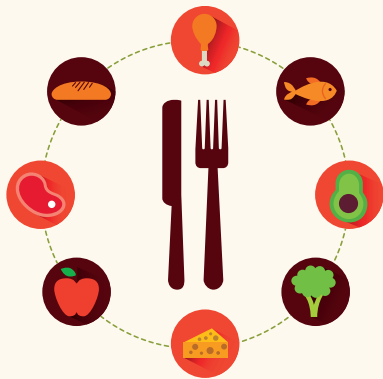


# A HEALTHY KICKSTART

NATIONAL NUTRITION MONTH

MARCH 2023



## FUELING YOUR MENTAL AND PHYSICAL HEALTH FOR OVERALL WELLNESS

### BALANCED EATING IS ESSENTIAL FOR:

- REDUCING THE RISK OF HEART DISEASE, STROKE, AND OSTEOPOROSIS
- WEIGHT MAINTENANCE
- REDUCING HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL
- INCREASING ENERGY LEVELS
- IMPROVE IMMUNITY

### TRY THESE FOLLOWING RECIPES FOR A HEALTHY KICKSTART

**Recipe provided by: Amy Ferrelli**

Amy Ferrelli is a Registered Dietitian with the Warlick Family YMCA and is passionate about food and physiology. She received her degree in Health Science through Rutgers University. Contact Danika Reid at [dreid@gastonymca.org](mailto:dreid@gastonymca.org) with questions or for more information about our nutrition programs.



RECIPES FOR A HEALTHY PLATE



## Breakfast Recipe

### Egg and Avocado Toast:

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

### INGREDIENTS

1/4 or 1/2 Avocado

Slice of Bread

1 egg

Olive oil or Vegetable oil

Lemon Juice (optional)

Dash of salt

### DIRECTIONS

1. Mash approx. 1/4 to 1/2 of ripe avocado with a fork. (Add a little bit of lemon juice if not serving immediately to preserve color).

2. Toast bread. While bread toasts, add a drizzle of olive oil or vegetable oil (such as canola) to a pan on medium heat. When the oil is warmed, crack an egg in a pan and cook until the whites are done.

3. Spread mashed avocado on toast and place the egg on top. Add salt as desired and serve.

## RECIPES FOR A HEALTHY PLATE



## Lunch Recipe

### Heart Healthy Greek Pasta Salad:

SERVINGS: 16 (1 CUP)

PREPPING TIME: 8 MIN

COOKING TIME: 8 MIN

## INGREDIENTS

- 1 lb. whole grain short pasta  
(Penne, Bowties, etc.)
- 1 ¼ cup Kalamata olives
- ¾ cup purple onion diced
- 1 large bell pepper diced
- 1 cup artichoke hearts  
chopped
- 1 cucumber chopped
- ½ pint grape tomatoes  
chopped
- 6 oz fat free feta cheese cut  
in halves
- ½ cup Greek Vinaigrette  
Dressing

## DIRECTIONS

1. Chop up olives, onions, bell pepper, artichoke hearts, cucumber, and tomatoes.
2. Meanwhile, boil water on the stovetop in a pot. Once the water comes to a boil, throw the pasta in and lower the heat.
3. Once the pasta is cooked, drain the water.
4. Rinse pasta with cold water to bring the temperature down.
5. Mix pasta with all other ingredients. Serve, or chill first if preferred cold.

RECIPES FOR A HEALTHY PLATE



## Snack Recipe

### Yogurt and Fruit Granola Cup:

SERVINGS: 1

TOTAL TIME: 5 MIN

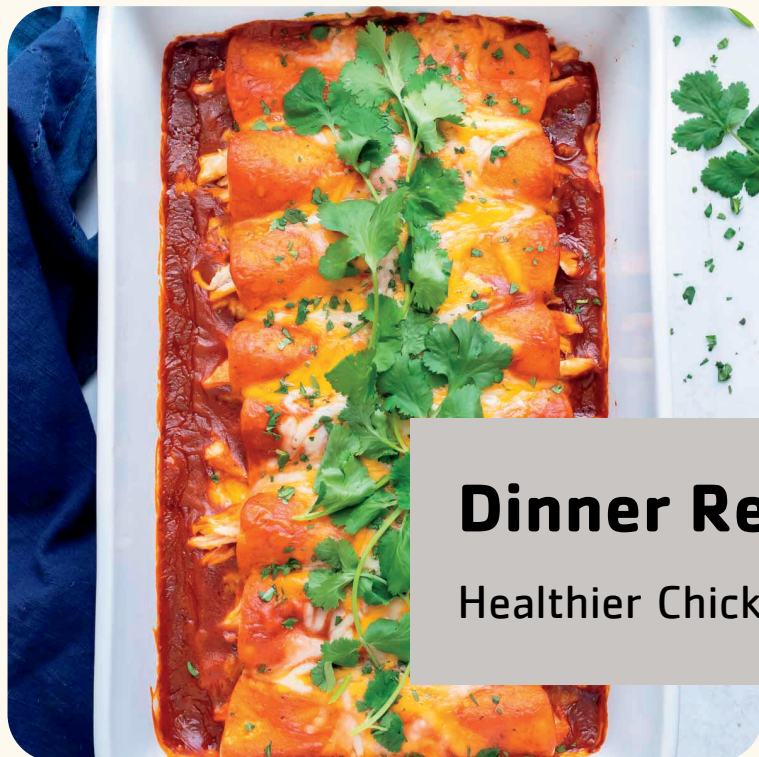
#### INGREDIENTS

½ or ¾ cup Low fat or Greek Yogurt of choice (try to choose those with less added sugar)  
1 cup fresh berries  
½ cup granola (try to choose those with less added sugar)

#### DIRECTIONS

1. Wash and rinse the fresh berries
2. Cut the berries in halves or leave whole
3. Layer your choice of yogurt with berries and granola in a bowl. Serve immediately.

## RECIPES FOR A HEALTHY PLATE



## Dinner Recipe

### Healthier Chicken Enchiladas:

SERVINGS: 5 (1 PER PERSON)

PREPPING TIME: 10 MIN

COOKING TIME: 50 MIN

## INGREDIENTS

1 cooked rotisserie  
chicken shredded

5 tortillas (8 inch)

1 cup salsa

1 8oz pkg shredded  
cheese of choice

1 10oz can of red  
enchilada sauce

## DIRECTIONS

1. Spray the bottom of the cooking pan.
2. Spread  $\frac{1}{3}$  cup of salsa on the bottom of the pan.
3. Spread 1-2 TB of salsa on each tortilla.
4. Sprinkle  $\frac{1}{3}$  cup of shredded cheese and  $\frac{1}{2}$  cup or more of chopped cooked rotisserie chicken on the tortilla.
5. Roll up the tortilla and place seam-side down in the pan.
6. Repeat with all 5 tortillas and place in pan.
7. Sprinkle the remainder of the cheese on the rolled-up tortillas.
8. Pour enchilada sauce over the tortillas and add more salsa if desired. Bake at 350 F for 20-30 min.

RECIPES FOR A HEALTHY PLATE



## Dessert Recipe

### Peanut Butter Chocolate Apples:

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

### INGREDIENTS

- 1 Apples cut in halves
- 2 Tablespoons of Peanut Butter
- 2 TB of dark chocolate or semi-sweet chocolate chips

### DIRECTIONS

1. Preheat oven to 375 F.
2. Halve apples and use a melon baller to core the apples.
3. Bake apple halves for 15 min.
4. Fill the apple center with peanut butter.
5. Melt chocolate chips in a microwave-safe bowl in the microwave until melted. Drizzle top of the apple with dark chocolate.