



Flatten the Curve of Weight Gain During the Shutdown Recipes.

Chicken Salad with Grapes and Walnuts

Ingredients

1 lb. chicken meat, cooked and cut into small cubes	2 scallions, thinly sliced
1 Tbsp. lemon juice (optional-adds tasty zip)	1/2 c. coarsely chopped walnuts
2 c. seedless red grapes, sliced (don't have grapes try dried cherries or golden raisins)	1/4 c. low fat mayonnaise
1/2 c. chopped celery	1 tsp. curry powder or cumin (optional)

Instructions

Chill cooked chicken cubes. Sprinkle chicken with lemon juice. Combine chicken with remaining ingredients. Serve alone, on a bed of mixed salad greens or with pita bread.

Serves 5 *Tip: Try it with greens instead of bread.*

Chunky Apple Sauce

Ingredients

6 med. Apples, cut into chunks	2 dashes Ground clove
2 Tbsp. Brown sugar	1/2 c. Fresh cranberries &/or golden raisins
1/2 tsp. Cinnamon	3/4 c. Chopped walnuts or not
1/2 tsp. Nutmeg	1/4 c. Orange juice

Instructions

Put everything in a pot and simmer until the apples are the texture you like them.

Tip: Apple sauce which will be dessert with my lunch is great as...dessert, with steel cut oats, add some crushed walnuts and it is like pie, add with yogurt and granola. I usually warm mine to just above room temp.

Cowboy Caviar

Ingredients

3 Roma tomatoes seeds removed, diced
2 ripe avocados diced
1 15 oz. can black beans rinsed and drained
1 15 oz. can black eyed peas rinsed and drained
1 ½ c. frozen organic sweet corn thawed (I just usually toss it in the salad frozen unless I plan on eating it immediately, it thaws quite quickly).
1 bell pepper diced (I used half a green and half a red, but color doesn't matter)
1/3 c. red onion diced
1 jalapeno pepper seeds removed, diced into very small pieces
1/3 c. Cilantro finely chopped

Dressing

1/3 c. olive oil
2 Tbsp. red wine vinegar
2 Tbsp. lime juice fresh preferred
1 tsp. sugar
½ tsp. salt
½ tsp. pepper
¼ tsp. garlic powder
Tortilla chips for serving

Instructions

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir/toss very well.
4. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

Easy Chicken and Rice Soup

The perfect soup for a cold day or if you have a cold! It also makes a great weeknight meal.

Yield: Serves 4 Prep Time: 10 Minutes Cook Time: 25-30 Minutes Total Time: 40 Minutes

Ingredients

1 Tbsp. extra-virgin olive oil	2 c. chicken stock or broth (we use low sodium)
1 medium yellow onion, chopped	2 c. of water
2 garlic cloves, minced	1 c. brown rice
2 medium carrots, chopped	2 c. shredded cooked chicken can
2 celery ribs, cut into 1/2-inch-thick slices	Kosher salt and freshly ground black pepper, to taste
1 tsp. thyme	

Instructions

1. Place a large pot over medium heat and add the olive oil. Add the onion, garlic, carrots, celery, and thyme. Cook and stir for about 6 minutes, until the vegetables are softened but not browned.
2. Pour in the chicken broth and water and bring the liquid to a boil. Add in the rice and chicken; season with salt and pepper.
3. Cook on medium-low until the rice is tender, about 25-30 minutes. Serve warm.

*Note-for the shredded chicken you can use rotisserie chicken or leftover chicken and shred it. To cook the chicken for the soup, bring a pot of water on the stove and add two chicken breasts, that have been cut into large pieces. Boil the chicken until it is cooked all the way through and there is no pink left. This will take about 7 minutes or so. Drain the water and shred the chicken once it is cooled. I use 2 forks to shred the chicken. You can also use leftover turkey in this soup recipe.

Tip: Chicken rice soup can come from leftover rotisserie chicken or some brown rice you have stored in freezer.

High Protein High Fiber Pancakes

Ingredients

4 eggs (I use ¾ cup of egg whites)	½ tsp. cinnamon
1 c. low fat cottage cheese	¼ c. oat bran
1 Tbsp. sugar	¼ c. ground flaxseed
½ c. oatmeal	

Instructions

Blend at high speed in a blender and cook like regular pancakes in pan with Canola Oil.

Serve with 1 Tbsp. Maple Syrup or Frozen Blueberry compote

Tip: Pancakes so awesome with a berry compote on them. Easy to make. Drop bag frozen berries into pot with teaspoon corn starch and splash of OJ. Simmer 10-15 minutes. Refrigerate for up 10 days.

Mediterranean Chickpeas with Vegetables

Ingredients

- 1 Tbsp. olive oil
- 1 c. diced onion
- 1 garlic clove
- 2 tsp. dried basil
- ½ tsp. black pepper
- 2 bay leaves
- 1 (28 oz.) can diced tomatoes, undrained
- 1 (19 oz.) can chickpeas (garbanzo beans), rinsed and drained
- 2 c. diced zucchini or chopped Swiss chard or kale
- 1/3 c. grated fresh Parmesan or soy cheese

Instructions

1. Heat oil in large nonstick skillet over medium-high heat until hot. Add onion and garlic; sauté 3 minutes.
2. Add basil and next 3 ingredients (basil through tomatoes). Bring to boil, and reduce heat to medium.
3. Cook 5 minutes, stirring occasionally.
4. Stir in Chickpeas, cook 3 minutes.
5. Add zucchini or greens and cook for 3 minutes or until vegetables are tender.
6. Discard bay leaves

Serves 4

Or quick version

Mediterranean Chickpeas with Vegetables

Ingredients

- 1 Tbsp. olive oil
- 1 c. diced onion
- 2 tsp. dried basil or oregano
- 1 (28 oz.) can diced tomatoes, undrained
- 1 (19 oz.) can chickpeas (garbanzo beans), rinsed and drained
- 2 c. diced zucchini or chopped Swiss chard or kale

Instructions

1. Heat oil in large nonstick skillet over medium-high heat until hot. Add onion sauté 3 minutes.
2. Add basil and tomato. Bring to boil, and reduce heat to medium.
3. Cook 5 minutes, stirring occasionally.
4. Stir in Chickpeas, cook 3 minutes.
5. Add zucchini or greens and cook for 3 minutes or until vegetables are tender.

Serves 4

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Oven Roasted Brussels Sprouts

Enjoy as a side dish or snack

6 servings

Ingredients

1 lb. Brussels sprouts

2 Tbsp. olive oil

1/2 tsp. salt (or less)

1 tsp. freshly ground black pepper

Instructions

To prepare, soak Brussels sprouts in a bowl of cold for 10-20 minutes.

Preheat oven to 400°F.

Drain sprouts and trim the stem ends, pulling off any yellow outer leaves. Cut each sprout in half from stem to top. In a large bowl, toss with olive oil, salt and pepper.

Transfer to a lightly oiled sheet pan and roast, turning once or twice, for 15 - 20 minutes, until lightly browned and crisp outside and tender inside—you'll note that leaves that are loose will be especially brown and crispy—this is ideal. Serve hot or at room temperature for a snack.

Nutritional Information:

Calories: 74; Total Fat: 4g; Saturated fat: <1g; Carbohydrates: 6.7g; Dietary Fiber: 3g; Protein: 3g

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Sweet Potato & Black Bean Chili for Two

From the Eating Well Kitchen

Ingredients (2 servings)

2 tsp. extra-virgin olive oil	1/8 tsp. salt, or to taste
1 small onion, finely diced	1/3 c. water
1 small sweet potato, peeled and diced	1 15-ounce can black beans, rinsed
2 cloves garlic, minced	1 c. canned diced tomatoes
1 Tbsp. chili powder	2 tsp. lime juice
2 tsp. ground cumin	2 Tbsp. chopped fresh cilantro
¼ tsp. ground chipotle chile, (see Note)	

Instructions

1. Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes. Remove from the heat and stir in cilantro.

Make Ahead Tip: Cover and refrigerate for 2 days. Stir in cilantro just before serving.

Note: Chipotle peppers are dried, smoked jalapeno peppers. Ground chipotle can be found in the specialty spice section of most supermarkets

Nutrition information (Serving size: 2 cups)

Per serving: 365 calories; 7 g fat(1 g sat); 18 g fiber; 67 g carbohydrates; 14 g protein; 125 mcg folate; 0 mg cholesterol; 16 g sugars; 20,737 IU vitamin A; 28 mg vitamin C; 187 mg calcium; 6 mg iron; 629 mg sodium; 1,301 mg potassium

Tuscan-Style Tuna Salad

Makes 4 servings, 1 cup each.

Quick version of a Northern Italian lunch. Easy to make ahead and refrigerate for several days.

Ingredients

2 6 oz. cans tuna packed in water, drained	2 Tbsp. olive oil
1 15 oz. can of cannelloni or great northern beans, drained and rinsed	2 Tbsp. lemon juice (bottled or fresh is fine)
10 cherry tomatoes, halved	¼ tsp. salt (optional)
4 scallions, trimmed and sliced	Pepper to taste

Instructions

Combine tuna, drained beans, tomatoes, scallions, oil, lemon juice, and seasonings in a medium bowl. Stir gently. Refrigerate until ready to serve.

Serve with whole-wheat pita or as a filling for a wrap.

Per 1 Cup: Calories: 253; Total Fat: 7g; Saturated Fat: 1g; Protein: 31g; Carbohydrate 20g; Fiber: 6g

Recipe adapted from Eating Healthy in a Hurry by Eating Well

Zucchini Noodles with Garlic, Butter & Parmesan

Servings: 2 servings Calories: 283

Using a simple [zucchini spiralizer](#) or a [vegetable julienne peeler](#), this simple meal is just requires a few ingredients. This is just a base recipe and can be adapted to any way that you want. Add some sausage, tomatoes or more vegetables to make it perfect fit for your family and menu. Whatever you do, don't skimp out on the garlic. The flavor is amazing!

Ingredients

2 medium zucchinis	kosher salt or sea salt, to taste
2 Tbsp. butter	black pepper, to taste
3 large cloves garlic, minced (or to taste)	1/4 tsp. red chili flakes
3/4 c. parmesan cheese (approximately)	

Instructions

1. Cut zucchini into spirals or noodle strands using the [vegetable spiralizer](#) or [julienne peeler](#). Set aside noodles. They are available in most grocery stores already spiralized as well.
2. Heat large pan on medium-high heat. Melt butter, then add garlic. Cook garlic until fragrant and translucent. Don't let the garlic burn.
3. Add zucchini noodles and cook until tender, about 3-5 minutes. Zucchini noodles cook really fast, so taste a strand as you cook and decide how firm or "al-dente" you want the zucchini. Don't overcook the zucchini noodles or else they'll become mush.
4. Remove the pan from the heat, add parmesan cheese and season generously with salt and pepper to taste. Add chili flakes then serve warm.
5. Optional: if you have left over chicken, seafood or meat you could toss it in making sure the protein is heated to safe temperature.