

HEALTHY GO-TO RECIPES

February Fit Pro Heather Preston shares two of her favorite flavorful go-to nutritious recipes: a savory vegetarian spaghetti squash dinner and a chocolate peanut butter meal shake filled with “hidden” fruits and greens.



Spaghetti Squash Dinner

Ingredients:

- 1 cup of spaghetti squash
- ½ cup of chunky and savory spaghetti sauce
- ¼ cup of Meal Starters Recipe Crumbles
- ⅛ cup of crumbled feta cheese

Nutrition Facts

1 serving	
Amount per serving	
Calories	242
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	14%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 17mg	6%
Sodium 703mg	29%
Potassium 788mg	23%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	30%
Total Sugars 17g	
Protein 11g	22%
Vitamin A	38%
Vitamin C	22%
Calcium	17%
Iron	11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cut the squash in half and scoop out the seeds. Place the squash in a roasting pan with a little water, scooped side down, in your oven at 350 degrees for 40-50 minutes until tender. Use a fork to flake out the “spaghetti”. Prepare your Meal Starters Recipe Crumbles according to the package instructions. Use a fork to flake the “spaghetti” out of the squash and add the crumbles and feta.

Though presented as a vegetarian dish, the Meal Starters Recipe Crumbles can be replaced with ground beef or Italian sausage links.

Please note that the nutrition facts are approximate depending upon the brands you use or whether you add meat to the dinner.



Chocolate Peanut Butter Meal Shake

Ingredients:

- 1 scoop of designer whey chocolate
- 1 cup of baby spinach, raw
- ¼ cup of frozen wild blueberries
- 3 baby carrots, raw
- 2 ice cubes
- 1 tablespoon of reduced sodium peanut butter
- 1 cup of chocolate coconut milk

Place all of the ingredients in a blender and mix well.

You can experiment with how much of the fruit and vegetable ingredients added. Also, feel free to experiment with your milk base; chocolate soy, kim, almond, and cashew milks also work well. Please make sure to use frozen wild blueberries and add ice cubes to make sure that your shake has a consistency closer to a milkshake and is not runny.

Enjoy this shake as a meal replacement or a mid-afternoon snack to keep your body appropriately fueled.

Please note that the nutrition facts are approximate depending upon the brands you use or whether you add meat to the dinner.

Nutrition Facts

1 serving	
Amount per serving	
Calories	345
% Daily Value*	
Total Fat 15g	24%
Saturated Fat 7g	33%
Monounsaturated Fat 4g	
Polyunsaturated Fat 2g	
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 302mg	13%
Potassium 711mg	20%
Total Carbohydrate 32g	11%
Dietary Fiber 8g	32%
Total Sugars 19g	
Protein 24g	49%
Vitamin A	191%
Vitamin C	22%
Calcium	39%
Iron	13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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