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## REFRESH Your Recipes

**YMCA Trainer:** Cindy Panaro

**Dish:** Delicious Brussels Sprouts

### Ingredients

- 1 pound brussels sprouts, trimmed and halved
- 4 oz bacon cut into pieces
- 3 cloves garlic minced
- 2-3 TBS chopped red onion
- 1/4 c olive oil
- 1/4 c honey
- Balsamic vinegar
- Salt and pepper

### Directions

1. Preheat oven to 425 degrees. In a large bowl, mix together, sprouts, bacon, garlic, onion, olive oil. Mix well.
2. Pour onto a large baking sheet. Sprinkle with salt and pepper.
3. Bake until sprouts are charred and tender. About 30 minutes
4. Meanwhile, make a glaze with the honey and vinegar in a small saucepan. Combine and simmer until reduced by half. Let cool
5. Move sprouts to a bowl. Drizzle roasted sprouts with glaze and serve.

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**YMCA Trainer:** Mike LoBiondo  
**Recipe:** Peruvian Quinoa Vegetable Stew

Quinoa originates in Peru, where it grows high on the Andes mountains and has fed Incan warriors for centuries. Paired with other traditional ingredients like potatoes and corn, this hearty, plant-based stew has authentic flavor. Make a big batch of these and freeze extras for healthy, gluten-free, vegan dinners any night of the week.

Servings: 6 Calories: 274kcal Yield: 10 Cups

**Ingredients**

- 1 onion diced
- 1 red bell pepper seeded and diced
- 1 tablespoon sweet paprika
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon dried Mexican or Peruvian Oregano
- 5 cloves garlic minced
- 15- ounce canned diced tomatoes
- 6 cups water
- 1 pound about 3 medium red potatoes, unpeeled, diced
- 2 ears corn
- 1 cup white Quinoa
- 1 ½ teaspoon salt
- Avocado and fresh Cilantro for serving

**Directions**

1. To make the Peruvian Quinoa Vegetable Stew: Heat a large soup pot over medium heat. When the pot is hot, add the onion and bell pepper. Sauté over medium-high heat, stirring often, until golden around the edges, about 7 minutes. Add the paprika, coriander, cumin, Peruvian Oregano, and garlic. Sauté 1 more minute, until aromatic.
2. Add the diced tomatoes, water, and diced potatoes. Cover and bring to a boil over high heat. Reduce to a simmer and cook 8 minutes. While the stew simmers, cut the corn kernels off the ears. After 8 minutes, add the corn kernels and quinoa to the stew. Cover and continue simmering until the quinoa and potatoes are tender, about 7 to 8 minutes.
3. Remove the lid, season with salt to taste. Garnish with diced avocado and fresh cilantro to serve.

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**YMCA Trainer:** Margy Gamble

**Recipe:** Pumpkin Black Bean Quinoa Soup

## Ingredients

- 1 Tbs olive oil
- 1 onion, diced
- 5 cloves garlic, diced
- 1 red chili pepper (or cayenne pepper spice, ¼ tsp.)
- 3 cups cubed pumpkin (oven roasted) or use 1 15 oz can pumpkin
- 1 tsp ground cumin
- ½ tsp dried oregano
- ½ tsp crushed red pepper flakes
- ½ cup quinoa
- 20 ounces can black beans, rinsed and drained
- 5 cups vegetable broth
- 2 bay leaves
- For garnish:
  - 1 avocado cubed
  - Handful of cilantro, diced
  - 1 lime, cut into wedges

## Directions

1. Heat oil in pan over medium heat and cook onion for a few minutes. Add garlic and red chili pepper and cook until aromatic.
2. Add pumpkin and spices and cook for a couple of minutes.
3. Add 2 cups of vegetable broth and quinoa. Bring to a boil and cook for 5 minutes before adding the remaining vegetable broth. Bring back to a boil.
4. Add beans and bay leaves. Bring to a boil and then reduce heat and simmer for 5-10 minutes.
5. Serve garnished with avocado, cilantro and lime juice. Enjoy.

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**YMCA Trainer:** Corrie Ortega

**Recipe:** Egg Roll in a Bowl

### INGREDIENTS

- 2 tbsp. avocado oil
- 1 clove garlic, minced
- 1 tbsp. minced fresh ginger
- 1 lb. ground pork or chicken
- 1 tbsp. sesame oil
- 1/2 onion, thinly sliced
- 1 c. shredded carrot
- 1/4 green cabbage, thinly sliced
- 1/4 c. coconut aminos
- 1 tbsp. Sriracha
- 1 green onion, thinly sliced
- 1 tbsp. sesame seeds



### DIRECTIONS

1. In a large skillet over medium heat, heat avocado oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add pork and cook until no pink remains.
2. Push pork to the side and add sesame oil. Add onion, carrot, and cabbage. Stir to combine with meat and add coconut aminos and sriracha. Cook until cabbage is tender, 5 to 8 minutes.
3. Transfer mixture to a serving dish and garnish with green onions and sesame seeds. Serve.

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**YMCA Trainer:** Anna Evans

**Recipe:** Butternut squash noodles with pancetta and poached egg

### Ingredients

- Olive oil spray (such as Bertolli)
- 20 ounces, spiralized butternut squash, made with the thick setting
- 2 teaspoons olive oil
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 2 large eggs
- 2 ounces pancetta, chopped
- 1/4 cup freshly grated Pecorino Romano cheese
- 1 tablespoon chopped fresh parsley



### Instructions

1. Preheat the oven to 400°F. Light mist 2 large baking sheets with oil.
2. Divide the butternut squash noodles between the prepared baking sheets and toss each 1 teaspoon oil, 1/4 teaspoon salt, and pepper to taste. Roast until soft, 7 to 10 minutes.
3. Meanwhile, to poach the eggs, fill the large deep skillet with 1 1/2 to 2 inches of water. Bring to a boil over high heat, then reduce the heat until it holds a simmer. Crack the eggs into individual bowls. One at a time, gently slide the eggs into the simmering water. Using a spoon, gently nudge the egg whites toward the yolks. Cook 2 to 3 minutes for a semi-soft yolk or 3 to 4 minutes for a firmer yolk. Using a slotted spoon or spatula, transfer the eggs one at a time to paper towels to drain.
4. In a large skillet, cook the pancetta over medium heat, stirring, until slightly browned, about 3 minutes. Remove the pan from the heat, add the roasted butternut squash noodles, and stir in the Romano and parsley.
5. To serve, divide the noodles between 2 plates and top each with a poached egg. Season with more pepper, if desired, and serve.

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