

# GREEK YOGURT RANCH DIP

This Greek yogurt ranch dip is healthier than the original version, but tastes just as good!

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## INGREDIENTS:

- 1 cup plain Greek yogurt
- ½ teaspoon dried dill  
(or 1 teaspoon fresh dill)
- ½ teaspoon dried parsley  
(or 1 teaspoon fresh parsley)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon salt
- 1 teaspoon white wine or apple cider vinegar
- Optional: 1 teaspoon dried chives



## DIRECTIONS:

1. Mix all ingredients together in a bowl.
2. Serve with raw vegetables (such as broccoli, celery, peppers, carrots) and/or pretzels.

For more healthy recipes, visit [montefiorenyack.org/healthy-recipes](https://montefiorenyack.org/healthy-recipes).

# PEACH CRUMBLE

This mix of fruit, oats, and yogurt makes a perfect balanced meal suitable as snack, dessert or even breakfast.

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## INGREDIENTS:

- 3 tbsp. butter
- ½ cup brown sugar
- ¾ tsp. allspice
- 4-6 soft peaches, thinly sliced
- ½ cup quick-cooking oats
- 2-3 tbsp. water
- Low-fat vanilla yogurt
- 6-8 graham crackers, crushed



## DIRECTIONS:

1. In a pot, add butter to melt at medium high. While it melts, mix sugar and all spice and add to melted butter.
2. Add peaches and mix them well with the butter mix.
3. Top peaches with oats and sprinkle them with water.
4. Cover the pot and let peaches and oats simmer at medium heat until they are soft.
5. Remove from heat and divide mix in individual cups.
6. Top with low-fat vanilla yogurt and sprinkle with graham crackers. Serve warm or at room temperature.

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# BEAN, VEGGIE AND CHEESE QUESADILLAS

This vegetarian friendly recipe is a quick and easy lunch or dinner that can be customized for your family.

## INGREDIENTS:

- 2 whole grain tortillas
- ¼ cup shredded cheese (such as cheddar or Monterey jack)
- 3 tablespoons canned pinto beans or black beans (drained, rinsed and mashed with a fork)
- 3 tablespoons bell pepper (red, orange or yellow) cut into small pieces.
- Olive oil spray or pad of butter



## DIRECTIONS:

1. Spray or place pad of butter in a sauté pan over medium heat, then add minced red peppers. Sauté for 3 minutes or until tender.
2. Add pinto beans and cook for another 1-2 minutes. Remove from the pan and set aside.
3. Carefully wipe out the pan (be careful not to burn yourself), lower the pan to medium low, and place one tortilla down.
4. Top a tortilla with a sprinkle of cheese, beans and pepper mixture, spreading it out evenly on the tortilla.
5. Top with another sprinkle of cheese and fold tortilla in half.
6. Cook on each side 1-2 minutes or until cheese has melted and tortilla has turned golden brown.
7. Make this a balanced meal serving your quesadillas with salsa, sliced avocado or guacamole, or fruit on the side like kiwi, apple, or strawberries.

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