

Better Way to Wellness

- Get Nourished... Be Well

Quick and Easy Meals

Sandy Der, Chef and Certified Nutrition Consultant

Demonstration

Three Bean Chili with Turkey

Sun-dried Tomato Pesto
Tilapia with Macadamia Nut Pesto

Fried Rice 101

Three Bean Turkey Chili

3/4 lb. ground turkey or lean ground beef
1 can (14.5 oz.) diced tomatoes, undrained
1 jar (16 oz.) Chunky Salsa or other favorite salsa
1 can (15 oz.) black beans, drained, rinsed
1 can (15 oz.) red kidney beans, drained, rinsed
1 can (15 oz.) great Northern beans or white beans, drained, rinsed
1 tsp. chili powder
1 tsp. ground cumin
Hot Sauce to taste
Optional: Shredded Cheddar Cheese, sliced green onions, diced fresh tomatoes

COOK ground turkey in large saucepan on medium-high heat until cooked through, stirring occasionally.

ADD tomatoes, salsa, beans and seasonings; mix well. Bring to boil. Reduce heat to low; simmer 10 minutes, stirring occasionally.

SERVE topped with cheese.

To complete the meal, serve chili with a salad and steamed vegetables.

Variations:

Use ground chicken or grass-fed beef or lamb

Add ground chipotle chile to taste to give the chili a spicy smokiness

Pesto Sauces and Ideas for Serving

Macadamia Nut Pesto

2 tablespoons macadamia nut
2 tablespoons basil, fresh
1 clove garlic, crushed
1 teaspoon lemon zest
½ teaspoon pepper
½ teaspoon sea salt
3 teaspoons capers
1 tablespoon lemon juice
1 tablespoon water
2 tablespoons olive oil

Pulse nuts a few times in a food processor. Add basil, pulse a few times again. Add the garlic, lemon zest, pepper, salt and capers pulse a few times. Add lemon juice and water. With the food processor turned on, slowly add the olive oil in a slow steady stream. As needed, stop to scrape down the sides of the food processor with a rubber spatula. Adjust seasoning with lemon juice, salt and freshly ground black pepper.

Makes ½ cup.

Variation - substitute basil leaves with fresh dill or Italian parsley or spinach

Basil Pesto

1/3 cup pine nuts or walnuts
2 cups fresh basil leaves, packed
3 cloves garlic, crushed
½ cup extra virgin olive oil
½ teaspoon pepper
½ teaspoon sea salt
1/2 cup freshly grated Parmesan cheese (or Romano)

Pulse nuts a few times in a food processor. Add basil and garlic, pulse a few times. With the food processor turned on, slowly add the olive oil in a slow steady stream. As needed, stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse just until blended. Adjust seasoning with sea salt and freshly ground black pepper.

Makes 1 cup.

Variation - substitute the basil with arugula or spinach

Sun-dried Tomato Pesto

1/3 cup walnuts

1 (8.5-ounce) jar sun-dried tomatoes packed in olive oil

2 garlic cloves , crushed

Salt and freshly ground black pepper

1 cup (packed) fresh basil leaves

1/2 cup freshly grated Parmesan or Romano

Pulse nuts a few times in a food processor. Add the sun-dried tomatoes along with the olive oil, garlic, salt and pepper, to taste, and basil until the mixture is finely chopped. As needed, stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse just until blended. Adjust seasoning with sea salt and freshly ground black pepper.

Makes 1 cup.

Variation - add 2 Tablespoons of pitted olives such as kalamata, nicoise, 'dry cured' or other favorite black olive

Tips for Storing and Using your Pesto

Freezing: If you want to freeze pesto leave out the cheese, line an ice cube tray with plastic wrap. Then fill each pocket with the pesto. Freeze and then remove from the ice cube tray and store in a freezer bag - mark on the bag with a permanent marker whether you should add any cheese after defrosting. Defrost overnight in the refrigerator or for a quick defrost place on a piece of foil on a large metal tray (cookie sheet). If the original recipe calls for it, stir in a bit of grated parmesan or romano to finish the pesto.

Serving Ideas for Pesto

Pesto can be spread on top of a piece of your favorite fish filet, chicken breast, turkey tenderloin or pork chop and baked in a preheated 350F oven or toaster oven for 15-20 minutes or until done.

Use pesto to marinate slices of chicken or turkey or pork or shrimp for about 10 - 20 minutes.

To sauté - heat a skillet on medium heat until hot. Add a few teaspoons of olive oil and sauté until cooked through.

Alternately, you can place shrimp or chicken pieces on a broiler pan and put under a broiler for 10-15 minutes or until done.

Serve stuffed in a bread roll with lettuce, shredded carrots, cabbage and tomato or with whole grain pasta or in a salad or over a baked potato or with any of your favorite side dishes.

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Fried Rice 101

2 tablespoons grape seed, rice bran or light olive oil
2 green onions, sliced or ¼ cup onions, diced
½ teaspoon grated ginger
2 cups chopped romaine or iceberg lettuce (or sub bok choy or napa cabbage or regular cabbage)
1/2 cup frozen peas or green beans or peas & carrots or mixed vegetables, to thaw - run under cool water for 2 minutes
1 generous pinch sea salt
2 large eggs, lightly beaten
4 cups cooked long-grain brown rice
1 Tablespoons soy sauce
1 Tablespoon oyster sauce (or just use soy sauce)
1 cup cooked chicken, turkey, pork, ham, sausage, shrimp or tofu or a few slices of bacon cut into pieces
Extra scallions for garnish

Heat 1 tablespoons of oil in a wok or large non-stick skillet over medium-high heat. When the oil is hot add the onions and ginger; stir-fry for 1 minute until fragrant. Add the chopped greens with a pinch of sea salt and stir-fry until the vegetable is wilted, about 3-4 minutes. Remove the vegetables to a side plate and wipe out the wok.

Put the pan back on the heat and swirl in the remaining tablespoon of oil. When the oil is hot, add the cup of cooked protein and stir a minute. Move to the sides of the pan. Pour the eggs into the center of the pan. Scramble the egg so it stays in big pieces. Fold in the rice and stir to combine, breaking up the rice clumps with the back of the spatula. Return the stir-fried vegetables to the pan. Add the soy and oyster sauce. Toss everything together to heat through and season to taste with soy sauce and/or salt.

Serve immediately. If desired, garnish with sliced scallions on top.

Variations:

Sub rice with quinoa, bulgar, wheat berries.

Sub any fresh vegetable for the frozen such as zucchini, broccoli, cauliflower, celery, asparagus, peppers etc.