



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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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
- $\frac{3}{4}$ cup whole milk cottage cheese
- $\frac{1}{4}$ teaspoon sea salt
- Freshly ground black pepper
- 3 cups fresh spinach, 3 ounces
- $\frac{1}{2}$ cup diced roasted red bell pepper, about 1 pepper
- $\frac{1}{2}$ 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 $\frac{1}{4}$ cup of the mixed vegetables. Set aside.
5. Divide the remaining veggies among the muffin cups. Pour a $\frac{1}{4}$ cup of egg mixture over the vegetables. Evenly sprinkle the reserved $\frac{1}{4}$ 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](#)

BLT with a Twist

Tara Cox – LiveWELL

Ingredients

- 8 oz pink oyster mushrooms
- 1/4 cup liquid amino acids
- 2 tbsp maple syrup
- 1 tsp balsamic vinegar
- 1/2 tsp smoked paprika
- 1 tbsp avocado oil or other high temp, neutral oil
- 2 sour dough buns, or 4 slices of bread of your choice
- 1 vine ripened tomato
- 1 avocado (optional)
- 2-4 leaves butterhead lettuce or other lettuce
- 1 tbsp herbed mayonnaise



Preparation

1. Wash the mushrooms gently under running water to remove any excess dirt.
2. Trim the rough end of the mushroom stem and then slice each mushroom into strips
3. Prepare the marinade by combining the amino acids, maple syrup, balsamic vinegar, smoked paprika and 1/2 tbsp of the avocado oil.
4. Lay the mushroom in a shallow dish and add marinade, cover and refrigerate for at least 30 minutes.
5. While the mushrooms are marinating, preheat your oven to 425° and lightly baste a baking sheet with the remaining 1/2 tbsp of avocado oil. Use a silicon baking sheet for easy clean up.
6. Arrange mushrooms in a single layer on baking sheet and roast the mushrooms on the middle rack for 20 minutes. Keep an eye on the mushrooms. You want them to be crispy but avoid burning them.
7. While the bacon is roasting, assemble your other ingredients. Toast the bread, wash the lettuce leaves, and slice the tomato and avocado.

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*Modified from [Vegan BLT with King Oyster Mushroom Bacon \(plantbasednews.org\)](http://plantbasednews.org)

Zero Waste Sweet Potato Salad

Jill Ashburner – LiveWELL

Ingredients

- 1-2 Sweet potatoes- peeled and diced
- 1-2 Purple Sweet Potatoes- Peeled and diced
- (can mix in other potatoes if you have on hand)
- 1 large carrot- peeled and sliced thin
- 1-2 stalks of celery sliced thin
- Garbanzo beans or other beans you have on hand
- Raisins or Dried Cranberries (1-2 Tbsp)
- Greek Yogurt (2-3 Tbsp)
- Dijon Mustard (1-2 Tbsp)
- Local Honey (1 Tbsp)
- Salt and Pepper to taste

Preparation

- 1 Microwave sweet potatoes for 1-2 minutes until slightly softened. Mix in a large bowl, once cooled, with carrots, celery and beans. Mix Greek yogurt, mustard and honey in separate bowl then fold into potato mixture. Add beans, cranberries and salt and pepper, then mix well.
- 2 Be sure to keep peels from potatoes and carrots – toss lightly with olive oil, salt and pepper. Place in air fryer at 350 for ~4-5 minutes until crisp. Great to add to potato salad for a crunchy topping or simply as snack.

This “zero-waste” recipe was environmentally friendly because the veggies were purchased locally or were already available in the pantry/refrigerator. The potato skins were made into a snack/topping rather than scrapped. A stove was not used to prepare this dish, so the house remained cool reducing energy usage. It is also vegan friendly because beans were used as a high-fiber, plant-based source of protein.



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Tomato, Cucumber, Cilantro Salad

Stephanie Angelini – Healthy Living



Ingredients

- 1 long-stem cucumber, diced
- 2 large tomatoes, diced
- 1 Tbsp. finely chopped banana pepper
- ¼ cup fresh cilantro
- Salt and Pepper to taste.

Preparation

- Combine all ingredients into a large bowl. Chill in the refrigerator for about 20 minutes. Serve immediately.

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