

Simple Choices for Healthier Eating Recipe List

HH = Heart Healthy GF = Gluten Free or Gluten-Free Option Veg = Vegetarian or a Vegetarian Option

Vegetable Sides

15 Minute Pumpkin Soup	HH GF Veg	Roasted Beets with Greens	HH GF Veg
Artichoke	HH GF Veg	Roasted Butternut Squash	HH GF Veg
Baby Bok Choy & Leeks	HH GF Veg	Roasted Potato Pesto Salad	HH GF Veg
Baked Potato	HH GF Veg	Roasted Vegetables	HH GF Veg
Baked Sweet Potato	HH GF Veg	Sautéed Cabbage	HH GF Veg
Broccoli & Red Pepper	HH GF Veg	Sautéed Green Beans with Almonds	HH GF Veg
Candy Fries	HH GF Veg	Sautéed Greens	HH GF Veg
Caramelized Onions	HH GF Veg	Scalloped Corn	HH GF Veg
Chard & Potato Bake	HH GF Veg	Seasoned Sautéed Squash Side	HH GF Veg
Fennel & Mashed Potatoes	HH GF Veg	Seasoned Spaghetti Squash	HH GF Veg
Fruit Glazed Sweet Potatoes	HH GF Veg	Side Greens Salad	HH GF Veg
Glazed Carrots	HH GF Veg	Spinach-Red Potato	HH GF Veg
Green Bean Basil Salad	HH GF Veg	Spinach-Sweet Potato	HH GF Veg
Kale & Potato Bake	HH GF Veg	Steamed Broccoli	HH GF Veg
Mixed Vegetables	HH GF Veg	Steamed Corn on the Cob	HH GF Veg
Oven Fries	HH GF Veg	Steamed Greens	HH GF Veg
Pan-Fried Okra	GF Veg	Steamed Vegetables	HH GF Veg
Pea & Celery Salad	HH GF Veg	Stir-Fry Vegetables	HH GF Veg
Roasted Asparagus	HH GF Veg	Topped Baked Potato	HH GF Veg

Condiments

Arugula Pesto Salad Dressing	HH GF Veg	Easy Guacamole	HH GF Veg
Avocado Salad Dressing	HH GF Veg	Fruit Pancake Syrup	HH GF Veg
Balsamic Vinaigrette Salad Dressing	HH GF Veg	Hummus	HH GF Veg
Bean Salsa	HH GF Veg	Lemon-Butter Sauce	HH GF Veg
Black Bean Dip	HH GF Veg	Marinara Sauce	HH GF Veg
Citrus Vinaigrette Salad Dressing	HH GF Veg	Omega Butter	HH GF Veg
Confetti Dip	HH GF Veg	Pesto	HH GF Veg
Corn-Bean Salsa	HH GF Veg	Salsa	HH GF Veg
Dijon Salad Dressing	HH GF Veg	Spinach Dip	HH GF Veg

Salad and Light Entrées

Asian Salmon Salad	HH GF	Sautéed Chard & Balsamic Chicken	HH GF
Beet Salad	HH GF Veg	Seasoned Sautéed Squash Dinner	HH GF Veg
Meal-in-a-Salad	HH GF Veg	Sweet Potato Cakes	HH GF Veg
Pecan Crusted Chicken Salad	HH GF	Taco Salad	HH GF
Pumpkin Pie Smoothie	HH GF Veg	Veggie Burgers	HH GF Veg
Salsa Chicken Salad	HH GF	Wilted Spinach Salad	HH GF Veg
Salsa Pork Salad	HH GF		

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Egg Entrées

Breakfast Squares	HH GF Veg	Sausage-Pepper Breakfast Pizza	HH GF
Fancy Scrambled Eggs	HH GF Veg	Southwestern Chicken Breakfast Pizza	HH GF
Ham-Leek-Asparagus Breakfast Pizza	HH GF	Spicy Southwestern Bean Breakfast Pizza	HH GF Veg
Hard Cooked Eggs	HH GF Veg		

Sandwich Entrées

Chicken-Vegetable Spread Tortilla Wrap	HH GF	Salsa Chicken Tortilla Wrap	HH GF
English Muffin Pizza	HH Veg	Salsa Pork Tortilla Wrap	HH GF
Fancy Hamburgers	HH GF	Spicy Flatbread Pizza	HH GF Veg
Grilled Chicken Rub Sandwich	HH GF	Tacos	HH GF
Grilled Pork Rub Sandwich	HH GF	Vegetarian Spread	HH GF Veg
Pizza	HH GF Veg	Vegetarian Tacos	HH GF Veg

Entrées: Soups & Stews

Beef Barley Soup	HH	Hearty Chicken Noodle Soup	HH GF
Black Bean Soup	HH GF Veg	Hearty Chicken Rice Soup	HH GF
Cabbage Patch Soup	HH GF	Hearty Meat & Veggie Chili	HH GF
Cheeseburger Soup	HH GF	Pepper-Corn Chili Soup	HH GF Veg
Fall Harvest Stew	HH GF	Quick Basic Soup	HH GF Veg
Fall Harvest Vegan Stew	HH GF Veg	Slow Cooker Black Bean Soup	HH GF Veg
Grilled Chicken Kale-Carrot Soup	HH GF	Slow Cooker Chowder	HH
Hamburger Soup	HH GF	Tex-Mex Soup	HH GF

Entrées: Casserole-Style Meals

Barley Casserole	HH	Southern-Style Shepherd's Pie	HH GF
Cabbage-Fish Bake	HH GF	Southwestern Casserole	HH GF Veg
Chicken Vegetable Bake	HH	Spaghetti Squash Casserole	HH GF
Shepherd's Pie Make-Over	HH GF		

Entrées

Acorn Squash & Sausage Bake	HH GF	Oven-Fried Chicken	HH GF
Acorn Squash with Pork Chops	HH GF	Oven-Fried Chicken Chunks	HH GF
Chicken-Cabbage Delight	HH GF	Scarborough Fair Turkey Breast	HH GF
Chili Meat Loaf Patties	HH GF	Seared Tofu	HH GF Veg
Easy Baked Fish	HH GF	Slow Cooker Beef Roast	HH GF
Grilled Chicken Rubs	HH GF	Slow Cooker Chicken & Veggies	HH GF
Grilled Pork Rubs	HH GF	Slow Cooker Pork Roast	HH GF
Italian Meat Loaf Patties	HH GF	Turkey Loaf Patties	HH GF

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Pasta & Rice Entrées

20-Minute Stir-Fry Dinner	HH GF	Roasted Rice Pilaf Dinner	HH GF
Caramelized Onion Dinner	HH GF	Salmon & Pasta	HH GF
Chicken Broccoli Mac 'n' Cheese	HH GF	Stuffed Peppers	HH GF Veg
Chunky Garden Spaghetti Sauce	HH GF	Venison Teriyaki	HH GF
Collard Wraps	HH GF Veg		

Breads, Grains & Cereals

Baking Mix	HH Veg	Honey Spelt Oat Bran Muffins	HH Veg
Basic Rice	HH GF Veg	Low-Sugar Cinnamon Rolls	HH Veg
Basil Quinoa Pilaf	HH GF Veg	Overnight Blueberry Coffee Cake	HH Veg
Biscuits	HH Veg	Pumpkin Deluxe Pancakes	HH Veg
Breadsticks	HH Veg	Pumpkin Pancakes	HH Veg
Cheese Biscuits	HH Veg	Quinoa Pilaf	HH GF Veg
Granola	HH Veg	Rice 'n' Fruit	HH GF Veg
Hamburger Buns	HH Veg	Seasoned Croutons	HH Veg
Hearty Homemade Bread	HH Veg	Soy Deluxe Pancakes	HH Veg
High Fiber Oat Spice Pancakes	HH Veg	Stuffed Crescents	HH Veg
Honey-Applesauce Oat Bran Muffins	HH Veg	Whole-Grain Heart-Healthy Coffee Cake	HH Veg
Honey-Applesauce Wheat Bran Muffins	HH Veg	Whole-Grain Dinner Rolls	HH Veg

Desserts & Snacks

Apple Crisp	HH GF Veg	Pecan Pie	GF Veg
Apple Pies	HH GF Veg	Protein Bars	HH Veg
Chocolate Chip Cookie	HH GF Veg	Pumpkin Cheesecake	HH GF Veg
Chocolate Chip Crispy Granola Bars	HH Veg	Pumpkin Cookies	HH GF Veg
Cocoa Frosting	HH GF Veg	Pumpkin Cupcakes	HH Veg
Cream Cheese Frosting	HH GF Veg	Pumpkin Pie	GF Veg
Frozen Yogurt	HH GF Veg	Red, White and Blue Sundaes	HH Veg
Fruity Crispy Granola Bars	HH Veg	Rum-Pecan Cookies	HH Veg
Gingerbread Cookies	HH GF Veg	Seasoned Nuts-Seeds	HH GF Veg
Gluten-Free Chocolate Chip Cookies	HH GF Veg	Shaped & Dropped Sugar Cookies	HH GF Veg
Gluten-Free Crisp Topping	HH GF Veg	Shortcake	HH Veg
Gluten-Free Granola Bars	HH GF Veg	Spice Muffin Cake/Cupcakes	HH Veg
Gluten-Free Protein Bars	HH GF Veg	Squash Apple Bake	HH GF Veg
Granola Sundae Topping	HH Veg	Stir & Press Pie Crust	HH GF Veg
Oat Crisp Topping	HH Veg	Strawberry-Rhubarb Crisp	HH GF Veg
Oatmeal Chocolate Chip Cookies	HH Veg	Trail Mix	HH GF Veg
Oatmeal Raisin Cookies	HH Veg	Vanilla Frosting	HH GF Veg
Peach or Mango-Blueberry Crisp	HH GF Veg	Whipped Topping	HH GF Veg
Peanut Butter Frosting	HH GF Veg	Yogurt, Fruit & Nuts	HH GF Veg