

A Message From Chef Ariel:

Breakfast is one of the most important meals of the day when you are eating breakfast, you are giving your body the much-needed energy it requires to take you through the day and nourishing the body so it can be replenished with the nutrients needed for optimum health.

Vegetable Frittata

2 tsp sesame oil
½ c chopped broccoli, red peppers or squash
½ c sliced mushrooms
½ c sliced carrots
¼ c chopped onion
½ c spinach
6 egg whites
1 whole egg
3 tbl fresh basil and oregano
1 tsp seasoning of choice (no salt)
1/3 c white cheddar cheese

In heated skillet, sauté vegetables, cook for about 8 minutes in sesame oil, add spinach and stir for about 1 minute and turn off stove top; in a medium bowl whisk egg whites, basil, seasoning of choice, oregano, pour egg mixture into pan with vegetables, cook on medium heat; as it sets, run a spatula around the edges, which will lift the mixture so the uncooked portion goes underneath. Continue until mixture is almost set and top is slightly moist, add cheese. Broil in oven for two minutes or until cheese is melted. If no broiler on your stove, bake on 375 for 10 minutes or until cheese is melted. Let stand for 5-10 minutes and enjoy.

Carrot Peach Muffins

¾ c peach
2 c wheat flour
1/3 c cornmeal
1 ½ tsp baking powder
½ tsp baking soda
½ tsp sea salt
½ tsp cinnamon
½ tsp nutmeg
1 egg
1 c yogurt
½ c brown sugar
¼ c oil
1 ¼ c shredded carrots

Preheat oven to 400; In a small bowl add peaches; set aside. In a large bowl add flour, wheat germ, baking powder, baking soda, sea salt, cinnamon and nutmeg; whisk and set aside. In a small bowl add brown sugar and oil; whisk to combine, add yogurt, whisk until just combined, next add egg and milk, mix until

combined. Add wet mixture to dry mixture and stir until combined. Add carrots and drain cranberries and add. Stir until combined. Spray muffin cups or use paper cups and put enough in each cup to fill cup 2/3 c fill. Makes about 16 muffins. Cook for 12-15 minutes.

Mango Breakfast Parfaits

1 c almond milk
½ c couscous
½ c vanilla almond yogurt or mango greek yogurt
½ c light sour cream
1 tbl honey
½ tsp lemon zest
3 c fresh fruit (berries, citrus, kiwi, passionfruit, nectarine, peaches, star fruit, etc.)
1 tbl fresh mint, chopped
¼ tsp fresh grated ginger

First, bring milk to a simmer, add couscous and ginger. Simmer for 60-90 seconds then remove from heat. Let stand covered for 5-7 minutes. Fluff with fork and cool.

Next, in a medium-size bowl, add yogurt, sour cream, honey, lemon zest, and mint. Stir to combine. Add couscous to creamy mixture and set aside.

Lastly, in order to serve, in small-medium glasses, add a layer of fruit, then a layer of creamy couscous, a fruit layer. Serve and enjoy a wonderful breakfast!

Chef Ariel Says:

*Fiber is super important, it helps your body to regulate blood sugar, keeps you filled until your next meal, and keeps your digestive system healthy and lowers the bad cholesterol (LDL) The most excellent sources of fiber are whole grains, fresh fruits, fresh vegetables – the bright colored ones (reds, oranges, yellows, deep greens, and purples). Eating 35 g of fiber daily about the amount an adult needs. Consult your physician for accurate amounts based upon your body structure. **REMEMBER: DRINK LOTS OF WATER!!!***

*When thinking Lunch, think about healthy proteins, slightly cooked vegetables and spices instead of salt or cutting salt back. Lentils, beans, and peas are in the family of legumes! LEGUMES, are so important for you, they are a wonderful source of vegetable protein, with a nutty flavor and adding a heartiness to any meal, its best to enjoy legumes in your lunch.
REMEMBER LOTS OF WATER!*

Summer Vegetables over Polenta Cakes

14 oz vegetable broth
¼ c water
1 small onion
1 c lentils, rinsed
1 tsp lime zest
2 c broccoli
1 c red peppers, sliced
2 medium carrots, thinly sliced
2 large zucchini, chopped
1 small eggplant or yellow squash, chopped
3 cloves, garlic, chopped
3 tsp olive oil
3 pear tomatoes, chopped
½ c Fresh basil, rosemary and thyme

In a medium pot, add broth, onion, lentils, lime zest and water, boil for 3 minutes, reduce heat and cover for 20 minutes on low. Add broccoli and carrots during the last 5 minutes of simmering.

Next, in a skillet, add olive oil, eggplant or squash, garlic, sautéing for 5 minutes, continuously stirring. Remove lentils from heat, let stand, covered for 5-10 more minutes. Pour the lentil mixture into the eggplant and garlic sauté, add tomatoes, and fresh herbs. Stir for 2 minutes. Cover until polenta is made.

Polenta

2 cups Polenta
12 oz Vegetable Broth

Measure 2 cups of polenta and pour into medium-sized pan, add 12 oz vegetable broth cooking on medium heat until boiling, reduce heat to simmering. Stir until thickens. Turn heat off. Pour into oiled oven proof pan, rectangular or square pan preferably. Bake at 375 for 15 minutes or until firm. Remove from the oven. Let cool for 10 minutes and cut into squares (8-12 squares)

Add two pieces polenta on a plate, add 1 ½ c vegetable mixture on top of polenta. Enjoy

Kale and Black Bean Soup

4 c Kale
2 c Black Beans
5 c vegetable Broth
3 large carrots, diced
1 onion, chopped
3 cloves garlic, minced
1 tbl oregano, mint and sage each
5 pear tomatoes, chopped
2 tsp cumin
½ c fresh cilantro, chopped roughly
2 tsp chili powder
1 medium, yellow pepper, seeded and chopped
1 medium stalk, celery, chopped
1 tsp coriander
2 c Barley

3 c water

Boil Barley and Water for 3 minutes. Cover and let simmer on low for 20 minutes. Let cool and flake barley. Set aside

Snacks are wonderful for replenishing during the day and tie you over until dinner time! Try these snacks, healthy and satisfying!

Snacks

Citrus Fruit Cups

1 medium grapefruit
1 medium orange
1 tangerine
1 ½ c strawberries
1 c blueberries
1 kiwi, sliced
Zest of one lime
Juice of half lime.
½ cucumber, sliced

Add all to a bowl and toss. Add 2 cups to a small cup or bowl. Enjoy as a midday snack!

Chips and Dip

1 cucumber sliced, ¼ - ½ inch thick
¼ head broccoli, sliced
9 oz cooked White Beans
2 cloves garlic, chopped
1½ tsp cumin
½ fresh Chipotle Chile Pepper
1 tbl Lemon Juice
2 tsp Tahini
2 tbl Olive Oil
1 tbl fresh herb (Rosemary, Parsley, Chives, etc.)
2 tbl Water

Puree all ingredients except for beans and vegetables in a food processor or blender. Add beans and pulse until combined with some large pieces of beans. Place ½ c of hummus in a bowl and put in the middle of a plate, arrange Cucumber and Broccoli on a plate. Enjoy

When thinking of dinner ideas, choose healthy foods. Incorporating more fresh vegetables into your meal provide more fiber, loaded with vitamins and minerals, cut fat, and just feels good! Incorporating more fresh herbs into your dinner and other meals pack lots of flavor without the salty taste.

A good way to incorporate vegetables into your meal plan is with salads and they are fun to play around with because you can create a salad in many ways and the leafy greens are fiber-rich and help to cleanse and detox your body! Even bite of salad is a flavorful wonder-food of yumminess!

Dinner

Kale and Bean Soup

5 c Fresh Kale, Chopped
5 Tomatoes, Chopped
1 Red Bell Pepper, Chopped
1 Orange Bell Pepper, Chopped
1 Onion, Chopped
24 oz, cooked Navy Beans
42 oz Water
1 c Barley
3 Large Carrots, chopped
1 tbl each thyme, rosemary, oregano and basil
1 tsp Chipotle Pepper

In a large pot, add beans and cook on low, covered for 4-5 hours. In a large pan, sauté carrots for 3 minutes, add onions and peppers, sauté for 3 minutes. Add to a large pot. Next, add barley and spices, and cook for 15 minutes on low, covered. Lastly, add kale and turn off the heat. Leave covered for 3-5 minutes and serve.

Vegetable Couscous

2 Eggplant, chopped
1 Zucchini, chopped
1 medium purple onion, chopped
2 carrots, chopped
1 ear of corn
2 cloves of garlic, chopped
1 c couscous
2 tbl Olive Oil
1 tbl Curry Powder
1 tsp Coriander
1 tsp Tarragon
1 c water
2 tsp sesame seeds

In a small pot add water and couscous, cook on medium heat for 15-20 minutes or until plump. Remove from heat and flake with a fork. In a large skillet, Sauté vegetables and seasonings in a large pot in olive oil for 5 minutes, turn off and remove from heat leave covered. Add couscous to vegetables and mix to combine. Sprinkle Sesame Seeds over couscous. Serve 1 ½ c on a plate and enjoy.