

# UNLV STUDENT NUTRITION & DIETETIC ASSOCIATION



*cookbook*

By the class of 2017  
In conjunction with Aid for AIDS of Nevada



## SNDA + AFAN COOKBOOK

This cookbook was created by the UNLV Student Nutrition & Dietetics Association for the year 2016-2017.

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# Preface

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Cooking can be difficult. Cooking healthy can be even more difficult. Cooking healthy while only having access to foods from a food pantry can be extremely difficult. Who wants to even worry about health and nutrition when its hard enough to bring home food?

It is hard enough to be able to bring food home some days, let alone worry about whether the food will be healthy. For most, it is often a last concern, especially when hunger can tremendously affect ones health. This simple cookbook exists with the purpose of giving you, the reader, the option to cook healthy, delicious meals, all from ingredients commonly found in many food pantries. The worry about having poor health can be alleviated once done with this book, because it will show you different recipes that are great in taste and nutrition.

In order to offer more variety, every recipe has the option to be customized with alternatives to add to make your dish more authentic! For instance: if you want Tex Mex options of flavor, just add cilantro (when available), corn, black beans, and tomatoes to any dish and Boom! You have yourself a new meal.

It is important to note that these recipes are made to be a healthy spin on what is commonly eaten. Turkey sausage wont always be available, and that's okay. We just want to show that healthy choices can be made.



# MyPlate

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The MyPlate image shown above replaces the food pyramid module.

MyPlate is a website dedicated to providing resources to help anyone build a healthy lifestyle. The website contains many resources such as recipes, cookbooks, and a variety of menu options.

The MyPlate Plan tool can help you determine your caloric needs and is personalized according to your sex, age, weight, height, and the amount of physical activity that you get within a day.

BMI calculator, physical activity tracker, and daily checklists are just some of the many online tools available to help lead a healthy, balanced lifestyle. Also found on their website is a vast amount of information on food choices, nutrients, portion sizes, etc.

# AMDR Recommendations

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## WHAT IS IT?

-AMDR stands for "Acceptable Macronutrients Distributions Range." This is a range of daily intakes from macronutrient sources associated with reduced risk of chronic diseases while providing adequate intake of essential nutrients. It is expressed in either a percentage of total energy or total kilocalories (kcal).

## MACRONUTRIENTS

- Carbohydrate: the body's main source of energy
- Protein: helps build, maintain, and repair muscles and bones
- Fat: a concentrated source of energy that aid in growth and health

Nutrient	AMDR
Carbohydrate	45-65%
Fat	20-35%
Protein	10-35%

# Carbohydrates

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Carbohydrates (carbs) come from a variety of sources including, but not limited to, fruits, breads, pastas, beans, sweets, milk, and many other foods. These examples of carbohydrates differ in form.

Starch, or complex carbohydrates, are usually found in breads, pasta, rice, starchy vegetables, whole grain food items, and legumes. Many of these complex carbohydrates contain fiber, vitamins, and minerals.

The other form of carbs, called simple carbohydrates, are found in food items such as fruit and milk as well as refined products such as cake, fruit juices, and candy. Simple carbohydrates raise blood sugar more quickly since they don't take as long to be digested.

Fiber, found in vegetables, whole grains, and fruits, is a type of carbohydrate that is not digested, but rather used to give bulk to our stools and make the process of digestion easier. This is a very valuable nutrient that not only eases digestion, but can also help a person feel full. Studies have also shown that soluble fiber may help reduce cholesterol.

All forms of carbohydrates are converted to glucose, a simple sugar, for the body and brain to use as an energy source. Glucose is very important because it is the main source of energy for the brain. 45-60% of your total caloric intake in a day should come from carbohydrates. Carbohydrates provide four calories per gram.

# Types of Carbohydrates

## SIMPLE CARBOHYDRATES:

- also known as "simple sugars"
- raise blood glucose levels quickly
- fruits
- soft drinks
- syrup
- refined/processed items, including cakes, pastries, candy, desserts, etc



## COMPLEX CARBOHYDRATES:

- Starches: beans, lentils, peas
- Whole grains: oats, barley, rice
- Grains: When people first try to eat healthy, they apply a certain stigma to their diet. Oftentimes, this is associated with cutting out grains, breads, and pastas in order to ascertain overall better health, but this is not necessarily the case. Healthy eating does involve eating grains if done correctly. Healthy grain options can be given at a food pantry from time to time! When choosing your grains, look for "whole wheat" or "whole grain" on the label or in the ingredients list. The recommendation is to make at least half of your grains whole. This will give your body the carbohydrates it needs. Plus, it will give you plenty of fiber for good gut health! There are so many options out there to try with grains, such as quinoa, couscous, buckwheat, sesame, and many others! If you see a new one, give it a try because you may end up really liking it!
- Fruits and vegetables: This can include fresh produce, chopped melons, canned fruits, pre-cut salads, pre-chopped vegetables, and a variety of other mixes. Diversifying the nutrients in your diet is essential to maintaining good health. A great way to make sure you're getting a variety of nutrients is to expand on the different colors of the food you eat. Think of all the colors in a rainbow! If you eat red fruits one day, try a purple vegetable the next day. This will give you plenty of healthy eating options year-round, without worrying about excess salt or sugar intake. Frozen or canned fruits and vegetables are also great!



100% OF THE GRAIN IS WHOLE GRAIN



50% OR MORE OF THE GRAIN IS WHOLE GRAIN



EAT 48g OR MORE OF WHOLE GRAINS DAILY

^Look for these stamps on foods!

# Protein

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Protein is another macronutrient and provides four calories per gram. It not only provides energy, but makes up components of the human body including muscle, bone, enzymes, and red blood cells.

Proteins are made up of amino acids, of which there are 21. Nine of these amino acids are deemed essential, meaning that they must be obtained from the diet.

Foods that provide all nine essential amino acids are defined as complete proteins. Examples of foods that are complete proteins include meat, poultry, fish, eggs, other dairy products, soybeans, quinoa, and hemp seed. Certain foods can be combined in order to create a complete protein: grains or seeds paired with beans are an example.

## **MEAT:**

Meat can be found in a food pantry in a variety of shapes and sizes, so it is best to embrace all of the different possibilities that a food pantry can offer! Lean meats should be the preferable option in your diet. Lean meats include fish, chicken, turkey, veal, lean cuts of pork (pork tenderloin) and beef (flank steak and reduced-fat ground beef). These options are healthier than bacon and sausage. However, they may not always be available.

Meat of various kinds, especially deli meats, are often cured with salt for preservation and flavor. Choosing a low sodium option is the best option for optimal health.



# Vegetarian Sources of Protein

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## BEANS

are one of the best options that are typically always available in food pantries. Beans provide essential nutrients and are a great source of protein and fiber! A lot of Americans aren't eating enough fiber on a daily basis. Much like canned vegetables, beans can be high in sodium when in a can. Make sure to rinse them off to get rid of excess sodium!

Dried beans are easy to manage, too!  
Follow these two steps to prepare dried beans:

- Soak bean overnight in large pot
- Boil beans until soft

## NUTS, SEEDS & LEGUMES

are a great source of protein! They are excellent sources of fats that your body wants. Nuts and legumes have what are called monounsaturated fats (MUFA's) and polyunsaturated fats (PUFA's). These fats are easily utilized and absorbed in the body compared to saturated fats, such as butter. Nut butters are a great option to include in your day. Peanut butter and cashew butter contain good fats, protein, and vitamin E.



## SOY PRODUCTS (TOFU, EDAMAME):

As mentioned earlier, soybeans are a complete protein, meaning that they provide all nine essential amino acids that the body needs from the diet. In addition to protein, soy products such as tofu and edamame, provide iron and calcium.

Edamame can be found primarily in the frozen section of grocery stores. They can be steamed or boiled and seasoned lightly with salt for an easy and nutritious snack. The beans can be broken out of the pods and added to soups and salads as well! Edamame contributes fiber, vitamin K, and folate to the diet.



## QUINOA:

Quinoa is quite unique. It is a grain, but is also a complete source of protein. In addition, quinoa provides fiber, iron, calcium, and vitamin E.

Quinoa is a versatile ingredient in the kitchen! It is similar to rice in texture, so can be substituted in place of rice in order to provide more nutrients. It can also be added to salads and casseroles.



# Dietary Fat

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Along with carbohydrates and protein, fat is a necessary macronutrient in our diets. Dietary fat provides nine calories per gram and the AMDR is 20-35% of your daily calories. Fat is an important energy source which the body uses during low intensity or endurance exercises. Fat's other important functions include storing energy, maintenance of cellular functions, transportation of fat-soluble vitamins, and much more! Fat is vital for growth and development. However, not all fats are created equal. By learning about the different types of fats and recognizing what food sources they come from, we can start to make more conscious and healthy choices in regards to our diet.

## **INCREASE THESE FATS IN YOUR DIET:**

Fats that lower disease risk, reduce cholesterol, and are heart healthy are polyunsaturated and monounsaturated fats.

-Monounsaturated fats are liquid at room temperature and start to solidify when chilled. Food sources include olive oil, rapeseed oil, peanut oil, canola oil, sesame oil, nuts, seeds, and avocados.

-Polyunsaturated fats are liquid at room temperature and when chilled. Omega-3 and omega-6 are the 2 types of polyunsaturated fat. Sources of omega-3 fatty acids include fatty fish such as salmon, tuna, mackerel, and some eggs include this nutrient. Look for it on the label. Sources of omega-6 fatty acids include nuts, seeds, and vegetable oils such as corn oil, safflower oil, and flaxseed oil.



## LIMIT THESE FATS IN YOUR DIET:

Fats that raise blood cholesterol levels and are a major influence in the development of heart disease and hypertension are saturated and trans fats.

-Saturated fats are solid at room temperature and usually come from animal-based products. Leaner animal products like chicken breast and pork loin have a lower amount of saturated fat than full fat meats.

-Food sources of saturated fat: butter, cream, cheese, milk, other dairy products, red meat, processed meats, fried foods, chicken fat, beef tallow, and pork lard.

-Trans fats are made from vegetable oils that have gone through a process called hydrogenation. Look for "hydrogenated oil" and "partially hydrogenated oil" on labels to determine if they contain trans fat.

-Food sources of trans fat: All different kinds of processed foods, such as fast food, baked products, desserts, fried foods, etc. There may even be small amounts in animal products such as cheese. It is best to read the back of food labels to find these types of fats.

Coconut and palm oil also contain a large amount of saturated fat; however, these oils contain micronutrients and lauric acid that benefit the body because they are plant based and more easily digested. As with everything, consume these fats in moderation in order to reap their benefits.



# Micronutrients

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## Vitamins

- Classified according to their solubility in water as either fat-soluble or water-soluble vitamins.
- Fat-soluble vitamins are transported through the bloodstream by fat globules. By regularly maintaining a balanced diet, appropriate amounts of fat-soluble vitamins will be provided to the body.
- Water-soluble vitamins dissolve in water. They are transported and absorbed in the body quickly.

## Fat-soluble Vitamins

**VITAMIN A:** helps maintain vision, skin health, bone growth, the immune system, and much more

Animal sources: milk, cheese, butter, eggs, liver

Plant sources: leafy dark green vegetables, orange fruits and vegetables

**VITAMIN D:** aids in the absorption of calcium and maintains bone health

Animal sources: eggs, liver, fortified dairy products, salmon and fatty fish

Other sources: sunlight

**VITAMIN E:** acts as an antioxidant

Animal sources: liver, eggs

Plant sources: polyunsaturated plant oils (soybean, corn, safflower), avocado, leafy green vegetables, whole grain products, nuts, and seeds

**VITAMIN K:** aids in the formation of blood clots, maintains bone health, improves insulin resistance

Animal sources: meat, eggs, dairy, cheese, fish

Plant sources: blueberries, fermented soy products, soybean oil, canola oil, prunes, leafy green vegetables and herbs

## *Water-soluble Vitamins*

**VITAMIN C (ASCORBIC ACID):** an antioxidant in extracellular fluid and lungs. It enhances immune function and iron absorption.

Major sources: citrus fruits, citrus juices, broccoli, strawberries, kiwi, and bell peppers

**THIAMIN (B1):** an enzyme cofactor for carbohydrate and amino acid metabolism

Major sources: pork, fortified cereals, peas, tuna, legumes, enriched rice and pasta

**RIBOFLAVIN (B2):** an enzyme cofactor for carbohydrate and fat metabolism

Major sources: beef liver, shrimp, fortified cereals, enriched breads and grains, milk and other dairy products

**NIACIN (B3):** required for carbohydrate and fat metabolism. It also plays a role in DNA replication as well as cell repair and regeneration

Major sources: beef liver, meat, fish, poultry, fortified cereals, canned tomato products, enriched breads and grains

**PYRIDOXINE (B6):** an enzyme cofactor for carbohydrate and amino acid metabolism. It also assists in the synthesis of blood cells.

Major sources: chickpeas, meat, fish, poultry, fortified cereals, and white potatoes

**FOLATE (B9):** an enzyme cofactor for amino acid metabolism. It is required for DNA synthesis.

Major sources: fortified cereals, spinach, legumes, green leafy vegetables, liver, enriched breads and grains

**COBALAMIN (B12):** assists with formation of blood. It is required for healthy nervous system function.

Major sources: fish, shellfish, meat, poultry, fortified cereals, milk and other dairy products

## Tips to Make Food Last!

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There are tons of ways to make food that you receive from your local food pantry last longer. Sometimes making the food you receive stretch out until your next visit can be hard to do, but being able to find new ways to utilize what you have can be your best bet! Here are a few different ways that common food items can be utilized in many ways. Creativity is key with all of your food! Use these ideas to inspire new creations. Another fantastic resource is [eatright.org](http://eatright.org). They provide free education for the public online, including an eating on a budget section.



### **CANNED CHICKEN**

can be used in so many ways! Canned chicken can be used to make chicken salad sandwiches. It can also be fried in a pan with an unsaturated oil with some vegetables to create a stir fry. It can even be baked in a casserole or thrown in a salad!



### **RICE**

is such a diverse grain! Rice can be served on its own or as a side dish. It can also be used to stuff a bell pepper with some ground meat and vegetables. Mix rice with leftover meat, beans, or vegetables to create a complex, new dish!

# Healthy Cooking Guide

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Healthy eating, when it is broken down, isn't too hard to achieve. Culture and society play a huge role in how food is cooked, and unfortunately, the majority of cultures cook food in a not-so-healthy way! Here are some quick tips to make cooking a bit healthier.

## **TRY TO AVOID BUTTER OR BACON GREASE WHEN COOKING:**

Although it is rich in flavor, it adds unnecessary saturated fats to your diet that are already in so many different foods. A saturated fat is any fat that is solid at room temperature. Unsaturated fats are liquid at room temperature. Unsaturated oils are much easier for the body to utilize, and although your body does need some saturated fat, it is still best to avoid it when possible. If butter is all that is available for you, try reducing the amount you cook with!

## **PORTION OUT YOUR MEALS:**

Although eating a lot at once is common in American culture, it is also taxing on the body and over time can lead to obesity. Being able to plan out your meals to have a fixed amount of food per meal, rather than going in all at once will save money and food. It will also keep the food around a bit longer.

NOTE: Do not starve yourself! Portioning meals simply means to consume enough food until your stomach is satiated, or at a good level of full. Portioning out meals does not mean that you are starving yourself or stuffing yourself.

## **HAVE THE LOW SODIUM OPTION WHEN AVAILABLE:**

Sodium is in literally everything, and your body does not need a lot of sodium throughout the day in order to be able to maintain proper bodily functions. Therefore, cutting out sodium when you can will help maintain a healthy lifestyle. Choose low sodium broths and stocks, choose unsalted butter and low sodium cheese. If only regular options are available, make sure not to add any extra salt. This isn't as ideal, but it will help lower sodium when possible.

TIP: Rinse canned beans to help lower salt concentrations.



### **WATCH OUT FOR HEAVY CREAMS OR HYDROGENATED OILS:**

Heavy creams have loads of saturated fat in them and are in many different ingredient lists. There are low-fat cream options that can do the same thing to a recipe! Hydrogenated oils should be avoided whenever possible. A hydrogenated oil is a trans-fat, or a saturated fat that is even harder for the body to break down than a regular saturated fat. Eliminating these things from the diet will help give better options for a healthy lifestyle!

### **LIMIT ADDED SUGARS:**

Limiting the amount of added sugars in the diet will help in many ways and prevent you from consuming excess calories without even knowing it! Did you know that new nutrition labels now include the amount of added sugars that are in food?



# Preparation Methods

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Here are some common preparation methods and their definitions:

## **SLICING:**

To cut through or across into slices, usually in uniform size

## **CHOPPING:**

Cutting foods into uniform pieces that are square in shape

## **DICING:**

Cutting foods into uniform pieces that are square in shape

## **MINCING:**

Cutting food into very small pieces

## **GRATING:**

Rubbing food against a serrated surface to create fine shreds



# Basic Cooking Methods

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Whether you are a culinary expert equipped with boundless cooking knowledge, or a curious novice looking to improve your existing (or perhaps, non-existent) kitchen skills, understanding cooking terminology comes in handy when following recipes. Knowing the difference between the most common cooking methods will best prepare you for an enjoyable cooking experience. So what's the difference between a sauté and a sear? Here's what you should know.

## **BAKING AND ROASTING:**

- Baking and roasting both follow the same formula: dry heat + enclosed environment + food.
- The result: food browns on the outside while moisture is retained on the inside.
- Baking is a term commonly used when referring to breads and pastries, while roasting is used for proteins and vegetables.

## **GRILLING AND BROILING:**

- In grilling, food is placed on a grate or grilling pan over intense heat or fire.
- Broiling is similar to grilling, except that the heat source comes from above the food, not below.

## **BOILING:**

- Food is completely submerged in a hot, bubbling liquid.

## **POACHING:**

- Similar to boiling but with reduced heat, poaching uses a small amount of hot liquid to cook food. Poaching produces gentler bubbling than boiling, making it ideal for delicate foods.

### **STEAMING:**

-Steaming uses vapor from a boiling liquid to cook food. Since vapor is used to cook food (as opposed to fat), boiling is a healthier alternative to other cooking methods.

### **BLANCHING:**

-Food is partially cooked and then submerged in an ice bath to stop the cooking process.

### **SIMMERING:**

-A liquid is cooked in a pot or pan over low heat to produce bubbling.

### **FRYING:**

-Frying is the method of cooking food in fat, such as oil or butter. There are different ways to accomplish this feat, including variations on the amounts of fat and intensity of heat:

-Deep Frying: food is completely immersed in hot fat, leaving food crispy and thoroughly cooked. Drain food on a rack or paper towels to reduce fat content.

-Pan Frying: Using a pan with a modest amount of fat (about 1/2 inch), pan-frying is usually reserved for larger pieces of food. Brown one side, flip, then brown the other.

-Stir frying: Food is cooked using high heat, a thin layer of fat, and frequent stirring. Unlike pan-frying, this method uses smaller pieces of food.

-Sautéing: Similar to a stir-fry, but with less-intense heat. Medium-high heat is preferred in order to cook food until tender.

-Searing: A quick method of cooking, searing uses high heat and minimal amounts of fat. Food is browned and caramelized on the outside, but not fully cooked on the inside.

### **BRAISING AND STEWING:**

In braising, food is initially sautéed or seared, then simmered in liquid for a long period of time until tender. Larger pieces of food are typically braised. This method helps to tenderize foods that may otherwise be tougher to eat.

-Stewing is the same as braising, but smaller pieces of food are prepared.

## *No stove? No problem!*

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Electric griddles, microwaves, slow cookers, rice cookers, hot plates, electric kettles, and toaster ovens can all be used to prepare flavorful meals without the use of a stovetop. If you're feeling particularly clever, challenge yourself to make hard-boiled eggs on a coffee-maker, or grilled cheese using a clothes iron and aluminum foil.



# Equipment

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\*The equipment shown are basic pieces that would be a good part of any kitchen, but not all of these pieces are required.

# All About Serving Sizes

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One serving of raw leafy vegetables or a baked potato should be about the size of a small fist.



Three ounces of cooked lean meat or poultry is about the size of a computer mouse.

Three ounces of grilled fish is about the size of a checkbook.



A half of a bagel is about the size of a hockey puck and represents a serving from the grains group.

A cup of fat-free or low-fat milk or yogurt, or a medium fruit should equal about the size of a baseball.



An ounce of fat-free or low-fat cheese is about the size of six stacked dice.

A teaspoon of soft margarine is about the size of one die.



## Modify Your Meal!

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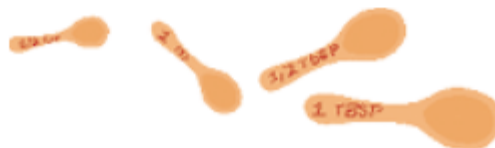
Even with limited access to food, there is still the potential to be your own personal chef! Any and all of the meal options in this book have the ability to be played around with in order to create totally new dishes! Provided is a list of different ingredient ideas that help promote different meal options for what is in this book.

**TEX MEX:** Add corn, cilantro, tomato, black beans, and/or cumin

**SOUTHERN STYLE KICK:** Add a side of red beans and rice to any protein. Also add a slice of toasted whole wheat bread or a biscuit to give it a southern flair! Try adding cayenne pepper as well.

**GREEK:** Swap out bread for a whole wheat pita bread. Add olives, feta cheese (or any white, crumbly cheese) and sliced red onions. You can add a vinaigrette by mixing olive oil and vinegar. For vinegar, you could use white vinegar, red wine vinegar, or balsamic vinegar.

**ITALIAN:** Add low-sodium tomato sauce or tomato paste to create a sauce, along with garlic powder, oregano, parsley flakes, and dried basil.





# Spice it Up!

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Herbs and spices are great for adding flavor to otherwise plain dishes. To start out, a few well-known flavor combinations from around the world are shown below. Another easy way to season dishes is to buy premade seasoning. You can get creative and experiment with flavors and make your own unique spice mix!

## **CHILI POWDER:** spicy, smoky flavor profile

Mix: ancho chile, paprika, cumin, Mexican oregano  
Great addition to: beans, chicken, beef, corn, cauliflower, green beans, squash, soups, sauces, dry rubs, and marinades

## **CURRY POWDER:** warm, spicy flavor profile

Mix: turmeric, coriander, cumin, fenugreek, red pepper  
Great addition to: cauliflower, cabbage, zucchini, broccoli, green beans, chicken, lentils, pork, tofu, rice, soups, sauces, stir-fries, and marinades

## **CAJUN SEASONING:** spicy, earthy flavor profile

Mix: black pepper, paprika, cumin, cayenne pepper, thyme  
Great addition to: bell peppers, onions, celery, carrots, chicken, beef, pork, shellfish, and dry rubs

## **MEDITERRANEAN ZA'ATAR:** bitter, warm flavor profile

Mix: thyme, sesame seeds, sumac  
Great addition to: eggplant, sweet potatoes, squash, onions, carrots, chicken, beef, lamb, fish, dry rubs, and breadcrumbs

## **HERBS DE PROVENCE:** earthy flavor profile

Mix: rosemary, marjoram, thyme, oregano, sage, tarragon  
Great addition to: onions, potatoes, zucchini, eggplant, tomatoes, chicken, beef, lamb, fish, soups, salad dressings, dry rubs, and marinades

**SOUTH ASIAN GARAM MASALA:** warm, sweet, bitter flavor profile

Mix: cinnamon, nutmeg, cloves, cardamom, mace, peppercorns, coriander, turmeric, cumin

Great addition to: potatoes, broccoli, cauliflower, green beans, squash, chicken, beef, beans, lentils, curries, rice, marinades, salad dressings, stir-fries

**NORTH AFRICAN RAS EL HANOUT:** spicy, sweet flavor profile

Mix: cardamom, clove, cinnamon, paprika, coriander, cumin, nutmeg, peppercorn, turmeric

Great addition to: onions, tomatoes, dates, prunes, carrots, chicken, beef, lamb, fish, beans, lentils, soups, dry rubs, and marinades

**CHINESE FIVE SPICE:** warm, sweet, bitter flavor profile

Mix: cassia, clove, fennel, star anise, szechuan peppercorns

Great addition to: bell peppers, broccoli, carrots, celery, shiitake mushrooms, beef, duck, tofu, pork, stir-fries, rice, dry rubs, and marinades



# Overnight Oats

## Ingredients

- 1/2 cup rolled oats
- 3/4 cup 1% milk (can be substituted with your milk of choice)
- 1/2 cup mixed frozen berries
- 1 tbsp peanut butter

## Procedure

Add oats to a jar or container and add your milk of choice. Top with the berries and peanut butter. Refrigerate overnight for 6-8 hours. Enjoy! Experiment with different mix-ins such as Greek yogurt, sliced nuts, seeds, nut butters or protein powders.

## Nutrition Facts

- 381 Calories
- 53.8 g Carbs
- 16.7 g Protein
- 13.1 g Fat
- 8.5 g Fiber



# Yogurt Parfait



## Ingredients

- 1/2 cup plain Greek yogurt
- 1/2 cup mixed berries of choice
- 1 tbsp chia seeds
- 1 tbsp honey or maple syrup
- 1 tbsp chopped almonds
- 1 tsp sunflower seeds
- 1 tbsp rolled oats

## Procedure

Mix together chia seeds, almonds, oats and sunflower seeds with the honey or maple syrup. In a jar or dish layer the yogurt, seed mixture, and berries, repeating the layers until ingredients are used up. Refrigerate for 1-2 hours to let the oats and chia seeds soften.

## Nutrition Facts

309 Calories  
38.8 g Carbs  
16.4 g Protein  
10.7 g Fat  
8.2 g Fiber

# Peanut Butter Granola Bars

## Ingredients

2 cups rolled oats  
2 tbsp hemp hearts  
2 tbsp chia seeds  
1/4 cup honey or maple syrup  
1/4 cup peanut butter  
1/4 tsp cinnamon  
pinch of salt

## Nutrition Facts

Per bar, makes approximately 12 bars

122 Calories  
17 g Carbs  
4 g Protein  
4.8 g Fat  
2.7 g Fiber

## Procedure

Heat a pan on high heat. Add oats, hemp hearts and chia seed and toast for 3-4 minutes. Transfer to a bowl and let cool. Add in honey or maple syrup, peanut butter, cinnamon, and salt, mixing well. Line a cookie sheet with parchment paper, and spread the mixture evenly, pressing on to the cookie sheet. Freeze for 10 minutes, and cut into 12 bars. Store in the refrigerator.



# Cauliflower Hashbrowns

## Ingredients

1 cup grated cauliflower  
1 egg  
1 tsp vegetable oil  
1/2 tbsp onion (green or white), minced  
1 garlic clove minced  
or  
1/8 tsp garlic powder

## Nutrition Facts

147 Calories  
8 g Carbs  
9 g Protein  
10 g Fat  
3 g Fiber

## Procedure

Combine cauliflower, egg, onion & garlic in a bowl. Heat oil on medium heat in a saucepan. Form the mixture into three small patties, and add to pan. Cook for 3-4 then flip, getting a golden crust on each side.



# Tofu Scramble

## Ingredients

1/2 block of tofu (7-8oz)  
1/4 cup onion, diced  
1 clove of garlic, minced  
1 jalapeno, seeded and minced  
or  
1/2 bell pepper, chopped  
1 cup of mushrooms, sliced  
1 cup cherry tomatoes, halved  
1 cup spinach  
1 tsp turmeric  
1/2 tsp black pepper  
1/2 tsp salt  
1 tbsp vegetable oil

## Nutrition Facts

457 Calories  
28 g Carbs  
31 g Protein  
24 g Fat  
12 g Fiber

## Procedure

Before washing and chopping the vegetables, wrap the tofu in paper towels and place a heavy pot on top to draw out moisture from the tofu. Heat oil in a sauté pan, add onion and garlic, Sauté until onion is translucent. Crumble pressed tofu into the pan. Add in vegetables and seasonings and mix well. Sauté for 5-6 minutes or until vegetables start to soften.



# Avocado Chicken Salad

## Ingredients

1/2 cup shredded chicken  
1/2 avocado  
1 tbsp Greek yogurt  
1/4 small onion, chopped  
1/2 tomato, chopped  
1/4 celery stalk, chopped  
1 tbsp cilantro, chopped  
1/2 lemon, juiced  
1/4 tsp cayenne pepper (optional)  
salt and pepper to taste

## Procedure

In a bowl, mash the avocado. Add the remainder of the ingredients and mix well. Best served chilled as a sandwich or wrap filling, or on lettuce cups.



## Nutrition Facts

363 Calories  
15.5 g Carbs  
23.3 g Protein  
24.4 g Fat  
8.2 g Fiber



# Dill Chickpea Salad

## Ingredients

1 16oz can of chickpeas  
1/2 avocado  
(can substitute a tbsp of mayo  
or Greek yogurt)  
2 tsp Dijon mustard  
1 tbsp fresh dill, chopped  
1/2 stalk celery, chopped  
1 carrot, chopped  
2 dill pickles, chopped  
2 cloves of garlic, minced  
1 lemon, juiced  
1/2 tsp each of salt and pepper

## Procedure

Add chickpeas to a large bowl, and mash slightly to your preferred consistency. Add in all of the vegetables and seasonings and mix well. Serve chilled, as a sandwich filling or with lettuce cups.

## Nutrition Facts

Per serving, recipe makes 2 servings

521 Calories

80 g Carbs

25 g Protein

19 g Fat

25 g Fiber



# Taco Lettuce Cups

## Ingredients

- 1 lb ground turkey
- 1 tbsp olive oil
- 1 cup of salsa
- 1/2 cup diced green chilies
- 1 cup of corn kernels
- 1 cup of black beans
- 1 head of butter lettuce
- 1/4 cup of Greek yogurt
- 2 tsp taco seasoning

Chopped avocado and cheese of choice for garnishing

## Procedure

Heat olive oil in a saute pan, add turkey and brown. Add in green chilies, salsa, and seasonings and cook for 2-3 minutes. Add corn and beans and mix thoroughly.

Spoon mixture into washed lettuce leaves, and top with Greek yogurt, avocado, and cheese.

## Nutrition Facts

Per serving of 2 lettuce cups,  
recipe makes 4 servings

348 Calories  
17 g Carbs  
36 g Protein  
12 g Fat  
5 g Fiber



# Turkey Tacos



## Ingredients

- 1 lb of ground turkey
- 12 corn tortillas
- 2 tbsp olive oil
- 1 8oz can of beans (pinto or black)
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 jalapeno pepper
- 1 carrot, shredded
- 1 cup shredded cabbage
- 1 tomato, diced
- 1/2 cup salsa of choice
- 1/4 cup of Greek yogurt
- 1/4 cup shredded cheese of choice
- 1/2 tsp cumin
- 1/4 tsp paprika
- 1 tsp sugar
- salt & pepper to taste

This recipe makes 12 tacos,  
one serving is 3 tacos.

Try these tacos with the  
avocado salsa we have  
following!

## *Procedure*

Heat 1 tbsp of the oil, sauté half of the chopped onion and all of the garlic for 1-2 minutes. Add in the turkey and brown. Season the meat with cumin, paprika, salt and pepper. Halfway through cooking add the jalapeno. If you prefer the turkey to be spicy, dice the jalapeno. If you prefer the turkey mild, puncture the jalapeno a few times to release steam and add it whole to the pan, removing it after the turkey is cooked. Meanwhile, heat the remaining oil in a separate pan and add the beans, mashing them to make refried beans. Once the turkey and beans are finished, you can start assembling your tacos. Heat the tortillas and spread 1/2 tbsp of yogurt to each tortilla, spread refried beans over the yogurt, then divide the meat between the tacos. Top each taco with shredded carrots, cabbage, and tomatoes. Add cheese and salsa of your choice.

## *Nutrition Facts*

Per serving of 3 tacos

488.5 Calories

46.2 g Carbs

33.2 g Protein

18.6 g Fat

9 g Fiber

# Avocado Salsa

## Ingredients

6 large tomatillos,  
peeled and washed  
2 cloves of garlic  
1/4 onion  
1/2 bunch cilantro  
(approximately 1 cup)  
1/2 to 3 jalapenos,  
depending on desired spice  
1/2 lime, juiced  
1 avocado  
salt and pepper to taste

## Procedure

Place tomatillos, garlic, jalapeno and onion in a small pot. Add enough water to cover, and boil for 7-8 minutes or until soft. Transfer cooked ingredients to a blender and add cilantro, avocado, lime juice, salt and pepper. Blend until smooth.



# Tortilla Pizza



## Ingredients

- 4 whole wheat tortillas
- 2 oz turkey pepperoni
- 1 tbsp olive oil
- 18 oz can low-sodium chopped tomato
- 1/4 red onion
- 1 zucchini
- 1/2 20 oz can pineapple chunks
- 1 cup mozzarella cheese, shredded
- 1 tsp Italian spice blend

## Procedure

Chop or slice all of the veggies. Sweat the red onions with olive oil in a sauté pan over low. Add the canned tomatoes and increase heat to medium. Add Italian spices and simmer until sauce reduces. On a sheet pan, place tortillas, add a layer of sauce, cheese, and assorted toppings, covering with the second tortilla. Bake at 350 degrees F for 10-15 minutes

## Nutrition Facts

Per individual pizza (recipe makes 2 pizzas)

750 Calories

69.6 g Carbs

30.9 g Protein

29.1 g Fat

8.5 g Fiber



# Chicken Fried Rice

## Ingredients

- 1 can low-sodium chicken
- 1 cup brown rice
- 2 cups water
- 3 eggs
- 1/2 red onion
- 1 carrot
- 1 celery stalk
- 1/2 16oz can corn, or frozen
- 1/2 16oz can peas, or frozen
- 1/2 cup cooked edamame
- 1 tsp garlic powder
- 2 tbsp reduced-sodium soy sauce
- 1 tbsp sesame or canola oil

## Directions

Cook brown rice in water for 30 minutes or until soft and let cool completely. This is best done the night or morning before. Chop carrots, onion, and celery in a small dice. Sweat onions in oil in a large sauté pan at medium-high heat. Add carrots and celery, sauté 2-3 minutes. Add canned chicken, garlic powder, peas, corn, edamame, and rice. Mix together and create three wells, cracking an egg into each well. Scramble the eggs and incorporate. Add soy sauce and mix.

## Nutrition Facts

Per serving (recipe makes 4 servings)

- 414 Calories
- 58 g Carbs
- 20 g Protein
- 9.5 g Fat
- 6.8 g Fiber

# Pork Skewers

## Ingredients

1 lb pork tenderloin  
1/2 20oz can pineapple chunks  
1 zucchini, cut in 1" squares  
1 red onion, cut in 1" squares  
1 bell pepper, cut in 1" square  
1 tbsp garlic powder  
4 tbsp barbecue sauce  
salt & pepper to taste

## Nutrition Facts

For 2 skewers (recipe makes 4 skewers)

533 Calories  
46.1 g Carbs  
62 g Protein  
9.5 g Fat  
4.9 g Fiber

## Procedure

If you are using wood skewers, soak them in lukewarm water to prevent them from burning while baking or grilling. Chop pork into 1 inch cubes, and season with salt, pepper, garlic powder, and cumin. Assemble skewers layering pieces of pork, pineapple, zucchini, onions, and peppers. Brush on half of the barbecue sauce. Bake or grill at 350 degrees F for 15-20 minutes, until pork is cooked through and veggies are charred. Add remaining barbecue sauce before serving.





# Stuffed Bell Pepper

## Ingredients

3oz 85% lean ground beef  
2 whole bell peppers  
1/4 onion  
1 carrot  
1 celery stalk  
1/3 cup brown rice  
2/3 cup water  
1 tsp of olive oil  
4oz tomato juice  
1 clove of garlic, minced  
1/2 tsp cumin  
salt & pepper to taste

## Nutrition Facts

Per pepper (recipe yields 2 peppers)

308 Calories  
38.1 g Carbs  
15.6 g Protein  
10.1 g Fat  
6.2 g Fiber

## Procedure

Cut the tops off the peppers, removing seeds and rinsing. Cook brown rice in water with a pinch of salt for 30 minutes or until water has been fully absorbed by the rice. Chop carrots, onion, and celery into a small dice. Sweat onions in olive oil in a large pot at low-medium heat. Add carrots and celery, sauté for 2-3 minutes. Add beef, garlic, cumin, salt and black pepper to taste. Brown beef, then add tomato juice. Simmer until tomato juice has reduced by half. Remove from heat. Mix in rice and stuff peppers with the mixture. Roast bell peppers at 350 degrees F for 10-15 minutes until peppers are soft.





# Stuffed Zucchini Boats

## Ingredients

1lb lean ground beef  
4 medium zucchini  
1 bell pepper, chopped  
1/2 onion, chopped  
2 cloves of garlic, minced  
1 tsp Italian seasoning  
1 tbsp parsley, chopped  
1/2 cup shredded cheese  
salt and pepper to taste

## Procedure

Heat a sauté pan on medium-high heat. Add in beef and crumble. Cook for 3-4 minutes, then add onions, garlic, bell pepper, and seasonings. While meat is cooking, slice zucchinis in half lengthwise and scoop out the center. Add the zucchini centers to the beef along with the vegetables and seasonings. Once beef is cooked, place zucchini halves on a baking dish, and spoon meat into the boats. Top with shredded cheese and bake for 25 minutes at 400 degrees F. Top with parsley before serving.

## Nutrition Facts

For 2 boats, recipe makes 8

355	Calories
9.6	g Carbs
26	g Protein
24.4	g Fat
3	g Fiber

# Brown Sugar Salmon

## Ingredients

1 lb salmon  
2 tbsp brown sugar  
1 red onion, sliced  
1 cup couscous  
1 cup water  
1 sprig of fresh rosemary  
or 1 tsp of dried rosemary  
1 tbsp olive oil  
salt & pepper to taste

## Nutrition Facts

Per serving (recipe makes 4 servings)

539 Calories  
46 g Carbs  
35 g Protein  
23 g Fat  
3 g Fiber

## Procedure

Caramelize onions in the olive oil over medium heat. Rub brown sugar, salt, and pepper on the salmon filets. Pan sear the salmon skin side up for 2-3 minutes, transfer the salmon into the oven and roast for 10-15 minutes. While the salmon is cooking, boil the water with rosemary and a pinch of salt. When water has reached a boil add couscous, cover the pot and remove from the heat. Let the couscous cook for 7-10 minutes, until liquid has been absorbed. Serve the salmon on a bed of couscous and top with onions



# Chili

## Ingredients

1lb ground turkey  
2 tbsp vegetable oil  
1 onion, chopped  
4 cloves of garlic, minced  
1 16oz can diced tomato  
3 tbsp tomato paste  
1 16oz can kidney beans  
1 bell pepper, chopped  
1 tsp chili powder  
1/2 tsp cumin  
1 tsp salt  
1/2 tsp sugar



## Procedure

Heat oil in a large sauté pan, add onion and garlic. Sauté for 1-2 minutes and add in turkey. Brown turkey for 5 minutes, then add bell pepper, diced tomatoes, tomato paste, and seasonings.

Reduce heat and let the chili simmer for 25-30 minutes. You can garnish with Greek yogurt, shredded cheese, green onions, avocado, or whatever strikes your mood!

## Nutrition Facts

Per serving, recipe makes 4 servings

362 Calories

28 g Carbs

28.6 g Protein

15.8 g Fat

5.6 g Fiber

# Cheesy Broccoli Bites



## Ingredients

2 1/2 cups fresh or frozen broccoli, chopped  
2 eggs, beaten  
3 green onions, chopped  
1/2 cup breadcrumbs  
1/4 cup grated cheddar cheese  
salt & pepper to taste

## Nutrition Facts

Per serving of 6 bites  
250 Calories  
29 g Carbs  
12.5 g Protein  
9.5 g Fat  
4 g Fiber

## Procedure

Steam the broccoli for 5 minutes or until soft. Chop or mash the cooked broccoli, and mix with the remaining ingredients. Form 12 balls or patties with the mixture. Roast in an oven, toaster oven or airfryer for 15 minutes at 375 degrees F. Alternatively, you can pan fry for 3-5 per side.

# Pesto



## Ingredients

2 cups basil leaves  
3 cloves of garlic  
1/3 cup pine nuts  
1/2 cup olive oil  
1/2 tbsp lemon juice  
1/3 cup parmesan cheese  
or  
1/3 cup nutritional yeast  
pinch of salt and pepper

## Procedure

Add all the ingredients to a food processor or blender, and blend until smooth

Pesto is great for adding to pasta, as a spread on crackers or sandwiches, even as a salad dressing.