



DIY Recipes

DIY Healthy “Cheese Pizza”

What You Need:

1 whole wheat English muffin

1 tablespoon of low-sodium canned tomato sauce

1/4 cup low-fat shredded cheese

Spices to taste. I recommend fresh basil, pan-roasted garlic (chopped), black pepper, and oregano.

What You Need To Do:

Cook the “pizza” in a conventional or toaster oven for 5 minutes (350 degrees Fahrenheit works well) or until the cheese on top starts to bubble and lightly brown while the English muffin toasts on the bottom.

For an even crunchier crust, toast the English muffin before assembling the pizza.

Consider adding a bit of shredded chicken for a protein boost!

DIY Healthy “Fries”

What You Need:

1 medium or large sweet potato

1 tablespoon olive oil

Spices to taste. I recommend coarse sea salt, black pepper, and cayenne for a hint of spice.

What You Need To Do:

Cut the sweet potato into equally sized, fry-shaped pieces—the better for baking.

Heat your oven to 450 degrees Fahrenheit.

On a non-stick cookie sheet, drizzle sweet potato with olive oil and toss to coat. Sprinkle on spices and spread potatoes into one layer.

Bake sweet potato fries for 20 to 25 minutes or until brown and crispy on both sides, turning the fries occasionally.

Sweet and salty with the health benefits of sweet potato!

DIY Healthy “Burger”

What You Need:

1 pound super-lean ground turkey and your favorite spices/toppings.

What You Need To Do:

Form the turkey into patties and grill or pan fry to make your own burger!

You can jazz your burger up with salsa [a la Nicole Moneer](#), or you can try it with jalapenos, corn, veggies, low-fat cheese--just about any healthy condiment!

Skip the bun to avoid extra carbs or go with whole-wheat/multi-grain.

DIY Veggie Chips

What You Need:

One of the following vegetables: carrots, sweet potato, kale, asparagus; veggie slicing or peeling kitchen utensil, olive oil, and spices to taste.

What You Need To Do:

For carrots and sweet potato you will want to use a peeler or sharp knife to make wide, thin slices of veggie.

For kale and asparagus you will just use the “whole” veggie.

Make sure to remove the bottom part of the asparagus stem, and for kale, remove the leaves from the stems using scissors or tearing with your hands—you animal.

Use olive oil to very lightly coat the surface of your veggie. Heat your oven to 350 degrees Fahrenheit.

Spread veggies out in a single layer on a baking sheet.

Each veggie will have slightly different baking time (anywhere from 10 to 20 minutes), so bake one type of veggie at a time. But all should be crispy when they are done!

Pair the veggies with a yogurt dip or hummus for a perfect snack.