49er Fresh Fare

A Healthy Cookbook,
For and By the Faculty & Staff of

UNC CHARLOTTE

Advisory Committee to the Chancellor for Employee Health & Wellness
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Introduction

Welcome to the first edition of the 49er Fresh Fare Cookbook; a “potluck” style assortment of recipes from the faculty and staff at UNC Charlotte.

Inside, you will find healthy recipes that were submitted to the Advisory Committee to the Chancellor for Employee Health & Wellness. Now you have a whole collection of healthy recipes at your fingertips.

Enjoy!
Breakfast Dishes
Crunchy Fruity Granola

Ingredients:

- 2 cups gluten-free rolled oats
- 1 cup mixed seeds, raw (sunflower, pumpkin and sesame)
- 1 cup chopped nuts, raw (walnuts, pecans and almonds)
- 1/2 tsp. salt
- 1/2 cup honey
- 1/3 cup extra virgin coconut oil (warm it to liquefy)
- 1 tbsp. vanilla extract
- 1 cup assorted dried fruit  (blueberries, cranberries and raisins)

Directions:

Preheat oven to 350°F and grease a baking sheet. Combine oats, seeds, nuts and salt in bowl. Whisk together honey, oil and vanilla in another bowl, and stir into dry ingredients. Spread on baking sheet. Bake 15-18 minutes, or until golden brown, stirring once or twice during baking. Cool on tray until dry and crunchy. Break into bite-size pieces, and mix in dried fruit. Store in air tight container.

*Sometimes I add a sprinkle of cinnamon after it comes out of the oven. Also, I tend to add a little bit more oats to “stretch” it, so I end up cooking it a tad longer.

Prep Time: 10 minutes
Cook Time: 15 - 18 minutes

Nutrition Information:

The entire batch ranges somewhere between 3,000 - 3,500 calories and 1/3 cup of the granola has around 330 calories. These are good calories - nuts and seeds and coconut oil are great for your heart!

Submitted by: Jules Keith-Le, Learning and Development
Zucchini Frittata

Ingredients:

4 cups thinly sliced unpeeled zucchini
1 cup coarsely chopped onion
Olive oil (enough that the onion and zucchini do not stick to the bottom of a nonstick skillet)
1/2 cup chopped parsley (or 2 tbsp. parsley flakes)
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. garlic powder
1/4 tsp. basil
1/4 tsp. oregano
3 eggs
1 cup shredded cheddar cheese

Directions:

In skillet cook zucchini and onions in olive oil until tender. Stir in parsley and seasonings. In large bowl beat eggs and add cheese. Add zucchini mixture to the eggs and cheese. Pour mixture into a 9” pie pan and bake at 325ºF for 25 minutes. Let stand about 10 minutes before slicing.

Servings: 8
Prep Time: 15 minutes
Cook Time: 25 minutes

Nutrition Information:

Approximately 2 Weight Watchers points per slice.
Appetizers
Roasted Red Pepper Hummus

Ingredients:

15 oz. can garbanzo beans (chick peas), drained
1/3 cup lemon juice
1/3 cup Tahiti paste
1/2 cup red roasted peppers
2 cloves garlic
1/4 tsp. basil

Directions:

Mix ingredients together in a good processor. Serve with fresh vegetables or whole-wheat pita points. It is also good as a sandwich spread and is healthier than mayonnaise!

Submitted by: Kathleen Schumacher, Materials Management
Spinach Dip

Ingredients:

10 ounces fresh baby spinach, steamed until wilted
1 cup plain fat-free yogurt, drained of excess water
4 ounces fat-free cream cheese, softened
1/4 cup grated Parmesan cheese
1/4 cup finely chopped scallions
1 garlic clove, minced
1 tbsp. fresh lemon juice

Directions:

Place wilted spinach in a colander and squeeze out excess water. Chop finely and place in a medium bowl. Stir yogurt and cream cheese together until smooth. Add to spinach. Stir in remaining ingredients and blend thoroughly. Refrigerate until ready to serve. Makes about 2 cups.
Side Dishes
Roasted Potatoes, Carrots, Parsnips, & Brussels Sprouts

Ingredients:
1/3 cup extra-virgin olive oil
3 medium carrots (about 3/4 pound), cut into 1 1/2-inch thick circles
1-1/2 cups Brussels sprouts (about 1/2 pound), halved
4 cups red potatoes (about 1 pound), cut into 1 1/2-inch thick slices
3 medium parsnips (about 1 pound), cut into 1 1/2-inch thick slices
1 cup sweet potatoes (about 1 pound), cut into 1 1/2-inch thick slices
1 tablespoon dried oregano
1 tablespoon dried rosemary
1 teaspoon dried thyme
1 teaspoon dried basil
1/4 teaspoon sea salt
freshly ground black pepper

Directions:
Preheat oven to 400°F. Grease an 11x17-inch baking sheet pan with extra-virgin olive oil. Place vegetables in baking sheet and add the dried herbs, salt and pepper. Toss well, evenly coating all the vegetables with the seasonings and oil. Add more oil if the vegetables seem dry. Spread the vegetables evenly on a large baking sheet. Place on middle rack in oven and bake for 35 to 40 minutes.

Feel free to substitute or add different root vegetables or make any changes to quantities. The roasting method of cooking these vegetables with the olive oil and herbs is what makes them so delicious! Serve with any meat (you could throw some chicken right onto the pan to roast with the vegetables as well), or nix the potatoes and serve on quinoa to add some protein. (Note: adapted from a Food Network recipe.)

Number of Servings: 6
Prep Time: 20 minutes

Submitted by: Laura Williams, Controller’s Office, Financial Services
Orange Jell-O Salad

Ingredients:

2 (3 oz.) packages orange Jell-O (regular or sugar free)  
2 cups boiling water  
1 (6 oz.) can frozen orange juice  
1 (11 oz.) can crushed pineapple (do not drain)  
1 (11 oz.) can mandarin oranges (drained)  
1 cup fat free cool whip  
1 (3 oz.) package instant vanilla pudding  
1 cup milk

Directions:

Dissolve Jell-O mix in water.  
Add orange juice and pineapple.  
In a 7”x12” dish, chill until slightly thickened. Add mandarin oranges and chill until set. Mix milk with pudding and chill until thickened. Fold in cool whip. Spread on top.  
Refrigerate.

Submitted by: Kathleen Schumacher, Materials Management
Potato Salad

Ingredients:

- 4 cups baby red potatoes, cut in small pieces
- 1/2 cup green bell pepper, finely diced
- 1/4 cup red onion, finely diced
- 3 scallions, diced
- 1 tsp. Dijon mustard
- 1 tbsp. extra virgin olive oil
- 1 tbsp. red wine vinegar
- 1 tbsp. reduced fat mayonnaise
- Salt and fresh pepper

Directions:

Boil potatoes in salted water until soft, approximately 10 minutes. Drain and let cool.

While the potatoes are boiling, combine red onion, green pepper, mustard, olive oil, vinegar and mayonnaise and season with salt and pepper. Mix well and let the flavors marinade while the potatoes cook. Once the potatoes are done and cool, mix into the bowl and add scallions and additional salt and pepper to taste. Serve room temperature or refrigerate until ready to serve.

Submitted by: Kathleen Schumacher, Materials Management
Main Dishes
Taco Soup

Ingredients:

1 lb. ground beef or turkey, browned & drained
1 package taco seasoning mix
1 can pinto beans
1 can great white northern beans
1 can kidney beans
1 can white corn, drained
1 can Rotel, mild or hot
1 small can tomato sauce
1 can water (bean can)

Directions:

Brown ground meat and taco seasoning mix. Place everything in large crock pot. Cook on low for 5 or more hours (or on high for 3 hours).

Number of Servings: 12
Prep Time: 12 minutes
Cook Time: 3-5 hours

Nutrition Information:

6 Points Plus Value if you are doing Weight Watchers.
Approximately 3g fat, 249 calories, 23mg cholesterol, 622mg sodium, 39g carbohydrates, 8g dietary fiber, 5g sugar, 19g protein

Submitted by: Leslie Robinson, Center for Wellness Promotion, College of Health and Human Services
Summertime Tortellini Salad

Ingredients:

1 (19-oz.) package frozen cheese tortellini
2 cups asparagus, chopped
2 cups chopped cooked chicken
1/4 cup sliced green olives
1/4 cup sliced black olives
1/4 cup diced red bell pepper
2 tbsp. chopped sweet onion
2 tbsp. chopped fresh parsley
2 tbsp. mayonnaise
1 tbsp. red wine vinegar
1 tsp. herbes de Provence
1/4 cup canola oil
Salt to taste
Garnish: fresh parsley sprigs

Number of Servings: 4
Prep Time: 10 minutes
Cook Time: 10 minutes

Directions:

Cook tortellini according to package directions and add asparagus during last 3 minutes; rinse with cold water and drain. Place in large bowl. Stir in chicken and next 5 ingredients. Whisk together mayonnaise, red wine vinegar, and herbes de Provence. Add oil in a slow, steady stream, whisking constantly until smooth. Pour over tortellini mixture, tossing to coat. Stir in salt to taste. Cover and chill at least 25 minutes. Garnish.

Submitted by: Catherine Johnson, UCAE/Student Success
Pan-Seared Tilapia

Ingredients:

1 medium white onion
1 large tomato
1-1/2 cups of milk
3 tbsp. butter (varies to your taste)
Goya adobo
Goya sazon
(serve with a side of vegetables and brown rice)

Directions:

Dash the Goya adobo on the fish until it is fully covered on both sides. Do the same with the Goya sazon. Dice the onion and tomato in a food processor. Heat the onion and tomato in a pan with butter for about 10 minutes on medium flame. Place the seasoned tilapia inside the pan. Scoop the onion/tomato/butter mixture all over the fish. Cover and cook slowly until the fish is fully cooked. (about 15 - 20 minutes depending on the size of the fish). When done, put the fire on simmer and then add milk. Simmer for about 5 -10 minutes. Serve with a side of veggies and brown rice.

Number of Servings: 4
Prep Time: 10 minutes
Cook Time: 30 minutes

Submitted by: Joshua Anglero, ITS Department
**Tuscan Chicken Pasta**

**Ingredients:**
- 2-3 large skinless chicken breasts (can substitute with fish fillets)
- 1 pound pasta (use whole grain for added nutrition)
- Asparagus
- Sun dried tomatoes
- Spinach
- Mushrooms
- Extra virgin olive oil
- Shredded or fresh mozzarella cheese
- Salt and pepper

**Directions:**
Grill or boil chicken (for added flavor try marinating the chicken in a lemon pepper mix, or your favorite marinade) until meat is not pink and juices run clear.
While chicken is cooking, bring a large pot of water to boil. In a skillet, sauté asparagus, spinach, and mushrooms in olive oil (add enough to ensure veggies are coated and won't stick). A few minutes before vegetables are done, mix in sun dried tomatoes to warm.
When chicken is cooked, and water is boiling, begin cooking pasta.
Chop or shred chicken and chop vegetables, if desired. When pasta is cooked, drain water and stir in vegetables. Serve pasta with chicken on top. Add cheese to taste. For a nice garnish, add a couple sprigs of fresh spinach. Enjoy!

Number of Servings: 6-8
Prep & Cook Time: 30-60 minutes, until chicken is fully cooked.

Submitted by: Jennifer Toth, ITS
Easy Chicken (or Tuna) Pasta

Ingredients:

- 2 cans chicken (or tuna), in water, not oil
- 1 bag frozen mixed veggies
- 1 pound of whole-grain pasta
- Shredded cheese
- Fat-free Italian dressing (to taste)
- For added zest, add one onion and one pepper, chopped

Directions:

- Bring pot of water to boil. Add veggies and pasta. Cook pasta according to box. Drain pasta and veggies. Stir in chicken (or tuna) and dressing. Serve with cheese sprinkled on top.

- For a great summer dinner, cook ahead and allow mixture to cool in refrigerator. Serve chilled.

Number of Servings: 6-8
Prep & Cook Time: approximately 15 minutes

Submitted by: Jennifer Toth, ITS
Vegetarian
Eggplant Lasagna

**Ingredients:**
One average-sized eggplant
A square casserole dish
A bag of crumbled meat substitute
A jar of any brand of tomato sauce
Various Italian seasonings to taste (thyme, basil, oregano, garlic, etc.)
A small container of fat-free ricotta cheese
1 bag part-skim mozzarella cheese

**Directions:**
Pre-heat oven to 325°. Slice the eggplant as thin as possible, salt both sides, and set aside. This allows the eggplant to sweat and tenderize a bit. In a medium pot, warm up sauce and empty the entire bag of substitute meat crumbles into the sauce. In a mixing bowl, empty ricotta cheese and mix with spices to taste. Add half the mozzarella. Put a thin layer of sauce on the bottom of the dish and layer eggplant slices over it. Put another layer of sauce or a layer of the ricotta cheese. Your choice! Keep layering until you either reach the top, or run out of eggplant, but be sure to have enough sauce to spread over the top layer. Spread remaining ricotta and mozzarella evenly over the top. Bake for 30 minutes, or until top is lightly browned.

**Nutrition Information:**
Prep Time: 30 minutes
Cook Time: 30 minutes
Approximately 380 calories per serving.

Submitted by: Rebecca Urquhart, Financial Services
White Bean & Kale Soup
with Goat Cheese Crostini

Ingredients:
4 cups rich broth made with vegetable demi-glace, mushroom demi-glace and saffron, salt and pepper to taste
2 cups local grape tomatoes, halved; or larger local tomatoes cut into chunks (or you may use 1(28-oz) can of Italian tomatoes)
2 tsp. crushed fennel seeds
1/2 tsp. red pepper flakes
2 lbs. Russian kale, sliced into a chiffonade
2 cans cannellini beans, drained and rinsed
4-6 thick slices of French bread
Fruity Tuscan extra virgin olive oil
Goat cheese
Herbs de province

Directions:
Prepare the broth giving it time to reduce and enrich its flavor. Adjust seasoning to taste. At a medium boil, add the halved grape tomatoes, fennel seeds and red pepper flakes and allow to simmer for 20-30 minutes. Add the shredded kale and wilt into the soup. Add the white beans. While soup is simmering spread the bread with olive oil and toast until crispy. Flip the toasts over and spread with goat cheese. Top with a sprinkling of herbs and return to oven to bake the cheese. To serve: Fill bowl with a portion of soup. Top with a goat cheese crostini. (Note: recipe from Heidi Billotto, Charlotte Culinary Expert).

Number of Servings: 4-6
Prep Time: 5-10 minutes
Cook Time: 30-35 minutes

Submitted by: Rebecca MacNair-Semands, Counseling Center
Beans & Rice

Ingredients:

2 cans diced tomatoes
2 cans kidney beans or black beans (or 1 can of each), drained and rinsed
1 can of corn
1 box brown rice

Directions:

Cook rice as directed. Mix tomatoes, beans, and corn together in a pan and heat through. Season with your favorite spices, if desired. Serve over hot rice. Serve with a side of green vegetables for an even more nutritious option.

Number of Servings: 6
Prep Time: 5-10 minutes
Cook Time: 10 minutes

Submitted by:
Susan Brooks, Financial Services, William States Lee College of Engineering
Vegetable Creole

Ingredients:
1 medium-sized eggplant, peeled and chopped
1 medium onion, chopped
1 green bell pepper, chopped
1 package very firm tofu (optional)
2–3 cloves garlic, finely chopped
Approximately 1/4 cup olive oil
6 tbsp. all-purpose flour
2 tsp. chili powder
1/4 tsp. pepper
2 tsp. salt
Crushed red pepper to taste (optional)
4 cups diced tomatoes (1 large can)
Cooked rice

Directions:
If you are using tofu, open package and drain. Cut tofu into one-inch thick slices. Place slices on clean dishcloth or paper towels and press to remove excess water. Repeat process. Once tofu is relatively dry, chop into cubes. Sauté in olive oil over medium heat until tofu is golden brown. Reserve.

Heat olive oil over medium heat. Add eggplant, onion, green pepper and garlic. Sauté until tender. Blend in flour, chili powder, pepper, salt and crushed red pepper. Add diced tomatoes and cook until thick, stirring constantly. Add tofu to pan and simmer uncovered for 20 minutes.

Serve over rice.
(Note: adapted from the Shrimp Creole recipe in Southern Living.)

Submitted by: Stephanie Burns, Conference Services
Mediterranean Vegetable Pasta

Ingredients:
3 ounces uncooked angel hair pasta
1 cup chopped zucchini
1/2 cup chopped mushrooms
1/3 cup chopped green pepper
1/4 cup chopped onion
8-10 asparagus spears
1 garlic clove, minced
2 teaspoons olive oil
1 cup Italian diced tomatoes, almost drained
1/8 teaspoon pepper
2-3 dashes seasoned salt
Shredded low-skim mozzarella
1 tablespoon shredded Parmesan cheese

Directions:
Cook pasta according to package directions. Meanwhile, in a large skillet, sauté the zucchini, mushrooms, green pepper, onion, asparagus, and garlic in oil until vegetables are crisp-tender. Stir in the tomatoes and pepper; heat through. Drain pasta; divide between two plates. Top with vegetable mixture and cheeses.

Nutrition Information (for 2 cups):
321 calories, 9g fat (2g saturated fat), 7mg cholesterol, 800mg sodium, 49g carbohydrate, 4g fiber, 12g protein; or 6 points Weight Watchers.
Non-Stop,
No-Chop Chili

Ingredients:
3/4 pound ground round or ground turkey, 93% lean
2 cups water
1 cup of frozen corn
2 tbsp. chili powder
1 tbsp. sugar
2-1/2 tsp. ground cumin
1-1/2 tsp. dried Oregano
1/4 tsp. Salt
16 oz. chili beans, not drained
14-1/2 oz. no salt added diced tomatoes, not drained
1 cup salsa

Directions:
Cook ground round in a large Dutch oven coated with cooking spray
over medium high heat for 4 minutes or until beef is browned, stirring
occasionally. Stir in water and remaining ingredients, and bring to a
boil. Reduce heat, and simmer 25 minutes.

Number of Servings: 6

Nutrition Information:
254 Calories (28% from fat); fat 8g; protein 18g.

Submitted by: Karen Richardson, Police & Public Safety, University College
Chicken Tortilla Soup

Ingredients:

- 4 chicken breast halves or 2 cans chicken
- 2 (15 oz.) cans black beans – not drained
- 2 (15 oz.) cans Mexican stewed tomatoes or Rotel tomatoes
- 1 cup salsa (mild, medium, or hot)
- 1 (14 ½ oz.) can of tomato sauce
- tortilla chips
- 2 cups grated cheese

Directions:

Combine all ingredients except chips and cheese in large slow cooker. If you do not have a slow cooker, cook in a Dutch oven. Cover and cook on low for 8 hours. Just before serving, remove chicken and slice into bite-size pieces. Stir into soup. Serve w/ chips and cheese.

Prep Time: 10 minutes
Cook Time: 8 hours

Submitted by: Kathleen Schumacher, Materials Management
Potato Soup

Ingredients:

1 (28 oz.) bag of Ore-Ida Potatoes O’Brien
2 (14 oz.) cans of fat free chicken broth
1 package of Pioneer Brand Country Gravy Mix (regular or fat free)

Directions:

Cook potatoes with chicken broth. Bring to boil and simmer 15 minutes. Mix gravy mix with 2 cups of hot water. After mixing gravy mix and water, add to potatoes. Simmer until thickened.

Submitted by: Kathleen Schumacher, Materials Management
Quick & Easy Chicken in Wine

Ingredients:

3 whole chicken breasts, cut in half, skin and fat removed.
1 tbsp. oil
3 onions, quartered
1 can (8 oz.) sliced mushrooms, not drained
1/2 cup dry wine
2 tbsp. chopped fresh parsley
1/2 bay leaf
3/4 tsp. garlic powder
1 tsp. salt
1/2 tsp. pepper
1/2 cup water
2 cups sliced carrots

Directions:

Brown chicken in oil. Drain off fat. Add remaining ingredients to skillet. Cover and simmer over low heat for 30 minutes or until chicken is tender, adding more water if needed. Remove cover and continue cooking until most of the liquid has evaporated and mixture is thick.

Servings: 6
Prep time: 10 minutes
Cook time: 40 minutes

Submitted by: Kathleen Schumacher, Materials Management
Spicy Chicken with Fire Roasted Tomatoes

Ingredients:

- 4 chicken breasts
- Salt
- Pepper
- Chili powder
- 2 cans of green beans
- 1 can of fire roasted tomatoes
- 1 can of tomatoes with green chilies

Directions:

Sprinkle chicken breasts with salt, pepper, and chili powder. Brown chicken on both sides. Add green beans (do not drain), fire roasted tomatoes, and tomatoes with green chilies. Cook until the juice is cooked down.

Submitted by: Kathleen Schumacher, Materials Management
Stuffed Peppers

Ingredients:

3 whole bell peppers, cut in half
1 pound ground beef
1 (15 oz.) can diced tomatoes
1 (8 oz.) can tomato sauce (rinse out can with water and add to mixture)
1 tsp. salt
Pepper, to taste
1 tsp. sugar
2 slices toasted bread

Directions:

Preheat oven to 325°F. Parboil peppers in microwave covered with plastic wrap for about 5 minutes. Mix together other ingredients and simmer for about 30 minutes. Fill halves of peppers with mixture and pour the remaining liquid over peppers. Crumble toasted bread and spread over peppers. Bake uncovered for 1 hour.

Prep time: 40 minutes
Cook time: 1 hour

Submitted by: Kathleen Schumacher, Materials Management
Tomato-Basil Fettuccine

**Ingredients:**
- 2 whole chicken breasts
- 8 oz. uncooked fettuccine
- 1/8 tsp. crushed red pepper flakes
- 1 tbsp. butter
- 1 onion, chopped
- 1 can (14-1/2 oz.) diced tomatoes, not drained
- 1/4 tsp. salt
- 1/3 cup fat free evaporated milk
- 1/4 cup chopped fresh basil (or 2 tbsp. dried basil)
- 2 tbsp. grated Parmesan cheese

**Directions:**
Cut chicken into cubes and brown in butter, salt, and pepper. Remove chicken from pan. Cook fettuccine according to package directions. Meanwhile, in a large nonstick skillet, sauté onion and red pepper flakes in butter until onion is tender. Add tomatoes and salt. Cook and stir over medium-high heat until most of the liquid has evaporated. Remove from heat and let stand for 1 minute. Gradually whisk in evaporated milk. Drain fettuccine and place in a large bowl. Add basil, Parmesan, and tomato mixture. Toss to coat. Serve with chicken.

Servings: 4

Submitted by: Kathleen Schumacher, Materials Management
Desserts
Cookie Fluff

Ingredients:

1 package of reduced fat chocolate chip cookies
2 packages of white chocolate sugar free pudding
16 oz. of cool whip

Directions:

Prepare pudding as directed on package. After the pudding has thickened, add the cool whip to pudding. Put milk in a small bowl and dip cookies in milk. Layer the cookies in pan, add the pudding mixture. Continue layering cookies and pudding. Leave enough cookies to sprinkle crumbs on top.

Submitted by: Kathleen Schumacher, Materials Management
Beverages
Rainbow Smoothie

Ingredients:

1 scoop unflavored whey protein
1 tbsp. almond butter (no sugar added)
1 cup blueberries
1 frozen and sliced banana
5 sliced baby carrots
2 big handfuls of raw kale (cleaned and stems removed)
1 cup of water
1/4 cup crushed ice (optional)

Directions:

Put all ingredients in a blender or a smoothie maker and blend until smooth. Pour in a glass and enjoy immediately, or stick it in the refrigerator or the freezer for later.

Number of Servings: 1
Prep Time: 10 minutes

Nutrition Information:

442 calories, 12.9g fat, 3g saturated fat, 141mg sodium, 65.5g carbohydrates, 25.3g protein

With all the protein and carbohydrates this smoothie can act as a healthy breakfast, too!

Submitted by: Leigh Robbins, History Department, College of Liberal Arts & Sciences
He who takes medicine and neglects to diet wastes the skill of his doctors.

-Chinese Proverb