



**NEPHCURE®**  
Kidney International

# LOW-SODIUM COOKING FOR KIDNEY HEALTH

*Recipes and guidance to  
nurture your kidneys*

By NephCure Kidney International  
with Chef Sachet Walker

# Welcome!

NephCure is thrilled to be able to offer our Low-Sodium Cookbook to help guide you as you navigate your rare, protein-spilling kidney disease. Paying attention to what you eat and drink is an important part of managing your disease and your symptoms.

The recipes featured in this cookbook follow a low-sodium diet of between 1,500-2,300 mg per day. They were created for patients who suffer from rare, protein-spilling kidney disease who are not on dialysis and may require a more stringent renal diet. The information and recipes in this cookbook should be used as a guide. Each patient is different, as are their nutritional needs. Always consult your kidney doctor or renal dietitian to determine the best diet plan for you or your loved one's current condition. We hope you enjoy these dishes!

NephCure Kidney International & Chef Sachet Walker

## Acknowledgments

A HUGE thanks to Chef Sachet for taking time away from her family to provide delicious recipes for the NephCure community. It's not always easy to manage life when a chronic illness is impacting the family, but Chef Sachet does an amazing job of making lemonade out of lemons!



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# THANK YOU

to the following Corporate Partners for making this cookbook possible.

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# A Low-Sodium Diet

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Following a low-sodium diet can be a crucial step in controlling your disease process and symptoms. Most low-sodium diets consist of 1,500-2,300 mg of sodium per day. If a patient is spilling a lot of protein into their urine, their sodium restrictions may be even lower. Keep in mind that each patient's needs are different and it's important to check with your doctor to determine how much sodium you should be consuming in your daily diet.

## WHAT IS SODIUM?

Sodium is a mineral found in most foods that helps balance how much fluid your body keeps. It also helps regulate nerve impulses and muscle contractions. Too much sodium can be harmful for people with kidney disease because their kidneys cannot properly eliminate excess sodium and fluid from the body. As sodium and fluid build up in the tissues and bloodstream, it may cause:

- Increased thirst
- Swelling
- High blood pressure
- Heart disease
- Stroke

## LOW-SODIUM DIET TIPS

- Take time to plan ahead.
- Look for “no salt added” on food packaging. Some labels say “low-sodium” even when the food really isn't a low-sodium option. Also, food labels saying “50% less sodium” may still be high in sodium.
- Read food labels — sodium is always listed.
- Pay close attention to serving size.
- Use fresh meat, rather than packaged meats.
- Choose fresh fruits and vegetables or no salt added canned and frozen produce.
- Avoid processed foods.
- Compare brands and use items lowest in sodium.
- Use spices that do not have “salt” in their title (choose garlic powder, instead of garlic salt) or make your own.
- Cook at home and do not add salt.

## NUTRITION LABEL FACTS

**Serving Size** – The uppermost portion of the nutrition label contains the recommended amount of the food to consume in one sitting, as well as how many servings are in the entire package. The serving size is good for determining portion control. If you consume more than one serving, the nutrients increase. If you consume less than one serving, the nutrients decrease.

**Percent Daily Values (%DVs)** – These are the key regulators for nutrients such as phosphorus, sodium, and potassium. When monitoring these, it is important to keep in mind two basic facts of %DVs: any substance with 5% or less is low in that particular serving, while any substance with 20% or more is high. Percent Daily Values are for the entire day, not just for one snack or meal. This means one would add the %DVs from every source of food they ate throughout the day to calculate how much of one substance they consumed. You should contact your nutritionist/dietitian to see which foods are safe to eat, as well as what %DV numbers to look for on a nutrition label.

**Fat** – Total fat is broken down into saturated fat, unsaturated fat, trans fat, and monounsaturated fat. The two main types of fat to avoid are saturated and trans fat. These types have chemical structures that are not as easily broken down by the body as unsaturated fats are.

**Carbohydrates and Protein** – If you're told to limit your protein intake, carbs can provide the calories obtained by protein. Carbs are broken down into three major categories: sugars, starches, and fiber. Healthy sources of protein include low-fat milk, yogurt, cheese, beans, lean meat, poultry, and eggs. Check with your nutritionist/dietitian before making any changes to your diet.

**Ingredients** – Every ingredient that goes into a particular package of food is required to be listed. Ingredients are listed in decreasing order by weight, meaning the first ingredient is present the most while the last ingredient is present the least.





# Chef Sachet's Kidney-Friendly Seasonings

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**Low-sodium seasonings can be hard to find. Here are some seasoning blends to make at home that are shelf-stable and delicious!**

## **ALL PURPOSE POULTRY SEASONING:**

Equal parts onion powder, garlic powder, pepper, Italian seasoning (dried basil, thyme, rosemary).

## **CHILI SEASONING:**

Equal parts onion powder, garlic powder, pepper, cayenne, red chili powder, ground cumin, paprika, chili flakes.

## **VEGGIE BLEND SEASONING:**

Equal parts dried chives, dried onion, dried garlic, chili flakes, any dried herbs, dried citrus peel.

**Infused oils are another way to add great flavor and aromatic notes to anything you're cooking. Start with the infused oil trifecta!**

## **GARLIC OIL:**

6 garlic cloves chopped to 1 cup of olive oil.

In a small saucepan, bring the sliced garlic and oil to a boil, then turn the heat to low, and cook for 5 minutes, until the garlic is lightly browned. Turn off the heat and set aside. The garlic will continue to cook. Bottle once cooled. 30-day maximum shelf life.

## **BASIL OIL:**

2 cups packed sweet basil to 1 cup olive oil.

Bring a pot of water to a boil. Have a bowl of ice water ready. Blanch the basil leaves in the boiling water for about 10 seconds. Remove them quickly with a strainer and dunk in the ice water. Remove from the water and squeeze gently to remove the excess water.

Roughly chop the basil and put it in a blender. Add the oil; blend until the basil is puréed.

The mixture will be very frothy. Let the purée settle for about 30 minutes. Use immediately or refrigerate for up to a week. For the best flavor, let the oil come to room temperature before using.

## **CHILI OIL:**

½ cup of chili flakes to 1 cup vegetable oil.

Bring a pot of oil to a low simmer, add chili flakes, and let cook for 5 minutes while chilis sizzle. Turn off heat and let cook. Do not strain out chili flakes. Bottle once cooled. 30-day maximum shelf life.



# APPETIZERS

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## TASTY TIP

For a gluten-free option, substitute with 1½ cups gluten-free flour. Add ½ cup potato starch with 1 Tbsp. apple cider vinegar and 2 Tbsp. baking powder for a soft fluffy texture.

# Flatbread with Red Pepper Sauce



Prep Time:  
30 min



Cook Time:  
30 min



Servings:  
4

## Red Pepper Sauce

- 1 jar roasted red peppers, drained
- 2 serrano chilis, seeded and roasted
- 1 tsp. smoked paprika
- 1 tsp. cayenne pepper
- 4 cloves raw garlic
- 1 tsp. red wine or sherry vinegar
- 2 Tbsp. olive oil

Low sodium flatbread from the grocery store or see next recipe to make your own flatbread!

## Directions

1. Blend all ingredients into a smooth sauce and set aside.
2. Spread a Tbsp. on flatbread and add toppings or use as dipping sauce.
3. Refrigerate remaining sauce for up to 7 days.

## Toppings

- ¼ cup chopped mushrooms
- ¼ cup chopped bell pepper
- ¼ cup chopped red onion

### Nutrition Facts

Serving size: 1/4 cup

Servings: 4

Amount per serving:

Calories 80

% Daily Value\*

Total Fat	7.2g	9%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	110mg	5%
Total Carbs	4.6g	2%
Dietary Fiber	0.7g	3%
Total Sugars	2.1g	
Protein	0.7g	
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	0mg	2%
Potassium	113mg	2%

Appetizers



# Homemade Flatbread Recipe



Prep Time:  
45 min



Cook Time:  
15 min



Servings:  
4

## Ingredients

2 cups flour, + keep ¼ cup extra for dusting & adjusting dough

3 ½ Tbsp. unsalted butter softened

¾ cup water

## Toppings

1 Tbsp. italian seasoning, dried or fresh herbs

2 Tbsp. olive oil

Low sodium red pepper sauce or see previous recipe to make your own

## Directions

1. Preheat oven to 400 °F, then oil a sheet tray with olive oil.
2. Mix flour, butter, water and herbs together to make flatbread dough. Keep ¼ cup extra flour for dusting and rolling. Knead dough for 10 minutes until a solid ball is formed.
3. Let dough ball rest for 15 minutes before rolling and stretching onto sheet tray.
4. Coat flatbread dough in red pepper sauce, add chopped mushrooms, green peppers and onions.
5. Drizzle with olive oil and Italian seasoning then bake for 15-20 minutes until golden brown around the edges and crispy.
6. Let sit for 5 minutes then cut into squares and devour!

### Nutrition Facts

Serving size: 1 cup

Servings: 4

Amount per serving:

Calories 121

% Daily Value\*

Total Fat	7.3g	9%
Sat Fat	1.1g	5%
Cholesterol	0mg	0%
Sodium	220mg	10%
Total Carbs	13g	5%
Dietary Fiber	4.2g	15%
Total Sugars	6.4g	
Protein	3.5g	
Vitamin D	0mcg	0%
Calcium	43mg	3%
Iron	1mg	5%
Potassium	495mg	11%

Appetizers



## TASTY TIP

To make gluten-free, use gluten-free mayo for dipping sauce.

# Buffalo Cauliflower “Wings” with Homemade Ranch Dip



Prep Time:  
15 min



Cook Time:  
20 min



Servings:  
4

## Ingredients

- 1 medium cauliflower head
- 1 tsp. black pepper
- 1 Tbsp. garlic powder
- ½ cup sriracha sauce
- 1 Tbsp. onion powder
- 2 Tbsp. olive oil
- ½ Tbsp. cayenne pepper

## Directions

1. Preheat the oven to 400 °F and lightly oil a sheet pan with olive oil.
2. Wash and cut cauliflower into bite size pieces. Pat dry and set aside.
3. Mix seasonings with sriracha and 2 Tbsp. olive oil and toss over cauliflower until evenly coated.
4. Spread out on a sheet tray and bake for 20 minutes until crispy on the outside and tender on the inside.
5. Serve with ranch dip.

### Nutrition Facts

Serving size: 2 Tbsp.

Servings: 4

Amount per serving:

Calories 135

% Daily Value\*

Total Fat	7.4g	9%
Saturated Fat	1.1g	5%
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbs	16g	6%
Dietary Fiber	5.9g	21%
Total Sugars	7.5g	
Protein	4.8g	
Vitamin D	0mcg	0%
Calcium	57mg	4%
Iron	1mg	7%
Potassium	696mg	15%

Appetizers



## TASTY TIP

This recipe is vegetarian. To make gluten-free, use gluten-free mayo for dipping sauce. Most mayo brands are already gluten-free but it's always advisable to double check.



# Ranch Dip



Prep Time:  
5 min



Chill Time:  
30 min



Servings:  
4

## Ingredients

- 1 cup mayonnaise
- 1/2 cup sour cream
- 1/2 tsp. dried chives
- 1/2 tsp. dried parsley
- 1/2 tsp. dried dill weed
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. ground black pepper

## Directions

1. Mix all ingredients in a bowl and refrigerate for 30 minutes before consuming.

### Nutrition Facts

Serving size: 1/4 cup

Servings: 4

Amount per serving:

Calories 292

% Daily Value\*

Total Fat	25.7g	33%
Saturated Fat	6.6g	33%
Cholesterol	28mg	9%
Sodium	433mg	19%
Total Carbs	15.7g	6%
Dietary Fiber	0.1g	0%
Total Sugars	3.9g	
Protein	1.5g	
Vitamin D	0mcg	0%
Calcium	45mg	3%
Iron	0mg	1%
Potassium	57mg	1%

## TASTY TIP

To make gluten-free, use sunflower seed butter and quinoa flakes instead of rolled oats.



# DIY Protein Bars



Prep Time:  
10 min



Cook Time:  
10 min



Servings:  
4

## Ingredients

2½ cups rolled oats, toasted      ¼ cup sunflower butter  
½ cup almonds                              1 cup dried fruit  
½ cup flaxseeds                              ½ cup honey

## Directions

1. Toast the oats by placing rolled oats on a baking sheet in a 350 °F oven for 10 minutes or until golden brown.
2. In a mixing bowl, combine all ingredients together. Press the protein mix down into a lightly greased 9" x 9" pan. Wrap and refrigerate for at least one hour or overnight.
3. Cut protein bars into desired squares then serve. Protein bars last 7 days refrigerated and 30 days in the freezer.

### Nutrition Facts

Serving size: 1

Servings: 4

Amount per serving:

Calories 1200

% Daily Value\*

Total Fat	31.1g	40%
Saturated Fat	4.1g	21%
Cholesterol	0mg	0%
Sodium	19mg	1%
Total Carbs	199.3g	72%
Dietary Fiber	27.6g	98%
Total Sugars	45.4g	
Protein	36.3g	
Vitamin D	0mcg	0%
Calcium	167mg	13%
Iron	14mg	80%
Potassium	1011mg	22%



## TASTY TIP

Cook quinoa ahead of time or even the day before. Quinoa is great for planning ahead and can be stored in the fridge for 3 days. This recipe is vegan and gluten-free.

# Quinoa Salad Lettuce Wraps



Prep Time:  
15 min



Cook Time:  
30 min



Servings:  
4

## Ingredients

1 cup quinoa, rinsed (use quick cook quinoa in the box)

2 cups water

5 cherry tomatoes, diced

½ cup cucumbers, seeded and diced

3 green onions, chopped

¼ cup fresh mint, chopped

½ cup flat leaf parsley, chopped

2 Tbsp. fresh lemon juice

1 Tbsp. grated lemon rind (zest)

4 Tbsp. olive oil

¼ cup parmesan cheese, grated

½ head Boston or Bibb lettuce, separated into cups

## Directions

1. Rinse quinoa under cold running water until clear, then drain well.
2. Place quinoa in a pan over medium-high heat and toast for 2 minutes, stirring frequently. Add 2 cups of water and bring to a boil. Reduce heat to low, cover pan and simmer for 8–10 minutes. Let cook and fluff with a fork.
3. Combine the tomatoes, cucumbers and green onions with the herbs, lemon juice, zest and olive oil. Add the cooled quinoa to the mixture.
4. Spoon the mixture into lettuce cups, then sprinkle parmesan cheese on top.

### Nutrition Facts

Serving size: 1/2 cup

Servings: 4

Amount per serving:

Calories 413

% Daily Value\*

Total Fat	23.2g	30%
Saturated Fat	6.4g	32%
Cholesterol	20mg	7%
Sodium	285mg	12%
Total Carbs	38.2g	14%
Dietary Fiber	6.2g	22%
Total Sugars	5.2g	
Protein	17.3g	
Vitamin D	0mcg	0%
Calcium	323mg	25%
Iron	5mg	27%
Potassium	794mg	17%



## TASTY TIP

This recipe is vegan and gluten-free. It pairs well with vegan queso and quinoa chips.

# Roasted Tomatillo Salsa



Prep Time:  
15 min



Cook Time:  
30 min



Servings:  
1

## Ingredients

1 lb tomatillos (about 10)

¼ cup fresh squeezed lime juice

1 head garlic

1 bunch of cilantro

3 jalapenos

## Directions

1. Preheat oven to 425 °F.
2. Cut tomatillos in half. Oil baking sheet and spread tomatillos, garlic, and jalapenos on sheet. Toss vegetables gently to coat with oil.
3. Broil for 10-15 minutes until the tomatillos are turning brown. Remove from the oven.
4. Blend everything together in a food processor until smooth. Serve with corn chips or over enchiladas, tacos, or burritos.

### Nutrition Facts

Serving size: 1

Servings: 4

Amount per serving:

Calories 59

% Daily Value\*

Total Fat	1.3g	2%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbs	12g	4%
Dietary Fiber	2.8g	10%
Total Sugars	0.7g	
Protein	2g	
Vitamin D	0mcg	0%
Calcium	32mg	2%
Iron	1mg	6%
Potassium	391mg	8%

## TASTY TIP

Serve with tzatziki sauce or roasted red pepper dip. This recipe is gluten-free. To make vegan, substitute shrimp for whole button mushroom or cherry tomatoes.





# Shrimp & Cucumber Skewer



Prep Time:  
15 min



Cook Time:  
15 min



Servings:  
4

## Ingredients

½ cup lemon juice

¼ cup cilantro

1 tsp. onion powder

¾ tsp. cumin

¼ tsp. ground black pepper

1 lb cooked shrimp, deveined

1 cucumber (sliced, about ½ inch)

1 red bell pepper (cut into bite size pieces)

Skewers

## Directions

1. In a mixing bowl, combine lemon juice, cilantro, onion powder, cumin and black pepper.
2. Peel & devein shrimp, and marinate for 5 minutes. Preheat a saute pan on medium heat and saute until shrimp is cooked and pink, 3 mins on each side. Then place shrimp in fridge to chill.
3. Slice cucumber into ½ inch coins and cut bell pepper into bite size pieces. Season veggies.
4. Skewer marinated shrimp with red pepper and cucumber. Serve ASAP!

### Nutrition Facts

Serving size: 3 skewers

Servings: 4

Amount per serving:

Calories 167

% Daily Value\*

Total Fat	2.4g	3%
Saturated Fat	0.9g	4%
Cholesterol	239mg	80%
Sodium	287mg	12%
Total Carbs	8.1g	3%
Dietary Fiber	1g	4%
Total Sugars	3.6g	
Protein	27g	
Vitamin D	0mcg	0%
Calcium	126mg	10%
Iron	1mg	6%
Potassium	416mg	9%



# Baba Ganoush – Roasted Eggplant Dip with Veggies



Prep Time:  
20 min



Cook Time:  
40 min



Servings:  
4

## Ingredients

- 2 eggplants, peeled
- ¼ cup tahini
- ¼ cup lemon juice
- 3 garlic cloves
- ¼ tsp. ground cumin
- 2 Tbsp. chopped fresh parsley leaves
- 1 Tbsp. olive oil

## Directions

1. Heat oven to 375 °F. Roast eggplants until very soft, about 30-45 minutes. Cool for 10-15 minutes.
2. Mix tahini, lemon juice, garlic, cumin in a medium bowl. Split the roasted eggplants, drain excess liquid, scrape out the flesh, and add to the tahini mixture. (Discard excess liquid and skins).
3. Mash the roasted eggplant into the tahini mixture with a fork until somewhat smooth with some texture remaining. Cool to room temperature then stir in parsley and drizzle the top with olive oil. Store in an airtight container and refrigerate for up to 5 days. Serve with carrots, celery, pita chips or sliced cucumber.

### Nutrition Facts

Servings: 4

Amount per serving:

Calories 165

% Daily Value\*

Total Fat	9.8g	13%
Saturated Fat	1.4g	7%
Cholesterol	0mg	0%
Sodium	27mg	1%
Total Carbs	17.9g	7%
Dietary Fiber	9.7g	35%
Total Sugars	7.3g	
Protein	5.1g	
Vitamin D	0mcg	0%
Calcium	93mg	7%
Iron	2mg	12%
Potassium	627mg	13%

Appetizers

## TASTY TIP

To make gluten-free, use gluten-free croutons. To make vegan, use maple syrup or agave nectar instead of honey.



# Fruit Salad with Honey Dijon Dressing



Prep Time:  
10 min



Cook Time:  
0 min



Servings:  
2

## Ingredients

- 1 head green leaf lettuce, chopped
- 2 Tbsp. honey
- 1 Tbsp. Dijon mustard
- ½ Tbsp. black pepper
- ¼ cup cider vinegar
- ½ cup olive oil
- ¼ cup shaved almonds
- ½ cup crushed croutons
- 1 medium blood orange, segmented
- 1 medium apple, sliced
- ⅓ cup blackberries
- 1 Tbsp. poppy seeds

## Directions

1. Wash, dry and chop green leaf lettuce.
2. In a separate mixing bowl mix honey, mustard, pepper and vinegar in a blender.
3. Slowly pour in olive oil, whisking constantly to make vinaigrette. Blend well until dressing thickens.
4. Wash and cut fruit, then toss in a bowl with lettuce. Toss in slivered almonds and croutons. Sprinkle poppy seeds over salad.
5. Pour over dressing and serve immediately.

### Nutrition Facts

Serving Size: 1

Servings: 2

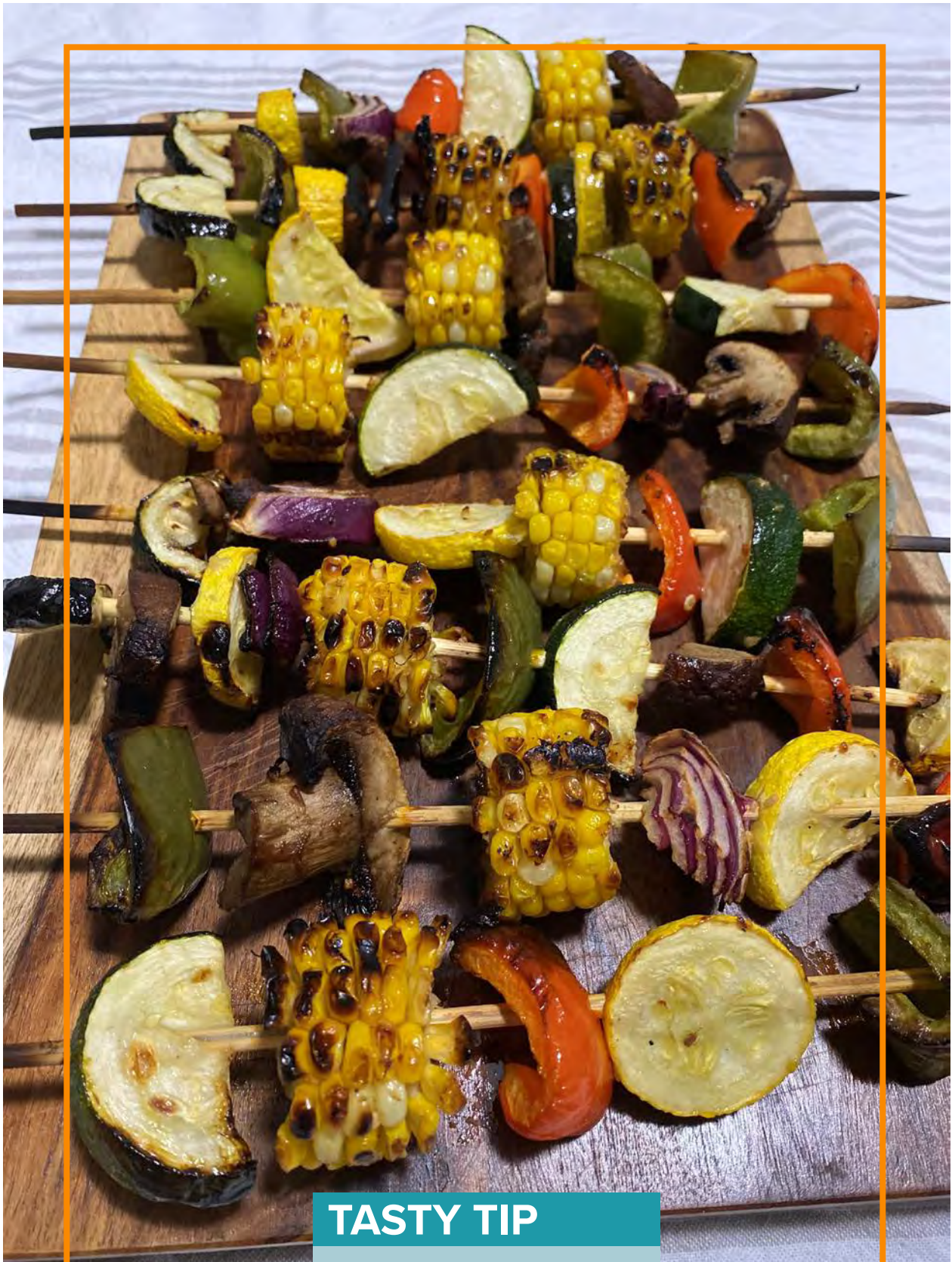
Amount per serving:

Calories 802

% Daily Value\*

Total Fat	63.1g	81%
Saturated Fat	8.3g	41%
Cholesterol	0mg	0%
Sodium	155mg	7%
Total Carbs	62.3g	23%
Dietary Fiber	10.8g	39%
Total Sugars	41.9g	
Protein	8.3g	
Vitamin D	0mcg	0%
Calcium	177mg	14%
Iron	7mg	41%
Potassium	786mg	17%

Appetizers



## TASTY TIP

This recipe is vegan and gluten-free. Add grilled chicken to skewers if you're a meat eater.

# Grilled Vegetable Kabobs



Prep Time:  
15 min



Cook Time:  
35 min



Servings:  
20-25

## Ingredients

- 3 medium zucchinis
- 3 medium yellow squash
- 3 red or green bell peppers, seeded
- 1 medium red onion
- 1 lb baby portobellos
- 2 medium ears sweet corn
- Nonstick cooking spray
- Grilled vegetable sauce (see next recipe)
- Skewers

## Directions

1. Rinse all the vegetables. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Cut mushrooms in half. Combine the cut vegetables and mushrooms in a bowl.
2. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
3. In a small bowl, mix the vinegar, mustard, garlic, sage and olive oil for the sauce.
4. Toss the vegetables in the sauce and thread vegetables onto 8 skewers (if you use wooden skewers, soak them in water for 30 minutes before using).
5. Before starting the grill, spray it with nonstick cooking spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
6. Grill for 35 minutes or until tender.

### Nutrition Facts

*Serving Size:* 2 skewers

*Servings:* 20-25

*Amount per serving:*

Calories 142

% Daily Value\*

Total Fat	2.5g	3%
Saturated Fat	0.9g	4%
Cholesterol	3mg	1%
Sodium	33mg	1%
Total Carbs	29.8g	11%
Dietary Fiber	3.5g	13%
Total Sugars	8.4g	
Protein	6.1g	
Vitamin D	63mcg	315%
Calcium	37mg	3%
Iron	4mg	23%
Potassium	917mg	20%

Appetizers

## TASTY TIP

This recipe is vegan and gluten-free.





# Grilled Vegetable Sauce



Prep Time:  
5 min



Cook Time:  
0 min



Servings:  
4

## Ingredients

¼ cup balsamic vinegar

2 Tbsp. mustard

1 tsp. ground sage

¼ cup olive oil

5 cloves of garlic, minced

## Directions

1. Mix all ingredients and baste skewers.

### Nutrition Facts

*Serving Size: 1*

*Servings: 4*

*Amount per serving:*

Calories 145

% Daily Value\*

Total Fat	14.3g	18%
Saturated Fat	1.9g	10%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbs	3.6g	1%
Dietary Fiber	1.1g	4%
Total Sugars	0.5g	
Protein	1.7g	
Vitamin D	0mcg	0%
Calcium	45mg	3%
Iron	1mg	4%
Potassium	70mg	1%



## TASTY TIP

This recipe is vegan. To make gluten-free, remove wonton chips and substitute for gluten-free rice crackers.

# Wonton Asian Salad



Prep Time:  
10 min



Cook Time:  
10 min



Servings:  
4

## Ingredients

- ¼ cup olive oil
- 12 wontons wraps (cut into strips)
- 1 head romaine lettuce (shredded)
- 2.5 ounces purple cabbage (shredded)
- 3 green onions (thinly sliced)
- 1 carrot (julienne sliced)
- 1 Tbsp. chopped cilantro (minced)
- 2 red peppers (seeds removed, and thinly sized)
- ½ head broccoli (cut into bite-sized pieces)
- 2 Tbsp. sesame oil
- 1 Tbsp. low sodium soy sauce
- ¼ cup rice vinegar
- ½ tsp. honey
- black pepper
- cayenne pepper

## Directions

1. In a saute pan, add 1 Tbs. of olive oil and fry sliced wonton strips for 2 minutes until crispy. Set aside to cool.
2. Rinse, dry and slice all veggies.
3. Add remaining olive oil, rice vinegar, sesame oil, soy sauce, honey, pepper and cayenne to make vinaigrette.
4. Combine all ingredients.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 253

% Daily Value\*

Total Fat	20.2g	26%
Saturated Fat	2.8g	14%
Cholesterol	0mg	0%
Sodium	203mg	9%
Total Carbs	15.7g	6%
Dietary Fiber	4.8g	17%
Total Sugars	6.1g	
Protein	4.3g	
Vitamin D	0mcg	0%
Calcium	71mg	5%
Iron	4mg	20%
Potassium	622mg	13%

Appetizers

# BREAKFAST

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## TASTY TIP

To make the next recipe gluten free and vegan, substitute the ingredients listed below.

1 ½ cups brown rice flour

1 ½ cups almond flour

1 ½ cups oat flour)

¾ cup potato starch

2 ½ Tbsp. baking powder

3 Tbsp. flaxseed meal (ground flax seeds)

⅓ cup coconut sugar (or sub organic cane sugar)

1 tsp. sea salt



# Cinnamon Buttermilk Pancakes



Prep Time:  
10 min



Cook Time:  
10 min



Servings:  
8

## Ingredients

- 3 cups all-purpose flour
- 1 tsp.s baking soda
- 2 Tbsp. sugar
- ¼ tsp. cinnamon
- 3 cups low-fat buttermilk
- 2 large eggs
- ¼ cup vegetable oil & extra vegetable oil or butter (for cooking)
- 1 tsp. vanilla extract

## Directions

1. Warm up a skillet on medium heat.
2. Combine flour, baking soda, sugar, and cinnamon in a large bowl. In a separate bowl, combine buttermilk, eggs, vegetable oil, and vanilla.
3. Add dry ingredients to buttermilk, oil and egg mixture. Use a whisk or spoon to blend the dry ingredients until they are completely moist, batter will be lumpy. LUMPS ARE GOOD!
4. Use a Tbsp. of oil to grease the skillet. Use a small scooper or large spoon to scoop the pancake mixture on the skillet. Leave about 2” between the pancakes for easy flipping.
5. Flip pancakes using a spatula—do this when the bubbles on the top of the pancakes have mostly disappeared.
6. Serve with jam, butter, syrup or eggs.

### Nutrition Facts

Serving Size: 1

Servings: 8

Amount per serving:

Calories 289

% Daily Value\*

Total Fat	8.3g	11%
Saturated Fat	4.6g	23%
Cholesterol	65mg	22%
Sodium	315mg	14%
Total Carbs	43.4g	16%
Dietary Fiber	1.3g	5%
Total Sugars	7.7g	
Protein	9.5g	
Vitamin D	8mcg	42%
Calcium	123mg	9%
Iron	2mg	14%
Potassium	208mg	4%

Breakfast



## TASTY TIP

To make the next recipe gluten free and vegan, substitute the ingredients listed below.

2 cups gluten-free oat flour – if using homemade oat flour, make sure it's very finely ground (not coarse)

$\frac{3}{4}$  tsp. baking soda

$\frac{1}{2}$  tsp. baking powder

$\frac{1}{4}$  tsp. salt

$\frac{1}{2}$  cup + 2 Tbsp. non-dairy milk

1 Tbsp. fresh lemon juice

3 Tbsp. melted coconut oil

$\frac{1}{4}$  cup coconut sugar

$\frac{1}{4}$  cup pure maple syrup

1 tsp. pure vanilla extract

$1\frac{1}{2}$  cups fresh blueberries

# Blueberry Muffins



Prep Time:  
20 min



Cook Time:  
25 min



Servings:  
12

## Ingredients

- ½ cup unsalted butter
- 1 ¼ cups sugar
- 2 eggs
- 2 cups all-purpose flour
- 2 tsp.s baking powder
- ½ tsp. salt
- 2 cups milk
- 2 ½ cups fresh blueberries
- 2 tsp.s coarse sugar for topping

## Directions

1. Preheat oven to 375 °F.
2. Cream butter and sugar until creamy and fluffy, about 5 minutes.
3. Add eggs one at a time and mix until blended.
4. Sift dry ingredients and add a little at a time, pouring some milk in after adding dry ingredients. Toss the blueberries in 1 Tbsp.. of flour to prevent sinking.
5. Mash ½ cup blueberries and stir in by hand. Then add remaining blueberries and stir in by hand.
6. Spray muffin cups and the surface of the pan with vegetable oil. Place muffin cups in tin.
7. Fill muffin tin ¾ of the way up. Sprinkle sugar over muffin tops.
8. Bake at 375 °F for 25–30 minutes. Cool in pan for at least 30 minutes before carefully removing.

### Nutrition Facts

Serving Size: 1

Servings: 12

Amount per serving:

Calories 271

% Daily Value\*

Total Fat	9.5g	12%
Saturated Fat	5.6g	28%
Cholesterol	51mg	17%
Sodium	182mg	8%
Total Carbs	43.6g	16%
Dietary Fiber	1.3g	5%
Total Sugars	25.8g	
Protein	4.7g	
Vitamin D	8mcg	40%
Calcium	94mg	7%
Iron	2mg	9%
Potassium	165mg	4%

Breakfast





## TASTY TIP

For a gluten-free option, use gluten-free bread or rice flour challah bread. To make vegan, use dairy-free milk, margarine instead of butter, and omit the eggs.

# Baked French Toast Casserole



Prep Time:  
15 min



Cook Time:  
1 hour



Servings:  
8

## Ingredients

4 slices of Italian bread, sliced 1/2" thick

4 cups milk or non-dairy substitute like non-enriched rice milk

4 eggs or egg substitute

1/2 cup sugar

4 Tbsp. unsalted margarine, melted

1 tsp. almond extract

1 tsp. cinnamon

Powdered sugar or non-calorie sweetener, optional

## Directions

1. Coat bottom and sides of a 9" x 13" baking pan with margarine or nonstick cooking spray.
2. Preheat the oven to 350 °F.
3. Arrange slices of bread in a layer on the bottom of the pan.
4. Beat milk or milk substitute, eggs or egg substitute, melted margarine, sugar, almond extract and cinnamon together in a bowl and pour over bread slices.
5. Cover the pan with plastic wrap and refrigerate overnight.
6. Place the pan in the oven and bake for 40 to 50 minutes, until a knife inserted into the center comes out clean.
7. Serve warm.
8. Sprinkle with powdered sugar or non-calorie sweetener, if desired.

### Nutrition Facts

Serving Size: 1

Servings: 8

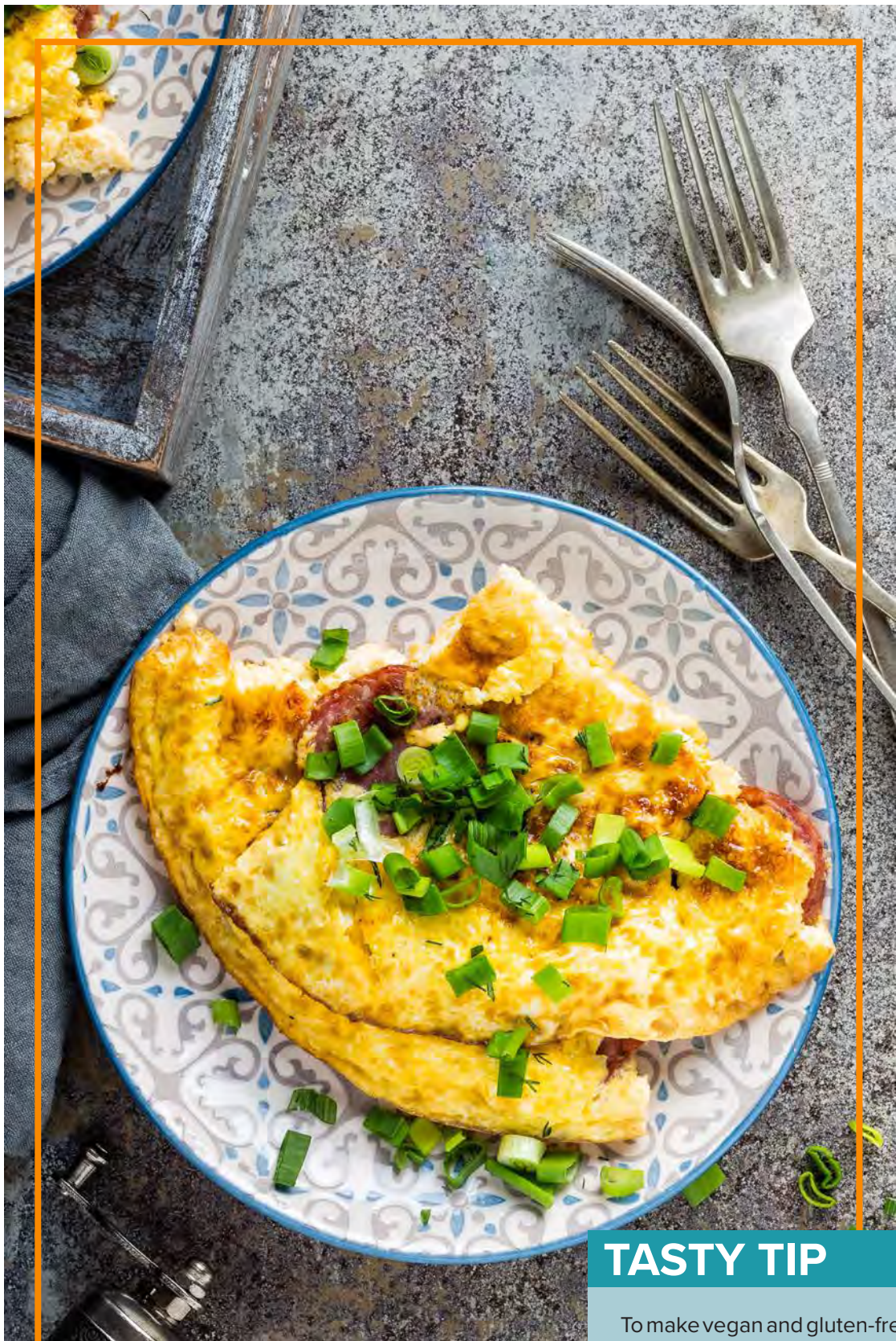
Amount per serving:

Calories 207

% Daily Value\*

Total Fat	10.5g	13%
Saturated Fat	3.1g	16%
Cholesterol	92mg	31%
Sodium	186mg	8%
Total Carbs	21.9g	8%
Dietary Fiber	0.3g	1%
Total Sugars	19.1g	
Protein	7.2g	
Vitamin D	8mcg	42%
Calcium	9mg	13%
Iron	1mg	3%
Potassium	109mg	2%

Breakfast



## TASTY TIP

To make vegan and gluten-free, use a vegan egg substitute and finish off the omelet with dairy-free shredded cheese and serve with gluten free bread.

# Vegetable Omelet



Prep Time:  
10 min



Cook Time:  
15 min



Servings:  
1 omelet

## Ingredients

Nonstick cooking spray	1 Tbsp. bell pepper, chopped
3 Tbsp. green onion, chopped	2 large eggs
2 Tbsp. mushrooms, chopped	¼ tsp. herb seasoning blend
1 Tbsp. red onion, chopped	1 ounce low fat sharp cheddar cheese, shredded

## Directions

1. Heat a small saucepan over medium-high heat. Coat pan with cooking spray. Add green onions, mushrooms, red onion and bell pepper to pan then sauté 4 minutes or until vegetables are crisp-tender. Remove from heat.
2. Heat a skillet over medium-high heat. In a medium bowl, whisk eggs with herb seasoning and pour into the pan.
3. Gently lift the edges of the omelet with a spatula, tilting the pan to allow uncooked egg mixture to come into contact with the pan.
4. Spoon vegetable mixture onto half of omelet, sprinkle cheese over vegetable mixture. Loosen omelet with a spatula and fold in half. Cook 2 minutes more or until the cheese melts. Carefully slide the omelet onto a plate.

### Nutrition Facts

Serving Size: 1 cup

Servings: 1

Amount per serving:

Calories 263

% Daily Value\*

Total Fat	14.8g	19%
Saturated Fat	6.1g	31%
Cholesterol	387mg	129%
Sodium	322mg	14%
Total Carbs	12.3g	4%
Dietary Fiber	2.4g	8%
Total Sugars	7.8g	
Protein	22.5g	
Vitamin D	67mcg	333%
Calcium	278mg	21%
Iron	3mg	16%
Potassium	450mg	10%

Breakfast



## TASTY TIP

To make gluten-free, use a gluten-free crust. To make vegan, substitute vegan egg product for egg and use vegan bacon and vegan cheese or leave out those ingredients.

# Breakfast Quiche



Prep Time:  
5 min



Cook Time:  
60 min



Servings:  
6

## Ingredients

One 9 inch gluten-free pie crust (see next recipe)

2 oz turkey bacon

2 oz red onion

2 oz spinach

2 oz mushrooms

2 oz leeks

12 eggs

2 cup low fat milk

4 ounces grated cheese

Pepper

Your favorite no salt herb mixture like no salt italian seasoning.

## Directions

1. Preheat the oven to 350 °F.
2. Poke the pie crust and set aside.
3. Cook bacon until crispy then set aside to cool.  
Chop all veggies, place at the bottom of pie crust.  
Chop and add bacon to pie crust.
4. In a mixing bowl, whisk eggs, milk, cheese, pepper and no salt herbs.
5. Pour egg mixture over pie crust, bake 45-60 minutes until center of quiche is no longer jiggly.
6. Allow to cool for 15 minutes, then cut and serve with toast or fresh fruit.

### Nutrition Facts

Serving Size: 2 cups

Servings: 6

Amount per serving:

Calories 276

% Daily Value\*

Total Fat	17.1g	22%
Saturated Fat	7.4g	37%
Cholesterol	357mg	119%
Sodium	377mg	16%
Total Carbs	9.2g	3%
Dietary Fiber	0.7g	3%
Total Sugars	6.1g	
Protein	21.3g	
Vitamin D	109mcg	547%
Calcium	97mg	23%
Iron	3mg	14%
Potassium	375mg	8%

Breakfast

# Gluten-Free Pie Crust



Prep Time:  
15 min



Cook Time:  
30 min



Servings:  
6

## Ingredients

163 g gluten-free flour      1/3 cup - 1/2 cup ice cold water  
4 oz unsalted butter      1/2 tsp. vinegar  
One 9 inch deep pie pan

## Directions

1. Cube butter into pea sized cubes and freeze.
2. Combine vinegar and water.
3. In a mixing bowl, add flour and butter.
4. Slowly pour in water and knead until a dough ball forms.
5. Roll onto a floured surface and shape into a pie pan or freeze dough until needed.

### Nutrition Facts

Serving Size: 1 slice

Servings: 6

Amount per serving:

Calories 165

% Daily Value\*

Total Fat	15.6g	20%
Saturated Fat	9.7g	49%
Cholesterol	41mg	14%
Sodium	111mg	5%
Total Carbs	6.3g	2%
Dietary Fiber	0.3g	1%
Total Sugars	0g	
Protein	0.7g	
Vitamin D	11mcg	53%
Calcium	5mg	0%
Iron	0mg	1%
Potassium	5mg	0%

Breakfast

## TASTY TIP

This recipe is vegan and gluten-free.





# Tofu Scramble



Prep Time:  
10 min



Cook Time:  
15 min



Servings:  
2

## Ingredients

¼ cup red bell pepper

¼ cup red onion

¼ cup green bell pepper

1 tsp. extra virgin olive oil

1 cup fresh spinach

1 cup firm tofu (choose less than 10% daily value of calcium)

1 clove garlic, minced

¼ tsp. white pepper (or black pepper, to taste)

## Directions

1. Wash and dry bell peppers and spinach. Cut bell pepper in half and remove seeds. Chop garlic, onion, peppers, and spinach.
2. In a medium-sized, nonstick skillet, heat olive oil. Saute garlic, onions, peppers, and spinach for 5 minutes.
3. Rinse and drain tofu and crumble it into the skillet.
4. Stir and cook on low to medium heat until the tofu turns a slight golden brown, about 10 minutes.
5. Add white or black pepper or your favorite scrambled egg seasoning.
6. Serve on toast (gluten-free for gluten-free version)

### Nutrition Facts

Serving Size: 1 cup

Servings: 2

Amount per serving:

Calories 129

% Daily Value\*

Total Fat	7.7g	10%
Saturated Fat	1.4g	7%
Cholesterol	0mg	0%
Sodium	29mg	1%
Total Carbs	6.7g	2%
Dietary Fiber	2.4g	9%
Total Sugars	2.6g	
Protein	11.4g	
Vitamin D	0mcg	0%
Calcium	278mg	21%
Iron	3mg	15%
Potassium	361mg	8%

Breakfast



## TASTY TIP

To make vegan, use dairy-free cheese, margarine, egg substitute, and remove meat. To make gluten-free, remove meat due to additives.

# Chef Sachet's Brunch Skillet



Prep Time:  
15 min



Cook Time:  
25 min



Servings:  
4

## Ingredients

4 strips of low-sodium bacon, cooked & chopped, or low-sodium turkey sausage crumbles

3 large potatoes, cubed & soaked overnight

1 bell pepper, cut in half and seeds removed

1 onion

1 tsp. onion powder

1 tsp. garlic powder

Salt, pepper, chili flakes to taste

4 eggs

½ cup shredded cheese

1 bunch green onions, chopped

## Directions

1. Preheat a saute pan on medium heat. Chop bacon or turkey sausage and sauté on medium low heat until brown and crispy. Remove from the pan. Add 1 Tbsp.. oil and cook potatoes until browned and softened for about 15 minutes.
2. Small dice bell pepper & onion. Saute with onion powder, garlic, pepper, salt, and chili flakes to taste until soft, about 5 minutes. Once potatoes are done, add veggies then crack 4 eggs into skillet and cook covered on low heat until whites are cooked.
3. Add bacon or sausage, cheese & green onions over the top and serve!

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 434

% Daily Value\*

Total Fat	16.5g	21%
Saturated Fat	6.9g	35%
Cholesterol	194mg	65%
Sodium	351mg	15%
Total Carbs	51.7g	19%
Dietary Fiber	8.4g	30%
Total Sugars	7.2g	
Protein	20g	
Vitamin D	17mcg	86%
Calcium	180mg	14%
Iron	3mg	18%
Potassium	1468mg	31%

Breakfast



## TASTY TIP

This recipe is vegan and gluten-free.

# Breakfast Potatoes



Prep Time:  
15 min



Cook Time:  
20 min



Servings:  
4

## Ingredients

2 lbs red potatoes, roughly chopped/  
diced, soaked overnight

4 cloves garlic, minced

¼ cup olive oil

1 tsp. no salt herb seasoning

½ tsp. cayenne pepper

## Directions

1. Preheat the oven to 425 °F.
2. In a large bowl, toss together the potatoes, garlic, oil and seasoning in a bowl.
3. Bake for 20 to 25 minutes, shaking the pan twice while cooking, first about 7-8 minutes in, and second about 14-15 minutes in..
4. Once potatoes are crispy and evenly cooked, remove from the oven and serve with fresh fruit or toast.

### Nutrition Facts

*Serving Size:* 1/2 cup

*Servings:* 6

*Amount per serving:*

Calories 181

% Daily Value\*

Total Fat	8.7g	11%
Saturated Fat	1.3g	6%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbs	24.8g	9%
Dietary Fiber	2.7g	9%
Total Sugars	1.6g	
Protein	3g	
Vitamin D	0mcg	0%
Calcium	19mg	1%
Iron	1mg	6%
Potassium	699mg	15%



## TASTY TIP

This recipe is vegan and gluten-free.

# Very Berry Smoothie



Prep Time:  
5 min



Cook Time:  
0 min



Servings:  
2

## Ingredients

½ cup cranberry juice

¼ cup orange juice

½ cup strawberries, frozen

½ cup raspberries, frozen

½ cup blueberries, frozen

¼ cup ice

## Directions

1. Blend and enjoy!

### Nutrition Facts

*Serving Size:* 1.5 cup

*Servings:* 2

*Amount per serving:*

Calories 70

% Daily Value\*

Total Fat	0.5g	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbs	16.2g	6%
Dietary Fiber	4.2g	15%
Total Sugars	9.8g	
Protein	1.1g	
Vitamin D	0mcg	0%
Calcium	17mg	1%
Iron	1mg	7%
Potassium	215mg	5%

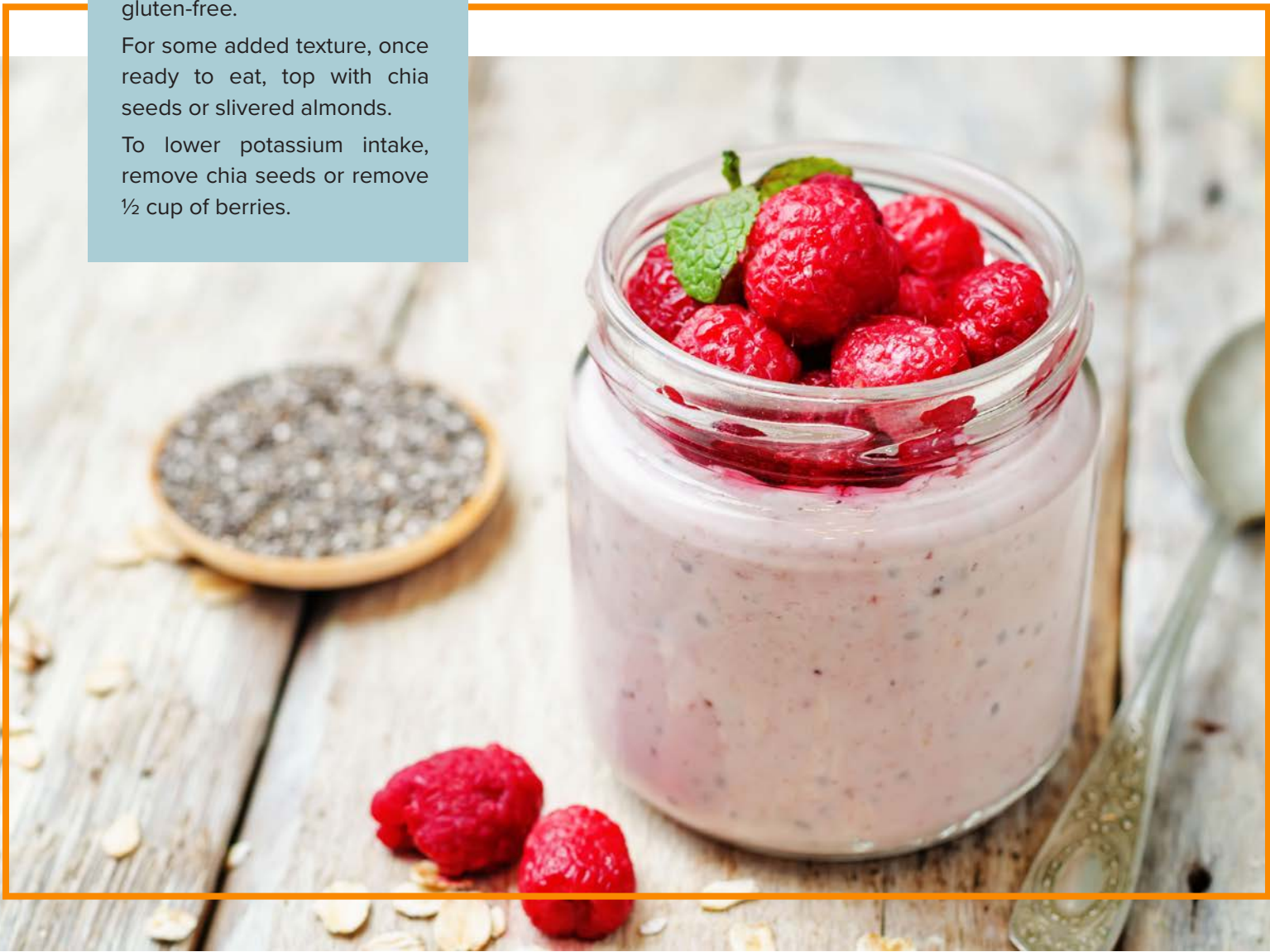
Breakfast

## TASTY TIP

This recipe is vegan and gluten-free.

For some added texture, once ready to eat, top with chia seeds or slivered almonds.

To lower potassium intake, remove chia seeds or remove ½ cup of berries.





# Vegan Overnight Oats with Berries



Prep Time:  
5 min



Cook Time:  
0 min



Servings:  
2

## Ingredients

½ cup gluten-free rolled oats

1 cup fresh or frozen mixed berries

⅔ cup almond milk or non-dairy milk product

2 Tbsp. agave

1 tsp. vanilla extract

⅓ cup vegan greek yogurt

## Directions

1. Wash fresh fruit and set aside.
2. Mix all ingredients together and top with fresh berries.
3. Refrigerate at least 6 hours, preferably overnight.

### Nutrition Facts

*Serving Size: 1*

*Servings: 2*

*Amount per serving:*

Calories 674

% Daily Value\*

Total Fat	28.7g	37%
Saturated Fat	23.2g	116%
Cholesterol	20mg	7%
Sodium	145mg	6%
Total Carbs	60.5g	22%
Dietary Fiber	6.4g	23%
Total Sugars	41.5g	
Protein	45.4g	
Vitamin D	0mcg	0%
Calcium	438mg	34%
Iron 3mg	15%	
Potassium	952mg	20%

Breakfast



# Fruity Oatmeal Pancakes



Prep Time:  
5 min



Cook Time:  
10 min



Servings:  
2

## Ingredients

½ cup rolled oats

1 cup flour

½ tsp. baking powder

½ cup non-dairy milk

1 egg or ¼ cup liquid egg substitute

4 oz strawberries, chopped

4 oz blueberries, chopped

2 Tbsp. non-dairy butter

## Directions

1. Pre-heat skillet to medium heat.
2. Combine all dry ingredients and wet ingredients separately. Leave fruit to the side.
3. Combine wet ingredients into dry ingredients and slowly fold in fruit.
4. Melt non-dairy butter in skillet. Drop 1/4 cup of batter into skillet and cook until bubbles form and pancakes are ready to flip.
5. Flip with spatula until golden brown on both sides. Serve with syrup.

### Nutrition Facts

*Serving Size: 4*

*Servings: 2*

*Amount per serving:*

Calories 513

% Daily Value\*

Total Fat	16.4g	21%
Saturated Fat	4.1g	21%
Cholesterol	82mg	27%
Sodium	177mg	8%
Total Carbs	77.4g	28%
Dietary Fiber	6.5g	23%
Total Sugars	11g	
Protein	14.5g	
Vitamin D	8mcg	40%
Calcium	170mg	13%
Iron	6mg	32%
Potassium	427mg	9%

Breakfast

# LUNCH

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## TASTY TIP

To make vegan, substitute vegan cheese. This recipe is gluten-free.

# Quinoa Salad Lettuce Bowls



Prep Time:  
30 min



Cook Time:  
20 min



Servings:  
4

## Ingredients

1 cup quick cook quinoa, rinsed

2 cups water

1 head Boston or Bibb lettuce, separated into cups

½ cup chopped tomato

½ cup cucumbers, seeded and diced

3 green onions, chopped

¼ cup fresh mint, chopped

½ cup flat leaf parsley, chopped

2 Tbsp. fresh lemon juice

1 Tbsp. grated lemon rind (zest)

4 Tbsp. olive oil

¼ cup parmesan cheese, grated

## Directions

1. To cook quinoa add 2 cups of water and bring to a boil. Reduce heat to low, cover pan and simmer for 8–10 minutes. Let cook and fluff with a fork. Pop in freezer to cool down quickly.
2. Separate, rinse and dry Bibb lettuce leaves.
3. Combine the tomatoes, cucumbers and chopped green onions with the herbs, lemon juice, zest and olive oil.
4. Add the cooled quinoa to the mixture.
5. Spoon the mixture into lettuce cups, then sprinkle parmesan cheese on top.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 363

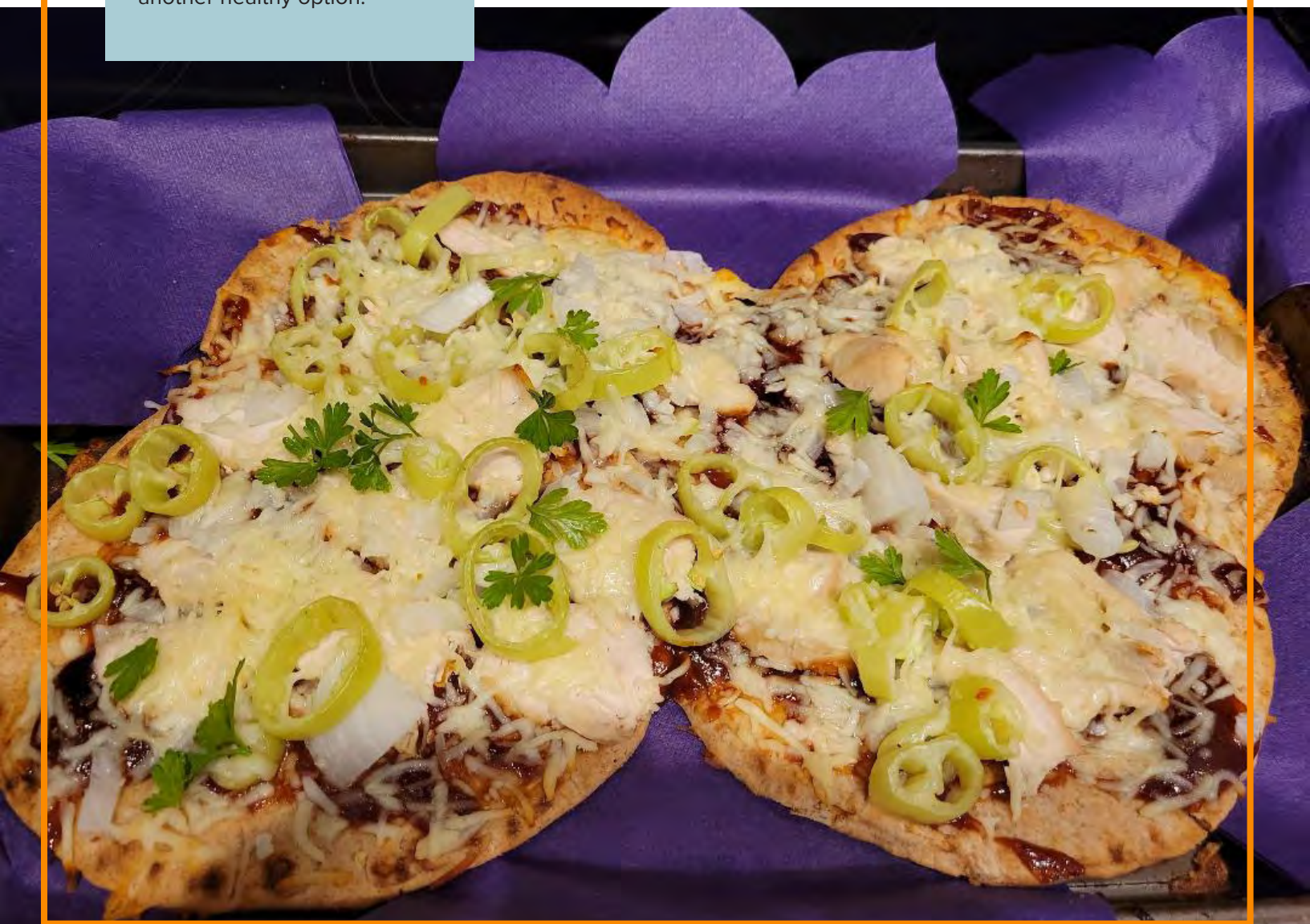
% Daily Value\*

Total Fat	20g	26%
Saturated Fat	4.4g	22%
Cholesterol	10mg	3%
Sodium	170mg	7%
Total Carbs	36.4g	13%
Dietary Fiber	6.3g	22%
Total Sugars	3.2g	
Protein	13g	
Vitamin D	0mcg	0%
Calcium	198mg	15%
Iron	6mg	32%
Potassium	687mg	15%

Lunch

## TASTY TIP

Use gluten-free pizza crust for another healthy option.



# BBQ Chicken Pizza



Prep Time:  
5 min



Cook Time:  
15 min



Servings:  
4

## Ingredients

4 precooked pita breads

3 Tbsp. low-sodium barbecue sauce

¼ cup mozzarella cheese

¼ cup red onion, sliced

4 ounces chicken, cooked

2 banana peppers, chopped

2 Tbsp. cilantro, minced

## Directions

1. Preheat the oven to 415 °F. Place pitas on a sheet tray.
2. Spread sauce, then sprinkle cheese, chicken, banana peppers, and onion on top of cheese.
3. Sprinkle with cilantro and serve immediately.

### Nutrition Facts

*Serving Size: 1*

*Servings: 4*

*Amount per serving:*

Calories 87

% Daily Value\*

Total Fat	1.4g	2%
Saturated Fat	0.5g	2%
Cholesterol	23mg	8%
Sodium	160mg	7%
Total Carbs	9.5g	3%
Dietary Fiber	1g	4%
Total Sugars	6.4g	
Protein	9.4g	
Vitamin D	0mcg	0%
Calcium	25mg	2%
Iron	1mg	3%
Potassium	203mg	4%

Lunch





## TASTY TIP

This is a great leftover recipe. Whether served with fresh grilled salmon or cold salmon from the day before, this recipe is a must!

# Orzo Pasta Salad with Salmon



Prep Time:  
20 min



Cook Time:  
35 min



Servings:  
4

## Ingredients

- 4 - 6 oz salmon filets
- ½ tsp. black pepper
- 3 Tbsp. fresh lemon juice
- ¼ cup and 2 Tbsp. olive oil
- 1 cup orzo pasta
- ¼ cup fresh yellow peppers, cut in half and seeds removed
- ¼ cup fresh red peppers, cut in half and seeds removed
- ¼ cup fresh green peppers, ¼ cup fresh green peppers, diced
- ½ cup fresh red or Vidalia onion
- 2 cups fresh cucumber
- 1 tsp. lemon zest
- 2 Tbsp. fresh rosemary, chopped
- ½ tsp. dried oregano
- ½ tsp. red pepper flakes
- 1 french baguette

## Directions

1. Preheat the oven to 375 °F.
2. Season salmon filets with pepper, lemon juice and olive oil.
3. Bake salmon for 15-20 minutes until cooked.
4. Bring a pot of water to a boil. Once boiling, add pasta and boil until tender, around 10 minutes, then drain and refrigerate.
5. Dice peppers and onion. Cut cucumber into medium cubes. Toss peppers, onion, and cucumber with pasta.
6. In a separate bowl, add lemon zest, lemon juice, olive oil, pepper, rosemary, oregano and chili flakes and toss over pasta salad.
7. Serve with salmon and toasted baguette.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 698

% Daily Value\*

Total Fat	43.4g	56%
Saturated Fat	6.6g	33%
Cholesterol	140mg	47%
Sodium	120mg	5%
Total Carbs	22.4g	8%
Dietary Fiber	2.6g	9%
Total Sugars	3.2g	
Protein	54.2g	
Vitamin D	0mcg	0%
Calcium	72mg	6%
Iron	4mg	22%
Potassium	1500mg	32%

Lunch



# Summer Couscous Salad



Prep Time:  
10 min



Cook Time:  
20 min



Servings:  
2

## Ingredients

2 cups of water

1 cup couscous

3 cups spinach

1 cup strawberries

½ cup sliced almonds

1 oz Feta cheese (98mg sodium per ounce)

¼ cup balsamic vinegar

½ cup extra virgin olive oil (EVOO)

Pepper, to taste

## Directions

1. Heat 2 cups of water in saucepan on medium heat, add couscous, and simmer for 10 minutes. Turn off heat and cover with lid to sit for 10 minutes until couscous is tender. Once cooked, put the couscous in the fridge to chill.
2. Wash and drain spinach. Wash and dry strawberries and cut into slices. Put sliced strawberries, spinach and almonds in a medium large bowl. Crumble the feta into the bowl.
3. In a small mixing bowl, add balsamic, EVOO and pepper then whisk until combined.
4. Add chilled couscous to strawberry, spinach, almond, feta mixture, and toss with vinaigrette.
5. Serve immediately!

### Nutrition Facts

Serving Size: 1

Servings: 2

Amount per serving:

Calories 970

% Daily Value\*

Total Fat	66.3g	85%
Saturated Fat	10.4g	52%
Cholesterol	13mg	4%
Sodium	203mg	9%
Total Carbs	82.8g	30%
Dietary Fiber	9.7g	35%
Total Sugars	5.3g	
Protein	19.8g	
Vitamin D	0mcg	0%
Calcium	211mg	16%
Iron	3mg	19%
Potassium	688mg	15%

Lunch



## TASTY TIP

Don't flip your chicken constantly when grilling. It will take longer to cook and dry out, plus you won't get those awesome grill marks.

Raw veggies can take awhile on the grill, so season and lubricate with oil ahead of time. Don't add too much oil — it will burn off and char the veggies.

When using store bought stocks, always use low-sodium or no salt. You can make your own stock as well (see next recipe).

# Italian Herb Grilled Chicken with Grilled Vegetables and Quinoa



Prep Time:  
15 min



Cook Time:  
25 min



Servings:  
4

## Ingredients

Four 6 oz chicken breasts  
½ handful parsley, minced  
2 sprigs oregano, minced  
2 heads garlic minced  
1 lemon, juiced  
¼ cup olive oil

4 cups no salt veggie stock (homemade recipe below)  
2 cups quinoa  
2 Tbsp. unsalted butter  
2 sprigs thyme, minced  
1 large zucchini  
1 large yellow squash

## Directions

1. Preheat grill or saute pan.
2. Clean your chicken breasts and set aside in a large bowl.
3. Combine minced parsley, oregano, garlic, and chicken with pepper, lemon juice, and drizzle with olive oil. Coat chicken well and marinate for 15 minutes.
4. Heat vegetable stock in a large pot on medium high heat until simmering. Add quinoa, lower heat, add 2 Tbsp. butter and thyme. Let cook until all liquid is absorbed. Once most liquid is gone, turn off and cover until serving time.
5. Once quinoa is cooking, slice vegetables into thick cuts. Add pepper and olive oil, then place on grill.
6. Remove chicken from fridge and grill 7-10 minutes on each side until internal temp reaches 165 °F.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 655

% Daily Value\*

Total Fat	26.6g	34%
Saturated Fat	6.2g	31%
Cholesterol	79mg	26%
Sodium	201mg	9%
Total Carbs	69.6g	25%
Dietary Fiber	10.2g	36%
Total Sugars	4.8g	
Protein	37g	
Vitamin D	4mcg	20%
Calcium	145mg	11%
Iron	7mg	39%
Potassium	1394mg	30%

Lunch



# Veggie Stock



Prep Time:  
5 min



Cook Time:  
2 hours



Servings:  
4 cups

## Ingredients

6 cups water

2 onions

1 celery stock

1 large carrot

1 bunch button mushrooms

Handful parsley, bay leaf, peppercorns

## Directions

1. Combine all ingredients in a large pot. Simmer for 2 hours, drain and cool. Good for 2 weeks refrigerated.

### Nutrition Facts

*Serving Size:* 1

*Servings:* 4

*Amount per serving:*

Calories 36

% Daily Value\*

Total Fat	0.2g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	35mg	2%
Total Carbs	8g	3%
Dietary Fiber	2g	7%
Total Sugars	3.8g	
Protein	1.6g	
Vitamin D	86mcg	432%
Calcium	33mg	3%
Iron	1mg	5%
Potassium	244mg	5%

Lunch





# Zucchini Noodle Shrimp Scampi



Prep Time:  
15 min



Cook Time:  
15 min



Servings:  
4

## Ingredients

1 pound spiralized zucchini or 3 medium sized zucchini

3 Tbsp. olive oil

2 Tbsp. black pepper

4 cloves of garlic, minced and divided in half

1 pound medium shrimp, peeled and deveined

2 tsp. lemon zest

2 Tbsp. chopped fresh parsley leaves

1 shallot, minced

4 Tbsp. unsalted butter, divided

Toasted baguette

## Directions

1. If using fresh zucchini, in a vegetable spiralizer, shred zucchini noodles in a bowl and rinse. Toss with olive oil, pepper and 2 cloves of garlic.
2. Devein shrimp and marinate with lemon zest, garlic, pepper, parsley and shallot.
3. Heat butter in a large saute pan on medium heat and add shrimp. Cook for about 5 minutes until cooked, then set aside.
4. Add noodles to pan and cook for 5-10 minutes until tender. Add in shrimp.
5. Serve immediately with toasted baguette.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 276

% Daily Value\*

Total Fat	13.8g	18%
Saturated Fat	8g	40%
Cholesterol	269mg	90%
Sodium	374mg	16%
Total Carbs	10.6g	4%
Dietary Fiber	2.3g	8%
Total Sugars	2.1g	
Protein	28.2g	
Vitamin D	8mcg	40%
Calcium	149mg	11%
Iron	2mg	11%
Potassium	592mg	13%

Lunch



# Italian Chicken Panini



Prep Time:  
5 min



Cook Time:  
15 min



Servings:  
4

## Ingredients

- 8 slices Italian bread
- 2 Tbsp. olive oil
- 1 cup eggplant
- 1 cup red peppers, seeds removed and diced
- ½ cup red onion
- 1 lb roasted chicken breast
- 4 Tbsp. pesto
- 4 slices mozzarella cheese

## Directions

1. Lightly coat each side of the bread with olive oil for toasting. Heat saute pan over medium heat.
2. Slice eggplant and chop remaining vegetables. Saute until tender, about 5 minutes, then remove from pan.
3. Using leftover chicken, build sandwich with chicken, vegetables, pesto sauce and cheese, then top with bread.
4. Toast in a saute pan until bread is golden brown, about 5 minutes on each side.
5. Served best with a side salad.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 411

% Daily Value\*

Total Fat	22.2g	28%
Saturated Fat	5.4g	27%
Cholesterol	91mg	30%
Sodium	441mg	19%
Total Carbs	16.8g	6%
Dietary Fiber	2.2g	8%
Total Sugars	3.9g	
Protein	36g	
Vitamin D	0mcg	0%
Calcium	99mg	8%
Iron	1mg	7%
Potassium	566mg	12%

Lunch



# Marinara Sauce



Prep Time:  
30 min



Cook Time:  
30 min



Servings:  
16

## Ingredients

6 pounds fresh tomatoes

6 garlic cloves, minced

2 large onions, chopped

1/3 cup olive oil

2 Tbsp. Italian seasoning

Black pepper, to taste

## Directions

1. Drop tomatoes in boiling water for 2 minutes until skin starts peeling, then remove from heat and drop in ice water to cool down.
2. Remove tomato skins and coarsely chop tomato.
3. In a large sauce pot, saute garlic and onion until translucent.
4. Add tomatoes, Italian seasoning, and pepper.
5. Bring to a boil. Lower the heat and simmer rapidly, uncovered, stirring occasionally until sauce has thickened, about 30 minutes.
6. Serve over pasta, pizza, sandwiches, etc.

### Nutrition Facts

*Serving Size: 1*

*Servings: 16*

*Amount per serving:*

Calories 81

% Daily Value\*

Total Fat	5.1g	7%
Saturated Fat	0.7g	4%
Cholesterol	1mg	0%
Sodium	10mg	0%
Total Carbs	8.9g	3%
Dietary Fiber	2.5g	9%
Total Sugars	5.4g	
Protein	1.8g	
Vitamin D	0mcg	0%
Calcium	24mg	2%
Iron	1mg	3%
Potassium	436mg	9%

Lunch

## TASTY TIP

Use gluten-free bread for a gluten-free option. Plus, use leftover chicken or sliced turkey for another great “leftover” lunch idea.



# Philly Steak Sandwich



Prep Time:  
5 min



Cook Time:  
15 min



Servings:  
4

## Ingredients

- 4 chopped ribeye steaks (4 ounces each)
- 1 green bell pepper, sliced
- 1 medium onion, sliced into rings
- 1 cup portobello mushrooms
- 1 Tbsp. Italian seasoning
- 1 Tbsp. black pepper, to taste
- 4 hoagie rolls, sliced
- 4 slices provolone cheese

## Directions

1. Heat saute pan on medium high heat.
2. Chop steak, peppers, onions, and mushrooms. Add to pan with Italian seasoning and black pepper. Saute until tender, about 10 minutes.
3. Turn the oven on broil and slice hoagie rolls.
4. Put cooked steak, peppers, onions, and mushrooms on top of bread and place sliced provolone cheese on top. Broil until melted, about 2-5 minutes.
5. Serve open faced with side salad.

### Nutrition Facts

*Serving Size:* 1 sandwich

*Servings:* 4

*Amount per serving:*

Calories 1019

% Daily Value\*

Total Fat	36.3g	47%
Saturated Fat	14.7g	73%
Cholesterol	326mg	109%
Sodium	933mg	41%
Total Carbs	51.1g	19%
Dietary Fiber	8.4g	30%
Total Sugars	7.1g	
Protein	121.5g	
Vitamin D	0mcg	0%
Calcium	382mg	29%
Iron	69mg	381%
Potassium	1560mg	33%

Lunch





# Balsamic Glazed Salmon



Prep Time:  
15 min



Cook Time:  
30 min



Servings:  
4

## Ingredients

- Four 6 oz salmon filets
- 4 oz balsamic vinegar
- 2 Tbsp. white pepper
- 2 Tbsp. green onions, chopped
- 2 Tbsp. fresh parsley, chopped
- 2 Tbsp. honey
- 2 Tbsp. garlic, minced
- 2 Tbsp. chili flakes
- Cooked vegetables or rice for serving

## Directions

1. Preheat the oven to 375 °F.
2. In a mixing bowl combine honey, vinegar, white pepper, green onions, parsley, garlic and chili flakes.
3. Coat fish in honey vinegar herb mixture and marinate for 10 minutes.
4. Line baking sheet with parchment paper then lightly grease.
5. Bake fish for 20 minutes or until completely cooked.
6. Heat a saucepan over medium heat and add remaining marinade.
7. Cook down marinade until reduced, about 10 minutes.
8. Once the marinade coats the back of a spoon, pour over fish and devour with mixed vegetables or rice.

### Nutrition Facts

*Serving Size:* 1 fillet

*Servings:* 4

*Amount per serving:*

Calories 332

% Daily Value\*

Total Fat	19.6g	25%
Saturated Fat	4.7g	23%
Cholesterol	69mg	23%
Sodium	69mg	3%
Total Carbs	15g	5%
Dietary Fiber	1.9g	7%
Total Sugars	9.1g	
Protein	24g	
Vitamin D	0mcg	0%
Calcium	40mg	3%
Iron	2mg	9%
Potassium	562mg	12%

Lunch



# Chicken Tortilla Soup



Prep Time:  
15 min



Cook Time:  
5 hours



Servings:  
4

## Ingredients

- 1 lb. boneless skinless chicken breasts
- One 15 oz can of no salt added black beans, rinsed
- 1 cup frozen corn
- 2 bell peppers, seeded and chopped
- 1 white onion, chopped
- 1 15 oz can no salt fire roasted tomatoes
- ¼ c. freshly chopped cilantro, plus more for garnish
- 3 cloves garlic, minced
- 1 Tbsp. cumin
- 1 Tbsp. chili powder
- 2 c. low-sodium chicken broth (Organic Pacific Brand)
- 1 Tbsp. extra-virgin olive oil
- 3 small corn tortillas, cut into strips
- Sliced avocado, for serving
- Sour cream, for serving
- Lime wedges, for serving
- 4 ounces Monterey Jack cheese

## Directions

1. In a large slow cooker, combine chicken, black beans, corn, peppers, onion, fire-roasted tomatoes, 1/4 cup cilantro, garlic, cumin, chili powder, salt, and chicken broth.
2. Cover and cook on low until chicken is cooked and falling apart, 5 to 6 hours.
3. Shred chicken with a fork, then top soup with cheese and cover to let melt, 5 minutes more.
4. Meanwhile, make tortilla crisps: In a large skillet over medium heat, heat oil. Add tortilla strips and cook until crispy and golden, 3 minutes. Transfer to a paper towel-lined plate and season with salt.
5. Serve soup topped with tortilla crisps, avocado, sour cream, cilantro, and lime.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 461

% Daily Value\*

Total Fat	14.3g	18%
Saturated Fat	3.1g	16%
Cholesterol	101mg	34%
Sodium	658mg	29%
Total Carbs	46.5g	17%
Dietary Fiber	11.1g	40%
Total Sugars	5.6g	
Protein	43.4g	
Vitamin D	0mcg	0%
Calcium	182mg	14%
Iron	9mg	51%
Potassium	1733mg	37%

Lunch

# DINNER

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## TASTY TIP

To make vegan, substitute vegan cheese and remove meat. To make gluten-free, remove meat for additives.

# Stuffed Green Peppers



Prep Time:  
15 min



Cook Time:  
45 min



Servings:  
4

## Ingredients

- 2 Tbsp. vegetable oil
- 1/2 pound ground lean beef, turkey or chicken
- 1/4 cup onions, chopped
- 1/4 cup celery, chopped
- 2 Tbsp. lemon juice
- 2 Tbsp. italian seasoning
- 1 tsp. black pepper
- 1 1/2 cups cooked rice
- 1 can rotel tomatoes
- 6 small green peppers, cut in half with seeds removed
- Shredded cheese for topping

## Directions

1. Preheat the oven to 325 °F. Heat oil in a saucepan.
2. Add ground meat, onions, and celery, and cook until meat is browned. Add tomatoes and cooked rice. Add all ingredients except green peppers and paprika to the saucepan.
3. Stir together and remove from heat.
4. Stuff peppers with mixture. Wrap with foil and place in a dish and cover.
5. Bake for 30 minutes. Remove and sprinkle with cheese and paprika, then toast in the oven for another 5 minutes.

### Nutrition Facts

*Serving Size:* 3 stuffed pepper halves

*Servings:* 4

*Amount per serving:*

Calories 468

% Daily Value\*

Total Fat	12.2g	16%
Saturated Fat	2.5g	13%
Cholesterol	49mg	16%
Sodium	56mg	2%
Total Carbs	65.8g	24%
Dietary Fiber	4.7g	17%
Total Sugars	4.8g	
Protein	23.4g	
Vitamin D	0mcg	0%
Calcium	80mg	6%
Iron	6mg	31%
Potassium	530mg	11%

Dinner



## TASTY TIP

This recipe is vegan and gluten-free.



# Mediterranean Rice (Spicy)



Prep Time:  
5 min



Cook Time:  
40 min



Servings:  
6

## Ingredients

- ¾ cup cherry tomatoes
- 1 Tbsp. fresh mint
- 1 Tbsp. flat-leaf parsley
- 2 Tbsp. extra virgin olive oil
- 2 cloves garlic
- 1 ½ cups white basmati rice
- 3 cups water
- ½ tsp. lemon zest
- 1 Tbsp. lemon juice
- ½ tsp. ground cumin
- ¼ tsp. ground cinnamon
- ½ tsp. ground cayenne pepper (or less if sensitive to spiciness)
- Pinch black pepper

## Directions

1. Rinse and dry cherry tomatoes, fresh mint, and fresh parsley. Cut the cherry tomatoes in half and finely chop the fresh herbs.
2. Heat a small to medium-sized saucepan on medium heat and add olive oil and garlic and stir, cooking until you can smell the garlic, about 30 seconds. Add in the rice, toasting the rice in the garlic oil for about 1-2 minutes.
3. Add the water to the saucepan and raise the heat to bring the water to a boil. Once the water is boiling, cover the saucepan with a lid and reduce the heat until the water is simmering. Allow to simmer for about 40 minutes, or until cooked. Spoon cooked rice into a large bowl.
4. Add the lemon zest, lemon juice, fresh mint, parsley, cumin, cinnamon, cayenne, and black pepper to the bowl. Add the halved cherry tomatoes and mix until fully combined. Serve the rice warm as a healthy side dish to chicken or fish, or enjoy it by itself, cold, as a snack or a light meal.

### Nutrition Facts

*Serving Size:* Heaping ¾ cup

*Servings:* 4

*Amount per serving:*

Calories 326

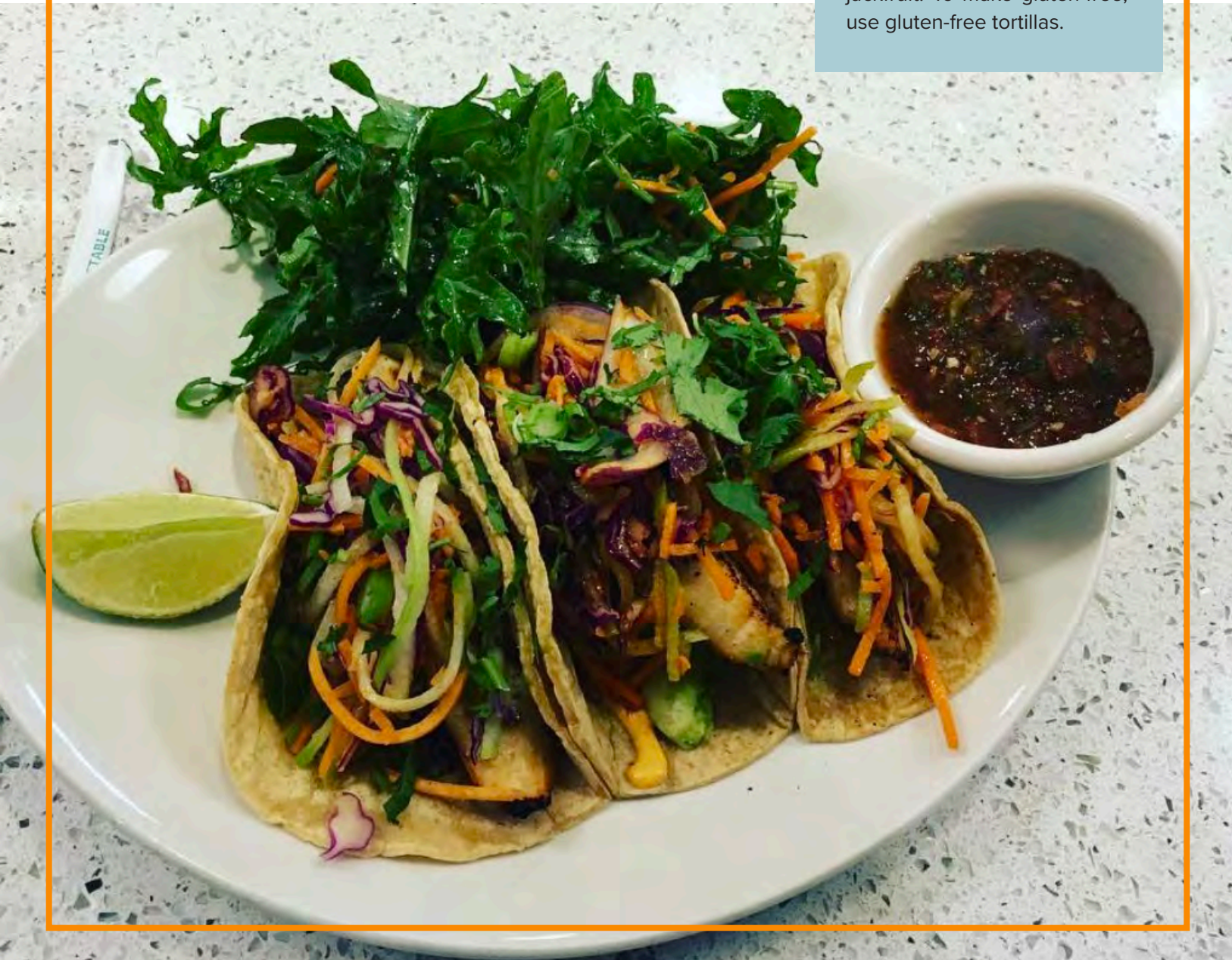
% Daily Value\*

Total Fat	7.7g	10%
Saturated Fat	1.2g	6%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbs	58g	21%
Dietary Fiber	1.7g	6%
Total Sugars	1.1g	
Protein	5.6g	
Vitamin D	0mcg	0%
Calcium	40mg	3%
Iron	1mg	6%
Potassium	195mg	4%

Dinner

## TASTY TIP

To make vegan, use vegan mayo, sour cream, cheese and jackfruit. To make gluten-free, use gluten-free tortillas.



# Fish Tacos with Cilantro Cabbage Slaw & Pineapple De Gallo



Prep Time:  
15 min



Cook Time:  
20 min



Servings:  
4

## Ingredients

- 1 lb flounder or firm white fish
- 1 cup fresh chopped pineapple
- 1 Tbsp. canned chipotle pepper like chillis in adobo
- 1 small red onion
- 1 ½ tsp. chili powder
- 1 jalapeño
- ¼ cup mayonnaise
- 2 cloves garlic, minced
- ½ cup sour cream
- 1 cup shredded green cabbage
- ½ cup shredded carrots
- 2 limes, 1 halved and 1 cut into wedge
- 8 fresh corn tortillas
- 2 Tbsp. chopped cilantro

## Directions

1. Preheat the oven to 400 °F. Lightly grease a baking sheet.
2. Season fish with canned chili, chili powder and the squeezed juice of ½ a lime. Bake for 15 minutes or until fish is firm and cooked through.
3. In a mixing bowl, combine mayo, sour cream, squeezed juice of ½ a lime, and 1 Tbsp. cilantro. Refrigerate until needed.
4. In another bowl, combine chopped pineapple, onion, jalapeno, lime juice, cilantro and garlic, then refrigerate until needed.
5. Thinly chop cabbage and toss with dressing and shredded carrots. Refrigerate until needed.
6. Remove fish from oven, toast tortillas and make tacos using pico and cabbage slaw.

### Nutrition Facts

*Serving Size:* 2 tacos

*Servings:* 4

*Amount per serving:*

Calories 411

% Daily Value\*

Total Fat	14.4g	18%
Saturated Fat	5.2g	26%
Cholesterol	94mg	31%
Sodium	285mg	12%
Total Carbs	40.6g	15%
Dietary Fiber	6.2g	22%
Total Sugars	8.4g	
Protein	32.5g	
Vitamin D	0mcg	0%
Calcium	133mg	10%
Iron	2mg	10%
Potassium	743mg	16%

Dinner

## TASTY TIP

To make vegan, use vegan cheese and egg substitute. To make gluten-free, use gluten-free pasta.



# Vegetable Lasagna



Prep Time:  
25 min



Cook Time:  
1 hour 20 min



Servings:  
12

## Ingredients

- 1 (16 ounce) package lasagna noodles
- 1 pound fresh mushrooms, sliced
- ½ cup green bell pepper, chopped
- ½ cup onion, chopped
- 1 cup frozen spinach, chopped
- 1 cup eggplant, peeled and chopped
- 6 cloves garlic, minced
- 2 Tbsp. vegetable oil
- 2 large jars pasta sauce (28 ounces each)
- 1 tsp. dried basil, dried thyme, dried parsley
- ½ cup chopped fresh basil
- 1 (15 ounce) container part-skim ricotta cheese
- 4 cups shredded mozzarella cheese
- 2 eggs
- 1 cup grated parmesan cheese

## Directions

1. Preheat the oven 375 °F. Then boil noodles until tender and rinse in cold water to stop cooking.
2. Combine sliced mushroom, green pepper, onion, eggplant and minced garlic in a bowl. Squeeze all moisture out of spinach and add to vegetable mixture.
3. In a separate bowl, combine ricotta cheese, 2 eggs, grated parmesan and fresh chopped basil.
4. In a medium size sauce pot, combine dried herbs with tomato sauce veggies and let simmer for 15 min.
5. Grease your baking dish and coat the bottom of the pan with sauce, then layer with noodles, veggies, ricotta and mozzarella cheese. Repeat and top the final layer with parmesan. Bake for 1 hour and let sit for 20 minutes before cutting and serving.

### Nutrition Facts

Serving Size: 1

Servings: 12

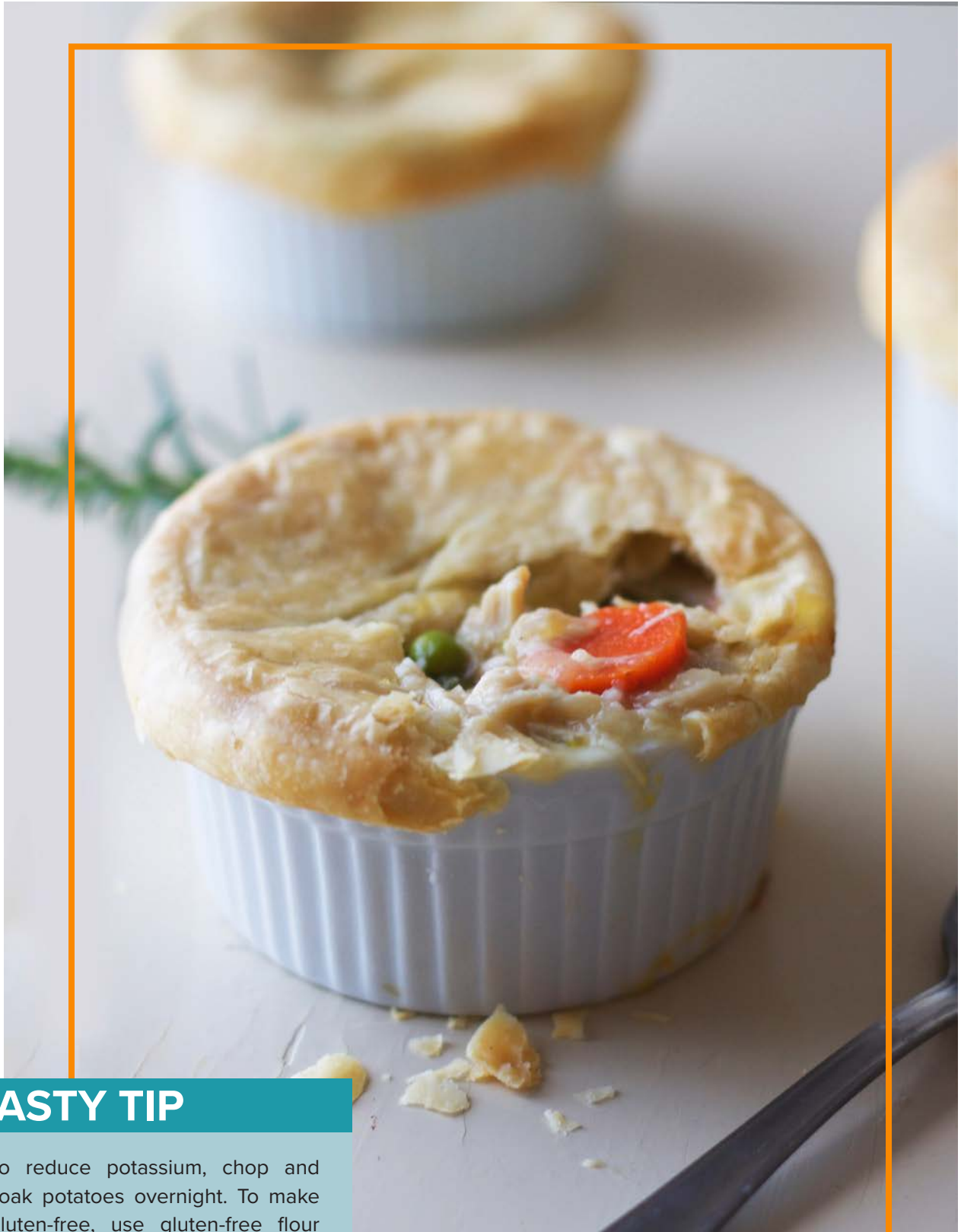
Amount per serving:

Calories 349

% Daily Value\*

Total Fat	10.9g	14%
Saturated Fat	3.1g	16%
Cholesterol	42mg	14%
Sodium	452mg	20%
Total Carbs	49.2g	18%
Dietary Fiber	4.2g	15%
Total Sugars	6.8g	
Protein	16.1g	
Vitamin D	3mcg	15%
Calcium	160mg	12%
Iron	3mg	18%
Potassium	325mg	7%

Dinner



## TASTY TIP

To reduce potassium, chop and soak potatoes overnight. To make gluten-free, use gluten-free flour and substitute flour for cornstarch to make the gravy. To make vegan, remove meat and substitute dairy-free butter or margarine.

# Turkey Pot Pie



Prep Time:  
15 min



Cook Time:  
45 min



Servings:  
8

## Ingredients

1 cup potatoes	¼ tsp. black pepper
2 cups cooked turkey	¼ tsp. ground sage
1 cup butter plus 1 Tbsp. butter	¼ tsp. thyme
1 cup onion	¾ cup reduced-sodium chicken broth
1/2 cup celery	¾ cup 1% low fat milk
2 ¾ cups all-purpose flour	10 ounces frozen peas and carrots
	6 Tbsp. ice water

## Directions

1. Preheat the oven to 425 °F.
2. Peel and dice potatoes. Chop onion and celery. Cut cooked turkey into cubes. Boil potatoes.
3. Melt 1 Tbsp. butter in a large saucepan and sauté onions until tender. Add celery and cook for an additional minute.
4. Add in 2 Tbsp. of flour, pepper, sage and thyme and cook over low heat for 1 minute.
5. Remove from heat. Stir in chicken broth and milk until combined. Bring to a boil and simmer for 1 minute, stirring constantly.
6. Stir in turkey, double boiled potatoes and peas and carrots. Set aside to cool.
7. In a separate bowl, cut 1 cup of butter into remaining flour. Mixtures should form pea-size particles. Slowly add water until dough forms.
8. Divide dough in half and roll out one piece, using a rolling pin and additional flour until dough is pliable and no longer sticky. Be sure that the dough is larger than the diameter of the 9-inch pie pan. Place dough in a pie pan, smoothing with fingers to fill the pan, and then pour turkey mixture on top.
9. Roll the second piece of dough to a similar size and place on top of the turkey pie filling. Seal edges of pie.
10. Using a sharp knife, make four to five one-inch cuts across the top of the pie crust to vent the pie.
11. Place pie on a sheet pan and bake for 35-40 minutes or until golden brown.

### Nutrition Facts

Serving Size: 1

Servings: 8

Amount per serving:

Calories 427

% Daily Value\*

Total Fat	25.6g	33%
Saturated Fat	15.4g	77%
Cholesterol	89mg	30%
Sodium	141mg	6%
Total Carbs	33.3g	12%
Dietary Fiber	2.8g	10%
Total Sugars	3.8g	
Protein	16.6g	
Vitamin D	12mcg	60%
Calcium	58mg	4%
Iron	6mg	31%
Potassium	369mg	8%

Dinner





# Lemon Garlic Herb Roasted Chicken



Prep Time:  
10 min



Cook Time:  
1 hour



Servings:  
4

## Ingredients

- |  |                               |
|--|-------------------------------|
| 1 whole chicken                          | 6 garlic cloves, minced       |
| 3 Tbsp. olive oil                        | 3 fresh whole rosemary sprigs |
| ¼ cup unsalted butter, melted            | 3 fresh thyme sprigs          |
| Salt and freshly ground pepper, to taste | 1 lemon, halved               |
| 2 Tbsp. fresh chopped parsley            | 2 Tbsp. lemon zest            |

## Directions

1. Preheat the oven to 415 °F.
2. Clean and remove the back bone of the chicken. Then, cut the breast bowl in half. Season chicken with olive oil, pepper, parsley, garlic, rosemary, thyme and lemon zest. Cut a lemon in half and squeeze over chicken.
3. In a roasting pan, drizzle with olive oil then place in chicken and squeezed lemon. Drizzle with melted butter.
4. Bake for 60 minutes or until internal temperature of chicken reaches 165 °F.
5. Remove from oven and let sit 10 minutes before cutting. Once cut, pour pan juice over chicken and enjoy.

### Nutrition Facts

*Serving Size: 1*

*Servings: 4*

*Amount per serving:*

Calories 417

% Daily Value\*

Total Fat	26.4g	34%
Saturated Fat	10g	50%
Cholesterol	140mg	47%
Sodium	173mg	8%
Total Carbs	2.5g	1%
Dietary Fiber	0.6g	2%
Total Sugars	0.4g	
Protein	41.8g	
Vitamin D	8mcg	40%
Calcium	34mg	3%
Iron	1mg	8%
Potassium	308mg	7%

Dinner



## TASTY TIP

To make vegan, use egg substitute.  
To make gluten-free, use gluten-free soy sauce.

# Vegetable Fried Rice



Prep Time:  
15 min



Cook Time:  
30 min



Servings:  
4

## Ingredients

- 2 cups cooked white rice
- 2 Tbsp. vegetable oil
- 1 small red onion, finely chopped
- 1 medium carrot, peeled and cut into small dice
- ½ cup green onion, chopped
- 2 medium cloves garlic, minced
- 4 ounces frozen peas
- 1 large egg
- 1 tsp. soy sauce
- 1 tsp. toasted sesame oil
- 1 Tbsp. ground white pepper

## Directions

1. Pre-cook the rice according to the box or rice cooker.
2. Heat ½ Tbsp. vegetable oil in a wok or large pan over medium high heat.
3. Add onion, carrot, scallions, and garlic and cook, stirring gently, until slightly softened. Add frozen peas. Crack egg into the pan and scramble with veggies. Use a spatula to scramble the egg, breaking it up into small bits.
4. Toss with rice to combine. Add soy sauce and sesame oil and toss to coat. Season to taste with white pepper.
5. Serve immediately.

### Nutrition Facts

*Serving Size:* 1

*Servings:* 4

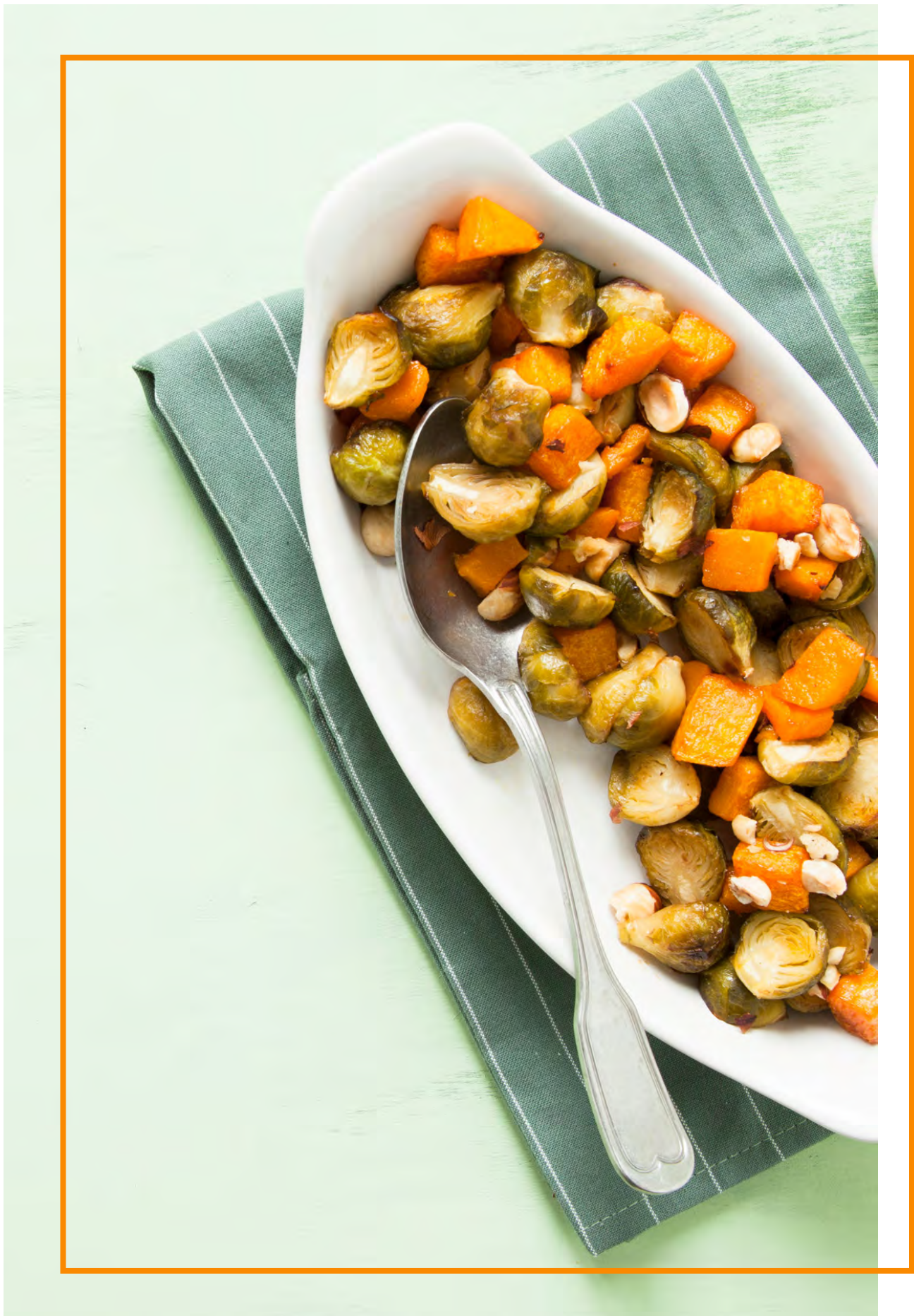
*Amount per serving:*

Calories 256

% Daily Value\*

Total Fat	9.5g	12%
Saturated Fat	1.9g	10%
Cholesterol	47mg	16%
Sodium	127mg	6%
Total Carbs	36.4g	13%
Dietary Fiber	3g	11%
Total Sugars	3.3g	
Protein	6.2g	
Vitamin D	4mcg	22%
Calcium	40mg	3%
Iron	9mg	47%
Potassium	205mg	4%

Dinner



# Roasted Vegetable Medley



Prep Time:  
15 min



Cook Time:  
30 min



Servings:  
4

## Ingredients

- 1 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into ½ inch pieces
- 1 large yellow squash, chopped
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- 1 tsp. pepper
- 2 Tbsp. minced garlic

## Directions

1. Preheat oven to 400 °F. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, thyme, pepper, and minced garlic.
2. Bake for 20 to 25 minutes, until the vegetables are tender, shaking the pan halfway through.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 147

% Daily Value\*

Total Fat	7.7g	10%
Saturated Fat	1.2g	6%
Cholesterol	0mg	0%
Sodium	63mg	3%
Total Carbs	18.7g	7%
Dietary Fiber	6.5g	23%
Total Sugars	5.7g	
Protein	5.5g	
Vitamin D	0mcg	0%
Calcium	81mg	6%
Iron	2mg	13%
Potassium	799mg	17%

Dinner

# KIDS' KORNER

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## TASTY TIP

To make vegan, substitute vegan cream cheese. This recipe is gluten-free.

# Fluffy Fruit Dip



Prep Time:  
5 min



Cook Time:  
0 min



Servings:  
4

## Ingredients

1 cup marshmallow fluff

½ lb strawberries

1 cup low fat whipped cream cheese

1 whole apple, sliced

1 tsp. vanilla extract

1 orange, peeled

## Directions

1. Whip marshmallow, cream cheese and vanilla in a bowl until light and fluffy.
2. Serve with fresh berries, apples or oranges.
3. Stays fresh in refrigerator for 1 week.

### Nutrition Facts

*Serving Size:* 1/4 cup

*Servings:* 8

*Amount per serving:*

Calories 30

% Daily Value\*

Total Fat	0.4g	1%
Saturated Fat	0.3g	1%
Cholesterol	2mg	1%
Sodium	158mg	7%
Total Carbs	1.8g	1%
Dietary Fiber	0g	0%
Total Sugars	0.2g	
Protein	4.2g	
Vitamin D	0mcg	0%
Calcium	54mg	4%
Iron	0mg	0%
Potassium	48mg	1%





## TASTY TIP

To make vegan, substitute honey for agave nectar and to make gluten-free, substitute for gluten-free pitas.

# Apple Sunbutter Pita Pockets



Prep Time:  
5 min



Cook Time:  
0 min



Servings:  
4

## Ingredients

- 2 store bought mini pita breads cut in half
- 1 green apple
- 1 Tbsp. no salt sunflower butter
- Berries
- 1 honey crisp apple
- 2 Tbsp. honey

## Directions

1. Cut pitas in half to form a pocket.
2. Spread sunflower butter on the inside of pita
3. Fill with apples and berries, drizzle with honey on the inside, and enjoy!

### Nutrition Facts

*Serving Size:* 2 halves of pita pockets

*Servings:* 2

*Amount per serving:*

Calories 366

% Daily Value\*

Total Fat	5.8g	7%
Saturated Fat	0.7g	3%
Cholesterol	0mg	0%
Sodium	343mg	15%
Total Carbs	77.4g	28%
Dietary Fiber	8.7g	31%
Total Sugars	34.9g	
Protein	8.3g	
Vitamin D	0mcg	0%
Calcium	26mg	2%
Iron	3mg	17%
Potassium	301mg	6%



## TASTY TIP

This recipe is vegan and gluten-free.

# Shake Em Up Ice Cream



Prep Time:  
5 min



Cook Time:  
10 min



Servings:  
4

## Ingredients

2 cups almond milk

4 cups coarsely crushed ice

½ cup sugar

1 ½ cups rock salt

1 tsp. vanilla extract

## Directions

1. Using two 1-quart resealable plastic bags, place 1 bag inside the other. Add milk, sugar and vanilla to the inside bag.
2. Seal both bags, pressing out as much air as possible.
3. Place the 2 bags in a gallon-size resealable plastic freezer bag. Add ice and salt. Seal bag, again pressing out as much air as possible.
4. Shake and knead cream mixture until thickened, about 10 minutes.
5. Serve ASAP with classic ice cream toppings.

### Nutrition Facts

*Serving Size:* 1/2 cup

*Servings:* 4

*Amount per serving:*

Calories 373

% Daily Value\*

Total Fat	28.6g	37%
Saturated Fat	25.4g	127%
Cholesterol	0mg	0%
Sodium	18mg	1%
Total Carbs	31.8g	12%
Dietary Fiber	2.6g	9%
Total Sugars	29.1g	
Protein	2.8g	
Vitamin D	0mcg	0%
Calcium	19mg	1%
Iron	2mg	11%
Potassium	317mg	7%



# Homemade Hummus and Veggies



Prep Time:  
5 min



Cook Time:  
5 min



Servings:  
4

## Ingredients

½ cup tahini

2 cups chickpeas, cooked or canned,  
rinsed and drained

¼ cup olive oil

1 Tbsp. cumin

4 cloves garlic

½ cup lemon juice

1 tsp. fresh ground pepper

Sprinkle with paprika or chili powder

1 cup carrot sticks

1 cup celery sticks

## Directions

1. Combine all ingredients in a blender and blend until smooth. Serve with carrot and celery sticks.

### Nutrition Facts

*Serving Size:* 2 Tbsp.

*Servings:* 4

*Amount per serving:*

Calories 405

% Daily Value\*

Total Fat	29.6g	38%
Saturated Fat	4.5g	22%
Cholesterol	5mg	2%
Sodium	191mg	8%
Total Carbs	23.5g	9%
Dietary Fiber	3.3g	12%
Total Sugars	15.4g	
Protein	15.5g	
Vitamin D	102mcg	512%
Calcium	523mg	40%
Iron	4mg	24%
Potassium	633mg	13%



## TASTY TIP

Substitute with gluten-free bread or vegan pepperoni and cheese for healthier options.

# Pepperoni Pizza



Prep Time:  
5 min



Cook Time:  
15 min



Servings:  
4

## Ingredients

3 oz no-salt tomato paste

½ cup water

¼ tsp. fresh garlic

½ tsp. italian seasoning

Green Giant frozen cauliflower pizza crust (found at Walmart)

6 oz Good & Gather low-sodium mozzarella cheese, shredded (found at Target)

3 oz low-sodium turkey pepperoni (Kroger brand)

## Directions

1. Combine tomato paste, 1/2 cup water, fresh garlic, and Italian seasoning in a mixing bowl and set aside.
2. Grease a 17 x 14-inch baking sheet. Place frozen pizza crust on baking sheet. Cover with sauce. Top with cheese and low-sodium turkey pepperoni.
3. Bake at 400 °F for 20 to 30 minutes until dough and cheese are golden brown. Cut into 12 pieces.

### Nutrition Facts

*Serving Size:* 3 pieces

*Servings:* 4

*Amount per serving:*

Calories 199

% Daily Value\*

Total Fat	11.9g	15%
Saturated Fat	6.1g	30%
Cholesterol	46mg	15%
Sodium	559mg	24%
Total Carbs	6.9g	3%
Dietary Fiber	0.8g	3%
Total Sugars	2.3g	
Protein	19.7g	
Vitamin D	0mcg	0%
Calcium	305mg	23%
Iron	1mg	5%
Potassium	114mg	2%





# Vitamin Boost Smoothie



Prep Time:  
5 min



Cook Time:  
0 min



Servings:  
4

## Ingredients

1 cup orange segments, frozen

2 Tbsp. agave nectar

½ cup pineapple chunks, frozen

½ cup almond milk

1 cup strawberries, frozen

½ cup ice

## Directions

1. Blend and enjoy!

### Nutrition Facts

*Serving Size:* 4 oz

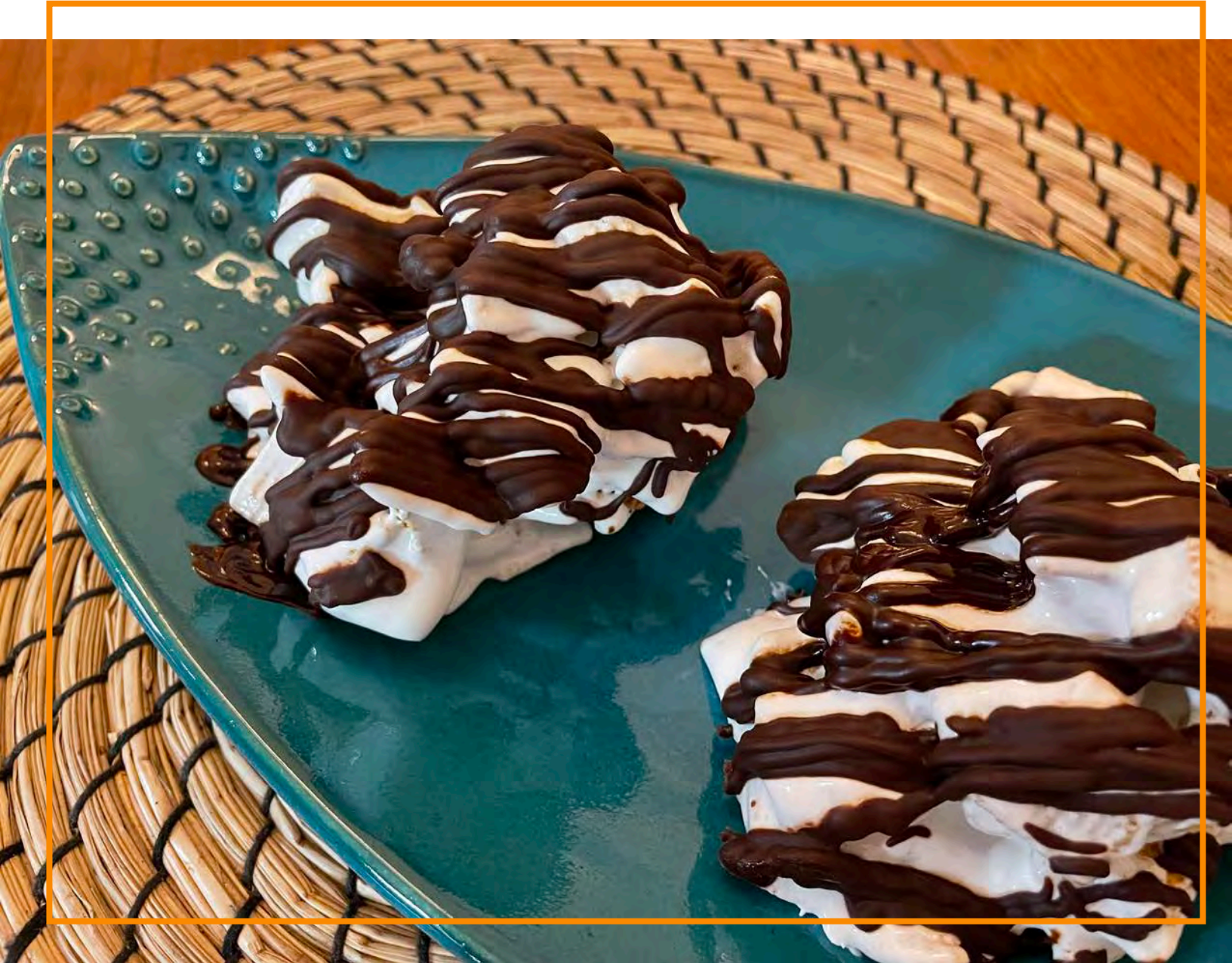
*Servings:* 4

*Amount per serving:*

Calories 199

% Daily Value\*

Total Fat	3.7g	5%
Saturated Fat	3.2g	16%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbs	24.7g	9%
Dietary Fiber	2.4g	8%
Total Sugars	21.3g	
Protein	0.9g	
Vitamin D	0mcg	0%
Calcium	13mg	1%
Iron	1mg	5%
Potassium	194mg	4%



# S'more Clusters



Prep Time:  
10 min



Cook Time:  
0 min



Servings:  
8

## Ingredients

2 cups marshmallow fluff

1 cup semisweet chocolate chips

4 cups Golden Graham cereal

2 Tbsp. milk

## Directions

1. Melt marshmallow fluff in microwave for 30 seconds. Stir and toss with Golden Grahams in a bowl.
2. Refrigerate mixture for 10 minutes. Scoop mixture into balls onto baking sheet covered with parchment paper.
3. Mix chocolate chips with milk in bowl and melt in microwave for 30 seconds.
4. Drizzle chocolate over s'more clusters and refrigerate until ready to eat.

### Nutrition Facts

*Serving Size:* 1/2 cup

*Servings:* 8

*Amount per serving:*

Calories 391

% Daily Value\*

Total Fat	8.6g	11%
Saturated Fat	5g	25%
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbs	78.5g	29%
Dietary Fiber	2g	7%
Total Sugars	57.5g	
Protein	1.1g	
Vitamin D	0mcg	0%
Calcium	55mg	4%
Iron	2mg	13%
Potassium	32mg	1%



# Trail Mix



Prep Time:  
10 min



Cook Time:  
0 min



Servings:  
16

## Ingredients

- |                              |                         |
|------------------------------|-------------------------|
| 3 cups Golden Grahams cereal | 1 cup dried cranberries |
| 3 cups Rice Chex cereal      | 1 cup dried apple chips |
| 2 cups Skinny Pop Popcorn    | 1 cup M&Ms              |

## Directions

1. Mix all ingredients and devour.

### Nutrition Facts

*Serving Size:* 1/4 cup

*Servings:* 16

*Amount per serving:*

Calories 801

% Daily Value\*

Total Fat	2.1g	3%
Saturated Fat	0.5g	3%
Cholesterol	0mg	0%
Sodium	192mg	8%
Total Carbs	222.2g	81%
Dietary Fiber	32.8g	117%
Total Sugars	172.2g	
Protein	0.9g	
Vitamin D	15mcg	75%
Calcium	201mg	15%
Iron	6mg	31%
Potassium	42mg	1%



## TASTY TIP

Substitute with gluten-free macaroni for another healthy option. To make vegan, substitute with vegan shredded cheese and vegan cream cheese.

# Mac 'n' Cheese



Prep Time:  
15 min



Cook Time:  
30 min



Servings:  
4

## Ingredients

- 2 cups macaroni, uncooked
- 1 ½ cups unsweetened almond milk
- 2 Tbsp. unsalted butter
- 1 tsp. onion powder
- 1 tsp. paprika
- 2 tsp. garlic powder
- 1 tsp. yellow mustard
- 1 tsp. black pepper
- 6 oz. gouda cheese, shredded
- 4 oz. mascarpone cheese

## Directions

1. Boil macaroni until tender then rinse in cold water until chilled down.
2. While pasta cooks, heat milk, cream cheese, mascarpone cheese, onion powder, paprika, garlic powder, yellow mustard, black pepper, and shredded cheese on low heat.
3. Once cheese sauce is melted, season and toss in pasta. Serve hot.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 463

% Daily Value\*

Total Fat	26g	33%
Saturated Fat	13.7g	68%
Cholesterol	75mg	25%
Sodium	638mg	28%
Total Carbs	35.3g	13%
Dietary Fiber	2.8g	10%
Total Sugars	1.8g	
Protein	19.1g	
Vitamin D	4mcg	22%
Calcium	782mg	60%
Iron	3mg	14%
Potassium	221mg	5%





# Chicken Nuggets with Homemade Honey Mustard Dipping Sauce



Prep Time:  
10 min



Cook Time:  
30 min



Servings:  
4

## Ingredients

- 1 lb boneless chicken breast
- 2 large eggs
- 1 tsp. onion powder
- 2 cups panko bread crumbs
- 1 tsp. garlic powder
- Cooking spray
- 1 tsp. black pepper
- Homemade Honey Mustard Dipping Sauce (see recipe below)
- ½ tsp. cayenne pepper

## Directions

1. Preheat the oven to 400 °F.
2. Cut chicken breast into bite-sized pieces.
3. In a large mixing bowl, combine seasoning, eggs, and chicken. Coat the chicken pieces evenly.
4. Pour bread crumbs into a Ziploc bag, then add chicken and toss until evenly coated.
5. Bake nuggets on a baking sheet sprayed with nonstick cooking spray for 20 minutes or until internal temperature reaches 165 °F.
6. Serve with homemade honey mustard dipping sauce.

## Homemade Honey Mustard Dipping Sauce

- 4 Tbsp. yellow mustard
- 2 Tbsp. mayonnaise
- 4 Tbsp. honey

1. Combine all ingredients and mix. Refrigerate for 30 minutes before serving.

### Nutrition Facts

Serving Size: 1

Servings: 4

Amount per serving:

Calories 471

% Daily Value\*

Total Fat	13.8g	18%
Saturated Fat	3.8g	19%
Cholesterol	194mg	65%
Sodium	529mg	23%
Total Carbs	40.5g	15%
Dietary Fiber	2.7g	10%
Total Sugars	3.9g	
Protein	43.4g	
Vitamin D	9mcg	44%
Calcium	134mg	10%
Iron	5mg	26%
Potassium	440mg	9%

# DESSERT

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## TASTY TIP

To make gluten-free, substitute flour in the crust for almond flour. To make vegan, use margarine instead of butter and use cornstarch or tapioca starch in lemon mixture instead of eggs.

# Sweet Summer Lemon Bars



Prep Time:  
20 min



Cook Time:  
1 hour



Servings:  
36 bars

## Ingredients

- 1 cup butter, softened
- 2 cups plus ¼ cup all-purpose flour
- ½ cup raw sugar
- 1½ cups white raw sugar
- 4 eggs
- Zest of 2 lemons
- 2 lemons, juiced

## Directions

1. Preheat the oven to 350 °F.
2. In a medium bowl, combine butter, all-purpose flour and ½ cup raw sugar into a loose dough. Press dough into the bottom of an ungreased 9x13 inch pan. Poke the dough with a fork.
3. Bake for 15 to 20 minutes until firm and golden.
4. In another bowl, whisk together 1 ½ cups white raw sugar and ¼ cup all-purpose flour. Whisk in the eggs, lemon juice, and lemon zest. Pour the mixture over the baked crust.
5. Bake for 20 minutes. The bars will firm up as they cool.
6. Once the pan has cooled, refrigerate for 30 minutes and cut into squares once formed.

### Nutrition Facts

Serving Size: 1

Servings: 36

Amount per serving:

Calories 124

% Daily Value\*

Total Fat	5.7g	7%
Saturated Fat	3.4g	17%
Cholesterol	32mg	11%
Sodium	44mg	2%
Total Carbs	17.8g	6%
Dietary Fiber	0.4g	1%
Total Sugars	11.4g	
Protein	1.6g	
Vitamin D	5mcg	26%
Calcium	7mg	1%
Iron	0mg	3%
Potassium	26mg	1%

Dessert



## TASTY TIP

**To make gluten free and vegan, substitute the following ingredients in the next recipe.**

2 ¼ cups superfine blanched almond flour  
6 Tbsp. tapioca starch/flour  
3 Tbsp. pure cane sugar  
1 ½ tsp. baking powder  
¼ + ⅛ tsp. cream of tartar  
¼ tsp. salt  
½ cup pure maple syrup  
2 ¼ Tbsp. vanilla extract

# Snickerdoodles



Prep Time:  
20 min



Cook Time:  
10 min



Servings:  
24 cookies

## Ingredients

3 cups flour  
2 tsp. cream of tartar  
1 tsp. baking soda  
2 tsp. cinnamon  
1 tsp. salt

1 cup unsalted butter, softened  
1 ¼ cup sugar  
2 eggs  
1 ½ Tbsp. vanilla extract or  
vanilla bean paste

### Topping:

½ cup sugar  
1 tsp. cinnamon

## Directions

1. Preheat the oven to 375 °F. Lightly grease baking sheets and line with parchment.
2. Whisk the flour, cream of tartar, baking soda, cinnamon, and salt together in a medium bowl.
3. In a large bowl, cream butter and sugar together until creamy, then slowly add eggs and vanilla extract, whipping until frothy. Slowly incorporate dry mixture until dough forms.
4. Form into 2 Tbsp. dough balls and roll in cinnamon sugar.
5. Bake cookies for 10 minutes.
6. Let cool and devour.

### Nutrition Facts

Serving Size: 1

Servings: 24

Amount per serving:

Calories 173

% Daily Value\*

Total Fat	8.2g	10%
Saturated Fat	5g	25%
Cholesterol	34mg	11%
Sodium	112mg	5%
Total Carbs	22.8g	8%
Dietary Fiber	0.5g	2%
Total Sugars	10.6g	
Protein	2.2g	
Vitamin D	7mcg	33%
Calcium	9mg	1%
Iron	1mg	5%
Potassium	67mg	1%

Dessert



## TASTY TIP

**To make the recipe gluten free and vegan, substitute the following ingredients in the next recipe.**

3-4 Tbsp. lemon zest (3 ½ large lemons as original recipe is written)

1 10 oz can of crushed pineapple

½ cup unsweetened applesauce

¼ cup avocado oil (or other neutral oil)

½ cup maple syrup

1 Tbsp. vanilla extract

2 cups almond flour

¾ cup potato starch (not potato flour)

⅓ cup cornstarch

2 tsp. baking powder

1 tsp. sea salt



# Pineapple Pound Cake



Prep Time:  
10 min



Cook Time:  
1 hour



Servings:  
16 slices

## Ingredients

2 cups sugar  
1 ½ cups butter  
6 whole eggs and 4 egg whites  
1 10-ounce can crushed pineapple

Unsalted butter, for greasing the pan  
2 Tbsp. powdered sugar  
2 Tbsp. milk or lemon juice  
3 cups flour

## Directions

1. Preheat the oven to 350 °F.
2. Beat together sugar and butter until frothy. Whip egg white to soft peaks and set aside.
3. Add eggs to sugar butter mixture one at a time. Slowly add in dry ingredients.
4. Add crushed pineapple and slowly fold in egg whites.
5. Grease a loaf or bundt pan and bake for up to 1 hour.
6. For a glaze to top the cake, combine 2 Tbsp. powdered sugar with 2 Tbsp. milk or lemon juice and drizzle over the cake once cooled.

### Nutrition Facts

*Serving Size:* 1

*Servings:* 16

*Amount per serving:*

Calories 374

% Daily Value\*

Total Fat	19.4g	25%
Saturated Fat	11.6g	58%
Cholesterol	116mg	39%
Sodium	158mg	7%
Total Carbs	45.5g	17%
Dietary Fiber	0.9g	3%
Total Sugars	27.1g	
Protein	6g	
Vitamin D	18mcg	92%
Calcium	22mg	2%
Iron	1mg	8%
Potassium	89mg	2%

Dessert



# Carrot Cake



Prep Time:  
15 min



Cook Time:  
1 hour



Servings:  
16 slices

## Ingredients

Unsalted butter for greasing the pan	2 tsp. baking soda	<b>Frosting:</b>
Flour	2 tsp. baking powder	1 cup butter, softened
4 eggs	½ tsp. salt	8 ounces cream cheese, softened
1 cup vegetable oil	2 Tbsp. ground cinnamon	1½ cups confectioners' sugar
½ cup apple sauce	1 cup pecans, chopped	1 Tbsp. vanilla extract
1½ cups white sugar	3 cups grated carrots	1 cup chopped pecans
½ cup crushed pineapple		
2 cups all-purpose flour		

## Directions

1. Preheat the oven to 350 °F. Grease and flour a 9x13 inch pan or cupcake pan.
2. In a large bowl, whip eggs, oil, apple sauce, sugar and pineapple. Mix in flour, baking soda, baking powder, salt and cinnamon. Fold in pecans and carrots. Pour into the prepared pan.
3. Bake for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean.
4. Let cool for 15 minutes and remove from the cupcake pan to cool completely. If using a large baking dish, let cool completely before removing.
5. Frosting: whip butter, cream cheese, powdered sugar and vanilla until soft and smooth. Spread over cake and top with chopped pecans.

### Nutrition Facts

*Serving Size:* 1 slice

*Servings:* 16

*Amount per serving:*

Calories 293

% Daily Value\*

Total Fat	16.3g	21%
Saturated Fat	1.5g	7%
Cholesterol	41mg	14%
Sodium	263mg	11%
Total Carbs	35.2g	13%
Dietary Fiber	1.7g	6%
Total Sugars	20.9g	
Protein	3.4g	
Vitamin D	4mcg	19%
Calcium	53mg	4%
Iron	1mg	7%
Potassium	181mg	4%

Dessert

# Vegan, Gluten-Free Carrot Cake



Prep Time:  
15 min



Cook Time:  
1 hour



Servings:  
16 slices

## Ingredients

Unsalted butter for greasing the pan	1 ½ tsp. baking soda	<b>Frosting:</b>
2 flax eggs (2 Tbsp. ground flaxseed meal with 6 Tbsp. hot water)	1 and ½ tsp. baking powder	8 ounces vegan cream cheese
3 Tbsp. applesauce	¾ tsp. salt	¼ cup vegan butter
1 ½ Tbsp. apple cider vinegar	1 Tbsp. ground cinnamon	4 cups powdered sugar
¾ cup vegetable oil	1 ½ tsp. ground nutmeg	1 Tbsp. vanilla extract
2 cups light brown sugar	1 ½ cups walnuts or pecans, chopped	
½ cup crushed pineapple	3 cups grated carrots	
3 cups gluten-free all purpose flour blend		

## Directions

1. Preheat the oven to 350 °F. Grease and flour a 9x13 inch pan or cupcake pan.
2. In a large bowl, whip flax eggs, vegetable oil, applesauce, sugar, pineapple, and apple cider vinegar. Mix in flour, baking soda, baking powder, salt, cinnamon, and nutmeg. Fold in walnuts or pecans and carrots. Pour into the prepared pan.
3. Bake for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean.
4. Let cool for 15 minutes and remove from the cupcake pan to cool completely. If using a large baking dish, let cool completely before removing.
5. Frosting: whip butter, cream cheese, powdered sugar and vanilla until soft and smooth. Spread over cake and top with chopped walnuts or pecans.

### Nutrition Facts

Serving Size: 1 slice

Servings: 16

Amount per serving:

Calories 293

% Daily Value\*

Total Fat	16.3g	21%
Saturated Fat	1.5g	7%
Cholesterol	41mg	14%
Sodium	263mg	11%
Total Carbs	35.2g	13%
Dietary Fiber	1.7g	6%
Total Sugars	20.9g	
Protein	3.4g	
Vitamin D	4mcg	19%
Calcium	53mg	4%
Iron	1mg	7%
Potassium	181mg	4%

Dessert



## TASTY TIP

To make vegan, substitute butter for margarine. To make gluten-free, use a store-bought gluten-free crust.

# Peach Cobbler



Prep Time:  
15 min



Cook Time:  
45 min



Servings:  
10

## Ingredients

- |                               |                             |
|-------------------------------|-----------------------------|
| 2 packages pre-made pie crust | 2 oz corn starch            |
| 1 cup sugar plus 1 tsp.       | ¼ stick butter or margarine |
| 2 lbs fresh peaches           | ½ tsp. allspice             |
| 2 Tbsp. vanilla extract       | ½ tsp. cinnamon             |
| 1 Tbsp. pumpkin spice         |                             |

## Directions

1. Preheat the oven to 375 °F. Roll out pie crust, cut into ½ in thick strips and refrigerate on a sheet tray until ready to use.
2. Preheat a large sauce pan on medium heat. In a mixing bowl, combine sugar, sliced peaches, vanilla, pumpkin spice and cornstarch. Mix until peaches are evenly coated.
3. Pour mixture into sauce pan with butter and let simmer until peaches are tender, about 10 minutes.
4. Pour mixture into a baking dish and layer strips of pie crust over the peaches in a lattice top formation.
5. Bake at 375 °F for 25 minutes until pastry on top is cooked and browned. Remove from oven and top with allspice, cinnamon and sugar.
6. Put the bake in the oven for 5 minutes then remove and serve with ice cream.

### Nutrition Facts

Serving Size: 1

Servings: 16

Amount per serving:

Calories 85

% Daily Value\*

Total Fat	1.5g	2%
Saturated Fat	0.9g	5%
Cholesterol	4mg	1%
Sodium	11mg	0%
Total Carbs	17.9g	7%
Dietary Fiber	0.3g	1%
Total Sugars	14.5g	
Protein	0.2g	
Vitamin D	1mcg	5%
Calcium	3mg	0%
Iron	0mg	1%
Potassium	41mg	1%

Dessert



## TASTY TIP

To make gluten-free, substitute graham cracker crust for gluten-free graham crackers. To make vegan, substitute vegan cream cheese for cream cheese and coconut cream for non-dairy milk.

# Pumpkin Layer Cheesecake



Prep Time:  
30 min



Cook Time:  
3 hours



Servings:  
10

## Ingredients

16 ounces cream cheese

½ cup canned pumpkin puree

½ cup sweetened condensed milk

¾ tsp. pumpkin pie spice, plus a sprinkle for  
topping

1 Tbsp. vanilla extract

1 deep dish graham cracker crust

1 cup non-dairy whipped topping

## Directions

1. Whip cream cheese, sweetened condensed milk, and vanilla extract until smooth. Fold in 1 cup of non-dairy whipped topping. Separate the batter into two bowls.
2. Add canned pumpkin puree and pumpkin pie spice to half the batter.
3. Pour vanilla cheesecake mix into a deep dish crust and freeze for about 30 minutes. Repeat this process with the pumpkin batter and refrigerate for 2 hours.
4. Serve with whipped topping and a dash of pumpkin spice on top.

### Nutrition Facts

Serving Size: 1

Servings: 10

Amount per serving:

Calories 239

% Daily Value\*

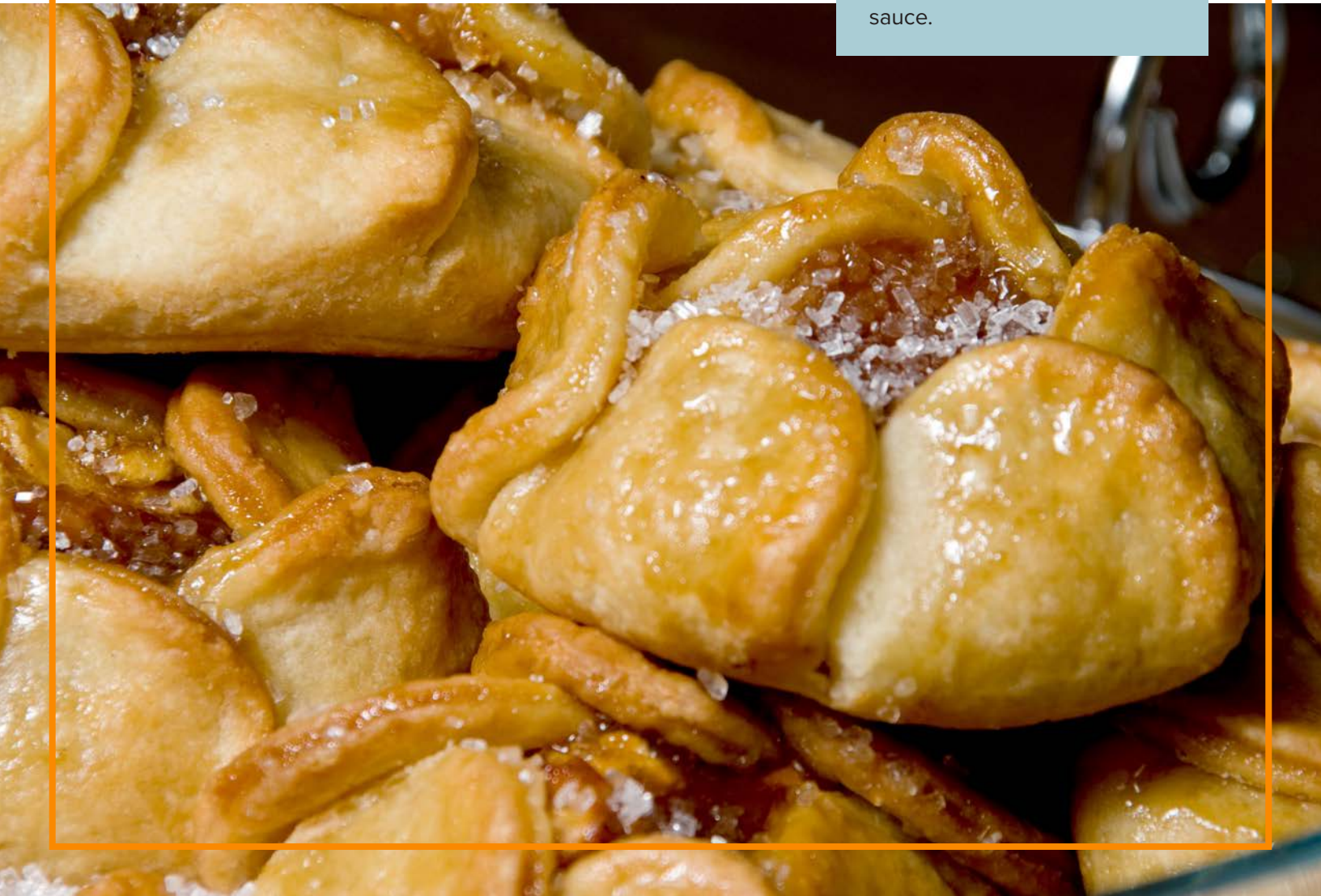
Total Fat	17.9g	23%
Saturated Fat	11g	55%
Cholesterol	55mg	18%
Sodium	164mg	7%
Total Carbs	14.4g	5%
Dietary Fiber	0.6g	2%
Total Sugars	10.4g	
Protein	4.9g	
Vitamin D	0mcg	0%
Calcium	86mg	7%
Iron	1mg	5%
Potassium	139mg	3%

Dessert



## TASTY TIP

To make gluten-free, use a gluten-free crust. To make vegan, use margarine instead of butter and vegan caramel sauce.



# Baked Caramel Apple Tart



Prep Time:  
30 min



Cook Time:  
30 min



Servings:  
8

## Caramel Sauce

1 cup light brown sugar  
1 cup heavy cream  
½ stick unsalted butter

## Pie Crust

1 ¼ cups unbleached all purpose flour  
¾ cup powdered sugar  
¼ tsp. coarse kosher salt  
½ cup (1 stick) chilled unsalted butter, diced  
2 large egg yolks

## Filling

2 Tbsp. sugar  
1 Tbsp. cornstarch  
2 Tbsp. lemon juice  
½ tsp. ground cinnamon  
½ tsp. ground allspice  
6 large granny smith apples

## Directions

1. In a large bowl, combine flour, sugar and salt; cut in butter until crumbly. Gradually add egg and vanilla, tossing with a fork until dough forms a ball. Cover and refrigerate until easy to handle, about 30 minutes.
2. Preheat the oven to 400°. On a lightly floured surface, roll dough into a 10-in. circle. Transfer to a parchment-lined baking sheet. Combine the filling ingredients; spoon over the crust to within 2 inches of edges. Fold up edges of crust over filling, leaving center uncovered. Combine sugar and cinnamon; sprinkle over filling. Whisk egg and water; brush over crust.
3. Bake until the crust is golden and filling is bubbly, 25-30 minutes. Using parchment, slide tart onto a wire rack. Drizzle with caramel topping. Serve warm.

### Nutrition Facts

Serving Size: 1 slice

Servings: 8

Amount per serving:

Calories 404

% Daily Value\*

Total Fat	19.5g	25%
Saturated Fat	11.8g	59%
Cholesterol	95mg	32%
Sodium	110mg	5%
Total Carbs	57.4g	21%
Dietary Fiber	3.8g	13%
Total Sugars	39.3g	
Protein	3g	
Vitamin D	19mcg	97%
Calcium	33mg	3%
Iron	2mg	9%
Potassium	202mg	4%

Dessert



# Flourless Chocolate Cake



Prep Time:  
30 min



Cook Time:  
35 min



Servings:  
12

## Ingredients

Nonstick cooking spray	½ cup butter, unsalted	1 tsp. salt
Parchment paper	⅓ cup sunflower oil	6 large eggs
Springform cake pan	1 tsp. vanilla	1 cup heavy cream
12 ounces dark chocolate, chopped	1 tsp. cinnamon	2 Tbsp. maple syrup

## Directions

1. Preheat the oven to 350°F. Spray the springform pan, bottom and sides.
2. Trace the diameter of the pan onto the parchment and cut out the circle of parchment. Place parchment in the prepared baking pan.
3. Melt the chocolate and butter in a double boiler (metal bowl fitted over a saucepan with 2 inches of water simmering). Whisk to help melt and combine.
4. Remove from heat as soon as the mixture is melted.
5. Add the sunflower oil, vanilla, cinnamon, and salt. Whisk until smooth.
6. Beat eggs and sugar with an electric mixer on medium high speed for 4 to 5 minutes, until pale yellow. Fold in the chocolate mixture; whisk until just combined.
7. Pour batter into the prepared baking pan.
8. Bake until the batter is just set and begins to crack (approximately 30 to 35 minutes).
9. Cool completely on a wire rack.
10. Remove the springform pan sides, cover and refrigerate for 3 hours.
11. Whip the heavy cream in a mixing bowl with the maple syrup using an electric mixer on medium speed. Whip until soft peaks form and maintain their shape.
12. Serve cake with a dollop of the whipped cream.

### Nutrition Facts

*Serving Size:* 1 slice

*Servings:* 12

*Amount per serving:*

Calories 462

% Daily Value\*

Total Fat	34.1g	44%
Saturated Fat	17.3g	87%
Cholesterol	160mg	53%
Sodium	139mg	6%
Total Carbs	33.8g	12%
Dietary Fiber	1.3g	5%
Total Sugars	30.2g	
Protein	6.8g	
Vitamin D	23mcg	116%
Calcium	94mg	7%
Iron	1mg	8%
Potassium	201mg	4%

Dessert



# Gluten-Free Strawberry Cupcakes



Prep Time:  
15 min



Cook Time:  
25 min



Servings:  
12

## Ingredients

½ cup unsalted butter	1 tsp. baking powder
¼ cup rice milk, unenriched	¼ tsp. salt
Cupcake liners	1 tsp. pure vanilla extract
⅔ cup whole fresh strawberries	1 cup sugar
1 cup white rice flour	1 large egg
½ cup brown rice flour	2 large egg whites

## Directions

1. Set butter, eggs and rice milk out to warm to room temperature. Preheat the oven to 350°F. Place cupcake liners in a 12-cup muffin tin; set aside.
2. Process strawberries in a small food processor until pureed to make approximately 1/3 cup of puree.
3. In a medium bowl, combine white and brown rice flours, baking powder, and salt; set aside.
4. In a small bowl, combine rice milk, vanilla, and strawberry puree; set aside.
5. Cream butter on medium-high speed with an electric mixer, until light and fluffy. Gradually add sugar and continue to beat until well combined and fluffy. Reduce the mixer speed to medium and slowly add egg and egg whites until just blended.
6. With the mixer on low, slowly add half the rice flour mixture; mix until just blended. Add the milk mixture; mix until just blended. Slowly add remaining rice flour mixture, scraping down sides of the bowl with a spatula, as necessary, until just blended.
7. Pour batter into muffin cups. Bake until the tops are just dry to the touch, 22 to 25 minutes. Place muffin tin on a wire rack and let cupcakes cool before removing from tin.

### Nutrition Facts

*Serving Size:* 1 cupcake

*Servings:* 12

*Amount per serving:*

Calories 218

% Daily Value\*

Total Fat	8.5g	11%
Saturated Fat	5.1g	25%
Cholesterol	36mg	12%
Sodium	119mg	5%
Total Carbs	33.7g	12%
Dietary Fiber	0.8g	3%
Total Sugars	17.3g	
Protein	2.5g	
Vitamin D	7mcg	34%
Calcium	27mg	2%
Iron	0mg	2%
Potassium	102mg	2%

Dessert

## TASTY TIP

To make gluten free and vegan, substitute the following ingredients in the recipe below.

⅓ cup solidified coconut oil

½ cup coconut sugar

2 tsp. vanilla extract

2 Tbsp. almond milk

1 cup almond flour (not almond meal)

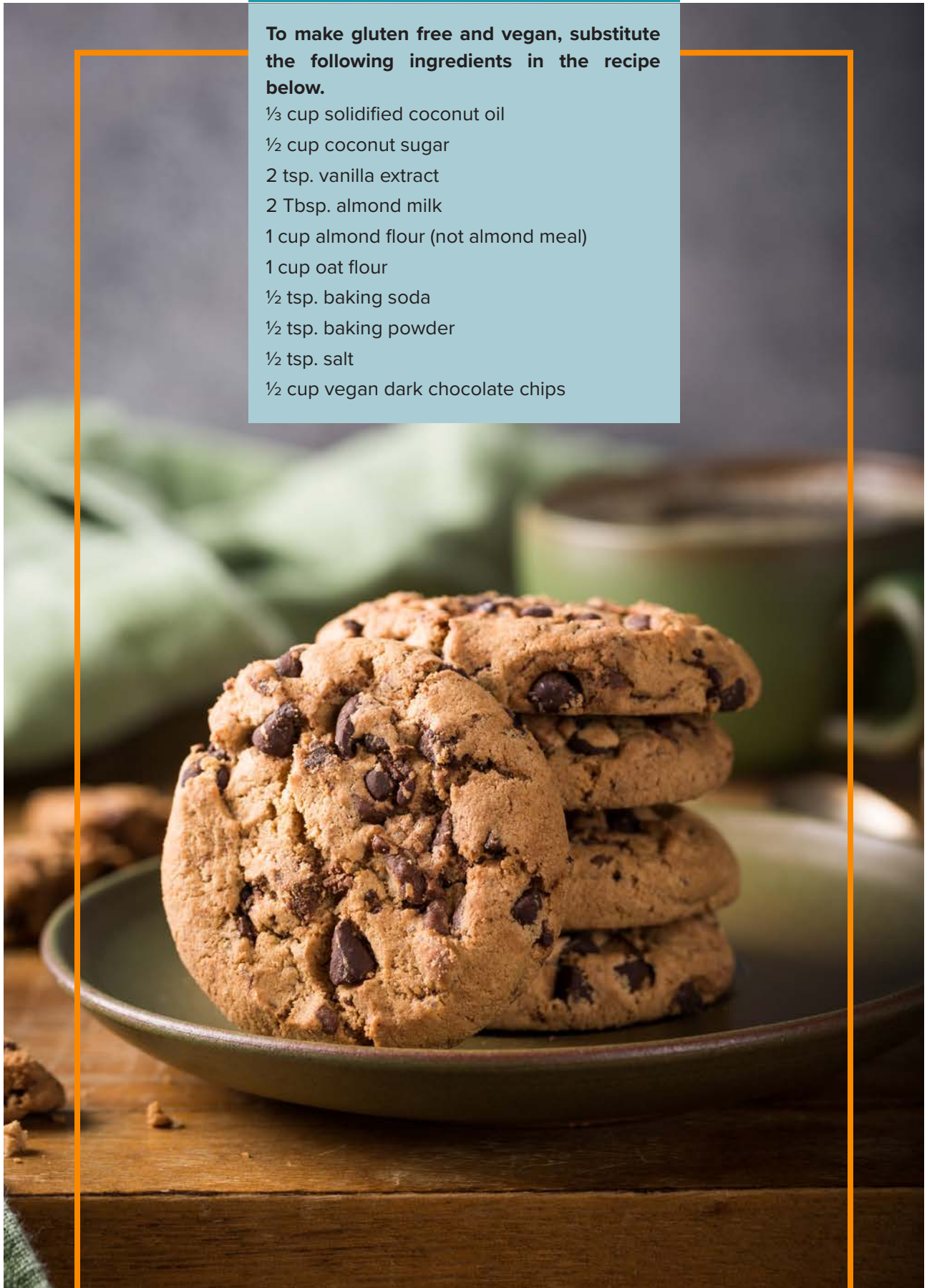
1 cup oat flour

½ tsp. baking soda

½ tsp. baking powder

½ tsp. salt

½ cup vegan dark chocolate chips



# Chocolate Chip Cookies



Prep Time:  
15 min



Cook Time:  
13 min



Servings:  
40

## Ingredients

- 1 cup (2 sticks) butter, softened
- 1 tsp. salt
- ¾ cup granulated sugar
- 1 tsp. vanilla extract
- ¾ cup packed brown sugar
- 1 tsp. baking soda
- 2 large eggs
- 2 cups chocolate chips
- 2 ¼ cups all-purpose flour

## Directions

1. Preheat the oven to 350 °F. Cream the butter. Slowly add the sugar while continuing to beat the butter. Add the egg and beat. Add the flour and salt.
2. In a small container, combine the vanilla and baking soda. It will fizzle a bit.
3. Pour the vanilla mixture on the flour and start beating slowly. Accelerate until smooth.
4. Add the chocolate chips and blend briefly.
5. Portion tsp. size cookie dough balls and bake for 13 minutes.

### Nutrition Facts

*Serving Size:* 1 cookie

*Servings:* 40

*Amount per serving:*

Calories 93

% Daily Value\*

Total Fat	5g	6%
Saturated Fat	3.2g	16%
Cholesterol	16mg	5%
Sodium	90mg	4%
Total Carbs	11.2g	4%
Dietary Fiber	0.3g	1%
Total Sugars	7.2g	
Protein	1.2g	
Vitamin D	3mcg	14%
Calcium	15mg	1%
Iron	0mg	2%
Potassium	32mg	1%

Dessert