

Healthy Recipes

Overnight Oatmeal

Increase proportions in this recipe, so you can make several days' worth ahead of time. Store in a large container, or separate "Ball jars" that you can purchase at most grocery stores.

Ingredients

- ½ cup rolled oats
- ½ cup Greek yogurt (plain or flavored)
- ½ cup milk (dairy or soy for higher protein)
- ½ cup fruit (fresh or frozen), optional
- Add-ins: 1-2 T chia, flax or hemp seeds or 1-2 tsp. nut butter, cinnamon, vanilla or other spices
- Sweeten, if desired, by adding mashed overripe banana OR 1-2 tsp. honey, agave syrup, brown or raw sugar, maple syrup.

Preparation

Mix all ingredients together, cover, and let sit overnight in the refrigerator. Top with fresh fruit before eating, if desired.

Nutrition Facts:

Total calories per serving = 380*

Protein = 23g

Carbohydrate = 57g

Fiber = 12g

Fat = 9g

*Adding 1 tsp. maple syrup, honey or sugar increases calories to ~400 and carbs to ~61g.

Curry Dip

The curry powder in this dip contains curcumin (turmeric) which has anti-inflammatory effects. You can use low-fat or olive oil mayo for this dip. Mixing mayo ½ & ½ with plain Greek yogurt adds a bit of tang and protein!

Ingredients:

- 1 cup low-fat or olive oil mayonnaise
- 1 Tbsp. curry powder
- 1 Tbsp. tarragon vinegar
- ¼ tsp. garlic powder
- 1 tsp. horseradish
- 1 tsp. grated onion (can use dried minced onion)
- Assorted vegetables (celery, carrots, bell peppers, radishes), sliced into bite-sized strips.

Directions: In a small bowl, mix ingredients together until well blended. Cover and chill until ready to serve.

Serving Size: 2 Tbsp. (assumes light mayo)

Calories: 72 Protein: 0g

Carb: 2g Fiber: 2g

Sodium: 241mg Chol: 10g

Fat: 7g (1g sat, 2g mono, 4g poly)

Kale & Brussels Sprouts Salad

Using pre-sliced Brussels sprouts & toasted almonds, makes this a recipe easy to put together. If purchasing whole kale, this kale/herb stripper by [Chef'n](#) is one of my favorite inexpensive kitchen tools!



Ingredients:

Dressing

- ¼ cup fresh lemon juice
- ½ cup extra-virgin olive oil
- 2 Tbsp. Dijon mustard
- 1 tsp. minced shallot (could substitute onion)
- 1 small garlic clove, finely grated/chopped
- ¼ tsp. kosher (course) salt
- Freshly ground black pepper (to taste)

Salad

- 2 large bunches of Tuscan kale leaves, large veins removed & finely sliced (1.5 lbs.); Can use chopped, bagged kale.
- 12 oz. Brussels sprouts, stems discarded, leaves finely chopped (Trader Joe's sells bagged, sliced Brussels sprouts that work well in this salad!)
- 1/3 cup dried cranberries
- 1/3 cup almonds (or packaged pre-toasted almonds)
- 1 cup finely grated Pecorino or Parmesan cheese.

Directions:

- Combine lemon juice, Dijon mustard, shallot, garlic, ¼ tsp. salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded Brussels sprouts in a large bowl.
- If making own almonds: Measure ½ cup oil into a cup. Spoon 1 Tbsp. of oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almond lightly with salt.
- *Time and calorie saver: Purchase toasted, sliced, slivered or whole almonds.

- Slowly whisk remaining olive oil into lemon-juice mixture. Season dressing to taste with salt and pepper. Do ahead: Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.
- Add cheese and dressing (to desired taste) to kale mixture; toss to coat. Season lightly with salt and pepper, or to taste. Garnish with almonds & dried cranberries.
- **Notes:** This salad holds up well in the fridge, even after dressing, so it makes great leftovers. Top with protein (chicken, salmon, hard-boiled egg) and serve with pasta, quinoa, rice, a baked potato or whole grain baguette for a complete meal.

Nutrition Information: Serves 8

Calories: 271

Carbohydrate: 14g

Cholesterol: 17g

Fat: 21g (5g sat, 2g poly, 12g mono)

Protein: 11g

Fiber: 5g

Sodium: 394g

Asian Grilled Salmon

Full of healthy fat, this marinade is simple & delicious on grilled or baked salmon. Recipe adapted from [Ina Garten](#) at [Epicurious.com](#).

Ingredients:

- 1 large salmon filet, boned but skin on (about 2 pounds) OR 6, ~5 oz. salmon filets

Marinade:

- 2 tablespoons Dijon mustard
- 3 tablespoons good soy sauce
- 6 tablespoons good olive oil (Can reduce to 4 Tbsp. for fewer calories.)
- 1/2 teaspoon minced garlic

Directions:

- For Grill: Brush grill rack with oil and turn on gas or light charcoal briquettes. For Oven: preheat to 350 degrees.
- While the grill or oven is heating, lay the salmon, skin side down on a rimmed cookie sheet (1/2 sheet pan) or in a 9x13" baking dish.
- Whisk together the mustard, soy sauce, olive oil, and garlic in a small bowl. Drizzle about half of the marinade onto the salmon (enough to coat the top) and allow it to sit for 10 minutes.
- **For Grill:** Place the salmon skin side down on the hot grill; discard the marinade the fish was sitting in. Grill for 4 to 5 minutes, depending on the thickness of the fish. Turn carefully with a wide spatula and grill for another 4 to 5 minutes. The salmon will be slightly raw in the center, but it will keep cooking as it sits.
- **For Oven:** Place salmon skin side down on a baking sheet. (Using a silicone liner or parchment paper makes clean-up easier!) Place in the oven and cook for ~15-20 minutes, depending upon thickness of the fish. (I prefer Salmon to be pale pink and flake easily with a fork; however, you can cook until desired doneness.)
- Transfer the fish to a flat plate or cutting board, skin side down. Allow the fish to rest for 10 minutes. Remove the skin and serve warm, at room temperature, or chilled.
- **Notes:** *Start some rice on the stove (or purchase frozen brown rice at Trader Joe's to save time), so it cooks while you are preparing the salmon. Steam a bag of broccoli in the microwave, and you have a complete meal!*

Nutrition Information per serving: (Makes 6 servings) – Calories & fat are approximate, depending upon amount of marinade consumed. Though high in total fat, both olive oil and salmon are good sources of healthy, anti-inflammatory fats.

- Calories: 600
- Carbohydrates: 1 g
- Fat: 44 g
- Protein: 47 g
- Saturated Fat: 9 g, Poly: 23g, Mono: 28g
- Sodium: 629 mg
- Fiber: 0g
- Cholesterol: 187 mg

Green Smoothies

“Purple”icious Smoothie

Ingredients:

- ¾ cup Greek yogurt (or 1 - 1 ½ cups regular yogurt)
- 1 ½ cups frozen blueberries (½ of a 12oz. bag)
- 2 cups baby spinach
- 1 large or 2-3 small oranges (or 1 cup orange juice)
- 1 ripe banana
- Ice to taste

Directions:

- Place fruit into blender, add yogurt (& juice, if using) and blend until smooth.
- May substitute vanilla yogurt or try non-fat dry milk or an APPROVED protein powder instead of yogurt, adding milk or alternative liquid until desired consistency.

Grapesicle Smoothie

Ingredients:

- ¾-1 cup pineapple chunks (4.5 oz.)
- 4 cups (loosely packed) spinach or other greens
- 1 cup frozen blueberries (5 oz.)
- 1 medium apple, quartered*
- ½ ripe medium banana (1.5 oz.)
- ½ medium orange, peeled or 1 clementine peeled (1.5 oz.)
- ¼-½ cups grapes (2-4 oz.)
- ½ cup water
- 1 cup ice, or to taste

Directions:

- Place ingredients into (a large) blender and blend until smooth, adding ice, as desired. Adjust sweetness by adding more or fewer grapes. You can also add yogurt or APPROVED protein powder.
- *For less powerful blenders, you may need to grate apple or cut it into smaller chunks; you may also substitute orange juice.
- **Time Saver:** Prepare individual sandwich bags with pre-cut fruit, so all you need to do is grab a bag from the freezer and add warm water/yogurt/protein to blend.

