

Recipe for a Healthy Salad

from Dr. Nagi Kumar, GFWC Health and Wellness Honorary Chairman

SPINACH SALAD WITH WARM FETA CHEESE AND TOASTED PINE NUTS

Serves 4-6

INGREDIENTS

- 4 Cups Fresh Baby Spinach
- ½ Cup Red Onion sliced into rings
- 4 Teaspoons Red Wine Vinegar
- ¼ Cup Pine Nuts
- 1 Teaspoon Olive Oil or Spray (divided)
- ½ Teaspoon Cayenne Pepper crumbles
- 2 Cloves Garlic, minced
- 1 Teaspoon Shallots, minced
- ¼ Cup Water
- ½ Cup Feta Cheese, crumbled
- Salt



DIRECTIONS

- Combine spinach, red onions, and red wine vinegar in a bowl.
- In a small saucepan, toast pine nuts in ½ teaspoon of olive oil or spray. Remove from pan.
- In the same pan, heat ½ teaspoon Olive Oil and add cayenne pepper, garlic, and shallots. Stir fry for 2-3 minutes.
- Add ¼ cup of water to mixture and bring to a boil.
- Pour over spinach mix tossing slightly.
- Add crumbled feta, salt to taste, garnish with pine nuts, and serve immediately.

HEALTHY GREEN BEAN CASSEROLE



INGREDIENTS

- 2 lbs. green beans
- 2 tbsp butter, divided
- 1 cup shallots, thinly sliced
- 1/2 cup panko breadcrumbs
- 1/4 cup sliced almonds
- 10 oz. cremini mushrooms, sliced
- 3 garlic cloves, minced
- 2 tbsp white whole wheat flour
- 2 cups reduced fat milk
- 2 vegetable bouillon cubes (or chicken)
- Salt and pepper to taste

INSTRUCTIONS

- Preheat the oven to 400 degrees.
- Bring a large pot of water to a boil. Add the green beans and cook 3-4 minutes until bright green and tender crisp. Immediately add to an ice bath to stop the cooking. Strain and dry.
- Melt 1 tbsp. of butter in a pan over medium heat. Add the shallots and cook 5-7 minutes until tender but still maintaining their shape. Remove. Add the breadcrumbs to the pan and toast for 1-2 minutes until light brown. Add to the cooked shallots. Stir in the sliced almonds. Set aside.
- Wipe out the pan with a paper towel. Add the remaining 1 tbsp. of butter. Once melted, add the mushrooms, and cook 6-8 minutes until tender. Add the garlic and cook 1 minute. Add the flour and stir well. Cook for 1 minute. Add the milk and bouillon cubes. Bring to a simmer and cook for 6-8 minutes, stirring often, until thick and creamy. Taste and season with salt and pepper as needed.
- Spray a large baking dish with cooking spray. Add the green beans and mushroom gravy, stir to combine. Add the crispy onions on top.
- Bake for 20-25 minutes until browned and bubbly and serve.

HEALTHY MASHED POTATOES

These healthy mashed potatoes taste like normal mashed potatoes, but the nutrition is amped up with cauliflower and beans! This fiber and protein-packed recipe is perfect anytime — whether for a big holiday dinner party or a quick weeknight meal.

PREP TIME 10 minutes; **COOK TIME** 20 minutes; **TOTAL TIME** 30 minutes

Serves 6 to 8 as a side

INGREDIENTS

- 1 large head cauliflower
- 4 medium/large potatoes, or an equal amount smaller sized
- Fresh or dried rosemary
- 1 15 oz. can white beans, rinsed and drained
- 3/4 tsp. garlic powder
- Salt & pepper to taste



Potatoes



INSTRUCTIONS

- Slice potatoes into small pieces, chop cauliflower. Put in a large pot full of boiling water; add in a couple sprigs fresh (or a few shakes dry) rosemary and a pinch of salt and pepper. Boil until soft.
- Drain potatoes and cauliflower and put in large bowl. Add garlic powder. Cool for a few minutes.
- Use an immersion blender or mash by hand, to blend potatoes, cauliflower, and beans.



EASY VEGAN MUSHROOM GRAVY



INGREDIENTS

- 2 tbsp. extra-virgin olive oil
- 1/2 onion, finely chopped
- 3 tbsp. all-purpose flour
- 3 c. vegetable stock
- 4 oz. mushrooms, finely chopped
- 1 tsp. chopped thyme
- 1 tsp. chopped sage
- 1 tsp. chopped rosemary
- Kosher salt
- Freshly ground black pepper

DIRECTIONS

- Heat olive oil in a small saucepan over medium heat. Add onion and sauté until soft, 6 minutes. Stir in mushrooms and herbs and season with salt and pepper. Cook until soft, about 5 minutes more. Add flour and cook for 1 minute.
- Pour in 2 cups of vegetable stock and whisk to combine. Bring to simmer and cook for 5-10 minutes, until the flavors have melded, and the mixture has thickened slightly. If the mixture is too thick, gradually add more vegetable stock.
- Season with salt and pepper to taste. Serve warm.

VEGAN GRAVY

This vegan gravy is flavor-packed. Poultry seasoning and onion powder build the base of the flavor, while soy sauce adds a rich umami taste. You can make it ahead and have it on hand to enjoy with mashed potatoes, roasted vegetables, or other vegan or vegetarian dishes.

Active: 20 mins **Total:** 20 mins **Servings:** 14



INGREDIENTS

- 3 tablespoons canola oil
- 1 large shallot, finely chopped
- 3 cups lower-sodium vegetable broth *or* no-chicken broth
- 2 tablespoons reduced-sodium soy sauce *or* tamari
- ¼ cup all-purpose flour
- 1 ¼ teaspoons poultry seasoning
- 1 ¼ teaspoons onion powder
- 1 teaspoon Dijon *or* spicy brown mustard
- ½ teaspoon ground white pepper
- ½ teaspoon salt

DIRECTIONS

- Heat oil in a medium saucepan over medium heat. Add shallot and cook, stirring occasionally, until tender and golden, about 3 minutes. Add flour, poultry seasoning, onion powder, mustard, pepper, and salt; cook, stirring, for 1 minute. Reduce heat to medium-low.
- Whisk in broth and soy sauce (*or* tamari); simmer, whisking constantly and adjusting heat as needed, until smooth and thickened, about 10 minutes. Strain through a fine-mesh strainer if a smooth gravy is desired.

TO MAKE AHEAD

Cover and refrigerate for up to 3 days. Reheat over medium-low heat.

VEGAN PUMPKIN PIE

FOR THE CRUST

- Cooking spray
- 1 1/2 c. pecans
- 2/3 c. old fashioned oats
- 3 tbsp. packed brown sugar
- 1/4 tsp. kosher salt
- 3 tbsp. coconut oil, melted and cooled

FOR THE TOPPING

- 3 tbsp. powdered sugar
 - Pinch kosher salt
 - 1 (13.5-oz.) can full fat coconut cream, refrigerated overnight
- Taste of Thai works best

FOR THE FILLING

- 1 (15-oz.) can pumpkin puree
- 1 c. coconut milk
- 3/4 c. packed brown sugar
- 2 tbsp. cornstarch
- 1 tsp. pure vanilla extract
- 1 tsp. ground cinnamon
- 1/2 tsp. kosher salt
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg



DIRECTIONS

- Preheat oven to 375°. Grease a 9" pie plate with cooking spray.
- In a food processor, add pecans, oats, sugar, and salt and pulse until a fine crumb forms. Add coconut oil and pulse until well combined and a dough forms.
- Press mixture into prepared dish in an even layer. Line crust with parchment paper and fill with dried beans or pie weights. Blind bake 15 minutes, then remove parchment and weights and bake 15 minutes more.
- Make filling: In a large bowl, whisk together filling ingredients and pour over crust. Bake until only slightly jiggly in the center, 50 to 55 minutes, covering the crust with foil if it starts to get too dark. Let cool completely.
- Make topping: Open can of coconut cream and scoop out hardened cream on top. In a large bowl, using a hand mixer, beat coconut cream, powdered sugar, and salt together until stiff peaks form.
- Serve pie, preferably chilled and completely set, with whipped coconut cream