

Thyme Roasted Sweet Potatoes

*Sweet potatoes are high in vitamins A and C.
They also don't raise your blood sugar.*



INGREDIENTS

3	Sweet Potatoes
2 tsp	Coconut oil
1 clove	Garlic
1 tsp	Thyme leaves

DIRECTIONS

1. Preheat your oven to 450 degrees.
2. Peel and cube the sweet potatoes.
3. Mince the garlic.
4. Toss potatoes with the coconut oil, garlic (to taste), and thyme leaves.
5. Arrange in a single layer in a baking pan and roast for about 40 minutes, until the potatoes are slightly browned.
6. Toss with sea salt and fresh cracked black pepper to taste.



Green Beans with Red Peppers

Double up on these low-fat, healthy, and colorful veggies.



INGREDIENTS

- 1 lb. Green beans, stemmed and trimmed
- 1 Red bell pepper, seeded and cut into thin strips
- 1 tsp Coconut oil
- 2 clove Garlic, minced
- To taste Red pepper flakes

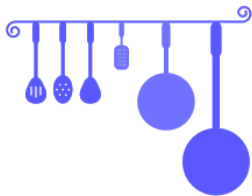
DIRECTIONS

1. Parboil beans in boiling water until they are bright green, about 2-3 minutes. Drain and plunge into ice water to stop cooking.
2. Heat coconut oil over medium-high heat in sauté pan.
3. Sauté peppers until they begin to soften, about one minute.
4. Add beans and cook another minute.
5. Add garlic and cook until fragrant, about 30 seconds.
6. Season with pepper flakes, salt, and pepper.



Roasted Cauliflower

Cauliflower is a great substitute for potatoes, and it has a delicious, nutty flavor when roasted.



INGREDIENTS

- | | |
|----------|---------------------|
| 1 | Head of cauliflower |
| Optional | Nutritional yeast |

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Brake head of cauliflower into small florets.
3. Place florets in a single layer in a baking pan.
4. Roast for 20 minutes. Remove from oven and turn cauliflower over.
5. Return to oven and roast for another 20 minutes, until florets are browned and can be easily pierced with a fork.
6. Sprinkle with nutritional yeast to give a cheesy taste, if desired.



Raw Pecan Love Pie

Now you can make your pie with love and eat it too.

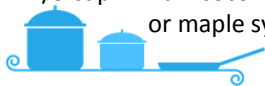
INGREDIENTS

- | | |
|---------|-------------------------------------|
| 2 cups | Walnuts |
| 3 cups | Pitted dates |
| 1 cup | Coconut flakes, finely ground |
| 2/3 cup | Filtered water |
| 1 cup | Raw pecans, soaked about 15 minutes |
| 1 cup | Organic raisins |
| 1 tbsp. | Vanilla extract |
| 1 tsp. | Nutmeg |
| 1/3 cup | Raw coconut nectar or maple syrup |



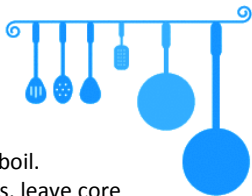
DIRECTIONS

1. Add the dates, coconut flakes, and walnuts to the food processor. Mix on high until thoroughly mixed.
2. Press the mixture into the bottom and sides of a pie tray. Set aside.
3. Blend remaining ingredients together in blender until smooth. Pour onto crust and garnish with raw pecans.
4. Set in freezer for at least 5 hours before serving.
5. Remove from freezer and let thaw for about 10 minutes.
6. Slice and enjoy!



Brussels Sprouts with Bacon

Salty, crispy bacon makes everything better, especially Brussels sprouts served warm as a holiday side dish.



INGREDIENTS

- 3 lbs. Brussels sprouts
- 2 tbsp. Vegetable oil
- 8 slices Thick-cut bacon, cut crosswise into ½-inch strips
- 2 tsp. Apple cider vinegar
- ½ tsp. Kosher salt
- ¼ tsp. Ground black pepper

DIRECTIONS

1. Bring a large pot of salted water to boil.
2. Trim bottom end of brussels sprouts, leave core intact, and pull off outer dark leaves. Halve the core.
3. Add brussels sprouts to water and cook, uncovered, until tender, about 6 minutes.
4. Drain and rinse under cold water.
5. Meanwhile, put the oil and bacon in a large skillet and cook over medium heat until bacon is crispy. Remove bacon and set aside.
6. Increase heat to medium-high, add brussels sprouts, and cook until brown and edges are crispy, about 10 minutes.
7. Stir in vinegar, salt, pepper, and bacon. Serve warm.



Carrot Salad

One of many favorite side dishes. This healthy vegan side dish is quick and simple and will have everyone digging in for more.

INGREDIENTS

- 1 lb. Carrots
- 16oz. Can crushed pineapple
- 1 cup Raisins
- 1 cup Chopped walnuts

DIRECTIONS

1. Shred the carrots
2. Drain the pineapple (but don't rinse!)
3. Mix everything together



Greek Quinoa Bowls

Loaded with fresh veggies and drizzled in a light homemade dressing, this tasty vegetarian dish will make healthy eating a breeze!



INGREDIENTS

1 cup	Quinoa
1.5 cup	Water
1 cup	Green bell pepper
1 cup	Red bell pepper
1/3 cup	Crumbled feta cheese
¼ cup	Extra virgin olive oil
2-3 tbsp.	Apple cider vinegar
To taste	Salt and pepper
1-2 tbsp.	Fresh parsley

DIRECTIONS

1. Rinse and drain quinoa. Toast in medium saucepan to remove excess water.
2. Add water, bring to a boil. Once boiling, reduce to a simmer and cover for 12-13 minutes.
3. Core and seed peppers, chop into pieces.
4. In a small bowl, make your vinaigrette: Whisk together olive oil, apple cider vinegar, salt and pepper
5. Fluff your quinoa with a fork, add the peppers and cheese. Top with the vinaigrette.



Bruschetta Stuffed Balsamic Chicken



INGREDIENTS

2	Tomatoes, diced
½ cup	Fresh basil
1 cup	Shredded mozzarella cheese
6, 4-oz	Chicken breast
2 tbsp.	Olive oil
¼ cup	Balsamic vinegar
1/3 cup	Chicken broth
3 cloves	Garlic, minced
1tsp	Italian seasoning
To taste	Salt and pepper

DIRECTIONS

1. Preheat oven to 350°F
2. In small bowl, combine tomatoes, ½ cup cheese & basil. Stir to combine. Set aside. Pound chicken breast to ¼-inch thickness. Season with salt and pepper. Spoon tomato mixture over chicken. Roll up the chicken breasts, wrapping tightly, secure ends with toothpicks.
3. Heat oil in a stovetop, oven safe skillet. Add chicken on pan and cook over medium-high heat for about 6 minutes, or until lightly browned on all sides.
4. Meanwhile, prepare the balsamic sauce. In a medium bowl, combine balsamic vinegar, chicken broth, garlic & Italian seasoning. Whisk until thoroughly combined.
5. Remove chicken from heat and pour balsamic sauce over chicken. Transfer to oven & bake for 20 minutes. Remove and flip chicken over, then return to oven for 15 more minutes. Remove from heat and let stand a few minutes before serving.



Banana Bread

What else can you do with those very-ripe bananas anyway?



INGREDIENTS

3 medium	Ripe bananas
2 cups	Old-fashioned rolled oats
2 large	Eggs
¼ cup	Maple syrup
1 tsp.	Baking soda
1.5 tsp.	Cinnamon (optional)

DIRECTIONS

1. Preheat oven to 350°F.
2. Lightly grease 9x5-inch loaf pan with non-stick cooking spray and set aside.
3. Add all ingredients to a large mixing bowl and mix until well combined.
4. Bake for 30-45 minutes or until a toothpick inserted in the center comes out clean.
5. Let loaf cool completely before serving. Store break in an airtight container in the refrigerator.



Black Bean Brownies

Black beans replace the flour in this delicious dessert!



INGREDIENTS

15.5 oz. can	Reduced sodium black beans
3	Eggs
3 tbsp.	Canola oil
¼ cup	Unsweetened cocoa powder
1 tsp.	Vanilla extract
½ cup	Granulated sugar
½ cup	Semisweet chocolate chips

DIRECTIONS

1. Preheat oven to 350°F and lightly grease 8x8-inch baking dish.
2. Drain and rinse canned beans.
3. In food processor or blender, combine all ingredients EXCEPT the chocolate chips. Blend until smooth.
4. Pour mixture into the baking dish and top with chocolate chips.
5. Bake until the top is dry and edges are pulled away from the side of the dish. Approximately 30 minutes.



Crock Pot White Chicken Chili

The perfect companion on a chilly night!

INGREDIENTS

2 cans	White navy beans
1 large	Onion, chopped
3 cloves	Garlic, minced
2, 7-oz cans	Chopped green chilis
2 tsp.	Ground cumin
1 tsp.	Dried oregano
1.5 tsp.	Cayenne pepper
½ tsp.	Salt
2 lbs.	Boneless chicken breast
14.5-oz can	Chicken broth
1 cup	Water

DIRECTIONS

1. Rinse beans
2. Cut chicken into 1 inch chunks and brown (optional) or put whole breast in the crock pot.
3. Put all ingredients in a crock pot.
4. Stir to mix thoroughly.
5. Cover and cook low 8-10 hours or high 4-5 hours.
6. If chicken breast went in whole, shred with two forks just before serving.



Spinach-Roasted Red Pepper Dip

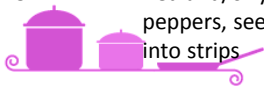
This healthy dip makes for a perfect appetizer!

INGREDIENTS

½ cup	Shredded mozzarella
½ cup	Plain low-fat yogurt
½ cup	Light mayonnaise dressing
¼ cup	Grated parmesan cheese
1 tbsp.	All-purpose flour
1 tsp.	Dijon-style mustard
1 cup	Loosely packed fresh spinach, coarsely chopped
¾ cup	Bottled roasted red sweet peppers, drained & chopped
¼ cup	Thinly sliced green onions
3	Red and/or yellow sweet peppers, seeded and cut into strips

DIRECTIONS

1. Preheat oven to 350°F.
2. In large bowl, stir together mozzarella, yogurt, dressing, 2 tbsp. parmesan, flour, and Dijon mustard.
3. Stir in spinach, roasted red peppers, and 2 tablespoons green onions. Spread the mixture into a 1-quart ovenproof shallow dish or pie plate. Sprinkle with remaining parmesan.
4. Bake, uncovered, 15-20 minutes. Sprinkle with remaining green onions. Service with pepper strips.



Gingerbread Cookies

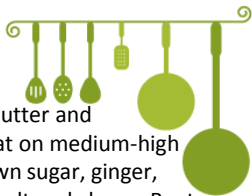
INGREDIENTS

¼ cup	Butter, softened
¼ cup	50-70% vegetable oil spread
½ cup	Packed brown sugar
2 tsp.	Ground ginger
1 tsp.	Baking soda
1 tsp.	Ground cinnamon
¼ tsp.	Salt
¼ tsp.	Ground cloves
¼ cup	Full-flavor molasses
1	Egg
2 cup	All-purpose flour
¾ cup	White whole wheat or whole wheat flour



DIRECTIONS

1. In large bowl, combine butter and vegetable oil spread; beat on medium-high for 30 seconds. Add brown sugar, ginger, baking soda, cinnamon, salt and cloves. Beat until well mixed. Beat in molasses and egg (mixture will look curdled). Add all purpose and whole wheat flour, beating just until combined. Divide dough in half. Cover and chill dough 2-3 hours.
2. Preheat oven to 375°. Lightly grease cookie sheets, set aside. On lightly floured surface, roll dough, half at a time, to 1/8-inch thickness. Cut out shapes. Place 1 inch apart on cookie sheets.
3. Bake 4-6 minutes or until edges are firm and centers are set.



Pumpkin-Cranberry Muffins

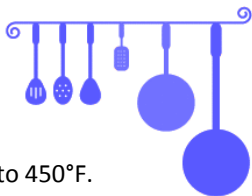
Makes 20 muffins

INGREDIENTS

1 cup	Canned pumpkin puree
½ cup	Margarine
2	Extra large eggs
6 tbsp.	Sugar
1 ½ tsp	Baking powder
¾ cup	Cranberries, coarsely chopped
1 ¼ cup	Flour
1 tbsp.	Grated orange zest
	Non-stick cooking spray

DIRECTIONS

1. Preheat oven to 450°F.
2. Spray muffin tins with non-stick cooking spray.
3. Mix margarine, eggs, sugar, and pumpkin puree; beat.
4. Stir in remaining ingredients in order given and mix thoroughly.
5. Fill muffin tins.
6. Bake 20 minutes or until they are puffed and well-browned.
7. Serve warm.



Fragrant Toasted Almond Basmati Rice

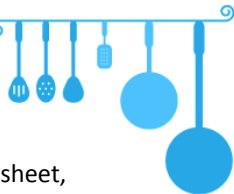
Serves 4-6

INGREDIENTS

½ cup	Sliced almonds
2 tbsp.	Margarine
1/2	Onion, diced
2 tsp.	Minced garlic
1 cup	Basmati rice
2 tbsp.	Currants, or chopped raisins
14.5 oz.	Chicken broth

DIRECTIONS

1. Preheat oven to 375°F.
2. Place almonds on cookie sheet, bake 4-5 minutes.
3. In medium oven-safe sauce pan, heat margarine over medium heat until melted. Add onion and cook, stirring often, 1 minute. Add garlic and rice, stir. Add currants or raisins and chicken broth. Increase heat to medium-high and bring to boil, stirring often. Cover and place in oven.
4. Cook 15 minutes or until rice is tender.
5. Remove lid, fluff rice with fork. Let sit 2 minutes then fold in toasted almonds.



Buttermilk Biscuits with Honey Chili Smear

Dying for a new take on biscuits? Give this one a try!



INGREDIENTS

3 ¼ cup	Flour
4 tsp	Baking powder
1 tsp	Salt
½ cup	Margarine
1 ½ cup	Buttermilk
½ cup	Margarine
2 tbsp.	Honey
¼ tsp	Cayenne pepper
1 ½ tsp	Chili powder
2 tsp	Minced parsley

DIRECTIONS

1. Preheat oven to 450°F.
2. In large bowl combine flour, baking powder, salt. With pastry blender or two knives, cut in margarine until mixture is the size of fine crumbs. Gently stir in buttermilk until soft dough forms. Don't over mix!
3. On floured surface, press dough to smooth disk, ¾" thick.
4. Cut out 2" biscuits with biscuit cutter, arrange on ungreased baking sheet, about 1 inch apart.
5. Brush biscuits lightly with buttermilk, sprinkle with touch of flower, bake 15 minutes. Serve warm with Honey Chili Smear.

Chili Smear:

1. In mixer, whip margarine, honey, salt, cayenne, chili until incorporated. Fold in parsley. Serve softened with hot biscuits.



Basil Fettuccine

INGREDIENTS

¾ cup	Chopped basil
1 ½ cup	All-purpose flour
1	Egg
1 tsp.	Olive oil
2 tbsp.	Water
2 ½ tbsp.	All purpose flour

DIRECTIONS

1. Using a food processor, process basil leaves until chopped very fine. Add 1 1/2 cup flour and pulse two or three times, or until combined. Add egg, oil, and the water until dough forms a ball shape. If dough seems dry, add a bit more water. Wrap dough in a piece of plastic wrap which has been coated in a few drops of olive oil. Refrigerate 2 hours.
2. Remove dough from refrigerator, and cut into 6 equal size portions. Run pasta though pasta machine, or roll with rolling pin to desired thickness. Use the additional flour to coat pasta while rolling.
3. Allow pasta to dry for one hour prior to cooking.
4. Cook in a large pot of boiling water until al dente. This should take only a 3 to 5 minutes, depending on the thickness of the pasta.

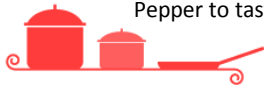


Spinach Quiche

A simple recipe for cheesy spinach quiche!

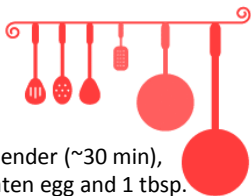
INGREDIENTS

2/4 cup	Dry rice
1 ½ cup	Water
3	Eggs
3 tbsp.	Grated parmesan cheese
10 oz.	Frozen chopped spinach
½ tsp.	Nutmeg
1 tbsp.	Lemon juice
1 med.	Onion, chopped
1 tbsp.	Margarine
1 cup	Skim milk
	Pepper to taste



DIRECTIONS

1. Preheat oven to 425°F.
2. Cook rice in water until tender (~30 min), drain and mix with 1 beaten egg and 1 tbsp. grated cheese. Press into pie pan, forming crust. Bake 3 minutes. Remove from oven.
3. Cook spinach until defrosted in a bit of water. Add nutmeg, pepper, and lemon juice. Cook until all water has evaporated.
4. Sauté onion in margarine, until slightly browned. Add to spinach.
5. Add spinach mixture to crust, sprinkle with remaining cheese.
6. Mix 2 eggs with milk, pour into quiche.
7. Bake 10 minutes at 425°F. Reduce temperature to 350°F and bake 30 minutes.



Chicken Mozzarella

INGREDIENTS

- 4 Skinless chicken breast halves
- 2 cups Corn flakes, crushed
- 2 Egg whites, slightly beaten
- 16 oz. Spaghetti sauce
- 1 cup Mozzarella cheese, nonfat
- ¼ cup water

DIRECTIONS

1. Preheat oven to 350°F.
2. Dip chicken in egg white, roll into corn flakes, place in large skillet sprayed with non-stick cooking spray. Brown on both sides.
3. Spray shallow baking dish with non-stick cooking spray. Place chicken in dish.
4. Mix water with spaghetti sauce and pour over chicken breasts.
5. Cover top with shredded mozzarella and bake 35-40 minutes.



Tomato and Mozzarella Bites

This appetizer is sure to be a hit!

INGREDIENTS

- 20 Grape tomatoes, halved
- 20 Fresh basil leaves
- 20 Small balls fresh mozzarella cheese
- ½ cup Balsamic vinegar
- ¼ cup Extra virgin olive oil
- 20 Toothpicks
- Salt
- Pepper

DIRECTIONS

1. Using a toothpick, spear half a tomato, a leaf of basil, a mozzarella ball, and another half a tomato.
2. Repeat with remaining ingredients.
3. Place on serving dish. Sprinkle with salt and pepper.
4. Mix vinegar and oil together in small bowl. Drizzle some over top. Serve leftover as a dipping sauce.

