

## *Healthier Foods for a Healthier You!*

- **Appetizers & Dips**

Avocado Corn Salsa  
Avocado Scallion Dip  
Cashew Ranch Dip  
Cheese & Fruit Platter  
Cucumber-Avocado Rounds  
Focaccia Bread with Fresh Rosemary  
Greek Dill Dip  
Greek Meatballs (With spinach and feta)  
Guacamole  
Hummus (many varieties available)  
Pizza Bread  
Roasted Red Pepper & Artichoke Dip  
Savory Salsa  
Spinach Dip (in bread loaf)  
Stuffed Celery Bites  
Stuffed Cherry Tomatoes  
Stuffed Mushrooms  
Tomato & Mozzarella Platter  
Vegetable Crudite Platter

- **Salads/Sides**

Apple & Walnut Salad  
Artichoke Mashed Potatoes  
Asian Snap Pea Salad  
Balsamic Roasted Vegetables  
Balsamic Tuna Salad  
Chicken Salad (Savory)  
Deviled-Egg Salad  
Tri-color Pasta Salad  
Broccoli Salad  
Carrot & Raisin Salad  
Chopped Cucumber-Tomato Salad  
Chopped Greek Salad  
Marinated Kale Salad  
Roasted Sweet & White Potatoes  
Roasted Vegetable Platter  
Strawberry Spinach Salad  
Sweet Sesame Crunch Cole Slaw  
Zucchini Spaghetti Salad

**Boxed-Prepared Salads** are also available. Some *examples* are:

- **Strawberry Spinach Salad**  
(Spinach, Green Apple, Scallions, Celery, Raisins, Pine Nuts, and Creamy Strawberry Dressing on side)

- **Arugula Salad**  
(Baby Arugula, Chopped Tomato, Red Onion, Mushrooms, Slivered Yellow Pepper, Pecans, and Creamy Lemon Dressing on side)

- **Chopped Greek Salad**  
(All Chopped: Romaine, Tomato, Green Pepper, Cucumber, Onion, Green Olives, Pine Nuts, and Greek Dill Vinaigrette on side)

- **Sweet Field Greens Salad**  
(Mixed Field Greens, Shredded Red Cabbage, Grated Carrot, Chives, Fresh Basil, Strawberries, and Walnuts with Agave-Mustard dressing on side)

*“Let food be thy medicine, and medicine be thy food.”*

- **Pasta Dishes**

*All pasta dishes can be made with whole wheat, gluten-free, or traditional semolina pasta..*

Baked Ziti  
Eggplant Caponata Pasta  
Healthier You Pasta  
(Chicken, Broccoli, Onions, Black Olives & Pine Nuts)  
Mediterranean Salmon Pasta  
(Salmon, Olives, Onions, Tomato, & Feta Cheese)  
Mozzarella Baked Macaroni and Cheese with Breadcrumb topping  
Pasta Aglio e Olio (Garlic & Oil)  
Pasta e Fagiole  
Pasta Primavera (Mixed vegetables)  
Pasta with Broccoli-rabe & Turkey Sausage  
Pasta with Black Olives & Mixed Nuts  
Pasta with Chicken & Broccoli  
Pasta with Chickpeas & Bacon  
Pasta with Homemade Tomato Sauce  
Pasta with Lentils & Onions  
Roasted Vegetable Pasta with Pine Nuts & Goat Cheese  
Whole Wheat Lasagna  
Whole Wheat Ravioli with Tomato Sauce

- **Poultry & Fish**

Balsamic-Marinated Grilled Chicken  
Chicken Rollatini with Spinach & Mozzarella  
Chicken and Artichokes over Brown Rice  
Chicken and Broccoli over Brown Rice  
Chicken Cutlets (Whole-wheat breadcrumbs)  
Chicken & Vegetable Kabobs  
Chicken Parmigiana (Whole-wheat breadcrumbs)  
Mustard Thyme Chicken  
Roasted Rosemary Chicken (On the bone)  
Rosemary Chicken with Potatoes, Onions, and Carrots (No bone)

Lemon-Oregano Red Snapper  
Lemon-Garlic Tilapia  
Mediterranean Tilapia  
Salmon & Vegetable Kabobs  
Salmon with Lemon and Dill  
Pan-Seared Halibut over Lentil-Rice  
Pan-Seared Flounder over Spinach & Onions

***“Let food be thy medicine, and medicine be thy food.”***

\* Lisa Testa at ***Healthier You*** \* **Phone:** 732-687-3856 \* **Fax:** 732-530-8199

Mozzarella/Turkey Meatball Bread  
Mozzarella/Turkey Sausage Bread  
Turkey Meatballs with Onions  
Turkey Meatballs with Tomato Sauce  
Turkey Sausage with Peppers and Onions  
Homemade Stromboli (Many varieties available)

- **Non-Meat Options**

Balsamic Roasted Vegetables with Goat Cheese and Pine Nuts  
Brown Rice Stuffed Peppers  
(With tomato sauce, mozzarella cheese, and whole-wheat breadcrumbs)  
Carrot-Parsnip-Potato Soup  
Collard Vegetable Wraps (Many varieties are available)  
Eggplant Cutlets (Whole-wheat breadcrumbs)  
Eggplant Parmigiana (Whole-wheat breadcrumbs)  
Eggplant Rollatini (Whole-wheat breadcrumbs)  
Grilled Vegetable Kabobs over Wild Rice  
Homemade Pizza (Whole-wheat or traditional crust)  
Lentil Soup  
Potato Leek Soup  
Quinoa Stuffed Peppers  
(With sundried tomatoes, pine nuts, feta cheese, and tomato sauce)  
Roasted Vegetable Platter  
Split Pea Soup  
Stuffed Zucchini Boats  
Vegetable Frittata  
Vegetable Saute over Brown Rice  
Zucchini Casserole  
(With onions, mozzarella cheese, and black olives)

- **Desserts**

Apple Crisp  
Autumn Fruit Salad  
Banana Blueberry Bread  
Banana Nut Bread  
Chopped Fruit Salad (Many varieties available)  
Cranberry Walnut or Pecan Raisin Muffins  
Fruit Skewers  
Large Fruit Platter  
Melon Salad with Fresh Mint  
Pumpkin Spice Bread  
Stuffed Dates (With cinnamon cashew cream)

*“Let food be thy medicine, and medicine be thy food.”*