced
 Italian Dressing



Serving Size: 4

Prep/Cook: 30 minutes

About the recipe: This is a great recipe to make for the summer and to get your family to eat more vegetables! It's light and refreshing. Your family will definitely go back for seconds!

Directions:

Thaw shrimp if frozen. Fill a large pot with salted water and bring to a boil. While water is boiling, prepare a bowl of ice water. Add shrimp to boiling water and cook until shrimp turns pink. Remove shrimp and place in ice water to stop cooking process. Do not discard boiling water.

Follow the instructions on the pasta box for cooking time and boil pasta in same pot where shrimp was cooked.

Drain the pasta and transfer to serving bowl. Let it cool. Deseal the cooked shrimp when it has cooled. Toss pasta, shrimp, veggies and dressing. Bon Appetite!

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SOY

Ashley Wilson

Oven Roasted Brussel Sprouts

Ingredients:

- 1 lb. fresh brussel sprouts
- 3 strips of cooked turkey bacon (optional)
- 3 tbsp. olive oil
- 1 tbsp. minced garlic
- 1 tsp. salt
- 1 tsp. balsamic vinegar (optional)



Serving Size: 2

Prep/Cook: 45 minutes

Directions:

Preheat oven to 350°.

Take brussel sprouts and cut them in half, then rinse thoroughly. Pat dry and set aside to rest for 5 minutes.

For added crunch: Cook 3 pieces of turkey bacon in a non-stick skillet until crispy. Pat off excess oil, and cut into small pieces.

In a bowl, combine brussel sprouts, olive oil, salt, minced garlic. Mix until brussel sprouts are thoroughly covered with olive oil.

Line a baking sheet with aluminum foil and spread coated brussel sprouts evenly. Place in oven for 1 hour. Take out brussel sprouts halfway through (30 minutes in) and flip so that each side can get crispy.

Once brussel sprouts are removed from the oven, spread cooked bacon over brussel sprouts, drizzle with balsamic vinegar and let cool. Enjoy!

About the recipe: This is a classic recipe handed down by my mom for one of my favorite snacks in the world - Brussel sprouts! Most people wouldn't see Brussel sprouts as a snack, but these Brussel sprouts are so nice and crispy that they replace the urge for chips and other unhealthy snacks. The turkey bacon gives it an extra crunch without all the fat from pork bacon. They are a great way to get your daily dose of veggies for the day!

Allergies



EGGS



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PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Jade Simmons-Ford Raw Cajun Salad

Ingredients:

2 zucchini squash
 1/2 red onion, diced
 1 red bell pepper, diced
 1 yellow bell pepper, diced
 1 orange bell pepper, diced
 8 oz. sliced mushrooms
 2 tomatoes, chopped
 2 tsps. Cajun seasoning
 Juice of 2 oranges
 1 cup of crushed peanuts



Serving Size: 4

Prep/Cook: 15 minutes

About the recipe: This is a light, healthy dish.

Directions:

Create “noodles” out of the two zucchinis using a spiral slicer. Season to taste with salt and pepper.

In a large bowl, create a paste by blending the oranges, peanuts and Cajun seasoning. Toss all vegetables with the Cajun sauce. Serve and enjoy!

Allergies



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GLUTEN



SOY

Jessica Rio

Spring Summer Kale Salad

Ingredients:

Salad

1 bunch kale
 2-3 small beets, or 2 small beets and
 1 turnip
 2 leeks, trim ends, rinse and
 slice lengthwise
 1/2 cup dried lentils
 1/4 cup pecan or walnut pieces
 Olive oil
 Salt & pepper

Serving Size: 2

Prep/Cook: 50 minutes

About the recipe: This dish holds up well. It can be made at night for lunch thenext day.

The quantity and colors make it a nice option for a potluck or picnic. It is nutritious and filling. The vegetables and nuts provide fiber. The lentils and tahini provide protein. And the olive oil, tahini and nuts are all 'good' fats. The dressing and the beets give it a nice sweetness.

If serving immediately after making it, toss the kale and dressing first, then put the rest of the ingredients on top. If serving later or taking it somewhere, toss the vegetables first and then add the dressing and nuts at serving time.

Directions:

Separate kale from stalks and tough veins, and tear into bite-sized pieces. Drizzle with 1 tsp. olive oil and work the oil onto the leaves with your hands. Set aside. Preheat oven to 350°. Peel outer layer from beets and cut into wedges (6-8 wedges per beet). Drizzle with olive oil, salt & pepper and arrange on half of a large baking sheet. Trim the

(Continued)

Dressing

1/4 cup tahini
 2 tbsp. olive oil
 1 tbsp. maple syrup
 Juice of 1/2 lemon (or a generous
 tbsp. of lemon juice)
 1 cup of vegetable water or broth
 Salt and pepper



tips of the leeks, then slice the white and light green part crosswise into 1/4 inch slices. Drizzle with olive oil, salt and pepper and arrange on the other half of the baking sheet. Bake the vegetables for 15-20 minutes until cooked and lightly brown. Keep an eye on the leeks, which may be done at 10-15 minutes. Turn the vegetables over about halfway through the cooking time. Set aside when done.

Put the lentils in a small pot with 1 cup water or vegetable broth. Bring to a boil, then lower the heat and simmer uncovered for about 20 minutes until the water is absorbed. If the lentils are not quite tender, add a 1-2 tbsp. water and give them a little more time. Set aside when done.

In a small skillet, toast the pecan or walnut pieces. Set aside.

Make dressing: combine all ingredients in a bowl except salt and pepper. Whisk. Add salt and pepper to your taste.

Assemble the salad when the vegetables and lentils are slightly warm or at room temperature. Eat at any temperature. Store leftovers in the refrigerator. Makes enough for two large/meal salads, or enough as a side dish.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

EAT A RAINBOW

HEALTHY FOOD



VITAMINS, MINERALS AND SUPPLEMENTS



WHITE	YELLOW	RED	PURPLE	GREEN
Immune system	Low cholesterol	Healthy heart	Healthy heart	Protection of stomach
Protection of stomach	Healthy heart	Healthy blood vessels	Healthy blood vessels	Healthy bones
Low cholesterol	Healthy joints	Skin protection	Improve your memory	Eye protection
Healthy heart	Eye protection	Cellular rejuvenation	Cellular rejuvenation	Immune system
Healthy gut	Preventing cancer	Preventing cancer	Protecting of the urogenital system	Preventing cancer

Main Dishes

Main Dishes

Lora Marie Lantgen

Linguine with Mussels and Shrimp

Ingredients:

1 box of linguine
 1 lb. of mussels
 1 lb. of peeled and cleaned shrimp
 3 garlic cloves
 1 cup of vegetable broth
 1/4 cup of olive oil
 1 cup of dry white wine
 1 tsp. salt
 1 tsp. pepper

Crushed red pepper flakes (to taste or you can skip)
 1 tsp. of paprika
 1 whole bay leaf (optional)
 Parsley garnish (optional)



Serving Size: 4

Prep/Cook: 30 minutes

About the recipe: This is a recipe my Aunt would make all the time. It was passed down from our family in Italy.

Directions:

Cook linguine per box instructions.

Add olive oil to deep skillet and heat over medium heat. Sauté garlic and cook until nice and soft. Add white wine, vegetable broth, salt, pepper, crushed red pepper, paprika and bay leaf and bring to a boil. Add shrimp and mussels. Cook about 9-10 minutes. Remove from heat. Add linguine to skillet and mix well.

Optional: Give a good squeeze of lemon over the dish, and sprinkle parsley.

Allergies



Nia Stringfellow

Veggie Chicken Buddha Bowl

Ingredients:

Olive Oil
 1 boneless chicken breast
 1 avocado, thinly sliced
 1 sweet potato
 1 1/2 cup Spring Salad Mix
 1 tbsp. cranberry raisins
 1/2 cup broccoli
 1/4 cup peanut butter
 1 tbsp. of honey
 1/4 tsp. of lemon juice

1/4 cup walnuts
 1/4 cup soy sauce
 Salt and pepper



Serving Size: 1

Prep/Cook: 40 minutes

About the recipe: This makes for a very filling and healthy lunch or dinner.

Directions:

Wrap sweet potato in damp napkin or paper towel. Microwave for 5-8 minutes until soft. Once cooled, peel and chop into small cubes.

Season chicken with salt and pepper. Drizzle olive oil in a large skillet over medium heat. Sauté chicken until thoroughly cooked. Shred chicken.

Whisk peanut butter, soy sauce, lemon juice, and honey in a microwavable small bowl. Microwave for 1 minute. Steam and season broccoli with salt and pepper.

Place salad in a single serve bowl. Top with shredded chicken, sweet potatoes and broccoli. Garnish with cranberry-raisins, walnuts and sliced avocados. Drizzle generously with peanut sauce. Enjoy.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Mike Bowen
Sweet and Sour Meatballs

Ingredients:

- 1 lb. ground beef (can substitute ground chicken or ground turkey for lighter option)
- 1 egg
- 1 cup bread crumbs
- 1 8oz. can pineapple chunks
- 1 8oz. can cranberry sauce
- 1/2 cup barbecue sauce
- 1 green pepper, seeded and cut into strips
- 4 cups of cooked rice (prepare as directed)



Serving Size: 4

Prep/Cook: 40 minutes

About the recipe: This is an easy recipe to bulk up with extra vegetables or to spice up with peppers or Asian spices. Can substitute brown rice or cauliflower rice for healthier option.

Directions:

Combine meat with egg and bread crumbs. Roll into uniform bite-size meatballs of about 1 inch diameter for even cooking. Brown meatballs in large skillet with thin coating of oil in bottom of pan (2 - 3 tablespoons). Drain off fat when browned on each side. (They do not need to be cooked through as they will continue to cook with the sauce.)

Drain pineapple, but reserve the syrup. Set pineapple chunks aside. To the syrup add enough water to make 3/4 cup liquid. To the liquid add the cranberry and barbecue sauce and mix well. Pour mixture over the meatballs and simmer 15 minutes.

(Continued)

Add green pepper and pineapple to skillet and simmer for 5 more minutes. You can thicken sauce with cornstarch as needed during last 5 minutes of cooking time. (To thicken with cornstarch: Mix 1 tbsp. of cornstarch and 2 tbsps. of cold water in a small cup/bowl. Add mixture to skillet and stir to combine.)

Serve over rice and enjoy.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Xavier Canady

Cedar Plank Salmon

Ingredients:

1 cedar plank (6 by 14 inches)
 2 salmon fillets (1½ lbs. total)
 Sea Salt and freshly ground
 black pepper
 2 tbsps. of minced garlic
 6 tbsps. Dijon mustard
 6 tbsps. brown sugar



Serving Size: 4

Prep/Cook: 2 hours, 35 minutes

About the recipe: This dish is succulent and easy to make.

Directions:

Soak cedar plank in salted water for 2 hours, then drain. Remove skin from salmon fillet. Rinse the salmon under cold running water and pat dry with paper towels. Generously season the salmon with salt and pepper on both sides. Lay the salmon (on what was skin-side down) on the cedar plank and carefully spread the mustard over the top and sides. Sprinkle minced garlic over the top. Place the brown sugar in a bowl and crumble between your fingers, then sprinkle over the mustard.

Set grill for indirect grilling and heat to medium-high. Place the cedar plank in the center of the hot grate. Cover the grill and cook until cooked through, around 20 to 30 minutes. The internal temperature should read 135°. Transfer the salmon and plank to a platter and serve right off the plank.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Ashley Cooper

Grass-fed Beef Bolognese over Spaghetti Squash

Ingredients:

1 spaghetti squash
 1/4 cup olive oil
 1 large red onion, diced
 1/2 red bell pepper, diced
 1/2 green bell pepper, diced
 2 lbs. grass-fed ground beef
 2 tbsps. dried oregano
 2 tbsps. dried basil flakes
 1 25 oz. can no sugar added tomato sauce
 5 cloves garlic, minced
 Red pepper flakes (optional)
 Fresh parmesan cheese
 Salt and pepper



Serving Size: 4

Prep/Cook: 1 hour, 10 minutes

About the recipe: Healthy and good!

Directions:

For Bolognese:

Heat oil in large skillet over medium heat. Add onions and bell peppers and cook for a few minutes until onion has softened. Add garlic, oregano, basil and ground beef. Cook until brown. Add tomato sauce and let it simmer for 20 minutes.

For spaghetti squash:

Heat oven to 400°. Slice squash in half lengthwise and scoop out seeds. Drizzle with the olive oil. Salt and pepper to taste. Place squash cut side down on baking sheet and roast until tender, 30-45 minutes. Use a fork to scrape out “spaghetti.”

Scoop Bolognese over squash and add a generous sprinkling of Parmesan cheese and red pepper flakes (optional). Bon appétit!

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Ari Ofsevit

Sesame Peanut Pasta

Ingredients:

1 lb. pasta (preferably spaghetti or linguine)
 2 tbsps. soy sauce
 5 tbsps. sesame oil
 2-3 tbsps. rice vinegar
 2 large cloves garlic, minced
 2-4 tbsps. tahini (to taste)
 2-4 tbsps. peanut butter (to taste)
 1/4 cup toasted sesame seeds (optional)

2-4 cups of chopped vegetables (tomato, cucumber, scallion, pea pods, broccoli, cauliflower, peppers, whatever is in your fridge)
 1 package tofu



Serving Size: 4

Prep/Cook: 30 minutes

Directions:

Cook pasta as directed. Cube tofu in 1/2 inch cubes (optional: bake for 20 minutes at 400° until firm).

Combine soy sauce, sesame oil, rice

vinegar, garlic, tahini, peanut butter in bowl and stir until smooth. Vary ratio of tahini and peanut butter based on taste and thickness desired.

Toss vegetables, tofu, and pasta with sauce in a large serving bowl. Sprinkle with toasted sesame seeds.

About the recipe: This is an easy, vegan recipe (gluten free if gluten-free pasta and soy sauce are used) that can be made in advance. Keeps well for lunches and can be adapted to use most any vegetable in the refrigerator. Plus, it only takes about half an hour to make, even less time if you have multiple cooks in the kitchen to multi- task.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Ashlee Mathews

Pineapple Shrimp Skewers

Ingredients:

Skewers:

- 30 shrimp peeled and deveined
- 2 cups pineapple chunks (fresh or canned in 100% pineapple juice)
- 1 large green, red, or yellow bell pepper, cut in chunks
- 1 large onion, cut in chunks

Marinade:

- 1 cup hoisin sauce
- 3 tbsp. chili garlic sauce
- 2 tbsp. soy sauce or apple cider vinegar
- 1 tsp. honey
- 1/2 tsp. ground ginger

- 1 tsp. black pepper
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/8 tsp. cayenne pepper (optional)



Serving Size: 5

Prep/Cook: 35 minutes

Directions:

Combine all marinade ingredients in a large bowl. Add shrimp and stir. Place covered bowl in refrigerator for 20 minutes. Additional marinade can be set aside and used to brush over finished skewers.

About the recipe: This recipe is great for a lower calorie version of BBQ. The skewers can be baked, broiled, or grilled for a quick and easy meal. The marinade is the perfect combination of sweet and spicy to blend with the flavors of the fruits and vegetables on the skewer. The best part is trying different combinations to introduce new vegetable options to your family meals. Serve with roasted corn and grilled zucchini for a fresh summer meal!

(Continued)

Preheat oven to 450°. Alternate shrimp, onion, pepper and pineapple on skewer. Broil on a baking sheet for 3 minutes or on low for 6 minutes depending on how firm you would like your vegetables. Shrimp cooks very quickly and should appear pink when thoroughly cooked through.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Maria Vazquez

Crispy Rice w/Cheesy Eggcado

Ingredients:

4 cups brown cooked hot rice
(prepare as directed)
1 8 oz. can of sliced water chestnuts,
drained
6 oz. of fresh bean sprouts, rinsed/dried
4 slices of low-fat cheese
4 eggs
1 large avocado, sliced

Salt & pepper to taste
Dash of hot sauce, optional
Dash of soy sauce, optional



Serving Size: 4

Prep/Cook: 30 minutes

About the recipe: Very light and amazing!

Directions:

In a nonstick pan over medium heat, add 1 slice of cheese and cook until melted. Add egg and cook until no longer runny. Flip egg/cheese over and cook until desired yolk doneness. Remove from heat.

Toss water chestnuts and bean sprouts into hot rice. Spoon equal amounts of rice in a bowl/plate, sprinkle with hot sauce and/or soy sauce if desired. Top with egg/cheese and sliced avocado. Salt and pepper to taste. Enjoy with a side of grilled vegetables and cherry tomatoes!

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Vetrice Coleman

Spinach and Feta Turkey Burgers

Ingredients:

2 eggs
2 garlic cloves, minced
4 oz. feta cheese
3 oz. of sliced black olives
8 oz. fresh spinach
2 lbs. ground turkey
1 packet of Lipton Onion Soup Mix
1 tsp. ground black pepper
1/4 tsp. dried oregano



Serving Size: 4

Prep/Cook: 40 minutes

About the recipe: This is one of my favorite go to recipes for the summer. It's light and low in calories. I will often mix it up or change the ingredients from the original recipe to spice it up and give it a different taste. Pair it up with some iced tea or lemonade and you're good to go.

Directions:

Spray indoor grill (George Foreman) with cooking spray. Preheat to medium.

Mix together all of the ingredients in a bowl. Form into patties. Cook on grill until patties are done.

Use any bread of your choice. (I like to mix it up.) Garnish with lettuce and tomatoes.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Kevin Cruz

Cruzin' Chicken Stew

Ingredients:

- 1 tbsp. olive oil
- 2 skinless chicken breasts, cut into thin strips
- 2 zucchini, thinly sliced
- 1 small eggplant cut into 1-inch cubes
- 1 medium onion, thinly sliced
- 1 medium green bell pepper, rinsed and cut into 1-inch pieces
- 1/2 lb. fresh sliced mushrooms, rinsed well
- 1 15 oz. can diced tomatoes
- 4 Cups of cooked brown rice or
- 4 Cups of prepared whole wheat pasta

- 1 clove of garlic, minced
- 1½ tsps. dried basil, crushed
- 1 tbsp. fresh parsley, minced
- 1 tsp. turmeric
- Salt to taste
- Dash of ground black pepper



Serving Size: 4

Prep/Cook: 45 minutes

About the recipe: A new twist to stew.

Directions:

Heat oil in a large nonstick pan. Add chicken and turmeric. Sauté until lightly browned. Toss in vegetables and cook for about 15 minutes, stirring occasionally. Add tomatoes, garlic, basil, parsley, salt and black pepper. Stir and continue to cook for about 5 minutes. Serve warm over brown rice or whole wheat pasta.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Monique Gower

Tasty Kale and Curry Tofu

Ingredients:

Olive oil
 3 bundles of kale, rinsed
 1 red pepper, chopped
 1 yellow pepper, chopped
 1 green pepper, chopped
 1 onion, diced
 1 or 2 garlic cloves, minced
 1 box of fresh mushrooms, sliced
 1 tomato, chopped
 1 avocado, sliced
 3 tbsps. of soy sauce

Curry powder
 Adobo seasoning
 1 container of firm tofu, drained
 and cubed



Serving Size: 4

Prep/Cook: 30 minutes

About the recipe: Healthy savory dish and a great substitute when you don't want to eat meat. It's one of my quick and easy go to meals when I want something satisfying yet also tasty!

Directions:

Season tofu with curry powder and adobo seasoning to taste. Drizzle olive oil in large skillet. Add tofu and garlic and cook until tofu is brown. Transfer tofu to a bowl. In same skillet, drizzle some more olive oil and sauté all peppers, mushrooms and onions. Add kale in small batches until kale is cooked down. Season with soy sauce and adobo to taste.

Toss all ingredients in a serving bowl. Garnish with tomatoes and avocado.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Burmaa Ayurzana

Japanese Chicken Curry

Ingredients:

Olive oil
 1 large onion, diced
 2 large potatoes, peeled and diced
 2 carrots, peeled and diced
 2 skinless/boneless chicken breasts, diced
 Small bunch of cilantro, minced
 2 cups boiling water
 2 garlic cloves, minced
 4 cubes of Golden Curry*
 Salt and pepper
 2 cups of steamed rice



Serving Size: 4

Prep/Cook: 40 minutes

About the recipe: This is one of my family's favorites.

Directions:

Heat oil in large skillet. Sauté onions until soft. Add carrots, potatoes, garlic and chicken. Cook until chicken is cooked through. Dissolve curry cubes in boiling water. Add to skillet and simmer for 5 minutes. Stir in cilantro. Serve over steamed rice.

*Sold in most supermarkets.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Sheryl Woodward**Slow Cooker Chicken Chipotle Wrap****Ingredients:****Chipotle Chicken:**

3 large boneless/skinless chicken breasts
 32 oz. chicken broth (unsalted)
 3 1/2 tsps. chipotle & roasted garlic seasoning
 1 cup pineapple, chopped
 1 large mango, chopped
 3 chipotle peppers
 1 pack of Sun-Dried Tomato Basil Wrap
 Southwest Chipotle Salad Dressing

Cole Slaw Topping:

16 oz. bag tricolor slaw
 1 cup of broccoli, finely chopped

2 tsps. of lime, freshly squeezed
 1/2 tsp. of lemon, freshly squeezed
 1 cup of light sour cream
 1/2 cup of mayo
 1 1/2 tsps. jalapeño, minced and seeded
 1/3 cup raisins (optional)



Serving Size: 6

Prep/Cook: 4 hours

About the recipe: I love making this for lunch because it's light and filling. By adding the fruit, it gives it a special twist.

Directions:

Season chicken breasts with chipotle & roasted garlic seasoning. Place chicken and broth in slow-cooker. Cook on high for 1 hour. Add pineapple, mango and chipotle peppers. Continue cooking for 2½ hours. Remove chicken from crockpot and pull apart. Place the chicken back in crockpot for 15 more minutes.

In a large bowl, mix tricolor slaw, broccoli, and jalapeño. Add sour cream, mayo, lime, lemon juice, and raisins (if desired).

(Continued)

Mix all the ingredients and refrigerate until ready to plate.

Plating: Take one wrap and place on a plate. Spread Chipotle Dressing over the wrap and add chicken mixture. Roll the wrap and cut in half. Enjoy!

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Caroline Page

Vietnamese Shrimp and Rice Bowl

Ingredients:

- 1/4 cup fish sauce
- 2 tbsps. dark brown sugar, packed
- 1/2 tsp. crushed red pepper flakes
- 1/2 cup water
- 1/4 cup vegetable oil
- 1 medium yellow onion, finely chopped
- 5 cloves garlic, minced
- 2 lbs. extra large shrimp, peeled and deveined
- 3 scallions, white and green parts, thinly sliced
- 1/3 cup chopped fresh cilantro
- 3 cups ready-made brown rice (prepare as directed)



Serving Size: 4

Prep/Cook: 30 minutes

About the recipe: I love the caramelized shrimp with brown rice that I sometimes get for lunch next door to CTA headquarters at Saigon Sisters. This is my attempt to reproduce it at home. The original recipe called for jasmine rice, but I substituted brown rice as a healthier alternative!

Directions:

Combine the fish sauce, dark brown sugar, crushed red pepper flakes and water in a medium bowl and whisk until brown sugar is dissolved.

(Continued)

Heat the vegetable oil in a large sauté pan over medium heat. Add the onions and cook, stirring frequently until soft and translucent, about 5 minutes. Add the garlic and cook a few minutes more. Do not brown. Turn the heat up to medium-high and add the shrimp. Cook, stirring frequently, until the shrimp are just barely pink and still translucent in spots, a few minutes. Add the fish sauce mixture, turn heat down to medium, and simmer until shrimp are cooked through, a few minutes more. (Note: the sauce will be thin.) Turn off the heat, stir in scallions and cilantro.

Serve immediately with brown rice.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Joshlyn Banks

Chicken Quarters and Orzo

Ingredients:

1/2 cup olive oil
4 skinless chicken leg quarters
1 box orzo pasta
1 medium onion, diced
1 medium green pepper, diced
2 cups white cooking wine
2 cups chicken broth
1 tbsps. minced garlic
1 tsp. smoked paprika
1 tsp. cumin
1 tsp. cayenne pepper
Salt and pepper to taste



Serving Size: 4

Prep/Cook: 60 minutes

About the recipe: Skinless leg quarters are a lean and healthy protein. When added with the right ingredients it turns out to be a tasty and healthy dish paired with a complimenting side dish of orzo and fresh veggies.

Directions:

Preheat oven to 430°.

Over medium heat, add 1/4 cup olive oil to an oven-proof deep skillet. Preseason leg quarters with cumin, smoked paprika, cayenne pepper, salt, and pepper. When oil is hot, place chicken in skillet and brown on both sides until golden brown. Transfer chicken to baking pan and bake for 45 minutes. Test for doneness with meat thermometer. Should read 165°.

(Continued)

Drizzle remaining olive oil to skillet and sauté onions, green pepper and garlic over medium heat for 5 minutes. Turn up heat to high and deglaze skillet with white wine until reduced by half. Add orzo, chicken broth, salt and pepper to taste. Bring to a boil and reduce heat to medium. Cover and cook for 12-15 minutes. Uncover and fluff.

Serve orzo on a plate and top with chicken. Enjoy!

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Desserts

Desserts

Imani Jolicoeur

Berry Granola Bite

Ingredients:

4 granola bars (honey flavor tastes best)
 Strawberries, washed and sliced
 Blueberries, washed
 Raspberries, washed
 Low-fat cream cheese
 Honey
 Raisins or cranberry raisins
 (optional)



Serving Size: 4

Prep/Cook: 10 minutes

About the recipe: I love this little recipe because it takes little time and is good to eat on the go.

Directions:

Spread low-fat cream cheese over each granola bar. Arrange 3-4 pieces berries and 3-5 raisins over cream cheese. Drizzle with honey and serve. Store leftovers in fridge.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Erin Kleist Gaynor

Blueberry Lemon Banana Yogurt Muffins

Ingredients:

1 egg
1 egg white
2 tbsp. brown sugar
1 large banana, mashed
1/2 cup lemon flavored 0% fat Greek yogurt
1 tbsp. fresh squeezed lemon
1 tsp. vanilla
1 tsp. lemon zest
1/2 tsp. baking powder
1/2 tsp. baking soda
1 cup flour
1 cup frozen blueberries (no sugar added)



Serving Size: 4

Prep/Cook: 35 minutes

About the recipe: Healthy and moist muffin.

Directions:

Preheat oven to 350°. Coat muffin pan with cooking spray. Mix all ingredients (except blueberries) until combined. Fold blueberries into mix. Pour batter evenly into muffin pan. Bake for 25 minutes or until golden brown.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Afra Mirza

Gone Bananas Berry Good Smoothie

Ingredients:

1 cup almond or coconut milk
 1/2 cup frozen cauliflower florets
 1 banana cut into bite-size pieces, freeze until solid
 1/2 cup frozen berries (any kind)
 1/2 tsp. cinnamon
 1/4 tsp. vanilla
 1 scoop of protein powder*
 Dash of cayenne pepper
 Sweeten to taste with honey, stevia or agave nectar



Serving Size: 2

Prep/Cook: 5 minutes

About the recipe: Quick and easy!

Directions:

Process all ingredients in high-speed blender in order listed. Blend until smooth.

*Some protein powders contain dairy and gluten ingredients. Check labels.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Alex Moreno

Green Juice/Smoothie

Ingredients:

1 cup of spinach, rinsed
 1 cup of kale, rinsed
 1/2 cup pineapple
 8-10 oz. coconut water
 (unsweetened)
 1 cup ice



Serving Size: 1

Prep/Cook: 10 minutes

Directions:

Juice recipe

Add greens to your blender. Add remaining ingredients and blend on high speed until the mix is a juice texture.

Smoothie recipe

Add greens to your blender. Add pineapple and 1 to 2 cups of ice, blend.

About the recipe: The juice or smoothie is an excellent way to get your veggies and vitamin C intake up for the day. Tastes great and is low in calories as well. For those of you who read this far...you can also switch out the greens for bananas, add a half bar of dark chocolate, keep all other smoothie ingredients and it makes for a nice treat as well.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Deshone Maddox

Lemon Squares

Ingredients:

1/2 stick butter
 1/4 cups of powdered sugar
 2 1/4 cups of flour
 1 cup sugar
 Pinch of salt
 2 eggs
 2 tbsps. lemon juice



Serving Size: 10

Prep/Cook: 60 minutes

About the recipe: Lemon squares are a light and refreshing fun dessert for all ages.

Directions:

Preheat oven to 350°.

Mash butter and powdered sugar with fork. Add 2 cups of flour and salt, mix. Press into bottom of 8 x 8 inch pan. Bake for 15-20 minutes. Remove from oven.

Whisk remaining ingredients and pour mixture over hot crust. Place back in oven for 20-25 minutes or until light golden brown. Let cool at room temperature. Sprinkle with powdered sugar and cut into 2 inch squares and serve.

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Sasha Olivares Piñata Gelatin

Ingredients:

5 3 oz. packages of sugar-free or regular gelatin (any flavors/colors)
5 cups of boiled water
4 packages of unflavored gelatin
1/4 cup cold water
1/2 cup sugar
1/2 tsp. stevia liquid or extract
2 cups milk (skim or 1%)
1 16 oz. container of fat-free or light sour cream
2 tsps. vanilla or almond extract
Fresh fruit for garnish (optional)



Serving Size: 8

Prep/Cook: 5 hours

About the recipe: Fun for kids' parties.

Directions:

Lightly grease an 8 by 8-inch glass baking dish or 6-cup gelatin mold with margarine, cooking spray or cooking oil.

Pour flavored gelatin mix into 5 separate bowls and add 1 cup of the boiling water. Stir until completely dissolved. Chill in refrigerator until set, about 30 minutes. Once it is set, cut into 1/2 inch squares.

Soften unflavored gelatin in a cup of cold water: Combine sugar, stevia and milk in large pot. Heat to a slow boil over medium-high heat, stirring constantly. Reduce heat and add softened unflavored gelatin, stirring to thoroughly combine. Remove from heat and let cool.

(Continued)

Whisk in sour cream and extract. Mix well until smooth. Do not add sour cream while milk is still hot...the gelatin will separate from the milk!

Pour milk mixture in your baking dish or gelatin mold until it is 3/4 full. Add gelatin cubes into milk mixture. Place in refrigerator for at least 4 hours or until set. Decorate with fruit (optional).

Allergies



EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

Erica Daiell**Almond Butter & Pumpkin Brownies****Ingredients:**

- 1 cup almond butter (could also use peanut butter, or do half peanut, half almond butter)
- 3/4 cup mashed pumpkin (or other squash, canned or steamed)
- 1 egg
- 1/3 cup honey (or agave nectar)
- 1 tsp. baking soda

**Serving Size:** 8**Prep/Cook:** 35 minutes

About the recipe: Great, easy dessert for anyone on the Paleo diet or just trying to eat healthy. This is just the basic recipe; you can make it more sweet or savory by adding chocolate chips, dried fruit, nuts, vanilla, or spices (ginger, curry, etc.).

Directions:

Combine all ingredients in a bowl. Mix well. Pour into a greased 8 x 8 inch pan. Bake at 350° for 25 minutes or until a toothpick inserted comes out clean.

Allergies

EGGS



MILK



PEANUTS



FISH



NUTS



SHELLFISH



GLUTEN



SOY

CTA'S 70-YEAR TIMELINE



- October 1, 1947 Start of CTA Operations
- March 27, 1948 Skokie Line Converted to Bus Service
- February 25, 1951 Dearborn Street Subway Opens
- June 22, 1958 Congress Line Opens
- April 20, 1964 Skokie Swift Service Begins
- September 28, 1969 Dan Ryan Service Begins
- February 1, 1970 Completion of Kennedy Extension
- April 30, 1973 Freight Train Service Discontinued
- September 3, 1984 Completion of O'Hare Extension
- February 21, 1993 Debut of Current Red and Green Lines
- October 31, 1993 Orange Line Opens
- August 1, 2000 Smart Card Pilot Program
- October 4, 2004 CTA Headquarters Moves to Current Location
- June 25, 2006 Pink Line Opens
- December 20, 2015 Bus Service Launched on Loop Link
- August 31, 2017 Washington and Wabash Station Opens



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