

The logo for Trust Organix, featuring the brand name in a white sans-serif font with a small green leaf icon above the letter 'i' in Organix.

Trust Organix

RECIPES

FOR A HEALTHIER
& YOUNGER, YOU.



**BOOST YOUR
IMMUNITY**

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Thank you for downloading our Recipe ebook!

From the Trust Organix family to yours, we hope you love our compilation of healthy recipes as much as our staff has.

We know how difficult it is to create easy and nutritional meals the whole family will enjoy so we went to great lengths to narrow down our list of recipes to those that take the least amount of time to prepare.

Plus, just like our three carefully formulated and science-backed nutritional supplements we offer at Trust Organix, we were very careful to only select recipes that are packed with nutrients and taste great.

Please visit our website at TrustOrganix.com to learn more about our three supplements designed to aid in weight loss, detoxify the body, and boost overall health and nutrition.

Daily use of Trust Organix supplements combined with these healthy recipes will provide the ultimate in complete nutrition for a healthier and fitter you!

Sincerely,

RON, TODD & MORRIE
CO-FOUNDERS
TRUST ORGANIX

Breakfast

ROASTED VEGGIE AND GOAT CHEESE FRITTATA

(HEARTBURN FRIENDLY!)



The array of colors in this frittata recipe provide a bright start to your morning—or a nice pick-me-up during lunch or dinner. Frittatas are versatile enough to enjoy at any point in the day, either hot or at room temperature. When cooked with the right ingredients, they're also filling enough to be a full meal.

In this version, we're first roasting veggies with classic Italian herbs. Doing so brings out their natural flavors and sweetness. Once mixed with eggs and crumbled feta, you'll end up with a creamy and meaty product (the baby bellas are a hearty addition to the dish), which is nice if you experience heartburn and usually shy away from higher-fat creamy options.

INGREDIENTS

1/2 medium zucchini, diced in medium pieces
1/2 cup small broccoli florets
1 medium carrot, diced in small pieces
1/2 small sweet potato, diced in small pieces
1/2 cup baby bella mushrooms, sliced
1 teaspoon basil

1/2 teaspoon thyme
1 teaspoon oregano
1/4 teaspoon salt
1 tablespoon olive oil
4 large eggs
1/8 teaspoon turmeric
1/4 cup goat cheese, crumbled

PREPARATION

1. Preheat oven to 350F.
2. Add all of the chopped vegetables to a greased 9-inch cake pan and toss with basil, thyme, oregano, salt, and olive oil. Roast for about 15 to 20 minutes, until the sweet potato and carrots are softened.
3. Meanwhile, in a small bowl whisk together eggs, turmeric, and crumbled goat cheese.
4. Remove the vegetables from the oven and use a spoon to evenly distribute them throughout the pan.

5. Pour the egg mixture over the vegetables and cook for another 5 to 10 minutes, until the eggs are set.

6. Remove from oven and let cool. Slice and serve!

INGREDIENT VARIATIONS AND SUBSTITUTIONS

Any combination of vegetables will work in this frittata, so shoot for your favorites. Generally, most vegetables are heartburn-friendly except for peppers (usually green), garlic, tomatoes, and onions. Cucumbers may also trigger heartburn in some.

COOKING AND SERVING TIPS

You can whip up a pan of this frittata and store in the fridge, in an air-tight container, for several days of quick grab-and-go breakfasts. For lunch or dinner, serve alongside a salad or a slice of whole wheat bread to round out the meal.

You'll notice that this recipe calls for smaller portions of vegetables. To reduce food waste, go ahead and roast any leftovers you may have along with the amounts you'll be using for the

frittata. Before adding the eggs, set them aside, store them, and enjoy as sides for other meals throughout the week.

NUTRITION

Servings: 4

Calories - 229

		% Daily Value*
Total Fat.	16.2g	21%
Saturated Fat	7.3g	37%
Cholesterol	208mg	69%
Sodium	313mg	14%
Total Carbohydrate	7.8g	3%
Dietary Fiber	1.8g	6%
Total Sugars	3.3g	
Protein	14.2g	
Vitamin D	18mcg	88%
Calcium	241mg	19%
Iron	2mg	14%
Potassium	356mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by Ron Patterson

ANTIOXIDANT TRIPLE BERRY SMOOTHIE WITH PROTEIN



The best berry smoothie made with yogurt, **frozen** berries, flaxseed meal, almond butter, a handful of spinach, and a scoop of More Than Beets. This delicious mixed berry smoothie is packed with antioxidants, protein, collagen and fiber for a healthy and filling breakfast you'll love!

This is one of my favorite easy smoothie recipes that's delicious no matter what the season. Just take your favorite berry blend, a few other nutritional ingredients and blend it all up for a delicious healthy smoothie that's perfect for breakfast, snacks or as a post-workout refuel.

INGREDIENTS

½ cup frozen blackberries
½ cup frozen raspberries (or sub strawberries)

¼ cup frozen blueberries (I like wild blueberries)
1 frozen banana
2 cups organic spinach
1 tablespoon flaxseed meal
1 tablespoon almond butter (or your favorite nut butter)
½ cup plain greek yogurt (whole, 2% or fat free will all work)
½ cup unsweetened almond milk, plus more as necessary
1 scoop More Than Beets*

Optional: 1 tablespoon hemp seeds

NOTE - PURCHASE MORE THAN BEETS SUPERFOOD POWDER AT: TRUSTORGANIX.COM

DIRECTIONS

In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more almond milk to thin the smoothie.

Makes 1 smoothie

NUTRITION PER SERVING

Servings: 1

Calories: 431 calories
 Fat: 12.2 g
 Saturated fat: 1.2 g
 Carbohydrates: 57.6 g
 Fiber: 16.8 g
 Sugar: 28.4 g
 Protein: 30 g

CINNAMON BUCKWHEAT BREAKFAST BOWL



- 1 cup** water
- 1 cup** almond milk or other milk or choice
- 1 teaspoon** ground cinnamon
- 1 teaspoon** vanilla
- 1 sliced** banana
- 1/2 cup** pomegranate seeds
- honey to taste (optional)

INSTRUCTIONS

1. In a small pot, add rinsed buckwheat groats, water, almond milk, cinnamon, and vanilla. Bring to a boil, then reduce to a simmer and cover with a lid. Simmer for 10 minutes.
2. Turn off heat and let it steam, covered, for an additional 5 minutes.
3. Fluff with a fork and portion into bowls. Top with sliced fruit, a splash more milk, and a drizzle of honey, if desired.

Buckwheat is a cozy alternative to oatmeal (I don't know about you, but I can sometimes grow bored with too many oatmeal bowls). The texture is pleasantly chewy and heartier than oatmeal.

Buckwheat cooks easily on your stovetop, similar to oatmeal. Buckwheat groats (which is the name for its little kernels) are added with liquid to a pot and boiled until tender. For this recipe, I've used half water and half almond milk for creaminess, but using all water or all milk works too! Adding real cinnamon is both good for you and adds amazing flavor!

Top your buckwheat breakfast bowl with fruit, an extra splash of milk, and a drizzle of honey, if desired. Then dive straight into warm coziness.

Prep Time- 5 mins
 Cook Time- 15 mins
 Total Time- 20 mins

INGREDIENTS

- 1 cup** buckwheat groats (rinsed)

NUTRITION (per serving)

Total Servings - 2

Calories	401	
		% Daily Value*
Total Fat	3.7g	5%
Saturated Fat	0.6g	3%
Cholesterol	0mg	0%
Sodium	93mg	4%
Total Carbohydrate	86.4g	31%
Dietary Fiber	11.5g	41%
Total Sugars	12.4g	
Protein	11.2g	
Vitamin D	1mcg	3%
Calcium	257mg	20%
Iron	3mg	15%
Potassium	500mg	11%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

METABOLISM BOOSTING SMOOTHIE WITH PROTEIN



Have this for a healthy & light breakfast or as a satisfying snack! Each of the ingredients in this smoothie helps to keep the body in better working condition. This is especially important as we age to prevent damage to the body that prevents it from running efficiently.

We made sure it's got both protein (the metabolism-friendly nutrient that requires your body to burn the most calories digesting it) and fiber, and together they provide satisfaction and long-lasting energy and keep your body on even keel, preventing hunger and the overeating that comes with it as well as energy dips so that you can also move more and boost your metabolic rate.

INGREDIENTS - Serves 2

3 ice cubes
1 scoop More Than Greens (16 superfoods, probiotics and vitamins) powder (optional)
1 cup green tea
2, 5.5 ounce containers (11 ounce) nonfat Greek Yogurt
2 cups stemmed and chopped spinach (or kale)
1 Granny Smith apple—unpeeled, cored, and chopped
1/2 cup 100% juice, (like 100% pomegranate juice)

OR **3/4 cup** frozen pineapple tidbits
1/4 avocado, chopped
1/4 cup frozen pineapple tidbits
 1/2-inch fresh ginger, peeled (optional)

BUYERS NOTE:

PURCHASE **MORE THAN GREENS** SUPERFOOD POWDER AT: TRUSTORGANIX.COM

DIRECTIONS

Combine all ingredients in a blender and purée until smooth.

(Note fiber will be 1-2 grams higher when using pineapple tidbits vs. the pomegranate juice)

Nutrition Facts: 207 calories, 4 g fat, 1 g saturated fat, 85 mg sodium, 30 g carbs, 6 g fiber, 18 g protein, 100% RDA vitamins (with More Than Greens)

MORE THAN GREENS BANANA MUFFINS



Prep time: 10 minutes, Bake time; 20 minutes

INGREDIENTS

- 3 medium** bananas
- 1 1/4 c** old fashioned oats
- 1 c** unsweetened almond milk
- 1/3 c** quinoa flour
- 3/4 c** oat flour
- 1 scoop** More Than Greens*
- 1/2 c** coconut sugar
- 2 tbsp.** baking powder
- 1 tsp.** baking soda
- 1 tsp.** cinnamon
- 1/2 tsp.** nutmeg
- 1/4 tsp.** salt
- 1 egg**, lightly beaten
- 1/4 c** coconut oil
- 1/2 c** dark chocolate chips

Purchase More Than Greens at TrustOrganix.com

DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a **medium** bowl, mix the oats and almond milk, set aside.
3. In a **large** bowl, whisk together the quinoa flour,

- oat flour, More Than Greens, coconut sugar, baking powder, baking soda, cinnamon, nutmeg, and salt.
4. Stir in mashed bananas, oatmeal mixture, and egg. Stir in oil, then fold in chocolate chips.
5. Fill muffin cups 2/3 full and bake for 16-20 min.

NUTRITION FACTS

Servings: 18
Amount per serving

Calories - 154

		% Daily Value*
Total Fat	5.5g	7%
Saturated Fat	3.5g	18%
Cholesterol	9mg	3%
Sodium	118mg	5%
Total Carbohydrate	24.5g	9%
Dietary Fiber	2.3g	8%
Total Sugars	9.9g	
Protein	3g	



MORE THAN BEETS

Beets, Collagen, Resveratrol & L-Citrulline Malate combine to combat the nagging effects of aging.

One scoop mixed with water or a smoothie daily will:

- ✓ Boost Energy & Stamina
- ✓ Naturally Reduce Wrinkles
- ✓ Revive Skin and Joint Health
- ✓ Naturally Lower Blood Pressure

OMEGA 3 SMOOTH RECIPE!!



We all need to strive for more omega-3 fats in our diets. This smoothie will provide a great amount of ALA omega-3. While ALA is not the most valuable of the omega-3 acids (EPA & DHA from fatty fish being the most valuable), this is certainly a great alternative and it's rich in nutrients.

SERVING SIZE - 1 (16OZ)

- 8 oz** of Hemp Milk (or Soy Milk)
- 1 scoop** MORE THAN GREENS superfood powder (optional)
- 1 cup** fresh spinach
- 1** banana
- 1/3 cup** of cooked oats (cooled) or overnight oats
- 1 Tbsp** Omega 3 JIF Peanut Butter
- 1 Tbsp** chopped walnuts
- 1 Tbsp** ground flaxseed

NOTE: MORE THAN GREENS can be purchased at TrustOrganix.com

Combine all ingredients in a blender and blend until smooth.

NUTRITION -

Calories: 449
 Fat: 21g
 Saturated fat: 3g
 Trans fat: 0g
 Carbohydrates: 52g
 Sugar: 21g
 Sodium: 225mg
 Fiber: 10g
 Protein: 18g
 Cholesterol: 0mg

OVERNIGHT OATS - THE PERFECT BREAKFAST



I've grown increasingly fond of overnight oats recently. If you haven't tried overnight oats, below I've shared the recipe for my favorite version of this incredibly easy and nutritious breakfast. You may be able to find overnight oats pre-made and sold in mason jars at some juice bars or vegan restaurants in your town.

My go-to place in metro-Detroit for overnight oats is Urge Juice in Berkley. They offer 2 variations at their Berkley location but call first... they sell out quickly and may not always be available.

OVERNIGHT OATS-

INGREDIENTS:

- 1/2 cup** Old Fashioned Rolled Oats
- 3/4 cup** Unsweetened Almond Milk
- 2 Tbsp** SunButter (Sunflower Butter)
- 1/4 cup** Blueberries
- 2 Tbsp** Goji Berries
- 2 Tbsp** Raw, Unsalted, Sunflower Seeds
- 1 Tbsp** Chia Seeds

1) Add 1/2 cup rolled oats to a small jar or container.

2) Pour 1/2 cup non-dairy milk of choice into jar with the oats. I prefer unsweetened almond milk, but you can use coconut, soy, cashew, even oat milk if you want. It can be sweetened or unsweetened, depending on your preferences but, as you know, sweetened versions have sugar added and we're trying to cut back on unnecessary sugar, right?

3) Sprinkle Chia Seeds over the mixture, cover and refrigerate overnight or for at least 5 hours.

4) The next morning, you may add more milk to your mixture if the consistency isn't to your liking.

5) Next, add to the top in the following order: Sun Butter, blueberries, sunflower seeds, goji berries.

Eat now or screw on mason jar lid and take on the go for later, keeping refrigerated at work if possible.

NUTRITION -

Calories 698

		%Daily Value*
Total Fat	37g	47%
Saturated Fat	3.8g	19%
Cholesterol	0mg	0%
Sodium	136mg	6%
Total Carbohydrate	79.7g	29%
Dietary Fiber	15.4g	55%
Total Sugars	25.9g	
Protein	22.5g	
Vitamin D	1mcg	5%
Calcium	385mg	30%
Iron	20mg	109%
Potassium	243mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

PALEO CHOCOLATE CHUNK BANANA BREAD (GLUTEN FREE)



This paleo chocolate chunk banana bread is so soft and tender you'd never guess it's gluten and dairy free!

How many times do we buy bananas only to have them overripe and turning brown on the counter? When this happens, you can throw your brown bananas in the freezer for future use in a recipe, such as this surprisingly tasty banana bread.

Straight from the oven, it's super soft and almost cake-like. After spending a night in the fridge, it firms up and it's practically indistinguishable from traditional quick bread.

Dairy-free chocolate chips or pure cacao chunks (for paleo) add that little something extra that makes this banana bread a real treat.

Yield: 12 (using mini loaf pans)

Prep time: 10 MINUTES

Cook time: 30 MINUTES

Total time: 40 MINUTES

INGREDIENTS

- 1 1/2 cups** almond flour
- 1/2 cup** coconut flour
- 2 teaspoons** cinnamon
- 1 teaspoon** baking powder
- 1 teaspoon** sea salt
- 2 large** eggs
- 1/2 cup** unsweetened coconut or almond milk
- 1/4 cup** maple syrup
- 1 teaspoon** vanilla extract
- 3 very ripe** bananas
- 1/4 cup** dark chocolate chunks (see note)

NOTE:

Enjoy Life dark chocolate chips are dairy free but they do contain a small amount of cane sugar. To keep this banana bread strict paleo, cut chunks from a bar of 100% cacao (I like Ghiradelli.)

INSTRUCTIONS

Heat your oven to 350°F. Spray six mini loaf pans with cooking spray.

1. In a bowl, sift together the almond flour and coconut flour. Stir in the cinnamon, baking powder, and salt.
2. In a second bowl, beat together the eggs, milk, maple syrup, and vanilla. Mash in two and a half bananas until smooth. Stir in the dry ingredients until incorporated. Stir in the chocolate chunks.
3. Divide the batter among the loaf pans. If desired, lightly press slices of the leftover banana into the top of the batter. Bake 30-35 minutes, or until the edges are browned and the center is set.
4. Let cool completely before carefully removing from the pans.

SUPER SEEDY HOMEMADE SUNFLOWER BUTTER



God's gift to those who cannot have nuts! Although I can have nuts, I have a tendency to overdo it on almond and peanut butter (raise your hands if you go through 1 jar a week 😊). And if you've ever bought an organic nut/seed butter, you know how outrageously priced these products can be online or in stores.

Recently, I've been enjoying cashew butter and sunflower butter. However, I've noticed that many of the sunflower butter brands include added sugar and it ends up being too sweet for my taste. So I wanted to make my own version that I felt better about enjoying every day. Plus you'll save a ton of money making homemade SunButter!

This 6-ingredient, 20-minute sunflower butter gets a serious nutritional boost from hemp seeds, flax seeds, pumpkin seeds and chia seeds! They not only add essential amino acids, protein, fiber, healthy fats, and more, but also a nutty crunch to this creamy spread.

Speaking of spread, what do you spread this butter on? I'm so glad you asked..

- Banana Bread
- Coconut Yogurt Waffles
- Gluten-Free Waffles
- Vegan Whole-Grain Pancakes
- Vegan French Toast
- Vegan Pumpkin Bread
- Steel-Cut Oats
- Peanut Butter & Jelly Muffins (in place of PB)
- Overnight Oats (in place of PB)

You get the idea. If you try this recipe, let us know what you think!

SUNBUTTER RECIPE

PREP TIME

10 minutes

PREP TIME

10 minutes

TOTAL TIME

20 minutes

Gluten-Free Vegan

INGREDIENTS

Servings 13 (2-Tbsp servings)

3 cups raw sunflower seeds (if roasted, skip the roasting step!)

1/4 tsp sea salt (more or less to taste)

1 Tbsp chia seeds

1 Tbsp flaxseed meal

1 Tbsp shelled hemp seeds

1 Tbsp roasted unsalted pumpkin seeds

1-2 tsp coconut sugar or stevia to sweeten (optional)

INSTRUCTIONS

1. If your sunflower seeds are roasted (select unsalted if possible), skip this step. Otherwise, preheat oven to 350 degrees F (176 C) and spread sunflower seeds on a baking sheet.
2. Roast for 10 minutes, stirring/turning the pan occasionally, until fragrant and light golden brown.
3. Add roasted sunflower seeds to a food processor (or high speed blender) and blend until a butter forms, scraping down sides as needed. It should take about 5-7 minutes. Resist the urge to add any additional oil (and especially not water, as it will cause the butter to seize up).
4. Add salt, chia seeds, flax seed, hemp seed, and pumpkin seeds and mix/pulse to combine. Taste and adjust flavor as needed, adding more salt, or a bit of sweetener of choice if desired (avoid using liquid sweeteners, as they can cause the butter to seize up and lose its form).

NOTE:

This spread is perfect for toast, baked goods, waffles, pancakes and more! Store at room temperature for 1-2 weeks, or in the refrigerator for up to 1 month!

IMMUNE BOOSTING TROPICAL BREAKFAST BOWL



For me – breakfast is non-negotiable, particularly one that is high in protein and heart-healthy fats. At this critical time, this breakfast bowl is an ideal choice to start your day with phytonutrients, gut-healthy probiotics and protein for immune health.

Over the past 10 **years** I've found that I have to eat a high protein breakfast or else I will be starving by noon and that's never a good thing because I'll end up overeating at lunch.

This recipe is perfect because it does not take a lot of work to make, it can be ready in less than five minutes and you'll have a delicious and nutritious meal you can take on the run.

INGREDIENTS

1 cup of Fage Total Plain Greek Yogurt (or comparable plain Greek yogurt)

1 teaspoon pure maple syrup

1 kiwi, sliced

$\frac{1}{2}$ mango, diced

2 tablespoons goji berries

1 tablespoon chia seeds

1 teaspoon raw cacao nibs

1/2 scoop More than greens (optional)*

* It may seem odd to mix a greens powder into yogurt but if you can get over the green color of your yogurt it will provide an added 50% RDA of all major vitamins, over 12 strains of added probiotics and 16 superfoods.

syrup.

2. Top with kiwi and mango.

3. Garnish with goji berries, chia seeds, and raw cacao nibs (if using).

4. Enjoy!

*To buy More Than Greens, visit TrustOrganix.com

INSTRUCTIONS

1. In a large bowl, mix together the yogurt, More Than Greens powder (if used) and maple



YOGURT WITH **MORE THAN GREENS**

Appetizers

AVOCADO CHIMICHURRI BRUSCHETTA



Here's a Latin variation on bruschetta, a classic Italian starter! This appetizer is a fantastic way to get some brain boosting healthy Omega 3 fats in your body while at the same time providing a yummy experience for your palate.

INGREDIENTS

2 Tbs. lemon juice
2 Tbs. red wine vinegar
3 cloves garlic, minced (1 Tbs.)
3/4 tsp. salt
1/2 tsp. red pepper flakes
1/2 tsp. dried oregano
1/4 tsp. ground black pepper

1/4 cup olive oil
1/4 cup chopped cilantro
1/4 cup chopped fresh parsley
2 avocados, peeled, pitted, and cubed
6 1/2-inch-thick slices whole-grain or ciabatta bread, toasted

PREPARATION

1. Combine lemon juice, vinegar, garlic, salt, red pepper flakes, oregano, and black pepper in small bowl.

2. Whisk in oil, then stir in cilantro and parsley.
 3. Fold in avocado cubes. Spoon avocado mixture onto toast slices and serve.

NUTRITION INFORMATION

Calories: 247

Carbohydrate Content: 20 g



MORE THAN GREENS

16 Powerful Superfoods PLUS Vitamins and Probiotics make this 3 Products in one refreshingly delicious powder to:

One scoop mixed with water or a smoothie daily will:

- ✓ Detoxify Your Digestive System
- ✓ Nourish The Body
- ✓ Provide 3 Servings of Vegetables
- ✓ Improve Gut Health
- ✓ Boost Energy Naturally
- ✓ Provide 100% Essential Vitamins

Fat Content: 17.5 g
 Fiber Content: 6 g
 Protein Content: 5 g
 Saturated Fat Content: 2.5 g
 Sodium Content: 431 mg
 Sugar Content: 2 g

STICKY SESAME VEGAN CAULIFLOWER WINGS



These Sticky Sesame Vegan Cauliflower Wings are the best veggie wings I've ever had! Loaded with a maple sesame flavor and spice, they are the perfect game day snack for vegans.

This recipe has a lot of interesting twists on standard chicken wings to make them both healthy and tasty. Give these a try for your next get-together or bring them to a Super Bowl party. You'll be shocked at how good they are!

PREP TIME: 15 MINS
COOK TIME: 27 MINS
TOTAL TIME: 42 MINS

INGREDIENTS - (MAKES ABOUT 30 PIECES)

1 small head cauliflower

1/2 cup all purpose gluten-free flour
1/2 cup unsweetened almond milk
1/4 teaspoon sea salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/4 teaspoon crushed red pepper flakes (1/2 if you want it very spicy, leave out if you don't like spice)
1 cup crispy gluten-free panko bread crumbs (seasoned with salt and pepper) OR toast your breadcrumbs slightly before using

SAUCE

4 tablespoons real organic maple syrup
2 tablespoons liquid aminos (ie. Bragg Liquid Amino)
1/2 teaspoon sesame seeds

1/4 teaspoon ground black pepper
3/4 teaspoon ground ginger (ie. Simply Organic Ground Ginger)
 chopped scallions & sesame seeds, for garnish

INSTRUCTIONS

1. Preheat oven to 450 F degrees. Prepare a baking sheet by lining it with a silicone baking sheet or greased foil.
2. Remove florets from the cauliflower (aka don't use the stem). Chop the cauliflower into smaller pieces to resemble the size of wings.
3. In a separate bowl, whisk all the batter ingredients together EXCEPT the bread crumbs. Place the bread crumbs in a bowl. Line it up beside the batter bowl.
4. Toss the cauliflower in the mixture one at a time, shaking off excess batter. Do not soak. Then, dip the cauliflower into the breadcrumbs to coat completely, then place onto the baking sheet. Repeat until all of the wings are coated.
5. Bake for 22 minutes. Please ensure your oven is completely preheated and hot. While baking, prepare the ingredients for the sauce by whisking together.
6. Remove from oven. You can stop here, and serve the wings sauceless with sauce on the side (it is not

a very thick sauce). The wings will be crispy this way. Alternatively, coat the wings in the sauce. With a pastry brush, brush the sauce onto the wings. Bake for another 5 minutes for the sauce to soak into the wings.

7. Remove from oven and serve immediately. Enjoy!

4 SERVINGS

NUTRITION (per serving)

Servings 4

Calories 473

		% Daily Value
Total Fat	0.8g	1%
Saturated Fat	0.1g	1%
Cholesterol	0mg	0%
Sodium	749mg	33%
Total Carbohydrate	108.1g	39%
Dietary Fiber	4.5g	16%
Total Sugars	38.7g	
Protein	9.8g	
Vitamin D	0mcg	1%
Calcium	129mg	10%
Iron	2mg	11%
Potassium	385mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice

Soups & Salads

BLUEBERRY SALAD WITH PECANS & FETA



This fresh blueberry salad is perfect for a backyard cookout or poolside party. Baby spinach, peppery arugula, sour-sweet blueberries, crunchy pecans, briny feta, and a tangy lemon-balsamic vinaigrette match up in this vibrant summer side dish. Pair it with grilled chicken, pork chops, or fish—or serve it up with a smorgasbord of classic summer sides like potato salad, homemade coleslaw, and pasta salad.

The blueberries are the stars here, after all, so select the best ones you can find. Look for ripe berries that have a dark blue color and a juicy “pop” when eaten. If you can’t find fresh berries, you can substitute frozen ones in a pinch. Simply thaw the blueberries under room temperature water, then pat dry with paper towels.

INGREDIENTS

- 1 tablespoon** fresh lemon juice
- 1 tablespoon** balsamic vinegar
- 2 tablespoons** extra-virgin olive oil
- 1/8 teaspoon** kosher salt
- 1/8 teaspoon** freshly ground black pepper
- 4 cups** spinach and arugula salad mix
- 1 cup** fresh blueberries (about 1/2 pint)
- 1/3 cup** chopped toasted pecans
- 1/3 cup** crumbled feta cheese

NUTRITIONAL INFORMATION

Calories 190
 Fat 15g
 Sat Fat 3g
 Unsat Fat 11.8g
 Protein 4g
 Carbohydrate 10g
 Fiber 3g
 Sugars 5g
 Added sugars 0g
 Calcium 8% DV
 Potassium 2% DV

ESCAROLE WITH CANNELINI BEANS



Don't let the picture fool you! This dish is delicious!

We've previously discussed how beans may very well be the healthiest food you can eat. Now make this for your holiday party and WOW your guests! You won't be disappointed!

This fantastic recipe is from Palizzi Social Club in Philadelphia, **BON APPETIT'S** #4 Best New Restaurant in America 2017. This recipe makes an extra quart of cooked beans. Save (or freeze) for another batch of escarole, or serve them simply warmed in their broth.

INGREDIENTS

Beans

- 1 sweet** onion, halved
- 1 head** of garlic, halved crosswise
- 1 medium** carrot, scrubbed
- 2 sprigs** parsley
- 2 3-inch** sprigs rosemary
- 2 sprigs** sage
- 2 cups** dried cannellini beans, soaked overnight, drained
- ½ teaspoon** freshly cracked black pepper
- Kosher salt

Escarole and assembly

- 6 tablespoons** olive oil, divided
- 2 garlic cloves**, thinly sliced

2 bay leaves

- 1 tablespoon** chopped parsley
- ½ teaspoon** crushed red pepper flakes
- 1 head** of escarole, leaves torn
- 1 ounce** finely grated Parmesan
- Kosher salt, freshly ground pepper

PREPARATION

Beans

1. Bring onion, garlic, carrot, parsley, rosemary, sage, beans, pepper, and 8 cups water to a boil in a large saucepan, skimming foam as needed from surface.
2. Reduce heat and simmer gently, stirring occasionally and adding water as needed to keep beans submerged, until beans are tender, 75-90 minutes.
3. Season generously with salt and let beans cool in their liquid. Discard vegetables and herbs.

NOTE: Do Ahead: Beans can be cooked 4 days ahead. Cover and chill.

Escarole and assembly

1. Heat 4 Tbsp. oil in a large pot over medium. Cook garlic, stirring occasionally, until softened and beginning to brown around edges, about 3 minutes.

2. Add bay leaves, parsley, and red pepper flakes; cook, stirring constantly, until fragrant, about 30 seconds. Stir in escarole a handful at a time, letting wilt before adding the next batch, until all the escarole is wilted, about 5 minutes.

3. Add ½ cup water and bring to a simmer. Reduce heat, cover pot, and cook, stirring occasionally and maintaining a gentle simmer, until escarole is very tender, 20–25 minutes.

4. Add 2 cups beans and 1 cup bean cooking liquid. Bring to a simmer; season with salt and pepper. Stir in Parmesan a bit at a time, followed by remaining 2 Tbsp. oil. Divide among bowls.

Recipe by Palizzi Social Club, Philadelphia, PA

NUTRITION (PER SERVINGS)

Calories 561

		%Daily Value*
Total Fat	23.7g	30%
Saturated Fat	4.2g	21%
Cholesterol	5mg	2%
Sodium	423mg	18%
Total Carbohydrate	66.5g	24%
Dietary Fiber	28.3g	101%
Total Sugars	4.4g	
Protein	26.6g	
Vitamin D	0mcg	0%
Calcium	299mg	23%
Iron	9mg	51%
Potassium	1850mg	39%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

CREAMY CARROT AND CASHEW SOUP



This simple soup gets its creaminess from unsaturated fat-rich cashews. It takes very little time to make, offers fantastic health benefits, and provides satiety which will help with weight loss. Plus it's a perfect soup for the fall and winter weather.

Carrots are a particularly good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants. The main function of all types of vitamin K is to activate proteins that serve important roles in blood clotting, heart health and bone health. Because vitamin K is a fat-soluble vitamin, it's much better absorbed when eaten with dietary fat, which the cashews provide.

Carrots are a weight-loss-friendly food and have been linked to lower cholesterol levels and improved eye health. They also have a number of other health benefits.

Cashews Are Rich in Heart-Healthy Fatty Acids. Cashews contain heart-healthy monounsaturated fats, including oleic and palmitoleic acids. These are essential fatty acids that have been associated with lower levels of unhealthy LDL cholesterol and higher levels of healthy HDL cholesterol.

Number of servings: 4

INGREDIENTS:

3 cups peeled and roughly chopped carrots
1/4 cup roughly chopped unsalted cashews
1 large leaf or 2 small leaves sage

1/4 tsp salt

Freshly ground black pepper to taste

STEPS

1) In a large pot, place the carrots, cashews, and sage. Add 4 cups of water and bring to a boil. Reduce to a simmer and cook until the carrots are very tender.

2) Place the carrot mixture in a blender and process until very smooth, about 1 minute.

3) Before serving, reheat the soup and stir in salt and pepper. If the soup is too thick, add a few tablespoons of water.

NUTRIENTS PER SERVING:

Calories: 87
 Total Fat: 4 g
 Saturated Fat: 0 g
 Total Carbohydrate: 12 g
 Total Sugars: 5 g (Added, 0 g)
 Dietary Fiber: 3 g
 Protein: 2 g
 Sodium: 213 mg
 Potassium: 356 mg
 Calcium: 38 mg

Recipe courtesy of Janis Jibrin, MS, RD. Adapted from *The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food.* (Ballantine Books, 2014).

CREAMY CAULIFLOWER CHOWDER



$\frac{1}{4}$ **cup** minced fresh parsley or chives, to garnish

In my opinion, nothing beats a piping hot bowl of rich and creamy chowder this time of year. The only problem is, most chowders are downright unhealthy for you.

And it's because they're filled to the brim with A1 dairy, saturated fat, and excess empty calories! All of which are known to clog your arteries, wreck your gut, and expand your waistline.

So what should you eat instead? How about Cauliflower Chowder!

INGREDIENTS (SERVES 4-6)

1 large head of cauliflower, roughly chopped
 $\frac{1}{4}$ **cup** extra virgin olive oil
3 cloves garlic
1 medium onion, diced chopped
2 ribs celery, diced
 $\frac{1}{2}$ **tsp** dried thyme
 $\frac{1}{4}$ **tsp** dried oregano
 $\frac{1}{2}$ **tsp** paprika
2 Tbsp tapioca starch
4 cups low-sodium vegetable broth (store bought or homemade)
1 13.5oz can full fat coconut milk
 1 bay leaf
 $\frac{1}{2}$ **cup** shredded goat's milk cheddar OR $\frac{1}{2}$ **cup** nutritional yeast (optional)
 Iodized sea salt and black pepper to taste

INSTRUCTIONS

1. Preheat oven to 400. Spread cauliflower over a large sheet tray, and drizzle with half the olive oil. Add garlic to sheet tray.
2. Roast cauliflower & garlic until golden brown and tender, about 15-20 minutes.
3. While cauliflower & garlic is roasting, heat remaining oil in a large soup pot over medium heat.
4. Add onion, celery, and a small pinch of salt and cook, stirring occasionally, for 7-10 minutes, until vegetables are tender.
5. Add thyme, oregano, paprika, and tapioca starch and sauté until fragrant, then turn off heat.
6. Remove cauliflower from oven, and add half of it to the pot with the onion mixture. Set the other half to the side.
7. Return soup pot to medium-low heat, and add broth, coconut milk, bay leaf, and cheddar (if using).
8. Cover, and cook for 15-20 minutes, then remove from heat, remove bay leaf, and puree mixture until smooth (either with an immersion blender, or by working in batches in a regular blender).
9. Taste, and add salt and pepper as needed, then fold in remaining cauliflower chunks.
10. Serve garnished with fresh herbs.

WANT TO MAKE CLAM CHOWDER?

During Step 1 above...

1. Place 3-4 dozen fresh little neck clams and 1 cup of water in a large pot. Cover and place over a high heat and cook the clams for 6 to 7 minutes. Uncover and remove the open clams. Cover the pot again and continue cooking the clams that haven't opened yet. Cook the clams for another 2 to 3 minutes. Turn off the heat and discard any clams that have not opened.

NOTE: Use fresh clams instead of canned. Canned clams have a ton of sodium!

2. Remove the clams from their shell. Coarsely chop the clams and reserve.

3. Add the chopped clams back to the pot during Step 9 above.

Littleneck Clams, Live (Wild): (3oz. serving (85g)

FRESH CLAMS NUTRITION-

- calories 126
- calories from fat 15
- total fat 2g
- saturated fat 0g
- trans fat 0g
- cholesterol 57mg
- sodium 95mg
- total carbohydrate 4g
- dietary fiber 0g
- sugars 0g

- protein 22g
- vitamin a 10%
- vitamin c 31%
- calcium 8%
- iron 132%

What fattening chowder "hacks" have we used in this recipe to make it a healthy dish?

The first is cauliflower.

Not only is this delicious veggie high in vitamins... it's also loaded with fiber – which is the very food your "good" gut bugs devour. (And when these tiny critters are happy, your digestion runs smoother and your waistline feels slimmer.)

The other "health hack" hidden in this comforting chowder is HEALTHY FATS – and it's all thanks to the coconut cream.

See, this healthy cream is made up of a type of fat called medium-chain triglycerides — or MCTs, for short.

I refer to MCTs as "slimming fat" because of their ability to boost your metabolism and help you BURN calories... rather than put them on.

Best of all, though, this recipe is so easy to make — and even easier to eat.

CROCK POT WHITE CHICKEN CHILI



With summer coming to an end and football tailgates just around the corner, I thought this would be a good time to share one of my favorite fall classics— chili — but this version has a healthier twist than your typical chili recipes.

This recipe is particularly good for families because it's very mild. If you're making this for just adults, feel free to add some diced jalapeño to the recipe for an added kick.

INGREDIENTS -

1 1/4 pounds boneless skinless chicken breasts — (about 2 to 3 breasts)

4 cups low-sodium chicken stock (☆ see note below if you prefer a thicker chili) – (32 ounces)

2 cans reduced-sodium white beans — (15-ounce cans) such as white kidney beans, cannellini, or Great Northern beans, rinsed and drained

2 cans diced green chiles — (4.5-ounce cans)

3 cloves garlic — minced

1 small yellow onion — (or 1/2 large) finely diced

2 teaspoons ground cumin

1 teaspoon dried oregano

1/2 teaspoon kosher salt

1/4 teaspoon cayenne pepper

1/4 cup chopped fresh cilantro

Fresh lime wedges

SERVING NOTE – The toppings add important flavor, so don't forget to load up! Add diced or sliced jalapeño & avocado, nonfat sour cream

or plain Greek yogurt, shredded cheese (use sparingly), crushed tortilla chips (use sparingly).

INSTRUCTIONS -

1) Place chicken in the bottom of a 6-quart or larger slow cooker. Top with the chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine. Cover and cook on low for 4 to 6 hours or high for 2 to 4 hours, until the chicken is cooked through. Remove the chicken breasts to a plate. Once cool enough to handle, shred and set aside.

2) THIS STEP IS OPTIONAL BUT RECOMMENDED. With a food processor or blender, purée a portion (2-4 ladles of the chili (minus the chicken) to thicken it). Add back the purée to the crockpot.

3) Stir back in the shredded chicken and cilantro. Continue to simmer on low in the crockpot to reach temperature.

4) Portion into bowls and top with a squeeze of fresh lime juice. Add any other desired toppings and enjoy.

RECIPE NOTES -

If your crockpot cooks exceptionally quickly, be sure to watch the cooking time carefully and check it early, as chicken breasts more easily dry out in the crock pot. Your chicken could be ready to shred



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in as little as 2 hours if cooked on high in your crockpot.

☆ For a thicker chili, start with half the amount of broth (2 cups) and add more at the end if the chili is too thick for your liking.

Store leftovers in an airtight container in the refrigerator for up to 5 days or freeze for up to 2 months. Let thaw overnight in the refrigerator.

Fat: 3g
 Saturated Fat: 1g
 Cholesterol: 47mg
 Sodium: 450mg
 Carbohydrates: 32g
 Fiber: 7g

NUTRITION INFORMATION

Amount per serving (6 servings total) without toppings—

Calories: 288

DETOX CROCKPOT LENTIL SOUP



It's SOUP DAY and I'm seriously excited to share this one with you. It's time for the best Detox Crockpot Lentil Soup!

Although this is called Detox Crockpot Lentil Soup,

it really means nothing scientifically as you'll notice that this bowl of DETOX soup is topped with a few thick chunks of Parmesan cheese and is served with that addictive crusty-warm miche bread. Of course, this healthy soup does contain some great detox foods (kale, onions, garlic, carrots, and olive oil) but if you're wanting to make this as low fat and low carb as possible, you can certainly omit the cheese and the bread.

We're starting with a solid base: onions, garlic, carrots, celery, spices, salt, and broth. Then we're getting awesome by

adding butternut squash, which partially melts into a creamy textured miracle, lentils, and yellow split peas (yes, yellow!... for great color)

After all this simmers up into the one of the best house smells you can imagine,

we'll do the magic thing that takes this soup over the top: we'll purée a portion of the soup with olive oil to form a velvety emulsion that then gets added back into the soup.

End with a splash of sherry and red wine vinegar for a tangy finish, if desired.

That's it! That's the soup. It requires a bit of front-end chopping to prep the veggies, but I'd guess it

takes about 30 minutes to cut everything up and get it in the crockpot. In return you'll be gifted with 8 servings of this nutritious and fantastic tasting detox soup. It's a great reward for the time spent!

FOR THE CROCKPOT:

- 2 cups** butternut squash (peeled and cubed)
- 2 cups** carrots (peeled and sliced)
- 2 cups** potatoes (chopped)
- 2 cups** celery (chopped)
- 1 cup** green lentils
- 3/4 cup** yellow split peas (or just use more lentils)
- 1 medium** yellow onion (chopped)
- 5 cloves garlic** (minced)
- 8-10 cups** vegetable or chicken broth
- 2 teaspoons** herbs de provence
- 1 teaspoon** salt (more or less to taste)

AT THE END:

- 2-3 cups** kale (stems removed, chopped)
- 1 cup** parsley (chopped)
- 1/2 cup** olive oil - rosemary olive oil or other herb infused oil is delicious

Add in a swish of sherry, red wine vinegar, or lemon juice to add a nice tangy bite (if desired).

INSTRUCTIONS

1. Place all ingredients in the crockpot. Cover and cook on high for 5-6 hours or low for 7-8 hours.
2. Place about 4 cups of soup in a blender with the olive oil. Pulse gently until semi-smooth and creamy-looking (the oil will form a creamy emulsion with the soup). Add back to the pot and stir to combine.
3. Stir in the kale and parsley. Turn the heat off and just let everything chill out for a bit before serving. The taste gets better with time and so does the texture, IMO!
4. Season to taste (add the sherry, vinegar, and/or lemon juice at this point). To really go to the next level, serve with crusty wheat bread and a little Parmesan cheese. Or skip the cheese and bread for less fat and carbs.

NUTRITION PER SERVING

Serves 8

Calories Per Serving: 322

		% DAILY VALUE
Total Fat	14.8g	23%
Cholesterol	0mg	0%
Sodium	906.3mg	38%
Total Carbohydrate	39.5g	13%
Dietary Fiber	13.2g	53%
Sugars	7.0g	
Protein	10.8g	22%
Vitamin A	479.3µg	32%
Vitamin C	26.0mg	43%

Recipe courtesy of PinchOfYum.com

HEALTH & LONGEVITY BLACK BEAN SALAD



Whether you're a meat eater, a vegan, or somewhere in between, this black bean salad does what most other salads can't do— it provides over 10 grams of protein per cup and, eaten regularly, can prolong your life (1). PS- this recipe also works great as a salsa for tortilla chips or any Mexican dish calling for salsa.

The base of this recipe is black beans, of course. I used canned beans, so this recipe comes together quickly and easily. Here's what I changed to make this recipe so tasty:

I switched to a combination of cherry tomato and bell pepper for a more interesting texture, color and flavor.

I added lime zest for extra lime flavor without drowning the salad in liquid.

And, I actually offered amounts of vinegar and salt, since I know better now. Lime juice and white wine vinegar give it such a nice zing.

I served individual portions with fresh avocado on top, rather than mixing the avocado into the salad, since it will deteriorate before the rest does.

INGREDIENTS

3 cans of black beans (15 ounces each) or 4 ½ cups cooked black beans, rinsed and well-drained.

2 ears of corn, shucked, or 1 cup of defrosted frozen corn

1 orange, yellow or red bell pepper, chopped

1 cup quartered cherry tomatoes

1 cup chopped red onion (from 1 small onion)

½ cup finely chopped fresh cilantro (about ½ medium bunch)

1 medium jalapeño, finely chopped (keep the seeds for heat if you'd like, or remove them for mild flavor) or 2 tablespoons finely chopped pickled jalapeño

½ teaspoon lime zest (from 1 lime, preferably organic)

2 tablespoons lime juice (about 1 lime), to taste

- ¼ **cup** extra-virgin olive oil
- ¼ **cup** white wine vinegar
- ½ **teaspoon** chili powder
- ½ **teaspoon** ground cumin
- ½ **teaspoon** salt, to taste

Optional garnishes: sliced avocado, crumbled feta, lime wedges

INSTRUCTIONS

1. In a large serving bowl, combine all of the ingredients and toss to combine. Taste, and adjust as necessary until the flavors really pop—I usually add another teaspoon or two of vinegar (you can use lime juice instead, for more mild flavor) and another ¼ teaspoon salt.

2. Cover and chill to enhance the flavors—preferably for at least 2 hours, or overnight. Serve in individual bowls as is, or with any of the garnishes listed. Leftovers keep well for up to 4 days or so; you might want to wake up the flavors with an extra squeeze of lime juice or tiny splash of vinegar.

NUTRITION - (1 CUP)

Serves 8

Calories - 245

		% RDA
Total Fat	8g	12%
Saturated Fat	1.2g	
Trans Fat	0g	
Polyunsaturated Fat	1.1g	
Monounsaturated Fat	5.1g	0%

Cholesterol	0mg	0%
Sodium	769.2mg*	32%*
Total Carbohydrate	34.8g	12%
Dietary Fiber	12.8g	51%
Sugars	4.1g	
Protein	10.9g	22%

* The calculated sodium content assumes regular cans of black beans. Sodium content would be reduced by at least 200 mg per serving using cans of reduced sodium black beans.

NUTRIENTS

	% RDA
Vitamin A	3%
Vitamin C	62%
Calcium	7%
Iron	19%
Vitamin D	0%
Magnesium	17%
Potassium	18%
Zinc	7%
Phosphorus	20%
Thiamin (B1)	18%
Riboflavin (B2)	14%
Niacin (B3)	8%
Vitamin B6	10%
Folic Acid (B9)	30%
Vitamin B12	0%
Vitamin E	4%
Vitamin K	11%

(1) <https://nutritionfacts.org/2014/09/16/eat-beans-to-live-longer/>

TUNA SALAD



Healthy Tuna Salad made with Greek yogurt and a little avocado oil mayo that actually tastes good! It is creamy, fluffy and flavorful. Prepare, refrigerate for up to 5 days and use for school and work lunches, cold dinner or an easy weekend meal.

Protein	82.6g	
Vitamin D	3mcg	18%
Calcium	55mg	4%
Iron	2mg	24%
Potassium	600mg	13%

INGREDIENTS

- 4 cans** (6 oz each) tuna packed in water
- 2 small** dill pickles, diced
- 1 large** celery rib, diced
- 1/4 cup** red onion, minced
- 1 garlic** clove, grated
- 1 tbsp** lemon juice or vinegar
- 1/4 tsp** salt
- Ground black pepper, to taste
- 3/4 cup** 2% plain Greek yogurt
- 1/4 cup** avocado oil mayo

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by Ron Patterson

NUTRITIONAL INFO - 4 PER SERVINGS

NUTRITIONAL INFO - 4 PER SERVINGS

Amount per serving

Calories 502

Value*		% Daily
Total Fat	15.2g	19%
Saturated Fat	2.1g	11%
Cholesterol	169mg	56%
Sodium	1090mg	47%
Total Carbohydrate	3.6g	1%
Dietary Fiber	0.6g	2%
Total Sugars	1.9g	

Amount per serving

Calories 502

Value*		% Daily
Total Fat	15.2g	19%
Saturated Fat	2.1g	11%
Cholesterol	169mg	56%
Sodium	1090mg	47%
Total Carbohydrate	3.6g	1%
Dietary Fiber	0.6g	2%
Total Sugars	1.9g	
Protein	82.6g	
Vitamin D	3mcg	18%
Calcium	55mg	4%
Iron	2mg	24%
Potassium	600mg	13%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by Ron Patterson

MEXICAN STREET CORN SALAD



<https://ifoodreal.com/mexican-street-corn-salad/>
This Mexican street corn salad is my healthy version of elotes – grilled corn slathered in mayo, crema (something between sour cream and crème fraîche), cotija cheese, cilantro and chile (chili) powder.

We saw elotes sold on every major street corner while living in Cabo for a month. Can we call it esquites? Um, yeah, probably not since mature corn boiled in salted water and then sautéed in butter is not involved.

Let's just say this Mexican corn salad is summer-y, sweet, creamy, cheesy, easy healthy corn salad. It will disappear fast at any gathering!

INGREDIENTS YOU WILL NEED

- Corn: I recommend fresh corn. But frozen corn

works just as well.

- Feta cheese: Feta cheese is a great substitute to traditional Mexican cheese cotija (I find feta more salty). It adds essential creaminess and saltiness to the salad.
- Yogurt and mayo: I added just the right proportions of mayo and yogurt because Mexican street corn salad recipe is not complete without mayo. And too much mayo makes it unhealthy and too much mayo-ey.
- Spices: Cayenne pepper, lime, salt and pepper. Make salad as spicy as you like.
- Tip: You can absolutely add a few diced avocados. They add more creaminess. Also juicy tomatoes would be good. Especially in July-August when corn is at its prime.

HOW TO COOK CORN AND MAKE SALAD

Mexican corn salad can be made with grilled, charred, roasted or boiled corn.

To cook corn:

- On the stove: Add corn to a large enough pot so it is fully submerged in water. Salt water generously to help bring out corn's flavor. Cook corn by boiling it for 10 minutes.
- In Instant Pot: This is by far my favorite method to cook corn. No need for large pot, lots of water and waiting it to boil. Just add corn and 1 cup water to electric pressure cooker and cook on High Pressure for 2 minutes with Quick Release. Keeps house cool in summer too.
- On the grill: Grill corn without the husk on medium heat for 20 minutes, turning every 5 minutes or so.

To make salad:

- Remove kernels from cooked corn on the cob. Let ears of corn cool down enough so you can hold it. Using a sharp knife, stand kernel upright and cut off kernels as close to the core as possible.
- Combine all ingredients like corn, mayo, yogurt,

feta, cilantro, lime juice, cayenne pepper, salt and pepper in a large bowl. No need to make dressing separately and just gently toss to coat.

or freeze leftovers for up to 3 months.

Freeze:

Lay rolled RAW meatballs on a baking sheet lined with parchment paper, freeze completely and transfer to a large Ziploc bag. THAW FIRST, then bake following recipe’s instructions. (Baking from frozen will result in dry meatballs)

NUTRITION

Serving Size - 5 meatballs

Total Servings: 9

Amount Per Serving

Calories 168

		% Daily Value*
Total Fat	9.5g	15%
Saturated Fat	2.5g	
Trans Fat	0.1g	
Cholesterol	115.8mg	39%
Sodium	343.8mg	14%
Total Carbohydrate	0.3g	0%
Dietary Fiber	0.1g	0%
Sugars	0g	
Protein	20.4g	41%

SERVING SUGGESTIONS

I love this salad both warm and cold. But probably warm a tad bit more. Hot corn melts the feta cheese adding to the creaminess of the dressing with delicious spices. Yum! Makes me feel like I’m eating a jar of mayo but we are not. However, leftovers taste just as good cold.

SERVING SUGGESTIONS:

With cilantro lime chicken, grilled chicken breast, shrimp skewers or baked chicken breast. Mexican corn salad is a great accompaniment to any protein.

Serve as a dip with tortilla chips.

Because it’s a summer dish and you love salmon, try with cedar plank salmon or easy baked salmon.

Store:

Refrigerate in an airtight container for up to 5 days

MINISTRONE WITH BUTTERNUT SQUASH AND FRESH CORN



Bright, beautiful, and bursting with veggies, this colorful minestrone is a great way to stretch the

late summer harvest.

With only 185 calories per serving and loaded with a variety of healthy vegetables, this is a soup you can have for lunch or dinner without guilt and without loads of sodium as is common with most soups.

6 SERVINGS

INGREDIENTS

- 2 Tbs.** olive oil
- 1 cup** sliced leeks
- 1 cup** chopped celery
- 1 cup** chopped red bell pepper
- 1 tsp.** salt, optional
- 4 cloves garlic**, minced (4 tsp.)
- 1 Tbs.** chopped fresh sage, or 2 tsp. dried sage
- 1/2 tsp.** Italian seasoning
- 1 bay** leaf
- 2 large** tomatoes, peeled and coarsely chopped (1 cup)
- 2 cups** cubed peeled butternut squash (3/4- to 1-inch cubes)
- 2 cups** green beans or flat beans, cut into 1-inch pieces
- 1 15-oz.** can or **11/2 cups** cooked white beans, rinsed and drained
- 1 cup** fresh or frozen corn kernels
- 1/2 tsp.** balsamic vinegar
- 2–3 Tbs.** chopped fresh mint, plus more for garnish, optional

INSTRUCTIONS

1. Heat oil in 5-qt. Dutch oven or other large soup pot over medium heat. Add leeks, celery, bell pepper, and salt, if using. Cover, and cook 6 to 8 minutes, or until veggies are softened, stirring occasionally. Uncover, and continue cooking 5 to 6 minutes more, or until celery is somewhat shrunken and leeks are browned.
2. Add garlic, sage, Italian seasoning, and bay leaf. Stir 30 seconds, or until fragrant. Add tomatoes and 8 cups water, and bring to a boil. Season with salt and pepper, if desired. Reduce heat to medium-low, and simmer 20 minutes. Add squash, cover, and simmer 10 minutes. Add green beans, white beans, and corn; simmer 10 minutes more, stirring occasionally. Just before serving, stir in vinegar and mint.

NUTRITION INFO

- Serving Size: 2 cups
- Calories: 185
- Carbs: 30 g (the good kind!)
- Fat: 5 g
- Saturated Fat: 0.5 g
- Fiber: 9 g
- Protein: 7 g
- Sodium: 130 mg
- Sugar: 7 g

ROASTED BEETROOT SALAD WITH GOAT CHEESE & WALNUTS



This super easy roasted beetroot salad, with goat cheese and walnuts, is the perfect side dish for a BBQ. It is so simple to make, and it transports well for a meal with friends. And to turn this simple beetroot salad into a hearty vegetarian main meal, simply add a loaf of crusty bread.

TOTAL TIME INVESTMENT: 60 MINUTES

INGREDIENTS

To roast the beetroot
2 lbs medium beetroot washed but not peeled
2 cloves garlic crushed
a few sprigs of thyme
 red wine vinegar
 olive oil
 salt & pepper
¼ cup water

To construct the salad

3 Tablespoons walnut OR olive oil
1 Tablespoon red wine vinegar
 salt & pepper
2 lbs roasted beetroot
6 cups arugula
¾ cup goats cheese
⅓ cup roasted walnuts chopped

INSTRUCTIONS

TO ROAST THE BEETROOT

Pre-heat the oven to 180C

Place the beetroot, garlic cloves and thyme into a baking dish.

Add a splash of red wine vinegar to the tray and drizzle olive oil over the beetroot.

Season with salt and pepper.

Pour the water into the bottom of the baking dish.

Cover the baking dish with foil, ensuring that it is well sealed, and place in the pre-heated oven for 45 minutes.

The beetroot is ready when a metal skewer slides

easily through the center.

Remove from the oven and allow to cool slightly.

Slide your fingers, applying slight pressure, over the beetroot to remove the skins. They should slip off easily.

Proceed with the salad whilst the beetroot is still warm.

TO CONSTRUCT THE SALAD

Whisk together the walnut oil and red wine vinegar in a large bowl.

Season with salt and pepper.

Cut the still-warm roasted beetroot into ¾ inch cubes and drop into the dressing. Mix thoroughly to ensure the beetroot is completely coated in the dressing and allow to cool completely.

Arrange the rocket on a serving platter, then spoon the beetroot into the center of the arugula.

Crumble the goat cheese over the top of the beetroot.

Scatter the walnuts over the goat cheese.

Serve

NOTES

Peel the beetroot as soon as it is cool enough to handle. The skins will slip right off.

If you've let the beetroot cool too much, a small serrated knife is your friend.

Taste the beetroot before tossing it with the dressing. Some beetroot varieties are quite sweet. If the beetroot is very sweet, add more vinegar to the dressing to balance out the flavors.

The vinegar should be very evident in the dressing before you toss it through the beetroot.

Beetroot can be roasted up to three days ahead.

NUTRITION

Calories: 322 calories
 Carbohydrates: 25.6g
 Protein: 12.3g
 Fat: 20.3g
 Cholesterol: 17.3mg
 Sodium: 377.6mg
 Sugar: 17.7g
 Vitamin A: 900IU
 Vitamin C: 24.8mg

SIMPLE LENTIL SOUP



Humble dried lentils are a valuable pantry staple and they are easy to cook. Unlike dried beans, they do not require pre-soaking. Lentils are a good source of plant protein, fiber, minerals (like iron and zinc) and folate. They are economical too—ideal for hearty soups like this one. As this recipe takes advantage of convenience products like frozen chopped onions, jarred minced garlic and prepared shredded carrots, the soup is a cinch to make. It takes about an hour to cook on the stovetop. Puréeing a portion of the soup gives it body while maintaining the texture with some intact lentils, but is optional and depends on your

personal preference. This step is easy to do with an immersion blender. You can also use a regular blender, but be sure to use caution when blending hot liquids. The soup keeps well and can also be frozen.

INGREDIENTS - 8 servings (1 cup each)

1 Tbsp vegetable oil
1 1/2 cups chopped onion (frozen or fresh)
1 cup shredded or diced carrots (prepared or fresh)
2 tsp minced garlic (prepared or fresh)
1 1/2 tsp dried thyme leaves
4 cups low-sodium chicken broth or vegetable broth (one 32-oz carton or can)
1 can diced tomatoes (14.5 oz)
1 1/4 cups brown lentils, picked over and rinsed
1 1/4 cups water
1 bay leaf
6 cups baby spinach (one 5- or 6-oz package) or
2 cups (5 oz) IQF (individually quick frozen) spinach
1 Tbsp lemon juice, or to taste
1/2 tsp salt, or to taste
1/8 tsp pepper, or to taste

DIRECTIONS

1. Heat oil in a 6-quart soup pot or Dutch oven over medium heat. Add onion; cook, stirring occasionally, until moisture has evaporated, and onions have softened, 5 to 7 minutes. Add carrots, garlic and thyme; cook, stirring, until fragrant, about 30 seconds.
2. Add broth, tomatoes, lentils, water, and bay leaf. Bring to simmer. Reduce heat to medium-low, cover and simmer until lentils are tender, 50 to 60 minutes. Discard bay leaf.
3. If desired, purée about half the soup with an immersion blender or blender (caution, let cool first to avoid burns). Return purée to soup.
4. Just before serving, heat soup over medium-high heat. Add spinach and stir just until spinach has wilted, about 1 minute. Season with lemon juice, salt and pepper. (The soup will keep, covered, in the refrigerator for up to 3 days or in the freezer or up to 4 months [best to freeze before adding spinach]. The soup may thicken upon standing. Add a little water or extra broth to achieve desired



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consistency.)

Active time: 15 minutes

Total time: 1 ¼ hours

NUTRITION (per serving)

Yield: 8(1-cup) servings

Calories 160

Fat 2 g (Sat 0 g, P:S 0 g)

Carb 25 g

Total sugars 3 g (Added 0 g)

Fiber 5 g

Protein 10 g

Sodium 260 mg

Potassium 328 mg

Calcium 51 mg

Iron 3 mg

VEGAN TEMPEH CHILI



Cold weather and chili go hand in hand. And if you live in Texas, chili is a year round thing. But finding a healthy vegan chili that tastes great and is high in protein can be pretty difficult to find... until now!

“My chili is lower in saturated fat and higher in fiber than most beef versions, but it’s still packed with protein and has tons of flavor,” says Melissa Costello, author of *The Karma Chow Ultimate Cookbook: 125+ Plant-Based Vegan Recipes for a Fit, Happy, Healthy You*. “Don’t tell your guests it’s meat free, and see what they say after a mouthful—I guarantee they won’t even miss the meat.”

Serves 4 to 6

INGREDIENTS

- 2 tablespoons** olive oil
- 1 medium** red onion, diced
- 3 cloves** garlic, diced
- 2 red** bell peppers, seeded and diced
- 1 package (8 ounces)** tempeh, crumbled
- 2 tablespoons** chili powder blend or chipotle chili powder
- 1 teaspoon** ground coriander
- 1 teaspoon** ground cumin
- 1 teaspoon** dried oregano
- 2 cans (15 ounces)** fire-roasted diced tomatoes
- 1 cup** water
- 1 can (15 ounces)** black beans, rinsed and drained
- 1 can (15 ounces)** red kidney beans, rinsed and

drained

1 can (15 ounces) can white beans, rinsed and drained

1 cup frozen corn

Cooked brown rice (optional)

Freshly chopped cilantro, for garnish (optional)

Additional optional garnish:

Sliced scallions

Vegan Cashew Sour Cream

3. Add tomatoes, water, and all beans. Cover and simmer for about 30 minutes.

4. Add corn and cook for 5 more minutes until corn is soft.

OPTIONAL

Serve over brown rice and top with cilantro, if desired.

DIRECTIONS

1. Heat olive oil in a stockpot over medium heat and sauté onion, garlic, and bell pepper for about 5 to 8 minutes, until soft.

2. Crumble in tempeh and add chili powder, coriander, cumin, and oregano. Cook for a 3 minutes, stirring to incorporate.

NUTRITION PER SERVING (WITHOUT RICE)

430 calories

10g fat (2g saturated)

62g carbs

25g protein

17g fiber

Sides

BOBBY DEEN'S WHOLE GRAIN APPLE CRANBERRY STUFFING



If you're currently watching your weight or even if eating healthy is just a way of life for you, the holiday season can stir up a lot of anxiety with all the rich food and desserts that usually blanket family dinner tables.

This recipe makes a few small changes on a holiday classic and significantly lowers the calories and fat grams found in many stuffing recipes without losing the flavor.

Give it a test run in advance of Thanksgiving if you want to make certain the recipe tastes as good as I say it does.

INGREDIENTS- 8 SERVINGS TOTAL

- Nonstick cooking spray, for greasing
- 2 cups** low-sodium chicken broth, hot
- 1 cup** dried cranberries
- 1 cup** chopped celery (about 7 ribs)
- 1 onion**, chopped
- 2 tablespoons** unsalted butter
- 2 Granny Smith apples**, cored and finely chopped
- 6 cups** day-old whole grain baguette, cut into 1/2-inch cubes
- 3 large** eggs, scrambled
- 1 teaspoon** salt
- 1/2 teaspoon** poultry seasoning
- 1/4 teaspoon** ground black pepper
- 1/8 teaspoon** ground cinnamon
- 1 dried** sage leaf, chopped

DIRECTIONS

1. Preheat the oven to 350 degrees F. Spray an 11-inch oval baking dish with nonstick cooking spray. Combine the broth and cranberries in a small bowl and let soak for 30 minutes.

2. Sauté the celery and onions in the butter in a large skillet until tender, 5 minutes. Add the apples and cook for 5 minutes, stirring frequently. Remove from the heat and transfer to a large bowl.

3. Place the baguette cubes into a large bowl. Pour the broth and cranberries over. Pour in the eggs, and then add the salt, poultry seasoning, pepper, cinnamon and sage and mix together.

4. Mix in the onion and celery mixture. Spoon the stuffing into the prepared dish and bake until the center is set, 35 to 40 minutes.

NUTRITION PER SERVING

- Calories 244
- Total Fat 6 g
- Saturated Fat 2.5 g
- Cholesterol 77 mg
- Sodium 528 mg
- Carbohydrates 38 g
- Dietary Fiber 4 g
- Protein 8 g
- Sugar 17 g

Recipe courtesy of: The Food Network and Bobby Deen.

BRUSSELS SPROUTS WITH PECANS AND PECORINO ROMANO



Some people claim they don't like Brussels sprouts but I am 100% convinced that those people have never had them prepared properly. This recipe IS NOT the boiled Brussels sprouts you may remember hating as a kid.

The best way to cook Brussels sprouts? Roasted until they're crispy and perfectly salted! And to make them even better, we'll add either Parmesan or Pecorino Romano cheese (bolder flavor than Parm) and toasted pecans for a wonderful family favorite for Thanksgiving dinner (or whenever).

Here's the only Brussels sprouts recipe you'll ever need... and it's very healthy!

INGREDIENTS

- 2 pounds** Brussels sprouts (off the stalk)
- 1/4 cup** extra-virgin olive oil
- 1 teaspoon** kosher salt
- Fresh ground black pepper
- 1/2 cup** roughly chopped pecans
- 3 tablespoons** shredded Parmesan or Pecorino Romano cheese (omit for vegan)

INSTRUCTIONS

1. Preheat oven to 450°F.*
2. Slice off any hard ends of the Brussels sprouts, as needed. Slice them in half lengthwise and place them in a large bowl.
3. In a bowl, mix them with 1/4 cup olive oil, 1 teaspoon kosher salt, and fresh ground black pepper. Roast for about 20-25 minutes until tender and slightly browned, stirring or shaking the pan occasionally. Keep an eye on them after 15 minutes so that you don't burn them.
4. Meanwhile, place the rough chopped pecans in a small skillet over low heat, and toast, stirring often, until browned and toasted (be careful that

they don't burn).

5. When the Brussels sprouts are done, add the toasted pecans and top with grated Parmesan or Pecorino Romano cheese. Serve immediately.

NOTES

*This method gets the Brussels sprouts perfectly crispy if it's the only thing in the oven. If you're trying to cook it with other things in the oven (as we did one Thanksgiving), you'll need to increase the cook time. We recommend making this without other things in the oven, since the airflow is important to make the sprouts crispy.

4 SERVINGS

NUTRITION (PER SERVING)

Calories 366		
		% Daily Value*
Total Fat	28.2g	36%
Saturated Fat	5.5g	27%
Cholesterol	15mg	5%
Sodium	808mg	35%
Total Carbohydrate	23.3g	8%
Dietary Fiber	10.1g	36%
Total Sugars	5.5g	
Protein	13.8g	
Vitamin D	0mcg	0%
Calcium	240mg	18%
Iron	3mg	19%
Potassium	960mg	20%

GARLIC MUSHROOM QUINOA



An easy, healthy side dish that you'll want to make with every single meal! You could easily make this an entree as well simply by adding a protein of your choice to this recipe.

Instead of just serving up a boring old bowl of quinoa, I decided to have a little bit of fun with it and add in one of my all-time favorite veggies—mushrooms. Not only do they have an amazing distinct flavor but they also add a range of nutritional and health benefits right into your meal!

It's so simple and comes together so easily - it's practically fool-proof!

yield: 6 SERVINGS

prep time: 10 MINUTES

cook time: 25 MINUTES

total time: 35 MINUTES

INGREDIENTS

1 cup quinoa

1 tablespoon olive oil

1 pound cremini mushrooms, thinly sliced. SEE NOTE

5 cloves garlic, minced

1/2 teaspoon dried thyme

Kosher salt and freshly ground black pepper, to taste

2 tablespoons grated Parmesan

NOTE: feel free to use an assortment of thinly sliced wild mushrooms for variety if preferred.

DIRECTIONS

1. In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.
3. Serve immediately, garnished with Parmesan, if desired.

NUTRITION-

Servings: 6

Amount per serving

		%
Calories	169	
Daily Value*		
Total Fat	5.7g	7%
Saturated Fat	1.5g	8%
Cholesterol	3mg	1%
Sodium	82mg	4%
Total Carbohydrate	22.2g	8%
Dietary Fiber	2.5g	9%
Total Sugars	1.3g	
Protein	8.1g	

Vitamin D	0mcg	0%
Calcium	93mg	7%
Iron	2mg	10%
Potassium	509mg	11%

nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by Ron Patterson

*The % Daily Value (DV) tells you how much a

ROASTED MARSALA CARROTS



Get your family to sit up and take notice at dinner time with delicious Roasted Marsala Carrots!

Carrots are naturally sweet. That's why we can throw them into smoothies and that's why when they are roasted, they go from slightly sweet to amazing. A few simple ingredients are all you need to take plain old carrots to the next level.

This would be another great Thanksgiving Day dish that's both tasty and nutritious.

- Prep Time- 2 minutes**
- Cook Time- 35 minutes**
- Total Time- 37 minutes**
- Servings- 4**
- Calories- 105**

INGREDIENTS

- 1 lbs** carrots 4-5 large carrots, peeled and julienned
- 1/4 cup** Marsala cooking wine
- 1 tbsp** extra virgin olive oil
- 1 tbsp** balsamic vinegar
- Kosher salt to taste
- Freshly ground pepper to taste
- Fresh parsley (optional)

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Combine Marsala, olive oil, and vinegar in a small bowl.
3. Toss carrots with Marsala mixture and place on parchment-lined baking sheet.
4. Roast for 35 to 40 minutes or until carrots are tender and lightly browned, stirring occasionally.
5. Season with salt and pepper.
6. Sprinkle with chopped fresh parsley.

Serve immediately.

NUTRITION (per serving)

- 4 total servings
- Calories: 105
- Carbohydrates: 14g
- Protein: 1g
- Fat: 4g
- Saturated Fat: 1g
- Sodium: 81mg
- Potassium: 377mg
- Fiber: 3g
- Sugar: 7g
- Vitamin A: 18944IU
- Vitamin C: 7mg
- Calcium: 37mg
- Iron: 1mg

MOROCCAN CARROT SALAD



Who needs red meat? Just 1 **teaspoon** of cumin contains 25% of the iron you need in a day. We all need more vegetables in our lives so what could be easier than this recipe that requires nothing more than grating carrots and mixing in tasty ingredients such as currants, cinnamon and cumin.

Add as little or as much of the ingredients as you like. There really is no wrong way to make this. What makes this recipe especially easy is there's no measuring. Make a lot or a little — as much as you need to feed you and your family. Best of all, your kids will enjoy this too!

INGREDIENTS

Carrots
 Currants or raisins
 Parsley, chopped
 Fresh lemon juice
 Extra Virgin Olive Oil (EVOO)
 Pinch ground cumin
 Pinch cinnamon

PREPARATION

Grate carrots and toss with currants or raisins, chopped parsley, fresh lemon juice, EVOO (just enough to lightly coat) and a pinch each ground

cumin and cinnamon.

Add as much or as little lemon juice, currants/raisins, parsley, cumin and cinnamon as you like!

Entrees

TOP RATED TURKEY MEATBALLS



Turkey meatballs are extremely versatile as they can be your main protein for a dinner recipe or served as an appetizer. One of my favorite recipes is serving turkey meatballs with whole wheat spaghetti and Mexican Street Corn Salad (in the Soups & Salads section).

Healthy Turkey Meatballs, without breadcrumbs, baked in the oven until juicy inside and golden outside— So easy! Want extra for another meal?

Simply double the recipe and freeze.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Yield: 47 meatballs

INGREDIENTS

- 2 lbs** ground turkey
- 1 cup** shredded zucchini, liquid squeezed out (measured before squeezing)
- 2 eggs**, large
- 4 large** garlic cloves, grated
- 2 tbsp** onion flakes or powder
- 1 tsp** oregano, dried
- 1 tsp** salt

Ground black pepper, to taste

INSTRUCTIONS

1. Preheat oven to 375 degrees F and line 2 large baking sheets with unbleached parchment paper and spray with cooking spray. Or I love using silicone baking mats, no oil necessary.
2. In a large bowl, add ground turkey, zucchini, eggs, garlic, onion flakes, oregano, salt and pepper; mix well with your hands.
3. Using small cookie scoop form 47 meatballs (it helps to dip hands in a bowl with cold water occasionally) and lay on baking sheets.
4. Bake for 15 minutes, turn and toss with spatula (mostly to get rid off of that ground turkey residue) and bake for 5 more minutes. Serve hot.

NUTRITION

Serving size - 5 meatballs

Total servings 9

Amount Per Serving

Calories 168

% Daily Value*

Total Fat	9.5g	15%	Dietary Fiber	0.1g	0%
Saturated Fat	2.5g		Sugars	0g	
Trans Fat	0.1g		Protein	20.4g	41%
Cholesterol	115.8mg	39%			
Sodium	343.8mg	14%			
Total Carbohydrate	0.3g	0%			

SALMON BOWL WITH NOODLES, MUSHROOMS AND SPINACH



I love spinach, barely cooked, in a noodle bowl. Add in salmon, mushrooms, noodles and vegetable stock and you have a wholesome meal for the entire family.

Use either bunch spinach from the farmers' market or baby spinach for this recipe. Best of all, this healthy and nutritious meal takes very little time to prep and cook.

YIELD - 4 SERVINGS
TIME - 10 MINUTES

- **1 large bunch** spinach, stemmed, washed in 2 changes of water and coarsely chopped (about 6 cups) or 1 6-ounce bag baby spinach, rinsed
- **1 bunch scallions**, thinly sliced, light and dark green parts kept separate Cilantro leaves and sprigs for garnish
- Soy sauce (low sodium) or kosher salt to taste

INGREDIENTS (4 Servings)

- **6 cups** kombu stock, chicken stock or vegetable stock (organic preferably)
- **16 ounces** Japanese soba noodles, cooked and tossed with 2 **teaspoons** sesame oil
- **8 fresh** shiitake mushrooms, stemmed and thinly sliced (simmer stems in stock for 20 minutes, remove them and discard), or 8 cremini mushrooms, trimmed and thinly sliced
- **16 ounces** salmon fillet without skin, trimmed of fat and cut into 4 equal pieces

PREPARATION

1. Bring the stock to a simmer. Taste and adjust seasoning, adding soy sauce or salt if desired. If the noodles have been refrigerated, warm them by placing them in a strainer and dipping the

strainer into the simmering broth. Then distribute the noodles among 4 deep soup bowls.

2. Add the sliced mushroom caps, the salmon fillets, the spinach and the white and light green parts of the scallions to the simmering stock. Cover and turn off the heat. Allow to sit for 5 minutes without removing the cover. The salmon should be just cooked through. Leave it a little longer if you want it more opaque.

3. Place a piece of salmon on top of the noodles in each bowl. Ladle in the soup, taking care to distribute the spinach, mushrooms and scallions evenly. Sprinkle on the dark green parts of the scallions, garnish with cilantro and serve.

TIP

Advance preparation: The noodles can be cooked ahead and kept in the refrigerator for 3 days. The stock can also be made a day or two ahead

NUTRITION (per serving)

Calories		Vitamin D	0mcg	
	%Daily	0%		
Value		Calcium	141mg	11%
Total Fat	9.6g	Iron	3mg	
12%		19%		
Saturated Fat	1.4g	Potassium	880mg	
7%		19%		
Cholesterol	50mg			
17%				
Sodium	976mg			
42%				
Total Carbohydrate	33.1g			
12%				
Dietary Fiber	3.3g			
12%				
Total Sugars	4.1g			
Protein	30g			

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by Ron Patterson

VEGETARIAN PHO (VIETNAMESE NOODLE SOUP)



The national soup of Vietnam is a bowl of rice noodles, fresh herbs, and bean sprouts swimming in a fragrant broth.

Beyond the antiviral, immune-boosting, and cholesterol-lowering properties of its shiitake mushrooms, this pho is loaded with **garlic**, which boasts antifungal, antibacterial, and antiviral benefits. Cinnamon also has antifungal and antibacterial attributes, while ginger is a pain-reducing anti-inflammatory that fights nausea.

As soups go, this well-balanced and delicious favorite checks all the boxes. Plus, it's super easy to make!

SERVINGS-6

INGREDIENTS

Broth-

- 6 cups** low-sodium vegetable broth
- 3 large** shallots, sliced (1 cup)
- 1/2 cup** dried shiitake mushrooms
- 10 cloves** garlic, peeled and crushed
- 3 Tbs.** low-sodium soy sauce
- 12 1/4-inch-thick** coins fresh ginger
- 1 Tbs.** brown sugar
- 1 Tbs.** rice wine vinegar
- 1 tsp.** ground black pepper
- 2** cinnamon sticks

- 2** star anise
- 5-6** fresh basil stems, leaves reserved for soup
- 5-6** cilantro stems, leaves reserved for soup

Pho -

- 1 8-oz.** pkg. rice noodles
- 1 8-oz.** pkg. Asian-flavor baked tofu, thinly sliced**
- 2 cups** soybean sprouts
- 2 cups** watercress
- 4** green onions, sliced (1/2 cup)
- 1/4 cup** chopped cilantro
- 1 cup** fresh basil leaves
- 1 lime**, cut into wedges

** **TOFU** - ready to eat: <http://www.nasoya.com/healthy-tofu-products/organic-teriyaki-tofubaked/>
(Or bake your own from scratch)

PREPARATION

1. To make Broth: Place all ingredients in a **large** pot with **8 cups** of water. Cover, and bring to a boil. Reduce heat to **medium-low**, and simmer, covered, 1 hour. Strain broth and return to the pot. Discard solids.
2. To make Pho: Cook rice noodles according to package directions. Drain, and rinse under cold water. Divide among **6 large** soup bowls. Ladle Broth over noodles, and top with tofu, sprouts, watercress, and green onions. Serve cilantro, basil, and lime wedges on the side to be stirred into soup.

NUTRITION

- Calories: 290
- Carbohydrate Content: 42 g
- Fat Content: 5.5 g
- Fiber Content: 3 g
- Protein Content: 16 g
- Saturated Fat Content: 1 g
- Sodium Content: 578 mg
- Sugar Content: 5 g

GARLIC BUTTER STEAK BITES WITH LEMON ZUCCHINI NOODLES (KETO APPROVED)



These **garlic** butter steak bites with lemon zucchini noodles have so much flavor and are so easy to throw together! Sirloin steak bites are marinated and cooked to perfection in a delicious **garlic** butter sauce and served with healthy, low carb zucchini noodles. Ready in 30 minutes or less, these **garlic** butter steak bites with zucchini noodles will make your entire family go crazy!

INGREDIENTS (4 Servings)

1 1/4 lbs (450g) sirloin steak cut into small cubes
4 medium zucchini, spiralized (or a pack of store-bought Zucchini Noodles)
1 tablespoon olive oil
3 tablespoons butter, divided
2 teaspoons minced **garlic**
1/4 cup (60ml) beef or vegetable broth
1 tablespoon minced parsley
1 teaspoon fresh thyme leaves
1/2 teaspoon red chili pepper flakes, optional
 Juice of 1/2 lemon

MARINADE

1/4 cup low-sodium soy sauce (or coconut amino for paleo and gluten-free)
1 tablespoon olive oil
1 tablespoon hot sauce (we used Sriracha)
 Fresh cracked black pepper, to taste
 Juice of 1/2 lemon

DIRECTIONS

1. To prepare the **garlic** butter steak bites recipe: In a mixing bowl, combine the ingredients for the steak marinade (soy sauce, olive oil, hot sauce, pepper, and lemon juice) and add the steak bites. Mix well and marinate for 15 to 20 minutes minimum, while preparing the other ingredients.
2. Heat the olive oil in a **large** skillet over high heat. Drain steak bites from the marinade. Keep the remaining marinade for later.
3. Place the steak bites in the skillet in a single



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layer. Do not overcrowd the skillet or meat will steam, so you may have to work in batches depending on the size of your skillet. Cook steak bites for 3-4 minutes, stirring occasionally until steak bites are golden brown. Repeat with remaining steak bites if needed.

4. Once all the steak bites are golden brown, add 2 tablespoons butter and **garlic** to the skillet; cook for 1-2 minutes, stirring to coat the meat in the sauce. Remove the steak bites to a shallow plate and set aside.

5. In the same skillet, add butter, lemon juice, red pepper flakes, beef broth, and remaining marinade juices. Bring to a simmer and allow to reduce for 2-3 minutes, stirring regularly.

6. Add the spiralized zucchini noodles and toss for two to three minutes to cook it up. Stir in the fresh parsley and thyme, then allow the cooking juices to reduce for one minute if the zucchini noodles render too much water. Push the zucchini noodles on the side, add the steak bites back to the pan and reheat for another minute. Serve immediately your **garlic** butter steak bites and zucchini noodles. Enjoy!

when cooking, so you can sprinkle with salt after spiralizing and allow to sit for a couple of minutes to take off excess water. Rinse well to get rid of salt and drain thoroughly in a colander before cooking.

Instead of broth, you can enrich the dish with dry white wine.

NUTRITION (per serving)

Calories 675 Cal

- Fat 39 g
- Protein 74 g
- Carbs 5 g
- Saturated Fat 15 g
- Polyunsat Fat 2.5 g
- Monounsat Fat 17 g
- Sugar 1 g
- Cholesterol 282 mg
- Sodium 319 mg
- Potassium 1283 mg
- Fiber 0.5 g

Recipe analyzed by Ron Patterson

NOTES

You can also use tenderloin, rib eye, flank or strip steak if you like.

Zucchini Noodles tends to render a lot of water

QUINOA & RICE BOWL WITH KALE, KIMCHI & EGG



Absolutely delicious and one of my all-time favorites! Easy, healthful and infinitely adaptable, grain bowls are equally ideal for feeding a family (picky eaters can build it to suit their own tastes) and using up leftovers in the fridge. You could also cook up the ingredients at the beginning of the week, and mix and match ingredients at will as the week progresses.

Try brown rice, quinoa, kamut, farro, freekeh, wheat berries, barley and grits for the grain (this recipe calls for mixing brown rice and quinoa for a nice variety of textures, but feel free to use just one or the other).

Put your grains in a **large** bowl, then arrange small piles of vegetables, protein and something pickled or spicy over the grains.

Top with a sauce that brings together all the ingredients in the bowl. Crunch — here, sesame seed and dried seaweed — is a nice finishing touch.

YIELD - 4 Servings
TIME - 1 hour, 15 minutes

INGREDIENTS (4 Servings)

2. In a small bowl, whisk together soy sauce, ginger, vinegar and salt to taste. Whisk in peanut and sesame oils.
3. Place a steamer basket in a **large** pot filled with an inch or two of water. Place kale in basket. Cover pot and cook over **medium** heat until kale is tender, about 7 minutes.
4. Meanwhile, bring a **medium** pot filled with water to a boil. Using a slotted spoon, carefully lower eggs into water; boil 6 minutes. Transfer eggs immediately to a bowl of ice water to cool.
5. Combine 1/2 **cup** quinoa and 1/2 **cup** rice in each of four bowls. Divide the kale among the bowls, mounding it on top of the rice. Arrange avocado slices next to the kale. Peel eggs and cut in half; place two halves on top of each

- 2/3 **cup** brown rice
- 2/3 **cup** uncooked red or white quinoa, well rinsed
- 2 **tablespoons** low sodium soy sauce
- 4 **teaspoons** finely chopped peeled ginger
- 1 **tablespoon** rice wine vinegar
- 1/4 **cup** peanut oil
- 1 **teaspoon** sesame oil
- 1 **8-ounce** bunch kale, thick ribs removed, leaves torn into **large** pieces
- 4 **large** eggs
- 1 **avocado**, peeled, pitted and sliced
- 1 **cup** coarsely chopped kimchi, or to taste
- Salt, as needed
- Sliced scallions, for serving
- Sesame seeds, for serving
- Crumbled dried seaweed snack sheets, for serving

PREPARATION

1. Bring a **large** pot of well-salted water to a boil and add rice. Let cook for 30 minutes, then drain. Return rice to the empty pot, cover with lid and let rice rest for 10 minutes. Meanwhile, bring 2 **cups** of salted water to a boil in a small pot and add the quinoa. Cover pot and let simmer over low heat for 15 minutes. Turn off the heat and let rest, covered, for 5 minutes longer. Fluff both grains with a fork.

bowl. Sprinkle each bowl with kimchi, scallion, sesame and seaweed. Spoon soy-ginger dressing over bowls.

NUTRITION (per serving)

- 546 calories
- 30 grams fat
- 6 grams saturated fat
- 0 grams trans fat
- 14 grams monounsaturated fat
- 8 grams polyunsaturated fat
- 55 grams carbohydrates
- 10 grams dietary fiber
- 2 grams sugars
- 17 grams protein
- 658 milligrams sodium

BLACK BEAN “MEATBALLS” WITH CORIANDER SWEET POTATO SALAD



These gluten-free and vegan “meatballs” are very simple to put together, but they pack a huge flavor punch. They are a mix of seven everyday ingredients: black beans, quinoa, onion, **garlic**, ground cumin, ground coriander, and smoked paprika.

Everything gets whizzed up in a small food processor, mixed together, formed into balls, and baked in the oven. But they have so much flavor. I’m not pretending they are meatballs: these are something entirely magnificent on their own and they’re packed with vegan protein from quinoa and black beans.

Next to these spiced, garlicky herbivorous “meatballs” I would serve a giant scoop of roasted sweet potato salad spiked with a chunky coriander and almond pesto. Handfuls of bright coriander, almonds, lemon juice, and garlic make up the dressing for the caramelized sweet potatoes.

This tart, chunky, pesto style dressing is the perfect foil to the sweet roasted potato cubes. I could eat a huge bowl of these every day! This meal is perfect for a midweek dinner, or a weekend feast for the family (you can easily multiply the quantities to serve a crowd) – it’s easy and full of flavor and

sure to become a family favorite that has everyone begging for seconds.

INGREDIENTS - (SERVES 2 GENEROUSLY)

For the “meatballs”

- 1/2 cup** dry quinoa
- 1 cup** no salt added vegetable stock
- 1 cup** cooked black beans
- 3 cloves** garlic
- 1 small** yellow onion
- 1 teaspoon** ground dried coriander
- 1 teaspoon** ground dried cumin
- 1 teaspoon** smoked paprika

For the coriander sweet potato salad

- 1 sweet potato (large)**
- 1 1/2 tablespoons** olive oil
- 1 cup** coriander leaves
- 1/3 cup** almonds
- Juice of 1 lemon
- 2 cloves** garlic
- Salt and pepper

INSTRUCTIONS

1. Rinse quinoa thoroughly. Place into a small saucepan with the vegetable stock and bring to the boil. Reduce heat to a simmer, cover the saucepan with a lid and cook for 15 minutes. Remove from the heat and allow the quinoa to sit for 5 minutes before fluffing with a fork. Allow to cool to room temperature before proceeding.

2. Preheat your oven to 350° F and line a baking sheet with baking paper.

3. In a small food processor place quinoa and black beans and process until they form an almost uniform puree. Place this into a medium bowl.

4. Chop the onion and garlic into large chunks and place into the food processor. Process until the onion is in small pieces. Add to the beans and quinoa. Measure in the spices and use clean hands to mix very well until the spices are mixed throughout.

5. Shape mixture into equal sized balls. I used an ice cream scoop to ensure that the balls were a uniform size. Place on the baking sheet and bake in the preheated oven for 25 minutes or until the outside of the balls are browned.

6. While the balls are baking peel the sweet potato and dice into bite size cubes. Line a second baking sheet with baking paper and spread the sweet potato cubes out. Pour 1/2 tablespoon of olive oil over the sweet potato and toss to coat all the pieces. Bake for 20 minutes or until the cubes are golden on the outside and soft when you

pierce them with a fork.

7. Clean out the bowl of the small food processor and add the coriander, almonds, garlic, lemon juice, remaining (1 tablespoon) olive oil, salt and pepper and process into a chunky paste.

8. Once sweet potato is cooked, toss with the coriander pesto. Top the sweet potato salad with the meatballs and serve.

NUTRITION

Servings: 2

Calories 668

		%Daily Value
Total Fat	14.8g	19%
Saturated Fat	2.2g	11%
Cholesterol	0mg	0%
Sodium	104mg	5%
Total Carbohydrate	108.4g	39%
Dietary Fiber	21.9g	79%
Total Sugars	9.3g	
Protein	29.8g	
Vitamin D	0mcg	0%
Calcium	178mg	14%
Iron	10mg	54%
Potassium	2167mg	46%

Recipe Analyzed by: Ron Patterson

Recipe courtesy of: Thoroughly Nourished Life, November 19, 2015.

CRISPY STUFFED CHICKEN RECIPE



This is a restaurant quality dish that's pretty easy to prepare and contains spinach, cheese, peppers, and prosciutto in each bite.

NUTRITION (Serves 4)

500 calories
 19 g fat (4.5 g saturated)
 790 mg sodium

INGREDIENTS

- 2 Tbsp** olive oil
- 2 oz** prosciutto, thinly sliced
- 4 cups** baby spinach
- 1/4 cup** roasted red peppers
- 2 Tbsp** pine nuts (omit for nut allergies)
- Salt and black pepper to taste
- 4 boneless, skinless chicken breasts (6 oz each), pounded to 1/2" thickness (some markets sell chicken cutlets already pounded)
- 1/2 cup** shredded fontina or mozzarella cheese
- 2 eggs**, lightly beaten
- 2 cups** bread crumbs, preferably panko

DIRECTIONS

- 1) Heat 1/2 tablespoon olive oil in a sauté pan or cast-iron skillet over medium heat. When hot, add the prosciutto strips. Cook until lightly crisp, about 1 minute.
- 2) Add the spinach, peppers, and pine nuts.

Cook until the spinach is fully wilted, about 2 to 3 minutes. Season with salt and pepper. Reserve.

- 3) Lay the chicken breasts flat on a cutting board. Season lightly with salt and pepper.
- 4) Divide the spinach mixture and cheese among the breasts, cheating the components toward the top of the chicken. Wrap one end of the chicken around the mix and roll tightly, as if making a burrito. Secure the ends with toothpicks.
- 5) Combine the eggs in a shallow bowl. Mix the bread crumbs on a plate with salt and pepper. Dredge the chicken first in the eggs, then in the crumbs, making sure they're fully coated.

6) Wipe out the skillet. Heat the remaining oil in the pan over **medium** heat. Add the chicken and cook on all sides until the crust is golden brown and the chicken is cooked all the way through, about 10 minutes.

TIPS FOR POUNDING AND STUFFING CHICKEN

Why waste your money on overpriced pre-stuffed chicken at the supermarket when you can do better in minutes at home? Here's how:

- Step 1: Cover with plastic wrap and pound until thin.
- Step 2: Place your filling toward the top of the meat.
- Step 3: Roll tightly like a sleeping bag; secure.

CROCKPOT BEEF AND BROCCOLI



There are those healthy crockpot recipes that claim to be low maintenance (kind of like the friend who tells you she doesn't plan to dress up for dinner, then shows up 30 minutes late in heels), and then there are recipes that actually are low maintenance (the friend who arrives in sweats to hang out and eat Asian food on your couch). This healthy Crockpot Beef and Broccoli belongs in the latter category.

A true "dump and go" crockpot meal, 100% of the cooking for this slow cooker beef stir fry recipe happens right in the crock pot. No pre-browning of the meat on the stove or separate sauce reduction is necessary, and the results are spectacular.

Beef and broccoli is standard-issue fare on just

about any Asian takeout menu, but the flavor of this recipe is anything but basic.

The beef is tender, the sauce is rich and savory, and the broccoli, which benefits from a low and slow "bath" in the sauce, is exceptionally appealing. The sauce works itself into every little fiber and floret.

Those in a hurry and looking for an option outside of the slow cooker can check out my Instant Pot Beef and Broccoli. Those looking for a Paleo beef and broccoli or keto beef and broccoli can modify this crock pot recipe or check out my stovetop healthy beef and broccoli.

And those looking for a simple, scrumptious, and healthy Slow Cooker Beef and Broccoli recipe

that's beloved by Mongolian beef connoisseurs and fussy eaters alike can stop right here. You've found the

only crock pot beef and broccoli recipe you'll ever need!

INGREDIENTS

1 1/2 pounds flank steak — cut across grain into thin slices

1 cup low-sodium beef broth

1/4 cup low-sodium soy sauce

1/4 cup oyster sauce

1 tablespoon honey

1 tablespoon rice vinegar

2 teaspoons chili-garlic paste — Sriracha, or 1/2

teaspoon red pepper flakes, plus additional to taste

2 teaspoons minced garlic — about 2 large cloves

2 tablespoons cornstarch

5 cups broccoli florets — about 2 small crowns

Prepared brown rice — or quinoa for serving

Chopped green onions — and toasted sesame seeds optional for serving

INSTRUCTIONS

1) Coat a 4-quart or larger slow cooker with nonstick spray. Place the beef in the bottom.

2) In a small bowl, stir together the beef broth, soy sauce, oyster sauce, honey, rice vinegar, chili-garlic paste, and garlic. Pour over the beef, then stir to combine. Cover and cook on low for 1 1/2 hours.

3) In a small bowl, whisk together 1/4 cup water and cornstarch. Stir into the slow cooker with the beef and sauce, then place the broccoli on top. Cover, turn the heat to high, and cook another 30 minutes, until the broccoli is tender. Serve warm over rice, sprinkled with green onions and sesame seeds as desired.

RECIPE NOTES

- Store leftovers in the refrigerator for up to 4 days. Reheat gently in the microwave or on the stovetop with a splash of beef broth or water to keep it from drying out.

- I have not tried doubling this recipe, but I think that you could easily do about 1.5 times the amount. Watch the cooking time, as it may need to be adjusted slightly.

- Because flank steak is fairly lean, I would not recommend leaving the slow cooker on low longer than the recipe specifies, or I worry it might overcook. If you have a programmable slow cooker that switches to keep warm, this might be an option, but the best choice is to be able to check it right away at the 1 1/2 hour mark.

NUTRITION INFORMATION - 4 SERVINGS

Amount per serving (about 1 1/2 **cups** broccoli beef and 1/2 **cup** brown rice)

Calories: 519

Fat: 14g

Saturated Fat: 6g
 Cholesterol: 113mg
 Sodium: 1375mg
 Carbohydrates: 46g

Fiber: 6g
 Sugar: 14g
 Protein: 43g

GARLIC BUTTER SHRIMP AND QUINOA



This **Garlic** Butter Shrimp and Quinoa is ready in 30 minutes and is full of **garlic** butter flavor. It's one of my favorite ways to do shrimp! And if quinoa isn't one of your favorites, give it another chance in this dish... I'm sure you'll like it this time.

INGREDIENTS

- 1 tablespoon** olive oil
- 1/2 cup** finely chopped onion
- 5 teaspoons** minced garlic, divided
- 2 cups** uncooked quinoa
- 1 teaspoon** chili powder, divided
- 4 cups** vegetable or chicken broth
- 6 tablespoons** salted butter, divided
- 1 pound** raw tail-on shrimp
- salt and pepper to taste
- fresh parsley for serving
- fresh lemon juice for serving

INSTRUCTIONS

1. Heat the oil in a large nonstick pot over medium high heat.

Add the onion and saute until softened, about 5 minutes.

- Add 2 teaspoons of the garlic and saute for 1 minute, stirring constantly to prevent burning.
- Add the uncooked quinoa and 1/2 teaspoon chili powder. Sprinkle with salt and pepper. Saute for another 1 minute to add flavor to the quinoa.
- Add the broth, bring to a boil, cover and cook for 15-20 minutes.

When the quinoa is done, it will be soft throughout. Fluff with a fork and toss with fresh minced parsley.

2. While the quinoa is cooking, heat 1 tablespoon butter in a large skillet over medium high heat. When the pan is hot and the butter is melted, add the shrimp and sprinkle with the remaining 1/2 teaspoon chili powder directly in the pan. Season with salt and pepper and saute until no longer translucent and golden brown on the outside.

- Just at the end of the saute, add 1 teaspoon garlic and swirl around in the pan until the garlic is

very fragrant.

3. Melt the remaining 5 tablespoons butter with the 2 teaspoons garlic to make a sauce for drizzling (for this, crushed garlic or garlic paste would work really well but minced is also fine).

4. Serve the quinoa and shrimp together in one dish, topping with fresh chopped parsley and lemon juice if desired. When the butter is melted and cooled slightly, drizzle over the shrimp and quinoa. Serve immediately, while still hot.

Serves 8

Calories per serving: 308

		% DAILY VALUE
Total Fat	13.3g	20%
Cholesterol	114.1mg	38%
Sodium	423.2mg	18%
Total Carbohydrate	30.2g	10%
Dietary Fiber	3.3g	13%
Sugars	1.4g	
Protein	17.7g	35%
Vitamin A	78.3µg	5%
Vitamin C	1.1mg	2%

NUTRITION FACTS

GENERAL TSO'S TOFU



Skip the deep-fried calories that usually go along with this take-out favorite by roasting marinated tofu to crispy-on-the-outside, tender-on-the-inside perfection. Of course, if tofu isn't really your thing, you could always use chicken, pork or lean beef instead.

INGREDIENTS (4 servings)

CRISPY TOFU

- 1 16-oz.** pkg. firm tofu, drained
- 2 tsp.** low-sodium soy sauce
- 2 tsp.** rice vinegar
- 1 tsp.** mirin (rice wine)
- 1 tsp.** vegetable oil
- 1/2 tsp.** minced garlic
- 1/2 tsp.** grated fresh ginger
- 1 Tbs.** cornstarch

SAUCE

- 1/2 cup** low-sodium vegetable broth
- 2 Tbs.** sugar
- 1 1/2 Tbs.** low-sodium soy sauce
- 4 tsp.** mirin (rice wine)
- 2 tsp.** rice vinegar
- 2 tsp.** sesame oil
- 2 tsp.** cornstarch
- 1 1/2 tsp.** tomato paste
- 1/2 tsp.** sambal oelek chile paste, optional
- 2 tsp.** vegetable oil
- 4 green** onions, green parts chopped (**1/3 cup**)
- 1 clove** garlic, minced (**1 tsp.**)
- 1/2 tsp.** grated fresh ginger

ACCOMPANIMENTS

- 2 cups** steamed broccoli
- 2 cups** steamed brown or white rice

PREPARATION

To make Crispy Tofu: Cut tofu block into two broad slabs. Wrap tofu slabs in paper towels, and place between two cutting boards. Weight top cutting board with soup cans, and press 30 minutes. Unwrap tofu, and cut into 1-inch cubes. Combine soy sauce, vinegar, mirin, oil, garlic, and ginger in resealable container. Add tofu, and toss to coat. Marinate 30 minutes, or overnight. (Tofu should absorb all liquid.)

Preheat oven to 350°F, and coat baking sheet with cooking spray. Sift cornstarch over tofu, and turn to coat evenly. Spread tofu on baking sheet. Bake 30 to 40 minutes, or until firm and crispy, turning several times to brown all sides.

To make Sauce: Whisk together broth, sugar,

soy sauce, mirin, vinegar, sesame oil, cornstarch, tomato paste, and sambal oelek (if using) in small bowl. Set aside.

Heat vegetable oil in wok or large skillet over medium-high heat. Add green onions, garlic, and ginger, and stir-fry 1 minute. Add broth mixture, and cook 1 minute, or until thickened. Stir in Tofu. Serve with steamed broccoli and rice.

NUTRITION (PER SERVING)

Calories: 335 Saturated Fat: 1 g
 Carbs: 42 g Sodium: 332 mg
 Fat: 12 g Sugar: 11 g
 Fiber: 4 g
 Protein: 14 g

CHICKEN TOSTADAS



Here's how to make healthy chicken tostadas and homemade tostada shells in 20 minutes. SO EASY and GOOD!

I love Mexican food like most people, however I don't love the bazillion bowls with different toppings many Mexican dishes requires. Nor do I appreciate the mess. These Mexican shredded chicken tostadas can be on your weeknight dinner table in just 20 minutes!

What is a tostada?

Tostada is a Mexican dish traditionally made with deep fried tortilla, seasoned beans, meat and vegetables.

Are Tostadas Healthy?

Not usually, but these are! We're making healthy tostadas using super easy homemade tortilla shells. And the toppings are healthy because you have complete control over all the ingredients. You can add as many veggies and as little cheese as you like.

What are Tostada Ingredients

All ingredients are highly customizable in this chicken tostada recipe and I recommend you use what you have on hand. If you're shopping for this recipe, here are the ingredients I recommend.

INGREDIENTS

- 8 corn** tortillas or tostada shells
- 3 medium** tomatoes, diced
- 4 medium** avocados, diced
- 3 tbsp** red onion, finely chopped
- 1/4 cup** cilantro, finely chopped
- 1 tsp** cumin
- 1 tsp** chili powder
- 3/4 tsp** salt
- 1 lime** (juice of)
- 15 oz** can black beans, drained & rinsed
- 3 cups** shredded chicken
- 1/2 cup** feta or Cotija cheese
- Cooking spray

CHICKEN FOR TOSTADAS RECIPE

Crock pot cooked and shredded chicken breast is preferred. Grilled or baked chicken breast works great too. Store-bought roasted chicken is less healthy but an option when in a rush. Any boiled, baked, or grilled chicken breast will essentially work. Even leftover chicken is great for this recipe.

HOW TO MAKE TOSTADA SHELLS

You can use store-bought tostada shells but be aware they contain artificial colors, hydrogenated oils, and are sometimes difficult to find organic. It's not the end of the world if you use store-bought, but if you have time I highly recommend making

your own - it's super easy and healthier!

1) Line large baking sheet with silicone mat or aluminum foil and arrange tortillas in a single layer. Spray with cooking spray and sprinkle with salt on both sides.

2) Bake at 400 degrees for 6 minutes per each side. They come out nice and crunchy!

HOW TO ASSEMBLE CHICKEN TOSTADAS

While tostada shells are baking, make easy guacamole salsa by combining tomato, avocado, red onion, cilantro, cumin, chili powder, salt and lime juice. Get other ingredients ready.

To assemble tostadas, top each shell with guacamole, beans, chicken and cheese.

NUTRITION FACTS

Serving Size 1 tostada
Serves 8

Amount Per Serving		% Daily RDA
Calories 292		
Total Fat	15.4g	24%
Saturated Fat.	3.6g	
Trans Fat	0g	
Cholesterol	22.3mg	7%
Sodium	329.3mg	14%
Total Carbohydrate	29.3g	10%
Dietary Fiber	10.3g	41%
Sugars	2.1g	
Protein	12.3g	25%

CHILI-RUBBED STEAK TACOS



If you're looking for a healthier take on steak tacos, look no further. Made with lean sirloin steak and no cheese, this recipe is surprisingly flavorful and is sure to be a hit with the entire family.

Difficulty Level: Easy

Yield: 12 Tacos (serving size is 2 tacos)

Total Time: 47 min

Prep Time: 20 min

Inactive Time: 15 min

Cook Time: 12 min

INGREDIENTS

- 1 tablespoon** chili powder
- 2 cloves** garlic, minced
- 1/4 teaspoon** ground cinnamon
- 1/4 teaspoon** salt
- A pinch** cayenne pepper
- 1 1/4 pound** top sirloin steaks cut 1-inch thick
- 12 small** corn tortillas (5 to 6 inches in diameter)
- 3 cups** shredded red cabbage
- 1/2 cup** chopped cilantro leaves
- 1 lime**, cut into wedges
- 2 cups** Avocado Lime Salsa, recipe follows

AVOCADO LIME SALSA

1 large cucumber peeled, seeded and cut into chunks (about 2 cups)

2 avocados, cut into chunks

1/2 red onion, diced

2 limes, juiced (about 1/4 cup)

Salt

1/4 cup chopped cilantro leaves

2 jalapeno chiles, chopped, plus more to taste

DIRECTIONS

1. In a small bowl stir together chili powder, garlic, cinnamon, salt and cayenne pepper. Rub spice mixture on both sides of steaks.
2. Grill or broil steaks for 5 to 6 minutes on each side for medium rare, turning once. Remove from grill and let meat sit for 10 to 15 minutes. Carve into thin slices.
3. Warm tortillas by placing them on the grill, for about 30 seconds, turning once. Or place 6 tortillas at a time between 2 moist paper towels and microwave for 45 seconds. Wrap in cloth napkin or place in a tortilla warmer to keep warm.
4. Place the carved steak, warm tortillas, cabbage, cilantro, lime and Avocado Lime Salsa in serving dishes and let your family or guests make their own tacos at the table.

AVOCADO LIME SALSA

Place cucumber, avocado and onion in a **large** bowl and add lime juice and salt. Add cilantro and chiles and toss gently.

NUTRITION

Serving Size- 2 Tacos

Calories 386
Total Fat 16 g

Saturated Fat. 3.5 g
Cholesterol 46 mg
Sodium 258 mg
Carbohydrates 41 g
Dietary Fiber 8 g
Protein 21 g
Sugar 4 g

Recipe Courtesy of Ellie Krieger, Food Network

HEALTHY GRILLED PORK TENDERLOIN



Let me start by saying pork tenderloin is one of my favorite meats. It’s the filet mignon of the pig but at a price every family will appreciate. Pork tenderloin is very lean, tasty, and incredibly easy to cook. Best of all, it takes very little time to prep and cook making it a great choice for busy families on a budget.

A 3-oz serving has 22 grams of protein and is a great source of potassium, vitamins b-6 and b-12, magnesium, and iron.

Pork tenderloin is now certified with the American Heart Association’s “Heart Check” mark, indicating it qualifies as an extra-lean, heart-healthy protein. ... A 3-ounce portion of pork tenderloin contains less than 3 grams of fat and only 120 calories.

INGREDIENTS-

- 1/3 cup** honey
- 1/3 cup** reduced-sodium soy sauce
- 1/3 cup** teriyaki sauce
- 3 tablespoons** brown sugar
- 1 tablespoon** minced fresh ginger root
- 3 garlic cloves**, minced
- 4 teaspoons** ketchup
- 1/2 teaspoon** onion powder
- 1/2 teaspoon** ground cinnamon
- 1/4 teaspoon** cayenne pepper
- 2 pork** tenderloins (about 1 pound each)

STEP 1-

In a large bowl, combine all the ingredients. Pour half of the marinade into a large resealable plastic bag and add tenderloins. Seal bag and turn to coat. For best flavor, refrigerate and marinate for

a minimum of 2 hours, preferably overnight, turning the bag occasionally. Cover and refrigerate the remaining marinade.

STEP 2-

Drain and discard marinade from meat. Grill, covered, over indirect **medium**-hot heat for 20-35 minutes or until a thermometer reads 145°, turning occasionally and basting with reserved marinade. Let rest 5-10 minutes before slicing. Pour juices that

escape from meat during resting and slicing over meat before serving.

Serve with wild rice, grilled asparagus or any vegetable of your choice.

NOTE: Don't let the honey and brown sugar scare you with this recipe. Most of these ingredients never make it to your plate as they're only used as a marinade and are discarded or will drip off during grilling.

LOW CARB BEEF OR CHICKEN FAJITAS



Total Time 30 min
Prep 20 min, Cook 10 min

Skirt steak is traditional, but you can really use whatever beef you like, or boneless skinless chicken breast. I usually use scallions (green onions) for grilling (you can get more for the same carbs, and more fiber) but regular onions if I'm making them in a skillet. The nutrition info is calculated using steak without a tortilla.

INGREDIENTS

1.5-2 lbs. skirt steak (or other beef or chicken cut into strips)
1 medium onion (sliced), or 15 scallions

2 large bell peppers (sliced)
1/4 cup soy sauce
1/4 cup lime juice
1 tsp. chili powder
2 tbsp. oil

PREPARATION

1) Combine the soy sauce, lime juice, chili powder, and oil. If grilling, save a couple of tablespoons aside to toss with the vegetables.

2) Slice the meat into about 1/2 inch slices. If using skirt steak, flank steak, or other meat with an obvious grain (lines through the meat), be sure to cut perpendicular to the grain, or you will be chewing a very long time. (Think about it—you want

to create a lot of short fibers, not a few long ones.)
Even better: have the butcher at your local market cut the meat for you—yes, they will do it!

3) If you're cooking in a skillet, marinate everything together in a bowl or plastic bag (a zip-type works well). If you're grilling, marinate the meat and veggies separately. Even a few minutes helps, up to 2 hours is great.

4) If you are using a grill, heat the grill until it's hot. Make sure the grill is clean and wipe it down with oil. Then drain the marinade from the meat and vegetables and grill them—it will only take a few minutes. I like to use a vegetable grill topper or basket for the vegetables.

5) For cooking in a skillet (preferably regular or cast iron, not nonstick), cook the meat first (it will probably take two batches, depending upon your pan). Add a little oil to the skillet and get it very hot (the oil will shimmer). If you don't get it hot enough (or crowd too much meat in), the meat will steam instead of browning. When the meat is browned, remove and add veggies. When they begin to soften, return meat to the skillet to heat through.

6) Serve with salsa, sour cream, cilantro (if desired) and guacamole. If low-carb tortillas are available, that is a nice addition, but a fork works fine.

NUTRITION FACTS

Servings: 5 Fajitas

Amount per serving: %Daily Value

Total Fat	12g	15%
Saturated Fat	3g	15%
Cholesterol	95mg	32%
Sodium	802mg	35%
Total Carbs	5g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Added Sugars		0%
Protein	38g	
Vitamin D	0mcg	0%
Calcium	41mg	3%
Iron	3mg	17%
Potassium	670mg	14%

PAN SEARED SALMON



Pan seared salmon seasoned with warm spices and then topped with a light, refreshing Mediterranean salsa fresca is a healthy and beautiful dish fit for a special occasion! And the best part? It's easy enough to prepare anytime you'd like to treat yourself to a wonderful meal made with fresh, simple ingredients!

First of all, let's talk about how to properly and easily pan sear salmon....

Salmon is a rich, meaty variety of fish, and takes on even greater flavor from a simple marinade made up of warm spices, olive oil and lemon before being gently laid in a hot pan for a sear on both sides. For my recipe, I prefer to use skinless salmon fillets.

I allow them to rest in the seasoning for roughly 20 minutes before I heat up my cast-iron skillet and cook them until golden and slightly charred, roughly 4-5 minutes per side.

And because salmon is already a very moist fish, the addition of the Mediterranean salsa fresca spooned over top cuts some of the richness with some bright, lemony and herby flavor, and adds that fresh and clean note. It offers that element that's cool and crisp, perfect for this light and healthy salmon recipe!

To tie things together, I personally like to serve this pan seared salmon with some very simple toasted couscous. Of course, this is totally optional, but I've included the easy recipe for it below the salmon and salsa, in case you're looking to complete your meal!

INGREDIENTS - Serves 4

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 20 minutes

Pan Seared Salmon Ingredients:

- **4 salmon** fillets (roughly 6 ounces each), skinned
- Olive or avocado oil
- **1 teaspoon** paprika
- **1 teaspoon** granulated garlic
- **1/2 teaspoon** granulated onion
- **1/2 teaspoon** ground cumin
- **1/2 teaspoon** ground coriander
- **1/4 teaspoon** salt
- **1/4 teaspoon** black pepper
- Pinch cayenne pepper
- **1 teaspoon** grated lemon zest

Mediterranean Salsa Fresca Ingredients

- **1 cup** small cherry or sugar tomatoes, quartered
- **1 small** Persian cucumber, finely diced
- **1/4 yellow** bell pepper, finely diced
- **2 tablespoons** pitted Kalamata olives, diced
- **2 tablespoons** finely diced red onion
- **1 teaspoon** chopped fresh dill
- **1 teaspoon** chopped flat-leaf parsley
- **1/2 teaspoon** grated lemon zest

- **1 teaspoon** lemon juice

- Salt

- Black pepper

Toasted Couscous Ingredients (optional side):

- **1 cup** couscous

- **1 1/4 cup** water

- **Couple** pinches of salt

- **1 tablespoon** olive oil

- **1 clove** garlic, pressed through garlic press

- **1 tablespoon** chopped parsley

PREPARATION

1. Place the salmon fillets onto a plate or into a large bowl, and drizzle in about 2 tablespoon of the oil; then, sprinkle in the paprika, the granulated garlic and onion, the cumin, coriander, salt, pepper, cayenne and lemon zest, and toss everything gently to coat the fillets evenly and well; allow the salmon to marinate for at least 20 minutes, or even over night.

2. While the salmon marinates, prepare the Mediterranean salsa fresca: combine all ingredients up to and including the lemon juice in a small bowl, and add a couple of pinches and salt and pepper; mix with a spoon to combine; keep covered and in the fridge until ready to serve.

3. If preparing the optional toasted couscous: place a medium-small non-stick sauce pan or pot over medium heat, and add in the couscous; toast the couscous, stirring it frequently, for about a minute or so, and then pour it out of the pan/pot; set it aside for a moment.

4. Into that same pot or pan add the water, a couple pinches of salt, the olive oil and the **garlic**, and stir to combine; bring the water to a vigorous simmer, pour in the couscous and stir, and turn off the heat; cover with a lid, and allow the couscous to soften for about 5-7 minutes; then, fluff with a fork, add the chopped parsley, and keep warm.

5. To sear the salmon, place a **large** cast-iron skillet over **medium**-high heat, and drizzle in about 2-3 tablespoons of the oil; once the oil is very hot,

add in the salmon fillets, and allow them sear on that first side for about 4-5 minutes, or until a deep, golden-brown; then, flip over and allow them to cook and sear on the other side for about 4-5 more minutes; remove from skillet.

Top the seared salmon generously with the Mediterranean Salsa Fresca, and serve with a side of toasted couscous, or your favorite side.

NUTRITION INFO

461 calories (salmon with salsa fresca only)

ZUCCHINI LASAGNA



This sneaky lasagna not only swaps zucchini for noodles, but also incorporates vegetables into the sauce for extra fiber, antioxidants, and vitamins.

To reduce fat and amp up protein, tofu takes the place of ricotta cheese, with very little change in flavor. If you have time, freeze the tofu first, then thaw, drain, and squeeze out excess water—the texture is exactly like crumbled cheese.

INGREDIENTS - (8 servings)

- 2–3 Tbs.** olive oil
- 3–4 medium** to large zucchini
- 1 small** carrot, chopped
- ½ cup** broccoli florets
- ½ small** yellow onion
- 1 cup** spinach, loosely packed
- 1 26-oz.** jar pasta sauce
- 1 lb.** extra-firm tofu, drained
- 1–2 cups** shredded mozzarella cheese
- ½ cup** shredded Parmesan cheese

DIRECTIONS

1. Preheat oven to 400°F, and coat two baking pans with olive oil.
2. Thinly slice zucchini lengthwise using mandoline slicer or very sharp knife. Arrange on baking sheets, and bake 10 minutes, until tender.
3. Remove from oven and let cool slightly.
4. While zucchini is cooking, place carrot, broccoli, onion, and spinach in food processor, and chop into very small pieces. Combine chopped vegetables with pasta sauce in medium pan. Bring to high simmer, and cook, covered, 5 minutes, until vegetables are tender.
5. While sauce simmers, wrap tofu in clean dish cloth, and press firmly with hands to remove as much water as possible. Crumble tofu into bowl, and set aside.

6. To assemble lasagna, spread thin layer of sauce on bottom of large casserole dish. Arrange a layer of zucchini, then top with crumbled tofu and shredded mozzarella cheese. Repeat until all zucchini, sauce, and cheese are gone (two to three layers). Top with Parmesan cheese and bake 10–15 minutes, until cheese is melted and casserole is hot. Remove from oven and let stand 5 minutes. Serve immediately.

Calories: 220
 Carbs: 15 g
 Cholesterol: 10 mg
 Fat: 12 g
 Fiber: 4 g
 Protein: 14 g
 Saturated Fat: 3.5 g
 Sodium: 500 mg
 Sugar: 10 g

NUTRITION (per serving)

MAC & CHEESE CAULIFLOWER



Get all the creamy, cheesy goodness of mac and cheese without the high starch content of macaroni!

INGREDIENTS - 8 Servings

- 1 large** head cauliflower (1 1/2 lb.), cut into medium florets (8 cups)
- 2 Tbs.** butter or margarine
- 3 Tbs.** all-purpose flour
- 2 cups** low-fat milk
- 1 clove** garlic, minced (1 tsp.)
- 2 cups** grated extra-sharp Cheddar cheese
- 1/2 cup** nutritional yeast
- 1 pinch** cayenne pepper
- 2 egg** yolks
- 1 1/2 cups** breadcrumbs (freshly made if preferred)

PREPARATION

1. Preheat oven to 350°F. Bring large pot of salted

water to a boil. Add cauliflower florets, and boil 5 to 7 minutes, or until just tender. Drain, reserving 1 cup cooking liquid, and set aside.

2. Melt butter in same pot over medium heat. Whisk in flour, and cook 1 minute, stirring constantly. Whisk in milk, garlic, and reserved cooking liquid, and cook 7 to 10 minutes, or until sauce is thickened, whisking constantly. Remove from heat, and stir in cheese, nutritional yeast, cayenne pepper, and egg yolks until cheese is melted. Fold in cauliflower.

3. Coat 13- x 9-inch baking dish with cooking spray. Spread cauliflower mixture in baking dish, and sprinkle with breadcrumbs. Spray breadcrumbs with cooking spray. Bake 30 minutes, or until casserole is hot and bubbly and breadcrumbs are crisp and brown.

NUTRITIONAL INFO - 8 SERVINGS

Per serving-

Calories: 273
 Carbohydrate Content: 18 g
 Cholesterol Content: 94 mg
 Fat Content: 16 g

Fiber Content: 4 g
 Protein Content: 16 g
 Saturated Fat Content: 9 g
 Sodium Content: 314 mg
 Sugar Content: 6 g

MORE THAN GREENS CHICKEN ENCHILADAS



Healthy and packed with protein, probiotics and nutrients, this fantastic dish is sure to be a hit with the whole family— and it’s easy to make!

Prep time: 10 minutes
 Bake time: 30 minutes

INGREDIENTS - Makes 8 Enchiladas

- 8 corn** tortillas
- 2 cups** shredded organic chicken breast, cooked (about 2 breasts)
- 1 cup** 2% plain Greek yogurt
- 1 can (15 oz)** green chile enchilada sauce
- 1 scoop** More Than Greens superfood powder*
- 1 cup** low-fat mozzarella cheese

BUYERS NOTE:

PURCHASE **MORE THAN GREENS SUPERFOOD POWDER** AT: **TRUSTORGANIX.COM**

DIRECTIONS

1. Preheat oven to 350 degrees. Whisk can of green enchilada sauce and More Than Greens until combined. In a bowl, combine chicken, Greek yogurt, 1/2 of the enchilada/greens sauce mixture, and 1/2 c of the **mozzarella** cheese.

2. Fill each tortilla with chicken mixture and lay in oven safe baking dish. Pour remaining green sauce on top and remaining **mozzarella** cheese and bake for 3 minutes. Enjoy!

Serving Size- 2 enchiladas

NUTRITION FACTS

Servings: 4

Amount per serving

Calories - 353			Total Carbohydrate	30.9g	11%
		% Daily Value*	Dietary Fiber	3g	11%
Total Fat	11.6g	15%	Total Sugars	4.5g	
Saturated Fat	3.3g	16%	Protein	30.7g	
Cholesterol	69mg	23%			
Sodium	665mg	29%			

QUINOA AND SHRIMP MEDLEY



Lifestyle expert, **Women of Today** founder and mother of three, Camila Alves McConaughey, is sharing one of her favorite comforting healthy recipes for the cold weather.

“When I cook with veggies, the smaller I chop them, the more likely my kids are to eat them. This easy and delicious recipe is the perfect light meal and great for getting little ones to eat their greens.”

This warm salad is wonderful all year long, but especially this time of year in the colder months. It is packed with flavor and a perfect start to any winter meal.

ARTICHOKE TIP:

For the artichoke hearts, look for bags of frozen at your grocery store. They are cooked and flash-frozen without additives or oils, so you can control the spices and add your own oils.

SWAP OPTION:

Try roasted vegetable broth for the quinoa if you can find it. It’s a healthier veggie version with deeper, richer flavor from roasting the vegetables first.

QUINOA INGREDIENTS:

- 2 cups** water
- 1 teaspoon** vegetable or seafood flavor base, preferably Better than Bouillon
- 1 cup** quinoa
- 2 ounces** grated Parmesan cheese

SHRIMP INGREDIENTS

- 3 tablespoons** olive oil
- 3 cloves** garlic, minced
- 1 cup** chopped onion
- 1 pound** shrimp, peeled and deveined

- 2 teaspoon** lemon zest
- 1 pinch** crushed red pepper flakes, or to taste
- 1 can** artichoke hearts, drained and roughly chopped
- 4 ounces** spinach
- Salt and freshly ground black pepper, to taste
- 4 lemon** wedges, to serve

Total Carbohydrate	40.3g	15%
Dietary Fiber	6.8g	24%
Total Sugars	2.9g	
Protein	38.4g	
Vitamin D	0mcg	0%
Calcium	292mg	22%
Iron	3mg	18%
Potassium	643mg	14%

PREPARATION:

For the quinoa:

In a sauce pot, bring water to a boil with the flavor base. Add the quinoa and cook according to package directions, approximately 15 minutes. Add the Parmesan cheese and mix together.

For the shrimp:

In a **large** frying pan, heat olive oil over medium heat add garlic and onion. Cook until onions are translucent; add shrimp, lemon zest and red pepper flakes. Sauté until shrimp are cooked through. Add the artichoke hearts and cook for a few more minutes. Turn heat off add spinach, season with salt and pepper and toss.

To serve:

Place desired amount of quinoa on the bottom of each individual plate add shrimp medley on top and serve with a wedge of lemon.

NUTRITION: 4 SERVINGS

Calories 473

		% Daily Value*
Total Fat	18.2g	23%
Saturated Fat	4.4g	22%
Cholesterol	249mg	83%
Sodium	750mg	33%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Nutrition analyzed by Ron Patterson

MEDICAL NOTE ON CHOLESTEROL

Eating shrimp as part of a balanced diet can offer a person several key nutrients, and it may be good for their heart and cardiovascular health. Doctors previously recommended against eating shrimp as part of a heart-healthy diet, citing the high levels of cholesterol it contains. However, researchers now have a better understanding of what contributes to heart disease and higher cholesterol. It seems that shrimp may, after all, be an excellent addition to a healthful diet. Even for people with high cholesterol, the advantages of eating shrimp appear to outweigh the disadvantages.(1)

Source:

(1) medicalnewstoday.com. Is shrimp high in cholesterol? Medically reviewed by Miho Hatanaka, RDN, L.D. on October 18, 2019 — Written by Jenna Fletcher

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ONE PAN MEDITERRANEAN CHICKEN



If you're like me, you hate having to clean up a sink full of pots and pans in the kitchen after cooking. This chicken dish literally uses just one pan.

Chicken thighs are a great go-to when your making chicken dishes because they are juicier than breasts and are more tender. Thighs also offer more flavor than breasts. This recipe calls for bone-in thighs with the skin but you can use skinless if you choose. The skin renders some flavorful fat that's useful in the sautéing steps that follow though.

You'd be hard pressed to find a more eye-pleasing dish than this. Best of all, the flavors mesh nicely together for a meal your entire family will love.

PREP TIME: 20 MINUTES

COOK TIME: 25 MINUTES

TOTAL TIME: 45 MINUTES

CALORIES: 592 per serving

INGREDIENTS (4 SERVINGS)

4 chicken thighs bone-in, skin on
1/2 teaspoon kosher salt
1/4 teaspoon pepper fresh cracked
1 tablespoon + 1 teaspoon olive oil

divided

8 ounces baby bella or button mushrooms, sliced

1 medium onion diced

1 cup long grain rice or basmati rice

2 cloves garlic minced

2 teaspoons thyme chopped fresh

2 teaspoons rosemary chopped fresh

1/8 teaspoon crushed red pepper flakes

2 cups low sodium chicken broth

1/2 cup sun-dried tomatoes julienned

6.5 ounce jar marinated artichokes roughly chopped

2 tablespoons parsley for garnish chopped for garnish (optional)

INSTRUCTIONS

1) Dry the chicken thighs with a paper towel and sprinkle with kosher salt and pepper.

2) Place a large heavy skillet on the stove and heat over medium high heat for one minute. Add one tablespoon olive oil and and rotate the pan so the oil slicks across and covers the bottom.

3) Place the chicken thighs skin-side-down in the hot pan and cook for 2-3 minutes. Use tongs to flip the chicken and continue to cook for 2 more minutes.

Transfer the chicken to a platter and set aside. Chicken shouldn't be fully cooked at this point, just browned on both sides.

4) Add the mushrooms to the pan and cook for 4-5 minutes until softened and brown. Transfer the mushrooms to a small bowl and set aside.

5) Add the remaining teaspoon of olive oil to the pan. When the oil is hot, add the chopped onions and saute for 2-3 minutes until slightly softened and translucent.

6) Add the rice and cook, stirring occasionally until the rice begins to take on some color, about 1-2 minutes.

7) Stir in the garlic, thyme, rosemary and red pepper flakes and add the chicken broth, sun-dried tomatoes and artichokes.

8) Add the mushrooms back into the pan. Bring the mixture to a boil and use the tongs to nestle the chicken thighs into the rice mixture.

9) Put the lid tightly on the pan and reduce the

heat to a simmer (medium low). Cook for 15 minutes until the rice is tender and the chicken is cooked through. Sprinkle with chopped parsley and serve.

NUTRITION

Carbohydrates: 54g

Protein: 28g

Fat: 29g

Saturated Fat: 6g

Cholesterol: 110mg

Sodium: 630mg

Potassium: 1151mg

Fiber: 4g

Sugar: 7g

Vitamin A: 735IU

Vitamin C: 19.1mg

Calcium: 74mg

Iron: 3.4mg

PUTTANESCA PASTA



Pasta and starches are generally part of the Mediterranean diet. That doesn't mean jumbo servings of pasta with creamy sauces but rather pasta with vegetable-based sauces instead. Everyone can enjoy a moderate amount of pasta and still maintain their weight or blood sugar levels. However, the reality is that we are eating too many starches and not enough vegetables and fish.

Well, this dish comes to the rescue: puttanesca sauce combines all the quintessential Mediterranean diet ingredients: tomato, olives, capers, **garlic** and anchovies. These are cooked in a small amount of olive oil and the sauce is then combined with pasta.

The tomatoes along with the **garlic** will give you a good dose of antioxidants while the anchovies provide protein and are a great source of omega-3 fatty acids helping to balance out the carbs you get from the pasta. Now most Italian recipes call for about 3 ounces of uncooked pasta per person,

and that's ok, but I would recommend consuming more of the sauce and less of the pasta (which is how I like it anyway). That way you get much more of the good stuff and less of the carbs. In our recipe below, the amount of pasta in relation to the sauce is only a suggestion. Feel free to use more or less.

Not only is this healthy, it is also simple, as you are pretty much cooking with ready-to-use non-perishable ingredients. And it is quick: you basically sauté the ingredients a bit, boil the pasta and you are done. So keep these ingredients in your pantry and you can make a nice, hearty and healthy meal in no time. And YES, your kids will love Puttanesca Pasta as well!

INGREDIENTS

- 8 ounces** whole-wheat thin spaghetti, vermicelli or angel hair
- 1 tablespoon** extra-virgin olive oil
- 2 cloves** garlic, minced
- 1/3 cup** chopped flat-leaf parsley
- 1/4 cup** pitted chopped Spanish or Greek olives
- 2 tablespoons** capers
- 1 teaspoon** anchovy paste
- 1 tablespoon** fresh oregano leaves or 1 teaspoon dried
- 1/8 teaspoon** crushed red pepper flakes
- 1 (14-ounce)** can diced tomatoes, preferably “no salt added” or fresh diced tomatoes, time providing
- 3/4 cup** chopped fresh arugula
- 1/4 cup** grated Parmesan

DIRECTIONS

1. Bring a large pot of water to a boil, add pasta and cook according to the directions on the package.

2. While the pasta is cooking, heat the oil in a large skillet over a medium flame. Add the garlic and saute until fragrant, about 1 minute. Add the parsley, olives, capers, anchovy paste, oregano and crushed red pepper to the skillet, and saute for 2 minutes more.

3. Add the tomatoes and simmer for about 5 minutes. Stir in the arugula and simmer for 1 minute more, until the greens wilt slightly.

4. When the pasta is done, drain it and add it to the skillet, tossing it with the sauce to combine. Top with grated cheese.

4 SERVINGS

NUTRITION (per serving)

Calories 324		
		% Daily Value*
Total Fat	11.8g	15%
Saturated Fat	2.8g	14%
Cholesterol	15mg	5%
Sodium	663mg	29%
Total Carbohydrate	49.3g	18%
Dietary Fiber	1.8g	6%
Total Sugars	2.8g	
Protein	14.4g	
Vitamin D	0mcg	0%
Calcium	183mg	14%
Iron	3mg	17%
Potassium	414mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

PINEAPPLE SHRIMP KABOBS



Another healthy and super easy recipe for the grill. Less than 200 calories per serving and over 20 grams of protein.

This is a perfect shrimp & pineapple kabob for warm summer nights. It'll remind you of something you'd find served at a Caribbean beachfront restaurant.

INGREDIENTS (MAKES 4 SERVINGS)

1/2 cup light unsweetened coconut milk
4-5 teaspoons Tabasco Original
2 teaspoons soy sauce
1/4 cup freshly squeezed orange juice
1/4 cup freshly squeezed lime juice (2 limes)
1 pound large shrimp (approx 32) peeled and deveined (fresh or frozen, thawed shrimp)
1 cup pineapple chunks
 Canola oil

Freshly chopped cilantro (skip if you prefer)

INSTRUCTIONS

Step 1-

In a medium bowl, combine the coconut milk, Tabasco sauce, soy sauce, orange juice, and lime juice. Add the shrimp. Cover and place in the refrigerator to marinate for 1-2 hours, tossing occasionally. While the shrimp are marinating, cut the pineapple chunks if needed.

NOTE: if using wood skewers, soak in water for 15-30 minutes before grilling.

Step 2-

Preheat the grill to medium high heat. Remove the shrimp from the marinade, and reserve the marinade for grilling. Place the shrimp and pineapple on the skewers, alternating pieces.

Step 3-

Lightly brush the grill with oil, then place the shrimp on the grill. Grill the shrimp for 3 minutes, brushing with the marinade, then turn and cook for an additional 3 minutes, brushing with the marinade again, until the shrimp are cooked through. Remove and garnish with cilantro. Serve immediately on rice or with vegetables.

PORK TENDERLOIN WITH SEASONED RUB



A roasted pork tenderloin meets a mouth watering seasoning rub and it's a match made in heaven. Pork is often called “the other white meat” for good reason. In fact, the leanest cuts of pork are actually lower in calories than chicken. Three ounces of pork tenderloin contain about 120 calories while 3 ounces of chicken breast contain 139 calories—a small but surprising difference considering pork’s porky reputation. What’s more, pork is an excellent source of many B vitamins, including thiamin, vitamin B6, and niacin.

Add a steamed vegetable of your choice and wild rice to this recipe and you’ll have a healthy, nutritious and delicious meal the whole family will love!

INGREDIENTS

- 1 teaspoon** garlic powder
- 1 teaspoon** dried oregano
- 1 teaspoon** ground cumin
- 1 teaspoon** ground coriander
- 1 teaspoon** dried thyme
- Salt
- 1 1/4 pounds** pork tenderloin

- 1 tablespoon** olive oil
- 1 teaspoon** minced garlic

DIRECTIONS

1. Preheat the oven to 450 degrees F. In a bowl, mix dry ingredients (garlic powder, oregano, cumin, coriander, thyme and salt).
2. Stir mixture with a fork until all the ingredients are well combined and they form a seasoning. This will be used as a rub to ensure the pork is well seasoned throughout. Sprinkle the rub over the tenderloin with a dry hand, then rub the pork with the seasoning over both sides of the meat, pressing gently so the seasoning adheres well to the tenderloin.
3. In a large skillet over medium-high heat, add the olive oil and heat. Add the minced garlic and sauté, stirring, for 1 minute. Put tenderloin in the pan and cook for about 10 minutes, searing each side using tongs to turn the meat. Transfer meat to a roasting pan and bake for 20 minutes. When tenderloin reaches 135°, immediately remove from the roasting pan, tent with foil, and let rest for

10 minutes before slicing.

4. Slice and serve.

NUTRITION - PER SERVING

Serving Size- 4 oz
Calories 209

Total Fat	9 g
Saturated Fat	2 g
Cholesterol	92 mg
Sodium	221 mg
Carbohydrates	2 g
Dietary Fiber	1 g
Protein	30 g
Sugar	0 g

SALMON PICCATA



Here’s a healthy, lightened up version of the original with all of the authentic piccata flavors of white wine, capers, lemon and garlic. Healthier because it uses less butter than most recipes, and very simple and quick to make with a gourmet feel.

Per serving, this dish offers omega-3 fats, 36 grams of protein, 27% RDA of potassium, and it’s a good source of vitamins A & C, iron, and calcium. If you’re watching your calories & carbs, each serving has under 400 calories & just 9 grams of carbohydrates.

PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES
TOTAL TIME: 25 MINUTES

INGREDIENTS (4 servings)

24 ounces skinless salmon fillets
Sea salt and lemon pepper (or black pepper), to taste
1/4 cup flour

2 tablespoons unsalted butter
1 tablespoon olive oil
4 cloves garlic minced
1/3 cup dry white wine (optional, or replace with extra broth)
1 cup low-sodium chicken stock/broth (fat free if you can find it)
1 teaspoon cornstarch (or corn flour)
3 tablespoons fresh lemon juice
4 tablespoons rinsed and drained capers
2-4 tablespoons coarsely chopped parsley to serve
Lemon slices to serve

INSTRUCTIONS

- 1) Season both sides of salmon fillets evenly with salt and pepper. Add 1/4 cup of the flour to a shallow dish; dredge the salmon in the flour to evenly coat. Shake off excess.
- 2) Melt 1 tablespoon of butter in a large nonstick pan or skillet over medium-high heat. Add 1

tablespoon oil and swirl to mix through the butter.

3) Sear salmon for 4 minutes on each side or until cooked to your liking. Transfer salmon to a warm plate; tent with foil and set aside.

4) Melt remaining 1 tablespoon butter in the pan. Saute garlic for a further minute until fragrant. Add wine; bring to a boil scraping any browned bits off of the bottom of the pan. Cook until liquid almost evaporates, stirring occasionally.

5) Add 3/4 cup stock/broth to the pan along with the lemon juice; bring to a boil and cook for a further 3 minutes.

6) Whisk cornstarch (or cornflour) together with the reserved 1/4 cup stock/broth. Pour the

mixture into the pan, stirring through the liquid to create a sauce. Cook for 1 minute or until slightly thickened. Remove from heat.

7) Stir capers through the sauce. Place the salmon fillets back into the pan, gently turning each fillet to evenly coat in the sauce.

8) Sprinkle with chopped parsley and extra pepper. Serve immediately over rice, pasta or vegetables of choice. This is also great served over sautéed fresh spinach.

Give this a try this weekend! I'm confident you and your family or guests will love it!

SPAGHETTI SQUASH BOATS WITH CHICKEN



No matter the temperature and region, we can all unite around simple, delicious weeknight dinners such as these Spaghetti Squash Boats with Chicken and Bacon. They're comforting enough for a cold Michigan night while being healthy enough to be appropriate for a lighter evening meal.

These Spaghetti Squash Boats with Chicken and Bacon remind me of chicken alfredo, without the heaviness and excess. Like chicken alfredo, they are creamy, cheesy, and satisfying, but (unlike chicken alfredo) they are well-balanced and won't send you into a total food coma afterwards.

Instead of pasta, these spaghetti squash boats rely on the roasted spaghetti squash itself, which shreds into thin, noodle-like strands. Alfredo's

signature heavy cream is replaced by protein-packed Greek yogurt. The chicken is juicy and garlicky, and a handful of sautéed spinach gives the dish beautiful color and an extra serving of veg.

To keep things from becoming **too** virtuous (we are still going for comfort food, after all), the spaghetti squash boats are topped with a shower of extra-crispy bacon. I love the way the crunchy pieces contrast with the melty cheese and creamy chicken, and the bacon's smoky flavor makes these boats a little more special too.

4 SERVINGS

Prep Time: 10 Mins

Cook time: 1 hr 5 mins

Total time: 1 hr 15 mins

Simple and healthy Spaghetti Squash Boats stuffed with creamy chicken, bacon, spinach, and cheese. A healthy, comforting meal!

INGREDIENTS

FOR THE SQUASH:

2 medium spaghetti squash — about 2 pounds each

2 teaspoons extra-virgin olive oil

1/2 teaspoon kosher salt

1/4 teaspoon ground black pepper

FOR THE CHICKEN BACON SPINACH FILLING:

4 strips thick-sliced center-cut bacon — roughly chopped

1 pound boneless skinless chicken breasts — cut into bite-sized pieces

1/2 teaspoon garlic powder

1/4 teaspoon kosher salt

1/4 teaspoon ground black pepper

2 cups baby spinach — torn into pieces

1/2 cup nonfat plain Greek yogurt

1 cup part-skim mozzarella cheese — divided

2 tablespoons chopped fresh basil — plus additional for serving

INSTRUCTIONS

1) Bake the squash: Preheat the oven to 400°F. Slice the squash in half lengthwise and scoop out the seeds. Drizzle the cut sides with olive oil and sprinkle with salt and pepper. Place the squash cut-side down on a rimmed baking sheet. Drizzle 2 tablespoons water into the baking sheet (this prevents sticking). Bake for 40 to 45 minutes, until the squash flesh is fork-tender and the skin gives a little when pressed. Remove from the oven and set aside to cool. Reduce the oven temperature to 350°F.

2) Meanwhile, heat a large saucepan over medium and add the bacon. Cook until the bacon is crisp and the fat has rendered, about 8 minutes. With a slotted spoon, remove the bacon to a paper towel-lined plate and pat dry. Discard all but 1 tablespoon bacon fat from the pan and increase the heat to medium high. Add the chicken pieces to the pan and season with garlic powder, salt, and pepper. Sauté until the chicken is cooked through, about 5 minutes. Remove from the heat, then add the spinach. Stir the chicken and spinach together until the spinach wilts, then stir in the Greek yogurt, half of the mozzarella cheese, and basil.

3) Once the squash is cool enough to handle, use a fork to shred and fluff the inside flesh so it's no longer attached to the walls and makes a "nest." Divide the chicken filling evenly among the boats, using a fork to lightly mix it with the spaghetti squash. Arrange the stuffed squash on a baking sheet and sprinkle with the reserved bacon and remaining mozzarella cheese.

4) Bake until the cheesy is bubbly, about 10 minutes. Let cool for a few minutes, then serve hot, sprinkled with additional fresh basil.

RECIPE NOTES

The squash can be roasted and "shredded" up to 1 day in advance. The entire dish can be assembled up to 1 day in advance as well. Bake as directed just before serving.

Leftovers can be stored in the refrigerator for 4 to 5 days. Reheat in the oven or gently in the microwave. I do not recommend freezing, as the spaghetti squash will become mushy.

STIR-FRIED SHIITAKE MUSHROOMS WITH TOFU AND BOK CHOY



Shiitake mushrooms are packed with B vitamins and have the power to fight cancer cells, cardiovascular disease and infections. Here's an easy — and delicious — way to incorporate them into your diet.

INGREDIENTS (4 Servings)

- 1 tsp.** cornstarch
- 2 Tbs.** low-sodium soy sauce
- 2 tsp.** minced fresh ginger
- 2 tsp.** Thai chile sauce, such as sriracha
- 2 cloves** garlic, minced (2 tsp.)
- 1 tsp.** sesame oil
- 3 Tbs.** organic canola oil, divided
- 1 14-oz.** pkg. extra-firm tofu, drained and cut into bite-sized cubes
- 1 lb.** bok choy, cut into 1 ½-inch pieces
- 2 cups** sliced fresh shiitake mushrooms

DIRECTIONS

1. Whisk together cornstarch and 1 tsp. water in bowl. Whisk in soy sauce, ginger, chili sauce, garlic, and sesame oil.
2. Heat 1 Tbs. canola oil in large skillet or wok over medium-high heat. Stir-fry tofu 7 minutes, or until golden brown; transfer to plate. Add 1 Tbs. oil to pan. Stir-fry bok choy 4 minutes; transfer to plate.
3. Add remaining 1 Tbs. oil to pan. Stir-fry mushrooms 2 minutes, or until tender. Return tofu and bok choy to pan.
4. Stir in soy sauce mixture, and stir-fry 1 minute, or until hot.

NUTRITION PER SERVING (4 servings total)

Calories: 267
 Carbohydrates: 18 g
 Fat: 17 g
 Fiber: 5 g
 Protein: 13 g
 Saturated Fat: 2 g
 Sodium: 396 mg
 Sugar: 5 mg

SWEET CHILI RUBBED SALMON FILET



This salmon recipe is so good & healthy that you just may eat it 3 nights in a row, no joke! It's that good. ...and it's incredibly easy to make.

I have been experimenting so much lately with “enhancing” my food. For those who aren't familiar with that term, it basically means bringing out the natural flavor and adding flavor intensity without adding additional fat or calories. So this means using spices, herbs, or citrus even.

I've been using all kinds of spices – some I hadn't even heard of before. I've pretty much attacked the spice aisle in my favorite grocery store and come up with some pretty amazing flavor combinations. This one has definitely been my favorite so far.

Salmon is great too when it comes to trying out different flavors – it's a very versatile fish, not to mention it's super healthy, full of essential fatty acids, and delicious! I love to make maple or ginger soy salmon, but right now, added sugars are a no-go. So, I bet your thinking... “well how come this dish is called “Sweet” Chili Rubbed Salmon then??” I'll tell you the secret...

STEVIA! Yes, I use good ol' stevia to add the “sweet” to my chili rub! For those of you who don't like stevia because of the “aftertaste”– I promise, you don't get that at all with this dish! Just a perfect little

hint of sweet to go along with the spice of the chili powder!

Stevia is great! It is a leaf-extract obtained from a South American shrub that is naturally very sweet and works great as a natural sugar replacement as it has none of sugar's unhealthy drawbacks. It is also void of calories, and does not affect blood sugar levels.

If you're against using stevia, just omit it. The recipe is good either way!

The mix of chili powder, garlic, onion, cumin, stevia, and dill (trust me on the dill) makes an amazing flavor combination that “enhances” the salmon wonderfully! I decided to serve it alongside some steamed broccolini (love the stuff!!), and had a small portion of quinoa-rice blend.

Less than 20-minutes from start to finish and you have an amazing, clean eating, wonderfully “enhanced”, very healthy salmon dish!!

INGREDIENTS

4 - 5oz wild salmon filets

4 cups broccolini stems

2 cups cooked quinoa or rice, or whatever grain you wish!

1 tablespoon chili powder

- 1 tablespoon** fresh dill (or 1 teaspoon dried dill)
- 1 teaspoon** garlic powder
- 1 teaspoon** ground cumin
- ½ teaspoon** onion powder
- 1 teaspoon** powdered stevia extract
- Pinch of salt and pepper
- 1 lemon**, cut into 4 wedges

INSTRUCTIONS

- 1) Preheat the oven to 400 degrees.
- 2) Mix the chili powder, dill, garlic powder, ground cumin, onion powder, and stevia in a small bowl.
- 3) Once combined, sprinkle the mixture evenly over each salmon filet - rub into the salmon with the back of a wet spoon until evenly distributed (or as much as possible!).
- 4) Sprinkle each filet with salt and pepper.
- 5) Cook in the oven on a baking pan covered in foil for 15 minutes or until just flaky.

6) While the salmon is cooking, steam the broccolini in a pan with a small amount of water, and season with salt and pepper.

7) When the salmon is cooked, squeeze a fresh wedge of lemon (or lime) over it, and enjoy!

Serve with quinoa, rice, or any other grain, or none at all!

NUTRITIONAL INFORMATION

Serving size: 1 Salmon Filet w/ 1 cup Broccolini & ½ cup rice/quinoa

Calories: 363

Fat: 10.4g

Carbohydrates: 31.4g (the good kind!)

Sugar: 2.6g

Fiber: 3.6g

Protein: 34.7g

TENDER AND LEAN REVERSE SEAR STEAK



I don't offer a lot of steak recipes because I don't push red meat consumption, but when I do cook steak, I'm looking primarily for three things: tender, juicy meat, a lean cut, and a flavorful seared crust. A lean cut of steak combined with my reverse sear method ensures you can have all three! The best

part? It's actually super easy!

This method starts by roasting your steak at a low temperature in the oven. This allows the steak to cook slowly and evenly, similar to sous vide cooking. When the steak is cooked to your liking (I'd

stick to 125° for medium rare) move on to your next step, searing!

Start with an oil with a high smoke point (ie. canola oil) so you can really get it hot to sear your steak. Once you've got a nice crust, lower the heat and add butter and any other flavorings like herbs or garlic. Tilt your pan towards you and allow the melted butter to pool, then use a spoon to pour the butter over the steak to further flavor and crisp the crust.

Let your steak rest on a cutting board for at least 10 minutes, then slice against the bias and season generously with flaky sea salt.

YIELDS: 2 SERVINGS

PREP TIME: 20 MINS

TOTAL TIME: 1 HOUR 20 MINS

INGREDIENTS

1 2"-thick ribeye steak (about 14 oz.)

Kosher salt

Freshly ground black pepper

Canola oil

2 tbsp. butter

3 cloves garlic, crushed

2 sprigs rosemary

Flaky sea salt

directions

1. Preheat oven to 225°. Season steak generously with salt and pepper. Transfer steak to a wire rack set in a sheet tray and roast for 50 to 55 minutes, until internal temperature of steak is 125° for medium rare. (If you prefer a more well done steak, adjust timing as necessary for temperature.)

2. In a medium cast iron skillet over medium-high heat, heat the oil until almost smoking. Add steak

and cook, flipping once, until a deep golden crust begins to form on both sides of the steak, about 1 minute per side.

3. Reduce heat to medium low and add butter, garlic, and rosemary to the pan. Using a kitchen towel, carefully grip the skillet handle and tilt towards you so that the melting butter forms a pool at the bottom of the skillet. Using a spoon, continually baste butter onto steak to form a deeper golden crust. Make sure that the rosemary and garlic are submerged in the butter; this will help their flavors meld together. If the steak has any excess fat around the sides, use tongs to hold up the steak on its side and render out the fat.

4. Transfer steak onto a cutting board and let rest about 10 minutes to lock in the juices.

5. Slice on a bias against the grain, sprinkle with flaky salt and more pepper.

NUTRITION

Calories 521

		% Daily Value*
Total Fat	36.5g	47%
Saturated Fat	16.2g	81%
Cholesterol	147mg	49%
Sodium	777mg	34%
Total Carbohydrate	6.3g	2%
Dietary Fiber	1.6g	6%
Total Sugars	0.1g	
Protein	43.9g	
Vitamin D	8mcg	40%
Calcium	80mg	6%
Iron	6mg	35%
Potassium	60mg	1%

Recipe analyzed by Ron Patterson

WHOLE WHEAT PASTA WITH LEMON KALE CHICKEN



We've talked previously about healthy swaps that can improve the nutritional content of everyday meals. We all love pasta, but let's make a habit of swapping out regular pasta for whole wheat pasta.

Although some nutrients, including iron and B vitamins, are often added back into white pasta to create an "enriched" product, these still can't compete with the natural benefits of unrefined whole grains. Still, whole wheat pasta may take some time to catch on, so don't expect to find the option on most restaurant menus (and forget about the more traditional Italian establishments).

Luckily, most supermarkets stock a few whole wheat pasta options - just to be sure to take a closer look at those nutrition labels. True whole wheat pasta will list 100 percent durum whole wheat flour as the first ingredient. And check the front of package for "100 percent whole wheat," or the orange "Whole Grain" stamp.

Getting used to the taste and texture of whole wheat pasta may take a little time, thanks to its strong, nuttier flavor and more grainy consistency. But following the suggested cooking will ensure the noodles don't get too gummy and start sticking together (no one wants a ball of pasta instead of a bowl of pasta). With the right sauce or topping,

adding whole wheat pasta is an easy way to enjoy a healthy meal and sneak those whole grains onto the menu.

This recipe is absolutely delicious! When added to a daily menu that includes a healthy, low-fat breakfast and lunch, this recipe is a nutritious and healthy choice for dinner that your entire family will love. Give it a try— You won't be disappointed!

INGREDIENTS (2 servings)

- 4 oz** whole wheat spaghetti
- 1 boneless**, skinless chicken breast, cubed
- 5 tablespoons** extra virgin olive oil
- 2 cloves** garlic, minced
- ¼ teaspoon** red pepper flakes
- 2 cups** curly kale, chopped, ribs removed
- 1 lemon** zest
- 1 tablespoon** lemon juice
- kosher salt, to taste
- ground black pepper, to taste

PREPARATION

1. Boil salted water and cook the pasta for 1 minute less than the time indicated on the package. When the pasta is finished cooking, reserve ¼ cup of pasta water.

2. Meanwhile, heat two tablespoons of olive oil in a cast-iron skillet. Season cubed chicken with salt and pepper, add it to the skillet, and brown it on each side. Once cooked through — about 2 to 4 minutes — remove from skillet and reserve.

3. Heat remaining three tablespoons of olive oil in skillet and add garlic and red pepper flakes. Cook until fragrant, about 1 minutes.

4. Add kale, lemon zest, lemon juice, salt, and reserved pasta water. Cook until kale is tender, about 3 minutes.

5. Add cooked chicken, and pasta. Stir to coat, and

serve immediately.

6. Enjoy!

NUTRITION (per serving)

Calories 620
 Fat 36g
 Carbs 65g
 Fiber 10g
 Sugar 7g
 Protein 16g

WILD MUSHROOM RAVIOLI IN SAGE AND BROWN BUTTER



Here’s an easy way to incorporate the amazing health benefits of mushrooms into a yummy and savory meal.

Using wonton wrappers to make ravioli is a time-saving trick that lets you focus on the filling ingredients instead of fussing with dough and pasta makers.

INGREDIENTS (approx. 4 servings)

1 Tbs. olive oil

- 1 small** shallot, minced (2 Tbs.)
- 3/4 cup** diced fresh or dried (reconstituted) “gourmet blend” mushrooms (shiitakes, oyster mushrooms, and baby bellas) * SEE MUSHROOM NOTE
- 2 Tbs.** white wine
- 1 tsp.** fresh thyme leaves
- 10 large** square wonton wrappers, cut in half (making 20 rectangles total)
- 1/4 lb.** (1 stick) unsalted butter
- 4 fresh** sage leaves, plus more for garnish
- 2 Tbs.** grated Parmesan cheese

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*DRIED MUSHROOM NOTE:

If using dried wild mushrooms instead of fresh, you’ll want to reconstitute them in water first.

Start your mushrooms soaking as the first step in your recipe and use room temperature water. Use hot water for thickly sliced or capped mushrooms only if you are in a hurry. They’ll want to float in the water so use a dish to keep the dried shrooms submerged in water.

The mushrooms should be ready to use after 30 minutes of soaking in room temp water. You can also soak them overnight in preparation for the following day.

PREPARATION

1. Heat oil in skillet over medium heat. Add shallot,

and sauté 2 minutes. Add mushrooms, and cook 7 to 10 minutes, or until softened. Add wine and thyme, and cook 2 minutes. Season with salt and pepper, if desired. Cool.

2. Cut 1 wonton wrapper in half, to form 2 rectangles. Brush edges of wonton half with water, and place 1 rounded teaspoon of mushroom mixture on one side. Fold wonton wrapper in half to make square ravioli, pressing on edges to seal. Place on baking sheet. Repeat with remaining wonton wrappers and filling.

3. Melt butter in large skillet over low heat. Add sage leaves, and cook 8 to 10 minutes, or until fatty solids in butter sink to bottom of saucepan and turn nutty brown.

4. Meanwhile, cook wontons in large pot of boiling salted water 2 minutes, or until they float to top. Transfer to skillet with slotted spoon, and toss to coat with brown butter sauce. Season with salt and pepper, if desired, and sprinkle with cheese.

NOTE: The picture shows a small ramekin of the leftover brown butter sauce served along with the mushroom “ravioli”. I’d recommend discarding the leftover butter after slightly browning the wontons in the butter in Step 4 above. No sense in adding unnecessary calories and fat to this otherwise nutritious dish.

NUTRITION (per serving)

- Calories: 298
- Carbs: 21 g
- Cholesterol : 53 mg
- Fat: 25 g
- Fiber: 0.5 g
- Protein: 5 g
- Saturated Fat: 13 g
- Sodium: 336 mg
- Sugar: 0.5

WILD MUSHROOM RISOTTO (AND IT'S VEGAN)



Risotto is one of those intimidating dishes that's actually really simple. What makes it scary is that a recipe won't really help you because so much of the process depends on instinct and feel. But the basic concept is taking a high-starch grain (traditionally Arborio rice) and toasting it in oil so that it maintains its shape during the slow cooking process. Then, you allow the grains to gradually absorb stock, one cup at a time, until they've released their starches and become tender.

When entertaining guests, you should follow this process until the grains are al dente with just a little bit of bite. Then right before your guests arrive, or while everyone is drinking wine, finish it off with the last cup of stock. You don't want the dish to be heavy or gluey. There should be a good amount of liquid left at the end of the process so that the risotto spreads out on a plate instead of perching like a hockey puck in the middle of it.

The key to creating an uber flavorful vegan mushroom risotto is all in the variety of mushrooms chosen and the quality of the stock. If you can, add some of the trimmed mushroom stems to your stock and simmer for a few hours to create extra umami.

Prep time 10 minutes

Cook Time 35 minutes

Total Time 45 minutes

INGREDIENTS - 4 servings

- **4 tablespoons** extra virgin olive oil divided
- **1 1/4 pound** mixed wild mushrooms cremini, Portobello, shitake, chanterelle, oyster or maitake, cleaned, stems trimmed, and chopped
- **1 teaspoon** finely chopped fresh rosemary
- Sea salt
- **1 medium** fennel bulb finely diced
- **1 medium** leek white and light green parts only, halved lengthwise and thinly sliced
- **2 garlic cloves** minced
- **1 cup** Arborio rice
- **1/2 cup** dry white wine
- **1 quart** vegetable stock
- **2 tablespoons** finely chopped chives for garnish

INSTRUCTIONS

1. In a large Dutch oven or saucepan, heat 2 tablespoons of olive oil over a medium-high flame. Sauté the mushrooms until nicely browned and their liquid has been released, about 5 minutes. Add the rosemary and season generously with salt. Cook one minute more. Remove the mushroom mixture to a bowl.
2. Add the remaining olive oil to the pan and sauté the fennel and leeks over medium heat until soft, about 5 minutes. Add the garlic and cook until fragrant, one minute more. Stir in the rice and toast until the edges are opaque and the center pearly white, about 2 minutes. Add the wine and 1 teaspoon sea salt to the pan, scraping up any brown bits, and cook until reduced by half.
3. Meanwhile, heat the stock in the microwave or on the stove until warm, but not scalding.
4. Add 1 cup of the stock to the pan. Bring to a simmer, then turn the heat down to medium low and gently cook until nearly absorbed. Repeat this

process, adding stock by ½ cup measures, until the rice is tender, about 25 minutes. You want the risotto to be loose enough that it will spread on a plate, so add more stock as necessary so it's not

gloppy. Stir in the reserved mushrooms and half the chives. Taste for seasoning. Garnish with the remaining chives and serve immediately.

Desserts

EASY-TO-MAKE NUT BARS



Many times in the past I've talked about the amazing health benefits of nuts, but eating a handful of nuts can get kinda boring.

So today I'm offering a recipe for nutritious and super easy to make nut bars. These are similar to the KIND Nut Bars found in stores but without the chocolate, caramel, or other unnecessary ingredients.

These nut bars have just 5 ingredients!

- 1 cup** almonds
- ½ cup** peanuts
- ½ cup** vegan gluten free brown rice crisp cereal
- ¼ teaspoon** salt
- ¼ cup** pure Michigan maple syrup

HOW TO MAKE

Preheat oven to 325°
Line an 8" square baking pan with parchment paper

Mix all dry ingredients well in a mixing bowl and then add in the REAL maple syrup, stirring well. Spread the mixture on the parchment paper lined baking sheet and press down evenly and firmly using a spatula
Bake for 35 minutes.
Allow to cool for 1 hour, or until completely cooled.

Use a heatproof spatula to gently lift and loosen bars from parchment. Using a sturdy, sharp knife, slice into 12 bars (6 rows by 2 columns)

ENJOY!!

STORING INFO-

Store in an airtight container at room temperature for up to 3 weeks. Store in the refrigerator for up to 1 month.

NUTRITION INFO-

Serving Size: 1 bar
 Calories: 106
 Sugar: 5g
 Sodium: 51mg
 Fat: 7g
 Carbohydrates: 8g
 Protein: 4g

If you want to make these more of a dessert nut bar, drizzle some melted dark chocolate or caramel on these bars.

NOTE-

CHOCOLATE AVOCADO HUMMUS



Avocados and chocolate work so well together to give healthy desserts a really amazing taste and texture. Nobody will know there is avocado in this sweet chocolate dessert unless you tell them it's there. If making this chocolate hummus for someone skeptical, just don't tell them of the avocados existence and they won't know.

The best part of this recipe is that there is no added sugar. The sugar content is found mainly from the cocoa powder and dates although using cacao powder will lower the overall sugar content.

You may be wondering (as was I) what you'd use chocolate avocado hummus for? You could use it as frosting on cupcakes or cookies, and it's especially good as a dip for fruits such as apple slices, strawberries, or pineapple chunks. You could also spread it on all sorts of breads or crackers. The options are only limited by your imagination.

PREP TIME

5 minutes

TOTAL TIME

5 minutes

INGREDIENTS

1 can Chickpeas
2 Avocados
3 Tbsp Ground Sesame Seeds
1 cup Dates
4 Tbsp Cocoa Powder (or 3 1/2 **Tbsp** Cacao Powder)
1 tsp Vanilla
3 Tbsp Coconut Cream
 3/4 **cup** Water

INSTRUCTIONS

Place everything into a food processor. Blend for 1-2 mins until all combined and add more water if the chocolate avocado hummus is too thick.

Enjoy within 2-3 days and store in the fridge.

NOTES

Use pre-ground sesame seeds, don't put in whole sesame seeds as they won't be broken up in a food processor.

Adjust the sweetener amount to suit your tastes (in this recipe, the sweetener is the Dates).

NUTRITION INFORMATION

Servings- 8
Serving Size- 1

Amount Per Serving-
Calories- 240
Total Fat- 11g
Saturated Fat- 2g
Trans Fat- 0g
Unsaturated Fat- 8g
Cholesterol- 0mg
Sodium- 85mg
Carbohydrates- 34g
Net Carbohydrates- 0g
Fiber- 8g
Sugar- 19g
Sugar Alcohols- 0g
Protein- 5g

PUMPKIN CHEESECAKE



Here's another holiday season recipe that you'll love without feeling guilt or remorse for indulging. By using low-fat cream cheese, Greek yogurt and considerably less sugar than ordinary pumpkin cheesecake recipes, this recipe has only 225 calories per slice and just 9 grams of fat. I promise you'll love the taste too!

INGREDIENTS

- Nonstick cooking spray
- 8 sheets** honey graham crackers
- 1/3 cup** plus 1 tablespoon granulated sugar
- 1 tablespoon** unsalted butter, melted
- 12-ounces** one-third less fat cream cheese, at room temperature
- 1/2 cup** light brown sugar, packed
- 1/2 teaspoon** kosher salt

- 2/3 cup** low-fat 2-percent Greek-style plain yogurt
- 2 large** eggs, at room temperature
- 2 large** egg whites, at room temperature
- One 15-ounce** can pumpkin puree
- 2 tablespoons** all-purpose flour
- 1 tablespoon** pumpkin pie spice
- 1 tablespoon** vanilla extract
- 2 tablespoons** confectioners' sugar

DIRECTIONS

1. Position the oven racks in the center and lower third of your oven. Fill a roasting pan about half full with water and place on the lower rack. This will create a moist environment for the cheesecake and help prevent cracking. Preheat the oven to 325 degrees F. Coat a 9-inch springform pan with nonstick cooking spray.

2. Put the graham crackers and 1 tablespoon of the granulated sugar in the bowl of a food processor and grind until fine. Add the butter and 2 tablespoons water and pulse until moistened. Press into the bottom of the prepared pan. Bake until set and golden brown, 10 to 12 minutes. Cool completely.

3. Combine the cream cheese, brown sugar, the remaining 1/3 cup granulated sugar and salt in a large bowl. Beat with an electric mixer on medium speed until smooth and fluffy. Add the yogurt, eggs and egg whites, reduce the mixer speed to low and continue to beat until blended. Add the pumpkin, flour, pumpkin pie spice and vanilla. Reduce the mixer speed to low and beat until just combined. Stir with a spatula a few times to make sure all the ingredients are incorporated and to release any air bubbles in the batter that could cause the cheesecake to crack.

4. Pour the batter over the crust and rap the pan against the countertop a few times to bring any trapped air bubbles to the surface. Place the cheesecake on the center rack in the oven. Bake until just set and the center wiggles slightly, 50 to

60 minutes. Turn the oven off and crack the door open. Let sit in the oven for 15 minutes, and then transfer to a wire rack to cool. Run a thin sharp knife between the cheesecake and the pan to release the sides. Cool completely, and then chill until cold, at least 4 hours or overnight.

5. Before serving, remove the cheesecake from the refrigerator and release the sides of the pan. Allow the cheesecake to come to room temperature, 30 to 60 minutes. If the top of the cake appears wet, blot with a paper towel to dry. Dust with the confectioners' sugar.

Nutrition Analysis

Per Serving

Calories	225
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	34 mg
Sodium	154 mg
Carbohydrates	30 g
Dietary Fiber	2 g
Protein	6 g
Sugar	21 g

NO BAKE PEANUT BUTTER CUP COOKIES (KETO APPROVED)



A no-bake cookie that tastes like the best homemade peanut-butter **cup** you've ever had! This is a fun and easy recipe to **occupy** the kids too. Forget the guilt and have all the fun—we've edited this recipe to call for keto-friendly ingredients!

PREP TIME: 0 HOURS 5 MINS
TOTAL TIME: 1 HOUR 30 MINS

INGREDIENTS - (approx. 22 cookies)

1 1/2 cup smooth unsweetened peanut butter, melted (plus more for drizzling)
1 cup coconut flour
1/4 cup packed keto-friendly brown sugar, such as Swerve
1 tsp. pure vanilla extract
Pinch kosher salt
2 cups keto-friendly dark chocolate chips, such as Lily's, melted
1 tbsp. coconut oil

DIRECTIONS

1. In a **medium** bowl, combine peanut butter, coconut flour, coconut sugar, vanilla, and salt. Stir until smooth.
2. Line a baking sheet with parchment paper. Using a small cookie scoop, form mixture into rounds then press down lightly to flatten slightly and place on baking sheet. Freeze until firm, about 1 hour.
3. In a **medium** bowl, whisk together melted chocolate and coconut oil.
4. Using a fork, dip peanut butter rounds in chocolate until fully coated then return to baking sheet. Drizzle with more peanut butter then freeze until chocolate sets, about 10 minutes.
5. Serve cold. Store any leftovers in the freezer.

NUTRITION

Nah, let's not go there. It's ok to splurge once in a while. But I'd keep it to 1 or 2 cookies if you're watching your weight.