

Pear Fizz

Ingredients

1.5 oz Tito's vodka

2 oz pear juice / nectar

splash sparkling soda water

Sprig of thyme or rosemary

Ice

Directions

1. Fill rocks glass with ice
2. Add vodka and pear juice top with soda
3. Stir
4. Add sprig of thyme or rosemary as garnish



Stuffed Mushrooms

Ingredients

- ¼ cup of cooked quinoa
- 1 tsp olive oil
- Adobo
- sea salt
- garlic
- diced peppers
- chopped scallion
- 6 baby bella mushrooms



Directions

1. Prepare quinoa according to package.
2. Season with olive oil, adobo sea salt and garlic powder
3. Chop peppers and scallions
4. Add peppers and scallions to quinoa mixture
5. Stuff mixture into mushrooms or peppers.
6. Bake at 375 for 15-20 or until mushrooms begin to shrivel

Nutritional Notes

Mushrooms are a rich, low calorie source of fiber, protein, and antioxidants. There are so many types and they are very versatile and so much fun to cook with!

Red Lentil Dal

Ingredients

1/2 cup red lentils
2 cups water
1/2 stick celery
1/2 carrot
1/2 onion
sea salt - ½ tsp
Cumin - ½ tsp
Garlic - ½ tsp
Adobo - 1 tsp
Allspice - ¼ tsp
chili powder - ½ tsp

Directions

1. Chop veggies into a small dice.
2. Oil your pot and add half the dry seasoning mix. (Ideally use a 2-3 quart sauce pot with high walls).
3. Heat pot on medium-low, add diced veggies, and sauté until translucent and spices are toasted to a deep golden brown.
4. Turn up heat to high, add 2 cups water, bring to a boil.
5. Add red lentils and turn down to a simmer just above low.
6. Simmer for 15 minutes, add more time if needed until lentils are cooked through and breaking down. Add remaining seasoning mixture, and mash the dal until it is thick and creamy using a potato masher or whisk.

Nutritional Notes

Lentils are a great source of plant based protein as well as fiber. These legumes are packed with folate and are a great addition of texture to many dishes.



Zoodles Primavera

Ingredients

1 spiralized zucchini

1/2 onion

1/2 carrot

1/2 celery

1/3 cup of peas

1/3 cup of corn

1/3 cup peppers

Adobo - 1 tsp

Garlic - ½ tsp

sea salt - ½ tsp

Italian herbs - ½ tsp

Pesto

1 cup pepitas

2 tbsp olive oil

¼ - ½ cup water (thinned to consistency of your liking)

1 tsp sea salt

1 tsp adobo

1 tsp garlic

Tbsp lemon

1.5 cups fresh basil

¼ cup arugula

Blend all ingredients

Directions

1. Chop onion, carrot and celery into a small dice.
2. Oil your pot and add half the dry seasoning mix. Heat pot on medium-low, add diced onion, carrot and celery, and sauté until translucent and spices are toasted to a light golden brown.
3. Turn up heat to medium, add peppers, peas, corn, and the second half of the dry seasoning mix.
4. Stir and toss veggies for 60 seconds, add a splash of water, about ¼ cup.
5. Stir & toss for another 30 seconds, remove from the heat, add the pesto, continue to vigorously stir & toss.
6. Add the zucchini noodles and fold into the mixture until evenly coated.



Nutritional Notes

Zucchini noodles are great for any diet. While they do not taste "just like pasta" they are a great way to enjoy a favorite sauce at a fraction of the number of carbs and calories.

Flourless Brownie Cookie

Ingredients

- 1 banana
- 1/4 cup of cashew butter
- 2 tbsp of cacao powder
- Drizzle of agave syrup

Directions

1. Preheat oven to 350
2. Cover a baking sheet with parchment paper or
3. Peel and begin to mash banana in a small mixing bowl
4. Add cashew butter, cacao powder and agave syrup
5. Continue mixing and mashing until the consistency is a thick batter
6. Spoon mixture into cookie sized pieces on the baking sheet
7. Bake for 17-20 minutes or until a fork comes out clean

Alternative Method

Instead of baking, place cookies in the freezer for one hour. Pull out and enjoy!



Nutritional Notes

Cacao is the superstar ingredient in your favorite chocolate bar. It has countless health benefits. When purchasing chocolate, opt for those that have greater than 70% cacao for the most nutritional benefits.