

HEALTHY SOMERSET RECIPES

Harvest Fajitas

Ingredients:

- 1 zucchini, washed and cut into thick slices
- 1 yellow squash, washed and cut into thick slices
- 1 bell pepper, washed and cut into chunks
- 1 eggplant, washed and cut into thick slices
- 1 onion, sliced
- 2 cloves garlic, chopped
- 1-2 tablespoons vegetable oil
- 1 teaspoon Italian seasoning

Salsa:

- 2 tomatoes, washed and diced
- 1 jalapeño pepper, washed and diced
- ½ green bell pepper, washed and diced
- ½ onion, diced
- Juice of 1 lime
- 6 Whole wheat tortillas

Directions:

1. Preheat oven to 400 degrees F.
2. Toss all fajita vegetables together in a bowl with oil and seasoning.
3. Spread vegetables on a metal baking sheet and place in oven.
4. Bake, turning occasionally, until veggies become tender and brown on the edges, about 20 minutes.
5. Toss all salsa ingredients together.
6. Assemble fajitas by filling a tortilla with a portion of veggies, then topping with salsa and other fixings.



Chicken, Sweet Potato & Carrot Packets

Ingredients:

- 2 boneless chicken breasts, each cut in half to make 4 pieces
- 2 sweet potatoes, washed, peeled and cut in thick slices
- 4 carrots, washed, peeled and cut in thick slices
- 1 teaspoon Italian seasoning
- Cooking oil spray

Directions:

1. Preheat oven to 350 degrees.
2. Spray 4 large pieces of foil with cooking oil spray.
3. Place 1 cup of vegetables on each foil piece and top with 1 piece of chicken.
4. Sprinkle seasoning on each piece of chicken.
5. Fold and seal foil to make a packet. Place on baking sheet and bake in oven for 30-45 minutes until chicken is cooked through.

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Carrot and Oatmeal Cookies

Ingredients:

- 1 cup carrots, washed, peeled and grated
- ½ cup honey
- ¼ cup vegetable oil
- ¼ cup applesauce
- 1 teaspoon vanilla extract
- 2 eggs
- 1 cup oats
- 1 cup flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup raisins
- ½ cup nuts, chopped
- 2 teaspoons pumpkin pie spice or cinnamon
- Cooking oil spray



Directions:

1. Preheat oven to 375 degrees.
2. Spray baking sheets with cooking oil spray.
3. In a mixing bowl, beat together honey, oil, applesauce, vanilla if used, and eggs.
4. In a medium bowl, mix the oats, flour, baking powder, pumpkin pie spice or cinnamon and salt.
5. Add the dry oat mixture to the egg mixture and stir to combine.
6. Add the carrots, nuts, and raisins and stir to combine.
7. Use one tablespoon of batter for each cookie, and drop onto baking sheet.
8. Bake for 15-18 minutes until golden brown.

Tips for Cooking Veggies & Any Kind of Squash

- **Steam or Boil:** Add 1 inch or so of water to a pot, place chopped pieces of squash in and cover for about 15-20 mins or until desired tenderness.
- **Pan Fried (sautéed):** Heat oil in pan, add chopped squash, season with salt, pepper (or whatever else you like).
- **Roast:** Drizzle with oil and seasoning & put in the oven at 375 for 15-20 mins