



# HEALTHY RECIPES

We all live busy lives, balancing work and family while trying to squeeze in time for our health. When it comes to eating, we all want to choose foods that are healthy and nutritious but it is not always easy to accomplish this goal. Time, money and energy can all be obstacles on the road to healthy eating. Even if you and your family do eat a balanced, nutritious diet, maybe you are looking for fresh ideas to liven it up a bit. Many families find a handful of recipes that they enjoy and rotate through them from week to week. Easy as this may be, it can quickly become boring. This supplement is a compilation of several recipes from an assortment of sources meant to be a kicking off point to help add variety to your diet. Use these recipes to try different foods and expand your nutritional intake. Change them around and experiment as well, substituting ingredients to meet your family's needs. You can find new recipes each month by visiting [www.facebook.com/discoverywellness](http://www.facebook.com/discoverywellness). Happy and Healthy Eating!

## For the Grill

### Moroccan Pesto

*From Grill Every Day by Diane Morgan*

This traditional Moroccan recipe can be used to marinate meats and poultry or can be used as a sauce on top of grilled lamb or chicken.

- 1/3 cup coarsely chopped fresh cilantro
- 2 tablespoons coarsely chopped fresh parsley
- 2 large cloves garlic
- 1 teaspoon ground cumin
- ½ teaspoon kosher or sea salt
- ¼ teaspoon cayenne pepper
- 3 tablespoons fresh lemon juice
- ¼ cup extra-virgin olive oil

Process the cilantro, parsley, garlic, cumin, salt and cayenne pepper in a food processor until garlic and herbs are finely chopped. With the machine running, add the lemon juice and olive oil until the sauce is combined. Use immediately, or refrigerate for up to three days.

### Every Day Spice Rub

*From Grill Every Day by Diane Morgan*

This is an amazing rub that is super easy to make and extremely versatile. You can use it on shrimp, scallops, chicken, beef, lamb, buffalo or pork. If you make extra it is easily stored for up to six months in an airtight container with your other spices. Adjust the amount of chili powder to your own liking.

- ¼ cup kosher or sea salt
- 2 tablespoons coarsely ground pepper
- 1 tablespoon ground coriander
- 3 tablespoons ground cumin
- 2 tablespoons sweet paprika
- 2 tablespoons dried thyme, crushed
- 2 tablespoons chili powder
- ¼ cup packed dark brown sugar
- 2 teaspoons ground cinnamon

Combine all ingredients in a bowl. Stir well to blend. Use immediately or transfer to a jar and store away from heat and light for up to 6 months.

# Zesty Quinoa with Broccoli and Cashews

*From WholeFoodsMarket.com*

Quinoa (pronounced KEEN-wah) is a high-protein, gluten-free ancient grain that cooks much like rice and has a texture similar to couscous. Combined with lemon, onions, wine, cashews and sun-dried tomatoes, you will enjoy a carnival of flavors and textures. For a delicious vegan entrée, add some baked tofu chunks.

- 1 tablespoon extra virgin olive oil
- 1/2 medium red onion, finely chopped
- 2 cloves garlic, finely chopped
- 1/2 cup oil-packed sun-dried tomatoes, chopped
- 1/2 cup vegetable broth
- 1/2 cup dry white wine
- 2 tablespoons lemon juice
- 1/2 cup uncooked quinoa
- Salt to taste
- 1 cup small broccoli florets
- Pepper to taste
- 1/2 cup roasted cashew pieces
- 2 green onions, thinly sliced

Heat oil over medium heat in a medium pot. Add onions and garlic and cook for 3 minutes. Add tomatoes, broth, wine and lemon juice and bring to a boil. Stir in quinoa and salt. Reduce heat and simmer, covered, for 20 minutes.

Arrange broccoli on top of quinoa, cover and simmer for an additional 5 to 6 minutes. Remove from heat and toss gently to combine. Season with salt and pepper. Transfer to plates and serve garnished with cashews and green onions.



# Spring Salad with Strawberries and Creamy Orange-Avocado Dressing

*From WholeFoodsMarket.com*

Fresh spring fruits and veggies deserve respect and good company. This simple salad takes care of both and can add a wow factor to any meal. Feeling fancy? Drop the raw sliced asparagus into ice water for a minute or two and it will curl into ribbons. In a hurry? Cut the asparagus into thin coins instead. In the dressing, the avocado provides its natural healthy fats for smooth and creamy results. Nobody will know it is a health-promoting, no-oil-added dressing!

- 3 green onions, trimmed
- 1/2 avocado, peeled and pitted
- 1/2 cup orange juice
- Salt and ground black pepper to taste
- 3 ounces spring greens or mesclun mix
- 1 cup sliced fresh strawberries
- 1/2 pound asparagus, trimmed and sliced into strips with a vegetable peeler

Puree green onions, avocado, juice, salt and pepper in a blender or food processor until smooth to make a dressing. In a large bowl, toss greens, strawberries and asparagus together. Transfer to plates, drizzle with half the dressing and serve. Extra dressing will keep one day refrigerated.