

Quinoa Meatballs

DIRECTIONS

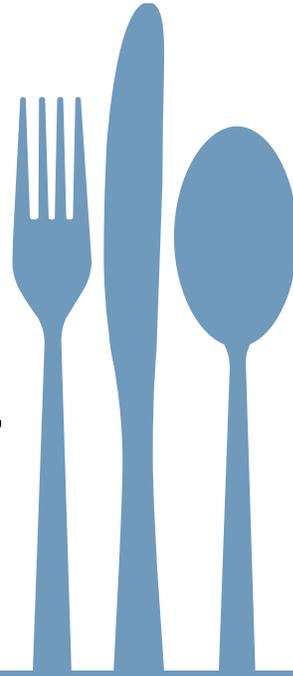
1. Combine all ingredients, mix thoroughly.
2. Roll into 2" diameter balls.
3. Add olive oil to sauté pan and cook until evenly browned on all sides.
4. Serve with your choice of marinara sauce, on a sub, or anyway you choose!



CABARRUS
HEALTH
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INGREDIENTS

- 1.5 cups cooked quinoa
- 1/4 cup flour
- 1 egg
- 1/4 cup diced red pepper
- 1/4 cup grated carrot
- 1 tsp. cumin or oregano*
- 1 tsp. paprika or basil*
- 1/4 cup grated Parmesan cheese
- 1/4 cup finely chopped parsley



Alternatively, you can bake these at 400 degrees on a non-stick pan for 20 minutes.

Spaghetti Squash Pad Thai

DIRECTIONS

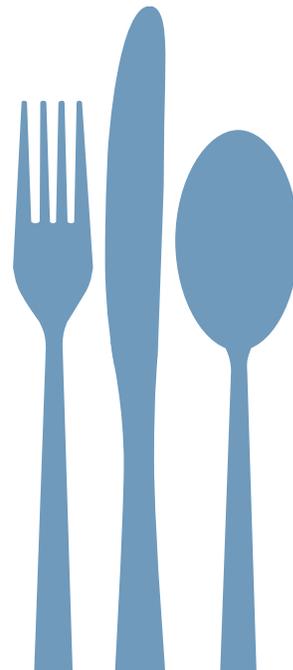
1. Slice the spaghetti squash, scoop out the seeds and bake on a sheet for 30 minutes at 425 degrees.
2. Cut the tofu into bite-sized cubes and place on a different baking sheet and cook for 15 minutes at 425 degrees.
3. Add the veggies (minus the spinach) into a wok, cook until tender. Add the spinach, garlic and tofu. Cook for 2 minutes.
4. Use a fork to string out the spaghetti squash and add into the wok, along with the sauce. Garnish with lime, peanuts and cilantro (optional).



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INGREDIENTS

- Spaghetti squash
- 8 oz. extra firm tofu
- 3 cloves of minced garlic
- 4 shallots, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 cup spinach
- 4 green onions
- 1/2 cup Pad Thai Sauce



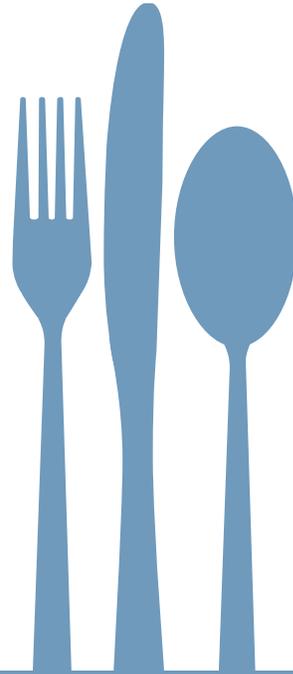
Edamame Mango Salad

DIRECTIONS

1. Add all of the ingredients into a bowl. Add black pepper to taste.
2. Serve with diced avocado on top (optional).

INGREDIENTS

- 2 cups edamame
- 1 cucumber, diced
- 3 mangoes, diced
- 15-ounce can black beans, rinsed
- 1 Tbsp. fresh basil
- 3 cloves of minced garlic
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. olive oil
- 1 lemon, juiced



What's In Your Kitchen?

Brought to you by the CHA Wellness Kitchen



Peanut Butter

Did You Know?

What is Peanut Butter?

Peanut butter is literally made of dry roasted peanuts and oil. As simple as this is, nut allergies are common and there are alternatives such as Sunbutter, made out of sunflower seeds. Peanut butter is great for snacks as it is a simple ingredient, goes on most anything, and provides

How to Select :

Browsing the peanut butter aisle at the store can be overwhelming. Ironically enough, marketing is the only thing that keeps the multiple brands and versions on the shelves. But, simply put, choose the full-fat, natural version of peanut butter. Low-fat options typically have higher sodium and even higher sugar than the regular peanut butter that is made from real ingredients. Here is your hint when it comes to peanut butter: look at the ingredients list, it should simply read peanuts and oil. Avoid the ingredients that you cannot pronounce or recognize! Almond butters and other

Nutritional Benefits:

Healthy fats, great protein, and powerful nutrients make up tasty peanut butter. However, keep your portions in check as a serving is only two tablespoons. Even though it is full of heart-healthy monounsaturated fats, that doesn't allow us to have it with every single meal, but a small spoonful

No Bake Cookie Bars

Ingredients

- 18 pitted dates
- 3 Tbsp. natural peanut butter
- 1/2 cup dark chocolate chips
- 1/2 cup rolled oats

Directions:

1. Pulse dates in a food processor until they are in small pieces, about 15 pulses.
2. Add oats, chocolate chips, and peanut butter and pulse and mix until combined. You want there to be consistently small pieces but not overly processed.
3. Transfer to 9x9" pan and press down until flat.
4. Put in the freezer for 15 minutes to

