UNMC Wellness Cookbook
# Table of Contents

## Introduction
- What Is Nutrition? ................................................................. 4
- Macronutrients: Proteins, Carbohydrates and Fats .................. 4
- Micronutrients: Vitamins and Minerals .................................. 4

## Nutrients
- Food Sources that Contain Vitamin A ........................................ 5
- Food Sources that Contain B Vitamins ..................................... 5
- Food Sources that Contain Vitamin C ...................................... 5
- Food Sources that Contain Vitamin D ...................................... 5
- Food Sources that Contain Vitamin E ...................................... 6
- Food Sources that Contain Vitamin K ...................................... 6
- Fiber ...................................................................................... 6
- Benefits of Fiber .................................................................... 6
- Benefits of Fruits and Vegetables ............................................ 6-7
- Benefits of Protein .................................................................. 7
- Benefits of Carbohydrates .................................................... 7
- Benefits of Fat ......................................................................... 7-8
- Benefits of Dairy ................................................................. 8
- Benefits of Water .................................................................... 8

## Breakfast Recipes
- Banana Buckwheat Pancakes & Compote .................................. 10
- Sweet Potato Breakfast Burritos ............................................. 11
- Refreshing Kale & Pear Smoothie ............................................. 12
- Cinnamon French Toast Breakfast Wrap .................................. 13
- Roasted Cranberry Quinoa Oatmeal ........................................ 14

## Lunch and Dinner Recipes
- Spicy Black Bean Burgers with Chipotle Mayo ....................... 16
- Grilled Zucchini Hummus Wraps .......................................... 17
- Hearty Vegetable Curry ........................................................ 18
- Black Bean Spinach Quesadilla .............................................. 19
- Black Bean & Spinach Baked Taquitos ................................... 20
- Tomato & Lentil Soup ........................................................... 21
- Lentil Sweet Potato & Spinach Stew ...................................... 22
- Shaved Brussels Sprouts Salad .............................................. 23
- White Bean Turkey Chili ...................................................... 24
- Coconut Lime Rice Noodle Salad ........................................... 25
Grab & Go Snacks

- Do-It-Yourself Trail Mix .......................................................... 27
- Hard Boiled Eggs & Almonds ..................................................... 27
- No Bake Energy Bites .............................................................. 28

Slow Cooker Meals

- One Pot Chicken & Bacon Orzo Soup ...................................... 30
- Pulled Pork Sliders ................................................................. 31
- Slow Cooker Red Beans and Rice .......................................... 32-33
- Slow Cooker Butternut Squash Risotto ................................... 34
Introduction

What is Nutrition?

Nutrition is how food affects the health of the body. Food provides vital nutrients for survival and helps the body function and stay healthy.

**Macronutrients: Proteins, Carbohydrates and Fats**

Macronutrient: A chemical element or substance (such as potassium or protein) that is essential in relatively large amounts to the growth and health of a living organism.

Protein: Protein can be found in beef, pork, chicken, game, wild meats, fish, seafood, eggs, soybeans and other legumes. Proteins provide the body with amino acids, which are needed for growth, development, repair and maintenance of body issues.

Carbohydrates: Carbohydrates provide energy and fuel to the body. Foods such as corn, bread, beans, potatoes and other root vegetables, such as yucca, contain carbohydrates.

Fat: Dietary fat can be found in oils, coconuts, milk, cheese, meat, poultry and fish. They provide structure to cells and protects membranes to help prevent damage. Oils and fats are essential for absorbing fat-soluble vitamins, such as vitamin A (healthy eyes and lungs).

**Micronutrients: Vitamins and Minerals**

Micronutrient: A chemical element or substance (such as calcium or vitamin C) that is essential in minute amounts to the growth and health of a living organism.

Vitamins: Vitamins are organic compounds and aid in energy production, wound healing, bone formation, immunity, eye and skin health.

Minerals: Minerals are inorganic compounds and help to maintain cardiovascular health and provide structure to the skeleton.

Nutrients

Food Sources That Contain Vitamin A

Vitamin A: This vitamin comes from animal sources such as eggs, meat and dairy products.

Beta-Carotene: Phytochemicals used by the body to make vitamin A. Foods rich in Beta-Carotene include leafy vegetables and intensely colored fruits and vegetables.

Food Sources That Contain B Vitamins

<table>
<thead>
<tr>
<th>B Vitamin</th>
<th>Best Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B1–Thiamine</td>
<td>Organ meat, yeast, peas, pork, beans</td>
</tr>
<tr>
<td>Vitamin B2–Riboflavin</td>
<td>Meat, poultry, fish, nuts, kidney liver, green vegetables</td>
</tr>
<tr>
<td>Vitamin B3–Niacin</td>
<td>Lean meats, nuts, legumes and potatoes</td>
</tr>
<tr>
<td>Vitamin B5–Pantothenic Acid</td>
<td>Eggs, pork, beef, fish, milk, and most fruits/vegetables</td>
</tr>
<tr>
<td>Vitamin B6–Pyridoxine</td>
<td>Chicken, fish, kidney, liver, eggs, bananas, lima beans and walnuts</td>
</tr>
<tr>
<td>Vitamin B7–Biotin</td>
<td>Liver, egg yolks, nuts, cauliflower, milk, legumes</td>
</tr>
<tr>
<td>Vitamin B8–Inositol</td>
<td>Heart, fruit, milk, nuts, meat and vegetables</td>
</tr>
<tr>
<td>Vitamin B9–Folic Acid</td>
<td>Beef, lamb, pork, chicken liver, eggs, green leafy vegetables and salmon</td>
</tr>
<tr>
<td>Vitamin B12–Cyanocobalamin</td>
<td>Lamb, beef, herring, mackerel, liver, oysters, poultry, clams and eggs</td>
</tr>
</tbody>
</table>

Food Sources That Contain Vitamin C

Vitamin C: Food sources that contain this vitamin include: oranges, kale, raspberries, tomatoes, broccoli, mango, peaches, cabbage, and brussels sprouts.

Food Sources That Contain Vitamin D

Vitamin D: Food sources that contain this vitamin include: egg yolks, fatty fish, mushrooms, dairy and oatmeal.
Food Sources That Contain Vitamin E

**Vitamin E:** Food sources that contain this vitamin include: avocados, dried brazilian nuts, quinoa, rye, sweet potatoes, and butternut squash.

Food Sources That Contain Vitamin K

**Vitamin K:** Food sources that contain this vitamin include: artichokes, cabbage, green beans, Brussel sprouts, cabbage, pears and kiwi.

Fiber

**Fiber:** The parts of fruits and vegetables that cannot be digested. Fiber is of vital importance to digestion; it helps the body move food through the digestive tract, reduces serum cholesterol, and contributes to disease protection.

**Soluble:** Attracts water and then turns to gel during digestion, which slows digestion. Soluble fiber is found in oat bran, barley, nuts, seeds, beans, lentils, peas, and some fruits and vegetables. It is also found in psyllium, a common fiber supplement. Some types of soluble fiber may help lower risk of heart disease.

**Insoluble:** Found in foods such as wheat bran, vegetables, and whole grains. It adds bulk to the stool and appears to help food pass more quickly through the stomach and intestines.

Benefits of Fiber

Why is Fiber important for us?

- It can help prevent heart disease, diabetes, weight gain, some cancers and can even improve digestive health.

How many Servings of fiber per meal are recommended?

- 7-8 grams of fiber per meal

What is the Minimum amount of fiber intake per day?

- The recommended daily intake is 25 grams per day for women and 30 grams for men

Benefits of Fruits and Vegetables

Why are Fruits and Vegetables important for us?

- They are naturally good foods and contain vitamins and minerals that keep us healthy.
- They can also help protect against some diseases.

How many Servings per day?

- Both adult men and women need 2 to 4 cups of fruit per day. Both adult men and women also need 3 to 5 cups of vegetables per day.

Differences in Men and Women? What is the Minimum amount of fruit and vegetable intake per day?
Women between the ages of 19 and 30 need 2 cups of fruit per day, and 1 ½ after 30 years of age.

Men should aim to eat 2 cups of fruit per day, regardless of their age.

Moderately active women and men through the age of 50 require 2 1/2 cups and 3 cups of vegetables per day, respectively, while adults over the age of 50 should reduce their daily intake by 1/2 cup.

**Benefits of Protein**

Why is **Protein** important for us?

- It is used to build and repair issues in the body. It is a very important building block of bones, muscles, cartilage, skin and blood.

How many **Servings** per day? **Men and Women** differences?

- 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. This amounts to 56 grams per day for the average sedentary man. 46 grams per day for the average sedentary woman.

What is the **Maximum** amount of protein intake per day?

- A maximum safe protein intake is 2.5 grams of protein per kilogram of body weight, or about 1.1 gram of protein per pound of bodyweight each day.

**Benefits of Carbohydrates**

Why are **Carbohydrates** important for us?

- They give us energy and help with weight control. They also benefit the heart and promote a healthy digestive system.

How many **Servings** per day? Differences between **Men and Women**?

- Calculate 45 to 65 percent of the total calorie intake and divide by 4.
- For example, if you eat a 2,000-calorie diet (women), shoot for 225 to 325 grams of carbs per day; and if you eat 2,500 (men) calories a day, aim for 281 to 406 grams of carbs.

**Benefits of Fat**

Why is **Fat** important for us?

- Dietary fat, or fats found in food and drinks, help move some vitamins around the body and helps with making hormones. It is recommended that we replace trans-fat and high saturated fat with polyunsaturated fats or monounsaturated fats, because they tend to lower LDL blood cholesterol.

How many **Servings** per day?

- 2 Servings per day.
- Example: 1 Teaspoon of mayonnaise or 10 peanuts

*Preferably Unsaturated*
Differences between **Men and Women**?

- 2,000 calorie diet: less than 20 grams of saturated fat, total fat 65g daily
- 2,500 calorie diet: less than 25 grams of saturated fat, total fat 80g daily

**Benefits of Dairy**

Why is Dairy important for us?

- Dairy is a good source of energy and protein, and contain a wide range of vitamins and minerals, including calcium.

How many Servings per day?

- The number of servings depends on your age. Older children and teenagers ages 9 to 18 years and adults over the age of 50 need 3 servings daily. Others need 2 servings daily.

Differences between **Men and Women**?

- Both adult men and women need 3 servings daily.

**Benefits of Water**

Why is Water important for us?

- Water increases energy, promotes weight loss, flushes out toxins, boosts the immune system and so much more!

How many Servings per day? Differences in **Men and Women**?

- Men: 13 eight-ounce cups
- Women: 9 eight-ounce cups
Breakfast Recipes
Banana Buckwheat Pancakes & Compote

Ingredients

For the pancakes
- 1 1/2 cup buckwheat flour (certified gluten-free if necessary)
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1 large banana mashed
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup unsweetened almond milk (or milk of choice)

For the blackberry compote
- 1 1/2 cups fresh or frozen blackberries
- 1 tablespoon coconut (or granulated) sugar
- 1/2 teaspoon vanilla extract
- 1/2 tablespoon water
- Optional: 1/2 teaspoon arrowroot powder (to thicken)

Directions

Preheat a large skillet over medium-low heat. In a large mixing bowl, whisk together all the pancake ingredients until you have a smooth batter. Grease the skillet with butter or coconut oil and use a 1/4 cup measuring cup to scoop the batter onto the skillet. Cook the pancakes for 2-3 minutes on the first side, then flip and cook for another 2 minutes. Continue with the rest of the batter. To make the blackberry compote, combine the blackberries, coconut sugar and vanilla in a small saucepan over medium heat. Use a wooden spoon to stir until the sugar coats the berries. Gently break up the berries with the spoon until they start to break down and turn into a thick sauce. If it is not as thick as you would like, you can add about a teaspoon of arrowroot or tapioca starch to the sauce. Stir to thicken. Top pancakes with compote sauce and enjoy!

Nutrition Information: Serves: 5 | Serving Size: 2 pancakes Per serving: Calories: 220; Total Fat: 4g; Saturated Fat: 1g; Monounsaturated Fat: 1g; Cholesterol: 85 mg; Sodium: 297 mg; Carbohydrate: 38g; Dietary Fiber: 11g; Sugar: 9g; Protein: 9g
Sweet Potato Breakfast Burritos

Ingredients

- 2 teaspoons olive oil
- 1 small sweet potato peeled and diced
- 1 small yellow onion chopped
- 3/4 cup sliced tri color bell peppers,
- 2 cups baby spinach roughly chopped
- 1 teaspoon Chile powder
- 2 large eggs, beaten
- 2 large egg whites, beaten
- 4 (9- or 10-inch) whole wheat tortillas
- 1-ounce shredded cheddar cheese

Directions

In a medium skillet on medium, heat oil. Add potato, onion and bell peppers, and sauté for about 8 minutes, stirring occasionally, until potatoes are tender, and onions are translucent. Add spinach and Chile powder; sauté for 2 minutes more. Increase heat to medium high. Add eggs and egg whites. Cook for 3 minutes, stirring frequently, until eggs are cooked through. Turn off heat and let cool for about 10 minutes. Tear off 4 16-inch rectangles of foil and lay 1 tortilla on top of each. Divide egg mixture evenly into the center of each tortilla. Sprinkle evenly with cheese. To wrap, fold edges in, then roll forward tightly. Wrap burrito tightly in foil. (NOTE: Alternatively, line with parchment paper and then wrap in foil.) Place wrapped burritos in a large zip-top freezer bag and freeze for up to 3 months. To serve, preheat oven to 400°F. Place a burrito, still wrapped, on a baking sheet and bake for 35 minutes. Use tongs to transfer wrapped burrito to a paper bag and take on the go. (NOTE: Baked burritos will stay warm for 15 to 20 minutes; they can be eaten on the go or when you get to work. If reheating in the microwave, make sure to remove foil first.)

Nutrition Information: Serves: 4 | Serving Size: 1 burrito Per serving: Calories: 226; Total Fat: 9g; Saturated Fat: 3g; Monounsaturated Fat: 3g; Cholesterol: 113 mg; Sodium: 500 mg; Carbohydrate: 32g; Dietary Fiber: 10g; Sugar: 7g; Protein: 13g
Refreshing Kale & Pear Smoothie

Ingredients

- 2 cups raw Kale
- 1 Large Pear cored and sliced into large pieces
- 1/2 Cucumber peeled
- Juice of 1/2 Lemon
- 1/4 cup Ice
- 3/4 cup Cold Water

Directions

Blend all ingredients in a high-powered blender until smooth, adding additional water until the smoothie is the texture and consistency you enjoy.

Nutrition Information: Serves: 1 | Serving Size: 1 smoothie Per serving: Calories: 228; Total Fat: 0g; Saturated Fat: 0g; Monounsaturated Fat: 0g; Cholesterol: 0mg; Sodium: 67 mg; Total Carbohydrate: 56g; Dietary Fiber: 10g; Sugars: 26g; Protein: 6g
Cinnamon French Toast Breakfast Wrap

**Ingredients**

- 1 (34g) Whole-Wheat Tortilla
- 1 tablespoon Peanut Butter, all-natural
- 1/3 medium Banana diced
- 2 tablespoons Blueberries
- 2 Eggs
- 1 tsp Cinnamon
- 1/2 tsp Vanilla extract
- Other optional filling ingredients: Strawberries, diced; Maple Syrup, Nut Butter, Shredded Coconut (unsweetened)

**Directions**

Heat a large skillet over medium-high heat and prepare it with an all-natural cooking spray or coconut oil. Whisk eggs, cinnamon and vanilla together in a shallow bowl. Dip wrap in shallow bowl, making sure to cover the entire wrap with the egg mixture. There will be leftover egg mixture. Lay the wrap flat on the skillet and cook for about 2-4 minutes on each side. Transfer wrap to a plate and use the same heated skillet (you may need more cooking spray or oil) to cook up the leftover egg mixture, omelet style. Cooking your egg omelet or pancake style makes the egg easier to transfer to your wrap and it also will stay put in the wrap better. Add in your favorite filling ingredients like diced bananas, blueberries and peanut butter. Roll up your Cinnamon French Toast Wrap and cut in half, if desired. You can add a drizzle of maple syrup and a sprinkle of shredded unsweetened coconut over the top

**Nutrition Information:**

Serves: 1  |  Serving Size: 1 French toast wrap  
**Per serving:**  
Calories: 413; Total Fat: 16g; Saturated Fat: 3g; Monounsaturated Fat: 1g; Cholesterol: 159 mg; Sodium: 34 mg; Total Carbohydrate: 49g; Dietary Fiber: 8g; Sugars: 8g; Protein: 15g
Roasted Cranberry Quinoa Oatmeal

Ingredients

- 2 cups fresh cranberries
- 1 teaspoon coconut oil
- 1 teaspoon 100% pure maple syrup
- 1/2 teaspoon ground cinnamon
- 1 cup old fashioned oats (certified gluten-free if necessary)
- 1/2 cup cooked quinoa (certified gluten-free if necessary)
- 1 cup 1% milk
- 1 cup water

Directions

Preheat oven to 425 degrees F; line baking sheet with parchment paper. Pour cranberries onto baking sheet and toss with coconut oil, maple syrup, and cinnamon to coat. Bake for 15 minutes. Meanwhile, in a medium sized pot, combine oats, quinoa, milk, and water, and bring to a boil. Stirring constantly, reduce heat and continue to cook until most water is absorbed. Serve warm and topped with roasted cranberries.

Nutrition Information: Serves: 3 | Serving Size: 1/3 of recipe Per serving: Calories: 302; Total Fat: 6g; Saturated Fat: 2g; Monounsaturated Fat: 1g; Cholesterol: 4mg; Sodium: 48 mg; Carbohydrate: 53g; Dietary Fiber: 7g; Sugar: 12g; Protein 10g
Lunch and Dinner Recipes
Spicy Black Bean Burgers with Chipotle Mayo

Ingredients

**Chipotle Mayo**
- 3 1/2 tablespoons Mayonnaise
- 1 tablespoon chopped Chipotle Chile in Adobo Sauce

**Black Bean Burgers**
- 1 (15-ounce) can Reduced-Sodium Black Beans, rinsed and drained
- 1/2 Red Bell Pepper, roughly chopped
- 1/2 cup roughly chopped Scallions
- 3 tablespoons roughly chopped Cilantro
- 3 Garlic Cloves
- 1/2 cup Quick-Cooking Oats
- 1 Large Egg
- 1 teaspoon Cayenne Pepper Hot Sauce
- 1 tablespoon Ground Cumin
- 1/4 teaspoon Kosher Salt
- 4 Whole Wheat Potato Rolls

**Additional Toppings**
- 1 medium (4 ounces) Hass Avocado, thinly sliced

Directions

For the spicy chipotle mayo: In a small bowl, combine the mayonnaise and chipotle. Set aside. For the black bean burgers: Dry the beans well after rinsing (any extra moisture will keep the burgers from holding together well). Put the beans in a medium bowl and mash them with a fork or potato masher until thick and pasty. In a food processor, combine the bell pepper, scallions, cilantro, and garlic and pulse until finely chopped. Add the oats, egg, hot sauce, cumin, and salt and pulse a few times, until mixed well. Fold the mixture into the mashed beans. Form the mixture into 4 patties (using slightly oiled or wet hands helps) and put them on a baking sheet lined with wax paper. (If the mixture is too wet, refrigerate it for 30 minutes or add another tablespoon of oats.) Freeze for at least 2 hours before cooking. To cook, heat a nonstick skillet over medium heat. Lightly spray the skillet with oil and cook the frozen burgers until browned, about 7 minutes per side. (Alternatively, preheat a grill to medium, lightly spray a sheet of foil with oil, put the burgers on the foil, and grill until browned, 7 to 8 minutes per side.) To serve, place the burgers on the buns, and top with the spicy chipotle mayo and avocado slices.

Nutrition Information: Serves: 4 | Serving Size: 1 burger (includes bun + 1 tablespoon Spicy Chipotle Mayo) Per serving: Calories: 343; Total Fat: 13g; Saturated Fat: 2g; Cholesterol: 51mg; Sodium: 587 mg; Total Carbohydrate: 41g; Dietary Fiber: 10g; Sugars: 3g; Protein: 11g
Grilled Zucchini Hummus Wraps

Ingredients

- 1 medium Zucchini ends removed and sliced
- Salt and Pepper to taste
- 1 tablespoon Olive Oil
- 1 medium Tomato sliced
- 1/8 cup Red Onion sliced
- 1 cup Kale, tough stems removed
- 1 slice cheese (approx. 110 calories each)
- 2 large Flour Tortillas (approx. 120 calories each)
- 4 tablespoons Hummus

Directions

Heat a skillet or grill to medium heat. Remove the ends from the zucchini and slice lengthwise into strips. Toss sliced zucchini in olive oil and sprinkle with salt and pepper. Place sliced zucchini directly on grill and let cook for 3 minutes, turn and cook for 2 more minutes. Set zucchini aside. Place the tortillas on grill for approximately one minute, or just until grill marks are visible, and tortillas are pliable. Remove tortillas from grill and assemble wraps, 2 tablespoons of hummus, one slice of cheese, zucchini slices, 1/2 cup kale, onion and tomato slices. Wrap tightly and enjoy.

Nutrition Information: Serves: 2 | Serving Size: 1 wrap Per serving: Calories: 332; Total Fat: 17 g; Saturated Fat: 6 g; Monounsaturated Fat: 7 g; Cholesterol: 15 mg; Sodium: 443 mg; Total Carbohydrates: 34 g; Dietary Fiber: 17 g; Sugars: 2 g; Protein: 13 g
Hearty Vegetable Curry

Ingredients

- 1 1/2 teaspoons olive oil
- 1 cup diced peeled sweet potato
- 1 cup small cauliflower florets
- 1/4 cup thinly sliced yellow onion
- 2 teaspoons curry powder
- 1/2 cup vegetable broth
- 1/4 teaspoon salt
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (14.5-ounce) can low sodium diced tomatoes, undrained
- 2 tablespoons chopped fresh cilantro
- 1/2 cup plain 2% reduced-fat Greek yogurt

Directions

Directions: Heat olive oil in a large nonstick skillet over medium-high heat. Add sweet potato to pan; sauté 3 minutes. Decrease heat to medium. Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly. Add broth, salt, chickpeas and diced tomatoes and bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally. Sprinkle with cilantro; serve with yogurt.

Nutrition Information: Serves: 4 | Serving Size: 1 cup + 2 tablespoons yogurt Per serving:
- Calories: 280
- Total Fat: 5g
- Saturated Fat: 1g
- Monounsaturated Fat: 2g
- Cholesterol: 3 mg
- Sodium: 299 mg
- Total Carbohydrate: 45g
- Dietary Fiber: 12g
- Sugars: 11g
- Protein: 14g
Black Bean Spinach Quesadilla

Ingredients

- 1/2 tablespoon extra-virgin olive oil
- 1 teaspoon minced garlic
- 8 ounces (240 grams) cremini mushrooms, rinsed, stems trimmed, and sliced
- 1/4 teaspoon chili powder, or to taste
- 4 cups (6 ounces or 135 grams) loosely packed baby spinach
- 1 cup (160 grams) canned low sodium black beans, rinsed and drained
- 2 tablespoons minced fresh or jarred jalapeño chilis, optional
- Salt and freshly ground pepper, to taste
- 4 whole wheat tortillas (approx. 9-10” in diameter) or smaller corn tortillas
- 1 cup (120 grams) shredded reduced-fat Monterey Jack cheese
- Fresh cilantro leaves, for garnish

Directions

In a large nonstick skillet, heat the olive oil over medium-high heat. Add the garlic and cook for 20 seconds, then add the mushrooms and chili powder and sauté, stirring occasionally, for 5 minutes, or until mushrooms are light golden and most of the juices have evaporated. Add spinach and stir until wilted, then add the black beans and jalapeños (if desired) and stir well until combined. Season with salt and pepper, transfer to bowl, and set aside. Wipe skillet with paper towel and set aside. Lay the tortillas on a flat surface. Sprinkle one half of each round with an equal amount of cheese, then divide the mushroom filling equally over the cheese. Fold each tortilla in half. Reheat the skillet over medium heat. Place one of the quesadillas in the skillet (add a second one if it fits) and cook for about 3 minutes on each side, or until the cheese melts and the inside is warm. Continue to cook the remaining quesadillas.

Nutrition Information: Serves: 4 | Serving Size: 1 quesadilla Per serving: Calories: 370; Total Fat: 12g; Saturated Fat: 5g; Monounsaturated Fat: 2g; Cholesterol: 20mg; Sodium: 346 mg; Carbohydrate: 44g; Dietary Fiber: 8g; Sugar: 1g; Protein: 20g
Black Bean & Spinach Baked Taquitos

**Ingredients**

- 12 small Corn Tortillas
- 4 ounces Colby & Monterey Jack Cheese shredded
- 10 ounces package of frozen Spinach
- 1 can low sodium (15 oz) Black Beans, drained and rinsed
- 2 medium hot house Tomatoes (approx. 2.5” in diameter), chopped
- 1 tablespoon Taco Seasoning
- 1/2 teaspoon Salt (omit if taco seasoning contains salt)
- 1 teaspoon Oil (or cooking spray)

**Directions**

Preheat the oven to 450 degrees. Spread the corn tortillas on 2 baking sheets and distribute the shredded cheese evenly on top. Bake for one minute until cheese is melted. Cook frozen spinach per package instructions. Combine drained spinach with black beans, chopped tomato, taco seasoning, and salt if needed and stir well. Divide the filling between the 12 tortillas, rolling them up and placing the taquitos seam side down on 1 baking sheet. Press them up against each other so they don’t unroll. Brush or spray the tops with oil to encourage browning. Bake the taquitos for 10 minutes until the tops have browned a bit and the tortillas are crispy.

**Nutrition Information**: Serves: 12 | Serving Size: 1 taquito **Per serving**: Calories: 126; Total Fat: 3g; Saturated Fat: 0g; Monounsaturated Fat: 1g; Cholesterol: 6 mg; Sodium: 233 mg; Carbohydrate: 18g; Dietary Fiber: 5g; Sugar: 1g; Protein 7g
**Tomato & Lentil Soup**

**Ingredients**

- 1 tablespoon olive oil
- 1 medium onion chopped
- 1 garlic clove chopped
- 2 celery stalks chopped
- 2 medium carrots chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 cup red or yellow lentils
- 1 tablespoon tomato paste
- 3 cups vegetable stock (certified gluten-free if necessary)
- 2 cups water
- 1 (14 ounce) can chopped or diced tomatoes
- 1 bay leaf

**Directions**

Heat oil in pan over medium high, add onion, garlic, celery, carrots and stir until softened. Stir in cumin and coriander and add lentils and tomato paste. Mix in stock, water, tomatoes, bay leaf, and season with salt and pepper. Bring to a boil, then reduce to medium-low and cover with slightly with lid, cooking 15-20 minutes until lentils are soft. With an immersion blender or regular blender, puree soup until smooth. Adjust salt and pepper to taste. Serve with crusty baguette and plain Greek yogurt (in place of sour cream). Note: This soup freezes well too so you can make it ahead of time and store.

**Nutrition Information:** Serves: 4 | Serving Size: 1/4 of recipe **Per serving:** Calories: 235; Total Fat: 4g; Saturated Fat: 0g; Monounsaturated Fat: 3g; Cholesterol: 0mg; Sodium: 256mg; Carbohydrate: 38g; Dietary Fiber: 14g; Sugar: 10g; Protein: 12g
**Lentil Sweet Potato & Spinach Stew**

**Ingredients**
- 1 1/4 cup green lentils
- 4 cups (32 ounces) low sodium vegetable broth
- 1 cup water
- 1 yellow onion cut in half
- 3 garlic cloves peeled and smashed
- 1 bay leaf
- saffron, pinch
- 1/2 teaspoon turmeric
- sea salt, to taste
- 1 teaspoon ground ginger
- 2 medium carrot peeled and diced
- 1 extra-large sweet potato peeled and cut into 1/4-inch chunks
- 2 medium, vine-ripened tomatoes, food processed or blended until mostly smooth
- Freshly ground pepper
- 5 cups baby spinach

**Directions**

Combine the lentils, vegetable broth, water, onion, garlic cloves and bay leaf in a large soup pot or Dutch oven and bring to a boil. Rub saffron between your fingers and add to the pot, along with the turmeric. Stir, reduce the heat, add salt to taste, cover and simmer for 30 minutes. After 30 minutes, add the remaining ingredients except the spinach. Return to a simmer, cover and simmer an additional 25-30 minutes, until the lentils and vegetables are tender. Remove the onion, garlic cloves and bay leaf and salt/pepper to taste. Stir the spinach into the hot stew a 5-7 minutes before serving to allow it to wilt.

**Nutrition Information**: Serves: 4 | Serving Size: 1 1/2 cups **Per serving**: Calories: 310; Total Fat: 0g; Saturated Fat: 0g; Monounsaturated Fat: 0g; Cholesterol: 0mg; Sodium: 405 mg; Carbohydrate: 58g; Dietary Fiber: 13g; Sugar: 14g; Protein 20g
Shaved Brussels Sprouts Salad

Ingredients

- For the salad:
  - 1/2 cup Walnuts
  - 5 cups Brussels Sprouts shaved
  - 1 medium Fuji Apple cored and chopped
  - 1/2 cup Red Onion
  - 1/2 cup Blueberries
  - 1 medium Avocado, diced
  - Optional garnish: 1/4 cup Feta Cheese

- For the dressing:
  - 3 tablespoons Walnut Oil
  - 1 tablespoon Lemon Zest
  - 3 tablespoons Lemon Juice
  - 2 tablespoons Apple Cider Vinegar
  - 2 teaspoons stone ground Mustard
  - 1/4 teaspoon Salt

Directions

Preheat the oven to 400°F. Spread walnuts on a cookie sheet and bake until they have some color to them and are fragrant, about 5 to 8 minutes. Allow walnuts to cool enough to chop. In a large salad bowl or mixing bowl, whisk together the walnut oil, lemon juice, lemon zest, cider vinegar, mustard and salt until smooth. Wash the Brussels sprouts, chop off all the hard stems and remove the leaves that fall off easily. Slice Brussels sprouts from tip-to-tail (not lengthwise). Stop slicing once you get to the hard-white part – this part you can either discard or chop finely. Using your hands, break apart any slices of sprouts that are stuck together (this can usually be achieved by simply tossing the shaved Brussels sprouts). Add shaved Brussels sprouts to the bowl with the dressing and toss together until Brussels are completely coated. Add the remaining ingredients and toss together.

Nutrition Information: Serves: 5 | Serving Size: 1/5 of salad Per serving: Calories: 268; Total Fat: 21g; Saturated Fat: 7g; Monounsaturated Fat: 4g; Cholesterol: 0mg; Sodium: 207 mg; Carbohydrate: 21g; Dietary Fiber: 8g; Sugar: 8g; Protein 6g
White Bean Turkey Chili

Ingredients

- 1 tablespoon canola oil
- 2 cups diced yellow onion
- 1 1/2 tablespoons chili powder
- 1 tablespoon minced garlic
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 3 (15.8-ounce) cans reduced sodium Great Northern beans, rinsed and drained
- 4 cups fat-free, less-sodium chicken broth
- 3 cups chopped cooked turkey
- 1/2 cup diced seeded plum tomato
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 8 lime wedges (optional)

Directions

Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for 2 minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes. Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey and cook 5 minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired.

Nutrition Information: Serves: 8 | Serving Size: 1 cup Per serving: Calories: 281; Total Fat: 5g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 40 mg; Sodium: 424 mg; Carbohydrate: 34g; Dietary Fiber: 8g; Sugar: 3g; Protein: 26
Coconut Lime Rice Noodle Salad

Ingredients

- 2 ounces brown rice maifun noodles
- 2 1/2 tablespoons coconut milk
- 2 1/2 teaspoons fresh lime juice
- 1 1/4 teaspoons safflower oil
- 1 pinch sea salt
- 1/2 medium mango, peeled, pitted and thinly sliced into 2-inch lengths
- 1/2 medium red bell pepper seeded and thinly sliced into 2-inch lengths
- 1/2 small English cucumber seeded and thinly sliced into 2-inch lengths
- 1/2 avocado, peeled, pitted and chopped
- 1/2 jalapeño Chile pepper seeded and thinly sliced
- 2 tablespoons roughly chopped fresh cilantro leaves
- 1 tablespoon chopped raw unsalted cashews (toasted, if desired)

Directions

Prepare noodles according to package directions. Drain and rinse with cold water; set aside to dry. Prepare dressing: In a small jar with a tight-fitting lid, combine coconut milk, lime juice, oil and salt; seal and shake well to combine. Divide among 2 small watertight storage containers. In 2 large storage containers, divide half each of noodles, mango, bell pepper, cucumber, avocado, jalapeño, cilantro and cashews. NOTE: For maximum freshness, chop avocado and cilantro no more than 12 hours before serving. To serve, shake dressing well and top salad with dressing, then toss to coat.

Nutrition Information: Serves: 2 | Serving Size: 1/2 of dish Per serving: Calories: 325; Total Fat: 17g; Saturated Fat: 5g; Monounsaturated Fat: 7g; Cholesterol: 0mg; Sodium: 116 mg; Carbohydrate: 43g; Dietary Fiber: 8g; Sugar: 12g; Protein: 5g
Grab & Go Snacks
Do-It-Yourself Trail Mix

Ingredients

1 cup wheat cereal
1/4 cup dried fruit: raisins, blueberries, cranberries, chopped apricots, plums, or peaches, or a mixture
1/4 cup cashews (1 ounce)

Directions

Mix ingredients, split into two servings, and store in sandwich-sized plastic bags

Nutrition Information: Serves 2 | Per Serving: Roughly 192 calories, 5 g protein, 9 g fat, 28 g carbohydrates, 3 g fiber, and 115 mg sodium.

Hard Boiled Eggs & Almonds

Ingredients

1 hard-boiled egg
Pinch of salt
Pinch of ground pepper
2 tablespoons unsalted dry-roasted almonds

Directions

Season hard-boiled egg with salt and pepper. Enjoy the egg with almonds on the side.

Nutritional Information: 181 calories; 14g fat (2 g sat); 2 g fiber; 4 g carbohydrates; 10 g protein; 186 mg cholesterol; 1 g sugars; 208 mg sodium
No Bake Energy Bites

Ingredients

1 cup (dry) oatmeal

⅔ cup toasted coconut flakes

½ cup peanut butter (or other nut butter)

½ cup ground flaxseed or wheat germ

½ cup chocolate chips (optional)

⅓ cup honey

1 tsp. Vanilla

Directions

Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into 1-inch balls. Store in an airtight container and keep refrigerated for up to 1 week. Makes about 20-25, 1”, bites.

Nutritional Information: Serving size, 1 bite | Calories 137 Total Fat 9g Cholesterol 0mg Total Carbohydrate 12g Protein 3g
Slow Cooker Meals
One Pot Chicken & Bacon Orzo Soup

Ingredients

- 2 cups yellow onion diced (approximately 1 large onion) 2 cloves garlic minced
- 1 cup celery diced (approximately 3 ribs)
- 1 cup carrots diced
- 1-pound boneless skinless chicken breast
- 6 cups chicken stock
- 1/2 cup orzo
- 1 1/2 teaspoons kosher salt or to taste
- 1/2 teaspoon fresh ground black pepper or to taste chopped fresh parsley to taste
- 5 Slices of bacon

Directions

In a large Dutch oven or heavy bottom saucepan, render the fat from the bacon over low heat. Once there's a nice layer of fat on the bottom of the pan, turn the heat up slightly and cook the bacon until crisp. Place the bacon on a plate lined with paper towels to drain. Discard all but 2-3 tablespoons of the fat from the pan. Add the onions, garlic, celery, and carrots to the pan with a pinch of salt. Cook the vegetables on medium heat for several minutes, stirring periodically, until they have caramelized a bit (Note: the more you caramelize them, the more flavorful the finished soup will be). Lay the chicken breasts on top of the vegetables and cover with the chicken stock. Bring the liquid to a boil, cover and reduce the heat to low. Allow the soup to simmer for 20 minutes. Remove the chicken and place on a cutting board. Once it has cooled slightly, use 2 forks to shred the meat. Set aside. Bring the soup back to a boil and add the orzo. Cook for 8 minutes, uncovered, until the orzo is al dente. Add the chicken back to the soup and season with salt and pepper to taste. Dice the reserved bacon. Garnish each bowl of soup with fresh parsley and diced bacon before serving. (Note: the bacon can be reheated either in a skillet over medium heat or in the microwave at 10 second intervals).

Nutrition Information: Serves 6 | Serving Size: 1.5 cup serving Per Serving: 263 calories, 8.2 g fat (2.3 g saturated), 285 mg sodium, 16.8 g carbs, 1.8 g fiber, 3 g sugars, 28.2 g protein (calculated without salt)
Pulled Pork Sliders

**Ingredients**

- 1 medium onion chopped
- 1/2 cup ketchup
- 1/3 cup cider vinegar
- 1/4 cup packed brown sugar
- 1/4 cup tomato paste
- 2 tbsp sweet paprika
- 2 tbsp Worcestershire sauce
- 3 tsp salt
- 1 1/4 tsp black pepper
- 2.5 lbs. pork butt cut into 2 pieces
- 12 slider buns

**Directions**

Combine all the ingredients except the pork butt and the buns in a slow cooker and mix together with a spoon. Add the 2 pieces of pork and cover the slow cooker. Set for 8 hours on low. After 8 hours, using 2 forks, shred the pork and remove the pork with the remaining sauce into a large bowl. Toast the slider buns and add some of the pulled pork to each bun. Top with some pickles are serve as needed.

**Nutritional Information**: Serves 12 | Serving Size: 6  
**Per Serving**: 320 calories, 8.5 g fat (2.1 g saturated), 329 mg sodium, 25.7 g carbs, 2 g fiber, 9.9 g sugars, 35 g protein (calculated with whole wheat slider buns).
Slow Cooker Red Beans and Rice

**Ingredients**

- 1 tablespoon olive oil
- 1 cup diced yellow onion
- 3/4 chopped red bell pepper
- 1 stalk celery diced
- 2 cloves garlic minced
- Kosher or sea salt to taste
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons freshly snipped thyme
- 1 bay leaf
- 2 (15 ounce) cans dark red kidney beans
- 3 cups chicken broth (low sodium, fat free)
- 2 cups uncooked long grain brown rice

**SAUSAGE INGREDIENTS:**

- 1 lb. lean ground turkey or chicken, 93% works well
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried sage
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon cayenne pepper
- 1 teaspoon dried oregano

**Instructions**

*For the sausage:*

Place all the above sausage ingredients into a large mixing bowl and mix thoroughly until well blended. Make into small meatballs, about 1/2”. Refrigerate while veggies are cooking.

*For the beans:*

In a large skillet, heat olive oil to medium-low, add onions, bell pepper and celery, sauté until tender, about 4 minutes. Add garlic and sauté one additional minute. Add sautéed onion, bell pepper, celery, garlic and remaining ingredients to the slow cooker, stir to combine.

Add sausage meatballs and stir gently, cover and cook on low 6-8 hours. Recommend 4-6-quart slow cooker.

*For the rice:*
Separately, cook brown rice according to the directions on package.

To serve:

Remove the bay leaf and serve sausage meatballs and beans over a bed of brown rice.

**Nutritional Information**: Serves 8 | Serving Size: 1 cup | Per Serving: Calories: 271 | Total Fat: 7 g | Saturated Fats: 2 g | Trans Fats: 0 g | Cholesterol: 39 mg | Sodium: 150 mg | Carbohydrates: 38 g | Dietary fiber: 4 g | Sugars: 2 g | Protein: 15 g |
Slow Cooker Butternut Squash Risotto

**Ingredients**

- 1 1/4 cups arborio rice
- 2 tablespoons olive oil
- 4 cups vegetable broth
- 2 cups butternut squash cut into small cubes
- 1 small yellow onion diced small
- 2 cloves garlic minced
- 1 teaspoon dried rubbed sage
- 1/4 cup non-fat parmesan cheese grated

**Instructions**

Place all ingredients except for the parmesan in the slow cooker. Cook on high for 2 to 3 hours or on low for 4 to 6 hours. Just until the liquid is absorbed, and rice is tender. Stir in the cheese until melted. Serve and enjoy!

**Nutritional Information:** Serves 8 | Serving Size: 1/2 cup | **Per Serving:** Calories: 177 | Total Fat: 5 g | Saturated Fats: 1 g | Trans Fats: 0 g | Cholesterol: 2 mg | Sodium: 69 mg | Carbohydrates: 30 g | Dietary fiber: 2 g | Sugars: 1 g | Protein: 4 g |