



20 FRESH RECIPES IN UNDER 20 MINUTES

EASY AND QUICK RECIPES THE WHOLE FAMILY WILL LOVE!



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WELCOME!

**I don't know anyone who *isn't* busy all the time,
do you?**

With the pressures of keeping up on all the things,
eating healthy can sometimes take a back seat.

***The good news is,
it doesn't have to be that way!***

The recipes in this book are all chock FULL of
nutritious veggies and or fruits, and they're all
ready in 20 minutes or less.

**I hope you enjoy our 20 under 20-minute
recipes!**



BREAKFAST



Mint Chocolate Chip Smoothie with Healthy Greens



INGREDIENTS

- 3 large leaves green chard or kale or 1 1/2 cup spinach
- 1 cup vanilla almond milk
- 1 frozen banana
- 1 drop peppermint essential oil or 1/8 tsp mint extract
- 1 1/2 TBS small chocolate chips
- 1/2 avocado optional

INSTRUCTIONS

1. Remove stems completely from chard/kale
2. Blend banana, milk, peppermint, & greens in a blender until smooth. Adding the optional avocado half here will make it more creamy!
3. Add chocolate chips and blend for 5 more seconds.

Breakfast Burrito with Greens



INGREDIENTS

- 1 bag baby spinach chopped, or 1 bunch chard, stems removed and chopped into ribbons
- 6 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 dash garlic powder
- 4 ounces shredded pepper jack cheese
- 1 avocado sliced
- 4 whole-wheat tortillas
- Hot sauce (optional)

INSTRUCTIONS

1. Spray a nonstick skillet over medium-high heat.
2. Add spinach and cook, stirring, until wilted, 2-4 minutes.
3. Whisk together eggs in a small bowl with salt, pepper and garlic powder. Add eggs to skillet and cook, stirring, until cooked through, 3-4 minutes.
4. Place 1/4 of egg mixture in the center of each tortilla, and sprinkle with 1 ounce cheese.
5. Top with 4 slices avocado and fold into a burrito.
6. Slice in half and serve.



Green Beans for Breakfast



INGREDIENTS

- 1/2 pound of green beans, ends trimmed
- 3 eggs whisked
- salt
- shredded cheese optional
- 1 1/2 tbs butter or oil

INSTRUCTIONS

1. Chop green beans into tiny pieces, about 1/4".
2. Heat butter or oil in a pan over medium heat.
Add green beans and cook, stirring frequently for appx 6 minutes or until tender. You can add a little water and cover them to speed up the process.
3. Once cooked to your liking, add whisked eggs over the top and continue to stir. After the eggs have cooked all the way through, add shredded cheese and finish with a dash of salt on top.
4. Serve warm.



Chia Pudding with Fresh Fruits

INGREDIENTS

- 1 cup vanilla coconut or almond milk
- 1/4 cup chia seeds
- 1 cup seasonal fruit of choice

INSTRUCTIONS

1. Mix chia seeds with milk. Stir well and let set for 2-3 hours or overnight in the fridge
2. Add chopped berries, apples, peaches, etc
3. Enjoy!



Pink Kale Berry Smoothie

INGREDIENTS

- 1 cup strawberries, ok to use tops!
- 1 peach, pit removed
- 2-4 dates, pit removed
- 1 cup pink chidori kale
- 1 cup coconut milk

INSTRUCTIONS

1. Blend all ingredients until smooth
2. Adjust sweetness by adding dates and blending more.



LUNCH





“Melt in Your Mouth” Kale Salad

INGREDIENTS

- 1 bunch dino kale, stems removed
- ½ cup dried cranberries
- 1 Tbsp of olive oil
- 1 tsp maple syrup or honey
- Juice of one lemon
- ¼ c grated parmesan cheese
- Salt and pepper to taste
- 1/3 cup pine nuts or pecans toasted

INSTRUCTIONS

1. Chop kale into small pieces (in a food processor to save time) – the smaller the pieces are the less chewing to do.
2. In a large bowl mix dressing ingredients together: lemon juice, olive oil, honey, salt and pepper together.
3. Add chopped kale and mix well.
4. Toss in cranberries, pine nuts and parmesan.
5. Stir all ingredients together and serve fresh.



Fennel Chicken Salad

INGREDIENTS

- 1 bulb fennel- shredded fine
- 1/4 cup parsley leaves, minced
- 1/4 cup cranberries
- 1/4 cup toasted pecans
- 1 large cooked chicken breast, shredded
- 1/2 cup mayo or sub plain hummus
- 1 tsp mustard
- salt and pepper

INSTRUCTIONS

1. Rinse and chop fennel bulb into tiny pieces (carefully use a mandolin to get super thin slices, and then chop into small pieces) and add to a large mixing bowl
2. Shred the cooked chicken breast into the bowl. Chop pecans into small pieces.
3. Add Parsley and cranberries, then toss all the ingredients together with the mayo, mustard, salt and pepper
4. Adjust mayo and salt/pepper to taste



Avocado Deviled Eggs

INGREDIENTS

1 ripe avocado, diced	1 tablespoon yellow mustard
8 large eggs	1/4 teaspoon kosher salt
1/2 cup mayonnaise	1/4 teaspoon freshly ground
2 tablespoons lemon juice	black pepper

INSTRUCTIONS

1. Fill a pot with water and eggs and bring to a boil.
2. Reduce the heat to simmer and cook for 10 minutes.
3. Drain.
4. When the eggs are cool enough to handle, remove the shells.
5. Slice each egg in half lengthwise.
6. Remove the yolks and place them in a large bowl.
7. Arrange the whites cut-side up on a serving platter.
8. In the large bowl mix in the mayonnaise, lemon zest and juice, mustard, salt, pepper and avocado. Process with an immersion blender until well blended and smooth, then transfer to a resealable plastic bag.
9. With scissors, snip off a bottom corner from the bag.
10. Using the bag like a pastry bag, pipe the mixture into the egg whites.
11. Serve immediately or cover and chill.



Egg Salad with Dill and Celery

INGREDIENTS

2 stalks celery minced
3 TBS dill minced
4 hardboiled eggs peeled
1/2 cup mayo or plain hummus
salt and pepper

INSTRUCTIONS

1. Rinse and chop celery into tiny pieces (cut into third lengthwise first then chop) and add to a large mixing bowl.
2. Add the Dill
3. Using an eggslicer, or knife, cut the eggs into small pieces.
4. Toss all the ingredients together with the hummus or mayo and salt and pepper
5. Adjust mayo and salt/pepper to taste

NOTES

Using Hummus instead of Mayo in this recipe adds even more protein and is a great way to add creaminess for those with a mayo aversion. Also, surprisingly you don't taste the hummus.





Chinese Chicken Salad

INGREDIENTS

- 2 Tangerines, peeled and segmented
 - 3 cups shredded cabbage or sub lettuce/spinach
 - 1 cup shredded carrot, optional
 - 2 cups thinly sliced cooked chicken or seitan
 - 1/2 cup slivered almonds toasted
 - 1 tablespoon toasted white or black sesame seeds
 - 1/2 cup chow mein noodles for garnish
- Dressing:
- 1/4 cup vegetable oil
 - 2 tablespoons low-sodium soy sauce
 - 2 tablespoons rice vinegar
 - 1/2 teaspoon granulated sugar or agave
 - Kosher salt and freshly ground black pepper optional
 - 4 Tbs Fresh squeezed orange or tangerine juice

INSTRUCTIONS

1. Toss the first four salad ingredients together in a large bowl.
2. In a small bowl, whisk together the dressing ingredients, adjust to taste, then pour over salad.
3. Toss salad with dressing then garnish with noodles, nuts and sesame seeds and serve.



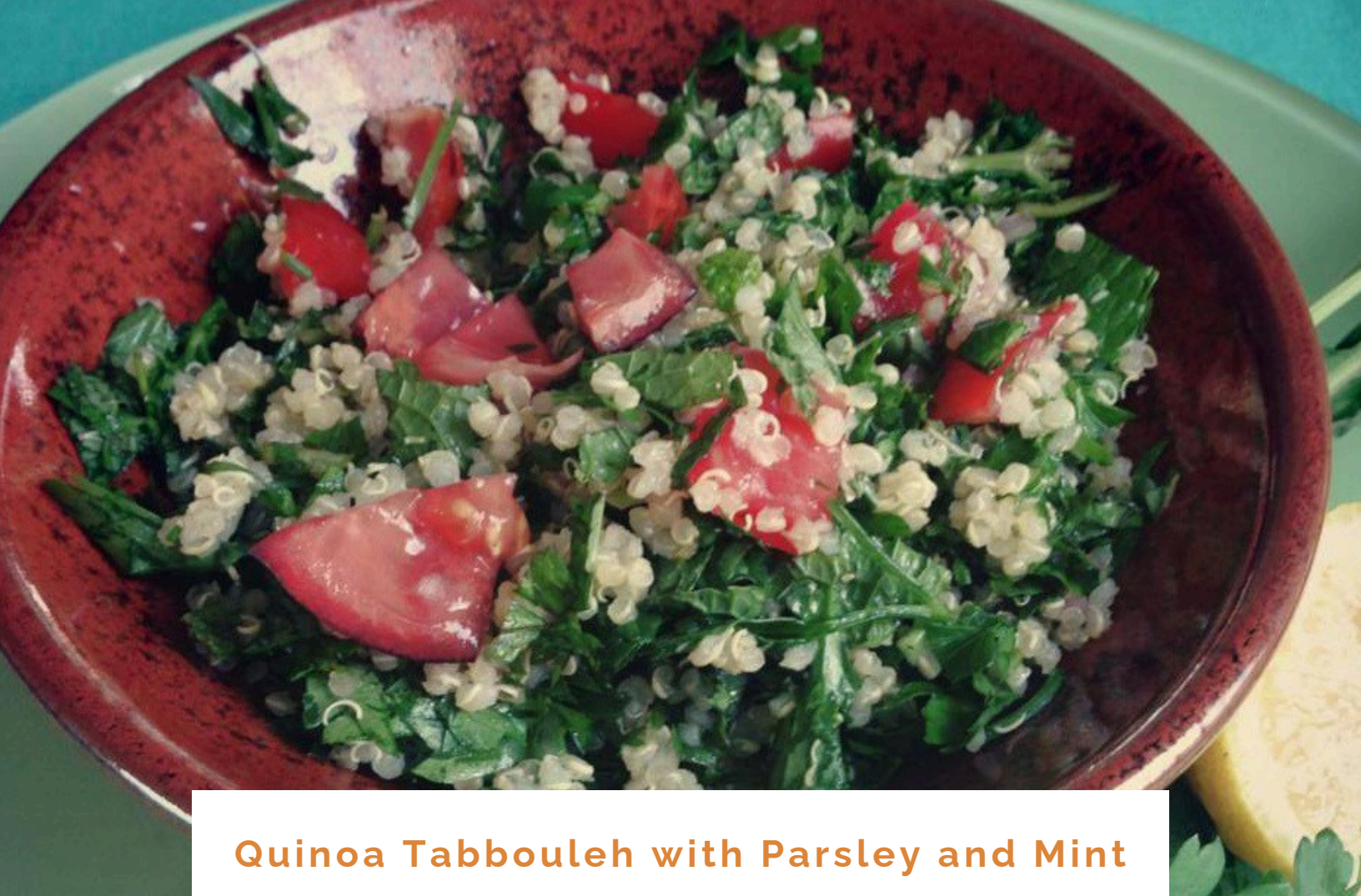
Panzanella Salad

INGREDIENTS

- 2 cups cubed bread
- 1-2 large tomatoes
- 1 cup mozerella balls
- 2 tbs chopped fresh herbs
- salt and pepper
- 4 TBS good olive oil

INSTRUCTIONS

1. Chop bread and tomatoes and place in a bowl with mozerella balls.
2. Finely chop herbs.
3. Add salt and pepper and olive oil and give it a good gentle toss.
4. Taste and add more salt and oil if desired.



Quinoa Tabbouleh with Parsley and Mint

INGREDIENTS

- 1 bunch parsley, chopped fine
- 1 bunch mint, chopped fine
- 2 cup cooked quinoa or cous cous
- 1 lemon juiced
- 2 Tbs olive oil
- 2 small tomatoes diced
- 1/4 red onion minced fine, optional
- salt and pepper to taste

INSTRUCTIONS

1. Cook quinoa according to package and let cool completely.
2. Chop herbs into a super fine chop. (you can do this by hand, or save time with a food processor) I like to squeeze a little lemon juice on top of the herbs to help keep the mint from browning.
3. In a small bowl whisk together lemon juice, salt, pepper, olive oil.
4. In a large bowl combine quinoa, herbs, tomato, and onion, then pour over dressing on top and toss to coat. Adjust seasonings as desired.
5. Cover and let this sit in the fridge for at least a few hours for all the flavors to meld.
6. Serve chilled

NOTES

You can also add a can of white beans to make this a heartier dish.





Bell Pepper and Chicken Salad with Pecans

INGREDIENTS

- 1 cup bell peppers, chopped into tiny pieces
- 1 cup cooked chicken breast or seitan, chopped/shredded
- 1/2 cup mayo or veganise
- 1/4 cup cranberries, chopped
- 1/4 cup pecan pieces, chopped
- 1/2 tsp light curry powder
- 2 tbs chopped chives or green onions
- salt and pepper

INSTRUCTIONS

1. Rinse and bell peppers into tiny pieces and add to a large mixing bowl
2. Shred the cooked chicken breast into the bowl
3. Add cranberries and pecans, then toss all the ingredients together with the mayo, curry powder, salt & pepper. Stir well then fold in chives.
4. Adjust mayo, curry powder, salt/pepper to taste

DINNER





Tacos with Seasoned Cauliflower

INGREDIENTS

- 1 head cauliflower
- 1 medium onion, chopped small
- 2 cloves garlic minced
- 2 TBS taco seasoning
- 3/4 cup diced tomatoes
- Salt and pepper to taste

INSTRUCTIONS

1. Chop cauliflower into tiny florets
2. Saute onions in oil over medium heat until translucent
3. Add cauliflower and cook for 5 minutes
4. Stir in taco mix and garlic, and cook for 2 minutes.
5. Add diced tomatoes and cook until everything is soft.
6. Serve warm with tortillas or taco shells, avocados, salsa, and chopped greens on top.



Zucchini Pizza

INGREDIENTS

1 or 2 zucchini
a few spoonfuls tomato sauce or
tomato paste
1/4- cup grated cheese
a dash of dried italian herbs

INSTRUCTIONS

1. After rinsing zucchini, position it on the cutting board top to bottom and cut long ways in half or into 4 thick slices, depending on size.
2. Bake zucchini on a foiled tray in the oven or toaster oven at 375 for about 12 minutes. Remove carefully and then spread a spoonful of tomato sauce and grated cheese on each piece.
3. Return to oven and bake for another 10 minutes or so until cheese is melted and zucchini is soft.
4. Sprinkle dried italian herbs on top to finish.



Cream of Broccoli Soup

INGREDIENTS

- 1 bunch broccoli
- 2 medium russet potatoes, peeled and chopped
- Water or Broth to cover
- Salt and pepper to taste

INSTRUCTIONS

1. Chop broccoli and potatoes into equal size.
2. In a large pot cover broccoli and potato with water or broth so that the water is about 1" above veggies.
3. Boil until veggies are tender.
4. Blend with an immersion blender until smooth and creamy.
5. Add salt and pepper to taste.
6. You can also add minced leeks or garlic to the soup as its cooking, or garlic powder, to make the flavors pop

Street Tacos with Squash and Tomatoes



INGREDIENTS

- 2 TBS extra virgin olive oil divided
- 2 tsp chili powder + 1 tsp ground cumin + 1/2 tsp salt
- 2 medium zucchini, cut into 1/2-inch round disks
- 1 medium onion diced
- 3/4 cup corn cut from the cob (about 1 ear—or substitute frozen, thawed corn)
- 2 teaspoons minced garlic
- 1 can low sodium black beans rinsed and drained 8 tortillas fajita/taco size
- Toppings: Sliced cherry tomatoes cut into quarters, cilantro and fresh avocado

INSTRUCTIONS

1. In a large skillet, heat 1 1/2 tablespoons of the olive oil over medium high. While the oil heats, combine the chili powder, cumin, kosher salt, and cayenne pepper in a small bowl. Once the oil is hot and shiny, add the zucchini rounds in a single layer, then sprinkle with half the spice mixture. Let cook until the first side is golden, about 4 minutes, then flip, sprinkle with the remaining spice mixture, and cook on the other side until it is golden as well, 3-4 additional minutes. Remove to a plate and cover to keep warm.
2. Reduce the skillet heat to medium low. Add the onion and corn and let cook until beginning to soften, about 5 minutes. Add the garlic, corn, and beans, then cook until the garlic is fragrant and the beans are heated through, about 2-3 minutes.
3. If desired, toast the tortillas over a gas burner or cover with a lightly damp paper or kitchen towel and warm in the microwave. Fill tortillas with the bean mixture and reserved zucchini slices, then add any desired toppings. Enjoy immediately.





Orzo with Zucchini and Carrots

INGREDIENTS

2 carrots, shredded
2 zucchini, shredded
1 box of orzo
dash of garlic powder
salt and pepper

INSTRUCTIONS

1. Bring salted water to a boil per orzo package directions.
2. When you add the orzo, add the shredded veggies, garlic powder, and pepper and stir well
3. Cook until all water is absorbed and orzo is fully cooked.





Kale Pesto

INGREDIENTS

- 1 bunch fresh kale, stems removed
[optional to blanch first or use raw]
- 3 cloves garlic, minced
- 1/2 cup chopped walnuts pine nuts or pecans
- 1/4 teaspoon natural sea salt
- 1/2 cup extra virgin olive oil
- optional 1/4 cup grated Parmesan cheese

INSTRUCTIONS

1. Put all ingredients in a food processor and blend until it reaches your desired consistency. Taste and adjust the olive oil, sea salt. Sometimes I like to add lemon here
2. Mix with your favorite pasta and chicken.
Serve!



Colorful Lettuce Cups

INGREDIENTS

1 head butter lettuce
1 ripe avocado, sliced
1-2 carrots, shredded
2 green onions, chopped
1 cucumber, diced
1 cup cooked tofu or ground turkey
1 + cup teriyaki sauce
optional : rice or noodles cooked;
chopped bell peppers, shredded
cabbage, bean sprouts

INSTRUCTIONS

1. Turn lettuce upside down and use a paring knife to cut off the bottom of the core. Rinse each leaf and spin to dry.
2. Chop all other veggies and arrange on a platter.
3. Set out veggie platter, lettuce leaves, protein/noodles, and the sauce (in a gravy boat) and let everyone make their own cups

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