



WELLNESS AT BREAKFAST, LUNCH AND DINNER

Turkey Burgers with Avocado Salsa

These turkey burgers are so hearty and full of flavor that they hardly need a bun. Instead, serve them solo on a bed of grilled veggies for a memorable outdoor summer dinner.

Ingredients for Salsa

1 avocado, finely chopped
1/2 pound roasted red peppers, finely chopped
1 tablespoon lime juice
2 tablespoons thinly sliced basil
1/4 teaspoon or more finely chopped habanero pepper
Salt to taste

Ingredients for Turkey Burgers

1 pound ground turkey
2 eggs, lightly beaten
1/2 cup plus 2 tablespoons dried bread crumbs
1/2 cup grated cheese
2 tablespoons finely chopped basil
1/2 teaspoon pepper

TO PREPARE: For the salsa, put avocado, red peppers, lime juice, basil, habanero peppers and salt into a bowl and toss to combine. Set aside.

For the burgers, preheat grill. Put turkey, eggs, bread crumbs, cheese, basil and pepper into a large bowl and mix together well. Shape turkey mixture into 4 patties then grill, flipping once, until just cooked through. Serve turkey burgers topped with salsa.

Source: www.wholefoodsmarket.com

Flaxseed Apricot Chews

A healthy but delicious dessert.

Ingredients

3 cups (about 1 pound) dried apricots, roughly chopped
1 cup chopped pitted dates
1 cup shelled flaxseeds
2 tablespoons lemon juice
1 teaspoon ground nutmeg
1 teaspoon vanilla extract

TO PREPARE: Line a square baking dish with parchment paper and set it aside. Pulse all ingredients in a food processor until mixture forms a chunky paste. Transfer to the prepared pan and press with a spatula to create an even thickness. Cover and chill until firm, 1 to 2 hours, then cut into squares for serving.

Source: www.wholefoodsmarket.com



Ideas for No-Cook Sides

These healthy options are quick and don't require the stove or oven on a hot summer night!

Zucchini Coins with Chili and Parmesan

2 1/2 pounds zucchini sliced 1/4" thick
1/3 cup olive oil or coconut oil
3 tablespoons lemon juice
2 teaspoons red pepper flakes
2 ounces grated parmesan
Dash of salt and pepper

TO PREPARE: Combine zucchini, olive oil, lemon juice and red pepper flakes. Let sit, stirring occasionally until softened, 40 to 45 minutes. Stir in parmesan and season with salt and pepper.

Mexican Pinto Bean Salad

2 15.5 ounce cans pinto beans (rinsed)
1 chopped bell pepper
4 chopped scallions
1 cup fresh salsa or pico de gallo
4 ounces (about 1 cup) crumbled ricotta salata
1/4 cup olive oil or coconut oil
2 tablespoons lime juice
Dash of salt and pepper

TO PREPARE: Combine all ingredients.

Green Bean Salad with Cashews

1 1/2 pounds green beans thinly sliced crosswise
1/2 cup roughly chopped cashews
1/4 cup olive oil or coconut oil
2 tablespoons tahini (sesame-seed paste)
2 tablespoons of water
1 tablespoon of apple cider vinegar
Dash of salt and pepper

TO PREPARE: Combine oil, tahini, water, vinegar, salt and pepper. Fold in green beans and cashews.

Avocado Salad with Spicy Cilantro and Red Chili Salsa

4 quartered and peeled avocados
1/3 cup torn cilantro
1/4 cup olive oil or coconut oil
2 tablespoons lime juice
1 tablespoon finely chopped red chili
1 teaspoon finely grated lime zest
Dash of salt and pepper

TO PREPARE: Combine cilantro, olive oil, lime juice, red chili, salt and pepper. Spoon over avocados top with lime zest.

Source: realsimple.com