

CLEAN EATS

COOKBOOK



Eggs and Greens

Try this easy breakfast recipe for a change of pace. We used kale, but any greens will do. This egg recipe is so delicious, you'll want it for lunch or dinner.

- 1 Tbsp olive oil**
- 1 garlic clove, minced**
- ½ small onion, chopped**
- 3 cups greens (cut into strips), such as kale, collard or mustard greens**
- ½ cup reduced-sodium chicken broth**
- 1 Tbsp lemon juice**
- 2 large eggs**
- ⅛ tsp salt**
- Black pepper to taste**

In a large cast-iron skillet, heat the oil over medium heat. Add the garlic and onion and sauté until the onion is softened. Add greens and chicken broth and cook, stirring, until greens wilt. Add lemon juice and stir.

Make 2 wells in the greens. Crack 1 egg into each well. Season with the salt and pepper. Cook for 4 minutes. Let stand until whites are set, about 4 minutes.

Yield: 2 servings | **Serving size:** 1 egg; ¾ cup greens

Nutrition Facts (per serving)

Calories: 193; Fat: 11g; Saturated Fat: 2g; Cholesterol: 186mg;
Sodium: 402mg; Carbohydrates: 12g; Fiber: 2g; Protein: 11g

Avocado Deviled Eggs

These healthy, cholesterol-free deviled eggs use avocado instead of mayo for a creamy texture. Add fresh lime juice for that extra kick of delicious flavor. Yes, it's green eggs, but no ham.

10 large eggs, hard boiled

4 raw egg whites

1 Tbsp fresh lime juice

1 firm-ripe avocado, pitted, peeled and diced

1/8 tsp black pepper

1/4 cup finely chopped red onion

1 tsp paprika

Slice the hard-boiled eggs in half lengthwise. Scoop out the yolks and discard. Set the hard-boiled egg halves aside.

In a small saucepan, cook the raw egg whites over medium heat until cooked through. In a food processor or blender, purée the egg whites, lime juice and avocado thoroughly.

Add black pepper and red onion to egg-avocado purée. Spoon mixture evenly into hard-boiled egg halves and sprinkle paprika on top. Chill for at least 1 hour. Serve chilled.

Yield: 10 servings | **Serving size:** 2 egg halves

Nutrition Facts (per serving)

Calories: 54; Fat: 2g; Saturated Fat: 0; Cholesterol: 0;
Sodium: 97mg; Carbohydrates: 2g; Fiber: 1g; Protein: 6g





Tomato, Basil and Avocado Salad

Make the most of your fresh tomatoes and basil in this colorful, healthy salad. Perfect for summer, this tomato, basil and avocado salad is an easy side dish or light lunch.

2 cups halved cherry tomatoes

2 cups chopped yellow tomatoes

½ red onion, diced

¼ cup chopped fresh basil

1 avocado, pitted, peeled and diced

1 garlic clove, minced

1 Tbsp white balsamic vinegar

Black pepper to taste

In a large bowl, mix all ingredients and stir gently. Chill, covered, for at least 1 hour before serving.

Yield: 4 servings | **Serving size:** about ½ cup

Nutrition Facts (per serving)

Calories: 117; Fat: 7g; Saturated Fat: 1g; Cholesterol: 0;
Sodium: 6mg; Carbohydrates: 12g; Fiber: 6g; Protein: 2g

Grilled Chicken Kebabs

Here's a colorful and delicious recipe that is perfect for summer grilling. The dipping sauce gives grilled chicken a feisty spark of flavor.

Sauce

- 1 Tbsp plain Greek yogurt
- 2 Tbsp white wine vinegar
- 1 garlic clove, minced
- 1½ tsp black pepper
- 1½ tsp spicy brown mustard
- 1 tsp horseradish
- ½ tsp honey
- ¼ tsp salt

Kebabs

- 1 Tbsp chopped fresh rosemary
- 2 Tbsp olive oil
- 2 garlic cloves, minced
- ¼ tsp salt
- ½ tsp orange zest
- ½ tsp ancho chile powder
- Black pepper to taste
- 1 lb boneless, skinless chicken breasts, cut into 1½-inch pieces
- 1 large onion, cut into 1½-inch pieces
- 1 small zucchini, cut into 1½-inch pieces
- 1 small yellow squash, cut into 1½-inch pieces
- 1 red bell pepper, cut into 1½-inch pieces

Preheat grill to medium-high heat.

In a small bowl, combine the yogurt, vinegar, garlic, black pepper, mustard, horseradish, honey and salt. Cover with plastic wrap and refrigerate.

In a large bowl, whisk the rosemary, oil, garlic, salt, orange zest, chile powder and black pepper. Add chicken, onion, zucchini, squash and bell pepper. Toss to coat. Thread chicken and vegetables alternately onto 4 (12-inch) metal or wooden skewers (if using wooden skewers, soak in water for 30 minutes before use). Discard the marinade.

Grill the kebabs, covered with grill lid, for 12 minutes, or until chicken is cooked through, turning occasionally. Let the kebabs stand for 5 minutes. Serve with the dipping sauce.

Yield: 4 servings | **Serving size:** 1 kebab

Nutrition Facts (per serving)

Calories: 221; Fat: 8g; Saturated Fat: 1g; Cholesterol: 65mg; Sodium: 171mg; Carbohydrates: 8g; Fiber: 2g; Protein: 27g





Cauliflower and Leek Soup

The mellow flavors of leeks and cauliflower make this a satisfying soup for lunch or a light dinner. Just a touch of coconut milk gives the soup a creamy texture without a lot of fat.

- 2 leeks (dark stems discarded), coarsely chopped**
- 1 medium head cauliflower, chopped**
- 2 shallots, chopped**
- 3 garlic cloves, minced**
- 1 Tbsp olive oil**
- ¼ tsp salt**
- 1 russet potato, peeled and chopped**
- 4 cups reduced-sodium vegetable broth**
- ½ cup unsweetened coconut milk**
- 1 tsp dried thyme**
- Black pepper to taste**
- Chopped scallion, for garnish**
- Chopped fresh parsley, for garnish**

Preheat oven to 400°. In a large bowl, combine the leeks, cauliflower, shallots, garlic, oil and ¼ teaspoon of the salt. On a baking sheet, arrange the vegetables and roast for 25 minutes, or until lightly browned.

In a large saucepan, combine the roasted vegetables, potato, vegetable broth, coconut milk, thyme and black pepper to taste and bring to a boil over medium-high heat. Reduce heat, cover and simmer for about 10 minutes, or until vegetables are softened. Soup will be thick. Add water to reach desired consistency, if necessary.

In a blender, blend the soup until smooth. Season with remaining ¼ teaspoon salt and pepper to taste. Garnish with scallions and parsley.

Yield: 8 servings | **Serving size:** 1 cup

Nutrition Facts (per serving)

Calories: 67; Fat: 3g; Saturated Fat: 1g; Cholesterol: 0;
Sodium: 141mg; Carbohydrates: 9g; Fiber: 1g; Protein: 1g

Grilled Chicken with Swiss Chard

Grilled chicken is paired with hearty Swiss chard and a mellow tomato sauce in this healthy chicken recipe. This delicious low-carb, high-protein dinner is an easy, healthy meal.

- 1 Tbsp plus 2 tsp olive oil**
- 1 small onion, chopped**
- 2 garlic cloves, minced**
- ¼ cup balsamic vinegar**
- 4 medium tomatoes, diced**
- ¼ tsp dried thyme**
- 1 cup water**
- ½ tsp salt**
- ¼ tsp black pepper**
- 2 cups shredded Swiss chard**
- 4 boneless, skinless chicken breasts (4 oz each), grilled and sliced**

In a saucepan, heat 1 tablespoon of the oil over medium heat. Add the onion and garlic and sauté until the onion is softened, about 3 minutes. Increase the heat to high, add the balsamic vinegar and cook for 3 minutes. Add the remaining ingredients except the Swiss chard and the chicken, and cook for 20 to 25 minutes or until the tomatoes have softened. Remove from heat and transfer to a blender. Blend until smooth. Set aside.

In a medium skillet, heat the remaining 2 teaspoons oil. Add the Swiss chard and cook until wilted, about 4 minutes.

Arrange 4 plates with ½ cup sauce topped with ¼ cup Swiss chard. Arrange a sliced chicken breast on top of each plate. Serve immediately.

Yield: 4 servings | **Serving size:** 4 oz chicken; ½ cup sauce; ¼ cup Swiss chard

Nutrition Facts (per serving)

Calories: 190; Fat: 6g; Saturated Fat: 1g; Cholesterol: 65mg;
Sodium: 373mg; Carbohydrates: 8g; Fiber: 1g; Protein: 26g





Lentil Curry Bowl

Lentils are a nutrient-rich powerhouse, packed with fiber, protein and iron. For easy prep of this recipe, you can make the lentils ahead.

Cilantro Cashew Sauce:	1/2 tsp chili powder
3/4 cup cashews	1/8 tsp salt
1/2 cup fresh cilantro	2 cups vegetable broth
1/3 cup water	1 cup brown lentils, rinsed and drained
2 Tbsp fresh lime juice	1/2 cup chopped onion
1 garlic clove	2 garlic cloves
1 tsp honey	2 Tbsp red Thai curry paste
3/4 tsp salt	14 oz tomato purée
Curry	1/2 tsp ground cumin
8 carrots, peeled and chopped	1 cup basmati rice, cooked
2 Tbsp olive oil	Sliced avocado, for garnish
2 tsp garam masala	Chopped fresh cilantro, for garnish

In a food processor, purée all sauce ingredients until smooth. Set aside. Preheat oven to 450°. In a bowl, toss the carrots with 1 Tbsp of the oil, 1 tsp of the garam masala, chili powder and salt. Arrange carrots in a single layer on a baking pan and roast for 20 minutes, or until browned. In a saucepan, combine the broth and lentils and bring to a boil over medium-high heat. Cook for 20 minutes. Remove from the heat, cover and let sit for 10 minutes, or until the lentils are softened. In a skillet, heat the remaining 1 Tbsp oil over medium heat. Add the onion and garlic and sauté for 3 to 5 minutes, or until the onion is softened. Add the curry paste, tomato purée, cumin and the remaining 1 tsp garam masala and sauté for 2 minutes. Add the cooked lentils and cook for 30 minutes. Divide the cooked rice and lentil mixture among bowls. Top the lentils with the roasted carrots. Serve with avocado slices, chopped cilantro and cilantro cashew sauce.

Yield: 8 servings | **Serving size:** 1 cup lentil curry; 1/2 cup rice

Nutrition Facts (per serving)

Calories: 331; Fat: 9g; Saturated Fat: 1g; Cholesterol: 0; Sodium: 451mg; Carbohydrates: 51g; Fiber: 9g; Protein: 11g

Cauliflower Stir-Fry

Seasoned with garlic, ginger, lime juice, soy sauce, hot sauce and scallions, cauliflower never tasted so good. This healthy vegetarian stir-fry is light in calories but high in flavor.

- 1 Tbsp coconut oil or olive oil**
- 1 small red onion, chopped**
- 3 garlic cloves, minced**
- 1 Tbsp minced fresh ginger**
- 1 large head cauliflower, cut into florets**
- 1 red bell pepper, diced**
- 2 Tbsp soy sauce**
- 2 Tbsp fresh lime juice (about 1 lime)**
- 3 scallions, chopped, plus additional for garnish**
- 2 Tbsp chopped pistachios, optional**
- 1½ Tbsp hot sauce, or to taste**
- 2 Tbsp chopped fresh cilantro**

In a nonstick skillet, heat the oil over medium-high heat. Add the onion and sauté until softened, about 2 minutes. Add the garlic and the ginger and cook for 1 minute. Add the cauliflower and bell pepper and sauté until the cauliflower is golden brown and crisp-tender, about 5 minutes.

Reduce heat to low. Add the soy sauce, lime juice, scallions and pistachios (if using) and cook for 1 minute. Add the hot sauce and cook for 1 minute more. Garnish with cilantro and additional chopped scallions, if desired.

Yield: 4 servings | **Serving size:** about 1 cup

Nutrition Facts (per serving)

Calories: 98; Fat: 4g; Saturated Fat: 0; Cholesterol: 0; Sodium: 427mg; Carbohydrates: 12g; Fiber: 4g; Protein: 3g





Harvest Vegetables

Save some time and enhance the flavor by making this delicious side dish a few days in advance. To reheat, just bring the dish back to a boil over medium heat and let the vegetables heat through.

- 1 Tbsp olive oil
- 1 small Spanish onion, diced small
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp black pepper
- 2 medium rutabagas, peeled and diced small
- 4 medium parsnips, peeled and diced small
- 4 large carrots, peeled and diced small
- 2 large yellow or striped beets, peeled and diced small
- 3 medium turnips, peeled and diced small
- 2 Granny Smith apples, peeled, cored and diced small
- 1 sprig fresh thyme or 1 tsp dried thyme
- 1 Tbsp chopped fresh sage
- 1 bay leaf
- 2 cups low sodium chicken broth

In a large saucepan, heat oil over medium heat until hot. Add onion and cook for 10 to 12 minutes, until soft and translucent. Add salt, pepper, root vegetables and apples. Stir and cook for 5 minutes. Add thyme, sage, bay leaf and chicken broth. Season with pepper to taste.

Lower heat to medium low and cook for 40 to 45 minutes, or until vegetables are tender. Remove bay leaf. Serve warm.

Yield: 8 servings | **Serving size:** about 1 cup

Nutrition Facts (per serving)

Calories: 91; Fat: 2g; Saturated Fat: 0; Cholesterol: 0; Sodium: 104mg; Carbohydrates: 19g; Fiber: 5g; Protein: 2g

Almond Crusted Salmon

A lean source of protein with monounsaturated fats, salmon is a healthy superfood. Topped with almonds, this recipe is loaded with ingredients that will curb your appetite.

For the Salmon

- 2 salmon fillets, about 4 oz each (1½" thick)
- 1 tsp olive oil
- ¼ cup unsalted sliced blanched almonds
- ½ tsp dried oregano
- 2 garlic cloves, minced
- 1 tsp chopped fresh parsley
- 2 Tbsp fresh lemon juice
- ⅛ tsp salt
- Black pepper to taste

For the Salad

- 1 cup green beans, trimmed and blanched
- 2 cups frisée
- 2 Tbsp dried cranberries
- 1 Tbsp plain Greek yogurt
- 1½ Tbsp olive oil
- 1 Tbsp fresh lemon juice
- ⅛ tsp salt
- Black pepper to taste

Preheat oven to 400°. Wash and pat salmon dry. With a piece of foil, make a square, lifting the sides to create a ridge on all sides. Lightly coat the foil with nonstick cooking spray. Place the salmon on the square.

In a small bowl, combine olive oil, almonds, oregano, garlic, parsley and lemon juice.

Season salmon with the salt and pepper. Top the salmon with the almond mixture, covering the top and all edges. Bake the salmon for 8 minutes. Remove from the oven and let the salmon rest for at least 5 minutes at room temperature.


Meanwhile, make the salad. In a bowl, toss all the salad ingredients. Serve the salmon over the salad.

Yield: 2 servings | **Serving size:** 4 oz salmon; 1½ cups salad

Nutrition Facts (per serving)

Calories: 472; Fat: 33g; Saturated Fat: 3g; Cholesterol: 66mg;
Sodium: 216mg; Carbohydrates: 16g; Fiber: 4g; Protein: 26g





Heart disease is the # 1 killer of men and women in the United States. By learning about heart disease and how it is preventable, people can incorporate easy steps to avoid this life-threatening disease.

Begin your journey to heart health today.