

Healthy Hearty Recipes



It's good to be Blue.

Carrot Cake Baked Oatmeal

Ingredients

- 2¼ C rolled oats
- 1½ tsp ground cinnamon
- 1½ tsp baking powder
- ¼ tsp salt
- 1½ C lightly packed shredded carrots
- 2½ C unsweetened almond milk
- ½ C pure maple syrup
- 2 tsp pure vanilla extract
- 1½ tsp freshly grated ginger (or try ½ tsp ground ginger)
- ¼ C raisins
- ½ C chopped walnut halves

Directions

1. Preheat oven to 375°F and lightly grease a 10-cup / 2.5 qt. casserole dish. You can use an 8" x 11" rectangular casserole dish.
2. In a large bowl, mix together the rolled oats, cinnamon, baking powder and salt.
3. In a medium bowl, whisk together the wet ingredients: shredded carrot, almond milk, maple syrup, vanilla and fresh ginger.
4. Add the wet mixture to dry mixture and stir until combined.
5. Pour mixture into prepared dish and smooth out with a spoon. Press down on the oatmeal with a spoon so the oats sink into the milk. Sprinkle on the walnuts and raisins and press down lightly again.
6. Bake, uncovered, for 32-37 minutes until lightly golden along edge. The oatmeal will still look a bit soft or wet in some spots when it comes out of the oven, but it will firm up as it cools.
7. Let cool for about 10 minutes before serving.

Recipe adapted from: <http://ohsheglows.com/2014/03/19/heavenly-carrot-cake-baked-oatmeal/#ixzz309oAdUGF>

Vegetable Fried Rice

Ingredients

- 1 C instant brown rice
- 1 C vegetable broth
- 2 eggs, lightly beaten
- 2 tsp canola oil
- 6 oz asparagus spears
- 1 medium red bell pepper
- 4 scallions
- 1 clove garlic, minced
- 1 Tbsp minced fresh ginger
- 4 tsp reduced-sodium soy sauce
- 2 Tbsp rice vinegar
- 1 tsp toasted sesame oil
- Hot red pepper sauce, to taste

Directions

1. Combine rice and broth in a small saucepan. Bring to a boil over high heat. Cover, reduce heat and simmer until the liquid is absorbed, 12 to 14 minutes. Spread the rice out on a large plate and let stand for 5 minutes.
2. While the rice is cooling, coat a large nonstick wok or skillet with cooking spray and place over medium heat. Pour in eggs and cook, stirring gently, until just set, 30 seconds to 1 minute. Transfer to a small bowl.
3. Heat canola oil in the pan over medium-high heat; add asparagus and cook, stirring for 2 minutes. Add bell pepper, scallions, garlic and ginger. Cook, stirring until the vegetables are just tender, about 2 minutes. Add the cooked rice, soy sauce and vinegar to the pan; cook until the liquid is absorbed, 30 seconds to 1 minute. Fold in the cooked eggs. Remove from the heat; stir in sesame oil and hot sauce.

Recipe adapted from [eatingwell.com](http://www.eatingwell.com).
http://www.eatingwell.com/recipes/vegetable_fried_rice.html

Quinoa Salad

Ingredients

- 1½ C quinoa
- ½ C pine nuts
- 1 cucumber, peeled and finely diced
- 3 Roma tomatoes
- ½ red onion, finely chopped
- ½ C fresh chopped parsley
- ¼ C olive oil
- 3 Tbsp lemon juice
- 2 tsp grated lemon zest
- Salt and pepper, to taste

Directions

1. Bring 2 quarts of water to a boil. Add quinoa and cover. Reduce heat to medium-low and simmer for 12 to 14 minutes or until quinoa is tender.
2. Pre-heat oven to 400°F. Spread pine nuts on baking sheet and toast 3 to 4 minutes or until lightly brown.
3. Drain quinoa and rinse under cold running water. Drain again. Add pine nuts, cucumber, tomatoes, onion and parsley. Fold in oil, lemon juice and lemon zest. Season with salt and pepper, to taste.

Recipe adapted from: [vegetariantimes.com](http://www.vegetariantimes.com)
<http://www.vegetariantimes.com/recipe/refreshing-quinoa-salad/>