

## Pumpkin Cranberry Granola Bites



### Ingredients

2 cups rolled oats  
¾ cup canned pure pumpkin\*\* (not pie filling)  
½ cup roasted diced almonds  
½ cup dried cranberries  
1/3 cup unsalted pumpkin seeds  
¼ cup maple syrup  
2 tablespoons vegetable oil  
½ teaspoon ground ginger  
1 teaspoon kosher salt  
¼ teaspoon ground cloves

### Preparation

Preheat the oven to 350 degrees. Line a baking sheet with sides with aluminum foil and spread the oats on it. Toast them for 8 to 10 minutes, until lightly golden. Pour them into a large bowl. Leave the oven on.

Add the remaining ingredients to the oats. Mix the granola together. Form 1-inch balls of the granola mixture (a 1-tablespoon cookie scoop works well). Place the balls on the baking sheet.

Bake the bites for 15 to 18 minutes, until firm and lightly browned. Remove the pan to a wire rack to cool. Store the pumpkin bites in an airtight container.

\*\*Pumpkin is a storehouse for many antioxidant vitamins, including: Vitamin A, C, and E. One cup of cooked pumpkin is also an excellent source of potassium, making it a great post-workout meal addition to help restore the body's balance of electrolytes.

<https://www.cigna.com/individuals-families/health-wellness/pumpkin-cranberry-granola-bites>

## Creamy Vegetable Shepherd's Pie



## INGREDIENTS

- 6 cups red potatoes, peeled, cut into 3/4-inch pieces
- 3 1/4 cups water, divided
- Nonstick cooking spray
- 1 tbsp olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 cup thinly sliced carrots
- 1 cup green beans, cut into 1-inch lengths
- 1 cup frozen, whole-kernel corn
- 1 (15-oz) can low-sodium garbanzo beans
- 1/2 cup frozen petite green peas
- 2 cups nonfat or 1% milk, divided or almond milk
- 2 tbsp cornstarch
- 1 tsp dried parsley
- 1/2 tsp salt, divided
- 2 tsp onion powder, divided
- 2 tbsp Parmesan cheese Spices-2 garlic cloves minced, 1 tsp dried parsley, 1/2 tsp salt divided, 2 tsp salt

## DIRECTIONS

1. Preheat oven to 350°F. In a large pot, bring potatoes and 3 cups water to a boil. Cover. Reduce heat and cook 10 to 12 minutes or until soft. Spray a large skillet with nonstick cooking spray. Place the skillet over medium-high heat and add olive oil. When oil is hot, add onion and garlic. Sauté 1 to 2 minutes. Add carrots, green beans, corn, and remaining 1/4 cup water. Cover and cook 3 to 4 minutes or until vegetables are tender. Add garbanzo beans and peas. In a small bowl, combine 1/3 cups milk with cornstarch, parsley, 1/4 tsp salt, and 1 tsp onion powder. Mix with a wire whisk and add to the skillet. Stir and cook 2 to 3 minutes to thicken. Spray a deep medium-size baking dish with nonstick cooking spray. Pour vegetable mixture into the dish. Set aside. Drain water from potatoes when cooked. Add remaining 2/3 cup milk, 1/4 tsp salt, 1 tsp onion powder, and cheese.

Mash mixture with a potato masher or fork until smooth. Spoon potato mixture evenly on top of the vegetable mixture. Bake for 30 minutes. Makes 4 servings.

<https://www.merckengage.com/healthy-living/recipes/creamy-vegetable-shepherds-pie> edited by Rita Sartin

## Crock Pot Sweet Potato Chipotle Chili



### Ingredients

2 -3 sweet potatoes\*\*, peeled and chopped (around 3 ½ – 4 cups)  
3 cups broth (use less for a thicker texture)  
1 lb ground chicken, or turkey (see notes for using precooked meat)  
1 tbsp olive oil  
14 oz diced canned tomatoes (drained). You can use garlic or onion flavor if you like.  
1 cup chopped white onion  
2 -3 cups chopped cauliflower (add as much or little as you'd like).  
1 tsp minced garlic  
2 chipotles in adobo, chopped, found in the Spanish or Mexican foods aisle, or substitute ½ cup to 2/3 cup hot chipotle salsa.  
¼ tsp cumin  
½ tsp paprika  
¼ tsp black pepper  
sea salt to taste  
½ shallot (diced) or ¼ cup red onion (optional)  
herbs to garnish  
optional cheese topping

**Preparation** First chop and peel your potatoes. Place in a microwave-safe bowl and steam with 1 tbsp water for 90 seconds. Add ground meat to the crock pot with broth and oil. (Other option is to brown meat beforehand and drain the grease before adding to the crock pot.) Add tomatoes, sweet potato, onion, cauliflower and mix all together. Add your seasonings and chipotle peppers with sauce. Stir and cook on high for 3 to 4 hours. Add shallots the last hour (optional).

<https://www.cigna.com/individuals-families/health-wellness/crock-pot-sweet-potato-chipotle-chili> modified by: Rita Sartin

**Maple Vanilla Nut Latte Protein Bites {No Bake, Grain Free}**



### **Ingredients**

1/4 cup finely chopped nuts (hazelnuts are awesome)  
2/3 cup almond meal or coconut flour  
1/3 to 1/2 cup natural nut butter (no stir works best)  
1- 2 tbsp ground coffee  
1/4 to 1/3 cup Vanilla bean Protein of choice (extra for coating)  
1/4 to 1/3 cup maple syrup. You can also use honey if maple syrup is not available.  
Optional- 1/4 tsp each: pure vanilla bean extract, maple extract  
BONUS – 1/4 melted dark chocolate to coat if desired

### **Instructions**

Chop nuts in food processor if they aren't already finely chopped. pulse in blender or processor to make more like a nut meal flour. . Transfer into a large bowl and add in all the remaining ingredients with the honey/maple syrup being the last . Mix well ( I use my hands) and roll into bite size balls. Coat bites (once frozen) with extra protein powder and/or coffee. Makes about 20 balls. Freeze or keep in refrigerator to maintain freshness.

### **Bonus**

You can also roll the bites in melted dark chocolate and then freeze for a mocha latte bite flavor!

<https://www.cottercrunch.com/no-bake-maple-vanilla-latte-protein-bites/#tasty-recipes-42565>

## Mini Artichoke Pita Pizza



### INGREDIENTS

- 1 can artichoke hearts, drained, diced into small pieces
- 1 1/2 cups diced mushrooms
- 4 diced green onions
- 1 tsp basil
- 1/4 cup crumbled feta cheese
- Four 6-inch whole-wheat pita breads
- 1/4 cup shredded, low-fat mozzarella cheese

### DIRECTIONS

Preheat oven to 375°F. In a large bowl combine the artichoke hearts, mushrooms, onions, basil, and feta cheese. Mix well. Place the pita bread rounds on a baking sheet and evenly top with artichoke mixture. Press mixture down lightly and top each with mozzarella cheese. Bake for 20 minutes. Makes 4 servings.

<https://www.merckengage.com/healthy-living/recipes/mini-artichoke-pita-pizza> modified by: Rita Sartin

## Roasted Chicken Legs with Potatoes and Kale



### Ingredients

- 1 1/2 pounds tender, young kale, stems and inner ribs removed\*\*
- 1 1/2 pounds medium Yukon Gold potatoes, sliced 1/4 inch thick
- 1 medium onion, thinly sliced
- 1/4 cup extra-virgin olive oil
- Salt and freshly ground pepper
- 8 whole chicken legs (about 10 ounces each)
- 1 teaspoon paprika
- Lemon wedges for serving

### Preparation

Preheat the oven to 450 degrees. In a very large roasting pan, toss the kale, potatoes and onion with the olive oil. Season with salt and pepper and spread in an even layer. Set the chicken on a cutting board, skin side down. Slice halfway through the joint between the drumstick and thigh. Season with salt and pepper, sprinkle with paprika, and set on top of the vegetables. Cover the pan with foil. Roast the chicken in the upper third of the oven for 20 minutes. Remove the foil and roast for 30 minutes longer, until the chicken is cooked through and the vegetables are tender. Transfer the chicken to plates and spoon the vegetables alongside. Serve with lemon wedges.

<https://www.cigna.com/individuals-families/health-wellness/roast-chicken-legs-with-potatoes-and-kale>

## Blueberry Bananas Overnight Oats



### Ingredients

- 1/2 cup Quaker® Oats\*
- 1/2 cup low-fat milk or almond milk
- 1 teaspoon vanilla
- 1/2 cup blueberries
- 1/3 cup banana, sliced
- 1 teaspoon chia seeds\*\*

### Preparation

Add Quaker® Oats to your container of choice and pour in milk and vanilla. Add a layer of blueberries and then a layer of banana slices. Top with chia seeds and a drizzle of honey, then place in the refrigerator and enjoy in the morning or a few hours later!

### Tips

Mix and match any fresh or frozen fruit of your preference, such as peaches, strawberries and raspberries. Customize it to your liking

<https://www.cigna.com/individuals-families/health-wellness/blueberry-bananas-overnight-oats>

edited by: Rita Sartin

## Spinach Salad with Cranberries



### INGREDIENTS

- 5 cups fresh spinach leaves
- 2 cups thinly sliced cucumber
- 1/2 cup chopped broccoli
- 1/2 of a small pear, sliced
- 2 tbsp dried cranberries

### DIRECTIONS

Divide spinach leaves evenly and place on 4 salad plates. Divide and top each with the cucumber, broccoli, pear, and cranberries.

Makes 4 servings

<https://www.merckengage.com/healthy-living/recipes/spinach-salad-with-cranberries>

## Quinoa Black Bean Crock Pot Stuffed Peppers



### Ingredients

6 bell peppers  
1 cup uncooked quinoa, rinsed\*\*  
1 (14oz) can black beans, rinsed and drained  
1 (14oz) can vegetarian refried beans  
1 & 1/2 cups red enchilada sauce  
1 tsp chili powder  
1 tsp onion powder  
1/2 tsp garlic salt  
1/2 cups shredded pepper jack cheese  
Toppings: cilantro, avocado, low fat sour cream, etc.

### Preparation

Cut the tops off the peppers and scrape out the ribs and seeds. In a large bowl, combine the quinoa, beans, enchilada sauce, spices, and 1 cup of the cheese. Fill each pepper with the quinoa mixture. Pour ½ cup water into the bottom of a crock pot. Place the peppers in the crock pot so they're sitting in the water. Cover and cook on low for 6 hours or high for 3 hours. Remove the lid, distribute remaining cheese over the tops of the peppers, and cover again for a few minutes to melt the cheese. Serve topped with anything you like! Note: If your crockpot is not big enough to accommodate all 6 peppers, bake in the oven with a little water in the bottom of the pan, covered with foil, for about 45 minutes at 400 degrees.

<https://www.cigna.com/individuals-families/health-wellness/quinoa-black-bean-crock-pot-stuffed-peppers> Edited by: Rita Sartin

## Mango-Kiwi Parfaits



### INGREDIENTS

- 1 cup low-fat vanilla yogurt
- 2 tsp lemon juice
- 1/2 tsp lemon zest
- 2 tbsp honey
- 5 cups cantaloupe, cut into 3/4-inch pieces
- 5 kiwi fruits, peeled, cut into 3/4-inch pieces
- 1 1/2 cups sliced mango
- 1/4 cup fresh mint leaves

### DIRECTIONS

In a small bowl, combine yogurt, lemon juice, lemon zest, and honey. Mix well. Set aside. Layer 6 parfait glasses or dessert cups with cantaloupe, kiwi, and mango. Spoon yogurt mixture over fruit. To serve, garnish each parfait with mint leaves. Makes 6 servings

<https://www.merckengage.com/healthy-living/recipes/mango-kiwi-parfaits>

## Vegetarian Tacos



### INGREDIENTS

- Nonstick cooking spray
- 1 tbsp olive oil
- 1/2 cup chopped onions
- 2 cups frozen, whole-kernel corn
- 2 cups chopped zucchini
- 1/4 cup water
- 2 cups frozen burger-style vegetable protein crumbles, thawed
- 1 (15-oz) can low-sodium pinto beans, drained
- 1 tsp onion powder
- 3/4 tsp chili powder
- 1/2 tsp salt-free Mrs. Dash® Original Blend Seasoning
- 12 taco shells
- 2 chopped tomatoes
- 1/2 cup salsa
- 1/2 cup shredded, reduced-fat mild cheddar cheese
- 2 cups shredded lettuce

### DIRECTIONS

Spray a large skillet with nonstick cooking spray. Place the skillet over medium-high heat and add olive oil. When hot, add onions and sauté for 2 minutes. Add corn, zucchini, and water. Cover. Cook 3 to 4 minutes or until zucchini is tender. Add protein crumbles, beans, onion powder, chili powder, and salt-free seasoning. Stir and cook 3 to 4 minutes to heat through. Fill the taco shells and top each with tomatoes, salsa, cheese, and lettuce. Makes 4 servings.

<https://www.merckengage.com/healthy-living/recipes/vegetarian-tacos>

## Double Spinach Pasta Casserole with Pesto and Asiago Cheese



### Ingredients

- 12 ounces spinach pasta
- 5 ounces fresh baby spinach, roughly chopped, about 5 cups\*\*
- 2 large shallots, peeled and chopped
- 4 cloves garlic, minced
- 2 ounces Asiago cheese, grated
- 4 ounces raw chicken breast, finely chopped (optional)
- 1/2 cup low-fat Greek yogurt
- 1/2 cup cream
- 1/2 cup basil pesto, homemade or jarred
- 1/4 to 1/2 teaspoon salt
- Freshly ground black pepper
- 2 large eggs
- Olive oil

### Preparation

Heat the oven to 350 degrees and lightly grease an 8x8- or 9x9-inch square baking dish with olive oil or cooking spray. Bring a large pot of salted water to boil over high heat and add the spinach pasta. Cook according to package instructions, drain, and set aside. While the pasta is cooking, in a large bowl toss together the chopped spinach, shallots, and garlic. Toss with the Asiago cheese and the chicken breast, if using. In a separate bowl, whisk together the yogurt, cream, and pesto. Taste and add salt as desired, depending on the saltiness of the pesto. Stir in a generous quantity of black pepper. Whisk in the eggs. Stir the cooked pasta together with the spinach and shallot, then pour in the sauce and toss to coat. Spread in the prepared baking dish. (At this point the casserole can be covered and refrigerated overnight.) Bake for 30 minutes or until golden-brown on top and lightly bubbling.

<https://www.cigna.com/individuals-families/health-wellness/double-spinach-pasta-casserole-with-pesto-asiago-cheese>

## Naturally Sweetened Orange Coconut Oat Muffins



### Ingredients

- 1 cup **gluten free oat flour** (or other flour of choice) See notes for homemade oat flour.
- 1/2 cup coconut flour (sifted)
- 1 tsp baking soda
- 3 tbsp vanilla plant protein of choice (a **pea protein** based protein works best)
- 1/4 tsp of kosher salt
- 1 tbsp tapioca starch or arrowroot starch
- 1 cup fresh orange juice
- 1 egg
- 1 tbsp melted coconut oil or butter
- 1/4 tsp Vanilla extract
- 1/4 to 1/3 cup non dairy milk (almond or coconut)
- 1/2 to 2/3 cup shredded coconut
- Orange Slices to garnish
- optional – sugar free or regular sweetener if you prefer sweeter (ex. 1/2 c xylitol sugar)

### Instructions

Preheat oven to 375F. Line or grease a muffins pan. Set aside. Combine your dry ingredients; flours, protein, starch, and salt in a large mixing bowl. In another bowl, whisk together your juice, egg, extracts, oil, and milk. Slowly combine the wet ingredients with the dry ingredients. Mixing at you pour. Then use a hand mixer to mix the batter together until smooth. If the batter is too dry (thick) add more milk. Fold in your shredded coconut. Save a few tbsp for topping. *If you are wanting the muffins to be more sweet without adding sugar*, fold in an extra 1/2 c xylitol sugar. Scoop the mix into muffin cups. place a thinly sliced orange on top of each muffin and a sprinkle of shredded coconut. Bake at 375 F for 18-25 minutes, depending on your oven. Check at 15 to make sure they don't burn. It depends on the flours you use and type of oven.. Remove and let cool for 15 minutes until removing from pan. Serve or store in sealed container in fridge for later. These also freeze well for up to 4 months. <https://www.cottercrunch.com/gluten-free-orange-coconut-oat-muffins/#tasty-recipes-42715>

## **Chicken and Broccoli Stir-Fry**



## INGREDIENTS

- 3/4 cup orange juice with calcium
- 1/4 cup reduced-sodium soy sauce
- 2 tsp brown sugar
- 2 tsp fresh grated ginger
- 1 tbsp cornstarch
- Nonstick cooking spray
- 2 tsp canola oil, divided
- 1 lb chicken breasts, boneless, skinned, cut into 1-inch pieces
- 1 cup sliced onion
- 4 garlic cloves, minced
- 2 cups sliced mushrooms
- 1 cup thinly sliced carrots
- 3 cups broccoli florets, sliced in half
- 1/2 cup water
- 1/2 cup dry roasted peanuts, without salt
- 1 cup brown rice, cooked according to directions without salt or fat

## DIRECTIONS

In a small bowl combine orange juice, soy sauce, brown sugar, ginger, and cornstarch. Mix well and set aside. Spray a large skillet or wok with nonstick cooking spray. Place the skillet over medium-high heat and add 1 tsp canola oil. When hot, add chicken pieces. Cook 4 to 5 minutes or until cooked through. Transfer chicken to a plate and set aside. Keep warm.

Add remaining 1 tsp canola oil to the skillet and when hot, add onion and garlic. Stir-fry for 1 to 2 minutes. Add mushrooms and stir-fry for 2 minutes. Add carrots and broccoli and stir-fry for 2 minutes. Add water. Cover. Cook 2 to 4 minutes or until vegetables are tender.

Add the cooked chicken pieces back to the skillet with orange juice mixture. Stir for 2 to 3 minutes to thicken and heat through. Top with peanuts and serve over hot brown rice. Makes 4 servings.

<https://www.merckengage.com/healthy-living/recipes/chicken-and-broccoli-stir-fry>

## Crock Pot Butternut Squash, Kale, and Bean Soup



### Ingredients

1 medium-sized butternut squash; peeled and chopped into 1-inch cubes (about 2 lbs)  
40 oz of low-sodium vegetable broth  
1 large yellow onion; peeled and roughly chopped  
2 or more large garlic cloves; minced  
3 (15 oz) cans low-sodium cannellini or other beans, rinsed  
2 (15 oz) cans diced, fire-roasted tomatoes with liquid  
3 bunches kale, other greens, or baby greens (if using baby greens rather than sturdy adult greens, add near the end of cooking)  
Seasonings and spices: fennel seed, turmeric, cumin, dash of cayenne, crushed red pepper flakes, sea salt (optional) added in last hour to taste!

### Preparation

Spray crock pot with nonstick cooking spray. Rinse beans and place in bottom of crock pot. Peel and chop your yellow onion and place it on top of the beans in the crock pot. Wash squash and poke with a fork in several places. Microwave on high for 4 to 5 minutes to soften. Peel and chop your butternut squash and cube it into 1-inch chunks (or use pre-cut squash and add on top of the onion.) Then mince or microplane two large garlic cloves and place that on top of the butternut squash. Add enough kale to fill up the crock pot. (About a half a bag of freshly cut kale, which is about 3 huge handfuls, or 3 cups. You can't have too much kale!) Finally, add broth and tomatoes on top of everything in the crock pot. (Don't worry if the vegetables are not all covered by the liquid. The kale and vegetables will cook down and you will have enough broth.) Place on HIGH for 4 hours and enjoy! This quick and easy fall soup is hearty enough to keep you full during the cooler months.

<https://www.cigna.com/individuals-families/health-wellness/crock-pot-butternut-squash-kale-and-bean-soup>

## Peanut Butter Overnight Oats



### Ingredients

1 cup Quaker® Oats\*\*  
1 cup low-fat milk or almond milk  
1 teaspoon chia seeds\*\*  
1/2 teaspoon vanilla extract  
1 teaspoon cinnamon  
1/2 cup bananas, sliced  
1/4 cup creamy peanut butter\*\*  
1 tablespoon honey

### Preparation

Add Quaker® Oats to a container of your choice and pour in milk. Mix in vanilla extract, chia seeds, and cinnamon. Alternate between layers of peanut butter and layers of sliced banana. Drizzle with honey. Place in the refrigerator and enjoy in the morning or a few hours later!

### Tips

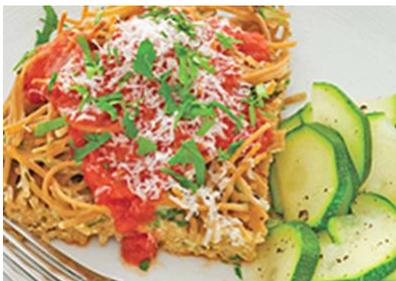
You can substitute powdered peanut butter to reduce the calories from fat in this recipe and maintain the peanut butter flavor.

\*\*Nut butter (e.g. peanut, almond, soy) provides some protein and fat that can help you feel fuller for longer.

<https://www.cigna.com/individuals-families/health-wellness/peanut-butter-overnight-oats>

edited by: Rita Sartin

## Baked Spaghetti with Marinara



### INGREDIENTS

- 4 cups or 1 recipe of Marinara Sauce
- 8 oz whole-wheat spaghetti pasta, broken into 2-inch pieces and cooked according to directions without salt or fat
- Nonstick cooking spray
- 1 tbsp olive oil
- 4 garlic cloves, minced
- 6 green onions, sliced, tops included
- 1 tbsp oregano
- 1 tbsp basil
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/4 cup Parmesan cheese
- 1/4 cup egg substitute
- 1/4 cup shredded, low-fat mozzarella cheese, divided
- 1/4 cup chopped fresh parsley

### DIRECTIONS

Preheat oven to 350°F. Prepare Marinara Sauce recipe according to directions. Cook spaghetti according to directions and drain well. Set aside. Spray a large skillet with nonstick cooking spray. Place the skillet over medium-high heat and add olive oil. When oil is hot, add garlic and onions. Sauté 1 to 2 minutes. Remove from heat. In a large bowl, combine the cooked spaghetti, garlic and onions, oregano, basil, onion powder, garlic powder, Parmesan cheese, and egg substitute. Mix well. Spray a deep-dish pie plate with nonstick cooking spray. Transfer the mixture to the pie plate. Top mixture with 1/4 cup mozzarella cheese. Bake for 25 minutes. Cut into 4 portions and spoon marinara sauce over each serving. Top with parsley and remaining cheese. Makes 4 servings.

<https://www.merckengage.com/healthy-living/recipes/baked-spaghetti-with-marinara> edited by:  
Rita Sartin

# Golden Tilapia with Collard Greens



## INGREDIENTS

- 8 cups collard greens, stems removed
- 2 cups thinly sliced onions
- 4 garlic cloves, minced
- 1 cup reduced-sodium chicken broth
- 4 cups water
- 1/4 tsp pepper
- 1/4 tsp red pepper flakes, divided
- 1/4 cup cornmeal
- 3/4 cup seasoned bread crumbs
- 1 tsp paprika
- 1 tsp onion powder
- 1/2 tsp Cajun seasoning
- 1 tsp parsley
- 1/2 cup egg substitute
- 1 lb Tilapia fillets
- Nonstick cooking spray
- 1 lemon, cut into wedges
- 1 cup brown rice, cooked according to directions without salt or fat

## DIRECTIONS

Preheat oven to 450°F. In a large pot, layer half the collard greens, onions, and garlic. Layer the other half of these ingredients and add the broth, water, pepper, and pepper flakes. Bring to a boil. Cover. Reduce heat to simmer and cook greens for 50 to 60 minutes. In a shallow bowl combine the bread crumbs, paprika, onion powder, Cajun seasoning, and parsley. Set aside. Pour egg substitute into a shallow dish. Rinse catfish and dip in bread crumb mixture, then in egg mixture, and back into the bread crumb mixture. Spray a baking sheet with nonstick cooking spray. Place the fillets on the baking sheet. Bake 10 to 12 minutes. Turn fillets over and bake 6 to 8 minutes longer until browned and crisp. Serve with lemon wedges, collard greens, and hot brown rice. Makes 4 servings

<https://www.merckengage.com/healthy-living/recipes/golden-catfish-with-collard-greens> edited by: Rita Sartin

## Cantaloupe Smoothie Bowl



### Ingredients

4 cups frozen cubed cantaloupe ( ½-inch pieces)

¾ cup carrot juice

Melon balls, berries, nuts and/or fresh basil for garnish

### Preparation

Combine cantaloupe, juice and salt in a food processor or high-speed blender. Alternate between pulsing and blending, stopping to stir and scrape down the sides as needed, until thick and smooth, 1 to 2 minutes. Serve the smoothie topped with more melon, berries, nuts and/or basil, if desired.

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<http://www.eatingwell.com/recipe/265723/cantaloupe-smoothie-bowl/>

## Crispy Tofu with Black Rice & Edamame-Mushroom Stir-Fry



### Ingredients 4 servings

1 cup water  
½ cup black rice  
3 tablespoons reduced-sodium soy sauce, divided  
extra-firm tofu  
3 teaspoons toasted sesame oil, divided  
½ teaspoon kosher salt plus a pinch, divided  
2 tablespoons cornstarch  
2 tablespoons lime juice  
2 tablespoons orange juice  
1 teaspoon packed brown sugar  
3 cups sliced shiitake mushroom caps  
3 tablespoons chopped red onion  
1 cup frozen shelled edamame, thawed  
½ cup chopped red bell pepper

### Directions

- 1 Preheat oven to 400°F.
- 2 Bring water and rice to a boil in a small saucepan. Reduce heat, cover and simmer gently until the rice is tender, about 30 minutes. Stir in 1 tablespoon soy sauce; cover to keep warm.
- 3 Meanwhile, cut tofu crosswise into ¼-inch-thick slices. Place in a single layer on a large baking sheet lined with 3 layers of paper towels. Cover with another 2 to 3 layers of paper towels. Gently press on the tofu to remove excess liquid. Remove the tofu; discard the paper towels. Line the pan with parchment paper and return the tofu to it. Brush both sides of the tofu with 2 teaspoons sesame oil and season with ½ teaspoon salt. Dust both sides with cornstarch and rub it in.
- 4 Bake the tofu, turning once, until lightly browned on both sides, about 30 minutes.
- 5 Whisk the remaining 2 tablespoons soy sauce, lime juice, orange juice and brown sugar in a small bowl. Heat the remaining 1 teaspoon oil in a medium skillet over medium heat. Add mushrooms and onion; cook, stirring often, until the onion is soft, 3 to 5 minutes. Add edamame, bell pepper and the remaining pinch of salt; cook, stirring, for 2 minutes more. Serve the vegetables and rice with the tofu, drizzled with the sauce.

<http://www.eatingwell.com/recipe/254636/crispy-tofu-with-black-rice-edamame-mushroom-stir-fry/print/>

## Lemony Pesto Pasta with Edamame and Almonds



### Ingredients

8 ounces spaghetti  
1/2 cup pesto, store-bought or homemade  
8 ounces spinach  
2 cups shelled edamame\*\*  
Juice from 2 lemons (plus fresh lemon wedges for serving)  
3/4 cup almonds, crushed and lightly toasted

### Preparation

Heat a large pot of water to boiling and cook pasta until al dente. Strain and rinse with cold water. In a large bowl, combine the pasta, pesto, and spinach, and stir until evenly mixed (some spinach will wilt, some will stay firm for a nice contrast of textures). Finally, stir in the edamame and squeeze the lemon all over the finished dish. Reserve a few lemon slices for serving. On a low heat, toast crushed almonds until just fragrant. Garnish pasta with the toasted almonds.

<https://www.cigna.com/individuals-families/health-wellness/lemony-pesto-pasta-with-edamame-almonds>