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HEALTHY FEET are HAPPY FEET
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Hand-Out

- Which Recipes are Healthy, Tasty, and Easy-

07/15/14

Knowledge is power, and this hand-out provides recipes, that are healthy, tasty, and very easy to prepare; and created by me.

The recipes use natural ingredients that are necessary for good health and avoid unhealthy ingredients that promote bad health!

Please refer to my other hand-out, “Health, well-being, and happiness,” for explanations about health-creation from fresh, whole, natural foods versus disease creation from processed foods!

Creating healthy, tasty, and easy meals and snacks for good health is a fun project you can enjoy by yourself or share with family and friends. For life-long benefits, turn the project of planning, shopping, and cooking into a joyful habit and make it part of your daily life-routine!

Enjoy the power of healthy foods to make your body healthy and happy!

Bon Appetit!

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1-Welcome to my kitchen:

We live in a “new” era with industrialized foods and drinks that make up most of the daily meals, including the snacks, for a lot of American families. However, there's nothing “new” about this routine for these families. It's considered normal; it's heavily advertised; it's found everywhere; and it's part of the American culture.

Like millions of other Americans, I, myself, struggled for many years as an adult, to fit together all the puzzle-pieces of life. I was busy with my college education, working, raising children, family life, maintaining a home, finding time to maintain friendships, and occasionally finding time to enjoy my favorite things. Taking care of myself was always at the bottom of the step-ladder. And consequently, cooking healthy meals for my family was not prioritized due to my busy schedule. My family got accustomed to the taste and convenience of industrialized foods.

This is very different from my childhood in my home country of Denmark where “take-out” consisted of a rotisserie-chicken-meal. I finally decided to focus on home-cooked meals. It's about prioritizing and *making the time* it takes to become healthy and maintain the good health.

My inspiration was not only seeing how the Danes continue to maintain their good health by keeping up old habits of healthy home-cooked meals. They also have the advantage that industrialized foods and drinks are not heavily advertised in their country. As a nurse, I was also becoming increasingly concerned about the rapid rise in preventive chronic diseases among Americans. I reminded myself that knowledge is power and healthy eating is our most important “medicine.”

I try to make my cooking simple, yet tasty, and always meeting the criteria for healthy eating. The trick is to make vegetables the most important ingredient.

Welcome to my kitchen. Please step inside and make yourself comfortable!

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The other hand-out from my website, “Health, well-being, and happiness,” explains why whole, fresh, and natural foods tend to create health. It also explains why processed industrialized foods and drinks tend to create chronic, but preventable, diseases. Please refer back to that hand-out for more detail to complement the following two chapters.

2-Which foods are considered health-creating:

Unless you suffer from medical conditions that prevent you from enjoying certain foods, the following categories of foods are all whole, fresh, and natural; and ideal for creating good health.

- *See my hand-out, “Health, well-being, and happiness” and chapter 8 in this hand-out for appropriate amounts.*
- *Try to buy organic as much as possible, to avoid hormones, steroids, pesticides, and chemicals. And, try to avoid GMO's (genetically-modified organisms). Both suggestions can help prevent a body-wide inflammation which increases production of insulin and cardiovascular diseases.*
- *Eat the fruits and vegetables raw or minimally-cooked to retain the vitamins and phytonutrients.*

Animal- or plant-based concentrated proteins with low fiber contents: Lean cuts of meat and poultry without skin or visible fat, fatty wild fish, eggs, tofu, soy, tempeh and low-fat or fat-free cheeses.

Eat in small amounts for the protein, as well as omega-3 fatty acids from the fish.

Plant-based proteins with high fiber contents: Beans, peas, and lentils.
Eat daily for the benefits of the protein and fiber. Can be a substitute for animal-based protein. Contain complex carbohydrates.



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Low sugar vegetables: Most green and colorful vegetables.

Eat in unlimited amounts, with their peel on if possible, for their fiber, vitamins, minerals, phytonutrients, and antioxidant. These are complex carbohydrates.

Low sugar fruits and berries: Most fruits and berries.

Eat fresh or frozen, with the peel on if possible, in small, moderate, or unlimited amounts, depending on your restrictions on carbohydrates, for their vitamins, minerals, phytonutrients, antioxidants, and fiber. These fall in-between simple and complex carbohydrates. I call them "simplex" carbohydrates.

High sugar vegetables and fruits: Some vegetables and fruits are high in sugar, such as potatoes, sweet potatoes, carrots, beets, bananas, and pineapple. Please refer to a glycemic-load index for more information.

Eat these only in restricted amounts if you're trying to watch your carbohydrates.

Grains: 100% whole grains only; making them complex carbohydrates. This includes breads, rice, and pastas. The shells of the grains are preserved and the vitamins, minerals, and fibers are maintained. If the grains are crushed, the vitamins, minerals, and fibers are still present; however, the glucose gets absorbed more quickly into the blood-stream.

Even though these are complex carbohydrates, they still provide glucose. Eat them in only small to moderate amounts if you're trying to watch your carbohydrates.

Healthy nuts, seeds, fats, and oils: Avocado fruits; almonds; canola oil; coconut oil, meat, or milk; flax seed oil; grape seed oil; olives and extra virgin olive oil; peanuts; pine nuts; pistachio nuts; sunflower seeds; pumpkin seeds; sesame seeds; and walnuts and walnut oil.

Required daily in small amounts for various health benefits, including the nervous system. All the oils should be cold-pressed to avoid chemicals in the processing. Flax seed oil and walnut oil are not ideal for high-temperature cooking.



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Dairy and dairy alternatives: Animal based milk products, such as milk, yogurt, and sour cream contain high amounts of protein, but also high amounts of lactose, which is a simple carbohydrate. Dairy alternatives, such as almond milk and hemp milk also contain protein, but much less carbohydrates.

Dairy is generally recommended for growing children and teens, but usually not necessary for adults. It's generally safe for most adults to minimize or avoid dairy if weight-loss is desired.

Filtered water: Water is necessary for life. Our world is full of chemicals and toxins, so filtered water is best. Water filtered at home with reverse-osmosis is one of the best choices.

Unless you suffer from kidney disease, fluid over-load, or another reason to have to restrict your water intake, a minimum of 6-8 glasses of water per day is advised.

3-Which foods are considered disease-creating:

The processed foods and drinks, including candies, and snacks are the “food” substances that create illness and chronic, but preventable diseases.

Examples are sugars, sugar substitutes, processed grains, fatty meats, fatty cheeses, fatty dairy, and all the processed industrialized foods, snacks, and drinks.

The above food substances that come in boxes, packages, cans, and bottles are deprived of vitamins, minerals, phytonutrients, antioxidants, and fiber; however, they are full of sugars and other simple carbohydrates, unhealthy trans-fats, and salt, as well as chemicals, toxins, and preservatives.

These food substances provide no essential nutritional value, but a lot of empty calories. These food substances as well as lack of physical activity are the two primary reasons for our increasing prevalence of preventable chronic diseases, such as heart disease, strokes, obesity, diabetes, dementia, and some cancers.



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4-Which foods should you stock in your kitchen:

The following foods are healthy staples to stock in your kitchen. With frequent purchases of fresh fruits and vegetables, and intermittent purchases of meats and dairy, you can easily prepare healthy and tasty meals and snacks on a daily basis:

- Boxed organic beef, chicken, or vegetable broth without preservatives.
- Cans of sardines and salmon.
- Fresh dried beans, or canned beans without any sugars or other additives.
- Canned olives.
- Fat-free salsa in jars.
- Nuts and seeds without any salts or additives.
- Bottles of healthy oils. The oils should be cold-pressed.
- Bottles of flavored vinegars and ciders without added sugar or preservatives.
- 100% whole-grain breads, crackers, pastas, and cereals with no added sugars or preservatives.
- 100% whole-grain flour or whole grains of wheat, barley, rye, or oats; buckwheat groats; millet; bulgur; quinoa; telf; spelt, and kamut.
- Dried spices and herbs.
- Fresh garlic.
- Potted herbs.
- Lean cuts of meat and fatty wild fish can be packaged fresh in single-serving sizes and family-serving sizes, and frozen for later preparation. Make sure that the items are not previously frozen.
- Although fresh vegetables are the best, packages of frozen spinach, squash, Brussels sprouts, peas, and green beans, among many other choices, are nice choices if fresh produce is not available.

Have cooked beans, fresh vegetables, fresh fruits, fresh or frozen berries, nuts and seeds, and fat-free Greek yogurt available for quick and healthy munchies.



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5-Learn to use and exchange perishable foods in you recipes:

Our stores, market places, and back-yards offer such a large variety of fresh fruits and vegetables that exchanges can easily be made between two vegetables, two fruits, or one or the other.

If one of my recipes calls for a certain fruit or vegetable that you don't like; that you can't tolerate; or that is not available; please feel free to make a different choice from the same category or the other category.

6-Preparation and storage of perishable foods for easy use:

Fruits and vegetables can be cleaned and stored in airtight containers in the refrigerator, either whole or cut into smaller sizes, for approximately 1-3 days depending on which fruit or vegetable it is. They should be used while they're still crisp and have their usual color. Avocados and apples can be cut into slices or mashed and have lemon juice sprinkled on top to prevent browning.

7-Cooking and storing tips for easy and healthy meals:

Fruits should be eaten raw. Vegetables can also be eaten raw; or baked in the oven on a cookie sheet with a quick spray of a healthy oil and a pinch of salt or other spice or herb. Vegetables can also be steamed or boiled for a short time, only. The longer the vegetables are steamed or boiled, the higher the loss of vitamins and phytonutrients. Store any extra prepared vegetables in airtight containers in the refrigerator for later use. They should be used in 2-3 days.

Dried beans can be cooked and stored in the refrigerator for several days.

Wild fatty fish can be easily baked on a cookie sheet with a sprinkle of salt or other spices or herbs, and pearl onions. Store in refrigerator for 2-3 days for later use.

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8-Proper daily amounts of foods for your specific needs:

Below is a summary of the food amounts that are considered minimum safe daily requirements for weight-loss and good health, assuming that you have no food restrictions.

- Your gender, age, beginning weight, activity level, health status, and goals should be considered. Check with your doctor about your own restrictions, needs, and goals.
- Customize the summary below for your own needs and goals with the number of servings of the various food groups that are appropriate for you and your health goals. Use your own customized summary when you choose the recipes. Choose recipes that give you the proper numbers of servings of all the important foods groups within a day; adjust, as needed.

Summary of minimum safe daily amounts for weight-loss and good health: *(customize the summary to meet your own specific needs and goals)*

- 2 small servings of lean animal- or plant-based concentrated proteins with low fiber contents.
- 1 serving of plant-based proteins (legumes) with high fiber contents.
 - Each serving of lean animal-based proteins can be substituted with 2 servings of legumes.
- 4 or more servings of low-sugar vegetables.
- 2 servings of low-sugar fruits and berries.
- 1 serving high-sugar fruit or vegetable.
- 1 serving of whole grains.
- 1 serving of healthy nuts or seeds.
- 4 servings of healthy fats and oils.
- 0-2 servings of dairy or dairy alternatives.
- 6-8 glasses of filtered water.

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10-Recipe for minestrone soup with lean beef, vegetables, beans, and broth:

Total servings: 4. Each serving includes: 1 lean animal-based protein; 1 high-fiber plant-based protein; 1 high-sugar vegetable; 1 or more low-sugar vegetables; 1 whole grain.

This soup is great on a cool evening with family or friends!

Ingredients:

- 1 lb. low-fat ground beef, turkey, or chicken. Max. 7% fat.
- 2 cups kidney beans.
- 4 large raw carrots.
- 4 stalks celery.
- 1 medium onion.
- 1 can crushed tomatoes.
- Whole wheat noodles (elbow, spiral, shell); equaling 2 cups cooked.
- 4 cups+ organic no-fat beef broth.
- Salt, pepper, basil, oregano, or parsley (or other choices).

Preparation:

- Cook noodles according to directions. Drain and rinse with cold water.
- Slice carrots and celery. Chop onion.
- In a 4-quart or larger pot, bring broth to a boil. Add carrot slices and onion, and boil, covered, for 10 minutes. Add celery, and boil, an additional 5-10 minutes, covered, until vegetables are cooked, but not mushy. The shorter you cook the vegetables, the healthier they are.
- While the vegetables are boiling, brown the ground meat in a separate pot. Drain the fat. Add the tomatoes and basil or parsley and mix. Turn off heat.
- When the vegetables are done, add the meat, noodles, and beans. Stir.
- Season to taste and serve hot.



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10-Recipe for chicken noodle soup w. chicken, vegetables, noodles, and broth:

Total servings: 4. Each serving includes: 1 lean animal-based protein; 1 high-sugar vegetable; 1 or more low-sugar vegetables; 1 whole grain.

This is another soup that you'll enjoy sharing with family or friends!

Ingredients:

- 1 lb. raw chicken breast; cubed, or
- 1 lb. boiled, steamed, or baked chicken; skin, fat, and bones removed; cubed.
- 4 large raw carrots.
- 4 stalks celery.
- 1 medium onion.
- Whole wheat noodles (elbow, spiral, shell); equaling 2 cups cooked.
- 4 cups+ organic no-fat chicken broth.
- Salt, pepper, basil or parsley (or other choices).

Preparation:

- Cook noodles according to directions. Drain and rinse with cold water.
- Slice carrots and celery. Chop onion.
- In a 4-quart or larger pot, bring broth to a boil. Add carrot slices and onion, and boil, covered, for 10 minutes. Add celery, and boil an additional 5-10 minutes, covered, until vegetables are cooked, but not mushy. The shorter you cook the vegetables, the healthier they are.
- If you use raw chicken breast, do the following: While the vegetables are boiling, take a cup of the broth from the vegetables and add to a separate smaller pot. Bring to a boil again and add the cubed, raw chicken breast. Boil for approximately 5 minutes, or until no longer pink. Turn off heat.
- When the vegetables are done, add the boiled cubes of chicken breast, or the previously-prepared cubes of cooked chicken, and noodles. Stir.
- Season to taste and serve hot.



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10-Recipe for vegetable chili:

Total servings: 4. Each serving includes: 1 high-fiber, plant-based protein; 1 high-sugar vegetable; 1 or more low-sugar vegetables; ½ fruit, 1 oil.

Please use more spices if this isn't hot enough for you!

Ingredients:

- 4 cups canned or cooked beans (kidney is my preference).
- 4 large raw carrots, shredded.
- 4 stalks celery, cut into small cubes.
- 2 medium onion or 1 large, chopped.
- 2 apples, shredded and drizzled with lemon juice to prevent browning.
- 4 tsp olive, safflower, or peanut oil for high-temperature cooking.
- 2 cans chopped tomatoes.
- 4 cups+ organic no-fat beef broth.
- 2 Tbs chili powder.
- 2 Tbs cumin powder.
- Salt and pepper (or other choices)

Preparation:

- Shred carrots and apples. Sprinkle lemon juice on the apples. Chop onions. Cube the celery.
- In a 4-quart or larger pot, Heat up the oil. Add carrots and onions. Wilt for 5 minutes.
- Add celery and apples, and wilt for another 5 minutes.
- Add beef broth, tomatoes, beans, and seasoning.
- Heat, stir, and serve hot.



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**10- Recipe for Imitation crab
with vegetables, fat-free cheese, & spaghetti sauce:**

Total servings: 4. Each serving includes: 2 animal-based proteins; 2 low-sugar vegetables; 2 high-sugar vegetables.

*This is a favorite among kids, especially if made with noodles;
serve raw, steamed, or baked veggies on the side for that variation.*

Ingredients:

- 16 oz imitation crab, shredded, sliced, or cubed.
- 8 green zucchini, each cut in 4 slices length-wise, and cubed.
- 4 cups low-fat, low-sugar spaghetti sauce.
- 1 cup shredded low-fat or fat-free mozzarella cheese.

Preparation:

- Place zucchini cubes in a microwave-safe bowl and cook on high approximately 8 minutes, or until done.
- Place in a pot on the stove on low heat, and add the imitation crab, spaghetti sauce, and shredded cheese.
- Stir, and serve hot.

Variation:

You can eliminate the zucchini and use 4 servings of cooked, whole-grain noodles instead; or, you can use 1 zucchini and ½ serving of noodles per person.



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10-Recipe for cold bean salads with raw vegetables and healthy oils:

Total servings: 4. Each serving includes: 2 high-fiber plant-based proteins; ½ low-sugar vegetables; 2 oils; 1 nuts or seeds.

Add more veggies to this traditional 3-bean salad for more health!

Ingredients:

- 4 cups beans (mix and match, for example kidney, navy, and black). Rinse and drain first.
- 1 medium onion, chopped.
- 2 stalks celery, chopped.
- 4 servings of nuts or seeds. (1 serving of nuts is a small hand-full, and 1 serving of seeds is a Tbs).
- 8 tsp olive, walnut, or peanut oil.
- 4 Tbs vinegar (your favorite flavor).
- Salt and pepper to taste.

Preparation:

- Mix all ingredients and serve cold.



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10- Recipe for fruit and vegetable slaw with nuts and healthy oils:

Total servings: 4. Each serving includes: 1 low-sugar vegetables; 2 fruits; 2 oils; 1 nuts or seeds.

This is my favorite recipe for a tangy orange slaw with lots of flavors!

Ingredients:

- 2 apples, leave peel on, shredded or cube, and drizzled with lemon juice.
- 2 oranges, peeled, sliced, and cut into small pieces.
- 4 small bell peppers, or 2 medium; remove seeds and stem, and slice into small pieces. Mix green, yellow, orange, and red.
- 4 servings of nuts or seeds, such as walnuts, or sunflower seeds. (1 serving is a small hand-full of nuts or 1 Tbs of seeds).
- ½ cup of dried cranberries.
- ½ medium green cabbage, shredded.
- 8 tsp of walnut or olive oil.
- 4 Tbs of vinegar (your favorite flavor)
- 4 tsp of frozen orange juice concentrate.
- 4 Tbs water.
- Salt and pepper to taste. Use only a sprinkle.

Preparation:

- Mix water, orange juice concentrate, oil, vinegar, and salt and pepper to taste.
- Add apples, oranges, bell peppers, nuts or seeds, and cranberries. Mix.
- Add shredded cabbage. Mix.
- Serve cold.



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**10-Recipe for fresh garden salad with lettuce or spinach,
veggies, and dressing:**

Total servings: 1. Each serving includes: 2-4 low-sugar vegetables; 2 oils.

The possibilities are endless. Find all the fresh choices at your local market!

Ingredients:

- As many spinach leaves or other leaves as you can eat. Be mindful of vitamin K from the dark-green leafy vegetables if you're on coumadin therapy. You can substitute with cabbage leaves or just use the other vegetables.
- As many of your other favorite vegetables that you can slice and add to the salad. Suggestions include red, yellow, and/or green tomatoes; sliced cucumber; sliced mushrooms; sliced radishes; bouquets of cauliflower; bouquets of broccoli; or anything else that you like. The more different colors, the more vitamins and phytonutrients you'll get.
- 2 tsp olive, walnut, or peanut oil.
- 1 Tbs of vinegar (your favorite flavor).
- Fresh herbs, small pieces, use your favorite flavors.
- Salt and pepper to taste. Use only a sprinkle.

Preparation:

- Place green leaves or cabbage leaves or shredded cabbage in a bowl.
- Place prepared vegetables on top. Mix with leaves.
- Prepare dressing from remaining ingredients and pour on top. Mix.

Variation:

You can add ½ cup canned or cooked beans for 1 serving of high-fiber plant-based protein or 1 hard-boiled eggs for ½ serving of animal-based protein; and turn it into a meal.



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10-Recipe for cold or warm potato salad with lots of other veggies:

Total servings: 4. Each serving includes: 2-4 low-sugar vegetables; 1 high-sugar vegetable; 3 oils.

This salad is a good way to “slip in” a lot of extra vegetables!

Ingredients:

- 16 small fresh potatoes, with the peel on.
- 1 medium onion; chopped.
- 4 stalks celery; sliced thinly.
- 1 medium bell pepper; yellow, red, or orange are probably the best flavors; sliced thinly or chopped.
- 16 cherry tomatoes; cut in quarters.
- ½ avocado; sliced thinly, and sprinkled with lemon juice.
- 8 tsp olive, walnut, or peanut oil.
- 4 Tbs vinegar (use your favorite flavor).
- Salt and pepper to taste.
- Optional: Sprinkle of your favorite herb.

Preparation:

- Clean potatoes, leave peel on, and boil in water for 20 minutes, covered.
- While potatoes boil, prepare all the other vegetables and set aside.
- While potatoes boil, prepare the dressing of remaining ingredients and set aside.
- When potatoes are done boiling, drain, and cut in slices or quarters. Leave the peel on. Put in a serving bowl while still hot.
- Add other vegetables and dressing and mix.
- Serve hot, or put into the refrigerator and serve cold.

Variation:

Instead of using oil and vinegar for the dressing, you can use 8 Tbs of fat free sour cream; 4 tsp oil; 1 tsp prepared mustard; and salt and pepper to taste. This will cut the oil down to 1½ servings per person. This dressing is best served cold.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for steamed, blanched, or baked vegetables:

Total servings: 4. Each serving includes: 2 low-sugar vegetables; 1 oil (optional for steaming and blanching).

The vegetables can be prepared and stored for later use as snacks or a side-dish!

Ingredients:

- 8 or more servings of your favorite fresh, raw vegetables. You can mix and match. Good choices are broccoli, cauliflower, asparagus, carrots, and Brussels's sprouts.
- 4 tsp of olive, walnut, safflower, or peanut oil.

Preparation:

- Steaming: You need a two-part pot with water in the bottom pot, and holes in the top pot. Add water to the bottom pot. Clean and cut the vegetables into even sizes for the steamer. Place in the top pot with holes, place it on the bottom bot, add lid, and bring to a boil. Turn down heat once it boils, but keep at a boil. You can drizzle with oil upon serving.
 - Broccoli, cauliflower, carrots, and Brussels's sprouts need 10-15 minutes to be tender, but still crisp.
 - Asparagus need 7-10 minutes to be tender, but still crisp.
- Blanching: You need a pot with salted, boiling water. Add the vegetables and boil from 3-10 minutes, depending on how soft you want them. The less time in the boiling water, the more vitamins and phytonutrients remain. You can drizzle with oil upon serving.
- Baking: Turn the oven to 400 degrees Fahrenheit. Place cleaned, cut, and dried vegetables on a large cookie sheet, drizzle with the oil, sprinkle with a little salt and/or other seasoning. Turn to cover. Bake in the oven 15-30 minutes, depending on how crisp or well-done, and how browned you like the vegetables.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for baked kale as vegetable chips or a sprinkle into other dishes:

Total servings: 4. Each serving includes: 1 low-sugar vegetable; 1 oil (optional for steaming and blanching).

A lot of people are not aware that kale can be this easy and delicious!

Ingredients:

- 1 large bag of cleaned and torn fresh kale pieces.
- 4 tsp of olive, peanut, safflower, or walnut oil.
- Sprinkle of salt or other seasoning.

Preparation:

Heat oven to 400 degrees Fahrenheit. Place kale pieces on a cookie sheet, drizzle with oil and sprinkle with salt. Bake 8-15 minutes, depending how crisp and browned you want the pieces.

Uses:

- Eat as chips.
- Crumble up and use in an omelet.
- Crumble up and use in soups or salads.
- Crumble up and mix in bean dips for raw vegetable slices..
- Crumble up and mix with guacamole for a dip for sliced vegetables
- Crumble up and mix with guacamole for a spread on a sandwich.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for guacamole as a dip or a spread in a sandwich:

Total servings: 4. Each serving includes: 2 oils.

***Guacamole brings a lot of flavor into a dip for raw vegetables,
or as a sandwich spread!***

Ingredients:

- 1 medium avocado; mused and drizzled with lemon juice.
- ½ small onion.
- Salt to taste.
- Optional: Fat-free salsa; use one or the other.
- Optional: Crumbled baked kale leaves; use one or the other.

Preparation:

Mix all ingredients. Store in the refrigerator in an air-tight container.

Uses:

- Use as a dip for raw vegetable slices.
- Use as a spread on a sandwich. Use whole grain bread, add thin layers of guacamole dip, add slices of mushrooms and/cucumbers, and/or bell peppers. 1 serving of dip is ¼ of the whole avocado. You can also include other herbs in the layers.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for bean dips for fresh vegetables:

Total servings: 4. Each serving includes: 1 high-fiber, plant-based protein, 1 or more low-sugar vegetables, 1 oil (optional).

Use this dip as an excuse to eat more veggies, or flavor up your sandwich!

Ingredients:

- 2 cups of whole beans, mushed; or 1 cup of mushed beans. Use your bean of choice, such as pinto, kidney, navy, black, white, etc.
- 4 tsp of oil (optional).
- ½ onion, chopped (optional).
- Fat-free salsa to taste, or
- Fresh, chopped garlic or garlic powder to taste.
- Lemon juice to taste.
- Parsley, fresh or dried, to taste.
- Salt to taste.
 - Choose a traditional bean dip with salsa and chopped onions; or
 - Choose a white bean dip with garlic, lemon juice, oil, parsley, and salt.

Preparation:

- For the traditional bean dip, mix mushed beans with chopped onions and/or salsa in a bowl. Oil is optional, but not really necessary.
- For the white bean dip, mix white beans, oil, garlic, lemon juice, and parsley in a blender. Blend to a soft and smooth consistency. Season with salt to taste and serve in a bowl.

Uses:

- Both dips can be used as a dip for fresh vegetable slices, such as cucumber slices, mushroom slices, cherry tomatoes, strips of bell pepper, bouquets of cauliflower or broccoli, etc.; or as dips for baked chips, either kale chips, pita chips, or the healthiest choices you can find at the store.
- Use either version as a spread on your sandwich to make it more flavorful.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for cooked brown rice or other whole grains:

Total servings: 4. Each serving includes: 1 grain; 1 oil.

You can cook extra servings and save for a side-dish in the refrigerator!

Ingredients:

- 4 servings of brown rice, quinoa, or other whole grain that can be boiled with water. Each serving is ½ cup prepared grain.
- Salt or other seasoning, as indicated, for the boiling.
- 4 tsp olive, walnut, safflower, or peanut oil (optional).
- Garlic or other seasoning for frying (optional)

Preparation:

- Boil the grains in water and salt, as indicated on the packaging. Serve as is; possibly mixed with a tsp of oil; or
- Heat up 4 tsp of oil in a frying pan. Add the boiled grains. Mix to brown slightly. Can include garlic or other seasoning. Serve.

Uses:

Use as a side dish to vegetables, and possibly meat or beans.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for hamburgers, lamb burgers, or salmon burgers:

Total servings: 4. Each serving includes: 1 animal-based protein; 1 grain for the hamburger; 2 grains for the lamb burgers and salmon burgers; possibly 1 low-sugar vegetable.

These burgers are great for grilling. Pre-brush the grill with a little oil!

Ingredients:

- 4 whole grain hamburger buns, toasted.
- Mustard; leaves of lettuce or spinach; tomato and onion slices, etc..

Choose one of the animal-based burgers or patties below:

- 1 lb of lean ground beef.
- ½ chopped onion.
- Salt, pepper, fresh or dried herbs, or other seasoning to taste, or
- 1 lb of lean ground lamb.
- ½ chopped onion.
- ¼ cup chopped fresh mint leaves.
- ¼ cup whole wheat flour.
- Salt and pepper to taste, or
- 1 lb of baked or canned, shredded salmon. (Skin and bones removed).
- ½ chopped onion.
- 4 Tbs fresh or dried parsley.
- ¼ cup whole wheat flour.
- 1 whole egg.
- Salt and pepper to taste.

Preparation:

- Mix all ingredients for the patty chosen. Form into 4 patties. Brown on both sides on a hot griddle till done. Serve on toasted buns with condiments.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for braised or baked meats in single servings or family-servings:

Total servings: 4. Each serving includes: 1 animal-based protein; 1 oil (optional for baked preparation).

This simple way of fixing meats or fish brings out all the flavors of the product!

Ingredients:

- Chicken quarters with skin and bones; chicken breasts without skin and bones; lean beef steaks; lean pork chops; pork tenderloin (whole or in slices); skin and boned white fish; or boned salmon fillet with skin on one side. 4 oz per serving.
- 1 tsp oil per serving (optional).
- Salt and pepper, or other seasoning to taste.

Preparation:

- For braising the meat or fish: Clean and dry the meat or fish pieces. Season with salt and pepper or other seasoning. Heat oil in a frying pan. Add pieces of meat and brown on both sides on high heat. Lower heat and continue cooking till done.
- For baking the meat or fish. Clean and dry the meat or fish pieces. Place on a cookie sheet that has been sprayed briefly with oil from a can. Salmon or other fish with skin should be placed with skin side down. Season with salt and pepper, and other choices. Chicken is good when sprinkled with salt and paprika. Bake in a 400 degree Fahrenheit oven for 20-40 minutes, depending on the thickness of the meat or fish. The 4 tsp of oil can be used to rub on all surfaces, instead of the canned oil spray on the cookie sheet prior to baking.
- If chicken has been prepared with the skin on, it may be removed for less saturated fat. Chicken with the skin on may be seasoned after the preparation if the skin is to be removed before eating.

Uses: Use as an animal-based protein for a meal with other vegetables and/or fruits, and/or salads.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for omelet with baked kale and fresh vegetables:

Total servings: 4. Each serving includes: 1 animal-based protein; 1 oil; 1 low-sugar vegetable; 1 additional animal-based protein if fat-free or low-fat shredded cheese is used.

This hardy breakfast omelet gives you energy all morning!

Ingredients:

- 8 eggs or egg substitute.
- Salt and pepper to taste.
- A little water for the omelet, if desired.
- Mushrooms, slices.
- Onion, minced.
- Bell peppers, sliced.
- Kale leaves, baked.
- 2 tsp oil; olive, walnut, peanut, or safflower.
- 12 TBS of shredded fat-free or low-fat cheese.

Preparation:

Decide which vegetables to use in the omelet. Heat 2 tsp oil in a non-stick frying pan. Add the selected vegetables, except for the kale. Wilt until desired consistency. Remove from frying pan. Heat the remaining 2 tsp oil. Beat the 8 eggs with a little water, if desired, and add salt and pepper to taste. Reduce heat to medium-low. Add egg mixture and swirl across the frying pan to cover the bottom. Sprinkle the vegetables on top, also add kale, if wanted, and cheese if wanted. Once omelet sets enough, fold one half over the other half. Continue cooking till eggs are set. Cut into four slices and serve.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for spinach smoothy with fruit or berries:

Total servings: 1. Each serving includes: 1 low-sugar vegetable; 1 fruit.

This can be part of a healthy breakfast that you can enjoy while driving to work!

Ingredients:

- Enough spinach leaves to fill a 32 oz. tumbler more than ½ full.
- 1 cup of sliced strawberries, or 1 cup of cubed pineapple, or 1 cup of other berries (fresh or frozen), or 2 kiwi fruits (peeled and sliced), or 1 apple (sliced), 1 pear (sliced), or other fruit to measure up to 1 cup.
- ½ cup or more water.

Preparation:

Use the 32 oz tumbler that fits on an electric bullet, or use a regular blender. Add spinach leaves and the fruit. Add additional water to make the contents about 28 oz. Blend until smooth. Pour into a tall glass and enjoy.



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- ***Which Recipes are Healthy, Tasty, and Easy-***

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10-Recipe for Greek yogurt with fruits or berries, and nuts:

Total servings: 1. Each serving includes: 1 animal-based protein; 1 fruit; 1 nuts or seeds.

***This is a good breakfast supplement to the spinach drink with fruit,
if you don't mind having 2 fruits in the morning!***

Ingredients:

- 4 oz plain, fat free Greek yogurt.
- 1 serving of fresh fruits, cut up; such as 2 peeled kiwi fruits; 1 unpeeled apple; 1 orange; among many choices.
- Or 1 cup frozen berries, slightly thawed.
- 1 small handful of nuts, or 1 TBS of seeds.

Preparation:

Mix all ingredients and enjoy.



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- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for whole-grain tortilla wrap with spinach, guacamole:

Total servings: 1. Each serving includes: 1 grain; 1 fat; 2 low-sugar vegetables; optional: 1 high-fiber plant-based protein.

*This one is really tasty and can be used as a snack,
or as a meal if the re-fried beans are included!*

Ingredients:

- 1 whole-wheat flour tortilla.
- Guacamole of ¼ avodado, including chopped onions.
- Spinach leaves.
- Optional: ¼ cup re-fried beans with salsa.

Preparation:

Spread guacamole and re-fried beans on the tortilla. Top with spinach leaves.

- Roll up and serve at room temperature, or
- Fold in half and toast in toaster oven at 350 degrees Fahrenheit for 5 minutes.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for fresh fruits or melons, cut up and decorated

Total servings: 1. Each serving includes: 2 or more fruits; 1 nuts or 1 seeds; ¼ animal-based protein.

1st impression is always important; even for a fruit platter!

Ingredients:

- Choose from apples, oranges, kiwis, cherries, pears, cantaloupe, water melon, strawberries, blackberries, etc. Slice up or scoop into balls.
- 1 oz plain, fat-free Greek yogurt.
- Few drops of vanilla extract.

Preparation:

- Cut up or scoop up fruits. Sprinkle lemon juice on apple or pear pieces. Decorate nicely on a serving platter.
- Sprinkle nuts or seeds around the fruits.
- Mix yogurt and vanilla extract and use for a dip.



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Hand-Out

- ***Which Recipes are Healthy, Tasty, and Easy-***

07/15/14

10-Recipe for vegetable tray with healthy dressings or dips:

Total servings: 1. Each serving includes: 2 or more low-fat vegetables.
½ animal-based protein for yogurt dip, or
1 high-fiber plant-based protein from bean dip, or
2 oils from oil-vinegar dressing, or
2 oil from guacamole.

1st impression is also important for a vegetable platter!

Ingredients:

- Choose from sliced mushrooms; quartered tomatoes; celery sticks; broccoli bouquets; cauliflower bouquets; baby carrots; cucumber slices; radishes, etc.
- Yogurt dip: 2 oz plain, fat-free yogurt, salt, pepper, 1 TBS of either curry, paprika, prepared mustard, or fresh or dried basil leaves, or
- Bean dip: ¼ cup mashed beans with salsa and minced onions, or
- Oil-vinegar dressing: 2 tsp of walnut, olive, or peanut oil; 1 Tbs of flavored vinegar; salt and pepper, or
- Guacamole: ¼ avocado, mashed, sprinkled with lemon juice and salt; mixed with minced onions.

Preparation:

Arrange raw vegetable pieces decoratively on a serving platter.
Serve with one of the above dressings in a separate bowl.