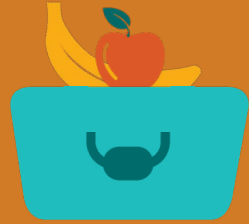




ONE PLATE AT A TIME

Enjoy some recipes from our dietitians, and if you want additional support, our Nutrition Services team is here to help!

**THE UNOFFICIAL OFFICIAL
RECIPE BOOK OF THE
GATEWAY REGION YMCA**



PRO TIP:

**Add chopped
carrots for added
deliciousness!**



Vegetarian Bolognese

Servings: 4 | Prep Time: 15 MIN | Cooking Time: 30 MIN

INGREDIENTS

1 box dried linguine,
reserving 1/2 cup of cooking
water

2 cups lentils,
cooked

1 small yellow onion,
chopped

1 Tbsp garlic,
chopped

1 can tomato paste

1 cup vegetable broth

1 14oz can crushed
tomatoes

2 tsp dried Italian herbs

Parmesan and fresh basil
to serve (optional)

DIRECTIONS

1. In a large pot, add 1 Tbsp olive oil, saute onions on medium heat for 3 minutes, add garlic and cook an additional minute.

2. Stir in tomato paste.

3. Add vegetable broth to deglaze.

4. Add crushed tomatoes, cooked lentils and dried herbs.

5. Simmer on medium-low heat for 15 to 20 minutes. (Note: if using uncooked rinsed dried lentils, increase simmer time to 45 minutes) If sauce becomes too thick, add additional vegetable stock.

6. While sauce is cooking, boil pasta 9-11 minutes until al dente, remove 1/2 cup of pasta water, then drain remaining water.

7. Add 1/2 cup pasta water to sauce.

8. To serve, divide between bowls and add sauce. Top with parmesan and fresh basil if desired.

Lemony Kale Salad

Servings: 4 | Prep Time: 15 MIN | Cooking Time: 0 MIN

INGREDIENTS

1 bunch curly kale, rinsed
chopped and dried

1/2 cup lemon juice

1 cup extra virgin olive oil

2 cloves garlic, minced

1/4 tsp salt

1/2 tsp black pepper

1/4 cup toasted slivered
almonds (optional)

Parmesan or feta to serve
(optional)

DIRECTIONS

1. In a large bowl, add lemon juice, garlic, salt and pepper. While whisking, slowly drizzle in olive oil. Dressing may also be prepared in a blender.

2. Add chopped kale to bowl and with clean hands (may use disposable gloves) massage kale in dressing for 3-5 minutes.

3. To serve, divide salad between plates. Top with parmesan or feta if desired.

Salad will stay good in refrigerator for 3-5 days.





PRO TIP:

Add grape tomatoes and mozzarella for a super capr-easy twist!

Basil Pesto Pasta

Servings: 4 | Prep Time: 15 MIN | Cooking Time: 10 MIN

INGREDIENTS

- 2 cups basil leaves
- 2 Tbsp grated parmesan cheese
- 2 cloves garlic, chopped
- 2 Tbsp pine nuts, toasted and cooled
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/4 cup oil
- 1 box whole wheat linguine

DIRECTIONS

1. Salt pasta water heavily and cook pasta in boiling water as the box instructs.
2. In food processor, combine basil, parmesan, garlic, pine nuts until smooth.
3. While the processor is running, add oil, salt and black pepper.
4. Add pesto to pasta and serve.

Low-carb Lettuce Wrap

Servings: 4 | Prep Time: 15 MIN | Cooking Time: 0 MIN

INGREDIENTS

- 1 head of lettuce
- 8oz cream cheese
- 1 fully cooked sliced chicken breast (or seasoned tofu)
- 1 bell pepper, sliced
- 1 whole cucumber, sliced
- Fresh herbs, optional

DIRECTIONS

1. Wash, dry, and place your lettuce on a flat surface.
2. Spread cream cheese pesto (mix 1 part pesto to 1 part plain cream cheese) onto lettuce.
3. Add remaining ingredients.
4. Roll the wrap and slice it in half and serve.

PRO TIP:

Add your favorite sliced cheese like white cheddar or gouda for extra goodness!





Fresh Salsa

Servings: 2 | Prep Time: 20 MIN | Cooking Time: 0 MIN

INGREDIENTS

- 2 cups fresh tomatoes, chopped
- 1 small bell pepper, chopped
- 1/2 small onion, chopped
- 1 jalapeno, chopped (optional)
- a pinch of salt
- 1 Tbsp lime juice
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/2 tsp pepper

DIRECTIONS

1. Mix all ingredients and store in refrigerator.
2. Serve with whole grain tortilla chips, add to tacos or top fresh tomato soup!

NUTRITION SERVICES

Nutrition Services is here to help **YOU** achieve your healthy eating goals!

Working with a **Registered Dietitian at the Y** can help you implement healthier eating habits.

RDs are trained to provide **personalized nutrition** plans that support your goals with sustainable lifestyle changes for you to live your healthiest life.

RDs are also licensed to help you manage chronic medical conditions such as, diabetes, high cholesterol, obesity, CHF, malnutrition, kidney disease and high blood pressure.

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