



# NOURISH TO FLOURISH

A digital cookbook comprised of healthy recipes submitted by Ivy Tech employees and students to highlight the connection between healthy eating and mental well-being



## Benefits of Healthy Eating and Mental Health



Proper nutrition and mental health are closely linked, and maintaining a balanced diet can significantly benefit your psychological well-being. Eating a balanced diet can reduce the risk of various diseases and health conditions, and improve mood and memory.

- **Improved Mood:** Diets rich in whole foods, fruits, vegetables, and omega-3 fatty acids can boost mood and reduce symptoms of depression. Foods high in antioxidants (like berries and leafy greens) help combat oxidative stress linked to mood disorders.
- **Enhanced Cognitive Function:** Nutrient-dense foods (like fish, nuts, and whole grains) support brain health, improving memory, focus, and problem-solving skills. B vitamins, especially B6, B12, and folate, are crucial for cognitive function and can reduce cognitive decline.
- **Stress Reduction:** Foods rich in magnesium (like dark chocolate and leafy greens) help manage stress by regulating cortisol levels. Complex carbohydrates (like oatmeal) can promote serotonin production, leading to a calming effect.
- **Reduced Risk of Mental Health Disorders:** Diets high in processed foods and sugars are linked to an increased risk of depression and anxiety. Consuming probiotics (like yogurt and fermented foods) supports gut health, which is increasingly linked to mood regulation.
- **Better Sleep:** Nutrients like magnesium, potassium, and tryptophan (found in bananas, nuts, and dairy) promote restful sleep, which is essential for mental health. Avoiding caffeine and heavy meals before bed helps maintain a healthy sleep cycle.

# TABLE OF CONTENTS

	<b>BREAKFAST, Page 2-9</b>	28	Easy Vegan Bean Burritos
4	Overnight Oats	29	Baked Salmon and Quinoa with Mixed Veggies
4	Blackberry Banana Pancakes		Garlicky Parmesan Zucchini Bake
5	French Toast	29	Broccoli Bok Choy Chicken Stir Fry
5	Apple-Banana Pie Oatmeal	30	
6	Eggs, Toast, and Homemade Froyo		
6	Blueberry Lemon Waffles		<b>SIDE DISHES, Page 32-39</b>
7	Apple Raisin Oatmeal	32	Avocado, Mango, and Black Bean Salsa
7	Blackberry Walnut Oatmeal	33	Garlic Mushroom Cauliflower Skillet
8	Veggie Omelet Tortilla	34	Garlic Parmesan Kale Pasta
9	Healthy Breakfast Casserole	35	Sweet Potato Fries
		36	Roasted Italian Vegetable Medley
	<b>SOUPS AND SALADS, Page 11-19</b>	37	Celery and Water Chestnut Casserole
11	Vegetable Lentil Soup	37	Oven Roasted Asparagus
12	Simple Turkey Chili	38	Easy Hummus
13	Easy Tortilla Soup	38	Brussel Sprouts
14	Creamy White Bean Soup with Kale	39	Spicy-Sweet Roasted Sweet Potatoes
15	Thai Chicken Curry Soup		
16	Spinach Salad		<b>SNACKS AND DESSERTS, Page 41-47</b>
17	Artichoke and Tomato Salad	41	High Protein/Low Fat Individual Mini Cheesecakes
18	Crunchy Kale Salad		Peanut Butter Protein Balls
19	Cranberry Salad	41	Apple Cinnamon Bliss Balls
19	Waldorf Chicken Salad	42	Dark Chocolate Avocado Banana Delight
		42	No Bake Granola Bars
	<b>MAIN DISHES, Page 21-30</b>	43	Baked Kale Chips
21	Taco Stuffed Peppers	44	Skinny Spinach and Artichoke Dip
22	One-Pot Orzo with Sausage, Spinach and Corn	45	Tropical Froyo
23	Garlic Marinated Chicken	46	Roasted Pizza Pumpkin Seeds
24	Air Fryer Fried Chicken Thighs	46	Crispy Parmesan Garlic Edamame
25	Pork Chop Dinner	47	No Bake Energy Balls for Chocolate Lovers
26	Grilled Fish Tacos		Watermelon Power Smoothie
27	Rustic Bean Stew with Bacon and Caramelized Onions	47	



# BREAKFAST



# Overnight Oats



- 1/2 cup old-fashioned oats
- 4 tbsp. chia seeds
- 2 tsp cinnamon
- 1 3/4–2 cup unsweet almond milk
- Drizzles of honey

Mix it all together and put in a jar or container with a lid in the fridge for a minimum of 4 hours

You can eat it cold in the morning but if you prefer it warm, you can zap it in the microwave after putting it in a bowl.

Then, add your toppings of fruit, nuts, nut butter or whatever you prefer

Insider Tip: I only eat about half and save the rest for the next day.

# Blackberry Banana Pancakes



- 1 cup Bob's Red Mill gluten-free flour (or regular flour)
- 1/4 cup gluten-free overnight oats (or regular oats)
- 2 brown eggs (or any eggs)
- 1 ripe banana, medium-sized
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- Pinch of salt
- 1 tsp cinnamon
- 1/2 cup fresh blackberries (or more if you choose)

1 tbsp. flaxseed meal (optional)

1 tbsp. coconut oil for pan

Honey (optional)

## Directions

In a medium size bowl, mash a banana with a fork. Then, add in eggs and mix well. Add rest of ingredients and mix. In a medium size skillet, heat 1 tablespoon of coconut oil over medium heat. Pour batter into pan. Cook each side for about 3-4 minutes  
Serve with fresh fruit, honey, or almond butter.

# French Toast



Bonjour! Comment vas-tu?

This breakfast is not only simple but super yummy!

French Toast: using one egg, cinnamon, pumpkin spice, vanilla extract, splash of unsweet almond milk.

Mix all the ingredients together then soak both sides of two pieces of bread in a bowl. Use whole grain bread. Cook in a frying pan until golden brown.

On top, I used bananas sautéed in coconut oil, blueberries, pure maple syrup, and cacao nibs.

# Apple-Banana Pie Oatmeal



This tasted amazing on a cold, fall morning and it's full of protein and fiber to make you feel full longer!

I added one cup of water 1/2 cup old-fashioned oats and a half banana chopped. (Tip: Add the oats to the water before you turn on the stove then bring to a boil before you lower to a simmer. SO MUCH THICKER/CREAMIER). As I cooked it, I mashed the banana with a fork then added a scoop of vanilla protein powder (optional) and stirred it in completely.

I sautéed the apple slices in coconut oil and coconut sugar in a skillet to add on top.

Then, I drizzled all natural peanut butter and cinnamon on top and garnished with pomegranate arils and almonds. Yummy!

# Eggs, Toast, and Homemade Froyo



Healthy breakfast inspired by my 13-year old!

- Eggs sunny-side up with pepper and sea salt sprinkled on top
- Whole grain wheat toast with Smart Balance Butter Spread
- Homemade Froyo: Blend 1 cup frozen raspberries, 1 cup frozen mango, 1 frozen banana, 1/2 cup coconut Greek yogurt, 1 date for sweetness, 1/2 cup unsweetened cashew (or coconut or almond) milk, 1 tbsp maca powder, 1 tbsp matcha tea powder (for the health benefits), garnished with coconut flakes and blueberries

Protein, healthy fat, fiber, antioxidants and a great immunity booster during cold and flu season. I just heard, "Seconds, please!"

# Blueberry Lemon Waffles



I like to use Kodiak Cake Mix as it's packed with protein and fills me up longer. Today's creation is Blueberry Lemon Waffles and they are the bomb! (My kiddo loved them, too, which is always a plus!)

- 1-1/2 cup Kodiak Cakes Buttermilk Power Cakes Flapjack and Waffle Mix
- 2 tablespoons coconut flour
- 1 teaspoon baking powder
- Pinch of salt
- 2 large whole eggs
- 1-1/2 cup unsweetened almond milk or milk of choice
- 2 tablespoons freshly-squeezed lemon juice
- 2 teaspoons lemon zest
- 1/2 cup wild blueberries

## Directions

Combine all ingredients except for blueberries in a large bowl. Mix well until smooth. Let sit 5 minutes. Stir in blueberries.

Preheat waffle maker and coat with non stick spray.

Pour batter onto waffle maker and cook on each side until golden brown.

Repeat with remaining batter.

I topped mine with extra blueberries, Smart Balance Butter Spread, and pure maple syrup.

# Apple Raisin Oatmeal



Wanting to add more fiber to your diet? Then, try this oatmeal concoction. It will also give you protein and healthy fat which is a perfect way to start your day and fill you up longer.

- 1 cup water
- 1/2 cup old-fashioned oats
- 1 tbsp yellow raisins
- Dash of cinnamon and nutmeg
- Half scoop of vanilla protein powder (optional)

Cook on stove until oats are done

Topped the Oatmeal with apple slices sautéed in a skillet in coconut oil and coconut sugar  
Also, added dates, almonds, cinnamon, and drizzled almond butter on top

Mmm, mmm good!

# Blackberry Walnut Oatmeal



A chilly day calls for a warm bowl of Blackberry Walnut Oatmeal.

- 1 cup water
- 1/2 cup old-fashioned or gluten-free oats
- 1/2 chopped banana
- Small scoop vanilla protein powder (optional)

Cook on the stove on low heat and mash banana while it cooks

Once it's almost finished cooking, add a 1/4 cup of blackberries and stir in

Top with extra blackberries and a few chopped walnuts

Aside from protein and healthy fat, this bowl is chock full of fiber. Why is fiber an important part of your diet?

- Normalizes bowel movements.
- Helps maintain bowel health.
- Lowers cholesterol levels.
- Helps control blood sugar levels.
- Aids in achieving healthy weight.

# Veggie Omelet Tortilla



- 2 tablespoons olive oil
- 1 small tomato, thinly sliced
- 2 eggs, beaten
- Salt and pepper
- 1) 10" burrito sized tortilla
- 2 tablespoons low fat cheese
- Fresh spinach
- Sliced mushrooms
- Sliced avocado

## Directions

Warm olive oil over medium heat in a non-stick skillet. Add single layer of tomatoes. Pour eggs over top of tomatoes and sprinkle with salt and pepper. Allow eggs to cook slightly, then add tortilla to the top.

Once eggs are set, flip so the tortilla is on the bottom and tomatoes are on the top. Sprinkle with low fat cheese. Add layer of spinach and mushrooms on one half and avocado on the other half.

Allow tortilla to brown slightly, then fold.

Remove from skillet, then slice and serve.

# Healthy Breakfast Casserole



- 1 tablespoon extra-virgin olive oil
- 2 medium red bell peppers, chopped (about 2 cups)
- $\frac{3}{4}$  cup thinly sliced green onion (about 1 small bunch)
- 1 cup fresh mushrooms, sliced
- 5 ounces roughly chopped spinach (about 5 cups)
- 12 eggs
- 3 tablespoons full-fat dairy (heavy cream, half-and-half, whole milk, sour cream or yogurt)
- Several dashes of your favorite hot sauce, like Cholula
- $\frac{1}{2}$  teaspoon fine salt
- 10 twists of freshly ground black pepper
- 4 ounces (1 cup) crumbled feta or goat cheese

## Directions

Preheat the oven to 350 degrees Fahrenheit. Grease a 9 by 13-inch pan with butter (don't be tempted to use cooking spray; it doesn't work nearly as well).

In a large skillet, warm the olive oil over medium heat until shimmering. Add the bell pepper, mushrooms, and green onion and cook until the pepper is tender and cooked through, about 8 to 10 minutes.

Add the spinach to the skillet and cook, while stirring, until wilted, about 2 minutes. Set the pan aside to cool for a bit while we prepare the egg mixture.

Crack the eggs into a medium mixing bowl. Add your dairy of choice, several dashes of hot sauce, plus the salt and pepper. Whisk just until the egg yolks and whites are blended. Stir in half of the cheese (we're reserving the other half for topping the frittata before baking).

Transfer the lightly cooled veggies into the bowl, and stir to combine. Pour the mixture into the prepared pan. Evenly disperse the remaining cheese on top.

Bake for 25 to 35 minutes (keep an eye on it), until the eggs are puffed and appear cooked, and the center of the frittata just barely jiggles when you give it a gentle shimmy. For good measure, insert a fork about  $\frac{1}{4}$ -inch into the center of the eggs and make sure the fork comes out clean. Slice with knife and serve.



# SOUPS AND SALADS

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# Vegetable Lentil Soup



- 2 Tablespoons extra-virgin olive oil
- 1 yellow onion, diced
- 3 celery stalks, chopped
- 3 medium carrots, chopped
- 3 garlic cloves, minced or finely chopped
- 1 teaspoon ground cumin
- 1 ½ teaspoons sea salt
- ½ teaspoon ground black pepper
- 1 Tablespoon fresh thyme leaves, finely chopped or ½ teaspoon dried thyme
- 6-8 cups vegetable stock
- 1 can diced tomatoes in the juice
- 1 cup dried green lentils, rinsed in a colander
- 1 bag kale (leaves only), chopped
- Freshly grated Parmesan cheese, lemon squeeze, sour cream for serving (optional)

## Directions

Heat the olive oil in a large pot over medium heat. Add the onion, celery, carrots, garlic, cumin, salt, pepper, and thyme, and cook, stirring occasionally, for 10 minutes, until the vegetables are tender.

Add 6 cups of vegetable stock, the tomato paste, and rinsed lentils. Cover and bring to a boil. Reduce the heat and simmer for 25 to 30 minutes, until the lentils are softened and tender.

Add the kale and cook for 5 minutes, or until wilted. Add additional stock if needed.

Remove from heat and add the red wine vinegar or lemon. Season to taste. Serve sprinkled with grated Parmesan cheese and sour cream, if using.

# Simple Turkey Chili



- 1 1/2 teaspoons olive oil
- 1 pound lean ground turkey
- 1 onion, chopped
- 2 cups water
- 1/2 red bell pepper chopped
- 1 (28 ounce) can canned crushed tomatoes
- 1 (16 ounce) can kidney beans - drained and rinsed and mashed (optional)
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder (add more if you really like it spicy)
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

## Directions

Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.

Pour water into the pot. Mix in tomatoes, kidney beans, pepper, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper.

Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

# Easy Tortilla Soup



- 1 rotisserie chicken, shredded
- 4-6 cups chicken bone broth
- 2 cans Original Rotel Tomatoes
- 1-2 cans black beans, drained

## Toppings ideas:

Avocado, sliced

Monterey Jack Cheese, shredded

Lime squeeze

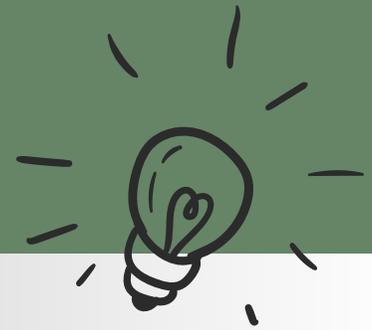
Chopped cilantro

Sliced jalapeno

Crumbled tortilla chips

Sour Cream

## Did You Know?



Serotonin is a neurotransmitter that helps regulate moods.

About 95% of your serotonin is produced in your gastrointestinal tract. What you eat determines the health of your digestive system. Your digestive system guides your emotions.

Studies have compared a typical American diet with diets, like the Mediterranean diet, and found that the that the risk of depression is 25% to 35% lower in those who eat a Mediterranean style diet which is higher in vegetables, fruits, unprocessed grains, and fish and seafood, and contain modest amounts of lean meat and dairy.

Study:



# Creamy White Bean Soup with Kale



- 1 tablespoon olive oil
- 1 medium yellow onion, small dice
- 1 medium carrot, small dice
- 1 stick celery, small dice
- 2 cloves garlic, minced red pepper flakes, to taste
- 1 sprig fresh rosemary, minced
- 4 cups cooked great northern beans, drained and rinsed
- 4 cups vegetable stock
- 2 tablespoons fresh lemon juice
- sea salt and ground black pepper, to taste
- 3 cups packed chopped kale (roughly 1 small bunch)
- ¼ cup flat leaf parsley leaves, chopped

## Directions

Heat the oil in a medium-large soup pot over medium heat. Add the onions, carrots, and celery to the pot and stir. Sauté the vegetables until lightly softened and translucent, about 5 minutes.

To the pot, add the garlic, chili flakes, and rosemary. Stir and cook until garlic is fragrant, about 30 seconds. Add the navy beans to the pot and stir. Add the vegetable stock to the pot and stir once more. Bring the soup to a boil.

Once boiling, ladle half of the soup into an upright blender. Add the lemon juice to the blender as well. Carefully bring the speed of the blender up to high and blend until this portion of the soup is totally liquified. Pour this liquified portion back into the pot. Season the soup with salt and pepper.

Add the kale to the pot and bring the soup to a boil. Once the kale is slightly wilted and bright green, season the soup once more with salt and pepper, if necessary. Stir in the chopped parsley as well. Serve the soup hot.

# Thai Chicken Curry Soup

- 1 tablespoon olive oil
- 1/2 medium onion chopped finely
- 1 teaspoon grated fresh ginger
- 3 cloves garlic, minced
- 4 heaping tablespoons Thai red curry paste
- 6 cups of chicken or vegetable broth
- Juice of 1 lime
- 3.5 ounces uncooked rice noodles
- 1 can full fat coconut milk
- 2 cups shredded rotisserie chicken
- A handful fresh basil, torn
- A handful fresh cilantro, chopped
- Salt & pepper to taste
- Optional: Garnish with chives and lime squeeze.
- Like spice? Add sliced jalapeno.
- A dash of fish sauce adds depth.

## Directions

Sauté chopped onion in olive oil for 5 minutes.

Stir in the ginger, garlic, and curry paste, and cook for about 30 seconds.

Add the broth, lime juice, and noodles and bring to a boil.

Stir in the coconut milk and chicken. Reduce heat and let it simmer for about 10 minutes.

Stir in the basil and cilantro. Season with salt & pepper as needed.

Garnish with chives and serve immediately with an extra wedge of lime if desired.

\*\*The noodles will soak up more liquid the longer you leave the soup. Add more chicken broth if you need to add more liquid.

# Spinach Salad



- 1 pkg. fresh spinach
- 1 pkg. fresh mushrooms, sliced
- 2-3 boiled eggs (chopped)
- 6 slices turkey bacon, cooked and crumbled
- 2 oz blue cheese or feta cheese, crumbled
- 1 avocado, peeled and sliced
- Salad dressing:
  - ½ c. ketchup
  - ½ c. sugar, or sugar substitute
  - ¼ c. vinegar
  - ½ c. oil

## Directions

Toss all salad ingredients together. Mix the salad dressing well. Toss all together and enjoy.

## Did You Know?



Studies have shown a positive correlation between adhering to a Mediterranean diet and improved mood, with research indicating that following this dietary pattern can be associated with a lower risk of depression and reduced depressive symptoms, likely due to the combination of healthy fats, fiber, antioxidants, and nutrients found in the diet's core foods like fruits, vegetables, whole grains, fish, and olive oil

Study:



# Artichoke and Tomato Salad



- 1 can of halved artichoke hearts
- 1 small package of cherry tomatoes or grape tomatoes
- 1/4 cup of Feta cheese crumble
- 2 tbsp Olive Oil
- 1 tsp Garlic powder

## Directions

Rinse and dice your small tomatoes into quarters (half the tomato and then cut each half into 4 quarters - you want these to be small cubes) - toss the cut quarters into a mixing bowl

Drain and rinse the can of artichoke hearts. Cut the halves into pieces as small as the tomato quarters ( this may be hard to do because of the layers, that is ok! Just get them as close as you can or as small as you would like). - toss into the mixing bowl with the tomatoes.

Once you have the tomatoes and the artichokes in the same bowl, give it a good mix to evenly combine the ingredients. Once they have been tossed, first add a tbsp of olive oil. The olive oil will help the garlic powder, and the feta stick to the veggies and will make sure it does not dry out.

Sprinkle a tsp of garlic powder onto the mixture. You can add more garlic powder to taste, I like quite a bit, so I add about 2-3 tsps. of garlic powder to mine. Toss all together to evenly coat the veggies with the olive oil and garlic powder. Add your second tbsp of olive oil if the mixture is seemingly dry or if you would like a little more of the base. - (The dish should resemble the consistency of a bruschetta, and it should not be watery - monitor the amount of olive oil you add once you exceed a tbsp. The recipe will create more moisture from the veggies when it sits overnight.)

Then add your feta crumble a little at a time to your liking. Use about a ¼ of a cup for the mixture and then sprinkle feta crumble on the dish as garnish.

Mix one more time and then taste, cover the mixing bowl with a lid and chill for about 2 hours. This dish can be eaten once completed, but for the best results, chill first.

Tips: The flavors will taste more cohesive once it has been chilled, and the garlic powder may get stronger, so if the dish seems to need just a pinch more, wait until it has chilled and then taste again. If the dish seems to have too much garlic or too sour, drizzle a little more olive oil and mix. The olive oil is a base and will dilute any of the stronger flavors, the dish will also be less sour once chilled. This dish can be eaten alone, with crackers, with tortilla chips, with toasted bread like bruschetta etc.

# Crunchy Kale Salad



- 2 cups sliced almonds, toasted
- $\frac{1}{3}$  cup freshly squeezed lemon juice from 3 lemons
- $1\frac{1}{2}$  cups extra-virgin olive oil
- 1 teaspoon Kosher salt
- cloves garlic, smashed but left whole
- 10 to 12 ounces washed and dried kale leaves, thick stems removed
- $1\frac{1}{2}$  cups freshly grated Parmesan (optional)

## Directions

In a toaster oven or skillet, toast almonds until golden brown and fragrant. Set aside to cool.

## Prepare:

In a bowl, combine lemon juice and 1 heaping teaspoon salt. Slowly whisk in olive oil. Add garlic cloves and set aside to steep.

Cut the kale into thin ribbons and put chopped kale in a large bowl.

Top with almonds and cheese.

Remove and discard garlic cloves from dressing. Pour half the dressing over the salad and toss.

Taste and add more dressing and salt as needed, tossing to coat thoroughly.

Serve within 1 hour.

# Cranberry Salad



- 1 package fresh cranberries
- 1 large orange
- 1 large granny smith apple
- 1 large box of red Jello unprepared (cherry, raspberry, or strawberry)

## Directions

Use a food processor to coarsely chop the cranberries. Peel and dice the orange. Finely dice apple, leaving skin on. Mix all ingredients together and refrigerate for at least one hour, but overnight is best.

# Waldorf Chicken Salad



When packing your lunch to take with you to work or school, it can become challenging sometimes to find more variety when eating healthy. This is where meal planning comes in handy, but I'll admit there are times I don't always get to do this so that's where creativity comes into play.

I try to go with what I have around the house. I always try to have chicken breast, spinach, fruit, and plain Greek yogurt on hand since I use them in a variety of recipes. So, today I threw together this Waldorf Chicken Salad.

I used one grilled boneless, skinless chicken breast, chopped.

1 Gala Apple, chopped

Chopped walnuts

I was out of grapes so I used yellow raisins since I had some.

I used one tbsp of light mayo and about a 1/4 cup plain nonfat Greek yogurt. (Mayo is optional.)

Sprinkled salt, pepper and basil then served it on a bed of spinach.

It tasted AmAZInG! Don't be afraid to experiment with what you have around the house. Have a love affair with healthy food and feed your body well! 20



# MAIN DISHES



# Taco Stuffed Peppers

- 4 bell peppers
- 1 pound ground turkey
- 2 tablespoons olive oil
- 3 tablespoons taco seasoning
- 15 ounces black beans
- 16 ounces salsa
- 1 cup frozen corn
- 2 cups brown rice
- 2 cups cheddar cheese
- sour cream
- diced tomatoes



## Directions

Preheat your oven to 350 degrees Fahrenheit and spray a 9 by 13 inch baking dish with cooking spray.

Place the pepper halves in a large mixing bowl. Cover with a plate and cook for 6 minutes in the microwave. This will soften the peppers and shorten the overall baking time.

While the peppers are cooking, heat olive oil in a large skillet over medium heat. Add the ground turkey and taco seasoning, breaking up the meat. Cook until the meat is browned and cooked through.

In a large bowl, combine the cooked meat, black beans, salsa, frozen corn, cooked rice, and 1 cup of the cheddar cheese. Mix until combined.

Place the peppers in the baking dish, making sure to tip them to get out any accumulated cooking liquid before placing them in the baking dish. Add the filling to the prepared peppers. (You may have leftover filling.)

Top the peppers with the remaining 1 cup of cheese. Bake for 20 minutes. To serve top with sour cream, diced tomatoes, cilantro, and pickled jalapeños.

# One-Pot Orzo with Sausage, Spinach and Corn



- 14 ounces mild Italian chicken sausage
- ½ medium yellow onion (chopped)
- 1 cup frozen corn kernels
- 1 cup dry orzo
- 3 cups low sodium chicken broth
- 3 cups packed baby spinach
- ¼ cup freshly grated parmesan
- Freshly ground black pepper

## Directions

Remove the sausage from the casing and add it to a heavy bottom sauce pot or Dutch oven.

Cook over medium-high heat for 5 minutes, breaking it up with a wooden spoon.

Add the onion and corn (no need to thaw) and sauté for 10 minutes.

Add the orzo and chicken broth, stir to combine then bring bring to a boil.

Reduce heat to medium low and simmer 10 minutes, stirring every few minutes and scraping the bottom of the pot to make sure the orzo doesn't stick.

Remove from the heat, add the spinach, stir and cover for a couple minutes, until the spinach has wilted.

Top with freshly grated parmesan and black pepper, to taste and serve.

# Garlic Marinated Chicken



- 1/4 cup olive oil
- 1/4 cup lemon juice
- 3 cloves garlic, minced
- 1/2 Tbsp dried oregano
- 1/2 tsp salt
- Freshly cracked pepper
- 1.5 lbs. boneless skinless chicken thighs or breasts

## Directions

Add the olive oil, lemon juice, garlic, oregano, salt, and pepper to a bowl or a large zip top bag. Stir the ingredients in the dish until combined.

If using breasts, fillet each chicken breast into two thinner pieces. Place the chicken in the bag or in a shallow dish, then pour the marinade over top, making sure the chicken pieces are completely covered in marinade. Marinate the chicken for 30 minutes, or up to 8 hours (refrigerated), turning occasionally to maximize the chicken's contact with the marinade.

When ready to cook, heat a large skillet over medium. Transfer the chicken from the marinade to the hot skillet and cook on each side until well browned and cooked through (about 5-7 minutes each side, depending on the size of the pieces). Cook two pieces at a time to avoid overcrowding the skillet, which can cause juices to pool and prevents browning. Discard the excess marinade.

Transfer the cooked chicken from the skillet to a cutting board and let rest for five minutes before slicing and serving.

# Air Fryer Fried Chicken Thighs



- 1 Cup Self-Rising Flour
- 2 Eggs, beaten
- 4 Small Chicken Thighs, Bone-in & Skin on
- ½ Tablespoon Old Bay
- ½ Teaspoon pepper
- 1 Tablespoon Reduced Sodium Lawry's Seasoning Salt
- Olive Oil Cooking Spray

## Directions

Pre-heat the Air Fryer to 400 degrees.

Whisk together the flour and seasoning spices.

Turn each piece of the chicken one at a time through the flour mixture, then into the beaten egg, then back into the flour mixture again. Shake off excess flour very well and place each chicken thigh into the air fryer basket skin side up. Lightly Spray the chicken with Cooking Oil spray.

Cook for 25 minutes on 400. Then take tongs and turn chicken pieces over and lightly spray with Cooking Oil Spray and Cook for another 10 minutes.

Remove with tongs and serve with your favorite sides.

## NOTES

Be sure to use small chicken thighs.

If you want more spice, also add to taste some jerk seasoning and ground red pepper (cayenne).

If you want a little more salt, add 1 tablespoon Liquid Aminos to the beaten egg.

These are the best Air Fryer Fried Chicken Thighs you will ever eat. And it's a bit healthier than traditional fried chicken.



# Pork Chop Dinner



- 6 lean pork chops
- 1 tsp. salt
- $\frac{3}{4}$  tsp thyme
- $\frac{1}{2}$  tsp pepper
- 3 Tbsp oil
- 1 c. long grain rice
- 1 bay leaf, crushed
- 1-9 oz pkg frozen green beans (or 2 cans drained)
- 1 can French onion soup + 2 cans of water

## Directions

Heat oil in skillet and brown chops well. Transfer to a baking dish and add rice, spices and beans. Pour onion soup and water over dish. Cover and bake at 350 for 1  $\frac{1}{2}$  hours or until meat is tender.

Serve with a salad for a well rounded 26 dinner.

# Grilled Fish Tacos



- 1 pound tilapia
- 2 Tablespoons avocado or olive oil
- 1 small lime, juiced
- 1 clove garlic, minced
- 1 1/2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne, optional
- White corn tortillas

## Taco sauce:

- 1/2 cup sour cream
- 1/3 cup mayonnaise
- 1 small lime, juiced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 1 teaspoon Sriracha hot sauce, or to taste

## Optional Toppings:

- Pico de gallo
- Cotija cheese
- Shredded cabbage
- Fresh cilantro
- Avocado
- Lime wedges
- Red onion
- Sriracha hot sauce

## Directions

Season the fish with a little salt and pepper on both sides.

In a mixing bowl whisk together the oil, lime juice, garlic, chili powder, cumin, paprika, and cayenne. Pour the mixture over the fish and let marinate for 30 minutes.

Brush grill grates with oil and grill fish filets for about 3 minutes on each side (cook time will vary depending on thickness of fish), flipping only once. (Can also cook fish in the oven until internal temperature is 145 degrees). Add the corn tortillas to the grill and warm for about 15 seconds on each side or put the tortillas between 2 wet paper towels and microwave 20-30 seconds, or until soft.

Transfer fish to a plate to rest for a few minutes before gently breaking into pieces. Serve on warm tortillas, topped with cabbage and pico de gallo. Drizzle with the homemade taco sauce. Add other desired toppings. Serve with a side of cilantro lime rice or other Mexican rice.

# Rustic Bean Stew With Bacon and Caramelized Onions



- 4 ounces thick-sliced bacon
- 1 pound yellow onions, sliced 1/8-inch thick
- Kosher salt
- 4 cups cooked, drained darkish beans, such as borlotti, small red beans, or Roman beans, or black-eye peas (or three cans beans, drained, rinsed well and drained again)
- 2 bay leaves
- 1 1/2 cups low-sodium chicken broth
- 1 tbs. balsamic vinegar
- 1 tsp. sugar
- Freshly ground black pepper

## Directions

Place the bacon in a large (12-inch) heavy skillet. Cover and cook over moderate heat until the fat has melted out of the bacon and the pieces are crisp and brown, about seven minutes.

With a slotted spoon, remove the bacon from the pan and reserve. Pour off all but about 1 tablespoon of the fat.

Return the pan to the heat and add the onions; toss to coat. Cover and cook until the onions are wilted and have released their juices, about five minutes.

Uncover, add about 1/2 teaspoon salt, and sauté until the onions are golden brown, about 20 minutes longer. Remove half the onions to a plate and reserve.

Add the beans to the pan, along with the reserved bacon, the bay leaves, chicken broth, balsamic vinegar and sugar. Bring to a simmer, reduce the heat to low, and cook, stirring frequently, until the liquid has reduced considerably and the mixture has a stewlike consistency, about 20 minutes. Adjust the seasoning, peppering generously.

Spoon the beans into four shallow soup bowls. Top each serving with some of the reserved onions.

# Easy Vegan Bean Burritos



The tortilla in this pic doesn't look very pretty, but it tastes delicious! I made one for dinner and saved one to take to work for lunch the next day. I'm not considered vegan as there are several things I enjoy eating that aren't plant-based, but I still try to eat as much plant-based food as I can since it's better for your health. And, I love beans! They have a lot of fiber, protein, and fill you up longer.

- 2 whole meal tortilla wraps
- 1/2 clove garlic minced
- 1/4 tsp or a bit more chili powder
- 3/4 - 1 can black beans, drained and rinsed
- A few spinach leaves
- 1 Roma tomato sliced and diced
- 1/4 - 1/2 onion chopped
- 3/4 - 1 cup corn
- Fresh salsa
- 1 tablespoon nutritional yeast

## Directions

Preheat oven to 400. Wrap tortillas in some tin foil and heat them up for 5-7 min. -In a frying pan, add garlic and a small splash of water. Cook on medium heat for one minute, then add chili powder, beans, and corn. Add some more water and cook for a few minutes, until beans are softened and moist. -Partly mash beans with a fork or masher so you have a chunky bean paste. -Assemble the burritos applying the bean mixture first, then add tomatoes, onion, salsa or any veggie toppings you prefer. Serve any left over beans or corn on the side.

# Baked Salmon and Quinoa with Mixed Veggies



This meal is chock full of protein, healthy fat (omega 3s), fiber, antioxidants, and vitamins and minerals.

Baked Salmon: Lemon juice, extra virgin olive oil, garlic powder, onion powder, salt and pepper. (I usually buy frozen salmon from Walmart so it's not very expensive. Suits my budget!)

- Bake the salmon on top of stove for about 5-6 minutes on each side.
- Garnish with chopped parsley.
- Quinoa: Cooked in a sauce pan with water (just follow cooking instructions on package) and season with lemon juice, basil, garlic and onion powder for flavoring. (You can also use soup broth instead of water.)
- Marinate broccoli, cherry tomatoes, and mushrooms with olive oil, balsamic vinegar, garlic, onion powder, and pepper on stove.
- Then, mix in the quinoa with the veggies.

And, voila! Healthy AND delicious ... what more can you ask for? :)

# Garlicky Parmesan Zucchini Bake

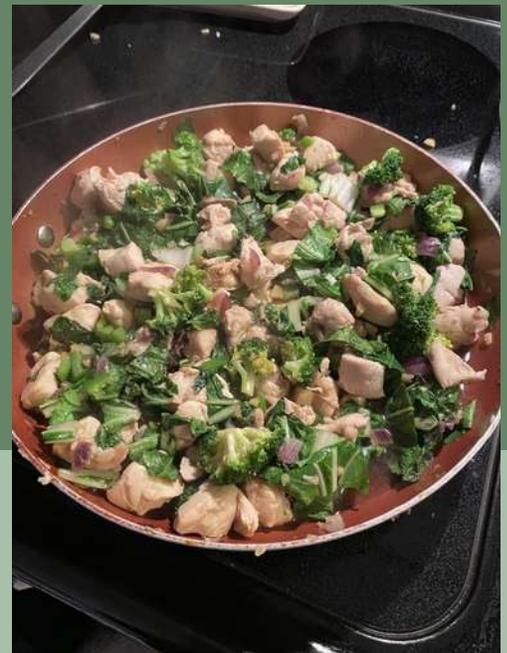


- 3-4 medium zucchini chopped into 1-inch pieces
- 1.5 tbsp olive oil
- 1.5 cups cherry tomatoes
- 3-4 fresh garlic cloves, minced
- 1/4 cup fresh Parmesan cheese, shredded
- 1.5 tsp Italian seasoning
- 1/2 tsp sea salt to taste
- 1/8 tsp black pepper
- 1/4 cup fresh parsley leaves, chopped

## Directions

Preheat the oven to 350 degrees -Stir/mix all the ingredients in a bowl -Transfer to baking dish to bake for about 25-30 min. -Garnish with fresh parsley and enjoy!

# Broccoli Bok Choy Chicken Stir Fry



- Large pan or a wok
- 1 tablespoon Olive Oil
- 3-4 cloves of fresh minced garlic
- A 'thumb' size of fresh ginger root, peeled and minced
- 1 small red onion, chopped
- 2lbs of chicken breast chopped into bite-sized 'Chick-fil-a' shaped shapes with fat cut off
- One bunch of fresh bok choy finely chopped (cut off hard white part on bottom)
- 1 Head of fresh broccoli, finely chopped
- Bragg's liquid aminos
- Cooked rice of choice on the side
- Fresh squeezed lime to taste

## Directions

Heat 1 tablespoon of olive oil on medium and then quickly add garlic. Once garlic is barely golden brown, add ginger root and stir together.

Quickly add chicken and brown all the way through, adding in the red onion when chicken is about halfway done.

Stir in broccoli. Quickly add bok choy and stir in until combined. Shake a modest layer of liquid aminos over the mixture, then cover. Keep an eye on it and uncover and remove from burner once broccoli is cooked to de-sired softness (don't overcook!)

Serve over rice and squeeze lime over top (the lime makes it!)



# SIDE DISHES





# Avocado, Mango, and Black Bean Salsa



This recipe takes 10 minutes to prepare and serves 8.

Very easy to make and yummy any time. My favorite recipe.

- Large red pepper seeds removed and dice
- ½ pound Roma tomatoes seeds removed and diced
- 1 avocado peeled, pitted and diced
- 1 red onion peeled and diced
- 1 mango peeled, pitted and dice
- 1 (8.75-oz) can corn kernels drained
- 1 (15-oz) can black beans rinsed and drained

I add 1 shake of pepper and ¼ cup chopped cilantro

## Did You Know?



A study on adolescents consuming soft drinks seven or more times weekly, or consuming more than 25g of sugar daily from soft drinks, found they are likely to have higher levels of anxiety and depression compared with nonconsumers.

Study:



# Garlic Mushroom Cauliflower Skillet



- 3) 10.8 oz bags of steamed cauliflower florets
- 8 oz (about 225g) mushrooms, sliced
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried thyme (or fresh if available)
- 1 tablespoon fresh parsley, chopped (for garnish)
- Optional: a squeeze of lemon juice for brightness

## Directions:

**Prepare the Cauliflower:** - Start by steaming cauliflower in microwave. Remove from bag and set aside.

**Sauté the Mushrooms:** - In a large skillet, heat the olive oil over medium heat. Add the sliced mushrooms and sauté for about 5-7 minutes until they are golden brown and have released their moisture.

**Add Garlic:** - Once the mushrooms are cooked, add the minced garlic to the skillet. Sauté for an additional 1-2 minutes until the garlic is fragrant, being careful not to burn it.

**Combine Cauliflower:** - Add the blanched cauliflower florets to the skillet. Stir to combine with the mushrooms and garlic. Season with salt, black pepper, and thyme. Cook for another 5-7 minutes, stirring occasionally, until the cauliflower is heated through and slightly caramelized.

**Garnish and Serve:** - Remove from heat and sprinkle with fresh parsley. If desired, add a squeeze of lemon juice for extra flavor.

**Enjoy:** - Serve warm as a side dish or over rice or quinoa for a main course.

# Garlic Parmesan Kale Pasta



- 1 bunch 1/2 lb kale
- 1/2 lb angel hair pasta\*
- 2 Tbsp olive oil
- 2 Tbsp butter
- 2 cloves garlic, minced
- 1/4 cup grated Parmesan
- Pinch salt and pepper
- Pinch red pepper flakes (optional)

## Directions

Pull the kale leaves from the woody stems and tear them into small 1 to 2-inch pieces. Rinse the torn kale well in a colander under cool, running water and allow it to drain.

Bring a large pot of water to a boil. Break the pasta in half, add it to the boiling water, and cook until al dente (about 7 minutes, but please refer to the package instructions). Drain the pasta in a colander.

While the pasta is cooking, add the olive oil, butter, and minced garlic to another large pot or skillet. Cook over medium heat for 1-2 minutes, or until the garlic is soft and fragrant. Add the kale and continue to sauté until the kale has wilted and has turned a deep green color (about 5-7 minutes). Turn the heat off.

Add the drained pasta to the pot with the sautéed kale. Toss the pasta and kale together. Allow them to cool to the point that steam is no longer rising from the pot. You want the pasta warm, but not hot enough to melt the Parmesan.

Season the pasta and kale with salt and freshly cracked pepper to your liking. Add the grated Parmesan cheese and toss to coat. Add a pinch of red pepper flakes over top if desired.

# Sweet Potato Fries



There are so many ways to prepare this nutritious root vegetable and tonight it was Sweet Potato Fries along with burgers and baked beans. Mmm . . .

- Peel about 2-lbs of sweet potatoes, then cut them about 2-3 inches long and 1/4- to 1/2-inch wide
- 2 tbsp extra virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper

## Directions

Heat oven to 400. Pour the olive oil over the potato sticks in a bowl and mix them together with your hands.

Mix all the spices together in a small bowl then pour them over the potatoes and toss them around with your hands or large spoon (but more fun with your hands).

Spread the potatoes out on a cookie sheet.

Bake until brown and crisp. Usually about 15 min. then flip them and do about 10-15 min. on the other side.

Serve hot

# Roasted Italian Vegetable Medley



- 2 small zucchini, cut into coins and then sliced in half
- 2 small yellow squash, cut into coins and then sliced in half
- 12 oz cherry tomatoes (or any small tomato), sliced into halves
- 1 orange pepper, sliced
- 2 tbsp extra virgin olive oil
- 2 tsp Italian seasoning
- Salt, pepper, and onion powder to taste
- 1/3 cup Parmesan cheese (or more to taste)

## Directions

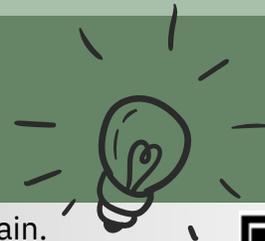
Preheat the oven to 400 degrees. Line a large baking sheet with parchment paper or aluminum foil (optional: Just makes for easier clean up)

In a large bowl toss the zucchini, squash, orange pepper and tomatoes with the olive oil, Italian seasoning, and salt and pepper.

Pour onto the baking dish and spread into an even layer.

Roast for 15 minutes, sprinkle parmesan evenly on top, then roast for an additional 10 minutes.

## Did You Know?



Diets high in refined sugars, for example, are harmful to the brain.

Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as depression.

Study:



A study of 18,439 adults found that 100 g/day increase in dietary sugar intake correlated with a 28% higher prevalence of depression.

# Celery and Water Chestnut Casserole

- 2 C sliced celery
- 1 c water chestnuts (sliced thin)
- 1 can cream of chicken soup
- 4 oz sour cream
- Salt and pepper to taste

## Topping:

- 1 stick of butter or butter substitute
- 1 sleeve of Ritz crackers, crushed
- 1 pkg. slivered almonds

## Directions

Cook celery in boiling salted water for 7 minutes. Do not over cook. Drain. Add water chestnuts and undiluted soup. Put in casserole or 9x13 dish. Top with crushed crackers and slivered almonds. Slice butter and place on top. Bake at 350 for 30 minutes or until top is brown.

# Oven Roasted Asparagus

- 1 bunch thick asparagus
- 3 tbsp olive oil
- 1/2 tsp sea salt more or less to taste
- 1/2 tsp black pepper

## Directions

Preheat your oven to 425 degrees Fahrenheit.

Rinse the asparagus and trim off the hard ends.

Toss the asparagus with 3 tablespoons olive oil, 1/2 teaspoon sea salt, and 1/2 teaspoon black pepper. Arrange it in a single layer on a rimmed baking sheet.

Roast for about 15-18 minutes, or until the asparagus is tender.

Options: Sprinkle with finely grated parmesan cheese after it comes out of the oven OR squeeze a bit of lime juice over the cooked asparagus.

# Easy Hummus

- 1 can of chickpeas (15oz) washed and drained
- ¼ C lemon juice
- 2T olive oil
- ¼ C tahini
- 1 clove garlic minced (more if you like)
- ½ t. Cumin (ground)
- Salt to taste
- 2 or 3 T of water

## Directions

Combine in food processor: tahini, lemon juice (30 seconds)

Add to mixture olive oil, minced garlic, cumin, and salt  
(Process 30 seconds)

Drain and rinse chickpeas and add to processor mixture.

Scrape side and bottom of bowl

Process 1 or 2 more minutes.

Mixture maybe thick adjust slowly with cold water if needed.

Serve with a drizzle of olive oil and sprinkle with paprika or other spices you like.

Store in an airtight container and refrigerate.



# Brussel Sprouts

Brussel Sprouts, one of the long-forgotten vegetables. They look like mini cabbages and make an excellent side dish to any meal.

Brussel sprouts have some amazing health benefits. They are high in vitamin K (blood clotting and bone health), vitamin C (antioxidant), fiber (digestive health, weight loss, blood sugar control), omega 3 fatty acids (lower triglycerides, slow cognitive decline, decrease inflammation), as well as many other nutrients.

I made these roasted Brussel sprouts on the stove with extra virgin olive oil, balsamic vinegar, chopped garlic cloves, chopped onion, and salt and pepper.



# Spicy-Sweet Roasted Sweet Potatoes



Fall is sweet potato season and here are some of the amazing benefits of this root vegetable: They are a rich source of fiber as well as contain a good array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most B vitamins, vitamin C, and the anti-oxidant beta-carotene.

Spicy-Sweet Roasted Sweet Potatoes are an easy side dish to prepare. See second photo for finished product.

- 3 large sweet potatoes, peeled and cut into 1/2-inch pieces
- 3 tbsp. extra virgin olive oil
- 1 tbsp. packed light brown sugar
- 3/4 tsp sea salt
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp cayenne pepper
- 1/4 tsp black pepper

Preheat oven to 425 degrees

Place the sweet potato chunks into a large mixing bowl. Drizzle with the olive oil, then sprinkle the brown sugar, paprika, black pepper, sea salt, onion powder, garlic powder, paprika, cumin, and cayenne pepper on top. Toss until the potatoes are evenly coated with the seasoning. Spread onto a baking sheet.

Bake in preheated oven for 15 minutes, then turn the potatoes over with a spatula, and continue baking until the sweet potatoes are golden and tender, 10 to 15 minutes more.



# SNACKS & DESSERTS



# High Protein/Low Fat Individual Mini Cheesecakes

This is made in small ramekins and recipe makes 2. (I have doubled the recipe and it actually can make enough batter for 5 servings) Bake at 350 degrees for 15 minutes, until semi solid (jiggles a little when removed from oven). Chill in refrigerator for minimum of 2 hours. Add toppings and enjoy!

- ½ cup low-fat cottage cheese
- ½ cup low-fat Greek yogurt (0% Fage is my choice)
- 1 egg
- 2 tablespoons of honey

Blend ingredients in food processor until smooth. Pour into two mini 6 ounce ramekins. Put in oven. After chilling for two hours, place toppings on top and enjoy. My favorite is to drizzle with chocolate sauce, top with a small amount of granola, add chopped up strawberries and a few blueberries.

# Peanut Butter Protein Balls

- 1 cup creamy peanut butter
- ¼ cup honey
- ½ teaspoon pure vanilla extract
- 1 ¼ cups old-fashioned oats
- ½ cup shredded coconut
- 1 Tablespoon ground flaxseed
- ¼ teaspoon fine sea salt
- ¼ teaspoon cinnamon
- ¼ cup mini chocolate chips

## Directions

In a large bowl, combine peanut butter, honey, and vanilla. Stir to combine.

Add oats, coconut, flaxseed, sea salt, and cinnamon and stir until combined.

Add mini chocolate chips (or preferred mix-ins) and stir until evenly distributed.

Use a 1 Tablespoon measuring spoon to portion out the mixture and roll it into balls.

Put the balls in an airtight container and chill for 30-60 minutes. Enjoy!

# Apple Cinnamon Bliss Balls



- 1 cup old-fashioned or gluten-free oats
- 2 tablespoons flaxseed meal (or you can use almond flour)
- 1 tbsp. sliced almonds
- 1/4 teaspoon cinnamon
- Pinch of nutmeg
- 1/4 cup regular applesauce
- 1/2 tablespoon pure maple syrup
- 1/4 cup almond butter
- 1 teaspoon chia seeds (optional)

## Directions

Mix all the ingredients in a bowl then roll into balls

Refrigerate for at least an hour

# Dark Chocolate Avocado Banana Delight



- 2 ripe medium-sized bananas
- 1 ripe avocado
- 2 1/2 tbsp. dark chocolate cocoa powder
- 1 tbsp. chocolate protein powder
- 1 tsp chia seeds
- Dash of vanilla extract
- Drizzles of pure maple syrup and honey
- Dash of ground cinnamon and pumpkin spice

## Directions

Blend until smooth

Sprinkle cacao nibs on top

Refrigerate for an hour to build texture and thickness

# No Bake Granola Bars



If you're looking for a yummy, filling, and tasty snack to take with you to work or school for extra energy, then you MUST make this

No Bake Granola Bar. OMG! It taste like a candy bar and it's vegan and gluten-free. You never thought healthy could be so delicious!

- 1 1/2 cups gluten free rolled oats (or regular oats)
- 1 cup all natural peanut butter
- 1/2 cup yellow raisins
- 1/2 cup pistachios
- 1/4 cup flaxseed meal
- 1/2 cup walnuts
- 1/4 cup sunflower seeds
- 1/3 cup pure maple syrup or honey
- 1/2 cup unsweetened applesauce (or regular)
- Melted dark chocolate for drizzling on top, optional

## Directions

Line an 8x8-inch baking pan with unbleached parchment paper and set aside.

In a large mixing bowl, or a stand mixer, add all the ingredients. Mix thoroughly until combined. Press the mixture firmly into the prepared baking pan. Place in the fridge until the mixture sets, about 3-4 hours. Cut into bars and serve. Cover leftovers and store them in the fridge for up to 1 week.

Notes: If you'd like, drizzle 2 tablespoons of melted dark chocolate over the bars before you place them in the fridge.

# Baked Kale Chips



- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

## The Benefits of Kale

At just 33 calories, one cup of raw kale has:

Nearly 3 grams of protein

2.5 grams of fiber (which helps manage blood sugar and makes you feel full)

Vitamins A, C, and K

Folate, a B vitamin that's key for brain development

Alpha-linolenic acid, an omega-3 fatty acid. (While kale has far less omega-3 than fish, it is another way to get some of this healthy fat into your diet.

Lutein and zeaxanthin, nutrients that give kale its deep, dark green coloring and protect against macular degeneration and cataracts. Minerals including phosphorus, potassium, calcium, and zinc.

# Skinny Spinach and Artichoke Dip



Looking for a healthy dip for a holiday party? Then, try out this skinny spinach and artichoke dip!

- 1 tablespoon minced garlic
- 1 small onion, diced (about 1 cup diced)
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 1 (12 ounce) bag of spinach, chopped
- 1/2 cup almond milk
- 1/2 cup crumbled feta cheese
- 3/4 cup grated parmesan cheese
- 1/4 teaspoon pepper or to taste
- 1 (8 ounce) pkg 1/3 less fat cream cheese
- Reduced sodium Triscuits or pita chips for dipping (or whatever you choose)

## Directions

Place sautéed onion and garlic in slow cooker along with artichoke hearts, spinach, almond milk, feta, parmesan, and pepper. Stir to combine.

Top with cream cheese.

Cover and cook on high heat for 2 hours or on low heat for 3-4 hours.

Uncover and stir until everything is well combined.

Keep on warm setting until you are ready to serve.

# Tropical Froyo



Homemade Froyo? Think Tropical This Froyo has one frozen banana, cup of frozen mango, frozen pineapple, one pear, handful of spinach, small scoop of matcha tea powder, hemp seeds, and unsweet-ened coconut milk (for desired consistency.)

Makes enough for two people. How can you resist that color?

# Roasted Pizza Pumpkin Seeds



Fall is in the air and so are the smell of Roasted Pizza Pumpkin Seeds. Mmm . . . oh yeah!

- Extra virgin olive oil
- Grated Parmesan cheese
- Garlic powder
- Onion powder
- Oregano
- Basil
- Himalayan Salt
- Optional: tomato powder

## Directions

Clean off pumpkin seeds thoroughly under the faucet. Pat dry with a towel. Place all the seeds in a bowl. Drizzle some olive oil over the pumpkin seeds. Mix all the spices in a separate bowl then spread it over the seeds and mix them together in a bowl. Spread the seeds in a single layer on a cookie sheet and preheat the oven to 350 degrees and bake the seeds for about 45 minutes or until crisp.

# Crispy Parmesan Garlic Edamame



- 2 cups edamame (raw)
- 1/4 tsp garlic powder
- 1 tbsp extra virgin olive oil
- 1 pinch sea salt
- 1/4 cup parmesan cheese (grated)
- 1 pinch black pepper

## Directions

Preheat oven to 400 degrees. Line baking sheet with parchment paper.

In a bowl, add parmesan cheese, garlic powder, salt, and pepper, then mix together.

In another bowl, add fresh (or thawed) edamame. Add olive oil and toss to coat.

Pour parmesan cheese mixture on top of edamame and mix well.

Spread edamame evenly on baking sheet. Bake in oven for 12 - 15 minutes or until cheese is melted and browned to your liking.

Edamame are soybeans that are rich in protein and numerous vitamins and minerals.

# No Bake Energy Balls for Chocolate Lovers



- 1/2 cup almond butter
- 1 tbsp all natural creamy peanut butter
- 1 cup old fashioned oats
- 3 tbsp honey
- 1 tbsp chia seeds
- 2 tbsp hemp seeds
- 2 tbsp dark chocolate cocoa powder
- 1/8 cup mini dark chocolate chips
- 1/8 cup chopped walnuts (or substitute almonds)
- A dash of salt
- About a 1/4 cup water

## Directions

Pour all ingredients into a bowl and mix it good with a large spoon. (More fun that way!)

Roll into bite-size balls with your hands.

Then, lick your hands clean. (HA!)

Store in air-tight container and put in fridge for about an hour.

Ready to eat!

# Watermelon Power Smoothie

Summer is a perfect time for experimenting with different flavored smoothies. It's always so refreshing on a hot day. I used a sweet baby watermelon from Posey County that I bought at Mayse Farm Market. I was pleasantly surprised on how good this turned out!

- Watermelon slices
- 1 small frozen banana
- Chunks of frozen mango
- Pinch of spinach
- Fresh lime juice
- Unsweetened almond milk
- 1 scoop chia seeds

