

Stir-fry with Beef V* GF*

INGREDIENTS

- ¼ cup low-sodium soy sauce
 - *use gluten free soy sauce
- 1-2 Tbsp. brown sugar
- ½ cup stock/water or 1/2 cup orange juice
- 2 Tbsp. rice vinegar
- ¼ tsp. crushed red pepper flakes (optional)
- Dash of hot chili sauce, such as Sriracha (optional)
- 2 Tbsp. oil, divided
- 8 oz. top round, London broil, or flank steak, thinly sliced
 - *omit meat to make vegan
- 3 cloves garlic, minced
- 1 large bunch broccoli, trimmed and cut into 1-inch florets
- 1 bunch asparagus (1 lb.), trimmed and sliced on diagonal into 2-inch pieces
- 1 large red onion, thinly sliced
- 1 cup frozen shelled edamame
 - *add extra cup for extra protein
- 2 cups fresh vegetable of your choice (bell peppers, carrots, snow peas, green beans etc.)
- 1½ tsp. cornstarch, dissolved in ¼ cup cold water
- 3 cups cooked brown rice

SHORTCUT PREP

Brown rice is a filling, nutritious whole grain, but the cook time is about 45 minutes. In a pinch, you can use microwavable brown rice pouches, which are ready in under 2 minutes. To limit excess sodium and additives, choose plain instead of the flavored varieties.

NUTRITION FACTS 4 servings

Calories: 379	Total Carbohydrate: 52 g
Fat: 7 g	Dietary fiber: 8 g
Sodium: 427 mg	Protein: 28 g

DIRECTIONS

1. Whisk together soy sauce, sugar, stock, rice vinegar, red pepper flakes, and chili sauce.
2. In a deep skillet or wok, heat 1 Tbsp. of oil over medium-high heat. Sauté beef until just browned, about 2 minutes, then remove from pan.
3. Heat another 1 Tbsp. oil in the same skillet over medium heat. Add the garlic and cook, stirring, about 30 seconds. Add the broccoli, asparagus, onion, edamame, and other veggies.
4. Raise the heat to medium-high, and cook, stirring occasionally, until the vegetables are slightly softened, about 3 minutes.
5. Add the sauce mixture and cook until the vegetables are crisp-tender, about 4 minutes. Add the beef and dissolved cornstarch and stir to incorporate. Cook for 2-3 minutes, until the mixture thickens slightly and the beef is fully cooked.
6. Serve about 2 cups stir-fry with ¾ cup of rice.



Cashew Chicken with Cauliflower Rice



INGREDIENTS

- 1 Tbsp. olive oil
- 1 medium head cauliflower, cut into florets
- Kosher salt
- ¼ cup sweet chili sauce
- 3 Tbsp. low sodium soy sauce
 - *use gluten free soy sauce
- 1 Tbsp. Sriracha, optional (for spicier sauce)
- 1 clove garlic, minced
- 2 Tbsp. lime juice or rice vinegar
- 1 Tbsp. sesame oil
- 2 red bell peppers, thinly sliced
- 1 large zucchini, sliced into half moons
- 1 lb. boneless skinless chicken breasts, cut into cubes
 - *substitute tofu
- ½ cup cashews

DIRECTIONS

1. Pulse cauliflower in a food processor until florets resemble rice.
2. Heat 1 Tbsp. olive oil over medium heat in a large skillet. Add riced cauliflower and a dash of salt, and cook until softened, about 5 minutes. Transfer to a serving dish and set aside.
3. Whisk together soy sauce, chili sauce, Sriracha, and lime juice (or vinegar). Heat 1 Tbsp. sesame oil over medium heat. Add chicken and cook until chicken is slightly browned with no pink in center, about 10 minutes. Transfer to a plate. Stir-fry garlic, peppers, and zucchini 3-4 minutes. Stir in sauce, cashews, and chicken and cook until heated through. Serve over cauliflower rice.

NUTRITION FACTS		4 servings
Calories: 337	Total Carbohydrate: 26 g	
Fat: 14 g	Dietary fiber: 5 g	
Sodium: 489 mg	Protein: 33 g	

Looks like Mashed Potatoes



INGREDIENTS

- 1 large head of cauliflower, cut into 1-inch pieces
- 1 large baking potato, peeled and quartered
- 3 cloves garlic, peeled
- 3 Tbsp. unsalted butter
 - (or butter blend – ½ olive oil, ½ butter)
- ¼ cup reduced fat milk
- ⅓ cup grated parmesan
- Salt and pepper to taste

DIRECTIONS

1. Place water, a pinch of salt, and potato in a large pot. Bring to a boil, then add cauliflower and garlic to the water. Boil for about 15 minutes, or until the vegetables are tender (but not falling apart).
2. Drain well in colander. Place cauliflower, potatoes and garlic in a food processor and process until creamy. Add the butter, milk, and most of the cheese. Process until very smooth. Add salt and pepper to taste.
3. Sprinkle with remaining cheese and serve.

NUTRITION FACTS		4 servings
Calories: 209	Total Carbohydrate: 27 g	
Fat: 10 g	Dietary fiber: 8 g	
Sodium: 399 mg	Protein: 8 g	

Super Simple Spaghetti Squash



INGREDIENTS

- 1 spaghetti squash (2-3 lb.)
- 2 Tbsp. olive oil
- Salt and freshly ground pepper to taste



NUTRITION FACTS

4 servings

Calories: 112

Fat: 7.5 g

Sodium: 326 mg

Total Carbohydrate: 12.5 g

Dietary fiber: 3 g

Protein: 1 g

DIRECTIONS

OVEN

1. Preheat oven to 400 degrees. Lightly oil a baking sheet or coat with nonstick spray.
2. Cut the squash in half lengthwise from stem to end (to make cutting easier: can prick with a fork all over the squash and microwave 3-4 minutes before cutting). Scrape out the seeds with a large spoon. Brush with olive oil and season with salt and pepper, to taste.
3. Place squash, cut-side down, onto the prepared baking dish. Roast until tender, about 35-45 minutes.
4. Remove from oven and allow to cool. Then scrape inside with a fork to create long strands.

STOVE

1. Fill large pot $\frac{3}{4}$ full of water. Bring to a boil.
2. Insert whole spaghetti squash and boil 30-40 minutes, until it feels tender to the touch.
3. Remove from pot and slice lengthwise. Remove seeds and scrape flesh with a fork to create long strands.
4. Serve with a little drizzle of olive oil and salt and pepper.

MICROWAVE

1. Use a knife to make small cuts or poke with a fork all over the spaghetti squash. Microwave 3-4 minutes. Cut lengthwise and scoop out seeds.
2. Place cut-side down in glass baking dish. Add 4-5 Tbsp. water and microwave for 10-15 minutes. Check to see if squash is tender; it may need a few more minutes in microwave.
3. Let cool for 10 minutes. Scrape flesh to separate strands.
4. Season and serve.

NOTE: Can use as an alternative to spaghetti noodles and serve with marinara, pesto, or other pasta sauce.

Oven “Fried” Okra

INGREDIENTS

- 4 cups fresh okra, stems removed and sliced into ½ inch rounds
- ¼ cup cornmeal
- ½ cup dry breadcrumbs (Italian style preferred)
 - *use gluten free panko breadcrumbs
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. hot sauce, optional
- 1 Tbsp. grated parmesan cheese, optional
- 1 egg, beaten
- 2 Tbsp. oil



DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Beat egg with 1 Tbsp. water and hot sauce. Toss with okra until evenly coated.
3. Coat a large rimmed baking sheet with the 2 Tbsp. oil and place in the preheated oven for a few minutes.
4. Combine the cornmeal, bread crumbs, salt, pepper and parmesan cheese in a gallon storage bag.
5. Use a slotted spoon to transfer wet okra to bag and shake until coated. You may need to do in several batches. Carefully place okra on preheated baking sheet.
6. Bake until tender on the inside and golden brown outside (about 15 minutes). Turn okra halfway through baking. For extra crisping, increase oven heat to broil for the last 5 minutes, stirring occasionally.

NUTRITION FACTS

4 servings

Calories: 195

Fat: 10 g

Sodium: 588 mg

Total Carbohydrate: 19 g

Dietary fiber: 4 g

Protein: 7 g

Tasty Fried Rice



INGREDIENTS

RICE & VEGETABLES

- 8 oz. extra-firm tofu
- 1 cup brown rice
- 4 cloves garlic (minced)
- 1 cup chopped green onion
- 1 bag frozen peas and carrots
- 8 oz. sliced mushrooms

SAUCE

- 3 Tbsp. low sodium soy sauce
(plus more as desired to taste)
(*use GF soy sauce)
- 1 Tbsp. natural peanut butter
- 2 Tbsp. honey
- 1 clove garlic (minced)
- 1-2 tsp. chili garlic sauce
(more or less depending on preferred spice)
- 1 tsp. toasted sesame oil



NUTRITION FACTS		4 servings
Calories: 240	Total Carbohydrate: 35 g	
Fat: 6.25 g	Dietary fiber: 5.75 g	
Sodium: 497 mg	Protein: 12.5 g	

DIRECTIONS

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper (or lightly grease with non-stick spray).
2. Wrap tofu in a clean, absorbent towel and set something heavy on top (such as a cast iron skillet) to press out the liquid. Once the oven is preheated, dice tofu into ¼ inch cubes and arrange on baking sheet. Bake for 26-30 minutes. Look for golden brown edges and a texture that's firm to the touch for the tofu. The longer it bakes, the firmer and crispier it will become. Set aside.
3. Prepare your rice according to package directions. While rice and tofu are cooking, prepare sauce by adding all ingredients to a medium-size mixing bowl and whisking to combine.
4. Once the tofu is done baking, add directly to the sauce and marinate for 5 minutes, stirring occasionally. Heat non-stick pan. Once hot, use a slotted spoon to scoop the tofu into the pan leaving most of the sauce behind. Cook for 3-4 minutes, stirring occasionally, until deep golden brown on all sides. Lower heat if browning too quickly. Remove from pan and set aside.
5. To the still hot, pan add peas and carrots along with mushrooms. Sauté for about 4 minutes. Add garlic and green onion and sauté for additional 3-4 minutes, stirring occasionally.
6. Add cooked rice, tofu, and remaining sauce into veggies and stir. Cook over medium-high heat for 3-4 minutes, stirring frequently. Serve immediately with extra chili garlic sauce or Sriracha for heat (optional). Crushed salted, roasted peanuts or cashews make a lovely additional garnish.

Amazing Stuffed Sweet Potatoes



INGREDIENTS

4 medium sweet potatoes
 ½ cup green peas, steamed
 2 Tbsp. minced scallions
 ¼ cup slivered almonds
 Balsamic Date Glaze – see below
 Black pepper to taste

BALSAMIC DATE GLAZE:

Soften ½ cup pitted dates by soaking in ¾ cup warm water for 10 minutes. In blender combine dates, their water and balsamic vinegar. Process until smooth and bring mixture to a boil. Simmer until glaze is reduced and thickened, stirring frequently.

DIRECTIONS

1. Preheat oven to 400 degrees. Place the sweet potatoes on a baking sheet lined with a silicone mat or parchment paper. Prick each potato with a fork and bake until tender, about 1 hr.
2. Make balsamic date glaze while sweet potatoes cook.
3. Cool potatoes slightly. Cut each sweet potato in half lengthwise and scoop out the insides of the potatoes into a bowl, leaving about ¼ inch of potato attached to the skin. Add the peas and scallions and mix well. Spoon the mixture into each half and return the stuff sweet potatoes to the oven to heat through.
4. Sprinkle with almonds, drizzle with Balsamic Date Glaze and add black pepper to taste.

NUTRITION FACTS *4 servings*

Calories: 265	Total Carbohydrate: 62 g
Fat: .3 g	Dietary fiber: 5 g
Sodium: 22 mg	Protein: 5 g

Ratatouille



INGREDIENTS

1 onion, sliced thin
 2 garlic cloves, minced
 3 Tbsp. olive oil
 3 cup eggplant, cut into ½ inch pieces
 1 small zucchini, cut into thin slices
 1 red bell pepper, chopped
 1¼ cup coarsely chopped ripe tomatoes
 ¼ tsp. oregano
 ¼ tsp. thyme
 ½ tsp. salt
 ½ cup shredded fresh basil

DIRECTIONS

1. Cook onion and garlic in part of the oil over low heat. Add the remaining oil and cook the eggplant for approximately 8 minutes.
2. Stir in zucchini and bell pepper and cook for 12 minutes. Stir in tomatoes and cook another 5-7 minutes. Stir in spices and cook 1 more minute.
3. At the end stir in basil and combine well.



NUTRITION FACTS *4-6 servings*

Calories: 171	Total Carbohydrate: 12 g
Fat: 11 g	Dietary fiber: 4 g
Sodium: 300 mg	Protein: 2 g