



Friends LifeCare PartnersSM

Pioneer. Innovate. Inspire.

Pineapple Bean Dip

Ingredients (measure with your heart!): chopped red onion, chopped cilantro, can of drained/rinsed black beans, can of drained pineapple, salsa verde, cotija cheese.

Chips or white onion cut into chip size pieces.

Directions: Mix all in a bowl and enjoy!

Harmonizing Vegetable Soup (Serves 6)

Ingredients:

2 small sweet potatoes, cut into 1-inch cubes

1 small onion, finely chopped

1 tablespoon refined coconut oil (or olive oil)

2 cloves garlic, minced

8 cups organic low-sodium vegetable broth

2 celery stalks, cut into 1-inch pieces

½ head cauliflower, cut into small florets

½ head broccoli, cut into small florets

¼ cup finely chopped parsley

1 cup diced carrots

½ red bell pepper, chopped

1 cup fresh green beans, cut into 1-inch pieces

1 tomato, chopped

1 cup baby spinach leaves

½-inch ginger, peeled and sliced

1 tablespoon finely, chopped basil

1 teaspoon Real salt

½ teaspoon pepper

½ teaspoon cayenne pepper

Directions:

1. Cook quartered potatoes in boiling water for about 20 minutes, or until tender.
2. In separate soup pot, saute onion in either coconut or olive oil over low heat for about 3 minutes.
3. Add garlic and saute for an additional 2 minutes.
4. Add vegetable broth, celery, cauliflower, broccoli, parsley, carrots, red bell pepper, and green beans. Heat until veggies are warm and slightly tender, but still crisp, about 3 to 5 minutes. I prefer vegetables crunchy because they are more nutritious that way.
5. Add tomatoes, spinach leaves, ginger, basil, salt, pepper and cayenne.
6. Reduce heat to low and simmer for 10 minutes to allow flavors to “marry”.

Nutritional Information Per Serving

111 calories * 4g protein * 19g carbohydrates * 5g fiber * 0.96 sugar * 3g fat * 2g saturated fat * 0.0mg cholesterol * 527mg sodium

Massaged Kale Salad with Mango

Ingredients:

1 bunch kale (lacinato kale is especially good), stalks removed and discarded, leaves thinly sliced

1 lemon, juiced

1/4 cup extra-virgin olive oil, plus extra for drizzling

Kosher salt

2 teaspoons honey

Freshly ground black pepper

1 mango, diced small (about 1 cup)

Small handful toasted pepitas (pumpkin seeds), about 2 rounded tablespoons

Directions:

In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes. Pour the dressing over the kale, and add the mango and pepitas. Toss and serve.

Zoodles

A fun and healthy recipe you may enjoy making is zoodles.

Zoodles are spiralized squash and zucchini noodles often used to replace pasta.

A quick and easy way to prepare zoodles is to sauté them in a pan for a few minutes using cooking spray or olive oil.

When complete, add sauce or leave plain; add a lean protein like chicken, salmon, or shrimp, sprinkle with parmesan cheese, season to taste, and enjoy!

Baked Hummus Pasta

Ingredients:

1 pint of cherry tomatoes

3-4 peeled garlic cloves

1 cup hummus

½ tsp dry basil

½ tsp dry oregano

½ tsp dry rosemary

2-3tbsp olive oil

8 oz of dry pasta

1 cup reserved pasta water

1/3 cup of sun dried tomatoes sliced into strips

3tbsp of nutritional yeast

5-6 fresh basil leaves

Juice of half a lemon

Salt and Pepper to taste

Directions:

1. Preheat the oven to 400F, then in a large baking dish, add in your cherry tomatoes, garlic cloves and 1 tbsp of olive oil and toss to combine.
2. Make a well in the center of your baking dish and add in your hummus.
3. Top the hummus with the dry basil, oregano, rosemary and the remaining olive oil, then place in the oven to bake for 30-40 minutes or until tomatoes are blistered and juicy.
4. While the hummus bakes, prepare your pasta according to the package, making sure to season the water with salt. Make sure to reserve 1 cup of pasta water for the sauce after the pasta cooks.
5. Once the tomatoes and hummus are cooked, carefully with a fork mash your tomatoes and garlic to fully release all of their juices, then mix into the hummus to get a thicker sauce.
6. Add in your pasta water, sun-dried tomatoes, and nutritional yeast, making sure to stir well to create the sauce.
7. Next, pour in your cooked pasta, fresh basil and a squeeze of lemon juice, then toss to coat evenly and adjust salt and pepper to taste.
8. Serve immediately.

Notes from the chef: You can use any pasta. I used chick pea pasta but you could substitute whole wheat, or just use vegetables. I also added grilled chicken for added protein. I boiled the chicken then seasoned it and added to the dish. Voila! Also, I always use my eye for seasonings and garlic for all of my recipes 😊

Recipe: [Baked Hummus Pasta \(vegan & nut free\) – Plant Based RD \(plantbasedrdblog.com\)](https://plantbasedrdblog.com/baked-hummus-pasta-vegan-nut-free/)

Chocolate Kahlua Dessert

Ingredients:

1 package chocolate cake mix

1 package instant chocolate pudding

1 large container Cool Whip

½ cup Kahlua (optional)

Directions:

1. Make the chocolate cake as per the directions on the box.
2. Make the chocolate pudding using 1 ½ cups of milk and ½ cup Kahlua (or 2 cups milk)
3. Crumble a layer of cake in a dish.
4. Add a layer of pudding, followed by a layer of Cool Whip.
5. Repeat, ending with the Cool Whip.
6. Sprinkle with shaved chocolate, chocolate bits or other decoration of your choice.
7. Make a day ahead of time and refrigerate.