

*center for  
health & counseling's*

# BRUIN BITES

*healthy recipe  
book*



Hi there,

Whether you are new to the cooking game, are looking for additional recipes to add to your repertoire or are trying to improve your eating behaviors by cooking at home, welcome! **This cookbook was designed with the bright, empowered, yet tired, busy, and broke college student in mind.** If you identify with one or more of those things, then you'll be glad to know that this recipe book was created with intention.

The primary goal for Bruin Bites is to provide affordable, simple, nutrient-rich recipes that will encourage **intrinsic motivation** and improve wellbeing.

**Intrinsic motivation** refers to behavior that is driven by internal rewards. In other words, the motivation to engage in a behavior arises from within the individual because it is naturally satisfying to you. The decision to consume a healthy diet needs to come from within. Intrinsic motivation is acquired or developed and not simply obtained. We hope that as you make simple changes day-to-day, that you will acquire a new appreciation and understanding of the benefits of eating a balanced diet. You may find that you have more energy throughout the day. Maybe you notice that you aren't hungry all the time because you're filling your body with nutrient-dense foods. Or maybe you even begin to shed a few pounds that were causing additional stress.

Remember the phrase "**put good in, get good out.**" When we fuel our bodies for success, we're putting our best self forward and practicing self-care; and that should be celebrated!

*Sincerely,*

Center for Health & Counseling

**CENTER  
FOR HEALTH &  
COUNSELING**



Craving additional healthy recipes?  
Follow @slcc\_chc on Instagram for more!

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# ICON KEY



Serving Size



Cook Time

## EXTRA INFO



Staff Favorite



Inexpensive Choice



Hot Dish



Cold Dish



Easy Difficulty



Moderate Difficulty

## DIETARY RESTRICTIONS



Nut Free



Dairy Free



Gluten Free



Vegetarian



Vegan

*easy yummy*  
**SNACKS  
& SIDES**

---

# PEANUT BUTTER BITES

Quick and easy snacks to grab on the go. Take to class, eat before/after the gym, or on the way to work.

## INGREDIENTS

- |                       |                      |
|-----------------------|----------------------|
| 1/4 cup peanut butter | 2 Tbsp honey         |
| 1 large banana        | 1 1/2 cup quick oats |
| 1 pinch salt          |                      |

## DIRECTIONS

1. Microwave peanut butter for 30 seconds, until just melted.
2. Mash the banana and combine all ingredients in a mixing bowl and mix well. Spoon a Tbsp. of the mixture and roll it into a ball.
3. Place each ball onto a greased cookie sheet or a cookie sheet lined with parchment paper.
4. Place them in the freezer for 45 minutes to an hour.
5. Serve and enjoy your no bake banana peanut butter cookie bites.



⚠️ Store in the refrigerator for up to 5 days. To keep vegan, use agave or maple syrup instead of honey. Make sure your oats are gluten free for a fully gluten free treat.

# healthy CANDY APPLE WEDGES

This delicious snack can be done with any apples. You can also add a nut butter or coconut flakes to add more flavor.

## INGREDIENTS

1/4 cup lemon juice	3 ounce dark chocolate
2 medium green apples	2 Tbsp walnuts

## DIRECTIONS

1. Add lemon juice to a medium bowl and fill the bowl 2/3 full with cold water. Add sliced apples to the bowl.
2. Meanwhile, melt the chocolate in a microwave-safe dish until smooth, stirring intermittently. Finely chop the walnuts and place them in a small dish.

**Optional:** Line baking tray with wax or parchment paper for easy clean up.

3. Drain water from the bowl and pat apples dry; then spread apples along the lined baking tray.
4. Drizzle the melted chocolate on apples, then top with walnuts. Transfer tray to the refrigerator. Serve once chocolate has had time to harden.



⚠️ Green apples have a fiber that works as a prebiotic to encourage the growth of healthy bacteria in your gut and aid in having healthy digestion.

*keto*

# LEMON BLUEBERRY MUFFINS

Muffins for breakfast are hard to pass up. Try these muffins which contain healthy fats and delicious flavor.

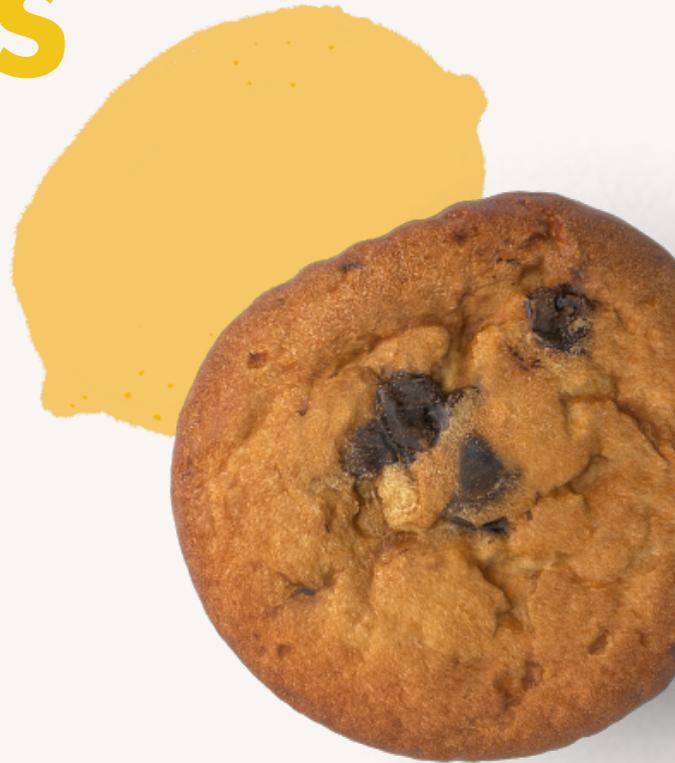
## INGREDIENTS

1 cup ground flax seeds	1/3 cup brown sugar	3/4 cup coconut milk
1 cup almond flour	1 pint blueberries	1 juiced lemon
2 tsp baking soda	1/3 cup raw pumpkin seeds	1/4 cup coconut oil
1/2 tsp sea salt	1 tsp vanilla extract	

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Mix salt, baking soda, almond flour, ground flax, and brown sugar in a medium mixing bowl.
3. In a small mixing bowl, combine coconut milk, lemon juice, vanilla extract, and coconut oil until well incorporated.
4. Mix the dry and wet ingredients and fold in the pumpkin seeds and blueberries.
5. Pour about 2 Tbsp of batter into each lined muffin tray and bake for 30-35 minutes or until golden brown on top.

! Instead of vanilla extract, you can use milk or a milk alternative to keep it dairy free/vegan and cheap.



# CHERRY ALMOND OAT BREAD

The perfect bread for summer months or during the holiday season. Try different fruit to replace the cherries and have it all year around.

## INGREDIENTS

1 3/4 cups flour	1/2 tsp vanilla extract
1/2 cup rolled oats	1 1/4 tsp almond extract
1 1/2 tsp baking powder	2 cups fresh cherries, pitted
1/4 tsp salt	3/4 cup butter
2/3 cup honey	2 Tbsp sugar
2 large eggs	

## DIRECTIONS

1. Preheat the oven to 350°F. Lightly grease a 9x5in loaf pan.
2. In a large bowl, combine flour, oats, baking powder, and salt.
3. In another bowl, beat eggs, sugar, honey and extracts.
4. Combine both mixtures and fold in cherries.
5. Pour batter into the greased pan and bake for 40-55 minutes.
6. After the timer, insert a toothpick into the center. If the toothpick comes out clean the bread is done baking. Let cool before serving.



! Cherries have benefits in so many ways. They may improve sleep, heart health, muscle recovery and are nutrient dense.

# STRAWBERRY OAT BARS

A nice, fruity dessert to bring to any occasion. Fruity treats in the summer are always a winner no matter where you go.

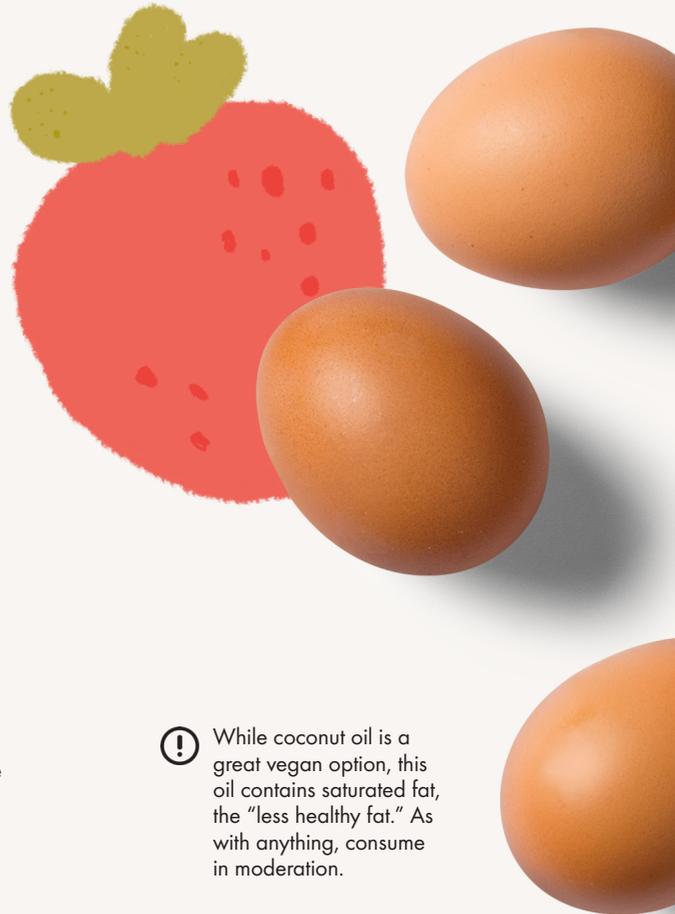
## INGREDIENTS

1/2 cup coconut oil	1 lb strawberries, diced	1/2 cup cane sugar
1 large egg	1 Tbsp lemon juice	3/4 cup all-purpose flour
3/4 cup oat flour	1 1/2 cup rolled oats	1/4 tsp cinnamon
1/2 tsp salt		

## DIRECTIONS

1. Preheat the oven to 350 °F. Line a 8"x8" dish with parchment paper. In a large bowl blend 1/4 cup coconut oil, 1/4 cup cane sugar and egg together until well combined. Add 1/2 cup of each flour, cinnamon and 1/4 tsp salt. Mix well. Put in the pan and chill in the refrigerator for 20 minutes.
2. Toss the strawberries and lemon together. Set aside.
3. In a large bowl, combine the rest of the flours, coconut oil, sugar and salt. Add the rolled oats and toss with your fingers until crumbly. Spread each layer on the base with the crumble on top and bake for 45-50 minutes. Let cool.

⚠️ While coconut oil is a great vegan option, this oil contains saturated fat, the "less healthy fat." As with anything, consume in moderation.



👤 : 4 cups 🕒 : 10min



# BEST TRADITIONAL HUMMUS

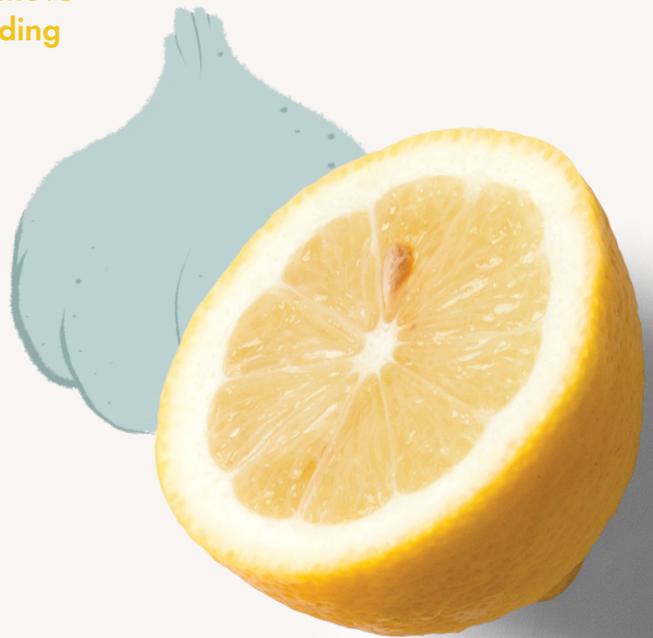
To make this hummus extra smooth, remove the skins from the chickpeas before adding them to the blender.

## INGREDIENTS

30 oz canned chickpeas	1/3 cup chickpea liquid
1/2 cup tahini	1/4 cup olive oil
2 medium lemons, juiced	2 cloves garlic, minced
1 tsp salt	

## DIRECTIONS

1. Add all ingredients to a blender or food processor.
2. Blend until creamy, adding more chickpea liquid to get the desired consistency.
3. Put in a serving container and keep for up to 1 week in the refrigerator.



ⓘ Chickpea liquid, also called aquafaba, contains trace amounts of nutrients found in chickpeas. Some include: b vitamins, folate, iron, phosphorus, and healthy fats.

# VEGGIES & HUMMUS

This makes for the perfect appetizer, snack or side to any meal. Switch up the veggies, add some pretzels or make your own hummus!

## INGREDIENTS

4 large carrot sticks	3 large cucumbers
3 large bell peppers	3 circles pita bread
16 oz hummus	1 tsp paprika

## DIRECTIONS

1. Slice the carrots, cucumber, and bell peppers into 2 inch, skinny slices. Cut the pita bread into triangles.
2. Spoon the hummus into a small bowl, sprinkle paprika on top for garnish.
3. On a large plate, put the bowl of hummus in the middle. Layout the veggies and pita bread around the hummus and serve.



! Hummus is typically made with garbanzo beans, making it a fiber and protein rich dip. It's also nutrient rich with a variety of vitamins and minerals.

*easy*  
**NO-KNEAD  
BREAD**

Though this is a time consuming recipe, it is well worth the fresh baked bread. This is a simple, but precise process.

**INGREDIENTS**

3 cups all-purpose flour	2 tsp yeast- active, dry, or instant
1.5 tsp salt	1 1/2 cups hot water (125-130F)
extra flour for folding	Optional: herbs, garlic, olives

**DIRECTIONS**

1. Mix, yeast and salt into a bowl. Stir in water until well combined. Cover and let sit at room temperature for 3 hours
2. After 3 hours, transfer the bubbly dough to a floured surface and sprinkle with a little flour. If adding optional additions, add them now. Fold dough 10-12 times and shape into a ball. Place in a parchment-paper lined bowl and cover with a clean towel for 35 minutes.
3. While letting the dough sit, place a dutch oven with lid in the cold oven and preheat to 450°F.
4. When the oven is preheated use oven mitts to remove the pot from the oven. Place the parchment paper and dough into the pot and cover. Return the pot to the oven and bake for 30 minutes.
5. After 30 minutes, remove the lid and bake for 10 more minutes. Let cool for 15 minutes before slicing.

⚠️ Pair this with a fiber-rich vegetable soup or make avocado toast and add an egg for protein.



# PARMESAN ROASTED BROCCOLI

This dish could be made with any vegetable. Try asparagus, eggplant, bell peppers or carrots to get a variety of vitamins.

## INGREDIENTS

1/2 cup olive oil	2 Tbsp lemon juice
1 1/2 tsp garlic salt	3/4 tsp black pepper
3 heads broccoli	1 cup freshly grated Parmesan Cheese

## DIRECTIONS

1. Preheat the oven to 425°F.
2. Line the baking sheet with foil or grease.
3. Cut broccoli heads into medium-sized florets and spread evenly on the sheet.
4. Microwave olive oil in a medium bowl for 30 seconds.
5. Add in lemon juice, garlic salt, and pepper to the bowl.
6. Toss broccoli with oil mixture and spread on a baking sheet. Sprinkle with cheese.
7. Bake for 20-22 minutes tossing broccoli once during baking time. Enjoy warm!

⚠️ Simply omit the cheese to make this dish a still delicious vegetarian/vegan side to any meal. Don't throw out the broccoli stem, you can add it to the dish or compost it!



# EXTRA NUTTY BUTTER

Switching up your everyday nut butter to make it even more filled with protein, healthy fats and that much more satiating.

## INGREDIENTS

1/4 cup chia seeds	1/4 cup slivered almonds
1/4 cup pumpkin seeds	1/2 filled 16 oz jar nut butter
1/4 cup sunflower seeds	

## DIRECTIONS

1. Choose your preferred nut butter and split into two jars, or take a half filled jar of your chosen nut butter.
2. Add the additional nuts and seeds to the jar and mix until combined.
3. Refrigerate to keep as fresh as possible.



ⓘ To get a good variety of flavors and nutrients, try choosing nuts and seeds that are different from the nut butter of choice. Try this on toast or fruit for breakfast or a snack!

# GARLIC LIME GUACAMOLE

This guacamole is extremely simple and a crowd pleaser. Add in 2Tbsp Greek Yogurt to make it extra creamy.

## INGREDIENTS

3 medium avocado	3 Tbsp minced garlic
1 whole lime	1/2 medium red onion
1 Tbsp salt	

## DIRECTIONS

1. Mash the avocado, leaving a few chunks.
2. Dice the red onion and mince the garlic, you can buy pre-minced garlic if you prefer. Add to mashed avocado.
3. Squeeze the lime and add the salt to the mixture and combine until your desired texture of guacamole, I prefer a few chunks.
4. Other additions could include: cilantro, nuts/seeds, tomato, or cucumber!



⚠️ Make your taste buds dance by adding more of any ingredients to your preference. Pair with pita or corn chips for a quick, tasty appetizer or snack.

# SIMPLE PROTEIN BITES

These protein bites are perfect for an afternoon snack, a treat to bring to class or a small boost before going to the gym.

## INGREDIENTS

- |                       |                              |
|-----------------------|------------------------------|
| 2/3 cup peanut butter | 1/2 cup ground flax seed     |
| 1 cup oats            | 1/2 cup dark chocolate chips |
| 2 tablespoons honey   |                              |

## DIRECTIONS

1. Combine all ingredients in a medium sized bowl and stir to combine.
2. Cool in the refrigerator for 15-30 minutes.
3. Roll into 12 bites and store in the refrigerator for up to one week.



⚠️ Use maple syrup or agave and dairy free chocolate chips to make vegan/dairy free. To keep gluten free, get gluten free oats.

# FRESH GREEK SALAD

A traditional tasting salad with fresh flavors, lots of vitamins and nutrients and a great side to any meal.

## INGREDIENTS

2 large cucumbers	7 fresh roma tomatoes
1 medium red onion	1 medium green bell pepper
6.5 oz jar kalamata olives	7 oz block feta cheese
1/2 cup olive oil	1 Tbsp salt
1 Tbsp black pepper	1 Tbsp oregano

## DIRECTIONS

1. Wash and chop cucumbers, and roma tomatoes into medium sized chunks. Wash and cut red onion and green bell pepper into thin slices. Place in a large bowl
2. Drain the kalamata olives and add to the bowl.
3. Break the feta cheese block with your hands into similar sized chunks as the cucumbers and tomatoes, then add to the bowl.
4. Pour the olive oil, salt, black pepper and oregano into the bowl and mix until everything is coated.



❗ To make vegan, simply omit the feta. Add some chickpeas or chicken protein to make it a meal!

# TRISCUIT MINI BLT'S

Have these small triscuit sandwiches out for an appetizer, bring them to the park for a picnic or simply have them as a snack.

## INGREDIENTS

16 original triscuit crackers	1 leaf lettuce
2 slices bacon	1/8 cup mayonnaise
1 small tomato	

## DIRECTIONS

1. Cut all ingredients into Triscuit sized pieces.
2. Start with a cracker, layer all ingredients on top and finish with a cracker.

Enjoy!



⚠️ Triscuit's only have three ingredients and are a whole-grain food.

*roasted*

# HONEY CINNAMON ALMONDS

Make these almonds vegan by substituting the honey for maple syrup or agave. Have these for a nice snack during class.

## INGREDIENTS

1 Tbsp olive oil	2 tsp ground cinnamon
1 Tbsp honey	2 cups whole raw almonds
1/2 tsp salt	

## DIRECTIONS

1. Preheat the oven to 350°F.
2. In a small bowl, add all ingredients and stir together until almonds are coated well.
3. Spread evenly on the baking sheet. Bake for 10-12 minutes, until almonds are toasted.
4. Let almonds cool before serving. Store almonds in a sealed container in the refrigerator for up to 5 days.



⚠️ Almonds are both calorie-dense and nutrient-dense, and having mostly monounsaturated fats, the “healthy fats”.

# CHILI LIME POPCORN

Make your movie night different by throwing in a twist on your traditional popcorn and adding a little kick.

## INGREDIENTS

1/2 cup popcorn kernels	4 Tbsp melted coconut oil
1 juiced fresh lime	1 tsp chili powder
2 tsp salt	

## DIRECTIONS

1. Heat a flat bottomed frying pan on medium heat.
2. Add corn kernels to the pan, cover with a lid and continue heating. Shake the pan every 20-30 seconds.
3. When kernels start popping shake the pan every 5-10 seconds.
4. As popping slows down, turn the heat off.
5. Top the popped corn with all of the toppings and mix until evenly distributed.



ⓘ Popcorn is dense in manganese, phosphorus, magnesium, zinc and copper, making it a healthy snack choice.

# CINNAMON SUGAR POPCORN

Craving some sweet and a little salty? This popcorn makes the best snack for class, watching a movie or quiet honestly anytime.

## INGREDIENTS

1/2 cup popcorn kernels	4 Tbsp melted coconut oil
2 tsp cinnamon	3 tsp sugar
1 pinch salt	

## DIRECTIONS

1. Heat a flat bottomed frying pan on medium heat.
2. Add corn kernels to the pan, cover with a lid and continue heating. Shake the pan every 20-30 seconds.
3. When kernels start popping shake the pan every 5-10 seconds.
4. As popping slows down, turn the heat off.
5. Top with the remaining ingredients and mix until evenly distributed.

! Along with it's taste, cinnamon is a wonderful spice that contributes to a wide variety of health benefits.



# TASTY SNACK MIX

Add this sweet and savory snack to your daily routine and you'll be glad you did. Bring it on the go to class, work or the gym!

## INGREDIENTS

1/2 cup dried cranberries      1/2 cup dark chocolate

1/2 cup walnuts                      1/2 cup pretzels

## DIRECTIONS

1. Gently break pretzels and walnuts into smaller bites. Chop chocolate if it is not in small chunks.
2. Put all ingredients into a jar and shake to mix up ingredients.



⚠️ This mix can have a lot of variation. Change up the nuts or fruit, or add seeds. This mix has lots of healthy, omega-3 fats, iron, copper and magnesium!

# CRISPY KALE CHIPS

If you're craving a salty, crispy snack, try these kale chips in place of potato chips to keep the calories low, but nutrients high.

## INGREDIENTS

10 whole kale leaves	2 Tbsp olive oil
1 Tbsp salt	1 Tbsp garlic powder

## DIRECTIONS

1. Preheat the oven to 350°F and line a baking sheet with a silicone mat or parchment paper.
2. Wash and pat dry kale leaves.
3. Carefully remove the leaves from stems and tear into bite size pieces.
4. Drizzle olive oil over the kale leaves and season lightly.
5. Bake for 10-15 minutes or until the edges start to brown.



! Kale is loaded with tons of vitamins and minerals. It's also low calorie and high in antioxidants to make for a great tasty snack or base of any meal.

*good morning sunshine it's*

**BREAKFAST** *time*

---

# STRAWBERRY BANANA SMOOTHIE

Strawberries and bananas are a dynamic duo! Both being rich in fiber and potassium to keep the human body functioning properly.

## INGREDIENTS

1 ripe banana	1 1/2 cup frozen strawberries
1/2 cup oat milk	1 tsp chia seeds

## DIRECTIONS

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



⚠️ For added vitamins and minerals, add a handful of spinach to your smoothie. It may turn green, however, it's a great way to get some veggies and you can barely taste it.

*vegan*  
**FLUFFY  
BLUEBERRY  
MUFFINS**

Try these muffins with any fruit to find what you like best. Keep this in an air tight container in the fridge to keep fresh.

**INGREDIENTS**

2 cups all purpose flour	2 1/2 tsp baking powder
1/4 tsp mineral salt	3/4 cup cane sugar
1 cup and 1 tsp oat milk	1/3 cup olive oil
1 3/4 cup blueberries	

**DIRECTIONS**

1. Preheat the oven to 350°F. Line a muffin pan with liners.
2. Mix the milk, sugar, and oil into a small bowl and stir to soften large sugar clumps.
3. Mix the flour, baking powder and salt into a large mixing bowl.
4. Combine the two mixtures and mix until just combined, avoid overmixing.
5. Add the blueberries and fold them into the batter.
6. Fill each muffin liner evenly with batter. Bake for 30 minutes. Let cool before serving.



ⓘ Blueberries are high in Vitamin C, Vitamin K, manganese, and antioxidants! With many health benefits, blueberries are an awesome go-to fruit.

# EVERYDAY BREAKFAST STAPLE

This is a great breakfast that has lots of room for variation. Try switching up the fruit or frying the eggs instead of having scrambled.

## INGREDIENTS

4 medium eggs	2 slices whole wheat bread
1 medium avocado	6 medium strawberries
1 large banana	1 cup blueberries
1 cup grapes	

## DIRECTIONS

1. In a small bowl, crack the eggs and whisk together, adding any seasoning you want.
2. Heat a non-stick or sprayed frying pan to a medium heat, and pour in the eggs. Mix eggs intermittently as they cook.
3. Toast 2 slices of bread.
4. Cut open the avocado, mashing it with a fork in its skin. Top the toast with the avocado and scrambled eggs.
5. Cut the fruit into bite sized pieces and separate into two bowls. Enjoy!



ⓘ Adding vegetables like mushrooms and spinach to the eggs makes this meal even more packed with vitamins to start your day on a good note.

# STRAWBERRY WALNUT OATMEAL

To keep gluten free and dairy free, make sure you're using gluten free oats and a dairy free milk such as oat or almond.

## INGREDIENTS

- |                          |                    |
|--------------------------|--------------------|
| 1 cup old fashioned oats | 1 cup strawberries |
| 1 1/3 cup water or milk  | 1 tsp maple syrup  |
| 2-4 Tbsp chopped walnuts | 2 tsp cinnamon     |
| 1 Tbsp chia seeds        |                    |

## DIRECTIONS

1. Combine oatmeal, strawberries, water (or milk), chia seeds and cinnamon in a non-stick pot over medium-low heat.
2. Stir and allow oats to begin to cook (you'll notice some bubbling start around the edges). Once the bubbling begins, stir for 1-2 minutes and then lower heat and continue to stir until all the oats are cooked thoroughly.
3. Remove from heat, top immediately with maple syrup and walnuts. Enjoy!



! Oats are a great source of fiber, and can have positive effects on heart disease, diabetes and digestive health.

# BANANA OATMEAL PANCAKES

Top these with berries, cinnamon, nuts, chocolate chips or nut butter to add some extra flavor and nutrients.

## INGREDIENTS

2 ripe bananas      2 medium eggs  
1 cup oats

## DIRECTIONS

1. Blend bananas, eggs and oats together or mix well in a medium sized bowl.
2. Cook on a skillet as you would normal pancakes, but let them cook through on one side before flipping to prevent breaking the pancakes.
3. Top with optional toppings and enjoy!



⚠️ Oats have more iron, potassium and calcium than beef, and are also high in protein, and vitamins A, D and E.

# SWEET STRAWBERRY SCONES

You can omit the chocolate, add a glaze or syrup on top or try this with any fruit. Let cool for 5 minutes, serve warm.

## INGREDIENTS

2 cups whole wheat flour	2 tsp baking powder	1 tsp vanilla extract
1/2 tsp salt	2 Tbsp cold butter	1 cup diced strawberries
2/3 cup milk	1/3 cup maple syrup	1/4 cup mini chocolate chips
1/4 cup nonfat greek yogurt		

## DIRECTIONS

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, combine flour, baking powder, butter and salt.
3. In a separate bowl, whisk together milk, maple syrup, yogurt, and vanilla until smooth. Add the wet and dry ingredients and stir until well combined.
4. Fold in fruit and chocolate. Refrigerate for 15 minutes.
5. On a floured surface, shape dough into 1-inch thick scones. Bake for 15-18 minutes, until golden brown.



! Strawberries are more than just a tasty treat. Strawberries contain high amounts of antioxidants which help protect the cells in our bodies and keep our organs working properly.

# PB & BANANA OATMEAL

The frozen banana adds natural sweetness to keep the sugar content of this oatmeal natural and low while adding fiber.

## INGREDIENTS

1/2 cup rolled oats	1/2 frozen banana
2/3 cup oat milk	1 Tbsp cinnamon
1 tsp chia seeds	2 Tbsp peanut butter
1 Tbsp crushed walnuts	5 fresh strawberries

## DIRECTIONS

1. Put the oats, sliced frozen banana, oat milk, cinnamon and chia seeds in a pot.
2. Heat the stove on a medium heat until the outer edges begin to bubble. When the bubbling starts, stir for 2 minutes and then lower heat to low and stir intermittently until all of the liquid is absorbed.
3. Put in a bowl and mix in the peanut butter to distribute evenly.
4. Top with walnuts and strawberries. Enjoy!



ⓘ Cinnamon is a great spice to add to meals as it contains antioxidants and has anti-inflammatory effects.

*immune boosting*  
**ORANGE  
SMOOTHIE**

Throughout the year it's important to maintain a healthy immune system. This smoothie is loaded with nutrients to keep you healthy.

**INGREDIENTS**

- 1 large orange (peeled)
- 1/2 medium banana
- 1 cup frozen mango
- 1/2 cup oat milk
- 1/4 tsp vanilla extract

**DIRECTIONS**

Place all ingredients in a blender and blend until smooth. Serve immediately.



⚠️ Vitamin C is widely found in many fruits and vegetables, especially oranges and mango.

*baked*  
**RASPBERRY  
ALMOND  
OATS**

Raspberries are a tasty addition to any meal, including dessert! For the freshest taste, buy in season or buy frozen if they're not in season.

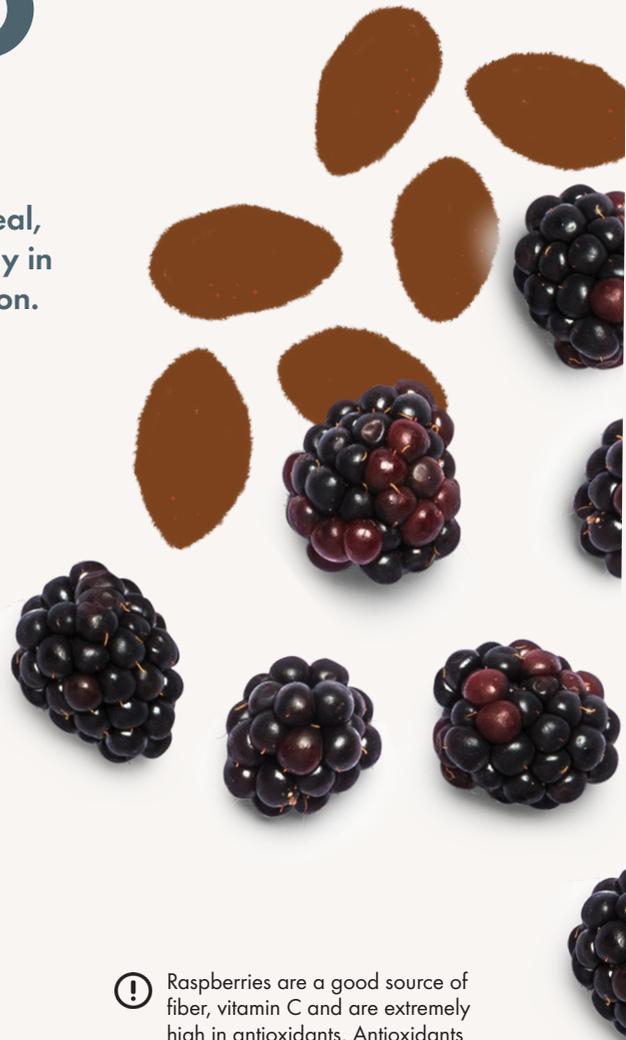
**INGREDIENTS**

1/4 cup flaked almonds	1 tsp cinnamon
1 tsp baking powder	1/4 cup maple syrup
1/4 cup almond butter	1 cup milk
1 1/2 cup raspberries	2 cups old fashioned oats

**DIRECTIONS**

1. Preheat oven to 350°F.
2. In a large bowl, mix together oats, cinnamon, and baking powder.
3. Add the maple syrup, almond butter, and milk, then fold in raspberries.
4. Spread into a greased 9x9 inch baking dish and bake for 35-40 minutes.
5. Let cool before serving.

! Raspberries are a good source of fiber, vitamin C and are extremely high in antioxidants. Antioxidants may reduce your risk for certain chronic diseases.



# APPLE CINNAMON OATMEAL

This oatmeal tastes like fall and is packed with nutrients. Enjoy it hot off the stove or cold by making it into overnight oats.

## INGREDIENTS

1 cup rolled oats	1 1/4 cup oat milk
1 medium green apple	1 Tbsp cinnamon
1 tsp salt	1 tsp chia seeds
2 Tbsp peanut butter	1 Tbsp pumpkin seeds

## DIRECTIONS

1. Chop the apple into bite sized pieces.
2. Add dry oats, oat milk, half of the apple, cinnamon, salt, and chia seeds to the stove top.
3. Heat on medium-low heat until bubbles form around the edges. When bubbles begin stir for 2 minutes. Turn the heat to low and stir intermittently until liquid is absorbed.
4. Transfer to a bowl and mix in peanut butter until evenly distributed.
5. Top with apples and pumpkin seeds, enjoy!



⚠️ Chia seeds are high in protein, omega-3 fats and healthy fiber with many other nutrients and low in calories in a small amount.

# PERFECT BREAKFAST TOSTADA

This simple breakfast is nicely balanced with protein from the beans and eggs, healthy fats from the avocado and carbs from the tortilla.

## INGREDIENTS

1 16 oz can refried beans	3 medium eggs
1 medium avocado	3 flour or corn tortillas

optional:  
hot sauce

## DIRECTIONS

1. Heat the beans on stove top or in the microwave by covering them with a towel (or microwave cover) and heating for 1 minute, stir, and 1 more minute.
2. Heat the tortillas until warm.
3. Crack the eggs on a non-stick or sprayed pan and fry both sides of the egg.
4. Top the tortillas with refried beans. Mash the avocado, then spread and distribute it evenly across the beans. Top with an egg and hot sauce if desired.



⚠️ Though eggs contain cholesterol, they do not poorly affect blood cholesterol. In fact, they raise HDL (the “good” cholesterol) lowering the risk of some diseases.

# SWEET GREEN SMOOTHIE

Don't let the kale and spinach keep you from creating this smoothie! The PB, milk, and banana provide the sweet, rich flavor.

## INGREDIENTS

1 medium frozen banana	1 cup spinach
1 cup kale	1 cup oatmilk
2 Tbsp flax meal	2 Tbsp peanut butter

## DIRECTIONS

Add all ingredients to a blender and blend until smooth. Add water until desired consistency.



⚠️ This smoothie has a loaded amount of vitamins and minerals to start your day strong.

# OPEN FACE BAGEL

Try this on whole wheat toast, or add mushrooms and spinach to switch up the vitamins you get everyday!

## INGREDIENTS

1 full bagel of choice	1/2 medium avocado
2 medium eggs	1/2 cup sprouts

## DIRECTIONS

1. Crack two eggs on a non-stick or sprayed frying pan. Fry eggs on both sides
2. Toast bagel.
3. Mash avocado and spread evenly on the two halves of bagel. Top with sprouts and eggs (one egg on each half).



⚠️ This breakfast is a powerful combo, with carbs from the bagel, healthy fats from the avocado, protein from the eggs and added vitamins from the sprouts



: 5min + overnight



# OVERNIGHT BERRY OATMEAL

If you are dairy-free or vegan, you can substitute any dairy free milk and yogurt while having the same probiotic benefits.

## INGREDIENTS

1 cup berries of choice	1 1/2 cup oats
1 cup milk of choice	1/4 cup low-fat plain Greek yogurt
1 tsp vanilla extract	3 tsp maple syrup

## DIRECTIONS

1. Combine all ingredients (besides fruit) in a medium bowl and mix well.
2. Distribute mixture evenly between 3 jars or containers.
3. Layer each jar with berries followed by oatmeal mixture and top with more berries.
4. Refrigerate overnight and enjoy in the morning!



Greek yogurt is an excellent source of protein and probiotics. Probiotics are natural, healthy bacteria that help boost our body's immune system, and fight to decrease stomach issues

# SIMPLY AVOCADO TOAST

To create extra protein, add fried or scrambled eggs, mashed chickpeas, extra nuts and seeds, or even tofu scramble!

## INGREDIENTS

4 slices whole wheat bread	1 medium avocado
2 tsp chia seeds	1/2 cup sprouts
4 slices tomato	desired seasoning

## DIRECTIONS

1. Place four slices of whole wheat bread in the toaster.
2. Mash the avocado with a fork in the skin and slice tomato.
3. Spread the mashed avocado on the bread, sprinkle chia seeds across the avocado, then top with sprouts and a slice of tomato.
4. Season how you'd like and enjoy.



⚠️ Omega-3 fats are essential to get from foods, as our body does not naturally create them.

*sweet*  
**PEANUT  
BUTTER  
TOAST**

Banana and peanut butter make a great duo. Pairing them with healthy carbs and more healthy fats will keep you satiated for hours.

**INGREDIENTS**

4 slices whole wheat toast	4 Tbsp peanut butter
2 medium bananas	1 tsp cinnamon
1 Tbsp crushed walnuts	

**DIRECTIONS**

1. Place four slices of whole grain bread in the toaster.
2. Slice the banana into 1 cm slices.
3. Spread the peanut butter on the bread and top with the sliced banana. Sprinkle cinnamon on top and drizzle agave across the slices. Enjoy.



⚠️ Some peanut butter brands add unnecessary ingredients to their products. When buying peanut butter, find the brand with just peanuts for the ingredients.

# SWEET POTATO TOAST

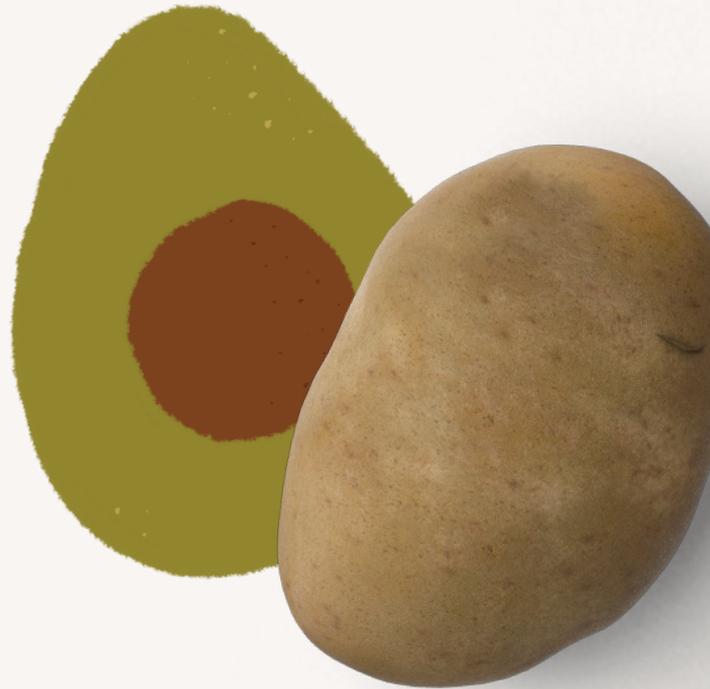
Seasonally, this is the perfect fall breakfast. It tastes delicious and has healthy fats and carbs. Try adding an egg for more protein.

## INGREDIENTS

- |                      |                      |
|----------------------|----------------------|
| 1 large sweet potato | 2 Tbsp olive oil     |
| 1 medium avocado     | 2 Tbsp pumpkin seeds |
| 1 cup spinach        |                      |

## DIRECTIONS

1. Preheat the oven to 450°F.
2. Cut the sweet potatoes into about 6 thin, wide toast shaped pieces.
3. Drizzle olive oil overtop the sweet potato and season how you wish. Bake for 15 minutes, flip and 15 more minutes. You should be able to poke through the toast with a fork.



! Spinach contains a large amount of fat soluble vitamins that make this a nutrient absorbent meal with the avocado, pumpkin seeds and healthy oil.

# CUSTOM TOFU SCRAMBLE

Mushrooms, zucchini, yellow squash and spinach are all delicious vegetables to use in this tofu scramble to add lots of vitamins.

## INGREDIENTS

2 Tbsp olive oil	1 Tbsp salt
2 Tbsp garlic powder	1 block extra firm tofu
2 tsp nutritional yeast	2 tsp turmeric powder
2 cups veggies of choice	optional: 1 tsp oat milk

## DIRECTIONS

1. Drizzle a skillet with olive oil. Add the tofu to the pan and mash into smaller chunks. Be sure to leave some bigger pieces as you'll continue to mash throughout.
2. Wash and slice preferred veggies, then add them to the skillet. Season with garlic powder, turmeric, salt and nutritional yeast. For a creamier scramble, you can add milk on this step.
3. Keep stirring to cook evenly and continue to mash the tofu. Cook until vegetables are at desired tenderness.



⚠️ Nutritional yeast is a healthy, cheesy tasting addition that is packed with nutrients that vegans and vegetarians often lack, including vitamin b12 and all nine essential amino acids.

# TROPICAL SMOOTHIE BOWL

Top this with homemade granola to add a crunch and extra nutrients for a tasty summer breakfast.

## INGREDIENTS

1/2 cup pineapple	1 medium banana
1 medium orange, peeled	1/2 cup coconut yogurt
1 Tbsp chia seeds	1 Tbsp flax seeds

## DIRECTIONS

Slice large ingredients and add in a blender and blend until smooth.

Add water or milk for more liquid. For a thicker smoothie, use frozen banana or add ice cubes.



! For added vitamins and minerals, add 1 cup of zucchini to your smoothie. It adds no flavor and creates an extra creamy texture as well as your first serving of vegetables.

# LIGHT BREAKFAST BAGEL

For early morning energy where you don't have the stomach for a heavy breakfast, or even a snack to get you to dinner.

## INGREDIENTS

1 whole seeded bagel      1/4 cup hummus

1/2 whole cucumber

## DIRECTIONS

Toast the bagel, then add hummus and cucumber. Season as desired and enjoy!



ⓘ Cucumber contains a lot of water and soluble fiber with low calories. This makes them help with digestions as well as promotes hydration.

# CHIA SEED PUDDING

As the chia seeds absorb the liquid from the milk, it becomes thicker into a delicious pudding consistency.

## INGREDIENTS

2 Tbsp chia seeds	1/2 cup oat milk
1 tsp maple syrup	1/4 cup fruit for topping
1 Tbsp cinnamon	

## DIRECTIONS

1. Put all ingredients, except fruit in a jar and mix well. Let set for 2-3 minutes and then mix again.
2. Cover the jar and store in fridge for at least two hours, overnight is ideal.
3. Top with fruit and enjoy!

⚠️ Rotating which fruit you use in this recipe can encourage your body to get different nutrients from all the colors you use.



# HEALTHY HAPPY GRANOLA

Use dairy free chocolate chips to keep dairy free, and gluten free oats to keep gluten free. You can also add dried fruit for extra sweetness.

## INGREDIENTS

1/3 cup maple syrup	1/3 cup nut butter
1 tsp oat milk	1 tsp salt
1 heaping Tbsp cinnamon	2 cups rolled oats
1 1/2 cups nuts and seeds	1/2 cup coconut flakes
1/3 cup chocolate chips	

## DIRECTIONS

1. Preheat the oven to 325°F. Add maple syrup, nut butter, milk, cinnamon, and salt to a large bowl. Mix to combine.
2. Add oats, nuts/seeds, and coconut flakes into the mixture and fold. Spread the mixture across a lined baking sheet and bake for 20 minutes.
3. Flip the granola and bake for 7 more minutes. Remove from the oven, sprinkle chocolate chips over the granola and fold to mix toppings.
4. Store in the refrigerator for a crunchy mix.



ⓘ Pair with your choice of yogurt and fruit for probiotics and delicious nutrients!

*healthy & delicious*

# MAIN MEALS

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# PESTO ZUCCHINI LASAGNA

This lasagna is flexible and you can add any veggies you'd like. Pesto is also easy to make at home to save money and know what's in it!

## INGREDIENTS

8 full lasagna noodles	2 medium zucchinis
16 oz ground turkey	1 Tbsp garlic powder
2 tsp salt and pepper	8 Tbsp nutritional yeast
1/2 medium sweet onion	8 oz mushrooms
1 cup pesto	

## DIRECTIONS

1. Preheat the oven to 375°F. Heat a large pot of water on the stove, adding 8 lasagna noodles and cook thoroughly. Once cooked, drain and rinse noodles with cold water, set aside.
2. Heat 1 Tbsp olive oil in a large skillet on medium-high heat. Place the ground turkey in the skillet and season. Stir to break up turkey and cook thoroughly.
3. Dice onion and slice zucchini in long slices.
4. Assemble in layers and cook for 45 minutes with a tin foil tent. Remove the tent 10 minutes before it's done.



! Zucchini's are rich in nutrients and antioxidants. They have high water content, which aids in healthy digestion.

# SIMPLY SABROSA FAJITAS

Trying making your own guacamole with avocados, garlic, lime, salt, and red onion, mix it all together and have a fresh tasty dip!

## INGREDIENTS

8 small tortillas	1 medium sweet onion
2 medium bell peppers	2 boneless chicken breasts
1 cup guacamole	1/4 cup taco seasoning

## DIRECTIONS

1. Season both sides of the chicken breasts with taco seasoning and place on a heated skillet with olive oil.
2. Cook for 7-8 minutes on both sides, then slice into strips.
3. When the chicken is done cooking, add the sliced onion and bell pepper to an oiled skillet and sauté.
4. When the vegetables are cooked through, add the chicken back to the skillet, heat the tortillas and serve with guacamole.

! Using a variety of colors of bell peppers will give you lots of different phytonutrients, having positive affects on heart health, the immune system, vision, and more!



# LEMON ARTICHOKE CHICKEN

Serve this with rice or pasta. This dish keeps well in the fridge for about 3 days. Make it vegan by using chickpeas instead of chicken!

## INGREDIENTS

4 boneless chicken thighs	3 tsp salt and pepper
1 medium lemon	1.5 oz jar artichoke hearts
1 oz capers	1 Tbsp olive oil
1 cup cooking wine	2 Tbsp butter
1 medium yellow onion	

## DIRECTIONS

1. Preheat the oven to 425°F.
2. Season the chicken with 2 tsp of both salt and pepper on both sides. Place thighs on a pan and cook for about 8 minutes on each side. Transfer to a baking pan and bake for 15-20 minutes.
3. While the chicken is baking, add 1 Tbsp olive oil to the pan. Add the chopped onion and cook until soft, stir occasionally. Add the cooking wine, butter, artichoke hearts and sliced lemons. Simmer for 5 minutes. Add chicken back to the pan.



⚠️ Add extra vitamins by adding more vegetables to the sauce. Broccoli or asparagus add a nice touch as well as many nutrients with little calories.

# CHICKEN SALAD SANDWICH

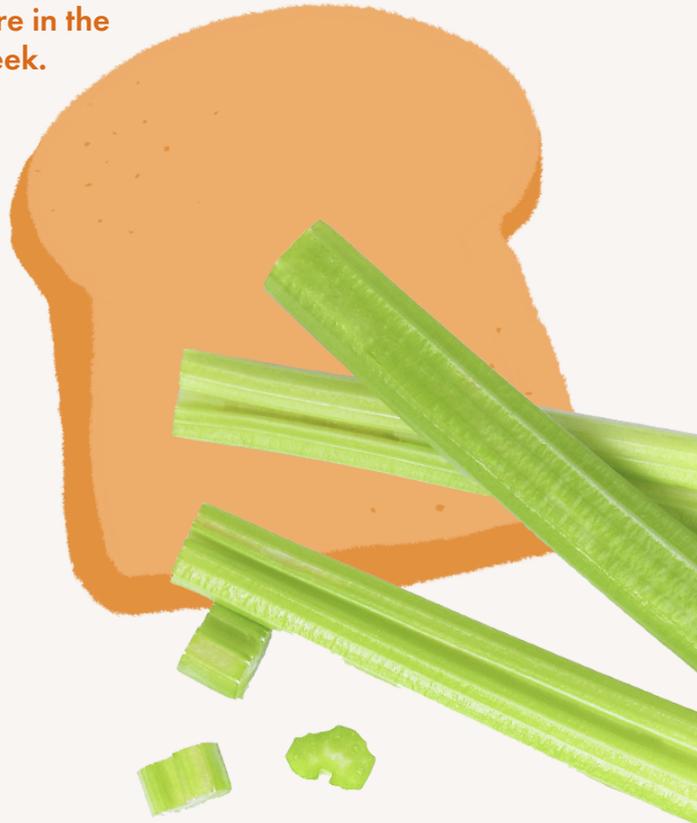
This quick meal is an easy meal prep to have on hand. Increase your portions and store in the fridge for easy access through the week.

## INGREDIENTS

12 oz canned chicken breast	1/3 cup chopped celery
1/3 cup roasted pecans	1/4 cup mayonnaise
1/4 cup greek yogurt	3/4 cup sliced red grapes
1/4 tsp salt and pepper	4 slices whole wheat bread

## DIRECTIONS

1. Drain canned chicken then add to a medium mixing bowl and shred with two forks.
2. Add the celery, mayonnaise, greek yogurt, nuts, salt and pepper, and mix well. Gently stir in the sliced grapes.
3. Place mix on top of toasted whole wheat bread. Enjoy!



⚠️ Don't be afraid of mayonnaise! In moderation, mayonnaise can be a nice addition to a meal as it is made of mostly healthy, unsaturated fats.

# TERIYAKI ZUCCHINI NOODLES

To cut out some extra labor, you can buy pre-spiralized zucchini in the store. It is usually frozen, but contains the same nutritional value.

## INGREDIENTS

3 medium zucchini	1 medium yellow onion
3 cloves minced garlic	1 Tbsp soy sauce
1 Tbsp sesame seeds	2 Tbsp teriyaki sauce
2 Tbsp vegetable oil	salt and pepper to taste

## DIRECTIONS

1. To make the sauce, combine garlic, soy sauce, sesame seeds, teriyaki sauce and oil in a large bowl.
2. In a skillet heat a tablespoon of oil and add minced onion and zucchini noodles. Fry for about two minutes or until cooked but still crunchy. Season with salt and pepper, then add the sauce.
3. Toss everything together and cook for one more minute. Remove from heat and serve immediately.

**Optional:** Sprinkle with additional sesame seeds and chopped cilantro.



ⓘ Sesame seeds have many benefits, including being high in B vitamins and antioxidants, may reduce inflammation and is a great source of fiber.

# KALE QUINOA SALAD

Massage the kale with olive oil to soften it and make it more tender. Kale is a great leafy green to meal prep with as it keeps in the fridge longer.

## INGREDIENTS

4 cups kale	4 cups quinoa
16 oz garbanzo beans	1 medium red onion
1 medium avocado	1 medium cucumber
1 medium lemon	1/4 cup tahini
3 Tbsp olive oil	

## DIRECTIONS

1. Preheat the oven to 450°F. Rinse quinoa well and put it in a pan, along with 2 cups of water and salt. Bring to a boil without the lid, once boiling cover and turn to a simmer until all of the water is absorbed. Set in the fridge to cool.
2. Rinse chickpeas in water and spread along a baking sheet. Drizzle with olive oil and the seasonings you want. Bake for about 20 minutes shuffling about half way through.
3. In a large bowl, add all of the ingredients and mix well.

⚠️ This salad is packed with vitamins from the vegetables as well as protein from the garbanzo beans and healthy fats from the tahini, avocado and olive oil.



# TASTY TACO TUESDAY

Look for a fast, cheap, and easy meal? This is the one. This meal is packed with nutrients for just \$1.23 each taco!

## INGREDIENTS

8 small flour tortillas	16 oz black beans
1 medium avocado	1 medium tomato
1/2 cup shredded cheese	1/4 head shredded lettuce
2 Tbsp taco seasoning	

## DIRECTIONS

1. Dice the tomato, chop lettuce and mash the avocado.
2. Heat the black beans on stove top until steaming or in the microwave for one minute, stir, and one more minute.
3. On the stove, heat the tortillas. Place the cooked tortillas in between two towels to keep warm.
4. Assemble! On a plate add the mashed avocado to your tortillas, then add black beans and sprinkle on cheese. Top your tacos with lettuce and tomato.

⚠️ If desired, add 1 chicken breast or 1/2 lb ground beef. Avocados are full of heart healthy fats called monounsaturated fats, and have around 20 vitamins and minerals.



*yummy*  
**TACO  
SALAD**

Spice this up with hot sauce, add extra veggies with sautéed onions and mushrooms or add extra protein with chicken or fish!

**INGREDIENTS**

- |                          |                           |
|--------------------------|---------------------------|
| 2 heads romaine lettuce  | 1 6 oz black beans        |
| 1 small can black olives | 1 medium avocado          |
| 1 medium tomato          | 2 boneless chicken breast |
| 1/2 cup salsa            | 1/2 cup shredded cheese   |

**DIRECTIONS**

1. Season the chicken on both sides as desired. Place on an oiled pan and cook on both sides until cooked through.
2. Heat the black beans on stove top until steaming or in the microwave for one minute, stir and one more minute.
3. Dice the avocado and tomato and set aside. Chop the lettuce into bite sized pieces and set on a plate.
4. Top the lettuce with beans, chicken, cheese, tomato, avocado, salsa and black olives. Enjoy.

! Black beans have been linked with cancer prevention, eye health, and heart health.



# BELL PEPPER NACHOS

Serve these with more salsa, sour cream, guacamole or other nacho toppings. You can also mix in normal tortilla chips!

## INGREDIENTS

2 medium bell peppers	1/2 lbs ground beef or turkey
1 cup salsa	1/2 Tbsp chili powder
1 cup shredded cheese	

## DIRECTIONS

1. Preheat the oven to 375°F.
2. Slice the bell peppers into 2-inch-wide slices and place on a baking sheet.
3. Cook meat until brown and add chili powder.
4. Mix meat, salsa, and 1/2 cup cheese in a bowl. Spoon mixture on top of bell peppers and top with remaining cheese.
5. Bake for 10-15 minutes
6. Serve with salsa, sour cream, guacamole or other favorite nacho toppings.



ⓘ Bell peppers are low in calories and exceptionally rich in vitamin-C and other antioxidants making them a great addition to a healthy diet.

# CREAM OF CELERY SOUP

Add protein or extra nutrients by putting cooked chicken, mushrooms or other meat, beans or vegetables in the soup.

## INGREDIENTS

2 Tbsp butter	1/2 small yellow onion, diced
1 cup celery, chopped	1/2 tsp garlic salt
1/3 cup flour	1 1/2 cup chicken stock
1 1/2 cup whole milk	1/4 tsp ground black pepper
1/4 tsp salt	

## DIRECTIONS

1. Melt butter over medium-high heat in a medium-sized pot.
2. Cook onions, celery and garlic salt until onions are soft.
3. Stir in flour and cook for one minute. Add chicken stock and milk, stirring until smooth.
4. Increase heat, bringing mixture to a simmer.
5. Reduce heat to medium, adding remaining ingredients, and simmer uncovered for about 15 minutes.



ⓘ While celery is mainly water, it is chock-full of fiber, vitamin, A, C, and K. Celery is a low-calorie food that provides a crunchy and refreshing texture to many recipes.

# SHRIMP & AVOCADO SALAD

This salad has wonderful flavor with a good balance of protein from the fish, and fats from the avocado and olive oil.

## INGREDIENTS

1/4 cup chopped red onion	1 lb peeled & cooked shrimp
1 tsp olive oil	1/2 tsp pepper
1 medium avocado	2 small limes, juiced
1 medium tomato	1/2 tsp salt

## DIRECTIONS

1. Chop shrimp, avocado, red onion and tomato into bite size pieces.
2. In a small bowl, combine onion, lime juice, olive oil, salt and pepper to taste. Let sit for 5 minutes.
3. In a large bowl, combine all ingredients and toss gently.



ⓘ Avocados are nutritious, heart-healthy and most of all delicious! Avocados contain high levels of monounsaturated fat (healthy fat).

# CHICKEN CAESAR SALAD

You can try a variety of protein in this salad and add extra veggies to boost your vitamin and mineral intake.

## INGREDIENTS

2 heads lettuce	1/2 cup caesar dressing
1 large cucumber	1/4 cup parmesan cheese
2 boneless chicken breasts	pepper to taste
1 medium avocado	

## DIRECTIONS

1. Grill or pan fry chicken with preferred seasonings.
2. Chop lettuce and cucumbers.
3. Top with cooked chicken and avocado.
4. Drizzle dressing on top and mix until everything is coated evenly.



ⓘ With the lettuce and cucumber, this meal is exceptionally hydrating with wonderful flavor.

# SUMMER VEGGIE COUSCOUS



Add some healthy fats to this by drizzling on tahini or adding some avocado. You can also add different protein such as chicken.

## INGREDIENTS

1 cup couscous	1 cup veggie broth
1 medium cucumber	1/2 medium red onion
1 can chickpeas	1 Tbsp salt

## DIRECTIONS

1. In a saucepan, heat the veggie broth and 1 tsp salt in a pan. When it begins to boil, add in the couscous and stir. Cover for 5 minutes, then fluff with a fork.
2. In the meantime, chop all the vegetables and rinse the chickpeas.
3. When the couscous is done add everything to a bowl and toss together.
4. Refrigerate and serve cold.



ⓘ Couscous are a great source of fiber, minerals and some B vitamins as well as vitamin E.

# MUSHROOM & BOK CHOY NOODLES

Adding veggie broth can make this dish more of a ramen dish. Add more veggies and egg to make it more ramen-like.

## INGREDIENTS

10 whole white mushrooms	2 medium baby bok choy
1/2 medium red onion	~10 oz rice noodles
2 Tbsp sesame oil	2 Tbsp soy sauce
1 package extra firm tofu	optional: veggie broth

## DIRECTIONS

1. Drain and press the water from the tofu. Chop into small pieces. Dice red onion.
2. Drizzle sesame oil into a large pan and turn to a medium heat. Simmer red onion until slightly transparent. Place chopped tofu on the oil and onions, then sprinkle with umami and other seasonings. Let the tofu sit on one side until it gets brown, then flip, eventually getting all sides of the cubes browned.
3. As the tofu is browning, wash and chop bok choy to preferred size. Wash the mushrooms. Add to the pan.
4. Bring a pot of water to boil when tofu and veggies are done cooking. Add the noodles to the pot for 3-4 minutes.



ⓘ Bok choy is packed with vitamins and minerals and has benefits such as reducing inflammation.

# CHICKEN FRIED RICE

To keep this nutrient dense, balanced meal gluten free, substitute the soy sauce for a naturally gluten-free tamari.

## INGREDIENTS

1 cup uncooked brown rice	2 medium diced green onions
2 boneless chicken breast	1/2 cup steamed green beans
1/2 cup steamed peas	1/4 cup soy sauce
2 Tbsp sesame seeds	1/2 cup chopped carrots
1 Tbsp sesame oil	

## DIRECTIONS

1. Season and cook or grill chicken as desired.
2. Cook the rice by rinse the rice until the water goes clear, then adding it to a sauce pan with 2 cups of water and 1 tsp of salt (salt is optional). Stir occasionally to avoid the rice sticking to the bottom. Let sit over medium heat until the water is absorbed.
3. Drizzle the sesame oil in a large frying pan and add carrots, peas and green beans. Sauté with salt and pepper adding water to deglaze the pan as needed.
4. When the rice and chicken are finished, add them to the veggies and mix everything together. Add the soy sauce and mix again. Top with green onions and sesame seeds, enjoy.

ⓘ Because vitamin A is a fat soluble vitamin, pairing the carrots with oil and sesame seeds makes it so your body absorbs the vitamins easier



# SWEET POTATO BOAT

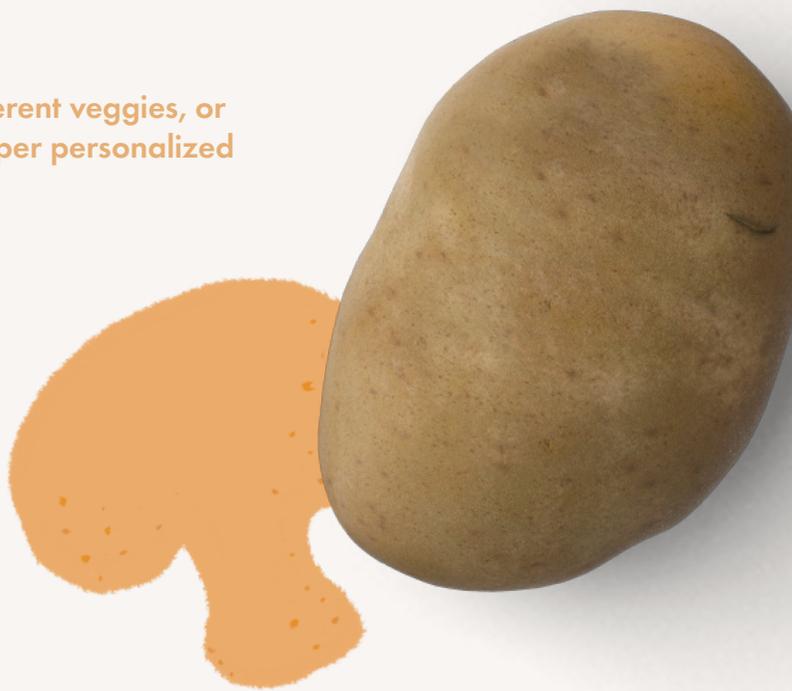
Try this with white potato, different veggies, or different beans! This can be super personalized and still get a delicious meal.

## INGREDIENTS

2 medium sweet potato	1 cup mushrooms
2 Tbsp olive oil	1 cup black beans
1 medium avocado	1/2 red onion
optional: hot sauce	

## DIRECTIONS

1. Preheat the oven to 425°F.
2. Wash and puncture sweet potatoes and place them on a lined baking sheet. Bake for 25 minutes, flip, and bake for 20-25 more minutes.
3. Half way through potatoes baking, slice the red onion into strips and wash the mushrooms. Drizzle olive oil on a pan and start sautéing the onion and mushrooms.
4. Heat black beans up on stove top on low-medium heat until steaming.
5. When the potatoes are done, slice it open long ways. Assemble by putting black beans first, vegetables and then avocado on top. Top with salt and hot sauce if preferred.



⚠️ Sweet potatoes have an incredible amount of vitamin A, aiding in healthy eyes, immune system, reproductive system and certain organs.

# FRESH SUMMER SALAD

You can have this salad with warm or cold chicken, or switch out the chicken for roasted or raw chickpeas for a vegan option.

## INGREDIENTS

3 cups spinach	1 cup sliced red grapes
1/3 medium red onion	1/2 cup slivered almonds
2 boneless chicken breasts	2 Tbsp olive oil
2 Tbsp balsamic vinegar	

## DIRECTIONS

1. Grill or pan fry the chicken breast as preferred.
2. While chicken is cooking, thinly slice the red onion. Add the spinach to a large bowl and top with grapes, red onion, and almonds.
3. When the chicken is done, cut into bite sized pieces. Add to the bowl. Drizzle on olive oil and balsamic vinegar and mix until everything is evenly coated. Enjoy!



⚠️ Red onions have many benefits, including helping with constipation, controls diabetes and can stop cancer cell growth, among other positive benefits.

# RAINBOW BUDDHA BOWL

To make the kale less tender, massage with olive oil. You can add extra fat by drizzling tahini or topping with crunchy nuts.

## INGREDIENTS

3 cups chopped kale	1 cup cooked quinoa
1 cup chickpeas	1 medium sweet potato
1 medium cucumber	1/2 medium red onion
2 Tbsp olive oil	1 medium avocado
1/4 cup hummus	

## DIRECTIONS

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. Rinse the chickpeas and add them to the baking sheet. Wash the sweet potato and chop into 1"x1" squares, then add to the baking sheet. Drizzle with olive oil and season as desired. Cook for 15 minutes, flip, then 15 more minutes.
3. When the sweet potato and chickpeas are done, chop the vegetables. Massage the kale with olive oil, then add everything else on top. Enjoy!



! Chickpeas have tons of nutrients and can aid in healthy cholesterol, support digestions, strengthen your bones and can help control blood sugar.

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Book design and illustration by Jasmin Wesley.  
Special thanks to Leah Rice and Whitney Ockey.

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