

Simple and Fresh Dressings for Better Health

Transform every meal into a delicious opportunity for better health! These easy, flavorful dressings bring vibrant taste to your table, crafted from fresh, whole-food ingredients. Perfect not just for salads, but also ideal for drizzling over grain bowls, roasted veggies, or as delightful dips.

Lemon Tahini Dressing

- ¼ cup tahini
- 2 to 4 tbsp water
- 2 to 3 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp maple syrup
- ¼ tsp salt

Balsamic Dressing

- ¼ cup Balsamic vinegar
- 2 tbsp Dijon mustard
- 2 tbsp nutritional yeast
- 1½ tsp dried basil or oregano
- 1½ tsp maple syrup, optional
- ¼ cup water + more to taste

Cashew Ranch Dressing

- ½ cup raw cashews, soak for 1-hour if you don't have a high-speed blender
- ½ cup water
- ½ tbsp lemon juice
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried dill or 1 tbsp fresh dill
- ⅛ tsp salt (optional)

Fresh Raspberry Dressing

- ½ cup raspberries, mashed or pureed
- ½ tbsp Dijon mustard
- 2 tsp balsamic vinegar
- ½ tsp maple syrup
- Salt and pepper to taste

Peanut Sauce

- ¼ cup natural peanut butter
- 1-2 tbsp gluten-free tamari
- 1 tbsp maple syrup
- 1 tbsp lime juice
- ¼ tsp cayenne, optional
- Water, to thin

3-Ingredient Hummus Dressing

- ¼ cup hummus
- 1 lemon, juiced
- ⅛ tsp garlic powder
- Water, to thin

Blend all ingredients in a high-powered blender or food processor until creamy.

Join the El Camino Health *Food is Health* Recipe Challenge starting April 8, 2025. Visit ElCaminoHealth.org/FoodIsHealth for recommended healthy recipes, nutrition and community health resources. If you have other questions, please email FoodisHealth@elcaminohealth.org



Nourishing Grocery Shopping Made Easy

Every trip to the grocery store is an opportunity to nourish your body with fresh, whole foods. Make fruits, vegetables, whole grains and lean proteins the stars of your cart and the heart of your meals.



Colorful Fruits and Veggies

Choose a rainbow of produce—fresh, frozen, or canned—to boost nutrition and flavor.

- Berries (fresh or frozen)
- Bok choy
- Broccoli
- Brussels sprouts
- Cauliflower
- Edamame
- Garlic
- Grapes
- Grapefruit
- Leafy greens
- Oranges
- Pears
- Spinach
- Romaine lettuce
- Sweet potatoes
- Tomatoes



Lean & Healthy Proteins

Select proteins that fuel your body without weighing you down.

- Fish
- Lean chicken or turkey
- Tofu
- Beans (black, red, pinto)
- Garbanzo beans/chickpeas
- Lentils
- Eggs or egg substitutes



Dairy & Alternatives

Enjoy nutritious dairy options that support strong bones and health.

- Skim milk
- Low-fat cheese
- Dairy alternatives (soy-based foods and nut milks)



Whole Grains

Swap refined grains for whole, nutrient-rich options that keep you energized.

- Wild rice or brown rice
- Whole grain bread, tortillas, or buns
- Oatmeal
- Quinoa



Heart-Healthy Cooking Oils

Use nourishing plant-based oils instead of butter, lard, or cooking sprays.

- Olive oil
- Canola oil
- Avocado oil



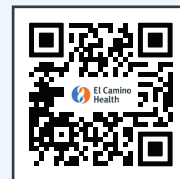
Refreshing, Sugar-Free Beverages

Hydrate with beverages that replenish and refresh without added sugar.

- Green or white tea
- Water
- Coffee
- Sparkling water with fresh mint, cucumber slices and a squeeze of lime.
- Water infused with fresh lemon and sliced strawberries.

Let's make healthy eating simple and delicious.

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Brighten Your Plate, Boost Your Health!

Colorful meals support your body's wellness and vitality. Eating fruits and veggies across every color group ensures you get a broad spectrum of essential nutrients.



Blue & Purple:

Antioxidant-rich foods to protect and nourish.

- Blackberries
- Black currants
- Eggplants
- Plums
- Purple figs
- Blueberries
- Dates
- Grapes
- Prunes
- Raisins



Red & Pink:

Heart-healthy choices that energize your day.

- Beets
- Pink grapefruit
- Red radishes
- Red peppers
- Strawberries
- Cherries
- Pomegranates
- Red apples
- Red potatoes
- Tomatoes
- Cranberries
- Radicchio
- Red grapes
- Rhubarbs
- Watermelons



Green:

Nutrient powerhouses that fuel your body and mind.

- Artichokes
- Celery
- Green onions
- Mustard greens
- Spinach
- Asparagus
- Collard greens
- Green peppers
- Okra
- Sugar snap peas
- Avocados
- Cucumbers
- Kale
- Pears
- Watercress
- Bok choy
- Green beans
- Kiwis
- Peas
- Zucchini
- Broccoli
- Green cabbage
- Leeks
- Romaine lettuce
- Brussels sprouts
- Green grapes
- Limes
- Snow peas



Orange & Yellow:

Bright bites for energy and immune support.

- Acorn squash
- Corn
- Oranges
- Pumpkins
- Yellow apples
- Butternut squash
- Grapefruit
- Orange peppers
- Summer squash
- Yellow peppers
- Apricots
- Lemons
- Papayas
- Sweet potatoes
- Yellow squash
- Cantaloupes
- Mangoes
- Peaches
- Tangerines
- Carrots
- Nectarines
- Pineapples
- Yams



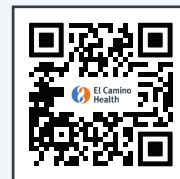
White:

Wholesome foods for balance and flavor.

- Bananas
- Jerusalem artichokes
- Onions
- Shallots
- Cauliflower
- Mushrooms
- Potatoes
- Parsnips
- Garlic

Every vibrant bite is a healthy choice!

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Fresh Picks for Every Month

Eating seasonal fruits and vegetables is a delicious way to enhance nutrition and flavor at every meal.

JANUARY

Beets, Bok choy, Broccoli, Brussels Sprouts, Cauliflower, Collards, Grapefruit, Kale, Leeks, Lemons, Mandarins, Onions, Oranges, Parsnips, Radishes, Spinach

FEBRUARY

Arugula, Beets, Bok choy, Broccoli, Brussels Sprouts, Cauliflower, Celery, Chard, Collards, Grapefruit, Kale, Leeks, Lemons, Mandarins, Onions, Oranges, Radishes, Spinach

MARCH

Artichokes, Arugula, Asparagus, Beets, Bok choy, Brussels Sprouts, Cabbage, Cauliflower, Chard, Collards, Green Garlic, Kale, Leeks, Lemons, Lettuce, Onions, Oranges, Snow Peas

APRIL

Artichokes, Arugula, Asparagus, Avocados, Beets, Bok choy, Carrots, Cauliflower, Chard, Collards, Fennel, Garlic, Green Garlic, Kale, Leeks, Lemons, Lettuce, Peas, Strawberries

MAY

Apricots, Artichokes, Asparagus, Avocados, Beets, Blackberries, Blueberries, Cabbage, Carrots, Cherries, Collards, Garlic, Green Garlic, Kale, Leeks, Lettuce, Peas, Rhubarb, Strawberries

JUNE

Apricots, Avocados, Basil, Blueberries, Cabbage, Carrots, Cherries, Collards, Corn, Garlic, Leeks, Lettuce, Nectarines, Peas, Raspberries, Strawberries, Summer Squash, Tomatoes

JULY

Apricots, Avocados, Basil, Blueberries, Carrots, Cherries, Collards, Corn, Garlic, Green Beans, Leeks, Lettuce, Nectarines, Peaches, Raspberries, Strawberries, Summer Squash, Tomatoes

AUGUST

Avocados, Blackberries, Blueberries, Corn, Cucumbers, Eggplant, Figs, Grapes, Melons, Nectarines, Okra, Peaches, Peppers, Plums, Potatoes, Raspberries, Summer Squash, Tomatoes

SEPTEMBER

Apples, Avocados, Blackberries, Corn, Cucumbers, Eggplant, Figs, Grapes, Melons, Nectarines, Peaches, Pears, Peppers, Plums, Pomegranates, Potatoes, Tomatoes, Zucchini

OCTOBER

Apples, Artichokes, Brussels Sprouts, Cucumbers, Eggplant, Figs, Grapes, Kiwi, Mushrooms, Pears, Peppers, Persimmons, Plums, Pomegranates, Potatoes, Pumpkin, Winter Squash

NOVEMBER

Apples, Artichokes, Beets, Brussels Sprouts, Grapes, Kiwi, Mushrooms, Oranges, Pears, Peppers, Persimmons, Plums, Pomegranates, Potatoes, Pumpkin, Radishes, Winter Squash

DECEMBER

Artichokes, Beets, Broccoli, Brussels Sprouts, Grapefruit, Kale, Kiwi, Lemons, Mandarins, Mushrooms, Oranges, Pears, Persimmons, Pomegranates, Radishes, Spinach, Sweet Potato, Winter Squash

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Build Balanced Meals for Lifelong Wellness

Good health can be deliciously simple. Fill your plate with fresh, whole food choices.



Healthy Oils

- Choose nutritious plant-based oils (like olive or canola oil) for cooking, salads, and drizzling.
- Limit butter and avoid unhealthy fats like trans fats.



Vegetables

- Fill half your plate with colorful vegetables—the more variety, the better.
- Skip potatoes and French fries; aim for fresh, nutrient-packed options instead.



Fruits

- Include a vibrant variety of fruits at every meal for a natural boost of flavor and nutrition.



Whole Grains

- Select whole grains like whole-wheat bread, whole-grain pasta, oatmeal, quinoa, and brown rice.
- Limit refined grains such as white bread and white rice.



Healthy Protein

- Enjoy lean proteins like fish, poultry, beans, lentils, and nuts.
- Limit red meat and cheese, and avoid processed meats like bacon, cold cuts, or sausage.



Water & Hydration

- Hydrate with water, tea, or coffee with little or no added sugar.
- Limit dairy (1-2 servings/day) and juice (small amounts only).
- Avoid sugary drinks.



Stay Active & Energized

- Pair healthy eating with regular physical activity to fuel your body and mind.

At El Camino Health, we've always understood that eating well is one of the most effective ways to take charge of your health. Making better food choices helps protect our bodies from illness, support recovery and maintain lifelong wellness.

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