

Brussels Sprouts Salad with Sesame Vinaigrette



This colorful salad makes use of fresh ingredients and a flavorful dressing to create a bright-tasting, healthy side dish. Add some protein like nuts, white beans, or grilled chicken or fish and you can turn it into a complete meal bowl. This dish uses Brussels sprouts in an unexpected way - slicing them thinly instead of roasting or sauteing them - for a delightful texture and delicious taste that even Brussels sprout deniers just might love.

Ingredients:

For the salad:

- 1 pound Brussels sprouts, very thinly sliced
- ½ teaspoon sea salt
- 1 Pink Lady apple, cored, halved, and thinly sliced
- 1 medium shallot, halved lengthwise and thinly sliced
- 1 serrano chile, stemmed, seeded, and thinly sliced
- ½ cup mint, chopped
- ¼ cup almonds, sliced, slivered, or chopped, and roasted (*optional*)

For the dressing:

- ¼ cup white sesame seeds
- 1 teaspoon lemon zest
- ¼ cup fresh lemon juice (about 1 lemon)
- 1 Tablespoon white wine vinegar
- 1 garlic clove
- 1 teaspoon honey
- ¼ cup plus 2 Tablespoons extra virgin olive oil
- ½ teaspoon salt
- 1 teaspoon freshly milled black pepper

Preparation:

1. Massage Brussels sprouts with salt, rinse the salt off, and let dry while making the dressing.
2. In a small skillet, toast the white sesame seeds over moderately low heat, stirring, until fragrant but not browned, about 3 minutes. Transfer to a blender and let cool.
3. Add the lemon zest and juice to the blender, then add the white wine vinegar, garlic and honey and puree until a chunky paste forms, about 1 minute. With the blender on, gradually add the olive oil and puree until nearly smooth, 1 to 2 minutes.
4. Scrape the blended mixture into a large bowl and season with remaining salt and pepper.
5. Add the Brussels sprouts, apple, shallot, chile, and mint to the dressing and toss well.
6. Adjust the salt and pepper, to taste and garnish with almonds, if using.

Makes 8 cups of salad (with ¾ cup of dressing).

Approximate nutrition information for 1 cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
170kcal	15g	1.7g	0mg	4g	3g	11g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
13%	82%	19%	10%	6%	10%	350mg/14.5%

Chili Cauliflower-Rice Bowls



These plant-based and common allergen-free bowls are full of spices and colorful veggies that make for a light and healthy dish. The “rice” here is not actual rice but cauliflower processed into rice-like pieces. The vegetables and beans can be changed (pinto? black?). Use a can of diced plum tomatoes if fresh ones are not in season. Consider topping it with something creamy such as whipped “cream” made from the aquafaba (drained water) from the chickpeas – just whip it up and add some cream of tartar to stabilize the foam.

Ingredients:

For the roasted chickpeas:

One 15-ounce can chickpeas, drained
 4 Tablespoon olive oil
 1 teaspoon chili powder
 ½ teaspoon granulated garlic
 ½ teaspoon ground cumin
 1 teaspoon sea salt
 1 teaspoon light brown sugar

1 medium zucchini, diced
 1 small green bell pepper, diced
 1 cup fresh or frozen corn kernels
 2 teaspoons chili powder
 ½ teaspoon cayenne pepper
 ½ teaspoon ground cumin
 1½ teaspoon sea salt
 1 Tablespoon lemon juice
 1½ cup plum tomatoes, halved
 3 sprigs cilantro, chopped (*optional*)
 Sliced avocados (*optional*)

For the bowl:

1 medium head of cauliflower
 4 garlic cloves, minced or pressed

Preparation:

1. Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper or a silicone mat.
2. In a medium-sized bowl, toss all the ingredients for the roasted chickpeas together (chickpeas, 1 Tablespoon olive oil, chili powder, granulated garlic, cumin, sea salt and light brown sugar). Pour the chickpeas onto the lined baking sheet and bake for about 20-22 minutes, giving them a quick stir after 12 minutes. Once they look browned and shriveled, they are ready to take out of the oven.
3. Cut the cauliflower into small pieces and pulse it in a food processor until you get tiny bits that look like rice and set aside.
4. Heat a sauté pan with 1½ tablespoons olive oil over medium-high heat. Add the minced garlic and stir. When the garlic starts to brown, add the zucchini and bell pepper and cook for about 2-3 minutes. Add in the corn kernels and cook for another 2 minutes. Finally, add the cauliflower and the seasonings (chili powder, cayenne pepper, ground cumin, and salt). Cook for 2-3 more minutes and turn off the heat.
5. Pour everything into a large serving bowl and mix in the lemon juice and sliced tomatoes. Add some cilantro and avocados, if you like.

Makes about 6½ cups.

Approximate nutrition information for 1 cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
220kcal	10g	1g	0mg	7g	7g	28g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
11%	135%	15%	12%	6%	9%	1,050mg/44%

Recipe adapted from food52.com

Huevos Rancheros Quinoa Bowls



A flavorful, simple, protein-packed, gluten-free bowl for any time of day. Quinoa is an ancient grain that contains anti-inflammatory compounds as well as antioxidants. This dish is also high in dietary fiber. Any salsa would work here but a green one, like tomatillo salsa is especially delicious. Pre-cook the quinoa and use canned beans to make this fast and if really pressed for time, you can skip the eggs and still get a satisfying meal.

Ingredients:

- 1 cup cooked quinoa ($\frac{1}{3}$ cup of dry quinoa)
- 2 cups black beans, warmed
- 1 avocado, sliced
- 1 lime, halved
- $\frac{1}{2}$ teaspoon salt
- Nonstick spray
- 4 large eggs
- $\frac{1}{2}$ cup salsa verde (homemade or jarred)
- $\frac{1}{4}$ cup reduced-fat sour cream, mixed with water to thin
- $\frac{1}{2}$ cup queso fresco, crumbled
- Fresh cilantro (*garnish*)

Preparation:

1. Spoon quinoa and beans side by side into 4 bowls. Top with avocado, season with salt and squeeze lime juice over everything.
2. Heat a large skillet over medium-low heat, spray with oil and cook eggs to your liking.
3. Top each bowl with an egg, salsa verde, queso fresco, and drizzle with sour cream. Finish with cilantro.

Makes 4 one-cup servings.

Approximate nutrition information per one-cup serving:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
400kcal	20g	6g	205 mg	10g	19g	36g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
16%	16%	13%	21%	19%	18%	1,120mg/47%

Recipe from the SkinnyTaste blog.

Creamy Leek & Mushroom Pasta Bowls



This rich dish, with umami flavor from the mushrooms and earthy sweetness from the leek, is simple to make using seasonal produce to create a hearty and great tasting main course. The few ingredients pair well together, but would not overwhelm other flavors, also making this dish a great addition to a multiple course meal.

Ingredients:

- 3 Tablespoons olive oil
- 1 leek, well cleaned and finely sliced in half moons
- 2 cloves garlic, finely chopped
- 3 cups (10 ounces) crimini mushrooms, quartered or sliced
- 1 lemon, halved
- 1 pound short pasta (such as shells, orecchiette, or bowties)
- 4 cups reduced-sodium vegetable stock
- 2 Tablespoons unsalted butter
- ½ cup fresh Italian parsley, chopped
- 1 teaspoon sea salt, or to taste
- Freshly milled black pepper, to taste
- 1 cup whole-milk ricotta
- ½ teaspoon red-pepper flakes (*garnish*)

Preparation:

1. Heat a wide, deep skillet or Dutch oven over medium-high. When hot, add the olive oil and leeks, reduce heat to medium and cook, stirring constantly, until softened and lightly golden, about 5 minutes.
2. Stir in the garlic and mushrooms. Cook, undisturbed, for 2 minutes, then stir and cook until the mushrooms start to caramelize and stick to the bottom of the pan. Add the juice of one lemon half to deglaze the pan and stir to combine.
3. In the same pan, add the pasta and broth; stir well. Cover with a lid and cook on medium heat. Test to see if the pasta is tender starting around ten minutes after adding it.
4. Once the pasta is cooked, turn off the heat and add the butter and parsley. Squeeze in the juice from the remaining lemon half and stir until butter is melted and dispersed. Season with salt and pepper.
5. Gently fold in the ricotta just before serving, and sprinkle with red-pepper flakes, and additional chopped parsley, to taste.

Makes 6 cups.

Approximate nutrition information for 1 cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
490kcal	18g	7g	30mg	1.5g	16g	33g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
28%	20%	2%	41%	16%	18%	540mg/22%

Recipe from cooking.nytimes.com

Winter Squash Soup



This delightful soup is both flavorful and easy to make. Its bright colors and creamy texture make it the perfect soup for a cold day, and its simplicity makes it ideal for a weekday. Garnish with croutons and Gruyere cheese for added crunch and cheesy goodness.

Ingredients:

- 2 Tablespoons unsalted butter
- 1 Tablespoon olive oil
- 2 cups yellow onions, chopped
- One 15-ounce can pumpkin puree
- 1½ pounds butternut squash, peeled and cubed
- 3 cups reduced-sodium vegetable or chicken stock
- 2 teaspoons sea salt
- ½ teaspoon freshly milled black pepper
- 1 cup half and half
- Grated gruyere and/or croutons for serving (*optional*)

Preparation:

1. Heat the butter and oil in a sturdy stockpot. Add the onions and cook over medium heat for 10 minutes, or until translucent.
2. Add the pumpkin puree, butternut squash, broth, salt, and pepper. Cover and simmer over medium low heat for about 20 minutes, until the butternut squash is very tender.
3. Process the mixture with a blender. Return to the pot, add the half and half, and heat slowly. If the soup needs more flavor, add more salt. Serve hot with garnishes, if desired.

Makes 7½ cups.

Approximate nutrition information for 1 cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
160kcal	8g	4g	35mg	4g	3g	21g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
347%	37%	27%	14%	10%	8%	710mg/30%

Recipe from the Food Network

Yogurt Parfaits



You can never go wrong when you combine fruit with creamy yogurt, crunchy granola, and a tart berry sauce all in one delicious bowl! This recipe is easy to execute, and you can enjoy it as a quick breakfast or snack or serve for dessert. If pressed for time, you could use a low-sugar jam in place of the homemade berry sauce.

Ingredients:

- 10 ounces plain low-fat yogurt
- ½ cup berries, fresh or frozen
- ¼ cup peaches, canned in water and diced, or fresh, if in season
- ¼ cup banana, diced
- ½ cup granola
- 2 Tablespoons whipped cream
- Homemade berry sauce (*makes ¾ cup*):
 - 6 ounces berries (any mix like raspberries or blueberries), frozen or fresh
 - 2 Tablespoons sugar, granulated
 - 1 teaspoon lemon juice
 - ⅛ cup water
 - Pinch of salt

Preparation:

The berry sauce:

1. In a medium saucepan, bring the berries, water, sugar, and salt to a simmer over medium heat, stirring occasionally; cook until sugar is dissolved, and berries are heated through, about 1 minute longer.
2. Transfer mixture to a blender or food processor; puree until smooth, about 20 seconds. Strain through a fine-mesh strainer into a small bowl, pressing and stirring puree with rubber spatula to extract as much seedless puree as possible. Stir in lemon juice and additional sugar, if desired.
3. Cover with plastic wrap and refrigerate until cold, at least 1 hour. Stir to recombine before serving.

The Parfaits:

1. Spoon a few tablespoons of yogurt to the bottom of a glass or jar. Then, add a couple tablespoons of fruit sauce - enough so at least the outer edges of the yogurt are covered.
2. Sprinkle in a layer of granola, then add a variety of berries and cut fruit on top.
3. Repeat steps 1 and 2 again, starting with the yogurt and repeating the layers until your glass or jar is full.
4. Top with whipped cream and a berry or two for garnish right before serving.

Makes 2 Parfaits.

Approximate nutrition information for 1 Yogurt Parfait (with ⅛ cup berry sauce):

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
320	5.5g	2g	10mg	6g	10g	58g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
7%	21%	<1%	<1%	27%	7%	210mg/9%