

## June 2021 Video Cooking “Healthy Fats” Recipes:

Breakfast: Peanut Butter & Oat Bites:

### **Ingredients**

for 6 servings



- ½ cup rolled oats
- ⅓ cup peanut butter
- 1 tablespoon honey
- 1 tablespoon dark chocolate chip, optional
- salt, to taste

### **Preparation**

1. Combine all ingredients in a small bowl and mix until thoroughly combined.
2. Chill in the refrigerator for 30 minutes.
3. Use a spoon or tablespoon to evenly divide the mixture into 6 balls. Use your hands to form the ball.
4. Enjoy one now and save the rest for later by storing them in a sealed container in the refrigerator up to 1 week.
5. Enjoy!

Lunch: Chicken & Cashew Buddha Bowl with Savory Dressing



**Ingredients**

**Bowl (serves 1)**

- ½ cup Quinoa (red, white or mixed), rinsed
- 2 cups Vegetable or chicken stock
- 1 cup raw/unsalted cashews
- Cilantro
- Shredded carrots
- Cherry tomatoes
- 5 oz. Cooked, shredded chicken (leave out if vegan)
- Brussel sprouts, shredded

*Sauce*

- 1/2 cup almond flour
- 1/2 cup canned garbanzo beans, rinsed and peeled
- 1/3 cup Nutritional yeast OR shredded parmesan cheese
- 1/2 cup olive oil
- 3/4 cup water
- 1/2 cup fresh lemon juice
- 2 tbs cilantro
- 3 Garlic cloves
- 1/2 tsp oregano

**Method**

1. Pour rinsed quinoa and stock of choice in a medium saucepan that has a tight fitting lid. Bring to a boil. Once the quinoa has begun to boil, reduce to a simmer, cover and cook for 25 minutes or until all liquid has evaporated. Remove from heat and let stand for 5 minutes. Fluff with fork and set aside.

2. In a food processor blend all sauce ingredients until creamy texture is achieved. This should take about 5-10 minutes of blending. Store in your refrigerator for up to two weeks in a jar with a tight fitting lid.
3. To assemble bowl, toss the quinoa with the sauce. Top with a generous amount of vegetables and chicken. Garnish with cilantro and a little more sauce.

Dinner: Pork Carnitas with Fresh Guacamole



Serves; 1

**Ingredients:**

*Pork*

- 5 oz. pork, cooked, shredded
- 1 TBS liquid aminos or low-sodium soy sauce
- 1/2 TBS cayenne pepper
- 1 tsp cinnamon
- 1/2 TBS cumin
- 1 TBS garlic powder
- 1 TBS onion powder
- 1 whole grain tortilla OR ½ cup brown rice OR ¼ cup quinoa

*Vegetables:*

- 2 chopped bell peppers, raw
- 1 TBS olive oil
- Cooking spray

*Salsa*

Serves: 4 -6

- Two 12-oz. packages cherry tomatoes
- 1 bulb garlic
- 1 onion
- 1 TBS chili powder
- 1 tsp cayenne pepper

- 1 TBS garlic powder
- 1 TBS onion powder
- 1 tsp black pepper
- 2 TBS hot sauce (optional)
- 1 tsp liquid aminos OR low-sodium soy sauce
- 2-3 jalapeno peppers (optional)
- 2 habanero peppers (optional)
- 1 TBS cilantro
- 1 TBS vinegar or apple cider vinegar
- ½ cup water

#### *Fresh Guacamole:*

Serves: 4

- Two whole, ripe avocados
- Juice of 1 lemon or lime
- 1 TBs garlic powder
- 1 TBS onion powder
- 1 tsp black pepper
- 1 tsp red pepper flakes (optional)
- ½ cup water

#### **Directions:**

1. Cook pork in crock pot on low for 8 hours or high for 4 hours, or cook in Instant Pot according to directions
2. Spray frying pan with cooking spray and coat it with olive oil. Add in raw bell peppers and sauté on medium high heat until peppers are somewhat soft and the edges are brown.
3. While keeping eye on bell peppers, begin prepping the salsa. Chop up onion, peppers, and garlic and add these ingredients along with the remaining ingredients in a blender or food processor. Pulse ingredients and scoop contents into a large covered bowl and refrigerate.
4. Chop avocado and add remaining ingredients to blender. Scoop out into covered bowl and add avocado seeds to mixture to prevent browning.
5. Place all ingredients in a bowl and enjoy, or eat on a tortilla! You may top with plain Greek yogurt and/or cheese.



### Snack: Trail Mix



### **Ingredients**

Serves: 1

- 1/3 cup raw/unsalted nuts
- 2 TBS dried fruit (raisins, Craisins, dried apricot, dried banana chips, etc.)
- ½ cup plain Cheerios
- 1 TBS coconut flakes (optional)
- 1 TBS dark chocolate chips (optional)

### **Directions**

1. Mix all ingredients in a plastic sealable bag and enjoy!

### Dates and Meeting Links:

- **Monday, 6/7:**  
<https://calendar.google.com/event?action=TEMPLATE&tmeid=NTNsNTZkMGsza2tvbmJqb4NWtiMXVwdWcgdmI0YW1pbi5icmkucmQ5NEBt&tmsrc=vitamin.bri.rd94%40gmail.com>
- **Monday, 6/21:**  
<https://calendar.google.com/event?action=TEMPLATE&tmeid=N3EzaWRoczllOGd2ODFwajl0Zm9ibmhscHMgdml0YW1pbi5icmkucmQ5NEBt&tmsrc=vitamin.bri.rd94%40gmail.com>

**\*\*Bonus: Pictures from the last event below:**

