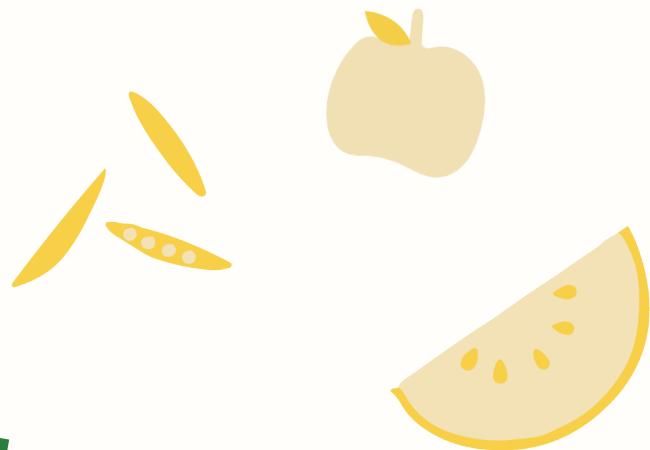
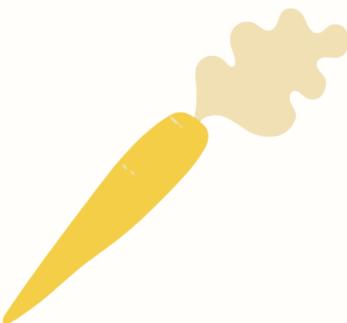


NATIONAL NUTRITION MONTH

2021

Cookbook

Go-to, favorite recipes from the
UW Medicine Harborview Medical
Center Registered Dietitians



In honor of 2021 National Nutrition Month, Harborview Medical Center registered dietitians are sharing their favorite, go-to recipes. From simple and tasty breakfast ideas to soups and pastas, this collection of 9 recipes is sure to fill your savory and sweet cravings all March long. See what the dietitians have to say about each recipe and give them a try in your own kitchen.



Table of Contents

Easy Chia Pudding	4
Blueberry Coffee Cake	5
Pea Salad	6
Quinoa Salad	7
Cajun Red Beans and Rice	8
'Never the Same' Weeknight Pasta	9
Mexican Ground Beef Skillet	10
Crock Pot Italian Wedding Soup	11
Monster Oatmeal Chocolate Chip Cookie Bars	12

Easy Chia Pudding

"I love chia pudding because I can prep it in less than five minutes and have breakfast for the whole week! It also keeps me full the whole morning because it is high in fiber and protein"

Recipe from Brittany Mullins,
provided by Katy Lane, MS, RD

Ingredients

- 3-4 Tablespoons chia seeds
- 1 cup milk or milk alternative. (Dairy milk, almond milk or cashew milk will make a light, creamy chia pudding. Canned coconut milk will make for a rich and thick pudding.)
- $\frac{1}{2}$ tablespoon maple syrup, honey or sweetener of choice
- $\frac{1}{4}$ teaspoon vanilla (optional)
- Toppings of choice: fresh berries or other fruit, granola, nut butter, etc.

Directions

- 01 Mix: In a bowl or mason jar, stir together chia seeds, milk, maple syrup and vanilla, if using. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
- 02 Give it time to set: Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set" for 1-2 hours or overnight. The chia pudding should be nice and thick, not liquidy. If it's not thick enough, just add more chia seeds (about 1 Tablespoon), stir and refrigerate for another 30 minutes or so.
- 03 You can also prep your pudding the night before and let it sit in the fridge overnight if that's easier. When ready to serve top the pudding with berries and enjoy.
- 04 How to store: Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.



Blueberry Coffee Cake

Recipe provided by Tina Hayashi, RD, CNSC

"This is one of my favorite coffee cakes! It pairs perfectly with a cup of coffee or tea on a weekend morning. This is my go-to recipe whenever I have extra blueberries."

Ingredients

Cake

- 1½ cup sugar
- ½ cup butter
- 2 eggs
- 1 cup milk
- 4 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 4 cups blueberries (fresh or frozen)

Topping

- 1 cup sugar
- 1 cup flour
- 1 teaspoon cinnamon
- ½ cup butter

Directions

- 01 Make cake: Mix sugar, butter, eggs, milk. Stir in flour, baking powder, salt. Fold in blueberries.
- 02 Make topping: cut butter into small pieces and incorporate with sugar, flour, and cinnamon.
- 03 Spread batter in 9x13 greased pan. Sprinkle with topping. Bake at 375 degrees for 45-50 minutes.



Pea Salad

Recipe provided by Marilyn Shelton, RD

"This recipe can be easily doubled. When we can safely share meals together again, this is a favorite dish at the dietitian potlucks!"

Ingredients

- 1 package frozen petite peas
- 1 bunch green onions
- 5-10 slices of crispy fried bacon, crumbled (more or less according to preference)
- $\frac{1}{2}$ cup cocktail peanuts (more or less according to preference)
- $\frac{1}{4}$ cup light mayo
- 6-8 oz. Greek yogurt
- 1 tsp lemon juice
- Pepper to taste

Directions

- 01 Mix the mayo, Greek yogurt, lemon juice and pepper.
- 02 Mix in the peas, green onions, bacon and peanuts a few minutes before serving.



Quinoa Salad

"You can also add additional vegetables, such as lightly steamed broccoli, snap peas, or diced bell pepper. I do like to add a few extra tomatoes and Kalamata olives! I like the mix of saltiness from the feta cheese and the sweetness from the cherry tomatoes and lemon. Plus it's filling and saves well for several days in the refrigerator. A very good "on the go" lunch!"

Ingredients

- 3-4 cups water or vegetable broth
- 1 ½ cup uncooked quinoa
- ¼ cup apple cider vinegar
- 2 garlic cloves, minced
- Juice from 1 lemon
- 3 tbsp olive oil
- ½ c Kalamata olives
- 1/3 cup fresh parsley
- 1/3 cup fresh cilantro
- 1 red onion, diced
- 1 cup cherry tomatoes, sliced in half
- ½ cup chopped artichoke hearts (optional)
- Salt and pepper to taste
- ½ feta cheese

Recipe provided by Marilyn Shelton, RD

Directions

- 01 In a medium-large saucepan, cook the quinoa in vegetable broth for 15–20 minutes until tender, stirring occasionally. Start with 3 cups water and add more if needed. Allow to cool.
- 02 In a small bowl whisk together the vinegar, lemon juice, garlic and olive oil.
- 03 Gently toss the quinoa together with the remaining ingredients, except the feta cheese
- 04 Pour the olive oil mix over the quinoa and stir.
- 05 Add more salt and pepper to taste, gently stir in the feta cheese (go easy on the salt until you taste how salty the feta makes it).



Cajun Red Beans and Rice

"This is a family favorite!"

Recipe provided by Megan Nordlund,
MS, RD, CSG

Ingredients

- 2 tablespoons olive oil
- 2 (3-ounce) chicken andouille sausage links, chopped
- 1 (8-ounce) container prechopped onion, bell pepper, and celery mix
- 1½ teaspoons salt-free Cajun seasoning
- ¼ teaspoon salt
- ½ teaspoon dried oregano
- 2 garlic cloves, minced
- 1 (15-ounce) can red beans, rinsed and drained
- ¼ cup water
- 1 (14.5 ounce) can no-salt added diced tomatoes, undrained
- ¼ teaspoon freshly ground black pepper
- 4 cups hot, cooked long-grain rice

Directions

- 01 Heat oil in a large non-stick skillet over medium-high heat. Add sausage and onion mix to pan; sauté 4 minutes. Add Cajun seasoning, salt, oregano, and garlic to pan; cook 1 minute, stirring constantly.
- 02 Partially mash beans with fork. Add beans, water, and tomatoes to the pan; bring to boil. Reduce heat and simmer 10 minutes or until thickened.
- 03 Remove from heat; stir in pepper. Serve over rice.



“Never The Same” Weeknight Pasta

“I’ve made this dish a lot over the years, but it’s never exactly like the recipe below and it’s definitely never the same each time. It’s great if you have odds and ends of veggies in the fridge that need to be used up; just sauté them after the sausage with the artichoke and garlic. I’ve added sliced onions, bell peppers or mushrooms and even leafy greens like spinach or kale before. Don’t have fusilli pasta at home? Use whatever shaped pasta you prefer; penne, farfalle, orecchiette or rotini all work great. Feel free to use any type of Italian seasoned sausage, whether its pork, chicken, turkey or plant based! Substitute vegetable broth for a meat-free version.”

Ingredients

- $\frac{3}{4}$ cup drained oil-packed sun-dried tomatoes, sliced & 2 tablespoons of oil reserved
- 1 pound Italian sausage, hot or mild
- 1 can drained artichoke hearts, quartered
- 2 large cloves garlic, chopped
- $1\frac{3}{4}$ cup chicken broth or stock
- $\frac{1}{2}$ cup dry white wine
- 1 pound fusilli pasta
- $\frac{1}{2}$ cup shredded parmesan, plus additional for garnish
- $\frac{1}{2}$ cup fresh basil leaves, chopped
- $\frac{1}{4}$ cup fresh Italian (flat) parsley leaves, chopped
- 8 ounces water-packed fresh mozzarella, drained and cubed (optional)
- Salt and pepper to taste

Recipe adapted from Giada De Laurentiis, provided by Johanna Behrens, RD, CNSC

Directions

- 01 Bring a large pot of salted water to a boil.
- 02 Heat the oil reserved from the tomatoes in a heavy large frying pan over medium-high heat. Add the sausages and cook until brown, breaking up the meat into bite-size pieces with a fork, about 8 minutes.
- 03 Transfer the sausage to a bowl. Add the artichokes and garlic (and any other veggies you want!) to the same skillet, and sauté over medium heat until the garlic is tender, about 2-3 minutes. Season artichoke/veggie mix with a dash of salt and pepper. Add the broth, wine, and sun-dried tomatoes. Boil over medium-high heat until the sauce reduces slightly, stirring occasionally, about 8 minutes.
- 04 Meanwhile, cook the pasta in the boiling water until tender but still firm to the bite, stirring often, about 8 minutes.
- 05 Drain the pasta (do not rinse). Add the pasta, sausage, $\frac{1}{2}$ cup Parmesan, basil, and parsley to the artichoke/veggie mixture. Toss until the sauce is almost absorbed by the pasta. Stir in the mozzarella, if using. Serve with additional shredded parmesan for garnish.

Crock Pot Italian Wedding Soup

"Thanks to the slow cooker this is a recipe that is super easy and has everything you need for a great lunch or dinner. The meatballs and pasta combine with the veggies for a meal that is comforting, filling, healthy, and most of all delicious!"

Ingredients

- 1 package frozen chicken meatballs (24 oz)
- $\frac{1}{4}$ onion, chopped
- 3 large carrots, chopped
- 2 stalks celery, diced
- 3 teaspoons minced garlic
- $\frac{1}{2}$ teaspoon dried thyme
- 8 cups chicken broth
- $1\frac{1}{2}$ cup orzo pasta
- 4 cups spinach, chopped
- $\frac{1}{2}$ cup parmesan cheese (optional)

Recipe provided by Ashley Jones, RD

Directions

- 01 Place everything but the orzo and spinach in the crock pot. Cover and cook on low for 6 hours.
- 02 About 15-20 minutes before ready to serve, stir in the orzo and chopped spinach. Cook until the pasta is soft. Serve immediately with fresh parmesan cheese.



Mexican Ground Beef Skillet

"This is one of my favorite, one-skillet, easy meals! Love to top it with salsa, cilantro, and a dollop of sour cream."

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- $\frac{1}{2}$ medium yellow onion, minced
- 2 large bell peppers, diced
- 1 lb. 85% ground beef
- 3 tablespoons homemade taco seasoning
- $\frac{1}{2}$ cup tomato sauce
- 2 tablespoons green chiles
- 115-oz. can black beans, drained and rinsed
- 1 cup quick-cooking brown rice
(quick-cooking white rice works too!)
- $\frac{1}{2}$ cup beef broth (any kind)
- $\frac{1}{2}$ cup Mexican shredded cheddar cheese

Recipe from FitFoodieFinds.com, provided by Laura Winges, MS, RD, CNSC

Directions

- 01 Heat olive oil over medium/high heat in a large nonstick skillet*. When olive oil is fragrant, add garlic, onion, and bell pepper. Sauté for 3–5 minutes. Then, move veggies to the side and add in ground beef. Sauté ground beef for 7–9 minutes, or until fully cooked. Mix everything together in the pan.
- 02 Once the beef is fully cooked, add taco seasoning, tomato sauce, green chiles, and black beans and cook for a few minutes. Then, add in quick-cooking rice and broth. Bring to a boil over medium/high heat.
- 03 Once boiling, turn down to low and cover. Let simmer for around 20 minutes or until the rice has softened and absorbed the majority of the liquid.
- 04 Sprinkle cheese on top of skillet and either let melt naturally or pop it in the oven at 400°F for a few minutes to fully melt cheese.
- 05 Serve beef skillet with chips!

*We used a 16-inch skillet, but if you use something smaller, just make sure it is deep enough. A dutch oven would work perfectly!



Monster Oatmeal Chocolate Chip Cookie Bars

"This is my go-to dessert that is always a crowd pleaser!"

Recipe from HalfBakedHarvest.com,
provided by Anna Mowell, MPH, RD

Ingredients

- 2 ½ cups old fashioned oats
- 2 cups all-purpose flour
- 1 cup brown sugar packed
- ½ cup granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup canola oil
- 2 large eggs
- 1 tablespoon vanilla extract
- 1 ½ cups semi-sweet chocolate chips
- ½ cup Reese's pieces or M&M's

Directions

- 01 Preheat the oven to 350 degrees F. Grease a 9x13 inch baking dish with butter or line with parchment paper.
- 02 In a large mixing bowl or the bowl of a stand mixer, mix the oatmeal, flour, brown sugar, granulated sugar, baking soda, salt, canola oil, eggs and vanilla. Beat until the dough is moist and all the ingredients are combined. The dough will be crumbly. Mix in the chocolate chips and ¼ cup candy pieces.
- 03 Press the dough into the prepared baking dish and scatter the remaining ¼ cup candy over top.
- 04 Transfer to the oven and bake 18–20 minutes or until the edges are set and the bars are golden. Let cool and then cut into bars.

