

Blueberry Chia Jam

Ingredients

- 1 10-oz. bag frozen blueberries (about 2 cups), thawed
- 2 tablespoons chia seeds
- Optional: Sweetener to taste (honey, maple syrup, etc.)



Directions

1. Mash blueberries with a fork.
2. Add optional sweetener to taste, then mix in chia seeds.
3. Refrigerate for at least 1 hour to set. Add more chia seeds to thicken if necessary. Store in the refrigerator up to 5 days.

Serving suggestions: plain yogurt, oatmeal, or whole grain baked goods.

Tip: Try other berries too - raspberries, blackberries, or strawberries

Kale and Sweet Potato Quinoa Salad

Ingredients

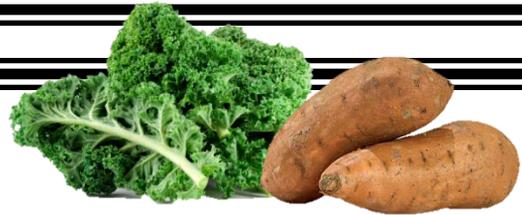
- $\frac{3}{4}$ cup red or white quinoa
- 1 $\frac{1}{2}$ cups water
- 2 medium sweet potatoes
- 1 bunch organic kale
- 2 tablespoons extra virgin olive oil, divided

Dressing:

- 1 tablespoon rice vinegar
- 1 tablespoon low sodium tamari
- 1 tablespoon sesame oil
- 2 cloves garlic, minced

Directions

1. Preheat oven to 375 degrees.
2. Peel and chop sweet potatoes into $\frac{1}{2}$ inch chunks. Toss with 1 tablespoon olive oil and bake 20-25 minutes, until tender, stirring once or twice.
3. Rinse quinoa and place in saucepan with water. Bring to a boil, then reduce heat and simmer covered for 15 minutes. Let stand with 10 minutes with lid on, until water is absorbed and quinoa is tender. Fluff with a fork.
4. Wash kale, remove stems, and roughly chop. Heat remaining olive oil in a large skillet over medium-low heat. Saute kale, until all leaves are bright green.
5. Combine all ingredients for the dressing. Combine kale, sweet potatoes, and quinoa in a large bowl and toss with dressing. Serve warm or cold.



Tip: For fluffy grains, do not stir or remove the lid while cooking.

Savory Oatmeal

Ingredients

- 1 cup steel cut oats
- 3-4 cups vegetable broth
- Extra virgin olive oil
- 1 yellow onion, diced
- 10 oz. mushrooms, sliced
- 1 bunch greens, such as chard or spinach

Optional additions:

- Egg, poached or pan-fried
- Low-sodium tamari
- Sesame seeds
- Sliced green onion
- Hot sauce or crushed red pepper

Directions

1. In a saucepan, heat oats and broth. Bring to a boil, then reduce heat and simmer for about 20-30 minutes, or until oats reached desired texture, stirring occasionally.
2. Meanwhile, heat a skillet over medium heat and add oil. Add onions and cook for 1-2 minutes. Add mushrooms and cook until onions become translucent. Add greens and turn the heat to low, mixing the vegetables until the greens are wilted.
3. Combine cooked oats with vegetables and serve with optional ingredients of your choice.



Tip: To reheat, add 1-2 tablespoons broth or water and microwave for 1-2 minutes.

Savory Roasted Chickpeas

Ingredients

- 1 15-oz can chickpeas
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon paprika
- ¼ teaspoon garlic powder



Directions

1. Preheat oven to 425 degrees F.
2. Rinse and drain chickpeas. Place onto a towel and pat completely dry, removing any loose skins.
3. In a medium bowl, whisk together oil, salt, pepper, paprika, and garlic powder. Add chickpeas and mix well to coat.
4. Place chickpeas on a baking sheet lined with parchment paper. Roast for 20 minutes, stir, then continue roasting another 20-30 minutes, watching closely and stirring every 10 minutes, until crunchy and golden brown (total 40-50 minutes).

Seasoning suggestions: Experiment with other flavors according to your tastes (ex: chili powder, cumin, & lime juice; garlic & parmesan; garlic & buffalo sauce)

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

