COOKING FOR WELLNESS

May 2025





GUACAMOLE STUFFED TOMATOES

Author: She Likes Food Total Time: 30 minutes Yield: 20 1x Diet: Vegan

These Guacamole Stuffed Tomatoes are the perfect fun appetizer for all your summer needs!

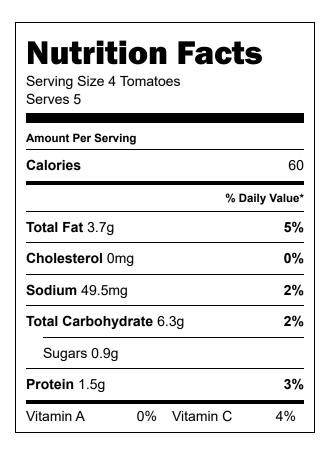
INGREDIENTS

- 1 large avocado
- 1/4 cup black beans
- 1/4 cup corn kernels
- 1/4 cup small diced red onion
- 1-2 cloves garlic, minced
- Chopped jalapeno, to taste
- 1-2 tablespoons chopped fresh cilantro
- Juice of one medium sized lime or lemon
- 1/4 teaspoon ground cumin, or to taste
- 1/4 teaspoon paprika, or to taste
- · Salt, to taste

INSTRUCTIONS

- 1. Prepare the guacamole, cut the avocado in half, remove the pit and scoop the avocado into a medium sized bowl. Use a fork to mash the avocado. For this recipe I like to mash it as much as I can to make sure there aren't any large chunks left.
- 2. Next, add in the black beans, corn, onion, jalapeno, cilantro, garlic, lime juice, spices and salt, to taste. Mix everything together well and set aside.
- 3. Wash and dry your tomatoes. Use a sharp knife to cut the very top of the tomato and then use a small spoon or teaspoon to scoop out the inside of each tomato. You may need a small pairing knife to help loosen it up.

4. You can either scoop the guacamole into a piping bag and pipe it into the tomatoes, or just use a spoon to scoop a little bit of guacamole into each tomato. Top with fresh cilantro and enjoy! Best when enjoyed soon after assembling.



Find it online: https://www.shelikesfood.com/guacamole-stuffed-tomatoes/

Cinnamon Roll Energy Bites

Nutrition Facts:

Calories: 120 per bite | Carbohydrates: 15g | Protein: 3g | Fat: 6g | Fiber: 2g

Ingredients:

1/2 cup rolled oats

1 cup pitted dates

2 tbsp almond butter

1 tbsp maple syrup

1 tsp cinnamon

1/2 tsp vanilla extract

1 tbsp chia seeds

1 tbsp flaxseeds

1/4 cup chopped almonds

Instructions:

- 1. In a food processor, blend the rolled oats until they reach a fine consistency.
- 2. Add the pitted dates, almond butter, maple syrup, cinnamon, and vanilla extract to the food processor. Blend until the mixture forms a sticky dough.
- 3. Transfer the mixture to a bowl and fold in the chia seeds, flaxseeds, and chopped almonds.
- 4. Using your hands, roll the mixture into small, bite-sized balls (about 1-inch in diameter).
- 5. Place the energy bites on a tray lined with parchment paper and refrigerate for at least 30 minutes to firm up.
- 6. Once set, store the energy bites in an airtight container in the refrigerator for up to a week.

Equipments Needed:

Food processor

Mixing bowl

Parchment paper

Airtight container

HERBED POTATO, ASPARAGUS & CHICKPEA SHEET PAN DINNER

One pan, a few fresh ingredients and spices, oven roasted together creating a healthy meal the whole family will love!

Author: Julie | The Simple Veganista

Prep Time: 5 **Cook Time:** 40 **Total Time:** 45 minutes

Yield: Serves 3

Category: Entree, Gluten-Free

Method: roast
Cuisine: American

Diet: Vegan

INGREDIENTS

- 1 lb. baby red potatoes, sliced in half lengthwise
- 1 1/2 cups **petite baby carrots**
- 1 can (14oz.) chickpeas, drained and rinsed
- 1 teaspoon of EACH dried basil, dried thyme, dried oregano (see notes)
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 2 3 tablespoons **olive oil**, divided
- 1 lb. asparagus, ends trimmed and cut into thirds
- 1/2 large **yellow onion**, sliced lengthwise
- mineral salt & fresh cracked pepper, to taste
- Fresh **parsley**, to serve



INSTRUCTIONS

Preheat oven to 425 degrees F. Line a rimmed baking sheet with parchment paper, silpat or lightly grease with oil.

Assemble: Add the potatoes, carrots and chickpeas to the sheet pan, drizzle with 1 1/2 tablespoon olive oil and 3/4 of the spices, toss to coat. Arrange the potatoes flesh side down, this will help them get crispy edges.

Roast: Place in the oven for 20 -25 minutes.

Add onion + asparagus: Carefully remove the pan from the oven, push the potato mixture to one side, add the onion and asparagus, add the remaining oil and herb/spice mix, toss to coat.

Continue roasting: Place sheet pan back in the oven and roast for 10 - 15 minutes more. Let cool a few minutes before serving.

Serve: Place in individual serving bowls and top with parsley sprinkled over top and sliced avocado on the side. Would be great with a serving of quinoa on the side as well, adding more fiber and protein!

Store: Leftovers can be stored in an airtight container in the refrigerator for up to 5 - 6 days.

NOTES

If you don't have all of the herbs on hand, use 1 tablespoon Italian seasoning or herbes de provence mix.

Nutrition Facts Serves 3			
Amount Per Serving			
Calories 325			
% Daily Value*			
Total Fat 7.3g			9%
Saturated Fat 1g			
Cholesterol 0mg			0%
Sodium 425.5mg			18%
Total Carbohydrate 55.7g 20%			
Dietary Fiber 12.8g			46%
Sugars 10g			
Protein 14g			28%
Vitamin A	9%	Vitamin C	28%
Calcium	8%	Iron	39%
Vitamin D	0%	Magnesium	24%
Potassium	28%	Zinc	24%
Phosphorus	26%	Thiamin (B1)	38%
Riboflavin (B2)	25%	Niacin (B3)	24%
Vitamin B6	33%	Folic Acid (B9)	63%
Vitamin E	15%	Vitamin K	90%

Find it online: https://simple-veganista.com/potato-asparagus-chickpea-sheet-pan-dinner/