



International Association  
of Wellness Professionals

# RECIPE TASTE TEST

*Wellness 360  
in your Kitchen*



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# Asian

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## SALAD

### INGREDIENTS

- 1 Romaine lettuce head, washed and chopped
- 2 cups mixed greens
- 12 cherry tomatoes
- 1 carrot, peeled and grated
- 1 zucchini, peeled and grated
- 3 tsp sesame seeds

#### Dressing:

- 1/2 cup tamari sauce (soy sauce)
- 1/4 cup rice vinegar
- 1/4 cup sesame oil

### DIRECTIONS

Combine romaine with mixed greens. Add the tomatoes, carrots and zucchini, toss. Combine all dressing ingredients in a jar and shake vigorously. Pour over salad and toss. Sprinkle with sesame seeds.



# Baked Brussels

## SPROUTS

Prep time: 15 minutes ●

Bake time: 45 minutes ●

Serves: 4 ●

### INGREDIENTS

1 stalk of local  
Brussels sprouts

1/2 to 3/4 cup butter:  
organic, grass-fed is best  
or use olive oil instead

Sea salt

### DIRECTIONS

Preheat oven to 425 degrees. Cut the Brussels sprouts off the vertical stem. It helps if you break off the stalks that grow outward from beneath the sprouts before cutting off the sprouts; it's easier to get the knife under them. Place the butter in a 9 X 12 glass casserole baking dish, depositing it evenly around the dish. Place the cut Brussels sprouts atop the butter. Add a little more butter if necessary to ensure that when it melts, it will create a small, even layer for the sprouts to bubble in. Sprinkle a little sea salt atop all the sprouts. Cover the casserole dish tightly with aluminum foil. Bake for about 45 minutes, or until sprouts are tender enough to cut with a fork. When you take that first buttery, creamy bite and your eyes widen with delight, you'll discover that you never thought you could feel this way about Brussels sprouts!



# Baked Salmon

## WITH RED PEPPERS AND ONIONS

Prep time: 10 minutes ●

Bake time: 20 minutes ●

Serves: 2 ●

### INGREDIENTS

2 wild Alaskan  
salmon filets

1 tsp olive oil

1/2 sweet yellow onion,  
very thinly sliced, then  
each slice cut in half

1 large red pepper,  
very thinly sliced

### DIRECTIONS

Preheat oven to 400° Fahrenheit. Place 1 tsp of olive oil in the bottom of a 9 X 12 glass baking dish; (so that the filets won't stick to the dish). Place the salmon filets in the baking dish. Sprinkle the slivers of onion and red pepper on top of each piece.

Cover the dish with aluminum foil, sealing around the edges. Bake for approximately 20 minutes or until inside of fish is no longer deep pink. Carefully remove aluminum foil and serve.

This is a very simple yet deeply satisfying dish. Seasonings aren't even necessary! The red pepper and onion slivers add a perfect sweetness. Adding a side of green vegetables topped with extra virgin olive oil or walnuts to complete your anti-inflammatory meal.



# Balsamic Lentils

## WITH BROWN RICE

### INGREDIENTS

1 cup lentils, *preferably purchased dried and soaked overnight, drained and rinsed*

1 cup chopped red onion

1/2 cup chopped fresh parsley

2 garlic cloves, minced

2 tbsp olive oil

3 tbsp balsamic vinegar

2 tsp stone ground mustard

Brown Rice

### DIRECTIONS

Bring a medium saucepan of water to boil. Add onions, parsley and 1 minced garlic clove and bring to boil. Stir in lentils. Reduce heat and simmer uncovered until lentils are just tender, about 10 minutes if pre-soaked, 20 minutes if not.

Drain water. Place lentils in a bowl. Stir oil, vinegar, mustard and remaining garlic in small saucepan over low heat until warm. Pour sauce over lentils and toss. Season with salt and pepper. Serve over brown rice.

### HEALTH BENEFITS

Lentils are a good vegetarian source of protein. They are high in fiber and aid in digestion.

Brown rice is a whole grain that contains more minerals and fiber than refined grains and won't affect your blood sugar levels like white grains.



# Chicken Tacos

## WITH SWISS CHARD

### INGREDIENTS

2 chicken breasts  
One bunch of swiss chard  
1 1/2 tbsp olive oil  
1 red onion,  
sliced into strips  
3 garlic cloves  
1/2 cup chicken broth or  
water  
1/2 tsp salt  
Avocado  
Whole grain tortillas  
(ex. Sprouted Grain  
Tortillas made by Ezekial)

### DIRECTIONS

Cut the chard into slices. Heat the oil on medium and sauté onion and garlic until light brown. Slice the chicken into strips and add to pan. Once the chicken is cooked (about 5 minutes), add the chicken broth or water and salt. Add the chard and cook until it is tender (another 5 minutes). Warm the tortillas and Serve the dish with salsa, avocado strips, and other toppings of your choice.

### HEALTH BENEFITS

Swiss Chard is full of magnesium, Calcium, Vitamin C. Excellent for bone health and a good source of fiber.

Avocados are a healthy source of monounsaturated fats.



# Chickpea

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## SALAD

Prep time: 20 minutes ●

Serves: 8 ●

### INGREDIENTS

2 15 oz cans chickpeas  
(garbanzo beans), drained

2 15 oz cans black eyed  
peas, drained

2 15 oz cans artichoke  
hearts, drained  
and quartered

4 large tomatoes, diced

1/2 large yellow onion,  
diced

6 cloves garlic, crushed

1/3 cup olive oil

1/3 cup balsamic vinegar

Fresh ground black pepper  
and sea salt to taste

### DIRECTIONS

Place drained chickpeas, black eyed peas and artichoke hearts into a large bowl. Add diced tomato, onion and crushed garlic. Whisk olive oil and balsamic vinegar together in a small mixing bowl; pour over bean mixture. Mix thoroughly with a large spoon until all ingredients are mixed well and thoroughly coated. Add fresh ground black pepper and sea salt to taste.

### HEALTH BENEFITS

This salad pairs wonderfully with hearty whole-grain bread. This summer bean salad is perfect for those days when it's too hot to even look at the stove. It's also a terrific, hearty dish for potluck gatherings.





# Colorful Veggie

## FRITTATA

### INGREDIENTS

1 red pepper  
1 clove garlic, minced  
2 cups spinach  
6 eggs  
(*organic, cage-free eggs*)  
or equivalent olive oil  
Feta or parmesan cheese,  
shredded or crumbled

### DIRECTIONS

Preheat oven to 350°. In large sauté pan on the stove, heat olive oil. Add red peppers and garlic and cook for 5 minutes. Add spinach, cover and steam until wilted. In a medium bowl, whisk 6 eggs. Pour in spinach-pepper mixture to eggs in the bowl, sprinkle with salt and pepper. Whisk, then pour into a 12 inch pan (greased lightly with olive oil) and sprinkle with parmesan or feta cheese. Bake 35 minutes.



# Eggplant

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## PIZZA

### INGREDIENTS

1-2 pizza crusts,  
whole wheat, rice or  
organic sourdough  
1 cup tomato sauce  
1 cup grated organic  
mozzarella cheese  
6 mushrooms, sliced thin  
1 eggplant,  
sliced into thin rounds

### DIRECTIONS

Preheat oven to indicated time on pizza crust package. Brush tomato sauce on crusts, sprinkle with cheese. Next, layer with eggplant and mushrooms. Bake and enjoy! You can always add slices of leftover chicken during the last 5 minutes of baking for a heartier pizza.

### HEALTH BENEFITS

Eggplant: shown to protect the fat in brain cells

Mushrooms: enhance the immune system

Cheese: when unprocessed, it is a smart source of calcium and protein.



# Energy

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## TRUFFLES

### INGREDIENTS

- 1 1/2 cups whole oats
  - 16 oz almond butter
  - 1/2 cup agave nectar  
or raw honey
  - 1/3 cup ground flax seed
  - 1 dark chocolate bar or  
dark chocolate chips  
(70% or higher)
- Bowl full of dried coconut

### DIRECTIONS

Put oats in a food processor or blender and blend until they assume a powder-like texture. Add almond butter and agave nectar and mix well. Adjust consistency if necessary. Add ground flax seed and mix. Roll batter into small balls. Melt chocolate in saucepan or double boiler. Dip one half of each Energy Truffle in melted chocolate, then dip in coconut.



# Granola

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## INGREDIENTS

- 5 cups uncooked whole oats
- 1 cup sliced almonds
- 1 cup broken walnuts
- 1 cup chopped pecans
- 1 cup sesame seeds
- 1 cup flax seed
- 1 cup shredded coconut
- 1 cup unsalted sunflower seeds
- 1 cup coconut oil
- 1 cup raw honey or agave nectar
- 1 cup raisins

## DIRECTIONS

Preheat oven to 325°. Combine ingredients in bowl and mix well. Heat oil and honey together in small pan until melded. Pour over dry ingredients and mix well. Spread mixture onto cookie sheets and bake for approx. 20 minutes. When cool, add raisins and currants.

A healthy breakfast cereal. Make this for a healthy snack or a morning breakfast mixed with yogurt.

## HEALTH BENEFITS

Flax seeds: high in omega 3s, brain health, cholesterol-lowering.

Coconut oil: remains stable at high cooking temperatures.

Raw honey, agave nectar: natural sweeteners without added sugar or artificial sweeteners.



# Green Tea

## POACHED SALMON

Serves: 4 •

### INGREDIENTS

- 4 single-serve bags of green tea leaves
- 4 cloves garlic, crushed
- 4 (1/2 inch-thick) slices ginger
- 4 thin slices lemon
- 2 tbsp gluten-free tamari
- 1 tbsp olive oil
- 4 (6 oz) salmon fillets
- Sea salt and pepper to taste
- 1 tsp sesame oil
- 1/4 cup chopped green onions

### DIRECTIONS

Boil 2 cups of water and steep tea for 2 minutes. Remove tea bags from water. Add garlic, ginger, lemon, and tamari to tea. In a large skillet, heat olive oil over medium heat. Add salmon fillets, skin side down, and sear for approximately 3 minutes or until lightly browned. Flip salmon and add tea mixture, bringing pan to a boil. Reduce heat, cover, and simmer for 8-10 minutes. Remove salmon and season with salt and pepper. Mix sesame oil with green onions and drizzle over salmon.

Poaching fish in tea is a common preparation method in Asian countries. The green tea adds a delicious flavor along with a dose of antioxidants.



# Homegrown Tomato

## BRUSCHETTA

Prep time: 5 minutes ●

Broil time: 2 minutes ●

Serves: 1 ●

### INGREDIENTS

1 succulent homegrown tomato, cut into thick slices

Mayonnaise or olive oil

Two thick slabs of your favorite homemade or local bread

Thin hunks of your favorite local, organic or vegan cheese

### DIRECTIONS

Fire up the broiler. Place the two slabs of bread on a baking sheet. Add your choice of soy mayonnaise, egg-based mayonnaise or olive oil. Of course, you can also choose to leave the bread plain.

Place the sliced tomatoes atop the bread. You may need to cut some of the tomato slices in half to completely cover the bread with tomatoes. Now add slices of your favorite cheese atop the tomatoes.

Place the baking sheet with your tomato creation in the broiler. Check it every few seconds to prevent the cheese from becoming too blackened. It's done when the cheese is bubbly and golden brown in spots. Be careful when eating, as it will be hot.

This recipe is so shamelessly hearty that it shouldn't even be called bruschetta. There is nothing subtle about it! Grab a paper towel to catch all the tomatoey goodness dripping down your chin



# Jumpstart

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## SMOOTHIE

Prep time: 5 minutes ●

Serves: 2 ●

### INGREDIENTS

1 cup berries

1 banana

1/3 cup organic yogurt

2 tbsp almond butter or

1/4 cup ground almonds

1 tbsp flax seed oil

1/4 cup aloe juice

3/4 cup liquid of your  
choice (water, juice,  
chilled herbal tea)

2 tbsp whey protein  
powder or spirulina  
powder (*optional*)

### DIRECTIONS

Mix all ingredients in a blender and serve. Enjoy as a healthy breakfast shake or as a refreshing summer drink.



# Kale & Portabella

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## STIR FRY

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### INGREDIENTS

- 1 medium bunch kale,  
rinsed & chopped
- 1 portabella mushroom,  
sliced
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 2 tbsps extra virgin olive oil
- 1/4 cup sliced almonds
- 3 tbsps soy sauce
- 2 cups brown rice

### DIRECTIONS

Prepare brown rice in rice cooker or on stove following package directions. Heat oil in pan on stove. Add onion and garlic and sauté until light brown. Add kale and portabellas. Cover pan to produce steam. Add soy sauce and stir. Top with sliced almonds and serve over brown rice or other whole grain.

### HEALTH BENEFITS

Kale: chocked full of antioxidants and calcium.

Onion: lowers blood sugar and helps with gastrointestinal health.

Brown rice: won't raise your blood sugar like white rice, lasting energy.





# Kitchari

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## AN AYURVEDIC RECIPE PERFECT FOR ALL DOSHAS

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### INGREDIENTS

- 1/2 cup basmati rice
- 1/2 cup mung dal
- vegetables chopped small  
*(including dark leafy greens  
will be very beneficial!)*
- 1 tbsp ghee
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1 tsp fennel seeds
- 1 dry red pepper
- 8 curry leaves (optional)
- 1/8 tsp asafoetida
- 1 tbsp dry unsweetened  
coconut powder
- 1 tbsp dhana jeera powder  
*(coriander cumin powder mix)*
- 1/2 tsp turmeric
- 1 tsp garam masala
- 1 tsp salt
- 3 cups liquid *(I often use a can  
of coconut milk and make up  
the difference with water)*

### DIRECTIONS

Wash rice and dal in warm water. Wash until water becomes clear. Let soak for 30 minutes.

Over high heat, melt ghee in a large pot. When ghee melts, add mustard, cumin and fennel seeds. Also add red pepper and curry leaves. When seeds begin to pop, add asafoetida and mix well.

Turn heat down and add coconut powder, dhana jeera powder, turmeric, garam masala and salt. Stir.

Add drained rice and dal and blend with spices.

Add liquid and chopped vegetables. Stir well.

When mixture begins to boil, turn to medium low and partially cover.

Cook for 30 minutes or until rice and dal are cooked.

Serve with a little additional ghee and lime. Coriander chutney will not only add more to the taste but will also help pull toxins out of the body.



# Lemon

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## TEA

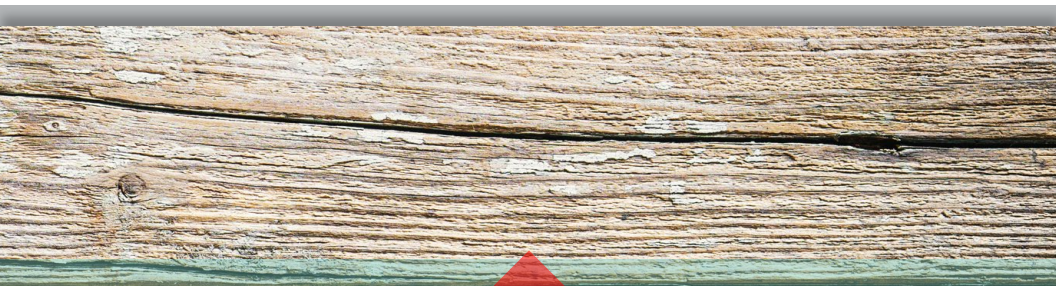
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### INGREDIENTS

1 cup water  
2 tsp honey,  
preferably raw honey  
1 tsp fresh squeezed  
lemon juice

### DIRECTIONS

Heat water and pour into a mug. Add honey and lemon juice, stirring until dissolved. Drink immediately.



# Make-Your-Own

## ENERGY BAR

### INGREDIENTS

- 1 tbsp dates, pureed
  - 1 tbsp oats,  
whole oats, ground
- 1 tbsp dried cranberries  
or fruit of choice
  - 1 tbsp coconut,  
unsweetened
  - 1 tbsp walnuts,  
finely chopped
- 1 tbsp dark chocolate  
chips or carob chips,  
optional
- 1 tbsp natural sweetener  
of choice

### DIRECTIONS

*Makes one bar: For larger batch of 12 servings, use 3/4 cups of each ingredient. Pit dates and use food processor to puree or mash by hand.*

Add 1 tbsp of remaining ingredients and spin briefly. Using hands, mix into a tight ball. Roll ball out into a rope and flatten into a large square. Wrap in plastic wrap, chill and cut into desired bar shapes with a sharp knife. This recipe makes one bar. If you make a larger batch, use a pan to form mold and cut into squares after refrigerating.



# Mustard Vinaigrette

## CHICKEN OVER GREENS —

### INGREDIENTS

5 organic chicken breasts  
One large tomato  
3 cups baby swiss chard  
and baby spinach, washed

#### Vinaigrette:

1/3 cup extra virgin olive oil  
2 tbsp Raw blue  
agave nectar  
2 tbsp Apple cider vinegar  
1 tbsp whole grain mustard  
2 tbsp Balsamic vinegar  
Combine all ingredients in  
a jar and shake or whisk in  
a bowl until combined

### DIRECTIONS

Bake chicken breasts in a pan at 350° for 35 minutes. Meanwhile, slice tomato into wedges. Combine the rest of the ingredients in a small bowl and whisk. When chicken is finished, cut into strips and toss with half of the vinaigrette. Place mixed greens in a medium bowl, layer with chicken, and add the rest of the vinaigrette, tossing to coat.

### HEALTH BENEFITS

Agave nectar: natural sweetener, gentle on blood sugar.

Apple cider vinegar: very cleansing, fermented food great for digestion.



# Pomegranate

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## CHOCOLATES

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### INGREDIENTS

25 pecan or walnut  
halves, toasted  
2 tbsp cacao nibs  
1/3 cup pomegranate seeds  
7 oz dark chocolate,  
70% or higher

### DIRECTIONS

1. Line a cookie sheet with aluminum foil.
2. Melt the chocolate in a double boiler (or microwave).
3. Using a spoon, make spoon sized circles, dropping onto foil.
5. Leave space in between each circle
6. Add on pecan half, a sprinkle of cacao nibs, and 2 pomegranate seeds on each.
7. Place in the refrigerator to harden for 20 minutes.

*Note: Cacao nibs are roasted bits of the cocoa pod. They are unsweetened chocolate and naturally full of antioxidants.*



# Power Salad

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## ON-THE-GO

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### INGREDIENTS

Mixed leafy greens,  
arugula, and/or spinach  
Mushrooms, diced  
Red onion, chopped  
Flax seed, ground  
Feta cheese  
Dried cranberries or raisins  
Walnuts  
Chicken breast, optional

### DIRECTIONS

Bake chicken at 350° for 30 minutes. While chicken is baking, place all ingredients in a bowl and toss with 1/2 cup olive oil and 3 tbs balsamic vinegar. Slice chicken over top of salad.

### HEALTH BENEFITS

Omega 3s from walnuts, flax seed, and olive oil.

Chicken: good source of protein.

All the vitamins and minerals you could ask for in dark leafy greens!

Mushrooms: immune support.



# Quinoa with

## ROASTED VEGETABLES

### INGREDIENTS

Quinoa, 2 cups rinsed  
Eggplant  
Red peppers  
Zucchini  
Olive oil  
Sea salt

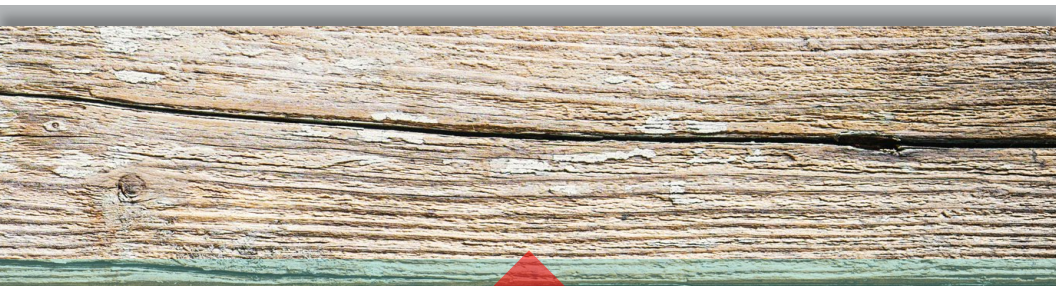
### DIRECTIONS

Chop eggplant, peppers and zucchini. Coat lightly with olive oil and salt. Roast all vegetables at 450° for 25 minutes. While veggies are roasting, bring 2 cups quinoa with 4 cups water to boil. Cover and lower heat to low, cooking for 20 minutes. Fluff quinoa with a fork and top with roasted veggies.

### HEALTH BENEFITS

Quinoa: A whole grain native to South American, quinoa (pronounced Keen-wah) is a high-protein, low-gluten grain.

Red peppers: full of antioxidants, which protect against free radicals.



# Rainbow

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## STIR-FRY

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### INGREDIENTS

- 1/2 cup coarsely chopped cashews or walnuts
- 4 tbsp tamari (wheat-free)
- 1-2 skinless, boneless breast halves, thinly sliced crosswise
- 1 tsp honey or agave nectar
- 2 tbsp olive oil
- 1 tbsp sesame oil
- 4 tsp minced fresh ginger
- 3 garlic cloves, minced
- 1 1/2 cups short-grain brown rice, cooked and cooled
- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 small head of broccoli
- 2/3 cup chopped red onion

### DIRECTIONS

Stir nuts in a medium nonstick skillet over medium heat until lightly toasted (3 minutes). Drizzle 2 tbsp tamari over walnuts: stir until tamari coats walnuts (45 seconds). Cool. These can be made ahead and stored at room temperature in airtight container for 3 days. Combine chicken, 2 tbsp tamari and 1 tsp honey in a medium bowl. Toss to coat and let stand 15 minutes.

Heat oil in large nonstick skillet over high heat. Add chicken and stir-fry 2 minutes. Add ginger and garlic and stir-fry 30 seconds. Add cooked rice, peppers, broccoli and sesame oil: reduce heat to medium and stir-fry until heated through (about 5-7 minutes). Season with salt and pepper. Divide rice mixture among plates. Sprinkle with onions and nuts.





# Roasted Vegetable

## WRAPS

### INGREDIENTS

- 1 eggplant, sliced into chunks
- 1 zucchini, cut into thin strips
- 1 red pepper, cut into thin strips
- 3 tbsp lemon juice
- 2 tbsp balsamic vinegar
- 3 tbsp olive oil
- 1 tsp sea salt
- 2 cloves garlic, minced
- 4 leaves basil, chopped
- Whole grain tortillas, Ezekiel are great!
- 1 package hummus
- 1 package feta cheese
- Salsa (optional)

### DIRECTIONS

Mix lemon juice, vinegar, oil and salt in a bowl. Add vegetables and marinade for at least 1 hour or as long as overnight.

Preheat broiler. Put vegetables in a pan. (You may discard the remaining marinade or save it to use as a salad dressing.) Broil the vegetables on the top rack for 12 minutes.

Warm the tortillas by wrapping them in tin foil and heating them for just a few minutes on the lower rack.

Spread the hummus on tortillas, add a serving of veggies, then sprinkle with feta cheese. You can also add chicken strips or cooked beans to make this a heartier meal. I recommend adding salsa before closing the wrap. This is a fun dinner or lunch sandwich, too.

### HEALTH BENEFITS

Eggplant: rich in antioxidants, dubbed a “brain” food.

Zucchini: excellent source of Vitamin C, a disease-fighting food.

Red peppers: contain lycopene, full of Vitamin A – a “lung” health food.



# Seaweed

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## SALAD

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### INGREDIENTS

1 oz dried seaweed –  
Wakame or other

**Dressing:**

3 tbsp Tamari  
(natural soy sauce)

3 tbsp rice vinegar

1 tsp agave nectar

2 tbsp sesame oil

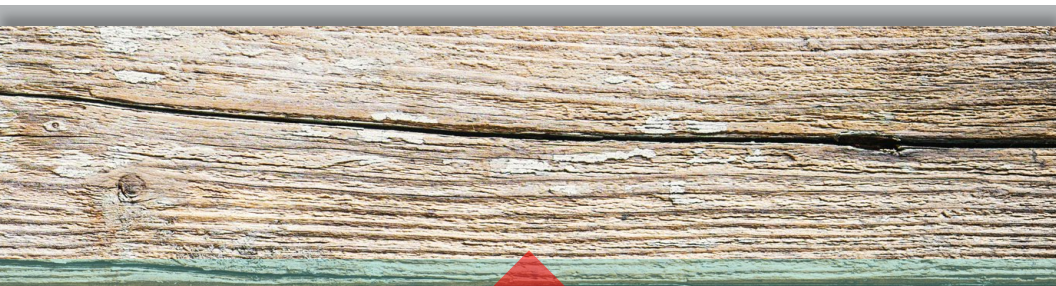
1 tsp grated ginger

1 tbsp toasted  
sesame seeds

### DIRECTIONS

Soak dried seaweed in warm water for 5-10 minutes.  
Drain and keep aside.

In a bowl, mix vinegar, soy sauce, agave, ginger,  
sesame oil and whisk together. Mix in seaweed  
with the dressing. Sprinkle toasted sesame seeds.  
Chill. Then, serve.



# Shrimp with

## CILANTRO LIME VINAIGRETTE

### INGREDIENTS

12 large frozen shrimp  
(or more if two or more  
are eating), thawed in cool  
water for 10 minutes

#### Vinaigrette:

2/3 cups lime juice,  
approx. 3 fresh limes  
squeezed

1/4 cup apple cider  
vinegar

Pinch of sea salt

2/3 cups cilantro leaves,  
packed

1 tbsp cumin

1/4 cup olive oil

### DIRECTIONS

While shrimp is draining in a colander, place all ingredients except oil in a blender. Blend and then add oil in slowly. To enjoy shrimp cool, simply toss in the vinaigrette and serve. To enjoy warm, heat 1 tbsp olive oil in a pan and lightly sauté shrimp. Pour in vinaigrette and warm for 5 minutes. Can be served over pasta or a salad.

### HEALTH BENEFITS

Shrimp: great source of selenium which has been shown to protect from cancer

Olive oil: shown to raise good cholesterol and lower bad cholesterol

Cilantro: anti-diabetic, anti-cholesterol, and anti-inflammatory



# Superfood

## DESSERT PIZZA

### INGREDIENTS

- 1 whole grain pizza crust  
(Vicolo corn-spelt crust  
is delicious)
- 2 tbsp date sugar
- 1 cup ricotta cheese
- 3 tbsp agave nectar
- 1 tbsp vanilla extract
- 3 cups mixed berries  
(if frozen, thawed and  
drained)
- 1 small dark chocolate  
bar, 70% cacao or higher

### DIRECTIONS

Preheat oven according to package. Sprinkle date sugar evenly across crust then bake crust according to directions. (approx. 8 minutes). Remove and cool. Mix ricotta, agave nectar and vanilla by hand. Spread ricotta mixture on pizza crust. Next, neatly arrange berries. Melt dark chocolate in a saucepan or double boiler. Drizzle with dark chocolate if desired. Can serve immediately or refrigerate and serve later.

### HEALTH BENEFITS

Whole grain crust: rich in nutrients and minerals, unlike refined, white dough.

Date sugar: great alternative to refined, white sugar.

Berries: superfood rich in vitamins C, help balance mood, fruit lower in sugar.

Dark chocolate: considered a superfood when high in cacao.



# Superfood

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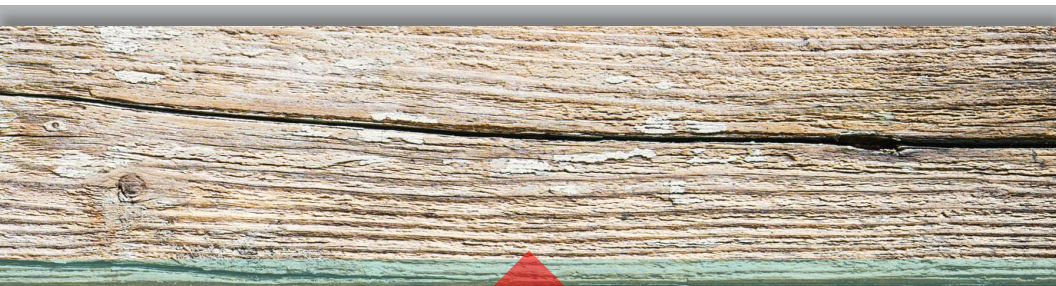
## SMOOTHIE

### INGREDIENTS

- 1/2 cup frozen raspberries
- 1/2 cup frozen cranberries  
or blueberries
- 1/2 banana
- 1 tbsp flax seed oil
- 1 tbsp almond butter
- 1 cup organic, plain yogurt

### DIRECTIONS

Add all ingredients to blender, puree, and enjoy!



# Sweet Potato

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## FRIES

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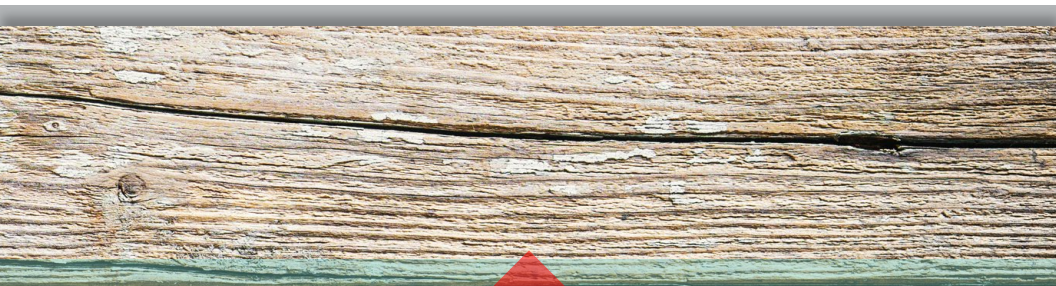
### INGREDIENTS

- 1 large sweet potato
- 2 tbs olive oil
- 1 tsp sea salt
- 1 tsp natural sweetener  
(maple syrup, agave nectar)

### DIRECTIONS

Preheat oven to 400°. Peel sweet potato and cut into ½ inch strips. Combine olive oil, salt and sweetener in a bowl. Toss mixture with sweet potatoes. Place in baking pan to roast for 25 minutes. Enjoy as a snack or as a side to any dish.

Sweet Potatoes are packed with tons of beta-carotene and Vitamin C – Both are antioxidants that fight free radicals in your body. High in fiber, sweet potatoes help you to stay full longer and reduce your sugar cravings.



# Sweet Potato

## PATTIES

### INGREDIENTS

- 2 sweet potatoes
- 1 tbsp melted butter
- 1/3 cup organic milk
- 1/2 teaspoon sea salt
- 2 cups whole grain bread crumbs

### DIRECTIONS

Preheat oven to 375 degrees. Cook sweet potatoes for 45 minutes until soft when a fork is inserted. Let cool, then peel and mash.

In a bowl, combine sweet potatoes, butter, milk and salt. Form the mixture into 6 patties and roll in bread crumbs to coat them. In a greased baking sheet, bake at 325 degrees for 30 minutes and then serve. You can also add olive oil to a pan and sauté them.



# Ten Minute

## MEDITERRANEAN SALAD -

### INGREDIENTS

- 1 bunch mixed greens
- 1/2 cup fresh basil,  
chopped
- 1 cup grape tomatoes
- 1/2 red onion, chopped
- 1/2 cup kalamata olives
- 1/2 cup feta cheese,  
crumbled or sliced
- 1/4 cup olive oil
- 2 tbsp vinegar  
(balsamic or red wine)

### DIRECTIONS

Add greens to a medium bowl. Top with remaining ingredients and toss. Add leftover chicken or salmon. (Or quickly broil chicken and add to salad).

### HEALTH BENEFITS

Greens: Just get these in – they are the best thing you can eat!

Kalamata olives: monounsaturated fat source that protects against inflammation of cells...and tasty!

Feta cheese: protein and calcium source.





# Very Tasty Beef

## & VEGGIE KABOBS

### INGREDIENTS

- 1 lb organic sirloin steak, cut into cubes, marinated at least 3 hours
- 1 green pepper, quartered
- 1 red onion, quartered
- Skewers, either metal or bamboo
- Herb-Garlic Marinade:**
  - 5 garlic cloves, minced
  - 2 tbsp red wine vinegar
  - 1 cup olive oil
- 1/2 cup fresh lemon juice
- 2 tbsp sea salt
- 1 tbsp pepper
- 1/4 cup fresh thyme
- 1/4 cup fresh basil

### DIRECTIONS

Preheat the broiler (550°). Make sure the top rack is 6 inches from the heat. Drain the meat and save the marinade. Insert skewers through meat, green peppers, and onions. Place the kabobs on a broiler pan or resting across a baking dish. Broil kabobs for 4 minutes, then turn and broil for another 4 minutes. Remove and baste with the reserved marinade. Serve on a bed of brown rice.

### HEALTH BENEFITS

Organic beef: contains CLA (conjugated linoleic acid), a newly discovered “good” fat that may fight against cancer!

Garlic: helps lower blood pressure and prevent the common cold.

Thyme: antioxidant properties.



# Warm Kale

## SALAD

Prep time: 5 minutes ●

Cook time: 8 minutes ●

Serves: 1 ●

### INGREDIENTS

2 medium red potatoes,  
diced  
2 cups kale, chopped  
1/2 cup sun-dried  
tomatoes, rough chopped  
1 tbsp capers  
1 tbsp Dijon mustard  
1 tsp balsamic vinegar  
Sea salt and fresh cracked  
black pepper to taste

### DIRECTIONS

Add the cubed potatoes to a steamer; steam for 7 minutes. Add the sun-dried tomatoes and steam for another 3 minutes. Add the kale and steam for 1 more minute.

Remove all vegetables from the steamer and place them in a large salad bowl. Add capers, mustard, balsamic vinegar, salt and pepper, and toss to mix thoroughly. Great side dish with any meal!



# Warm White Beans

## & MIXED GREENS

### INGREDIENTS

- 1/2 cup extra virgin olive oil
- 1 red onion, chopped
- 2 garlic cloves, minced
- 1 15 oz can white beans, drained
- 1/4 cup chicken broth (Healthy Valley or Full Circle are low sodium, organic)
- 1/4 cup lemon juice
- 1/4 cup fresh basil, chopped
- Mixed salad greens, washed and dried

### DIRECTIONS

Heat oil in a pan. Saute onion and garlic, approx. 4 minutes. Stir in beans and broth, cooking 3 minutes. Add lemon and basil. Arrange mixed greens in a bowl and top with white bean dish.

### HEALTH BENEFITS

Chicken broth: traditional healing food.

Beans: full of fiber, easy source of protein, cholesterol-lowering properties.

Basil: high in Vitamin A and Magnesium, adds great flavor

