



THE HEALTHY COACHES KITCHEN

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thehealthycoacheskitchen.com

Week 1 - Day 2: Spinach & Quinoa Stuffed Pork/Mushroom Atop Vegetable Ragu

Servings: Four (4)

Diet: Vegan & Omni

RECIPES:

In addition to the ingredients below, you will need the Pork/Mushroom, Quinoa, Vegetable Broth & Herbed Oil from Day 1.

Vegetable Ragu

Prep Time: 20 Minutes

Cook Time: 20 Minutes

Ingredients:

- 1 can Stewed tomatoes, 15 oz (est)
- 1 can Cannellini Beans, 15 oz (est)
- 2 cups chopped veggies from Day 1
- 1 Tbsp of Herbed Oil Rub from Day 1
- 1 cup Veggie Broth from Day 1, water optional

Instructions:

Add all contents to a 2-Qt sauce pan, and cook for 20 minutes stirring occasionally. Add veggie broth if it seems too thick.

Quinoa Stuffing

Prep Time: 10 min

Cook Time:

Ingredients:

- 1 Tbsp Herbed Oil Rub from Day 1
- 5 oz raw spinach (5)
- 1 cup cooked quinoa from Day 1
- ½ cup veggie stock from Day 1

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Instructions:

Add Herbed Oil Rub & raw spinach to the pan, and saute until spinach wilted.

Add cooked quinoa.

Add vegetable stock.

Stir all ingredients to combine. Remove from the pan.

Add 1 mushroom from Day 1 to the pan, and saute until warmed through. Remove from pan.

Add sliced pork from Day 1 to pan and warm. Add a little broth to prevent drying if there's no liquid in the pan.

PREPARATION:

Once all heated through, add 1 cup vegetable mixture (ragu) to the bowl, add your pork or mushroom to the top, then divide the stuffing equally over the top.

Drizzle 1 Tbsp Herbed Oil over top.

Season with salt & pepper to taste.

Nosh & Enjoy!!

Ready for Day 3?!?! Check the HCK website for the recipes!

HCK Health Tips:

(1) Spinach has tons of phenomenal health benefits. It's great for antioxidants, a low-carb, high-fiber food that helps with digestion and cleansing of the body, high in vitamins, iron and minerals, good for eye health, and just an all-around great veggie to eat.