

# HEALTHY CHOICES

## Recipes

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## *What Will Healthy Choices-Go Green Program Provide?*

We prepare a variety of fruits, vegetables, and grains in innovative ways to highlight healthy food choices.



### HUMMUS

1 ½ cups dried chick peas (garbanzo beans) or a 15 oz can  
3/8 cup Tahini  
1 tbsp tamari (or soy sauce)  
¼ cups Olive Oil  
3 garlic gloves, chopped  
juice of 2 lemons

Soak peas for over 24 hours (no less). Process peas in Food Processor or VitaMix with processor still running add Tahini, add chopped garlic, then tamari sauce, lemon juice and Olive Oil. Continue to process until very smooth and paste like.



### PESTO

1/4 cup almonds, walnuts or pine nuts  
2 cups fresh basil leaves  
¼ cup Vegan Parmesan cheese or nutritional yeast  
3 cloves garlic  
1/2 cup olive oil  
season to taste

In a cast iron pan, over medium heat, toast nuts, optional. In a food processor, combine toasted nuts, garlic, basil, olive oil, Parmesan cheese /nutritional yeast, Spike and pepper. Process until a coarse paste is formed.



### THAI LETTUCE WRAPS

2 cups water  
1 tbsp minced ginger  
1/2 cup coconut milk  
1/3 cup diced orange bell pepper  
1/4 cup sliced almonds  
1 tablespoon lime juice  
1 tablespoon chopped parsley  
1/4 teaspoon pepper

1-1/4 cups Jasmine rice, rinsed  
2 tsp minced garlic  
1/3 cup diced red bell pepper  
1/4 cup sliced green onions  
1 jalapeño, finely diced  
1 tablespoon chopped cilantro  
1 teaspoon salt  
12 large leaves of loose leaf lettuce, green or red-tipped

Directions: In a saucepan, bring water to a boil. Add rice, ginger, and garlic. Stir, cover, reduce heat, and simmer for 10 to 12 minutes or until all of the liquid is absorbed. Transfer cooked rice to a bowl and fluff with a fork. Add the remaining ingredients, except the lettuce leaves, and stir well to combine.

Place 1/3 cup of the rice mixture in the center of each lettuce leaf, folding the sides of each leaf toward the center. Starting from the stem end of the leaf, roll to enclose the filling, and place seam side down on a platter. Repeat for the remaining lettuce leaves.



### CHICKPEA LETTUCE WRAPS

1 15oz can chick peas  
1/2 tsp stone ground mustard  
1/3 cup diced celery

1/4 cup Vegenaise  
1/3 cup grated carrots  
2-3 green onions, finely chopped

garlic, onion powder, kelp, basil, oregano, cayenne pepper to taste, a touch of Olive Oil

Whole Lettuce Leaf, washed and drained, large tomato thing sliced

Mixed all ingredients, except lettuce and tomato. Place 2-3 tbsp of salad on leaf and a tomato slice...slightly wrap and this is the best finger sandwich. Enjoy



### BANANA SPLIT SURPRISE

Vanilla, Non-diary Ice Cream, bananas, pure chocolate syrup and fresh Cherries



### PEACHES & CREAM SMOOTHIE

1 1/2 cups Coconut or Almond Milk	1 large fresh peach, pitted
2 dates, pitted	1 tsp Maca powder or protein powder
1/2 tsp vanilla extract (non-alcoholic)	Pinch of sea salt
1 cup of ice	Serves 1

Blend until smooth and frothy

Maca: (*Lepidium meyenii*) is a root plant consumed as a food and for medicinal purposes. Maca is also known as "Peruvian ginseng" (despite the fact that it is not a member of the [ginseng](#) family), because it is used as a folk remedy to increase stamina, energy, and sexual function.



### CARROT TUNA

Juice 3-5lbs of organic carrots

Place pulp in large bowl and remove any skins or large hard pieces of carrots

Add: 2-3 finely chopped plum tomatoes      1/4 cup chopped green pepper

1/3 cup white onion chopped fine      2-3 stalks of finely chopped celery

3 scallions chopped

Directions: Season with...be generous with your seasonings - Kelp is a must

Kelp, onion powder, garlic powder, cayenne pepper to taste. Basil, oregano, tarragon or any herb of your choice

Add: 1/4 cup olive oil and enough Veganaise to moisten all ingredients - mix well- chill. Serve with crackers, pita bread, chips, or in a salad



### SPINACH SALAD

3 cups Spinach, washed and dried  
1 plum tomato, diced

1 tsp Stone Ground Mustard  
3 tbsp apple cider vinegar  
½ cup Olive Oil

¼ cup sliced button mushrooms  
2 thinly sliced white onion

#### DRESSING

1 tsp minced garlic  
Spike seasoning

Directions: In small bowl, whisk together the mustard, garlic, vinegar, seasoning. While whisking, slowly add the olive oil until the vinaigrette is emulsified. Add a sufficient amount to coat the spinach salad, toss until moisten. Serve immediately.



### KEY LIME TOFU PUDDING

2 Extra Firm Silken Tofu  
½ tsp vanilla extract  
1 Mori-Nu Mates Vanilla Mix

Juice of 2-3 limes  
3 tbsp Agave  
3 tbsp water

In blender or food processor blend all ingredients, except Vanilla Mix, until smooth and then add Vanilla Mix and blend until creamy. Have 6-7 pudding dishes prepared with cookies as crust (see below for crust directions), then spoon creamy pudding mixture over cookie crust, garnish pudding tops gently with the cookie mixture.

2- (2.125 oz) bags of Barbara Vanilla Cookies for crust (use rolling pin to smash cookies in bag) Open bag and place crushed cookies in each pudding dish, leaving enough cookies to sprinkle on top. Makes 6-7 servings Chill



### AVOCADO SMOOTHIE

- 1 ripe avocado
  - ¾ cup orange juice
  - ¾ pineapple juice
  - ½ cup frozen raspberries
- Add all ingredients to VitaMix or Blender. Blend until smooth



### JUICING AND SMOOTHIES

#### Spring/Summer Juice Blends

1. **Love your Liver:** Cucumber-Beet-Apple-Parsley-Lemon
2. **Good Morning New Age!:** Pineapple-Cantaloupe-Kale-Lemon
3. **Digestive Power:** Carrot-Fennel-Celery-Apple-Ginger
4. **Brain Food:** Carrot-Spinach-Parsley-Celery
5. **Slim Down:** Apple-Celery-Cucumber-Honeydew
6. **Bones of Steel:** Kale-Parsley-Carrot-Pear
7. **Cool as a...:** Cucumber-Strawberry-Mint-Honeydew
8. **Garden Special:** Broccoli-Garlic-Tomato-Celery-Cabbage
9. **Build Your Own:** by choosing up to 5 of the following ingredients: Cabbage, Kale, Spinach, Broccoli, Celery, Cucumber, Beet, Carrot, Orange, Fennel, Apple, Strawberry, Lemon, Pear, Honeydew, Cantaloupe.

#### Fall/Winter Juice Blends

1. **Liver Detox:** Cabbage-Apple-Kale-Spinach
2. **Joints Juice:** Cabbage-Oranges-Broccoli-Kale-Apple
3. **Digestive Power:** Carrot-Fennel-Celery-Apple-Ginger
4. **Relax:** Celery-Kale-Beet-Spinach-Parsley
5. **Slim Down:** Apple-Celery-Cucumber
6. **Fatigue Fighter:** Carrot-Cucumber-Pear
7. **Morning Jump Start:** Pineapple-Carrot-Kale-Celery-Lemon
8. **Green Machine:** Kale-Spinach-Celery-Grapes

### GREEN SMOOTHIE WITH A TWIST

2 cups Green Grapes  
¼ orange (with pith)  
chunk cantaloupe (with seeds)  
¼ lime (with skin)

¼ apple (whole)  
chunk pineapple (core)  
1 strawberry (with top)  
1/1/2 cups ice

Lots of spinach, kale and collard greens  
Blend on high until desired consistency

### FRUIT SMOOTHIE

1 cup Vanilla Coconut Milk, Almond Milk, Soy Milk, Rice Milk or Hemp Milk  
and 1 cup of Apple/Orange/Pineapple Juice with the milk. Add

5 Strawberries (can purchase wash and freeze or buy frozen)

10 Blueberries or Raspberries (can purchase wash and freeze or buy frozen)

7 Pineapple chunks (can purchase wash and freeze or buy frozen)

Place all ingredients in blender, blend until smooth (can be made the night before)

Other fruits to use – Kiwi, Mango, Peaches, Nectarines, Oranges, Blackberries, Cherries, Boysenberries, and Bananas



### VEGGIE WRAPS

Whole Wheat Wraps

Veggie Dressing

Spring mix, spinach, Romaine, cucumbers, mushrooms, tomatoes, onion, carrots, avocado or Vegetarian Chicken Salad.

After spreading dressing around wrap, place all ingredients on one side of wrap. Gently roll tucking ends inside.



### FRUIT PARFAIT

Blueberries washed and drained. Place in bowl (sprinkle with Agave, optional)

Can use Soy Yogurt or Coconut Milk Yogurt. Vanilla Granola. In a parfait cup spoon Yogurt, then blueberries, top with granola. Serve immediately.

## Small Changes to a Healthier You

1. Drink water - 4 oz an hour
2. Use raisins, nuts and fruit as snack foods
3. Reduce meats, go meatless once a week, increase your vegetables
4. Eat soups often and enjoy a good whole grain bread with Olive oil
5. Expand your green salad to include, pasta, veggie burgers, tofu, chickpeas
6. Think positive –do some form of exercise daily –be consistent

### Planning Daily Meals

- Start by planning three meals per day; if you like, include a snack. Try not to skip breakfast, drink a smoothie
- Make sure that you eat a wide range of foods. You can eat more depending on your appetite, age, size, activity level and gender.
- Plan meals around grain products, vegetables and fruits.  
They should cover about 2/3 of your plate. Collect recipes and share

Grain Products - provide you with energy as well as fiber and some important vitamins.

1 slice bread or 1/2 bun.                    1 cup cold cereal

3/4 cup hot cereal.                            1/2 cup pasta or rice

Vegetables and Fruit – 5 servings per day

Choose dark green, bright yellow and orange vegetables and fruit

Try spinach, broccoli, carrots, squash, oranges, cantaloupe and peaches.

### Alternatives for Meat

- 1/2 to 1 cup cooked beans such as baked beans, kidney beans, lentils.
- 2 tablespoons peanut butter
- Soy protein products – Veggie Burgers, Not-Dogs, Fakin Bacon, Tofu or Tempeh

**Fluids** are essential to life, drink regularly, whether we feel thirsty or not. Aim for six to eight glasses of fluids each day including water, juice, non-dairy milk, soup, herbal teas.

### Keep Active

- Go for a walk or join a mall-walking club.
- Take the bus; you usually have to walk a bit at both ends.
- Garden! Grow flowers and vegetables.
- Join an exercise program - dance, stretch/yoga, karate...do what you enjoy