



Cooking that tastes good, and is good for you. All recipes meet or exceed the American Heart Associations requirements, specifically 30% or fewer calories from fat. See how cooking from scratch can both please your palate as well as be healthy and nutritious for you. Our Healthy Balance station is where to find daily Vegetarian and Vegan options, as well.

Healthy Balance Menu Options

Mesquite Baked Tofu
with Pineapple Salsa

Penne Pasta with Fresh
Vegetables & White Beans

Vegan Meatball Multigrain
Wrap Sandwich

Curry Almond Lentil Bake

BBQ Tofu Multigrain Pizza
with Peppers & Onions

Quinona and Vegetable
Jambalaya

Tomato Quiche

Char-Grilled Vegetables
with Quinoa

Roasted Red Pepper Hummus
& Vegetable Quesadilla

Roasted Vegetable Baguette

Spicy Vegetable Curry o
ver Red Lentils

Tabbouleh with Roasted
Moroccan Vegetables

Spinach & Feta Cheese Strudel

Eggplant Parmesan

