We love the fresh start that accompanies each New Year here at Harmons. As we strive to renew our bodies and minds, it makes sense to do the same with our meals. But, that doesn’t mean taste should suffer. Here, we’ve gathered some of our most delicious recipes that are also healthy, wholesome choices for you and your family. So, go ahead—add some new food to your repertoire as one of your New Year’s resolutions.

**START-ME-UP SMOOTHIE**

Recipe available online

**HEALTHIER PANCAKES**

**DIFFICULTY**

- \* \* \*
- 6-8

1 c uncooked rolled oats
2 c plain Greek yogurt
1 c skim or 1% milk
2 c unsweetened applesauce or diced apple, plus more for garnish
1 t cinnamon

In a container with a seal-tight lid, add oats, yogurt, milk, applesauce and cinnamon. Put on lid and shake until combined. Refrigerate overnight or for at least 3 hours. Garnish with diced apple and cinnamon. Serve hot or cold.

**APPLE CINNAMON OVERNIGHT OATS**

**DIFFICULTY**

- \* \* \*
- 2

1 c white whole wheat flour
1 T baking powder
2 T sugar
\( \frac{3}{4} \) t salt
\( \frac{1}{2} \) c low-fat cottage cheese
\( \frac{1}{2} \) c skim or 1% milk
2 eggs, separated
Canola oil
Maple syrup, jam, honey, warmed peanut butter or fresh fruit

In a medium bowl, add flour, baking powder, sugar and salt and stir to combine. Add cottage cheese, milk and yolks and stir to combine.

In a small bowl, whisk egg whites until they reach stiff peaks. Add beaten egg whites to flour-cottage cheese mixture and gently fold until combined.

On a lightly oiled griddle, heat over medium-high heat. Pour batter onto griddle into rounds. Cook until batter bubbles and edges are dry, about 2 min. Turn over and cook other side until golden, 1-2 min. Repeat with remaining batter.

HARMONS FOOD for THOUGHT

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MOZZARELLA-STUFFED BABY BELLS

- 8 baby bell peppers
- Olive oil
- 4 sticks mozzarella string cheese, cut in half horizontally
- Marinara, optional

Preheat oven to 400°.

Line a baking sheet with parchment paper or a silicone mat.

Using a paring knife, cut a vertical line down center of one baby bell pepper through one side only. Carefully cut out seed pod. Repeat with remaining baby bell peppers. Place bell peppers on prepared baking sheet and lightly drizzle with olive oil.

Bake in oven until bell peppers begin to soften, about 7 min. Remove from oven and place half a mozzarella stick inside each bell pepper. Return to oven and continue to cook until bell peppers begin to blister and mozzarella melts, 7-10 min. Serve with marinara, if using.
BLUEBERRY OAT GRAIN SALAD

There are 1 cup uncooked whole oat groats, barley or wheatberries.

Vinaigrette

- 4 cups red wine vinegar
- 1 tbsp Dijon mustard
- 1 tsp sugar
- Salt and freshly ground black pepper

- 4 tbsp extra-virgin olive oil

Salad

- 4 cups baby kale
- 1 cup snow peas, cut on the bias in thirds
- 2 cups fresh blueberries
- 1 cup chopped toasted pecans
- 1/4 cup crumbled feta cheese

In a saucepan over high heat, bring 4 cups water and oat groats to boil. Reduce heat to low and simmer 45-50 minutes. Transfer oat groats to a strainer. Rinse under cold running water until cool.

Meanwhile, to make vinaigrette, in a medium bowl, whisk together vinegar, mustard, sugar, salt and pepper. Whisking constantly, add oil in a slow, steady stream and continue whisking until thickened. Taste and adjust the seasoning, as desired.

In a large bowl, toss together kale, oat groats, snow peas and 4 cups of vinaigrette. Let stand 30 minutes.

Add blueberries and pecans, season with salt and pepper and toss to combine. Sprinkle with feta and serve with remaining vinaigrette, if desired.

BROCCOLI SALAD

KOHLRABI, APPLE AND HAZELNUT SALAD

There are 2 cups hazelnuts.

2 medium kohlrabi (about 2 lbs total), peeled, thinly sliced and cut into matchsticks

1 tart apple (such as Pink Lady or Crispin), cored, thinly sliced and cut into matchsticks

1/2 cup finely grated lemon zest

2 tbsp fresh lemon juice

1/2 cup white wine vinegar or white balsamic vinegar

Salt and freshly ground pepper

2 oz parmesan, shaved

Preheat oven to 350°. Toast hazelnuts on a rimmed baking sheet, tossing occasionally, until golden brown, 10–12 minutes. Or, heat a dry frying pan over medium-high heat, add nuts and toast, tossing occasionally, until golden brown, about 10 minutes. Let cool, put in a kitchen towel to remove skins, then coarsely chop.

In a medium bowl, combine kohlrabi, apple, lemon zest, lemon juice and vinegar. Season with salt and pepper and toss to combine. Add mint and gently toss to combine.

Divide kohlrabi salad among plates, top with hazelnuts and cheese.

Available at Harmons
STUFFED BELL PEPPERS

DIFFICULTY

1 bell pepper
Salt and freshly ground black pepper
2 T olive oil, divided
1 small onion, chopped
2 cloves garlic, minced
8 oz ground chicken or turkey
1 t dried oregano
1/2 t ground cinnamon
1/2 t ground cumin
2 T tomato paste, divided
2 c low-sodium chicken broth, divided
1 c cooked brown rice
q c cooked brown lentils
1 T chopped fresh parsley

Preheat oven to 400°.

Cut tops off each pepper, reserve them and hollow out insides of peppers, removing any seeds and membranes. Sprinkle with salt and pepper and set aside.

In a large nonstick frying pan over medium heat, warm 1 T oil. Add onions and garlic and cook until softened, about 3 min. Add chicken, oregano, cinnamon and cumin and continue to cook until no longer raw, about 5 min. Stir in 1 T tomato paste, coating meat. Add 2 c broth, rice and lentils and stir to combine. Remove from heat, cover and set aside until liquid is absorbed and mixture has cooled slightly. Season with salt and pepper.

Place bell peppers in an 8”x8” baking dish. Divide filling among peppers. In a small bowl, whisk remaining 1/2 c broth with remaining 1 T tomato paste and 1 T olive oil. Pour into dish around peppers. Cover tightly with aluminum foil and bake until peppers are tender and the rice and lentils are cooked through, about 30-45 min.

Season with salt and pepper. Serve braising liquid with stuffed peppers.

CHICKEN AND DUMPLINGS

DIFFICULTY

11 olive oil
2 celery stalks, cut diagonally into 1/4” thick slices
2 carrots, cut diagonally into 1/4” thick slices
1 medium onion, chopped
2 cloves garlic, minced
11 chopped fresh thyme
11 chopped fresh parsley
1 pound skinless, boneless chicken breast halves, cut into 1” pieces
1 c frozen peas
8 t salt
4 t freshly ground black pepper
Dumplings:
1 c white whole wheat flour, divided
1 t baking powder
2 t butter
1 c skim or 1% milk
11 chopped fresh thyme
11 chopped fresh parsley
8 t salt
4 t freshly ground black pepper

In a large Dutch oven over medium-high heat, warm oil. Add celery, carrot, onion and garlic and cook until vegetables soften, about 7 min. Add thyme, parsley and broth and bring to a boil. Add chicken, peas, salt and pepper. Cover, reduce heat to medium-low and simmer until chicken is cooked through, stirring occasionally, about 5 min.

In a small bowl, combine flour, baking powder, thyme, parsley, salt and pepper. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse crumbs. Add milk and stir until just combined. Remove lid and drop dough, 2 t at a time, into vegetable and chicken mixture, forming 16 dumplings. Cover and continue to simmer until dumplings are cooked through, about 7 min.

BERRY SPINACH SALAD

Available at Harmons

DIFFICULTY

1 T olive oil
2 celery stalks, cut diagonally into 1/4” thick slices
2 carrots, cut diagonally into 1/4” thick slices
1 T fresh thyme
1 T fresh parsley
2 c low-sodium chicken broth
1 c cooked brown rice
1 c cooked green peas
8 t salt
4 t freshly ground black pepper

In a large nonstick frying pan over medium heat, warm 1 T oil. Add onions and garlic and cook until softened, about 3 min. Add chicken, oregano, cinnamon and cumin and continue to cook until no longer raw, about 5 min. Stir in 1 T tomato paste, coating meat. Add 2 c broth, rice and lentils and stir to combine. Remove from heat, cover and set aside until liquid is absorbed and mixture has cooled slightly. Season with salt and pepper.

Place bell peppers in an 8”x8” baking dish. Divide filling among peppers. In a small bowl, whisk remaining 1/2 c broth with remaining 1 T tomato paste and 1 T olive oil. Pour into dish around peppers. Cover tightly with aluminum foil and bake until peppers are tender and the rice and lentils are cooked through, about 30-45 min.

Season with salt and pepper. Serve braising liquid with stuffed peppers.
AVOCADO AND WHITE BEAN CHIPOTLE WRAPS

Zest and juice of 1 lime
1 T finely chopped chipotle chiles in adobo sauce, optional
Pinch of salt
1 T canola or olive oil
1½ c shredded red cabbage
1 carrot, shredded
1 bell pepper, thinly sliced
¾ c chopped fresh cilantro

Filling
1 (15 oz) can low-sodium white beans, rinsed and drained
1 ripe avocado
½ c shredded sharp cheddar cheese
4 whole wheat tortillas

In medium bowl, whisk together lime zest and juice, chipotle chile, if using, salt and oil. Add cabbage, carrot, bell pepper and cilantro and toss to combine. Set aside.

In small bowl, mash beans and avocado with a potato masher or fork. Add cheese and stir to combine.

To assemble, spread ½ c bean-avocado mixture onto a tortilla and top with about ½ c dressed vegetables and roll up. Repeat with remaining tortillas.

DIY TACO SALAD BOWLS

2 leaves romaine lettuce, torn into pieces
½ c shredded sharp cheddar cheese
¼ c shredded cooked rotisserie chicken
2 T black beans
1 T mild salsa
¼ c cubed cucumber
½ avocado, cut into pieces
5 tortilla chips, broken into pieces
Salt and freshly ground pepper

In a sealable container, add lettuce, cheese, chicken, beans, salsa, cucumber, avocado and tortilla chips. Season with salt and pepper. Place the lid on the container and shake to combine.
HERBED CHICKEN BREASTS WITH TOMATILLO SALSA AND COTIJA

DIFFICULTY

Preheat oven to 350°.

Tomatillo Salsa
2 qts water
2 lb tomatillos, husks and stems removed
2 cloves garlic
1 jalapeño chile
2 c chopped fresh cilantro
4 c coarsely chopped onion
1 t fresh lime juice
4 t salt
2 t cumin
Pinch of sugar or drop of honey

Chicken
2 (6 oz) skinless, boneless chicken breast halves
Salt and freshly ground pepper
2 t ground cumin
4 t ground red pepper
2 T olive oil
1 c whole wheat bread crumbs
2 large eggs, lightly beaten
2 c crumbled cotija cheese
Lime wedges

Prepare 2 sheets of 15” long parchment paper.

Place each fillet in center of parchment. Cut 3 deep slits into each fillet. Tuck basil into each slit. Season with salt and pepper and place 3 lemon slices on top of each piece. Fold the parchment paper in half. Begin rolling and pressing the edges of parchment together toward the fish. Place on a baking sheet and cook until salmon is no longer translucent, about 20 min.

Meanwhile, to make yogurt sauce, in a small bowl, combine yogurt, curry powder, cayenne, garlic, salt, sugar, cilantro and mint together.

Using scissors or a knife, carefully cut through parchment. Transfer fish to plates and top with yogurt sauce.
## Baked Vegetables with Farro

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITY</th>
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<tbody>
<tr>
<td>1½ c uncooked farro</td>
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</tr>
<tr>
<td>Olive oil</td>
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<tr>
<td>1 red onion, cut into 1½&quot; cubes</td>
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<tr>
<td>2 T minced fresh garlic</td>
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<tr>
<td>1 red bell pepper, cut into 1½&quot; cubes</td>
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</tr>
<tr>
<td>1 yellow bell pepper, cut into 1½&quot; cubes</td>
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</tr>
<tr>
<td>2 T olive oil</td>
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<tr>
<td>1 red bell pepper, cut into 1½&quot; cubes</td>
<td></td>
</tr>
<tr>
<td>2 T minced fresh garlic</td>
<td></td>
</tr>
<tr>
<td>1 red bell pepper, cut into 1½&quot; cubes</td>
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</tr>
<tr>
<td>2 T olive oil</td>
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</tr>
<tr>
<td>3 handfuls fresh julienned spinach</td>
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<tr>
<td>Salt and freshly ground pepper</td>
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<tr>
<td>1 t fresh oregano leaves</td>
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<tr>
<td>2 c crumbled feta cheese</td>
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</tr>
<tr>
<td>9 c shaved parmesan, divided</td>
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<tr>
<td>3 T chopped fresh parsley</td>
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</tbody>
</table>

Preheat oven to 350°.

Bring a saucepan of water over high heat to boil. Add farro and cook according to instructions, 50-60 min. Set aside.

In a medium frying pan over medium heat, add 11 olive oil and onions and cook until translucent, about 5 min. Add garlic and cook until fragrant, about 30 sec. Transfer to a large bowl.

Add 2 T olive oil and bell peppers and continue to cook over medium-high heat until tender, about 5 min. Add eggplant and tomatoes and continue to cook until beginning to soften, about 10 min. Season with salt and pepper. Add to bowl with onions and garlic. Add spinach, farro, feta, ¼ c parmesan, oregano and season with pepper. Toss well and pour into a large casserole dish.

Sprinkle top of dish with remaining ¼ c parmesan and bake until cheese has melted and browned slightly, about 20 min. Sprinkle with chopped parsley.

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## Turkey Lasagna Mexican Style

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb ground turkey breast</td>
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<tr>
<td>1 red bell pepper, chopped</td>
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</tr>
<tr>
<td>1 poblano pepper, chopped</td>
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<tr>
<td>½ sweet onion, chopped</td>
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<tr>
<td>1 T olive oil</td>
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<tr>
<td>1 (15 oz) can unsalted tomato puree</td>
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<tr>
<td>Spice Mix</td>
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<tr>
<td>2 t ground cumin</td>
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<tr>
<td>1 t chili powder</td>
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<tr>
<td>¼ t smoked paprika</td>
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<tr>
<td>¼ t garlic powder</td>
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<tr>
<td>¼ t oregano powder</td>
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<tr>
<td>½ t salt</td>
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<tr>
<td>1 t pepper</td>
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<tr>
<td>1 (10 oz) bag frozen corn, thawed</td>
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<tr>
<td>1 (15 oz) can low-sodium black beans</td>
<td></td>
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<tr>
<td>1½ c shredded sharp cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>12 corn tortillas</td>
<td></td>
</tr>
<tr>
<td>Chopped fresh cilantro for garnish</td>
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</tr>
</tbody>
</table>

Preheat oven to 350°. Prepare a 9”x13” baking dish.

In a large frying pan over medium heat, add turkey and cook until opaque, about 3 min. Add bell pepper, poblano, onion and olive oil and continue to cook until meat is cooked through and vegetables are tender, about 5 min. Add tomato puree, stirring to combine. Reduce heat to low and cook, 3-5 min.

In a small bowl, combine cumin, chili powder, smoked paprika, garlic powder, onion powder, salt and pepper. Add to turkey-vegetable mixture and continue to cook, about 5 min.

Spoon ½ of turkey-vegetable mixture evenly onto bottom of baking dish. Layer 6 tortillas over turkey mixture. Spoon another ½ of turkey mixture over tortillas. Sprinkle ½ of cheese over turkey mixture. Repeat with remaining turkey, corn, beans and cheese. Bake in oven until cheese is melted, 25-30 min. Garnish with fresh cilantro.
POMEGRANATE MARINATED TURKEY

1/4 c honey
1 shallot, minced
1/4 c fresh lemon juice
1 T grated lemon zest
4 c pomegranate molasses
1/2 T Worcestershire sauce
1 T hot sauce
6 cloves garlic, minced
4 turkey legs or 3 breast halves, skinned
Salt and freshly ground pepper
1 T cornstarch
1 T water
Cooking spray

In a shallow casserole dish, combine honey, shallot, lemon juice and zest, pomegranate molasses, Worcestershire sauce, hot sauce and garlic. Add turkey, coat liberally, cover in plastic wrap and let marinate in refrigerator, turning occasionally, 1 hr up to 2 hrs.

Preheat oven to 425°. Prepare a rimmed baking sheet covered with aluminum foil.

Remove turkey from dish, discarding marinade, and transfer to prepared baking sheet. Season with salt and pepper. Bake until an instant-read thermometer reads 165°, about 30 min. Serve with wild rice pilaf.

POLENTA WITH CHARD AND WHITE BEANS

2 T olive oil, divided
1 (16-20 oz) tube pre-made polenta
1 T black pepper
1 clove garlic, minced
1 (15.5 oz) can low-sodium cannellini beans, drained and rinsed
5-6 large leaves Swiss chard, stems removed and leaves sliced into ribbons

In a nonstick frying pan over medium-low heat, warm 1 T olive oil. Remove polenta from packaging and slice into 8-10 slices. Sprinkle each side with salt and pepper and place in pan. Cook until one side is brown and crisp, 5-6 min. Flip and cook until other side is crisp, another 5-6 min.

Meanwhile, heat remaining 1 T olive oil in another frying pan over medium-low heat. Add garlic and cook until fragrant, about 30 sec. Add beans and allow to warm up, about 3 min. Add chard to pan and stir until chard begins to wilt, 3-4 min. Continue to cook, stirring occasionally, until chard is tender, another 2-3 min.

To serve, place polenta on a platter and top with bean-chard mixture.
CAJUN SHRIMP LINGUINE

- 1½ T salt-free Cajun seasoning
- 1 lb large shrimp, peeled and deveined
- 2 T olive oil, divided
- 1 c chopped onion
- 1 c chopped green bell pepper
- 2 c thinly sliced celery
- 5 cloves garlic, minced
- ½ c chopped fresh thyme, divided
- ½ t cayenne
- ½ t salt
- 2 bay leaves
- 1 (14.5 oz) can unsalted diced tomatoes, undrained
- 6 oz whole-grain linguine or fettuccine
- 2 c half-and-half

In medium bowl, add Cajun seasoning and shrimp and toss to combine. In a large frying pan over medium-high heat, warm 1 T oil. Add shrimp in an even layer and cook on first side, 2-3 min. Turn over and cook second side, 2-3 minutes. Transfer to a plate.

Add remaining 1 T oil to pan over medium-high heat. Add onion, bell pepper, celery and garlic, stir to combine and cook, stirring occasionally until vegetables soften, about 5 min. Add 1 T thyme, cayenne and salt and continue to cook, about 3 min. Add bay leaves and tomatoes, increase the heat to high and bring to a boil. Reduce heat to low and simmer, about 5 min. Discard bay leaves. Add shrimp to sauce, stir to combine and let heat through.

Meanwhile, cook pasta according to package directions until al dente. Add pasta, half-and-half and remaining ½ T thyme to sauce and continue to cook until heated through, about 3 min.

QUINOA BURRITO BOWLS

- 2 c tri-colored quinoa, rinsed and drained
- 3 c low-sodium chicken broth
- 4 chicken breast halves, cooked and shredded
- Salt and freshly ground pepper
- 1 (15 oz) can low-sodium black beans, rinsed and drained
- 1 (10 oz) bag frozen corn, thawed
- 2 avocados, halved, pitted and cubed
- 1 c fresh salsa
- 3 c chopped fresh cilantro
- 8 fresh lime wedges

In a medium saucepan over medium-high heat, add quinoa and toast, stirring constantly, until fragrant, about 3 min. Add broth and bring to a boil. Cover and cook until al dente, 15-20 min. Fluff with a fork.

In a medium bowl, add quinoa and toast, stirring constantly, until fragrant, about 3 min. Add broth and bring to a boil. Cover and cook until al dente, 15-20 min. Fluff with a fork.

Divide quinoa evenly between 4 bowls. Divide chicken between the 4 bowls. Sprinkle on black beans, corn and avocado. Place a dollop of salsa on each bowl. Garnish with cilantro and serve with lime wedges. 