

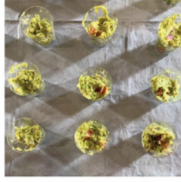


eHealth
Health • Safety • Well-Being

IN PARTNERSHIP WITH WELLNESS COLLECTIVE

HEALTHY DISHES

Cookbook 2019



Blueberry and Banana Steel Cut Oats Recipe

Ingredients

- 1 cup of steel-cut oats
- 2 cups of water
- 2 cups of almond milk
- 2 cups of blueberries
- 2 ripe bananas, mashed
- 2 tablespoons of honey
- 2 teaspoons of vanilla extract
- 1 teaspoon of ground cinnamon
- ¼ teaspoon of salt

Instructions

1. Put all ingredients into a crockpot and stir.
2. Cook on low for 5 – 8 hours and serve.

Blueberry and Banana Steel Cut Oats Recipe



Buckeye Protein Pudding

Yield: 1 Serving

Ingredients

- ¼ box of sugar free chocolate instant pudding mix
- 1 scoop (30 grams) of chocolate casein protein powder
- 1 scoop (30 grams) of chocolate ultimate muscle protein “UMP” powder
- 30 grams of almonds
- Water for desired thickness

Instructions

1. Mix and enjoy!

Buckeye Protein Pudding



Butternut Squash Mac & Cheese

Ingredients

- 1 pound of whole wheat macaroni or pasta of your choice
- 2 tablespoons of olive oil
- 1 onion, chopped
- 3½ cups of butternut squash, peeled and diced
- 3 garlic cloves, minced
- ¼ teaspoon of red pepper flakes
- 2 cups of vegetable broth
- 2 teaspoons of dried basil
- ¼ teaspoon of pepper
- ½ teaspoon each of salt, ground cumin, dried parsley and dried thyme
- 1 – 2 cups of cheddar cheese, shredded
- Optional garnish: freshly grated parmesan cheese, toasted pine nuts, bread crumbs or crumbled bacon

Instructions

1. Cook pasta al dente according to package directions. Remove one cup of water, then drain pasta.
2. Heat olive oil over medium heat. Add onions and sauté for four minutes. Add squash and sauté an additional four minutes. Add garlic and red pepper flakes and sauté for an additional 30 seconds.
3. Add vegetable broth and all remaining seasonings and spices. Bring to a boil, cover and reduce to a simmer. Simmer until squash is fork-tender, about 10 minutes. Add to blender (or use immersion blender) and purée until smooth.
4. Add butternut squash purée back to the pan. Add cheese until melted, adding additional reserved pasta water to reach desired consistency. Garnish if desired.

Butternut Squash Mac & Cheese



Curried Chickpeas

Cooking Time: About 4 hours on High
Slow Cooker Size: 5 Quarts

Yield: 13 Cups

Ingredients

- 3 cans of chickpeas (Recipe calls for 3 cups of dried chickpeas with 12 cups of water and cook on high for 12 hours. But I use canned chickpeas while reducing the water and cooking time)
- 1 medium tomato, diced
- 1 medium yellow or red onion, peeled and finely chopped
- 1 piece (2 inches) of ginger, peeled and chopped
- 4 garlic cloves, peeled and chopped or minced
- 4 – 6 green Thai, serrano or cayenne chiles, stems removed and chopped
- 1 tablespoon of cumin seeds
- 1 tablespoon of ground coriander
- 1 tablespoon of garam masala
- 1 tablespoon of chana masala (I've made this recipe without this before and it tasted fine!)
- 1 tablespoon of red chili powder
- 2 tablespoons of salt
- 1 teaspoon of turmeric powder
- 2 – 4 cups of water (Only use 12 cups of water if you are using dried chickpeas.)
- 2 tablespoons of fresh cilantro

Instructions

1. Put chickpeas, onion, tomato, ginger, garlic, green chiles, spices and water in a slow cooker. Cook on high for about four hours, or until cooked and incorporated.
2. *Optional* – Toward the end, pulse 2 – 3 times with immersion blender or mash with spoon. If you prefer it chunky, skip this step.
3. Serve with naan, toasted bun / bread or over basmati / brown rice.

Curried Chickpeas



Greek Yogurt Cookie Dough Dip

Ingredients

- 6 ounces of vanilla Greek yogurt
- 2 tablespoons of peanut butter (or wow butter for peanut allergies)
- 1 – 2 tablespoons of honey
- 1/2 teaspoon of vanilla extract
- Optional: 1/4 teaspoon of almond extract
- 1 – 2 teaspoons of chocolate chips
- Apples or graham crackers

Instructions

1. Mix together. Use apples or graham crackers to dip.

Greek Yogurt Cookie Dough Dip



Hot Chile and Corn Dip

Ingredients

- 4 ounces of low-fat, room temperature cream cheese
- 1 cup of plain non-fat Greek yogurt
- ½ cup of thick and chunky salsa verde
- 2 cans (4 ounces) of green chiles, diced
- 1 can (15 ounces) of corn, drained (Frozen works too!)
- ½ teaspoon of cumin
- ½ teaspoon of chili powder
- ½ teaspoon of salt
- ½ cup of part skim mozzarella cheese, shredded
- ½ cup of Monterey Jack cheese, divided
- Good Thins corn and sea salt crackers
- Fresh vegetables
- Optional: 1 can (2.25 ounces) of olives, sliced

Instructions

1. Preheat oven to 350°F. In a large bowl, combine all ingredients except the cheeses. Stir, or whisk, until fully incorporated. Gently stir in the mozzarella and half of the Monterey Jack cheeses.
2. Pour contents into cast iron skillet. Top with remaining Monterey Jack cheese, and bake for 30 minutes or until heated through. Olives are optional. Serve with fresh vegetables (bell peppers, cauliflower etc) and/or Good Thins crackers.

Hot Chile and Corn Dip



Keto Granola – Four Ways

Prep Time: 10 Minutes **Cooking**

Time: 25 Minutes **Yield:** 15

Servings, 4 Cups

Ingredients

Base for All Keto Granola Recipes

- 1 cup of sliced almonds
- 1 cup of chopped pecans
- ½ cup of chopped walnuts
- ⅓ cup of pumpkin seeds
- ⅓ cup of sunflower seeds
- ⅓ cup of sesame seeds
- 2 tablespoons of hemp seeds
- 1 cup of unsweetened flaked coconut
- ¼ cup of golden monk fruit sweetener
- 1 teaspoon of ground cinnamon
- Pinch of fine sea salt
- ⅓ cup of coconut oil, melted
- 1 egg white
- 1 teaspoon of vanilla extract

For the Gingerbread Keto Granola

- 1 teaspoon of ground ginger
- ¼ teaspoon of ground cloves
- ⅛ teaspoon of ground nutmeg

For the Peanut Butter Keto Granola

- ¼ cup of natural peanut butter
- ½ cup of chopped peanuts (leave out the walnuts)

For the Pumpkin Keto Granola

- 1 teaspoon of ground ginger
- ¼ teaspoon of ground allspice
- ⅛ teaspoon of ground cloves
- ⅛ teaspoon of ground nutmeg
- 2 tablespoons of pure pumpkin purée

Keto Granola – Four Ways

Instructions

1. Preheat the oven to 300°F. Line a baking sheet with parchment paper. Set aside.

Start with the Base Recipe for All Keto Granola Recipes

1. In a large bowl, combine all the nuts, seeds, coconut, sweetener, cinnamon and salt.
2. In a separate bowl, whisk together the melted coconut oil, egg white & vanilla extract. Pour over nut / seed / coconut mixture and stir until moistened and combined. Spread mixture in an even layer onto the prepared baking sheet and pat down flat with a spatula or your clean hands.
3. Bake in preheated oven for 25 - 30 minutes or until golden brown, rotating the pan halfway through. (DO not stir granola while baking.)
4. Remove pan from oven and allow granola to cool completely.
5. Once cool, break granola into clusters and store in an airtight container.
6. Serve with toppings of your choice.

For the Gingerbread Keto Granola

1. In a large bowl, combine all the nuts, seeds, coconut, sweetener, cinnamon, ginger, cloves, nutmeg and salt.
2. In a separate bowl, whisk together the melted coconut oil, egg white and vanilla extract. Pour over nut / seed / coconut mixture and stir until moistened and combined. Spread mixture in an even layer onto the prepared baking sheet and pat down flat with a spatula or your clean hands.
3. Bake in preheated oven for 25 – 30 minutes or until golden brown, rotating the pan halfway through. (DO not stir granola while baking.)
4. Remove pan from oven and allow granola to cool completely. Serve with toppings of your choice.

Keto Granola – Four Ways

For the Peanut Butter Keto Granola

1. In a large bowl, combine the almonds, pecans, peanuts, seeds, coconut, sweetener, cinnamon and salt.
2. In a separate bowl, whisk together the melted coconut oil, peanut butter, egg white and vanilla extract. Pour over nut / seed / coconut mixture and stir until moistened & combined. Spread mixture in an even layer onto the prepared baking sheet and pat down flat with a spatula or your clean hands.
3. Bake in preheated oven for 25 – 30 minutes or until golden brown, rotating the pan halfway through. (DO not stir granola while baking.)
4. Remove pan from oven and allow granola to cool completely. Serve with toppings of your choice.

For the Pumpkin Keto Granola

1. In a large bowl, combine all the nuts, seeds, coconut, sweetener, cinnamon, ginger, cloves, allspice, nutmeg and salt.
2. In a separate bowl, whisk together the melted coconut oil, pumpkin purée, egg white & vanilla extract. Pour over nut / seed / coconut mixture and stir until moistened & combined. Spread mixture in an even layer onto the prepared baking sheet and pat down flat with a spatula or your clean hands.
3. Bake in preheated oven for 25 – 30 minutes or until golden brown, rotating the pan halfway through. (DO not stir granola while baking.)
4. Remove pan from oven and allow granola to cool completely. Serve with toppings of your choice.

Nutrition

One serving size is calculated for approximately $\frac{1}{3}$ cup per serving.

- 268 calories
- 24 grams of fat
- 7 grams of carbohydrates
- 4 grams of fiber
- 1 gram of sugar
- 6 grams of protein

Keto Granola – Four Ways



Mexican Lasagna

Ingredients

- Olive oil cooking spray
- 2 pounds of roasted lean pork tenderloin
(Can use 2 pounds of cooked boneless, skinless chicken breast or sautéed shrimp.)
- 1 can (30 ounces) of black beans, drained and rinsed (Can use your preferred style of beans.)
- 2½ cups of fat-free sour cream
- 2 teaspoon of ground cumin
- ½ teaspoon of black pepper
- 2½ cups of reduced-fat Mexican-style cheese, shredded and divided
- 2 cans (8 ounces each) of chopped green chiles (Can use hot variety of chiles or diced jalapeño to add heat or replace with olives.)
- 13 medium corn tortillas, cut in half
- 1 cup of fat-free hot, medium or mild salsa or salsa verde

Instructions

1. Preheat oven to 350°F. Coat pan with cooking spray.
2. Cook pork loin according to directions. Once cooked, shred pork.
3. Transfer pork into a large bowl and add beans, sour cream, 1 cup of shredded cheese, chiles, cumin and pepper. Mix well and set aside.
4. Arrange 10 tortilla halves in bottom of prepared pan, overlapping pieces to cover surface. Top tortillas with ⅓ of pork mixture and then layer with eight tortilla halves. Spoon ⅓ more pork mixture over the top and then top with remaining 10 tortilla halves. Spoon remaining pork mixture over top and sprinkle with remaining cup of cheese.
5. Bake until filling is bubbly, and cheese is melted (about 30 minutes). Let stand 5 minutes before slicing into 12 pieces. Serve with salsa on the side.

Mexican Lasagna



Peanut Butter, Flax, Oat & Chocolate Chip Bites

Ingredients

- ⅓ cup of honey
- 1 teaspoon of pure vanilla extract
- 1 cup of sweetened coconut, toasted and shredded
- ½ cup of dark chocolate chips
- ½ cup of creamy peanut butter
- ½ cup of ground brown flax seeds
- 1 cup of dry old-fashioned oatmeal cereal

Instructions

1. Combine all of the ingredients in a medium bowl and mix well.
2. Cover and chill the mixture in your refrigerator for 30 minutes.
3. When firm, roll the mixture into 1-inch balls and serve, or store in an air-tight container.

Peanut Butter, Flax, Oat & Chocolate Chip Bites



Reduced-Fat Buffalo Chicken Dip

Ingredients

- 1 package of $\frac{1}{3}$ less-fat cream cheese
- 1 cup of light ranch dressing
- $\frac{1}{3}$ cup of buffalo style hot sauce (Frank's Red Hot is a preferred brand!)
- 1 large can of organic canned chicken breast
- For serving: 1 bunch of celery sticks for serving, rice crackers or tortilla chips

Instructions

1. In a saucepan, melt cream cheese, dressing and buffalo sauce over low heat on the stovetop.
2. Using a fork, shred the cooked chicken then add to the saucepan.
3. Mix all together and transfer to a casserole dish or crock-pot to continue heating through.
4. Serve with celery sticks, rice crackers or tortilla chips depending on your preference.

Reduced-Fat Buffalo Chicken Dip



Roasted Aloo Gobi (Potatoes & Cauliflower)

Ingredients

- 2 medium russet potatoes, cut into 2"-long sticks
- 1 medium head of cauliflower, cut into small florets
- 5 tablespoons of extra virgin olive oil, divided
- 1 teaspoon of cumin seeds
- ½ teaspoon of ground turmeric
- 1 small onion, finely chopped
- 1 tablespoon of ginger, thinly sliced
- Optional: Pinch of asafetida (Really great!)
- Pinch of red chili powder
- 1 teaspoon or more of kosher salt
- 1 tablespoon or more of fresh lime juice
- ½ cup of cilantro leaves with tender stems, chopped

Instructions

1. Preheat oven to 400°F. Line a rimmed baking sheet with foil. Toss potatoes and cauliflower with three tablespoons of oil on prepared sheet. Spread in an even layer and roast, tossing once halfway through, until cauliflower and potatoes are browned and slightly crisped (about 30 minutes). Let cool.
2. Meanwhile, heat remaining two tablespoons of oil in a large skillet over medium-high until it begins to shimmer. Add cumin and cook, stirring frequently, until they turn a medium shade of brown (about 1 minute). Reduce heat to medium and swirl in turmeric. Add onion and cook, stirring frequently, until translucent (4 – 6 minutes). Add ginger, asafetida (if using) and chili powder and cook. Stir until heated through and well combined (about 1 minute longer).
3. Stir in roasted potatoes and cauliflower, including any charred bits from the foil, and gently mix (don't overmix or the cauliflower will fall apart). Add salt and cook, tossing occasionally, until potatoes and cauliflower are tender, not soggy (5 – 6 minutes). Remove from heat and add lime juice. Taste and add more lime juice or salt, if needed.
4. Transfer potatoes and cauliflower to a platter. Top with cilantro.

Roasted Aloo Gobi (Potatoes & Cauliflower)



Shrimp Salsa

Chef: Lynn Miller

Ingredients

- ½ pound of salad shrimp
- 2 roma (plum) tomatoes, diced
- ½ red onion, diced
- ¼ cup of cilantro, minced
- ¼ cup of fresh lime juice
- 1 teaspoon of salt
- 1 teaspoon of freshly ground black pepper
- 1 clove of garlic, minced

Instructions

1. Stir the salad shrimp, tomatoes, onion, cilantro, lime juice, salt, pepper, and garlic together in a large glass bowl.
2. Cover with plastic wrap and refrigerate until the flavors combine, at least one hour. Serve cold.

Source: Allrecipes.com

Shrimp Salsa



The Best Guacamole

A caveat – all of these ingredients are really "add however much feels right to you". There are no hard and fast rules to the Best Guacamole!

Ingredients

- 4 – 5 avocados
- Lime juice
- 1/2 large red onion
- 2 – 3 roma tomatoes
- Jalapeño
- Garlic, minced
- Cilantro, dried
- Cayenne pepper
- Salt

Instructions

1. Half and pit the avocados and put them into a large bowl.
2. Add your desired amount of lime juice and mash up the avocados
3. Dice the red onion, jalapeño and tomatoes (remove all tomato seeds etc) and add to the avocado. Stir
4. Add one tablespoon of minced garlic (more or less depending on taste, a pretty heaping spoonful is recommended), cilantro, cayenne pepper and salt to taste. Mix well.
5. Note: This last addition will take it out of the *healthy* category, but add some bacon to the that guacamole to really kick it up a notch.
"Bam!" – Emeril Lagasse

The Best Guacamole



Turkey Meatballs

Ingredients

- 1 pound of ground turkey
- Optional: $\frac{1}{3}$ cup of mozzarella cheese
- 1 egg
- $\frac{1}{8}$ cup of bread crumbs
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 1 teaspoon of smoked paprika
- 1 teaspoon of poultry seasoning
- 1 teaspoon of rosemary
- 1 cup of low sodium beef or chicken broth
- 1 – 2 tablespoons of butter or oil
- To taste: salt and pepper

Instructions

1. Mix all ingredients except broth and butter.
2. Form into walnut sized balls and brown in butter or oil over medium heat. Balls should turn to brown on all sides. Drain fat if needed.
3. Add broth to pan. Reduce heat to simmer and cover. Cook for 20 – 30 minutes, basting meatballs with broth occasionally.

Turkey Meatballs



Vegan Chili

Ingredients

- 1 pound of meat alternative (impossible burger, beyond meat, gardein beefless crumbles or tempeh) or 3 pounds of mushrooms
- 2 large onions, diced
- 2 red bell peppers, diced
- 1 jalapeño pepper, seeded with white veins removed and finely diced
- 1 – 2 garlic cloves, micro-planed
- 1 box of vegetable broth
- 1 can of tomato paste
- 1 can of whole tomatoes, crushed and drained
- 1 cans Rotel tomatoes with chiles
- 1 chili pepper in adobe sauce, chopped
- 2 cans of dark red chili beans, drained and rinsed
- To taste: cumin, chili powder, sea salt, fresh ground black pepper, liquid amino and aleppo or Penzeys red and black pepper

Instructions

1. In a large stock pot, sauté the meat alternative. Remove and set aside.
2. Dry sauté the vegetables until caramelized, adding water as needed to prevent sticking.
3. Return the meat alternative to the pot. Add the remaining ingredients and continue cooking until the chili thickens (one hour). For best results, cook the day before serving to allow the flavors to meld.

Vegan Chili



Vegan Deviled Eggs

Happy Herbivore Recipe

Ingredients

- Dash of paprika (or smoked paprika)
- 6 small red potatoes
- ¼ cup of hummus
- ¼ teaspoon of garlic powder
- ¼ teaspoon of onion powder
- Dash of black salt
- 1 teaspoon of Dijon mustard
- Optional: dash of hot sauce

Instructions

1. Boil potatoes until fork-tender, then let cool completely.
2. Meanwhile, mix hummus, mustard, garlic and onion together, plus a pinch of black salt, stirring to combine. (Add hot sauce here if you prefer a spicy deviled egg). Taste, adding more Dijon or black salt to taste, then set aside.
3. Once potatoes cool, slice in half long-ways and use a little spoon or melon baller to scoop out a small circle of the potato flesh (this is your “egg”).
4. Spoon hummus mixture into the hole and garnish with paprika or smoked paprika.

Nutrition

Per egg:

- 69 calories
- 0.6 gram of fat
- 14.4 grams of carbohydrates
- 18 grams of fiber
- 0.9 gram of sugar
- 2.1 grams of protein

Vegan Deviled Eggs

Whole Foods Recipe

Ingredients

- 12 baby potatoes (about 1¼ pound)
- 2 teaspoons of extra virgin olive oil
- ½ cup of vegan mayonnaise
- ⅓ cup of silken tofu, drained
- 1 tablespoon of Dijon mustard
- 1 teaspoon of sweet or smoked paprika
- 1 teaspoon of turmeric
- ½ teaspoon of coarse sea salt
- ¼ teaspoon of ground black pepper

Instructions

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. Cut each potato in half crosswise. In a large bowl, toss potatoes with oil and place cut-side down on the prepared baking sheet. Roast until tender when pierced with a knife (about 30 minutes). Let cool.
3. Using a melon baller, scoop out center of each potato half. Combine potato flesh, mayonnaise, tofu, mustard, paprika, turmeric, salt and pepper in a food processor and pulse just until smooth.
4. Scoop filling into potato halves. Refrigerate for at least 30 minutes (and up to 2 days) before serving.

Nutrition

Per serving (two filled halves):

- 110 calories (70 from fat)
- 8 grams of total fat
- 0.5 gram of saturated fat
- 0 mg of cholesterol
- 170 milligrams of sodium

Vegan Deviled Eggs

Whole Foods Recipe (cont'd)

- 8 grams of carbohydrates
- 1 gram of dietary fiber
- 1 gram of sugar
- 2 grams of protein

Sources: Happy Herbivore and Whole Foods

Vegan Deviled Eggs



Vegetarian Pizza

Ingredients

- 2 packages (8 ounces each) of refrigerated crescent rolls
- 1 package (8 ounces) of low-fat cream cheese, softened
- 1 package (3 ounces) of low-fat cream cheese, softened
- 1/3 cup of low-fat mayonnaise or salad dressing
- 1 teaspoon of dillweed, dried
- 1 teaspoon of buttermilk salad dressing mix
- 3 cups of desired toppings: broccoli, peppers, cauliflower, onion, tomato, olives, shredded carrots etc.
- 1 cup of shredded Wisconsin, cheddar, mozzarella or Monterey Jack cheese

Instructions

1. For the crust, unroll crescent rolls and pat into a 15½ x 10½ inch baking pan. Bake according to package directions and cool.
2. Meanwhile, in a small mixing bowl stir together the cream cheese, mayonnaise, dillweed and salad dressing mix. Spread evenly over cooled crust. Sprinkle with desired toppings and cheese.

Vegetarian Pizza



Zero Points Weight Watchers Chicken Chili

Ingredients

- 2 pounds of chicken breast
- 2 teaspoons of cumin
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- Salt and pepper
- 14 ounces of canned pinto beans, drained and rinsed
- 14 ounces of canned white beans, drained and rinsed
- 14 ounces of canned corn, drained and rinsed
- 16 ounces of green salsa
- 4 cups of fat-free chicken broth

Instructions

Slow Cooker

1. Add everything to the slow cooker and stir. Cook on low for four hours or until chicken is cooked through. Remove the chicken and either shred or chop.
2. Return to the soup and serve with all your favorite chili toppings.

Instant Pot

1. Add everything to the Instant Pot. If you reach the max fill line, you can add more broth after it finishes cooking. Set to manual for eight minutes. Let the Instant Pot naturally release. Remove the chicken and shred or chop.
2. Add back to the chili and serve.

Stovetop

1. Stovetop: Add everything to a large soup pot or Dutch oven. Bring to a simmer and let cook for 25 – 30 minutes. Once the chicken is cooked through, remove and shred or chop.
2. Add back to the chili and serve.

Zero Points Weight Watchers Chicken Chili

