

ROMESCO WITH FRESH AND ROASTED VEGETABLES

ROMESCO INGREDIENTS:

- 1/3 cup hazelnuts
- 1/2 cup rice cracker crumbs
- 2 large red bell peppers
- 1/4 cup blanched almonds
- 1 medium garlic clove, smashed
- 1/4 cup sun-dried tomatoes in oil, drained
- 3 tbsp olive oil
- 2 tbsp sherry vinegar
- 1 1/2 tsp smoked paprika
- 1 1/2 tsp kosher salt
- 1/8 tsp cayenne pepper



DIRECTIONS

1. Preheat oven to 325°F with oven rack in middle of oven. Spread hazelnuts in an even layer on a rimmed baking sheet. Bake at 325°F until hazelnuts are toasted, about 8 minutes. Using a towel, rub off hazelnut skins. Set aside.
2. Turn on broiler to high with oven rack in top third of oven. Place bell peppers on a rimmed baking sheet. Broil, turning occasionally, until charred, about 14 minutes. Set oven temperature to 425°F.
3. Transfer peppers to a bowl. Cover tightly with plastic wrap, and let stand 10 minutes. Peel, stem, and seed bell peppers.
4. Place crackers, toasted hazelnuts, almonds, and garlic in food processor and process until finely chopped, about 20 seconds. Add charred bell peppers, sun-dried tomatoes, oil, vinegar, paprika, salt, and cayenne. Process until almost smooth, about 30 seconds. Set aside.

FRESH AND ROASTED VEGETABLES INGREDIENTS:

- 12 oz sunchokes, scrubbed, and cut lengthwise into 1/2-inch-thick slices
- 1 medium fennel bulb, cut into 1/2-inch wedges, divided
- 8 oz small multicolored carrots, halved
- 2 tbsp olive oil
- 1/4 tsp kosher salt
- 4 oz radishes, thinly sliced (about 1 cup)
- 2 heads Belgian endive or radicchio (about 6 oz), leaves separated



DIRECTIONS

1. Toss together sunchokes, half of fennel, half of carrots, oil, and salt on a rimmed baking sheet. Roast at 425°F until tender, 30 to 35 minutes.
2. Spoon romesco into a serving bowl. Serve with roasted and fresh vegetable mixture.

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aultcare.com/healthandwellness

Source: Downshiftology.com

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AULTCARE WELLNESS RECIPE

ITALIAN WEDDING SOUP



Ingredients:

4 Tbsp extra-virgin olive oil, divided

1½ cups chopped yellow onion

¾ cup chopped carrot

¾ cup chopped celery

2 Tbsp minced garlic

6 cups unsalted chicken broth

6 oz orzo, preferably whole-wheat

1½ Tbsp chopped fresh oregano

½ tsp kosher salt

24 cooked chicken meatballs (12 oz)

4 cups baby spinach

¼ cup grated Parmesan cheese

Source: eatingwell.com

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Instructions:

Step 1:

Heat 1 Tbsp oil in a large pot or Dutch oven over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring occasionally, until the onion is translucent, 4-5 minutes.

Step 2:

Add broth, cover and bring to a boil. Add orzo, oregano and salt; cover and cook, stirring occasionally, until the orzo is just tender, about 9 minutes.

Step 3:

Stir in meatballs and spinach; cook until the meatballs are heated through and the spinach is wilted, 2-4 minutes.

Step 4:

Serve sprinkled with cheese and drizzled with the remaining 3 Tbsp oil.

Nutrition Information (per serving) : 415 calories | 19 g fat | 36 g carbs | 26 g protein



AULTCARE WELLNESS RECIPE

SHEET PAN SALMON, WITH SWEET POTATOES AND BROCCOLI



Ingredients:

3 Tbsp low-fat mayonnaise

1 tsp chili powder

2 medium sweet potatoes, peeled and cut into
1-inch cubes

4 tsp olive oil, divided

½ tsp salt, divided

¼ tsp ground pepper, divided

4 cups broccoli florets (8 oz.; 1 medium crown)

1 ¼ lb salmon fillet, cut into 4 portions

2 limes, 1 zested and juiced, 1 cut into wedges
for serving

¼ cup crumbled feta or cotija cheese

½ cup chopped fresh cilantro

Nutrition Information (per serving) :
504 calories | 26 g fat | 34 g carbs | 34 g protein

Source: [Eatingwell.com](https://www.eatingwell.com)

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Instructions:

Step 1:

Preheat oven to 425°F. Line a large, rimmed baking sheet with foil and coat with cooking spray.

Step 2:

Combine mayonnaise and chili powder in a small bowl. Set aside.

Step 3:

Toss sweet potatoes with 2 tsp oil, ¼ tsp salt, and ⅛ tsp pepper in a medium bowl.

Step 4:

Spread on the prepared baking sheet. Roast for 15 minutes.

Step 5:

Meanwhile, toss broccoli with the remaining 2 tsp oil, ¼ tsp salt, and ⅛ tsp pepper in the same bowl.

Step 6:

Remove the baking sheet from oven. Stir the sweet potatoes and move them to the sides of the pan. Arrange salmon in the center of the pan and spread the broccoli on either side, among the sweet potatoes.

Step 7:

Spread 2 Tbsp of the mayonnaise mixture over the salmon.

Step 8:

Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes.

Step 9:

Meanwhile, add lime zest and lime juice to the remaining 1 Tbsp mayonnaise; mix well.

Step 10:

Divide the salmon among 4 plates and top with cheese and cilantro.

Step 11:

Divide the sweet potatoes and broccoli among the plates and drizzle with the lime-mayonnaise sauce. Serve with lime wedges and any remaining sauce.



AULTCARE WELLNESS RECIPE



SOUTHWEST GROUND BEEF AND SWEET POTATO SKILLET

Yield: 4-5 Servings

Ingredients:

1 Tbsp olive oil

½ cup diced onion

1 lb lean ground beef

5 tsp chili powder, divided

2 tsp ground cumin

Kosher salt and fresh ground black pepper to taste

1 tsp grated garlic

2 cups peeled and diced sweet potatoes

14.5 oz can fire roasted diced tomatoes

4 oz canned diced green chiles

¼ cup water

½ cup shredded cheddar cheese

Cilantro for garnish (optional)

Total time : 30 minutes Prep time: 5 minutes Cook Time: 25 minutes

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Source: <https://reciprunner.com/southwest-ground-beef-and-sweet-potato-skillet/>



Instructions:

Step 1:

Heat the olive oil in a large skillet over medium high heat. Add in the ground beef and diced onion and crumble the beef with a wooden spoon. Add in 1 tablespoon (3 teaspoon) of chili powder, 1 teaspoon of cumin, and season with salt and pepper. When the beef is nearly cooked through add in the garlic and cook for another minute. Pour it out onto a plate and wipe out the skillet.

Step 2:

Add the diced sweet potato, fire roasted tomatoes, green chiles, water, 2 teaspoon of chili powder, 1 teaspoon cumin, salt and pepper to the skillet. Stir everything together and cover it with a lid. Lower the heat and let it simmer for about 20 minutes or until the sweet potatoes are tender.

Step 3:

Add the ground beef mixture in with the sweet potatoes and stir everything together. Top with shredded cheese and cover with the lid again for another minute or until the cheese is melted. Top with chopped cilantro and serve.

Nutrition Information (per serving) : 486 calories | 23 g fat | 31 g carbs | 40 g protein



AULTCARE WELLNESS RECIPE



WALNUT-ROSEMARY CRUSTED SALMON

Salmon and walnuts are both great sources of omega-3 fatty acids. Pair this easy walnut-crusted salmon recipe with a simple salad and a side of roasted potatoes for dinner.

Ingredients:

2 tsp Dijon mustard

1 clove garlic, minced

¼ tsp lemon zest

1 tsp lemon juice

1 tsp chopped fresh rosemary

½ tsp honey

½ tsp kosher salt

¼ tsp crushed red pepper

3 Tbsp panko breadcrumbs

3 Tbsp finely chopped walnuts

1 tsp extra-virgin olive oil

1 lb skinless salmon fillet, fresh or frozen

Olive oil cooking spray

Chopped fresh parsley and lemon wedges for garnish

Total time : 20 minutes **Active time** : 10 minutes **Total time**: 10 minutes

Source: Eatingwell.com

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Instructions:

Step 1:

Preheat the oven to 425°F. Line a large rimmed baking sheet with parchment paper.

Step 2:

Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt, and crushed red pepper in a small bowl. Combine panko, walnuts and oil in another small bowl.

Step 3:

Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray.

Step 4:

Bake until the fish flakes easily with a fork or reaches an internal temperature of 145°F, about 8 to 12 minutes, depending on thickness.

Step 5:

Sprinkle with parsley and serve with lemon wedges, if desired.

Serving Size: 3 oz Calories: 222 Carbs: 4 g Protein: 24 g Fat: 12 g Sodium: 256 mg



AULTCARE WELLNESS RECIPE

BROCCOLI AND BLUE CHEESE SALAD



Ingredients:

- 2 cups purple sprouting broccoli, trimmed
- 1 Tbsp olive oil, plus extra to serve
- ½ lemon, juiced
- ¼ cup blanched almonds, toasted and roughly chopped

Dressing:

- 1 Tbsp olive oil
- 1 small clove garlic, sliced
- ¼ cup blue cheese, crumbled
- ½ lemon, zested and juiced
- 2 Tbsp natural yogurt
- A small bunch chives, finely chopped

Source: Olivemagazine.com

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Instructions:

Step 1:

Bring a large pan of salted water to the boil. Cook the broccoli for 2 minutes until tender, drain well and add into a bowl with the olive oil and lemon juice. Cool completely.

Step 2:

To make the dressing, fry the garlic with the olive oil in a pan for 2 minutes. Put the rest of the dressing ingredients into a blender along with the fried garlic and oil, and season generously. Process until completely smooth, adding 1-2 Tbsp of water if too thick.

Step 3:

To finish, put the broccoli on a serving plate and drizzle generously with the dressing and a splash of olive oil followed by the chopped almonds.



AULTCARE WELLNESS RECIPE



BUFFALO CHICKEN STUFFED SPAGHETTI SQUASH

Yield: 4 Servings • **Prep time:** 15 mins • **Cook time:** 1 hour

Ingredients:

- 1 ¼ lb chicken breast, cooked and shredded
- 1 medium spaghetti squash, halved (about 2– 2 ½ lb)
- 2 ribs celery, thinly sliced
- 2 green onions, white and green parts thinly sliced
- ½ cup diced red bell pepper
- ½ cup buffalo sauce
- ¼ cup creamy ranch dressing
- ¼ cup crumbled blue cheese (optional)

Instructions:

Step 1: Preheat oven to 350°F.

Step 2: Line a baking sheet with parchment paper and set aside.

Step 3: Slice both ends from squash and discard. Stand squash up on one of its cut ends and use a large knife to cut the squash in half lengthwise. Scoop seeds and stringy insides out using a large spoon. Place squash cut-side down on the baking sheet.

Step 4: Bake for 30-40 minutes or until squash is tender. Baking time will depend on the size of your squash (larger squash requiring a longer cook time). When squash is tender, allow to it cool slightly before using a fork to gently scrape the squash flesh into a large bowl. Reserve the squash shells.

Step 5: While squash is roasting, cook the chicken.

Serving Size: ¼ of recipe

Calories: 308 **Fat:** 14g **Carbohydrate:** 13g **Protein:** 36g

Source: Therealfooddietitians.com

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To Cook the Chicken:

Step 1: Directions for Instant Pot

Insert the rack into the inner pot. Add 1 cup water or broth. Lay the chicken on the rack. Secure lid and select 'Poultry' setting and increase time to 17 minutes (19 minutes if the breasts are thick). At the end of the cooking time, allow pressure to naturally release for 5 minutes then flip the vent valve and release any remaining pressure. Move chicken to a cutting board to cool slightly before shredding with two forks.

Step 2: Directions for Stovetop

Directions for Stovetop: Place a medium skillet over medium-high heat. Add 1 teaspoon avocado oil, olive oil, or coconut oil and swirl the pan to coat with the oil. Add chicken and ½ cup water. Once the water begins to simmer, reduce heat and cover. Cook chicken for 15-18 minutes or until cooked through. Move chicken to a cutting board to cool slightly before shredding with two forks.

To Assemble the Stuffed Squash:

Step 1: In a large bowl, place squash shreds, shredded chicken, celery, green onions, bell pepper, and buffalo sauce. Toss until well mixed and coated. Spoon the squash-chicken mixture into the reserved squash shells. Place the stuffed shells on the baking sheet and bake in 350°F oven for 10-15 minutes or until heated through.

Step 2: Serve drizzled with ranch dressing and top with crumbled blue cheese, if desired.



AULTCARE WELLNESS RECIPE

BUTTERNUT SQUASH SALAD WITH BEETS



Ingredients:

- 1½ cups beets – peeled and cubed (about 2–3 beets)
- 2–3 cups butternut squash – peeled and cubed
- 2 Tbsp olive oil – divided
- ½ tsp kosher salt
- ¼ tsp ground black pepper
- 6 cups arugula
- ¼ cup chopped walnuts
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds

For the Dressing:

- ¼ cup orange juice (or the juice of a large orange)
- 2 Tbsp apple cider vinegar
- 2 Tbsp pure maple syrup
- 1 Tbsp Dijon mustard
- Salt and pepper (to taste)
- ½ cup olive oil

Roasted to Perfection

Total Time : 35 minutes Yield : 6 servings

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Directions:

Roast The Beets And Squash

Preheat the oven to 425° F and line a baking sheet with parchment paper for easy cleanup.

Place the cubed butternut squash onto the baking sheet in an even layer, leaving some room for the beets. Then add the beets to the pan with the squash. Drizzle the beets and squash with 1-2 tablespoons olive oil and some salt and pepper and toss to coat.

Then roast the beets and squash in the oven for about 20-25 minutes, turning the beets and squash over halfway through. Watch the beets since they may not take as long as the squash to cook. Remove and set aside to cool for a few minutes.

Make The Dressing

Add all the dressing ingredients to a medium bowl and whisk well to mix. You can also add all the ingredients to a mason jar fitted with a lid and shake well.

Assemble The Salad

Arrange the salad ingredients – arugula, squash, beets, goat cheese, walnuts and pomegranate seeds in a large bowl. Pour the dressing over the salad and toss. Serve and enjoy!



AULTCARE WELLNESS RECIPE

CABBAGE ROLL SOUP



Ingredients:

1 large onion, diced

3 cloves garlic, minced

1 lb lean ground beef

½ lb lean ground pork

¾ cup uncooked long grain rice

1 medium head cabbage, chopped (core removed)

1 (28 ounce) can diced tomatoes

2 tablespoons tomato paste

4 cups beef broth

1½ cups V8 or other vegetable juice

1 teaspoon paprika

1 teaspoon thyme

1 tablespoon Worcestershire sauce

1 bay leaf

salt and pepper, to taste

Total Time: 50 minutes

Prep Time: 25 minutes

Cook Time: 25 minutes

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Source: spendingwithpennies.com



Instructions:

Step 1:

In a large pot, brown onion, garlic, pork and beef. Drain any fat.

Step 2:

Stir in chopped cabbage and let cook until slightly softened (about 3 minutes).

Step 3:

Add all remaining ingredients, bring to a boil and reduced heat to medium low. Cover and simmer on low until rice is fully cooked (about 25-30 minutes)

Step 4:

Remove bay leaf and serve.

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If you prefer a thinner soup, add more beef broth to reach desired consistency once rice is cooked.



AULTCARE WELLNESS RECIPE

CREAMY TOMATO SOUP WITH CHICKEN AND VEGETABLES



Ingredients:

1 Tbsp olive oil

1 lb ground chicken or thin sliced chopped

1 Tbsp Italian seasoning

1 tsp fennel seeds

1 onion, minced

6 garlic cloves, minced

1 quart of chicken stock

1 14 oz can crushed tomatoes

2 Tbsp tomato paste

1 bunch kale, stems removed, roughly chopped

2 small zucchini, sliced

1 small head cauliflower cut into florets

1 cup milk (dairy or nondairy)

6-8 basil leaves chopped

Parmesan cheese (optional)

1/4 tsp red pepper flakes (optional)

Serves: 10 Calories: 263 Fat: 9.4 Carb: 17 Fiber: 4.8 Cholesterol: 4.8

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Instructions:

Step 1:

Heat a large soup pot over medium-high heat.

Step 2:

Add the chicken, onions, garlic and Italian seasoning to the pot and sauté until the meat is browned and onions are soft and translucent, about 5 minutes. (Drain off any excessive fat.)

Step 3:

Add the chicken stock, crushed tomatoes and tomato paste. Whisk until tomato paste is fully incorporated. Bring to a boil, season with salt then simmer for 15 minutes.

Step 4:

Add the kale, cauliflower, zucchini and milk.

Step 5:

Simmer for 10 minutes until the cauliflower is tender.

Step 6:

Serve with parmesan cheese and red pepper flakes if desired.

Source: *Creamy Tomato Soup with Chicken and Vegetables* | *The ModernProper*

Find this and other healthy recipes on [aultcare.com/wellness](https://www.aultcare.com/wellness)



AULTCARE WELLNESS RECIPE

CROCK POT STUFFED PEPPERS

Top with kimchi for additional gut friendly bacteria



Ingredients:

- 6-8 large peppers
- 1 lb ground chicken or turkey or extra lean beef
- 1 14oz can reduced sodium black beans
- 1 14oz can fired roasted diced tomatoes
- 1 cup uncooked quinoa or 3 cups cauliflower rice
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- 1 ¼ cup pepper jack (or cheddar) cheese

For Serving:

- Kimchi
- Sliced avocado
- Sour cream or plain Greek yogurt
- Cilantro avocado dressing
- Salsa
- Fresh cilantro

Serves: 6 Calories: 335 Fat: 15g Carb: 30g Fiber: 9g Protein: 6g

Source: Wellplatedbyerin.com

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Instructions:

Step 1:

Cut tops off pepper and clean out centers.

Step 2:

Combine chicken, black beans, quinoa, tomatoes in juices, spices, and $\frac{3}{4}$ cup cheese and mix well.

Step 3:

Fill centers of peppers with mixture.

Step 4:

Pour $\frac{1}{2}$ cup water into 5 quart crock pot.

Step 5:

Place filled peppers upright in crock pot.

Step 6:

Cover and cook on low 6 hours or high 3 hours.

These peppers can also be baked in the oven:

Stand the peppers up in a pan, pour a little water in the bottom, and cover with aluminum foil. Bake for 40 to 50 minutes at 400° F, until softened, hot, and cooked through.

Find this and other healthy recipes on [autcare.com/wellness](https://www.autcare.com/wellness)



AULTCARE WELLNESS RECIPE

CROCKPOT CHICKEN TORTILLA SOUP



Ingredients:

2 can(s) black beans, drained and rinsed

2 can(s) mexican corn, drained

2 can(s) Rotel

3 raw chicken breast, skinned and boneless

1 medium onion, chopped

2 boxes chicken broth, low sodium, 32 oz. ea.

1 Tbsp garlic powder

1 Tbsp chili powder

1 Tbsp ground cumin

3 Tbsp dried cilantro

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Source: [Eatingwell.com](https://www.eatingwell.com)



Instructions:

Step 1:

First spray your crock pot with non-stick cooking spray. Then add in all ingredients except the chicken breast. Stir to mix ingredients well. Last, add the chicken breast. No need to shred the chicken.

Step 2:

Cook on high for 6-7 hours, or low for 8-9 hours. About fifteen minutes before serving, remove the chicken breast and shred with two forks. Put shredded chicken back into crock pot, stir and let cook another fifteen minutes or so.

Tips:

If you don't want/have all the individual spices, one or two packets of taco seasoning will work. The original recipe called for one can black beans, one can kidney beans and one tbsp cilantro. You can use frozen or thawed chicken breasts; both worked just fine. You can serve this soup with sour cream, seasoned, baked tortilla strips, and Mexican cheese for garnish.



AULTCARE WELLNESS RECIPE

FALL SALAD



Ingredients:

1 Tbsp olive oil

1 small butternut squash peeled and diced

Fine sea salt and freshly-ground black pepper

5 oz arugula or baby kale

1 avocado, thinly sliced

½ cup crumbled goat cheese (or feta or blue cheese)

½ cup chopped pecans, lightly toasted

½ cup chopped apple

Dressing:

3 Tbsp olive oil

1 Tbsp freshly-squeezed lemon juice

1 tsp Dijon mustard

Small clove garlic, pressed or minced

½ tsp fine sea salt

¼ tsp freshly-cracked black pepper

Source: Eatingwell.com

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Instructions:

Step 1:

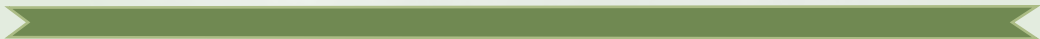
To Make the Dressing: Whisk all ingredients together in a bowl (or shake together in a mason jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.

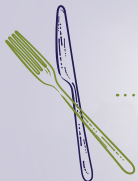
Step 2:

To Roast the Squash: Heat oven to 400°F. Spread the diced sweet squash out on a medium baking sheet. Drizzle with the olive oil, and toss until the pieces are evenly coated. Season the squash with salt and pepper. Then bake for about 30 minutes, or until the cubes are tender and lightly browned/caramelized around the edges. Remove from the oven and set aside.

Step 3:

To Assemble the Salad: Once the squash is ready to go, add it to a large serving bowl along with the arugula, avocado, goat cheese, nuts, and chopped apples. Drizzle with the dressing, and toss until combined. Serve immediately and enjoy!





AULTCARE WELLNESS RECIPE



FARRO BLUEBERRY SALAD

Ingredients:

1 cup farro

3 cups water

1/4 tsp salt

3 cups mixed greens of choice

1/4 cup chopped walnuts (honey roasted optional)

1/4 cup Feta or Goat cheese sprinkle to taste

1 cup blueberries

Dressing:

2 Tbsp freshly squeezed lemon juice

1/4 cup olive oil

1/4 tsp salt

Fresh ground pepper

Fresh garlic minced

Fresh herb chopped (basil, parsley, thyme)

Serves: 4 Calories: 254 Fat: 19g Carbohydrate: 17g Protein: 6g

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Instructions:

Step 1:

Farro can be made ahead of time and refrigerated. Follow directions on the package, and cool.

Step 2:

Blend dressing ingredients together with whisk or shake in a jar.

Step 3:

Gently combine greens, berries, nuts, farro, cheese and dressing in a large bowl.

Step 4:

Serve immediately.

fresh and tasty

By Joy Benjamin RDN, LD
Picture from delishknowledge.com

Tip: For additional protein add 4 oz grilled salmon or ½ cup chickpeas to each serving.



AULTCARE WELLNESS RECIPE

MEDITERRANEAN BURGERS WITH HERB-FETA SAUCE

Burgers with a twist



Ingredients:

1 cup nonfat plain Greek yogurt

¼ cup crumbled feta cheese

3 Tbsp chopped fresh oregano, divided

¼ tsp lemon zest

2 tsp lemon juice

¾ tsp salt, divided

1 small red onion

1 lb ground lamb, beef, or turkey

½ tsp ground pepper

2 whole-wheat pitas, halved, split and warmed

1 cup sliced cucumber

1 plum tomato, sliced

Total time : 25 minutes

Prep time: 25 minutes

Servings: 4

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Instructions:

Step 1:

Preheat grill to medium-high or preheat broiler to high.

Step 2:

Mix yogurt, feta, 1 tablespoon oregano, lemon zest, lemon juice and $\frac{1}{4}$ teaspoon salt in a small bowl.

Step 3:

Cut $\frac{1}{4}$ -inch-thick slices of onion to make $\frac{1}{4}$ cup. Finely chop more onion to make $\frac{1}{4}$ cup. Mix the chopped onion and meat in a large bowl with the remaining 2 tablespoons oregano and $\frac{1}{2}$ teaspoon each salt and pepper. Form into 4 oval patties, about 4 inches by 3 inches.

Step 4:

Grill or broil the burgers, turning once, until an instant-read thermometer registers 160°F , 4 to 6 minutes per side. Serve in pita halves, with the sauce, onion slices, cucumber and tomato.

Step 5:

Grain Free option: serve on bib or romaine lettuce.

Per Serving: 375 Calories; Protein 29.8g; Carbohydrates 23.5g; Dietary Fiber 2.5g; Sugars 4.4g; Fat 18.1g; Saturated Fat 7.8g; Cholesterol 85.9mg; Potassium 510.2mg; Sodium 775.2mg

<https://www.eatingwell.com/recipe/276345/greek-burgers-with-herb-feta-sauce/>

Find this and other healthy recipes on [autcare.com/wellness](https://www.autcare.com/wellness)



AULTCARE WELLNESS RECIPE

MEDITERRANEAN TUNA SALAD



Ingredients:

1 red bell pepper, finely chopped

½ red onion, finely chopped

1 cucumber, cut lengthwise & sliced

15 oz tuna fish (drained)

2 cloves garlic, minced

½ cup chickpeas (garbanzo beans)

½ cup black olives, cut in half

1 bunch fresh parsley, chopped

Salt and black pepper

3 Tbsp extra virgin olive oil

Juice of 1 lemon

Zest of 1 lemon

Prep Time : 15 minutes **Total Time :** 15 minutes
Serving Size : 10 servings **Amount Per Serving :** 1 cup

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Directions:

1. Add red bell pepper, red onion, cucumber, tuna fish, garlic, chickpeas, black olives and lemon zest in a large mixing bowl and mix.
2. Drizzle olive oil, lemon juice and season with salt and freshly ground black pepper.
3. Garnish with fresh parsley and serve cold. Enjoy!

Zesty & Delicious

Calories: 131 **Total Carbohydrate:** 9 g **Protein:** 11g **Fat:** 6g **Sodium:** 156mg

<https://www.deliciousmeetshealthy.com>



AULTCARE WELLNESS RECIPE

PESTO CHICKEN QUINOA BOWLS



Ingredients:

1 tablespoon dried Italian seasoning

3 cloves garlic, minced

1 ¼ teaspoons salt

¾ teaspoon ground pepper

½ teaspoon crushed red pepper

1 ½ pounds boneless, skinless chicken thighs

2 medium zucchini, sliced into 1/2-inch-thick half-moons

2 cups cherry tomatoes

2 tablespoons extra-virgin olive oil

1 ¾ cups water

1 cup white quinoa

½ cup prepared basil pesto

Thinly sliced fresh basil for garnish

Total Time: 1 hour

Prep Time: 15 minutes

Servings: 6

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Source: eatingwell.com



Instructions:

Step 1:

Preheat oven to 400°F. Line a large rimmed baking sheet with foil. Combine Italian seasoning, garlic, salt, pepper and crushed red pepper in a small bowl.

Step 2:

Toss chicken, zucchini, tomatoes, oil and the Italian seasoning mixture together in a large bowl until evenly coated. Arrange chicken and vegetables in a single layer on the prepared baking sheet.

Step 3:

Roast until the zucchini is tender, the tomatoes start to burst and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, about 20 minutes. Remove from oven; let cool for about 10 minutes. Transfer the chicken to a plate and shred, using 2 forks.

Step 4:

Meanwhile, combine water and quinoa in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to low; cover and simmer until the liquid is absorbed, 12 to 15 minutes. Remove from heat; let stand for 5 minutes. Fluff with a fork.

Step 5:

Transfer the cooked quinoa and the roasted vegetables (with any juices from the baking sheet) to a large bowl. Add pesto; gently fold together until well combined. Divide the mixture among 6 bowls. Top evenly with the shredded chicken; garnish with basil, if desired.



AULTCARE WELLNESS RECIPE



SHEET PAN ROAST PORK TENDERLOIN WITH POTATOES

Yield: 10 Servings • Prep time: 20 mins • Cook time: 1 hour • Total time: 1 hour 20 mins

Ingredients:

2 lbs boneless pork tenderloins

½ cup extra virgin olive oil

4-6 Tbsp high-quality balsamic vinegar

4 tsp pure honey

1 whole head garlic, peeled and minced

½ cup onion, minced

¼ cup fresh rosemary leaves, minced

2 tsp kosher salt

½ tsp freshly ground black pepper

2 lbs baby potatoes, roughly diced
(about ⅔ - inch diameter)

1 lb baby carrots, cut into ¼ - inch thick pieces

Serving: 1 serving

Calories: 194 kcal Carbohydrates: 23 g Protein: 2 g Fat: 11g

Source: Chewoutloud.com

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Instructions:

Step 1: Prepare: Preheat oven to 350°F with rack on lower middle position. Line a large baking pan with foil and generously grease foil. Use paper towels to pat-dry all excess moisture from the pork tenderloins; place tenderloins in center of greased-foiled pan and set aside.

Step 2: Combine: In a large bowl, combine olive oil, balsamic vinegar, honey, garlic, onion, rosemary, salt, and pepper. Use a whisk to combine well to form the marinade. Reserve $\frac{1}{3}$ cup of the marinade in separate small bowl. Add potatoes and carrots to the marinade in large bowl and toss to combine well.

Step 3: Season: Evenly drizzle the reserved $\frac{1}{3}$ cup marinade over the pork, ensuring all sides are coated. Place potato/carrot mixture evenly around the pork tenderloins, ensuring that all marinade is evenly dispersed.

Step 4: Cook: Roast in oven 45-50 minutes, OR until pork reaches internal temp of 145°F when tested in the thickest center portion. The correct thermometer allows you to monitor the rising temperature without disturbing the roast. Actual cook time will vary according to oven. If pork is done before veggies, carefully use tongs to transfer pork to a platter and tent with foil to keep warm at room temp.

Step 5: Veggies: If potatoes/carrots need to cook longer, raise the oven temp to 425°F and continue roasting veggies until nicely browned and tender - check often for doneness. Actual cook time depends on the size of cut pieces.

Step 6: Rest and Slice: always allow roasts to rest at room temp at least 5-10 minutes before slicing. The temp will continue to rise during resting; juices will re-disperse throughout the roast during rest period. Slice pork and drizzle with any pan sauces that remain. Serve with potatoes and carrots.



AULTCARE WELLNESS RECIPE

SALMON BOWL



Ingredients:

1 tsp olive oil

2 tsp finely chopped ginger

1 large garlic clove, finely chopped

1 pepper deseeded and finely chopped

2 frozen wild salmon fillets

1 cup cooked brown rice

Spring onions, finely sliced

1 small avocado, sliced

½ cucumber, halved lengthways and sliced

Chili sauce to serve (optional)

For the miso dressing:

4 Tbsp kefir

1 tsp white miso paste

1 tsp honey

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Instructions:

Step 1:

Heat the oil in a large non-stick pan or deep frying pan with a lid over a medium heat and cook the ginger, garlic and pepper for 2 mins, covered. Stir, then put the salmon on top, cover again and cook for 5 mins until the fish is cooked through.

Step 2:

Meanwhile, mix the dressing ingredients together in a small bowl.

Step 3:

Stir the spring onions into the rice mixture along with half the dressing. Spoon into two bowls. Remove the skin from the salmon and flake the fish on top of the rice. Top with the pepper, avocado and cucumber, then drizzle over the remaining dressing and some chili sauce, if using.
