

SLCo Employee Wellness

ALL SEASONS COOKBOOK

NOURISH YOUR HEALTH IN EVERY SEASON



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INTUITIVE EATING

Intuitive eating is eating that focuses on the body's response to cues of hunger and satisfaction. It aims to foster a positive relationship with food rather than fuel a negative one. Studies have found intuitive eating to be associated with positive body image and self-esteem, lower rates of disordered eating, and higher general well-being. Instead of following rules and restricting what you eat, intuitive eating reteaches you to trust your internal hunger, fullness, and satiety cues to help you decide what and how much to eat. No food is ever off the table!

As you explore these flavorful, vibrant, and energy-filled recipes, listen to your body's internal cues. and utilize the Hunger-Fullness scale to help you fully enjoy each of these delicious dishes.

HUNGER-FULLNESS SCALE

Staying in moderate hunger and fullness ranges (from a 3-7) will help you avoid extremes in hunger and fullness. If you start eating when you are moderately hungry you are more likely to stop eating when you are moderately full. If you start eating when you are empty or ravenous you are more likely to eat until you are stuffed or sick. The hunger and fullness scale can serve as a guide to help you mindfully connect to your body about when to eat. It can also help you avoid extremes in your hunger and fullness, help sustain your energy, and help you feel your best.



Spring Recipes



**"If you don't love it, don't eat it, and if
you love it, savor it. "**

-Evelyn Tribole, Author of Intuitive Eating

Vanilla Chia Seed Pudding

Vanilla chia pudding is so easy to make and requires just 4 ingredients! Pair with mixed seasonal fruits for a healthy breakfast!

Ingredients :

- 2 cups your favorite milk
- 1/2 cup chia seeds
- 2 teaspoons vanilla extract
- 1-2 tablespoons of honey or pure maple syrup

Directions:

1. **Combine** all ingredients into air-tight container or bowl. Let it sit for 5 minutes.
2. **Mix** the chia mixture with a spoon after 5 minutes, then again after 5 minutes, mixing well each time. **Mixing the chia seeds is important so they don't fall to the bottom of the container.**
3. **Chill:** Keep covered in the refrigerator until set. Will be ready in 3 – 4 hours.

Prep Time: 15 minutes

Cook Time: Chill 3-4 hours

Servings: 4



Notes :

- **Serve:** Spoon into individual bowls or containers, and serve with fresh fruit, granola or cocoa nibs.
- **Store:** Keep in the refrigerator for up to 6 days. For longer storage, keep in the freezer for up to 3 months. Let thaw in the refrigerator.

3 Ingredient Banana Oat Pancakes

These 3 ingredient pancakes are full of protein, potassium and fiber! Top with your favorite fruit and pure maple syrup for an extra delicious breakfast!

Ingredients :

- 2 ripe bananas
- 2 eggs
- 1 cup oats
- Mix-ins and toppings of your choice (vanilla, cinnamon, berries, nuts, etc.)

Directions:

1. **Preheat** skillet on low heat.
2. **Mix** bananas, eggs, oats and mix-ins in a blender until smooth.
3. **Grease** your skillet and pour batter onto pan (make pancakes small - medium size).
4. **Flip** and cook the other side until done; repeat for the rest of the batter.
5. **Serve** with syrup, butter, peanut butter or your favorite pancake toppings.
6. **Enjoy!**

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 2-3



Notes :

- If you are using any mix-ins like walnuts or blueberries, you can push them into the uncooked side of the pancakes before flipping. **Do not mix** them with the batter because they are more likely to fall apart.
- Ask Alexa to play Banana Pancakes by Jack Johnson and enjoy a delicious breakfast!

Hummus Veggie Wrap

These healthy hummus veggie wraps make a perfect fresh & quick lunch on a spring day!

Ingredients :

- 4 large flour tortillas
- 1 cup hummus
- ½ large cucumber
- 2 small roma tomatoes sliced
- 1 avocado sliced into thin slices
- 1 yellow bell pepper sliced into thin slices
- 1 small carrot julienned
- 1 cup mixed salad greens
- 4 teaspoons hot sauce or sriracha (optional)

Directions:

1. **Warm up** the tortillas in a microwave for 8-10 seconds.
2. **Spread** about 4 tablespoons of hummus.
3. **Layer** the sliced cucumber, tomato, avocado, bell pepper, and carrot.
4. **Top** with mixed salad leaves.

Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 4



5. **Drizzle** with sriracha hot sauce.
6. **Wrap** up the tortillas tightly in a burrito shape.
7. **Cut** in the middle, and serve.

Notes :

- Add your favorite protein to keep you full longer!

Avocado Egg Salad

Just avocados, eggs, herbs, lemon juice, and salt. An easy lunch that will leave you smiling!

Ingredients :

- 2 avocados
- 8 eggs
- a handful of dill
- a handful of parsley
- juice of one lemon
- a pinch of salt
- a drizzle of olive oil (as needed)

Directions:

1. **Hard boil the eggs.** Cover the eggs with water in a saucepan. Bring to a boil, turn heat off, cover and rest (on hot burner) for 8-10 minutes. Run under cold water and break off the shells. Cut the eggs into small pieces.
2. **Mash the avocados.** Mash the avocados in a bowl with the back of a large wooden spoon until mostly smooth.
3. **Mix and serve.** Mix the eggs with the avocados, herbs, lemon juice, salt, and olive oil if you need it.

Prep Time: 5 minutes

Cook Time: 15 minutes

Servings: 5 (heaping 1/2 cup)



Notes :

- **Serve** immediately at room temperature, or chill and serve cold.
- **Place** mixture on your favorite bread, wrap, or bagel.

Spring Roll Bowls

Basil, mint, rice noodles, fish sauce, brown sugar, lime juice, and whatever other protein and veggies you have on hand! Easy to make meatless!

Ingredients :

SWEET GARLIC LIME SAUCE:

- 3 cloves garlic
- 2 tablespoons rice vinegar
- 1/4 cup agave or brown sugar
- 1/4 cup fish sauce
- 1/3 cup lime juice
- 1/3 cup vegetable oil

SPRING ROLL BOWLS:

- 7–8 ounces rice noodles
- 1/4 cup each of basil, mint, and cilantro (plz use all three – they're so good together!)
- 1 serrano pepper
- 1/2 cup chopped peanuts
- 2 avocados
- 2 carrots
- 1 red bell pepper
- 1 cucumber
- 1 lb. of shrimp, tofu, or chicken (optional)

See directions on page 10.

Prep Time: 10 minutes

Cook Time: 35 minutes

Servings: 3 - 4





Notes :

- **Rice noodles:** 7 ounces of rice noodles is perfect for this recipe - that is about 1/2 a package.

Directions:

1. **Sauce Prep:** Pulse the sauce ingredients together in a blender or food processor.
2. **Noodle Prep:** Cook your rice noodles by soaking them in cold water for about 30 minutes. When they're softened, transfer to a pot of boiling water for just a minute or two before quickly draining again. *This is my preferred method because it prevents them from getting overly sticky.*
3. **Veggie Prep:** Mince the herbs, slice the serrano pepper, and peel or julienne cut the vegetables.
4. **Protein Prep:** Cook your shrimp, tofu, or chicken if you're adding that in.
5. **Bowl Prep:** Toss the noodles (hot or cold! your choice, friend) with the sweet garlic lime sauce and all the other ingredients.

Salmon Burgers with Slaw

These salmon burgers are TASTY! and made with just five ingredients. The best for a quick + easy high protein dinner.

Ingredients :

SALMON BURGERS:

- 12–14 ounces cooked salmon (canned is great!)
- 2 eggs
- 1/2 cup breadcrumbs
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 cup chopped fresh herbs, like chives, parsley, or dill
- a squeeze of lemon juice
- olive oil for pan-frying

CABBAGE SLAW:

- 1 head green cabbage, *finely shredded*
- 1 cup plain Greek yogurt
- 2–3 tablespoons white distilled vinegar (more to taste)
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 cup chopped fresh herbs like chives, parsley, and dill
- a drizzle of olive oil

Directions continued on page 12.

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 3 - 4





Directions:

- 1. For the salmon:** Flake the salmon apart. Mix all burger ingredients together and form into 3 large or 4 medium patties. Heat olive oil over medium heat, ideally in a nonstick skillet. Fry the burgers for a few minutes on each side until golden brown and crispy. Place on a paper towel lined plate and sprinkle with salt.
- 2. For the slaw:** Mix all slaw ingredients together. Taste and adjust.

3. Serve: Serve up those hot salmon burgers on a bed of creamy slaw. I top mine with a dollop of extra plain yogurt and a swizzle of oil and more herbs. Can't stop me.

Notes:

- Breadcrumbs are important here. Whole grain breadcrumbs are a good option to reduce refined grains.
- For the salmon, you can use leftover, steamed, grilled, baked, pouched - whatever you have on hand.
- Can store in fridge for 3 days.

Cheesecake Bites

Made with Greek yogurt and packed with protein! Gluten and grain free – this is one of our favorite lighter desserts!

Ingredients :

CRUST:

- 1 cup almond flour
- ¼ cup brown sugar
- ½ teaspoon cinnamon
- 4 tablespoons butter *melted*

FILLING:

- 8 ounces Neufchâtel cream cheese ⅓ less fat cream cheese
- ¾ cup 0% non fat greek yogurt (6 ounces)
- ¼ cup honey
- 2 teaspoons vanilla extract

Directions:

CRUST:

1. Preheat oven to 350 degrees.
2. Stir together all crust ingredients until a coarse sand-like texture forms. Line a 12 cup muffin pan with foil or silicone muffin liners.
3. Press about 1.5 tablespoons of the crust mix into each of the 12 muffin cups.
Depending on how fine your almond flour was, you might have some left over. Just distribute it evenly and cover the entire bottom of all the cups.
4. Bake for 13-14 minutes at 350 until the edges start to brown a tiny bit.
5. Remove crusts from the oven and allow the crust to cool while you prepare the filling.

Prep Time: 10 minutes

Cook Time: 13 minutes

Servings: 10 mini cheesecakes



Directions continued on page 14.



Directions:

FILLING:

1. In the bowl of a stand mixer or with a hand mixer- use your whisk attachment (if available otherwise regular beaters are fine) and whip the mixture on high speed for 5-6 minutes until everything is incorporated.
2. When your crust is completely cool, scoop 3 tablespoons of filling into each of the muffin cups.
3. You will be able to fill 10 of the cups $\frac{3}{4}$ of the way. Take the other 2 crusts, remove from the pan, crumble them up and set aside for garnishment.

Put the cheesecakes into the fridge and chill for 6-8 hours or overnight.

Notes:

- It is very important that these ingredients are brought to room temperature for the smoothest filling. If you don't, your filling won't be as smooth.

Carrot Cake Oatmeal Cookies

Lots of sweet carrots coupled with the hearty oats and cinnamon makes them absolutely irresistible.

Ingredients :

- 1 cup instant oats
- 3/4 cup whole wheat flour
- 1 ½ tsp baking powder
- 1 ½ tsp ground cinnamon
- ⅛ tsp salt
- 2 tbsp coconut oil or unsalted butter, melted and cooled slightly
- 1 large egg, room temperature
- 1 tsp vanilla extract
- ½ cup pure maple syrup
- ¾ cup grated carrots (about 1 small-medium, peeled first!)

Directions:

1. In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, and salt.
2. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Stir in the maple syrup until thoroughly incorporated. Add in the flour mixture, stirring just until incorporated. Fold in the carrots. Chill the dough for at least 30 minutes.
3. Drop the cookie dough into 14 rounded scoops on the baking sheet. Flatten slightly using a spatula. (The cookies don't spread very much!)
4. Bake at 325°F for 12-15 minutes
5. Cool on the baking sheet for at least 15 minutes before turning out onto a wire rack.

Prep Time: 40 Minutes (including chill time)

Cook Time: 12 - 15 minutes

Servings: 14 cookies



Simple Sesame Asparagus

This quick and easy asparagus recipe is perfect for springtime.

Ingredients :

- 1 pound asparagus washed and ends trimmed
- 2 tablespoons soy sauce
- 1 teaspoon freshly grated ginger
- 2 cloves garlic minced
- 1 teaspoon brown sugar or honey
- ½ teaspoon crushed red pepper flakes
- 1 tablespoon olive oil
- 1 teaspoon toasted sesame oil
- 2 tablespoons toasted sesame seeds can also use black sesame seeds

Directions:

1. Cut the asparagus spears into 1 1/2-inch pieces. Set aside.
2. In a small bowl, whisk together the soy sauce, ginger, garlic, brown sugar, and crushed red pepper flakes. Set aside.

Directions continue on pg 17.

Prep Time: 5 Minutes

Cook Time: 10 minutes

Servings: 4



Notes:

- If you don't like crunchy crostini, you can use toasted bread or even bagel crisps.
- This dish is BEST when fresh, especially if already assembled. You can store the salad mixture in the fridge for up to 1 day.
- Coconut aminos can be used as a replacement for a soy allergy.

3. In a large skillet, heat the olive oil over medium-high heat. Add the asparagus and cook for 3 minutes, stirring occasionally. Add the soy mixture to the pan and stir until asparagus pieces are well coated in the sauce. Cook for 3 to 4 more minutes or until the asparagus is tender, but still crisp.

4. Remove the pan from the heat and drizzle the sesame oil over the asparagus. Stir well. Garnish with toasted sesame seeds and season with salt and pepper, to taste. Serve immediately.



Notes:

- Asparagus stalks are tender at the tips and hard and woody at the ends, so it is important to trim the ends before using asparagus in a recipe. You can tell where to trim asparagus because asparagus spears have a natural breaking point. To find out where you should trim an asparagus spear, hold up a spear up horizontally, and bend it with your hands and it will break exactly where it needs to be trimmed.

Caprese Bruschetta

Absolutely delicious Caprese Bruschetta Recipe that makes for the BEST appetizer! Crispy crostini topped with cheese, tomatoes, and fresh basil then drizzled with balsamic glaze.

Ingredients :

- 1 portion crostini
- 10 oz tomatoes
- 8 oz mozzarella balls
- 8 basil leaves
- 2 garlic cloves minced
- ½ tsp Italian seasoning
- 1 Tbsp oil
- ¼ tsp salt
- ⅛ tsp ground black pepper

Directions:

1. Prepare a portion of crostini.
2. In a bowl, combine the cubed tomatoes, mozzarella balls, chopped basil, minced garlic, seasoning and oil.
3. Add the tomato mixture onto your crostini and top with extra fresh basil leaves and glaze and serve.
4. Enjoy, friends!

Prep Time: 5 Minutes

Cook Time: 15 minutes

Servings: 8



Notes:

- If you don't like crunchy crostini, you can use toasted bread or even bagel crisps.
- This dish is BEST when fresh, especially if already assembled. You can store the salad mixture in the fridge for up to 1 day.

Summer Recipes



**"Make food choices that honor your health
and taste buds while making you feel good "**

-Evelyn Tribole, Author of Intuitive Eating

Prep Time: 5 Minutes

Cook Time: N/A

Servings: 1



Peach Smoothie

Keep summer peachy with this delicious and nutritious breakfast. Peaches are in-season in Utah July to September and loaded with antioxidants, potassium, and vitamin A. Freeze your peaches to enjoy these nutrient benefits all year long.

Ingredients :

- 1 Cup Fresh or frozen peaches
- 1/4 cup plain or vanilla Greek Yogurt
- 1 cup of almond or milk of choice
- 1 Banana
- 1/2 tbsp. of honey
- 1/4 tsp. of cinnamon
- Optional: Add a few ice cubes
- Garnish with mint or favorite granola

Directions:

1. **Throw** ingredients into a high powered blender.
2. **Blend** until smooth
3. **Enjoy!**

Notes :

- Yes, you do have to peel peaches for smoothies when using fresh peaches. If this does not sound peachy to you, buy frozen peaches most fruit is frozen at its peak ripeness and retains its nutrition value very well.

Prep Time: 8 Minutes

Cook Time: N/A

Servings: 1



Notes :

- Dice your fruit into small pieces so that you can get a little bit of each in every bite!

Protein- Packed Yogurt Bowl

Fuel your summer day with this fresh and filling yogurt bowl!

Ingredients :

- 2/3 cup vanilla greek yogurt
- 1/3 cottage cheese
- Favorite seasonal fruit
 - Apricots
 - Berries
 - Peaches
 - Plums
- 1 serving of Granola
- 1 tbs nut butter
- Honey (optional)
- Cinnamon (optional)

Directions:

1. **Combine** yogurt and cottage cheese together in a bowl
2. **Top** with your favorite seasonal fruit, nut butter, granola, or whatever else tickles your fancy!

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Servings: 4



Directions:

1. **Cook** the rice according to directions. Mix in paprika, cumin, cayenne, and pepper when the rice has about 5 minutes left.
2. **Layer** each bowl or container with kale, tomatoes, shredded chicken, corn, beans, and rice. Top with optional dressing and enjoy immediately or refrigerate for later!

Southwest Chicken Burrito Bowls

These burrito bowls are super versatile for summer and are packed full of goodness. Substitute chicken for another protein of choice. Meal prep ahead of time and take them with you on-the-go!

Ingredients :

- 2 cups kale (or lettuce of choice)
- 1 cup grape tomatoes
- 3 cups shredded or cubed chicken (cooked (about 2 chicken breasts))
- 3/4 cup corn, canned
- 1 1/2 cup black beans, canned
- 1 cup rice, cooked
- 1 tsp paprika
- 1/2 tsp cumin
- 1/4 tsp cayenne
- 1/4 tsp pepper
- Drizzle Avocado Lime Dressing (optional)

Notes :

- Meal prep ahead of time for quick, easy, grab-and-go meals.
- Use leftover cooked chicken or buy a rotisserie chicken to speed up food prep.
- Keep dressing off bowl until ready to eat.
- Store in air tight container in fridge for 3-4 days.

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Servings: 4



Notes :

- Get creative with the veggies you add on top!

Directions continued on pg. 24

Mediterranean Couscous Bowls

Hummus ain't just for pita chips, y'all! These bowls are packed with delicious flavors and nutritious foods that will make you feel like you're on the mediterranean coast.

Ingredients :

- 2 red bell peppers
- 8 oz grape tomatoes
- 1/2 cucumber
- 1/2 tbsp dill
- 1 lemon
- 2 tbsp Turkish spice blend
- 1/2 cup sour cream/ Greek yogurt
- 2 tbsp veggie stock concentrate
- 1 cup couscous
- 1/2 cup hummus
- 1 tsp paprika
- 1 cup feta cheese
- 1 tbsp olive oil
- 2 tbsp butter
- Salt and pepper to taste

Directions:

1. **Preheat** oven to 425 degrees F.
2. **Core**, deseed, and thinly slice bell pepper. Toss on one side of a baking sheet with a drizzle of olive oil, half the Turkish Spice, salt, and pepper. Toss tomatoes on empty side with a drizzle of olive oil, salt, and pepper.

3. Meanwhile, trim and halve cucumber lengthwise; thinly slice crosswise into half-moons. Pick and roughly chop fronds from dill. Zest and quarter lemon.

4. In a small bowl, combine cucumber, half the dill, a squeeze of lemon juice, a drizzle of olive oil, salt, and pepper. In a separate small bowl, combine sour cream, a squeeze of lemon juice to taste, salt, and pepper. Add water 1 tsp at a time until mixture reaches a drizzling consistency.

5. In a small pot, combine 1 1/2 cups water, stock concentrate, remaining Turkish Spice, 2 TBSP butter, and a pinch of salt. Bring to a boil, then stir in couscous. cover and remove from heat. let stand until water has absorbed and couscous is tender, at least 5 minutes or until ready to serve.

6. In a third small bowl, combine hummus and paprika to taste (start with a pinch, then add more to taste if desired).

7. Fluff couscous with a fork; stir in lemon zest, salt, and pepper; divide between bowls. Top with bell pepper, tomatoes, cucumber salad, feta, and hummus. Drizzle with lemon cream and sprinkle with remaining dill. Serve with any remaining lemon wedges on the side.



Prep Time: 10 Minutes

Cook Time: 30 Minutes

Servings: 6 Tacos



Sriracha Shredded Chicken Tacos

Taco Tuesday just got a whole lot yummier! You'll be craving these tacos every week!

Ingredients :

- 2 thinly sliced chicken breasts
- 2 Tbsp Sriracha
- 6 corn tortillas
- 1 cup chopped red cabbage
- 1/2 cup chopped peppers
- 1/4 cup feta cheese
- 1 lime

Directions:

1. **Preheat** oven to 375 degrees.
2. **Place** the chicken breasts on a baking sheet and top with Sriracha. Bake for 30 minutes (or until they're fully cooked).
3. **While** the chicken is baking, heat the tortillas up (optional).
4. **Top** each tortilla with chopped red cabbage and chopped peppers.
5. **When** the chicken has finished baking, shred it and place in the tortillas.
6. **Top** each taco with feta cheese and a drizzle of lime. Enjoy!

Notes :

- Meal prep ahead of time for quick, easy, grab-and-go meals.
- Use leftover cooked chicken or buy a rotisserie chicken to speed up food prep.
- Keep dressing off bowl until ready to eat.
- Store in air tight container in fridge for 3-4 days.

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Servings: 5



Notes :

- Get creative with these pizza's! Add additional toppings for extra flavor and fun!
- Pair with a side salad for added veggies and freshness!

Margherita Pita Pizza

Perfect for Friday night pizza night! These pizza's are a must for when you're short on time.

Ingredients :

- 5 pitas
- 1/3 cup extra virgin olive oil
- 1/2 cup pizza sauce
- 2 roma tomatoes, cut into thin slices
- 1 large bunch of fresh basil
- 8 ounces of fresh mozzarella
- kosher salt
- pepper
- balsamic vinegar

Directions:

1. **Preheat** oven to 400 degrees. Brush olive oil on both sides of the pitas.
2. **Place** 2-3 pitas on a cookie sheet. Spoon on tomato sauce for an even layer. Layer tomato slices, basil leaves, and mozzarella on top of the sauce. Repeat this process until all of the pitas are prepared.
3. **Cook** for 10-12 minutes, until the mozzarella is melted and begins to brown. Remove from oven.
4. **Sprinkle** with salt, pepper and balsamic vinegar to taste before serving.

Prep Time: 5 Minutes

Cook Time: 5 Minutes

Servings: 5 Cups



Notes :

- Store leftovers in an airtight container in freezer for up to 1 month.
- Get creative and use ANY frozen fruit (or a mix of them) instead of strawberries.
- Add toppings like nuts, fresh fruit, granola, or cocoa nibs

4-Ingredient Frozen Yogurt

Don't let this simple 4-ingredient treat fool you, it's delicious and always hits the spot!

Ingredients :

- Plain greek yogurt
- Frozen strawberries
- Maple syrup
- Vanilla extract

Directions:

1. **Add** the plain greek yogurt, frozen strawberries (or other frozen fruit), maple syrup, and vanilla extract to your food processor or blender.
2. **Pulse** and blend until a thick "froyo" texture is formed. This can take a couple minutes, and you may need to push the mixture down occasionally. Adjust sweetness (maple syrup) to taste.
3. **Serve** and enjoy right away for a more soft-serve like texture OR Transfer to a loaf pan and pop it in the freezer for about 30 minutes if you want it a little more firm!

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Servings: 8 Bananas



Notes :

- This recipe makes a very thick coating of chocolate, feel free to use a thinner coating if desired.
- Additional toppings: crushed nuts, shredded coconut, dried fruit, etc.

Peanut Butter Chocolate Covered Frozen Bananas

The most perfect treat on a hot summer day! Trust me, these will be on repeat.

Ingredients :

- 4 Bananas
- 3/4 cup creamy peanut butter divided*
- 1 ½ cups dark chocolate chips
- 2 Tbs melted peanut butter for drizzling on top

Directions:

1. **Line** a large baking sheet with wax paper. Set aside.
2. **Cut** the bananas in half lengthwise.
3. Push a lollipop stick or popsicle stick 1 ½ inches into the flat side of each banana.
4. **Spread** 1 TBS of creamy peanut butter lengthwise on each banana and evenly space them on the prepared baking sheet.
5. **Place** the baking sheet into the freezer for at least 3 hours (and up to one day), or until bananas and peanut butter are completely frozen.

Directions continued on pg. 29

6. **Once** bananas are frozen, melt together 1 ½ cups of dark chocolate chips and ¼ cup peanut butter in the microwave or over a double boiler. Stir until smooth.

7. **Remove** bananas from the freezer and, working quickly, carefully dip each banana in the chocolate/peanut butter mixture then set it back on the cold, wax-paper lined baking sheet. (If the coating is too thick, use a spatula to carefully scrape some of the chocolate/peanut butter mixture back into the glass before it freezes to the banana).

8. **Repeat** until all the bananas are covered in chocolate. You may need to use a spatula to scrape the chocolate from the glass and spread it onto the last banana so it can get completely covered.

9. **Place** the baking sheet back into the freezer for at least two hours for the bananas to set.

10. **Optional:** Once the chocolate has hardened in the freezer you can drizzle melted peanut butter over the bananas using a fork. Then place them back in the freezer to harden!

11. **Serve frozen!**



Prep Time: 15 Minutes

Cook Time: N/A

Servings: 10



Notes :

- Fruit can be chopped 1 day in advance (except banana) and dressing can be made 1 day in advance and kept separate and chilled, toss together just before serving.

Honey Lime Rainbow Fruit Salad

Colorful food is the yummiest food! Topped with a honey lime dressing this salad will have you drooling every time.

Ingredients :

SALAD:

- 1 lb fresh strawberries, chopped
- 1 lb chopped fresh pineapple,
- 12 oz fresh blueberries
- 12 oz red grapes, sliced into halves
- 4 kiwis, peeled and chopped
- 3 mandarin oranges
- 2 bananas, sliced (optional)

DRESSING:

- 1/4 cup honey
- 2 tsp lime zest (zest of 2 medium limes)
- 1 1/2 Tbsp fresh lime juice

Directions:

1. **Add** all fruit to a large mixing bowl.
2. **In** a small mixing bowl, whisk together the honey, lime zest and lime juice.
3. **Pour** over fruit and toss to evenly coat, serve immediately**.

Prep Time: 10 Minutes

Cook Time: N/A

Servings: 1



Directions:

1. Add all ingredients to individual containers, or a plate.

Notes :

- Place one havarti cheese slice over top of each turkey slice. Roll up so the cheese is inside. Slice each roll-up in half.
- Optional: serve with dip of choice!

Adult Lunchables

A nutritious grab-and-go snack that will keep you satisfied and feeling your best!

Ingredients :

CRACKERS & CHEESE:

- 1 serving whole grain crackers, like Triscuits
- 1.5 ounces cheddar cheese, cut into cubes
- 1/4 cup almonds
- 1 cup sliced vegetables, like cucumber, carrots, celery and/or bell peppers
- 1/2 cup grapes

TURKEY ROLL-UPS:

- 3 slices deli turkey
- 3 slices havarti cheese
- 1 serving pretzel crackers
- 2 tbsp hummus
- 1 cup sliced vegetables, like carrots, cucumber, celery, and peppers

PROTEIN PACKED:

- 1 large hard boiled egg
- 1.5 ounces cheddar cheese, sliced
- 1 medium apple, sliced*
- 2 tbsp peanut butter, or other nut/seed butter, for dipping
- 1 cup raw vegetables, like carrots, cucumber, celery, or cherry tomatoes

Fall Recipes



“Having a healthy relationship with food means you are not morally superior or inferior based on your eating choices.”

-Evelyn Tribole, Author of Intuitive Eating

Apple Pie Yogurt Parfait

This simple breakfast is fast, easy and tastes delicious! Ready in just minutes, your tastebuds will be so happy no waiting was involved!

Ingredients :

- 1 cup vanilla Greek yogurt (opt for a less/no added sugar option)
- 1 serving size of favorite granola
- 1 small Gala apple, diced
- Dash of cinnamon

Directions:

1. **Start** with a mason jar or container with a lid and layer some half the serving size of Greek yogurt on the bottom of the jar.
2. **Add** a layer of granola (about a 3rd of the serving size)
3. **Finish** with a layer of chopped apples and a dash of cinnamon
4. **Repeat** until you have your ingredients are gone.
5. **Enjoy!**

Prep Time: 5 Minutes

Cook Time: N/A

Servings: 1



Notes :

- Other toppings you might enjoy: walnuts, nutmeg, dried apple pieces.

Pumpkin Pie Overnight Oats

Pumpkin Pie flavor, but without all the hassle AND for breakfast? It's a no brainer. Keeps you feeling your best and tastes delicious!

Ingredients :

- ½ cup rolled oats
- ½ cup milk of your choice
- ¼ cup Greek yogurt
- ¼ cup pumpkin puree
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon pumpkin spice

Directions:

1. **In** a sealable jar or bowl, add the rolled oats, almond milk, yogurt, pumpkin puree, chia seeds, maple syrup, vanilla, and pumpkin spice. Give it a stir until it's well combined.
2. **Let** it soak in the fridge for at least 2 hours, but it's best to soak overnight for 8 hours.
3. **Enjoy** cold!

Prep Time: 5 Minutes

Chill Time: 8 Hours

Servings: 1



Notes :

- Optional: Top your pumpkin pie overnight oats with yogurt and chopped pecans

Crunchy Curried Chickpea Bowls

Put on your seat belts because chickpea power bowls are bringing the punch! They are full of flavors and textures that will keep you happy for hours.

Ingredients :

- ½ cup chickpeas
- 1 cup carrot
- 1 cup kale
- ½ lemon
- 1 cup basmati rice
- 2 tbsp curry powder
- 2 tbsp veggie stock concentrate
- 1 cup shredded red cabbage
- 1/2 sour cream/Greek yogurt
- 2 tbsp golden raisins
- 4 tsp olive oil
- 2 tsp sugar
- 6 tbsp butter
- Salt and pepper to taste

Directions:

1. **Preheat** oven to 425 degrees F.
2. **Drain** and rinse chickpeas; dry thoroughly with paper towels.
3. **Trim.** peel, and quarter carrots.
4. **Quarter** lemon, and in a small bowl, zest lemon.
5. **Remove** and discard any large stems from kale; finely chop leaves.

Directions continue on pg. 36

Prep Time: 10 Minutes

Chill Time: 25 Minutes

Servings: 4



Notes :

- Don't panic! It's natural for chickpeas to pop as they roast.

FALL LUNCH | CRUNCHY CURRIED CHICKPEA BOWLS

6. **Place** raisins in a small bowl with enough hot water to just cover.

7. **Toss** chickpeas on a baking sheet with a large drizzle of olive oil, half the curry powder. Roast on top rack until crispy, (18-20 minutes).

8. **In** a medium microwave-safe bowl, combine juice from 6 lemon wedges and 2 tsp of sugar; stir to dissolve. Add cabbage and 4 tbsp water; season with salt and pepper. Microwave for 1 minutes. Set aside, tossing occasionally, until ready to serve.

9. **In** a second small bowl, combine sour cream/Greek yogurt, lemon zest, remaining curry powder, and juice remaining from lemon. Season with salt and pepper. Add water 1 tsp at a time until mixture reaches drizzling consistency.

10. **Heat** 1 tbsp of olive oil in a large pan over medium-high heat. Add kale and season with salt and pepper. Cook kale, stirring occasionally, until tender (about 5-7 minutes) Stir in 2 tbsp butter until melted. Remove from heat.

11. **Fluff** rice with a fork; stir 2 tbsp and season with salt and pepper.

12. **Divide** rice between 4 bowls, top with kale, pickled cabbage (draining first) and chickpeas in separate sections (like pictured above).

13. **Drain** raisins and sprinkle over top (roughly chop first if desired).

14. **Drizzle** with dressing and serve.



Barbeque Chicken Stuffed Sweet Potatoes

The perfect all in one dinner. Prep the chicken ahead of time for an easy assembly. These BBQ Chicken stuffed sweet potatoes have all the good stuff.

Ingredients :

FOR THE CHICKEN:

- 1 pound boneless, skinless chicken breast
- 10 oz barbecue sauce
- 1/4 cup apple juice
- 1 tablespoon apple cider vinegar
- salt and pepper to taste

FOR THE COLSLAW:

- 1/2 cup mayonnaise
- 2 tablespoons apple cider vinegar
- 1 teaspoon celery seed
- 1/2 teaspoon dijon mustard
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups shredded coleslaw mix

Directions:

- 1. Make the Chicken:** Add the chicken breast, barbecue sauce, apple juice, apple cider vinegar, salt, and pepper to your crockpot. Stir to combine. Cook on high for 2-3 hours or until the chicken breast is cooked through, tender, and easy to shred. Use two forks to shred the meat in the barbecue sauce.
- 2. Bake the Sweet Potatoes:** Preheat oven to 425 degrees. Thoroughly clean the sweet potatoes and remove any dirt or grit.

Prep Time: 15 Minutes

Cook Time: 3 Hours

Servings: 4



Prick the sweet potatoes all over with a fork and place them on a sheet pan lined with parchment paper. Bake the sweet potatoes for 45-50 minutes until completely tender. You should easily be able to stick a skewer or toothpick into the thickest part. Once the potatoes are tender, remove them from the oven.

3. **Make the Coleslaw:** Add the mayo, apple cider vinegar, celery seed, Dijon Mustard, salt, and pepper to a mixing bowl and whisk together until well combined. Pour the dressing over the shredded coleslaw mix and toss until well combined.

4. **Assemble:** When you are ready to serve, use a sharp knife to split the top of the potato open lengthwise. Give the potato ends a gentle squeeze inward to open it up a bit and use a fork to fluff the insides a bit. Stuff the potatoes with around 4 oz of the pulled barbecue chicken and then top with coleslaw. Garnish with green onion and serve!



Notes :

- If you have leftovers, store the chicken, coleslaw, and sweet potatoes all separately until you are ready to reheat and assemble and eat the potatoes. When stored in an airtight container in the fridge, everything should last for 3-4 days.
- Go meatless and just serve with coleslaw!

Sheet Pan Sausage & Vegetables

Don't let the ingredients list overwhelm you - this one pan sheet meal is so easy to prep and so enjoyable to eat!

Ingredients :

- 12 oz turkey/chicken sausage, diced
- 3 medium yellow potatoes cubed
- 1 cup sliced mushrooms
- 2 cups chopped bell peppers about ½ green bell pepper, ½ red bell pepper and ½ yellow bell pepper
- 2 cups halved Brussels sprouts
- 5 tablespoon olive oil
- ½ teaspoon garlic powder
- 1 tablespoon dried oregano
- 1 teaspoon paprika
- ½ teaspoon red pepper flakes
- salt to taste
- crushed black pepper to taste
- ¼ cup fresh parsley minced
- Parmesan cheese for garnish

Directions:

1. **Preheat** oven to 400 degrees F.
2. **Line** a sheet pan with parchment paper or foil for easy clean up.
3. **Place** the sausage slices and vegetables in a single layer on the sheet pan.
4. **Drizzle** the olive oil over the sausage and veggies.
5. **Mix** in the garlic powder, dried oregano, paprika, red pepper flakes, salt and pepper together and sprinkle over the sausage and veggies.

Directions continue on page 40

Prep Time: 10 Minutes

Cook Time: 40 Minutes

Servings: 3-4





Directions:

6. Bake for 15 mins or so. Turn the sausage slices or just toss all of the together to make sure most of them turn around. Bake for another 10 - 15 mins, till the sausage is crispy along the edges and the vegetables look done to your liking.

7. Sprinkle fresh parsley over it.

8. Serve over a bowl of cauli rice, rice, couscous or quinoa.

Notes :

- This is a great make ahead recipe for meal prep. You can make a double batch and keep in the refrigerator in an airtight container.
- Eat it up in wraps, with your morning breakfast or even as a snack.
- This recipe can be made even easier by using pre-cut vegetables.
- Get creative with the seasonings!

Southwest Butternut Squash Casserole

You had me at butternut squash... The southwest flavors paired with the butternut squash flavor is heavenly.

Ingredients :

- 1 lb frozen butternut squash, cubed (about 3-4 cups)
- 1 large bell pepper (sliced or chopped)
- 1 Tbsp olive oil
- 1 tsp paprika
- 1/2 tsp garlic powder
- salt/pepper (to taste)
- 1 15 oz. can black beans (drained)
- 1 cup cooked ground turkey (optional)
- 1 cup shredded cheese
- 1 cup chopped kale

Directions:

1. **Preheat** the oven to 375 degrees F.
2. **Place** the squash and pepper in the casserole dish and drizzle with olive oil.
3. **Bake** for about 20 minutes, or until squash just begins to soften.
4. **Drain** any extra liquid in the casserole dish.
5. **Mix** in the paprika, garlic powder, salt and pepper, black beans, cooked ground beef, half of the cheese, and kale to the casserole dish.

Prep Time: 5 Minutes

Cook Time: 30 Minutes

Servings: 4



6. **Top** with remaining cheese.
7. **Bake** for another 10 minutes (or until everything is soft).
8. **Serve** and enjoy!

Notes :

- This dish is delicious meatless!
- If using meat, save on time by cooking ground turkey before hand and store in freezer for 30 days. Pull out to defrost before assembling the casserole.

Chewy Oatmeal Pumpkin Cookies

Is there anything better than a warm pumpkin cookie this time of year? One bite of these cookies and you will be smiling.

Ingredients :

- 1 cup instant oats
- 1 cup white whole wheat flour
- 1 teaspoons baking powder
- ½ teaspoon salt
- ½ cup cane sugar or coconut sugar
- 2 teaspoons pumpkin pie spice
- ¼ teaspoon nutmeg
- ½ cup pumpkin puree
- ¼ cup melted coconut oil or butter
- 1 large egg
- 2 teaspoon vanilla extract
- ½ cup semi-sweet chocolate chips

Directions:

1. **Preheat** oven to 350 degrees F. Line a large baking sheet with parchment paper. Set aside.
2. **In** a medium bowl, combine flour, oats, salt, baking powder, sugar, pumpkin pie spice and nutmeg. Whisk together and set aside.
3. **In** another bowl, combine pumpkin puree, egg, melted butter or oil, and vanilla. Whisk together.

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Servings: 12 cookies



4. **Pour** wet ingredients into the bowl with the dry ingredients and mix until everything is combined and dough has an even consistency.
5. **Fold** in chocolate chips. Chill dough in fridge for 30 minutes.
6. **Scoop** dough onto cookie sheet and bake for 15 - 18 minutes.
7. **Let** cool and enjoy!

No-Bake Pecan Pie Bars

Take these easy peasy bars to friendsgiving and everyone will be wanting the recipe! All the flavor of pecan pie without the hassle.

Ingredients :

PECAN PIE CRUST:

- 1 cup rolled oats
- 1 cup pecans
- ½ cup blanched almond flour
- 1 tbsp ground cinnamon
- ¼ tsp salt
- 7-8 large medjool dates, pitted
- 1-2 tablespoon water, only as needed

SALTED CARAMEL:

- 20 large medjool dates, pitted
- ¼ cup water
- ½ tsp vanilla extract
- ¼ tsp salt

TOPPINGS:

- 1 cup crushed pecans

Directions:

1. **Line** an 8x8 square dish with parchment paper.
2. **Prepare the crust:** Combine rolled oats, pecans, almond flour, cinnamon, and salt in a food processor. Process ingredients until a crumbled, flour-like mixture is formed. Add medjool dates and process again until a sticky, crumbled mixture is formed.

Directions continue on pg. 44

Prep Time: 15 Minutes

Chill Time: 30 Minutes

Servings: 18 bars



If needed, add water and process again until the ingredients start to come together. You should be able to pinch the dough together with your hands.

3. **Press the crust:** Transfer mixture to the square dish and press it across the base in an even layer.

4. **Prepare the salted caramel:** Combine medjool dates, water, vanilla, and salt in the food processor.

FALL DESSERT | NO BAKE PECAN PIE BARS

Process until a caramel-like consistency forms. Scrape down the sides of the food processor between pulses, as needed, until smooth.

5. Add the salted caramel and pecans:

Spread the caramel over the crust in an even layer. Toss crushed pecans on top and gently press them into the caramel.

6. **Chill:** Chill in the freezer for at least 30 minutes before slicing the bars.

7. **Enjoy!**

Notes:

- Store the pecan pie bars in an airtight container. Keep at room temperature or in the refrigerator (recommended). Keep in the freezer for long-term storage.

PREPARING THE CRUST LAYER:



PREPARING THE CARAMEL LAYER:



Pumpkin Cranberry Energy Bites

These fall energy bites are full of flavor for your afternoon slump. Pop one of these bad boys in your mouth and your tastebuds will be screaming!

Ingredients :

- 1 1/2 cups rolled oats
- 1/4 cup ground flax seed
- 1 tablespoon chia seeds
- 1/4 cup canned pumpkin puree
- 1/3 cup pure maple syrup
- 1/2 cup almond butter
- 1/4 cup dried cranberries
- 1 teaspoon vanilla
- 1 teaspoon pumpkin spice
- small pinch salt

Directions:

1. **Place** all of the ingredients into a large mixing bowl.
2. **Stir** until the ingredients are combined.
If the batter is too wet add more oats or flax seed. If it's too dry then add more almond butter or pumpkin.
3. **Place** the batter in the refrigerator for 1/2 hour or until it firms up. This makes it easier to roll the balls.
4. **Roll** into 20 balls. Place into an airtight container. Refrigerate 3 hours or overnight.

Prep Time: 10 Minutes

Chill Time: 3 Hours

Servings: 20 Energy balls



Notes:

- Store in airtight container the refrigerator for up to 7 days and in the freezer up to 3 months.

Pear Salad

Nothing beats the flavors of this fall pear salad! It's fresh, delicious and in season. Bring as a side dish, or add protein to make it your main course. Yummm.

Ingredients :

FOR THE SALAD:

- 8 cups mixed greens
- 2 large pears
- 1/3 cup thinly sliced red onion
- 3/4 cup candied walnuts
- 2/3 cup dried sweetened cranberries
- 1/3 cup crumbled gorgonzola cheese

FOR THE DRESSING:

- 2 tbsp apple cider vinegar
- 1/4 cup extra virgin olive oil
- 1 tbsp pure maple syrup
- 2 tsp Dijon mustard
- 1/4 tsp Fine sea salt and 1/8 tsp cracked pepper

Directions:

- 1. DRESSING:** Add all ingredients to a Mason jar, cover with the lid, and vigorously shake to combine. Taste and adjust for personal preference on seasonings (salt and pepper). Refrigerate until ready to eat and shake once more before dressing the salad.
- 2. SALAD ASSEMBLY:** Add mixed greens, thinly sliced pears, thinly sliced red onion, candied walnuts, and dried cranberries to a large salad bowl.

Prep Time: 20 Minutes

Cook Time: N/A

Servings: 6-8 as a side



- 3. DRESS THE SALAD:** Drizzle the dressing only on what will be enjoyed the same day. (Once dressed, this salad doesn't sit well.) Toss salad to coat in dressing. Add the gorgonzola cheese (add more to personal preference). Toss once more and serve salad immediately.

Notes:

- Candy your own walnuts OR to save on time, buy candied walnuts at the store.

Winter Recipes



“We define healthy eating as having a healthy balance of foods and having a healthy relationship with food.”

-Evelyn Tribole, Author of Intuitive Eating

Prep Time: 10 Minutes

Cook Time: 15

Servings: 3 - 4

Sweet Potato Breakfast Hash

A breakfast full of nutrients - You will love every bite! Add an egg on top for even more deliciousness.

Ingredients :

- 2 tbsp coconut or olive oil
- ½ green bell pepper, diced
- ½ red bell pepper, diced
- 1 jalapeño, sliced and diced (optional)
- ½ red onion, diced
- 4 cloves garlic minced
- ½ pound sweet potatoes, rinsed thoroughly and diced into 1" cubes
- ¾ cup cooked black beans (if canned, rinsed well)
- 2 tsp paprika
- ¾ tsp sea salt to taste
- ¼ tsp freshly ground black pepper



Directions:

1. **In** a pan over medium high heat, heat 1 tablespoon of oil.
2. **Add** in the green bell pepper, red bell pepper, jalapeño and the red onion. Sauté and cook for about 8 minutes until the red onions are translucent. Scoop the mixture aside in a small bowl. Add the other tablespoon of oil into the pan and heat up.
3. **Add** in the sweet potatoes and stir to combine. Reduce heat to medium and let the sweet potato crisp and cook through, for about 10-12 minutes. Stir occasionally, ensuring not to burn the sweet potatoes.

4. **After** sweet potatoes are cooked through, and back in the previously cooked bell pepper mixture and the black beans. Add the paprika, sea salt and the black pepper over and stir to combine. Cook for about another 3 minutes to let the black beans heat through. Taste and adjust seasonings for taste, then remove from heat. Serve with slices of avocado and enjoy!



Notes:

- Meal prep this breakfast for an on-the-go option! Just separate into airtight containers and store in the refrigerator for up to 7 days.
- Add a fried egg on top for some added protein and flavor.
- Add some avocado or a tablespoon of plain Greek yogurt for some added creaminess!

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Servings: 16 Muffins



Directions:

1. **Preheat** oven to 400°F. Line a standard muffin tin with paper liners (this recipe makes 14 to 16 muffins so use a second muffin tin or make more after the first batch has cooked).

Directions continue on pg. 51

Morning Glory Breakfast Muffins

These are not your average muffins - jam packed with fruit and veggies, you're bound to seize your day with one of these bad boys!

Ingredients :

- 1 ¼ cups white whole wheat flour can sub with whole wheat or all-purpose
- 1 cup instant cooking oats
- 2 tsp baking soda
- 2 tsp cinnamon
- ½ tsp ground ginger
- ½ tsp salt
- 3 large eggs
- ¾ cup unsweetened applesauce
- 1/3 cup avocado or olive oil
- 1/3 cup maple syrup or honey
- 1 tsp orange zest
- ¼ cup orange juice
- 2 cups grated carrot
- 1 cup grated apple (I use 1 medium Honeycrisp apple)
- 1/2 cup raisins
- 1/2 cup chopped pecans (optional)
- 3 tbsp ground flax seed (optional)

2. **In** a medium bowl, whisk the flour, oats, baking soda, cinnamon, ginger, and salt until well combined. Set aside.
3. **In** a large bowl, whisk eggs, applesauce, oil, maple syrup, orange zest, and orange juice until well combined.
4. **Pour** the dry ingredients into the bowl with the wet and stir until just combined. Do not overmix.
5. **Using** a large spoon or spatula, fold in the grated carrot, apple, raisins, pecans, and ground flax, if using.
6. **Scoop** batter into prepared muffin cups filling them to the top. Sprinkle each muffin with extra pecans, if desired.
7. **Bake** until golden brown and a toothpick inserted in the center of a muffin comes out clean, about 22 to 24 minutes. Cool muffins for 10 to 15 minutes, then enjoy warm or at room temperature.



Prep Time: 15 Minutes

Cook Time: 10 Mins., 40 Mins., 3-4 Hours

Servings: 4-5



Directions:

STOVETOP INSTRUCTIONS

1. **In** a soup pot, heat olive oil. Brown beef, onions and garlic for 10-12 minutes until cooked.
2. **Add** in tomatoes, broth, spices, beans and corn.
3. **Stir** together. Bring to a boil, then reduce to a simmer for 30 minutes to an hour.

Taco Soup

Three cheers for taco soup! This recipe can be ready in a pinch or cook all day. Top it with some avocado, green onions, and fresh lime. Absolute perfection.

Ingredients :

- 1 teaspoon olive oil
- 1 lb ground beef
- 1 cup onion chopped (1 medium sized)
- 4 cloves minced garlic
- 1 14 oz can diced tomatoes with green chiles
- 1 quart beef broth low or no salt
- 1 teaspoon paprika
- ½ teaspoon pepper
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 1 can black beans drained & rinsed
- 1 can pinto beans drained & rinsed
- 1 cup frozen corn thawed

SOUP TOPPINGS:

- Shredded Cheese
- Lime
- Plain Greek Yogurt
- Avocado
- Cilantro
- Green or red onions
- Tomatoes
- Crushed Tortilla chips

Directions continue on pg. 53



Notes:

- You can substitute ground beef for ground turkey, ground chicken, shredded chicken, OR leave out animal protein all together!

CROCKPOT INSTRUCTIONS

1. **In** a large pan, heat olive oil. Brown beef, onions and garlic for 10-12 minutes until cooked.
2. **Add** beef/onion/garlic mixture to the crockpot with tomatoes, broth, spices, beans and corn.
3. **Stir** together. Cook on low for 6-8 hours or high for 3-4.

INSTAPOT INSTRUCTIONS

1. **Set** instant pot to Sauté for 12 minutes. Brown beef, onions and garlic for 10-12 minutes until cooked. Make sure to scrape up any browned bits to avoid a burn notice.
2. **Add** in tomatoes, broth, spices, beans and corn.
3. **Stir** together. Cover and set the instant pot to sealing, Manual Pressure for 6 minutes.
4. **It** will take about 10 minutes for the instant pot to come to pressure.
5. **Once** cooked, quick release the pressure. Stir & enjoy!
6. ***note:** I find that the instant pot can make cooked beans very mushy. You may want to omit the beans and add them in after the soup has finished cooking.

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Servings: 3



Kale, Apple, Sweet Potato Salad

This savory sweet, warm, crunchy winter salad is the perfect combination of textures and flavors. Delicious and nutritious.

Ingredients :

FOR THE SALAD:

- 1 cup cinnamon roasted sweet potatoes
- 2 cups cooked quinoa
- 2 cups shredded kale
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- Squeeze of lemon juice
- 1/3 cup pistachios raw and de-shelled
- 1 apple diced

MAPLE BALSAMIC DRESSING:

- 1/3 cup avocado oil or olive oil
- 1/4 cup balsamic vinegar
- 2 teaspoons dijon mustard
- 2 teaspoons maple syrup
- Pinch fine sea salt

Directions:

1. **Make** quinoa as directed on package, and set aside to cool.
2. **Make** a batch of cinnamon roasted sweet potatoes and set aside: Preheat oven to 400 degrees and position oven rack to the middle. Line a baking sheet with parchment paper. Cut sweet potatoes into 1-inch cubes. Place sweet potatoes on parchment paper and drizzle with oil, cinnamon, and sea salt. Toss to make sure all sweet potatoes are evenly coated. Bake for about 25-30 minutes, giving them a quick flip halfway through, until sweet potatoes are fully cooked, fork tender, and have a rich color!

Directions continue on pg. 55



3. **Massage** kale for 1-2 minutes with olive oil, lemon juice and salt.

4. **Add** all your dressing ingredients into a blender, and blend until smooth and creamy. Don't over blend! Taste and adjust seasoning. Set aside.

5. **Assemble the salad:** Add massaged kale, sweet potatoes, quinoa, apples, pistachios to your bowl. Drizzle 2 tablespoons of dressing over salad, adding more as desired. Serve immediately.

Notes:

- Additional toppings: Avocado, Black Beans, Dried Cranberries or Dried Cherries, Pumpkin or Sunflower Seeds, Other Nuts of Choice, Feta Cheese.
- For additional protein: add steak, chicken, salmon, tofu, or shrimp.

Prep Time: 35 Minutes

Cook Time: 35 Minutes

Servings: 4-5



Winter Minestrone Soup

The perfect soup for a wintery day! Soft carrots, warm flavors, tender beans and winter greens. You'll love it!

Ingredients :

- olive oil spray
- 5 ounces diced pancetta
- 2 cups diced carrots
- 2 cups diced celery
- 2½ cups yellow onion, diced, about 1 large
- 4 cloves garlic, minced
- 2 teaspoons fresh thyme, chopped
- 2 to 3 teaspoons kosher salt
- 2-1/2 cups butternut squash, cubed, see notes
- 1 (28 ounce) can crushed tomatoes
- 6 to 8 cups unsalted chicken stock
- 1 bay leaf
- black pepper, *freshly ground, to taste*
- 1 (15 ounce) can cannellini beans, *rinsed and drained*
- 1 cup small pasta
- 5 ounces baby spinach, *or baby kale*
- 2 tablespoons basil pesto
- Parmesan cheese, *for serving*

Directions:

1. **Start** by lightly spraying the bottom of your dutch oven with olive oil spray. Add in the diced pancetta. Cook until crispy. This takes about 8 to 10 minutes. Once the pancetta is crisp, transfer it to a paper towel lined plate, leaving the fat in the pot.

Directions continue on pg. 57

Prep Time: 10 Minutes

Cook Time: 5 - 30 Minutes

Servings: 4

Thai Carrot Curry Soup

All the warm flavors of Thai cuisine in a bowl. Garnish with peanuts for a nice crunch! A delicious way to end a cold day.

Ingredients :

- 1 lb carrots peeled and chopped
- 4 cups low-sodium chicken broth
- 1/2 c onion diced
- 3 cloves garlic finely diced
- 1 tbsp extra virgin olive oil
- 3 tbsb peanut butter can increase peanut butter if you'd like!
- 1 tsp ground coriander
- 1 tsp curry
- 1/2 tsp ground ginger
- salt/pepper to taste
- Optional for garnish: peanuts, parsley or cilantro, sriracha



Directions:

STOVETOP INSTRUCTIONS:

1. **In** a large skillet, sautee onions, garlic and carrots with the oil until onions are translucent. Transfer to a large saucepan and add broth, peanut butter and spices.
2. **Cook** until carrots are tender.
3. **Blend** soup until smooth.
4. **Garnish** with peanuts, parsley and sriracha (if you want some kick)

Directions continue on pg. 59



INSTANTPOT INSTRUCTIONS:

1. **Turn** Instant pot on to saute'. Add oil and let it heat. Add carrots, onion and garlic. Season with salt and pepper, if desired. Saute' until onions start to be translucent. Turn off Instant pot.
2. **Add** remaining broth, peanut butter, and spices. Cover the pot and lock lid in place. Make sure it is in the 'sealed' position. Set manual pressure for 7 minutes. When done, do a quick release of the pressure by carefully turning the knob to vent and allow steam to escape.
3. **Use** an immersion blender to blend soup. Alternately, you can let it cool for a few minutes and then blend batches in your blender until it's all been blended.
4. **Garnish** with peanuts, parsley and sriracha if you'd like.

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Servings: 4



Winter Berry Crisp

There are few things better than a warm winter berry crisp with cold vanilla ice cream. Savor every bite of this yummy dessert.

Ingredients :

BERRY MIXTURE:

- 4 cups mixed berries
- 1 teaspoon Cornstarch
- 2 teaspoons Maple Syrup

OATMEAL CRISP:

- 2 cups Rolled Oats
- 2 teaspoons Ground Cinnamon
- 2 teaspoons Baking Powder
- 1/2 teaspoon Salt
- 1/2 cup Chopped Walnuts or pecans
- 2 tablespoons Chia Seeds
- 1/4 cup Maple Syrup
- 2 tablespoons Cold Butter
- 1/4 cup Coconut Milk canned, or other milk

Directions:

1. **Preheat** the oven to 350°F. Grease an 8×8 baking dish or 4 individual ramekin dishes.
2. **In** a mixing bowl combine the raspberries, cornstarch, and 2 teaspoons of maple syrup. Pour into the greased baking dish.
3. **In** a separate mixing bowl mix the oats, cinnamon, baking powder, salt, walnuts, chia seeds, butter, and the remaining maple syrup.
4. **Stir** this milk into the oat mixture until mixed and pour over the berries.
5. **Bake** for 25 minutes or until the raspberries begin to bubble and the crisp begins to turn golden brown. Let sit for 10 minutes before servings.

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Servings: 4



Notes:

- If you can't find unsalted cashews, rinse and dry salted cashews.
- You may find you don't use all the chocolate. I find it's easier to work with too much chocolate than too little.
- Store truffles in an airtight container in the refrigerator.

Chocolate Peppermint Truffles

All hail these chocolate peppermint truffles! It's like taking a bite of the holidays... YUM!

Ingredients :

TRUFFLES:

- ¼ cup cocoa powder
- ½ cup pitted dates
- ½ cup unsalted cashews
- ¼ tsp. peppermint extract (to taste)
- 1 Tbsp. maple syrup

CHOCOLATE COATING:

- 1 peppermint stick (crushed)
- 1 cup dark chocolate chips
- 2 tsp. coconut oil (melted)

Directions:

TRUFFLES:

1. Place cocoa powder, dates, cashews, peppermint extract, and maple syrup in bowl of food processor. Pulse until fully blended.
2. Taste. Add additional peppermint extract as needed, ¼ tsp. at a time, pulsing between additions.
3. Portion out into 10 tablespoon-size truffles and roll into balls. Place in fridge on parchment-lined baking sheet.

Directions continue on pg. 62

CHOCOLATE COATING:

1. Place truffles in fridge for 30 minutes.
2. Place peppermint stick in resealable bag. Crush with rolling pin.
3. Melt chocolate chips for 3 minutes at 50% power, stirring every 30 seconds. Cook until chocolate has fully melted.
4. Stir in coconut oil.
5. Drop one chocolate ball into the mixture and flip a few times with chocolate dipping tool or fork until it is fully coated. Remove, tapping fork or tool on edge of bowl a few times to remove excess chocolate.
6. When chocolate has dried a little, top each with a sprinkle of crushed peppermint stick.



Prep Time: 10 Minutes

Cook Time: 25 Minutes

Servings: 4 - 6



Notes:

- Pair it with pita chips, corn chips, fresh red peppers, carrots and cucumbers.
- This recipe can also be made in the slow cooker - put all the ingredients in your slow cooker on high for 2 hours or low for 4 hours.

Spinach Artichoke Dip

Have a gathering with family or friends? This is the perfect side to bring that everyone will love! Be prepped to share the recipe!

Ingredients :

- 4 ounces cream cheese
- 1/3 cup Greek yogurt
- 1/4 cup Parmesan-Reggiano cheese
- 2 cloves garlic, minced
- 10 ounces frozen spinach, thawed and drained of moisture
- 10 ounce jar marinated artichoke quarters, drained and coarsely chopped
- 1/4 cup shredded mozzarella cheese

Directions:

1. **Preheat** the oven to 375 degrees.
2. **Using** a hand mixer, blend together the cream cheese, Greek yogurt, Parmesan-Reggiano cheese, and garlic cloves.
3. **Make** sure all of the water has been pressed out of your spinach. Add the spinach and chopped artichoke hearts to the cheese mixture.

Directions continue on pg. 64

4. **Transfer** the mixture to a small baking dish and top with the shredded mozzarella cheese.
5. **Bake** in the preheated oven until the cheese is bubbling and starting to brown, 20-30 minutes. Serve hot. Enjoy!



Prep Time: 10 Minutes

Cook Time: 45 Minutes

Servings: 8



Notes:

- Pair it with pita chips, corn chips, fresh red peppers, carrots and cucumbers.
- This recipe can also be made in the slow cooker - put all the ingredients in your slow cooker on high for 2 hours or low for 4 hours.

Zuppa Toscana Soup

This soup will quickly become a favorite for you - and for good reason! Seconds will be served, guaranteed!

Ingredients :

- 6 pieces bacon, diced
- 1 lb ground Italian sausage
- 1 onion, diced
- 4 cloves garlic, minced
- 1 head of cauliflower, cut into small florets
- 4 cups kale, chopped
- 2 tbsp Italian seasoning
- 6 cups chicken broth
- 1 cup coconut milk
- Salt and pepper, to taste

Directions:

1. **Dice** bacon and chop onion and garlic.
2. **In** a large stock pot or Dutch Oven over medium heat, add bacon and Italian sausage to cook. Cook, stirring occasionally, until the meat is browned and developing crispy bits, about 10-12 minutes.
3. **While** the meat is cooking, prepare cauliflower and kale as noted.

Directions continue on pg. 66



4. **Once** the meat is browned, add in the onion and cook for another 3-4 minutes. Then, add in the garlic and Italian seasoning and cook for another 1-2 minutes.
5. **Add** the chicken broth and cauliflower. Bring to a boil. Then, reduce heat, cover and simmer for 10 minutes.
- 6 **Remove** cover and add the kale and coconut milk. Simmer an additional 5 minutes until the kale is wilted.
7. **Taste** and season with salt and pepper, to taste. Serve immediately.

COOKING *Substitutions*

1. Rice
2. Rice
3. Pasta Noodles
4. Bread Crumbs
5. Tortilla Wraps
6. Sugar
7. Peanut Butter
8. Chocolate Chips
9. Butter
10. Butter
11. Butter
12. Dairy Milk
13. Ice Cream
14. Heavy Cream
15. Potato Chips
16. Iceberg Lettuce
17. White Flour
18. Mashed Potatoes
19. Sour Cream
20. Mayonnaise
21. Mayonnaise
22. Maple Syrup
23. Flour

1. Quinoa
2. Grated Steamed Cauliflower
3. Zucchini Noodles
4. Ground Flax Seeds
5. Lettuce Leaves
6. Unsweetened Applesauce
7. Almond or Cashew Butter
8. Cacao Nibs
9. Unsweetened Applesauce
10. Avocado Puree
11. Olive Oil
12. Unsweetened Almond Milk
13. Frozen, Pureed Bananas
14. Coconut Milk
15. Kale Chips
16. Dark Leafy Greens
17. Whole-Wheat Flour
18. Mashed Cauliflower
19. Plain Greek Yogurt
20. Mashed Avocados
21. Greek Yogurt
22. Pureed Fruit
23. Pureed Black Beans

INTUITIVE EATING

Principles

- 1. Reject the Diet Mentality**
- 2. Honor Your Hunger**
- 3. Make Peace with Food**
- 4. Challenge the Food Police**
- 5. Discover the Satisfaction Factor**
- 6. Feel Your Fullness**
- 7. Cope with Your Emotions with Kindness**
- 8. Respect Your Body**
- 9. Movement - Feel the Difference**
- 10. Honor Your Health - Gentle Nutrition**

Resource: Intuitive Eating, 4th Edition: A Revolutionary Anti-Diet Approach. Written by Evelyn Tribole MS, RDN, CEDRD-S and Elyse Resch, MS, RDN, CEDS-S, Fiaedp, FADA, FAND

Check it out from the SLCo Library OR listen to it on the Libby App with your SLCo Library card number!

Intuitive eating (IE) is an anti-diet approach to eating.

It gives the eater permission to follow their internal hunger cues and view food as food. Research has shown that intuitive eating has the capacity to heal one's relationship with food as they follow the 10 principles of IE. If you have tried diet after diet and just can't seem to make peace with food, consider giving intuitive eating a try.

Journaling is a great way to express your emotions and understand how you are feeling. Use the notes section on the following pages to write down your experiences with eating intuitively.

Journal Notes:

[illegible]

Journal Notes:

[illegible]

INTUITIVE EATING

Journal Notes:

[illegible]

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