



Made From Scratch

New Year Reset

After all of the holiday meals and goodies, you may be feeling sluggish and ready for a reset. Try out these New Year Reset recipes to help you get on your way.

Healthy Breakfast Egg Muffins

Ingredients:

- 1 c. baby spinach, chopped
 - 3/4 c. red bell pepper, diced
 - 3/4 c. green bell pepper, diced
 - 3/4 c. cherry tomatoes, quartered
 - 6 large eggs
 - 4 large egg whites
 - 1/4 tsp. kosher salt
 - 1/4 tsp. dried basil
 - 1/4 tsp. dried oregano
 - Pinch ground black pepper
 - 1/4 c. crumbled feta cheese
- *plus to add on top*

Instructions:

1. Preheat your oven to 350°. Coat a 12-cup muffin tin with nonstick spray, and divide your vegetables until each cup is two-thirds full.
2. Whisk together the eggs, egg whites, and spices. Fill each cup three-quarters of the way to the top, then add feta.
3. Bake for 24 to 28 minutes, until set. Let cool, then use a butter knife to loosen. Serve hot or store for later.



Nutrition facts | Serving size: 1 muffin

Per serving | Calories: 70 | **Fat:** 3 g | **Saturated Fat:** 3 g | **Fiber:** 1 g | **Carbs:** 3 g | **Protein:** 8 g | **Sodium:** 148 mg

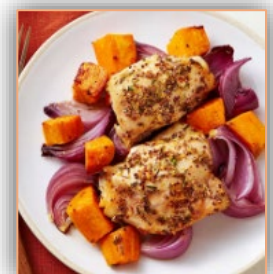
Roast Chicken and Sweet Potato

Ingredients:

- 2 tbsp. whole-grain or Dijon mustard
- 2 tbsp. fresh chopped thyme or 2 tsp. dried thyme
- 2 tbsp. extra virgin olive oil, divided
- 1 tsp. salt divided
- 1/2 tsp. ground pepper, divided
- 1 1/2 - 2 lbs. bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut in 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

Instructions:

1. Place rack in lower third of oven; preheat to 450°, preheat a large rimmed baking sheet in the oven.
2. Combine mustard, thyme, 1 tablespoon oil, 1/4 teaspoon each salt, and pepper in a small bowl; spread the mixture evenly on chicken.
3. Toss sweet potatoes and onion in a bowl with remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Remove baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
4. Return pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and a thermometer is inserted into a chicken thigh registers 165°, 30 to 35 minutes.



Nutrition facts | Servings size: 4

Per Serving | Calories: 408 | **Fat:** 17 g | **Saturated Fat:** 4 g | **Fiber:** 5 g | **Carbs:** 33 g | **Protein:** 27 g | **Sodium:** 554 mg

Tip: Store leftovers in an airtight container or zip top bag in the refrigerator for up to three days or individually wrap and freeze for up to three months. Reheat gently in the microwave (thawed or directly from frozen) until hot and warmed through to the center.

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

Edamame and Veggie Rice Bowl

Ingredients:

- 1/2 c. cooked brown rice
- 1 c. roasted vegetables *recipe below*
- 1/4 c. edamame
- 1/4 avocado, diced
- 2 tbs. scallions, sliced
- 2 tbs. fresh cilantro, chopped
- 2 tbs. citrus-lime vinaigrette *recipe below*



Instructions:

1. Arrange rice, veggies, edamame, and avocado in a 4-cup sealable container or bowl.
2. Top with scallions and cilantro. Drizzle with vinaigrette just before serving.

Nutrition Facts | Serving: 2 cups

Per Serving | Calories: 394 | Fat: 22 g | Saturated Fat: 3 g | Fiber: 9 g | Carbs: 44 g | Protein: 9 g | Sodium: 239 mg

Did you know edamame has many positive health benefits? It is a good source of soy protein, which has been linked to helping reduce LDL cholesterol, aka "bad cholesterol". It is also low on the glycemic index, making it a healthy snack option for people with type II diabetes.

Make ahead tip refrigerate dressing and bowl separately for up to five days.

Colorful Roasted Sheet Pan Vegetables

Ingredients:

- 3 c. butternut squash, cubed
- 3 tbs. extra virgin olive oil, divided
- 4 c. broccoli florets
- 2 red bell pepper, cut into squares
- 1 large red onion, cut into small chunks
- 2 tsp. Italian seasoning or herbs de Provence
- 1 tsp. coarse kosher salt
- 1/4 tsp. pepper
- 1 tbsp. balsamic vinegar

Instructions:

1. Preheat oven to 425°. Toss squash and 1 tablespoon oil in a large bowl. Spread out on a rimmed baking sheet. Roast for 10 minutes.
2. Toss broccoli, bell peppers, onion, Italian seasoning (or herbs de Provence), salt, and pepper in the bowl with the remaining 2 tablespoons olive oil until the vegetables are evenly coated.
3. Add the squash to the vegetables in the bowl. Toss to combine. Spread the vegetables out on 2 rimmed baking sheets, dividing evenly. Roast, stirring once or twice until the vegetables are tender and browned in spots, 17 to 20 minutes. Drizzle with vinegar.



Nutrition facts | Serving size: 1 cup

Per serving | Calories: 98 | Fat: 6 g | Saturated Fat: 0.8 g | Fiber: 3 g | Carbs: 11 g | Protein: 2 g | Sodium: 153 mg

Tip: place the vegetables in a single layer with some space around them, to allow air to circulate around them so they brown and crisp evenly. Overcrowding the vegetables will steam them instead of roasting them.

Citrus-Lime Vinaigrette

Ingredients:

- 1/4 c. canola oil
- 1/4 c. lime juice
- 2 tsp. minced jalapeno pepper
- 1/4 c. cilantro
- 1/4 salt
- 1/8 tsp. black pepper
- 1/4 c. orange juice

Instructions:

1. In a screw-top jar combine all of the ingredients. Cover and shake well.

Nutrition facts | Serving size: 2 tablespoons

Per serving | Calories: 66 | Fat: 7 g | Saturated Fat: .5 g | Fiber: 0.1 g | Carbs: 2 g | Protein: 0.1 g | Sodium: 73 mg