



Sheltering Arms Institute


A collaboration with **VCU**Health

Sheltering Arms Institute

COOKBOOK

DIABETES CONSCIOUS,
HEART HEALTHY
RECIPES

COOKING CLASS



This cookbook was created as a resource for the SAI community to find delicious, easy recipes that are also good for your health! Along with the recipes, you will find some information on considerations for a heart healthy and a diabetes conscious diet, as well as tips for saving energy while grocery shopping and cooking.

We hope you enjoy!



Gifts made to Project Gratitude by patients, families, and our community support initiatives that improve outcomes across our continuum of care. To learn more about programs supported by Sheltering Arms Foundation please scan the QR code or visit shelteringarmsfoundation.org.



Heart Healthy Cooking

The Mediterranean diet has been studied and recognized for its many benefits which may include reducing risk of heart disease, stroke, type 2 diabetes, cancer, and more. This diet includes a high intake of fresh fruits and vegetables, whole grains, extra virgin olive oil and other healthy fats from fish and nuts, and lean proteins. It also includes a moderate consumption of dairy products and red wine and limits processed foods, red meats, salt, added sugars, and alcohol.

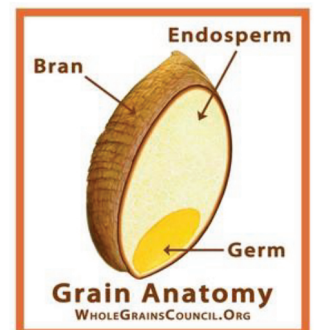
- **What should I aim to eat?**

- 5 servings of colorful fruits (2) and veggies (3) daily
- 4 servings of whole grains a day
- 2 servings of low-fat dairy products a day
- 2 servings of fatty fish a week
- lean proteins, nuts/seeds, olives and olive oils

This cookbook is a great starting point, as it is full of fresh meals, with plenty of veggie options that you can make at home!

What is a Whole Grain?

A grain that has all three parts intact (bran, endosperm, and germ). Refined grains are missing one or more of these parts which reduces the fiber, vitamins, minerals, and protein found naturally in a whole grain.



<https://wholegrainscouncil.org/whole-grains-101/whats-whole-grain-refined-grain>

Building a Healthy Meal When Thinking About Blood Sugar Control

All meals and snacks should have a balance of macronutrients and fiber to help prevent blood sugar spikes and to keep you full longer.

Carbohydrates

- Digested the quickest and turn into sugar in our blood rapidly.
- Examples: Bread, rice, cereal, pasta, oatmeal, fruits, beans, starchy vegetables (corn, potatoes, peas)

Fiber

- Help slow digestion and reduce blood sugar spikes after meals.
- Examples: whole grains, fruits and vegetables (especially ones with the peel!)

Fat

- Digested slowly and when eaten with carbohydrates they help the carbohydrates not enter the blood as quickly and spike the blood sugars.
- Consume more unsaturated fats (olive oil, avocados, nuts, fish). especially **omega 3 fatty acids** (fish, walnuts, flaxseed) which are anti-inflammatory in nature.
- Examples: olive oil, fatty fish, flax seeds, hemp seeds, walnuts

Protein

- Digested slowly (like fats), and help to stabilize blood sugar, keep you full longer, recover from illness/wound, and maintain/rebuild muscle.
- Examples: poultry/fish/meat, dairy products like cheese and milk, eggs, beans, and nuts

Some of the recipes included in this cookbook have a good balance of protein, fats, and carbohydrates but some may need to be paired with another protein rich entrée or side, so use them as a guide!



Energy Saving Cooking Tips

Meal Planning

- Find recipes with a short prep time.
- Organize your shopping list to the layout of the store.

Grocery Shopping

- Follow your shopping list to reduce any backtracking.
- Shop when the store is not busy.
- Ask for help retrieving high or low items.
- Use the stores electric scooter if needed.
- Look into using grocery delivery!

Cooking

- Gather all necessary items before starting, to reduce the number of trips.
- Have a chair or stool in the kitchen to sit while chopping, mixing, or stirring.
- Prepare part of the meal before-hand.

After Meal Clean-up

- Clean as you go while cooking.
- Rest after meals before cleaning up.
- Let your dishes soak before scrubbing.
- Let dishes air dry.

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Breakfast

Carrot Cake Baked Oatmeal

Serves: 8 Prep Time: 10 min Cook Time: ~40 minutes

Ingredients

- 2 cups oats
- 2 cups milk
- ¼ cup almond butter
- 2 Tbsp maple syrup
- 2 tsp vanilla
- 1 large carrot, grated
- ¼ cup dried cranberries
- ¼ cup chopped walnuts
- 2 Tbsp chia seeds
- 1 tsp baking powder
- 2 tsp cinnamon
- ½ tsp nutmeg
- Dash of salt

Cream Cheese Glaze

- 4oz cream cheese
- 1/4 cup butter
- 1 tsp vanilla extract
- 1 cup powdered sugar

Directions

Grate carrots. Mix all ingredients together in a bowl and pour into a greased 7x10 or 8x8 inch dish.

Bake at 400°F for 35 minutes.

Combine ingredients for glaze and melt in microwave.

Add glaze over baked oatmeal after it has been baked.



Easy Veggie Egg Bites

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

- 1/2 cup baby greens, chopped (baby spinach works great)
- 1 small tomato or cherry tomatoes, diced and seeded
- 4 strips bacon, cooked and crumbled
- 1/4 cup shredded cheddar cheese
- 7 large eggs
- 1/4 cup milk
- salt and pepper to taste



Directions

Add or omit anything from this recipe, and the cook time should remain the same!

Preheat oven to 350°F.

Spray muffin tin generously with nonstick spray.

In a medium bowl mix eggs, milk, salt, and pepper to taste.

To each muffin slot, add about 1 Tbsp of greens, tomatoes, bacon, and a sprinkle of cheese.

Add egg mixture to each slot leaving little room at the top.

Bake egg bites for 20 minutes. If the top is not fully cooked return to the oven, cooking in 3-minute increments. Enjoy!

Chewy Breakfast Cookies

Serves: 12 Prep Time: 10 min Cook Time: ~16 minutes

Ingredients

- 2 cups quick oats or old-fashioned whole oats
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1 cup almond butter, peanut butter, or sunflower seed butter
- 1/4 cup pure maple syrup (or honey)
- 1/3 cup apple butter*
- 1 large banana, mashed (about 1/2 cup)
- 1/2 cup dried cranberries
- 1/2 cup pepitas (pumpkin seeds)
- 1/2 cup raisins



Directions

Preheat oven to 325°F.

Combine all ingredients into a large bowl. Mix until all ingredients are combined. The dough is thick and heavy.

Portion 1/4 cup mounds of cookie dough onto prepared cookie sheet. Use the back of a spoon to slightly flatten into a cookie shape (they will not spread in the oven).

Bake for 16-18 minutes or until edges are slightly brown. Cool on the baking sheets for 10 minutes.



Lunch & Dinner

Turkey Chili

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

- 1 tsp vegetable or olive oil
- 1 pound ground turkey
- ½ onion, chopped
- 2 cups low sodium chicken broth
- 1.5 cups diced tomatoes
- 4 Tbsps tomato paste
- 1/2 zucchini, chopped
- 1 bell pepper, chopped
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 (15 ounce) can low sodium black beans or kidney beans, rinsed & drained
- 1 Tbsp minced garlic
- 2 ½ Tbsps chili powder
- 1 tsp paprika
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp ground black pepper

Optional Additions:

Spice: Red pepper flakes, hot sauce, salt (if you are not watching sodium intake)

Fat: Shredded Cheese, Sour Cream, Greek Plain Yogurt, or top with Avocado

Carbs: 1/2 sweet potato

Directions

Heat oil in a large pot over medium heat

Sautee onion, celery, and carrots for about 3 minutes then add turkey. Cook until turkey browns.

Pour remainder of ingredients into pot and bring to boil (except for Zucchini).

Reduce heat to low, cover, and simmer ~20 minutes. Add zucchini for last the last 10mins (until tender).

*Estimated Total Carbohydrates
If Serving 8: about 20g
About 20g protein per serving*



Vegetable Beef Soup

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

- 1 lb lean ground beef (or 1" cubes sirloin steak)
- 1Tbsp olive oil
- 1 white/yellow onion diced
- 2 celery stalks sliced
- 1 bell pepper chopped
- 2 medium carrots chopped
- 2-3 garlic cloves
- 1 Tsp Italian seasoning
- 2 large potatoes diced
- 6 cups low sodium beef stock
- 1 (14oz) can tomato sauce
- 1 Tbsp Worcestershire sauce
- 1 cup green beans
- 1 cup corn
- Salt and pepper to taste



Directions

In large stockpot over medium-heat. Add ground beef and cook for 2-3 mins.

Add onion, celery, carrots, bell pepper, and garlic and sautee for 4-5 mins.

Stir in potatoes, Italian seasoning, broth, tomatoes, tomato sauce, and Worcestershire sauce.

Bring to a boil and reduce the heat and simmer for 20-25 mins.

Add green beans and corn and cook for ~3 mins. Then season with salt/pepper and enjoy.

Homemade Salads

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

Greens

- Spring mix
 - Spinach
 - Romaine
 - Kale
-

Proteins

- Grilled chicken
 - Boiled Eggs
 - Turkey
 - Tofu
 - Beans
-

Veggies

- Cucumbers
 - Tomatoes
 - Beets
 - Carrots
 - Celery
 - Broccoli
 - Cabbage
-

Cheese

- Sharp Cheddar
- Mozzarella
- Feta
- Goat cheese

Directions

Salads are a great meal to make at home, and are easy and fun to customize! Try choosing a few things from each category to put in your next salad.



Nuts

- Sliced almonds
 - Walnuts
 - Pecans
 - Pumpkin seeds
-

Other

- Fresh dill
- Fresh mint

Egg Salad

Serves: 8 Prep Time: 15 min Cook Time: ~12 minutes

Ingredients

- 10 eggs (use 8 yolks)
- 3 medium stalks celery, diced (1.5c)
- 0.5 cup plain non-fat Greek yogurt
- 2 tsp dijon mustard
- 1 tsp kosher salt
- 0.5 tsp black pepper
- 2 Tbsp chopped fresh dill

For Serving

- Whole Wheat Bread
- Tomatoes
- Arugula or lettuce



Directions

Add eggs to pot, then cover them with cold water by an inch.

Bring water to a boil over high heat. Once water boils, turn off the heat and cover the pot. Let sit for 10-12 minutes depending on how you like your yolks.

Peel eggs and cut into a rough dice.

Place in a large mixing bowl, then add celery, Greek yogurt, Dijon mustard, and seasonings.

Serve on whole wheat bread with greens and tomatoes, or on a salad!

Greek Chicken Gyros with Tzatziki

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

Tzatziki

- 1 ½ C Greek Yogurt
- 2 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Lemon Juice
- 1 Tbsp Red Wine Vinegar
- 1-2 tsp Salt
- 1 Tbsp Fresh Dill diced
- 3 Garlic Cloves finely diced
- 1 cucumber grated and squeezed to drain

Greek Salad

- 3 Tomatoes, diced
- 2 Cucumber, peeled and diced
- ¼ Red Onion diced
- 2 Tbsp Italian Parsley, diced
- Salt and Pepper to taste

-
- Cooked chicken breast
 - Feta Cheese
 - 4-6 Greek Pita Breads or Flatbread

Directions

Stir together yogurt, olive oil, lemon juice, vinegar, salt, dill, and garlic. Mix in cucumber.

Mix tomatoes, cucumber, red onion, parsley, olive oil, salt, and pepper in bowl. Stir to coat.

Warm pita bread to make more pliable.

Slice chicken, and place in pita bread. Top with tzatziki and Greek salad.

Enjoy!



Sheet Pan Chicken & Veggies

Serves: 4 Prep Time: 15 min Cook Time: ~30 minutes

Ingredients

- 1 medium sweet potato, diced
- 4 Tbsps extra-virgin olive oil divided
- 2 boneless, skinless chicken breasts cut into bite-size pieces
- 1 small head broccoli, cut (about 2 cups florets)
- 1 red bell pepper, chopped into 1/2 inch pieces
- 1 zucchini, halved and cut into 1/2 inch pieces
- 1 yellow squash, halved and cut into 1/2 inch pieces
- Juice of 1 medium lemon
- 2 1/2 tsps Italian seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 cup freshly grated Parmesan cheese
- Salt and pepper



Directions

Pre-heat oven to 400°F.

Toss sweet potatoes with olive oil, salt, and pepper, and place on baking sheet. Bake for 10 minutes.

Chop chicken and remaining vegetables into bite sized cubes and place in bowl.

Add olive oil, lemon, Italian seasoning, garlic powder, and onion powder and toss to coat.

Remove pan from oven, add chicken and vegetable mixture, and spread everything into an even layer.

Bake for 15-20 minutes.

Carefully remove, sprinkle with parmesan, and serve.

Simple Pasta Salad

Serves: 10 Prep Time: 10 min Cook Time: 10 minutes

Ingredients

- 1 pound dried pasta*
- 1 bell pepper, sliced
- 1 cucumber, thinly sliced
- 1 cup cherry tomatoes, halved
- 1/3 cup scallions, thinly sliced
- 1/4 cup sliced pepperoncini or banana peppers (optional)
- 1 cup halved mixed olives
- 1 cup grated parmesan cheese
- 1 cup fresh mozzarella balls, chopped
- 1/3 cup fresh basil (optional)

Dressing

- 1/3 cup red wine vinegar
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dried oregano
- 1/2 cup extra-virgin olive oil

**You could also use whole wheat or other type of vegetable pasta. Use less pasta and more vegetables in the recipe to cut some of the carbohydrates.*

Directions

Prepare pasta according to package directions.

Chop all ingredients and place in a large bowl.

Mix together dressing in a separate small bowl.

Drain pasta, toss with a little olive oil.

Add pasta to large bowl with other ingredients. Pour the dressing and toss to coat.



Homemade Pizza

Serves: 1 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

- Pre-bought flatbread or pita
- Jar pizza sauce
- Mozzarella balls
- Basil

Optional toppings:

- Red onion
- Bell peppers
- Mushrooms
- Spinach
- Arugula
- Olives
- Chicken sausage

Tip:

Try adding chopped onion or peppers to your pizza sauce to sneak more veggies in!

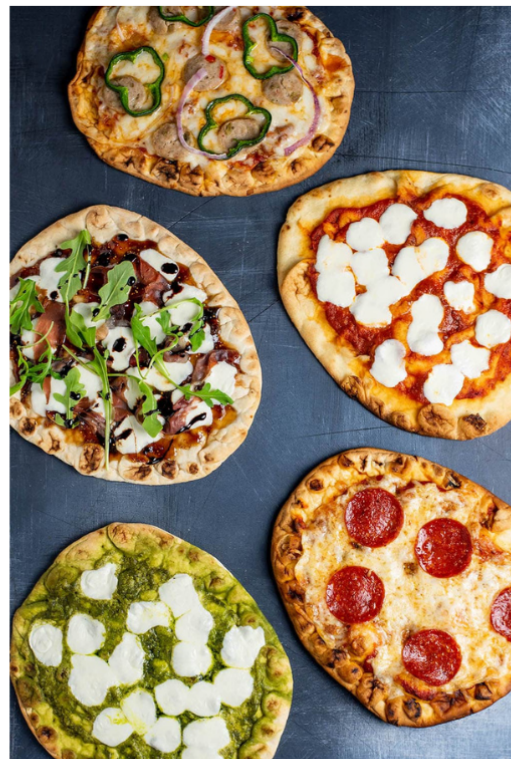
Directions

Pre-heat oven to 425°F.

Chop vegetables as needed.

Prepare pizzas with toppings as desired.

Place in oven and bake for 10-12 minutes or until cheese is fully melted.



Chicken Burrito Bowl

Serves: 4 Prep Time: 30 min Cook Time: ~20 minutes

Ingredients

Chicken

- ¼ cup avocado oil
- 3 Tbsps lime juice
- 3 chipotle chilis in adobo sauce finely chopped
- 1 ½ tsp garlic powder
- ¾ tsp salt
- 1 ½ pounds chicken breast cut into strips

Rice

- 1 cup long-grain white rice rinsed
- 1 ½ cups water
- 1/4 cup chopped Cilantro
- 2 Tbsp lime juice

Corn Salsa

- 1 cup corn kernels
- 1/4 cup red onion, chopped
- Juice of 1 lime
- 1/4 tsp cumin
- Salt and pepper to taste
- 1/3 Jalapeno (optional)

Toppings

- 1/2 cup Romaine lettuce, chopped
- 1 Tomato, diced
- 1/3 cup Black beans, rinsed and drained
- 1/2 Avocado, diced

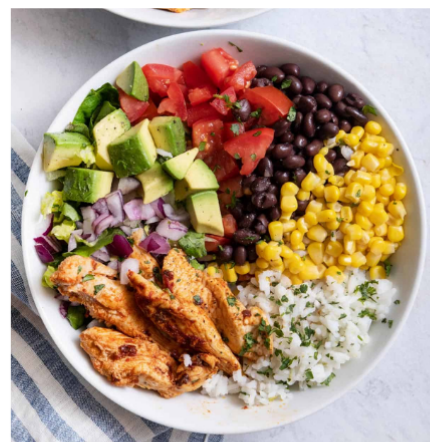
Directions

Mix oil, lime juice, chopped chilies, adobo sauce, garlic powder, and salt in a large bowl. Add chicken and toss to coat.

Heat a pan over medium-high heat. Remove chicken from marinade and add to pan. Cook, stirring, until cooked through, about 5 minutes.

Cook rice according to package directions. Toss in lime zest, lime juice, cilantro, and additional salt to taste.

Arrange rice and lettuce in the bottom of a serving bowl and top with chicken, corn salsa, and desired toppings.



Sheet Pan Salmon and Veggies

Serves: 4 Prep Time: 30 min Cook Time: ~20 minutes

Ingredients

- 3 Tbsps avocado or olive oil
- Juice of 1 medium lemon
- 2 garlic cloves, finely minced
- 1 Tbsp fresh dill
- ½ tsp fine salt
- ¼ tsp black pepper
- 1 ¼ pound salmon fillets
- 1 pound sweet potato, diced
- 12 ounces fresh green beans,
- ½ small red onion, thinly sliced
- ½ lemon, thinly sliced



Directions

Preheat oven to 425°F. Line a baking sheet and set aside.

Prepare and chop all ingredients.

Mix oil, lemon juice, garlic, dill, salt, and pepper in a small bowl. Pour half this mix over the salmon, and set salmon, covered, in the fridge.

Place sweet potato on the baking sheet. Drizzle with 1/2 of the remaining marinade and spread out. Bake for 10 minutes.

Remove the pan and move the sweet potatoes to one side.

Drizzle the green beans and onion with marinade. Return the pan to the oven and bake for 5 minutes.

Remove pan and make a space for salmon. Then bake for 10-15 minutes or until the salmon flakes easily with a fork.



Sides, Snacks, and Desserts

Honey Glazed Carrots

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

- 2 pounds of carrots, peeled and cut
- 1/4 cup honey
- 3 garlic cloves, minced
- 2 Tbsp olive oil
- 1 Tbsp melted butter
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp salt
- 1/4 tsp pepper

Optional:

Top with parsley or thyme.

Instead of using butter, you can substitute 1Tbsp of olive oil in its place, and do not add 1 Tbsp butter listed.

Directions

Pre-heat oven to 425°F.

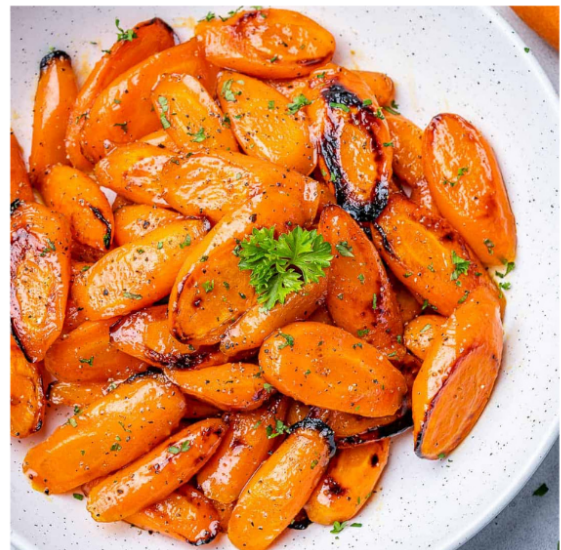
Peel and cut the carrots.

Make the glaze using remaining ingredients.

Toss the carrots in the glaze.

Place carrots on sheet pan and roast for 20-25mins, toss carrots halfway through.

Enjoy!



Roasted Brussels Sprouts & Butternut Squash

Serves: 8 Prep Time: 15 min Cook Time: ~25 minutes

Ingredients

- 3 cups brussels sprouts
 - 3 Tbsp olive oil
 - 1/4 tsp salt
-
- 1 butternut squash (about 1 1/2 lbs) peeled and cubed
 - 2 Tbsp olive oil
 - 3 Tbsp maple syrup
 - 1/2 tsp ground cinnamon
-
- 2 cups pecans
 - 1 cup dried cranberries
 - 1 Tbsp maple syrup (optional)



Directions

Pre-heat oven to 400°F

Place pecans on baking sheet and toast for 5 minutes.

Cut brussels sprouts in half and toss in olive oil and salt. Place on baking sheet and cook for 20-25 minutes. Toss sprouts before the last 10 minutes.

Toss cubed butternut squash in olive oil, maple syrup, and cinnamon. Place on baking sheet and cook for 20-25 minutes. Toss squash before the last 10 minutes.

Combine brussels sprouts, butternut squash, pecans, and dried cranberries. Add optional 1 Tbsp maple syrup for additional sweet taste.

Greek Yogurt Zucchini Bread

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

- 1/3 cup vegetable oil
- 1/2 cup honey
- 1 large egg
- 1/2 cup plain greek yogurt
- 1 1/2 tsp vanilla extract
- 1 1/2 cup flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1 cup shredded zucchini

Optional: 2 tsp orange zest or 3/4 cup walnuts, raisins, or chocolate chips



Directions

Pre-heat oven to 425°F.

Combine wet ingredients oil, honey, egg, yogurt, and vanilla in bowl and mix.

Combine flour, baking powder, baking soda, salt, and cinnamon.

Pour wet ingredients into bowl of dry ingredients and mix. Be careful not to over mix. Then fold in zucchini.

For muffins, bake about 5 minutes mins at 425°F then reduce to 350°F and bake for 13-14 mins or until toothpick comes out clean. If baking a loaf, cook for about 40-50 mins.

Pumpkin Harvest Powerballs

Makes enough for 1 person. Double for larger batch.

Ingredients

- 1 cup oats
- 1/3 cup peanut butter or almond butter
- 1/8 cup pumpkin puree
- 1 Tbsp honey
- 1 Tbsp mini chocolate chips or shredded coconut or dried cranberries
- 1/2 tsp cinnamon
- 1/4 tsp vanilla
- 1 Tbsp pumpkin seeds
- pinch salt

Optional Additions:

1 Tbsp chia seeds

1 Tbsp vanilla protein powder
(put a little less oats in)

1 Tbsp dark chocolate chips, white chocolate chips, shredded coconut, or dried cranberries
(instead of mini chocolate chips)

Directions

Combine all ingredients in large bowl and stir.

Portion out with cookie scoop to desired size and roll into a ball.

Store in airtight container and refridgerate.



Homemade Salad Dressings

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

Vinaigrette:

- 3 Tbsps olive oil
- 1 small garlic clove, pressed or minced (or 1/2 tsp garlic powder)
- 1 Tbsp freshly-squeezed lemon juice (or red wine vinegar)
- 1 tsp Dijon mustard
- 1/2 tsp fine sea salt
- 1/4 tsp freshly-cracked black pepper

Directions

Mix all ingredients.
Refrigerate and store in an airtight container.



Homemade Ranch:

- ¾ cup (6 oz.) plain yogurt
- ¼ cup sour cream
- 1 ½ tsp. apple cider vinegar
- 1 ¼ tsp. dried dill
- 1 tsp. dried parsley
- 1 tsp. dried chives
- ½ tsp. garlic powder
- ½ tsp. onion powder
- Salt and pepper to taste
- Optional: milk or buttermilk for thinner consistency



Tip:

Making your own salad dressing is a great way to control and be aware of the amount of sodium and sugar that you're eating.

Guacamole

Serves: 8 Prep Time: 20 min

Ingredients

- 3 Avocados
- 1/2 Red onion
- 2 Tomatoes
- 1 Jalapeno
- 2 Garlic cloves
- 1 Fresh lime (or lemon)
- Salt and pepper to taste
- Optional: Cilantro, red pepper flakes

For dipping:

- Cucumber
- Carrots
- Tortilla chips
- Bell peppers



Directions

Finely chop all ingredients.

Cut avocados, place in bowl, and roughly mash with a fork.

Mix remaining ingredients in with the mashed avocado.

Squeeze lime juice into mix.

Tip: Mixing citrus juice in and squeezing on top, then covering with plastic wrap or sealing in an airtight container will help to keep the guacamole from browning!

Cowboy Caviar

Serves: 12 Prep Time: 20 min

Ingredients

- 3 tomatoes
- 2 ripe avocados
- ½ cup red onion
- 15 oz black beans rinsed and drained
- 15 oz black eyed peas rinsed and drained
- 15 oz kidney beans rinsed and drained (optional)
- 1 ½ cups frozen sweet corn
- 2 bell peppers
- 1 jalapeno pepper seeds removed
- ½ cup Cilantro (optional)

Dressing

- ½ cup olive oil
- 2 Tbsp lime juice
- 2 Tbsp red wine vinegar
- 1 tsp sugar
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp garlic powder
- Tortilla chips for serving

Directions

Chop or dice all ingredients.

Combine all ingredients in a large bowl.

In a separate bowl, mix together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.

Pour dressing over other ingredients and stir/toss very well.

Enjoy!



Easy Baked Ratatouille

Serves: 6 Prep Time: 15 min Cook Time: ~30 minutes

Ingredients

- 1 medium eggplant
- 2 small zucchini, sliced into 1/2" circles
- 1 bell pepper, seeded and sliced into large bite-size pieces
- 1 small red onion, sliced
- 3 Tbsps extra-virgin olive oil
- 1 ½ tsps salt
- 2 tsps chopped fresh thyme leaves
- 1 cup tomato puree or crushed tomatoes
- 2 cloves garlic, crushed
- ½ tsp crushed red pepper
- Freshly ground black pepper
- 4 small tomatoes, sliced
- 2 Tbsps prepared basil pesto



Directions

Preheat oven to 425F.

Chop all vegetables.

Trim off the stem of eggplant and slice into quarters, then into 1-inch thick half moons.

Add eggplant, zucchini, bell pepper and onion to a bowl. Drizzle with olive oil, 1 tsp salt, chopped thyme, and toss together.

Pour tomato puree into a large baking dish.

Stir in remaining ½ tsp salt, garlic, red and black pepper.

Arrange vegetables in the dish in one layer. Top with the sliced tomatoes and thyme sprigs.

Bake 30-35 minutes.

Remove the thyme stems.

Drizzle with the pesto. Serve warm or at room temperature.

Broccoli Salad

Serves: 6 Prep Time: 15 min

Ingredients

- 1 medium head of broccoli, chopped into small pieces
- 1/4 cup red onion, diced
- 1/4 cup sunflower kernels
- 1/4 cup raisins, or 1 (1 oz) box
- 1/2 cup plain Greek yogurt
- 1 TB sugar
- 1 1/2 TB white vinegar
- 3-4 slices turkey bacon, cooked crisp and crumbled

Directions

Chop broccoli and onion.

Combine broccoli, onion, sunflower kernels, raisins, and bacon in a large bowl. Set aside.

Stir together Greek yogurt, sugar, and vinegar in a small bowl. Pour over the broccoli mixture and stir evenly to coat

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Serve and enjoy!



Whole Wheat Gingerbread

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

- 2 cups whole wheat flour
- 1 1/2 tsp ground ginger
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 large eggs
- 3/4 cup applesauce
- 1/2 cup molasses
- 1/4 cup maple syrup or honey
- 3 Tbsp vegetable or avocado oil
- 1 tsp vanilla extract



Directions

Pre-heat oven to 350°F.

Combine flour, ginger, cinnamon, nutmeg, baking powder, and salt in bowl.

Combine eggs, applesauce, molasses, maple syrup/honey, oil, and vanilla extract and mix.

Pour wet ingredients into bowl of dry ingredients and mix. Be careful not to over mix.

For muffins bake about 15 mins or until toothpick comes out clean.

If baking a loaf, cook for about 45 mins.

Zucchini Chocolate Chip Banana Muffins

Makes: 18 muffins Prep Time: 15 min Cook Time: ~25 minutes

Ingredients

- 2 medium zucchini, grated
- 2-3 over-ripe bananas, mashed
- 1/3 cup coconut oil, melted
- 1/3 cup honey
- 2 large eggs
- 1 Tbsp vanilla extract
- 2 1/2 cups all-purpose flour
- 1 1/2 tsps baking soda
- 1/2 tsp ground cinnamon
- 1/2 tsp kosher salt
- 1 cup semi-sweet chocolate chips



Directions

Preheat the oven to 350°F. Line muffin tins with paper liners.

Grate zucchini and squeeze out extra water.

Combine mashed bananas, coconut oil, honey, eggs, and vanilla. Mix in the zucchini.

Add the flour, baking soda, cinnamon, and salt, mix until just combined. Fold in the chocolate chips.

Pour batter into pans.

Bake for 20-22 minutes or until a toothpick inserted into the center comes out clean.

Serve and enjoy!

Oatmeal Walnut Chocolate Chip Cookies

Serves: 8 Prep Time: 15 min Cook Time: ~35 minutes

Ingredients

- 1 1/4 cups quick oats
- 1 cup whole wheat flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp cinnamon
- 1/2 tsp salt
- 1/4 cup unsweetened applesauce
- 4 Tbsp unsalted butter *melted and cooled*
- 1 large egg
- 1 tsp vanilla extract
- 1/2 cup honey
- 1/3 cup chocolate chips
- 1/4 cup raisins
- 1/4 cup well chopped raw walnuts



Directions

Preheat oven to 350°F and line a large baking sheet.

Combine oats, flour, baking powder, cinnamon, and salt.

Mix applesauce, butter, egg, vanilla, and honey until blended.

Mix wet and dry ingredients and stir until combined.

Fold in chocolate chips, raisins, and walnuts.

Roll dough into balls and arrange on baking sheet. Gently flatten each cookie.

Bake 9-10 minutes, until cookies are golden and firm around the edges. Let cool, and enjoy!

Sheltering Arms Institute

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Enjoy!