



Healthy Cooking

When you don't feel like cooking!





Why do you love food?

Be curious about why you eat what you eat



Reasons we love food

- Here we can each say why we love food.
- My Dad would plan our vacations around 5 star restaurants!
- My mom cooked real food every day for 7 people
- I believe you are what you eat and wanted to be healthy
- I love rainbows! The rainbow of colors on my plate makes me happy



Food also keeps us healthy

- We won't bore you by reminding you that fast foods and processed foods cause:
 - Alzheimers
 - Cancer
 - Arthritis
 - Obesity
 - Inflammatory conditions
 - Diabetes
- We also all know that an anti-inflammatory diet is simply eating REAL WHOLE FOODS and it will keep us healthy



So we've established we love food and that it's good for us.

- Now – how many of you cook every day every meal?????
- We're busy people.
- We have work, social events, kids have practice, homework.....
- Sometimes there is simply not enough time....
- Or so you think!
- Tonight we hope to give you the confidence to make a healthy meal in minutes!



Breakfast in a hurry

- Spinach and Mango Smoothie





What you're getting in your smoothie

- A rainbow!!!
- Spinach and Kale are loaded with phytonutrients that are anti-inflammatory and antioxidant
- There's vitamin K, A, C, iron, B complex, magnesium....
- Mangos have fiber, vitamin A, C, B complex, magnesium...
- Limes add zip, vitamin C
- They all prevent cancer, arthritis, DM and obesity
- Infinite number of options while making them

Hummus





What you're getting with hummus

- Garbanzo beans are legumes
- They provide fiber, vitamins, and protein
- 1 cup provides about 268 kcals, 12g fiber and 15g protein with very little fat
- You can make up a batch on Sunday and store it in little containers to take for lunch with veggies.



Tabbouleh



Benefits of Tabbouleh

- Some of the *benefits of parsley* are:
- Flavonoids act as anti-oxidants, Vitamin A and C, Vitamin K, Folic acid
- **Bulgur wheat** – a whole grain, 5 grams of fiber. one cup provides 151 calories, 0.4 grams of fat 5.6 grams of protein.
- **Mint** - Mint is well known for its ability to sooth the digestive tract and reduces the severity and length of stomach aches.
- **Onions**- help prevent colds, decrease blood pressure and increase antioxidants
- **Tomatoes**- Tomatoes are a great source of Vitamin C and antioxidants.
- **Lemon Juice**- Lemon juice is a great ph balance in your body. It is also high in Vitamin C.
- **Olive Oil** - Studies of taking in raw olive oil helps lower heart disease, risk of colon cancer and breast cancer.