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YOURBeFit LIFE

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SAUCES to JAZZ UP your meals

Maximize flavor with these healthy sauce recipes.
Transform any bland or boring meal into a fun, flavorful dish!

Eggplant Pepper Pesto



1 Core peppers & pierce eggplant all over. Brush with oil. Broil over direct heat, 6 min/side. Once red pepper is charred and eggplant is softened, place in bowl and cover with a plate for ~5 min. Scrape flesh out of eggplant and skin off of pepper.

2 Place flesh of eggplant, peppers, garlic, walnuts, salt, pepper and parsley into a food processor. Pulse until is everything is well blended. Finish with lemon juice and season to taste. (Both steps can be done up to 5 days ahead).

INGREDIENTS MAKES 1 1/2 CUPS

- 2** medium red peppers
- 2** each Chinese eggplants
- 2** cloves garlic (peeled)
- 1/4** cup walnuts
- 3/4** tsp salt
- 1/4** tsp black pepper
- 4** sprigs parsley
- 1** each lemon (juiced)

USE
Sandwiches (like grilled cheese!) & burgers, proteins & veggies, omelets & frittatas, pastas & grains, pizzas

SMARTS
Switch up the nuts and herbs for different flavors

CUISINE
Mediterranean

TASTE
Smoky, sweet, nutty

COOKSMARTS

STAGE1.LOSE “Cleanse to the Max”

STAGE2.MOVE “Movement Matters”

Chimichurri



Pulse parsley, cilantro, shallots, garlic, red wine vinegar, and capers in a food processor while drizzling in oil. You want to add enough until the sauce, well, turns into a sauce! Season to taste with salt and pepper.

INGREDIENTS MAKES 1 CUP

- 1/2** bunch parsley
- 1/4** bunch cilantro
- 1/2** bulb shallot
- 1** clove garlic (peeled)
- 2** tbsp red wine vinegar
- 1/2** tbsp capers
- 1/3 - 1/2** cup cooking oil

USE
Tacos, sandwiches, burgers, soups, omelets & frittatas, proteins & veggies, especially grilled

SMARTS
Hand chop and add fresh tomatoes for a chunky salsa

CUISINE
South American, Mexican

TASTE
Fresh, pungent, tangy

COOKSMARTS

Adobo-Honey



In a blender, combine white parts of green onions, garlic clove, red wine vinegar, honey, adobo sauce, salt, and Greek yogurt. Puree until well-blended. Season to taste with any of the ingredients. (Can be done up to 5 days ahead).

INGREDIENTS MAKES 3/4 CUP

- 2** stalks green onions (white parts only)
- 1** clove garlic (peeled)
- 3** tbsp red wine vinegar
- 2** tbsp honey
- 1** tsp adobo sauce
- 1** tsp salt
- 1/2** cup Greek yogurt

USE
Salad dressing, drizzle over meats & veggies

SMARTS
Substitute mild-flavored oil for yogurt for a dairy-free version

CUISINE
Latin South American

TASTE
Sweet, spicy, tangy, creamy, rich

COOKSMARTS

STAGE3.GROOVE “Dial it all in”

Marinara



Heat a small saucepan over medium-high heat. Add cooking oil and then garlic and shallots to heated oil. Sauté for ~2 minutes and then add crushed tomatoes with brown sugar, salt, and black pepper. Simmer for ~10 minutes. Season to taste with more salt and pepper.

INGREDIENTS MAKES 2 CUPS

- 2** tsp cooking oil
- 2** cloves garlic (minced)
- 1** bulb shallot
- 1** 14 - 16 oz can crushed tomatoes
- 1/2** tbsp brown sugar
- 1/2** tsp salt
- 1/4** tsp black pepper

USE
Pastas & grains, soups, proteins & veggies, omelets & frittatas

SMARTS
Add cumin, chili powder, and blend to make enchilada sauce

CUISINE
Italian

TASTE
Sweet, tangy, zesty

COOKSMARTS

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COOKSMARTS' GUIDE TO ENJOYING VEGETABLES

Here's your guide on how you can fill your diet with a whole variety of vegetables. Enjoy them in season for tastiest (and least expensive) results!

WAYS TO ENJOY

BEST IN



SAUTÉ



MICROWAVE



WINTER



STEAM



PURÉED SOUPS



SPRING



ROAST



SALADS



SUMMER



BOIL



NOODLES



FALL

STAGE1.LOSE STAGE2.MOVE STAGE3.GROOVE

ACORN SQUASH  2 	ARTICHOKES  2 	ARUGULA  3 	ASPARAGUS  3 	BEETS  2 	BELL PEPPERS  1 	BOK CHOY  3 	BROCCOLI RABE  1 	BROCCOLI  1 
BRUSSELS SPROUTS  3 	BUTTERNUT SQUASH  2 	CABBAGE  3 	CARROTS  3 	CAULIFLOWER  1 	CELERY  2 	CHARD  3 	COLLARDS  3 	CORN  3 
CUCUMBER  1 	EGGPLANT  1 	ENDIVE  3 	FENNEL  3 	GREEN BEANS  3 	KALE  1 	LEEEKS  1 	LETTUCE / MIXED GREENS  2 	MUSHROOMS  1 
MUSTARD GREENS  3 	OKRA  3 	ONIONS  2 	PARSNIPS  3 	POTATOES  3 	NEW / BABY POTATOES  3 	RADICCHIO  3 	RADISHES  3 	RUTABAGAS  3 
SNOW PEAS  3 	SUGAR SNAP PEAS  3 	SPAGHETTI SQUASH  2 	SPINACH  1 	SWEET POTATOES  2 	TOMATOES  1 	CHERRY / GRAPE TOMATOES  1 	TURNIPS  3 	ZUCCHINI / SUMMER SQUASH  2 

COOKSMARTS

helping home cooks live happier, simpler, smarter in the kitchen