



Healthy Recipes E-Book

Tanuja Dabir
M.Sc, RHN

www.saakori.com
info@saakori.com
778.322.5670

 **saakori**
a sustainable lifestyle

NOTE: There are some recipes listed below that are not in the meal plan. Feel free to swap the meal plan recipes for these ones or use them as alternatives for later use.



APPLE CINNAMON PANCAKES

Makes 2 servings

Ingredients:

- 1 cup plain oatmeal (old fashioned or quick oats, not instant)
- 1 cup egg whites (6 whites) or egg substitute
- ½ cup 1% cottage cheese
- ½ teaspoon cinnamon
- 1 tablespoon raw honey
- ½ tablespoon baking powder
- ½ sweet apple (such as Golden Delicious), chopped (½ cup)
- Oil spray

Directions:

1. In a blender, combine oatmeal, egg whites, cottage cheese, cinnamon and honey; process until smooth. Add baking powder and process briefly, just enough to mix it in.
2. Stir in chopped apple by hand.
3. Coat a medium nonstick skillet with oil spray and heat over low flame. Pour ½ cup pancake batter into pan. When pancake is golden underneath (use spatula to peek), flip and cook for a few minutes on other side. Transfer cooked pancake to a plate, and repeat process with remaining batter to make 4 pancakes.
4. Serve with sugar-free syrup or a dusting of cinnamon.

BREAKFAST BURRITO

A breakfast that would make anyone happy to get out of bed.

Makes 1 serving

Ingredients:

- 1 teaspoon butter
- 1 egg + 2 egg whites
- 2 green onions, white and pale green parts, sliced
- 1 ounce reduced fat cheddar cheese, chopped (such as Cabot)
- 1 low-carb or high-fiber wrap (such as La Tortilla Factory)
- 2 tablespoons salsa



Directions:

1. Over medium heat melt butter and add eggs and green onion. Scramble until almost set, and add cheese. Cook a few more minutes until eggs are set and cheese is melted. Turn off heat.
2. Place wrap on a plate and microwave it for 20 seconds to warm. Spread the salsa in the center, and top with eggs. Wrap up the burrito and enjoy hot.

COTTAGE CHEESE, BLUEBERRIES AND FLAX BREAKFAST

Not up for cooking a hot breakfast? This instant meal hits the spot with appetite-taming protein and fiber, and just the right amount of juicy sweetness from the berries.

Makes 1 serving

Ingredients:

- 1 cup 1% cottage cheese
- 1 tablespoon milled flaxseed
- ½ cup fresh blueberries

Directions:

1. Combine cottage cheese, flaxseed and blueberries in a bowl, stirring to combine if desired. Eat with a spoon.

CHOCOLATE-CHERRY SMOOTHIE

Makes 1 serving

Ingredients:

- $\frac{3}{4}$ cup nonfat milk or unsweetened soymilk
- 12 frozen cherries
- 1 scoop chocolate whey protein powder (1/3 cup)

Directions:

1. Add milk, cherries and whey protein to blender pitcher; blend until smooth.
2. Add 2-5 ice cubes (before blending) for a thicker smoothie.

STRAWBERRY BANANA SHAKE

Makes 1 serving

Ingredients:

- 10 strawberries (fresh or frozen)
- $\frac{1}{2}$ banana
- 1 tablespoon flax seed oil
- 1/2 teaspoon vanilla extract
- 1 heaping scoop (1 oz) of protein powder of choice
- 2-3 ice cubes (optional)

Directions:

1. Place all ingredients in a blender and process at high speed until well combined.
2. You may want more or less ice, depending on how cold you like a smoothie.





CHICKEN WITH RED LENTILS AND ARTICHOKE HEARTS

Makes 4 servings

Ingredients:

- 1 tablespoon extra virgin olive oil
- 4 garlic cloves, minced (1 tablespoon plus 1 teaspoon)
- ½ red onion, chopped (½ cup)
- 1 (14.5-ounce) can diced tomatoes with Italian seasoning, not drained
- 1 cup water
- ½ cup red lentils
- Oil spray
- 4 (4-ounce) skinless boneless chicken breasts (1 pound)
- Salt
- Freshly ground black pepper
- 1 (6.5-ounce) jar marinated quartered artichoke hearts
- 3 ounces feta cheese, crumbled (¾ cup)

Directions:

1. Place large nonstick skillet over medium heat; when hot, add oil. When hot, add garlic and onion. Cook, stirring gently, about 2 minutes, until fragrant. Add tomatoes and water; bring to a simmer.
 2. Stir in lentils; simmer 12 minutes, or until most liquid has evaporated and lentils are tender.
 3. While lentils cook, place medium nonstick skillet over medium-high heat. When hot, coat with cooking spray. (If using gas stove, remove pan from burner just long enough to spray away from flame.) Add chicken and season lightly with salt and pepper. Cook 5 to 6 minutes on each side, or until cooked through. Remove from heat.
 4. When lentils are done, gently stir in artichoke hearts and sprinkle feta over lentil mixture. Cover pan and cook 2 minutes to soften cheese.
 5. Place ½ cup lentil mixture on each plate; top with a chicken breast and another ½ cup lentil mixture.
-



SALMON CAKES WITH GREEN ONION, GINGER AND GARLIC

Serve over steamed or sautéed cabbage or bok choy, or with stir fried vegetables or rice.

Makes 3 servings, 2 cakes each

Ingredients:

- 2 (5 ounce) cans boneless skinless pink salmon
- 3 green onions, sliced thin
- 1 tablespoon minced ginger
- 2 teaspoons minced garlic
- ¼ teaspoon salt
- ¼ cup breadcrumbs
- 1 egg
- ½ teaspoon sesame oil

Directions:

1. Combine salmon, green onions, ginger, garlic and salt in a large bowl and mix well. Add panko and egg and mix gently to combine. Form into 6 patties.
 2. Heat sesame oil in a large skillet over medium flame. When hot, add salmon patties. Cook without disturbing for 4-5 minutes or until bottom is golden and crisp, then gently flip with a pancake turner. Cook an additional 4-5 minutes on other side.
-

SUPERFAST CHILI

Preparation time: 5 minutes.

Cooking time: 10 minutes.

Ingredients:

- 1 lb. ground beef or ground turkey, organic and grass fed preferred
- 2 cans of 15 oz. black beans
- 2 cans of 8 oz. tomato sauce
- 1 jar of medium or hot, chunky salsa
- 1 tablespoon chili powder
- ½ cup frozen corn

Directions:

1. Cook beef or turkey on medium-high heat in a big pot until browned. Drain excess fat from the meat.
2. Drain one can of beans and mash.
3. Add all ingredients to the pot and mix together.
4. Heat on medium until heated through.



EASY VEGGIE BURGER

Makes about 12- 16 small patties

Ingredients:

- 1 pound can of beans, drained and rinsed, or 1.5 cups cooked beans
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 2 cups diced veggies
- 2 teaspoons + 2 tablespoons oil for frying - olive, coconut, grapeseed
- 3 tablespoons liquid flavor – Dijon and tamari are great
- 4 teaspoons spice – dry mustard, cayenne, chili, thyme
- ½ teaspoon kosher salt - omit or reduce if your liquid or spices contain salt
- 1 cup dry base ingredient - buckwheat, bread crumbs, oatmeal
- ½ cup chopped sundried tomatoes or olives

Directions:

1. Heat 2 teaspoons oil in a pan over medium heat.
 2. Fry the onion, veggies, and garlic until softened, about 5 minutes.
 3. Transfer to a food processor and pulse with beans, liquid flavor, spice, salt until combined but still chunky.
 4. Pulse in the dry base and texture ingredient.
 5. Form into golf ball size balls and flatten into patties.
 6. Heat 2 tablespoons oil over medium-high heat.
 7. Fry patties 2-3 minutes per side until browned and heated through.
-



BEET, EDAMAME AND EGG SALAD

A vibrant and colorful combination, dressed with a light lemon-Dijon vinaigrette. Although you can't beat fresh beets for flavor and texture, canned can be used to decrease prep time.

Makes 2 servings

Ingredients:

- $\frac{3}{4}$ pounds beets without greens or $1\frac{1}{2}$ pounds with (or a combination of red and golden), stems trimmed to 1"
- 4 large eggs
- $\frac{1}{2}$ cup frozen shelled edamame
- 2 cups arugula
- $\frac{1}{4}$ red onion, thinly sliced ($\frac{1}{2}$ cup)
- 1 tablespoon distilled white vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons Organic Zero
- 1 teaspoon fresh or bottled lemon juice

Directions:

1. Preheat oven to 400°F.
 2. Scrub beets under cold running water; dry well. Place a 12 x 14" sheet of foil on work surface. Place 1 beet in center; fold foil over so ends meet. Crimp edges to seal and form air-tight packet. Repeat with remaining beets. Place packets on baking sheet; roast 1 hour. Remove from oven; allow to cool 5 minutes.
 3. Wearing protective gloves, pierce top of each foil packet to allow steam to escape. Remove beets from packets. Peel; cut lengthwise into 6 wedges. Keep golden beets separate from red to avoid staining. (May be prepared up to 2 days in advance and refrigerated in covered container.)
 4. Place eggs in medium saucepan; add COLD water to cover by 1". Bring to boil over high heat; cook 2 minutes. Add frozen edamame. Return to boil; cook 8 minutes. Remove from heat. Drain hot water and fill pot with cold water.
 5. Let eggs and edamame rest in cold water 4 to 5 minutes; drain and blot dry with paper towel. Peel eggs, discarding shells and 2 yolks. Chop remaining eggs and egg whites.
 6. Arrange 1 cup arugula on each of 2 plates; divide onion, beets, edamame and chopped egg evenly between salads.
 7. In small bowl or measuring cup, combine vinegar, mustard, Splenda and lemon juice. Whisk to blend. Drizzle over salads or serve on the side.
-

MEATBALLS MARINARA

Makes 8 servings

Ingredients:

- 1 ½ pounds 96% lean beef
- 1 ½ pounds 99% lean ground turkey breast
- ½ cup plain oatmeal (quick oats, not instant)
- ¾ cup egg whites (4 whites)
- 1 tablespoon dehydrated onion flakes
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 ½ teaspoons seasoned salt
- ¼ teaspoon black pepper
- Oil spray
- 4 cups marinara sauce



Directions:

1. In a large mixing bowl, combine beef, turkey, oatmeal, egg whites, onion flakes, garlic powder, Italian seasoning, seasoned salt, and pepper. Mix well with hands.
2. Coat a large nonstick skillet with cooking spray. Form meat mixture into 2" balls and place a single layer in skillet.
3. Cook over medium heat, turning with tongs to brown meatballs on all sides. Transfer browned meatballs to a large soup pot.
4. Continue to shape and brown meatballs in batches until all of the meat mixture is used up.
5. Pour marinara sauce over meatballs; cover and cook 45 minutes over very low flame. Transfer to serving dish.

MUSHROOM MISO SOUP WITH GROUND TURKEY

Makes 4 servings

Ingredients:

- 1 pound 99% lean ground turkey breast
- 1 ½ pounds mixed mushrooms, sliced (such as portobello, crimini, oyster, beech, shitake)
- 6 scallions, white and light green parts only, sliced
- 6 cups water
- ¼ cup + 2 tablespoons miso

Directions:

1. In a large soup pot, cook turkey breast for 5-8 minutes over medium heat until no pink color remains; crumble with a wooden spoon or spatula.
2. Add mushrooms to pot; cook 5 minutes, stirring occasionally, to soften.
3. Add scallions, water, and miso; stir to combine. Bring to a boil, reduce heat to low, and cover. Simmer 15 minutes.



Turkey Vegetable Meatballs

Makes 2 Servings

Ingredients:

- 1 lb ground turkey or chicken
- 2 medium carrots (or a handful of baby carrots)
- 1 red or green bell pepper
- 5 large mushrooms
- handful of fresh parsley
- 1/2 yellow onion
- 1 clove garlic
- 2 tsp granulated garlic (garlic salt)
- 2 tbsp Italian seasoning
- 1/2 tsp freshly ground black pepper
- 3 tbsp ground chia seeds

Directions:

1. Preheat oven to 350.
2. Combine carrots, bell pepper, mushrooms, onion, garlic, chia seeds and seasonings in a food processor and blend until well chopped.
3. Empty the food processor into a large bowl, add the ground turkey and mix together completely.
4. Form meatballs and place on a non-greased baking sheet (about 1 1/2" - 2" each). Bake for about 25 minutes, or until completely cooked.

SPAGHETTI SQUASH

Makes 6 servings

Ingredients:

- 1 spaghetti squash, cut lengthwise, seeded
- 2 tbsp olive oil

Directions:

1. Preheat oven to 350F. Lightly grease a baking sheet.
2. Place spaghetti squash cut side down on baking sheet. Bake for 30 minute.
3. Flip over and bake for another 10 minute. Remove from oven and let cool.
4. When cooled scrap out flesh with a fork.

SESAME DRESSING

Makes 1 cup (2 tbsp is one serving)

Ingredients:

- ½ cup sesame oil
- ¼ cup raw honey
- ¼ cup apple cider vinegar
- 3 tbsp toaster sesame seeds, ground
- 2 tbsp lemon juice
- 2 cloves garlic, pressed

Directions:

1. Combine ingredients in jar and shake well.
2. Refrigerate until ready to use.

BUTTERNUT SQUASH SOUP

This soup is very tasty. The ginger adds a lot of flavor and zing. A very rich and comforting soup.

Makes 6 to 8 servings


Ingredients:

- 2 butternut squash (beige colored, pear shaped squash)
- 3 onions, chopped
- 1 head garlic
- Olive oil
- 1 tablespoon curry powder, mild
- 2 tins organic chicken broth (found in natural foods section of grocery store) or your own
- 1 tablespoon fresh ginger, chopped



Directions:

1. Preheat oven to 350o.
2. Wash squash and pierce twice. Place both squash whole, in a large baking dish or baking sheet. Bake at 350o for one hour or until well done.
3. In the same oven, take one head of garlic, slice small amount off top and drizzle with 1 teaspoon olive oil. Wrap in foil and place next to squash.

- 
4. When well done, let squash cool, then cut lengthwise and scoop out seeds and discard. Scoop out the squash and place in large pot.
 5. In frying pan, add 2 teaspoons olive oil and sauté onions until quite golden and soft. Add curry powder and ginger, and blend for 1 minute. Add chicken broth and squash. Squeeze garlic from its skin and add to squash mixture. Mix well and simmer for 5 mins to blend flavors.
 6. In small batches, blend in blender until smooth. Add more broth or a little water if needed.
 7. Serve with 1 piece whole grain crusty bread (Ezekiel).
- Freezes well.

VEGETABLE LENTIL SOUP

Makes 9 cups

Ingredients:

- 8 cups broth
- 1 cup green lentils
- Cooking spray
- 2 carrots, peeled and diced
- 1 large onion, diced
- 4 teaspoons garlic, minced
- 1/2 cabbage, chopped
- 1/2 pound frozen green beans
- 2 tablespoons tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1 large zucchini, diced

Directions:

1. Bring the broth to a boil.
2. Use a small amount of oil to coat the pot. Heat the pot on MEDIUM HIGH. Add the carrots, onion and garlic and cook for about 5 minutes. Add all the remaining ingredients EXCEPT the zucchini and bring to a boil. Cover, reduce the heat to MEDIUM and simmer for about 15 minutes or until the beans and lentils are tender.
3. Add the zucchini and cook until they are tender.
4. Serve and enjoy!

BRUSSELS SPROUTS WITH FETA CHEESE

Makes 4 servings

Ingredients:

- 1 pound Brussels sprouts
- 1 teaspoon extra virgin olive oil
- Salt and pepper to taste
- 1 ounce crumbled feta cheese



Directions:

1. Preheat oven to 425°F; cover a baking sheet with foil.
2. Halve Brussels sprouts; toss with oil in large mixing bowl. Arrange sprouts on baking sheet in single layer; season with salt and pepper. Bake 25 minutes, stirring halfway through.
3. Remove pan from oven; sprinkle blue cheese over sprouts. Return to oven for 2-3 minutes to allow cheese to melt.

BLUEBERRY OAT SQUARES

Ingredients:

- 1 cup rolled oats
- 1 ½ cups non-wheat flour
- 1 teaspoon baking soda
- 2/3 cup plain goat's milk yogurt or Greek yogurt
- 1 cup milk (almond/unsweetened soy)
- 2 tablespoons sweetener (apple sauce)
- 1 egg
- ½ cup blueberries
- 1 tablespoon cornstarch

Directions:

1. Preheat oven to 425o F. and grease a 10" square pan.
2. Blend oats, flour, baking soda, yogurt, milk, sweetener, and egg. Toss blueberries with cornstarch and stir in.
3. Spread into pan and bake 10-15 mins, or until fully set.
4. Cut into squares, approx. 2x2 inches.
5. 1 square is 1 serving.

HIGH-PROTEIN BANANA WALNUT MUFFINS

Makes 12 servings

Ingredients:

- 1 cup plain oatmeal (quick oats, not instant)
- ½ cup non-wheat flour
- 2/3 cup vanilla whey protein powder (2 scoops)
- ½ cup coconut sugar
- ¼ teaspoon salt
- ¾ teaspoon baking powder
- ½ tablespoon baking soda
- 3 tablespoons finely chopped walnuts (¾ ounce) (plus additional for sprinkling, optional)
- ¼ cup egg whites (2 whites)
- 3 ounces plain Greek yogurt
- 1½ very ripe bananas
- 1 teaspoon vanilla extract
- 1/2 tablespoon macadamia nut oil or canola oil
- Cooking oil spray

Directions:

1. Preheat oven to 350°F.
 2. In a large mixing bowl, combine oats, flour, protein powder, coconut sugar, baking powder, baking soda, and walnuts; stir to mix.
 3. In a blender pitcher, combine egg whites, yogurt, bananas, vanilla, and oil; process until smooth.
 4. Pour liquid ingredients into bowl with the dry ingredients; mix just until uniformly moistened.
 5. Thoroughly coat wells of a standard size or jumbo muffin tin with cooking spray, or use paper cupcake liners. Divide batter between muffin wells. If desired, sprinkle with additional diced walnuts.
 6. Bake 13 minutes for standard-size muffins, 19 minutes for jumbo muffins. Allow to cool 5 minutes before removing from pan.
-