

5 Mouthwatering Healthy Recipes

Recommended by:



Winter Squash with Quinoa (rice substitute)

Almond Butter Cookies

Parfait with Mango, Kiwi and Papaya

Arugula Salad

Baked Wild Alaskan Salmon

Winter Squash with Quinoa *(rice substitute)*



Ingredients

1 tsp coconut oil
2 tsp olive oil
1 cup quinoa
1 cup red onions, diced
 $\frac{3}{4}$ cup celery, thinly sliced
1 $\frac{3}{4}$ cup distilled water
 $\frac{3}{4}$ cup red, yellow and orange peppers, minced
1 garlic clove, minced
2 tsp fresh thyme, minced
1 tsp sea salt
Pinch of black pepper
1 cup of greens of your choice, rinsed, torn
2 cups of squash, peeled
 $\frac{1}{3}$ cup fresh parsley, chopped
1 Tbsp olive oil
Sharp cheddar or parmesan cheese, grated (optional)
Sea Salt and Pepper to taste

Directions

1. Warm the coconut oil in a saucepan with a tight-fitting lid on medium heat. Add quinoa and stir well. Add the water and garlic, sprinkle with salt, cover, and bring to a boil. Reduce the heat and simmer until the water has been absorbed and the rice is tender, 45 to 50 minutes.
2. Meanwhile, cut the squash in half lengthwise, remove the seeds, and peel. Cut into 1 inch cubes. Place the cubes into a large mixing bowl. Add 1 Tbsp of olive oil, salt, and pepper to the squash cubes and mix until evenly coated.

3. Place squash cubes onto baking sheet and bake at 400 degrees F for 20-30 minutes or until tender. Baking time may vary depending on cube size and the variety of squash used.
4. While the rice and squash cook, warm the olive oil in a skillet on medium heat. Add the onions and celery and cook until the onions are translucent, about 8 minutes. Stir in the bell peppers, thyme, black pepper, and salt, cover, and cook until the vegetables are tender, 6 or 7 minutes. Remove from the heat and stir in the rice, squash, greens, and parsley.
5. When the rice is ready, combine it with the vegetables and squash. Top with grated cheese, if you wish.

Serves 6

Almond Butter Cookies



Ingredients

1 cup of Organic Coconut oil or Earth Balance buttery spread
3/4 cup of Organic Raw Honey
1 tsp of almond extract (or vanilla extract)
2 cups of Bob's Red Mill Gluten-Free Baking Mix
1/2 cup smooth almond butter
1 Range Free Organic egg
2 tbsp unsweetened almond milk
2 or 3-oz bars of dark chocolate from the health food store (optional)

Directions

1. Preheat oven to 400°.
2. Line a 9" x 13" glass pan with aluminum foil.
3. In large mixing bowl, combine the first seven ingredients, mixing well until dough is smooth and uniform in consistency.
4. Scoop out dough with a teaspoon, and shape into 1-inch balls. Place 1 inch apart on glass pan. Flatten with a fork in criss-cross pattern.
5. Top each cookie with a chunk of dark chocolate (optional).
6. Bake 10-11 minutes, or until lightly browned. (Do not over bake.) Cool.

Makes about 3 dozen cookies.

Parfait with Mango, Kiwi and Papaya



Ingredients

- 2 kiwi peeled and diced
- 1/2 small papaya peeled, seeded and diced
- 1 mango peeled and diced
- 1 lime juice of
- 1 tablespoon organic raw honey
- 1 tablespoon coconut milk
- 1 cup organic greek plain yogurt
- 1/2 cup toasted coconut (optional)

Directions

1. Combine the fruit and 1/2 of lime juice and set aside. Combine the yogurt, honey, coconut milk and 1/2 of lime juice in a small bowl. Whisk to blend.
2. Using two 8-ounce glasses, layer the yogurt-honey mixture, fruit and toasted coconut, diving evenly among the glasses.
3. Sprinkle toasted coconut last.
4. Ingredients can also be mixed in your blender for a creamy dessert. Parfaits are easy and can also be made ahead of time in small servings.

This is a great breakfast or snack choice. This parfait sparkles with beautiful tropical colors and sweet/tart fruit savoring in creamy yogurt with a hint of coconut. It's particularly healing for arthritis because yogurt helps heal damaged cartilage. The healthy fats in yogurt and coconut milk help you lose weight, and the carotenoids in the mango and papaya ease inflammation.

Arugula Salad



Ingredients

- 2 cups arugula
- 1 pound asparagus, cut into bite-size pieces and steamed
- 2 tangerines, peeled and segmented
- 1/2 small red onion, thinly sliced
- 1 tablespoon sliced almonds

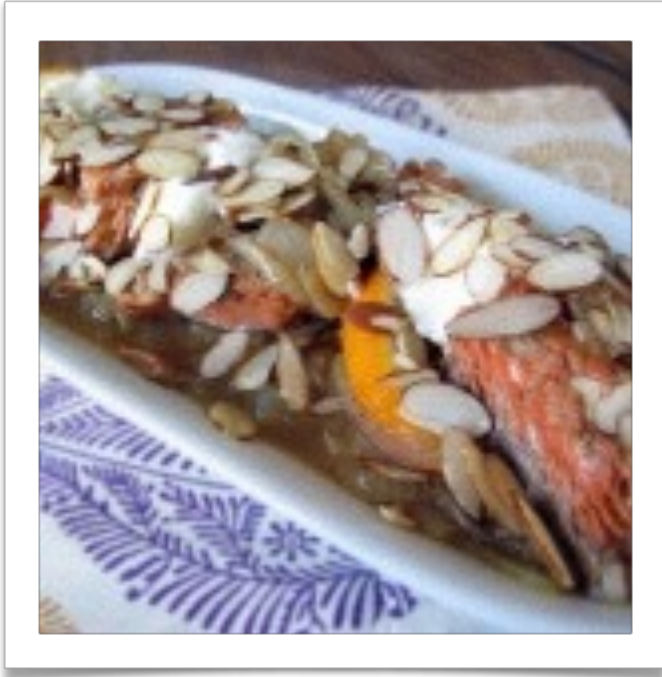
Directions

1. Combine all ingredients in a large bowl, pour your favorite dressing.
2. Sprinkle with almonds.

2 Servings

Arugula has valuable Phytonutrients and high levels of beta-carotene, and lutein. Arugula is excellent for skin, eye health, and a powerful immune-system boosters.

Baked Wild Alaskan Salmon



Ingredients

2 tablespoon pure olive oil
2 large onions sliced
2 teaspoon coriander
1 teaspoon cumin
1/8 teaspoon turmeric
1/8 teaspoon chili powder
1/8 cup cilantro chopped
1/2 teaspoon cinnamon
2 clove garlic, minced
1/2 cup low-sodium vegetable broth
1 medium size orange, juice
16 ounce Alaskan wild salmon fillet
1 medium size orange, sliced
1/4 cup sliced almonds
1/4 cup organic plain greek yogurt

Directions

1. Place salmon in aluminum foil, spread yogurt and oranges set aside.
2. In a separate sauce pan, mix remaining ingredients. Slow cook for 30 minutes.
3. Pour mixture over salmon. Spread sliced orange and almonds on salmon.
4. Fold foil and bake for 30 minutes.