

Salt Lake Community College
Human Resources
Employee Wellness Benefit
Mindful Meals Program

Introduction

When was the last time you sat down to eat and gave your full attention to the meal in front of you? For many of us, mealtime is rushed and filled with distractions. Whether we're eating on the run, in front of the TV, or while checking e-mail, few people take the time to focus on eating.

Here's why we want to change that habit.

First, if you love food (like many of us do!), then it makes sense to really taste and enjoy each bite. Second, many people find that eating with distractions causes them to have more food than they were hungry for. Sometimes, they eat so quickly that they miss their body signaling, "Hey, I'm full." Other times, they feel unsatisfied with their meal because they didn't really taste it, so they end up having another serving just to prolong the flavors.

To help us overcome the challenges that come with distracted eating, we can turn to mindfulness. Mindfulness is about being in the present moment and noticing our thoughts, body sensations, and emotions without judgment. We can practice mindful eating by staying in the present moment as we eat. Instead of eating with distractions, mindful eating calls on us to give our full attention to our food and the experience of eating it. One way to eat more mindfully is by savoring. Slowing down and using all of our senses to savor our food can do wonders for helping us to feel more satisfied with our meal. Sometimes, we even learn new things about our food likes and dislikes.

Let's pause here. Instead of reading about the benefits of mindful eating, let's take a few weeks for you to experience it for yourself.

Over the next 10 weeks, this program is going to help you discover the benefits of mindful eating by giving you weekly tips and practices to try. Some of the tips will help you stay in the present moment by clearing away distractions and savoring your meal with different senses. Other tips will help you to eat more intuitively. Intuitive eating is an aspect of mindful eating that helps us listen to and respect our body signals. Instead of counting calories or eating by the clock, we can check in with our feelings of hunger and fullness to help us answer questions of when, what, and how much to eat.

There are ten tips so that you can try a different tip each week of the program. You can go through the tips in order, or mix them up. You can also choose whether you want to try all 10 of the tips, or practice one tip for a few weeks before moving on to the next one.

Each time you try a new tip, take a few moments to reflect on your experience by asking yourself:

- Did practicing this tip cause me to eat differently than I usually do? If so, how?
- What was it like to eat mindfully?
- How could following this tip make a positive difference for me?

Keep notes of your experiences, successes, challenges, and questions with each mindful eating session and share your "ah-ha!" moments with your peers.

At the end of every mindful eating session, try checking in with yourself to see how the food made you feel. Do you feel comfortable and focused? Does the food agree with your digestive system? How might this awareness influence your food choices at future meals?

While we have suggested mindful eating tips on specific recipes, any of these mindful eating tips can be used during any meal.

1. Clear away distractions. What kinds of distractions do you have when you eat? Do you check your e-mail, scroll through your phone, watch TV, or eat and drive? This week, create space to focus on your food by clearing away distractions.
2. Check for hunger. Sometimes we eat because we're hungry, and sometimes we eat in response to other cues: It's noon. It's there. We see others eating and start to crave what they're having. This week, focus on eating in response to your body's hunger signals. A mild growl in the stomach, irritability, and light-headedness are common signals that it's time to refuel our body.
3. Ask what you're hungry for. Set yourself up for a satisfying meal by asking yourself what kind of food sounds good right now. Would you prefer something chewy or crunchy? Salty or sour? Hot or cold? As you ask yourself these questions, you may find that some tastes are more appealing to you at certain times of day. For instance, some people like the taste of something sweet for breakfast, while others much prefer a savory start to their morning.
4. Make it special with ambiance. Create a fine dining experience at home by setting the table, using the fancy china, and putting on some relaxing background music. Notice how these details can set the stage for a more enjoyable meal. If you tend to eat while standing up, try sitting down for your meals this week and see how that impacts your satisfaction.
5. Focus on flavor. Our tongue is a key player in tasting our food, yet sometimes we eat so quickly that the food passes right over our tongue and into our stomach before we've had time to taste it. This week, start each meal with three mindful bites. To help you focus on the flavors, try rolling your food around in your mouth, chewing more slowly, and putting your fork down between bites. To focus on flavor even more, try closing your eyes as you chew.
6. Chew a little longer. Consider this: Would you want to purée all of your meals? Probably not, because chewing helps us to feel more satisfied. This week, take time to chew your food a your sense of smell? Notice how the smell of something delicious can make your mouth water even before you've taken the first bite.
7. Savor with your eyes and nose. Savoring is not limited to our sense of taste. We can also "savor" with our eyes and nose. This week, take time to appreciate the colors, shapes, and aroma of your food. Does the food appeal to your sense of sight? How about
8. Be present. Mindful eating is about more than clearing away distractions and slowing down – it also involves giving our full attention to our meal. Next time you catch yourself thinking about your to-do list or daydreaming as you eat, note to yourself, "ah, that's wandering," and then bring your attention back to the experience of eating.
9. Pause in the middle to check satisfaction. This week, pause in the middle of your meal and ask yourself, "Am I still enjoying this food?" Consider how the food tastes, along with its texture and temperature. If you're enjoying all of those aspects, then continue to savor your meal. On the other hand, if it doesn't taste as good as you expected, can you choose something else that would be more satisfying? Many people find that food is less appealing when they feel full, so this is also a good time to re-assess how hungry you are.
10. Aim for comfortable fullness. Have you ever felt uncomfortably full or "stuffed" at the end of a meal? Another way to make our meals more enjoyable is by respecting our body's fullness so that we feel well when we're done eating. This week, instead of eating until you are "full," eat until your hunger is gone. You can also think of this as eating until you are 80% full.
11. Bonus: Check-in after the meal. Now that you've finished your meal, there's one more element of mindfulness you can apply: Checking in with how the food made you feel. Do you feel comfortable and focused? Does the food agree with your digestive system? How might this awareness influence your food choices at future meals?little longer. There is no magic number to reach – the goal is to get more flavor and enjoyment out of each bite. To bring another element of mindfulness to this activity, notice how the flavors and texture change as you chew.



ROSEMARY AND BALSAMIC ROASTED CHICKEN

Prep Time: 15 MINUTES | Cook Time: 20 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

4 EACH. (5 OZ.) CHICKEN BREAST, SKINLESS
4 TBSP. OLIVE OIL
1 TBSP. ROSEMARY, FRESH CHOPPED
1 TSP. GARLIC, FRESH MINCED
2 TBSP. BALSAMIC VINEGAR
1/8 TSP. CRUSHED RED CHILI FLAKES
1/8 TSP. SALT

Directions:

In a medium size mixing bowl, marinate the chicken with 2 tablespoons of olive oil, fresh rosemary, garlic, balsamic vinegar, red chili flakes and salt for 15 minutes.

In a skillet, heat the remaining 2 tablespoons of olive oil on high heat. Remove the chicken from the marinade, and cook each breast for 2 minutes on both sides.

In a pre-heated 350 degree oven, finish cooking the chicken on a sheet pan for approximately 15 minutes or until the internal temperature reaches 165 degrees.

Let rest for 5 minutes. Slice, and serve.

Mindful Eating Tip #1:

Clear away distractions. What kinds of distractions do you have when you eat? Do you check your e-mail, scroll through your phone, watch TV, or eat and drive? This week, create space to focus on your food by clearing away distractions.



PAN STEAMED BROCCOLINI WITH ALMONDS AND POMEGRANATE

Prep Time: 10 MINUTES | Cook Time: 10 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 LB. BROCCOLINI
2 TBSP. OLIVE OIL
1/2 TSP. GARLIC, FRESH AND
MINCED
1/4 CUP. WATER
2 TBSP. LEMON JUICE, FRESH
1 TBSP. SESAME OIL
1/8 TSP. SALT
1 TBSP. ALMONDS, SLIVERED
1 TBSP. POMEGRANATE SEEDS

Directions:

In a large skillet on medium heat add olive oil and broccolini. Cook for 2 minutes and then add garlic and water to pan. Steam for approximately 2 more minutes until the broccolini is bright in color and still crisp.

Season with lemon juice, sesame oil and salt.

Top each serving with almonds and fresh pomegranate seeds.

Notes: What is Broccolini? It's a vegetable that is a hybrid of broccoli and kale with small florets on slender stalks.



SESAME-GINGER GREEN BEANS WITH APRICOTS AND TOASTED CASHEWS

Prep Time: 10 MINUTES | Cook Time: 10 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 LB. GREEN BEANS, FRESH AND TRIMMED
1/4 CUP, WATER
1 TBSP. TOASTED SESAME OIL
1 TBSP. SOY SAUCE, LOW-SODIUM
1 TSP. HONEY
1/2 TSP. GINGER, FRESH, MINCED
1/4 TSP. GARLIC, FRESH, MINCED
1/4 CUP, APRICOTS, DRIED, SLICED
1 TBSP. CASHEWS, TOASTED, CUT IN SMALL PIECES
1 TBSP. CILANTRO, FRESH, CHOPPED
1/4 TSP. BLACK SESAME SEEDS

Directions:

Bring green beans and water to a boil in a large skillet. Reduce heat to a simmer, until the beans are just tender, 3-5 minutes.

Add the ginger and garlic to the skillet and cook for an additional 2 minutes.

Add the toasted sesame oil, soy sauce, and honey to the beans and reduce this sauce in the skillet for 1 minute.

Fold in the sliced apricots, toasted cashews, and chopped cilantro, and garnish with black sesame seeds.

Notes: This is such an easy side dish that your friends and family will enjoy! Get creative and "Fire Up" that BBQ. A piece of salmon or chicken will pair great with this.



LEMON-GARLIC SHRIMP WITH DILL

Prep Time: 10 MINUTES | Cook Time: 10 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 LB. (21-25) SHRIMP
1 TBSP. OLIVE OIL
2 TBSP. LEMON JUICE, FRESH
1 TSP. GARLIC, FRESH, MINCED
1/8 TSP. CRUSHED RED CHILI FLAKES
1 TSP. DILL, FRESH, CHOPPED
1/8 TSP. SALT
4 EACH. BAMBOO SKEWERS

Directions:

In a medium size mixing bowl, add all the ingredients together and marinate for 5 minutes.

Preheat oven to 450 degrees.

Place 6 shrimp on each skewer and arrange on sheet pan. Roast for approximately 6-8 minutes or until shrimp are fully cooked.

Notes: Serve with turmeric scented rice, a salad, or even as a snack.

Mindful Eating Tip #2:

Check for hunger. Sometimes we eat because we're hungry, and sometimes we eat in response to other cues: It's noon. It's there. We see others eating and start to crave what they're having. This week, focus on eating in response to your body's hunger signals. A mild growl in the stomach, irritability, and light-headedness are common signals that it's time to refuel our body.



SOUTHWEST GRILLED CHICKEN SALAD

Prep Time: 15 MINUTES | Cook Time: 25 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 LB. (4-4 OZ.) CHICKEN, BREASTS, SKINLESS
2 TBSP. OLIVE OIL
1/2 TSP. GARLIC, FRESH AND MINCED
1 TSP. CHILI POWDER
1/2 TSP. SALT
1/2 LB. LETTUCE, ROMAINE HEARTS
1 CUP. BEANS, PINTO COOKED, DRAINED and RINSED
1 CUP. CORN, FROZEN OR FRESH
1/4 CUP. OLIVES, BLACK
1 CUP. SALSA
1/2 CUP. CILANTRO-LIME VINAIGRETTE

Directions:

Preheat grill or oven to 450 degrees. In a medium size mixing bowl, marinate the chicken with olive oil, garlic, chili powder and salt for 10 minutes.

Place chicken on the grill and cook for 5-6 minutes per side or until the internal temperature is between 160-165 degrees.

(In Oven)

On a nonstick baking pan, cook chicken for 20-25 minutes or until the internal temperature is between 160-165 degrees.

Slice chicken and arrange with salad components on a plate.

Serve with 2 ounces of cilantro-lime vinaigrette.



PULLED CHIPOTLE SPICED CHICKEN SLIDERS

Prep Time: 10 MINUTES | Cook Time: 30 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

4. (4 OZ.) CHICKEN BREAST, SKINLESS
2 TBSP. OLIVE OIL
1 TSP. GARLIC, FRESH AND MINCED
1/2 CUP. BBQ SAUCE, LOW-SODIUM
1 CUP. WATER
1 TBSP. HONEY
1 TSP. CHIPOTLE POWDER
1 TBSP. CILANTRO, FRESH AND CHOPPED
SALT AND PEPPER TO TASTE
8 EACH. MULTI-GRAIN SLIDER BUNS

Directions:

In a medium size sauce pot on medium heat, slowly simmer the chicken breasts, olive oil, garlic, bbq sauce, water and honey for approximately 15 minutes.

Remove from heat and with a fork or by hand, gently pull the chicken into strands. Add the chipotle powder and fresh cilantro and mix well with salt and pepper to taste. Top each slider with pulled chicken and crisp red cabbage slaw.

Notes: -Chipotle peppers are red jalapeños that have been smoked so they're not only spicy, but have a deep, rich and smoky flavor as well.



STRAWBERRY AND BANANA FRENCH TOAST

Prep Time: 10 MINUTES | Cook Time: 10 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

8 SLICES. MULTI-GRAIN BREAD
2 EACH. EGGS, LARGE, WHITES
1 EACH. EGG, LARGE
1/2 EACH. BANANA, RIPE
1/2 CUP. MILK, LOW-FAT
1/4 TSP. VANILLA EXTRACT

1/4 TSP. CINNAMON
2 TBSP. BUTTER OR OLIVE OIL
FRESH STRAWBERRY AND BANANA,
SLICED
1 TBSP. WALNUTS, CHOPPED
1/2 CUP. MAPLE SYRUP

Directions:

In a blender puree eggs, banana, milk, vanilla, and cinnamon together and pour into a shallow pan such as a pie plate. In a large skillet, warm butter or olive oil over medium heat. Dip bread in egg mixture. Fry slices until golden brown, then flip to cook the side. Remove from pan and slice into half. Top each plate with sliced strawberries, banana, and chopped walnuts. Serve with 2 tablespoons of maple syrup.

Mindful Eating Tip #3:

Ask what you're hungry for. Set yourself up for a satisfying meal by asking yourself what kind of food sounds good right now. Would you prefer something chewy or crunchy? Salty or sour? Hot or cold? As you ask yourself these questions, you may find that some tastes are more appealing to you at certain times of day. For instance, some people like the taste of something sweet for breakfast, while others much prefer a savory start to their morning.



WHOLE WHEAT BERRY BLISS MUFFINS

Prep Time: 10 MINUTES | Cook Time: 20 MINUTES | Servings: 12 MUFFINS | Difficulty: Easy

Ingredients:

1 1/2 CUPS. WHOLE WHEAT PASTRY FLOUR
1/2 CUP. ROLLED OATS
1/2 TSP. BAKING SODA
1 TSP. BAKING POWDER
3/4 TSP. CINNAMON, GROUND
1/4 TSP. SALT
2 CUPS. APPLESAUCE, UNSWEETENED
1 TSP. OLIVE OIL

1/4 CUP. BROWN SUGAR
2 EACH. WHOLE EGGS, BEATEN
4 EACH. EGG WHITES, BEATEN
1/2 CUP. MILK, LOW-FAT
1/2 CUP. BLUEBERRIES, FRESH OR FROZEN
1/2 CUP. RASPBERRIES, FRESH OR FROZEN
1/2 CUP. WALNUTS, CHOPPED

Directions:

Preheat oven to 350 degrees. In a 12-cup muffin pan, coat the inside with cooking spray. In a large bowl combine flour, oats, baking soda, baking powder, cinnamon and salt; set aside. In a medium size mixing bowl whisk together the applesauce, olive oil, brown sugar, eggs and low-fat milk. Add flour mixture and stir until just combined without over mixing. Gently fold in the berries and walnuts and divide the mixture into each muffin cup. Bake muffins for approximately 15-20 minutes or until a toothpick inserted into the center comes out clean.



SANTA FE STEAK FAJITAS

Prep Time: 20 MINUTES | Cook Time: 30 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 LB. (4-4 OUNCE) TOP SIRLOINS
2 TBSP. OLIVE OIL
1 TBSP. LIME JUICE, FRESH
1/2 TSP. CHILI POWDER
1/8 TSP. SALT
1 CUP. RICE, DRY, UNCLE BEN'S
2 CUPS. WATER
1 TBSP. LIME JUICE, FRESH
1 TBSP. CILANTRO, FRESH, CHOPPED

1 CUP. PINTO BEANS, COOKED, AND RINSED
1 EACH. YELLOW BELL PEPPER, JULIENNED
1 EACH. RED BELL PEPPER, JULIENNED
1 EACH. GREEN BELL PEPPER, JULIENNED
1 EACH, ONION, JULIENNED
8 EACH. CORN TORTILLA, 6 INCH
1 CUP. SALSA

Directions:

Preheat oven 450 degrees.

In a small mixing bowl combine steaks, 1 tablespoon of olive oil, lime juice, chili powder, and salt; marinate for 10 minutes.

In a medium size sauce pot add rice, and water and bring to a boil. Cover and reduce heat for 20 minutes or until rice is cooked. Add lime juice and cilantro and set aside.

While the rice is cooking, roast steaks on a nonstick baking pan for 10-12 minutes. Let rest before slicing.

Sauté peppers and onions in 1 tablespoon of olive oil in a small pan.

In a separate pot warm pinto beans.

Slice steaks and arrange on a plate with rice, beans, pepper mixture and warm tortillas.

Serve with salsa.

Notes: Not a fan of pinto beans? Black beans are a great substitution.



CILANTRO-LIME AND AVOCADO VINAIGRETTE

Prep Time: 10 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 CUP. CILANTRO, FRESH AND LOOSELY PACKED
1/4 EACH. AVOCADO, RIPE
1/4 CUP. LIME JUICE, FRESH
1/4 CUP. ORANGE JUICE
1 TBSP. HONEY
1/4 TSP. CHIPOTLE POWDER
1/8 TSP. SALT
2 TBSP. OLIVE OIL

Directions:

Place everything into a blender and puree until smooth.

Mindful Eating Tip #4:

Make it special with ambiance. Create a fine dining experience at home by setting the table, using the fancy china, and putting on some relaxing background music. Notice how these details can set the stage for a more enjoyable meal. If you tend to eat while standing up, try sitting down for your meals this week and see how that impacts your satisfaction.



CRISP ASIAN VEGETABLE SLAW

Prep Time: 15 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

2 CUPS. RED CABBAGE, SHREDDED
1 CUP. CARROTS, SHREDDED
1/2 CUP. RED BELL PEPPER, SLICED
1/2 CUP. YELLOW BELL PEPPER, SLICED
1 TSP. GINGER, FRESH, MINCED
1/2 TSP. GARLIC, FRESH, MINCED
2 TBSP. SOY SAUCE, LOW-SODIUM
2 TBSP. SESAME OIL
1/4 CUP. RICE VINEGAR OR APPLE CIDER VINEGAR
1 TSP. RAW SUGAR
2 TSP. MINT, FRESH, CHOPPED
1 TBSP. CILANTRO, FRESH, CHOPPED
2 TBSP. CASHEWS OR ALMONDS TOASTED, CHOPPED
1/4 TSP. BLACK OR WHITE SESAME SEEDS

Directions:

In a medium size mixing bowl, toss all the ingredients together and let sit for approximately 10 minutes before serving.

Notes: Looking to keep it Gluten Free? Substitute regular soy sauce for wheat-free Tamari. Not enough protein? Add a few more almonds or even a piece of salmon or chicken.



MEDITERRANEAN VEGETABLE SANDWICH

Prep Time: 10 MINUTES | Cook Time: 20 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

4 EACH. MUSHROOM, PORTOBELLO, STEMS REMOVED
1/4 CUP. OLIVE OIL
2 TBSP. BALSAMIC VINEGAR
1/2 TSP. GARLIC, FRESH AND MINCED
1 TBSP. BASIL, FRESH AND CHOPPED
1 EACH. YELLOW BELL PEPPER, SLICED IN RINGS
1 EACH. TOMATO, LARGE, SLICED
1 CUP. SPINACH LEAVES, FRESH
2 TBSP. KALAMATA OLIVES, PITTED AND CHOPPED
1 CUP. HUMMUS, PLAIN
4 EACH. MULTI-GRAIN BUNS

Directions:

Preheat oven to 450 degrees. In a large size mixing bowl, toss together the mushrooms, olive oil, balsamic vinegar, garlic and basil.

Place on a nonstick baking pan and roast for approximately 15 minutes or until the mushrooms are cooked and tender.

Slice 4 multi-grain buns in half and spread the hummus on both sides; top with chopped olives.

Layer the cooked mushrooms, bell peppers, tomatoes, and spinach and form a sandwich.

Cut in half and serve with your favorite side.



SESAME-GINGER BAKED SALMON

Prep Time: 10 MINUTES | Cook Time: 15 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

16 OZ. SALMON FILLET, CUT INTO 4 PIECES
2 TSP. GINGER, FRESH AND CHOPPED
1/2 TSP. GARLIC, FRESH AND MINCED
2 TBSP. OLIVE OIL
1 TBSP. SESAME OIL
1 TBSP. SOY SAUCE, LOW-SODIUM
1 TSP. HONEY
1 TSP. MRS. DASH SEASONING
1/2 TSP. BLACK SESAME SEEDS

Directions:

Preheat the oven to 450 degrees. In a medium size mixing bowl, add all the ingredients and marinate the salmon for 10 minutes. Place salmon on a non-stick baking pan and cook for approximately 12-15 minutes or until the fish is cooked through. Garnish with black sesame seeds and serve with your favorite side dish.

Mindful Eating Tip #5:

Focus on flavor. Our tongue is a key player in tasting our food, yet sometimes we eat so quickly that the food passes right over our tongue and into our stomach before we've had time to taste it. This week, start each meal with three mindful bites. To help you focus on the flavors, try rolling your food around in your mouth, chewing more slowly, and putting your fork down between bites. To focus on flavor even more, try closing your eyes as you chew.



BRAISED BUTTERNUT SQUASH WITH COCONUT

Prep Time: 15 MINUTES | Cook Time: 25 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

4 CUPS. BUTTERNUT SQUASH, PEELED, SEEDS REMOVED, LARGE DICE
2 TBSP. OLIVE OIL
1 TSP. GARLIC, FRESH AND MINCED
1 CUP. WATER
4 CUPS. KALE, FRESH AND CUT INTO SMALL PIECES
1 TBSP. GINGER, FRESH AND MINCED
1/4 CUP. COCONUT MILK, LOW-FAT
1 TBSP. HONEY
1 TBSP. CILANTRO, FRESH AND CHOPPED
1/2 EACH. RED BELL PEPPER, JULIENNED
SALT AND PEPPER TO TASTE
1 TBSP. PECANS, CHOPPED

Directions

In a large skillet heat olive oil over medium heat. Add butternut squash and garlic and cook for 2 minutes. When the garlic begins to color, add the water and bring to a boil. Cover and reduce the heat to low. Cook for approximately 15 minutes or until the squash is fork tender.

Uncover the pan and add kale, fresh ginger, coconut milk, honey and red bell pepper; cook for 2 minutes and season with salt and pepper.

Stir in cilantro and top with pecans.



WARM QUINOA AND COCONUT CEREAL

Prep Time: 10 MINUTES | Cook Time: 25 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

2 CUPS. QUINOA, DRY AND RINSED
3 CUPS. WATER
1 CUP. COCONUT MILK, LOW-FAT
1 CUP. ALMOND MILK
1/4 TSP. CINNAMON
1/8 TSP. ANISE SEED POWDER
1/4 TSP. CARDAMOM
1 TBSP. HONEY
4 TSP. COCONUT, SHREDED

Directions:

In a medium sauce pot, combine quinoa, water, and coconut milk. Bring to a boil. Cover, and reduce heat to low, and simmer until quinoa is tender, about 15-20 minutes.

Add the almond milk, cinnamon, anise powder, cardamom and honey; stir.

Serve with shredded coconut, a touch of cinnamon, and your favorite fresh berries.



SWEET AND TANGY TURKEY SLOPPY JOE'S

Prep Time: 10 MINUTES | Cook Time: 25 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 TBSP. OLIVE OIL
1 LB. GROUND TURKEY
1 ONION, SMALL DICED
2 GARLIC CLOVES, CHOPPED
1 GREEN BELL PEPPER, SMALL DICED
1 CUP, TOMATO SAUCE
3 TBSP. TOMATO PASTE
1/2 CUP, BBQ SAUCE OF CHOICE
1 TSP. WORCESTERSHIRE SAUCE
1 TSP. CHILI POWDER
1 TSP. ALLSPICE
1 TBSP. BROWN SUGAR

SALT AND PEPPER TO TASTE
4 WHOLE WHEAT HAMBURGER BUNS

CRISP RED CABBAGE SLAW

2 CUPS, RED CABBAGE, SHREDDED
1/2 CUP, CARROTS, SHREDDED
1 TSP. MINT, CHOPPED
2 TBSP. APPLE CIDER VINEGAR
1 TBSP. LOW-FAT MAYONNAISE
1/4 TSP, HONEY

Toss all the ingredients in a bowl and serve chilled

Directions:

Heat olive oil in large skillet on medium heat. Add green bell pepper, onion, garlic. Cook until the onion is tender (approx. 4 min). Transfer to a bowl and set aside. Cook turkey in same skillet. Season with salt and pepper and cook 8-10 minutes or until the turkey is cooked and no longer pink. Stir in tomato sauce & paste, bbq sauce, Worcestershire, chili powder, allspice, & brown sugar. Add vegetables. Stir to combine. Reduce heat to medium low and simmer 15-20 minutes. Taste, adjust seasoning, and serve on warm whole wheat hamburger buns with a side of cabbage slaw.

Mindful Eating Tip #6:

Chew a little longer. Consider this: Would you want to purée all of your meals? Probably not, because chewing helps us to feel more satisfied. This week, take time to chew your food a little longer. There is no magic number to reach – the goal is to get more flavor and enjoyment out of each bite. To bring another element of mindfulness to this activity, notice how the flavors and texture change as you chew.



TURMERIC SCENTED RICE WITH VEGETABLES

Prep Time: 10 MINUTES | Cook Time: 30 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

2 TBSP. OLIVE OIL

1/4 CUP. GREEN BELL PEPPER, DICED

1/4 CUP. ONIONS, SMALL DICED

1/4 CUP. CELERY, SMALL DICED

1/2 CUP. SPINACH, FRESH, CHOPPED

1/4 CUP. ROMA TOMATOES, SMALL DICED

1 TSP. GARLIC, FRESH, MINCED

1 CUP. BROWN RICE, DRY, UNCLE BEN'S

2 CUPS. VEGETABLE BROTH, LOW-SODIUM

1/4 CUP. LEMON JUICE, FRESH

2 TBSP. TURMERIC POWDER

1/2 TSP. DILL, FRESH, CHOPPED

SALT AND PEPPER TO TASTE

Directions:

In a medium sauce pot, cook the vegetables for 3 minutes in olive oil. Add the garlic and cook for another 30 seconds. Reduce the heat to low and add the rice, vegetable broth, lemon juice, and turmeric.

Cover the pot and cook for 20-25 minutes or until liquid is absorbed into rice.

Remove from the stove and add the fresh dill, salt, pepper and fluff with a fork.

Notes: Turmeric is a plant. You probably know turmeric as the main spice in curry. It has a warm, bitter taste and is frequently used to flavor or color curry powders, mustards, butters, and cheeses. But the root of turmeric is also used widely to make medicine.

Turmeric is used for arthritis, heartburn (dyspepsia), stomach pain, diarrhea, intestinal gas, stomach bloating, loss of appetite, jaundice, liver problems and gallbladder disorders.

It is also used for headaches, bronchitis, colds, lung infections, fibromyalgia, leprosy, fever, menstrual problems, and cancer. Other uses include depression, Alzheimer's disease, water retention, worms, and kidney problems.

Some people apply turmeric to the skin for pain, ringworm, bruising, leech bites, eye infections, inflammatory skin conditions, soreness inside of the mouth, and infected wounds.

In food and manufacturing, the essential oil of turmeric is used in perfumes, and its resin is used as a flavor and color component in foods.



QUINOA TABOULI AND VEGETABLE SALAD

Prep Time: 45 MINUTES | Cook Time: 25 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

2 CUPS. QUINOA, DRY AND RINSED
4 CUPS, WATER
1 CUP. KALE, FRESH AND STEAMED FOR 1 MINUTE
1 CUP. TOMATOES, FRESH AND SMALL DICED
1/2 CUP. ZUCCHINI, SMALL DICED
1/2 CUP, CUCUMBER, SMALL DICED
1/2 CUP. YELLOW BELL PEPPER, SMALL DICED
1/4 CUP. OLIVE OIL
1/2 CUP. LEMON JUICE, FRESH
1 TBSP. MRS. DASH SEASONING
1/2 TSP. SALT
1/4 CUP. PARSLEY, FRESH AND CHOPPED
1/4 CUP. MINT, FRESH AND CHOPPED
1/4 CUP. SUNFLOWER SEEDS, TOASTED

Directions:

In a medium sauce pot, combine quinoa and water. Bring to a boil. Cover, and reduce heat to low, and simmer until quinoa is tender, about 15-20 minutes.

Transfer the quinoa to a large mixing bowl. Fluff with a fork and refrigerate for 15 minutes.

Once the quinoa is cold, add the steamed kale, tomatoes, zucchini, cucumbers and yellow bell pepper. Toss with olive oil, lemon juice, Mrs. Dash, and salt. Fold in fresh chopped parsley and mint and serve chilled with toasted sunflower seeds.

Notes: Quinoa has the perfect balance of all nine amino acids essential for human nutrition. This type of complete protein is rarely found in plant foods, though common in meats. Quinoa also has a good dose of fiber and iron and is considered a "superfood".



MIXED BERRY SMOOTHIE WITH CHIA SEEDS

Prep Time: 10 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

2 CUPS. ASSORTED MIXED BERRIES, FROZEN
1 EACH, BANANA, RIPE
1 CUP. YOGURT, LOW-FAT, PLAIN
1/2 CUP. GARBANZO BEANS, CANNED AND DRAINED
1/2 CUP. ORANGE JUICE
1 CUP. WATER
1 TSP. HONEY
1 TBSP. MINT LEAVES, FRESH
1/2 TSP. CHIA SEEDS

Directions:

Combine all ingredients in a blender and puree until smooth. Pour into 4 glasses and top with chia seeds. Notes: Looking for more protein? Add a scoop of your favorite protein powder.

Mindful Eating Tip #7:

Savor with your eyes and nose. Savoring is not limited to our sense of taste. We can also “savor” with our eyes and nose. This week, take time to appreciate the colors, shapes, and aroma of your food. Does the food appeal to your sense of sight? How about your sense of smell? Notice how the smell of something delicious can make your mouth water even before you’ve taken the first bite.



CURRIED CAULIFLOWER WITH GARBANZO BEANS

Prep Time: 10 MINUTES | Cook Time: 15 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 HEAD. CAULIFLOWER, CUT INTO SMALL FLORETS
2 TBSP. OLIVE OIL
1/2 CUP. WATER
1 CUP. GARBANZO BEANS, COOKED, DRAINED AND RINSED
4 CUPS. SPINACH, FRESH AND LOOSELY PACKED
2 CUPS. TOMATOES, FRESH, LARGE DICED
1/4 CUP. RAISINS
2 TSP. CURRY POWDER
2 TBSP. CILANTRO, FRESH AND CHOPPED
SALT AND PEPPER TO TASTE
1 TBSP. CASHEWS, TOASTED AND CHOPPED

Directions:

In a large skillet heat olive oil over medium heat. Add cauliflower and cook for 2 minutes. Add water to the pan and cook for an additional 3 minutes or until the cauliflower is fork tender.

Stir in the garbanzo beans, spinach, tomatoes, raisins, and curry powder and cook for 2 minutes. Season with salt and pepper and fresh chopped cilantro.

Top with toasted cashews.



SOUTHWEST BREAKFAST WRAP

Prep Time: 10 MINUTES | Cook Time: 10 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

4 EACH. WHOLE WHEAT TORTILLAS (8 INCH)
2 TBSP. OLIVE OIL
1/4 CUP. ONION, MEDIUM DICED
1/4 CUP. GREEN BELL PEPPER, MEDIUM DICED
1/4 CUP. RED BELL PEPPER, MEDIUM DICED
1 CUP. SPINACH, FRESH AND CHOPPED

1 CUP. HASH BROWN POTATOES
1 TSP. CUMIN POWDER
1/2 TSP. CHILI POWDER
1/4 TSP. PAPRIKA, SMOKED
4 SLICES. TURKEY BACON, CHOPPED
8 EACH. EGGS, WHOLE
4 EACH. EGGS, WHITES
1/2 CUP. MEXICAN CHEESE BLEND, SHREDDED, REDUCED-FAT
1 CUP. SALSA

Directions:

In a large nonstick skillet, heat oil over medium-high heat. Add onions, peppers, spinach, hash brown potatoes, and turkey bacon; cook and stir until vegetables are tender and bacon is crisp. Remove from pan and keep warm. In a small mixing bowl, whisk together the eggs, cheese, and spices and add to the vegetable mix. Cook over medium heat until eggs begin to set. Spoon egg and vegetable mixture across center of each warmed tortilla and fold bottom and sides of tortilla over filling. Serve each breakfast wrap with a 1/4 cup of prepared salsa.

Mindful Eating Tip #8:

Be present. Mindful eating is about more than clearing away distractions and slowing down – it also involves giving our full attention to our meal. Next time you catch yourself thinking about your to-do list or daydreaming as you eat, note to yourself, “ah, that’s wandering,” and then bring your attention back to the experience of eating.



PASTA PROVENCAL

Prep Time: 15 MINUTES | Cook Time: 30 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 LB. COOKED PASTA
1/4 LB. GREEN BEANS, FRESH AND TRIMMED
1/4 CUP. WATER
1 TBSP. OLIVE OIL
1 CUP. ROMA TOMATOES, MEDIUM DICED
2 TBSP. KALAMATA OLIVES, PITTED, CUT IN HALF
1 TBSP. CAPERS
1 TSP. GARLIC, FRESH, MINCED
PINCH, CRUSHED RED CHILI FLAKES
1/4 CUP VEGETABLE BROTH
2 TBSP. BALSAMIC VINEGAR
SALT AND PEPPER TO TASTE
1/4 CUP. MOZZARELLA, FRESH, MEDIUM DICED
1 TBSP. BASIL, FRESH, CHOPPED

Directions:

Bring green beans and water to a boil in a large skillet. Reduce heat to a simmer, until the beans are just tender, 3-5 minutes.

Add the olive oil to the skillet and fold in the tomatoes, olives, capers, garlic and crushed red chili flakes. Cook together with the green beans for approximately 2 minutes, and then add the vegetable broth and balsamic vinegar.

Season to taste and serve on-top of cooked pasta with fresh mozzarella and basil.



MAMA'S ITALIAN TURKEY BOLOGNESE WITH WHOLE WHEAT PENNE

Prep Time: 15 MINUTES | Cook Time: 30 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

1 LB. GROUND LEAN TURKEY
1 LB. WHOLE WHEAT PENNE PASTA,
COOKED
2 TBSP. OLIVE OIL
1 ONION, MEDIUM DICED
1 CARROT, LARGE, PEELED, MEDIUM
DICED
1 CELERY STALK, MEDIUM DICED
2 GARLIC CLOVES, MINCED
6 ROMA TOMATOES, CHOPPED
1 CUP, MUSHROOMS, SLICED

1 CUP, SPINACH, FRESH, CHOPPED
1/4 CUP, TOMATO PASTE
1/2 CUP, WHITE WINE
1 TBSP. RAW SUGAR
1 TSP. CRUSHED RED CHILI FLAKES
1 TBSP. BASIL LEAF, FRESH, CHOPPED
1 TBSP. OREGANO, FRESH, CHOPPED
1 BAY LEAF
SEA SALT AND BLACK PEPPER TO
TASTE
1/4 CUP, PARMESAN CHEESE

Directions:

Add olive oil to saucepan and cook on medium heat. Add onion, carrots, celery, mushrooms and garlic. Cook for several minutes until slightly translucent. Add basil, oregano and ground turkey. Heat until turkey is fully cooked. Add white wine and simmer until reduced by half. Add remaining ingredients and simmer for 30 minutes. Adjust seasoning; add more fresh basil and serve with whole wheat penne pasta. Top each serving with 1 tablespoon of grated parmesan.

Mindful Eating Tip #9:

Pause in the middle to check satisfaction. This week, pause in the middle of your meal and ask yourself, "Am I still enjoying this food?" Consider how the food tastes, along with its texture and temperature. If you're enjoying all of those aspects, then continue to savor your meal. On the other hand, if it doesn't taste as good as you expected, can you choose something else that would be more satisfying? Many people find that food is less appealing when they feel full, so this is also a good time to re-assess how hungry you are.



WHITE BEAN AND GARDEN VEGETABLE MINISTRONE

Prep Time: 15 MINUTES | Cook Time: 30 MINUTES | Servings: 4 | Difficulty: Easy

Ingredients:

2 TBSP. OLIVE OIL

1/2 CUP. ONION, MEDIUM DICED

1/2 CUP. CARROT, MEDIUM DICED

1/2 CUP. CELERY, MEDIUM DICED

1/2 CUP. ZUCCHINI, MEDIUM DICED

1/2 CUP. YELLOW SQUASH, DICED

2 CUPS. SPINACH, FRESH, CHOPPED

4 CUPS. ROMA TOMATOES, DICED

1 TBSP. GARLIC, MINCED

1/2 CUP. WHITE WINE

4 CUPS. VEGETABLE BROTH

2 CUPS, CANNED WHITE BEANS, LOW-SODIUM, RINSED

2 CUPS. COOKED PASTA

1/4 CUP. BASIL, FRESH, CHOPPED

SALT AND PEPPER TO TASTE

1/4 CUP. PARMESAN, GRATED

Directions:

In a large sauce pot, heat oil over medium-high heat, and add onions, carrots, and celery to pot. Cook for approximately 3 minutes or until soft. Add garlic and sauté for 1 minute. Stir in zucchini, yellow squash, and tomatoes and cook for 5 minutes or until vegetables are fork tender. Deglaze with white wine and add vegetable broth. Bring to a boil, add cooked white beans and cooked pasta to the pot. Reduce heat, and simmer for 15 minutes. Add spinach and season with salt and pepper. Top each serving with chopped fresh basil, and grated parmesan. Notes: Where's the meat? Add a cup of diced cooked chicken to this soup.

Mindful Eating Tip #10:

Aim for comfortable fullness. Have you ever felt uncomfortably full or “stuffed” at the end of a meal? Another way to make our meals more enjoyable is by respecting our body’s fullness so that we feel well when we’re done eating. This week, instead of eating until you are “full,” eat until your hunger is gone. You can also think of this as eating until you are 80% full.