



# Get Well Stay Well Be Well

Avance Care Dietitian-  
Customized Recipes, Grocery  
Store Tips, & Meal Prep Guide



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The recipes presented here have been adapted and tested by these Avance Care Registered Dietitians.



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# | SPRING RECIPES





# Carrot Cake Overnight Oats

## INGREDIENTS

- 6 tablespoons old-fashioned oats
- 1 cup shredded carrots
- 1 cup Greek yogurt, non-fat, plain
- 1/2 cup almond milk
- 1/4 cup canned pineapple, in juice
- 1/4 cup raisins
- 1/4 cup walnuts
- 2 tablespoons honey
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt



2 servings



10 minutes

## DIRECTIONS

1. Gather all the ingredients, place in a medium-sized mixing bowl, and stir until well-mixed.
2. Spoon half of the mixture into 2 separate mason jars.
3. Store in the refrigerator overnight until ready to eat, at least 4 to 6 hours.
4. Serve warm (re-heated in the microwave) or cold.

Nutrition Information: Serving Size: 1 mason jar  
Calories: 366kcal, Fat: 8g, Protein: 16g, Carbohydrates: 60g,  
Sugar: 39 g, Fiber: 5g, Sodium: 426mg, Potassium: 650mg  
Adapted from: [thenaturalnurturer.com/carrot-cake-overnights-oats/](https://thenaturalnurturer.com/carrot-cake-overnights-oats/)

A delightful way to start your morning – with dessert AND a serving of vegetables! These carrot cake overnight oats are packed with all the flavors that make carrot cake so delicious while being loaded with nutrient-rich ingredients. Meal prep these on the weekend as part of your weekly rotation for an easy, on-the-go breakfast!



# Bright Spring Salad



1 serving



10 minutes

## DIRECTIONS

1. Bring a pot of salted water to boil. Have an ice bath available.
2. Boil asparagus for 1 minute and drain – until bright green. Immediately put into ice bath.
3. In a small bowl, mix all ingredients for the dressing. Toss asparagus and peas in the dressing. Set aside.
4. Place salad greens on the bottom of the plate. Top with the asparagus mixture.
5. Sprinkle radishes, feta cheese, avocado, chickpeas, and pistachios around the salad and enjoy

This super easy and light salad can be doubled or tripled for a family. You can vary it up by roasting the chickpeas for added texture. To make a complete meal, increase the amount of chickpeas or add another lean protein source like chicken breast or fish. This salad is refreshing and packed with antioxidants, fiber, and healthy fats.

## INGREDIENTS

- 8 asparagus spears, chopped into 1-inch pieces
- 1/8 cup frozen peas, thawed
- 2 cups greens of choice – such as spinach or spring mix
- 1 radish, thinly sliced
- 1/8 cup crumbled, low-fat feta cheese
- 1/4 avocado, sliced
- 1/8 cup chickpeas, rinsed and drained
- 16 pistachios, shelled, roasted

### Dressing:

- 1 tablespoon mint, minced
- 1 tablespoon basil, minced
- 1 teaspoon lemon juice
- 1 teaspoon red wine vinegar
- 2 teaspoons olive oil
- Kosher salt to taste

Nutrition Information: Serving Size: 1 salad - Calories: 383, Fat: 23g, Protein: 16g, Carbohydrates: 32g, Fiber: 14g, Sodium: 541mg. Adapted from: <https://www.loveandlemons.com/spring-salad/#wprm-recipe-container-47647>

## INGREDIENTS

4,6-ounce fish fillets\*  
3/4 tablespoon dried dill weed  
3/4 tablespoon onion powder  
1 and 1/3 teaspoons dried parsley  
1/4 teaspoon paprika  
1/4 teaspoon salt  
1/4 teaspoon lemon pepper  
1/4 teaspoon garlic powder  
2 tablespoons lemon juice

## DIRECTIONS

1. Preheat the oven to 375 degrees Fahrenheit.
2. Prepare 4 aluminum foil squares large enough for each fish fillet and center one fillet on each square.
3. Sprinkle each fillet with dill weed, onion powder, parsley, paprika, salt, lemon pepper, and garlic powder.
4. Add 1/2 tablespoon of lemon juice to each fillet.
5. Fold the foil over to cover the fish and create a packet. Place them on a baking sheet.
6. Bake in the preheated oven for approximately 30 minutes or until the fish flakes easily with a fork.



## Lemon Fish in Foil Packets



4 servings



45 minutes

Many of us are looking for a quick and tasty way to add more fish to our meals. This light recipe combines a variety of herbs, spices and lemon juice to welcome the spring season! This recipe can work with a variety of different fish like, mahi, halibut, tilapia, or cod.

Nutrition Information: \*Salmon fillets were used to calculate the nutrition information. Serving Size: 1 fish fillet packet - Calories: 284kcal, Fat: 15g, Protein: 36g, Carbohydrates: 4g, Fiber: 0g, Sodium: 143mg - Adapted from <https://www.allrecipes.com/recipe/12768/lemony-steamed-fish/>





## INGREDIENTS

4 large eggs, separated, at room temperature

1/2 cup + 2 tablespoons granulated sugar, divided

1 teaspoon of vanilla or almond extract

1 1/4 cups almond flour

1 tablespoon coconut flour (can substitute with 1/4 cup almond flour)

1 teaspoon baking powder

1/4 teaspoon salt

1 1/2 to 2 cups strawberries, sliced, for topping

Melted butter or coconut oil for greasing pan

# Strawberry Almond Flour Cake



1-8" cake



50 minutes

## DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit.
2. Lightly grease an 8" round pan (see notes) with melted butter or coconut oil (for dairy-free). Swirl it in the pan and make sure it goes up the sides. Sprinkle 2 tablespoons of the sugar listed in the ingredients into the bottom of the pan.
3. In a large mixing bowl, beat together the egg yolks, 1/4 cup of the sugar and the vanilla or almond extract until smooth.
4. Using an electric mixer or stand mixer, whip the egg whites until they form soft peaks. Slowly beat in the remaining 1/4 cup sugar. Set aside.
5. Whisk together the dry ingredients—flours, baking powder and salt—and add the egg yolk mixture. Stir together to form a thick dough.
6. Fold in the egg whites, 1/2 cup at a time, ensuring they are fully incorporated before the next addition. The final addition should result in a smooth, fluffy batter.
7. Pour the cake batter into the prepared pan. Bake the cake on the center rack for 30-35 minutes, until it's golden brown and a toothpick inserted into the center comes out clean.
8. Remove the cake from the oven and allow it to cool in the pan for 5 minutes. Run a knife around the edge of the pan to loosen the sides, then carefully turn the cake out onto a serving plate.
9. Allow the cake to fully cool before topping with sliced strawberries or fruit of your choice.
10. Serve topped with a dollop of whipped cream, if desired.

**NOTE:** If using a 9" cake pan, increase the ingredient amounts by 25%.

This naturally gluten-free cake is tender and fluffy, and it's a perfect way to use up those fresh spring strawberries! Get outside this spring and go strawberry picking yourself-- there are lots of local options for picking in the Research Triangle and Charlotte. The season opens in April.

Nutrition Information: Serving Size: 1 piece (1/10 of cake) Calories: 176, Fat: 10g, Saturated Fat: 3g Protein: 5g, Carbohydrates: 18g, Fiber: 2g, Sodium: 142mg - Adapted from: <https://www.kingarthurbaking.com/recipes/strawberry-almond-flour-cake-recipe>



# Overnight Chia Pudding



1 serving



4 hours - 15 minutes

## INGREDIENTS

2 tablespoons chia seeds  
1/2 cup milk  
Fruit purées or dried fruit  
1 tablespoon cacao powder  
1 tablespoon maple syrup  
1/2 teaspoon vanilla extract

### OPTIONAL TOPPINGS:

Berries or fruit pieces of choice  
Fruit purées or dried fruit  
Nut butters  
Cacao nibs  
Spices  
Shredded coconut  
Candied ginger  
Nuts and seeds

## DIRECTIONS

1. Add the chia seeds and milk to a small glass jar and stir together.
2. Let the chia seeds sit for 15 minutes (mix should start to thicken and gel), then stir again.
3. Stir in cacao powder, maple syrup, vanilla extract and your favorite fruit and toppings, then secure with a lid.
4. Place the chia pudding in the refrigerator or freezer overnight or for at least 4 hours.

Easy to make and highly customizable, this recipe can be made with the warmer, cozy flavors of winter or the fresh, brighter flavors of spring! This recipe makes a great snack or quick breakfast option if you need to get out the door. It is packed with fiber, protein, and just enough carbohydrates to be satisfying. Simply change the spices and toppings to adjust the flavors as you desire - such as replacing the milk with an unsweetened or low-sugar alternative milk of your choice, especially if adding lots of fruit toppings. Multiply to make large batches as a part of your meal prep plan!

Nutrition Information: Serving Size: 3/4 cup (approximately 1 small jar) Calories: 191 kcal, Fat: 11g, Protein: 8g, Carbohydrates: 16g, Fiber: 8g, Sodium: 56mg  
Adapted from: <https://downshiftoLOGY.com/recipes/meal-prep-chia-pudding/>

# | SUMMER RECIPES



## INGREDIENTS

2 shallots, finely sliced  
2/3 cup red or white wine vinegar  
4 tablespoons white sugar  
1/2 cup walnuts (can use another nut if desired)  
1 1/2 tablespoons lemon juice  
5 tablespoons extra virgin olive oil  
1/2 teaspoon each salt and pepper, or to taste  
6 to 8 cups leafy greens of your preference—spring mix or butter bib lettuce work well  
1 cup chopped herbs of your choice—tarragon, chives, dill and/or basil work well  
3/4 cup chopped parsley leaves

## DIRECTIONS

1. Quick pickle the shallots: stir sugar into vinegar until dissolved. Stir in shallots and leave for 30 minutes until they become floppy and turn pink. Drain.
2. Toast the walnuts: place in a dry skillet over medium heat and shake/stir for 2 minutes until they smell nutty. Remove immediately and cool until use.
3. Make the dressing: add the lemon juice, olive oil and salt to a lidded jar and shake until combined.
4. Assemble the salad: pile lettuce on a relatively flat platter. Drizzle about 1/2 of the dressing, then toss gently. Scatter the fresh herbs, pickled shallots, and toasted walnuts over the top of the salad. Drizzle lightly with more dressing and serve!



## French Bistro Salad



4 servings



30 minutes

This is a classic salad found in bistros in France, known for its use of fresh herbs. Pair it with a soup or sandwich for a light lunch, or with a rich food, such as meat stew, for an evening meal. Or, add a lean animal or plant protein and make it a meal on its own. The pickled shallot recipe is versatile—toss them with other meals, such as shrimp or fish tacos, or a grain bowl.

Nutrition Information: Serving Size: 1/4 of salad - Calories: 145, Fat: 10g, Protein: 4g, Carbohydrates: 11g, Fiber: 3g, Sodium: 367mg  
Adapted from: <https://www.recipetineats.com/french-bistro-salad/>

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# Lightened Broccoli Salad



6 servings



70 minutes

## INGREDIENTS

1/2 cup plain nonfat Greek yogurt  
2 tablespoons apple cider vinegar  
1 1/2 tablespoons honey  
1/8 teaspoon celery seed  
Salt and pepper, to taste  
4 cups broccoli florets, cut small  
3 tablespoons red onion, diced  
1/2 cup red seedless grapes, sliced in half  
3 tablespoons sliced almonds  
3 slices turkey bacon, cooked crispy and crumbled

## DIRECTIONS

1. Make the dressing: combine the Greek yogurt, apple cider vinegar, honey, celery seed, salt and pepper. Whisk together. If too thick for a dressing, add 1 tablespoon of water at a time until desired consistency is reached. It should be a creamier dressing. Adjust sweetness and seasoning as needed as well.
2. Toss the broccoli, red onion and grapes together. Pour dressing over top and mix well. Refrigerate for at least 1 hour before serving if possible.
3. When ready to serve, top with almonds and bacon. Stir to combine.

This nutrient-dense side dish can be the perfect addition to any cookout this summer. Packed with higher protein ingredients and fresh produce you will get tons of flavor and nutrition all in one bite. Serve with a main protein and make this a complete meal.

Nutrition Information: Serving Size: 1/6 of the recipe - Calories: 108, Fat: 3.8g, Protein: 7.2g, Carbohydrates: 12.3g, Fiber: 2.7g, Sodium: 157mg - Adapted from: <https://www.slenderkitchen.com/recipe/fresh-broccoli-salad>



# Tomato Zucchini Tart

## INGREDIENTS

- 1 medium zucchini, thinly sliced
- 1 cup cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 1/4 cup extra virgin olive oil
- 2 tablespoons za'atar spice
- Kosher salt and pepper to taste
- 1 frozen puff pastry sheet, thawed
- 1/4 cup parmesan cheese



6 servings



20 minutes

## DIRECTIONS

1. Preheat the oven to 450 degrees Fahrenheit. Line a baking sheet with a piece of parchment paper.
2. Mix zucchini, tomato, onion, olive oil, salt, pepper, and za'atar spice in a medium bowl.
3. Roll out the puff pastry to about 10x14 and place on lined baking sheet.
4. Take a fork and poke holes in the puff pastry, leaving about a 1-inch border around.
5. Top the pastry with the zucchini mix leaving a 1-inch border. Sprinkle the parmesan cheese on top.
6. Bake for 15 to 20 minutes, until pastry is golden brown.

This easy tart is a flavorful way to add some vegetables to your morning routine (or any side throughout the day). Using fresh summer vegetables like zucchini and tomatoes, this can be done with any vegetables you have on hand.

Nutrition Information: Serving Size: 1/6 of the tart  
Calories: 280, Fat: 20g, Protein: 5g, Carbohydrates:  
25g, Fiber: 2g, Sodium: 180mg - Adapted from:  
<https://www.177milkstreet.com/recipes/tomato-zucchini-tart-with-zaatar-and-feta-cookish>





## INGREDIENTS

1/4 cup olive oil  
4 teaspoons minced garlic  
2 whole lemons, one juiced and one sliced  
2 whole oranges, one juiced and one sliced  
1 tablespoon Italian seasoning  
1/2 teaspoon paprika  
1 teaspoon onion powder  
1/4 teaspoon crushed red pepper flakes  
Salt and black pepper, to taste  
12 pieces chicken leg quarters, with skin  
1 medium onion, thinly sliced into rings  
1 teaspoon dried thyme  
1 tablespoon dried rosemary  
Extra dried herbs including rosemary, thyme, parsley, for garnishing

This recipe is a perfect combination of fresh citrus and summer herbs for your next family dinner! Serve this with rice, and then used the extra to prep a refreshing chicken salad for lunches. This roasted chicken would also pair well with a fresh summer mixed green salad with fruit!

# Herb & Citrus Oven-Roasted Chicken



6 servings



70 minutes

1. Preheat oven to 400 degrees Fahrenheit. Remove chicken pieces from packaging and pat dry.
2. In a large mixing bowl, whisk together olive oil, garlic, lemon juice, orange juice, Italian seasoning, paprika, onion powder, red pepper flakes, salt and pepper. Add chicken pieces to mixture and stir until well coated.
3. Arrange a third of the lemon and orange pieces on the bottom of a rimmed 13-in. x 9-in. baking dish, and about half of the sliced onion rings.
4. Place chicken pieces in dish skin-side up and spread them out evenly in the pan. Pour olive oil mixture over chicken.
5. Arrange the rest of the slices of lemon, orange, and onion around and on top of the chicken. Sprinkle all over generously with thyme, rosemary, salt, and pepper.
6. Bake uncovered for about 1 hour, or until chicken is cooked and juices run clear. For crispier chicken, turn pieces over and roast for 15 more minutes.
7. Move chicken to a serving platter and garnish with additional herbs, if desired.

Nutrition Information: Serving Size: 2 pieces - Calories: 480 cal, Fat: 21g, Protein: 57g, Carbohydrates: 13g, Fiber: 2g, Sugars: 7g, Sodium: 296mg - Adapted from: <https://www.thecomfortofcooking.com/2013/04/herb-and-citrus-oven-roasted-chicken.html>



# Low-Cook Mediterranean Tortellini Salad

## INGREDIENTS

- 1, 18-ounce family-size bag of tortellini, any flavor (spinach used in this recipe for added nutrients!)
- 1 medium red onion, diced
- 4 mini cucumbers, sliced
- 1 orange bell pepper, diced
- 1 yellow bell pepper, diced
- 1 pack of grape tomatoes, cut in half
- 1 round of fresh mozzarella
- 1/2 bottle Italian dressing, like Ken's Steak House
- Black pepper, to taste



6 servings



20 minutes

## DIRECTIONS

1. Place cut vegetables into a large bowl. Cut mozzarella into small pieces and add to vegetables.
2. Prepare tortellini as directed on the package, boiling about 4-5 minutes in hot water or until desired texture. Boil for less time if you prefer your pasta al-dente, longer for a softer texture.
3. Drain pasta and add to vegetable and cheese mixture once cool.
4. Pour half bottle of Italian dressing and black pepper to taste and stir until well-mixed.

This tortellini salad is super easy to prepare for a summer family dinner or weekly lunches! Other than boiling the tortellini, there is no other cooking necessary to prepare this delicious and nourishing pasta salad.

Nutrition Information: Serving Size: 1/16 serving  
Calories: 526, Fat: 30g, Protein: 18g, Carbohydrates:  
46g, Fiber: 5g, Sugars: 15g, Sodium: 966mg  
Adapted from: N/A

# Blueberry Banana Frozen Greek Yogurt Bars



6 servings



10 minutes

## INGREDIENTS

1 1/2 tablespoons honey  
16 ounces plain, nonfat Greek yogurt  
1 small banana  
1 cup blueberries  
Utensil:  
Reusable popsicle mold

## DIRECTIONS

1. Stir honey into Greek yogurt.
2. Pulse bananas and blueberries in a food processor or blender until liquid consistency.
3. Combine yogurt mixture and fruit mixture together and pour into 6 popsicle molds. Alternatively, layer yogurt and fruit mixture into molds for a "layered look."
4. Freeze overnight.
5. Briefly run under hot water to remove from the popsicle molds

Greek yogurt bars are a high protein alternative to many sweet treats. This easy dessert can satisfy a sweet tooth as well as a need for something refreshing on hot summer days. Using fresh blueberries and a touch of sweetness from the honey, this is the perfect way for adults and kids alike to cool off in the summer heat. These bars can also be made with many other combinations of fruit including strawberries, raspberries, peaches, or plums.



Nutrition Information: Serving Size: 1 Popsicle  
Calories: 88, Fat: 0g, Protein: 8g,  
Carbohydrates: 11g, Fiber: 1g, Sodium: 23mg  
Adapted from:  
<https://therecipecritic.com/2015/08/greek-yogurt-fruit-pops/>

## INGREDIENTS

2 1/4 cups almond flour  
7/8 cup granulated sugar  
1/4 teaspoon salt  
2 large egg whites  
1/4 teaspoon lemon juice  
1/2 teaspoon almond extract  
1/4 cup confetti quin sprinkles  
(these are flat, round sprinkles that look like pieces of confetti, can be found at most grocery stores or online. They will work better than standard sprinkles.)  
Confectioners sugar



**What a fun (fetti) cookie for your next party! The sprinkles bring pops of bright color, and the almond flour lends a soft, slightly chewy texture. The almond extract brings the taste of amaretto. These are a great gluten-free treat.**

# Confetti Almond Cookies



26 servings



35 minutes

## DIRECTIONS

1. Preheat the oven to 300 degrees Fahrenheit. Stack two matching light to medium-colored cookie sheets, one inside the other. This is vital to this recipe. Stacking the sheets will prevent the bottoms of the cookies from getting too brown. Line with parchment paper or silicone baking mat.
2. In a large bowl, whisk together almond flour, sugar and salt until evenly incorporated
3. In a mixing bowl or the bowl of a stand mixer fitted with a whisk attachment, whisk egg whites and lemon juice until they hold soft peaks. Soft peaks barely hold their shape and the peak flops over immediately when the whisk is lifted.
4. Add beaten egg whites and almond extract to the dry ingredients and stir until it forms a soft sticky dough. Knead with hands if necessary.
5. Stir in sprinkles until evenly distributed.
6. Lightly dust your hands with powdered sugar. Portion dough into 1-inch balls. Roll until smooth and then roll in powdered sugar. Arrange on the cookie sheet, leaving 1 inch between cookies.
7. Bake for 30 minutes until the tops are cracked and the bottoms are just barely golden. An extra 5 minutes will give you crunchier cookies if preferred.
8. Remove from oven, let cool a few minutes then transfer to a wire rack to cool completely.
9. Keep at room temperature in an airtight bag or container, up to 5 days.

Nutrition Information: Serving Size: 1 cookie - Calories: 95, Fat: 5g, Protein: 2g, Carbohydrates: 10g, Fiber: 1g, Sodium: 29mg Adapted from: <https://www.loveandoliveoil.com/2020/08/confetti-amaretti-cookies.html>



## INGREDIENTS

6 sheets graham crackers  
3 tablespoons cold whipped butter  
2 tablespoons sugar  
1/2 cup key lime juice, fresh squeezed or bottled  
1 1/2 teaspoons gelatin  
1, 6-ounce pack light cream cheese  
1 cup low-fat plain yogurt  
1/2 cup sugar  
1 tablespoon grated lime zest  
key lime slices, optional for garnish  
whipped cream, optional for garnish

This simple key lime pie recipe will be the hit of your next summer get-together! The filling uses a combination of light cream cheese and low-fat yogurt to reduce the fat without compromising the sweet and tart flavor. To cut down on the prep time, you can use a pre-made graham cracker crust and skip to the directions for the pie filling.

Nutrition Information: Serving Size: 1 slice  
Calories: 228 cal, Fat: 8g, Protein: 5g,  
Carbohydrates: 35g, Fiber: 1g, Sodium:  
275mg - Adapted from:  
<https://www.skinnytaste.com/key-lime-yogurt-pie/#recipe>

# Lightened Up Key Lime Pie



8 servings



45 minutes

## DIRECTIONS

1. Place the graham crackers, butter, and sugar into a food processor and pulse a few times.
2. Add 1 tablespoon of water and pulse a few more times until it has a texture of coarse meal.
3. Press the crumbs into an 8-inch pie dish making the crust 1/8-inch thick evenly all around the bottom and sides.
4. Refrigerate the crust for 30 minutes before baking it to let it set.
5. Preheat oven to 375 degrees Fahrenheit. Bake until the edges are golden, about 8-10 minutes.
6. Remove from the oven and let the crust cool before filling.

For the pie filling

1. In a small bowl combine 2 tablespoons of the lime juice with the gelatin and stir.
2. Warm the remaining 6 tablespoons of key lime juice in the microwave for 30-45 seconds. Add quickly to bowl and mix well to dissolve the gelatin.
3. In a large bowl with a hand mixer combine the cream cheese, yogurt, sugar and lime zest until mixed thoroughly. Then add in the key lime juice and gelatin mixture and mix until fully incorporated.
4. Pour the filling into the crust and chill for at least 1 hour before serving.
5. Garnish with key lime slices and whipped cream, if desired.



# Strawberry Cheesecake Dip



8 servings



10 minutes

## INGREDIENTS

4 ounces 1/3 less fat cream cheese, softened  
1 cup non-fat plain Greek yogurt  
1 teaspoon vanilla extract  
1/2 teaspoon lemon zest  
2 tablespoons sugar  
1/4 cup strawberry preserves  
Strawberries or graham crackers, for serving

## DIRECTIONS

1. In a medium bowl, using a hand mixer, beat the cream cheese with the yogurt, vanilla, lemon zest, and sugar until combined and is smooth.
2. Refrigerate until ready to eat.
3. Transfer to a serving bowl and gently swirl in the preserves.
4. Serve with strawberries, graham crackers or fruit of choice (optional).

This easy-to-make dip helps satisfy the sweet tooth while incorporating ingredients that provide more protein. This nutrient-dense dessert tastes like cheesecake that can be paired with other fruits and easily changed to whatever flavor you are craving.

Nutrition Information: Serving Size: 1/8 of the recipe Calories: 79, Fat: 2.4g, Protein: 4.5g, Carbohydrates: 10.2g Fiber: 0g, Sodium: 66mg - Adapted from: <https://www.skinnytaste.com/strawberry-cheesecake-dip/>

# | FALL RECIPES







# Autumn Apple Pancakes

Nothing says Fall like apples! Try these protein-packed pancakes to start your day. You can use apples such as Honeycrisp, Pink Lady or Fuji. They can also be prepped on the weekends to have them as a quick option on busy mornings.

## DIRECTIONS



4 servings



60 minutes

1. In a medium bowl whisk together flour, baking powder, 1/2 teaspoon cinnamon, baking soda and salt.
2. In a large bowl whisk together egg, buttermilk, ricotta, 1 tablespoon sugar and vanilla extract.
3. Stir the dry ingredients into the wet ingredients until just combined. Let stand until bubbly, for about 10 minutes.
4. In the meantime, combine the remaining 1/4 teaspoon cinnamon and 1 teaspoon sugar in a small bowl. Core the apple and slice into eight 1/8-inch-thick rings and set aside.
5. Heat 1 teaspoon butter and 1 teaspoon walnut oil in a large nonstick skillet over medium heat. Add 2 apple rings and cook until they start to soften, about 1 minute. Flip the apple over and spread 1/4 cup of batter on each. Cook until bubbles form, 2-4 minutes. Flip the pancakes, and sprinkle with some of the cinnamon-sugar mixture on top. Cook until golden brown on the bottom, about 2 minutes.
6. Repeat with the remaining ingredients 3 more times. Make sure to adjust the heat as needed to prevent burning.

## INGREDIENTS

- 1 cup white whole wheat flour (such as King Arthur brand)
- 1 teaspoon double-acting baking powder
- 3/4 teaspoon ground cinnamon, divided
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 large egg
- 1 cup buttermilk
- 3/4 cup whole milk ricotta cheese
- 1 tablespoon sugar + 1 teaspoon, divided
- 1 teaspoon vanilla extract
- 1 medium sweet, crisp apple
- 4 teaspoons butter
- 4 teaspoons walnut oil (can substitute with canola oil)

Nutrition Information: Serving Size: 2 pancakes - Calories: 342, Fat: 17g, Protein: 11g, Carbohydrates: 38g, Fiber: 4.5g, Sodium: 406mg - Adapted from: <https://www.eatingwell.com/recipe/275101/apple-ricotta-pancakes/>



# Pasta e Fagioli



6 servings



65 minutes

## DIRECTIONS

1. Heat 1 tablespoon olive oil in a large pot over medium-high heat, crumble in ground beef and cook, stirring occasionally until cooked through.
2. Drain fat from beef then transfer beef to a plate, set aside. Heat remaining tablespoon of olive oil in same pot.
3. Add onions, carrots, and celery and saute over medium-high heat until tender about 6 minutes, add garlic and saute 1 minute longer.
4. Add chicken broth, tomato sauce, water, canned tomatoes, sugar, basil, oregano, thyme and cooked beef then season with salt and pepper to taste.
5. Bring to a boil then reduce heat to medium-low, cover with lid and allow to simmer, stirring occasionally, until veggies are soft, about 15 - 20 minutes.
6. Meanwhile prepare ditalini pasta according to directions on package, cooking to al dente.
7. Add cooked and drained pasta to soup along with kidney beans and great northern beans. Thin with a little more broth or water if desired.
8. Allow to cook 1 minute longer. Stir in parsley, serve warm with grated Romano or Parmesan cheese.

## INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 pound lean ground beef or ground turkey
- 1 1/2 cups chopped yellow onion
- 1 cup diced carrots (about 2 medium)
- 1 cup diced celery (about 3 stalks)
- 3 cloves garlic, minced
- 2, 14.5-ounce cans low-sodium chicken broth
- 3, 8-ounce cans reduced-sodium tomato sauce
- 1/2 cup water, then more as desired
- 1, 15-ounce can of diced tomatoes
- 2 tsp granulated sugar
- 1 1/2 teaspoons dried basil
- 1 tsp dried oregano
- 3/4 teaspoon dried thyme
- Salt and freshly ground black pepper
- 1 cup dry ditalini pasta
- 1, 15-ounce can dark red kidney beans, drained and rinsed
- 1, 15-ounce can great northern beans, drained and rinsed
- 3 tablespoons minced fresh parsley
- Finely shredded Romano or parmesan cheese

Nutrition Information: Serving Size: 1/6 recipe  
Calories: 513, Fat: 12g, Protein: 32g, Carbohydrates: 62g,  
Fiber: 10g, Sodium: 226mg - Adapted from:  
<https://www.cookingclassy.com/olive-garden-pasta-e-fagioli-soup-copycat-recipe/>



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# Apple Cranberry and Almond Slaw



8 servings



15 minutes

## INGREDIENTS

Dressing:

3/4 cup 2% plain Greek yogurt

1/4 cup mayonnaise

1/4 cup honey

2 tablespoons apple cider vinegar

Salt and pepper to taste

Coleslaw:

1 small cabbage, shredded  
(about 7 cups packed)

1 1/2 cups matchstick carrots

2 large gala apples, peeled  
and sliced into matchsticks  
(about 3 cups)

1/2 cup sliced green onions

3/4 cup sliced almonds or 1  
cup slivered almonds

3/4 cup dried cranberries

## DIRECTIONS

1. In a mixing bowl whisk together Greek yogurt, mayonnaise, honey and apple cider vinegar until smooth, while seasoning with salt and pepper to taste
2. In a large bowl toss together cabbage, carrots, apples, green onions, almonds and cranberries. Pour dressing over cabbage mixture and toss to evenly coat.

Brighten your plate with this perfect fall slaw. This recipe combines sweet, tangy, and tart flavors and only takes about 15 minutes to make. If you have other ingredients on hand that you think would work well in this coleslaw, give them a try!

Nutrition Information: Serving Size: 1/8 recipe - Calories: 274, Fat: 13g, Protein: 6g, Carbohydrates: 36g, Fiber: 6g, Sodium: 86mg - Adapted from: <https://www.cookingclassy.com/apple-cranberry-almond-coleslaw/>

## INGREDIENTS

1 medium head cauliflower, cut into bite size pieces  
1 medium yellow onion, chopped  
1/2 cup thinly sliced celery  
1 tablespoon minced fresh garlic  
5 tablespoons unsalted butter, melted  
1 teaspoon Kosher salt  
1/4 teaspoon black pepper  
1/2 teaspoon dried thyme  
1/2 teaspoon dried sage  
2 portobella mushrooms, chopped  
Olive oil spray  
2 tablespoons fresh chopped parsley for garnish

## DIRECTIONS

1. Preheat your oven to 450 degrees Fahrenheit. Line a large, rimmed baking sheet with high-heat-resistant parchment paper or nonstick foil.
2. In a large bowl, stir together the chopped cauliflower, onion, celery, and garlic. Toss with the melted butter, 1 teaspoon kosher salt, black pepper, thyme, and sage.
3. Spread the cauliflower mixture on the prepared baking sheet. Roast for 15 minutes.
4. Remove the pan from the oven. Add the chopped mushrooms, stirring them into the mixture and lightly spray with olive oil.
5. Return the pan to the oven and roast until the stuffing is browned, 10-15 more minutes. Garnish with fresh parsley and serve.

# Cauliflower Stuffing



8 servings



50 minutes

This easy cauliflower stuffing recipe gives you the classic taste, yet it's vegan, gluten-free and low-carb! Perfect for a healthy, plant-based Thanksgiving dish and just as delicious reheated as leftovers the next day.



Nutrition Information: Serving Size: 1/8 recipe - Calories: 90, Fat: 7g, Protein: 2g, Carbohydrates: 5g, Fiber: 2g, Sodium: 321mg - Adapted from: <https://healthyrecipesblogs.com/cauliflower-stuffing/>



This tangy and light chicken dish is perfect for a week-night dinner. It is based on a traditional Italian lemon chicken dish but more plant forward with the added artichokes, mushrooms, and cherry tomatoes. It can be served alone or over precooked saffron rice or pasta and is delicious reheated the next day.

## INGREDIENTS

3 tablespoons all-purpose flour  
3/4 teaspoon salt  
1 1/2 pounds boneless skinless chicken breasts, pounded 1/4-inch thick (see note), or chicken cutlets or chicken tenderloins  
1/4 teaspoon freshly ground black pepper  
1 tablespoon olive oil  
3 tablespoons margarine spread (not light), divided  
1 (8-ounce) package pre-sliced Bella or button mushrooms  
3 tablespoons finely chopped shallots (1 large shallot or 3 tablespoons of chopped onion)  
2 cloves garlic, peeled and minced  
1 cup low-sodium chicken broth (2 cups if not using white wine)  
1 cup dry white wine (can substitute with chicken broth)  
2 tablespoons fresh squeezed lemon juice  
12 cherry tomatoes, cut in half  
1 cup marinated artichoke hearts, cut in half, drained  
1/4 cup capers, drained  
2 tablespoons chopped fresh basil (optional)

Nutrition Information: Serving Size: 1.25 cups (not including rice or pasta)  
Calories: 280, Fat: 11g, Protein: 29g,  
Carbohydrates: 9g, Fiber: 2.4g, Sodium: 624mg

# Chicken Vegetable Piccata



6 servings



50 minutes

## DIRECTIONS

1. Place the flour, salt, and pepper in a large plastic bag. Add the chicken pieces to the bag; seal bag tightly and shake to coat chicken evenly. Set aside. Heat the oil and 2 tablespoons of the margarine in a large nonstick skillet over medium-high heat. Place the flour-dusted chicken in the skillet, shaking off any excess flour first, and cook, turning once, until the chicken is golden and just barely cooked through, about 5 to 6 minutes total. Transfer the chicken to a plate and set aside.
2. Melt the remaining tablespoon of margarine in the pan. Add the mushrooms and cook, stirring frequently, until the mushrooms begin to brown, 3 to 4 minutes. Add chopped shallots, garlic and cook for 1 to 2 minutes more.
3. Add the broth, white wine, and lemon juice; use a wooden spoon to scrape any brown bits from the pan into the liquid. Bring the liquid to a boil, then reduce the heat to medium and gently boil, uncovered, until the sauce is reduced by about half, slightly thickened, and darkened in color, 10 to 15 minutes (for a thin cream sauce; it will not start to thicken until the very end of the cooking time).
4. Add the chicken back to the pan, along with the artichokes, cherry tomatoes, capers and any juices that accumulated on the plate. Reduce the heat to low and simmer until the chicken is warmed through and the sauce thickens a bit more, 2 to 3 minutes. Sprinkle with fresh chopped basil and serve over pre-cooked saffron rice. Alternatively, if serving over pasta, toss pre-cooked, drained linguini noodles into the vegetable and sauce mixture at very end of cooking. Coat well with sauce then lift noodles with tongs onto plates and top with vegetable mixture and chicken. Spoon extra sauce on top.

**Note:** If chicken breasts are large, it is best to first cut them horizontally to form four flat fillets, then pound them to an even 1/4-inch thickness

## INGREDIENTS

3-4 boneless skinless chicken breasts, cooked and diced  
1 tablespoon olive oil  
1 stalk of celery, chopped  
2 cups carrots, chopped  
1 white onion, diced  
1 tablespoon minced garlic  
4 cups low sodium chicken broth  
2 teaspoons ground black pepper  
2 teaspoons thyme  
1, 16-ounce pack of chickpea gnocchi  
2 cups low-fat half and half cream  
4 cups fresh spinach, chopped  
Salt and pepper to taste

## DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add celery, carrots, onions and garlic and sauté for 2 to 3 minutes until onions are translucent.
2. Add chicken, chicken broth, salt, pepper and thyme. Bring to a boil, and then gently stir in gnocchi. Boil for 3 to 4 minutes longer before reducing heat to a simmer and cook for an additional 10 minutes.
3. Stir in the half and half and chopped spinach. Cook for 1 to 2 minutes until the spinach is tender. Taste, add salt and pepper if needed, and serve.
4. If you would like a creamier soup, thicken your soup using corn starch by following the directions as stated on the package. Enjoy!



## Veggie Chicken Gnocchi Soup



6 servings



30 minutes

As creamy and delectable as the Olive Garden version, this soup is sure to be a new family favorite at home! This recipe has added servings of veggies to provide more nutrients, as well as chickpea gnocchi packed with fiber and protein compared to potato gnocchi.

Nutrition Information: Serving Size: 1/6 of the recipe  
Calories: 338, Fat: 10g, Protein: 25g, Carbohydrates: 45g,  
Fiber: 7g, Sodium: 536mg - Adapted from:  
<https://www.lecremedelacrumb.com/olive-garden-chicken-gnocchi-soup/#wprm-recipe-container-21770>



Some of the best fall recipes include butternut squash. This versatile squash has the ability to taste sweet or savory depending on the preparation. Soft and creamy when cooked, it is the perfect addition to soups, purees and so much more. This recipe has many elements of traditional Indian butter chicken but is lighter by using butternut squash.

# Butter Chicken with Butternut Squash



4 servings



80 minutes

## DIRECTIONS

1. In a medium bowl, whisk together the yogurt, lemon juice, garlic, ginger, spices, and salt. Add the chicken and stir to coat. Cover bowl with plastic wrap and marinate in the fridge for at least 30 minutes or overnight.
2. When you're ready to cook the chicken, heat butter in large sauté pan over medium-high heat. Remove chicken from marinade; discard the marinade. Add the chicken to the pan and cook for about 3 minutes; it will not be fully cooked at this point. Transfer chicken to a plate and set aside.
3. Make the sauce: Heat butter in the same pan over medium heat. Add the onions, garlic, ginger and cook for about 5 minutes, or until the onions begin to wilt. Stir in the spices, butternut squash, tomatoes, and water. Lower the heat to a simmer and let the sauce bubble for 10 minutes, or until the squash is fork-tender. Remove from heat, transfer to blender, and puree until smooth, working in batches if necessary.
4. Pour the sauce back into the pan, add the chicken, and stir in the half and half, sugar, and salt. Simmer for another 10 minutes, or until the chicken is fully cooked.
5. Serve chicken over rice or with a side of toasted naan and garnish with cilantro.

## INGREDIENTS

For the marinated chicken:

- 1/2 cup 2% plain yogurt
- 1 tablespoon lemon juice
- 1 1/2 teaspoons garlic, minced (about 2 cloves)
- 1 tablespoon fresh grated ginger
- 2 teaspoons garam marsala
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1 pound boneless skinless chicken breast or tenders -cut into 2-inch pieces
- 1 1/2 tablespoons unsalted butter
- Cilantro for garnish-optional

For the butter sauce:

- 1 1/2 tablespoons unsalted butter
- 1/2 cup chopped yellow onions
- 2 cloves garlic, minced
- 1 teaspoon fresh grated ginger
- 1/2 teaspoon chili powder
- 1/2 teaspoon garam marsala
- 1/2 teaspoon cumin
- 1 1/2 cup diced butternut squash
- 1 cup canned, crushed, or diced tomatoes, drained
- 1/4 cup water
- 1/4 cup half & half
- 1 1/2 teaspoons granulated sugar
- 1 teaspoon salt
- Pinch of cayenne pepper, optional

Nutrition Information: Serving Size: 1/4 recipe - Calories: 254, Fat: 12g, Protein: 27g, Carbohydrates: 12g, Fiber: 1g, Sodium: 380mg - Adapted from: <https://cafedelites.com/butter-chicken/#recipe>



# Slow Cooker Beef Stew

This rich and comforting beef stew will be a cold-weather favorite. Simple to prepare on a weekend day, enjoy for lunch or dinner-time leftovers during the week. It freezes easily, so if time allows, make this recipe on a slower week and freeze for up to 6 months. Perfect for those crazy-busy, "I don't have time to grocery shop," sort-of weeks.

## INGREDIENTS

2 pounds lean stew beef, cut into 1-inch cubes  
1/4 cup flour  
2 tablespoons olive oil  
1 pound baby red potatoes, quartered  
6 medium carrots, cut diagonally into 1/2-inch slices  
1 onion, diced  
3 cloves garlic, minced  
3 cups beef broth  
1/4 cup tomato paste  
2 tablespoons Worcestershire sauce  
1 teaspoon dried thyme  
1 teaspoon dried rosemary  
1 teaspoon smoked paprika (or regular)  
2 bay leaves  
2 tablespoons corn starch  
Salt and pepper to taste



8 servings



4 hours on high 8 hours on low

## DIRECTIONS

1. Place beef pieces, flour, and salt and pepper (if using) in a large, gallon-sized ziplock bag. Seal the bag and shake vigorously until beef pieces are coated in flour.
2. Heat olive oil in a large skillet over medium heat.
3. Add beef to the skillet and cook until evenly browned.
4. Place beef and remaining ingredients in the slow cooker and stir to combine. Season with salt and pepper, to taste.
5. Cover and cook on LOW for 7 1/2 hours or HIGH for 3 1/2 hours.
6. Twenty to thirty minutes before the stew is done, combine cornstarch with 2 tablespoons water in a small bowl. Pour the mixture into the slow cooker, stir, and cover. Continue to cook until time is up (this step will slightly thicken the beef stew).
7. Serve immediately with crusty bread or over brown rice or quinoa, if desired.

Nutrition Information: Serving Size: 1/8th recipe - Calories: 272, Fat: 10g, Protein: 29g, Carbohydrates: 23g, Fiber: 4g, Sodium: 431mg - Adapted from:

<https://damndelicious.net/2016/10/07/slow-cooker-beef-stew/>



8 servings



40 minutes

## INGREDIENTS

Cooking spray

2 medium pears, firm

2 medium Granny Smith apples

1 tablespoon unsalted butter, melted

1 teaspoon pure vanilla extract

1/2 teaspoon ground nutmeg

1/2 teaspoon ground cinnamon

3 tablespoons walnuts pieces

8 tablespoons fat-free whipped  
topping

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Lightly coat a 13" X 9" pan with cooking spray.
2. Halve and core the apples and pears.
3. In a small bowl, whisk together the butter, vanilla, nutmeg, and cinnamon. Brush the apples and pears with the butter mixture on the cut side. Add ~1 teaspoon walnuts to the center of each fruit.
4. Arrange the apples and pears on the prepared baking dish. Bake 30 minutes, or until fork-tender, basting them after 15 minutes with the pan juices.
5. After the apples and pears have cooked, add a small dollop of fat-free whipped cream, and serve.

# Baked Apples and Pears

These wonderful baked fruits give us the sense of fall without all the added sugar. You can use several types of apples and pears to bring out assorted flavors. With the addition of walnuts, you get some crunch while adding nutrients like omega 3s, healthy fats, and fiber. A great substitution for the traditional pies.



Nutrition Information: ½ fruit with walnuts - Calories: 80, Fat: 2g, Carbohydrates: 15g, Fiber: 3g, Protein: 0g, Sodium: 4mg  
Adapted from: <http://healthyrecipesblogs.com/2014/01/06/baked-pears/>

# | WINTER RECIPES





# Vanilla Brown Butter Pear Baked Oatmeal



6 servings



60 minutes

## INGREDIENTS

2 tablespoons butter  
2 eggs  
1/4 cup pure maple syrup  
1 3/4 cup unsweetened almond milk  
2 tablespoons vegetable or canola oil  
1 tablespoon vanilla extract  
2 cups old-fashioned rolled oats  
1 1/2 teaspoons cinnamon  
1 teaspoon baking powder  
1/4 teaspoon salt  
2 small to medium ripe Bartlett pears, diced  
(about 1 1/2 cups diced pears)  
1/4 cup finely diced walnuts or pecans  
(optional)

This easy oatmeal is filled with warming flavors, making it the perfect breakfast on a cold winter's day. Try making it with chopped apples and apple pie spice for another variation. It is delicious topped with plain or low-sugar vanilla yogurt.

Nutrition Information: Serving Size: 1/6 of pan - Calories: 279, Fat: 12g, Sat Fat: 3g, Protein: 7g, Carbohydrates: 37g, Fiber: 6g, Sodium: 209mg - Adapted from: <https://www.ambitiouskitchen.com/pear-baked-oatmeal/>

## DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Grease a 9X9 inch pan with oil or nonstick cooking spray and set aside
2. Brown the butter: add butter to a small saucepan and place over medium heat. Once melted, the butter will begin to crackle and then eventually foam. Whisk constantly during this process. After a couple of minutes, the butter will begin to brown and turn a nice golden amber color on the bottom of the saucepan. Continue to whisk and remove from heat as soon as the butter begins to brown and give off a nutty aroma. Set aside to cool for 5 minutes.
3. In a large bowl, whisk together the eggs, maple syrup, almond milk, oil and vanilla extract.
4. Add the oats, cinnamon, baking powder and salt to the wet ingredients. Mix until combined, then stir in diced pears and finally the browned butter.
5. Pour mixture into the prepared pan and smooth top. Sprinkle with nuts if desired.
6. Bake for 35-45 minutes or until the edges are slightly golden brown and center is set.
7. Remove from the oven and allow to cool for 10 minutes before serving.



# Double Chocolate Zucchini Bread

## INGREDIENTS

2 cups whole wheat flour  
1 cup brown sugar  
1/2 cup granulated white sugar  
1 cup unsweetened cocoa powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon ground cinnamon  
2 eggs  
1/2 cup olive or avocado oil  
1/2 cup plain Greek yogurt  
1 teaspoon vanilla extract  
3 cups grated zucchini  
1 cup dark chocolate chips  
Additional chocolate chips for sprinkling on top to taste, optional

## DIRECTIONS



16 servings



65 minutes

1. Preheat the oven to 350 degrees Fahrenheit, with a rack in the center of the oven. Grease 2 -9x5-inch loaf pans with cooking spray.
2. In a large bowl, whisk together the flour, sugars, cocoa powder, baking soda, salt, and cinnamon until well combined and there are no clumps. Set aside.
3. In another mixing bowl, beat the eggs, oil, Greek yogurt, and vanilla extract together until well combined.
4. Mix the grated zucchini into the wet ingredients and fold until just combined. Add the dry ingredients to the zucchini mixture in 3 additions, folding to combine after each addition. Then stir in the chocolate chips.
5. Scrape the batter into the prepared pans and sprinkle chocolate chips on top.
6. Bake until a toothpick/butter knife inserted in the center comes out clean (about 55 to 65 minutes). Place on a wire rack to cool for about 10 minutes, then remove the bread from the pan and cool completely.
7. Once cool, cut each loaf into 8 slices and enjoy.

Nutrition Information: Serving Size: 1 slice - Calories: 234kcal, Fat: 10g, Protein: 5g, Carbohydrates: 34g, Fiber: 3g, Sodium: 218mg  
Adapted from:  
[https://www.simplyrecipes.com/recipes/chocolate\\_zucchini\\_bread/](https://www.simplyrecipes.com/recipes/chocolate_zucchini_bread/)

This recipe is a must-have in your baked goods holiday collection. Loaded with cocoa powder and chocolate chips, no one will know this recipe has lots of added nutrients from zucchini. The Greek yogurt is the key to making this a moist and decadent bread!

## INGREDIENTS

4 medium russet potatoes  
1 crown broccoli  
1 large bell pepper  
1 tablespoon olive oil  
1/2 of a large onion  
1 tablespoon garlic, minced  
2 ounces cream cheese (about 1/4 packet)  
1/4 cup reduced-fat shredded cheddar cheese  
Garlic powder, to taste  
Onion powder, to taste  
Black pepper, to taste  
Cheddar cheese for topping, if desired



Packed with vegetables, these twice-baked potatoes make for a delicious side dish with lots of nutrients. The onions and garlic provide the flavor, while the bell peppers contribute some added crunch, and the cream cheese ties everything together once baked.

Nutrition Information: Serving Size: 2 halves -  
Calories: 281, Fat: 8g, Protein: 8g, Carbohydrates:  
45g, Fiber: 5g, Sodium: 102mg, Potassium: 1088mg  
Adapted from: N/A

# Creamy Broccoli Twice-Baked Potatoes



4 servings



45 minutes

## DIRECTIONS

1. Fill a large pot with water and place on high heat until boiling. Cut potatoes in half lengthwise and place them in the boiling pot and cook for about 15 to 20 minutes until soft.
2. While the potatoes are cooking, cut the stems off the broccoli. Add the broccoli to the cooking pot with the potatoes for the last 2 to 3 minutes until tender.
3. Preheat oven to 425 degrees Fahrenheit for roasting.
4. Remove broccoli from the pot and place onto a cutting board. Using a colander, drain the potatoes and gently run cold water over them to cool. Return the pot to the stove and preheat at medium-high heat, add the olive oil.
5. Cut broccoli into smaller pieces and place it into a large mixing bowl. Chop the bell pepper and add to broccoli. Set it aside.
6. Chop the onion and garlic and add to the heated pot. Cook until fragrant and slightly translucent, about 5 minutes.
7. While the onion and garlic are cooking, scoop out the inside of potatoes and place in the pot with onions and garlic. Place the hollowed-out skins on a baking sheet.
8. Add in the cream cheese to the pot with the garlic and onion. Once it is softened, transfer mixture to broccoli mixing bowl, add in shredded cheddar cheese and stir until all ingredients are well distributed.
9. Using a large spoon, spoon mixture on top of each potato half, and top with extra cheddar cheese, if desired. Bake in oven for about 10 minutes until golden brown.

## INGREDIENTS

1 tablespoon olive oil  
1 large onion, chopped  
2 cloves garlic, minced  
3 large carrots, chopped  
3 celery stalks, chopped  
1 teaspoon dried thyme  
1/2 teaspoon oregano  
1 teaspoon salt  
1/2 teaspoon black pepper  
6 cups reduced-sodium vegetable broth  
3, 15-ounce reduced-sodium canned white beans, drained and rinsed  
3 cups fresh spinach  
Grated parmesan cheese for serving

## DIRECTIONS

1. In a large pot or saucepan, heat olive oil over medium high heat. Add onions and cook until onions are translucent, about 3-5 minutes. Add the garlic, carrots, celery, thyme, oregano, salt, pepper and cook for an additional 2-3 minutes.
2. Add vegetables, broth and beans, bring to a boil, reduce heat and simmer for 15 minutes to combine all of the flavors
3. Stir in the spinach and continue to simmer until the spinach wilts, about 2 minutes.
4. Remove from heat, add grated parmesan cheese, if desired, and serve.

# Mediterranean White Bean Soup



6 servings



35 minutes

This flavorful soup is healthy, easy to make and delicious. If you are looking for a hearty, warming dinner that you can enjoy all week and freeze for later, this recipe is for you! It comes together with only a few budget-friendly ingredients and is full of fiber and plant-based protein. Use your favorite type of canned white bean!



Nutrition Information: Serving Size: 1/6 recipe - Calories: 298, Fat: 4g, Protein: 19g, Carbohydrates: 51g, Fiber: 17g, Sodium: 517mg  
Adapted from: <https://feelgoodfoodie.net/recipe/white-bean-soup/>





# White Bean, Arugula, & Cherry Grain Bowl

## INGREDIENTS

1, 15-ounce can of rinsed and drained cannellini beans (or white beans or chickpeas)  
1 cup brown rice, precooked and warmed  
1/2 cup dried tart cherries  
2 raw scallions sliced (green and white parts)  
1/4 cup fresh basil rolled and sliced in thin ribbons  
1 tablespoon fresh mint, chopped  
2 cups lightly packed baby arugula  
2 tablespoons olive oil  
2 tablespoons white balsamic vinegar  
1/8 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons goat cheese, crumbled

## DIRECTIONS



2 servings



10 minutes

1. Warm precooked rice in microwave
2. Combine the beans, rice, cherries, scallions, basil, mint, arugula, olive oil, and vinegar in a large bowl. Toss lightly and season to taste with salt and pepper
3. Divide into 2 bowls and top with crumbled goat cheese

Highlighting the colors of the Italian flag, this fall grain bowl is a perfect blend of Mediterranean ingredients. It is layered in flavor and fast to prepare for a light entrée, salad, or side dish.

Nutrition Information: Serving Size: 2 1/2-3 cups for entrée portion or (3/4-1 cup for side portions) Entrée portion calories: 501, Fat: 19g, Protein: 19g, Carbohydrates: 69g, Fiber: 13g, Sodium: 483g



# Parmesan Roasted Salmon



6 servings



30 minutes

## INGREDIENTS

2 pounds salmon fillet (ideally wild-caught)

1/4 cup light mayonnaise

1/4 cup grated parmesan

3 to 4 cloves of garlic, minced

3 tablespoons dried dill\*

3 tablespoons dried parsley\*

3 tablespoons dried basil\*

Salt and pepper, to taste

\*If using fresh herbs, triple the amount for each.

This easy salmon dish is the perfect nutrient-dense entrée for any busy weeknight. Packed with flavor and freshness, this dish provides heart-healthy omega-3' fats. Pair with roasted asparagus or any of your favorite vegetables to make a balanced healthy meal.

## DIRECTIONS

1. Pat dry the salmon fillet on both sides with paper towels.
2. Preheat oven to 425 degrees Fahrenheit. Line a sheet pan with aluminum foil.
3. In a small bowl, mix mayonnaise, parmesan, garlic, and herbs until well combined. Set aside.
4. Place salmon fillet skin side down onto the sheet pan. Cover the salmon with another piece of foil. Partially bake in oven for about 8 minutes.
5. Remove the sheet pan carefully and discard the top piece of aluminum foil. Spread the mayonnaise and herb mixture on top of the salmon fillet. Cover evenly.
6. Return to the oven, uncovered, and bake until the salmon reaches an internal temperature of 135 degrees Fahrenheit or more (or until desired temperature), about 15 minutes. You want the top to be slightly browned and the fish should flake easily with a fork.
7. Remove from oven and enjoy.

Nutrition Information: Serving Size: 1/6 salmon -  
Calories: 320, Fat: 15.8g, Protein: 40g, Carbohydrates:  
1.5g, Fiber: 0.1g, Sodium: 228mg - Adapted from:  
<https://www.skinnytaste.com/parmesan-herb-baked-salmon/#recipe>



6 servings



50 minutes

## DIRECTIONS

1. Cook the chorizo in a large stockpot over medium heat, stirring occasionally, for about 5 minutes. Transfer chorizo to a paper towel lined plate to drain. Reserve 1 tablespoon of the remaining fat and discard the rest.
2. Heat the remaining 1 tablespoon of chorizo fat in the same stockpot over medium-high heat. Add the onion, carrots, and celery and sauté for 5 minutes, stirring occasionally. Add the garlic and sauté for 1-2 minutes, until golden in color.
3. Add the 8 cups of stock, lentils, potatoes, tomato paste, bay leaf and cooked chorizo. Stir to combine. Bring the stew to a simmer. Reduce heat to medium-low to maintain the simmer. Cover and cook for 20 minutes or until the lentils and potatoes are tender.
4. Discard the bay leaf. Taste the stew and season with salt and pepper as needed. Garnish with chopped fresh chives and serve warm.

Looking for a hearty new stew recipe for the cold Winter months- well you found it! The Spanish chorizo will add a nice smoky taste to balance out the vegetables. And the lentils are a great way to get more fiber in your day. The deli section at Publix has Spanish Chorizo, or it can be ordered on Amazon Fresh.

# Lentil and Spanish Chorizo Stew

## INGREDIENTS

- 7 ounces Spanish chorizo sausage, diced
- 1 medium white onion, diced
- 2 large carrots, sliced
- 2 celery stalks, sliced
- 4 cloves garlic, minced
- 8 cups low-sodium chicken or vegetable stock
- 1 cup dry brown lentils, rinsed and drained
- 1 pound Yukon Gold potatoes, diced
- 2 tablespoons tomato paste
- 1 bay leaf
- Salt & black pepper, to taste
- chopped fresh chives, for topping



Nutrition Information: Serving Size: 1½ cup -  
Calories: 274, Fat: 11g, Protein: 17g, Carbohydrates:  
29g, Fiber: 6g, Sodium: 502mg - Adapted from  
<https://www.gimmesomeoven.com/spanish-chorizo-lentil-stew/#tasty-recipes-78297>

# Support Groups to promote your health.

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## Gastrointestinal Support Group

Gain information from experts on living with and managing an array of GI conditions and symptoms.

For anyone who deals with GI disturbances such as irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), Crohn's disease and ulcerative colitis (UC), gastroesophageal reflux disease (GERD), also known as acid reflux, and other chronic GI ailments.

## Diabetes Support Group

Whether newly diagnosed or lived with diabetes for years, this group helps with your diabetes management.

Topics within the support group include healthy eating, stress management, preventing diabetes-related complications, and more.

To express your interest in either of these support groups, [click here](#) or scan the QR code below.

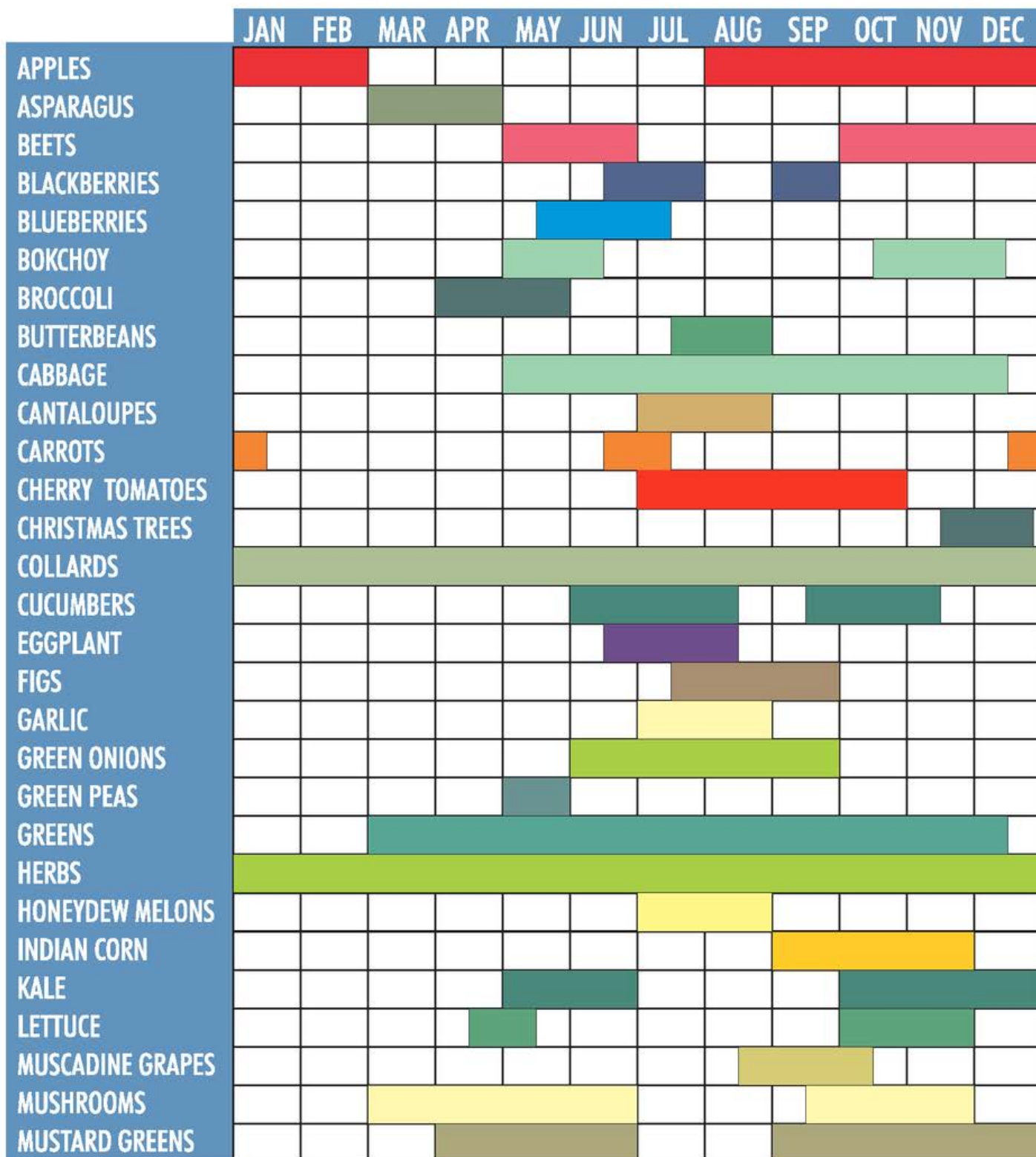


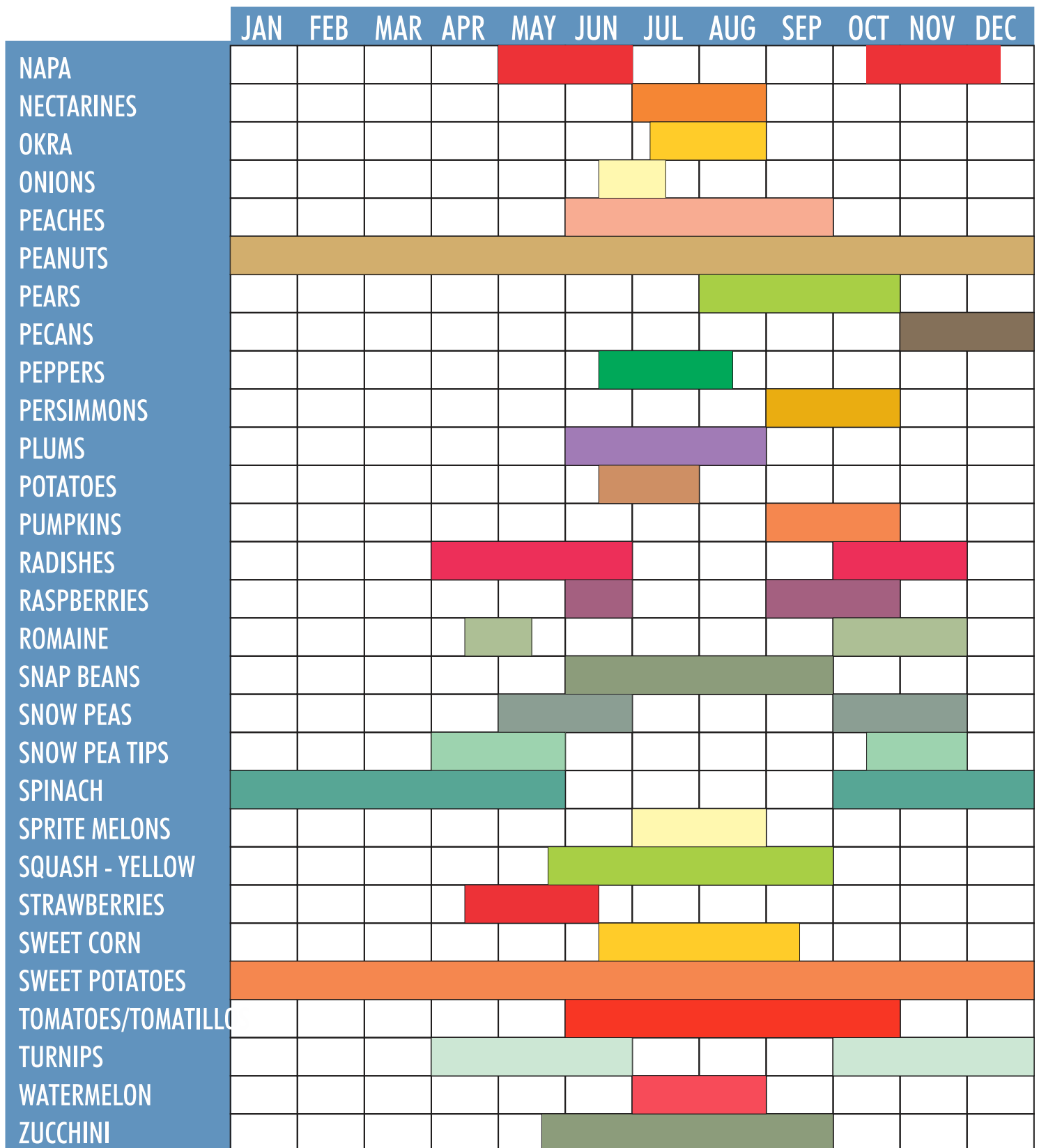
# What's in Season?

## North Carolina Fruit and Vegetable Availability

You can use this guide to choose the freshest, best tasting produce obtainable!

Insist on buying locally grown food in grocery stores, restaurants, in the work place and schools, Or- buy direct from a local grower at a farmers market, pick-your-own or roadside farm market.





For directories and more information about NC produce, visit [www.ncdamarkets.org](http://www.ncdamarkets.org).

Agriculture is NC's # 1 industry. When you see the Goodness Grows in North Carolina logo on food products, you are contributing to the economic growth of North Carolina and to our farmers.



# Nutrition Facts Label Changes

In 2016, the FDA began requiring Nutrition Facts labels for most food companies to be updated with improved changes. These changes are appropriate for the current society, because chronic diseases and overweight/obesity are becoming more prevalent. The new serving sizes reflect a typical amount eaten in one sitting and how much of each nutrient is in the food in that serving. Each change is supported by the most recent nutrition research available to provide the consumer as accurate of information as possible.

Original Label	New Label																												
<p><b>Nutrition Facts</b> Serving Size 2/3 cup (55g) Servings Per Container 8</p> <hr/> <p><b>Amount Per Serving</b> <b>Calories</b> 230      Calories from Fat 70</p> <hr/> <p><b>% Daily Value*</b></p> <p><b>Total Fat</b> 8g      <b>12%</b> Saturated Fat 1g      <b>5%</b> Trans Fat 0g</p> <p><b>Cholesterol</b> 0mg      <b>0%</b></p> <p><b>Sodium</b> 160mg      <b>7%</b></p> <p><b>Total Carbohydrate</b> 37g      <b>12%</b> Dietary Fiber 4g      <b>16%</b> Sugars 12g</p> <p><b>Protein</b> 3g</p> <hr/> <p>Vitamin A      10% Vitamin C      8% Calcium      20% Iron      45%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.</small></p> <table border="1"> <tr> <td></td> <td>Calories:</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g	<p><b>Nutrition Facts</b> 8 servings per container <b>Serving size</b> 2/3 cup (55g)</p> <hr/> <p><b>Amount per serving</b> <b>Calories</b> <b>230</b></p> <hr/> <p><b>% Daily Value*</b></p> <p><b>Total Fat</b> 8g      <b>10%</b> Saturated Fat 1g      <b>5%</b> Trans Fat 0g</p> <p><b>Cholesterol</b> 0mg      <b>0%</b></p> <p><b>Sodium</b> 160mg      <b>7%</b></p> <p><b>Total Carbohydrate</b> 37g      <b>13%</b> Dietary Fiber 4g      <b>14%</b> Total Sugars 12g Includes 10g Added Sugars      <b>20%</b></p> <p><b>Protein</b> 3g</p> <hr/> <p>Vitamin D 2mcg      10% Calcium 260mg      20% Iron 8mg      <b>45%</b> Potassium 240mg      6%</p> <p><small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p>
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**Note:** Larger packaged foods may have two columns that shows nutrition for eating just one serving or the entire package

## Quick Tips for Common Conditions\*

**Cardiovascular disease:** Pay attention to total fat, especially saturated fat. The American Heart Association recommends only 5-6% (around 13g) of daily calories to come from saturated fat. Also, look at the sodium content. If on a restricted sodium diet, remember that 2300mg = about 1 teaspoon. Fiber is your friend, aim for higher fiber!

**Diabetes:** Pay attention to the total carbohydrate and added sugars sections. These section will help in counting carbohydrates or calculating your insulin boluses. Also, pay attention to the dietary fiber and protein sections, as these will help curb spikes in your blood sugar. More is better with these two nutrients!

\*Understanding what you are eating is crucial for your total health and well-being. At Avance Care, your registered dietitian can help you learn to read and interpret the new Nutrition Facts label according to your individual nutritional needs. If you would like to meet with an Avance dietitian, please call (919) 237-1337.

## Online Resources

Healthy options at your fingertips.  
Here are some of our favorite sources of fresh, whole, and delicious food.

[shopAIP.com](https://shopAIP.com) | Online retailer for multiple AIP-compliant meals, snacks, packaged foods, and more organized by product as well as stage of reintroduction

[ThriveMarket.com](https://ThriveMarket.com) | An organic online membership store that offers 30-50% off retail prices for health and beauty as well as groceries. You can shop by therapeutic diets such as Keto, Gluten Free, Paleo, Vegan, and more.

[EatWild.com](https://EatWild.com) | This resource allows you to find local farms from whom you can buy your meats and produce directly.

[PickYourOwn.org](https://PickYourOwn.org) | A resource to help you find farms where you are able to pick your produce.

[HealthyTraditions.com](https://HealthyTraditions.com) | Tropical Traditions is an online food purveyor known for their high-quality products such as virgin coconut oil, soy-free meats, and eggs, as well as organic goods with some of the highest sourcing standards offered.

[WildMountainPaleoMarket.com](https://WildMountainPaleoMarket.com) | An online retailer offering clear and conscientious paleo products including body care and Paleo products.

[ButcherBox.com](https://ButcherBox.com) | This is a monthly membership delivery service that allows you to choose your quantity of high-quality, responsibly-sourced chicken, beef, pork, and seafood. Shipping costs are covered and boxes can be updated to your liking each month.

[AzureStandard.com](https://AzureStandard.com) | A natural grocery company that sources natural, non-GMO, organic foods in bulk sizes and delivers them to drop locations in your area.

[USWellnessMeats.com](https://USWellnessMeats.com) | A nationwide family farms collaboration that sells some of the highest quality grass-fed and pasture-raised meats, as well as other products found across the country. You can shop online and have your purchase delivered, or search their online retail directory.

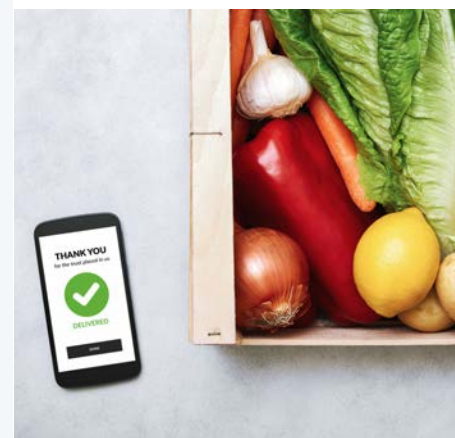
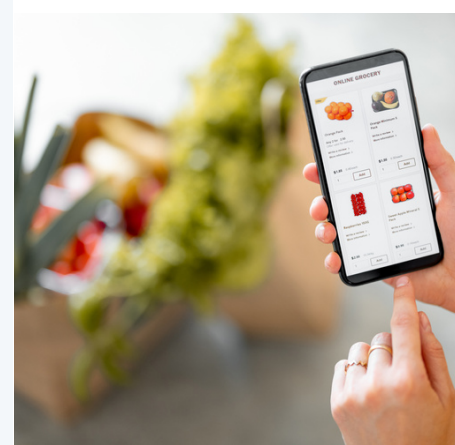
[Marketwagon.com](https://Marketwagon.com) | Your farmer's market produce is delivered to your door.

[TheProduceBox.com](https://TheProduceBox.com) | Weekly delivery of the best produce across NC

[CrowdCow.com](https://CrowdCow.com) | This company sources beef and provides the opportunity to buy a cow share it with friends and have the meat delivered to your door.

[EatGanster.com](https://EatGanster.com) | A variety of cookie mixes that are free of grain, eggs, dairy, and nuts to provide AIP-compliant options for an effortless tasty treat.

[CaptainSoup.com](https://CaptainSoup.com) | This company provides frozen whole-food meals for those who use food as medicine.





## Charlotte Area CSAs & Farmer's Markets

### Community Supported Agriculture (CSAs):

CSAs, or community-supported agriculture, is a model in which local consumers pay for produce in advance which helps support farmers to buy seeds and other needs before planting season begins. This relieves farmers of the burden of marketing and helps them focus on producing high-quality food. The benefits of paying toward a CSA are that you get a variety of seasonal produce through the farm's harvest seasons, ensuring you get a variety of nutrients, and high-quality produce at a good cost. Below are some options within the Charlotte area!

#### Barbee Family Farm | 1000 Shelton Rd., Concord, NC

- CSA Season: Spring (April-June), Summer (July-September), and Fall/Winter (September-December)
- Offerings: A variety of vegetables and fruits including greens, corn, watermelon, peaches, okra, apples, and beets. You can buy full or half shares and pick up your weekly share each Thursday during the Farm stand hours.
- [barbeefarms.net](http://barbeefarms.net)

#### Bush-N-Vine Farm | 1650 Filbert Hwy., York, SC

- CSA Seasons: Spring (8 weeks), Summer I (8 weeks), Summer II (8 weeks), and Fall (8 weeks)
- Offerings: A variety of vegetables and fruits, including berries, melons, peaches, greens, tomatoes, cabbage, zucchini, and squash. Shares are offered in 4 sizes: extra small for 1-2 people, a small for 2 or 3 people, a medium for 3 or 4 people, and a large for 5 or 6 people. You can sign up and pay for your produce in advance and pick up at various locations in SC and NC between Tuesdays and Thursdays of each week.
- [bushvinefarm.com](http://bushvinefarm.com)

#### Farm at Dover Vineyards | 3600 Concord Pkwy., Concord, NC

- CSA Season: Spring, Summer, and Fall
- Offerings: A variety of fruits and vegetables (\*including lettuce, strawberries, cilantro, tomatoes, potatoes, kale, apples), herbs, jams, and jellies, with the opportunity to boost your box with eggs, bread, and mushrooms. Offering CSAs for Concord, Charlotte, and University City. They offer five CSA veggie box styles: A traditional CSA box (which goes for the entire season), a shorter Summer CSA box, the Totally Devoted to Local CSA box, and the Boosted CSA box (includes bread, eggs, and mushrooms).
- [thefarmatdovervineyards.com](http://thefarmatdovervineyards.com)

#### Small City Farm | 1401 Auten Rd., Charlotte, NC

- CSA Season: Spring/Summer (17 weeks), Fall (8 weeks)
- Offerings: Located just 5 miles on a 3-acre farm north of Uptown Charlotte, this CSA offers vegetables and fruits, herbs, eggs, and flowers. Pickups are only on Tuesdays at the farm only, and payments are upfront to ensure the farm can cover operating costs. The farm also offers hands-on small classes to learn water bath canning basics!
- [smallcityfarm.com](http://smallcityfarm.com)

#### Tega Hill Farms | 1780 Zoar Rd., Fort Mill, SC

- CSA Season: Year-round (Fall, Spring, and Summer)
- Offerings: Partnering with J&J farms, this CSA supplies vegetables, greens and microgreens, edible flowers, herbs, mushrooms, squash, okra, and beans. You can pick up orders at the Farm during the week or at Matthews Community Farmers Market on the weekends.
- [teгахillsfarms.com](http://teгахillsfarms.com)

#### Tumbling Shoals Farm | 841 Sand Ridge Rd., Millers Creek, NC

- CSA Season: Main season (May through September), Fall Season (October to Christmas)
- Offerings: Nestled in the Appalachian Mountains, this certified organic farm delivers harvest shares in partnership with nearby farms and drops off to Boone, Charlotte, Lenoir, Hickory, and Wilkes County. Offering organic vegetables and herbs, they create boxes based on your preferences and offer 1 size fall share with 3 different-sized shares to pick from for the main season.
- [tumbingshoalsfarm.com](http://tumbingshoalsfarm.com)



## Charlotte Area CSAs & Farmer's Markets, cont.

### Wild Hope Farm | 575 Wild Hope Farm Rd., Chester, SC

- CSA Season: Spring/Summer (April 25th - July 25th), Fall (Aug 22nd - Thanksgiving), Winter (Jan 3rd - March 7th)
- Offerings: With food safety being the top priority for this farm, they supply a variety of vegetables, flowers, eggs from Watson Farms, and bread. They will even include recipes on how to use your goodies! Pick-up is available at various locations around the Charlotte area. Offering a regular share that feeds 2-4 or a small share that feeds 1-2.
- [wildhopefarm.com](http://wildhopefarm.com)

## Farmer's Markets

### Charlotte Regional Farmers Market | 1801 Yorkmont Rd., Charlotte, NC

- Market Season: Year-round, Tuesdays-Sundays
- Offers: Located near the airport with rows of sheds of vendors and farmers! Offers local produce, like fruits and vegetables as well as meats, eggs, dairy products, savory and sweet baked goods, seafood, plants, handmade crafts, and local crafts

### Matthews Community Farmers' Market | Downtown Matthews - 188 N Trade St., Matthews, NC

- Market Season: Year-round
- Offers: Community Supported Agriculture Packages; one of the largest, most diverse producers-only farmers markets, local live music, artisan jams, gourmet coffee, duck eggs, and cooking demonstrations by skilled local chefs.

### Cotswold Farmer's Market | 309 S Sharon Amity Rd., Charlotte, NC

- Market Season: May-October
- Offers: producers-only farmers market features fresh, local staples like fruits and veggies as well as breads, meats, and soaps.

### Kings Drive Farmers Market | 939 South Kings Dr., Charlotte, NC

- Market Season: April-December. Tuesdays, Fridays, Saturdays
- Offers: Operated by Simpson's Produce, they offer seasonal NC produce including greens, flowers, fruits, and vegetables. During the holidays, you and your family can also go pumpkin and Christmas tree picking; they also sell wreaths, garland, and holly.

### Mecklenburg County Farmers Market | 1515 Harding Pl., Charlotte, NC

- Market Season: Year-Round, Monday-Sunday
- Offers: Organic fruits and vegetables, jelly, honey, preserves, canned condiments, snacks, and sauces.

### South End Market | Atherton Mill - 2000 South Blvd., Charlotte, NC

- Market Season: Year-round
- Offers local, sustainable, responsibly raised products that spotlight local farmers, ranchers, artisans, and makers.

### Uptown Farmers Market | 300 S Davidson St., Charlotte, NC

- Market Season: April-December
- Offers: locally grown, fresh foods, supporting local farmers and makers, addressing food insecurity.

### North End Farmers Market | Camp North End - 300 Camp Rd., Charlotte, NC

Market Season: April-October, Wednesday evenings 4-8pm  
Offers: The newest farmer's market on the scene - offers local farmers, ranchers, food artisans, and crafts.

### The Village at Robinson Farm | Ballantyne Area - 8410 Rea Rd., Charlotte, NC

- Market Season: April - October. Saturdays and Wednesdays
- Offers: Local produce, plants, and homemade products, including herbs, fresh eggs, cut flowers, starter plants, pumpkins, Christmas trees and wreaths.



## Charlotte Area CSAs & Farmer's Markets, cont.

### University City Farmers Market | University City Area - 8929 J.M. Keynes Dr., Charlotte, NC

- Market Season: April - October
- Offers: Fruits and veggies, meats, pasture-raised eggs, artisanal foods, wellness products including honey and elderberry-based products, baked goods, flowers, jewelry, candles, spice blends, etc.

### Food Box

#### Misfits Produce Box | Nationwide

- Market season – Year-round service, seasonal products depending on peak harvest.
- Offerings – Local produce, artisanal items, prepared meals/ingredients, meats/seafood, plant-based proteins, and dairy products.
- [misfitmarket.com](https://www.misfitmarket.com)

### Trails/Greenways/Parks

#### Charlotte:

- Little Sugar Creek
- Briar Creek
- Campbell Creek & Upper McAlpine Creek Greenways
- Lower McAlpine Creek, McMullen Creek & Four Mile Creek Greenways
- Irwin Creek and Stewart Creek Greenways
- Mallard Creek and Clark's Creek Greenways
- Six Mile Creek
- Freedom Park
- McAlpine Creek Park
- Midtown Park
- Park Road Park
- Reedy Creek Park
- Renaissance Park
- Romare Bearden Park
- U.S National Whitewater Center

#### Matthews:

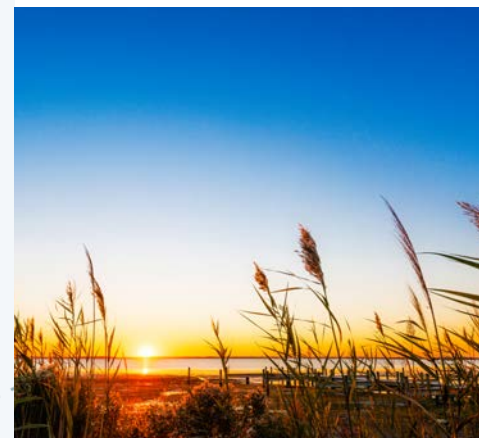
- Four Mile Creek
- Campbell Creek Greenways
- Colonel Francis Beatty Park
- Squirrel Lake Park
- Stumptown Park
- Purser-Hulsey Park

#### Indian Trail:

- Crossing Paths Park

### References:

- <https://growingsmallfarms.ces.ncsu.edu/growingsmallfarms-csaguide/>
- <https://www.mecknc.gov/ParkandRec/Parks/Pages/default.aspx>
- <https://www.mecknc.gov/ParkandRec/Documents/brochure%20files/prk%20brochure%20parks.pdf>
- <https://center.whitewater.org/activity/mountain-biking-trail-running-hiking/>



# Raleigh Triangle Area Farmer's Markets & Trails

## CSAs

### Rare Earth Farms | 1201 Agriculture St., Raleigh, NC (Raleigh Farmer's Market)

- CSA season – Year-round
- Offerings – High-quality meat and chicken eggs. This includes cuts of beef, lamb, and chicken, as well as beef jerky/sticks. They also carry Vivian Howard's BBQ sauces and rubs.
- [rareearthfarms.com](http://rareearthfarms.com)

### Leaning 7 Farms | 215 E. Deer Run, Apex, NC

- CSA season – In the building phase, so currently only a membership box service. Orders can be picked up at their farm. They can also be found every Saturday at the Apex Farmer's Market.
- Offerings – Chicken eggs and pasture-raised chicken, pork, and turkey.
- [leaning7farm.com](http://leaning7farm.com)

### Hilltop Farms | 6612 Kennebec Rd., Willow Springs, NC

- CSA season – April to August for Summer CSA; September to December for Fall CSA.
- Offerings – A variety of fresh vegetables, fruits, flowers, and herbs.
- [hilltopfarms.org](http://hilltopfarms.org)

### Coon Rock Farm | 1021 Dimmocks Mill Rd., Hillsborough, NC

- CSA season – Year-round, but availability of specific products depends on seasonal weather.
- Offerings – chicken eggs, chicken meat, lamb, beef, fish, pork, and over 100 varieties of fruits and vegetables. They also sell artisan products such as pasta, premade soups, and prepared lasagna and ravioli.
- [coonrockfarm.com](http://coonrockfarm.com)

## On-Farm Markets:

### In Theory Farm | Angier, NC

Market season – Not specified.

- Offerings – butter, buttermilk, milk, cheese, yogurt, chicken, eggs, goat, lamb, pork, and soap products.
- <https://www.facebook.com/intheoryfarm>

### Inter-Faith Food Shuttle Farm Stand | 4505 Tryon Rd., Raleigh, NC

- Market season – Year-round. Availability depends on harvest size and seasonal weather.
- Offerings – Produce grown on-site and chicken eggs.
- [foodshuttle.org/farm-stand](http://foodshuttle.org/farm-stand)

### Herndon Hills Farm | 7110 Massey Chapel Rd., Durham, NC

- Market season – Not specified.
- Offerings – blueberries, blackberries, muscadine grapes
- [herndonhillsfarm.com](http://herndonhillsfarm.com)

### Creekside Farm | 300 Pine Tree Rd., Selma, NC

- Market season – Seasonal, including winter
- Offerings – blueberries, figs, variety of vegetables, honey, eggs, vinaigrettes, jams, jellies – offers CSA boxes when available, pickup at Clayton Farmer's Market.
- [creeksidefarmberries.com](http://creeksidefarmberries.com)

### Ronnie's Berry Farm | 8409 NC-210, Angier, NC

- Market season – Seasonal – unspecified, but during peak harvesting seasons of each.
- Offerings – pick-your-own of a variety of berries, grapes, figs, and pecans, and honey.
- [ronniesberryfarm.com](http://ronniesberryfarm.com)



## Raleigh Triangle Area Farmer's Markets & Trails, cont.

### Food Box

#### The Produce Box | 900 Withers Rd., Raleigh, NC

- Market season – Year-round service, seasonal products depending on peak harvest.
- Offerings – Local, regional, and imported produce, artisanal items, prepared meals/ingredients, meats, chicken eggs, dairy products, and bakery items.
- [theproducebox.com](http://theproducebox.com)

#### Misfits Produce Box | Location: Nationwide

- Market season – Year-round service, seasonal products depending on peak harvest.
- Offerings – Local produce, artisanal items, prepared meals/ingredients, meats/seafood, plant-based proteins, and dairy products.
- [misfitsmarket.com](http://misfitsmarket.com)

### Farmer's Markets

#### Holly Springs Farmers Market | Location: 300 W. Ballentine St., Holly Springs, NC

- Market season – Year-round; every Saturday of the year except when near holidays.
- Offerings – fresh produce, meats, chicken eggs, seafood, honey, bakery items, artisanal foods, and natural bath & body products.
- [hollyspringnc.us/319/Farmers-Market](http://hollyspringnc.us/319/Farmers-Market)

#### Fuquay-Varina Growers Market | 121 N. Main St., Fuquay Varina, NC

- Market season – April through September
- Offerings – Full offerings not specified, but marketing materials advertise fresh fruits and vegetables as well as artisanal products.
- [fvgrowersmarket.com](http://fvgrowersmarket.com)

#### Zebulon Farm Fresh Market | 1003 N. Arendell Ave., Zebulon, NC

- Market season – April through October.
- Offerings – Fresh fruits & vegetables, poultry and chicken eggs, pork honey, baked goods, jams, jellies, relishes, pickles, homemade soaps, handcrafted candles, ornamental plants, artwork, and more.
- [townofzebulon.org/event/farm-fresh-market-2](http://townofzebulon.org/event/farm-fresh-market-2)

#### Durham Farmers' Market | 501 Foster St., Durham, NC

- Market season – Mid-week Market: Wednesdays April – October; Main Season Market: April – November; Winter Market: December – March; Thanksgiving Market: Tuesday before Thanksgiving; Holiday Market: Thursday before Christmas.
- Offerings – Market and market vendors: Variety of fruits & vegetables, meat, poultry, fish, dairy products, bakery items, cereals, seeds & plants, snack foods, hot prepared foods, vitamins and other supplements, pet foods, cleaning supplies, hygiene products, cosmetics, and assorted beverages.

#### The Chapel Hill Farmers' Market | Location: 201 S. Estes Dr., Chapel Hill, NC

- Market season – Year-round
- Offerings – Fresh local produce, honey, products for pets, bakery items, confections, educational opportunities, and many different artisanal crafts.
- [thechapelhillfarmersmarket.com](http://thechapelhillfarmersmarket.com)

#### The State of NC Farmer's Market | Location: 1201 Agriculture St., Raleigh, NC

- Market season – 7 days/week year-round
- Offerings – agritourism, fresh fruits & vegetables, seeds & plants, meats, fish & seafood, cheeses, crafts, bakery items, market grill, seafood restaurant, country-style cooking restaurant, commercial wholesale purchasing, and market imports of handmade crafts for any part of your home or garden.
- [ncagr.gov/markets/facilities/markets/raleigh](http://ncagr.gov/markets/facilities/markets/raleigh)



# Raleigh Triangle Area Farmer's Markets & Trails, cont.

## Apex Farmer's Market | Location: 73 Hunter St., Apex, NC

- Market season – Saturdays April-December, then bi-weekly December-March
- Offerings – Fresh fruits and vegetables, pastured and sustainably farmed chicken, beef and pork, fresh farm eggs, baked goods, honey, cheeses, jams and preserves, sauces, salsas, and other artisanal food products, along with a variety of craft and educational outreach programs.
- [apexfarmersmarket.com](http://apexfarmersmarket.com)

## Trails/Greenways/Parks

### Raleigh:

- JC Raulston Arboretum
- NC Museum of Art Park
- William B Umstead State Park
- Neuse River Trail
- Wilkerson Preserve
- Yates Mill County Park
- Lake Benson/ White Deer Park Trail
- Neuse River Trail – Capital Area Greenway

### Cary/Apex:

- Hemlock Bluffs
- Swift Creek Bluffs Nature Preserve
- Bond Park
- Jaycee Park
- Thomas Brooks Park

### Durham/Chapel Hill:

- Duke Forest
- Historic Occoneechee Speedway Trail
- Occoneechee Mountain State Natural Area
- American Tobacco Trail
- Eno River State Park
- Horton Grove Nature Preserve
- Mountains to Sea Trail
- Little River Regional Park & Natural Area
- Carolina North Forest
- Bolin Creek Trail
- Hollow Rock Nature Park
- Johnston Mill Nature Preserve

### Wake Forest:

- Falls Lake State Park

### Chatham County:

- White Pines Nature Preserve

### Clayton:

- Clemmons Educational State Forest

### References:

- <https://raltoday.6amcity.com/hiking-guide>
- <https://triangleonthecheap.com/best-hikes-in-the-triangle/>
- <https://www.wakegov.com/departments-government/parks-recreation-open-space/all-parks-trails/historic-yates-mill-county-park>
- <https://www.usdalocalfoodportal.com/fe/searchresults/?term=&location=Raleigh,%20NC,%20USA&directory=csa,farmersmarket,foodhub,onfarmmarket&x=-78.6381787&y=35.7795897&c=0>

### Comprehensive list and map of Raleigh Greenway Trails:

- <https://cityofraleigh0drupal.blob.core.usgovcloudapi.net/drupal-prod/COR24/raleigh-greenway-map.pdf>



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