



# EGG ROLL IN A BOWL



**PREP TIME:** 10 minutes **COOK TIME:** 20 minutes **TOTAL TIME:** 30 minutes **SERVINGS:** 4

## INGREDIENTS

- 2 tablespoons olive oil divided
- 1 pound ground turkey
- 1 small sweet onion finely diced
- 1 cup shredded carrots
- 3 garlic cloves finely minced
- 1 teaspoon finely minced fresh ginger
- ¼ cup chicken broth
- 1 small head cabbage about 8 cups shredded (see note)
- 3 tablespoons soy sauce or tamari
- 1 tablespoon rice vinegar
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon toasted sesame oil
- Chopped green onion for garnish (optional)

## FOR SERVING (OPTIONAL)

- Cooked white rice
- Green onions green parts only, thinly sliced
- Toasted sesame seeds
- Sriracha Mayo optional

## INSTRUCTIONS:

1. Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the turkey and cook until almost cooked through, about 5-6 minutes.
2. Push the turkey to one side of the pan and add onion and remaining tablespoon of oil. Cook for 3-4 minutes, stirring occasionally. Add shredded carrots, garlic, and ginger and cook for 2 minutes, stirring frequently. Pour in the chicken broth and scrape any brown bits from the bottom of the pan.
3. Add the cabbage, tamari or soy sauce, vinegar, salt, and pepper. Stir well and cover. Reduce heat to medium-low and cook for 12-15 minutes, or until cabbage has reached your desired tenderness. Remove from the heat and add toasted sesame oil.
4. Serve egg roll in a bowl over white rice, if using, and top with green onions, toasted sesame seeds, and sriracha mayo, if desired.



# PUMPKIN APPLE BREAKFAST BAKE



## INGREDIENTS

- 1 cup pumpkin puree
- 3 large eggs
- 2/3 cup full fat coconut milk
- 1 large ripe banana mashed
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon divided
- 1/4 tsp salt
- 1 large apple peeled and diced (I use pink lady)
- 3/4 cup chopped pecan

## INSTRUCTIONS:

1. Preheat your oven to 350 degrees. Grease an 8×8 square pan with coconut oil or spray, set aside.
2. In a large bowl, combine pumpkin, banana, eggs, coconut milk, pumpkin pie spice, 1/2 tsp cinnamon, and salt. Using a hand mixer or immersion blender, beat the ingredients together.
3. In a separate bowl, sprinkle remaining cinnamon on the diced apple and coat the apples. Now mix into the wet ingredients. Pour into square pan.
4. Sprinkle the pecans along the top of the dish, and place in the oven.
5. Bake for 35-40 minutes (depending on oven). You will want the top to be mostly firm and golden on the top.
6. Let sit for at least 10 minutes before serving. You can also chill and store in the fridge for up to a week. Serve warm, cold, or at room temperature!

Nutrition HealthWorks offers free 60-minutes with a dietitian during the initial consultation. This will include an in-depth nutrition assessment and review of your goals.





# EASY MINESTRONE SOUP

**SERVING: 4-6    COOK TIME: 5 HOURS**

## INGREDIENTS

- 1 medium onion, diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 1 zucchini, cut into half moons
- 1/3 lb green beans cut into 1" pieces, about 1 1/2 cups
- 3-4 cloves garlic, minced
- 1 can (14oz) kidney beans, drained & rinsed
- 1 can (14 oz) cannellini or northern beans, drained and rinsed
- 1 can (28 oz) diced tomatoes, with juices
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2-3 bay leaves
- Generous pinch of red pepper flakes, optional
- 4-5 cups vegetable broth or water (or combo)
- Big handful of fresh spinach
- 1 cup pasta (small pasta such as elbow, shells, mini penne or rotini)

## INSTRUCTIONS:

Add all the ingredients to your slow cooker, except for the spinach and pasta, ending with the broth last. Give a good stir and cook:

- HIGH for 4-5 hours
- LOW for 7-8 hours

Add spinach during the last 30 minutes of cooking. Cook the pasta according to package directions, adding to the soup once it has finished cooking. Remove bay leaves before serving.

Serve with squeeze of lemon and parsley otop. Pairs great with Artisan Bread!

Serves 4-6