

*Recipe eBook*

# CANCER FIGHTING FOODS

by Going Beyond the Pink

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# Recipes



## Fight Cancer From Your Kitchen

Cancer Fighting Foods by Going Beyond the Pink

# welcome

*Going Beyond the Pink has curated a selection of healthy recipes to boost your Immune system during treatment. Eating well will help you stay strong for this fight by giving your body the nutrients it needs. Enjoy!*

*Kara Kenan*

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# QUINOA-BLACK BEAN CASSEROLE

**Minutes to Prepare: 10**

**Minutes to Cook: 30**

**Number of Servings: 6**



## Ingredients

- 1 cup cooked quinoa
- 3 cups cooked black beans (or two 15-ounce cans, drained and rinsed)
- 2 large sweet potatoes, precooked, shredded or diced
- 1 cup shredded low-fat cheddar cheese
- 1 tbsp ground cumin
- 1 tbsp chili powder
- 1 tsp of minced garlic
- Liberal pinches salt and pepper
- 2 eggs
- 1 cup salsa of choice
- 2 tbsp fresh cilantro, chopped, for garnish

Tips: Serve this with steamed broccoli or wilted spinach and a dollop of light sour cream or plain Greek yogurt.

## Directions

1. Preheat oven to 350° F. Prepare a 9" x 9" casserole dish with nonstick cooking spray.
2. In a large bowl, mix together the quinoa, black beans, precooked sweet potato, 1/2 cup of the cheese, and the cumin, salt, and pepper.
3. In a small bowl, mix together the eggs and the salsa. Pour the salsa mixture over the quinoa-bean mixture, then pour everything into the prepared casserole dish.
4. Sprinkle the remaining cheese over the top and bake, uncovered, for 30 minutes. Garnish with the cilantro.

Serving size: 1 heaping cup

# GROUND TURKEY BROCCOLI BOWL

**Minutes to Cook and Prepare: 15**

**Number of Servings: Single-serving**



Ingredients:

- Broccoli (1 cup)
- Veggie noodles/rice, cauliflower "rice", raw (1 cup)
- Cheese, Parmesan, shaved (1 oz)
- Ground turkey, 93% lean, raw (4 oz)

Tips: No meat? Use tofu. No cheese? Use bacon, avocado, or peanut sauce.

Directions:

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1. Spray a pan with an oil spray. Stir fry ground turkey ~10 minutes on low heat, until almost cooked through.
2. Add in broccoli, cauliflower rice, for ~6 minutes.
3. Transfer to a bowl, top with cheese and seasonings.

# VEGETABLE SOUP

**Minutes to Prepare: 10**

**Minutes to Cook: 30**

Ingredients:

- 1-2 tablespoons olive oil
- 1 onion, diced
- 2-3 celery stalks, sliced
- 2 cups carrots, diced
- 3 garlic cloves or 1tbsp minced
- Salt and pepper, to taste
- 1/4-1/2 teaspoon red pepper flakes (use less if you don't like heat)
- 1 teaspoon dried Italian seasoning
- 12 cups (or three 32-ounce cartons) of chicken or vegetable broth
- 1 28-ounce can of crushed tomatoes (look for BPA-free cans)
- 2 tablespoons tomato paste
- 1 can black beans, drained and rinsed
- 1/2 cup lentils (any kind will work; rinse first)
- 2 bay leaves
- 1 zucchini, diced
- 1 cup mushrooms, diced
- 1 cup cauliflower, chopped finely
- 1 cup broccoli, chopped finely
- 2-3 cups spinach, chopped
- 1-2 cups frozen green peas



Tips: Chop veggies all about the same size, so they cook evenly and they are bite-sized.

Directions continued on next page.

# VEGETABLE SOUP CONT'D

Directions:

- Heat 1-2 tablespoons olive oil in a large stock pot over medium-high heat.
- Saute the onions, carrots, and celery for about 4-5 minutes, until tender. Add in the garlic and stir for 1 more minute. Season with salt, pepper, red pepper flakes (to your preferred heat level), and Italian seasoning.
- Stir in the chicken or vegetable broth, crushed tomatoes, tomato paste, black beans, lentils, and bay leaves. Bring to a boil and reduce to a simmer (slight bubbling), stirring occasionally. Season again lightly with salt and pepper. Let simmer for about 10-15 minutes.
- Stir in the zucchini, mushrooms, cauliflower, and broccoli and simmer another 5-10 minutes.
- Stir in the spinach and frozen peas and turn off the heat (or turn to low), so they don't overcook. Remove bay leaves. Taste and adjust seasonings. (Freezing instructions begin here.)

**Freeze For Later:** Follow steps 1-5. Let the soup cool completely.

Suggestion: divide soup into some shallow pans to put in the refrigerator to cool it more quickly. Divide soup into gallon-sized freezer bags or containers, squeeze out excess air, seal, and freeze.

**Prepare From Frozen:** Thaw using safe thawing methods. Then reheat gently over low heat on the stove or in a crock pot. Another option is to put the frozen soup block over low to medium-low heat on the stove top or in a crock pot. Add about 1-2 cups of water or broth over the top. Gently warm over low to medium-low heat, stirring occasionally. Follow step 6 for serving.



# BRAISED CHICKEN AND SPINACH STEW

**Minutes to Prepare: 10**

**Minutes to Cook: 35-45**

Ingredients:

- 1 small red onion, thinly sliced
- 2 Tbsp. fresh lemon juice
- Kosher salt
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. unsalted butter
- 1 large yellow onion, thinly sliced
- 4 garlic cloves, thinly sliced
- 1 tsp cardamom (or cinnamon)
- 1 tsp. ground coriander
- ¼ tsp. crushed red pepper flakes
- 1 large bunch mature spinach, trimmed, or one 10-oz. package frozen whole-leaf spinach, thawed
- 1 lb. skinless, boneless chicken thighs
- Steamed white rice and pita chips (for serving)



Directions:

1. Combine red onion, lemon juice, a large pinch of salt, and 2 Tbsp. water in a small bowl. Let sit until ready to serve.
2. Heat oil and butter in a large saucepan over medium until butter is melted. Add yellow onion and cook, stirring occasionally, until very soft, 8–10 minutes. Add garlic, cardamom, coriander, and red pepper flakes and
3. cook, stirring occasionally, until very fragrant and garlic is softened, about 4 minutes. Add spinach a handful at a time, stirring constantly and letting each batch wilt before adding more (if you're using frozen, add all at once and cook until heated through). Add chicken and 2 cups water. Bring to a simmer over medium-high heat. Reduce heat to medium-low and simmer gently, stirring occasionally, until chicken is cooked through and shreds easily, 35–45 minutes.
4. Transfer chicken to a cutting board and shred into large pieces with 2 forks or spoons; season with salt.
5. Divide chicken, greens, and broth among bowls. Mound a big spoonful of rice over and top with drained pickled red onions and crushed pita chips.

# PROTEIN PACKED MAC AND CHEESE

**Minutes to Prepare: 5**

**Minutes to Cook: 15**



Ingredients:

- 1 box, 8 oz Barilla Chickpea Rotini
- 4 cups broccoli florets
- 1 Tablespoon organic butter
- 1 cup milk, I used unsweetened almond milk
- 1 Laughing Cow spreadable cheese wedge
- 1 1/2 cups 6 oz reduced fat shredded cheddar cheese (more, if needed)\*
- 1 handful chopped baby spinach
- Sea salt and pepper, to taste

Tip: Chickpea Rotini Is packed with extra nutrients. Not a fan? Swap for noodles you enjoy!

Directions:

1. **Boil pasta & broccoli:** Bring a large pot of water to a boil. Add chickpea rotini pasta, return to a boil and cook for a total of 8 minutes, adding in the broccoli florets at the four minute mark. Drain pasta and broccoli.
2. **Add remaining ingredients:** In the same large pot over low/medium heat add butter, milk, salt and pepper. Once butter has melted add in drained pasta and broccoli, spreadable cheese wedge and shredded cheese. Let cheese melt a little, about 30 seconds. Use a spoon to stir everything together until pasta is well coated with cheese, adding more cheese if needed. Add in chopped baby spinach and toss until wilted.
3. **Serve:** Serve immediately with additional salt and pepper, if needed.

# PEANUT CHICKEN TRAYBAKE

**Minutes to Prepare: 10**

**Minutes to Cook: 30-60**



## Ingredients

- 250g/9oz gnocchi
- 1kg/2lb 4oz deboned and skinless chicken thighs, thinly sliced
- 4 tbsp honey
- 4 tbsp vegetable oil
- 5 tbsp Thai green curry paste
- 5 tbsp peanut butter
- 1 tsp salt
- 2 heads broccoli, cut into florets
- 2 small red onions, cut into small wedges
- 3 tbsp salted peanuts, roughly chopped
- handful fresh coriander, roughly chopped
- 1 lime, juice only

## Directions:

1. Preheat the oven to 400°F and have a roasting dish (about 30x22x5cm/12x8½x2in) at the ready.
2. Bring a pan of water to the boil, then add the gnocchi. Boil until the gnocchi come to the surface, then take off the heat, drain and set aside.
3. Put the chicken into a large bowl. Add the honey, oil, curry paste, peanut butter and salt, and mix it well with your hands. Add the chicken to the roasting dish along with the broccoli, onions and gnocchi and bake for 30 minutes, giving it a stir halfway through.
4. Serve topped with the chopped nuts, coriander and a squeeze of lime.

# MEDITERRANEAN TUNA SALAD

**Minutes to Prepare: 15**

**Minutes to Cook: 15**

Ingredients:

- 1 red bell pepper, finely chopped
- 1/2 red onion, finely chopped
- 1 cucumber, cut lengthwise & sliced
- 15 oz albacore tuna fish (drained)
- 2 cloves garlic, minced
- 1/2 cup chickpeas (garbanzo beans)
- 1/2 cup black olives, cut in half
- 1 bunch fresh parsley, chopped
- salt and black pepper
- 3 Tablespoon extra virgin olive oil
- juice of 1 lemon
- zest of 1 lemon



Tips: Cut the vegetables into small and evenly sized pieces. Chickpeas provide a good amount of protein and fiber and turn this salad into a fuller meal. You can substitute these with black beans or white beans if that's what you have.

Directions:

1. Add red bell pepper, red onion, cucumber, albacore tuna fish, garlic, chickpeas, black olives and lemon zest in a large mixing bowl and mix.
2. Drizzle olive oil, lemon juice and season with salt and freshly ground black pepper.
3. Garnish with fresh parsley and serve cold. Enjoy!

# SPINACH AND GOAT CHEESE STUFFED PORTOBELLOS

**Minutes to Prepare: 5**

**Minutes to Cook: 20**

Ingredients:

- 4 large portobello mushroom caps
- 2 Tbsp. olive oil, divided
- 3 small shallots, chopped
- 3 cloves garlic, chopped
- 6 oil-packed sun-dried tomatoes, drained and chopped
- 5 cups raw baby spinach
- 1/4 tsp. black pepper
- 1 cup cherry tomatoes, quartered
- 1/4 cup grated Parmesan cheese, divided
- 4 oz. goat cheese sliced
- 1 Tbsp. balsamic vinegar, divided
- 8 basil leaves, thinly sliced



Directions:

1. Preheat oven to 400°F. Using damp paper towel or cloth, gently wipe any dirt from portobello caps. Use small knife to slice off each stem at base of caps and discard.
2. Coat mushroom caps on each side using 1 Tbsp. olive oil. Place mushrooms gill-side up on a baking sheet and roast until they start to soften, about 10 minutes. While mushrooms are roasting, make the filling.
3. Heat large skillet over medium heat and add 1 Tbsp. olive oil until it begins to shimmer. Add shallots and garlic and sauté 1-2 minutes, until translucent.
4. Add sun-dried tomatoes and stir. Add spinach and stir gently until spinach begins to wilt, about 1 minute. Add pepper.
5. Add cherry tomatoes and sauté for another minute. Remove pan from heat and set aside.
6. Remove mushrooms from oven and divide spinach mixture evenly among each portobello cap.
7. Top each cap with 1 Tbsp. Parmesan cheese and 1 oz. goat cheese. Broil mushroom caps an additional 1-2 minutes until cheese starts to melt.
8. Serve each cap topped with a drizzle of balsamic vinegar and basil.

# SHEET PAN ROASTED VEGGIES AND BEANS

**Minutes to Prepare: 10**

**Minutes to Cook: 40**



Ingredients:

Vegetable mix:

- 1 small head (about 1 pound) cauliflower, broken into florets
- 1 medium (about 9 ounces) bell pepper, sliced
- 2 small (about 3 ounces each) zucchini, cubed
- 2 medium (about 6 ounces each) sweet potatoes, peeled and cubed
- 1 small red onion, sliced
- 1 15-oz. can white beans, rinsed and, drained

Vinaigrette:

- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. balsamic vinegar
- 3 cloves garlic, minced
- 1/4 tsp. salt, optional
- 1/2 tsp. black pepper

Topping:

- 1/4 cup chopped fresh parsley
- 1 Tbsp. za'atar\*

Tip: Za'atar is Lebanese seasoning. Feel free to use ground thyme as a substitute

Directions

1. Preheat oven to 400 F.
2. On baking sheet, arrange vertical rows of cauliflower, bell pepper, zucchini, potatoes, onion and beans.
3. In small dish, mix together olive oil, balsamic vinegar, garlic, salt, if using, and black pepper to make the vinaigrette.
4. Drizzle the vinaigrette evenly over the vegetables.
5. Place baking sheet on top rack of oven and roast until tender and golden, 35-40 minutes.
6. Remove, sprinkle with fresh parsley and za'atar and serve.

# SHRIMP SCAMPI

**Minutes to Prepare: 10**

**Minutes to Cook: 15**

Ingredients:

- 8 ounces linguine
- 2 tablespoons unsalted butter
- 1 pound medium shrimp, peeled and deveined
- 3 cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes, or more, to taste
- 1/4 cup white wine\*
- 1/4 cup freshly squeezed lemon juice
- Kosher salt and freshly ground black pepper, to taste
- Zest of 1 lemon
- 2 tablespoons chopped fresh parsley leaves
- 1/4 cup freshly grated Parmesan



Tips: \*Chicken stock can be used for white wine as a non-alcoholic substitute.

Directions:

1. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
2. Melt butter in a large skillet over medium high heat. Add shrimp, garlic and red pepper flakes. Cook, stirring occasionally, until pink, about 2-3 minutes.
3. Stir in wine and lemon juice; season with salt and pepper, to taste. Bring to a simmer; remove from heat and stir in pasta, lemon zest and parsley.
4. Serve immediately, garnished with Parmesan, if desired.

# ONE POT JAMBALAYA WITH LENTILS

**Minutes to Prepare: 10**

**Minutes to Cook: 35-45**



Ingredients:

- 1 - 1 1/4 cup lentils (uncooked) or 3 cups already cooked (see notes)
- **note** – If you are preparing uncooked lentils, you will need an additional 3 cups Water or broth to cook lentils if needed. If you are using precooked lentils (3 cups) then you can skip this step.
- 170 grams or 1 1/4 cup sliced precooked or uncooked andouille sausage or chicken sausage – see notes for uncooked sausage instructions.
- 1 –2 tbsp oil or butter (as needed)
- 1 cup each chopped celery, onion, and bell pepper
- 3 garlic cloves, minced – 1 tsp minced
- 1 jalapeño – sliced (deseed for less spicy)
- 1 cup crushed tomatoes
- 1/2 tsp cajun creole seasoning blend
- 1/2 tsp dried thyme
- pinch of smoked paprika (optional)
- 1 bay leaf
- 14–16 ounces medium shrimp – peeled and deveined
- 1 cup diced okra (fresh or frozen)
- Salt and Pepper

Tip: **FOR THICKER JAMBALAYA MIX IN SLURRY** – 1 tbsp arrowroot starch or cornstarch mixed with equal parts cold water.

Directions continued on next page.



# ONE POT JAMBALAYA WITH LENTILS

**Minutes to Prepare: 10**

**Minutes to Cook: 35-45**

Directions:

1. First, prepare your lentils (if using uncooked lentil). For best results, first rinse lentils thoroughly. If you are using cooked lentils, skip the cooking step below.
2. Lentils: In a large pot, bring 3 cups of liquid (water or broth) to a boil. Add 1 1/4 cup of rinsed lentils. Cover tightly, reduce heat and simmer for about 15-20 minutes. Drain water from the lentils and set aside in a bowl.
3. In the same pot, add 1 tablespoon oil or butter over medium to medium high heat. NOTE: If you are using uncooked sausage, you may add it here to be browned and then remove. Will need extra oil for sautéing veggies next. If you are using pre-cooked sausage, then skip the browning and add cooked sliced sausage later with shrimp and lentils.
4. Add your onion, celery, carrots/bell pepper, jalapeño, and garlic. Sauté vegetables on medium to medium-high heat for a few minutes to coat the pan. Or until the onions are slightly browned and fragrant.
5. Next stir in the crushed tomatoes, cooked lentils, cajun spices, smoked paprika, thyme, bay leaf, and stir to combine. Continue cooking until the mixture reaches a simmer. Then reduce heat to medium-low, cover and simmer for about 5 minutes or so. Just to let the flavors release. You will not need to cook long since lentils are already cooked.
6. Lastly, stir in your shrimp and okra. Mix. For thicker jambalaya mix in arrowroot or corn starch slurry. Mix again. Cook on medium, stirring once or twice, for 6-10 minutes or until shrimp or not longer pink. Add your chicken sausage back into the pot and return to low. Remove bay leaf before serving
7. Serve in bowls and top with red pepper flakes, a dash sea salt and black pepper, and parsley, if desired. I added lots of cajun red hot sauce.

# TURKEY CHILI

**Minutes to Prepare: 10**

**Minutes to Cook: 45**

Ingredients:

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder\* (I used McCormick chili powder - please read the notes section on this)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

Directions:

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.
2. Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
3. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.
4. Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.



# AVOCADO SALMON RICE BOWL

**Minutes to Prepare: 10**

**Minutes to Cook: 30**

Ingredients:

## **Rice**

- 1 cup jasmine rice
- 1 1/2 cups water
- Salt
- 1/2 lime, juice only
- 2 Tbsp minced fresh cilantro
- 1 Tbsp honey
- 3 Tbsp chicken or vegetable stock

## **Salmon:**

- 1 lb salmon fillets skin on
- 1 Tbsp lime juice
- 1 Tbsp honey
- 2 Tbsp minced fresh cilantro
- Salt to taste

## **Avocado Topping:**

- 1 ripe avocado
- 1 tbsp lime juice
- 1 tbsp minced fresh cilantro
- 1/4 tsp chili powder less for milder topping
- Salt to taste

Directions continued on next page.



# AVOCADO SALMON RICE BOWL

**Minutes to Prepare: 10**

**Minutes to Cook: 30**

Directions:

Rice:

1. Cook rice in salted water per package instructions. Take off heat when it's just done.
2. Preheat a medium cooking pan over medium-high heat. Mix stock, lime juice, honey, and cilantro together. Pour the mixture into the preheated pan and let it simmer for about a minute. Take the pan off heat and mix rice into the liquid. Season with a little bit more salt, mix well, and set aside.

Salmon:

1. Preheat oven to 425 and cover a rimmed baking sheet with aluminum foil and grease it.
2. Rub the salmon skin with some oil and place the fillets skin down on the prepared baking sheet.
3. Mix lime juice, honey, and cilantro together and rub salmon fillets with it on all exposed sides. You can pour more glaze over the top and season with some salt. (Some glaze will likely run down onto the baking sheet, it will most likely get quite scorched in the oven. Don't be scared it's not your salmon burning, it's the glaze that ran down.)
4. Bake salmon for 12-15 minutes, depending on the thickness of your salmon fillets.

Avocado:

1. Cut avocado in half, take out the pit, and take off the skin. Chop avocado and add it to a small bowl. Add lime juice, cilantro, chili powder, and salt. Gently mix.
2. To assemble the rice bowls: divide rice among two bowls, top it off with a salmon fillet, and top each bowl with half the avocado mixture.

# CREAMY LEMON SPRING VEGGIE PASTA

**Minutes to Prepare: 10**

**Minutes to Cook: 20**



Ingredients:

- 1 tablespoon olive oil
- 1 small shallot *minced*
- 12 asparagus spears *cut into 1-inch pieces, woody ends discarded*
- 1 14 oz can quartered artichoke hearts, drained
- 3 cups fresh spinach leaves
- 3 gloves garlic *minced*
- 3/4 cup frozen peas
- 8 ounces whole wheat farfalle pasta or pasta of your choice *gluten-free is fine*
- 2 tablespoons butter or vegan butter
- 2 tablespoons flour *can use gluten-free flour*
- 2 cups Almond Breeze Almond milk Original Unsweetened
- Zest of 1 large lemon
- Juice of 1 large lemon
- 4 lemon slices
- Salt and pepper *to taste*
- 1/4 cup chopped fresh basil
- Parmesan cheese *vegan parmesan cheese, or nutritional yeast, for garnish*

Directions continued on next page.

# CREAMY LEMON SPRING VEGGIE PASTA

**Minutes to Prepare: 10**

**Minutes to Cook: 20**

Directions:

1. In a large skillet, heat the olive oil over medium-high heat. Add the shallot, asparagus pieces, artichoke hearts, spinach, garlic, and frozen peas. Cook until vegetables are tender and spinach is wilted, about 5 minutes. Pour the vegetables into a large bowl and set aside while you cook the pasta and sauce.
2. Bring a large pot of water to a boil and salt generously. Cook pasta according to package instructions.
3. While the pasta is cooking, make the creamy lemon sauce. Place the large skillet you used to cook the vegetables back on the stove and melt the butter. Whisk in the flour, whisking until you don't have any clumps. Slowly whisk in the almond milk, about 1/2 cup at a time, whisking vigorously. Add the lemon zest and keep whisking until the sauce comes to a boil. Reduce heat to low and whisk occasionally until the sauce thickens. Add in the lemon juice and sliced lemons. Season the sauce with salt and black pepper, to taste.
4. Drain the pasta and add it to the thickened lemon sauce. Stir in the cooked vegetables and stir until the pasta and vegetables are well coated with the creamy lemon sauce. Remove the lemon slices with tongs or a spoon.
5. Garnish with fresh basil and parmesan cheese, vegan parmesan cheese, or nutritional yeast, if using. Serve warm.

# TUNA NOODLE CASSEROLE

**Minutes to Prepare: 15**

**Minutes to Cook: 40**

Ingredients:

- 2 cups dry whole wheat rigatoni or penne, cooked according to package directions
- 1 cup onion, diced
- 1 cup bell peppers (any color), diced
- 4 cups fresh baby spinach, packed
- 2 and 1/2 cups frozen peas
- 8 to 12 ounces chunk light tuna, packed in water (any amount in this range is fine)
- 1 cup low sodium chicken broth
- 1/2 cup plain full fat Greek yogurt
- 1/4 cup whole milk (or plain, unsweetened almond milk)
- 1/4 cup sharp cheddar cheese, shredded
- 2 tablespoons dijon mustard
- 1 teaspoon ground black pepper
- 1/2 teaspoon garlic powder



Directions:

1. Preheat oven to 375.
2. Cook pasta according to package directions. Leave it "al dente" - just cooked/still a little chewy.
3. In a large pan, saute onion and bell peppers in a little oil or cooking spray over high heat for a few minutes, until onions are translucent.
4. Add baby spinach and frozen peas and reduce heat to medium. Cover, stirring occasionally, until peas are no longer frozen and spinach is fully wilted.
5. In a large bowl, mix together cooked pasta, the sauteed veggie mixture, and all other ingredients.
6. Pour mixture into a casserole dish.
7. Bake 40 minutes. Enjoy!

# TURKEY FALAFEL MEATBALLS WITH LEMON YOGURT SAUCE

**Minutes to Prepare: 30**

**Minutes to Cook: 20**

Ingredients:

## **For The Lemon Yogurt Sauce**

- 1 cup plain whole milk or low-fat yogurt
- 1 garlic cloves, pressed
- 1 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 1 teaspoon dried crumbled mint or basil to sprinkle on top (optional)

## **For The Meatballs**

- 4 tablespoons cooking oil
- 1 pound ground turkey, light or dark meat
- 1 15-ounce can chickpeas, drained and rinsed
- 1/2 white onion, peeled and roughly chopped
- 3 large garlic cloves, peeled and roughly chopped
- 1/4 cup cilantro leaves, packed
- 1/4 cup parsley leaves, packed
- 1 large egg
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt
- 1/2 cup plain Panko bread crumbs or (for gluten-free) 1 cup cooked, cooled quinoa
- Salt and pepper to taste

Directions cont'd on next page.





# TURKEY FALAFEL MEATBALLS WITH LEMON YOGURT SAUCE

**Minutes to Prepare: 30**

**Minutes to Cook: 20**

Directions:

1. To make the lemon yogurt sauce, combine all ingredients, cover and store in the fridge for up to 3 days.
2. Set up your food processor with the chopping blade. Add chickpeas, onion, garlic, cilantro, parsley, egg, cumin, coriander and salt. Process until finely chopped with a grainy consistency. Scrape the mixture into a mixing bowl, add turkey and bread crumbs (or cooked quinoa). Mix until just combined and roll into 1 ½ inch balls (should make about 25)
3. Heat 2 tablespoons oil in a large skillet over medium heat. Add half the meatballs and sauté for 8 minutes or so, turning frequently, until browned on all sides and cooked through. Transfer to a paper towel-lined plate to drain. Repeat with the rest of the meatballs.
4. Serve warm or at room temperature with lemon yogurt sauce on the side. See post for more serving suggestions.

**Make These In The Oven:** You can bake these turkey falafel meatballs in the oven instead of sautéing them. Preheat the oven to 400°F. Spread meatballs out on lightly-oiled baking tray and bake for 20 minutes or until cooked through.

# FISH TACOS

**Minutes to Prepare: 20**

**Minutes to Cook: 10**

Ingredients:

- 2 Tbsp vegetable oil
- 1 1/2 Tbsp fresh lime juice
- 1 garlic clove, minced
- 1 1/2 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/8 tsp cayenne pepper (optional, or more to taste)
- Salt and freshly ground black pepper
- 1 lb tilapia\*, cod, or mahi mahi

**For Serving**

- 8 corn tortillas\*\*, warmed
- 2 cups shredded purple cabbage
- 1 avocado, sliced
- 3 Tbsp chopped cilantro leaves
- 1/3 cup Cotija cheese (optional)

**Fish Taco Sauce**

- 1/4 cup sour cream
- 3 Tbsp mayonnaise
- 1 Tbsp fresh lime juice
- 1/4 tsp garlic powder

Directions cont'd on the next page.



# FISH TACOS

**Minutes to Prepare: 20**

**Minutes to Cook: 10**

Directions:

1. In a mixing bowl whisk together vegetable oil, lime juice, garlic, chili powder, cumin, paprika, cayenne and season with salt and pepper to taste (about 3/4 tsp salt 1/4 tsp pepper).
2. Place fish into a dish or gallon size resealable bag and pour marinade over fish (if using a bag seal bag and gently move bag around to evenly coat fish with marinade), allow to marinate in mixture 20 minutes (and no longer than 30 minutes).

Oven Method

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper or spray with non-stick cooking spray.
2. Place fish on prepared baking sheet. Bake until cooked through, about 10 - 15 minutes (fish should flake easily with a fork).

Stovetop Method

1. Heat a 12-inch non-stick skillet over medium-high heat, drizzle lightly with vegetable oil. Remove fish from marinade and cook in skillet about 3 - 4 minutes per side, until cooked through.

To Make the Sauce

1. While the fish is cooking whisk together sour cream, mayonnaise, lime juice, and garlic powder in a small bowl. Season with salt to taste.

To Assemble Tacos

1. Break fish into pieces, layer over warm tortillas. Top with cabbage, avocado, cilantro, cheese if using, and fish taco sauce.

# NORI WRAPS WITH TUNA SALAD

**Minutes to Prepare: 10**

**Minutes to Cook: 10**

Ingredients:

- 1 can of tuna in water drained
- 1.5 tablespoons paleo mayonnaise
- 1/2 avocado thinly sliced
- 2 small English cucumber cut into matchsticks
- 4 Butter lettuce leaves
- 2 tbsp alfalfa sprouts
- 2 seaweed sheets
- 1 teaspoon roasted sesame seeds
- 1 tbsp coconut aminos for dipping
- 1 tbsp paleo Sriracha for dipping



Directions:

1. In a bowl mix tuna with mayonnaise, salt and pepper to taste.
2. Place nori wrap in front of you, and in a straight line start layering lettuce, cucumbers, avocado, alfalfa sprouts, sesame seeds and tuna mixture.
3. Roll the seaweed sheet, away from you, around the tuna mixture. Repeat with second nori wrap.
4. Serve with coconut aminos and paleo Sriracha

# GINGER TURKEY WILD RICE SOUP

**Minutes to Prepare: 15**

**Minutes to Cook: 25**

Ingredients:

- 1 Tbsp olive oil
- 1/2 onion, chopped
- 1 clove garlic, minced
- 2 carrots, chopped
- 1 celery stalk, chopped
- Zest of 1 lemon
- 1 Tbsp ginger root, grated
- 1/2 tsp salt
- 4 cups chicken broth
- 1 tsp dried rosemary
- 2 cups diced or shredded turkey breast, cooked
- 2 cups wild rice, cooked



Directions:

1. Heat olive oil over medium heat in heavy bottomed pot.
2. Add onions, garlic, carrots, celery, lemon zest, and grated ginger. Cook for 5-7 minutes until softened.
3. Add salt, chicken broth, and rosemary. Bring to a boil, and simmer for 15 min to allow flavors to combine.
4. Add cooked turkey and wild rice. Serve.

# BEEF AND MUSHROOM STROGANOFF

**Minutes to Prepare: 20**

**Minutes to Cook: 20**

Ingredients:

- 1 tablespoon olive oil
- 18oz lean beef rump steak, cut into 1" pieces
- 1 red onion, cut into thin wedges
- 18oz button mushrooms, thickly sliced
- 2 cloves garlic, crushed
- 1 teaspoon sweet paprika
- 1 tablespoon tomato purée
- 2 teaspoons dijon mustard
- 1 tablespoon Worcestershire sauce
- 2 bay leaves
- 1 reduced-salt salt beef stock cube dissolved in 1½ cups boiling water
- 4 tablespoons reduced-fat Greek-style yoghurt

**For the garlic spinach and beans**

- 2 teaspoons olive oil
- 2 cloves garlic, crushed
- 7oz baby spinach
- 2½ cups green beans, halved diagonally
- 2 tablespoons fresh flat leaf parsley, chopped

Directions cont'd on next page.

# BEEF AND MUSHROOM STROGANOFF

**Minutes to Prepare: 20**

**Minutes to Cook: 20**

Directions:

1. Heat the olive oil in a large deep frying pan over high heat. Add the beef in 2 batches and cook each for 2 min. Transfer to a bowl and cover to keep warm.
2. Reduce the heat to medium. Add the onion and mushrooms and cook, stirring occasionally, for 4-5 min or until just starting to soften. Add the garlic, paprika and tomato purée and cook, stirring, for 2 min. Add the mustard, Worcestershire sauce, bay leaves and stock. Cook the mixture, stirring occasionally, for 10 min.
3. Remove the pan from the heat and return the beef and any juices to the mixture. Season with freshly ground black pepper, then let it stand, uncovered, for 10 min.
4. Meanwhile, make the garlic spinach and beans: heat the oil in a large saucepan over high heat. Add the garlic, spinach, beans and 5 tablespoons water, then cook, stirring, for 3 min or until the spinach has wilted and the beans are just tender. Stir in the parsley and some ground black pepper.
5. Stir the yoghurt through the beef mixture until just combined, then serve the stroganoff with the garlic spinach and beans.



**# TAKE**

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