



Rox the Fox's Recipe Collection



www.HealthyOxfordArea.com



Healthy Eating Rox!

3-ingredient Banana Pancakes

Ingredients

- 2 medium ripe bananas
- 2 large eggs
- 4 tablespoons flour
- Optional : cinnamon, chocolate chips, blueberries, or other mix-ins

Serves: 3
Serving size: 2
pancakes

Directions

1. In a large bowl, mash bananas with a fork. Add eggs and flour and mix to combine. Add any additional mix-ins.
2. Heat a nonstick griddle on medium heat and spray with cooking spray
3. Pour 1/3 cup of batter into the pan and cook for 3-4 minutes. Flip and cook for another 1-2 minutes
4. Repeat for the rest of the batter. Top with syrup, nut butter, or whipped cream and additional fruit and enjoy



Bananas are a great source of potassium, vitamin B6, vitamin C, and magnesium! These healthy banana pancakes will surely be a hit for the entire family!

Adapted from feelgoodfoodie.com



Healthy Eating Rox!



Pineapple Salsa

Ingredients

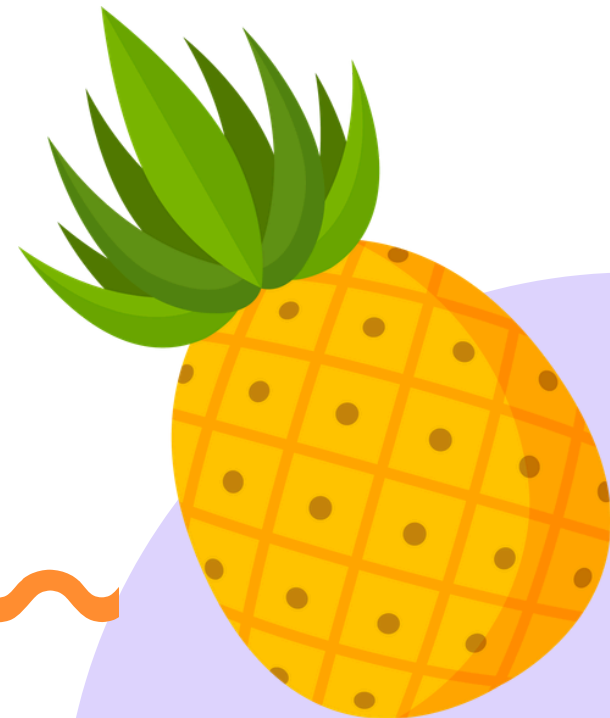
- 1 - 15oz can black beans, drained
- 1 - 12oz jar salsa
- 1 - 15oz can corn, drained
- 1 - 20oz can pineapple tidbits, undrained

Directions

1. Mix and enjoy!



This salsa is great because it is delicious, but it also is packed with protein from the beans and sweetness from the pineapple





Fruit Kabobs

Healthy Eating Rox!

Ingredients

- Any variety of fruits you like
- Skewers

Directions

1. Take some fruit and cut it up in any shape you like
2. Put in skewers and enjoy!



Fruit is an amazing source of vitamins and minerals. They are very healthy and taste really sweet and good.





Healthy Eating Rox!

Caprese Kabobs

Ingredients

- Cherry or grape tomatoes
- Basil leaves
- Mozzarella pearls
- Balsamic glaze
- Toothpicks

Directions

1. Layer a tomato, basil leaf, and mozzarella pearl on a toothpick.
2. Drizzle with balsamic glaze. Repeat as desired.



Tomatoes are a great source of Vitamin C, Folate, and Potassium. The mozzarella is a good source of protein and fat to keep you full!





Banana Tortilla Roll-Ups

Healthy Eating Rox!

Ingredients

Serves: 1

Directions

- 1 tortilla
- 2 tablespoons peanut butter (or another nut butter)
- 1 banana
- 1 tablespoon honey
- Cinnamon
- optional : granola, chopped nuts, hemp seeds

1. Spread peanut butter on the tortilla and place banana in the middle
2. Sprinkle with cinnamon and drizzle with honey
3. Top with granola, chopped nuts, or any additional toppings
4. Roll tortilla around the banana and chop into slices and enjoy!



Bananas are a great source of potassium! Paired with a high-fiber tortilla and nut butter, this makes for a fun, delicious, and nutritious snack for any age!



Healthy Eating Rox!

Fruit & Yogurt Bark

Ingredients

Serves: 4

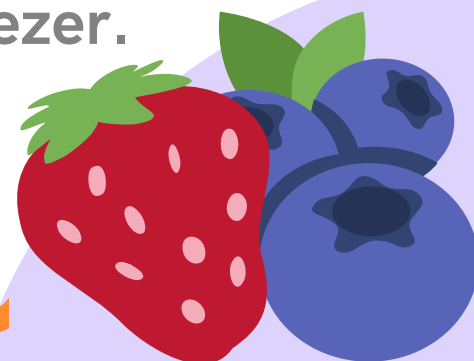
Directions

- 2 cups vanilla greek yogurt
- 1 cup fruit of choice, sliced (bananas, apples, blueberries)
- ½ cup granola
- ¼ cup chocolate chips, melted
- ¼ cup peanut butter, melted
- optional : chopped nuts

1. Spread yogurt thinly on parchment-lined baking sheet
2. Top with fruit, granola, and nuts
3. Drizzle with peanut butter and chocolate
4. Freeze for 2 hours and break into pieces. Store in an airtight container in the freezer.



Greek yogurt is high in protein! Fruit adds micronutrients and carbohydrates with the addition of granola to keep you energized!



Healthy Eating Rox!



Apple Nachos

Ingredients

Serves: 1-2

Directions

- 1 large apple, sliced
- 2 tablespoons peanut butter (or any other nut butter), melted
- 1/4 c granola
- cinnamon to taste
- Optional : chocolate chips, chopped nuts

1. Spread out apple sliced on a plate, sprinkle with cinnamon and drizzle with peanut butter
2. Top with granola, chocolate chips, nuts, or any other desired toppings and enjoy!



Apples are a great source of vitamins and minerals like Vitamins C, A, B1, B2 and B6, calcium, phosphorus, magnesium, potassium, and iron.





Healthier Chicken Salad

Healthy Eating Rox!

Ingredients

- 2.5 c cooked shredded chicken
- 3 stalks celery, chopped
- 1/2 c red onion, chopped
- 1 c grapes, chopped
- 3/4 c plain greek yogurt
- 1/4 c mayonnaise
- Season with salt, pepper, and garlic powder to taste.

Serves: 4

Directions

1. Combine shredded chicken, yogurt, mayonnaise, celery, onion, and grapes in a large bowl. Mix well.
2. Taste and adjust seasonings as needed.
3. Store in an airtight container in the fridge!



This chicken salad is high in protein to keep you full! Add it to bread to make a sandwich or enjoy with crackers! It's perfect to have and take on the go!

Adapted from kalejunky.com





Easy Chocolate Mug Cake

Healthy Eating Rox!

Ingredients

- 2 tablespoons flour
- 2 tablespoons milk of choice
- 1.5 tablespoons sugar
- 1 tablespoon cocoa powder
- 1 teaspoon melted coconut oil
- 1.4 teaspoon baking powder
- 1/4 teaspoon vanilla extract
- Optional: dark chocolate chips, chopped nuts

Serves: 1

Directions

1. In a microwave-safe coffee mug, mix together flour, cocoa powder, sugar, and baking powder.
2. Whisk in milk, vanilla, and coconut oil until a batter forms. Fold in desired mix-ins.
3. Microwave on high for about 60 seconds or until the top of the cake no longer looks wet.
4. Let cool for 2 minutes and enjoy!



This mug cake takes less than 10 minutes to make from start to finish! Use dark chocolate chips or dark cocoa powder for added antioxidants!



Adapted from theconsciousplantkitchen.com

Healthy Eating Rox!

Sunflower Butter Powerballs

Ingredients

- 1 cup dried oatmeal
- 1 T vanilla protein powder (optional)
- 2/3 cup coconut
- 1 / 2 cup chocolate chips
- 1/2 cup sunbutter 1/3 cup honey
- 2 T ground flax seeds 1 tsp vanilla

Directions

1. Mix, turn into balls and enjoy!

Prepare these in advance for an easy snack that will give you a boost!



Healthy Eating Rox!



Pizza Quesadillas

Ingredients

- 1 tortilla
- 3 tablespoons marinara/tomato sauce
- 1/2 c shredded mozzarella cheese
- Optional toppings : pepperoni, spinach, cherry tomatoes, bell peppers, etc.

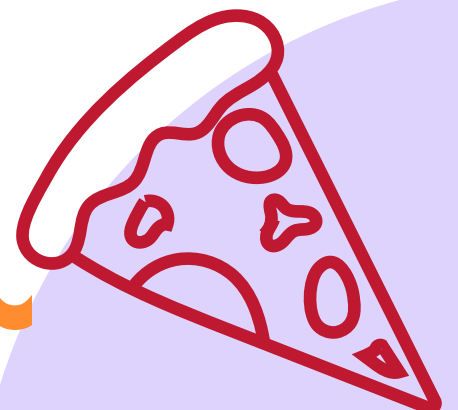
Serves: 1

Directions

1. Spread tomato sauce on tortilla. Top with cheese and desired toppings.
2. Fold tortilla in half and toast in a non-stick skillet until golden brown and cheese is melty. About 3-4 minutes each side
3. Remove from heat. Cut into triangles and enjoy!



Using a whole-grain tortilla will help to add fiber to this easy meal! The cheese and pepperoni act as protein sources. Fiber and protein help to keep you full!



Adapted from homemademastery.com



Healthy Eating Rox!

Cheese Quesadillas

Ingredients

- 2 teaspoons olive oil
- 2 8- inch flour tortillas
- $\frac{3}{4}$ cup finely shredded cheddar cheese

Optional Toppings

- 2 tablespoons salsa
- 1 tablespoon Greek yogurt
- 2 teaspoons chopped fresh cilantro
- Chopped chicken breast



Greek yogurt is a good source of calcium, which is essential for maintaining strong bones and teeth. Consuming an adequate amount of calcium can help prevent osteoporosis and other bone-related conditions.

Serves: 1

Directions

1. Heat a large skillet over medium heat. Add olive oil.
2. When the olive oil is fragrant add a tortilla to the pan and sprinkle the cheese evenly over the tortilla. Top the shredded cheese with the second tortilla.
3. Let the bottom tortilla crisp up until golden brown (3-4 minutes) and then carefully flip the quesadilla over with a spatula. Repeat until the second tortilla becomes crispy and golden brown and remove from heat.
4. Cut the quesadilla into fourths and top the quesadilla with your favorite toppings.



Healthy Eating Rox!

Chia Seed Pudding

Ingredients

- 2 tablespoons chia seeds
- ½ cup milk of choice
- 1 tablespoon honey or maple syrup

Serves: 1

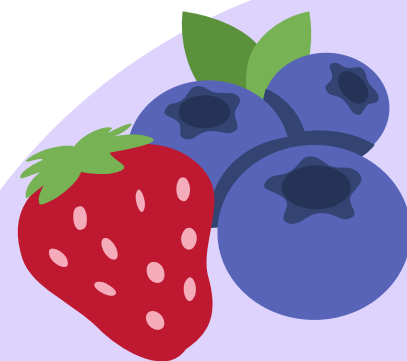
Directions

1. Combine all ingredients in a small jar or airtight container. Store in the fridge for at least 2 hours or overnight. Top with berries or any other desired toppings and enjoy!

Chia seeds are high in fiber so this makes for a healthy pre-made breakfast. If you don't like the texture - try blending your chia seed pudding before blending!



Adapted from feelgoodfoodie.com



Healthy Eating Rox!



Homemade Guacamole

Ingredients

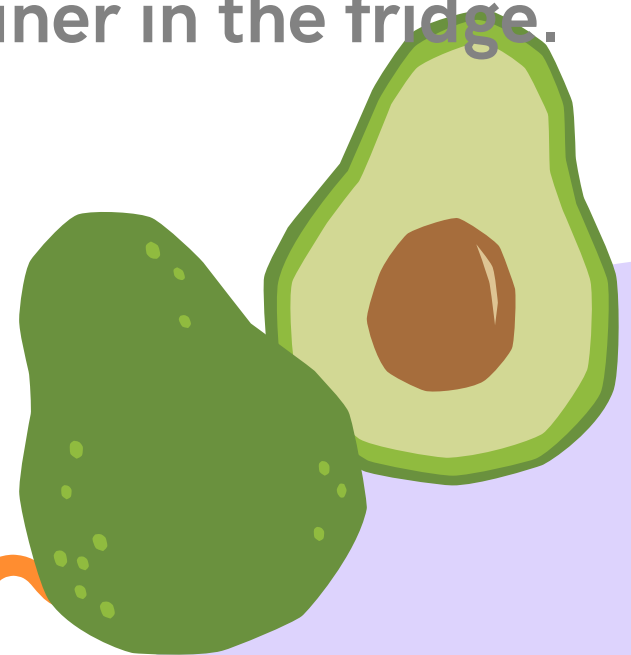
- 2 avocados, mashed
- 1/2 cup salsa
- 2 tablespoons lime or lemon juice
- Salt, pepper, onion powder, garlic powder to taste
- Optional: 2 tablespoons chopped cilantro

Directions

1. Mash avocados with a fork and mix in salsa, lime/lemon juice, seasonings, and cilantro.
2. Store in an airtight container in the fridge.



Avocados are a great source of healthy fats, as well as micronutrients like potassium, folate, magnesium, and more!



Healthy Eating Rox!



Strawberry Banana Green Smoothie

Ingredients

- 1 banana
- 1 cup spinach
- 1/2 cup greek yogurt (vanilla works best)
- 1 cup frozen strawberries
- 1 cup milk of choice

Serves: 1

Directions

1. Add all ingredients into a blender. Blend until smooth and enjoy!



Sneaking spinach and other vegetables into smoothies is a great way to increase your intake! Plus, you can't even taste them! Spinach is a great source of iron!

Adapted from eatingwell.com

Healthy Eating Rox!

Homemade Granola

Ingredients

- 4 cups rolled oats
- 1.5 cups raw nuts of choice (walnuts, almonds, pecans, etc.)
- 1/2 cup maple syrup or honey
- 1/2 cup melted coconut oil (or other oil, or butter)
- 1 teaspoon vanilla extract
- 1 teaspoon salt & cinnamon

Yield: 8 cups
Servings: 16

Directions

1. Preheat oven to 350 degrees Fahrenheit and line a baking sheet with aluminum foil or parchment
2. In a large bowl, combine all ingredients and mix well.
3. Spread evenly on baking sheet and bake for 20-25 minutes, stirring halfway through.
4. Allow to cool completely before enjoying. Store in an airtight container.



Homemade granola is full of healthy ingredients and is not packing with sugar like the ones you may buy at the store!





Healthy Eating Rox!

Cornbread

Ingredients

- 1 C. baking mix
- 1 C. yellow cornmeal
- 2/3 c. sugar
- 1 egg
- 1/3 C. vegetable oil or applesauce
- 1 c. milk
- 9-inch round cake pan

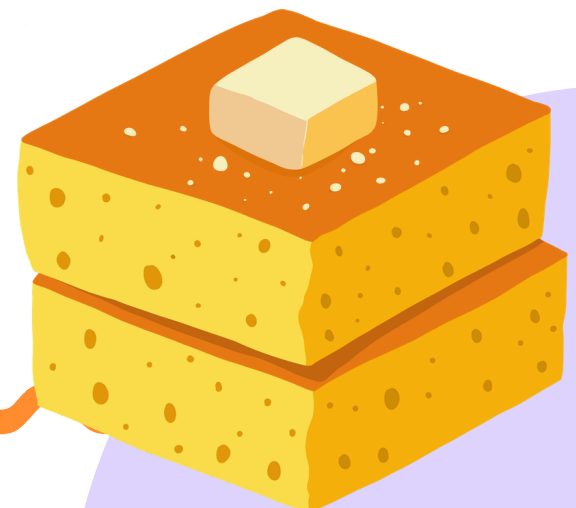
Serves: 8-12

Directions

1. Preheat oven to 400 degrees and grease the cake pan.
2. Mix dry, then wet ingredients. Combine and put into pan.
3. Bake for 20-25 minutes



This is a great way of sneaking some vegetables (corn) into a delicious treat that can be eaten alone or in combination with a dish!



Healthy Eating Rox!



Chicken Chili

Ingredients

- 16 oz can red chili beans
- 15.25 oz can black beans, drained
- 15.25 oz can corn, drained
- 14.5 oz can of diced tomatoes, with chili seasoning
- 12.5 oz can cooked chicken breast, diced
- 11.5 oz can V-8 juice
- 1.25 oz package of chili seasoning mix

Directions

1. Drain the corn and the black beans. Add the rest of the ingredients and stir to combine.
- 2.2. Cook on medium heat until thoroughly heated.



Chicken chili is an incredible source of many vitamins, minerals, and protein from the chicken. The recipe is also super easy to make!



Healthy Eating Rox!



Almond Joy Stuffed Dates

Ingredients

- 6 pitted medjool dates
- 3 tablespoons almond butter
- 2 tablespoons coconut flakes
- 3 tablespoons chocolate chips, melted

Serves: 3
Serving Size:
2 dates

Directions

1. Combine almond butter and coconut flakes in a small bowl
2. Stuff the almond butter mixture into each date, distributed evenly
3. Drizzle with melted chocolate and freeze until chocolate is firm
4. Store in the freezer and enjoy!



Dates are a unique fruit known for they're caramel-like sweetness in flavor! They are high in fiber and antioxidants making this a healthy sweet treat!





Healthy Eating Rox!

Tuna Burgers

Ingredients

- 15 oz canned tuna
- 1 Tbsp. olive oil
- 3/4 C. bread crumbs
- 1 large egg
- salt, pepper, chives, paprika, parsley to taste

Serves: 4
Serving Size:
1 burger patty

Directions

1. Combine drained tuna, bread crumbs, olive oil, eggs, and spices in a bowl.
2. Divide and form into 4 patties.
3. Cook patties in an oiled skillet for 3-5 minutes on each side until golden brown.
4. Serve as desired!



Tuna provides lean protein, along with iron, potassium, and selenium! While we typically get vitamin D from the sun, tuna is one of the food sources of this important vitamin!





Healthy Eating Rox!

Crispy Roasted Chickpeas

Ingredients

- 2 cans chickpeas, drained and rinsed
- 3 Tbsp. vegetable or olive oil
- Optional spices to taste: salt, pepper, paprika, garlic powder, onion powder, cumin, harissa

Serves: 9
Serving Size:
1/3 C.

Directions

1. Preheat oven to 400 degrees.
2. Pat drained and rinsed chickpeas dry.
3. In a bowl, toss chickpeas with oil and desired spices.
4. Spread on a baking sheet. Roast 20-35 minutes, shaking the pan every 10 minutes.



Chickpeas are a great source of fiber and folate! Use crispy chickpeas on top of salads and bowls, in wraps, or as a crunchy snack.





Healthy Eating Rox!

Overnight Oats

Ingredients

- 1/2 C. oats
- 1/2 C. preferred milk
- 1/4 C. Greek yogurt
- 1 Tbsp. chia seeds
- 1 Tbsp. honey or maple syrup
- 1/4 tsp. vanilla
- Mix-ins of choice!

Serves: 1
Serving Size:
1 bowl

Directions

1. Place the ingredients into a bowl or container and mix.
2. Layer optional mix-ins on top, such as fruit, nuts, or chocolate chips. Don't mix until you're ready to eat!
3. Cover the container and refrigerate overnight.



Oats are a whole grain and provide heart-healthy fiber. They are an affordable, versatile pantry staple!





Healthy Eating Rox!

Turkey Apple Sausage

Ingredients

- 1 lb. lean ground turkey
- 1/2 apple, finely minced
- 1/2 tsp. garlic powder, italian seasoning, paprika, salt
- 1/4 tsp. black pepper
- 1-2 Tbsp. cooking oil

Serves: 12
Serving Size:
1 patty

Directions

1. In a bowl, combine ground turkey, diced apple, and spices.
2. Use wet hands to form mixture into patties.
3. Heat skillet and add oil, then add patties. Cook 4-5 minutes per side or until browned.
4. Repeat as needed until all patties are cooked.



Apples add a hint of sweetness and extra vitamins and minerals to this lean protein option!





Ham or Turkey Pinwheels

Healthy Eating Rox!

Ingredients

- 4 slices of deli ham or turkey ¹
- 1 tbsp mayo
- 1 Slice of cheddar cheese
- 2 Slices of Tomato
- 2 Leaves of Lettuce
- 1 Tortilla

Serves: 1
Serving Size:

Directions

1. Heat tortilla on stove or microwave for 1 minute (makes rolling easier!)
2. Spoon out on 1tbsp of mayo on tortilla
3. Add the protein, cheese and veggies
4. Roll tortilla into a log shape
5. Slice the log until you get 4-5 slices
6. Enjoy!



This quick and easy snack is not only delicious but nutritious! Meets 4 out of the 5 food groups!



Pasta Salad

Healthy Eating Rox!

Ingredients

- 1lb of tri color rotini
- 1 cup of Italian dressing (bottled is fine)
- Parmesan Cheese
- Pepper and Italian seasoning.
- Veggies like tomatoes, cucumber, spinach, onion, broccoli, ect

Serves: 6
Serving Size:
1 cup

Directions

1. Boil pasta according to directions on the box, drain when done.
2. Rinse pasta with cold water and place in a bowl.
3. Add Italian dressing, seasonings and your choice of vegetables and combine.
4. Top off with parmesan cheese
5. Eat right away or place in fridge to chill



A great way to add
essential vitamins and
minerals to your pasta!

Adapted from therealfooddietitians.com





Healthy Eating Rox!

Soft Tacos

Serves: 8
Serving Size:
single taco

Ingredients

- 1lb. Ground beef (90/10)
- 1 tbsp. olive oil
- 1 tsp. minced garlic (or 1/4 tsp garlic powder)
- 1/4 tsp. onion powder
- 1tbsp. chili powder
- 1tsp. cumin
- 1/2 tsp. salt
- 1/2 tsp oregano
- 1/2 C. tomato sauce
- 8 mini tortilla (corn or flour)
- Optional toppings: lettuce, tomatoes, salsa, shredded cheese

Directions

1. Heat oil and fully cook ground beef. Drain out excess fat after cooking.
2. Place all spices (garlic to oregano) and tomato sauce in with the meet. Mix until well combined and warm.
3. Scoop approximately 1/4 C. of meet on tortilla and place optional topic on top.
4. Enjoy



A nutritious and
easy go to meal for
those busy days.



Adapted from houseofyummm.com

Healthy Eating Rox!



Banana Muffins

Serves: 12

Serving Size: 1 muffin

Ingredients

- 4 bananas (1 1/3 C. mashed)
- 1 large egg
- 1 Tbsp vanilla
- 3 Tbsp brown sugar
- 2 Tbsp granulated sugar
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 C. all purpose flour
- 2 Tbsp melted unsalted butter

Directions

1. Preheat oven to 350 degree F
2. Grease or line muffin pan
3. Combine mashed banana through cinnamon in a bowl well.
4. In a separate bowl combine baking powder through flour together. Once mixed, add in banana mixture and stir until just combined.
5. Poor melted butter into the mixture. Do NOT over mix.
6. Scoop batter equally into muffin pan (12 muffins)
7. Cook in oven for 18-25 minutes



Healthier alternative
for regular banana
muffin with less
added sugar!

Adapted from tastesbetterfromscratch.com



Healthy Eating Rox!



Buffalo Chicken Dip

Serves: 6

Serving Size: 1/3 C.

Ingredients

- 2 C. cooked, shredded chicken
- 1/2 C. buffalo sauce
- 1 C. nonfat greek yogurt
- 1/2 C. low-fat cottage cheese
- 2 C. cheddar cheese divided
- Optional dippers: tortilla chips and veggies.

Directions

1. Preheat oven to 400.
2. Mix all ingredients (only 1C. cheese) until thoroughly combined.
3. Pour dip into an 8×8 baking dish. Sprinkle remaining 1C. of cheese on top.
4. Bake at 400 for 25 mins.
5. For crispier topping turn the oven to broil the last 2 minutes of cooking.
6. Serve with chips or veggies of choice.



Quick, high
protein game day
dip!

Adapted from thecleaneatingcouple.com



Healthy Eating Rox!



Cucumber Tea Sandwiches

Servings: 32 tea sandwiches
Serving Size: 4 sandwiches

Ingredients

- 16 slices of white bread, crusts removed
- 2 cucumbers or 1 english cucumber
- 8 oz cream cheese, softened
- 1 tablespoon minced dill, dried or fresh
- 1 tablespoon thinly sliced chives, dried or fresh
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon kosher salt
- cracked black pepper, to taste.

Directions

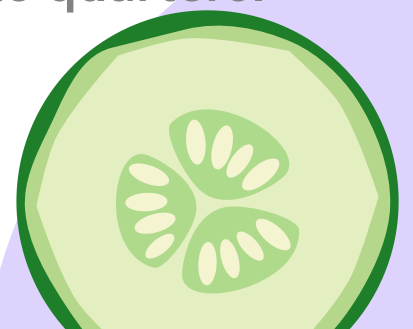
1. Peel the cucumber(s) and slice into 1/8 inch thin slices
2. In a large bowl, beat the cream cheese, dill, chives, lemon juice, garlic powder, and kosher salt using a hand mixer.
3. Spread about 1 tablespoon of the cream cheese mixture onto each slice of bread.
4. Layer the cucumber slices on half of the bread and then top them with the remaining bread slices to make a sandwich.
5. Use a sharp bread knife to cut each of the sandwiches into quarters.



A light, refreshing,
and fun snack!

Image source:
<https://www.themediterraneandish.com/cucumber-sandwich-recipe/t>

Adapted from bellyfull.net



Healthy Eating Rox!



Pesto Sauce

Servings: 5 servings
Serving size: ¼ cup

Ingredients

- 1 cup of broccoli
- ½ cup of grated parmesan
- ⅔ cup of extra virgin olive oil
- 3 large or 5 small basil leaves
- 1 tbsp of lemon juice
- salt and pepper to taste

Directions

1. Steam broccoli until it is fork tender. Can use fresh or frozen broccoli.
2. Add broccoli and other ingredients to blender.
3. Blitz until smooth.
4. To make pesto pasta simply mix a few spoonfuls of pesto into your favorite cooked pasta.
5. Pesto can be stored in a sealed jar or container in the fridge for 3 days, or in the freezer for up to 3 months.



Quick and easy way to add extra veggies!



Adapted from myfussy eater.com

Healthy Eating Rox!



Sweet Potato Brownies

Servings: 6 servings

Ingredients

- 1 cup cooked sweet potatoes, mashed (can use frozen or fresh)
- ½ cup nut or seed butter of choice
- 3 Tbsp maple syrup
- ¼ cup unsweetened cocoa powder
- ½ cup chocolate chips

Directions

1. Preheat oven to 350F and grease a 9x9 baking pan or small loaf pan
2. In a food processor, mix sweet potatoes, nut or seed butter, maple syrup, and cocoa powder until smooth. Can also whisk ingredients together in a large bowl
3. Mix in chocolate chips to mixture
4. Pour into greased pan and bake for 15-20 minutes



A simple dessert
with added
vitamins and heart
healthy fats!



Healthy Eating Rox!



Crunchy Zucchini Chips

Servings: 2 servings

Ingredients

- 1 medium zucchini
- ½ cup panko bread crumbs
- ¼ cup parmesan cheese
- 1 tsp ranch seasoning
- ½ tsp garlic powder
- ½ tsp black pepper
- 2 eggs
- Cooking spray
- Dipping sauce of choice

Directions

1. Slice zucchini into thin slices
2. Combine breadcrumbs, parmesan, and spices in a large bowl
3. In a separate bowl, whisk the eggs until well mixed
4. Place zucchini slices into the egg 1 at a time, then coat in the breadcrumb mixture
5. Layer coated zucchini slices into air fryer basket and spray with cooking spray
6. Air fry at 400F for 3 minutes per side (can also bake in oven for 5 minutes per side)



A satisfying snack
packed with
nutrients and a
crunch!



Healthy Eating Rox!



Pumpkin Pie Yogurt Dip

Servings: 4 servings
Serving size: ½ cup

Ingredients

- 1 cup plain yogurt of choice
- $\frac{3}{4}$ - 1 cup canned pumpkin puree
- 1-2 tsp pumpkin pie spice
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp ground ginger
- 1-2 Tbsp maple syrup
- Dipping options: sliced apples, strawberries, grapes, graham crackers, pretzels, animal crackers, etc.

Directions

1. Combine all ingredients in a bowl
2. Stir until well combined
3. Adjust ingredients based on your preferred flavors
4. Enjoy with dipping options of your choice!



A fun Fall snack
that is a great
lower sugar sweet
treat!



Healthy Eating Rox!

Protein Packed Chickpea Salad

Servings: 6 servings

Ingredients

- 1 can of chickpeas, drained & rinsed
- 1 can of black beans, drained & rinsed
- 1 can of corn, drained and rinsed
- 1 small can of diced green chilis (optional)
- 2 Tbsp of lime juice
- 2-3 Tbsp of olive oil

Optional Seasonings:

- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- 1 tsp chili powder
- salt and pepper to taste

Directions

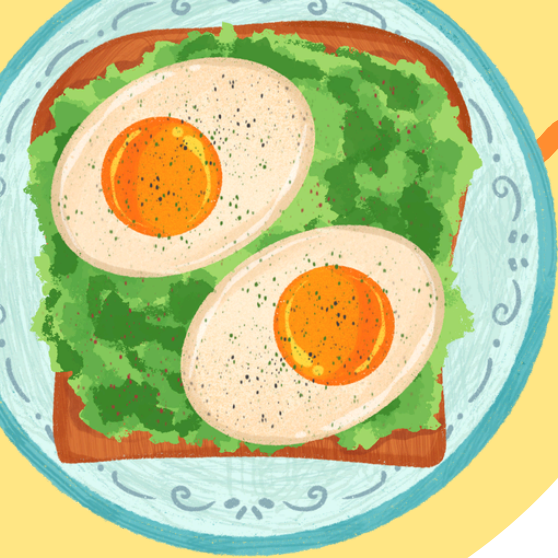
1. In a large bowl, combine chickpeas, black beans, corn, and green chilis.
2. In a small bowl, whisk together olive oil, vinegar/lime juice, garlic powder, onion powder, cumin, chili powder, salt, and pepper.
3. Pour dressing over bean mixture and toss well to coat.
4. Stir in any optional add-ins (pickled peppers, frozen veggies).
5. Chill for at least 30 minutes (optional, but flavors blend better)



A protein packed salad that keeps you full!



Healthy Eating Rox!



Avocado Toast

1 Serving

Ingredients

- Whole Grain Bread
- Avocado
- Eggs
- Salt & Pepper

Optional Toppings:

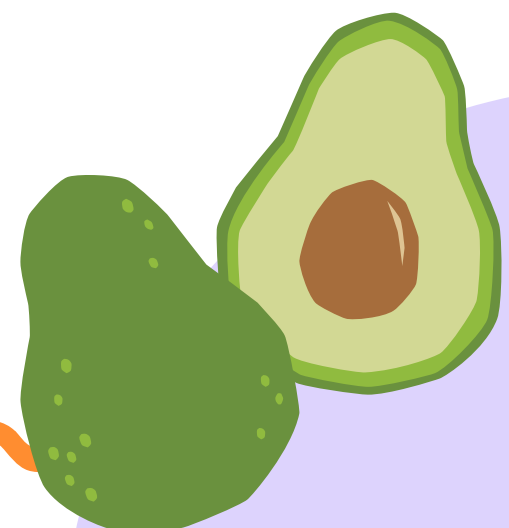
- Honey
- Red Pepper Flakes
- Everything But the Bagel Seasoning
- Other Seasonings of Choice

Directions

1. Start with your slice of bread and toast it
2. mash $\frac{1}{2}$ of an avocado and spread on toast
3. Add toppings and seasonings of choice



This snack is a balance of healthy fats, protein, and fiber that keep you full longer, supports stable blood sugar, and provides lasting energy.



Healthy Eating Rox!



Salmon and Quinoa Veggie Bowl

2 Servings

Ingredients

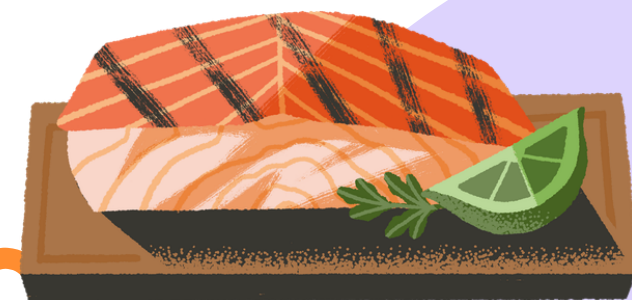
- 2 salmon fillets
- 1 cup quinoa (uncooked)
- 1 cup leafy greens (spinach or kale)
- 1 cup cherry tomatoes, halved
- 1 medium sweet potato, diced
- 1 avocado, sliced
- 1 tbsp olive oil
- 1 garlic clove, minced
- Fresh herbs (parsley or basil), chopped
- Black pepper (to taste)

Directions

1. Cook quinoa according to package directions.
2. Toss sweet potato cubes with $\frac{1}{2}$ tbsp olive oil, garlic, and pepper; roast at 400°F for 20–25 minutes until tender.
3. While potatoes roast, season salmon with pepper and bake or pan-sear until cooked through (about 10–12 minutes).
4. Assemble bowls: layer quinoa, leafy greens, roasted sweet potato, tomatoes, and avocado.
5. Top with salmon, drizzle with remaining olive oil, and sprinkle with fresh herbs.



This is a heart-healthy, balanced meal. Try doubling the recipe for an easy meal prep for the week!



Healthy Eating Rox!

Sun Dried Tomato Basil Pinwheels

6 Servings

Ingredients

- ½ cup sun dried tomatoes
- 1 cup or 8 oz low fat cream cheese
- ¼ cup spinach
- 2 cloves of garlic
- 1 ½ tsp parmesan cheese
- ¼ tsp salt
- 2 medium whole wheat tortillas
- 15 fresh leaves of basil

Directions

1. Dice the sun dried tomatoes, chop the spinach into small pieces, and mince the garlic.
2. Add these ingredients to a large bowl along with the low fat cream cheese, grated parmesan cheese, and salt.
3. Mix all the ingredients thoroughly.
4. Spread the filling onto the tortillas, spreading the filling all the way to the edge of the tortillas.
5. Top with the fresh basil leaves and then roll up tightly.
6. Use a serrated knife to slice each roll into 1 inch pieces. Cut the roll seam side down to help the pinwheels stay together. Enjoy!



This is an easy, healthy snack option that has good sources of protein, fiber, vitamin C, iron, and calcium

