



In the Kitchen

with LiveWELL and
Healthy Living

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Chilled Black Bean, Corn and Cucumber Salad

Tara Cox – LiveWELL



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Ingredients

- 2 cans black beans, drained and rinsed
- 1 can whole-kernel corn, drained and rinsed
- ½ medium cucumber, finely diced
- ½ cup chopped cilantro
- ½ cup chopped celery
- 1 cup crumbled feta cheese
- 2 limes, juiced
- ¼ cup red wine vinegar
- Sea salt, Cracked pepper, cumin to taste

Preparation

- 1 Combine black beans, corn, cucumber, cilantro, celery and feta in a large bowl and toss to mix
- 2 Add lime juice, vinegar, salt, pepper and cumin, stir and adjust to taste
- 3 Chill in refrigerator one hour before serving.

Ingredients

Salad:

- Spinach
- Blueberries
- Parmesan Cheese
- Walnuts
- Sliced Almonds
- Dried cranberries
- Your preferred dressing

Salmon:

- Olive oil
- Salt and pepper

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Video](#)

Preparation

- 1 Preheat oven to 350. Slightly oil the pan before placing salmon on it.
- 2 Rub Olive oil or Avocado Mayonnaise lightly on top of salmon, salt and pepper
- 3 Bake for 10-12minutes

Salmon Blueberry Salad

Gretchen Bayne – LiveWELL



Egg Bites

Brooke Steffensmeier – Healthy Living



Ingredients

- Extra-virgin olive oil, for the pan
- 6 large eggs
- ¾ cup whole milk cottage cheese
- ¼ teaspoon sea salt
- Freshly ground black pepper
- 3 cups fresh spinach, 3 ounces
- ½ cup diced roasted red bell pepper, about 1 pepper
- ½ cup chopped green onion, about 2 green onions

Preparation

1. Preheat the oven to 350°F and grease a nonstick muffin tin.
2. In a blender, place the eggs, cottage cheese, salt, and several grinds of pepper. Blend until smooth.
3. Steam spinach for 1 minute over a pot filled with 1 inch of water. Strainer and roughly chop.
4. In a medium bowl and combine spinach, peppers and scallions. Measure ¼ cup of the mixed vegetables. Set aside.
5. Divide the remaining veggies among the muffin cups. Pour a ¼ cup of egg mixture over the vegetables. Evenly sprinkle the reserved ¼ cup vegetables on top.
6. Bake for 18 to 22 minutes, or until the eggs are set. Let cool for 5 minutes.

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*Taken from [Love & Lemons Webpage](#)

