

# Ginger Turmeric Marinated Chicken

by Henry Ford Livewell

**Prep Time:** Marinate overnight/ 15 minutes to prep

**Cook time:** 10-12 minutes

**Yield:** 8 servings

## Ingredients

- 1 inch piece fresh ginger, peeled
- 1 tsp ground turmeric
- 4 cloves garlic, peeled
- 1 Tbsp cumin
- 1 Tbsp paprika
- 1 tsp dried oregano
- 3 Tbsp canola oil
- 3 Tbsp white vinegar
- 2 Tbsp low sodium soy sauce
- 2 pounds thinly sliced, skinless/boneless chicken breast



## Directions

1. In a large shallow dish, mix avocado oil, soy sauce, lemon juice, and brown sugar. Place the turkey in the dish and turn to coat. Cover, and marinate in the refrigerator at least 4 hours.
2. Combine all herbs and spices in food processor or blender and process until finely chopped. Add oil, vinegar and soy sauce and stir to combine.
3. Add marinade to chicken breasts in glass bowl (or plastic zipper bag) and marinate overnight in the refrigerator.
4. The next day (when ready to cook) heat frying pan to medium heat
5. Remove chicken from marinade and place on frying pan, turning occasionally until fully cooked, for about 12 min.
6. Preheat grill for high heat. Lightly oil the grill grate. Discard marinade, place turkey breasts on grill. Close the lid, and grill about 15 minutes on each side, or to an internal temperature of 170°F.

## One Pot Mushroom Rice *by Alyona's Cooking*

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Yield:** Serves 8 people

## Ingredients

- 24 oz mushrooms
- 3 carrots, roughly chopped
- 1 onion diced
- 2/3 cup olive oil
- 2 cups Jasmine rice
- 3.5 cups water
- 1 Tbsp salt
- 1/4 tsp black pepper
- 1 tsp Mrs. Dash seasoning
- 1 tsp paprika



## Directions

1. Fry the mushrooms, carrots, and onions with the oil in a deep frying pan for 10 minutes over medium high heat
2. Stir the rice and seasonings in, then add water and bring to a boil.
3. Cover and simmer the rice over low heat for 30 minutes. Enjoy!

# Spring Fruit Salad

by *Exploring Health Foods*

**Prep time:** 15 minutes

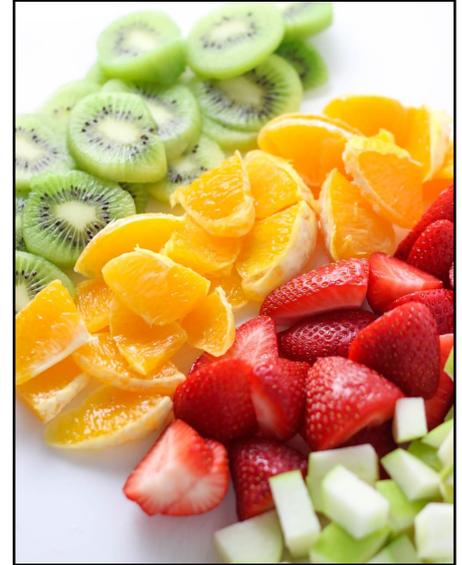
**Yield:** 8 servings

## Ingredients

- 3 kiwi, peeled and sliced
- 2 navel oranges, peeled and cut into 1 inch slices
- 2 cups strawberries, cut in halves
- 2 green apples, cut into small cubes
- 2 Tbsp honey
- 1 Tbsp lemon juice

## Directions

1. Combine all fruit into a large bowl
2. Dress with honey and lemon juice, and enjoy!



## Superhero Muffins *by Run Fast, Cook Fast, Eat Slow*

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Yield:** 12 muffins

## Ingredients

- 2 c. whole wheat flour
- 1 c. old-fashioned rolled oats
- 2 tsp ground cinnamon
- 1 tsp baking soda
- 1/2 tsp fine sea salt
- 1/2 cup walnuts, raisins, or chocolate chips (optional)
- 3 eggs
- 1 c. grated granny smith apple (about 1 apple)
- 1 c. grated carrots (about 2 carrots), peeled
- 8 Tbsp unsalted butter, melted
- 1/2 c. honey



## Directions

1. Position a rack in the center of the oven. Preheat the oven to 350°F. Line a 12-cup standard muffin tin with paper muffin cups.
2. In a large bowl, combine the whole-wheat flour, oats, cinnamon, baking soda, salt, and walnuts, raisings, or chocolate chips (if using).
3. In a separate bowl, whisk together the eggs, apple, carrot, melted butter, and honey. Add to the dry ingredients, mixing until just combined.
4. Spoon the batter unto the muffin cups, filling each to the brim. Bake until the muffins are nicely browned on top and a knife inserted in the center of a muffin comes out clean; 25-30 minutes. Allow muffins to cool completely before storing.
5. Store leftover muffins in an airtight container in the fridge or freezer.