

# Spaghetti Squash Pasta Pomodoro

## Serves 2

- 1 spaghetti squash
- 2 Roma tomatoes, diced
- 1 Tbsp. fresh basil, chopped
- 1 clove garlic, minced
- 2 Tbsp. olive oil
- Pinch black pepper
- 1.5 oz. Parmesan cheese, shredded

Cut the squash in half, de-seed and roast or steam until tender. To roast, place cut side down on a foil-lined baking sheet and bake in a 350°F oven for 35 minutes, or until fork tender. To steam, place both cleaned halves into a steamer or pressure cooker and cook, following manufacturer's directions.



Cool squash to room temperature. Using a fork remove and shred the flesh of the squash into a bowl or plate and set aside.

In 10-inch sauté pan, heat oil over medium heat, add garlic and cook until lightly brown. Add 3/4 of the diced tomatoes and sauté for 1 minute. Add squash and 3 Tbsp. water. Cook for 2 minutes to reheat the squash, mixing gently. Add chopped basil and black pepper. Toss once or twice and serve. Sprinkle cheese over the top and garnish with remaining diced tomatoes.

To your health,

*Chef Jason*

### **Nutrition Facts**

**Calories: 229, Protein: 13g, Carbohydrates: 24g,  
Fiber: 3g, Total Fat: 9g, Saturated Fat: 2g,  
Sodium: 355mg**

# Egg White Omelet with Mushrooms, Spinach & Fontina Cheese

### Serves 2

6 egg whites

4 cremini mushrooms, sliced

6 oz. bag fresh cleaned spinach

2 oz. Fontina cheese, shredded

1 banana & yam waffle (cut in half)

*(Available at Star Market)*

Salsa *(Garden Salsa recipe to follow)*



In a 7-inch non-stick fry pan, sauté the mushrooms until tender; add spinach and cook until wilted (30 seconds). Remove from pan and reserve. Reheat the sauté pan and spray with a non-stick oil spray. Pour in the egg whites and begin to cook. Flip once and add the mushroom and spinach filling.

*(Continued on back side.)*

Cook for 30 seconds. Fold and sprinkle with the Fontina cheese. Serve. Salsa is a great addition to this omelet.

### **Garden Salsa**

1 cup tomato (¼ inch pieces, diced)  
½ cup cucumber (¼ inch pieces, diced)  
2 Tbsp. cilantro, chopped  
Juice of 3 limes  
½ cup red onion (¼ inch pieces, diced)  
½ cup yellow bell pepper (¼ inch pieces, diced)  
1 Jalapeño pepper, minced  
1 tsp. garlic, minced  
¼ cup red wine vinegar

Mix all the ingredients together in a medium-sized bowl; cover and chill in the refrigerator for 1 hour. Lasts up to 3 days.

For texture and a little crunch, we suggest 1/2 of a banana and yam waffle, toasted. (Waffles can be purchased at Star Market in the freezer section. They are called the Green Waffle.)

Enjoy!

*Chef Jason*

### **Nutrition Facts (without waffle):**

**Calories: 147, Protein: 20g, Carbohydrates: 7g,  
Fiber: 3g, Total Fat: 5g, Saturated Fat: 3g,  
Sodium: 392mg**

# Grilled Chicken Tacos with Cauliflower Tortillas

## Serves 4

### Grilled Chicken

- 9 oz. boneless/skinless chicken breast
- 3 tsp. Mexi-mix organic salt-free spice blend  
*(Available at Star Market)*
- 3 oz. orange juice

Mix spices together with the orange juice and marinate the chicken breast for 2 hours. Grill on a charcoal or gas BBQ until cooked through. Remove the chicken from the grill and rest for 10 minutes. Chop and serve on the cauliflower tortillas with cabbage slaw.



## Cabbage Slaw

1 package shredded cabbage  
1 Tbsp. cilantro, chopped  
Juice of 2 limes  
1 tsp. olive oil

In a medium-sized bowl combine the cabbage with the lime juice and olive oil. Mix well. Add cilantro and toss gently. Chill for 30 minutes and serve as a taco topper or side dish.

## Cauliflower Tortilla

Makes 6 Tortillas

3/4 head cauliflower  
2 large eggs  
1/4 cup fresh cilantro, chopped  
Juice from 1/2 lime (Include zest if you want more of a lime flavor.)  
Salt and pepper, to taste

Preheat the oven to 375°F and line a baking sheet with parchment paper. Trim the cauliflower; cut it into small, uniform pieces and pulse in a food processor in batches until you get a couscous-like consistency. The finely

riced cauliflower should make about 2 cups packed. Place the cauliflower in a microwave-safe bowl and microwave for 2 minutes; stir and microwave again for another 2 minutes. Place the cauliflower in fine cheesecloth or thin dishtowel and squeeze out as much liquid as possible, being careful not to burn yourself. (Wearing dishwashing gloves is suggested as cauliflower is very hot.) In a medium bowl, whisk the eggs. Add in cauliflower, cilantro, lime, salt and pepper. Mix until well combined. Use your hands to shape 6 small “tortillas” on the parchment paper. Bake for 10 minutes; carefully flip each tortilla and return to the oven for an additional 5 to 7 minutes or until completely set. Place tortillas on a wire rack to cool slightly. Heat a medium-sized skillet using medium heat. Place a baked tortilla in the pan, pressing down slightly, and brown for 1 to 2 minutes on each side. Repeat with remaining tortillas.

*Chef Jason*

## Nutrition Facts

**Calories: 170, Protein: 7g, Carbohydrates: 16g,  
Fiber: 5g, Total Fat: 5g, Saturated Fat: 1g,  
Sodium: 135mg**

# Zesty Garden Salsa with Kale Chips

HEART HEALTHY RECIPE



## Serves 4

### Kale Chips

*Kale (The heartier, the better. If preferred, kale chips can be purchased at your local market.)*

Pinch of kosher salt  
Olive oil

Pre-heat your oven to 350°F. Wash and dry the kale in a salad spinner. Brush the kale leaves with the olive oil and sprinkle with a light touch of kosher salt. Place on a baking sheet and bake until edges are brown but not burnt, about 10-15 minutes. Cool to room temperature and serve.

*(Continued on back side.)*

## **Garden Salsa**

1 cup tomato (¼ inch pieces, diced)  
½ cup cucumber (¼ inch pieces, diced)  
2 Tbsp. cilantro, chopped  
Juice of 3 limes  
½ cup red onion (¼ inch pieces, diced)  
½ cup yellow bell pepper (¼ inch pieces, diced)  
1 Jalapeño pepper, minced  
1 tsp. garlic, minced  
¼ cup red wine vinegar

Mix all the ingredients together in a medium-sized bowl; cover and chill in the refrigerator for 1 hour.  
Lasts up to 3 days.

Enjoy!

*Chef Jason*

## **Nutrition Facts**

### **Kale Chips**

(For whole batch): **Calories: 203, Protein: 7g, Carbohydrates: 15g, Fiber: 3g, Total Fat: 15g, Saturated Fat: 2g, Sodium: 220mg**

### **Salsa**

(For whole batch): **Calories: 147, Protein: 5g, Carbohydrates: 34g, Fiber: 5g, Total Fat: 1g, Saturated Fat: 0g, Sodium: 22mg**