

Healthy Recipes for Every Season



El Camino Health

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Appetizers





Healthy Spinach Veggie Dip

Ingredients:

1 ½ 9-10oz packages of frozen spinach (approximately 15oz total), thawed
2 tbsp olive oil
2 garlic cloves, minced
1 small red onion, finely chopped
½ small red pepper, finely diced
1 cup sliced mushrooms
16oz plain Greek yogurt (not fat free or reduced fat)
½ cup finely shredded parmesan cheese
Salt
Black pepper

Instructions:

- 1) Squeeze as much water as possible from thawed spinach, place in a medium sized bowl then set aside.
- 2) In a large skillet, heat olive oil over medium heat and add minced garlic and chopped onion. Sauté for 3 minutes.
- 3) Add red pepper and mushrooms to skillet and continue cooking for another 5 minutes. Remove from heat, drain and let cool.
- 4) Add cooled vegetables to serving bowl with spinach and season well with salt and pepper.
- 5) Stir in Greek yogurt and parmesan cheese and combine well (may need to use hands).
- 6) Serve with crudité, toasted pita wedges and crackers. Enjoy!



Lemon Kale Hummus

Ingredients:

2 cups cooked chickpeas
½ cup nonfat plain Greek yogurt
1 cup loosely packed kale leaves, torn into small pieces
2 to 3 cloves garlic
¼ cup extra virgin olive oil
Juice of 1 lemon
Salt and pepper to taste

Instructions:

- 1) In a food processor or blender, combine the chickpeas, yogurt, kale and garlic.
- 2) On low speed, slowly pour in the olive oil about one tablespoon at a time, adding more as needed to reach a smooth consistency.
- 3) Add the lemon juice, salt and pepper to taste, giving the hummus a final whirl in the food processor or blender. Store refrigerated in an airtight container.

Side Dishes





Spinach Salad with Honey Lemon Vinaigrette

Ingredients:

8 cups baby spinach, washed
2 bosc pears, thinly sliced (*can substitute firm d'anjou pears*)
½ cup pomegranate seeds
½ cup crumbled bleu cheese
½ cup pecan halves
¼ cup freshly squeezed lemon juice
1 tsp finely grated lemon zest
1 tbsp honey
1 garlic clove, minced
½ cup olive oil
Salt
Black pepper

Instructions:

- 1) Place spinach in a large, shallow bowl.
- 2) Layer other ingredients on top, starting with pears and ending with pecans.
- 3) Place lemon juice, lemon zest, honey, garlic and olive oil in a bowl and whisk briskly to combine. Add salt and pepper to taste.
- 4) Drizzle mixture over salad, serve and enjoy.



Farro Salad with Cranberries & Persimmons

Ingredients:

4 cups water
2 cups pearled farro
½ cup red onion, halved and thinly sliced
½ cup lime juice
2 tbsp sherry vinegar
¾ tsp kosher salt
1 pound Fuyu persimmons, ripe mangoes or apples, chopped
½ cup dried cranberries
¼ cup extra virgin olive oil
4 cups baby arugula
Freshly ground pepper to taste

Instructions:

- 1) Combine water and farro in a medium saucepan and bring to a boil. Reduce heat to maintain a simmer and cover and cook until the farro is just tender, 20 to 25 minutes. Drain and rinse with cold water. Drain again.
- 2) Combine onion with lime juice, vinegar and salt in a large bowl. Let stand 5 minutes. Stir in persimmons (or mangoes or apples), cranberries, oil and the farro.
- 3) Just before serving, fold in arugula. Transfer the salad to a serving platter or bowl and garnish with pepper.



Balsamic Roasted Brussels Sprouts & Red Grapes

Ingredients:

- 1/4 cup balsamic vinegar
- 1 tbsp olive oil
- 1 tbsp pure maple syrup
- 2 cloves garlic, minced
- 2 tsp dried rosemary
- 1/4 tsp sea salt
- Pinch of ground black pepper
- 2 pounds Brussels sprouts, trimmed and cut in half through the core
- 2 cups organic red grapes, whole
- 2 tbsp pecans, chopped (*optional*)

Instructions:

- 1) Preheat oven to 375 degrees F. Prepare a baking sheet by lining it with aluminum foil or parchment paper and spraying it with non-stick cooking spray.
- 2) In a large mixing bowl combine balsamic vinegar, olive oil, maple syrup, garlic, rosemary, salt and pepper. Stir until combined.
- 3) Add Brussels sprouts and grapes to the bowl, tossing to coat.
- 4) Evenly spread the Brussels sprouts, grapes and liquid mixture onto the prepared baking sheet.
- 5) Bake for 45 minutes or until Brussels sprouts and grapes are soft and blistered, tossing half way through.
- 6) Garnish with a sprinkle of chopped pecans if desired. This dish is best enjoyed warm and fresh.

Entrées





Chicken Zoodle Soup

Ingredients:

2 tbsp olive oil
1 lb boneless, skinless chicken breasts, cut into 1-inch chunks
Salt and pepper to taste
3 cloves garlic, minced
1 onion, diced
3 carrots, peeled and diced
2 stalks celery, diced
½ tsp dried thyme
¼ tsp dried rosemary
4 cups chicken stock
2 cups water
1 lb (3 medium-sized) zucchini, spiralized
2 tbsp lemon juice

Instructions:

- 1) Heat 1 tbsp olive oil in a large pot over medium heat. Season chicken with salt and pepper to taste. Add chicken to the pot and cook until browned, 2-3 minutes; set aside.
- 2) Add remaining 1 tbsp oil to the pot, then add garlic, onion, carrots and celery.
- 3) Cook until tender, stirring occasionally, 3-4 minutes. Stir in thyme and rosemary, about 1 minute.
- 4) Whisk in chicken stock and 2 cups of water, bringing to a boil. Stir in zucchini noodles and chicken. Reduce heat and simmer until zucchini is tender, 3-5 minutes. Stir in lemon juice before seasoning with salt and pepper to taste. Serve immediately.



Butternut Squash and Leek Soup

Ingredients:

- ½ tsp sea salt
- 2 tsp fresh ginger, minced
- ½ tsp powdered ginger
- ¼ tsp ground cinnamon
- ¼ tsp ground allspice
- ⅛ tsp ground cardamom (*optional*)
- ⅛ tsp freshly grated nutmeg
- 5 tbsp olive oil
- 2 leeks, cleaned and diced
- 1 Kabocha squash, cut into 1-inch cubes, seeds removed
- 1 butternut squash, cut into 1-inch cubes, seeds removed
- 6-8 cups vegetable broth
- 1 tbsp lemon juice

Instructions:

- 1) In a small bowl combine ¼ teaspoon of the salt with the ginger, cinnamon, allspice, cardamom and nutmeg until well combined.
- 2) Heat 2 tablespoons of oil in a stockpot. Add leeks plus a pinch of salt and sauté until golden and translucent, about 6 minutes. Add seasoning mixture and sauté until fragrant, about 1 minute more.
- 3) Add the Kabocha and butternut squash. Stir for 4-5 minutes. Add broth to just cover vegetables. Cook until tender. Add 1 tablespoon lemon juice. Use immersion blender to purée soup until silky consistency.
- 4) Taste; you may need another spritz of lemon juice or a pinch of salt. Serve.



Asian Barbequed Pork

Ingredients:

Cooking spray

1/8 tsp salt

1 pork tenderloin (about 1 1/2 lbs), trimmed

2 tbsp hoisin sauce

2 tbsp ketchup

2 tbsp low-sodium soy sauce

1 tsp chili garlic sauce

2 garlic cloves, crushed

1 1/2 tsp fresh ginger, minced and peeled

Cilantro, chopped (*optional*)

Instructions:

- 1) Preheat oven to 425 degrees F.
- 2) Heat a large, ovenproof skillet coated with cooking spray over medium-high heat. Sprinkle with salt. Add pork to pan and cook 2 minutes on all sides or until browned. Remove from heat.
- 3) Combine hoisin, ketchup, soy sauce, chili garlic sauce, garlic cloves and ginger in a small bowl. Spread the mixture over the tenderloin.
- 4) Insert meat thermometer into the thickest portion of tenderloin. Bake at 425 degrees for approx. 15 minutes or until thermometer registers 160 degrees. Place pork on a platter and let stand for 5 minutes. Cut and garnish with cilantro.



Curried Shrimp Lettuce Wraps

Ingredients:

- 8 butter lettuce leaves
- 1 tbsp coconut oil
- 1 lb small raw shrimp, peeled and deveined
- ¼ tsp salt
- 5 tbsp plain Greek yogurt
- 1 tbsp rice vinegar
- 1 ½ tsp curry powder
- 1 cup julienned red bell pepper
- 1 cup julienned snow peas
- ¼ cup fresh basil, finely chopped

Instructions:

- 1) Wash and dry lettuce leaves well.
- 2) Heat oil in a large nonstick skillet over medium-high heat. Add shrimp, season with salt and cook, stirring often, until just cooked through, 4 to 6 minutes.
- 3) Meanwhile, whisk yogurt, vinegar and curry powder in a small bowl.
- 4) Remove the pan from heat, add the sauce mixture and stir to combine. Serve in the lettuce leaves, topped with bell pepper, snow peas and basil.



Broccoli-Stuffed Spaghetti Squash Bowls

Ingredients:

- 1 spaghetti squash, halved with seeds removed
- ¼ cup water
- Non-stick cooking spray
- 1 tsp red pepper flakes
- 2 cups broccoli florets, chopped
- 3 cloves garlic, minced
- ⅓ cup parmesan cheese, shredded
- 1 tsp Italian seasoning (*or a mix of oregano, basil and thyme*)
- Salt and pepper to taste
- ⅓ cup mozzarella cheese, shredded

Instructions:

- 1) Place your halved spaghetti squash side by side in a microwave-safe bowl, adding about ¼ cup of water in the bottom of the bowl (water should cover the bottom of the bowl, but be no more than ¼ inch high).
- 2) Place bowl in microwave and cook for about 10 minutes, or until squash is tender. Remove and set aside to cool, about 10 minutes.
- 3) Coat a skillet with non-stick spray before adding red pepper flakes. Cook on medium heat for approximately 30 seconds, stirring constantly.
- 4) Add broccoli and garlic to skillet, stirring to combine. Add about 2 tablespoons of water to the skillet, then turn heat to high. Sauté for 3-5 minutes, or until broccoli is tender. Add skillet mixture to a large bowl, discarding any extra water.
- 5) Take the cooled spaghetti squash and, with a fork, scrape out the “spaghetti” from the squash, adding it to the bowl with broccoli mixture. Add parmesan cheese, Italian seasoning and salt and pepper to mixture, stirring to combine.
- 6) Add mixture back into squash shells and sprinkle mozzarella on top of each squash half.
- 7) Place squash shells on an oven-safe baking pan, placing under broiler on medium-high heat. Remove when cheese has bubbled and browned, typically 2 to 3 minutes. Remove, let cool and enjoy!



Smoky Black Bean Beet Burgers

Ingredients:

½ large red onion, finely diced
1 pinch salt and pepper
1 cup mushrooms, finely chopped
15oz can black beans, drained and rinsed
¾ cup cooked quinoa
1 cup raw beet, finely grated
1 tsp cumin
½ tsp chili powder
¼ tsp smoked paprika
½ cup raw walnuts, crushed
8 whole grain hamburger buns

Fixings (optional):

Ketchup
Mustard
Avocado, sliced
Lettuce
Red onion, sliced
Tomatoes, sliced

Instructions:

- 1) Heat a large skillet over medium-low heat with a bit of water. Add the onion, a pinch each of salt and pepper and sauté for about 5 minutes, until the onions are translucent.
- 2) Turn up the heat to medium and add the mushrooms. Season with another pinch of salt and pepper and cook until the mushrooms and onions are slightly browned and fragrant, about 3 minutes.
- 3) Remove from heat, add black beans and mash. You're looking for a rough mash, so you can leave a bit of texture if desired.
- 4) Transfer the mixture to a mixing bowl and add the quinoa, beets, spices and stir.
- 5) Lastly, add the crushed walnuts a little at a time until the mixture is able to form into patties. Set in the fridge to chill while your oven preheats to 375 degrees F.
- 6) Coat a baking sheet with non-stick spray. Form mixture into 8 even patties and arrange on the baking sheet.
- 7) Bake at 375 degrees for a total of 30-45 minutes, gently flipping after 20 minutes.
- 8) Serve on whole grain buns with desired fixings.

Desserts





Cinnamon Apples

Ingredients:

- 5-6 large granny smith apples, sliced
- 1 tbsp lemon juice
- 1 tbsp ground cinnamon
- ½ tsp ground nutmeg
- 1 cup dark brown sugar
- 2 tbsp maple syrup
- 1 cup water
- 3 tbsp cornstarch

Instant Pot Instructions:

- 1) Peel apples, cutting in half to remove the seeds and core. Cut into ½-inch slices and add them to a large bowl.
- 2) Sprinkle apple slices with lemon juice, toss and transfer to Instant Pot.
- 3) Add cinnamon, nutmeg, brown sugar and maple syrup to Instant Pot. Toss mixture to combine with apples.
- 4) Mix water and cornstarch in a small bowl, stirring until lump-free. Add mixture to Instant Pot and stir well to combine with apple mixture.
- 5) Lock and seal Instant Pot before manually setting it to pressure cook for 2 minutes. Once pressure cooking is complete, do a natural pressure release for 5 to 10 minutes.
- 6) Vent any remaining steam, open Instant Pot and gently stir cooked apple mixture. Serve on your favorite dessert or side dish, and enjoy!

Stove Top Instructions:

- 1) Peel apples, cutting in half to remove the seeds and core. Cut into ½-inch slices and add them to a large bowl.
- 2) Sprinkle apple slices with lemon juice, toss and transfer to a large pot or skillet.
- 3) Dump remaining ingredients in pot or skillet, cooking on low heat until apples are tender.
- 4) Let cool slightly before serving on your favorite dessert or side dish!



Dark Chocolate Avocado Brownies

Ingredients:

- 4 large eggs
- 1 cup sugar
- 8oz dark chocolate chips
- ½ cup dark cocoa powder
- ¼ tsp salt
- 1 tsp vanilla extract
- ½ cup whole wheat flour
- 2 avocados
- ½ cup walnuts or almonds, chopped (*optional*)

Instructions:

- 1) Preheat oven to 350 degrees F. Line an 8x8-inch cake pan with parchment paper and spray with cooking spray.
- 2) Beat eggs and sugar with electric mixer at medium speed until bubbly and fluffy.
- 3) Place chocolate chips in microwave-safe bowl and microwave on high in 15 second increments, stirring in between, until melted.
- 4) With mixer running, add chocolate to egg mixture. Fold in cocoa, salt, vanilla and flour.
- 5) Mash avocados in separate bowl until very smooth. Add to batter and mix well.
- 6) Pour batter into prepared pan and bake 30 minutes, or until toothpick is inserted in center and comes out clean.
- 7) Let cool completely before slicing.