

# In honor of National Nutrition Month: Fuel for the future

## Overnight Oats Base



### Ingredients

3 cups dried rolled oats  
(oatmeal)

4 cups soy milk

½ tbsp ground cinnamon

1 tsp ground nutmeg

Optional ingredients

(blueberries, strawberries,  
bananas, almonds, peanut  
butter, chia seeds)

Go ahead and get creative!

### Directions

1. Mix all ingredients in a mixing bowl.
2. Cover or transfer to a sealed container and let sit overnight.
3. Add your favorite toppings and enjoy!

Yields 8 each 8 oz portions

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# Sweet Potato Black Bean Chili



## Ingredients

2 tbsp olive oil  
2 sweet potatoes (can sub in or add 1 lb. of ground turkey)  
1 large onion diced  
1 carrot diced  
1 stalk celery diced  
2 tbsp garlic  
1 each bell pepper diced  
2 ea. 15-ounce cans black beans  
1 15-ounce can diced tomatoes  
4 tbsp chili powder  
2 tbsp ground cumin  
½ tsp cayenne pepper (more or less depending on heat tolerance)  
1 tsp kosher salt  
1 tsp ground black pepper  
4 cups water

## Directions

1. Heat oil in a stock pot or crockpot.
2. Add sweet potatoes, onions, carrots, celery and garlic.
3. Cook, stirring often, until the onions become translucent, 2–4 minutes.
4. Add chili powder, cumin, cayenne pepper, salt and black pepper.
5. Cook, stirring constantly, for 30 seconds.
6. Add diced tomatoes, black beans, bell peppers and water.
7. Bring to a boil then reduce the heat to a simmer.
8. Cover and simmer for 10–15 minutes or until sweet potatoes become tender.
9. Season with salt, pepper, and cilantro.

Yields 8 each 8 oz portions

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# Tumeric Roasted Chicken



## Ingredients

- 6 each 6 oz chicken breast
- 2 tbsp extra virgin olive oil
- 1 tbsp ground turmeric
- 1 tbsp minced garlic
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- ½ tsp salt
- ½ tsp black pepper

## Directions

1. Mix all ingredients together in a bowl.
2. Toss chicken in turmeric marinade and let sit for 24 hours.
3. Pre heat oven to 350 degrees Fahrenheit.
4. Place marinated chicken on lined sheet pan.
5. Bake at 350 degrees for 10 to 15 minutes or until chicken reaches an internal temperature of 165 degrees

Yields 8 portions

# In honor of National Nutrition Month: Fuel for the future

## Tumeric Roasted Tofu



### Ingredients

- 3 ea. 12 oz packages of extra firm tofu
- 2 tbsp extra virgin olive oil
- 1 tbsp ground turmeric
- 1 tbsp minced garlic
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- ½ tsp salt
- ½ tsp black pepper

### Directions

1. Mix all ingredients together in a bowl.
2. Toss tofu in turmeric marinade and let sit for 1 hour.
3. Pre heat oven to 350 degrees Fahrenheit.
4. Place marinated Tofu on lined sheet pan.
5. Bake at 350 degrees for 8–10 minutes.

Yields 6 portions