



Our Favorite Recipes

INOVA SCHAR CANCER INSTITUTE
& LIFE WITH CANCER
REGISTERED DIETITIANS

About

The Registered Dietitians at the Inova Schar Cancer Institute created this cookbook for the 50th anniversary of National Nutrition Month to celebrate our love for food.

Registered Dietitians are the only licensed food and nutrition experts.

We have each completed an undergraduate didactic program in dietetics with classes ranging from biochemistry and organic chemistry to medical nutrition therapy, business, nutrition counseling, and more. We then rotated through more than 1,200 supervised practice hours in facilities all over the country before sitting for our board exam. A majority of us have further completed specialty certifications in oncology and nutrition support.

While it is evident that we have vast knowledge in clinical nutrition, it is important to note that, at its core, we all simply love food. Eating to us is not a transactional experience. It is social, cultural, and emotional. It connects every human in the world across different ethnicities, socio-economic statuses, religions, and more.

We have compiled our favorite nutritious homemade meals that we enjoy with our family and friends. We hope you try some of these and even tweak them to make them your own.

Thank you,

ISCI Dietitians

Caitlin Benda, Emily Collins, Kelsey Coulter, Lauren Fay, Angie Lord, Marion Irvin, Sara Negron, Carrie Peers, Molly Seys

Breakfast

CHERRY CHOCOLATE OVERNIGHT OATS

"These chocolate cherry overnight oats are such a fun, yet nutritious, make-ahead breakfast that is perfect for busy mornings. Plus, who doesn't like eating chocolate for breakfast?" - Caitlin Benda

PREP TIME: 10 minutes TOTAL TIME: 10 minutes SERVINGS: 1

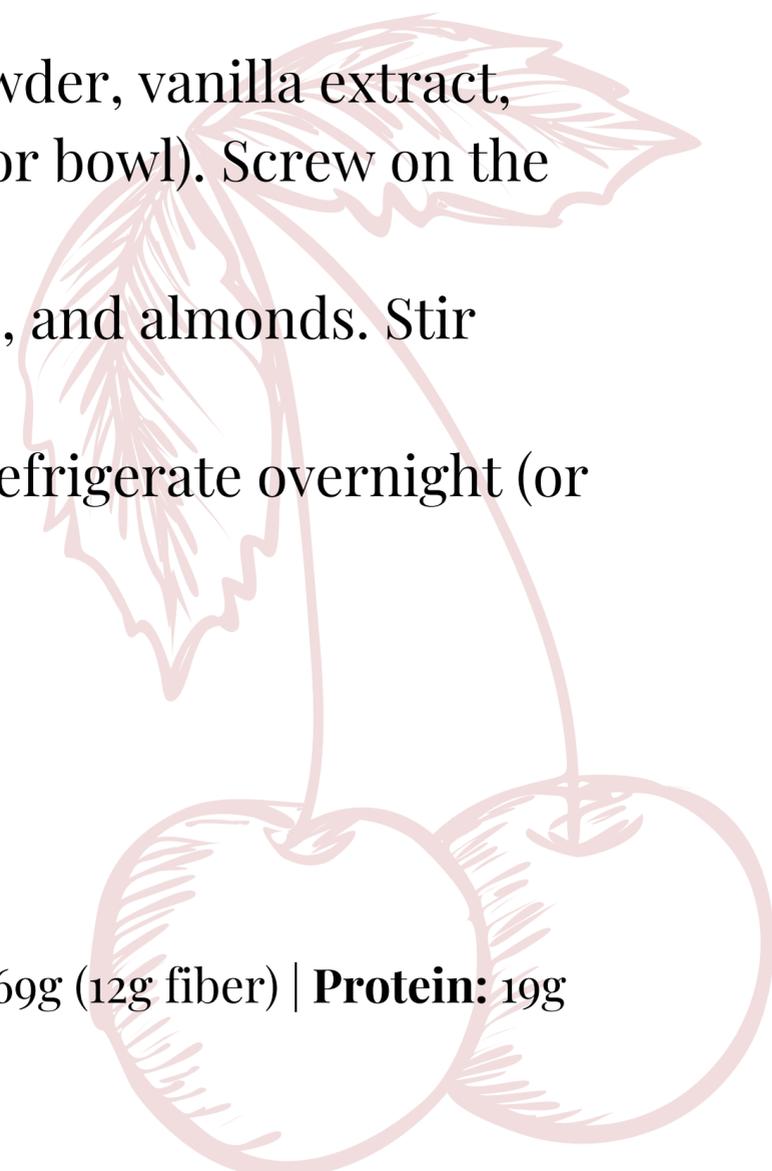
INGREDIENTS

- 1/2 cup old fashioned oats
- 1 tbsp ground flaxseed
- 3/4 cup lowfat milk (dairy or unsweetened non-dairy)
- 1 tbsp cocoa powder
- 1/2 tsp vanilla extract
- 1 tsp maple syrup
- 1/4 cup dark/sweet cherries (fresh or frozen are both fine; frozen cherries should be thawed overnight in the refrigerator)
- 2 tbsp sliced almonds
- 1 tbsp chocolate chips

INSTRUCTIONS

1. Combine oats, flax, milk, cocoa powder, vanilla extract, and maple syrup in a one-pint jar (or bowl). Screw on the lid and shake.
2. Next, add cherries, chocolate chips, and almonds. Stir until mixed in.
3. Put the lid back on (or cover) and refrigerate overnight (or at least 3-4 hours). Enjoy!

Calories: 500 | **Total Fat:** 19g | **Carbohydrate:** 69g (12g fiber) | **Protein:** 19g



MOLLY'S BANANA OAT OVEN CAKES

"I developed this recipe in search of a healthy grab-and-go breakfast or snack for my boys. They're packed with protein, fiber and healthy fats! A great alternative to my favorite cookie!" - Molly Seys

PREP TIME: 10 minutes TOTAL TIME: 30 minutes SERVINGS: 14

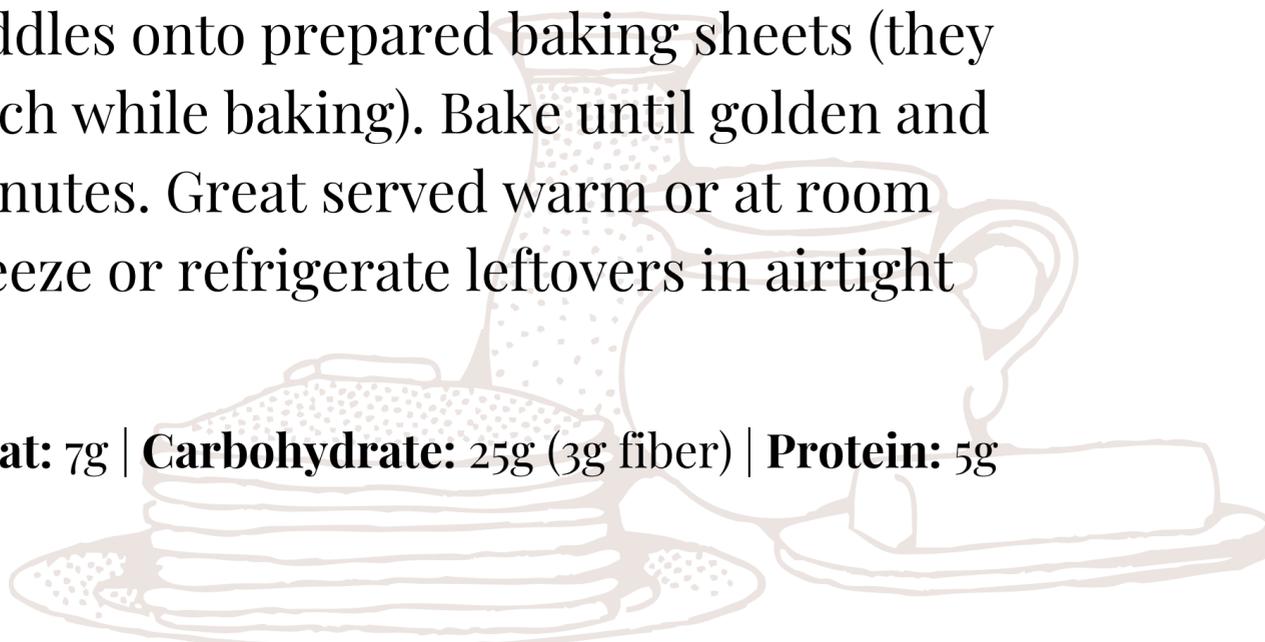
INGREDIENTS

- 3 large bananas
- 2 1/2 cup old-fashioned (rolled) oats
- 2 large eggs
- 1/4 cup honey
- 1/3 cup natural peanut butter (peanuts only, with/without salt)
- 1/4 cup flax meal
- 1/2 tsp table salt
- 1/2 tsp cinnamon (optional)
- 1/3 cup mini chocolate chips

INSTRUCTIONS

1. Preheat oven to 350 F. Line a baking sheet with parchment paper and set aside.
2. In the bowl of a food processor (or in a large mixing bowl if using an immersion blender), combine all ingredients except for chocolate chips. Process to desired consistency (my boys and I like the oats to keep a bit of their texture). Stir in chocolate chips.
3. Pour 1/4 cup puddles onto prepared baking sheets (they won't spread much while baking). Bake until golden and firm, about 15 minutes. Great served warm or at room temperature! Freeze or refrigerate leftovers in airtight container.

Calories: 170 | **Total Fat:** 7g | **Carbohydrate:** 25g (3g fiber) | **Protein:** 5g



HUMMUS AVOCADO TOAST

"I love this fun twist on avocado toast. Customize the toppings based on your preferences and what you have in the fridge." - Kelsey Coulter

TOTAL TIME: 5 minutes SERVINGS: 1

INGREDIENTS

- 1 slice whole grain bread
- 2 tbsp hummus, any flavor
- 1/4 ripe avocado
- pinch of everything bagel seasoning
- optional toppings: cilantro, pickled onions, balsamic vinegar

INSTRUCTIONS

1. Toast the whole grain bread.
2. Spread hummus evenly on toast.
3. Slice 1/4 of a ripe avocado and place slices on top of the hummus layer.
4. Sprinkle everything bagel seasoning on top of avocado and add desired optional toppings.

Calories: 220 | **Total Fat:** 9g | **Carbohydrate:** 28g (5g fiber) | **Protein:** 8g

TURKEY FAJITA EGG CUPS

"These egg cups were a lifesaver in college for a nutritious and filling breakfast that I could pop in the microwave on my way out the door." - Marion Irvin

PREP TIME: 10 minutes TOTAL TIME: 30 minutes SERVINGS: 12

INGREDIENTS

- 1/2 lb. ground turkey (any kind of ground meat will work)
- 1/2 tbsp olive oil
- 1 tbsp chili powder
- 1/8 tsp paprika
- 1/2 tsp garlic powder
- 1 tsp ground cumin
- 1/8 tsp salt
- 1 large green pepper, finely diced
- 1 large red pepper, finely diced
- 1/2 medium onion, finely diced
- 8 large eggs
- 1/4 cup milk (any kind)

INSTRUCTIONS

1. Preheat oven to 350°F and spray a 12-cup, nonstick muffin tin with cooking spray.
2. Add 1/2 tbsp of olive oil to a nonstick skillet and heat over medium-high heat. Add ground turkey and spices and sauté until turkey is fully cooked.
3. Transfer browned meat into muffin cups. Then prep vegetables by finely dicing green pepper, red pepper, and onion. Evenly spread out among muffin cups.
4. In a medium bowl, whisk together eggs and milk. Then, pour egg mixture evenly on top of veggies in order to fill each cup around 3/4 of the way full. Use a fork or knife to mix in order to make sure the veggies are evenly distributed within the egg.
5. Season the top of each egg cup with salt and pepper, to taste. Sprinkle cheese on top, if desired.
6. Bake at 350°F for around 18-22 minutes.

Calories: 90 | **Total Fat:** 4g | **Carbohydrate:** 3g (1g fiber) | **Protein:** 9g

SMOOTHIE BOWL

"I look forward to eating this refreshing bowl on weekend mornings in the summer. It is also super customizable depending on what you have in your house." - Marion Irvin

PREP TIME: 5 minutes TOTAL TIME: 5 minutes SERVINGS: 1

INGREDIENTS (Smoothie Bowl)

- 1 heaping cup frozen mixed berries
- 1 small ripe banana (sliced and frozen)
- 2-3 tbsp light coconut or almond milk (plus more as needed)
- 1 scoop plain or vanilla protein powder of choice* (optional)

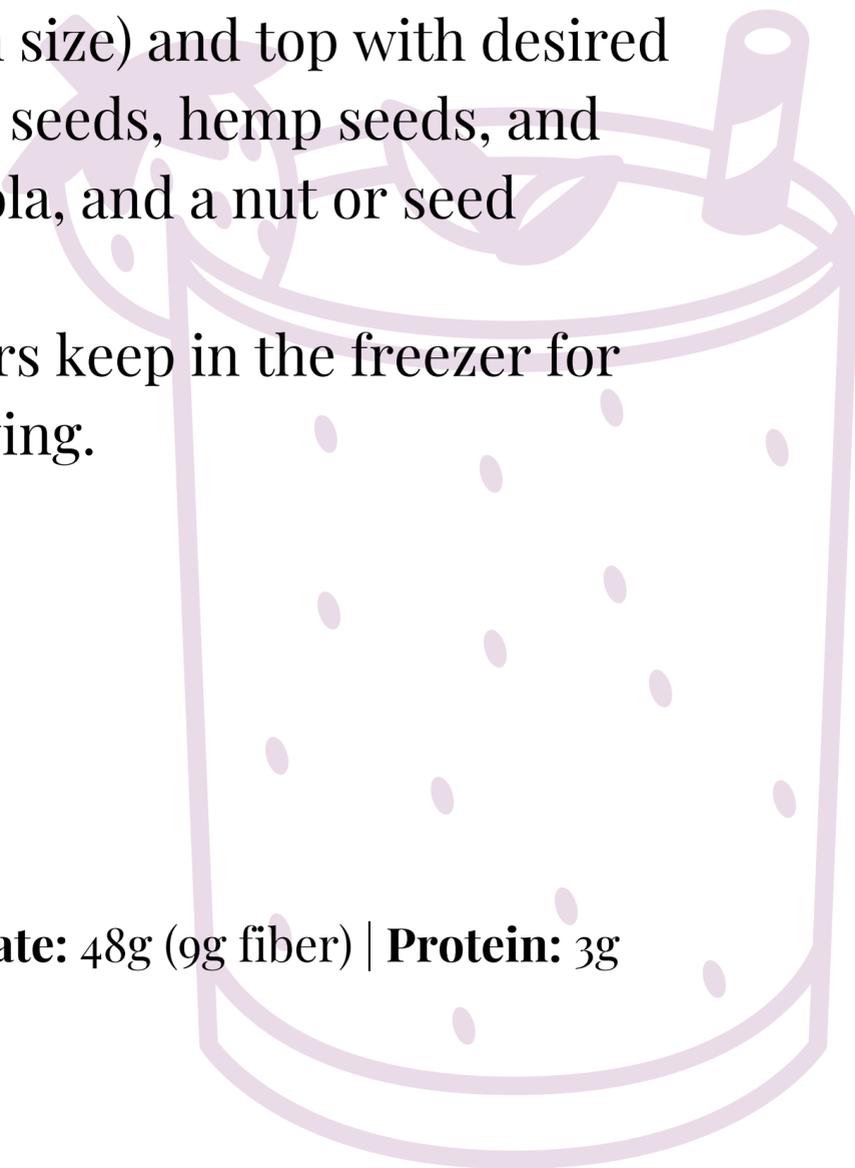
INGREDIENTS (Toppings)

- 1 tbsp shredded unsweetened coconut (desiccated)
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- granola (optional)
- fruit (optional)

INSTRUCTIONS

1. Add frozen berries and banana to a blender and blend on low until small bits remain.
2. Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency.
3. Scoop into 1-2 serving bowls (amount as original recipe is written // adjust if altering batch size) and top with desired toppings (optional). I prefer chia seeds, hemp seeds, and coconut, but strawberries, granola, and a nut or seed butter would be great here, too!
4. Best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.

Calories: 214 | **Total Fat:** 2.5g | **Carbohydrate:** 48g (9g fiber) | **Protein:** 3g



VEGGIE EGG CASSEROLE

"This veggie egg casserole is super easy to prepare and easily customizable with whatever herbs/vegetables you have on hand!" - Carrie Peers

PREP TIME: 5 minutes TOTAL TIME: 35 minutes SERVINGS: 5

INGREDIENTS

- 8 eggs
- 1 tbsp olive oil
- 1/2 yellow onion, diced
- 1 cup mushrooms, sliced
- 1 cup broccoli, chopped
- 1 red bell pepper, diced
- 1/3 cup sundried tomatoes, sliced
- 1 handful fresh or frozen spinach

You can season with sea salt, pepper, dill, parsley, garlic powder, onion powder and/or fresh herbs!

INSTRUCTIONS

1. Preheat oven to 400 F. Spray casserole or pie dish with avocado/olive/coconut oil, and set aside. Whisk eggs together in a small bowl and set aside.
2. Heat oil of choice in large pan over medium-high heat. Once hot, add in chopped/diced veggies. Sauté and cook for 7-10 minutes, or until softened - they don't have to be fully cooked through. Add seasonings/spices as desired
3. Transfer veggies to casserole/pie dish. Spread out, then evenly pour whisked eggs on top. Transfer to oven and bake for 25 minutes, until eggs are set.
4. Allow to cool for 5-10 minutes before serving, or store covered in the fridge for up to 5 days if eating later in the week.

Calories: 170 | **Total Fat:** 9g | **Carbohydrate:** 4g (2g fiber) | **Protein:** 12g

NO-BAKE TRAIL MIX

GRANOLA BARS

"I love this recipe because it's easy, tastes great, and is super customizable. I often use it as a way to clean out my pantry of those last little bits of cereal and trail mix." - Emily Collins

PREP TIME: 5 minutes TOTAL TIME: 15 minutes SERVINGS: 12

INGREDIENTS

- 1/2 cup honey (or brown rice syrup if vegan)
- 2 tbsp peanut or other nut butter (use sunflower or other seed butter if nut-free)
- 1 tbsp butter
- 3/4 cup old fashioned oats
- 1/2 cup crispy rice cereal
- 1/2 cup pretzels, crushed
- 1/4 tsp salt
- 1/2 cup dried fruit
- 1/2 cup seeds or nuts of choice (can also do 1/4 cup each)
- 1/3 cup chocolate chips

INSTRUCTIONS

1. Line an 8×8 (20×20 cm) baking pan with a sheet of aluminum foil or parchment paper, leaving a few inches of overhang on the sides to allow for easy removal. Generously spray the foil with cooking spray and set aside.
2. Add brown rice syrup, sunflower seed butter, and coconut oil to a microwave-safe bowl and nuke on high until ingredients are fully melted and combined, about 1 minute. Remove from microwave and allow to cool and thicken.
3. Combine remaining ingredients in a large mixing bowl, stirring until evenly distributed. Pour wet ingredients into dry ingredients and mix until fully incorporated.
4. Transfer mixture to prepared pan and use a spatula or your hands to spread it evenly, making sure to press down firmly. Cover pan with a sheet of foil and place into the fridge to set, at least 2 hours but preferably overnight. When bars have set, remove from pan using the foil overhang, and use a sharp knife to cut into individual bars. Store bars in the fridge or freezer for best results.

Calories: 180 | **Total Fat:** 8g | **Carbohydrate:** 28g (2g fiber) | **Protein:** 4g

Lunch

CHICKPEA SALAD SANDWICH

"This recipe is a great alternative for the more traditional tuna salad or egg salad, and it's still high in protein plus adds in a hefty dose of fiber! It's great on a sandwich, on crackers, or by itself!" - Caitlin Benda

PREP TIME: 10 minutes TOTAL TIME: 10 minutes SERVINGS: 2

INGREDIENTS

- 15-oz can chickpeas
- 1 rib celery
- 3 green onions
- 1 to 2 tbsp mayonnaise
- 1 tbsp lemon juice
- 1 tsp celery seed
- kosher salt & fresh ground pepper
- 4 slices whole grain bread
- lettuce or spring green mix
- hummus (optional)

INSTRUCTIONS

1. Thinly slice the celery (if it's a large rib, cut in half lengthwise first). Thinly slice the green onions.
2. Drain and rinse the chickpeas. In a medium bowl, smash the chickpeas with a fork.
3. Combine the chickpeas with the chopped celery and green onions, mayonnaise, lemon juice, and celery seed. Add about 1/4 to 1/2 tsp kosher salt, depending on your chickpea brand and taste preferences, and fresh ground pepper to taste. Taste and salt until the flavor pops! If the salad is dry, add more mayonnaise.
4. Assemble the chickpea salad sandwich: If desired, spread the bread with hummus (this amps it up a bit but not required). Top the sandwich with lettuce or greens and chickpea salad.

Calories: 440 | **Total Fat:** 9g | **Carbohydrate:** 70g (13g fiber) | **Protein:** 20g

ROASTED CARROT CAULIFLOWER QUINOA SALAD WITH SUNSHINE DRESSING

"This is a great recipe to meal prep for lunches throughout the week! The beautiful colors and flavors are unmatched." - Carrie Peers

PREP TIME: 20 minutes TOTAL TIME: 50 minutes SERVINGS: 4

INGREDIENTS (Vegetables)

- 4 medium carrots (or 3 large), cut in half lengthwise and then cut into 2 inch segments/chunks
- 2 cups small to medium cauliflower florets
- 1 tbsp avocado oil or olive oil
- 1/2 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/4 tsp garlic powder
- 1/4 tsp cayenne pepper (if you like a little heat)
- freshly ground salt and pepper

INGREDIENTS (Quinoa)

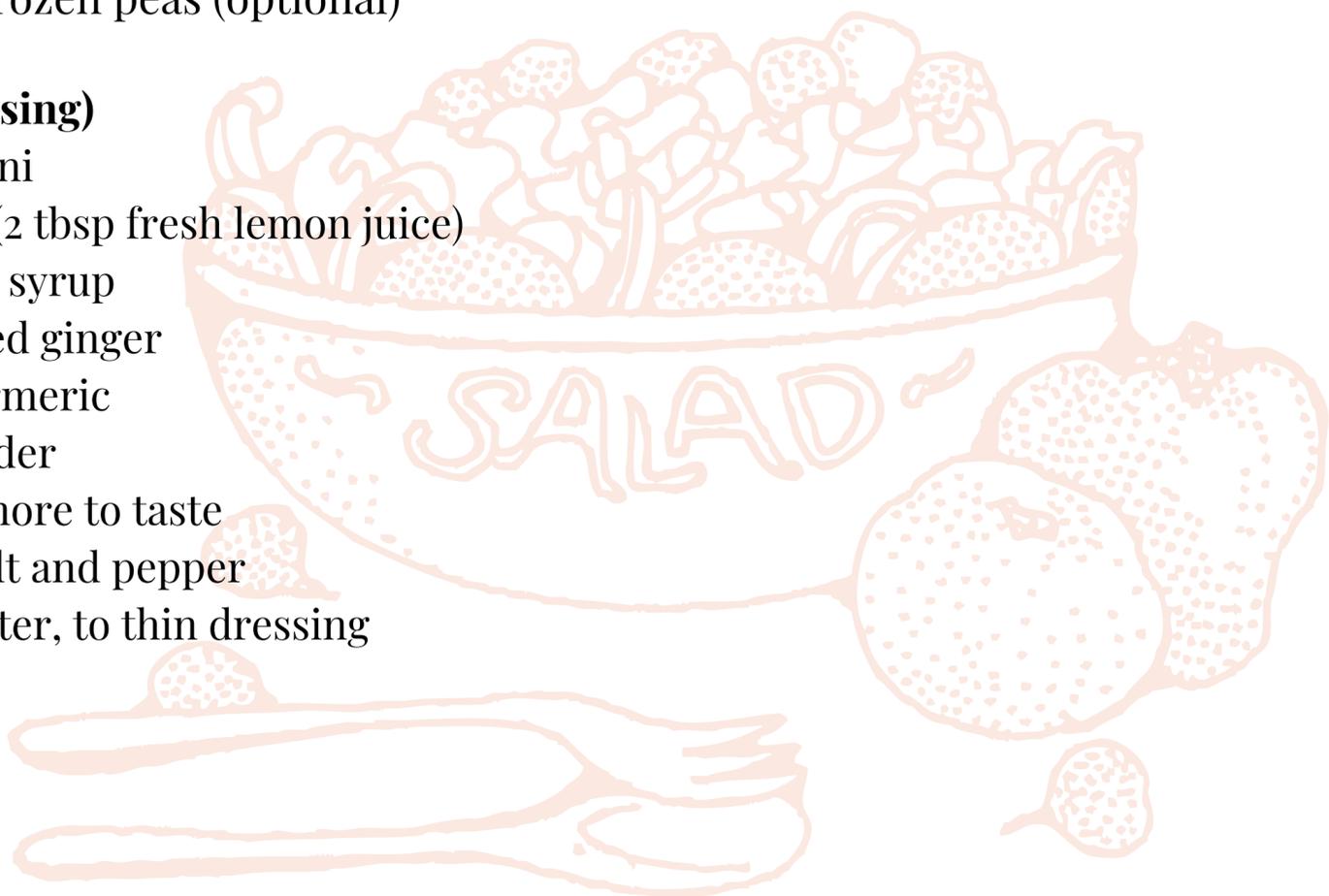
- 3/4 cup quinoa
- 1 2/3 cup water

INGREDIENTS (Salad)

- 1/3 cup diced green onion
- 1/3 cup cilantro
- 1/3 cup flat leaf parsley
- 1/3 cup chopped pitted Medjool dates (or sub dried cherries)
- 1/3 cup shelled roasted and salted pistachios (or sub roasted almonds)
- 3/4 cup thawed frozen peas (optional)

INGREDIENTS (Dressing)

- 4 tbsp drippy tahini
- 1/2 lemon, juiced (2 tbsp fresh lemon juice)
- 1 tbsp pure maple syrup
- 1-2 tsp fresh grated ginger
- 1/2 tsp ground turmeric
- 1/4 tsp garlic powder
- 1/4 tsp salt, plus more to taste
- freshly ground salt and pepper
- 1-2 tbsp warm water, to thin dressing



ROASTED CARROT CAULIFLOWER QUINOA SALAD WITH SUNSHINE DRESSING

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Line a large pan with parchment paper and add carrots and cauliflower; drizzle with olive oil and sprinkle with cumin, turmeric, garlic powder, cayenne and salt and pepper. Toss well to combine and coat the veggies with the oil and spices. Roast for 25-30 minutes or until carrots and cauliflower are tender and golden; flip veggies halfway through to ensure even roasting.
2. While the veggies are roasting, you can cook your quinoa: Add in quinoa and water to a medium pot and bring mixture to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. After 15 minutes, remove from heat and fluff quinoa with a fork, then replace the lid and allow quinoa to steam for 5-10 more minutes.
3. Once quinoa is done cooking, add to a large bowl, then add in the roasted carrots and cauliflower, green onion, cilantro, parsley, chopped dates, pistachios and peas.
4. Make the sunshine dressing: In a medium bowl, mix together the tahini, lemon juice, maple syrup, ginger, turmeric, garlic powder, and salt and pepper. Add 2-3 tbsp of warm water to thin out the dressing so that it's nice and pourable. Taste and add more salt and pepper if necessary. Pour dressing over the salad and mix well to combine.

Calories: 391 | **Total Fat:** 16g | **Carbohydrate:** 55g (10g fiber) | **Protein:** 12g

COWBOY CAVIAR

"Fresh, flavorful, and nutritious! This colorful corn and bean salad is always a crowd-pleaser. Serve over a bed of greens or rice to make it a meal."

- Kelsey Coulter

PREP TIME: 25 minutes TOTAL TIME: 25 minutes SERVINGS: 8

INGREDIENTS

- 1 can low-sodium black beans, drained and rinsed
- 1 can black-eyed peas, drained and rinsed
- 2 cup cherry tomatoes, halved
- 1 cup corn kernels
- 1 red bell pepper, stemmed, seeded and diced
- 1/2 cup diced red onion
- 1 medium jalapeño pepper, finely chopped
- juice of 1 lime
- 2 large avocados, pitted and diced
- 1/4 cup cilantro
- tortilla chips, for serving

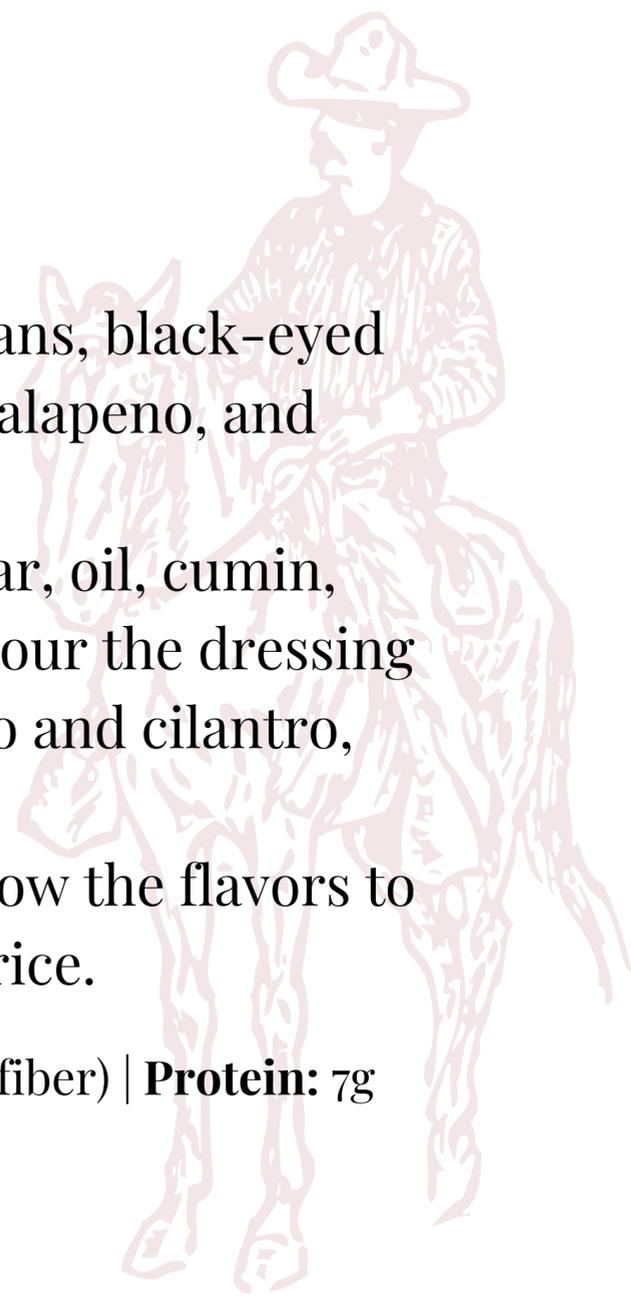
INGREDIENTS (Dressing)

- 2 tbsp red wine vinegar
- 2 tbsp extra-virgin olive oil
- 1 tsp cumin
- 1/2 tsp cayenne (optional)
- 1/2 tsp honey
- 1 clove garlic, minced
- 1 1/2 tsp sea salt (reduce to 3/4 tsp if watching sodium intake)
- 1/2 tsp ground black pepper

INSTRUCTIONS

1. In a large bowl, stir together the black beans, black-eyed peas, tomatoes, corn, bell pepper, onion, jalapeno, and lime juice.
2. In a small bowl, whisk together the vinegar, oil, cumin, cayenne, honey, garlic, salt, and pepper. Pour the dressing over the bean mixture. Fold in the avocado and cilantro, and season to taste.
3. If time allows, refrigerate for 1 hour to allow the flavors to marry. Serve with tortilla chips, salad, or rice.

Calories: 220 | **Total Fat:** 8g | **Carbohydrate:** 32g (12g fiber) | **Protein:** 7g



MOLLY'S BUTTERNUT SQUASH SOUP

"This is a very simple, but delicious soup that's appreciated by everyone in my family (even my youngest, the squash-hater)." - Molly Seys

PREP TIME: 30 minutes TOTAL TIME: 1 hour SERVINGS: 6

INGREDIENTS

- 1 medium butternut squash (~2 lbs)
- 3 tbsp olive oil, divided
- 1 small onion, halved and sliced thin
- 1 tbsp Thai red curry paste (heat can vary greatly per brand; use less accordingly)
- 5 cups low-sodium broth (vegetable or chicken)
- 1/2 cup full-fat coconut milk (canned)
- 1/2 lemon, juice only

INSTRUCTIONS

1. Preheat oven to 450°F.
2. Peel skin off of butternut squash (I find a "Y" peeler works best here). Cut into quarters lengthwise and remove seeds (consider roasting these separately as you would with pumpkin seeds for a delicious and nutrition snack!). Lightly coat each squash quarter with one tbsp of oil (scant tsp per quarter) and set on parchment-lined baking tray. Roast until tender and beginning to caramelize, about 30 minutes, flipping once around the 20-minute mark.
3. Meanwhile, heat remaining 2 tbsp of oil in a large stockpot or Dutch oven over moderate heat. Cook onions until soft and just beginning to take on color, about five minutes. Add curry paste and cook for another two minutes, stirring frequently with a wooden spoon. Add broth and give a good stir to loosen any bits that are sticking to the bottom. Add roasted squash, breaking up into large chunks with your spoon. Allow to simmer for 25-30 minutes, stirring occasionally, and breaking up squash a little more.
4. Add coconut milk and lemon juice. Use an immersion (hand-held) or standing blender (in batches) to purée soup until smooth.
5. Ladle into bowls and enjoy!

Calories: 180 | **Total Fat:** 11g | **Carbohydrate:** 21g (3g fiber) | **Protein:** 2g

CORN, AVOCADO, AND TOMATO SALAD

*"Summer in a bowl' any time of the year! Eat on its own or on a bed of spinach!"
- Angie Lord*

PREP TIME: 5 minutes TOTAL TIME: 15 minutes SERVINGS: 4

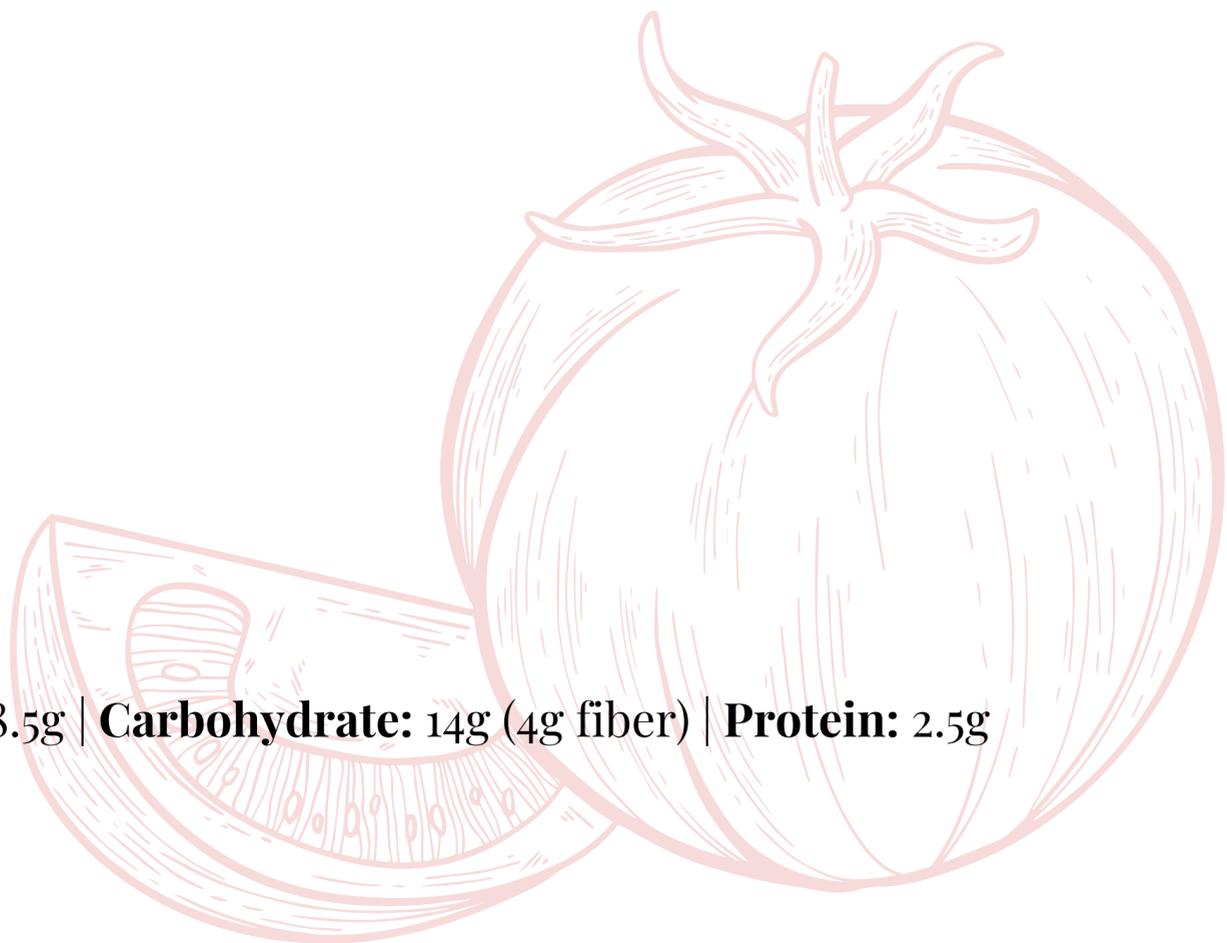
INGREDIENTS

- 1 avocado
- 1 cup cherry tomatoes, halved
- 1 cup corn, frozen
- 1 1/2 cups cucumbers, sliced
- 2 tbsp red onion
- 2 tbsp lemon juice
- 1/4 tsp salt
- dash pepper
- 2 tsp olive oil

INSTRUCTIONS

1. Toss all ingredients together and serve immediately. (It's also excellent on a bed of spinach!)

Calories: 128 | **Total Fat:** 8.5g | **Carbohydrate:** 14g (4g fiber) | **Protein:** 2.5g



SMASHED CHICKPEA & AVOCADO LETTUCE WRAPS

“This is a really cost effective, quick, and delicious recipe that you can use to add variety to your standard sandwich. You can easily add many ingredients based on your taste preferences to enhance the flavor- I like scallions, roasted red peppers, or capers.” - Lauren Fay

PREP TIME: 10 minutes TOTAL TIME: 10 minutes SERVINGS: 4

INGREDIENTS

- 1 ripe medium avocado
- 15-oz can reduced-sodium chickpeas
- 1 tbsp fresh lemon juice
- 2 tbsp fresh cilantro, finely chopped
- 2 tbsp red onion, finely chopped
- 1 celery stalk, finely chopped
- 1 tsp cumin
- salt and pepper, to taste
- 4 Boston lettuce leaves
- 1 medium tomato
- 2 tbsp feta cheese, sliced

INSTRUCTIONS

1. Drain garbanzo beans and add to a medium-sized mixing bowl. Mash to a smoother consistency (more or less depending on how chunky you'd like it).
2. Add the avocado and lemon juice and continue mashing until well mixed.
3. Stir in cilantro, red onion, celery, cumin, salt and pepper.
4. Top lettuce cups with sliced tomatoes (and any other toppings, e.g. cucumbers, bell pepper, jalapenos or sprouts).
5. Divide chickpea mixture into 4-5 portions and spoon onto lettuce cups*. Top with a sprinkle of feta cheese.

**For a heartier version, serve on whole wheat bread instead of lettuce cups.*

Calories: 220 | **Total Fat:** 9g | **Carbohydrate:** 25g (6g fiber) | **Protein:** 8g

MAYO-FREE EGG SALAD

"I love hard-boiled eggs, but don't really enjoy mayo. I found that using plain non-fat Greek yogurt is a great alternative to make egg salad. It has the same creamy texture as mayo and is higher in protein and a great source of probiotics. A little bit of shallots and a touch of Dijon gives this egg salad a kick." - Sara Negrón

PREP TIME: 10 minutes TOTAL TIME: 10 minutes SERVINGS: 6

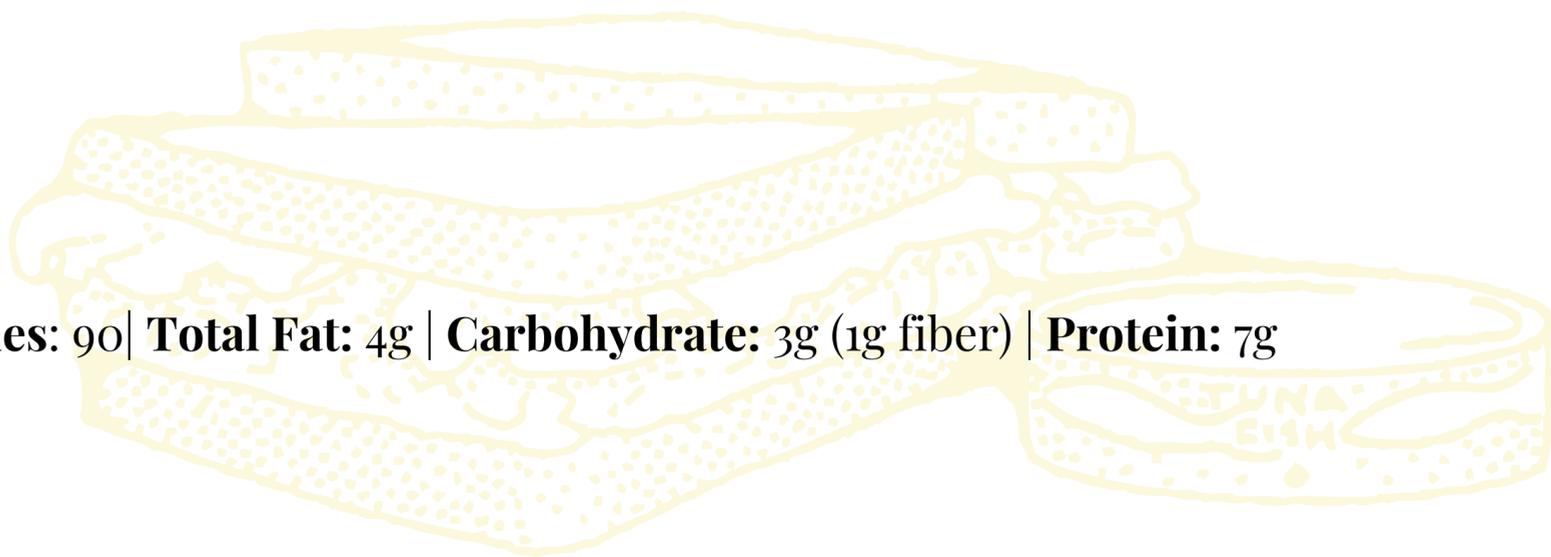
INGREDIENTS

- 1/2 cup of plain non-fat Greek yogurt
- 1/4 cup Dijon mustard
- 2 tbsp herbes de Provence seasoning
- 3 stalks of celery, finely chopped
- 1 shallot, finely chopped
- 5 hard-boiled eggs, peeled and finely chopped
- pinch of salt and pepper to taste

INSTRUCTIONS

1. In a large bowl, whisk together the first three ingredients until well blended. Add the remaining ingredients into the bowl and blend all the ingredients together until moistened. Transfer salad to a storage container and refrigerate. Serve cold on toast, crackers, or by itself.

Calories: 90 | Total Fat: 4g | Carbohydrate: 3g (1g fiber) | Protein: 7g



PASTA E FAGIOLI

"This hearty soup is my son's favorite and it's a great way to get some vegetables in!" - Angie Lord

PREP TIME: 10 minutes TOTAL TIME: 40 minutes SERVINGS: 8

INGREDIENTS

- 1 pound sausage
- 1 tsp salt
- dash pepper
- 1/2 cup onion
- 3 cloves garlic, chopped
- 3/4 cup carrots, chopped
- 1 cup celery, chopped
- 11.5-oz can V-8 juice
- 15-oz can tomatoes, low-sodium
- 15-oz can tomato sauce
- 3 cups water (can add more if you like less hearty soup)
- 15-oz can Great Northern beans, low-sodium, drained
- 15-oz can kidney beans, low-sodium, drained
- 1 tbsp red wine vinegar
- 2 tbsp Italian seasoning
- 1 cup ditalini pasta (uncooked)

INSTRUCTIONS

1. In a large pan over medium heat, brown sausage. Add in salt and pepper and stir until combined.
2. Then add in onions, garlic, carrots, and celery and sauté for 5 minutes.
3. Next add in the V-8 juice, tomatoes, tomato sauce, water, beans, vinegar, and Italian seasoning. Simmer for 10 minutes on medium, stirring occasionally.
4. Add uncooked pasta to soup and let cook for an additional 15-20 minutes, adding water as needed if it gets too thick.

Calories: 383 | **Total Fat:** 7g | **Carbohydrate:** 55g (11g fiber) | **Protein:** 26g

Dinner

LENTIL SLOPPY JOES

"This recipe is a delicious, plant-based spin on a dinner that was a staple in my house growing up. The leftover lentils also make a great protein-packed lunch for the following day!" - Caitlin Benda

PREP TIME: 5 minutes TOTAL TIME: 30 minutes SERVINGS: 4

INGREDIENTS (Lentils)

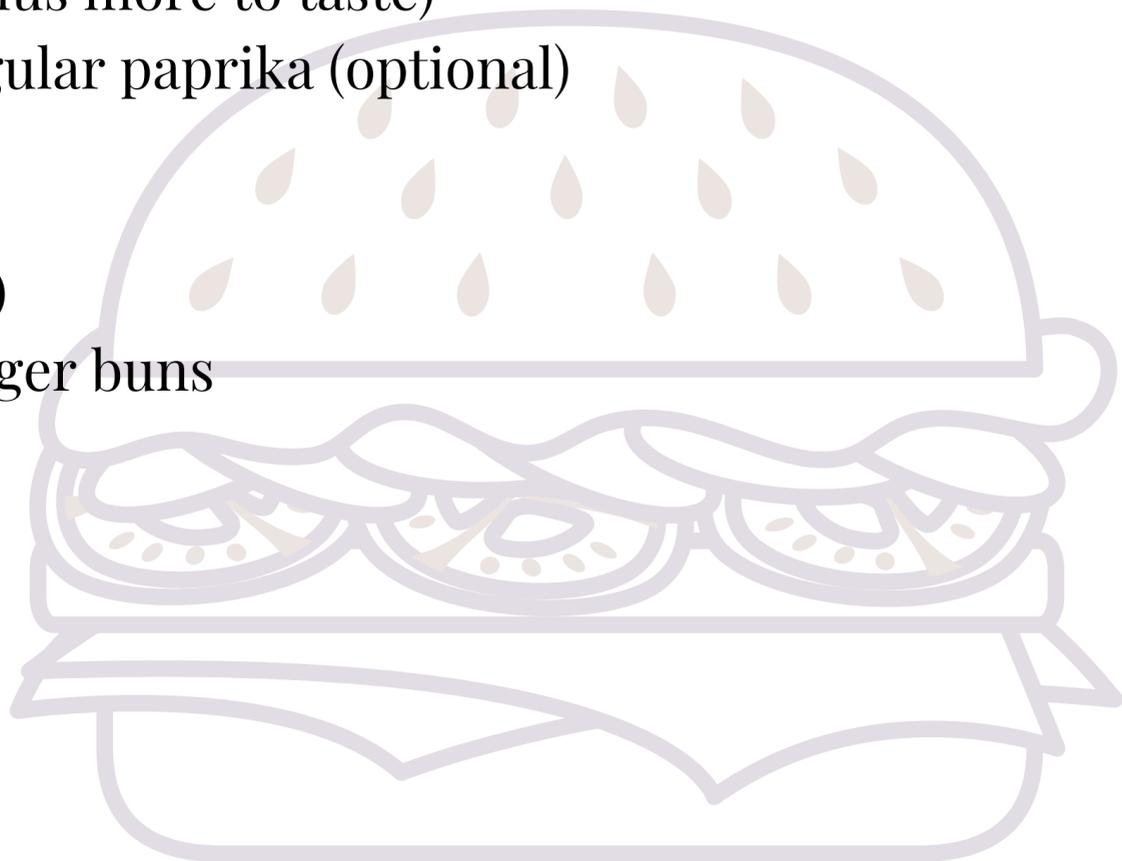
- 2 cups water (or 1 cup water + 1 cup vegetable broth)
- 1 cup green or red lentils, well-rinsed (red lentils for quicker/more tender result, or green lentils for more bite/texture)

INGREDIENTS (Sloppy Joes)

- 2 tbsp olive oil
- 1/2 medium white or yellow onion, minced (plus more for serving)
- 2 cloves garlic, minced (2 cloves yield ~1 Tbsp)
- 1/2 medium red or green bell pepper, diced
- sea salt and black pepper (to taste)
- 15-oz can tomato sauce
- 1-2 tbsp sugar
- 1-2 tbsp Worcestershire sauce
- 1-2 tsp chili powder (plus more to taste)
- 1 tsp ground cumin (plus more to taste)
- 1 pinch smoked or regular paprika (optional)

FOR SERVING (Optional)

- whole-wheat hamburger buns



LENTIL SLOPPY JOES

INSTRUCTIONS

1. If using green lentils: To a small saucepan, add rinsed green lentils to liquid (water and/or vegetable broth) and heat over medium-high heat. Bring to a low boil, then reduce heat to a simmer and cook covered for about 18-22 minutes, or until tender. The water should have a constant simmer (not boil). Drain off any excess liquid and set aside.
2. If using red lentils: To a small saucepan, add liquid (water and/or vegetable broth) and bring to a boil over high heat. Once boiling, add rinsed red lentils and bring back to a gentle boil. Reduce heat to a simmer and cook uncovered, stirring occasionally, for 7-10 minutes, or until just tender. You want them to be cooked through, but not mushy. Drain well and set aside.
3. In the meantime, heat a large skillet over medium heat. Once hot, add oil, onion, garlic, and bell pepper. Season with a pinch each salt and pepper and stir to combine.
4. Sauté for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and slightly browned.
5. Next add tomato sauce, sugar, Worcestershire sauce, chili powder, cumin, and paprika (optional). Stir to combine.
6. Once the lentils are cooked, add them to the skillet as well, and stir to combine.
7. Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally - about 5-10 minutes.
8. Taste and adjust flavor as needed, adding more chili powder and/or cumin for smokiness, salt for saltiness, sugar for sweetness, or Worcestershire for depth of flavor.
9. Serve the mixture on toasted buns with sliced onion. Best when fresh, though leftover sloppy joe mixture will keep in the refrigerator up to 4-5 days, or in the freezer for 1 month. Reheat in the microwave, or on the stovetop, adding water or vegetable broth if the mixture has dried out.

Calories: 298 | **Total Fat:** 8g | **Carbohydrate:** 45g (17g fiber) | **Protein:** 14g

20-MINUTE HONEY SESAME CHICKEN

"A simple but delicious recipe that comes together in 20 minutes; perfect for busy weeknight dinners!" - Carrie Peers

PREP TIME: 5 minutes TOTAL TIME: 20 minutes SERVINGS: 4

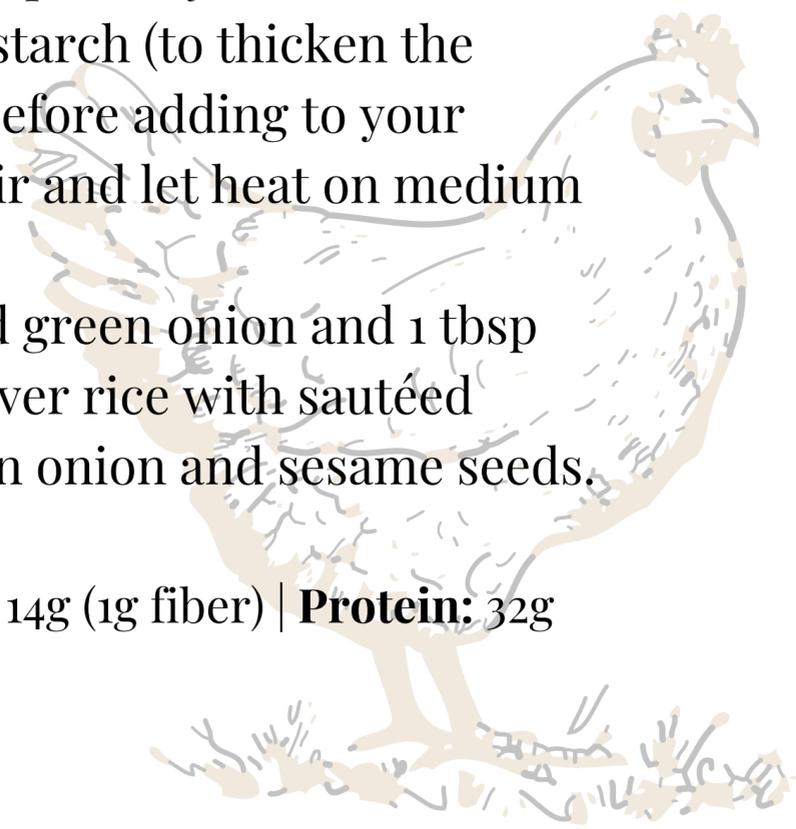
INGREDIENTS

- 2 tbsp avocado or extra virgin olive oil
- 1/2 cup onion, diced
- 1/2 tbsp minced garlic
- 3 large chicken breasts, trimmed and cubed
- 1/3 cup low-sodium soy sauce
- 2 tbsp honey
- 2 tbsp sesame oil
- 1/4 cup water
- 1 tbsp cornstarch
- 1/2 cup chopped green onion
- 2 tbsp sesame seeds

INSTRUCTIONS

1. In a large bowl, let cubed chicken marinate with 1-2 tbsp oil, salt and pepper until your skillet is ready.
2. In a large pot or skillet, heat oil until hot, but not smoking. Add diced onion and garlic, and cook until onions are translucent, stirring every few minutes. Add your chicken and spread out evenly so it can brown.
3. Once almost fully cooked, add your other ingredients: soy sauce, honey, sesame oil and water, and stir. Separately in a small bowl, add a few tbsp of water and 1 tbsp cornstarch (to thicken the sauce). Stir until completely dissolved before adding to your skillet. Give everything another good stir and let heat on medium for 5-7 minutes, covered.
4. Remove from heat, add 1/4 cup chopped green onion and 1 tbsp sesame seeds to skillet and stir. Serve over rice with sautéed broccolini and another sprinkle of green onion and sesame seeds.

Calories: 350 | **Total Fat:** 18g | **Carbohydrate:** 14g (1g fiber) | **Protein:** 32g



SPINACH AND GOAT CHEESE STUFFED PORTOBELLOS

“This recipe is a favorite of my Mom’s when we have the opportunity to have dinner together. Portobello mushrooms are a great meat substitute, and in the summer are delicious when prepared on the grill.” - Lauren Fay

PREP TIME: 10 minutes TOTAL TIME: 15 minutes SERVINGS: 4

INGREDIENTS

- 4 large portobello mushroom caps
- 2 tbsp olive oil, divided
- 3 small shallots, chopped
- 3 cloves garlic, chopped
- 6 oil-packed sun-dried tomatoes, drained and chopped
- 5 cups raw baby spinach
- 1/4 tsp black pepper
- 1 cup cherry tomatoes, quartered
- 1/4 cup grated parmesan cheese, divided
- 4 oz goat cheese sliced
- 1 tbsp balsamic vinegar, divided
- 8 basil leaves, thinly sliced

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Using damp paper towel or cloth, gently wipe any dirt from portobello caps. Use small knife to slice off each stem at base of caps and discard.
3. Coat mushroom caps on each side using 1 tbsp olive oil. Place mushrooms gill-side up on a baking sheet and roast until they start to soften, about 10 minutes. While mushrooms are roasting, make the filling.
4. Heat large skillet over medium heat and add 1 tbsp olive oil until it begins to shimmer. Add shallots and garlic and sauté 1-2 minutes, until translucent.
5. Add sun-dried tomatoes and stir.
6. Add spinach and stir gently until spinach begins to wilt, about 1 minute. Add pepper.
7. Add cherry tomatoes and sauté for another minute. Remove pan from heat and set aside.
8. Remove mushrooms from oven and divide spinach mixture evenly among each portobello cap.
9. Top each cap with 1 tbsp parmesan cheese and 1 oz goat cheese. Broil mushroom caps an additional 1-2 minutes until cheese starts to melt.
10. Serve each cap topped with a drizzle of balsamic vinegar and basil.

Calories: 240 | **Total Fat:** 16g | **Carbohydrate:** 13g (3g fiber) | **Protein:** 12g

PESTO SALMON IN PARCHMENT PAPER

"Great recipe to pull together quickly but packs a flavor and nutrition punch. Plus, seems more elegant than it was to make. Can sub out pesto for other spreads/sauces of your choice!" - Emily Collins

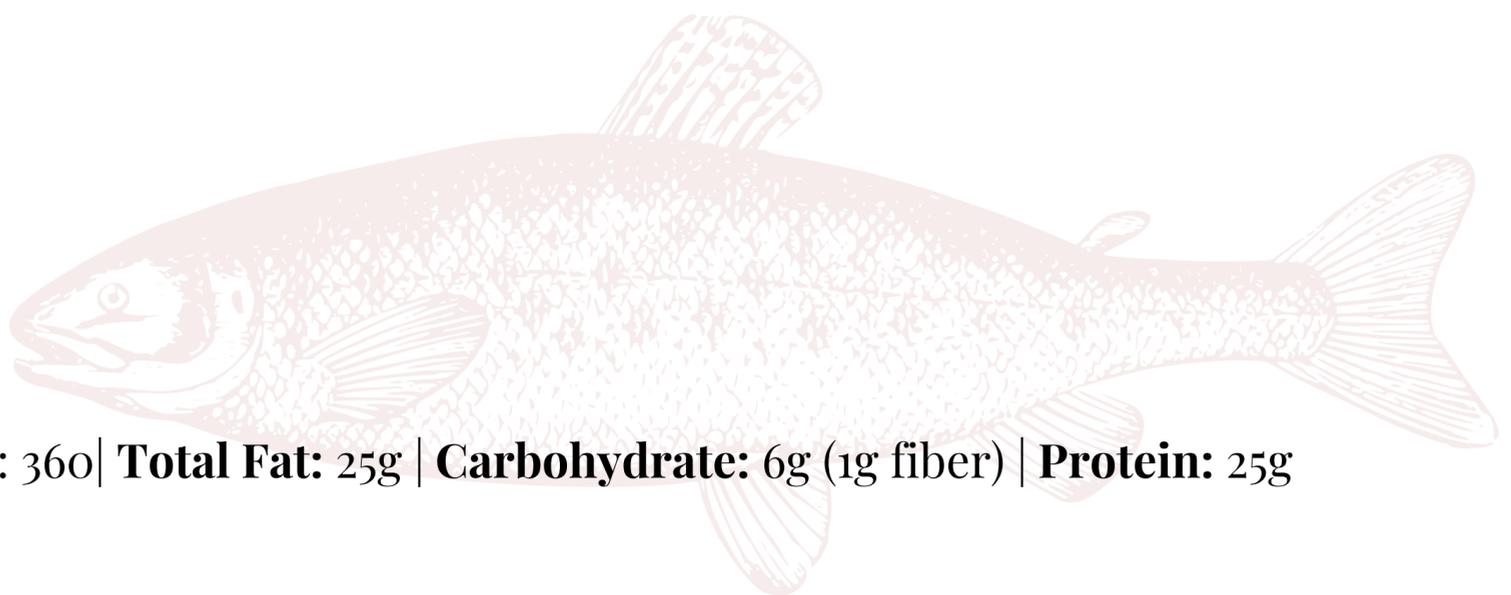
PREP TIME: 20 minutes TOTAL TIME: 30 minutes SERVINGS: 4

INGREDIENTS

- 1 1/4 lb salmon filet
- 1/3 cup pesto
- salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 350.
2. Place salmon on parchment paper. Season with salt and pepper.
3. Pour pesto over salmon and spread evenly.
4. Fold edges of parchment paper over and use twine to secure.
5. Bake 35 to 45 minutes or until cooked through. Remove from oven and let rest 5-10 minutes before serving.



Calories: 360 | Total Fat: 25g | Carbohydrate: 6g (1g fiber) | Protein: 25g

SHRIMP SKIMPY SCAMPI

“I came across this recipe when reading the newspaper a few years ago- and it has been a favorite ever since! I often pair it with a caprese salad, which is a nice color combination- especially when entertaining. One of the best parts of this recipe is that it makes your home smell AWESOME.” - Lauren Fay

PREP TIME: 15 minutes TOTAL TIME: 30 minutes SERVINGS: 4

INGREDIENTS

- 1 large or 2 medium shallots
- 3 cloves garlic
- leaves from 6 stems flat-leaf parsley
- 4 tbsp (1/2 stick) unsalted butter
- 4 tbsp extra-virgin olive oil
- 3/4 tsp kosher salt
- 3/4 tsp freshly ground black pepper
- 1 pound peeled, deveined, preferably U.S.-caught raw shrimp (defrosted if frozen)
- 1/2 cup dry white wine
- 1/2 lemon
- 1/2 tsp lemon pepper (spice blend)
- 1 cup panko (plain dried bread crumbs)
- 6 cups zucchini noodles (if you spiralize them yourself, use 2 medium zucchini)

INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Grease a 9-by-13-inch baking or casserole dish with cooking oil spray.
3. Cut the shallot(s) into small dice. Mince the garlic. Coarsely chop the parsley.
4. Melt half the butter in a large skillet over medium heat. Add half the oil, then stir in the shallot and 1/4 tsp each of the salt and black pepper. Cook for about 3 minutes, then stir in the garlic and cook for 30 seconds.
5. Meanwhile, pull off the shrimp tails, as needed. Season the shrimp with the remaining 1/2 tsp each of the salt and black pepper, then add the shrimp to the skillet. Cook for 1 minute per side, then pour in the wine and squeeze in 2 tbsp of juice from the 1/2 lemon into the mix. Use a slotted spoon to transfer the shrimp (which will be not quite cooked through) to a mixing bowl.
6. Once the liquids left in the skillet begin to bubble, add the remaining 2 tbsp of butter, the remaining 2 tbsp of oil and half the lemon pepper; stir until melted and saucy. Pour over the shrimp in the bowl. Return the empty skillet to medium heat; add the panko and cook, stirring, for a few minutes or just until lightly golden. Turn off the heat.
7. Add the zucchini noodles and parsley to the bowl with the shrimp and toss gently to coat. Pour into the baking dish or casserole and top first with the lightly toasted panko and then sprinkle the remaining lemon pepper over the crumbs. Bake (middle rack) for 10 to 15 minutes, just until bubbling a little at the edges. Serve hot.

Calories: 430 | **Total Fat:** 26g | **Carbohydrate:** 18g (2g fiber) | **Protein:** 26g

CHANA MASALA

*"When I'm looking for a healthy, comforting dish, chana masala fits the bill."
- Kelsey Coulter*

PREP TIME: 15 minutes TOTAL TIME: 30 minutes SERVINGS: 2

INGREDIENTS

- 1 onion, chopped
- 1 tomato, chopped
- 1 (1 inch) piece of fresh ginger, peeled and chopped
- 4 cloves of garlic, minced
- 1 green chile pepper, seeded and chopped (optional)
- 3 tbsp olive oil
- 2 bay leaves
- 1 tsp chili powder
- 1 tsp coriander powder
- 1 tsp garam masala
- 1/2 tsp turmeric powder
- pinch of salt to taste
- water, as needed
- 15-oz can chickpeas
- fresh cilantro leaves, for garnish

INSTRUCTIONS

1. Grind onion, tomato, ginger, garlic, and chile pepper together in a food processor into a paste.
2. Heat olive oil in a large skillet over medium heat. Fry bay leaves in hot oil until fragrant, about 30 seconds. Pour the paste into the skillet and cook until the oil begins to separate from the mixture and is golden brown in color, 2 to 3 minutes. Season the mixture with chili powder, coriander, garam masala, turmeric, and salt; cook and stir until very hot, 2 to 3 minutes.
3. Stir enough water into the mixture to get a thick gravy; bring to a boil and stir chickpeas into the gravy. Reduce heat to medium and cook until the chickpeas are heated through, 5 to 7 minutes. Garnish with cilantro.
4. Serve over rice and enjoy!

Calories: 440 | **Total Fat:** 25g | **Carbohydrate:** 45g (13g fiber) | **Protein:** 13g

WHITE CHICKEN CHILI

"A great dish all year round, but especially in cooler weather. Minimal prep and adaptable to how much effort you want to put in that day- slow cooker and instant pot options allow you to set it and forget it! Use chili flavoring packets and pre-minced garlic to save extra time and ingredients!" - Emily Collins

PREP TIME: 5 minutes TOTAL TIME: varies SERVINGS: 6

INGREDIENTS

- 3 medium boneless and skinless chicken breasts, about 1 1/2 lbs
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tbsp oil
- 3 cups low-sodium chicken broth
- 2 x 15-oz cans Great Northern beans, drained and rinsed
- 2 cups corn
- 4-oz can diced green chiles
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp chili powder
- 1/8 tsp cayenne pepper
- 1 tsp salt
- ground black pepper to taste
- small bunch of cilantro, finely chopped
- 1/2 cup plain or Greek yogurt, 2% or full-fat

INSTRUCTIONS (Stovetop)

1. Preheat large dutch oven or heavy-bottom pot on medium-high heat and swirl oil to coat.
2. Add garlic and onion, sauté for 3 minutes, stirring occasionally.
3. Add cumin, oregano, chili powder, cayenne pepper, salt and pepper, and cook for 30 seconds, stirring constantly.
4. In a small bowl, add about 1 cup of beans and mash with a fork. It helps to thicken the chili.
5. Add broth, mashed and whole beans, corn, green chiles, and chicken breasts. Cover, bring to a boil, reduce heat to low-medium and simmer for 20 minutes.
6. Turn off the heat. Remove chicken and shred with 2 forks or meat claws.
7. Return chicken to the pot, along with lime juice, cilantro and yogurt.
8. Stir and serve warm with your favorite toppings like tortilla chips, cheese, more cilantro, and lime.

See the following page for slow cooker and instant pot cooking methods

WHITE CHICKEN CHILI

INSTRUCTIONS (Slow-Cooker)

1. Preheat large ceramic non-stick skillet on medium-high heat and swirl oil to coat.
2. Add garlic and onion, sauté for 3 minutes, stirring occasionally.
3. Add cumin, oregano, chili powder, cayenne pepper, salt and pepper, and cook for 30 seconds, stirring constantly.
4. In a small bowl, add about 1 cup of beans and mash with a fork. It helps to thicken the chili.
5. Transfer to slow cooker along with 1 cup broth, mashed and whole beans, corn, green chiles, and chicken breasts.
6. Cover and cook on Low for 6 hours or on High for 3 hours.
7. Remove chicken and shred with 2 forks or meat claws.
8. Return chicken to the slow-cooker, along with lime juice, cilantro, and yogurt.
9. Stir and serve warm with your favorite toppings like tortilla chips, cheese, more cilantro, and lime.

INSTRUCTIONS (Instant Pot)

1. In a small bowl, add about 1 cup of beans and mash with a fork. It helps to thicken the chili.
2. To 6 or 8 quart Instant Pot, add ingredients in the following order: garlic, onion, corn, whole and mashed beans, chicken breasts, green chiles, cumin, oregano, chili powder, cayenne pepper, salt, pepper, and 1 cup broth. Do not stir.
3. Close the lid, set pressure vent to Sealing and Pressure Cook on High or Manual for 20 minutes.
4. Release pressure using Quick Release method by turning pressure valve to Venting position immediately after cooking.
5. Open the lid, remove chicken and shred with 2 forks or meat claws.
6. Return chicken to the Instant Pot, along with lime juice and yogurt (or cream cheese). Stir immediately, so yogurt doesn't curdle.
7. Serve warm with your favorite toppings like tortilla chips, cheese, more cilantro, and lime.

Calories: 345 | **Total Fat:** 12g | **Carbohydrate:** 40g (10g fiber) | **Protein:** 22g

Dessert

LEMON BERRY PARFAITS

"The combination of lemon and fresh berries is one of my favorites! This makes for a light, delicious dessert that's pack full of nutrition as well." - Caitlin Benda

PREP TIME: 15 minutes TOTAL TIME: 30 minutes SERVINGS: 6

INGREDIENTS

- 2 large eggs
- 1 1/4 cups sugar
- 1/2 cup freshly-squeezed lemon juice, from 3 large lemons
- 4 tbsp unsalted butter
- 2 tsp grated lemon zest (see note below)
- 1 cup whipping cream, chilled
- 5 cups assorted fresh berries (if using strawberries, cut into bite-size pieces)
- a few sprigs fresh mint, for garnish
- 6 shortbread or ginger cookies (optional)

INSTRUCTIONS

1. Crack the eggs into a medium bowl and beat well. Add the sugar and lemon juice and whisk until sugar is mostly dissolved. Set aside.
2. Fill the bottom of a double boiler pan with an inch of water. Bring to a simmer, then turn the heat down to low. Melt the butter in the top of a double-boiler. Add the egg mixture and cook, stirring constantly, until smooth and thick enough to coat a metal spoon, about 10 minutes. (If you get any bits of cooked egg, pass the mixture through a fine sieve to remove.) Stir in the lemon zest and pour into a shallow bowl. Chill in the refrigerator until cold.
3. Pour the chilled whipping cream into the bowl of an electric mixer and beat until the cream holds firm peaks. Be sure the lemon mixture is completely cool; then, using a rubber spatula, gently fold it into the whipped cream.
4. Place a large spoonful of berries into each glass (leave room for 2 layers of berries and 2 layers of cream) and top with a generous dollop of lemon cream. Top with another layer of berries and lemon cream. Cover with plastic wrap and chill until ready to serve. Right before serving, top each parfait with a cookie and sprig of fresh mint.

Calories: 510 | **Total Fat:** 26g | **Carbohydrate:** 70g (5g fiber) | **Protein:** 4g

CHA-CHA COOKIES

"Black beans provide the backbone of these cookies in place of eggs and flour (vegan! gluten-free!). Don't be scared! These provocative little antioxidant-packed cookies are fudgy, spicy and will curb even the most intense of chocolate cravings. And, if you decide to share them, the cookies will keep their superfood secret. (I promise!)" - Molly Seys

PREP TIME: 10 minutes TOTAL TIME: 30 minutes SERVINGS: 20

INGREDIENTS

- 1/3 cup pure maple syrup
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 15-oz can black beans, unseasoned, drained and rinsed well
- 2 tbsp avocado oil or other neutral oil
- 1/3 cup cocoa powder
- 1/4 tsp chipotle powder
- 1/4 tsp cinnamon
- 1/4 tsp salt
- 1/4 tsp espresso powder (optional; just intensifies the chocolate)
- 1/3 cup unsweetened dried cherries, chopped
- 1/3 cup bittersweet chocolate, chopped

INSTRUCTIONS

1. Preheat oven to 375°.
2. In a small bowl, stir together maple syrup, chia seeds and vanilla; set aside.
3. Combine black beans and oil in the bowl of a food processor and blend until very smooth, about 3 minutes. Scrape down the sides with a rubber spatula, then add the cocoa powder, chipotle powder, cinnamon, salt and espresso; blend for another minute. Scrape again, then add the maple/chia mixture and process for another minute or so. Remove the blade (or, if you have a small processor like me, transfer the mixture to a bowl) and fold in the cherries and chopped chocolate until well-incorporated.
4. Scoop rounded tablespoons of the batter onto a parchment-lined baking sheet and flatten the cookies slightly with the back of a spoon (they will not spread in the oven). Bake in pre-heated oven for about 15 minutes.

Calories: 80 | **Total Fat:** 3.5g | **Carbohydrate:** 12g (2g fiber) | **Protein:** 2g

CHOCOLATE-BUTTERSCOTCH CHIP COOKIES

"A slightly different take on a classic! My friend's mom used to make these and I knew I had to have the recipe when I tried them!" - Angie Lord

PREP TIME: 10 minutes TOTAL TIME: 30 minutes SERVINGS: 36

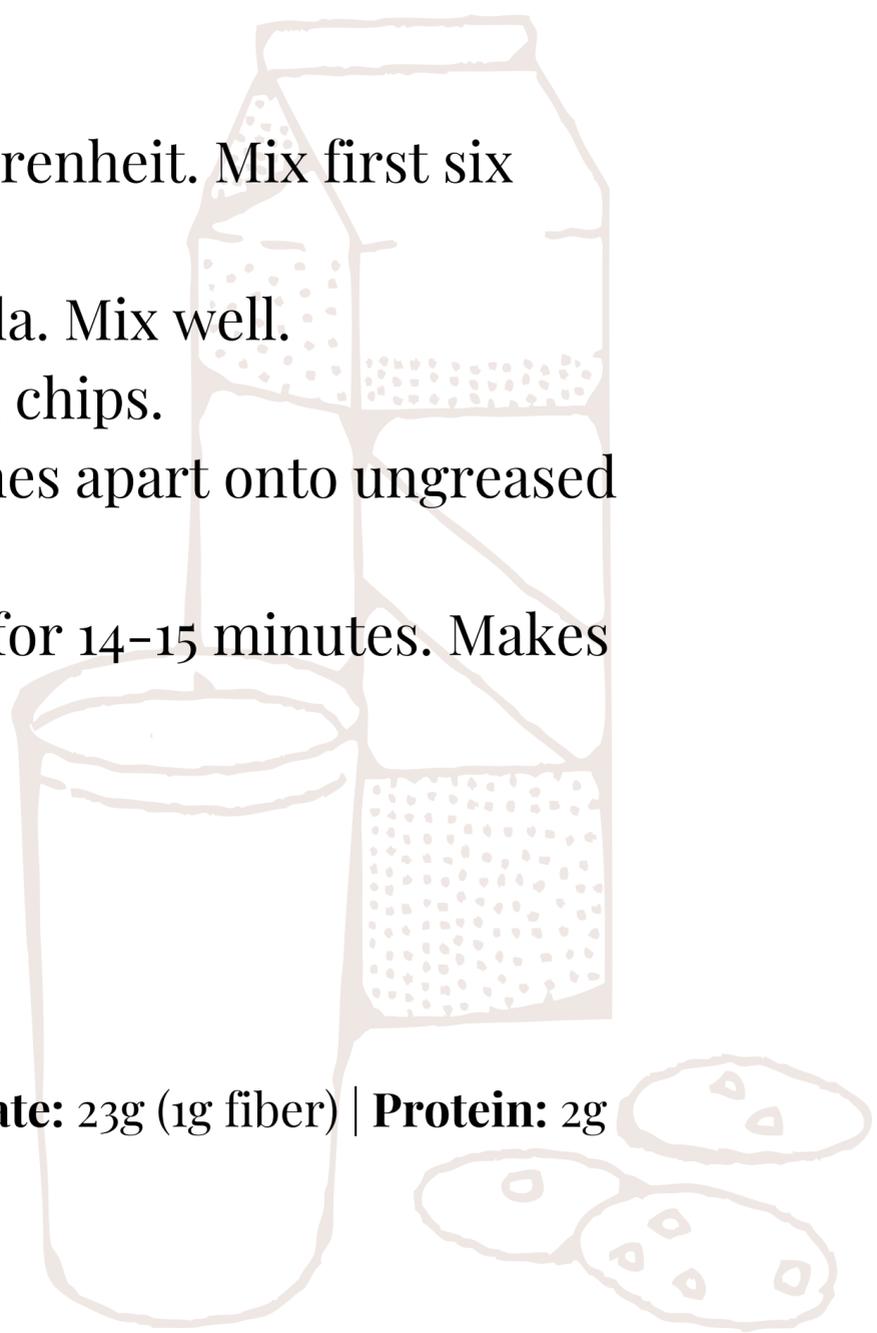
INGREDIENTS

- 2 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup sugar
- 1/2 cup brown sugar, packed
- 1 box vanilla instant pudding mix
- 3/4 cup vegetable shortening
- 2 eggs
- 1 tsp vanilla extract
- 1 1/2 cups chocolate chips
- 1/2 cup butterscotch chips

INSTRUCTIONS

1. Preheat oven to 375 degrees Fahrenheit. Mix first six ingredients together.
2. Add shortening, eggs, and vanilla. Mix well.
3. Add chocolate and butterscotch chips.
4. Drop spoonfulls of dough 2 inches apart onto ungreased cookie sheets.
5. Bake at 375 degrees Fahrenheit for 14-15 minutes. Makes about 3 dozen.

Calories: 170 | **Total Fat:** 9g | **Carbohydrate:** 23g (1g fiber) | **Protein:** 2g



CHOCOLATE CHIP ZUCCHINI BREAD

"This is similar to carrot cake in that the zucchini makes this bread nice and moist. This is also a great way to sneak in more vegetables!" - Marion Irvin

PREP TIME: 15 minutes TOTAL TIME: 1 hr 5 minutes SERVINGS: 12

INGREDIENTS

- 1 3/4 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger
- 1/2 tsp kosher salt
- 3/4 cup packed brown sugar
- 2 large eggs, at room temperature
- 1/2 cup unsalted butter, melted and slightly cooled
- 2 cups shredded zucchini
- 1 1/2 tsp pure vanilla extract
- 1 1/4 cup chocolate chips, divided

INSTRUCTIONS

1. Preheat oven to 350 degrees. Grease a 9x5-inch loaf pan with nonstick cooking spray and set aside.
2. In a medium bowl, whisk together flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt. Set aside.
3. In a large bowl, stir together the brown sugar, eggs, and melted butter until smooth. Add the shredded zucchini and vanilla extract and mix until well combined.
4. Add the dry ingredients and mix until just combined, don't over mix. Gently fold in 1 cup of the chocolate chips.
5. Pour the batter into the prepared loaf pan and sprinkle turbinado sugar over the top. Top with the remaining 1/4 cup of chocolate chips. Bake until golden brown and a toothpick or cake tester comes out clean, about 50 to 65 minutes.
6. Remove the bread from the oven and let sit in pan for 10 minutes. Loosen with a bread knife around the edges and carefully remove the bread from the pan. Cool completely on a cooling rack before slicing.

Calories: 305 | **Total Fat:** 17g | **Carbohydrate:** 35g (3g fiber) | **Protein:** 4g

CHOCOLATE CHIA SEED PUDDING

"I love chocolate pudding but there is not much in the way of nutrition. Chia seeds are a great source of protein and fiber and makes this a great guilt-free breakfast, snack, or dessert. Feel free to add other fruits like raspberries or blueberries, or top with chopped nuts." - Sara Negron

PREP TIME: 5 minutes TOTAL TIME: 20 minutes SERVINGS: 4

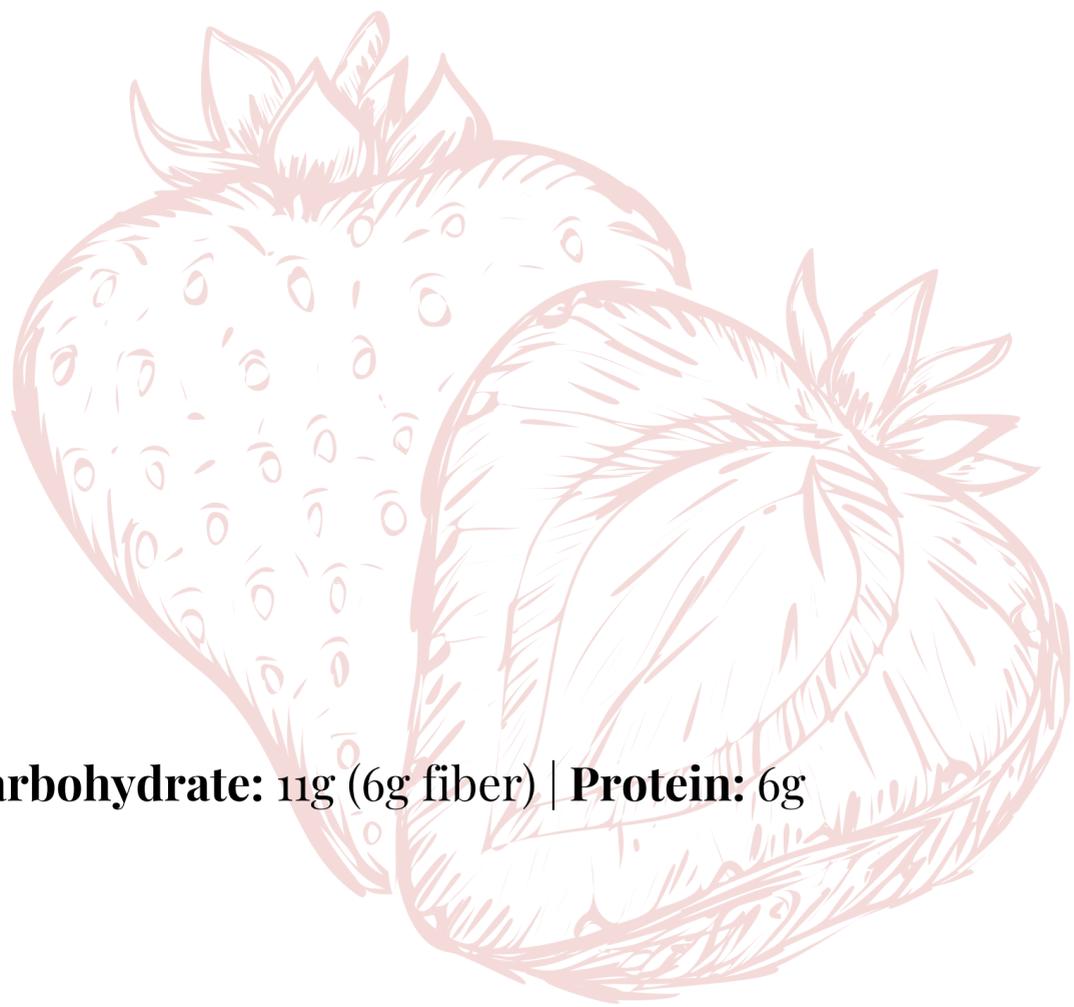
INGREDIENTS

- 1/2 cup chia seed
- pinch of salt
- 1 cup skim milk
- 1 tbsp cocoa powder
- 1 tsp vanilla extract
- 1/4 cup chopped strawberries

INSTRUCTIONS

1. Mix all ingredients together in a mason jar. Cover and refrigerate for 2-3 hours until mixture reaches pudding like consistency.

Calories: 140 | **Total Fat:** 9g | **Carbohydrate:** 11g (6g fiber) | **Protein:** 6g



OLIVE OIL CRUST APPLE TART

"I love a good pie or tart but most of the pie crusts are made with butter or shortening. I decided to try making a crust with olive oil and it turned out to be a healthy alternative. Feel free to add sliced pears in with the apples."

- Sara Negrón

PREP TIME: 30 minutes TOTAL TIME: 1 hr 30 minutes SERVINGS: 8

INGREDIENTS

- 1 1/2 cup of all-purpose flour
- 1/3 cup olive oil
- ice water
- pinch of salt
- 2-3 granny smith apples, cored, thinly sliced into wedges
- 1 tbsp cinnamon
- 2 tsp brown sugar

INSTRUCTIONS

1. Preheat the oven to 375 degrees Fahrenheit.
2. Prepare the dough: Blend together the flour, olive oil, and salt with a fork or pastry cutter. Slowly drizzle the ice water into the mixture and, using your hands, create a ball with the formed dough. Tightly wrap the dough in foil and chill for around 20 minutes.
3. Remove the dough from the foil and roll onto a floured surface. Once flat, transfer to a greased round tart plate (10-12 inch).
4. Arrange the apples in a spiral fashion, covering the bottom of the dough in a thin layer. Sprinkle brown sugar and cinnamon over apples.
5. Bake uncovered for 35-45 minutes or until the edges are golden brown.

Calories: 200 | **Total Fat:** 9g | **Carbohydrate:** 28g (3g fiber) | **Protein:** 6g