



EASY RECIPES

Food Exposure

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A Crowd-Pleasing Family Dinner: *Red Lentil & Spinach Dahl*

This dahl is warm, comforting, and delicious! Red lentils are tempered with simple yet fragrant spices to bring together this tasty, high-iron, protein-packed family favorite. Serve over rice or with naan bread or pita, and add a dollop of yogurt for a hearty meal.

Prep time: 5 mins | **Cook time:** 25 mins | **Serves:** 2 adults & 2 kids

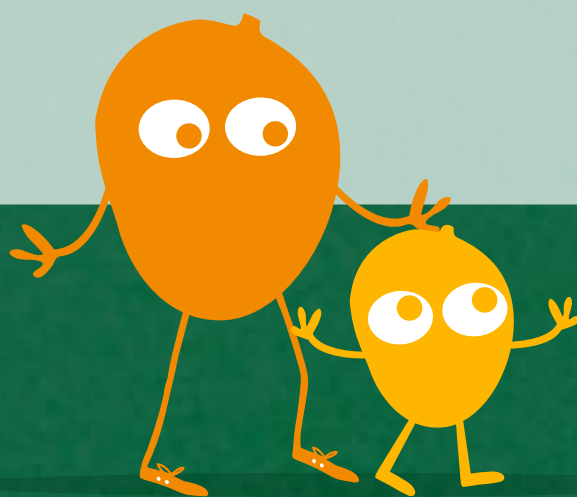
- ¼ tsp pepper
- Juice of 1 lime
- 1 cup red lentils
- 2 ½ cups water
- ½ tsp cumin seeds
- ½ onion, finely chopped
 - 1 tbsp minced garlic
 - 1 tbsp minced ginger
 - 1 tsp turmeric
 - 2 tsp ground cumin
 - 2 tsp ground coriander
 - Salt to taste (omit for babies)
 - 1 tbsp avocado oil (or oil of choice)
- 1 cup crushed or finely chopped tomatoes
- 2 cups spinach (or 1 cup frozen spinach)
- Large handful cilantro, finely chopped

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A Crowd-Pleasing Family Dinner: *Red Lentil & Spinach Dahl*

1. Thoroughly wash and drain lentils until the water runs clear. Then add them to a large pot with water and cook on low/medium heat for 20 minutes, until the lentils are soft and cooked through.
2. While the lentils cook, heat oil in a large pot over medium heat. Add the cumin seeds and sauté for 2 minutes.
3. Add onion, garlic, and ginger, sautéing for 3-4 minutes.
4. Add turmeric, cumin, coriander, and salt (if using). Cook for a few minutes. Then, add crushed tomatoes and let simmer.
5. Once the lentils are cooked, add tomato mixture to lentils along with spinach.
6. Cook for about 5 more minutes until everything is well combined.
7. Add lime juice, cilantro, and black pepper. Stir well & serve!

This lentil dish can be stored in the fridge for 2 days or frozen for up to 3 months for a quick & easy dinner when you need it!



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A Kid-Favorite Meal Makeover: *Broccoli Grilled Cheese*

Who can resist a grilled cheese?! This recipe is super easy, so delicious, and the broccoli + herbs give this classic favorite a fun upgrade! Broccoli is a great addition to our diets as it is a source of fiber, vitamin C, and vitamin K.

Prep time: 5 mins | **Cook time:** 10 mins | **Yields:** 1 sandwich

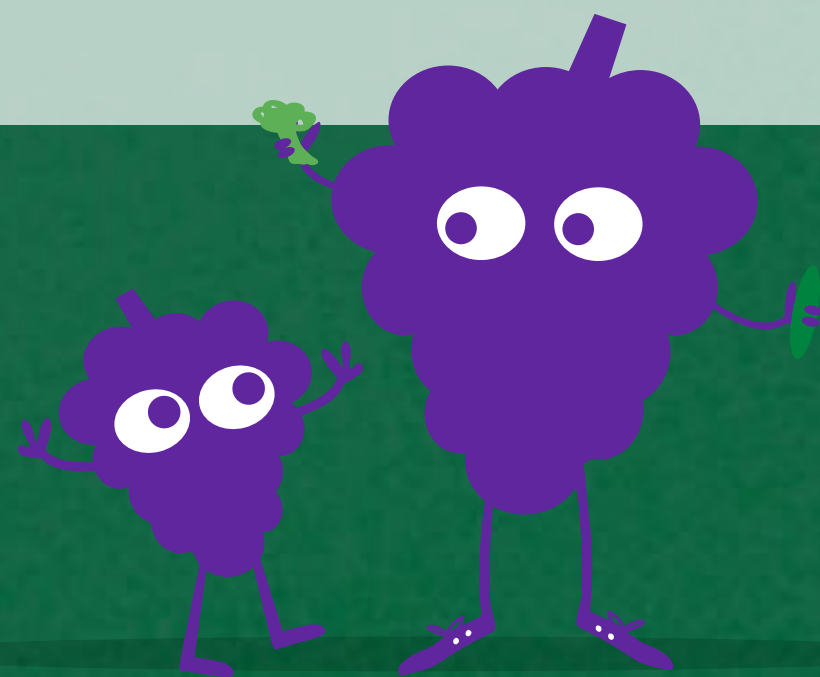
- ¼ cup grated cheddar cheese
- 2 slices bread (of your choice)
- 1 tsp olive oil (or oil of choice)
- ½ tsp minced garlic or garlic powder
- 1 tbsp butter, room temperature
- ¼ cup chopped broccoli florets
 - ¼ tsp black pepper
 - ½ tsp oregano

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A Kid-Favorite Meal Makeover: *Broccoli Grilled Cheese*

1. Heat the oil in a small pan over a medium heat. When hot, add the broccoli, garlic, oregano, and black pepper. Sauté for 3-4 minutes.
2. Transfer the broccoli to a chopping board, and, once cooled, finely chop.
3. Heat pan or skillet on low/medium heat.
4. Butter one slice of bread and place in pan, butter side down. Top with grated cheese and chopped broccoli.
5. Butter the other slice of bread and place on top, butter side up.
6. Cook until golden brown and then carefully flip it over. Cook on other side until cheese is melty and bread is perfectly browned.

Slice and enjoy!



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Fast Breakfast Recipe: *Peanut Butter Yogurt Bowl*

This yogurt bowl is the perfect easy breakfast. It's fast, packed with protein & healthy fats, and has tons of flavor. You can customize this tasty morning bowl with fruit and toppings that you have on hand!

Prep time: 5 mins | **Cook time:** 0 mins | **Yields:** 1 bowl

- $\frac{3}{4}$ cup plain full-fat Greek yogurt (or plant-based alternative)
- 1 heaping tbsp peanut butter (or nut/seed butter of your choice)
 - $\frac{1}{4}$ tsp cinnamon
- 1 tsp honey or maple syrup (omit for babies)

Optional toppings:

- banana slices
- strawberries
- shredded coconut

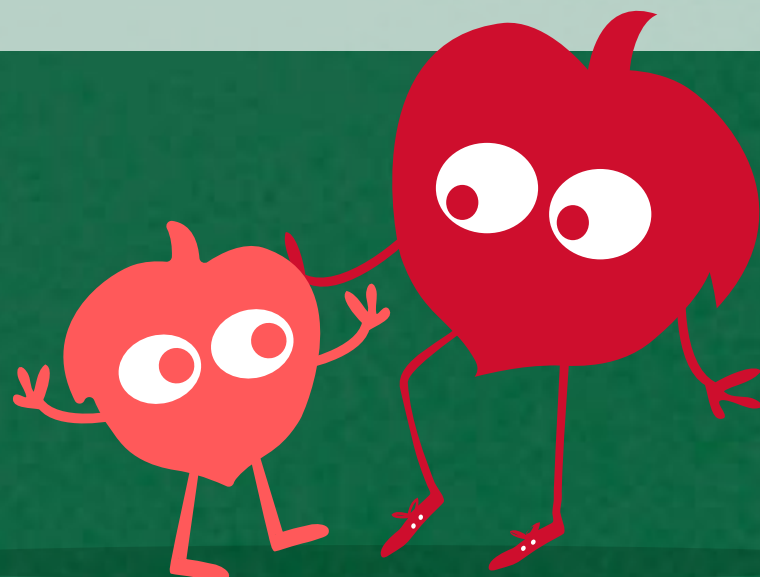
+ whatever you want!

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Fast Breakfast Recipe: *Peanut Butter Yogurt Bowl*

1. Add the yogurt, peanut butter, honey/maple syrup (if using) and cinnamon to a bowl.
2. Using a spoon, mix well to combine.
3. Top with any optional toppings!

Serve and enjoy!





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