



Nutrition Made Simple

RECIPE
BOOK



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STEPS TO A SATISFYING SMOOTHIE

Smoothies are great options for quick breakfasts, snacks, post workout recovery, or just food on the go!

1. FRUIT

Start with your fruit! Use frozen fruit for a thicker smoothie consistency. Add about 1-2 servings of fruit per smoothie. Play around with your favorite fruits to find a combination you like best!

TIP: 1 serving is about the size of 1 whole fruit such as an apple or banana or ½ cup of berries or slices fruit

Options include:

- Berry Blast
 - ½ cup strawberries, ½ cup blueberries
- Tropical Smoothie
 - 1 banana, ½ cup frozen mango
- Strawberry Banana
 - 1 banana, ½ cup strawberries



2. ADD YOUR VEGGIES:

Smoothies are a great way to add more vegetables into your diet, without the taste or hassle of cooking.

- **Spinach or Kale** – adding leafy greens to your smoothie helps boost the nutrients, vitamins, and fiber content of the smoothie.
- **Frozen riced cauliflower** – you will not be able to taste the cauliflower in your smoothie, but just ½ cup of frozen riced cauliflower boosts the nutrients in your smoothie and helps create a thicker smoothie. This is also a great option to add more veggies to kid's smoothies because it does not turn the smoothie a color, like green from the leafy veggies.
- **Avocado** – adding avocado to a smoothie increases the healthy fat content and creates a creamier texture. If you are using the smoothie to replace breakfast, add ¼ avocado to help keep you fuller longer.

3. ADD YOUR LIQUID:

- Try to avoid using fruit juice. The fruit is already adding to the sweetness of the smoothie and juice will add extra sugar without fiber or much nutrients.

Options: Water, low-fat milk, nondairy milk, coconut water

4. OPTIONS FOR PROTEIN:

Fruit smoothies do not have much protein on their own. However, you can add ingredients to the mix to up your protein content and create a more balanced smoothie

- **Greek Yogurt** – add 1 container or ½ cup of Greek yogurt to your smoothie to add anywhere from 8-15 grams of protein.
- **Protein Powder** – Whey protein is a great option to have on hand if you are an athlete or looking to increase your protein intake.
- **Peanut butter, almond butter or Sunbutter:** Measure and use about 1 – 2 tbsp per smoothie.
- **Seeds** –
 - Chia Seeds – 1 tbsp adds 3 grams of protein and 5 grams of fiber
 - Hemp Seeds – 1 tbsp adds 3 grams of protein
 - Flax Seeds – 1 tbsp adds 2 grams of protein and 3 grams of fiber

5. PREP IN ADVANCE:

- Create individual bags of your smoothie ingredients and freeze them. When you want a smoothie just empty the contents in your blenders, add your other ingredients such as protein powder, your liquid, and blend!
- Pre-blend your smoothie. You can blend your smoothie the day before and place it in the fridge overnight. In the morning, if you prefer a thicker consistency you can add the smoothie back to the blender with a little bit of ice.
- You can also freeze your premade smoothies in advance and when you are ready to make a smoothie, add the frozen smoothie to the blender with a little bit of liquid and blend.

SMOOTHIE RECIPES

High protein, high calorie option:

Good for someone who wants to gain weight or for an active individual

- 1 banana, frozen and ½ cup strawberries (or two servings of any fruit)
- 2 scoops 2% Greek yogurt or whey protein powder
- 1 handful spinach
- 1 tbsp chia seeds
- 1 tbsp peanut butter
- ½ cup liquid (2% milk or water)

High protein, lower calorie option:

Good for someone who wants to lose weight or drink the smoothie as a snack between meals.

- 1 serving of fruit
- 1 handful spinach or ½ cup cauliflower rice
- ½ cup low-fat Greek yogurt (or 1 scoop protein powder)
- ½ cup liquid (water, reduced fat milk or almond milk)



BUILD A BALANCED BOWL

THE BASE:

Pick a green or a grain or mix them both as your base!

Greens:

- Arugula
- Romaine
- Spinach
- Kale
- Shaved Brussel Sprouts
- Mixed Greens

Grains:

- Brown or white rice
- Farro
- Quinoa
- Jasmine rice
- Pasta
- Roasted sweet potato
- Roasted potato
- Barley



ADD YOUR VEGGIES:

Pick your favorite veggies! Choose raw veggies for cold bowls and cooked veggies for warm grain bowls.

Cooked:

- Squash
- Broccoli
- Zucchini
- Cauliflower
- Brussel Sprouts
- Roasted root vegetables
- Eggplant
- Sautéed onions
- Roasted peppers
- Cooked carrots
- Peas
- Green beans

Raw:

- Cucumbers
- Tomatoes
- Carrots
- Peppers
- Raw onion
- Celery
- Snap peas
- Radish
- Cabbage

PICK YOUR PROTEIN:

Pick a protein source. Plant based, animal source or seafood.

- Roasted chicken breast
- Roasted turkey
- Lean beef
- Cooked shrimp
- Ahi Tuna
- Canned tuna
- Ground meat
- Tofu
- Tempeh

EXTRAS & SAUCES:

- Avocado
- Sliced almonds
- Sesame seeds
- Cooked beets
- Fresh fruit
- Pesto
- Tzatziki
- Hummus
- Light dressing
- Hot sauce
- Guacamole
- Salsa
- Low sodium soy sauce
- Reduced fat shredded cheese
- Feta

BOWL RECIPES:

MEDITERRANEAN BOWL

- ½ cup Brown rice
- 1 cup chopped romaine
- ½ cup chopped cucumber
- ½ cup chopped red bell pepper
- ½ cup cherry tomatoes
- 2 tbsp feta
- ¼ cup chickpeas
- 3 oz roasted chicken
- Lemon juice of ¼ of a lemon
- 2 tbsp tzatziki



FALL HARVEST BOWL

- ½ cup farro
- 1 cup arugula
- ½ cup cooked butternut squash
- ½ cup roasted brussel sprouts
- ½ cup chopped red apple
- 2 tbsp roasted pepitas (pumpkin seeds)
- 3 oz protein
- 2 tbsp vinaigrette



DELICIOUS DIPPERS

X-RAY VISION CARROT DIP

INGREDIENTS

- 2 lbs. carrots cut into 3 inch lengths
- ¼ cup plus 2 TB extra virgin olive oil
- ¼ cup red wine vinegar
- 3 cloves garlic minced
- 1 TB honey
- 1 ½ tsp ground cumin
- 1 ¼ tsp harissa or chili paste or hot sauce (optional)
- ½ tsp ground ginger
- Salt to taste
- ¼ lb. feta cheese crumbled (~ 1 cup)



DIRECTIONS

- Bring salted water to boil, add carrots and cook until tender about 20 minutes
- Transfer carrots to a food processor, add all ingredients except feta cheese
- Scrape dip into a bowl and top w/ feta
- Make ahead: can be refrigerated for 2 days, serve at room temp.
- Serve with whole grain crackers or pita

PEANUT BUTTER YOGURT DIP

A great way to add volume to your dips is to add Greek yogurt! Plus you will increase the protein and calcium of the snack.

INGREDIENTS

- 1/2 cup plain non-fat Greek yogurt
- 2 tbsp peanut butter

DIRECTIONS

- In a small bowl stir together the peanut butter and yogurt.
- Serve with apples or your favorite fruit.



GREEK YOGURT RANCH DIP

INGREDIENTS

- 1 cup plain non-fat Greek yogurt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried dill
- 1/4 teaspoon kosher salt
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon cayenne pepper
- Fresh chopped chives to garnish



DIRECTIONS

- In a medium bowl, stir together all of the ingredients: Greek yogurt, garlic, onion, dill, salt, Worcestershire, and cayenne.
- Garnish with fresh chives and serve.
- Can refrigerate in an air tight container for up to 3 days

TOFU DIP

INGREDIENTS

- 300g tofu
- 3 tbsp sesame paste
- 1 tsp garlic paste
- 1 tbsp fresh lemon juice
- 1/2 tsp sea salt
- extra virgin olive oil
- 1/4 tsp chili powder



DIRECTIONS

- Rinse the tofu under water and allow to drain in a colander for 15 minutes to remove excess water.
- Place the tofu in a bowl and then add sesame paste, lemon juice, garlic paste and sea salt. Mix well with a spoon until the texture is smooth.
- Put the mixture in a serving bowl and drizzle with olive oil and a dash of chili powder.
- Serve with whole grain crackers or vegetables.

GUACAMOLE HACK

The calories in dips such as guacamole can add up quickly! Eat more for less by adding salsa to the mix!

INGREDIENTS

- ½ cup guacamole
- ¼ cup chunky salsa or pico de galo

DIRECTIONS

- Mix 2 parts guacamole to 1 part salsa.



TZATZIKI DIP

INGREDIENTS

- 1 cup Greek yogurt
- ¼ cup extra virgin olive oil
- Juice of ½ a lemon
- ½ cup diced cucumber
- 2 cloves minced garlic
- 1 tbsp chopped dill
- Salt
- Ground black pepper



DIRECTIONS

- Mix the yogurt, olive oil, and lemon juice in a medium sized bowl.
- Add in the cucumber, garlic, and dill.
- Season with salt and pepper to taste.
- Serve with vegetables or with chicken and fish

ROASTED VEGETABLE RECIPES

How to Make Roasted Vegetables?

- 1) Preheat the oven to 400 degrees. Place vegetables on a rimmed baking sheet with tin foil for easy clean up. Drizzle olive oil and seasonings of choice over all the vegetables.
- 2) Roast until the vegetables are tender and lightly caramelized, 25 to 30 minutes. Check each vegetable for doneness.

Examples of Vegetables to Roast:

- Carrots
- Broccoli
- Beets
- Cauliflower
- Asparagus
- Brussel Sprouts
- Squash
- Onions
- Sweet potatoes

Seasonings/Oil to Add and Use:

- Salt
- Pepper
- Paprika
- Thyme
- Rosemary
- Garlic
- Olive/Canola Oil



NEW WAYS TO EAT VEGETABLES

VEGGIE PACKED SLIDERS

INGREDIENTS

- 1 lb ground beef or chicken
- 1 onion (finely chopped)
- 1 zucchini (grated)
- ½ cup parsley (chopped)
- 1/2 cup tomato sauce
- 1/2 teaspoon salt
- ½ tsp pepper



DIRECTIONS

- Mix ingredients together in a large bowl. Make sure mixture is well combined.
- Form into burger patties.
- Grill or add burgers to a frying pan over medium heat.
- Cook burgers for 4- 5 minutes per side or until cooked through.

BUTTERNUT SQUASH SOUP

Butternut squash is in season right now, but pureed vegetable soups are great all year round! Other options include roasted red pepper soup, broccoli soup, or tomato soup.

INGREDIENTS

- 2 tbsp olive oil or butter
- 1.5 cups chopped yellow onion
- ¼ tsp salt
- 1/8 tsp black pepper
- 1 large butternut squash (can also buy the squash pre- cut ~5 cups)
- 1/8 tsp ground cinnamon
- 6 cups vegetable or chicken stock



DIRECTIONS

- Cube and roast your butternut squash in the oven at 400 F for about 30 min or until soft.
- Add the butter or oil to a large soup pot over medium heat, then add the onion, salt, and pepper, and cook for 10 minutes, until the onions are soft.
- Add the roasted butternut squash cubes and cinnamon, and stir for 2 minutes, until the cinnamon smells fragrant.
- Add the stock, bring the liquid to a boil over high heat, then reduce to a simmer. Cook for 2 minutes at a simmer.
- Puree the soup, either using an immersion blender, or by cooling the soup slightly and blending in a blender (you will likely need to do this in batches).
- Top with pumpkin seeds and enjoy!

VEGGIE AND BEAN CHILI

INGREDIENTS

- 4 cans of beans (a mixture works best!)
- 2 garlic cloves (minced) or 2 tsp garlic powder
- 2 tbsp olive oil
- 1 white onion, diced
- 2 medium carrots, diced
- 1 zucchini, diced
- 2 bell peppers, diced
- 1 can low sodium tomato sauce
- 1 can low sodium roasted tomatoes
- 1/2 cup low sodium chicken broth
- Salt, pepper, chili powder to taste!



DIRECTIONS

- Heat olive oil in large pot over medium heat. Once oil is heated add garlic and chopped/diced veggies.
- Cook for about five minutes, or until the veggies are tender/ translucent. Add in spices, tomato sauce, fire roasted tomatoes, drained beans, and chicken broth.
- Allow mixture to come to a boil. Immediately turn down to a simmer, cover, and allow it to cook for at least 15 minutes. The longer you have the better the flavors get!

Optional topping ideas: Tortilla chips, Reduced fat Shredded cheese, Plain Greek yogurt (can mix with sour cream), Hot sauce, Avocado

BROCCOLI PESTO

INGREDIENTS

- ½ lb. of broccoli florets
- 1 clove of garlic, peeled
- 1 cup of basil leaves (tightly packed)
- 1/3 cup extra virgin olive oil
- 1/3 cup freshly grated parmesan
- Salt and pepper to taste

DIRECTIONS

- Steam or microwave broccoli under tender.
- Add the garlic to a food processor and process until minced. Stop the machine and scrape down the sides of the bowl.
- Add broccoli and the basil to the food processor. Process until contents are finely chopped. Stop the machine and again scrape down the sides of the bowl.
- Add your olive oil and puree until smooth.
- Add salt, pepper, and parmesan.
- Serve on a sandwich, over pasta, rice, meat, or seafood as a delicious way to sneak in more vegetables.



BAKED ZUCCHINI FRITTERS

INGREDIENTS

- 1 cup grated zucchini, squeezed dry and packed into the cup (about 3 small zucchini)
- 1 egg
- 1/3 cup reduced fat shredded cheddar cheese
- 1/3 cup regular or whole-wheat flour
- 1/2 teaspoon salt
- 1/2 teaspoon cumin

DIRECTIONS

- Preheat oven to 400 F. Grease 6 cups of a muffin tin.
- Spread the grated zucchini on a clean dish towel and roll it up and press to remove all excess moisture.
- Place the zucchini in a medium bowl with the rest of the ingredients. Stir to combine.
- Fill prepared muffin cups about half full, packing each one tightly. Bake for 20-22 minutes or until the edges and tops are lightly golden brown.
- Let cool for 2 minutes and remove from cups. Serve warm with ketchup or salsa for dipping, if desired.



QUICK AND EASY RECIPES

CHEESE AND VEGGIE EGG CUPS

These are great for meal prep and freeze well too! Servings: 6

INGREDIENTS

- 5 whole eggs
- Salt and pepper to taste
- *Optional:* Shredded cheese, chopped spinach, diced tomato, onion, broccoli, bell pepper

DIRECTIONS

1. Preheat oven to 350 F and grease a muffin tin.
2. Place some cheese and vegetables into each muffin cup.
3. In a large measuring cup, whisk the eggs with salt and pepper.
4. Pour eggs into each muffin cup, filling almost to the top.
5. Bake for 20 minutes and enjoy!

Recipe from Tasty



OVERNIGHT OATMEAL

Prep a healthy breakfast before going to bed. Great for meal prep! Vary the toppings to keep it interesting. Servings: 1

INGREDIENTS

- ½ cup Rolled or quick oats
- ½ cup Milk of choice
- ½ cup Yogurt or additional milk
- 1/8 tsp Salt
- Sweetener to taste
- *Optional:* ½ cup fruit, 1-2 Tbsp nut butter, 1 Tbsp chia seeds

DIRECTIONS

1. Combine all ingredients in an airtight container or mason jar.
2. Shake well and refrigerate overnight.

Recipe from Chocolate Covered Katie



BANANA BLENDER PANCAKES

You can double the recipe and freeze the extras. Toss frozen pancakes in the toaster or microwave to enjoy for breakfast. Makes 12 small pancakes.

INGREDIENTS

- 1 cup Old-fashioned rolled oats
- 1 Egg
- 2 Ripe bananas
- 1 tsp Ground cinnamon
- 1 tsp Vanilla Extract
- ½ cup Full-fat Greek yogurt
- 1 Tbsp Maple syrup or hone
- Optional: Chocolate chips, sliced fruit



DIRECTIONS

1. Heat a griddle or pan over medium-low heat.
2. Put all of the ingredients in a blender and blend until smooth.
3. Lightly grease the griddle and pour batter into the pan (works best as mini pancakes)
4. Wait for the surface to show bubbles and then flip. Cook until golden on both sides.
5. Serve or freeze.

Recipe from My Kids Lick the Bowl

TERIYAKI STIR-FRY

Stir-fries are great to use up extra proteins and vegetables. Swap out these ingredients for what's on hand. Servings: 4

INGREDIENTS

- | | |
|-------------------------------------|---|
| 3 Chicken breasts, cubed | 1 cup Teriyaki sauce |
| 1 Onion, sliced | Salt and pepper to taste |
| 2 Small bell peppers, thinly sliced | Cooked rice or quinoa |
| 2 cups Broccoli florets | Optional: thinly sliced green onion, sesame seeds |



DIRECTIONS

1. Heat a pan over medium-high heat. Add chicken and cook until almost done. Reduce heat to medium and stir in teriyaki sauce.
2. Remove the chicken from the pan, leaving the sauce. Add vegetables and cover. Cook 5-7 minutes, or until vegetables have softened. Add cooked chicken.
3. Serve over cooked rice and top with remaining sauce, green onion, and sesame seeds.

Recipe from Tasty

HEALTHY PASTA BOLOGNESE

Double the sauce recipe and freeze it. The frozen vegetables can be swapped out with whatever your family prefers. Servings: 4



INGREDIENTS

- 1 lb. Ground meat of choice
- ½ Yellow Onion
- 1 ½ cups Frozen carrots and peas
- 1 jar Marinara Sauce
- 1 lb. Cooked whole-wheat pasta

DIRECTIONS

1. Cook ground meat over medium heat in a large saucepan until fully cooked.
2. Remove meat from the pan and add diced onion. Cook until translucent, then add in the carrots and peas.
3. Lower the heat to medium-low, and then stir in the cooked meat and sauce. Cook until the sauce is heated.
4. Serve over pasta or freeze.

5-INGREDIENT WHITE CHICKEN CHILI

This is a great way to use up left-over chicken breast or you can use a rotisserie chicken to make it even simpler. Servings: 4



INGREDIENTS

- 4 cups Chicken stock
- 3-4 cups Cooked, shredded chicken (~2 medium boneless, skinless breasts)
- 2 (15 oz) cans Great Northern beans (or bean of choice)
- 2 cups (16 oz) Salsa verde (store bought or homemade)
- 2 tsp Ground cumin
- *Optional Toppings: Avocado, fresh cilantro, shredded cheese, red or green onion, sour cream, crumbled tortilla chips*

DIRECTIONS

1. Combine all ingredients (except optional toppings) in a large stockpot.
2. Bring to a simmer, then reduce heat to medium-low and continue to simmer.
3. Serve garnished with your favorite toppings.

Recipe from Gimme Some Oven

15-MINUTE ROASTED CHICKEN AND VEGGIES

The veggies can be swapped out for those your family most enjoys. Serve with rice, pasta, or a salad. Servings: 2



INGREDIENTS

- 2 medium chicken breasts, chopped
- 1 cup bell pepper, chopped
- ½ onion, chopped
- 1 zucchini, chopped
- 1 cup broccoli florets
- ½ cup tomatoes, chopped
- 2 Tbsp olive oil
- ½ tsp salt
- 1 tsp Italian seasoning
- ¼ tsp paprika (optional)

DIRECTIONS

1. Preheat oven to 500° F.
2. Chop all of the veggies into large pieces. Chop the chicken into cubes. Place the veggies and chicken on a sheet pan. Add the olive oil and spices. Toss to combine.
3. Bake for 15 minutes or until the veggies are charred and the chicken is cooked.

Recipe from Gimme Delicious

10-MINUTE MARINARA SAUCE

This sauce keeps for 5 days in the fridge and freezes well. Use high-quality tomatoes, such as San Marzano or Muir Glen. Makes 3 ½ cups (enough for 1 lb of pasta)



INGREDIENTS

- 2 Tbsp Olive Oil
- 2 Garlic cloves, minced
- 1 (28 oz) can Crushed tomatoes
- ½ tsp Kosher salt
- 1 tsp Sugar
- 1/8 tsp Fresh black pepper
- ¼ tsp Crushed red pepper flakes

DIRECTIONS

1. Heat saucepan over medium-low heat. Sauté the garlic in olive oil for 2 minutes, stirring constantly, until it is golden brown and fragrant.
2. Add the remaining ingredients, stirring to combine. Simmer for 7 minutes, stirring occasionally. Taste to adjust seasoning.

Recipe from Just A Taste

CHOCOLATE PEANUT BUTTER BANANA BITES

These bites can be stored in the freezer for up to two weeks.

Makes: 27 bites

INGREDIENTS

- 3 large bananas
- ½ cup natural peanut butter
- 1 Tbsp oil of choice
- ½ cup semi-sweet chocolate chips



DIRECTIONS

1. Slice bananas into ¼ inch thick rounds.
2. Spread peanut butter on a slice of banana, then top with another slice.
3. Place the bites on a baking sheet lined with wax paper and freeze until solid (about 1 hour)
4. Place chocolate chips and oil in a bowl in the microwave. Microwave at 30-second intervals, stirring in between.
5. Remove the banana bites from the freezer and dip each one into the melted chocolate. Then place back on the baking sheet and freeze 1 more hour.

CINNAMON SUGAR ROASTED CHICKPEAS

The chickpeas must be very dry, or else they won't get crunchy. Pat dry and let sit for 10 minutes, then pat dry again.

After 1 day, they will not be as crispy but are still tasty.

Serves: 8

INGREDIENTS

- 2 (15 oz) cans Chickpeas, drained, rinsed, and dried
- 2 Tbsp Oil
- ¼ cup Granulated sugar
- 2 tsp Cinnamon



DIRECTIONS

1. Preheat oven to 400° F.
2. In a bowl, toss the chickpeas with oil, sugar, and cinnamon.
3. Spread onto a large parchment-lined baking sheet and bake for 30-45 minutes.

Recipe from Food and Wine

Double Chocolate Add 1 tbsp cacao powder or unsweetened cocoa powder. Optional to coat balls in cacao powder/cocoa powder prior to storing in the refrigerator.