

HEALTHWAYS FIT

A Healthier Easter Menu



*Helping
you to get
healthy
in 2014!*



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A Healthier Easter Menu

Thank you for downloading our special edition holiday menu!



This eBook contains 6 recipes guaranteed to excite your taste buds and stir up that boring Easter menu or family potluck. It includes two main courses (one meat and one vegetarian), two side dishes and two desserts.

Remember, recipes and meal plans are among the many perks members of Healthways FIT receive. Some people also are eligible for a free gym membership and personalized health coaching through SilverSneakers.

You'll see a lot more progress if you combine nutrition with exercise, so [check today](#) to see if you're eligible for this benefit!

Please enjoy this holiday menu to help guide you on the path to wellness, and stay connected with everything Healthways FIT has to offer by [becoming a member](#).



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- **Rosemary-Peach Glazed Ham**

Unlike the cured, smoked hams common around Easter, try a fresh ham this year. You'll be surprised at the fresh flavor it has and the sodium level is a fraction of the cured variety. You may need to ask your butcher a week or more ahead of time for a fresh ham since he will probably have to order it for you.

- **Blackberry-Orange Glazed Tofu**

This dish offers a delicious and satisfying vegetarian alternative to the traditional Easter ham. Just make sure and get extra-firm tofu or you risk the slices falling apart when they're roasting.

- **Spring Asparagus Sauté**

Asparagus is one of the earliest fresh vegetables to hit the market after the snow melts. Pencil-thin asparagus requires only a few minutes of cooking so don't be tempted to let it steam for too long.

- **Gingered Radishes**

And you thought radishes were only tossed on salads. They have a delicate flavor that can easily get covered up so it's best to keep the seasonings simple.

- **Strawberry Phyllo Cups with Orange Cream**

Crispy, crunchy phyllo cups are a great way to make individual desserts that impress while still being easy. When spraying with cooking spray, be sure to spray each sheet no more than 1 second.

- **Fresh Rhubarb Crumble**

Rhubarb is in season for so short of a time you really need to make it in as many dishes as possible. At other times of the year, try this crumble with frozen rhubarb. Thaw rhubarb in a strainer but don't press any of the liquid out.

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Rosemary-Peach Glazed Ham

Ingredients

- 1 (7- to 9-pound) bone-in fresh half-ham, shank end, rind removed
- 1 and 3/4 cups peach jam, divided
- 3 Tbsp. Dijon mustard, divided
- 1 Tbsp. honey
- 1 tsp. freshly cracked black pepper
- 1-1/2 cups apple cider or juice
- 1 tsp. minced fresh rosemary
- 1 Tbsp. apple cider vinegar

Instructions

1. Preheat oven to 350°. Place ham on a broiler pan coated with cooking spray; insert a thermometer into thickest portion of ham.
2. Combine 3/4 cup jam, 2 tablespoons mustard, honey and black pepper. Spread half of the mixture over ham.
3. Bake, uncovered, 2-1/4 to 2-3/4 hours or until thermometer registers 160°, basting occasionally with remaining jam mixture. Remove drippings to a measuring cup and skim fat.

4. Stir together the apple cider, rosemary, reserved drippings and remaining jam and mustard. Bring mixture to a boil, reduce heat and simmer until reduced by 1/4, stirring frequently. Stir in vinegar and serve warm with sliced ham.



Nutrition Facts

- Servings: 20
- Serving size: About 3-1/2 ounces ham, 2 Tbsp. sauce
- Calories: 309
- Calories from fat: 108
- Total fat: 12 g
- Saturated fat: 4 g
- Cholesterol: 102 mg
- Sodium: 125 mg
- Potassium: 421 mg
- Total carbohydrate: 17 g
- Dietary fiber: 0 g
- Sugars: 15 g
- Protein: 31 g

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Blackberry-Orange Glazed Tofu

Ingredients

- 2 (16-ounce) blocks extra-firm tofu
- 1/2 cup fresh orange juice
- 1-1/2 Tbsp. reduced-sodium soy sauce
- 1/2 cup seedless sugar-free blackberry jam
- 1 Tbsp. olive oil
- 1 Tbsp. whole grain Dijon mustard
- 1/2 tsp. dried basil
- 1/2 tsp. freshly cracked black pepper

Instructions

1. Preheat the oven to 425° F. Line two baking sheets with parchment paper.
2. Cut tofu into 1/2-inch-thick slices. Place on sheets of paper towel and gently press to extract any liquid; let stand 10 minutes. Whisk together remaining ingredients.
3. Place tofu in a single layer prepared pans. Pour half the sauce over tofu. Bake at 425° for 15 minutes or until tofu begins to brown. Turn tofu slices and top with remaining sauce. Bake 10 to 15 minutes more or until golden brown.

Nutrition Facts

- Servings: 6
- Serving size: Approx. 3 slices
- Calories: 193
- Calories from fat: 108
- Total fat: 12 g
- Saturated fat: 2 g
- Cholesterol: 0 mg
- Sodium: 219 mg
- Potassium: 245 mg
- Total carbohydrate: 12 g
- Dietary fiber: 1 g
- Sugars: 3 g
- Protein: 16 g



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Spring Asparagus Saute

Ingredients

- 3 large shallots, sliced
- 1 Tbsp. olive oil
- 2 garlic cloves, thinly sliced
- 1 tsp. lemon pepper
- 1/3 cup water
- 1 pound thin asparagus, trimmed
- 1/8 tsp. kosher salt



Instructions

1. In a large sauté pan, cook shallots in olive oil 3 to 4 minutes or until golden brown. Add garlic slices and lemon pepper and cook 1 minute.
2. Place asparagus on top of onions, add water and cover pan. Cook, covered, 3 to 4 minutes or until asparagus is crisp-tender. Place asparagus on a warm serving platter, sprinkle with salt and top with shallot mixture.

Nutrition Facts

- Servings: 4
- Serving size: 4 ounces
- Calories: 54
- Calories from fat: 12
- Total fat: 1.4 g
- Saturated fat: 0 g
- Cholesterol: 0 mg
- Sodium: 39 mg
- Potassium: 379 mg
- Total carbohydrate: 9 g
- Dietary fiber: 3 g
- Sugars: 0 g
- Protein: 3 g

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Gingered Radishes

Ingredients

- 2 pounds radishes, quartered
- 1 tsp. olive oil
- 1/4 tsp. freshly cracked black pepper
- 1/8 tsp. kosher salt
- 1 cup vegetable or chicken broth
- 1 Tbsp. lemon juice
- 1 tsp. minced fresh gingerroot
- 1/2 tsp. grated lemon peel

Instructions

1. In a large non-stick sauté pan, cook radishes in olive oil 10 to 12 minutes or until tender; sprinkle with pepper and salt. Transfer to plate and keep warm.

2. Stir remaining ingredients into pan and simmer until reduced by 2/3. Add radishes and toss to coat. Serve warm.

Nutrition Facts

- Servings: 6
- Serving size: 4 ounces
- Calories: 47
- Calories from fat: 11
- Total fat: 1 g
- Saturated fat: 0 g
- Cholesterol: 1 mg
- Sodium: 142 mg
- Potassium: 410 mg
- Total carbohydrate: 7 g
- Dietary fiber: 3 g
- Sugars: 3 g
- Protein: 1 g

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Strawberry Phyllo Cups with Orange Cream

Ingredients

- 4 phyllo pastry sheets, covered with a damp towel
- Vegetable cooking spray
- 3 Tbsp. dry white breadcrumbs
- 2 cups chopped strawberries
- 2 Tbsp. honey
- 1 large orange
- 1 cup low-fat plain Greek yogurt
- 1/4 tsp. almond extract
- 1/4 cup sliced almonds, toasted

Instructions

1. Preheat oven to 350°F. Place one phyllo sheet on counter. Quickly spray with cooking spray and sprinkle with 1 Tbsp. breadcrumbs. Top with second sheet and spray with cooking spray and 1 Tbsp. breadcrumbs. Repeat with remaining phyllo and breadcrumbs ending with phyllo sheet. Cut into 6 pieces.
2. Lightly spray 6 muffin cups with cooking spray. Place 1 phyllo square in each cup, pressing down to form a cup. Bake at 350° 8 to 10 minutes or until golden brown. Remove from muffin cups and cool completely.
3. Toss strawberries with honey and set aside for 30 minutes. Grate rind from orange and then squeeze juice into a bowl. Add grated zest, yogurt and extract and stir to combine.
4. Spoon yogurt into phyllo cups and top with 1-1/2 tablespoons strawberries. Divide remaining strawberries among 6 serving plates; place phyllo cup in center of each plate and drizzle with any strawberry juice. Sprinkle with almonds and serve immediately.

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Nutrition Facts

- Servings: 6
- Serving size: 1 phyllo cup and 3 Tbsp. strawberries
- Calories: 152
- Calories from fat: 29
- Total fat: 4 g
- Saturated fat: 1 g
- Cholesterol: 1 mg
- Sodium: 103 mg
- Potassium: 150 mg
- Total carbohydrate: 25 g
- Dietary fiber: 2 g
- Sugars: 14 g
- Protein: 6 g

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Fresh Rhubarb Crumble

Ingredients

- 1/2 cup all-purpose flour
- 1/2 cup old fashioned rolled oats
- 1/4 cup packed brown sugar
- 1/4 tsp. cinnamon
- 2 ounces unsalted butter, melted
- 4 cups diced rhubarb
- 1/4 cup honey
- 2 tsp. grated lemon rind
- 1/4 cup apple juice
- Non-fat frozen yogurt, optional

Instructions

1. Stir together first five ingredients; set aside.
2. In a 9-inch cast-iron skillet, stir together rhubarb, honey, lemon rind and apple juice. Bring mixture to a boil, reduce heat and simmer just until rhubarb is tender, about 10 minutes. Sprinkle with reserved topping and bake at 400°F for 15 - 20 minutes or until topping is golden brown. If desired, serve with frozen yogurt.

Nutrition Facts

- Servings: 6
- Serving size: about 1/2 cup crumble and 1/3 cup frozen yogurt
- Calories: 233
- Calories from fat: 43
- Total fat: 5 g
- Saturated fat: 3 g
- Cholesterol: 15 mg
- Sodium: 52 mg
- Potassium: 222 mg
- Total carbohydrate: 47 g
- Dietary fiber: 2 g
- Sugars: 31 g
- Protein: 5 g

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