

Recipes for weeks 3 & 4

Breakfast: Overnight oats with berries

If you like oatmeal, you will love this! If you want a good crunch, add a couple of tablespoons of granola, chopped nuts, such as almonds, pecans or walnuts, or even seeds, such as pumpkin, sunflower, or hemp.

Yields: 3 servings

INGREDIENTS:

- 1 cup rolled oats/old fashion oats
- 1 ½ cups almond milk
- ¼ cup chia seeds
- 1 large, ripe banana, smashed
- 1/2 -3/4 tsp. ground cinnamon

For serving:

- Fresh mixed berries, or any of your favorite fruit
- Granola
- Pure maple syrup or other natural sweetener (optional)

RECIPE

- In a small bowl, whisk together the oats, almond milk, chia seeds, banana and cinnamon. Cover and refrigerate overnight to thicken. You can also divide the oatmeal into 3 separate containers to have them ready to go for the week.
- In the morning, stir the oat mixture to combine. Serve the oats with the fresh fruit, and any of the additional toppings you desire.

Lunch: White bean, kale and potato soup

This soup is full of flavor, and is super hearty; make it for lunch or dinner!

Yields: 6 servings

INGREDIENTS:

- 2 tbsp. olive oil
- 1 yellow onion, finely chopped
- 2 garlic cloves, minced
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- Coarse salt and freshly ground pepper
- 1 can (15 oz.) peeled whole tomatoes, chopped (hold onto the juice)
- 7 cups of water or stock (chicken or vegetable)
- ½ lb. small red potatoes, scrubbed clean then quartered
- 1 can (15 oz.) white beans (such as cannellini), drained and rinsed
- 1 bunch kale, stems removed, and torn into small pieces
- ½ cup finely grated REAL Parmigiano-Reggiano cheese (optional, but suggested)

RECIPE:

- Heat oil in a large saucepan over medium heat. Add the onion, garlic, carrots and celery; season with salt. Cook vegetables, stirring until tender, about 8 minutes.
- Increase heat to medium high, and add tomatoes and their juice. Cook, stirring, until mixture begins to caramelize (brown), about 3 minutes.
- Add the water, potatoes, and beans; bring soup to a boil. Reduce heat and simmer until potatoes are tender, about 10 minutes. Stir in Kale. Cook, covered until tender, about 2 minutes. Season with salt and pepper.
- Serve stew topped with the cheese.

Dinner: Fajita Bowl

This recipe is very versatile; consider it a mix and match of your favorite veggies, beans and grains; feel free to make adjustments to this recipe, and I promise it will still be tasty! If you want to amp up your protein, feel free to add chicken or shrimp. To amp your veggies, try adding sliced mushrooms and broccoli. This recipe takes very little prep time, and even less hands-on cooking time.

Yields: 4-6 servings

INGREDIENTS:

- 2-3 tbsp. olive oil
- 1 yellow onion
- 2 garlic cloves, minced
- 2 bell pepper (any colors), sliced
- 1 zucchini, sliced
- 1 jalapeno, sliced
 - if you want it less spicy, remove the seeds and ribs
- 1 tbsp. fresh thyme, finely chopped
- Pinch red pepper flakes (optional)
- Coarse salt and pepper
- 2-3 cups rice, cooked
- 2 avocados, diced
- 1 can (15 oz.) black beans, rinsed and drained
- Scallions
- 2 tomatoes, diced, or your favorite salsa
- Shredded sharp cheddar cheese (optional): 1 tablespoon per serving

RECIPE:

- Preheat the oven to 400. Add onions, garlic, bell pepper, zucchini, and jalapeno to a baking sheet. Add olive oil, thyme, red pepper flakes, salt and pepper to the veggies; toss until everything is evenly coated.
- Roast veggies 20-25 minutes; toss half way thru cooking.
- While the veggies are cooking, warm up your beans in a small pot
 - Try adding a pinch of cumin and squeeze of lime to add a bit more flavor.
- When veggies are done, assemble your bowl: serve the rice with beans, vegetables, and top with the avocado, scallions, tomatoes/salsa and cheese (if using).

Snack: Kale and Sweet potato chips

If you crave something crunchy and salty, give this snack a try. I would highly suggest using a mandoline (slicer) or even the slicing attachment on your food processor to ensure you get even, super thin slices of the potatoes, if you question your slicing skills. Not a fan of sweet potatoes? Omit completely or try using a different root veggie, such as parsnips or even beets!

Yields: 4 servings

INGREDIENTS:

- 1 medium sweet potato
- 2 tablespoons extra-virgin olive oil, divided
- 3 large kale leaves (if you are only making kale chips, use the entire bunch)
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. black pepper

RECIPE:

- Preheat the oven to 350. Be sure that your oven rack is in the center of the oven.
- Using a mandoline slicer or a sharp knife, slice the potato into $\frac{1}{8}$ inch thick slices. Put into a bowl and drizzle with 1 tablespoon of olive oil. Toss well, and arrange in a single layer (DO NOT OVERLAP) on parchment paper-lined baking sheet (s).
- Bake for 12 minutes. Turn the slices over and continue to bake, checking every 2 minutes, until brown and crisp; about 6-8 minutes total. Season the chips with $\frac{1}{2}$ tsp. salt and $\frac{1}{8}$ tsp. pepper.
- Remove the stems from the kale leaves, cut or tear the leaves into 2-3 inch pieces. Put in a bowl and drizzle with the remaining 1-tablespoon of olive oil and toss well. Arrange the kale in a single layer on the parchment paper-lined baking sheets.
- Bake the kale until crisp and slightly dark around the edges, about 10-12 minutes. Season with the remaining salt and pepper.
- Let the chips cool before serving.