

Recipes

Ham and Broccoli Topped Baked Potato

Serves: 1

Yield: 1 Servings

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Ingredients

- ½ cup small broccoli florets
- 3 tablespoons diced lower-sodium ham
- 1 6-ounce russet potato, baked
- 1 tablespoon plain nonfat Greek yogurt
- ¼ cup finely shredded reduced-fat Cheddar cheese



Photo courtesy of <https://www.eatingwell.com/recipe/259484/ham-and-broccoli-topped-baked-potato/>

How To Make It

1. In a small microwave-safe bowl, cook broccoli until just tender. Heat diced ham. Top potato with ham, broccoli, yogurt, and cheese.

Nutrition Facts

Servings Per Recipe: 1

Serving Size: 1 serving

Calories: 298

	% Daily Value *
Total Carbohydrate 41g	15%
Dietary Fiber 5g	18%
Total Sugars 4g	
Protein 19g	37%
Total Fat 7g	9%
Saturated Fat 4g	21%
Cholesterol 32mg	11%
Vitamin C 55mg	61%
Folate 74mcg	18%
Sodium 464mg	20%
Calcium 475mg	37%
Iron 2mg	13%
Magnesium 61mg	14%
Potassium 1079mg	23%



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Recipes

Roasted Veggie and Hummus Pita Pocket

Serves: 1

Yield: 2

Prep Time: 5 Minutes

Cook Time: 5 Minutes

Ingredients

- 1 6 1/2- inch whole-wheat pita bread
- 4 tablespoons hummus
- ½ cup mixed salad greens
- ½ cup Sheet-Pan Roasted Root Vegetables, roughly chopped
- 1 tablespoon crumbled feta cheese



Photo courtesy of <https://www.eatingwell.com/recipe/261292/roasted-veggie-hummus-pita-pockets/>

How to Make It

1. To make sheet pan roasted vegetables take any combination of root vegetables you like and coat with olive oil. Season with salt pepper and garlic powder to taste. Roast in the oven at 375 degrees until veggies are tender. Cut pita bread in half. Spread 2 tablespoons hummus inside each half of the pita pocket. Stuff each pita pocket with greens, roasted vegetables and feta.

Sources: "Roasted Veggie and Hummus Pita Pockets."

<https://www.eatingwell.com/recipe/261292/roasted-veggie-hummus-pita-pockets/>, 27 June 2024.

Nutrition Facts

Servings Per Recipe: 1

Serving Size: 2 pita pockets

Calories: 357

	% Daily Value *
Total Carbohydrate 54g	19%
Dietary Fiber 10g	36%
Total Sugars 5g	
Protein 14g	27%
Total Fat 12g	15%
Saturated Fat 3g	14%
Cholesterol 8mg	3%
Vitamin A 3694IU	74%
Vitamin C 10mg	11%
Folate 135mcg	34%
Sodium 768mg	33%
Calcium 112mg	9%
Iron 4mg	23%
Magnesium 109mg	26%
Potassium 525mg	11%