

A large white bowl filled with a vibrant quinoa salad. The salad includes cooked quinoa, chickpeas, roasted sweet potato cubes, arugula leaves, pears, and a dark dressing. A hand is holding the bowl from the bottom. In the background, there is a small dish of chickpeas and a half pear.

# FAVORITE RECIPES



# hey there friend, welcome!

I'm so glad you were interested in this freebie featuring 12 of my most-loved recipes!

If you don't know me, I'm Cait. I'm a Registered Dietitian and mom with a goal to take the stress out of mealtime. Whether you need help getting [tasty, satisfying meals](#) on the table without a lot of effort, or are looking to follow a [non-restrictive approach to wellness](#) – I've got you covered. I love sharing easy meals and showing people the freedom found in listening to their bodies.

I believe in a realistic approach to wellness. This means finding a balance that works for YOU. Not your neighbor, your co-worker or your relative. We all have different circumstances and as such, there is no singular prescription to a life well-lived. There is no general plan out there that will work for everyone – it's completely individualized.

I love to encourage people to focus on meals that not only taste great, but are wholly satisfying. Rather than focusing on what you SHOULD have, think about what you WANT to have. When we approach food & mealtime this way, we tend to have a much more peaceful relationship with it.

I hope this book can provide you can find a meal or two that can become a tried & true favorite you regularly work into your rotation!

If you like what you find in here, you can get even more by [following me on Instagram](#) or [visiting my site, Cait's Plate](#).

xo,  
Cait







# breakfast quesadillas

makes: 2 quesadillas total time: 15-20 minutes

## Ingredients:

- 2 eggs
- Splash of milk
- 2–3 tablespoons bell peppers, washed, cored, seeded & minced
- 1–2 tablespoons onion, peeled & minced
- 2 tablespoons canned black beans, drained & rinsed and roughly chopped or smashed
- 1 tablespoon minced cilantro
- Salt & pepper, to taste
- Pad of butter
- 2 whole wheat soft tortillas
- 1/2 cup shredded cheddar or colby jack cheese
- Optional for serving: plain greek or skyr yogurt, salsa, hot sauce, avocado, additional freshly chopped cilantro

## Directions:

1. In a small bowl combine eggs, splash of milk, salt and pepper, whisk to combine, then set aside
2. In a large non-stick pan over medium-low heat, add butter. Once butter is melted, add peppers and onion, sautéing for 3-5 minutes or until just tender.
3. Add black beans and whisked eggs to the pan scrambling along with the veggies until eggs are fully cooked. Turn out onto a plate and wipe out the pan and set back on the stove, with the heat off.
4. Place one tortilla down on the wiped out pan and spread 1/4 of the cheese in an even layer on one half of the tortilla. Add egg mixture on top of the cheese followed by cilantro then top with the remaining cheese. Fold other half of the tortilla over and press down. Repeat with second tortilla and remaining ingredients. (\*see note)
5. Cook for 3-5 minutes over medium low heat (or until cheese has begun to melt and the bottom tortilla begins to crisp and brown) then flip and cook for another 3 minutes on the other side.
6. Remove from pan and allow to cool slightly, then slice into triangles and serve with desired toppings.



# apple raisin walnut oatmeal

**makes:** 1 bowl **total time:** 10 minutes

## Ingredients:

- 1/2 cup rolled or old fashioned oats
- 2/3 – 1 cup milk or water
- 1 tablespoon chia seeds
- 1/2 - 1 teaspoon ground cinnamon or apple pie spice (more or less as desired)
- 1/2 medium apple (or 1 small apple), diced (peeling optional)
- 1/4 cup raisins
- 1–2 tablespoons brown sugar
- 1/4 cup walnuts, roughly chopped

## Directions:

1. Combine oats, liquid of choice, chia seeds, cinnamon or apple pie spice, diced apple and raisins in a saucepan over medium high heat. Stir frequently.
2. Once the majority of the liquid is absorbed (about 3 minutes), turn the heat to low stirring continuously until the oats get a somewhat gummy texture (about 3 additional minutes) and begin to look more gelatinous than raw. Apples should be warm & gently tender and raisins should be plump.
3. Scoop contents out into a bowl and mix in brown sugar and walnuts.
4. Serve immediately.







# whole grain spiced pear pancakes

**makes: 12 pancakes total time: 15 minutes**

## Ingredients:

- 1 1/4 cup white whole wheat flour
- 1 tablespoon baking powder
- 1 tablespoon granulated sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground all-spice
- 1/4 teaspoon salt
- 1 ripe pear, peeled, cored & chopped
- 1 large egg
- 2 tablespoon canola oil
- 1–2 cups milk, any kind
- Pad of butter for greasing cooking pan

## Directions:

1. Preheat a griddle to 250 degrees F or place a large non-stick skillet over medium low heat.
2. While griddle preheats, add flour, baking powder, granulated sugar, salt and spices to a large mixing bowl, whisking to combine.
3. To a food processor or blender, add egg, diced pear and canola oil, processing until smooth.
4. Add blended egg and pear mixture to the dry ingredients and slowly stream in milk, mixing after every 1/4 cup addition, until you've reached your desired consistency.
5. Grease the griddle or non-stick skillet with a small pad of butter. Add 1/4 – 1/3 cup batter to the hot griddle or pan and cook for 2-3 minutes (or until bubbles begin to form around the edges) then flip and cook for another 2-3 minutes. Repeat until all batter has been used.
6. Top pancakes with butter and syrup or serve with yogurt & additional sliced pear.



# whole grain carrot apple raisin muffins

**makes:** 12 muffins **total time:** 30 minutes

## Ingredients:

### For the Muffins:

- 1 1/4 cup white whole wheat flour
- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon or apple pie spice
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs, lightly beaten
- 1/4 cup milk
- 1/4 cup canola oil
- 1 teaspoon pure vanilla extract
- 2 large carrots, peeled then finely grated (about 1 cup)
- 1/2 cup shredded, peeled apple (about 1 small apple)
- 1/4 cup + 2 tablespoons raisins

### For the Streusel (Optional):

- 1/2 cup firmly packed light or dark brown sugar
- 1/2 cup rolled oats
- 1/2 cup chopped walnuts
- 1/4 cup white whole wheat flour
- 1/4 cup unsalted butter, softened
- 1 teaspoon ground cinnamon

## Directions:

**For the Streusel:** Combine all ingredients in a bowl and mix with a fork or your hands until a cohesive crumb forms

### For the Muffins:

1. Preheat oven to 350 degrees F and line a 12-cup muffin pan with paper liners (or spray with cooking spray).
2. Combine flour, sugar, cinnamon, baking powder, baking soda and salt in a medium mixing bowl, whisk to combine and set aside.
3. In a large mixing bowl combine eggs, milk, oil and vanilla, beating until well combined.
4. Using the smallest side of a box grater, grate carrots and apple (or just cut them in chunks toss them all a food processor and pulse until shredded).
5. Add dry ingredients to wet and gently fold until just combined (it's ok if there are some flour pockets remaining).
6. Gently fold in carrots, apple and raisins.
7. Scoop about 1/4 cup worth of the batter into each muffin cup. If topping with brown sugar walnut streusel (see recipe in next column), sprinkle that over the top.
8. Bake for 20 minutes or until a toothpick comes out mostly clean or with a few wet crumbs.

**Note:** To freeze, allow muffins to cool completely, then place in an airtight container or bag. Muffins will last for 2 months. Defrost on the countertop overnight or in the microwave right before serving.







# vegetarian harvest wrap

makes: 1 wrap total time: 20 minutes

## Ingredients:

- 2 large handfuls mixed greens, roughly chopped
- 2–3 tablespoons cubed roasted sweet potatoes (I put these in cold, but if you prefer them warm, you can definitely do that, just note that it might wilt the lettuce a little)
- 2–3 tablespoons diced apple
- 2–3 tablespoons diced pear
- 2–3 tablespoons canned chickpeas, drained & rinsed
- 1 tablespoon diced red onion
- 1–2 tablespoons dried cranberries
- 1–2 tablespoons crushed walnuts
- 1–2 tablespoons goat cheese
- Salt & pepper, to taste
- Dressing of choice (I love olive oil & balsamic glaze or balsamic vinaigrette)

## Directions:

1. Add everything to a large bowl, toss to combine.
2. Fill one end of the wrap with 1/2 – 2/3 cup filling then wrap up and enjoy!

## Notes:

- To make the roasted sweet potatoes, peel and cube 1 medium sweet potato. Toss with 2-3 teaspoons olive oil and salt. Preheat oven to 425 degrees F and line a baking sheet with parchment paper. Toss sweet potatoes with olive oil, salt & pepper then place in a single layer on the prepared baking sheet. Bake for 20-25 minutes or until just tender and lightly browned.
- If packing for lunch, omit the dressing, adding just before serving.



# sausage & white bean veggie soup

**makes:** 4-6 servings **total time:** 35 minutes

## Ingredients:

- 1–2 tablespoons olive oil
- 2–3 cloves garlic, minced
- 1/2 medium onion, peeled & diced small
- 2 medium carrot, chopped (~2/3 – 1 cup)
- 2 medium celery stalks, chopped (~1 cup)
- 2 teaspoons Italian seasoning (I love McCormick's)
- 4 cups vegetable stock
- 1 cup tomato sauce
- 2–3 cooked Italian chicken sausages, sliced (can also omit or sub your favorite vegetarian sausages)
- 2 large handfuls baby spinach, stems removed, roughly chopped
- 1 15-oz. can cannellini beans, drained & rinsed
- 1/3 cup 2% or whole milk (can also sub soy milk)
- Salt and pepper, to taste
- For garnish: freshly shaved parmesan cheese & freshly chopped basil

## Directions:

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add garlic and cook for 30 seconds – 1 minute (until just fragrant).
3. Add onion, carrots & celery followed by Italian seasoning, salt & pepper. Cover, lower heat to medium-low and cook for ~10 minutes or until veggies are fork tender.
4. Add vegetable stock and tomato sauce then raise heat to high and bring to a boil.
5. Once boiling, lower heat and simmer for ~10 minutes, stirring occasionally.
6. Add in chicken sausage, then cover and cook for ~5 minutes (until sausage is heated through).
7. Add in spinach, stirring gently until it begins to wilt (~1-2 minutes) then add in beans and milk (a non-dairy option will also work). Stir to combine.
8. Season once more with salt and pepper, as needed.
9. Ladle into bowls, then top with freshly shredded parmesan and chopped basil. Serve with crusty bread or crackers.







# warm harvest grain bowl

**makes:** 1 large or 2 small bowls **total time:** 40 minutes

## Ingredients:

- 1 cup wild rice (brown rice, farro or quinoa would also work well!)
- 1-2 handfuls kale, stems removed, chopped into bite sized pieces
- 1 cup roasted brussel sprouts halves (see recipe below)
- 1 cup roasted sweet potatoes cubes (see recipe below)
- 1/2 cup canned chickpeas, drained & rinsed (warm roasted chicken also goes well here)
- 1/4 - 1/3 cup feta cheese
- 2-3 tablespoons dried cranberries
- 1-2 tablespoons walnuts, roughly chopped
- Olive oil
- Salt & pepper to taste
- Dressing of choice (I recommend a balsamic or lemon herb vinaigrette)

## Directions:

### For the Roasted Veggies:

1. Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
2. Halve brussel sprouts and peel sweet potato, cubing into 2 inch pieces.
3. Drizzle parchment paper with olive oil (~1-2 tsps.) then place prepared veggies in a single layer. Add another drizzle of olive oil, then toss to coat the veggies, spreading back out into a single layer. Sprinkle with salt and pepper, as desired.
4. Roast for 20-30 minutes or until veggies are just fork tender.

### For the Bowl:

1. While veggie cook, prepare grain of choice (see note).
2. In a large bowl, layer wild rice, kale, roasted brussel sprouts, roasted sweet potatoes, chickpeas, feta cheese, dried cranberries and walnuts.
3. Sprinkle with salt & pepper as desired, then toss salad with dressing of choice and enjoy!

### Notes:

- I like to cook my rice in the Instant Pot. To do so, I combine 1 cup wild rice with 1 cup cold water then, with the valve in the “sealed” position, I set to cook on High Pressure for 15 minutes. Allow to sit for 10 minutes to naturally release pressure. Fluff with a fork, then serve.
- You can choose to massage the kale (mix kale leaves with 1 tablespoon olive oil, 2 teaspoons lemon juice and a pinch of salt, then massage with your hands for 3 minutes or until leaves are tender) or you can just chop small and toss well once the salad is dressed.



# turkey apple cheddar sandwich

makes: 1 sandwich total time: 5 minutes

## Ingredients:

- 2 slices of [whole grain cranberry walnut bread](#) (if you're not into bread making, you can find this in the bakery section of your local grocery store or see if your local bakery has a loaf!)
- 3–4 oz. turkey breast (I love Boar's Head)
- 2 thin slices of white cheddar cheese
- 5–7 rings of red onion
- 5–7 thinly sliced apples or pears (or a mix of both!)
- Handful of arugula
- 1–2 tablespoons honey mustard

## Directions:

1. Layer the slices of cheddar onto the bread and toast to allow the cheese to melt & bread to toast (\*see note).
2. Spread each side with honey mustard then layer arugula on one side.
3. Place thinly sliced apples (or pears or a mix of both, if using) on the other side of the bread on top of the melted cheddar and honey mustard.
4. On top of the apples layer turkey then onions.
5. Sandwich the bread together, slice in half and enjoy!

**Note:** If you want to pack this for lunch, you can skip the toasting. I've never had a problem with toasting bread and then packing it, but if it's not for you, feel free to nix it.







# asian glazed salmon with veggie rice

**makes:** 2-4 servings **total time:** 30 minutes

## Ingredients:

### For the Salmon:

- 2 6 oz. salmon fillets

### For the Sauce:

- 1/3 cup brown sugar
- 2 tablespoons soy sauce
- 2 teaspoons hoisin sauce
- 2 teaspoons fresh ginger, peeled & grated
- 1 clove garlic, peeled & minced
- Juice from 1/2 a lime
- Red pepper flakes, to taste

### For the Rice:

- 3 cups cooked brown rice
- 2 carrots, shredded
- 2/3 cup broccoli florets, roughly chopped
- 2 garlic cloves, minced
- 1 teaspoon peeled, grated fresh ginger root
- 2 carrots, peeled and grated
- 1 small red bell pepper, seeded and chopped
- 2–3 tablespoons soy sauce
- Optional garnish: thinly sliced green onion, chopped fresh cilantro

## Directions:

### For the Salmon:

1. Preheat oven to 400 degrees F and place salmon skin side down on a parchment lined baking sheet.
2. Brush lightly with glaze and bake for 15-20 minutes (this will be well-done. Cook for less time depending on how you like your salmon done).

### For the Rice:

1. While salmon cooks, add a drizzle of olive oil to a non-stick pan over medium heat. Add garlic and ginger and saute for about 1 minute.
2. Add broccoli, peppers and carrots, cooking until they're tender to your liking (I cook for about 7 minutes, I like my stir-fry veggies to have a bite to them. If you like yours softer, cook longer).
3. Stir in rice and soy sauce, tossing to combine and cooking for another minute to allow flavors to meld.
4. Remove from the heat and top with desired garnishes.

### For the Sauce:

1. When veggie rice is finished, add all ingredients to a non-stick sauce pan and whisk to combine. Bring to a boil then allow to simmer for a few minutes so sauce can thicken.
2. Remove from pan and place in a small bowl (note that sauce can harden when it cools so don't keep it in the pan or you will have to do a lot of scrubbing! Place it in a microwave-safe bowl so you can re-heat as needed to glaze before serving).



# Caprese chicken sausage pesto pasta

makes: 4-6 servings total time: 15 minutes

## Ingredients:

### For the Pesto:

- 2 large handfuls arugula or spinach
- 1-2 handful fresh basil
- 2-3 cloves garlic, peeled & minced
- 1/4 cup walnuts
- 1/2 cup freshly shredded parmesan cheese (sub nutritional yeast for a dairy-free version)
- Salt & pepper, to taste
- Olive oil

### For the Pasta:

- 1 14.5 oz. box farfalle pasta (or any kind you prefer!)
- 4 pack of caprese chicken sausage (I used Gilbert's), sliced into rounds
- 1 pint cherry tomatoes, halved
- Salt & pepper, to taste
- Optional for serving: freshly chopped basil and shaved parmesan

## Directions:

### For the Pesto:

1. Combine all ingredients except for olive oil into a food processor. Begin to process and slowly stream in olive oil until you've reached your desired consistency. Add additional basil, garlic or parmesan as desired.

### For the Pasta:

1. Cook pasta according to box instructions.
2. While pasta cooks, place a non-stick skillet over medium heat and drizzle with olive oil. Add tomatoes and chicken sausage, tossing occasionally until tomatoes are tender and chicken sausage is browned on both sides.
3. When pasta is finished cooking, drain and toss with pesto then top with chicken sausage & tomato mixture, salt & pepper as desired, chopped basil and shredded parmesan cheese.







# black bean, corn & zucchini enchiladas

makes: 4-6 servings total time: 45 minutes

## Ingredients:

### For the Sauce:

- 1 can tomatillos, drained
- 1 onion, chopped fine
- 1/2 cup fresh cilantro leaves
- 1/2 cup low sodium vegetable broth
- 1/4 cup plain greek or skyr yogurt
- 1 tablespoon olive oil
- 2-3 garlic cloves
- Juice from 1 fresh lime
- 1 teaspoon granulated sugar
- Salt and pepper, to taste

Note: If desired you can also just use a store-bought salsa verde sauce.

### For the Enchiladas:

- 12 (6-inch) or 10 (8-inch) whole grain corn tortillas
- 1 15-ounce can low sodium black beans, drained & rinsed
- 1 onion, minced
- 2 cloves garlic, minced
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1 teaspoon chipotle chili powder
- 1 cup corn, fresh or frozen
- 1 medium zucchini, washed and diced
- ~2 cups shredded pepperjack cheese
- Olive oil
- Optional toppings: plain greek or skyr yogurt, freshly chopped cilantro, salsa, avocado, hot sauce

## Directions:

### For the Sauce:

1. Combine all ingredients into a food processor and process until smooth. Set aside.

### For the Enchiladas:

2. Preheat oven to 400 degrees F.
3. Take half the beans and transfer them to a bowl and mash them using a potato masher (you can also gently process in the food processor or simply mash with a fork).
4. In a large non-stick skillet, heat 1 tablespoon olive oil over medium heat and add minced onion, cooking until just soft (5-7 minutes).
5. Add minced garlic and spices cooking until just fragrant (about 2 minutes).
6. Stir in mashed beans, remaining whole beans, corn and zucchini, cooking until zucchini are just soft & the whole mixture is warmed through (about 2 minutes).
7. Transfer entire mixture to a large mixing bowl and toss with 1 cup of the shredded cheese and 1/2 cup of the tomatillo sauce.
8. Spread 1/2 cup of the tomatillo sauce onto the bottom of a 13x9 inch baking dish.
9. Spread about 1/4 cup of the mixture into the center of each tortilla then roll it tightly placing it in a baking dish seam side down. Repeat until all the tortillas have been used.
10. Pour the remaining sauce over the top of all the filled tortillas and sprinkle remaining cup of cheese evenly over the top of the sauce.
11. Cover dish tightly with greased aluminum foil and bake for about 20-30 minutes (or until enchiladas are heated through).
12. Allow enchiladas to cool for 5 minutes before serving.



# spicy black bean & veggie farro bake

makes: 6-8 servings total time: 50 minutes

## Ingredients:

- 1 1/2 cup farro
- 3 1/2 cups low-sodium vegetable broth
- 1 medium medium sweet potato, peeled & cut into cubes
- 1 red bell pepper, washed, de-seeded & diced
- 1 medium zucchini, washed & diced
- 1/2 cup corn, fresh or frozen works!
- 1/2 medium onion, diced
- 2 cloves garlic, minced
- 1 14 oz can low sodium black beans
- 1 1/2 cups salsa
- 1 tablespoon chipotle chili powder, divided (less as desired)
- 1/2 teaspoon cumin
- 1/2 teaspoon onion powder
- Salt & pepper to taste
- 1 1/2 cups mexican-blend cheese
- Olive oil
- Optional toppings: freshly chopped cilantro, plain yogurt, avocado, hot sauce

## Directions:

1. Preheat the oven to 425 degrees F
2. Combine farro and vegetable broth in a pot and cook according to package instructions. Once cooked, drain off excess liquid and set aside.
3. While farro cooks, placed cubed sweet potatoes on a baking sheet lined with parchment paper. Drizzle with 1 1/2 teaspoon olive oil, 1 teaspoon chipotle chili powder, salt & pepper to taste. Toss to coat the potatoes then place in the oven for 25-30 minutes (or until potatoes are fork-tender). Once cooked, remove from the oven and set aside. Turn the oven heat down to 375 degrees F.
4. While farro & potatoes cook, place 1 teaspoon olive oil in a non-stick sauté pan over medium heat and add garlic, pepper & zucchini. Cook for about 5-7 minutes or until veggies are just tender. Add onions, corn, black beans, 2 teaspoons chili powder, 1/2 teaspoon cumin, 1/2 teaspoon onion powder, salt & pepper to taste. Toss to coat all the vegetables. Sauté for another 2-3 minutes or until onions are cooked.
5. In a large bowl, add cooked farro, cooked sweet potatoes, cooked veggie and bean mixture, salsa and 1 cup of mexican blend cheese. Toss to combine and distribute all ingredients individually.
6. Cook for 5-7 minutes, remove from the oven and top with remaining 1/2 cup cheese. Place the oven on BROIL and put the casserole back in for 2-3 minutes or until cheese on top is bubbly and lightly browned.
7. Remove from the oven and allow to cool 10-15 minutes, then serve with toppings of choice.

