



10 Recipes for Better Sleep

Getting a good night's sleep is an important component of health. Studies have shown that sleep debt contributes to everything from cognitive decline and marital troubles, to weight gain and chronic conditions like diabetes. With that in mind, we're happy to share these 10 recipes to help you sleep better. Some are rich in sleep-promoting tryptophan, others contain calming carbohydrates, and all are light enough that they won't be sitting in your stomach as you peacefully drift off into dreamland.

QualityHealth[®]

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Sleep-Inducing Selections

Preparation time: 15 min Cooking time: 30 min Servings: 4



Lowfat Carrot Soup

INGREDIENTS

- 1½ lb carrots, peeled and sliced
- 1 large sweet onion, sliced
- 2 tsp sugar
- 1 large red bell pepper, seeded and sliced
- ¾ cup evaporated skim milk
- 1⅓ tbsp unsalted butter
- 1½ cups vegetable broth
- 1 cup herb croutons
- 2 oranges, juiced

COOKING DIRECTIONS

Melt butter in a heavy saucepan over medium heat. Sauté carrots, bell peppers, and onions 7-8 minutes. Add sugar and sauté another minute.

Stir in vegetable stock and orange juice; bring to a boil. Cover saucepan. Reduce heat to low and simmer 20 minutes or until vegetables are very tender. Transfer to a large bowl and cool.

Purée mixture in a food processor or blender until very smooth. Add evaporated skim milk, blend, and serve immediately with croutons.

NUTRITION FACTS PER SERVING

Calories 260
% Calories from Fat 21.8%

Total Fat 6.3g
Saturated Fats 3.1g
Monounsaturated Fats 2g
Polyunsaturated Fats 0.6g

Cholesterol 13mg

Sodium 640mg

Total Carbohydrates 45g
Dietary Fiber 8.8g
Sugar 27g

Protein 7.7g

Sleep-Inducing Selections

Preparation time: 10 min Cooking time: 15 min Servings: 2



Skillet Scalloped Potatoes

INGREDIENTS

- ¾ lb potatoes, peeled and thinly sliced
- 1 tsp unsalted butter
- 1½ tsp all purpose flour
- ½ red onion, thinly sliced
- 1 cup lowfat milk

COOKING DIRECTIONS

Melt half the butter in a heavy nonstick skillet over medium-high heat. Remove from heat and arrange half the potatoes in bottom of skillet. Cover with onion and sprinkle with half the flour. Season with salt and pepper to taste.

Top with remaining potato slices, flour, and butter. Pour milk over potatoes and bring to a boil over high heat.

Cover pan, reduce heat to medium low, and simmer about 12 minutes, until potatoes are tender.

NUTRITION FACTS PER SERVING

Calories 250
% Calories from Fat 11.9%

Total Fat 3.3g
Saturated Fats 2g
Monounsaturated Fats 0.8g
Polyunsaturated Fats 0.2g

Cholesterol 10mg

Sodium 73mg

Total Carbohydrates 47g

Dietary Fiber 2.9g

Sugar 4g

Protein 8.1g

Sleep-Inducing Selections

Preparation time: 5 min, plus minimum of 2 hours for marinating Cooking time: 0 min Servings: 4



Marinated Mushrooms

INGREDIENTS

- 1 cup extra virgin olive oil
- 1½ tbsp salt and pepper, to taste
- 1½ tbsp honey
- 1½ tbsp coarse grain mustard
- 1 tsp ginger, grated
- ½ cup extra virgin olive oil
- 1 lb button mushrooms
- ⅓ cup cider vinegar
- 1 clove garlic, crushed
- ½ cup parsley, chopped

COOKING DIRECTIONS

Clean mushrooms. Combine all other ingredients to create a marinade. Marinate whole mushrooms overnight or at least 2 hours.

Scoop mushrooms out of marinade and serve with fresh bread.

NUTRITION FACTS PER SERVING

Calories 270
% Calories from Fat 76.7%

Total Fat 23g
Saturated Fats 3.2g
Monounsaturated Fats 17g
Polyunsaturated Fats 2.7g

Cholesterol 0mg

Sodium 8.9mg

Total Carbohydrates 14g
Dietary Fiber 3.1g
Sugar 8.5g

Protein 3g

Sleep-Inducing Selections

Preparation time: 10 min Cooking time: 10 min Servings: 4



Lemon Herb Turkey Pitas

INGREDIENTS

- 1¼ lb nonstick cooking spray
- 1¼ lb turkey breast fillets
- 2 tsp olive oil
- 4 whole wheat pitas, warm and cut in half
- 2 tsp all purpose flour
- 2 cloves garlic, crushed
- 2 tsp Italian seasoning
- ⅓ cup chicken stock
- 2 tbsp lemon juice
- ½ tsp lemon zest

COOKING DIRECTIONS

Sprinkle herb seasoning over turkey fillets. Season with salt and pepper to taste. Place turkey breast fillets between 2 sheets of plastic wrap. Pound lightly with a mallet or other heavy flat object to flatten slightly.

Slice turkey crosswise against the grain into ½ inch strips. Spray a wok or heavy nonstick skillet with cooking spray. Add oil, and heat over medium-high heat. Sauté garlic 30 seconds.

Working in batches if necessary, sauté turkey breast strips 2-3 minutes, stirring frequently, until lightly browned and cooked throughout. Transfer to a serving platter. Sprinkle with lemon zest. Set aside and keep warm.

Stir flour into skillet. Add chicken stock and lemon juice, stirring with a wire whisk. Bring to a boil and simmer 2 minutes, stirring constantly until sauce begins to thicken.

Stuff turkey into pita loaves and spoon sauce over turkey.

NUTRITION FACTS PER SERVING

Calories 480
% Calories from Fat 28.1%

Total Fat 15g
Saturated Fats 3.6g
Monounsaturated Fats 5.5g
Polyunsaturated Fats 3.5g

Cholesterol 110mg

Sodium 460mg

Total Carbohydrates 39g
Dietary Fiber 4.9g
Sugar 1.1g

Protein 48g

Sleep-Inducing Selections

Preparation time: 10 min Cooking time: 10 min Servings: 2



Salmon Sauté

INGREDIENTS

- ¼ cup white wine
- ¼ cup mushrooms, sliced
- ½ lb salmon fillets
- 1 tbsp unsalted butter
- 2 tbsp parsley, chopped
- ½ lemon, sliced

COOKING DIRECTIONS

Heat butter, wine, and mushrooms in a heavy nonstick skillet until hot. Place salmon in pan.

Sauté 8-10 minutes, turning once, or until thoroughly cooked. Squeeze lemon over fish. Sprinkle with parsley before serving.

NUTRITION FACTS PER SERVING

Calories 250
% Calories from Fat 39.6%

Total Fat 11g
Saturated Fats 4.5g
Monounsaturated Fats 2.9g
Polyunsaturated Fats 2.2g

Cholesterol 91mg

Sodium 100mg

Total Carbohydrates 3.4g
Dietary Fiber 1g
Sugar 1.1g

Protein 30g

Sleep-Inducing Selections

Preparation time: 10 min Cooking time: 60 min Servings: 12



Honey Baked Chicken

INGREDIENTS

- ½ cup all purpose flour
- 1 tbsp soy sauce
- ¼ cup unsalted butter, melted
- ¼ cup honey
- ½ tsp pepper
- ¼ cup lemon juice
- 3 lb chicken pieces

COOKING DIRECTIONS

Preheat oven to 350°F. Combine flour and pepper in a shallow bowl; coat chicken pieces with mixture.

Pour 2 tbsp butter into a 9x13 inch baking dish. Place chicken in dish and turn to coat with butter. Leave skin side down and bake uncovered 30 minutes. Turn chicken.

Combine honey, lemon juice, and soy sauce with the remaining butter. Pour over chicken. Bake 30 minutes more, basting often with honey sauce.

NUTRITION FACTS PER SERVING

Calories 290
% Calories from Fat 28.6%

Total Fat 9.2g
Saturated Fats 3.9g
Monounsaturated Fats 3g
Polyunsaturated Fats 1.4g

Cholesterol 110mg

Sodium 170mg

Total Carbohydrates 11g
Dietary Fiber 0.2g
Sugar 6g

Protein 39g

Sleep-Inducing Selections

Preparation time: 10 min Cooking time: 60 min Servings: 4



Garbanzo Bake with Artichoke Hearts

INGREDIENTS

- ½ cup onions, sliced
- ½ cup vegetable broth
- 3 tbsp sun dried tomatoes, drained and chopped
- 1 15 oz can garbanzo beans, drained and mashed
- ¼ cup parsley, chopped
- 2 tbsp unsalted butter
- 9 oz frozen artichoke hearts, thawed
- ¼ tsp rosemary, crumbled, or 1 tsp fresh, minced
- ½ tsp basil, or 2 tbsp fresh, chopped
- 1½ cups canned crushed tomatoes
- ⅓ cup whole grain flour

COOKING DIRECTIONS

Preheat oven to 350°F. Melt half the butter in a heavy saucepan over medium heat. Sauté parsley, rosemary, and basil 30 seconds. Stir in tomatoes and simmer 5 minutes. Stir in flour, garbanzo beans, sun dried tomatoes, and salt and pepper to taste.

Mix thoroughly and transfer to a buttered baking dish. Bake 45-50 minutes.

Melt remaining butter in a heavy nonstick skillet over medium heat. Sauté onion 2-3 minutes until just softened. Stir in artichoke hearts and salt and pepper to taste. Sauté another 4-5 minutes or until onions are tender.

Serve garbanzo beans with onions and artichoke hearts spooned over top.

NUTRITION FACTS PER SERVING

Calories 280
% Calories from Fat 24.8%

Total Fat 7.7g
Saturated Fats 3.9g
Monounsaturated Fats 1.8g
Polyunsaturated Fats 1.1g

Cholesterol 15mg

Sodium 540mg

Total Carbohydrates 45g

Dietary Fiber 11g

Sugar 5.2g

Protein 10g

Sleep-Inducing Selections

Preparation time: 5 min Cooking time: 10 min Servings: 4



Fruity Pork Medallions

INGREDIENTS

- 2 tsp olive oil
- 1 lb pork tenderloin, cut into medallions about ½ inch thick
- ¼ cup shallots, sliced
- 1 cup reduced sodium chicken stock
- 2 tbsp raspberry vinegar or other fruit vinegar
- 2 tsp honey

COOKING DIRECTIONS

Place pork between two sheets of wax paper and pound lightly with a mallet or other heavy flat object until about ⅓ inch thick. Season with salt and pepper to taste.

Heat oil in a heavy nonstick pan over medium-high heat. Cook pork 3 minutes per side or until meat is browned and cooked throughout. Using tongs, transfer meat to a platter.

Add shallots to drippings in pan and cook about 1 minute, until lightly browned. Add stock, raise heat to high. Cook 3 minutes, stirring constantly, until sauce is reduced by ⅓.

Stir in vinegar and honey. Return meat and any accumulated juices from platter to pan; cook about 1 minute, until heated through.

NUTRITION FACTS PER SERVING

Calories 260
% Calories from Fat 33.9%

Total Fat 9.8g
Saturated Fats 3g
Monounsaturated Fats 4.7g
Polyunsaturated Fats 1g

Cholesterol 110mg

Sodium 93mg

Total Carbohydrates 5.3g

Dietary Fiber 0g

Sugar 3g

Protein 36g

Sleep-Inducing Selections

Preparation time: 5 min Cooking time: 60 min Servings: 6



Turkey Vegetable Loaf

INGREDIENTS

- ¼ cup milk
- 3 celery stalks, finely chopped
- 2 cups old fashioned oats
- 1 lb ground turkey
- 1 egg, lightly beaten
- 1 tbsp parsley
- 1 package dry onion soup mix
- 3 carrots, grated
- 1 cup mushrooms, finely chopped
- 1 small zucchini, grated

COOKING DIRECTIONS

Preheat oven to 350°F. Combine all ingredients and salt and pepper to taste in a bowl.

Mix thoroughly and shape into a loaf. Bake 1 hour.

NUTRITION FACTS PER SERVING

Calories 250
% Calories from Fat 39.6%

Total Fat 11g
Saturated Fats 4.5g
Monounsaturated Fats 2.9g
Polyunsaturated Fats 2.2g

Cholesterol 91mg

Sodium 100mg

Total Carbohydrates 3.4g
Dietary Fiber 1g
Sugar 1.1g

Protein 30g

Sleep-Inducing Selections

Preparation time: 15 min Cooking time: 30 min Servings: 4



Baked Apple Slices

INGREDIENTS

- ¼ cup chopped walnuts, divided
- ¼ tsp ground cinnamon
- ¼ cup lowfat vanilla yogurt
- 2 tbsp honey
- ¼ tsp ground cloves, ground
- 2 oranges
- 1⅔ tbsp raisins
- 3 Granny Smith apples, peeled, cored, and cut into ½ inch slices

COOKING DIRECTIONS

Preheat the oven to 500°F. Grate the zest of one of the oranges and set aside. Squeeze the juice from both oranges into a small bowl. Stir the honey, cinnamon, cloves, and half the zest into the juice.

Lay half the apple slices in a glass baking dish. Scatter the raisins and 2 tbsp of the walnuts on top. Pour on half the juice mixture, and top with the remaining apples and juice. Combine the remaining walnuts with the orange zest and scatter over the top.

Cover lightly with foil and bake 30 minutes, or until the apples are soft and the juices, bubbly. Serve warm or cold with a dollop of low-fat vanilla yogurt.

NUTRITION FACTS PER SERVING

Calories 200

% Calories from Fat 23.4%

Total Fat 5.2g

Saturated Fats 0.6g

Monounsaturated Fats 0.7g

Polyunsaturated Fats 3.5g

Cholesterol 0.8mg

Sodium 12mg

Total Carbohydrates 39g

Dietary Fiber 4.1g

Sugar 29g

Protein 3g