

# Recipes From the Blue Zones® Kitchen

## Southwest Quinoa Salad

Modified recipe from Blue Zones\*

### Ingredients:

- 2½–3 Tbsp freshly squeezed lime juice
- ¼–½ tsp agave nectar or pure maple syrup
- 2 cups cooked and cooled quinoa
- 1 cup black beans
- ½–¾ cup chopped avocado, tossed in squeeze of extra lime juice (see note)
- ½ cup corn kernels (frozen is fine)
- ½ cup mild or medium salsa (see note)
- ¼ cup diced red bell pepper
- ¼ cup chopped cilantro (optional; can substitute flat-leaf parsley)
- 3–4 Tbsp chopped green onion (just the green portion)
- ½ tsp cumin, or more to taste
- ¼ rounded tsp sea salt (see note)
- 1/8 rounded tsp allspice
- \*Add 1 whole fresh, diced peach

### Directions:

- In a large bowl, combine the lime juice, agave nectar, quinoa, black beans, avocado, corn, salsa, red bell pepper, cilantro, green onion, peaches, cumin, sea salt and allspice. Add extra lime juice and sweetener to taste, as well as any additional seasoning. Refrigerate until ready to serve.
- Avocado note: If making this salad ahead of time, do not add the avocado, as it will discolor. Toss together all the ingredients, chill and then work in the avocado/lime juice before serving.
- Salsa note: Add a few more tablespoons if you like it saucier.
- Salt note: Start with about ¼ teaspoon of sea salt, then adjust to add extra later if needed. You may want a little more depending on the brand of salsa that you use.

This delicious dish can be eaten as a main meal or a side. It contains rich sources of fiber from the black beans, quinoa, avocado and corn. Fiber is important for cardiovascular and digestive health. The bright colors from the bell peppers, corn and cilantro add eye appeal, as well as antioxidants and vitamins that keep our immune systems healthy. The addition of peaches is a fun way to incorporate a little more sweetness and an additional punch of vitamin C, vitamin A and fiber.

Tips by Marissa Martorana, RDN

Source: New Jersey Agriculture Experiment Station

# Recipes From the Blue Zones® Kitchen

## Peach and Black Bean Tacos

Modified recipe from Blue Zones\*

**Ingredients:**

- \*2 peaches, diced
- ½ diced red onion
- 1 diced red bell pepper
- Juice of 1 lime
- Handful of cilantro, chopped
- 1 can cooked black beans, drained and rinsed
- 2 avocados, diced
- 1-2 tsp of mango salsa and/or choice of hot sauce
- Salt, to taste
- 10-12 corn tortillas

**Directions:**

- In a medium bowl stir together diced peach, red onion, red pepper, lime juice, chopped cilantro, avocado and black beans. Add a few generous pinches of salt. Taste and adjust seasonings. Chill until ready to use.
- Char (or warm) your tortillas, fill and add salsa.

This simple recipe is packed with heart healthy fiber from the black bean, peaches and avocados. Fiber is important to keep cardiovascular health in check, as well as digestion. Peaches also contain vitamin C, which is an antioxidant that can keep our immune systems healthy. Avocado also boasts heart healthy monounsaturated fats, which is helpful to our hearts and our brains for proper functioning. Fats help our bodies absorb fat soluble vitamins such as vitamins A, D, E and K.

Tips by Marissa Martorana, RDN

Source: New Jersey Agriculture Experiment Station

# Recipes From the Blue Zones® Kitchen

## Pomegranate and Grilled Peach Dessert

From Blue Zones

### Ingredients:

- 2 peaches, halved and pitted
- 4 tsp honey
- 1 cup strawberries, hulled and quartered
- 1-2 Tbsp coconut (almond or soy yogurt may be substituted)
- 1 pinch cinnamon
- ½ tsp vanilla extract
- 1 tsp raw honey
- ½ pomegranate, seeded, for garnish
- Fresh mint leaves, for garnish

### Directions:

- Brush peaches with honey and place cut-side down on a grill or grilling pan. Grill for 3-5 minutes. Plate with strawberries.
- Mix yogurt in a bowl with cinnamon, vanilla and raw honey. Spoon on fruit. Sprinkle with pomegranate seeds and garnish with mint.

This delicious snack or dessert can be enjoyed any time of the day. Peaches are a delicious and sweet fruit that have versatile cooking and eating properties. They can be eaten raw, cold, baked or warmed, and are a great topping to a variety of foods. They contribute vitamin A and beta carotene which are important for eye and skin health. They also contain vitamin C, an antioxidant, and fiber to keep our immune and digestive systems healthy. The dietary guidelines recommend 1½ cups of fruit per day for women, and 2 cups per day of fruit for men. Peaches are a great option to meet that goal.

Tips by Marissa Martorana, RDN

Source: New Jersey Agriculture Experiment Station

# Notes



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