



# Recipes

## Cooking Carb-Smart

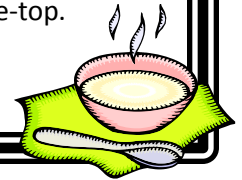
### Recipe: Make-Ahead Steel Cut Oats

#### Ingredients

- 1 cup water
- 1 cup almond milk (or other milk)
- 1/2 cup uncooked steel-cut oats
- 1 large banana, mashed
- 1 teaspoon ground cinnamon
- pinch of salt
- 1 tablespoon ground flax
- 1 teaspoon vanilla extract

#### Directions

1. In a medium-sized pot, bring the water and almond milk to a boil. Add in steel-cut oats and a pinch of salt and reduce heat to low.
2. Simmer on low, uncovered, for 20-25 minutes, stirring every 5 mins or so.
3. When the oats are creamy and tender, remove from heat and stir in the mashed banana (mashing it helps disperse the sweetness throughout), ground flax, cinnamon and pure vanilla extract.
4. Serve immediately or allow to cool before transferring into air tight containers in the fridge. In the morning, add a splash of milk and reheat in the microwave or on the stove-top.



### Recipe: Parmesan-Thyme Popcorn

#### Ingredients

- 1/4 cup grated Parmesan cheese, finely grated
- 1 teaspoon ground thyme
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 8 cups plain air-popped popcorn, still warm
- Cooking spray

#### Directions

1. In a small bowl, mix together cheese, thyme, garlic powder and salt.
2. Place hot popcorn in a serving bowl and coat with cooking spray; sprinkle with cheese mixture, tossing all the while, until well coated.
3. Yields about 2 cups per serving.



Health Matters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.



## Recipe: Buckwheat Tabouli with Chickpeas

### Ingredients

- 1 cup buckwheat, rinsed
- 2 cups water
- 3 cloves garlic, finely minced
- 3 tablespoons fresh mint leaves, minced
- $\frac{3}{4}$  cup fresh parsley, minced
- 2 medium tomatoes, diced
- 1 small cucumber, chopped
- $\frac{1}{2}$  cup green onions, finely chopped
- 1 (15 ounce) can chickpeas, rinsed and drained
- 3 tablespoons lemon juice
- $\frac{1}{4}$  cup olive oil
- 1 teaspoon salt

### Directions

1. Heat a large pot over medium heat. Add buckwheat and stir until lightly toasted.
2. Pour water over buckwheat and bring to a boil over medium-high heat. Cover with lid and simmer 15-20 minutes or until all water is absorbed.
3. Remove buckwheat from the pan, place in a mixing bowl and fluff to cool.
4. When cool, add all remaining ingredients and toss to mix thoroughly. Refrigerate for 30 minutes to allow the flavors to blend.



## Recipe: Balsamic Berries with Yogurt & Mint

### Ingredients

- 1  $\frac{1}{2}$  cup berries of choice (fresh or frozen – thawed)
- 2 tablespoons honey
- 1 teaspoon balsamic vinegar
- 8 ounce plain, low-fat Greek yogurt
- Mint leaves

### Directions

1. Wash fresh berries (if using).
2. In a small bowl, mix the berries with the honey and balsamic vinegar.
3. Thinly chop the fresh mint leaves. To serve, place a hearty scoop of the yogurt in a bowl.
4. Top the yogurt with berry mixture and mint



For more information and healthy cooking resources, visit *Cook Well Berkeley* at <http://tinyurl.com/cookwellberkeley>