



CEVICHE WITH HEARTS OF PALM

SERVES 4

Ceviche is typically made with marinated raw fish or shellfish. Substituting with hearts of palm is one of the cleverest vegan swaps you'll ever make—promise!

Zest and juice from 2 limes

1 Tbsp very finely minced parsley

1/4 tsp salt, plus extra, if desired

1 Tbsp olive oil

1/4 tsp smoked paprika

14 oz can hearts of palm

2 diced tomatoes

1 avocado, halved, pitted and diced

1/2 unpeeled English cucumber, diced

2 jalapeños, seeded and minced

1/4 cup finely diced red bell pepper

1/4 cup finely minced red onion

1/4 cup finely chopped cilantro, plus extra leaves for garnish

1 Tbsp thinly shredded basil

Freshly ground black pepper

Place lime zest in small shallow dish, and place lime juice in medium-sized bowl. Add parsley and salt to zest and stir with fork to blend. Dip rims of 4 - 1/2 cup dishes into lime juice and then into zest mixture to coat the rims. Set aside. Add oil and paprika to lime juice. Whisk to blend. Set aside.

Drain hearts of palm. Slice into 1/4 inch rounds and pop out centers. Add all cut-up hearts of palm to lime juice dressing along with tomatoes, avocado, cucumber, jalapeño, red pepper, onion, cilantro and basil. Gently toss together to blend evenly. Add pepper to taste.

Carefully spoon into prepared serving dishes, making sure seasoned rims stay intact. Garnish with cilantro and serve immediately.

EACH SERVING CONTAINS: 147 calories; 3 g protein; 11 g total fat (2 g sat. fat, 0 g trans fat); 12 g total carbohydrates (4 g sugars, 6 g fiber); 241 mg sodium

• THIS MONTH •
**Plant-based
BBQ**

3 RECIPES + 5 HEALTH FACTS = 1 QUICK READ FOR YOUR COFFEE BREAK

JULY 2019

HAWAIIAN PORTOBELLO PINEAPPLE STACKS

SERVES 6

The grilled pineapple in these stacks offers a smoky sweetness, and the portobellos are surprisingly high in healthy antioxidants.

MARINADE

2 Tbsp olive oil, plus extra for oiling barbecue grill
2 Tbsp lemon juice
1 Tbsp minced fresh rosemary
2 tsp minced fresh thyme
1 tsp Dijon mustard
1 large garlic clove, smashed and minced
1/8 tsp salt

STACKS

6 portobello mushrooms, stems and gills removed
1 jewel yam, peeled and cut into 6 round slices
6 slices pineapple
1/4 tsp smoked paprika
1 cup guacamole
2 tomatoes, sliced
1/8 tsp salt
Freshly ground black pepper
6 - 4 inch rosemary sprigs

In bowl, whisk together marinade ingredients.

Grease barbecue grill with oil and preheat to medium high. On rimmed baking sheet, place mushrooms, yam slices and pineapple slices in single layer. Brush each item on both sides with marinade. Then dust one side of each pineapple slice with a pinch of smoked paprika.

Remove mushrooms, yam and pineapple from baking sheet and place them on preheated grill. Grill pineapple slices for 2 to 3 minutes per side. Grill mushrooms and yam slices for 3 to 4 minutes per side, or until done as you like. Return items to baking sheet as they are done to your liking.

To assemble and serve, place mushroom caps, stem-side up, on each of 6 serving plates. Spoon equal amounts of guacamole into each cap. Then top with slices of yam, pineapple and tomato. Season with salt and pepper, and spear each stack with a rosemary sprig. Serve warm.

EACH SERVING CONTAINS: 278 calories; 6 g protein; 15 g total fat (2 g sat. fat, 0 g trans fat); 36 g total carbohydrates (15 g sugars, 10 g fiber); 167 mg sodium





FORBIDDEN THAI PUDDING

SERVES 12

If you're not feeling fancy, this pudding is delicious topped with orange segments, sliced banana and toasted almonds instead of some of the more exotic fruits.

1 cup black rice
1 cup long-grain Thai sticky rice or sushi rice
2 - 14 oz cans coconut milk
1/2 cup coconut sugar, raw cane sugar or brown sugar
1/4 tsp salt
1/2 tsp vanilla extract
Tropical fruits like kiwi, star fruit,
passion fruit and red papaya, for garnish
Toasted coconut flakes or
unsweetened shredded coconut, for garnish

Soak and then cook rice according to package directions.

Meanwhile, place coconut milk, sugar and salt in saucepan. Stir over medium-high heat just until sugar is dissolved. Stir in vanilla. Cover and reduce heat to very low. Stir occasionally.

When rice is fully cooked, transfer to large bowl and break up grains with fork. Immediately pour 2/3 of the warm coconut milk mixture over top and fold in to mix thoroughly. Set remaining milk aside. Cover rice with clean kitchen towel and set aside at room temperature for 30 minutes to 3 hours to soften rice.

To serve, spoon rice into little dessert bowls. Pour a little of the remaining coconut milk mixture over top. Garnish with assorted tropical fruit and coconut.

EACH SERVING CONTAINS: 228 calories; 3 g protein; 16 g total fat (14 g sat. fat, 0 g trans fat); 19 g total carbohydrates (3 g sugars, 1 g fiber); 60 mg sodium



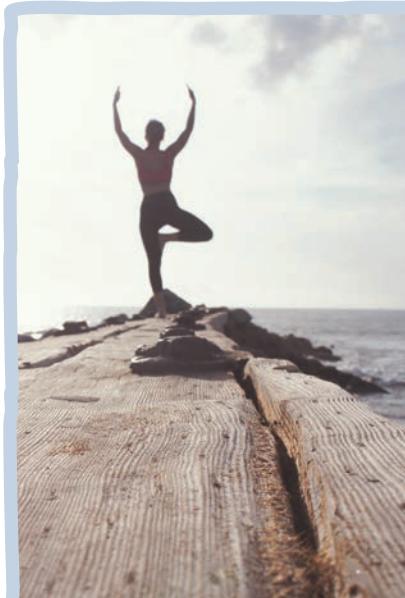
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times a week is how often we should be eating healthy berries, like blueberries and strawberries. This is according to a scientific study that linked berry consumption to improved heart health. It's easy to do: add them to yogurt, smoothies, salads or baking—or just snack on them on their own! Just be mindful of the sugar content in processed or packaged foods that contain berries.

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study participants received meals made from either unprocessed foods or ultra-processed foods for 14 days. Although the diets were matched for calories, sugar, fat and fiber, those who received

the processed meals ate an average of 500 calories more per day. To avoid overeating, consider sticking to unprocessed, whole foods that you prepare yourself.



#1

cause of death in US women is heart disease. Recent research

shows that the number of women who don't exercise is high, and growing. New to exercise? Check with your doctor and start slowly, incorporating it into your daily life, like by going for a walk after dinner. Try an activity you enjoy, like yoga, bike riding, hiking in nature or water aerobics.

6 GRAMS

of protein are found in one large egg, as well as vitamins A, B12, D and E; folate; healthy fats; and only 70 calories. Concerned about cholesterol? New research shows that the cholesterol

in eggs does not significantly affect blood cholesterol levels. Eggs are delicious, healthy and quick options for any time of day!

1/2

of a pink grapefruit contains 28 percent of your daily vitamin A and 64 percent of your daily vitamin C. It's a very healthy food, but do be mindful: grapefruit and grapefruit juice can interact with certain medications and supplements. Check with your doctor or pharmacist to make sure it's safe for you.

