



WELLNESS AT BREAKFAST, LUNCH AND DINNER

BREAKFAST – Huevos Rancheros with Roasted Tomato Sauce

Delicious breakfast options with protein and a ton of flavor.

Ingredients

2 tbs coconut or olive oil, plus more as needed
¼ cup chopped yellow onion
½ tsp dried oregano
1 can black beans, drained and rinsed
½ cup water

4 eggs
½ cup roasted tomato sauce
¼ cup shredded Monterey Jack cheese
Pico de gallo and crumbled queso Cotija or feta cheese

TO PREPARE: Preheat oven to 400°F. In small saucepan over medium-high heat, warm 1 tbs oil. Add onion; cook, stirring occasionally, 4-6 mins. Add oregano and beans; cook for 1 minute. Add water; bring to a boil. Reduce heat; simmer 5-7 mins. Place two 6 ½” cast-iron skillet over medium heat. In each pan, warm ½ tbs oil; cook 1 tortilla about 30 seconds per side. Repeat with remaining tortillas, adding more oil as needed. Remove from heat. Arrange 3 tortillas in each pan, overlapping them to cover entire surface with 1” of overhang around edge of pans. Spoon ½ cup beans in each pan; make a small well in center. Crack 2 eggs into each well; top with tomato sauce. Bake 6 mins. Sprinkle Monterey Jack on top; tent with foil. Bake until cheese is melted, 5-6 mins. Top with pico de gallo and queso Cotija or feta cheese.

Source: Williams-sonoma.com

LUNCH – Mighty Minestrone

A nutritionally dense but lower calorie soup. Serves 8 to 10.

Ingredients

6 baby red potatoes, scrubbed, unpeeled and diced
(Or Substitute: 1 yam or sweet potato)
2 carrots, peeled and chopped
2 ribs celery, sliced
1 zucchini, coarsely chopped
½ sweet onion, chopped
15 oz chickpeas, drained and rinsed
15 oz kidney beans, drained and rinsed
4 cups vegetable broth
(Or Replace: ½ with organic beef broth)

¼ cup red wine
30 oz diced tomatoes, undrained
1 tsp dried basil
1 bay leaf
¾ tsp dried oregano
1 tsp salt
½ tsp freshly ground pepper or to taste
10 oz frozen chopped spinach
1 tbs red wine vinegar
¼ cup grated Parmesan cheese (for garnish and optional)

TO PREPARE: Place fresh vegetables, beans, broth, red wine, tomatoes, basil, bay leaf, oregano, salt and pepper in the slow cooker, stir gently to mix, cover and cook on low for 4 to 5 hours, or until all veggies are tender. Remove bay leaf. Stir in spinach and cook for 30 mins., or until spinach is hot. Add vinegar and stir to incorporate, then garnish with the parmesan, if using, and serve.

Source: motherearthliving.com

DINNER – Spaghetti with Turkey Meatballs

This is a wonderfully healthy option to a family favorite. For speedier prep time consider making the sauce and prepping the meatballs in advance.

Ingredients

2 tbs olive or coconut oil
3 large carrots, grated
1 medium onion, chopped
1 red bell pepper, chopped
Kosher salt and black pepper

60 oz diced tomatoes
5 oz herbed cheese (such as Boursin)
3 oz grated Parmesan (¾ cup), plus more for serving
2 large eggs, lightly beaten
¾ pound spaghetti or a gluten-free pasta

TO PREPARE: Heat the oil in a large pot over medium heat. Add the carrots, onion bell pepper and ¼ tsp each salt and black pepper. Cook, stirring occasionally, until the vegetables are tender, 10 to 15 mins. Add the tomatoes, with their juices, and cook, stirring frequently, until thickened, 12 to 15 mins. Meanwhile, heat broiler. Gently mix together the turkey, herbed cheese, Parmesan, eggs, and ¼ tsp each salt and pepper with your hands in a large bowl until just combined (do not overmix). Form the mixture into 12 ¼-cup meatballs and place on a foil-lined baking sheet. Broil, turning once, until golden brown, 8 to 10 mins. Add to the sauce and simmer until cooked through, 5 to 7 mins. Cook the pasta according to the package directions. Serve topped with sauces and meatballs. Sprinkle with additional Parmesan.

Source: realsimple.com