



Healthy Living Recipe

E-BOOK



Explore Healthy Recipes to
Transform Your Life

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DAY 1: BREAKFAST



Golden Sunrise Scramble

Servings 2 <i>Serving Count</i>	Ingredients 8 <i>Count</i>	Nutrition 108 <i>Calories</i>	Total Time 20 <i>Minutes</i>
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Ingredients

- 2 Eggs
- 2 teaspoons Chicken seasoning
- ½ teaspoon Onion powder
- 3 dashes Turmeric
- ½ cup Onions, chopped
- ½ cup Mushrooms, sliced
- ¼ cup Red Bell Pepper, chopped
- 1 clove Garlic, minced

Directions

Beat eggs with a whisk. Add spices and mix well.

In a large skillet, saute fresh veggies and garlic clove in a small amount of water until soft.

Add egg mixture. Cook over medium heat and scramble until cooked through, For a "spicier" taste, add ½ teaspoon curry powder and top with salsa.

DAY 1: LUNCH



Cabbage Soup

Servings	Ingredients	Nutrition	Total Time
10 <i>Serving Count</i>	14 <i>Count</i>	198 <i>Calories</i>	90 <i>Minutes</i>

Ingredients

- ½ to 1 head Cabbage
- 6 Onions
- 2 Green Bell Peppers
- 1 bunch Scallions
- 1 bunch Celery
- 6 Carrots
- 16 oz bag frozen Green Beans
- 1 ½ cups V-8 or tomato juice
- 28 oz can Crushed Tomatoes
- ¼ cup Chicken seasoning
- Black Pepper, to taste
- Herbs, to taste
- ½ cup Balsamic Vinegar
- 1 cup Pearled Barley

Directions

Chop vegetables into bite size pieces. Combine all ingredients in a very large stockpot, and add enough water to cover. Boil 10 minutes.

Reduce to a simmer and continue cooking until vegetables are tender, approximately 1 hour.

DAY 1: DINNER



Salsa Burritos

Servings	Ingredients	Nutrition	Total Time
4	12	217	25
<i>Serving Count</i>	<i>Count</i>	<i>Calories</i>	<i>Minutes</i>

Ingredients

- 4 large Whole Wheat Tortillas
- ¼ Yellow Onion, diced
- ¼ cup Vegetable Broth or Water
- Chili powder to taste (optional)
- 1 15 ounce can (or 2 cups cooked) Kidney or Pinto beans, rinsed and drained or use low fat Refried beans
- ¼ cup mild Salsa

Toppings

- Black Olives, sliced
- Cherry Tomatoes
- Red Bell Pepper, sliced
- Corn Kernels, cooked
- Lettuce leaves, shredded
- Carrots and/or Zucchini, grated

Preparation

Wrap the tortillas in foil and warm them in the oven on low for about 10 minutes.

Meanwhile, sauté the onion in water or broth until softened.

Add the chili powder and cook for 1 minute.

Add the beans and salsa and cook until the beans are heated through. (If using refried beans add salsa and microwave until warm.)

Place the bean mixture in a food processor and purée until smooth. (Skip if using refried beans.)

Spread 1/4 of the bean mixture on each tortilla. Top with remaining ingredients.

Let kids make faces on the tortillas using the vegetables (e.g. sliced black olives for eyes, cherry tomatoes for noses, red pepper slices for lips, corn kernels for teeth, and shredded lettuce or grated carrots for hair).

Roll up and serve.

DAY 2: BREAKFAST



Green Smoothie

Servings	Ingredients	Nutrition	Total Time
1	4	263	5
<i>Serving Count</i>	<i>Count</i>	<i>Calories</i>	<i>Minutes</i>

Ingredients

- 1 fresh Banana
- 1/2 to 3/4 bunch Romaine
- 1/2 cup Non-dairy Milk
- 1 cup frozen Spinach

Directions

Place ingredients in a blender. Add non-dairy milk or water to achieve the desired consistency. Blend until desired slushy consistency.

DAY 2: LUNCH



Spinach Salad With Strawberries And Almonds

Servings	Ingredients	Nutrition	Total Time
2 <i>Serving Count</i>	6 <i>Count</i>	176 <i>Calories</i>	10 <i>Minutes</i>

Ingredients

- 3 cups fresh Baby Spinach
- ½ cup fresh Strawberries, sliced
- ¼ cup Almonds, sliced
- 1 tablespoon Cider Vinegar
- 1 tablespoon Honey
- 1 ½ teaspoons Sugar

Preparation

In a large bowl, combine the spinach, strawberries, and almonds.

In a jar with a tight-fitting lid, combine the vinegar, honey and sugar; shake well. Drizzle over salad and toss to coat. Serve immediately.

DAY 2: DINNER



Fettuccine With Broccoli And Pine Nuts

Servings	Ingredients	Nutrition	Total Time
4 <i>Serving Count</i>	7 <i>Count</i>	316 <i>Calories</i>	35 <i>Minutes</i>

Ingredients

- 8 ounces Whole Wheat Fettuccine (or other pasta)
- 1/4 cup Water
- 6 to 8 large cloves Garlic, minced
- 2 tablespoons Pine Nuts
- 1/4 teaspoon Red Pepper Flakes or pinch of Cayenne
- 1 pound Broccoli
- 4 pounds Tomatoes diced or 28 ounce can chopped Tomatoe

Preparation

Cook the pasta according to package directions until tender

Meanwhile, heat water in a large skillet and sauté the garlic, pine nuts, and red pepper flakes or cayenne for 1 minute or until tender, stirring constantly.

Add the tomatoes and simmer for 7 minutes, stirring occasionally.

Break or cut the broccoli into florets. Peel the stems and slice into rounds. You should have about 3-4 cups of broccoli. Steam until crisp and tender, about 5 minutes, then add to tomato mixture.

Remove the water from the cooked pasta, then rinse and drain. Spread pasta on a large platter and top with sauce. Serve immediately.

DAY 3: BREAKFAST



Sweet Breakfast Rice

Servings

2

Serving Count

Ingredients

4

Count

Nutrition

285

Calories

Total Time

5

Minutes

Ingredients

- 1 cup Brown Rice, cooked
- 3 Dates, pitted
- 1/3 cup Water
- 3/4 whole Banana

Preparation

Heat the rice in a microwave until warm. Stir and set aside.

Place the dates and water in a blender and process briefly. Add the banana and process until smooth. Pour over the warmed rice and serve.

DAY 3: LUNCH



Portobello Sandwich

Servings	Ingredients	Nutrition	Total Time
2 <i>Serving Count</i>	9 <i>Count</i>	216 <i>Calories</i>	25 <i>Minutes</i>

Ingredients

- 1 teaspoon Balsamic Vinegar
- 1/2 teaspoon Olive Oil
- 1 tablespoon Dry Mustard
- 1 clove Garlic, minced
- 1/8 teaspoon Salt
- 2 medium Portobello Mushrooms (about 4 inches in diameter), stemmed
- 1 large Bell Pepper, sliced
- Whole Grain Bread or Baguettes
- Lettuce, Sprouts, Tomato, etc for serving on sandwiches

Preparation

Clean and dry mushrooms.

In a small mixing bowl combine vinegar, oil, mustard, garlic and salt.

Turn on broiler, and adjust rack so it is as close to the heat source as possible.

Put the mushroom caps, bottom up, and peppers in a shallow baking pan. Brush with half of the dressing. Cook for 5 minutes.

Turn the caps and peppers, brush with the remaining dressing, and broil for 4 minutes.

Place baked mushrooms and peppers on toasted whole grain bread or baguettes. Add lettuce, tomato and sprouts.

DAY 3: DINNER



Crock Pot Chili

Servings	Ingredients	Nutrition	Total Time
10 <i>Serving Count</i>	14 <i>Count</i>	281 <i>Calories</i>	480 <i>Minutes</i>

Ingredients

- 1 large Onion, chopped
- 1 ½ teaspoons Garlic, minced
- ⅓ cup Water
- 2 tablespoons Vegetable Broth powder
- 2 tablespoons Honey
- 1 tablespoon Red Wine Vinegar
- 1 tablespoon Paprika
- 2 teaspoons Chili powder
- ½ teaspoon Cinnamon
- ¼ teaspoon Nutmeg
- 2 15 ounce cans White beans, rinsed and drained or 3 cups cooked beans
- 2 15 ounce cans Black beans, rinsed and drained or 3 cups cooked beans
- 1 15 ounce can Black-eyed peas, rinsed and drained or 1.5 cups cooked beans
- 1 15 ounce can Tomatoes, diced (use Rotel tomatoes for a spicier dish)

Preparation

Place onion, garlic, and water in a small saucepan. Cook, stirring occasionally for 3 minutes. Add all seasonings, mix well, and heat for 1 minute.

Combine beans, tomatoes, and onions in a large crockpot. Mix well, cover and cook on high for 4 hours, or low for 8-10 hours.

Chili can be served alone or over rice, baked corn chips, or salad mixture.