



2nd Edition
10 Healthy 10 Minute
Recipes
by Holly Hierman



BREAKFAST RECIPES





SIMPLE POACHED EGG AND AVOCADO TOAST

INGREDIENTS

- 2 eggs
- 2 slices whole grain bread
- avocado (usually I cut it in half but don't use all of it. okay fine maybe I do.)
- 2 tablespoons shaved Parmesan cheese
- salt and pepper for topping
- fresh herbs (parsley, thyme, or basil) for topping
- quartered heirloom tomatoes for serving

INSTRUCTIONS

Bring a pot of water to boil (use enough water to cover the eggs when they lay in the bottom). Drop the metal rims (outer rim only) of two mason jar lids into the pot so they are laying flat on the bottom. When the water is boiling, turn off the heat and carefully crack the eggs directly into each rim. Cover the pot and poach for 5 minutes (4 for super soft, 4:30 for soft, 5 or more for semi-soft yolks).

While the eggs are cooking, toast the bread and smash the avocado on each piece of toast. When the eggs are done, use a spatula to lift the eggs out of the water. Gently pull the rim off of the eggs (I do this right on the spatula, over the water) and place the poached eggs on top of the toast. Sprinkle with Parmesan cheese, salt, pepper, and fresh herbs; serve with the fresh quartered heirloom tomatoes.

Recipe found at pinchofyum.com/simple-poached-egg-avocado-toast



PEACH COBBLER OATMEAL

INGREDIENTS

- 3 1/2 cups water
- pinch of salt
- 2 1/2 cups rolled oats
- 2 1/4 tsp. cinnamon
- pinch of nutmeg
- 2 large peaches, chopped
- 3-4 tablespoons light brown sugar*
- 1/4 cup chopped pecans for garnish; if desired

INSTRUCTIONS

1. In a large saucepan over medium heat, add water and salt. Bring to a boil. Add oats, cinnamon and nutmeg and stir to combine.
2. Cook for 4 minutes, or until oatmeal thickens. Add peaches and brown sugar and cook one additional minute.
3. Serve immediately and garnish with pecans, if desired.

Recipe found at spoonfulofflavor.com/2014/08/11/peach-cobbler-oatmeal/



PEANUT BUTTER, STRAWBERRY, & BANANA QUESADILLAS

INGREDIENTS

- Cooking spray or butter
- 2 tablespoons natural creamy peanut butter
- 2 whole grain tortillas
- 1 large ripe banana, sliced
- 4-5 strawberries, sliced
- 1/8 teaspoon cinnamon (if desired)

DIRECTIONS

1. Heat a medium skillet over medium high heat and spray pan with cooking spray.
2. Spread 1 tablespoon of the peanut butter evenly over each tortilla. Arrange both the banana and strawberry slices over one tortilla, sprinkle with a pinch of cinnamon, and top with the remaining tortilla, peanut butter side down. Press gently to help them stick together.
3. When the skillet is hot, add the quesadilla, flipping once, until golden brown, about 2 minutes per side. Cut each quesadilla into halves or quarters.

Recipe found at ambitiouskitchen.com/2012/06/peanut-butter-strawberry-banana-quesadillas/

LUNCH RECIPES



A close-up photograph of three burritos stacked on a white plate. The burritos are made with soft, light-colored tortillas and are filled with shredded chicken, melted cheese, diced avocado, and fresh green lettuce. The burritos are cut in half, showing the filling. The background is a soft, out-of-focus green.

QUICK AND EASY CHICKEN BURRITOS

INGREDIENTS

- 2 cups cooked shredded chicken
- ½ cup Mexican cheese blend
- 1 avocado diced
- 2 tablespoons cilantro chopped
- 4 large tortillas
- 1 tablespoon oil

DIRECTIONS:

1. Mix the shredded chicken, cheese, cilantro, and the diced avocados.
2. Lay a tortilla flat on a plate and add ¼ of the mixture, form a roll. Repeat the process for all four tortillas.
3. Pour 1 tablespoon oil into a heated pan or griddle. Place all four tortillas on the pan and cook for 2 minutes on medium- high heat. Flip on the other side and cook for another minutes or until the the burritos are golden in color. Serve warm.

Recipe found at gimmedelicious.com/2014/01/16/quick-and-easy-chicken-burritos/



PASTA SALAD WITH PESTO, MOZARELLA, AND TOMATOES

INGREDIENTS

- 6 ounces whole grain short pasta (like penne, farfalle, fusilli, mezze maniche)
- 12 big fresh basil leaves
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon pine nuts
- 1 clove garlic
- 1/4 teaspoon salt
- 1/8 cup extra virgin olive oil
- 1 cup cherry tomatoes, halved or quartered
- 1/2 cup Mozzarella, drained from its water and chopped

DIRECTIONS:

1. Over high heat, boil a pot of salted water. When it starts to boil, put the pasta. Cook according to the number of minutes indicated in the package or until they are al dente.
2. When they are cooked, put the pot under the faucet and rinse with cold water to stop the cooking. Drain then set aside in a bowl. Drizzle about a tablespoon of extra virgin olive oil so that they won't stick to each other.
3. Using an immersion blender, prepare the pesto. Blend the pine nuts, basil, garlic, salt, and Parmesan cheese. While blending, pour the extra virgin olive oil. Set aside.
4. In a serving bowl, mix the pasta and the pesto then add the tomatoes and the mozzarella.
5. Serve at room temperature or cold.

Recipe found at skinnyms.com/pasta-salad-with-pesto-mozzarella-and-tomatoes/#JtUFbA7tmhu9tTEL.99



VEGGIE FRIED RICE

INGREDIENTS

- 2 tablespoons sesame oil, divided
- 2 cloves garlic, minced
- 1 1-inch piece fresh ginger, grated*
- 3 eggs
- 4 cups brown rice (cooked, cooled, and separated)**
- 1 cup frozen corn
- 1-2 cups frozen peas
- ½ tablespoon rice vinegar
- 2-3 tablespoons soy sauce
- fresh chives, fresh basil, baby spinach, any other add ins you want!

DIRECTIONS:

1. Heat one tablespoon of oil in a large pan over medium heat. Add the garlic cloves and ginger and stir fry for one minute. Crack the eggs directly into the pan and gently push them around in the pan until barely cooked, 1-2 minutes.
2. Add the rice and stir fry for a few minutes, adding the other tablespoon of oil and turning the heat up to get it sizzlin. The eggs should sort of incorporate and stick to the rice. NUM.
3. Add the frozen corn, peas, rice vinegar, and soy sauce and stir fry for another 1-2 minutes. Remove from heat, stir in any additional add-ins and serve!

Recipe found at pinchofyum.com/best-10-minute-veggie-fried-rice

DINNER RECIPES





THAI CHICKEN LETTUCE CUPS

INGREDIENTS

- 1 1/2 tablespoons cooking oil of choice
- 1/2 pound ground chicken breast
- 2 shallots, diced
- 1/4 red onion, diced
- 1 clove garlic, very finely minced
- Minced fresh chiles, Jalapeño or Fresno
- 1 tablespoon fish sauce
- 1/2 lime, juiced
- 1 teaspoon low-sodium soy sauce or coconut aminos
- 1 head iceberg lettuce, leaves separated into “cups”
- 1 handful of cilantro and/or mint, cut into chiffonade

DIRECTIONS:

1. Heat a wok or large sauté pan over high heat. When hot, swirl in 1 tablespoon of the oil and add the chicken. Use your spatula to break up the meat and spread out over the surface of the pan. Cook until browned, about 3 minutes.
2. Push the ground chicken to one side of the pan and swirl in the remaining 1/2 tablespoon of oil. To the oil, add the shallots, red onion, garlic, and fresh chiles and sauté the aromatics until fragrant, about 30 seconds. Add the fish sauce, lime juice, and soy sauce.
3. Serve with lettuce cups and herbs

Recipe found at kinnyms.com/thai-chicken-lettuce-cups/#KMgwGULqc2x6pGs7.99



BLACK BEANS AND RICE

INGREDIENTS

- 2 tsp canola oil
- 1 small onion, peeled and chopped
- 1 clove garlic, peeled and chopped
- 1 tsp ground cumin
- 1 tsp ground chili powder
- 2 oz canned roasted green chile peppers (half a small can)
- 2 cups cooked white rice
- 1/4 cup red sofrito (available in supermarkets, in the Latino foods section)
- 1 15-oz can black beans, rinsed and drained
- 1/4 tsp kosher salt
- 1/4 tsp black pepper

DIRECTIONS:

1. In a large nonstick frying pan, heat the oil over medium-low heat. Add the onion, and cook 2-3 minutes, until soft and translucent. Stir in the garlic, cumin, chili powder and green chile peppers, and cook for 2 minutes.
2. If the rice is cold, break it up with your hands as you add it to the pot. Stir well to combine the rice and onion mixture; cook, stirring, for 2-3 minutes until the rice is warmed through. Add in the sofrito and black beans, and stir gently, until the sofrito is incorporated and the beans evenly distributed throughout the rice.
3. Season with the salt and pepper. Taste, and add more if needed. Serve warm, or cool completely and refrigerate.



CHICKEN WITH FETA AND TOMATOES

INGREDIENTS

- 2 pounds boneless, skinless chicken breasts
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 teaspoons olive oil, divided
- 1 teaspoon dried oregano
- 2 teaspoons dried basil
- 2 teaspoons minced garlic
- 1 pint grape tomatoes
- 3 cups cooked whole wheat couscous
- ½ medium cucumber, finely diced
- 2 ounces crumbled reduced-fat feta cheese

DIRECTIONS:

1. Season chicken with salt and pepper. Cook in 2 teaspoons oil over medium-high heat, 4 to 5 minutes on each side, or until done. Remove from pan and keep warm.
2. Add remaining 1 teaspoon oil to pan; add oregano, basil, garlic and tomatoes. Cook over medium-high heat 3 to 5 minutes, or until tomatoes soften.
3. Meanwhile, cook couscous according to package directions.
4. Place ½ cup cooked couscous on each of 6 plates. Slice chicken and divide evenly among plates. Top evenly with tomato mixture, cucumber, and feta cheese.

Recipe found at skinnyms.com/chicken-with-feta-and-tomatoes/#07FzIIWBtcQSc8My.99

SNACK RECIPE





FRIED HONEY BANANA

INGREDIENTS

- 1 banana, sliced
- 1 tablespoon honey
- Cinnamon
- Olive oil or coconut oil

DIRECTIONS:

1. Lightly drizzle oil in a skillet over medium heat.
2. Arrange banana slices in pan and cook for 1-2 minutes on each side.
3. Meanwhile, whisk together honey and 1 tablespoon of water.
4. Remove pan from heat and pour honey mixture over banana.