



THE HEALTHY COACHES KITCHEN

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thehealthycoacheskitchen.com

Week 1 - Day 1: Herb Crusted Roast Pork/Portobello Mushroom with Oven-Steamed Veggie Medley & Citrus Quinoa

Servings: *Four (4)*

Diet: *Vegan & Omnivore*

RECIPES:

Roasted Pork

Prep Time Pork: 2-3 Minutes

Cook Time Pork: 25-40 Minutes (depending on oven/fridge temp)

Ingredients:

2 ½ - 3 lb. pork roast

Instructions:

Preheat oven to 375 degrees.

Prep roasted pork by cleaning & drying first.

Place pork in a 13x9" pan or roasting pan.

Rub 2-3 Tbsp of the Herbed Oil Rub mixture on the outside of the dry pork.

Place into your fully heated oven.

Cook for 20 minutes. Check the temperature and rotate the pan a half turn in the oven. Cook for another 10 minutes or until the internal temperature is 140 degrees. Let it rest on your stovetop or counter until it reaches 145/150 degrees.

Citrus Quinoa

Prep Time: 20 Minutes

Cook Time: 20 Minutes

Ingredients:

2 cups of quinoa

4 cups of water

1 Tbsp coconut or olive oil

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1 pinch salt
Zest and fruit of 1 orange
1 T Pepitas, optional
2-quart soup pot

Instructions:

Pour quinoa into a wire strainer and rinse thoroughly under cold water for 3-4 minutes. Once rinsed, add quinoa to the soup pot and (1) let sit in water for 20 minutes, if possible. Bring quinoa and water to a boil over medium heat. Cover with a lid, turn to a simmer and cook for 20 minutes. After the quinoa is done cooking, add orange zest, orange segments, and pepitas (2) if using. Fluff quinoa with a fork.
Serve.

Oven Steamed Veggies

Prep Time: 15 Minutes
Cook Time: 10-12 Minutes Total

Ingredients:

3 Peppers in Assorted Colors
1 Medium White, Vidalia or Red Onion
1 Summer Squash
1 Zucchini
½ Cup Green Beans
1 Medium Bunch Asparagus
Garlic cloves to taste, rough chopped
Roasting Pan

Instructions:

Cut the hardest veggies first (ex. peppers and onions). Place into a roasting pan and cover with 1Tbsp Herbed Oil Rub. Place in oven; cook for 10 minutes. While the veggies are cooking, chop your remaining veggies & garlic. Add these veggies to the pan and cook for 10-15 more minutes. Veggies will be done when they are soft but still, hold their shape.

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Portobello Mushrooms

Prep Time Mushrooms: 2-3 Minutes

Cook Time: 20 Minutes

Ingredients:

4 large Portobello Mushrooms

Glass/Metal Baking Dish

Instructions:

Preheat oven to 375 degrees.

Clean the tops of Portobellos by gently wiping off any dirt with a dry cloth.

Pop out the stem on the bottom, if desired.

Place mushrooms side-by-side, top-side down into a glass/metal baking dish.

Drizzle each mushroom with 1 ½ - 2 tsp of Herbed Oil Rub.

Place the dish into your fully heated oven.

Cook for 20 minutes.

Check and add more cooking time if needed. Mushrooms are done when they are soft and lose their shape slightly.

Herbed Oil Rub for Pork & Mushroom

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Ingredients:

1 c olive or avocado oil

2 Tbsp assorted chopped herbs (thyme, sage, rosemary, and basil are great together)

2 T rough chopped garlic

Pinch red pepper flakes

¼ Tsp no-salt seasoning

Optional: Young Living Lemon Vitality Essential Oil (3)

Glass vessel for storage

Instructions:

Mix all ingredients together and pour into a glass storage container putting aside until ready to use.

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PREPARATION:

Add the quinoa to your plate(s), place pork/Portobello atop the quinoa, and top pork/Portobello with the veggies.

Lightly season with salt & pepper.

Top with Pepitas (2), if you desire.

Serve, Eat & Enjoy!

LAST STEP:

One last quick step before you go! Make your veggie stock for the next day. Once prepared, store it in the pot or a glass container in the fridge for Day 2.

HCK Health Tips:

(1) Soaking quinoa makes it more digestible and allows for its nutrients to become more readily available.

(2) Pepitas add healthy fat for brain health, crunch & texture, flavor, and support hormone health.

(3) Young Living Essential Oils Lemon Vitality is good to add for flavor, healthy d-Limonene, to potentially balance your pH, and is a good substitute for Lemon in your kitchen. (Ask us to learn more about purchasing with a discount and appropriate use.)

(4) Don't throw veggie scraps away. Instead, put them all into a pot on your stovetop, and cover with water a few inches boiling for roughly 40 minutes or until the water has turned a beautiful color from the veggies.