

Prioritize plants!

You don't need to be a vegetarian to prioritize plants into your daily diet.

Focus on rotating in some plant based meals in place of a red-meat meal to achieve a healthy balance!

Increasing vegetables in your daily meals can provide a plethora of health benefits including:

- Lower blood pressure
- Increased antioxidants
- Lower levels of obesity
- Overall improved heart health

Make plants a priority in your diet!

Prioritize Plants!

WELLNESS IN THE KITCHEN

COOKING CLASSES FEATURING



Eat Well. Be Well.



ZUCCHINI RIBBON SALAD

Makes 1 Salad- 2.5 cups

- 1 tbsp. Pumpkin Seeds, Hulled
- 1/8 tsp. Chili Powder
- 1/8 tbsp. Canola Oil
- 1 tbsp. Lemon Vinaigrette
- 1 ounce Lettuce, salad mix
- 1 ounce Zucchini, Fresh
- 1 ounce Yellow Squash, Fresh
- ½ ounce Cheddar Cheese
- 1 tbsp. Cilantro
- 1 tbsp. Parsley
- 1/8 tsp. Salt and Pepper

Toss pumpkin seeds with oil and chili powder and toast at 300F degrees for 10 min in the oven.

Place salad mix in a bowl. Using a vegetable peeler, peel the zucchini and squash, slowly turning as you peel. Ensure that there is a little bit of peel on each shaving.

Add to bowl. Shave cheese as well and add all to a bowl with remaining ingredients. Toss with vinaigrette just prior to serving.

Nutrition Facts per serving: 227 calories, 19 g fat, 8 g protein, 6 g carb, 499 mg Na



MOROCCAN CHICKPEAS

Makes 8- ½ cup servings

- ¼ tsp Kosher Salt
- 1 tbsp. Canola oil
- 4 cups Garbanzo Beans
- 1 tsp Moroccan Spice Blend
 - 1 1/2 tsp cumin
 - ½ tsp paprika
 - ½ tsp coriander
 - ½ tsp dark brown sugar
 - 1/8 tsp allspice
 - 1/8 tsp cayenne pepper
 - 1/8 tsp black pepper

Mix together spices to make the Moroccan Spice Blend

Toss drained beans with oil, seasoning and salt. Place on a sheet pan and roast at 350F degrees until dried and crunchy, about 45 minutes. Toss a few times during cooking.

Nutrition Facts per ½ cup serving: 247 calories, 6 g fat, 11 g protein, 37 g carb, 468 mg Na



MUSHROOM “BACON”

Makes 8- 1 ounce servings

- 1.5 pounds Portobello mushrooms
- 1 tbsp. Smoked Paprika
- 1 tsp. Kosher Salt
- ½ tbsp. Ground Black Pepper
- ¼ cup Canola Oil
- ¼ cup Light Brown Sugar

Thinly slice mushrooms using a mandolin, stems can be used.

Blend together brown sugar, paprika, salt, pepper and oil. Marinate mushrooms in mixture for about 30 minutes.

Arrange on a sheet pan and bake at 300 degrees until dry and crispy, about 30-40 min.

Store in an airtight container.

Nutrition Facts per 1 ounce serving: 108 calories, 7 g fat, 2 g protein, 10 g carb, 240 mg Na



CAULIFLOWER BOWL

Makes 1 Bowl

- 2 tbsp. Green Harissa Sauce
- 2 tbsp. Tzatziki Sauce
- 2 cups Chopped Cauliflower
- 1 ounce Cherry Tomatoes, halved
- 1 ½ tbsp. Feta Cheese, crumbled
- 1 tbsp. Dill weed- diced
- 1 ounce Cucumbers, peeled, diced
- 1 tsp Mint, chopped

Mince the cauliflower into small pieces. Then blanch the cauliflower in boiling water for 1 minute and drain. Rinse with cold water and set aside.

Place cauliflower into the base of the bowl. Add the other ingredients around the bowl. Top with green harissa and tzatziki sauce. Serve hot.

Nutrition Facts per 1 bowl: 261 calories, 18 g fat, 8 g protein, 18 g carbs, 394 mg Na