

medisys

RECIPE BOOK

Health. Lifestyle. Business.

Try our mouth-watering, healthy recipes for
breakfast, lunch, dinner or dessert like:

Carrot breakfast bliss balls

Vegetable quiche with spaghetti squash crust

Parmesan broiled tilapia

One pan Mexican quinoa

Sweet potato ginger pudding

...and much more

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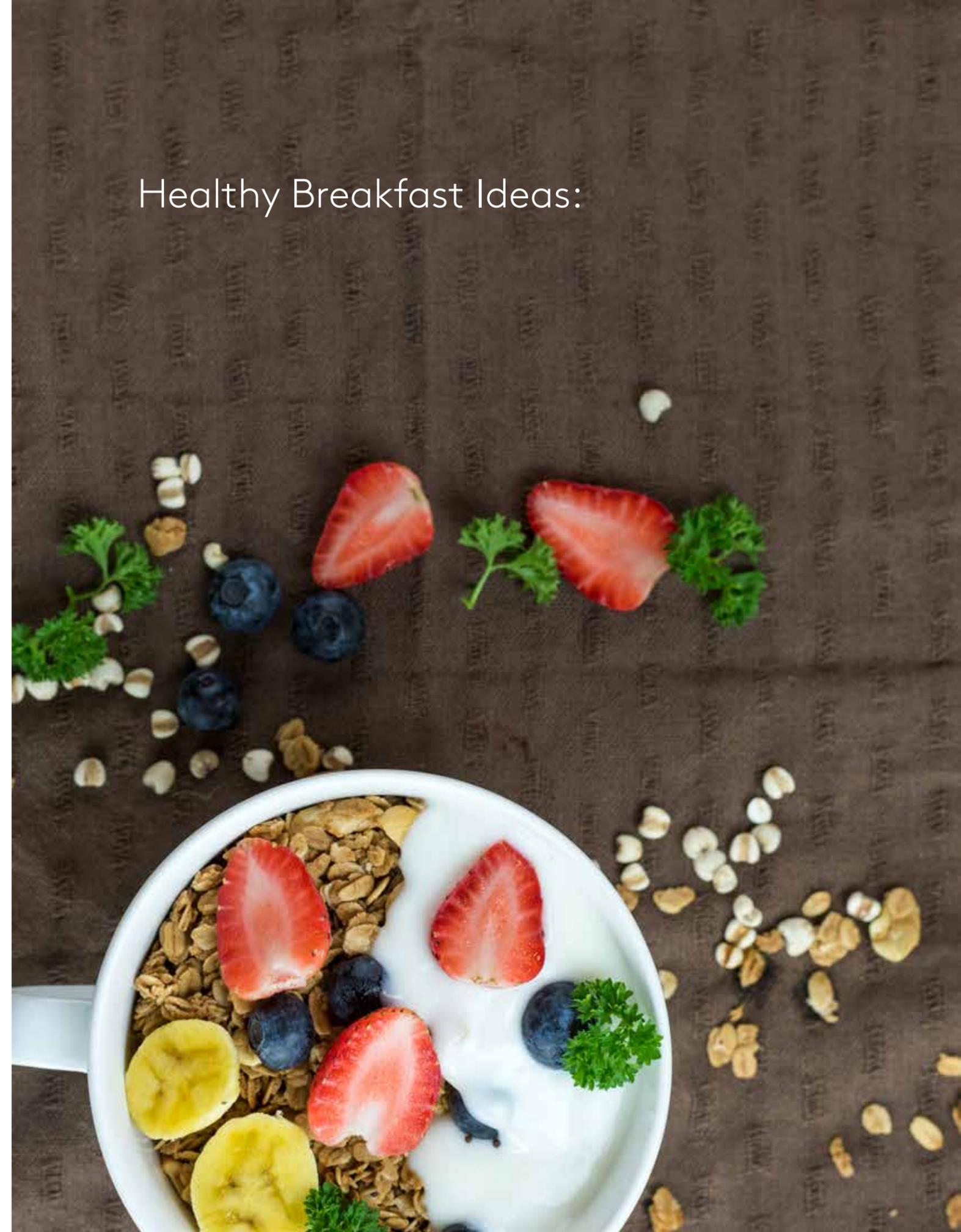
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Healthy Breakfast Ideas:



Chocolatey Chia Overnight Oatmeal

- 1/3 cup large flake oats
- 1 tbsp chia seeds
- 2 tbsp cocoa powder (natural, unsweetened)
- 1/2 tsp cinnamon
- 1/2 cup plain, greek yogurt
- 3/4 cup unsweetened non-dairy or dairy milk
- 1/2 tsp vanilla extract
- 1/2 banana, sliced

Instructions:

1. Place all ingredients into a mason jar or an airtight container.
2. Stir with a spoon until all ingredients are combined.
3. Put lid on and refrigerate overnight.
4. Enjoy cold in the morning.

Prep Time: 5 minutes. Total Time: 5 minutes. Serves: 1

Recipe provided by Carolyn Berry, Registered Dietitian, Medisys Vancouver Clinic.



Serving size: 1 8oz mason jar
Calories 180
Fat 6 g
Saturated fat 1 g
Carbohydrates 40 g
Sugar 6 g
Fiber 8 g
Protein 10 g



Kefir Blueberry Citrus Smoothie

- 1 cup plain kefir (0 or 2% M.F.)
- 1/2 cup frozen blueberries
- 1 small navel orange, peeled and cut into chunks
- 1/2 tsp cinnamon
- 1 tsp ground flaxseeds

Instructions

1. Place all ingredients into a blender or use an immersion blender.
2. Blend until smooth.

Recipe provided by Carolyn Berry, Registered Dietitian, Medisys Vancouver Clinic.



Serving size: 1 cup
Calories 140
Fat 2 g
Saturated fat 1.5 g
Carbohydrates 19 g
Sugar 9 g
Fiber 4 g
Protein 11 g



Carrot Breakfast Bliss Balls

- 1 cup cashews
- 1 cup unsweetened shredded coconut
- 1 cup roughly chopped carrot
- 1 cup dates, pitted
- 1 cup dried apricots
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract

Instructions

1. Place all ingredients into a food processor
2. Blend until the mixture can be formed into balls.
Be careful not to over mix, as mixture will be too sticky.
3. Use your hands to roll the mixture into 1 inch balls.
4. Store in the fridge for 3-4 days or in the freezer for 3-4 months.

Recipe provided by Carolyn Berry, Registered Dietitian, Medisys Vancouver Clinic.



Serving size: 1 ball
Calories 98
Fat 4 g
Saturated fat 1.5 g
Carbohydrates 12 g
Sugar 7 g
Fiber 2 g
Protein 2 g



Blueberry Cinnamon Breakfast Bowl

- 1/2 cup large flake oats
- 1 cup water
- 1/2 cup frozen blueberries
- 1/2 cup egg whites

Optional toppings:

Cinnamon, Greek yogurt, almond milk, stevia, fresh berries, chopped fruit, pumpkin seeds, goji berries, hemp hearts or unsalted nuts.

Instructions

1. Measure out oats, water and blueberries in a bowl and cook on stove top until hot (or microwave for 2 minutes).
2. Add the egg whites and cook for another 1.5-2 minutes, until the egg whites have cooked.
3. Top with greek yogurt, cinnamon, stevia and almond milk.
4. Use other seasonal fresh fruit and nuts/seeds for toppings if you like!

Recipe provided by Carolyn Berry, Registered Dietitian, Medisys Vancouver Clinic.



Serving size: 1 bowl
Calories 342
Fat 8 g
Saturated fat 1 g
Carbohydrates 44 g
Sugar 9 g
Sodium 306 mg
Fiber 8 g
Protein 29 g



Healthy Lunch Ideas:



Turkey Taco Lettuce Wraps

- 1.5 lbs lean ground turkey
- 1 tsp garlic powder
- 1 tsp cumin
- 1/2 tsp salt
- 1 tsp chili powder
- 1 tsp paprika
- 1/2 tsp oregano
- 1/2 small onion, minced
- 2 tsp bell pepper, minced
- 3/4 cup water
- 4 oz can tomato sauce (low-sodium)
- 8 large lettuce leaves from Iceberg lettuce
- (optional) 1/2 cup shredded reduced fat cheddar



Per serving (1/4 of recipe)
332 kcals
36 g protein
18 g fat (6.8 g saturated)
5 g carbs
1.1 g fibre
3 g sugars
686 mg sodium

Instructions

1. Brown turkey in a large skillet breaking it into smaller pieces as it cooks. When no longer pink add dry seasoning and mix well. Add the onion, pepper, water and tomato sauce and cover. Simmer on low for about 20 minutes.
2. Wash and dry the lettuce. Divide the meat equally between the 8 leaves and place in the center of each leaf and top with your favorite taco fixins!

Recipe adapted from: <http://www.skinnytaste.com/2009/04/turkey-taco-lettuce-wraps-3-pts.html>



Bean and Barley Soup

- 1 cup dried borlotti or pinto beans
- 1 tablespoon olive oil
- 2 cups finely chopped red onion
- 1 cup finely chopped fresh flat-leaf parsley
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped carrot
- 1/2 cup chopped fresh basil
- 9 cups water
- 2 cups prepared low-sodium vegetable broth or homemade broth
- 2 bay leaves
- 1/3 cup uncooked pearl barley
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon hot sauce
- 2 tablespoons grated fresh Parmesan cheese



Per serving (1/8 of recipe)

169 kcals
8 g protein
2.5 g fat (0.5 g saturated)
30 g carbs
6.5 g fibre
3 g sugars
200 mg sodium

Instructions:

1. Sort and wash beans; place in a large saucepan. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour. Drain beans. Wipe pan dry with a paper towel.
2. Heat oil in pan over medium-high heat. Add onion, parsley, celery, carrot, and basil; cook 3 minutes, stirring frequently. Add beans, 9 cups water, vegetable broth, and bay leaves; bring to a boil. Reduce heat, and simmer 1 hour and 15 minutes or until beans are tender. Discard bay leaves.
3. Place 3/4 cup beans and 3/4 cup cooking liquid in a blender; process until smooth. Return pureed bean mixture to pan. Stir in barley, salt, pepper, and hot sauce; bring to a boil. Reduce heat, and simmer 30 minutes or until barley is done. Ladle soup into individual bowls; sprinkle with cheese.

Recipe adapted from: <http://www.myrecipes.com/recipe/bean-barley-soup-10000001142013/>



One Pan Mexican Quinoa

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15oz) can black beans, drained and rinsed or 1/2 cup prepared dried beans
- 1 (15oz) can fire-roasted diced tomatoes (low-sodium) or 4-5 fresh tomatoes sliced in half, roasted under the broiler
- 1 cup corn kernels
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves



Per serving (1/6 of recipe)

315 kcals
12 g protein
9 g fat (1.2 g saturated)
48 g carbs
8 g fibre
4 g sugars
175 mg sodium

Instructions:

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
3. Serve immediately.

Recipe adapted from: <http://damndelicious.net/2014/04/09/one-pan-mexican-quinoa/>



- 1 1/4 cups dried chickpeas
- Olive oil
- 3 tablespoons tahini
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon baking powder
- 1 teaspoon salt, divided
- 1 small sweet potato, peeled and grated
- 1 medium cucumber, peeled and thinly sliced
- 1/2 small red onion, thinly sliced
- 1/4 cup chopped fresh dill
- 2 tablespoons rice vinegar



Per serving (1/4 of recipe)
 389 kcals
 16 g protein
 14 g fat (1.7 saturated)
 54 g carbs
 9.5 g fibre
 5 g sugars
 691 mg sodium

Instructions:

1. In a bowl, soak chickpeas in 4 cups water for at least 12 hours and up to 24; drain well. Heat oven to 375°. Coat a baking sheet with cooking spray.
2. In a food processor, process chickpeas, tahini, black pepper, baking powder and 3/4 tsp salt, scraping down sides as necessary, until mixture holds together when pinched, 2 minutes; transfer to a bowl.
3. Stir in sweet potato.
4. In a second bowl, combine cucumber, onion, dill, vinegar and remaining 1/4 tsp salt; set aside.
5. Form chickpea–sweet potato mixture into 4 burgers; place on baking sheet; cover tightly with foil; bake 20 minutes. Remove foil; brush with olive oil; bake until crisp and golden underneath, 20 to 25 minutes. Flip burgers; brush with olive oil; bake until crisp on other side, 10 to 15 minutes.
5. Serve burgers with salad and dill cucumbers.

Recipe adapted from: <http://www.self.com/body/recipes/2012/04/chickpea-sweet-potato-burgers>



- 4 medium zucchini, grated
- 1 teaspoon salt
- 1/4 cup whole wheat flour
- 1/4 cup grated Parmesan
- 2 cloves garlic, minced
- 1 large egg, beaten
- Salt and freshly ground black pepper, to taste
- 2 tablespoons sesame oil



Per serving (2 fritters or 1/4 of recipe)
 176 kcals
 7 g protein
 11 g fat (2.6 g saturated)
 13 g carbs
 2.2 g fibre
 2 g sugars
 766 mg sodium

Instructions:

1. Place grated zucchini in a colander over the sink. Add salt and gently toss to combine; let sit for 10 minutes. Using a clean dish towel or cheese cloth, drain zucchini completely.
2. In a large bowl, combine zucchini, flour, Parmesan, garlic and egg; season with salt and pepper, to taste.
3. Heat sesame oil in a large skillet over medium high heat. Scoop tablespoons of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1-2 minutes longer.
4. Serve immediately.

Recipe adapted from: <http://damndelicious.net/2014/04/02/zucchini-fritters/>



Chicken Avocado Burgers

- 1 pound ground chicken (About 2 cups)
- 1 large ripe avocado, cut into chunks
- 1/2 cup whole wheat panko crumbs or other whole wheat bread crumbs
- 1 chopped clove of garlic
- salt and pepper to taste

Instructions:

1. Toss the chunks of avocado, breading and garlic together.
2. Blend mixture into ground chicken being careful not to mush the avocado.
3. Form into 4-5 patties and grill until done (temp of 165) (or cook on stove top)

Recipe adapted from: <http://laughingspatula.com/chicken-avocado-burgers/>



Per serving (1 patty or 1/4 of recipe)
265 kcals
17 g protein
17 g fat (3.5 g saturated)
15 g carbs
4 g fibre
1 g sugars
154 mg sodium



Caprese Chicken Pesto Pasta

- 12 ounces whole-wheat pasta or alternative (eg. quinoa pasta, spaghetti squash, black bean spaghetti, or zucchini ribbons)
- 12 ounces chicken breasts (350g)
- salt and pepper to taste
- 2 large tomatoes (or about 1 cup of cherry tomatoes)
- 1 teaspoon balsamic vinegar
- 8 ounces fresh mozzarella, buffalo mozzarella, or burrata
- 1/2 cup pesto

Instructions:

1. Start cooking your pasta or pasta-alternative
2. Meanwhile, season the chicken with salt and pepper, grill over medium-high heat until cooked, about 4-6 minutes per side, and let cool before slicing.
3. Meanwhile, dice the tomatoes and mozzarella and toss the tomatoes in balsamic vinegar, salt and pepper.
4. Drain the pasta, mix everything together and enjoy!

Option: Throw the mixed pasta back on the stove for a few minutes to melt the mozzarella

Recipe adapted from: <https://sites.google.com/site/closetcookingprintablerecipes/caprese-chicken-pesto-pasta>



Per serving (1/6 of recipe)
484 kcals
30 g protein
19 g fat (7.5 g saturated)
44 g carbs
6.6 g fibre
3 g sugars
445 mg sodium



Balsamic Quinoa Salad

Dressing

- 2 teaspoons chia seeds
- 1/4 cup water
- 1/4 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 4 - 6 cloves garlic, minced
- 1/8 - 1/4 teaspoon cayenne pepper
- 1/4 teaspoon fresh ground black pepper
- 1/2 teaspoon sea salt
- 1/4 cup extra virgin olive oil



Per serving (1/8 of recipe)
333 kcals
13 g protein
13 g fat (3.6 g saturated)
38 g carbs
5.4 g fibre
4 g sugars
500 mg sodium

Salad

- Olive oil or canola oil
- 2 shallots, minced
- 1 red pepper, chopped
- 3/4 cup sun dried tomatoes, soaked in warm water to soften
- 1 1/2 cups quinoa, rinsed
- 1 tablespoon bouillon
- 2 cups water
- 1 1/2 cups cooked, drained and rinsed black beans (about 1 can)
- 4 ounces blue cheese, crumbled (optional)

Instructions

1. In a small bowl combine chia seeds and water. Set aside to thicken for 10 to 15 minutes.
2. Once chia and water have formed a gel combine chia gel, balsamic vinegar, mustard, garlic, peppers and salt in a blender. Process until well combined. Slowly add olive oil, and blend until fully emulsified.
3. Meanwhile, oil a medium skillet and heat to medium. Add shallots and red pepper and cook for 8 to 10 minutes, until tender. Add sun dried tomatoes and cook for another three minutes. Remove from heat and allow to cool.
4. Lightly oil a saucepan with a little olive oil and add quinoa. Cook for three to four minutes. Add bouillon and water and bring to a simmer. Reduce to low and cover. Cook on low for 30 to 35 minutes. Remove from heat and place a clean dish towel over the pot. Cover and allow to sit for 10 minutes. Place quinoa on a cookie sheet to cool.
5. In a large bowl combine red pepper, shallot, sun dried tomato, quinoa and black beans. Toss with 1/4 cup of dressing. Sprinkle with blue cheese and drizzle with additional dressing as desired.

Recipe adapted from: <http://www.cookingquinoa.net/balsamic-quinoa-salad/>



Chicken Waldorf Salad

- 1 rotisserie chicken, shredded
- 2 celery stalks, finely chopped
- 1/4 cup dried unsweetened cherries
- 1/4 cup slivered almonds
- 1/2 red onion, finely chopped
- 2/3 cup green or purple grapes, halved
- 3/4 cup greek yogurt
- 1 Tablespoon lemon juice
- salt, pepper and garlic powder, to taste
- 2 large whole wheat pitas



Per serving (1/4 of recipe)
385 kcals
34 g protein
11 g fat (3 g saturated)
38 g carbs
4 g fibre
10 g sugars
184 mg sodium

Instructions

1. Shred rotisserie chicken, set aside.
2. Chop onion, apples and grapes, set aside.
3. In a large bowl, combine all ingredients. Stir to combine.
4. Season to taste and serve over a bed of greens or in half of a whole wheat pita.

Recipe adapted from: <http://lemon-sugar.com/2014/01/healthy-chicken-salad.html/>



Mediterranean Lentil Salad

- 1 cup dried lentils
- 1 large lemon, zested and juiced
- 2-3 tablespoons extra virgin olive oil
- splash red wine vinegar
- big pinch of coarse salt and fresh ground pepper
- 2 carrots, small diced
- 2 celery, small diced
- handful of chopped kalamata olives
- 1/2 seedless cucumber, small diced
- 4 oz crumbled feta



Per serving (1/6 or recipe)

282 kcals
12 g protein
12 g fat (4 g saturated)
26 g carbs
4.5 g fibre
3 g sugars
490 mg sodium

Instructions

1. Cook lentils according to directions.
2. Drain lentils well and place in a large glass mixing bowl. Add zest of lemon, juice, olive oil, salt and pepper to lentils and stir. Taste for seasoning and set aside to cool. (You can also put into the refrigerator at this time to finish prepping later. Make sure to add lemon, oil and seasoning before letting cool completely, the lentils will absorb the flavor best while still warm.)
3. Add your diced vegetables (carrots, celery and olives) to your bowl of lentils and combine. If serving immediately add cucumber and feta cheese. If not serving immediately you may want to add those right before serving. Taste for salt and pepper and enjoy!

Recipe adapted from: [http://aggieskitchen.com/2013/04/16/mediterranean-lentil-salad/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:+aggieskitchen/snNz+\(Aggie's+Kitchen\)](http://aggieskitchen.com/2013/04/16/mediterranean-lentil-salad/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:+aggieskitchen/snNz+(Aggie's+Kitchen))



Spaghetti Squash Pie Crust

- 1 spaghetti squash
- olive oil

Instructions

1. Cut one spaghetti squash in half (length-wise) and scoop out seeds.
2. Brush hard flesh with olive oil and place flesh side down on a parchment paper-lined baking sheet. Cook for about 20 mins at 400 degrees F.
3. Remove from oven and scrape with a fork to make spaghetti strings. Place in a bowl to cool slightly.
4. Press the spaghetti squash into a pie dish (you can buy reusable/disposable tin foil pie dishes at the grocery store or any dollar store).
5. Add whatever pie filling you desire (quiche works well – see recipe below) and cook according to the pie recipe directions.



Per serving (1/6 of pie shell)

34 kcals
0.3 g protein
2.5 g fat (0.3 g saturated)
3 g carbs
0.5 g fibre
3 g sugars
8 mg sodium



Vegetable Quiche

- 4 eggs
- 1 cup milk
- 1-2 tbs olive oil
- 1/2 cup grated sharp cheddar cheese
- 1/4 tsp nutmeg
- Pinch salt and pepper, to taste
- 1 spaghetti squash pie shell – see Medisys recipe (or make crust-less by adding 1 tbs of flour to the milk and egg mixture, and greasing the pan before baking)
- 2 cups sautéed vegetables (eg. mixed wild mushrooms, spinach, kale and tomato, red pepper and onion)



Per serving (1/6 of quiche)
256 kcals
12 g protein
17 g fat (7.5 g saturated)
14 g carbs
0.6 g fibre
3 g sugars
479 mg sodium

Instructions

1. Crack 4 eggs into medium-sized bowl and beat with a fork until mixed. Add 1 cup milk, 1/4 tsp ground nutmeg, and a pinch of salt and pepper to taste.
2. Chop and sautéed lightly in 1-2 tbs of olive oil 2 cups of veggies of your choice. Arrange half of the veggies on the bottom of the pie shell. Pour egg mixture into pie shell, then top with remaining veggies. Sprinkle top with grated cheese.
3. Bake in oven (350 degrees F) for 45-50 minutes, or until eggs are set.
4. This can be cooked in advance and kept in the fridge for up to 3 days (or frozen for up to 6 months).



Taco Salad with Lime Vinaigrette

- 1 tablespoon olive oil
- cooked ground turkey or chicken (about 1/2 - 1 cup)
- 5 cups chopped romaine lettuce
- 1/2 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed (or 1/4 dried black beans, prepared)
- 1 roma tomato, diced
- 2 tablespoons chopped fresh cilantro leaves (optional)
- 1 avocado, halved, seeded, peeled and diced
- 1/4 cup shredded cheddar cheese, for garnish
- 1/4 cup tortilla strips, for garnish



Per serving (1/4 of recipe)
451 kcals
14 g protein
32 g fat (6 g saturated)
21 g carbs
6.7 g fibre
3 g sugars
93 mg sodium

Lime Vinaigrette

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- Zest of 1 lime
- 2 tablespoons freshly squeezed lime juice
- 2 teaspoons sugar, or more to taste

Instructions

1. To make the vinaigrette, whisk together olive oil, apple cider vinegar, lime zest and juice, and sugar in a small bowl; set aside.
2. To assemble the salad, place romaine lettuce in a large bowl; top with ground meat, corn, black beans, tomato and cilantro. Pour the dressing on top of the salad and gently toss to combine. Stir in avocado.
3. Serve immediately, garnished with cheese and tortilla strips, if desired.

Recipe adapted from: <http://damndelicious.net/2014/01/05/taco-salad/>



Healthy Dinner Ideas:



Very Greek Grilled Chicken

6-8 boneless, skinless chicken breasts

Marinade:

- 1/2 cup extra virgin olive oil
- 1/3 cup fresh-squeezed lemon juice
- 1 tsp. fresh lemon zest or 1/4 tsp. dried lemon zest (or use a little more lemon juice if you don't have lemon zest)
- 1 tsp. all-natural, dried Greek spice & herb blend
- 1 tsp. all-natural poultry seasoning blend
- 1 tsp. dried oregano
- black pepper to taste



Per serving (1 chicken breast)
319 kcals
41 g protein
16 g fat (2.5 g saturated)
1 g carbs
0 g fibre
0 g sugars
123 mg sodium

Instructions

1. Trim all visible fat and membranes from chicken breasts. Make small crosswise slits about 1/2 inch apart down the length of each chicken breast to help the marinade penetrate the meat. Put chicken in single layer in Ziploc bag.
2. Combine marinade ingredients and pour over chicken. Marinate in refrigerator 6-8 hours or all day, if desired.
3. Preheat grill to medium-hot and grill chicken 20-25 minutes, or until well browned and firm but not hard to the touch (or bake in oven for 25-30 minutes).

Recipe adapted from: <http://inspiredreamer.com/very-greek-grilled-chicken/>



Caprese Chicken

4 skinless chicken breasts
kosher salt & freshly ground black pepper
2 tablespoons olive oil, divided
3 large garlic cloves, minced
2 pints cherry tomatoes, halved
10 large basil leaves, finely chopped
8 oz fresh buffalo mozzarella, sliced in 1/2 inch thick slices
balsamic vinegar, to taste

Instructions:

1. Salt and pepper both sides of the chicken breasts and set aside.
2. In a large sauté pan over medium-high heat, warm 1 tablespoon olive oil. Add chicken, cover pan, and cook for about 10 minutes. Flip chicken breasts and continue cooking until the chicken is cooked through (or has reached an internal temp of 165°F).
3. While chicken is cooking, in a medium sauté pan over medium-high heat, warm remaining 1 tablespoon olive oil. Add garlic and cook for about 1 minute, or until fragrant. Add tomatoes and continue sautéing until tomatoes skin starts to soften/wrinkle, about 5 minutes. Remove from heat and stir in basil. Set aside.
4. Once chicken has reached desired doneness, top the tops of each chicken breast with 1 slice of mozzarella. Pour tomato mixture on top. Cover pan with lid once more and let the mozzarella melt, about 1-2 minutes.
5. Lastly, drizzle with a splash of balsamic vinegar and serve immediately.

Recipe adapted from: <http://www.thenovicechefblog.com/2013/07/caprese-chicken/>



Per serving (1 chicken breast)
482 kcals
55 g protein
25 g fat (10.7 g saturated)
8 g carbs
2 g fibre
4 g sugars
500 mg sodium



Sesame Ginger Turkey Meatballs

Meatballs

1 lb. lean ground turkey (454g)
2 tsp. minced ginger root
1 tsp garlic powder
1/2 cup whole wheat bread crumbs
2 tsp flour
1 egg
1/4 cup scallions, chopped
2 Tsp. olive oil for light pan frying

Sauce

1/2 tbsp. sesame oil
3 tbsp. rice wine vinegar
3 tbsp. tamari or reduced sodium soya sauce
3 tbsp lime juice
1/4 cup scallions, chopped
2 large dried chilies; stems removed, seeded and chopped

Instructions

1. Preheat oven to 400F
2. In a large mixing bowl, combine all of the meatball ingredients and mix thoroughly, adding in the egg last.
3. Form turkey mixture into golf ball sized balls and saute in oil over medium heat until all sides of exterior are golden brown. This gives the meatballs their crisp exterior.
4. With a slotted spoon, remove finished meatballs from pan and transfer into an oven safe baking dish. Bake meat balls for about 25-30 minutes, or until internal temperature reaches 165F. If you do not have a cooking thermometer, meatballs will be done when interior is opaque and no pink is visible.
5. While meatballs bake, combine all of the sauce ingredients into a small saucepan. Whisk thoroughly and bring to a boil.
6. Return burner to low and simmer sauce for about 5 minutes or until sauce begins to thicken. Remove finished sauce from heat.
7. Once meatballs are done, mix with sauce and top with additional scallions to serve.

Recipe adapted from: <http://theleancleaneatingmachine.com/2013/11/15/sesame-ginger-turkey-meatballs/>



Per serving (1/4 of recipe)
420 kcals
28 g protein
18 g fat (4 g saturated)
36 g carbs
1.6 g fibre
4 g sugars
544 mg sodium



Toasted Sesame Ginger Salmon

1 1/2 pounds raw salmon

Sesame ginger marinade:

- 1/4 miso paste
- 2 tablespoons rice vinegar
- 2 tablespoons lime juice
- 2 tablespoon toasted sesame oil
- 1/4 cup olive oil
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons each grated ginger and garlic
- 2 tablespoon toasted sesame seeds



Per serving (1/4 of recipe)

472 kcals
23 g protein
30 g fat (2.2 g saturated)
28 g carbs
0.3 g fibre
3 g sugars
597 mg sodium

Instructions

1. Line a baking sheet with aluminum foil and place a wire rack over top. Spray the rack with nonstick spray.
2. In a large bowl or baking dish combine all ingredients for marinade. Reserve in a separate container 3 tablespoons of marinade for serving. Add salmon to the dish or place everything in a large freezer bag. Massage marinade into salmon until coated then refrigerate and marinate for a minimum of 30 minutes.
3. Preheat the broiler in your oven.
4. Remove salmon with kitchen tongs and place directly on the wire rack. Sprinkle with a little bit of salt and pepper, then place directly under the broiler. Cook for 10-12 minutes, depending on the salmon's thickness until opaque and easily flakable with a fork. You can flip the salmon halfway through cooking if desired.
5. Remove and serve immediately, with a sprinkling of toasted sesame seeds, green onions and the glaze.

Recipe adapted from: <http://www.howsweeteats.com/2012/03/toasted-sesame-ginger-salmon/>



Parmesan Broiled Tilapia

- 4 tilapia fillets (defrosted if frozen)
- 1/4 cup parmesan cheese (fresh grated)
- 1 1/2 Ttablespoons light mayo/Ddressing
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon fresh dill
- Pepper to taste



Per serving (1/4 of recipe)

211 kcals
38 g protein
4.6 g fat (2.6 g saturated)
1 g carbs
0 g fibre
0 g sugars
218 mg sodium

Instructions

1. Turn broiler onto high and adjust oven rack to the top.
2. In a small bowl, combine all ingredients except the tilapia. Set aside.
3. Place tilapia fillets on a foil lined pan.
4. Broil for 3 minutes.
5. Remove from the oven, flip over and divide the parmesan mixture over the uncooked sides of the tilapia.
6. Return to the oven and broil an additional 3-4 minutes making sure not to over cook the fish. Serve with lightly sautéed greens like spinach, kale, or swish card.

Recipe adapted from: <http://www.spendwithpennies.com/parmesan-broiled-tilapia/>



Baked Chicken Fajitas

- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 (15 ounce) can diced tomatoes (low sodium) or 4 chopped fresh tomatoes
- 4 tablespoons diced green chilies
- 1 medium onion, sliced
- 1 mango, sliced
- 1 large bell pepper, seeded and sliced
- 2 tablespoon vegetable oil
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1 tbs chopped cilantro
- 12 whole wheat flour tortillas, warmed to serve



Per serving (1/4 of recipe)

477 kcals
26 g protein
9 g fat (1.4 g saturated)
11 g carbs
1.9 g fibre
6 g sugars
289 mg sodium

Instructions

1. Preheat the oven to 400 degrees. Grease a 13x9 baking dish. Mix together chicken, tomatoes, chilies, peppers, and onions in the dish.
2. In a small bowl combine the oil and spices. Drizzle the spice mixture over the chicken and toss to coat.
3. Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender.
4. Top with chopped cilantro and sliced mango. Serve with warmed tortillas and enjoy!

Recipe adapted from: www.realmomkitchen.com/9318/oven-baked-chicken-fajitas/



Mediterranean Quinoa Salad

- 1 cup quinoa, uncooked
- 1 medium tomato, finely chopped
- 2 Persian cucumbers, finely chopped
- 1 medium red bell pepper, seeded & finely chopped
- 1 medium avocado, peel & core removed, chopped
- 2 tsp red onion, finely chopped
- 1/2 cup parsley or cilantro, finely chopped
- 1/4 cup feta cheese, crumbled
- 10 Kalamata olives, pitted & cut in halves
- 1 lemon or lime, juice of
- 2 tsp cumin
- 1 tsp black pepper
- 1 tsp garlic powder



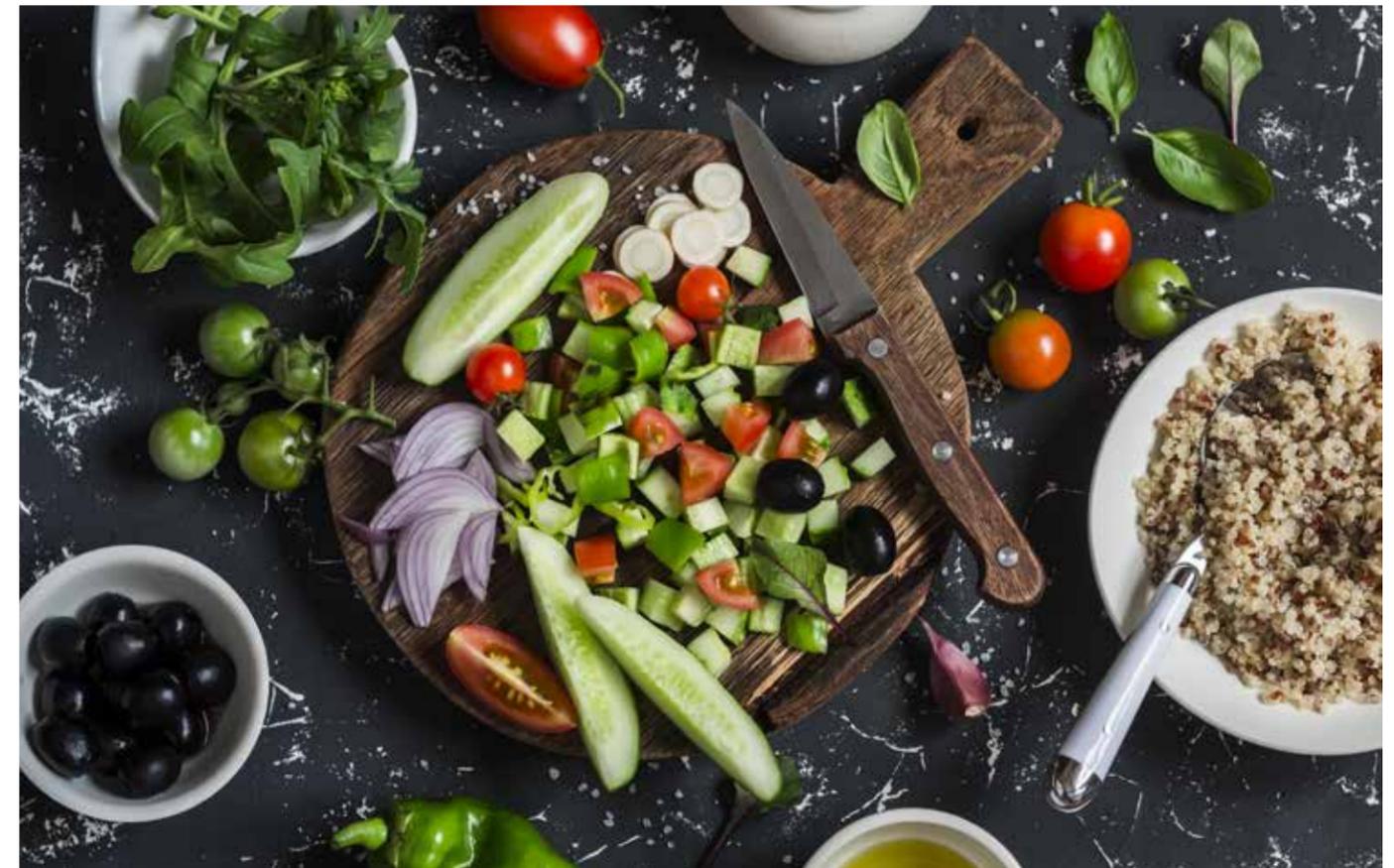
Per serving (1/6 of recipe)

205 kcals
7 g protein
12 g fat (2.8 g saturated)
40 g carbs
7.6 g fibre
1 g sugars
135 mg sodium

Instructions

1. Cook quinoa according to package directions.
2. Add all ingredients to a large salad bowl and gently mix just enough to combine.
3. Serve cold.

Recipe adapted from: <http://ifoodreal.com/mediterranean-quinoa-salad-recipe/>



Healthy Avocado Chicken Salad

- 2 cups shredded chicken
- 1 avocado
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tsp lime juice
- 4 tablespoons fresh cilantro (chopped)
- 1 tablespoon all natural mayo
- 1/4 cup plain Greek Yogurt



Per serving (1/4 of recipe)
257 kcals
16 g protein
10 g fat (3.4 g sat)
9 g carbs
3.4 g fibre
1 g sugars
453 mg sodium

Instructions

1. Mix all ingredients in a large bowl. Cover and refrigerate for at least 20-30 minutes to let the flavors blend together.

Recipe adapted from: <http://www.familyfreshmeals.com/2013/05/healthy-avocado-chicken-salad.html>



Thai Chicken Salad

Salad

- 1 bag of broccoli slaw about (2 or 3 cups)
- 1 cup sliced papaya
- 1 cup sliced cucumber
- 2 cups baby bok choy, chopped in small pieces
- 1 red chili pepper, diced
- 4 cooked chicken breasts, shredded or cut in small pieces
- 1/4 cup chopped mint
- 1/2 cup peanuts or slivered almonds

Dressing

- juice from 2 limes
- 2 tsp olive oil
- 2 tsp low sodium soy sauce
- 1 tsp honey
- 2 tsp peanut butter
- 1 tsp fish sauce
- a pinch of red pepper flakes

Instructions

1. Add all salad ingredients to a large bowl and toss.
2. In a smaller bowl mix all dressing ingredients together. Serve over a bed of lettuce .

Recipe adapted from: <http://www.jocooks.com/healthy-eating/thai-chicken-salad/>



- 1 cup whole wheat couscous
- 1 mango, peeled and diced
- 1 teaspoon finely diced jalapeno pepper
- 1 tablespoon plus 1 teaspoon freshly squeezed lime juice
- 1/4 cup chopped cilantro
- Freshly ground black pepper
- 2 tablespoons red curry paste
- 2 teaspoons vegetable oil (olive or canola)
- 1 tablespoon plus 1/2 teaspoon finely minced garlic
- 3/4 pound shrimp, cleaned and shelled, tails on (or use thawed frozen shrimp)
- 1 7-ounce container 2 percent Greek yogurt
- 1 teaspoon grated ginger
- Lime wedges (optional)
- Salt & Pepper to taste



Per serving (1/4 of recipe)
 374 kcals
 30 g protein
 6 g fat (1.2 g saturated)
 50 g carbs
 4.3 g fibre
 9 g sugars
 301 mg sodium

Instructions

1. Cook couscous according to package directions. Combine with mango, jalapeno pepper, 1 teaspoon of the lime juice, and half the cilantro. Season to taste with salt and black pepper.
2. In a large bowl, whisk together red curry paste, vegetable oil, 1 tablespoon of the garlic, and remaining lime juice. Add shrimp; toss to coat.
3. Mix together yogurt, ginger, and remaining cilantro and garlic in a small bowl. Season to taste with black pepper.
4. Heat a grill or frying pan to medium high. Grill shrimp until just cooked through, about 2 minutes per side.
5. Arrange shrimp and couscous on a platter and serve with the yogurt sauce. Garnish with lime wedges if desired.

Recipe adapted from: www.fitnessmagazine.com/recipe/seafood/grilled-curried-shrimp-with-mango-couscous/



- 1 tablespoon olive oil
- 1 large red onion, halved and cut into thin wedges
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- 1/4 teaspoon garam masala powder
- 1/8 teaspoon cayenne pepper
- 3 cups cauliflower florets
- 15 oz can diced tomatoes with liquid
- 2 medium potatoes, peeled and cut into 1-inch cubes (about 1 1/2 cups)
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes (about 1 1/2 cups)
- 1 1/2 cups vegetable broth or water
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup loose-pack frozen peas
- 4 1/2 cups brown rice or quinoa



Per serving (1/6 of recipe)
 294 kcals
 10 g protein
 3 g fat (0.5 g saturated)
 58 g carbs
 7.1 g fibre
 5 g sugars
 284 mg sodium

Instructions

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and cook until tender, about 4 to 5 minutes. Add the curry powder, cumin, garam masala powder, and cayenne pepper. Stir well and cook for one minute.
2. Stir in the cauliflower, tomatoes, potatoes, sweet potatoes, broth, salt, and black pepper. Bring to a boil; reduce heat and simmer, covered, for 10 minutes or until the potatoes are tender. Stir in the peas; heat through.
3. Serve over couscous or brown rice.



- 4 tablespoons lemon juice
- 1 tablespoon chopped garlic, divided
- 1 tablespoon chopped fresh thyme, divided
- freshly ground black pepper
- 1 pound chicken breast tenders, lightly pounded
- 4 teaspoons canola oil
- 1 medium shallot, sliced
- 1 1/2 cups frozen shelled edamame, thawed
- 1 1/2 cups grape tomatoes, halved
- 2 medium zucchini
- 1/3 cup crumbled feta



Per serving (1/4 of recipe)
 398 kcals
 36 g protein
 22 g fat (4.7 g saturated)
 15 g carbs
 4.2 g fibre
 3 g sugars
 369 mg sodium

Instructions

1. In a ziplock bag, combine 3 tablespoons lemon juice, 2 teaspoons garlic, and 2 teaspoons thyme; season to taste with salt and black pepper. Add chicken tenders, seal the bag, and gently turn to coat. Set aside.
2. Heat 2 teaspoons canola oil in a large skillet over medium-high heat. Add shallot, remaining garlic, edamame, and tomatoes; saute 4 minutes.
3. Use a vegetable peeler to slice zucchini into long ribbons. Add zucchini and remaining lemon juice and thyme to vegetables in skillet; saute 2 to 3 minutes. Transfer to a serving bowl, stir in feta, and season with salt and black pepper to taste.
4. Add remaining oil to skillet. Remove chicken from marinade and saute 2 to 3 minutes a side or until cooked through.
5. Serve with vegetables.

Recipe adapted from: www.epicurious.com/recipes/member/views/lemon-thyme-chicken-with-sauteed-vegetables-52973651



- 2 tablespoons olive oil
- 1 tablespoon butter or margarine
- 1 red pepper, finely chopped
- 1/2 bunch asparagus (1/2 lb), trimmed and cut into 1 inch pieces
- 8 eggs
- 1/4 cup water
- 3/4 tsp salt
- 1 cup shredded reduced-fat cheese
- 1 can crab meat or prepared lump crab meat
- 3 green onions, finely chopped
- 3 tbs mixed fresh chopped herbs (eg. dill, parsley, thyme)



Per serving (1/8 of recipe)
 210 kcals
 14 g protein
 14 g fat (5 g saturated)
 6 g carbs
 1 g fibre
 1 g sugars
 560 mg sodium

Instructions

1. Heat oil and butter in a 10-inch (25 cm) oven-safe, non-stick skillet over medium-high heat. Add red pepper and asparagus. Cook for 1-2 minutes or until vegetables are tender-crisp.
2. Meanwhile, whisk eggs with water and salt and stir in cheese, crab, and green onion.
3. Add egg mixture to skillet, reduce heat to medium, then cover and cook for 5 minutes. Preheat broiler to high heat and transfer skillet under broiler (about 6 inches from heat) for 8 minutes or until eggs are set.

Recipe adapted from: www.sobeys.com/en/recipes/easy-asparagus-crab-crustless-skillet-quiche



Healthy Dessert Ideas:



Chia Pudding

- 3 tbsp. chia seeds
- 1 cup unsweetened non-dairy or dairy milk
- ¼ cup fresh or frozen fruit (optional)
- Optional: 1 tsp. cinnamon, cocoa, raw coconut sugar, coconut, chocolate chips, walnuts or almonds (6-8 chopped).

Instructions

1. Put chia seeds in a bowl and add in milk. Mix.
2. Let chia seeds absorb the liquid in the fridge for 30-45 minutes or until desired texture is achieved.
3. Add fruit and spices.
4. Enjoy!

Preparation time: 35-50 minutes
Number of Servings: 1

Recipe provided by the registered dietitians of the Montreal Medisys clinic



Recipe is for 1 serving
220 calories
28 g carbohydrates (6 g sugar)
12 g fiber
13 g protein
13 g fat
This recipe provides : 1 portion of milk and alternatives



Mediterranean Greek Yogurt Treat

- ¾ cup Greek yogurt, plain 2% m.f.
- 6 walnuts
- 1 tsp. honey (optional)
- 1-2 chopped fresh fig
- ¼ cup blueberries

Instructions

1. Mix all ingredients in a bowl.
2. Enjoy.

Plain Greek yogurt is very versatile and goes well with many ingredients. Use your imagination and vary the combinations of ingredients that you add to your plain yogurt.

Try

1. Italian Greek Yogurt: dark chocolate chips, clementine wedges, honey, pistachios and mint
2. Tropical Greek Yogurt: fresh pineapple pieces, shredded coconut, Brazil nut pieces and honey
3. Greek yogurt with peanut butter and “jelly”: natural peanut butter, unsweetened strawberry jam, strawberries slices, peanuts
4. Mexican Greek Yogurt: olive oil, mango, avocado, chili, lime juice, salt and cilantro

Recipe provided by the registered dietitians of the Montreal Medisys clinic



Per serving: 1 bowl
320 calories
30g carbohydrates (5 g sugar)
3.5 g fiber
21 g protein
10 g fat (0 g saturatedfat,
10 g unsaturated)



Brownies

- 1 ½ cup dried figs (stems removed)
- 1 cup almond flour
- ½ cup cocoa powder (unsweetened)
- ¼ cup natural almond butter (or other 100% natural nut butter)
- 3 tbsp. maple syrup or honey
- 1 tsp. vanilla extract
- 1 tsp. espresso powder (optional)
- 1 tsp. ground cinnamon
- ½ cup walnut pieces
- Pinch of sea salt

Instructions

1. Place the figs in a bowl and cover with water. Soak for 2 hours.
2. Drain the figs and place in a food processor with the almond flour, cocoa powder, almond butter, maple syrup, vanilla extract, espresso powder, cinnamon and salt.
3. Mix until smooth. Add nuts.
4. Place the mixture in an 8-inch square baking pan greased or lined with parchment paper. With wet fingers, press the mixture into the mold. Place in the refrigerator until firm, about 1 hour.

Recipe adapted from: The No-Cook, No-Bake Cookbook by Matt Kadey. Copyright 2013



Per serving (2 inch brownie square)
190 calories
21 g carbohydrate (8 g sugar)
5 g fiber
5 g protein
12 g fat (1 g saturated fat,
11 g unsaturated)



No-Cream Strawberry & Banana Ice Cream

4 very ripe bananas
2 cups frozen strawberries (unsweetened)
20 ml pure vanilla extract
90-120 ml skimmed milk (or soy beverage)

Instructions

1. Slice the bananas and put them in the freezer for 2 hours.
2. Remove the banana slices from the freezer and place them in the blender with the frozen strawberries.
3. Add 30-45 ml (2-3 tbsp.) of milk (or soy beverage) and vanilla extract.
4. Puree. Add the remaining milk as needed until an ice cream texture is obtained.
5. Serve and enjoy!

Preparation time: 2 hours Number of servings: 4

Recipe adapted from: <http://nutritionandwellnessbytes.blogspot.ca/2013/02/strawberry-banana-icecream.html>



Per serving (1/4 of recipe)

140 calories
23 g carbohydrate (14 g sugar)
3 g fiber
1 g protein
0 g fat

This recipe provides: 1.5 portions of fruit per serving



Spicy Chocolate Mousse

2 ripe avocados
4 1/2 tbsp. of cocoa powder (unsweetened)
4 tbsp. of honey or maple syrup
2 pinches of chili powder
1/8 tsp. ground cardamom
1/4 tsp. ground cinnamon
1-3 tbsp. of milk or substitute
8-10 raspberries (for garnish)

Instructions

1. In a blender, combine the avocado flesh, cocoa powder, honey, chili powder, cardamom and cinnamon until well blended (about 1 minute).
2. Add milk if necessary, one tablespoon at a time, until desired consistency is obtained. Taste and add honey or spices, if desired (at this point, you can still taste the avocado. However, after cooling the dessert, the avocado flavor will disappear).
3. Refrigerate for 15 minutes in the freezer. Garnish with raspberries before serving.

Preparation time: 25 minutes. Number of servings: 4

Recipe adapted from: <http://www.shape.com/healthy-eating/cooking-ideas/10-delicious-avocadodesserts/slide/8>



Per serving (1/4 of recipe)

220 calories
20 g carbohydrates (15 g sugar)
5 g fiber
1 g protein
15 g fat (2 g saturated fat,
13 g unsaturated)



Peanut Butter Banana Cookies

- 2 ripe bananas, mashed
- 1/3 cup 100% natural peanut butter
- 2/3 cup of unsweetened applesauce
- 1 tsp. vanilla extract
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- Pinch of ground cloves
- Pinch of nutmeg
- 1 1/2 cup oats (old-fashioned or “quick oats “)
- 1/4 cup nuts (such as unsalted peanuts)
- 1/4 cup semi-sweet chocolate chips
- 1/4 cup coconut unsweetened (optional)



Per serving (1 cookie)
100 calories
12 g carbohydrate (4 g sugar)
1.6 g fiber
3 g protein
5 g fat
This recipe provides: 0.5 portions of grain products per serving

Instructions

1. Preheat oven to 350° F (175° C).
2. Line a baking sheet with parchment paper and set aside.
3. Mix bananas, peanut butter, applesauce, vanilla and spices. Add the oats, nuts, chocolate chips and coconut flakes and stir until smooth.
4. Make balls with the cookie mix of about 2 tablespoons each and place on the baking sheet, leaving an inch or two between each and flatten each cookie slightly. You can place a few chocolate chips on top of each cookie.
5. Bake for 20-30 minutes and let cool slightly before enjoying.

Preparation time: 15 minutes Cooking time: 20-30 minutes Number of servings: 18 cookies

Recipe adapted from: <http://www.theskinnyfork.com/blog/2013/3/18/healthy-peanut-butter-oatmealCookies>



Blueberry Ricotta Whip

- 1 cup low-fat ricotta cheese
- 1 tablespoon honey or stevia to taste (optional)
- 3 1/2 cups fresh blueberries
- 3 tbsp. balsamic vinegar
- 2 tbsp. fresh basil leaves

Instructions

1. Combine the ricotta and honey in a blender or food processor. Refrigerate for 2 hours.
2. In a small saucepan, combine balsamic vinegar and 1 tablespoon of honey and bring to a boil. Simmer over medium heat and stir for 2 minutes. Cool.
3. In a medium bowl, combine 3/4 of the blueberries, reduced balsamic vinegar and basil leaves.
4. Pour the ricotta mixture into 4 glasses and garnish with the rest of the blueberries and basil.
5. Enjoy!

Preparation Time: 2h10 Cooking time: 5 minutes Number of servings: 4

Recipe adapted from: [Edible Nutrition \(http://ediblenutrition.blogspot.ca/\)](http://ediblenutrition.blogspot.ca/)



Per serving (1/4 of recipe)
180 calories
33 g carbohydrates (12 g sugar)
3 g fiber
6 g protein
0.5 g fat
This recipe provides: 1.5 servings of fruit



Sweet Potato and Ginger Pudding

- 1 ½ cup of sweet potato flesh, cooked (about 2 medium sweet potatoes)
- ¼ cup maple syrup
- 1 tsp. ground cinnamon
- ½ tsp. salt
- 1 tsp. fresh ginger, finely chopped
- ¼ tsp. ground cloves
- 1 ½ cups of <2% m.f. milk
- 2 tbsps. of ground flaxseed + 6 tbsps. water



Per serving (1/6 of recipe)

155 calories
33 g carbohydrates (12 g sugar)
2 g fiber
3 g protein
1.5 g fat (0.5 g saturated
1 g unsaturated).
This recipe provides: 1.5
portions of starch

Instructions

1. Cook sweet potatoes. When cooked, cut in half and remove the flesh.
2. Preheat oven to 350° F (175 ° C).
3. In a small bowl, mix ground flaxseed and water and set aside.
4. Blend sweet potato flesh, maple syrup, cinnamon, salt, ginger and cloves in a food processor until completely smooth.
5. Transfer sweet potato mixture into a medium saucepan and heat over medium-high heat. When mixture begins to boil, stir well. Allow to cook for 2-4 minutes, stirring frequently. Reduce heat slightly and slowly add milk while whisking.
6. Remove from heat, add flax seeds and whisk until well combined.
7. Divide mixture into 6 ramekins (½ cup each) and place on a baking sheet. Bake for 40 minutes. Remove from oven and let cool at room temperature or refrigerate until ready to serve (can be eaten hot or cold). Enjoy!

Preparation time: 30-70 minutes. Cooking time: 40 minutes Number of servings: 6

Recipe adapted from: Smitten Kitten (<http://happyhealthymama.com/2012/11/baked-vegansweet-potato-pudding.html>)

