

Peanut Butter Fluff



INGREDIENTS

2/3 cup peanut butter

1 6-ounce container of CarbMaster vanilla yogurt

DIRECTIONS

- Mix both ingredients.
- Transfer to a serving dish to share and enjoy with Honey Crisp or apple wedges.

Red, White and Blue Parfait



INGREDIENTS

1/2 cup of blueberries

1/2 cup of CarbMaster vanilla yogurt

1/2 cup of diced strawberries

Dollop of whip cream

DIRECTIONS

- Layer blueberries, yogurt and strawberries in a dish.
- Garnish with a dollop of whip cream.
- Enjoy!

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Squash Dressing

COOKING TIME: 30 MIN

Ingredients

2 cups cooked squash

2 cups cooked cornbread

2 eggs

1 medium onion finely diced

2 tablespoons melted butter

1 can low-sodium cream of chicken soup

2 teaspoons of ground sage

1 teaspoon of salt

1/2 teaspoon of pepper

Directions

1. Combine all ingredients in a pan.
2. Bake for 30 minutes in a 350° oven.
3. Enjoy!



Turkey Chili With Vegetables

Ingredients

- 1 medium onion
- 2 medium carrots
- 3 cloves garlic
- 1 large green bell pepper
- 1 (15.5 ounces) can of red or white kidney beans, no salt added
- 1 tablespoon canola oil
- 1 pound ground turkey
- 2 (14.5 ounces) cans of diced tomatoes, no salt added
- 1 cup of water
- 3 tablespoons of chili powder
- 1 tablespoon of ground cumin
- 3/4 teaspoon of salt

Directions

1. Rinse and peel onion and carrots. Peel garlic.
2. Rinse bell pepper. Remove core and seeds.
3. Dice onion, carrots and bell pepper. Mince garlic.
4. If using lime, rinse now. Cut into wedges.
5. In a colander, drain and rinse beans
6. In a large pot over medium-high heat, heat oil. Add turkey and brown.
7. Add onion, carrots, bell pepper and garlic to pot. Cook until onions are soft and carrots are somewhat tender. This should take about 5 minutes.
8. Add beans, tomatoes, water, chili powder and cumin to pot. Season with salt.
9. Lower heat to medium. Cook until all flavors have blended. This should take about 15 minutes.
10. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. To each serving with 1 tablespoon of yogurt.

Optional Ingredients

- 1 medium lime
- 2/3 cup low-fat plain yogurt

Nutrition Facts

Serving Size 1 1/4 cups	
Servings Per Recipe 6	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 480mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 8g	29%
Sugars 6g	
Protein 22g	
Vitamin A 100%	Vitamin C 70%
Calcium 8%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.