



the
wellness kitchen

FRESH, FLAVORFUL RECIPES FOR A HEALTHIER YOU

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Paulette Lambert, RD, CDE

“The Wellness Kitchen” Cookbook

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Written by Director of Nutrition,
Paulette Lambert, R.D., CDE.

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EXPECTED ARRIVAL: END OF NOVEMBER

“The room looks like Emeril Lagasse’s show kitchen...one does not have to compromise good taste for healthy eating.”

-CSQ Magazine



WELLNESS KITCHEN
BETTER HEALTH BEGINS HERE



HONEY- PECAN CRUSTED CHICKEN

Ingredients:

4 boneless, skinless, organic chicken breasts
Organic olive oil cooking spray
2 Tbsp. honey
2 Tbsp. Dijon mustard
¾ cup cornflake crumbs
¼ cup chopped pecans
1 tsp. sea salt
¼ tsp. cayenne pepper
Organic olive oil cooking spray

Directions:

1. Preheat oven to 350° F.
2. Cut each chicken breast into 4 strips.
3. Spray 9x13 baking dish with olive oil spray.
4. In a small bowl, microwave the honey for 30 seconds until loose. Whisk in the Dijon.
5. Combine cornflake crumbs, pecans, salt and cayenne pepper in Ziploc bag.
6. Dip chicken strips in honey-Dijon mixture then shake in cornflake-pecan mixture.
7. Place in baking dish and coat with cooking spray.
8. Bake for 25 minutes until crisp.

Servings: 4

Calories per serving: 325

Caloric equivalent: 4 oz. protein, 1 carbohydrate, ½ fat



FRUIT SMOOTHIES

Excellent source of antioxidants, vitamin, minerals, adding the flax seed increases dietary intake of Omega 3's and the oat bran adds fiber helps lower cholesterol.

Ingredients:

1 cup frozen fruit; such as berries, peaches, or tropical mix
1 banana
1 handful of kale or spinach (optional)
8 oz. nonfat Greek yogurt
¼, nonfat milk, soy milk, or almond milk
2 Tbsp. oat bran or ground flax seed

Directions:

1. Place all ingredients in a blender or food processor. Blend at high speed until smooth and creamy.

Serves: 2

Calories per serving: 170

Equivalent to: 2 fruit servings and ½ oz. dairy protein

Note: Use either oat bran or flax seed, if you want to use both, use only 1 Tbsp of each to avoid too much fiber that can cause gastrointestinal stress in some people.



PURÉED VEGETABLE SOUPS with VARIATIONS

Ingredients:

1 Tbsp. olive oil
1 Tbsp. chopped garlic
½ onion, chopped
2 pounds vegetables, washed and trimmed, cut into bite size pieces
1 qt. reduced sodium, organic chicken broth
½ cup fat free half and half
Sea salt
Freshly ground black pepper

Directions:

1. Heat olive oil in large soup pot. Add garlic, and onion and sauté until tender, about 4-5 minutes.
2. Add vegetables and broth. Bring to a boil, cover, and simmer for 15-20 minutes until vegetables are very tender.
3. Puree soup in batches in blender, return to soup pot. (or use an immersion blender)
4. Reheat soup until very hot, reduce heat to a simmer and add fat free half and half. Season to taste with salt and pepper.
5. Serve in soup bowls.

Serves: 6

Calories per serving: 100-120

Calorie equivalent to: 2 vegetables, 1 fat

Variations

BROCCOLI SOUP

Add ⅓ cup grated parmesan cheese after adding half and half.

ROASTED CAULIFLOWER SOUP

Add 1 small fennel bulb thinly sliced with onion. To garnish, drizzle each serving of soup with 1 tsp. truffle infused olive oil.

ASPARAGUS SOUP

Add the zest and juice of 1 lemon before adding half and half.

GINGER CARROT SOUP

Add 1½ Tbsp. chopped ginger with the onions and garlic. Add ½ cup orange juice, ½ tsp. cinnamon, and ¼ tsp. nutmeg before fat free half and half.

ZUCCHINI BASIL

Add ¾ cup loose basil leaves, and ¼ tsp. chili powder 5 minutes before puréeing the soup. Garnish each bowl with a dollop of plain non fat yogurt and a chiffonade of basil.



“HURRY UP” SPAGHETTI

Ingredients:

8 oz. high protein or whole grain spaghetti
1 Tbsp. olive oil
¼ tsp. crushed red pepper flakes
1 bag baby spinach
2 tsp. garlic, chopped
2 medium vine-ripe tomatoes, ¼ inch dice
½ tsp. sea salt
½ tsp. freshly ground black pepper
2 whole eggs plus 4 egg whites, well beaten
⅓ cup grated parmesan cheese
2 Tbsp. fresh chopped basil

Directions:

1. Cook pasta to al dente, drain and keep warm.
2. Add olive oil to sauté pan over medium heat; add crushed red pepper flakes and spinach, sautéing for 2 minutes until spinach is just wilted.
3. Add garlic, tomato, salt and pepper, sauté for another minute.
4. Add spaghetti and stir until heated through. Add beaten egg and toss until egg is set.
5. Add parmesan cheese and fresh chopped basil, tossing well.
6. To serve: Divide pasta between four pasta bowls, top with extra fresh chopped basil if desired.

Serves: 4

Calories per serving: 395

Calorie equivalent: 2 oz. lean protein, 2 carbohydrates, and 1 vegetable



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