



Healthy Eating

Recipe Book

Avance Dietitian-Customized Recipes,
Grocery Store Tips, & Meal Prep Guide

Intro

Are you stuck in a recipe rut? Whether you are looking for a quick-and-easy weekday breakfast, a decadent chocolate dessert, or a new Sunday dinner to add to your rotation, this cookbook has the solution.

Tested and approved by Avance Care's registered dietitians, these recipes are simple, tasty, nutritious, and adaptable. If you are wondering how these foods can fit into your meal plan, talk with your registered dietitian/nutritionist. Remember: even small changes in your lifestyle can add up to big results over time. Happy cooking!

Editorial Board

Team of Avance Care Registered Dietitians

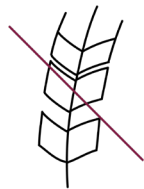
Table Of Contents

Weight Management Program	3
Emotional Eating Program	4
Thriving with Diabetes Program	5
Behavioral Wellness	6
Breakfast	7
Lunch	15
Dinner	21
Appetizers	29
Desserts	37
Sides	43
Dietitian Tips	49
Avance Care's Registered Dietitians	54

Food Sensitivities and Dietary Icons:



**Diabetes
Appropriate**



**Gluten
Free**



**Heart
Healthy**



**Dairy
Free**



**Vegetarian
Friendly**



**Child
Friendly**

At Avance Care, we believe that top-quality medical care is caring, convenient, and comprehensive. Open 7 days a week, we are there for you and your family when you need it most. Our team of providers are your ongoing partners on your healthcare journey, helping you optimize your health and enjoy life to the fullest. Welcome to the Next Generation of Primary Care, Your Healthcare Simplified.

Schedule your appointment today at AvanceCare.com

Weight Management Program

Are you tired of dieting and resorting to quick-fixes, only to regain the weight and then some? Enroll now in Avance Care's 3-month intensive, individualized weight loss program to help you both lose weight AND keep it off.

Patients That Follow Our Program Have Seen

- Weight loss up to 1-2 lbs./week
- Significant reductions in LDL cholesterol, triglycerides, and A1C
- Medication dose reductions and/or fewer medications needed
- Sustained behavior changes and improved diet quality
- Increased energy and sense of wellbeing
- Improved relationship with food

What Our Program Offers

We suggest committing to biweekly appointments with your dietitian for optimal results.



Session 1: Nutritional Assessment

- 90-minute visit
- Assessment of medical history, personal goals, and current lifestyle habits
- Explanation of your nutrition analysis report
- Customized education and materials
- SMART goal setting

Session 2: Meal Planning

- 60-minute visit
- Individualized meal plan
- Menu planning practice
- Recipes to match meal plan

Session 3: Body Composition and Meal Plan Review

- 45-60-minute visit
- Body composition and waist circumference assessment using advanced bio-electrical impedance technology. This test will be repeated at session 6 to show changes in your body composition
- Review of food tracking records and meal plan
- Nutrition coaching

Session 4: Individual Grocery Store Tour

- 90-minute visit
- Learn how to shop and plan meals without busting your budget
- Create your own healthy shopping list
- Decipher confusing food labels and ingredient lists
- Family members welcome to join

Session 5: Mindful Eating

- 60-minute visit
- Mindful eating coaching and guided mindful eating activity
- SMART Goal Setting
- Review of goals and progress

Session 6: Healthy Dining Out and Social Occasions

- 60-minute visit
- Review of restaurant menus and tips for eating out and navigating social occasions and holidays
- Reassessment of body composition

Post Program Support

Ongoing follow up sessions are recommended for accountability and additional coaching. We suggest committing to biweekly sessions with your dietitian (RDN) for optimal results.

What Will it Cost?

Most health insurance plans cover this program provided by a licensed dietitian. In some cases, you may be eligible for unlimited benefits with no copay or deductible. Our Specialty Services Coordinators will call your insurance provider to verify your benefits and will alert you of any copays or fees, if applicable.

Speak to your healthcare provider for a program referral or call Avance Specialty Services directly at 919-237-1337.

AvanceCare.com/Weight-Management-Program

Emotional Eating Program

Emotional eating occurs when you choose food in response to feelings (positive or negative), instead of physical hunger. Most people experience this occasionally, but for some individuals it can become a frequent challenge and create a pattern of disordered eating.

Am I an Emotional Eater?

Take this quick self-assessment to determine if you are struggling with emotional eating.

1. I often turn to food when I am feeling negative emotions such as stress or sadness, or in response to positive emotions such as happiness.
2. I am constantly thinking about food, even after I just ate.
3. I hide my eating from my family and friends.
4. I feel a lot of shame and regret after I eat too much.
5. I feel unable to control myself around food.

If 2 or more of these statements apply to you, the emotional eating program may be beneficial.

Program Structure

Avance Care's program combines nutrition and behavioral counseling in a structured format to empower you and support you in repairing your relationship with food.

The program consists of two 9-week tiers, providing both beginner and advanced levels of support to promote long-term success. Participants attend weekly one-hour appointments alternating between a registered dietitian and a behavioral therapist. After the first 9 weeks, graduates of tier 1 will be offered entry into tier 2, an advanced course in emotional eating, if considerable progress has been made.

The Program Is Designed to Help Participants:

- Embrace the nourishing qualities of eating
- Develop the skills needed to establish a healthier relationship with food
- Practice and implement mindfulness techniques in their daily life
- Understand the complex relationship between physical health, emotional health, and eating
- Investigate how previous experiences and habits affect their food behaviors
- Explore new strategies for self-care and self-acceptance

All potential participants will attend an introductory assessment with an Avance Care registered dietitian. Individuals who meet the program's eligibility criteria must be able to commit one hour each week for 9 weeks of in-person counseling. During each appointment, participants will be given at-home activities to practice mindfulness skills between sessions.

This is not a diet or weight loss program. It is an opportunity to build the skills and knowledge necessary to improve your relationship with food.



What Will It Cost?

Most health insurance plans cover this program provided by a licensed dietitian. In some cases, you may be eligible for unlimited benefits with no copay or deductible. Our Specialty Services Coordinators will call your insurance provider to verify your benefits and will alert you of any copays or fees, if applicable. Speak to your healthcare provider for a program referral or call Avance Specialty Services directly at 919-237-1337.

AvanceCare.com/Emotional-Eating

Thriving with Diabetes Education Program

Why settle for surviving with diabetes **when you can thrive!** Learning you have diabetes is a shock. Avance Care's Diabetes Education program can help you develop practical strategies that make managing diabetes easier and even enjoyable. Classes are offered for individuals as well as group sessions.

What Our Program Offers

Two out of three patients achieved an A1C less than 7 within 3 months of starting the program.



Session 1: "Get to Know You" Visit (90-minute visit)

- Discuss your medical history, current lifestyle habits, diabetes self-care behaviors, and goals
- Create an individualized learning plan with your dietitian for how to manage your diabetes and overall wellness
- Learn the basics of diabetes, blood sugar monitoring, and treatment options available to you

Session 2: Eating Healthy with Diabetes (60-minute visit)

- Review your food and blood sugar journals to learn your patterns
- Learn how your daily eating habits compare with recommendations by participating in a nutritional analysis activity
- Discuss carbohydrate counting, reading food labels, and strategies for dining out

Session 3: Personalized Healthy Eating Plan (60-minute visit)

- Create an individualized meal plan tailored to your food preferences
- Practice meal planning and tips for eating healthier "on the go"
- Receive delicious and healthy recipes to match your meal plan

Session 4: The Daily Dose: Medications and Preventing High and Low Blood Sugar (60-minute visit)

- Review your medications and how they work in your body
- This session may be provided by our clinical pharmacist, who can work with you to optimize your medication regimen
- Discuss additional vitamins, minerals, and complementary and alternative medicine
- Learn how to prevent and treat low and high blood sugar and how to navigate sick days

Session 5: Staying Active and Moving Towards Health (60-minute visit)

- Find out how physical activity affects your blood sugar
- Create personalized physical activity goals
- Learn how to reduce your risk of cardiovascular, kidney, eye, and nerve complications and how to care for your feet

Session 6: Getting the Support You Need (60-minute visit)

- Find out how stress affects your blood sugar
- Discuss problem solving, motivation, stress management, and relaxation techniques, as well as strategies for increasing support from family, friends, healthcare providers, and the community
- Practice stress management techniques such as meditation or breathing exercises, if desired
- Behavioral wellness providers are available to assist with healthy coping and stress management, as needed

Post Program Support

Ongoing follow up sessions are recommended for accountability and additional coaching. We suggest committing to biweekly sessions with your dietitian (RDN) for optimal results.

What Will it Cost?

Most health insurance plans cover this program provided by a licensed dietitian. In some cases, you may be eligible for unlimited benefits with no co-pay or deductible. Our Specialty Services Coordinators will call your insurance provider to verify your benefits and will alert you of any copays or fees, if applicable.

Speak to your healthcare provider for a program referral or call Avance Specialty Services directly at 919-237-1337.

AvanceCare.com/Thriving-With-Diabetes

Behavioral Wellness

Your mind + your body
It's all one system

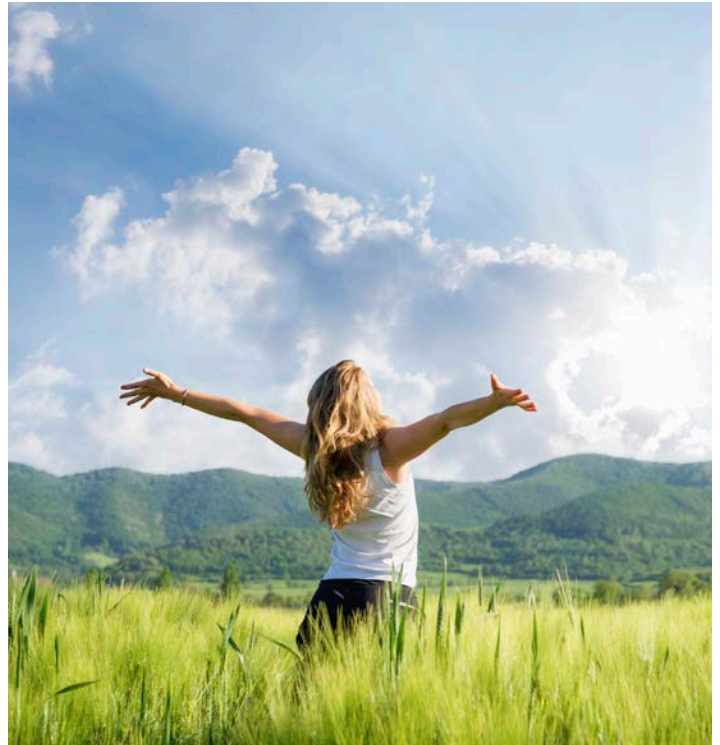
Research demonstrates that depression & many other common behavioral health conditions frequently develop along with common chronic illnesses.

Our onsite, licensed mental health specialists believe in breaking down the artificial distinction frequently made between physical and mental health that occurs in our often-fragmented medical system. If you or a loved one has struggled with the very common conditions of anxiety or depression, for example, you know all too well how these illnesses may be stigmatized. People suffering from depression and similar conditions may be treated differently than patients with conditions assumed to be purely “physical” in origin.

At Avance Care, we're interested in much more than the absence of illness. Our providers will engage you in an active therapeutic process that will help you:

- grow in self-awareness
- make healthy choices
- achieve appropriate balance in all areas of your life – physical, mental, behavioral, social, and spiritual

Avance Care therapists use a strength-based approach that helps you achieve your full potential and greatest degree of life satisfaction. We coordinate with your medical treatment team to help you draw on your capabilities and overcome the limitations imposed by illness and injury. We work with you to change negative behavioral patterns that perpetuate unhealthy habits, revise perspectives interfering with meaningful relationships in your life, and more.



Getting Started

1. You can request a referral during a medical appointment with your Avance Care provider or directly request services by contacting Avance Behavioral Wellness at [919.237.1337](tel:919.237.1337) or bw@avancecare.com.
2. Before beginning therapy, our Behavioral Wellness Coordinator helps you understand your insurance coverage. Behavioral Wellness services are covered ONLY by Blue Cross Blue Shield, UnitedHealthcare, Medicare, and Medcost at this time. Self-pay, discounted bundle fees available for non-insured patients.

[AvanceCare.com/BW](https://www.avancecare.com/BW)

Breakfast



2-Minute Mug Omelet



Prep Time: 2 minutes

Cook Time: 2 to 2 ½ minutes

Makes: 1 serving



Ingredients:

- **1** egg
- **2** egg whites (or another whole egg – nutrition information is calculated using whites)
- **2 tablespoons** skim milk (or low-fat milk of choice)
- **2 tablespoons** shredded cheddar cheese, divided
- **4** cherry tomatoes, quartered
- **3 tablespoons** green bell pepper, diced
- **2 tablespoons** red onion, chopped
- Salt and pepper to taste
- Nonstick cooking spray

Preparation:

1. Spray a microwave-safe mug with cooking spray.
2. Beat eggs, milk, vegetables, 1 tablespoon of cheese, and salt and pepper in the mug.
3. Microwave on high for 1 minute. Remove from microwave, beat mixture with a fork and return to microwave and cook for 1 to 1 ½ more minutes.
4. Top with remaining 1 tablespoon of cheese and allow to cool slightly.

Nutrition Tip: This quick and easy mug omelet makes for the perfect weekday breakfast, even if it's at the office (simply store ingredients in your office fridge!) Make your own variation by combining other ingredients such as pre-cooked turkey bacon or ham, red bell peppers, spinach, sundried tomatoes, feta, or mozzarella cheese. Serve with fresh fruit for a light breakfast or avocado toast for a more filling option.

Nutrition Information:

Serving Size: 1

Calories: 173, *Fat:* 8g, *Protein:* 18g, *Carbohydrates:* 6g, *Fiber:* 1g, *Sodium:* 265mg

Adapted from: <https://dashingdish.com/recipe/2-minute-omelet-in-a-mug/>

Carrot Cake Breakfast Cookies



Prep Time: 10 minutes

Cook Time: 15 minutes

Makes: 8 servings



Ingredients:

- **2 ½ cups** old fashioned oats, gluten-free certified if needed
- **¾ cup** flour, gluten-free or all-purpose
- **1 teaspoon** baking powder
- **1 ½ teaspoons** ground cinnamon
- **¼ teaspoon** ground cloves
- **¼ teaspoon** ground nutmeg
- **¼ teaspoon** ground ginger
- **⅛ teaspoon** salt
- **½ cup** unsweetened non-dairy milk (example, almond) or low-fat cow's milk
- **¼ cup** maple syrup
- **1** flax egg (1 tablespoon ground flax seeds mixed with 2 ½ tablespoons water, let sit for a few minutes) or 1 egg
- **1 teaspoon** vanilla extract
- **1 cup** carrot, grated

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Add all dry ingredients to a large bowl and stir. Next, add all remaining ingredients and mix again until everything is combined.
3. Line a sheet pan with parchment paper.
4. Roll batter into 16 balls (a little less than ¼ cup scoop each) and place on the parchment paper. Pat the tops down a little and bake cookies for 15-17 minutes, until firm and cooked through. Let them cool on wire rack before eating.

Nutrition Tip: Who says you can't have cookies for breakfast? Explore your inner child with these easy, delicious, and healthy breakfast cookies. They are great for on-the-go eating and can be made ahead or frozen in an airtight container for up to 6 months. They pair well with a source of protein, such as an egg or a glass of milk.

Nutrition Information:

Serving Size: 2 cookies

Calories: 200, *Fat:* 3g, *Protein:* 5g, *Carbohydrates:* 40g, *Fiber:* 4g, *Sodium:* 118mg

Adapted from: <https://www.shelikesfood.com/healthy-make-ahead-breakfast-cookies-6-ways-2/>

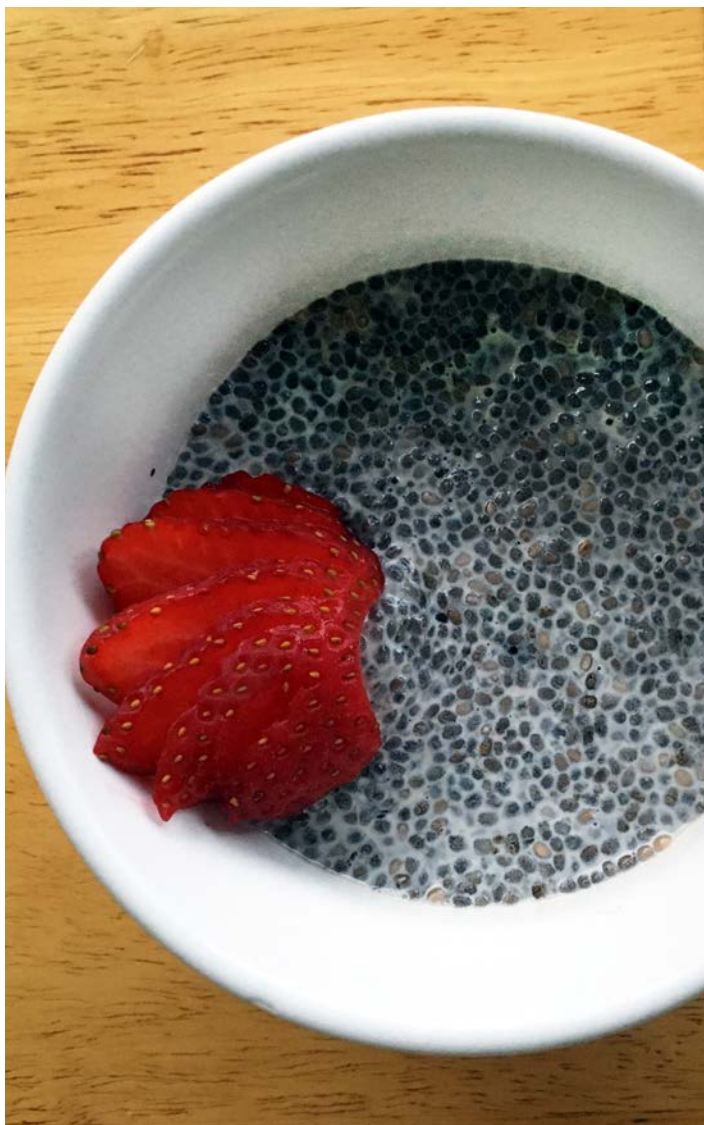
Chia Pudding



Prep Time: 2 minutes

Set Time: 4 hours, minimum

Makes: 1 serving



Ingredients:

- **½ cup** unsweetened vanilla almond milk (or your favorite milk)
- **2 tablespoons** chia seeds
- **1 tablespoon** honey (or your favorite sweetener)

Preparation:

1. Combine all the ingredients in a small serving bowl and stir well.
2. Cover and refrigerate for a minimum of 4 hours to set.

Fruit Suggestions:

- Mango chunks and sprinkle of coconut flakes
- Triberry blend (strawberries, raspberries and blueberries)
- Peaches and sprinkle brown sugar
- Apples with cinnamon, nutmeg OR pumpkin spice
- Pineapple and cherry pieces
- Blueberry and almonds slivers
- Banana slices and small drizzle of maple syrup

Nutrition Tip: Chia pudding is perfect for anyone who loves yogurt for breakfast but wants something slightly different. This pudding requires little prep work the night before and the next morning you have a fiber-packed, protein-packed breakfast. Top with your favorite fruit and enjoy! You can also make more than 1 serving at a time because they last for about 5 days in the refrigerator. Change up the flavors of the pudding by adding your favorite spices and herbs such as pumpkin pie spice, cinnamon, matcha powder, or cocoa powder.

Nutrition Information:

Serving Size: 1 small bowl

Calories: 202, **Fat:** 9.5g, **Protein:** 6.5g, **Carbohydrates:** 24g, **Fiber:** 9.5g, **Sodium:** 116mg

Adapted from: <https://cleananddelicious.com/2017/06/08/best-chia-seed-pudding-recipe-4-delicious-flavors/>

Lightened-Up French Toast Casserole



Prep Time: 10 minutes

Cook Time: 40 minutes

Makes: 8 servings



Nutrition Tip: What is more comforting than french toast? Unfortunately, traditional french toast casserole recipes can be loaded with heavy cream and sugar. This recipe slashes sugar by more than half, while keeping all the flavor by using warm spices and cinnamon raisin bread. This recipe can be made the night before. Simply complete steps 1-6, cover with plastic wrap and store in the fridge until the next morning. Then, complete the remaining steps allowing for longer baking time, if needed.

Nutrition Information:

Serving Size: 8

Calories: 286, **Fat:** 11g, **Protein:** 11g, **Carbohydrates:** 37g,

Fiber: 2g, **Sodium:** 322mg

Adapted from: https://www.simplyrecipes.com/recipes/french_toast_casserole/

Ingredients:

For the Casserole:

- **1 loaf** Pepperidge Farm 100% Whole Wheat Swirl Cinnamon Raisin Bread
- **½ cup** chopped pecans
- **6** large eggs
- **1 ½ cups** skim milk
- **½ teaspoon** vanilla extract

- **¼ teaspoon** salt

- **½ teaspoon** ground cinnamon

For the Topping:

- **3 tablespoons** unsalted butter, melted
- **2 tablespoons** dark brown sugar
- **1 teaspoon** ground cinnamon
- Nonstick cooking spray

Preparation:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Slice the bread into 1-inch cubes, leaving the crusts on.
3. Lightly grease a 2-quart or 3-quart sized baking dish (use 2-quart for thicker slices) or coat with nonstick cooking spray.
4. Add enough bread to cover the bottom of the pan and sprinkle a few tablespoons of pecans on top. Continue layering the bread chunks and pecans. Set aside.
5. In a medium bowl, whisk together the eggs, milk, vanilla, salt and ½ teaspoon of cinnamon.
6. Pour the egg mixture over the bread chunks and lightly press down on the bread to help it absorb the egg mixture.
7. In a small bowl, mix together the melted butter, brown sugar and 1 teaspoon cinnamon. Using a spoon, drizzle the mixture evenly over all the bread chunks.
8. Bake casserole for 35-45 minutes (bake for longer if you want the chunks of bread to be more golden and crisp).
9. Remove from the oven and let cool for about 10 minutes before serving.
10. Slice into 8 pieces and sprinkle with desired toppings.

Huevos Rancheros



Prep Time: 15 minutes

Cook Time: 15 minutes

Makes: 1 serving



Ingredients:

- **½ tablespoon** olive oil
- **1 seven-inch** whole-grain, low carb tortilla (optional)
- **¼** onion, chopped
- **½** tomato, diced
- **¼ cup** pinto beans, drained and rinsed
- **1** egg
- **¼** avocado, sliced
- **1** lime
- Salt and pepper, to taste
- **Handful** cilantro, to garnish
- Nonstick cooking spray

Preparation:

1. Prepare vegetables by chopping onion and tomato. Slice avocado into about four even strips.
2. If using a tortilla, coat a pan with olive oil cooking spray and heat both sides of the tortilla. Set aside in your desired serving skillet or bowl.
3. In a pan, heat ½ tablespoon of olive oil over medium-high heat. Once hot, add onion and sauté until tender, about 4 minutes. Add tomatoes and beans and simmer on medium-low for 3 minutes, stirring occasionally. Season with salt and pepper as desired.
4. Transfer the mixture onto the tortilla or into a skillet or bowl if no tortilla is being used.
5. Using the same pan over medium-high heat, crack the egg open and cover with a lid. Allow the egg to sit until the whites have set, but the yolk is still runny. Gently slide on top of the tortilla and bean mixture.
6. Serve warm with sliced avocado and lime, garnish with cilantro, and season with salt and pepper as desired. Sriracha or alternative hot sauce can also be added as preferred.

Nutrition Tip: Choosing whole, nutritious food does not have to mean skipping brunch. This version of huevos rancheros provides a high-fiber option to keep you full for hours. If you prefer spicy food, consider adding cayenne or hot paprika to your onion, tomato, and bean mixture instead of topping with hot sauce, which contains additional sodium. This recipe can be served with or without the tortilla, depending on your personal carbohydrate and calorie goals, and is easily doubled for two or more portions.

Nutrition Information:

Calories: 342, *Fat:* 19g, *Protein:* 17g, *Carbohydrates:* 36g,

Fiber: 17g, *Sodium:* 293mg

Adapted from: <http://thewholetara.com/healthyhuevosrancheros/>

Ricotta Toast - 3 Ways



Prep Time: 5-10 minutes

Cook Time: 5-10 minutes

Makes: 1 serving



Ingredients:

- **1 slice** crusty whole-grain bread, toasted
- **¼ cup** part-skim ricotta cheese

Preparation:

Ricotta Toast with Strawberries: Combine ¼ cup part-skim ricotta cheese with 1 teaspoon chopped, fresh mint and ½ teaspoon vanilla extract in a small bowl. Drizzle 1 slice toast with 1 teaspoon maple syrup. Top toast with the ricotta mixture and ½ cup sliced fresh strawberries.

Ricotta Toast with Spinach and Sundried

Tomatoes: Heat a medium skillet over medium heat. Add 1 teaspoon olive oil and wait until warm. Sauté ½ cup fresh baby spinach leaves until slightly wilted. Remove from heat, pat with paper towel to remove excess moisture and roughly chop. In a small bowl, mix ¼ cup part-skim ricotta cheese, spinach, ½ teaspoon olive oil, and ½ teaspoon lemon juice. Spread ricotta mixture on toast. Garnish with sliced, sundried tomatoes.

Ricotta Toast with Scrambled Egg and Chives:

Whisk 2 eggs, ½ tablespoon chopped chives, and 1/8 teaspoon salt in medium bowl. Put 1 teaspoon olive oil in skillet over medium heat. Add eggs and stir until eggs are cooked. Remove from heat and add in ¼ cup part-skim ricotta cheese and stir until just incorporated but cheese is still visible. Top toast with scrambled eggs and sprinkle with black pepper to taste. Garnish with fresh chives, if desired.

Nutrition Information (for Ricotta Toast with Strawberries):

Serving Size: 1 slice of with ¼ cup part-skim ricotta cheese, plus toppings

Calories: 257, **Fat:** 8g, **Protein:** 11g, **Carbohydrates:** 38g, **Fiber:** 4g, **Sodium:** 222mg

Adapted from: <http://www.eatingwell.com/recipe/257798/strawberry-ricotta-waffle-sandwich/print/>

Nutrition Tip: Low-fat ricotta cheese atop whole-grain toast makes for a quick and simple breakfast that provides a good source of protein. These three varieties show you different ways to incorporate fruits and vegetables into an easy breakfast as well!

Strawberry Banana Smoothie Bowl



Prep Time: 10 minutes

Cook Time: N/A

Makes: 1 serving



Ingredients:

- **½ cup** unsweetened almond milk (or milk of your choice)
- **1 cup** frozen strawberries
- **½ medium** banana, frozen
- **1 tablespoon** almond butter (or nut butter of your choice)
- **2 tablespoons** granola (opt for a brand with less than 10 grams of sugar per serving, such as Bear Naked Granola, as used in this recipe)
- **1 tablespoon** sliced almonds
- Stevia or Truvia for desired sweetness (optional)

Preparation:

1. Place the almond milk, strawberries, banana, and almond butter in the blender. Blend until smooth.
2. Pour into a bowl and top with granola and almonds. Enjoy!

Nutrition Tip: Start your morning with this refreshing, tasty, and healthy smoothie bowl! Using frozen fruit really helps to make this smoothie thick enough to hold the toppings. Feel free to replace the strawberries with a different fruit of choice, such as 1 cup frozen blueberries or ½ cup frozen mango. For a gluten-free option, just check the labels on your granola.

Nutrition Information:

Serving Size: 1 bowl

Calories: 304, *Fat:* 15g, *Protein:* 9g, *Carbohydrates:* 41g, *Fiber:* 9g, *Sodium:* 93mg

Adapted from: <https://flavorthemoments.com/blueberry-banana-smoothie-bowl/>



Lunch

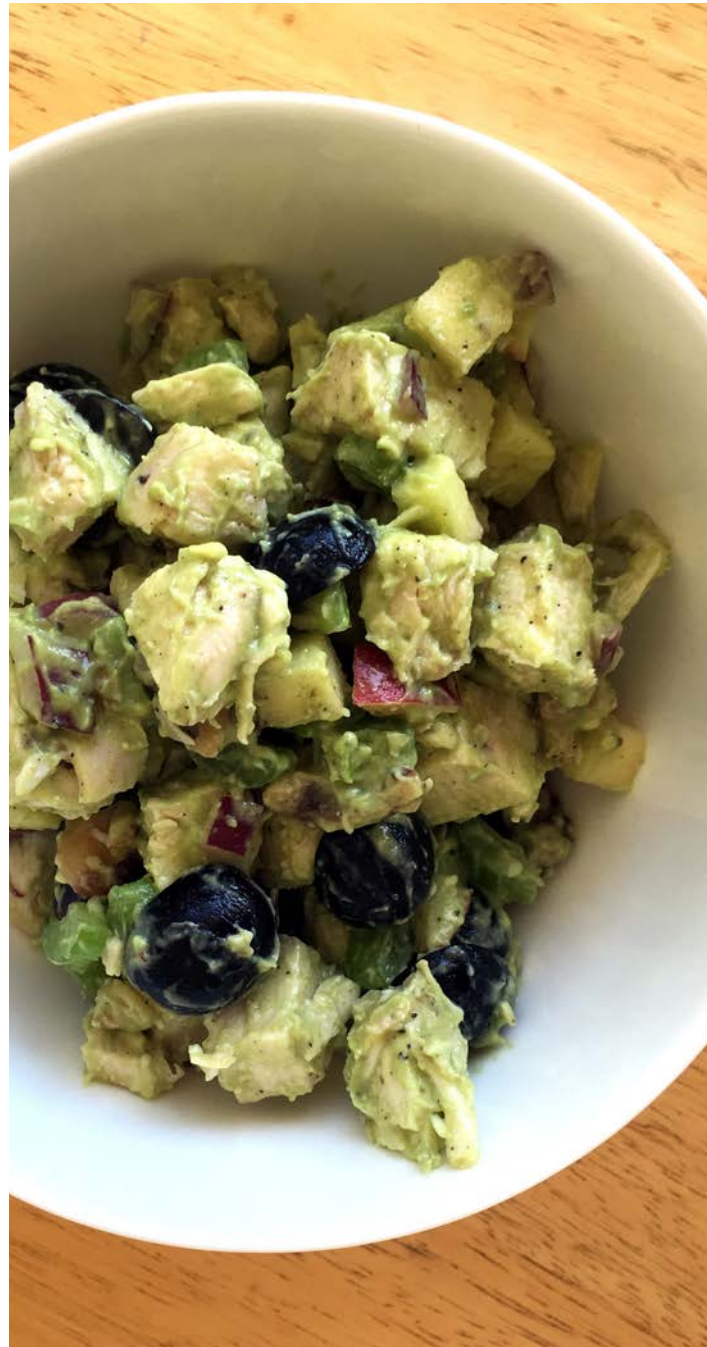
Avocado Chicken Waldorf Salad



Prep Time: 10 minutes

Cook Time: 30 minutes

Makes: 4 servings



Ingredients:

- **1** chicken breast (about **$\frac{3}{4}$ pound** or **9 ounces**)
- **1** medium avocado, peeled and pit removed
- **2 tablespoons** fresh lemon juice (or juice from 1 lemon)
- **1 tablespoon** extra virgin olive oil
- **2 teaspoons** dried basil
- **$\frac{1}{3}$ cup** diced celery
- **$\frac{1}{4}$ cup** diced red onion
- **$\frac{1}{2}$ cup** grapes, halved
- **$\frac{1}{2}$** apple, diced
- **$\frac{1}{4}$ cup** walnuts, chopped (or nut of choice)
- Salt and pepper to taste

Preparation:

1. Boil a pot of water. Place chicken breast in pot and boil for 30 minutes. Once cooked, set aside to cool.
2. In a blender or food processor, blend the avocado, lemon juice, olive oil, basil, salt, and pepper until smooth and creamy. Set aside.
3. In a medium bowl, combine celery, red onion, grapes, apple, and nuts.
4. Dice chicken into cubes and combine with celery mix.
5. Stir in avocado dressing with chicken and celery mix. Add additional salt and pepper to taste.

Nutrition Information:

Serving Size: $\frac{1}{4}$ of recipe

Calories: 242, **Fat:** 16g, **Protein:** 22g, **Carbohydrates:** 10g, **Fiber:** 3g, **Sodium:** 200mg

Adapted from: <https://therealfoodrds.com/avocado-chicken-waldorfsalad/print/9744/>

Nutrition Tip: This quick and easy twist on chicken salad uses avocado instead of mayo. Avocado is a great source of monounsaturated fatty acids. Serve this salad on top of a bed of greens, in a lettuce wrap, or use it as a dip with cucumber slices.

Chickpea Salad with Carrots and Celery



Prep Time: 20 minutes

Cook Time: 5 minutes

Makes: 4 servings



Nutrition Tip: This fresh and flavorful salad is the perfect dish for a healthy lunch. Each serving provides plenty of protein, fiber, and healthy fats. It is simple to make and can be easily tweaked to suit your own taste. If you don't like cilantro, swap it for fresh dill and add $\frac{2}{3}$ cup chopped celery for an added crunch. Try on top of a green salad, in a wrap, or in a pita pocket.

Nutrition Information:

Serving Size: $\frac{1}{4}$ of recipe

Calories: 431, **Fat:** 29g, **Protein:** 15g, **Carbohydrates:** 35g,

Fiber: 8g, **Sodium:** 496mg

Adapted from: <https://cookieandkate.com/2017/chickpea-salad-recipe-with-carrots-dill/>

Ingredients:

- **2 cans** chickpeas (15 ounces each), rinsed and drained, or 3 cups cooked chickpeas
- **2 cups** grated carrots (about $\frac{3}{4}$ pound or 5 to 6 medium carrots, peeled and grated on the large holes of a box grater or in a food processor fitted with a grating attachment)
- **$\frac{1}{2}$ cup** thinly sliced green onions (about 4)
- **$\frac{1}{2}$ cup** chopped, fresh cilantro
- **$\frac{1}{2}$ cup** pepitas (hulled pumpkin seeds)
- **$\frac{1}{3}$ cup** extra virgin olive oil
- **2 tablespoons** sherry vinegar (or red wine/rice vinegar)
- **2-3 tablespoons** lime juice
- **2 tablespoons** apple cider vinegar
- **2-3 medium/large** garlic cloves, minced
- **$\frac{1}{2}$ teaspoon** salt (add more if preferred)
- Freshly ground black pepper

Preparation:

1. In a medium serving bowl, combine the chickpeas, carrots, green onions, and cilantro. Set aside.
2. Toast the pepitas in a small skillet over medium heat, stirring frequently. Toast until they are starting to turn golden and make popping noises, about 5 minutes. Set aside to cool for a few minutes.
3. Prepare the vinaigrette in a liquid measuring cup or small bowl. Combine olive oil, sherry vinegar, lime juice, apple cider vinegar, garlic, salt, and about ten twists of pepper.
4. Whisk until blended and pour the dressing over the chickpea mixture.
5. Add the toasted pepitas to the bowl and stir to combine.
6. Taste, and add additional ingredients as needed. You may want to add more vinegar, lime juice, salt, or pepper.
7. For the best flavor, let the salad marinate for at least 30 minutes to overnight in the refrigerator.

DIY Instant Noodle Cups



Prep Time: 10 minutes

Cook Time: 10 minutes

Makes: 1 serving



Ingredients per Noodle Cup:

- **1 to 2 teaspoons** of flavor base – soup stock paste (reduced-sodium Better than Bouillon, miso paste, curry paste, etc.)
- **1 to 3 teaspoons** flavoring extras, optional – chili-garlic sauce, soy sauce or tamari, hoisin sauce, fish sauce, etc.
- **½ to 1 cup** vegetables – stir fry vegetables, frozen carrots, shredded cabbages, kimchi, etc.
- **½ cup** protein (3 ounces) – leftover shredded chicken (rotisserie works well), ½ cup tofu or tempeh, shrimp or other lean meat, etc.
- **½ cup** noodles – cooked udon, ramen, soba, whole-wheat spaghetti or lentil pasta, shirataki noodles or zoodles (for low-carb options)
- **¼ cup** fresh ingredients – fresh herbs, sliced green onions, bean sprouts, or sliced lime

Equipment:

- **1 ½ pint** (24 ounce) wide-mouth mason jars or other heatproof container

Preparation:

1. Place flavor base and flavor extras in the bottom of the jar; if it is a paste, spread it a little to help it dissolve easier.
2. Layer vegetables, protein, and then noodles.
3. Top with fresh ingredients. If you don't want them to get hot with the soup, keep them in a separate baggie or remove them before adding hot water.
4. Cover and refrigerate up to 3 days.
5. To prepare a jar of noodles: add 1 cup of very hot water to a jar. Cover and shake to combine. Uncover and microwave on high in 1-minute increments until steaming hot, 2-3 minutes total. Let stand 5 minutes. Stir before eating.

Nutrition Tip: Who doesn't love a noodle cup? But what we don't love are the artificial ingredients and strange dehydrated bits that come along with it. The solution is to make your own instant noodle cup with fresh ingredients; you'll be surprised how easy it is! Cut back on the sodium by finding the lowest-sodium ingredients at the store. You can pack 3 of these jars in advance for your weekday lunches. Just add hot water, and voilà!

Nutrition Information:

Serving Size: 1 jar of soup

Calories: 238, **Fat:** 8g, **Protein:** 29g, **Carbohydrates:** 10g,

Fiber: 2g, **Sodium:** 815mg

Adapted from: <https://www.thekitchn.com/how-to-make-diy-instant-noodle-cups-222560> and <http://www.eatingwell.com/recipe/256338/chicken-curry-cup-of-noodles/>

Spicy Thai Peanut Wrap



Prep Time: 10 minutes

Cook Time: 5 minutes

Makes: 4 servings



Ingredients:

Spicy peanut sauce:

- **3 tablespoons** creamy peanut butter
- **1 tablespoon** reduced-sodium soy sauce
- **1 tablespoon** honey
- **½ tablespoon** Sriracha sauce
- **½ tablespoon** fresh ginger, minced
- **½ tablespoon** fresh lime juice

Wrap filling:

- **8 ounces** cooked chicken, diced or shredded
- **½ cup** shredded carrots
- **½ cup** shredded cabbage
- **½ cup** shelled edamame
- **¼ cup** dry roasted salted peanuts, chopped
- Chopped fresh cilantro
- Finely sliced green onion
- **4** whole-wheat tortillas (e.g. FlatOut)
- Nonstick cooking spray

Preparation:

1. In a small bowl, stir together the sauce ingredients until smooth. Set aside.
2. Heat a small pan with cooking spray and heat the chicken, carrots, cabbage, and edamame until crisp, about 2-3 minutes. Remove from heat.
3. To assemble, spread ¼ of the sauce on the tortilla, followed by ¼ of the filling. Garnish with fresh cilantro and green onion before wrapping. To wrap, fold the bottom half up and the sides in (as pictured)

Nutrition Information:

Serving Size: 1 wrap

Calories: 275, **Fat:** 13g, **Protein:** 27g, **Carbohydrates:** 17g, **Fiber:** 5g, **Sodium:** 312mg

Adapted from: <https://www.wellplated.com/asian-chicken-wraps-thai-peanut-sauce/>

Nutrition Tip: This high-protein wrap is full in flavor and quick to assemble. To save time, use leftover rotisserie chicken and use your store's salad bar to get shredded carrots, cabbage, and edamame. The wrap is best served immediately. If you are prepping for later, cover and refrigerate the spicy peanut sauce to store. Let it come to room temperature and assemble just before serving.

Black Bean and Sweet Potato Mason Jar Salad



Prep Time: 10 minutes

Cook Time: 20 to 30 minutes to roast potatoes

Makes: 4 servings



Ingredients:

For the Dressing:

- Juice of one lime
 - **3 tablespoons** sesame oil
 - **2 tablespoons** low-sodium soy sauce or tamari
 - **2 cloves** garlic, chopped
 - **2 teaspoons** fresh ginger, peeled and chopped
- **1 cup** black beans, drained and rinsed (¼ cup per jar)
 - **1 cup** sweet potatoes or approximately 1 medium sweet potato (¼ cup per jar)
 - **1 cup** carrots, shredded (¼ cup per jar)
 - **1 medium** avocado (¼ per jar)
 - **8 cups** salad greens (2 cups per jar)
 - **4 tablespoons** peanuts, chopped (1 tablespoon per jar)

For the Salad:

- **1 cup** purple cabbage (¼ cup per jar)

Preparation:

To roast sweet potatoes:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash, dry, and peel the sweet potato. Cube into 1 inch by 1 inch sections and place on a tin foil-covered baking sheet. Drizzle with olive oil and season as desired.
3. Bake 20 to 30 minutes, stirring once halfway through, until soft and golden brown.
4. Let cool before assembling salad.

To make dressing:

1. Combine all ingredients in a small bowl and whisk together.

To assemble salads:

1. Layer the ingredients in the following order in a sealable container (e.g. pint-sized mason jars): ¼ of the salad dressing recipe, purple cabbage, black beans, carrots, avocado, sweet potato cubes, chopped peanuts, and salad greens.
2. Store in the refrigerator up to one week. When you are ready to eat, shake the jar to disperse the dressing and enjoy!

Nutrition Tip: Planning lunches ahead of time can have a significant impact on the quality of your diet throughout the week. These mason jar salads are the perfect way to include vegetables during your day in a satisfying way. Full of healthy fats, filling fiber, and vitamins and minerals, this colorful lunch will appeal to your eyes and your stomach. For non-vegetarians, add 2 ounces of rotisserie chicken if desired.

Nutrition Information:

Serving Size: 1 mason jar or alternative container

Calories: 374, **Fat:** 22g, **Protein:** 10g, **Carbohydrates:** 41g,

Fiber: 10g, **Sodium:** 273mg

Adapted from: <https://jessicainthekitchen.com/mason-jar-salads-meal-prep-lunch/>



Dinner

Cauliflower Rice Burrito Bowl



Prep Time: 10 minutes

Cook Time: 15 minutes

Makes: 4 servings



Ingredients:

For the Cauliflower Rice:

- **2, 10-ounce bags** frozen cauliflower rice
- **1 tablespoon** fresh lime juice
- **1 jalapeño** pepper, ribs and seeds removed, chopped (optional)
- **½ teaspoon** onion powder
- **½ teaspoon** garlic powder
- Salt and pepper to taste

For the Beef:

- **½ tablespoon** olive oil
- **1 pound** lean ground beef (93/7)
- **¾ teaspoon** onion powder
- **¾ teaspoon** garlic powder
- **1 teaspoon** cumin
- **¾ teaspoon** chili powder

- **¼ teaspoon** chipotle powder (optional)
- **2 tablespoons** tomato paste
- **4 tablespoons** water
- Salt and pepper to taste

For the Peppers and Onions:

- **½ tablespoon** olive oil
- **1 medium** yellow onion, sliced thin
- **1 medium** red bell pepper, sliced thin
- **1 medium** green bell pepper, sliced thin
- Salt and pepper to taste

Additional Ingredients:

- **1, 14-ounce can** black beans (rinsed and drained)

Preparation:

For the Cauliflower Rice:

1. Cook frozen bags of cauliflower rice in the microwave according to the package directions.
2. Combine cauliflower rice and remaining ingredients in a medium bowl and set aside.

For the Beef:

1. Heat oil in a large, nonstick pan over medium-high heat.
2. Crumble the beef into the skillet, breaking up lumps with a wooden spoon or spatula.
3. Add seasonings, stir, and continue to cook until the meat has browned, stirring occasionally.
4. Add tomato paste and water, stir to combine.
5. Continue to cook until mixture has thickened, about 3-5 minutes, then transfer to separate bowl. Do not rinse pan.

For the Peppers and Onions:

1. Heat olive oil in the same pan the beef was cooked in over medium-high heat.
2. Add peppers and onions and cook for about 5 minutes until soft, stirring occasionally.

To assemble:

1. Layer cauliflower rice, black beans, beef, and peppers and onions in a bowl. Garnish with toppings such as avocado, Greek yogurt or light sour cream, salsa, chopped cilantro, chopped jalapeño, tortilla chips, and lime wedges.

Nutrition Tip: A lighter version of the *Chipotle* burrito bowl. Using lean ground beef and cauliflower rice saves a whopping 600 calories and 55g carbohydrate compared to a bowl made with steak, beans, and cauliflower rice as the base. Although chips are not included in the nutrient analysis, there is still room (if you're aiming for 45g carbohydrate per meal) for a handful of chips and salsa to complete the meal!

Nutrition Information:

Serving Size: ¼ of recipe

Calories: 377, **Fat:** 15g, **Protein:** 34g, **Carbohydrates:** 29g,

Fiber: 12g, **Sodium:** 412mg

Adapted from: <https://www.paleorunningmomma.com/paleo-burrito-bowls-whole30/>

Chicken, Broccoli, and Cheddar Quinoa Bake



Prep Time: 30 minutes

Cook Time: 25 minutes

Makes: 6 servings



Nutrition Tip: This makes a great weeknight dinner that combines a lean protein, a whole-grain, and a vegetable all in one dish! It also makes great leftovers for lunch the next day. Serve with a side salad for extra veggies. For a gluten-free option, leave out the breadcrumbs or use gluten-free breadcrumbs.

Nutrition Information:

Serving Size: 1/6 of recipe

Calories: 372, **Fat:** 18g, **Protein:** 22g, **Carbohydrates:** 35g,

Fiber: 5g, **Sodium:** 370mg

Adapted from: <https://domesticate-me.com/roasted-broccoli-chicken-and-cheddar-quinoa-bake/>

Ingredients:

- **1 cup** uncooked quinoa
- **1 ¾ cups** low-sodium chicken stock
- **3 cups** broccoli florets
- **½ large** red onion, roughly chopped
- **2 tablespoons** extra virgin olive oil
- Salt & pepper to taste
- **1 cup** shredded, cooked chicken breast (or rotisserie chicken, if desired)
- **1, 14.5-ounce can** no salt added, diced tomatoes, drained
- **1 ¾ cups** sharp or mild cheddar cheese, divided (may use a 2% cheese for a lower-fat option)
- **¼ cup** whole-wheat panko breadcrumbs (optional)

Preparation:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Place the quinoa and chicken stock in a small pot and bring to a boil. Lower to a simmer, cover with a lid, and cook for 15 minutes until all the liquid has been absorbed. Once cooked, let the quinoa rest, covered, for 10 minutes then fluff with a fork.
3. While the quinoa is cooking, prepare your vegetables. Place the broccoli florets and chopped red onion on a foil-lined baking sheet. Drizzle with olive oil and add a pinch of salt. Toss to coat. Roast your vegetables for 15 minutes until just tender.
4. Transfer the cooked quinoa to a large bowl. Add the shredded chicken, diced tomatoes, and 1 cup of the cheddar cheese. Use a spatula to combine the ingredients. Fold in the roasted broccoli and onions. Taste the mixture and season with salt and pepper to taste.
5. Transfer the quinoa mixture to a 9x9 inch baking pan (or whatever size pan you have) and smooth the top. Sprinkle the remaining ¾ cup cheddar cheese over the quinoa and add the panko in an even layer for an optional crispy topping.
6. Bake for 25 minutes until cheese is melted and breadcrumbs are lightly browned. Serve warm.

Chickpea, Olive, and Feta Stuffed Zucchini Boats



Prep Time: 15 minutes

Cook Time: 30 minutes

Makes: 4 servings



Ingredients:

- **2 large** zucchini squashes
- **¼ cup** dry brown rice or barley
- **3 teaspoons** olive oil, divided
- **½ can (7 ounces)** chickpeas, drained and rinsed
- **1 clove** garlic, minced
- **3 tablespoons** black olives
- **2 tablespoons** pine nuts
- **1/8 teaspoon** thyme
- **1/8 teaspoon** oregano
- **4 tablespoons** reduced-fat feta cheese, divided
- Juice of 1 lemon
- **1 teaspoon** lemon zest
- Salt and pepper to taste
- Fresh mint to garnish

Preparation:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Cook brown rice or barley according to package instructions.
3. Remove the zucchini tops and slice in half lengthwise. Use a small spoon to hollow out the center of each zucchini half, leaving about ½ centimeter on all sides. Coarsely chop the zucchini flesh and set aside.
4. Place the zucchini halves on an aluminum foil-lined baking sheet and sprinkle with salt and pepper if desired. Roast in the oven for 12-15 minutes. Remove zucchini from the oven and switch the oven to broil to preheat.
5. While the zucchinis are cooking, add one teaspoon of oil to a frying pan and warm on medium heat. Add garlic and cook for about thirty seconds. Add the chopped zucchini and chickpeas and sauté for 5 minutes.
6. Using a fork or potato masher, lightly mash the chickpeas so that there are some lumps, but some have turned into a paste. Cook for another 3 minutes to allow some of the moisture to evaporate.
7. In a bowl, combine zucchini and chickpeas mixture and cooked brown rice or barley. Chop olives and pine nuts and add them to the bowl. Toss in thyme, oregano, 2 tablespoons reduced-fat feta, lemon juice, lemon zest, and salt and pepper to taste.
8. Stuff the zucchini boats by evenly dividing the mixture between the four halves. Top them with the remaining 2 teaspoons of olive oil and 2 tablespoons of feta. Broil for 5-7 minutes, until the tops are lightly browned. Sprinkle with fresh mint and serve warm.

Nutrition Tip: Vegetables don't have to be just a side dish! This recipe uses the squash itself as a "boat" to hold all the other ingredients. Most beans and lentils can be swapped into this recipe, in addition to switching the grains between brown rice, barley, or quinoa. Try a different flavor profile with onion, peppers, mushrooms, and tomatoes with some Italian herbs, or you can make a zucchini "burrito boat" with a little taco seasoning on your vegetables. For extra protein, toss in ground chicken, turkey, or lean pork, or top with some plain Greek yogurt and enjoy!

Nutrition Information:

Serving Size: One zucchini half (one "boat")

Calories: 266, **Fat:** 12g, **Protein:** 12g, **Carbohydrates:** 31g,

Fiber: 8g, **Sodium:** 299mg

Adapted from: <https://www.abbeyskitchen.com/recipe-chickpea-barley-olive-feta-stuffed-zucchini-boats/>

Italian Braised Chicken



Prep Time: 10 minutes

Cook Time: 25 minutes

Makes: 10 servings



Ingredients:

- **10** skinless chicken thighs on the bone, 5 ounces each
- Kosher salt and fresh black pepper, to taste
- **1 tablespoon** plus 1 teaspoon olive oil
- **4** garlic cloves, chopped
- **1 large** yellow onion, finely chopped
- **1** celery stalk, chopped
- **1** carrot, chopped
- Pinch of red pepper flakes (optional)
- **¼ cup** dry white wine
- **1 cup** low-sodium, fat-free chicken broth
- **2 cups** crushed tomatoes
- **¼ teaspoon** dried marjoram (oregano or thyme work also)
- **3-4 small** sprigs of fresh rosemary

Preparation:

1. Lightly season chicken with salt and fresh pepper.
2. Place a large heavy pot on medium-high heat. Add 1 tablespoon of oil.
3. When hot, add chicken and sear until browned, about 6-7 minutes on each side.
4. Transfer chicken to a dish and set aside.
5. Sauté garlic and onions (and red pepper flakes if using) in remaining oil; sauté until golden, about 3 minutes, stirring occasionally.
6. Add celery and carrots and sauté on medium-low heat for about 2-3 minutes, until soft.
7. Add the wine and chicken broth, scraping any caramelized bits from the bottom with a wooden spoon.
8. Transfer to the slow cooker.
9. Add tomatoes, marjoram, and rosemary and cook on low for 8 hours.

Nutrition Information:

Serving Size: 3 ounces chicken, ½ cup sauce

Calories: 221, **Fat:** 7.5g, **Protein:** 29.5g, **Carbohydrates:** 6g, **Fiber:** 1.5g, **Sodium:** 362mg

Adapted from: <https://www.skinnytaste.com/pollo-in-potacchio/>

Nutrition Tip: This classic Italian dish is ideal for the family and makes enough for plenty of leftovers. The crockpot cooks the chicken to tender perfection, allowing it to absorb the flavors of garlic, rosemary, and marjoram. Served alone, it is low-calorie, low-carb, and low-sodium, but would also taste great served over rice, pasta, or your favorite whole-grain.

Lemon Garlic Shrimp



Prep Time: 10 minutes

Cook Time: 25 minutes

Makes: 4 servings



Ingredients:

- **4 teaspoons** extra virgin olive oil, divided
- **2 large** red bell peppers, sliced
- **2 pounds** asparagus, trimmed and cut into 1-inch lengths
- **2 teaspoons** freshly grated lemon zest
- **½ teaspoon** salt, divided
- **5 cloves** garlic, minced
- **1 pound** raw shrimp (about 26-30 shrimp), peeled and deveined
- **1 teaspoon** cornstarch
- **1 cup** reduced-sodium chicken broth
- **2 tablespoons** lemon juice
- **2 tablespoons** chopped fresh parsley

Preparation:

1. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
2. Add bell peppers, asparagus, lemon zest, and ¼ teaspoon salt. Stir occasionally until just beginning to soften, about 6 minutes.
3. Transfer the vegetables to a bowl and cover to keep warm.
4. Add the remaining 2 teaspoons oil and garlic to the pan. Cook, stirring, until fragrant, about 30 seconds.
5. Add shrimp and cook, stirring, for 1 minute.
6. Whisk broth and cornstarch in a small bowl until smooth and add to the pan along with the remaining ¼ teaspoon salt.
7. Cook and stir until the sauce has thickened slightly and the shrimp are pink and just cooked through, about 2 minutes.
8. Remove from heat and stir in lemon juice and parsley.
9. Serve the shrimp and sauce over the vegetables.

Nutrition Tip: This recipe is an easy and delicious way to prepare shrimp, using olive oil and chicken broth instead of butter. Get creative and make a different version each time using your favorite vegetables. Serve over brown rice, quinoa, or whole-wheat pasta for a balanced meal.

Nutrition Information:

Serving Size: ¼ of recipe or about 3 ounces shrimp, 1½ cups vegetables & 3 tablespoons sauce

Calories: 211, **Fat:** 5g, **Protein:** 26g, **Carbohydrates:** 13g,

Fiber: 2g, **Sodium:** 353mg

Adapted from: <http://www.eatingwell.com/recipe/249648/lemon-garlic-shrimp-vegetables/>

Pecan Crusted Salmon with Brussels Sprouts



Prep Time: 10-15 minutes

Cook Time: 30 minutes

Makes: 4 servings



Nutrition Tip: Brussels sprouts are a hearty vegetable with a strong flavor. The sweet, balsamic glaze combined with the savory cheese help balance out the bitter sprouts. If you were previously not a fan, give this version a try! This sheet pan dinner comes together in just over 30 minutes, and the use of foil makes clean-up a breeze. Look for pre-sliced brussels sprouts in the produce department to save on time.

Nutrition Information:

Serving Size: 1 salmon fillet and ½ cup brussels sprouts

Calories: 451, **Fat:** 28g, **Protein:** 30g, **Carbohydrates:** 21g,

Fiber: 6g, **Sodium:** 254mg

Adapted from: <https://americanpecan.com/recipes/main-dishes/sheet-pan-pecan-crust-salmon/>

Ingredients:

- **1 pound** brussels sprouts, halved
- **1 tablespoon** olive oil, divided (or cooking spray)
- **2 ounces** pecans (~½ cup), chopped
- **4, 4- to 6-ounce** salmon fillets
- Salt and pepper to taste
- **½ cup** balsamic vinegar
- **1 tablespoon** pure maple syrup
- **2 tablespoons** grated parmesan cheese (optional)

Preparation:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Line a large baking sheet with foil. Spread the brussels sprouts on the sheet in 1 layer. Cover the brussels sprouts with another sheet of foil and move to oven for 10 minutes.
3. While brussels sprouts are cooking, prepare the salmon. Place chopped pecans in a shallow dish. Season the salmon fillets with ½ tablespoon olive oil, or spray with cooking spray. Carefully dip each fillet into the chopped pecans until evenly coated. Season with salt and pepper.
4. After 10 minutes, remove sheet pan from oven, uncover brussels sprouts, and carefully place the salmon on the pan. Do not allow the fish to touch the brussels sprouts. Season brussels sprouts with remaining ½ tablespoon of olive oil, salt, and pepper. Return the whole pan to the oven and bake an additional 10-15 minutes, until salmon flakes easily and internal temperature reads 145 degrees Fahrenheit.
5. While salmon is in the oven, prepare the balsamic glaze. Bring balsamic vinegar to a boil over medium-high heat. Stir until the mixture is reduced by ½, about 10 minutes. Remove from heat, stir in maple syrup, and let stand until salmon and brussels sprouts are done. Glaze should thicken.
6. Drizzle balsamic glaze over salmon and brussels sprouts and sprinkle with cheese, if desired, just before serving.

Stuffed Sweet Potatoes



Prep Time: 5 minutes

Cook Time: 45-60 minutes (in oven)

Makes: varies



Ingredients:

- **Medium** sweet potatoes (however many you would like to bake)
- Olive oil
- Kosher salt

Preparation:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Wash all potatoes and carefully prick with a fork or knife, 6-8 times each.
3. Rub each potato with a thin layer of olive oil and sprinkle with kosher salt. To prevent spills, put the potatoes on a baking sheet.
4. Bake for 45-60 minutes, or until you can pierce them easily with a knife.
5. Make a slit lengthwise end-to-end across the top and fluff the inside with a fork before stuffing with your favorite toppings.

Tex-Mex Sweet Potato (pictured): ¼ avocado, ½ cup black beans/corn mix, ½ tablespoon light sour cream, ½ cup chopped chicken or ground turkey (optional), ½ teaspoon chopped chives. Serve with vegetable side.

Buffalo Chicken: combine ½ cup chicken with 1 tablespoon Frank's Red Hot sauce. Drizzle with light ranch or blue cheese, chopped celery (optional), and chives. Serve with vegetable side.

BBQ Potato: combine ½ cup pulled pork tenderloin, chicken breast (rotisserie anyone?), or lean beef with 1-2 tablespoons of your favorite barbeque sauce (look for lowest sugar variety). Top with jalapeños, cilantro, or chives. Serve with vegetable side.

Breakfast Potato: ½ cup scrambled eggs (or poached or fried), chopped tomatoes, 1/4 avocado, sautéed peppers and onions, salsa, and chives.

Nutrition Tip: Talk about versatility.

Double the sweet potatoes and have leftovers with different toppings another night! Roasting the sweet potato brings out its natural sweetness, but you can microwave them if you are short on time. Pierce the sweet potato skin 6-8 times and place on a microwaveable plate for 5-8 minutes, rotating halfway through.

Nutrition Information (Tex-Mex Sweet Potato):

Serving Size: 1 potato

Calories: 380, **Fat:** 10g, **Protein:** 35g, **Carbohydrates:** 40g,

Fiber: 11g, **Sodium:** 261mg

Adapted from: <https://www.onelovelylife.com/6-amazing-ways-to-stuff-a-baked-sweet-potato/>

Appetizers



Apple Cinnamon Energy Bites



Prep Time: 15 minutes

Cook Time: N/A

Makes: 25 bites



Ingredients:

- **1 ½ cups** almonds
- **½ cup** pecans
- **¾ cup** medjool dates, pitted (about 10)
- **½ cup** dried apple slices (sticky ones, not the hard apple chips)
- **½ cup** raisins
- **1 teaspoon** cinnamon
- **1 pinch** sea salt

Preparation:

1. Pulse almonds and pecans in the food processor until they are chopped into small pieces. Pour nut mixture in a bowl and set aside.
2. Pulse dates in the food processor until a paste or sticky ball forms. If dates are too dry, try adding water 1-2 teaspoons at a time to moisten*.
3. Add the nuts, dried apples, raisins, cinnamon, and sea salt into the food processor with the dates.
4. Pulse until everything is well combined.
5. Scoop dough from food processor and form into small balls using your hands. The dough may seem a little loose or crumbly at first but it should be sticky enough to form into balls. If it is too crumbly, try adding a little water (starting with 1-2 teaspoons) until the mixture is sticky enough to hold together and form into balls.

*** Note** - If you feel that your dates or apple slices are too dry, you can soak them in water for 10 minutes to rehydrate them. Drain the water and use as normal in the recipe.

Nutrition Tip: This recipe packs big flavor and great nutrition into a convenient little bite. They are full of protein and healthy fats, and derive their sweetness from the dates, not added sugars. They make a perfect after-dinner morsel or on-the-go snack. Store in a sealed container. They should last in the fridge for 1-2 weeks or in the freezer for 1-2 months.

Nutrition Information:

Serving Size: 1 energy bite

Calories: 105, **Fat:** 5g, **Protein:** 2g, **Carbohydrates:** 14g, **Fiber:** 2g

Adapted from: <https://www.eatingbirdfood.com/apple-pie-larabar-balls/>

Caprese on a Stick



Prep Time: 15 minutes

Cook Time: N/A

Makes: 6 servings



Ingredients:

- **1 pint** cherry or grape tomatoes, **39** total
- **1 package** fresh basil leaves
- **1 package** small fresh mozzarella balls, **18** total
- **2 tablespoons** olive oil
- **2 tablespoons** balsamic vinegar
- Salt and pepper to taste
- **18** toothpicks

Preparation:

1. Thread a tomato, a small piece of basil leaf, a mozzarella ball, another small leaf of basil, and another tomato (in that order) onto a toothpick. Continue with the remaining toothpicks until all the tomatoes and mozzarella balls are used.
2. Drizzle the olive oil and balsamic vinegar over the tomato and mozzarella sticks.
3. Season with salt and pepper to taste.
4. Serve cold.

Nutrition Tip: This dish is perfect for those who love caprese salads and want a handheld version! It's a quick and easy appetizer for any event or just to have as an afternoon snack. Try this recipe with cucumbers, peppers, or any other favorite vegetable.

Nutrition Information:

Serving Size: 3 sticks

Calories: 157, *Fat:* 12g, *Protein:* 7g, *Carbohydrates:* 8g, *Fiber:* 1g, *Sodium:* 91mg

Adapted from: <https://www.allrecipes.com/recipe/213849/caprese-on-a-stick/>

Dark Chocolate Almond Butter Banana Bites



Prep Time: 30 minutes

Freeze Time: At least 4 hours

Makes: about 16 servings



Ingredients:

- **3 medium** ripe bananas
- **½ cup** smooth almond butter (preferably no sodium added)
- **10 ounces** dark cooking/baker's chocolate

Preparation:

1. Peel and slice each banana into about 22 equivalent sections (66 slices total). Evenly space half of the banana slices on a baking sheet lined with parchment paper.
2. Spread nut butter on each banana slice and top with the other half of the bananas. If desired, spear with a toothpick for easy dipping later. Freeze for about one hour.
3. Prepare the chocolate:
 - **In the Microwave:** Once the bananas and nut butter are almost frozen, cut the chocolate into pieces (if purchased in bars) and place it into a microwave-safe bowl. Microwave for 30 seconds and then stir. Repeat in 15-30 second intervals until the chocolate has melted.
 - **On the Stove:** While the bananas and nut butter are freezing, cut the chocolate into pieces. To temper chocolate on the stove, place a heatproof bowl over a small saucepan filled with simmering water. Make sure the bottom of the bowl does not touch the water and that the chocolate avoids contact with water and steam while heating. Place 2/3 of your cut chocolate into the bowl and stir with a rubber spatula until melted. Add the remaining 1/3 of the chocolate and continue stirring until that is also melted. Remove from heat.
4. Remove banana and nut butter bites from the freezer. The bites will become mushy if they thaw, so consider dipping ½ at a time while the remainder stay in the freezer. Dip using toothpicks or a spoon, rolling to cover all sides, and arrange back on the baking sheet.
5. Freeze for at least three hours. Once frozen, consider portioning 2 bites into small Ziploc bags as future snacks. Store in the freezer.
Tip: Thaw slightly before eating.

Nutrition Tip: If you've ever struggled with managing a sweet tooth, these make-ahead banana bites are the perfect way to add a little chocolate to your day without overdoing it. Pre-portioning two bites into snack bags in the freezer makes an easy grab-and-go snack. Plus, they're even better after thawing for a few minutes! If you don't prefer almond butter, any nut or seed butter can be substituted, just check the label for the fewest ingredients (e.g. ingredients: peanuts).

Nutrition Information:

Serving Size: 2 bites

Calories: 139, **Fat:** 9g, **Protein:** 2g, **Carbohydrates:** 17g,

Fiber: 2g, **Sodium:** 0mg

Adapted from: <http://notenoughcinnamon.com/2012/07/04/chocolate-covered-frozen-banana-peanut-butter-bites/>

Flavorful Guacamole



Prep Time: 15 minutes

Cook Time: N/A

Makes: 8 servings



Ingredients:

- **4 medium**, ripe avocados, peeled and pit removed
- **½ cup** finely chopped white onion
- **¼ cup** finely chopped cilantro
- **1 small** jalapeño, seeds and ribs removed, finely chopped
- **3 tablespoons** fresh lime juice (about 2 limes)
- **¼ teaspoon** ground coriander
- Salt to taste

Preparation:

1. In a serving bowl, mash up avocado with a fork or potato masher to desired consistency (some prefer chunkier guacamole).
2. Add the onion, cilantro, jalapeño, lime juice, coriander, and salt. Stir to combine all ingredients.
3. Serve immediately with favorite multigrain tortilla chips or vegetables.

Nutrition Tip: If you prefer a spicier version, use some of the seeds from the jalapeño and mix into the guacamole. The best way to store any leftovers (if it happens!) is to transfer it to a container to reduce the surface area exposed to air. Place a good size onion half on top and cover the container with plastic wrap or tight-fitting lid. In the refrigerator, leftovers can last for up to 3 days. If there are any brown spots, just scoop them off and enjoy the bright green guacamole underneath. Use those leftovers as a creamy spread for egg sandwiches the next day.

Nutrition Information (tortilla chips not included):

Serving Size: ⅓ cup

Calories: 188, *Fat:* 15g, *Protein:* 4g, *Carbohydrates:* 13g, *Fiber:* 9g, *Sodium:* 295mg

Adapted from: <https://cookieandkate.com/2017/best-guacamole-recipe/>

Mini Baked Potatoes



Prep Time: 10 minutes

Cook Time: 30 minutes

Makes: 10 servings



Ingredients:

- **1 ½ pounds** baby potatoes (~ **20** mini potatoes)
- **1 tablespoon** olive oil
- **8 strips** low-sodium turkey bacon
- **1 ½ cups** reduced-fat cheddar cheese
- **1 cup** plain, nonfat Greek yogurt
- **3 tablespoons** fresh chives to garnish

Preparation:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Scrub potatoes clean and allow them to dry. In a medium bowl, toss potatoes with 1 tablespoon olive oil until evenly coated and spread evenly on an aluminum foil-lined baking sheet. Bake for 20-25 minutes, stirring once halfway through, until potatoes are soft in the middle.
3. While the potatoes are in the oven, cook turkey bacon according to package instructions. Then chop into bite-sized pieces. Also, chop chives to garnish.
4. Remove potatoes from the oven and allow to cool until they are comfortable to touch. Cut potatoes in half lengthwise. Using a spoon, scoop out most of the potato flesh leaving a layer to line the potato skin. Reserve the potato flesh for homemade mashed potatoes if desired.
5. Note: If some potatoes are too small to remove the flesh they can still be made into potato skins with the toppings listed below.
6. Evenly divide cheese and turkey bacon between the potato skins. Return to the oven for another 8 minutes, until the cheese is melted and bubbling.
7. Remove from the oven and top with ½ to 1 tablespoon of plain Greek yogurt and chives to garnish. Serve warm.

Nutrition Information:

Serving Size: 4 mini baked potato halves

Calories: 144, **Fat:** 7g, **Protein:** 9g, **Carbohydrates:** 10g, **Fiber:** 1g, **Sodium:** 162mg

Adapted from: <https://dailydishrecipes.com/delicious-and-healthy-loaded-potato-skins-recipes/>

Nutrition Tip: Social events don't have to ruin your healthy patterns with these easy party favorites. You can also remove the turkey bacon for a vegetarian alternative. Mini baked potatoes can be stored overnight in the refrigerator after adding the cheese and turkey bacon but before the final heating. If cold, heat for at least 10 minutes at 425 degrees Fahrenheit and serve warm.

Spinach, Artichoke, and White Bean Dip



Prep Time: 15 minutes

Cook Time: 20 minutes

Makes: 12 servings



Ingredients:

- **1, 14-ounce can** quartered artichoke hearts, drained
- **¼ cup** grated Pecorino Romano cheese
- **¼ cup** canola mayonnaise
- **1 teaspoon** lemon juice
- **¼ teaspoon** salt
- **¼ teaspoon** ground black pepper
- **⅛ teaspoon** ground red pepper
- **2** garlic cloves, minced
- **1, 15-ounce can** reduced-sodium white cannellini beans, rinsed and drained
- **1, 9-ounce package** frozen chopped spinach, thawed, drained, and squeezed dry
- **½ cup** shredded part-skim mozzarella
- Nonstick cooking spray

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Chop quartered artichoke hearts into smaller pieces.
3. Place Romano cheese, mayonnaise, lemon juice, salt, black pepper, red pepper, minced garlic, and beans in a food processor, and process until smooth. Spoon into a medium bowl.
4. Stir in the artichokes and spinach.
5. Coat a 1-quart glass or ceramic baking dish with cooking spray. Spoon the dip mixture into the baking dish.
6. Sprinkle with ½ cup mozzarella.
7. Bake for 20 minutes or until bubbly and brown.

Nutrition Information:

Serving Size: ¼ cup

Calories: 97, **Fat:** 6g, **Protein:** 5g, **Carbohydrates:** 7g, **Fiber:** 2g, **Sodium:** 262mg

Adapted from: <https://www.myrecipes.com/recipe/artichoke-spinach-bean-dip/>

Nutrition Tip: Spinach and artichoke dip is a party favorite! Enjoy this version with white beans for added protein and fiber content. Serve with raw veggies of your choice and/or whole-wheat crackers or baked pita chips for additional fiber.

Turkey Sriracha Glazed Meatballs



Prep Time: 15 minutes

Cook Time: 25 minutes

Makes: 12-15 servings



Ingredients:

Meatballs

- **1 pound** lean ground turkey (93% or leaner)
- **1 large** egg
- **½ cup** plain or gluten-free breadcrumbs
- **½ teaspoon** soy sauce (or tamari if gluten-free)
- **2 inches** fresh ginger, grated
- **1 bunch** green onions, divided
- Freshly cracked black pepper to taste

Sriracha Glaze

- **2 tablespoons** soy sauce or tamari
- **1 tablespoon** rice vinegar
- **¼ cup** brown sugar
- **1-2 tablespoons** Sriracha hot sauce (depending on how spicy you want them)
- **½ cup** water, divided
- **2 tablespoons** cornstarch

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit. Add the ground turkey, egg, breadcrumbs, soy sauce, and some freshly ground pepper to a large bowl. Peel the ginger with a vegetable peeler or scrape the skin off with the side of a spoon. Use a small-holed cheese grater or microplane grater to grate about 2 inches of the ginger straight into the bowl. Thinly slice 2-3 green onions and add to the bowl. Mix ingredients.
2. Shape the meat mixture into meatballs about the size of a ping pong ball (makes about 25-30 meatballs). Arrange the meatballs on a baking sheet covered in foil and bake in the preheated oven until done (internal temperature of 165 degrees Fahrenheit), about 25 minutes.
3. While the meatballs bake, make the glaze. Combine the soy sauce, rice vinegar, brown sugar, Sriracha, and ¼ cup of the water in a small saucepan. Heat and stir over medium heat until the brown sugar dissolves. In a small bowl, stir together the remaining ¼ cup of water and cornstarch. Pour the cornstarch mixture into the saucepan with the glaze. Stir to combine. Allow the mixture to come up to a simmer, until the glaze thickens and becomes glossy.
4. After the meatballs are finished baking, transfer them to a large bowl and pour the glaze over the top. Carefully toss the meatballs to coat in the glaze. Serve hot, topped with the remaining sliced green onion.

Nutrition Tip: These sweet and savory meatballs are sure to be a hit at your next party! The Sriracha adds a little kick to this appetizer. This dish can also be made as an entrée – double the serving size, add brown rice or your favorite grain, and top with sautéed vegetables for an Asian-inspired bowl.

Nutrition Information:

Serving Size: 2 meatballs (as an appetizer)

Calories: 108, **Fat:** 4g, **Protein:** 8g, **Carbohydrates:** 10g, **Fiber:** 0g,

Sodium: 323mg

Adapted from: <https://www.budgetbytes.com/turkey-sriracha-meatballs/>

Desserts



Chocolate Avocado Pudding



Prep Time: 5 minutes

Cook Time: 5 minutes

Makes: 6 servings



Ingredients:

- **2** avocados, peeled and pit removed
- **¼ cup** unsweetened cocoa powder
- **¼ cup** honey
- **3 tablespoons** nonfat, plain Greek yogurt
- **½ cup** unsweetened vanilla almond milk
- **2 teaspoons** vanilla extract
- Salt to taste

Preparation:

1. Place all ingredients into a blender or food processor and mix until smooth. Serve immediately.

Nutrition Tip: This alternative to traditional puddings has a light and airy texture similar to mousse. Avocado gives this sweet dessert a luxurious, creamy texture while adding heart healthy fats and soluble fiber. It's a perfect, guilt-free way to end the day. Incorporate flavors such as pumpkin or peppermint and top with your favorite fruit or dollop of whipped topping.

Nutrition Information:

Serving Size: ½ cup

Calories: 140, *Fat:* 8g, *Protein:* 3g, *Carbohydrates:* 18g, *Fiber:* 5g, *Sodium:* 17mg

Adapted from: <http://www.eatyourselfskinny.com/chocolate-avocado-pudding/>

Grilled Pineapple with Coconut



Prep Time: 5 minutes

Cook Time: 6-8 minutes

Makes: 2 servings



Ingredients:

- **1 tablespoon** honey
- **1/2 teaspoon** olive oil
- **1/2 tablespoon** fresh lime juice
- **1/2 teaspoon** ground cinnamon
- **2** pineapple slices, 1/2 inch thick
- **1 cup** lower-fat ice cream (i.e. Edy's Slow Churned)
- **1 teaspoon** unsweetened coconut flakes (optional)
- **Light drizzle** chocolate syrup (optional)
- Cooking spray

Preparation:

1. In a small bowl, combine the honey, olive oil, lime juice, and cinnamon and whisk to blend. Set aside.
2. Heat the grill or a grill pan on medium-high heat. Lightly coat with cooking spray.
3. Lightly brush the pineapple with honey marinade.
4. Grill, turning once, and lightly baste 1-2 times with the marinade, until tender and golden, about 3-4 minutes per side.
5. Eat as is, or top with 1/2 cup of low-fat vanilla ice cream, coconut flakes, and a very light drizzle of chocolate sauce.

Nutrition Information:

Serving Size: 1 slice pineapple, 1/2 cup ice cream, 1/2 teaspoon coconut flakes

Calories: 155, **Fat:** 4g, **Protein:** 3g, **Carbohydrates:** 28g, **Fiber:** 1g, **Sodium:** 50mg

Adapted from: <https://simplydesigning.porch.com/grilled-pineapple-recipe-pineapple-dessert-idea/>

Nutrition Tip: This decadent, tropical dessert is a great way to end a hot summer's day. Using a low-fat ice cream or frozen yogurt saves on calories and fat. Experiment with different toppings, like including some walnuts or pecans instead of the coconut for extra crunch.

No-Bake Chocolate-Peanut Butter Cookies



Prep Time: 20 minutes

Chill Time: 25 minutes

Makes: 30 small cookies



Ingredients:

- **⅓ cup** unsalted butter
- **¼ cup** reduced-fat milk
- **¼ cup** unsweetened cocoa powder
- **1 cup** sugar
- **¼ teaspoon** salt
- **¼ cup** semi-sweet chocolate chips
- **¼ cup** creamy peanut butter
- **1 teaspoon** vanilla extract
- **1 ½ cups** plain, raw oats (rolled or instant)

Preparation:

1. Combine the first 3 ingredients in a saucepan and heat over medium heat until butter is melted and cocoa powder is incorporated.
2. Mix in sugar and salt and slowly stir until they are fully dissolved.
3. Remove from heat. Pour in chocolate chips and stir until chips are melted. Whisk in peanut butter and vanilla extract until smooth.
4. Stir in oats until fully incorporated.
5. Using a tablespoon to guide you, drop cookies onto wax paper and chill in the fridge until cool, or about 25 minutes. For optimum quality, allow cookies to come to room temperature before serving.

Nutrition Tip: If you are looking for an indulgent, portion-controlled, chocolate treat, look no further! These chocolate-peanut butter no-bake cookies are simple to make and freeze well. Store in the fridge or freezer and allow them to come to room temperature before serving.

Nutrition Information:

Serving Size: 1 small cookie

Calories: 85, *Fat:* 4g, *Protein:* 1g, *Carbohydrates:* 12g, *Fiber:* 1g, *Sodium:* 31mg

Adapted from: <https://www.myrecipes.com/recipe/no-bake-chocolate-peanut-butter-drops/>

Peach and Cherry Crisp



Prep Time: 15 minutes

Cook Time: 45 minutes

Makes: 6 servings



Ingredients:

Filling:

- **2 tablespoons** sugar
- **1 tablespoon** cornstarch
- **½ teaspoon** ground cinnamon
- **½ teaspoon** ground ginger
- **¼ teaspoon** salt
- **10 ounces** frozen or fresh peaches
- **10 ounces** frozen or fresh cherries

Topping:

- **¼ cup** walnuts
- **¼ cup** old fashioned oats
- **¼ cup** whole-wheat flour
- **4 tablespoons** butter
- **2 tablespoons** sugar
- **1 teaspoon** ground cinnamon
- **¼ teaspoon** salt
- Nonstick cooking spray

Preparation:

1. Preheat the oven to 375 degrees Fahrenheit.
2. For the filling, combine sugar, cornstarch, cinnamon, ginger, and salt in a bowl. Add the frozen fruit and toss to coat. Set aside.
3. For the topping, combine all topping ingredients in a food processor and pulse until combined. The mixture should be moist, but crumbly.
4. Spray a 9-inch, glass pie plate with nonstick cooking spray. Pour the filling mixture in the prepared plate. Crumble the topping evenly over the fruit.
5. Bake for 35-45 minutes or until the topping is lightly browned and toasted. Decrease baking time by at least 5 minutes when using fresh fruit.
6. Serve warm.

Nutrition Information:

Serving Size: ⅓ of recipe

Calories: 216, **Fat:** 11g, **Protein:** 3g, **Carbohydrates:** 28g, **Fiber:** 3g, **Sodium:** 198mg

Adapted from: <http://www.thesavvyplate.com/peach-cherry-crisp/>

Nutrition Tip: When time is short, and you've got to make dessert, whip up this quick and easy stone fruit crisp. The combination of fruit, walnuts, oats, and cinnamon pack a punch of antioxidants and fiber. Use fresh fruit in the summer when cherries and peaches are at their peak and simply decrease the baking time. Serve with a dollop of whipped cream or ice cream for added indulgence (not calculated in nutrition information).

Dark Chocolate Strawberry Truffles



Prep Time: 40 minutes

Cook Time: at least 30 minutes

Makes: 16 servings



Ingredients:

- **½ cup** whole strawberries (about 4 large)
- **1 cup** unsweetened cocoa powder
- **3 tablespoons** pure maple syrup
- **½ cup** freeze-dried strawberries (can be found at Target or Trader Joe's)
- **1-2 tablespoons** 1% milk (or your favorite unsweetened milk alternative), if needed

Preparation:

1. Add the strawberries to a food processor or blender and pulse until smooth and liquid (should yield slightly more than ¼ cup of puree).
2. Add the cocoa powder to a small bowl. Measure the cocoa powder like you would flour – spoon the powder into the measuring cup until it is overflowing, then drag the flat backside of a knife across the top to level it.
3. Pour the strawberry puree and maple syrup into the small bowl. Stir until everything is completely incorporated. This takes quite a bit of effort, consider hand mixing. If the cocoa powder has not mixed into the other ingredients after a few minutes of stirring, add a tiny bit of milk, ½ teaspoon at a time, until the mixture comes together into a dough-like consistency.
4. Chill the chocolate mixture for at least 30 minutes (if chilling longer than 2 hours, cover the top of the bowl with foil or plastic wrap to prevent the mixture from drying out)
5. Line an airtight container with wax or parchment paper.
6. Immediately before taking the mixture out of the refrigerator, add the freeze-dried strawberries to a zip-locked bag. Press out the air and seal. Add that back to another zip-locked bag, press air from that bag, and seal. Gently crush the strawberries with a rolling pin, pan or plate until they turn to a fine powder. Transfer to small bowl.
7. Remove the chocolate mixture from the refrigerator and roll into 16 small balls. After shaping each truffle, roll each truffle in the freeze-dried strawberry powder and place in an airtight container, cover, and refrigerate until ready to serve.

Nutrition Tip: These brilliant, red truffles are the perfect eye-catching dessert for your next party! The chocolate flavor is rich – like eating 72% dark chocolate. They'll keep for at least a week in an airtight container in the refrigerator. If you would like a sweeter version, you can add ½ to 1 teaspoon of stevia with the maple syrup. Alternatively, substitute additional maple syrup for an equal amount of the strawberry puree; however, they will not have as strong of a strawberry flavor.

Nutrition Information:

Serving Size: 1 truffle

Calories: 33, **Fat:** 1g, **Protein:** 1g, **Carbohydrates:** 6g, **Fiber:** 1g, **Sodium:** 0mg

Adapted from: <https://amyshealthybaking.com/blog/2017/03/07/dark-chocolate-strawberry-truffles/>



Sides

Broccoli Tots



Prep Time: 15 minutes

Cook Time: 15 minutes

Makes: 4 servings



Ingredients:

- **2 cups** broccoli crowns (avoid the thick stalk)
- **2 large** eggs
- **¼ cup** yellow onion, grated and squeezed in a paper towel to remove juices
- **½ cup** shredded cheddar cheese
- **1 cup** panko breadcrumbs
- **2 tablespoons** minced green onions
- Salt and pepper to taste
- Nonstick cooking spray

Preparation:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Spray a baking sheet with nonstick cooking spray.
3. Place the broccoli in a microwave-safe bowl, cover with a wet paper towel and microwave for 2 minutes on high.
4. Remove broccoli, allow to cool, and mince as small as possible or process in a food processor.
5. Combine minced broccoli and remaining ingredients (not the cooking spray) in a large bowl and mix until combined.
6. Roll about 1 tablespoon of the mixture into your hands, pressing down on the top and the bottom, to make a “tot” shape.
7. Place onto the prepared baking sheet. Once all tots have been rolled, spray them with additional nonstick cooking spray (this will create a golden color).
8. Bake for 7 minutes, remove from oven, flip them, and bake an additional 7 minutes.

Nutrition Information:

Serving Size: Recipe makes 4 servings. Amount of tots per serving will vary based on size.

Calories: 155, **Fat:** 6g, **Protein:** 7g, **Carbohydrates:** 14g,

Fiber: 1g, **Sodium:** 172mg

Adapted from: <https://dinnerthendessert.com/baked-cheddar-broccoli-tots/>

Nutrition Tip: These tasty bites are a great side dish, and perfect for even the pickiest of eaters. Experiment with using cauliflower (steam longer in the microwave), grated carrots, sweet potato, zucchini, or butternut squash. Easily double the recipe and store extras in the freezer. Simply microwave or toast to reheat.

Freezer-to-Crock Pot Minestrone Soup



Prep Time: 20 minutes

Cook Time: 6-8 hours

Makes: 6 servings



Ingredients:

- **28 ounce can** no salt added, diced tomatoes, undrained
- **4 large** carrots
- **3 cups** fresh green beans
- **2 cups** fresh baby spinach
- **1 small** onion
- **4 cloves** garlic, minced
- **2 tablespoons** Italian seasoning (no salt added)
- **1** bay leaf
- **½ teaspoon** black pepper
- **4 cups** low-sodium vegetable broth

Preparation:

To freeze and cook later:

1. Wash and dry all vegetables. Peel carrots and slice into bite-sized pieces. Remove the ends of the green beans and cut into similarly sized pieces. Peel and chop the onion.
2. Label a freezer bag with the recipe name and date. Add everything except the broth to the bag and seal, compressing to remove as much air as possible. Freeze up to 3 months.

To cook:

1. Thaw vegetables overnight in the refrigerator.
2. Add the contents of the freezer bag plus the broth to a slow cooker and cook on low for 6-8 hours.
3. Remove bay leaf and serve warm.

Nutrition Information:

Serving Size: ⅓ of recipe

Calories: 79, **Fat:** 0g, **Protein:** 3g, **Carbohydrates:** 18g, **Fiber:** 5g, **Sodium:** 195mg

Adapted from: <https://newleafwellness.biz/2017/03/21/the-ultimate-whole30-slow-cooker-freezer-meal-plan/>

Nutrition Tip: Finding ways to keep vegetables interesting helps develop a long-term, healthy pattern. This minestrone soup provides a delicious way to bulk up your produce intake with a colorful and flavorful option that's light enough for summer but still satisfying on cold, winter days. Freezer meals can be prepped ahead of time and stored for up to 3 months, allowing you to plan ahead for a nutritious option.

Garlic Ranch Potatoes



Prep Time: 10 minutes

Cook Time: 30 minutes

Makes: 5 servings



Ingredients:

- **1 ½ pounds** small red potatoes
- **2 tablespoons** extra-virgin olive oil
- **2 cloves** garlic, minced
- **1 packet** Hidden Valley Ranch Dressing Mix
- Nonstick cooking spray

Preparation:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Wash and dry potatoes; cut into 1-inch pieces.
3. Combine potatoes, olive oil, garlic, and ranch dressing mix in a large bowl. Toss potatoes until well coated.
4. Spray a large baking sheet with cooking spray. Evenly spread the potatoes out on the baking sheet; don't overcrowd.
5. Bake 25-30 minutes or until potatoes are tender and starting to brown.
6. Serve immediately.

Nutrition Tip: These potatoes are fast, easy, and packed with flavor without the extra saturated fat and calories that are usually in ranch dressing. They go great with a lean protein, such as baked or grilled chicken. If there are leftovers, refrigerate them overnight and heat them back up the next day for a great breakfast option!

Nutrition Information:

Serving Size: ½ of recipe

Calories: 166, *Fat:* 6g, *Protein:* 3g, *Carbohydrates:* 28g, *Fiber:* 2g, *Sodium:* 432mg

Adapted from: <https://www.joyfulhealthyeats.com/easy-garlic-ranch-potatoes/>

Crispy Roasted Okra



Prep Time: 10 minutes

Cook Time: 30-40 minutes

Makes: 4 servings



Ingredients:

- **1 pound** fresh okra, stems removed and cut in half length-wise
- **1 tablespoon** olive oil
- **¼ teaspoon** salt
- **¼ teaspoon** black pepper
- **¼ teaspoon** garlic powder
- **½ teaspoon** cumin
- **½ teaspoon** paprika

Preparation:

1. Preheat oven to 400 degrees Fahrenheit.
2. Prepare okra and toss with olive oil in a large bowl.
3. Combine salt, pepper, garlic powder, cumin, and paprika in a small dish and mix until well combined.
4. Sprinkle spice mixture over okra and spread in a thin layer on a baking sheet.
5. Roast in oven for about 30-40 minutes, stirring halfway, until crispy.

Nutrition Tip: Okra is a southern staple and rich in nutrition. It is a great source of soluble fiber, as well as vitamins C and K. Unfortunately, it gets a bad rap for its texture. This version is extra crispy and big on flavor! It is best when eaten fresh out of the oven.

Nutrition Information:

Serving Size: ½ cup okra

Calories: 67, **Fat:** 4g, **Protein:** 2g, **Carbohydrates:** 8g,
Fiber: 4g, **Sodium:** 155mg

Adapted from: <https://twoluckyspoons.com/roasted-okra/>

Tomato and Peach Salad



Prep Time: 15 minutes

Cook Time: N/A

Makes: 4 servings



Ingredients:

- **¼ cup** thinly sliced red onion
- **½ pound** ripe peaches, pitted and cut into wedges
- **¼ pound** beefsteak tomatoes, cut into wedges
- **¼ pound** cherry or grape tomatoes, halved
- **1 tablespoon** apple cider vinegar
- **1 ½ teaspoons** extra-virgin olive oil
- **1 teaspoon** honey
- Salt and pepper to taste
- **1 ounce (about ¼ cup)** feta cheese
- **2 tablespoons** chopped or torn basil leaves

Preparation:

1. Combine the first four ingredients in a large bowl.
2. In a smaller bowl, whisk together the apple cider vinegar, olive oil, and honey.
3. Toss the dressing with the salad and season with salt and pepper to taste.
4. Toss the salad with the feta cheese and garnish with basil just before serving.

Nutrition Tip: This salad is rich in both nutrition and flavor! The tomatoes and peaches provide approximately 20% of your daily vitamin C needs. Serve this salad alongside a simple dinner of grilled chicken or fish, or bring along to your next potluck.

Nutrition Information:

Serving Size: 1 cup

Calories: 75, *Fat:* 4g, *Protein:* 2g, *Carbohydrates:* 10g, *Fiber:* 2g, *Sodium:* 216mg

Adapted from: <https://www.myrecipes.com/recipe/summer-peach-tomato-salad/>



Tips from Our Registered Dietitians

Repurposing Leftovers

Leftovers... you either love 'em or hate 'em! Either way, no one likes wasting food. Put those leftovers to use and save money while keeping your nutrition goals in mind.



Fried Rice

Reheat leftover brown rice or another whole-grain in a frying pan with chopped vegetables. Once heated through, crack 1-2 eggs into pan and break up until well combined. Sprinkle with reduced-sodium soy sauce.



Mexican

Tacos: Fill corn tortillas with leftover beans or shredded chicken, pork, or fish. Make use of your supermarket's salad bar to grab some diced veggies, cabbage, greens, or cheese for toppings.

Quesadilla: Fill whole-grain tortillas with the ingredients above, and fold into a quesadilla. Spray each side with nonstick cooking spray and heat in a frying pan.

Burrito: Use a whole-wheat tortilla or FlatOut wrap to make your own burrito.

Enchiladas: Wrap ingredients into a 6" whole-grain tortilla, top with enchilada sauce and cheese, and bake at 350 degrees F for 10 minutes.



Pizza

Use a premade crust (such as Mama Mary's, Boboli, or cauliflower crust for lower carbs) or grab a ball of whole-wheat dough from your grocer's prepared-foods department. Top this with diced tomatoes or pizza sauce and sprinkle with leftover chicken, beef, or pork and various veggies and cheese. Consider making a personal pizza on whole-wheat English muffins or a FlatOut wrap.



Omelet/Frittata

Toss nearly outdated greens such as spinach or kale into a frying pan and turn them into an omelet or frittata for a savory breakfast or quick weeknight dinner. Need a quick lunch idea? Place them in a Tupperware container to reheat the following day.



Baked Potato Buffet Bar

Make a buffet out of leftovers from the last several nights. Bake a potato for everyone in the household and allow each member to load up their potato with leftovers of their choice. Quick tip: poke your potato with a fork or knife and microwave for 5-10 minutes, turning halfway.

MEAL PREPPING TIPS

1 Plan Ahead

Look at your calendar and review the week ahead. Which nights do you have time to cook? Which nights are busy where you need leftovers? Do you need to plan for guests or are some family members absent on certain nights? Also, think about ingredients you have on hand. Is there meat in the freezer that needs to be used or perishable vegetables in the fridge that are about to go bad? The types and complexity of the recipes you choose should be determined by the time you have to spend on meal prep, the number of mouths you have to feed, and food already on hand.

2 Collect Recipes

Choose recipes using your favorite healthy ingredients that can be made quickly or in bulk. Find 5-10 recipes to start with and save your meal plans to use again in the future. Nail down a system for collecting recipes. Screenshots, bookmarks on your browser, Pinterest, or a formal meal planning site (ex: Plan to Eat) are all great ways to stay organized.

3 Consider Theme Nights

There are millions of recipes on the internet. Sometimes it can be overwhelming to choose. Narrow down your choices by having theme nights: Mexican Monday, Mediterranean or Taco Tuesday, Sandwich and Salad/Soup Wednesday, Crock Pot Thursday, Fend for Yourself Friday. Keep themes broad enough so you still have variety.

4 Shop Wisely

Check your inventory before you shop and make a list. Consider checking sales online. Stick to the list when you shop and avoid going to the store hungry to avoid impulse purchases.

5 Shop for Convenience

Although more expensive, pre-chopped vegetables can be a huge time saver. Use other time-saving products such as frozen vegetables, rotisserie chicken, pre-cooked grains, and canned beans.

6 Meal Prep

Pick a day of the week to get a head start on cooking. Chop all your vegetables, make dressings and sauces, cook grains, marinate meats, or even cook meats in advance. Doing some of the work ahead of time cuts down on time spent in the kitchen after a long day at work.

7 Mix Things Up

Aim to make at least 2 lunch options and 2-3 dinner options per week. Variety can be as easy as choosing different proteins with your salad, rotating different vegetables with your meals, or choosing different sauces to finish a dish (such as pesto, marinara, hummus, tapenade, Sriracha, or guacamole). A large batch of roasted vegetables, cooked grains, and lean protein can make a variety of dishes: stir fry, salads, pasta, sandwiches/wraps, or even whole-grain, thin crust pizza.

8 Store Food Smartly

Invest in sturdy food storage containers. Buy the same brand for ease of organization and stack-ability. No one wants to spend time searching for matching lids!

9 Keep Snacks Simple

Save time by choosing snacks that don't require a lot of time to assemble. Fresh fruit, hard-boiled eggs, cheese sticks, portioned nuts or trail mix, pre-cut veggies with pre-portioned hummus, or guacamole are easy choices. Simply toss in the ingredients, turn it on – then get on with your busy life. Voilà!

SNACK ATTACK

Looking for a quick and healthy snack on the go? Take this list on your next shopping trip to stock up!

CHOOSE:

- Snacks with high nutrient value, including whole-grain crackers, dried and fresh fruit, nuts and seeds, low-fat popcorn, guacamole, hummus, and low-fat dairy products
- Bars with 200 calories or less, less than 10g of sugar, more than 5g of protein, and >3g fiber
- Low-fat, plain flavored Greek or Icelandic yogurt (both contain more protein), cottage cheese, or kefir. Flavored varieties with <12g sugar
- Goat, feta, brie, and spreadable cheeses (Laughing Cow, Babybel), provolone, shaved parmesan, and *thin-sliced* deli cheese
- If purchasing sliced cheese at the deli counter, look for a low-sodium variety

AVOID:

- Chips and crackers made with enriched white flour, cookies, candy, and other sweets.
- Yogurt with fruit on the bottom, added candy, chocolate, fruit syrups, or crunch



Salad dressings

Asian Sesame Dressing

Makes 8 servings

- **¼ cup** extra-virgin olive oil
- **¼ cup** unseasoned rice vinegar
- **1 ½ tablespoons** honey
- **1 teaspoon** toasted sesame oil
- **1 ½ teaspoons** reduced-sodium soy sauce or tamari
- **1 clove** garlic, thinly sliced
- **¼ teaspoon** salt

1. Combine all the ingredients in a jar or container with a screw-on lid. Shake vigorously until well combined. Store in the refrigerator up to 2 weeks. Shake before each use.

Nutrition facts per serving:

Calories: 78, **Saturated Fat:** 1g, **Carbohydrates:** 4g,
Sodium: 105mg

Creamy Avocado Ranch

Makes 8 servings

- **2 medium** avocados, peeled and pit removed
- **½ cup** low-fat, plain Greek yogurt
- **½ cup** low-fat mayonnaise (use canola or olive oil-based mayonnaise for heart health)
- **2 tablespoons** fresh lemon juice
- **1 ½ tablespoons** Dijon mustard
- **2 cloves** garlic, pressed or finely minced
- **3 scallions** or green onions, finely chopped, or **½ teaspoon** onion powder
- **2 tablespoons** chopped fresh basil or **2 teaspoons** dried
- **1 tablespoon** chopped fresh chives or **1 teaspoon** dried
- Sea salt and pepper to taste, optional
- A few tablespoons of water, if needed, for consistency

1. Add the flesh of the avocados to the blender, along with yogurt, mayonnaise, lemon juice, Dijon mustard, garlic, scallions, basil, chives, and salt and pepper.

2. Blend on high speed until very smooth. If the dressing appears too thick, add a tablespoon of water to the blender and blend until smooth. Add water, one tablespoon at a time, until desired consistency is reached.

3. Pour into a mason jar or other airtight container and chill in the refrigerator for at least 1 hour before serving. This dressing keeps in the refrigerator for 5 days in an airtight container.

Nutrition facts per serving:

Calories: 98, **Saturated Fat:** 1g, **Carbohydrates:** 4g,
Sodium: 178mg, **Protein:** 2g

Light Balsamic Vinaigrette

Makes 8 servings

- **½ cup** balsamic vinegar (choose a high-quality, aged vinegar if possible)
- **3 tablespoons** extra-virgin olive oil
- **1 tablespoon** Dijon mustard
- **1 teaspoon** honey
- **1 teaspoon** garlic powder (if desired)
- **¼ cup** water
- Salt and pepper to taste, optional

1. Combine all the ingredients plus ¼ cup water in a jar or container with a screw-on lid. Shake vigorously until well combined. Store in the refrigerator up to 2 weeks. Shake before each use.

Nutrition facts per serving:

Calories: 64, **Saturated Fat:** 1g, **Carbohydrates:** 4g,
Sodium: 28mg

Herb Vinaigrette

Makes 8 servings

- **½ cup** champagne vinegar or white wine vinegar (these are mild vinegars, do not substitute in a harsh vinegar such as white or apple cider)
- **3 tablespoons** extra-virgin olive oil
- **1 small** shallot, minced (can substitute minced red or sweet onion)
- **1 tablespoon** Dijon mustard
- **2 tablespoons** of your favorite fresh herb, chopped – such as tarragon or thyme
- Kosher salt and freshly ground black pepper to taste, optional

1. Combine all the ingredients in a jar or container with a screw-on lid. Shake vigorously until well combined. Store in the refrigerator up to 2 weeks. Shake before each use.

Nutrition facts per serving:

Calories: 49, **Saturated Fat:** 1g, **Carbohydrates:** 4g,
Sodium: 30mg

Avance Care's Registered Dietitians



Christina Dauer, MPH, RDN, LDN, CDE

Director of Nutrition Services

Christina completed her Master of Public Health in Nutrition and is a certified diabetes educator.



Shannon Corlett, MS, RDN, LDN

Licensed Dietitian/Nutritionist

Shannon completed her coordinated Master of Science in Nutrition and has a special interest in pediatric nutrition.



Erin Burke, MS, RDN, LDN

Licensed Dietitian/Nutritionist

Erin completed her Master of Science in Nutrition and her special interest is sports nutrition.



Grace Burton, MS, RDN, LDN

Licensed Dietitian/Nutritionist

Grace completed her Master of Science in Nutrition. She's worked as a clinical dietitian and also provided outpatient nutrition counseling.



Sarah Muñoz, RDN, LDN

Licensed Dietitian/Nutritionist

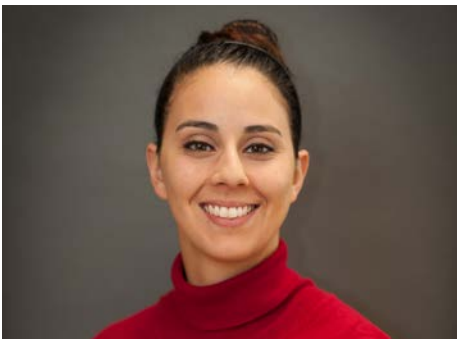
Sarah completed her Bachelor of Science in Nutrition at the University of North Carolina at Greensboro. Sarah is fluent in Spanish.



Elizabeth Elam, MS, RDN, LDN

Licensed Dietitian/Nutritionist

Elizabeth completed her Master of Science in Nutrition and her special interests include cooking and diabetes education.



Nadeen Risi, MS, RDN, LDN

Licensed Dietitian/Nutritionist

Nadeen received her Master of Human and Health Sciences and believes that food can be medicine and aid us to live a healthier lifestyle.



Julia Bumpus, MS, RDN, LDN

Licensed Dietitian/Nutritionist

Julia completed her Master of Nutrition and encourages using nutrition to achieve optimal health.



Christopher Thompson, MS, RDN, LDN

Licensed Dietitian/Nutritionist

Christopher completed his Master of Science in Nutrition and has experience with counseling for chronic disease and weight management.

For more information on Nutrition Services visit
AvanceCare.com/Nutrition



**ONLY LOCAL PRIMARY CARE OPEN
EXTENDED HOURS, SATURDAY & SUNDAY!**

MON–FRI: 7:30 AM to 7:00 PM

SAT–SUN: 9:00 AM to 3:00 PM

You pay the standard primary care copay.

Primary Care for Pediatrics, Teens and Adults.

In-network insurances:

Aetna, Cigna, BlueCross BlueShield, Coventry, Great-West, Medicare, Medcost, UnitedHealthcare

Our services include everything you expect from your primary care doctor:

- ✓ physicals
- ✓ treatment of acute or common illness
- ✓ treatment of minor injuries like back pain and ankle sprains
- ✓ disease management
- ✓ vaccinations and travel immunizations
- ✓ common procedures like skin biopsies and joint injections

PLUS, we provide the following:

- ✚ Onsite X-Rays and Labs
- ✚ Nutrition Consults
- ✚ Mental Health Services
- ✚ Medication Dispensing
- ✚ Allergy/Immunotherapy Services
- ✚ Care Management
- ✚ Innovative Online Services
- ✚ Same-Day Appointments
- ✚ Evening & Weekend Hours
- ✚ Avance Care Healthcare Simplified App

14 Triangle locations to keep you and your family healthy!

Same-Day, Evening, and Weekend Appointments

Apex: 919.267.5862

1801 Olive Chapel Rd., Ste. 107
Apex, NC 27502

Cary: 919.803.3707

115 Crescent Commons Dr., Ste. 100
Cary, NC 27518

Central Raleigh: 919.322.4722

815 Oberlin Rd., Ste. 200
Raleigh, NC 27605

Clayton: 919.553.5711

2076 NC Hwy 42 W., Ste. 230
Clayton, NC 27520

Durham: 919.748.4990

1821 Martin Luther King Jr. Pkwy.
Durham, NC 27707

Garner: 919.803.2285

876 Timber Dr.
Garner, NC 27529

Holly Springs: 919.552.9952

1004 Werrington Dr., Ste. 200
Holly Springs, NC 27540

Morrisville: 919.655.1000

6402 McCrimmon Pkwy., Ste. 100
Morrisville, NC 27560

North Raleigh: 919.865.8000

12341 Strickland Rd., Ste. 102
Raleigh, NC 27613

Northeast Raleigh: 919.747.3033

7510 Ramble Way, Ste. 107
Raleigh, NC 27616

Wake Forest: 919.554.0177

1964 South Main St.
Wake Forest, NC 27587

West Cary: 919.234.1577

7750 McCrimmon Pkwy., Ste. 100
Cary, NC 27519

Knightdale: 919.679.3177

210 Hinton Oaks Blvd., Ste. E
Knightdale, NC 27545

South Chapel Hill: 919.590.9005

98 Chapelton Ct., Ste. 310
Chapel Hill, NC 27516

Visit us
online to book
an appointment,
LiveChat with our staff,
or learn more about
our services.

