

WELLNESS AT BREAKFAST, LUNCH AND DINNER

Poached Egg with Edamame

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 sliced garlic clove
- Pinch of red pepper flakes
- 2 cups chopped kale
- 1/2 cup thawed frozen edamame beans
- Coarse or sea salt
- 3/4 cup cooked brown rice (optional)
- 1/4 cup shredded red cabbage
- 1 large egg

TO PREPARE: In a medium skillet, heat oil over medium heat. Add garlic and red pepper flakes and cook until fragrant, about 30 seconds. Add kale and cook, stirring, until wilted, about 2 minutes. Add edamame and cook until heated through. Season with salt. Transfer to a bowl with rice and top with cabbage.

In a small pot, bring 2 inches water to a boil and reduce to a simmer. Crack egg into a teacup and gently slide into water. Cook until white is just set but yolk is still loose, 3 to 4 minutes. Remove with a slotted spoon and serve over rice and vegetables. Season with salt and red pepper flakes.

Source: wholeliving.com



Snack: Herbed Chicken Nuggets

Prepare and serve these as a healthy snack option.

Ingredients

- 4 skinless, boneless chicken breasts
- 2 eggs, beaten
- 1 tbsp water
- 1 tsp chopped fresh parsley
- 1/2 tsp dried thyme
- 1 pinch crushed red pepper flakes
- 1/2 cup dried bread crumbs, seasoned
- 1/2 cup wheat germ
- 1 tsp dried basil
- 1 tsp ground black pepper
- 1 tbsp olive or coconut oil

TO PREPARE: Preheat oven to 425° F (220° C). Trim any fat from the chicken and cut into 1 inch cubes. In a bowl, beat eggs with the water and add the chicken. Combine the parsley, thyme, red pepper, bread crumbs, wheat germ, basil and ground pepper. Stir in the oil with a fork and mix well to distribute evenly. Pour seasoning mixture into a plastic bag and the chicken pieces to coat. Place coated chicken pieces on a baking sheet and bake for 10 minutes, turn the pieces and cook for an additional 5 minutes. Let cool before serving.

Source: allrecipes.com

Black Bean Vegetable Soup

Easy to make, warm and yummy, this soup can be taken to school or work in a thermos.

Ingredients

- 1 tbsp coconut or olive oil
- 1 onion, chopped
- 1 garlic clove, minced
- 2 carrots, chopped
- 2 tsp chili powder
- 1 tsp ground cumin
- 4 cups of vegetable stock
- 2 (15 ounce) cans of black beans, rinsed and drained
- 1 (8.75 ounce) can whole kernel corn (optional)
- 1/4 tsp ground black pepper
- 1 (14.5 ounce) can stewed tomatoes

TO PREPARE: In large saucepan, heat oil over medium heat; cook onion, garlic, and carrots, stirring occasionally, for 5 minutes or until onion is softened. Add chili powder and cumin; cook, stirring for 1 minute. Add stock, 1 can of the beans, corn, and pepper; bring to a boil. Meanwhile, in a food processor or blender, puree together tomatoes and remaining can of beans; add to pot. Reduce heat, cover, and simmer for 10 to 15 minutes or until carrots are tender.

Source: allrecipes.com

Tuscan Kale and Cannellini Bean Soup

Ingredients

- 1 1/2 lbs Tuscan kale, stemmed and coarsely chopped
- 2 tbs extra-virgin olive oil
- 1/3 cup finely chopped red onion
- 3 garlic cloves, thinly sliced
- 1 dried red chile, crumbled
- 1/2 teaspoon fennel seeds
- 4 cups chicken stock
- 8 ounces dried cannellini beans, soaked according to package instructions
- 1 medium tomato, seeded and finely chopped
- 1/4 teaspoon coarse salt
- Freshly ground pepper

TO PREPARE: Prepare an ice bath; set aside. Bring a large saucepan of water to boil. Add kale; cook until just tender, 3 to 5 minutes. Drain, reserving 1/4 cup cooking liquid. Plunge kale into ice bath. Drain.

Heat oil in a large saucepan over medium heat. Add onion; cook, stirring occasionally, until tender, about 5 minutes. Add garlic, chile and fennel seeds; cook, stirring occasionally, 2 minutes. Stir in stock, beans, and tomato. Bring to a boil. Reduce to a simmer, and cook, stirring occasionally, until beans are tender, 30 to 40 minutes. Add kale and reserved cooking liquid. Season with salt and pepper. Cook, stirring, until kale is tender, about 5 minutes. Divide among 4 bowls and serve.

Source: wholeliving.com