

# Made From Scratch Monthly

## Energy Boosting Recipes

After the holidays, we sometimes find ourselves feeling sluggish and lacking energy. Try one of these energy-boosting recipes to get a little pep back as you start the New Year!

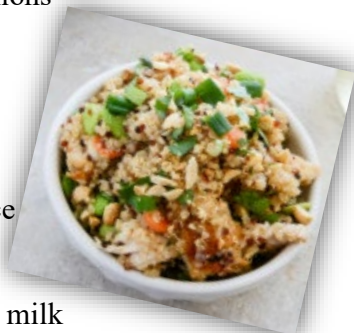
### Thai Chicken Quinoa Bowl

#### Ingredients:

- ½ c. uncooked quinoa, rinsed
- 1 chicken breast, cooked and shredded
- ⅓ c. chopped green onions
- ⅓ c. shelled edamame
- ⅓ c. chopped carrots
- ¼ c. chopped peanuts
- ¼ c. chopped cilantro

#### Sauce:

- 2 Tbsp sweet chili sauce
- 1 Tbsp rice vinegar
- ½ Tbsp brown sugar
- 1 Tbsp canned coconut milk
- 1 tsp creamy peanut butter, melted for easy
- ½ Tbsp brown sugar
- 1 garlic clove
- ½ lime, juiced
- ⅛ tsp ground ginger



#### Instructions:

1. Prepare quinoa according to directions.
2. While quinoa is cooking, combine all of the sauce ingredients in a bowl and whisk well to combine.
3. Once quinoa has absorbed all of the liquid, stir in the sauce and toss well to coat.
4. Add in chicken, carrots, edamame, and green onions, stirring to combine. Add salt or pepper if needed. Toss in half of the peanuts and cilantro, then serve in a large bowl, topped with remaining peanuts and cilantro.

**Tip:** Use low sodium chicken or vegetable stock, instead of water, in your quinoa for a little extra flavor.

### Breakfast Pizza

#### Ingredients:

- ½ Tbsp butter
- Salt & black pepper, to taste
- 4 whole wheat or multigrain English muffins, split and lightly toasted
- 6 eggs, beaten
- 4 oz ham, cut into thin strips
- 1 c. shredded low fat Jack or cheddar cheese
- 1 c. salsa

#### Instructions:

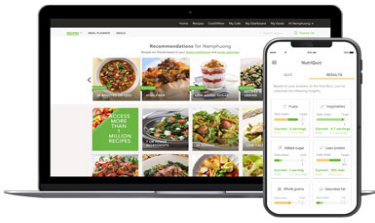
1. Preheat the broiler.
2. Heat the butter in a large nonstick pan.
3. When the butter is fully melted, season the eggs with salt and pepper, then add to the pan, along with the ham strips.
4. Cook, keep stirring the eggs as they set.
5. Remove the pan from the heat about 30 seconds before the eggs are fully done (they'll continue cooking in the pan and oven).
6. Cover each English muffin half with a spoonful of salsa.
7. Divide eggs among the English muffins, top with cheese.
8. Place all the English muffins on a baking sheet and broil (6" from the heat is ideal) until the cheese is fully melted and browned around the edges.



#### Tip:

- Try these other flavor combinations:
- Marinara, provolone cheese, and shredded chicken
- Guacamole, Swiss cheese, turkey, and tomato
- Grilled chicken and arrabbiata sauce (spicy tomato sauce)
- Kale, ricotta cheese, and a few slices of tomato

# foodsmart



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## Spinach & Sun-Dried Tomato Stuffed Pizza

### Ingredients:

- Cooking spray
- 14 oz firm water-packed tofu
- 10 oz frozen chopped spinach
- ½ c. chopped soft or reconstituted sun-dried tomatoes, (*see tip*)
- ½ c. finely shredded Parmesan cheese
- ½ c. shredded part-skim mozzarella cheese
- ¼ c. chopped fresh basil
- ½ tsp onion powder
- ¼ tsp salt
- ¼ tsp freshly ground pepper
- 1 lb. prepared pizza dough



### Instructions:

1. Position rack in lower third of oven; preheat to 475°F. Coat a large baking sheet with cooking spray.
2. Finely crumble tofu; pat dry. Place in a large bowl and use your hands to combine with spinach, tomatoes, Parmesan, mozzarella, basil, onion powder, salt, and pepper.
3. Roll out dough on a lightly floured surface to about the length of the prepared baking sheet and twice as wide (approximately 16 by 18 inches). Transfer the dough to the baking sheet, allowing the extra width to hang over on one side onto a clean surface. Spread the filling on the dough in the pan, leaving a 1-inch border. Fold the overhanging dough over the filling. Fold the edges closed and crimp with a fork to seal. Make several small slits in the top to vent steam; lightly coat the top with cooking spray.
4. Bake the stuffed pizza until well browned on top, 18 to 20 minutes. Let cool slightly before cutting.

**Tip:** Look for soft sun-dried tomatoes (not packed in oil). If you can only find tomatoes that are very dry (and hard), soak in boiling water for about 20 minutes, drain, chop and then add to the pizza filling.

**Health Benefits:** One 3 oz slice of tofu has 8.7 grams of protein. Protein-based foods provide the body with fuel to repair and build tissues. Protein takes longer than carbohydrates to break down in the body, providing a longer-lasting energy source.