HEALTHY EATING

Fifteen easy, nutrient-dense recipes

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Within each section, recipes have been grouped together by similar ingredients for your convenience.

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PEACH MELBA SMOOTHIE BOWL

Ingredients:
- 1 (16 oz) pkg of Frozen Sliced Peaches
- 1 Cup Frozen Raspberries
- 1 Orange (peeled and seeded)
- 1/3 Cup Nonfat Powdered Milk
- 1/2 Cup Orange Juice
- 2 Tbsp. Fresh Lime Juice
- 3 tsp. Honey
- 1 1/2 tsp. Vanilla Extract
- Toppings of Choice

Directions:
1. Combine the peaches, raspberries, orange and powdered milk in the blender
2. Add orange juice, lime juice, honey and vanilla
3. Blend until smooth
4. Top with desired toppings
5. Serve immediately after

Source - SUU NFS 1245 class
BERRY-PISTACHIO YOGURT

Ingredients:
• 1/2 cup nonfat Greek yogurt
• 2 tablespoons blueberries
• 1 tablespoon chopped unsalted pistachios
• 1/2 teaspoon honey

Directions:
1. Simply stir together Greek yogurt, blueberries, unsalted pistachios, and honey.
2. Optional: Add granola or your favorite berries

BLUEBERRY BARS (GLUTEN-FREE)

**Ingredients:**
- 2 cups rolled oats
- 10 large mejdool dates, about 1 cup or, you can substitute 1 cup brown sugar
- 1 cup coconut oil, melted or, you can use 1/2 cup butter and 1/2 cup coconut oil
- 1/2 tsp salt
- 2 eggs
- 1 tsp vanilla
- 1/2 cup dried blueberries
- 1 tsp baking powder

**Directions:**
1. Pre-heat oven to 350 degrees
2. Prep a 8x8 or 9x9 inch baking tray but spraying with oil and then placing parchment into it
3. Add the dates to a bowl of warm water and let soak a few minutes till soft (if water is hot it takes about 3-5 minutes, unless dates are super dry, then might take 10 minutes)
4. Place the rolled oats in a blender and pulse until oats resemble oat flour
5. Add the softened dates, coconut oil, eggs, salt, baking powder and vanilla to the blender and pulse until well incorporated.
6. Add in the dried blueberries, using a spatula, mix until evenly distributed
7. Pour mix into parchment lined baking tray and bake for 35 minutes.
8. Let cool, cut into 9 squares and enjoy.

Directions:
1. Toast bread in oven or toaster
2. Heat oil in a large nonstick skillet over medium-high heat. Crack eggs into pan; cook 1 1/2 minutes. Cover and cook 1 minute or until whites are just set. Remove from heat.
3. Spread hummus evenly over bread slices; top with lettuce, tomato, 1/8 teaspoon salt, and 1/8 teaspoon black pepper. Top each sandwich with an egg.
4. Optional: top with crushed red pepper or red pepper flakes

Ingredients:
• 4 (1 1/2-oz.) slices whole-grain bread
• 1/8 tsp kosher salt
• 2 tsp olive oil
• 4 large eggs
• 1/4 cup prepared hummus
• 4 Bibb lettuce leaves
• 1 large heirloom tomato (about 8 oz.), cut into 4 slices
• 1/4 teaspoon black pepper

Source - https://www.myrecipes.com/recipe/egg-tomato-open-faced-sandwiches
RAINFOUR SALAD BOWL

**Ingredients:**
- 1 cup quinoa cooked
- 1 cup chopped cucumber
- 1 cup chopped tomato
- 1 cup carrot ribbons
- 1/2 cup chickpeas
- salt and pepper to taste
- 1 tsp raw sesame or sunflower seeds
- Optional: any other vegetables with a variety of colors

**Directions:**
1. If you haven't already cooked your quinoa, make it while you chop up and prepare the rest of the salad.
2. Add spinach, cucumbers, tomato, carrots and chickpeas to your bowl then top with the quinoa.
3. Sprinkle with sesame seeds and add dressing of your choice (recommended: balsamic vinaigrette). Enjoy!

Source - https://codegreenwellness.com/recipes/vegan-rainbow-salad-bowl/
**AVOCADO CHICKEN SALAD**

**Ingredients:**
- 2-3 boneless, skinless, chicken breasts
- 1 ½ avocados
- ½ chopped onion
- Juice of 1/2 lime
- 2 T cilantro
- ½ tsp pepper
- ¼ tsp salt

**Directions:**
1. Cook chicken breast and onions in small amount of oil (approximately 2 tbs), cook until chicken is done and onions have caramelized.
2. Let chicken cool and then shred.
3. Cut and mash avocados to desired texture.
4. Mix all ingredients into mashed avocados.
5. Serve on bread (or toast) as desired.

Source - SUU NFS 1245 class
SWISS, TURKEY, & APPLE GRILLED CHEESE

**Ingredients:**
- 10 slices wheat bread
- 5 slices turkey
- 5 slices Swiss cheese
- 1 large apple (sliced)
- 3 Tbs butter
- Honey mustard (to taste)

**Directions:**
1. Butter 1 side of each slice of bread
2. Place buttered side of 1 slice of bread to a skillet or panini maker
3. Layer 1 slice Swiss cheese, 1 slice turkey, and several thin slices of apple
4. Add honey mustard to taste
5. Place other slice of bread on top with butter-side up
6. Flip when golden brown
7. Cut and enjoy

Source - SUU NFS 1245 class
Directions:
1. Heat waffle iron
2. Dice, cut, and slice ham, red onion, and bell pepper to desired size.
3. Cut pizza dough into thirds.
4. Flatten and add 1 Tbs of marinara and spread.
5. Add ¼ c of cheese
6. Add desired toppings
7. Fold one half of the dough over. Pinch dough at corners and edges like a calzone.
8. Spray waffle iron and place pizza into waffle iron. Cook for about 3 minutes. Flip if waffle iron doesn’t close enough to cook all the way through. Cook 1-2 minutes longer if needed.

Ingredients:
- 2 cans Pillsbury Pizza Dough
- ½ c Marinara sauce
- 2 c Cheese
- 1 Bell pepper
- 2 slices of Ham
- ½ Red onion
- Small can of pineapple tidbits

Source - SUU NFS 1245 class
FRESH TOMATO SOUP

Ingredients:
• 1/4 c. olive oil
• 1 large onion
• 1 clove garlic
• 2 celery stalks
• 2 lbs. tomatoes
• 1/2 tsp sugar
• 1/4 tsp salt
• 1/8 tsp pepper

Directions:
1. Chop onion, garlic, celery, and tomatoes
2. Add oil to pot, then combine all ingredients
3. Cook on medium heat for 25 min, stirring constantly
4. Puree until smooth
5. Season with more salt and pepper if needed (thin with water if necessary)
CREAMY COCONUT LENTIL CURRY

Ingredients:
- 2 tbs coconut oil
- 1 tbs each: cumin seeds and coriander seeds
- 1 head of garlic, chopped (10-12 cloves)
- 1 28-ounce can of crushed tomatoes
- 2 tbs ginger, chopped
- 1 tbs turmeric
- 2 tsp sea salt
- 1 cup dried brown lentils
- 1 15-ounce can coconut milk
- A few handfuls of cherry tomatoes
- 1 cup chopped cilantro

Directions:
1. Heat the coconut oil in a large pot over medium-high heat. Add the seeds and toast until they start to brown, 45 seconds. Add the garlic to the pot and let it brown, 2 minutes.
2. Add the crushed tomatoes, ginger, turmeric, and sea salt to the pot and cook, for 5 minutes. Add the lentils and 3 cups of water to the pot and bring it to a boil.
3. Reduce the heat to low, cover the pot, and let it simmer for 35-40 minutes, or until the lentils are soft. Stir the pot a few times. If the curry starts to look dry, add an extra 1/2 – 1 cup of water. Once the lentils are soft, add the coconut milk and cherry tomatoes and bring the pot back to a simmer. Remove the pot from the heat and stir in the cilantro.

Source - https://www.theendlessmeal.com/creamy-coconut-lentil-curry/?utm_source=The+Endless+Meal&utm_campaign=3c4117d711-lentil-curry&utm_medium=email&utm_term=0_5d9417d185-3c4117d711-421940809
CHICKEN STIR-FRY

Ingredients:
• 2 Tbs olive oil
• 1 lb boneless, skinless chicken breast
• 2 c broccoli florets
• 1 large zucchini
• 1 medium bell pepper
• 1/2 Tbs onion powder
• 3-4 tsp minced garlic
• 1 Tbs Italian seasoning
• 1 tsp salt
• 1/2 tsp black pepper

Directions:
1. Cut zucchini and bell pepper into slices
2. Cut chicken into 1 in. cubes
3. Heat oil up in large skillet
4. Place all ingredients in skillet and cook on medium to high heat for 8-10 mins

Source - SUU NFS 1245 class
SPICY THAI CHICKEN

**Ingredients:**
- 1 Tbs peanut, canola or sesame oil
- 1 medium red onion, thinly sliced
- 2 jalapeno peppers, thinly sliced
- 4 cloves garlic, minced
- 1 lb boneless skinless chicken breasts, cut into small pieces
- 1 Tbs low sodium soy sauce
- 2 Tbs fish sauce (If you can’t find fish sauce, you can substitute more soy sauce and a dash of Worcestershire sauce)
- 1/2 Tbs sugar
- 1 C fresh basil leaves (preferably Thai or holy basil)

**Directions:**
1. Heat the oil in a wok or large skillet over high heat.
2. When hot, add the onion and jalapeños and stir fry for 2 minutes, keeping the ingredients in motion.
3. Add the chicken and garlic and cook for 2-3 minutes, until the meat is beginning to brown on the outside.
4. Add the fish sauce, sugar, soy sauce, and basil and cook for 1 more minute.
5. Serve over rice.
6. Optional: Prepare cut tomatoes, sliced green onions, cilantro as toppings. Add sliced red bell pepper in step 2 or serve with additional stir fried veggies.

Source - SUU NFS 1245 class
**Bell Pepper Nachos**

**Ingredients:**
- ½ lb ground turkey meat
- 1 c salsa
- 2 cans rinsed black beans
- 1 avocado
- ½ large white onion
- Pepper to taste
- 1 pinch low-salt taco seasoning
- 4 multi colored bell peppers
- ¾ c shredded cheese

**Directions:**
1. Ground turkey meat and sauté with onions. Add beans and taco seasoning (follow the instructions on seasonings label).
2. While meat and beans are simmering, wash and cut bell peppers.
3. Stuff peppers with meat and beans, top with cheese.
4. Place on cookie sheet and place in the oven until cheese melts.
5. If desired top with salsa and avocado separate or mixed together.
6. Best when served warm.

Source - SUU NFS 1245 class
VEGGIE SPRING ROLLS

Ingredients:
- 6 rice paper wrappers
- 1/2 cup spinach roughly chopped
- 1/2 ear corn shaved
- 1 carrot julienned
- 1/2 medium cucumber julienned
- 1 red bell pepper julienned
- 1 cup red cabbage sliced
- Optional: sweet chili or peanut dipping sauce

Directions:
1. Soak the rice paper as per instructions on the package.
2. Prepare all the vegetables before assembling the rolls.
3. Put your first wrapper on a cutting board and place a small portion of your vegetable slices very tightly on the bottom lower third of the wrapper. Try not to overstuff the roll, as it may break. Roll everything tightly, just like a burrito, folding in the sides of the paper roll halfway.
4. Cut each roll in halves and serve with sweet chili or peanut dipping sauce. Enjoy!

Source - https://happykitchen.rocks/vegan-spring-rolls-with-peanut-sauce/#Vegan_Spring_Rolls_with_Peanut_Sauce
BANANA BREAD

Ingredients:
- 1/3 C of olive oil, canola oil, or vegetable oil
- 1/2 C of honey
- 2 eggs
- 1 C of mashed ripe bananas (2 1/2 medium or 2 large bananas)
- 1/4 C of milk or water
- 1 tsp of baking soda
- 1 tsp of vanilla extract
- 1/2 of salt
- 1/2 of ground cinnamon, plus more to swirl on top
- 1 3/4 C of whole wheat flour

Directions:
1. Preheat the oven to 325 F and grease 9 X 5-inch pan.
2. In a large bowl, beat oil and honey together with a whisk. Add the eggs and beat well, then whisk in mashed bananas and milk.
3. Add baking soda, vanilla, salt, and cinnamon then whisk. Switch to a big spoon and stir in the flour until combined. If you are adding any additional mix-ins gently fold them in now. (Don’t over mix the batter)
4. Pour the batter into the grease loaf pan and sprinkle lightly with cinnamon.
5. Bake 55-60 min. Let the bread cool in the loaf pan for 10 min, then transfer to a wire rack to for 20 min.

Source - SUU NFS 1245 class