

nielsen

# THE NIELSEN CORAL SPRINGS HEALTHY RECIPE COOKBOOK



\*\*\* DISCLAIMER \*\*\*



Please note, Nielsen and/or the organizer of this cookbook do not claim ownership of the recipes included within this cookbook. All recipes were submitted by employees to share healthy and tasty recipes in an effort to encourage a healthier diet.

# Table of Contents

(CTRL+Click a title to go to the recipe)

**[Greek Chopped Salad](#)**

**[Pumpkin Gingerbread Smoothie](#)**

**[Pumpkin Baked Oatmeal with Crunchy Almond Topping](#)**

**[Pumpkin Spice Salmon](#)**

**[White Bean Soup with Kale](#)**

**[Veggie chili](#)**

**[Horseradish Salmon](#)**

**[Lemon and Herb Roast Chicken and Vegetables](#)**

**[Quinoa and Feta Summer Salad](#)**

**[Macrobiotic Pasta Recipe](#)**

# Greek Chopped Salad

## Info

Vegetarian / serves 4

## Nutrition per serving

- 451 calories per serving
- 19 g fat (8 g saturated)
- 60.1 g carbs
- 12 g fiber
- 25 g protein

## Ingredients

- 1 medium cucumber, roughly chopped
- 4 medium tomatoes, roughly chopped
- 1 small red bell pepper, cored, seeded and roughly chopped
- 1 can (15 oz) chickpeas, rinsed and drained
- 1/4 cup
- 2 cups crumbled feta
- 16 kalamata olives
- 4 whole-wheat pitas (about 6 inches each)

## Preparation

Mix cucumber, tomato and pepper in a bowl. Add chickpeas and dressing and toss gently. Top with cheese and olives. Divide among 4 plates and serve each with 1 pita, cut into wedges.

# Pumpkin Gingerbread Smoothie

## Info

Yield: 1 serving

## Ingredients

- 1 cup almond milk, plus a bit more if necessary
- 1/4 cup rolled oats
- 1 tbsp chia seeds
- 1/2 cup pureed pumpkin
- 1 tbsp blackstrap molasses
- 1 small frozen banana
- 1 tsp cinnamon
- 1/2 tsp ginger
- pinch nutmeg
- Ice, if desired

## Preparation

Soak the oats, almond milk, and chia seeds for at least an hour or overnight. This helps them digest better and it also gives the smoothie a smoother texture.

Place all ingredients into blender and blend until smooth. Add ice if desired.

# Pumpkin Baked Oatmeal with Crunchy Almond Topping

## Info

Adapted from my [blueberry baked oatmeal](#)

## Ingredients

- 2 1/2 cups rolled oats
- 2 tablespoons chia seeds or flax seeds (optional)
- 1 tsp baking powder
- 1 tsp cinnamon\*
- 1/2 tsp salt
- 1/4 tsp clove
- 1/4 tsp nutmeg
- 1/4 tsp allspice
- 1/3 cup honey
- 2 tsp vanilla extract
- 2 large eggs
- 1 1/2 cups milk
- 1 can pumpkin puree
- 1/2 cup vanilla Greek yogurt (or 1 5.3oz container)
- 1/3 cup sliced almonds
- 1 tbsp brown sugar
- 1 tbsp butter

Continued on next page

## **Directions**

Preheat oven to 350. Prepare a 9-inch pie pan or 9 by 9 inch square baking pan by spraying with non-stick cooking spray.

In a large bowl, combine the oats, chia seeds, baking powder, salt and all the spices. Stir to combine.

In a separate, medium bowl, whisk together honey, vanilla, eggs, milk, pumpkin puree and Greek yogurt.

Pour wet ingredients into dry ingredients and stir to incorporate. Pour into prepared pan. Bake at 350 for 40 minutes.

While oatmeal is baking, add butter to a small bowl and microwave for 30-45 seconds until melted. Add brown sugar and stir to dissolve. Add almonds, stirring to coat in brown sugar mixture.

Remove oatmeal from oven and sprinkle almond/brown sugar mixture over top. bake for an additional 5-6 minutes or until almonds are toasted.

\* You could also use 1 1/2 tsp of pumpkin pie spice instead of this mixture of spices.

## **Notes**

Want less sugar? Use plain Greek yogurt instead of vanilla. You can always add a drizzle of honey when you reheat individual servings.

Mix it up--people like their oatmeal different ways, and this baked oatmeal is perfectly suited for that. When reheating individual servings, you can add more milk, butter, or sugar.

To make it vegan--use vegan yogurt or substitute with 1/2 cup non-diary milk. Substitute flax or chia "eggs" for the eggs.

# PUMPKIN SPICE SALMON

## Info

Author: <http://Eatingbirdfood.com>

Total time is 25 minutes (Prep: 10 minutes / Cook: 15 minutes)

Serves: 4

If you have pumpkin butter on hand, you can simply use that in place of the pumpkin glaze. It might not taste exactly the same as my version, but it will be pretty close.

## Ingredients

- 4 wild caught salmon fillets (about 4 oz. each)
- 1/3 cup pumpkin
- 3 Tablespoons brown sugar + extra for sprinkling (I used coconut sugar)
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon apple cider vinegar
- 1/4 teaspoon sea salt
- 1/4 - 1/3 cup roasted and salted pepitas, crushed a little

## Instructions

- Preheat oven to 400 degrees. With a rack in the center.
- Make the glaze: In a small sauce pan on low, stir together pumpkin, sugar, pumpkin pie spice, apple cider vinegar and sea salt until sugar has dissolved and the mixture has thickened just a bit.
- Arrange salmon fillets, skin side down, in a single layer in a baking dish. Spread pumpkin glaze over the fish, coating evenly. Sprinkle a quarter of the pepitas over each fillet.
- Bake until fish is opaque but still bright pink inside, 15 to 20 minutes.
- Serve with a an extra sprinkle of brown sugar on top.

# White Bean Soup with Kale

## Info

Kale turns an ordinary white bean soup into a lutein and zeaxanthin powerhouse. (As a rule, the darker the green, the higher the lutein.) As an alternative, add 6 to 8 ounces of chopped smoked sausage, such as Andouille or chorizo, for a meatier dish with a kick.

Serves 4-6.

## Ingredients

- 2 tablespoons vegetable oil
- 1 1/2 cups chopped onion
- 1 1/2 cups chopped carrot
- 1/2 cup chopped celery
- 2 garlic cloves, finely chopped
- 2 teaspoons freshly chopped thyme
- 8 cups reduced-sodium chicken or vegetable broth
- 1 1/2 cups dry navy or great northern beans, soaked overnight
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 4 cups chopped kale leaves, tough stems removed

## Instructions

Heat the oil in a stockpot over medium-high heat. Sauté the onion, carrot, and celery for 7 to 10 minutes, or until softened. Add the garlic and sauté until fragrant, 1 minute. Add the thyme and sauté for 30 seconds. Add the broth, beans, salt, and pepper and stir to combine. Bring to a boil. Reduce the heat, cover, and simmer for 1 1/2 hours, or until the beans are tender, stirring occasionally. Cool slightly.

Continued on next page

Partially purée the soup with an immersion blender or transfer half the soup to a blender or food processor and purée before adding back to the stockpot. Add the kale and cook for 5 minutes. Season to taste. Ladle into warm bowls and serve immediately.

Recipe from [\*Eat Right For Your Sight\*](#): By Jennifer Trainer Thompson and Johanna M. Seddon, copyright © American Macular Degeneration Foundation, 2014.

# Veggie Chili

## Ingredients

- 3 tablespoons olive oil
- 1 onion, diced
- 2 red bell peppers, cored and diced
- 4 cloves garlic, minced
- 1 1/2 teaspoons cumin
- 1/4 teaspoon cayenne pepper
- 1 tablespoon chili powder
- Salt
- Freshly ground black pepper
- 1 can (14.5 ounces) kidney beans, rinsed and drained
- 1 can (14.5 ounces) black beans, rinsed and drained
- 3 cans (15 ounces each) diced tomatoes
- 1 cup frozen corn

## Directions

In a Dutch oven or large stock pot, heat oil over medium heat. Add onions, peppers, garlic, cumin, cayenne, and chili powder, and season with salt and pepper. Stir together and cook until soft, 3 to 4 minutes.

Mix in beans, tomatoes, and corn. Bring mixture to a boil, then lower heat and simmer for 30 minutes, stirring occasionally. Taste and season with additional salt and pepper, if necessary. Served with desired toppings. Leftovers will keep in the fridge for about a week or in the freezer for a couple months.

# Horseradish Salmon

## Ingredients

- 1 English (seedless) cucumber
- 2 tbsp. distilled white vinegar
- 2 tbsp. Chopped fresh dill
- 2 tbsp. olive oil
- ½ c. panko (coarse bread crumbs)
- 2 tbsp. prepared horseradish
- 4 skinless, boneless salmon fillets
- 6 oz. baby spinach

## Directions

Preheat oven to 475°F. Line large cookie sheet with foil.

In large bowl, toss cucumber, vinegar, 1 tablespoon dill, 1 tablespoon oil, and 1/8 teaspoon each salt and pepper.

In small bowl, combine panko, horseradish, and remaining dill and oil. Sprinkle salmon with 1/8 teaspoon each salt and pepper; place on cookie sheet, smooth side up. Press panko mixture evenly on top of fillets. Bake salmon 8 minutes or until golden brown on top and opaque throughout.

Toss spinach with cucumber mixture in bowl; serve with salmon.

# Lemon and Herb Roast Chicken and Vegetables

## Ingredients

- 1 pound small red-skinned potatoes, quartered
- 2 medium carrots cut into 1-inch pieces
- 2 stalks celery, peeled and cut into 1-inch pieces
- 1 medium red onion, cut into 1/2-inch wedges
- 2 teaspoons olive oil
- Kosher salt and freshly ground black pepper
- 3 bone-in, skin-on chicken breasts (about 1 3/4 pounds)
- 1 teaspoon poultry seasoning
- 1 lemon, halved
- 1/4 cup chopped fresh parsley

## Directions

Preheat to 450 degrees F. Toss together the potatoes, carrots, celery, onions, 1 teaspoon of the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a rimmed baking sheet and arrange in a single layer. Roast until the vegetables brown slightly and the potatoes just begin to soften, about 20 minutes, tossing halfway through.

Meanwhile, rub the chicken breast skin with the remaining 1 teaspoon oil and sprinkle with the poultry seasoning and 1/2 teaspoon salt. Once the vegetables begin to soften, put the chicken breasts on top and roast until the skin is golden brown and the chicken reaches an internal temperature of 165 degrees F, 20 to 25 minutes.

Remove the chicken breasts and let them rest for a few minutes. Toss the roasted vegetables with juice from 1 of the lemon halves and the parsley. Cut the bones from the chicken breasts and slice the meat. Divide the chicken and roasted vegetables among 4 plates. Cut the remaining lemon half into wedges and serve alongside.

# Quinoa and Feta Summer Salad

## Info

A fresh tasting and healthy salad, perfect for summer!

Total Time is 30 Minutes (Prep 15 Minutes / Cook Time 15 Minutes)

Serves: 4

## Ingredients

- 1 cup of quinoa
- 2 cups water
- 1 can (14oz) garbanzo beans, drained
- ½ cup red roasted peppers, sliced into strips (see notes)
- ¼ cup yellow roasted peppers, sliced into strips
- 3 tablespoons thinly sliced onion
- ¼ cup chopped cilantro, plus more for garnishing
- 1 cup crumbled feta cheese
- For The Dressing:
  - 1 tablespoon plus 1 teaspoon fresh lemon juice
  - 1 tablespoon plus 1 teaspoon red wine vinegar
  - ½ teaspoon minced garlic
  - ¼ teaspoon salt
  - ¼ teaspoon ground white pepper
  - ¼ cup cilantro leaves
  - ⅓ cup olive oil

Continued on next page

## **INSTRUCTIONS**

1. Place the quinoa and water in a pot and cook according to the instructions on the pack, about 15 minutes. Let cool in the fridge.
2. Make the dressing while the quinoa is cooling.
3. Place all of the dressing ingredients in a blender or food processor except for the oil.
4. Pulse on high speed until well mixed.
5. Slowly drizzle in the olive oil with the machine on high and blend until the dressing starts to emulsify.
6. Set aside.
7. Once the quinoa is cool, transfer it to a large mixing bowl.
8. Add the garbanzo beans, peppers, onion, cilantro and feta.
9. Gently toss together then start to add the dressing.
10. Once the dressing has been added toss again and transfer to a serving bowl.
11. Add some more cilantro or feta to garnish.
12. Serve at once or keep in the fridge until ready to use. (see notes)

## **NOTES**

I used roasted peppers in a jar which can be found easily in the store.

You can make this salad a day ahead and keep it in the fridge until you need to serve it. Any leftovers will last a further couple of days sealed in a container and kept in the fridge.

# Macrobiotic Pasta

## **Info**

This is a fool-proof - no measure - no limit - no mistake recipe.

You choose the ingredients, the flavors, the colors !!

Fresh, light and fragrant - a pleasant alternative to dense pasta sauces.

This is a one pan and one pot recipe.....and either - or both - can be prepared in advance.

Kept separate or allowed to be infused with flavor overnight.