



Fresh Finds

Presented By | Coach Shelby



AGENDA

- Preparing veggies
- Recipes, recipes, recipes!





PREPARING VEGGIES

Raw

- Good nutrients
- Be mindful of dips

Boiling

- Be mindful of timing
 - Mushy and can lose nutrients

Steaming

- Helps retain nutrients better
- Good for delicate veggies





RAW RECIPE

Healthy veggie dip

- 1 ¼ Cup plain Greek yogurt
 - 1 packet Ranch seasoning packet
- OR

- 2 tsp dried minced dill
- 1 tsp minced parsley
- 1 tbsp. lemon juice
- ½ tsp Dijon mustard
- ½ tsp garlic powder
- 1/8 tsp salt

<https://ohsweetbasil.com/herb-veggie-dip/>





RAW RECIPE

Beet Hummus

- ½ lb. beets (about 4 medium), scrubbed, cooked, peeled, cubed*
- 2 tbsp. tahini (sesame seed paste)
- 5 tbsp. lemon juice
- 1 small clove garlic, chopped
- 1 tbsp. ground cumin
- 1 tbsp. lemon zest (zest from approx. 2 lemons)
- Generous pinch of sea salt or Kosher salt
- Fresh ground pepper to taste

Directions – Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired. Chill and store in the fridge for up to 3 days or freeze. Eat with cucumber, celery, any veggies you enjoy.

*To cook the beets, cut off any tops, scrub the roots clean, put them in a covered dish with about 1/4-inch of water in a 375°F oven, and cook until easily penetrated with a knife or fork. Alternatively, cover with water in a saucepan and simmer until tender, about 1/2 hour. Peel once they have cooled.



RAW RECIPE

Raw veggie chopped salad (Feeds 8)

Salad

- 1 orange bell pepper, chopped (1 cup)
- 1 yellow bell pepper, chopped (1 cup)
- 5-8 radishes, cut in half and sliced thin (3/4 cup)
- 1 small head of broccoli, chopped (2 cups)
- 1 seedless cucumber, chopped (2 cups)
- 1 cup halved red seedless grapes
- 2-3 tbsp. chopped fresh dill
- ¼ cup chopped fresh parsley
- ¼ cup raw shelled sunflower seeds
- 1/8 cup raw hemp hearts (hulled hemp seeds)

Dressing

- 1 clove garlic, minced
- 2 tbsp. red wine vinegar
- 1 tbsp. apple cider vinegar
- Juice of 1 lemon
- 1 tbsp. Dijon mustard
- 1 tbsp. pure maple syrup
- ½ tsp salt (or to taste)
- 1/8 tsp pepper (or to taste)

Directions – Whisk all the dressing ingredients in small bowl and set aside. In a large bowl, combine salad ingredients. Pour the dressing over the veggies and toss well. Cover and place in the fridge for an hour or two, tossing once or twice to coat evenly.



<https://www.veggieinspired.com/raw-veggie-chopped-salad/>



BOILING RECIPE

Snap Pea Salad with Almonds Vinaigrette

- 1 small shallot, minced
- 1 tsp Dijon mustard
- 1 tsp agave nectar
- Zest and juice of ½ fresh lemon
- 1 tbsp. mint, chopped
- 1 tbsp. basil, chopped
- ½ tsp dried oregano
- ¼ cup extra-virgin olive oil (EVOO)
- Salt to taste

Salad

- 1.5 lbs. fresh snap peas, stems trimmed
- 1/3 cup slivered almonds

Directions – Whisk together ingredients for vinaigrette and set aside. In a large pot, boil water and add small amount of salt. Cook the snap peas for just a few minutes, until they turn bright green. Drain the peas and run them under cold water. Transfer to a bowl, toss with the vinaigrette and sprinkle almonds on top



<https://www.onegreenplanet.org/vegan-recipe/snap-pea-salad-with-almonds-in-an-herbed-vinaigrette/>



STEAMING RECIPE

Steamed asparagus

- 1 pound medium asparagus, stalks trimmed and peeled
- 1-2 tbsp. extra-virgin olive oil
- Kosher salt and ground pepper
- 1 lemon, cut into wedges

Directions - Pour 1 inch of water into large saucepan and set up collapsible steamer or metal colander inside. Bring water to boil, lay the asparagus in the steamer, cover, and steam until desired tenderness, about 4-5 minutes. Transfer to serving dish, drizzle with olive oil, season with salt and pepper to taste. Garnish with lemon.





PREPARING VEGGIES

Sautéing

- Fast method and helps retain nutrients
- Cut veggies to same size

Stir-frying

- Not the same as sautéing
 - Much higher temp
 - Need to stir constantly
- Prep all ingredients beforehand





SAUTÉING RECIPE

Chicken and veggies

- 2 tbsp. olive oil
- 1 lb. bones skinless chicken breast, cut into ½ inch thick slices
- 2 cups broccoli florets
- 1 large zucchini, cut into slices
- 1 medium bell pepper, thickly sliced
- 1 medium yellow onion, halved and cut into ½ inch thick slices
- 3-4 cloves garlic, minced or crushed
- 1 tbsp. Italian seasoning or your favorite seasoning blend
- 1 tsp salt
- ½ tsp black pepper

Directions – Heat 2 tbsp. oil in large skillet to medium-high heat. Add chicken, veggies, garlic, and spices. Cook for 8-10 minutes, stirring occasionally until veggies are soft and tender and chicken is cooked through.





STIR-FRY RECIPE

Classic Stir-Fry

- 1 tbsp. coconut oil
- 1 lb. chicken, chopped in bite-size chunks
- Salt and pepper to taste
- 1 cup broccoli, chopped
- 1 cup carrots, shredded
- 1 red bell pepper, chopped
- ½ cup purple cabbage, shredded
- 1 green bell pepper, chopped
- 1 cup snow peas

Sauce

- ¼ cup soy sauce
- ½ cup water
- 1 tbsp. cornstarch
- 4-5 tbsp. honey (to taste)
- Optional – garlic, vinegar, etc.

Directions

Sauce: in a small pot, whisk soy sauce, water, cornstarch until smooth. Add any optional ingredients. Heat over medium-high heat and whisk in honey until dissolved. Bring to boil, then reduce heat to medium and whisk constantly until desired thickness. Do not leave unattended. Sauce will thicken as it stands.

Stir-Fry: Heat coconut oil in wok over high heat until very hot. Pat chicken dry and season with salt/pepper. Cook chicken quickly until cook through, set aside. Return wok to high heat and add another bit of coconut oil. Add in veggies and cook for 3-4 minutes until al dente, tossing frequently. Add chicken and sauce and cook 2 additional minutes.

<https://theinspiredhome.com/articles/how-to-make-the-best-classic-stir-fry>



PREPARING VEGGIES

Braising/Stewing

- Slower option
 - You can walk away and complete other tasks
- Less water so less nutrient loss

Roasting/baking

- Coach Shelby's favorite!
- Easy method, can walk away
- Lots of seasoning options
- Cut veggies to the same size

<https://www.onegreenplanet.org/vegan-food/the-ultimate-guide-to-roasting-vegetables/>





BRAISING RECIPE

Veggie options:

- Root veggies like carrots, parsnips, sweet potatoes, beets
- More delicate like asparagus, green beans, squash, really anything!
- Wash and trim veggies you are using. Cut them into even-sized pieces.

Seasoning options:

- Garlic, onion, chives, shallots
- Any other seasonings you like

Cooking broth options:

- Water, broth/stock (chicken, veggie, beef), wine, juice

Directions – Heat coconut oil pan over medium/high heat. Ideally all the veggies will be in a single layer. The pan should have a fitted lid.

- Optional step – searing – simply letting the veggies brown in the pan before adding water. You can add seasonings during this step to intensify flavors.

Add the liquid, ONLY coming halfway up the veggies, and bring to a boil. Place the lid on the pan and reduce the heat to simmer gently (usually medium low). Let them cook until they are as tender as you like. You can add more water if needed, the pan should never be dry. For root veggies, it will be around 30 minutes or a touch more, but for most it will be under 15 minutes.

Note – Oven braising – 300°





ROASTING RECIPE

Sheet pan roasted garlic and herb chicken and vegetables

- 1 1/2 lbs. boneless skinless chicken breasts cut into 1-inch pieces
- 2 cups broccoli florets
- 1 large zucchini cut 1 into inch pieces
- 1 medium onion cut into 1 inch pieces
- 1 bell pepper any color, cut into 1 inch pieces
- 1 cup grape tomatoes cut into 1 inch pieces

For the Garlic & Herb marinade:

- 1/4 cup olive oil
- 4 cloves garlic crushed or finely chopped
- 2 tbsp parsley or chive or basil
- 2 tsp cilantro
- 1 tsp chili pepper flakes
- Salt and freshly ground black pepper
- 1 tsp ginger optional
- juice of 1/2 lime

Directions – Preheat the oven to 450°. In a medium bowl, which garlic, herbs, salt, pepper, lime juice. Place the chicken and veggies on a sheet pan and drizzle with the garlic and herb mixture. Combine until everything is coated. Bake for 20-22 minutes or until the chicken is done and veggies are cooked through.

Use parchment paper to help clean-up



PREPARING VEGGIES

Grilling

- Great summer option
 - Can use indoor grills as well

Pickling

- Great to save veggies for later
- Canned or fridge version





GRILLING RECIPE

Veggie skewers

For the skewers

- 4 medium red onion
- 4 medium zucchini - sliced
- 2 red bell pepper
- 2 orange bell pepper
- 2 yellow bell pepper
- 2 green bell pepper
- olive oil - for brushing
- Balsamic vinegar - for serving

For the sauce

- 1/3 cup olive oil
- 5 cloves garlic - minced
- 3 tbsp. fresh parsley - minced
- 3 tbsp. fresh cilantro - minced
- 1 tsp fresh rosemary - minced
- salt - to taste
- Freshly ground black pepper - to taste

Instructions - Soak approximately 8-12 wooden skewers in water for at least 15-30 minutes. The total number of skewers will vary depending on several factors, such as the size of each vegetable, the size of your vegetable pieces, etc. Prepare the vegetables for the skewers. For each red onion, first peel, then slice in half. Chop each half into thirds, as if you were cutting a pizza (6 total pieces from one onion). Seed and chop each bell pepper into approximately 1-inch by 1-inch pieces. Finally, chop the zucchini into rounds. Prepare the Garlic Herb Sauce- in a medium bowl whisk together the olive oil, minced garlic, parsley, cilantro, rosemary, salt, and pepper. Set aside. Skewer the vegetables by alternating between red onion, zucchini, and the different colored bell pepper. Brush skewers with a light layer of olive oil. Preheat grill to medium-high heat. Once the grill is hot, add skewers and grill for approximately 5-8 minutes per side, or until vegetables are just softening and browning around the edges. Remove from heat, brush with garlic herb sauce and drizzle with balsamic vinaigrette, if desired.





PICKLING RECIPE

Pickled Veggies

- 2 wide-mouth pint jars with lids/rings
- 1 pound fresh vegetables, such cucumbers, carrots, green beans, summer squash, cherry tomatoes
- 2 sprigs fresh herbs, such as thyme, dill, or rosemary (optional)
- 1 to 2 teaspoons whole spices, such black peppercorns, coriander, or mustard seeds (optional)
- 1 teaspoon dried herbs or ground spices (optional)
- 2 cloves garlic, smashed or sliced (optional)
- 1 cup vinegar, such as white, apple cider, or rice
- 1 cup water
- 1 tablespoon kosher salt or 2 teaspoons pickling salt

Instructions - Wash and dry the vegetables. Peel carrots. Trim the end of beans. Cut vegetables into desired shapes and sizes. Divide the herbs, spices, or garlic you are using into the jars. Pack the vegetables into the jars, making sure there is a 1/2 inch of space from the rim of the jar to the tops of the vegetables. Pack them in as tightly as you can without smashing. Combine the vinegar, water, and salt in a small saucepan over high heat. Bring to a boil, stirring to dissolve the salt. Pour the brine over the vegetables, filling each jar to within 1/2 inch of the top. You might not use all the brine. Gently tap the jars against the counter a few times to remove all the air bubbles. Top off with more pickling brine if necessary. Place the lids over the jars and screw on the rings until tight. Let the jars cool to room temperature. Store the pickles in the refrigerator. The pickles will improve with flavor as they age — try to wait at least 48 hours before cracking them open.



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