UW Campus Recreation Wellness Center

Mindful Menu

IN PARTNERSHIP WITH
ACRES STUDENT FARM

SMOOTHIE BOWL

Your choice of frozen fruit with fresh kale and your choice of juice or milk. Topped with honey, granola, and fresh fruit!

RISE N SHINE TOAST

Your choice of toast with mashed avocado, eggs, and yummy seasoning.

POWER SALAD

A blend of arugula, spinach, corn, mushrooms, broccoli, chicken, quinoa, and garbanzo beans with a pesto and lemon dressing.

SWEET CHILI SHRIMP SKEWERS

Grilled shrimp, onions, pineapples, and bell peppers with a sweet chili glaze.

MEXICAN STUFFED PEPPERS

Made with ground beef, black beans, corn, and rice these Mexican style stuffed peppers come with a number of variations.

ITALIAN CHICKEN DINNER

Crispy, tender roasted chicken with bell peppers, potatoes and onions. A perfect one-pan meal!

Smoothie Bowl

TOTAL TIME: 10 MINUTES

INGREDIENTS

1 FRESH BANANA
FROZEN FRUIT
KALE
MILK OR JUICE
OATMEAL
SEEDS
TOP WITH GRANOLA, HONEY, AND FRESH FRUIT

INSTRUCTIONS

Start by adding half of a fresh banana into the blender. Then add a handful of a frozen fruit blend. We love using frozen pineapple, mango, and papaya.

Add a handful of uncooked oats , kale, and a sprinkle of seeds. We love using chia, flax, or hemp seeds.

Pour milk or juice to the top of the fruit. Our favorite is pineapple flavored coconut water.

After blending, pour the smoothie into a bowl and top with granola, honey, and fresh fruit. Try using the other half of your banana, fresh strawberries, and blueberries!

Rise n Shine Toast

TOTAL TIME: 15 MINUTES

INGREDIENTS

YOUR CHOICE OF BREAD
1/2 AN AVOCADO
TWO EGGS
OLIVE OIL
ONIONS, CHOPPED
BELL PEPPERS, CHOPPED
CRUSHED RED PEPPER
SALT AND PEPPER TO TASTE

INSTRUCTIONS

While your bread is in the toaster, throw some chopped onions and bell peppers in a preheated pan with some olive oil.

Once the onions are slightly clear and the peppers are soft, add two eggs to the pan. Cook the eggs to your liking. We love the yolk to be a little runny.

Spread the avocado on your toast and season with salt and pepper.

Add one egg to each piece of toast and top with crushed red pepper. Enjoy!

Power Salad

TOTAL TIME: 5 MINUTES

INGREDIENTS

ARUGULA
SPINACH
CORN
BROCCOLI
MUSHROOMS, SLICED
COOKED GARBANZO BEANS
COOKED QUINOA
PESTO
LEMON
OPTIONAL: BAKED CHICKEN

INSTRUCTIONS

Add a handful of arugula, spinach, corn, broccoli, sliced mushrooms, cooked garbanzo beans, and cooked quinoa into a bowl. This recipe works best with chilled ingredients.

To create the dressing, add a scoop of pesto into a separate bowl. Pour olive oil on top and squeeze in some fresh lemon. Mix well.

Pour dressing on top and enjoy!

Optional: add a few slices of baked chicken into the mix.

Sweet Chili Shrimp Skewers

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 POUND SHRIMP
SKEWERS
2 CUPS FRESH PINEAPPLE CUT INTO CUBES
1 LARGE GREEN BELL PEPPER, SLICED
1 LARGE RED BELL PEPPER, SLICED
1 LARGE RED ONION PEELED AND CUT
12 OUNCES SWEET CHILI SAUCE
¼ CUP LIME JUICE
1 TABLESPOON CILANTRO FINELY CHOPPED
½ TEASPOON SEA SALT

INSTRUCTIONS

If you're using wooden skewers, make sure to pre-soak them in water for at least 1 hour.
Preheat a grill over medium heat (350°-400°F)
Mix the sweet chili sauce, lime juice, cilantro and sea salt together in a medium bowl.
Thread the shrimp, pineapple, red onions and peppers onto the skewers alternating the red and green peppers as you go. Use two shrimp per skewer with veggies in between and on the outside of each shrimp.
Brush skewers with half the marinade and let sit for 5 minutes.
Place the skewers on the grill, and grill for 4-5 minutes per side, or until the shrimp is pink and cooked through.

Mexican Stuffed Peppers

TOTAL TIME: 45 MINUTES

INGREDIENTS

4 BELL PEPPERS RED OR GREEN
1 LB LEAN GROUND BEEF
1 SMALL ONION, DICED
3 CLOVES GARLIC, MINCED
2 TEASPOONS CHILI POWDER
1/2 TEASPOON CUMIN
1 CAN DICED TOMATOES WITH PEPPERS
1 CAN ENCHILADA SAUCE
2 CUPS COOKED RICE OR CAULIFLOWER RICE
2 CUPS CHEDDAR CHEESE

INSTRUCTIONS

Preheat oven to 375 degrees.
Wash and seed bell peppers and cut in half from top to bottom. Place in a greased 9×13 baking dish and set aside.
Brown ground beef, onion and garlic. Drain any fat.
Stir in chili powder, cumin, diced tomatoes, 2/3 cup of the enchilada sauce.
Let simmer 2-3 minutes, remove from heat and stir in cooked rice.
Divide beef mixture into the pepper halves.
Top with remaining enchilada sauce and cheese.
Bake uncovered for 30-35 minutes or until peppers are cooked and cheese is melted.
Top with your favorite taco toppings and serve!

Italian Chicken Dinner

TOTAL TIME: 1 HOUR

INGREDIENTS

1 SMALL GREEN BELL PEPPER, CHOPPED
1 SMALL YELLOW BELL PEPPER, CHOPPED
1 MEDIUM RED ONION, CHOPPED
8 PIECES BONE-IN CHICKEN PARTS
1/3 CUP OLIVE OIL
4 CLOVES GARLIC, MINCED
1 TEASPOON DRIED CRUSHED ROSEMARY
1 TEASPOON ONION POWDER
1/2 TEASPOON PAPRIKA
1/4 TEASPOON CRUSHED RED PEPPER FLAKES
KOSHER SALT
GROUND PEPPER

INSTRUCTIONS

Preheat oven to 400 degrees F.
Chop vegetables and place on a large, rimmed baking sheet lined with aluminum foil.
Pat chicken piece dry and place onto the baking sheet.
In a small bowl, whisk together olive oil, garlic, rosemary, paprika, onion powder, red pepper flakes, and salt and pepper.
Pour over the vegetables and chicken.
Spread chicken and vegetables evenly in the pan.
Bake uncovered for 30-40 minutes, or until chicken is cooked and juices run clear.

References

AUTHORED BY KATERRA SKINNER

RECIPES

Smoothie Bowl- Katerra
Rise and Shine Toast- Katerra
Power Salad- Katerra (taken from Filo located in Seville, Spain)
Sweet Chili Shrimp Skewers- https://www.askchefdennis.com/grilled-shrimp-pineapple-skewers/
Mexican Stuffed Peppers- https://foolproofliving.com/mexican-stuffed-peppers/
Italian Chicken Dinner- http://www.thecomfortofcooking.com/2016/09/rosemary-roasted-chicken-with-bell-peppers-and-potatoes.html

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