

Blueberry Salsa

Ingredients:

- 2 cups fresh blueberries, chopped
- 1 cup fresh blueberries, whole
- 1/4 cup fresh lemon juice
- 3 tbsp. fresh cilantro, chopped
- 2 jalapeno peppers, seeded and minced
- 1/3 cup red bell pepper, diced
- 1/4 cup onion, chopped
- 1/2 teaspoon kosher salt

Directions:

- 1) Stir together all ingredients.
- 2) Cover and chill until ready to serve.



*Try this salsa with a
grilled meat or fish.*



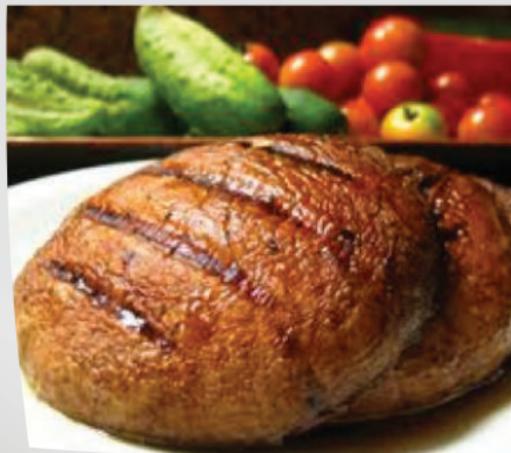
Grilled Portobello Mushrooms

Ingredients:

- 4 Portobello Mushrooms
- Olive Oil
- Garlic Pepper
- Sea Salt

Directions:

- 1) Break the stems off mushrooms caps, inse and pat dry.
- 2) Drizzle both sides of mushroom caps with olive oil.
- 3) Season with salt and garlic pepper to taste.
- 4) Grill for 3-5 minutes on each side.



Here's Miranda's recipe for grilled mushrooms (a food that is high in zinc).



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Sweet Potato Fries

Ingredients:

- 8 sweet potatoes, cut lengthwise into quarters
- 1 tablespoon olive oil
- 1/2 teaspoon paprika

Directions:

- 1) Preheat oven to 400° F. Lightly grease a baking sheet.
- 2) Mix sweet potatoes, olive oil, and paprika. Toss together with hands to coat. Place on the prepared baking sheet.
- 3) Bake 40 minutes in the preheated oven.



Here is one of our favorite family dishes.



Pea Hummus

Ingredients:

- 1 (10 ounce) pack of frozen peas or 2 cups shelled fresh peas
- 1-2 garlic cloves, to taste
- ½ tablespoon fresh lemon juice
- ¼ cup fresh mint leaves, torn into pieces
- ¼ cup well-stirred tahini
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper

Directions:

- 1) Boil water in a small pot. Add peas and cook until tender. Drain well.
- 2) In a food processor, combine the garlic, lemon juice, and mint leaves. Grind to a paste. Adding a tablespoon of water if needed.
- 3) Add the peas, tahini, and salt and pepper to taste. Process until smooth.



*Try this new dip option
for your kids.*



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"Mock" Mashed Potatoes

Ingredients:

- 1 head cauliflower, trimmed and cut into small florets
- 1 to 2 tablespoons extra virgin olive oil
- Sea salt and ground black pepper to taste

Directions:

Bring a large pot of salted water to a boil. Add cauliflower and cook until very tender, about 10 minutes.

Reserve ¼ cup of the cooking liquid and then drain well.

Puree cauliflower with a food processor (or mash with a potato masher), adding oil and reserved water 1 tablespoon at a time.

Season with salt and pepper to taste.

This recipe is basic for a reason, feel free to add whatever spices and herbs your family will enjoy.



Maybe the "mock" potato title is a stretch, but that doesn't mean you won't like it.



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Easy Salmon

Ingredients:

- 2 salmon filets
- 2 lemons
- Olive Oil
- Capers
- Salt and pepper to taste

Directions:

- 1) Preheat oven to 375 degrees.
- 2) Drizzle olive oil on the bottom of a baking dish.
- 3) Set both salmon filets, skin side down, on the olive oil.
- 4) Squeeze the juice of one lemon over the filets, slice remaining lemon and place on top.
- 5) Sprinkle capers, salt and pepper to taste.
- 6) Bake for approximately 4 minutes on each side or until done.



This recipe for salmon is so easy, we're not even sure we can call it a recipe!



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Carrot Salad with Creamy Yogurt Dressing

Ingredients:

- 2 tbsp. lemon juice
- 1 tsp. honey
- 3 tbsp. extra virgin olive oil
- ¾ cup plain low-fat Greek yogurt
- 3 cups coarsely grated, peeled carrots
- ¼ cup chopped chives
- ¼ cup sliced almonds, toasted (optional)
- Salt and pepper to taste

Directions:

Whisk lemon juice and honey in a medium bowl. Gradually whisk in oil, then yogurt. Mix in carrots and chives. Season with salt and pepper. Cover and chill for at least 2 hours. Sprinkle almonds and stir right before serving.



Here's a delicious way to add some beta-carotene to your diet!



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Salmon Salad with Fresh Blueberries

Ingredients:

- 8 cups baby spinach or other salad greens
- 1lb salmon fillet, grilled, baked or poached
- 1 1/2 cups fresh blueberries
- 2 Tablespoons fresh lemon juice
- 1/2 cup olive oil
- 2 Tablespoons apple cider vinegar
- salt and pepepr to taste
- 1 Tablespoon fresh chives
- Handful of pecans
- lemon zest (garnish)

Directions:

Divide salad greens on four salad plates. Tear salmon into pieces and arrange on greens. Sprinkle on blueberries and nuts, top with lemon zest.

Whisk together lemon juice, olive oil, vinegar, and salt and pepper. Drizzle dressing over salad before serving.



Blueberries have been shown to help balance blood sugar and salmon is rich in good fat. This delicious salad will help keep you satisfied as you reach your weight loss goals.



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Healthy Collard Greens

Ingredients:

- 1 bunch of collard greens
- 2 garlic cloves, thinly sliced
- pinch of red pepper flakes
- salt and pepper to taste
- apple cider vinegar

Directions:

Cook collard greens in lightly salted water until wilted (about 5-10 minutes). Drain and pat dry. Add grapeseed oil to medium-sized skillet to coat bottom. Add garlic and heat until garlic sizzles. Add red pepper and cook until garlic is golden brown and tender. Add greens and toss with hot oil for an additional 2 minutes. Season with a splash of vinegar and salt and pepper to taste. Enjoy!



Typically collard greens are cooked with ham hocks or bacon. Here is a healthier, but still delicious recipe that makes a traditional recipe without the traditional unhealthy fat. You can also make this with kale, swiss chard, mustard greens or spinach.



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Vegetable Fried Rice



Ingredients:

- 1 cup brown rice
- 1 cup vegetable broth
- 2 eggs, lightly beaten
- 2 tsps canola oil
- 6 oz asparagus spears, trimmed and cut into 1-inch pieces
- 1 medium red bell pepper, thinly sliced
- 4 scallions, cut into 1-inch pieces
- 1 clove garlic, minced
- 1 Tbsp minced fresh ginger
- 4 tsps Bragg's Liquid Aminos
- 2 Tsps rice vinegar
- 1 tsp toasted sesame oil
- Hot red pepper sauce, to taste

Directions:

Combine rice and broth in a small saucepan. Bring to a boil over high heat. Cover, reduce heat and simmer until the liquid is absorbed, 12 to 14 minutes. Spread the rice out on a large plate and let stand for 5 minutes.

While the rice is cooling, coat a large wok or skillet with cooking spray and place over medium heat. Pour in eggs and cook, stirring gently, until just set, 30 seconds to 1 minute. Transfer to a small bowl. Heat oil in the pan over medium-high; add asparagus and cook, stirring, for 2 minutes. Add bell pepper, scallions, garlic and ginger; cook, stirring, until the vegetables are just tender, about 2 minutes. Add the cooked rice, liquid aminos and vinegar to the pan; cook until the liquid is absorbed, 30 seconds to 1 minute. Fold in the cooked eggs. Remove from the heat; stir in sesame oil and hot sauce.

Try it as a side dish or try this: cut 2 chicken breasts into bite-sized pieces, dip them in a mixture of equal parts olive oil and Bragg's Liquid Aminos, and bake them at 375 degrees for 12 minutes. Add the chicken to this dish once it is cooked for a healthy Chinese food dish!

Cucumber Citrus Aguas Frescas

Ingredients:

- One large lemon, sliced
- One large lime, sliced
- One large orange, sliced
- One large cucumber, sliced
- One half gallon of water



Here's a fun recipe to try at the end of a hot, summer day!

Directions:

Place all ingredients in a glass pitcher. Allow to infuse for 2 hours in the refrigerator and serve over ice.



Lemon Tahini Kale Chips

This easy to make snack is the perfect healthy treat for anyone on the go. Not only is it yummy, but kale detoxifies the body and has been found to lower the risk of developing some forms of cancer including breast, bladder, colon, prostate and ovarian. Try this quick recipe, or change up the seasonings for a treat everyone will love!

Ingredients:

- 2 bunches curly kale, inner stems removed
- 1/4 cup tahini
- 2 to 4 tablespoons water
- 2 tablespoons nutritional yeast
- 2 tablespoons extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 2 cloves garlic, crushed
- 1/4 teaspoon sea salt

Directions:

Preheat oven to 250 degrees F.

Rinse the kale and pat dry. Remove the tough inner stem that runs lengthwise through the center of each kale leaf, then tear or chop into large pieces. In a small bowl add the rest of the ingredients and whisk together.

Place kale pieces onto a large cookie sheet and toss with the tahini-lemon mixture. Gently massage the mixture into the kale so it is evenly coated. Spread the leaves out on the cookie sheet.

Bake for about 30 to 35 minutes, turning once. Remove from oven, let cool a little and enjoy! Extra kale chips can be stored in an airtight container for a few days on the counter.

Enjoy this tasty snack from "Nourishing Meals - Healthy Gluten-Free Recipes for the Whole Family".

Sauteéd Winter Greens with Carmelized Onions

Ingredients:

- 1 to 2 tablespoons extra virgin olive oil or coconut oil
- 1 large red onion, cut into crescent moons
- 1 large bunch kale, thinly sliced
- 1 large bunch collard greens, thinly sliced
- Herbamare or sea salt to taste

Directions:

Heat a large skillet over medium-low heat. Add the oil and then the onions. Add a few dashes of sea salt to help draw out moisture from the onions. Sauté onions for 15 to 20 minutes or until caramelized and very fragrant. Keep the temperature steady and on the lower side so they don't cook too quickly and burn.

Add the kale and collard; sauté for 5 to 10 minute, depending on the tenderness of the kale and desired doneness. You can add a few tablespoons of water to quickly finish the cooking by steaming if desired. Season with Herbamare or sea salt to taste. Serve warm.



Add this tasty dish to your breakfast, lunch or dinner for a treat that's high in fiber.



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Spinach and Pomegranate Salad

Ingredients:

- 1 (10 ounce) bag baby spinach leaves, rinsed and drained
- 1/4 red onion, sliced very thin
- 1/2 cup walnut pieces
- 1/2 cup crumbled feta
- 1 pomegranate, peeled and seeds separated
- 4 tablespoons balsamic vinaigrette

Directions:

Place spinach in a salad bowl. Top with red onion, walnuts, and feta. Sprinkle pomegranate seeds over the top, and drizzle with vinaigrette.

TIP: Add some grilled chicken for complete meal packed with protein.



Try this delicious, fresh salad with your favorite protein for a quick, healthy meal.



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Apple, Leek and Butternut Squash Gratin



Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 medium leeks, white part only, trimmed of roots and tough outer leaves, thinly sliced crosswise, well washed and dried
- Coarse salt and ground pepper
- 1/2 cup dry sherry
- 1 Tablespoon chopped fresh sage, plus leaves for garnish
- 1 pound butternut squash, peeled, seeded, and sliced 1/8-inch thick
- 1 pound of apples, such as Gala, Cortland, Baldwin, or Macoun, peeled, halved, cored, and cut into 1/8-inch thick slices
- 1/2 cup freshly grated Parmesan cheese

Directions:

1. Preheat the oven to 350 degrees. In a 10-inch skillet, heat 2 tablespoons of oil over medium heat. Add leeks and 2 tablespoons water; season with salt and pepper. Cook, stirring occasionally, until they begin to brown, about 10 minutes. Add sherry and sage and cook until liquid is reduced to a glaze, about 3 minutes; set aside.
2. In a 2-quart shallow baking dish, arrange squash in overlapping layers; season with salt and pepper. Spread leeks evenly over the squash.
3. Arrange apples in an overlapping layer over the leeks. Brush apples with remaining tablespoon of oil. Cover tightly with aluminum foil. Bake 45 minutes.
4. Uncover and sprinkle cheese over the top. Raise the oven temperature to 450 degrees and bake 10 minutes, or until the cheese has melted and is golden brown. The tip of a paring knife should easily pierce the gratin. Let it cool for 10 minutes before serving. Garnish with sage leaves and enjoy your healthy treat!

Chicken Thai Soup



Ingredients:

- 3 lemongrass stalks, bottom two-thirds of tender inner bulbs only, thinly sliced
- 4 cloves garlic, chopped
- 1 (4 inch) piece of ginger root, chopped
- 4 cups chicken broth
- 1 lime, juiced
- 1 tablespoon olive oil
- 2 ½ pounds skinless, boneless chicken thighs, cut into chunks
- 12 ounces fresh white mushrooms, quartered
- 2 teaspoons red curry paste (or less based on desired level of spicy)
- 3 tablespoons fish sauce
- 2 (14 ounce) cans coconut milk
- 1 red onion, sliced
- ½ bunch cilantro, roughly chopped
- 1 lime, cut in wedges for serving
- 1 fresh jalapeno pepper, sliced into rings

Directions:

Stir lemon grass, garlic, and ginger together in a large stock pot over medium-high heat. Stir in chicken broth and bring to a boil. Reduce heat to low and simmer for 30 minutes.

Strain chicken broth and set aside. Discard lemon grass, garlic, and ginger.

Heat olive oil in a large soup pot over medium heat; Stir in chicken; cook and stir for 5 minutes.

Stir in mushrooms and cook for 5 more minutes.

Stir in red curry paste (start with less if you are sensitive to spice), fish sauce, and lime juice until combined.

Stir in chicken broth and coconut milk; return to a simmer and cook on low for 15 to 20 minutes.

Skim off any excess oil and fat that rises to the top and discard.

Stir red onion into the chicken mixture; cook and stir until onion softens, about 5 minutes.

Remove from heat and add about 1/2 the cilantro.

Serve with plates of cilantro, lime wedges, and fresh sliced jalapenos.

Enjoy and be well!

Healthy Holiday Muffins

Ingredients:

- 1/4 cup organic oil (canola, sunflower seed)
- 1 1/4 cup organic applesauce
- 1 1/2 cups whole wheat pastry flour, or gluten free pastry flour
- 2 tablespoons fresh ground flax seed
- 1/2 teaspoon baking soda
- 1 teaspoon non aluminum baking powder
- 1 teaspoon cinnamon
- 1 pinch salt
- 1/2 cup chopped walnuts

Directions:

Preheat oven to 375 F. Lightly coat a 12-cup muffin tin with cooking spray or paper liners.

Combine oil and applesauce. In a separate bowl, sift together the flour, ground flax, baking soda and powders, cinnamon, salt and walnuts. Stir wet and dry ingredients together until just combined. Use a large spoon to drop the muffin batter into the muffin tins. Bake 18 to 20 minutes and enjoy!



This holiday muffin is a great way to start the day.



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Creamy Carrot Soup (and Dairy Free!)

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, diced
- 4 cloves garlic, chopped
- 4 ribs celery, tender leafy parts, chopped
- 5-6 carrots, peeled and chopped
- 1 large potato, peeled and diced
- 1-2 cubes vegetable bouillon
- 5 cups waterfresh cracked pepper
- ¼ cup fresh chopped dill

Directions:

Heat olive oil in a large pot or over medium heat. Then add onion, garlic, and celery and sauté them for 3-4 minutes. Add carrots and potato and sauté for another 5 minutes. Add the vegetable bouillon cube(s) and water. Cover the pot and let simmer over medium-low heat for about 20 minutes or until the vegetables are tender. Season the soup with pepper, to taste. Then let it cool slightly and transfer it in batches to a blender. Blend the soup until smooth. Return the mixture to your pot and increase the heat to medium. Remove the soup from the heat and add in chopped fresh dill. Serve it hot with more fresh dill as a garnish for a pretty touch.



Carrots are a great source of Vitamin A, a key nutrient to keep you well during this holiday

Lemon Chicken Artichoke

Ingredients:

- 2 tablespoons olive oil
- 1/2 medium yellow onion, finely chopped
- 3 medium garlic cloves, thinly sliced
- 1 1/2 pounds boneless skinless chicken meat, large dice
- 1 1/2 cups quartered artichoke hearts (canned or jarred - not frozen)
- 2/3 cup dry white wine
- 1/3 cup water
- 1 teaspoon freshly squeezed lemon juice
- 1/2 cup lightly packed thinly sliced basil leaves
- 1 teaspoon lemon zest

Directions:

Heat oil in a large frying pan over medium-high heat. When it shimmers, add onion and garlic, season with salt and freshly ground black pepper, and cook until golden, about 4 minutes. Add chicken and cook, stirring rarely, until well browned on all sides, about 5 minutes. Add artichoke hearts and cook until slightly broken down, about 3 minutes.

Add wine, water, and juice and scrape the bottom of the pan to incorporate any browned bits. Cook until alcohol smell is cooked off and sauce is slightly reduced, about 5 minutes. Remove from heat, stir in basil and lemon, and serve.



Try this delicious lemon chicken and artichoke dish with your favorite vegetables for a healthy, balanced meal that is sure to be a crowd pleaser!

Roasted Asparagus and Mushrooms

Ingredients:

- 1 bunch fresh asparagus, trimmed
- ½ pound fresh mushrooms, quartered
- 2 sprigs fresh rosemary, minced
- 2 teaspoons olive oil
- Kosher salt to taste
- Freshly ground black pepper to taste

Directions:

1. Preheat oven to 450 degrees F. Lightly spray a cookie sheet with cooking spray.
2. Place the asparagus and mushrooms in a bowl. Drizzle with the olive oil, then season with rosemary, salt, and pepper; toss well. Lay the asparagus and mushrooms out on the prepared pan in an even layer. Roast in the preheated oven until the asparagus is tender, about 15 minutes. Enjoy!



An antioxidant rich recipe slows down the aging process for a more youthful you.



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Wild Blueberry Chia Oatmeal

Ingredients:

- 1 1/2 cups water-cooked steel cut oats (about 1/4 cup dry oats + 1 1/4 cups water + pinch salt)
- 2 tsp chia seeds
- dash cinnamon
- 1 tsp ground flax seeds
- 1 1/2 Tbsp raw chopped walnuts
- 1 tsp goji berries
- 1/2 cup wild blueberries, frozen + 1 Tbsp hot water to thaw and plump
- 1/4 cup almond milk

Cooking tips:

For ease, you can make the oatmeal in a larger batch (1 cup oats + 4 cups water + 1/2 tsp salt). Then use your pre-cooked oats throughout the week and heat over the stove.

Add the chia seeds, half of the walnuts, goji berries, flax and cinnamon halfway through the cooking process if making in a large batch. Otherwise, add the pre-cooked oats to a pan with a splash of almond milk or water to rehydrate a bit. Then fold those ingredients into the oats. Simmer until warm and soft. Add more liquid as desired.

Top the cooked oats with walnuts, the blueberries, a few more chia seeds, and a splash of almond milk right before serving.



Make the oats ahead of time for a quick, easy and healthy breakfast.

Radiant Skin Smoothie

Ingredients:

- 1 avocado
- 1 cup cubed papaya (can be frozen)
- 1 cup frozen blueberries
- 10 oz of water
- 2 tsp ground flaxseed

Directions:

Blend all ingredients until smooth and enjoy!



Enjoy this refreshing smoothie any time of the day and reap the benefits of healthy, radiant skin!



Rosemary Crusted Lamb Chops

Ingredients:

- 1 pound lamb chops
- 2 Tbsp minced fresh rosemary
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 4 Tbsp olive oil, divided

Directions:

1. In a small bowl, mix the rosemary, salt, pepper, garlic, and 2 tablespoons of the olive oil together. Coat the lamb chops with the mixture, massaging it into the meat with your fingers. If you are working with double rib chops, cover and let stand at room temperature for 30 to 45 minutes. (If you are working with single rib chops, and you want the result to be rare, let the chops sit in the rub in the refrigerator, do not let come to room temp or the thin ribs will easily overcook when you sear them in the next step.)
2. Heat the remaining 2 tablespoons olive oil in an oven-proof sauté pan over high heat. When the oil is shimmering hot, sear the lamb chops on all sides, about 2 to 3 minutes per side. (If you are working with single rib chops, sear only on two sides, and only a minute or so on each side if you want the result to be rare or medium rare.)
3. At this point, if you want your lamb chops rare, they are likely cooked enough. Remove them from the pan, cover them with foil and let sit for 5 to 10 minutes before serving. If you would like your chops more cooked, you can put them in a 400°F oven for 3 to 5 minutes, or keep them in the hot pan, remove from heat, and cover the pan for a few minutes. Then remove from the pan to a plate or cutting board, cover with foil and let rest 5 to 10 minutes before serving.



This main dish puts a spin on the usual chicken or beef dinner.

Egg White "Muffins"

Ingredients:

- One tbsp olive oil
- 1.5 cups egg whites
- 2 cups raw spinach
- 1 red pepper
- 1 yellow onion
- 1 cup raw asparagus
- Pepper
- Dash of sea salt
- Hot sauce to taste if desired

Directions:

Preheat oven to 350 degrees

Chop all veggies into small chunks. Add one tbsp olive oil to saute pan and add peppers and onion.

Saute for approx 5-7 minutes or until veggies begin to soften and lightly turn brown

Add asparagus and spinach to the pan and saute for an additional 2-3 minutes.

Pour egg whites into a separate bowl and mix in the veggies

Fill each muffin tin with the egg and veggie mixture. Be sure to leave a little room at the time as they rise

Bake for 20-25 minutes or until fully cooked. To check if fully cooked stick a knife down the center of each muffin and it should come out clean

Serves 6 healthy portions

Enjoy!



These protein power bites are a great on the go breakfast.

Peaches and "Cream" Dessert

Ingredients:

- 4-5 ripe peaches sliced
- 1/2 cup almond or coconut milk
- Sprinkle of stevia
- Blueberries for garnish

Directions:

- Slice the peaches in thin slivers or chunks
- Sprinkle with the stevia to taste
- Pour the almond or coconut milk over the peaches and stevia
- Sprinkle the blueberries on top of the peaches for garnish

Enjoy!



Enjoy this refreshing summer dessert after a Fourth of July BBQ with friends!



Green Power Salad

Ingredients:

- 2 cups green chard, thinly chopped into ribbons
- 2 cups kale, thinly sliced into ribbons (dinosaur kale used)
*both greens organic
- 1/2 cup chick peas / garbanzo beans (canned/organic)
- 1/2 cup avocado, diced (+ a few slices for garnish)
- 1/8 tsp lemon zest
- 2 grilled chicken breasts, Sunny Maple Tahini Dressing
- 1-1 1/2 Tbsp creamy tahini, organic, 1 Tbsp apple cider vinegar
- 1 tsp lemon juice, 2-3 tsp maple syrup, a few pinches black pepper
- pinch salt, pinch cayenne

Directions:

1. Add all dressing ingredients to a small bowl, briskly stir with a fork until smooth and creamy. Set aside.
2. Rinse your greens under hot water. Then rinse in chilled water. Spin or pat dry. Slice into thin ribbons and place in large mixing bowl. Add lemon zest.
3. Rinse beans in hot water then in cold water. Remove chickpea skins if desired. Toast in saute pan if desired. Set aside.
4. Dice avocado and add to greens bowl. Set aside a few slices for garnish.
5. Add your dressing to your greens bowl and toss well. If you do not like your avocado a bit soft-edged from the tossing, add it after tossing greens with dressing.
6. Fold chickpeas and grilled chicken into the greens.
7. I like the salad best when chilled in the fridge for at least an hour so the tahini gets all chilled and creamy. (But you can also eat right away.) To serve: Place greens on serving plate. Top with avocado. Drizzle with omega-rich oil if desired.



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Chili-Roasted Carrots

Ingredients:

- 2 tablespoons canola oil
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 pounds (10-12 medium) carrots, cut into 1/4-inch diagonal slices
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice

Directions:

Position rack in lower third of oven; preheat to 450°F. Combine oil, chili powder, cumin, and salt in a medium bowl. Add carrots and toss well to coat. Spread out on a rimmed baking sheet. Roast the carrots, stirring once, until tender and golden, 20 to 25 minutes. Toss the carrots with cilantro and lime juice. Serve immediately.



*A vitamin A rich recipe is
just what your brain needs
for that extra boost.*



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Fresh Spring Gazpacho

Ingredients:

- 3 medium tomatoes, peeled, seeded, and chopped (about 3 cups)
- 1 large cucumber, peeled, seeded, and chopped (about 2 cups)
- 1 red bell pepper, chopped (about 1 cup)
- 1 medium onion, chopped (about 1 1/4 cups)
- 3 cups canned tomato juice
- 2 tablespoons fresh herbs (such as tarragon, thyme, or parsley), chopped
- 1/4 cup red wine vinegar
- 2 cloves garlic, peeled and finely chopped
- 2 tablespoons tomato paste
- Juice of 1/2 a lemon, Kosher salt, Cayenne pepper

Directions:

1. In a bowl, reserve 2 tablespoons each of the tomato, cucumber, pepper, and onion to garnish.
2. In the food processor or blender, purée the remaining ingredients until smooth, adjusting the seasoning to taste with lemon juice, salt, and cayenne pepper.
3. Cover and chill thoroughly, at least 3 hours but preferably overnight. Adjust the consistency as desired with water. Serve in chilled bowls garnished with the reserved vegetables.



*As the weather warms up,
enjoy this fresh cold soup
for a healthy quick lunch.*



Dr. Christianson's Famous 5-A-Day

Ingredients:

- Handful of spinach
- Handful of blueberries
- Handful of baby carrots
- Handful of tomatoes
- Handful of celery

Directions:

Add water and blend.



Green Juice

Ingredients:

- 1 handful of spinach
- 2 medium stalks of celery
- 1 small handful of parsley (long stems removed)
- 3 medium stalks of green kale
- 2 organic pears, cored and quartered

Directions:

1. Process all ingredients through a juicer or Vitamix blender.
2. Serve over ice.
3. Tip: drink your juice right after you blend it for best results.



Protein Powder Smoothie

Ingredients:

- 3/4 cup ice
- 1/2 cup coconut water
- 1/2 cup water (or your choice of coconut milk or almond milk)
- 1 serving of protein (25-35grams of pea or beef based)
- 1 tbsp ground flax seeds
- 1 or 2 big handfuls of fresh baby spinach leaves
- 1/4 cup Navy Beans

Directions:

1. Blend all ingredients in a blender until smooth and serve.



Spa Water

Ingredients:

- 2 liters of water (8 cups)
- 1 small cucumber, sliced and peeled
- 1 lemon, thinly sliced
- 1 tsp freshly grated ginger
- Small handful of mint leaves

Directions:

1. Place all ingredients into a large pitcher.
2. Refrigerate for at least a few hours and up to overnight.
3. Enjoy.



Stay Young Smoothie

Ingredients:

- 1/2 cup frozen organic blueberries
- 1/2 cup frozen organic strawberries
- 1/2 cup chilled green tea, unsweetened
- 3/4 cup plain greek or coconut yogurt
- 2 tablespoons ground flaxseed
- 1/4 cup Navy Beans
- Agave nectar to taste

Directions:

Combine all ingredients in a blender and blend until smooth.



Enjoy this refreshing summer dessert after a Fourth of July BBQ with friends!



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Layering Salad Jars

Ingredients:

1. BOTTOM – /dressing/liquid – olive oil, balsamic vinegar, spices
2. Heavy ingredients that hold up well when submerged in dressing – beans, cucumbers, radishes, onions
3. Heavy items that you may not want directly touching dressing when stored – tomatoes, carrots
4. Leafy greens and light ingredients that take up a lot of space – spinach, kale, chard, arugula
5. A small amount of heavy accent items – nuts, seeds, dried fruit
6. TOP – colorful and fragile ingredients – fruit, edible flowers, herbs
7. Other – grains, quinoa, rice



Sauteed Spinach with Pine Nuts

Ingredients:

- 3 tbsp olive oil
- 1/2 tsp red pepper flakes
- 1 pound baby spinach
- Lemon wedges, for serving
- 2 garlic cloves, smashed and peeled
- 1/4 cup pine nuts
- 2 tbsp water
- 2 tbsp sesame seeds
- 1/4 tsp salt

Directions:

1. In a large skillet heat the olive oil over medium heat. Add the garlic and red pepper flakes and cook until the garlic is golden.
2. Discard the garlic. Then, add the pine nuts and sesame seeds and cook until lightly toasted, stirring constantly.
3. Add the spinach, water, and salt. Cover and cook on high 4-5 minutes or until wilted and tender.
4. Serve hot with lemon wedges.



Sprouted Baked Beans

Ingredients:

- 3 cups canned tomatoes with liquid (crushed or diced)
- 1 cup just sprouted black beans or navy beans
- 1/2 an onion
- 1 tbsp mustard
- Water
- 1 clove garlic
- 1 tbsp Worcestershire sauce
- 1/2 cup uncooked brown rice
- 1/2 tbsp agave nectar

Directions:

1. Add all ingredients except rice to a large pot. Cover with water and simmer covered for 2-3 hours.
2. Check every half hour to stir and add water if needed.
3. At about 2 hours of cooking, add the rice and more water if needed.
4. Cook for another 45-60 minutes.



Roasted Chickpeas with Indian Spices

Ingredients:

- 2 tsp curry powder
- 1/2 tsp ground ginger
- 1 tbsp olive oil
- 2 cans organic chickpeas
- 1/4 tsp Garam Masala
- 1 tsp kosher salt

Directions:

1. Preheat oven to 400.
2. Drain and rinse chickpeas and place on a kitchen towel. Roll and pat them until completely dry.
3. In a small bowl, toss together curry powder, garam masala, ginger, and salt.
4. Place dry chickpeas in a large bowl and toss with olive oil. Sprinkle spice mixture over chickpeas until evenly coated.
5. Toss onto a rimmed baking sheet and bake for about 45 minutes or until chickpeas are nice and crunchy.



Spicy Pepper Carrot Salad

Ingredients:

- 3 celery stalks, finely chopped
- 4 medium carrots, shredded
- 3/4 cup flat leaf parsley, leaves and stems chopped
- 1/4 cup roasted/salted cashews, chopped
- 2 tbsp raw, shelled hemp seeds
- 1 heaping tbsp. Tahini paste
- 1 tsp olive oil
- 1 tsp maple or agave syrup
- 5 dashes black pepper
- 3-4 dashes cayenne powder
- 2-3 tsp fresh lemon zest
- Salt to taste

Directions:

Stir together all ingredients and enjoy.



Three Bean Salad

Ingredients:

- 1 cup chopped green beans, stems removed
- 1 (15 oz) can of chick peas
- 1 (15 oz) can red kidney beans
- 1 orange bell pepper, finely chopped
- 1 jalapeno, seeded and finely chopped
- 3 green onions, finely chopped
- 1/3 cup fresh parsley, chopped
- Black pepper to taste

Directions:

1. Bring several cups of water to boil in a pot. Add chopped green beans and blanch for 3-4 minutes. Drain and rinse with cold water.
2. Drain and rinse chick peas and kidney beans and place in a large bowl with green beans, bell pepper, jalapeno, parsley, and green onion. Mix.
3. Whisk together the dressing ingredients, pour over salad, and mix well.

Dressing:

- 8 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp agave nectar
- 1 tbsp dijon mustard



White Bean and Dill Hummus

Ingredients:

- 1 (15 oz) can white kidney beans
- 2 cloves garlic
- 3 tbsp Greek non-fat yogurt
- 1/4 cup loosely packed fresh dill
- 2 tbsp lemon juice
- Black pepper, to taste

Directions:

1. Place all ingredients in a food processor and pulse until well blended.
2. Season with black pepper, to taste.
3. Serve with assorted fresh vegetables – broccoli, cauliflower, red peppers, carrots, cucumbers.



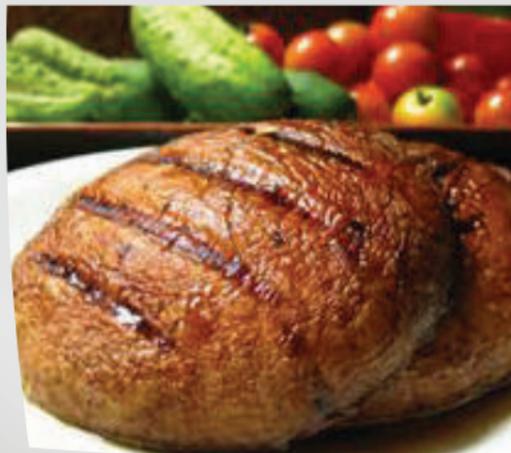
Grilled Portobello Mushrooms

Ingredients:

- 4 Portobello mushrooms
- Olive oil
- Garlic pepper
- Sea salt

Directions:

1. Break the stems off the mushroom caps, rinse and pat dry.
2. Drizzle both sides of mushroom caps with olive oil.
3. Season caps with salt and garlic pepper to taste.
4. Grill for 3-5 minutes.



Spicy Peanut “Noodles”

Ingredients:

- 1 lb mung bean sprouts
- 3 stalks celery, sliced
- 2 cups mushrooms, sliced
- 1 bunch green onions
- 1 inch piece fresh ginger, peeled and grated
- 1 tbsp toasted sesame oil
- Red pepper flakes, to taste
- 2 tbsp natural peanut butter

Directions:

1. Heat oil in a large skillet. Add celery, green onions and mushrooms.

Sautee' until softened and liquids released. Add in mung bean sprouts, ginger and pepper flakes to taste.

2. Cover and steam sprouts, stirring occasionally. When sprouts have cooked down, stir in peanut butter until dissolved.



Crustless Roasted Red Pepper and Turkey Quiche

Ingredients:

- 4 oz. ground turkey breast, cooked
- 4 oz. low sodium roasted red peppers, diced
- 1 cup kale
- 6 large egg whites
- 1 1/2 tsp Italian seasoning
- 2 large eggs
- 1/2 cup coconut milk

Directions:

1. Preheat oven to 375 degrees. Spray an 8-inch cake pan non-stick spray.
2. In a bowl, whisk together eggs, egg whites and coconut milk.
3. Mix in turkey breast, red peppers, kale and Italian seasoning.
4. Pout into pan and bake for about 55 minutes.
5. Serve warm or chilled.



Peanut Portobello Rice Bowl with Cilantro

Ingredients:

- 4 cups sautéed kale
- 1 tsp tamari or soy sauce
- 2 tbsp whole or chopped roasted peanuts
- 1/4 cup cilantro, chopped
- 4 large Portobello mushrooms, sliced into strips
- 4 cups cooked brown rice (or quinoa, farro, barley)
- 1/2 cup sweet onion, sliced
- 2 tsp safflower oil

Directions:

1. In a skillet, over high heat, add the safflower oil. When oil is hot, add in the sliced mushrooms and sweet onions. Sautee until tender.
2. Add in the tamari or soy sauce. Salt and pepper the mushrooms to taste. While the pan is still hot, add the kale and toss gently until warm throughout.
3. To plate the dish add a layer of rice to the bottom of a bowl. Top with a generous portion of mushroom, kale mixture.
4. Garnish with peanuts and cilantro. Serve warm.



Chickadilla Soup

Ingredients:

- 1 lb boneless skinless chicken breasts
- 30 oz diced tomatoes
- 4 oz chopped green chilies
- 10 oz mild enchilada sauce
- 10 oz corn
- 1 quart chicken broth
- 2- 15oz can of black or pinto beans
- 1 tbsp chopped fresh cilantro
- 1/2 medium onion, chopped
- 1/2 tsp black pepper
- 1 tsp cumin, chili powder and salt

Directions:

1. Place all ingredients into a 6 qt. slow cooker, mix and cook on low for 6-8 hours or on high for 3-4 hours.
2. After a few hours, once chicken is thoroughly cooked, remove from pot, shred and return to pot for remaining cooking time.
3. Add avocado fresh cilantro, lime wedges to taste.



Salmon Roasted in Cilantro Salsa

Ingredients:

- 2 tsp curry powder
- 1/2 tsp ground ginger
- 1 tbsp olive oil
- 2 cans organic chickpeas
- 1/4 tsp Garam Masala
- 1 tsp kosher salt

Directions:

1. Preheat oven to 350 degrees.
2. Roast pepper by laying it directly under broiler, turning with tongs as needed, until charred and blackened all over. Place in bag and let steam until cool to the touch. Under cool water, rub off blackened skin. Pat dry and slit open. Scrape out seeds and interior ribs and pull off stem. Cut into thin strips.
3. In a blender, combine pepper strips, lime juice, onions, cilantro, oil, sat and puree.
4. Place salmon in baking dish, pour salsa from blender over salmon, coat both sides.
5. Bake uncovered until fish is cooked to your desire, about 20-25 minutes depending on thickness of fish.



Spiced Salmon with Mustard Sauce

Ingredients:

- 4 (6 oz) salmon fillets
- 2 tsp whole-grain mustard
- 1 tsp honey
- 1/8 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp ground turmeric
- 1/4 tsp ground red pepper
- Cooking spray

Directions:

1. Preheat broiler.
2. Combine all ingredients besides salmon and cooking spray in a small bowl and stir well. Rub mustard mixture evenly over each fillet.
3. Place fillets, skin side down, on a pan coated with cooking spray.
4. Broil 8 minutes or until fish flakes easily or until desired degree of doneness.



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A FRESH APPROACH TO LIVING WELL

After Summer Ratatouille

Ingredients:

- 1 tbsp olive oil
- 1 sweet onion, diced
- 1 zucchini, diced
- 1 red bell pepper, diced
- 1 tbsp ground thyme
- 1/4 cup fresh basil, finely chopped
- 2 garlic cloves, peeled and minced
- 1 cup water
- 1-2 yellow squash, diced
- 8 oz mushrooms, quartered
- 1 cup organic marinara sauce
- 1 cup cherry tomatoes, halved
- 1 eggplant, diced

Directions:

1. In a large pot, heat the olive oil, garlic and onion over medium heat for about 2 minutes. Add cherry tomatoes and cook until they start breaking down. Add water and season with salt and pepper.
2. Add remaining vegetables and continue to cook for about 10 minutes until vegetables are tender, but still a bit firm.
3. Stir in marinara sauce and continue cooking until heated through, about 3-4 minutes.
4. Season to taste with black pepper and stir in fresh basil.
5. Toss onto a rimmed baking sheet and bake for about 45 minutes or until chickpeas are nice and crunchy.

