



# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Chickpea Tabbouleh

A crisp, healthy dinner option.

### Ingredients

- 2 (15-ounce) cans chickpeas, rinsed and drained
- 4 scallions trimmed and chopped (about 1/2 cup)
- 3 plum tomatoes, cored and chopped
- 1 bunch mint, leaves and stems chopped (about 1 cup)
- 1/2 bunch flat-leaf parsley, leaves and stems chopped (about 1 cup)
- 3 Tbsp olive or coconut oil
- 3 Tbsp lemon juice
- 2 tsp sea salt
- 1 tsp finely grated lemon zest (optional)
- 1/4 tsp ground black pepper

**TO PREPARE:** Finely chop chickpeas or use a food processor fitted with a metal blade and pulse until they resemble coarse meal, being careful not to purée.

Transfer to a large bowl then add the remaining ingredients and toss gently to combine.

Source: *O Magazine*



## Roasted Beet Hummus

This stunning fuchsia hummus is a favorite.

### Ingredients

- 1 medium beet
- 1 can (15 ounce) chickpeas (garbanzos) drained
  - 2 Tbsp of liquid reserved
- 1/4 cup tahini (sesame paste)
- 1 large garlic clove, minced
- 1 large lemon
- About 1/2 tsp sea salt
- About 1/4 tsp pepper
- About 1/4 cup olive or coconut oil

**TO PREPARE:** Preheat oven to 375° F. Set beet in a small baking pan with 1/4 inch water and cover tightly with foil. Roast until tender when pierced, 1 to 1 1/4 hour.

Let the beet cool; peel and quarter. Purée in a food processor until smooth, scraping the inside of the bowl as needed.

To the beet, add chickpeas and reserved liquid, tahini, garlic, zest and the juice of 1/2 the lemon, the salt and the pepper, whirl until smooth. Drizzle in the oil, pulsing to combine.

Add more lemon juice, salt, pepper or oil to taste. If the hummus is too thick, add a bit of water.

Source: *Sunset Magazine*

## Chicken Bites with Tomato Mint Salsa

If gluten-free guests are on your invite list, make this mellow dunking salsa with a flour-free brand of chipotle chilies in adobo sauce.

### Ingredients

#### Salsa

- 1 1/4 lbs. Roma tomatoes
- 1 medium onion, cut crosswise into 4 slices
- 1 large jalapeño chili
- 2 Tbsp each coarsely chopped cilantro and fresh mint leaves
- 1 1/2 tsp sea salt
- 1/4 tsp ground cumin, toasted
- 1 Tbsp chopped canned chipotle chili in adobo sauce

#### Chicken Bites

- 1 3/4 lbs. boneless, skinless chicken breasts
- 3 Tbsp olive or coconut oil, divided
- 1 tsp each ground cumin and sea salt
- 1 1/2 Tbsp finely chopped cilantro
- 1/4 cup cilantro leaves

**TO PREPARE:** Preheat broiler with a rack set about 4 in. from the heat. Set tomatoes, onion and jalapeño on a foil-lined rimmed baking sheet. Broil, turning as needed, until blackened, 15 to 25 minutes; as done, transfer to a bowl and let cool.

Peel, stem and seed the chili. In a food processor, pulse vegetables (including blackened parts from tomatoes and onion) and their juices until chopped. Add remaining salsa ingredients and pulse until finely chopped. Transfer to bowl.

Cut chicken into 1 to 1 1/2 inch chunks. In a bowl, combine 2 tablespoons oil, the cumin, salt, chopped cilantro and the chicken. Heat a 12 inch frying pan (not nonstick) over high heat. Add remaining tablespoon of oil; swirl to coat. Cook chicken, stirring and turning once, until lightly browned but still moist, about 5 minutes.

Stir cilantro leaves into the chicken; transfer with a slotted spoon to a platter. Serve with salsa and skewers.

Source: *Sunset Magazine*

## Oatmeal Berry Bake

A delicious and healthy dessert option for your family.

### Ingredients

- 4 cups berries
- 1 cup regular rolled oats
- 1 cup fat-free milk
- 1/3 cup light-brown sugar
- 2 Tbsp melted butter
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 cup toasted chopped almonds

**TO PREPARE:** Preheat oven to 350° F. Combine all of the ingredients in a 2 quart baking dish coated with cooking spray. Bake for 30 to 40 minutes. Top with almonds.

Source: *Parents Magazine*

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