

MIST
APPROVED

Halal

fresh foods

LEARN TO COOK WITH SIMPLE AND EASY RECIPES

5294



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Breakfast



12 Best Foods To Eat In The Morning

Eggs
Studies have shown eating eggs at breakfast increases feelings of fullness, reduces calorie intake at the next meal, and helps maintain steady blood sugar and insulin levels.

Greek Yogurt
It is made by straining whey and other liquid from yogurt, which produces a creamier yogurt that is more concentrated in protein.

Coffee
It's high in caffeine, which has been shown to improve mood, alertness and mental performance.

Oatmeal
It's made from ground oats, which contain a unique fiber called beta-glucan. It's fiber has many impressive health benefits, including reduced cholesterol.

Chia Seeds
Viscous fiber absorbs water, which increases the volume of food moving through your digestive tract and helps you feel full and satisfied.

Berries
They're lower in sugar than most fruits, yet higher in fiber, potassium and manganese. Each cup provides an impressive 3 grams of fiber per cup.

Nuts
They're a great addition to breakfast because they are filling and help prevent weight gain.

Green Tea
Green tea provides only 35-40 mg of caffeine per cup, which is about half the amount in coffee.

Protein Shake
Several types of protein powder can be used, including whey, casein and pea protein. Not all need to contain fiber, and provides several health benefits. Add chia to seem to reduce appetite more than other forms of omega-3.

Fruit
All types of fruit contain fiber, potassium, fiber and are relatively low in calories. One cup of chopped fruit provides about 80-120 calories, depending on the type.

Flaxseeds
They're rich in omega-3, which helps you feel full for several hours after eating. Linseeds may also improve insulin sensitivity.

Cottage Cheese
It's high in protein, which increases satiety, producing feelings of fullness and decreases the "hunger hormone" ghrelin.

breakfast

B R E A K F A S T

Easy Yogurt Oatmeal Cups for 6 servings

Prep time: 30 minutes

1 banana, mashed
 $\frac{1}{4}$ cup honey
 1 teaspoon vanilla
 1 teaspoon salt
 1 $\frac{1}{2}$ cups oats
 1 cup yogurt

OPTIONAL TOPPINGS

strawberry
 blueberry
 raspberry
 apple
 banana
 nuts
 mango
 kiwi



Preparation

- In a medium-sized bowl, mash a ripened banana until mostly smooth.
- Add honey and vanilla, stir.
- Add salt, and oats. Mix well.
- Press 2 tablespoons of mix into each cup, form a cup-shape.
- Refrigerate 0.5 hour and preheat oven to 350°F (180°C).
- Bake granola cups for 30 minutes
- Allow to cool for 5 minutes and add a tablespoon of yogurt to each cup along with any preferred

breakfast cont

Sweet & Salty Maple Granola Bark

RECIPE: Sweet & Salty Maple Granola Bark

Ingredients for 4-6 servings

Prep time:
30 minutes

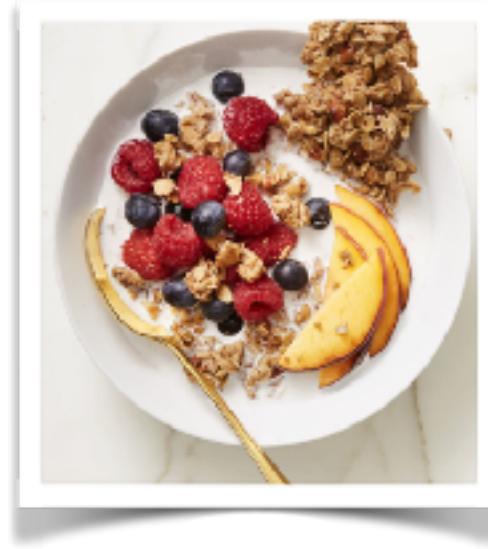
Looking for
Something
simpler?



Ingredients

- 2 tsp. vanilla extract
- 2 tsp. Maple syrup
- 1/2 c. olive oil
- 1 large egg white
- 3 c. old-fashioned oats
- 1 c. roasted, salted almonds, coarsely chopped
- 1/2 c. sunflower seeds
- 1/2 c. almond flour
- 1 1/2 tsp. ground cinnamon

Milk and fresh fruit (such as berries and peaches), for serving



directions

1. Preheat oven to 350°F. Line large baking sheet with parchment paper.
2. In medium bowl, combine maple syrup, vanilla, olive oil, egg white and 1/2 teaspoon salt. In large bowl, combine oats, almonds, sunflower seeds, almond flour and cinnamon. Add maple syrup mixture to dry ingredients and mix thoroughly.
3. Evenly press mixture onto prepared baking sheet using back of spoon or wet hands.
4. Bake until golden on edges, 25 to 30 minutes, opening oven door twice to release steam and rotating pan once halfway through. Do not stir.
5. Let cool in pan on wire rack 1 hour before breaking into chunks.

breakfast cont

Banana Nut Hot Chocolate

RECIPE: Banana Nut Hot Chocolate

Ingredients for 4 servings

Prep time: 15 minutes

Tips for a
healthier Recipes



TIP #1 → One great alternative is a bowl of unsweetened hot cereal topped with fruit.

DID YOU KNOW? Children eat nearly 75% more sugary cereal than average gruel contains nearly 11 grams of sugar per serving.

Beware of added vitamins and minerals.

TIP #2 → That's considered high by the FDA and above the safe level for kids younger than eight.

TIP #3 → Don't give infants rice cereal as their first cold food.

Consumer Reports tested infant rice cereals and found mercury in 95 parts per billion of almost a dozen brands, nearly 10 times the legal limit for drinking water.

TIP #4 → Here's what to look for:

Nutrition Facts
SUGAR: 20g or less per serving
VITAMINS: 100% or less of the daily value per serving
FIBER: 3g or more per serving

Ingredients

2 cups plain almond milk

2 fully-ripened large bananas

(1 1/2 diced and 1/2 thinly sliced crosswise)

1/4 teaspoon pure almond extract

1/4 teaspoon pure vanilla extract

Kosher salt

2 cups old-fashioned rolled oats

2 tablespoons unsweetened cocoa powder

2 tablespoons honey or agave nectar



directions

1. Bring the almond milk, 1 3/4 cups water, the diced bananas, almond and vanilla extracts and pinch of salt to a boil in a large saucepan over high heat.
2. Stir in the oats, cocoa powder and 1 tablespoon of the honey and reduce the heat to medium. Cook, stirring frequently, until the oats are fully cooked to desired consistency, 6 to 7 minutes.
3. Transfer to 4 bowls, top with the sliced bananas, walnuts, the remaining 1 tablespoon honey, cinnamon and chocolate chips and serve.

Lunch



lunch

LUNCH



Veggie Stack Pita Pockets

for 4 servings

Prep time: 13 minutes

1 (15-ounce) can chickpeas or white beans, rinsed and drained

1 to 2 tablespoons water

2 teaspoons freshly squeezed lemon juice

1 teaspoon kosher salt, plus more for seasoning

Pinch red pepper flakes

1/4 cup extra-virgin olive oil

Freshly ground black pepper

1 small cucumber, sliced or 1/2 bell pepper, seeded and sliced

10 to 12 whole-wheat pita minis (3 inches),

directions

- Combine the chickpeas, water, cheese, lemon juice, salt and red pepper flakes in a food processor and puree until completely smooth, about 5 minutes. While the motor is running, pour in the olive oil and process until fully incorporated and velvety. Season with pepper, to taste.

- Spoon a scant tablespoon bean spread into toasted pitas. (Put remaining bean spread in an air-tight container.) Add cucumber slices, or other vegetables of choice and season, to taste, with salt and pepper. Wrap in parchment or butcher paper, and pack in a plastic container to keep from getting squished. Pack in a lunch box and send to school.

lunch

Chicken Chili



Prep Time:
13 minutes

Healthy & Outside the Box

Lunch Ideas

USE A WHOLE WHEAT TORTILLA

Add whole grains to your child's lunch by using a whole wheat tortilla or sandwich wrap instead of white sandwich bread.

CUT SANDWICHES INTO FUN SHAPES

Jazz up the look of your child's sandwich by using a cookie cutter to cut the cheeses, meats and bread into fun shapes like a flower or star.

MAKE ANTS ON A LOG

Create this healthy and classic snack by filling a celery stick with low-fat cream cheese or peanut butter and placing raisins on top.

CREATE A SMILEY SNACK

Make your child smile at lunch by spreading peanut butter or low-fat cream cheese on a rice cake and use dried fruit for the eyes, nose and mouth.

PACK GREEN VEGGIES

Find individual serving veggie dips at the grocery store and pack alongside their favorite green vegetables.

USE PORTION CONTROL

Pack your child's lunch in a bento box, a container that's divided into compartments for built-in portion control. This will help you plan a well-balanced meal.

Ingredients

- 4 cups chopped yellow onions (3 onions)
- 1/8 cup good olive oil, plus extra for chicken
- 1/8 cup minced garlic (2 cloves)
- 2 red bell peppers, cored, seeded, and large-diced
- 2 yellow bell peppers, cored, seeded, and large-diced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon dried red pepper flakes, or to taste
- 1/4 teaspoon cayenne pepper, or to taste
- 2 teaspoons kosher salt, plus more for chicken
- 2 (28-ounce) cans whole peeled plum tomatoes in puree, undrained
- 1/4 cup minced fresh basil leaves
- 4 split chicken breasts (halal), bone in, skin on

directions

- 1. Cook the onions in the oil over medium-low heat for 10 to 15 minutes, until translucent. Add the garlic and cook for 1 more minute. Add the bell peppers, chili powder, cumin, red pepper flakes, cayenne, and salt. Cook for 1 minute. Crush the tomatoes by hand or in batches in a food processor fitted with a steel blade (pulse 6 to 8 times). Add to the pot with the basil. Bring to a boil, then reduce the heat and simmer, uncovered, for 30 minutes, stirring occasionally.
- 2. Preheat the oven to 350 degrees F.
- 3. Rub the chicken breasts with olive oil and place them on a baking sheet. Sprinkle generously with salt and pepper. Roast the chicken for 35 to 40 minutes, until just cooked. Let cool slightly. Separate the meat from the bones and skin and cut it into 3/4-inch chunks. Add to the chili and simmer, uncovered, for another 20 minutes. Serve with the toppings, or refrigerate and reheat gently before serving.

lunch cont

White Chili



Prep Time:
40 minutes
Servings: 8

Ingredients

- 1 medium onion, diced (about 1 1/2 cups)
- 2 stalks celery, diced (about 1/2 cup)
- 3 medium peppers (about 4 ounces each)
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper, more to taste
- 1 pound ground white meat turkey
- 2 (15.5-ounce) cans white beans such as cannellini, preferably low-sodium, drained and rinsed
- 4 cups low-sodium chicken broth
- 3/4 teaspoon dried oregano
- 1 (15.5-ounce) can hominy, drained and rinsed
- Salt
- 1/4 cup nonfat plain Greek-style yogurt
- 2 tablespoons chopped fresh cilantro leaves

directions

YOUR GUIDE TO PACKING

HEALTHY LUNCHES

EACH MEAL SHOULD BALANCE LEAN PROTEIN, COMPLEX CARBOHYDRATES, AND FRUITS OR VEGETABLES

AVOID HEAVILY PROCESSED MEATS AND OTHER PACKAGED FOODS, AND LIMIT SODAS AND SWEETS

HEALTHY CARB OPTIONS:
BEANS, BROWN RICE, POTATOES, SWEET POTATOES, SQUASH, QUINOA, WHOLE GRAIN PRODUCTS

HEALTHY PROTEIN OPTIONS:
BEANS, FISH, NATURAL LUNCHMEAT, LOW-SUGAR YOGURT, NUTS/SEEDS

FRUITS AND VEGGIES ARE NON-NEGOTIABLE!

EACH LUNCH SHOULD INCLUDE AT LEAST 1 FRUIT OR VEGETABLE THAT YOUR KIDS WILL EAT

- 1. Heat the oil in large pot or Dutch oven over moderate heat.
- Add the onion, celery, poblanos, and cook, stirring occasionally, until the vegetables are soft, about 8 minutes.
- Add the garlic, cumin, coriander and cayenne and cook, stirring, until fragrant, about 30 seconds.
- 2. Add the ground turkey and cook, breaking up the meat with a spoon, until the meat is no longer pink about 2 minutes. Add the white beans, broth and oregano. Cook, partially covered, stirring occasionally, for 25 minutes.
- 3. Add the hominy and salt and more cayenne pepper, to taste, and continue cooking, partially covered, 10 minutes longer.
- Ladle into individual bowls and top each serving with 1 tablespoon of yogurt and 1 1/2 teaspoons of cilantro. Garnish

Dinner

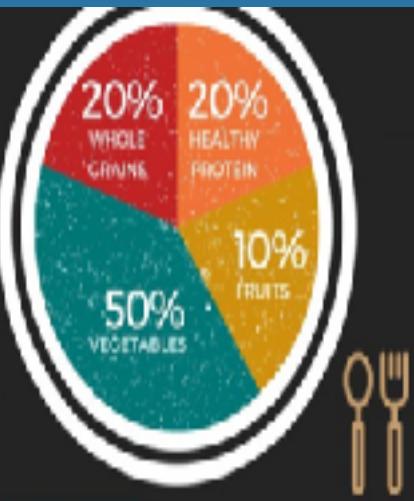


dinner

D I N N E R



**Recipe: 1 hour
6 servings**



VEGETABLES

The more veggies,
and the greater the variety
the better.
3-6 servings per day.
*Does not include produce in a fruit bowl.

HEALTHY PROTEIN

FISH, BONITA, BEANS & NUTS
About 40 grams of protein per kilogram
of body weight per day.
*Fruits and vegetables are
natural sources of protein.

WHOLE GRAINS

Whole-wheat bread, brown
rice, whole-grain pasta
3-6 servings per day.
*From refined grains
try whole-grain bread.

Cauliflower Gnocchi for 6 servings

Prep time: 1 hour

2 large russet potatoes (about 1 1/2 pounds)

1/2 cup gluten-free all-purpose flour, plus more for dusting

1 medium head cauliflower, chopped into florets (about 1 pound)

1/4 cup grated Parmesan

1 large egg yolk

Kosher salt and freshly ground black pepper

5 tablespoons unsalted butter, diced

2 tablespoons drained capers

1/4 cup fresh parsley, chopped

Salad, for serving

directions

Type to enter textPreheat the oven to 425 degrees F. Prick the potatoes all over with a fork and place on a baking sheet. Bake, flipping halfway through, until fork-tender, about 45 minutes. When the potatoes are cool enough to handle, cut them in half and carefully scoop the flesh into a large bowl.

Meanwhile, fill a medium saucepan with 2 inches of water. Set a steamer basket insert into the pot and bring the water to a simmer over medium-high heat. Add the cauliflower, cover and steam until very tender and falling apart when pierced with a fork, 12 to 14 minutes. Drain the cauliflower and use clean kitchen towels to squeeze completely dry. Generously flour a work surface. Scoop a heaping 1/2 cup of dough onto the surface and roll into a 12-inch rope. Repeat with the remaining dough. Gently press the top of each gnocchi with a fork to make grooves.

Melt 1 tablespoon butter in a small microwave-safe bowl in the microwave. Brush the gnocchi with the butter. Bake the gnocchi until cooked through and they spring back when pressed, 10 to 12 minutes.

Melt the remaining 4 tablespoons butter in a large skillet over medium heat until brown bits start to form, 5 to 6 minutes. Remove from the heat, add the capers and stir until well combined. Toss the gnocchi in the brown butter and sprinkle with the parsley. Serve immediately with a salad on the side.

dinner cont

Healthy Butter Shrimp Foil Pack



Recipe:
25 minutes

Superfoods for Your Health

What Is a Superfood?

High in nutrients or phytochemicals
Specific health benefits



Almond Milk
MAGNESIUM, POTASSIUM, VITAMIN E
Low in saturated and total fat.
Contains cholesterol and polyunsaturated
fatty acids per serving.
Low on glycemic index.



Spinach
IRON, MAGNESIUM, PHOSPHORUS
Low in calories, high in nutrients.
Helps prevent heart disease.
ANTIOXIDANT, DIETARY FIBER, SOME CARBOHYDRATES,
AND VITAMINS AND MINERALS.



Honey
IRON, THIAMIN, RIBOFLAVIN, NICKEL
10% antioxidants, protein, salts, lignans
comes from tree nectars, also contains
electrolytes, which increase the
number of good bacteria in the colon.



Raspberries
MANGANESE, PANTHEOXYLIC FLAVONOID
Anthocyanin flavonoids give raspberries
an antioxidant power. Very high in ellagic acid,
which helps fight cancer and inflammation.

Ingredients

- 1 1/4 pounds peeled and deveined large shrimp
- 5 garlic cloves, smashed
- 2 teaspoons chipotle hot sauce, plus more to taste
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon ground coriander
- 3/4 teaspoon kosher salt
- 1/2 cup Mexican-style lager, such as Corona
- 2 tablespoons unsalted butter, cut into pieces
- 1 lime, halved

directions

1. Prepare a grill for medium heat. Lay out a piece of heavy-duty foil 12 inches by 18 inches. Fold the four sides up to create walls and spread the shrimp in the center of the foil. Toss the shrimp with the garlic, chipotle sauce, cumin, oregano, coriander and salt. Dot the butter pieces on top.
2. Cover with another large piece of foil and crimp and fold the edges together to seal tightly.
3. Transfer the foil pack to the grill, close the lid and cook until the shrimp are pink and cooked through, 4 to 6 minutes. Remove from the heat and let sit for a few minutes. Carefully tear the packet open, being careful not to let the escaping steam burn you.
4. Squeeze lime juice over the shrimp and sprinkle with cilantro. Serve the shrimp with the rice and pass extra chipotle hot sauce on the side.

dinner cont.

Parmesan Roasted Cauliflower



Recipe:
30 minutes
5 servings

Parmesan Roasted Cauliflower for 6 servings

Prep time: 30 minutes

Ingredients

- 1 large head cauliflower
- 3 tablespoons good olive oil
- Kosher salt and freshly ground black pepper
- 1 cup freshly grated Parmesan cheese (2 ounces)
- 1 cup freshly grated Gruyere cheese (2 ounces)

directions

1. Preheat the oven to 350 degrees.
2. Remove the outer green leaves from the cauliflower and cut the head into florets, discarding the stems. Place the florets on a sheet pan.
3. Drizzle with olive oil and sprinkle generously with salt and pepper.
4. Toss well. Bake for 30 minutes, tossing once, until the cauliflower is tender and starts to brown.
5. Sprinkle with the Parmesan and Gruyere and bake for 1 to 2 more minutes, just until the cheese melts. Season to taste and serve hot or warm.

OPTIMIZE YOUR HEALTH

A "Healthier You" is not the only outcome we desire. A healthy planet provides us with the ability to live longer and more healthfully throughout life, and may even increase our quality of life and reduce our risk of disease.

MAINTAIN YOUR HEALTH PRACTICE

It's never too early to start a healthy diet. Eat more fruits and vegetables, whole grains, lean protein, and healthy fats. Avoid processed foods, refined sugars, and saturated fats.

INTELLIGENT EATER

WHAT INFORMS PEOPLE NUTRITION?

- COMMERCIAL ADVERTISING
- PERSONAL HEALTH
- DIET & NUTRITION

EAT

WHAT ARE THE BENEFITS OF EATING A VARIETY OF COLORFUL VEGETABLES? They provide vitamins, minerals, and fiber that help protect against chronic diseases like heart disease and cancer.

AVOID

WHAT ARE THE RISKS OF EATING A DIET HIGH IN ADDED SUGARS AND FATS? They can lead to weight gain, type 2 diabetes, and heart disease.

MODERATION

WHAT ARE THE BENEFITS OF EATING A MODERATE AMOUNT OF MEAT? It can provide essential nutrients like protein and iron.

ARE YOU A GOOD FOOD CITIZEN?

WHAT IS THE IMPACT OF YOUR DIET ON THE ENVIRONMENT? Consider reducing meat intake and eating more plant-based foods.

• REDUCE PLASTIC WASTE

• EAT LOCAL

• CONSIDER ANIMAL WELFARE

• SUPPORT SUSTAINABLE FARMING

• REDUCE FOOD WASTE

Prices

C H E C K L I S T

BREAKFAST

Easy Yogurt Oatmeal Cups

- Banana (1 lb) = \$2.29
- Honey (16 oz) = \$5.00
- Vanilla extract (2 oz) = \$7.00
- Salt (26 oz) = \$2.60
- Oats = \$3.79
- Yogurt = \$1.21
- Strawberry (1 lb) = \$3.02
- Blueberry (1 lb) = \$4.79
- Apple (1 lb) = \$3.87
- Peanuts = \$1.28

Sweet and Salty Maple Granola Bark

- Vanilla extract (2 oz): \$7.00
- Maple syrup (12 oz): \$2.98
- Olive oil (68 oz): \$6.68
- Eggs (1 dozen): \$2.58
- Oats: \$3.79
- Almonds: \$5.59
- Sunflower seeds: \$3.99
- Almond flower (24 oz): \$5.85
- Ground cinnamon (8 oz): \$1.29
- Milk (32 fl oz): \$1.99
- Fresh fruits: Aprox. \$3.00 per lb

Banana Nut Hot Chocolate

- Almond milk: \$2.28
- Banana (1 lb): \$2.29
- Pure almond extract: \$1.99
- Kosher salt: \$2.49
- Oats: \$3.79
- Unsweetened cocoa powder (8 oz): \$3.08
- Honey (16 oz): \$5.00
- Agave nectar: \$4.39

LUNCH

Veggie Stack Pita Pockets

- Chickpea (16 oz): \$1.48
- White beans (16 oz): \$1.21
- Lemons (1 lb): \$4.00
- Kosher salt: \$2.49
- Red pepper flakes (1.5 oz): \$2.59
- Olive oil (68 oz): \$6.68
- Ground black pepper (6 oz): \$4.39
- Cucumber (6 count): \$2.49
- Bell pepper (3 pack): \$2.99
- Whole-wheat pita pockets: \$2.29

Chicken Chili

- Yellow onions (3 lb): \$4.39
- Olive oil: \$6.68
- Garlic (4 oz): \$3.09
- Bell pepper (3 pack): \$2.99
- Chili powder (7.25 oz): \$5.49
- Ground cumin (14 oz): \$5.99
- Red pepper flakes (1.5 oz): \$2.59
- Cayenne pepper (18 oz): \$10.76
- Kosher salt: \$2.49
- Plum tomatoes (10 pieces): \$3.00
- Fresh basil leaves: \$0.89
- Chicken breasts: \$5.59

White Chili

- Onion (pack of 6): \$1.45
- Celery (per pound): \$1.99
- Peppers (per pound): \$1.50
- Garlic: \$3.14
- Ground cumin (18 oz): \$8.89
- Ground coriander (15 oz): \$5.03
- Cayenne pepper (18 oz): \$10.76
- White meat turkey (3 lbs): \$11.89
- White beans (16 oz): \$1.21
- Chicken broth (32 oz): \$1.99

DINNER

Cauliflower Gnocchi

- Russet Potatoes (5 lb): \$2.99
- All purpose flour: \$3.89
- Cauliflower (per pound): \$1.95
- Parmesan cheese (5 oz): \$1.69
- Eggs (1 dozen): \$2.58
- Kosher salt: \$2.49
- Black pepper: \$2.99
- Unsalted butter (8 oz): \$2.99
- Drained capers (3.5 oz): \$1.88
- Fresh parsley (per pound): \$1.00



Healthy Butter Shrimp Foil Pack

- Large shrimp (12 oz): \$5.99
- Garlic cloves: \$3.24
- Chipotle hot sauce (5 oz): \$3.79
- Ground cumin (18 oz): \$8.89
- Dried oregano (450 mg): \$1.29
- Ground coriander (15 oz): \$5.03
- Kosher salt: \$2.49
- Unsalted butter (8 oz): \$2.99
- Lime



Parmesan Roasted Cauliflower

- Cauliflower (per pound): \$1.95
- Olive oil: \$6.68
- Kosher salt: \$2.49
- Black pepper: \$2.99
- Parmesan cheese (5 oz): \$1.69
- Gruyere cheese (7 oz): \$3.19

