

Recipes

Need some easy yet healthy meals to jumpstart your wellness? Try these delicious recipes from HNNH sponsor, Compass One.



FRUIT INFUSED OVERNIGHT OATMEAL

Breakfast is the most important meal of the day! Try this recipe and fuel your body even on the busiest mornings.

SERVINGS: 1

INGREDIENTS

Base Recipe:

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds

Peaches and Cream:

- 1/4 cup diced peaches, fresh or frozen thawed

Blueberry-Almond:

- 1/8 teaspoon almond extract
- 1 teaspoon honey, optional
- 1/4 cup blueberries

Apple Pie:

- 1/2 teaspoon cinnamon
- 1 teaspoon honey, optional
- 1/4 cup unsweetened applesauce

DIRECTIONS

1. In a 8 oz. Mason jar or container with fitted lid, combine the oats, milk, yogurt, chia seeds and additional flavor option (extracts and syrups if using).
2. Stir to combine.
3. Add fruit and stir with fork until mixed throughout.
4. Place lid on jar and refrigerate overnight or up to 2 days. Eat chilled.



TEACHING KITCHEN



CHIA PUDDING PARFAIT

Chia seed provide long-lasting energy for both the body and the brain. With this simple to prepare in advance recipe, you can grab a spoon and GO!

SERVINGS: 4

INGREDIENTS

Chia Seed Pudding Base:

- 1/2 cup chia seeds
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 3 1/2 tablespoons sugar free maple syrup
- 2 cups light coconut milk

Chia Mandarin Almond Parfait:

- 1 cup canned, drained, mandarin oranges
- 1/2 cup canned, drained, mandarin oranges
- 1 tablespoon sliced, toasted almonds

Chia Strawberry Parfait:

- 1 cup fresh quartered strawberries
- 1/2 cup fresh quartered strawberries

Chia Berry Parfait:

- 1/2 cup fresh blackberries
- 1/2 cup fresh blueberries
- 4 tablespoons fresh blackberries
- 4 tablespoons fresh blueberries

DIRECTIONS

1. For the chia seed pudding base: place all ingredients in blender and blend on high for 1-2 Minutes until completely smooth.
2. Pour mixture into a container and place in the refrigerator for at least 4 hours or overnight to let gel.
3. For the chia mandarin almond parfait: place 1/4 cup of mandarin oranges on bottom of each parfait cup. Scoop 1/2 cup of the chia pudding on top of the mandarin oranges. Layer 2 tablespoons of mandarin oranges on top of the pudding. Garnish each parfait with equal amounts of sliced, toasted almonds.
4. For the chia berry parfait: place 2 tablespoons of fresh blackberries on bottom of each parfait cup. Scoop 1/2 cup of the chia pudding on top of the blackberries. Layer 2 tablespoons of fresh blueberries on top of the pudding. Top the final layer with 1 tablespoon of both blackberries and blueberries.
5. For the chia strawberry parfait: place 1/4 cup of strawberries on the bottom of the each parfait cup. Scoop 1/2 cup of the chia pudding on top of the strawberries. Layer 2 tablespoons of strawberries on top of the pudding.



TEACHING KITCHEN



SWEET HEAT BUFFALO CHICKEN SALAD

Colorful, flavorful, and easy to eat on the go! For a plant-based option, consider substituting buffalo chickpeas for chicken.

SERVINGS: 4

INGREDIENTS

For the Sweet Heat Buffalo Chicken:

- 2 tbsp. hot sauce
- 2 tbsp. melted butter
- 2 tbsp. honey
- 1/8 tsp. granulated garlic
- 1/8 tsp. granulated onion
- 1/8 tsp. cayenne pepper
- 4 grilled chicken breasts (seasoning of choice)

For the Salad:

- 6 cups spring mix lettuce
- 1/4 cup blue cheese crumbles
- 12 each grape tomatoes, halved
- 1/4 cup celery, small diced
- 1/4 cup shredded carrots
- 1 cup Peppercorn Ranch dressing

DIRECTIONS

1. For the Sweet Heat Buffalo Chicken: In a saucepan over medium heat, mix the hot sauce, butter, honey, granulated garlic and onion, and cayenne pepper. Simmer about 10 minutes, until blended and heated through. Remove from heat and cool.
2. Slice grilled chicken breast into thin strips. In a mixing bowl combine grilled chicken strips and sweet heat buffalo wing sauce. Toss to completely coat the chicken. Hold cold until ready to build the salad.
3. To assemble each Salad:
 - In an entrée bowl arrange 1- 1/2 cups of spring mix lettuce in bottom of the bowl.
 - Sprinkle salad with 1 tbsp. of blue cheese, 6 grape tomato halves, 1 tbsp. of diced celery, 1 tbsp. of shredded carrot and 3 oz. sliced buffalo chicken.
 - Serve with 2 oz. Peppercorn Ranch dressing on the side.



TEACHING KITCHEN



TOMATO MOZZARELLA CAPRESE SALAD

Add this to your list of toss-and-go, flavorful summer staples!

SERVINGS: 8

INGREDIENTS

- 1 cup grape tomatoes
- 1 cup cherry tomatoes, halved
- 8 ounces yellow grape tomatoes
- 8 ounces fresh mozzarella pearls
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic glaze
- 2 teaspoons fresh chopped basil
- 4 cup baby spinach
- 2 tablespoons chiffonade basil

DIRECTIONS

1. Combine tomatoes, mozzarella pearls, olive oil, balsamic glaze, and fresh chopped basil into a medium bowl.
2. To plate: Place 1/2 cup of baby spinach into a cold salad bowl. Top spinach with 1/2 cup of tomato mozzarella mixture. Garnish with chiffonade basil.



TEACHING KITCHEN



EGG ROLL IN A BOWL

This recipe is great for meal prep over the weekend—and easy to reheat or cook during the work week! Perfect for those seeking a satisfying, low-carb lunch or dinner.

SERVINGS: 4

INGREDIENTS

- 1/4 cup canola oil
- 12 ounces ground turkey
- 1/2 cup red onion, thinly sliced
- 1 cup carrots, thinly slice
- 2 cups bok choy, chopped
- 2 teaspoons minced ginger
- 4 cups napa cabbage, shredded
- 1/4 cup soy sauce
- 1 tbsp sriracha hot sauce
- 1/4 cup hoisin sauce
- 2 each limes, juiced
- 1 tablespoon sesame oil
- 1/4 cup green onions, thinly sliced
- 1 tablespoon sesame seeds

DIRECTIONS

1. Heat the oil in a large, deep skillet over medium-high heat and sauté the ground turkey for 5 minutes or until the turkey is fully cooked. Add the onions, carrots and bok choy until they start to soften, about 5 minutes. Add the ginger and continue to cook for another minutes.
2. Next, add in the shredded cabbage, soy sauce, Sriracha, hoisin sauce and lime juice. Cover the skillet and lower the heat, cooking until the vegetables are tender, about 10 to 15 minutes depending on how crunchy or soft you want the vegetables to be. Stir in the sesame oil as soon as the vegetables are tender, so that it's not exposed to too much heat.
3. Divide the egg roll mixture into 4 serving bowls. Garnish each bowl with 1 tablespoon green onions and 1 teaspoon sesame seeds.



TEACHING KITCHEN



WATERMELON POKE BOWL

This recipe checks all the boxes! Protein-rich and packed with antioxidants and Vitamin C which help protect the body against cardiovascular disease and cancer.

SERVINGS: 4

INGREDIENTS

For the Watermelon Marinade:

- 1 teaspoon sesame oil
- 1 teaspoon canola oil
- 1 teaspoon rice wine vinegar
- 1 teaspoon fresh lime juice
- 2 teaspoons low sodium soy sauce
- 1 teaspoon sriracha
- 1 cup diced watermelon

For the Poke Bowl:

- 6 cups spring mix lettuce
- 1 cup chopped cucumber
- 1 cup small diced avocado
- 1 cup small diced mango
- 1/2 cup chopped green onion (scallions)
- 4 teaspoons sliced jalapeño peppers
- 2 tablespoons whole unsalted cashews
- 2 teaspoons black sesame seeds
- 4 tablespoons chopped fresh cilantro

DIRECTIONS

1. **For the Watermelon Poke Bowl:** In a medium size mixing bowl, whisk together the oils, vinegar, lime juice, soy sauce and Sriracha. Gently fold in the diced watermelon and allow to sit for 20 minutes. Refrigerate until ready to use.
2. **To assemble each bowl:**
 1. Place 1 1/2 cups of spring mix lettuce in the bottom of a salad bowl.
 2. Next arrange the 1/4 cup cucumber at the top center of the bowl and the 1/4 cup of diced avocado at the bottom center.
 3. To the left side add the 1/4 cup of mango, 2 tablespoons of scallions, 1 teaspoon of jalapeño peppers, and 1/2 tablespoon of cashews.
 4. To the right side, add 1/4 cup of marinated watermelon.
 5. Garnish the bowl with 1/2 teaspoon of black sesame seeds and 1 tablespoon fresh chopped cilantro.



TEACHING KITCHEN