



ALL YEAR LONG

LIFESTYLE PRESCRIPTIONS FOR
YEAR-ROUND WELLNESS



IT HAS BEEN OUR PLEASURE to provide you with free prevention and wellness programs and classes over the past six years. And we're just getting started! Since 2017, you have shared with us your goals, your challenges, and what keeps you going. You have taught us a lot about what is important to you. We have grown with you, and our community has grown too.

Today, our Basecamp Prevention + Wellness community reaches across the nation where connections with people, just like you, have exceeded more than 25,000.

When we shifted to virtual programs and classes in 2020, we were able to reach more people in more places. It is exciting to share new opportunities like **Movámonos con Maicol**, **Will Powered!**, **Mindful Movement**, and **FIT Foundations**, through our new on-demand platform. Every time you sign up for a new experience, you are opening new opportunities for yourself and your family. We love that.

We continue to focus on keeping you connected – not only with our community, but also through new ways to keep moving from one goal to the next. This momentum will keep you going, even when times get tough. We have built an activity calendar that introduces more programs and classes to help you build upon your heart-healthy habits, because we know that each little step forward – no matter how small – will keep you moving toward a remarkable finish. You are invited to join us on this journey toward our best, healthiest selves – all year long!

James Beckerman, MD
Medical Director
Heart Programs
Providence Heart Institute





JOURNEY WITH US ALL YEAR LONG

That's right. There are so many ways to incorporate wellness and prevention into your life throughout the year. Let us be your guide on this journey. We've built a robust calendar of offerings to support you in your goals to be fit, reduce stress, be your best weight, and lower your risk. Let's start today and continue the journey together.

For continued support, we encourage you to sign up for our newsletter ([WelcomeToBasecamp.org/trailguide](https://www.welcometobasecamp.org/trailguide)) and follow us on Facebook ([Facebook.com/WelcomeToBasecampOR](https://www.facebook.com/WelcomeToBasecampOR)) or Instagram ([Instagram.com/BasecampOR](https://www.instagram.com/BasecampOR)) to keep abreast of new programs and classes.

Visit [WelcomeToBasecamp.org](https://www.welcometobasecamp.org) today, click on our [calendar of classes](#) and check out our free wellness offerings. We think we have what it takes for you to hone your wellness skills *all year long*.

BE FIT

Stretch, sweat and dance with our free on-line fitness classes such as heart-pumping Zumba, strength-building mat Pilates, HIIT (High Intensity Interval Training), Strength Fundamentals, and yoga. [WelcomeToBasecamp.org/movementclasses](https://www.welcometobasecamp.org/movementclasses)

Learn how to move with care, while building strength and flexibility. Our six-week



Take your
next step with
Basecamp

Mindful Movement series guides movement practices to explore muscular stability, joint range of motion, and more subtle exercise of breath awareness and mindful meditation. Great for returning to movement after the passage of time, illness, or injury. [WelcomeToBasecamp.org/mindfulmovement](https://www.welcometobasecamp.org/mindfulmovement)

Get moving with our free **Heart to Start** 5K community program. Train to walk or run a 5K over 12 weeks with an inspiring and inclusive online community! [WelcomeToBasecamp.org/hearttostart](https://www.welcometobasecamp.org/hearttostart)


Make healthy living a family affair! Find family-friendly prevention and wellness tools through **The FIT Project** – healthy lifestyle training for the entire family that focuses on wellness, fitness, and nutrition. Our 2023 program will provide on-demand learning, while still providing supportive family community opportunities developed to meet busy family schedules. [TheFITProject.org](https://www.thefitproject.org)

Improve your balance for safer and easier movement with our **Tai Chi Moving for Better Balance** classes, beginner and intermediate options available. [WelcomeToBasecamp.org/taichibeginner](https://www.welcometobasecamp.org/taichibeginner), [WelcomeToBasecamp.org/taichi](https://www.welcometobasecamp.org/taichi)

Start a new fitness plan and receive a movement routine each Monday of the year. Our **Movement Monday** subscription gets the heart rate and metabolism up, while building strength as well. If you are new to exercise, this is a great start. [WelcomeToBasecamp.org/movementmonday](https://www.welcometobasecamp.org/movementmonday)

Elevate your exercise routine with **Will Powered!** This six-week, video-based exercise challenge brings you easy to follow workouts that fit your schedule – you pick the time and the place and simply press play. [WelcomeToBasecamp.org/willpowered](https://www.welcometobasecamp.org/willpowered)

Get ready to move with **Movámonos con Maicol**, a six-week exercise program delivered in Spanish that won't disappoint. Our certified personal trainer brings the energy and encouragement to keep you moving. A great program for all levels with no additional equipment required.

 [WelcomeToBasecamp.org/movamonosconmaicol](https://www.welcometobasecamp.org/movamonosconmaicol)

REDUCE STRESS

Engage in a variety of yoga practices that meet you where you are; seated and mat classes meant to help with restoration and relaxation.

[WelcomeToBasecamp.org/movementclasses](https://www.welcometobasecamp.org/movementclasses)

Mindful Practices is our 4-week series cultivating awareness and inner peace through the practice of breath work, meditation, and stress reduction. Unlock access to a quarterly alumni practice group to fine-tune your mindfulness practices. [WelcomeToBasecamp.org/mindfulpractices](https://www.welcometobasecamp.org/mindfulpractices)

Take part in our **Cultivating the Heart Qualities** practice, an online gathering to study the four qualities: loving kindness, compassion, joy, and equanimity. Unlock access to a quarterly alumni practice group to fine-tune your practice. [WelcomeToBasecamp.org/cultivatingheartqualities](https://www.welcometobasecamp.org/cultivatingheartqualities)

BE YOUR BEST WEIGHT

Gain knowledge and tools for heart-healthy cooking with our free nutrition programming combining educational conversations, live cooking sessions, and wonderful recipes as we encourage you to **LEARN IT, SEE IT, DO IT**. Our registered dietitian helps you *learn* the nutritional basics through a monthly conversation, **In the Kitchen with Jamie**. WelcomeToBasecamp.org/inthekitchen

Continue your nutrition focus with our **CTK Culinary Nutrition** class. You'll see our chef and dietitian from the Community Teaching Kitchen bring healthy recipes to life with a live-streamed cooking demo and kitchen talk. Then, take the nutrition education and recipes into your own kitchen and *do it yourself*. WelcomeToBasecamp.org/ctkculinarynutrition

Become a subscriber to our video-based Spanish nutrition and cooking class, **Nutrición culinaria CTK**. Episodes are emailed out each month, ready in your in-box when you are.

 WelcomeToBasecamp.org/nutricionculinariactk

LOWER YOUR RISK

Join us online during the first Tuesday of each month for **Healthy Conversations**, a physician-led conversation centered on heart health, prevention, and wellness. This monthly event is free and open to adults of all ages. WelcomeToBasecamp.org/healthyconversations

Open your mind to the world of wellness by joining our **Wellness is for Everyone** community, a six-week series offering an

enlightening approach to your personal wellness. Unlock access to a quarterly alumni practice group to fine-tune your wellness practices. WelcomeToBasecamp.org/wellnessisforeveryone

Play Smart and keep your kids healthy, active, and safe with our free youth heart screenings (ages 12-18). These heart screenings are offered monthly, by appointment only, at some Providence hospitals and clinics throughout Oregon. WelcomeToBasecamp.org/playsmart


Doing good makes you feel better! Choose to **Heal it Forward** in your local community. There's scientific evidence that volunteerism reduces your risk for heart disease. Get involved and be inspired by visiting our website for Basecamp hosted activities and other local suggestions. WelcomeToBasecamp.org/healitforward

Submit a **Saves for Lives** request for a free AED (automated external defibrillator) for your community organization or recommend a group near and dear to your heart (serving communities in Oregon and Southwest Washington). WelcomeToBasecamp.org/savesforlives

START TODAY

Whatever goal you choose, start today, and join our community - open to everyone, everywhere. Visit WelcomeToBasecamp.org to learn more. Or give us a call, 503-216-0880.

Hablos Español: Find Spanish-language offerings at:

 WelcomeToBasecamp.org/enespanol

5 BASICS OF A HEALTHY LIFESTYLE

- 1 Eat a heart-healthy plant-focused diet full of whole foods.
- 2 Walk outside throughout the day.
- 3 Slow down and de-stress with friends and family.
- 4 Get enough sleep.
- 5 Define your fitness and best weight goals.



ALL
YEAR
LONG

*Make exercise a
time to socialize
with friends*

Up to 80% of chronic illness can be prevented by the lifestyle choices we make every day.

Research shows longevity is highest, and chronic illness such as cardiovascular disease, diabetes, cancer, and metabolic syndrome are lowest in people who follow these five basics.

Long-term stress can increase inflammation, sleep disturbances, and the risk of chronic disease. A majority of Americans report feeling stress daily.

9 WAYS TO DE-STRESS

- 1 Go outdoors regularly.
- 2 Connect with others: laugh, cuddle, play, dine.
- 3 Write, paint, try other forms of artistic expression.
- 4 Take slow, steady breaths for 5 minutes.
- 5 Reduce caffeine intake.
- 6 Listen to calming music.
- 7 Learn to say “No.”
- 8 Practice gratitude.
- 9 Spend time with a pet.



*Find time to
slow down and
breathe deeply*



GET MOVING

Find something that is fun and easy to become part of your daily routine. Stretch, move, lift!

- Do housework: sweep, mop, vacuum, dust, garden.
- Be active outside: walk the dog, play, do yoga, tai chi.
- Stand during phone calls, meetings, and TV commercials.
- Aim for 150-minutes of moderate aerobic activity each week.



The more you move, the more you:

- Reduce chronic inflammation
- Prevent cardiovascular disease
- Lower cholesterol and blood pressure
- Manage stress, improve mood
- Support immune system
- Decrease risk of depression and memory loss
- Improve sleep
- Control weight
- Ease chronic back pain
- Prevent osteoporosis



CHOOSE WATER

At least half of your daily fluid intake should be water.

Tips:

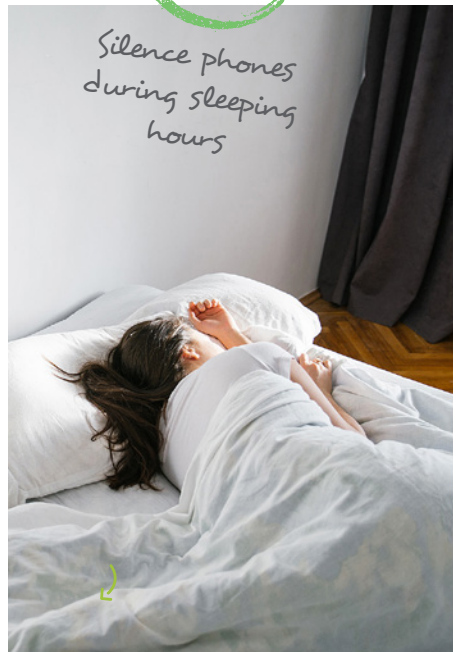
- The lighter your urine, the better hydrated you are.
- Don't lean on caffeine. It can interfere with sleep cycles.
- Eat fruits and vegetables: 20% of your water intake comes from fresh foods.



GET MORE SLEEP


Studies continue to show that sleep deprivation can increase inflammation and the risk of chronic disease. Getting 7 to 9 hours will help you:

- Maintain a healthy weight
- Decrease risk of diabetes
- Strengthen your immune system
- Lower risk of high blood pressure
- Reduce stress
- Elevate mood



WHAT ARE YOUR NUMBERS?

These guidelines are based on large population studies, but each person has a unique health profile. It is important to create a partnership with your healthcare provider to understand what your particular numbers mean for you. In recent years, changes in guidelines for blood pressure call for earlier treatment to lower the potential for later complications.



	<i>Me</i>	Desirable	At Risk	High Risk
Fasting Blood Sugar		Lower than 100	100-125	126 and higher
Blood Pressure Systolic		Lower than 120	ELEVATED: 120-129 STAGE 1: 130-139	STAGE 2: 140 and higher
Diastolic		Lower than 80	STAGE 1: 80-89	STAGE 2: 90 and higher
Waist Circumference Women		Less than 35 inches	35 inches or more	
Men		Less than 40 inches	40 inches or more	
Total Cholesterol		Less than 200	200-239	240 and higher
LDL		Lower than 100	100-159	160 and higher
HDL		60 and higher	41-59	40 and lower
Triglycerides		Lower than 150	150-199	200 and higher

Sources: National Heart Lung and Blood Institute, American College of Cardiology Foundation 2017, American Heart Association

WATCH FOR THESE RISK FACTORS



High
Blood
Pressure



High
Fasting Blood
Sugar



High
Triglycerides



Large
Waist
Circumference



Low
HDL
Cholesterol

Three or more of these risk factors can indicate metabolic syndrome, which can lead to chronic diseases such as Type 2 diabetes, vascular disease, and coronary heart disease. Long-term risks include stroke, heart attack, dementia, cancer, and fatty liver disease.



These diseases are usually preventable and often reversible with food and lifestyle changes. They are associated with overweight and sedentary lifestyles and are only partially genetic in origin.



MAKE YOUR DIET A WAY OF LIFE



*Choose
homemade
over
fast food*

Health is a choice we make each day, many times a day. And a big part of that is the food we choose. Do we order fast food, or make time to cook together? Do we shop for fresh produce and meats, or do we buy highly processed industrial foods? Do we have a cup of herbal tea after dinner to ease the stress we're feeling, or eat a pint of ice cream?

MOSTLY PLANTS ON YOUR PLATE

Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day.

Fill half your plate with non-starchy produce, such as broccoli, asparagus, and dark leafy greens.


Includes potatoes, corn, peas, and lentils.



Source: USDA MyPlate recommendations

Beans and lentils fit into both the whole grain and lean protein groups.

EAT A RAINBOW OF WHOLE FOODS



Variety matters! Color equals nutrition, and a full range of color offers a full range of vitamins and minerals.

Beets, cranberries, cherries, kidney beans, raspberries, red lentils, red peppers, rhubarb, strawberries, tomatoes.

Apricot, carrots, grapefruit, mango, oranges, papaya, pumpkin, sweet potatoes, yams, cantaloupe, peaches.

Summer squash, winter squash, yellow lentils, yellow peppers, pineapple, yellow tomato, rutabaga, bananas, lemons.

Artichokes, asparagus, broccoli, Brussels sprouts, bok choy, kiwi, cabbage, collards, kale, okra, peas, avocado, grapes.

Blackberries, blueberries, plums, purple grapes, purple cabbage, currants, eggplant, purple carrots, dates, figs, prunes.

Almonds, walnuts, pecans, hazelnuts, sunflower seeds, sesame seeds, chia, whole wheat, brown rice, oats, pinto beans, bulgur.

White beans, cauliflower, parsnips, turnips, garlic, ginger, jicama, shallots, kohlrabi, onions.



Most Americans eat enough protein but we could make leaner and more varied selections – beyond the usual meat and dairy. Plants offer proteins high in healthy fiber.

WHERE TO FIND PLANT PROTEINS

Tofu	1/2 cup	10g
Lentils	1/2 cup	9g
Black beans	1/2 cup	8g
Pumpkin seeds	1 ounce	9g
Chickpeas	1/2 cup	8g
Peanut butter	2 Tbsp	8g
Almonds, pistachios	1 ounce	6g
Flax, sunflower seeds	1 ounce	6g
Green peas	1/2 cup	4g
Quinoa	1/2 cup	4g
Whole wheat bread	1 slice	3.6g
Spinach, cooked	1/2 cup	2.5g



Try a meatless meal once a week

Source: USDA

BE SMART ABOUT SUGAR, SALT, AND FAT



HOW MUCH ADDED SUGAR?

LESS SODIUM

Highly processed foods account for more than 80% of our sodium intake. If you eliminate processed foods, your sodium is reduced dramatically.

Focus on eating foods high in potassium and magnesium, minerals that regulate blood sugar, nerve function, and blood pressure.



THE TRUTH ABOUT FATS

Fat is an essential nutrient for optimal health.

Added sugar and salt can lead to inflammation and chronic diseases. And, yes, fats are essential for good health.

Limit added sugar; it has no nutritional value. When reading a nutrition label, remember 4 grams of sugar = 1 teaspoon.

Aim daily for less than 24 grams (6 tsp) for women and 36 grams (9 tsp) for men.

Check ingredient lists on packages for any added sugars. It's not just in cookies and cakes – it's also in breads, tomato sauces, flavored yogurts, salad dressings, cereals.



Potassium rich foods: sweet potatoes, squash, coconut water, bananas, avocado, spinach, Swiss chard, legumes.

Magnesium rich foods: leafy greens, sesame and pumpkin seeds, legumes, whole grains.

Focus on fats from natural sources like olives, avocados and nuts and the oils produced from them.

Omega-3 fats can reduce inflammation and lower risk of certain chronic diseases.



More omega-3s:

- Oily fish: salmon, herring, sardines
- Flaxseed
- Walnuts
- Grass-fed meat and dairy products
- Pasture-raised chicken and eggs

READ THE LABEL BEFORE YOU DECIDE

All packaged foods and drinks are now required to have this improved Nutrition Facts label. Choose foods **higher** in dietary fiber, vitamin D, calcium, iron, and potassium and **lower** in saturated fat, sodium, and added sugars.

The new labels have four major improvements:

1

Realistic
serving sizes

2

Calories big
and bold

3

Added sugars
called out

4

Vitamin D
and potassium
listed

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Remember:
5% or less
of the Daily
Value is low.
20%
or more is
high.

Source: 2022 FDA.gov

THE BIG DEAL ABOUT FIBER

If you make just one change to your diet, eat more foods high in fiber. Here are six ways fiber works for you.

- 1 Feel full longer.
- 2 Aids in healthy gut bacteria that may prevent inflammation.
- 3 Supports regular bowel movements and colon health.
- 4 Reduces risk of diabetes and heart disease.
- 5 Helps promote and maintain weight loss.
- 6 Lowers LDL cholesterol levels.



Women should aim for 21-25g of fiber daily, and men, 30-38g. Try these:

- | | |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10g | Artichoke (1 medium) |
| 6-9g | Lentils, split peas, beans (1/2 cup); pear (1 raw) |
| 4-5g | Green peas, garbanzo beans, bulgur (1/2 cup cooked); avocado, carrots, raspberries, blackberries (1/2 cup); apple (1 medium); sweet potato (1 medium w/skin) |
| 3-4g | Collards, parsnips, winter squash (1/2 cup cooked); banana, orange (1 medium); almonds, pistachios, walnuts, pumpkin seeds, flaxseed (1 oz); chia seeds (1 Tbsp) |
| 2-3g | Brussels sprouts, broccoli, cauliflower, carrots, spinach, amaranth, barley, quinoa, brown rice, oatmeal, buckwheat groats (1/2 cup cooked) |



Choose foods high in fiber



Tim Shevlin,
chef



Jamie Libera,
RD, LD




David Rodriguez,
chef



Kayla Guillory,
RD

JOIN US! IN THE KITCHEN

LEARN IT. SEE IT. DO IT. When it comes to nutrition, we feel knowledge is power. We've combined our nutrition education with cooking classes and official curriculum recipes, so you can take it all the way from preamble to practical – learning heart-healthy tips, seeing it prepared by our chefs at the Community Teaching Kitchen, receiving the recipes, and trying your hand as chef for your home table.

Classes offered online for everyone, everywhere.  Spanish-language nutrition education also available. [WelcomeToBasecamp.org/nutrition](https://www.welcometobasecamp.org/nutrition)



Try new recipes!
[welcometobasecamp.org/recipes](https://www.welcometobasecamp.org/recipes)

HOW TO COOK GRAINS AND LEGUMES



GRAINS: Bring water and grains to a boil. Turn heat to low, cover and simmer. Grains are done when water is absorbed, they are slightly chewy, and you can fluff them with a fork.

1 cup dry	Liquid	Simmer Time	Yield
Barley, pearled	2½ cups	40 minutes	3½ cups
Barley, with hull	3 cups	45-60 minutes	3½ cups
Bulgur	1 ¾ cups	Add to boiling water. Cover and remove from heat, let sit 10-15.	2½ cups
Brown Rice*	2 cups	50 minutes	3 cups
Oats*	2 cups	5-10 minutes	2 cups
Buckwheat groats*	2 cups	15-20 minutes. Let stand for 5-10.	2½ cups
Farro	3 cups	40-50 minutes	3 cups
Quinoa*	1½ cups	12-15 minutes	3 cups

*gluten-free grains

LEGUMES: Bring water and legumes to a boil. Cover pot and reduce heat to a simmer. When tender yet firm, drain. Note: Soaking dry beans 24 hours when possible will reduce cooking time.

1 cup dry	Liquid	Simmer Time	Yield
Brown lentils	3 cups	20-25 minutes	2¼ cups
Red lentils	3 cups	10 minutes	2½ cups
French puy lentils	3 cups	25-30 minutes	2 cups
Split peas	3 cups	30-40 minutes	2 cups
Black beans	4 cups	45 minutes	2 cups
Chickpeas	6 cups	1½ hours	3 cups

12 RECIPES COOK AT HOME FOR A HEALTHY START



ALL
YEAR
LONG

*Have fun cooking
with the kids!
Check out recipes
on
p. 29-33*

Research shows cooking at home with whole foods is a powerful health intervention. We tend to consume less and eat healthier. Keep it simple with fresh vegetables, lean proteins, and flavoring with herbs and spices. You can build your skills from there! These 12 recipes show you how heart-healthy meals can be easy and delicious.

Chipotle Black Bean Chili



Serves 4

- | | |
|--------------------------------|-------------------------------------------------------|
| 2 tablespoons olive oil | 1 tablespoon tomato paste |
| 1/2 onion, chopped | 1 14-ounce can diced tomatoes |
| 1/2 green bell pepper, chopped | 1 tablespoon chipotle in adobo |
| 1 stalk celery, sliced | 1 cup water |
| 2 cloves garlic, minced | 2 15-ounce cans low-sodium black beans
with liquid |
| 1 tablespoon chili powder | 1/4 cup quinoa |
| 1 teaspoon ground cumin | 1/4 cup fresh parsley, chopped |
| 1 teaspoon smoked paprika | 1/4 cup fresh cilantro, chopped |
| 1/2 teaspoon cinnamon | kosher salt to taste |

In a large heavy-bottom pot, heat 1 tablespoon olive oil on medium. Saute onions, pepper, and celery until onion is translucent. Heat remaining 1 tablespoon olive oil. Add garlic and all the dry spices. Cook for a minute, stirring to make sure nothing burns. Add tomato paste, stirring.

Add tomatoes, chipotle, water, beans, and quinoa. Add parsley and cilantro, reserving some for garnish. Add salt. Turn up the heat, cover, and bring to a boil. Once boiling, lower heat and simmer 20 minutes, until quinoa is cooked and the chili has thickened. Serve with fresh parsley and cilantro.

Vegetarian: ✓ Gluten Free: ✓ Dairy Free: ✓

Per serving: 350 calories, 16g protein, 54g carbohydrates (20g fiber), 9g fat (1.5g sat fat), 570mg sodium, 150mg calcium, 5.7mg iron, 900mg potassium

Blueberry Tabouli Salad



Serves 4

1½ cups cooked tri-color quinoa	4	scallions, finely chopped
1½ cups blueberries	1	cup sweet onion, sliced
1 cucumber, finely chopped	3	tablespoons lemon juice
2 bunches parsley leaves and some stems, finely chopped	3	tablespoons olive oil
1 cup fresh mint leaves, finely chopped	½	teaspoon black pepper
		kosher salt to taste

Place the quinoa in a pot of boiling water and cook for 9 minutes. Drain in a fine mesh collander, and cool by running under cold water. Leave to dry.

In a large bowl, mix all ingredients together, seasoning to taste. Let the salad sit at least 20 minutes before serving.

Add grilled chicken breast or your favorite fish for a pop of protein.

Vegetarian: ✓ Gluten Free: ✓ Dairy Free: ✓

Per serving: 260 calories, 7g protein, 36g carbohydrates (8g fiber), 12g fat (1.5g sat fat), 144mg sodium, 110mg calcium, 4.6mg iron, 590mg potassium

Miso Crunch Salad Topping



Makes 3½ cups

- | | | | | | |
|---|-------------|--------------------------------|---|----------|-----------------------|
| 4 | tablespoons | miso paste | ½ | cup | hemp hearts |
| 1 | tablespoon | extra virgin olive oil | ½ | cup | sesame seeds |
| 1 | tablespoon | lemon juice | ½ | cup | flax seeds |
| 1 | | lemon, grated zest only | 1 | teaspoon | dried turmeric |
| 1 | cup | buckwheat groats | 1 | teaspoon | garlic powder |
| 1 | cup | pumpkin seeds | 1 | teaspoon | black pepper |

In a bowl, mix miso paste, olive oil, lemon juice, and lemon zest. Add buckwheat groats, pumpkin seeds, hemp hearts, sesame seeds, flax seeds, turmeric, garlic powder, pepper, and salt (only use if your miso paste is not very salty). Mix well.

Spread out on a parchment-lined baking sheet and bake in a 275 degree oven just long enough to dry it out, about 15 minutes. Pull the baking sheet out and toss everything around a couple of times during the baking to ensure it dries evenly.

Once cooled, store in a jar in the fridge for two weeks. Freezes well. Sprinkle on salads, soups, hummus, or dip avocados into it for crunch.

Vegetarian: ✓ Gluten Free: ✓ Dairy Free: ✓

Per 2 tablespoons: 100 calories, 4g protein, 7g carbohydrates (2g fiber), 7g fat (1g sat fat), 107mg sodium, 40mg calcium, 1.8mg iron, 110mg potassium

Roasted Broccoli with Feta



Serves 4

- 1½ pound **broccoli**, rinsed
- 2 tablespoons **olive oil**
- 2 tablespoons **feta cheese**, crumbled
- 4 tablespoons **pumpkin seeds** or **Miso Crunch Salad Topping** (p.23)
- 1 tablespoon **fresh lemon juice**
- black pepper** to taste
- kosher salt** to taste

Preheat oven to 400 degrees. Cut head of broccoli into 2-3 inch florets. Peel rough outer skin of stalk and cut lengthwise into half-inch slices.

On a rimmed baking sheet, toss broccoli with olive oil until evenly coated. Roast in oven for about 20 minutes, tossing halfway through, until tender and lightly browned.

Transfer to platter. Toss with feta cheese, pumpkin seeds, lemon juice. Season with salt and black pepper to taste.

Vegetarian: ✓ Gluten Free: ✓ Dairy Free option: plant-based cheese

Per serving: 240 calories, 11g protein, 13g carbohydrates (5g fiber), 17g fat (7g sat fat), 289mg sodium, 240mg calcium, 2mg iron, 560mg potassium

Brothy Chicken and Confetti Rice



Serves 4

- | | | | |
|---|---------------------------------------------------------------|---|---------------------------------------|
| 2 | bone-in chicken breasts , about 1½ pounds total | 1 | teaspoons kosher salt |
| 5 | scallions , white and green parts separated and minced | 1 | cup short-grain brown rice |
| 3 | garlic cloves , crushed | 1 | cup cucumber , chopped |
| 1 | tablespoon low-sodium soy sauce or coconut aminos | ¼ | cup pickled ginger |
| | | 1 | cup red pepper , chopped |
| | | 2 | tablespoons black sesame seeds |

Place chicken in a pot and cover with about 5 cups water, enough to submerge. Add white parts of the scallions, garlic, soy sauce, salt to the pot. On medium high, bring to a boil. Reduce heat to medium low and simmer gently until chicken is cooked, about 20 minutes. Remove the chicken to cool. Pull chicken meat from skin and bones and set aside. Keep the broth heated on low.

Rinse rice and drain well. In a small pot, add rice and 2 cups water. On medium heat, bring to a boil, then cover and simmer on low about 50 minutes. Fluff with a fork.

Make confetti rice by tossing rice with cucumber, pickled ginger, sesame seeds, cilantro, and green scallions. Season to taste.

Serve in bowls filled with rice mixture. Top with chicken, and ladle hot broth.

Vegetarian option: tofu and vegetable stock Gluten Free: ✓ Dairy Free: ✓

Per serving: 440 calories, 43g protein, 47g carbohydrates (5g fiber), 6g fat (1g sat fat), 540mg sodium, 50mg calcium, 2mg iron, 900mg potassium

Lemon Tahini Chickpeas



Serves 4

- 2 zucchini, sliced thinly
- 2 cups cooked chickpeas (or 1 can low-sodium), drained
- $\frac{1}{8}$ teaspoon ground cumin
- 1 small shallot, thinly sliced
- 2 tablespoons red wine vinegar
- 1 tablespoon zaatar
- 2 tablespoons olive oil
- $\frac{1}{2}$ sweet onion, sliced thinly
- $\frac{1}{2}$ cup fresh mint, chopped
- $\frac{1}{2}$ cup fresh dill, chopped

$\frac{1}{2}$ cup fresh cilantro, chopped

Lemon Tahini Sauce

- $\frac{1}{2}$ cup plain yogurt
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon olive oil
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 teaspoon sumac

Blanch the zucchini: 1 minute in boiling water then immediately cooled down. Then combine all ingredients for the Lemon Tahini Sauce and mix well.

In a small bowl, mix chickpeas, cumin, shallot, vinegar. Put a plate over the bowl and microwave until shallot is wilted and chickpeas are warm, about 1-2 minutes. Mix in the zaatar, then let the mixture cool. Combine with onion, mint, dill, and cilantro. Serve tossed in Lemon Tahini Sauce. Sprinkle with more sumac to taste.

Vegetarian: ✓ Gluten Free: ✓ Dairy Free option: plant-based yogurt

Per serving: 290 calories, 12g protein, 30g carbohydrates (8g fiber), 15g fat (2g sat fat), 350mg sodium, 140mg calcium, 3mg iron, 500mg potassium

Shrimp Curry



Serves 4

- | | | | |
|---|---------------------------------------|-----|----------------------------------------------------------|
| 1 | tablespoon olive oil | 1 | pound large shrimp , peeled
with tails left on |
| 1 | large onion , diced | 1/2 | pound flaky white fish , chopped |
| 4 | garlic cloves , diced | 1/2 | cups reduced-fat coconut milk |
| 2 | tomatoes , diced | 1 | cup cilantro , minced |
| 2 | teaspoons ground turmeric | 1/2 | cucumber , diced |
| 2 | teaspoon chili powder | 1 | tomato , diced |
| 2 | teaspoon ground coriander | | |
| 2 | teaspoons tamarind concentrate | | |

Heat oil in medium pot on medium high. Saute onion, garlic, and 2 chopped tomatoes until tender, 8-10 minutes. Turn heat down slightly, then add spices and continue cooking until fragrant.

Gently fold in fish and shrimp, cooking until fish breaks into smaller pieces and shrimp becomes opaque. Stir in 1/2 cups coconut milk, adding more to taste. Add cilantro, reserving some for garnish. Heat until simmering.

Serve over brown rice. Top with a mixture of cucumber, tomato, and cilantro.

Vegetarian option: tofu or cauliflower Gluten Free: ✓ Dairy Free: ✓

Per serving: 290 calories, 28g protein, 11g carbohydrates (2g fiber), 14g fat (6g sat fat), 740mg sodium, 110mg calcium, 2mg iron, 620mg potassium

Mediterranean Salmon and Greens



Serves 4

4	salmon fillets , skin on	1/2	cup tahini
2	tablespoons zaatar	3	garlic cloves , minced
2	teaspoons sumac + extra for sprinkling	3	tablespoons lemon juice + extra for sprinkling
3	tablespoons olive oil		salt and pepper , to taste
10	ounces spinach , chopped	1/4	cup cilantro , minced

Preheat oven to 450 degrees. In a small bowl, mix zaatar and sumac. Cover the salmon with the mixture to create a crust.

Heat 1 tablespoon oil in a heavy oven safe skillet. Wilt the spinach in it, about 2-3 minutes. Lay the salmon fillets on top with herb crust on top and skin side down. Drizzle oil over each fillet. Bake for 5 minutes.

In a small bowl, whisk together tahini, garlic, lemon juice, a pinch of salt, and 1/4-1/2 cup water until smooth and runny. Pour the sauce around the salmon, and return the skillet to the oven for another 5 minutes, until sauce is bubbling and salmon is cooked.

To serve, top with cilantro and sumac. Drizzle with olive oil.

Vegetarian option: tofu or steamed cauliflower Gluten Free: ✓ Dairy Free: ✓

Per serving: 590 calories, 58g protein, 11g carbohydrates (5g fiber), 38g fat (6g sat fat), 310mg sodium, 230mg calcium, 6mg iron, 1380mg potassium

COOK TOGETHER FOR FAMILY FUN

With the right recipe, including the kids in the cooking is a rewarding activity. **Tofu Crumble Street Tacos** (p. 30) includes tasks for even the littlest hands.



Grating cheese



Measuring cheese onto tortillas

Chopping the toppings



Blending the sauce



Extra fun!
Squeezing water out of the tofu



Tofu Crumble Street Tacos



Makes 10 tacos

14	ounces firm tofu	10	corn tortillas
2	tablespoons olive oil	10	tablespoons jack cheese , shredded
3	teaspoons chili powder	2	cups lettuce , finely chopped
1	teaspoon ground cumin	1/2	cup red onions , finely chopped
1	teaspoon dried oregano	1	cup tomatoes , finely chopped
1	teaspoon garlic powder		Taco Truck Salsa Verde (p.31)
1/4	teaspoon kosher salt		

Freeze tofu in its original container overnight, then defrost. Remove tofu and drain the water. Over a colander, squeeze and tear the tofu until most of the water is gone and you're left with fluffy bits.

In a medium nonstick pan, heat oil on medium high. Add tofu and don't stir, letting the tofu sear. Mix the spices, garlic powder, and salt, then stir into the tofu. When the tofu deepens in color and becomes crispy in places, remove to a plate.

Preheat oven to broil. On a sheetpan, lay tortillas in a single layer. Sprinkle each with 1 tablespoon of shredded cheese. Broil until bubbly, careful not to burn. On each tortilla, sprinkle tofu crumbles, lettuce, tomatoes, and onions. Drizzle with salsa verde.

Vegetarian: ✓ Gluten Free: ✓ Dairy Free option: plant-based cheese

Per taco: 170 calories, 9g protein, 12g carbohydrates (2g fiber), 10g fat (3g sat fat), 235mg sodium, 180mg calcium, 1mg iron, 20mg potassium

Taco Truck Salsa Verde



Makes 1 cup

1	zucchini , chopped (about 2 cups of chunks)	3	tablespoons olive oil
2	whole scallions , chopped	1/2	teaspoon kosher salt
1	garlic clove	1/2	teaspoon ground cumin
3	tablespoons lime juice	1	cup cilantro , chopped
		1/4	jalapeño (optional)

Blend in a high speed blender until creamy. Remove to a jar; it will keep refrigerated for 3 days. Serve drizzled over tacos.

This can also be used as a dressing over roasted chicken or vegetables.

Substitute the cilantro and cumin with any of your favorite fresh herb and spice combinations, such as basil and oregano.

Vegetarian: ✓ Gluten Free: ✓ Dairy Free: ✓

Per 2 tablespoons: 50 calories, 0g protein, 2g carbohydrates (0g fiber), 5g fat (1g sat fat), 75mg sodium, 10mg calcium, 0mg iron, 90mg potassium

2-Minute Apple Mug Muffins



Makes 2 small mug muffins

1/2	cup apple , peeled and diced	1/4	cup milk
2	tablespoons almond butter	1/4	cup flour
3	tablespoon oats	1/4	teaspoon baking powder
1-2	tablespoon maple syrup	1/4	teaspoon cinnamon

Place oats, apples, and almond butter in mug and stir. Microwave on high for 30 seconds.

To the mug, add maple syrup and milk. Use maple syrup to taste. Mix well with a fork. Then add flour, baking powder, and cinnamon and gently combine.

Microwave for 2 minutes on high power. Cool slightly.

Vegetarian: ✓ Gluten Free option: 1:1 gluten free flour Dairy Free option: plant-based milk

Per mug muffin: 260 calories, 9g protein, 35g carbohydrates (4g fiber), 11g fat (2g sat fat), 55mg sodium, 140mg calcium, 2mg iron, 290mg potassium

Easy Pineapple Banana Sherbet



Makes 8 scoops

Pineapple Banana Sherbet

- 3 medium **bananas**, chunks
- 3 cups **pineapple**, chunks
- 1 tablespoons **lime juice**
- 2-4 tablespoons **coconut milk**, as needed

Chocolate Sherbet

- 3 medium **bananas**, chunks
- 4 tablespoons **coconut milk**
- 2 tablespoons **almond butter**
- 1/2 cup **cocoa powder**

Cherry Sherbet

- 3 medium **bananas**, chunks
- 3 cups **frozen pitted cherries**
- 1/2 teaspoon **almond extract**
- 2-4 tablespoons **coconut milk**, as needed

Peel and roughly chop bananas into pieces, then freeze.

Once frozen, let the bananas defrost about 30 minutes, just until workable in a food processor. Add the rest of the ingredients and run the food processor until ingredients are well combined. Place in a container and freeze about 3 hours before serving.

Vegetarian: ✓ Gluten Free: ✓ Dairy Free: ✓

Per scoop: 80 calories, 1g protein, 19g carbohydrates (2g fiber), 1g fat (1g sat fat), 0mg sodium, 10mg calcium, 0mg iron, 240mg potassium

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Reduce stress

Be my best weight



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