



Summer Specials

**A HEALTHY LIVING COOKBOOK
GEORGIA 4-H**

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NOTE FROM THE PUBLISHER

As a Georgia 4-H State Healthy Living Ambassador and founder of the Healthy Heroes Project Club, one of my main goals is to spread awareness on healthy living in my community and the rest of the world. Throughout my years in 4-H, I found obesity, poverty, and an unhealthy diet to be some of the most pressing problems. I hope that, through this compilation of recipes from my Healthy Living Newsletters, as well as recipes from 4-Hers and adults, families will gain the motivation to try out new healthy foods and share the joy of eating healthy! Some of these recipes have been adapted from the internet. Happy Cooking!

Sincerely,

Shazia Alam

JANUARY

MINI APPLE PIES

Recipe by: Shazia Alam

Prep Time: 5 mins Serves: 4 pies

Ingredients:

- 4 mini graham cracker pie crusts
- 1 mango fruit cup, drained
- 1 mixed fruit cup, drained
- 1 Red Delicious apple, peeled, diced
- 1 tsp. sliced almonds

Instructions:

Mix together the mango, mixed fruit, and apple. Spoon into the mini pie crusts and garnish with almonds.



HEALTHY HOT CHOCOLATE

Prep Time: 5 mins Serves: 1

Ingredients:

- 1 tbsp cacao powder
- 2 tsp honey
- ¼ tsp cinnamon
- ½ cup boiling water
- ½ cup almond milk

Instructions:

Combine cacao powder, honey, cinnamon, boiling water, and almond milk in a mug. Stir to dissolve the cacao powder. Enjoy!



FEBRUARY

HEART SHAPED EGG-IN-A-HOLE

Prep Time: 1 min Cook Time: 5 mins Serves: 1

Ingredients:

- 1 slice whole-wheat bread
- 1 tablespoon olive oil
- 1 large egg
- Salt & Pepper (to taste)



Instructions:

Gather the ingredients, then using a heart-shaped cookie cutter, cut out the center of the bread. Heat a medium-sized frying pan to medium heat and add the oil. Add the bread to the pan and let it cook until both sides are golden-brown. Crack the egg into the hole in the bread. Cook on low heat until egg is cooked thoroughly. Sprinkle with salt and pepper, and enjoy!

VALENTINE'S YOGURT BARK

Prep Time: 5 min Total Time: 4 hours Serves: 9

Ingredients:

- 2 cups Silk Vanilla Yogurt
- Strawberries, cut and sliced
- Blueberries
- Pomegranates
- Granola

Instructions:

Line an 8x8 pan with parchment paper. Pour the yogurt into the pan and spread out evenly. Place the fruits on top, gently pressing down just a little in order to secure it in the yogurt. Top with granola. Freeze for 4 hours, or until set. Cut into squares, and enjoy!



MARCH

VEGGIE NUGGETS

Recipe by: Tasty Recipes
Prep Time: 30 mins Serves: 6

Ingredients

- 3 carrots, peeled and cut into chunks
- ½ head cauliflower, broken up
- 1 head broccoli, broken up
- 2 cloves garlic, chopped
- 1 egg
- ½ teaspoon salt and pepper
- 1 ¾ cups bread crumbs



Instructions:

In a food processor, blend carrots, cauliflower, broccoli, garlic, egg, salt, pepper, and ¼ cup of bread crumbs. Scoop a tablespoon of the mixture. Place the remaining ½ cup of bread crumbs in a bowl and cover each nugget with bread crumbs. Pan fry with a small drizzle of oil over medium-high heat until both sides are golden brown. Serve and enjoy!

MEDITERRANEAN TILAPIA

Recipe by: Taste of Home
Prep Time: 20 mins Serves: 6



Ingredients:

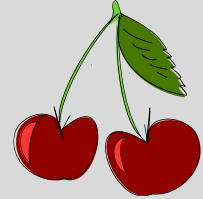
- 6 tilapia fillets (6 ounces each)
- 1 cup fresh diced tomatoes
- ½ cup water-packed artichoke hearts, chopped
- ½ cup sliced ripe olives
- ½ cup crumbled feta cheese

Instructions:

Preheat oven to 400°. Place fillets in a 15x10x1-in. baking pan coated with cooking spray. Top with tomatoes, artichoke hearts, olives and cheese. Bake, uncovered, until fish flakes easily with a fork, 15-20 minutes. Enjoy!

APRIL

CHERRY WALNUT IMMUNITY BOOSTING SMOOTHIE



Prep Time: 5 mins Serves: 1

Ingredients:

- 1 ripe banana peeled and frozen
- 2 tablespoons Greek yogurt
- 1 cup ripe/frozen cherries pitted
- 2 tablespoons walnuts chopped
- 3/4 cup almond milk
- 1/8 teaspoon turmeric powder

Instructions:

Put it all in a blender and blend until smooth. Enjoy!

MIXED VEGETABLE CASSEROLE

Time: 1 hour Serves: 5 people

Ingredients:

- 8 eggs
- 1 cup parmesan cheese
- 2 cups spinach
- 1 cup chopped carrots
- 1 cup chopped onions
- 1 cup corn
- 1 cup cauliflower florets
- 1 cup chopped zucchini
- 1/2 cup peas
- Salt & Pepper
- A little olive oil



Instructions:

Preheat oven to 375 degrees. In a large skillet, cook for about 5-7 minutes (high) the finely chopped onions with some olive oil, salt and pepper to taste. Add the zucchini and cook for another 3-5 minutes in medium heat. Take the skillet out of the heat. Steam the rest of the vegetables (except spinach) for about 5-8 minutes and place them in the large skillet. In a separate bowl, mix the 8 eggs well. Mix everything together, adding the spinach also. Place it in an oven safe casserole dish. Finally, add the parmesan cheese on top. Bake for about 15-20 minutes in the oven at 375 degrees. Enjoy!

MAY

FRESH TOMATO SALSA

Prep Time: 15 minutes Serves: 4 people

Ingredients:

- 1 cup chopped tomatoes
- 1/2 cup chopped green bell pepper
- 1/2 cup diced onion
- 1 tablespoon minced fresh cilantro
- 1/2 teaspoon fresh lime juice
- 1 teaspoon diced jalapeno pepper
- 1/8 teaspoon ground cumin
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper



Instructions: Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl. Serve and Enjoy!

SPICY CHICKPEAS

Recipe by: Mrs. Farahnaz Alam - Georgia 4-H Volunteer

Total Time: 15 mins Serves: 5 people



Ingredients:

- 2 cans chickpeas
- 1/4 tsp red chili powder
- 1 tbsp chickpea flour
- 1 tsp salt
- 1 tsp cumin powder
- 2 medium tomatoes dices
- 2 tsp coriander powder
- 1/2 onion finely sliced
- 1/2 tbsp ginger paste
- 3 tsp oil
- 1/2 tbsp garlic paste
- Cilantro for garnish

Instructions:

Mix chickpea flour, water, garlic, ginger, red chili, salt, cumin, and coriander well in a cup. Heat oil in a skillet, and add the liquid mixture and 2 cans of chickpea beans. Cook on high heat until liquid thickens. In a large bowl, layer garbanzo bean mixture with sliced onions and diced tomatoes. Decorate with cilantro, serve hot or cold, enjoy!

JUNE

3-INGREDIENT EASY WATERMELON SLUSHIE

Time: 10 min Serves: 4 people

Ingredients:

- 2 cups seedless watermelon, cubed
- 2 cups ice
- Half a lemon squeezed

Instructions:

Combine watermelon, ice, and lemon juice in a blender until smooth. Serve immediately. Enjoy!



MAPLE CINNAMON MILK TEA

Recipe from: The Dairy Alliance

Total Time: 10 mins Serves: 4 people

Ingredients:

- 1 1/2 cups milk
- 2 cinnamon sticks
- 1 tablespoon maple syrup
- 3 black tea bags
- 2 cups boiling water
- Ground cinnamon

Instructions:

Combine milk and cinnamon sticks in a heavy bottom saucepan, bring to a low simmer and let steep for 5 minutes, discard sticks. Meanwhile, bring 2 cups water to a boil and add tea bags. Let steep 2-3 minutes, discard bags. Add maple syrup to the steeped milk, stir to combine. Add tea to milk mix, stir to combine. Divide evenly among mugs, garnish with a sprinkle of ground cinnamon. Serve hot or iced.



JULY

RED, WHITE, AND BLUE PATRIOTIC POPSICLES

Recipe by: The Best Idea for Kids

Prep Time: 10 mins Total time: 4 hours Serves: 5

Ingredients:

- 1 cup blueberry
- 1/2 cup strawberries
- 1 cup Greek yogurt
- 2 tablespoon honey or to taste



Instructions:

In a blender, purée strawberries. Blend in 1 teaspoon of honey. Pour into molds using about 1 1/2 tablespoon per mold. While the red layer is freezing, combine honey with Greek yogurt and add a heaping tablespoon of the white mixture once the red one is set. Return the molds to the freezer. Blend blueberries with honey as well. Add this layer once the red and white layer are set. Insert a popsicle stick into each mold and freeze until firm (3-4 hours). Remove from molds and serve. Enjoy!

WATERMELON PIZZA

Time: 5 mins Serves: 6



Ingredients:

- 1/2 cup ricotta
- 1 tbsp. honey
- 1" thick watermelon slice
- Fresh berries, for garnish
- Fresh mint, for garnish
- Coconut, for garnish

Instructions:

In a small bowl, mix ricotta and honey together until combined. Spread mixture onto the slice of watermelon and top with berries, mint, and coconut. Serve immediately and enjoy!

AUGUST

BERRY HAPPY CHIA SEED PUDDING

Prep Time: 5 mins Total time: 8 hrs. Serves: 2

Ingredients:

- 1/3 cup chia seeds
- 1 1/2 cup almond milk
- 2-3 tablespoons maple syrup

Toppings:

- Granola
- Berries
- Sliced Almonds



Instructions:

In a bowl, add chia seeds, almond milk, and maple syrup. Use a spoon to stir until all the seeds have dispersed. Refrigerate the chia seed mixture overnight so that the chia seeds can thicken. Once you're ready to serve the chia pudding, divide the chia pudding into two cups. Top each with granola, berries, and sliced almonds. Serve & enjoy!

CHICKEN CURRY PASTA

Recipe by: Shazia Alam

Prep Time: 20 mins Cook Time: 40 mins Serves: 4

Ingredients:

- 1/4 lbs. boneless chicken cut
- 1 cup diced yellow squash
- 1/2 cup medium shells pasta
- 1/4 cup red lentils
- 1 cup tomato juice
- 1/2 diced tomato
- 2 tbsp. fried onions
- 2 tsp. garlic
- 1/4 tsp. turmeric
- 1 tsp. salt
- 1/4 tsp. red chili
- 1/4 tsp. cumin
- 4 tbsp. olive oil
- Parsley for garnish



Picture from: National 4-H Council's Fresh Chefs Cookbook

Instructions:

In a skillet, sauté chicken with garlic and olive oil until brown. Boil pasta in water until el dente. Boil red lentils with squash and water and stir until soft. In a skillet, mix fried onions, garlic, turmeric, cumin, salt, red chili and olive oil. Add fresh tomatoes chicken, and tomato juice. Cook, and then add the red lentils, squash, and pasta to the skillet. Mix together and garnish with fried onions and parsley. Enjoy!

SEPTEMBER

BALANCED BLUEBERRY MUFFIN OATMEAL SMOOTHIE

Recipe by: Five Heart Home

Time: 5 mins Serves: 2

Ingredients:

- 1/2 cup old-fashioned rolled oats
- 1 1/2 cup frozen blueberries
- 1 cup yogurt
- 1/2 cup almond milk
- 1 tbsp. honey
- 1/4 tsp. vanilla extract
- 1/4 tsp. ground cinnamon



Instructions:

Measure oats into blender. Blend until ground into a fine powder. Add frozen fruit, vanilla yogurt, milk, honey, vanilla, and cinnamon. Blend until completely smooth. Serve immediately.

TOMATO PIE

Recipe submitted by: Mrs. Debra Cox - Mitchell County Extension Educator

Prep Time: 15 mins Cook Time: 30 mins Servings: 6

Ingredients:

- 4 tomatoes
- 8 to 10 basil leaves
- 1/3 cup green onion
- 9 - inch deep dish pie shell
- Salt and pepper to taste
- 2 cups grated mozzarella and Cheddar cheese (combined)

Instructions:

- 1 cup mayonnaise



Peel and slice tomatoes. Chop basil leaves. Chop green onion. Pre-bake pie shell. Preheat oven to 350 degrees. Layer tomato slices, basil, and onion in pie shell. Add salt and pepper to taste. Mix together grated cheese and mayonnaise. Spread on top of tomatoes. Bake for 30 minutes or until lightly browned.

OCTOBER

AUTUMN FRUIT SALAD

Time: 15 mins Serves: 6-8

Ingredients:

- 2/3 cup pecans
- 1 bunch grapes
- 4 pears
- 1/2 cup Craisins
- 4 apples
- 1/8 tsp cinnamon
- 2/3 cup pomegranate seeds
- 1 tsp lemon juice
- 8 figs
- Salt and Pepper to taste



Instructions:

Dice pears, apples, and figs into small cubes and half the grapes. Combine pecans, pears, apples, figs, grapes, pomegranate seeds, and Craisins in a large bowl. Top with lemon juice, cinnamon, salt, and pepper. Enjoy!

NO BAKE ENERGY BITES

Recipe submitted by: Naomi Dolan - Illinois 4-H

Time: 35 mins Serves: 20-25 energy bites



Ingredients:

- 1 cup Old Fashion Oats
- 2/3 cup Toasted Coconut Flakes
- 1/2 cup Peanut Butter
- 1/2 cup ground flax seeds
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey or agave nectar
- 1 tbsp chia seeds (optional)
- 1 tsp vanilla

Instructions:

Mix all ingredients together in one large mixing bowl. Refrigerate for 30 minutes or until you can easily hand it. Roll into 1 inch balls and serve. Keep refrigerated.

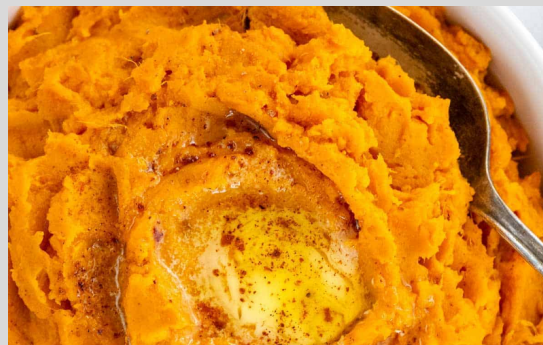
NOVEMBER

ROASTED MASHED SWEET POTATOES

Time: 15 mins Serves: 6-8

Ingredients:

- 5 sweet potatoes
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/8 teaspoon cumin



Instructions:

Preheat oven to 400 degrees. Cut the sweet potato in half, and coat the outside of each potato with the olive oil. Place the potatoes on the baking sheet and roast them in the oven for 25-35 minutes. Remove the potatoes and let them cool. Use a spoon to scoop the soft sweet potato from the skin and place it in a medium bowl. Add olive oil, salt, cinnamon, and cumin. Mash the sweet potatoes until they are smooth and creamy. Serve warm and enjoy!

HOMEMADE SUSHI

Recipe by: Fifteen Spatulas Submitted by: Hinano Tomlinson,
Georgia 4-H Southwest District Representative

Prep time: 15 mins Total time: 15 min Serves: 6 rolls

Ingredients:

- 6 sheets sushi seaweed
- 1 batch sushi rice
- 1/2 lbs sushi-grade raw salmon
- 4 oz cream cheese sliced into strips
- 1 avocado sliced
- Soy sauce for serving



Instructions:

Place the seaweed on a bamboo mat, then cover the sheet of seaweed with an even layer of sushi rice. Smooth gently with the rice paddle. Layer salmon, cream cheese, and avocado on the rice, and roll it up tightly. Slice, and enjoy with soy sauce. Disclaimer: Prepare the fish well!

DECEMBER

GINGERBREAD BREAKFAST SMOOTHIE

Recipe by: Tiny Tummy Tales

Prep time: 4 mins Cook time: 1 min Serves: 3-4

Ingredients:

- 1 cup milk
- 2/3 cup plain Greek yogurt
- 2 tbsp. almond butter
- 2 dates
- 1/4 cup oatmeal
- 1/4 tsp cinnamon
- Dash of clove
- 1/2 tsp freshly grated ginger (or to taste)
- 1 large frozen banana
- 4-6 ice cubes



Instructions:

Add all ingredients other than banana and ice cubes into blender and mix until dates are well broken down. Add the banana and ice cubes and blend until smooth and creamy. Enjoy!

HEARTY WINTER VEGETABLE SOUP

Prep Time: 45 mins Servings: 5



Ingredients:

- 2 tablespoons olive oil
- 1 celery stalk, cut into pieces
- 2 medium carrots, cut into cubes
- 1 garlic clove, crushed
- 2 pinches of red-pepper flakes
- 2 1/4 cups low-sodium chicken stock
- 1/2 cup tomato juice
- 1 butternut squash, cut into cubes
- 2 potatoes cut into cubes
- 2 tablespoons fresh lemon juice
- 2 tablespoons sliced fresh mint
- 4 oz garbanzo beans/chickpeas
- Salt and Pepper to taste

Instructions:

Heat oil in a large pot over medium-high heat. Cook celery, carrots, garlic, red-pepper flakes, stirring occasionally, for about 5 minutes. Add stock and tomato juice, and bring to a boil. Add squash and potatoes. Return to a boil. Reduce heat, and simmer, partially covered, until vegetables are tender, about 15 minutes. Stir in lemon juice, garbanzo beans, and mint. Season with salt and pepper. Enjoy!

KALE PESTO WITH WHOLE WHEAT PASTA

Total Time: 1 hour Serves: 4

Recipe by: Dr. Courtney Brown - Extension 4-H Specialist, Healthy Living Programs

Ingredients:

- 1 large bunch kale, with ribs and stems removed
- ½ tsp salt
- 1/3 cup pistachios, walnuts, or pine nuts (I prefer pistachios!)
- ¼ cup pasta water
- ¼ cup olive oil
- 3 cloves garlic
- 1 oz parmesan cheese
- Black pepper
- 12 oz whole wheat spaghetti noodles



Instructions:

Cook kale in a large pot of boiling water with ½ tsp salt for about 30 seconds. It should be bright green. Transfer the kale to a baking sheet or plate lined with paper towels to remove excess water. In the meantime, cook pasta according to package directions, reserving some of the pasta water.

Blend the nuts, oil, garlic, and water in a blender until smooth. Add the kale and parmesan. Blend until smooth, adding water if needed. Add salt (or a squirt of lemon juice) to taste if needed. In a large bowl, toss the pasta and pesto together. Top with additional parmesan and freshly ground pepper.

HAPPY COOKING!

Hope you and your family
enjoy these recipes!

Thank you Georgia 4-H!