



Healthy Recipes

Salad greens with pears, fennel and walnuts

By Mayo Clinic Staff

Dietitian's tip:

Fennel has a mild, sweet licorice flavor. Strip away the coarse outer portion of the fennel bulb before using in recipes.

Number of servings

SERVES 6

Low Sodium

Healthy carb

Ingredients

- 6 cups mixed salad greens
- 1 medium fennel bulb, trimmed and thinly sliced
- 2 medium pears, cored, quartered and thinly sliced
- 2 tablespoons grated Parmesan cheese
- 1/4 cup toasted walnuts, coarsely chopped
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons balsamic vinegar
- Freshly ground black pepper, to taste

Directions

Divide the salad greens onto 6 plates. Scatter the fennel and pear slices over the greens. Sprinkle with Parmesan cheese and walnuts. Drizzle with olive oil and vinegar. Add black pepper, to taste. Serve immediately.

Nutritional analysis per serving

Serving size: 1 salad

Calories	140	Sodium	60 mg
Total fat	8 g	Total carbohydrate	15 g

Saturated fat	1 g	Dietary fiber	4 g
Trans fat	Trace	Total sugars	9 g
Monounsaturated fat	4 g	Added sugars	0 g
Cholesterol	1 mg	Protein	3 g

Mayo Clinic Healthy Weight Pyramid Servings

Vegetables	1
Fruits	1/2
Fats	2

[Sample menu](#)

Diabetes Meal Plan Choices

Fruits	1/2
Nonstarchy vegetables	1
Fats	2

DASH Eating Plan Servings

Vegetables	1
Fruits	1/2
Nuts, seeds and dry beans	1
Fats and oils	1

[DASH diet: Recommended servings](#)

[Sample DASH menus](#)

Sept. 15, 2021

Original article: <https://www.mayoclinic.org/healthy-lifestyle/recipes/salad-greens-with-pears-fennel-and-walnuts/rcp-20049707>

Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

[Notice of Nondiscrimination](#)

Mayo Clinic is a nonprofit organization and proceeds from Web advertising help support our mission. Mayo Clinic does not endorse any of the third party products and services advertised.

[Advertising and sponsorship policy](#)

[Advertising and sponsorship opportunities](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

© 1998-2021 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved.



Healthy Recipes

Butternut squash and apple salad

By Mayo Clinic Staff

Dietitian's tip:

Roasting butternut squash intensifies the flavor of this main-dish salad.

Number of servings

Serves 6

Low Fat

Healthy carb

Low Sodium

High Fiber

Ingredients

- 1 butternut squash, peeled and seeded, cut into 1/2-inch pieces (about 8 cups)
- 2 teaspoons olive oil
- 2 large apples, cored and cut 1/2-inch pieces
- 6 cups spinach, chopped
- 1 1/2 cups chopped celery
- 6 cups arugula, chopped
- 2 cups chopped carrots

Dressing:

- 1/2 cup low-fat plain yogurt
- 2 teaspoons balsamic vinegar
- 1 1/2 teaspoons honey

Directions

Heat the oven to 400 F.

Toss squash in olive oil, roast in oven for 20 to 30 minutes until golden brown and soft. Cool completely.

Combine all vegetables in large bowl.

Prepare dressing by mixing together yogurt, vinegar and honey. Whisk until smooth.

Pour dressing over salad. Toss and enjoy.

Nutritional analysis per serving

Serving size: About 4 cups

Calories	215	Total carbohydrate	42 g
Total fat	3 g	Dietary fiber	8 g
Saturated fat	< 1 g	Added sugars	1 g
Trans fat	0 g	Protein	5 g
Monounsaturated fat	1 g	Cholesterol	1 mg
Sodium	96 mg		

Mayo Clinic Healthy Weight Pyramid Servings

Vegetables	2
Fruits	1/2
Carbohydrates	2 1/2

[Sample menu](#)

Diabetes Meal Plan Choices

Starches	2
Fruits	1/2
Nonstarchy vegetables	1

DASH Eating Plan Servings

Vegetables	3
Fruits	1/2

[DASH diet: Recommended servings](#)

[Sample DASH menus](#)

Sept. 30, 2015

Original article: <https://www.mayoclinic.org/healthy-lifestyle/recipes/butternut-squash-and-apple-salad/rcp-20146129>

Any use of this site constitutes your agreement to the [Terms and Conditions](#) and [Privacy Policy](#) linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

[Notice of Nondiscrimination](#)

Mayo Clinic is a nonprofit organization and proceeds from Web advertising help support our mission. Mayo Clinic does not endorse any of the third party products and services advertised.

[Advertising and sponsorship policy](#)

[Advertising and sponsorship opportunities](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

© 1998-2021 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved.



Healthy Recipes

Honey-glazed sweet potatoes

By Mayo Clinic Staff

Dietitian's tip:

Instead of canned sweet potatoes and marshmallows, this recipe uses fresh sweet potatoes, brown sugar and honey.

Number of servings

Serves 8

Low Fat

Low Sodium

Ingredients

- 1/4 cup water
- 2 tablespoons brown sugar
- 2 tablespoons honey
- 1 tablespoon olive oil
- 2 pounds sweet potatoes (about 4 large), peeled and cut into wedges
- Cracked black pepper or chopped herb of choice (rosemary, sage or thyme), to taste

Directions

Heat the oven to 375 F. Lightly coat a 9-by-13-inch baking dish with cooking spray.

To make the sauce, in a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth.

Place a single layer of sweet potatoes in the baking dish. Pour the sauce over the sweet potatoes. Turn to coat them.

Cover and bake until tender, about 45 minutes. Turn the sweet potatoes once or twice to continue coating them. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes.

Transfer to a serving dish and top with pepper or chopped herb of choice. Serve immediately.

Nutritional analysis per serving

Serving size: About 2/3 cup

Total fat	2 g	Monounsaturated fat	1 g
Calories	150	Saturated fat	< 1 g
Protein	2 g	Trans fat	0 g
Cholesterol	0 mg	Sodium	62 mg
Total carbohydrate	31 g	Added sugars	8 g
Dietary fiber	3 mg	Total sugars	12 g

Mayo Clinic Healthy Weight Pyramid Servings

Sweets	1/2
Carbohydrates	2

[Sample menu](#)**DASH Eating Plan Servings**

Sweets	1/2
Vegetables	2

[DASH diet: Recommended servings](#)[Sample DASH menus](#)**Diabetes Meal Plan Choices**

Sweets, desserts and other carbohydrates	1/2
Starches	2

Feb. 20, 2020

Original article: <https://www.mayoclinic.org/healthy-lifestyle/recipes/honey-glazed-sweet-potatoes/rcp-20049674>

Any use of this site constitutes your agreement to the [Terms and Conditions](#) and [Privacy Policy](#) linked below.

[Terms and Conditions](#)[Privacy Policy](#)[Notice of Privacy Practices](#)[Notice of Nondiscrimination](#)

Mayo Clinic is a nonprofit organization and proceeds from Web advertising help support our mission. Mayo Clinic does not endorse any of the third party products and services advertised.

[Advertising and sponsorship policy](#)

[Advertising and sponsorship opportunities](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

© 1998-2021 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved.

epicurious

WILD RICE PILAF WITH PECANS AND CRANBERRIES

SUBMITTED BY LBCOOKS UPDATED: SEPTEMBER 23, 2015

YIELD: 8-10

INGREDIENTS

- 4 cups chicken or vegetable stock
- 2 Tbs. unsalted butter
- 1 Tbs. canola or grapeseed oil
- 3 large shallots, minced
- 1 cups wild rice
- 1 cup short-grain brown rice
- 1/2 cup dried cranberries
- 1 bay leaf
- 2 fresh thyme sprigs or ¼ tsp. dried thyme, crumbled
- 1/2 tsp. fine sea salt, plus more, to taste
- 1/8 tsp. freshly ground white pepper, plus more, to taste
- 1/2 cup pecans, toasted and coarsely chopped
- 1/4 cup minced fresh flat-leaf parsley

PREPARATION

Preheat an oven to 375°F. In a saucepan over medium-low heat, bring the stock to a simmer. In a heavy 2-qt. flameproof casserole over medium heat, melt the butter with the oil. Add the shallots and sauté until translucent, 2 to 3 minutes. Add the rice and stir until the grains are well coated, about 3 minutes. Stir in the simmering stock, dried cranberries, bay leaf, thyme, the 1/2 tsp. sea salt and the 1/8 tsp. white pepper. Bring to a simmer, stir and cover. Transfer the casserole to the oven and bake until all the liquid has been absorbed and the rice is tender, 40 to 45 minutes. Remove from the oven. Remove and discard the bay leaf and the thyme sprigs, if used. Taste and adjust the seasonings. Stir in the pecans and parsley. Serve hot or warm. Adapted from Williams-Sonoma Collection Series, Christmas, by Carolyn Miller (Simon & Schuster, 2003).

once upon a chef

WITH JENN SEGAL

Roasted Brussels Sprouts with Balsamic Vinegar & Honey

It's hard to improve on simple roasted Brussels sprouts, but a drizzle of balsamic vinegar and a touch of honey bring the flavors to life.

Servings: 6

Total Time: 30 Minutes

INGREDIENTS

1-1/2 pounds Brussels sprouts, halved, stems and ragged outer leaves removed*
 3 tablespoons extra virgin olive oil
 3/4 teaspoon kosher salt
 1/2 teaspoon freshly ground black pepper
 1 tablespoon balsamic vinegar
 1 teaspoon honey



INSTRUCTIONS

Preheat oven to 425°F and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil.

Directly on the prepared baking sheet, toss the Brussels sprouts with 2 tablespoons of the oil, the salt, and the pepper. Roast, stirring once halfway through, until tender and golden brown, about 20 minutes.

Drizzle the remaining tablespoon of oil, the balsamic vinegar and the honey over the roasted Brussels sprouts. Toss to coat evenly. Taste and adjust seasoning, if necessary, then serve.

*If you have some brussels sprouts that are very large, cut them into quarters. They should all be cut about the same size to ensure even cooking.

NUTRITION INFORMATION

Powered by *Edamam*

Per serving (6 servings)

Calories:	116
Fat:	7g
Saturated fat:	1g
Carbohydrates:	12g
Sugar:	4g
Fiber:	4g
Protein:	4g
Sodium:	321mg
Cholesterol:	0

GLUTEN-FREE ADAPTABLE NOTE

To the best of my knowledge, all of the ingredients used in this recipe are gluten-free or *widely available in gluten-free versions*. There is hidden gluten in many foods; if you're following a gluten-free diet or cooking for someone with gluten allergies, always read the labels of your ingredients to verify that they are gluten-free.

Copyright © Once Upon a Chef

<https://www.onceuponachef.com/recipes/roasted-brussels-sprouts.html>



Healthy Recipes

Orange-rosemary roasted chicken

By Mayo Clinic Staff

Dietitian's tip:

Rosemary has an appealing piney flavor. It can be used to season a variety of foods, including roasted vegetables and mushrooms, and even ripe melon. Use it with care, however. Too much can be overpowering.

Number of servings

Serves 6

Low Sodium

Ingredients

- 3 skinless, bone-in chicken breast halves, each 8 ounces
- 3 skinless, bone-in chicken legs with thigh pieces, each 8 ounces
- 2 garlic cloves, minced
- 1 1/2 teaspoons extra-virgin olive oil
- 3 teaspoons fresh rosemary or 1 teaspoon dried rosemary, minced
- 1/8 teaspoon freshly ground black pepper
- 1/3 cup orange juice

Directions

Heat the oven to 450 F. Lightly coat a baking pan with cooking spray.

Rub each piece of chicken with garlic. Dab fingers in oil and rub with oil, and sprinkle with rosemary and pepper. Place the chicken pieces in the baking dish. Pour the orange juice over the chicken. Cover and bake for 30 minutes. Using tongs, turn the chicken and return to the oven until browned, about 10 to 15 minutes longer. Baste the chicken with the orange juice from the pan as needed to prevent it from drying out.

Transfer the chicken to individual serving plates. Spoon orange juice from the pan over the top of the chicken and serve immediately.

Nutritional analysis per serving

Serving size: One piece

Calories	204	Sodium	95 mg
Total fat	8 g	Total carbohydrate	2 g
Saturated fat	2 g	Dietary fiber	Trace
Trans fat	Trace	Total sugars	1 g
Monounsaturated fat	4 g	Added sugars	0 g
Cholesterol	118 mg	Protein	31 g

DASH Eating Plan Servings

Meats, poultry and fish 4

[DASH diet: Recommended servings](#)

[Sample DASH menus](#)

Mayo Clinic Healthy Weight Pyramid Servings

Protein and dairy 2

[Sample menu](#)

Diabetes Meal Plan Choices

Meat and meat substitutes 4

Nov. 17, 2016

Original article: <https://www.mayoclinic.org/healthy-lifestyle/recipes/orange-rosemary-roasted-chicken/rcp-20049687>

Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

[Notice of Nondiscrimination](#)

Mayo Clinic is a nonprofit organization and proceeds from Web advertising help support our mission. Mayo Clinic does not endorse any of the third party products and services advertised.

[Advertising and sponsorship policy](#)

[Advertising and sponsorship opportunities](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

© 1998-2021 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved.



Healthy Recipes

New England trifle

By Mayo Clinic Staff

Dietitian's tip:

Trifle typically consists of sponge cake, sherry, jam, custard and whipped cream. This lighter version uses fresh fruit, fat-free pudding and nondairy whipped topping.

Number of servings

Serves 20

Ingredients

- 1 package white or yellow cake mix
- 1/4 cup canola oil
- 3 egg whites
- 1/3 cup frozen orange juice concentrate unsweetened, undiluted
- 4 cups fresh raspberries
- 6 peaches, peeled and thinly sliced
- 2 packages fat-free, sugar-free instant vanilla pudding
- 4 cups fat-free milk
- 1 1/4 cup light nondairy whipped topping
- 1/4 cup slivered almonds, toasted

Directions

Heat the oven to 350 F or to the temperature specified on the cake mix directions. Lightly coat a 17-by-11-inch baking pan with cooking spray.

In a large bowl, using an electric mixer on low speed, beat together the cake mix, oil and egg whites until well blended.

Pour the cake batter into the baking pan. Place in the oven and bake according to package directions.

Remove the cake from the oven and sprinkle the concentrated orange juice over the warm cake. Cool completely.

Cut cake into 1-inch squares and place in serving bowls, about 9 squares per bowl. Add raspberries and sliced peaches.

In a separate bowl, whisk together the vanilla pudding and milk. Pour the pudding over the fruit and cake. Place the serving bowls in the refrigerator and chill for several hours. Don't stir or mix.

To serve, top each trifle with 1 tablespoon whipped topping and garnish with almonds. Serve immediately.

Nutritional analysis per serving

Serving size: About 3/4 cup

Calories	227	Sodium	300 mg
Total fat	7 g	Total carbohydrate	37 g
Saturated fat	1 g	Dietary fiber	3 g
Trans fat	Trace	Total sugars	21 g
Monounsaturated fat	2 g	Added sugars	18 g
Cholesterol	2 mg	Protein	4 g

Mayo Clinic Healthy Weight Pyramid Servings

Sweets	1/2
Fruits	1
Fats	2
Carbohydrates	1

[Sample menu](#)

DASH Eating Plan Servings

Grains and grain products	1
Sweets	1/2
Fruits	1
Fats and oils	2

[DASH diet: Recommended servings](#)

[Sample DASH menus](#)

Diabetes Meal Plan Choices

Sweets, desserts and other carbohydrates	1/2
--	-----

Fruits	1
Fats	2
Starches	1

Show References

1. Tyler Herbst S. Food Lover's Companion. 3rd ed. Barron's; 2001:629.

July 17, 2020

Original article: <https://www.mayoclinic.org/healthy-lifestyle/recipes/new-england-trifle/rcp-20049684>

Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

[Notice of Nondiscrimination](#)

Mayo Clinic is a nonprofit organization and proceeds from Web advertising help support our mission. Mayo Clinic does not endorse any of the third party products and services advertised.

[Advertising and sponsorship policy](#)

[Advertising and sponsorship opportunities](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

© 1998-2021 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved.



Healthy Recipes

Baked macaroni with red sauce

By Mayo Clinic Staff

Dietitian's tip:

The fiber in whole-wheat pasta is insoluble. During the digestive process it maintains its bulk and holds on to water.

Number of servings

Serves 6

Healthy carb

Low Sodium

High Fiber

Ingredients

- 1/2 pound extra-lean ground beef
- 1 small onion, diced (about 1/2 cup)
- 1 box (7 ounces) whole-wheat elbow macaroni
- 1 jar (15 ounces) reduced-sodium spaghetti sauce
- 6 tablespoons Parmesan cheese

Directions

Heat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a nonstick frying pan, cook ground beef and onion until the meat is browned and the onion is translucent. Drain well and set aside.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente, 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

Add the cooked pasta and spaghetti sauce to the meat and onions. Stir to mix evenly. Spoon the mixture into the prepared baking dish. Bake until bubbly, about 25 to 35 minutes.

Divide the macaroni among individual plates. Sprinkle each with 1 tablespoon Parmesan cheese. Serve immediately.

Nutritional analysis per serving

Serving size: About 1 cup

Cholesterol	32 mg	Dietary fiber	4 g
Calories	269	Trans fat	Trace
Sodium	125 mg	Total sugars	6 g
Total fat	9 g	Monounsaturated fat	3 g
Total carbohydrate	32 g	Added sugars	0 g
Saturated fat	3 g	Protein	15 g

DASH Eating Plan Servings

Grains and grain products	2	DASH diet: Recommended servings Sample DASH menus
Meats, poultry and fish	1	
Vegetables	1	

Mayo Clinic Healthy Weight Pyramid Servings

Protein and dairy	1/2	Sample menu
Vegetables	2	
Carbohydrates	2	

Diabetes Meal Plan Choices

Meat and meat substitutes	1
Nonstarchy vegetables	1
Starches	2

June 15, 2019

Original article: <https://www.mayoclinic.org/healthy-lifestyle/recipes/baked-macaroni-with-red-sauce/rcp-20049637>

Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

[Notice of Nondiscrimination](#)

Mayo Clinic is a nonprofit organization and proceeds from Web advertising help support our mission. Mayo Clinic does not endorse any of the third party products and services advertised.

[Advertising and sponsorship policy](#)

[Advertising and sponsorship opportunities](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

© 1998-2021 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved.