

Recipes



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Dina's Favorite Green Smoothie #1



Ingredients

- 2 cups fresh organic kale
- ¼ lemon, peeled
- ½ - ½ english cucumber
- 1 celery stalk
- 1 apple
- A piece of ginger (size of 2-3 small dice)
- Water; ½ cup or to desired consistency

Directions

1. Place all ingredients into your Vitamix (any other blender) in the order listed and secure lid.
2. Turn blender on and slowly increase speed to high.
3. Blend for 1 minute or until desired consistency is reached. Serve immediately.

Source: Dina Boyer



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Dina's Favorite Green Smoothie #2



Ingredients

- 2 cups fresh organic spinach
- 1 Carrot
- ½ English cucumber
- 1 celery stalk
- 1 banana
- 1 Ripe pear or ½ cup pineapple
- Water; ½ cup or to desired consistency

Optional: 2 tsp flaxseed meal or chia seeds
8 oz of yogurt or any other dairy free milk

Directions

1. Place all ingredients into your Vitamix (any other blender) in the order listed and secure lid.
2. Turn blender on and slowly increase speed to high.
3. Blend for 1 minute or until desired consistency is reached. Serve immediately.

Source: Dina Boyer



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Dina's Favorite Going Green Smoothie #3



Ingredients

- ½ cup water
- 1 cup green grapes
- ½ cup pineapple chunks
- 2 cups fresh organic spinach, packed
- ½ ripe banana, peeled
- ½ cup ice cubes

Directions

1. Place all ingredients into your Vitamix (any other blender) in the order listed and secure lid.
2. Turn blender on and slowly increase speed to high.
3. Blend for 1 minute or until desired consistency is reached. Serve immediately.

Source: Vitamix



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V8



Ingredients

- 10 lbs of tomatoes, peeled and chopped
- 3 cloves garlic, minced
- 2 large onions, chopped
- 2 carrots, cut into ½ inch slices
- 2 cups chopped celery
- ½ cup chopped green bell pepper
- ¼ cup sugar
- 1 tsp Worcestershire sauce
- ½ tsp black pepper

Directions

1. Combine all ingredients in a pot, bring to a boil and simmer for 20 min or until vegetables are soft.
2. Cool; blend in a blender until completely smooth. Makes 7 Quarts.

Nutrition per cup: Cal: 46; Total fat: 0 gr; Carbs: 10 gr; Prot: 2 gr

Source: CDKitchen, Inc.



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Tomato & Watermelon Salad



Ingredients

- 4 small to medium tomatoes, cut into ¾ inch chunks
- 1 small English cucumber also cut into chunks
- 2 cups watermelon, cut into ½ inch chunks
- 1 avocado, halved, pitted and cut into ½ inch chunks
- 1 small onion, halved and thinly sliced
- 1 tbs of chopped mixed fresh herbs, in any combination: basil, tarragon, chives, cilantro, parsley and some dried oregano.
- 3 tbs extra virgin olive oil and 3 tbs of balsamic vinegar
- Freshly ground pepper and ½ tsp of sea salt (or to taste)
- ½ cup feta cheese and ½ cup Greek pitted olives (optional)

Directions

1. In a bowl, combine the tomato, cucumber, avocado, onion and watermelon.
2. In a small bowl, whisk together the olive oil, vinegar, salt and pepper. Pour over the tomato mixture and toss to coat evenly.

Nutrition: Cal: 132; Total fat: 9.8 gr; Carbs: 12 gr; Prot: 2 gr; Fiber: 3 gr; Sodium: 207 mg

Source: Dina Boyer



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Jicama Kale Slaw with Gomasio



Ingredients

- 1 ½ tsp white sesame seeds
- 4 oz Kale, fresh, julienne (thinly sliced)
- 3 oz Jicama, peeled, julienne
- 1 Orange, fresh for its peel and zest
- Lemon juice, fresh
- 1 ½ tsp extra virgin olive oil
- ¼ tsp Sea salt and ground black pepper to taste
- Optional: add cilantro, apples and even slivered almonds

Directions

1. **Make Gomasio:** Place sesame seeds in a dry skillet and toast over medium heat, until dark brown, stirring often. Let cool and then grind in a small coffee grinder, add salt and set aside.
2. **Make Salad:** Both kale and jicama are thinly sliced and added in a bowl with the orange zest. Peel the skin from the oranges, chop up the flesh and add to the bowl. Add, lemon juice, olive oil, pepper and sprinkle Gomasio for extra flavor. Serves 6.

Nutrition: Cal: 38 cal; Total fat: 1.9 gr; Carbs: 5.2 gr; Prot: 1gr; Fiber: 1.5 gr

Source: Bon Appetite; Corp.Cafe



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Braised Kale with Caramelized Onions, Raisins and Pine Nuts



Ingredients

6 cups Kale or Swiss Chard, cut into pieces
2 tablespoons of Extra virgin Olive Oil
1 red onion, cut into quarter moons (about 1 cup)
Pinch of sea salt
1 clove garlic, minced
1/3 cup raisins
1 teaspoon of maple syrup (optional)
1 tablespoons toasted pine nuts

Directions

1. In a deep sauté pan, heat olive oil over medium heat. Add the onions and a pinch of salt. Saute for 3-5 minutes. Decrease the heat and cook on low slowly for another 15 minutes until the onions are caramelized.
2. Add the garlic and stir for about 30 seconds, just until aromatic.
3. Add the raisings and cook fro another 30 seconds. Deglaze the pan with 2 tablespoons of water to loosen all the bits from the bottom.
4. Start adding the greens to the pan with a pinch of salt, continuing to add as many greens to the pan as will fit.
5. If needed cover the pan and cook until the greens are tender, 2-3 minutes.
6. Add a pinch of salt and a drop or two of maple syrup if necessary.
7. Arrange the greens on a plate and sprinkle with toasted pine nuts. Serve hot. Don't forget to pour the cooking juices over the greens before you add the nuts. More nutrients!

Source: Dina Boyer



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Vegetable Frittata



Ingredients

10 egg whites & 2 whole eggs
1/2 cup each of: chopped onions, green & red bell peppers
1 cup chopped mushrooms
2 1/2 cups chopped spinach
2 tbs extra virgin olive oil
1/2 tsp salt and pepper
Optional: crumbled feta cheese

Directions

1. Preheat oven to 350°F. Brush some olive oil on a Pyrex dish
2. In a bowl beat all the eggs with a pinch of salt and pepper.
3. Add chopped veggies and pour into Pyrex dish. If you want you can sauté veggies first and then add to the egg mixture.
4. Bake for about 30 min or until eggs are fully cooked. 6 servings

Note: For breakfast on the go, use a muffin pan and bake your frittata in muffin cups.

Nutrition: Cal: 109 cal; Total fat: 6.6 gr; Carbs: 4 gr; Prot: 9 gr; Fiber: 1 gr; Sodium: 318 mg

Source: Dina Boyer



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Quinoa Stuffed Squash



Ingredients

4 acorn squashes, halved and cleaned
1 cup quinoa, rinsed & drained well
1 cup water and 1/4 cup fresh squeezed orange juice
2 tbsp olive oil, 1 medium onion, 2 cups fresh chopped spinach
1/4 cup each of raisins and chopped walnuts
Spices & Herbs: 1/4 tsp cinnamon, 2 tbs minced parsley, pinch nutmeg, 1/2 tsp sea salt, fresh ground pepper, Zest from 1 orange

Directions

1. Bake squash at 375°F for 20-30 min, until soft.
 2. In the meantime cook quinoa per package instructions, fluff with a fork and let it cool.
 3. Heat olive oil in a pan and sauté spinach and the onion until the onion is translucent. Add spices and herbs and cook for 1-2 min.
 4. Mix the quinoa, spinach, onions, spices, herbs, zest, raisins and walnuts together and stuff each acorn squash with the mixture. Return to the oven and bake at 350°F for 10-15 min. Remove from the oven and serve. Serves 8.
- Optional: Black beans for extra protein and sprinkle with feta cheese!

Nutrition: 259 Cal; 8.2 g Fat; 0.7 g of Sat. fat; 45 g Carbs; 6.5 g Protein; 160 mg Sodium; 882 mg Potassium; 5.9 g Fiber

Source: Dina Boyer



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Quinoa with Roasted Butternut Squash, Cranberries & Pecans



Ingredients

1 cup quinoa
1 small butternut squash, peeled and diced
1/2 cup cran-raisins, chopped
2 Tbsp of olive oil
1/2 a medium onion, chopped
1 garlic clove, minced
2 tablespoons of chopped parsley
Sea salt and pepper to taste
1/2 teaspoon of cinnamon (optional)
Handful of toasted pecans (optional)

Directions

1. In a small pot cook 1 cup of quinoa with 2 1/2 cups of water or vegetable broth (optional). Once cooked, let it cool before using it in the dish.
 2. Heat oven at 350°F. Chop up squash in 1/2 inch cubes and place in a 9 x 13" pan. Add the chopped onions, cranberries, garlic and a little olive oil to coat. Bake for about 30 min or until squash is tender at 350°F.
 3. In the meantime, sauté onions and garlic Add cinnamon and pepper.
 4. Transfer sautéed onions to the quinoa bowl, add the squash, cranberries and sprinkle with chopped parsley. Enjoy!
- Optional: Add toasted pecans

Source: Dina Boyer



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Salmon Cakes



Ingredients

1 7.5 oz can wild-caught salmon
1 medium yam
1 egg
2 tbs brown rice flour
1 stalk celery and 2 scallions, chopped
2 tbs extra virgin olive oil
1/2 tsp Sea salt and pinch of paprika

Directions

1. Steam the yam until soft. Drain the canned salmon. Using a fork, mash and combine all the ingredients.
2. Make 4 patties. Place on a lightly oiled baking tray and bake until golden.

Nutrition: Cal: 211; Total fat: 10.5 gr; Carbs: 14.2 gr; Prot: 15 gr; Fiber: 1.9 gr; Sodium: 216.6 mg

Source: Dina Boyer



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Garbanzo Bean Yummy Brownies



Ingredients

1 1/2 cups dark Chocolate chips
2 cups garbanzo beans, drained and rinsed
4 eggs
3/4 cups Brown Rice Syrup
1/2 tsp baking powder

Optional: Add walnuts and also can use a combination of eggs and eggwhites.

Directions

1. Heat oven to 350°F degrees
2. In a small bowl melt chocolate chips in microwave for 2 minutes
3. In a blender or food processor, combine beans and eggs
4. Add brown rice syrup, baking powder, and chocolate, process until smooth
5. Pour batter into a 9" or a 8 x 8" non-stick pan or into paper muffin cups
6. Bake for 45 minutes

Source: Dina Boyer



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