

# Healthy Recipes

UToledo employees were asked to share their favorite healthy recipes. We collaborated with UToledo Health registered dietitian, Adrienne Justen, to review the recipes and provide feedback. Hopefully you enjoy!

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# Avocado Toast

## Ingredients

- 2 avocados, diced, peeled and pit removed
- 1 tomato diced
- ½ small onion, minced
- 2 garlic cloves
- 1 lemon, juiced
- 1 lime, juiced
- ½ tsp salt (optional – to taste)
- Extra virgin olive oil
- Fresh cilantro, chopped (garnish)
- Slices of your favorite health bread

## Directions

1. Mash the avocado
2. Mix in the tomato, onion, garlic, lemon and lime juice until well combined.
3. Toast your bread, drizzle the olive oil on the bread
4. Spread avocado mixture onto your toast and garnish with a sprinkle of the chopped cilantro

**\*\*What would Adrienne do\*\***

When choosing breads look for whole grains, sprouted whole grains, > 3gm fiber per slice  
Also consider sour dough bread or Food for Life Ezekiel 4:9 Sprouted Whole Grain Bread

Submitted by: Jeni Gerber UToledo Employee

One of my favorite things to eat is avocado toast! I hope others enjoy it as much as I do.

# Banana Oat Breakfast Smoothie

## Ingredients

- 1/3 cup rolled oats
- ½ cup fat-free plain Greek yogurt
- 1 banana Fresh or frozen
- 1 Tbsp flaxseed meal
- ½ cup plain almond milk
- 2 Tbsp almond butter, unsalted
- ½ tsp cinnamon
- ½ tsp vanilla extract

## Directions

1. Add to blender your oats, banana, Greek yogurt, flaxseed meal, almond milk, vanilla, cinnamon, and almond butter to a powerful blender or food processor.
2. Blend everything until you get a creamy, smooth consistency. Feel free to add more milk if you prefer a thinner smoothie or a handful of ice for a thicker smoothie. Taste and adjust any ingredients as needed for more flavor.
3. Serve and enjoy. Pour into glasses or mason jars. Enjoy right away or store in the fridge for later. (Recommended to consume within 24 hours, may separate slightly. If using frozen fruit, then consume immediately as it will get watery if you attempt to save half for later. You could always share with a friend or make half a recipe.)

**\*\*Other recommendations:**

Add fruit! Strawberries or blueberries, or both are great in this!

For a thicker smoothie – use frozen fruit.

Add whey protein powder – peanut butter flavor goes great with this! Flavored protein powders also add sweetness to smoothie.

If you want it sweeter, add some maple syrup or honey, monk fruit or stevia instead of straight sugar. instead of straight sugar.

You could totally sneak in a handful of greens with this! A handful of spinach or kale for some extra nutrients without altering the flavor!

I also love to add additional seeds like chia. You'll never know they're even there!

**\*\*Adrienne approved\*\***

Submitted by: Elizabeth Fackler UToledo employee

# Butternut Squash Salad (from Loveandlemons.com)

## Ingredients

- 1 small butternut squash peeled, seeded and cubed
- ½ to 1 tsp extra-virgin olive oil
- Sea salt and freshly ground black pepper
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp cinnamon
- ¼ tsp cayenne pepper, less if sensitive to spice
- 6 cups loose-packed spring mix greens
- 2 ounces goat cheese, torn into smaller pieces
- 2 medjool dates, pitted and diced
- ¼ cup pomegranate seeds
- ¼ cup pistachios, toasted and crushed

## Cider Date Dressing

- 5 Tbsp extra -virgin olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp fresh lemon juice
- 1 Medjool date pitted
- ½ garlic clove
- 1/8 tsp ground cumin
- 3 to 5 Tbsp water, as needed to blend
- Sea salt and freshly ground black pepper

## Instructions

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper. Place the butternut squash cubes on the sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat and spread evenly on the baking sheet. Roast for 30 to 35 minutes, or until tender and browned around the edges.
2. In a small bowl, stir together the cumin, coriander, cinnamon, and cayenne. Set aside.
3. Make the Cider Date Dressing: In a blender, combine the olive oil, vinegar, lemon juice, date, garlic, cumin, and 3 tablespoons of the water. Add 1 to 2 more tablespoons of water as needed to blend. Season to taste with salt and pepper.
4. Remove the butternut squash from the oven, let cool slightly, and, while warm, toss with the spice mixture.
5. Assemble the salad with the spring mix greens and half of the roasted squash. Drizzle with ⅓ of the dressing, toss lightly, then add the remaining squash, goat cheese, dates, pomegranates, and pistachios. Drizzle with more dressing as desired. Serve immediately.

**\*\*What would Adrienne do\*\***

**Nutrition notes: Dates are a natural sugar. Dates are high in fiber. Dates provide vitamins, minerals and antioxidants. Butternut squash is a healthy carbohydrate vegetable and packed with essential vitamins, minerals and fiber. Its high fiber content can support your digestive system and help you manage your weight.**

# Chicken Stir Fry

## Ingredients

- 1 can (14 ½ oz) chicken broth
- 2 Tbsp cornstarch
- 2 Tbsp soy sauce
- 1 Tbsp brown sugar
- 1 ½ tsp minced garlic
- ½ tsp ground ginger
- 2 Tbsp oil
- 1 lb. boneless skinless chicken breast or thighs cut into 2” pieces
- 1 cup broccoli florets
- 1 cup thinly sliced red bell peppers
- 1 cup thinly sliced carrots
- 1 cup sliced onions
- Cooked rice

## Directions

1. Mix broth, cornstarch, soy sauce, sugar, garlic, ginger and red pepper in small bowl until smooth. Set aside
2. Heat oil in large nonstick skillet on medium - high heat.
3. Add chicken in batches; stir fry 5 minutes or until cooked through
4. Remove chicken from skillet
5. Add vegetables to skillet; stir fry 3 minutes until tender-crisp.
6. Return chicken to skillet
7. Stir soy sauce mixture. Add to skillet, stirring constantly. Bring to boil on medium-high heat; boil 1 minutes or until sauce is slightly thickened

Cook over cooked rice

**\*\*What would Adrienne do\*\***

Can serve over riced cauliflower or quinoa

Submitted by: Mary Ann Schuster UToledo Employee

Quick dinner recipe can use any fresh veggies you already have.

# Crispy Balsamic Roasted Brussels Sprouts

Total Time: 30 min

Servings: 6

## Ingredients

- 1 ½ pound brussels sprouts, ends trimmed and halved
- 1 Tbsp extra virgin olive oil
- ½ tsp salt
- ½ tsp black pepper
- 1 Tbsp balsamic vinegar
- 1 tsp honey (maple syrup or date syrup for vegans)

## Instructions

1. Preheat oven to 425 degrees
2. Line baking sheet with parchment paper
3. In a large bowl, toss the brussels sprouts with olive oil, sea salt, and black pepper
4. Transfer brussels sprouts to sheep pan and bake for 20-25 minutes or until tender and golden brown
5. Place roasted brussels sprouts back in bowl and drizzle with balsamic vinegar and honey / syrup
6. Toss until they are evenly coated
7. Serve warm

**\*\*Adrienne approved\*\***

Submitted by: Anonymous UToledo employee

I found this online and have made it weekly for about a year. I have added all different proteins to it or a little heat and it is amazing.

# Date “Snickers”

- 1 package of pitted dates
  - 1 cup of peanut butter
  - 1 cup melted chocolate
  - Flakey Sea salty to taste
1. Fill the pitted dates with peanut butter, place in freezer on a parchment lined baking sheet for 1 hour to harden
  2. Melt chocolate, dip the dilled dates into the chocolate, place ack on sheet
  3. Sprinkle flakey sea sale on top and place back into the freezer for 1 hour, or until desired texture.

**\*\*What would Adrienne do\*\***

**Adrienne approved**

Submitted by: Danielle Wiliams UToledo Employee

This recipe is always a hit at events. I found several variations on social media, but this is my preferred version

# Easy Chicken Taco Soup

Prep time: 10 min

Cook time: 35

Total time: 45 min

Serving 4 (1 ½ cup serving)

## Ingredients

- 1 tsp olive oil
- 1 cup minced onions
- ½ Tbsp minced garlic (about 3 cloves)
- 1 lb. boneless skinless chicken breast
- 14 oz can tomato sauce low or no salt
- 1 quart chicken broth low or no salt
- 1 tsp paprika
- ½ tsp pepper
- 1 tsp chili powder
- ½ tsp cumin
- 15 oz can black beans drained & washed – low or no salt
- 1 cup frozen corn thawed

## Instruction

1. In a large pot heat the olive oil over medium heat. Sauté onion and garlic for 4 minutes
2. Add in chicken breasts, tomato sauce, chicken broth, dried spices, beans and corn
3. Stir together and cover the pot.
4. Turn the heat to high and bring the soup to a boil
5. Once boiling, reduce the heat to medium and let the soup simmer for 20 minutes
6. Once the soup has cooked, remove cooked chick from the pot,
7. Shred the chick with 2 forks (tip: shred chick using mixer)
8. Add shredded chicken, stir to combine and enjoy
- 9.

## Crockpot Instructions

1. Optional but recommended: In a sauté pan, heat olive oil over medium heat
2. Sauté onions and garlic for 4 minutes
3. Add onions / garlic mixture to the crockpot base with chicken breasts, tomato sauce, chicken broth, dried spices, beans and corn
4. Stir together and cook on low for 6-8 hours or high for 3-4 hours
5. Remove chicken from pot. Shred the chick with 2 forks (tip: shred chick using mixer)
6. Add chicken back into pot. Stir to combine and enjoy

**\*\*Adrienne approved\*\***

Submitted by: Anonymous UToledo employee

This recipe is from The Clean Eating Couple and it's one of our favorite healthy recipes (I swear we have it like 3 times a month) because it has normal ingredients and is so easy to make, anyone in the house can help make it. It can be made on the stove if you have time like on a weekend, or it can be made in the crockpot for those busy days.

# Fluffy Stuff

## (Light and refreshing)

### Ingredients

- 1 large box or 2 small boxes of sugar free vanilla pudding (do not follow directions on the box)
- 2 small tubs/containers of sugar free cool whip topping
- 1 16oz container of Oikos pro Greek yogurt
- 1 large can of drained mandarin oranges

### Directions

1. In a mixing bowl combine cool whip topping and Greek yogurt.
2. Once those have been combined then slowly mix in pudding powder
3. Once everything is combined you will then fold in the mandarin oranges

You can enjoy immediately or chill for 1-2 hours before serving

**\*\* What would Adrienne do\*\***

**Substitute the vanilla pudding with sugar free pistachio pudding**

**Substitute the mandarin oranges with crushed pineapple or chunks**

Submitted by: Anonymous UToledo Employee

I received this recipe from someone years ago and it was part of Weight Watcher's and 1 cup is only 1 point on Weight Watchers!!

# Garlic Herb Baked Salmon with Roasted Sweet Potatoes & Asparagus

## Ingredients

### For the Salmon

- 2 salmon fillets
- 2 Tbsp olive oil
- 2 garlic cloves minced
- 1 Tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey (optional for slight sweetness)
- ½ tsp dried oregano or thyme
- Salt & pepper to taste
- Lemon slices for garnish

### For the sides

- 1 medium sweet potato (cubed)
- 1 bunch of asparagus (trimmed)
- 1Tbsp olive oil
- Salt and Pepper to taste
- ½ tsp garlic powder

## Instructions

1. Preheat oven to 400 degrees
2. Prepare the salmon: In a small bowl, mix olive oil, garlic, lemon juice, Dijon mustard, honey, oregano, salt and pepper. Brush the mixture over the salmon fillets and place them on a lined baking sheet.
3. Prepare the veggies: Toss sweet potatoes with olive oil, salt, pepper and garlic powder. Spread them on the baking sheet
4. Bake for 15 minutes. Add asparagus to the pan (drizzled with a little olive oil and salt) and bake everything for another 10 minutes, or until salmon flakes easily with fork.
5. Plate the salmon with roasted sweet potatoes and asparagus.

**\*\*Adrienne Approved\*\***

Submitted by: Fiona Stallworth UToledo Employee

My favorite go-to

# Greek Yogurt Cookie Dough with Chocolate Chips

Prep Time: 5 minutes

Total Time: 5 minutes

Cal: 243 (without whey protein)

Servings 2

## Ingredients

- 2 5.5oz pf plain Greek yogurt (about 1 1/4 cup or 2 5.5 oz containers)
- 2 Tbsp of PB@
- 2 Tbsp honey
- 2 tsp vanilla extract
- 1-2 Tbsp chocolate chip

Optional: You can add whey protein (about 16 to 20 grams)

## Directions

1. In a small or medium bowl, combine all the ingredients listed above. Make sure you mix it well.

**\*\* What would Adrienne do\*\***

Hold the honey or use Vanilla low sugar Greek yogurt (this is sweet).

You can add chia or flax seeds for fiber and Omega 3's.

You can add some 100% unsweetened cocoa powder or substitute with keto chocolate chips.

Submitted by: Yasmine Bachar UToledo Employee

It is my go-to recipe for breakfast

# Instant Pot Irish Beef Stew

Prep time: 10 minutes

Cook time: 34 minutes

## Ingredients

- 1 Tbsp avocado oil
- 1 ¼ lbs. stew meat
- 1 large onion, cut into large chunks
- 2 garlic gloves, minced
- 1 Tbsp coconut aminos
- ½ tsp sea salt
- 1 tsp dried thyme
- 1 bay leaf
- 3 cups beef or chicken broth
- 3 large carrots, cut into large chunks
- 2 medium white sweet potatoes, peeled and cut into large chunks

## Instructions

1. Turn the Instant Pot to sauté and add the avocado oil
2. Once it is hot, add your stew meat and sear on all sides. (about 5 minutes)
3. Turn the instant pot off and add the chopped onion, garlic, coconut aminos, sea salt, thyme, bay leaf and broth
4. Seal and set to the stew setting for 30 minutes.
5. When the cooking cycle is complete, do a quick release of the pressure, taking care not to burn yourself on the steam. (cover the release valve with a towel to prevent splatter)
6. Remove the bay leaf and add the chopped carrots and white sweet potatoes.
7. Seal the instant pot and set to high pressure for 4 minutes.
8. When the cooking cycle is complete, do a quick release of the pressure again, taking care not to burn yourself on the steam. Cover the release with a towel to prevent splatter/
9. Give the stew a good stir and serve.

**\*\*What would Adrienne do\*\***

Note: If you are not familiar with Coconut aminos.

Coconut aminos (soy and gluten free) is a dark-colored salty sauce that tastes similar to soy sauce, but slightly sweeter. But instead of being made from soy, coconut aminos comes from the sap (the nectar of the flowers) of the coconut plant, not coconuts. After extraction, the sap is stored and aged. During this time, it ferments due to the natural sugars present within it. Some salt is also added. Coconut aminos tastes savory and not at all like coconut. Coconut aminos are generally lower in salt than soy sauce. (Review nutrition label to see salt content)

Submitted by: Andrew Misko UToledo Employee

Shared by my girlfriend. Great meal that is easy to prepare. Good for meal prepping since you get a ton of leftovers.

# Kale Salad

## Ingredients

- ½ bag of kale
- ½ red onion
- 1 section of each, tri color bell pepper
- ½ tsp Italian seasoning
- 1 Lemon
- 1 tsp olive oil
- Salt
- Black pepper

## Instructions

- Rinse kale and pat dry and set aside
- Dice onion and tri color peppers small
- Pour oil on kale and massage thoroughly to soften kale.
- Squeeze juice of the lemon on salad and stir so the kale can be fully coated
- Add dry ingredients to taste (Italian seasoning, salt, and black pepper)

**\*\*What would Adrienne do\*\***

**Add some protein: pine nuts, chickpeas, cheese. Add your other favorite veggies!**

Submitted by: Melissa Spann UToledo Employee

It is a recipe I created by mistake that is a quick go to. It is simple and has a refreshing taste with a little crunch.

# Mediterranean Orzo Salad

Prep time: 30 min

Total time: 30 min

Serving: 12

## Ingredients

- 16 oz orzo
- 3 cups baby spinach leaves
- 1 ½ cups chopped red, orange & yellow bell peppers
- 1 cup sliced English cucumber
- 7 oz feta cheese
- ½ cup canola oil
- ¼ cup olive oil
- 1 lemon, juiced
- 1 ½ tsp oregano
- 1 tsp kosher salt
- 1 tsp black pepper
- 10 oz cherry tomatoes, halved
- ¾ cup garbanzo or cannellini beans
- Additional adds: Mediterranean marinated chicken or grilled shrimp

## Instructions

1. Bring a pot of water to a boil, season with salt, and cook the orzo for 10 minutes. Drain, rinse and set aside to cool. Then transfer the cooled orzo to a large mixing bowl
2. Add the spinach, chopped vegetables, and beans then crumble the feta cheese over the pasta
3. In a small bowl whisk the canola oil, olive oil, lemon juice, oregano, salt and pepper until mixed
4. Pour the vinaigrette over the pasta mixture and gently fold until the pasta and veggies are coated. Taste the seasoning and top with the remaining feta cheese.
5. Refrigerator for 1 hour or overnight before serving. The pasta is best within 2-3 days but will last in the refrigerator for up to 1 week.

**\*\*Adrienne approved\*\***

Submitted by: Anonymous UToledo employee

# No-Bake Energy Bites

## Ingredients

- 1 cup rolled oats
- ½ cup miniature semisweet chocolate chips
- ½ cup ground flax seed
- ½ cup crunchy peanut butter
- 1/3 cup honey
- 1 tsp vanilla extract
- 

## Directions

1. Gather all ingredients
2. Stir oats, chocolate chips, flax seed, peanut butter, honey and vanilla extract together in a bowl
3. Roll dough into 24 balls with your hands
4. Arrange balls on a baking sheet and freeze until set, about 1 hr.

Serve and enjoy!

**\*\*What would Adrienne do\*\***

Try adding 1 scoop of vanilla protein powder. This will add sweetness.

Hold the honey and try natural alternative sugars.

Can use substitute ½ cup mini chocolate chips for Lily's dark chocolate chips (55% cocoa)

Submitted by: Anonymous UToledo Employee

# Olive Garden Chicken Gnocchi Soup

Prep time: 10 min

Cook time: 20 min

Total time: 30 min

Serving 4

## Ingredients

- 3-4 boneless skinless chicken breast – cooked and diced
- 1 stalk of celery - chopped
- ½ white onion – diced
- 2 tsp minced garlic
- ½ cup shredded carrots
- 1 Tbsp olive oil
- 4 Cups low sodium chicken broth
- Salt and pepper to taste
- 1 tsp thyme
- 16 oz potato gnocchi
- 2 cups half and half
- 1 sup fresh spinach roughly chopped

## Instructions

1. Heat olive oil in a large pot over medium heat
2. Add celery, onions, garlic and carrots and sauté for 3 minutes until onions are translucent
3. Add chicken, chicken broth, salt, pepper and thyme
4. Bring to boil, then gently stir in gnocchi
5. Boil for 3-4 minutes longer before reducing heat to a simmer and cooking for 10 minutes
6. Stir in half and half and spinach and cook another 1-2 minutes until spinach is tender.
7. Taste, add salt and pepper if needed and serve.

Notes: For even more creamy richness, swap 1 cup of half and half for heavy cream.

**\*\*Adrienne Approved\*\***

Submitted by: Anonymous UToledo Employee

My partner and I are obsessed with this soup and make it all the time, especially when it gets cold out. We love to eat some good sourdough bread with it.

# Quinoa Salad

## For the Salad

- 1 cup quinoa
- 1 can chickpeas, drained, rinsed, skins removed
- 1 head broccoli, chopped into small pieces
- 1 red bell pepper, diced
- 1 cup shredded carrots
- ½ head of red cabbage, thinly sliced
- 1 cup edamame
- 1 cup cashews

## For the Dressing

- ¼ cup peanut butter (can sub with other nut butter)
- 3 Tbsp water (more if needed)
- Juice of 1 lime
- 2 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 2 Tbsp honey OR maple syrup
- 1 clove finely minced garlic
- 1/8 tsp kosher salt
- ½ tsp sriracha (optional, more if desired)

Cook quinoa according to package instructions.

Add all vegetable ingredients in a large container

Mix all dressing ingredients together until combined.

If you're meal prepping this salad, store the salad and dressing separately. You may also want to store the cashews separately, as they can go soft toward the end of the salad.

Additionally, this salad doesn't go all watery and weird as it sits, so you can prep it on Sunday and eat it all week.

**\*\*What would Adrienne do\*\***

Looks good to me

Submitted by: Holiday Canton UToledo Employee

This salad is great for meal prep, and I cannot get enough of it. So crazy delicious.

# Red Lentil Curry

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Servings: 4

## Notes:

If you can't tolerate spicy food whatsoever, you can omit the peppers. If you can handle a little heat, use one Serrano pepper (remove the seeds) or one jalapeno pepper (with the seeds), and if you really like things on the spicy side, use two serrano peppers (with seeds intact).

## Ingredients

- 1 Tbsp refined or virgin coconut oil, or a neutral-flavored oil
- 4 garlic cloves, minced
- 2-inch piece of fresh ginger, peeled and minced or grated
- 1 Tbsp minced fresh turmeric, or 1 tsp ground turmeric
- 1-2 serrano peppers, diced (see recipe note above on spice level)
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp Indian red chili powder (if you only have regular chili powder, which is a blend use 1 tsp)
- 2 tsp curry powder
- 1 tsp garam masala
- Kosher salt or sea salt to taste (I use about 1 tsp kosher salt, and add more at the end)
- Freshly cracked black pepper to taste
- 1 cup red lentils, or split red lentils (the split variety will cook a bit quicker)
- 2 cups low-sodium vegetable broth
- 1 14oz can crushed tomatoes
- 1 13.5oz can full-fat coconut milk
- 3 Tbsp unsweetened creamy almond butter
- ½ a small lemon, juiced
- ½ cup fresh cilantro, roughly chopped
- For serving: Basmati or Jasmine rice and Indian flatbread such as roti, paratha or naan

## Instructions

1. Rinse the lentils in cold water until the water runs clear.

2. Heat a large, deep skillet or large saucepan over medium-high heat and add the coconut oil. Once the oil is shimmering, add the garlic, ginger, fresh turmeric (if using), and Serrano pepper and cook for 2 minutes, stirring frequently to prevent garlic from burning.
3. Add the cumin, coriander, chili powder, curry powder, garam masala, salt and black pepper to taste, and cook for 30 to 60 seconds until fragrant, tossing frequently to prevent burning. If using ground turmeric instead of fresh turmeric, add the ground turmeric now, along with the rest of the spices.
4. Pour in the vegetable broth and use a wooden spoon or spatula to scrape up any browned bits on the bottom of the pot.
5. Add in the lentils and the crushed tomatoes and mix well.
6. Reduce the heat to low and cover the pan with a lid. Simmer for 20 to 25 minutes, or until the lentils are cooked through and have mostly softened. If you find that the lentils are not quite soft after 25 minutes, add a few spoons more of broth or water and cook for another 5 minutes.
7. Remove the lid and stir in the coconut milk, almond butter, along with salt and pepper to taste.
8. Continue cooking on low heat, uncovered for 5 to 8 minutes., until the curry has thickened and is creamy.
9. Finally, stir in the lemon juice and cilantro, and turn off the heat. If you want your lentils to be even creamier and more on the pureed side, use an immersion blender to lightly puree the curry.
10. Serve the curry with rice and/or Indian flatbread and garnish with additional cilantro. Store leftovers in the fridge for 3-4 days.

## Notes

If you can't tolerate spicy food whatsoever, you can omit the peppers. If you can handle a little heat, use one Serrano pepper (remove the seeds) or one jalapeno pepper (with the seeds), and if you really like things on the spicy side, use two serrano peppers (with seeds intact).

**\*\*Adrienne approved\*\***

Submitted by: Jodi Jameson

<https://rainbowplantlife.com/vegan-red-lentil-curry/> This is a recipe I'm sharing from vegan YouTuber and cookbook author Nisha Vora. It's a wonderful curry recipe with lots of flavor and is my go-to when I need to make something healthy. I recommend adding a can of chickpeas to it for extra protein and fiber. The recipe also calls for almond butter, but I've used unsweetened natural cashew butter or unsweetened natural peanut butter and both work very well! Don't skip the lemon juice or cilantro - both ingredients make this recipe perfect.

# Sauteed Garlic Asparagus

Prep time: 5 minutes

Cook time: 10 minutes

Total Time: 15 minutes

4 serving

## Ingredients

- 1 bunch of asparagus
- 2 garlic cloves
- 2 Tbsp olive oil
- Salt & pepper to taste

## Instructions

1. Rinse the asparagus with cold water. Then snap off the bottom of each asparagus spear and discard the ends. I usually take off about 1-2 inches
2. In a pot of boiling water, blanch the asparagus for about 2 minutes. Then pour the hot water out to prevent the asparagus from cooking any further
3. Heat 2 Tbsp of olive oil in large skillet over medium heat and stir in 2 minced garlic cloves for about 1-2 minutes
4. Add the blanched asparagus to the skillet and cook until tender. Only sauté for a few minutes being careful not to overcook the asparagus

**\*\*Adrienne Approved\*\***

Submitted by: Anonymous UToledo employee

This is my go-to recipe when bought fresh asparagus

# Spaghetti Squash Cheeseburger Casserole

Serving size: 8

## Ingredients

- Spaghetti Squash
- 1 pound ground beef or turkey
- 1 cup ketchup
- ½ cup mustard
- ½ cup plain Greek yogurt
- 1 cup chopped dill pickles
- 3 eggs
- 1-2 cups shredded cheese

## Instructions

1. Preheat oven to 400 degrees and grease 9x9 or 9x13 casserole dish (depending on size of spaghetti squash)
2. Using method of choice, cook your spaghetti squash (my method – using a knife, poke holes in the squash, place on a plate, and microwave for 12-15 minutes until soft).
3. Remove seeds and shred squash
4. Mix ketchup, mustard, yogurt and pickles.
5. Combine cooked squash, meat, and sauce.
6. Whisk three eggs and add to mixture.
7. Add ½ of mixture to your baking dish and top with cheese (1/2 to 1 cup).
8. Add the remaining mixture to baking dish and top with remaining cheese (1/2 to 1 cup).
9. Bake 45 minutes to 1 hour. Cool 10-15 minutes before serving.

Do you love bacon cheeseburgers? While your casserole is baking, cook up 3-4 slices of bacon and crumble and add to the top your casserole!

**\*\*What would Adrienne do\*\***

If you are watching your sugar intake, then you can replace ketchup with low sugar ketchup or use diced tomatoes in the sauce. Spaghetti squash is a healthy lower carbohydrate vegetable. Spaghetti squash is a low-calorie food with vitamins, minerals and fiber.

Submitted by: Mark Bercheni UToledo employee

# Turkey, Kale and Brown Rice Soup

Prep time: 25 min

Cook Time: 30 min

Total Time: 55 min

Yield 4 to 6 servings

## Ingredients

- 2 Tbsp extra virgin olive oil
- 5 to 6 shallots, chopped
- 3 medium carrots, cut into ½ inch pieces (about 1 1/3 cups)
- 1 large red bell pepper, cut into ½ inch pieces (about 1 ½ cups)
- 8 oz ground white turkey meat, broken into small chunks
- 1 Tbsp herbes de Provence
- 4 cups low-sodium chicken broth, plus more as needed
- 1 15 oz can diced tomatoes in juice drained
- 1 cup cooked brown rice
- 1 small bunch kale, coarsely chopped (about 4 packed cups)
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- ¼ cup chopped fresh flat-leaf parsley
- ¼ cup freshly grated parmesan cheese, optional

## Directions

1. Heat the oil in a large pot over medium-high heat.
2. Add the shallots, carrots and bell peppers and sauté, stirring frequently, until the vegetables begin to brown and soften slightly, 8 to 10 minutes.
3. Add the ground turkey and stir until the meat turns white and begins to color very slightly around the edges, 5 to 7 minutes.
4. Add the herbes de Provence and stir, 1 minute
5. Add 4 cups of broth, tomatoes and rice.
6. Bring to boil
7. Stir in kale and season with ¾ tsp of salt and the freshly ground black pepper
8. Reduce the heat to medium-low
9. Cover and simmer until the vegetables are tender, about 15 minutes.
10. Season with the remaining ¼ tsp salt
11. Ladle soup into bowls
12. Sprinkle each serving with parsley and Parmesan if using and serve.

**\*\*Adrienne approved\*\***

Submitted by: Anonymous UToledo Employee

# Turkish Lentil and Spinach Soup

Serving: 4 -5

## Ingredients

- 1 cup dried brown lentils
- 5 cups water (you could also use stock, but I don't like it.)
- 1 tsp salt
- ¼ cup olive oil
- 2 cups yellow onion (about 2 large onions)
- 3 garlic cloves, minced
- ¼ tsp cayenne (or more to taste)
- 2 bay leaves
- ½ cup raw bulgur wheat
- ½ chopped fresh parsley, more for garnish
- 1 15 oz can diced tomatoes
- ¼ cup tomato paste
- 1 tsp dried rosemary, crushed (or to taste)
- 10 oz box of frozen chopped spinach

## Directions

1. Rinse the lentils in a sieve under running water and pick out any stones
2. Bring them to a boil in salted water
3. Reduce heat and simmer, covered, for 40 minutes
4. Heat olive oil over medium heat in a large heavy pot
5. Sauté the onions until translucent, add garlic, cayenne, bay leaves, and bulgur
6. Stir the mixture until the onions are lightly browned and the bulgur smells nutty, about 5 minutes
7. Mix in tomato paste and then add parsley and tomatoes
8. Pour the lentils and the water or stock into the soup pot with the onions and bulgur
9. Add the rosemary and the frozen brick of spinach to the pot
10. Bring to a simmer and then simmer the soup for 15 minutes. If the lentils and bulgur have absorbed too much liquid add more water or stock.
11. Remove the bay leaves
12. Add salt and pepper to taste
13. Garnish with chopped parsley.

**\*\*Adrienne approved\*\***

Submitted by: Jolene Miller UToledo employee One of our go-to recipes for home and potlucks

# Vanilla Almond Cranberry Cereal Bars

## Marshmallow mixture

- 6 Tbsp butter or margarine
- 1 package of marshmallow
- 1 Tbsp vanilla
- Kosher salt to taste

## Cereal Bar Mixture

- 5 cups Sunrise Crunchy Vanilla Cereal
- 1 cup dried cranberries
- 1 cup slivered almonds
- ½ package mini marshmallow

## Directions

1. In a large microwave safe bowl melt butter/margarine and marshmallows in the microwave until smooth
2. Then add vanilla and salt, stir to combine
3. Mix all cereal bar mixture together
4. Add cereal bar mixture to the Marshmallow mixture and stir gently to combine.
5. Put into a butter/margarine greased 9 x 13 pan.
6. Using a piece of wax paper that is buttered/greased on one side, pat the mixture into the pan.
7. Let setup - approximately 1-2 hours

**\*\*What would Adrienne do\*\***

This recipe is a healthier substitute for Rice Krispie treats. Sunrise cereal has omega-3 rich flax seeds, and ancient grains like buckwheat, quinoa, and amaranth. One serving provides 15g whole grains and 4g of fiber.

This is still a higher sugar treat because of all the marshmallows. I would use this for a sweet treat but not eaten every day for breakfast. You can add this cereal with yogurt or eat it over milk.

Submitted by: Kim Koesters UToledo Employee

This recipe was shared by a friend who provided this snack when she hosted us in Chicago