

Module 2



HEALTHY COOKING RECIPES

ANDREA BEAMAN

SIMPLE QUINOA

**PREP TIME**

5 minutes

**COOK TIME**

15 minutes

**SERVINGS**

6

Ingredients

- 2 cups quinoa
- 3 1/2 cups water
- 1/4 cup toasted sunflower seeds or pumpkin seeds
- 1/4 cup scallion, chopped
- 1/4 cup extra virgin olive oil
- 2-3 tbsp lemon juice or apple cider vinegar
- 1/4 tsp sea salt
- 1/2 bunch basil and parsley, chopped

Directions

1. Wash grains. Place in water.
2. Bring to a boil. Cover and simmer for 13–15 minutes.
3. Remove from heat and let stand for 5 minutes.
4. Whisk olive oil, lemon juice, and sea salt together in a small bowl.
5. Place cooked quinoa in a mixing bowl.
6. Add toasted seeds, scallion, and fresh herbs, and fluff.
7. Add dressing and lightly toss.

SIZZLING STIR-FRY - BASIC MARINADE

 PREP TIME 5 minutes	 COOK TIME None	 SERVINGS 1/2 cup
Ingredients	Directions	
<ul style="list-style-type: none">• 1/2 tbsp ginger juice• 1/2 tbsp tamari or soy sauce• 1/4 cup brown rice vinegar• 1/4 cup toasted sesame oil• 1/4 cup fresh cilantro, chopped• 1 garlic clove, peeled and minced	<ol style="list-style-type: none">1. Whisk all ingredients together in a small bowl and set aside for tofu or chicken.	

SIZZLING STIR-FRY

Tofu

 PREP TIME 1 h 45 minutes	 COOK TIME 5-7 minutes	 SERVINGS 2-3
Ingredients	Directions	
<ul style="list-style-type: none">• 1/2 block firm tofu• 1 tbsp extra virgin olive oil• 1 tbsp sesame oil	<ol style="list-style-type: none">1. Cut tofu into 1-inch squares after draining.2. Set tofu aside and prepare Basic Marinade.3. Marinate tofu for at least 30 minutes, or overnight, in the refrigerator.4. Heat olive and sesame oils in a skillet.5. Add marinated tofu and sauté until tofu becomes golden brown.	



SIZZLING STIR-FRY

Chicken

**PREP TIME**

45 minutes

**COOK TIME**

6–8 minutes

**SERVINGS**

2–3

Ingredients

- 2 chicken breasts, cut into 2-inch chunks
- 1 tbsp peanut oil

Directions

1. Marinate chicken in Basic Marinade for at least 30 minutes, or overnight, in the refrigerator.
2. Heat oil in a skillet.
3. Add chicken and cook for about 6–8 minutes or until cooked through.



SIZZLING STIR-FRY

Vegetables

 PREP TIME 10 minutes	 COOK TIME 10 minutes	 SERVINGS 2-3		
Ingredients	Directions			
<ul style="list-style-type: none"> • 1 tbsp peanut oil • 1 onion, cut into thin crescents • 1/4 cup carrot, thinly sliced • 1/4 cup bell pepper, sliced • 1/2 cup cabbage, sliced • 1/2 cup bok choy, sliced • A splash of toasted sesame oil • Sea salt to taste 				
<ol style="list-style-type: none"> 1. Coat a skillet with the peanut oil and cook onion and carrot over medium heat until tender. 2. Add cabbage, season with salt, toss, cover, and cook for 5 minutes. 3. Add bok choy and bell pepper, cover, and cook 2-3 minutes. 4. Season with toasted sesame oil and salt to taste. 5. Toss with choice of cooked tofu or chicken. 				

LENTIL STEW

 PREP TIME 10 minutes	 COOK TIME 50 minutes	 SERVINGS 4
Ingredients	Directions	
<ul style="list-style-type: none"> • 1-2 tbsp extra virgin olive oil • 1 tsp cumin powder • 1 tsp oregano • 1 onion, diced • 1 carrot, diced • 2 celery stalks, diced • 1 cup black, green, or brown lentils • 1 bay leaf • 4-5 cups water or stock • 1/2 tsp sea salt • A few splashes apple cider vinegar or red/white wine vinegar 	<ol style="list-style-type: none"> 1. Heat olive oil in a stock/soup pot. 2. Add onion and sauté for 3-4 minutes. 3. Add cumin and oregano, stirring for 30 seconds. 4. Add carrot and celery and sauté for another 3 minutes. 5. Season with sea salt. 6. Add lentils and water or stock, plus bay leaf. Bring to a boil. 7. Cover, lower to a simmer, and cook for 40-45 minutes, or until lentils are soft. 8. Add a few splashes of vinegar, stir, and taste. Add more salt if necessary. 9. Let cook for another 5-10 minutes. 10. Remove bay leaf before serving. 	

VEGETABLE CRUDITÉ WITH AVOCADO DIP

 PREP TIME 20 minutes	 COOK TIME None	 SERVINGS 4–6
Ingredients	Directions	
Avocado dip		<ol style="list-style-type: none"> 1. Peel avocados and remove pits. 2. Put all dip ingredients into a food processor or blender and pulse until you reach desired consistency. 3. Season with sea salt and freshly ground black pepper. 4. Arrange cut vegetables on a platter. Place avocado dip in a bowl in the center of the platter.
Crudité		<ul style="list-style-type: none"> • 1 jicama root, peeled and sliced into dipping sticks • 2 carrots, cut into dipping sticks • 3 celery stalks, cut into dipping sticks • 1 daikon root, cut into dipping sticks • 1 bell pepper, seeded and sliced thin

MASSAGED KALE SALAD

 PREP TIME 15 minutes	 COOK TIME 3-5 minutes	 SERVINGS 3-4
Ingredients	Directions	
<ul style="list-style-type: none">• 1 large bunch raw kale• 1/4 cup sliced raw almonds• 1/2 cup cherry tomatoes, cut in half• 1/2 lemon, juiced• 1/4 cup extra virgin olive oil• Pecorino cheese, shaved (optional)• Sea salt and ground black pepper to taste	<ol style="list-style-type: none">1. Remove stems and chop kale into thin ribbons.2. Massage with lemon juice to soften the leaves and cut the bitterness.3. Combine in a large bowl with the olive oil and lemon juice.4. Massage until kale softens and drain any liquid released from the kale.5. Toast almonds in a skillet over medium heat until they begin to brown. Remove from heat.6. Add the almonds and tomatoes to the kale and toss.7. Season with sea salt and freshly ground black pepper.8. Top salad with shaved pecorino cheese (optional).	

CARROT GINGER SOUP

 PREP TIME 10 minutes	 COOK TIME 30 minutes	 SERVINGS 4
Ingredients	Directions	
<ul style="list-style-type: none">• 1-2 tbsp extra virgin olive oil• 6 carrots, cut into chunks• 1 medium onion, cut into chunks• 1 tsp sea salt• 4 cups water or stock• 6-inch piece fresh ginger, peeled and cut into chunks• Fresh parsley to garnish	<ol style="list-style-type: none">1. Heat oil in stock pot on medium heat.2. Place carrots, onion, ginger, and salt in the heated pot.3. Add water, bring to a boil, and cover with a lid.4. Simmer on low heat for 25 minutes or until carrots soften.5. Transfer soup into a blender or food processor, adding water if necessary to achieve desired consistency.6. Transfer to a soup bowl and garnish with fresh parsley.	

STRAWBERRY SPINACH SMOOTHIE

**PREP TIME**

5 minutes

**COOK TIME**

None

**SERVINGS**

1-2

Ingredients

- 1 cup spinach, tightly packed
- 1 cup fresh or frozen strawberries
- 1 cup nut milk or coconut water
- 1 tbsp flax or chia seeds
- 1 pitted date (optional for added sweetness)

Directions

1. Blend all ingredients until smooth.