University of Utah Center for Community Nutrition

Contact us to learn more about the programs we have available to encourage healthy eating habits and disease prevention.

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Roasted Seasonal Veggies with Salsa Verde

1. Make the salsa verde by mixing parsley, cilantro, juice of one lemon, 2 cloves garlic (minced), 2 tbsp olive oil, jalapeño, cumin, turmeric, cayenne together. Set aside.

2. Mix remaining ingredients together and place in a roasting tray. Place tray into a 425F degree oven for 40 minutes or until vegetables are slightly charred and tender.

3. Remove from oven, toss with salsa verde and serve.

Directions:
Spring Herb Salad with Citrus Oregano Dressing

1. Toss salad ingredients in a large serving bowl and set aside.

2. Whisk all dressing ingredients in a medium bowl until well combined. May also use a blender or immersion blender to emulsify the dressing.

3. Divide salad amongst 4 plates. Shake dressing and drizzle each salad with about 2 thumbs worth.

To make this a complete meal, add healthful fats and a quality source of protein. Possible options:

Fats: avocado, almond slices, pine nuts, sunflower seeds, chopped walnuts

Proteins: grilled or roasted chicken, steak, wild salmon, hard boiled or poached eggs.

Serving Size: 4

Roasted Seasonal Veggies with Salsa Verde

Ingredients:
- 1 head fennel, core removed, sliced
- 4 medium turnips, peeled & quartered
- 8 baby potatoes, quartered
- 1 large onion, large dice
- 6 garlic cloves, smashed
- 5 sprigs rosemary
- 4 tbsp olive oil
- 1 bunch parsley, minced
- 1 bunch cilantro, minced
- 1 lemon
- 1 jalapeño
- 1 tsp cumin
- 1 tsp turmeric
- 1 pinch cayenne
- salt and pepper to taste

Spring Herb Salad with Citrus Oregano Dressing

Ingredients:

Salad:
- ~5 oz baby romaine (or other mild leaf)
- ~1 oz arugula
- 4 green onions
- ~1 oz julienned carrots
- ~8 small radishes, trimmed/sliced or quartered

Dressing:
- 2 oranges, juiced
- 1 lemon, zest and juiced
- 1/2 cup EVOO
- 2 tbsp apple cider vinegar
- 2 tsp finely chopped fresh oregano
- 1 clove garlic, minced
- 3/4 tsp sea salt
- dash of pepper

Salad: ~5 oz baby romaine (or other mild leaf)
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To make this a complete meal, add healthful fats and a quality source of protein. Possible options:

Fats: avocado, almond slices, pine nuts, sunflower seeds,

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- 1 tsp cumin
- 1 tsp turmeric
- 1 pinch cayenne
- salt and pepper to taste

Spring Herb Salad with Citrus Oregano Dressing

Salad:

- ~5 oz baby romaine (or other mild leaf)
- ~1 oz arugula
- 4 green onions
- 1 medium carrot, grated
- 8 small radishes, trimmed/sliced or quartered
- ~1 cup rough chopped fresh flat leaf parsley
- ~1/2 cup rough chopped fresh basil

Dressing:

- 2 oranges, juiced
- 1 lemon, zest and juiced
- 1/2 cup EVOO
- 2 tbsp apple cider vinegar
- 2 tsp finely chopped fresh oregano
- 1 clove garlic, minced
- 3/4 tsp sea salt
- dash of pepper

Sprinkle Herbs with Citrus Oregano Dressing

Directions:

Serving Size: 4

Ingredients:

Roasted Seasonal Veggies with Salsa Verde

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- 4 medium turnips, peeled & quartered
- 8 baby potatoes, quartered
- 1 large onion, large dice
- 6 garlic cloves, smashed
- 5 sprigs rosemary
- 4 tbsp olive oil
- 1 bunch parsley, minced
- 1 bunch cilantro, minced
- 1 lemon
- 1 jalapeño
- 1 tsp cumin
- 1 tsp turmeric
- 1 pinch cayenne
- salt and pepper to taste

Spring Herb Salad with Citrus Oregano Dressing

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- ~1 oz arugula
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To make this a complete meal, add healthful fats and a quality source of protein. Possible options:
Fats:
- avocado, almond slices, pine nuts, sunflower seeds, chopped walnuts
Proteins:
- grilled or roasted chicken, steak, wild salmon, hard boiled or poached eggs.

Roasted Seasonal Veggies with Salsa Verde
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8 baby potatoes, quartered
1 large onion, large dice
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1 bunch parsley, minced
1 lemon
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1 tsp cumin
1 tsp turmeric
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1 pinch cayenne
salt and pepper to taste

Spring Herb Salad with Citrus Oregano Dressing
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- ~1 oz arugula
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- ~1 cup rough chopped fresh flat leaf parsley
- ~1/2 cup rough chopped fresh basil
Dressing:
- 2 oranges, juiced
- 1 lemon, zest and juiced
- 1/2 cup EVOO
- 2 tbsp apple cider vinegar
- 2 tsp finely chopped fresh oregano
- 1 clove garlic, minced
- 3/4 tsp sea salt
- dash of pepper
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- 8 baby potatoes, quartered
- 1 large onion, large dice
- 6 garlic cloves, smashed
- 5 sprigs rosemary
- 4 tbsp olive oil
- 1 bunch parsley, minced
- 1 bunch cilantro, minced
- 1 lemon
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- 1 tsp cumin
- 1 tsp turmeric
- 1 pinch cayenne
- salt and pepper to taste

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- 8 small radishes, trimmed/sliced or quartered
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Dressing:
- 2 oranges, juiced
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Fats:
- avocado, almond slices, pine nuts, sunflower seeds, chopped walnuts

Proteins:
- grilled or roasted chicken, steak, wild salmon, hard boiled or poached eggs.
White Bean Puree with Sautéed Seasonal Greens

Serving Size: 4

Ingredients:
- 1 cup dried white beans
- 10 cloves garlic
- 2 springs rosemary
- 2 bay leaves
- 1 lemon
- 1 bunch kale (ribs removed), chopped
- 1 bunch swiss chard, chopped
- 8 green onion, trimmed, cut into 2 inch pieces
- 4 Tbsp olive oil
- Salt and pepper to taste

Directions:
1. Soak beans overnight in water.
2. Drain beans and place in a large pot with 8 cloves garlic, rosemary, and bay leaves. Cover with water, bring to boil, and lower to simmer. Cook until beans are tender.
3. Puree beans with some cooking liquid, 2 Tbsp olive oil, and juice of one lemon. Keep warm.
4. Smash 2 garlic cloves and heat with 2 Tbsp olive oil in large sauté pan. Add greens and onions, season with salt and pepper. Cook until tender.
5. Serve greens over puree and garnish with extra virgin olive oil and a squeeze of lemon.

Eggplant, Summer Squash, Ricotta Involtini

Serving Size: 4

Ingredients:
- 2 japanese eggplants
- 2 zucchini or yellow squash
- 1 pint ricotta
- 1 lemon, zested & juiced
- 8 basil leaves, thinly sliced
- 2 Tbsp olive oil
- Salt and pepper to taste

Directions:
1. Mix ricotta, lemon zest, juice, basil, and 1 Tbsp olive oil together. Season to taste and set aside.
2. Thinly slice eggplant and squash into 1/4 inch long planks. Brush with olive oil and season to taste.
3. Place veggies on hot grill and flip once grill marks are noticeable and veggie is softened slightly. Remove after remaining side is cooked. Cool to room temperature.
4. Lay out veggie and scoop 1 Tbsp ricotta mixture on the front end of each eggplant/squash. Roll veggie completely over the cheese. Garnish with olive oil and serve at room temperature.
White Bean Puree with Sautéed Seasonal Greens

Serving Size: 4

Ingredients:
- 1 cup dried white beans
- 10 cloves garlic
- 2 springs rosemary
- 2 bay leaves
- 1 lemon
- 1 bunch kale (ribs removed), chopped
- 1 bunch swiss chard, chopped
- 8 green onion, trimmed, cut into 2 inch pieces
- 4 Tbsp olive oil
- salt and pepper to taste

Directions:
1. Soak beans overnight in water.
2. Drain beans and place in a large pot with 8 cloves garlic, rosemary, and bay leaves. Cover with water, bring to boil, and lower to simmer. Cook until beans are tender.
3. Puree beans with some cooking liquid, 2 Tbsp olive oil, and juice of one lemon. Keep warm.
4. Smash 2 garlic cloves and heat with 2 Tbsp olive oil in large sauté pan. Add greens and onions, season with salt and pepper. Cook until tender.
5. Serve greens over puree and garnish with extra virgin olive oil and a squeeze of lemon.

Eggplant, Summer Squash, Ricotta Involtini

Serving Size: 4

Ingredients:
- 2 japanese eggplants
- 2 zucchini or yellow squash
- 1 pint ricotta
- 1 lemon, zested & juiced
- 8 basil leaves, thinly sliced
- 2 Tbsp olive oil
- salt and pepper to taste

Directions:
1. Mix ricotta, lemon zest, juice, basil, and 1 Tbsp olive oil together. Season to taste and set aside.
2. Thinly slice eggplant and squash into 1/4 inch long planks. Brush with olive oil and season to taste.
3. Place vegetables on hot grill and flip once grill marks are noticeable and vegetable is softened slightly. Remove after remaining side is cooked. Cool to room temperature.
4. Lay out vegetable completely over the cheese. Roll vegetable completely over the cheese.
5. Lay out vegetable and scoop 1 Tbsp ricotta mixture on the front end.
White Bean Puree with Sautéed Seasonal Greens

**Ingredients:**
- 1 cup dried white beans
- 10 cloves garlic
- 2 springs rosemary
- 2 bay leaves
- 1 lemon
- 1 bunch kale (ribs removed), chopped
- 1 bunch Swiss chard, chopped
- 8 green onion, trimmed, cut into 2 inch pieces
- 4 Tbsp olive oil
- salt and pepper to taste

**Directions:**
1. Soak beans overnight in water.
2. Drain beans and place in a large pot with 8 cloves garlic, rosemary, and bay leaves. Cover with water, bring to boil, and lower to simmer. Cook until beans are tender.
3. Puree beans with some cooking liquid, 2 Tbsp olive oil, and juice of one lemon. Keep warm.
4. Smash 2 garlic cloves and heat with 2 Tbsp olive oil in large sauté pan. Add greens and onions, season with salt and pepper. Cook until tender.
5. Serve greens over puree and garnish with extra virgin olive oil and a squeeze of lemon.

Eggplant, Summer Squash, Ricotta Involtini

**Ingredients:**
- 2 Japanese eggplants
- 2 zucchini or yellow squash
- 1 pint ricotta
- 1 lemon, zested & juiced
- 8 basil leaves, thinly sliced
- 2 Tbsp olive oil
- salt and pepper to taste

**Directions:**
1. Mix ricotta, lemon zest, juice, basil, and 1 Tbsp olive oil together. Season to taste and set aside.
2. Thinly slice eggplant and squash into 1/4 inch long planks. Brush with olive oil and season to taste.
3. Place veggies on hot grill and flip once grill marks are noticeable and veggie is softened slightly. Remove after remaining side is cooked. Cool to room temperature.
4. Lay out veggie and scoop 1 Tbsp ricotta mixture on the front end of each eggplant/squash. Roll veggie completely over the cheese. Garnish with olive oil and serve at room temperature.
WHITE BEAN PUREE WITH SAUTÉED SEASONAL GREENS

Serving Size: 4

Ingredients:
- 1 cup dried white beans
- 10 cloves garlic
- 2 sprigs rosemary
- 2 bay leaves
- 1 lemon
- 1 bunch kale (ribs removed), chopped
- 1 bunch Swiss chard, chopped
- 8 green onions, trimmed, cut into 2 inch pieces
- 4 Tbsp olive oil
- Salt and pepper to taste

Directions:
1. Soak beans overnight in water.
2. Drain beans and place in a large pot with 8 cloves garlic, rosemary, and bay leaves. Cover with water, bring to boil, and lower to simmer. Cook until beans are tender.
3. Puree beans with some cooking liquid, 2 Tbsp olive oil, and juice of 1 lemon. Keep warm.
4. Smash 2 garlic cloves and heat with 2 Tbsp olive oil in a large sauté pan. Add greens and onions, season with salt and pepper. Cook until tender.
5. Serve greens over puree and garnish with extra virgin olive oil and a squeeze of lemon.

EGGPLANT, SUMMER SQUASH, RICOTTA INVOLTINI

Serving Size: 4

Ingredients:
- 2 Japanese eggplants
- 2 zucchini or yellow squash
- 1 pint ricotta
- 1 lemon, zested & juiced
- 8 basil leaves, thinly sliced
- 2 Tbsp olive oil
- Salt and pepper to taste

Directions:
1. Mix ricotta, lemon zest, juice, basil, and 1 Tbsp olive oil together. Season to taste and set aside.
2. Thinly slice eggplant and squash into 1/4 inch long planks. Brush with olive oil and season to taste.
3. Place veggies on hot grill and flip once grill marks are noticeable and veggie is softened slightly. Remove after remaining side is cooked. Cool to room temperature.
4. Lay out veggie and scoop 1 Tbsp ricotta mixture on the front end of each eggplant/squash. Roll veggie completely over the cheese. Garnish with olive oil and serve at room temperature.
Aussie Avo Toast

Serving size: 4

Vegetable and Coconut Rice Upma

Serving size: 4

Ingredients:

Aussie Avo Toast

- 4 slices toasted bread
- 4 cloves garlic with one end sliced off
- 2 avocados, sliced
- olive oil
- coarse salt
- pepper

Toppings:

- sliced radishes
- pea shoots
- micro greens
- sliced tomatoes
- egg (boiled, poached, fried, scrambled)

Directions:

1. Rub 1 clove of garlic over each slice of toast.
2. Top with half an avocado, mash slightly with a fork (so it doesn’t fall off).
3. Drizzle with olive oil
4. Sprinkle with coarse salt and pepper

Toppings:
Add whatever you have on hand or prefer:

Prepare rice:

1/3 cup roasted cashews to garnish

1/4 tsp mustard seeds
1/2 tsp cumin
1/2 tsp turmeric
2 tsp curry powder

2 tsp green chilies (more or less depending on desired spice level)

2 cup mixed vegetables, chopped (carrots, potatoes, peas, bell pepper, etc)

1/2 cup brown rice

1 cup water

1 2oz can coconut milk

1 small onion, finely chopped

Directions:

Prepare vegetables:

- Heat oil in a medium sauté pan, add mustard seeds. Once seeds have started to ‘pop’ add other spices and stir to combine.
- Add onion and stir occasionally until golden brown.
- Add other vegetables and chilies, stir occasionally until vegetables are soft.

Combine vegetable mixture with rice. Sprinkle with salt if desired.

Garnish with cashews and chopped coriander.
Aussie Avo Toast

**Ingredients:**
- 4 slices toasted bread
- 4 cloves garlic with one end sliced off
- 2 avocados, sliced
- olive oil
- coarse salt
- pepper

**Toppings:**
- sliced radishes
- pea shoots
- micro greens
- sliced tomatoes
- egg (boiled, poached, fried, scrambled)

**Directions:**
1. Rub 1 clove of garlic over each slice of toast.
2. Top with half an avocado, mash slightly with a fork (so it doesn’t fall off).
3. Drizzle with olive oil.
4. Sprinkle with coarse salt and pepper.
5. Toppings:
   - Add whatever you have on hand or prefer:
     - Sliced radishes
     - Pea shoots
     - Micro greens
     - Sliced tomatoes
     - Egg (boiled, poached, fried, scrambled)

Vegetable and Coconut Rice Upma

**Ingredients:**
- 1 cup brown rice
- 1 12oz can coconut milk
- 1 cup water
- 1 small onion, finely chopped
- 2 inch piece of garlic, grated
- 2 tsp curry powder
- 1/2 tsp cumin powder
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1/2 tsp red chili powder
- chopped vegetables (carrots, potatoes, peas, bell pepper, etc)
- 2 Tbsp green chilies (more or less depending on desired spice level)

**Directions:**
1. Prepare rice: Bring coconut milk and water to a boil in a medium saucepan, add mustard seeds. Once seeds have started to pop, add onion and stir to combine. Add other spices and stir to simmer for 20-25 minutes until all liquid is absorbed. (Rice can be prepared 2 days in advance and kept in a sealed container in the refrigerator.)
2. Prepare vegetables: Heat oil in a medium sauté pan, add mustard seeds. Once seeds have started to pop, add other spices and stir to combine. Add onion and stir occasionally until golden brown. Add other vegetables and chilies, stir occasionally until vegetables are soft.
3. Combine vegetable mixture with rice. Stir occasionally until vegetables are soft.
4. Garnish with cashews and chopped coriander.

**Directions:**
1. Prepare rice: Bring coconut milk and water to a boil in a small saucepan and water to a boil in a small saucepan.
**Aussie Avo Toast**

- **Serving size:** 4

**Ingredients:**
- 4 slices toasted bread
- 4 cloves garlic with one end sliced off
- 2 avocados, sliced
- olive oil
- coarse salt
- pepper

**Toppings:** (whatever you have on hand or prefer):
- sliced radishes
- pea shoots
- micro greens
- sliced tomatoes
- egg (boiled, poached, fried, scrambled)

**Directions:**
1. Rub 1 clove of garlic over each slice of toast.
2. Top with half an avocado, mash slightly with a fork (so it doesn’t fall off).
3. Drizzle with olive oil.
4. Sprinkle with coarse salt and pepper.
5. Toppings: Add whatever you have on hand or prefer:
   - Sliced radishes
   - Pea shoots
   - Micro greens
   - Sliced tomatoes
   - Egg (boiled, poached, fried, scrambled)

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**Vegetable and Coconut Rice Upma**

- **Serving size:** 4

**Ingredients:**
- 1 cup brown rice
- 1 12oz can coconut milk
- 1 cup water
- 1 small onion, finely chopped
- 2 inch piece of garlic, grated
- 2 tsp curry powder
- 1/2 tsp cumin powder
- 1/4 tsp turmeric powder
- 2 Tbsp green chilies (more or less depending on desired spice level)
- 2 avocados, sliced
- 4 cloves garlic with one end sliced off
- 4 slices toasted bread
- olive oil
- coarse salt
- pepper

**Directions:**
1. Prepare rice: Bring coconut milk and water to a boil in a small saucepan, add rice. Once rice has returned to a boil, reduce heat to a simmer for 20-25 minutes until all liquid is absorbed. (Rice can be prepared 2 days in advance and kept in a sealed container in the refrigerator.)
2. Prepare vegetables: Heat oil in a medium sauté pan, add mustard seeds. Once seeds have started to ‘pop’ add other spices and stir to combine. Add onion and stir occasionally until golden brown. Add other vegetables and chilies, stir occasionally until vegetables are soft.
3. Combine vegetable mixture with rice. Sprinkle with salt if desired.
4. Garnish with cashews and chopped coriander.
Aussie Avo Toast

Directions:

1. Rub 1 clove of garlic over each slice of toast.
2. Top with half an avocado, mash slightly with a fork (so it doesn’t fall off).
3. Drizzle with olive oil.
4. Sprinkle with coarse salt and pepper.

Toppings:
Add whatever you have on hand or prefer:
- Sliced radishes
- Pea shoots
- Micro greens
- Sliced tomatoes
- Egg (boiled, poached, fried, or scrambled)
- Sliced tomatoes
- Micro greens
- Pea shoots
- Sliced radishes

Vegetable and Coconut Rice Upma

Directions:

1. Prepare rice: Bring coconut milk and water to a boil in a small saucepan, add rice. Once rice has returned to a boil reduce heat to a simmer for 20-25 minutes until all liquid is absorbed. (Rice can be prepared 2 days in advance and kept in a sealed container in the refrigerator.)
2. Prepare vegetables: Heat oil in a medium sauté pan, add mustard seeds. Once seeds have started to ‘pop’ add other spices and stir to combine. Add onion and stir occasionally until golden brown. Add other vegetables and chilies, stir occasionally until vegetables are soft.
3. Combine vegetable mixture with rice. Sprinkle with salt if desired.
4. Garnish with cashews and chopped coriander.
Gluten Free Pizza Dough

Ingredients:
2 tsp active dry yeast
1 tsp sugar
3/4 cup water (warm)
1 egg
1 Tbsp olive oil
1-1/2 cups gluten free all-purpose baking flour
2 tsp xantham gum
1/2 tsp sea salt

Directions:
1. Preheat an oven to 425°F and grease a 10- to 16-inch pizza sheet.
2. Combine yeast, sugar and water in a large bowl and let sit for 5 minutes.
3. Stir in the remaining ingredients.
4. Knead dough on a floured surface until smooth.
5. Cover with favorite sauce and toppings. Bake at 425°F for 15-20 minutes.

Pizza Sauce

Ingredients:
1 29-oz can san marzano tomatoes
1 tsp cracked black pepper
1 tsp kosher salt

1. Drain tomatoes. Puree with food mill and season with salt and pepper.
Gluten Free Pizza Dough

Ingredients:
- 2 tsp active dry yeast
- 1 tsp sugar
- 3/4 cup water (warm)
- 1 egg
- 1 Tbsp olive oil
- 1-1/2 cups gluten free all-purpose baking flour
- 2 tsp xantham gum
- 1/2 tsp sea salt

Directions:
1. Preheat an oven to 425°F and grease a 10- to 16-inch pizza sheet.
2. Combine yeast, sugar and water in a large bowl and let it sit for 5 minutes until yeast starts to bloom.
3. Add remaining ingredients and mix well.
4. Knead dough for 5 minutes or until smooth.
5. Cover with favorite sauce and toppings. Bake at 425°F for 15-20 minutes.

Pizza Sauce

Ingredients:
- 1 29-oz can san marzano tomatoes
- 1.5 tsp kosher salt
- 1 tsp cracked black pepper

Directions:
1. Drain tomatoes. Puree with food mill and season with salt and pepper.
Gluten Free Pizza Dough
makes one 10-16 inch pizza sheet

Ingridients:
2 tsp sea salt
2 tsp xanthan gum
baking flour
1-1/2 cups gluten free all-purpose
1 tbsp olive oil
1 egg
3/4 cup water (warm)
1 tsp sugar
2 tsp active dry yeast

Directions:
1. Preheat an oven to 425°F and grease a 10- to 16-inch pizza sheet.
2. Combine yeast, sugar and water in a large bowl and ... continue with the baking directions below.

Pizza Sauce
Ingredients:
1 29-oz can san marzano tomatoes
1.5 tsp kosher salt
1 tsp cracked black pepper
1. Drain tomatoes. Puree with food mill and season with salt and pepper.
Gluten Free Pizza Dough

Ingredients:
- 2 tsp active dry yeast
- 1 tsp sugar
- 3/4 cup water (warm)
- 1 egg
- 1 Tbsp olive oil
- 1-1/2 cups gluten free all-purpose baking flour
- 2 tsp xanthan gum
- 1/2 tsp sea salt

Directions:
1. Preheat an oven to 425°F and grease a 10- to 16-inch pizza sheet.
2. Combine yeast, sugar and water in a large bowl and let stand about 5 minutes. Cover with favorite sauce and toppings. Bake at 425°F for 15-20 minutes.
3. Combine dry ingredients in separate bowl. Add egg and oil to wet ingredients, then add dry ingredients. Mix with a hand mixer for a minute, adding a teaspoon of water if dough moves up beaters.
4. Scoop onto greased pizza sheet. Wet your hands with water and spread dough over sheet and smooth. For a thicker crust, let rise for 10 - 15 minutes. Otherwise, continue with the baking directions below.
5. Cover with favorite sauce and toppings. Bake at 425°F for 15-20 minutes.

Pizza Sauce

Ingredients:
- 1 29-oz can san marzano tomatoes
- 1.5 tsp kosher salt
- 1 tsp cracked black pepper

Directions:
1. Drain tomatoes. Puree with food mill and season with salt and pepper.
Gluten Free Margherita Pizza

Ingredients:
- 1 portion pizza dough
- 4 oz. pizza sauce
- 1/2 ball fresh mozzarella, cubed
- 6 large basil leaves
- 1 tsp extra virgin olive oil
- 1 pinch maldon sea salt

Directions:
1. Preheat oven to 450F degrees
2. Lightly oil pizza pan with oil and sprinkle corn meal on bottom
3. Lightly pat pizza dough on pan to achieve thin, smooth consistency. Dip your hands in cold water before touching the dough.
4. Ladle pizza sauce on dough, place cheese and basil on dough, drizzle olive oil, and sprinkle salt.
5. Place pizza in oven for 15 minutes or until crispy and the cheese is bubbling.

Basil Pesto Pizza Sauce

Ingredients:
- 1 large bunch fresh basil leaves, picked
- 2 cloves garlic
- 1/4 cup raw pine nuts
- 1/4 cup grated parmesan cheese
- 1/4 cup extra virgin olive oil
- 1 tsp cracked black pepper
- 1 tsp kosher salt

Directions:
1. Place all ingredients in a food processor and blend until smooth pesto consistency. Add more olive oil or salt if needed.
Gluten Free Margherita Pizza

Ingredients:
- 1 portion pizza dough
- 4 oz. pizza sauce
- 1/2 ball fresh mozzarella, cubed
- 6 large basil leaves
- 1 tsp extra virgin olive oil
- 1 pinch maldon sea salt

Directions:
1. Preheat oven to 450F degrees
2. Lightly oil pizza pan with oil and sprinkle corn meal on bottom
3. Lightly pat pizza dough on pan to achieve thin, smooth consistency. Dip your hands in cold water before touching the dough.
4. Ladle pizza sauce on dough, place cheese and basil on dough, drizzle olive oil, and sprinkle salt.
5. Place pizza in oven for 15 minutes or until crispy and the cheese is bubbling.

Basil Pesto Pizza Sauce

Ingredients:
- 1 large bunch fresh basil leaves, picked
- 2 cloves garlic
- 1/4 cup raw pine nuts
- 1/2 cup grated parmesan cheese
- 1 tbsp. kosher salt
- 1 tsp cracked black pepper
- 1/4 cup extra virgin olive oil

Directions:
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5. Place pizza in oven for 15 minutes or until crispy and cheese is bubbling.

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2 cloves garlic
1/4 cup raw pine nuts
1/2 cup grated parmesan cheese
1 tbsp. kosher salt
1 tsp cracked black pepper
1/4 cup extra virgin olive oil

1. Place all ingredients in a food processor and blend until smooth pesto consistency. Add more olive oil or salt if needed.
Gluten Free Pesto Pizza

Ingredients:
1 portion pizza dough
4 oz. basil pesto
1/2 ball fresh mozzarella, cubed
1/2 cup roasted veggies of choice
1 tsp EVOO
1 pinch maldon sea salt
2 tbsp grated parmesan

Directions:
1. Preheat oven to 450F degrees
2. Lightly oil pizza pan with oil and sprinkle corn meal on bottom
3. Lightly pat pizza dough on pan to achieve thin, smooth consistency. Dip your hands in cold water before touching the dough.
4. Ladle pesto on dough, place cheese and veggies on dough, drizzle olive oil, and sprinkle salt.
5. Place pizza in oven for 15 minutes or until crispy and the cheese is bubbling.

Gluten Free White Pizza with Mushrooms and Egg

Ingredients:
1 portion pizza dough
1/2 ball fresh mozzarella, cubed
4 tbsp ricotta cheese
2 garlic cloves, sliced
6 large basil leaves
1/2 cup roasted maitake mushrooms
1 tsp EVOO
1 pinch maldon sea salt
1 egg
1 tbsp black truffles in oil

Directions:
1. Preheat oven to 450F degrees
2. Lightly oil pizza pan with oil and sprinkle corn meal on bottom.
3. Lightly pat pizza dough on pan to achieve thin, smooth consistency. Dip your hands in cold water before touching the dough.
4. Drizzle dough with olive oil, place cheese, garlic, mushrooms and basil on dough and sprinkle salt.
5. Place pizza in oven for 12 minutes.
6. Open oven, and crack the egg into the middle of the pizza, cook for another 3 minutes or until crispy, the cheese is bubbling, and the egg whites are fully cooked.
7. Spoon black truffles and oil over egg yolk and pizza.
Gluten Free Pesto Pizza

Ingredients:
- 1 portion pizza dough
- 4 oz. basil pesto
- 1/2 ball fresh mozzarella, cubed
- 1/2 cup roasted veggies of choice
- 1 tsp EVOO
- 1 pinch maldon sea salt
- 2 tbsp grated parmesan

Directions:
1. Preheat oven to 450F degrees
2. Lightly oil pizza pan with oil and sprinkle corn meal on bottom.
3. Lightly pat pizza dough on pan to achieve thin, smooth consistency. Dip your hands in cold water before touching the dough.
4. Drizzle dough with olive oil, place cheese, vegetables, garlic, and pests on dough and sprinkle salt.
5. Place pizza in oven for 15 minutes or until crispy, the cheese is bubbling.
6. Open oven, and crack the egg into the middle of the pizza.
7. Spoon black truffles and oil over egg yolk and pizza.
8. Cook for another 3 minutes or until the egg whites are fully cooked. and the eggs whites are fully cooked.

Gluten Free White Pizza with Mushrooms and Egg

Ingredients:
- 1 portion pizza dough
- 1/2 ball fresh mozzarella, cubed
- 4 tbsp ricotta cheese
- 2 garlic cloves, sliced
- 6 large basil leaves
- 1/2 cup roasted maitake mushrooms
- 1 tsp EVOO
- 1 pinch maldon sea salt
- 1 egg
- 1 tbsp black truffles in oil

Directions:
1. Preheat oven to 450F degrees
2. Lightly oil pizza pan with oil and sprinkle corn meal on bottom.
3. Lightly pat pizza dough on pan to achieve thin, smooth consistency. Dip your hands in cold water before touching the dough.
4. Drizzle dough with olive oil, place cheese, garlic, and mushrooms and basil on dough and sprinkle salt.
5. Place pizza in oven for 12 minutes.
6. Open oven, and crack the egg into the middle of the pizza, cook for another 3 minutes or until crispy, the cheese is bubbling.
7. Spoon black truffles and oil over egg yolk and pizza.
Gluten Free Pesto Pizza

Ingredients:
- 1 portion pizza dough
- 4 oz. basil pesto
- 1/2 ball fresh mozzarella, cubed
- 1/2 cup roasted vegies of choice
- 1 tsp EVOO
- 1 pinch maldon sea salt
- 2 tbsp grated parmesan

Directions:
1. Preheat oven to 450F degrees
2. Lightly oil pizza pan with oil and sprinkle corn meal on bottom
3. Lightly pat pizza dough on pan to achieve thin, smooth consistency. Dip your hands in cold water before touching the dough.
4. Ladle pesto on dough, place cheese and vegies on dough, drizzle olive oil, and sprinkle salt.
5. Place pizza in oven for 15 minutes or until crispy and the cheese is bubbling.
6. Sprinkle with parmesan
Gluten Free Pesto Pizza

**Ingredients:**
- 1 portion pizza dough
- 4 oz. basil pesto
- 1/2 ball fresh mozzarella, cubed
- 1/2 cup roasted vegies of choice
- 1 tsp EVOO
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Gluten Free White Pizza with Mushrooms and Egg

**Ingredients:**
- 1 portion pizza dough
- 1/2 ball fresh mozzarella, cubed
- 4 tbsp ricotta cheese
- 2 garlic cloves, sliced
- 6 large basil leaves
- 1/2 cup roasted maitake mushrooms
- 1 tsp EVOO
- 1 pinch maldon sea salt
- 1 egg
- 1 tbsp black truffles in oil

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5. Place pizza in oven for 12 minutes.
6. Open oven, and crack the egg into the middle of the pizza, cook for another 3 minutes or until crispy, the cheese is bubbling, and the egg whites are fully cooked.
7. Spoon black truffles and oil over egg yolk and pizza.
Watermelon Granita with Basil

Ingredients:
- 4 cups cubed seedless watermelon (approximate yield from 4 mound melon)
- 1/2 cup sugar
- 1 tbls fresh lime juice
- 4 large basil leaves

Directions:
1. Puree all ingredients in a blender until smooth. Blend in 2 batches if needed.
2. Pour contents into baking dish. Place the dish in the freezer, and let it chill for 1 hour.
3. Pull the dish out of the freezer, and using a fork, break up the crystals forming around the edge of the dish, by scraping, from the outside into the less frozen center. Return to the freezer and repeat.
4. Spoon the mixture into a small bowl and serve.

Coconut Lime Granita with Mango

Ingredients:
- 1/2 c sugar
- 1/2 c water
- 1 (13.5 ounce) can full-fat coconut milk
- 1 lime, zested
- 1/2 lime, juiced
- 2 tbls unsweetened shredded coconut
- 2 ripe mangoes, diced (or 2 cups frozen mango chunks, thawed)

Directions:
1. Chill the empty baking dish in the freezer while making the simple syrup.
2. Make a simple syrup: Combine the sugar and 1/2 cup of water in a small saucepan over low heat until the sugar is dissolved and syrup is a gentle boil. Remove it from the heat, and allow to cool to room temperature. Strain the syrup. In a small bowl, mix the lime zest and juice to whisk it to smooth out any lumps. 3. Whisk in the simple syrup, lime zest, lime juice and shredded coconut until well combined. Place the dish in the freezer, and let it chill for 1 hour.
4. Pull the dish out of the freezer, and using a fork, break up the crystals forming around the edge of the dish, by scraping, from the outside into the less frozen center. Return to the freezer and repeat.
5. Spoon the mixture into a small bowl and serve with diced mangoes.
Watermelon Granita with Basil

Ingredients:
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- 1/2 cup sugar
- 1 tbls fresh lime juice
- 4 large basil leaves

Directions:
1. Puree all ingredients in a blender until smooth. Blend in 2 batches if needed.
2. Pour contents into baking dish. Place the dish in the freezer, and let it chill for 1 hour.
3. Pull the dish out of the freezer, and using a fork, break up the crystals forming around the edge of the dish, by scraping from the outside into the less frozen center. Return to the freezer and repeat this process every hour or so, smoothing the surface out.
4. Pull the dish out of the freezer, and using a fork, break up the crystals forming around the bottom of the dish. You may need to whisk it to smooth out any lumps.
5. Pull the chilled baking dish out of the freezer, and allow it to chill for 1 hour.
6. When you’re ready to serve, allow the Granita to sit at room temperature for about 5 minutes to soften slightly. Spoon the mixture into a small bowl and serve.

Coconut Lime Granita with Mango

Ingredients:
- 1/2 c sugar
- 1/2 c water
- 1 (13.5 ounce) can full-fat coconut milk
- 1 lime, zested
- 1/2 lime, juiced
- 2 tbls unsweetened shredded coconut
- 2 ripe mangos, diced (or 2 cups frozen mango chunks, thawed)

Directions:
1. Chill the empty baking dish in the freezer while making the simple syrup.
2. Make a simple syrup: Combine the sugar and 1/2 cup of water in a small saucepan over low heat until the sugar is dissolved and syrup is a gentle boil.
3. Pull the chilled baking dish out of the freezer, and pour the coconut milk into the dish. You may need to whisk it to smooth out any lumps.
4. Whisk in the simple syrup, lime zest, lime juice and shredded coconut until well combined. Place the dish in the freezer, and let it chill for 1 hour.
5. Pull the dish out of the freezer, and using a fork, break up the crystals forming around the edge of the dish, by scraping from the outside into the less frozen center. Return to the freezer and repeat this process every hour or so, smoothing the surface out.
6. Pull the dish out of the freezer, and allow it to chill for 1 hour.
7. Chill the granita to sit at room temperature for about 5 minutes to soften slightly. Spoon the mixture into a small bowl and serve with diced mangoes.
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1. Puree all ingredients in a blender until smooth. Blend in 2 batches if needed.
2. Pour contents into baking dish. Place the dish in the freezer, and let it chill for 1 hour.
3. Pull the dish out of the freezer, and using a fork, break up the crystals forming around the edge of the dish, by scraping, from the outside into the less frozen center. Return to the freezer and repeat...
4. Chill the empty baking dish in the freezer while making the simple syrup.
5. Make a simple syrup: Combine the sugar and 1/2 cup of water in a small saucepan over low heat until the sugar is dissolved and syrup is a gentle boil. Remove it from the heat, and allow to cool. Strain into a clean container and refrigerate until needed.
6. Whisk in the simple syrup, lime zest, lime juice and shredded coconut until well combined.
7. Place the dish in the freezer, and let it chill for 1 hour.
8. Pull the dish out of the freezer, and using a fork, break up the crystals forming around the edge of the dish, by scraping, from the outside into the less frozen center. Return to the freezer and repeat...
9. Soften the mixture at room temperature for about 5 minutes. Spoon the mixture into a small bowl and serve with diced mangoes.
Directions:
Watermelon Granita with Basil

1. Puree all ingredients in a blender until smooth. Blend in 2 batches if needed.
2. Pour contents into baking dish. Place the dish in the freezer, and let it chill for 1 hour.
3. Pull the dish out of the freezer, and using a fork, break up the ice crystals forming around the edge of the dish, by scraping from the outside into the less-frozen center. Return to the freezer and repeat this process every hour or so, smoothing out the granita before you return it to the freezer. The whole process should take about 2-3 hours.
4. When you're ready to serve, allow the granita to sit at room temperature for about 5 minutes to soften slightly. Spoon the mixture into a small bowl and serve.

Coconut Lime Granita with Mango

Ingredients:
- 1/2 cup sugar
- 1/2 cup water
- 1 (13.5 ounce) can full-fat coconut milk
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- 1/2 lime, juiced
- 2 tablespoons unsweetened shredded coconut
- 2 ripe mangos, diced (or 2 cups frozen mango chunks, thawed)

Directions:
1. Chill the empty baking dish in the freezer while making the simple syrup.
2. Make a simple syrup: Combine the sugar and 1/2 cup of water in a small saucepan over low heat until the sugar is dissolved and syrup is a gentle boil. Remove it from the heat, and allow to cool.
3. Carefully whisk in the coconut milk and lime zest, then let it cool to room temperature, which will take 10-15 minutes. As the mixture cools, use a whisk or spoon to break up the mixture to prevent ice from forming. When ready, whisk in the lime juice and shredded coconut until well combined.
4. Pour the mixture into the baking dish and place it in the freezer. Stir the granita with a fork every 30 minutes to break up the ice crystals. Return to the freezer between stirs.
5. When ready to serve, pull the dish out of the freezer and let it sit at room temperature for about 5 minutes to soften slightly. Spoon the mixture into a small bowl and serve with diced mangoes.
Mizithra Cheese

Resources for Understanding Food and Health

Utilitarian Information: Great website to meal plan based on what is in your cupboard currently. Enter food/ingredients and be surprised with what you can make tonight. 

www.seasonalfoodguide.org

//www.seasonalfoodguide.org

in order to eat fresh and locally grown fruits and vegetables. 

Tip:

Ingredients:
2 fresh milk or full fat pasteurized milk  
1 cup vinegar  
coarse salt for coating 
1 cheesecloth

1. Boil the milk in a pot.
2. When it reaches a boiling point it starts to rise.
3. Spray it quickly with vinegar.
4. Leave a small lid on the pot until it stops rising.
5. Stir it well and put some coarse salt on top of it.
6. Let it sit for a bit and it is ready to grate on pasta, etc.

Store in the fridge until you use it again.

Mizithra Cheese Directions:

**Ingredients:**
- 2 fresh milk or full fat pasteurized milk
- 1 cup vinegar
- Coarse salt for coating
- 1 cheesecloth

1. Boil the milk in a pot.
2. When it reaches a boiling point, it starts to rise.
3. Spray it quickly with vinegar.
4. Boil it again until it thickens.
5. When it thickens, turn the heat down to a simmer.
6. Simmer it gently for an hour.
7. Turn it upside down every now and then.
8. It is ready to grate on pasta, etc.
9. Store in the fridge until you use it again.

**Utilitarian Information:**
Supercook: Great website to meal plan based on what is in your cupboard currently. Enter food/ingredients and be directed to recipes using what you have on hand.

https://www.seasonalfoodguide.org/

**Resources for Understanding Food and Health:**

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit trans fats and butter. Avoid trans fats.

Drinking 1-2 servings/day of water, tea, or coffee (with little or no sugar) and 1 small glass/day of milk/dairy. Limit sugary drinks.
Mizithra Cheese

Ingredients:

1. Boil the milk in a pot.
2. When it reaches a boiling point it starts to rise.
3. Spray it quickly with vinegar.
4. Leave the vinegar on it for a while.
5. After the vinegar has soaked in, turn it upside down every now and then.

It is ready to grate on pasta, etc.

Store in the fridge until you use it again.

Resources for Understanding Food and Health

Utilitarian Information:

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Know what is in season where you are living, in order to eat fresh and locally grown fruits and vegetables. https://www.seasonalfoodguide.org/
Mizithra Cheese Directions:

1. Boil the milk in a pot.
2. When it reaches a boiling point it starts to rise.
3. Spray it quickly with vinegar.
4. Turn off the heat right away and let it sit for about 5 minutes.
5. Place it in a pot you have lined with the cheesecloth. Separate into solid and liquid.
6. Tie the four ends of the cheesecloth together.
7. Allow it to drain its liquids for 1 - 1 1/2 hours giving it a round hat shape.
8. Remove the cheesecloth and coat the mizithra with coarse salt.

Mizithra Cheese

Resources for Understanding Food and Health

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Seasonal Food Guide: Know what is in season where you are living, in order to eat fresh and locally grown fruits and vegetables. https://www.seasonalfoodguide.org/
Each day use one of the post-it-note meals for dinner.
Final post-it-note can be a quick option, such as “Order Pizza.”
Write each meal on a post-it-note and put it on the fridge. The
recipes.
Plan for mostly easy to cook meals, with only 1 or 2 time intensive
shopping for the week.
Pick 6 dinner recipes and use this as an outline for grocery
On Sunday use cookbooks or Internet resources to find recipes.

Simple meal planning: post-it-note method
Resources for Understanding Food and Health

General Information:

NIH Website: find recipes, shopping & portion guidelines, tips for teens with diabetes, tracking tools and much more!
https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm

Healthy Eating Plate: provides detailed guidance, in a simple format, to help people make the best eating choices.
https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/

Cooking Comically: Make cooking fun for everyone! Recipes in comic form for kids (or adults).
http://www.cookingcomically.com/

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Simple meal planning: post-it-note method
<table>
<thead>
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<th>Vegetables and Beans</th>
<th>Nuts, Eggs, Beans, and Milk</th>
<th>Meats, Poultry, Fish, and Seafood</th>
<th>Fats, Fatty Acids, and Alcohol</th>
<th>Sweet Foods, Candy, and Baked Goods</th>
<th>Dairy and Milks</th>
<th>Grains and Cereals</th>
<th>Fruits</th>
</tr>
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<tbody>
<tr>
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<td>Frozen or canned spirits.</td>
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