



# MetroWest YMCA

# Healthy Recipe Book

- Nutrition Education
- Food Access
- Building Community
- Healthy Futures

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# MetroWest YMCA

## Healthy recipes from cooking classes



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### About the MetroWest YMCA

The MetroWest YMCA is a cause-driven charitable organization that helps people build a healthy spirit, mind, and body. We take a holistic approach to nutrition at the Y by offering culturally sensitive nutrition education and cooking classes for all ages, one-on-one nutrition consultations and weight loss programs with a registered dietician, and a robust food services program that increases food access for MetroWest residents. For more information, visit [METROWESTYMCA.org](http://METROWESTYMCA.org).

# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
5 minutes



Cook Time:  
10 minutes



Total Time:  
15 minutes



Yield:  
4 servings

## Apple Carrot Oatmeal

### Ingredients:

- 1 1/2 cups rolled oats
- 1 cup grated carrot
- 1 medium apple, diced
- 1 cup milk of choice
- 1 cup water
- 1 Tbsp honey or maple syrup
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- Optional add-ins: chia seeds, flax seeds, shredded coconut, peanut butter, raisins or raisins



### Instructions:

1. After grating the carrot and dicing the apple, add to a medium sauce pot with the rest of your ingredients (oats, milk, water, honey or maple syrup, cinnamon, vanilla extract, and any add-ins). Turn your burner to medium heat and bring the mixture to a simmer.
2. Cook for 6-7 minutes, stirring occasionally and scraping the bottom to prevent burning.
3. Once the liquid has been absorbed, remove from heat and serve! Top with peanut butter, Greek yogurt, cinnamon, or a drizzle of syrup!

recipe adapted from The Natural Nurturer

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Prep Time:  
5 minutes



Cook Time:  
0 minutes



Total Time:  
5 minutes



Yield:  
2 servings

## Apple Pie Smoothie

### Ingredients:

- 1 apple
- 1 banana
- 1/4 cup dry old-fashioned oats
- 1/4 cup cauliflower, frozen
- 1/8 tsp cinnamon
- 1 pinch cloves
- 1 pinch nutmeg
- 1 cup milk of choice, (cow, almond, soy, coconut, etc)
- 1/2 cup ice
- 1-2 tbsp honey (omit for children under 1)

*\*Hemp seed, chia seed, flaxseed seeds are optional*



### Instructions:

1. In a blender, place all of the ingredients.
2. Blend on high speed for 1-2 minutes, adding more milk if it becomes too thick.
3. Serve and enjoy!

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Prep Time:  
5 minutes



Cook Time:  
5 minutes



Total Time:  
10 minutes



Yield:  
4 servings

## Avacado Pudding

### Ingredients:

- 1 medium avocado, pit and peel discarded
- 1/2 cup whole milk Greek yogurt
- 2 tablespoons cocoa powder  
2 tablespoons maple syrup
- 1 teaspoon pure vanilla extract



### Instructions:

1. Add all ingredients to a blender. Blend on low speed until combined, increasing the speed a little to make a smooth pudding. Stop and scrape down the sides of the blender if needed.

Recipe adapted from:  
<https://www.yummytoddlerfood.com/chocolate-avocado-pudding/>

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Prep Time:  
20 minutes



Cook Time:  
20 minutes



Total Time:  
40 minutes



Yield:  
4 servings

## Balsamic Chicken

### Ingredients:

- 1 cup balsamic vinegar
- 2 Tablespoons honey
- 1 lb carrots, peeled & roughly chopped
- 1.5 lbs baby potatoes, quartered  
(you may also use whole potatoes, diced)
- 4 chicken breasts, boneless, skinless
- 2 Tablespoons olive or canola oil
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 2 Tablespoons grated parmesan cheese



### Instructions:

1. Preheat the oven to 400 F.
2. Add balsamic and honey to a small saucepan and bring to a boil. Cook until it has reduced (5 minutes)
3. Wash carrots and potatoes well and chop roughly. Place onto lightly oiled pan (or line pan with tin foil).
4. Slice the chicken breasts or pound to even thickness. Place onto pan with potatoes and carrots.
5. Drizzle olive oil and add garlic powder, basil, thyme, salt and pepper and mix with your hands until chicken and vegetables are evenly coated.
6. Spoon half the balsamic mix onto the chicken and sprinkle parmesan over the potatoes.
7. Bake for 20-25 minutes, until chicken is cooked and vegetables are tender.
8. Drizzle remaining balsamic over chicken and carrots and serve!

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Prep Time:  
10 minutes



Total Time:  
Ready in 4-24 hours



Yield:  
1 serving

## Banana Bread Overnight Oats

### Ingredients:

- 1/2 mashed ripe banana
- 1/2 cup rolled oats
- 1/2 cup milk
- 2 T chopped pecans (optional) 1 tsp vanilla extract
- 1/2 tsp cinnamon
- Dash of sea salt
- 1 T ground flax (optional)
- 2 tsp 100% pure maple syrup



### Instructions:

1. Combine all ingredients in a bowl or jar that can be sealed and stir well.
2. Refrigerate overnight.
3. Serve warm or cold.
4. Garnish with sliced banana or more nuts if desired

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Prep Time:  
15 minutes



Cook Time:  
10 minutes



Total Time:  
25 minutes



Yield:  
4 servings

## Black Bean Burgers

### Ingredients:

- 2 (15oz) cans black beans , drained and rinsed
- 1/2 green bell pepper
- 1/2 small onion
- 2 cloves garlic , peeled
- 1 large egg, beaten
- 2/3 cup whole wheat breadcrumbs
- 1 Tablespoon chili powder
- 1 teaspoon cumin
- salt and freshly ground black pepper, to taste
- 4 hamburger buns
- desired burger toppings: lettuce, tomato, etc.

### For chipotle mayo:

- 1 cup mayonnaise
- 2 chipotle peppers in adobo sauce
- 1 Tablespoon adobo sauce (from can of chipotle peppers in adobo sauce)
- 2 teaspoons lime juice
- salt and freshly ground black pepper



### Instructions:

1. Mash black beans: Place rinsed and drained black beans in a bowl. If needed, blot them with a paper towel to remove extra moisture. Place in a large bowl and mash well with a fork.
2. Puree Veggies: Place bell pepper, onion and garlic in a food processor and process until finely minced.
3. Strain: Transfer pureed veggie mixture to a fine mesh strainer and use the back of a spoon to press out excess moisture. (If it's too wet, the burger won't hold together as well.)
4. Combine: Add the strained vegetable mixture to the bowl with the black beans. Add the chili powder, cumin and salt and pepper and stir to combine. Add beaten egg and mix. Stir in bread crumbs.
5. Form Patties: scoop mixture into 4 even sized patties, forming them and pressing flat with your hands.
6. To Cook on Stove: Cook over medium heat in a greased skillet for 4-5 minutes on each side.
7. Chipotle Mayo Sauce: Add all the ingredients to a food processor or blender and puree until smooth. Season with salt and pepper to taste.
8. Assemble and enjoy!

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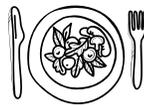
Prep Time:  
10 minutes



Cook Time:  
15 minutes



Total Time:  
25 minutes



Yield:  
2 servings

## Cauliflower and Potato Curry

### Ingredients:

- 1 Tbsp oil
- 1 tsp mustard seeds
- Curry leaves (to taste)
- 2-3 cloves garlic, finely chopped
- 2 Serrano chilies, chopped
- 1 onion, thinly sliced
- 1 tomato, chopped
- 2 tsp coriander powder
- 1/2 tsp turmeric
- 1 tsp red chili powder
- salt to taste
- 1 potato, cut into medium sized pieces
- 1/2 head cauliflower, cut into small florets



### Instructions:

1. Place pan over medium heat and add oil. Once hot, add mustard seeds and swirl until fragrant.
2. Next, add curry leaves, garlic and Serrano chilies. When curry leaves start to sputter, add in the onion and cook until translucent.
3. Add in the chopped tomatoes and cook until soft, about 3 minutes. Add in spices and potatoes and mix to combine well. Cover for 5 minutes.
4. Next, add in the cauliflower and mix. Cover again and cook until the cauliflower and potatoes are cooked, stirring occasionally, 5-10 mins.
5. Taste and adjust seasonings to your preference. Serve and enjoy!

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Prep Time:  
5 minutes



Cook Time:  
25 minutes



Total Time:  
30 minutes



Yield:  
4 servings

## Chana Masala

### Ingredients:

- 1 Tbsp oil
- 1/2 tsp cumin seeds
- 2-3 Serrano chilies, chopped (adjusted to preference)
- 1 Tbsp ginger garlic paste
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1/2 Tbsp butter (or coconut oil)
- 1 tsp salt (adjust to taste)
- 1/4 tsp turmeric
- 2-3 tsp garam masala (adjust to taste)
- 2 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp red chili powder (optional)
- 1/3 cup tomato puree
- 2, 15oz cans chickpeas, rinsed well
- 1/4 cup water, more if desired
- 2 tbsp chopped cilantro



### Instructions:

1. Place a large pot over medium heat. Add 1 Tbsp oil and cumin seeds. Once the oil begins sizzling, add Serrano chilies and ginger garlic paste. Stir pan and fry for about 30 seconds until fragrant.
2. Add in the chopped onions until translucent, about 5-8 minutes. Stir in chopped tomatoes and mix occasionally for about 3 minutes, or until softened.
3. Next, make a well and add 1/2 Tbsp of butter or coconut oil. Once this melts, add in your spices; salt, turmeric, garam masala, coriander, cumin, red chili powder, if using). Fry the spices in the well and mix until combined. Next, stir the onion/tomato mixture into the spice blend until well blended.
4. Add in the tomato puree, chickpeas, and 1/4 cup water and stir. Place the lid on the pan and turn heat to medium-low heat for 10-15 minutes, stirring occasionally. Add water until you reach desired consistency. Taste for spices and adjust as needed.
5. Top with fresh cilantro and enjoy!

*Recipe from Usha Narayana*

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Prep Time:  
5 minutes



Cook Time:  
15 minutes



Total Time:  
20 minutes



Yield:  
10 servings

## Chicken Tostadas

### Ingredients:

- 10 corn tortillas
- 2 (10oz) cans white chicken, drained
- 1 (15.5oz) can black beans, drained & rinsed
- 1 (15.5oz) can corn, drained and rinsed
- 1 (15.5oz) can diced tomatoes, drained
- 2 Tbsp taco seasoning (\*homemade recipe below!)
- 2 Tbsp oil
- 1 onion, chopped
- salt and pepper
- 1 cup Colby Jack shredded cheese
- Optional toppings: Avocado, plain Greek yogurt, cilantro, lime juice



### Instructions:

1. In a large skillet over medium-high heat, add 1 Tbsp oil, chicken, and half the can of tomatoes. Mix together then add in the taco seasoning. Stir for about 5 minutes. Remove chicken from skillet and wipe out the pan.
2. Return the pan to your burner over medium heat and add in the remaining Tbsp oil with the onions, corn, and beans. Season with salt and pepper. Sauté for about 5 minutes, or until the onions are translucent. Set aside.
3. Evenly distribute the chicken and corn mixture onto each tostada. Top with cheese and any additional garnishes desired, such as avocado, plain Greek yogurt, cilantro, or lime juice!
4. Enjoy warm!

#### \*Homemade Taco Seasoning Ingredients:

- 5 tablespoon salt-free chili powder, 3 tablespoon cumin, 2 teaspoon smoked paprika, 2 teaspoon garlic powder, 2 teaspoon black pepper, 1 teaspoon onion powder, 1 teaspoon cayenne pepper
- Mix all ingredients together and store in an airtight container

recipe adapted from Beautiful Eats & Things

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# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
10 minutes



Cook Time:  
0 minutes



Total Time:  
10 minutes



Yield:  
6 servings

## Chickpea Salad

### Ingredients:

- 1 28-ounce can chickpeas, low sodium
- 1 cup celery, chopped finely
- 1 small red onion, diced
- $\frac{3}{4}$  cup dill, chopped finely
- $\frac{3}{4}$  cup hummus (classic or roasted garlic flavors are my favorites!)
- 2 Tablespoons Dijon mustard
- $\frac{1}{2}$  cup sunflower seeds, unsalted
- Salt and pepper to taste



### Instructions:

- Drain and rinse chickpeas in a colander. Dump into a large bowl and mash about halfway with a fork or potato masher.
- Dice red onion and celery well and add to the bowl. Mix together with chickpeas.
- Remove dill from the stems and chop finely before adding to the bowl as well.
- Add hummus, mustard, sunflower seeds, salt and pepper to the bowl and mix until everything is combined well.
- That's it! Eat it alone or serve on whole grain bread with avocado, tomato or other toppings for a delicious sandwich.

recipe adapted from Fooduzzi

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Prep Time:  
5 minutes



Cook Time:  
15 minutes



Total Time:  
20 minutes



Yield:  
2-4 servings

## Green Beans and Sliced Almonds

### Ingredients:

- 1 Tbsp oil
- 1 tsp crushed red pepper
- 1 tsp black mustard seeds
- 2 tsp split urad dhal
- 3 tsp sliced almonds
- 1 tsp hing/asafetida
- 3/4 tsp turmeric
- 1, 12oz bag of French green beans  
cut in half if long 1/4 cup frozen shredded coconut



### Instructions:

1. Place pan over medium heat and add oil. Once hot, add crushed red pepper and stir about 2 minutes until fragrant.
2. Next, add urad dhal and mustard seeds until it sputters. Add in sliced almonds and move around in the pan until golden brown. Watch carefully to be sure almonds don't burn!
3. Add in the remaining spices, mix, then add in your green beans. Stir to combine all ingredients then cover for 3-5 minutes.
4. Add in the shredded coconut, mix and cover for an additional 3-5 minutes.
5. Divide up into plates and enjoy!

Recipe from Usha Narayana

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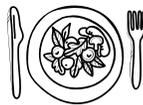
Prep Time:  
20 minutes



Cook Time:  
35 minutes



Total Time:  
55 minutes



Yield:  
4 servings

## Harvest Sheet Pan Chicken

### Ingredients:

- 4 boneless skinless chicken breasts or cutlets (1-1.5 pounds), patted dry
- 3 large carrots, cut on the diagonal into 2 inch pieces
- ½ pound Brussels sprouts, cut in half (large ones cut into quarters) ½ medium red onion, sliced (1 cup)
- 1 tablespoon + 1 teaspoon avocado or olive oil, divided
- 2 teaspoons brown sugar
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon fine salt
- ¼ teaspoon black pepper
- Cooking spray



Recipe from [realfooddietitians.com](http://realfooddietitians.com)

### For mustard sauce:

- 3 tablespoons mayonnaise
- 2 tablespoons Dijon or spicy brown mustard 1 tablespoon pure maple syrup
- 1 teaspoons low-sodium sauce
- ¼ teaspoon dried oregano
- ¼ teaspoon onion powder
- Pinch of salt and black pepper

### Instructions:

1. Place a large rimmed baking sheet in the oven and preheat the oven to 450 degrees Fahrenheit with the pan in the oven. This helps the ingredients cook evenly.
2. While the oven preheats, place carrots and Brussels sprouts in a medium bowl. Drizzle with 1 tablespoon oil. Toss to coat and set aside.
3. When the oven is preheated, use an oven mitt to carefully remove the baking sheet. Spray the sheet with cooking spray. Spread the carrots and Brussels sprouts in an even layer on the baking sheet. Return to the oven and bake for 15 minutes.
4. Meanwhile, make the rub: In a small bowl, combine the brown sugar, cumin, cinnamon, ginger, salt and pepper.
5. Rub the chicken breasts with remaining 1 teaspoon of the oil. Sprinkle the seasoning rub all over the chicken.
6. After the carrots and Brussels sprouts have roasted for about 15 minutes, remove the baking sheet from the oven. Stir the veggies and make space for the chicken and red onion- place them among the veggies. Return the sheet pan to the oven and bake until the chicken is cooked through and registers 165 degrees Fahrenheit on a thermometer (about 10-15 minutes).
7. While the chicken is cooking, prepare the maple-mustard sauce by combining the mayonnaise, mustard, maple syrup, soy sauce, oregano and onion powder in a small bowl. Taste and season with salt and pepper as desired.
8. Serve the maple-mustard sauce with the chicken and vegetables. Any leftover sauce can be stored in an air-tight container for up to 4 days in the refrigerator.

# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
5 minutes



Cook Time:  
10 minutes



Total Time:  
15 minutes



Yield:  
4-6 servings

## Healthy Fried Rice

### Ingredients:

- 2 tablespoons olive oil, divided
- 1 ½ tablespoon butter
- 2 eggs, whisked
- 2 medium carrots, peeled and diced
- 1 small white onion, diced
- 1/2 cup frozen peas
- 3 cloves garlic, minced
- salt and pepper
- 4 cups cooked and chilled rice (I prefer short-grain white rice)
- 3 green onions, thinly sliced
- 3-4 tablespoons soy sauce, or more to taste
- 2 teaspoons oyster sauce (optional)
- 1/2 teaspoons toasted sesame oil



### Instructions:

1. Heat a large sauté pan over medium-high heat and spray generously with cooking spray. Add egg, and cook until scrambled, stirring occasionally. Remove egg, and transfer to a separate plate.
2. Add 1 tablespoon olive oil to the pan. Add carrots, onion, peas and garlic, and season with a generous pinch of salt and pepper. Sauté for about 5 minutes or until the onion and carrots are soft. Increase heat to high, add in 1/2 tablespoons of butter, and stir until melted. Immediately add the rice, green onions, soy sauce and oyster sauce (if using), and stir until combined.
3. Continue stirring for an additional 3 minutes to fry the rice. Then add in the eggs and stir to combine. Remove from heat, and stir in the sesame oil until combined.
4. Serve immediately, or refrigerate in a sealed container for up to 3 days.

Adapted from Gimme Some Oven

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Prep Time:  
25 minutes



Cook Time:  
20 minutes



Total Time:  
45 minutes



Yield:  
6 servings

## Loaded Baked Potato & Zucchini Soup

### Ingredients:

- 1 tablespoon extra virgin olive oil
- ½ red onion, diced
- 2 garlic cloves, minced
- ½ cup small- cubed zucchini
- 1 ½ cups small-cubed potatoes
- ½ cup heavy cream
- 2 cups low sodium chicken broth
- ½ teaspoon salt, plus more to taste
- Dash of pepper for taste
- 1 tablespoon freshly squeezed lemon juice
- 1 ½ cups shredded cheddar cheese for serving (or parmesan)
- ¼ cup scallions or chives, for serving.



### Instructions:

1. Heat the oil in a large skillet over medium-high heat. Once the oil is shimmering add in the onion and garlic. Cook until fragrant, about 1 minute, and then add zucchini and potatoes. Add in heavy cream, broth, 2 cups of water, and ½ teaspoons of salt and pepper.
2. Bring to a boil and then reduce heat, cover, and let simmer for 20 minutes or until potatoes are tender.
3. Transfer the vegetable mixture to a blender along with the lemon juice, and blend together until smooth.
4. Taste and adjust with more salt as needed.
5. Top with cheese and scallions and enjoy!

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Prep Time:  
25 minutes



Cook Time:  
20 minutes



Total Time:  
45 minutes



Yield:  
6 servings

## One Pan Mexican Inspired Quinoa

### Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced (optional)
- 1 cup quinoa, dry
- 1 cup vegetable or chicken broth
- 1 (15-ounce) can black beans, drained & rinsed 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen or canned
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and black pepper, to taste
- 1 avocado, halved, seeded, peeled & diced
- Juice of 1 lime



### Instructions:

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, if using, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, 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.
3. Stir in lime juice, top with avocado, Greek yogurt, shredded cheese, hot sauce, and enjoy!

From Damndelicious.net

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# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
10 minutes



Cook Time:  
0 minutes



Total Time:  
10 minutes



Yield:  
6 servings

## Roasted Beet Hummus

### Ingredients:

- 1 small roasted beet
- (can substitute for canned beet) 1, 15oz can cooked chickpeas (drained and rinsed, reserve some liquid)
- 1 large lemon (zested)
- ½ large lemon (juiced)
- 1 pinch salt & pepper
- 2 cloves garlic
- 2 tbsp. tahini
- ¼ c extra virgin olive oil



### Instructions:

- Preheat oven to 375F. Meanwhile chop leaves and roots off beets (stems can be saved to sauté and leaves are a healthy boost in a salad!)
- Coat with oil and wrap in tinfoil. Roast for 1 hour or until a fork can pierce skin and fall out without resistance.
- Let beets cool in fridge. Once cool, peel off skin. Place beet in food processor and blend
- until only small pieces remain. Add the remaining ingredients except for olive oil and blend until smooth. Scrape sides.
- Drizzle in olive oil as the hummus is mixing. Taste and adjust seasonings. Add more lemon juice if needed, add in chickpea liquids if too thick, or add salt & pepper as desired.

Adapted from Minimalist Baker

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# Eat Well to Be Well with heart-healthy recipes



Prep Time:  
15 minutes



Cook Time:  
45 minutes



Total Time:  
60 minutes



Yield:  
4 servings

## Roasted Root Vegetables

### Ingredients:

- 1 large carrot, cut into 1 inch chunks
- 2 parsnips, chopped into 1 inch chunks
- 1 medium sweet potato, chopped into 1 inch chunks
- 1 turnip, chopped into 1 inch chunks
- Extra-virgin olive oil
- 1 Tbsp fresh rosemary (or 1.5 tsp dried)
- 1 Tbsp fresh sage leaves (or 1.5tsp dried)
- 1 Tbsp thyme leaves (or 1.5tsp dried)
- Sea salt and black pepper to taste



**\*\*Note:** You can use any variation of root vegetables for this recipe. Consider trying beets, radishes, colorful carrots, russet potatoes, or whatever you have in your pantry! You can also adjust the seasonings to your preference and try alternatives such as dill and lemon zest!

### Instructions:

1. Preheat the oven to 425F and line a baking sheet with parchment paper.
2. Place all your cut vegetables onto the baking sheet and drizzle with olive oil, all the seasonings, and a pinch of salt and pepper. Toss to coat all the vegetables evenly in oil. If you pan feels overcrowded, separate onto two separate baking sheets.
3. Roast veggies for 30–50 minutes, or until fork tender and browned around the edges.
4. Garnish with fresh herbs, if using.

recipe adapted from Love and Lemons

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# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
10 minutes



Cook Time:  
15 minutes



Total Time:  
25 minutes



Yield:  
12 servings

## Sheet Pan Blueberry & Butternut Squash Pancakes

### Ingredients:

- Cooking spray for greasing the sheet pan
- ½ cup frozen cubed butternut squash (slightly thawed)
- 2 ripe bananas
- 4 large eggs
- ½ cup rolled oats
- 2 tablespoons ground flaxseeds
- ½ teaspoon ground cinnamon
- ½ cup blueberries
- Maple syrup for serving



### Instructions:

1. Preheat the oven to 350 degrees F. Grease a 10 X 12 ½ inch sheet pan with cooking spray
2. Blend together the squash, bananas, eggs, oats, flaxseeds, and cinnamon in a blender until smooth. Pour the batter onto the prepared sheet pan. Shake the pan until the batter is evenly spread out. Top with blueberries.
3. Bake for 15 minutes or until the pancakes are firm and the edges have browned.
4. Use cookie cutters to make fun shaped pancakes, or cut into 12 squares. Serve with maple syrup and enjoy!

Recipes adapted from: Feeding littles & Beyond cookbook

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# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
10 minutes



Cook Time:  
40 minutes



Total Time:  
50 minutes



Yield:  
4 servings

## Southwest Stuffed Peppers

### Ingredients:

- 14.5 oz can diced tomatoes, no salt added
- 1 medium yellow onion, diced
- ½ cup scallions, chopped
- 15 oz can low sodium black beans, drained and rinsed
- 15 oz can yellow corn, no salt added
- 2 ½ cups vegetable stock
- 1 ½ cups brown rice, uncooked 1 Tablespoon chili powder
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons cumin
- Salt and pepper to taste
- 4 raw bell peppers (any color) Shredded cheese for topping



### Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Add diced tomatoes, onion, scallions, black beans, corn, vegetable stock and brown rice to a large sauce pan. Stir together until well combined.
3. To the same pot, add chili powder, garlic powder, cumin, salt and pepper. For more heat, add red pepper flakes (optional). Bring to a low boil, cover and let simmer until liquid is absorbed (about 15 minutes).
4. Wash peppers, slice in half and remove the stem, seeds and white pith.
5. Place peppers in a lightly oiled baking pan, open side up.
6. When filling mixture is cooked through, spoon a generous amount into each pepper half. Sprinkle with cheese if desired.
7. Cover with tinfoil and bake for approximately 20 minutes, until peppers are tender and cheese is melted. Top with extra scallions and enjoy!

Adapted from The Modern Proper

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# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
10 minutes



Cook Time:  
30 minutes



Total Time:  
40 minutes



Yield:  
6 servings

## Sweet Potato Black Bean Chili

### Ingredients:

- 1-2 Tbsp olive oil
- 1 medium onion, diced small
- 2 garlic cloves, minced
- 1 large sweet potato, peeled and diced
- 2 Tbsp mild chili powder
- 2 tsp cumin
- 2 tsp smoked paprika
- 1 tsp salt
- 28 oz diced tomatoes, with their juices
- 2 (15oz) cans black beans, drained and rinsed
- 2 cups water

### Optional Toppings:

- 1-2 chopped avocados
- Chopped cilantro, green onions
- Plain Greek yogurt
- Crushed tortilla chips
- Cheddar cheese



Recipes adapted from: Nora Cooks

### Instructions:

1. In a large pot over medium heat, add the olive oil. Sauté the diced onion for 3-4 minutes until translucent, then add in the garlic and sweet potato. Mix and cook for about 2 more minutes.
2. Next, add your spices! Stir in the chili powder, cumin, smoked paprika, and salt.
3. Pour in the diced tomatoes along with their juices, black beans, and the 2 cups of water. Stir to combine. Simmer the mixture uncovered, for about 20-25 minutes.
4. Use a potato masher to mash some of the sweet potatoes for a thicker texture, if desired. You could also use an immersion blender to get your desired consistency.
5. Serve with your toppings of choice and enjoy!

\*\*To make in a crockpot, add all your ingredients into the crockpot and cook on high for 4-5 hours or low for 7-8 hours  
\*\*You can substitute the sweet potato for butternut squash. To increase color and vegetable content, you could also mix in spinach or kale.

# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
10 minutes



Cook Time:  
30 minutes



Total Time:  
40 minutes



Yield:  
6 servings

## Turkey Chili

### Ingredients:

- 1 Tablespoon olive oil
- 1 medium yellow onion chopped
- 2 Tablespoons minced garlic
- 1 lb ground turkey
- 1 teaspoon salt
- ½ teaspoon pepper
- 1½ cups chicken broth or vegetable stock
- 1 (28 oz) can diced or crushed tomatoes
- 1 (15 oz) can red kidney beans, drained and rinsed
- 1 (15 oz) can black beans, drained and rinsed
- 1½ cups frozen sweet corn (or canned)
- 2½ Tablespoons chili powder
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼ - ½ teaspoon cayenne pepper



### Instructions:

1. Heat the oil in a large pot or dutch oven over medium heat. Once oil is hot add onion and garlic to the pot and cook, stirring frequently until mixture is fragrant and onion is a bit translucent. Add turkey, salt and pepper to the pot and cook, breaking apart meat with a spatula until evenly brown and cooked through.
2. Add stock to the pot. Mix in tomatoes, kidney beans, black beans, corn, chili powder, paprika, cumin, oregano and cayenne pepper. Bring chili to a boil, reduce heat to low, cover and simmer for 20 minutes.
3. Serve chili warm with toppings of choice. Some ideas include avocado, sour cream, shredded cheese, cilantro, etc.

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# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
15 minutes



Cook Time:  
30 minutes



Total Time:  
45 minutes



Yield:  
4-6 servings

## Vegetable Minestrone Soup

### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, chopped
- 2 celery ribs, thinly sliced
- 1 teaspoon salt, plus more to taste
- 1/2 tsp black pepper
- 3 garlic cloves, grated
- 1 (28-ounce) can diced tomatoes
- 1 1/2 cups white beans or kidney beans, cooked, drained, and rinsed
- 1 cup chopped green beans
- 4 cups vegetable broth
- 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 3/4 cup small pasta
- 1/2 cup chopped fresh parsley
- Pinches of red pepper flakes
- Grated Parmesan cheese, optional, for serving



### Instructions:

- 1.Heat the oil in a large pot over medium heat. Add the onion, carrots, celery, salt, and black pepper, and cook, stirring occasionally, for 8 minutes, until the vegetables begin to soften.
- 2.Add the garlic, tomatoes, beans, green beans, broth, bay leaves, oregano, and thyme.Cover and simmer for 20 minutes.
- 3.Stir in the pasta and cook, uncovered, for 10 more minutes, until the pasta is cooked through.
- 4.Season to taste and serve with parsley, red pepper flakes, and parmesan, if desired.

Recipe adapted from:  
<https://www.loveandlemons.com/minestrone-soup/>

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# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
20 minutes



Cook Time:  
30 minutes



Total Time:  
50 minutes



Yield:  
4-6 servings

## Vegetable Baked Spring Rolls

### Ingredients:

- 1 tablespoon sesame oil \*omit for oil-free
- 250 g green cabbage (about 2 cups), shredded
- 2 medium carrots (about 1 1/2 cups), peeled and grated
- 100 g shiitake mushrooms (about 1 1/2 cups), destemmed and sliced
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, minced
- 1 tablespoon hoisin sauce
- 1 tablespoon soy sauce
- 16 spring roll wrappers (6" x 6"), defrosted (not egg rolls)
- water (for sealing spring rolls)
- Sweet & sour sauce, for serving (optional)



\*Adapted from <https://itdoesnttastelikechicken.com/>

### Instructions:

1. Preheat your oven to 400F. Line a large baking sheet with a wire rack.
2. In a large skillet or frying pan, heat the sesame oil over medium-high heat. When hot, add the cabbage, carrots, shiitake mushrooms, garlic, and ginger. Cook for about 5 minutes stirring frequently until the vegetables and mushrooms are cooked about 5 minutes. Stir in the hoisin and soy sauce and cook 1 minute more. Remove from heat and let cool before assembling the spring rolls. You can pop it in the fridge to cool faster if you like.
3. Set up a workstation with your spring roll wrappers, spring roll filling, a small bowl of water, and a baking tray fitted with a wire rack.
4. To assemble the spring rolls, take a spring roll wrapper and place it on your work surface with a corner pointing up (diamond shape). Put about 2 tablespoons of the spring roll filling near the bottom corner of the wrapper. Fold up the bottom corner around the filling, then fold in both sides. Wet your finger or use a brush to wet the top edges with water to seal the spring roll. Finish rolling up the spring roll, then place on the wire rack with point side down. Repeat with remaining wrappers until all of the filling is used up. Bake for about 25 minutes until golden around the edges. Serve hot with sweet & sour sauce.

# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
10 minutes



Cook Time:  
30 minutes



Total Time:  
40 minutes



Yield:  
6 servings

## Veggie Potage/ Potaje

### Ingredients:

- 1 onion
- 1 green pepper
- 1 zucchini
- 1 yellow squash
- 1 butternut squash ½ lb spinach
- 2 carrots
- ¼ lb cabbage
- 1 corn
- ¼ lb pumpkin
- 1 leek
- 2 gloves garlic
- 1 celery
- 1 lt of chicken or vegetable broth
- 1 lt of water
- Salt/ pepper/ sweet Spanish pepper/ saffron (or paprika)/ oregano/ parsley/ sage/ mint/ cumin/ cilantro
- Olive oil



### Instructions:

1. Pour 3 TSP of Olive Oil in a large pot.
2. Chop and add all the ingredients and brown them with the exception of the spinach.
3. Once veggies are nicely browned, add salt/pepper/sweet Spanish pepper, oregano and cumin
4. Once coated, add the broth and water making sure that all the veggies are submerged in the liquid.
5. Continue cooking at high heat until liquid starts boiling, then lower heat to medium/low for 1 hour
6. Stir the soup every 15 minutes or so, and at the last 25 minutes, add the spinach, sage, mint, cilantro and saffron (if available or paprika).
7. Continue cooking for another 15 minutes or until the veggies are soft to the touch.
8. Let it rest and serve as is or if you prefer, use a hand blender and puree.

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# Boost Your Mood & Energy with heart-healthy recipes



Prep Time:  
10 minutes



Cook Time:  
0 minutes



Total Time:  
10 minutes



Yield:  
6 servings

## Winter Fruit Salad

### Ingredients:

- 5 clementine's, peeled and separated into segments
- 2 pears, cored and sliced
- 2 apples, cored and sliced
- 1 large pomegranate, to get 1 ½ cups seeds
- 4 kiwis, peeled and sliced

### Lemon Lime Syrup:

- 3 Tbsp. honey
- 2 Tbsp. fresh lime juice (1 medium lime)
- 2 Tbsp. fresh lemon juice (1 medium lemon)



### Instructions:

1. In a large mixing bowl, combine all prepared fruit- 5 segmented clementines, 2 sliced pears, 2 sliced apples, pomegranate seeds, and 4 sliced kiwis
2. In a small bowl, combine 3 Tbsp. honey, 2 Tbsp. lemon juice and 2 Tbsp. lime juice until the honey dissolves. If honey isn't dissolving easily, warm in the microwave for 10 seconds.
3. Drizzle dressing over salad and toss gently to combine ingredients and coat all the fruit with the dressing. Serve immediately and enjoy!

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# Educating All Ages

## Cooking Classes for All Ages

Youth (ages 3+), Grown-up and Child, Teen, Adult, Families

Put on your chef's hat and come explore new flavors and recipes! Cooking classes at our Framingham Branch or Hopkinton Outdoor Center offer something for all levels, ages, and taste buds.

# Creating Food Access

## Nutritious Meals for Youth

Youth ages 18 and under eat for FREE Monday through Friday from 3:00 PM - 5:00 PM in Studio C at the Framingham Branch.

This program is offered through the USDA's Child and Adult Care Food Program (CACFP). CACFP is an equal opportunity provider.

# Building Healthy Futures

## Family Dinner Nights

Family Dinner Nights are an excellent way for families of all sizes to come together, learn how to cook a healthy recipe, and enjoy a delicious meal with others! These programs are a great way to try new foods and flavors, learn about other cultures, and meet your neighbors. You do not have to be a member to participate. We hope to see you soon!

[METROWESTYMCA.ORG](http://METROWESTYMCA.ORG)