

## Recipes for June 2018 7-Day Menu

### Basic Hummus



A simple recipe for an authentic, basic hummus. Creamy and satisfying, this hummus is perfect as an anytime snack and also makes great party food. Author: Lands & Flavors

#### Ingredients

- 4-5 Tablespoons tahini
- 3 Tablespoons lemon juice
- 1 Tablespoon extra-virgin olive oil
- 1 clove garlic
- $\frac{3}{4}$  teaspoon sea salt, possibly less if using canned chickpeas
- $\frac{1}{2}$  cup water
- $1\frac{1}{2}$  cups cooked chickpeas or one 15-16oz can chickpeas, well-rinsed and drained

#### Instructions

1. Blend tahini, lemon juice, olive oil, garlic, salt, and water in a blender for about 10 seconds or until the garlic is puréed.
2. Add the chickpeas and blend on high speed. The hummus should keep moving in the blender. If it stops moving, turn the blender off and use a spatula to scrape down the sides and remove the air bubble that may form near the blades.
3. Keep blending until you get a smooth, creamy consistency. If it's too thick, add more water,  $\frac{1}{4}$  cup at a time.
4. When it's done and you've tasted it and adjusted the taste to your liking, dollop out the hummus onto a large plate. Use a spoon or spatula to spread the hummus and create peaks and valleys.
5. Drizzle the top liberally with olive oil and garnish with herbs, spices, olives, pickles, or veggies.

Author: Lands & Flavors

## WHOLE WHEAT PANCAKES



**Yield: 7 Servings, Serving Size: 2 pancakes**

**TOTAL TIME: 15 minutes**

## INGREDIENTS:

- 2 cups white whole wheat flour (I use King Arthur)
- 4 1/2 tsp baking powder
- 1/2 tsp kosher salt or sea salt
- 2 tsp ground cinnamon
- 2 tsp sugar
- 2 large eggs
- 2 cups + 2 tbsp almond milk
- 2 tsp vanilla extract
- cooking spray

## DIRECTIONS:

1. Mix all dry ingredients in a bowl. Add wet ingredients to the mixing bowl and mix well with a spoon until there are no more dry spots; don't over-mix.
2. Heat a large skillet on medium heat. Lightly spray oil to coat and pour 1/4 cup of pancake batter. When the pancake starts to bubble, you may add your fruit if you wish. When the bubbles settle and the edges begin to set, flip the pancakes. Repeat with the remainder of the batter. Makes 14 pancakes.

## NUTRITION INFORMATION

### **Amount Per Serving:**

- Calories: 172 calories
- Total Fat: 2g
- Saturated Fat: g
- Cholesterol: 5mg
- Sodium: 561mg
- Carbohydrates: 31.5g
- Fiber: 5g
- Sugar: 2.5g
- Protein: 9g

By <https://www.skinnytaste.com/whole-wheat-pancakes/>, modified by Pauline Maddox, AGNP, RN

## **Turkey Flatbread with Cranberry Mayo**



**Portions:** 4

**Ingredients**

- Cranberry Mayonnaise (recipe follows)
- 4 flatbread squares
- 2 cups spring lettuce mix
- ½ pound deli sliced reduced-sodium turkey breast
- ½ cup sliced red onion
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**Instructions**

Prepare Cranberry Mayo as directed. Heat flatbread on each side for 10 to 15 seconds or until warm and pliable. Spread 1 tablespoon Cranberry Mayo on each flatbread. Place ½ cup of the spring mix, 2 ounces of the turkey and ⅛ cup of the red onion on each flatbread. Fold flatbread over to close. Serve immediately.

**Cranberry Mayo:** Combine ¼ cup water and 2 tablespoons plus 2 teaspoons sweetened dried cranberries in a saucepan. Place pan over medium heat. Bring water to a boil. Reduce heat and simmer for 5 minutes or until cranberries are soft. Strain and discard water. Place cranberries in a food processor. Puree until smooth. Add ¼ cup reduced-fat mayonnaise to cranberries. Mix until combined. Refrigerate until ready to serve.

Tip: To make this recipe even healthier, use chicken breast or turkey breast that you prepare yourself. The International Agency for Research on Cancer, the cancer agency for the World Health Organization, has classified processed meats (anything transformed through salting, curing, fermentation, smoking, or other processes to enhance the flavor or improve preservation) as a carcinogen (something that causes cancer) and red meats as a possible carcinogen. (International Agency for Research on Cancer Press Release N 240, October 26, 2015).

**Nutrition Facts:**

Calories 230  
Carbs 25g  
Protein 16g  
Fat 7g  
Sat. fat 1.5  
Sodium 580mg  
Fiber 2g

By <https://www.mindful.sodexo.com/recipes/turkey-flatbread-with-cranberry-mayo?print=&img=photo>

## Ellie Krieger's Tilapia Milanese



**Prep Time:** 20 min

**Cook Time:** 30 min

**Yield:** 4 servings

### Ingredients

- 1 pint + 1 cup baby arugula
- 1 cup red grape tomatoes, halved lengthwise
- 4 lemon wedges

### Vinaigrette

#### Ingredients

- 1 tablespoon lemon juice
- 1 tablespoons + 1 1/2 teaspoons extra virgin olive oil
- 1/8 teaspoon ground black pepper
- 1/4 kosher salt

### Tilapia Breading

#### Ingredients

- 3 slices whole wheat bread
- 1 tablespoon + 1 1/2 teaspoons extra virgin olive oil
- 1 whole clove peeled garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 cup flour
- 1/2 cup cage free egg whites
- 4 tilapia fillets, 5-7 ounces raw, thawed

### Instructions

**Vinaigrette:**

In a bowl, combine all ingredients and whisk until well blended.

**Tilapia Breading:**

Place bread in a food processor, pulse until fine crumbs. Place onto sheet pan. Bake in a preheated 400 degree oven for 12 minutes or until lightly browned and crisp. Let cool. Combine fresh breadcrumbs, olive oil, garlic, salt and pepper, in a skillet over medium-high heat. Stirring constantly, toast for 2 minutes or until mixture is crisped and deep shade of brown. Remove from heat. Let cool. To set up breading station, place flour in a shallow pan, place egg whites in a shallow pan for egg wash, beat slightly and place toasted breadcrumbs mixture in a shallow pan. In order, dredge 1 piece of tilapia in flour, lightly shake off excess, dip fully in egg and breadcrumb mixture. Press crumbs into tilapia a bit to adhere. Lightly shake off excess. Place breaded fillets on baking sheet. Bake in a preheated 450 degree oven for 15 to 20 minutes or until fish flakes easily.

**For Service:**

Place 1 piece tilapia on serving plate. Place 1 cup baby arugula, 6 grape halves and 2 teaspoons vinaigrette in a bowl. Toss until evenly coated. Place onto serving plate slightly overlapping tilapia, garnish with lemon wedge.

**Nutrition Facts:**

Calories

350

Carbs

12g

protein

14g

fat

16g

sat. fat

2g

Cholesterol

155mg

sodium

470mg

fiber

2g

By <https://www.mindful.sodexo.com/recipes/ellie-kriegers-tilapia-milanese>

**Scrambled Tofu**



**Makes 4 servings**

**Total Time: 10 minutes**

### **Ingredients**

1 block firm Tofu  
Rosemary dried or fresh to taste  
Sea salt to taste  
Black pepper to taste  
½ teaspoon Turmeric, optional for yellow color  
1 tablespoon olive oil

### **Preparation**

Drain tofu and squeeze out excess water, pat dry. Add olive oil to large frying pan or wok. Crumble tofu into the pan. You can also use a potato masher to mash tofu into crumbles. Add rest of the seasoning to taste. Heat and stir until seasonings are fully incorporated. Enjoy!

Tip: Turmeric is good for inflammation. I use it to help decrease inflammatory pains associated with arthritis. Mix ½ teaspoon turmeric, ½ teaspoon ginger powder, in ½ cup hot water. Sweeten with honey to taste. You should feel a difference in your arthritic pains within 3 days.

By Pauline Maddox, AGNP, RN

## **Summer Peach Salad with Balsamic Chicken**



**Makes 5 servings**

### **Ingredients for Salad**

- 6 cups spring mix lettuce  $\frac{3}{4}$  cup red onions, fresh, sliced thin
- 6 breasts Balsamic Garlic Chicken (see recipe below, or purchase frozen chicken strips), sliced  $\frac{1}{2}$  pound peaches, fresh, sliced
- 3 tablespoons sliced blanched almonds, toasted
- 6 ounces Honey Lime Cilantro dressing (see recipe below, or purchase your dressing of choice)

### **Instructions**

Place 1 cup spring mix on plate or in appropriate-sized container. Top with  $\frac{1}{8}$  cup red onions, 1 sliced chicken breast, 3 fresh peach slices,  $\frac{1}{2}$  teaspoon toasted almonds, and 1 ounce Honey Lime Cilantro dressing.

### **Balsamic Garlic Chicken**

#### **Ingredients**

- $1\frac{3}{4}$  teaspoons balsamic vinegar
- $\frac{1}{2}$  tablespoon garlic, fresh, chopped
- $\frac{1}{8}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 tablespoon + 1 teaspoon canola oil
- 6 chicken breasts (4 ounces each), boneless, skinless, raw
- $\frac{3}{4}$  teaspoon oregano leaves, fresh, chopped
- $\frac{3}{4}$  teaspoon thyme leaves, fresh, chopped

#### **Instructions**

Combine vinegar, garlic, salt, pepper and oil. Whisk until well-blended for marinade. Add chicken. Toss until evenly coated. Hold refrigerated for 1 to 2 hours to marinate. Drain and discard excess marinade. Place chicken on an oven-safe pan. Sprinkle  $\frac{1}{8}$  teaspoon oregano and  $\frac{1}{8}$  teaspoon thyme over each breast. Preheat char-broiler or grill. Place chicken on a clean and well-oiled char-broiler or grill. Cook for 1 to 2 minutes on each side or until well-marked. Transfer to sheet pans. Bake in a preheated 375 degree F standard oven for 5 minutes or until minimum internal temperature is at least 165 degrees F (for 15 seconds). Cool under refrigeration.

### **Honey Lime Cilantro Dressing**

#### **Ingredients**

- 1/8 cup + 1 tablespoon canola oil blend (80% canola, 20% olive)
- 1/8 cup + 1 1/4 teaspoon unseasoned rice vinegar
- 1/8 cup + 1-1/8 teaspoon honey
- 1 tablespoon + 3/4 teaspoon Dijon mustard
- 3/4 tablespoon cilantro leaves, fresh, minced
- 3/4 tablespoon fresh lime juice
- 1/4 teaspoon sesame seed oil
- 1 1/4 teaspoon red peppers, fresh, minced
- 1 1/4 teaspoon yellow onions, fresh, minced
- 1/8 teaspoon kosher salt, or sea salt
- 1/8 teaspoon ground black pepper

### Instructions

Whisk ingredients together until thoroughly blended. Refrigerate until used.

### Nutrition Facts:

Calories

270

Carbs

15g

protein

21g

fat

15g

sat. fat

1.5g

sodium

300mg

fiber

2g

By <https://www.mindful.sodexo.com/recipes/summer-peach-salad-with-balsamic-chicken?print=&img=photo>

## Greek Black Bean Burger



**Prep Time:** 25 min

**Cook Time:** 6 min

**Yield:** 4 Sandwiches



#### Ingredients

- 4 zucchini and black bean patties
- 2 tablespoons low-fat mayonnaise, or vegenaïse
- 4 100% whole wheat (4 inch) hamburger buns
- 4 leaves green leaf lettuce
- 8 slices tomatoes, sliced 1/4 inch
- 1/4 cup feta cheese

#### Zucchini and Black Bean Patties

##### Ingredients

- 1 cup canned seasoned black beans
- 1/2 cup zucchini, shredded
- 1/4 cup flax seed
- 1/2 teaspoon A-1 steak sauce
- 1 teaspoon garlic, minced
- 1 tablespoon fresh cilantro leaves, chopped

##### Preparation

**Zucchini and Black Bean Patties:** In a mixing bowl, combine all ingredients. Mash with a fork. Allow to sit to allow flax seed to form a gel. Spray griddle with olive oil. Preheat to medium low heat. Portion burger mixture into 4 equal balls. Place on griddle, using a spatula, press mixture firmly to make 3-inch diameter patties, about 1/2 inch thick. Cook for 3 minutes on each side until golden brown.

**For Service:** Spread 1 tablespoon mayonnaise or vegenaïse on heal of bun and 1 tablespoon on crown of bun. Place 1 black bean patty on heal of bun. Top with 1 lettuce leaf and 2 slices tomato. Sprinkle with 1 tablespoon feta cheese. Close sandwich with crown of bun. Enjoy!

By <https://www.mindful.sodexo.com/recipes/greek-black-bean-burger>, modified by Pauline Maddox, AGNP, RN

### Strawberry Banana Smoothie



**Makes 1 serving**

**Total Time: 5 minutes**

**Ingredients**

1 cup water  
5 large strawberries  
1 banana  
1 tablespoon honey to taste, optional

**Preparation**

Place all ingredients in a high speed blender. Blend until smooth. Enjoy!

Tip: You can do any combination of 1 – 2 cups fruit to 1 cup water and create any smoothie you want. Add protein powder for protein, flax seeds for added fiber, or spinach leaves to get your greens (spinach does not change the taste of the smoothie).

Tip: Pour smoothie into popsicle molds, or order zipsicle bags on line and make zipsicles for the kids.

Tip: Use frozen bananas and frozen strawberries for a nice frozen treat.

By Pauline Maddox, AGNP, RN

# EASY CHICKEN WRAPS WITH CUCUMBER AND APPLE ★★★★★

COURSE: SNACK CUISINE: AMERICAN PREP TIME: 5 MINUTES TOTAL TIME: 5 MINUTES  
SERVINGS: 2 PEOPLE CALORIES: 175 KCAL AUTHOR: FOODNESSGRACIOUS

an easy and healthy way to feed the kids after school. Chicken wraps with sliced cucumbers and apples.



Print

## INGREDIENTS

- 2 Flatout Light Italian Herb Wraps
- 3 cups chopped cooked chicken
- 1/2 cucumber sliced into sticks
- 1 apple sliced thinly
- Ranch dressing

## INSTRUCTIONS

1. Lay each wrap on a chopping board.
2. Sprinkle about 1/2 -3/4 cup chicken in the center.
3. Add 3-4 slices of cucumber on top followed by 2-3 apple slices.
4. Spoon some ranch dressing over the chicken.
5. Bring the sides of the wrap in towards the middle and then start to roll the wrap away from you in a tight tubular motion.
6. Eat this way or slice into three separate pieces.

## Nutrition Facts

Easy Chicken Wraps with Cucumber and Apple

Amount Per Serving

Calories 175

\* Percent Daily Values are based on a 2000 calorie diet.

## Wild Salmon Spring Salad with Blueberry Vinaigrette



**Makes 4 servings**

**Total Time: 20 minutes**

### **Ingredients for the salad**

4 cuties, peeled and sectioned

1 cup blueberry vinaigrette (see recipe)

12 ounce of protein of choice or 12 ounce poached salmon (see recipe)

4 ounces' fresh baby spinach

2 ounces' salad spring mix

### **Ingredients for Blueberry Vinaigrette**

10 ounce blueberries, fresh or frozen

4 ounces red wine vinegar

2 ounces' balsamic vinegar

1 garlic clove, minced

2 ounces Dijon mustard

½ teaspoon sea salt (optional)

1 teaspoon black pepper

1 cup extra virgin olive oil

### **Preparation for Vinaigrette**

Combine blueberries, red wine vinegar, balsamic vinegar, garlic, mustard, salt and pepper in a blender. With blender on low, add olive oil in a slow steady stream until fully incorporated and the vinaigrette has emulsified.

### **Preparation for the Salad**

Mix all salad greens together. Place ¼ portion of greens on salad plate. Top with 3 ounce poached salmon and a few of the peppercorns. Arrange a few sections of the cutie onto the greens around the plate, then add a few blueberries as well. Pour ¼ cup blueberry vinaigrette over salad. Enjoy!

By Sodexo, modified by Pauline Maddox, AGNP, RN

Tip: Store remaining salad dressing in the refrigerator for future use.

## Optional

### Ingredients for Poached Salmon

4 ounces' white wine  
½ teaspoon fresh rosemary  
½ teaspoon black peppercorns  
½ teaspoon garlic, minced  
½ teaspoon honey  
4, 3-ounce salmon fillets

### Preparation for the Salmon

Place 2-3 cups water in a sauce pan with wine, rosemary, salt, peppercorns, garlic, honey, and bring to a simmer. Add salmon fillets. Poach for 10 minutes or until flesh is firm to touch.

## Over Night Oats



My daughter introduced this to me. It sounded horrible but was surprisingly delicious!

Makes 1 one cup serving

Prep Time: 5-10 minutes

### Ingredients

½ cup uncooked oatmeal  
½ cup almond milk  
1 tablespoon honey or maple syrup

1 teaspoon vanilla (optional)

1 tablespoon chia seeds (optional for extra fiber)

½ cup of your fresh fruit of choice (strawberry overnight oatmeal is my favorite)

### Preparation

Before going to bed, pour oatmeal, almond milk, honey or maple syrup, vanilla, chia seeds (if using), and fruit of choice into a mason jar. Close lid, shake and place in the refrigerator. When you wake up, remove from the refrigerator and enjoy. You may add more fresh fruit on top if you would like.

Tip: Eating foods raw allows them to retain 100% of their nutrition and flavor.

By Pauline Maddox, AGNP, RN



From Pinterest

## Crispy Chicken Fingers

Who thought oven-baked Crispy Chicken Fingers could be this delicious? It's simple and oh so good! Not to mention – good for you!



**Prep Time: 10 minutes**

**Cook Time: 25 minutes**

**Yield: 4 servings**

### Ingredients

- 1-pound chicken tenderloins
- 1 cup cornflake crumbs
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¼ cup chickpea flour
- 2 egg whites, beaten

### Instructions

Preheat the oven to 350 degrees. In a bowl, combine the cornflake crumbs, oregano, garlic powder and onion powder. In separate bowls, place the chickpea flour and the beaten egg whites. Dip each chicken tenderloin in the chickpea flour, then the egg white, and then dredge in the cornflake crumb mixture. Place the tenderloins on a baking sheet sprayed with cooking spray. Bake for 25 minutes or until no longer pink in the center.

### Nutrition Facts:

Calories  
296  
Carbs  
43g  
protein  
28g



fat  
1g  
sat. fat  
0g  
Cholesterol  
43mg  
sodium  
296mg  
fiber  
2mg

By Sodexo

### Roasted Garlic Kale Salad



Makes 4 servings

Total time: 30 minutes

#### Ingredients

1 bunch of kale, washed, dried and chopped

2 bulbs of garlic, peeled

5 tablespoons olive oil

2 teaspoons sea salt

1 teaspoon black pepper

#### Preparation



Preheat oven to 350 degrees. Place garlic in a garlic roaster or covered oven safe dish with 1 tablespoon olive oil. Roast for 20 minutes or until garlic is lightly browned, and not translucent. If you overcook it, the garlic will turn brown and crispy, and cannot be used for this recipe. When lightly browned, remove from oven and mash with a fork. Place prepared kale (be sure it is well dried) in a large mixing bowl. Add crushed roasted garlic, olive oil, sea salt and black pepper. Now for the fun part; wash and dry your hands well, then massage the garlic, olive oil, salt and pepper into the kale. This will take a few minutes. Continue massaging until all the kale pieces are well coated. You will have a lot of garlic on your hands. I scrap the garlic off and put it back onto the kale and lick off the rest.

By Pauline Maddox, AGNP, RN

## Mediterranean Spinach and Quinoa Salad



**Prep time:** 30 minutes

**Cook time:** 27 minutes

**Yield:** 4 servings

### Ingredients

- 12 cups baby spinach
- ½ cup white quinoa
- 1 cup red peppers, diced 1½-inch
- ¼ cup sliced black olives
- ¼ cup red onions, halved lengthwise, sliced 1/4 inch
- 1 cup cannellini beans, canned rinsed and drained
- ½ cup fresh orange sections
- ¼ cup golden raisins (optional)
- ¼ cup feta cheese crumbled (optional)

### Ingredients for Orange Balsamic Salad Dressing

- ¼ cup white balsamic vinegar
- 2 tablespoons freshly squeezed orange juice
- 2 teaspoons olive oil
- 1½ tablespoon fresh dill weed
- 2 teaspoons fresh basil leaves
- 1 1/2 teaspoons honey

### Instructions

**Cooked Quinoa:** In a medium sauce pan, bring 1 cup of water to a boil. Add quinoa. Stir to combine. Return to a boil. Cover. Reduce heat and simmer for 10 minutes or until water is fully absorbed and quinoa is al dente, but completely cooked. Do not stir. Let quinoa set for 5 minutes. Fluff with a fork.

**Orange Balsamic Dressing:** While quinoa is cooking, whisk salad dressing ingredients together until well combined.

**Salad Preparation:** Arrange baby spinach evenly on each plate. Decorate with quinoa, peppers, olives, onions, beans, orange segments, and raisins. Drizzle salad dressing over the salad. Top salad with feta cheese.

Tip: Make the quinoa and salad dressing the day before and refrigerate.

By Sodexo, modified by Pauline Maddox, AGNP, RN

### Tropical Fruit Salad



Makes 13 1/2 cups

Yield: 10 servings, Serving Size: 1 1/3 cups

#### INGREDIENTS:

- 1 papaya, peeled and diced 3/4-inch cubes (5 cups)
- 2 mangoes, peeled and diced 3/4-inch cubes (2 1/2 cups)
- 1 fresh pineapple, peeled and diced reserving the juice 3/4-inch cubes (4 cups)
- 2 large bananas, peeled and diced 3/4-inch cubes (2 cups)
- 1/4 cup fresh grated coconut, for garnish

#### DIRECTIONS:

1. Combine the papaya, mangoes, and pineapple in a large bowl and add the juice from the pineapple.
2. Cover and refrigerate until chilled.
3. Just before serving, add the bananas and garnish with fresh coconut.

## NUTRITION INFORMATION

- **Amount Per Serving:**
- Calories: 116 calories
- Total Fat: 1g
- Saturated Fat: g
- Cholesterol: 0mg
- Sodium: 4mg
- Carbohydrates: 28g
- Fiber: 3.5g
- Sugar: 20g
- Protein: 1g

By <https://www.skinnytaste.com/tropical-fruit-salad-recipe/>

### Flatbread with Cranberry Mayo



**Portions:** 4

#### Ingredients

- Cranberry Mayonnaise (recipe follows)
- 4 flatbread squares
- 2 cups spring lettuce mix
- ½ pound deli sliced reduced-sodium turkey breast
- ½ cup sliced red onion
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#### Instructions

Prepare Cranberry Mayo as directed. Heat flatbread on each side for 10 to 15 seconds or until warm and pliable. Spread 1 tablespoon Cranberry Mayo on each flatbread. Place ½ cup of the spring mix, 2 ounces of the turkey and ⅛ cup of the red onion on each flatbread. Fold flatbread over to close. Serve immediately.

**Cranberry Mayo:** Combine ¼ cup water and 2 tablespoons plus 2 teaspoons sweetened dried cranberries in a saucepan. Place pan over medium heat. Bring water to a boil. Reduce heat and simmer for 5 minutes or until cranberries are soft. Strain and discard water. Place cranberries in a food processor. Puree until

smooth. Add ¼ cup reduced-fat mayonnaise to cranberries. Mix until combined. Refrigerate until ready to serve.

**Nutrition Facts:**

Calories  
230  
Carbs  
25g  
protein  
16g  
fat  
7g  
sat. fat  
1.5  
sodium  
580mg  
fiber  
2g

By <https://www.mindful.sodexo.com/recipes/turkey-flatbread-with-cranberry-mayo?print=&img=photo>

## Quinoa Black Bean Burrito Bowls



**Makes 4 servings**

**Total time: 35 minutes**

### Description

Cilantro lime quinoa with simmered black beans, lettuce & your choice of toppings. Lunch, dinner, easy, healthy, gluten free, vegan or vegetarian.

### Ingredients

- 1 cup quinoa or brown rice
- 1 tbsp olive oil
- 1/4 cup onion minced
- 1 clove garlic minced
- 30 oz cooked black beans or 2 cans, drained and rinsed
- 1/4 cup fresh cilantro chopped
- 1/4 tsp chili powder mild

- Pinch cayenne pepper spicy
- 1/4 cup fresh lime juice
- 1 cup shredded romaine lettuce
- Salt

## Instructions

1. Follow packet directions for the quinoa or brown rice.
2. While quinoa is cooking, heat 1 tbsp of oil in another saucepan over medium heat. Pour minced onion into the saucepan and sauté for a few minutes till it softens and begins to turn brown. Add the minced garlic to the pot and let it sauté for 1-2 minutes longer till aromatic.
3. Add the black beans to the pot of onions along with 1/2 cup water, 2 tbsp of chopped fresh cilantro, chili powder and cayenne pepper. Bring the beans to a boil, then reduce heat to medium low. Let the beans simmer for 15 minutes till the liquid is mostly evaporated. Stir in 2 tbsp of fresh lime juice. Season with salt to taste.
4. When the quinoa or brown rice is fully cooked, remove from heat and fluff with a fork. Use the fork to mix in 2 tbsp of chopped cilantro and 2 tbsp fresh lime juice. Season with salt to taste.
5. Assemble your burrito bowls. Divide the cilantro lime quinoa between four bowls. Top each portion of quinoa with 1/4 cup of shredded lettuce, then black beans and your choice of the optional ingredients listed below.

## Optional Topping Ingredients

- Grated cheddar or jack cheese
- Sour cream or Greek yogurt
- Pico de gallo or salsa
- Diced seeded tomatoes
- Hot sauce or sriracha
- Sliced avocado
- Guacamole
- Corn

### Nutrition Facts

Quinoa Black Bean Burrito Bowls

Amount Per Serving

**Calories** 480 **Calories from Fat** 63

**% Daily Value\***

**Total Fat** 7g **11%**

Saturated Fat 1g **5%**

**Sodium** 10mg **0%**

**Potassium** 1051mg **30%**

**Total Carbohydrates** 80g **27%**

Dietary Fiber 21g **84%**

Sugars 1g

**Protein** 25g **50%**

Vitamin A 4.4%

Vitamin C 7.6%

Calcium 8.1%

Iron 36%

\* Percent Daily Values are based on a 2000 calorie diet.

By <https://toriavey.com/toris-kitchen/quinoa-black-bean-burrito-bowls/>

## MEXICAN EGG WHITE OMELET



**Makes 1 serving**

**Total Time: 15 mins**

### INGREDIENTS:

- 2 teaspoons olive oil
- 1 small jalapeno, thinly sliced and seeded (if desired), stem discarded
- 1/2 cup diced red onion
- 1 clove garlic, minced
- handful of grape or cherry tomatoes, halved
- salt and pepper
- 6 egg whites, whisked
- half an avocado, peeled, pitted and diced
- chopped fresh cilantro
- crumbled cotija cheese (can substitute parmesan or feta)

### DIRECTIONS:

Heat oil in a medium saute pan over medium-high heat. Add jalapeno and onion and saute for 3 minutes, stirring occasionally. Add the garlic and tomato and continue sauteing for 3 minutes, stirring occasionally. Season to taste with a pinch of salt and pepper. Then transfer the mixture to a separate plate.

Return pan to the stove, and reduce heat to medium\*. Add the whisked egg whites and cook for 2-3 minutes until the eggs are set and the bottom of the egg is golden. Remove from heat. Add the onion mixture, diced avocado, cilantro and cotija cheese to the egg white, and fold over to form the omelet. Serve warm, garnished with extra cilantro and cheese if desired.

\*Your pan is probably still greased from the olive oil at this point. But if not, you can add a bit more oil or mist the pan with cooking spray before adding the egg, in order to keep it from sticking.

By <https://www.gimmesomeoven.com/easy-mexican-egg-white-omelet-recipe/>

## Italian Pasta Salad



- **Makes:** 6 servings
- **Serving Size:** 1/2cup
- **Carb Grams Per Serving:** 16

### Ingredients

- 4 ounces dried whole wheat rotini pasta, dried whole grain penne pasta, or dried bow tie pasta (about 1 1/2 cups)
- 1 cup fresh sugar snap peas (4 ounces), trimmed
- 1/2 cup chopped red sweet pepper
- 1/4 cup shredded fresh basil\*
- 2 tablespoons pitted olives or pitted ripe olives, quartered
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1/8 teaspoon salt
- Dash ground black pepper

### Directions

1. Cook pasta according to package directions, adding the sugar snap peas for the last 1 minute of cooking. Drain well. Rinse well with cold water; drain again. In a large bowl, combine pasta mixture, sweet pepper, basil, and olives. Set aside.
2. For dressing, in a screw-top jar, combine red wine vinegar, olive oil, garlic, salt, and pepper. Cover and shake well. Pour dressing over pasta and vegetables; toss gently to combine.

**Makes 6 (1/2-cup) servings.** Diabetics should keep their carbohydrate serving size to 1/2 cup servings or less.

### Tip

- Chef Tip: You can use assorted sweet peppers for color and flavor. Be sure to remove all seeds and the inside "rib" before you dice. You can also grill the peppers, if you'd like a more "smoky" flavor. You can also use an assortment of olives or one in particular. Make sure they are pitted. Again, use the best olives that are available to complement your salad.

### Tip

- \*Chef Tip: A quick way to shred (chiffonade) fresh basil is to stack several leaves on top of each other and roll the leaves up like a cigar. Starting at one end, use a sharp knife to cut crosswise into slices.

By <http://www.diabeticlivingonline.com/recipe/salads/italian-pasta-salad/>