

HEALTHY SOMERSET RECIPES

MEDITERRANEAN SAUTEED YELLOW SQUASH

INGREDIENTS

- Extra virgin olive oil
- 1 sweet onion, halved and thinly sliced
- 3 garlic cloves, minced
- 4 medium yellow squash
- 1 red bell pepper, cored and thinly sliced
- Kosher salt
- Black pepper
- Crumbled feta cheese (optional)
- Pitted marinated olives, sliced (optional)
- Handful chopped fresh parsley (optional)

Spice Mixture

- 1 tsp oregano
- 1 tsp salt
- 3/4 tsp to 1 tsp pepper
- 3/4 tsp ground cumin

NUMBER OF SERVINGS

4 - 6

TIME TO PREPARE

10

TIME TO COOK

25

TOOLS NEEDED

- Frying pan
- Serving dish

PROCEDURE

1. Heat 2 tbsp extra virgin olive oil over medium heat until shimmering but not smoking. Add sweet onions and cook for about 4 minutes until translucent (you can raise heat to medium-hot and toss onions regularly.)
2. Add garlic, yellow squash, and red bell peppers. Drizzle a little more extra virgin olive oil.
3. Season with salt, pepper, and spice mixture. Toss with a wooden spoon to make sure vegetables are well coated with the spices. Cook on medium-high, stirring occasionally, until squash and peppers are nice and tender.
4. Transfer to a serving platter. Add another drizzle of extra virgin olive oil and sprinkle additional spices as needed. If you like, add a sprinkle of crumbled feta cheese, pitted olives, and a handful of chopped fresh herbs like parsley. Enjoy



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HEALTHY SOMERSET RECIPES

CHEESY ZUCCHINI BREADSTICKS

INGREDIENTS

- 4 cup Grated Zucchini
- 1/2 cup Mozzarella Cheese
- 1/3 cup Parmesan Cheese
- 1 Egg
- 1 tsp Garlic Parley Salt
- 1 cup Grated Cheese of Choice (topping)

NUMBER OF SERVINGS

6

TIME TO PREPARE

20 MINS

TIME TO COOK

40 MINS

TOOLS NEEDED

- Grater
- Bowl
- Baking sheet
- Parchment Paper

PROCEDURE

1. Squeeze all of the juices you can, out of the grated zucchini. You can use your hands or a kitchen towel to do so.
2. In a bowl, combine together grated zucchini, mozzarella cheese, parmesan cheese, egg and garlic salt. Stir to combine everything together.
3. On a lined baking dish with parchment paper or silicone baking mat, layout the zucchini mixture.
4. It's best to lay out the mixture to at least half of an inch in thickness, it will shrink while baking. Bake at 425F for 15 minutes.
5. Top baked crust with your choice of cheese. I like to use mozzarella or Mexican cheese. Bake until the cheese melts. Serve while it's still hot.



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HEALTHY SOMERSET RECIPES

SPINACH STUFFED CHICKEN

INGREDIENTS

- 4 boneless and skinless chicken breasts
- 2 tbsp garlic parsley salt
- 1 tbsp paprika
- 4 tbsp Unsalted Butter
- 6 oz softened cream cheese
- 1/3 cup parmesan cheese
- 2 tbsp mayonnaise
- 1 cup chopped spinach
- 2 garlic cloves

NUMBER OF SERVINGS

4

TIME TO PREPARE

10 MINS

TIME TO COOK

25 MINS

TOOLS NEEDED

- Bowl
- Skillet

PROCEDURE

1. In a large bowl, combine softened cream cheese, mayonnaise, parmesan cheese, garlic and chopped spinach. Set aside.
2. Butterfly the chicken breasts (see detailed instructions above).
3. Season each breast with garlic parsley salt and paprika on all sides.
4. Stuff each chicken breast with the cheese mixture. To keep the filling inside, seal each end of the breast with a toothpick.
5. Preheat a skillet with butter over medium heat. Brown all sides of the chicken. Continue cooking over medium heat until the internal temperature reaches 165 °F.



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HEALTHY SOMERSET RECIPES

CHEESY TURKEY STUFFED PATTY PAN SQUASH

INGREDIENTS

- 2 Cloves Garlic (4 Cloves roasted Garlic)
- 8 oz Ground Turkey
- 3 oz Feta Cheese
- 3 Tbs Whipped Cream cheese (Can use regular)
- 1 tsp Salt
- 1/2 tsp Black Pepper
- 2 tbs Fresh Oregano
- 4 Large Patty Pan Squash

NUMBER OF SERVINGS

4

TIME TO PREPARE

15 MINS

TIME TO COOK

45 MINS

TOOLS NEEDED

- Skillet
- Bowl
- Baking dish

PROCEDURE

1. Rinse Patty pan off with cool water. Slice off the tops. Reserve the tops. They are delicious!!!
2. Scoop out the centers of the squash, reserving the pulp
3. Slice the garlic and Sauté in olive oil
4. Add the ground turkey and cook until done and browned. If Turkey starts to stick to the pan add 1/4 cup of water.
5. After turkey is done add the fresh oregano. Cool Turkey mixture for about 5 minutes
6. Chop the squash pulp and add to turkey. Sauté until the squash is soft.
7. Add the cheese (cream cheese and cheddar cheese) to the turkey squash mixture.
8. Stuff the Patty pan and place in a baking dish.
9. Place tops of Patty Pan on top of the stuffed Squash. Add about 1/4 cup of water to the bottom of the baking dish. Bake at 375 degrees for 30 minutes. Patty Pan should be soft
10. Remove from oven and serve. Enjoy!



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HEALTHY SOMERSET RECIPES

EGGPLANT PARMESAN

INGREDIENTS

- 3 LARGE EGGS
- 3 CUPS BREAD CRUMBS
- COOKING SPRAY
- 2 MEDIUM EGGPLANTS, WASHED AND CUT INTO ¼ INCH THICK SLICES
- 1 (26 OUNCES) JAR SPAGHETTI SAUCE
- ½ CUP PART-SKIM MOZZARELLA CHEESE, SHREDDED

NUMBER OF SERVINGS

8

TIME TO PREPARE

10 MINS

TIME TO COOK

40 MINS

TOOLS NEEDED

- Baking sheet
- Small bowl

PROCEDURE

1. Preheat oven to 400 degrees F.
2. Spray a baking sheet with cooking spray. Set aside.
3. Beat the eggs in a small bowl.
4. Pour the breadcrumbs into another small bowl.
5. Dip the eggplant slices into the eggs.
6. Next, dip the eggplant slices into the bread crumbs.
7. Place the breaded eggplant slices on the baking sheet, then spray the tops of the eggplant slices with cooking spray.
8. Bake for 15-18 minutes, until lightly golden brown. Remove from oven.
9. Fill a casserole dish with the eggplant slices.
10. Pour spaghetti sauce over the eggplant slices. Sprinkle with mozzarella cheese.
11. Bake for 15-20 minutes.



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HEALTHY SOMERSET RECIPES

TOMATO CUCUMBER SALAD

INGREDIENTS

- 2 cucumbers, washed and chopped
- 1 tomato, washed and chopped
- ¼ onion, finely chopped
- 2 cups whole wheat couscous or brown rice
- 2 teaspoons chopped fresh dill, or ½ teaspoon dried dill
- ½ cup low-fat Italian salad dressing

NUMBER OF SERVINGS

4

TIME TO PREPARE

15 MINS

TIME TO COOK

45 MINS

PROCEDURE

1. Cook couscous or brown rice according to package directions.
2. Toss together the cucumbers, tomato, onion, dill, couscous (or rice), and salad dressing.
3. Chill for 1 hour and serve.

TOOLS NEEDED

- Skillet
- Bowl
- Baking dish

PINEAPPLE SALSA

INGREDIENTS (SERVES 5, 10 MIN)

- 1/2 ripe pineapple, trimmed and sliced
- 1 large red bell pepper, seeded and quartered
- 1/2 small red onion, peeled and cut in half (so you have 2 quarters of whole onion)
- 1 whole jalapeno
- 1/2 cup loosely packed cilantro, finely chopped
- 1 tablespoon lime juice
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cumin
- salt and pepper to taste
- olive oil

PROCEDURE

1. Chop the pineapple, bell pepper, red onion, jalapeno and cilantro and combine with remaining ingredients in a large bowl. Can be served immediately, or better chilled.
2. Eat with chips or serve over salmon or chicken!



HEALTHY SOMERSET RECIPES

SOUTHWEST VEGGIE BAKE

INGREDIENTS

- Cooking oil spray
- 2 zucchini or yellow summer squash, washed
- 1 green or red bell pepper, washed
- 1 (15 ounce) can corn, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (16 ounce) jar mild or medium salsa
- 1 cup baked tortilla chips, crushed
- 1 cup sharp cheddar cheese, grated

PROCEDURE

1. Preheat oven to 400°.
2. Spray a 9x13 baking pan or one of similar size with cooking oil spray.
3. Chop squash and pepper into cubes.
4. Combine vegetables with the salsa in a mixing bowl and pour into the pan.
5. Cover with foil and bake for 20 minutes.
6. Remove foil. Top mixture with chips and shredded cheese. Bake uncovered for 5–10 more minutes.

NUMBER OF SERVINGS

8

TIME TO PREPARE

10 MINS

TIME TO COOK

35 MINS

TOOLS NEEDED

- Baking pan
- Mixing Bowl
- Foil



HEALTHY SOMERSET RECIPES

SALMON SALAD

INGREDIENTS

- 2 (7.5 ounce) cans of salmon (or 2 cups cooked flakes salmon)
- 1 red or green bell pepper, diced
- 1 cucumber peeled, seeded, and diced
- ½ cup onions, chopped
- 3 Tablespoons mayonnaise, or enough to moisten
- ¼ teaspoon cayenne pepper
- Salt and pepper to taste
- ½ lemon, juiced

NUMBER OF SERVINGS

4

TIME TO PREPARE

10 MINS

TIME TO COOK

0 MINS

TOOLS NEEDED

- Mixing Bowl

PROCEDURE

1. In a large bowl, combine bell pepper, cucumber, onion, and mayonnaise.
2. Add seasonings and stir to combine.
3. Add salmon and lemon juice.
4. Toss lightly to combine.
5. Serve over lettuce or as a sandwich.



HEALTHY SOMERSET RECIPES

WATERMELON POPS

INGREDIENTS

- 3 cups watermelon, washed, chopped, seeds removed
- Juice of one lime
- 1-2 Tablespoons sugar
- 1 cup fresh blueberries, washed
- Freezer Pop Molds

NUMBER OF SERVINGS

6

TIME TO PREPARE

10 MINS

TIME TO COOK

0MINS

TOOLS NEEDED

- Blender
- Popsicle molds
- Freezer

PROCEDURE

1. Blend watermelon, lime juice and sugar in a blender until smooth.
2. Divide blueberries among freezer pop molds.
3. Pour watermelon mixture in each pop mold. Leave a little room at the top.
4. Insert the sticks and freeze until firm, about 6 hours. Dip the molds briefly in warm water before serving.



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HEALTHY SOMERSET RECIPES

CANTALOUPE FRUIT SALAD

INGREDIENTS

- 1½ cups fresh cantaloupe
- 1¼ cups fresh strawberries
- 1¼ cups fresh peaches
- 3 Tablespoons frozen orange juice concentrate, thawed

NUMBER OF SERVINGS

8

TIME TO
PREPARE

10 MINS

TIME TO
COOK

0 MINS

TOOLS NEEDED

- Knife
- Bowl

PROCEDURE

1. Wash cantaloupe with cool tap water. Cut cantaloupe open and remove seeds. Cut cantaloupe flesh from rind and cut into small pieces. Place in a medium-size bowl.
2. Wash strawberries and remove green tops. Cut strawberries into small pieces and place on top of cantaloupe.
3. Cut peaches into small pieces and place on top of cantaloupe/strawberry mixture.
4. Pour orange juice concentrate over fruit and stir gently to mix. Cover and refrigerate 2 hours.
5. Stir fruit to mix before serving.



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HEALTHY SOMERSET RECIPES

SUMMER SQUASH MEDLEY

INGREDIENTS

- 2 Tablespoons vegetable oil
- 1 yellow summer squash, washed and sliced
- 1 zucchini, washed and sliced
- 1 onion, chopped
- ¼ teaspoon garlic powder
- Salt and pepper to taste
- 1 (14.5 ounce) can diced Italian tomatoes
- Parmesan cheese, grated

PROCEDURE

1. In large pan over medium heat, add oil.
2. Add squash and onion. Cook on medium heat until tender, about 10 minutes, stirring often.
3. Add tomatoes and simmer 5 minutes.
4. Season with garlic powder, salt and pepper to taste.
5. Serve warm, topped with parmesan cheese.

NUMBER OF SERVINGS

8

TIME TO PREPARE

10 MINS

TIME TO COOK

15 MINS

TOOLS NEEDED

- Pan



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