



EAP STAFF RECIPE BOOK





INVEST EAP
CENTERS FOR WELLBEING

Recipes

FOR SHARING

Healing Curry Butternut Squash Lentil Soup

Submitted by Tara Graham, EAP Counselor

Makes 4 servings



Ingredients

- ½ tablespoon coconut oil or olive oil
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 yellow onion, diced
- 1 large carrot, thinly sliced or diced
- 1 medium (2 pound) butternut squash, peeled and cubed (about 5-6 cups diced)
- 1 tablespoon yellow curry powder
- 1 tablespoon freshly grated turmeric (or 1 tsp ground)
- 1 (15 ounce) can light coconut milk
- 3 cups organic low sodium vegetarian broth
- 1 cup green or brown lentils, rinsed and sorted
- 2 tablespoons all-natural creamy peanut butter or cashew butter
- ¾ teaspoon salt, plus more to taste
- Freshly ground black pepper
- 3 cups organic spinach

Preparation

1. Add coconut oil to a large pot or Dutch oven and place over medium high heat. Next add in garlic, ginger and onion and sauté for 3-5 minutes.

2. Add in carrot and butternut squash cubes; sauté for a few more minutes then add in the yellow curry powder and turmeric. Allow spices to cook together for 30 seconds then immediately stir in coconut milk, vegetarian broth, lentils and peanut butter. Season with salt and pepper.

3. Bring soup to a boil, then cover, reduce heat to low and allow soup to simmer for 20 minutes until lentils soften.

4. After 20 minutes, transfer approximately half of the soup (about 3 cups) to a blender. It's very important to protect your hands from steam, so please place a clean dish towel over the lid and puree the soup until smooth.

5. Pour the puree back into the pot with the rest of the soup and stir to combine. Finally, stir the fresh spinach until just wilted.

6. Taste and adjust the seasoning as necessary. If you like more of an umami flavor, try adding another tablespoon of peanut butter, or even a squeeze of fresh lime juice. This soup can do no wrong!

Avgolemono

Recipe from City Market in Burlington; submitted by Tara Graham, EAP Counselor

Makes 4 servings



Ingredients

- 2 teaspoons olive oil
- 1 cup onion, yellow (diced)
- 2 tablespoons garlic (minced)
- 1/2 cup rice, white long grain (uncooked)
- 6 cups stock, chicken
- 2egg (lightly beaten)
- 1/2 cup lemon juice (fresh)
- 2 cups chicken (cooked, shredded)
- salt (to taste)
- black pepper (to taste)
- 2 tablespoons parsley, fresh (minced

Preparation

In a large soup pot, heat the olive oil over medium-high heat and sauté the onion for 5 minutes. Add the garlic and cook another 1 to 2 minutes. Add the rice and stir well.

Pour in the chicken broth, stir well and bring to a boil. Reduce the heat to simmer and cook 15 to 20 minutes or until rice is tender. Remove about a cup of broth from the pot, put in a small mixing bowl and slowly whisk in the beaten eggs.

Once the broth and eggs are blended, slowly whisk the mixture into the rest of the simmering soup, stirring well. Add the lemon juice, cooked chicken and a pinch each of salt and black pepper. Remove from heat and taste for seasoning. Stir in the fresh parsley and serve hot.

Tip:
Serve this rich, tangy chicken soup as an entrée with a small Greek salad or antipasti platter, fine cheeses and crusty bread.

Ale, Cheddar and Cauliflower Soup

Recipe by Mark Bittman; submitted with customizations by Karre Paterson, EAP Specialist



Karre's suggestions:

I used the 3 cups stock plus 24 oz more of stock (2 bottles of beer) for liquid.

I used 4 pieces of bacon (we raise our own pigs so it is the best bacon!).

I used chopped cauliflower I had frozen from the garden last year.

1 Put the butter in a large pot over medium heat. When it melts, add the bacon and cook until it begins to brown, about 5 minutes. Add the onion, carrot, celery, garlic and some salt and pepper and cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.



2 Add the cauliflower, beer, stock, bay leaf and cayenne. Bring to a boil, then adjust the heat so the mixture bubbles steadily; cover and cook until the cauliflower is very tender, 10 to 15 minutes. Remove and discard the bay leaf. Stir in the mustard and purée the soup with an immersion blender or semi-purée it with a potato masher.



3 Toss together the cheddar and cornstarch. Add the cheese mixture to the soup a handful at a time, stirring all the while, until it's well incorporated and the soup is smooth.

Serve hot, garnished with the herb.



Ingredients

2 tablespoons butter

4 ounces bacon, chopped, optional

1 medium onion, chopped

1 medium carrot, chopped

1 medium celery rib, chopped

1 tablespoon minced garlic

Salt

Black pepper

1 small cauliflower, cored and chopped

Two 12-ounce bottles of beer in the Belgian dark-abbey-ale style

3 cups vegetable or chicken stock

1 bay leaf

Pinch of cayenne pepper

1 tablespoon mustard

8 ounces sharp cheddar cheese, grated

2 tablespoons cornstarch

Chopped fresh cilantro or chives for garnish

Bobby’s “Stick-To-Your-Ribs” Ribollita

Submitted by Bobby Arnell, EAP Senior Account Manager

For the bread in this soup, you could really use anything like a baguette, Italian loaf, or even a sourdough bread. Just make sure to use day-old bread so it has that crunch you’re looking for.

Makes 6 servings

Ingredients

- Extra virgin olive oil
- 1 large onion, minced
- 2-3 carrots, diced
- 2 celery stalks, diced
- 5 garlic cloves, minced
- Salt
- Pepper
- ½ cup dry white wine
- One 28-oz can San Marzano tomatoes
- 4 cups vegetable broth
- Parmesan cheese rind
- 1 tsp oregano
- 1 tsp basil
- 1 tsp crushed red pepper flakes (optional)
- ½ tsp thyme
- 2½ cups kale (remove the stems and thick veins)
- One 14-oz can cannellini beans or white beans
- ½ loaf day-old Italian/baguette/sourdough bread
- Parmesan cheese (optional for the topping)



1 Preheat your oven to 400° F. Rip your day-old bread into pieces and put on a baking sheet lined with parchment paper or aluminum foil. Drizzle the bread with 1-2 tablespoons of extra virgin olive oil and salt and pepper. Bake for 8-10 minutes or until the bread has a little browning around the edges.



2 In a Dutch oven, add around 2 TBS of extra virgin olive oil. Add the diced onion and cook for 2-3 minutes. Add a sprinkle of salt and pepper to these veggies and the carrots and the celery. Cook for another 2-3 minutes. Add the garlic and cook for an additional 1 minute, taking care to keep the garlic from burning. Add the tomatoes, white wine, and broth; bring to a boil. After the soup has come to a boil, reduce the heat to simmer.



3 Add the parmesan rind along with the oregano, basil, crushed red pepper and thyme. Allow to simmer for 15 minutes. Add the cannellini beans and the kale to the soup. Allow to simmer for 5 minutes until the kale has wilted. Add a handful of the bread pieces to the soup. This helps to thicken the soup a little and give the soup some texture. Let the soup simmer until the bread has softened.



4 Remove the parmesan rind from the soup. Serve with additional pieces of the bread on top of the soup and some freshly grated parmesan cheese.

Dawn’s Low-Carb Crab Chowder

Makes 4 servings

Dawn Holbrook, Business Manager



1 Heat a large sauce pan or Dutch oven over medium heat. Add butter.

When butter is melted and stops foaming, add the onion, and celery. Sprinkle vegetables with salt. Cook, stirring occasionally, until edges start to brown and vegetables are cooked tender.

Stir in diced potatoes, garlic, Old Bay Seasoning (or seafood base), and optional spices. Cook for one minute, stirring constantly.



2 Add white wine vinegar to the pan and stir, scraping up and browned bits. Cook, stirring occasionally, until the vinegar has almost completely evaporated.

Pour in the dry white wine. Cook, stirring occasionally, until the wine has almost completely evaporated and the liquid appears syrupy.



3 Stir in the clam juice and coconut milk. Bring mixture to a simmer over medium heat, then turn heat to low. Simmer until it thickens.

If you want thicker chowder, make a slurry with corn starch and cold water. Bring chowder up to a boil and slowly pour slurry into boiling chowder, stir well and turn heat back down.

Add crab meat (and optional shrimp) and simmer 2-3 minutes. Remove from heat and enjoy.

Ingredients

- 1 tablespoon butter
- 1 large or 2 medium potatoes, cooked & diced
- 1 medium onion
- 1 rib celery
- 1 clove crushed garlic
- 4 teaspoons Old Bay Seasoning or Seafood base
- 2 tablespoons white wine vinegar
- ½ cup dry white wine
- 8 oz. clam juice
- 2 ½ cup unsweetened coconut milk
- 8 oz crab meat
- 6 oz cooked shrimp (optional)
- Optional spices: thyme, red pepper flakes

Delicious chowder for a cozy lunch or dinner. Low-carb is great for diabetics, keto, Atkins, and gluten-free diets.

Dawn’s Smokin’ Chicken Chili

Dawn Holbrook, Business Manager



Dawn says:

This is one of my favorite healthy winter recipes. It’s easy but flavorful and adapts well to whatever you have on hand.

I hope you enjoy it!

1 Heat a large pot over medium heat and add the olive oil. Once heated, add the ground chicken and scramble fry until it’s cooked (about 7-8 minutes). Add the onion and bell pepper and cook until tender.



2 Add the frozen corn and black beans; let cook for 2-3 mins.

Add all other ingredients.



3 Cover the pot and lower heat; simmer for 40-50 minutes, stirring occasionally.

Turn to low temp to keep warm or serve immediately. Top with shredded cheese or sour cream as desired.



Ingredients

- 1 TBS olive oil
- 1 lb ground chicken
- 1 onion, chopped
- 1 red or orange bell pepper, chopped
- One 14-oz can black beans
- 1 cup frozen corn
- 1 clove of garlic, minced or finely chopped
- One 14-oz can diced tomatoes
- One 24-oz jar spaghetti sauce (or equivalent of homemade sauce)
- One 6-oz can tomato paste (enough to thicken)
- ½ tsp cayenne
- 1 tbsp chili powder, ground or McCormick packet (more to taste)
- 2-3 chipotle in adobo chilis, chopped

Steve’s “Wings of Life” Cashew Chili

Steve Dickens, Director of Research and Innovation

Makes 6-8 servings



Ingredients

2 to 3 cups cooked kidney or pinto beans (or 1 cup dried beans – soak night before)
4 medium onions, chopped
2 green peppers, chopped
2 celery stalks, finely chopped
3 or more cloves of garlic, mashed
1 tsp dry basil
1 tsp dry parsley
1 tsp oregano
1 tsp chili or ½ tsp chili powder
1 tsp cumin
1 bay leaf
½ to 1 cup cashews
1 handful raisins
¼ cup red wine vinegar or cider vinegar
1 quart canned tomatoes (or 6-8 fist sized fresh tomatoes)
Fresh ground pepper
1 tsp sea salt
Red wine (optional)

Preparation

Pour a little unrefined oil (e.g., olive oil) into cast iron pot. Stir-fry onions, green peppers, celery, garlic. Add basil, oregano, cumin, chili, parsley. Stir in tomatoes. Grind in black pepper.

Add bay leaf and salt. Add a nice pour of hearty red wine. Cover pot and simmer. Stir every now and then. Stir in a little water if it starts to get too thick, then cook about 20 minutes. Add beans, cashews and raisins. Add vinegar.

Taste and adjust seasonings, remove bay leaf, and serve. Enjoy!

A vegan crowd-pleaser!

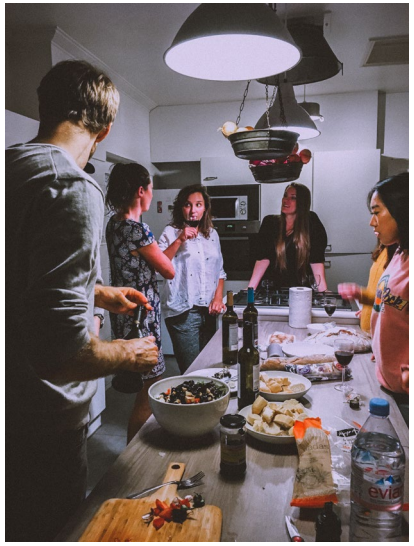
Instant Pot Vegetarian Chili

Makes 6 servings

Submitted by Myra Handy, EAP Counselor



1 To a 6-quart or large Instant Pot, add the olive oil. Turn to SAUTE and let the oil heat. Once the oil is hot, add the onion and cook until beginning to soften, about 3 minutes. Add the sweet potatoes, bell pepper, garlic, chili powder, chipotle chili powder, cumin, and kosher salt. Cook for 1 to 2 additional minutes, until the garlic is fragrant.



2 Add half of the vegetable broth and stir, scraping up any stuck-on bits of food (this will prevent a burn warning). Stir in the remaining broth and the quinoa. Pour the tomato sauce on top (do not stir again).

Cover and seal the Instant Pot. Cook on manual (HIGH) pressure for 8 minutes. Immediately release the pressure. Carefully open the Instant Pot.



3 Turn the Instant Pot to OFF. Stir in the black beans, kidney beans, and sugar. Place the lid back on top and let stand 10 minutes to thicken. Uncover. Taste and adjust seasoning as desired. Serve hot!

Suggested toppings:

Sliced avocado
Chopped fresh cilantro
Shredded cheese
Crushed tortilla chips
Nonfat plain Greek yogurt or sour cream

Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion 1/4-inch diced
- 2 medium sweet potatoes peeled and 1/2-inch diced (about 4 generous cups)
- 2 medium red bell peppers 3/4-inch diced
- 4 cloves garlic minced
- 1 tablespoon chili powder
- 1 teaspoon chipotle chili powder
- 1 teaspoon ground cumin
- 1 1/4 teaspoons kosher salt
- 2 1/2 cups low-sodium vegetable broth
- 1 (8-ounce) can low-sodium or no-salt-added tomato sauce
- 1/2 cup uncooked quinoa
- 1 (15-ounce) can low-sodium black beans, rinsed and drained
- 1 (15-ounce) can low-sodium dark or light red kidney beans, rinsed and drained
- 1/2 teaspoon granulated sugar

Kate's Foolproof Farro

Submitted by Kate Stevens, EAP Counselor

Serves 4 as a side, 2 as a hearty main



A note on farro:

Farro comes whole/unpearled, semi-pearled (semi-perlato) and pearled (perlato); pearling describes how much of the exterior bran is removed.

1 Place water and farro in a medium saucepan to presoak (I find just 5 to 10 minutes sufficient) while you prepare the other ingredients. Adding each ingredient to the pot as you finish preparing it, cut onion in half again, and very thinly slice it into quarter-moons. Thinly slice garlic cloves as well. Halve or quarter tomatoes.

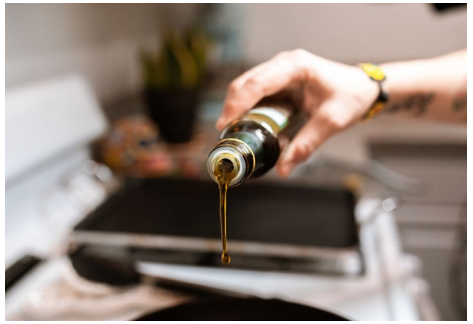


2 Add salt, pepper flakes (to taste) and 1 tablespoon olive oil to pan, and set a timer for 30 minutes. Bring uncovered pan up to a boil, then reduce to a gentle simmer, stirring occasionally. When the timer rings, the farro should be perfectly cooked (tender but with a meaty chew), seasoned and the cooking water should be almost completely absorbed.



3 Transfer to a wide serving bowl. If there's enough leftover cooking liquid to be bothersome, simply use a slotted spoon to leave the amount you wish to behind. Drizzle farro lightly with additional olive oil, scatter with basil and parmesan.

Eat immediately. Repeat tomorrow.



Ingredients

- 2 cups water
- 1 cup semi-pearled farro
- 1/2 large onion (I usually use a white one, for mildness)
- 2 cloves garlic
- 9 ounces grape or cherry tomatoes
- 1 1/4 teaspoons kosher or coarse sea salt
- Up to 1/4 teaspoon red pepper flakes (to taste)
- 1 tablespoon olive oil, plus extra for drizzling
- Few basil leaves, cut into thin ribbons
- Grated parmesan cheese, for serving (optional)

“Don’t Tell Grady This is Vegan” Spring Rolls

Angie Bergeron, Regional Account Manager

Your kids will never know this is vegan!

Add an optional sprinkling of sesame seeds or chopped peanuts.

Makes 2-3 servings

Ingredients

Dipping Sauce:

3 TBS peanut butter

1-2 TBS soy sauce

1-2 tsp lime juice

1 tsp maple syrup

1 tsp Sriracha

Spring Rolls:

2 c. baby spinach

1 cup rice noodles or Shirataki noodles

½ cup roughly chopped cilantro

1 med. cucumber (sliced)

2 med. carrots (shredded)

7 oz. smoked tofu

¼ red cabbage (shredded)

1 ripe avocado (sliced)

6 rice paper sheets



1 Prepare rice noodles according to directions. Set aside to cool. If using Shirataki, just rise in a colander and drain.



2 Prepare peanut sauce (this can also be prepared a day or two ahead of time). Add to blender with 3-5 TBS water depending on desired consistency.



3 Dip rice paper in a plate of warm water to soften. Arrange ingredients.

Fold rice paper over ingredients, short sides first then roll along the long side. (Get your kids to help with this step.)



4 Cut in half and dip in peanut sauce. Enjoy!

Peanut Tofu Buddha Bowl

Makes 4 servings

Submitted by Laura Philipps, EAP Counselor



1 Preheat the oven to 400° F. Cube tofu and place in a single layer on a non-stick baking sheet and cook for 25 minutes. If you aren't using a non-stick baking sheet, lightly spray with cooking spray.

Remove from oven and place in a shallow bowl.



2 Whisk together the ingredients for the sauce (sesame oil, soy sauce, maple syrup, chili garlic sauce, peanut butter) until creamy and smooth. Add 1/2 of the sauce to the tofu bowl and let marinate while you prepare the rest of the ingredients.

Toss the broccoli with 1 teaspoon sesame or olive oil and a pinch of salt and pepper. Place in the oven and roast for 20 minutes until just tender.



3 Heat remaining olive or sesame oil in a large nonstick skillet over medium heat. Add tofu, in batches, along with the marinating sauce until crispy and golden browned, about 3-4 minutes.

To assemble, divide the brown rice among 4 bowls, top each bowl with 1/4 cup shredded carrots, 1/2 cup spinach leaves, 1/4th broccoli, 1/4 cup garbanzo beans and a few pieces of tofu. Drizzle with remaining peanut sauce.

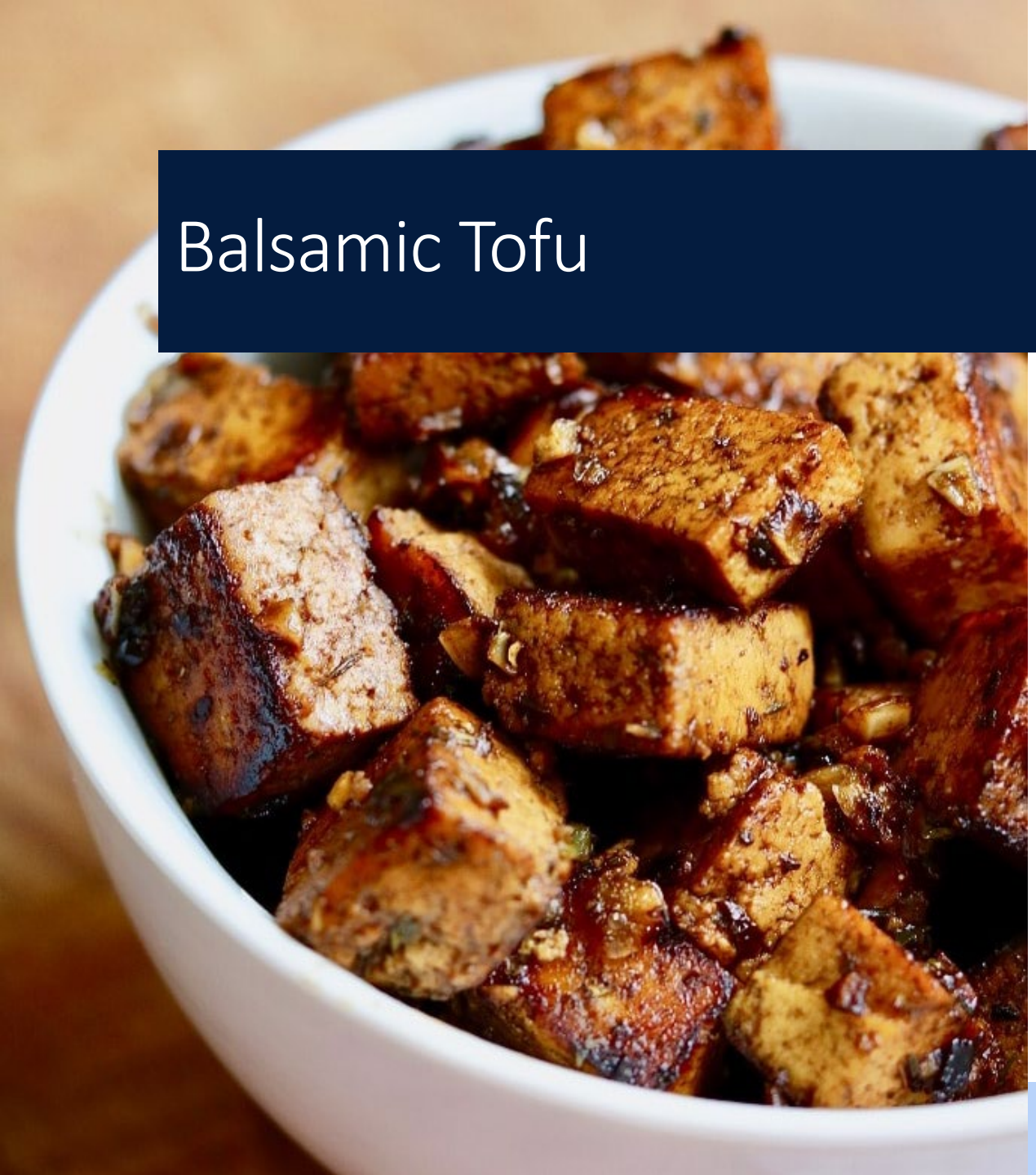
Ingredients

Tofu Buddha Bowl:

- 2 cups cooked brown rice
- 1 cup shredded carrots
- 2 cups spinach leaves
- 2 cups broccoli florets
- 2 teaspoons olive oil or additional sesame oil, divided
- 1 cup chickpeas (drained and rinsed, if using canned)
- Salt/pepper
- 16 oz extra firm tofu, pressed and drained

Peanut sauce:

- 1–2 tablespoons toasted sesame oil
- ¼ cup low sodium soy sauce
- ¼ cup 100% pure maple syrup
- 2 teaspoons chili garlic sauce
- ¼ cup creamy or crunchy peanut butter



This easy balsamic tofu recipe is perfect served with grilled vegetables, on a sandwich, or tossed in a salad!

Balsamic Tofu

Submitted by Anne Hood, EAP Counselor; Makes 4 servings

Ingredients

14 ounces tofu, pressed and cut into 1-inch cubes

⅓ cup balsamic vinegar

1 tablespoon low sodium soy sauce or tamari

1 tablespoon pure maple syrup

1 teaspoon Italian seasoning

2 cloves garlic, pressed

Coarse kosher salt and freshly ground black pepper

1 tablespoon grapeseed oil, or other neutral tasting oil

Preparation

1. Thirty minutes ahead of time, press your tofu to squeeze out as much liquid as possible.
2. In a shallow dish, combine balsamic vinegar, soy sauce, maple syrup, oil, Italian seasoning, and garlic. Season with salt and pepper to taste.
3. Add the tofu and toss gently to coat. Arrange in a single layer and allow to marinate, turning once, for 30-60 minutes.
4. Heat grapeseed oil in a large cast iron or non-stick skillet over medium heat. Using a slotted spoon, remove the tofu from the marinade and transfer to the hot pan. Cook 5-7 minutes, shaking the pan or carefully turning the tofu cubes so they get brown and crisp on all sides.
5. Add the remaining marinade to the pan and allow to cook, stirring, just until it has evaporated. Remove from the heat.
6. Serve balsamic tofu however you can imagine such as over pasta, in sandwiches, or as a topping to salads.

Vegan Quinoa Salad with Balsamic Tofu

Submitted by Anne Hood, EAP Counselor

Makes 6 servings



Ingredients

Balsamic Tofu (see recipe previous page)
1 cup quinoa, rinsed and drained
1 cup vegetable stock
1 cup water
2 cups kale, tough stems removed, chopped
½ cup roughly chopped pecans
½ cup grape tomatoes, halved
¼ cup dried cranberries

Quinoa Salad Dressing:
¼ cup extra virgin olive oil
Juice of ½ lemon
1 tablespoon balsamic vinegar
2 cloves garlic, pressed
Coarse kosher salt and freshly ground black pepper
Pinch of crushed red pepper flakes, optional

Preparation

Bring quinoa, vegetable stock, and water to a boil in a 2-quart saucepan. Cover, lower the heat, and simmer until all the water has been absorbed, about 20 minutes. Remove from heat and let rest 5-10 minutes.

Transfer the quinoa to a large bowl. Add the kale, pecans, tomatoes, and cranberries. Toss gently to combine.

In a small bowl or jar, whisk or shake together all the dressing ingredients. Pour over the quinoa mixture and toss gently to coat evenly.

Add the balsamic tofu. This salad can be enjoyed cold, at room temperature, or slightly warmed. It will keep covered in the refrigerator for 3-5 days.

Anne says:
I often don't add the tomatoes and do add feta cheese (but wouldn't then be vegan). I also only use olive oil or avocado oil (rather than grapeseed oil). You could also sub any protein for the tofu or swap tomatoes for your favorite veggie!

Authentic Shakshuka

Gen Habeck, Deputy Director

Makes 4-6 servings



1 Preheat the oven to 375° F. Warm the oil in a large, oven-safe skillet (preferably cast iron or ceramic) over medium heat. Once shimmering, add the onion, bell pepper, and salt. Cook, stirring often, until the onions are tender and turning translucent, about 6-8 minutes.

Add the garlic, tomato paste, cumin, paprika and red pepper flakes. Cook, stirring constantly, until nice and fragrant, about 2 minutes.



2 Pour in the crushed tomatoes with their juices and add the cilantro. Stir, and let the mixture come to a simmer. Reduce the heat as necessary to maintain a gentle simmer, and cook for 5 minutes to give the flavors time to meld.

Turn off the heat. Add salt and pepper to taste. Use the back of a spoon to make a well near the perimeter and crack the egg directly into it. Gently spoon a bit of the tomato mixture over the whites to help contain the egg.



3 Repeat with the remaining 4 to 5 eggs, depending on how many you can fit. Sprinkle a little salt and pepper over the eggs.

Carefully transfer the skillet to the oven and bake for 8-10 mins. They're done when the egg whites are an opaque white and the yolks have risen a bit but are still soft. They should still jiggle in the centers when you shimmy the pan. Top with the crumbled feta, fresh cilantro leaves, and more red pepper flakes, if desired.

Ingredients

- 1 large yellow onion, chopped
- 1 large red bell pepper or roasted red bell pepper, chopped
- ¼ teaspoon fine sea salt
- 3 cloves garlic, pressed or minced
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon red pepper flakes (optional)
- 1 large can (28 ounces) crushed tomatoes, preferably fire-roasted
- 2 tablespoons chopped fresh cilantro or flat-leaf parsley, plus additional for garnish
- Freshly ground black pepper, to taste
- 5 to 6 large eggs
- ½ cup crumbled feta
- Crusty bread or pita, for serving (if desired)

Gen says: Passed on to me from my Syrian-born grandmother, this recipe for Shakshuka will give you a classic Middle Eastern dish!



A versatile and forgiving recipe that goes well with your favorite pasta!

Marc’s Stolen Spaghetti with Roasted Garlic

Marc Adams, Director

Ingredients

Two whole heads of garlic
½ cup extra virgin olive oil
8 anchovy filets
½ cup toasted pistachios
2 cups loose packed fresh parsley leaves
Salt and red pepper flakes

Preparation

Preheat oven to 375° F. Cut off the top of two heads of garlic and place each on a square of foil large enough to wrap it. Drizzle the head with a tablespoon of olive oil and season with salt. Wrap the heads in foil and roast the garlic until the cloves are completely softened (about 40 minutes), then let cool.

Squeeze the pulp of the garlic cloves into a work bowl of a mini food processor (or a regular bowl if working by hand) and add the anchovies, pistachios, parsley, and red pepper flakes.

Process ingredients into a paste and then, with the machine running, add the remaining 6 tablespoons of olive oil to make a smooth pesto.

Serve mixed with your favorite pasta.

Portobello Mushroom Fajitas

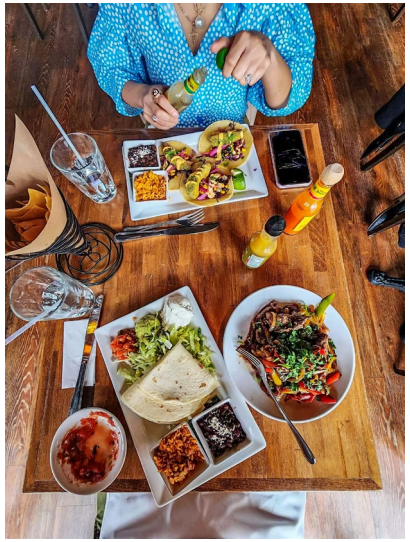
Makes 4 servings

Submitted by Tara Graham, Senior EAP Counselor



1 Preheat oven to 450°F.

In a large bowl make a marinade using the taco seasoning, olive oil, and lime juice. Toss the portobello mushrooms in the marinade until evenly coated.



2 Spread ingredients across an oiled baking pan and bake for 20 minutes. If you want to add some char to the mushrooms and veggies, broil for another 3 minutes.

Serve with warm tortillas, salsa, guacamole, avocado, and fresh cilantro.



3 **BONUS GUACAMOLE RECIPE!**

2 ripe avocados
¼ teaspoon salt (more to taste)
1 tablespoon fresh lime juice
2-4 tablespoons minced red onion or thinly sliced green onion
1-2 serrano (or jalapeño) chilis, stems and seeds removed, minced
2 tablespoons cilantro (leaves and tender stems), finely chopped
Pinch freshly ground black pepper
½ ripe tomato, chopped (optional)

Roughly mash the avocado and add all other ingredients. Chill for one hour before serving.

Ingredients

¼ cup homemade taco seasoning (or 2 tbsp store bought)

2 tbsp olive oil

1lime juiced, ¼ cup

1 ½ lbs portobello mushrooms, cut into thick ¾-inch slices

1 red onion, sliced

1 red bell pepper, sliced

1 orange bell pepper, sliced

1 yellow bell pepper, sliced

Small whole-wheat flour tortillas

Guacamole and cilantro for topping if desired

Egg Roll in a Bowl

Submitted by Taylor Carey, Counseling Services Coordinator

Makes 4 servings



Ingredients

- 1 lb (16 ounces) ground pork or beef
- 1 teaspoon minced garlic
- 14 ounces shredded cabbage or coleslaw mix
- ¼ cup low-sodium soy sauce (or liquid aminos)
- 1 teaspoon ground ginger
- 1 whole egg
- 2 teaspoons sriracha
- 1 tablespoon sesame oil
- 2 tablespoons sliced green onions

Preparation

In a large skillet, brown the pork or beef until no longer pink. Drain the meat if needed. Add the garlic and sauté for 30 seconds. Add the cabbage/coleslaw, soy sauce, ginger, and sauté until desired tenderness. You can add a little water if you need more liquid to sauté the coleslaw down.

Make a well in the center of the skillet and add the egg. Scramble until done over low heat.

Stir in sriracha. Drizzle with sesame oil and sprinkle with green onions. Add additional soy sauce and sriracha if desired.

A one-pan dinner made in 15 minutes and packed with protein and flavor! This recipe tastes just like an Asian egg roll but without the egg roll wrapper.



This fish dish is infused with bright flavors and pairs well with any number of sides (or alone as a light meal).

Honey Soy Grilled Salmon with Edamame

Submitted by Gen Habeck, Deputy Director

Ingredients

1/4 cup packed cilantro leaves
2 scallions
2 teaspoons vegetable oil
1 teaspoon grated ginger
Kosher salt and freshly ground pepper
4 center cut skin-on wild salmon fillets, about 6 ounces each
2 teaspoons fresh lime juice
2 teaspoons low-sodium soy sauce
2 teaspoons honey
1/4 teaspoon black sesame seeds
1 1/3 cups cooked edamame
Lime wedges, optional garnish

Preparation

Preheat the grill over medium-high direct heat. Oil the grill grates. Finely chop the cilantro and scallion and mix in the oil and ginger. Season with salt and pepper.

Cut two 3-inch long slits through the skin lengthwise on the bottom of the salmon fillets, going about halfway into the salmon. Evenly stuff the slits with the herb mixture. Season the fish with salt and pepper. Stir together the lime juice, soy and honey until smooth. Place the salmon, skin side up, on the grill and cook until well marked, 3 to 4 minutes. Turn the salmon and continue to cook, brushing the tops with the sauce, until the fish is cooked through, about another 3 to 4 minutes.

Transfer to a serving plate and sprinkle the tops with the sesame seeds. Serve with edamame and lime wedges.

Broiler directions: Position an oven rack about 5 inches below the heat source. Preheat the broiler. Prepare the salmon as above and place the fillets, skin down, on a foil lined baking sheet coated with cooking spray. Broil, basting 3 to 4 times with the sauce, until just cooked through, about 6 to 7 minutes.

Quick Bites & Dressings



1 Taryn's Tasty Granola

8 cups uncooked rolled oats
1 cup sesame seeds
½ cup sunflower seeds
1 cup chopped almonds
2 cups raisins or cranberries
1 cup shredded unsweetened coconut
2/3 cup honey
2/3 cup sunflower or canola oil
4 tablespoons water

Mix dry ingredients first and blend in wet ingredients. Bake at 300° F, 30-40 minutes, stirring every 10 minutes.



2 Laura's Foolproof Kale Chips

1 bunch kale
1 tablespoon olive oil
1 teaspoon flaked sea salt

Preheat an oven to 300° F. Line a rimmed baking sheet with parchment paper. Remove kale leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale. Drizzle the leaves with olive oil and toss to combine; spread out in an even layer on the baking sheet without overlapping and sprinkle with salt. Bake until the edges start to brown but are not burnt, 20 to 30 minutes.



3 Gen's Green Goddess Dressing

1 cup whole-milk Greek yogurt
1 cup fresh parsley
1 cup mixed soft leafy herbs: dill, mint, tarragon and/or cilantro
2 tablespoon chopped chives
2 tablespoons lemon juice, plus ½ teaspoon zest
1 tablespoon extra-virgin olive oil
2 teaspoons capers
1 garlic clove
¼ teaspoon sea salt
Freshly ground black pepper

In a food processor, combine all ingredients and pulse to blend. Season to taste.

Myra's Crowd-Pleasing Maple Vinaigrette

YIELD: makes about 1/2 cup

INGREDIENTS

- 2 tablespoons finely chopped shallots
- 2 cloves garlic
- 2 tablespoons balsamic, red or white vinegar
- ¼ teaspoon fine sea salt, or to taste
- 1 TBSP or dollop of Dijon mustard
- 4 to 6 tablespoons extra-virgin olive oil
- 1 TBSP or dollop of Vermont Maple Syrup
- Freshly ground black pepper to taste

PREPARATION

In a small bowl, whisk together the shallots, garlic, vinegar, and 1/4 teaspoon fine sea salt; let the mixture stand 10 minutes. Whisk in the mustard, then add the oil and maple syrup in a very slow, thin, steady stream, whisking constantly until the dressing is emulsified. Season with fine sea salt and freshly ground black pepper. *The vinaigrette can be prepared ahead and refrigerated, in an airtight container, up to 1 week.*



Recipe from Jane Handy, Myra's mother

Myra's No-Bake Berry Tart

Ingredients

Tart Shell:
1 cup unbleached flour
½ cup cold unsalted butter, cut into chunks
1 TBS sugar
Pinch salt
1 egg yolk from large egg
1 tsp. grated lemon or orange zest
¼ tsp. ground cinnamon or nutmeg

Place flour, sugar salt, spice and zest in processor bowl fitted w/ steel blade. Pulse briefly to mix. Scatter butter over flour. Pulse again until crumbly. With motor running on low speed, add yolk through feed tube and process just until ball forms. Stop motor immediately, remove dough, press evenly w/ fingers into 8 or 9" tart pan w/ removable bottom and place in freezer while preparing filling.

Filling:
1. Put 3 cup raw berries into pre-cooked tart crust

2. Separately, put into a saucepot and cook until it bubbles:
- 1 cup berries
- 2/3 cup water
- ½ cup sugar

3.In bowl, stir until mixed:
- ¼ cup cornstarch
- 1/3 cup sugar
- ¼ cup water

4. Add cornstarch mixture to cooked ingredients. When thickened, pour over the raw berries in shell.

5. Refrigerate.





Invest EAP/Centers for Wellbeing
www.investeap.org









