



# Made From Scratch

## Foods that help you sleep

### Greek salmon and veggie packets

#### Ingredients

- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1 Tbsp fresh oregano, minced
- 1 tsp salt (optional)
- 1 tsp black pepper
- 1 medium zucchini, thinly sliced
- 1 medium onion, thinly sliced
- 1 medium red bell pepper, seeded and sliced into thin strips
- 4 skinless salmon fillets (4 oz each)
- 2 tsp olive oil



#### Directions

1. Preheat oven to 400°. Spray four 8x8-inch sheets of aluminum foil with cooking spray. Set aside.
2. Combine lemon juice, garlic, oregano, salt (optional), and pepper in a small bowl. Set aside.
3. Place 1/4 of zucchini, onion, and bell pepper on each sheet of foil. Top each one with a salmon fillet.
4. Pour 1/4 of the lemon juice mixture over each salmon fillet. Top with 1/2 tsp olive oil.
5. Bring foil sides up on both sides and seal. Place on a baking sheet and bake in the oven for 20 minutes.

**Safety tip:** Be careful when opening the foil packets because the steam can burn you.

**Servings:** 4 | **Serving size:** One packet | **Nutrition facts per serving:** Calories 260; Total fat 13g; Saturated fat 2.1g; Sodium 70mg; Carbohydrates 9g; Fiber 2g; Protein 27g

### Cherry salad

#### Ingredients

- 1/2 cup sweet cherries, pitted and halved
- 1 cup cantaloupe, cubed
- 1 cup seedless green grapes, halved
- 1 medium banana, peeled and sliced
- 1/4 cup orange juice (juice from 1/2 orange)
- 1/4 cup flaked coconut (optional)

#### Directions

1. In a large bowl, mix the cut fruit.
2. Pour orange juice over fruit and stir in coconut, if desired.

**Servings:** 4 | **Nutrition facts per serving:** Calories 85; Total fat 0g; Saturated fat 0g; Sodium 8mg; Carbohydrates 22g; Fiber 2g; Protein 1g

## Turkey and bean tostada with avocado-tomato salsa

### Salsa ingredients

- 2 cups tomatoes, chopped (about 2 medium tomatoes)
- 1 medium avocado, halved, pitted, and diced (optional)
- 1 large ear of corn, husks, and silk discarded, and kernels removed from the cob or 1 cup frozen whole-kernel corn, thawed and drained (optional)
- 1 to 2 medium fresh jalapeños, seeds, and ribs discarded, finely chopped
- 2 Tbsp red onion, finely chopped
- 2 Tbsp fresh lime juice



### Tostada ingredients

- 5 (6-inch) corn tortillas
- 8 oz ground skinless turkey breast
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 (15.5-oz) can of no-salt-added black beans, rinsed and drained
- 2 Tbsp water

### Directions

1. In a small bowl, stir together all the salsa ingredients. Set aside.
2. Preheat the oven to 400°. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Place the tortillas on the baking sheet. Lightly spray the tortillas with cooking spray. Using a fork, pierce the tortillas a few times to prevent them from filling with air. Bake for 5 to 6 minutes on each side or until golden brown.
4. Meanwhile, in a medium nonstick saucepan, cook the turkey, chili powder, cumin, and coriander over medium-high heat for 5 to 6 minutes, or until turkey is no longer pink, stirring occasionally to turn and break up the turkey.
5. Add the beans and water. Cook for 5 minutes or until the beans are heated through. Using a potato masher, coarsely mash the beans. Remove from the heat.
6. To assemble the tostadas, spread the turkey mixture over each tortilla. Spoon the salsa overall.

**Servings:** 5 | **Serving size:** One tostada | **Nutrition facts per serving:** Calories 260; Total fat 7.5g; Saturated fat 1g; Sodium 60mg; Carbohydrates 33g; Fiber 8g; Protein 19g

## Almond snack mix

### Ingredients

- 1/3 cup whole, unsalted almonds
- 2/3 cup whole-grain cereal squares
- 1/2 cup low-fat granola (without raisins)
- 1/4 cup dried apricot halves, cut into pieces or 1/4 cup golden raisins
- 1/4 cup sweetened, dried cranberries

### Directions

1. Preheat the oven to 350°. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
2. Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

**Servings:** 4 | **Serving size:** 1/2 cup | **Nutrition facts per serving:** Calories 174; Total fat 6.5g; Saturated fat .5g; Sodium 72mg; Carbohydrates 29g; Fiber 5g; Protein 4g