

Jenkins Chiropractic



Healthy Recipe Cookoff Cook Book



Healthy 3-Bean Salad by Dennis S.



Ingredients:

- 3 cans (15 oz. each) of Goya Beans:
 - 1 can Chick Peas (Garbanzo Beans) or Cannellini Beans
 - **1 can Black Beans**
 - 1 can Kidney Beans
- ☒ ¼ cup – Red Peppers (B&G Sweet Red Pepper Slices in Jar)
- ☒ 2 bunches – Scallions
- ☒ 1 package – Fresh Chives
- ☒ 1 medium Red Onion
- ☒ Vinaigrette Dressing

Mix:

- ☒ Drain 3 cans of beans and add to medium/large bowl
- ☒ Peel and dice onion and add to beans
- ☒ Chop and add red peppers
- ☒ Trim scallion ends. Chop white and light green parts into thin rings. Add to beans
- ☒ Chop chives into tiny tubes and add to beans

Homemade Vinaigrette Dressing (Blender):

- ☒ ½ cup extra Virgin Olive Oil
- ☒ 3 Tbsp. good quality Red Wine Vinegar
- ☒ Squeeze of Fresh Lemon Juice
- ☒ ½ tsp. Fresh Ground Black Pepper
- ☒ ½ tsp. Dijon Mustard
- ☒ 4 inch long squeeze of Anchovy Paste from tube (Optional)
- ☒ Place all ingredients in blender and blend for 10 seconds

Note:

This recipe contains no added salt. Your store bought Vinaigrette will have enough salt. In the Homemade Vinaigrette there will be enough salt in the mustard and Anchovy Paste.

Enjoy~ Dennis, Maria & Max

Pumpkin Black Bean Turkey Chili by Pamk.

Serves 10 - 12

Ingredients:

- ☒ 1 cup Chopped Onions
- ☒ 1 cup – Chopped Yellow Pepper
- ☒ 3 Garlic Cloves minced
- ☒ 2 Tbsp. Oil
- ☒ 1 ½ tsp. Oregano
- ☒ 1 ½ tsp. Ground Cumin
- ☒ 2 – 15 oz. cans Black Beans, rinsed and rained
- ☒ 2 ½ cups – Chopped Cooked Turkey (I use Ground Turkey)
- ☒ 16 oz. can – Plain Pumpkin
- ☒ 14 ½ oz. can Diced Tomatoes
- ☒ 3 cups – Chicken Broth

Directions:

Sauté the onions, yellow pepper and garlic in oil for 8 mins, or until soft. Stir in oregano, cumin and chili powder. Cook for 1 min. Transfer to slow cooker. Add remaining ingredients. Cover and cook on low 7-8 hours or on high for 4 hours.



Cauliflower Mash by Pamk.



Serves 8 – ½ cup servings

Ingredients:

- ☒ 1 ½ lb. cauliflower, cut into large florets (about 8 cups)
- ☒ 3 garlic cloves
- ☒ 2 cans (14 oz. each) chicken broth
- ☒ Salt and freshly ground pepper
- ☒ 2 Tablespoons chopped fresh chives

Directions:

1. Combine cauliflower, garlic, and broth in large saucepan. If cauliflower is not completely covered by broth, add water until just covered. Bring to a boil, reduce heat to medium-low, and simmer, uncovered, until flower is tender, about 12 minutes.
2. Reserving 2 tablespoons of the cooking liquid drain cauliflower. Transfer cauliflower and garlic to food processor and process until smooth, pulsing in 1 or 2 tablespoons of the reserved broth, if necessary, to moisten mixture. Season with salt and pepper to taste.
3. Just before serving, stir in chives. Serve warm.

Per serving: 40 calories, 4 g protein, 6 g carbs, .05 g fat, 0 g sat fat, 2 g fiber, 55 mg sodium.

Chicken Fiesta by Lori R.

350 degrees oven

Ingredients:

- ☒ Dark Meat Chicken with bones
- ☒ Salsa

Directions:

1. Place chicken in baking dish
2. Pour Salsa over the chicken
3. Bake for 1 – 1 ¼ hours



Colcannon by Susan G.



Services: 8

Potatoes, harvested from August to October were a part of the feast in Ireland where they were made into a Samhain dish known as colcannon. Colcannon is a mashed potato, cabbage, and onion dish still served in Ireland on All Saints Day. It was an old Irish tradition to hide in it a ring for a bride, a button for a bachelor, a thimble for a spinster, and a coin for wealth, or any other item which local custom decreed in keeping with the idea of the New Year as a time for divination. If you make colcannon with these little objects inside, please exercise caution again choking.

Ingredients:

- ☒ 4 cups Mashed Potatoes
- ☒ 2 ½ cups Cabbage, cooked and chopped fine
- ☒ ½ cup Butter (don't use margarine)
- ☒ 1/2 cup Evaporated Milk or Cream
- ☒ ¾ cup Onion, chopped very fine and sautéed
- ☒ ¼ tsp. Salt
- ☒ 1/8 tsp. White Pepper

Directions:

Sauté Onions. Boil the potatoes and mash them (do not use artificial potato flakes). In a large pan place all of the ingredients except the cabbage and cook over low heat while blending them together. Turn the heat to medium and add the chopped cabbage. The mixture will take on a pale green cast. Keep stirring occasionally until the mixture is warm enough to eat. Lastly drop in the thimble, button, ring, and coin (Optional). Stir well and serve.

Golden Winter Soup by Liza B.

Prep Time: 10 min. Total Time: 35 minutes



Ingredients:

- ☒ 1 T. Light butter
- ☒ 5 cups – 1" cubed peeled squash (butternut, Acorn, Hubbard, or a combo)
- ☒ 1 cups – 1" cubed peeled potato (any kind, even sweet potato)
- ☒ 1 t. – kosher salt
- ☒ ½ t. – freshly ground black pepper
- ☒ 2 garlic cloves minced
- ☒ 1/8 cup brown sugar (made with splenda)
- ☒ Optional 2 cups sliced leeks (about 2 medium)
- ☒ 4 cups – fat-free less-sodium chicken broth or enough to cover above
- ☒ 1 cup – fat free milk
- ☒ Fat-free sour cream

Directions:

Melt butter in a large Dutch oven over medium-high heat. Add squash, potato, salt, and pepper to pan; sauté 3 minutes. Add leek; sauté 1 minute. Stir in broth; bring to a boil. Reduce heat, and simmer 10 minutes or until potato is tender, stirring occasionally. Place a portion of potato mixture in a food processor. Blend until smooth. Pour into a large bowl. Repeat procedure with remaining potato mixture. Stir in half-and-half. Cover and keep warm. Serve in bowls with a dollop of sour cream. Yummy!

Lentil Soup by Kim J.



Ingredients:

- ☒ ½ bag of Dried Lentils
- ☒ 1 Garlic Clove minced
- ☒ 2 tsp. of Olive Oil
- ☒ 1 Small Onion Chopped
- ☒ 2 Carrots Chopped
- ☒ 2 Stalks Celery Chopped
- ☒ 1 16 oz. can Chicken Broth
- ☒ 1 15 oz. can Chopped Tomatoes
- ☒ ½ cup of Parmesan Cheese
- ☒ 1 – 2 cups of water

Directions:

Sauté the garlic, onions, carrots and celery in olive oil until softened. Add in tomatoes, broth, water and lentils. Cook for at least an hour on low, adjusting water amount to make sure lentils are cooked and softened to your liking. Add in parmesan during last 10 minutes of cooking.

Enjoy!

Kalbi (Korean Barbequed Beef Short Ribs) by Mike S.

Prep Time: 20 mins. – Level: Easy – Serves: 4 to 6 as a main course

Cook Time: 8 mins.



Ingredients:

- ☒ 5 lbs. Korean style beef short ribs
- ☒ 2 cup brown sugar, packed
- ☒ 1 cup Soy Sauce
- ☒ ½ cup Water
- ☒ ¼ cup mirin (rice wine)
- ☒ 1 Small Onion, peeled and finely grated
- ☒ 1 small Asian Pear, peeled and finely grated
- ☒ 4 Tbls. Garlic minced
- ☒ 2 Tbls. Dark Sesame Oil
- ☒ ¼ Tsp. Black Pepper
- ☒ 2 Green Onions, thinly sliced (Optional)

Directions:

1. Sprinkle brown sugar over beef and mix well to evenly coat. Let sit at room temperature for 10 minutes while preparing marinade.
2. In a bowl, whisk together remaining ingredients. Transfer beef into a large sealable freeze bag (you may need 2). Add marinade, press out excess air from bags, and seal. Turn bag over several times to ensure beef is evenly coated. Refrigerate for at least 4 hours but preferable overnight.
3. Heat gas or charcoal grill to medium-hot. Drain excess marinade off beef.
4. Grill short ribs, turning once to desired doneness, about 3 to 4 minutes per side.
5. Garnish with thinly sliced green onions, if desired.
6. Serve whole pieces as a main course or cut into smaller pieces, using kitchen shears, for a started or party nibble.

Note: Korean-style short ribs can be found at most Asian markets. The cut, also known as “flanken.”

Linzer Torte by Tom F.

Prep Time: 20 minutes - Yield: 1 - 9 inch torte

Ingredients:

- ☒ 28 oz. - Linzer Dough
- ☒ 6 oz. Raspberry seedless jam
- ☒ 3 oz. Unsweetened raspberries fresh or frozen
- ☒ 4 oz. apricot coating
- ☒ 3 oz. Sliced Toasted Almond

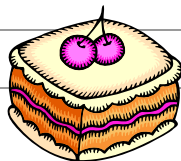
Directions:

Roll Linzer dough to a thickness of $\frac{1}{4}$ ", cut a circle to cover the bottom of a 9" tart pan or 10: cake pan, line bottom of pan with the dough circle.

Mix raspberry jam and fresh berries thoroughly, spread mixture in a circle starting in center and working out to $\frac{1}{2}$ " from the edge of the pan.

Cut remaining dough into strips and form a lattice top, place a border around the side. Bake at 360 degrees for 1 hour.

Cool torte and coat with Apricot glaze, coat the outside edge with toasted almonds.



Moroccan Vegetable Stew – by Kim J.



Ingredients:

- ☒ 2 Tbls. Olive Oil
- ☒ 1 medium Onion cut into ½ inch pieces
- ☒ 2 Cloves Garlic, crushed with press
- ☒ 1 tsp. Curry Powder
- ☒ 1 tsp. Ground Cumin
- ☒ 1 can 15 to 19 oz. Garbanzo Beans, rinsed and drained
- ☒ 1 can (14 ½ oz.) diced tomatoes (don't drain)
- ☒ 1 can (14 to 14 ½ oz.) Organic Vegetable Broth or Chicken Broth
- ☒ 2 large Carrots, sliced diagonally into ¾ inch thick slices
- ☒ 1 box (10 oz.) Plain couscous
- ☒ 1 medium (8 oz.) Zucchini, cut lengthwise into quarters, then cut crosswise into 1 inch chunks
- ☒ 1/3 cup Golden raisins
- ☒ 2 Tbls. Fresh Cilantro Leaves, chopped

Directions:

1. In nonstick 12 Inch skillet, heat oil over medium high heat. Add onion and cook 5 minutes or until lightly browned, stirring frequently. Stir in garlic, curry powder, and cumin, and cook 30 seconds, stirring. Add beans, tomatoes, broth, and carrots; heat to boiling. Reduce heat to medium, cover skillet and cook 5 minutes.
2. Meanwhile prepare couscous as label directs
3. Into bean mixture in skillet, stir zucchini and raisins; cover and cook 5 minutes or until zucchini is tender, stirring occasionally.
4. To serve, fluff couscous with two forks. Divide couscous among 4 large shallow bowls. Spoon vegetable stew over couscous; sprinkle with chopped cilantro.

Mustard Chicken Salad by Bobbi B.

Prep Time: 10 minutes Serves: 4 -5



Why wait for a picnic? Push back your furniture and pull out a blanket and spread it on the floor. Have your kids put on their shorts and sunglasses and then have the whole family sit down and enjoy this chicken salad on paper plates with some lemonade. Ad, life is good!

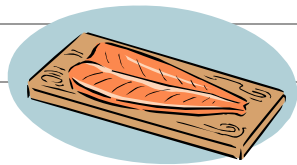
Ingredients:

- ☒ 2 Whole chicken Breasts, bone-in, skin-on (4 split
- ☒ Olive Oil
- ☒ Kosher Salt and Freshly Ground Black Pepper
- ☒ 2-3 cups Broccoli Florets
- ☒ 1 ½ cups Fat Free Mayonnaise
- ☒ 2 Tbls. Dry White Wine
- ☒ ¼ cup Dijon Mustard
- ☒ 3 Tbls. Whole Grain Mustard
- ☒ 2 Tbls Fresh Tarragon Leaves – minced
- ☒ 1 cup Cherry or Grape Tomatoes, halved

Directions:

1. Preheat the oven to 250 degrees
2. Place the chicken breasts on a sheet pan and rub the skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle. Remove the meat from the bones, discard the skin and dice the chick in large bite-size pieces.
3. Meanwhile, add the broccoli florets to a large pot of salted boiling water. Cook for 1 minute, until crisp tender, drain, and place into a bowl of ice water until cook. This will stop the cooking and set the bright green color.
4. For the dressing, whisk together the mayonnaise, wine, mustards, and ½ teaspoons pepper. Add enough sauce to the warm chicken to moisture well. Add the tarragon, broccoli, and tomatoes and mix gently to combine. Season with salt to taste. Refrigerate for a few hours to allow the flavors to blend. Serve at room temperature.

Baked Salmon by Lori R.



Ingredients:

- ☒ Salmon Fillets with skin
- ☒ Olive Oil
- ☒ Mustard

Directions:

Place Salmon Fillet skin side up on Foil baking pan. Put a few drops of olive oil on it, and a good amount of strong mustard covering the top of the fillets. Bake (Can bake in Toaster Oven at 350 degrees for about 20 minutes.

It's great.

Seniors Subguleon by Don T.



Serves: 3 - Use all left-over ingredients from shelves of your fridge

Ingredients:

- ☒ 3 cups Poultry, Meats or Fish
- ☒ 2 cups cooked veggies (e.g.; broccoli, kale, cabbage or spinach)
- ☒ 2 cups egg or soy noodles or potatoes
- ☒ 1 Large Onion, finely chopped
- ☒ 1 Clove Garlic, finely chopped
- ☒ Bouillon Powder
- ☒ Salt to taste

Directions:

1. Set aside: Add bouillon powder, and salt to onion and garlic.
2. Preheated fry pan. Add 2 tablespoons vegetable oil. Add onion mixture and stir fry over moderate.
3. Add the rest of the ingredients and heat thoroughly.

Aside from a truly (and exciting!) menu, the SUBGULEON approach to fine nutrition keeps the refrigerator traffic active and its shelves clear. There may be times when you have no idea what to serve... until... you survey the shelves. Happy Hunting

Zucchini Noodles by Pamk.



Serves 4

Ingredients:

- ☒ 12 Zucchini
- ☒ Salt and Freshly ground Black Pepper
- ☒ 2 Tsp. – Olive Oil
- ☒ Grated Parmesan Cheese

Directions:

With a good potato peeler, create long noodles by starting at the top of the zucchini and “peeling” wide ribbons down the length of the zucchini. Continue making ribbons as you turn the zucchini to get all the green part off first. When the center portion becomes too thin, set it aside and start a new Zucchini. (Use the leftover center in soups, salad or as a snack.)

Heat a large skillet on medium high heat. Add the olive oil and the zucchini noodles. Sauté the noodles for 2-3 minutes. Season to taste with salt and pepper.

Serving Suggestions:

Sprinkle with a little grated parmesan cheese, or use them as a substitute for pasta.