



COOKBOOK

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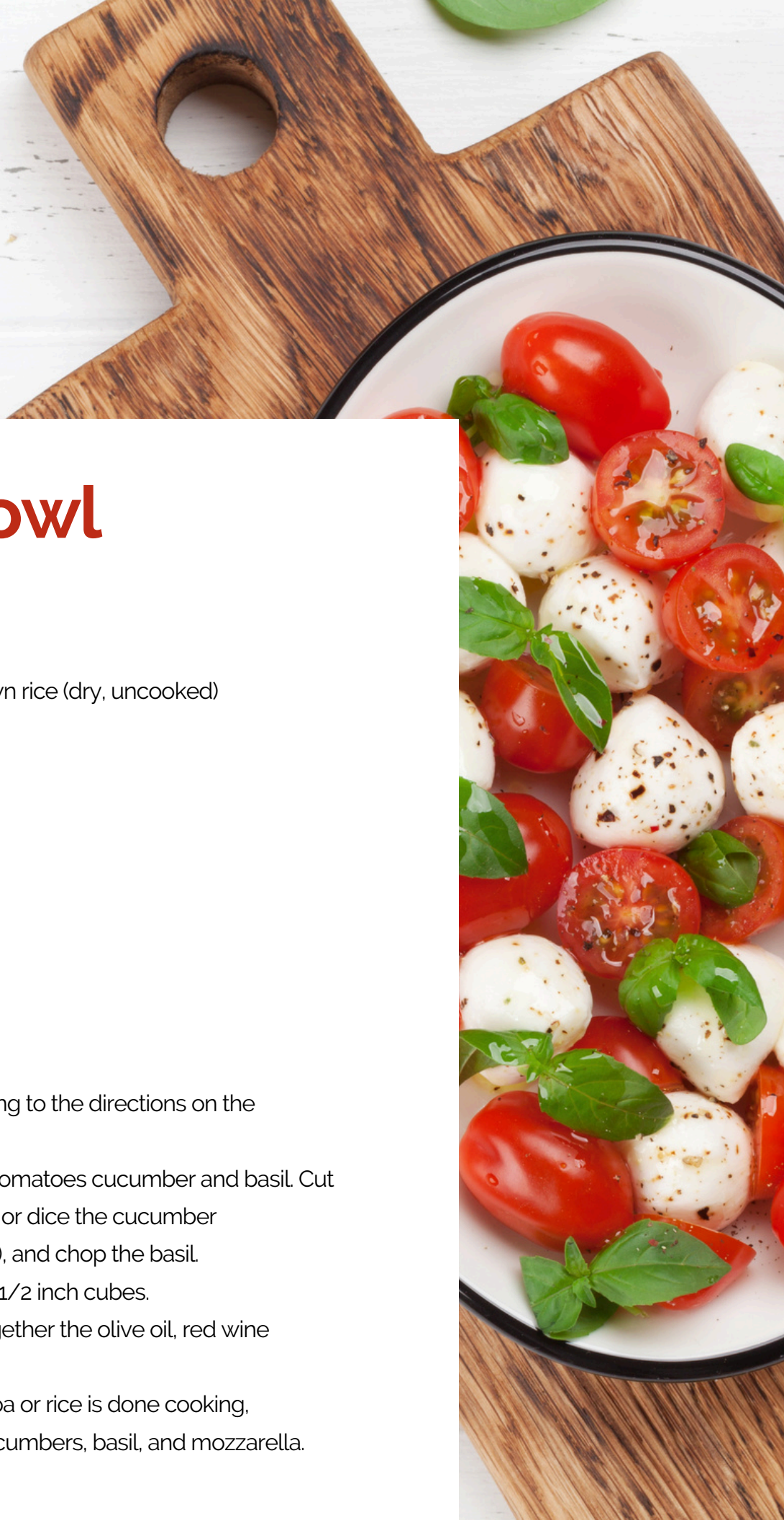
Caprese Bowl

ingredients

- 4 ounces (2 cups) quinoa or brown rice (dry, uncooked)
- 1 cup cherry tomatoes
- 1 cucumber
- 1/4 cup basil
- 8-ounces fresh mozzarella
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- Juice from 1/2 small lemon

instructions

1. Cook the quinoa or rice according to the directions on the package.
2. Prepare the vegetables. Wash tomatoes cucumber and basil. Cut cherry tomatoes in halves, slice or dice the cucumber (depending on your preference), and chop the basil.
3. Cut the mozzarella cheese into 1/2 inch cubes.
4. Prepare the dressing. Whisk together the olive oil, red wine vinegar, and lemon juice.
5. Build your bowl. Once the quinoa or rice is done cooking, combine with the tomatoes, cucumbers, basil, and mozzarella. Toss in the dressing.





Blueberry Cottage Cheese Breakfast Bake

ingredients

- 1 cup cottage cheese
- 1/2 cup rolled oats
- 1/2 cup fresh blueberries
- 2 large eggs
- 1/4 cup honey or maple syrup
- 1/2 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon salt

instructions

1. Preheat your oven to 350 degrees Fahrenheit
2. Grease a small baking dish
3. In a mixing bowl, whisk together the cottage cheese, eggs, honey (or maple syrup), cinnamon, vanilla, & salt.
4. Once that is combined, stir in the oats, and then gently fold in the blueberries.
5. Pour the mixture into your prepared baking dish, ensuring it's spread out evenly.
6. Bake in your preheated oven for 25-30 minutes, or until it's golden brown and set. Cool slightly before serving.

A close-up photograph of a white bowl filled with a vibrant orange-red quinoa chili. The chili is thick and contains visible ingredients like kidney beans, corn, and pieces of avocado. It is garnished with finely chopped green herbs. The bowl is set against a rustic wooden background.

Quinoa Chili

INGREDIENTS

- 1 cup dry quinoa
- 2 tablespoons olive oil
- 1 yellow onion
- 2 cloves garlic
- 1 red bell pepper
- 1 (4 oz) can green chilis
- 2 (14 oz) cans diced tomatoes
- 1 (14 oz) can tomato sauce
- 2 tablespoons chili powder
- 1/4 teaspoon cayenne
- 1/4 teaspoon crushed red pepper
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 avocado
- 1 cup frozen corn
- 1 can kidney beans
- 1 can black beans
- 1/2 cup cilantro
- 1 lime

Kitchen Tools/ Supplies

- Medium pot with lid
- Large pot with lid
- Cutting board
- Knife
- Can opener
- Measuring spoons and cups

INSTRUCTIONS

1. Cook the quinoa according to directions on the package.
2. Pour olive oil in a large pot and preheat the oil over medium heat. Add the onions and cook until translucent (about two minutes). Add the bell pepper and garlic and cook for one more minute.
3. Add the chilis, diced tomatoes, tomato sauce, cayenne, crushed red pepper, cumin, paprika, and chili powder. Add 1 cup of water and stir well. Reduce heat, cover and let simmer for 30 minutes.
4. Add the corn, black beans, kidney beans, and cilantro. Let stir for five minutes to heat through.
5. Serve topped with sliced avocado and lime. Enjoy!



Crispy Lentil & Cauliflower Tacos

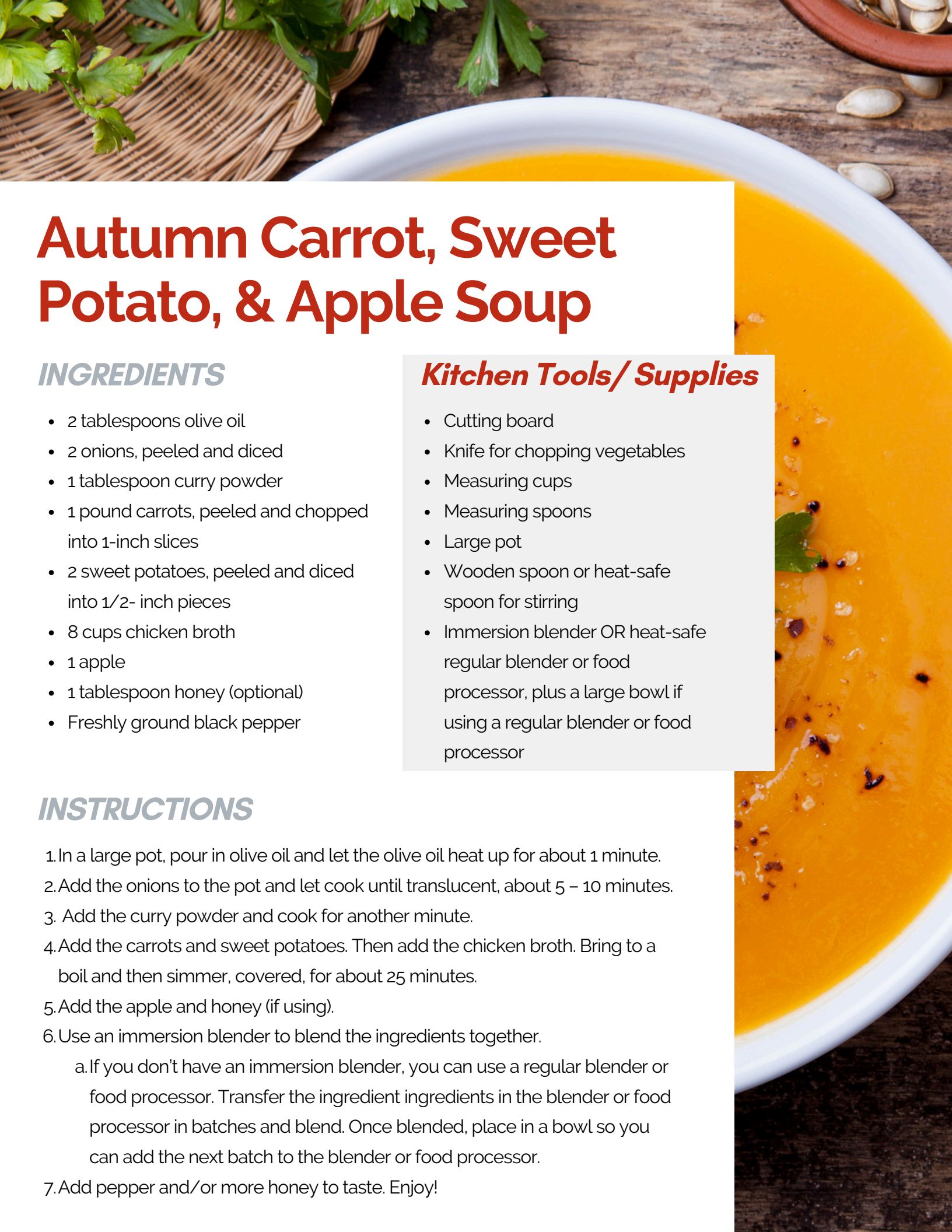
INGREDIENTS

- 1 tbsp olive oil
- 2 cloves of garlic, minced
- 1/2 shallot, finely diced
- 1/3 cup crushed tomatoes, more if needed
- 1/4 cup water
- 15 oz of pre-cooked lentils, drained and rinsed (about 1 + 3/4 cups cooked lentils)
- 1/2 bag of frozen cauliflower rice
- 1 packet of taco seasoning
- Tortillas (cassava flour, almond flour, or regular flour)
- 1/2 slice of cheese per taco (vegan or regular, optional)
- Optional toppings: lettuce, baby spinach, avocado, salsa, sour cream, chopped tomatoes, cilantro

INSTRUCTIONS

1. Preheat oven to 450°F and line a large baking sheet with parchment paper.
2. Heat a large deep skillet over medium heat. Stir in olive oil, garlic, & shallot. Cook until fragrant, 30-60 seconds.
3. Slightly reduce heat, stir in crushed tomatoes, water, lentils, cauliflower rice, & taco seasonings. Break up frozen cauliflower rice & stir until everything is well combined.
4. Simmer for 5 minutes. If you want mixture to be a bit saucier, add an extra splash of the crushed tomatoes.
5. Remove lentil mixture from heat & lay the tortillas on the baking sheet & set in the oven for 1 minute to gently heat them.
6. Remove from oven & place 1/2 square of cheese in each shell (optional), scoop about 1/4 cup of the lentil mixture in each taco. Fold the taco shells over the mixture & gently press.
7. Bake for 10-15 minutes, flipping each taco half-way through. Serve with desired toppings and enjoy!





Autumn Carrot, Sweet Potato, & Apple Soup

INGREDIENTS

- 2 tablespoons olive oil
- 2 onions, peeled and diced
- 1 tablespoon curry powder
- 1 pound carrots, peeled and chopped into 1-inch slices
- 2 sweet potatoes, peeled and diced into 1/2- inch pieces
- 8 cups chicken broth
- 1 apple
- 1 tablespoon honey (optional)
- Freshly ground black pepper

Kitchen Tools/ Supplies

- Cutting board
- Knife for chopping vegetables
- Measuring cups
- Measuring spoons
- Large pot
- Wooden spoon or heat-safe spoon for stirring
- Immersion blender OR heat-safe regular blender or food processor, plus a large bowl if using a regular blender or food processor

INSTRUCTIONS

1. In a large pot, pour in olive oil and let the olive oil heat up for about 1 minute.
2. Add the onions to the pot and let cook until translucent, about 5 – 10 minutes.
3. Add the curry powder and cook for another minute.
4. Add the carrots and sweet potatoes. Then add the chicken broth. Bring to a boil and then simmer, covered, for about 25 minutes.
5. Add the apple and honey (if using).
6. Use an immersion blender to blend the ingredients together.
 - a. If you don't have an immersion blender, you can use a regular blender or food processor. Transfer the ingredient ingredients in the blender or food processor in batches and blend. Once blended, place in a bowl so you can add the next batch to the blender or food processor.
7. Add pepper and/or more honey to taste. Enjoy!



Quick & Easy High Protein Egg Salad

INGREDIENTS

- 8 hard boiled eggs, peeled
- 1 avocado
- Half cup of cottage cheese
- Juice from two lemons
- 1 TBL. Dijon Mustard
- Salt and pepper to taste
- Pinch of cayenne pepper if you like a kick of heat

INSTRUCTIONS

1. Chop eggs and avocado
2. Mix all ingredients together
3. Enjoy!

Here's a Tip!

- Add some veggies that you like: celery, bell peppers, or green onion are great options!
- Serve on any kind of sliced bread, toasted or not, or in buns, bagels, croissants, crackers, wraps, pita pockets, or keto-friendly lettuce wraps

A top-down photograph of a dark, textured surface. In the upper left, a dark plate is filled with a large pile of bright green, spiralized zucchini noodles. To the right of the plate is a clear glass bottle of olive oil with a cork stopper. In the lower right corner, a whole green zucchini with its stem is visible. The lighting is dramatic, highlighting the textures of the food and the bottle.

Zucchini Noodle Spaghetti

INGREDIENTS

- 4 zucchinis about 4 cups, cut into thin noodles (can buy pre-spiralized)
- 1 tablespoon olive oil
- 1/2 cup onion, chipped
- 4 cloves garlic, mined
- 1 1/2 cups crushed tomatoes (canned)
- 1/8 teaspoon dried oregano
- Salt and pepper to taste
- Parmesan cheese for garnish

INSTRUCTIONS

1. Spiralize and soak out the moisture of the zucchini noodles. Aid oil to a saucepan
2. Add in onion and cook for 2-3 minutes, Add in garlic and cook for an additional minute. Add in crushed tomatoes, oregano and bring to a light simmer for 10 minutes.
3. Add zucchini noodles to the sauce and cook for 2-3 minutes or until tender.
4. Put in bowl and sprinkle with Parmesan cheese and season with salt and pepper if desired.

Tips

- If you don't like zucchini substitute with whole-grain or whole wheat pasta
- Add frozen or fresh vegetables of your choice to the sauce pan when cooking to increase vitamins and nutrients
- For increased protein add ground turkey, beans, etc. to spice up the dish
- Use seasonings of your choice to add flavor



Creamy Wild Rice Soup

INGREDIENTS

- 2 cups baby bella mushrooms, sliced
- 1/2 a large yellow onion, chopped
- 3 cloves garlic, minced
- 1/2 cup raw cashews (soaked in 1 cup water for 3-4 hours)
- 1 tbsp nutritional yeast
- 2 tbsp miso
- 1 tbsp apple cider vinegar or lemon juice
- 1 cup wild rice
- 1 cup yellow or red potatoes, chopped
- 1 cup sweet potatoes, chopped
- 2 cups kale, chopped
- 3 cups low sodium vegetable broth
- 2 tbsp Italian seasoning

INSTRUCTIONS

1. Place a large saucepan on medium heat & add a few tablespoons of water to it. Add in your chopped onions, garlic and mushrooms & sauté until the mushrooms become translucent (about 5 minutes).
2. While the sauté is cooking. Add your cashews (with the water from it soaking), miso, nutritional yeast & apple cider vinegar into your blender and blend on high until it turns to a cream like texture.
3. Once the sauté is done add the rest of your ingredients into your pot (except the cashew cream we just made). Bring to a boil, reduce heat to a simmer, cover & cook about 30 minutes or until the rice is soft. .
4. Once it's done stir & add in your cashew cream. Add some extra black pepper on top and enjoy!

**Vegan &
Oil Free!**





HARVEST SALAD

INGREDIENTS

- 1 cup roasted butternut squash
- 2 teaspoon cinnamon
- 3 tablespoon extra virgin olive oil
- 1 cup farro
- 4 cups arugula
- 2 tablespoon sunflower seeds
- 1/2 cup mandarin oranges
- 2 tablespoon goat cheese
- 2 tablespoon red wine vinegar
- 1 tablespoon mustard
- Dash of pepper

INSTRUCTIONS

1. Preheat the oven to 400 F
2. Peel, seed and dice butternut squash into 1-inch cubes
3. Toss butternut squash with 1 tablespoon of olive oil and 2 teaspoon cinnamon in a bowl and then place on a baking sheet
4. Roast the squash for 25 - 30 minutes or until golden brown
5. In a saucepan add 1 cup farro to 3 cups of water and bring to a boil then reduce to a simmer
6. Cook about 30 minutes or until the grain is tender
7. In a large bowl start with a base of arugula, then add farro, sunflower seeds, mandarin oranges, butternut squash, and goat cheese
8. Whisk together the red wine vinegar, remaining olive oil, mustard, and pepper
9. When you are ready to eat pour the dressing over the salad. Toss and enjoy!



BEST-EVER FARRO SALAD

INGREDIENTS

- 1 cup whole-grain farro
- 2 cups low-sodium vegetable broth
- 1/2 tsp. kosher salt
- 1 bay leaf
- 1 Large shallot, very thinly sliced
- 1/3 cup extra virgin olive oil
- 3 Tbsp. Apple cider vinegar
- 1 Tbsp. Dijon mustard
- 2 tsp. Honey
- Freshly ground black pepper
- 2 cups lightly packed arugula
- 1 Green apple, chopped
- 1/2 cup shaved Parmesan
- 1/4 cup freshly chopped basil
- 2 Tbsp. Freshly chopped parsley
- 1/4 cup toasted pecans, roughly chopped

INSTRUCTIONS

1. In a medium saucepan, combine farro, vegetable broth, 1/2 teaspoon salt, & bay leaf. Bring to a boil, then reduce to a simmer & let cook, stirring occasionally, until the farro is tender & no broth remains, about 30 minutes. When farro is cooked, transfer to a large bowl to cool.
2. In the meantime, make fried shallots: in a small saucepan over medium heat, combine oil and shallots. When the shallots begin to bubble, reduce heat to medium-low and cook, stirring occasionally, until shallots are golden and crisp, 15 to 20 minutes. Remove shallots from oil with a slotted spoon & place on a paper-towel lined plate & season with salt. Let oil cool.
3. Make dressing: in a medium bowl, combine the cooled olive oil with vinegar, mustard, & honey and season with salt & pepper.
4. Assemble salad: combine cooked farro, crispy shallots, arugula, apple, parmesan, basil, parsley, & pecans. Drizzle dressing over salad and toss to coat.



Bento Box Lunch



The Ingredients

- 2 eggs
- 1 cup grapes
- 1 cup carrots
- 1 whole grain pita
- 1/2 cup Greek yogurt
- 2 tablespoon hummus

The Directions

1. Place eggs in a large saucepan and cover with cool water by 1 inch
2. Cover and bring water to a boil
3. Once water is boiling uncover and cook for 12 minutes
4. Drain water and place eggs in a bowl of ice water to stop the cooking
5. Cut whole grain pita into quarters
6. Assemble your bento box with the ingredients
7. Feel free to mix up your bento box with whatever you have on hand at home! Try to include a protein, fruit, vegetable, whole grain, and dairy product.



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