



HSMP Community Cookbook

Healthy recipes
submitted by
residents of St.
Mary's County in
2026!

Compiled and
sponsored by
**The Healthy St.
Mary's Partnership**



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Key:

- * Vegetarian, or can be made vegetarian with simple swaps
- ^ Vegan, or can be made vegan with simple swaps
- # Gluten-Free (double-check labels!)

Appetizers & Sides



Notes

Summer Garden Vegetables

This recipe can be scaled up as a great summer side dish!

Ingredients:

- **1** medium zucchini
- **1** small onion
- **2** large tomatoes
- **¾ cup** Italian dressing

Directions:

Chop veggies into large chunks

Place in an oven safe dish

Pour italian dressing over vegetables

Cook to desired doneness (20 minutes at 350 degrees is recommended)

Broccoli Salad

A chilled side, great for a summer picnic!

Ingredients:

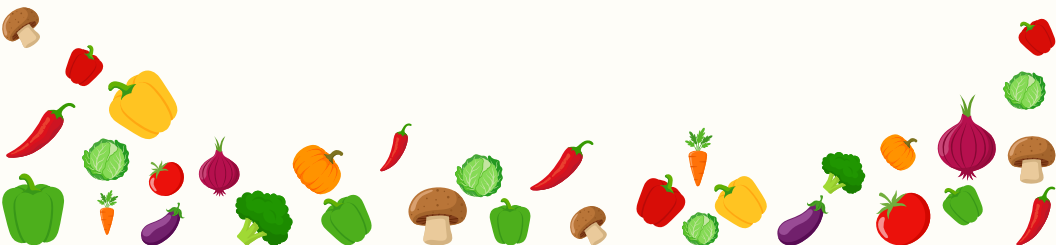
- **5 Cups** broccoli florets (cut into bite sized pieces)
- **1** Vidali onion, chopped
- **⅓ Cup** sunflower seeds
- **⅓ Cup** dried cranberries
- **8 Slices** of bacon, cooked and chopped
- **½ Cup** plain greek yogurt
- **1 Tbsp** lemon juice
- **1 Tbsp** maple syrup
- Salt/pepper to taste

Directions:

Wash and chop veggies and combine with sunflower seeds, cranberries, and bacon in a large bowl.

In a small bowl, whisk together the greek yogurt, lemon juice, maple syrup, and salt/pepper to taste.

Pour the dressing into the large bowl and toss. Refridgerate at least 1 hour before serving.



Grapefruit, Avocado & Shallot Salad

Refreshing salad for summer!

Soup Ingredients:

- **2** Pink grapefruit, peeled
- **2** Avocados
- **1** Medium shallot
- **4 Cups** baby spinach or other fresh salad greens
- **1 Tbsp** red wine or sherry vinegar
- **2 Tbsp** olive oil

Wash greens and keep refrigerated until ready to toss salad and serve.

Over a medium bowl in which you will collect juice (and later make the salad dressing), cut peeled grapefruit in half (around its equator). Also over the juice bowl, pull apart the segments & peel membranes from the grapefruit pieces. Squeeze membranes over the juice bowl, then discard membranes. Place grapefruit segments in a large salad bowl.

Directions:

Cut avocado in half top to bottom around the pit, and remove pit, dice avocado fruit inside each half shell without cutting into shell. Use a large spoon to scoop out the fruit into the reserved grapefruit juice. The acid in the juice will keep avocado from turning brown. Remove avocado from juice bowl with slotted spoon and place avocado pieces in bowl with grapefruit pieces. Scrape inside of avocado shells and put scrapings into the juice bowl.

Remove root end and peel shallot. Slice thinly crosswise then use fingers to separate into rings, add to bowl with avocado and grapefruit.

Dressing: Add vinegar to the juice bowl. Place bowl on a damp towel to keep it from sliding and use whisk or fork to rapidly whisk as you drizzle the olive oil into the juice vinegar mix. Whisk in salt and pepper to taste.

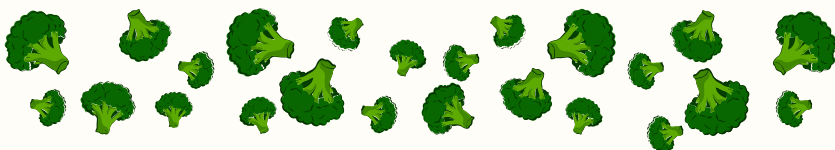
Toss everything together just before serving.

“Can’t Believe I Can’t Stop Eating It!” Broccoli

Quick to make!

Ingredients:

- **1 Head** of broccoli, large
 - **3 Tbsp** extra-virgin olive oil
 - **1 tsp** salt
 - **½ tsp** sugar
 - **Optional**
 - lemon wedges for serving
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- Peel the broccoli with a sharp knife as best as you are able. The thick peel will keep the broccoli from getting tender so it is best to remove.
 - Place an oven rack in the lowest position.
 - Put a large rimmed baking sheet on the rack, and heat the oven to 500 degrees.
 - Cut the stem off of the broccoli, and cut it into long, ½-inch thick pieces. Cut the rest of the broccoli into long, fairly narrow florets.
 - Put it in a bowl, drizzle it with the oil, and toss well until evenly coated.
 - Sprinkle with the salt and sugar, and toss to combine. (Don't skip the sugar. The sugar helps it brown and crisp.)
 - As quickly as you can safely, take the hot baking sheet out of the oven and spread the broccoli on the baking sheet in one even layer. Put the flat sides down wherever you can.
 - Return the baking sheet to the oven and roast until the stalks are tender and the florets are lightly browned and crispy, 9 to 11 minutes.
 - If using, serve with lemon wedges. When you serve it, there won't be any broccoli left!
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Bean Salsa

Eat with tortilla chips or by itself!

Ingredients:

- **½ Cup** red onion, chopped
- **½ Cup** celery, chopped
- **1** Green pepper, chopped
- **1** Red pepper, chopped
- **1 Can** black beans, drained and rinsed
- **1 Can** black eyed peas, drained and rinsed
- **1 Can** corn, drained and rinsed
- **1 Can** pinto beans, drained and rinsed

Dressing

- **½ Cup** apple cider vinegar
- **½ Cup** olive oil
- **½ to ¾ Cup** splenda or brown sugar

Directions:

Put chopped veggies into a large bowl

Add drained and rinsed beans and corn to bowl.

Add dressing ingredients to veggies and beans. Mix well.

Serve and enjoy!

Kiyya's Kale

Vegan and Gluten-Free!

Ingredients:

- **2 Bags** of kale, cleaned and washed
- **1 Tbsp** red wine vinegar
- **1 - 2 Tbsp** olive oil or avocado oil
- Nutritional yeast, to taste
- **½ Cup** fresh parsley
- **1 Tbsp** lemon juice
- Cracked black pepper, to taste
- Coarse salt, to taste
- **1 Cup** toasted almonds (or nut of choice)
- **1 Tbsp** dijon mustard
- Siracha or hot sauce, to taste
- **1 - 2 Tbsp** of preferred vinaigrette
- **1 Cup** vegan feta
- **½ Cup** dried cranberries



Directions:

Make sure your kale is cleaned. If you don't like the stalks in your kale, feel free to take those out. Put kale in large bowl.

Drizzle roughly 1-2 tbsp of your oil on the kale. Begin to massage the kale with your hands, ensuring that all of the kale is saturated with the oil.

Add 1 tbsp of the red wine vinegar and the vinaigrette to your kale and massage that as well. Get messy, don't be scared!

Now do about 2 small drops of your dijon mustard. Massage it into the salad

Chop about ½ cup of fresh parsley & massage into your salad

Sprinkle the nutritional yeast, add the cracked black pepper & the salt.

Add in your feta, toasted almonds & raisins. Tip: Don't skip the feta!

Mix everything in with your hands while you continue to massage the kale with you hands.

Serve chilled!

Soups



Notes

Chicken Butternut Squash Soup

Fall into a great soup!

Soup Ingredients:

- **1 ½ lbs** chicken breast, cut into bite-sized pieces
- **2 lbs** Butternut squash, diced
- **2 stalks** of corn, broken into 4 pieces
- **3 cloves** of garlic
- **12** Pimento berries, washed
- **3** Bay leaves
- **12 Cups** of water
- **2** Large carrots
- **2 Stalks** of celery
- **1** Large cho cho (chayote)
- **2 Stalks** of green onion, sliced
- **2 Packets** of chicken soup mix/noodles
- **5 Sprigs** of fresh thyme

Dumpling Ingredients:

- **2 Cups** of all-purpose flour
- **½ tsp** Salt
- **¾ Cups** Water



Directions:

Prepare the dumpling dough by combining the flour and a pinch of salt in a medium bowl. Gradually add water mixing until a soft dough forms. Knead until smooth; set aside.

In a large stockpot, combine the chicken, butternut squash, garlic, pimento berries, bay leaves, corn, and 12 cups water.

Bring the mixture to a boil over medium-high heat. Reduce heat slightly and cook 35-40 minutes, or until chicken is fully cooked and squash is tender.

Divide the dumpling dough into small portions and roll each portion into small ovals. Add the dumplings to the pot along with the carrots and chayote. Cook for 20 minutes.

Stir in the green onions, thyme, and two packets of soup mix. Reduce heat to medium low and simmer for 15-20 minutes, stirring occasionally.

Remove bay leaves, thyme sprigs, and green onion before serving.

Spicy Black Bean Soup

Vegetarian and easy to make in batches!

Ingredients:

- **1 Tbsp** olive oil
- **1** Onion, diced
- **1** Green pepper, diced
- **1** jalapeño, minced
- **5 Cloves** of garlic, minced
- **2 Tbsp** cumin
- **½ Tbsp** chili powder
- **3 (15 oz) cans** of black beans, drained and rinsed
- **1 (15 oz) can** of corn, drained
- **1 (15 oz) can** of fire-roasted diced tomatoes
- **32 oz** Vegetable broth
- **1 Cup** uncooked rice
- **Garnish**
 - Tortilla chips
 - Sliced avocado
 - Sliced jalapeño
 - Fresh cilantro



Directions:

Heat oil in a large pot over medium heat.

Add onion, green pepper, and a large pinch of salt and pepper.

Cook, stirring frequently, for 4 minutes.

Add jalapeño and garlic to the pot and cook for another minute, stirring frequently.

Add cumin, chili powder, black beans, corn, tomatoes, vegetable broth, and rice.

Stir everything together and bring to a simmer over medium heat.

Cover and simmer over low heat for about 10 minutes, or until the rice is cooked through. Stir occasionally.

Take off heat and enjoy!

Entrees



Notes

One-Pan Cream Garlic Butter Beans

Ingredients:

- **2 Cans (15 oz)** butter beans, drained and rinsed
 - 1 Tbsp olive oil
 - **1** Medium yellow onion, diced
 - **4 Cloves** of garlic, minced
 - **1 ½ Cups** kale or baby spinach, finely diced
 - **1 Cup** vegetable broth
 - **¾ Cup** low-fat cottage cheese, blended until smooth
 - **¼ Cup** parmesan cheese, grated
 - Juice and zest from ½ lemon
 - **½ tsp** smoked paprika
 - Salt and pepper, to taste
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- Heat olive oil in a large skillet over medium heat.
 - Add the onion and cook 4 to 5 minutes, or until softened. Add the garlic and smoked paprika and cook for 1 minute, until fragrant.
 - Pour in the broth and lemon juice. Scrap any browned bits from the bottom of the pan.
 - Add the butter beans and chopped kale or spinach. Simmer gently for 5 - 7 minutes, until the greens are tender.
 - Reduce the heat to low. Stir in the blended cottage cheese and parmesan until smooth and creamy. Remove from heat immediately to prevent curdling.
 - Stir in the lemon zest. Season with salt and pepper. Serve warm with crusty sourdough bread!
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Veggie Fried Rice

Great for using leftover rice, veggies, and cooked meat!

Ingredients:

- **2 Tbsp** Grated ginger
- **2-3 Cloves** of garlic
- **¼ Cup** Soy sauce
- **1 tsp** Sugar
- **4** Eggs
- **½ tsp** Salt
- Veggies of your choice
 - Ideas: frozen mixed veggies, chopped bok choy, shredded carrots, rinsed canned peas or corn, chopped onion
- Optional: precooked meat
 - Ideas: low-sodium Spam, shredded chicken breast, vegan meat substitute
- **1 Tbsp** Vegetable oil
- **3-4 Cups** of rice
- **2 Tbsp** Sesame oil
- **2 Tbsp** Rice Vinegar
- **Optional toppings**
 - Ideas: siracha, chopped green onions, kimchi, sesame seeds



Directions:

Mix together ginger, garlic, soy sauce, and sugar to make a sauce

Scramble 4 eggs with 1 tsp of salt

Heat a large wok or pan on medium-high heat with vegetable oil

Add veggies and meat to wok. Heat until desired tenderness. Remove from pan.

Add 3 to 4 cups of rice to the wok, then add sauce, and let cook undisturbed for a few minutes. Stir in eggs, veggies, and meat. Cook until all ingredients are warmed.

Remove from heat and add sesame oil and rice vinegar. Stir.

Serve as desired with siracha, chopped green onion, kimchi, or sesame seeds on top!

Ricotta Bake

Easy to customize!

Ingredients:

- **8 oz** fat free Ricotta
 - **1** large egg
 - **½ cup** grated or shredded Parmesan
 - **1 cup** of chopped veggies
 - Ideas: bell pepper, zucchini, red onion, eggplant, chunky tomatoes, or spinach
 - **½** low sugar marinara
 - **½ cup** low-fat or fat-free mozzarella
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- In a bowl, mix together all ingredients except the mariana and mozzarella cheese.
 - Pour the mixture into an 8x8 baking dish.
 - Top with mariana and mozzarella cheese.
 - Bake at 375 degrees for 15-20 minutes, or until cheese is melted and golden brown.
 - Serve on its own or with freshly cut veggies.
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Chicken Shawarma Bowls

Filled with veggies!

Ingredients:

- **1 ½ lbs** chicken breasts
- **1 Clove** garlic, minced
- **1 ½ tsp** paprika
- **2 tsp** ground cumin
- **½ tsp** ground turmeric
- **1 tsp** salt
- **¼ tsp** black pepper
- Olive oil
- Juice from **½** lemon
- **1** red onion, thinly sliced
- **2** bell peppers, thinly sliced, lengthwise
- **4 cups** riced cauliflower
- **1 cup** grape or cherry tomatoes, halved
- **1** small cucumber, diced
- **Optional toppings:**
 - Tzatziki sauce
 - Feta cheese



Directions:

Marinate the chicken: place chicken in plastic bag with garlic, cumin, paprika, tumeric, salt, and pepper. Add 2 Tbsp of oil and lemon juice. Coat chicken and refridgerate at least 30 minutes.

Heat over to 375 degrees. Line baking sheet with parchment paper.

Remove chicken from marinade, place of baking sheet, and bake for 15 minutes.

Remove pan from oven and push chicken to one third of the baking sheet. Add peppers and onion to one of the baking sheet and riced cauliflower to the last third.

Drizzle cauliflower and veggies with oil and a sprinkle of salt and pepper. Toss gently .

Bake for an additional 15 - 20 minutes, or until chicken is cooked and veggies are tender.

Remove from oven. Serve the chicken and peppers over the cauliflower rice along with chopped tomatoes and cucumbers. Drizzle with tzatziki and sprinkle feta cheese.

High Fiber Spaghetti

A veggie-filled twist on a classic!

Ingredients:

- **8 oz** whole wheat spaghetti noodles
- **1 Pinch** of salt
- **1 Tbsp** of olive oil
- **12 - 16 oz** frozen or fresh spinach
- **1 Clove** of garlic, minced
- **1 tsp** turmeric
- **1 tsp** onion powder
- **1 (15oz)** Can of cannellini (navy) beans
- **1 Jar** of garlic vodka sauce, or preferred spaghetti sauce
- Optional:
 - Turkey meatballs
 - Cracked black pepper, to taste
 - Nutritional yeast or Parmesan cheese



Directions:

Add water and a pinch of salt to a large pot. Bring to boil.

Add spaghetti and lower to a simmer. Cook for 10 minutes, or until noodles reach desired tenderness.

Remove ¼ cup of noodle water and set aside. This will be used later to make the sauce creamier.

Drain noodles and return to pot, off the heat.

Heat olive oil in a pan. Add spinach and cook until tender.

Add garlic, turmeric, and onion powder, and cook 1 minute. remove from heat.

Drain and rinse cannellini beans. Add to medium bowl, along with spaghetti sauce. Beans have a lot of fiber!

Using an immersion blender, blend beans until smooth.

Add cooked spinach to sauce and stir.

Add sauce to noodle pot and mix. Heat briefly, until warm.

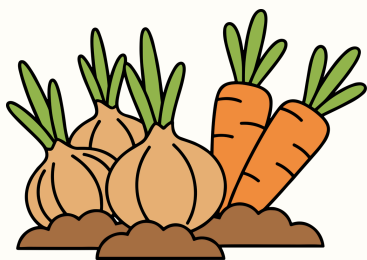
Add pepper to taste. Serve with turkey meatballs, nutritional yeast, or parmesan cheese.

Sheetpan Chicken & Vegetables

Easy to prep! Let the oven do the rest:

Ingredients:

- **2** boneless, skinless chicken breasts
- **2 tsp** Montreal seasoning
- **1 lb bag** baby carrots
- **1 zucchini**, sliced into strips
- **1** yellow onion, sliced
- **4 - 8 oz** mushrooms, sliced
- **1 tsp** dried basil
- **1 tsp** dried thyme
- **2 Tbsp** of olive oil
- **3 cups** cooked brown rice
- Optional:
 - Your favorite shredded cheese



Directions:

Preheat oven to 400 degrees.

Place chicken on sheet pan and season lightly with montreal, or your favorite chicken seasoning.

Slice zucchini, onions and mushrooms.

Place carrots, zucchini, onions and mushrooms on a separate sheet pan, spreading into one layer so they cook through.

Mix oil, basil and thyme. Use a basting brush to brush the vegetables with the oil, herb mixture.

Bake at 400 degrees for 40 minutes.

Serve over brown rice and top with cheese if desired.

Desserts



Notes

Cheesecake Yogurt Bark

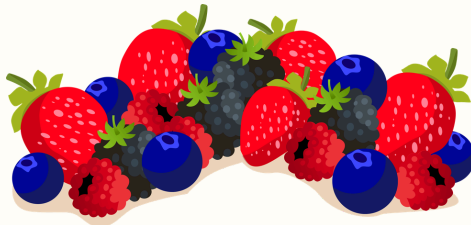
An easy-to-make dessert!

Ingredients:

- **2 Cups** plain Greek yogurt
- **4 oz** light cream cheese, softened
- **2 Tbsp** honey or maple syrup
- **1 tsp** vanilla

Toppings:

- **1 Cup** chopped fruit
 - Ideas: strawberries, blueberries, raspberries, banana, blackberries, or cherries
 - **2 Sheets** graham crackers, crushed
 - **2 Tbsp** mini chocolate chips
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- Beat the cream cheese until smooth.
 - Mix in the Greek yogurt, honey, and vanilla.
 - Line a baking sheet with parchment paper.
 - Spread the yogurt mixture about $\frac{1}{4}$ to $\frac{1}{2}$ inch thick
 - Scatter toppings of your choice over the top
 - Freeze for 3 to 4 hours, or until completely firm
 - Break into pieces and store in the freezer until ready to enjoy.
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“Not Your Mother's” Watergate Salad

Ingredients:

- **1** small box sugar-free of pistachio pudding
- **8 oz** sugar-free whipped topping
- **5.3 oz** Too Good Vanilla Greek yogurt
- **24 oz** Cottage cheese
- **1 Can** of fruit
 - No sugar added pineapple tidbits or fruit cocktail, drained

Directions:

Mix all ingredients in a medium bowl.

Refrigerate for an hour.

Serve and enjoy!



5-Minute Fruit Mousse

Ingredients:

- **2 Cups** frozen or fresh berries
- **1 - 2 Tbsp** honey or maple syrup
- **1** Large egg white
- **Fresh fruit for topping**
 - Ideas: strawberries, sliced banana, blueberries, blackberries, or thinly sliced apple

Directions:

Blend fruit in a food processor until pureed.

Add sweetener and the egg white. Process until the mixture is light, fluffy, and smooth.

Spoon into glasses and top with fresh berries.

Additional Resources



Notes

Additional Resources

Diabetes Friendly Recipes from the American Diabetes Association

<u>Cinnamon Apple Overnight Oats</u>	<u>Simple Roasted Cauliflower</u>
<u>Turkey and Vegetable Scramble</u>	<u>Roasted Sweet Potatoes with Lemon Dill Sauce</u>
<u>Lentil Soup with Dates and Spinach</u>	<u>Easy Spinach Ricotta Enchiladas</u>

Heart-Friendly Recipes from the American Heart Association

<u>Hummus & Veggies</u>	<u>Tilapia Fish Cakes with Avocado-and-Roasted Tomato Salsa</u>
<u>Roman Style Artichokes</u>	<u>Tex-Mex Beef Stew</u>
<u>Simple Persian Salad</u>	<u>Mixed Berry Ice Pops</u>

Healthy Recipes from The Academy of Nutrition and Dietetics

<u>Fruity Guacamole</u>	<u>Veggie Loaded Sloppy Joes</u>
<u>Grilled Eggplant with Tomatoes and Feta</u>	<u>Tropical Fruit Yogurt Smoothie</u>
<u>African-Style Pumpkin & Peanut Stew</u>	<u>Honey Roasted Plums</u>



Thank You For *Cooking With Us*

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The Healthy St. Mary's Partnership is a local health improvement coalition in St. Mary's County, Maryland.