

Recipe Card

From the Blue Zones® Kitchen

Peaches in Raspberry Yogurt Sauce

Makes 4 servings.

- Ingredients:**
- 4 fresh ripe peaches or nectarines
 - 1 cup frozen unsweetened raspberries
 - ½ cup non-fat yogurt, unsweetened
 - 1 tablespoon honey
 - Fresh mint

- Directions:**
- Split peaches or nectarines in half.
 - Mash raspberries with the back of a spoon or potato masher.
 - Add yogurt and honey to mashed raspberries.
 - Divide peaches into individual dishes and spoon yogurt sauce over the top.
 - Garnish with whole raspberries and fresh mint.

Nutritional Highlights

- Very low in saturated fat
- Very low in cholesterol
- Low in sodium
- High in dietary fiber
- High in manganese
- High in potassium
- Very high in vitamin C

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Red Bean and Sweet Potato Hash

Makes 4 servings.

- Ingredients:**
- 1 tablespoon extra-virgin olive oil
 - 1 medium onion, chopped
 - 2 garlic cloves, very finely chopped
 - 1 large sweet potato (8 ounces), cooked, peeled and diced
 - 1/2 teaspoon dried thyme
 - 1/2 teaspoon dried oregano
 - Salt
 - Ground black pepper
 - 1 (15-ounce) can of dark red kidney beans, drained and rinsed

- Directions:**
- Heat the oil in a large skillet over medium-high heat. Add the onion and cook until softened (about 5 minutes). Add the garlic and cook for 1 minute longer, then stir in the sweet potato, thyme, oregano, salt and pepper to taste.
 - Place the beans in a bowl and mash them with a fork or potato ricer. Add the mashed beans to the skillet and stir to combine with the onion mixture. Cook for about 10 minutes. Turn frequently and press the spatula down on the mixture until the bottom is lightly crisped and browned. Serve hot.

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Whole Wheat Veggie Burrito

Makes 4 servings.

- Ingredients:**
- 4 whole wheat tortillas (6 to 7 inches in diameter)
 - 1 c. cooked brown or white rice
 - 1/2 c. canned black beans, rinsed and drained
 - 1/4 c. canned diced green chiles
 - 1/4 c. canned whole kernel corn
 - 2 tbsp. thinly sliced scallions
 - 2 tbsp. chopped cilantro or parsley
 - 1/4 tsp. salt
 - 1/4 tsp. freshly ground black pepper
 - 1 med. avocado, diced
 - 1 c. shredded lettuce
 - 1/2 c. bottled salsa
- Directions:**
- Preheat the oven to 350°F. Wrap the tortillas in aluminum foil and warm in the oven for 5 to 10 minutes until heated through.
 - Meanwhile, in a large bowl, combine the rice, beans, green chiles, corn, scallions, cilantro, salt and pepper. Toss to mix.
 - Divide the rice and bean salad evenly among the warm tortillas. Top each with 1/4 of the diced avocado, 1/4 cup shredded lettuce and 1 tablespoon salsa. Roll up and eat.

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Miso Soup with Vegetables

Makes 4 servings.

Ingredients:

- 3 tablespoons miso paste, such as shiro miso (white), miso (red miso) or shinshu miso (yellow)
- 1 ½ tablespoons unseasoned rice wine vinegar
- 1 large garlic clove, peeled
- 1 ½-inch fresh ginger piece, peeled
- ½ pound firm tofu, cut into ½-inch cubes
- ¼ pound fresh shiitake mushrooms, stemmed and the caps thinly sliced
- 2 cups pea shoots (about 3 ounces), roughly chopped
- 6 medium scallions, trimmed and thinly chopped
- 2 teaspoons toasted sesame oil
- 1 teaspoon soy sauce

Directions:

- Put the miso, rice vinegar, garlic, ginger and 1 cup water in a food processor or a large blender. Cover and process or blend until smooth, scraping down the inside of the canister at least once.
- Stir the miso mixture into 4 additional cups water in a medium saucepan. Add the tofu, mushrooms, pea shoots, and scallions; bring to a simmer over medium heat, stirring often. Reduce the heat to low and simmer, uncovered, for 5 minutes. Turn off heat and stir in the sesame oil and soy sauce before serving.

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Miso Glazed Tofu

Makes 4 servings.

Ingredients:

- 1/3 cup miso
- 1 container of firm or extra-firm tofu, pressed
- 3 tablespoon rice vinegar
- 3 tablespoon soy milk
- 1 teaspoon fresh ginger
- 2-3 cloves garlic, chopped
- 3 teaspoons sesame oil
- Sesame seeds (for garnish)
- Green onion (for garnish)

Directions:

- Combine all ingredients except oil and tofu in a food processor and blend, slowly adding the oil until the mixture is smooth.
- Cut the tofu into slices 1 inch thick and dip them into the mixture until coated, reserving some of the mixture.
- Lay the tofu on a baking sheet and broil for 10 minutes, then flip to the other side and coat with the remaining mixture.
- Sprinkle with sesame seeds and chopped green onions before serving.

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Garden Salsa

Ingredients:

- Multigrain tortilla chips
- 2 medium tomatoes
- 1/3 cup chopped cilantro
- 1/4 cup diced white onion
- 1/4 cup diced chili pepper (remove seeds)
- 1/3 cup diced tomatillo
- 1 lime
- Salt and pepper, to taste

Directions:

- Dice the tomato, onion, chili pepper and tomatillo.
- Chop the cilantro.
- Place ingredients in bowl and squeeze lime juice over them.
- Mix well and add salt and pepper.

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Carrot Slaw with Fennel, Almonds, Cilantro & Feta

Makes 6 cups.

- Ingredients:**
- 3 cups shredded carrots
 - 2 cups finely sliced fennel
 - 1 cup toasted sliced almonds
 - ½ cup roughly chopped cilantro
 - 1/3 cup crumbled feta
 - 1 tablespoon lime juice
 - 1 teaspoon red chili flakes
 - Olive oil
 - Salt and pepper
- Directions:**
- Toss all ingredients together and serve cold.

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Grilled Artichokes with Lemon-Almond Pesto

Makes 6-8 servings

Ingredients:

- 3 large artichokes
- 1/4 cup parsley leaves
- 1 cup basil leaves
- 1 clove garlic
- 1/4 cup grated parmesan
- 1 tablespoon lemon zest
- 1/2 cup sliced almonds
- Olive oil
- Salt and pepper

Directions:

- Bring a large pot of water to a rolling boil. Add a small handful of salt.
- Meanwhile, prepare the artichokes. Rip off the outer 6-8 leaves and discard. If the stem is long, peel the outer skin. Use a serrated knife to cut the top 1/2-inch off the artichoke (removing many of the thorns from the tips of the leaves) and use a scissor to cut the thorns off the rest of the leaves. Place the artichokes in the boiling water and simmer for 20 minutes or until tender (test by pulling a leaf from the center -- it should remove easily). Allow the artichokes to cool slightly.
- Meanwhile, heat a grill pan over high heat. Combine the parsley, basil, garlic, parmesan, lemon zest and almonds in a food processor and puree until smooth, adding olive oil as needed to create a pesto consistency. Season with salt and pepper.
- Slice the artichokes in half length-wise and remove the prickly choke and any small purple leaves. Drizzle with olive oil. Place cut-side down on the grill and cook until well-marked.
- Serve immediately with the pesto for dipping.

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Avocado & Fava Bean Salad

Makes 4 servings.

Ingredients:

- ½ cup fresh fava beans, shelled and peeled
- 1 medium fennel bulb, thinly sliced
- 1½ cups sunflower sprouts
- ½ cup cooked chickpeas, drained and rinsed
- Extra-virgin olive oil, for drizzling
- Juice ½ small lemon
- ½ avocado, diced
- ¼ cup chopped almonds, toasted
- ¼ cup large shavings of Parmesan
- Sea salt and freshly ground black pepper

Directions:

- Prepare a small pot of salted boiling water and a small bowl of ice water.
- Drop the fava beans into the boiling water and blanch for 3 minutes.
- Remove the beans and immediately immerse in the ice water to stop the cooking process. Keep in the ice water long enough to cool completely, about 15 seconds.
- Drain and place on paper towels to dry.
- Thinly slice the fennel (using a mandolin, if you have one).
- Place the fennel slices into a large bowl with the sunflower sprouts, chickpeas and fava beans.
- Drizzle the salad with olive oil, lemon juice and season with salt and pepper.
- Toss the salad, then add the avocado, almonds and Parmesan shavings and gently toss again.
- Taste and adjust seasonings.

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Power Green Smoothie

Makes 3 servings.

- Ingredients:**
- 2 cups spinach
 - 3 cups unsweetened almond milk
 - 1 cup frozen mango chunks
 - 1 cup pineapple, cubed
 - 1/2 avocado

- Directions:**
- Combine all ingredients in a blender. Blend until smooth.

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No Bake Cookies

Ingredients:

- 4 tablespoons cocoa powder
- 1 cup peanut butter
- 3 cups oatmeal
- 2 cups sugar (or alternatively use 1 cup of sugar and a half cup of applesauce)
- ½ cup milk

Directions:

- In a heavy saucepan, bring the sugar (and applesauce if applicable), cocoa and milk to a boil. Let boil for approximately 1 minute.
- Add the peanut butter and oatmeal.
- On a sheet of wax paper, drop the mixture by the desired teaspoonful and wait until cool and hardened (5-10 minutes).

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New York Times Veggie (Vegetarian Burgers)

Makes 8 servings.

Ingredients:

- 1 can black beans, rinsed and drained
- 1 can tomatoes with zesty mild chilies, drained
- 1 garlic clove, minced or pressed, or 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 green onions, chopped
- 1 cup chopped carrots
- 1 cup parsley or cilantro
- 2 cups quick rolled oats
- 8 whole grain buns
- Fresh veggie toppings and healthy condiments

Directions:

- Preheat oven to 450°F.
- Process the first seven ingredients using an immersion or a regular blender or food processor. Remove contents into a large bowl and stir in the oats.
- Form into patties, place on a sprayed baking sheet and bake for 8 minutes.
- Turn oven up to broil and cook for 2-3 more minutes, until the tops are nicely browned.
- Toast the buns and pile on your favorite toppings.

(Variation:)

- Sauté the burgers on medium heat in a sprayed nonstick skillet for 5 minutes on each side, until both sides are browned.

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Manga and Black Bean Tacos

Makes 10-12 servings.

Ingredients:

- 2 mangos, 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 teaspoons of mango salsa and/or choice of hot sauce
- Salt, to taste
- 10-12 corn tortillas

Directions:

- In a medium bowl stir together diced mango, 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.

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Maple Chili Butternut Squash

Makes 4 -6 servings.

- Ingredients:**
- 1 butternut squash
 - ½ teaspoon chili pepper
 - 2-3 tablespoons of real maple syrup
 - Grated fresh ginger (optional)

- Directions:**
- Peel and cube the butternut squash
 - Pre-heat oven to 350°F.
 - Toss butternut squash in 2-3 tablespoons of maple syrup, ½ teaspoon chili pepper and grated fresh ginger.
 - Place cubed squash in a single layer on a foil-lined baking sheet.
 - Bake butternut squash for 20-25 minutes or until cooked through.

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5-Minute Tasty Squash and Beans

Makes 1 serving

Ingredients:

- 1 cup black beans
- 1 cup of brown rice
- 1 large squash
- 1 avocado
- 4 tablespoons olive oil
- Hot sauce of your choice
- Dash of salt

Directions:

Slow Food Way

- Soak beans overnight, rinse thoroughly and boil for 50 minutes (add bay leaf or garlic if desired).
- Peel and seed squash, dice into half-inch cubes and toss lightly in olive oil.
- Place the squash on a cookie sheet and bake 350°F for 50 minutes.
- Serve all hot ingredients together. Top with sliced avocado with a dash of hot sauce.

5-Minute Way

- 1 can of black beans
- 1 pouch of precooked brown rice
- 1 bag of seeded, peeled and cubed squash, tossed lightly in olive oil
- Microwave all ingredients in separate bowl until hot.
- Serve together. Top with sliced avocado with a dash of hot sauce.

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Banana-Oat Quick Bread

Ingredients:

- 1 ½ cups all-purpose flour
- 1 cup quick-cooking oats
- ¾ cup packed brown sugar
- 2 ½ teaspoons baking powder
- ¼ teaspoon salt
- 1 cup mashed ripe banana
- ½ cup low-fat buttermilk
- ¼ cup vegetable oil
- 2 large egg whites
- Cooking spray
- ¼ cup quick-cooking oats
- 2 tablespoons coarsely chopped walnuts
- 2 tablespoons brown sugar
- 2 teaspoons butter

Directions:

- Preheat oven to 350°F.
- Lightly spoon flour into dry measuring cups and level with a knife. Combine flour and next 4 ingredients (flour through salt) in a large bowl; make a well in center of mixture. Combine banana, buttermilk, oil and egg whites in a bowl; add to flour mixture. Stir just until moist. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- Combine ¼ cup oats, walnuts, 2 tablespoons brown sugar and butter and sprinkle over batter. Bake at 350°F for 1 hour or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

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Apple Granola Bar

- Ingredients:**
- 1-2 bags of dried apples
 - 1 bag of raw sunflower kernels
 - 1 container of rolled oats
 - 1 cup of honey

- Directions:**
- Drizzle honey over the dried apple pieces.
 - Sprinkle sunflower kernels on top of sticky dried apple pieces.
 - Sprinkle rolled oats on top of sticky dried apple pieces.
 - Press the dried apple, sunflower kernels and rolled oats together to form a granola bar or ball.

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Spinach and Chickpea Dip with Carrots

Ingredients:

- 1 can of chickpeas
- 2 tablespoons of tahini
- 2 tablespoons of lemon juice
- 2 tablespoons of water
- 1 tablespoon olive oil
- 1 clove of garlic
- 1/2 teaspoon of salt
- 4 packs of baby spinach
- 4 large carrots peeled and sliced diagonally

Directions:

- Add the chickpeas, tahini, lemon juice, water, olive oil, garlic and salt to a food processor and puree until smooth.
- Add the spinach, 1 cup at a time, and puree until smooth. Transfer the mixture to a bowl and serve alongside the carrots.

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Caramelized Brussel Sprouts with Lemon Zest and Honey

Makes 6-8 servings.

- Ingredients:**
- 2 lbs brussel sprouts, halved through the root end
 - Olive oil, as needed
 - 1 lemon, zested
 - 2 tablespoon honey
 - Salt and pepper, as needed

- Directions:**
- Preheat oven to 450°F. Toss halved brussels sprouts in olive oil - coat very well - and place cut-side-down onto a baking sheet in a single layer. Roast for about 15-20 minutes or until they are golden on the bottom and tender.
 - Remove from the heat and toss with lemon zest, honey and season with salt and pepper.