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...because life is amazing

Six Recipes for your Health

by Tabitha Paculba
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It is hard to believe WellJourn is one year old! To help celebrate this milestone and as a small token of our appreciation for our subscribers, we have put together an e-book of some of our most popular recipes along with a few extra's you may find helpful as you continue on your journey towards wellness.

Wellness is not a destination or end-point. It is a journey. It is a path we sometimes stray from, but one we must always strive to stay on -- not only for ourselves but for our loved ones.

Thank you for being part of our community and for your continued support!

-Tabitha



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Raspberry Chia Smoothie

Raspberry Banana Chia Smoothie

Here's a filling breakfast smoothie using chia seeds to add an Omega-3 boost to your diet. Omega-3s are considered part of a heart healthy diet.

Approximate prep time: 5 minutes

Total cook time: 5 minutes

1 servings

- 1 1/2 medium bananas, sliced for easier blending
- 1/2 cup of plain non-fat yogurt
- 1 cup of unsweetened almond milk
- 1/3 cup or handful of fresh raspberries
- 1 1/2 tbsp of chia seeds

Throw it all in the blender, puree until smooth. Enjoy!



Kholrabi Parmesan with Chia Seeds

Kholrabi Parmesan w/Chia Seeds

Prep time: 20 minutes

Cook time: 10 minutes

Serves 4 - 3/4 cup servings

I first discovered my love for this German turnip in, where else but Germany! If you are lucky enough to find one with the leaves intact - don't throw them away. Sauté with a little olive oil and enjoy!

- 1 1lb Kholrabi, peeled and sliced 1/4" sticks
- 1 tbsp Chia Seeds
- 1 tbsp Flaxseed Oil
- 5 tsp Parmesan, shredded

In a large saucepan set 6 cups of water to boil over medium high heat. Meanwhile prepare Kholrabi. Once water is boiling, add sliced Kholrabi and boil for ten minutes.

In a large bowl add shredded parmesan, chia seeds and flaxseed oil.

Drain Kholrabi and add to parmesan mixture. Toss to coat.

Serve immediately.



Baby Sweet Cakes

Baby Sweet Cakes

Yield: about 32

Prep time: 30 minutes

Chill time: 1 hour

2nd Prep time: 20 minutes

Bake Time: 16 minutes

I took the traditional Russian teacake and modified it to create a bit of candied yams for your taste-buds! Baking gluten-free is trial and error, especially breads because they do not rise as well. However any shortbread type of cookie is almost destined to become gluten free. Even if you do not have a gluten intolerance give these a try and see if you can tell the difference!

1. 1/2 cup of unsalted Butter (1 stick), room temperature
2. 2/3 cup + 2 tbsp All-purpose gluten free flour
(I used Bob's Red Mill)
3. 1/3 cup Sweet Potato Flour
(I used Heritage Grains & Flours of Peru found at Whole Foods)
4. 1/4 cup Organic Powdered Sugar, sifted
(Be sure to check the label to make sure it is gluten free)
5. 1/2 tbsp Water
6. 1/2 tsp Vanilla
7. 1/4 cups + 2 tbsp Pecans, finely chopped

For Coating: approximately 1/4 cup sifted powdered sugar

In a medium size bowl, sift together items 2 – 4. Set aside.

In a large bowl, cream butter on medium to high speed for 30 seconds. Add half of the dry sifted ingredients and items 5 -6. Mix well.

Mix in remaining dry ingredients. Batter will look moist. Stir in item 7 until well combined.

Cover with plastic wrap and chill for 1 hour.

Heat oven to 325 degrees.

Shape dough by scooping 1 tsp chunks and rolling into a ball. Place 1 inch apart on an un-greased cookie sheet.

Bake for 16 minutes or until bottoms are golden brown. Remove and cool on wire rack. Roll cookies in powdered sugar coating. Hint: make it mess free by putting the powdered sugar in a large plastic bag (gallon size) and shake –shake- shake until coated.

Storage: Store in an airtight container.



Blueberry Lemon Curd & Yogurt Tart

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Blueberry Lemon Curd & Yogurt Tart

Prep Time: 30 minutes to 2 hours (if straining yogurt)

Cook Time: 15 to 20 minutes

I love all things tart, especially when combined with a hint of sweetness!

This Blueberry Lemon Curd & Yogurt Tart is an inspiration from the lemon curd and olive oil tart I discovered at Epicurious.com. Enjoy my version which is lower in cholesterol and fat.

For Crust

- 15 Medjool dates, pitted, finely diced
- 8 large Figs, fresh, finely diced
- 1 cup Quaker Oats Dry
- 1/2 cup Pecans, finely chopped

For Curd

- 3 tbsp of fresh Lemon Peel, approximately 3 large lemons
- 3/4 fresh Lemon juice
- 2 tbsp unsalted Butter, chopped
- 2 large Eggs, fresh
- 3/4 cup of Splenda Granulated Sugar
- 2 tbsp of Applesauce, unsweetened
- 2 tsp of cornstarch
- 2 tbsp of Flaxseed Oil
- 2 tbsp of Blueberry Jam
- 100 Blueberries, fresh
- 1 cup of strained Brown Cow Vanilla NonFat Yogurt

Yogurt:

Line a strainer with a paper towel (coffee filters or cheesecloth work too). Pour in yogurt and strain for at least two hours.

Crust:

Preheat oven to 350.

Pit and chop dates and figs. Hint: Keep a mug filled with hot water nearby. Occasionally dip knife in mug to prevent excessive stickiness while chopping dates.

In a medium sized bowl mix dates and figs with 2 tablespoons of hot water. Add in oats and pecans. Mix together.

In a 7.5 inch tart pan with a removable bottom. Press date, fig, oat and pecan mixture in pan and slightly up sides. Bake for 10 minutes. Cool on a wire rack.

Curd:

Grate 3 tablespoons of fresh lemon zest, or for less pucker grate 2 tablespoons. Squeeze 3/4 cup of fresh lemon juice and pour into a medium saucepan with butter, eggs, Splenda, applesauce, cornstarch and oil. Over medium heat, whisk constantly until mixture comes to boil. Continue whisking for an additional two minutes. Remove from heat and transfer to another bowl to cool.

Putting it together:

Fold strained yogurt into lemon curd. Spoon into cooled crust. Arrange blueberries. Heat jam in a microwave until thinned. Carefully spoon jam over berries or drizzle over top.

Cover with plastic wrap and chill until ready to serve or up to four hours.

Serve and enjoy!



Brussels Sprouts with Toasted Pecans

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Brussels Sprouts with Toasted Pecans

Serves 4

Prep time: 15 minutes

Cook time: 30 minutes

Do you remember those little green door knobs that sat on the dinner plate? Untouched. I would have a veritable stare down, thinking that if I stared hard enough they would just...disappear. However, I wasn't allowed to leave the dinner table until I ate them. So it became a waiting game: me against the brussels sprouts and Team Mom/Dad. In the end, normally an hour later all by myself at the kitchen table, I would reluctantly eat one and they would concede.

Well, Mom didn't serve these brussels sprouts and if she did I might have eaten more! Kid tested, too -- my 7 year-old niece ate her entire serving and asked for more!

40 Brussels Sprouts, halved
5 Red Pearl Onions, quartered
1/2 cup Pecans, halved
1 tbsp Olive Oil

In a medium pan, heat olive oil over medium-high heat. Add pecans and occasionally stir until fragrant about 5 minutes. Add onions and cook 5 minutes more. Add brussels sprouts. Cook for about 20 minutes or till bright green and can be pierced with a fork.

Enjoy as a side dish with dinner!



Spinach & Chard Salad with Baby Reds

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Spinach & Chard Salad with Baby Reds

Prep time: 15 minutes

Cook time: 20 minutes

Serves 2

I love this salad because it incorporates the seasonal leafy green, swiss chard, and baby spinach (my favorite). Dark leafy greens are good sources of folate, as well as legumes, some fruits and fortified grains. It is simple dinner that satisfies on nights when you don't feel like spending hours in the kitchen.

- 6 stems of red swiss chard
- 2 cups baby spinach
- 1/2 oz goat cheese
- 1/4 cup of chopped pecans
- 8 red pearl onions, chopped
- 1 tsp of olive oil
- 6 baby red potatoes quartered
- 1 1/2 tsp of olive oil
- 1/2 avocado, sliced
- 10 grape tomatoes, halved

First, in a small pot roast quartered red potatoes with olive oil over medium high heat for about 10 minutes or until tender. Cover with lid and shake pot occasionally.

Meanwhile, wash swiss chard and remove bottom stems. Layer leaves on top of each other, roll and slice into 1/2 inch slices.

Over medium low heat, sauté onions and pecans for about 5 minutes in 1tsp of olive oil. Reduce heat to low. Toss in chopped swiss chard and baby spinach. Stir and cover with lid, allowing chard and spinach to wilt.

In a large bowl, toss in tomatoes, avocado slices and crumbled goat cheese. Add potatoes and chard and spinach mixture. Toss until evenly mixed and cheese is melted.

Serve alone or with grilled chicken.







Enjoy!

Nutrition Information

www.welljourn.org				
	Amount Per Serving			
	Raspberry Banana Chia Smoothie Serving Size: 1	Kholrabi Parmesan w/ Chia Seeds Serving Size: 3/4 cup	Baby Sweet Cakes Serving Size: 1 cake	Blueberry Lemon Curd & Yogurt Tart Serves 8
Calories	342.2	86.1	57.8	376
Total Fat	9.0 g	4.9 g	4.0 g	12.3 g
Saturated Fat	0.8 g	0.7 g	1.9 g	2.9 g
Polyunsaturated Fat	0.4 g	2.5 g	0.4 g	3.6 g
Monounsaturated Fat	0.3 g	0.7 g	1.4 g	4.9 g
Cholesterol	0.0 mg	1.6 mg	7.8 mg	54.0 mg
Sodium	229.6 mg	64.7 mg	2.4 mg	44.2 mg
<i>Potassium</i>	<i>952.7 mg</i>	<i>422.2 mg</i>	<i>6.8 mg</i>	<i>619.5 mg</i>
Total Carbohydrate	58.4 g	9.2 g	5.4 g	71.3 g
Dietary Fiber	14.1 g	2.4 g	0.6 g	7.5 g
Sugars	26.4 g	0.0 g	2.3 g	54.2 g
Protein	17.6 g	3.6 g	0.6 g	6.2 g
Vitamin A	13.9%	1.0%	12.4 %	7.4%
Vitamin C	54.3%	114%	0.4 %	21.1%
Calcium	36.9%	5.9%	0.6 %	11.4%
Iron	19.8%	5.4%	1.0 %	8.8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.				
Recipe analyzed at sparkrecipes.com				

www.welljourn.org			
	Amount Per Serving		
	Brussels Sprouts w/ Toasted Pecans Serves 4	Spinach & Chard Salad w/Baby Reds 2 main courses Serving Size: 1	Spinach & Chard Salad w/Baby Reds 4 side dishes Serving Size: 1
Calories	217.3	621	310.5
Total Fat	13.7 g	24.7 g	12.4 g
Saturated Fat	1.4 g	3.7 g	1.8 g
Polyunsaturated Fat	3.5 g	4.6 g	2.3 g
Monounsaturated Fat	8.0 g	14.8 g	7.4 g
Cholesterol	0.0 mg	3.3 mg	1.6 mg
Sodium	51.3 mg	374.0 mg	187.0 mg
<i>Potassium</i>	<i>794.5 mg</i>	<i>3,570.3 mg</i>	<i>1785.1 mg</i>
Total Carbohydrate	21.9 g	100.7 g	50.3 g
Dietary Fiber	8.5 g	14.7 g	7.4 g
Sugars	5.5 g	8.6 g	4.3 g
Protein	7.9 g	20.2 g	10.1 g
Vitamin A	28.8%	276.8%	138.4%
Vitamin C	270.4%	226.8%	113.4%
Calcium	9.4%	22.7%	11.4%
Iron	16.7%	49.7%	24.9%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Recipe analyzed at sparkrecipes.com			

Food Log

Helpful Notes: Measure Equivalents 1C = 8 fl.oz 1/4C = 4 Tbsp 1 Tbsp = 3 tsp = .5 fl. oz.				S M T W Th F S		date, 2011	
				Weight:		(lbs)	
						lbs/2.2 (kg)	
				Goal Calorie Intake:			
Goal Fat Intake:							
Time	Food/M meal	Qty/ Svg. Size	kCals	F / Sat. F	Carbs	Prot.	
AM PM							
AM PM							
AM PM							
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Personal Notes:			T o t a l s				
			 		 		 

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			Weight:		(lbs)	
					lbs/2.2 (kg)	
			Goal Calorie Intake:			
Goal Fat Intake:						

Time	Food/M meal	Qty/ Svg. Size	kCals	F / Sat. F	Carbs	Prot.
AM PM						
AM PM						
AM PM						
AM PM						
AM PM						
AM PM						
AM PM						

Personal Notes:				
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