

Stuffed Cherry Tomatoes

- 20 cherry tomatoes
- 10 black olives, chopped
- 1/2 c. feta cheese, crumbled
- 1 tsp. olive oil.
- 1/2 c. frozen spinach, thawed and drained

Cut off and discard bottom of tomatoes so that they sit evenly. Remove the stem, seeds and pulp from each tomato. Set aside. In a medium bowl, combine olives, feta cheese, olive oil and spinach. Mix well. Refrigerate for one hour. Place 1 tsp. of refrigerated mixture into each tomato. Serve at room temperature or chilled.

Makes 10 servings.

Nutrition Facts:

1 serving = 2 stuffed tomatoes

Calories: 38

Fat: 3 g

Protein: 2 g

Carbohydrates: 2 g

Fiber: <1 g



Recipe provide by:

Rachel Wurth

College of Education & Human Development,
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Black Bean and Corn Salsa

- 2 (14.5-oz.) cans black beans, rinsed and drained
- 2 tsp. ground cumin
- 1 (6-oz.) can yellow corn, drained
- 1 tsp. ground red pepper
- 30 grape tomatoes, diced
- salt and pepper, to taste
- 4 green onions, chopped
- juice of 4 limes
- 2 avocados, peeled, pitted and roughly diced

In a large bowl, combine all ingredients except avocados. Mix well & refrigerate. Place avocado pieces in a separate airtight container and fold into salsa just before serving (this will keep avocados from becoming mushy). Serve with whole grain tortilla chips or pita chips. Makes 30 servings.

Nutrition Facts:

1 serving = 2 T. salsa

Calories: 42

Fat: 2 g

Protein: 1 g

Carbohydrates: 6 g

Fiber: 2 g



Recipe provide by:

Mohamed Marei

Chemistry Department, Graduate Assistant

Walnut and Olive Quesadillas

- 6 (6-in) whole grain tortillas
- 2 tsp. fresh oregano, divided
- 1 c. part-skim mozzarella cheese, shredded
- 1 tsp. minced garlic
- 1 tsp. rosemary
- 1/2 c. provolone cheese, shredded
- 1 T. olive oil
- 1/4 c. black Kalamata olives, chopped and pitted
- 1/2 c. mild salsa
- 3 T. walnuts, chopped and toasted

Preheat oven to 350°F. Stack tortillas and wrap in foil. Bake in preheated oven for 10 minutes- or until softened. In a medium bowl, combine mozzarella cheese, provolone cheese, olives, walnuts, 1tsp. oregano, minced garlic, and rosemary. Spread cheese mixture onto half of each tortilla. Fold tortillas in half; secure with wooden toothpicks. Lightly brush one side of each quesadilla with olive oil. Place quesadillas (2-3 at a time), oiled side down, on a large skillet or griddle. Cook over medium heat for 4 minutes or until heated through, brushing with remaining oil and turning once. In a small saucepan, heat salsa until hot; stir in the remaining oregano. Serve with quesadillas.

Makes 12 servings.

Nutrition Facts:

1 serving = ½ quesadilla and 2 T. salsa, prepared as above

Calories: 111

Fat: 6 g

Protein: 5 g

Carbohydrates: 12 g

Fiber: 1 g



Recipe provide by:

Amanda Thompson Orth

Office of Admissions, Transfer Admissions Counselor

Blueberry + Mint + Lemon Water Infusion

- 2 c. blueberries
- 1 c. mint leaves
- 2 lemons
- 1 tsp. peppermint extract
- 3 qts. water



Rinse blueberries, mint leaves, and lemons. Remove mints leaves from stem. Chop lemons into thin slices. Add all ingredients into pitcher/decanter/ carafe. Pour in water. For best results, let mixture set overnight. Add ice, if desired.

Recipe provide by:

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