

THE HEALTHY FAMILY COOKBOOK

Dishes of every shape for every occasion



Publix





HEALTHY RASPBERRY SMOOTHIE BOWL

TOTAL TIME: 10 MINUTES

SERVES: 2

INGREDIENTS

- 2 cups plain Greek yogurt
- 6 oz. package Driscoll's® raspberries, divided
- 8 Driscoll's® blackberries
- 6 blueberries
- 2 tablespoons granola
- 2 tablespoons toasted coconut flakes

DIRECTIONS

1. Divide yogurt into 2 bowls and smooth top with spoon.
2. Set aside 10 raspberries. Place remaining raspberries in food processor and process 1 minute, or until pureed. Starting in center of bowl, pour raspberry puree in swirls toward rim.
3. Top with granola, remaining raspberries, blackberries, blueberries, granola and toasted coconut. Serve immediately.

Driscoll's
Only the Finest Berries™



BLACK BEAN, MANGO & JICAMA SALAD

INGREDIENTS

- 2 ripe Coast Tropical mangos, peeled, chopped into ½-inch pieces
- 1 small red onion, chopped
- 1 cup frozen corn, thawed
- ½ large jicama, peeled, cut into matchsticks
- 1 (15 oz.) can low-sodium black beans, drained, rinsed
- ¼ cup cilantro, chopped
- ¼ cup freshly-squeezed lime juice
- ¼ cup extra virgin olive oil
- 2 Tbsp. honey
- 1 tsp. cumin
- 1/3 cup crumbled cotija cheese

PREP TIME: 10 MINUTES

SERVES 6

DIRECTIONS

1. Combine mangos, onion, corn, jicama, black beans and cilantro in large bowl.
2. Whisk together lime juice, olive oil, honey and cumin in small bowl. Season with salt and pepper, to taste. Pour over salad and toss.
3. Refrigerate until ready to serve. Top with cheese before serving.





NO-BAKE CRANBERRY PISTACHIO ENERGY BITES

PREP TIME: 10 MINUTES

COOK TIME: 2 HOURS

SERVES: 20

INGREDIENTS

- 1 cup old-fashioned oats
- ½ cup dried cranberries
- ½ cup Wonderful® Pistachios No Shells Roasted Salted, chopped
- ½ cup creamy peanut butter
- ⅓ cup maple syrup
- 1 tsp. vanilla extract
- 1 tsp. ground flaxseed (optional)

DIRECTIONS

1. Mix oatmeal, dried cranberries, pistachios, peanut butter, maple syrup, vanilla, and flaxseed in a large mixing bowl. Cover and refrigerate for 1-2 hours.
2. Once chilled, scoop out and roll into 1-inch balls.
3. Store in an airtight container in the refrigerator.

Wonderful®
PISTACHIOS



BLACKBERRY GRILLED CHEESE

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

SERVES: 2

INGREDIENTS

- 1 Tbsp. mayonnaise
- 1 Tbsp. stone-ground mustard
- 4 slices whole-grain[®] bread
- 2 slices provolone cheese
- 10-12 Driscoll's[®] blackberries, cut in half

DIRECTIONS

1. Heat a medium-sized skillet over low heat.
2. Mix mayonnaise and mustard in small bowl and spread on one side of each slice of bread.
3. Place bread mayo-side-down in skillet. Top with cheese and blackberries. Add second slice of bread mayo-side-up.
4. Cook 3-4 minutes per side, or until bread is toasted and cheese is melted.

Driscoll's
Only the Finest Berries[™]



VEGGIE CAESAR PASTA SALAD

INGREDIENTS

- 12 ounces bowtie pasta
- 1 cup chopped spinach
- 1 (15 oz.) can low-sodium chickpeas, drained, rinsed
- 1/2 cup sliced mini sweet peppers
- 1/2 cup halved cherry tomatoes
- 1/4 cup Marie's® Creamy Caesar dressing
- 1 tablespoon grated Parmesan cheese

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

SERVES: 6

DIRECTIONS

1. Cook pasta according to package instructions. Allow to cool.
2. Mix pasta, spinach, chickpeas, peppers, tomatoes, dressing and cheese in large bowl.

Marie's®



HEAVENLY VILLAGIO MARZANO & BURRATA HAND PIES

PREP TIME: 1 HOUR

COOK TIME: 30 MINUTES

SERVES: 7-8 HAND PIES

INGREDIENTS

- 1 pint Heavenly Villagio Marzano® tomatoes
- 2 cups flour
- 1 tbsp. white sugar
- 1 tsp salt
- 2 sticks unsalted butter; cubed (refrigerated)
- 2 large eggs (divided)
- 2 tbsp heavy whipping cream
- 2 drizzles of olive oil
- 3 cloves of garlic, minced
- 1 tbsp. cornstarch
- 1 tbsp. lemon juice
- 1 tsp Italian seasoning, salt and pepper to taste
- 4 oz. of Burrata cheese
- 1/4 fresh basil, julienned

DIRECTIONS

1. To make your own dough, combine flour, sugar & salt in a mixing bowl. Whisk gently to combine.
2. Add cubed butter to mixture. Work it until small balls start to form with the cold butter and flour. Set aside.
3. In a separate bowl, combine whipping cream and 1 egg until smooth. Add to the flour mixture & knead until dough starts to form. Form dough ball, cover/wrap and refrigerate for at least 1 hour.
4. While tomatoes cook, mix together cornstarch and lemon juice. Add slurry to your tomato/garlic mixture and cook until thickened up. Season with salt, pepper and Italian seasoning. Set aside to cool.
5. Preheat oven to 385F.
6. Roll dough out to approx. 1/4 inch thick on a lightly floured counter. Cut rounds out of your dough. Place filling, burrata & fresh basil inside center of dough circle. Use a pastry brush to brush edges of dough circles with egg wash. Place a second dough circle over the filling, stretching to press edges together. Crimp edges using a fork to seal. Cut a slit on top of your pies & brush the tops with egg wash.
7. Bake hand pies for 25-30 minutes



LEMON DILL SALMON PASTA WITH ASPARAGUS

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVES: 4

INGREDIENTS

- 1 lb. Ayco Farms asparagus, rough ends trimmed, cut into 1-inch pieces
- 2 Tbsp. (plus 1 tsp.) olive oil, divided
- 8 oz. rotini pasta, cooked according to package directions
- 1 (6 oz.) can boneless, skinless salmon
- 1 lemon, juiced
- 2 Tbsp. fresh dill, chopped
- ½ tsp. garlic powder
- ¼ cup shredded Parmesan cheese

DIRECTIONS

1. Preheat oven to 400F.
2. Place asparagus on baking sheet. Drizzle with 1 tsp. olive oil and season with salt and pepper. Bake 10 minutes, or until tender.
3. Combine cooked pasta, asparagus, salmon, lemon juice, 2 Tbsp. olive oil, dill and garlic powder in large bowl. Stir to coat well. Sprinkle with cheese before serving.





EASY CHOPPED TACO SALAD

TOTAL TIME: 10 MINUTES

SERVES: 4

INGREDIENTS

- 1 pound extra-lean ground beef
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 cup water
- 1 package Fresh Express® Chipotle Cheddar chopped salad kit
- 1/2 pint cherry tomatoes, halved
- 1 Mission avocado, sliced

DIRECTIONS

1. Heat skillet over medium heat. Add ground beef and cook 5-7 minutes, or until browned and cooked through. Add chili powder, cumin, garlic powder, salt and water. Stir well and let simmer until water evaporates.
2. Divide salad kit and toppings among 4 bowls. Top with ground beef, tomatoes, avocado and dressing.



MINI MEDITERRANEAN CHOPPED SALAD FLATBREADS

INGREDIENTS

- 2 cups chopped romaine lettuce
- 1/2 cup low-sodium chickpeas, drained, rinsed
- 1 SUNSET® Campari® tomato, diced
- 1/2 seedless cucumber, diced
- 1/2 yellow bell pepper, diced
- 1/4 small red onion, diced
- 1/4 cup crumbled feta cheese
- 2 tablespoons Marie's® Greek Vinaigrette
- 8 mini whole wheat pitas
- 1/4 cup hummus

TOTAL TIME: 15 MINUTES

SERVES: 4

DIRECTIONS

1. Combine lettuce, chickpeas, tomato, cucumber, pepper, onion, cheese and dressing in large bowl.
2. Toast pita, if desired. Top with hummus and salad.



SLOW COOKER SHREDDED PORK TACOS

INGREDIENTS

- 2 cloves garlic, minced
- 1 bell pepper, sliced
- 1/2 large RealSweet® Vidalia onion, sliced
- 1 1/2 teaspoon chili powder
- 1 1/2 teaspoon Italian seasoning
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound pork tenderloin
- 8 (6-inch) whole wheat tortillas, warmed
- 1/2 package Fresh Express® Chipotle Cheddar chopped salad kit
- 1 small avocado, chopped

PREP TIME: 15 MINUTES

COOK TIME: 4 HOURS

SERVES: 6

DIRECTIONS

1. Place garlic, peppers and onion in slow cooker.
2. Combine chili powder, Italian seasoning, cumin, salt and pepper. Coat tenderloin with seasonings. Place on top of onions and peppers in slow cooker. Cook on high 4 hours.
3. Once pork is finished, shred while in slow cooker and combine with onions and peppers.
4. Serve pork on tortillas with salad and avocado.



LEMON GARLIC ROASTED ASPARAGUS

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

SERVES: 4

INGREDIENTS

- 1 lb. Ayco Farms asparagus, rough ends trimmed
- 1 tbsp olive oil
- 1 lemon, thinly sliced
- 2 tbsp freshly squeezed lemon juice (approx. 1 lemon)
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1/2 tsp garlic powder

DIRECTIONS

1. Preheat oven to 400F.
2. Place asparagus on baking sheet. Drizzle with 1 tsp. olive oil and lemon juice. Season with salt, pepper, and garlic powder. Toss to evenly coat.
3. Bake 10 minutes, or until tender.





ROASTED SWEET POTATO TACO BOWLS

INGREDIENTS

- 2 small sweet potatoes, peeled, diced
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 pkg. chopped salad kit
- 1 Mission avocado, chopped
- 1 cup low-sodium black beans, drained, rinsed
- 1/2 cup frozen sweet corn, thawed
- 1/2 cup chopped cherry tomatoes

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVES: 4

DIRECTIONS

1. Preheat oven to 400F.
2. Toss potatoes in oil, chili powder, cumin, garlic powder and salt. Add to baking sheet and bake 15-20 minutes, flipping halfway, until tender.
3. Assemble salad kit with included toppings and dressing. Top with sweet potatoes, avocado, black beans, corn and tomatoes.



SKILLET CHICKEN WITH HEAVENLY VILLAGIO MARZANO® TOMATOES & GREEN BEANS

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

SERVES: 4

INGREDIENTS

- 4 chicken thighs
- 15 oz. Village Farms Heavenly Villagio Marzano® Tomatoes
- 1 ½ cups green beans
- 1 garlic clove, minced
- ¼ cup chicken stock
- 1 tbsp salt
- 1 tsp pepper
- ½ tsp sumac (optional, can sub paprika)
- 1 tbsp olive oil
- 1 tsp fresh lemon juice

DIRECTIONS

1. Pre-heat oven to 425F.
2. Season chicken on both sides with ½ of the salt and pepper and all of the sumac.
3. Heat a large skillet over medium-high heat with olive oil. Add chicken skin-side down to sear on both sides.
4. Sear for 5 minutes or until chicken skin easily releases from the pan and flip. Repeat on the other side.
5. Bring pot of water to a boil. Add green beans & blanch for 2 minutes before draining.
6. Remove chicken from pan and add tomatoes & garlic. Slightly char the tomatoes for 2-3 minutes.
7. Add in green beans, season with the rest of the salt and pepper, and chicken back to pan.
8. Bake for 15-20 minutes or until chicken is cooked through & the skin is crispy.
9. Remove from oven and drizzle with lemon juice.

Village
farms®

Greenhouse Grown



LEMON CHICKEN & VEGGIE PASTA

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 pound boneless skinless chicken breast, chopped
- 2 cups broccoli florets
- 2 cloves garlic, minced
- 2 carrots sliced
- 1/2 RealSweet® Vidalia onion, chopped
- 2 medium tomatoes, chopped
- 1/2 teaspoon salt
- 2 ounces bowtie pasta, cooked according to package directions
- 1 lemon, juiced
- 1/2 cup shredded Parmesan cheese
- 2 tablespoons parsley, chopped (optional)

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVES: 6

DIRECTIONS

1. Heat 1 Tbsp. oil in large skillet over medium heat. Add chicken and cook 5-7 minutes, or until cooked through. Remove from skillet and set aside
2. Return skillet to heat. Add 1 Tbsp. oil, broccoli, garlic, carrot, and onions. Cook 10 minutes, or until veggies are tender-crisp.
3. Stir in chicken, tomatoes and salt. Cook 3 minutes, or until chicken is heated and tomatoes soften.
4. Stir in cooked pasta and lemon juice. Sprinkle with cheese and parsley.



MANGO CHICKEN STIR FRY

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

SERVES: 4

INGREDIENTS

- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons white vinegar
- 2 tablespoons water
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 2 tablespoons vegetable oil
- 1 pound boneless skinless chicken breast, cut into 1" strips
- 1 tablespoons cornstarch
- 1 red bell pepper, chopped
- 6 green onions, sliced
- 1 cup chopped Coast Tropical mango
- 3 cups cooked brown rice

DIRECTIONS

1. Combine soy sauce, vinegar, water, garlic and ginger in bowl. Set aside.
2. Heat oil in large skillet over medium heat. Toss chicken in cornstarch and add to pan. Cook 4-5 minutes, or until cooked through. Add pepper and green onions, and cook 3-5 minutes, or until softened.
3. Reduce heat to medium-low. Add sauce and cook 4 minutes, or until thickened. Add mango, and cook 2-3 minutes, or until heat thoroughly.
4. Serve over white rice



VEGETARIAN NAAN FLATBREAD

PREP TIME: 15 MINUTES

COOK TIME: 10 MINUTES

SERVES: 4

INGREDIENTS

- 2 large naan flatbreads
- 1/4 cup pizza sauce
- 3/4 cup shredded Mexican-style cheese
- 3 green onions, sliced
- 1 SUNSET® Campari® Tomato, diced
- 2 tablespoons Litehouse® Homestyle Ranch Dressing

DIRECTIONS

1. Preheat oven to 350F.
2. Place naan on baking sheet. Spread pizza sauce and top each naan with 1/4 cup cheese. Add green onions and tomatoes, then sprinkle with remaining cheese.
3. Bake 8-10 minutes, or until cheese melts.
4. Remove from oven and drizzle with ranch dressing before serving.



TEX-MEX SALAD BOWLS

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVES: 4

INGREDIENTS

- 4 (8-inch) whole wheat tortillas
- 1 pound lean ground beef
- 1 tablespoon low-sodium taco seasoning
- 1 (5 oz.) bag salad greens
- 2 cup shredded low-fat Cheddar cheese
- 1 cup no-salt-added corn
- 1 cup cherry tomatoes, quartered
- 1 avocado, diced
- 1/2 cup Litehouse® Homestyle Ranch Dressing

DIRECTIONS

1. Preheat oven to 375°F. Lightly spray both sides of tortillas with cooking spray. Turn a 12-cup muffin tin upside down and nestle tortillas in the space between 4 cups to form a bowl.
2. Bake 10-15 minutes, or until firm and beginning to brown. Remove from oven and let cool.
3. Heat skillet over medium heat. Add ground beef and cook 7-10 minutes, or until browned and cooked through. Drain and return to skillet. Reduce heat to low, add taco seasoning and 1/4 cup water and let simmer 1-2 minutes.
4. Fill taco bowl with salad, ground beef, cheese, corn, tomato, and avocado. Top with ranch dressing.



SHREDDED BRUSSELS SPROUTS SALAD WITH APPLES & PISTACHIOS

INGREDIENTS

- 3 tablespoons olive oil
- 1 tablespoon white vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 pound Brussels sprouts, shredded
- 1 apple, cored, chopped
- 1/4 cup Wonderful® Pistachios No Shells Roasted Salted
- 1/4 cup feta cheese

PREP TIME: 15 MINUTES

SERVES: 20

DIRECTIONS

1. Add oil, vinegar, salt and pepper to small bowl or glass jar with lid. Mix well and set aside.
2. Combine Brussels sprouts, apples, pistachios and cheese in large bowl. Add dressing and mix to coat all ingredients.

Wonderful®
PISTACHIOS