



# simply healthy

**It's National Nutrition Month!**  
Try these delicious & healthy recipes.

**WEEK 4 (3/22 - 3/28): Bump up your fiber.**

**CHALLENGE:** Aim for 20 to 30 grams of fiber daily.

## **Kashi® Friendly Fiber Muffins**

**Bake Time:** up to 25 minutes

**Serves:** 12

### **Ingredients:**

1 cup whole-wheat flour  
2 tsp. baking powder (aluminum free)  
1 tsp. McCormick® Ground Cinnamon  
1/2 tsp. salt  
1 3/4 cups Kashi® cereal  
1 cup organic skim milk or rice or soy milk  
2 egg whites  
1/4 cup honey  
1/2 cup unsweetened apple sauce  
1 medium Chiquita® Banana, mashed  
Nonstick cooking spray



### **Directions:**

1. Preheat oven to 400°.
2. In a small bowl, stir together flour, baking powder, cinnamon and salt. Set aside.
3. In a large mixing bowl, combine cereal and milk and let stand for 2 to 3 minutes. Add the egg whites and beat well. Stir in honey, applesauce and banana. Add flour mixture and mix only until dry ingredients are moistened (over-mixing will produce rubbery muffins).
4. Coat muffin tin cups with nonstick cooking spray and fill with batter. Bake for 20 to 25 minutes, or until lightly browned.

### **Nutritional Information:**

**Amount per 1 muffin:** 100 Calories; 0.5 g Total Fat; 0 mg Cholesterol; 200 mg Sodium; 24 g Carbohydrate; 3 g Dietary Fiber; 10 g Sugars; 3 g Protein; 2% Vitamin A; 2% Vitamin C; 8% Calcium; 4% Iron

Source: Recipe courtesy of Kashi®.



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## **Spinach Salad with Tomatoes, Brown Rice, Mushrooms and Vinaigrette**

**Serves:** 4

**Ingredients:**

- 1 bag Fresh Express® Baby Spinach
- 1/2 cup grape tomatoes
- 1 1/2 cups cooked brown rice
- 2 cups sliced white mushrooms
- 1/2 cup slivered red onion
- 1 Tbsp. McCormick® Rosemary Leaves
- 4 Tbsp. balsamic vinaigrette
- Coarse salt and ground pepper
- 1/2 cup Cabot® Sharp Light Shredded Cheddar Cheese



**Directions:**

Place spinach leaves in a large bowl. Add tomatoes, rice, mushrooms, red onions and rosemary. Drizzle dressing on salad, season to taste with salt and pepper, and toss. If desired, serve salad with a sprinkling of cheese.

Source: Recipe courtesy of Fresh Express®.



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## **Minestrone Soup with Roasted Vegetables & Whole-Wheat Pasta**

**Prep Time:** 20 minutes

**Cook Time:** 40 minutes

**Serves:** 8

### **Ingredients:**

- 3 medium zucchini, diced
- 2 large carrots, peeled and chopped
- 2 red bell peppers, seeded and chopped
- 2 Tbsp. olive oil
- 1 dash salt
- 1 dash freshly ground black pepper
- 2 cups low-sodium vegetable broth
- 1 (28 oz.) can diced tomatoes, undrained
- 1 (15 oz.) can red kidney beans, undrained
- 1 tsp. McCormick® Oregano Leaves
- 1 tsp. McCormick® Garlic Powder
- 2 cups cooked small whole-wheat pasta

### **Directions:**

1. Preheat oven to 475° F.
2. Place zucchini, carrots, and bell peppers in a large roasting pan. Toss with oil. Season to taste with salt and pepper. Roast vegetables for 20 to 25 minutes, stirring occasionally, until lightly browned and tender. Set aside.
3. In a large soup pot, combine broth with tomatoes and their juice (or tomato sauce) and undrained beans. Stir to combine. Add oregano and garlic.
5. Bring mixture to a boil. Reduce heat to medium low. Add roasted vegetables. Simmer for 15 minutes, stirring occasionally.
5. Stir in cooked pasta and adjust seasonings. Serve immediately. (Leftover soup may thicken overnight. If you wish, thin with water or additional broth.)

### **Nutritional Information**

Amount Per Serving: Calories 225; Total Fat 11 g; Saturated Fat 8 g; Cholesterol 0 mg; Sodium 582 mg; Total Carbohydrate 44 g; Dietary Fiber 12 g; Protein 12 g \* Sodium amount will vary according to which products you use.

