

MiD OWN MO VE



Recipes



Many of the recipes are adapted from a guidebook created by Dr. Shipra Bansal, Assistant Clinical Professor and Director of Osteopathic and Lifestyle Medicine at A.T. Still University - School of Osteopathic Medicine and Dr. Ashwin Kumar Shankar, Pediatric and Adult Allergy & Immunology Fellow at Case Western Reserve University/University Hospitals - Cleveland Medical Center. Recipes and information has also been provided and reviewed by Nur Ayoubi, Registered Dietician at Henry Ford Health in Detroit, MI. We thank Dr. Bansal, Dr. Shankar, and Ms. Ayoubi for their help in the creation of this handbook.

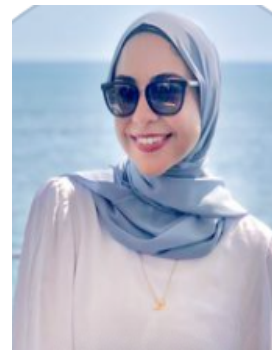
We hope you find the information in here useful and enjoy the recipes as much as we do!



Dr. Ashwin Shankar



Dr. Shipra Bansal



Nur Ayoubi, RD

MIDOWN MOVE



Turkey Burger

 4 servings  30 minutes

INGREDIENTS

- 6 oz grated zucchini, when squeezed 4.25 oz
- 1 lb 93% lean ground turkey
- 1/4 cup seasoned whole wheat or gluten-free breadcrumbs
- 1 clove garlic, grated
- 1 tbsp grated red onion
- 1 tsp kosher salt and fresh pepper
- oil spray

DIRECTIONS

1. Squeeze all the moisture from the zucchini with paper towels. In a large bowl, combine ground turkey, zucchini, breadcrumbs, garlic, onion, salt and pepper. Make 5 equal patties, 4 ounces each, not too thick so they cook in the center.
2. Stove: Heat a large nonstick skillet on high heat. When hot, lightly spray oil. Add burgers to the pan and reduce the heat to low. Cook on one side until browned, then flip. Flip over a few times to prevent burning and to make sure the burgers are cooked all the way through.
3. Grill: Clean grill well before cooking and spray with oil spray to prevent sticking. Cook the burgers on medium heat about 5 minutes on each side, or until no longer pink in the center
4. Air Fryer: Preheat the air fryer to 370F. Cook in a single layer in two batches 10 minutes, turning half way until browned and cooked through in the center

NUTRITION

Calories: 161 kcal, Fat: 7 g, Saturated Fat: 2g, Cholesterol: 65 mg, Sodium: 385 mg,
Carbohydrates: 4.5 g, Fiber: 1 g, Sugar: 1 g, Protein: 18 g



Chicken Fajita Quesadilla

 6 servings  30 minutes

INGREDIENTS

- 6 low carb tortilla
- 1.5 cups low fat shredded cheese
- 1 lb chicken breast cut into small pieces
- 1 tbsp avocado oil
- 2-3 bell pepper, diced or sliced into strips, any color
- 1 med yellow onion, diced
- 1 tbsp salt free or low sodium fajita or taco seasoning (eg. Mrs. Dash)
- 2 tbsp avocado or olive oil plant based spreadable butter

DIRECTIONS

1. Heat 1 tablespoon of the oil in a large, deep skillet over medium-high heat, about 2 minutes. Add the bell peppers, the onions, and half the seasoning mix. Cook, stirring often, until just tender, about 5 minutes. If the bottom of the skillet becomes too dry, add a little water, a tablespoon at a time. You can also reduce the heat to medium.
2. Using a slotted spoon, remove the vegetables to a plate. Add the remaining oil to the skillet, then add the chicken with the second half of the seasonings. Stir-fry until the chicken is almost fully cooked, about 4 minutes. Again, if the bottom of the skillet becomes too dry while you cook the chicken, add a little water.
3. Return the vegetables to the skillet. Stir-fry everything together for 1-2 more minutes, until the chicken is fully cooked and the dish is heated through. Take the pan off the heat, then transfer the chicken fajita to a plate.
4. Wipe the pan clean, butter the pan with small amount of butter and place tortilla on top. Spoon some of the chicken fajita mixture on half of the tortilla, and top with grated cheese.
5. Fold the other half of the tortilla over and cook on a low to medium heat for 2-3 minutes on each side until golden brown.
6. Repeat the same step with rest of quesadillas.

NUTRITION

Calories: 303 kcal, Fat: 14 g, Saturated Fat: 5g, Cholesterol: 60 mg, Sodium: 509 mg, Carbohydrates: 28 g, Fiber: 16 g, Sugar: 0 g, Protein: 18 g

MIDOWN MOVE



Pasta with Veggie Sauce

 6 servings  30 minutes

INGREDIENTS

- 1 medium onion
- 4 medium carrots
- 4 celery stalks
- 2 cloves garlic
- 8 cups water
- 8oz small shaped pasta (Mini shells, Mini elbows, Abc pasta, aneli, etc.)
- 2 tbsp spaghetti sauce
- 1tbsp butter

DIRECTIONS

1. Peel all the vegetables and garlic.
2. Add to a large pot with the water and bring to a simmer over medium heat. Simmer for 30-40 minutes or until the vegetables are very, very soft. Poke with a knife and make sure it comes out clean.
3. Use a slotted spoon to transfer the vegetables to a blender with 1 cup of the liquid. Blend smooth. Can add more water to thin it out.
4. Bring 4 cups of the vegetable broth to simmer in a wide pot.
5. Add 8oz small shaped pasta and cook pasta in vegetable broth.
6. Simmer, uncovered, over medium low for the time on the pasta package plus 2-4 minutes. Stir occasionally. Timing will vary by shape of pasta
7. Add butter and spaghetti sauce and stir until creamy.

NUTRITION

Calories 279, Total fat 6g, Saturated Fat 2g, Cholesterol 8mg, Sodium 233mg,
Total Carbohydrate 52g, Dietary Fiber 6g, Sugar 6g, Protein 8g

MIDOWN MOVE



Tabbouleh

 8 servings  15 minutes

INGREDIENTS

- 2 bunches of parsley
- 4 scallions
- 3 large tomatoes
- 1/3 cup extra fine bulgur wheat
- 3 tbsp water
- 1 ½ tsp dried mint
- Dash of black pepper
- 1 tsp salt
- 2/3 cup of extra virgin olive oil
- 1/3 cup of lemon juice

DIRECTIONS

1. Add water to bulgur wheat. Let rest until bulgur wheat is soft and chewy, about 25-30 minutes.
2. Rinse parsley, scallions, tomato. Be sure to dry parsley thoroughly and chop finely.
3. Trim ends off scallions. Thinly slice, using white and green parts.
4. Remove core from tomato. Finely dice.
5. Squeeze excess water from bulgur wheat by hand and place in large sized bowl.
6. Add parsley, scallions, tomato, dried mint, salt, pepper, olive oil and lemon juice to bowl. Mix well to combine.
7. Serve immediately or refrigerate.

NUTRITION

Calories 188, Total fat 12g, Saturated Fat 2g, Cholesterol 0mg, Sodium 276mg,
Total Carbohydrate 5g, Dietary Fiber 8g, Sugar 1g, Protein 2g

MIDOWN MOVE



Quick Bean Tacos

4 servings ⌚ 30 minutes

INGREDIENTS

1 lime	1/2 bunch kale leaves, washed & dried w/ih stems removed and roughly chopped into bite-sized pieces
Big pinch of cumin powder	
Big pinch of chili powder	
Pinch of salt	
1 garlic clove, minced or pressed	2 tomatoes chopped
1 tablespoon cilantro, roughly chopped	1 can of pinto beans (can substitute for different kind of bean)
1 chopped red onion	4 whole grain wraps/ tortillas
	1 mashed avocado

DIRECTIONS

1. In a bowl, combine the lime juice, cumin, chili powder, sea salt, cilantro and kale. Mix well and set the bowl aside to marinate.
2. Stove: Heat a small saucepan and then add the beans, tomatoes, and minced garlic. Stir and keep on the heat for about 2-4 minutes.
3. Set the wrap on your plate top with the black bean mixture, marinated kale, avocado, red onion. Roll up the burrito by first folding the tortilla over from the bottom to partially cover the beans and greens, fold in the 2 sides.
4. Enjoy!

MIDOWN MOVE



Mango Salsa

 6 servings  10 minutes

INGREDIENTS

- 2 large fresh tomatoes, diced
- 1 ear sweet corn, corn cut off the cob
- 1 ripe mango, diced
- 1 can black or pinto beans, unsalted, drained and rinsed
- 1/4 cup red onion, finely diced
- 1/2 cup packed cilantro, chopped
- 1 jalapeno pepper, diced
- 1 tsp cumin powder
- Juice of 2 large limes
- Pince of salt

DIRECTIONS

1. Put all ingredients in a large bowl
2. Stir to mix everything together
3. Enjoy as a taco/burrito filling or straight from the bowl



Black Bean & Sweet Potato Stew

 6 servings  30 minutes

INGREDIENTS

- 1 medium onion
- 1 red pepper, chopped
- 4 garlic cloves, minced
- 2 teaspoons sea salt
- 1 large sweet potato, cut into 1/2 inch cubes
- 1 lime, zest and juice of
- 1 can (28 ounces) diced tomatoes
- 4 cans (15 ounces) black beans, unsalted, rinse and drained OR 6 cups freshly cooked
- 1 fresh jalapeño pepper, seeded & chopped
- 1 Tbs. cumin
- 1 Tbs. chili powder
- 1 Tbs. cocoa powder
- 1 lime, cut into wedges (optional, for garnish)
- 1 cup chopped cilantro leaf, washed and dried (optional, for garnish)

DIRECTIONS

1. Warm the oil in a large pan over medium heat and add the onion, red pepper, garlic, and salt. Sauté until soft, about 4 minutes
2. Add the sweet potato and lime zest, cook for 10-15 minutes, continuing to stir occasionally.
3. Add the tomatoes, black beans, jalapeño, lime juice, cumin, chili powder, and cocoa; bring to a simmer, cover, and cook for 10 minutes.
4. Serve over brown rice with lime wedges and cilantro.

Other cooking options:

1. Omit the sauté, throw everything in a crock pot and cook on high for 6 hours
2. Omit the sauté, throw everything into a pressure cooker and cook for 3-4 minutes.



Moroccan Red Lentil Soup

 8 servings  45 minutes

INGREDIENTS

1 onion, chopped	1 tsp. ground cinnamon	Brown rice
4 ribs celery, chopped	1 tsp. ground ginger	Salt to taste
5-6 cups of water	1 tsp. ground turmeric	Lemon Juice to
1 1/2 cups chopped	1/2 tsp. ground coriander	taste
tomatoes	1/2 tsp. freshly ground	
1 1/4 cups dried red	black pepper	
lentils	1/2 cup chopped cilantro	
1 can (15 ounces) chick		
peas, drained & rinsed		
1 bay leaf		

DIRECTIONS

Traditional Cooker:

1. Pour 1/2 cup of water into a large soup pot along with the onion and celery. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.
2. Add the broth, tomatoes, lentils, bay leaf, cinnamon, ginger, turmeric, coriander, and black pepper. Bring to a boil, reduce the heat to a simmer, then cover and simmer until the lentils are tender about 45 minutes. Add in chickpeas in the last 10-15 minutes to simmer.
3. Stir in the cilantro and lemon juice and serve over rice.

Pressure Cooker:

1. Put water and lentils in cooker. Add in onion, celery, tomatoes, and spices.
2. Pressure cook for 6 minutes if not pre-soaked and 4 minutes if pre-soaked.
3. After cooker cooled and lock released, add in chickpeas, garnish with cilantro and lemon to taste.
4. Serve over rice.

MIDOWN MOVE



Sesame Broccoli

 6 servings  15 minutes

INGREDIENTS

6 medium crowns of broccoli
15 ounces of extra firm tofu (recommend Wildwood brand) OR 6 ounces of breast chicken, cut into cubes, seasoned with salt and pepper
Long grain brown rice OR Soba Noodles
1 green onion, chopped (optional- for garnish)

Sesame dressing:

8 tablespoons sesame seeds
2 tablespoon sugar or other sweetener
4 tablespoons tamari (soy sauce)

DIRECTIONS

1. Cut broccoli into bite-size pieces and boil for 5 minutes, until tender. Drain thoroughly and put in a serving bowl.
2. Cut tofu into thin slices, approximately 1/4 inch thick and cook on a flat skillet. Or cook chicken in a skillet. Turn until slightly golden color on each side.
3. For the sauce: heat a small pan on the stove on medium-high heat. Once hot, add the sesame seeds and toast for 5-7 minutes, stirring the seeds every so often so they brown evenly. Once they get really hot they might start popping, so keep an eye on them! When the seeds are golden colored and fragrant, remove from heat. While still warm, grind the seeds so that they crack open, bringing out the flavor. Add the sweetener and soy sauce and mix well.
4. Add tofu and sauce to broccoli and mix.
5. Enjoy alone, over rice or over soba noodles. Add chopped green onion to garnish!

MIDOWN MOVE



Quinoa Salad

 6 servings  25 minutes

INGREDIENTS

- 1 cup uncooked quinoa
- 2 cups water
- 1 medium red bell pepper
- 1 cucumber, chopped
- 1 large tomato, chopped
- 1/2 cup of pine nuts or other nuts
- 1 cup cut, raw kale
- 3 tablespoon lemon juice
- 2 tablespoon water
- 3/4 teaspoon dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Bring 2 cups water to boil.
2. Stir in quinoa.
3. Cover and cook for about 25 minutes or until translucent and soft.
4. Fluff with fork
5. Prep/ chop veggies and then mix together
6. Stir quinoa
7. Mix dressing ingredients
8. Mix quinoa, kale, vegetables, and dressing together.
9. Enjoy!



Date Brownie Bites

 8-16 servings  5 minutes

INGREDIENTS

1 1/2 cups walnuts
Pinch of salt
1 cup pitted dates
1 teaspoon vanilla
1/3 unsweetened cocoa powder

DIRECTIONS

1. Add walnuts and salt to a blender or food processor. Mix until the walnuts are finely ground.
2. Add the dates, vanilla, and cocoa powder to the blender. Mix well until everything is combined. With the blender still running, add a couple drops of water at a time to make the mixture stick together.
3. Using a spatula, transfer the mixture into a bowl. Using your hands, form small round balls, rolling in your palm. Store in an airtight container in the refrigerator for up to a week.

MIDTOWN MOVE



Date Pumpkin Pie

 6 servings  25 minutes

INGREDIENTS

- 10 pitted and diced dates
- 1 1/2 cups oat flour
- 2 teaspoons pumpkin pie spice (see below)
- 1 can cooked pumpkin (not pumpkin pie mix)
- 1 teaspoon vanilla extract
- 1/2 cup unsweetened milk
- Whipped Topping (optional)

DIRECTIONS

1. Soak the dates in a small bowl with 3/4 cup water for at least 15 minutes.
2. Preheat the oven to 375 degrees Fahrenheit.
3. Place the flour and pumpkin pie spice in a large bowl. Place the soaked dates, the date soak water, vanilla, and milk in a blender and puree until smooth. Pour the mixture into the bowl of flour and spices. Add the pumpkin. Mix with a wooden spoon until all the dry ingredients are incorporated.
4. Scrape the batter into an 8x8 inch parchment lined baking sheet. Cook for 25-30 minutes at 375, until lightly browned with some cracks on the top. Let cool at least 10-15 minutes before cutting and serving. Add on whipped topping.
5. Enjoy!

MIDOWN MOVE



Banana Surprise

 6 servings  5 minutes

INGREDIENTS

- 4 ripe bananas, frozen
- 1 cup coconut milk (can substitute for 2% milk)
- 4 tablespoons chopped walnuts
- Slivered pistachio (optional)
- Cardamom (optional)
- Dark chocolate chips (optional)

DIRECTIONS

1. Freeze ripe bananas at least 24 hours in advance. To freeze: peel, cut into thirds and wrap tightly in plastic.
2. When you are ready to make the dessert, blend the bananas, milk, and walnuts in a blender until smooth and creamy.
3. Garnish with chocolate, pistachios, and freshly crushed cardamom as desired.
4. Enjoy!

MIDOWN MOVE



Protein Pudding

 4 servings  5 minutes

INGREDIENTS

- 1.4 ounce package of sugar free instant pudding mix
- 11.5 ounces protein drink (eg. Fairlife Nutrition Plan, Premier Protein, Ensure Max Protein, etc.)
- 4 ounces sugar free Cool Whip (optional)

DIRECTIONS

1. Whisk together the pudding mix and the protein drink until mixture is as smooth.
2. Optional - add the Cool Whip in, 2oz at a time, mixing with whisk or handheld mixer.
3. Refrigerate for at least 30 minutes and enjoy!

NUTRITION

Calories 46, Total fat 1g, Saturated Fat 0g, Cholesterol 6mg, Sodium 143mg, Total Carbohydrate 3g, Dietary Fiber 1g, Sugar 0g, Protein 8g

Snacks, Smoothies, Salad Dressings, and more!

Orange Juice-Lime Salad Dressing

- 1/3 cup orange juice
- 1 teaspoon peeled, chopped fresh ginger
- Juice and zest of 1 lime
- 2 tablespoons raspberry balsamic vinegar or regular balsamic vinegar (or any vinegar of your choice)

Mix all ingredients. Makes about 1/2 cup.

Miraculous Walnut Sauce

- 1/2 cup Walnuts
- 1 garlic clove
- 1-2 tablespoons low sodium tamari
- 1/2 cup (or more) of water depending on desired thickness

Mix all ingredients in a food processor/blender, adding as much water as desired to pour. Makes about 3/4 cup.

Hummus Salad Dressing

- 2 heaping tablespoons hummus
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon of mustard

Mix all ingredients in a small bowl and whisk until smooth. Makes about 1/4 cup.

Green Smoothie

- 1 bunch spinach
- 1-2 tablespoon water
- 1 banana
- 1 teaspoon ginger
- 1 or more seasonal fruit: apple, mango, nectarine, peach

Blend together and add more water or some type of milk at the end to get the consistency you like! Makes 3 servings.