



eCoaching Recipe Guide





We hope you enjoy this book of delicious and Go! Healthy recipes co-designed by the chefs and lead dietitians at Cleveland Clinic. Below are the Go! Well Guidelines . . .

Minimal Saturated Fat:

Less than 4 grams for main dishes; less than 2 grams for side dishes, soups and desserts

Reason: Saturated fats turn on genes that cause inflammation and hardening of arteries, and are associated with higher bad LDL cholesterol levels. This increases the risk of heart attack, stroke and some cancers. Foods high in saturated fats include full-fat dairy products, red meat, coconut oils and palm oils.

No Trans Fat

Reason: Trans fat has no redeeming qualities! It increases bad LDL cholesterol and decreases good HDL cholesterol, raising the risk of heart attack and stroke. Although trans fat is found in small amounts in some meats and dairy products, most is consumed in the form of hydrogenated oils, which are added to stabilize products and lengthen shelf life. Products that claim to be “trans fat free” have less than 0.5 grams per serving. At Cleveland Clinic, we believe that no amount of trans fat is acceptable and have eliminated trans fat altogether.

Minimal Added Sugars and Syrups:

Less than 4 grams for main dishes and desserts; less than 2 grams for side dishes and soups

Reason: Adding sugar translates to empty calories and causes blood sugar to fluctuate. High blood sugar increases your risks of kidney disease and all arterial aging diseases, including skin wrinkling, impotence, stroke and heart attack.

100% Whole Grain

Reason: Whole grains are a vital source of fiber. Fiber has been shown to decrease the risk of heart disease, stroke and certain cancers, maintain blood sugar and insulin levels, assist with regular bowel movements and keep you feeling fuller longer. Women need about 25 grams and men generally need 35 grams of fiber per day. This is hard to achieve by eating refined breads, pastas and rice, from which the fiber has been removed.

Minimal Sodium:

No more than 600 mg in entrees; 480 mg in sides and desserts

Reason: High sodium intake is associated with high blood pressure, increased risk of stroke and worsening of kidney disease, heart failure and other conditions. The general recommendation is that no more than 2,300 mg of sodium should be consumed per day – about the amount in one teaspoon of salt.

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A close-up photograph of a breakfast meal on a white plate. In the foreground, a flour tortilla is topped with a thick layer of red salsa. Behind it, a burrito is partially unrolled, revealing a filling of scrambled eggs, green bell peppers, and small cubes of orange cheese. To the left of the burrito, there is a cluster of fresh fruit including green grapes, a blueberry, and a slice of a red strawberry. The background is softly blurred, showing more of the plate and a hint of a yellow object.

BREAKFAST OPTIONS

Breakfast Burrito

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Nutritional Information (serving size: 1 burrito): 320 calories, 6 g total fat, 1 g saturated fat, 0 g trans fat, 95 mg cholesterol, 460 mg sodium, 47 g total carbohydrate, 7 g dietary fiber, 5 g sugars, 17 g protein

Makes 4 servings

16 ounces chili beans in spicy sauce,
undrained

1 cup frozen whole kernel corn

1/4 cup salsa, preferably chipotle

3 large egg whites

2 large eggs

2 tablespoon fat-free sour cream

Cooking spray

4 large (10 inch) whole-wheat flour
tortillas

1/4 cup cilantro, chopped

1. In a medium saucepan, combine beans, corn, and salsa.
2. Bring to a boil over high heat; reduce heat and simmer uncovered 5 minutes.
3. Beat together egg whites, eggs, and sour cream.
4. Heat a large nonstick skillet over medium-high heat until hot. Coat with cooking spray.
5. Add egg mixture; cook, stirring occasionally, until eggs are set.
6. Break into chunks and stir into bean mixture.
7. Stack tortillas on a clean kitchen towel.
8. Sprinkle a few drops of water over the top tortilla.
9. Fold tortillas up in the towel; heat in microwave oven until warm, 20 to 30 seconds.
(Do not overwarm, or the tortillas will be tough.)
10. Place tortillas on serving plates.
11. Divide egg mixture over tortillas; top with cilantro.
12. Fold sides of tortillas over filling; roll up, burrito fashion.

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Frittata with Baby Greens and Feta

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Nutritional Information (serving size: 7.5 oz): 170 calories, 10 g total fat, 3 g saturated fat, 0 g trans fat, 190 mg cholesterol, 360 mg sodium, 8 g total carbohydrate, 3 g dietary fiber, 2 g sugars, 4 g protein

Makes 4 servings

1 tablespoon extra virgin olive oil
1 yellow onion, sliced
8 cups (5 ounces) baby greens, such as spinach, Swiss chard, arugula or a mixture
4 large eggs
4 large egg whites
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 ounce feta cheese, crumbled (about 2 tablespoons)

1. Heat the oven (with the oven rack in middle) to 350°F.
2. Place a medium-sized cast iron or regular skillet over medium-high heat. Add the oil and heat until it shimmers. Add the sliced onion and cook, stirring occasionally, for 5 minutes. Then lower the heat to medium and cook, stirring often, until golden brown and tender, 5 to 7 minutes more.
3. Meanwhile, in a medium bowl, whisk together the eggs, egg whites, salt and pepper.
4. Once the onion is tender, add the greens. Cover with a lid and let cook, untouched, for 1 minute. Then remove the lid and, using tongs, toss together and cook approx. 1 minute more until the greens are just barely wilted. Remove from heat.
5. Pour the beaten eggs over the wilted greens, making sure they are evenly distributed. Crumble the feta over the top. Transfer to the oven and bake until the center of the frittata is set, about 15 minutes.

Nutty Banana Muffins

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Nutritional Information (serving size: 1 muffin): 240 calories, 16 g total fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 310 mg sodium, 23 g total carbohydrate, 5 g dietary fiber, 5 g sugars, 6 g protein

Makes 12 servings

1 1/2 cups of whole-wheat pastry flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/4 cup ground chia seeds
2 teaspoons cinnamon
1/2 teaspoon cloves
1/4 teaspoon nutmeg
1/4 teaspoon ginger
3/4 cup 1% buttermilk
1 egg
1/4 cup canola oil
1/4 cup applesauce
1/4 cup white grape juice concentrate
1 packed cup of mashed banana (3 small very ripe bananas)
1 cup chopped walnuts

1. Preheat oven to 375° F. Place paper muffin cups in a 12-cup muffin pan.
2. In a medium-size bowl, combine first nine ingredients.
3. In a separate bowl, mix buttermilk, egg, canola oil, applesauce and white grape juice.
4. Add the wet ingredients to the dry ingredients and combine well.
5. Fold in the bananas and walnuts. Save a few walnut pieces to top the muffins.
6. Pour the batter into the prepared muffin pan (2/3 full). Sprinkle on the reserved walnuts.
7. Bake 20 to 25 minutes. Muffins are done when a toothpick inserted into the center of a muffin comes out clean.

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A top-down view of a white ceramic plate. On the plate is a dish consisting of chickpeas, sliced potatoes, and a fried egg. The ingredients are garnished with finely chopped green herbs. The text "MAIN DISH OPTIONS" is overlaid in the center of the image.

MAIN DISH OPTIONS

Baked Fish with Leeks Vinaigrette, Chickpeas and Parsley

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Nutritional Information (serving size: 1 muffin): 340 calories, 9 g total fat, 1.5 g saturated fat, 0 g trans fat, 55 mg cholesterol, 260 mg sodium, 34 g total carbohydrate, 6 g dietary fiber, 5 g sugars, 28 g protein

Makes 4 servings

4 leeks (white and light green parts)
1 lemon, thinly sliced
4 4-ounce fluke or flounder filets, about
¾-inch thick
4 teaspoons Dijon mustard
2 tablespoons red wine vinegar
2 tablespoons extra-virgin olive oil
¼ teaspoon freshly ground black pepper
15-ounce can chickpeas (no salt),
drained and rinsed
2 tablespoons chopped flat-leaf parsley

1. Heat the oven to 400°F.
2. Fill a large saucepan with water and bring to a boil. Quarter the leeks lengthwise, stopping an inch short of the root to keep it intact. Rinse well. Add to the boiling water and cook until tender, about 10 minutes. Drain in a colander and run under cold water to cool; let leeks drain in the colander while you prepare the fish.
3. Lay the lemon slices in a large glass baking dish to make a bed.
4. Place the fish on top of the lemon slides. Seal tightly with foil and bake until opaque throughout, 15 to 18 minutes.
5. Meanwhile, in a medium bowl, whisk together the mustard, vinegar, oil, and pepper. Shake the leeks dry of excess water and then add to the bowl. Add the drained chickpeas and chopped parsley. Gently stir together.
6. Divide the leeks and chickpeas among plates and top with the fish. Drizzle any extra vinaigrette over the fish.

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Broiled Salmon with Cannellini Bean Purée and Tomato Vinaigrette

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Nutritional Information (serving size: 1 piece with 1/4 of puree and vinaigrette): 320 calories, 15 g total fat, 2 g saturated fat, 0 g trans fat, 60 mg cholesterol, 100 mg sodium, 16 g total carbohydrate, 5 g dietary fiber, 2 g sugars, 28 g protein

Makes 4 servings

1 clove garlic
1 15-ounce can (no salt) cannellini beans, rinsed and drained
2 tablespoons fresh lemon juice
2 tablespoons chopped flat leaf parsley
1 tablespoon chopped mint
2 tablespoons extra virgin olive oil
1 tablespoon white wine vinegar
½ teaspoon Dijon mustard
1 cup cherry tomatoes, quartered
4 4-ounce pieces salmon filet

1. Peel the garlic, put it into a food processor and chop. Then add the beans and lemon juice and purée until smooth and creamy (you can add a little extra lemon juice, if needed, for desired consistency).
2. In a small bowl, combine the parsley, mint, oil, vinegar, mustard, and tomatoes.
3. Heat the broiler to high with the oven rack about four inches from the top. Place the salmon on a sheet pan and broil until the salmon is opaque throughout and the tops just start to brown, 5 to 8 minutes.
4. Serve the salmon over the bean purée and top with the vinaigrette.

Grilled Chicken Cutlets with Charred Onion and Tomato Salad

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Nutritional Information (serving size: 1 cutlet and 1/4 of the salad): 260 calories, 9 g total fat, 2 g saturated fat, 0 g trans fat, 95 mg cholesterol, 330 mg sodium, 7 g total carbohydrate, 2 g dietary fiber, 3 g sugars, 36 g protein

Makes 4 servings

2 8-ounce chicken breasts
2 cloves garlic, chopped
1 teaspoon, plus 1 tablespoon olive oil
½ teaspoon paprika
½ teaspoon kosher salt
1 medium red onion
2 jalapeños
1 pint cherry or grape tomatoes, halved
1 tablespoon fresh lime juice
12 fresh basil leaves
1/8 teaspoon freshly ground black pepper

1. Lay the chicken flat on a cutting board. With the blade of your knife parallel to the cutting board, slice each breast in half. This will give you four thin cutlets. Place them in a resealable plastic bag. Add the chopped garlic, 1 teaspoon of the oil, the paprika, and ¼ teaspoon of the salt. Massage to evenly coat the cutlets. Marinate in the refrigerator for 15 minutes.
2. Heat the grill to medium-high. Peel the onion and slice into thin rings. Slice the jalapeños in half lengthwise, and remove the seeds. Grill the onion and jalapeños until charred, 2 to 4 minutes per side. When they are cool enough to handle, slice the jalapeños crosswise into half moons. Add them to a medium-sized bowl along with the charred onion, halved tomatoes, lime juice, pepper, basil, and the remaining tablespoon of oil and ¼ teaspoon salt. Toss together.
3. Grill the cutlets until cooked through, about 2 minutes per side. Serve with the salad.

Grilled Cod with Spicy Radicchio Slaw

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Nutritional Information (serving size: 1 piece of cod with 1/4 of the slaw): 110 calories, 6 g total fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 20 mg sodium, 7 g total carbohydrate, 1 g dietary fiber, 3 g sugars, 6 g protein

Makes 12 servings

2 cloves garlic, chopped
¾ teaspoon paprika
¾ teaspoon ground cumin
2 teaspoons plus 1 tablespoon extravirgin olive oil
4 4-ounce cod filets, about 1-inch thick
1 small head radicchio, shredded
1 yellow bell pepper, thinly sliced
3 scallions, sliced
1 jalapeño pepper, thinly sliced
½ cup fresh cilantro leaves
2 tablespoons fresh lemon juice
1 teaspoon honey

1. Heat the grill to medium-high.
2. Combine the garlic, paprika, cumin, and 2 teaspoons of the oil in a dish large enough to hold the fish in a single layer. Add the fish, turning to coat completely in the marinade. Let marinate while you make the slaw.
3. In a large bowl, combine the radicchio, bell pepper, scallions, jalapeño, and cilantro.
4. In a small bowl, whisk together the lemon juice, honey, and remaining tablespoon of oil. Drizzle over the slaw and toss.
5. Grill the fish until opaque throughout, 2 to 3 minutes per side. Serve with the slaw.

Slow Roasted Tomato Sauce with Whole Wheat Spaghetti

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Nutritional Information (serving size: 1 1/2 cups): 450 calories, 12 g total fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 260 mg sodium, 77 g total carbohydrate, 14 g dietary fiber, 11 g sugars, 15 g protein

Makes 4 servings

2½ pounds ripe Roma tomatoes
8 garlic cloves
3 tablespoons extra-virgin olive oil
1 tablespoon chopped fresh oregano or 1
teaspoon dried oregano
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
¼ teaspoon crushed red pepper
12 ounces whole-wheat spaghetti

1. Heat the oven to 350°F. Place the tomatoes in a medium-sized baking dish (e.g. 8x11 inches). You want them to fit snugly. Drizzle with the oil and toss. Roast, stirring once about halfway through, until the tomatoes are very tender, about 1½ hours.
2. Puree the tomatoes and garlic (using a blender or a handheld immersion blender) until smooth. Add as much of the roasted tomato juices as necessary to achieve the desired consistency. Stir in the chopped oregano, salt, black pepper and red pepper. Reheat for serving.
3. Cook the pasta according to the package directions and drain. Divide among bowls and top with tomato sauce.

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Spinach Mushroom Turkey Roulade

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Nutritional Information (serving size: 15 oz): 440 calories, 16 g total fat, 2 g saturated fat, 0 g trans fat, 140 mg cholesterol, 270 mg sodium, 11 g total carbohydrate, 5 g dietary fiber, 2 g sugars, 63 g protein

Makes 6 servings

1 boneless, skinless turkey breast half, about 3 pounds
3 tablespoons extra-virgin olive oil, divided
½ cup minced white onion
1 teaspoon minced garlic
1 cup shiitake or cremini mushrooms, ends trimmed and thinly sliced
½ teaspoon salt
¼ teaspoon freshly ground black pepper
2 bunches fresh spinach, stems trimmed
3 tablespoons whole wheat Panko bread crumbs
½ cup toasted walnuts, chopped
1/8 cup chicken broth, low sodium
1 teaspoon poultry seasoning
½ teaspoon fresh sage, minced
½ teaspoon fresh rosemary, minced
½ teaspoon fresh thyme, minced

1. Add olive oil to a large sauté pan over medium high heat. Sauté the onions, stirring occasionally, until they are soft, about 5 minutes. Add the garlic and cook for another 2 or 3 minutes. Add the mushrooms, sage, rosemary and thyme. Cook until they are slightly soft, about 6 minutes. Add the spinach and cook, stirring occasionally, until spinach is wilted, 3 or 4 minutes. Transfer to a strainer to drain and set aside. Once cooled, squeeze lightly to release any excess liquid, then transfer to a bowl and add the walnuts, breadcrumbs and chicken broth. Mix well and set aside.
2. Butterfly the turkey breast: (Or ask the butcher to do it for you at the meat counter.) Place the turkey breast on a cutting board. Starting with the narrowest end of the meat and holding the blade of a knife parallel to your work surface, make a horizontal cut about halfway through the thickness of the meat. Continue cutting with your blade parallel to the work surface, creating two equally thick layers of turkey. Stop slicing when there is still about ¾ of an inch of meat remaining. Open the piece of meat flat, like an open book. Cover with plastic wrap and with a meat mallet, gently pound evenly to about half-inch thickness.
3. Season the inside of the turkey breasts with poultry seasoning, salt and pepper. Lay half the mushroom spinach mixture on the turkey, leaving a half-inch border and roll it up, creating a log. Tie with twine to secure.
4. Preheat the oven to 375° F.
5. Put a large saute pan on a burner and coat it with remaining tablespoon of olive oil; heat over medium-high heat. Add the turkey roll and brown on all sides. Transfer to a rack on a shallow baking tray and roast in oven for about 1¼ to 1½ hours, until internal temperature of roulade filling reaches 155° F. Remove the pan from the oven and transfer the turkey to a plate. Cover with foil to rest and keep warm. Remove the twine from the roulade and slice into 1-inch medallions.

A top-down view of a white bowl filled with a salad. The salad consists of chickpeas, arugula leaves, and strips of roasted red and orange peppers. The text "SIDE DISH OPTIONS" is overlaid in the center.

SIDE DISH OPTIONS

Bulgur Wheat Salad with Roasted Red Peppers, Pine Nuts & Raisins

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Nutritional Information (serving size: about 1 cup): 360 calories, 15 g total fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 400 mg sodium, 49 g total carbohydrate, 12 g dietary fiber, 9 g sugars, 10 g protein

Makes 4 servings

¾ cup bulgur wheat
2 red peppers
2 tablespoons pine nuts, toasted
3 tablespoons golden raisins
15-ounce can (no salt added) chickpeas,
rinsed and drained
3 tablespoons extra virgin olive oil
2 tablespoons red wine vinegar
2 tablespoons chopped flat leaf parsley
A pinch of kosher salt
A pinch of freshly ground black pepper
4 cups arugula

1. Place the bulgur wheat in a large bowl and pour in 2 cups of hot tap water. Let soak until tender, about 40 minutes. Drain through a fine-mesh strainer and shake to remove as much excess water as possible.
2. Heat the broiler with the oven rack about 4 inches from the top. Cut the peppers in half and remove the stem, seeds, and white membranes. Place peppers cut-side down on a sheet pan and broil until the skin is charred, 5 to 10 minutes. Let cool, peel away the skin and discard. Slice the peppers into thin strips and add to a medium bowl.
3. Place the pine nuts in a small skillet over medium heat. Toast, gently shaking the skillet often, until the pine nuts are golden brown, 3 to 4 minutes; let cool. Add the pine nuts to the sliced peppers along with the raisins, chickpeas, oil, vinegar, parsley, salt, and pepper. Stir with love to combine ingredients and flavors. Divide the arugula and bulgur wheat among bowls. Spoon the red pepper mixture over each and drizzle with the remaining vinaigrette.

Corn and Fire Roasted Tomato Chowder

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Nutritional Information (serving size: 1 cup): 170 calories, 2.5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 570 mg sodium, 33 g total carbohydrate, 5 g dietary fiber, 7 g sugars, 5 g protein

Makes 4 servings

½ tablespoon extra virgin olive oil
½ cup onion, diced
½ tablespoon garlic, minced
¾ cup redskin potatoes, diced small (approx. 1 medium, redskin potato)
1 cup vegetable stock
¼ teaspoon smoked paprika
¼ teaspoon cumin
½ teaspoon salt
½ teaspoon black pepper
1 can (14.5 oz) fire roasted diced tomatoes
1 cup water (to rinse can)
1 cup corn, about 2 ears of corn removed from cob
(NOTE: You can use either leftover cooked corn on the cob or fresh, uncooked corn)
1½ teaspoons light coconut milk
½ tablespoon fresh cilantro, chopped

1. Add olive oil to saucepan, heat and sauté onion until translucent.
2. Add the garlic and cook until fragrant; then add the potatoes and stock.
3. Bring to a simmer and cook until the potatoes are just tender, about 5 minutes. Add the remaining ingredients and mix well.
4. Cook until thoroughly heated.
5. Serve in individual bowls.

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Crunchy Peanut Slaw

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Nutritional Information (serving size: 2/3 cup): 110 calories, 13 g total fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 320 mg sodium, 4 g total carbohydrate, 1 g dietary fiber, 2 g sugars, 4 g protein

Makes 6 servings

2 cups chopped red or green cabbage
1/2 cup shredded carrots
1/2 cup snow peas
1/4 cup canola oil
1/4 cup rice or apple cider vinegar
3 tablespoons soy sauce (low sodium)
2 tablespoons crushed peanuts
black pepper to taste
1/4 cup chopped fresh cilantro
1/4 cup chopped green onions
1/4 cup grilled boneless skinless chicken breast
1/4 cup sunflower seeds

1. Combine cabbage, carrots and snow peas in a large bowl.
2. In a separate small bowl, whisk together oil, vinegar and black pepper. Add to cabbage mixture and toss well.
3. Just before serving, add cilantro, green onions, chicken, peanuts and sunflower seeds. Toss to combine.

Green Beans with Spinach, Parsley, Basil, Walnut and Pecan Pesto

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Nutritional Information (serving size: 1/2 cup): 150 calories, 14 g total fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 70 mg sodium, 7 g total carbohydrate, 3 g dietary fiber, 1 g sugars, 3 g protein

Makes 15 servings

1/2 cup fresh basil leaves
1/2 cup fresh parsley leaves
1/2 cup fresh spinach leaves
3 ounces of pecans, toasted and chopped
3 ounces of walnuts, toasted and chopped
1/2 teaspoon salt
3 ounces extra virgin olive oil
1 teaspoon fresh garlic, finely chopped
9 cups cooked green beans, drained well

1. Put basil, parsley, spinach, pecans, walnuts and salt in food processor and make a coarse purée.
2. Add oil and garlic to mixture and combine until well incorporated.
3. Toss mixture with cooked green beans and serve.

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Mushroom Barley with Butternut Squash

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Nutritional Information (serving size: 1/2 cup): 160 calories, 8 g total fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 90 mg sodium, 19 g total carbohydrate, 4 g dietary fiber, 2 g sugars, 4 g protein

Makes 12 servings

1 cup whole barley
6 cups water
2 tablespoons extra virgin olive oil
1 cup onion, diced
3 teaspoons hot pepper sesame oil
2 cups shitake mushrooms, thinly sliced
½ teaspoon salt
½ teaspoon black pepper
2 teaspoons extra virgin olive oil
4 cups butternut squash – peeled, seeded, diced small
½ cup walnut pieces, toasted
2 tablespoons fresh parsley, chopped

1. Place barley and 6 cups of water into a pot and bring to a boil; then reduce to a simmer. Cover and cook until tender (about 50 minutes). While barley is cooking, heat a 12-inch non-stick skillet; add 2 tablespoons olive oil and sauté onions until translucent. Add pepper sesame oil, mushrooms and season with salt and pepper. Cook mushrooms until golden brown and caramelized to bring out the Umami flavor. Then add 2 teaspoons of olive oil and butternut squash. Sauté until butternut is cooked through; add cooked barley to reheat. Turn off the heat and add the walnuts and parsley. Mix well and serve. Salad can be served warm or cold.
2. Experiment with other grains such as farro, wheat berries, quinoa or millet in place of barley. Farro is similar in size and texture to whole barley, while wheat berries are smaller, rounder and have a much chewier texture. If you're looking for some wonderful gluten-free alternatives, try quinoa or millet. Quinoa is available in white, red and black. Each color has its own flavor, so you can use a variety for flavor and color. As for millet, be sure to dry sauté the small round grains prior to using them in your recipe. This will help them retain their shape during cooking.

Roasted Root Vegetables

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Nutritional Information (serving size: about 1 1/4 cups): 280 calories, 16 g total fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 420 mg sodium, 34 g total carbohydrate, 7 g dietary fiber, 12 g sugars, 4 g protein

Makes 6 servings

1 pound red new potatoes
1 large rutabaga
1 medium orange sweet potato
1 parsnip, about 9 inches long
2 carrots
4 tablespoons extra virgin olive oil
1.5 teaspoons onion powder
1.5 teaspoons garlic powder
1 teaspoon chili pepper powder
1 teaspoon black pepper
3/4 teaspoon sea salt

1. Preheat oven to 375° F.
2. Toss potatoes, rutabaga, sweet potato, parsnip and carrots with olive oil in a large bowl until coated.
3. Season with onion powder, garlic powder, chili pepper, salt and pepper. Toss until evenly coated.
4. Spread vegetables into a 9x13-inch roasting pan.
5. Roast vegetables in preheated oven for 40 minutes, stirring occasionally until the vegetables are tender.

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Spicy Kale Salad with Almonds and Avocado

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Nutritional Information (serving size: 1 cup salad; 3 1/2 teaspoons dressing): 160 calories, 12 g total fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 420 mg sodium, 13 g total carbohydrate, 5 g dietary fiber, 1 g sugars, 5 g protein

Makes 4 servings

1/4 cup sliced almonds
2 tablespoons non-fat (0%) Greek yogurt
2 tablespoons fresh lime juice
1 teaspoon extra-virgin olive oil
1/4 teaspoon chipotle chile powder
1/8 teaspoon kosher salt
1 bunch fresh kale
1 avocado, diced

1. Place a small skillet on the stove, add the almonds, and turn the heat on to medium. Toast the almonds, tossing occasionally, until golden brown, 3 to 5 minutes. Transfer to a small bowl to cool.
2. To make the dressing, in a small bowl, whisk together the yogurt, lime juice, oil, chipotle, and salt.
3. Tear the kale leaves from their tough stems; discard the stems. Tear the leaves into bite-size pieces. Place into a salad spinner, rinse, and spin dry.
4. Add the kale along with the toasted almonds to a large bowl. Dice the avocado and add to the bowl. Drizzle the dressing over the salad and toss well.

Spicy Sweet Potato Fries

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Nutritional Information (serving size: 1 cup): 110 calories, 5 g total fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 570 mg sodium, 16 g total carbohydrate, 3 g dietary fiber, 5 g sugars, 2 g protein

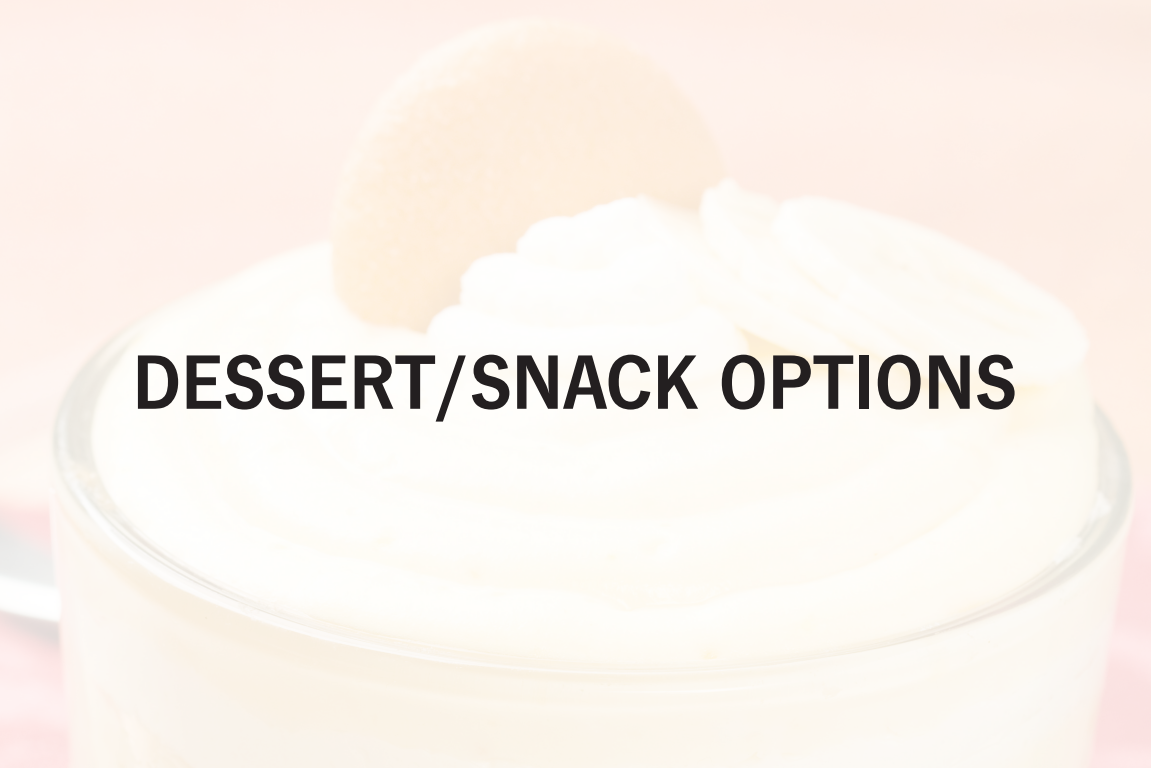
Makes 2-3 servings

2 sweet potatoes, cut into wedges (about
8 wedges per potato)
1 tablespoon olive oil
2 tablespoons Cajun seasoning

1. Preheat oven to 425° F.
2. In a large mixing bowl, combine the sweet potatoes, oil and Cajun seasoning. Mix well to evenly coat wedges.
3. Spread the wedges in a single layer on one (or two, if needed) ungreased baking sheets.
4. Bake for 30 minutes or until crispy and brown on one side. Flip fries over and bake for another 30 minutes or until the wedges are crispy on the outside and tender inside.



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DESSERT/SNACK OPTIONS

Banana Pumpkin Mousse

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Nutritional Information (serving size: 1/2 cup): 230 calories, 4.5 g total fat, 1 g saturated fat, 0 g trans fat, 50 mg cholesterol, 270 mg sodium, 23 g total carbohydrate, 6 g dietary fiber, 4 g sugars, 24 g protein

Makes 7 servings

1 large ripe banana – peeled and broken into chunks

8 ounces extra firm tofu

15 ounces canned pumpkin

2 ½ teaspoons cinnamon

¼ teaspoon ground ginger

¼ teaspoon nutmeg

1 tablespoon honey

1. Place banana in a food processor; process until smooth.
2. Add tofu; process until smooth.
3. Add remaining ingredients; process until smooth.
4. Spoon mixture into individual bowls or one large bowl and refrigerate.



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Dark Chocolate Truffles

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Nutritional Information (serving size: 1 truffle): 30 calories, 2 g total fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 2 g total carbohydrate, 1 g dietary fiber, 1 g sugars, 1 g protein

Makes 22 pieces

6 tablespoons soy milk, unsweetened
2 Earl Grey tea bags
3.5 ounces of 72% dark chocolate
1 teaspoon orange zest
1½ tablespoons cocoa powder

1. In small saucepan, bring soy milk to a boil. Remove from heat and pour into a cup over Earl Grey tea bags, allowing the mixture to steep for 20 minutes. Squeeze the tea bags into the cup before adding to the chocolate in the next step.
2. Place chocolate, orange zest and infused soy milk in a double boiler, heating on a low flame. Stir until the chocolate is two-thirds melted. Remove the bowl from the pot and place on the counter to whisk the soy milk and chocolate until smooth.
3. After you have whisked together the chocolate and soy milk, place your bowl in the refrigerator to cool; once cooled, cover with plastic wrap and put back in the refrigerator to set for an hour.
4. To form the truffles, scoop out the mixture with a measuring teaspoon, leveled off. Then form into a ball, and place each formed truffle on a plate. Spread the cocoa powder onto another plate and roll each truffle in the powder.
5. Place finished truffles on a clean plate, cover, and refrigerate for at least one hour.

Note: Using tea as a flavoring agent instead of liquor is a calorie-free addition. Try experimenting with different brands of dark chocolate. Each chocolatier uses their own unique process for creating flavor. Just be sure to use at least 70% dark chocolate.

Zucchini Raisin Muffins

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Nutritional Information (serving size: 1 muffin): 130 calories (15 calories from fat), 1.5 g total fat, 0 g saturated fat, 0 g trans fat, 30 mg cholesterol, 210 mg sodium, 28 g total carbohydrate, 3 g dietary fiber, 11 g sugars, 4 g protein

Makes 12 servings

4 ounces raisins
1/2 cup oat bran
1/2 cup boiling water
1/2 cup orange juice
1/4 cup maple syrup
2 eggs
2 fresh medium zucchini, shredded (2 cups)
1 cup whole wheat flour
1/2 cup blue cornmeal
4 teaspoons baking powder
1 teaspoon cinnamon
1/2 one fresh orange

1. Preheat oven to 375 degrees.
2. Put raisins, bran and boiling water into small bowl.
3. Stir orange juice, maple syrup, eggs, and zucchini together in large bowl. Add raisin/bran mixture and stir.
4. Stir flour, blue cornmeal, baking powder, and cinnamon together in medium bowl.
5. Fold dry ingredients into liquid mixture and stir.
6. Pour batter into nonstick muffin tins.
7. Bake for 30 minutes, until toothpick comes out clean.

A close-up photograph of a glass filled with a thick, pink smoothie. The smoothie is topped with three fresh blueberries and a small wedge of lime. The background is blurred, showing more of the same smoothie and fruit. The word "BEVERAGES" is overlaid in the center in a bold, black, sans-serif font.

BEVERAGES

Berry Smoothie

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Nutritional Information (serving size: 6 oz): 100 calories, 1 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 140 mg sodium, 18 g total carbohydrate, 2 g dietary fiber, 14 g sugars, 6 g protein

Makes 4 smoothies

10 oz fat-free yogurt

9 oz orange juice

½ banana

2 oz berries (fresh or frozen)

1 T flaxseeds

1. Mix ingredients in a blender until smooth.



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GO! Green Smoothie

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Nutritional Information (serving size: 8 oz): 140 calories, 0.5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 105 mg sodium, 0 g total carbohydrate, 5 g dietary fiber, 24 g sugars (the natural kind), 5 g protein

Makes 2 servings

1/2 cup banana
1/2 cup seedless green grapes
1/2 cup fresh or frozen mango chunks
1 cup fresh spinach
1/2 apple
1/4 cup nonfat vanilla yogurt
2 ounces fresh or no-sugar-added canned pineapple chunks, drained
1 cup ice

1. In blender container, combine all ingredients except ice. Blend for 30 seconds.
2. Add ice cubes. Blend for another 30 seconds and enjoy!

Heart-Smart Cooler

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Nutritional Information (serving size: 8 oz): 20 calories, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 4 g total carbohydrate, 1 g dietary fiber, 3 g sugars, 0 g protein

Makes 1 drink

1 tablespoon fresh blueberries
1 tablespoon fresh blackberries
6 fresh mint leaves
3 fresh basil leaves
1/2 ounce pomegranate juice
1/2 ounce green tea
4 ounces seltzer water
Basil sprigs for garnish
Mint sprigs for garnish

1. In a tall glass, muddle the blueberries, blackberries, mint and basil.
2. Add juice and tea, and top with seltzer.
3. Garnish with basil and mint sprigs and serve with a straw.



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