

UNIVERSITY OF UTAH  
CENTER FOR  
COMMUNITY  
NUTRITION



[uofuhealth.org/uuccn](http://uofuhealth.org/uuccn)

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## 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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**HEALTH**  
UNIVERSITY OF UTAH

# Spring Herb Salad with Citrus Oregano Dressing

*Serving Size: 4*

## *Ingredients:*

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



## **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.

# Roasted Seasonal Veggies with Salsa Verde

*Serving size: 4*

## *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



## **Directions:**

### *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.

# 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:**

### *Eggplant, Summer Squash, Ricotta Involtini*

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:**

### *White Bean Puree with Sautéed Seasonal Greens*

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.

# 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 turmeric
- 1/2 tsp cumin
- 1/4 tsp mustard seeds
- 1/3 cup roasted cashews to garnish
- 2 cup mixed veggies, chopped (carrots, potatoes, peas, bell pepper, etc)
- 2 Tbsp green chilies (more or less depending on desired spice level)



## **Directions:**

### *Vegetable and Coconut Rice Upma*

1. Prepare rice: Bring coconut milk and water to a boil in a small sauce pan, 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**

*Serving size: 4*

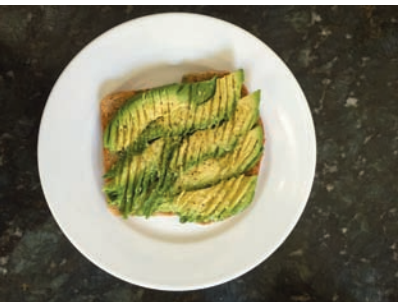
### *Ingredients:*

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:

### *Aussie Avo Toast*

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

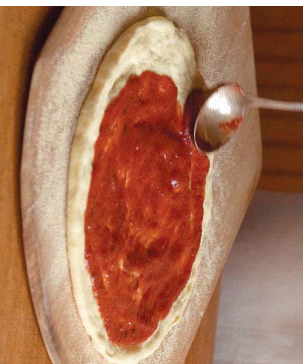
Sliced tomatoes

Egg (boiled, poached, fried, scrambled)

## Pizza Sauce

### *Ingredients:*

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



## **Directions:**

### *Pizza Sauce*

1. Drain tomatoes. Puree with food mill and season with salt and pepper.



## Gluten Free Pizza Dough

*makes one 10-16 inch pizza sheet*

### *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:**

### *Gluten Free Pizza Dough*

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.
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.

## 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:**

### *Basil Pesto Pizza Sauce*

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:**

### *Gluten Free Margherita Pizza*

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.

# 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:**

### *Gluten Free White Pizza with Mushrooms and Egg*

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 vegies of choice
- 1 tsp EVOO
- 1 pinch maldon sea salt
- 2 tbsp grated parmesan



## **Directions:**

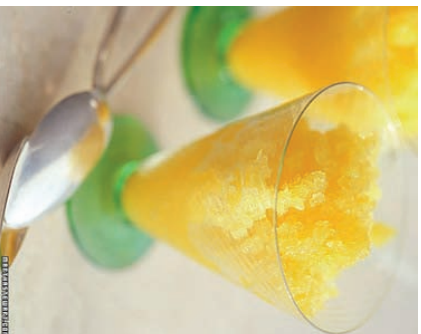
### *Gluten Free Pesto Pizza*

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

## 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 tbsls unsweetened shredded coconut
- 2 ripe mangos, diced (or 2 cups frozen mango chunks, thawed)



## **Directions:**

### *Coconut Lime Granita with Mango*

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. 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 out the granita before you return it to the freezer. The whole process should take about 2 hours.
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 with diced mangoes.

## Watermelon Granita with Basil

### *Ingredients:*

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



## **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.

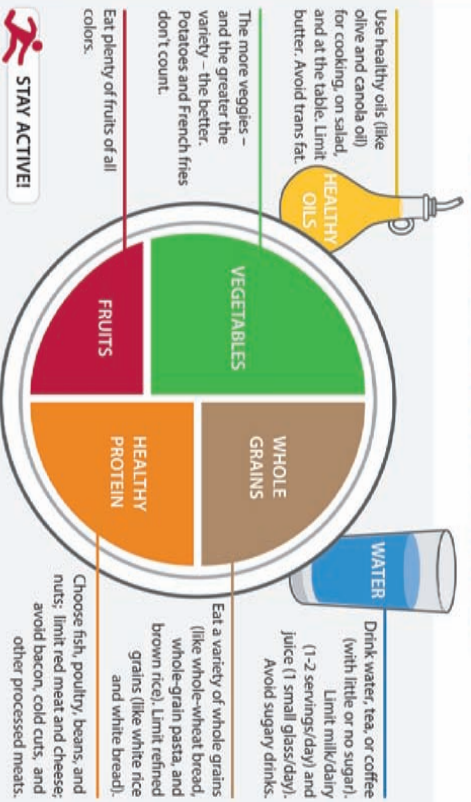
## Resources for Understanding Food and Health

### Utilitarian Information:

Supercook: 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! <http://www.supercook.com>

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/>

# HEALTHY EATING PLATE



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The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)





## Mizithra Cheese

### *Ingredients:*

- 2 fresh milk or full fat pausterized milk
- 1 cup vinegar
- coarse salt for coating
- 1 cheesecloth



## **Directions:**

### *Mizithra Cheese*

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 in 3 minutes remove from heat. Let the milk curdle thoroughly for about 5 minutes so that it separates into solid and liquid.
5. Place it in a pot you have lined with the cheesecloth.
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 flat shape.
8. Remove the cheesecloth and coat the mizithra with coarse salt. Set it aside to dry covered with a mosquito net at room temperature for 1-2 days turning it upside down every now and then. It is ready to grate on pasta, etc. Store in the fridge until you use it again.

## Simple meal planning: post-it-note method

- On Sunday use cookbooks or Internet resources to find recipes. -
- Pick 6 dinner recipes and use this as an outline for grocery shopping for the week.
- Plan for mostly easy to cook meals, with only 1 or 2 time intensive recipes.
- Write each meal on a post-it-note and put it on the fridge. The final post-it-note can be a quick option, such as "Order Pizza". Each day use one of the post-it-note meals for dinner.

Breaded Tilapia

Carbonara

Medieval Roast Chicken

Lemon Chicken Ginger  
Thighs

Beer butt Chicken

Pomegranate Roast Chicken

1/2 cup oil / butter  
 1/2 cup applesauce  
 1/2 cup milk  
 1/2 cup yogurt  
 1/2 cup sour cream  
 1/2 cup cream cheese  
 1/2 cup cottage cheese  
 1/2 cup ricotta cheese  
 1/2 cup mozzarella cheese  
 1/2 cup parmesan cheese  
 1/2 cup cheddar cheese  
 1/2 cup gouda cheese  
 1/2 cup swiss cheese  
 1/2 cup provolone cheese  
 1/2 cup fontina cheese  
 1/2 cup asiago cheese  
 1/2 cup gruyere cheese  
 1/2 cup emmentaler cheese  
 1/2 cup comté cheese  
 1/2 cup cantale cheese  
 1/2 cup brie cheese  
 1/2 cup camembert cheese  
 1/2 cup blue cheese  
 1/2 cup goat cheese  
 1/2 cup feta cheese  
 1/2 cup queso fresco cheese  
 1/2 cup queso panela cheese  
 1/2 cup queso de bola cheese  
 1/2 cup queso manchego cheese  
 1/2 cup queso asadero cheese  
 1/2 cup queso añejo cheese  
 1/2 cup queso añejo manchego cheese  
 1/2 cup queso añejo manchego manchego cheese

Good Shepherd

For 2000  
2000

Urbano

*Lucania busta* Cuv.

Two Basil Eggsplant

Brown Sugar Roasted  
Pineapple

Pan Roasted Mustard

## 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/>

Food Group	GO (Almost Anytime Foods)	SLOW (Sometimes Foods)	WHOA (Once in a While Foods)
	<div>Nutrient-Dense</div> <div>Calorie-Dense</div>		
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned in juice	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta; French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with <i>trans</i> fats; sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Meats, Poultry, Fish, Eggs, Beans, and Nuts	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef; broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken; chicken nuggets; hot dogs; lunch meats; pepperoni; sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars; ginger snaps; baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pie; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
Fats/Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter; stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
Beverages	Water; fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened iced tea or diet iced tea and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; colorfully sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice