



INSPIRE

wellness & nutrition

Finding Joy
with
Healthy
Food!



A Weeknight Fall Dinner

- Red Lentil Soup with North African Spices
- Easy Braised Chicken Thighs
- Rainbow of Roasted Vegetables
- Gluten-free Apple Crisp



Red Lentil Soup with North African Spices

- Ingredients:

- 2 Tbsp extra-virgin olive oil
- 1 large onion, chopped fine
- Salt and pepper
- $\frac{3}{4}$ tsp ground coriander
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{4}$ tsp ground ginger
- $\frac{1}{8}$ tsp cinnamon
- Pinch cayenne pepper
- 1 Tbsp tomato paste
- 1 garlic clove minced
- 4 cups chicken or vegetable broth
- 2 cups water
- 1 $\frac{1}{2}$ cups red lentils, picked over and rinsed
- 2 Tbsp fresh lemon juice
- Fresh mint leaves and extra olive oil for garnish



Red lentils –
plant-based
protein & fiber

Olive oil –
healthy fat

Spices –
phytonutrients
& antioxidants

Onion & garlic
– cancer
fighters



Chop onions/heat oil/saute with 1 tsp salt
for 5 minutes



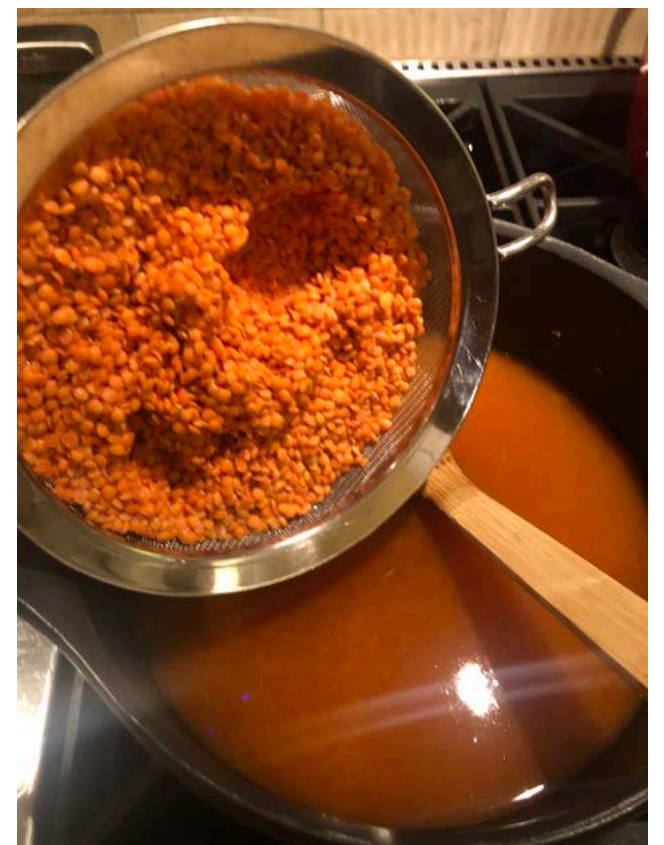
Mix spices together/stir into
onions/cook until fragrant – 2 minutes



Stir in tomato paste and
garlic/cook for 1 minute



Pick through lentils/rinse and drain



Stir in broth, water, and lentils



Bring to strong
simmer, cook stirring
occasionally until
lentils are soft –
15 – 20 minutes



Whisk soup vigorously until broken down about 30 seconds. Add lemon juice, season with salt and pepper



Serve soup,
garnish with mint
leaf and drizzle of
olive oil

Easy Braised Chicken Thighs

- Ingredients:
 - 4 boneless skinless chicken thighs
 - 2 Tbsp olive oil
 - Salt and pepper
 - 1 tsp oregano
 - 1 tsp cumin
 - ½ cup white wine, chicken stock, juice, or water
 - Squeeze of fresh lemon





Ingredients

- Chicken thighs – lean animal protein, B Vitamins, Magnesium, Iron
- Spices – phytonutrients & antioxidants
- Olive oil – healthy monosaturated fat
- Lemon juice – vitamin C



Heat oil in pan, add chicken



Spice it up!
Then add salt
and pepper.





Turn chicken, season again, add liquid, cover and cook until done - 15 – 20 minutes. Add lemon juice over top of chicken.

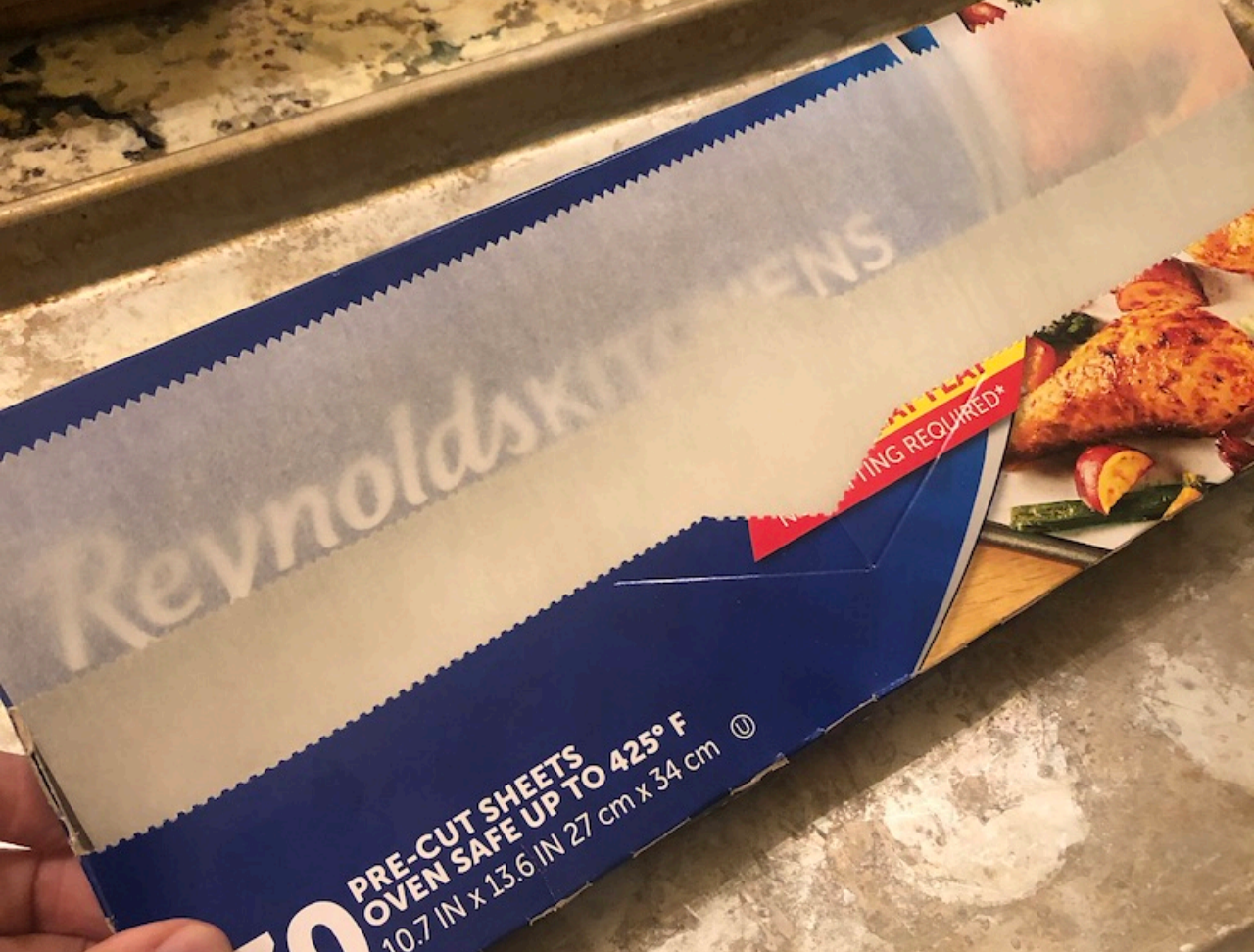


Rainbow of Roasted Vegetables

- Ingredients:
 - 1 red onion
 - 1 red pepper
 - 2 cups Brussels sprouts
 - 1 delicata squash
 - 1 cup chopped green beans
 - 2 – 3 Tbsp extra virgin olive oil
 - Salt and pepper



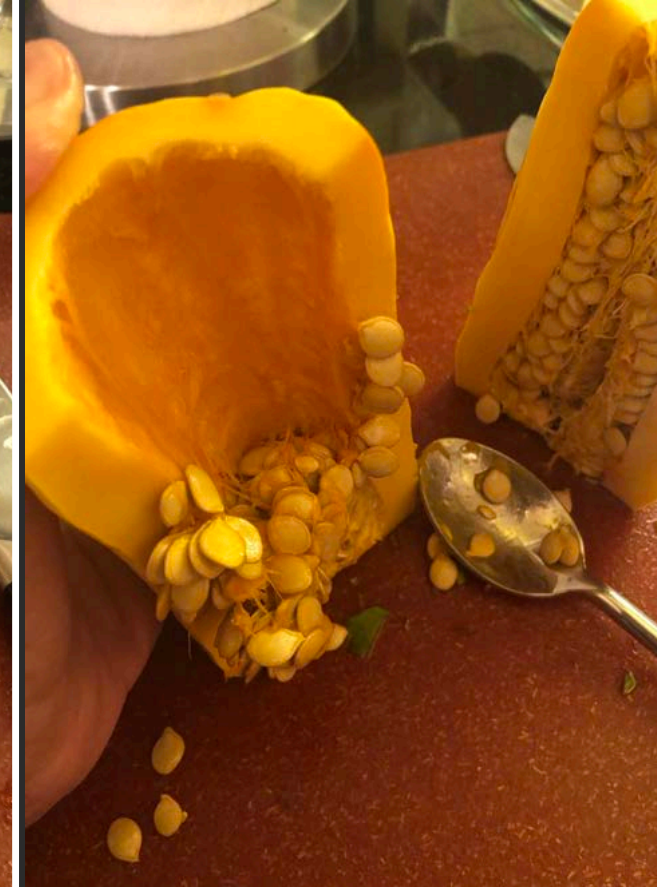
Ingredients



My favorite sheet pan liners



Cut all veggies in similar sizes



Cutting a squash



Arrange in single layer and coat with olive oil,
sprinkle with salt and pepper



Roast in oven at 400 for 20 – 25 minutes. Serve topped with sliced chicken and drizzled with pan juices.

Gluten-free Apple Crisp

- Filling:
 - 4 large apples – honeycrisp or granny smith – cored and sliced into $\frac{1}{4}$ inch wedges
 - $\frac{1}{3}$ cup maple syrup or honey
 - $\frac{1}{4}$ cup water, apple juice or cider
 - 1 Tbsp lemon juice
 - 2 tsp arrowroot starch or 1 Tbsp cornstarch
 - $\frac{1}{2}$ tsp cinnamon
 - $\frac{1}{4}$ tsp nutmeg

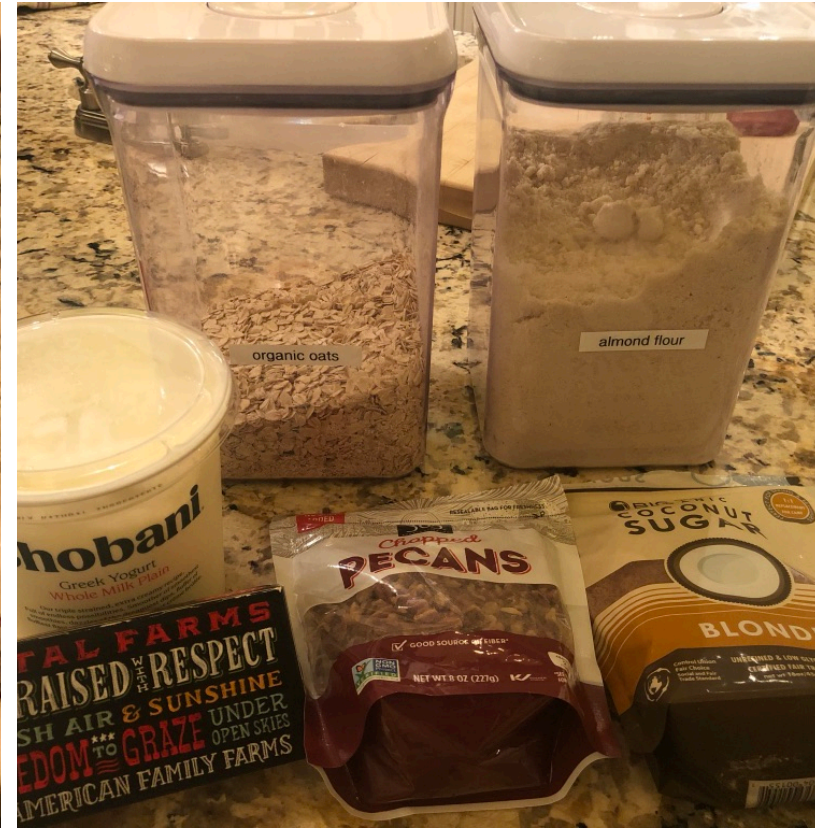


This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

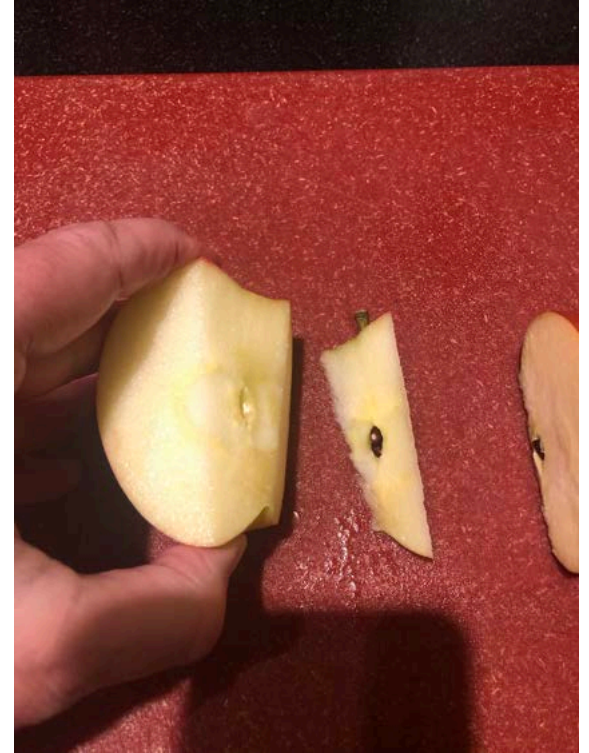
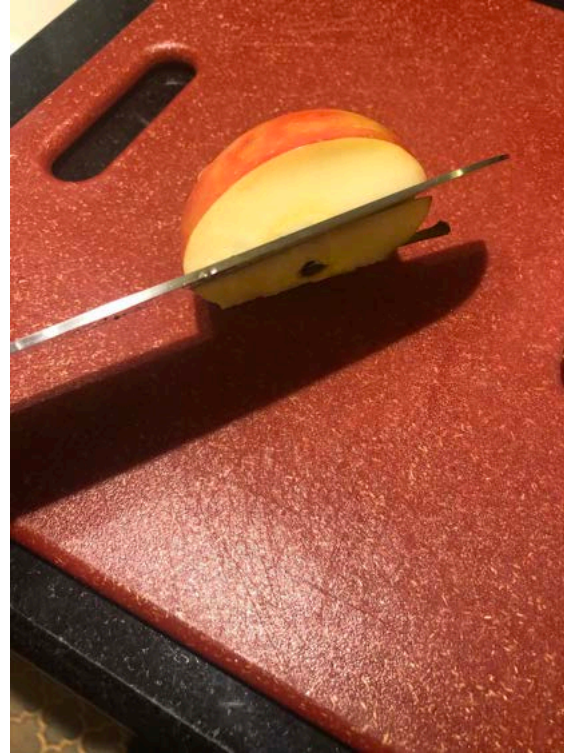


Gluten-free Apple Crisp

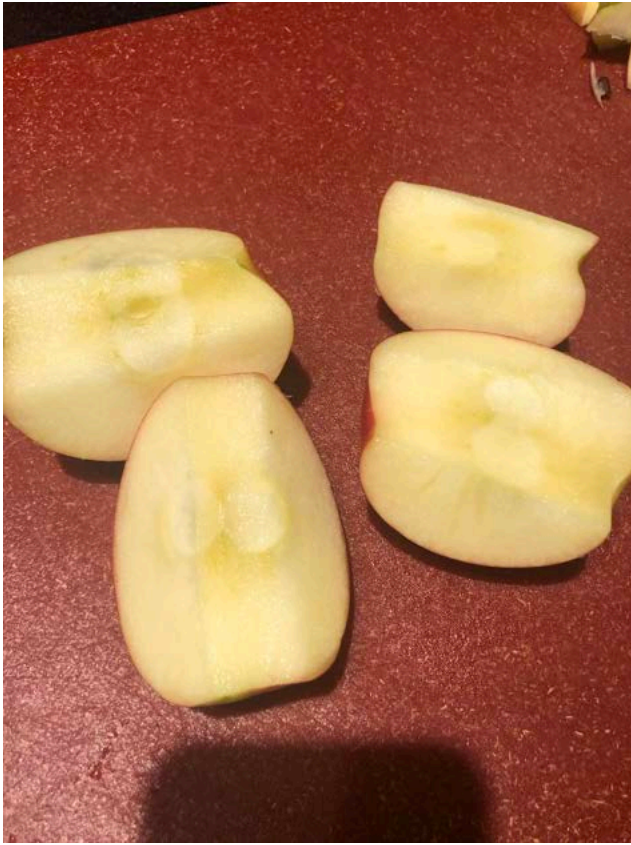
- Topping:
 - 1 cup gluten-free old fashioned oats
 - ½ cup firmly packed almond flour
 - ½ cup chopped pecans
 - 1/3 cup coconut sugar or brown sugar
 - ¼ tsp fine sea salt
 - 4 Tbsp butter, melted
 - ¼ cup plain Greek yogurt



Ingredients



How to slice apples



Slice into $\frac{1}{4}$ inch wedges and place into 9 inch baking dish

Whisk together syrup/honey and water. Add lemon juice, starch, spices. Pour over apples and toss to combine.

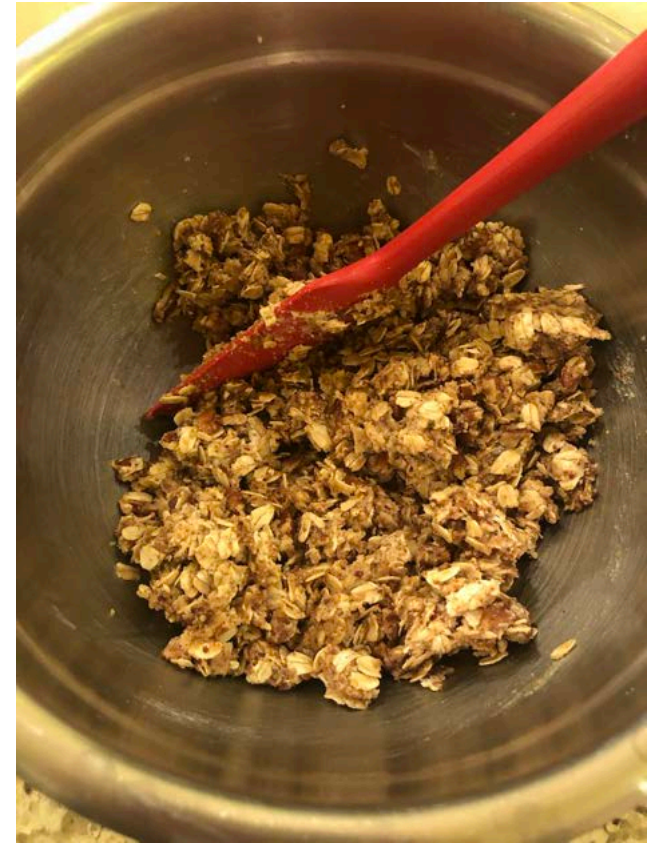




Toss until
combined, bake for
20 minutes at 350.



Meanwhile, make the topping.



Stir together then crumble on top of partially baked apples



Bake for additional
25 minutes until
apples are cooked
through and topping
is browned

Recipes adapted from:

- Cookie and Kate: Healthy Gluten-Free Apple Crisp

- America's Test Kitchen: The Complete Mediterranean Cookbook, Red Lentil Soup with North African Spices