



Cauliflower Fried Rice with Chicken and Veggies (adapted from EatingWell.com)

Ingredients:

- 1 tsp + 2 Tbsp peanut oil, divided
- 2 large eggs, beaten
- 3-5 green onions, thinly sliced (white and green separated)
- 1 Tbsp ginger
- 1 Tbsp minced garlic
- 1 lb boneless skinless thin sliced chicken breast (cut into 1/2-inch pieces)
- 1/2 cup diced bell pepper
- 1 cup snow peas, trimmed and halved
- 4 cup cauliflower rice (find in produce section or prepare by pulsing florets in food processor until rice size)
- 3 Tbsp reduced-sodium soy sauce

Preparation:

- Heat 1 tsp oil in large skillet over high heat. Add eggs and cook without stirring until fully cooked on 1 side. Flip and cook through and transfer to a cutting board and dice into pieces.
- Add 1 Tbsp oil to skillet along with white parts of onions, ginger, garlic; cook until onion is softened. Add chicken and cook through. Add peas, cooking to tender. Transfer to a large bowl.
- Add remaining oil to skillet and add cauliflower rice. Stir and cook until softened.
- Return chicken mixture and eggs to skillet; add soy sauce and stir.
- Garnish with green parts of onions and serve.



Spaghetti Squash with Broccoli (adapted from EatingWell.com)

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 1 Tbsp olive oil
- 1 head of broccoli, chopped
- 4 cloves of garlic, minced
- 2 Tbsp water
- 1 cup shredded part-skim mozzarella cheese
- 1/4 cup parmesan cheese
- 3/4 Tbsp Italian seasoning
- salt and pepper to taste

Preparation:

- Microwave squash cut side down in a dish with 2 Tbsp of water for about 10 minutes.
- Meanwhile, heat oil in a large skillet over medium heat, adding broccoli and garlic, and cook for about 2 minutes. Add water and cook until tender. Transfer to a large bowl.
- Scrape squash from shells using a fork. Place shells on a broiler safe pan. Mix cheese and seasonings with squash and broccoli. Divide between the 2 shells.
- Bake for about 10 minutes, then move to upper rack and broil until browned.





Fruity Breakfast Smoothie Bowl (adapted from EatingWell.com)

Ingredients:

- 1 cup mango, diced
- 3/4 cup plain, nonfat greek yogurt
- 1/4 cup lowfat milk
- 1 tsp vanilla extract
- 1/4 peach, sliced
- 1/3 cup raspberries
- 1 Tbsp sliced almonds
- 2 tsp chia seeds

Preparation:

- Puree mango, yogurt, milk, and vanilla
- Pour smoothie into a bowl and top with the remaining ingredients



Roasted Veggie Brown Rice Lunch Bowl (adapted from EatingWell.com)

Ingredients:

- 1/2 cup cooked brown rice
- 1 1/2 cups of pan roasted butternut squash, broccoli, sweet bell peppers, and sweet onion (chop vegetables, drizzle with olive oil, salt, pepper; roast in oven at 450 degrees for 15-20 min, until tender)
- 1/2 cup roasted chickpeas (optional)
- 2 Tbsp chopped cilantro
- 1-2 Tbsp plain, nonfat greek yogurt

Preparation:

- Layer rice, vegetables, and chickpeas
- Top with cilantro and yogurt

Note: to dry roast chickpeas, spread drained canned chickpeas flat on a paper towel to dry. Preheat oven to 400 degrees. Line a baking sheet with parchment paper. Spread chickpeas onto the prepared baking sheet. Bake until golden brown, shaking the pan about every 10 minutes.





Cheesy Scalloped Sweet Potatoes (adapted from EatingWell.com)

Ingredients:

- 2 1/2 lbs sweet potatoes, peeled and cut into thin slices
- 3 Tbsp olive oil
- 1 cup chopped onion
- 3 Tbsp flour
- salt and pepper to taste
- 2 1/2 cups low fat milk
- 1 cup shredded cheese (Gruyere recommended)
- 2 tsp rosemary

Preparation:

- Preheat oven to 425 degrees
- Toss sweet potatoes in 1 Tbsp of oil. Place onto a baking sheet(s) in an even layer and bake until browned (about 20-25 minutes)
- Meanwhile, heat remaining oil in a saucepan over medium heat. Add onion and cook until soft/golden. Add flour, salt/pepper; cooking for 1 minute. Add milk and cook until thickened, stirring to prevent browned bits from sticking to bottom.
- Layer half of potatoes in a broiler safe baking dish, top with half the sauce and cheese. Add remaining potatoes and top with sauce/cheese. Broil for a few minutes until browned/bubbly. Top with rosemary to serve.



EAT FOR HEALTH



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OCTOBER EDITION



Your Grocery List

- almonds
- bell pepper
- broccoli
- brown rice
- butternut squash
- cauliflower/cauliflower rice
- chia seeds
- chicken breast
- chickpeas
- cilantro
- eggs
- flour
- garlic
- ginger
- green onion
- italian seasoning
- low fat milk
- mango
- olive oil
- parmesan cheese
- part skim mozzarella cheese
- peach
- peanut oil
- pepper
- plain nonfat greek yogurt
- raspberries
- reduced sodium soy sauce
- rosemary
- salt
- shredded gruyere cheese
- snow peas
- spaghetti squash
- sweet onion
- sweet potatoes
- vanilla extract

