

# Healthy Swaps Gayatri Hingwala

## About Us

Gayatri Hingwala is vegetarian foodie, cooking instructor and is passionate about helping you eat Healthy in a Hurry! Gayatri's World Kitchen is an online community where she shares easy recipes, tips, tricks and kitchen tools/gadgets to help you get delicious healthy meals on the table! She specializes in vegetarian one-pot meals - done in about 30 minutes.



If you're thinking about making some lifestyle changes, mealtime is probably one of the areas you're thinking about tweaking. Healthy eating doesn't mean boring foods, or sacrificing taste. Learn simple ways to swap ingredients to make your meals healthier. For this workshop we will make 3 delicious recipes that your family will love - swapping out the main ingredient for a healthier option!

*I look forward to hanging out with you on social media. If you'd like to see more videos and recipe ideas please join me on the following social channels*


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# Toasted Quinoa Energy Bites

Skip the sugar-loaded, unsatisfying granola bar and opt for something homemade and just as easy. Keep these make-ahead, no-bake energy bites in the fridge or freezer and grab a few to-go—three make for an ideal protein-packed breakfast. Pair them with fruit and a beverage and you're set.

## Ingredients

- $\frac{3}{4}$  cup (175 mL) uncooked quinoa
- 2 cups (500 mL) instant or quick oats (see Cook's tips)
- $\frac{2}{3}$  cup (150 mL) sweetened flaked coconut
- $\frac{1}{2}$  cup (125 mL) miniature semi-sweet chocolate morsels
- $\frac{3}{4}$  cup (175 mL) creamy peanut butter
- $\frac{1}{3}$  cup (75 mL) honey or agave nectar

## Instructions

- Heat 8" (20-cm) Nonstick Fry Pan over medium-high heat 1–3 minutes. Toast quinoa 3–5 minutes or until it starts to brown and pop, stirring occasionally. Remove quinoa to a mixing bowl to cool slightly.
- Place oats in a food processor; process until coarsely chopped.
- Add oats and remaining ingredients to the batter bowl. Mix well.
- Use Medium Scoop to scoop out mixture and roll into balls. Place on Large Bar Pan lined with waxed paper.
- Place the pan in the freezer for 8-10 minutes or in the refrigerator for 30 minutes to firm up.
- Store bites in an airtight container in the refrigerator for 4–5 days.



**Cook's Tips:** Instant or quick oats work best in this recipe. If old-fashioned oats are used, bites will need longer to firm up in the freezer.

One bite is a snack and three bites make a great mini meal on the run!

You can make these ahead and freeze! Leave them out at room temperature for 1–2 hours to thaw.

**Yield: 24 servings of 1 bite**

**Nutrients per serving: Calories 140, Total Fat 7 g, Saturated Fat 2.5 g, Cholesterol 0 mg, Sodium 45 mg, Carbohydrate 18 g, Fiber 2 g, Protein 4 g**



# GREEN MONSTER MUFFIN

THIS PORTABLE BREAKFAST IS PACKED WITH OATS, BANANAS, APPLESAUCE, AND KALE AND FIBER, WHICH TURNS THE BATTER A FUN GREEN COLOR.

## Ingredients

### Muffins

- 2 cups (500 mL) old-fashioned oats (see cook's tip)
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) ground cinnamon
- ½ tsp (2 mL) baking soda
- ½ tsp (2 mL) salt
- 8 scoops **Enrichables™ Kale & Fiber**
- ⅓ cup (75 mL) applesauce
- ⅓ cup (75 mL) maple syrup
- 2 extra-ripe large bananas
- 2 eggs
- ¼ cup (60 mL) canola oil
- 1 tsp (5 mL) vanilla extract
- Oil for spritzing

### Topping

- 2 tbsp (30 mL) brown sugar
- 1 tsp (5 mL) ground cinnamon



## Instructions

- Preheat the oven to 350°F (180°C). Add the oats to the **Blender** or food processor and pulse until the oats have the texture of flour, about 10 seconds.
- Add the remaining ingredients to the blender/food processor in the order they're listed. Run 30–45 seconds, pausing and scraping down the sides. Spray the wells of the Muffin Pan with oil using the Kitchen Spritzer. Pour the batter evenly into the wells of the pan.
- For the topping, combine the brown sugar and cinnamon in a small bowl. Sprinkle the topping evenly over the muffins.
- Bake for 20–22 minutes, or until a toothpick comes up clean when inserted in the centers.
- Let the muffins stand for 5 minutes before removing from the pan.

**Yield: 12 servings**

**Nutrients per serving: U.S. nutrients per serving: Calories 160, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 30 mg, Sodium 250 mg, Carbohydrate 25 g, Fiber 2 g, Sugars 11 g, Added Sugars 8 g, Protein 3 g**

**Cook's Tips:** You can replace the 2 cups (500 mL) of oats with 1¾ cups (425 mL) of oat flour.





# ZUCCHINI NOODLE CARBONARA

## Ingredients

- 4 medium zucchini, ends trimmed
- 2 slices bacon
- 2 garlic cloves, pressed
- $\frac{1}{4}$ – $\frac{1}{2}$  tsp (1–2 mL) red pepper flakes
- $\frac{2}{3}$  cup (150 mL) half-and-half
- 1 tbsp (15 mL) cornstarch
- 1 cup (250 mL) frozen peas
- 1 oz (30 mL) fresh Parmesan cheese
- $\frac{1}{4}$  tsp (1 mL) salt
- $\frac{1}{8}$  tsp (0.5 mL) black pepper



## Instructions

- Spiralize the zucchini using the fettuccine blade on the Veggie Spiralizer, trimming the noodles with the Kitchen Shears. Place the zucchini in a large bowl and squeeze out any excess liquid with paper towels.
- Dice the bacon. Cook the bacon in a large Nonstick Skillet over medium heat for 4–5 minutes, or until it's slightly crispy, stirring occasionally. Add the garlic and red pepper flakes and cook for 30 seconds.
- Add the zucchini noodles and cook for 3–4 minutes to soften, stirring occasionally.
- Whisk the half-and-half and cornstarch in a small bowl. Pour the mixture into the skillet and mix well with the Tongs. Add the peas and cook for 3–4 minutes, or until the sauce starts to thicken slightly.
- Grate the Parmesan with the Fine Grater. Add the Parmesan, salt, and pepper to the skillet and mix well.
- Remove the skillet from the heat and let it stand for 3–5 minutes to thicken.

Yield: 4 servings

Nutrients per serving: U.S. Nutrients per Serving (1 cup/250 mL): Calories 210, Total Fat 13 g, Saturated Fat 6 g, Cholesterol 30 mg, Sodium 380 mg, Carbohydrate 15 g, Fiber 3 g, Sugars 6 g, Protein 10 g

## Cook's Tips:

Freeze the leftover zucchini disks in a resealable plastic bag. You can grill them, add them to a soup, or make breaded baked zucchini. To make your own breaded baked zucchini, dip the disks in a whisked egg white, then coat them with panko bread crumbs and grated Parmesan cheese. Bake at 400°F (200°C) for 20–25 minutes, or until lightly browned.



# BRUSCHETTA & ZUCCHINI PASTA

ZUCCHINI NOODLES AND REGULAR NOODLES COMBINE FOR A LIGHTENED UP ITALIAN DINNER.

## Ingredients

- 1 lb (500 g) chicken tenders (optional)
- ½ tbsp. (7mL) olive oil (optional)
- 1 tbsp (15mL) Italian seasoning or other preferred seasoning (optional)
- ½ lb (250 g) uncooked spaghetti
- 1 medium zucchini, ends trimmed
- 2 cups (300 mL) chicken or vegetable broth
- 2 plum tomatoes
- ¾ oz. (20 g) fresh basil leaves (about 2/3 cup/150mL loosely packed)
- 2 garlic cloves
- 3 tbsp. (45mL) olive oil
- ½ oz (15 g) Parmesan cheese



## Instructions

- Grill 1 lb (450 g) chicken tenders over medium heat for 3-5 minutes.
- In a medium Mixing Bowl, toss chicken with oil and season as desired. Grill, covered with the Press, for 3-4 minutes per side or until internal temperature reaches 165°F (74°C).
- Once cooled, chop the chicken.
- Break the spaghetti noodles in half and place in the large microwavable pan. Add the broth, cover and microwave for 5 minutes.
- Spiralize the zucchini using the fettuccine blade on the Veggie Spiralizer, trimming the noodles with the Kitchen Shears.
- Cut the tomatoes into chunks. Add to the Food Processor.
- Coarsely cut the basil with a knife. Press the garlic with the [Garlic Press](#), and add it to the processor bowl.
- Add the oil and process until all of the ingredients are combined.
- Remove the pan from the microwave, stir in the zucchini noodles, and return to the microwave. Cook for an additional 5-6 minutes, or until pasta is tender.
- Add the tomato mixture and toss well.
- Use the Coarse Grater to grate Parmesan cheese over the pasta.

Yield: 6-8 servings

Nutrients per serving: Calories 270, Total Fat 10 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 400 mg, Carbohydrate 37 g, Sugars 3 g, Fiber 2 g Protein 8 g

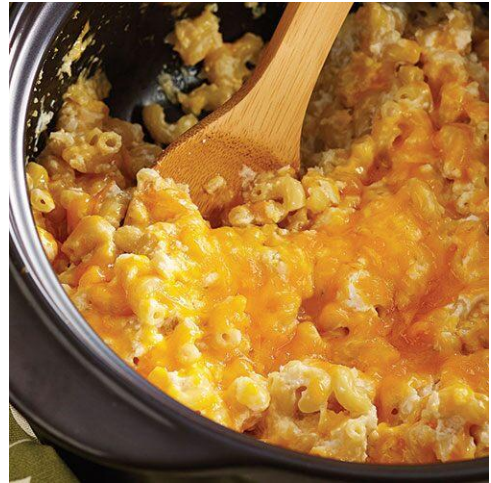
Cook's Tips: To turn this recipe gluten-free, substitute the pasta and broth with gluten-free alternatives



# SKINNY MAC 'N CHEESE

## Ingredients

- 1 1/2 lbs (700 g) cauliflower (half of a large head or 1 small head)
- 8 oz (250 g) uncooked elbow macaroni (2 cups/500 mL)
- 2 garlic cloves, peeled
- 1 1/2 cups (375 mL) chicken stock or chicken broth
- 1/2 cup (125 mL) milk
- 2 tbsp (30 mL) flour
- 8 oz (250 g) reduced-fat sharp cheddar cheese (2 cups/500 mL grated)
- 1 cup (250 mL) 2% plain low-fat Greek yogurt
- Salt and black pepper (optional)



## Instructions

- Grate cauliflower florets into a large Mixing Bowl to measure 3 cups (750 mL) (see cook's tips).
- Place cauliflower and macaroni in a large microwaveable pot. Add pressed garlic to the pot.
- Whisk stock, milk and flour until blended. Pour into Dutch Oven; mix well.
- Microwave, covered, on HIGH 17–20 minutes or until macaroni is tender, stirring once halfway through cooking.
- Meanwhile, grate cheese with Coarse Grater.
- Remove the pot from the microwave.
- Add yogurt and 1 1/2 cups (375 mL) of the cheese; stir until well blended.
- Season to taste with salt and pepper.
- Sprinkle it with remaining cheese.
- Microwave, covered, on HIGH 1 minute or until cheese is melted.

Yield: 5 servings of 1 cup/250 mL

Nutrients per serving:

Calories 340 Total Fat 7 g, Saturated Fat 3.5 g, Cholesterol 15 mg, Sodium 430 mg, Carbohydrate 46 g, Fiber 4 g, Protein 26 g

## Cook's Tips:

The easiest way to grate the cauliflower so that it stays in the bowl is to hold the grater at an angle into the large bowl while grating the florets. See step 1.

You can add color and flavor by adding 2 large peeled carrots, grated into short pieces with the Veggie Strip Maker in step 2.

