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Helping you take action towards health goals  
with realistic, lasting change for a fit life.

## MY FAVORITE HEALTHY RECIPES

*shared by*

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The following are about 20 of my favorite healthy (or healthier) recipes. I DO change the ingredients at times from the original recipes, so I decided to give you MY versions of the recipes... that way you know how I make/eat these meals (me being authentic!). And so, because I've altered original recipes, I shouldn't list the Nutrition Facts that came with those recipes as they may no longer be accurate with the changes I made. But, trust me, I would not share these recipes if they were not healthy!

## **Baked Tofu**

1 block (about 14 ounces) extra-firm tofu  
1 tablespoon extra virgin olive oil  
1 tablespoon cornstarch  
1 teaspoon sea salt  
1/2 teaspoon garlic powder  
1/4 teaspoon black pepper OR a Cajun seasoning OR cayenne pepper



### **Instructions**

1. Drain the tofu. Slice the block of tofu into about 3 slabs - each slab should be about 3/4 to 1-inch thick. Lay paper towels on a large plate and place the slabs on the paper towels. Cover with another layer of paper towels. Place a cutting board on top of the tofu, and then place cans or pots or something you can balance on top of the cutting board to press down on the tofu. This squeezes out excess water into the paper towels. Let the tofu drain about 15-20 minutes. Then, heat oven to 400°F.
2. Remove the items on top of tofu, including the soggy paper towels. Use a knife to cut the tofu into cubes, about 3/4 inch each.
3. Add tofu to a large mixing bowl. Drizzle with olive oil and toss gently until coated. Sprinkle with cornstarch, salt, garlic powder and pepper (or other seasoning of choice). Gently toss until the tofu is evenly coated.
4. Pour the tofu out onto a parchment-covered baking sheet. Arrange it so the tofu cubes are not touching each other.
5. Bake for 15 minutes. Remove the baking sheet from the oven and turn each of the tofu cubes over to cook on the other side. Return to the oven for 15-20 minutes more. Remove baking sheet from the oven and eat hot or let cool. Will keep in a container in refrigerator for several days.

## **Spicy Cauliflower Bites**

6 cups cauliflower florets (or I use a bag of frozen cauliflower)

Non-stick cooking spray

½ tsp. Sea salt (Divided use)

¼ cup Hot pepper sauce

1/3 cup Apple cider vinegar

1 tbsp. Cornstarch

1 tsp. Ground chili powder

¼ tsp. Ground smoked paprika

½ tsp. Garlic powder

½ tsp. Onion powder

1 tsp. Pure maple syrup

1 tsp. Worcestershire sauce

2 tbsp. Light butter



### **Instructions**

1. Preheat oven to 350° F.

2. Lightly coat large baking sheet with spray (I usually place foil on sheet for easy clean-up)

3. Place cauliflower florets on baking sheet/foil. Coat cauliflower lightly with spray. Season evenly with ¼ tsp. salt.

4. Bake for 20 minutes, or until tender-crisp.

5. While cauliflower is baking, combine hot sauce, vinegar, and cornstarch in medium saucepan; whisk until cornstarch is dissolved.

6. Add chili powder, paprika, garlic powder, onion powder, maple syrup, oil, and remaining ¼ tsp. salt; whisk to blend.

7. Heat hot sauce mixture over medium-high heat; cook, stirring frequently, for 10 minutes, or until thickened. Set aside.

8. Pour hot sauce mixture over baked cauliflower (on baking sheet); mix well.

9. Return cauliflower to oven. Bake for 5 minutes.

## **Spicy Cauliflower Bites in AIR FRYER**

Bag of frozen Cauliflower or fresh

¼ cup Panko bread crumbs

Tbsp. Extra virgin olive oil

½ tsp Sea salt

½ tsp Pepper

½ tsp Garlic Powder

Hot sauce – up to you the amount

### **Instructions**

Put cauliflower in a mixing bowl.

Add oil first to coat, stir, then add all other ingredients. Stir.

Preheat air fryer for 3 minutes – 400°.

Then put the ingredients in the air fryer for 15 – 18 minutes at 400°, being sure to “shake” or flip the cauliflower half-way through cooking time. (Also, follow YOUR air fryer’s proper use instructions!)

## **Eggs (Omelet) With Mushrooms, Tomato, and Cheddar**

8 large egg whites OR I'll use 8 large eggs  
ground black pepper  
Nonstick cooking spray  
 $\frac{3}{4}$  cup sliced mushrooms  
2 green onions  
 $\frac{1}{2}$  medium tomato  
2 Tbsp shredded cheddar cheese



### **Instructions**

1. Combine eggs and pepper in a bowl; whisk to blend. Set aside.
2. Heat small nonstick skillet, lightly coated with spray, over medium heat.
3. Add mushrooms, green onion, and tomato; cook, stirring frequently, for 4 to 5 minutes, or until tender. Remove from skillet.
4. Place eggs in same skillet; cook over medium-low heat. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath.
5. When eggs are almost set, add mushroom mixture and cheese; cook for 1 to 2 minutes or until cheese starts to melt. Gently fold in half.
6. Garnish with green onion and tomato, if desired.

# **Beef and Broccoli**

1 cup low-sodium beef broth  
1 tsp. unflavored gelatin  
2 Tbsp. reduced-sodium soy sauce  
1 Tbsp. + 1 tsp. cornstarch  
2 cloves garlic, finely chopped  
½ tsp. ground ginger  
1 Tbsp. Oil (whatever I grab: either extra-virgin olive oil or coconut oil)  
1 lb. thinly sliced raw lean beef  
2 cups broccoli florets  
1 cup onion, sliced  
½ cup mushrooms



## **Instructions**

1. Sprinkle broth with gelatin. Let sit for 5 minutes.
2. Combine broth mixture, soy sauce, cornstarch, garlic, and ginger; whisk to blend. Set aside.
3. Heat oil in large skillet over high heat until very hot.
4. Add beef; cook, stirring frequently, for 3 minutes, or until browned.
5. Add broccoli, onion, and mushrooms; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
6. Add broth mixture. Bring to a boil; gently boil, stirring frequently, for 2 to 3 minutes, or until thickened.

## **Recipe Notes**

Good cuts of lean beef for stir-fry are eye of round, bottom round, or flank steak. Cutting across the grain will make the meat more tender.

# **Pita Pizza**

4 (6½-inch) whole wheat pitas or a low Carb type  
¾ cup all-natural spaghetti sauce or no-sugar marinara  
2 oz. shredded mozzarella cheese  
¼ medium onion  
1 medium yellow bell pepper &/OR mushrooms  
Pepperoni slices, if desired



## **Instructions**

1. Preheat oven to 350° F.
2. Top pitas evenly with sauce, cheese, onion, pepper, mushrooms, & pepperoni if you choose.
3. Place pitas on baking sheet. Bake for 10 to 12 minutes, or until cheese is melted.

## **Frozen Butternut Squash**

1 (16-ounce) bag frozen butternut squash (about 4 cups, do not thaw)  
2 tablespoons extra virgin olive oil  
1 teaspoon salt  
couple shakes of Black pepper  
couple shakes of Molly McButter OR Butter Buds



### **INSTRUCTIONS**

1. Arrange a rack in the lowest oven position and heat the oven to 450°F. Place a rimmed baking sheet in the oven to heat.
2. Place the squash in a medium bowl, breaking up any pieces that are frozen together. Add the olive oil, salt, pepper, and butter substitute and toss until the squash pieces are evenly coated.
3. Remove the heated baking sheet from the oven and carefully pour the squash onto it. Arrange the squash in an even layer (this prevents it from steaming).
4. Roast the squash 18 to 20 minutes. Roast until squash is tender and crispy in places, gently stirring halfway through to ensure even cooking, 18 to 20 minutes total.

--OR--

### **Alternative cooking method:**

Frozen bag of butternut squash that can be placed in microwave. Follow microwave cooking directions on BAG. When done, tear open bag, dump in the above ingredients, stir, and you're done! Simple and fast!



# **Lemon Garlic Chicken Thighs**

½ cup fresh lemon juice  
¼ cup raw honey (or pure maple syrup)  
1 Tbsp. Worcestershire sauce  
4 cloves garlic, finely chopped  
2 lbs. raw chicken thighs, boneless, skinless (about 8 thighs)  
Nonstick cooking spray  
½ tsp. sea salt  
½ tsp. black pepper



## **Instructions**

1. Combine lemon juice, honey, Worcestershire sauce, and garlic in a dish. Add chicken; cover and marinate, in refrigerator, for 1 hour, turning occasionally.
2. Preheat oven to 425° F.
3. Remove chicken from dish, reserving marinade. Arrange in a shallow baking pan lightly coated with spray.
4. Pour reserved marinade over chicken. Season with salt and pepper.
5. Bake, basting the first 20 minutes with marinade, for 20 to 30 minutes, or until chicken is no longer pink in the middle and juices run clear. Discard any leftover marinade.

# **Macaroni and Cheese With Broccoli**

4 oz. dry whole wheat elbow macaroni  
4 tsp. butter (or I've used organic coconut oil)  
2 Tbsp. unbleached whole wheat flour  
1½ cups unsweetened almond milk  
1¼ cups freshly grated extra-sharp cheddar cheese  
3 cups cooked chopped chicken breast, boneless, skinless  
6 cups chopped broccoli florets, steamed  
1 tsp. sea salt  
½ tsp. ground black pepper



## **Instructions**

1. Cook macaroni according to package directions. (Do not use salt or oil if suggested in directions.) Set aside.
2. Melt butter in large saucepan over medium heat.
3. Add flour; cook, whisking constantly, for 1 minute, or until brown (don't let it burn).
4. Slowly whisk in almond milk; cook, whisking constantly, for 1 to 2 minutes, or until mixture thickens and there are no lumps.
5. Reduce heat to low. Add cheese; cook, whisking constantly, for 2 to 3 minutes, or until melted.
6. Add macaroni, chicken, broccoli, salt, and pepper; cook, stirring constantly, for 1 minute, or until heated through.
7. Serve immediately.

## **Recipe Notes**

- Use quinoa pasta and gluten-free flour if you're following a gluten-free lifestyle.
- Asparagus, green beans or Brussels sprouts can be substituted for broccoli.
- A combination of cheeses like cheddar and Gouda, cheddar and Monterey Jack, and cheddar and Asiago can be substituted for sharp cheddar.

# Walmart Rotisserie Chicken

(seriously...)

This chicken is outstanding. At my Walmart (Highland, IL), they only cost about \$5 and makes 2 meals for 2 adults. Yep, so it's not a recipe. Don't care – this is fast, simple, and cheap. Do it.



# **Pesto Zucchini Noodles with Chicken**

1 tsp. olive oil  
½ medium red onion, chopped  
2 cloves garlic, finely chopped  
1 cup sliced mushrooms  
2 medium zucchini  
1 Tbsp. prepared pesto sauce OR no-sugar marinara  
2 (4 oz. each) COOKED chicken breast, boneless, skinless, sliced, warm



## **Instructions**

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add mushrooms, cook, stirring frequently, for 3 to 5 minutes, or until mushrooms release liquid. Set aside.
5. Using a vegetable peeler, cut each zucchini into lengthwise strips about ⅛ inch thick. Turn zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard cores. Cut slices lengthwise into ½- inch ribbons. (OR use whatever device you prefer to make noodles out of the zucchini.) Set aside.
6. Add zucchini to onion mixture; cook over medium-high heat, stirring frequently, for 2 to 4 minutes, or until heated through.
7. Add pesto (or marinara) - mix well.
8. Evenly divide zucchini mixture between two serving plates; evenly top with cooked chicken.

# **Roasted Asparagus with Parmesan**

Non-stick olive oil cooking spray

1 pound fresh asparagus, cut or “snap off” the tough ends

1/4 cup shredded Parmesan cheese &/or Mozzarella cheese

1 teaspoon sea salt

1/4 teaspoon garlic powder



## **Instructions**

1. Preheat oven to 400 degrees F.

2. Spray the inside of a 9 x 13 casserole dish with olive oil cooking spray -OR- use a sheet pan w/foil and spray the foil. Place asparagus on the dish/pan and lightly spray the asparagus with cooking spray.

3. Sprinkle asparagus with Parmesan cheese, sea salt, and garlic powder.

Sometimes I will use mozzarella cheese in place of Parmesan or use BOTH!

4. Roast in preheated oven until fork easily punctures thickest part of stem, about 12 minutes. I will also turn the broiler on for about 2 minutes to finish them.

## **Spicy Sweet Potato Fries**

2 large sweet potatoes  
2 Tbsp. extra-virgin olive oil  
1 Tbsp. chili powder  
Sea salt



### **Instructions**

1. Heat oven to 400° F.
2. Place sweet potatoes in a large bowl. Drizzle with oil; toss gently to coat.
3. Season with chili powder and salt; toss gently to coat.
4. Spread potatoes in a single layer on a baking sheet lined with parchment paper.
5. Bake for 20 to 30 minutes, turning once, until brown and tender.
6. Cool for 5 minutes before serving.

# **Steak Fajitas**

1½ tsp. Extra virgin olive oil  
1 medium green (red or yellow) bell pepper, cut into strips  
OR cup of sliced mushrooms  
Half of a medium onion, sliced  
2 cloves garlic, finely chopped  
1 lb. raw extra-lean beef sirloin, cut into 2-inch strips  
1 tsp. ground chili powder  
1 tsp. ground cumin  
1 tsp. crushed red pepper flakes  
½ tsp. sea salt  
½ cup fresh salsa  
8 6-inch corn tortillas, warm  
4 Tbsp. Sour cream light



## **Instructions**

1. Heat oil in large nonstick skillet over medium-high heat.
2. Add bell peppers or mushrooms and onion; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent and peppers are tender.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add beef, chili powder, cumin, pepper flakes, and salt; cook, stirring occasionally, for 7 to 8 minutes, or until meat is no longer pink.
5. Add salsa; cook, stirring frequently, for 2 to 3 minutes, or until heated through.
6. Evenly top each tortilla with beef mixture and sour cream.

# Tuna Salad Sandwich

1 (3½ -oz.) can solid white tuna, packed in water, drained  
1 Tbsp. fresh lemon juice  
2 tsp. extra-virgin olive oil  
1/4 medium red onion, finely chopped  
1/4 medium celery stalk, finely chopped  
ground black pepper, to taste; optional  
2 slices high-fiber whole grain bread  
2 slices medium tomato  
1 lettuce leaf



## **Instructions**

1. Combine tuna, lemon juice, oil, onion, celery, and pepper in a small bowl; mix well.
  2. Top one slice of bread with tuna mixture; top with tomato, lettuce, and finish with second slice of bread.
- SIMPLE!!**



# Veggie Burger Salad

For 2 people:

2 cooked veggie burger patties

2 slices cheese of choice

mixed salad greens

grape tomatoes

¼ cup sliced onions

½ cup chopped raw mushrooms

Add any veggies you want! It's a freaking salad!

Dressing of choice (I use a mix of extra-virgin olive oil and apple cider vinegar w/Tony's Creole seasoning)



## **Instructions**

1. In a small nonstick skillet, heat a drizzle of oil. Add mushrooms and saute until tender 5-6 minutes. Season with a pinch of salt and pepper.
2. Bake or cook veggie burger patty per package instructions. In the last minute add a slice of cheese to melt.
3. Meanwhile place all salad ingredients in a large serving bowl. Drizzle with dressing of choice. Cut up veggie burger into bite-size pieces and put on top of salad ingredients.

# Zucchini Fries

Nonstick cooking spray  
¼ cup whole-wheat flour  
2 Tbsp. cornmeal  
1 tsp. sea salt  
½ tsp. ground black pepper  
2 medium zucchini, cut into ½ x 3-inch sticks  
2 large egg whites, lightly beaten



## **Instructions**

1. Preheat oven to 475° F.
2. Line baking sheet with foil; lightly coat with spray.
3. Combine flour, cornmeal, salt, and pepper in a large resealable plastic bag; shake to combine.
4. Working with a few pieces at a time, dip zucchini in egg whites and lift out, letting excess drip back into bowl; drop zucchini into bag containing flour mixture. Seal bag and shake to coat. Repeat with remaining zucchini.
5. Place zucchini on prepared baking sheet. Bake for 12 to 14 minutes, turning after 6 minutes, or until tender-crisp and golden brown.

# Turkey Tacos

1 tablespoon olive oil  
Half small red onion, chopped  
1 pound ground turkey  
1/2 teaspoon chili powder  
sea salt  
pepper  
8 soft taco or burrito tortillas (I buy what's pictured here from Walmart)  
lettuce, shredded  
Shredded Cheddar or Mozzarella  
Tomato, diced  
Salsa



## **Instructions**

1. Heat the oil in a medium skillet over medium high heat. Add the onion and cook, stirring, until slightly soft, about 4 minutes.
2. Add the turkey and cook until no pink remains, about 7 minutes. Stir in the chili powder, salt and pepper.
3. Spoon the filling into the taco shells and top with the lettuce, cheese, tomato and salsa.
4. Place in microwave for 20 or so seconds to make tortillas warm, if desired.

# Mashed Cauliflower and Gravy

Yep, keeping it simple, folks!



There are other brands of mashed cauliflower, too. Try several to find which brand you prefer. And I buy various types/brands of gravy to put on this... beef, chicken, turkey gravy. Whatever. Or, use cheese. Or, use a healthier butter. Or eat plain!

## **Skinny Beef Stroganoff**

3 tsp. Extra-virgin olive oil, divided use  
1½ lbs. extra lean beef sirloin, cut into thin strips  
1 small onion, chopped  
8 oz. sliced mushrooms (fresh or canned)  
3 Tbsp. whole-wheat flour (or almond flour)  
4 cups low-sodium beef broth  
¾ tsp. sea salt  
½ tsp. ground black pepper  
5 oz. dry whole-wheat egg noodles  
½ cup reduced fat (2%) plain Greek yogurt



### **Instructions**

1. Heat 1 tsp. oil in large nonstick skillet over high heat.
2. Add beef; cook, stirring frequently, for 5 minutes, or until browned. Remove from skillet. Set aside.
3. Heat 1 tsp. oil in same skillet over medium-high heat.
4. Add onion; cook, stirring frequently, for 3 to 4 minutes.
5. Add mushrooms; cook, stirring frequently, for 4 to 6 minutes, or until most liquid is absorbed.
6. Add remaining 1 tsp. oil; cook, stirring occasionally, for 1 minute.
7. Add flour; cook, stirring frequently, until onion mixture is evenly coated.
8. Add broth slowly, stirring constantly. Season with salt and pepper. Bring to a boil. Reduce heat to medium-low; cook, stirring frequently, for 8 to 10 minutes.
9. Add beef and egg noodles. Mix well; cover. Cook for 8 to 10 minutes, or until noodles are soft. Remove from heat.
10. Add yogurt; mix well.

## **Healthier Chicken Parmesan**

1 cup whole-grain panko bread crumbs  
4 Tbsp. grated Parmesan cheese, divided use  
1 dash sea salt  
¼ tsp. ground black pepper  
¼ tsp. garlic powder  
¼ tsp. onion powder  
2 large eggs, lightly beaten  
4 4-oz. raw chicken breasts, boneless, skinless  
1 cup all-natural marinara sauce  
¾ cup shredded part-skim mozzarella cheese



### **Instructions**

1. Preheat oven to 450° F.
2. Lightly coat medium baking sheet with spray. Set aside.
3. Combine bread crumbs, 2 Tbsp. Parmesan cheese, salt, pepper, garlic powder, and onion powder in a small bowl; mix well. Transfer to a plate. Set aside.
4. Place eggs in a shallow dish. Dip each chicken breast in eggs, completely coating, then bread crumbs; coating each evenly on all sides. Place chicken on prepared baking sheet.
5. Bake for 22 to 26 minutes, turning after 15 minutes, or until chicken is no longer pink in the middle and juices run clear.
6. Preheat broiler on high.
7. Top each chicken breast evenly with marinara sauce, mozzarella cheese, and remaining 2 Tbsp. Parmesan cheese. Return to oven for 2 to 3 minutes, or until cheese is melted.

I hope you found these recipes/meal ideas useful. I DON'T actually like cooking or baking, so I tend to make things that are easier, faster and with not too many ingredients.

Let me know if I can help you with your nutrition, fitness and general wellness.

Take care,  
Gina Long-Boekhout  
Health and Wellness Coach

*Helping you take action towards your health goals with realistic, lasting change for a fit life...*

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