

VA Puget Sound MOVE! Healthy Teaching Kitchen Recipes

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Marinated Vegetable Salad

Prep: 30 Minutes | Cook: 20 min | Total: 40 minutes
Yield: 7 Servings | Serving Size: 1 cup

Ingredients

- 2 cups diagonally sliced carrot, 1 pound
- 2 cups julienne-cut zucchini
- 1 cup vertically cut sliced red onion
- 1/2 cup julienne-cut red bell pepper
- 1/4 cup red wine vinegar
- 2 Tablespoon finely grated Parmesan cheese
- 1 Tablespoon chopped fresh parsley
- 1 Tablespoon water
- 1 Tablespoon olive oil
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Directions

1. Place carrot in microwave-safe dish; cover with plastic wrap. Microwave at HIGH 4 minutes or until crisp-tender
2. Place zucchini in microwave-safe dish; cover with plastic wrap. Microwave at HIGH 1 ½ minutes or until crisp-tender. Cool
3. Combine carrot, zucchini, onion, and bell pepper in a large bowl. Combine vinegar and next 8 ingredients in a small bowl, stirring with a whisk.
4. Pour vinegar mixture over vegetables, tossing to coat. Cover and marinate in refrigerator 2 hours.

Nutrition Facts per Serving: Calories: 70 | Total Fat: 2.5 g | Saturated Fat: 0.5g
Sodium: 150 mg | Total Carbohydrate: 9g | Dietary Fiber: 2 g | Protein: 2 g

Tabbouleh-Style Quinoa Salad

Prep: 30 Minutes | Cook: 20 min | Total: 40 minutes
Yield: 4 Serving | Serving Size: 2 cup

Ingredients

Salad

- 1 cup quinoa
- 2 cups water (or broth: vegetables or chicken)
- 4 Roma tomatoes, seeded and chopped
- 1-2 cucumbers, seeded and chopped
- 3/4 cup chopped fresh parsley
- 1/2 cup chopped fresh mint
- 4 green onions, chopped

Dressing

- 1/2 cup lemon juice
- 1/4 cup olive oil
- 1 clove garlic, minced
- Salt and pepper to taste (not included in nutrition facts)

Directions

1. Bring water (or broth) and quinoa to boil and simmer for approximately 15 minutes. Allow to cool at room temperature
2. Mix vegetables and herb together
3. For dressing, mix ingredients together and pour over vegetables, toss
4. Mix in quinoa

Nutrition Facts per Serving: Calories: 320 | Total Fat: 17 g | Saturated Fat: 35 g
Sodium: 15 mg | Total Carbohydrate: 35g | Dietary Fiber: 6 g| Protein: 8 g

No-Knead Whole-Wheat Bread

Prep: 30 Minutes | Cook: 45-60 Minutes | Total: ~14 hours
Yield: 6 Servings | Serving Size: 1.5 inch slice

Ingredients

2 1/4 cups bread flour, plus more for the work surface
3/4 cup whole-wheat flour
1 1/4 teaspoon salt
1/2 teaspoon or 1 package yeast
1 1/3 cup cool water
Wheat bran, cornmeal, or additional flour, for dusting

Directions

1. In a medium bowl, stir together the flours, salt, and yeast. Add the water and, using a wooden spoon or your hand, mix until you have a wet, sticky dough, about 30 seconds.
2. Cover the bowl and let it sit at room temperature until the surface is dotted with bubbles and the dough has more than doubled in size, 12 hours.
3. Generously dust a work surface with flour. Use a rubber spatula to scrape the dough onto the surface in 1 piece. Using lightly floured hands or a bowl scraper or spatula, lift the edges of the dough in toward the center. Nudge and tuck in the edges of the dough to make it round.
4. Place a piece of parchment, wax paper or tea towel on your work surface and generously dust it with wheat bran, cornmeal, or flour. Gently place the dough on your work surface and cover with a bowl.
5. The dough is ready when it is almost double in size, 1-2 hours. When you gently poke the dough with your finger, it should hold the impression. If it springs back, let it rise for another 15 minutes.
6. About half an hour before you think the second rise is complete, preheat the oven to 475°F (245°C). Adjust the oven rack to the lower third position and place a 4 1/2-to-5 1/2-quart heavy Dutch oven or pot with a lid in the center of the rack.
7. Using pot holders, carefully remove the preheated pot from the oven and uncover it. Unfold the tea towel and quickly but gently invert the dough into the pot, seam side up. (Use caution—the pot will be very hot.) Cover the pot and bake for 30 minutes.
8. Remove the lid and continue baking until the loaf is a deep chestnut color but not burnt, 15 to 30 minutes more. The bread is done when it registers 200°F to 210°F (93°C to 99°C) on an instant-read thermometer.
9. Use a heatproof spatula or pot holders to carefully lift the bread out of the pot and place it on a rack to cool thoroughly.

Nutrition Facts per Serving: Calories: 235 | Total Fat: 1.1 g | Saturated Fat: 0.2 g
Sodium: 388 mg | Total Carbohydrate: 48g | Dietary Fiber: 3.4 g | Protein: 8.2
Adapted from Leites Culinaria and Jim Lahey

Building a Balanced Smoothie

Smoothies are a delicious, fast, and nutritious meal or snack – when made correctly. It is important to remember that meals, whether served on a plate or in a glass, should be nutritionally balanced. So, while an all-fruit smoothie may make your taste buds happy, the lack of protein and fat will leave your body unsatisfied.

Luckily making a nutritionally balanced smoothie is simple – just follow these five steps. Amounts below will make 2 servings:

1. Choose a Base (1/2 cup):

Low fat milk, almond milk, brewed tea, coconut water, coconut milk, rice beverage, soymilk, water, or 100% fruit juice

2. Choose a Fruit (fresh or frozen) (1 cup):

Apple, banana, blackberries, blueberries, cherries, grapes, kiwi, mango, melon, oranges, papaya, peach, pear, pineapple, raspberries, or strawberries

3. Choose a Vegetable (1/2 cup):

- **Raw:** Arugula, beet greens, celery, chard, collard greens, cucumbers, dandelion greens, kale, or spinach (greens can be raw or cooked). Raw vegetables will require a powerful blender to fully grind them up.
- **Cooked:** butternut squash, carrots, pumpkin, or sweet potato

4. Add in Protein, Healthy fats and/or Fiber:

Protein:

- 1/2 cup cottage cheese or Greek yogurt
- 1/4 cup silken tofu, cooked lentils, or beans
- 1-2 tablespoons peanut butter, almond butter, or sun butter

Healthy Fat/Fiber:

- 1/4 Avocado
- 1 Tablespoon chia seeds
- 2 Tablespoons chopped nuts
- 1 Tablespoon ground flax seeds
- 1 Tablespoon hemp seeds or hearts
- 1 Tablespoon wheat germ

Give it a Boost (choose 1):

- 1 Tablespoon cocoa powder
- 1 capsule fish oil, open and squeeze in to smoothie (for omega-3's)
- 2 drops flavor extracts (vanilla, almond, or mint)
- 1 tsp chopped fresh herbs (mint or basil)
- Pinch of spices (cinnamon, nutmeg, ginger, or cayenne)
- 3 cubes ice

Extra Tips:

- If you use frozen fruit, buy varieties with no added sugar.
- Notice the fat content of your liquid base and protein – try to choose low fat varieties of milk and yogurt.
- You can adjust the consistency of the smoothie by adding more liquid or using less dense fruits and vegetables.
- Be creative! This formula makes a nutritionally balanced smoothie – so throw your taste buds some (delicious) curve balls!

Blender Tips: All blenders are not created equal. They vary in size, strength and ease of cleaning.

- Standing Blender: large standing blenders hold 5-8 cups, vary in strength to crush ice and grind vegetables.
- Single Serving Blenders: good for making 1-2 servings. Hold 2-4 cups.
- Handheld Immersion Blender: good for making 1-2 servings. Easy to clean.

Sample Recipes:

Strawberry-Banana Smoothie: 1/2 cup plain yogurt, 1/2 banana, 1/4 cup orange juice, 1/4 cup water, 1/2 cup frozen strawberries, 1/2 cup cooked butternut squash

Orange Creamsicle: 1/2 cup plain yogurt, 1 orange (peeled), 1/4 tsp vanilla extract, 1/4 cup orange juice, 1/2 Tbsp chia seeds, 1/4 cup water, 3 ice cubes

Peachy Keen: 1/2 cup milk, 1/4 cup plain yogurt, 1 cup frozen peaches and strawberries, 1/4 of an avocado, pinch powdered ginger or 1 tsp grated fresh ginger

Peanut Butter Dream: 1 ripe banana, 1/2 cup milk, 1 Tbsp creamy peanut butter, 1/2 Tbsp cocoa powder, 1/2 cup baby spinach leaves

Coffee Cup Egg Scramble

Prep: 2 Minutes | Cook: 1 min | Total: 3 minutes
Yield: 1 Serving | Serving Size: 1 recipe

Ingredients

2 Eggs
2 Tablespoons Milk
2 Tablespoons cheese, shredded
Salt and pepper

Directions

1. Coat 12-oz microwave safe coffee mug with cooking spray.
2. Mix eggs and milk. Beat until blended.
3. Microwave on High 45 seconds. Microwave eggs until almost set. 30-40 seconds longer, or until eggs are almost set
4. Top with cheese and salt and pepper

Nutrition Facts per Serving: Calories: 246 | Total Fat: 17 g | Saturated Fat: 8 g
Sodium: 307 mg | Total Carbohydrate: 2g | Dietary Fiber: 0 g | Protein: 18 g

Recipe Notes: Add sautéed veggies or heat up frozen veggies before adding to egg mixture.

Pear and Gorgonzola Focaccia

Prep: 15 Minutes | Cook: 12-15 min | Total: 90 minutes
Yield: 6 Servings

Ingredients

- 1 can (15 ounces) Canned Pears, halves or slices, in juice, drained
- 2 tablespoons olive oil, divided, for brushing dough and pan
- 1 pound bread or pizza dough, thawed
- 1/3 cup crumbled blue cheese
- 1/2 teaspoon dried thyme

Instructions

1. Preheat the oven to 400 degrees F. Dice the drained pear halves or slices and set aside.
2. Lightly brush a 9 by 13-inch baking pan with oil.
3. Roll the dough to fit the prepared pan.
4. Transfer the dough to the pan and use your fingertips to dimple the surface all over.
5. Brush the surface of the dough with olive oil, scatter with the diced pears and blue cheese, and sprinkle with the thyme.
6. Bake 12 to 15 minutes or until the crust has browned and cheese is melted. Serve immediately.

Nutrition Facts per Serving: Calories: 198 | Total Fat: 6.5 g | Saturated Fat: 2 g
Sodium: 415 mg | Total Carbohydrate: 32g | Dietary Fiber: 3 g | Protein: 5 g

Oatmeal and Yogurt Parfait

Prep: 5 Minutes | Cook: variable depending on oatmeal type | Total: 5-25 minutes Yield: 1 Serving | Serving Size: 1 recipe

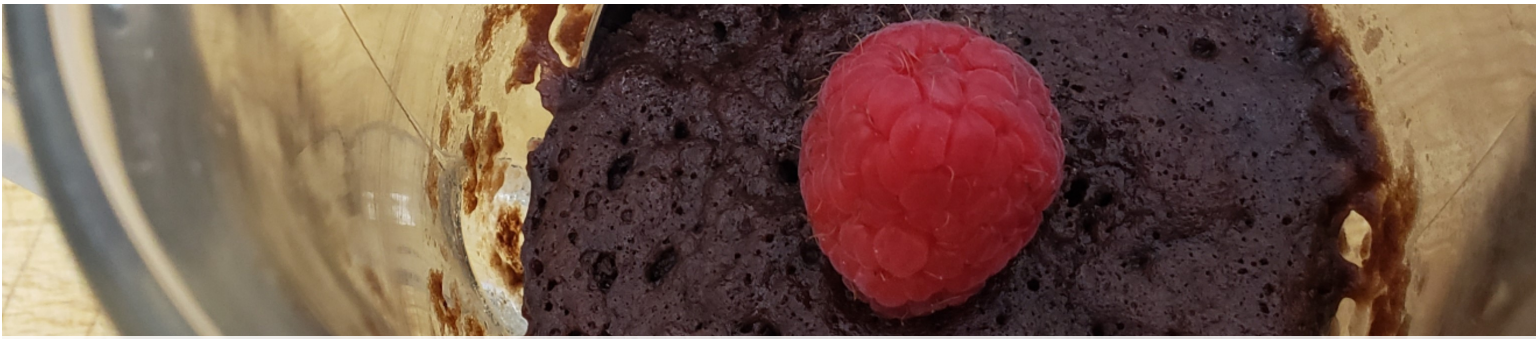
Ingredients

1/2 cup yogurt, low fat, low sugar
1/2 cup berries or fresh fruit
1 cup oatmeal
1 Tablespoon granola or chopped nuts

Directions

1. Layer ¼ c yogurt in bottom on cup
2. Spoon oatmeal over yogurt
3. Add fruit
4. Top with yogurt
5. Sprinkle with granola or nuts

Nutrition Facts per Serving: Calories: 313 | Total Fat: 6 g | Saturated Fat: 2 g
Sodium: 93 mg | Total Carbohydrate: 52g | Dietary Fiber: 7 g | Protein: 13 g



Microwave Chocolate Mug Cake

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 mug cake

Ingredients

- 1½ tablespoons all-purpose or whole-wheat flour
- 1½ tablespoons sugar
- 1 tablespoon unsweetened cocoa powder
- ⅛ teaspoon baking powder
- Pinch salt (optional)
- 1½ tablespoons lowfat (1%) milk
- 1 tablespoon olive oil
- ¼ teaspoon vanilla extract
- 1 tablespoon semi-sweet or dark chocolate chips

Directions

1. Place the flour, sugar, cocoa powder, baking powder, and salt in a 12-ounce microwave-safe ceramic mug. Whisk with a fork.
2. Add the milk, oil, and vanilla. Whisk again with the fork until smooth.
3. Stir in the chocolate chips.
4. Microwave on high power (default setting) for 1 minute.
5. Microwave for another 30 seconds if needed, but be careful not to overcook or the cake will be dry.
6. Let sit to cool slightly and firm up, about 2-3 minutes.
7. Serve warm.

Recipe Notes

- This recipe works well as a quick single-serving dessert when you are craving something sweet.
- For a chocolate-peanut butter flavor, swap out the chocolate chips for one tablespoon of peanut butter.
- Substitute your favorite unsweetened non-dairy milk if desired.

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 16 g | Saturated Fat: 3.5g
Sodium: 190 mg | Total Carbohydrate: 35 g | Dietary Fiber: 2g | Protein: 4g

Quick Pickled Onions (or other vegetables)

Prep: 5 Minutes | Cook: 10 min | Total: 20 minutes

Yield: 4 Serving | Serving Size: 1/3 cup

Ingredients

- 1/2 cups apple cider vinegar, or vinegar of your choosing
- 1 tablespoon sugar
- ½ teaspoons kosher salt
- 1 cup water
- 1 onion, thinly sliced

Directions

1. Whisk first 4 ingredients in a saucepan and heat until simmering and dissolved.
2. Place onion in a jar
3. Pour vinegar mixture over onion
4. Let sit at room temperature for an hour.

Nutrition Facts per Serving: Calories: 22 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 170 mg | Total Carbohydrate: 5g | Dietary Fiber: 1 g| Protein: 0 g
Recipes Notes: Can be kept in the fridge for 2 weeks.

Build a Better Buddha Bowl

Directions

1. Choose a Whole grain
½-1 cup Brown rice, quinoa, barley or bulgur are good options
2. Pile on the veggies
Try broccoli, chopped carrots, beets, radish and leftover veggies
3. Add Protein:
Beans, tofu, nuts or other protein
4. Sprinkle with crunch and flavor
Nuts, seeds, dried/fresh fruit, onions, herbs
5. Drizzle with sauce
Hot sauce, BBQ sauce, Pesto, Peanut, pasta sauce
Miso, salad dressing, dips, salsa



Sheet Pan Chicken and Vegetables

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 4 ounces chicken and 2 cups vegetables

Ingredients

- 1 medium sweet potato, peeled and diced into ½-inch pieces
- 2 tablespoons olive oil
- ¼ teaspoon salt, divided
- ¼ teaspoon ground black pepper, divided
- 8 ounces (½ pound) boneless, skinless chicken breast, cut into bite-size chunks or strips
- 3-4 cups of fresh vegetables cut into bite-size pieces (red bell pepper, zucchini, yellow squash, onion, broccoli or cauliflower)
- 1 small lemon, zested and juiced
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder (or 1 clove garlic minced)
- ¼ cup grated parmesan cheese

Recipe Notes

- Try using pork or tofu for the chicken if desired.
- Substitute onion powder for the garlic powder if desired.

Directions

1. Pre-heat the oven to 400°F.
2. Prepare a baking sheet with parchment paper or coat with nonstick cooking spray.
3. In a medium bowl, toss the diced sweet potatoes with 1 tablespoon olive oil and half of the salt and pepper.
4. Spread on prepared baking sheet and bake for 10 minutes.
5. Using the same bowl, add the chicken and fresh vegetables. Coat with 1 tablespoon oil and the remaining salt and pepper, lemon juice and zest, Italian seasoning, and garlic powder. Toss to coat.
6. Once the sweet potatoes have cooked for 10 minutes, add the chicken and vegetables to the pan with the potatoes. Toss and spread evenly.
7. Bake for 20 more minutes, tossing halfway through, until the chicken is cooked through and vegetables are tender.
8. Sprinkle with parmesan. Serve warm.

Nutrition Facts Per Serving: Calories: 370 | Total Fat: 20 g | Saturated Fat: 4.5 g
Sodium: 495 mg | Total Carbohydrate: 24 g | Dietary Fiber: 6 g | Protein: 28 g

Tofu Scramble Tacos

Prep: 20 Minutes | Cook: 10 min | Total: 30 minutes

Yield: 6 Serving | Serving Size: 2 4" tortillas and 1 cups mix

Ingredients

1 small crown broccoli	2 tsp dried oregano
1 red bell pepper	2 tsp olive oil
1 yellow onion	1 block extra firm tofu
1 carrot	2-3 tsp soy sauce, tamari or Braggs
4 cloves garlic	2 TBSP lemon or lime juice
1-2 jalapenos	1/3 cup nutritional yeast
1 TBSP ground cumin	2 tsp hot sauce
1 TBSP Chili powder	12 corn or flour tortillas warmed

Directions:

1. Chop up the broccoli into small pieces, aiming for about 2 cups. Dice the bell pepper and onion into pea-size pieces. Shred the carrot on the box grater. Mince the garlic and jalapeño.
2. In a small bowl, mix together the cumin, chili powder, and oregano and set aside.
3. IN a large skillet, heat the oil over medium heat. Add the onion and cook until it starts to look golden around the edges, 3-5 minutes. Now add the chopped broccoli and bell pepper and cook until the broccoli starts to get tender but is not limp, another 3-4 minutes. Don't overcook the broccoli or it will taste like soggy trees. Now add the garlic and jalapeño and sauté for about 30 seconds.
4. While that is cooking, drain the tofu and squeeze out as much water as possible. Now crumble the tofu into the pan in quarter size chunks. Some small bits are cool but the more you stir it the more is going to break down so better to start bigger. Sauté the tofu around with the veggies for 2-3 minutes and try to get it all mixed in. If the pan starts looking dry, add a splash of water. Add the soy sauce and lemon/lime juice all over the pan. Add spice blend, shredded carrot, and nutritional yeast right after and stir. Let this cook together for about 2 minutes so that the flavors blend. Top with hot sauce, stir, and then place the filling into your waiting tortillas.
5. Serve with avocado, fresh cilantro and your favorite salsa.

Nutrition Facts per Serving: Calories: 282 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 597 mg | Total Carbohydrate: 30g | Dietary Fiber: 7 g | Protein: 16 g



Home-Style Hummus

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 8 servings | Serving Size: ¼ cup

Ingredients

- 1 (15-ounce) can no-salt-added chickpeas (garbanzo beans)
- 2 garlic cloves, peeled and smashed
- 2 tablespoons lemon juice (about ½ lemon), plus more to taste if desired
- 2 tablespoons tahini (sesame seed paste)
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- Pinch sweet or smoked paprika

Directions

1. Drain the chickpeas. Reserve the canning liquid and set aside.
2. Put the chickpeas in a food processor or blender.
3. Add the garlic, lemon juice, tahini, oil, black pepper, salt, and half of the reserved chickpea canning liquid (about ⅓ cup).
4. Puree the until very smooth, about 2-3 minutes, adding additional canning liquid as necessary to produce a thick dip.
5. Add additional lemon juice to taste, if desired.
6. Transfer to a serving dish (or a storage container if you're not eating it right away). Garnish with paprika.
7. Serve right away, or store in an air-tight container in the refrigerator for up to 7 days. Can be frozen if desired.

Recipe Notes

- Try substituting unsweetened peanut butter for the tahini, if desired.
- For additional flavor, consider adding 2-3 tablespoons of diced olives, roasted red peppers, or caramelized onions in step 3 or as a garnish.
- For a smoother dip, toss the chickpeas with the oil and microwave before blending, about 1-2 minutes.

Nutrition Facts Per Serving: Calories: 90 | Total Nutrition Facts Per Serving:
Calories: 90 | Total Fat: 3.5 g | Saturated Fat: 0.5 g Sodium: 80 mg | Total
Carbohydrate: 11 g | Dietary Fiber: 3 g | Protein: 4 g

For more recipes, please visit www.nutrition.va.gov Fat: 3.5

FRUIT FRIZZ Beverage

Prep: 3 Minutes | Cook: 10 min | Total: 45 minutes

Yield: 8 Servings | Serving Size: 2 tablespoons

Ingredients

Ice

2 tablespoons Simple Syrup (see recipe below)

1-3 teaspoon Lemon or lime juice

12 oz bubbly water

Directions

1. Fill cup with ice
2. Mix all ingredients together

Nutrition Facts per Serving: Calories: 120 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 34 mg | Total Carbohydrate: 34g | Dietary Fiber: 0 g | Protein: 0 g

Simple Syrup

Ingredients

1 cup sugar, or sweetener of your choosing adjusted per package

1 cup water

Directions

1. In a medium saucepan combine sugar and water.
2. Bring to a boil, stirring, until sugar has dissolved. Allow to cool.

Single-Serve Blueberry Crisp

Prep: 3-5 Minutes | Cook: 1 min | Total: 6 minutes

Yield: 1 Servings | Serving Size: 1 recipe

Ingredients

3/4 cup fresh blueberries
2 teaspoons white sugar
1 teaspoon all-purpose flour
1/2 teaspoon vanilla extract
3 tablespoons rolled oats
1 teaspoon sweetener (brown sugar, honey or artificial sweetener) 1 tablespoon flour
2 teaspoons margarine, melted

Directions

1. Place blueberries, white sugar, 1 teaspoon flour, and vanilla extract in a microwave-safe bowl. Cook in a microwave oven for 30 seconds.
2. Mix together oats, sweetener, 1 tablespoon flour, and margarine in another microwave-safe bowl. Cook in a microwave oven for 30 seconds and combine with berry mixture.

Nutrition Facts per Serving: Calories: 285 | Total Fat: 9 g | Saturated Fat: 0 g
Sodium: 63 mg | Total Carbohydrate: 48g | Dietary Fiber: 3.4 g | Protein: 4 g

Recipes Note: If using frozen berries, add 30 seconds to cook time

Adapted from Allrecipes.com

Slow Cooker Shredded Chicken

Prep: 10 Minutes | Cook: 8 hours | Total: 8 hours, 10 minutes
Yield: 12 Servings | Serving Size: 3 ounces

Ingredients

3 lbs. boneless, skinless chicken breasts
2 tsp. black pepper
2 tsp. garlic powder
1/2 cup water or low sodium chicken broth

Directions

1. Place chicken breasts in slow cooker, and sprinkle with seasonings and liquid. Cover and cook on low for 8 hours, or until the chicken shreds easily with a fork. (*If making a smaller batch, keep an eye on your slow cooker as the chicken will likely need less cooking time.)
2. Remove the chicken with tongs, and shred using two forks or the paddle attachment of a stand mixer. Use immediately, or freeze in freezer bags or a sealed container.

Nutrition Facts per Serving: Calories: 140 | Total Fat: 3 g | Saturated Fat: 1 g
Sodium: 260 mg | Total Carbohydrate: 0.1 g | Dietary Fiber: 0 g | Protein: 24 g

Recipe Notes: Try using different seasonings. Try adding chili powder and onion powder for a barbeque taste. Or try oregano and cumin and chili for a Mexican flare. If using frozen chicken- be cautious of the added salt/sodium.

Caramelized Onion Dip

Prep: 5 Minutes | Cook: 20 min | Total: 25 minutes

Yield: 6 Servings, Serving size 1/4 cup

Ingredients

1 tablespoon olive oil

1 cup diced onion (about 1 medium onion)

Pinch salt

3/4 cup nonfat plain yogurt

1/4 cup mayonnaise

1/4 teaspoon garlic powder

1/4 teaspoon pepper

Directions

1. Heat a medium-sized saute pan over medium heat.
2. Add the oil and allow it to heat up (about 20 seconds)
3. Add the onion and salt and cook until the onions are caramelized, about 20-30 minutes, stirring every 5-10 minutes
4. Remove the pan from the heat and set aside to cool.
5. While the onions caramelize, add the Greek yogurt, mayonnaise, garlic powder, and pepper to a small mixing bowl. Stir to combine.
6. Serve with a portion of crackers, pretzels, carrots or other favorite vegetables.
7. If storing, keep in the fridge up to 7 days. Mix before serving.

Nutrition Facts per 1/4 cup:

Calories: 75 | Total Fat: 5.5 g | Saturated Fat: 0.5 g Sodium: 100 mg | Total Carbohydrate: 4g | Dietary Fiber: 0.5 g | Protein: 3.5 g

Greens and Beans

Prep: 5 Minutes | Cook: 15 hours | Total: 20 minutes Yield:
4 Servings | Serving Size: 3 ounces

Ingredients

2 tablespoons olive oil
1 chopped medium onion
2 cloves garlic, sliced
¼ teaspoon red pepper flakes
Salt and pepper to taste
4-6 cups greens (kale, chard, spinach) washed and chopped
1 (15-ounce) can cannellini beans, rinsed and drained
1 ½ cup chicken stock, low-sodium

Directions

1. Heat olive oil over medium heat in a large Dutch oven or sauté pan
2. Add onion and garlic slices. Sauté until tender about 3 minutes. Add the red pepper flakes and salt and pepper; stir until fragrant. Add the greens and let sauté until it cooks down slightly. Add the beans and the chicken stock.
3. Cover and let cook for 10 minutes, stirring occasionally

Nutrition Facts per Serving: Calories: 235 | Total Fat: 1.1 g | Saturated Fat: 0.2 g
Sodium: 388 mg | Total Carbohydrate: 48g | Dietary Fiber: 3.4 g | Protein: 8.2 g

Adapted from The Neelys and Food Network