



Health and Wellness

POCKET TOOLS TRAINING

July 2013

Healthy Recipes

Quick, Easy and Delicious Firehouse Cooking

References:

United States Department of Agriculture: *National Nutrient Database*.
<http://ndb.nal.usda.gov/>

Mary B. Grosvenor, L.Smolin. (2010). *Visualizing Nutrition: Everyday Choices*. Hoboken, NJ: John Wiley & Sons, Inc.

Ingredient List:

3 cups Old Fashioned Oats

¼ cup chopped walnuts, or almonds

¼ cup honey

½ cup unsweetened applesauce

1 tsp vanilla extract

1 tbsp cinnamon (more or less according to taste)

Healthy Snacks: Granola

- Step 1: Set your oven to bake at 350 degrees F.
- Step 2: Mix oats, walnuts and cinnamon together in a large bowl.
- Step 3: Mix honey, applesauce, and vanilla together thoroughly in a separate bowl.
- Step 4: Combine wet ingredients with dry and mix until all dry ingredients are well coated.
- Step 5: Distribute mixture evenly across a cookie sheet lined with wax paper.
- Step 6: Bake at 350 degrees for 45 minutes. Be sure to stir the granola every 10 minutes to make sure it doesn't burn.
- Step 7: Remove from oven and allow to cool- and then enjoy your homemade granola!

Nutrition Information
Serving size= ¼ cup
Servings per recipe= 16

Calories: 72
Total Fat: 2.3gm
Sat. Fat: .1gm
Sodium: .1mg
Cholesterol: 0mg
Carbohydrate: 11gm
Sugar: 1gm
Fiber: 2gm
Protein: 2gm

Did you know...?

That most commercially available granola mixes are heavily processed and full of unnecessary fats and sugars?

Avoid all the extra ingredients and calories by using this recipe to make your own!

Keep the granola in a gallon size storage bag and place a ¼ measuring cup in the bag to ensure proper portion sizes.



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Ingredient List:

1 bunch of kale,
chopped (around 3
cups)

2 tsp olive oil

1 tsp salt (or garlic
powder if watching
sodium intake)

1 tbsp balsamic vinegar

Healthy Snacks: Kale Chips

- Step 1: Set your oven to bake at 350 degrees F.
 Step 2: Wash and dry kale, then tear apart or chop into bite size pieces.
 Step 3: Place kale into large bowl and drizzle olive oil over the leaves. Use hands to mix, making sure all leaves are coated.
 Step 4: Arrange kale on cookie sheet lined with wax paper.
 Step 5: Sprinkle on flavors of your choice (this recipe: salt and vinegar)
 Step 6: Bake at 350 degrees for 20 minutes.
 Step 7: Remove from oven and allow to cool- and then enjoy your homemade kale chips! Great as a snack or side dish!

Nutrition Information

Serving size = 1 cup
Servings per recipe = 3

Calories: 60
 Total Fat: 3g
 Sat. Fat: .5g
 Sodium: 25mg
 Cholesterol: 0mg
 Carbohydrate: 6g
 Sugar: 0g
 Fiber: 1g
 Protein: 2g

Did you know...?

That kale is one of the most nutrient dense types of produce?

It is incredibly high in Vitamins A and K. Vitamin A is important for maintaining good vision, healthy eyes and a strong immune system. Vitamin K helps our bodies make blood-clotting proteins.



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Ingredient List:

1 cup fat free Ricotta
cheese (OR 0% fat
Greek Plain Yogurt)

2 tbsp natural peanut
butter (or almond butter)

1 tsp honey

1 tsp low fat milk

1 tsp vanilla extract

*add cinnamon to taste if
desired*

Healthy Snacks: Fruit Dip

Step 1: Place all ingredients into a large bowl and mix thoroughly!
If you prefer a more creamy consistency, process ingredients in a food processor.

Nutrition Information
Serving size = 1 slice
Servings per 8x4 pan = 8 slices

Calories: 73
Total Fat: 1 g
Sat. Fat: .25 g
Sodium: 292 mg
Cholesterol: 14mg
Carbohydrate: 7g
Sugar: 3g
Fiber: 1g
Protein: 10g

*Did you know...?
That truly "natural" peanut butter will
usually have two to three ingredients and
NO Trans Fatty Acids!*

*What to look for on ingredients list:
-peanuts, salt
The fewer ingredients, the better!*

- Place unused fruit dip into the refrigerator for a healthy snack that will last all week!