

# HEALTHY SOMERSET RECIPES

## Crunchy Vegetable Wrap

### Ingredients:

- 4 Tablespoons low-fat cream cheese
- ½ teaspoon ranch seasoning mix
- 2 flour tortillas
- ½ head of broccoli, washed and chopped
- 1 carrot, washed, peeled and grated
- 1 zucchini, washed and cut into small strips
- 1 summer squash, washed and cut into small strips
- ½ tomato, washed and diced
- ¼ green bell pepper, washed seeded and diced
- **2 large radishes, washed and chopped**



### Directions:

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Spread cream cheese onto flour tortilla, staying one inch from edge.
3. Sprinkle vegetables over cheese. Roll tortilla tightly. With a sharp knife slice tortillas into circles and serve.

## Apple Cranberry Salad Toss

### Ingredients:

- 1 large head of (any leafy greens), red lettuce, kale, spinach, washed and chopped
- 1 medium apple, washed and sliced
- 1/3 cup walnuts, chopped (optional)
- 3/4 cup dried cranberries
- 1/4 cup green onions, washed and sliced
- 1/2 cup low-fat vinaigrette dressing



### Directions:

1. Combine lettuce, apples, walnuts (optional), cranberries, and onions in large bowl.
2. Add dressing; toss to coat.

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## Mustard Greens with Chipotle and Bacon

### Ingredients:

- 2 3/4 pounds mustard greens (2 to 3 bunches), stems and coarse ribs discarded
- 4 bacon slices, cut crosswise into 1/2-inch pieces
- 3 tablespoons olive oil
- 1 teaspoon minced canned chipotle chiles in adobo
- 1/2 teaspoon salt



### Directions:

1. Coarsely chop greens, then cook in 2 batches in a 6- to 8-quart pot of boiling salted water, uncovered, stirring occasionally, until wilted and tender, about 5 minutes.
2. Transfer with a slotted spoon to a large bowl of cold water to stop cooking.
3. Drain greens in a colander, pressing gently to release excess moisture.
4. Cook bacon in a 12-inch heavy skillet over moderate heat, stirring, until crisp, 4 to 5 minutes. Transfer with a slotted spoon to paper towels to drain, reserving fat in skillet.
5. Add oil, chipotle, greens, and salt to fat and cook, stirring occasionally, until heated through, 2 to 3 minutes.
6. Transfer to a serving dish and sprinkle with bacon.

## Tips for Healthy Eating

- Prepare MOST of your meals at HOME!

- Make a meal plan every week--decide what you will eat for breakfast, lunch, dinner and your snacks ahead of time.
- Choose recipes that include veggies and fruits. Include variety into each of your meals.
  - AVOID drinking sugary drinks choose water or lower calorie drinks.
- Eat smaller meals frequently. When you wait too long to eat you often choose unhealthy options.



Somerset County  
Health Department

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Additional Recipes can be found on: [eatsmart.umd.edu](http://eatsmart.umd.edu)