

ACFD Nutrition & Recipe Guide

for vitality and longevity!



Introduction

Welcome!

The inspiration for this book came from a collaborative will by both the Health, Safety and Wellness and Peer Fitness teams, hoping to provide ACFD members with a durable resource to improve their health, vitality and longevity through delicious, nutritious food.

How did we pick the content?

The nutrition content comes from trusted academic and scientific sources and has been vetted by ACFD nutrition specialists FF/EMT Tim Perkins, FF/Paramedic Clare Sabio (both certified Nutrition Health Coaches) and Trevor Sheasley and his nutrition resources at O2X.

The recipes do not follow a strict macro-nutrient profile or calorie count, as everyone's needs are different in that regard. Instead, they are focused on whole foods and minimally processed, nutrient-dense ingredients, in dishes that can be prepared on a budget and scaled for firehouse crews of different sizes.

We hope you find the content interesting and useful, and we sincerely thank those ACFD members who contributed their expertise and recipes. If you would like to add something to this book, please provide the content to your shift Safety Officer, and they will advise you on the process for getting your favorite healthy recipe or nutrition advice added.

Enjoy!!



What's Inside?

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Further Resources



Nutrition Resources

Here you will find tips, tricks and resources to live longer and feel better through delicious food...





Quick Tips for Healthier Habits

Healthy habits do not have to be hard...try these simple tips!

- **Keep a food and exercise diary** and be honest with yourself about everything you eat (**and drink**) – this can be an eye opener to some on where excess calories are sneaking into your diet.
- **Eat as few processed foods as possible and feed yourself a rainbow of fruits and vegetables every day.** Try a new fruit or veggie each week to keep it interesting!
- **Prepare your own foods whenever possible** so you know exactly what you are putting into your body. Hidden sugar, fat and salt is in foods where you might never expect them to be.
- **Drink plenty of water** – often we mistake hunger for thirst. If you don't like plain water, flavor it with a squeeze of fresh lemon or lime juice or add some bubbles with a soda stream.
- **Eat from smaller plates and bowls.** It's true that we “eat with our eyes” and tend to fill the plate instead of tuning in to the quantity our bodies are hungry for. A smaller plate or bowl tricks the mind into thinking you have an abundant portion. And make it look pretty! An Instagram worthy presentation makes you feel like you're eating at a fancy restaurant.
- **Treat your diet like your bank account.**...you **can** have everything you want, but **not all at once**. “Save up” for your favorite treats just like you do with your “splurge” purchases. Life is all about balance.
- **Find a hobby that has nothing to do with food.** We all enjoy watching TV and snacking on the couch. But try to find an activity that engages your brain and your hands, and that takes your mind off food. Bonus if it involves physical activity such as hiking or simply taking a walk after dinner.
- **Set yourself up for success.** Get rid of foods from your environment that lack nutritional value and you know you tend to overeat. Stock your cabinets, refrigerator, and freezer with nutritious, quick to prepare options so you're not left ordering takeout simply due to lack of options. There are tons of healthy entrees, sides and snacks out there now that don't require a culinary degree to prepare.

Guide to Portion Sizes

A Golf Ball = 2 Tablespoons

This can be used to eyeball things like:

- Sour Cream – 60 Calories, 6g of Fat
- Salad Dressing – 120 Calories, 12g Fat
- Mayonnaise – 120 Calories, 12g of Fat
- Peanut Butter – 200 Calories, 6g of Protein, 6g of Carbohydrate, 18g of Fat
- Butter – 200 Calories, 24g of Fat
- Olive Oil – 240 Calories, 28g Fat





Guide to Portion Sizes

4 Dice or 1 Ping Pong Ball = 1 Ounce

This can be used to eyeball snacks like cheese cubes or a handful of nuts/seeds:

- Cheese – 110 Calories, 8g of Protein
- Nuts/Seeds – 170 Calories, 6g of Protein, 4g of Carbohydrate, 16g of Fat



Guide to Portion Sizes

Baseball = 1 Cup

This can be used to eyeball all kinds of things:

- Raw Vegetables – 35 Calories, 6g of Carbohydrates
- Fruit – 80-100 Calories, 20-25g of Carbohydrates
- Potatoes – 120 Calories, 30g of Carbohydrates
- Cooked Rice or Corn – 170 Calories, 40g of Carbohydrates
- Cooked Pasta, Oatmeal, Beans, Cereal – 220 Calories, 40g of Carbohydrates



Guide to Portion Sizes

Deck of Cards, a Computer Mouse, or a Checkbook = 3 Ounces

These can be used to eyeball cuts of meat, fish, or deli meats:

- Lean Beef, Chicken or Pork – 150-200 Calories, 20-25g of Protein (Estimate on the higher side if eating at a restaurant due to higher fat cooking techniques)
- Fish – 100-150 Calories, 20g of Protein for most types of fish (halibut, tuna, flounder etc.)
- Fatty Fish – 200-230 Calories (Salmon Mackerel)
- Shrimp – 83 Calories, 18g of Protein
- Deli Meats – 75-90 Calories, 15-20g of Protein



How to \$hop on a Budget



At the grocery store...

- **Avoid falling for savings gimmicks** e.g., 2 for \$7 doesn't always mean you need to buy two. You can also take a picture of the sale label and pay attention to what the checkout charges to make sure you get the deal you wanted.
- **Buy the store's own brand** where possible. These are often cheaper than the sale price on a well-known brand. The higher price doesn't always equal better quality – it's often to simply cover the cost of expensive marketing. Or find a cheaper grocery store altogether – Aldi, Trader Joe's and Lidl are inexpensive stores to try.
- **Buy in bulk and freeze.** Plan for the week or two to take advantage of deals. Or cook once, eat twice! Prepare double the recipe and freeze the other half for another day.
- **Buy frozen fish and seafood** – much of “fresh” fish has been previously frozen anyway. Read the labels.
- **Buy chicken with the skin on.** It is usually cheaper than skinless – you can remove the skin yourself either before or after cooking if trying to avoid the extra fat.
- **Download the apps** for your most visited stores – you can often “clip” coupons on your phone, and they will all be applied with one scan of your phone at the register.
- **Pick plant-based proteins** such as beans, legumes, and high-quality plant-based frozen options such as black bean burgers instead of meat. Check the labels. They are very often cheaper and more nutritious than meat. This tactic avoids saturated fats, ups your variety of nutrients, and saves you money!

At home or at the station...

- **Consider investing in a vacuum sealer** to keep out freezer burn and/or keep foods fresher longer.
- **Consider growing your own herbs and vegetables** or invest in an indoor Aero Garden (they only need light and water) if you don't have the space, time or talent for gardening.

Convenience Foods to Make Life Easier

Frozen Fruits & Vegetables are often cheaper than fresh, require less preparation, and sometimes have a better nutrient profile because they are frozen right at the time of optimal ripening, instead of fresh produce that's left sitting on a truck coming from miles away, losing optimal nutrients while traveling or then sitting on the grocery store shelf. There are literally hundreds of choices these days, including pre-cut fruit mixes that can be used in a smoothie or added to Greek yogurt, and vegetable blends that are pre-seasoned and can be steamed in the microwave in 5 minutes. What's easier than that? Some now include rice, beans, or sweet potatoes for an even more balanced option. Just add to your favorite protein!

Bagged Salad Mixes are in every grocery store and take all of the work out of building a salad. Look for ones that have a variety of vegetables or add some grape or cherry tomatoes, olives, cucumber, and crumbled feta cheese to a bag of mixed greens and you have a Greek salad done in the time it takes to dice a cucumber.

Pre-Cut Fresh Vegetables are more expensive than buying the vegetable whole, but just as nutritious and someone else has done the preparation for you. A good option for a quick stir-fry or for vegetables that you find tedious or difficult to prepare.

Jarred or Canned Vegetables can be a good option for certain foods. Fresh or frozen is generally preferred as they tend to hold more nutrients and not be packed with added preservatives or salt. But there are some good canned and jarred options if you know what you're looking for. Roasted red peppers, artichoke hearts or pickled vegetables are very tasty in jarred form and can be quick additions when you're running low on fresh produce and have to raid the pantry. Canned olives are also a great salad addition and even come sliced so there's no work to be done.



Convenience Foods to Make Life Easier



Rotisserie Chickens are available at most grocery stores and cost under \$10. Some are under \$5. These come hot and ready to eat and can be paired with any of the above options for a complete and balanced meal. You can pick up all of the elements of a tasty, nutritious meal in the time it takes to hit the self-checkout.

Breakfast options are now getting more varied and healthier than before. Choose wisely here as you may be tempted by the waffles or toaster strudels that reside in the same section. Look for little frozen frittatas that are made from just eggs and veggies and can be quickly reheated. Check the ingredients for options that don't contain processed meats and a bunch of additives. Or simply grab some eggs and scramble with a bag of steamed veggies for a quick, healthy breakfast. You can even buy eggs already hard boiled as a simple snack with no labor.

Microwaveable Grains in 1-2 serving pouches or tubs are everywhere now too. Brown rice and quinoa either separate or together are a good choice. Try to find those with nothing added so you can control what you add to it and be sure to check the serving size, so you don't go overboard. Add to some steamed veggies, beans and protein of choice and you have a quick and balanced meal.



Beware of microwave meals such as Lean Cuisine and Healthy Choice and meal replacements such as Slim Fast. These are often loaded with artificial ingredients and promise rapid weight loss due to very low calorie counts. These will likely leave you hungry and end up snacking. Proceed with caution and seek advice if you are not sure.

Convenience Foods to Make Life Easier



Meal Kits and Food Delivery Services are not the most budget-friendly options but have lots of healthy choices these days. Meal kits such as Factor, Hungry Root, Sunbasket etc. offer nutritious options that allow you to choose your recipes and help you learn how to cook with step-by-step instructions. Some are prepared for you and let you just heat and eat. Study the recipes and ingredient lists with caution though – not all are healthy, but there is lots of guidance on the internet on how to choose the healthiest options for your dietary needs. Other delivery options include things like Imperfect Produce and Misfits Market that deliver a collection of produce not “pretty” enough for supermarket shelves and often at discounted prices. This reduces food waste and encourages you to try new foods you may not have eaten before! Explore and don’t be afraid to try!



Commissary & Pantry Staples

Consider stocking your station (or home) pantry with these healthier recommendations...



Cooking Essentials

Extra Virgin Olive Oil
Cooking Oil Spray
Neutral Vegetable Oil
Hot Sauce
Honey
Soy Sauce
Dijon Mustard
Red/White Wine, Balsamic Vinegars
Bouillon (Beef, Chicken, Vegetable)

Black Pepper & Sea Salt

Italian Seasonings (Basil, Oregano)
Parsley
Fresh Garlic, Garlic Powder, Garlic Salt
Cayenne Pepper
Red Pepper Flakes
Chili Powder
Coriander
Cumin
Paprika (Smoked or Regular)
Thyme
Turmeric
Cinnamon

Other Recommendations to Consider (in place of Soda, Chips and Candy Bars)

Chilled, flavored or unflavored no calorie or low-calorie waters and sports drinks

Single-serving hummus or guacamole

Ready-to-eat lean protein, fruits, cheese or nut combinations

No-added-sugar yogurts/plain Greek yogurt

Low-sugar protein bars

Individual low-calorie packs of almonds or other nuts

Individual servings of carrots/celery sticks

Individual steel cut oat packets, without added sugars

Eggs

Dried, natural fruit snacks

All-natural nut butters

Whole grain crackers

Tips for Interpreting a Food Label

1. **Serving Size:** Some products look like they might contain a single serving but are meant to provide two or more servings. All nutritional information provided on the label are per serving, not necessarily for the whole package.
2. **Calories:** This is the number of calories per serving, without adding anything to the product. Be aware that adding oil to cook it for example, will add fat and calories and are easily forgotten about when tracking calorie intake.
3. **Fat:** This usually shows total fat, and could be both healthy (unsaturated) fats, and unhealthy (saturated or trans) fats. The total number of fat grams is less important than what type of fat is in the product.
4. **Saturated Fat/Trans Fat:** Keep these types of fats to a minimum to avoid extra calories and cholesterol and heart disease issues. These come from meats, dairy and processed foods mostly.
5. **Carbohydrate:** These are the body's preferred energy source and are necessary for energy. Try to avoid getting your carbs from simple sugars and heavily processed foods, and focus instead on whole grains, fruits and vegetable carbohydrate sources.
6. **Fiber:** Fiber is a type of carbohydrate found in the leaves, stems and roots of plants. Fiber slows the absorption of sugar into the bloodstream, helps regulate the digestive system and keep you full for longer. Beans are an excellent source of fiber, and you should try to include them in your healthy diet.
7. **Sugar:** Naturally occurring sugars in things like fruits and vegetables should not concern you. The fiber and nutrients in these items does not affect blood sugar in the same way as added sugars. Heavily processed and sugar sweetened foods cause blood sugar spikes and crashes and can eventually lead to insulin resistance and type II diabetes. Avoid as much as possible and keep to treats only.
8. **Protein:** Protein is key to building and maintaining muscle and keeping you feeling full. Protein can come from meat, dairy and plant-based sources.
9. **Ingredients:** A general rule to follow is the less ingredients, the less processed the food is. If you can't pronounce an ingredient, it is likely not very good for you. Also check here for any possible allergens such as peanuts if you have food allergies or sensitivities.

Nutrition Facts		
Serving Size 28g		
Servings per Container about 10		
Amount Per Serving		
Calories	170	Calories from Fat 130
% Daily Value*		
Total Fat	15g	23%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Monounsaturated Fat	8g	
Cholesterol	0mg	0%
Sodium	50mg	2%
Potassium	210mg	6%
Total Carbohydrate	5g	2%
Dietary Fiber	3g	12%
Sugars	1g	
Protein	6g	
Phosphorus		10%
Ingredients: ALMONDS, PEANUTS, PISTACHIOS, PEANUT AND/OR COTTONSEED OIL, SEA SALT.		



The Recipes



Breakfasts and Brunches

Muffin Pan Frittatas

Makes 12 Frittatas



Ingredients

Basic Recipe:

12 large eggs
2 tbsp finely chopped onion
¼ cup shredded cheese of your choice
Salt and pepper to taste

Add-In Suggestions:

- Chopped fresh spinach and halved grape/cherry tomatoes
- Sautéed, chopped kale and finely shredded ham
- Diced bell peppers and mushrooms

This recipe can be adapted to literally any vegetables and protein you have on hand. A great option for using up leftovers!

Preparation

Preheat oven to 350F and grease a 12-cup muffin pan with non-stick cooking spray (or two 6-cup muffin pans).

In a large bowl, whisk together the eggs and onion and season to taste with salt, pepper and other herbs or spices of your choice.

Pour the egg mixture into each of the muffin cups until about halfway up. Don't overfill as the eggs will fluff up and expand during cooking.

Top with your choice of veggies, protein and cheese – divided evenly.

Bake for 15-20 mins or until eggs are set.

Let cool slightly and serve, or store in an airtight container for up to 4 days. Can also be frozen. Simply reheat in a microwave or eat cold. A great make-ahead grab'n'go breakfast or snack!



Apple Cinnamon Oatmeal

(Adapted from "Eat for Abs")

Makes 1 Serving

*½ cup water
¼ cup rolled oats
½ small apple, diced
1 scoop of vanilla protein powder
1 tsp cinnamon
2 tbsp walnuts, chopped*

1. Combine water, oats and apples in a bowl.
2. Microwave for 1-2 minutes.
3. Stir and let rest for 1 minute.
4. Mix in protein powder, cinnamon and walnuts.
5. Eat!

Per Serving: Calories 407; Fat 18g; Carbohydrate 37g; Protein 29g.

Greek Yogurt, Fruit & Honey



1

Spoon the Greek yogurt into a bowl.

2

Top with chopped fresh fruit of your choice.



3

Drizzle with honey or pure maple syrup and eat!

Ingredients

1 cup plain Greek yogurt of your choice

Chopped fresh fruit, such as apples, berries, oranges, peaches, pineapple

Drizzle of honey or pure maple syrup

Makes 1 Serving

Fruits are an excellent source of essential vitamins and minerals, and they are **high in fiber**. Fruits also provide a wide range of health-boosting antioxidants, including flavonoids. Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes. For those afraid to eat fruit because of its sugar content – don't be! These health benefits FAR outweigh the sugar they contain.

Dutch Apple Pie Bars

From “Blue Zones”

Makes 4 Servings

Flaxseeds are a rich source of alpha-linolenic acid (ALA), which studies have shown can prevent cholesterol from being deposited in the blood vessels of the heart, reducing the risk of heart attacks



Ingredients

- | | |
|------------------------------------|---|
| 2 ¼ cups rolled oats, divided | 1 cup, plus 3 tbsp water, divided |
| 1 cup unsweetened plant-based milk | ¼ cup macadamia nuts (can substitute nuts of your choice) |
| 4 tbsp maple syrup, divided | ½ cup wholewheat flour |
| 2 tsp ground cinnamon | |
| 1 apple, peeled, cored and chopped | |
| 1 tsp vanilla extract | |
| ¼ cup ground flaxseeds | |

Preparation

1. Preheat the oven to 375F.
2. In an 8x8 baking dish, mix 2 cups of oats, the plant-based milk, 2 tbsp of maple syrup, the cinnamon, apple, vanilla, flaxseeds and 1 cup of water.
3. In a blender, pulse the nuts to meal-like texture.
4. In a medium bowl, mix the whole-wheat flour, pulsed nuts, remaining ¼ cup of oats, remaining 2 tbsp maple syrup, and 3 tbsp water to form a loose dough. Crumble the mixture over top of the oatmeal mixture.
5. Bake for 35 minutes, or until the top is crispy. Let cool for 10 mins to set, then cut into 4 squares.
6. Can be refrigerated for up to 4 days.

Gluten Free Oatmeal Raisin Breakfast Baskets



Makes 9 Servings

1 tbsp coconut oil, melted
2 ripe bananas
1½ cups gluten free rolled oats
1 tsp cinnamon
1 tbsp maple syrup

½ tsp vanilla extract
1/3 cup raisins
Pinch of salt

1. Preheat oven to 350F.
2. Mash the bananas, add coconut oil, maple syrup, vanilla extract, cinnamon, salt and mix well.
3. Mix in the oats to the batter and stir well.
4. Stir in raisins.
5. Using a tbsp, fill in a muffin cup and then press down the center with your fingers to make a basket shape.
6. Bake for 15-17 mins.
7. Let cool and fill with your favorite fillings, such as nut butter or yogurt and blueberries.

*Oats are among the healthiest grains found on Earth. They contain antioxidants and polyphenols. Oats are almost the sole source of the antioxidant called **Avenanthramides**, which help lower blood pressure levels by increasing the production of nitric oxide. This gas molecule helps dilate blood vessels and leads to better blood flow. In addition, avenanthramides have anti-inflammatory properties.*

Veggie Breakfast Burritos

From “Love and Lemons”

Makes 3 Large Burritos



Ingredients

- | | |
|--|--|
| 1lb. small yellow potatoes, cut into ½” pieces | 9 scrambled eggs |
| Extra virgin olive oil, for drizzling | ¾ cup cooked black beans, drained and rinsed |
| ½ tsp smoked paprika | ½ cup pico de gallo |
| Pinches of red pepper flakes | 1 ripe avocado |
| 1 red bell pepper | ½ cup cilantro leaves |
| 3 12” tortillas (look for low carb, whole wheat or healthier alternatives) | Sea salt and freshly ground black pepper |
| 1 cup fresh spinach | 1 lime, for squeezing |
| ½ cup shredded red cabbage, for color and crunch | |

Preparation

1. Preheat the oven to 425 °F and line a large baking sheet with parchment paper. Place the potatoes onto the sheet, drizzle with olive oil, and sprinkle generously with salt and pepper, smoked paprika, and red pepper flakes. Toss to coat, spread evenly on the pan, and bake for 30 minutes or until golden brown and crisp around the edges.
2. Heat a grill pan on the stove to medium heat. Place the red pepper on the pan and let it char for 4-5 mins per side, or until the pepper is soft and each side has black grill marks. Alternatively, you can roast it in the oven until soft. Remove from the grill, remove the stem and ribbing, and slice the pepper into strips.
3. Assemble the burritos: Divide the spinach leaves and red cabbage, among the wraps. Top with the scrambled eggs, red pepper strips, black beans, pico de gallo, potatoes, avocado, and cilantro. Sprinkle with salt and pepper and a squeeze of lime. Fold the left and right sides of the tortilla over the filling. Fold the bottom flap of the burrito up and over the filling, tucking the sides and the filling as you roll the burrito.

Summer Breakfast Skillet

Adapted From "Taste of Home"

Makes 4 Servings



Ingredients

- | | |
|---|--|
| ½ lb. fresh chicken sausage or bulk spicy pork sausage, chopped | 2 garlic cloves, minced |
| 1 medium sweet yellow pepper, chopped | 1 tsp paprika |
| 1 medium sweet red pepper, chopped | 4 large eggs |
| 1 medium onion, chopped | ¼ tsp salt |
| 3 medium tomatoes, chopped | ¼ tsp pepper |
| 2 small zucchini, chopped | ½ cup shredded cheddar cheese (optional) |

Preparation

1. In a large skillet, cook chopped sausage, peppers and onion over medium heat 4-6 minutes or until sausage is cooked through; drain.
2. Stir in tomatoes, zucchini, garlic and paprika; cook, covered, 5-7 minutes longer or until vegetables are tender.
3. With back of spoon, make four wells in vegetable mixture; break an egg into each well. Sprinkle eggs with salt and pepper. Cook, covered, 4-6 minutes or until egg whites are completely set and yolks begin to thicken but are not hard.
4. Remove from heat; sprinkle with cheese if desired. Let stand, covered, 5 minutes or until cheese is melted.



Egg & Spinach on Avocado Toast

Makes 1 Serving

1 slice of toasted sprouted grain bread (such as Ezekiel 4:9)

½ ripe avocado

Handful of fresh spinach

Dash of olive oil

1 poached, soft boiled or fried egg

Salt, pepper and garlic to taste

Red pepper flakes (optional)

Dash of hot sauce (optional)

1. Lightly toast the sprouted grain bread and prepare the egg to your liking.
2. While bread is toasting and egg is cooking, gently mash the avocado in a bowl with a pinch of powdered garlic or garlic salt to taste.
3. Lightly sauté the spinach leaves in a pan, with a dash of olive oil.
4. Spread the avocado mixture on the prepared toast, top with spinach, then egg and season with black pepper, red pepper flakes or a dash of hot sauce to taste.

Avocados are a **source of vitamins C, E, K, and B6**, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta carotene, and omega-3 fatty acids. Avocados contain high levels of healthy, beneficial fats, which can help a person feel fuller between meals.

Veggie Frittata

From "Cheerful Choices"

Makes 8 Servings



Ingredients

- | | |
|--|---|
| 1 tbsp olive oil | ½ tsp salt |
| 3 cups of seasonal vegetables of your choice, diced into 1/4" pieces (zucchini, yellow squash, peppers, broccoli, corn, tomatoes, onions, mushrooms are all great choices) | 10 large eggs |
| | 1/2 cup shredded cheddar cheese |
| | 1/4 cup fresh herbs of your choice, for topping (green onions, chives, basil, thyme, cilantro, parsley) |

Preparation

1. Preheat oven to 350F.
2. Heat oil in large, 9-inch cast-iron or oven-safe pan over medium heat. Add vegetables of your choice and salt. Sauté vegetables until most of the moisture is evaporated. Remove pan from heat.
3. Whisk eggs in a large bowl and pour over pan with vegetables. Ensure vegetables are evenly incorporated throughout the eggs.
4. Put pan directly in oven and bake for 15-20 minutes, or until eggs are set. Add cheese on top and cook for an additional 2 minutes, until cheese is melted.
5. Remove pan from the oven, add any salt and pepper to taste. Garnish with fresh herbs, slice into 8 pieces, and serve warm.



Post-Workout Shakes and Nutritious Smoothies

How to Build a Delicious Post-Workout Shake or Smoothie

From Trevor Sheasley - O2X Human Performance Specialist



Pick a Protein Source:

- Powders: Whey, Egg, Pea (plant-based) Soy (plant-based) or Powdered Peanut Butter
- Other Sources: Greek Yogurt, Milk, Eggs, Nut Butters

Pick a Liquid Source:

- Water
- Dairy Milk
- Soy Milk
- Nut Milks
- Coconut Milk
- Coconut Water
- 100% Fruit Juice

Add a Nutritional Supplement

- Creatine*
- Ground Flaxseed or Flaxseed Oil
- Liquid Minerals
- Green Powder
- Fish Oil
- Chia Seeds

Add Some Texture:

- Banana
- Avocado
- Oats
- Crushed Ice
- Nut Butters

Pump up the Flavor:

- Cocoa Powder
- Cinnamon
- Stevia
- Honey
- Agave
- Pure Maple Syrup
- Flavor Extracts (such as Vanilla, Peppermint, Coconut, Almond)

***Adding Creatine may provide:**

Improved strength and power during resistance training

Increased lean mass (due to effects on resistance training)

Reduction in mental fatigue in sleep deprived individuals, or those dealing with traumatic brain injury

Improved working memory in those who are creatine deficient (vegetarians and elderly)

Note: Always consult a specialist before adding supplements for needs & correct dosing

Chocolate Cherry Smoothie

From “The Smoothie Diet” by Drew Sgoutas

Makes 1 Serving



Ingredients

- 1 cup/8oz unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- 1 tbsp unsweetened almond butter
- 1 handful (1 cup) spinach
- 1 medium banana
- 1 cup/5oz frozen dark sweet cherries
- 1 tsp virgin coconut oil
- 1 tsp honey (if needed for added sweetness)

Preparation

1. Add the milk, cocoa, almond butter, and spinach to your blender. Blend until smooth.
2. Add the banana, frozen cherries and coconut oil; continue blending until smooth and creamy.

Did you know cherries can help reduce inflammation?

Mango Protein Smoothie

From “Simple Smoothies” by O2X

Makes 1 Serving



Ingredients

- 1½ cups unsweetened coconut milk
- 1 serving high-quality vanilla protein powder
- 1 cup frozen mango chunks
- 2 tsp coconut oil
- Few drops of pure vanilla extract (optional)
- Pinch of nutmeg (optional)

Preparation

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. That's it – enjoy!

Just one cup of mango provides 67% of your daily recommended amount of Vitamin C

Chocolate Raspberry Smoothie

From "The Smoothie Diet" by Drew Sgoutas

Makes 1 Serving



Ingredients

- | | |
|---------------------------------|--------------------------|
| 1 cup/8oz coconut water | 1 cup frozen raspberries |
| 1/4 cup rolled oats | 1 handful (1cup) spinach |
| 1 tbsp unsweetened cocoa powder | 1/2 tsp cinnamon |
| 2 tbsp shredded coconut | |
| 1 medium banana | |

Preparation

1. Add the coconut water, cocoa powder, and oats to your blender and allow it to sit for a few minutes to soften the oats.
2. Blend for 30 seconds.
3. Add the shredded coconut, banana and raspberries and blend for 30 more seconds.
4. Add in the spinach and cinnamon; blend until smooth.

Did you know that studies show that ketones, a natural compound in raspberries, help to prevent an increase in overall body fat and visceral fat?

Super Pumpkin Smoothie

From "The Smoothie Diet" by Drew Sgoutas

Makes 1 Serving



Ingredients

1 cup/8oz coconut water	1 tsp vanilla extract
1/4 cup rolled oats	1/2 tsp ground cinnamon
2 tbsp ground flax seeds	1/4 tsp ground cayenne pepper
1/2 cup canned pure pumpkin puree (look for one with no additives)	1 date pitted
1 handful (1 cup) Romaine lettuce	
1 tsp virgin coconut oil	

Preparation

Add the coconut water, oats and ground flax seeds to your blender and allow it to sit for a few minutes to soften the oats.

Add the pumpkin puree, date and lettuce; blend for about 30 seconds.

Add the coconut oil, vanilla extract and spices and blend until smooth and creamy.

Pumpkin is high in beta-carotene, which your body converts to Vitamin A. This means pumpkin is not only a festive holiday flavor but can also boost your immunity during peak cold and flu season.

Berry Greek Smoothie

From “Simple Smoothies” by O2X

Makes 1 Serving



Ingredients

- 1¼ cups berries, fresh or frozen, any single kind or mixed
- ¾ cup non-fat milk
- ½ cup plain fat-free Greek yogurt

Preparation

1. Evenly distribute yogurt into an ice cube tray and freeze
2. If using fresh berries – wash, chop and lay out on a baking tray and freeze with the yogurt. If using frozen berries, you can skip this step.
3. Once frozen, place the berries, yogurt and milk into the blender and blend until smooth.

This recipe requires the extra step of freezing the yogurt – so make multiple servings and keep in the freezer for immediate prep next time!

Iced Pumpkin Smoothie

From "The Smoothie Diet" by Drew Sgoutas

Makes 1 Serving



Ingredients

- | | |
|---|---------------------------------------|
| 1 cup/8oz unsweetened almond milk | 1 medium banana |
| 1/2 cup canned pure pumpkin puree
(look for one with no additives) | 1 tsp honey (if needed for sweetness) |
| 1 tbsp almond butter | |
| 1/4 tsp cinnamon | |
| 1/8 tsp nutmeg | |
| 1 handful (1 cup) Romaine lettuce | |

Preparation

Add the almond milk, pumpkin, almond butter, spices, and honey in your blender. Blend for 30 seconds, add the lettuce and blend again.

Add the banana and blend until smooth and creamy.

Almond butter has heart healthy monounsaturated fats and plant sterols that have been shown to lower bad LDL-cholesterol levels

Tropical Blast Smoothie

From "The Smoothie Diet" by Drew Sgoutas

Makes 1 Serving



Ingredients

1 cup/8oz coconut milk
1 handful (1 cup) kale leaves
1 mango, skin and pit removed

1/2 cup/3oz frozen pineapple chunks
2 tbsp unsweetened coconut
(shredded or flakes)

Preparation

Add the coconut milk, coconut flakes, and kale to your blender.

Blend until smooth.

Add the mango and frozen pineapple and continue to blend until smooth and creamy.

Coconut milk has MCTs (medium chain triglycerides) in it that can stimulate metabolism and help reduce overall body fat percentage

Strawberry Carrot Protein Smoothie

From “Simple Smoothies” by O2X

Makes 1 Serving



Ingredients

1½ cups unsweetened almond milk
or unsweetened coconut milk
1 serving of high-quality vanilla
protein powder

Handful of frozen or fresh
strawberries
½ carrot – chopped or grated

Preparation

Combine all ingredients
in a blender and blend
until smooth and
creamy.

That's it! Pour and
enjoy.

***This is a great way to
sneak a vegetable into a
drink and not even taste it!***

Mango Lime Chill Smoothie

From “The Smoothie Diet” by Drew Sgoutas

Makes 1 Serving



Ingredients

1 cup/8oz coconut water
Juice of 1/2 lime
1 tbsp shredded coconut
1 handful (1 cup) kale leaves

1/2 ripe mango, peeled and pit removed
1/2 frozen banana, chopped
1/4 avocado, peeled and chopped

Preparation

Add the coconut water, lime juice, shredded coconut, avocado and kale in your blender; blend until smooth.

Add the mango and frozen banana and blend until creamy.

Serve immediately.

Did you know mangos are rich in lupeol, a natural compound that has been shown to act against inflammation, arthritis, DNA damage and infections?

Vitamin C Blast Smoothie

From "The Smoothie Diet" by Drew Sgoutas

Makes 1 Serving



Ingredients

- | | |
|------------------------------------|-------------------------------|
| 1 cup/8oz coconut water | 1/4 avocado |
| 1/4 cup rolled oats | 1 cup/5oz frozen strawberries |
| 1 orange, peeled with pith removed | 1/4 tsp cayenne pepper |
| 1 handful (1cup) romaine lettuce | |

Preparation

1. Add the coconut water and oats to your blender and allow it to sit for a few minutes to soften the oats.
2. Add the orange to your blender, blend until very smooth, with little pulp
3. Add the lettuce and avocado; blend for 30 more seconds.
4. Add in the strawberries and cayenne pepper; keep blending until smooth.

Did you know that cayenne pepper has been shown to decrease hunger and reduce sugar and fat cravings?

Peanut Butter Bliss Smoothie

From “The Smoothie Diet” by Drew Sgoutas

Makes 1 Serving



Ingredients

- | | |
|---|---------------------------------------|
| 1 cup/8oz unsweetened almond milk | 1 handful (1 cup) kale leaves |
| 1/4 cup rolled oats | 1 banana (chop and freeze beforehand) |
| 1 tbsp natural peanut butter | |
| 1 tsp honey or stevia (if needed for sweetness) | |

Preparation

Add the almond milk and oats to your blender and allow it to sit for a few minutes to soften the oats.

Add all ingredients, except the banana, and blend until smooth.

Add the banana and blend until creamy.

Did you know that kale contains kaempferol, a potent flavonoid that research indicates may reduce Alzheimer's risk?

Cinnamon Apple Smoothie

From "The Smoothie Diet" by Drew Sgoutas

Makes 1 Serving



Ingredients

1 cup/8oz unsweetened almond milk	1 handful (1 cup) spinach
1/4 cup rolled oats	1 tsp pure vanilla extract
1 medium green apple	1/4 tsp ground cinnamon
1 medium pear	2 dates
1/4 avocado	

Preparation

Add the almond milk, dates and oats to your blender and allow it to sit for a few minutes to soften the oats.

Add the spinach and avocado and blend.

Add all the other ingredients and blend until smooth.

Cinnamon has been revered for its medicinal properties for thousands of years. It has been shown to lower blood pressure, reduce bad LDL cholesterol and protect good HDL cholesterol levels.

Vanilla Chai Smoothie

From "The Smoothie Diet" by Drew Sgoutas

Makes 1 Serving



Ingredients

1 cup/8oz coconut water
2 dates, pitted
2 tbsp rolled oats
1 tsp pure vanilla extract

1/4 tsp cinnamon
1/4 tsp ground cardamom
1 handful (1 cup) spinach
1/4 avocado

Preparation

Add the coconut water, dates and oats to your blender and allow it to sit for a few minutes to soften the oats.

Add the rest of the ingredients and blend until smooth.

Did you know that cardamom is credited with improving bad breath, treating cavities, lowering bad bacteria, and even fighting cancer?



Light Meals, Snacks and Sides

Healthy Snack Ideas

Turkey, Swiss and Hummus Wraps

Lay a slice of swiss cheese on a cutting board and top it with two slices of deli turkey and one tablespoon of hummus. Add any fresh veggies you want, roll up and eat!

Calories 185 - Protein 17g – Carbohydrate 3g – Fat 11g

Spicy Tuna and Crackers

Mix 2.6oz of tuna (one packet or small can packed in water) with a generous helping of salsa (mild or spicy depending on your taste) and use 1oz of *Triscuits* to scoop (use label to determine number of crackers per oz)

Calories 210 – Protein 21g – Carbohydrate 22g – Fat 6g

Mozzarella Cheese and Apple Slices or Asiago Cheese and Pear Slices

Eat 1oz of mozzarella or asiago cheese (cubes or slices) with one medium apple or pear

Calories 200 – Protein 7g – Carbohydrate 25g – Fat 9g

Peanut Butter on Toast

Eat one tablespoon of peanut butter (try to use all-natural peanut butter) on one slice of whole grain toast (*Ezekiel 4:9* sprouted grain bread is a nutritious and tasty choice)

Calories 165 – Protein 8g – Carbohydrate 16g – Fat 9g



Healthy Snack Ideas



Yogurt and Fruit

Eat one serving (small carton or single serving from large carton) of plain Greek yogurt, with one cup of sliced fruit (strawberries, apples, oranges, pineapple are all tasty choices). Add a light drizzle of pure honey or cinnamon for extra flavor.

Calories 200 – Protein 21g – Carbohydrate 20g – Fat 4g



Nuts and Fruit

Eat one serving (about one tablespoon) of your favorite nuts (almonds, pistachios, cashews etc.) or seeds (pumpkin, sunflower etc.) along with half a cup of fruit.

Calories 228 – Protein 6g – Carbohydrate 22g – Fat 15g

Celery Sticks with Cream Cheese

Schmear your favorite cream cheese into the crevices of six sticks of celery.

Calories 180 – Protein 6g – Carbohydrate 5g – Fat 15g



Hard Boiled Egg (Large)

Simply hard boil a batch of eggs at the beginning of the week and you have a high protein, low calorie snack anytime. Eggs are highly nutritious, containing the nine essential amino acids humans need to function optimally, as well as vitamins A and D. Pair with fruit or veggie sticks if you need to add carbohydrates and calories to your snack.

Calories 70 – Protein 6g – Carbohydrate 1g – Fat 5g



Healthy Snack Ideas

Red Bell Pepper & Guacamole

Red bell peppers contain antioxidants and are juicy and slightly sweet. Avocado is high in healthy fats and helps keep you full. Pair a sliced bell pepper with half of a medium sized avocado, mashed with garlic salt and black pepper to taste.

Calories 200 – Protein 3g – Carbohydrate 15g – Fat 15g



Steamed Edamame

These green soybeans can be found in the freezer section and are easy to steam in the microwave. Just pop them out of the pods when steamed and season to taste. They are high in protein, fiber, vitamin C and iron. Three quarters of a cup of shelled edamame provides:

Calories 180 – Protein 16g – Carbohydrate 20g – Fat 4g



Air Popped Popcorn

If you pop your own corn kernels with just heated air, you can drastically reduce the fat and sugar that pre-prepared popcorn contains. Popcorn provides fiber and the puffy snack fills you up. Season with a little olive oil, salt, nutritional yeast, hot sauce, chili powder or whatever low calorie seasoning you like.

Each unseasoned cup provides:

Calories 31 – Protein 1g – Carbohydrate 6.2g – Fat 0.3g



Sea Salt and Vinegar Zucchini Chips

From The Food Network

Makes 4 Servings



Ingredients

- 1 large zucchini (about 1 lb.)
- 2 tbs extra-virgin olive oil
- 2 tbs malt vinegar
- ½ tsp kosher salt, plus more for sprinkling
- ¼ tsp paprika

Preparation

1. Preheat the oven to 225F. Line two baking sheets with parchment paper.
2. Slice the zucchini thinly (1/8" or less), either by hand or on a mandolin. Lay the slices in single layer on paper towels and pat dry.
3. Whisk together the olive oil, vinegar and salt in a medium bowl. Add the zucchini and toss to coat. Spread the slices on the prepared baking sheets in a single layer without touching. Season with salt.
4. Bake, rotating the trays from top to bottom every 20 minutes, until the zucchini slices are very crisp, about 1 hour 15 minutes. While still hot, toss the chips with the paprika.

This recipe can be used for eggplant chips too!

"Full of Beans" Soup

Adapted From "The High Energy Cookbook" by Rachael Anne Hill, Photography by Nicky Dowey

Makes 4 Servings



Ingredients

28oz can diced tomatoes (fire roasted is most flavorful)

2 tbsp chopped fresh basil leaves

14oz canned mixed beans, drained and rinsed

3½ oz canned red kidney beans, drained and rinsed

1 vegetable bouillon cube (or ¾ cup of any prepared broth)

Sea salt and freshly ground pepper

Any dried or fresh herbs, red pepper flakes or hot sauce to taste

To serve:

Sour cream or Greek yogurt (optional)

Freshly grated parmesan cheese

1 tbsp chopped fresh basil leaves

Preparation

Place the tomatoes into a blender with the mixed beans and kidney beans and process until desired smoothness. Can be left chunky or completely blended to taste. If you don't have a blender, you can use an immersion blender or potato masher in a large pot.

Ladle into bowls and top with fresh herbs, freshly grated parmesan cheese and a little sour cream/Greek yogurt if desired.

Dissolve the bouillon cube in ¾ cup of boiling water and add to a pot with the blended tomatoes and beans.

Heat gently over medium heat until piping hot, stirring occasionally.

This recipe can be adapted to a heartier dinner meal by adding your favorite protein

Per Serving: Calories 172; Total Fat 3g; Saturated Fat 1.6g; Carbohydrate 29g; Protein 10g



Easy Garbanzo Bean Salad

Makes 4 Servings

3 lemons
2 tbs olive oil
1 tbs minced garlic
1 cucumber, chopped small
½ red onion, chopped small
1 cup cherry tomatoes, halved

1 can (16oz) Chickpeas (aka Garbanzo Beans), drained and rinsed
Salt and pepper, to taste
2 tbs chopped fresh parsley (or more, to taste)

1. Squeeze the juice of three lemons into your serving bowl. Add olive oil and minced garlic.
2. Add cucumber, red onion, cherry tomatoes and chickpeas to bowl and stir to combine. Season with salt and pepper to taste.
3. Sprinkle parsley on top to garnish. Refrigerate for one hour prior to serving

Panzanella (Tuscan Bread Salad)

Adapted From Ina Garten – “The Barefoot Contessa”

Makes 12 Servings



Ingredients

- 3 tbs olive oil
- Whole or sprouted grain bread, cut into 1” cubes (6 cups)
- 1 tsp kosher salt
- 2 large, ripe tomatoes, cut into 1” cubes
- 1 hothouse cucumber, unpeeled, seeded, and sliced ½” thick
- 1 red bell pepper, seeded and cut into 1” cubes
- 1 yellow bell pepper, seeded and cut into 1” cubes
- ½ red onion, cut in half and thinly sliced
- 20 large basil leaves, coarsely chopped
- 3 tbs capers, drained

For Vinaigrette:

- 1 tsp finely minced garlic
- ½ tsp Dijon mustard
- 3 tbs Champagne vinegar
- ½ cup olive oil
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper

Preparation

1. Heat the oil in a large sauté pan. Add the bread and salt; cook over low to medium heat, tossing frequently, for 10 minutes, or until nicely browned. Add more oil as needed.
2. For the vinaigrette, whisk all the ingredients together.
3. In a large bowl, mix the tomatoes, cucumber, red pepper, yellow pepper, red onion, basil, and capers.
4. Add the bread cubes and toss with the vinaigrette. Season liberally with salt and pepper. Serve, or allow the salad to sit for about half an hour for the flavors to blend.

This is a great way to use up stale bread. Would also taste great with cooked brown rice instead of the bread

Grilled Zucchini And Pepper Salad

By Giant Savory

Makes 4 Servings



Ingredients

4 zucchini
3 bell peppers – red, yellow, orange
¼ cup extra virgin olive oil
1 (6 oz) pkg gorgonzola cheese
1 tbsp balsamic vinegar
½ cup dry roasted almonds
⅓ cup basil

Preparation

1. Heat a gas or charcoal grill to medium-high heat. Slice the zucchini and bell peppers into long strips and brush with some of the oil. Grill vegetables for about 3 mins, or until grill-marks form, on each side.
2. Meanwhile, crumble the gorgonzola into a bowl and toss with the remaining olive oil, balsamic vinegar, and almonds. Toss with the grilled vegetables and arrange on a plate. Top with fresh basil.

Bell peppers are rich in **many vitamins and antioxidants**, especially vitamin C and various carotenoids. For this reason, they may have several health benefits, such as improved eye health and reduced risk of several chronic diseases. All in all, bell peppers are an excellent addition to a healthy diet.

Black Bean Salad

By Simply Recipes



1 In a large bowl, gently mix the black beans, corn, scallions, jalapeños, tomatoes or red bell pepper, lime juice, and olive oil. Then, gently fold in the chopped avocados.

2 Add salt and pepper to taste. Sprinkle with sugar to taste, enough to balance the acidity from the lime juice. Chill.

3 Right before serving, add the chopped fresh cilantro.



Ingredients

1 (15-oz) can black beans, rinsed and drained

1 ½ cups corn kernels, defrosted if frozen

½ cup chopped scallions or shallots

½ jalapeño pepper, seeded and minced, or ½ pickled jalapeño pepper, minced but not seeded

1 red bell pepper, seeded and chopped (and/or 3 plum tomatoes, seeded and chopped)

2 tbs lime juice

1 tbs extra virgin olive oil

1 avocado, cut into chunks

½ to 1 tsp sugar

Salt and pepper to taste

½ cup chopped fresh cilantro

Makes 6-8 Servings

Spinach, Hummus, and Bell Pepper Wraps

By Cooking Light

Makes 2 Servings



Ingredients

- 2 (1.9-oz.) whole-grain flatbreads (such as Flatout Light)
- 1/2 cup roasted garlic hummus
- 1 small red bell pepper, thinly sliced
- 1 cup firmly packed baby spinach
- 1 oz crumbled tomato-and-basil feta cheese (about 1/4 cup)

Preparation

1. Spread each flatbread with 1/4 cup hummus, leaving a 1/2-inch border around the edge.
2. Divide the bell pepper evenly between the flatbreads; top each with 1/2 cup spinach and 2 tablespoons cheese. Starting from one short side, roll up the wraps. Cut each wrap in half, and secure with wooden picks.

Research shows that a diet containing plenty of leafy greens (like the spinach in this recipe) is linked to a reduced risk of heart disease, certain cancers, macular degeneration, and type 2 diabetes.

Roasted Broccoli Salad With Celery And Apple

From www.health.com

Makes 4 Servings



Ingredients

- 1½ lb. fresh broccoli cut into bite-size florets, stems peeled and chopped (about 6 cups)
- ¼ cup avocado oil
- 1 tsp salt
- ¾ tsp black pepper
- ½ tsp cayenne pepper (optional)
- 2 tbsp fresh lemon juice
- ½ tsp Dijon mustard
- 3 ribs celery, diagonally sliced (about ¾ cup)
- 1 small, firm red apple (such as Gala), chopped (about 1 cup)
- ¼ cup slivered almonds, toasted

Preparation

1. Preheat oven to 450 °F; line 2 large baking sheets with parchment.
2. Place broccoli in a large bowl and drizzle with 1 tbsp oil; sprinkle with ½ tsp each salt and pepper. Sprinkle with cayenne, if desired.
3. Using your hands, toss to coat broccoli with oil and seasonings. Spread broccoli evenly on baking sheets and roast until broccoli is tender and lightly charred in spots, about 10-15 minutes. Stir once and switch baking sheets from top to bottom halfway through. Let cool completely, about 20 minutes.
4. Meanwhile, whisk together lemon juice, mustard, and remaining ½ tsp salt and ¼ tsp pepper in a large bowl. Slowly drizzle in remaining 3 tbsp oil, whisking constantly until blended.
5. Add celery, apple, and cooled roasted broccoli to dressing; toss to coat. Top with almonds and serve.

Summer Tomato Salad with Jicama and Avocado

From Food and Wine Magazine

Makes 6-8 Servings



Ingredients

- | | |
|---|--|
| 1 lb. heirloom tomatoes, cut into bite-size pieces (about 3 cups) | 3 tbs fresh lime juice |
| 1 ½ cups sliced English cucumbers | 1 ½ tsp kosher salt |
| ½ cup thinly sliced red onion, rinsed under cold water | ¼ cup loosely packed fresh cilantro leaves |
| ½ cup matchstick-cut jicama | Flaky sea salt, for finishing |
| 1/3 cup thinly sliced radishes | |
| 1 medium avocado, cut crosswise into 1/3" thick slices | |
| ¼ cup extra virgin olive oil | |

Preparation

Arrange tomatoes, cucumbers, red onion, jicama, radishes, and avocado on a serving platter.

Whisk together olive oil, lime juice, and kosher salt; drizzle dressing over vegetables. Sprinkle with cilantro leaves, and season to taste with flaky sea salt.

Jicama contains many important vitamins and minerals, including vitamin C, folate, potassium and magnesium. It's low in calories and high in fiber and water.

Roasted Vegetables

From “The High Energy Cookbook” by Rachael Anne Hill, Photography by Nicky Dowey

Makes 4 Servings



Ingredients

- | | |
|--|---|
| 1 red onion, cut into wedges | 1 red chile, seeded and chopped |
| 8 oz zucchini, thickly sliced | 1¼ tbs olive oil |
| 7 oz baby corn | 2 tbs chopped fresh basil leaves |
| 7 oz eggplant, cut into large chunks | 1 tbs chopped fresh rosemary (can substitute dried Italian seasoning for fresh herbs) |
| 1 red bell pepper, seeded and cut into large chunks | Balsamic vinegar (for drizzling) |
| 1 yellow bell pepper, seeded and cut into large chunks | Sea salt and freshly ground black pepper |
| 16 cherry or grape tomatoes | |

Preparation

Put the onion, zucchini, corn, eggplant, peppers, tomatoes, garlic and chile in a large non-stick roasting pan.


Sprinkle with the oil, season with salt and pepper (and herbs if using the dried version) and toss until all the vegetables are lightly coated. Shake the pan gently to allow the vegetables to sit in a single layer.

Roast in a pre-heated oven at 425 F for 30-40 minutes, turning once or twice during cooking, until all the vegetables and beginning to brown at the edges.

Remove from the oven and add the herbs at this stage if using the fresh version. Herbs and spice can be adapted to your taste. Drizzle with balsamic vinegar and serve.

This recipe can be adapted to any colorful vegetables you like. If you “Eat the Rainbow” you will get a huge variety of vitamins and nutrients. Pair with your favorite protein and healthy grain for a balanced meal

Per serving: Calories 84; Total Fat 3g; 0g Saturated; Carbohydrate 11g; Protein 3g



Vegan, Vegetarian and Vegetable Focused Meals

These recipes all feature vegetables as the star ingredients. Research shows a diet rich in a variety of fruits and vegetables can reduce your cancer risk by 40% or more!

Guacamole Potato Salad

Adapted from "What's Cooking: Potatoes" by Jenny Stacey

Potatoes get a bad reputation but are actually a good source of potassium, which regulates the heartbeat, ensures proper function of the muscles and nerves, and is vital for synthesizing protein and metabolizing carbohydrates



- 1 Cook the potato slices in boiling water for 10-15 minutes until tender. If substituting sweet potatoes, roasting the slices gives a better texture.

Meanwhile, cut and remove the stone from the avocado. Scoop the flesh and mash in a bowl with the olive oil, lemon juice, garlic and chopped onion. Cover the bowl with cling wrap and set aside.



- 2 Mix the tomatoes, chili and yellow bell pepper together and transfer to a large salad bowl with the potato slices (when cooled).



- 3 Spoon the avocado mixture on top and sprinkle with the fresh cilantro. Season with salt and pepper to taste, and garnish with lemon wedges.

Ingredients

- 4 large waxy potatoes, sliced (can substitute sweet potatoes for even better nutrition)
- 1 ripe avocado
- 1 tsp olive oil
- 1 tsp lemon juice
- 1 garlic clove, crushed
- 1 onion, chopped
- 2 large tomatoes, sliced
- 1 green chili
- 1 yellow bell pepper, sliced
- 2 tbsp chopped fresh cilantro
- Salt and pepper
- Lemon wedges for garnish

Makes 4 Servings

This vegan meal is loaded with flavor and nutrients, and naturally gluten free. You can adapt it to include your favorite grilled protein or top with a fried egg if you're not following a vegan diet.

Vegan Sweet Potato Bowl

(adapted from www.eatwithclarity.com)

Makes 4 Servings

Ingredients

2 cups cooked brown or cauliflower rice, seasoned with cilantro and lime juice

1 large sweet potato

1 tsp paprika

1 tsp garlic powder

2 tbsp olive oil, divided

1 can black beans

1 tsp chili powder

2 red bell peppers

1 red onion

1 cup cooked corn

1 avocado

Dressing:

½ cup runny tahini

¼ cup water

1-2 tbsp hot sauce

Juice from ½ lime or lemon

Salt to taste

Preheat the oven to 400 degrees F.

1. Peel and chop the sweet potato into chunks, toss in a bowl with 1 tbsp of olive oil, paprika, garlic powder and salt.
2. Slice the onion and peppers into thin strips. Drizzle with remaining olive oil.
3. Transfer the potato, peppers and onion to a parchment lined baking sheet and bake for 30 minutes or until the potatoes are tender.
4. Drain the black beans and add to a pan with 1 tsp chili powder. Sauté until warm.
5. Build the bowls with ½ cup each of heated rice, roasted vegetables and beans, then add cold corn and avocado. Whisk dressing ingredients together and drizzle on top.

Per serving (approx. based on brown rice): Calories 503 ; Total fat 17.5g; Carbohydrate 64g; Fiber 13.6g; Protein 14.5g

Vegetable Chili

Adapted from "The Crock Pot Cookbook" - Makes 4 Servings



Vegetable based chili is a great addition to your winter dishes. It's hearty and flavorful, packed with nutrients, and can be adapted to any vegetables you like. You won't notice there is no meat in it!

1

In a large pot, sauté the onions, celery, carrot and garlic in the olive oil until softened.



2

Add in all other ingredients, mix well, and season to taste. Bring to a boil, and then simmer on low heat for at least 30 minutes or until all vegetables are softened. This dish can be simmered on low for a long time to allow the flavors to really develop.

3

If you have a Crock Pot, you can skip step 1 and throw all ingredients into your slow cooker. Cover and cook on low for 5 ½ to 6 hours.

Set it and forget it!



Ingredients

- 2 15oz cans of Great Northern beans or beans of your choice
- 1 cup frozen corn
- 1 onion, chopped
- 2 ribs celery, chopped
- 1 6oz can tomato paste
- 1 4oz can diced green chilies, undrained
- 1 carrot, diced
- 3 cloves garlic, minced
- 1 tbsp olive oil
- 2 tbsp chili powder
- 2 tsp dried oregano
- 1 tsp salt
- 1 cup water

You can add or substitute any vegetables you like in this dish – zucchini, green beans or colorful bell peppers are all great choices.

Warm Chickpea Salad

From “Good Food 101: Cheap Eats”

Makes 4 Servings



Ingredients

1 red onion, cut into wedges
2 zucchinis, thickly sliced
1 red bell pepper, seeded and cut into chunks
13oz ripe tomatoes, cut into chunks
3 tbsp fresh herbs such as parsley, chives, mint (can substitute dried – see note below)
2 x 15oz cans chickpeas, drained

4oz feta cheese, cubed

For the dressing:

5 tbsp olive oil
Juice from half a lemon

Or use herbed feta cheese in a jar packed with oil and use the oil for the dressing!

Preparation

Preheat the oven to 425F. Put the onion, zucchini, red bell pepper and tomatoes in a shallow roasting pan and season with salt and black pepper.

Drizzle with 2 tbsp olive oil and if using dried herbs instead of fresh, add these now. Toss well to coat.

Roast for 30 minutes or until vegetables are tender. Stir halfway through.

Allow vegetables to cool for 5 minutes, then add to a bowl with the chickpeas, feta and dressing. Toss lightly and serve immediately.

Per serving: Calories 375; Total Fat 23g; 5g Saturated; Carbohydrate 29g; Protein 15g

This warm salad is hearty and satisfying. It delivers plenty of fiber to keep you full, and 15g of protein per serving, despite being meat free!

Garlic and Greens Spaghetti

From "Food Network Magazine"

Makes 4 Servings



Ingredients

16 cloves garlic, thinly sliced
1/3 cup extra virgin olive oil
2 medium onions, halved and sliced
1/8 teaspoon red pepper flakes, or more to taste
Kosher salt

12 cups torn winter greens, such as kale, chard, escarole or mustard greens (about 2 ½ lbs.)
12 oz spaghetti (whole wheat is best or even substitute some or all for spiralized veggies)
¼ cup grated pecorino romano cheese

Preparation

1. Bring a large pot of salted water to a boil. Meanwhile, cook the garlic in the olive oil in a large skillet over medium-high heat, stirring occasionally, until golden brown and crisp, about 3 minutes. Be careful not to over-brown the garlic or it will taste bitter.
2. Using a slotted spoon, transfer the garlic chips to a paper-towel-lined plate. Pour off all but 2 tbs oil into a small bowl to use as a dip for crusty bread, if desired. Add the onions and red pepper flakes to the oil in the pan; cook, stirring, until the onions are light brown, about 10 minutes. Season with 1 ½ tsp salt.
3. When the onions are almost done, add the greens to the boiling water and cook, uncovered, until just tender, about 2 minutes. Using tongs, remove the greens, shaking off the excess water; add them to the skillet with the onions (set the pot of water aside). Cook, stirring occasionally, until tender, about 5 minutes.
4. Return the cooking water to a boil. Add the spaghetti and cook according to package instructions until al dente.
5. Remove and reserve about 1 cup cooking water; drain the pasta and transfer to a serving bowl. Add the cheese and toss. Add the greens and some of the reserved pasta water and toss, adding more water as necessary to keep the pasta from clumping. Top with the garlic chips.

Spring Vegetable Soup

From "Cooking Light Magazine"

Makes 4 Servings



Beans are a great source of fiber. That's important because most Americans don't get the recommended 25 to 38 grams each day. Fiber helps protect against heart disease, high cholesterol, high blood pressure, and digestive illness.

Ingredients

- 2 tbs olive oil
- 2 medium carrots, diced (about 1 cup)
- 1 large leek, washed, trimmed and diced (about 2 cups)
- 1 celery stalk, diced (about 2/3 cup)
- ½ tsp salt
- ½ tsp black pepper
- 2 garlic cloves, minced
- 5 cups unsalted chicken or vegetable stock
- 1 lb. very small red potatoes, quartered
- 1 cup frozen green peas
- 1 cup (1½") slices asparagus
- 1 (15 oz) can unsalted cannellini beans, rinsed and drained
- 2 cups fresh baby spinach
- 1 tsp fresh thyme
- ¼ cup torn fresh basil
- ½ oz Parmesan cheese, shaved

Preparation

1. Heat a large saucepan over medium heat. Add oil; swirl to coat. Add carrots, leek, and celery; cook 5 mins, stirring occasionally.
2. Add salt, pepper, and garlic; cook 1 min, stirring frequently. Add stock and bring to a simmer over medium-high heat.
3. Add potatoes; reduce heat to medium, and simmer 8 minutes or until potatoes start to soften.
4. Add peas, asparagus, and beans; simmer 4 minutes or until vegetables are crisp-tender.
5. Add spinach, thyme, and basil; cook 1 more min.
6. Ladle soup into bowls; top evenly with cheese

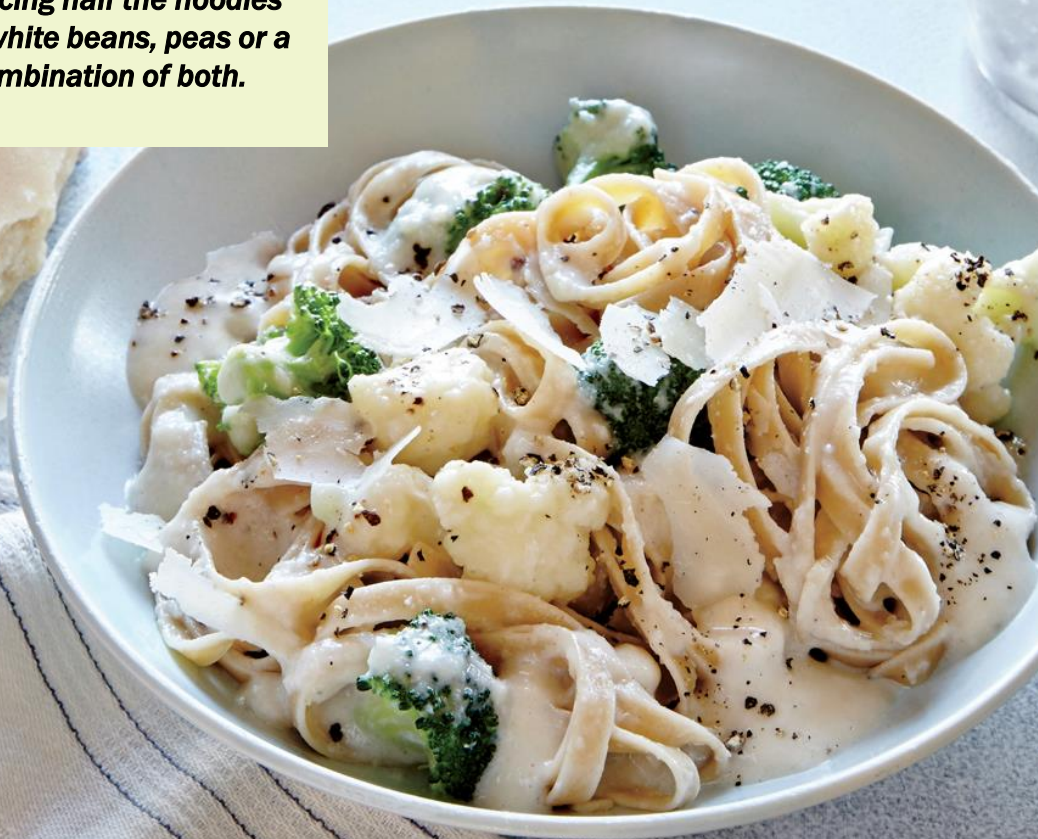
Cauliflower Alfredo

A lightened up, more nutritious version of a comforting classic!!

From "Cooking Light Diet"

Makes 4 Servings

To really up the nutrition in this recipe – consider replacing half the noodles with white beans, peas or a combination of both.



Ingredients

- | | |
|---|---|
| 8 oz uncooked whole-wheat fettuccine | 1 ½ tbs unsalted butter |
| 3 cups chopped broccoli | 1 tsp freshly ground black pepper |
| 3 cups chopped cauliflower, divided | 1 tsp fresh lemon juice |
| 1 tbs white whole-wheat flour | ½ tsp kosher salt |
| 1 cup unsalted chicken or vegetable stock | 2 oz grated Parmigiano-Reggiano cheese, divided (about ½ cup) |
| 3 garlic cloves | 1 tsp grated lemon rind |
| ⅔ cup 1% low-fat milk | |

Preparation

1. Cook pasta according to package directions, omitting salt and fat. Add broccoli and 1 cup cauliflower during last two mins of cooking; drain.
2. Place flour in a large saucepan. Slowly add stock, stirring constantly with a whisk until blended. Bring to a boil over medium heat; cook 2 minutes or until thick, stirring constantly.
3. Add remaining 2 cups cauliflower and garlic. Bring to a boil; cook 15 minutes or until very tender.
4. Place cauliflower mixture in a blender. Add milk, butter, pepper, juice, salt, and 1 oz cheese.
5. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters); process until smooth.
6. Return cauliflower mixture to pan over low heat. Add pasta mixture and lemon rind; toss well to coat noodles. Sprinkle with remaining 1 oz cheese. Serve immediately.

Slow Cooker Tuscan White Bean Soup

By Hannah Klinger on "My Recipes"

Makes 8 Servings



Ingredients

- | | |
|--|--|
| 6 cups unsalted chicken or vegetable stock | 2 tbs unsalted tomato paste |
| 1½ cups chopped onion | ½ tsp kosher salt |
| 1 cup diced carrot | 1 lb. hot Italian sausage links, casings removed (see note below for vegan option) |
| 1 cup diced celery | |
| 5 garlic cloves, chopped | 2 tbs fresh lemon juice |
| 4 fresh thyme sprigs | 1 oz Parmesan or vegan cheese, shaved (about ¼ cup) |
| 1 bay leaf | |
| 12 oz dried Great Northern beans | |
| 3 cups kale, stemmed and chopped | |

Preparation

1. Place first 8 ingredients in a 6-qt electric slow cooker. Cover and cook on LOW for 8 hours. Discard thyme and bay leaf.
2. Stir kale, tomato paste, and salt into bean mixture. Shape sausage into 32 meatballs; arrange on top of bean mixture. Cover and cook on HIGH 30 minutes or until meatballs are thoroughly cooked.
3. Stir in lemon juice. Divide soup among 8 bowls; top with cheese.

To make this recipe vegan, replace chicken stock with vegetable stock and omit sausage or replace with vegan sausage/meatballs.

Spiced Lentil Soup

Adapted from "Savory"

Makes 6 Servings



Ingredients

- 2 medium carrots
- 1 medium yellow onion
- 4 cloves garlic
- 1 (1") chunk fresh ginger
- 1 tbsp olive oil
- 1½ tsp ground coriander
- ½ tsp ground cardamom
- 6 cups water, broth or combination of both
- 1 lb. green lentils, picked over
- 1 (14 oz) can diced tomatoes, drained
- 4 cups packed baby spinach

Preparation

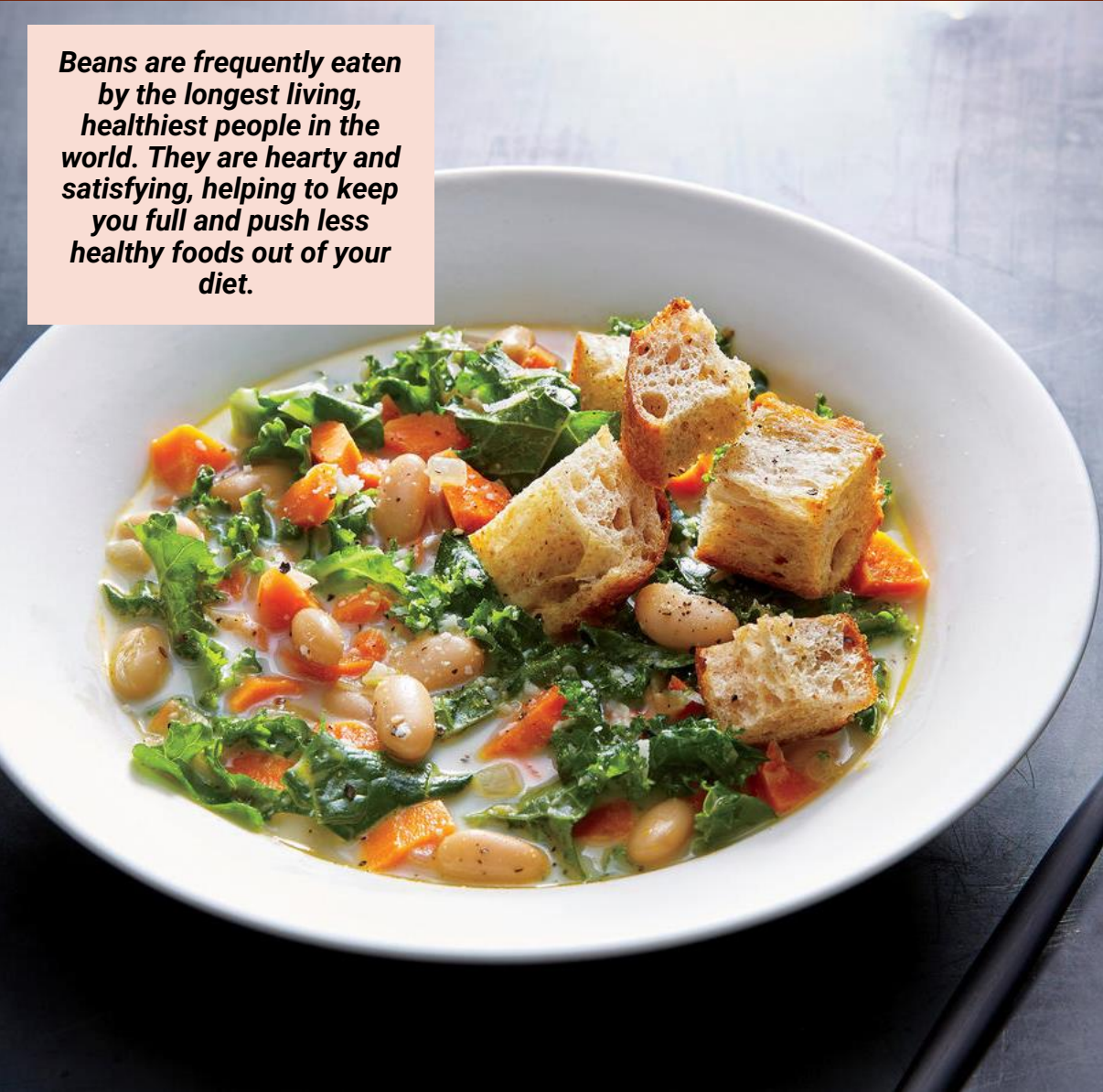
1. Dice the carrots. Finely chop the onion and garlic. Peel and finely mince the ginger.
2. Add the oil, carrots, onion, garlic, and ginger to a pan. Season with salt and pepper and sauté until onion is golden, stirring often.
3. Add the coriander and cardamom. Cook 1 min. Add 6 cups water, stirring and scraping up any browned bits.
4. Add the lentils and tomatoes. Bring to a boil and simmer, about 25-30 minutes, or until all ingredients are tender.
5. Add the spinach and stir until wilted. Season with salt to taste.
6. If you prefer your soup more creamy and less chunky, soup can be placed in batches in a blender or use a stick blender or potato masher directly in the pot.

White Bean Soup with Garlicky Croutons

From “Cooking Light”

Makes 4 Servings

Beans are frequently eaten by the longest living, healthiest people in the world. They are hearty and satisfying, helping to keep you full and push less healthy foods out of your diet.



Ingredients

- 5 tsp olive oil, divided
- 1 cup peeled chopped carrots
- 1/2 cup chopped yellow onion
- 2 tsp minced garlic, divided
- 2 cups unsalted chicken or vegetable stock
- 1 cup water
- 1/2 tsp black pepper
- 1/2 tsp kosher salt
- 2 (15-oz.) cans unsalted cannellini beans, rinsed and drained
- 4 cups stemmed chopped curly kale (about 1 bunch)
- 1/2 cup whole milk
- 1 oz Parmesan cheese, finely grated (about 1/4 cup)
- 3 oz whole-wheat baguette, cut into 1-in. pieces (about 1 cup)

Preparation

1. Heat 2 tsp oil in a Dutch oven or large pot over medium-high heat. Add carrots and onion; sauté 7 minutes. Add 1 tsp garlic; cook 30 seconds.
2. Stir in stock, 1 cup water, black pepper, salt, and beans; bring to a boil. Reduce heat, and simmer 20 minutes.
3. Stir in kale, milk, and parmesan cheese; let stand 5 minutes. Meanwhile, preheat broiler with oven rack in top position.
4. Place bread pieces on a foil-lined baking sheet. Combine remaining olive oil and garlic in a bowl; drizzle over bread. Broil 2 minutes or until golden, stirring once after 1 minute. Place 1 1/2 cups soup in each of 4 bowls; top evenly with bread pieces.

Ribollita (Tuscan Bread Soup)

Makes 4 Servings



Ingredients

- 3 tbs olive oil
- 1 small onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 3 garlic cloves, minced
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- 2 cups no salt added cannellini beans, rinsed and drained
- 1 15oz can no salt added whole peeled tomatoes
- 4 cups low-sodium vegetable stock
- 1 fresh rosemary sprig
- 1 fresh thyme sprig
- 1 pound kale, chopped
- 4 slices whole-grain bread, toasted

Preparation

1. Heat oil in a large pot over medium heat. Add onion, carrot, celery, and garlic; sprinkle with salt and pepper and cook, stirring occasionally, until vegetables are soft, 5-10 minutes.
2. Add beans, tomatoes, stock, rosemary, and thyme. Bring to a boil, then reduce heat so soup bubbles steadily; cover and cook, stirring once or twice to break up tomatoes, until flavors meld, 15 to 20 minutes.
3. Increase heat to medium high, add kale, and cook, stirring occasionally, until kale is tender, and soup is hot again, 3 to 5 minutes. Remove herb sprigs.
4. Put 1 slice bread in bottom of each bowl; ladle soup on top.

Kale contains antioxidants that help in removing damaging free radicals from the body. Experts believe too many free radicals can lead to cancer. Add kale to your arsenal to help protect yourself from illness and disease.



Chicken and Turkey Entrees

Chicken with a Red Pepper Crust

From “Good Food 101: Cheap Eats”

Makes 4 Servings



Ingredients

4 skinless, boneless chicken breasts
1 red bell pepper, seeded
2 garlic cloves
Large handful of fresh (or dried) parsley
2 tbsp olive oil
Salt and pepper to taste

Green salad, rice or roasted sweet potatoes
to serve

Preparation

1. Preheat the oven to 400F. Place the chicken breasts in a roasting tin or shallow ovenproof dish. Season chicken with salt and pepper.

2. Roughly chop the red pepper and finely chop the garlic. Place in a food processor with the parsley and pulse a few times until coarsely chopped. Stir in the oil and season generously. Spread over the chicken.

3. Spoon two tablespoons of water into the baking dish and roast the chicken, uncovered, for 25 minutes.

4. Serve with your choice of side.

If you don't have a food processor, you can coarsely chop the ingredients with a large knife

Per serving: Calories 210; Total Fat 11g; Saturated Fat 2g; Carbohydrates 5g; Protein 23g

Chicken & Chile Chickpea Salad

From "The High Energy Cookbook" by Rachael Anne Hill, Photography by Nicky Dowey

Makes 4 Servings



Ingredients

14oz canned chickpeas, drained and rinsed
3½ oz canned red kidney beans, drained and rinsed
1 red onion, finely chopped
2 fresh red chiles, seeded and finely chopped
2 tbsp fresh basil leaves, torn
1½ tbsp chopped fresh flat leaf parsley
Small bunch of chives, chopped
8 oz grilled chicken breast, chopped
8 oz ripe cherry or grape tomatoes, halved

2" piece of cucumber, chopped
Fresh parmesan cheese shavings

Dressing:

2 tbsp extra virgin olive oil
¼ cup balsamic vinegar
2-3 garlic cloves, crushed
1 tsp whole grain mustard
Sea salt & freshly ground black pepper

Preparation

Put the oil, vinegar, garlic and mustard in a salad bowl. Season with salt and pepper and stir to mix.

Add the chickpeas, kidney beans, onion, chiles and herbs and mix well. Cover and chill in the refrigerator for 2-4 hours to let the flavors infuse.

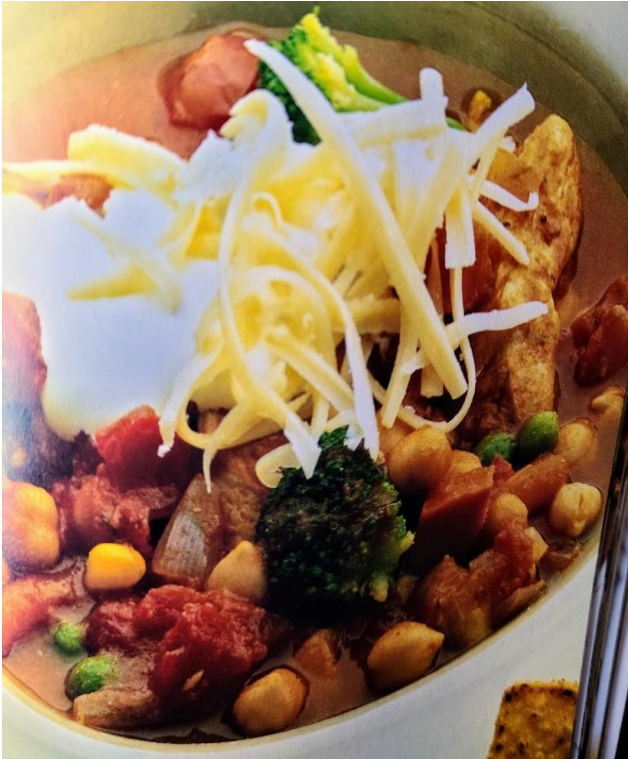
When ready to eat, add the chicken, tomatoes and cucumber to the salad. Season with salt and pepper to taste and toss well. Sprinkle with parmesan shavings.

This is a great meal to prep ahead of time when you know you have an afternoon drill. It tastes better after infusing for several hours.

Per serving: Calories 233; Total Fat 6g; Saturated Fat 2g; Carbohydrate 20g; Protein 29g

Chicken and Chickpea Chili

From Good Food 101: Cheap Eats - Makes 4 Servings



1 Heat the oil in a large pan and fry the onion for 5-6 minutes until golden. Add the chicken and fry until golden brown. Add the garlic and spices and cook for another 1 minute.

2 Stir in the tomatoes and stock. Bring to a boil, cover and simmer for 25 minutes. Add the chickpeas and frozen vegetables, bring back to a boil, and simmer for a further 10 minutes.

3 Season to taste and serve on its own or with your choice of whole grain – such as brown rice and/or quinoa, or a small amount of sour cream, grated cheddar and a few whole grain tortilla chips.

Onions of all colors (including white) are good sources of **vitamin C, vitamin B6, potassium and folate**, while garlic is rich in **vitamin C, vitamin B6, thiamin, potassium, calcium, phosphorous, copper and manganese**.

Ingredients

1 tbsp olive oil
1 large onion, roughly chopped
1 large boneless, skinless chicken breast, cut into chunks
2 garlic cloves, finely chopped
1 tbsp chili powder
1 tsp ground cumin
1 14oz can chopped tomatoes
16fl oz vegetable or chicken stock
1 14oz can chickpeas, drained
10oz frozen vegetables – such as broccoli, carrots, peas

To Serve (optional):
Brown rice and/or quinoa OR
Sour cream, grated cheddar and whole grain tortilla chips

Per Serving (with Tortilla Chip Serving Option)
Calories 374;
Total Fat 19.6g, Sat Fat 7.9g;
Carbohydrate 28.3g
Protein 22.8g

Chicken Hummus Bowls

Makes 4 Servings



Ingredients

- | | |
|---|--|
| 1 lb. boneless, skinless chicken thighs, trimmed and cut into 1" pieces | 2 cups hummus |
| 3 tbsp extra virgin olive oil, divided | 1 English cucumber, halved lengthwise and sliced |
| 1 tsp ground cumin | 1 pint cherry tomatoes, halved |
| 1 tsp paprika | ¼ cup slivered red onion |
| ¼ tsp cayenne pepper | ¼ cup chopped fresh parsley |
| ¼ tsp salt, divided | |
| 2 cloves garlic, finely chopped | |
| 2 tbsp lemon juice | |

Preparation

1. Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.
2. Toss chicken with 1 tbs oil, cumin, paprika, cayenne and 1/8 tsp salt. Spread evenly on the prepared pan. Broil until just cooked through, 5 to 7 minutes.
3. Meanwhile, mash garlic and the remaining 1/8 tsp salt into a paste with a fork. Transfer to a medium bowl and whisk in lemon juice and the remaining 2 tbsp oil.
4. Add the chicken and let stand for 5 minutes, stirring occasionally.
5. Divide hummus among 4 shallow bowls or plates. Top with the chicken and any remaining dressing, cucumber, tomatoes, onion and parsley.

Chicken & Vegetable Stir Fry

From “Mom on Timeout”

Makes 4 Servings



Certain chemical compounds in fresh ginger help your body ward off germs. They're especially good at halting growth of bacteria like *E.coli* and shigella, and they may also keep viruses like RSV at bay.

Ingredients


1 lb. boneless, skinless chicken breast cut into 1" cubes
Salt and pepper to taste
2 tbsp olive oil divided
2 cups broccoli florets
½ yellow bell pepper cut into 1" pieces
½ red bell pepper cut into 1" pieces
½ cup baby carrots sliced
2 tsp minced ginger
2 garlic cloves minced

Stir Fry Sauce

1 tbsp corn starch
2 tbsp cold water
¼ cup low sodium chicken broth
3 tbsp low sodium soy sauce
¼ cup honey
1 tbsp toasted sesame oil
½ tsp crushed red pepper flakes

Preparation

1. In a medium size bowl, whisk together corn starch and water. Add remaining ingredients (chicken broth, soy sauce, honey, and toasted sesame oil, red pepper flakes) and whisk to combine. Set aside.
2. Add one tbsp of olive oil to a large skillet or wok and heat over medium high heat.
3. Add chicken (in batches if necessary) and season with salt and pepper. Cook for 3-5 mins or until cooked through. Remove from skillet.
4. Reduce heat to medium and add remaining tbsp of oil to the skillet.
5. Add broccoli, bell pepper, and carrots and cook, stirring occasionally, just until crisp tender. Add ginger and garlic and cook for an additional minute.
6. Add chicken back into the skillet and stir to combine.
7. Whisk stir fry sauce and pour over chicken and vegetables and stir gently to combine.
8. Bring to a boil, stirring occasionally, and let boil for one minute.
9. Serve with cauliflower rice or whole grains.



This low-carb, high protein dish has a spicy kick. Add a whole grain side or cauliflower rice for a heartier portion

Piri Piri Chicken

(From "Good Food 101: Cheap Eats" – Makes 4 Servings)

Ingredients

2 red chilis
1 red bell pepper
3 tbsp red wine vinegar
4 tbsp olive oil
4 boneless chicken breasts (skin on preferred)

Mixed green salad to serve

Tip: Make extra marinade and keep chilled to add a spicy kick to other recipes

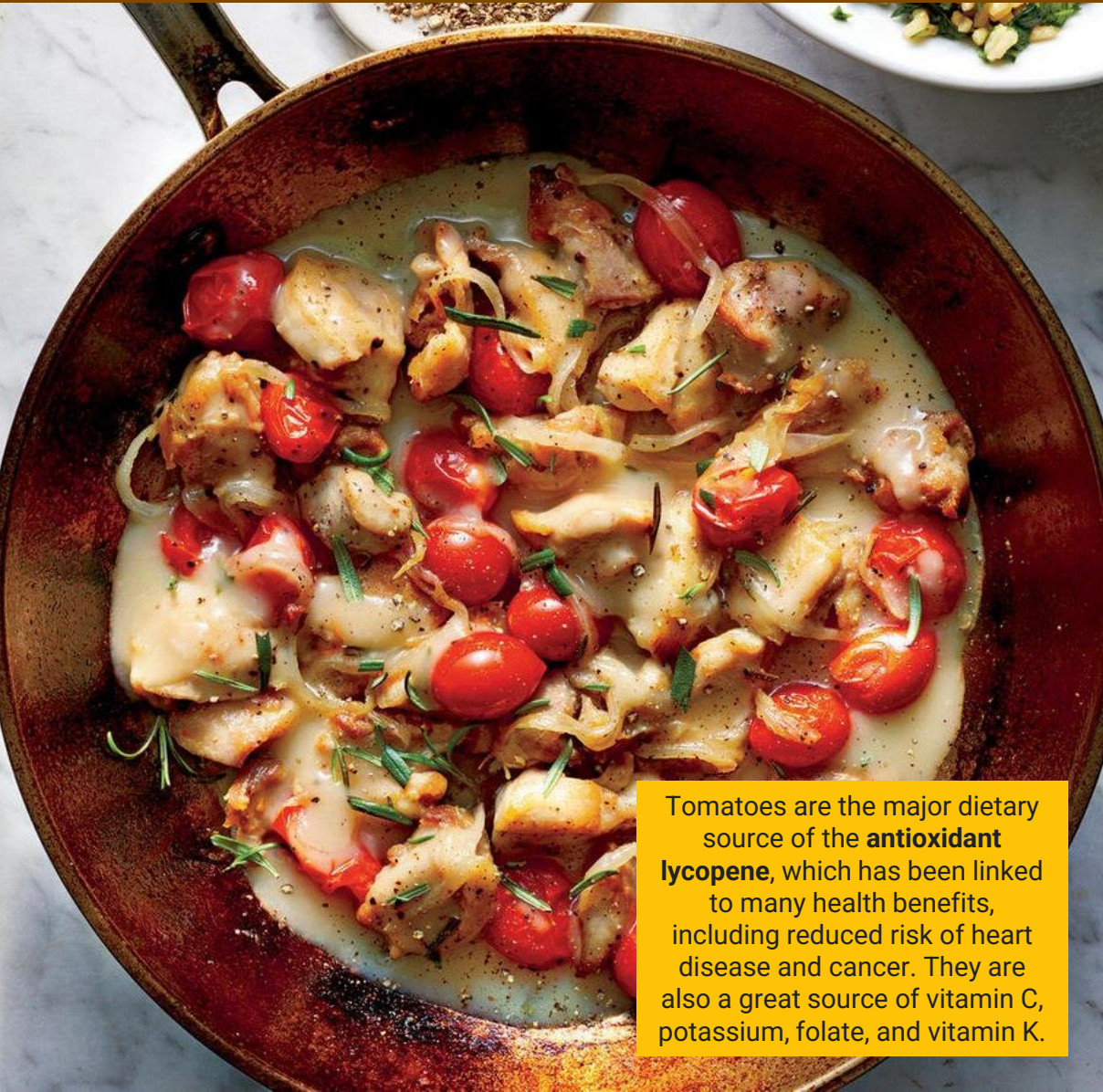
1. Halve and seed the chillies and red bell pepper. Chop the chillies finely, and the bell pepper into small chunks. Add the vinegar and oil, and season with salt and pepper.
2. Slash the chicken breasts across the skin side and put in a shallow ovenproof dish. Pour over $\frac{3}{4}$ of the marinade, turning the chicken to fully coat.
3. Marinate for at least 10 minutes, or overnight in the fridge if you have the time. Reserve the remaining marinade.
4. Heat a griddle or heavy frying pan, add the chicken and cook for 5-6 minutes each side, turning once.
5. Serve on a bed of mixed green salad leaves with the reserved marinade drizzled over top.

Per Serving: Calories 393; Total Fat 30g, Saturated Fat 7g; Carbohydrate 3g; Protein 27g

Creamy Chicken Tomato Skillet

From "Cooking Light Magazine"

Makes 4 Servings



Tomatoes are the major dietary source of the **antioxidant lycopene**, which has been linked to many health benefits, including reduced risk of heart disease and cancer. They are also a great source of vitamin C, potassium, folate, and vitamin K.

Ingredients

- 1 tbsp olive oil
- 1 lb. skinless, boneless chicken thighs, cut into bite-size pieces
- 1/2 tsp kosher salt, divided
- 1/2 tsp black pepper, divided
- 1 cup grape tomatoes
- 1/2 cup sliced white onion
- 1 garlic clove, grated
- 1 tsp chopped fresh rosemary
- 1 1/2 cups unsalted chicken stock
- 2 tbsp all-purpose flour
- 1 pkg. precooked microwavable whole-grain brown rice or quinoa.
- 3 cups fresh baby spinach, chopped
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice

Preparation

1. Heat oil in a large skillet over medium-high. Sprinkle chicken with 1/4 tsp salt and 1/4 tsp pepper. Add chicken to skillet; cook, without stirring, until chicken begins to brown, about 4 mins.
2. Add tomatoes, onion, garlic, and rosemary. Cook, stirring occasionally, until onion is tender, and tomatoes begin to soften, about 3 mins.
3. Whisk together stock and flour in a bowl until combined. Add to chicken mixture; stir and scrape browned bits from bottom of skillet. Bring to a boil. Cook, stirring often, until sauce thickens, 3-4 mins.
4. Heat rice/quinoa according to package directions. Place hot grains in a medium bowl; add spinach, lemon zest, lemon juice, remaining 1/4 tsp salt, and remaining 1/4 tsp pepper.
5. Toss to coat (hot grains will wilt the spinach). Divide grains among 4 plates; top evenly with chicken mixture.

Springy Chicken Soup

From "Cooking Light Magazine"

Makes 4 Servings



Ingredients

- | | |
|--|---|
| 1½ tbsp canola oil, divided | 1 cup frozen green peas, thawed |
| 1 lb. skinless, boneless chicken thighs, cut into small pieces | ½ tsp freshly ground black pepper |
| 1 cup thinly sliced leek | ½ tsp kosher salt |
| 1 cup thinly diagonally sliced carrot | 3 cups torn romaine lettuce |
| 4 cups unsalted chicken or vegetable stock | ⅓ cup fresh flat-leaf parsley leaves |
| 3 large thyme sprigs | 1 oz Parmigiano-Reggiano cheese, shaved (about ¼ cup) |

Preparation

1. Heat a large Dutch oven over medium-high heat. Add 1 ½ tsp oil; swirl to coat. Add chicken; cook 6 minutes or until browned, stirring occasionally. Remove chicken from pan.
2. Add remaining 1 tbsp oil to pan; swirl to coat. Add leek and carrot; sauté 5 minutes. Add stock and thyme; bring to a boil. Cover and cook 8 minutes or until carrot is almost tender.
3. Stir in chicken, peas, pepper, and salt; cook 3 minutes. Remove thyme; discard.
4. Remove pan from heat; stir in lettuce and parsley. Place 1 ½ cups soup in each of 4 bowls; top each serving with 1 tbsp cheese.

Hasselback Chicken with Tomato Artichoke Sauce

From "Clean Eating"

Makes 4 Servings



Artichokes are rich in folate and vitamins C and K, and they also supply important minerals, such as magnesium, phosphorus, potassium, and iron. Magnesium has been shown to help the body recover from strenuous activity, improve exercise performance, and may even help fight depression.

Ingredients

- 1/4 cup kosher salt
- 4 6oz boneless, skinless chicken breasts
- 3 tbsp extra-virgin olive oil, divided
- 1/2 cup chopped white onion
- 2 cloves garlic, chopped
- 1/4 tsp each, red pepper flakes and sea salt
- 1 24oz can diced tomatoes
- 1 10oz jar marinated artichoke hearts, drained
- 1/3 cup chopped fresh basil
- 1 zucchini, cut into 1/4-inch slices
- 1 1/2 tsp dried oregano
- 1/4 tsp ground black pepper
- 1/2 cup grated mozzarella cheese
- 1/4 cup grated Parmesan cheese

Preparation

1. To a large bowl, add kosher salt. Heat 2 cups water until hot (not boiling); pour into bowl and stir until salt dissolves. Add 2 more cups of cool water. Add chicken; cover and refrigerate for 1 hour.
2. In a large skillet on medium, heat 1 tbsp oil. Add onion and sauté for 2 minutes. Add garlic, pepper flakes and sea salt; cook for 30 seconds, until fragrant. Add tomatoes and artichokes. Simmer on low for 20 minutes. Stir in basil.
3. Meanwhile, preheat oven to 400°F. Remove chicken from brine; pat dry. Cut 6 to 8 slits about three-quarters of the way through each chicken breast, taking care not to cut all the way through.
4. Fill each slit with a slice of zucchini. Drizzle chicken with remaining 2 tbsp oil; sprinkle with oregano and black pepper. Place in an ovenproof dish. Bake for 20 minutes. Top chicken with mozzarella and Parmesan cheeses and return to oven for 5 to 10 minutes more, until a thermometer placed in thickest part of chicken reaches 165°F.
5. Let chicken rest for 5 minutes. Serve with tomato-artichoke sauce.

Quinoa Chicken Soup

From Cooking Light Magazine

Makes 4 Servings



Ingredients

- | | |
|---|--|
| 1 tbsp olive oil | 1/4 cup uncooked quinoa |
| 1/2 cup chopped yellow onion | 4 oz skinless, boneless rotisserie chicken breast, shredded (about 2 cups) |
| 1/2 tsp kosher salt | 1 cup diagonally cut sugar snap peas |
| 1/2 tsp black pepper | 1/2 cup chopped tomato |
| 4 garlic cloves, sliced | 3 tablespoons chopped fresh dill |
| 5 cups unsalted chicken stock (such as Swanson) | 1 teaspoon grated lemon rind |
| 1 cup (1/2-in.) diced red potatoes (about 2 medium) | |

Preparation

1. Heat a large saucepan over medium. Add oil to pan; swirl to coat. Add onion, salt, pepper, and garlic to pan; sauté 5 minutes or until onion is tender.
2. Add stock, potatoes, and quinoa; bring to a simmer. Cook 20 minutes or until potatoes are tender and quinoa is done.
3. Stir in chicken and sugar snap peas; cook 5 minutes. Stir in tomato, dill, and lemon rind.

Quinoa is gluten-free, high in protein and one of the few plant foods that contains sufficient amounts of all nine essential amino acids. It is also high in fiber, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

Spring Vegetable Shepherd's Pie

From Cooking Light Magazine

Makes 6 Servings



Ingredients

- | | |
|--|---|
| 2 (12-oz.) pkgs. frozen riced cauliflower | 1 cup frozen sweet peas |
| 1 (6.5-oz.) pkg. light garlic-and-herb spreadable cheese (such as Boursin) | 3/4 tsp kosher salt |
| 1 1/2 tbsp canola oil | 3 tbsp all-purpose flour |
| 1 lb. ground turkey or chicken | 1 tsp fresh thyme leaves, plus more for garnish |
| 2 cups chopped carrots | 1 1/2 cups unsalted chicken stock |
| 1 3/4 cups chopped zucchini | 1/2 tsp black pepper |
| 1 cup chopped yellow onion | |

Preparation

1. Preheat broiler to high with oven rack in upper middle position.
2. Microwave cauliflower according to package directions until tender. Combine cauliflower and cheese in a food processor; process until smooth.
3. Heat oil in a large ovenproof skillet over medium-high. Add ground turkey or chicken, and cook, breaking up with a spoon, until it begins to brown, about 4 mins. Add carrots, zucchini, onion, and peas; stir to combine. Add salt, and cook, stirring often, 4 minutes.
4. Add flour and 1 tsp thyme; stir to combine. Increase heat to high and add chicken stock. Cook, stirring constantly, until mixture thickens. Spoon cauliflower mixture over turkey and vegetable mixture in skillet, smoothing top with a spoon; sprinkle with pepper.
5. Broil until cauliflower topping is golden brown in spots, 3 to 4 minutes. Sprinkle with additional thyme leaves. Serve immediately.

Turkey Zucchini Boats

From "Eating Bird Food"

Makes 4 Servings



Ingredients

- 2 medium zucchini squash
- 2-3 tbsp parmesan cheese, optional
- ½ medium onion, chopped
- 1 lb. lean ground turkey
- 1 ½ cups prepared marinara sauce, look for one without added sugar

Preparation

1. Preheat oven to 400 °F.
2. Place a large nonstick skillet over medium-high heat. Add the onion and ground turkey into the skillet. Season with salt and pepper. Cook for 8 to 10 minutes, breaking apart with a wooden spoon or spatula while it cooks.
3. Add the marinara sauce. Cook 2-3 additional minutes.
4. Meanwhile, as the turkey cooks, cut the zucchini in half, lengthwise. Use a spoon to scoop the seeds and center out of each zucchini half, leaving about ¼ inch thick zucchini boat.
5. Place the zucchini (cut-side up) in a 9 x 13 baking dish. Spoon the turkey mixture into the four zucchini boats. Sprinkle each boat with a little parmesan cheese. Cover the baking dish with foil.
6. Bake for 20-30 minutes or until boats are heated throughout and cheese has melted.
7. Can broil or bake the boats at the end to brown the cheese if desired.

One Pan Mediterranean Chicken with Roasted Red Pepper Sauce

Adapted From "Crème De La Crumb"

Makes 4 Servings



Ingredients

- | | |
|--|---|
| 4-6 boneless, skinless chicken thighs or breasts | ½ tsp salt |
| 2/3 cup chopped roasted red peppers | ¼ tsp black pepper |
| 2 tsp Italian seasoning - divided | ½ cup whole milk and ½ cup plain Greek yogurt (blended to resemble heavy cream) |
| 4 tbsp olive oil | 2 tbsp crumbled feta cheese |
| 1 tbsp minced garlic | Thinly sliced fresh basil |

Preparation

1. Combine roasted red peppers, 1 tsp Italian seasoning, oil, garlic, salt, and pepper in a food processor or blender. Pulse until smooth.
2. Spray a large skillet. Season chicken with remaining 1 tsp Italian seasoning. Cook chicken in your greased skillet over medium heat for 6-8 minutes on each side until cooked through and lightly browned on the outside. Transfer to a plate and cover to keep warm.
3. Transfer red pepper mixture to the pan and stir over medium heat 2-3 minutes until hot throughout. Add heavy cream and stir until mixture is thick and creamy.
4. Add chicken and toss in the sauce to coat. Garnish with crumbled feta cheese and fresh basil and serve.

Grilled Chicken Parmesan

From “WW” – a lightened up version of an Italian classic!

Makes 4 Servings

Chicken Parmesan is usually breaded, deep-fried and served with tomato sauce with added sugar. This delicious alternative has all the flavor and none of the added fat, sugar and calories.



Ingredients

- | | |
|--|---|
| 5 sprays cooking spray | 2 cups grape tomatoes |
| 4 x 6oz boneless, skinless chicken breasts | 2 tbsp chopped fresh basil (or ¼ tsp dried basil) |
| 1 ½ tbsp olive oil, divided | 2 tsp red wine vinegar |
| 1 tsp Italian seasoning | 1 garlic clove, grated |
| ¾ tsp kosher salt, divided | 1oz fresh Parmesan, shaved |
| ¾ tsp black pepper, divided | |

Preparation

1. Coat a grill rack or pan with cooking spray, and pre-heat to medium high.
2. Brush the chicken with 1 tbsp olive oil, then sprinkle with Italian seasoning, ½ tsp salt and ½ tsp black pepper.
3. Thread the tomatoes onto 3 skewers and coat with cooking spray.
4. Grill the tomatoes, turning occasionally, until the skins are lightly charred and starting to split – about 5-6 mins.
5. Grill the chicken until a thermometer inserted into the center reads 165F, about 5-6 mins per side.
6. Transfer the tomatoes from the skewers to a medium bowl. Stir in the basil, vinegar, garlic and remaining oil, salt and pepper.
7. Plate the chicken and spoon the tomato mixture over the top. Sprinkle with the shaved Parmesan.

Chili-Spiced Turkey Bean Burgers

From "Eat for Abs" - Makes 4 Servings



1 To make the guacamole: Mash the avocado in a small bowl with a fork until fairly smooth. Mix in the onion, salsa, lime juice and salt. Cover tightly and set aside. You can serve the salsa separate from the guacamole if you prefer.

2 To make the burgers: Preheat the grill or broiler. Coat with cooking spray. Mash the beans in a medium bowl to a chunky texture. Stir in the ground turkey, egg, chili powder, cumin and salt until blended. Shape into 4 burgers and grill or broil for about 12 minutes, turning once. Ensure a meat thermometer reads 165F when inserted into the center of each patty.

3 Lightly toast burger buns, and place tomato slice and burger on each bun. Spoon $\frac{1}{4}$ of the guacamole mix over each burger and place bun on top.

Serve with a side salad.

Ingredients

- 1 ripe avocado, halved, pitted and peeled
- 2 tbsp chopped, sweet white onion
- 1 tbsp salsa
- 1 tbsp freshly squeezed lime juice
- Pinch of salt
- $\frac{2}{3}$ cup canned black beans, rinsed and drained
- 1 lb. lean ground turkey
- 1 large egg
- 2 tsp chili powder
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp salt
- 4 small whole or sprouted grain hamburger buns (or lettuce wraps for a lower carb option)
- 4 slices tomato

Per Serving (with whole grain hamburger bun):
Calories 386;
Fat 13g;
Carbohydrate 37g
Protein 38g



Beef and Pork Entrees

Easy Cherry Balsamic Glazed Pork Chops

From “eMeals”

Makes 2 Servings



Ingredients

- | | |
|--|------------------------------|
| 2 (6-oz) bone-in pork chops | 1 tbsp balsamic vinegar |
| $\frac{1}{8}$ tsp salt | 1 tsp chopped fresh rosemary |
| $\frac{1}{8}$ tsp pepper | |
| 2 tsp olive oil | |
| 1 tsp minced garlic | |
| 3 tbsp all-fruit spreadable cherry preserves (such as Polaner) | |

Preparation

1. Sprinkle pork with salt and pepper. Cook in hot oil in a nonstick skillet over medium-high heat 2 to 3 minutes per side. Remove from skillet.
2. Add garlic to hot drippings; sauté 1 minute. Stir in fruit spread, vinegar, and rosemary; bring to a boil. Cook 6 to 8 minutes or until thickened. Serve sauce over pork.

Summer Pork Chili

Makes 4 Servings



Ingredients

- | | |
|----------------------------|--|
| 2 tbsp oil | 1 red pepper, seeded and cut into chunks |
| 1 onion, chopped | 12 oz baby potatoes, cut into chunks |
| 1 lb. ground pork | 9 oz green beans, trimmed |
| 2 garlic cloves, crushed | |
| 2 tsp mild chili powder | |
| 14 oz can chopped tomatoes | |
| 2 tbsp tomato purée | |
| 1 pint chicken stock | |

Preparation

1. Heat the oil in a large frying pan, then fry the onion and ground pork for 3-4 minutes, stirring occasionally.
2. Add the crushed garlic, chili powder, tomatoes, tomato purée, chicken stock, red pepper and potatoes. Bring to a boil, cover and simmer over a low heat for 15 minutes until the potatoes are just tender.
3. Stir in the green beans, re-cover the pan and continue to cook for 5 more minutes, until the beans are tender but crisp.

Quick Lettuce Wraps

From “Life in the Lofthouse”

Makes 4 Servings



Ingredients

- | | |
|------------------------------------|--|
| 1 tsp olive oil | 1 tsp Sriracha |
| 1 lb. ground chicken or pork | 1 can (8 oz) sliced water chestnuts, drained |
| 2 cloves garlic, minced | 2 green onions, thinly sliced |
| 1 small white onion, diced | Kosher salt and freshly ground black pepper to taste |
| ¼ cup hoisin sauce | 1 head butter lettuce |
| 2 tbsp soy sauce or coconut aminos | |
| 1 tbsp rice wine vinegar | |
| 1 tbsp freshly grated ginger | |

Preparation

1. Add olive oil and ground chicken/pork to a large non-stick skillet. Cook and crumble over medium-high heat until browned. Drain any fat.
2. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha and sauté until onions have become translucent, about 1-2 minutes.
3. Stir in water chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.
4. Spoon several tablespoons of the chicken mixture into the center of a lettuce leaf. Serve immediately and enjoy!

Water chestnuts contain an antioxidant called ferulic acid, which may help reduce or slow the growth of cancer cells.

Grilled Stuffed Pork Tenderloin

From "Food Network Magazine"

Makes 4 Servings



Giardiniera is an Italian relish of pickled vegetables. Fermented foods like these can provide a healthy dose of gut-friendly probiotics.

Ingredients

- | | |
|--|--|
| 4 tbsp extra virgin olive oil, plus more for the grill | 1 cup drained, jarred roasted red peppers |
| 1 pork tenderloin (1 ¼ to 1 ½ lbs.) | 1 cup fresh basil |
| 3 cloves garlic (1 finely grated, 2 smashed) | 3 sticks mozzarella string cheese, halved lengthwise |
| Kosher salt and freshly ground pepper | 2 bunches kale (preferably Tuscan) |
| | ½ cup drained jarred giardiniera |

Preparation

1. Preheat a grill to medium high and lightly oil the grates. Butterfly the pork: Slice almost in half lengthwise, stopping about ½" from cutting through; open like a book and flatten with your hands. Cover with plastic wrap and pound to about ½" thick with the flat side of a meat mallet or a heavy skillet.
2. Rub the pork with the grated garlic and season with salt and pepper. Arrange the red peppers on top of the pork in a single layer, then the basil and mozzarella, leaving a 1" border on one long side. Roll up from the opposite long side into a tight log and tie with kitchen twine in three or four places. Rub with 1 tablespoon olive oil and season well with salt and pepper.
3. Grill the pork, covered and turning occasionally, until a thermometer inserted into the meat (not the filling) registers 145F, 12-14 mins. Let rest about 5 minutes, then slice.
4. Meanwhile, strip the kale leaves from the stems and tear into pieces. Heat the remaining 3 tbsp olive oil in a large pot or Dutch oven over medium-high heat. Add the kale, smashed garlic and a big pinch each of salt and pepper. Cook, tossing, until the kale is tender, about 5 mins.
5. Roughly chop the giardiniera and stir into the kale until heated through, about 1 minute. Divide among plates and serve with the pork.

Mediterranean Ground Beef Stir-Fry

From “Downshiftology”

Makes 4 Servings



Ingredients

- | | |
|--|---|
| 1 tbsp olive oil | 1 lb. lean ground beef |
| 1 red bell pepper, deseeded and diced | ½ tsp dried oregano |
| 1 pint cherry tomatoes, halved | Kosher salt and freshly ground black pepper, to taste |
| 8 oz baby spinach | 2 tbsp crumbled feta |
| 4 garlic cloves, minced | |
| 2 green onions, thinly sliced, white and green parts separated | |

Preparation

1. Heat the oil in a large pan on medium-high heat. Add the bell pepper and cherry tomatoes and sauté for 4-5 mins, until the tomatoes are blistered, and saucy. Add the garlic and stir another minute. [SEP]
2. Add the spinach and white parts of the green onion. Note that the spinach will take up most of the pan, but it will wilt down. Stir for another 2-3 minutes, until the spinach has wilted.
3. Remove veggies to a plate. Add the ground beef, oregano, salt, and pepper to the pan, and use a spatula to break up the meat. Cook the ground beef until it's browned, then drain off any excess grease.
4. Transfer the veggies back to the pan, add the green parts of the green onion, and stir until warmed through. Garnish with crumbled feta before serving.

Better-Than-Steak-Night Salad

From "Red Book Magazine"

Makes 4 Servings



Ingredients

1 cup quinoa
2 cups chicken broth or water
1 lb. 1" thick sirloin steaks
2 tsp ground cumin
Kosher salt and pepper
½ cup olive oil plus 1 tbsp
1½ cups cilantro, roughly chopped
½ tsp crushed red pepper flakes

2 tbsp lemon juice
½ tsp honey
1 lb. ripe cherry or grape tomatoes,
halved
Arugula or mixed green salad leaves,
to serve.

Preparation

1. Toast the quinoa in a large deep skillet over medium heat for 3 minutes. Add the broth and bring to a boil. Reduce heat, cover, and simmer until the quinoa is tender, about 15 minutes. Transfer to a large serving bowl.
2. Rub the steaks with the cumin and season with salt and pepper. Heat 1 tbsp oil in a large skillet over medium-high heat. Cook the steaks 4 minutes per side for medium-rare. Transfer to a cutting board and let rest for 5 minutes.
3. Meanwhile, in a food processor or blender, combine the remaining 1/3 cup oil, the garlic, herbs, red pepper, lemon juice, and honey until smooth to make a chimichurri dressing. Season with salt to taste.
4. Slice the steak and add to the quinoa along with the tomatoes, arugula and chimichurri dressing. Lightly toss to combine and serve.

Beef and Rice Stuffed Peppers

From “Beef: Its What’s For Dinner”

Makes 4 Servings



Bell peppers range in flavor from grassy and slightly bitter (green) to tangy (yellow and orange) to fully sweet (red).

Ingredients

- | | |
|---|----------------------------------|
| 1lb. ground beef (93% lean or leaner) | ½ cup cooked brown rice |
| 4 medium red, yellow or green bell peppers | 3 tbsp tomato paste |
| ½ cup minced onion | 2 tsp dried parsley |
| 2 tsp minced garlic | ½ teaspoon salt |
| 1 can (14 ½ oz) diced tomatoes with green peppers and onions, drained | ¼ teaspoon black pepper |
| | Chopped fresh parsley (optional) |

Preparation

1. Coat a large baking dish with cooking spray; set aside. Preheat oven to 475°F. Cut tops off bell peppers; set tops aside. Using a paring knife, carefully remove the membranes and seeds from inside bell peppers.
2. Arrange peppers about 2” apart in prepared baking dish. Place tops on empty peppers. Cover baking dish tightly with aluminum foil; bake 15 mins. Remove from oven; cool slightly.
3. Meanwhile, heat large nonstick skillet over medium heat until hot. Add ground beef, onion and garlic; cook 3-4 mins, breaking beef into ½” crumbles and stirring occasionally. Stir in tomatoes, rice, tomato paste, dried parsley, salt and black pepper; cook 3-4 mins until heated through, stirring occasionally.
4. Remove pepper tops. Divide beef mixture evenly among peppers; replace tops. Bake in 475°F oven 17-22 mins until instant-read thermometer inserted into center of beef mixture registers 160°F and bell peppers are tender. Garnish with parsley, if desired.

Ground Beef and Bean Burgers

From www.pulses.org

Makes 4 Servings



Ingredients

1 ½ lbs. lean ground beef
1 clove garlic, diced
¼ cup onion, diced
1 can pinto beans, drained
1 egg
½ cup breadcrumbs
Salt and pepper

4 whole wheat buns (or lettuce wraps)
1 large tomato, sliced and greens to serve

Replacing half of the ground beef with beans in a burger adds fiber and reduces saturated fat, while maintaining the traditional flavor and texture of a great burger!

Preparation

1. In a large bowl, combine the ground beef, garlic, onion, pinto beans, egg and breadcrumbs. Mix until just combined.
2. Form the mixture into 4 patties. Season both sides of each patty with salt and pepper.
3. Heat the oil in a cast iron skillet over high heat. Add the burgers and cook for 5 minutes, flip and cook for 3 more minutes or until cooked through. Alternatively, burgers can be cooked on the grill.
4. Place the open buns on 4 separate plates. Top the bottom bun with a burger, then add sliced tomato and lettuce. Add more toppings if desired before topping with the top bun.

Carne Asada

From “Pinch and Swirl”

Makes 6 Servings



Ingredients

2 lbs. skirt steak, trimmed of excess fat

For the Marinade:

1 jalapeño, seeded and minced

4 cloves garlic, minced

½ cup fresh cilantro leaves, chopped

Juice of 1 orange

Juice of 1 lime

Juice of 1 lemon

2 tbsp apple cider vinegar

⅓ cup olive oil

1 tsp ground cumin

1 tsp kosher salt

¼ tsp freshly ground black pepper

Preparation

1. In a large glass baking dish whisk together marinade ingredients until combined. Add skirt steak in a single layer, turning to coat with marinade. Cover and refrigerate for at least 1 hour, but no longer than 8 hours (longer will begin to break down the meat).
2. When you're ready to grill, preheat an outdoor grill to medium-high heat. Grill steaks for 7-10 mins per side, turning once for medium-rare.
3. Remove steaks and allow to rest for 5 minutes.
4. Slice thinly across the grain and serve.

This juicy grilled meat can be served with brown rice, beans, avocado and fresh pico de gallo for a delicious, nutritious Mexican dish.



Fish and Seafood Entrees

Spicy Salmon Bowls

From “Delish”

Makes 4 Servings



FOR THE SALMON

1/3 cup low-sodium soy sauce
1/3 cup extra virgin olive oil
1/4 cup chili garlic sauce
Juice of 1 lime
2 tbsp honey
4 cloves garlic, minced
4 (4-oz.) salmon fillets

FOR THE QUICK PICKLED CUCUMBERS

1/2 cup rice vinegar or rice wine vinegar
1 tbsp granulated sugar
1 tsp kosher salt
2 tsp toasted sesame oil
3 Persian cucumbers, thinly sliced

FOR THE SPICY MAYO

1/2 cup mayonnaise
2 tbsp Sriracha
2 tsp toasted sesame oil

FOR THE BOWLS

Cooked brown rice
1 avocado, sliced
1 medium carrot, grated
1/2 red onion
Cilantro leaves, torn
Sesame seeds

1. Preheat oven to 350°F and line a large baking sheet with foil. In a medium bowl, whisk together soy sauce, olive oil, chili garlic sauce, lime juice, honey, and garlic. Add salmon and gently toss to combine. Bake until salmon is fork-tender, 20-25 mins.
2. Meanwhile, make quick pickled cucumbers: In a microwave-safe bowl or jar, add vinegar, sugar, and salt and microwave until sugar and salt are dissolved, about 2 minutes. Stir in sesame oil, then add cucumbers and shake to combine. Cover with a tight-fitting lid or plastic wrap until ready to use.
3. Make spicy mayo: In a small bowl, combine mayonnaise, Sriracha, and sesame oil.
4. Assemble bowls: Divide rice among 4 bowls. Top with salmon, pickled cucumbers, avocado, carrot, red onion, cilantro, and sesame seeds. Drizzle with spicy mayo.

Grilled Salmon, Spinach and Tomato Stack

Adapted From "The High Energy Cookbook" by Rachael Anne Hill, Photography by Nicky Dowey

Makes 1 Serving



Ingredients

1 tbsp olive oil, plus extra to serve
1 salmon fillet, 5oz, trimmed and boned
1 thick slice beef tomato
2 tsp finely chopped basil leaves
Large handful of spinach leaves, washed
1 tbsp balsamic vinegar

While salmon can be expensive it is worth the splurge occasionally for the health benefits. Salmon contains Omega 3 fatty acids, shown to reduce inflammation and lower blood pressure

Preparation

1. Lightly brush a stove-top grill pan with the olive oil and heat until sizzling.
2. Add the salmon to the pan, skin side down.
3. Add the tomato and sprinkle with half of the basil leaves. Cook for 3-4 minutes.
4. Turn over the salmon and the tomato and cook for a further 2-3 minutes, until the salmon is cooked through but still tender. Remove the pan from the heat.

Pile the spinach leaves onto a serving plate, top with the tomato slice and then the salmon. Drizzle with a few drops of olive oil and some balsamic vinegar, then sprinkle with the remaining chopped basil leaves.

Serve immediately.

Per Serving: Calories 427; Total Fat 25g; Saturated Fat 5g; Carbohydrate 2.5g; Protein 38g

Honey Soy Salmon

From “Tasty”

Makes 2 Servings



Ingredients

For the honey soy marinade:

- 4 cloves garlic, minced
- 2 tsp ginger, minced
- 1/2 tsp red pepper flakes
- 1 tbsp olive oil
- 1/3 cup lower sodium soy sauce (or coconut aminos)
- 1/3 cup honey

- 12oz skinless salmon
- 1 tablespoon olive oil

Honey has long been revered for its antibacterial and antimicrobial properties and has even been proven to heal wounds when applied topically.

Preparation

1. Place salmon in a sealable bag or medium bowl.
2. In a small bowl or measuring cup, mix marinade ingredients.
3. Pour half of the marinade on the salmon. Save the other half for later.
4. Let the salmon marinate in the refrigerator for at least 30 minutes.
5. In a medium pan, heat oil. Add salmon to the pan and discard the used marinade.
6. Cook salmon on one side for about 2-3 minutes, then flip over and cook for an additional 1-2 minutes.
7. Remove salmon from pan. Pour in remaining marinade and reduce until thickened.
8. Serve with fresh steamed broccoli and brown rice or quinoa for a balanced, nutritious meal.

Brain Power Salmon Salad

From “Gimme Some Oven”

Makes 2 Servings



Ingredients

8oz salmon (can use smoked or canned salmon for this)

1 avocado, peeled, pitted and diced

4 cups baby spinach or mixed greens

½ cup fresh blueberries

¼ cup feta or blue cheese crumbles

¼ cup chopped walnuts (optional)

½ red onion, thinly sliced

FOR THE VINAIGRETTE:

1/3 cup olive oil

2 tbsp apple cider vinegar

1 tbsp chia seeds

1 tbsp honey

¼ tsp salt

Preparation

To make the salad:

Toss all ingredients together until well combined.

To make the vinaigrette:

Whisk all ingredients together until combined and emulsified.

Divide salad into two bowls and add vinaigrette. Toss to coat and enjoy!

This easy powerhouse recipe contains salmon, spinach, blueberries and walnuts – all shown to provide nutrients which improve memory and cognitive processes!

Salmon or Tuna Burgers with Cabbage Slaw

From “Pinch of Yum”

Makes 3-4 Servings



FOR THE BURGERS:

12-14oz salmon or tuna (canned or fresh)
2 eggs
½ cup wholewheat breadcrumbs
1 tsp salt
½ tsp garlic powder
¼ cup chopped fresh herbs (like dill or parsley)
Squeeze of lemon juice
Olive oil, for frying

FOR THE SLAW:

1 head green or red cabbage, shredded
1 cup plain Greek yogurt
2-3 tbsp distilled white vinegar
1 tsp salt
½ tsp garlic powder
½ cup chopped fresh herbs (like dill or parsley)
Drizzle of olive oil

Preparation

1. Flake up the salmon or tuna and mix all burger ingredients together in a bowl. Form into 3 or 4 patties.
2. Heat olive oil over medium heat, in a non-stick skillet. Fry the burgers for a few minutes on each side, turning carefully, until golden brown and crispy.
3. Transfer to a plate and sprinkle with salt.
4. Mix all slaw ingredients together and adjust seasoning to taste.
5. Serve patties on a bed of slaw, and top with a dollop of Greek yogurt and a sprinkling of herbs.

Canned salmon or tuna provides a similar nutrient profile as fresh, but at a much cheaper price.

Buy the highest quality you can afford for the best in nutrition and sustainability. “Wild Planet” is a good choice.

Salmon or Tuna Mediterranean Couscous Salad

From "Recipe Runner"

Makes 4 Servings



FOR THE SALAD:

- 1 cup Israeli (pearled) couscous, uncooked
(can substitute brown rice and/or quinoa)
- 5oz flaked salmon or tuna (canned is fine!)
- 1/3 cup roasted red peppers (jarred is fine),
diced
- Carton of cherry or grape tomatoes, halved
- 1/4 cup black olives, diced
- 1/4 cup diced red onion
- 3 tbsp chopped parsley

Zest of a lemon

Salt and pepper, to taste

FOR THE DRESSING:

- Juice of a lemon
- 1 tbsp water
- 2 tsp olive oil
- 2 tsp Dijon mustard
- 1/2 tsp honey
- Salt and pepper to taste

Preparation

1. Cook the couscous, rice or quinoa according to package directions. Rinse with cold water and add to a large bowl.
2. Add all the salad ingredients to the bowl and gently mix.
3. In a small bowl, whisk together the dressing ingredients and pour over the salad. Toss to combine.
4. Season with salt and pepper to taste, and either serve immediately or keeps well in the refrigerator until ready to eat.

This recipe contains many of the fresh, nutritious ingredients used in the Mediterranean, an area of the world where the people are known for excellent health and longevity.

Grilled Tuna with Edamame-Broccoli Salad

From “Savory”

Makes 4 Servings



Ingredients

- | | |
|---|------------------------------|
| 2 (12 oz) bags microwave-ready broccoli | ¼ cup sesame-ginger dressing |
| 2 green onions | 4 (6 oz) tuna steaks |
| ½ cup roasted red peppers, drained and patted dry | 1 tbsp olive oil |
| 1 ½ cups frozen shelled edamame, thawed | 1 tsp lemon pepper |

Preparation

1. Set grill or grill pan to high. Cook the broccoli in the microwave according to package directions.
2. Meanwhile, chop the green onions and red peppers. Place in a large bowl. Add the edamame, broccoli, and sesame-ginger dressing. Toss to combine. Season with salt and pepper to taste.
3. Brush the tuna with the oil. Season with the lemon pepper and salt. Grill tuna 2–3 min. per side, until desired doneness.

Edamame is an immature soybean, and has been shown to reduce the risk of prostate cancer in men and breast cancer in women

Spinach-Orzo Salad with Shrimp

From "The Food Network"

Makes 4 Servings



Ingredients

Kosher salt	1/2 cup packed fresh parsley, chopped
1/2 cup orzo (or brown rice)	1/3 cup plus 2 tablespoons fresh lemon juice
4 cups spinach, thinly sliced	1/3 cup plus 2 tablespoons extra-virgin olive oil
10 medium radishes, quartered	Freshly ground pepper
1 small cucumber, peeled, seeded and diced	1lb. medium shrimp, cleaned, peeled and deveined
1/2 red onion, quartered and thinly sliced	1/2 cup crumbled feta cheese
1/4 cup pitted oil-cured olives, chopped	
1/2 cup packed fresh mint, chopped	

Preparation

1. Preheat the broiler. Bring a pot of salted water to a boil. Add the orzo and cook until al dente, about 8 minutes. Drain, rinse with cold water and shake dry.
2. Meanwhile, toss the spinach, radishes, cucumber, onion, olives, mint, parsley and 1/3 cup each lemon juice and olive oil in a large bowl. Add the orzo and season with salt and pepper.
3. Toss the shrimp with the remaining 2 tablespoons each lemon juice and olive oil in a bowl. Arrange on a foil-lined broiler pan and broil until slightly pink, 1 to 2 minutes. Turn and broil until just cooked through, 2 to 3 more minutes.
4. Divide the salad among plates. Top with the shrimp, sprinkle with the feta and season with pepper.

Shrimp is low in calories and contains 20 different vitamins and minerals, including Iodine – which is hard to find in other foods and is vital to thyroid function and brain health

Shrimp Kabobs

From “Immaculate Bites”



Ingredients

2 lbs. large shrimp, peeled and deveined
2 tsp fresh thyme
1-2 tsp fresh oregano (or ½ tsp dried)
1 tsp freshly ground black pepper
1 tsp cumin spice
1 tbsp minced garlic (about 3 medium cloves)
1 tsp red pepper flakes
1/2 tsp dried Italian seasoning
3-4 tbsp olive oil

3-4 tbsp lemon juice
Salt to taste

Veggies (substitute any that you enjoy):
bell pepper, *large chunks*
red onion, *large slice*
zucchini, *large slice*
squash, *large slice*

Preparation

Soak wooden skewers for at least 20 mins totally submerged in water before using to prevent burning. (Or use metal skewers instead).

Heat the grill to medium-high heat. If using grill pan lightly spray to prevent the shrimp from sticking to the pan.

In a medium bowl, combine thyme, oregano, black pepper, cumin, garlic, red pepper flakes, Italian seasoning, olive oil and lemon juice. Set aside.

Add shrimp in a large bowl, season with salt, then marinate shrimp with the spicy mixture.

Use some of the marinade to rub on the vegetables, then salt to taste.

Thread the shrimp onto the skewers, alternating between the shrimp and vegetables.

Grill for about 2-3 minutes per side until vegetables are fully cooked through.