HEALTH PROMOTION & WELLNESS COOKBOOK
CHICKEN CHINESE SALAD WITH SESAME GINGER DRESSING

INGREDIENTS FOR THE DRESSING
- 1/4 cup cooking oil
- 3 tbsp rice vinegar
- 1 tbsp honey
- 1 tsp soy sauce
- 1/2 tsp ground ginger
- 1/8 tsp garlic powder
- 1/2 tsp toasted sesame oil
- Ground pepper

INSTRUCTIONS FOR THE DRESSING
1. Combine the oil, vinegar, honey, soy sauce, ginger, garlic powder, sesame oil and pepper in a jar or bowl.
2. Shake the jar or whisk the ingredients in a bowl until combined.
3. Set aside until salad is prepared.

INGREDIENTS FOR THE SALAD
- 1 head of napa cabbage
- 2 carrots
- 4 green onions (scallions)
- 1/4 cup sliced almonds
- 2 cups of canned chicken

INSTRUCTIONS FOR THE SALAD
1. Rinse the cabbage well and shake off as much excess moisture as possible.
2. Slice the cabbage into thin strips and add it to a bowl.
3. Peel the carrots and then shred them using a cheese grater.
4. Slice the green onions.
5. Add the carrots, green onions and almonds to the bowl.
6. Drain and rinse the chicken, then add it to the bowl.
7. Shake the dressing again and pour it over the salad. Stir until everything is evenly coated in dressing.
# Pesto Chicken and Veggies Over Pasta

## Ingredients for Pasta
- Whole grain pasta of choice
- Water

## Ingredients for Chicken
- 2 tbsps olive oil
- 1 chicken breast
- Salt (to taste)
- Pepper (to taste)

## Instructions for Pasta
1. Follow the steps on the package to cook the pasta.
2. Set aside cooked pasta.

## Ingredients for Vegetables
- 1/2 cup of green beans
- 1/4 cup of cherry tomatoes, cut in half
- 2 tbsps pesto

## Instructions for Chicken
1. Drizzle olive oil on a skillet on medium to heat.
2. Cut chicken into smaller sections and place on the skillet. Sprinkle it with salt and pepper.
3. Cook until golden brown, then flip and cook the whole way, until internal temp reaches 165 F.
4. Options to cut chicken into smaller pieces if desired. Set aside.

## Instructions for Vegetables
1. Add green beans to the same skillet and stir every few minutes to cook.
2. Add cherry tomatoes and cook for 1 minute.
3. Stir in pesto and chicken to combine.
4. Place chicken and veggies on a plate. Serve with 1 cup of your choice of cooked pasta.
**TURKEY BURGER WITH SWEET POTATO FRIES**

**INGREDIENTS FOR SWEET POTATO FRIES**
- 1 sweet potato
- 1 tbsp of olive oil
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper

**INSTRUCTIONS FOR SWEET POTATO FRIES**
1. Preheat the oven to 400.
2. Cut the sweet potato into sticks about 1/4 - 1/2 inches wide and 3 inches long.
3. Mix the spices in a small bowl, add oil, then toss with the sweet potato sticks.
4. Spread coated sweet potatoes on a baking sheet.
5. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.

**INGREDIENTS FOR TURKEY BURGERS**
- 1 lb. package of ground turkey (94/6 or leaner)
- Whole wheat buns
- Garlic salt (to taste)
- Black pepper (to taste)
- Cooking spray
- Toppings of choice (e.g. tomato, onion, lettuce, ketchup, avocado, etc.)

**INSTRUCTIONS FOR TURKEY BURGERS**
1. Split the ground turkey into 4 sections (can make 4 burgers).
2. Form ground turkey into 4 patties.
3. Sprinkle each side with garlic salt and black pepper.
4. Set the stove to low to medium heat. Spray the skillet with cooking spray and place on the stove.
5. Add the patties to the skillet and cook on one side until browned, then flip the burger onto the other side and brown the whole way through or until it reaches 165 F.
6. Place the burger on the bun and add toppings of choice.
# Tilapia with Roasted Broccoli and Brown Rice

## Ingredients for Brown Rice
- Brown rice
- Water

## Ingredients for Broccoli
- 1 medium-large crown of broccoli
- 1/2 tsp of minced garlic
- 1 tbsp of olive oil
- Salt
- Black pepper

## Ingredients for Tilapia
- 1 piece of Tilapia
- 1/2 tsp of garlic powder
- 1/2 tsp of chili powder
- 1/2 tsp of salt
- 1/4 tsp of black pepper
- 1/8 tsp of cayenne pepper
- 1 tbsp of olive oil

## Instructions for Pasta
1. Follow the steps on the package to make steamed rice.
2. Set cooked rice aside.

## Instructions for Broccoli
1. Preheat the oven to 450.
2. Wash the broccoli crown, then pull off the broccoli florets and cut into desired sizes. Dry them.
3. Place olive oil, minced garlic, salt and pepper in a bowl and then add chopped broccoli. Stir to coat.
4. Spread out the florets on a baking sheet and bake for 20 minutes, without stirring until the edges are crispy and the stems are crisp and tender.

## Instructions for Chicken
1. Preheat the oven to 450.
2. In a small bowl, mix garlic powder, chili powder, salt, black pepper, and cayenne.
3. Sprinkle both sides of the tilapia with the seasoning mixture.
4. Coat a baking sheet with the olive oil and place the tilapia on the baking sheet.
5. Bake until golden brown and flesh begins to flake, about 9 minutes.
HOT CAULIFLOWER

INGREDIENTS
- 1 package of frozen cauliflower
- 1/2 cup of any hot sauce or buffalo sauce
- 1 tbsp of minced garlic
- 2 tbsp of olive oil

INSTRUCTIONS
- Preheat the oven to 400 degrees Fahrenheit.
- Mix hot sauce, garlic, and olive oil in a bowl. Add cauliflower.
- Place a sheet of parchment paper, aluminum foil, or nothing on a baking sheet and pour the mixture from the bowl.
- Bake for roughly 25-35 minutes.

HOMEMADE PEANUT BUTTER CHOCOLATE CHIP ENERGY BITES

INGREDIENTS
- 1 cup dry oats (old fashioned or quick)
- 1/3 cup natural peanut butter
- 2 tbsps honey
- 1/2 cup semi-sweet chocolate chips
- Dash of salt
- 1/2 tsp vanilla
- 1 tbsp chia seeds (optional)

INSTRUCTIONS
- In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky.
- Refrigerate for at least 30 minutes.
- Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture. Makes about 12 oatmeal energy balls.
VEGAN LOADED SWEET POTATO

INGREDIENTS

• 1 sweet potato
• 1/4 cup black beans
• 1 small onion
• 1 small bell pepper (choose your favorite color)
• 1 tsp of minced garlic
• 1/2 packet of reduced sodium taco seasoning
• 1 cup of salsa
• 1/4 - 1/2 cup water (per half of the taco seasoning packet)
• 1 ripe avocado
• 2 tbsps olive oil

INSTRUCTIONS

1. Wash the green pepper, then dice the green pepper and onion.

2. Set the stove on medium heat. Drizzle olive oil on the frying pan.

3. Add onion, green pepper, black beans and minced garlic to the frying pan and sauté for 4 minutes.

4. Once cooked, add taco seasoning followed by the water. Reduce heat to low to medium. Let cook until the mixture has thickened.

5. Wash sweet potato and poke holes into it with a knife or fork for ventilation. Wrap with a damp paper towel. Cook sweet potato in the microwave for 5 minutes. If it’s still firm, continue cooking for 30 second increments until softened.

6. While the sweet potato is cooking, mash the avocado in a bowl on its own.

7. Remove sweet potato from microwave, place on a plate and slice open. Dress the sweet potato with black bean mixture, mashed avocado and salsa. Enjoy!
CHICKEN SALAD

INGREDIENTS

• 1 can of chicken
• 2 tbsps diced celery
• 2 tbsps diced onion (red or white)
• 2 tbsps Pistachios
• 1/4 cup mayonnaise
• 1/2 lemon
• Dash of pepper and salt

INSTRUCTIONS

1. Dice celery and onion.

2. Place pistachios in a small plastic sandwich bag and use the can of chicken to press on the bag to grind up the nuts.

3. Mix celery, onion, ground up pistachios, and mayonnaise.

4. Squeeze in the juice from 1/2 a lemon, add salt and pepper and stir one more time.

5. Serve on a wrap or bread. Be sure to keep this dish in the refrigerator until you are ready to serve.