

Big Sky's Top 10 Healthy Recipes



Slow Cooker Butternut Squash Soup

If you love butternut squash soup, be sure to save this recipe because it's guaranteed to be a keeper. It's rich, creamy, and full of delicious butternut flavor. It's also naturally vegan and gluten-free

Ingredients:

- 2 cups vegetable stock
- 2 cloves garlic, peeled and minced
- 1 carrot, peeled and diced
- 1 Granny Smith apple, cored and diced
- 1 medium (uncooked) butternut squash, peeled, seeded and diced
- 1 sprig fresh sage
- 1 white onion, diced
- 1/2 teaspoon salt, or Goya Adobo Seasoning
- 1/4 teaspoon freshly-ground black pepper, or more to taste
- 1/8 teaspoon cayenne, or more to taste
- a pinch of ground cinnamon and nutmeg
- 1/2 cup canned coconut milk
- optional garnishes: extra coconut milk and/or a sprinkle of red pepper flakes

Directions:

Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, adobo, pepper, cayenne, cinnamon and nutmeg to a slow cooker. Toss to combine. Cook for 6-8 hours on low, or 3-4 hours on high, until the squash is completely tender and mashes easily with a fork. Remove and discard the sage. Stir in the coconut milk. Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender, and puree until smooth, being very careful when working with the hot liquid.) Taste, and season with additional salt, pepper and cayenne if needed. Serve warm, with optional garnishes if desired.





Pesto Pasta with Chicken Sausage & Roasted Brussels Sprouts

Here's a delicious fall recipe from "Gimme Some Oven". (Even the self-proclaimed brussels sprout haters among us came back for second helpings of this easy and delicious meal!)

Yield: 4-6 servings

Ingredients:

1 lb fresh brussels sprouts, ends trimmed and any yellowed/browned outer leaves removed, then sliced in half

3 Tbsp. olive oil, divided

1/2 tsp. Kosher salt

1/2 tsp. freshly-ground black pepper

1 lb (16 oz.) orecchiette (or any pasta)

4 chicken sausage links, sliced into 1/4" thick coins

5 cloves garlic, peeled and thinly sliced

1/3 cup pesto

Parmesan cheese, for serving

Directions:

Preheat oven to 400 degrees F. In a large bowl, mix together brussels sprouts, 2 Tbsp. olive oil, salt and pepper. Gently stir until well-combined.

Prepare a baking sheet with aluminum foil, then spread the brussels sprouts on it evenly.

Roast for about 15-30 minutes (depends on how big your sprouts are), stirring once partway through, or until they are crispy on the outside and cooked on the

inside. Remove from oven and set aside.

Meanwhile, heat the remaining olive oil in a skillet over medium-high heat. Add the sausage and cook, turning occasionally, until nearly-browned, about 6-8 minutes. Add the garlic, and continue cooking for another 1-2 minutes until the garlic is fragrant and the sausage is browned. (You can also throw the sausage on your grill and eliminate the remaining olive oil).

Cook the pasta according to the package directions. (heat your water while preparing the brussel sprouts, and added the pasta to the boiling water just after beginning to cook the sausage.) Once the pasta is cooked, drain the water (reserving 1/4 cup pasta water), and then toss together the pasta, pesto, cooked sausage and garlic, and brussel sprouts. Add in some of the reserved pasta water if needed for extra moisture.

Serve warm, and sprinkle with freshly-grated Parmesan cheese.



QUICK & EASY
Panko
Cruusted Salmon



The Barefoot Contessa's Panko Crusted Salmon

Talk about quick and easy! In the time it takes to preheat the oven, you can have all the prep work done. While the salmon is cooking, make yourself an easy side like some steamed veggies and quinoa or wild rice and you're sitting down to dinner in 30 minutes, start to finish! Enjoy!

Ingredients:

- 4 (6 ounce) salmon fillets
- 2/3 cup panko bread crumbs (don't use regular breadcrumbs. It's just not the same.)
- 2 Tablespoons fresh parsley, minced (optional)
- 2 Tablespoons lemon zest
- salt and pepper
- 2 Tablespoons olive oil
- 2 Tablespoons Dijon mustard
- 2 Tablespoons canola oil

Directions:

Preheat oven to 425.

While the oven is preheating, mix together panko, parsley, lemon zest, salt & pepper and olive oil. Stir to combine.

Heat canola oil in a 12-inch oven proof skillet over medium heat.

Spread the Dijon mustard on the top of each fillet and top generously with the panko mixture, pressing down so it sticks.

Sear the salmon for 3 – 4 minutes.

Place the pan in the preheated oven for 5 – 7 minutes.

Remove from oven, cover with foil, and let stand for 5 – 10 minutes to finish cooking.

If desired, add a squeeze of fresh lemon juice before serving.

Can you keep
a secret ?



Flourless Black Bean Brownies

This recipe is courtesy of Big Sky Vernon member, Andrea S., who said her husband loved them, until she spilled the beans – no pun intended! Thanks for sharing Andrea!

Note: For best results, you'll need a food processor for this recipe, but a blender will work if you don't have one. It's up to you to decide if you'll share the secret ingredient with your family, or if you'll keep it to yourself!

Ingredients:

- 1 15-ounce can of black beans – drained and rinsed very well
- 2 tbsp cocoa powder
- 1/2 cup of quick oats*
- 1/4 tsp salt
- 1/3 cup of agave or honey
- 2 tbsp of sugar
- 1/4 cup of vegetable or coconut oil
- 2 tsp of pure vanilla extract
- 1/2 tsp baking powder
- 1/2 to 2/3 cup of chocolate chips. More for presentation. *(Really now – why hold back on this vital ingredient!?!)*

Directions:

Preheat oven to 350F. Combine all ingredients in a food processor and blend until completely smooth. Stir in the chips, then pour into a greased 8×8 pan. Optional:

sprinkle extra chocolate chips over the top. Bake for 15-18 minutes, then let cool for at least 10 minutes before cutting them.

If they still appear undercooked, refrigerate overnight.

*You can replace the oats with an equal amount of ground flax, rice bran, quinoa flakes or chia seeds. Ground flax has very little flavor and is likely to produce brownies that taste similar to the recipe with oats, with a slightly grittier texture. Rice bran will still taste sweet but with a chewy consistency. Quinoa flakes have a slightly nutty flavor and give the brownies a similar texture to oats. Chia seeds have a hardly-noticeable nutty flavor and create a more crumbly brownie.





Roasted Vegetable Pita Sandwiches

The beauty of this Roasted Vegetable Pita Sandwich is the flexibility. Just look in your vegetable drawer and use whatever veggies you have on hand. Toss the vegetables with a little olive oil, balsamic vinegar, salt, and pepper and roast them in the oven. So easy... and so good!

Be sure to add a little feta cheese and tzatziki sauce to the sandwiches for that amazing Greek flavor! Tzatziki is a traditional Greek sauce or dip that's made of yogurt, cucumber, lemon juice, garlic, and fresh dill. It is a great dip for vegetables, pita bread, or crackers. You can also serve it with grilled meats, fish, gyros, or falafel. It's so good on so many things. Whatever you do, don't skip the tzatziki. We promise it's super easy to make and it really takes the sandwich from good to great!

Ingredients:

- 2 small zucchini, sliced
- 2 red peppers, sliced
- 8 ounces baby portobello mushrooms, sliced
- 1 small onion, sliced
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 whole wheat pitas
- chopped lettuce
- 1/2 cup crumbled feta cheese
- Tzatziki Sauce, for serving

Directions:

Preheat oven to 400 degrees F. Place vegetables on a large baking sheet and drizzle with olive oil and balsamic vinegar. Season with salt and pepper and toss well. Roast for 20 minutes, stirring occasionally.

Heat pitas and either slice them open and stuff them with lettuce, roasted veggies, feta cheese, and tzatziki or place everything on top of the pita and eat!

Tzatziki Sauce:

2 cups plain Greek yogurt

1 cup diced seedless cucumber

2 tablespoons fresh lemon juice

2 garlic cloves, minced

2 tablespoons finely chopped fresh dill

Salt and pepper, to taste

Directions:

In a medium bowl, combine Greek yogurt, cucumber, lemon juice, garlic, and dill. Stir until well combined. Taste and season with salt and pepper. If you have time, chill before serving. Will keep in the refrigerator 2-3 days. Stir before serving.



*Steamed
Mussels
with
White Wine
Broth*



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Steamed Mussels with White Wine Broth

If you've never made mussels before, here are our best tips for how to clean them: First look through the mussels. If you find any cracked, chipped or open mussels, discard them.

About 20 minutes before making the recipe, place the mussels in a bowl full of fresh water. As the mussels breathe they will spit out any sand or grit that's inside the shells. While they're soaking you can slice your shallots and chop your garlic.

Most mussels will have a "beard," which is just the fibers that emerge from the shell of the mussel. It's best to remove this. To remove it, hold a mussel in one hand using a dry towel. Then, pull the beard out and away from the mussel with your other hand. Sometimes it can be a bit tricky to remove, but will come out. Finally, rinse the cleaned mussels under cold water, and then move on to cooking them.

This recipe makes about 2 servings so feel free to double it. We'll bet there won't be any leftover!

Ingredients:

- 2 pounds mussels, cleaned
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon butter
- 2 small shallots, thinly sliced
- 2 garlic cloves, finely chopped
- 1 cup low-sodium vegetable or chicken stock
- 1/2 cup dry white wine
- 1/4 cup roughly chopped fresh parsley

Salt and fresh ground black pepper

Lemon wedges and plenty of French bread for serving

Directions:

Heat olive oil and butter in a large pot with lid over medium heat. When the butter begins to bubble, stir in the shallot and garlic. Cook until softened, about 5 minutes. Add the stock, white wine, and mussels then give them a good toss. Cover the pot with its lid and cook until all mussels have opened, 6 to 10 minutes. If any mussels don't open, discard them.

Remove the pot from the heat and stir in the parsley. Taste the broth then add salt, pepper, or maybe even a dash of red pepper flakes to taste.

Serve in big bowls with lemon wedges and plenty of bread to sop up the broth.





Easy Fish Taco Rice Bowls

Need a meal you can get on the table in a half hour? Look no further! We've got you covered with these tasty Fish Taco Rice Bowls. They're a simple, healthy meal that's gluten free and sure to quickly become a family favorite.

Ingredients

- 1 teaspoons chili powder
- 1 teaspoons cumin 1 dash cayenne pepper
- 1 pinch garlic powder
- 3-4 cod fillets or other white fish
- Salt and freshly ground black pepper
- Olive oil
- 1 red onion chopped
- 1 red bell pepper chopped
- 2 cups frozen corn thawed
- 1 15 ounce can black beans rinsed and drained
- 2 cups cooked white or brown rice
- 1 – 2 diced avocados
- chopped fresh cilantro
- 1 lime, quartered

Directions:

Heat oven to 350.

In a small bowl combine chili powder, cumin, cayenne pepper, and garlic powder. Sprinkle evenly over both sides of the fish (I didn't use all of it, but you could if you like things spicier) and salt and pepper to taste.

Place fish on a parchment lined baking sheet and bake until fish is cooked through and flakes easily with a fork. Timing will depend on the thickness of your fish so keep an eye on it.

While fish is baking, heat a drizzle of olive oil in a large nonstick skillet over medium high heat. Add the onion, pepper, and corn. Cook over medium high heat, stirring occasionally, until crisp tender, about 7 minutes. Add the black beans and heat through. Layer rice, veggie and bean mixture, and fish in a bowl. Top with avocado, cilantro, and lime juice to taste.



California Roll Salad



California Roll Salad

If you like the flavor of California Rolls from your nearest sushi restaurant but don't want to have to stop for take-out, here's an easy option. There's no cooking, just chopping, mixing and eating!

We would suggest adding just half the Sriracha mayonnaise and giving the salad a taste before adding more. Adjust the amount to your liking. If you prefer, you can even leave out the mayo and just add the Sriracha and rice vinegar by themselves.

Ingredients:

1 package imitation crab meat (you can also use king crab, lump crab meat, or whatever you prefer)

½ cup sliced green onions

½ cup seedless English cucumber, diced

1 ripe avocado, peeled, pitted and diced

4 teaspoons sesame oil

2 tablespoons soy sauce

Sriracha Mayonnaise:

½ cup mayonnaise (use full fat, low fat, fat free – whatever your preference)

2 tablespoons Sriracha hot sauce (more or less to taste)

2 tablespoons rice vinegar

Directions:

Mix together the mayonnaise, Sriracha, and rice vinegar in a small bowl. Set aside.

In a medium bowl (*or large bowl if you've doubled the recipe – we always do!*) add the

sesame oil and soy sauce. Mix together. Mix in the diced crab, sliced green onions, and diced cucumber. Add Siracha mayonnaise to taste. Gently fold in the diced avocado and serve.

Optional: Garnish with sesame seeds, masago or tobiko (flying fish roe), or nori (toasted seaweed) strips.



White Wine Tomato Basil Sauce



White Wine Tomato Basil Sauce

This white wine tomato basil sauce works for everyone. Serve it over spaghetti squash or pasta, with grilled chicken or pan-seared cod. It's super versatile, quick and easy. Give it a try!

Ingredients:

- 2 tablespoons olive oil
- 1/2 teaspoon crushed red pepper flakes
- 2 large cloves (or 3 smaller cloves) garlic, finely minced
- 1 pint cherry tomatoes, sliced in half
- 1/4 cup dry white wine
- 1/2 cup fresh basil, finely chopped
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon fresh lemon zest
- 1/2 teaspoon salt (more to taste)
- 1/4 teaspoon fresh ground black pepper (more to taste)

Directions:

Heat oil in a large non-stick saute pan over medium heat. Add crushed red pepper flakes and garlic and saute for 1 minute, or until garlic is fragrant. Add the cherry tomatoes and cook, stirring occasionally, until they're soft and blistering, but still hold their shape, about 12 minutes. Add in the white wine, stir, and allow the mixture to come to a light simmer. Stir in the basil, lemon juice, lemon zest, salt, and pepper and cook for 2 minutes.

Serve over spaghetti squash, pasta, chicken or fish.

Low Carb Cajun Jambalaya



Low Carb Cajun Jambalaya

This one skillet Low Carb Cajun Jambalaya is courtesy of one of my favorite fitness bloggers – Fit Men Cook. I happened to be eating this tasty dish while working the desk and several members and team-mates were drooling! One member commented, "If this is what you serve up at your house, I'm stopping by for dinner!"

Ingredients: (for 5 servings)

- 3 tablespoons olive oil
- 2 cloves garlic, minced (1.5 tablespoon minced garlic)
- 1 cup diced red onion
- 1lb chicken breast, cut into chunks
- 8oz smoked turkey sausage, cut into chunks
- 8oz jumbo raw shrimp (peeled, deveined)
- 1 green bell pepper, diced
- 1 stalk celery, diced
- 1- 15 ounce can of dice tomatoes
- 3 tablespoons tomato paste
- 1 1/2 cup low sodium chicken broth
- 2 bay leaves
- 2 cups of brown rice (prepare as directed on the package)

Seasonings

- sea salt or Goya Adobo Seasoning to taste
- black pepper to taste
- 1 tablespoon dried oregano
- 1 tablespoon thyme
- 1 teaspoon cayenne pepper

Directions:

Set a large nonstick skillet on medium high heat and add olive oil, garlic and red onions. Cook for about 2 to 3 minutes, allowing the onion to brown. Be careful not to let the garlic burn.

Add the chicken and turkey sausage and cook until the outside of the chicken is no longer pink, about 6 to 8 minutes.

Add bell pepper, celery and diced tomatoes. Stir. Then, add tomato sauce and the seasonings. Stir and cook for about 5 to 7 minutes.

Fold in the raw shrimp. Cook for about 3 to 5 minutes.

Pour in the chicken broth, tomato paste and the bay leaves. Add a few pinches of sea salt and pepper, then stir it up. Reduce the heat to medium and cover. Cook for 15 to 20 minutes.

Stir in cooked rice.

Uncover, then remove the skillet from the heat, stir and allow the jambalaya to "breathe" and thicken. Season to taste with sea salt and pepper and garnish with green onions.

Enjoy !

