



Module 3



HEALTHY COOKING RECIPES

ANDREA BEAMAN

SIMPLE QUINOA



Prep time: 5 minutes



Cooking time: 15 minutes



Servings: 6

Ingredients

- 2 cups quinoa
- 3-1/2 cups water
- 1/4 cup extra-virgin olive oil
- 2-3 tbsp lemon juice or apple cider vinegar
- 1/4 tsp sea salt
- 1/4 cup toasted sunflower or pumpkin seeds
- 1/4 cup scallions, chopped
- 1/2 bunch basil, chopped
- 1/2 bunch parsley, chopped

Directions

1. Wash quinoa. Place in water.
2. Bring to a boil. Cover and simmer for 13-15 minutes.
3. Remove from heat and let stand for 5 minutes.
4. Whisk olive oil, lemon juice, and sea salt together in a small bowl.
5. Place cooked quinoa in a mixing bowl.
6. Add seeds, scallions, and fresh herbs, and fluff.
7. Add dressing and lightly toss.

SIZZLING STIR-FRY

BASIC MARINADE

V VG DF GF



Prep time: 5 minutes



Cooking time: None



Servings: 1/2 cup

Ingredients

- 1/2 tbsp ginger juice
- 1/2 tbsp tamari or soy sauce
- 1/4 cup brown rice vinegar
- 1/4 cup toasted sesame oil
- 1/4 cup fresh cilantro, chopped
- 1 garlic clove, peeled and minced

Directions

1. Whisk all ingredients together in a small bowl and set aside.



SIZZLING STIR-FRY TOFU



 **Prep time:** 1h, 45 minutes |  **Cooking time:** 5–7 minutes |  **Servings:** 2–3

Ingredients

- 1/2 block firm tofu
- 1 tbsp extra-virgin olive oil
- 1 tbsp toasted sesame oil

Directions

1. Drain tofu and cut into 1-inch squares.
2. Marinate tofu in Basic Marinade for at least 30 minutes, or overnight, in the refrigerator.
3. Heat olive oil and sesame oil in a skillet.
4. Add marinated tofu and sauté until tofu becomes golden brown.



SIZZLING STIR-FRY CHICKEN

DF

GF

**Prep time:** 45 minutes**Cooking time:** 6–8 minutes**Servings:** 2–3

Ingredients

- 2 chicken breasts, cut into 2-inch chunks
- 1 tbsp peanut oil

Directions

1. Marinate chicken in Basic Marinade for at least 30 minutes, or overnight, in the refrigerator.
2. Heat oil in a skillet.
3. Add marinated chicken and cook for about 6–8 minutes, or until cooked through.



SIZZLING STIR-FRY VEGETABLES



Prep time: 10 minutes



Cooking time: 10 minutes



Servings: 2–3

Ingredients

- 1 tbsp peanut oil
- 1 onion, cut into thin crescents
- 1/4 cup carrots, thinly sliced
- 1/2 cup cabbage, sliced
- Sea salt, to taste
- 1/2 cup bok choy, sliced
- 1/4 cup bell pepper, sliced
- Splash of toasted sesame oil

Directions

1. Coat a skillet with peanut oil and cook onion and carrots over medium heat until tender.
2. Add cabbage, then season with salt. Toss, cover, and cook for 5 minutes.
3. Add bok choy and bell pepper, cover, and cook for 2–3 minutes.
4. Season with sesame oil and salt to taste.
5. Toss with choice of cooked tofu or chicken.



LENTIL STEW



Prep time: 10 minutes



Cooking time: 50 minutes



Servings: 4

Ingredients

- 1–2 tbsp extra-virgin olive oil
- 1 onion, diced
- 1 tsp cumin powder
- 1 tsp oregano
- 1 carrot, diced
- 2 celery stalks, diced
- 1/2 tsp sea salt
- 1 cup black, green, or brown lentils
- 4–5 cups water or stock
- 1 bay leaf
- Apple cider vinegar or red or white wine vinegar, to taste

Directions

1. Heat olive oil in a stockpot or soup pot.
2. Add onion and sauté for 3–4 minutes.
3. Add cumin and oregano, stirring for 30 seconds.
4. Add carrot and celery and sauté for another 3 minutes.
5. Season with sea salt.
6. Add lentils, water or stock, and bay leaf. Bring to a boil.
7. Cover, lower to a simmer, and cook for 40–45 minutes, or until lentils are soft.
8. Add a few splashes of vinegar, stir, and taste. Add more salt if necessary.
9. Let cook for another 5–10 minutes.
10. Remove bay leaf before serving.

VEGETABLE CRUDITÉ WITH AVOCADO DIP

VG

GF

**Prep time:** 20 minutes**Cooking time:** None**Servings:** 4–6

Ingredients

Avocado Dip

- 2 ripe avocados
- 1 garlic clove, peeled and minced
- 2–3 tbsp cilantro leaves
- 1/3 cup plain yogurt
- 1/2 jalapeño pepper, seeded and minced (optional)
- 1–2 limes, juiced
- Sea salt and black pepper, to taste

Crudité

- 1 jicama root, peeled and sliced into dipping sticks
- 2 carrots, cut into dipping sticks
- 3 celery stalks, cut into dipping sticks
- 1 daikon root, cut into dipping sticks
- 1 bell pepper, seeded and sliced thin

Directions

1. Peel avocados and remove pits.
2. Put all dip ingredients into food processor or blender and pulse until desired consistency.
3. Season with sea salt and freshly ground black pepper.
4. Arrange cut vegetables on a platter. Place avocado dip in a bowl in the center.

MASSAGED KALE SALAD



Prep time: 15 minutes



Cooking time: 3–5 minutes



Servings: 3–4

Ingredients

- 1 large bunch raw kale
- 1/2 lemon, juiced
- 1/4 cup extra-virgin olive oil
- 1/4 cup sliced raw almonds
- 1/2 cup cherry tomatoes, cut in half
- Sea salt and ground black pepper, to taste
- Pecorino cheese, shaved (optional)

Directions

1. Remove stems and chop kale into thin ribbons.
2. Massage with lemon juice to soften the leaves and cut the bitterness.
3. Combine kale and olive oil in a large bowl.
4. Massage until kale softens. Drain any liquid released from the kale.
5. Toast almonds in a skillet over medium heat until they begin to brown. Remove from heat.
6. Add the almonds and tomatoes to the kale and toss.
7. Season with sea salt and freshly ground black pepper.
8. Top salad with shaved pecorino cheese (optional).



CARROT GINGER SOUP



Prep time: 10 minutes



Cooking time: 30 minutes



Servings: 4

Ingredients

- 1–2 tbsp extra-virgin olive oil
- 6 carrots, cut into chunks
- 1 medium onion, cut into chunks
- 6-inch piece fresh ginger, peeled and cut into chunks
- 1 tsp sea salt
- 4 cups water or stock
- Fresh parsley

Directions

1. Heat oil in stockpot on medium heat.
2. Place carrots, onion, ginger, and salt in the heated pot.
3. Add water or stock, bring to a boil, and cover.
4. Simmer on low heat for 25 minutes, or until carrots soften.
5. Transfer soup into a blender or food processor, adding water if necessary to achieve desired consistency.
6. Transfer to a soup bowl and garnish with fresh parsley.



STRAWBERRY SPINACH SMOOTHIE

V

VG

DF

GF



Prep time: 5 minutes



Blending time: 1–2 minutes



Servings: 1–2

Ingredients

- 1 cup spinach, tightly packed
- 1 cup fresh or frozen strawberries
- 1 cup nut milk or coconut water
- 1 tbsp flax or chia seeds
- 1 pitted date (optional for added sweetness)

Directions

1. Blend all ingredients until smooth.

Note: If you prefer a thicker smoothie, use slightly less liquid or add ice to the mixture.

