



your  
member-exclusive  
recipe collection

 healthified table

the recipes you love, made healthier!

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just one of  
the perks...

Enjoy a delicious collection of our favorite healthified recipes. Print it out & keep it handy in your kitchen for healthy inspiration anytime!



## what is healthified?

We make the recipes you love healthier by subtracting or substituting key ingredients. Just look for recipes with the Healthified icon throughout our emails and at [EatBetterAmerica.com](http://EatBetterAmerica.com).



# breakfast

## healthified monkey bread

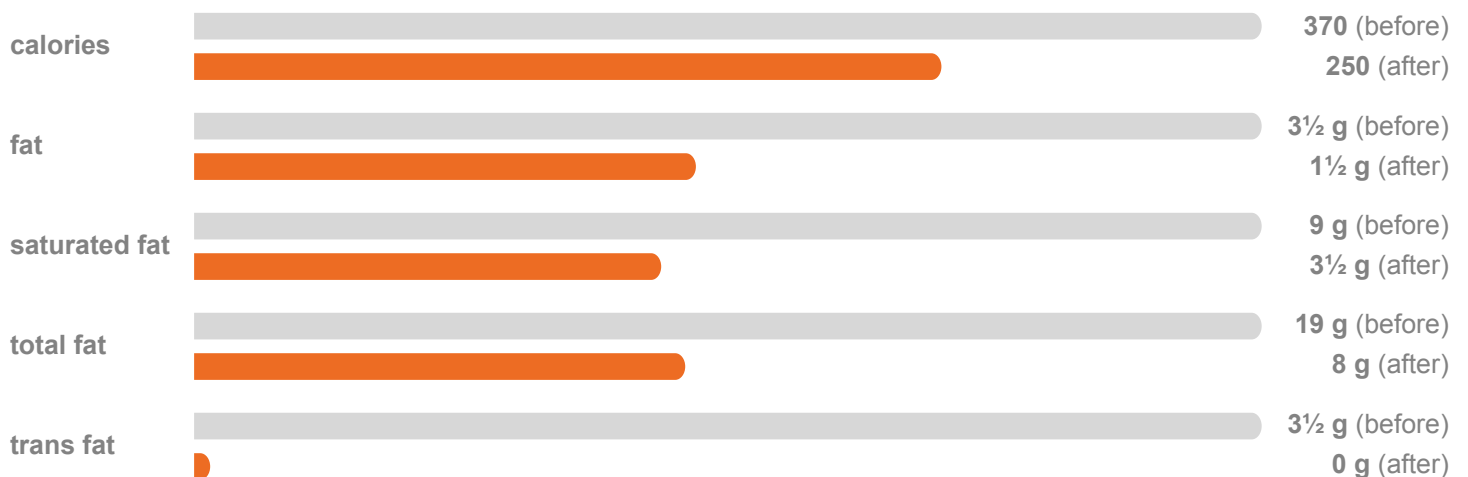
- $\frac{1}{4}$  cup sugar
- 2 teaspoons ground cinnamon
- 2 cans (16.3 oz each) Pillsbury® Grands!® Homestyle refrigerated reduced-fat buttermilk biscuits
- $\frac{1}{2}$  cup chopped pecans or walnuts
- $\frac{3}{4}$  cup fat-free caramel topping
- 2 teaspoons vanilla



### directions

- 1 Heat oven to 350°F. Spray 12-cup fluted tube cake pan with cooking spray.
- 2 In 1-gallon resealable food-storage plastic bag, mix sugar and cinnamon. Separate both cans of dough into 16 biscuits. Cut each biscuit into quarters. Add biscuit pieces to sugar mixture. Seal bag; shake to coat. Layer biscuit pieces and pecans in pan.
- 3 In small bowl, mix caramel topping and vanilla. Pour over biscuit pieces.
- 4 Bake 40 to 45 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Invert onto serving plate. Serve warm.

### nutritional highlights





# healthified banana nut bread

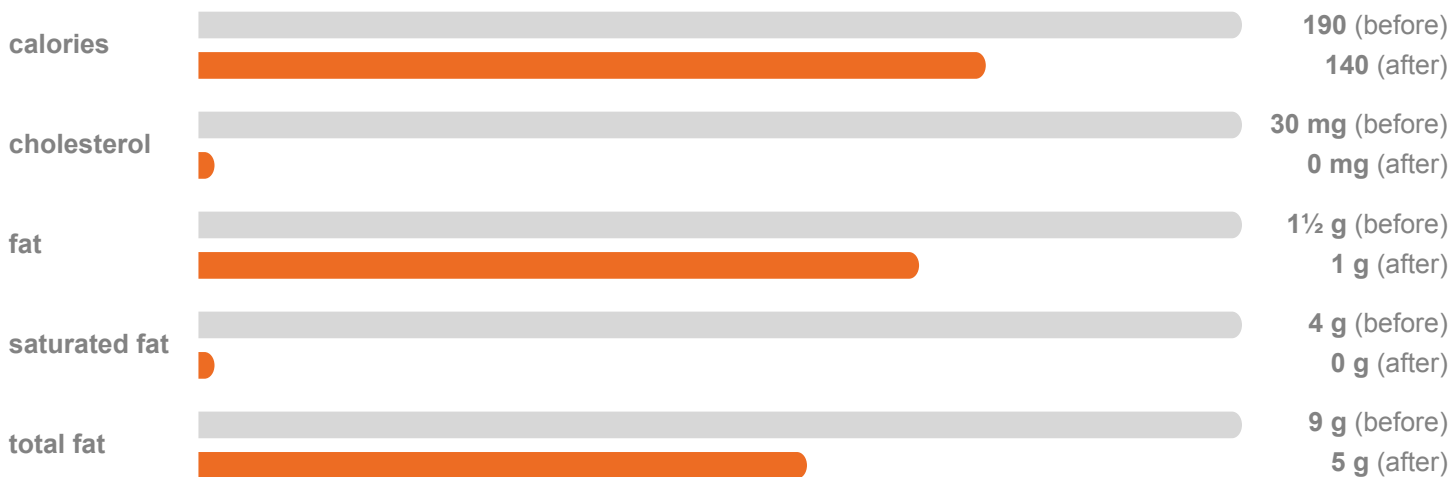
- 1½ cups Gold Medal® whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¾ cup sugar
- ¼ cup canola oil
- 2 egg whites
- 1 cup mashed ripe bananas (2 large)
- ¼ cup fat-free (skim) milk
- 1 teaspoon vanilla
- ¼ cup chopped walnuts or pecans, toasted

## directions

- 1 Heat oven to 350°F. Grease bottom only of 8x4-inch or 9x5-inch loaf pan with shortening, or spray with cooking spray. In medium bowl, mix flour, baking powder, baking soda, salt and cinnamon.
- 2 In large bowl, beat sugar, oil, egg whites, bananas, milk and vanilla until well blended. Stir in flour mixture until well blended. Stir in walnuts. Spoon into pan.
- 3 Bake 8-inch loaf 55 to 62 minutes, 9-inch loaf 45 to 52 minutes, or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Cool completely, about 1 hour, before slicing.



## nutritional highlights



# appetizers

## healthified spinach dip with artichokes



**total fat**  **16 g (before)**  
**8 g (after)**

- 4** cups lightly packed fresh baby spinach leaves (4 oz)
- 1** package (8 oz) 1/3-less-fat cream cheese (Neufchâtel), softened
- 1/4** cup reduced-fat mayonnaise
- 4** tablespoons shredded Parmesan cheese (1 oz)
- 1/4** cup fat-free (skim) milk
- 2** cloves garlic, finely chopped
- 1** teaspoon dried basil leaves
- 1** can (14 oz) artichoke hearts, drained, chopped

### directions

- 1** Heat oven to 350°F. Spray 1-quart shallow glass baking dish or 9-inch glass pie plate with cooking spray.
- 2** Place spinach in 2-quart microwavable casserole; add 1/4 cup water. Cover; microwave on High 2 minutes. Drain well, pressing spinach with paper towels to remove excess liquid. Chop spinach.
- 3** In large bowl, beat cream cheese with spoon until smooth. Beat in mayonnaise, 3 tablespoons of the Parmesan cheese, the milk, garlic and basil until well blended. Stir in spinach and artichokes. Spread evenly in baking dish. Sprinkle with tablespoon cheese.
- 4** Bake 20 to 25 minutes or until thoroughly heated. Serve with baguette slices or raw vegetables.

## healthified buffalo chicken dip



**calories**  **210 (before)**  
**110 (after)**

- 1** package (8 oz) 1/3-less-fat cream cheese (Neufchâtel), softened
- 1/2** cup fat-free ranch dressing
- 1/3** cup buffalo wing sauce
- 2** tablespoons water
- 1 1/2** cups shredded cooked chicken breast
- 1** cup shredded reduced-fat Colby-Monterey Jack cheese blend or reduced-fat Cheddar cheese (4 oz)
- 2** tablespoons chopped green onions (2 medium)
- Whole grain crackers or celery sticks, if desired

### directions

- 1** Heat oven to 350°F. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Beat in dressing, buffalo wing sauce and water until blended. Stir in chicken and cheese. Spread in ungreased 1-quart baking dish or 9-inch pie plate; cover with foil.
- 2** Bake 30 to 35 minutes or until hot and bubbly. Stir; top with onions. Serve hot with crackers or celery sticks.

# soup & salad

## healthified southwestern salad

- 2** 6-inch corn tortillas  
Nonstick cooking spray
- 1** box (9 oz) Green Giant® Simply Steam® Niblets® frozen corn
- ½** cup fat-free sour cream
- ¼** cup snipped fresh cilantro
- 2** tablespoons fat-free milk
- 1** teaspoon olive oil
- 1** clove garlic, minced
- ½** teaspoon chili powder
- ½** teaspoon finely shredded lime peel
- ¼** teaspoon salt
- ¼** teaspoon black pepper
- 6** cups torn romaine lettuce
- 4** plum tomatoes, chopped (2 cups)
- 1** can (15 oz) Progresso® black beans, rinsed and drained
- ½** cup shredded reduced-fat cheddar cheese (2 ounces)
- 1** avocado, halved, pitted, peeled, and chopped  
Snipped fresh cilantro (optional)

### directions

- 1** Preheat oven to 350°F. Cut tortillas into 1/2-inch-wide strips; place in a 15x10x1-inch baking pan. Coat tortillas lightly with cooking spray. Bake for 15 to 18 minutes or just until crisp, stirring once. Cool on a wire rack.
- 2** Meanwhile, prepare corn according to package directions. Cool.
- 3** For dressing: In a small bowl, stir together sour cream, the 1/4 cup cilantro, the milk, oil, garlic, chili powder, lime peel, salt, and pepper.
- 4** Place lettuce in a large glass serving bowl. Top with tomatoes, beans, cooled corn, cheese, and avocado. Add dressing and sprinkle with tortilla strips. If desired, garnish with additional cilantro.



### nutritional highlights

calories		300 (before) 240 (after)
fat		3 g (before) 1½ g (after)
vitamin a (%dv)		30 (before) 110 (after)
cholesterol		20 mg (before) 10 mg (after)
total fat		17 g (before) 9 g (after)



# healthified italian sausage soup



fat  18 g (before)  
3½ g (after)

- 2 slices bacon
- ½ lb lean Italian turkey sausage, casings removed
- 2 large russet potatoes, cut into 1/2-inch cubes
- 1 large onion, chopped (1 cup)
- 2 cloves garlic, finely chopped
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon crushed red pepper flakes
- 4 cups water
- 3½ cups Progresso® reduced-sodium chicken broth (from 32-oz carton)
- 4 cups chopped fresh kale or Swiss chard leaves
- 1 can (15 or 19 oz) cannellini beans, drained, rinsed
- 1 cup fat-free half-and-half or regular half-and-half

## directions

- 1 In 4-quart nonstick saucepan or Dutch oven, cook bacon until crisp; drain on paper towel. Crumble bacon; set aside. Remove and discard drippings from saucepan.
- 2 In same saucepan, cook sausage over medium-high heat 6 to 8 minutes, stirring frequently, until no longer pink. Drain well on paper towels; set aside.
- 3 In same saucepan, mix potatoes, onion, garlic, Italian seasoning, salt, pepper, pepper flakes, water and broth. Heat to boiling. Reduce heat to low; cook uncovered about 10 minutes, stirring occasionally.
- 4 Stir in bacon, sausage, kale and beans. Cook 10 to 15 minutes, stirring occasionally, until potatoes and kale are tender. Stir in half-and-half; cook just until heated.

# healthified crunchy asian salad



saturated fat  2½ g (before)  
½ g (after)

## dressing

- ⅓ cup canola oil
- ⅓ cup rice vinegar
- 3 tablespoons sugar
- ¾ teaspoon salt
- ½ teaspoon pepper

## salad

- 1 package (3 oz) ramen noodle soup mix (any flavor)
- 1 bag (16 oz) coleslaw mix (shredded cabbage and carrots)
- 8 medium green onions, sliced (½ cup)
- ½ cup sliced almonds (2 oz)
- 1 medium red bell pepper, cut into 1x1/8-inch strips
- 2 seedless oranges, peeled, coarsely chopped (1½ cups)
- 2 cups coarsely chopped fresh baby spinach leaves

## directions

- 1 In large bowl, beat dressing ingredients with wire whisk until sugar is dissolved and mixture is well blended.
- 2 Break up ramen noodles in bag before opening. Discard seasoning packet from soup package. Add noodles and all remaining salad ingredients except oranges and spinach to dressing; toss to mix well. Stir in oranges and spinach. Serve immediately or refrigerate up to 8 hours.

# main dishes

## healthified skillet lasagna

- 1 lb extra-lean (at least 93%) ground beef
- 1 small onion, chopped (1/3 cup)
- 2 cloves garlic, finely chopped
- 1 jar (25.5 oz) Muir Glen® organic Italian herb pasta sauce
- 1½ cups water
- 1 tablespoon ketchup
- 3 cups (6 oz) uncooked mini-lasagna noodles (mafalda)
- ½ cup chopped green bell pepper
- 1 teaspoon dried basil leaves
- 1 cup shredded reduced-fat Italian cheese blend (4 oz)

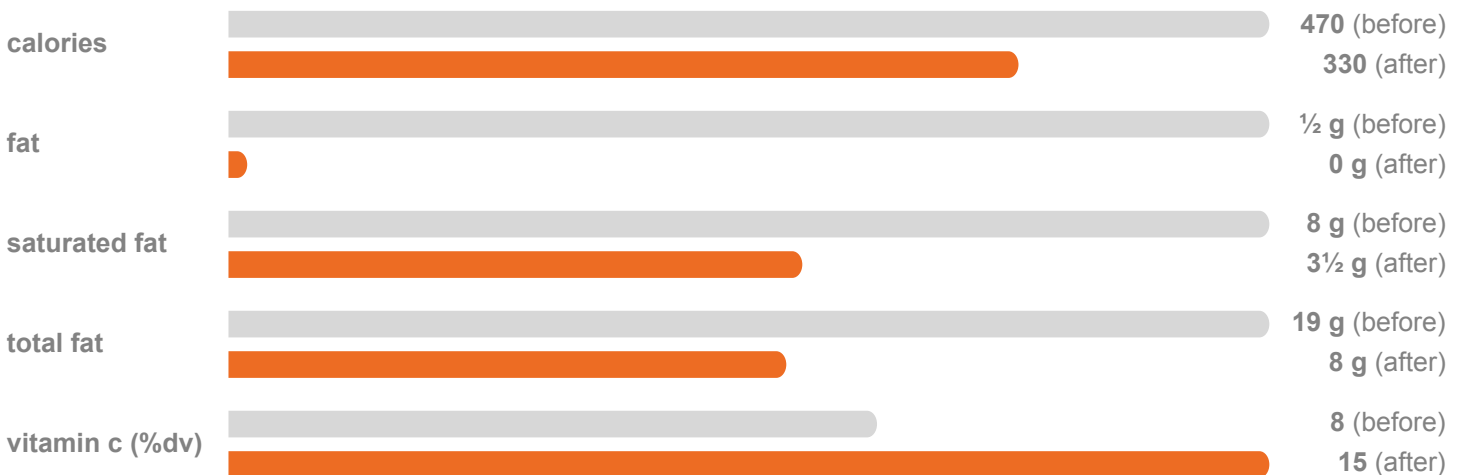


### directions

- 1 In 12-inch nonstick skillet, cook ground beef, onion and garlic over medium-high heat for 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- 2 Stir in remaining ingredients except cheese. Heat to boiling. Reduce heat to low; simmer uncovered 10 to 12 minutes, stirring occasionally. Sprinkle with cheese.



### nutritional highlights





# healthified garlic shrimp pasta



calories 440 (before)  
300 (after)

- 8 oz uncooked multigrain angel hair (capellini) pasta or spaghetti
- 4 cups fresh baby spinach leaves
- 1½ cups halved cherry tomatoes
- 3 teaspoons olive oil
- 1 medium onion, finely chopped (1/2 cup)
- 1½ lb fresh medium shrimp, peeled, deveined and tail shells removed
- 3 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper flakes
- ½ cup dry white wine or Progresso® reduced-sodium chicken broth (from 32-oz carton)
- ¼ cup Progresso® reduced-sodium chicken broth (from 32-oz carton)
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons chopped fresh parsley
- 2 tablespoons butter

## directions

- 1 In 5-quart saucepan or Dutch oven, cook pasta as directed on package. Drain; return to saucepan. Stir in spinach, tomatoes and 2 teaspoons of the oil. Cover to keep warm.
- 2 While pasta is cooking, in 12-inch nonstick skillet, heat remaining 1 teaspoon oil over medium-high heat. Add onion; cook and stir 1 minute. Add shrimp, garlic and pepper flakes; cook and stir 2 minutes.
- 3 Stir in wine, broth, salt and pepper; cook 2 minutes or until shrimp are pink and firm. Remove from heat; stir in parsley and butter until butter is melted. Add shrimp mixture to pasta mixture in saucepan; toss to mix.

# healthified fettuccine alfredo



saturated fat 21 g (before)  
6 g (after)

- 1 lb uncooked fettuccine
- 2 cups whole milk
- 1 tablespoon Gold Medal® all-purpose flour
- ¼ teaspoon salt
- 1 Dash freshly ground black pepper
- 1 Dash ground red pepper (cayenne)
- 2 tablespoons butter
- 2 teaspoons finely chopped garlic
- 2 oz 1/3-less-fat cream cheese (Neufchâtel)
- ⅔ cup grated Parmesan or Romano cheese
- 2 tablespoons chopped fresh parsley

## directions

- 1 Cook fettuccine as directed on package, omitting salt. Drain; return to saucepan. Cover to keep warm; set aside.
- 2 Meanwhile, in medium bowl, stir milk, flour, salt, black pepper and red pepper with wire whisk until smooth. In 2-quart saucepan, melt butter over medium-low heat. Add garlic; cook 1 minute, stirring constantly (do not burn). With wire whisk, stir milk mixture into butter mixture in saucepan. Cook and stir over medium heat 6 to 8 minutes or until mixture thickens and boils.
- 3 Stir in cream cheese until melted. Stir in Parmesan cheese until melted. Pour over fettuccine; toss to coat. Sprinkle with parsley.

# healthified homemade pizza

## crust

- 1⅓ cups Gold Medal® all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup fat-free (skim) milk
- 2 tablespoons olive oil

## topping

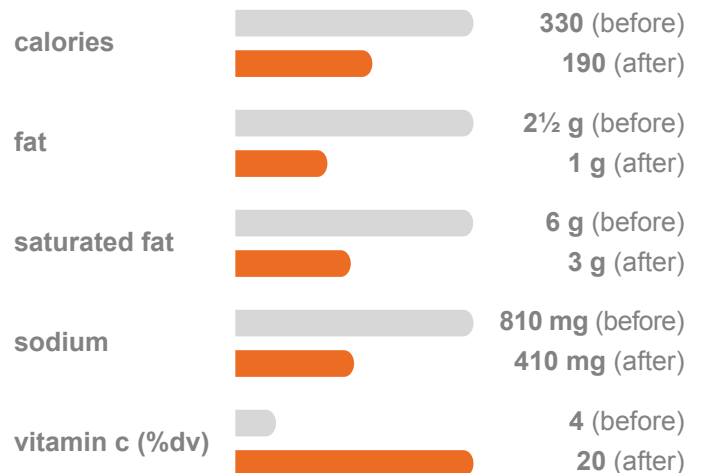
- 1½ cups shredded reduced-fat mozzarella cheese (6 oz)
- 1 can (14.5 oz) Muir Glen® organic diced tomatoes, drained
- 1 cup fresh baby spinach leaves, coarsely chopped
- 1 cup yellow or green bell pepper strips
- ¼ teaspoon dried oregano leaves
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper
- 2 tablespoons freshly shredded Parmesan cheese

## directions

- 1 Heat oven to 400°F. In medium bowl, mix flour, baking powder and salt. Stir in milk and oil until soft dough forms. (If dough is dry, stir in 1 to 2 tablespoons additional milk.) On lightly floured surface, knead dough 10 times. Shape dough into ball. Cover with bowl; let stand 10 minutes.
- 2 Place dough on ungreased cookie sheet; flatten slightly. Roll out to 12-inch round. Bake 8 minutes.
- 3 Sprinkle mozzarella cheese over crust; top with remaining topping ingredients. Bake 15 to 20 minutes or until crust is light golden brown and cheese begins to brown. Cut into wedges to serve.



## nutritional highlights



# desserts

## healthified turtle ice cream cake

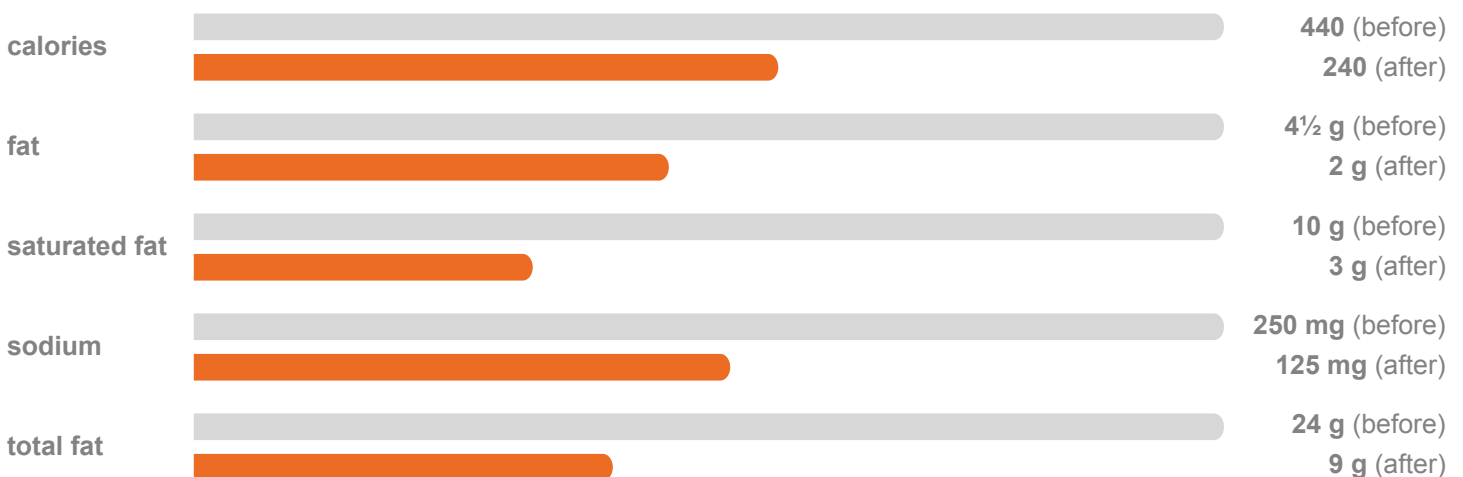
- 10 chocolate wafer cookies, finely crushed (½ cup)
- 1 tablespoon no-trans-fat 68% vegetable oil spread stick, melted
- 3 cups reduced-fat chocolate ice cream, slightly softened
- ½ cup fat-free hot fudge topping
- ⅔ cup chopped pecans
- 3 cups vanilla reduced-fat ice cream, slightly softened
- ¼ cup fat-free caramel topping, to serve



### directions

- 1 In small bowl, mix wafer cookie crumbs and melted vegetable oil spread until crumbly. Press gently and evenly in bottom of ungreased 9-inch springform pan. Freeze 30 minutes.
- 2 Drop chocolate ice cream by small spoonfuls over crust; carefully spread until smooth. Freeze 1 hour or until firm.
- 3 Spoon and carefully spread fudge topping over ice cream. Sprinkle with 1/3 cup of the pecans; press lightly. Freeze 1 hour or until firm.
- 4 Drop vanilla ice cream by small spoonfuls over pecan layer; carefully spread until smooth. Sprinkle with remaining 1/3 cup pecans. Cover; freeze at least 8 hours or overnight.

### nutritional highlights



# healthified chocolate chip cookies



**saturated fat**  3 1/2 g (before)  
2 g (after)

- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1/2 cup butter, softened
- 1/2 cup canola oil
- 1 teaspoon vanilla
- 1 egg
- 2 cups Gold Medal® whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup miniature semisweet chocolate chips

## directions

- 1 Heat oven to 375°F. In large bowl, beat sugars, butter, oil, vanilla and egg with electric mixer on low speed until blended. Beat in flour, baking soda and salt until well blended. Stir in chocolate chips.
- 2 On ungreased cookie sheet, drop dough by rounded measuring tablespoonfuls about 2 inches apart.
- 3 Bake 7 to 9 minutes or until very light golden brown (centers will be soft). Cool 1 minute; remove from cookie sheet to cooling rack.



# healthified mini chocolate cheesecakes



**fat**  22 1/2 g (before)  
9 g (after)

- 12 foil baking cups
- 12 thin chocolate wafer cookies (from 9-oz package), crushed (2/3 cup)
- 12 oz 1/3-less-fat cream cheese (Neufchâtel), softened
- 3/3 cup sugar
- 2 teaspoons vanilla
- 1/4 cup unsweetened baking cocoa
- 1 whole egg
- 1 egg white
- 1 oz bittersweet or semisweet baking chocolate, melted
- 1/3 cup fat-free hot fudge topping
- Fresh raspberries, if desired

## directions

- 1 Heat oven to 325°F. Place foil baking cup in each of 12 regular-size muffin cups. With back of spoon, firmly press slightly less than 1 tablespoon cookie crumbs in bottom of each foil cup.
- 2 In large bowl, beat cream cheese with electric mixer on medium speed until creamy. Beat in sugar and vanilla until fluffy. Beat in cocoa. Beat in whole egg and egg white until well blended. Stir in melted chocolate. Divide cheese mixture evenly among crumb-lined foil cups.
- 3 Bake 28 to 32 minutes or until set. Cool in pan on cooling rack 15 minutes. Remove cheesecakes from pan; cool 15 minutes longer. Refrigerate about 1 hour or until chilled.
- 4 To serve, carefully remove foil baking cups. Spread fudge topping on cheesecakes. Garnish with raspberries. Store cheesecakes covered in refrigerator.

# healthified strawberries and cream pie

## directions

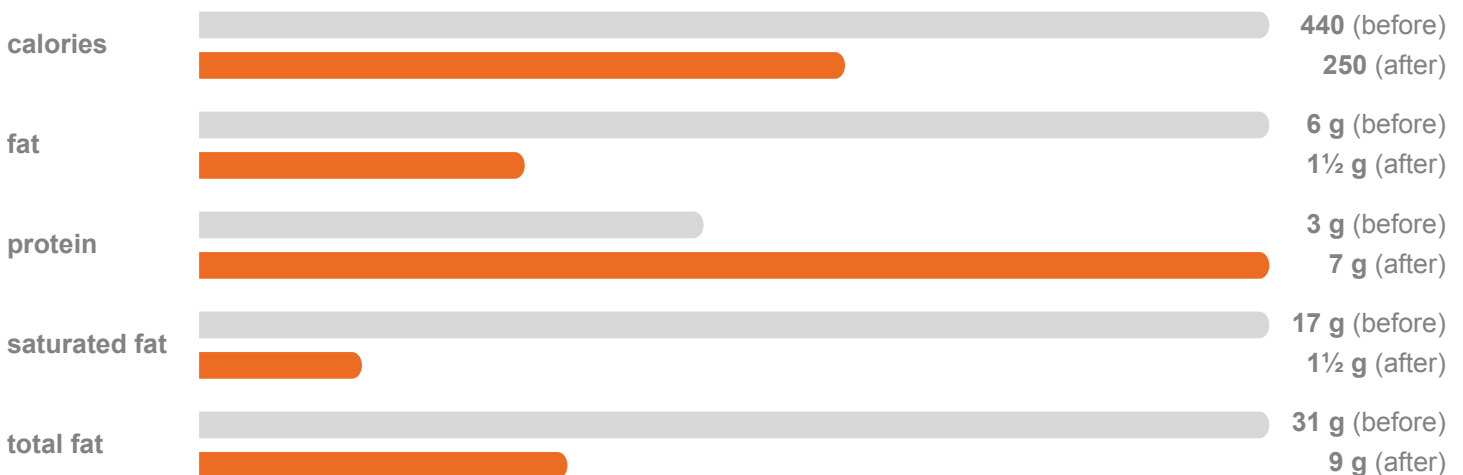
- 1 Heat oven to 425°F. In medium bowl, mix flour, salt and 1/4 cup oil with fork until mixture is consistency of coarse crumbs. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all water is absorbed and dough sticks together.
- 2 Gather dough into a ball; flatten to 4-inch round. Place between sheets of waxed paper. With rolling pin, roll dough into 12-inch round. Remove top sheet of waxed paper. Carefully transfer dough round to 9-inch glass pie plate; remove waxed paper. Gently press in bottom and up side of plate, being careful not to stretch dough.
- 3 Fold and roll edge under, even with plate; flute edge. Prick bottom and side of dough thoroughly with fork. Bake 15 to 18 minutes or until light golden brown. Cool completely, about 30 minutes.
- 4 In large bowl, beat cream cheese with electric mixer on high speed 30 to 60 seconds or until fluffy. Beat in sugar until blended. Add yogurt, vanilla and almond extract; beat on low speed 30 to 60 seconds until well blended and smooth. Fold in whipped topping just until blended. Spoon into cooled crust; spread gently to edge. Refrigerate at least 4 hours or until chilled.
- 5 Cut pie into 8 servings. Top each serving with strawberries, pointed ends up. In small microwavable bowl, microwave chocolate chips and 1/2 teaspoon oil on High 30 to 45 seconds or until chips can be stirred smooth. Drizzle chocolate over strawberries.



- 1 1/3 cups Gold Medal® all-purpose flour
- 1/4 teaspoon salt
- 1/4 cup canola oil
- 3 tablespoons cold water
- 1 package (8 oz) fat-free cream cheese or 1/3-less-fat cream cheese (Neufchâtel), softened
- 2 tablespoons sugar
- 1 container (6 oz) Yoplait® Original 99% Fat Free French vanilla yogurt
- 1/2 teaspoon vanilla
- 1/4 teaspoon almond extract
- 1 cup frozen (thawed) fat-free whipped topping
- 4 cups fresh whole strawberries
- 2 tablespoons semisweet chocolate chips
- 1/2 teaspoon canola oil



## nutritional highlights



# healthified key lime pie bars

- 6** squares low-fat honey graham crackers, finely crushed (1/2 cup)
- 2** tablespoons butter, melted
- 1** teaspoon sugar
- 1** package (4-serving size) sugar-free lime-flavor gelatin
- 3/4** cup boiling water
- 1** container (16 oz) fat-free cottage cheese
- 1** package (8 oz) fat-free cream cheese, softened
- 1** container (8 oz) frozen fat-free whipped dessert topping, thawed
- Key limes or limes, cut in wedges (optional)



## directions

- 1** In a small bowl, combine crushed graham crackers, butter, and sugar. Press crumb mixture in the bottom of a 2-quart square baking dish. Refrigerate while preparing filling.
- 2** In a large bowl, combine gelatin and the boiling water. Stir until gelatin is dissolved. Set aside.
- 3** In a blender or food processor, combine cottage cheese and cream cheese. Cover and blend or process until smooth, stopping several times to scrape sides of container. Whisk 1/2 cup of the cottage cheese mixture into the gelatin mixture. Whisk in remaining cottage cheese mixture until smooth. Fold in whipped dessert topping. Spoon filling over chilled crumb mixture.
- 4** Cover and refrigerate for 8 to 24 hours or until filling is firm. To serve, cut into squares and top with lime wedges, if desired.



## nutritional highlights

