

Healthy Cooking Resources

Recipes

Roasted Vegetables

Ingredients

Vegetables

bell peppers, carrots, zucchini, broccoli,
cauliflower, mushroom, red onion, etc.

Olive Oil

Flavoring Suggestions

Salt and Pepper

Minced **garlic** or garlic powder

Herbs and Spices

basil, oregano, thyme, rosemary,
Italian seasoning, curry powder,
mustard, pesto, etc.

Citrus: lemons, vinegar, citrus, etc.



Directions

1. Preheat the oven to 400° F.
2. Wash and cut vegetables into equal sizes.
3. Place chopped vegetables on a rimmed baking sheet.
4. Drizzle and toss vegetables with olive oil and your favorite seasonings (such as garlic powder, herbs and spices, etc.).
5. Spread evenly across baking sheet. Try not to overcrowd the vegetables for crisp, caramelized rather than soft, steamed texture when done.
6. Roast for 20 to 30 minutes or until your preferred tenderness. Don't forget to toss the vegetables halfway through to ensure even browning.

Storage Tip:

- If stored in an airtight container, then cooked, leftover vegetables such as roasted vegetables can usually keep up to **3 to 7 days** in the refrigerator.



Overnight Oats

Serving: 1

Ingredients

- ½ cup rolled oats
- ½ cup milk or milk alternatives
- ¼ cup nonfat plain Greek Yogurt
- 1 teaspoon chia seeds

Direction

1. Combine the above ingredients.
2. Cover and refrigerate overnight.
3. Top with your favorite fruit and spices before enjoying.



Storage Tip:

- Overnight oats can be stored in an airtight container for up to **5 days** in the refrigerator. The caveat is that they will continue to soften the longer they sit, which might be a bonus if you like your oatmeal on the super-creamy side.

Egg Breakfast Muffins

Servings: 3

Ingredients

6 large eggs
¼ cup shredded low-fat Parmesan cheese
½ yellow onion, chopped
2 cloved garlic, minced
½ zucchini, shredded
1 red bell pepper chopped
2 cups arugula, roughly chopped
1 tablespoon olive oil
Salt and pepper
Nonstick cooking spray



Directions

1. Preheat oven to 375° F. Coat a muffin tin with spray and set aside.
2. In a large skillet over medium heat, drizzle olive oil and sauté the onion and garlic for about 4 minutes until tender and fragrant.
3. Add in zucchini and red bell pepper, cooking an additional 2 minutes.
4. Fill each muffin tin about two-thirds full with veggie mixture.
5. In a large bowl, whisk together eggs, arugula, cheese, and salt/pepper, and fill each muffin tin evening, being careful not to overfill.
6. Bake for about 20 minutes, until muffins have risen and are slightly browned.
7. Freeze leftover muffins. For best results, thaw in refrigerator overnight, then microwave until warm for a breakfast on the go.
8. Serve two muffins with a slice of whole-grain toast, 2/3 cup nonfat plain Greek yogurt, and 1 cup of mixed berries or fruit.

Storage Tips:

- Once the muffins have cooled completely, then they can be
 - Stored in an airtight container for up to **3 days** in the refrigerator.
 - Individually wrapped in plastic wrap, placed into a plastic or silicone bag and freeze up to **3 months**.

Reheat Tips:

- From refrigerator (not frozen):
 - *For best results, thaw in refrigerator overnight. Unwrap the muffins, place on a microwave-safe plate.*
 - Microwave on medium power until warmed through to the center, about 30 second.
- From freezer (frozen):
 - Microwave on medium power until warmed through to the center, about 1-2 minutes.

One-Dish Meal

Servings	<u>Starch:</u> Quinoa, Rice, Potatoes, etc. (Cups)	<u>Lean Protein:</u> Beans, Lentils, Tofu, etc. (Cups)	<u>Cooked Non- Starchy Vegetables</u> (Cups)	Liquid Ingredients or Sauce (Cups)
2	$\frac{1}{2}$ to $\frac{3}{4}$	$\frac{3}{4}$ to 1	$\frac{3}{4}$	$\frac{1}{2}$ to $\frac{3}{4}$
6	1 $\frac{1}{2}$ to 2 $\frac{1}{4}$	2 $\frac{1}{4}$ to 3	2 $\frac{1}{4}$	1 $\frac{1}{2}$ to 2 $\frac{1}{4}$
8	2 to 3	3 to 4	3	2 to 3
10	2 $\frac{1}{2}$ to 3 $\frac{3}{4}$	3 $\frac{3}{4}$ to 5	3 $\frac{3}{4}$	2 $\frac{1}{2}$ to 3 $\frac{3}{4}$
12	3 to 4 $\frac{1}{2}$	4 $\frac{1}{2}$ to 6	4 $\frac{1}{2}$	3 to 4 $\frac{1}{2}$

Directions:

1. Choose one ingredient from each column.
2. Mix all ingredients except the sauce and heat thoroughly in oven or on the stove.
Top with sauce.

On The Stove



1. Place ingredients in a large skillet.
2. Simmer on top of stove until bubbly.
3. Add toppings and simmer for additional 5 minutes.

In The Oven



1. Place ingredients in an oven-proof dish (such as a sheet pan).
2. Cover dish if needed.
3. Bake at 350° for about 30 minutes.
4. Uncover and bake for 15 minutes to brown.

Red Lentil Soup with Spinach

Servings: 6

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 2 large garlic cloves, chopped
- 1 heaping tablespoon tomato paste
- 1 heaping teaspoon ground cumin
- Large pinch chili powder or cayenne pepper
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 cups low-sodium vegetable broth
- 2 cups water
- 1 cup red lentils
- 2 medium carrots, chopped (If they are washed well, I don't bother to peel them)
- 2 large handfuls baby spinach leaves
- Lemon juice to taste



Directions

1. In a large soup pot over medium heat, heat the olive oil to shimmering.
2. Add the onion and garlic and sauté for about 4 minutes.
3. Stir in the tomato paste, cumin, chili, salt, pepper and cook a minute or two.
4. Add the broth, water, lentils, and carrots. Turn down heat and bring to a simmer.
5. Gently simmer partially covered about 30 minutes until the lentils are tender.
6. Use an immersion blender just enough to leave the soup chunky, or use a blender to puree about half of the soup, then add it back to the pot. If using a blender, remember to take the center piece out of the blender lid and cover with a folded kitchen towel to let the steam escape.
7. Stir in the spinach.
8. Add lemon juice to taste.

Source: <https://about.kaiserpermanente.org/total-health/food-for-health/recipes/red-lentil-soup-with-spinach>

Spicy Peanut Veggie and Grain Bowl

Servings: 2

Ingredients

- 1/2 cup dry farro
- 1 cup water
- 4 cups broccoli, chopped
- 1 tablespoon sesame oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon sesame seeds
- 4 cups chopped kale (or any leafy green)
- 1 tablespoon peanut or almond butter
- 1 tablespoon rice vinegar
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon honey
- 1/2 teaspoon sesame oil
- 1/2 teaspoon Sriracha sauce (more if desired!)
- 1 tablespoon water
- 1/2 cup edamame, cooked and shelled
- 1/2 cup celery, chopped
- 1 cup carrot, shredded (about 1 medium-sized carrot)
- 1/4 cup roasted peanuts, chopped



Directions

1. In a medium-sized pot, add dry farro to 1 cup of boiling water and stir. Simmer on medium-low heat until the farro is tender, about 30 minutes. Drain the farro.
2. While farro is cooking, heat the oven to 425 F. Chop the broccoli into 1-inch uniform florets. In a medium bowl, combine the broccoli with the oil, salt, pepper, and sesame seeds, and mix well. In a large roasting pan lined with parchment paper or cooking spray, spread out the broccoli mixture. Bake until well browned, about 15 to 20 minutes, stirring halfway through.
3. In a dry pan (or coated with 1/2 to 1 teaspoon of olive or avocado oil), sauté the kale or other greens on medium-high heat for 3 to 4 minutes, or until cooked. (Skip this step if you prefer raw greens.)
4. In a small bowl, mix the peanut or almond butter, rice vinegar, reduced-sodium soy sauce, honey, sesame oil, Sriracha sauce, and water. This dressing can be refrigerated for up to 5 days.
5. Assemble the bowl in layers: Spoon the grains in first; then add greens; top with roasted broccoli, shredded carrots, shelled edamame, and chopped celery; and then sprinkle on the roasted peanuts. Drizzle with dressing.



Personalize Your Own Grain Bowl Creations

Following the following general guide, there are literally hundreds of variations. This can be great for kids because they can mix and match what they'd like. For my family, I often put out all the ingredients and let everyone make their own bowl. Have fun making your own recipe and mixing flavors!

Basics Of A Great Grain Bowl

- **A Whole-Grain Base**
 - Try quinoa, bulgur, wheat berries, or brown rice.
- **Sautéed or Raw Greens**
 - Beet greens, chard, kale, or spinach work well.
- **Roasted Vegetables**
 - brussels sprouts, broccoli, cauliflower, carrots, or butternut squash, etc.
- **A Protein**
 - garbanzo beans, lentils, black beans, tofu, chicken, or fish, etc.
- **Raw Veggies or Fruits For Crunch**
 - jicama, apples, water chestnuts, or pomegranate, etc.
- **Seeds or Nuts as A Topping**
 - Add extra flavor by sprinkling on roasted pumpkin or sunflower seeds, toasted walnuts or pecans, or whatever you choose.
- **Dressing or Sauce**
 - I recommend drizzling it on top instead of tossing it with all the other ingredients.

Time Saving Tip

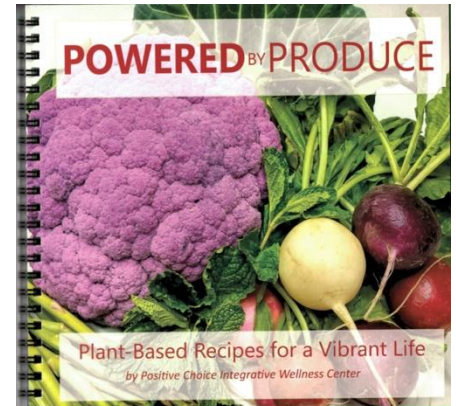
- Consider using leftover ingredients later in the week for salads or wraps.

Source: <https://about.kaiserpermanente.org/total-health/food-for-health/recipes/spicy-peanut-veggie-and-grain-bowl>

Additional Resources

Positive Choice

- Purchase **Positive Choice Cookbook** online at positivechoice.org/cookbook
- **Plant Based Eating and Cooking Demo**
 - <https://positivechoice.org/nutrition-and-fitness/plant-based-cooking-videos/>



Kaiser Permanente Resources

- **Food for Health Webpage**
 - Looking for new recipe ideas? Did you know that kp.org has over 800 recipes on their Food for Health web page? <https://foodforhealth.kaiserpermanente.org>
- **Plant Based Eating Booklet**
 - https://thrive.kaiserpermanente.org/care-near-you/southern-california/center-for-healthy-living/wp-content/uploads/sites/30/2020/03/plant_based_diet_e.pdf
- **Center for Healthy Living**
 - **Cooking Tips and Recipes**
Would you like to learn basic cooking tips and recipes for making grains, beans, vegetables, chicken, fish, egg, tofu, and tempeh?
<https://thrive.kaiserpermanente.org/care-near-you/southern-california/healthy-balance/wp-content/uploads/sites/38/2020/02/Cooking-Tips-And-Recipes.pdf>
 - **Healthy Dessert Recipes**
Healthy dessert sounds like an oxymoron? Think again!
<https://thrive.kaiserpermanente.org/care-near-you/southern-california/healthy-balance/wp-content/uploads/sites/38/2020/02/Healthy-Dessert-Recipes.pdf>
- **USDA MyPlate Kitchen**
Recipes and resources to support building healthy and budget-friendly meals.
 - <https://www.myplate.gov/myplate-kitchen>
- **Academy of Nutrition and Dietetics**
Wealth of information on nutrition, meal planning and prepping, recipes, etc.
 - <https://www.eatright.org/food>

