








































EIGHT GREAT SUPERFOODS

| SUPERFOOD | WHY | HOW TO EAT MORE | NUTRITION |
|---|---|---|--|
|  BLUEBERRIES (and other berries) |    | Toss into hot or cold cereals, smoothies or yogurt Sprinkle sliced strawberries in a spinach salad Eat a handful for a snack – along with some nuts Freeze for a tasty snack on a hot day | <i>One cup</i> 80 calories 20 g carbs 3.5 g fiber |
|  SPINACH (and other green leafy veggies) |     | Add to scrambled eggs or in a Veggie Quiche Cup* Sauté with garlic; season with a drizzle of balsamic vinegar Try greens like kale and chard in salads or soups | <i>One cup</i> 7 calories 1 g carbs .7 g fiber |
|  GREEK YOGURT (and other dairy foods) |    | Add to oatmeal* or smoothies Top with fruit and nuts Add chopped cucumber, dill, onion and garlic to make a glaze/dip or salad dressing | <i>One cup (nonfat)</i> 80 calories 6 g carbs 15 g protein |
|  WALNUTS (and other nuts and seeds) |      | Small handful as a snack between meals Sprinkle in salads, on yogurt or oatmeal Lightly toast to bring out the deeper flavors Stir into whole grain dishes (rice pilaf) for an extra crunch | <i>¼ cup if pieces</i> 196 calories 4 g carbs 2 g fiber |
|  AVOCADO |     | Spread on toast instead of margarine or butter Add to salads and sandwiches Crack a whole egg into an avocado half and bake Mash with lime juice and chopped red onion for a dip | <i>½ avocado</i> 161 calories 8.5 g carbs 6.7 g fiber |
|  SALMON (and other fish, especially higher fat fish) |      | Aim for 2 fish meals/week. Grill, broil, bake or poach Try single serve flaked fish in a pouch (salmon, tuna) Add to a salad – grilled or leftover from the night before Other fish include mackerel, sardines and albacore tuna | <i>4 oz serving</i> 233 calories 0 g carbs 25 g protein |
|  LENTILS (and other legumes, beans and peas) |     | Add to soups, stews and salads as a substitute for meat Try a Mediterranean inspired Crunchy Lentil Salad* For a snack, try oven roasted chickpeas or hummus dips | <i>½ cup cooked lentils</i> 115 calories 60 g carbs 8 g fiber |
|  STEEL CUT OATS (and other whole grains) |    | Use a slow cooker or Instant Pot to prepare ahead of time Start your morning with overnight oats* Whole grains include: barley, brown rice, bulgur, quinoa, farro and buckwheat | <i>¼ cup steel cut oats (dry)</i> 150 calories 27 g carbs 4 g fiber |



RECIPES

CRUNCHY LENTIL SALAD

MAKES 6 SERVINGS / SERVING SIZE ½ CUP

21g carbs, 8g fiber, 170 calories

1 cup lentils, rinsed

3 cups water

1 clove garlic

2 green onions, finely chopped

1 cup grape tomatoes, halved

½ cup chopped cucumber

Juice of one lemon

3 Tbsp olive oil

Seasonings: fresh parsley, sprinkle of salt and ground black pepper

(optional – sprinkle with feta cheese)

Combine lentils, water and garlic in a pot over medium heat. Simmer for 15 minutes until lentils are tender. Drain and run under cold water. Discard garlic. While lentils cook, whisk together the dressing ingredients. Combine lentils, green onion, green pepper, tomatoes and chopped cucumber. Drizzle with dressing and refrigerate until ready to serve.



RECIPES

FRUIT N NUT YOGURT BREAKFAST BOWL***

MAKES 1 SERVING

42g carbs, 20g protein, 300 calories

1 small container Greek Yogurt (6 oz, plain)

1 cup chopped fresh fruit

(berries, bananas, pears)

2 tsp honey

2 Tbsp chopped toasted nuts

(almonds, walnuts or pecans)

Combine Yogurt, fresh fruit and honey together. Sprinkle the nuts on top before eating.



RECIPES

OVERNIGHT OATS WITH BLUEBERRIES

MAKES 1 SERVING

32g carbs, 16g protein, 2g fat, 210 calories

1/3 cup rolled oats (or 1/4 cup steel cut oats)

1/3 cup 2% fat plain Greek yogurt

1/3 cup milk (nonfat)

1/3 cup blueberries

Other items to add if desired:

1/2 tsp vanilla

1 tsp Chia seeds

Sweetener to taste

Combine all ingredients together in a 12 oz jar. Let sit in the refrigerator overnight. Grab and go!



RECIPES

VEGGIE QUICHE CUPS

MAKES 12 SERVINGS

1 serving = 6g protein, 9g fat, 52 calories

8 eggs

½ cup milk

¼ tsp salt and ¼ tsp pepper (or as desired)

4 cups fresh spinach

1 cup sliced mushrooms

½ small onion chopped

½ cup grated cheese (such as low-fat cheddar)

Heat oven to 350°. Sauté the veggies together in a non-stick pan until spinach is wilted. In a muffin pan sprayed with non-stick spray or silicone cupcake liners, distribute the veggie mixture evenly between the 12 cups. Whisk the eggs, milk, salt and pepper together and pour into the cups. Sprinkle the cheese evenly on top and bake until set and lightly browned, about 15-20 minutes.