



Central East

**REGIONAL  
CARDIOVASCULAR  
REHAB**



# **HEART HEALTHY RECIPE BOOK**

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# **BREAKFAST**

# EGG WHITE BITES

**Servings:** 12 bites

**Prep time:** 15 mins

**Cook time:** 20 mins

**Total time:** 35 mins

## EQUIPMENT:

- Cutting board
- Measuring cups
- Muffin pan
- Medium bowl
- Whisk
- Ladle
- Butter knife
- Airtight container

## INGREDIENTS:

- Cooking spray
- 1 cup chopped fresh spinach
- 1/2 cup chopped cherry tomatoes
- 2 garlic cloves, minced
- 3 cups egg whites
- 1/2 cup cottage cheese
- 1/2 tsp ground pepper
- 1/2 tsp salt (optional)
- 1 tsp chili flakes (optional)

## STORAGE:

- Place bites in an airtight container and store in the refrigerator for up to 4 days.
- To re-heat: Microwave the bites for 30 seconds each or until thawed.

## NUTRITION FACT:

The saturated fat of whole eggs comes from the egg yolk so egg whites don't contain saturated fat and are high in protein!



## DIRECTIONS:

1. Preheat the oven to 350°F. Grease a muffin pan with cooking spray.
2. Using a cutting board and sharp knife, chop spinach and cherry tomatoes.
3. Using a cutting board and sharp knife, mince garlic into fine pieces.
4. Add all the ingredients into a medium bowl and mix together with a whisk.
5. Using a ladle, pour batter evenly into muffin cups.
6. Place bites in the oven and bake for 20 minutes.
7. Remove them from the oven and let them cool for 5 minutes in the pan before using a butter knife to loosen the bites from the pan.

# AVOCADO TOAST

**Servings:** 1

**Prep time:** 15 mins

**Cook time:** 5 mins

**Total time:** 20 mins

## EQUIPMENT:

- Cutting board
- Fork
- Small pan
- Spatula
- Knife

## INGREDIENTS:

- 2 slices whole grain bread
- $\frac{1}{2}$  avocado
- 6 cherry tomatoes
- $\frac{1}{4}$  teaspoon (tsp) extra-virgin olive oil
- 1 egg
- Ground pepper to taste
- Chili flakes to taste
- Handful arugula
- Drizzle balsamic glaze
- 1 tablespoon (tbsp) light goat cheese, crumbled (optional)

## NUTRITION FACT:

Avocados are high in unsaturated fat, which helps to decrease LDL (bad cholesterol) and increase HDL (good cholesterol)!



## DIRECTIONS:

1. Place 2 slices whole grain bread in the toaster.
2. Cut avocado in half, remove seed and scoop out flesh.
3. Smash  $\frac{1}{4}$  avocado on each slice of bread with a fork.
4. Using a cutting board and sharp knife, chop cherry tomatoes and cut into halves.
5. Heat a small pan over medium heat. Once hot, add drizzle olive oil to pan. Crack 1 egg into pan, add pepper and chili flakes to taste. Cook for 2-3 mins, flip and then cook for another 2-3 mins, depending on how you like your egg cooked.
6. Add cherry tomatoes, arugula, goat cheese if using and balsamic glaze to each slice bread.
7. Add fried egg to 1 slice of bread.

# TOFU SCRAMBLE

**Servings:** 4

**Prep time:** 25 mins

**Cook time:** 15 mins

**Total time:** 40 mins

## EQUIPMENT:

- Cutting Measuring cups
- Measuring spoons
- Paper towel
- Heavy item such as a pot
- Cutting board
- Sharp knife
- Large pan
- Wooden spoon

## INGREDIENTS:

- 1 block extra firm tofu (~350g), drained
- 1 small (or ½ medium) yellow or sweet onion, diced
- 1 bell pepper, any color, diced
- 1 cup mushrooms (any kind), diced
- 1 cup (packed) baby spinach, roughly chopped
- 1 tbsp extra-virgin olive oil
- 1 tsp garlic powder
- ½ tsp turmeric
- ½ tsp salt (optional)
- ¼ tsp black pepper
- 2-3 tbsp nutritional yeast
- 1-2 slices whole grain bread, for serving

## STORAGE:

- Store leftovers in an airtight container (I recommend glass because the turmeric will stain plastic) in the refrigerator for up to 4 days.

## NUTRITION FACT:

Tofu is a plant-based protein that is high in soy protein, which helps to lower LDL cholesterol!



## DIRECTIONS:

1. **Press tofu:** Remove excess water from tofu by placing it between 2 paper towels and adding something heavy such as a pot on top.
2. **Chop veggies:** Meanwhile, using a cutting board and sharp knife, chop onion, bell pepper, mushrooms and spinach.
3. **Cook onions:** First, heat a large pan over medium heat. Once hot, add olive oil. Then, add chopped onions and cook onions for 2-3 mins until translucent.
4. **Cook peppers and mushrooms:** Add the chopped bell pepper and mushrooms. Sauté for 5 minutes, stirring every few minutes.
5. **Add tofu:** Crumble the drained tofu with your hand over the pan. You can also cut the tofu into chunks and scramble it in the pan with your wooden spoon.
6. **Add spices:** Add garlic powder, turmeric, black pepper and nutritional yeast to pan. Mix well and cook for 2-3 minutes.
7. **Add spinach:** Add chopped spinach to pan and stir again. Cook for another 2-3 mins.
8. **Serve:** Eat tofu scramble with 1-2 slices whole grain bread.

# BANANA OAT PANCAKES

**Servings:** 5-6 pancakes

**Prep time:** 20 mins

**Cook time:** 25 mins

**Total time:** 45 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Blender or food processor
- Large mixing bowl
- Large spoon
- Medium pan
- Ladle
- Spatula
- Cooling rack or plate
- Freezer bag

## INGREDIENTS:

- 1 medium ripe banana (best with brown spots)
- 2 eggs
- 1/2 cup egg whites
- 1/2 cup 0% or 1% cottage cheese
- 1 cup rolled oats
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp salt (optional)
- 1-2 scoops whey isolate protein powder
- 2 tbsp ground flaxseeds
- 1/2 cup 0% or 1% cottage cheese
- 2 tbsp whole wheat flour (add if batter is thin)
- 3-4 tsp extra-virgin olive oil, for cooking
- 1/2 cup fresh or frozen blueberries
- Natural peanut butter, almond butter or 100% pure maple syrup, for serving

## STORAGE:

- Place pancakes in a freezer bag and store in the refrigerator for up to 1 week or in the freezer for up to 3 months.
- To re-heat: Microwave each pancake for 30 secs and then pop in the toaster to make it crispy.

## NUTRITION FACT:

Whey isolate is the purest form of protein powder and is a great supplement to help you meet your daily protein needs!



## DIRECTIONS:

1. Add banana, eggs, egg whites, cottage cheese, oats, baking powder, cinnamon, salt, protein powder, flaxseeds and cottage cheese to a blender or food processor and blend on high until completely smooth, about 30 seconds to 1 minute.
2. Pour batter into a large mixing bowl. Add whole wheat flour to thicken batter if needed and mix with a large spoon.
3. Heat a medium pan over medium heat. Add 1/2 tsp olive oil.
4. Once pan is hot, add 1 ladle of batter to the pan and 5-6 blueberries. Cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
5. Flip pancake and cook until golden brown on underside. If you find that pancakes are browning too quickly then you need to lower the heat. I normally start on medium heat, then decrease to medium low later so that my pancakes don't burn.
6. Repeat with more olive oil, remaining batter and blueberries. Place cooked pancakes on cooling rack.
7. Serve with natural peanut butter, almond butter or 100% pure maple syrup.

# CARROT ZUCCHINI MUFFINS

**Servings:** 10-12 muffins

**Prep time:** 20 mins

**Cook time:** 25 mins

**Total time:** 45 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Muffin pan
- Muffin liners
- Large bowl
- Large spoon
- Cutting board
- Cheese grater
- Potato peeler
- Medium bowl
- Whisk
- Sharp knife or food processor
- Toothpick or butter knife
- Cooling rack
- Airtight container

## INGREDIENTS:

- 1/2 cup raisins, soaked
- 1 cup hot water
- 1 1/4 cups whole wheat flour
- 1 cup large flake oats
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/4 tsp salt (optional)
- 1 small zucchini, grated
- 1 large carrot, peeled and grated
- 2 large eggs
- 1/2 cup 0% plain Greek yogurt
- 1/3 cup pure maple syrup
- 1/4 cup extra-virgin olive oil
- 2 tsp vanilla extract
- 1/2 cup raw walnuts, chopped

## STORAGE:

- Place muffins in an airtight container and store at room temperature for up to 4 days or in the freezer for up to 3 months.
- To re-heat: Microwave each muffin for 1 min until thawed.

## NUTRITION FACT:

Walnuts are high in unsaturated fats, which help to decrease LDL cholesterol and increase HDL cholesterol!



## DIRECTIONS:

1. Heat your oven to 350°F. Line 10-12 cups of a standard muffin pan with paper liners or lightly coat with nonstick spray. Set aside.
2. Place raisins in a small bowl with hot water to help raisins plump up.
3. In a large mixing bowl, mix together the dry ingredients: flour, oats, baking powder, baking soda, cinnamon, nutmeg, and salt.
4. Using a cutting board and cheese grater, grate 1 small zucchini. Using a potato peeler, peel carrot and then grate too. Add the grated zucchini and carrot to the large bowl. Fold gently to combine.
5. In a separate, medium bowl, whisk together the wet ingredients: eggs, Greek yogurt, maple syrup, olive oil, and vanilla until smooth.
6. Add the wet ingredients to the dry ingredients and stir gently with a large spoon until just combined. Do not overmix.
7. Using a cutting board and sharp knife or food processor, chop walnuts into small pieces. Fold into muffin batter.
8. Divide the batter evenly among the 10-12 muffin cups. Bake for 20-25 minutes, or until a toothpick inserted in the center of a muffin comes out clean.
9. Let the muffins cool in the pan for 5 minutes. Gently transfer the muffins to the cooling rack to finish cooling. Enjoy!

# CHOCOLATE CHIA PUDDING

**Servings:** 4

**Prep time:** 10 mins

**Total time:** 8 hours 10 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Medium mixing bowl
- Whisk or fork
- 4 airtight containers

## INGREDIENTS:

- $\frac{1}{2}$  cup chia seeds
- 2 cups low fat milk (skim, 1% or unsweetened soy)
- $\frac{1}{2}$  cup 0% plain Greek yogurt
- 1/2 tbsp 100% pure maple syrup
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{4}$  cup unsweetened cocoa powder
- 2 cups fruit of choice (ex berries, apple, banana, kiwi)

## STORAGE:

- Store in the refrigerator for up to 1 week.

## NUTRITION FACT:

Chia seeds are high in unsaturated fat and soluble fiber, which helps to lower LDL cholesterol!



## DIRECTIONS:

1. Add chia seeds, milk, yogurt, maple syrup, cinnamon and cocoa powder to a medium mixing bowl and whisk for 1-2 minutes until combined.
2. Distribute evenly into airtight containers using a ladle.
3. Cover and place in the fridge to chill overnight or for 8 hours so it can set into a pudding.
4. Top with  $\frac{1}{2}$  cup fruit for each serving.

# APPLE PIE OVERNIGHT OATS

**Servings:** 4

**Prep time:** 15 mins

**Total time:** 8 hours 15 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- 4 mason jars or airtight containers
- Cutting board
- Knife
- Spoon

## INGREDIENTS:

- $\frac{1}{2}$  cup rolled oats
- 1 tbsp chia seeds
- $\frac{1}{2}$  tsp maple syrup
- $\frac{1}{4}$  cup 0% plain Greek yogurt
- $\frac{2}{3}$  cup low fat milk (skim, 1%, unsweetened soy)
- 2 tbsp unsweetened applesauce
- 1 tbsp natural almond butter
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  diced apple
- 1 tbsp chopped raw pecans

## STORAGE:

- Store in the refrigerator for up to 1 week.

## NUTRITION FACT:

Oats are a whole grain that are high in soluble fiber, which helps to lower LDL cholesterol!



## DIRECTIONS:

1. Add the ingredients except nuts and apple into each mason jar or airtight container. Mix well with a spoon.
2. Using a cutting board and sharp knife, cut 2 apples into small pieces. Add  $\frac{1}{2}$  apple to each serving.
3. Using the same cutting board and sharp knife, chop raw pecans or walnuts. Add 1 tbsp nuts to each serving.
4. Cover and refrigerate overnight. Enjoy in the morning!

# LUNCH

# TUNA PASTA SALAD

**Servings:** 5-6

**Prep time:** 30 mins

**Cook time:** 10 mins

**Total time:** 40 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Large pot with lid
- Wooden spoon
- Colander
- Potato peeler
- Large bowl
- Cutting board
- Cheese grater
- Sharp knife
- Can opener
- Small bowl
- 2 forks
- 2 small spoons
- Spatula
- 5-6 airtight containers

## INGREDIENTS:

- 6 cups water
- 1 package whole grain pasta
- 1.5 cups frozen peas
- 1 large carrot, shredded
- 2 stalks celery, diced
- 1 bell pepper, any colour, diced
- 1 bunch fresh dill, finely chopped
- 2 cans tuna in water, drained

## Dressing:

- 1/3 cup 0% plain Greek yogurt
- 1/3 cup olive oil mayonnaise
- 1 tbsp white wine or red wine vinegar
- 1 tbsp Dijon mustard
- 2 minced garlic cloves
- 1/4 tsp salt (optional)
- 1/2 tsp pepper

## STORAGE:

- Portion leftovers into airtight containers and store in the refrigerator for up to 4 days.

## NUTRITION FACT:

Tuna is high in omega 3 fats, which are important for heart health, brain health and reducing inflammation!



## DIRECTIONS:

1. **Cook pasta:** Add 6 cups water to a large pot and bring to a boil on high heat with lid on. Add a dash of salt to help water boil faster. Once boiling, add whole package of pasta. Boil for 5 mins, then add frozen peas and cook for another 5 mins (10 mins total).
2. **Grate carrot:** Meanwhile while water is boiling, wash and peel carrot using potato peeler. Using a cutting board and cheese grater, grate 1 large carrot into small shreds. Add shredded carrot to a large bowl.
3. **Chop veggies:** Using a cutting board and sharp knife, chop celery and bell pepper into small pieces. Chop dill into fine pieces. Add to large bowl.
4. **Drain pasta:** Place colander in the sink and pour in pasta to drain water.
5. **Prep tuna:** Using can opener, open 2 cans of tuna, drain water into sink. Add to large bowl using a fork.
6. **Make dressing:** Whisk dressing ingredients into a small bowl with a fork.
7. **Mix:** Add pasta to large bowl, then add dressing over top. Stir until well combined and completely coated.

# SOBA NOODLE SALAD

**Servings:** 4

**Prep time:** 30 mins

**Cook time:** 20 mins

**Total time:** 50 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Paper towel
- Heavy pot
- Cutting board
- Sharp knife
- Medium bowl
- Baking sheet
- Parchment paper
- Medium pot and lid
- Tongs or large spoon
- Colander
- Potato peeler
- Cheese grater
- Small bowl Whisk or fork
- Large bowl
- Tupperware containers

## INGREDIENTS:

### Salad:

- 1 package extra firm tofu
- 1 tsp corn starch
- 4 cups water
- 2 bundles or 8oz soba noodles
- 1 bell pepper (any colour), julienned
- 1 large carrot, peeled and grated
- 1 bunch green onions, diced
- ½ bunch cilantro, finely chopped
- 1 cup frozen edamame
- ½ bag coleslaw
- 1 tbsp sesame seeds

### Sesame ginger dressing:

- 2 limes, juiced
- 2 tbsp minced ginger
- 3 tsp sesame oil
- 2 tbsp light or reduced sodium soy sauce (optional)
- 2 tbsp rice vinegar
- 3 tbsp 100% pure maple syrup
- 4 tsp sriracha or chili sauce (optional)
- ½ cup melted natural peanut butter

### STORAGE:

- Portion leftovers into airtight containers and store in the refrigerator for up to 4 days.



## DIRECTIONS:

1. **Press tofu:** Preheat the oven to 400 F. Press the tofu by placing the block of tofu in between 2 paper towels and adding something heavy on top such as a large pot to press the water out.
2. **Cook soba noodles:** Meanwhile, add 4 cups water to a medium pot and bring to a boil. Once water is boiling, add soba noodles and simmer for 3-4 mins. Drain in a colander and rinse w/ cold water.
3. **Bake tofu:** Cut the tofu into small cubes and place in a medium bowl. Add corn starch to help make the tofu crispy. Line a baking sheet with parchment paper. Bake the tofu in the oven for 15 mins, turning halfway.
4. **Chop vegetables:** Using a cutting board and sharp knife, thinly slice bell pepper. Peel and grate large carrot. Dice green onions and finely chop cilantro. Add to large bowl.
5. **Cook edamame:** Add 1 cup frozen edamame into a small bowl. Add 2 tbsp water and microwave on high for 3-4 min until edamame are cooked. Drain excess water in a colander.
6. **Make sesame ginger dressing:** Using a cutting board and sharp knife, cut limes into quarters and juice into small bowl. Then, mince ginger into fine pieces. Add other ingredients for the dressing into the bowl. Then, mix well using a whisk or fork.
7. **Mix together:** Add cooked tofu, soba noodles, ½ bag coleslaw, dressing and sesame seeds into a large bowl. Mix well w/ tongs or a large spoon.

## NUTRITION FACT:

Edamame are young soybeans that are high in soy proteins, which helps to lower LDL cholesterol!

# BLACK BEAN QUINOA SALAD

**Servings:** 4

**Prep time:** 20 mins

**Cook time:** 20 mins

**Total time:** 40 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Medium pot with lid
- Wooden
- Spoon
- Fork
- Large bowl
- Whisk
- Can opener
- Colander
- Cutting board
- Sharp knife
- 4 airtight containers

## INGREDIENTS:

- 1.5 cups dry quinoa
- 3 cups water
- 2 tbsp extra-virgin olive oil
- 2 limes, juiced
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1 clove garlic, minced
- 1 tsp ground cumin
- $\frac{1}{8}$  tsp cayenne pepper
- $\frac{1}{4}$  tsp salt (optional)
- 2 19oz cans black beans, drained and rinsed
- 1 bell pepper (any colour), seeded and chopped
- $\frac{1}{4}$  red onion, finely chopped
- 1 cup cherry tomatoes, quartered
- $\frac{1}{2}$  cup freshly chopped cilantro
- 2 avocados, seeded and chopped

## STORAGE:

- Portion leftovers into airtight containers and store in the refrigerator for up to 4 days.

## NUTRITION FACT:

Quinoa is a nutritious whole grain that is high in fiber and protein!



## DIRECTIONS:

1. **Make quinoa:** Add the quinoa and water to a medium pot and bring to a boil. Then, reduce heat to low and simmer for about 15 minutes until all of the liquid is absorbed. Once cooked, remove from heat and let sit for 5 mins with lid on. Fluff with a fork.
2. **Make dressing:** While the quinoa is cooking, make the dressing by whisking the olive oil, lime juice, apple cider vinegar, maple syrup, garlic, cumin and cayenne together in the bottom of a large bowl to let the flavors marry.
3. **Rinse beans:** Using a can opener, open cans of black beans. Rinse and drain the beans in a colander.
4. **Chop veggies:** Wash and chop the bell pepper, red onion, cherry tomatoes and cilantro.
5. **Mix:** Add the cooked quinoa, beans, and diced veggies to the bowl and gently fold it together with the dressing.
6. **Chill:** Let the salad chill in the refrigerator for at least 30 minutes to let the flavors come together.
7. **Add avocado:** Add  $\frac{1}{2}$  avocado to each serving right before eating to prevent browning

# CHICKPEA BULGUR SALAD

**Servings:** 4

**Prep time:** 30 mins

**Cook time:** 12 mins

**Total time:** 42 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Medium pot and lid
- Fork
- Can opener
- Colander
- Large bowl
- Cutting board
- Sharp knife
- Food processor
- Small bowl
- Whisk or fork
- Large spoon
- 4 airtight containers

## INGREDIENTS:

- 2 cups bulgur, uncooked
- 3 cups water
- 1 28oz can chickpeas, drained and rinsed
- ½ small red onion, diced
- 3 baby cucumbers, diced
- ½ bunch fresh parsley, finely chopped
- ½ bunch fresh mint, finely chopped
- ½ bunch fresh dill, finely chopped
- ¾ cup unsalted pistachios, chopped
- ½ cup low fat feta cheese, crumbled
- ½ cup sliced olives (any colour)

## Dressing:

- 2 lemons, squeezed
- 1/3 cup extra-virgin olive oil
- 1/2 tsp salt (optional)
- 1/2 tsp ground pepper

## STORAGE:

- Portion leftovers into airtight containers and store in the refrigerator for up to 4 days.

## NUTRITION FACT:

Bulgur is a whole grain that is high in soluble fiber, which helps to lower LDL cholesterol!



## DIRECTIONS:

1. **Cook bulgur:** In a medium saucepan, bring 3 cups water to a boil. Once water is boiling, stir in bulgur. Allow the liquid to bubble again, then turn the heat down. Cover and let simmer for about 12 minutes or until the bulgur is tender and has fully absorbed the liquid. Remove from heat and let stand, covered, for another 10 minutes. Fluff with a fork.
2. **Prep chickpeas:** Using a can opener, open can of chickpeas. Drain and rinse in a colander. Add to large bowl.
3. **Dice veggies:** Using a cutting board and sharp knife, dice red onion and cucumber. Add to large bowl with bulgur.
4. **Chop herbs:** Using the same cutting board and sharp knife, finely chop parsley, mint and dill. Add to large bowl.
5. **Chop pistachios:** Place pistachios in a food processor for 1-2 mins until chopped or chop with a knife. Add to large bowl.
6. **Add feta and olives:** Crumble feta using your hands and add to large bowl. Also, add sliced olives to large bowl.
7. **Make dressing:** Cut lemons into quarters and juice into a small bowl. Remove any seeds or pulp. Add olive oil, salt and pepper into small bowl and whisk well.
8. **Mix:** Add dressing to large bowl and mix together with a large spoon.

# KALE FARRO SALAD

Servings: 4

Prep time: 20 mins

Cook time: 40 mins

Total time: 1 hr

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Medium pot and lid
- Large spoon
- Cutting board
- Sharp knife
- Large mixing bowl
- Small pan
- Small spoon
- Can opener
- Colander
- Mason jar
- Tongs
- 4 airtight containers

## INGREDIENTS:

- 1 cup uncooked farro
- 7 cups water
- $\frac{1}{4}$  tsp fine sea salt (optional)
- 1 big bunch curly green kale, stems removed and chopped into small, bite-sized pieces
- 2 tbsp extra-virgin olive oil
- $\frac{1}{2}$  cup raw sliced almonds
- 1 (19 oz) can chickpeas, rinsed and drained
- $\frac{1}{4}$  cup light goat cheese, crumbled
- $\frac{1}{3}$  cup pumpkin seeds
- $\frac{1}{3}$  cup craisins

## Dressing:

- $\frac{1}{3}$  cup extra-virgin olive oil
- 1.5 tbsp red or white wine vinegar
- 1 tbsp Dijon mustard
- 2 cloves garlic, minced
- $\frac{1}{4}$  tsp fine sea salt (optional)

## STORAGE:

- Portion leftovers into airtight containers and store in the refrigerator for up to 4 days.

## NUTRITION FACT:

Farro is a whole grain that is high in soluble fiber, which helps to lower LDL cholesterol!



## DIRECTIONS:

1. **Pre-soak farro:** Place farro in a large bowl with 4 cups water. Cover and refrigerate overnight. Drain excess water the next day.
2. **Cook farro:** In a medium pot, add pre-soaked farro, 3 cups water and salt. Bring the water to a boil, then reduce the heat to maintain a gentle simmer. Cook for 15 mins until the farro is tender to the bite but still pleasantly chewy. Using a colander, drain excess water.
3. **Massage kale:** Wash kale. Using a cutting board and sharp knife, remove stems of kale and chop into small bite sized pieces. Place the chopped kale in a large mixing bowl. Add olive oil and massage it with your hands by scrunching up large handfuls at a time until it's darker and more fragrant (this makes the kale taste less bitter and makes it easier to eat).
4. **Toast almonds:** Add almonds into a small pan. Cook over medium heat, stirring frequently (careful, they can burn), until the almonds are fragrant and starting to turn golden on the edges, about 4 to 5 minutes. Pour the almonds into the large bowl with massaged kale.
5. **Rinse chickpeas:** Open a can of chickpeas using a can opener. Place in colander and rinse chickpeas, Then, add to large bowl.
6. **Prepare dressing:** Add ingredients together in a medium mason jar and shake to combine.
7. **Mix:** Once the farro has cooled down to room temperature or close to it, add to large bowl. Gently crumble goat cheese into large bowl. Then, add pumpkin seeds and craisins. Mix well with tongs.
8. **Serve:** Add dressing right before serving.

# REFRIED BEANS BURRITO

**Servings:** 4

**Prep time:** 20 mins

**Cook time:** 15 mins

**Total time:** 35 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Medium pot and lid
- Large spoon
- Can opener
- Colander
- Potato masher or fork
- 2 spoons
- Plate
- Airtight containers

## INGREDIENTS:

### Refried beans:

- ½ small yellow or white onion, finely chopped
- 2 tbsp fresh cilantro, finely chopped
- 2 cloves garlic, minced
- 1 tbsp extra-virgin olive oil
- ½ tsp chili powder
- ¼ tsp ground cumin
- ¼ tsp salt (optional)
- 2 cans (15oz each) pinto beans, rinsed and drained
- ½ cup water
- 1 tbsp lime juice (about ½ medium lime), to taste

### Burrito:

- 4 large whole wheat or ancient grains tortillas
- 1 cup iceberg lettuce, chopped
- 1 cup roma tomatoes, chopped
- ½ cup red onion, chopped
- 1 jalapeno, chopped (optional)
- Guacamole and/or salsa to serve

### STORAGE:

- Store leftovers in the refrigerator for up to 4 days.

### NUTRITION FACT:

Pinto beans are another example of a legume, that are high in soluble fiber, which helps to lower LDL cholesterol!



## DIRECTIONS:

1. Using a cutting board and sharp knife, finely chop onion and cilantro. Then, mince garlic.
2. In a medium pot over medium heat, warm the olive oil until shimmering.
3. Add the onions. Cook, stirring occasionally, until the onions have softened and are turning translucent, about 5 to 8 minutes.
4. Add the minced garlic, chili powder, cumin and salt. Cook, stirring constantly, until fragrant, about 30 seconds.
5. Using a can opener, open pinto beans. Rinse and drain in a colander. Pour in the drained beans and ½ cup water. Stir, cover and cook for 5 minutes.
6. Reduce the heat to low and remove the lid. Use a potato masher or the back of a fork to mash up the beans, until you reach your desired consistency. Continue to cook the beans, uncovered, stirring often, for 3 more minutes.
7. Remove the pot from the heat and stir in the cilantro and lime juice. If the beans seem dry, add a very small splash of water and stir to combine. Cover until you're ready to serve.
8. Using a cutting board and sharp knife, chop lettuce, tomato, onion and jalapeno if using.
9. Assemble burrito by spreading around ½ cup refried beans on tortilla. Then, add chopped veggies. Tuck one side of tortilla in so veggies don't fall out and roll tightly.
10. Serve with guacamole and/or salsa.

# LENTIL VEGETABLE SOUP

**Servings:** 4

**Prep time:** 20 mins

**Cook time:** 50 mins

**Total time:** 1 hr 10 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife
- Large pot and lid
- Large spoon
- Can opener
- Blender or immersion blender
- 4 glass Tupperware containers

## INGREDIENTS:

- $\frac{1}{4}$  cup extra-virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 1 cup chopped fresh collard greens, tough ribs removed
- 4 garlic cloves, minced
- 2 tsp ground cumin
- 1 tsp curry powder
- $\frac{1}{2}$  tsp dried thyme
- 1 large can (28 ounces) diced tomatoes
- 2 cups brown or green lentils, rinsed
- 4 cups vegetable broth
- $\frac{1}{2}$  tsp salt (optional)
- Pinch of red pepper flakes
- Ground black pepper, to taste
- 1 to 2 tbsp lemon juice

## STORAGE:

- Portion leftovers into airtight glass containers and store in the refrigerator for up to 4 days. Freeze for up to 4 months for longer term storage.

## NUTRITION FACT:

Lentils are a plant-based protein that are high in soluble fiber and iron!



## DIRECTIONS:

1. Using a cutting board and sharp knife, chop onion, carrot and collard greens into small pieces. Then, mince garlic cloves.
2. Warm the olive oil in a large pot over medium heat.
3. Once the oil is shimmering, add the chopped onion and carrot. Cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
4. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavour.
5. Pour in the lentils and vegetable broth. Add salt, a pinch of red pepper flakes and ground black pepper. Bring the mixture to a boil.
6. Then, partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 30-35 minutes, or until the carrots are tender.
7. Transfer 2 cups of the soup to a blender and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
8. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in lemon juice. Taste and season with more pepper and/or lemon juice until the flavours really sing.

# DINNER

# LEMON DILL SALMON

**Servings:** 4

**Prep time:** 30 mins

**Cook time:** 30 mins

**Total time:** 1 hr

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Large baking sheet x2
- Parchment paper
- Small bowl
- Whisk or fork
- Airtight container with lid
- Cutting board
- Sharp knife
- Large spoon
- Medium bowl
- Spatula
- Tongs

## INGREDIENTS:

- 3 tbsp extra-virgin olive oil
- 1 medium lemon, juiced
- 2 garlic cloves, finely minced
- 2 tbsp fresh dill, finely chopped
- $\frac{1}{4}$  tsp black pepper
- $\frac{1}{4}$  tsp salt (optional)
- 4 salmon fillets (3oz each)
- 1 large sweet potato, thinly sliced
- 1 tsp cornstarch or all-purpose flour
- 1 tsp paprika
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{4}$  tsp cayenne pepper (optional)
- 1 tsp olive oil
- 2 cups fresh green beans, ends removed
- $\frac{1}{2}$  small red onion, thinly sliced
- 1 lemon, quartered

## STORAGE:

- Store leftovers in the refrigerator for up to 4 days.

## NUTRITION FACT:

Salmon is a fatty fish that is high in omega 3 fats, which help to lower triglycerides!



## DIRECTIONS:

1. Preheat the oven to 425°F. Line 2 large baking sheets with parchment paper and set aside.
2. Make the marinade by whisking together the olive oil, lemon juice, garlic, dill, pepper and salt in a small bowl. Set aside 2 tablespoons of the marinade to use later.
3. Place the salmon fillets in an airtight container and pour the remaining marinade (not the 2 tablespoons you just set aside), over the salmon. Place the salmon in the fridge to marinate while you prep the veggies.
4. Microwave the sweet potato for 2-3 mins to make it softer and easier to cut. Using a cutting board and sharp knife, cut the sweet potato into long thin pieces to resemble fries.
5. Place sweet potato fries into a medium bowl, add cornstarch or all-purpose flour to make fries crispy. Then, add spices and olive oil. Mix with a large spoon or your hands. Spread fries evenly on the baking sheet.
6. Place the baking sheet in the oven and bake for 10 minutes.
7. Wash green beans. Using a cutting board and sharp knife, trim the ends of green beans.
8. Using a cutting board and sharp knife, thinly slice red onion.
9. Place green beans and onion into a medium bowl. Drizzle with the reserved 2 tablespoons of marinade. Mix with a large spoon or your hands.
10. Using the spatula, flip sweet potatoes so they cook evenly.
11. Add green beans, onion and marinated salmon fillets to second baking sheet.
12. Bake for 10 mins, then flip green beans and onion so they cook evenly.
13. Bake for another 10 minutes or until the salmon flakes easily with a fork and is no longer opaque.
14. Using a cutting board and sharp knife, cut lemon into quarters. Serve salmon with lemon wedges.

# BLACKENED FISH TACOS

**Servings:** 4

**Prep time:** 20 mins

**Cook time:** 10 mins

**Total time:** 30 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Small bowl
- Small spoon
- Food processor or blender
- Medium bowl
- Aluminum foil
- Large pan
- Spatula
- Plate
- Airtight containers

## INGREDIENTS:

### Blackened fish:

- 1.5 lbs tilapia fillets
- 1 ½ tsp paprika
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 tsp cumin
- ¼ tsp cayenne pepper
- ¼ tsp salt (optional)
- 2 tbsp extra-virgin olive oil

### Avocado crema:

- ½ cup 0% plain Greek yogurt
- 1 ripe avocado, pitted and skinned
- 1/2 cup cilantro
- Juice of 1 lime
- 1/2 jalapeno, chopped and seeded

### Other:

- Corn tortillas
- Coleslaw mix

## STORAGE:

- Store leftovers in the refrigerator for up to 4 days.

## NUTRITION FACT:

Tilapia is a white fish that contains omega 3 fats, which help to lower triglycerides!



## DIRECTIONS:

1. **Preheat the oven:** Preheat the oven to 350°F to warm the corn tortillas.
2. **Season tilapia:** In a small bowl, combine the paprika, garlic powder, chili powder, onion powder, cumin, cayenne pepper and salt. Sprinkle the dry rub over both sides of your tilapia fillets, and then rub the seasonings in.
3. **Make avocado cream:** Combine all of the avocado crema ingredients in a food processor or blender. Pulse until well-combined. Pour into medium bowl.
4. **Warm tortillas:** Once oven is preheated, wrap tortillas in aluminum foil and place in the oven to warm for 5-8 minutes.
5. **Cook tilapia:** Heat the olive oil in a large pan over medium-high heat. Once hot, add the tilapia (a few at a time if you can't fit them all at once). Cook for 4-5 minutes on each side, or until the outside is blackened and the fish flakes apart easily.
6. **Assemble:** Place 1 corn tortilla on a plate, add cooked tilapia, coleslaw mix and avocado crema. Repeat with remaining tacos.

# SHRIMP FRESH ROLLS

**Servings:** 12 rolls

**Prep time:** 30 mins

**Cook time:** 10 mins

**Total time:** 40 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Colander
- Small bowl x2
- Large pan
- Tongs
- Cutting board x2
- Sharp knife
- Large bowl
- Spoon
- Airtight containers

## INGREDIENTS:

### Fresh rolls:

- 1 pound medium raw shrimp, peeled
- 1 tsp sesame oil
- 1 small head of iceberg lettuce, leaves separated
- 1 medium cucumber, cut into thin strips
- 1 large carrot, cut into thin strips
- 1 bell pepper, cut into thin strips
- ½ bunch cilantro
- 12 8-inch rice paper wrappers

### Peanut sauce:

- ¼ cup hoisin sauce (optional)
- ½ cup peanut butter
- 2 tsp rice wine vinegar
- 1/2 tsp sesame oil
- ½ lime juiced
- 1 tsp chili garlic sauce or Sriracha
- ¼ cup water, if sauce is too thick

### STORAGE:

- Store leftovers in the refrigerator for up to 4 days.

### NUTRITION FACT:

Shrimp is a lean source of protein that contains little saturated fat!



## DIRECTIONS:

1. Defrost shrimp by placing in a colander and running under cold water for 5 minutes. Then, peel shrimp and put peeled shrimp in a small bowl.
2. Heat a large pan over medium high heat. Once hot, add sesame oil. Cook shrimp for 2-3 mins each side or until pink in colour.
3. Wash lettuce and separate leaves.
4. Using a cutting board and sharp knife, cut cucumber, carrot and bell pepper into thin strips or matchsticks. Wash cilantro and remove leaves from stems.
5. Add warm water to a large bowl and dip 1 rice paper wrapper in water for a few seconds until it gets softer.
6. Place rice paper wrapper on cutting board and add veggies and shrimp.
7. Gently pull the edge of the wrapper and tuck it over the filling. Roll away from you until all the toppings are enclosed.
8. Repeat steps 6-8 for the rest of the fresh rolls.
9. Make the peanut sauce by combining all the ingredients into a small bowl and mixing with a spoon. If consistency is too thick, add water to make it thinner.
10. Enjoy fresh rolls with peanut sauce!

# MEDITERRANEAN CHICKEN

**Servings:** 4

**Prep time:** 30 mins

**Cook time:** 15 mins

**Total time:** 45 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Sharp knife x2
- Cutting board x2
- Medium bowl
- Large pan and lid
- Tongs
- Airtight containers

## INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 2 tbsp minced garlic
- $\frac{1}{4}$  tsp salt (optional)
- $\frac{1}{4}$  tsp ground black pepper
- 1 tbsp dried oregano, divided
- 2 tbsp extra-virgin olive oil
- $\frac{1}{2}$  cup dry white wine
- 2 large lemons, juiced
- $\frac{1}{2}$  cup chicken broth
- 1 medium red onion, finely chopped
- 4 small tomatoes, diced
- $\frac{1}{4}$  cup sliced olives
- Handful of fresh parsley, stems removed, leaves chopped
- $\frac{1}{4}$  cup low fat feta cheese, crumbled

## STORAGE:

- Store leftovers in the refrigerator for up to 4 days.

## NUTRITION FACT:

Olives are high in unsaturated fats, which helps to lower LDL cholesterol and raise HDL cholesterol!



## DIRECTIONS:

1. **Prep chicken:** Make shallow slits on one side of the chicken breast using a sharp knife.
2. **Mince garlic:** Using a cutting board and sharp knife, chop garlic into fine pieces.
3. **Season chicken:** Rub the minced garlic on both sides of the chicken, pushing some garlic into the slits you made. Season the chicken breasts on both sides with salt, black pepper and  $\frac{1}{2}$  tbsp dried oregano.
4. **Squeeze lemons:** Using a cutting board and sharp knife, cut lemons into quarters. Squeeze lemon juice into small bowl, removing any seeds.
5. **Chop vegetables:** Using a cutting board and sharp knife, chop onion, tomatoes and parsley. Add to medium bowl to save room on cutting board.
6. **Sear chicken:** In a large pan, heat the olive oil on medium heat. Once hot, sear the chicken for 2 mins each side.
7. **Braise chicken:** Add the white wine, stir and reduce by half. Then, add the lemon juice and chicken broth to the pan. Sprinkle the remaining  $\frac{1}{2}$  tbsp of oregano on top and stir.
8. **Cook chicken:** Cover with a lid. Cook for about 5-6 minutes on one side, then turn the chicken over using tongs and cook for 5-6 additional minutes.
9. **Add vegetables to chicken:** Add chopped onions, tomatoes and olives to pan and stir. Cover again and cook for 5 minutes.
10. **Garnish:** Crumble feta cheese using your hands. Garnish chicken with chopped parsley and feta cheese.

# VEGETARIAN CHILI

**Servings:** 5-6

**Prep time:** 30 mins

**Cook time:** 40 mins

**Total time:** 1 hr 10 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife
- Large pot and lid
- Large spoon
- Can opener
- Colander
- Blender or immersion blender
- Airtight containers

## INGREDIENTS:

- 2 tbsp extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 large red bell pepper, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- $\frac{1}{2}$  tsp salt, divided (optional)
- 4 cloves garlic, minced
- 2 tbsp chili powder
- 2 tsp ground cumin
- 1  $\frac{1}{2}$  tsp smoked paprika
- 1 tsp dried oregano
- 1 large can (28oz) diced tomatoes
- 2 cans (19 oz each) black beans, rinsed and drained
- 1 can (19 oz) kidney beans, rinsed and drained
- 2 cups water
- 1 bay leaf
- $\frac{1}{2}$  bunch fresh cilantro, chopped
- 1 tsp red wine vinegar

## STORAGE:

- Portion leftovers into airtight glass containers and store in the refrigerator for up to 4 days.
- Freeze for up to 4 months for longer term storage.

## NUTRITION FACT:

Try this recipe for meatless Mondays to help increase your intake of plant-based proteins!



## DIRECTIONS:

1. Using a cutting board and sharp knife, chop onion, bell pepper, carrots and celery into small pieces. Then, mince garlic.
2. In a large pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and  $\frac{1}{4}$  teaspoon of the salt. Stir to combine and cook until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
3. Add the minced garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.
4. Using a can opener, open can of diced tomatoes and add to pot.
5. Using a can opener, open black and kidney beans. Rinse and drain in a large colander. Then, add to large pot.
6. Add water and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
7. Using a cutting board and sharp knife, chop cilantro into fine pieces.
8. Remove the chili from the heat and discard the bay leaf. For the best texture and flavor, transfer  $1\frac{1}{2}$  cups of the chili to a blender, making sure to get some of the liquid portion. Securely fasten the lid and blend until smooth (watch out for hot steam), then pour the blended mixture back into the pot. (Or you can blend the chili briefly with an immersion blender or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
9. Add the chopped cilantro, vinegar and  $\frac{1}{4}$  tsp salt. Stir to combine.

# BLACK BEAN BURGER

**Servings:** 4

**Prep time:** 20 mins

**Cook time:** 10 mins

**Total time:** 30 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Can opener
- Colander
- Potato masher or large fork
- Cutting board
- Knife
- Food processor
- Large spoon
- Whisk
- Small bowl
- Large pan
- Spatula
- Plastic wrap

## INGREDIENTS:

- 1 (19 oz) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- 1/4 medium onion (any colour), cut into wedges
- 3 cloves garlic, peeled 1 egg
- 1 tbsp chili powder
- 1 tbsp cumin
- 1 tsp hot sauce (optional)
- 3/4 cup bread crumbs
- 1 tsp extra-virgin olive oil
- 4 whole grain buns
- Toppings such as lettuce, tomato, onion, pickles or hot peppers

## STORAGE:

- Store leftover patties in plastic wrap in the refrigerator for up to 4 days.
- Freeze for up to 4 months for longer term storage.

## NUTRITION FACT:

It is beneficial to replace animal-based proteins with plant-based proteins such as black beans as they are high in soluble fiber!



## DIRECTIONS:

1. Using a can opener, open a can of black beans. Drain and rinse beans in a colander.
2. Mash beans in a medium bowl with a potato masher or large fork until thick and pasty.
3. Finely chop bell pepper, onion and garlic in a food processor. If you don't have a food processor, you can use a cutting board and sharp knife. Using a large spoon, stir chopped vegetables into mashed beans.
4. Whisk together, egg, chili powder, cumin and hot sauce in a small bowl. Add to the mashed beans and stir to combine.
5. Add bread crumbs to mashed beans and stir until the mixture is sticky and holds together.
6. Using your hands to shape mixture into 4 circular patties.
7. Heat large pan on medium heat and add olive oil. Once hot, place patties on pan and cook for 5 mins.
8. Flip patties using a spatula and cook for another 5 mins.
9. Serve on a whole grain bun with toppings of your choice!

# TEMPEH STUFFED PEPPERS

**Servings:** 6

**Prep time:** 20 mins

**Cook time:** 50 mins

**Total time:** 1 h mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Medium pan
- Large spoon
- Cutting board
- Sharp knife
- Shallow baking dish
- Tin foil
- Airtight containers

## INGREDIENTS:

- 6 large bell peppers (any color), top cut off and seeds removed
- 1 tbsp extra-virgin olive oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 (8oz) packages tempeh, crumbled
- 1 cup zucchini, diced
- 1 (8oz) package mushrooms, sliced
- 1 cup spinach, chopped
- 1 can (14oz) tomato sauce
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp red pepper flakes
- ½ tsp ground black pepper
- ½ tsp salt (optional)
- ¼ cup fresh parsley, chopped

## STORAGE:

- Store leftovers in the refrigerator for up to 4 days.

## NUTRITION FACT:

Tempeh is a fermented soybean product that is high in soy proteins and soluble fiber!



## DIRECTIONS:

1. Preheat oven to 350°F.
2. Using a cutting board and sharp knife, chop onion, zucchini, mushrooms, spinach and parsley.
3. Using the same cutting board and sharp knife, mince garlic into fine pieces.
4. In a large pan, heat olive oil over medium heat, add onion, garlic and crumbled tempeh, sauté for 5 minutes.
5. Add the zucchini and mushrooms and cook for 5 mins, stirring occasionally.
6. Then, add the spinach, tomato sauce, oregano, basil, red pepper flakes, ground pepper and salt. Cook for 2-3 minutes.
7. Using a cutting board and knife, cut off tops of bell peppers, remove flesh and seeds.
8. Place bell peppers into a shallow baking dish. Fill each bell pepper with vegetable mixture, making sure to pack it well. Cover with tin foil.
9. Place dish on the center rack and bake for 35 – 40 minutes. Remove tin foil and bake for another 5 – 10 more minutes.
10. Once done, let cool a few minutes and serve with a sprinkle of freshly chopped parsley.

# SNACKS

# GUACAMOLE

**Servings:** 1.5 cups

**Prep time:** 15 mins

## EQUIPMENT:

- Measuring cups
- Cutting board
- Knife
- Medium bowl
- Spoon
- Fork

## INGREDIENTS:

- 3 ripe avocados, pitted
- $\frac{1}{4}$  cup red onion, finely diced
- 2 roma tomatoes, diced
- $\frac{1}{4}$  cup cilantro, finely chopped
- $\frac{1}{2}$  jalapeno pepper, seeds removed and finely diced
- 3 garlic cloves, minced
- 1 lime, juiced
- Ground black pepper, to taste
- Fine sea salt, to taste (optional)
- Multigrain tortilla chips, to serve

## STORAGE:

- Store leftovers to an airtight container with 1 avocado seed in the center to minimize browning for up to 2 days.

## NUTRITION FACT:

Aim to eat  $\frac{1}{2}$  avocado 2-3x/wk to help decrease your LDL cholesterol and increase your HDL cholesterol!



## DIRECTIONS:

1. Using a cutting board and sharp knife, slice the avocados in half, remove the pit and scoop into a medium bowl.
2. Mash the avocado with a fork to make it smoother.
3. Using the same cutting board and sharp knife, chop onion, tomatoes, cilantro and jalapeno pepper. Add to medium bowl.
4. Using the same cutting board and sharp knife, mince garlic into fine pieces. Add to medium bowl.
5. Cut lime into quarters and juice into medium bowl. Add ground black pepper, to taste
6. Mix with a spoon until combined.
7. Serve with multigrain tortilla chips.

# GARLIC HUMMUS

**Servings:** 1.5 cups

**Prep time:** 15 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Food processor
- Can opener
- Colander
- Spoon
- Small bowl

## INGREDIENTS:

- 1/4 cup tahini (sesame butter)
- 1/8 cup extra-virgin olive oil (plus more for garnishing)
- 2 garlic cloves, peeled
- 1 (19 oz) can chickpeas (garbanzo beans), drained and rinsed
- 1/8 cup lemon juice, freshly squeezed
- 1/4 tsp salt (optional)
- 1/4 tsp cayenne pepper (optional)
- 1/4 cup water
- Dash paprika, for garnish
- Whole grain crackers or raw vegetables, for serving

## STORAGE:

- Store leftovers in the refrigerator for up to 1 week.

## NUTRITION FACT:

Chickpeas are a plant-based protein that are high in soluble fiber, protein and iron!



## DIRECTIONS:

1. In a food processor, combine the tahini and olive oil. Pulse until smooth.
2. Using a can opener, open a can of chickpeas. Drain and rinse in a colander.
3. Add the garlic cloves, chickpeas, lemon juice, salt and water. Process until smooth. The longer you process in the food processor, the smoother the hummus will be.
4. Spoon into small bowl, swirl a little olive oil over the top and sprinkle with a dash paprika.
5. Serve with whole grain crackers or raw vegetables such as carrots or celery.

# ROASTED CHICKPEAS

**Servings:** 2 cups

**Prep time:** 10 mins

**Cook time:** 35 mins

**Total time:** 45 mins

## EQUIPMENT:

- Measuring spoons
- Can opener
- Colander
- Medium bowl
- Paper towel
- Large baking sheet
- Parchment paper
- Spatula
- Airtight container or mason jar

## INGREDIENTS:

- 1 (15oz) can chickpeas, drained and rinsed
- 1 tbsp extra-virgin olive oil
- ¼ tsp smoked paprika
- ¼ tsp ground black pepper
- ¼ tsp salt (optional)
- 1/8 tsp cayenne pepper, or to taste
- 1/8 tsp garlic powder

## STORAGE:

- Once cooled, store in an airtight container or mason at room temperature for up to 2 weeks.

## NUTRITION FACT:

Roasted chickpeas are a healthier alternative to snack on compared to potato chips!



## DIRECTIONS:

1. Preheat the oven to 450°F.
2. Using a can opener, open a can of chickpeas. Drain and rinse in a colander with water.
3. Line a medium bowl with paper towel and add chickpeas to bowl. Blot with paper towel to dry them. After, remove paper towel from bowl and discard in garbage.
4. Add olive oil to bowl and toss to coat chickpeas.
5. Add smoked paprika, black pepper, salt, cayenne pepper and garlic powder to bowl and toss again.
6. Line a large baking sheet with parchment paper. Spread chickpeas evenly on baking sheet.
7. Roast in the oven for 30-35 mins or until browned and crunchy, turning halfway with a spatula.

# PEANUT BUTTER ENERGY BALLS

**Servings:** 8-10 balls

**Prep time:** 10 mins

**Chill time:** 10 mins

**Total time:** 20 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- Medium bowl
- Large spoon
- Plastic wrap
- Tupperware container

## INGREDIENTS:

- 1/2 cup rolled oats
- 1/2 cup natural peanut butter
- 1/3 cup ground flaxseeds
- 1/4 cup unsweetened coconut flakes
- 1/4 cup maple syrup or honey
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- 1/2 tsp cinnamon

## STORAGE:

- Store in an airtight container in the fridge for up to 1 month.
- Freeze for up to 2 months for longer term storage.

## NUTRITION FACT:

Peanut butter is a great source of unsaturated (healthy) fats and protein!



## DIRECTIONS:

1. Add all the ingredients in a medium bowl and mix with a large spoon.
2. Cover bowl with plastic wrap and place in the fridge for 10 mins so the mixture can harden.
3. Wet fingers with a little bit of water to make rolling easier and roll into 8-10 small balls.

# PUMPKIN OATMEAL COOKIES

**Servings:** 12 cookies

**Prep time:** 20 mins

**Chill time:** 10 mins

**Total time:** 30 mins

## EQUIPMENT:

- Measuring cups
- Measuring spoons
- 2 large baking sheets
- Parchment paper
- Whisk
- Medium bowl
- Large spoon
- Large bowl
- Fork
- Cooling rack

## INGREDIENTS:

- $\frac{1}{2}$  cup pumpkin puree
- $\frac{1}{2}$  cup maple syrup or honey
- $\frac{1}{4}$  cup natural almond butter
- 1 large egg
- 1 tsp vanilla extract
- $\frac{3}{4}$  cup oat flour
- $1\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{4}$  tsp baking powder
- $\frac{1}{4}$  tsp salt (optional)
- $\frac{1}{4}$  tsp ground nutmeg
- $\frac{1}{4}$  tsp ground ginger
- 1  $\frac{1}{2}$  cups large flake oats
- $\frac{1}{2}$  cup raisins
- $\frac{1}{4}$  cup pumpkin seeds

## STORAGE:

- Store cookies in an airtight container at room temperature for up to 3 days.
- Store in the refrigerator for up to 1 week for longer term storage.

## NUTRITION FACT:

Almond butter is high in unsaturated (healthy) fats, which are beneficial for heart health!



## DIRECTIONS:

1. Preheat oven to 350°F. Line 1 large baking sheet with parchment paper.
2. Whisk pumpkin puree, maple syrup or honey, almond butter, egg and vanilla in a medium bowl.
3. Combine oat flour, cinnamon, baking soda, baking powder, salt, nutmeg and ginger in a large bowl with a large spoon.
4. Stir the pumpkin mixture into the flour mixture.
5. Fold in oats, raisins and pumpkin seeds using the large spoon.
6. Drop 12 heaping tablespoons of dough about 1 inch apart on the prepared baking sheets. Slightly flatten with a fork.
7. Bake until lightly browned, about 10 minutes. Let cool on the pan for 3 minutes before transferring to a wire rack to cool completely.