



*FIT PLAN:*

# *RECIPES*

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*At the Tiger Woods Foundation, we believe in a new generation of bold, courageous youth. We inspire new perspectives and limitless possibilities. We provide opportunities to be someone.*

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NUMBER OF SERVINGS:  
**1**



*RECIPES:* Activity 1.2: Food Groups and the Food Pyramid

## **CRACKER MEDLEY**

**YIELDS:**

1 serving

**INGREDIENTS:**

5 whole wheat crackers

1 slice of cheddar cheese, cut into 5 small pieces

1/4 of a tomato, chopped

5 spinach leaves

**SUPPLIES:**

- Knife
- Plate
- Cutting board

**DIRECTIONS:**

1. Top each cracker with a slice of cheese, a spinach leaf and a few chopped tomatoes



NUMBER OF SERVINGS:  
**18**



**RECIPES:** Activity 1.2: Food Groups and the Food Pyramid

## **FIVE FOOD GROUP SALAD**

**YIELDS:**

18 servings

**INGREDIENTS:**

*Vinaigrette (this is a versatile dressing that can be used on other salads)*

1/2 cup + 1 tablespoon apple cider vinegar  
2 tablespoons Dijon or deli mustard  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/4 cup olive oil  
1/2 teaspoon salt  
1/8 teaspoon black pepper

**Salad**

1.5 pounds romaine lettuce, finely chopped (about 12 cups)  
1 pound sliced or medium-diced unpeeled apples (about 3-4 medium apples)  
2 cups shredded cheddar cheese  
15 oz. can chick peas, drained and rinsed  
Whole wheat croutons

**SUPPLIES:**

- Medium bowl
- Whisk
- Measuring spoons
- Large bowl
- Cutting board
- Knife
- Can opener
- Strainer
- 2 large spoons
- Plates

**DIRECTIONS:**

1. In a medium bowl whisk together vinegar, mustard and dried spices and herbs. Add oil in a slow, steady stream and continue whisking until emulsified. Mix in salt and pepper and set aside.
2. In a large serving bowl combine lettuce, apple pieces, cheddar cheese and chick peas. Mix well. Right before serving, whisk vinaigrette again and dress salad to taste. Toss to coat well. Top with croutons.

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NUMBER OF SERVINGS:  
**6**



*RECIPES:* Activity 3.4: Caustic Cola

## *FIZZY FRUIT DELIGHT*

*YIELDS:*

6 servings

*INGREDIENTS:*

2 cups cold 100% fruit juice, such  
as blueberry, peach or cherry  
(any flavor works)

1 liter cold seltzer water or club soda

3 sliced lemons, oranges or limes (optional)

Ice, as needed

*SUPPLIES:*

- Cups
- Measuring cups
- Cutting board
- Knife

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*DIRECTIONS:*

1. Pour 1/2 cup juice into cup. Add 1/2 cup seltzer. Add fruit slices and serve immediately. Add ice if needed.

NUMBER OF SERVINGS:  
**6**



**RECIPES:** Activity 4.2: Sizing up Fat and Cholesterol

## PITA PIZZA

**NOTE:**

This recipe requires an oven.

**YIELDS:**

6 servings (6 personal pizzas)

**INGREDIENTS:**

6 whole wheat pitas  
6 ounces pizza sauce  
2 cups mozzarella cheese (look for reduced-fat variations)  
3 cups of desired vegetables such as mushrooms, tomatoes, bell peppers, onions, spinach, olives, etc.

**SUPPLIES:**

- Baking sheet
- Bowls
- Plates
- Cutting board
- Spoons, forks and knives

**DIRECTIONS:**

1. Preheat oven to 450° F.
2. Prepare chopped vegetable toppings.
3. Spread a light layer of pizza sauce on whole wheat pita crust.
4. Top with a small amount of mozzarella cheese.
5. Add desired healthy toppings.
6. Put the pizza on a baking sheet and into the oven for 10-12 minutes (cooking times and oven temperatures may vary).



NUMBER OF SERVINGS:  
**1**



*RECIPES:* Activity 4.3: Get Lean with Protein

## **TURKEY WRAP**

**YIELDS:**

1 serving

**INGREDIENTS:**

1 whole wheat tortilla  
6 sliced cucumbers  
4 thin slices of red bell peppers  
3 turkey slices  
2 cheddar cheese slices  
Mustard

**SUPPLIES:**

- Knife
- Plate
- Cutting board

**DIRECTIONS:**

1. Spread a thin layer of mustard over the entire tortilla.
2. Top the tortilla with cheese, turkey, cucumbers and bell peppers.
3. Fold the tortilla like a burrito and cut it in half.

**NOTE:**

Other vegetables may be substituted or added. The turkey may be left out for a vegetarian version.



NUMBER OF SERVINGS:  
**1**



*RECIPES:* Activity 4.3: Get Lean with Protein

## **PEANUT BUTTER AND CELERY**

*YIELDS:*

1 serving

*INGREDIENTS:*

2 celery stalks, rinsed and cut in half

2 tablespoons peanut butter

12 raisins

*SUPPLIES:*

- Knife
- Plate
- Cutting board

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*DIRECTIONS:*

1. Spread a light layer of peanut butter over each strip of celery.
2. Top with raisins.

NUMBER OF SERVINGS:  
**1**



*RECIPES:* Activity 5.4: The Most Important Meal of the Day

## YOGURT PARFAIT

YIELDS:

1 serving

INGREDIENTS:

1 cup vanilla yogurt (low-fat or non-fat)

1/2 cup low-fat granola

1/2 cup fresh fruit (berries, bananas or apples)

SUPPLIES:

- Cup
- Spoon
- Knife
- Cutting board

DIRECTIONS:

1. Measure half of the yogurt into a cup.
2. Put a few spoonfuls of fruit and granola on top of the yogurt.
3. Add another spoonful of yogurt.
4. Top with fruit.

NOTE:

Be creative with the layering!



NUMBER OF SERVINGS:  
**4**



RECIPES:

## SPINACH SALAD

YIELDS:

4 servings

INGREDIENTS:

26 oz. bag washed spinach

2 cups sliced strawberries

1 sliced purple onion

3/4 cup chopped walnuts

1 1/2 cup vinaigrette-style dressing (look for  
a low-calorie Balsamic Vinaigrette)

SUPPLIES:

- Large bowl
- Cutting board
- Knife
- 2 large spoons
- Plates

DIRECTIONS:

1. In a large bowl combine spinach, strawberries, onion and walnuts. Dress salad to taste. Toss with spoons to coat well.



NUMBER OF SERVINGS:  
**6**



RECIPES:

## STRAWBERRY-BANANA SMOOTHIE

YIELDS:

6 servings

INGREDIENTS:

1 cup plain low-fat yogurt  
2 cups 100% fruit juice, such as orange  
or mango  
1 large frozen banana  
2 cups frozen strawberries and extra  
for garnishing if so desired  
Ice (optional)

SUPPLIES:

- Blender/food processor
- Measuring cups
- Cups
- Spoon

DIRECTIONS:

1. Combine all ingredients in blender or food processor. Puree on medium-high speed until smooth and creamy.
2. Divide evenly into small cups. Garnish with extra diced, fresh fruit.

NOTE:

Other fruits and juices may be substituted.



NUMBER OF SERVINGS:  
**16**



## RECIPES:

# COUSCOUS SALAD

### NOTE:

*This recipe requires a stove top.*

### YIELDS:

*16 servings*

### INGREDIENTS:

*1 ¾ cup whole wheat couscous  
2 cups water  
1 tablespoon olive oil  
1/2 teaspoon salt  
1/2 cup diced cucumber  
1/2 cup diced tomato  
1/2 cup diced scallions  
1 cup finely chopped parsley  
1/2 cup feta cheese  
15 oz. can black beans,  
    rinsed and drained  
1/4 cup lemon juice, or to taste  
3 tablespoons olive oil, or to taste  
Salt and pepper to taste  
Fresh mint (optional)*

### SUPPLIES:

- *Medium-size pot with lid*
- *Measuring spoons*
- *Measuring cups*
- *Forks*
- *Large bowl*
- *Large spoon*
- *Can opener*
- *Strainer*
- *Cutting board*
- *Knife*
- *Plates*
- *Spoons*

### DIRECTIONS:

- 1. In a medium saucepan bring 2 cups of water to boil with 1 tablespoon olive oil and 1/2 teaspoon salt. Add 1 ¾ cups couscous, stir, turn off heat and cover for 5 to 10 minutes.\**
- 2. Uncover couscous and fluff grains with a fork.*
- 3. Place couscous in a salad bowl and add diced cucumber, tomato, scallion, chopped parsley, feta cheese, black beans, lemon juice, olive oil and mint.*
- 4. Check seasoning and serve.*

*\*This step can be done before class and stored in a container or sealed bag for up to three days.*

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NUMBER OF SERVINGS:  
**16**



RECIPES:

## HOMEMADE LOW-FAT GRANOLA

NOTE:

This recipe requires an oven.

YIELDS:

16 servings

INGREDIENTS:

4 cups old-fashioned rolled oats  
1 cup toasted wheat germ  
1/2 cup flax seeds (optional)  
1 ½ teaspoons ground cinnamon  
1 ½ teaspoons ground ginger  
2 cups plain unsweetened puffed cereal  
(such as puffed wheat or puffed corn)  
5 tablespoons molasses  
1/3 cup canola oil  
1/3 cup water

SUPPLIES:

- 2 large baking sheets
- Large metal spoon
- Large bowl
- Small bowl
- Measuring spoons
- Measuring cups

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DIRECTIONS:

1. Preheat oven to 300° F with oven rack in the center. In a large mixing bowl combine oats, wheat germ, flax seeds, cinnamon, ginger and puffed cereal.
2. In a small bowl, combine molasses, oil and water. Mix well and pour evenly over the oat mixture. Stir until oat mixture is well coated. Spread mixture evenly across two large baking sheets.
3. Bake, stirring every 10 minutes or so for even cooking, until granola is dry and lightly browned (about 30 minutes). Let granola cool thoroughly to room temperature, then store in an airtight container at room temperature for up to one month.

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NUMBER OF SERVINGS:  
**21**



## RECIPES:

# AVOCADO SALSA

### YIELDS:

21 servings

### INGREDIENTS:

3 large tomatoes, coarsely chopped  
3 large ripe avocados, peeled and diced  
2 to 3 tablespoons fresh lime juice and  
more to taste if desired  
1/2 teaspoon chili powder and more to  
taste if desired  
Salt and pepper to taste  
7 oz. bag whole grain tortilla chips

### INGREDIENTS:

- Large bowl
- Cutting board
- Knife
- Measuring spoons
- Napkins
- Plates
- Serving spoons

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### DIRECTIONS:

1. In a large bowl combine tomato and avocado, mixing well to combine. Stir in lime juice and chili powder. Season with salt and pepper to taste.
2. Serve with baked tortilla chips.

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NUMBER OF SERVINGS:  
**10**



RECIPES:

## BLACK-EYED PEA SALAD

YIELDS:

10 servings

INGREDIENTS:

2 tablespoons olive oil

3 tablespoons lemon juice and more  
to taste if desired

1 tablespoon chopped fresh oregano OR  
1 teaspoon of dried oregano

4 cups unpeeled cucumber, diced

2 cans (15oz.) black-eyed peas, drained  
and rinsed well

1 cup red bell pepper, diced

1 box (10oz.) frozen corn kernels,  
thawed and drained

1/3 cup green onion, finely chopped  
and more to taste if desired

Salt and black pepper to taste

SUPPLIES:

- Large bowl
- Can opener
- Strainer
- Vegetable peeler
- Cutting board
- Knife
- Plates
- Spoons

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DIRECTIONS:

1. In a large serving bowl whisk together oil, lemon juice and oregano until well combined.
2. Add cucumber, black-eyed peas, red pepper, corn and green onion. Mix well. Season with salt and black pepper to taste.

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NUMBER OF SERVINGS:  
**12**



## RECIPES:

# "HOLD THE MAYO!" MEDITERRANEAN TUNA SALAD

### YIELDS:

12 servings

### INGREDIENTS:

2 cans (6.5oz.) water-packed tuna, drained

1 can (15oz.) white beans, drained and rinsed well

1/4 cup finely chopped onion, shallots or scallions

1 1/2 cups peeled, finely diced cucumber

4 cups chopped arugula or spinach leaves

3 tablespoons extra virgin olive oil

3 tablespoons Dijon mustard (or any deli mustard)

3 tablespoons fresh lemon juice

Coarsely ground pepper to taste

1 teaspoon dried oregano or basil (optional)

1 heaping tablespoon small capers (optional)

### Added Ingredient Ideas:

- Chunks of avocado
- Slivers of green apple
- Chopped fresh herbs
- Pine nuts
- Raisins or dried cranberries
- Cooked lentils
- Chopped celery and carrots
- Horseradish or minced jalapeno pepper (for a little extra heat)

### SUPPLIES:

- Large bowl
- Can opener
- Strainer
- Vegetable peeler
- Cutting board
- Knife
- Plates
- Spoons

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### DIRECTIONS:

1. In a large mixing bowl combine tuna, beans, onion, cucumber and arugula. Toss ingredients evenly.
2. Stir in oil, mustard and lemon juice. Mix well. Season with pepper, dried herbs and capers.

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