



New Year NEW YOU

Flourless Pumpkin Muffins

SERVES	TEMP	COOK TIME
12	350° F	27 min.

INGREDIENTS:

- 1 cup pumpkin puree
- 1/2 cup pure maple syrup
- 2 eggs
- 1 tbsp. vanilla extract
- 1/4 cup melted coconut oil
- 1/4 cup unsweetened vanilla almond milk
- 2 1/4 cups rolled oats
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 cup dark chocolate chips

DIRECTIONS

Preheat the oven to 350°F and grease or line muffin tin for 12 muffins. Use food processor or blender on pulse to convert the oats into a consistent flour texture. The texture should be slightly grainy. Dump into a small bowl and set aside.

Start with wet ingredients and layer everything except the chocolate chips into a blender or food processor. Blend for 30 second or until smooth.

Using a spoon, gently stir the chocolate chips into the batter. Pour batter into muffin tin. Bake for 22 minutes or until golden brown.



New Year NEW YOU

Veggie White Chicken Chili

SERVES	TEMP	COOK TIME
6	medium heat	50 min.

INGREDIENTS:

- 16 oz. shredded chicken breasts, cooked
- 3 (14 oz.) cans great northern beans, drained
- 2 (4 oz.) cans chopped green chilies
- 4 cups (32 oz.) low-sodium chicken broth
- 1 medium onion, chopped
- 2 medium jalapeno peppers, seeded/minced
- 2 limes, juiced
- 1 tsp. olive oil
- 4 garlic cloves, minced
- 1 1/2 tsp. ground coriander
- 1 tbsp. ground cumin
- 1 tsp. chili powder
- 1/4 cup cilantro, finely chopped
- 3 tbsp. plain Greek yogurt
- 1 tsp. salt
- 1/2 tsp. black pepper

DIRECTIONS

Heat oil over medium-high heat in a large pot or Dutch oven. Add garlic and onion; cook and stir occasionally until softened, about five minutes. Stir in chilies, jalapenos, cumin, coriander, chili powder, salt and pepper. Cook and stir occasionally for five minutes. Add in beans and broth; bring to a simmer. cook and stir occasionally for 20 minutes. Mix in chicken, lime juice and cilantro. Cook for an additional five minutes.

Place a dollop or 1/2 tbsp. of sour cream or plain Greek Yogurt on each serving, then serve.



New Year NEW YOU

Veggie Burrito Bowls

SERVES	TEMP	COOK TIME
4	medium heat	25 min.

INGREDIENTS:

- 1 cup brown or wild rice, uncooked; quinoa may be used as a substitution
- 2 tbsp. olive oil
- 6 spring onions, finely chopped
- 6 garlic cloves, minced
- 2 bell peppers, any color
- 24 cherry tomatoes, halved
- 2 tsp. hot chili powder
- 1 tbsp. smoked paprika
- 1 can (425 g.) black beans, drained
- salt and pepper to taste
- 2/3 cup grated cheddar cheese
- 1 tbsp. fresh coriander, chopped

DIRECTIONS

Boil rice or quinoa according to package instructions. Meanwhile, heat oil in a large, deep frying pan and cook the onions, garlic and pepper over a medium heat for five minutes. Add cherry tomatoes, chili powder and paprika; cook for a few more minutes. Smash the tomatoes slightly with a spoon to release their juices. Add black beans and season to taste.

Once rice or quinoa is cooked, drain and add to bean mixture. If mixture seems too dry, add water. When mixture is hot and combined, serve topped with grated cheese and fresh coriander.



New Year NEW YOU

Smoky Chickpea, Red Lentil & Vegetable Soup

SERVES	TEMP	COOK TIME
6	medium heat	3 hours 50 min.

INGREDIENTS:

- 2 tbsp. olive oil
- 1 medium yellow onion, finely chopped
- 4 garlic cloves, minced
- 1 large carrot, diced
- 1/4 tsp. smoked paprika
- 3/4 tsp. ground cumin
- 4 cups low-sodium vegetable/chicken broth
- 1 (14.5 oz.) can diced tomatoes
- 1/3 cup red lentils
- 1/2 tsp. dried thyme
- 2 bay leaves
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1 (14.5 oz.) can chickpeas, drained & rinsed
- 1 cup cooked vegetables, like peas or beans

DIRECTIONS

In a large pot, heat oil over medium heat. Add onions and cook until soft, about five minutes. Add garlic, carrots, smoked paprika and cumin; cook and stir so garlic doesn't brown, about an additional two minutes.

Add broth, diced tomatoes, red lentils, thyme, bay leaves, salt and pepper and bring to a boil. Cover pot and reduce heat to a simmer for 10 minutes. Add chickpeas, cover pot and cook an additional 10 minutes. Remove bay leaves. Then, transfer two cups of soup into blender and puree until smooth. Add pureed soup back into the pot and stir. Taste and adjust seasoning.

For a thicker soup, puree more soup. Add the cooked vegetables, and simmer until it is hot and the vegetables have been warmed through, then serve.



New Year NEW YOU

Crock Pot Sweet Garlic Chicken

SERVES	TEMP	COOK TIME
6	medium heat	60 min.

INGREDIENTS:

- 2 lbs. chicken breasts
- 1 cup brown sugar
- 2/3 cup apple cider vinegar
- 1/4 cup lemon-lime soda
- 6 garlic cloves, minced
- 2 tbsp. soy sauce
- 1/2 tsp. salt
- 1 tsp. black pepper
- 2 tbsp. cornstarch
- 2 tbsp. water
- 1/2 tsp. red pepper flakes

DIRECTIONS

In a mixing bowl, combine brown sugar, vinegar, soda, garlic, soy sauce, salt and pepper. Place chicken at the base of a crock pot, then pour prepared mixture on top. Cover and cook on low for six to eight hours, or on high for four hours.

Transfer chicken into saucepan and drizzle remaining sauce on top. Cook chicken over medium-high heat with red pepper flakes until sauce begins to boil.

Dissolve cornstarch in water, add to the chicken and stir well. When sauce starts to thicken and forms into a glaze, remove from heat. Let cool. Serve with wild rice or quinoa.



6 Ingredient Mexican Style Quinoa

SERVES	TEMP	COOK TIME
4	medium heat	30 min.

INGREDIENTS:

- 1/2 cup dry quinoa, rinsed
- 1 (15 oz.) can black beans, drained & rinsed
- 1 cup salsa
- 1 cup corn kernels
- 1 tsp. chili powder
- 2 avocados, peeled & diced

DIRECTIONS

Add one cup of water and quinoa to a medium pot; bring to a boil over medium-high heat. Reduce heat to a simmer, cover and cook until moisture is absorbed; 12 to 15 minutes. Turn off heat and leave quinoa covered on the burner for an additional five minutes.

Add black beans, salsa, corn and chili powder to quinoa. Salt and pepper to taste. Toss mixture to combine. Add diced avocado and gently toss, then serve.

This dish can also be enjoyed cold.



New Year NEW YOU

Baked Carrot Chips

SERVES	TEMP	COOK TIME
8	425° F	45 min.

INGREDIENTS:

- 2 lbs. carrots
- 1/4 cup olive oil or melted coconut oil
- 2 to 3 tsp. salt to taste
- 1 tsp. ground cumin
- 1 tsp. ground cinnamon

DIRECTIONS

Preheat oven to 425° F. Line baking pans with parchment paper and set aside. Trim carrot tops off. Slice carrots paper-thin, beginning on the thick end; carrots should be sliced to create elongated slices. A mandolin slicer may be used on the smallest setting.

Place carrot slices in a large bowl and add oil, salt, cumin and cinnamon. Toss to thoroughly coat slices. Lay slices in a single layer on the baking sheets. Bake for 12 to 15 minutes until edges begin to curl up and crisp. then flip over and bake for an additional five to eight minutes until crisp. Once cool, store in airtight container for up to two weeks.



New Year NEW YOU

Slow Cooker Vegetable Soup

SERVES	TEMP	COOK TIME
8	low heat	4 hours 15 min.

INGREDIENTS:

- 2 lbs. ground beef, optional
- 1/2 medium onion, diced
- 2 cups fresh or frozen mixed vegetables
- 2 cups fresh or frozen lima beans
- 2 cups fresh or frozen corn
- 2 cups carrots, sliced
- 4 (15 oz.) cans diced tomatoes
- 1 (15 oz.) can tomatoes and okra
- 2 cups water
- 1 tsp. salt to taste
- 1/2 tsp. black pepper

DIRECTIONS

Cook ground beef, if using, and onions until browned. Add to slow cooker along with all other ingredients. Cook for four hours on a low heat setting. Add additional salt and pepper to taste.

Serve. May top each serving with leftover baked carrot chips.



New Year NEW YOU

Skillet Sweet Potatoes

SERVES	TEMP	COOK TIME
4	medium heat	30 min.

INGREDIENTS:

- 3 medium sweet potatoes, peeled & cubed
- 2 garlic cloves, minced
- 1/2 to 1 tsp. salt to taste
- 2 tbsp. parsley, chopped
- 1/2 tsp. ground cinnamon
- 1 tbsp. coconut oil

DIRECTIONS

Heat up a skillet with oil, add potatoes and stir. Cook for 15 minutes or until tender. Stir often to not burn potatoes. Add minced garlic, salt, cinnamon and parsley. Stir repeatedly and cook for an additional four minutes.

Notes: This dish may be roasted in the oven as well. Simply add all ingredients, stirred, to a roasting pan and bake at 425° F for about 25 to 35 minutes. Time may vary depending on oven type and width of chopped potatoes.



New Year NEW YOU

Slow Cooker Stuffed Peppers

SERVES	TEMP	COOK TIME
6	high heat	6 hours 10 min.

INGREDIENTS:

- 6 bell peppers, any color; tops cut & seeded
- 1 lb. lean ground beef or turkey, uncooked
- 1 cup rice, cooked
- 1 cup canned black beans, drained & rinsed
- 1 cup frozen corn, thawed
- 1 cup red enchilada sauce
- 3/4 cup shredded Mexican cheese
- 1/2 tbsp. chili powder
- 1/2 tsp. ground cumin
- salt and pepper to taste

DIRECTIONS

Spray bottom of slow cooker with nonstick cooking spray. Place peppers inside. Then, in a large bowl, combine ground beef or turkey, rice, black beans, corn, enchilada sauce, cheese, seasoning and a sprinkle of salt and pepper. Place filling into the cavity of each pepper.

Cook on a high heat setting for two to three hours or on a low heat setting for four to six hours, until the meat is cooked through.



New Year NEW YOU

Buffalo Chicken Meatballs

SERVES	TEMP	COOK TIME
24	350° F	25 min.

INGREDIENTS:

- 1 lb. ground chicken
- 1 egg
- 3/4 cup panko bread crumbs
- 1/4 cup Frank's buffalo wing sauce
- 2 green onions, sliced
- 2 oz. goat cheese, crumbled

DIRECTIONS

Preheat oven to 350° F and begin heating an oven-safe skillet on the stove over medium heat. Place chicken, egg, bread crumbs, buffalo sauce and almost all of the green onions in a bowl. Stir and combine. Using your hands, form the mixture into 24 meatballs.

Once skillet is hot, add olive oil. Then add half of the meatballs. Brown the meatballs on all sides. Remove from pan and brown the rest of the meatballs. Place them all into the skillet and bake for eight to 10 minutes or until cooked through.

Serve with buffalo sauce, crumbled goat cheese and remaining green onions.



New Year NEW YOU

Flourless Black Bean Avocado Brownies

SERVES	TEMP	COOK TIME
12	350° F	35 min.

INGREDIENTS:

- 1 large egg
- 1 (15 oz.) can black beans, drained & rinsed
- 1/2 medium ripe avocado
- 1 tbsp. vanilla extract
- 2/3 cup dark brown sugar, packed
- 2/3 cup unsweetened cocoa powder
- 1 tsp. coconut oil
- 1/2 tsp. baking soda
- 1/4 tsp. baking powder
- 1/3 cup chocolate chips, plus extra for topping

DIRECTIONS

Preheat oven to 350° F. Grease an 8"x8" pan. Place egg, black beans, avocado, vanilla and brown sugar in a food processor and process until smooth. Add in cocoa powder, coconut oil, baking soda and baking powder; process again until smooth. Batter should be thick; however, if it is too thick and won't process, add one to two tablespoons of almond milk, water or coffee.

Fold in chocolate chips and transfer to prepared pan. Spread batter evenly through pan using a spatula. Sprinkle remaining chocolate chips over batter.

Bake for 22 to 30 minutes or until knife inserted in center comes out mostly clean. Brownies should not be over baked. The top of the batter should be set and no longer move. Cool pan and cut into 12 bars, then serve.



New Year NEW YOU

Broccoli Cheddar Quinoa Bites

SERVES	TEMP	COOK TIME
33	350° F	45 min.

INGREDIENTS:

- 3/4 cup quinoa, rinsed
- 1 1/2 cups vegetable broth
- 2 eggs, lightly beaten
- 2 cups broccoli florets
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 1/2 cups shredded cheddar cheese
- 1/2 tsp. paprika

DIRECTIONS

In a medium saucepan, combine quinoa and broth and cook according to package directions. Allow to cool.

In a food processor or blender, add the broccoli, onion and garlic and pulse until fine. Set aside. Combine cooled quinoa, eggs, broccoli mixture from food processor into a large bowl with cheese and paprika.

Preheat oven to 350° F. Spray mini-muffin tins with cooking spray. Place a heaping spoonful of quinoa mixture into prepared muffin tin. Bake for 15 to 20 minutes or until edges turn golden brown. Remove from oven and allow to cool for five minutes. Gently remove from pan, then serve.



New Year NEW YOU

Sweet Potato & Kale Chili

SERVES	TEMP	COOK TIME
4	medium heat	50 min.

INGREDIENTS:

- 2 medium sweet potatoes, peeled & chopped into 1" cubes
- 1 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red chili, finely chopped
- 1/2 tsp. cayenne pepper
- 1/2 tsp. ground cinnamon
- 1 tsp. ground cumin
- 1 (15 oz.) can kidney beans, drained/rinsed
- 1 (15 oz.) can diced tomatoes
- 2 cups kale, packed
- salt & pepper to taste

DIRECTIONS

Heat oil in a large saucepan and add sweet potatoes, onion and garlic. Cook on medium heat for five minutes until the onions have softened and are slightly translucent.

Stir in chili, cayenne pepper, cinnamon and cumin and cook for a couple of minutes. Add the kidney beans and chopped tomatoes; stir to coat the vegetables thoroughly. Then, simmer gently for 30 to 35 minutes. Add water if mixture becomes too thick.

Add kale in at the last five minutes of cooking. Turn off heat. Salt and pepper to taste, then serve.



New Year NEW YOU

Slow Cooker Chicken Fajitas

SERVES	TEMP	COOK TIME
8 - 10	high heat	6 hours 15 min.

INGREDIENTS:

- 2 lbs. boneless chicken breasts
- 1 (14 oz.) can diced tomatoes & green chilies
- 1 red, orange & green bell pepper, julienned
- 1 yellow onion, sliced
- 4 garlic cloves, minced
- 2 tsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. paprika
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 tbsp. lime juice
- 1 tbsp. honey
- sour cream or plain Greek yogurt
- salsa
- shredded cheddar cheese
- flour tortillas

DIRECTIONS

Pour half of the canned tomatoes in bottom of the crock pot and spread in an even layer. Top with half of the peppers and half of the onion slices. Sprinkle garlic in and top with chicken breasts. Sprinkle chili powder, cumin, paprika, salt and pepper over chicken breasts. Top chicken with remaining canned tomatoes, peppers and onion.

Cover and cook on low heat for six to eight hours or on high for three to four hours, until chicken is cooked through and vegetables are tender. Remove chicken and shred. Ladle out one to two cups of broth from the crock pot and discard.

In a small bowl, whisk together lime juice and honey. Add to crock pot along with the chicken. Gently toss to combine. Serve warm with tortillas, salsa, shredded cheese and other desired toppings.



New Year NEW YOU

Honeycrisp Salad

SERVES	TEMP	COOK TIME
8 - 10	N/A	15 min.

INGREDIENTS:

- 1/2 cup olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup unsweetened apple juice or cider
- 2 to 3 tbsp. honey
- 1 tbsp. lemon juice
- 1/2 tsp. salt
- pepper to taste
- 3 medium Honeycrisp apples, thinly sliced
- 1/2 of a fresh lemon, juiced
- 12 oz. salad greens
- 1 cup pecan halves, toasted
- 3/4 cup dried cranberries or cherries
- 4 oz. blue cheese, crumbled

DIRECTIONS

To prepare Apple Cider Vinaigrette, measure oil, apple cider vinegar, apple juice or cider, honey, lemon juice, salt and pepper into a mason jar. Tightly screw on lid and shake vigorously until everything is combined. Alternatively, briskly whisk the ingredients together in a medium bowl or blend them in a blender or food processor.

To assemble the salad, place apple slices in a large plastic bag and squeeze lemon juice over them. Close bag and shake to coat. In a large salad bowl, layer salad greens, apple slices, pecans, dried cranberries and blue cheese. Just before serving, dress with vinaigrette and toss until salad is coated, then serve.