



CLEAN EATING

Healthy RECIPES

Mfitness
BETHAL GYM

INTRODUCTION



The fast-paced rhythm of life often leads us to make unhealthy dietary choices. Now more than ever, it's essential to find ways to care for our nutrition without sacrificing flavor or convenience. This recipe book is created to help you enjoy delicious, nutritious, and easy-to-prepare meals that fit your routine and meet your body's needs.

Here, you'll find 30 healthy recipes carefully selected to provide variety and balance. From energy-boosting breakfasts to wholesome lunches and dinners, along with quick options like snacks and smoothies. Each recipe is designed with natural, accessible ingredients packed with health benefits. Additionally, we've included practical tips to enhance flavor, adapt dishes to your preferences or needs, and incorporate healthy habits into your daily life.

With this recipe book, we invite you to relish the joy of cooking and eating healthfully, reminding you that taking care of your body not only enhances your physical well-being but also improves your quality of life and your relationship with yourself.

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WHAT IS HEALTHY FOOD?

Healthy food is that which provides the body with the necessary nutrients to function optimally, promoting physical and mental well-being. It is based on a balanced diet that includes a variety of foods in the right proportions, avoiding excesses and deficiencies. More than a rigid concept, eating healthily involves enjoying food while taking care of our health and quality of life.

Principles of Healthy Eating

Nutritional Balance

A healthy diet should include the three main macronutrients (carbohydrates, proteins, and fats) and essential micronutrients (vitamins and minerals). This helps meet daily energy needs and maintain bodily functions.

Variety of Foods

Consuming a wide range of foods ensures the intake of different nutrients. Include fruits, vegetables, whole grains, lean proteins, legumes, low-fat dairy or plant-based alternatives, and healthy fats in your daily diet.

Moderation

Healthy eating does not mean extreme restrictions but rather moderation. Less nutritious foods, such as those high in refined sugars, trans fats, or sodium, can be included occasionally without dominating the diet.

Natural and Fresh Products

Choosing minimally processed or fresh foods ensures better nutritional value and reduces the consumption of additives and preservatives.



1

QUINOA SALAD WITH VEGETABLES AND LEMON VINAIGRETTE.



4 servings



30 minutes



Refrigerate
5-8°C

ingredients

- 1 cup of quinoa
- 2 cups of water
- 1 red bell pepper, diced
- 1 medium cucumber, diced
- 1 carrot, grated
- 1/4 cup of fresh parsley, chopped
- 1/4 cup of red onion, finely chopped
- 1/4 cup of lemon juice
- 3 tablespoons of olive oil
- Salt and pepper to taste.

Preparation

Cooking the quinoa: Rinse the quinoa under cold running water to remove its bitter taste. Boil 2 cups of water in a pot, add the quinoa and a pinch of salt. Cook on low heat for 15 minutes or until the water is absorbed. Let it cool to room temperature or refrigerate if you prefer a fresher salad.

Preparing the vegetables: In a large bowl, combine the bell pepper, cucumber, carrot, parsley, and onion.

Vinaigrette: In a small container, mix the lemon juice, olive oil, salt, and pepper. Whisk well to emulsify.

Assembly: Add the cooled quinoa to the bowl with the vegetables. Pour the vinaigrette over the mixture and stir well.

Resting: Let it rest in the refrigerator at 5-8 °C (41-46 °F) for 15 minutes to allow the flavors to blend.



TIP

You can add a handful of nuts such as sliced almonds or walnuts for a crunchy touch and more nutrients.

2

PUMPKIN AND GINGER CREAM.



4 servings



40 minutes



70°C

ingredients

- 500 g of peeled and chopped pumpkin
- 1 medium carrot, peeled and chopped
- 1/2 onion, chopped
- 2 garlic cloves, chopped
- 1 piece of fresh ginger (2 cm), grated
- 3 cups of vegetable broth
- 2 tablespoons of olive oil
- 1/4 cup of coconut cream (optional)
- Salt and pepper to taste.



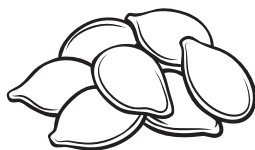
preparation

Start: In a large pot, heat the olive oil over medium heat. Sauté the onion, garlic, and ginger until fragrant.

Cooking: Add the pumpkin, carrot, and vegetable broth. Bring to a boil, then reduce the heat and simmer for 20 minutes or until the vegetables are tender.

Processing: Use a blender or immersion blender to puree the mixture until smooth.

Finishing: Return the soup to the pot, add the coconut cream (if using), and adjust the salt and pepper to taste. Cook for 5 more minutes over low heat.



TIP

Serve with toasted pumpkin seeds on top for a crunchy touch.

3

SALMON FILLET WITH AVOCADO AND LEMON SAUCE.



4 servings



25 minutes



Bake at 200°C

ingredients

- 4 salmon fillets (150 g each)
- 1 ripe avocado
- 1/4 cup of plain Greek yogurt
- Juice of 1 lemon
- 2 garlic cloves, chopped
- 1 tablespoon of olive oil
- Salt and pepper to taste
- Fresh parsley for garnish.



preparation

Salmon preparation: Preheat the oven to 200°C. Place the fillets on a baking tray, drizzle with olive oil, and season with salt and pepper. Bake for 12-15 minutes or until the salmon is cooked.

Sauce preparation: In a food processor, blend the avocado, Greek yogurt, lemon juice, and garlic until smooth. Adjust the salt and pepper.

Serving: Place the salmon on a plate and top with the avocado sauce. Garnish with fresh parsley.



TIP

Serve with a side of steamed asparagus or brown rice for a complete meal.

4

GREEN ENERGY SMOOTHIE.



2 servings



10 minutes



**Serve at
4-6 °C**

ingredients

- 1 cup of fresh spinach
- 1/2 cup of peeled and chopped cucumber
- 1 chopped green apple
- 1/2 cup of frozen pineapple
- Juice of 1/2 lemon
- 1 cup of coconut water
- 1 teaspoon of chia seeds (optional).



preparation

Smoothie: Place all the ingredients in the blender and blend until smooth.

Adjustments: If it's too thick, add more coconut water until you reach the desired texture.



TIP

Drink this smoothie in the morning for an extra boost of energy and nutrients.

5

COCONUT MILK CURRY CHICKEN.



4 servings



40 minutes



150°C in frying pan

ingredients

- 500 g of chicken breasts, cut into cubes
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 piece of fresh ginger (2 cm), grated
- 1 tablespoon of curry powder
- 1/2 teaspoon of ground turmeric
- 400 ml of coconut milk
- 1 large tomato, chopped
- 2 tablespoons of coconut oil or olive oil
- Salt and pepper to taste
- Fresh cilantro leaves for garnish.



preparation

Initial preparation: Heat the oil in a large skillet over medium heat. Add the onion, garlic, and ginger, and sauté until fragrant.

Add the chicken: Add the chicken cubes to the skillet and cook until browned on all sides.

Spices: Add the curry powder and turmeric, mixing well to coat the chicken with the spices.

Sauce: Add the chopped tomato and coconut milk. Simmer for 15 minutes, stirring occasionally, until the chicken is tender and the sauce thickens slightly.

Adjustments: Season with salt and pepper to taste.



TIP

Serve with brown rice or quinoa for a complete and nutritious meal.

6

ROASTED CAULIFLOWER TACOS.



4 servings



35 minutes



200 °C

Ingredients

- 1 head of cauliflower, cut into florets
- 2 tablespoons of olive oil
- 1 teaspoon of ground cumin
- 1/2 teaspoon of smoked paprika
- Salt and pepper to taste
- 8 whole wheat tortillas
- 1/2 cup of Greek yogurt
- Juice of 1 lemon
- 1/4 cup of chopped fresh cilantro
- 1 avocado, sliced.



preparation

Preheat the oven: To 200°C.

Roast the cauliflower: Place the florets on a baking tray, drizzle with olive oil, and sprinkle with cumin, paprika, salt, and pepper. Roast for 20-25 minutes until golden.

Prepare the dressing: Mix the yogurt, lemon juice, and chopped cilantro in a small bowl.

Assemble: Warm the tortillas. Place roasted cauliflower, avocado slices, and a little dressing on each tortilla.



TIP

For a spicy touch, add chili sauce or sliced jalapeños.

7

ZUCCHINI NOODLES WITH TOMATO AND BASIL SAUCE.



2 servings



20 minutes



120 °C

ingredients

- 3 large zucchinis
- 2 cups of crushed tomatoes
- 2 garlic cloves, chopped
- 1/4 cup of chopped onion
- 1/4 cup of fresh basil, chopped
- 2 tablespoons of olive oil
- Salt and pepper to taste
- Grated Parmesan cheese (optional).



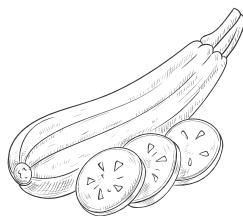
preparation

Zucchini preparation: Use a spiralizer to cut the zucchinis into spaghetti shape. Set aside.

Sauce: In a skillet, heat the olive oil over medium heat. Sauté the onion and garlic until tender. Add the crushed tomatoes, salt, and pepper, and cook for 10 minutes.

Cook the zucchini: Add the zucchini spaghetti to the skillet with the sauce and cook for 2-3 minutes.

Serve: Sprinkle with fresh basil and, if desired, grated Parmesan cheese.



TIP

Do not overcook the zucchini to maintain its crunchy texture.

8

RED BERRY AND CHIA SMOOTHIE.



2 servings



5 minutes



4-6 °C

ingredients

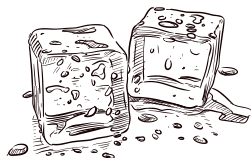
- 1 cup of fresh or frozen strawberries
- 1/2 cup of blueberries
- 1/2 cup of raspberries
- 1 cup of unsweetened almond milk
- 1 tablespoon of chia seeds
- 1 teaspoon of honey or stevia (optional).



preparation

Smoothie: Place all the ingredients in a blender and blend until smooth.

Resting: Let the smoothie sit for 5 minutes to allow the chia seeds to hydrate.



TIP

Add ice if you want a more refreshing smoothie.

9

CHICKPEA AND SPINACH SALAD.



4 servings



20 minutes



5-7 °C

ingredients

- 1 cup of cooked chickpeas
- 2 cups of fresh spinach
- 1/2 yellow bell pepper, chopped
- 1/4 cup of thinly sliced red onion
- 1 avocado
- 2 tablespoons of sunflower seeds
- 2 tablespoons of olive oil
- Juice of 1/2 lemon
- Salt and pepper to taste.



preparation

Mix the ingredients: In a large bowl, combine the chickpeas, spinach, bell pepper, avocado, and onion.

Dressing: Mix the olive oil, lemon juice, salt, and pepper.

Serve: Pour the dressing over the salad and sprinkle the sunflower seeds on top.



TIP

Add some crumbled feta cheese for an extra boost of flavor.

10

LETTUCE WRAPS WITH CHICKEN AND VEGETABLES.



4 servings



20 minutes



room
temperature

ingredients

- 300 g of cooked and shredded chicken breast
- 8 large lettuce leaves (romaine or iceberg can be used)
- 8 whole wheat tortillas
- 1 grated carrot
- 1/2 red bell pepper, cut into thin strips
- 1/2 cucumber, cut into thin strips
- 2 tablespoons of low-sodium soy sauce
- 1 tablespoon of honey
- 1 teaspoon of sesame oil
- Sesame seeds for garnish.

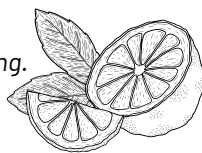


preparation

Prepare the chicken: In a bowl, mix the shredded chicken with the soy sauce, honey, and sesame oil.

Assemble the wraps: Place a tortilla and a lettuce leaf as the base, then add a portion of chicken, carrot, bell pepper, and cucumber.

Garnish: Sprinkle sesame seeds on top of the wraps before serving.



TIP

You can serve the wraps with a yogurt, cilantro, and lemon sauce for a fresh touch.

OATMEAL PORRIDGE WITH
FRUITS AND HONEY.

2 servings



15 minutes



60 °C

ingredients

- 1 cup of rolled oats
- 2 cups of almond milk or water
- 1/2 teaspoon of ground cinnamon
- 1 banana, sliced
- 1/4 cup of fresh blueberries
- 1 teaspoon of honey
- 1 tablespoon of sliced almonds.

**preparation**

Cook the oats: In a saucepan, heat the milk or water over medium heat. Add the oats and cook for 5-7 minutes, stirring constantly, until it thickens.

Add the cinnamon: Stir the cinnamon into the hot oats.

Serve: Place the oats in a bowl and top with the banana, blueberries, honey, and sliced almonds.

**TIP**

If you want a creamier flavor, add a teaspoon of almond butter to the porridge.



CAULIFLOWER CRUST
PIZZA.

2 servings



45 minutes



200 °C

ingredients

- 1 head of cauliflower
- 1 egg
- 1/4 cup of grated Parmesan cheese
- 1 cup of natural tomato sauce
- 1/2 cup of grated mozzarella cheese
- 1/2 cup of sliced mushrooms
- 1/4 cup of chopped bell peppers
- 1 teaspoon of dried oregano.

**preparation**

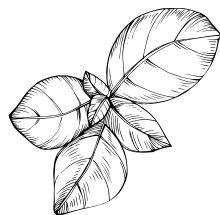
Preheat the oven: To 200°C.

Prepare the base: Process the cauliflower in a food processor until it resembles rice texture. Microwave for 5 minutes and drain any excess water. Mix with the egg and Parmesan cheese.

Form the pizza: Spread the mixture on a baking sheet lined with parchment paper, shaping it into a circle. Bake for 15 minutes or until golden.

Add the toppings: Spread the tomato sauce, then add the mushrooms, bell peppers, and mozzarella. Bake for another 10 minutes.

Garnish: Sprinkle with dried oregano before serving.

**TIP**

Add fresh basil leaves for an extra burst of flavor.

13

YOGURT AND GRANOLA BOWL.



2 servings



10 minutes



5-7 °C

ingredients

- 1 cup of plain Greek yogurt
- 1/2 cup of unsweetened granola
- 1/4 cup of chopped strawberries
- 1/4 cup of blueberries
- 1 teaspoon of chia seeds
- 1 teaspoon of honey.



preparation

Assemble the bowl: In a bowl, place the yogurt as the base.

Add the toppings: Add the granola, strawberries, blueberries, and sprinkle with chia seeds.

Sweeten: Drizzle with honey before serving.



TIP

You can make homemade granola with oats, nuts, and a touch of honey baked.



4 servings



30 minutes



70 °C

ingredients

- 500 g of fresh asparagus
- 1 small potato, peeled and chopped
- 1 onion, chopped
- 2 garlic cloves, chopped
- 3 cups of vegetable broth
- 1/4 cup of coconut cream or evaporated milk
- 2 tablespoons of olive oil
- Salt and pepper to taste.



preparation

Sauté the vegetables: In a pot, heat the olive oil. Sauté the onion and garlic until tender.

Cook the asparagus: Add the asparagus, potato, and broth. Cook over medium heat for 15 minutes.

Blend: Use a blender to process the mixture until smooth.

Finish the cream: Return the mixture to the pot, add the coconut cream, and adjust the salt and pepper. Cook for 5 more minutes.



TIP

Garnish with sautéed asparagus tips before serving.

15

ZUCCHINI NOODLES WITH PESTO SAUCE.



2 servings



20 minutes



150 °C

ingredients

- 3 medium zucchinis
- 1/2 cup of fresh basil
- 1/4 cup of walnuts or pine nuts
- 1/4 cup of grated Parmesan cheese
- 2 garlic cloves
- 1/4 cup of olive oil
- Salt and pepper to taste.



preparation

Prepare the spaghetti: Use a spiralizer or vegetable peeler to make strips of the zucchini, resembling spaghetti. Set aside.

Make the pesto sauce: In a food processor, blend the basil, nuts, Parmesan cheese, garlic, and olive oil until smooth. Adjust salt and pepper.

Cook the zucchini: Sauté the zucchini spaghetti in a non-stick pan with a few drops of oil for 2-3 minutes.

Serve: Toss the hot zucchini with the pesto sauce before serving.

TIP

Add halved cherry tomatoes for a touch of freshness and color.



16

LEMON CHICKEN WITH HERBS AND ROASTED VEGETABLES.



2 servings



40 minutes



200 °C

ingredients

- 4 chicken breasts
- Juice of 2 lemons
- 2 tablespoons of olive oil
- 1 tablespoon of fresh chopped rosemary
- 1 tablespoon of fresh chopped thyme
- 2 carrots, sliced
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- Salt and pepper to taste.



TIP

Sprinkle lemon zest over the chicken before serving to intensify the citrus flavor.

preparation

Marinate the chicken: In a bowl, mix the lemon juice, olive oil, rosemary, thyme, salt, and pepper. Place the chicken breasts in the marinade and let them rest for 30 minutes in the refrigerator.

Preheat the oven: To 200°C (400°F).

Roast the vegetables: Place the carrots, zucchini, and bell pepper on a baking sheet. Drizzle with olive oil and season with salt and pepper. Roast for 20 minutes.

Cook the chicken: Grill or pan-fry the chicken breasts for 6-7 minutes per side, until fully cooked.

Serve: Pair the chicken with the roasted vegetables.

17

MEDITERRANEAN CHICKPEA SALAD.



2 servings



20 minutes



5-8 °C

ingredients

- 1 cup of cooked chickpeas
- 1/2 cup of halved cherry tomatoes
- 1/4 cup of diced cucumber
- 1/4 cup of finely chopped red onion
- 1 carrot, diced
- 1/4 cup of crumbled feta cheese
- 2 tablespoons of fresh chopped parsley
- 2 tablespoons of olive oil
- Juice of 1/2 lemon
- Salt and pepper to taste.



TIP

Serve with toasted whole-grain bread for a complete meal.

preparation

Mix the ingredients: In a large bowl, combine the chickpeas, tomatoes, carrot, cucumber, onion, feta cheese, and parsley.

Make the dressing: In a small bowl, mix the olive oil, lemon juice, salt, and pepper.

Serve: Pour the dressing over the salad and toss well before serving.

18

CARROT AND OATMEAL PANCAKES.



2 servings



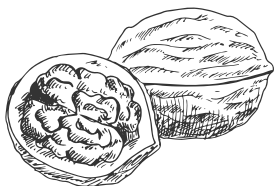
45 minutes



200 °C

ingredients

- 1 cup of grated carrot
- 1/2 cup of ground oats
- 2 eggs
- 1/4 cup of blueberries
- 1/4 cup of plant-based milk
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- Honey or maple syrup for serving.



TIP

Add a handful of raisins or walnuts to the mixture for extra texture and flavor.

preparation

Make the mixture: In a bowl, mix the grated carrot, oats, eggs, plant-based milk, cinnamon, and nutmeg until you have a smooth batter.

Cook the pancakes: Heat a non-stick skillet and pour portions of the mixture to form pancakes. Cook for 2-3 minutes on each side.

Serve: Top with honey and blueberries.

19

STIR-FRIED CHICKEN WITH ASIAN-STYLE VEGETABLES.



4 servings



30 minutes



180-200 °C

ingredients

- Ingredients:
- 200 g Chicken fillet, cut into cubes
- 1 cup of broccoli florets
- 1/2 red and yellow bell pepper, cut into strips
- 1 carrot, sliced thinly
- 2 tablespoons of low-sodium soy sauce
- 1 tablespoon of sesame oil
- 1 teaspoon of freshly grated ginger
- 1 clove of garlic, minced
- Sesame seeds for garnish.



TIP

Accompany Serve with brown rice or rice noodles for a more substantial meal.



preparation

Prepare the tofu: In a non-stick skillet, brown the chicken with a few drops of sesame oil until crispy on the outside. Remove and set aside.

Sauté the vegetables: In the same skillet, add the ginger and garlic, followed by the vegetables. Cook over medium heat for 5-7 minutes.

Combine: Add the soy sauce and chicken to the skillet. Cook for another 2 minutes to integrate the flavors.

Serve: Garnish with sesame seeds before serving.

**2 servings****15 minutes****room
temperature**

ingredients

- 2 whole wheat tortillas
- 150 g cooked and shredded chicken breast
- 1/2 cup hummus
- 1/2 cup fresh spinach
- 1/4 cup shredded carrot
- 1/4 cup cucumber in thin strips
- 1 teaspoon lemon juice
- Salt and pepper to taste.



TIP

You can add sliced avocado for extra creaminess and healthy fats.

preparation

Prepare the chicken: If it's not cooked yet, boil or grill the chicken breast with salt and pepper. Shred into small pieces.

Assemble the wrap: Spread a layer of hummus on each whole wheat tortilla. Add spinach, carrot, cucumber, and chicken.

Drizzle with a few drops of lemon juice.

Roll: Roll the tortillas tightly and cut in half if preferred.

OATMEAL PORRIDGE WITH
APPLE AND CINNAMON.

2 servings



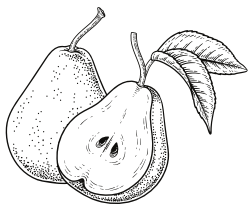
15 minutes



60 °C

Ingredients

- 1/2 cup of oats
- 1 cup of plant-based milk (almond, oat, or coconut)
- 1 small apple, diced
- 1/2 teaspoon of ground cinnamon
- 1 teaspoon of honey or maple syrup
- Chopped walnuts for garnish.

**TIP**

You can vary the fruit according to the season, such as pear or banana.

**preparation**

Cook the oats: In a saucepan, combine the oats with the plant-based milk and cook over low heat, stirring occasionally, until it thickens (5-7 minutes).

Prepare the apple: Meanwhile, sauté the diced apple with a pinch of cinnamon in a non-stick pan for 3 minutes or until tender.

Serve: Pour the porridge into a bowl, add the apples on top, and garnish with walnuts and honey.



4 servings



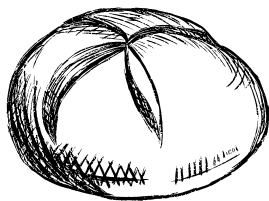
40 minutes



70°C

ingredients

- 1 cup of red lentils
- 1 chopped carrot
- 1/2 chopped onion
- 2 cloves of garlic, chopped
- 1 cup of fresh spinach
- 4 cups of vegetable broth
- 1 tablespoon of olive oil
- 1/2 teaspoon of ground cumin
- Salt and pepper to taste.



TIP

Serve with toasted whole wheat bread for a heartier dish.

preparation

Sauté the aromatics: In a large pot, heat the olive oil and sauté the onion, garlic, and carrot for 3-4 minutes.

Add the lentils: Add the lentils, cumin, and vegetable broth. Cook on low heat for 20-25 minutes or until the lentils are tender.

Incorporate the spinach: Add the fresh spinach, mix well, and cook for 2 more minutes.

Serve: Adjust the salt and pepper before serving hot.

23

RED FRUIT AND YOGURT SMOOTHIE.



2 servings



10 minutes



4-6 °C

ingredients

- 1/2 cup of frozen strawberries
- 1/2 cup of frozen raspberries
- 1/2 cup of plain Greek yogurt
- 1/2 cup of almond milk
- 1 teaspoon of honey (optional)
- Mint leaves for garnish.



preparation

Blend the ingredients: Place the berries, yogurt, almond milk, and honey in a blender. Blend until smooth.

Serve: Pour the smoothie into a tall glass and garnish with mint leaves.



TIP

Add a teaspoon of chia seeds or flaxseeds for an extra boost of fiber and omega-3.

24

BAKED SALMON WITH ASPARAGUS.



2 servings



25 minutes



200 °C

ingredients

- 2 salmon fillets (150 g each)
- 200 g of green asparagus
- Juice of 1 lemon
- 2 tablespoons of olive oil
- 1 garlic clove, minced
- Salt and pepper to taste.



TIP

Sprinkle chopped fresh parsley before serving for a touch of freshness.

preparation

Preheat the oven: To 200 °C.

Prepare the asparagus: Place the asparagus on a baking sheet. Drizzle with one tablespoon of olive oil, garlic, salt, and pepper.

Prepare the salmon: Place the salmon fillets on the same sheet, drizzle with olive oil, lemon juice, salt, and pepper.

Bake: Cook for 12-15 minutes or until the salmon is fully cooked.

Serve: Serve the salmon with the roasted asparagus.

25

FISH TACOS WITH MANGO SALSA.



4 servings



30 minutes



150-160 °C

ingredients

- 300 g of white fish fillets (hake, tilapia, or similar)
- 1 teaspoon of cumin
- 1/2 teaspoon of paprika
- 1 tablespoon of olive oil
- 8 corn tortillas
- 1 ripe mango, diced
- 1/4 cup of red onion, chopped
- Juice of 1/2 lemon
- 1/4 cup of fresh cilantro, chopped
- Salt and pepper to taste.



preparation

Season the fish: Sprinkle the cumin, paprika, salt, and pepper over the fish fillets.

Cook the fish: Heat the olive oil in a pan and cook the fillets over medium-high heat for 3-4 minutes on each side or until golden and fully cooked. Shred into large chunks.

Make the salsa: Combine the mango, red onion, cilantro, and lemon juice in a bowl. Adjust salt to taste.

Assemble the tacos: Place the shredded fish on the tortillas, add a portion of mango salsa, and serve.



TIP

You can add some shredded purple cabbage for extra texture and color.

26

SPINACH AND MUSHROOM RISOTTO.



2 servings



45 minutes



70 °C

ingredients

- 1 cup of Arborio rice
- 1/2 cup of sliced mushrooms
- 2 cups of fresh spinach
- 4 cups of hot vegetable broth
- 1/2 cup of white wine (optional)
- 1/4 cup of chopped onion
- 2 cloves of garlic, chopped
- 2 tablespoons of olive oil
- 2 tablespoons of grated Parmesan cheese
- Salt and pepper to taste.



preparation

Sauté the aromatics: In a large pan, heat the olive oil and sauté the onion and garlic until tender.

Cook the mushrooms: Add the mushrooms and cook for 3 minutes.

Add the rice: Stir in the rice and sauté for 2 minutes, then add the white wine (if using) and cook until evaporated.

Add the broth: Gradually add the hot broth, stirring constantly, until the rice is al dente and creamy (about 20 minutes).

Incorporate the spinach: Add the fresh spinach at the end, mix well, and cook for 2 more minutes.

Finish: Add the Parmesan cheese, mix, and adjust the salt and pepper before serving.

HEALTHY HUEVOS
RANCHEROS.

2 servings



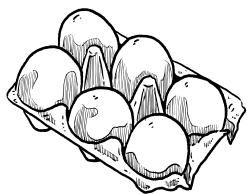
20 minutes



60 °C

ingredients

- 2 eggs
- 2 corn tortillas
- 1/2 cup cooked black beans
- 1/2 cup homemade tomato salsa
- 1/4 cup sliced avocado
- 1/4 cup crumbled fresh cheese (optional)
- Fresh cilantro for garnish.

**preparation**

Prepare the beans: Heat the black beans in a pan with a little water and salt if necessary.

Fry the eggs: Cook the eggs in a non-stick pan with a pinch of oil or cooking spray.

Assemble the dish: Place a tortilla on each plate, add a portion of beans, and top with a fried egg and tomato salsa.

Garnish: Add avocado, fresh cheese (if using), and cilantro.

TIP

You can add some shredded purple cabbage for extra texture and color.



4 servings



35 minutes



150 °C

ingredients

- 1 cup of cooked chickpeas
- 1/4 cup of whole wheat breadcrumbs
- 1/4 cup of chopped onion
- 1 clove of garlic, chopped
- 1 teaspoon of ground cumin
- 1 tablespoon of olive oil
- Salt and pepper to taste
- 4 whole wheat burger buns
- Lettuce leaves, tomato slices, and avocado for serving.



TIP

Serve with a side of roasted baby carrots or sweet potato chips.



preparation

Prepare the mixture: In a food processor, blend the chickpeas, onion, garlic, cumin, salt, and pepper until a dough forms.

Add the breadcrumbs and shape into 4 patties.

Cook the patties: Heat the olive oil in a skillet and cook the patties for 3-4 minutes on each side, or until golden.

Assemble the burgers: Place each patty in a whole wheat bun and add lettuce, tomato, and avocado.

29

WHOLE WHEAT PASTA WITH BASIL PESTO.



2 servings



25 minutes



65 °C

ingredients

- 250 g of whole wheat pasta
- 2 cups of fresh basil leaves
- 1/4 cup of walnuts or pine nuts
- 1/4 cup of extra virgin olive oil
- 2 cloves of garlic
- 2 tablespoons of grated Parmesan cheese (optional)
- Salt and pepper to taste.



preparation

Cook the pasta: Boil the pasta according to the package instructions. Drain and set aside.

Prepare the pesto: In a food processor, blend the basil leaves, nuts, garlic, cheese (if using), olive oil, salt, and pepper until smooth.

Combine: Toss the hot pasta with the pesto. Serve immediately.

TIP

Add roasted cherry tomatoes for a sweet and colorful touch.



30 AVOCADO TOAST WITH EGG AND TOMATO.



2 servings



10 minutes



room
temperature

ingredients

- 2 slices of whole wheat bread
- 1 ripe avocado
- 2 eggs
- 1/2 tomato, sliced thin
- 1 teaspoon of olive oil
- Salt and pepper to taste
- A pinch of chili flakes or paprika (optional).



TIP

Serve the toasts with green tea or fresh juice for a complete and balanced breakfast or snack.

preparation

Prepare the avocado: Mash the avocado in a small bowl with a fork. Add salt and pepper to taste.

Cook the eggs: Heat the olive oil in a skillet over medium heat and cook the eggs to your liking (fried, scrambled, or poached).

Toast the bread: While the eggs are cooking, toast the bread slices until golden.

Assemble the toasts: Spread the mashed avocado on the toasted bread, place the tomato slices on top, and finish with the cooked egg.

Garnish: If desired, add a pinch of chili flakes or paprika for an extra touch of flavor.

Conclusion

Adopting a healthy diet doesn't mean giving up flavor or complicating things in the kitchen. The recipes presented show that it's possible to prepare nutritious, delicious, and varied dishes with accessible ingredients and in reasonable times. Each recipe not only nourishes the body but also promotes positive habits that contribute to overall well-being.

Incorporating healthy options into our daily routine is an investment in our physical and mental health, and each dish is an opportunity to enjoy meals full of color, texture, and flavor. Cooking mindfully is a way to take care of ourselves and those around us!

