



Lighten Up: A Potluck Guide

Healthier recipes for a healthier congregation

From healthy entrees to lightened-up desserts, your congregation can still gather around the table while embracing abundant health.

CHICKEN

Cumin Rubbed Chicken

- ½ tsp. salt
- ½ tsp. cumin
- ¼ tsp. ground red pepper
- 1 tbsp. olive oil
- 4 chicken breast halves

Combine seasonings and rub on chicken. Heat oil over medium heat and cook chicken until no longer pink inside, about 10 minutes – flipping the chicken to cook both sides.

Pairs well with avocado salsa or guacamole and brown rice.

Source: <http://allrecipes.com/recipe/235846/cumin-rubbed-chicken-with-avocado-salsa/>

Baked Honey Mustard Chicken

- 6 skinless, boneless chicken breast halves
- Salt and pepper to taste
- ½ c. honey
- ½ c. mustard
- 1 tsp. dried basil
- 1 tsp. paprika
- ½ tsp. dried parsley

Preheat oven to 350 degrees. Sprinkle chicken breasts with salt and pepper and place in a lightly greased baking dish. In a small bowl, combine honey, mustard, basil, paprika, and parsley. Mix well. Pour ½ mixture over chicken and brush to cover. Bake for 30 minutes. Turn chicken over and brush on remaining mixture. Bake for 10 to 15 more minutes, or until chicken is no longer pink in the middle.

Source: <http://allrecipes.com/recipe/8847/baked-honey-mustard-chicken/>



MIND. BODY. SPIRIT.

Greek Stuffed Chicken

- 4 skinless chicken breasts
- 1 zucchini, halved and thinly sliced
- 2 medium tomatoes, halved
- ½ red onion, cut into half moons
- 2 lemons, thinly sliced
- 1 c. crumbled feta cheese
- 1 c. shredded mozzarella
- 3 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tbsp. chopped dill
- 1 tbsp. chopped parsley
- 2 cloves of garlic, minced
- Salt and pepper to taste

Preheat oven to 400 degrees. Cut 5 slits into each chicken breast, being careful not to cut completely through, and place on a baking sheet. Mix together all spices, seasonings, and oils except salt and pepper. Drizzle mixture over chicken and into slits, adding a dash of salt and pepper to each. Into the slits in the chicken, add the vegetables and lemons. Sprinkle cheese on top of chicken. Bake for 25 minutes and garnish with an extra dill and parsley.

Source: <http://www.delish.com/cooking/recipe-ideas/recipes/a57364/greek-stuffed-chicken-recipe/>

Crispy Baked Chicken

- 2 c. crushed saltine crackers
- 1 tsp. seasoned salt
- 1 pinch garlic powder
- 6 skinless, boneless chicken breast halves
- ½ c. margarine, melted

Preheat oven to 425 degrees and grease baking dish. In a medium bowl, mix cracker crumbs, seasoned salt, and garlic powder. Dip chicken in margarine and then cracker mixture until coated. Place on baking dish and bake 45 to 60 minutes, until chicken is no longer pink.

Source: <http://allrecipes.com/recipe/231367/easy-crispy-baked-chicken/>

Lighten up: Laugh a little!

What did one plate say to the other plate?

Lunch is on me!



Abundant Health
The United Methodist Church

MIND. BODY. SPIRIT.

PASTA

Basil Chicken over Angel Hair

- 8 oz angel hair pasta
- 2 tsp. olive oil
- ½ c. finely chopped onion
- 1 clove garlic, chopped
- 2.5 c. chopped tomatoes
- 2 c. boneless chicken breast halves, cooked and cubed
- ¼ c. chopped basil
- ½ tsp. salt
- ¼ c. parmesan cheese

Cook pasta until it is al dente – approximately 8 to 10 minutes. Drain. In a large skillet, heat oil over medium high heat. Sauté onions and garlic. Stir in tomatoes, chicken, basil, and salt. Reduce heat to medium, and cover. Simmer for 5 minutes, stirring frequently. Mixture should be hot, and tomatoes should be soft. Toss sauce with cooked pasta. Serve with parmesan cheese.

Source: <http://allrecipes.com/recipe/8842/basil-chicken-over-angel-hair/>

Lighten up: Laugh a little!

What did one cantaloupe say to the other cantaloupe?

You're one in a melon!



Abundant Health
The United Methodist Church

MIND. BODY. SPIRIT.

Penne with Chicken and Asparagus

- 16 oz penne pasta
- 5 tbsp. olive oil
- 2 skinless, boneless chicken breast halves – cubed
- Salt and pepper
- Garlic powder
- ½ c. low sodium chicken broth
- 1 bunch slender asparagus – cut into diagonal 1-inch pieces
- 1 clove garlic, thinly sliced
- ¼ c. parmesan cheese

Cook pasta until al dente. Drain. Warm 3 tbsp olive oil in a large skillet over medium-high heat.

Add chicken, salt, pepper, and garlic powder. Cook about 5 minutes, until chicken is cooked through.

Remove chicken and place on a paper towel. Add chicken broth to skillet. Stir in asparagus, garlic, and a small amount more garlic powder, salt, and pepper. Cover and steam until asparagus is tender – 5 to 10 minutes. Return chicken to skillet and warm through. Add mixture into pasta and mix and let sit for 5 minutes. Drizzle 2 tbsp. olive oil and stir. Sprinkle with parmesan cheese and serve.

Source: <http://allrecipes.com/recipe/90089/penne-with-chicken-and-asparagus/>

Lighten up: Laugh a little!

A person waiting on a pizza order calls over the waiter and asks, “Will my pizza be long?”

The waiter responds, “No, it will be round!”



MIND. BODY. SPIRIT.

Macaroni and Cheese

- 16 oz. shell or elbow pasta
- 3 ½ c. low fat milk, divided
- 5 tbsp. all-purpose flour
- ¼ tsp. each: salt, pepper, ground red pepper
- 8 oz. sharp cheddar cheese, shredded

Cook pasta to al dente, drain, and leave in colander. Use pot to heat 1 c. milk over medium low for 1 minute. Add flour and mix until smooth. Cook for 2 minutes or until thickened, mixing constantly. Slowly mix in 2.5 c. milk and heat on medium low heat for 7 to 10 minutes, until thick. Remove from heat, add salt, pepper, and red pepper, and cheese. Let cheese melt in mixture and then add pasta. If too thick, add more milk. Keep warm until ready to serve.

Source: <https://www.healthy-liv.com/lightened-up-mac-and-cheese/>

Beef Stroganoff

- 1 lb. wide egg noodles
- 4 tbsp. butter, divided
- 1.5 lbs. thinly sliced steak
- 1 small white onion
- 4 cloves garlic, minced
- 1 lb. sliced mushrooms
- 2 cups beef broth, divided
- 1 tbsp. Worcestershire sauce
- 3 tbsp. flour
- ½ c. plain Greek yogurt or light sour cream
- Optional: chopped fresh parsley

Cook egg noodles according to package directions in salted water. As noodles are cooking, melt 2 tbsp. butter in large pan over medium-high heat. Add steak in single layer, season with salt and pepper and cook for 3 minutes. Flip and cook another 3 minutes. Remove steak and set aside. In pan, add remaining 2 tbsp. butter to melt. Then add onions and cook about 3 minutes. Stir in garlic and mushrooms, cooking for 5 to 7 more minutes. Add ½ c. beef broth and let cook for 3 minutes. In a bowl, whisk remaining broth, Worcestershire sauce and flour until smooth. Pour mixture into pan, stir, and simmer 5 minutes – occasionally stir. Stir in Greek yogurt/sour cream and add steak. Serve over egg noodles.

Source: <https://www.gimmesomeoven.com/easy-beef-stroganoff-recipe/>



MIND. BODY. SPIRIT.

SOUPS AND CHILI

Vegetarian Chili

- 1 tbsp. vegetable oil
- 1 c. chopped onions
- $\frac{3}{4}$ c. chopped carrots
- 3 cloves garlic, minced
- 1 c. chopped green bell pepper
- 1 c. chopped red bell pepper
- $\frac{3}{4}$ c. chopped celery
- 1 tbsp. chili powder
- 1.5 c. chopped mushrooms
- 1 28 oz. can chopped tomatoes with liquid
- 1 19 oz. can kidney beans with liquid
- 1 11 oz. can whole kernel corn, undrained
- 1 tbsp. ground cumin
- 1.5 tsp dried oregano
- 1.5 tsp. dried basil

Heat oil in a sauce pan and sauté onions, carrots, and garlic until tender. Stir in peppers, celery, and chili powder. Cook about 6 minutes until tender. Stir in mushrooms, cook about 4 minutes. Stir in tomatoes, kidney beans, and corn. Add remaining seasonings. Bring chili to a boil, reduce heat to medium, cover, and simmer about 20 minutes. Stir occasionally.

Source: <http://allrecipes.com/recipe/22919/insanely-easy-vegetarian-chili/>

Lighten up: Laugh a little!

**What does the richest person in the world make
for dinner every night?**

Reservations!



MIND. BODY. SPIRIT.

Slow Cooker Turkey Chili

- 1 tbsp. olive oil
- 1 red onion, finely chopped
- 1 green bell pepper, chopped
- 1.5 lb ground turkey
- 2 garlic cloves, minced
- 2 tbsp. tomato paste
- 1 can (28 oz) chopped tomatoes
- 1 can black beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1.5 c. low sodium chicken broth
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- Salt and pepper, to taste
- Optional: shredded cheese and chopped green onion for garnish

Heat olive oil over medium high heat in large skillet and add onion and pepper. Cook about 4 minutes until vegetables are soft. Add ground turkey and cook until golden. Season with salt and pepper and stir in garlic and tomato paste. Cook 2 minutes until fragrant. Add mixture to slow cooker. Into slow cooker add tomatoes, beans, broth, and remaining seasonings. Cook on high for 4 hours. Add salt and pepper to taste, and garnish with cheese and green onions before serving.

Source: <http://www.delish.com/cooking/recipe-ideas/recipes/a55200/easy-turkey-slow-cooker-chili-recipe/>

6 Can Chicken Tortilla Soup

- 1 can whole kernel corn, or Mexican corn – drained (15 oz)
- 1 can chicken broth (14.5 oz)
- 1 can cream of chicken soup (14.5 oz)
- 1 can chunk chicken (10 oz)
- 1 can black beans, rinsed and drained (15 oz)
- 1 can diced tomatoes and green chiles (10 oz)

Combine all ingredients and put over medium heat until heated through, stirring occasionally. Optional toppings: cheddar cheese, tortilla strips, sour cream, avocado.

Source: <http://allrecipes.com/recipe/19766/six-can-chicken-tortilla-soup/>



MIND. BODY. SPIRIT.

Potato Soup

- 5 slices bacon, diced (save grease)
- 3 tbsp. bacon grease, or butter
- 1 c. diced white or yellow onion
- ¼ c. all-purpose flour
- 2 c. chicken stock
- 2 c. milk, warmed
- 1.5 pounds potatoes, peeled and diced
- 1 c. shredded sharp cheddar cheese
- ½ c. plain Greek yogurt or light sour cream
- 1 tsp. salt
- ½ tsp. pepper
- Optional toppings: thinly sliced green onions or chives, sour cream, extra cheese and bacon

Heat a large stockpot over medium-high heat and add diced bacon. Cook until crispy, stirring occasionally. Transfer the bacon to a separate plate, saving about 3 tablespoons of bacon grease in the stockpot. Add onion and cook for 5 minutes, stirring occasionally, until soft. Sprinkle the flour on top of the onion and stir until combined. Cook for an additional minute to cook the flour, stirring occasionally. Stir in the chicken stock until combined. Stir in the milk and potatoes until combined. Continue cooking until the mixture reaches a simmer but is not boiling. Reduce heat to medium-low, cover, and simmer for about 10-15 minutes or until the potatoes are soft, stirring occasionally. When the potatoes are soft, stir in the cheddar cheese and Greek yogurt (or sour cream), salt, pepper and cooked bacon bits. Serve warm, garnished with desired toppings.

Source: <https://www.gimmesomeoven.com/potato-soup-recipe/>

Vegetarian Black Bean and Salsa Soup

- 2 cans black beans, rinsed and drained
- 1.5 c. vegetable broth
- 1 c. chunky salsa
- 1 tsp. ground cumin
- 4 tbsp. sour cream
- 2 tbsp. thinly sliced green onion

In blender, combine beans, broth, salsa, and cumin until fairly smooth. Heat over medium heat. Serve with 1 tbsp sour cream and ½ tbsp green onion.

Source: <http://allrecipes.com/recipe/14132/black-bean-and-salsa-soup/>



MIND. BODY. SPIRIT.

Vegetable Soup

- 1 can (14 oz.) chicken broth
- 1 can (11.5 oz.) tomato-vegetable juice
- 1 c. water
- 1 large potato, diced
- 2 carrots, sliced
- 2 celery stalks, diced
- 1 can (14.5 oz) diced tomatoes
- 1 c. green beans, chopped
- 1 c. corn kernels
- Salt and pepper

Using a large pot, combine all ingredients and season with salt and pepper to taste. Bring to a boil and reduce heat to simmer for 30 minutes. All vegetables should be tender.

Source: <http://allrecipes.com/recipe/13338/quick-and-easy-vegetable-soup/>

SNACKS, SIDES, AND APPETIZERS

Spicy Avocado Snack

- 1 avocado, halved and pitted
- ½ lemon – juiced
- 2 tbsp. hot sauce, or to taste
- 2 pinches salt

Cut avocado into bite size pieces, pour hot sauce and lemon juice over and sprinkle with salt.

Source: <http://allrecipes.com/recipe/256035/spicy-avocado-snack/>



MIND. BODY. SPIRIT.

Easy Turkey Wrap Snack and Appetizer

- 12 10-inch tortillas
- 1 8 oz. package of cream cheese
- 1 head lettuce
- 6 oz. sliced turkey
- 2 c. shredded carrots
- 2 c. minced tomato

Spread cream cheese evenly over tortillas on one side. Lay lettuce flat on tortillas. Top with a layer of turkey. Sprinkle the carrots and tomatoes. Roll tortillas into wraps and cut diagonally. Secure with toothpicks and serve.

Source: <http://allrecipes.com/recipe/20735/easy-snack-wraps/>

Mashed Potatoes

- 3 large potatoes
- ¼ c. chicken broth
- ½ c. skim milk
- 1 tbsp. butter
- ½ tsp. olive oil
- Salt and pepper, to taste

Peel the potatoes and cut into large chunks. Boil in salted water, uncovered. Reduce heat to medium, cover, and simmer about 25 minutes until potatoes are tender. Drain pot and place potatoes back into pot once the water is out. Heat pot for one more minute on high to allow for evaporation. Remove pot from heat and mash the potatoes. Add chicken broth, milk, butter, and olive oil and mix well. Salt and pepper to taste, and mix until combined, light, and fluffy.

Source: <https://www.aheadofthyme.com/2015/12/healthy-mashed-potatoes/>



MIND. BODY. SPIRIT.

CASSEROLE

Chicken and Rice Casserole

- 1 tbsp. olive oil
- 4 to 5 green onions, diced
- 1 pkg. sliced fresh mushrooms
- 2 c. cooked boneless, skinless chicken, cubed
- 3 tbsp. all-purpose flour
- 1.5 c. milk
- 2.5 c. cooked instant brown rice
- 5.3 oz fat free plain Greek yogurt
- ¼ c. light mayonnaise
- ¼ tsp. salt and pepper
- ¾ c. shredded cheddar cheese

Preheat oven to 350 degrees and spray casserole dish (2 quart) with cooking spray. Heat oil on stove and add green onions and mushrooms, cooking until tender. Add the chicken and sprinkle with flour. Cook and stir for one minute. Stir in milk and boil for 3 minutes. Mixture should be thick and bubbly. Add brown rice, and mix in Greek yogurt, mayo and salt and pepper. Pour mixture into casserole dish, top with cheese and bake for 20 minutes.

Source: <https://www.yummyhealthyeasy.com/skinny-chicken-rice-casserole>

Chicken Parmesan Casserole

- 1 pkg. (13.25 oz) uncooked whole grain penne pasta
- 1 jar (24 oz) marinara sauce
- 3 c. water
- 1.5 lbs chicken tenders
- 1.5 c. reduced fat shredded mozzarella cheese
- ½ c. parmesan cheese
- 1 c. whole wheat bread crumbs

Preheat oven to 425 degrees, and spray a 13 x 9 in baking dish with cooking spray.

Add pasta, sauce and water to the dish and stir. Layer the chicken on top and cover tightly with aluminum foil. Bake for 30 minutes. Stir. Add mozzarella to the top and sprinkle the breadcrumbs and parmesan. Bake 5 to 10 more minutes until cheese is melted and golden brown and chicken is cooked through. Source: <https://www.theseasonedmom.com/dump-and-bake-skinny-chicken-parmesan-casserole/>



MIND. BODY. SPIRIT.

Tuna Noodle Casserole

- 6 oz. spiral noodles
- 1 tbsp. butter
- 1 medium onion, chopped
- 3 tbsp. flour
- 1 $\frac{3}{4}$ c. fat free chicken broth
- 1 c. 1% milk
- 10 oz. mushrooms, sliced
- 1 c. frozen peas, thawed
- 2 cans (5 oz.) tuna in water, drained
- 4 oz. reduced fat sharp cheddar
- 2 tbsp. parmesan cheese
- 2 tbsp. whole wheat breadcrumbs

Cook noodles until al dente. Preheat oven to 375 degrees, and spray casserole dish with cooking spray. Melt butter on the stove and add onions. Cook until soft, about 5 minutes. Add flour, a pinch of salt – stir. Cook 2 to 3 minutes on medium-low heat. Slowly mix in chicken broth, increase heat to medium, and mix well for 30 seconds. Add milk and bring to a boil. Add mushrooms and peas, and salt and pepper to taste. Simmer on medium for 7 to 9 minutes until mixture thickens. Add tuna and stir one minute. Remove from heat. Add 1 cup cheddar cheese and mix until cheese is melted. Add noodles and stir. Pour mixture into casserole dish and top with parmesan and breadcrumbs. Cook for 25 minutes.

Source: <https://www.skinnytaste.com/skinny-tuna-noodle-casserole/>

Lighten up: Laugh a little!

What do you get when you put three ducks in a box?

A box of quackers!



Abundant Health
The United Methodist Church

MIND. BODY. SPIRIT.

Green Bean Casserole

- 1 bag whole frozen green beans
- 2 tbsp. olive oil, divided
- 1 medium onion, thinly sliced
- 3 tbsp. all-purpose flour
- ¼ tsp salt
- ¼ tsp black pepper
- 2 ½ c. low fat milk
- 1 ½ c. whole wheat breadcrumbs

Preheat oven to 425 degrees. Steam green beans per directions on package. Heat 1 tbsp. olive oil over medium heat. Add onion, cook 5 to 8 minutes until soft and golden brown, stirring frequently. Add flour, salt and pepper and cook 1 more minute – stirring constantly. Add milk and continue stirring and cook about 4 minutes, until thickened. Remove from heat. When the green beans are finished steaming, transfer ½ to a casserole dish and spread half the sauce mixture on top. Add the remaining green beans, and then the remaining sauce. In a small bowl, combine bread crumbs and 1 tbsp. olive oil. Sprinkle mixture on top of casserole dish. Broil until brown and bubbling, up to 5 minutes. Let stand for 10 minutes and serve.

Source: <http://www.eatingwell.com/recipe/250376/healthy-green-bean-casserole/>

Lighten up: Laugh a little!

Where do you go to learn to make ice cream?

Sundae school!



Abundant Health
The United Methodist Church

MIND. BODY. SPIRIT.

DESSERT

Banana Bread

- 4 Bananas, mashed
- 1 egg
- 2 c. whole wheat flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. cinnamon
- 1/3 c. canola oil
- ½ c. orange juice

Combine all dry ingredients and add wet ingredients one at a time. Stir until well combined. Pour into a greased loaf pan. Bake for 45 minutes at 350 degrees.

Source: <https://www.enkiverywell.com/sugar-free-banana-bread.html>

Peanut Butter Brownies

- 1/3 c. creamy peanut butter
- 1 ¼ c chocolate chips – divided, ¾ c. and ½ c.
- 4 eggs
- ½ tbsp. vanilla
- ½ c. white sugar
- 1 c. unsweetened cocoa powder
- ¼ tsp salt
- Melted peanut butter and chocolate chips for drizzling (optional, to taste)

Preheat oven to 350 degrees and grease pan. Melt peanut butter and ¾ c chocolate chips in microwave, stirring every 30 seconds until smooth. Wait 1 minute, add eggs, vanilla and sugar – beating to mix. Stir in cocoa and salt until smooth. Add in remaining chocolate chips and pour into pan. Bake 35 minutes. Allow to cool and drizzle with melted chips.

Source: <http://www.yammiesglutenfreedom.com/2014/02/peanut-butter-brownies-no-flour-butter.html>



MIND. BODY. SPIRIT.

Peach Crumble

Filling:

- 8 ripe peaches, peeled, pitted and sliced
- 2 tbsp. stevia
- 1 tsp. lemon juice
- ½ tsp. cinnamon
- ¼ tsp. salt

Topping:

- ¼ c. brown sugar
- 2 tbsp. white whole wheat flour
- 1 tsp. stevia
- ½ tsp. cinnamon
- 3 tbsp. unsalted butter, cold and diced small
- ½ c. old fashioned rolled oats

Filling: Preheat oven to 375 degrees and grease 9x9in baking dish. Combine all ingredients in a large bowl and pour into baking dish.

Topping: Combine all ingredients and mash butter. Add oats and stir.

Sprinkle topping mix over filling and bake for 25 to 30 minutes, or until top is golden brown and filling is bubbling. Serve warm.

Source: <http://popculture.com/healthy-living/2014/08/20/recipe-skinny-peach-crumble/>

