

**FUEL UP TO RISE UP**



**THE SUN BELT CONFERENCE COOKBOOK**



*In the NCAA Student-Athlete Health and Wellness Study (February 2024), a majority of student-athletes reported making an effort to eat healthy and consume at least three meals per day. Of the 23,272 student-athletes surveyed, **52% of male student-athletes and 60% of women's student-athletes** reported **wishing their coaches and administrators talked more with their teams about proper nutrition.***

*The Sun Belt Conference recognizes the importance of nutrition as a key contributing factor to student-athlete mental health and wellbeing. In conjunction with the Sun Belt's Nutrition Speaker Series, the conference's 14 institutions came together to create "Fuel Up to Rise Up," a cookbook featuring at least one recipe from each university. This collection of recipes is a food tour of the Sun Belt providing a taste of the culture in each member's surrounding community.*

*A special thank you to the Sun Belt Conference SAAC for leading this initiative with the guidance of Sun Belt Conference Assistant Commissioner, Lauren Shear.*



# MOUNTAINEER MIX

## INGREDIENTS

- $\frac{3}{4}$  cup Raw Pecans
- $\frac{3}{4}$  cup Raw Cashews
- $\frac{1}{2}$  cup Sunflower Seeds
- $\frac{1}{2}$  cup Pumpkin Seeds
- $\frac{1}{2}$  cup Raisins
- $\frac{1}{2}$  cup Chopped Dark Chocolate
- 1 cup Popped Popcorn
- 1 cup Pretzels

**Prep Time:** 5 Minutes

**Total Time:** 5 Minutes

**Yield:** 4-5 Cups

## DIRECTIONS

1. Combine all ingredients in a large bowl and mix well.
2. Store in a Ziploc bag or mason jar
3. Will keep for up to 1 month.



# RICE & GRILLED CHICKEN SALAD

## INGREDIENTS

- 3 cups cooked brown rice
- 2 cubes grilled chicken breast
- 2 medium apples, chopped
- 1 medium sweet red pepper, chopped
- 2 celery ribs, finely chopped
- 2/3 cup chopped green onions
- 1/2 cup chopped pecans
- 3 Tbsp minced fresh parsley
- 1/4 cup apple cider vinegar
- 3 Tbsp canola oil
- 1 Tbsp lemon juice
- 1 tsp salt
- 1/4 tsp pepper
- Lettuce leaves, optional

## NOTES

Arkansas is largely known for its rice farms and production, so this meal is an easy-to-make rice and grilled chicken salad. For this specific recipe, it takes about 20 minutes to make and has 9 servings.

## DIRECTIONS

1. In a large bowl, combine the first eight ingredients.
2. In a small bowl, whisk the vinegar, oil, lemon juice, salt and pepper. Pour over salad and toss to coat.
3. Serve immediately or refrigerate.

## NUTRITION FACTS

1 cup: 236 calories, 11 g fat (1g saturated fat), 26mg cholesterol, 295mg sodium, 23g carbohydrate (0 sugars, 3g fiber), 12g protein.



# CHANTICLEER CHICKEN BOG

## INGREDIENTS

- 6 cups water
- 3 lb chicken or 3lb whole chicken
- 1 chopped onion
- 1 Tbsp salt
- 3.5 cups chicken broth
- 1/2 lb smoked sausage of choice (sliced)
- 1 cup long grain rice
- 2 Tbsp Italian seasoning
- 2 cubes chicken bouillon

## DIRECTIONS

*Chicken Bog is a mix between a stew and a casserole.*

1. Bring water, chicken, onion, and salt to a boil in a big pot - reduce heat and simmer until chicken is cooked.
2. Remove chicken and slice (removing any excess fat from the cooking liquid).
3. Add rice, sausage and seasoning to the pot and simmer until the rice is cooked and thickened to your preference (approximately 30 minutes).



# HONEY GARLIC CHICKEN

## INGREDIENTS

- 1 lb boneless, skinless chicken breast
- 2 eggs
- 1/2 cup brown rice flour (for gluten-free) or whole wheat bread crumbs
- 1/2 cup honey
- 5 cloves fresh garlic, minced
- 2 Tbsp. low sodium soy sauce
- 1 Tbsp. cornstarch
- 1 Tbsp. sesame seeds for topping

## NOTES

- Prep Time: 15 minutes
- Cook Time: 30 minutes
- Yield: Serves 4

## DIRECTIONS

1. After cutting chicken into bite size pieces, dip in small bowl with eggs then roll in small bowl with brown rice flour/whole wheat bread crumbs. (salt and pepper are optional)

2. Place on nonstick baking dish in preheated oven (400 degrees) for about 15 minutes.

3. While chicken is baking, make sauce over stove on medium-high heat by combining honey, garlic, and tamari or soy sauce into a saucepan. In a small bowl, mix together 1 Tbsp. of corn starch or arrowroot and 3-4 Tbsp. water. Add to saucepan and continue to mix all ingredients together until thickened.

4. Add chicken to saucepan to coat each piece evenly. Remove from heat and add optional sesame seeds. This dish pairs great with rice and broccoli.





# PEACHES & CREAM OVERNIGHT OATMEAL

## INGREDIENTS

- 2 ripe peaches, divided
- 2 cups creamy non-dairy milk
- 1 Tbsp Grade A maple syrup
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- pinch of salt
- 2 cups (190 g) rolled oats
- 2 Tbsp chia seeds
- 1/4 cup (70 g) non-dairy yogurt

## NOTES

- Prep Time: 15 minutes
- Yield: Serves 2-3
- Method: No-bake
- Diet: Vegan

## DIRECTIONS

**1. Prep:** Quarter one peach and finely dice the other; you can peel the peaches if you'd like. Add the quartered peach to a high-speed blender along with the milk, maple syrup, vanilla, cinnamon, and salt. Blend on high for 45-60 seconds, until the peaches are finely blended into the milk.

**2. Mix:** Add the oats, chia seeds, and yogurt to a large bowl. Pour the peach milk into the bowl, then stir until everything is combined. Let sit for at least 5 minutes, to allow the oats and chia seeds to absorb some of the liquid. Once thickened, add the diced peach into the oats and fold until evenly distributed.

**3. Store:** Transfer the oats to 2-3 jars or other containers, then store in the fridge for at least 4 hours, preferably overnight. Enjoy cold or warm; leftover will keep in the fridge for up to 5 days.

*Recipe via. From My Bowl*







# SALTED PEANUT BUTTER ENERGY BALLS

## INGREDIENTS

- 1 cup rolled oats
- 1 cup salted pretzels, crushed
- ¼ cup finely chopped peanuts
- ¼ cup mini chocolate chips
- 1 Tbsp chia seeds
- ¼ tsp kosher salt
- ¾ cup natural peanut butter, at room temperature
- 1/3 cup pure maple syrup, at room temperature
- 1 tsp vanilla extract

## DIRECTIONS

1. Combine all dry ingredients, (oats, crushed pretzels, chocolate chips, chia seeds, peanuts, and salt) together in a large bowl.
2. Combine peanut butter, maple syrup, and vanilla in a separate bowl until completely combined.
3. Combine the wet and dry ingredients together.
4. Use a tablespoon to measure the size of the serving, and roll the mixture into little balls and place into the refrigerator.

They can be stored in a freezer for up to 3 months, and refrigerated for up to 5 days!

## NUTRITION FACTS

161 calories, 4g protein, 8g of fat, 18g carbs





# CAJUN RED BEANS AND RICE

## INGREDIENTS

- 1 cup white rice
- 1 can (15 oz) red kidney beans, drained and rinsed
- 1 sausage link (like andouille, kielbasa, or smoked sausage), sliced (optional for added flavor)
- 1 small onion, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 1 Tbsp olive oil (or vegetable oil)
- 1 tsp paprika
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1/2 tsp cayenne pepper (optional for heat)
- 1 bay leaf
- Salt and pepper to taste
- 2 cups low-sodium chicken broth (or water, if you prefer)
- Hot sauce (optional, for serving)

## DIRECTIONS

1. Start by cooking the rice according to the package instructions. Set aside.
2. Sauté the veggies and sausage (optional): In a large skillet or pot, heat the olive oil over medium heat. Add the chopped onion, bell pepper, and garlic. Sauté for about 3-5 minutes, until the vegetables are softened.
3. Add the sausage (optional): If you're using sausage, add the sliced sausage to the pot and cook for another 3-4 minutes until it's lightly browned and heated through.
4. Season the mixture: Stir in the paprika, thyme, garlic powder, cayenne pepper (if using), and a pinch of salt and pepper. Let the spices cook for about 1 minute to release their flavors.
5. Add the beans and broth: Pour in the drained and rinsed kidney beans, along with the chicken broth (or water). Stir in the bay leaf. Bring to a simmer and let it cook for about 10-15 minutes, allowing the flavors to meld together. If the mixture gets too dry, you can add a little more broth or water.
6. Serve: To serve, spoon the rice onto plates and top with the red beans and sausage mixture. Optionally, add a few dashes of hot sauce for extra flavor.

### Tips:

**Add more veggies:** Feel free to throw in some chopped celery or carrots for extra flavor and nutrition.

**Use what you have:** This recipe is very flexible. You can swap the sausage for chicken, ground beef, or even skip the meat for a vegetarian version.

**Meal prep:** This recipe makes great leftovers! Just store any extra in the fridge for up to 3 days.



# BAYOU BANANA PROTEIN PUDDING

## INGREDIENTS

- 3 ripe bananas
- 1 cup unsweetened almond milk (or regular milk if preferred)
- 1/2 cup Greek yogurt (plain or vanilla, for protein)
- 2 scoops vanilla protein powder (or your favorite flavor)
- 2 Tbsp honey (or Louisiana cane syrup for a local touch)
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg (adds a warm, Southern twist)
- 1/8 tsp salt
- 1/4 cup crushed pecans (for topping)
- **Optional garnish:** Sliced bananas, toasted coconut flakes, or dark chocolate shavings

## DIRECTIONS

1. **Blend the Base:** In a blender or food processor, combine the ripe bananas, almond milk, Greek yogurt, protein powder, honey, vanilla extract, cinnamon, nutmeg, and salt. Blend until smooth and creamy.
2. **Taste and Adjust:** Taste the mixture and adjust sweetness if needed by adding more honey or cane syrup.
3. **Chill the Pudding:** Pour the pudding mixture into small bowls or jars. Cover and refrigerate for at least 2 hours or until set.
4. **Prepare Toppings:** Toast the crushed pecans in a dry skillet over medium heat for 3-4 minutes to enhance their flavor. Let them cool.
5. **Serve and Garnish:** Before serving, top the pudding with toasted pecans, additional banana slices, and optional garnishes like toasted coconut flakes or dark chocolate shavings.

## NOTES

- Bananas provide quick energy and potassium to prevent cramps.
- Protein powder and Greek yogurt aid in muscle recovery.
- Pecans and honey offer healthy fats and natural sweetness.

*This creamy pudding embodies Louisiana's warmth and flavors, blending bananas and pecans for a dessert that's as energizing as it is delicious.*



# CHICKEN & DUMPLINGS

## INGREDIENTS

### Soup Ingredients:

- 6 chicken thighs (skin-on and bone-in)
- Salt
- Black pepper
- 1 Tbsp ghee (or butter)
- 2 small leeks (white part only), cleaned, quartered and finely chopped
- 3 small carrots, peeled and sliced into circles
- 2 ribs celery, diced small
- 1 small parsnip, peeled and diced small
- 3 cloves garlic, pressed through garlic press
  - 1 tsp Italian seasoning
- ½ tsp white pepper
- 3 Tbsp flour
- 8 cups chicken stock or broth
- 1 Tbsp chopped parsley
- 1 tsp thyme leaves

### Herb Dumplings

#### Ingredients:

- 1 ¾ cup self-rising flour
- 1 (heaping) Tbsp finely chopped parsley
- ¾ cup plus 2 Tbsp whole milk
- 2 ½ Tbsp melted ghee (or butter)

## NOTES

- Prep Time: 20 minutes
- Cook Time: 1 hour
- Yield: Serves 6

## DIRECTIONS

1. Begin by gathering and prepping all of your soup ingredients according to the ingredient list above to have ready and organized for use.
2. Place your chicken thighs onto a large plate or platter, and sprinkle liberally with salt and pepper. Place a large soup pot over medium-high heat, and add in the tablespoon of ghee (or butter).
3. Once melted, and the pot is hot, add the chicken thighs into the pot skin-side down and sear them on one side for 5 to 6 minutes, or until the skin is golden-brown. Flip the thighs and sear on the second side for 3 to 4 more minutes. Remove the thighs from the pot and set aside for a moment. (If there seems to be too much fat after searing, use a spoon to remove a little bit, leaving behind about 4 tablespoons worth.)
4. Add the leeks, carrots, celery and parsnip to the pot, and sauté for a couple minutes to soften. Add in the garlic, Italian seasoning and white pepper, and stir to combine, allowing ingredients to become aromatic.
5. Next, sprinkle in the flour evenly, and stir into the veggies to incorporate for about 30 to 45 seconds. Then, slowly pour in the chicken stock, whisking all the while to avoid small flour “lumps” from forming.
6. Bring the soup base to a vigorous simmer, add the chicken thighs back into the pot (plus any accumulated juices), cover, and reduce the heat to gently simmer the soup for 20 minutes.
7. After 20 minutes, turn the heat off under the soup pot, and carefully remove the chicken thighs with tongs. Place them onto a cutting board to cool just enough to handle.
8. Once slightly cooled, remove the skin and bones from the thighs and shred the meat. Add the meat back into the soup pot.
9. Next, gather and prep all of your herb dumpling ingredients according to the ingredient list above to have ready and organized for use.
10. In a large bowl, gently mix together all ingredients just until a thick batter forms.



# CHICKEN & DUMPLINGS

## DIRECTIONS (CONT.)

11. Place the soup back onto medium-high heat, and bring to a vigorous simmer or gentle boil. Using a large soup spoon or a 1 ½ tablespoon-size cookie scoop (my preferred method), drop the dumpling batter into the simmering soup (the dumplings will immediately begin to puff up).

12. Then, cover pot with a lid and cook the dumplings in the simmering soup, without stirring, for about 20 minutes, until very tender and light.

13. To finish the chicken and dumpling soup, gently stir in the 1 tablespoon of chopped parsley and the 1 teaspoon of fresh thyme leaves, ladle up, and enjoy.

### Note:

*Leftovers will thicken as well. Keep in mind that if you have some leftovers of this chicken and dumpling soup, they may seem substantially thicker the next day, especially while the soup is still cold (the dumplings do tend to thicken things up). As you gently reheat the soup, you'll notice that it will thin out and become more soup-like again. You can thin it out with extra stock, if desired.*

### Dietitian Input (Maura Hohl, MS, RD, LD):

"Love the balance of this dish (carbs + protein + fat + color )."

*Recipe via. The Cozy Apron*





# BEANS & CORNBREAD

## INGREDIENTS

### Beans Ingredients:

- 2 cups dried pinto beans, rinsed and drained
- .35 oz dried Porcini mushrooms
- 1 tsp ground pepper
- ½ tsp salt
- 1 piece bay leaf
- 2 cloves garlic, smashed
- ½ tsp oregano

### Cornbread Ingredients:

- 1 cup yellow cornmeal
- ½ cup all-purpose flour
- 1 Tbsp baking powder
- 1 tsp salt
- 1 cup buttermilk
- ½ cup milk
- 1 egg, large
- ½ tsp baking soda
- 6 Tbsp shortening

### Optional Toppings

- ½ Tbsp fresh cilantro, chopped
- 1 Tbsp onions, chopped
- 1 Tbsp sour cream
- 2 Tbsp tomatoes, chopped

## NOTES

- Prep Time: 25 minutes
- Cook Time: 2 hours
- Yield: Serves 6

## DIRECTIONS

### Beans:

1. Thoroughly rinse the beans and inspect them for any small rocks.
2. Place the beans in a large pot with all the remaining beans ingredients, mushrooms, and pour enough water to cover them by about 1 or 2 inches.
3. Heat the pot over medium-high heat until the water comes to a boil, then reduce the heat to low and cover it.
4. Allow the beans to simmer for 2 to 3 hours until they are tender but still firm. If the liquid level appears to be decreasing rapidly, add more water during the cooking process as needed. You may also add other seasonings according to your preferences.

### Cornbread:

1. Start by preheating the oven to 450°F.
2. In a bowl, combine cornmeal, flour, baking powder, and salt, then whisk them together.
3. In a measuring cup, measure buttermilk and milk, and use a fork to stir in the egg. Add the baking soda and mix it in; it will bubble slightly.
4. Pour this mixture into the bowl with the dry ingredients and stir gently with a fork until everything is just combined.
5. Melt ¼ cup of shortening in a small bowl in the microwave, then add it slowly to the batter, stirring gently until it's fully combined.
6. Heat the remaining 2 tablespoons of shortening in an iron skillet on high heat, and pour the batter into the skillet, spreading it evenly.
7. Cook it on the stovetop for around one minute until bubbly, then transfer the skillet to the oven and bake for 15 to 20 minutes until the top turns golden brown, and the edges become crispy.





# BEANS & CORNBREAD

## DIRECTIONS (CONT.)

### Plating:

1. You can either place your beans and cornbread side-by-side on a plate or spoon a generous amount of beans on top of your cornbread, whichever you prefer.
2. Sprinkle freshly chopped cilantro, chopped onion, sour cream, and/or fresh tomato on top. You can arrange the toppings in separate bowls like tacos.

**Note:** Cooking the beans faster. You can cook beans faster by soaking them in cold water overnight. Replace the water one or two times. The cooking time will be reduced to 40 minutes or less in a normal pot.

### Dietitian Input (Maura Hohl, MS, RD, LD):

"Beans are a great source of fiber; most athletes can benefit from more fiber in their diet! Go beans!"

*Recipe via. Urban Farmie*





# BISCUITS & GRAVY BAKE

## INGREDIENTS

- 16 oz can biscuits - I use the Pillsbury Jumbo Flaky Biscuits
- 1 package original country gravy I use the McCormick Original Country Gravy
- 16 oz turkey breakfast sausage I use the Jennie O turkey breakfast sausage
- 1 cup egg whites
- 1 cup shredded sharp cheddar cheese

### Dietitian Approved Additions

- Chopped spinach
- Sauteed onions
- Mushrooms
- Bell peppers
- Other veggies of your choice

## NOTES

- Prep Time: 20 minutes
- Cook Time: 30 minutes
- Yield: Serves 6



## DIRECTIONS

1. Gather the necessary ingredients for this recipe.
2. Preheat oven to 350 degrees.
3. Use cooking spray to grease a casserole dish. Set aside.
4. Prepare the gravy according to the directions on the package.
5. (Usually to prepare the gravy, stir water and gravy mixture together in a sauce pan. Stir together with a whisk. Heat over medium heat and stir frequently until gravy comes to a boil. Reduce the heat and let it simmer for a minute. Gravy will thicken upon standing.)
6. Heat a skillet over medium heat. Add turkey breakfast sausage and use a spatula to break into crumbles. Cook until crumbles are browned.
7. Cut the biscuits into  $\frac{1}{4}$  size pieces.
8. Line the biscuit pieces on the bottom of the casserole dish.
9. Add 1 cup of egg whites into the gravy mixture. Stir until combined.
10. Pour the gravy and egg white mixture over the biscuit pieces.
11. Evenly distribute the turkey crumbles on top of the mixture.
12. Sprinkle the shredded cheese on the very top.
13. Bake at 350° for about 30 minutes or until biscuits are lightly brown on the bottom.
14. Take out of oven and let cool.

### Notes:

- For lower fat: use low-fat cheese or less cheese.
- For higher protein: add a little more egg whites

### Dietitian Input (Maura Hohl, MS, RD, LD):

“Love how easy this recipe is for a quick breakfast! I wonder if we can add color into this dish by adding a veggie such as chopped spinach, sauteed onions, bell peppers, mushrooms, or another veggie of their choice.”





# PEPPERONI ROLLS

## INGREDIENTS

- 1 cup flour all-purpose or whole wheat or a blend of both
- 2 tsp baking powder
- ½ tsp salt
- 1 cup non-fat Greek yogurt
- 4 oz mozzarella shredded or sliced
- 4 oz. pepperoni
- 1 ½- 2 cups bell peppers chopped
- 1 egg beaten
- Italian seasoning for sprinkling
- Red pepper flake for serving (optional)

## NOTES

- Prep Time: 20 minutes
- Cook Time: 30 minutes
- Yield: 4 Rolls

## DIRECTIONS

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a stand-mixer bowl, combine the flour, baking powder, and salt. Add the yogurt and mix with a paddle attachment until dough comes together into a sticky ball.
3. Lightly dust flour on a work surface and turn the dough out on surface, knead the dough until the dough is smooth and no longer sticky, using more flour as needed to make dough smooth.
4. Divide dough into 4 equal balls. Roll each ball into a thin rectangle - it doesn't have to be perfectly shaped. Divide mozzarella, pepperoni, and bell peppers between all the rectangles. Starting with a long side, roll the dough up tightly and pinch the seams and ends to seal. Place on the prepared baking sheet and brush with egg. Sprinkle each roll with Italian seasoning.
5. Bake for 30-35 minutes. Let cool at least 15 minutes before cutting. Serve with red pepper flake.

### Dietitian Input (Maura Hohl, MS, RD, LD):

"LOVE this recipe and this is a true WV dish! Love the easy flour + Greek yogurt dough recipe and that color was added to this dish to make it more balanced!"

*Recipe via. A Grateful Meal*





# ENERGY BALLS

## INGREDIENTS

### Base Ingredients:

- 1 ¼ cups old fashioned rolled oats you can also swap quick oats or a blend of half quick, half old fashioned
- 2 Tbsp “power mix-ins” [chia seeds, flaxseeds, hemp seeds, or additional rolled oats]
- ½ cup nut butter of choice [peanut butter is my go-to]
- 1/3 cup sticky liquid sweetener of choice [honey or maple syrup]
- 1 tsp pure vanilla extract
- ¼ tsp kosher salt
- ½ cup mix-ins [see right for flavor options]

## NOTES

- Prep Time: 10 minutes
- Cook Time: 40 minutes
- Yield: 18 (1 inch) balls

## DIRECTIONS

### Mix-In Options:

#### *Classic Chocolate Chip:*

- Any nut butter, honey, 1/2 cup chocolate chips

#### *Trail Mix:*

- Peanut butter, honey, 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins

#### *White Chocolate Cranberry:*

- Almond butter or cashew butter, honey, 1/4 cup dried cranberries, 1/4 cup white chocolate chips

#### *Almond Joy:*

- Replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes, almond butter, any sweetener, 1/4 cup chocolate chips, 1/4 cup chopped almonds

#### *Double Chocolate:*

- Any nut butters, any sweetener, 1/2 cup mini chocolate chips, ADD 2 tablespoons cocoa powder

#### *Oatmeal Raisin Cookie:*

- Almond butter or cashew butter, maple syrup, 1/2 cup raisins, ADD 1/4 teaspoon cinnamon

1. Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine.

2. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed.

3. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).

4. Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter).

5. Enjoy right away or transfer to an airtight container and refrigerate for up to 2 weeks. You can also freeze for up to 3 months.



# ENERGY BALLS

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## DIRECTIONS (CONT.)

**Note:**

Store leftover energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months. For nut allergies: In place of the almond or peanut butter, try sunflower seed butter.

**Dietitian Input (Maura Hohl, MS, RD, LD):**

“Dessert recipes can be super simple like energy balls (oats + peanut butter + chocolate chips), date + peanut butter + chocolate, chocolate melted or covered berries, etc.”

*Recipe via. Well Plated by Erin*





# FUDGY SWEET POTATO BROWNIES

## INGREDIENTS

- 1 cup sweet potato purée (see instructions)
- 2/3 cup maple syrup
- 1/2 cup almond butter or peanut butter
- 1 tsp pure vanilla extract
- 1 ½ Tbsp avocado oil (or sub melted vegan butter, melted coconut oil, or olive oil)
- 1/2 cup cocoa powder or cacao powder (the higher quality the better // such as this one)
- 1/4 tsp sea salt
- 1 tsp baking powder
- 2/3 cup oat flour (we also tested almond and coconut flour, and while they did work, we preferred oat // GF all-purpose should also work)
- 1/2 cup chopped raw pecans (or sub walnuts, but we liked pecans better)
- 1/4 cup dairy-free chocolate chips (optional)

## NOTES

- Prep Time: 50 minutes
- Cook Time: 1 hr, 20 mins
- Yield: 12 Brownies

## DIRECTIONS

1. To make sweet potato purée, halve sweet potato and brush the cut sides with oil (optional). Add to a parchment-lined baking sheet. Bake at 375 F (190 C) for ~25-30 minutes or until tender to the touch.

Move to one side of pan and wrap the parchment paper over top to steam. Let steam for 5 minutes. Then peel away skin and mash in a mixing bowl (or food processor). Set aside.

2. Adjust oven temperature to 350 degrees F (176 C) and line an 8×8-inch baking pan (or similar-size pan) with parchment paper. Set aside.

3. To a large mixing bowl, add sweet potato purée, maple syrup, almond butter, vanilla extract, and avocado oil and stir to combine.

4. Add cacao powder, sea salt, and baking powder and stir to combine. Then add oat flour and stir until a thick, scoopable batter is achieved.

5. Transfer batter to your parchment-lined baking dish and spread into an even layer using a spoon or rubber spatula. Then top with pecans and chocolate chips (optional).

6. Bake on the center rack (at 350 F / 176 C) for 28-32 minutes. The brownie edges should appear slightly dry and a toothpick inserted into the center should come out mostly clean (a few crumbs are okay, but it shouldn't be overly gooey). Remove from oven and let cool in the pan for 30 minutes - 1 hour.

7. Lift out of pan and slice. Enjoy warm or room temperature. Store leftovers covered at room temperature up to 3 days, in the refrigerator up to 5-7 days, or in the freezer up to 1 month. These brownies are delicious on their own but elevated with a scoop of dairy-free ice cream.



*Recipe via. Minimalist Baker*





# FROZEN YOGURT BARK

## INGREDIENTS

- 2 cups whole milk vanilla yogurt
- 1/2 cup strawberries diced
- 1/4 cup blueberries
- 1/4 cup granola

## NOTES

- Prep Time: 10 minutes
- Cook Time: 3 hours
- Yield: 12 Pieces

## DIRECTIONS

1. Line a rimmed baking quarter sheet with wax or parchment paper.
2. Pour the yogurt into the baking dish and spread evenly on the prepared baking sheet so that it fills the shape.
3. Top with the strawberries, blueberries and granola.
4. Place in the freezer until the yogurt is firm, about 3 hours.
5. Cut into 12-15 pieces and enjoy cold.
6. Store leftovers in the freezer.

*Recipe via. feel good foodie.*





# STEAK WITH CHEESY QUINOA & ASPARAGUS

## INGREDIENTS

- 2 cups Bone or Chicken Broth
- 1 cup uncooked Quinoa
- 1 bunch Asparagus
- Olive oil
- Steak (preferably NY Strip or Ribeye)
- Butter
- 1/3 cup Parmesan Cheese
- Salt
- Pepper
- Rosemary

## DIRECTIONS

1. Pre-heat oven to 400°.
2. In a pot on the stove, combine quinoa and broth and bring to a boil. Once boiling, reduce to simmer. Simmer for about 20 minutes.
3. Drizzle olive oil and seasoning of choice on asparagus.
4. Arrange asparagus in an even layer on a baking sheet and place in the oven to bake for about 15 minutes (or until tender).
5. Pre-heat skillet on stovetop at medium-high heat.
6. Season steak with salt and pepper.
7. Once pan is hot, add oil and sear steak for 3 minutes on each side.
8. If the steak is thicker than one inch, you can remove it from stovetop after it's seared and put it in oven until desired temp. (135° for medium rare, 140° for medium) .
9. Once steak reaches desired internal temperature, remove from heat and place on cutting board with about a tbsp of butter and sprinkle of rosemary on top. Let rest for 5-10 minutes while everything else finishes cooking.
10. When asparagus is finished cooking, remove from oven and chop into one inch pieces. Then, add into the quinoa and mix. Add half of your Parmesan cheese to the quinoa as well.
11. Slice steak and plate quinoa mix. Sprinkle quinoa with the rest of the parmesan cheese. Enjoy.



# CRISPY TAQUITOS WITH GUACAMOLE & PICKLED RED ONIONS

## INGREDIENTS

- 9 flour or corn tortillas
- 1 lb of ground meat (pork, chicken, turkey, tofu, or beef)
- 6oz shredded low-fat Colby Jack cheese
- 1 can black beans, drained
- 1 jar of pickled red onions
- 1-2 jalapenos, deseeded and diced
- 2 tomatoes, diced (can also use canned tomatoes or Rotel)
- 2 avocados
- 2 limes

## NUTRITION FACTS

Macros for 1/3 of prepared portion:

- **Kcal:** 347.48
  - **Fat**, in grams: 12.52
  - **Protein**, in grams: 21.13
  - **Carbs**, in grams: 29.03
- \*using 90/10 ground beef

## DIRECTIONS

1. Add ground meat to air fryer pan, season with salt and pepper, then air fry at 400F for ~10min or until browned
2. While the meat is cooking, cut the avocados, and separate them from the pit and skin. Place them into a bowl with 1 diced jalapeno (can increase or decrease based on your preferred spiciness), and the juice of one lime. For extra flavor, consider adding diced onions, cilantro, and salt/pepper. Mash the ingredients together to finish your guacamole.
3. Remove meat from air fryer pan, drain and set into a bowl, add drained black beans, shredded cheese, tomatoes, and 1 of the diced jalapenos, mash with the backside of a spoon until ingredients are mixed thoroughly.
4. Add about 3-5 ounces (or a small handful) of the mix to each tortilla, then roll into a cylinder shape. Lightly spray the outside of each taquito with cooking spray.
5. Set the prepped taquitos in the air fryer pan, and place in the air fryer for 5-10 minutes at 400F, or until golden brown.
6. Plate your taquitos with guacamole on the side for dipping, as well as pickled red onions. Sour cream is a great addition to this dish.

*Recipe via. Bryan Tornatore, RDN/LDN*







# GOLDEN EAGLE CORNBREAD

## INGREDIENTS

- 1 cup yellow cornmeal
- 1/4 cup all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 1/4 tsp baking soda
- 1 large egg, lightly beaten at room temperature
- 1 cup greek yogurt
- 1/2 cup fat-free milk
- 1/4 cup canola oil
- 1 Tbsp honey

## DIRECTIONS

1. Preheat oven to 425°.
2. In a bowl, combine the cornmeal, flour, baking powder, salt, and baking soda. In another bowl, combine the wet ingredients.
3. Slowly stir the wet ingredient mixture into dry ingredients just until moistened. Pour into an 8-inch square baking dish coated with cooking spray.
4. Bake until a toothpick comes out clean, 16-20 minutes.

## NOTES

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Yield: 9



# BUFFALO CHICKEN DIP

## INGREDIENTS

- 3/4 of a block of reduced-fat cream cheese
- 1 1/2 cups of buffalo sauce
- 1 cup of heavy whipping cream
- 1 Packet of ranch dressing seasoning or at least 1 cup of ranch dressing
- Shredded chicken breasts (1-3)
- Shredded Mozzarella
- 1/4 Cup Onions
- Cheddar Cheese

Season to taste with the following:

- Garlic
- Pepper
- Tony Chachere's Original Creole Seasoning
- A dash of paprika

## DIRECTIONS

1. Add the cream cheese, buffalo sauce, heavy whipping cream, packet of ranch dressing, and seasonings to a bowl.
2. Fold in shredded chicken breasts, mozzarella, and 1/4 cup of the onions
3. Mix until it's smooth and everything is incorporated.
4. Transfer to a greased cast iron skillet, or aluminum pan and sprinkle cheddar cheese on top.
5. Bake your healthy Buffalo chicken dip at 375 degrees F for 20 to 25 minutes.
6. Cool for a few minutes, then serve with green onions for garnish.

Note: This dish can also be made in a crock pot



# POT ROAST

## INGREDIENTS

- 1 ½ Tbsp onion powder
- 3 Tbsp chopped fresh parsley or 1 ½ Tbsp dried parsley
- 2 Tbsp chopped fresh oregano or 1 Tbsp dried oregano
- 2 Tsp fresh thyme leaves or ¼ tsp dried thyme
- 1 Tbsp sea salt or garlic salt
- 2 Tsp dried dill weed
- 2 Tsp freshly ground black pepper
- ¼ Tsp celery salt
- 3 lbs chuck roast
- 2 Tbsp olive oil
- 2 cups beef or chicken broth
- 1 Tbsp Worcestershire sauce
- 8 garlic cloves

Optional:

- 1 bag of small potatoes
- 2 cans of green beans

## NOTES

Prep Time: 10 minutes

Cook Time: 8 hours

Servings per Recipe: 10  
with potatoes and green  
beans

Serving Size: 1 Cup

## DIRECTIONS

1. In a bowl, combine all the fresh and dried herbs, salts and pepper, then rub the mixture all over the chuck roast.
2. Combine the chuck roast and the rest of the ingredients into a slow cooker. Cook on high for 6-8 hours until fork tender (optional to add potatoes and green beans to the slow cooker).
3. Serve over rice or your favorite vegetables.