

Center for  
Creative  
Leadership



# Fit to Lead

Recipes to maintain optimal health and  
perform to your maximum potential.



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## Sharon's Berries on Toast

2 slices sprouted whole grain or gluten-free bread  
1 to 1 ½ cups of mixed frozen berries and mango  
Unsweetened almond butter or natural peanut butter  
Optional: ground flax seeds, walnuts, unsweetened coconut flakes

Microwave frozen fruit for 2-3 minutes. Spread toast with almond butter or natural peanut butter, and top with the heated berries and a tablespoon of ground flax, walnuts, and unsweetened coconut.

## Chocolate Banana Smoothie

*This tastes about as close to soft serve chocolate ice-cream as you can get.*

3 ice cubes  
1/2 to 3/4 cup chocolate soy milk, almond milk, or other milk alternative  
1 frozen banana  
1 tbs flaxseed

Place all ingredients in a blender and whiz until it is the consistency of ice cream. Add more liquid as needed to achieve the desired consistency.

*Contributed by Eric Root*



## Green Smoothie

- 1 cup non-dairy milk
- 1 apple, cored and cut into chunks
- 1 banana
- 1 carrot
- 2 tbs flax seeds
- 10 oz spinach
- 1 cup frozen blueberries

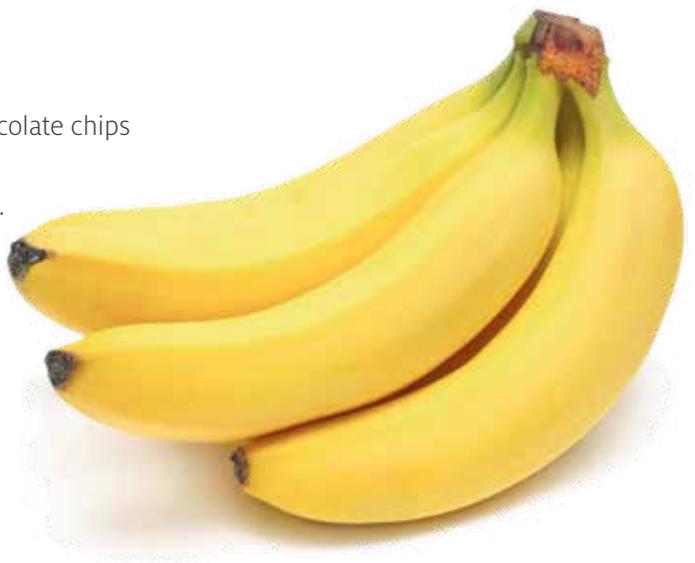
Blend all ingredients until smooth and serve immediately.



## Vegan Oatmeal Peanut Butter Banana Energy Cookies

- 1/3 cup peanut butter
- 2 ripe bananas (overripe is fine)
- 1 tsp vanilla
- 2 tbs soy milk, almond milk, or other milk alternative
- 2 tbs maple syrup (optional)
- 2 1/2 cups quick cooking or rolled oats
- 1/4 cup flour (can sub gluten free flour)
- 4 dashes cinnamon (optional)
- Optional: shredded coconut, nuts, pumpkin seeds, chocolate chips

In a large bowl, mash bananas with a fork until smooth. Add peanut butter, milk, vanilla, and maple syrup and mix well. Add remaining ingredients and stir until well combined. Drop spoonfuls of dough onto an ungreased cookie sheet and bake 13-16 minutes at 350 degrees, or until done.



## Santa Fe Quinoa Salad

*Quinoa is rich in protein and other nutrients. You can buy red or brown quinoa. If you have time, soak the quinoa for 3-4 hours or overnight before cooking. This helps bring out the flavor. Grains are also more nutritious after being soaked.*

- 1 1/2 cups water
- 3 diced green onions
- 1 cup quinoa (rinsed)
- 2 tbs olive oil
- 1 cup frozen corn
- 2 tbs lime juice
- 1 can black beans
- 1 red or green bell pepper
- sea salt to taste
- 3-4 tbs fresh cilantro

Bring water to boil, add quinoa and cook for 15 min. When done remove from heat and fluff with a fork. In a bowl, mix other ingredients and toss. Add quinoa, mix well and refrigerate for a couple of hours (or eat right away if you thaw corn).



## Soba Noodle Salad with Ginger Peanut Dressing

- 6 oz soba noodles
- 1/2 cup natural peanut butter
- 1/4 brown rice vinegar
- 1 tbs minced or grated fresh ginger
- 2 tsp Bragg's liquid aminos or low sodium soy sauce
- 1 clove garlic
- 1 tbs lime juice 1 tsp lime zest
- 1/2 cup chopped cilantro, divided
- 1 cucumber peeled and sliced
- 1 small red bell pepper sliced
- 1 large carrot, grated (1/2 cup)
- 1 tbs chopped peanuts (optional)

Cook noodles in boiling salted water according to package directions. Drain and rinse under cold water. Puree peanut butter, vinegar, ginger, soy sauce, garlic, lime juice and zest, and 1/4 cup cilantro in a blender until smooth and creamy, adding 2 to 3 tbs warm water to thin, if necessary. Toss together noodles, cucumber, bell pepper, carrot, and peanut butter mixture. Garnish with remaining cilantro and peanuts.

*Adapted from Vegetarian Times.*



## Quinoa Avocado Salad

1 cup quinoa  
½ cup frozen edamame (thawed)  
½ cup frozen corn (thawed)  
1 ripe avocado  
Juice from 1 lime  
Chopped fresh cilantro (1/2 to 1 bunch)  
Sliced cherry tomatoes  
Small can black olives (optional)  
Salt and pepper to taste

Boil quinoa in 2 cups of water for 15-20 min (until water is absorbed and quinoa is soft). Allow quinoa to cool. In the meantime, combine the remaining ingredients. Once quinoa has cooled, combine with the other ingredients.



## Roasted Sweet Potato Wedges

2 medium sweet potatoes or yams, cut into wedges  
1/8 tsp cinnamon  
1/4 tsp seasoned salt  
1/4 tsp ground cumin  
1/8 tsp black pepper  
1/4 tsp garlic powder  
Olive oil or avocado oil spray

Preheat oven to 450 F. Combine sweet potatoes and spices in a mixing bowl and stir to cover. Place sweet potatoes on a baking sheet coated with olive oil or avocado oil spray. Bake for 20 min or until tender, flipping potatoes once during cooking.

*From Cancerproject.org*

## Portuguese Kale and Potato Soup

4 cups water or broth  
1 onion  
10 garlic cloves  
1/8 tsp crushed red pepper flakes  
2 potatoes  
1/2 tsp salt  
4 cups kale, stems removed  
1 cup crushed tomatoes or tomato sauce  
6 oz of vegetarian sausage

Sauté onion, garlic, and chili in 1/2 cup water for 3-5 min. Add 3 1/2 cups water, the potatoes, and salt. Simmer for 20 minutes. Stir in kale and tomatoes, cook another 5-10 min. Crumble in sausage, stir and allow sausage to heat through.

## Turkish Red Lentil Soup

1 cup red lentils  
1/2 cup onion  
3 cloves garlic  
3 cups veggie stock  
1 tsp cumin  
1/2 tsp chili powder  
1 tsp salt  
1 tsp black pepper  
2 carrots, chopped  
1 can diced tomatoes  
2 tsp dried oregano  
Optional:  
1 tbs lemon juice  
Other veggies like spinach or kale



Sauté onions and garlic in some soup stock. Add remaining stock and lentils and cook for 20 minutes. Add spices, cook another 10 minutes. Add tomatoes, oregano, and optional lemon juice and cook for another 5 minutes.

## Piquant Oatmeal Soup

*This unique soup of Mexican origin, is simple and comforting. It has a hint of chili heat and is always a hit.*

1 cup regular oats  
1 large sweet onion  
2-3 garlic cloves  
12 oz canned tomatoes (or if you use fresh, chopped, peeled and de-seeded)  
6 1/2 cups of chicken or vegetable stock  
1/4 tsp cumin  
1/2 tsp chili puree  
1-2 tbs lime juice  
Salt and pepper to taste  
Chopped green onions to garnish

In a heavy skillet over medium heat, toast the oats, stirring frequently until lightly and evenly browned. Remove and let cool. Sauté onion and garlic until softened. Add tomatoes, stock, cumin, and chili puree and season with salt. Stir in the oats and bring to a boil. Lower heat and let soup simmer for 6 minutes. Stir in lime juice.

## Penne with Kale, Tomatoes, and Olives

*This recipe is from cancerproject.org. The kale provides some highly absorbable calcium and is rich in cancer fighting isothiocyanates.*

1 medium onion  
1/4 cup vegetable broth or water  
1 bunch kale, cut or torn (about 5 cups chopped, stems removed)  
2 (14.5) ounce cans chopped tomatoes, preferably fire-roasted (not drained) or  
3 cups of freshly chopped tomatoes  
1/2 cup pitted and sliced Kalamata olives  
1 tbs chopped fresh parsley or 1/2 tbs dried  
8 ounces dry whole-wheat penne pasta or gluten free pasta  
1/4 cup dairy-free parmesan cheese substitute (optional)

Sauté onion with vegetable broth or water over medium heat for 3 min. Add kale and tomatoes and their liquid. Bring to a boil and then reduce heat, cover and simmer for 20 min. Add olives and parsley. Meanwhile, cook pasta. Drain and transfer to a serving bowl. Add kale mixture and toss gently.

## Sharon's Tabouleh

1 cup bulgur wheat, whole wheat couscous, or cooked quinoa  
1 bunch parsley, chopped  
1 bunch cilantro, chopped (optional)  
1 large cucumber, diced  
1 small can sliced olives  
2 cups cherry tomatoes, sliced (you can also dice 2-3 regular tomatoes)

Dressing:

Juice from one lemon  
1/4 cup olive oil  
Salt and pepper to taste  
Dried Italian herbs (optional)

Mix all ingredients for dressing together and reserve. Place bulgur wheat or couscous in a large bowl. Cover with boiling water such that there is about a 1/4 inch water over the top of the bulgur. Let soak for a few hours or overnight. If in a hurry, boil the bulgur for 5-10 minutes. If using quinoa use 1 1/2 cups water to 1 cup quinoa and cook for 15 min. Allow to cool and mix with dressing and other ingredients.

## Cashew Cream

Soak 1 cup of cashews overnight. Then drain and rinse. Put the cashews in a blender and top with water (enough water to cover the cashews about an inch. Less water if you want a thicker cream). Blend until smooth. Use as a cream base for soups, dips, or dressings.



*From the Conscious Cook*

## Sharon's Salsa

*This salsa is quick and easy to make as long as you have all the ingredients and a good food processor. Try making it on the weekend, and then adding it throughout the week to burritos, stir-fried veggies, and pasta.*

- 1 bunch of cilantro
- 1 lime, juiced
- 4-6 roma tomatoes
- 1 can diced tomatoes (2 cans if you have fewer fresh tomatoes)
- 1 stick celery
- 1 green bell pepper
- 1-2 jalapeño or serrano peppers (omit if you don't like it spicy)
- 1-2 regular tomatoes
- 1 clove of garlic

In a food processor, chop cilantro, peppers, garlic, onion, and celery. Then chop the fresh tomatoes (but keep them chunky). Add the canned tomatoes and mix well. Add lime juice and salt to taste.



This recipe book was developed by the following CCL team members:



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Mary is adjunct faculty at CCL and primarily works with Leadership at the Peak programs. She came to CCL from the University of Colorado Health Sciences Center where she researched childhood obesity focusing on program development and evaluation. Additionally, she has worked as a nurse in cardiac medicine.



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