



Mount Sinai **FiT**

SEASONAL
RECIPES
2019



A Message from the **Chief Human Resources Officer**

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One of the delights of cooking and dining in and around New York City is the way the seasons and our diverse culinary preferences punctuate our meals. Nothing is more “New York” than variety. Family and friends bring customs and favorite foods to personalize dishes that are truly a product of our melting-pot culture.

I encourage you to take advantage of the riches of the farms that surround our city and treat yourself to browsing and shopping in the network of farmers’ markets and small produce stands that dot the city and are laden with fresh local produce especially during the warmer months of the year. Many of the farmers collaborate with supermarkets and grocery delivery services, making it possible for us regularly to incorporate fresh ingredients into our meals. And if you are fortunate enough to cultivate your own window box, rooftop, backyard, or community garden, what better way to use what you harvest than to enhance your daily meal preparation?

Preparing, sharing, and enjoying new recipes is a gift you can give to others as well as yourself. Follow the recipes as written or modify them to suit your tastes; in either case, fresh, healthy, farm-to-table food is a wonderful way to nourish yourself and those you hold dear. Don’t forget to get a group together to enjoy the delicious foods described within these pages—celebrating a simple “everyday” meal with friends and family is one of the best parts of life!

I invite you to take photos of the dishes you prepare and share your food and family dining adventures with us via Instagram by tagging @MountSinaiNYC and using #MountSinaiWellness.

Best wishes to each of you for a holiday season filled with warmth, laughter, and joy!

Jane



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Winter

“What good is the warmth of Summer,
without the cold of Winter to give it sweetness.”

— John Steinbeck



Egg Sandwich with Avocado

273 calories per serving | 1 serving per recipe



Great for breakfast, and enjoy this breakfast for lunch or dinner, too!

INGREDIENTS

- 1 egg
- 1 slice of whole grain | high fiber bread
- 1 c arugula
- 1/2 ripe avocado, sliced
- 1/2 tsp hot sauce
- Salt and pepper

PREPARATION

- Slice the avocado and wash and dry the arugula. Toast the bread.
- Coat a small skillet or frying pan with cooking spray and heat over medium heat source. Crack the egg gently into the heated skillet. Cook for approximately 2 to 3 minutes until done to your liking.
- Assemble sandwich by placing the toasted whole grain bread on a plate. Spread the avocado onto the toast and layer first with the arugula. Place the egg on top. Add a dash of hot sauce and salt and pepper to taste.

Lentil and Arugula Salad

450 calories per serving | 2 servings per recipe

This salad makes a satisfying vegetarian lunch or a dinner, or it can round out a meal as a side dish or extra course.

INGREDIENTS

Salad:

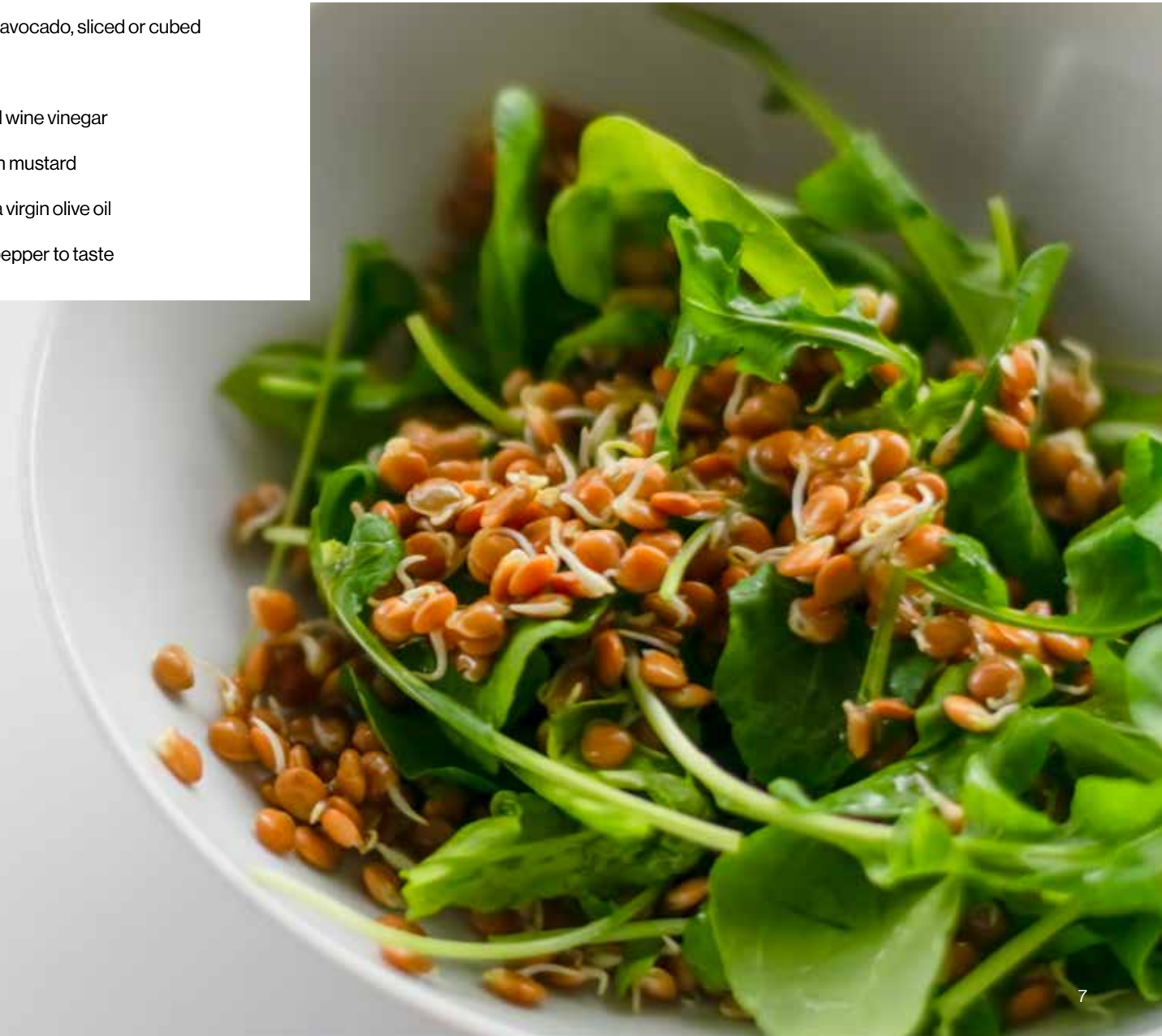
- 1 c lentils, cooked
- 2 large handfuls of arugula or mixed greens
- 1 medium cucumber, sliced
- 1 large red pepper, sliced into thin strips
- 1 large carrot, diced
- 1 medium avocado, sliced or cubed

Dressing:

- 3 tbsp red wine vinegar
- 2 tsp Dijon mustard
- 1/4 c extra virgin olive oil
- Salt and pepper to taste

PREPARATION

- To make the dressing, in a small bowl, whisk together the red wine vinegar, the Dijon mustard, and salt and pepper. In a steady stream, whisk in the olive oil.
- In a large salad bowl, combine the arugula or mixed greens, cucumber, red pepper, carrots, avocado, and lentils.
- Drizzle with the vinaigrette; toss to coat, and serve.



Spinach Moong Dal Fry

100 calories per serving | 2 servings per recipe

There are many versions of this delicious side dish that you can serve with plain rice or roti (flat bread) to make a meal or more hearty accompaniment.



INGREDIENTS

- 1 tbsp olive oil
- 1 tbsp urad dal (a black bean also known as black gram or black lentils)
- 6 cloves of garlic, chopped finely
- 2 green chilies, sliced
- 1 medium onion, chopped
- 1/2 tsp ginger garlic paste*
- Pinch of turmeric
- 1 sprig of curry leaves (substitute with a bay leaf [if dry, remove before serving], or a small amount of lime zest and a sprig of fresh basil)
- 1/2 c split moong dal, soaked and rinsed (split mung beans)
- 1 large bunch of fresh spinach, washed well and chopped
- Salt to taste

**To make your own ginger garlic paste, mash equal parts of fresh ginger and chopped garlic cloves into a paste using a mortar-and-pestle or a food processor. Add a splash of water if the consistency is too dry. To save leftover ginger garlic paste, add a splash of olive oil and a dash of salt and keep in an airtight jar.*

PREPARATION

Heat the oil in a deep non-stick skillet. Add the urad dal, garlic, green chilies, and onion. Stir, and sauté over a medium heat for 1 minute.

Stir in the ginger garlic paste, turmeric powder, and curry leaves. Stir in the moong dal. Add the chopped spinach. Stir well for five minutes, and cook for another five minutes, or until it is the consistency you like as juices ooze from the mixture. Add salt to taste.

Lentil Soup

300 calories per serving | 6 servings per recipe



INGREDIENTS

- 3 tbs olive oil
- 1 stalk celery, diced
- 1 carrot, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 6 c chicken or vegetable broth
- 15 ounce can diced tomatoes undrained
- 1 1/2 c lentils, rinsed
- 2 bay leaves
- 1/2 tsp dried thyme (or 1 teaspoon fresh thyme, chopped)
- 1/2 tsp dry oregano (or 1 tsp fresh oregano, chopped)
- salt and freshly ground pepper to taste
- 2 c spinach leaves, washed well and loosely packed

There is nothing quite as comforting and enjoyable on a cold winter day as a bowl of hearty soup.

PREPARATION

Heat olive oil in a large stockpot and add the chopped vegetables: celery, carrot, onion, and garlic. Sauté until soft, but do not brown (about 10 minutes).

Add the broth, the tomatoes, lentils, bay leaves, thyme, and oregano. Stir well and bring to a simmer. Reduce heat to low and continue to simmer until the lentils become soft (about 15 minutes).

Salt and pepper to taste.

Stir in spinach until just wilted (about 2-3 minutes).

Serve piping hot.

Chicken Fricassee

225 calories per serving | 4 servings per recipe

A “fricassee” is a lighter version of a stew that dates back to ancient times. This recipe is healthy, and satisfying. Start with a salad or serve with vegetables.



INGREDIENTS

- 3 tsp safflower oil, divided
- 1 leek, trimmed and sliced
- 8 oz white mushrooms, sliced
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1/4 c whole wheat pastry flour (or white whole wheat flour)
- 4 boneless, skinless chicken breasts (4 oz each)
- 1 1/4 c low sodium chicken broth
- 3 tbsp fresh tarragon, chopped and divided
- 1 tsp white wine vinegar (or lemon juice)



PREPARATION

In a 12-inch nonstick skillet, heat 1 teaspoon of the oil on medium high. Add the leek, stirring occasionally, until liquid has evaporated.

Reduce heat to medium-low. Add garlic and the mushrooms. Cook for about 2 minutes until the mushrooms are barely brown and the garlic has softened. Remove from heat; transfer mixture to a bowl, and set aside. Wipe skillet with paper towel.

Prepare the chicken by patting dry with a paper towel. Season both sides with salt and pepper. Thoroughly coat each chicken breast with flour. Add the remaining 2 tsp of oil to the skillet and heat on medium-high. Cook the chicken until lightly browned on both sides, about 3 minutes per side.

Add broth and 2 tablespoons of the fresh tarragon. When liquid starts to bubble, reduce heat and simmer for 3 minutes. Turn chicken and simmer until it is cooked through, 3 to 4 more minutes. Place each chicken breast on a plate (4 servings).

As broth continues to simmer, return mushroom mixture to the skillet. Simmer for 2 to 3 minutes for flavors to combine. Stir in vinegar or lemon juice. Remove skillet from heat. Spoon the sauce over each chicken breast. Sprinkle with the remaining tablespoon of tarragon and serve.



“Spring is when life is alive in everything.”

—Christina Rossetti



Israeli (Pearl) Couscous Stuffed Eggplant

260 calories per serving | 4 servings per recipe

Make this versatile vegetarian dish with the spring vegetables of your choice for a lovely dinner or lunch.

INGREDIENTS

Vegetables

- 4 small eggplants, cut in half lengthwise
- 2 tbsp extra virgin olive oil, divided
- 2 cloves garlic, minced
- 1/2 yellow onion, chopped
- 3 tbsp fresh parsley, chopped, divided
- 1/2 c whole wheat Israeli (pearl) dry couscous
- 1/2 c plus 1 tbsp water
- 1 1/2 c assorted vegetables, chopped
- 1 c canned white cannelloni beans (or chickpeas)

Spices

- 1/2 tsp garlic powder
- 1/2 tsp turmeric
- 1/2 tsp oregano
- 1/4 tsp ground black pepper
- Smoked paprika, a pinch
- 1/4 tsp salt
- 1/4 tsp chili powder

Optional: Feta or goat cheese



PREPARATION

Preheat oven to 375°F
Line a baking sheet with parchment paper

Eggplant

Lightly coat cut side of eggplant with 1 tablespoon of the olive oil. Place cut side up on the baking sheet. Place in oven and roast 20 minutes. Turn eggplant over and roast for another 15 minutes. Remove from the oven and set aside.

Couscous

Prepare the couscous while the eggplant is in the oven:

In a skillet, heat 1/2 tablespoon of the olive oil over medium heat. Add garlic, onion, and parsley to the heated oil and sauté until the onions are translucent. Do not let the garlic brown. Remove from the heat and set aside onion mixture on a small plate.

In the same skillet, toast couscous over medium heat until lightly brown. Mix the garlic, onion, parsley mixture into the couscous and add the water. Bring to a boil and reduce heat to simmer. Cover and cook for 6 minutes until the couscous has absorbed all the liquid. Remove from heat and allow couscous to sit for 3 minutes. Place the prepared couscous in a bowl and set aside.

Heat 1/2 tablespoon of the olive oil in the skillet and add the chopped assorted vegetables of your choice. Sauté the vegetables until they are softened.

Return the couscous to the skillet with the vegetables. Stir in the beans and spices. Cook until warm, another 3-5 minutes.

Assembling

While the couscous and vegetable mixture cooks, gently scoop the flesh out of the roasted eggplant keeping the shell intact, using a spoon or knife. Add the eggplant flesh to the couscous mixture in the skillet and let it heat through.

Spoon the couscous-and-vegetable mixture into the hollowed out eggplant shells. Top with chopped parsley and the cheese, if you are using it.

Place the filled eggplants on the baking sheet and return to the oven. Roast for another 10 minutes, placing under the broiler for the last 2 minutes for an extra crispy top.

Serve warm.



Insalata Verde

264 calories per serving | 8 servings per recipe

Wow your friends and family with this mile high salad of lettuces created at one of New York's most popular restaurants.

INGREDIENTS

Salad

- 2 heads soft lettuce (Boston, Bibb, butter)
- 1 heart of romaine lettuce
- 1 large head of Belgian endive lettuce
- 1 bunch of watercress greens
- 1/2 small head of frisée lettuce

Dressing

- 1 large shallot, minced
- 2 tbsp plus 1 tsp aged sherry vinegar
- 1 tbsp warm water
- 1 c extra-virgin olive oil
- 1 1/2 tsp Dijon mustard
- 1 1/2 tsp wholegrain mustard
- 1 1/2 tsp honey (optional)
- 2 sprigs of thyme leaves only, washed
- 1 large clove of garlic, finely grated
- Salt and freshly ground pepper, to taste

PREPARATION

Greens

Release the whole leaves of the butter, romaine, and endive lettuce heads by cutting off the root. Rinse the butter lettuce, romaine, endive, and watercress in cool water. Remove any wilted or damaged leaves. Leave butter lettuce leaves whole. Cut any large romaine and endive leaves in half. Trim and discard dark green outer leaves and tops from frisée lettuce, leaving only light green and white parts and wash with cool water. Drain all washed lettuce and transfer to a salad spinner to dry. Gently wrap in clean dishtowels, and set aside.

Dressing

Place the minced shallot in a fine-mesh strainer, and quickly rinse with cold water. Allow to drain. Place shallot in a medium bowl and add vinegar and warm water. Allow to sit for 2 minutes. Whisk in oil, mustards, honey (if using), fresh thyme leaves, garlic, and a pinch of salt. Taste, and adjust salt and vinegar as needed.

Assemble

To assemble, gradually pile lettuce high by gently adding one generous handful of greens at a time into a serving bowl. Sprinkle with salt, pepper, and a generous drizzle of dressing. Continue with another handful of salad and more seasoning and dressing. Repeat until you have a high mound of salad. Top with a final drizzle of dressing.

Serve immediately.

Chicken Burger Two Ways

449 calories as a lettuce wrap, 507 with a half bun | 4 servings per recipe



INGREDIENTS

Burger

- 1 1/2 lb ground chicken
- 3/4 tsp paprika
- 1 clove garlic, minced
- Kosher salt
- Freshly ground black pepper
- 2 tbsp extra virgin olive oil

Toppings

- Bibb or romaine lettuce - shredded
- Avocado, thinly sliced
- Red onion, thinly sliced
- Jalapeño peppers, thinly sliced

Option 1: Whole lettuce leaves

Option 2: Whole wheat hamburger bun halves

You can served this tasty chicken burger as a lettuce wrap or an open sandwich, both equally satisfying.

PREPARATION

Burger

In a large bowl, combine the chicken, paprika, and garlic. Season with salt and pepper. Divide mixture into 4 patties. Heat the oil in a large skillet over medium heat. Cook the burgers for 4-5 minutes on each side until golden brown. Check that the middle of each burger is fully cooked with no pink remaining. Remove from heat and transfer patties to a plate.

Burger First Way: Lettuce Wrap

Place each burger on a large lettuce leaf and top with shredded lettuce, avocado, red onion, and jalapeño peppers. Wrap the lettuce leaf around the burger and toppings.

Burger Second Way: Half Bun

Place each burger on half a bun and top with shredded lettuce, avocado, red onion, and jalapeño peppers.



Spring Vegetable Soup

163 calories per serving | 4 servings per recipe



This soup is light, nutritious, and easy to make with fresh vegetables and spices—ideal for lunch or as a first course for dinner.



INGREDIENTS

- 7 c water
- 10 small red potatoes, quartered
- 2 medium carrots, sliced 1/4 inch thick
- 2 celery ribs, sliced 1/4 inch thick
- 1 medium onion, coarsely chopped
- 1 large leek, sliced 1/4 inch thick
- 1/2 tbsp kosher salt
- 1 lb green beans, cut into 1-inch lengths (or frozen peas)
- 2 tbsp fresh parsley leaves, chopped
- 1 tbsp fresh tarragon, chopped
- Freshly ground pepper

PREPARATION

In a large pot, combine the water with the red potatoes, carrots, celery, onion, and leek. Bring to a boil. Add the salt and simmer over moderately low heat for 30 minutes.

Add the green beans and simmer until tender, 3 minutes. Stir in the parsley and tarragon. Season with pepper and serve.

Pan Roasted Salmon

300 calories per serving | 4 servings per recipe

Salmon is a versatile main course that is easily prepared following this simple recipe for a delicious, healthy seafood dish to pair with a salad or other sides.

INGREDIENTS

4 salmon fillets (6 oz each)
Kosher salt and pepper to taste
1/2 tsp smoked or sweet paprika
Extra virgin olive oil or cooking spray

PREPARATION

Sprinkle the salmon fillets with salt and pepper, and dust with the paprika.
Lightly coat a large nonstick pan with cooking spray or olive oil and heat. Add the salmon fillets to the heated pan, skin side down. Cook, without moving, until each fillet looks cooked (the color changes) just past halfway up the sides. Flip to turn over. Continue cooking without moving, until the sides of each fillet appear fully cooked. Makes the salmon tender and medium rare.
Remove from the heat and serve warm.



Summer

“Live in the sunshine. Swim in the sea.
Drink in the wild air.”

—Ralph Waldo Emerson



Blueberry Avocado Smoothie

180 calories per serving | 2 servings per recipe

Enjoy this smoothie—a tasty, healthy change of pace—for breakfast, a midday refresher, or even as dessert.

INGREDIENTS

- 1/2 c frozen blueberries
- 1/2 ripe avocado
- 1/4 c almonds
- 1/2 c unsweetened almond milk
- 1 c baby spinach (washed well)
- 1 tbsp ground flax meal
- 1 tbsp shredded coconut

PREPARATION

Place the blueberries, avocado, almonds, unsweetened almond milk, baby spinach, and ground flax into a blender. Blend until smooth. Pour into a glass and top with shredded coconut.



Black Bean and Tomato Corn Salsa

140 calories per serving | 10 servings per recipe



This no-cook salsa adds zing to any meal as an appetizer or to top a meat, vegetable, or a seafood dish.

INGREDIENTS

- 1 (15 oz) can of black beans, rinsed and drained
- 1 (11 oz) can whole kernel sweet corn, drained
- 4 fresh Roma tomatoes, seeded and chopped
- 1 small red bell pepper, diced
- 1 jalapeño pepper, seeded and minced
- 1/4 c red onion, diced
- 1/3 c fresh cilantro, chopped
- 1/4 c fresh squeezed lime juice
- 2 tbsp red wine vinegar
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 avocados, diced

PREPARATION

Mix together black beans, corn, chopped tomatoes, peppers, and diced onion in a large bowl. Add cilantro, the lime juice, vinegar, and salt and pepper. Mix again. Add diced avocado and toss gently.



Seafood Tacos

254 calories per serving | 4 servings per recipe

The tangy flavors of this multi-faceted recipe combine to make a popular seafood taco.

INGREDIENTS

Main Ingredients

Fish (1 lb cod or 1/2 lb shrimp)

Olive oil, for pan and fish

4 corn tortillas

Toppings

Cabbage slaw

2 c red cabbage, shredded

1 lime, fresh squeezed juice

Sea salt, a pinch

Quick-pickled onions

1 c red wine vinegar

1/2 c distilled white vinegar

1 lime, fresh squeezed juice

1 tbsp sugar

Sea salt, a pinch

1 red onion, peeled and sliced thinly

Several sprigs of fresh cilantro

Final touches

Cilantro leaves, divided

1 avocado, freshly sliced

PREPARATION

Make toppings in Advance:

Cabbage slaw: Combine cabbage, the juice of one lime, and salt in a medium-sized bowl. Toss with hands to combine. Set aside. Cabbage will wilt slightly but retain its crunch.

Quick-pickled onions: Combine the vinegars, the juice of one lime, the sugar, and salt in a large Mason jar or other container. Place the top on securely and shake vigorously to dissolve the sugar. Remove the top; add the onion slices and place the cilantro leaves on top. Allow to sit and marinate. Refrigerate leftovers for up to two weeks.

Make Just Before Serving: Fish

Heat a grill, sauté pan, or cast iron skillet to medium-high. Brush the hot cooking surface with extra olive oil immediately before adding the fish.

Brush both sides of the cod or shrimp with olive oil and season with salt and pepper. Place on the heated, oiled surface and cook until just opaque, about 8 minutes for the cod or 4 to 5 minutes for the shrimp. In the last few minutes of cooking, add tortillas to the grill to heat, flipping once.

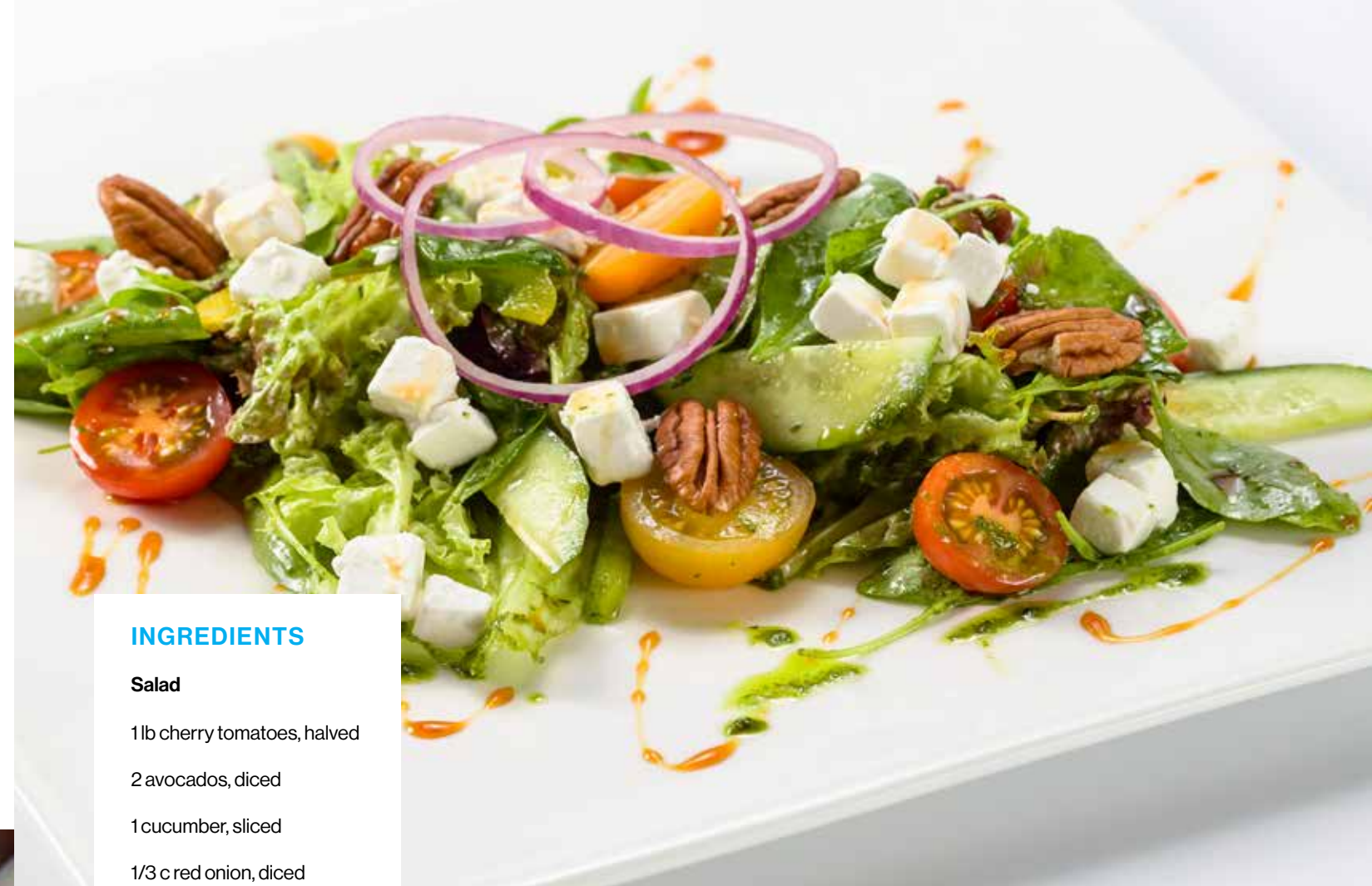
Assembling the Tacos:

Add cabbage slaw to the middle of each tortilla, top with the fish or shrimp, then add the pickled onions, freshly sliced avocado, and cilantro.



Mozzarella Tomato Salad

264 calories per serving | 6 servings per recipe



INGREDIENTS

Salad

1 lb cherry tomatoes, halved

2 avocados, diced

1 cucumber, sliced

1/3 c red onion, diced

8 oz small fresh mozzarella cheese balls

Pesto

2 c fresh basil

1/3 c pine nuts

1/2 c parmesan

3 garlic cloves, minced

1/2 c extra virgin olive oil

Dressing

1/4 c basil pesto

1 tbsp lemon juice

Salt and pepper to taste

The addition of pesto and avocado makes this classic salad a fine summer lunch or dinnertime appetizer

PREPARATION

Salad In a large bowl, combine halved cherry tomatoes, diced avocado, sliced cucumber, diced red onion, and small fresh mozzarella cheese balls. Set aside while preparing the pesto.

Pesto Pulse the basil and pine nuts in a food processor. Add the parmesan cheese and minced garlic cloves and pulse several more times. Continue processing the ingredients while slowly adding the olive oil through the top until the entire mixture is blended and emulsified.

Dress the Salad Add the basil pesto and lemon juice to the salad and toss to combine. Season with salt and pepper, and add more of the pesto to taste.

Chicken Stir Fry with Rice Noodles

290 calories per serving | 4 servings per recipe

Chicken and vegetables over noodles has never been this tasty and light thanks to the added flare of ginger and soy.



Fall

INGREDIENTS

4 1/2 c (12 oz pkg) rice noodles

Salt

3 tbsp vegetable oil, divided

2 medium (1 lb) chicken breasts, skinless boneless sliced into bite-size strips

Salt and black pepper to taste

1 red bell pepper or 1/2 red and 1/2 green pepper, sliced

1 c broccoli, chopped

4 oz shiitake or portabella mushroom, sliced

1 tbsp fresh ginger, peeled and shredded

1/2 c chicken broth

2 tbsp soy sauce (regular sodium)

2 tbsp ketchup

Sesame oil, a few drizzles

PREPARATION

Noodles

Fill a medium size pan with water and add salt. Bring to a boil. Add noodles and cook them on medium heat for about 2 to 4 minutes until barely tender. Drain and stir in 1 tablespoon of the vegetable oil to the cooked noodles.

Chicken

Season chicken strips lightly with salt and pepper. In a large wok or skillet, heat the remaining 2 tablespoons of vegetable oil over high heat. Place the chicken into the hot skillet and stir fry for about 3 minutes or until the chicken is just cooked through. Remove the chicken from the skillet and set aside.

Vegetables

Add bell pepper slices, chopped broccoli, and mushroom slices to the skillet and sauté 1 minute. Add the shredded fresh ginger to the skillet, and stir fry for another 2 minutes.

Sauce

In a mixing bowl, combine the chicken broth, soy sauce, and ketchup.

Assemble

Add the partially cooked chicken, the prepared noodles, and the sauce to the vegetables in the skillet. Stir fry for 3 minutes or until chicken is hot and fully cooked through. Immediately before serving, finish with a drizzle of sesame oil and salt and pepper to taste.

“Life starts all over again when it gets crisp in the Fall.”

—F. Scott Fitzgerald



Roasted Butternut Squash with Quinoa

254 calories per serving | 4 servings per recipe

There's no time like fall to enjoy the bounty of butternut squash, making a meal or hearty side dish of it with quinoa and topped with colorful cranberries.

INGREDIENTS

1 butternut squash, peeled and cut into chunks

3 shallots, quartered

4 garlic cloves, smashed

2 tbsp olive oil

2 tsp chili flakes, optional

Sea salt and pepper, to taste

1 c dry quinoa

1/4 c dried cranberries

PREPARATION

Heat oven to 400° F, and line a baking sheet with parchment paper.

Squash

In a bowl, toss diced squash, shallots, and garlic with olive oil, chili flakes, sea salt, and pepper.

Spread the seasoned squash evenly onto the baking sheet and roast for 40 minutes, stirring at the halfway point (20 minutes).

Quinoa

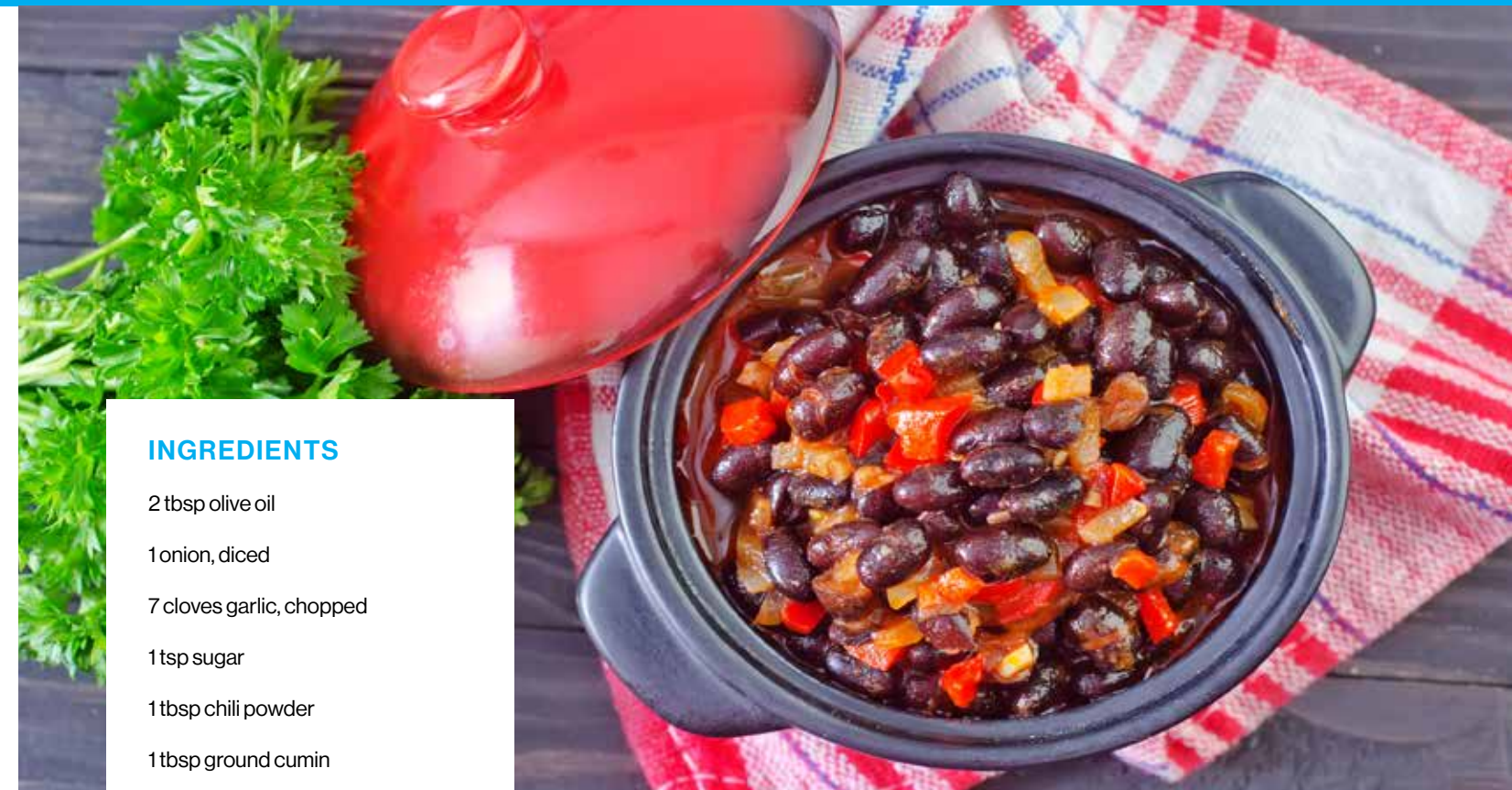
While the squash is roasting, rinse the quinoa and place in a medium pot with 2 cups of water and a pinch of salt. Bring the water and quinoa to a boil and cook uncovered until the quinoa has absorbed all of the water (15-20 minutes). Once the water is all absorbed, remove the pot from heat, cover, and let the quinoa steam for 5 minutes.

Stir cooked quinoa together with the roasted squash and top with dried cranberries.



Pumpkin Turkey Chili

250 calories per serving | 9 servings per recipe



INGREDIENTS

2 tbsp olive oil

1 onion, diced

7 cloves garlic, chopped

1 tsp sugar

1 tbsp chili powder

1 tbsp ground cumin

1 tsp pumpkin pie spice

2 tsp oregano

2 tsp ground coriander

1 lb ground turkey

1 tsp Kosher salt

3 tbsp tomato paste

2 orange bell peppers, seeded and chopped

2 cans (14.5 oz each) fire-roasted tomatoes

3 c chicken broth

1 can black beans (28 oz), rinsed well and drained

1/2 c pumpkin puree

Kosher salt, to taste

Freshly ground black pepper, to taste

Cheddar cheese, shredded topping (optional)

Pumpkin makes this turkey chili a fall favorite full of spices and the smokiness of fire-roasted tomatoes.

PREPARATION

In a large heavy pot, heat olive oil until hot. Add onion and garlic, stirring until fragrant, about 30 seconds. Add sugar, chili powder, cumin, pumpkin pie spice, oregano, and coriander. Stir to combine, 10 seconds.

Add the ground turkey to the pot. Sprinkle with a teaspoon of salt. Cook while stirring to break up turkey into small pieces. When the turkey is cooked through, add tomato paste, and stir 30 seconds.

Add bell peppers, fire-roasted tomatoes, and broth. Scrape the bottom of pan while stirring.

Bring to a simmer, and simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer, and cook for 15-20 minutes or until the chili is heated through. Remove from heat.

Season the chili with kosher salt and freshly ground black pepper to taste. You can sprinkle with shredded cheddar cheese on top as an option. Serve piping hot in bowls.

Butternut Squash Soup

248 calories per serving | 4 servings per recipe



INGREDIENTS

Pepitas

- 1/3 c pepitas (pumpkin seeds)
- 1/2 tsp extra virgin olive oil
- 1/4 tsp paprika

- 1/4 tsp ground cumin
- 1/4 tsp salt

Soup

- 2 tsp extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 small gala apple, cored and chopped
- 1 carrot, diced
- 1 celery stalk, diced
- 2 cloves garlic, minced
- 3/4 tsp ground cumin
- 5 c butternut squash (about 2-1/4 lbs), peeled and cubed
- 5 c vegetable broth
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 3 tbsp fresh cilantro, minced

The subtle flavor of butternut squash makes the creamy base of this delicious soup enhanced with spices, apple, and topped with spiced pumpkin seeds (pepitas).

PREPARATION

Spiced Pepitas

In a small bowl, toss the pepitas, half teaspoon of olive oil, paprika, cumin, and salt. Add the coated pepitas to a medium pan and toast until golden brown, about 5 minutes.

Soup

Heat 2 teaspoons of olive oil in a large saucepan using medium heat. Add the onion, apple, carrot, and celery to the saucepan and cook until the vegetables start to soften, about 5 minutes. Add the garlic and cumin, and cook for an additional 30 seconds. Stir in the butternut squash and broth. Bring to a boil over high heat, then reduce heat and simmer until the butternut squash is tender, about 30 minutes. Season the soup with salt and pepper to taste.

Let the mixture cool for about 10 minutes. Using an immersion blender, a regular blender, or a food processor, puree the soup until it is smooth. Serve in mug or bowl.

Garnish each helping with sprinkle of spiced pepitas and cilantro.

Pan Roasted Carrots

100 calories per serving | 6 servings per recipe

This easy-to-make recipe takes carrots from ordinary to extraordinary by adding layers of flavor with earthy spices, making it a delicious side dish.

INGREDIENTS

- 10 medium carrots, peeled
- 5 tbsp extra virgin olive oil, divided
- Salt
- Freshly ground pepper
- 1 tbsp fresh thyme leaves
- 1/2 tsp cumin
- 1/2 tsp ground coriander
- 1/2 tsp turmeric
- 1/2 tsp chili powder
- 2 tbsp fresh mint, chopped

PREPARATION

Cut the carrots in half lengthwise and crosswise. Cut in half again lengthwise, if necessary to make the slices as equal in thickness as possible. Place the carrot slices in a large bowl and toss with 2 tablespoons of the olive oil, sprinkle with salt and pepper to taste, and stir in the thyme leaves.

To a medium-large pan, add 2 tablespoons of the olive oil and heat using medium heat. Place the carrots the heated pan, and cook for 15 minutes on medium-high heat. Stir the carrots every 2 minutes until they are slightly caramelized and tender.

Meanwhile, in a small bowl mix the cumin, ground coriander, turmeric, chili powder and the last tablespoon of the olive oil. Stir until well combined.

Remove the carrots from the heat, and pour the spiced olive oil over them. Toss in the mint.

Serve directly from the pan or transfer to a platter.



Sweet Potato Black Bean Veggie Burger

439 calories per serving | 6 servings per recipe

While there are many veggie burgers out there, you can enjoy making and serving this one with wholesome ingredients that nourish and satisfy.

INGREDIENTS

Burger

- 1/2 c oats (old-fashioned, whole oats, or rolled oats) can be gluten-free
- 1 sweet potato (2 cups), shredded
- 2 tbsp flaxseed meal
- 4 tbsp water
- 1 can black beans (15 oz), rinsed and drained
- 1 c onion, roughly chopped
- 2-3 garlic cloves
- 1 lime, juice and zest
- 1/2 c cooked quinoa, follow directions on on the package
- Salt and pepper
- 2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/4 tsp cayenne pepper

Equipment

- Food processor
- Baking sheet lined with parchment paper

For serving

- Whole wheat hamburger buns
- Tomato, sliced
- Avocado, sliced

PREPARATION

Burger Mixture

Add the oats to a food processor and ground on high into a coarse flour consistency, 30 seconds to one minute. Transfer the oats to a medium-size bowl and set aside. Wipe out the food processor, and return to its base.

Peel the sweet potato and slice it into quarters, lengthwise. Shred the sweet potato slices using the shredding disk of the food processor, or by using another type of grater, if you prefer. Measure 2 cups of the shredded sweet potato and add it to the bowl with the ground oats.

In a small bowl, whisk together the flaxseed meal and water. Set the flaxseed mixture aside to thicken into a gel.

Add the rinsed and drained black beans, onion, garlic, and the lime zest and juice to the clean food processor bowl. Pulse until the mixture comes together with a few larger chunks remaining.

Transfer the black bean mixture to the bowl with the oats and sweet potatoes. Add the cooked quinoa and the flaxseed gel. Stir to combine. Sprinkle with salt and pepper, and season with the chili powder, cumin, coriander, and cayenne pepper. Mix to combine all the ingredients.

Divide the mixture to form 6 equal size burgers. Place the burgers on the parchment-lined baking sheet.

Place the baking sheet with the uncooked burgers in the refrigerator. Chill the burgers for at least 30 minutes before baking.

Preheat the oven to 375 degrees F.

Bake the burgers on the middle rack for 20 minutes. Flip them over, and cook for another 15-20 minutes.

Remove from the oven and let the burgers set for 5-10 minutes before serving.

Place each burger on a whole wheat bun and top with avocado and tomato slices.

