



Simple Tomato and Cucumber Salad

Ingredients

- 1 15-ounce can (low-sodium) chickpeas or white beans, rinsed
- 1 cucumber, peeled and diced
- 1/2 cup cherry tomatoes, halved (substitute with 1/2 cup chopped tomatoes, any size)
- 2 tablespoons red wine vinegar (or substitute with vinegar of your choice)
- 1 tablespoon olive oil
- Salt and pepper, to taste

Optional additions: fresh or dried herbs (such as basil or oregano), kalamata olives or feta cheese

Instructions

1. Open the can of chickpeas or white beans, place them into a fine mesh strainer and rinse until the water runs clear.
2. Next, toss your beans, diced cucumbers, halved tomatoes, red wine vinegar, olive oil, salt and pepper in a medium-size bowl.
3. Taste and adjust as needed.
4. Keep up to 5 days in an airtight container in the refrigerator.



5-Ingredient Cookies

Yields 20 Cookies

Ingredients

- 2 mashed bananas
- 1 cup old fashion oats
- 1 teaspoon vanilla extract, optional
- 1/4 cup dried fruit (such as raisins or cranberries), mini dark chocolate chips or a mixture of both
- 1/4 cup chopped nuts, optional

Instructions

1. Preheat oven to 350 degrees F.
2. Mix ingredients in a medium bowl until combined well.
3. Scoop 1 tablespoon of batter onto prepared baking sheet. Press each down into a disk.
4. Bake for 12 to 15 minutes or until lightly golden and firm to the touch. Allow them to cool slightly then enjoy.



Beans and Greens Skillet

Ingredients

- 1 15-ounce can garbanzo beans, rinsed and drained (or substitute with your favorite white beans)
- 2 tablespoons of sun-dried tomatoes, roughly chopped
- 1 tablespoon vinegar (such as apple cider, white wine vinegar, red wine vinegar)
- Salt and Pepper, to taste
- 1 - 2 teaspoons olive oil
- 1/2 small onion, finely chopped
- 1 bunch of kale or Swiss chard, cored and chopped (or substitute with a 5-ounce tub of spinach)

Instructions

1. Drain and rinse white beans until the water runs clear. Roughly chop the sun-dried tomatoes. In a small bowl, combine 1 tablespoon of the oil from the jar of sun-dried tomatoes with the apple cider vinegar, salt and pepper. Set aside.
2. Add the olive oil and chopped onion to a large skillet. Sauté the onion over medium heat for 3 to 4 minutes, or just until it begins to soften and get golden brown around edges.
3. Add the chopped greens and 1 tablespoon of water to the skillet. Stir and cook over medium heat until the greens are wilted.
4. Add the drained beans and chopped sun-dried tomatoes to the skillet with the onions and greens. Continue to stir and cook until the beans are heated through. Lastly, drizzle the dressing over the skillet and stir to combine. Add salt and pepper to taste. Serve warm.

Simple Pasta or Pizza Sauce

Ingredients

- 1 28-ounce can diced tomatoes or 2 15-ounce cans diced tomatoes (you can substitute crushed tomatoes) *
- 2 tablespoons Italian seasoning blend
- 1/2 teaspoon granulated garlic powder or 2 fresh garlic cloves, minced
- 1 teaspoon granulated onion powder or 1/2 onion, diced
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon maple syrup or honey

Instructions

1. Combine tomatoes, Italian seasoning blend, garlic, onion and red pepper flakes in a saucepan.
2. Over medium heat, bring the mixture to a boil and reduce heat to medium, continuing to cook for 3 minutes, stirring occasionally.
3. Taste. If it's too acidic, add a sweetener, such as maple syrup or honey. Reduce heat to low and simmer for 15 to 20 minutes until flavors blend together.
4. Use on cooked pasta or toss with mixed cooked vegetables. Dip toasted bread in the sauce for a snack, or use the sauce on top of a pizza or baked potato.

*For a heart healthier option, choose "low sodium" or "no salt added" tomatoes.



Baked Salmon

Servings: 4

Ingredients

- 4 6-ounce salmon fillets
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 2 garlic cloves, minced
- 1 teaspoon of dried Italian seasoning (or substitute with your favorite dried herb, such as dill, basil, oregano or thyme)
- 1 lemon

Instructions

1. Preheat oven to 425 degrees F and line a large baking sheet with parchment paper. Lightly brush the parchment with olive oil.
2. Arrange salmon fillets on the baking sheet, and lightly pat dry the top of the fillets with a paper towel (this makes the fish flakier), then season with salt and pepper.
3. In a small bowl, stir together olive oil, minced garlic, dried herbs and the juice of 1/2 lemon.
4. Brush or spoon the olive oil mixture over the top and sides of the salmon.
5. Thinly slice the rest of the lemon, and put a slice of lemon on top of each piece of salmon.
6. Bake until the internal temperature of the salmon reaches 145 degrees F. This will take about 4 to 6 minutes per half inch of thickness (measure by the thickest part of the filet). The salmon should be opaque and flaky.
7. Remove slice of lemon, and enjoy alongside your favorite green salad, roasted vegetables or whole grains.



Get Creative With Toast

Ingredients

1 piece of whole-grain or whole-wheat bread
Toppings of your choice

Instructions

Toast the bread to your preference and top with one of our creative ideas.

- Mashed avocado, red pepper flakes and salt
- Hummus, greens and sunflower seeds
- Nut butter, banana and chia seeds
- Mashed chickpeas, tomato and fried egg
- Mashed beans, salsa, avocado and egg
- Apple, nut butter, honey and cinnamon
- Cream cheese, cucumber slices and dried dill
- Cottage cheese and a slice of tomato

Taco Seasoning

Yields: 2 1/2 tablespoons

Ingredients

2 teaspoons dried onion
1 teaspoon chili powder
1 teaspoon cornstarch
1/2 teaspoon crushed red pepper
1/2 teaspoon garlic granules
1/2 teaspoon oregano
1/2 teaspoon coriander
1/2 teaspoon cumin

Optional: Add ground chipotle pepper for more smoky depth or ground cayenne for heat.

Instructions

1. Mix all ingredients in a small bowl.
2. Make several batches at once and store it in a jar.
3. Label "2 1/2 tablespoons to season 1 pound ground meat or 2 1/2 cups beans."



Rise-and-Shine Egg Cups

Yields: 12 egg cups

Ingredients

- 12 eggs
- 1 teaspoon olive oil, for brushing pan
- 3 cups of vegetables, finely chopped (or substitute with frozen vegetables)
- 1/2 cup of yellow onion, diced
- 1/2 cup of your favorite type of cheese, grated
- Salt and pepper to taste

Instructions

1. Preheat oven to 350 degrees F. Heat a large skillet; once warm, add the olive oil.
2. Add diced onions and a pinch of salt, and sauté until onions are tender and translucent.
3. Add vegetables to onions and stir until they are tender (the amount of time this will take depends on the vegetables you choose).
4. Once the vegetables are done, turn off the heat and set the pan to the side.
5. Crack eggs into a large bowl and beat with a whisk or a fork. Add vegetable mixture, salt and pepper to the eggs and fold in the cheese.
6. Spoon eggs into a lightly oiled muffin tin. Fill each cup only 1/3 of the way.
7. Bake for 20 to 25 minutes or until toothpick comes out clean.
8. Enjoy now or store in the freezer for future breakfasts.





Tex-Mex Salad Jars

Yields: 4 mason jar salads

Salad ingredients

2 cups cooked quinoa or cooked brown rice
1 cup black beans, drained and rinsed
1 cup corn
4+ cups greens (such as spinach, romaine, mixed greens or iceberg lettuce)
1 cup diced tomatoes
2 avocados, diced

Honey lime vinaigrette dressing ingredients

3 to 4 tablespoons lime juice
1 tablespoon honey
1 tablespoon Dijon mustard
1/2 teaspoon garlic powder
1/2 teaspoon cumin
Salt and pepper to taste
2 tablespoons extra virgin olive oil

Instructions

1. Mix all of the ingredients for the honey lime vinaigrette in a small bowl.
2. In the bottom of **each** jar, add 2 to 3 tablespoons of honey lime vinaigrette.
3. Add 1/4 cup black beans, 1/4 cup of tomatoes, 1/4 cup corn, 1/4 cup of quinoa, 1 cup (or more) of greens.
4. Add 1/2 avocado, sliced, on top. Before putting on the lid, top your avocado with a squeeze of lime and a little sprinkle of salt. If you do not plan on eating the salad within 24 hours, wait to add the avocado until closer to serving.
5. When you are ready to eat, unscrew the lid and shake the salad into the bowl.





Frozen Vegetable Scramble

Yields: 4 servings

Ingredients

- 1 cup of uncooked brown rice (or 3 cups of cooked rice)
- 1 tablespoon of canola oil or olive oil
- 1 onion, finely diced
- 2 eggs, beaten
- 1 tablespoon of low-sodium soy sauce
- 1 16-ounce bag of frozen vegetables

Instructions

1. Cook rice according to the instructions above. Let it cool.
2. Warm a large skillet over medium heat. Sauté the onion and frozen vegetables in oil until soft, around 3 to 4 minutes. Turn off the heat.
3. Move the vegetable mixture to the side and add eggs. Cook until the eggs are scrambled, and break into small pieces.
4. Add brown rice and soy sauce to the onion/egg skillet and cook for a few more minutes, until the rice is warmed through.



Rice With Tomatoes and Chilies

Yields: 4 servings

Ingredients

- 1 cup rice
- 2 cups water
- 1 1/2 teaspoons chili powder
- 1 15-ounce can diced tomatoes
- 1 4-ounce can diced green chilies
- 1/2 teaspoon garlic granules

Stop top instructions

1. Mix rice, water, spice, tomatoes, chilies and garlic in a 2-quart saucepan with lid. Bring to boil on stove top, reduce heat to a simmer.
2. Simmer with the lid on for 45 to 55 minutes until rice is tender.

Oven instructions:

1. Preheat oven to 350 degrees F. Mix rice, water, spice, tomatoes, chilies and garlic in a well-oiled 2-quart baking dish with tight-fitting lid.
2. Place in oven with lid secure and bake for 1 hour.

Rice cooker instructions

1. Put the rice, water, spice, tomatoes, chilies and garlic in the rice cooker.
2. Follow manufacturer's directions for cooking.