

FEELING GOOD STARTS WITH HEALTHY FOOD - Recipes

Superpower Protein Treats

1 cup rolled oats
½ cup dark or semi-sweet chocolate chips
½ cup ground flax seed
½ cup peanut butter
1/3 honey or maple syrup
¼ cup chopped walnuts
1 tsp vanilla extract

Combine all ingredients together in a bowl; for easier handling; put the mixture in the refrigerator for an hour: form into 1" balls using hands. Arrange bites on a baking sheet and freeze until set, about 1 hour. Enjoy!!!

Mediterranean Healthy Tacos

6 - 8 Organic White Corn Tortillas
2 cups of rotisserie chicken (remove skin and bones)
2 cups fresh baby spinach
2 tbsp. olive oil
1/2 cup lemon juice (about one medium size lemon squeezed)
1 tomato diced
1 sliced avocados
1 tsp minced garlic
½ cup diced onion
1 tsp dry dill
½ tsp dry oregano
½ tsp dry thyme
Pinch of red crushed pepper
Feta cheese (optional)
Hummus and Yogurt crema (optional-see recipe below)

In a medium bowl, mix together chicken, spinach, olive oil, lemon juice, tomato, garlic, onion, and dry spices. Heat each tortilla one at a time on a hot skillet.

On each warm tortilla, place an equal portion of the chicken mixture, then top with avocado, feta cheese and yogurt/hummus crema as desired. Kali Orexi!

Easy and Healthy Hummus and Yogurt Crema

1/3 cup hummus

Juice of ½ lemon

Salt (optional)

A dash of hot sauce (optional)

Whisk together all the listed ingredients. Refrigerate in an air tight container up to 3 days. Enjoy as a dip for veggies, pita chips or as a sauce with chicken, meats, and rice dishes.

Simple Ground Turkey Stir Fry

1 tbsp olive oil (optional to sauté-you can substitute with water)

1 tbsp. garlic minced

1 lb. ground turkey

1 lb. fresh green beans halved

1 cup onions minced

¼ cup low sodium soy sauce

Crushed red pepper flakes as desired (optional)

Fresh basil leaves as desired (optional)

Heat olive oil or water in a pan. Add onion and garlic and sauté for 5 minutes until translucent.

Add turkey to cooked onion and garlic. Cook uncovered until browned, about 10 minutes. After the ground turkey is cooked, add in green beans, low sodium soy sauce, crushed red pepper flakes, and fresh basil leaves. Stir together. Cover and cook for 5 minutes so green beans can steam. You can cook an additional 5 minutes if you prefer softer green beans. Serve over rice or cauliflower rice. Enjoy!!!

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Lemon Baked Salmon

1 lb. salmon fillet
T tbsp. olive oil
½ tsp. salt
1 tsp black pepper
1 tsp. garlic powder
1 sprig fresh thyme, chopped
½ bunch fresh dill, chopped
1 lemon sliced
1 lemon zested and juiced
¼ cayenne pepper (optional)

Preheat oven to 400 F. Place salmon in center of a shallow baking pan (like Pyrex) and top with salt, pepper, thyme, dill and lemon slices and drizzle the olive oil. Bake for 15-20 minutes or until preferred doneness (safe internal temperature 145 F). Serve on a bed of jasmine rice and a side of steamed asparagus. Enjoy, refrigerating any leftovers.

Baked Carrot Fries with Herbs

2 lbs. carrots
3 tbsps. Extra-virgin olive oil
Salt and pepper, to taste
2 sprigs fresh rosemary, chopped
2 sprigs fresh thyme, chopped
2 sprigs fresh sage, chopped

Preheat oven to 425 F. Peel and slice the carrots into ¼-inch-thick “fries”. In a bowl mix all the ingredients except the carrots. Place carrots in the mixture and gently toss them till they get fully coated. Spread the carrots in a single layer on a baking sheet lined with parchment paper. Bake in oven until tender, about 20-25 minutes, mixing and turning halfway through. Cool slightly, transfer to a serving dish, and serve with your favorite dipping sauce or with some hummus and yogurt crema (see recipe above). Bon appetit!