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No-Bake Peanut Butter Bars (a.k.a. A New Mama's New Best Friend)

Submitted by Gabrielle Luce

Ingredients:

- 2 Cups Peanut Butter
- 1 Cup Honey
- 3 Cups Old-Fashioned Oats
- 1 tsp Vanilla
- Semi-sweet Chocolate Chips

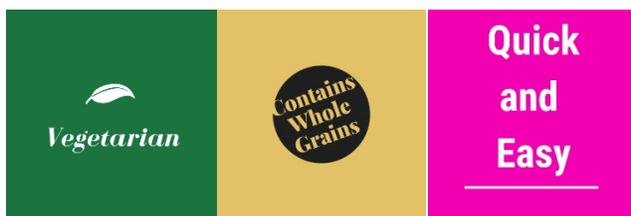
Directions:

- Melt peanut butter and honey on low-heat in a saucepan, stirring continuously until completely blended.
- Remove from heat and add Vanilla.
- Stir in Oats.
- Spread into a 13x9 pan
- Spread chocolate chips over top, lightly press.

- Let cool and enjoy!

Notes:

When spreading mixture into a pan, I wet a clean hand with water and press and smooth out; the water helps to keep the mixture from sticking to the hand. If you are gluten free, opt for certified gluten free oats.



No-Sugar Marinara Sauce

Submitted by Sonya Weed-Berry

Ingredients:

- ¼ cup olive oil
- 4 cloves minced garlic
- 1 tsp dried minced onion
- 1 (28 oz) can crushed tomatoes
- ½ cup water
- 1 tsp salt
- ½ tsp dried oregano
- ½ tsp dried basil
- ¼ tsp red pepper flakes (optional)

Directions:

- In medium saucepan, heat olive oil over medium heat. Add garlic and dried onion and cook 1 minute
- Add remaining ingredients and bring to a simmer. Continue to simmer 30 minutes, until sauce has thickened and darkened in color. Store leftovers in airtight container in refrigerator up to 4 days or freeze 4-6 months.



Sweet Salty Spicy Party Nuts

Submitted by Sonya Weed-Berry

Ingredients:

- 1 cup untoasted walnut halves
- 1 cup untoasted pecan halves
- 1 cup unsalted, dry roasted almonds
- 1 cup unsalted, dry roasted cashews
- 1 tsp salt
- ½ tsp freshly ground black pepper
- ¼ tsp ground cumin
- ¼ tsp cayenne pepper
- ½ cup white sugar
- ¼ cup water
- 1 tablespoon butter

Directions:

- Preheat oven to 350 degrees. Line baking sheet with aluminum foil & lightly coat with cooking spray.
- Combine walnut halves, pecan halves, almonds and cashews in a large bowl. Add salt, black pepper, cumin and cayenne pepper; toss to coat.
- Heat sugar, water and butter in a small saucepan over medium heat until butter is melted. Cook for 1 minute and remove from heat. Slowly pour butter mixture over the bowl of nuts and stir to coat.
- Transfer nuts to the prepared baking sheet and spread into a single layer.
- Bake nuts in the preheated oven for 10 minutes. Stir nuts until the warm syrup coats every nut. Spread into a single layer, return to the oven, and bake until nuts are sticky and roasted, about 6 minutes. Allow to cool before serving.

Notes: You can add salt, pepper, cumin and cayenne to sugar, water & butter mixture and then pour over nuts; it sometimes coats more evenly.



Life Changing Chocolate Chip Tahini Cookies

Submitted by Sonya Weed-Berry

Ingredients:

- 1 cup almond flour
- 1 cup tahini
- 1/2 cup maple syrup
- 1 egg
- 1 tsp baking soda
- 1 heaping cup of dairy-free mini chocolate chips
- 1 scoop collagen peptides (optional, but great source of protein)
- Sea salt flakes for topping (optional)

Directions:

- Line a baking sheet with parchment paper and set aside.
- In a medium size bowl, mix almond flour, tahini, maple syrup, collagen peptides (if using), and chocolate chips! *The dough should be thick. If it's not, add a little bit more almond flour.
- Mix to ensure everything is coated well, and place in the refrigerator for 30 minutes. Do not skip this step!
- While the dough is chilling, preheat oven to 350.
- Remove bowl from the refrigerator and add the egg and baking soda. Mix together until fully incorporated.
- Using a cookie scoop or spoon, scoop dough and form cookies. Depending on the size of your cookies, you will get 10-12.
- Bake for 10-11 minutes. Remove from oven and let the cookies settle before eating!
- The key with these cookies is to slightly undercook them, so that they are nice and crispy on the outside and SUPER CHEWY on the inside.
- Sprinkle sea salt flakes on top.

Notes: The trick is in refrigerating the dough, then adding the egg and baking soda, and then baking them. The other trick is to slightly undercook them; don't worry, the egg will be fully cooked, but the cookies won't be.



Gluten Free Rhubarb Crisp

Submitted by Betina Martin

Ingredients:

- Rhubarb Layer
 - 6 ½ heaping cups rhubarb
 - ½ cup cane sugar (or light brown sugar)
 - 1 tsp. lemon zest
 - 1 tbsp lemon juice
 - 4 tbsp oat flour
- Crisp Topping
 - ¾ cup gluten-free oat flour
 - 1 cup gluten-free oats
 - ½ tsp. sea salt
 - 1 tsp. cinnamon
 - ½ cup dark brown cane sugar (or dark brown sugar)
 - 6-7 tbsp. coconut oil, room temperature

Directions:

- Preheat oven to 350F. Grease a 2 quart baking dish with coconut oil or coconut butter
- Rhubarb Layer: Place chopped rhubarb (1/3" slices), cane sugar, lemon zest, lemon juice, and oat flour in the baking dish. Mix around. Level it out and let sit 10-15 minutes while you prepare the crumble layer.
- Crisp topping: Add oat flour, oats, sea salt, cinnamon and brown sugar to a medium size mixing bowl. Mix together. Add 6 tbsp. of coconut oil to the crisp mixture. Mash it in with a fork until a crumbly mixture forms. Add an extra tbsp. of coconut oil if necessary.
- Crumble the crisp topping evenly over the rhubarb. Bake for 35-45 minutes until the rhubarb bottom is very soft.



Charred Sweet Potatoes with Hot Honey Butter and Lime

Submitted by Betina Martin

Ingredients:

- 8 small sweet potatoes (about 3 lb. total), scrubbed, halved lengthwise
- ½ cup extra-virgin olive oil, divided
- Kosher salt
- 6 Tbsp. unsalted butter, room temperature (so the hot sauce can be easily incorporated)
- 2 Tbsp. honey
- 3 Tbsp. hot sauce (such as Tapatio or Cholula)
- ¼ cup raw pumpkin seeds (pepitas)
- 1 Tbsp. ground coriander
- Flaky sea salt
- Lime wedges (for serving)

Directions:

- Place a rack in middle of oven; preheat to 425°. Place sweet potatoes on a rimmed baking sheet, drizzle with ¼ cup oil, and season with kosher salt. Turn to coat. Arrange cut side down and roast until tender (the tip of a knife should slide easily into flesh) and cut sides are browned, 25–30 minutes.
- Meanwhile, smash together butter and honey in a small bowl with a fork until smooth. Add hot sauce a tablespoonful at a time, blending well after each addition. Season hot honey butter with kosher salt.
- Cook pumpkin seeds and remaining ¼ cup oil in a small skillet over medium heat, stirring often, until pumpkin seeds are golden brown, about 4 minutes. Remove from heat and stir in coriander; season with kosher salt.
- Arrange sweet potatoes on a platter and spread with hot honey butter. Sprinkle with sea salt and spoon pumpkin seed oil over. Serve with lime wedges for squeezing over.

Notes: Hot honey butter can be made 1 week ahead. Cover and chill. Bring to room temperature before using. Recipe from BonAppetit.com. If you are gluten free, be sure to choose certified gluten free hot sauce.



Keto Taco Casserole

Submitted by Marie Malloy

Ingredients:

- ½ Onion
- ½ Bell pepper
- 1 tbsp extra virgin olive oil (EVOO)
- 1 lb ground beef
- 1 package taco seasoning
- ¾ cup water
- 2 oz cream cheese
- ¼ cup salsa
- 4 eggs
- ¼ cup heavy cream
- Grated cheddar cheese
- Hot sauce to taste
- Salt and pepper to taste

Directions:

- Dice ½ onion, ½ pepper, sauté in EVOO in frying pan.
- When soft, add 1 lb ground beef, salt and pepper; cook until browned.
- Add 1 pkg Taco seasoning & ¾ cup water. Mix well, let simmer.
- Add 2 oz. cream cheese & ¼ cup salsa. Stir, let heat until mixed well.
- Put into 8 X 8 pan. Spread evenly.
- Whisk 4 eggs, then add ¼ cup heavy cream, hot sauce (to your liking). When combined, pour on top of meat mixture. Cover egg mixture with grated cheddar cheese.
- Bake at 350 for 20-25 minutes – until egg is cooked. This recipe makes 6 servings.

Notes: If you are gluten free, choose certified gluten free hot sauce and taco seasoning.



Keto Big Mac Salad

Submitted by Marie Malloy

Ingredients:

- Big Mac Sauce:
 - ¼ cup mayo
 - 4 tsp mustard
 - 2 tbsp chopped dill pickles
 - 1 tbsp white vinegar
 - 1 tbsp chopped onion
 - 2 tsp sugar or sugar substitute
 - ½ tsp smoked paprika
- Big Mac Salad:
 - 1 lb ground beef
 - 4 cups iceberg lettuce, chopped
 - ½ cup sliced onion
 - 1 cup shredded sharp cheddar
 - ¼ cup dill pickle slices
 - Salt and pepper to taste

Directions:

- Mix together ingredients for Big Mac Sauce. Make ahead of time and store in the fridge.
- Heat a medium sauce pan at medium high heat and brown ground beef. Drain any grease. Season with salt and pepper.
- Mix lettuce, onion, cheddar cheese, and pickle slices in a large bowl. Top with ground beef and sauce. This recipe makes 4 servings.



Sautéed Chicken Breasts with Creamy Chive Sauce

Submitted by Stacie Haskell

Ingredients:

- 4 boneless, skinless chicken breasts, (about 1 pound), trimmed of fat
- 1 teaspoon kosher salt, divided
- 1/4 cup plus 1 tablespoon all-purpose flour, divided
- 3 teaspoons extra-virgin olive oil, divided
- 2 large shallots, finely chopped
- ½ cup dry white wine
- 1 14-ounce can reduced-sodium chicken broth
- ½ cup reduced-fat sour cream
- 1 tablespoon Dijon mustard
- 1/2 cup chopped chives, (about 1 bunch)

Directions:

- Place chicken between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even thickness, about 1/2 inch.
- Season both sides of the chicken with 1/2 teaspoon salt. Place 1/4 cup flour in a shallow glass baking dish and dredge the chicken in it. Discard the excess flour.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken and cook until golden brown, 1 to 2 minutes per side. Transfer to a plate, cover and keep warm.
- Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add shallots and cook, stirring constantly and scraping up any browned bits, until golden brown, 1 to 2 minutes. Sprinkle with the remaining 1 tablespoon flour; stir to coat. Add wine, broth and the remaining 1/2 teaspoon salt; bring to a boil, stirring often.
- Return the chicken and any accumulated juices to the pan, reduce heat to a simmer, and cook until heated through and no longer pink in the center, about 6 minutes.
- Stir in sour cream and mustard until smooth; turn the chicken to coat with the sauce. Stir in chives and serve immediately.

Notes:

Serve with steamed asparagus or cauliflower, mashed potatoes or orzo pasta. Recipe from EatingWell.



Cheesesteak Stuffed Portobello Mushrooms

Submitted by Danielle Tetreau

Ingredients:

- 6 ounces thin sliced sirloin steaks
- 1/8 teaspoon kosher salt
- Black pepper to taste
- Cooking spray
- 3/4 cup diced onion
- 3/4 cup diced green pepper
- 1/4 cup light sour cream
- 2 tablespoons light mayonnaise
- 2 oz light cream cheese, softened
- 3 oz shredded mild provolone cheese, or cheese of your choice
- 4 medium portobello mushrooms, with no cracks

Directions:

- Preheat the oven to 400F. Spray a baking sheet with oil.
- Gently remove the stems, scoop out the gills and spray the tops of the mushrooms with oil, season with 1/8 tsp salt and fresh pepper.
- Season steak with salt and pepper on both sides.
- Spray a large skillet with cooking spray and heat on high, let the pan get very hot then add the steak and cook on high heat about 1 to 1 1/2 minutes on each side, until cooked through.
- Transfer to a cutting board and slice thin, set aside.
- Reduce the heat to medium-low, spray with more oil and sauté onions and peppers 5 to 6 minutes, until soft.
- Combine all the ingredients in a medium bowl. Transfer to the mushroom caps, about 1/2 cup each.
- Bake in the oven until the cheese is melted and the mushrooms are tender, about 20 minutes.

Notes: Recipe from skinnytaste.com.



Shrimp Tacos

Submitted by Julia Picard

Ingredients:

- Shrimp Tacos:
 - 1 lb. raw shrimp, peeled & deveined (remove tails)*If using frozen shrimp, make sure it is thawed and very well drained.
 - 1 tbsp taco seasoning
 - 1 tsp garlic powder
 - 14 oz. bag slaw or 3 cups shredded cabbage
 - ½ small bunch of cilantro, finely chopped
 - Oil for Frying (Avocado, Olive)
 - Ground black pepper to taste
 - 9 corn tortillas
- Shrimp Taco Sauce
 - ½ cup plain yogurt (2% fat) (Do not use 0% yogurt because the slaw will lack flavor.)
 - ¼ cup mayo
 - 1 lime, juiced
 - ½ tsp taco seasoning (from a packet like McCormick's)
 - Pinch of cayenne
 - Ground black pepper and salt to taste

Directions:

- In a medium bowl, add shrimp, taco seasoning, garlic powder and pepper. Stir and set aside.
- In a small bowl, add yogurt, mayo, lime juice, taco seasoning, cayenne and black pepper. Stir and set aside.
- Preheat large non-stick skillet on high heat and add shrimp. Cook until pink on the bottom, flip and cook until no longer gray. For more char, flip once and press on shrimp with spatula. Or you can grill shrimp on a silicone grill mat on high heat.
- In a large bowl, add slaw, cilantro, salt and almost all of the taco sauce, reserving some for drizzling on tacos. Stir gently.
- To assemble tacos, warm tortillas in a cast iron skillet on high heat for 10 seconds per side and pressing on it with spatula. Fill each tortilla with 3-4 shrimps, some slaw and drizzle with taco sauce. Serve immediately.

Notes:

Recipe from ifoodreal.com. If you are gluten-free, choose gluten-free taco seasoning.



Potato, Sausage and Kale Soup

Submitted by Barbie-Jo Lord

Ingredients:

- 3-4 potatoes cut into bite size pieces
- 1 lb. ground sausage (I use sweet Italian)
- A bunch of kale removed from stem and cut/ripped into pieces
- 1 small onion, diced
- 1 cup light cream or milk (whichever is preferred)
- 1 carton of vegetable stock
- Oil or Pam Spray
- Water
- Salt & pepper

Directions:

- In a stock pot or large pan sauté onion in oil or pam spray. Add ground sausage.
- Once sausage is brown add vegetable stock and potatoes. If liquid does not cover potatoes and sausage add water to cover.
- Bring to a boil. Reduce heat and simmer until potatoes are tender.
- Add kale, light cream or milk, salt and pepper.
- Once kale has cooked, soup is ready to enjoy.



Margaret Romagnoli's Fagioli E Tonno (Bean-and-Tuna Salad)

Submitted by Stephen Cole

Ingredients:

- 2 (19-ounce) cans kidney or shell beans
- 1 (6 1/2-ounce) can Italian tuna in olive oil or 1 (5-ounce) can domestic tuna
- 4 tablespoons olive oil
- Salt to taste
- Freshly ground pepper to taste
- 2 tablespoons wine vinegar

Directions:

- Empty cans of beans into colander and rinse thoroughly under cold water. Drain.
- Drain the tuna and put both beans and tuna in a salad bowl. Add the olive oil, salt and pepper, and toss gently. Add the vinegar and toss again. Serve with warm Italian bread. Serves four to six.
- Possible additions: 1 firm (barely ripe) tomato, quartered; 1 small to medium Spanish or red onion, slivered; 2 stalks celery, sliced thin; ½ green or red sweet pepper, cored and cut into long, thin strips.

Notes: Feel free to add any or all of the vegetables, adjusting the results with a bit more olive oil, a dash more salt and a few twists of the pepper mill. A recipe so simple even the male of the species can make it...



Enchilada Casserole

Submitted by Dee Dickinson

Ingredients:

- 3 pks. Corn Tortillas
- 3 lbs. Hamburger
- 3-4 cans Old El Paso Enchilada Sauce (hot, medium or mild)
- 16 oz. (2 cups) Shredded Cheddar or shredded Taco Cheese

Directions:

- In large pot brown hamburger; drain grease.
- Add Old El Paso Enchilada Sauce.
- Shred corn tortillas into bite size pieces & stir into meat/enchilada sauce mixture.
- Put mixture into 9"x13" baking dish, top with cheese, bake until cheese melts, 10-15 minutes at 350 degrees.

Notes:

- Use less meat if you like it less meaty, you can add pinto beans to offset if you want.
- Substitute chicken or pinto beans for healthier substitute.
- Instead of meat: pinto beans, instant rice or Boca can be a substitute towards a vegetarian meal.
- Can add mushrooms, onions, salsa, whole corn, etc. (whole corn emphasizes the flavor of the corn tortillas).
- You may find it easier to place the pack of corn tortillas on the cutting board & cut the pile into pieces instead of ripping them into pieces.
- Have a spare can of enchilada sauce in case the mixture is too dry.
- If you substitute another enchilada sauce for Old El Paso you will in all likelihood get a more sugary, sweet enchilada sauce.
- Do not use flour tortillas. You can use either yellow or white corn tortillas.
- A very flexible meal!



Scrambled Turmeric Tofu with Greens

Submitted by Janice Arsenault

Ingredients:

- 14-oz. package extra- firm tofu
- Tbsp. nutritional yeast
- tsp. turmeric
- ¼- tsp. smoked paprika
- ¼- tsp. black pepper
- Pinch sea salt (optional)
- 2- Tbsp. plain, unsweetened soymilk
- 1 -Tbsp. extra-virgin olive oil
- 2- green onions, sliced
- 2- cloves garlic, minced
- 6 oz. (about 2 1/4 cups) sliced mushrooms
- 2- cups loosely packed chopped greens (e.g., mustard, collard, spinach, kale)
- ¼- cup sun-dried tomatoes, chopped

Directions:

- Remove tofu from package and press it by wrapping it in paper towels and placing it between two plates with something heavy on top for 5 minutes, to allow extra liquid to drain off tofu.
- Place tofu in bowl and break apart with your hands to achieve a crumbly texture. Mix in nutritional yeast, turmeric, smoked paprika, black pepper, salt (optional) and soymilk. Set aside.
- Heat olive oil in skillet and sauté green onions, garlic and mushrooms for about 5 minutes.
- Add crumbled tofu, chopped greens and sun-dried tomatoes and sauté just until greens start to wilt (about 2 minutes).
- Serve immediately.

Notes: Makes 6 servings (about 3/4 cup each). Per serving: 152 calories, 9 g total fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 8 g carbohydrates, 14 g protein, 3 g dietary fiber, 71 mg sodium, 0 g sugar, 0 g added sugar.



Farro Salad with Asparagus, Sugar Snap Peas, and Tomatoes

Submitted by Nancy Bradbury

Ingredients:

- 6 ounces asparagus, trimmed and cut into 1-inch lengths
- 6 ounces sugar snap peas, strings removed, cut into 1-inch lengths
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons minced shallot
- 1 teaspoon Dijon mustard
- 1 ½ cups farro
- 1 tbsp salt
- 6 ounces cherry tomatoes, halved
- 3 tablespoons chopped fresh dill
- 2 ounces cheese (parmesan or feta) – shaved or crumbled

Directions:

- To make farro: Bring 2 quarts water to boil in large saucepan. Add farro and salt. Return to boil, reduce heat, and simmer until grains are tender with slight chew, 15 to 20 minutes. Drain well.
- Bring 2 quarts water to boil in large saucepan. Add asparagus, snap peas, and 1 tablespoon salt. Cook until vegetables are crisp-tender, 2 to 3 minutes. Using slotted spoon, transfer vegetables to rimmed baking sheet and let cool for 15 minutes.
- Whisk oil, lemon juice, shallot, mustard, ¼ teaspoon salt, and ¼ teaspoon pepper together in large bowl.
- Add cooled vegetables, farro, tomatoes, dill and ¼ cup cheese to dressing and toss to combine. Season with salt and pepper to taste and transfer to serving bowl. Sprinkle salad with remaining ¼ cup cheese and serve.

Notes: Serves 6.



Crustless Broccoli/Bacon Quiche

Submitted by Loralyn Clark

Ingredients:

- 5 eggs
- 1 bag frozen broccoli
- 1 sm. onion, chopped
- ½ -pound of bacon (ham can be used instead) chopped in small pieces
- 1 c. of shredded cheddar cheese
- ¾ c. plain Greek yogurt
- salt
- pepper
- 1 Tbsp. canola oil

Directions:

- Preheat the oven to 350F.
- Chop the onion and meat (bacon or ham) and add them in a pan with the oil. Sauté them until the onions are translucent and the meat is cooked. I often use already cooked bacon about 3 slices, crumbled.
- Add the broccoli.
- Mix the ingredients together and let the broccoli cook slightly. Do not overcook the broccoli, cook about 7-10 mins.
- Add salt and pepper to taste.
- Remove the broccoli, onions and bacon from the stove and put them in a pie pan.
- Let the broccoli and bacon stand.
- Whisk the eggs together.
- Add cheese and yogurt to the mixture.
- Pour the eggs with the cheese and yogurt over the vegetables.
- Bake the quiche for about 30 mins at 350F, until it's lightly brown outside and cooked inside. Insert a toothpick in the middle, the toothpick should come out clean when it is done.



Spicy Potato Salad

Submitted by Loralyn Clark

Ingredients:

- 4 large red potatoes Do not peel! (about 2 lbs.) **
- ¼ c. extra virgin olive oil**
- ¼ c. white vinegar**
- 1 Tbsp. sugar
- 1 ½ tsp. chili powder
- 1 tsp. seasoned salt
- ¼ tsp. hot sauce
- 1 (8 ¾ oz. can) whole kernel corn, drained
- ½ c. shredded carrot
- ½ c. chopped green pepper
- ½ c. sliced black olives
- 1 sm. onion (sweet or red) - thinly sliced and separated into rings.

Directions:

- Cook potatoes in boiling water 20 to 30 minutes or until tender. Drain and let cool to touch.
- Peel and cut into ½" chunks: place in a large bowl.
- Combine olive oil and next 5 ingredients (vinegar – hot sauce); pour over potatoes, tossing gently. Cover and refrigerate 1 hour.
- Uncover and stir in remaining ingredients. Yield: 8 servings at approx. 1 cup.

Notes: **Here is my variation. I double the recipe and use a 5-pound bag of potato – whatever kind is available. I use ½ cup of apple cider vinegar or red wine vinegar for the dressing. If you are watching sodium intake, don't double the seasoned salt. If you are gluten-free, make sure to use a gluten-free hot sauce.



Plum Sauce Pork Tenderloin

Submitted by Loralyn Clark

Ingredients:

- ¼ c. chopped onion
- ½ tsp. canola oil
- ½ c. plum jam
- 1 Tbsp. red wine vinegar
- 1 tsp. reduced-sodium soy sauce
- ¼ tsp. ground ginger
- 2 plums, cut into thin wedges
- 1 trimmed pork tenderloin, approx. 12 – 14 oz., cut into 8 – 10 round pieces
- Cayenne pepper

Directions:

- Spray 8 or 10-inch skillet (with cover) with non-stick cooking spray. Add onion and canola oil. Cook over medium heat for 4-7 minutes, or until onion is tender, stirring occasionally.
- Reduce heat to low. Stir in jam, red wine vinegar, soy sauce and ginger. Cook for 1-2 minutes, or until jam is melted, stirring occasionally. Stir in plums wedges. Cover and simmer; stirring occasionally.
- Pound pork pieces lightly to 1-inch thickness. Sprinkle both sides of each piece lightly with cayenne.
- Spray 10-inch non-stick skillet with non-stick cooking spray. Heat skillet over medium-high heat. Add pork. Cook for 6-8 minutes, or just until meat is no longer pink, turning over once.
- Serve topped with plum sauce.

Notes: Serves 4. Serve over cooked wide egg noodles.



Strawberry-Peach Compote

Submitted by Loralyn Clark

Ingredients:

- ½ lb thin sliced strawberries (fresh or frozen)
- ½ lb thin sliced peaches (fresh or frozen)
- ¼ tsp. lemon zest or 1 Tbsp lemon juice
- 2 Tbsp. honey or maple syrup
- Dash of salt

Directions:

- In a medium saucepan combine all ingredients and bring to a boil, stirring occasionally. About 5 to 10 minutes depending on fresh or frozen fruit.
- Once boiling, reduce heat to medium. If you desire less chunky fruit use a masher or spoon to make smoother. Continue to simmer about 5 minutes.
- Remove from heat and allow to cool some before serving. Adjust lemon juice, sweetener, and consistency to taste.
- Allow leftover compote to cool completely before covering and storing in the refrigerator for up to 10 days.

Notes: Serve over ice cream, waffles, French toast, oatmeal, or your favorite dessert.



Spinach Banana Muffins

Submitted by Kim King

Ingredients:

- 2 cups old-fashioned oats (use gluten free, if desired)
- ¼ cup ground flaxseed
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp ground cinnamon
- ½ cup coconut sugar (or your preferred granulated sugar)
- ½ cup almond milk (or other non-dairy milk choice)
- 2 cups packed spinach leaves
- ¼ cup coconut oil (or other plant-based oil)
- 2 extra-ripe large bananas
- 2 eggs (or 2 Tbsp chia with 5 Tbsp water)
- 1 tsp vanilla

Directions:

- Preheat Oven to 375 degrees. Grease or line a muffin tin.
- Place 2 cups of oats in blender and blend until the oats are the texture of flour.
- Transfer to a medium mixing bowl.
- Add the rest of the dry ingredients to the oat flour. Set aside.
- Add almond milk to the blender, followed by 2 cups of spinach. Blend together until completely smooth and blended.
- Add bananas and coconut oil and blend until smooth.
- Add vanilla and eggs and blend until just combined.
- Pour wet ingredients into dry mixture and stir to combine (smooth out the lumps).
- Fill each muffin tin with ¼ cup batter; bake for 20-25 minutes or until toothpick comes out clean

Notes: Recipe from joyfoodsunshine.com. Can easily be made gluten free, dairy free, and/or vegan with ingredient substitutions.



Simple Hummus (without Tahini)

Submitted by Kim King

Ingredients:

- 1 15 oz can garbanzo beans, drained and rinsed
- 2 Tbs water
- 2 Tbs extra virgin olive oil
- 1 Tbs lemon juice
- 1 garlic clove, minced
- ¼ tsp ground cumin
- ¼ tsp salt

Directions:

- Add all ingredients to a food processor and process until smooth and creamy. If needed, add additional water (up to 2 Tbs) to thin.
- Add additional salt (up to ¼ tsp or to taste).

Notes: You can add 2 Tbs tahini if you don't have a sesame allergy. You can also spice it up with whatever add-ins you prefer. Recipe from thewholesomedish.com.



Roasted Carrot Hummus

Submitted by Kim King

Ingredients:

- 8 oz carrots, peeled and cut into 1-inch pieces
- 3 cloves garlic, peeled and left whole
- 2 Tbs plus ½ cup extra-virgin olive oil (EVOO)
- Kosher salt
- 1 15-oz can garbanzo beans (chickpeas), drained and rinsed
- 2 Tbs lemon juice
- 1/8 tsp cayenne pepper

Directions:

- Preheat oven to 425 degrees.
- On a small baking sheet, toss carrots, garlic, 2 Tbs EVOO and ½ tsp salt. Cover with aluminum foil and roast until the carrots and garlic are tender and soft, about 15 minutes. Cool to room temp.
- Place the carrots, garlic and chickpeas in a food processor. Pulse to combine and break apart slightly. Add the lemon juice, ½ cup EVOO, cayenne and ¼ tsp salt. Puree until smooth and an even pale orange.

Notes: Recipe from Foodnetwork.com.



Turkey Veggie Mix

Submitted by Joseph Tedford

Ingredients:

- 1-2 tbsp Olive oil
- 1 lb. Turkey burger
- 8 oz. Mushrooms (White, Baby bella)
- $\frac{1}{4}$ - $\frac{1}{2}$ each Peppers:
 - Green
 - Red
 - Yellow
 - Orange
- 1 cup Broccoli
- 1 cup Cauliflower
- 1 cup String Beans
- 1 cup Peas
- $\frac{1}{2}$ cup Celery
- $\frac{1}{2}$ cup Carrots
- 15 oz. can Black Beans
- Spices to taste
 - Pepper
 - Red Cayenne Pepper
 - Chili Powder
 - Garlic Powder
 - Crushed Red Pepper

Directions:

- Heat oil on medium high to high heat - using a cast iron wok turned to high heat works well for this recipe.
- Add oil, cook turkey, when done remove from pan.
- Add oil, add all peppers, and mushrooms, cook 10 – 15 minutes until they start to soften, add beans, the rest of veggies, and spices; about five minutes.
- Add turkey back into wok and cook until all are blended and cooked.
- Add hot sauce to your own dish if you choose.
ENJOY!

