

# Healthy, Easy Dinners and Lunches To Go



**By Terri Ward, MS, NTP, CGP**

## Table of Contents

Lunches to Go.....	3
Raw Cream of Celery Soup.....	4
Blender Taco Soup.....	5
Terri's Cabbage Salad.....	7
Terri's Kale Salad.....	9
Healthy, Easy Dinners.....	11
Instant Pot Chicken.....	12
Instant Pot Chicken Bone Broth.....	14
Sautéed Kale.....	16
Zoodles Marinara.....	18
Chicken Meatballs.....	20

# Lunches to Go

## **Raw Cream of Celery Soup**

Makes 6 Servings



**4 1/2 cups celery, chopped and divided**  
**3/4 cup raw cashews or 1 1/2 avocado**  
**2 cloves garlic**  
**3 squeezes (generous) fresh lime juice**  
**2 1/4 cups water or desired amount for consistency**  
**2 1/4 teaspoons Himalayan pink or celtic sea salt**  
**Zip seasoning or cayenne pepper, to taste**

Add all of the raw cream of celery soup recipe ingredients (except 1/2 cup of celery) to your high-speed blender.

Blend, starting on low and working up to high. Continue blending until the celery is no longer stringy and the soup recipe has warmed.

Place your 1/2 cup chopped celery into a bowl. Pour blended celery soup mixture on top of the chopped celery. Mix gently with a spoon.

Serve immediately. For an added touch, garnish with thinly sliced avocado, parsley, lime wedges and/or cilantro leaves and sprinkle with Zip.

## **Blender Taco Soup**

Makes 4 Servings

Yield: 5 cups

*This recipe was intended for doing the both the blending and heating in a high-speed blender such as a Vitamix or Blendtec®, but I've included instructions for a lower-speed blender, which will require heating in a saucepan.*



- 3 cups vegetable or chicken broth**
- 1 roma tomato, halved**
- 1 carrot, halved**
- 1 rib celery, halved**
- 1 thin slice of onion, peeled**
- 1 clove garlic, peeled**
- 1 slice (thin) yellow squash (zucchini)**
- 1 slice (thin) red bell pepper**
- 1 thin slice of cabbage**
- 1 mushroom**
- 1 teaspoon taco seasoning mix**
- dash ground cumin**
- salt and ground black pepper, to taste**
- Optional add-ins:**
  - 1/2 cup cooked chicken breast**
  - 1/2 fresh jalapeño**
  - 1/4 cup olives, pitted**
  - 1/4 cup canned corn, unsalted**
  - 2 ounces tortilla chips**
- Optional garnishes:**
  - 1 avocado, sliced**

**1 fresh lime, sliced**

**1 sprig fresh cilantro, leaves removed**

Place broth, tomato, carrot, celery, onion, garlic, squash, bell pepper, cabbage, mushroom and seasonings into the blender container in the order listed and secure lid. Turn machine on low (1) and slowly increase speed to high. Blend for 6-7 minutes or until steam escapes from the vented lid (If not using a high-speed blender, just blend until it is thoroughly liquified.)

If adding optional ingredients, reduce speed to low (2). Remove the lid plug. Drop in chicken, jalapeños, olives, corn, and chips and pulse a few times (about 1-5 seconds).

If not using a high-speed blender, warm in a saucepan on the stove.

To serve, garnish with cilantro leaves, avocado and/or lime slices if desired.

## **Terri's Cabbage Salad**

Makes 6 Servings

*These quantities are approximations because I don't measure when I make this. Adjust the ingredients to suit your taste and add what you feel are well-balanced amounts for the amount of cabbage you're using.*

*The cumin, cilantro and jalapeño go well with Mexican dishes, but dill weed or mint provide delicious alternatives.*



- 3/4 head green cabbage, shredded or finely chopped**
- 2-3 fresh tomatoes, chopped or 1 pints cherry tomatoes, halved**
- 8 scallion, chopped**
- 1 1/2 carrots, shredded**
- 3/8 cup fresh cilantro, finely chopped (See note)**
- 1 1/2 fresh jalapeño peppers, seeded and finely minced (See note)**
- Dressing ingredients:**
- 1/4 cup extra virgin olive oil**
- 1/3 cup fresh lime juice**
- 1 1/2 tablespoons raw, local honey**
- 3/4 teaspoon cumin seed (See note)**
- Himalayan or sea salt to taste**
- Freshly ground black pepper to taste (generous amount)**

Combine salad ingredients in a large bowl. Whisk together dressing ingredients and pour over salad. Toss to coat salad and refrigerate until serving time.

Note: Cilantro, jalapeño and cumin may be substituted with 1/4 cup of dill weed or mint.



## **Terri's Kale Salad**

Makes 6 Servings

*This is a potluck favorite. It doesn't need the raisins, but they are a nice add-in if you like raisins.*



### **Salad ingredients:**

**6 cups coarsely shredded kale**

**1 cup shredded carrot**

**3/4 cup shredded red cabbage or 1/2 cup shredded beet  
(See note)**

**Black and/or white sesame seeds to taste**

**1/2 cup unsulphured raisins (optional)**

### **Dressing ingredients:**

**3 tablespoons apple cider vinegar**

**3 tablespoons extra virgin olive oil**

**1 tablespoon heaping honey**

**2 tablespoons nutritional yeast**

**1 clove garlic**

**1 tablespoon sesame tahini, or less to taste**

**Pinch Himalayan or sea salt**

In a large bowl, combine all of the salad ingredients except beets, if using.

Blend dressing ingredients in a food processor or blender until garlic is pureed.

Toss the dressing into the salad ingredients to thoroughly coat. Generously sprinkle in sesame seeds. If using beets, add beets and mix lightly.

NOTE: Beets are fine on day 1, but bleed significantly into the salad after day 1 so if you are planning for leftovers, only add beets to the amount to be consumed immediately or use red cabbage.

## Healthy, Easy Dinners

## **Instant Pot Chicken**

Makes 6 Servings

*The seasoning for this will make more than you need so you can experiment with it in other chicken dishes or use it a couple more times for this recipe.*



- 1 whole chicken (about 4 pounds)**
- 2 tablespoons olive oil**
- 1 cup vegetable or chicken broth**
- Seasoning ingredients: (makes about 4 ½ tablespoons)**
- 1 teaspoon ground oregano**
- 1 teaspoon chili powder**
- 1 teaspoon ground sage**
- 1 teaspoon dried basil**
- 1 teaspoon dried marjoram**
- 1 teaspoon pepper**
- 2 tablespoons salt**
- 2 tablespoons paprika**
- 1/2 teaspoon onion powder**
- 1 teaspoon garlic powder**

In a mortar or non-plastic bowl, mix the seasoning ingredients together with a pestle or fork.

Pat the chicken dry with paper towels. Put the chicken in a gallon zip-lock freezer bag. Sprinkled a spoonful of seasoning onto the chicken; close the bag and rub the seasoning onto the chicken. Taking care not to contaminate the remaining seasoning, repeat

until the chicken is thoroughly coated. Place chicken in the refrigerator for at least 1 hour, ideally 8-24 hours.

Remove the chicken from the refrigerator and allow to rest 15 minutes.

Heat the oil in the Instant Pot on Sauté. Brown the chicken 4 minutes on each side.

Add 1 cup chicken broth to the Instant Pot. Using the manual setting, choose high pressure and 25 minutes.

After the timer dings, use the quick release and carefully remove the lid, allowing the steam to escape away from you.

Transfer the chicken to a carving board and let rest for 15 minutes before carving.

## **Instant Pot Chicken Bone Broth**

Makes 6 Servings



- 3 pounds chicken bones**
- 1 teaspoon Himalayan or sea salt**
- 1 tablespoon apple cider vinegar**
- 1/2 medium onion or 1/2 leek**
- 1 clove (small) garlic**
- 1 small celery stalk**
- 1 small carrot**

Place all ingredients in the Instant Pot and cover with filtered water, but stay about 2" below the Max line.

Following the instructions for the Instant Pot, lock the cover in place and turn the pressure knob to the sealing position for pressure-cooking.

Using the manual setting, choose high pressure and 120 minutes. You could stop at 30 or 60 minutes, but the longer time draws out more of the minerals from the bones.

After the timer dings, allow the pressure to decrease naturally.

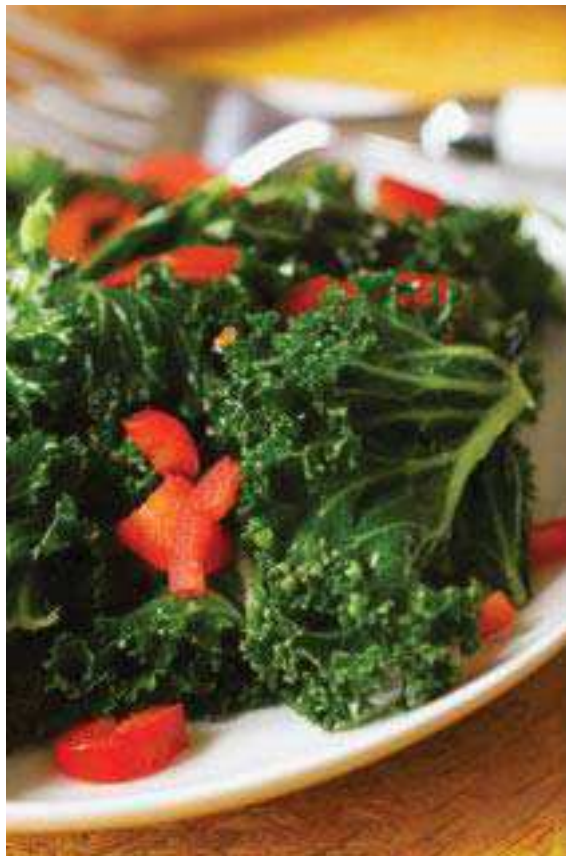
Once the pressure has diminished, open the lid and strain the broth through a mesh strainer into a large bowl. Discard the bones and other debris.

Store in freezer jars or containers with 1" headspace. Non-freezer jars may crack. Store in the refrigerator up to 5 day or let cool for 30 minutes and store in the freezer.

## **Sautéed Kale**

Makes 6 Servings

*Collard greens would also be great in this recipe.*



**3 pounds kale**

**3 tablespoons coconut oil**

**3 medium clove garlic, pressed**

**6 teaspoons lemon juice**

**3 red bell peppers, chopped**

**Himalayan or sea salt to taste**

**freshly ground black pepper to taste**

Peel and chop the garlic and let it sit for 5 minutes to allow the healthful allicin to form.

Heat the oil in a wok.

Add the garlic and bell pepper and sauté until the garlic is just golden.



Add the kale; drizzle with lemon juice and sprinkle with salt and pepper. Keep the reduced size of the kale in mind and adjust the amounts of salt and pepper accordingly.

Sauté or stir-fry until the kale is tender.

## Zoodles Marinara

Makes 6 Servings

*Zoodles are spiralized zucchini used as a healthy substitute for spaghetti noodles. Zucchini with a larger diameter are preferable for a higher zoodle yield. Green and yellow squash both work well and although it is not necessary, the zoodles can be dipped in hot water to warm them before serving.*



- 4 1/2 medium zucchini, spiralized**
- 2 1/4 carrots, shredded**
- 2 1/4 cups raw broccoli florets**
- 2 1/4 cups cherry tomatoes, halved if large**
- Rawmesan**
- 6 tablespoons walnuts**
- 3 tablespoons sunflower seeds**
- 3 tablespoons nutritional yeast**
- dash garlic powder**
- 1/2 teaspoon Himalayan or sea salt**
- 1 jar prepared marinara sauce**

Place spiralized zucchini and shredded carrot in a large bowl. Sprinkle with salt and massage salt into the vegetables. Set aside and let rest while you prepare the Rawmesan and pesto.

Warm the marinara sauce.

In a food processor, blend the Rawmesan ingredients together until the consistency of parmesan cheese.

To serve: drizzle the marinara over the zucchini and carrots.  
Arrange broccoli florets and cherry tomatoes on top. Sprinkle  
with Rawmesan.

## **Chicken Meatballs**

Makes 6 Servings

Yield: 24 meatballs

*These can be made using other ground meats such as beef, turkey, buffalo or lamb and your choice of seasonings.*

*They can also be served with a variety of sauces or dips. Have fun experimenting!*



- 2 large eggs (preferably cage-free, organic)**
- 1 pound ground chicken**
- 1/4 cup dried mushrooms, pulverized in a food processor**
- 1/2 small white onion, diced**
- 1/4 cup raw kale, finely shredded (optional)**
- 1/4 cup shredded carrot**
- 1 teaspoon dried parsley or 2 tablespoon fresh, chopped**
- 1 teaspoon dried Italian seasoning**
- 1/2 teaspoon dried oregano**
- 1 teaspoon garlic powder**
- 1/2 teaspoon celery salt**
- 1 teaspoon Himalayan or sea salt or to taste**
- freshly ground black pepper to taste**

Preheat the oven to 400°F. Line a baking dish or sheet with parchment paper.

In a large bowl, combine the ingredients with just enough dried mushrooms to make firm, but wet meatballs. Mix well and form meatballs by hand or with an ice cream scoop.

Arrange meatballs on the parchment paper.

Bake 12-15 minutes or until cooked through, turning at the halfway point.



*Creating memories with meals...*

**Terri Ward, MS, NTP, CGP**

503.332.2669

tward@terriward.com

www.terriward.com

[www.Pinterest.com/TerriWardNTP](http://www.Pinterest.com/TerriWardNTP)

[www.YouTube.com/TerriWardNutrition](http://www.YouTube.com/TerriWardNutrition)

[www.Facebook.com/TerriwardNutrition](http://www.Facebook.com/TerriwardNutrition)