



Green Goddess Buddha Bowl

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Green Goddess Dressing

- ½ ripe avocado
- ½ cup fresh flat-leaf parsley leaves
- ¼ cup fresh herbs (cilantro, tarragon, chives, thyme, and/or basil)
- 1 garlic clove, minced
- ¼ cup water
- 2 tablespoons olive oil
- 2 tablespoons coarsely chopped walnuts
- 2 tablespoons fresh lemon juice
- ½ teaspoon white wine vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Place all ingredients in food processor; process until smooth.

Bowl Ingredients

- Brown Rice, Quinoa, and/or Lentils
- Broccoli, shaved (or use broccoli slaw)
- Brussels Sprouts, shaved or thinly sliced
- Spinach
- Asparagus, chopped
- Grape tomatoes, cut in half
- Pistachios
- Cucumber, diced
- Avocado, sliced
- Edamame Beans

Courtesy of Chef Nancy Jaworski



Sopa de Lima

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Ingredients

- | | |
|--|--------------------------|
| 1 T. olive oil | 1 onion, chopped |
| 1 bell pepper chopped (any color) | 1 cup shredded carrots |
| 1 15 oz. can diced tomatoes | 1 quart chicken broth |
| 2 teaspoons cumin | 3 corn tortillas, sliced |
| 1 cup cheddar cheese, shredded | 2 tablespoons lime juice |
| 3 tablespoon cilantro, chopped | |
| 2 chicken breasts, boneless, skinless, poached and diced | |
| 2 15 oz. cans black beans, kidney beans or pinto beans, rinsed | |
| 1 15 oz. can Rotel hot or mild tomatoes in juice | |

Saute onion, bell pepper and carrots in olive oil until soft. Combine tomatoes, broth and beans and cumin. Bring to a boil over med/high heat. Simmer for 15 mins to combine flavors. Add chicken to warm through. Add cilantro and lime juice.

Cut flour tortillas into thin strips. Place on a cookie sheet and spray with cooking spray. Sprinkle lightly with salt. Bake for 10 mins at 400 degrees or until the strips are crisp and golden brown.

Place soup in bowls, top with cheddar cheese and some crisped tortilla strips.

Courtesy of Chef Nancy Jaworski

07131-4/19



Winter Cobb Salad

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For the butternut squash:

3 cups butternut squash, cubed
1 tablespoon olive oil
sea salt to taste

For the cinnamon maple chickpeas:

1 can chickpeas drained, rinsed and dried (1½ c. cooked)
1 teaspoon olive oil
1 tablespoon maple syrup
½ teaspoon ground cinnamon
sea salt to taste

For the dijon vinaigrette:

¼ cup olive oil
2 tablespoons apple cider vinegar
1 teaspoon dijon mustard
sea salt and pepper to taste

For the salad:

2 heads romaine lettuce, chopped
1 avocado, diced
1 pear, sliced
⅓ cup pomegranate seeds
⅓ cup pecans

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Winter Cobb Salad

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For the butternut squash:

Preheat oven to 400 degrees.

Place cubed butternut squash in a bowl and drizzle with olive oil. Toss to coat. Transfer to a baking sheet and oil, toss to coat. Transfer to a baking sheet and add sea salt to taste. Bake until tender when pierced with a fork, around 20-30 minutes.

For the cinnamon maple chickpeas:

Turn heat down to 350 degrees.

Place dried chickpeas in a bowl, add olive oil, maple syrup, cinnamon and sea salt. Toss to coat. Transfer to a baking sheet and bake until lightly golden, around 20-30 minutes.

For the Dijon Vinaigrette:

Whisk all ingredients together until well combined.

For the salad:

Arrange romaine lettuce on plates and evenly divide toppings to place on top. Drizzle with vinaigrette and enjoy!

Courtesy of Chef Nancy Jaworski

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