

Healthy Recipes

Fruit Salsa:

- Chop & combine 2 cups of any combination of pineapple, mangoes, strawberries, kiwis.
- Add 2 Tbsp. lime juice.
- Add 2 Tbsp. chili peppers.
- Add 2 Tbsp. chopped cilantro.
- Taste & add chopped red onion & bell peppers if you like.

Veggie Pizza:

- Start with whole wheat crust (available at most grocery stores).
- Roll out & place on cookie sheet that is lightly sprayed with pan spray.
- Top with 1 cup of low sodium pasta sauce
- Sprinkle w/2 cups low fat shredded mozzarella cheese.
- Add all the veggies you like: spinach, broccoli, mushrooms, bell peppers, fresh tomatoes, onions & zucchini are great options.
- Bake in pre-heated 425° oven for about 18-20 minutes

Note: if using frozen veggies for pizza, be sure to thaw first.