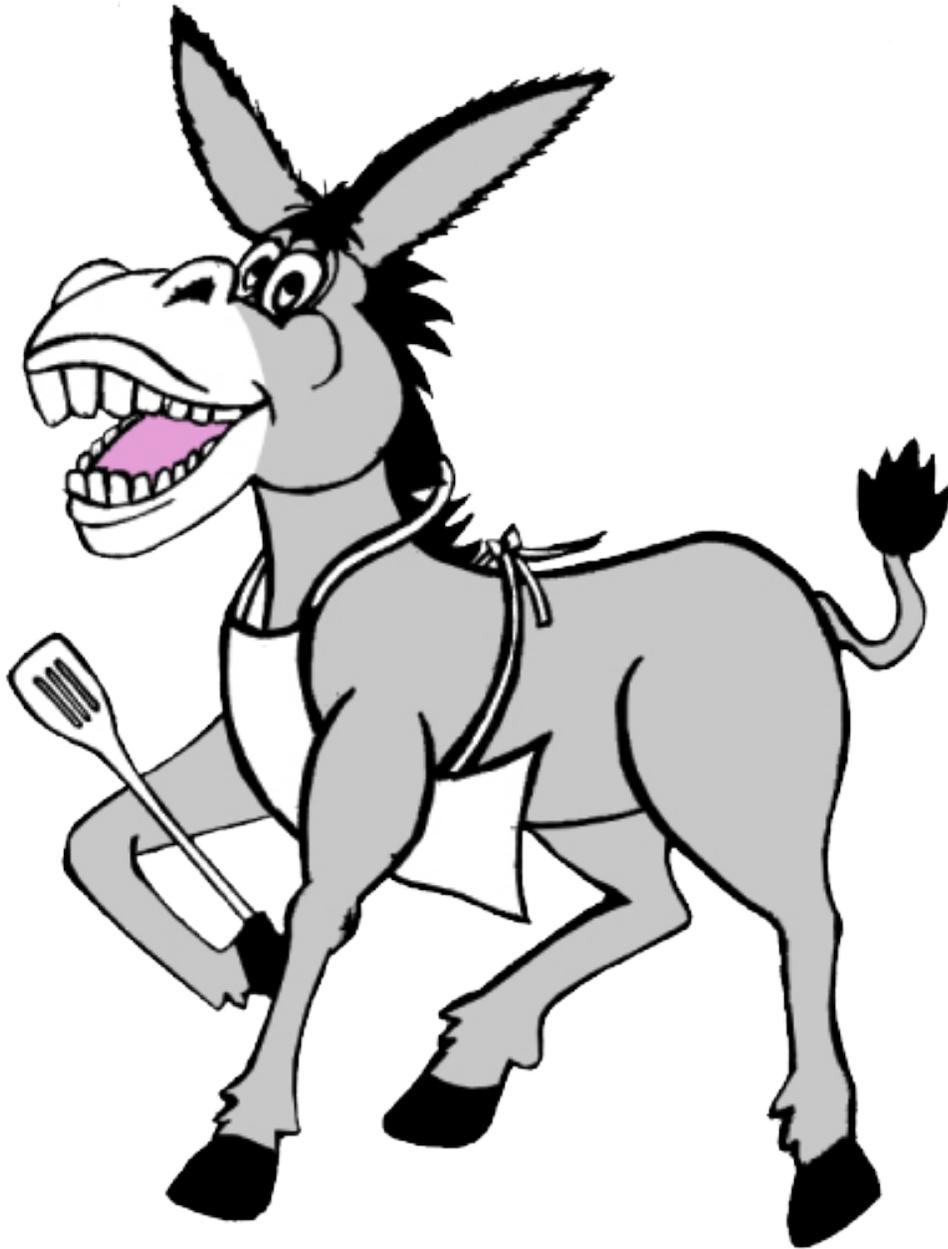


MULE CHOW

Volume 2



A Healthy Kids Cookbook
Missouri School for the Blind
2019

Welcome to Mule Chow Vol. 2!

Compiled by the MSB Mules from recipes used during the 2017-2018 and 2019 school years, plus Explorations in Culinary Arts Summer 2019 Program.

Table of Contents

Introduction.....	3	Chapter 2: Appetizers and Snacks... 29	
Chapter 1: Breakfast	5	Acorn Squash.....	30
Apple Cinnamon Oatmeal	6	Air-Fried Cinnamon Apple Chips... 31	
Apple-Cinnamon Fruit Bars	6	Apple Peanut Butter Teeth	32
Blueberry Avocado Pancakes	8	Avocado Sushi Roll	33
Breakfast Burrito Bites	9	Bacon Pepper Pita Crackers	34
Creamy Apple Cinnamon Smoothie	9	Baked Spiced Rutabaga Chips.....	36
Double Chocolate Zucchini Muffins		Brown Sugar Squash	37
.....	11	Citrus Salad with Balsamic Honey	
Gingerbread Chocolate Chip Energy		and Pistachios.....	38
Bites.....	12	Egg Roll in a Bowl	39
Healthy Chocolate Granola Bar Bites		Microwave Chicken Wings.....	40
.....	13	Roasted Roots Hummus.....	41
Healthy Pumpkin Muffins.....	14	Sun Butter Apple Nachos	42
No-Bake Oatmeal Energy Balls.....	15	Tuna Stuffed Mushrooms	43
Nut Free Energy Bites	16	Tuna, Celery and Egg Spiralized	
Overnight Oats with a Blueberry-		Pasta Salad	44
Cashew Cream	18	Chapter 3: Entrées.....	47
Pepper and Onion Egg in a Mug ...	19	Asian Chicken Chopped Salad.....	48
Rainbow Fruit Toast.....	19	Beef and Broccoli Stir Fry	49
Skinny Cranberry Bliss Bars	21	Chorizo-Stuffed Spaghetti Squash	50
Sweet Potato Hash Browns	22	Crockpot Loaded Potato Soup	52
Velvet Scrambled Eggs with Fresh		Garlic Butter Chicken with	
Herbs	24	Parmesan Cauliflower Rice	54
Zucchini Waffles.....	26		

Garlic Parmesan Zoodles	56	Chocolate and Peppermint Cookies	81
Ginger Pork Lettuce Cups	57	Chocolate Fudge Crinkle Cookies..	82
Ginger Scallion & Egg Drop Zoodle Bowl.....	58	Five-Spice Cookies.....	83
Honey Lime Quinoa Fruit Salad	59	Frosted Chocolate Peppermint Cookies	84
Instant Pot Chicken Noodle Soup.	60	Gingerbread Cookies.....	85
Instant Pot Vegetable Soup.....	61	Healthy Pumpkin Pie Bars.....	87
Instant Pot Spaghetti Squash	62	Lemony Yogurt Pound Cake.....	88
Lemon and Dill Quinoa Chicken Soup.....	63	Marshmallow Popcorn Treats with Dark Chocolate Drizzle	89
Mexican Cauliflower Rice	64	Mint Chocolate Ice Cream.....	90
Orange Chicken	65	Molasses Crinkle Cookies.....	91
Roasted Corn Salad	66	No-Bake Chocolate Peanut Butter Lentil Cookies	92
Southwest Burgers.....	67	Orange Upside-Down Cake	93
Stuffed Avocados	68	Peach Cobbler with Cinnamon-Swirl Biscuits.....	95
Turkey Ginger Lettuce Wraps.....	69	Peach Dump Cake	97
Turkey Taco Burrito Bowls	70	Peppermint Cheesecake Brownies	98
Warm Cabbage-Apple Slaw	71	Sweet Potato Brownies.....	99
Watermelon Caprese Salad	71	Ultimate Healthy Soft & Chewy Oatmeal Raisin Cookies	100
Chapter 4: Dessert	73		
Apple Skillet Brownies.....	76		
Apple Spice Cake.....	77		
Best Healthier Brownies	78		
Cherry Cobbler in the Microwave	80		

(Notes)

Introduction

Welcome to Mule Chow, Volume 2: A Healthy Kids Cook Book! This volume is the sequel to the first Mule Chow Cook Book from the 2016-2017 school year. In 2016, Missouri School for the Blind began holding Taste Test Thursdays as a way to encourage our students and staff to try healthy, delicious foods that may be new to them. Good eating habits are vital to a healthy lifestyle, but many individuals are hesitant to try “healthy” foods or learn new recipes for a variety of reasons. These regular Taste Tests, in which many MSB students and staff selected and prepared recipes for everyone to try, taught us that nutritious foods can be delicious and healthy recipes can be fun and not difficult to prepare.

The Taste Tests continued into the 2017-2018 and 2018-2019 school years, eventually being moved from Thursdays to Fridays. On Taste Test Fridays, MSB FACS and LIFE students select and prepare a tasting menu of at least four (4) items that represent some aspect of healthy eating. Students then taste the items and rate them on a 1 to 5 Mule Rating scale. A Mule Rating of five (5) is excellent and a Mule Rating of one (1) can be given to a dish the student did not like. Overall ratings are an average of all of the taste testers rating for a given dish.

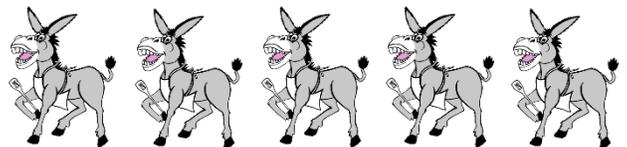
The goal of Taste Test Friday is to help students try new and healthy foods in a fun, non-threatening way and expand their understanding of what healthy foods are, and to teach students to prepare healthy foods in a delicious way. As our classes accumulated more and more recipes, a cook book was the logical way to keep and organize them and so another Mule Chow was born. In this volume, we are sharing our favorite recipes from the 2017-2018 and 2018-2019 school years and Explorations in Culinary Arts program in Summer School 2019. We hope you enjoy Mule Chow and like these recipes as much as we do!

Sincerely,

The MSB Mules

Note: Chef Mo is our culinary mascot! Look under the recipe title on the right side of the page to see the recipe’s Mule Rating. The number of Chef Mo’s indicates the average score given to the recipe by the MSB Mules.

Example: 5 Chef Mo’s = Mule Rating of 5

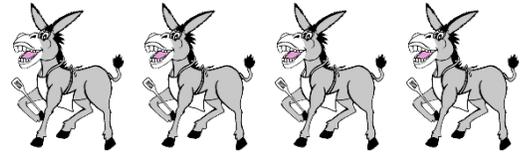


(Notes)

Chapter 1: Breakfast

Apple Cinnamon Oatmeal

Prep time: 5 minutes
Cook time: 8 minutes
Total time: 13 minutes
Servings: 2



Ingredients

- 1 apple, preferably McIntosh, cored and coarsely chopped
- 1 cup rolled oats
- ¼ teaspoon ground cinnamon
- Pinch kosher salt
- 2 cups water
- 2 tablespoons pure maple syrup

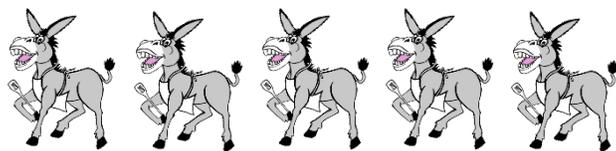
Instructions

1. Combine the apple, oats, cinnamon, and salt in a large microwave-safe bowl, and stir in the water.
2. Cover and seal with plastic wrap or a tight fitting lid and heat in the microwave on high until apples are soft and most of the liquid is absorbed, about 8 minutes.
3. Stir in the maple syrup.
4. Divide between 2 bowls. Serve immediately.



Apple-Cinnamon Fruit Bars

Prep Time: 30 minutes
Cook Time: 45 minutes
Total Time: 2 hours 45 minutes
Servings: 18



Ingredients:

Crust

- 1 cup chopped nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided
- $\frac{3}{4}$ cup whole-wheat pastry flour
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon almond extract

Fruit Filling

- 6 cups diced peeled apples, divided
- $\frac{1}{2}$ cup apple cider or orange juice
- $\frac{1}{2}$ cup sugar $\frac{1}{4}$ cup cornstarch
- $1\frac{1}{2}$ teaspoons ground cinnamon
- 1 teaspoon vanilla extract



Instructions:

1. To prepare crust: Combine $\frac{3}{4}$ cup nuts (or oats), whole-wheat flour, all-purpose flour, sugar and salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated. Whisk egg, oil, 1 teaspoon vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor. Process or pulse, scraping down the sides, if necessary, until the mixture begins to clump, 30 to 45 seconds (it will look crumbly). Measure out $\frac{1}{2}$ cup of the mixture and combine in a bowl with the remaining $\frac{1}{4}$ cup chopped nuts (or oats). Set aside for the topping.
2. Preheat oven to 400°F. Generously coat a 9-by-13-inch baking dish with cooking spray. To prepare fruit filling & assemble bars: Combine 4 cups apples, cider (or orange juice), sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until the mixture is very thick, 4 to 5 minutes. Stir in the remaining 2 cups apples, cinnamon and 1 teaspoon vanilla. Transfer the dough to the prepared baking dish. Spread evenly and press firmly into the bottom to form a crust. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling.
3. Bake the bars for 15 minutes at 400°F, then reduce oven temperature to 350° and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least $1\frac{1}{2}$ hours.

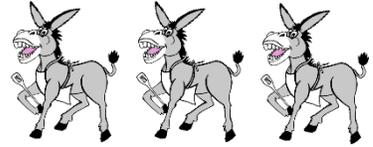
Blueberry Avocado Pancakes

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 2



Ingredients

- 1 cup all-purpose flour (or gluten-free blend)
- 1½ tablespoons sugar (any kind)
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 1 ripe California avocado, mashed
- ¾ cup milk (dairy, nut milk, etc.)
- 1 egg
- 1 tablespoon melted coconut oil
- ½ teaspoon vanilla extract
- ½ cup blueberries
- butter for the pan
- 2 eggs, poached or fried

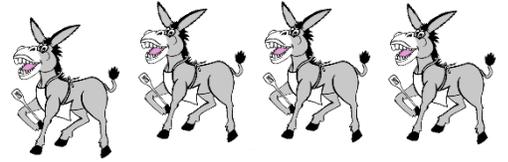


Instructions

1. Whisk together the flour, sugar, baking powder, salt and nutmeg in a medium bowl.
2. Combine the mashed avocado, milk, egg, coconut oil and vanilla in a food processor and process until smooth.
3. Add the avocado mixture to the flour mixture and stir until just combined.
4. Place a bit of butter in a large skillet or griddle over medium heat.
5. Once melted and hot, scoop batter into the pan, dot each pancake with a small handful of blueberries and cook for 2-3 minutes per side until golden brown.
6. Divide pancakes into two stacks and top each with a poached or fried egg.

Breakfast Burrito Bites

Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes
Servings: 2



Ingredients

1. 1 teaspoon olive oil
2. 3 tablespoon red bell pepper
3. 3 large egg
4. 1 tablespoon water
5. 2 medium tortillas, whole wheat

Instructions

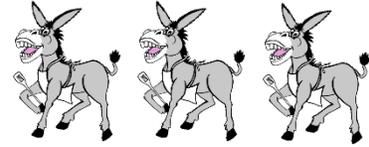
1. Add oil to a medium skillet and heat on medium.
2. Chop bell pepper and add to skillet. Cook for 1-2 minutes, then remove from pan.
3. Whisk together eggs and water; add to same skillet. Cook but do not scramble.
4. Move eggs inward until cooked through, then flip so you have a large “fried egg”.
5. Cut into quarters; place one section of egg onto each tortilla, add peppers, then roll up.
6. Cut cross-ways like sushi.



Creamy Apple Cinnamon Smoothie

Total Time: 2 minutes

Servings: 1 serving



Ingredients

1. ½ ripe banana, frozen
2. ½ medium apple, chopped
3. 2 tablespoons old fashioned oats
4. 1 tablespoon almond butter
5. 1 cup unsweetened almond milk
6. ¼ teaspoon cinnamon
7. 3 ice cubes

Instructions

1. Place all of the ingredients into a high speed blender. Blend until creamy
2. Can be served with granola or chopped apple slices.



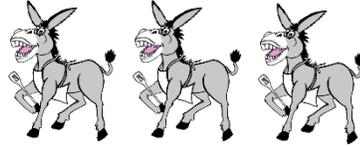
Double Chocolate Zucchini Muffins

Prep time: 10 minutes

Cook time: 17 minutes

Total time: 27 minutes

Servings: 6



Ingredients

- ½ cup whole wheat pastry flour
- ¼ cup unsweetened cocoa powder
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ⅛ teaspoon salt
- 1 large eggs
- ¼ cup plain Greek yogurt
- ⅛ cup maple syrup
- ⅛ cup coconut palm sugar
- ¼ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- ½ cup grated zucchini
- ¼ cup semisweet chocolate chips

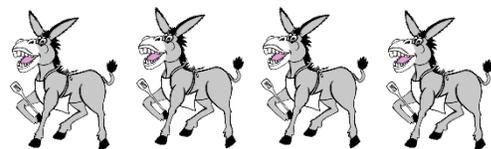


Instructions

1. Preheat your oven to 350°F and prepare a muffin pan by lining the cavities with paper liners or greasing them with cooking spray or oil. Set aside.
2. In a large mixing bowl, combine the flour, cocoa, baking powder, baking soda, salt, and chocolate chips. Set aside.
3. In a separate bowl, beat the eggs until they become slightly frothy before whisking in the yogurt, maple syrup, sugar, applesauce, and vanilla. Mix until well combined before folding in the grated zucchini.
4. Add the wet ingredients to the dry ingredients, mixing gently until just combined. Be careful not to overmix.
5. Divide the batter evenly among the 12 muffin cups, filling until they're about ¾ of the way full. Top with additional chocolate chips, if desired.
6. Bake for 17-19 minutes, or until the tops of the muffins are firm to the touch and a toothpick inserted into the center comes out clean. Allow the muffins to cool in the pan for 10 minutes before transferring them to a wire rack to cool completely. Store in an airtight container at room temperature for up to 5 days, or freeze for up to 3 months.

Gingerbread Chocolate Chip Energy Bites

Prep Time: 20 minutes
Total Time: 20 minutes
Servings: 12



Ingredients

- 10 medjool dates pitted
- 1 tablespoon maple syrup
- 1 tablespoon molasses
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- ¾ cup rolled oats
- ¼ cup mini chocolate chips

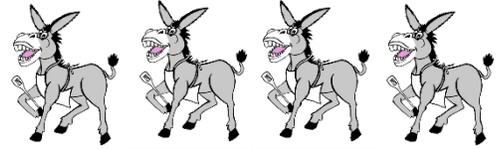
Instructions:

1. In a large bowl, cover the dates with boiling water and allow to sit for 10 minutes.
2. Remove dates from water, shaking off excess, and place in a food processor fitted with a steel blade.
3. To the food processor add the maple syrup, molasses, cinnamon, ginger, nutmeg and ½ cup of rolled oats.
4. Process until smooth, scraping down sides and adding the remaining ¼ cup of rolled oats and the chocolate chips. Pulse until mixed in.
5. Put the food processor in the fridge for at least 10 minutes before rolling into 1 tablespoon sized ball
6. Store in the fridge for up to one week or the freezer for up to 3 months.



Healthy Chocolate Granola Bar Bites

Prep Time: 6 minutes
Cook Time: 14 minutes
Total Time: 20 minutes
Servings: 25



Ingredients:

- 2 large egg whites, room temperature
- ¼ cup plain nonfat Greek yogurt, room temperature
- 3 tablespoons pure maple syrup
- ½ teaspoon salt
- ½ cup unsweetened cocoa powder
- 1½ cups crisp brown rice cereal
- 1 cup old-fashioned oats (measured like this and gluten-free if necessary)
- 2 tablespoon miniature chocolate chips, divided

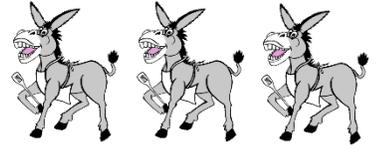
Instructions:

1. Preheat the oven to 300°F, and coat an 8-inch square pan with nonstick cooking spray.
2. In a medium bowl, whisk the egg whites. Stir in the Greek yogurt, maple syrup, and salt, mixing until thoroughly combined. Stir in the cocoa powder, smearing out any lumps along the side of the bowl. Stir in the rice cereal and oats. Gently fold in 1½ tablespoons of miniature chocolate chips.
3. Gently press the mixture into the prepared pan using a spatula, and gently press the remaining chocolate chips into the top. Bake at 300°F for 11-14 minutes or until the center feels firm to the touch. Cool completely to room temperature in the pan before slicing into squares.



Healthy Pumpkin Muffins

Prep Time: 10 minutes
Cook Time: 23 minutes
Total Time: 33 minutes
Servings: 12 muffins



Ingredients:

- ⅓ cup melted coconut oil or extra-virgin olive oil
- ½ cup maple syrup or honey
- 2 eggs, at room temperature
- 1 cup pumpkin purée
- ¼ cup milk of choice (we used almond milk)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1½ teaspoons pumpkin spice blend (or ½ teaspoon ground cinnamon, ½ teaspoon ground ginger, ¼ teaspoon ground nutmeg, and ¼ teaspoon ground allspice or cloves)
- 1¾ cups white whole wheat flour or regular whole wheat flour
- ⅓ cup old-fashioned oats, plus more for sprinkling on top

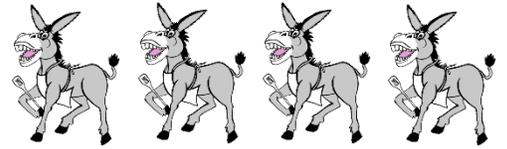


Instructions:

1. Preheat oven to 350°F. If necessary, grease all 12 cups of your muffin tin with butter or non-stick cooking spray (my pan is non-stick and didn't require any grease).
2. In a large bowl, beat the oil and maple syrup or honey together with a whisk. Add the eggs and beat well. Mix in the pumpkin purée and milk, followed by the baking soda, vanilla extract, salt, cinnamon, ginger, nutmeg and allspice.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined. If you'd like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.
4. Divide the batter evenly between the muffin cups. For these muffins, it's ok to fill the cups a little higher than you normally would. Sprinkle the tops of the muffins with a small amount of oats, followed by a sprinkle of cinnamon. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down (you have been warned!). You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.
6. These muffins will keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months (just defrost individual muffins as needed).

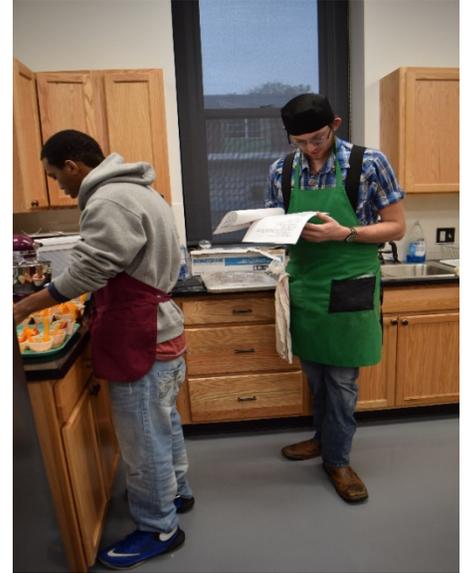
No-Bake Oatmeal Energy Balls

Prep Time: 5 minutes
Rest Time: 30 minutes
Total Time: 35 minutes
Servings: 14 balls



Ingredients:

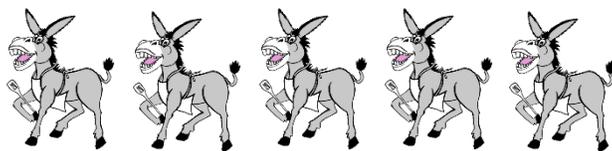
- 1 cup dry oats (we like $\frac{1}{2}$ old fashioned oatmeal and $\frac{1}{2}$ quick cooking)
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup dry roasted peanuts
- $\frac{1}{4}$ cup mini M&M's
- $\frac{1}{4}$ cup mini chocolate chips
- dash of salt
- $\frac{1}{2}$ teaspoon vanilla, optional



Instructions:

1. In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.
2. Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture. This should make about 14 oatmeal energy balls.
3. Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

Nut Free Energy Bites



Prep Time: 30 minutes

Total Time: 30 minutes

Servings: 20

Ingredients

Base Recipe

- 2 cups medjool dates pitted (roughly 20 dates)
- 2 tablespoons maple syrup
- 3 tablespoons cocoa powder
- 1½ cup rolled oats divided

Nut-Free Chocolate Coconut Energy Bites

- 2 cups medjool dates pitted (roughly 20 dates)
- 2 tablespoons maple syrup
- 3 tablespoons cocoa powder
- 1½ cups rolled oats
- ¾ cup sweetened shredded coconut

Nut-Free Pumpkin Chocolate Chip Energy Bites

- 2 cups medjool dates pitted (roughly 20 dates)
- ⅔ cup pumpkin puree
- 2 tablespoons maple syrup
- 2 cups rolled oats divided
- ½ cup pumpkin seeds
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- ⅛ teaspoon cloves
- ¼ cup chocolate chips

Instructions

Base Recipe

1. In a large bowl, cover the dates with 2 cups of boiling water and allow to sit for 10 minutes.
2. Remove dates from water, shaking off excess, and place in a food processor fitted with a steel blade.
3. To the food processor add 2 tablespoons of the water along with the maple syrup, cocoa powder, and 1 cup of rolled oats.
4. Process until smooth, scraping down sides. If mixture doesn't process, add water 1 tablespoon at a time until it does. Add the remaining ½ cup of rolled oats and pulse until it's mixed in.
5. Put the food processor in the fridge for at least 10 minutes before rolling into 1 tablespoon sized balls.

Chocolate Coconut Energy Bites

1. In a large bowl, cover the dates with 2 cups of boiling water and allow to sit for 10 minutes. Remove dates from water, shaking off excess, and place in a food processor fitted with a steel blade.

2. To the food processor add the maple syrup, cocoa powder, 1 cup of rolled oats, and ½ cup of shredded coconut. Process until smooth. If mixture doesn't process, add water 1 tablespoon at a time until it does.
3. Scrape down sides and add the remaining ½ cup of rolled oats. Pulse several times until mixed in.
4. Place food processor into the fridge and chill the mixture for at least 10 minutes.
5. Roll into 1 tablespoon sized balls, and toss to coat in remaining ¼ cup of shredded coconut.
6. Store in the refrigerator

Nut-Free Pumpkin Energy Bites

1. In a large bowl, cover the dates with 2 cups of boiling water and allow to sit for 10 minutes. Remove dates from water, shaking off excess, and place in a food processor fitted with a steel blade.
2. To the food processor add pumpkin puree, maple syrup, 1.5 cups of rolled oats, ¼ cup of pumpkin seeds, cinnamon, nutmeg and cloves.
3. Process until smooth, scraping down sides. If mixture does not process, add in water 1 tablespoon at a time until it gets going.
4. Add the remaining ½ cup of rolled oats, ¼ cup pumpkin seeds, and the chocolate chips. Pulse 5-10 times until mixed in evenly.
5. Place food processor in the fridge for at least 10 minutes to chill. Roll into 1 tablespoon sized balls.
6. Store in the fridge.



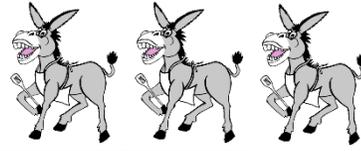
Overnight Oats with a Blueberry-Cashew Cream

Prep Time: 5 minutes

Cook Time: Rests overnight

Total Time: 8 hours (approximate)

Servings: 1 serving



Ingredients:

- ½ banana, mashed
- ½ cup oats
- ¼ cup almond milk
- 1 tablespoon flax seeds
- ½ frounceen banana
- ½ cup blueberries
- 1 medjool date
- 2 tablespoons cashew nuts
- 2-4 tablespoons water/dairy free milk

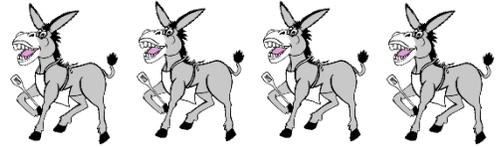
Instructions:

1. For the oat mixture, mix ½ banana, oats, almond milk flax seeds in a bowl. Make sure the banana is mashed before you add it!
2. For the creamy topping add all other ingredients to your blender and simply blend until totally smooth. Add the oats to the bottom of a jar or glass and top with the cream.
3. Leave in the fridge overnight and enjoy in the morning.



Pepper and Onion Egg in a Mug

Prep Time: 5 minutes
Cook Time: 5 minutes
Total Time: 10 minutes
Servings: 1 serving



Ingredients:

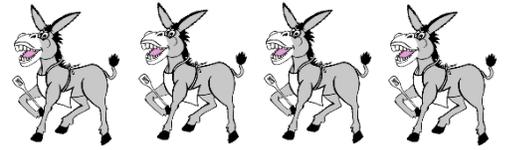
- 1 teaspoon butter
- 2 large eggs
- 2 tablespoon chopped bell pepper and onion strips

Instructions:

1. Add 1 teaspoon butter to a 12-16 ounce microwave-safe coffee cup. Crack eggs into cup. Beat with fork until well mixed.
2. Microwave for 1 minute. Sprinkle with desired toppings. Microwave for 30-60 seconds or until egg is cooked through. Season with salt and pepper, if desired.



Rainbow Fruit Toast



Total Time: 15 minutes

Servings: 5

Ingredients:

Base Recipe

- 5 slices sourdough or multigrain bread, toasted
- 1 cup reduced-fat cream cheese

Strawberry Basil Toast:

- 1 cup sliced fresh strawberries
- 1 tablespoon fresh basil leaves, sliced
- $\frac{1}{8}$ teaspoon sea salt

Mango Chili Toast:

- $\frac{1}{2}$ medium mango, peeled and sliced
- $\frac{1}{2}$ teaspoon grated lime zest
- $\frac{1}{4}$ teaspoon chili powder

Kiwi Mint Toast:

- 1 medium kiwifruit, peeled and sliced
- $\frac{1}{4}$ cup green grapes, halved
- 2 teaspoons minced fresh mint

Tangerine-Thyme:

- 1 tangerine, peeled and sectioned
- 1 tablespoon coarsely chopped pistachios
- $\frac{1}{2}$ teaspoon minced fresh thyme

Berry Serrano Toast:

- $\frac{1}{3}$ cup fresh blueberries
- $\frac{1}{3}$ cup fresh blackberries, halved
- 1 teaspoon honey
- $\frac{1}{4}$ serrano pepper, thinly sliced

Mixed Berry Toast:

- $\frac{1}{4}$ cup sliced fresh strawberries
- 2 tablespoons fresh blueberries
- 2 tablespoons fresh blackberries, halved

Instructions:

1. Spread toasted bread with cream cheese. Top as desired.

- 1 teaspoon honey

Avocado Tomato Toast:

- $\frac{1}{2}$ medium ripe avocado, peeled and sliced
- $\frac{1}{4}$ cup heirloom cherry tomatoes, halved
- Coarsely ground pepper

Raspberry Peach Toast:

- $\frac{1}{3}$ cup sliced peaches
- $\frac{1}{4}$ cup fresh raspberries
- Minced fresh mint

Citrus Kiwi Toast:

- $\frac{1}{4}$ small navel orange, sliced
- $\frac{1}{2}$ tangerine, sliced
- $\frac{1}{2}$ medium kiwifruit, sliced
- 1 teaspoon pistachios, chopped



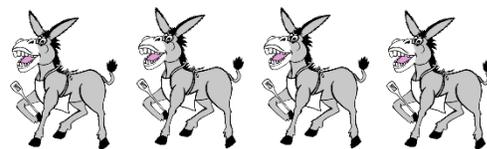
Skinny Cranberry Bliss Bars

Prep Time: 35 Minutes

Cook Time: 15 minutes

Total Time: 50 minutes

Servings: 30



Ingredients:

Bars

- 2 cups all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ⅛ teaspoon ground cinnamon
- ⅔ cup granulated sugar
- ⅔ cup brown sugar, unpacked
- ¼ cup melted unsalted butter
- 2 large egg whites
- ¼ cup unsweetened apple sauce
- 2 teaspoon vanilla extract
- ⅔ cup white chocolate chips or chopped white chocolate
- ⅓ cup dried cranberries, chopped

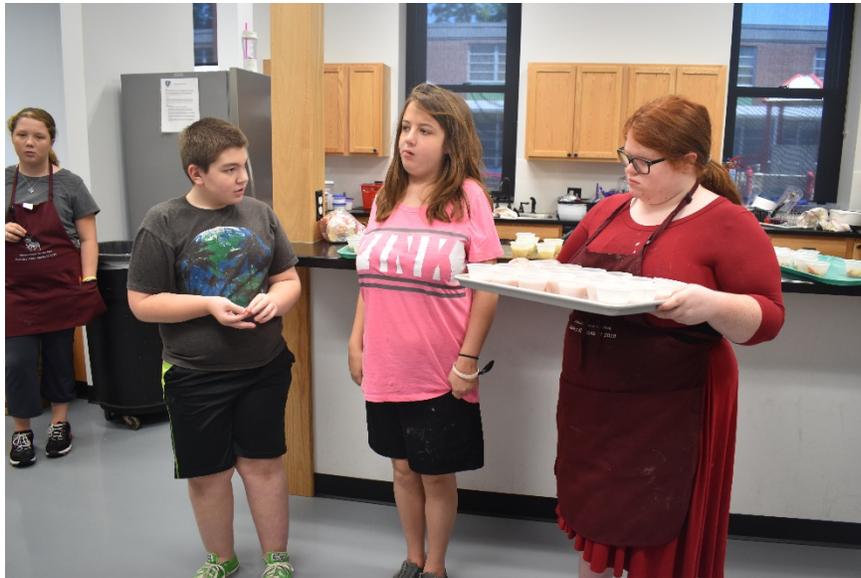
Frosting:

- 8 ounce ⅓ less fat cream cheese, softened
- ½ cup powdered sugar
- 2 ounces white baking chocolate, melted
- ⅓ cup dried cranberries, chopped
- ½ teaspoon vanilla extract

Instructions:

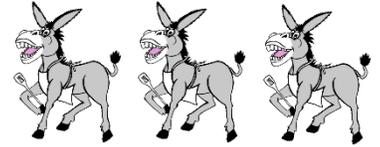
1. Preheat oven to 350°F. Lightly spray a 9 x 13 inch non-stick baking pan with cooking spray.
2. In a large bowl, combine the flour, baking soda, salt and cinnamon and stir to blend.
3. In another bowl, whisk the sugars, butter, egg whites, applesauce and vanilla until light and fluffy.
4. Whisk the dry ingredients into the wet ingredients in two additions until the batter is very well blended. If the batter looks more “crumbly” than smooth, add just a drop of water at a time (ONLY if needed) until it smooths out.
5. Fold in white chocolate chips and ⅓ cup cranberries. Spread batter onto the baking pan using the back of a measuring cup to smooth evenly.

6. Bake 10–14 minutes until the edges are light brown and a toothpick inserted comes out clean. Don't over-bake or your bars will be dry. Let it cool completely on wire rack.
7. Meanwhile, prepare the frosting; in a large bowl, use an electric mixer to beat the cream cheese, powdered sugar and vanilla until well-blended. Frost bars and sprinkle with remaining cranberries. Drizzle with the melted white chocolate.
8. To melt the chocolate, place in a microwave safe cup and heat 15 seconds; stir. Another 15 seconds; stir until the chocolate is melted.
9. When the chocolate sets, cut into 15 large squares (5 cuts by 3 cuts with the knife). Then cut each square in half diagonally to create triangles. Store in the refrigerator until ready to serve.



Sweet Potato Hash Browns

Prep Time: 5 minutes
Cook Time: 15 minutes
Total Time: 20 minutes
Servings: 4



Ingredients:

- ½ pound sweet potato (about half a large sweet potato), peeled and grated through the large grates of a box grater
- 4 tablespoon butter
- Salt & pepper to taste

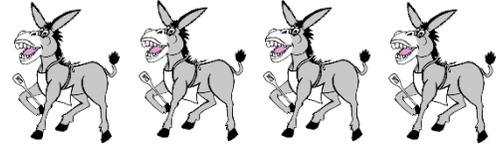
Instructions:

1. Melt 2 tablespoon of butter in a cast iron skillet on medium high heat. (If you don't have a cast iron skillet, use a thick-bottomed skillet.) Note that you want the heat high enough so that the butter bubbles, but not so high that it browns or burns before you put the sweet potato in the pan.
2. Working in batches if necessary (use 2 tablespoon of butter per batch), scoop large spoonfuls of grated sweet potatoes into the pan forming small mounds. Gently press to spread the mounds out a bit. Sprinkle with salt and pepper. (If using salted butter you may be able to skip the salt.)
3. Cook undisturbed until they are nicely browned on one side, about 4 to 5 minutes, then carefully turn them over with a metal spatula to brown on the other side, 4 to 5 minutes more.
4. When done, place on a cookie sheet in a warmed oven to keep warm until ready to eat. Serve with fried eggs and bacon!



Velvet Scrambled Eggs with Fresh Herbs

Total Time: 20 minutes
Cook Time: 15 minutes
Total Time: 35 minutes
Servings: 4



Ingredients:

- 9 large eggs
- ¼ cup milk or cream, plus a splash
- ¼ cup butter
- 1 tablespoon minced fresh marjoram or oregano
- 1 tablespoon minced fresh thyme
- ½ scallion, minced (green only)
- 2 tablespoons freshly grated Parmesan cheese
- Salt and freshly ground black pepper
- Lemon wedges, for serving



Instructions:

5. In a medium bowl, whisk the eggs plus ¼ cup of milk or cream until no longer stringy, about 1 minute. Over medium-low heat, melt butter in a large nonstick saute pan.
6. Pour the eggs into a pan and using a wooden spoon or rubber spatula, gently stir the eggs and cook over low heat. The eggs will turn creamy with soft curds.
7. When the eggs have nearly lost the "raw look" toss in the marjoram, thyme, scallion, Parmesan cheese, and salt and pepper and stir to distribute.
8. Once the eggs are no longer runny, but still very creamy and moist, immediately pour a little splash of milk (1 or 2 teaspoons) on the eggs to stop the cooking, and remove the eggs from the heat.

Serve immediately with wedges of lemon as garnish.

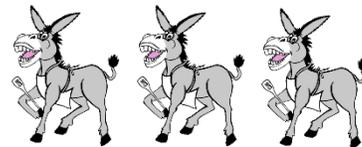
Veggie-Packed Breakfast Frittata

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Servings: 6 servings



Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- ½ small red onion, thinly sliced
- 2 cups packed baby spinach
- ¼ cup sun-dried tomatoes (not packed in oil), chopped
- 1 clove garlic, sliced
- 10 large eggs, beaten
- Kosher salt and freshly ground black pepper
- Hot sauce, for serving

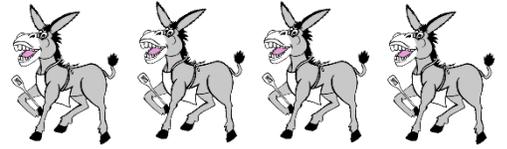


Instructions:

1. Preheat the oven to 375°F.
2. Heat the oil in a medium oven-safe nonstick skillet over medium-high heat. Add the bell peppers and onion and cook, stirring occasionally, until softened, 6 to 7 minutes. Add the spinach, sun-dried tomatoes and garlic and cook, stirring frequently, until the spinach is just wilted and still vibrant green, about 1 minute.
3. Reduce the heat to low and add the eggs, 1 teaspoon salt and a few grinds of black pepper. Stir gently to distribute the vegetables. Bake until the eggs are set, 13 to 15 minutes.
4. Let stand for 5 minutes, then slice into 6 pieces. Serve with hot sauce. Refrigerate in an airtight container for up to 1 week.

Zucchini Waffles

Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes
Servings: 8



Ingredients:

- 1 large zucchini, ends trimmed
- 1½ cups white whole wheat flour (or all-purpose unbleached flour)
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 1 teaspoon cinnamon
- ⅓ cup sugar
- 1½ cups milk
- 2 large eggs
- 1 teaspoon pure vanilla extract



Instructions:

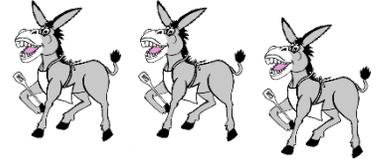
1. Preheat waffle maker to 400°F.
2. Grate the zucchini on the large holes of a box grater. Use a strainer or dishtowel to then squeeze some of the moisture out of the zucchini, then set aside.
3. In a large mixing bowl, combine flour, baking powder, salt, cinnamon and sugar. Stir together.
4. In another large bowl, whisk together the milk, eggs, and vanilla extract. Add the dry ingredients (the flour mixture), and beat until smooth. Fold in the zucchini and mix well.
5. Spray the waffle maker with cooking spray (top and bottom plates). Spread half of the batter evenly over the bottom of the waffle maker (generally about ½ cup per waffle), and close the top. Cook for 5 minutes, or until the waffles are as crisp as you like them. (Different waffle making equipment will cook at different rates, so please follow the instructions that come with your machine.) Repeat with remaining batter.
6. Serve hot, topped with butter and maple syrup.

(Notes)

(Notes)

Chapter 2: Appetizers and Snacks

Acorn Squash



Prep Time: 30 minutes

Cook Time: 30 minutes

Total Time: 1hr 5 minutes

Servings: 6

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- ½ small red onion, thinly sliced
- 2 cups packed baby spinach
- ¼ cup sun-dried tomatoes (not packed in oil), chopped
- 1 clove garlic, sliced
- 10 large eggs, beaten
- Kosher salt and freshly ground black pepper
- Hot sauce, for serving



Instructions:

1. Preheat the oven to 375°F.
2. Heat the oil in a medium oven-safe nonstick skillet over medium-high heat. Add the bell peppers and onion and cook, stirring occasionally, until softened, 6 to 7 minutes. Add the spinach, sun-dried tomatoes and garlic and cook, stirring frequently, until the spinach is just wilted and still vibrant green, about 1 minute.
3. Reduce the heat to low and add the eggs, 1 teaspoon salt and a few grinds of black pepper. Stir gently to distribute the vegetables. Bake until the eggs are set, 13 to 15 minutes.
4. Let stand for 5 minutes, then slice into 6 pieces. Serve with hot sauce. Refrigerate in an airtight container for up to 1 week.

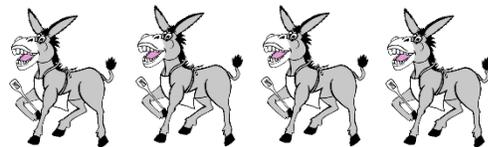
Air-Fried Cinnamon Apple Chips

Prep Time: 19 minutes

Cook Time: 36 minutes

Total Time: 55 minutes

Servings: 4



Ingredients:

- 1 8-ounce sweet apple (such as Fuji or Honeycrisp)
- 1 teaspoon ground cinnamon
- 2 teaspoons canola oil
- Cooking spray
- ¼ cup plain 1% low-fat Greek yogurt
- 1 tablespoon almond butter
- 1 teaspoon honey

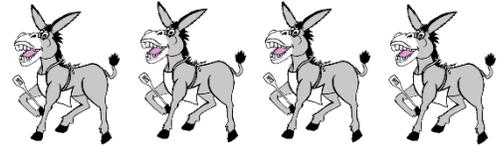


Instructions:

1. Thinly slice apple on a mandoline. Place slices in a bowl with cinnamon and oil; toss to coat evenly.
2. Coat air fryer basket well with cooking spray. Place 7 to 8 apple slices in single layer in basket, and cook at 375°F for 12 minutes, turning the slices every 4 minutes and rearranging slices to flatten them, as they will move during the cooking process. Slices will not be completely crisped, but will continue to crisp upon cooling. Repeat with remaining apple slices.
3. While apple slices cook, stir together yogurt, almond butter, and honey in a small bowl until smooth. To serve, place 6 to 8 apple slices on each plate with a small dollop of dipping sauce.

Apple Peanut Butter Teeth

Prep Time: 15 minutes
Total Time: 15 minutes
Servings: 4 servings



Ingredients:

- 1 apple
- Jar of peanut butter (you will use $\frac{1}{4}$ - $\frac{1}{2}$ cup for one apple depending on amount you use)
- Mini marshmallows

Instructions:

1. Start by cutting the apple into eighths, then slice the eighths pieces in half.
2. Put about a teaspoon or two of peanut butter onto each slice.
3. Put a row of mini marshmallows across one apple slice, then place another peanut-buttered apple slice on top of the marshmallows.
4. Press firmly until they stick, and you have your teeth!

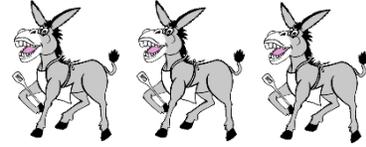


Avocado Sushi Roll

Prep time: 30 minutes

Cook time: 45 minutes

Total time: 1 Hour 15 minutes



Ingredients:

Sushi rice

- 1 cup short grain brown rice, rinsed well
- 2 cups water
- 2 tablespoons rice vinegar
- 1 tablespoon sugar
- 1 teaspoon sea salt

For the Rolls:

- 1 cucumber, sliced into long strips
- 1 ripe mango, sliced into vertical strips
- 1 avocado, sliced
- ⅓ cup micro greens, optional
- 2 tablespoons sesame seeds, optional
- 4 nori sheets

Serve with

- Tamari or ponzu sauce
- Coconut peanut sauce, optional



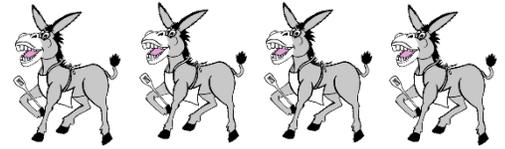
Instructions:

1. Make the sushi rice: In a medium saucepan, combine the rice, water, and olive oil and bring to a boil. Cover, reduce the heat, and simmer for 45 minutes. Remove the rice from heat and let sit, covered, for 10 more minutes. Fluff with a fork and fold in the rice vinegar, sugar, and salt. Cover until ready to use.
2. Assemble the sushi rolls: Place a small bowl of water and a kitchen towel near your work area as your hands will get sticky. Place one nori sheet, glossy side down, onto a bamboo mat and press a handful of rice onto the lower two-thirds of the sheet. At the bottom of the rice place your toppings (see picture). Don't overfill or it will be more difficult to roll. Use the bamboo mat to tuck and roll the nori. Once rolled, use the bamboo mat to gently press and shape the roll. Place the roll to the side, cut side down. Repeat with remaining rolls.
3. Use a sharp chef's knife to cut the sushi. Wipe the knife clean with a damp towel between cuts.
4. Serve immediately with tamari or ponzu sauce or coconut peanut sauce, if using.

Bacon Pepper Pita Crackers

Total Time: 1 hour

Servings: 4-6



Ingredients:

Hummus

- 6 slices thick-cut bacon, chopped (plus, the reserved bacon grease)
- 2 25-ounce cans chickpeas, drained and rinsed
- 1 cup tahini paste
- 1 cup peppers of your choice
- 2 garlic cloves, minced
- ½ lemon, juiced
- ½ teaspoon salt
- ½ teaspoon pepper
- 4-5 tablespoons ice water
- 2 tablespoons fresh oregano leaves

Pita

1. 5 Whole Wheat Pitas, cut into 8 triangles
2. 4 Tablespoons of olive oil
3. ½ teaspoon of garlic powder
4. ½ teaspoon of black pepper
5. 1 teaspoon of dry basil
6. sea salt

Instructions:

Hummus

1. Heat a large skillet over medium-low heat and add the bacon. Cook until crispy and the fat is rendered, then remove the bacon with a slotted spoon and place it on a paper towel to drain. Turn off the heat. You want to keep the bacon grease warm, and if you make the hummus to serve right now, it probably will be. Otherwise, heat some over low heat until warm.
2. In your food processor, add the chickpeas, tahini, 3 or 4 cherry peppers, the lemon juice, garlic, salt and pepper. Puree until the chickpeas break down and the mixture starts to come together (it probably won't be smooth). Make sure to scrape the sides with a spatula. Drizzle in 2 to 3 tablespoons of the bacon grease and blend. Drizzle in the ice water. Once the water is in, the hummus should really start to get smooth – if you need a little more water, add it 1 tablespoon at a time. And you can always add extra bacon grease, just save some for the garnish!
3. Once the hummus is smooth, taste and season additionally if desired. You might want a little more salt and pepper.
4. Chop up the remaining cherry peppers and place them in a bowl with the bacon. Add 1 to 2 tablespoons of the bacon grease and toss. Toss in the fresh oregano. It really is

wonderful to have this warm, so when you combine the ingredients, you can always do so in a small saucepan over low heat.

5. Spoon the hummus into a bowl and top with the cherry pepper bacon mixture. You can stir it in or leave it on top. Drizzle 1 to 2 tablespoons of the bacon grease (preferably still warm) on top. Serve immediately with the pita!

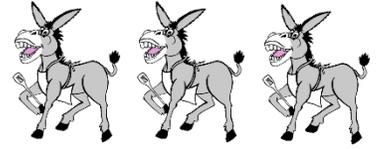
Pita

1. Preheat oven to 400°F.
2. In a small bowl, mix olive oil, basil, pepper, and garlic powder.
3. Place pita triangles on a baking sheet lined with parchment paper or a silicon mat, brush one side with the olive oil mixture.
4. Bake pita bread for 8-10 minutes, until slightly browned.
5. Remove from oven and let cool.



Baked Spiced Rutabaga Chips

Prep Time: 5 minutes
Cook Time: 35 minutes
Total Time: 40 minutes
Servings: 20 chips



Ingredients:

- 1 Rutabaga, peeled
- Olive oil to drizzle
- Salt grinder
- Pepper grinder
- 1 tablespoon chili powder

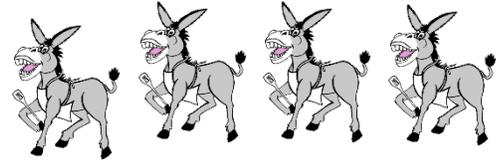
Instructions:

1. Preheat the oven to 375°F.
2. Line a baking tray with tin foil.
3. In a bowl, toss the chips with olive oil and mix to coat thoroughly.
4. Spread the chips out on the tin foil and season generously with salt and pepper. Evenly season with the chili powder.
5. Bake for 35 minutes, turning over once halfway through.
6. Serve with hummus!



Brown Sugar Squash

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 35 minutes
Servings: 2



Ingredients

- 2 medium acorn squash
- $\frac{1}{4}$ cup packed brown sugar
- 2 tablespoons butter
- 4 teaspoons honey
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Instructions

1. Cut squash in half; discard seeds. Place squash cut side down in a microwave-safe dish. Cover and microwave on high for 10-12 minutes or until tender.
2. Turn squash cut side up. Fill centers of squash with brown sugar, butter and honey; sprinkle with salt and pepper. Cover and microwave on high for 2-3 minutes or until heated through.



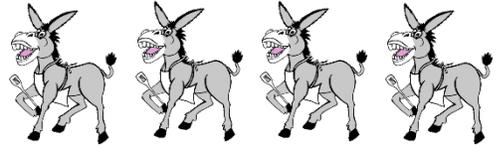
Citrus Salad with Balsamic Honey and Pistachios

Prep Time: 17 Minutes

Cook Time: 10 Minutes

Total Time: 17 Minutes

Servings: 8 (serving size: about 4 orange slices)



Ingredients:

- ¼ cup pistachios
- ¼ cup olive oil
- 1½ tablespoons white balsamic vinegar
- 1 tablespoon honey
- ¼ teaspoon kosher salt
- 6 navel or blood oranges
- 8 ounces jicama

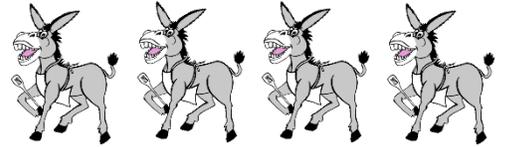
Instructions:

1. Preheat oven to 325°F.
2. Spread nuts on a shallow pan. Bake at 325°F for 8 minutes or until lightly toasted, stirring occasionally.
3. Combine olive oil, vinegar, honey, and salt in a jar with a tight-fitting lid; shake to mix well.
4. Peel oranges, removing any white pith. Cut each orange crosswise into ¼-inch-thick slices.
5. Peel and grate jicama.
6. Place oranges on a large serving platter. Sprinkle with jicama and pistachios. Drizzle with vinaigrette; serve salad immediately.



Egg Roll in a Bowl

Prep Time: 10 minutes
Cook Time: 13 minutes
Total Time: 23 minutes
Servings: 6



Ingredients:

- 1½ pounds organic ground beef
- 2 medium onions (finely chopped / minced)
- 1½ tablespoon organic unrefined sesame oil
- 1½ teaspoon organic ginger (powdered)
- ½ teaspoon organic black pepper
- 1 teaspoon organic garlic granules (or 4 cloves garlic, minced)
- ½ teaspoon salt (or to taste)
- 1/16 teaspoon stevia extract (optional - substituting with another sweetener will work as well)
- ½ Tablespoon organic crushed red pepper
- 2 Tablespoon organic white wine
- ⅓ cup organic beef broth
- 9 cups shredded cabbage
- 1½ cups shredded carrot
- 4 teaspoon organic tamari, to taste
- Green onion for garnish (optional)



Instructions:

1. Place meat in large pan and cook until browned.
2. On medium high heat, add the onions and sesame oil. Cook until lightly browned.
3. Reduce heat to medium.
4. Add spices, sweetener, red pepper, wine, and broth to the pan and stir well.
5. Add the cabbage and stir to coat.
6. Cook, stirring frequently until the cabbage slightly wilts.
7. Add carrots and cook for 2-3 minutes until soft.
8. Add tamari to taste and adjust flavorings as desired.
9. Serve plain or over rice or cauliflower rice.
10. Garnish with green onions if desired.

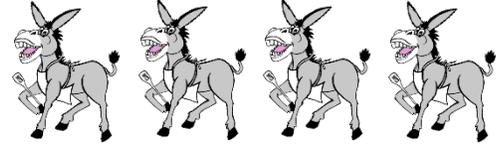
Microwave Chicken Wings

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Servings: About 14 (4 wings makes a serving)



Ingredients:

- 1½-2 pounds of chicken wings

Sauce (mix together in a large bowl):

- ¼ cup gluten free orange marmalade
- 1 tablespoon honey
- 1 clove of garlic, minced
- ¼ cup gluten free soy sauce
- 1½ tablespoons fresh lime juice (about ½ of a lime)
- black pepper

Instructions:

1. Remove the wing tips from the wings, and cut each wing in to two pieces at the joint.
2. Mix the sauce with the chicken wings.
3. Place the wings and sauce in a glass pie plate (in a single layer) and cover loosely with plastic wrap.
4. Microwave for 10 minutes.
5. Remove plastic wrap and microwave for 5-10 more minutes, until cooked through.
6. Preheat a broiler and broil the wings for 4-5 minutes to crisp up the skin.

If your microwave has an automatic sensor, follow the instructions for cooking chicken parts, remove the plastic wrap half way through the cooking time. When the wings are done, broil as above.



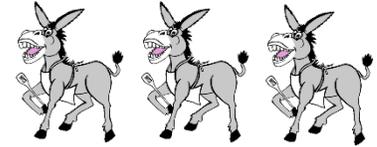
Roasted Roots Hummus

Prep Time: 25 minutes

Cook Time: 25 minutes

Total Time: 1 hour 20 minutes

Servings: 12



Ingredients:

For roasted vegetables

- 2 medium sized beets, peeled and diced
- 2 medium sized parsnip peeled and diced
- 5 Radishes quartered
- 3 cloves minced garlic
- 1 tablespoon olive oil
- 1 teaspoon salt

Optional Garnish

- Sumac
- Slivered Almonds

Instructions:

1. Preheat oven to 425°F. Line baking pan with foil. Place beets, parsnip, radish, onion, and garlic cloves in a 15x10x1-inch baking pan. Drizzle with the 1 tablespoon olive oil; sprinkle with salt and black pepper. Roast about 25 minutes or until tender and lightly browned. Let cool.
2. In a food processor combine roasted vegetables, and the rest of the ingredients Cover and process until smooth, scraping sides of bowl as necessary and adding additional olive oil if needed to make a smooth paste. If needed, add up to 6 tablespoons water to thin to desired consistency. Remove from the processor and stir in the mint.
3. Spoon hummus into a serving dish. Serve immediately or cover tightly with plastic wrap for up to 3 days.
4. Let stand at room temperature for 30 minutes before serving. If desired, sprinkle with mint. Serve with toasted pita wedges and/or fresh vegetables.

For the hummus

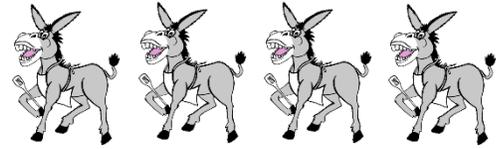
- 1 can chick peas
- 2 tablespoons tahini
- ¼ cup olive oil
- 1 teaspoon salt or to taste
- 1 or 2 cloves garlic
- 3 tablespoons fresh lime juice
- 4 tablespoons chopped mint



Sun Butter Apple Nachos

Total Time: 5 minutes

Servings: 2



Ingredients:

- 2 large apples
- 1 teaspoon ground cinnamon
- 2 tablespoon sunflower seed butter
- 1 tablespoon shredded coconut
- 1 teaspoon hemp seeds
- 1 teaspoon chia seeds
- 1 tablespoon raw cacao nibs (or chocolate chips)

Instructions:

1. Slice apples into eighths and place in a single layer on a large plate.
2. Sprinkle with cinnamon and then top with other toppings.
3. Serve immediately



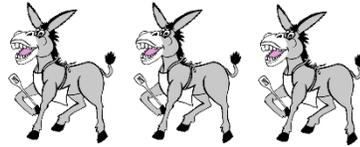
Tuna Stuffed Mushrooms

Prep Time: 30 minutes

Cook Time: 5 minutes

Total Time: 35 minutes

Servings: 5



Ingredients:

- 12 medium-large mushrooms, stemmed
- 2 slices bread
- 1 can (3.5 ounce size) tuna in oil
- 3 tablespoons mayonnaise
- 1½ teaspoon lemon juice
- 2 sprigs parsley
- salt and pepper, to taste
- capers

Instructions:

1. Wash mushroom caps and drain on paper towels.
2. Place bread slices in food processor or blender and process to make fine crumbs. Add tuna, mayonnaise, lemon juice and parsley and puree until smooth. Add salt and pepper.
3. Place mushroom caps on microwave-safe dinner-size plate. Microwave at high for 3 minutes or until tender.
4. Spoon tuna mixture into cavities and microwave at high for 2 minutes, or just until tuna mixture is very warm. Garnish with capers.
5. Or if you prefer, microwave the caps until tender. Cool, then fill with tuna mixture and serve cold.



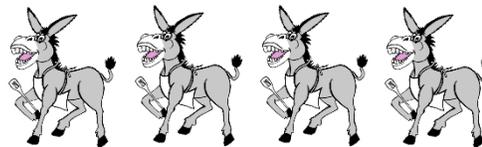
Tuna, Celery and Egg Spiralized Pasta Salad

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Servings: 2



Ingredients

- 2 large whole eggs
- ¼ teaspoon salt
- ⅔ cup nonfat plain Greek Yogurt
- ½ tablespoon dijon mustard
- ¼ teaspoon garlic powder
- ½ cup chopped celery
- ⅔ cup drain canned white albacore tuna (in water)
- salt and pepper to taste
- 1 medium cucumber, spiralized
- 1 medium zucchini, spiralized



Instructions

1. Place your eggs in a medium saucepan. Add water into the saucepan until the eggs are covered by about ½ inch. Add in the ¼ teaspoon of salt. Place a lid on the saucepan and turn up heat and bring to a boil.
2. Once the water is boiling, turn the heat off and let cook for 12 minutes. Once done, drain the eggs out carefully into a colander and then place in a bowl of cold water. Let cool for a few minutes and then peel each egg. Set aside.
3. While the eggs are cooking, prepare the pasta salad mixture. Add the greek yogurt, dijon mustard, garlic powder and celery into a bowl, season with salt and pepper and mix to combine.
4. Once the eggs are finished, dice them and add them to a bowl along with the tuna and spiralized cucumber and zucchini noodles.
5. Pour the pasta salad mixture over the tuna and noodles and toss to combine thoroughly. Season with salt and pepper, if desired. Enjoy!

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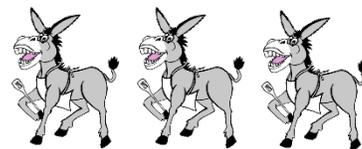
Chapter 3: Entrées

Asian Chicken Chopped Salad

Prep Time 15 minutes

Total Time 15 minutes

Servings: 8



Ingredients

- 4 cups coleslaw mix (cabbage with shredded carrots)
- 1 cup shredded red cabbage
- ½ red bell pepper, sliced thin
- 1 cup shredded chicken breast
- ¼ cup slivered almonds
- 2 green onions, finely sliced
- 1 Tablespoon sesame seeds (optional)

Asian Dressing

- ¼ cup coconut aminos or soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons extra virgin olive oil
- ½ tablespoon sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon grated fresh ginger
- 3 large pitted dates

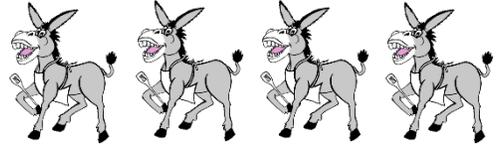


Instructions

1. For the salad, place all ingredients in a large bowl or serving dish and toss to combine.
2. For the dressing, combine all ingredients in a small blender or food processor (I used my Magic Bullet.) Process until dates are completely ground and dressing is a slightly creamy texture.

Beef and Broccoli Stir Fry

Prep Time: 10 minutes
Cook Time: 25 minutes
Total Time: 35 minutes
Servings: 2



Ingredients

Stir Fry:

- $\frac{3}{4}$ pound flank steak sliced into $\frac{1}{4}$ inch thick strips
- 4 cups small broccoli florets (about 7 ounces)
- $\frac{1}{2}$ cup beef stock
- 1 tablespoon corn starch
- 1 tablespoon canola oil



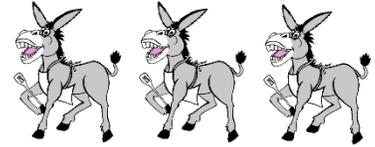
Sauce:

- $\frac{1}{3}$ cup low-sodium soy sauce
- 3-5 tablespoons sweetener

Instructions

1. Toss the sliced beef in a large bowl with corn starch until well-coated. Set aside.
2. Heat canola oil in a pan over medium heat for a few minutes or until hot.
3. Add sliced beef and cook until brown, less than 5 minutes, stirring frequently. Transfer to a plate and set aside.
4. Add broccoli florets to the pan and stir. Add beef broth. Let simmer until the broccoli is tender, about 10 minutes, stirring occasionally.
5. While waiting for the broccoli to cook, combine all sauce ingredients in a sauce pan. Stir the ingredients together over medium-low heat until it starts to simmer, about 5 minutes. Keep the sauce warm over low heat as you wait for the broccoli to cook.
6. Return beef to the pan and pour the sauce on top. Stir until everything is coated with the sauce. Bring to a simmer and cook for another few minutes.
7. Season with salt and pepper to taste, if needed.
8. Serve immediately, optionally pairing with cooked cauliflower rice. Drizzle sauce on top.

Chorizo-Stuffed Spaghetti Squash



Prep Time: 15 minutes

Cook Time: 1 hour

Total Time: 1 hour 15 minutes

Servings: 4

Ingredients:

Turkey Chorizo:

- 1 pound lean ground turkey
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon garlic powder
- $1\frac{1}{2}$ teaspoons chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon sweet paprika
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{2}$ teaspoon dried Mexican oregano
- $\frac{1}{2}$ teaspoon dried chipotle chili pepper
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon ground cloves
- 2 tablespoons cider vinegar

Spaghetti Squash:

- 2 (2 $\frac{1}{2}$ pound) spaghetti squash, halved and seeded
- 1 tablespoon olive oil
- $\frac{1}{2}$ cup white onion, finely chopped
- 1 clove garlic, minced
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{3}{4}$ cup black beans, rinsed and drained
- $\frac{1}{2}$ cup fire-roasted frounceen corn
- $\frac{1}{4}$ cup canned mild diced green chilies
- 1 14.5-ounce can Hunt's Fire Roasted Diced Tomatoes, undrained
- 1 cup shredded queso Chihuahua or Mexican blend cheese
- $\frac{1}{4}$ cup fresh cilantro, chopped

Instructions

1. Combine turkey, salt, garlic powder, chili powder, smoked and sweet paprika, cumin, coriander, oregano, chipotle pepper, cinnamon, cloves, and apple cider vinegar in a mixing bowl. Mix well. Refrigerate for at least 1 hour for flavors to blend.
2. Preheat oven to 350°F. Line a large baking sheet with parchment paper.
3. Cut squash in half lengthwise, scoop out seeds and brush cut sides with olive oil. Place squash cut-side down on prepared baking sheet.
4. Roast in preheated oven until squash is soft, 40 to 45 minutes. Set aside and keep warm.

5. Heat a saucepan over medium-high heat. Add chilled chorizo mixture. Cook and stir, breaking up lumps, until cooked through and browned, 8 to 10 minutes. Add onion and cook for an additional 5 minutes, or until onion becomes translucent, stirring constantly. Add garlic and cook an additional 2 to 3 minutes. Stir in chili powder, salt, and cumin.
6. Stir in beans, corn, diced green chilies, and tomatoes; cover and simmer 4 to 5 minutes.
7. Fluff spaghetti squash strands with a fork, keeping them in the shells.
8. Increase oven temperature to 400°F (200°C).
9. Divide sauce among 4 squash halves. Top each half with $\frac{1}{4}$ cup of cheese. Return to baking sheet and bake until cheese is melted 5 to 6 minutes. Garnish with fresh cilantro.



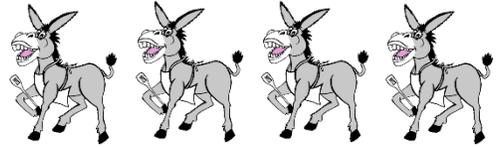
Crockpot Loaded Potato Soup

Prep Time: 15 minutes

Cook Time: 6 hours

Total Time: 6 hours 15 minutes

Servings: 6–8



Ingredients:

- 6–8 slices cooked turkey bacon, diced
- 2 pounds Yukon gold potatoes, peeled and diced into ½ inch pieces
- 1 yellow onion, peeled and diced
- 4 cups reduced sodium chicken stock
- 12 ounce can low fat evaporated milk
- 2 tablespoon cornstarch
- 4 ounce reduced fat cream cheese, softened
- 1 cup cheddar cheese, shredded
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- pinch ground celery seed
- sliced green onions or chives, for garnish
- additional shredded cheese, for garnish
- additional bacon, for garnish

Instructions:

1. To a 4 quart or larger slow cooker, add bacon, potatoes, onion and chicken stock and stir to combine. Cover and cook on LOW for 6-8 hours, or HIGH for 3-4 hours, until potatoes are very tender.
2. Combine evaporated milk and cornstarch, whisking to combine until no lumps remain. The last 30 minutes of cooking, add cream cheese, cornstarch/milk mixture, shredded cheddar, salt, pepper and celery seed. Stir to combine, cover and continue cooking 30 minutes.
3. Remove lid and mash about half of the potatoes with a potato masher to thicken the soup up even more.
4. Serve garnished with any of the toppings. Leftovers can be refrigerated in an airtight container for 3-4 days.

Stovetop Instructions:

1. Add a slight drizzle of olive oil or butter to a dutch oven or large heavy bottomed pot. Add onions and cook 2-4 minutes. Add in diced bacon, diced potatoes and pour in chicken stock.
2. Bring to a boil, then reduce heat to a high simmer and cook for 15 minutes, or until potatoes are tender. Whisk cornstarch into evaporated milk until no lumps remain.
3. Add mixture to pot along with the cream cheese, shredded cheddar, salt, pepper, and celery seed. Stir to combine and simmer 5 minutes or so, until slightly thickened.
4. Mash about half the potatoes with a potato masher, then serve with desired garnishes.

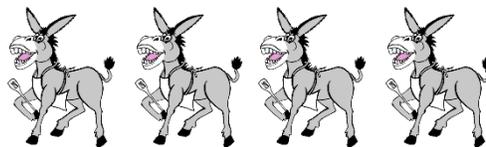


Garlic Butter Chicken with Parmesan Cauliflower Rice

Ingredients:

Cauliflower Rice

- 1 large head cauliflower



Garlic Butter Chicken

- 2 large boneless and skinless chicken breasts halved horizontally to make 4
- ½ cup fresh Parmesan, finely grated
- Salt and fresh cracked pepper
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- 4 tablespoons unsalted butter divided
- For the cauliflower rice:
 - 3 cups riced cauliflower (about 1 medium head)
 - ½ cup white onion, chopped
 - 4 large cloves garlic minced
 - 2 tablespoons vegetable stock
 - Juice and zest of one lime
 - Red chili pepper flakes, optional
 - ¼ cup fresh parsley chopped

Instructions:

Chicken

1. In a shallow plate, combine parmesan cheese, grated garlic, paprika, and Italian seasoning. Season the chicken with salt and pepper; dredge in the parmesan mixture; shake off excess and set aside.
2. In a large skillet melt 2 tablespoons of butter over medium-high heat. Cook chicken until golden on each side and cooked through – about 3-4 minutes for each side, depending on the thickness of your chicken. Transfer to a plate.

Cauliflower Rice

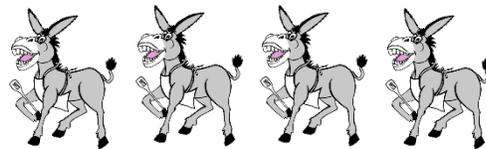
1. Wash and thoroughly dry cauliflower, then remove all greens.
2. If using a box grater, cut the cauliflower into large chunks and use the medium-sized holes (see photo - the side commonly used to grate cheese), to grate into "rice." If using a food processor, cut into small pieces and use the grater attachment to grate the cauliflower into "rice."
3. Optional: Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy. In the same pan, melt 2 tablespoons of butter. Fry the garlic and onion for 1 minute until fragrant — be careful not to burn.
4. Add the riced cauliflower to the skillet and stir to mix everything together well and coat in melted butter. Cook, stirring regularly for 1 minute.

5. Stir in the 2 tablespoons vegetable stock, about half the parsley, and lemon zest (if using). Cook for one minute to reduce juices then add the lemon juice and a few sprinkles of leftover parmesan cheese, if you like.
6. Adjust seasoning as needed. Stir in the remaining parsley. Return chicken over cauliflower rice and reheat quickly. Serve with fresh cracked black pepper, red chili pepper flakes, and more parmesan. Enjoy!
7. Store leftovers in the refrigerator for up to 5 days. Store uncooked cauliflower rice in the freezer for up to 1 month.



Garlic Parmesan Zoodles

Prep Time: 5 minutes
Cook Time: 5 minutes
Total Time: 10 minutes
Servings: 2



Ingredients:

- 2-3 medium zucchini, spiralized
- 2 Tablespoons butter
- 2-3 large cloves garlic minced
- ½ cup parmesan cheese grated
- salt & pepper to taste

Instructions:

1. Spiralize zucchini into thin noodles using a spirilizer.
2. Heat large pan on medium-high heat. Melt butter, then add garlicups Cook garlic until fragrant (about 1-2 minutes). Be careful not to burn garlic.
3. Add the zucchini noodles and grated parmesan cheese and salt & pepper to taste. Cook for 1-2 minutes or just until the zoodles are al dente.
4. Remove from heat and serve immediately. Top with more parmesan if desired.



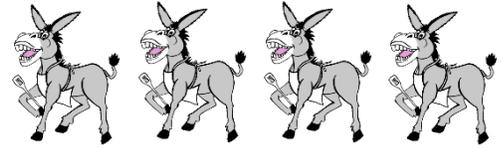
Ginger Pork Lettuce Cups

Prep Time: 30

Cook Time: 15 minutes

Total Time: 45 minutes

Servings: 4



Ingredients:

- 8 ounces lean ground pork
- 3 cups slaw mix (with carrots)
- 8 ounces water chestnuts (can sliced, drained and diced)
- ½ cup cilantro (chopped)
- 1 tablespoon fresh ginger root (grated)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 16 leaves Boston lettuce
- 3 tablespoons lime juice
- 3 tablespoons sugar (or honey)
- 1½ tablespoons light soy sauce
- ½ teaspoon corn starch



Instructions:

1. Whisk together the dressing ingredients in a small saucepan. Bring to a boil over medium-high heat and continue boiling 1 minute. Remove from heat and place in a small bowl to cool.
2. Meanwhile, coat a medium skillet with cooking spray and place over medium heat until hot. Cook the pork until no longer pink, stirring frequently breaking up larger pieces while cooking.
3. Combine the cooked pork, coleslaw mix, water chestnuts, cilantro, ginger, salt and black pepper in a medium bowl and toss until well blended. Spoon equal amounts in each of the lettuce leaves, (about ¼ cup per leaf). Spoon equal amounts (about 1½ teaspoons) of the dressing over each. May serve with knives and forks or pull up edges of leaves and enjoy as mini wraps.

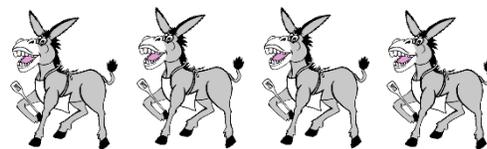
Ginger Scallion & Egg Drop Zoodle Bowl

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 1



Ingredients:

- ½ large zucchini, spiralized
- ¾ tablespoon extra-virgin olive oil
- 1 tablespoon minced ginger
- 3 tablespoon dried seaweed
- ½ cup chopped scallions
- ¼ teaspoon red pepper flakes
- 2 teaspoon sherry vinegar
- 1 tablespoon low-sodium soy sauce
- 2 cups vegetable broth
- ½ cup water
- 1 large egg, beaten
- pepper to taste (from a peppercorn grinder)

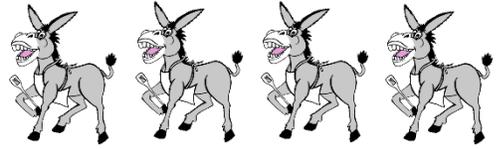


Instructions:

1. Place a large saucepan over medium heat and add oil. Once oil heats, add ginger and cook for about 1 minute.
2. Add red pepper flakes, sherry vinegar, soy sauce, vegetable broth and water. Bring to a boil.
3. Once broth boils, add in the seaweed. Then, slowly add in the egg while stirring the broth.
4. Add in the zucchini noodles, scallions, season with pepper, and cook noodles for about 2 minutes.
5. Plate into a bowl and enjoy!

Honey Lime Quinoa Fruit Salad

Prep time: 20 minutes
Total time: 20 minutes
Serves: 4-6



Ingredients:

- 1 cup uncooked quinoa (we used tricolor)
- 1½ cup strawberries, sliced
- 1 cup blackberries
- 1 cup blueberries
- 1 mango, diced
- Honey Lime Glaze:
 - ¼ cup honey
 - 2 tablespoons lime juice

Instructions:

1. Rinse and prepare the quinoa according to package. Let quinoa cool to room temperature.
2. In a large bowl, combine quinoa, strawberries, blueberries, and mango.
3. To make the glaze: In a small bowl combine the honey and lime juice. Drizzle over the fruit salad and toss to coat. Garnish with fresh basil.

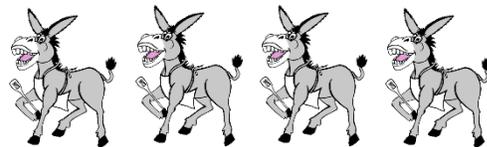


Instant Pot Chicken Noodle Soup

Active Time: 25 minutes

Total Time: 45 minutes

Servings: about 6



Ingredients:

- 1 tablespoon olive oil
- 5 medium carrots, cut into ¼-inch-thick diagonal slices
- 3 large stalks celery, cut into ½-inch-thick slices
- 2 cloves garlic, minced
- 1 large yellow onion, cut into a large dice
- Kosher salt and freshly ground black pepper
- One 3-pound whole chicken
- One 3-inch piece ginger, halved lengthwise (optional)
- 6 ounces extra-wide egg noodles (about 4 cups)
- 2 tablespoons fresh dill fronds, roughly chopped

Instructions:

1. Turn a 6-quart Instant Pot® to the high sauté setting. Add the oil and once hot add the carrots, celery, garlic, onion, 1 teaspoon salt and a large pinch of pepper. Cook, stirring, until the vegetables are slightly softened, 4 to 5 minutes.
2. Add the chicken, ginger, if using, and 8 cups water. Follow the manufacturer's guide for locking the lid and preparing to cook. Set to pressure cook on high for 20 minutes.
3. After the pressure cook cycle is complete, follow the manufacturer's guide for quick release and wait until the quick release cycle is complete. Be careful of any remaining steam, unlock and remove the lid. Remove the ginger and discard. Use a pair of tongs to remove the chicken from the pot and put into a large bowl and allow to cool for several minutes.
4. Switch the Instant Pot to the high sauté setting and bring the soup to a boil. Once at a boil, add the noodles and cook until al dente, 4 to 5 minutes.
5. While the noodles are cooking, use 2 forks to remove the skin and bones from the chicken and shred the meat into bite-size pieces. Season the chicken generously with salt and pepper then add the meat back to the pot along with the dill. Season the soup with additional salt and pepper if needed.

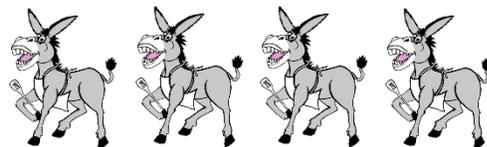


Instant Pot Vegetable Soup

Prep Time: 10 Minutes

Total Time: 45 Minutes

Yields: 6 Servings



Ingredients

- 1 tablespoon extra-virgin olive oil, plus more for serving
- 1 medium onion, chopped
- 4 garlic cloves, minced
- Kosher salt
- Freshly ground black pepper
- 1 tablespoon tomato paste
- 2 cups chopped cabbage
- 2 cups small cauliflower florets
- 2 carrots, peeled and thinly sliced
- 2 celery stalks, thinly sliced
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 15-ounce can kidney beans, rinsed and drained
- 1 15-ounce can diced tomatoes
- 4 cups low-sodium vegetable broth
- 2 teaspoon Italian seasoning
- $\frac{3}{4}$ teaspoon paprika
- Freshly chopped parsley, for serving



Instructions:

1. Set Instant Pot to “Sauté” and add oil, onion, and garlic. Season generously with salt and pepper. Cook, stirring occasionally, until onion softens, 5 minutes. Add tomato paste and cook, stirring, 1 minute. Add remaining ingredients and stir to combine.
2. Lock lid and set machine to cook at high pressure for 12 minutes. When finished, carefully turn steam valve to the venting position to release the pressure.
3. Stir soup and season with salt and pepper.
4. Garnish with parsley and a drizzle of olive oil before serving.

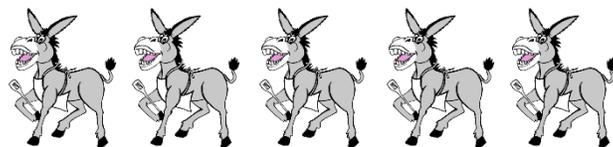
Instant Pot Spaghetti Squash

Prep Time: 23 minutes

Cook Time: 7 minutes

Total Time: 30 minutes

Servings: 4



Ingredients:

Spaghetti Meat Sauce

- 1 lb of ground beef
- 1 jar Newman's Own Marinara Sauce (or your favorite jarred marinara sauce)
- Dried oregano (to taste)
- Dried basil (to taste)
- Dried parsley (to taste)
- Salt and pepper to taste
- ½ cup chopped onion
- 1–2 cloves, minced

Spaghetti

- 1 spaghetti squash (about 3 pounds)
- 1 cup water

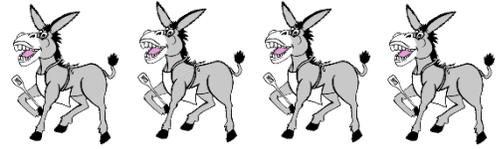
Instructions

1. Slice the spaghetti squash in half and then scoop out the seeds in the center.
2. Place a trivet or steamer basket in the bottom of the Instant Pot and add a cup of water into the bottom. Arrange the cut squash halves on top of the trivet and secure the lid. Make sure the steam release valve in the lid is turned to the sealing position.
3. Use the pressure cook or manual button to set the pressure cooker to cook at high pressure for 7 minutes. It will take roughly 8-10 minutes for the pot to build pressure before the cooking cycle begins, so allow that extra time when planning.
4. When the timer goes off, carefully turn the steam release valve to venting, to quickly release any remaining steam pressure. (Make sure your hand isn't over the vent, so that you don't get burned by the steam.)
5. When the floating valve in the lid drops, it's safe to remove the lid. Use a fork to check the squash to make sure it's cooked to your liking. If there is water collected in the center of your squash, drain it before serving.
6. To serve the squash, use the tines of a fork to separate the cooked strands into spaghetti-like pieces and remove them from the hard shell.
7. Combine ground beef, onion, and garlic in a large saucepan. Cook and stir until meat is brown and vegetables are tender. Drain grease.
8. Stir marinara sauce into the pan. Season with oregano, basil, parsley, salt, and pepper.
9. Serve meat sauce with spaghetti squash. Add parmesan cheese on top.



Lemon and Dill Quinoa Chicken Soup

Prep Time: 10 minutes
Cook Time: 35 minutes
Servings: 4



Ingredients

- 1 tablespoon olive oil
- ½ cup chopped yellow onion
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 4 garlic cloves, sliced
- 5 cups unsalted chicken stock (such as Swanson)
- 1 cup (½-in.) diced red potatoes (about 2 medium)
- ¼ cup uncooked quinoa
- 4 ounces skinless, boneless rotisserie chicken breast, shredded (about 2 cups)
- 1 cup diagonally cut sugar snap peas
- ½ cup chopped tomato
- 3 tablespoons chopped fresh dill
- 1 teaspoon grated lemon zest

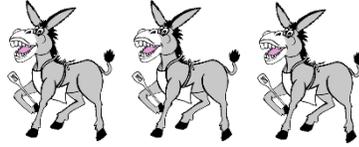


Instructions:

1. Heat a large saucepan over medium. Add oil to pan; swirl to coat.
2. Add onion, salt, pepper, and garlic to pan; sauté 5 minutes or until onion is tender.
3. Add stock, potatoes, and quinoa; bring to a simmer. Cook 20 minutes or until potatoes are tender and quinoa is done.
4. Stir in chicken and sugar snap peas; cook 5 minutes.
5. Stir in tomato, dill, and lemon zest. Serve.

Mexican Cauliflower Rice

Prep Time: 15 minutes
Cook Time: 15 minutes
Total Time: 30 minutes
Servings: 3



Ingredients

- 3 cups cauliflower florets (stems removed and washed)
- 1 tablespoon olive oil
- 1 small onion (finely chopped)
- 3-4 garlic cloves (minced)
- 1 jalapeno (finely chopped)
- 2 medium tomatoes (finely chopped)
- ¾ cup diced bell peppers
- 1 teaspoon cumin powder
- ½ teaspoon paprika or red chili powder
- 1 tablespoon chopped coriander or cilantro
- Salt to taste
- More cilantro, sliced avocados, jalapenos, lime juice, etc. for topping



Instructions:

1. Add cauliflower florets to a food processor or chopper and pulse till the cauliflower resembles small bits (like rice). Make sure not to go all the way or it can turn mushy.
2. Heat oil in a pan and add onions, garlic and jalapenos. Stir fry for a few minutes till the onion is translucent and the garlic is fragrant.
3. Add tomatoes, cumin powder, paprika powder and salt to the pan. Cook the tomatoes for a few minutes till they soften. Add the diced bell peppers and cauliflower rice to the pan and mix well. Stir fry the cauliflower for 3-4 minutes till it's tender.
4. Top with your favorite topping and serve hot.

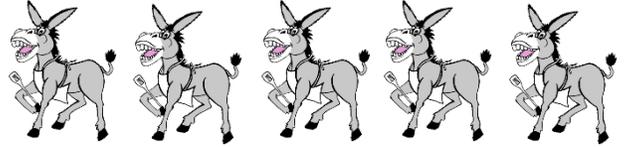
Orange Chicken

Prep Time: 35 minutes

Cook Time: 15 Minutes

Total Time: 50 minutes

Servings: 4 servings



Ingredients

Sauce:

- ½ cup orange juice
- 1 tablespoon soy sauce
- 1 packed tablespoon brown sugar
- 1 tablespoon rice wine vinegar
- ¼ teaspoon sesame oil
- Dash salt
- Dash crushed red pepper
- 1 clove garlic, pressed
- A little grated or minced ginger
- 1 teaspoon cornstarch
- Vegetable or peanut oil, for frying

Chicken:

- 2 tablespoons cornstarch
- 4 egg whites
- 4 boneless chicken thighs, cut into bite-sized pieces

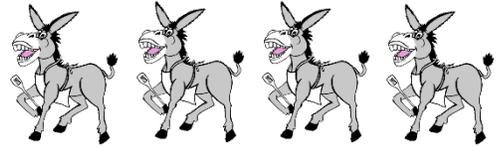


Instructions:

1. For the chicken: In a large bowl, whisk together the cornstarch and egg whites with a fork until almost frothy, about 1 minute. Add the chicken to the mixture and allow to sit for 5 to 10 minutes.
2. For the sauce: Meanwhile, put the orange juice, soy sauce, sugar, vinegar, sesame oil, salt, crushed red pepper, garlic and ginger in a small nonstick skillet and whisk. Heat until bubbling and starting to thicken, about 5 minutes.
3. Whisk together the cornstarch and ¼ cup water in a small bowl and add 1 to 2 tablespoons of the cornstarch slurry to the sauce. Mix in and thicken for 1 minute.
4. Heat about 2 inches of vegetable oil in a heavy-bottomed Dutch oven until a deep-fry thermometer inserted in the oil registers 350°F. Carefully drop the chicken into the oil and move it around, flipping gently, until golden, 3 to 4 minutes. Let the pieces drain on a plate lined with paper towels for 2 to 3 minutes. Then drop them back into the oil for 1 minute to really solidify the coating.
5. Toss the chicken in the sauce and serve.

Roasted Corn Salad

Prep Time: 10 minutes
Cook Time: 35 minutes
Total Time: 45 minutes
Servings: 6–8



Ingredients

- ½ cup nuts (such as peanuts, hazelnuts, or pistachios)
- 6 ears of corn, in husk
- 1 serrano chile, thinly sliced, or 1 teaspoon fresh ground black pepper or mild red pepper flakes
- 1 cup herb leaves (such as cilantro, basil, or mint), torn if large
- ⅓ cup fresh citrus juice or vinegar
- 3 ounce cheese (such as Cotija, Parmesan, or feta)
- ⅓ cup grapeseed or other neutral oil
- Kosher salt

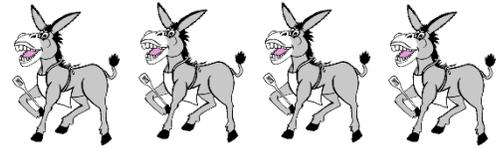


Instructions:

1. Preheat oven to 350°. Toast nuts on a rimmed baking sheet, tossing halfway through, until golden brown, 6–10 minutes, depending on the nut you choose. Let cool; coarsely chop.
2. Prepare a grill for medium-high heat. Grill corn, turning occasionally, until husks are charred in most spots, 16–20 minutes. Transfer to a platter and let sit until cool enough to handle. Shuck corn and remove kernels (you should have about 6 cups).
3. Toss nuts, corn, chile or pepper, herb, citrus juice or vinegar, and cheese in a large bowl to combine. Drizzle oil over and season with salt; toss again.

Southwest Burgers

Prep Time: 23 minutes
Cook time: 7 minutes
Total Time: 30 minutes
Servings: 8 servings



Ingredients

- 1 can (4 ounces) chopped green chilies
- 4 teaspoons ground cumin
- 1 teaspoon chili powder
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 pounds lean ground beef
- $\frac{3}{4}$ pound Jones No Sugar Pork Sausage Roll sausage
- 8 slices Monterey Jack cheese
- 8 hamburger buns, split, toasted
- 8 lettuce leaves
- 1 large tomato, sliced
- 1–2 ripe avocados, peeled and sliced
- Mayonnaise or mustard, optional



Instructions:

1. In a large bowl, combine the first six ingredients. Crumble beef and sausage over mixture; mix well. Shape into eight patties.
2. Grill, covered, over medium heat for 5 minutes on each side or until a thermometer reads 160° and juices run clear. Top each burger with a cheese slice.
3. Grill 1–2 minutes longer or until cheese begins to melt. Serve on buns with the lettuce, tomato, avocado and mayonnaise or mustard if desired.

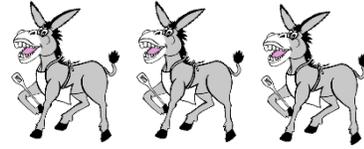
Stuffed Avocados

Prep Time: 20 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

Servings: 4



Ingredients

- 2 medium avocados
- 2 slices of bacon
- ½ cup grape tomatoes (halved)
- ½ cup Romaine lettuce (chopped)
- 1 teaspoon lime juice
- ¼ teaspoon garlic powder
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper

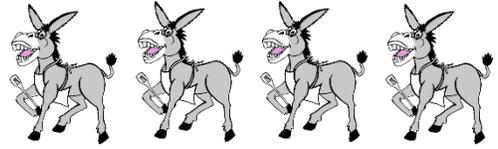


INSTRUCTIONS

1. Place bacon in a cold skillet. Cook the bacon over low or medium-low heat until the edges start to curl. Flip and continue cooking until golden and crispy. This process may take 5 minutes or maybe a little longer. Drain on paper towels (it will crisp up more as it cools).
2. Meanwhile, slice the avocados in half and remove the pits. Scoop half of the flesh out of each avocado half (leave half undisturbed) and transfer to a bowl.
3. Mash the avocado in the bowl. Stir in the grape tomatoes, lettuce, lime juice, garlic powder, sea salt, and black pepper (adjust seasonings to taste if needed).
4. When bacon slices are cool enough to handle, chop them up and add them to the bowl.
5. Scoop the mixture back into the avocado halves.
6. Serve immediately.

Turkey Ginger Lettuce Wraps

Prep Time 15 minutes
Cook Time 15 minutes
Total Time: 30 minutes
Servings: 4–5



Ingredients

- ½ cup finely chopped carrots
- ½ cup water
- 1 (20-ounce) package lean ground turkey
- 1 cup chopped shiitake mushrooms
- 1 (8-ounce) can water chestnuts, drained and chopped
- 3 garlic cloves, minced
- 2 tablespoons minced fresh ginger
- ⅓ cup teriyaki sauce
- 3 tablespoons creamy peanut butter
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- ¼ cup hoisin sauce
- ½ cup sliced green onions
- 1 head iceberg lettuce, separated into leaves
- Hoisin sauce (optional)

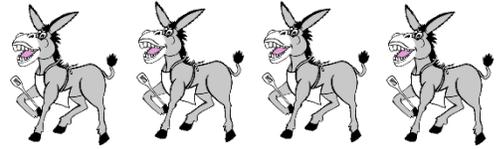


Instructions:

4. Cook carrots and ½ cup water in a large nonstick skillet over high heat, stirring occasionally for 3 to 5 minutes or until carrots are softened and water is evaporated. Remove from skillet
5. Reduce heat to medium. Cook turkey in skillet about 5 minutes, stirring until turkey crumbles and is no longer pink. Add carrots, mushrooms, and next 8 ingredients. Increase heat to medium-high, and cook, stirring constantly, 4 minutes. Add green onions, and cook, stirring constantly, 1 minute. Spoon mixture evenly onto lettuce leaves; roll up. Serve with hoisin sauce, if desired.

Turkey Taco Burrito Bowls

Prep Time: 15 minutes
Cook Time: 20 minutes
Total Time: 35 minutes
Servings: 8



Ingredients

- 1¼ pounds ground turkey
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon onion powder
- ¼ teaspoon oregano
- ¼ teaspoon paprika
- ¼ cup all-purpose flour
- 1 14.5 ounce can beef broth
- 1 8 ounce can tomato sauce
- 1 15 ounce can black beans drained & rinsed
- 1 cup frozen corn
- Cooked rice
- Taco toppings; shredded lettuce, pico de gallo, salsa, avocado, olives, lime, shredded cheese, etc.

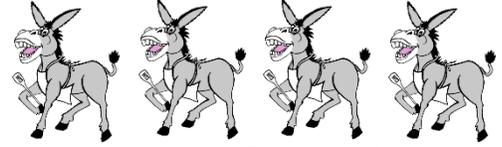


Instructions:

1. In a large nonstick skillet, over medium high heat, cook the ground turkey with the salt & pepper until cooked through and no longer pink, breaking the meat into small pieces as it cooks. Drain.
2. Add the cumin, garlic powder, chili powder, onion powder, oregano, paprika, and flour. Stir the mixture constantly for 1 minute while it cooks. It will be crumbly (that's ok).
3. Slowly add the beef broth, a little bit at a time, while whisking to let it thicken up. Add in tomato sauce and stir to combine.
4. Bring to a boil. Once boiling add the black beans and corn.
5. Turn heat to medium and let simmer for 15-20 minutes or until thickened.
6. Serve with rice and taco toppings for delicious burrito bowls.

Warm Cabbage-Apple Slaw

Prep Time: 20 minutes
Cook Time: 15 minutes
Total Time: 35 minutes
Servings: 4 servings



Ingredients

- 2 slices lower-sodium, less-fat bacon, chopped
- 4 cups coarsely shredded red cabbage
- 1½ cups thinly sliced apple
- 1 pound Gala Apples
- ¼ cup chopped onion
- 2 tablespoons cider vinegar
- 2 tablespoons chopped fresh Italian parsley

Preparation

1. Cook bacon in a 10-inch nonstick skillet over medium heat until crisp. Drain on paper towels, reserving drippings in the pan.
2. Add cabbage, apple, and onion to the reserved drippings. Cook over medium heat, stirring occasionally, just until the cabbage and apple are tender, 6 to 8 minutes. Stir in vinegar and the reserved bacon; toss to coat. Sprinkle with parsley and serve warm.



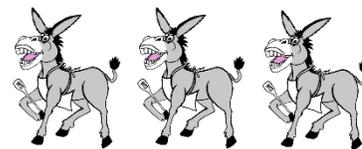
Watermelon Caprese Salad

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 20 minutes

Servings: 6



Ingredients

- 12 slices watermelon cut into rounds or squares approximately 3 inches wide and ½ inch thick
- ½ cup balsamic vinegar
- 2 tablespoons honey
- ½ pound fresh mozzarella cheese, cut into 12 slices
- dash salt and pepper
- ¼ cup fresh basil leaves, loosely chopped
- 2 tablespoons extra virgin olive oil
- basil (for garnish)

Instructions:

1. Place the watermelon slices on paper towels and cover with additional paper towels to absorb some of the excess fluid.
2. In a small saucepan over medium heat, add the vinegar and honey. Stir to blend, bring to a simmer and reduce heat. Stirring occasionally until the mixture has reduced by almost half. (Do not let reduce to far or to froth). Set aside to cool slightly.
3. On a large platter, place the watermelon slices and top each with a slice of cheese. Salt and pepper, then sprinkle the basil leaves evenly over the top. Drizzle with the olive oil followed by the reduced balsamic vinegar. Garnish with basil.



(Notes)

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Chapter 4: Dessert

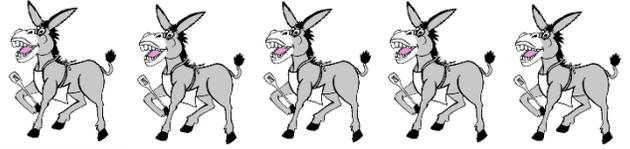
Apple Skillet Brownies

Prep Time: 20 minutes

Cook Time: 40 minutes

Total Time: 1 hour 20 minutes

Servings: 6



Ingredients

- 1 cup all-purpose flour
- ½ cup white sugar
- ½ cup brown sugar
- ¼ teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon ground cloves
- 2 eggs, lightly beaten
- 1 teaspoon vanilla extract
- ½ cup melted butter
- 2 cups apples - peeled, cored and chopped
- ½ cup chopped pecans
- 1 tablespoon butter

Instructions

1. Preheat an oven to 350
2. Place an 8- or 9-inch cast iron skillet into oven to preheat.
3. Whisk together the flour, white sugar, brown sugar, salt, cinnamon, nutmeg, and cloves in a bowl; set aside.
4. Beat together the eggs, vanilla, and melted butter in a mixing bowl.
5. Toss the apples and pecans in the flour mixture, then stir into the egg mixture until combined.
6. Melt 1 tablespoon of butter in the preheated skillet, swirling to coat the pan.
7. Pour the batter into the hot pan, and replace into the oven.
8. Bake until the sides are dry and a toothpick inserted into the center of the brownie comes out clean, about 40 minutes.
9. Cool in the skillet 20 minutes before removing and slicing.



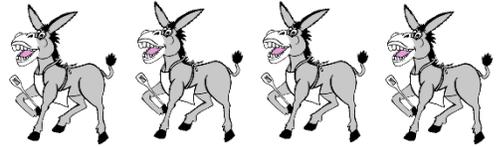
Apple Spice Cake

Prep Time: 20 minutes

Cook Time: 1 hour

Total Time: 1 hour 30 minutes

Servings: 14



Ingredients

- 2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground allspice
- ½ teaspoon salt
- 1 cup butter, softened
- 2 cups white sugar
- 4 eggs
- 1 teaspoon baking soda
- 1 tablespoon warm water
- 1 teaspoon vanilla extract
- 3 apples - peeled, cored and chopped
- ½ cup raisins
- ¼ cup confectioners' sugar for dusting

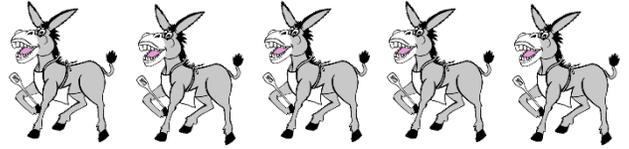


Instructions:

1. Preheat oven to 350°F. Butter a 10-inch tube pan. Cover raisins with warm water, let soak for 10 minutes and then drain. Whisk together flour, spices, and salt. Set aside.
2. Cream together butter or margarine and sugar. Mix in eggs and vanilla. Stir together baking soda and 1 tablespoon warm water, and mix into the sugar mixture. Stir in flour mixture, apples, and drained raisins until well blended. Pour batter into prepared pan.
3. Bake for approximately 1 hour, or until a tester comes out clean. Cool in pan. Once cool, shake pan to loosen cake. Turn onto plate, and dust with confectioners' sugar.

Best Healthier Brownies

Prep Time 10 minutes
Cook Time 30 minutes
Total Time 40 minutes
Servings: 12 bars



Ingredients

Brownies:

- 1 and ½ cups dark chocolate chips separated, I use 53% cacao
- ¼ cup + 2 tablespoons coconut oil LouAna brand recommended
- 1 cup vanilla Greek yogurt
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ cup coconut sugar brown sugar can be substituted
- ¾ cup oat flour just blend regular oats in your blender

Optional Frosting:

- ½ cup dark chocolate chips
- 2 tablespoons unsweetened vanilla almond milk or whatever milk you have on hand
- 2 tablespoons vanilla Greek yogurt
- ¾-1¼ cups powdered sugar

Instructions:

1. Preheat the oven to 350°F. Line an 8x8 pan with foil or parchment paper and then spray with nonstick spray (we use a coconut oil-based spray).
2. In a bowl place 1 cup of chocolate chips or chopped and measured dark chocolate.
3. Microwave the coconut oil and measure the coconut oil in its melted, hot state.
4. Pour the hot melted coconut oil over the dark chocolate and stir the chocolate until it is completely melted.
5. Add in the Greek yogurt. Make sure the Greek yogurt is quite thick (check the notes) and not watery. If needed drab it with a paper towel after stirring and measuring it.
6. Stir in the vanilla, salt, baking soda, and coconut sugar.
7. In a blender or food processor put in quick oats or old fashioned oats. Blend or process until the oats resemble flour. Measure the oat flour after blending and not before.
8. Stir oat flour into the Greek yogurt mixture. Stir in the remaining ½ cup chocolate chips.
9. Spread the mixture (it is very thick) into the prepared 8 x 8 pan. Bake in the preheated oven for 28-32 minutes or until a fork comes out clean when inserted.
10. Do not over-bake. Slightly under-baking is better and will yield a better taste and texture.

11. Remove from the oven and allow to cool completely.

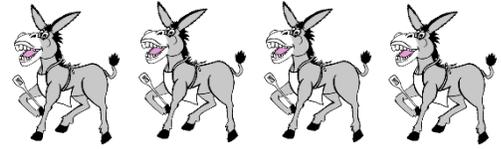
Optional frosting:

1. In a microwave safe bowl combine the chocolate chips and milk. Microwave in bursts of 15 seconds, stirring for 15 seconds in between each burst until the chocolate is completely melted.
2. Stir in the Greek yogurt and then whisk in the powdered sugar.
3. Start with $\frac{3}{4}$ a cup and add as needed. Note that the frosting thickens up a lot after being refrigerated.
4. Refrigerate the frosting (covered in an airtight container) for at least 30 minutes.
5. Cover the brownies with the frosting.
6. Remove the brownies using the overhang of the parchment paper or foil. Cut into pieces and enjoy.



Cherry Cobbler in the Microwave

Prep Time: 5 minutes
Cook Time: 2 minutes
Total Time: 7 minutes
Servings: 1



Ingredients

- 12-18 pitted cherries
- 1 tablespoon flour
- 1 tablespoon quick oats
- 1 teaspoon butter, cubed
- 1 teaspoon brown sugar packed (optional)
- 1 teaspoon vanilla extract

Instructions

1. Arrange cherries in a microwave safe coffee mug, leaving at least $\frac{1}{2}$ inch of empty space at top of mug.
2. Top with remaining ingredients.
3. Cover with a paper towel.
4. Microwave for 2 minutes.
5. Stir and enjoy!



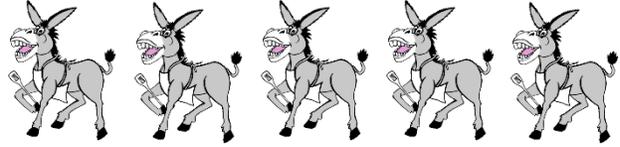
Chocolate and Peppermint Cookies

Prep Time: 20 minutes

Cook Time: 12 minutes

Total Time: 30 minutes

Servings: 36



Ingredients

- 1¼ cups granulated sugar
- ½ cup brown sugar
- ½ cup unsalted butter, softened
- 1 teaspoon vanilla extract
- 1 large egg
- ounces (about 1¾ cups) all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon peppermint extract
- 1½ ounces crushed hard peppermint candies (such as Starlight)
- ½ cup semisweet chocolate chips
- Parchment paper

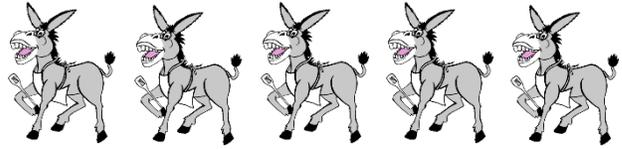


Instructions

1. Preheat oven to 350°F. Combine granulated sugar, brown sugar, butter, and vanilla in a large bowl; beat with a mixer at medium speed until fluffy. Add egg; beat just until blended. Beat in flour, baking soda, and salt.
2. Beat peppermint extract into cookie dough at medium speed. Stir in crushed peppermint candies and chocolate chips. Drop dough by tablespoonfuls 2 inches apart on parchment paper-lined baking sheets. Bake 10 to 12 minutes or until lightly browned.

Chocolate Fudge Crinkle Cookies

Prep Time 20 minutes
Cook Time 10 minutes
Total Time 30 minutes
Servings: 20



Ingredients

- Nonstick vegetable oil spray
- 1½ cups bittersweet chocolate chips about 9 ounces, divided
- 3 large egg whites room temperature
- 2 cups powdered sugar divided
- ½ cup unsweetened cocoa powder
- 1 tablespoon cornstarch
- ¼ teaspoon salt

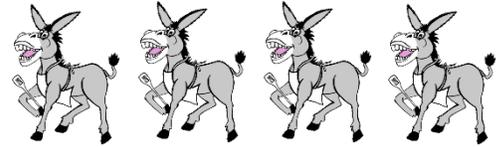
Instructions

1. Preheat oven to 350°F. Spray 2 large baking sheets with nonstick spray.
2. Place 1 cup of chocolate chips in a microwavable bowl. Microwave for 45 seconds, stir. Heat in 15 second increments, stirring in between, until the chocolate is completely smooth. Let cool for about 10 minutes.
3. Using electric mixer, beat whites in large bowl to soft peaks. Gradually beat in ½ cup powdered sugar. Continue beating until mixture resembles soft marshmallow creme.
4. Whisk 1 cup powdered sugar, cocoa, cornstarch, and salt in separate bowl. On low speed, beat the dry ingredients into the egg white meringue. Once it is fully incorporated, add the lukewarm chocolate and ½ cup chocolate chips. Dough will become very stiff. If your dough seems loose at all, we recommend refrigerating the dough for at least a half hour to help it firm up before rolling into balls.
5. Place ½ cup powdered sugar in bowl. Roll 1 rounded tablespoon of dough into a ball and roll in powdered sugar. Place on baking prepared sheet. Repeat with remaining dough, spacing the cookies 2 inches apart.
6. Bake until puffed and tops crack, about 10 minutes. Cool on the baking sheets for 10 minutes before transferring to a cooling rack to cool completely.



Five-Spice Cookies

Prep Time: 20 Minutes
Active Time: 12 Minutes
Total Time: 1 Hour
Servings: 25



Ingredients

- 7 ounces whole-wheat pastry flour (about 2 cups)
- 1½ teaspoons five-spice powder
- ½ teaspoon kosher salt
- ½ teaspoon baking soda
- ⅔ cup packed dark brown sugar
- ½ cup unsalted butter, softened
- 1 large egg
- ¼ cup coarse sparkling sugar or turbinado sugar

Instructions:

1. Preheat oven to 350°F. Whisk together flour, five-spice powder, salt, and baking soda in a medium bowl. Set aside.
2. Beat together brown sugar and butter in a large bowl with an electric mixer at medium speed until fluffy, about 2 minutes. Beat in egg. Add flour mixture, and beat at low speed just until combined.
3. Place sparkling sugar in a medium bowl. Roll dough into 25 balls (1 tablespoon each); roll in sugar to coat.
4. Arrange dough balls 2 inches apart on 2 baking sheets lined with parchment paper. Bake until set and starting to brown around edges, about 12 minutes. Cool on baking sheets set on a wire rack for 2 minutes. Transfer cookies directly to wire rack to cool completely. Store in an airtight container up to 3 days.



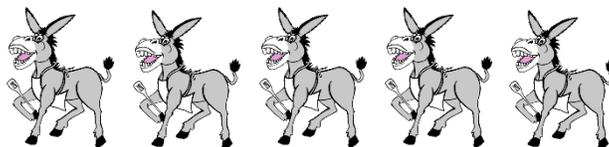
Frosted Chocolate Peppermint Cookies

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 1 hour

Servings: 32



Ingredients:

Cookies

- 2¼ cups Sarah's gluten free flour blend
- ¼ cup cocoa powder
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 1½ cups organic powdered sugar
- ½ cup dairy free chocolate chips, melted
- ¼ cup coconut oil, melted
- 6-7 tablespoons So Delicious unsweetened coconut milk
- 1 teaspoon pure vanilla extract
- ½ teaspoon pure peppermint extract

Instructions:

1. In medium bowl, sift together flour blend, cocoa powder, baking powder and salt. Set aside.
2. In large mixing bowl, mix together powdered sugar, melted chocolate chips, melted coconut oil, coconut milk, vanilla and peppermint extract. Beat until smooth.
3. Add the flour mixture. Stir until combined. Refrigerate dough for 30 minutes to one hour, just to chill.
4. Preheat oven to 350°F. Line baking sheets with parchment paper.
5. Roll tablespoon-scoops of cookie dough into balls, flatten with bottom of glass jar or fingers (cookies won't spread much).
6. Bake cookies for 8-9 minutes. Remove from oven and place on cooling rack to cool completely.
7. To make chocolate frosting, place chocolate chips and coffee creamer in microwave safe bowl. Microwave on low in 30 second intervals (stirring in-between).
8. Add powdered sugar, vanilla and peppermint extract. Whisk together until smooth and creamy. If frosting starts to get hard, just microwave on low for 15 seconds.
9. Frost cookies with frosting and sprinkle with crushed peppermint candies. Best served within 1-2 days (peppermint candies may become soft).

Frosting

- 1 cup dairy free chocolate chips
- 5 tablespoons So Delicious coconut milk coffee creamer
- 1¼ cups organic powdered sugar
- ½ teaspoon pure vanilla extract
- ½ teaspoon pure peppermint extract
- ¾ cup crushed peppermint candies/candy canes



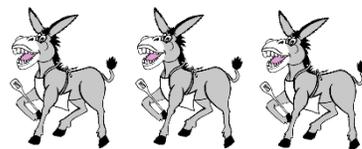
Gingerbread Cookies

Prep Time: 30 minutes

Cook Time: 10 minutes

Total Time: 3 hours

Servings: About 48



Ingredients:

Cookies

- 3 tablespoons unsalted butter, softened
- $\frac{3}{4}$ cup firmly packed brown sugar
- $\frac{1}{2}$ cup unsweetened applesauce
- 1 egg
- $\frac{1}{3}$ cup dark molasses
- 3 cups all-purpose flour, plus more for dusting
- 1 teaspoon baking soda
- 2 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon allspice
- $\frac{1}{4}$ teaspoon ground cloves

Icing:

- $1\frac{1}{2}$ tablespoon egg whites
- $\frac{1}{4}$ teaspoon fresh lemon juice
- 1 cup powdered sugar
- pinch of cream of tartar

Instructions:

Cookies:

1. In a large mixing bowl, beat the butter, sugar and applesauce until smooth.
2. Add the egg and molasses, mix well.
3. In another large bowl, combine flour, baking soda and spices.
4. Add to sugar and molasses mixture, stirring well.
5. Divide the dough into two flat balls; cover with plastic wrap and chill in the refrigerator for at least 2 hours.
6. Preheat oven to 350°F.
7. Generously dust the surface of your working area with flour before rolling out the dough.
8. Work with one ball of dough at a time, keep the other refrigerated while you do so.
9. Roll the dough out to $\frac{1}{4}$ or $\frac{1}{8}$ -inch thickness, sprinkle a little flour on top of the dough if it's a little sticky.
10. Cut the gingerbread with a cookie cutter shape of your choice.
11. Place cookies 1 or 2 inches apart on a silpat-lined baking sheet.
12. Bake 10-12 minutes.

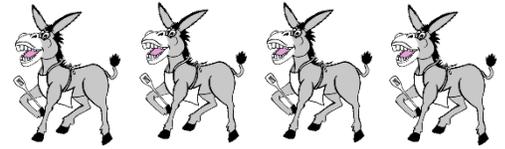
Icing:

1. Mix the egg whites with lemon juice.
2. Combine with powdered sugar, mixing well. If the icing is too thin, add more powdered sugar, if it's too thick add a drop of lemon juice.
3. Add to a piping bag to decorate cookies when cookies are cooled.
4. Depending on the size of your cookie cutter, makes about 48 cookies.



Healthy Pumpkin Pie Bars

Prep Time: 20 minutes
Cook Time: 40 minutes
Total Time: 1 Hour
Servings: 9



Ingredients

Crust

- 1½ cups almond flour, superfine
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 2 tablespoons coconut oil, melted
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt

Filling

- ½ cup coconut sugar
- 1 cup pumpkin puree
- 3 large eggs, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger

Whipped Cream Topping

- ½ cup heavy whipping cream
- 2 teaspoons maple syrup
- ½ teaspoon vanilla extract

Instructions:

1. Preheat the oven to 350°F and lay parchment paper in the bottom of an 8×8-inch cake pan. Spray parchment paper with cooking spray. Set aside.
2. Prepare the crust by mixing together all crust ingredients, forming a ball. Transfer dough into the greased pan and use your hands and/or a spatula to spread dough to the edges of the pan. The key is to make sure the crust is relatively the same thickness all around, so the spatula comes in handy especially for the edges.
3. Place crust in the oven and bake for 10 minutes.
4. While crust is baking, make the filling. Add coconut sugar and pumpkin puree to a large bowl. Mix until combined. Slowly add eggs to the pumpkin mixture. Then add the rest of the filling ingredients and mix well.
5. Remove crust from the oven and carefully pour pumpkin mixture over the crust. Place pan back into the oven and bake for 24-28 minutes.
6. Let pumpkin bars cool for at least an hour. When you are ready to remove bars from the cake pan, simply lift the parchment paper up out of the pan. The bars should easily come out of the pan. Place bars on a cutting board and cut into 9 squares.
7. For the whipped topping, add whipped cream ingredients to a large bowl. Using an electric mixer, whisk ingredients on high speed until stiff peaks form.
8. Add a healthy dollop of whipped cream onto each bar when ready to serve.

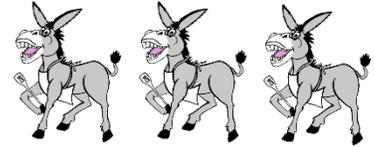
Lemony Yogurt Pound Cake

Prep Time: 15 minutes

Cook Time: 50 minutes

Total Time: 2 hour 5 minutes

Servings: 8



Ingredients

- Nonstick baking spray, for coating loaf pan
- 1½ cups white whole wheat flour
- 2 teaspoons baking powder
- ¼ teaspoon fine salt
- ¾ cup sugar
- Finely grated zest of 1 lemon
- ½ cup plain lowfat (2-percent) Greek yogurt
- ¼ cup lowfat (1-percent) milk
- ¼ cup extra-virgin olive oil
- ½ teaspoon pure vanilla extract
- 2 large egg whites
- 1 large egg



Instructions:

1. Preheat the oven to 350°F. Coat an 8½X4½-inch loaf pan with baking spray.
2. Whisk together the flour, baking powder and salt in a medium bowl. Put the sugar and lemon zest in another bowl and rub the lemon zest into the sugar with your fingers.
3. Add the yogurt, milk, olive oil, vanilla, egg whites and whole egg and vigorously whisk until well blended.
4. Add the flour mixture into the egg mixture and fold until just incorporated.
5. Transfer to the prepared pan. Bake until a cake tester inserted in the center comes out clean, about 50 minutes.
6. Cool in the pan on a wire rack for 5 minutes, and then unmold and cool to room temperature.

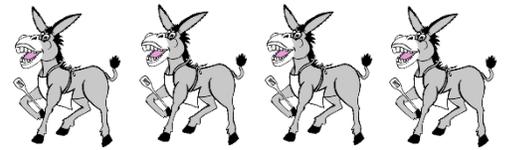
Marshmallow Popcorn Treats with Dark Chocolate Drizzle

Prep Time: 10minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Servings: 12



Ingredients:

- Cooking spray
- 1 (10-ounce) package miniature marshmallows
- 1 tablespoon unsalted butter
- ⅛ teaspoon kosher salt
- 10 cup salt- and oil-free popped popcorn (such as SmartPop)
- 1 ounce bittersweet chocolate, finely chopped

Instructions:

1. Coat an 8-inch square baking pan with cooking spray. Line with parchment paper, allowing paper to extend over edges of pan; coat paper with cooking spray.
2. Combine marshmallows, butter, and salt in a Dutch oven over medium heat. Cook mixture until melted and smooth, stirring constantly. Remove from heat. Stir in popcorn. Transfer mixture to pan, pressing with parchment paper coated with cooking spray.
3. Place chocolate in a microwave-safe bowl. Microwave at HIGH 1 minute; stir until smooth. Drizzle chocolate over popcorn mixture. Refrigerate 10 minutes. Lift mixture from pan, and cut into 12 bars.



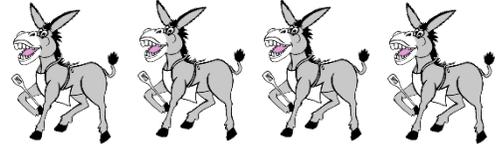
Mint Chocolate Ice Cream

Prep Time: 20 minutes (freeze ice cream make bowl 12-16 hours)

Cook Time: 30 minutes

Total Time: 50 minutes

Yields: 5 servings



Ingredients

- 1¼ cups 2% milk
- 1 cup plain nonfat Greek yogurt
- ½ cup unsweetened cocoa powder
- 1½ teaspoon vanilla crème stevia
- ¼ teaspoon mint extract
- ½ teaspoon xanthan gum
- ¼ teaspoon salt
- 1 cup fresh mint

Instructions

1. The night before you plan on making your ice cream, place the bowl of an electric ice cream maker in the freezer. Freeze for at least 12-16 hours.
2. In a sauce pan heat the milk and mint and allow the mint to steep for 30 minutes. Cool the milk.
3. Add all of the ingredients to a large bowl. Beat with an electric mixer for 1 minute or until very frothy.
4. Working quickly, remove the ice cream maker bowl from the freezer. Place it on the ice cream maker, attach the paddle and the lid, and turn it on. With the ice cream maker turning, pour in the milk mixture. Let the ice cream maker churn for 15-20 minutes or until the ice cream is frozen and has reached your desired consistency. For the best texture and taste, serve immediately.



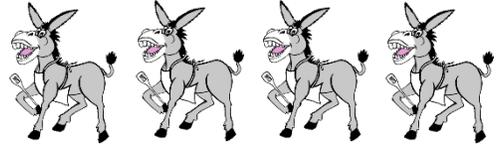
Molasses Crinkle Cookies

Prep Time 20 minutes

Cook Time: 12 minutes

Total Time 2 hours 30 minutes

Serving: 36



Ingredients

- 8.5-ounce all-purpose flour (about 2 cups)
- 4 ounces whole-wheat flour (about 1 cup)
- $\frac{3}{4}$ cup packed brown sugar
- 4 teaspoons ground ginger
- 1 tablespoon ground cinnamon
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{3}{4}$ cup unsalted butter, softened
- $\frac{3}{4}$ cup molasses
- 1 tablespoon whole milk
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{4}$ cup powdered sugar

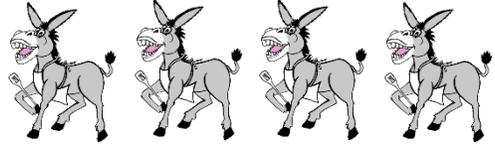


Instructions:

1. Place first 7 ingredients in the bowl of a stand mixer fitted with a whisk attachment; beat at medium speed until combined. Add butter; beat 2 minutes, scraping sides of bowl as needed. Add molasses and milk; beat just until combined. Divide dough into 2 portions; wrap each portion in plastic wrap. Chill 2 hours or until firm.
2. Preheat oven to 350°F.
3. Line 3 baking sheets with parchment paper. Shape dough into 36 balls (1 tablespoon each). Place granulated sugar in a small dish. Place powdered sugar in a small dish. Roll each ball in granulated sugar, then powdered sugar. Place 2 inches apart on baking sheets. Bake at 350°F for 12 minutes or until set but slightly soft in the center. Cool 5 minutes on wire racks before serving, or cool completely before packaging.

No-Bake Chocolate Peanut Butter Lentil Cookies

Prep Time: 10 minutes
Total Time: 10 minutes
Servings: 24 cookies



Ingredients

- ½ cup split red lentils dry
- 1 cup water
- ½ teaspoon vanilla
- ½ cup chocolate chips
- 1½ cups granulated sugar
- 5 tablespoon cocoa powder
- 3 tablespoon smooth peanut butter
- ⅓ cup milk
- 3 cups large flake oats
- 1 cup shredded coconut sweetened or unsweetened, according to your taste



Instructions:

1. Line two baking sheets with wax paper and set aside.
2. In a medium pot, combine lentils, water and vanilla. Bring to a boil over medium-high heat, and cook, stirring, for 10-15 minutes until liquid is absorbed and lentils are tender. Turn off heat.
3. Stir in the chocolate chips, sugar and cocoa powder and stir until totally combined. Add peanut butter and milk and stir until totally combined. Stir in oats and coconut.
4. Spoon onto prepared baking sheets using a tablespoon. Let set on the counter or in the fridge for 2-3 hours or until completely set. You can speed up the process in the freezer.
5. These freeze great and thaw quickly, but can also be stored in the refrigerator for a few days, if they last that long!

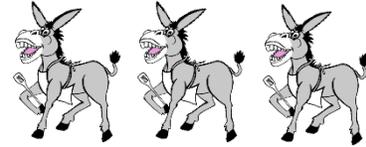
Orange Upside-Down Cake

Prep Time: 30 minutes

Cook Time: 50 minutes

Total Time 1 hour 45 minutes

Servings: Makes 1 cake



Ingredients

Caramel topping:

- 2 medium oranges
- $\frac{3}{4}$ cup sugar
- 4 $\frac{1}{2}$ tablespoons unsalted butter, cut into pieces, plus more for cake pan
- $\frac{1}{4}$ teaspoon salt

Cake:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup (1 stick) unsalted butter, at room temperature
- 1 cup sugar
- 3 large eggs, at room temperature
- 1 teaspoon pure vanilla extract
- 1 teaspoon grated orange zest
- 1 cup buttermilk, well shaken

Instructions:

Caramel Topping

1. Preheat the oven to 350°F.
2. Lightly butter a 10-inch round cake pan. Slice the oranges as thinly as you can (about $\frac{1}{8}$ to $\frac{1}{4}$ -inch thick), preferably using a mandoline and picking out seeds as you go; set aside.
3. Make sure you have all the ingredients for the caramel ready to go before you begin cooking it. In a medium pot, combine the sugar and 6 tablespoons water and place over medium-high heat.
4. Bring to a boil and cook, swirling the pan occasionally, until the mixture turns a medium-dark amber color, about 10 minutes.
5. Remove pot from heat and carefully stir in the butter and salt until incorporated.
6. Pour the caramel into the buttered cake pan.
7. Starting in the center of the pan, layer the orange slices on top of the caramel, overlapping a bit and working your way toward the outer edge (you may not need to use all the orange slices). Set pan aside.

Cake

1. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt; set aside.

2. In a separate large bowl, use an electric mixer to cream the butter and sugar until fluffy, about 3 minutes. Add the eggs one at a time, beating well after each addition, and then blend in the vanilla and orange zest.
3. Add the flour mixture in three parts, alternating with the buttermilk, beating just to combine.
4. Spoon the batter in dollops over the oranges in the cake pan, being careful not to move them around too much. Smooth the top of the batter with a wet offset spatula or the back of a spoon.
5. Bake until a toothpick inserted in the middle of the cake comes out clean, 35 to 40 minutes, rotating the pan halfway through.
6. With an offset spatula or a butter knife, loosen any parts of the cake that seem to be sticking to the side of the pan. Invert the cake onto a plate or platter while it's still hot. Let cool until warm or room temperature, then cut into wedges with a serrated knife to serve.



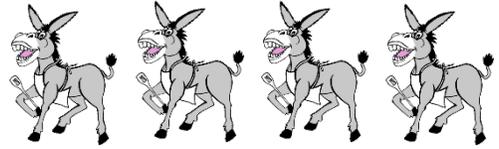
Peach Cobbler with Cinnamon-Swirl Biscuits

Prep Time: 30 minutes

Cook Time:

Total Time:

Servings: 6



Ingredients:

- 1 cup all-purpose flour
- 1 tablespoon brown sugar
- 1 ½ teaspoons baking powder
- ⅛ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup butter
- ⅓ cup milk
- ½ cup finely chopped walnuts
- 3 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 1 tablespoon butter, melted
- ⅔ cup packed brown sugar
- 4 teaspoons cornstarch
- ½ teaspoon finely shredded lemon peel
- 6 cups sliced, peeled peaches or 6 cups frozen unsweetened peach slices
- ⅔ cup water

Instructions:

1. Preheat the oven to 375°F.
2. For biscuits, in a medium bowl, combine flour, 1 tablespoon brown sugar, baking powder, baking soda, and ¼ teaspoon salt. With a pastry blender, cut in ¼ cup butter until the mixture resembles coarse crumbs. Make a well in center of flour mixture. Add milk all at once. Using a fork, stir just until dough forms a ball.
3. On a lightly floured surface, knead dough gently for 10 to 12 strokes. Roll or pat dough into a 12 x 6-inch rectangle. In a small bowl, combine walnuts, 3 tablespoons brown sugar, and cinnamon. Brush dough with the melted butter and sprinkle with nut mixture. Roll up in a spiral, starting from a short side. Pinch seam to seal. With a sharp knife, cut into six 1-inch-thick slices; set aside.
4. For peach filling, in a large saucepan, stir together ⅔ cup brown sugar, cornstarch, and lemon peel. Add peaches and water. Cook and stir until bubbly. Carefully pour hot filling into an ungreased 2-quart rectangular baking dish.

5. Arrange slices, cut side down, on hot filling. Bake in preheated oven about 25 minutes or until biscuit slices are golden. Cool slightly on a wire rack. Serve warm. Makes 6 servings.

Apple Cobbler:

Prepare cobbler as directed, except substitute 6 cups sliced, peeled cooking apples for the peaches and add 1 teaspoon apple pie spice to fruit filling.

Rhubarb Cobbler:

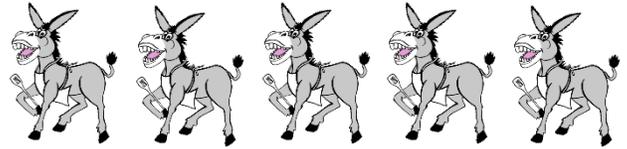
Prepare cobbler as directed, except substitute 6 cups sliced rhubarb for peaches and use 1¼ cups packed brown sugar in filling.



Peach Dump Cake

2019 Healthy Kids Cook-Off Winner!

Prep time: 1 minute
Cook time: 55 minutes
Total time: 56 minutes
Servings: 24 Servings



Ingredients

- 3 cans Sliced Peaches in Heavy Syrup
- 1 pkg. yellow or white cake mix
- ½ cup butter, melted
- Caramel sauce
- Vanilla ice cream



Instructions:

1. Preheat oven 350°F.
2. Using a 9x13 dish, dump 2 cans of peaches on the bottom. Drain the third can and pour the peaches in with the others.
3. Top the peaches with the dry cake mix, covering as much of the peaches surface that you can. Drizzle the melted butter all over the top.
4. Bake for about 55 minutes to an hour, or until the top is golden brown and the peaches are bubbly. Top with a scoop of vanilla ice cream and caramel sauce.



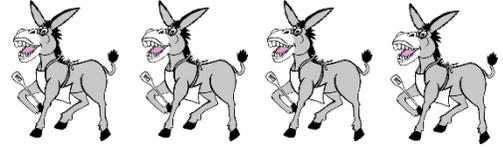
Peppermint Cheesecake Brownies

Prep Time: 20 minutes

Cook Time: 28 minutes

Total Time: 1 hour 45 minutes

Servings: 16



Ingredients

Brownie batter:

- 4½ ounces all-purpose flour (about 1 cup)
- ½ cup unsweetened cocoa
- ½ teaspoon salt
- 1½ cups packed brown sugar
- ¼ cup canola oil
- ¼ cup buttermilk
- 2 teaspoons vanilla extract
- 2 large egg whites
- 1 large egg
- Cooking spray

Cheesecake batter:

- 1 8-ounce block ⅓-less-fat cream cheese
- ⅓ cup granulated sugar
- ¼ teaspoon peppermint extract
- 1 large egg
- 1 large egg white
- 1 tablespoon all-purpose flour

Instructions:

1. Preheat oven to 350°F.
2. To prepare cheesecake batter, place cheese in a medium bowl; beat with a mixer at medium speed until smooth. Add granulated sugar and peppermint extract; beat well. Add 1 egg and 1 egg white; beat well. Add 1 tablespoon flour; beat mixture just until blended.
3. To prepare brownie batter, weigh or lightly spoon 5 ounces (about 1 cup) flour into a dry measuring cup; level with a knife. Combine 5 ounces flour, cocoa, and salt in a medium bowl, stirring with a whisk. Combine brown sugar, oil, buttermilk, vanilla, 2 egg whites, and 1 egg in a large bowl; beat with a mixer at medium-high speed until well blended. Add flour mixture to brown sugar mixture; beat at low speed just until blended.
4. Reserve ½ cup of brownie batter. Pour remaining batter into a 9-inch square baking pan coated with cooking spray. Carefully pour cheesecake batter over top; spread evenly to edges. Dot cheesecake batter with reserved brownie batter. Swirl top two layers of batters together using the tip of a knife. Bake for 26 minutes or until top is set. Cool completely in pan on a wire rack.



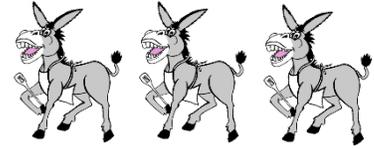
Sweet Potato Brownies

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 1 hour 30 minutes

Servings: 12-16



Ingredients

- 1 cup mashed sweet potato
- ½ cup smooth nut butter of choice (we used sunflower butter)
- 2 tablespoons pure maple syrup
- ¼ cup cocoa powder
- Handful of chocolate chips (optional)

Instructions

1. Preheat the oven the 350°F, grease a small cake pan or loaf pan and set aside.
2. In a small microwave-safe bowl or stovetop, melt your nut butter with your pure maple syrup. In a large mixing bowl, add the mashed sweet potato, nut butter, maple syrup and cocoa powder and mix very well. If using chocolate chips, stir them through.
3. Pour the mixture into the greased pan and bake for around 20 minutes or until cooked through. Remove from the oven and allow to cool completely before slicing into pieces.



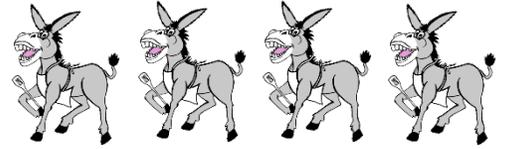
Ultimate Healthy Soft & Chewy Oatmeal Raisin Cookies

Prep Time: 20 minutes

Cook Time: 15 minutes

Total Time: 1 hour 30 minutes

Servings: 15



Ingredients

- 1 cup (100g) instant oats (measured correctly & gluten-free if necessary)
- $\frac{3}{4}$ cup (90g) whole wheat or gluten-free flour (measured correctly)
- $1\frac{1}{2}$ teaspoon baking powder
- $1\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt
- 2 tablespoon (28g) coconut oil or unsalted butter, melted and cooled slightly
- 1 large egg, room temperature
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup (120mL) honey or agave
- $\frac{1}{4}$ cup (40g) raisins

Instructions

1. Whisk together the oats, flour, baking powder, cinnamon, and salt in a medium bowl. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Stir in the agave. Add in the flour mixture, stirring just until incorporated. Fold in the raisins. Chill the cookie dough for 30 minutes.
2. Preheat the oven to 325°F, and line a baking sheet with parchment paper or a silicone baking mat.
3. Drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten slightly. Bake for 11-14 minutes. Cool on the pan for 10 minutes before transferring to a wire rack.



We hope you enjoy Mule Chow Vol. 2!



Thank you from the MSB Mules!