FOOD AS MEDICINE:
3-Part Virtual Series
eRecipe Book
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Series cooking demonstration recipe
SPAGHETTI SQUASH SALAD

3-pound spaghetti squash, halved lengthwise, reserving one half for another use, and the seeds discarded
2 tablespoons olive oil
1/4 cup shredded fresh basil leaves plus additional for garnish
1/4 teaspoon dried oregano
3 tablespoons freshly grated Parmesan
1 cup cherry tomatoes sliced in half

Estimated Nutrition Information Per Serving: calories: 126; total fat: 8.9g; sodium: 96mg; carbohydrate: 10.3g; protein: 3.2g

1. In a glass baking dish, arrange the squash half cut side up. Pour 1/2-1 inch of water in baking dish and cover the dish tightly with microwave-safe plastic wrap.

2. Microwave the squash at high power (100%) for 12 minutes, or until soft when pressed. Let it stand, covered, for 3 minutes. **Caution - Be careful of escaping steam when removing the plastic**

3. In a large bowl, whisk together the oil, basil, the oregano, and Parmesan, then stir in tomatoes, and season the mixture with salt and pepper to taste.

4. While the squash is still warm, scrape it with a fork to form strands, add the strands to the tomato mixture, and toss until well combined.
TRES-LECHES OVERNIGHT OATS

Estimated Nutrition Information Per Serving:
- calories: 412
- total fat: 16g
- sodium: 72mg
- carbohydrate: 58g
- dietary fiber: 7g
- sugar: 22g
- protein: 12g

Servings: 1

In a small container add all of the ingredients. Refrigerate overnight. Close container and shake until all the ingredients have thoroughly been mixed together.

1/2 Cup old fashioned oats
1/4 Cup milk (reduced fat dairy or plant-based milk such as almond or soy)
1 Tablespoon sweetened condensed milk
1 Tablespoons evaporated milk
1/2 banana, sliced
1/8 teaspoon cinnamon
2 Tablespoon chopped nuts (walnuts, pecans, etc)

1. In a small container add all of the ingredients.

2. Close container and shake until all the ingredients have thoroughly been mixed together.

3. Refrigerate overnight.

Notes:
- Easily change up this recipe by adding fresh fruit, protein powder, or maybe chia seeds.

Save time in the mornings by making several ahead of time and storing in the fridge.

Photo from: https://www.isableeats.com/wp-content/uploads/2016/10/small-tres-leches-overnight-oats-3-650x867.jpg
EGG MUFFIN CUPS

5 Eggs
1/2 Cup corn
1/2 medium red bell pepper, chopped
1/2 Cup carrots, grated
1/8 teaspoon oregano, dried
1 dash salt
1 dash black pepper

Servings: 6
Estimated Nutrition Information Per Serving: calories: 77; total fat: 4g; sodium: 152mg; carbohydrate: 4g; dietary fiber: 1g; sugar: 2g; protein: 6g

Preheat oven to 350°F (180°C).

Grease muffin tins with cooking spray, then place even amounts of the chopped bell pepper, grated carrots, and corn into each muffin cup.

In a small bowl, add eggs, salt, pepper, and oregano. Beat the egg mixture until smooth.

Pour the egg mixture evenly into each muffin cup.

Bake for 20 minutes, or until set.

These egg cups are a fun way to get veggies in the morning. Paired with a salad or other small side, they quickly convert to a lunch recipe!

Notes:
- You can keep these in the refrigerator for up to 4 days. Easily reheat in the microwave.

1/2 Cup plain yogurt
1 Cup pumpkin puree
1 teaspoon sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg

1. Combine all ingredients in a small bowl and mix together.
CAULIFLOWER SOUP

Serving size: 1 1/3 Cups
Estimated Nutrition Information Per Serving: calories: 229; total fat: 9.2g; sodium: 348.5mg; carbohydrate: 15.4g; protein: 20.6g

2 Cups cooked cauliflower florets
2/3 - 3/4 Cup low sodium chicken broth, divided
Dash of garlic powder
Dash of black pepper
1-ounce reduced fat cream cheese
1/3 Cup plain nonfat Greek yogurt
2 slices low-sodium, less-fat bacon, crisp-cooked and crumbled
1 teaspoon fresh snipped parsley
1/4 teaspoon lemon zest

1. In a blender or food processor, combine the cauliflower florets, 2/3 cup broth, garlic powder, and pepper. Cover and blend until smooth.

2. Transfer to a small sauce pan. Bring to a boil over medium heat. Whisk in cream cheese and enough of the remaining broth to reach desired consistency. Heat through.

3. To serve, top soup with yogurt, bacon, parsley, and lemon zest.

Notes:
- Add cooked chicken for a boost of protein.
ROASTED ROOT VEGGIES

2 large carrots
2 medium parsnips, peeled
2 medium beets, peeled
1 medium red onion
1 medium sweet potato
3 Tablespoons extra-virgin olive oil
1 1/2 Tablespoons apple cider vinegar or balsamic vinegar
1 Tablespoon fresh herbs, such as thyme, rosemary, or sage
1/2 teaspoon kosher salt
1/2 teaspoon ground pepper

Estimated Nutrition Information Per Serving: calories: 112; total fat: 5.5g; sodium: 202.5mg; carbohydrate: 15.2g; protein: 1.5g

Serving size: 1 Cup

These roasted vegetables are great with rice, on a salad, in tacos, or with grilled chicken!


1. Preheat oven to 425°F (218°C). Line 2 large baking sheets with parchment paper.

2. Cut carrots and parsnips into 1/2 inch thick slices, then cut in each circle in half. Cut beets and onions into 1/2 inch thick wedges. Cut sweet potato into 3/4 inch cubes. You should have about 12 cups of raw vegetables.

3. Mix oil, vinegar, herbs, salt, and pepper in a large bowl. Toss veggies in bowl and mix until well coated. Divide between the prepared baking sheets, spread into a single layer.

4. Roast the vegetables, rotating the pans from top to bottom halfway through, until fork tender, about 30 - 40 minutes.
BARLEY PILAF

3 tablespoons olive oil
1 medium onion, diced (about 1 cup)
1 Cup pearl barley
1/2 Cup sliced almonds
20 ounces (2 1/2 cups) low-sodium vegetable or chicken broth

-For stove top instructions, use 24 ounces (3 cups) of broth

Instant Pot Instructions:
1. Heat olive oil in instant pot on sauté medium heat.
2. Add onion, barley, and almonds and sauté on medium heat until barley is lightly browned, about 10 minutes, stirring frequently.
3. Add broth, parsley, butter, salt, and pepper. Stir to combine.
4. Set instant pot to cook on high pressure for 15 minutes with keep warm function on (in real time, this will take ~20-25 minutes to get to pressure and cook for 15 minutes).
5. Allow the instant pot to natural release for 10 minutes, then manually release the rest of the pressure.
6. If there is extra liquid, drain if needed, then fluff (stir) with a fork, and serve warm with extra parsley for garnish. Leftovers will keep in the fridge for 3-4 days.

Stovetop Instructions:
2. Add onion, barley, and almonds and sauté on medium heat until barley is lightly browned, about 10 minutes, stirring frequently.
3. Add broth, parsley, butter, salt, and pepper. Stir to combine.
4. Bring mixture to a boil.
5. Reduce heat and simmer for 25-30 minutes, the barley is done when it is chewy but not crunchy.
6. If there is extra liquid, drain if needed, then fluff (stir) with a fork, and serve warm with extra parsley for garnish. Leftovers will keep in the fridge for 3-4 days.

Notes:
- Try using different types of nuts such as almonds, pecans, or walnuts.
- Instead of butter, add more olive oil.
- Substitute cilantro for the fresh parsley.
2 Tablespoons olive oil
1 large onion, diced (about 2 cups)
4 carrots, cut into ½-in. pieces (about 2 cups)
3 ribs celery, cut into ½-in. pieces (about 1 cup)
2 (15 oz.) cans cannellini beans, drained and rinsed
1 tablespoon ground cumin
1 teaspoon powdered garlic
1 teaspoon dried oregano
1/2 teaspoon table salt
4 cups low-sodium vegetable or chicken broth (32 ounces)
1 cup chopped kale leaves (~2 ounces)
½ cup uncooked white quinoa, rinsed

1. Heat oil over medium heat in Dutch oven or heavy stock pot.
2. Add onion, carrot and celery and cook until vegetables are tender – about 8 minutes
3. Stir in beans, cumin, garlic, oregano, and salt.
4. Cook until fragrant – about 3 minutes.
5. Add broth and bring to a boil, then reduce heat to medium-low and simmer for about 6 minutes.
6. Add kale and quinoa and stir
7. Cover and cook until kale and quinoa are tender, approximately 15 minutes. Stir occasionally.
8. Serve warm

Notes:
- If you don't like kale, try spinach
- Instead of quinoa, try barley, farro, or brown rice (you will need to increase the cooking time by about 15 minutes, or until tender)
- Refrigerate for up to 4 days or freeze leftovers immediately.
STRAWBERRY LIME CHIA PUDDING

1 fresh lime (or about 2 tablespoons juice and 2 teaspoons zest)
1 cup frozen strawberries, defrosted
1 cup unsweetened soymilk (or your favorite milk)
¼ cup chia seeds
¼ cup sugar
1 tablespoon olive oil

1. Zest and then juice the lime.
2. Puree strawberries in blender or with immersion blender, this should make about ½ cup of puree.
3. Mix together lime zest, juice, milk, strawberry puree, chia seeds, sugar, and olive oil.
4. Cover and refrigerate for 2–4 hours, until chia seeds are gelled. There should be very little liquid remaining.

Notes:
- To make this a dessert, garnish with whipped cream and a little extra zest.

Serving size: 1/2 Cup
Estimated Nutrition Information Per Serving: calories: 170; total fat: 8g; sodium: 25mg; carbohydrate: 24g; sugar: 15g; added sugar: 12g; protein: 5g
2.5 cups frozen broccoli florets (~6-8 ounces)
1 large sweet potato, cut in thin slices
2 tablespoons olive oil
1/8 teaspoon salt
2 frozen tilapia fillets
Minced cilantro and lime wedges for garnish

1. Preheat your oven to 425°F.
2. Cut sweet potato into thin sticks.
3. Toss sweet potato with 1 tablespoon olive oil, spread out in a single layer on one side of a large baking sheet, with the pieces not touching.
4. Toss frozen broccoli with 1 tablespoon olive oil, and spread out in a single layer on the other side of the baking sheet, again the pieces should not be touching.
5. Sprinkle up to 1/8 teaspoon of salt over sweet potato and broccoli.
6. Place pan in preheated oven, and roast sweet potato and broccoli for 10 minutes.
7. In the meantime, make the sauce by vigorously whisking (mixing) together the sauce ingredients.
8. At 10 minutes, remove the pan from the oven and flip the vegetables. Make room in the center of the pan, and place the frozen tilapia fillets in the middle. Brush or pour the sauce over the fish, drizzle on the vegetables, stir the vegetables and return to the oven.
9. Roast the vegetables and fish together for another 15-20 minutes.
10. The fish is done when it flakes easily with a fork and the internal temperature is at least 145°F. The broccoli and sweet potatoes should be crisping on the edges.
11. Top each fish with an additional squeeze of lime juice and garnish with cilantro right before serving.
AVOCADO STUFFED WITH MEXICAN-STYLE TUNA SALAD

1 avocado
1 ½ tablespoons lime juice (3/4 of a typical fresh lime)
¼ cup finely chopped onion
1 can of tuna, drained
1 bunch cilantro, minced
1 jalapeño pepper deveined and minced
¼ teaspoon table salt

1. Cut the avocado in half and remove the pit.
2. Using a large spoon, make the pit a little larger, and put the removed flesh in a medium mixing bowl.
3. Squeeze a little bit of the lime juice over the avocado halves to prevent browning.
4. Add the onion, tuna, cilantro, jalapeño pepper, salt, and rest of the lime juice to the bowl with the avocado and mix well to combine.
5. Scoop ½ of the mixture into each of the avocado halves.

Notes:
• If you don't like tuna, you can substitute canned salmon or chicken.

Serving: 2
Estimated Nutrition Information Per Serving: calories: 290; total fat: 17g; saturated fat: 3g; sodium: 350mg; carbohydrate: 12g; sugar: 2g; protein: 23g
THREE SISTERS SALAD

2 small zucchinis halved lengthwise, seeded, and diced
2 yellow summer squash, halved lengthwise, seeded, and diced
1 tablespoon olive oil
1/2 large onion, diced
2 cups fresh, frozen, or canned corn kernels
1 can (15oz) red kidney beans, drained and rinsed
1 large bunch kale, stems removed, roughly chopped
1/4 cup water

3 cloves garlic, minced
2 teaspoon red chili flakes
2 tablespoons olive oil
3 teaspoon coriander (ground)
1 teaspoon apple cider vinegar
1/2 tablespoon honey
1/4 teaspoon table salt
1/2 cup roasted shelled pumpkin seeds (pepitas)

1. Preheat oven to 400 degrees.
2. Toss diced zucchini and squash with 1 tablespoon olive oil, and spread out on a baking sheet.
3. Roast until tender, about 12-15 minutes
4. Add 1 tbsp oil to a medium skillet and preheat over medium heat.
5. Add the diced onion to the pan and sauté for 5-10 minutes or until translucent in color.
6. If using frozen corn, add to the pan and sauté until just warm.
7. Place sautéed onion, corn, and beans in a medium serving bowl.
8. Re-heat pan over low-medium heat. Add kale, garlic, chili flakes, and water to the pan. Sauté kale until wilted and glossy.
9. Transfer kale mixture to the medium serving bowl.
10. Add 2 tbsp of olive oil into your skillet, and reheat over medium heat
11. Add coriander to the pan and stir until well combined with oil. Heat the spice for 60-90 seconds or until color change appears, constantly sitting the mixture. Remove from heat and add to the serving bowl.
12. Add vinegar, honey, and salt to the bowl. Stir until well combined.
13. Serve on a bed of lettuce and top with roasted pepitas.
BUFFALO ROAST WITH VEGGIES

4 lbs buffalo roast (chuck roast)
1 onion large, diced
5 medium carrots, sliced 1/4 inch thick
5-7 medium potatoes, chopped 1 inch thick squares
5 sticks celery, sliced 1/3 inch thick
Salt and pepper to taste
1 tablespoon beef base or one pkg onion soup mix

1. Preheat oven to 325°F degrees.
2. Place buffalo roast in a roaster pan with a lid. Pour 1 inch of water into the roaster.
3. Sprinkle roast with black pepper and place diced onions over the top of the roast and in the water.
4. Add beef base or onion soup mix to the water. Place roast in the oven and cook for 1 1/2 hours.
5. After 1 1/2 hours, place carrots, potatoes, and celery in the water and cook for another hour or so until the roast is completely cooked.

Notes:
- You may need to add additional water to the roaster to keep it at about an inch depth.
1 pound ground bison
1 green bell pepper
1/2 red bell pepper
1 tablespoon minced garlic
2 onions, chopped
2 carrots, diced
2 stalks celery chopped
1 (8 ounce) can tomato sauce
2 (15 ounce) can tomato sauce
2 (14.5 ounce) can diced tomatoes
2 (6 ounce) cans tomato paste
2 cubes beef bouillon
3 bay leaves
1 tablespoon dried thyme
1 1/2 tablespoon dried oregano
1 1/2 tablespoon dried basil
1/2 teaspoon crushed red pepper flakes
1 teaspoon ground black pepper
1 tablespoon white sugar
1 cup beef broth

1. In a large stockpot, cook the ground bison, green and red bell peppers, garlic, onion, carrots, and celery. Cook until bison is no longer pink.
2. Drain into a large colander to drain grease.
3. In a large sauce pan, add mushrooms, tomato sauce, tomatoes, tomato paste, bouillon cubes, bay leaves, thyme, oregano, basil, crushed red pepper, black pepper, sugar, and beef broth. Stir well. Pour the meat mixture into the pot and stir. Bring to a boil then reduce heat and cover. Simmer for 2 hours.
3. Use with your favorite pasta!