

# 5 Square Meals *to* Master

There's no time like the present to REBOOT YOUR HEALTHY MEALS INDEX. We asked Greenwood Village's **Tam John**, founder of EatRight-LiveWell™ and author of *A Fresh Wellness Mindset*, for five smart dishes worth sampling in the weeks ahead.

*By Kendall Kostelic*

## MONDAY

### **Best-Ever Breakfast Frittata Muffins**

Serves 12

#### INGREDIENTS

- 10 pastured organic eggs
- ½ cup cooked organic sausage (John uses chicken and apple sausage)
- ½ cup total of finely-chopped zucchini, red pepper and grated carrots
- 2 tablespoons finely-chopped green onion
- ¼ cup grated cheese (John uses pepper jack)
- Sea salt and freshly-ground pepper to taste

#### METHOD

Preheat oven to 350 degrees F. Line muffin tin with parchment liners. Whisk eggs in a large glass bowl or blend until frothy. Put about a teaspoon of sausage and grated veggies in liners, continuing to add and even out until both are fully added; repeat with cheese. Add eggs using a turkey baster, leaving a ¼-inch space at the top of each muffin. Lightly sprinkle with salt and pepper. Bake on middle rack and begin to check at 18 minutes. To test, gently jiggle pan and insert knife into muffin centers. A clean knife and set muffins indicate doneness.



**TIP:** “Drink a large glass of water first thing in the morning. We wake up dehydrated because our bodies perform thousands of actions while we sleep.”

## TUESDAY

### Chicken Salad

Serves six

#### INGREDIENTS

- 3 cups roasted chicken
- 3 celery stalks, finely chopped with leaves
- 1 cup dill pickles, chopped
- 1/2-1 cup cucumber (seeds removed) or zucchini, thinly sliced
- 2 teaspoons fresh dill or 1/2 teaspoon dried dill
- 1/2 teaspoon sea salt
- 1/2 cup mayonnaise (or more to taste)
- Freshly-ground pepper to taste

#### METHOD

Cut chicken into bite-sized pieces and combine with celery, pickles and cucumber or zucchini. Season with dill and salt; add mayonnaise and gently combine. Add pepper. Serve on a bed of greens or as a wrap or sandwich.

## WEDNESDAY

### Napa Dandelion Salad

Serves four

#### INGREDIENTS

- One bunch finely-chopped, rinsed organic dandelion greens
- 1/2 cup green onions, thinly sliced
- 2 cups Napa or savoy cabbage, thinly sliced
- 1 cup broccoli sprouts
- Optional:* grilled fish or chicken

#### DRESSING

- 3 tablespoons lemon juice
- 1 tablespoon mirin or rice wine vinegar
- 1/8 teaspoon sesame oil
- 1 teaspoon apple cider vinegar
- 1 teaspoon tamari (a Japanese sauce similar to soy sauce)

- 2 tablespoons olive oil
- 1/4 teaspoon maple syrup

#### METHOD

Combine all ingredients except sprouts in a bowl. Whisk dressing ingredients together and lightly mix with salad. Top with sprouts and serve immediately.

## THURSDAY

### Tempeh Scramble

Serves four

#### INGREDIENTS

- 6 ounces non-GMO, organic tempeh
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon paprika
- 1 teaspoon finely-minced ginger or 1/4 teaspoon dried ginger

- Small red onion, chopped
- 3 cups baby spinach or beet greens, chopped
- Tamari
- Optional:* 1 cup pineapple; organic eggs, fish or grass-fed/nitrate-free sausage

#### METHOD

Cut tempeh into one-inch cubes. Whisk olive oil, lemon juice, paprika and ginger in a medium glass dish. Add tempeh and stir to coat; let marinate overnight or for at least 20 minutes. (If marinating in the fridge, remove 15 minutes before cooking to allow olive oil to come to room temperature.) Heat cast-iron skillet to medium heat and add tempeh mixture and onion; stir for about six minutes until golden. Add pineapple and/or cooked proteins, if using, and stir to coat, gently warming on low. Turn heat off and fold in greens. Drizzle with tamari once greens are wilted.

**TIP:** "Digestion is the way your body creates energy from nourishment, and only occurs when you are relaxed. Put down your phone, sit at the table and savor what's on your plate."



**TIP:** "Everyone needs quality protein, but in the right amounts. Eat protein in no larger quantities than the size of your palm—larger portions turn to sugar."

## FRIDAY

### Asparagus Roll-Ups

Serves two

#### INGREDIENTS

- 12 asparagus spears
- 4 thin slices of ham
- 2 ounces goat cheese at room temperature
- 4 slices roasted red peppers, sliced vertically

#### METHOD

Preheat oven to 375 degrees F and place parchment on a baking sheet. Blanch asparagus, which can be done the night before, for 2 to 4 minutes, boiling spears and then immediately immersing in ice water—keep spears bright green for optimal nutrition. Drain when cool. Or keep asparagus raw, if desired.

Lay out ham slices and place 3 asparagus spears in the center of each slice. Add a dollop—about half an ounce—of goat cheese in the center of the bundle and roll up ham. Wrap a red pepper slice around each bundle, overlapping the ends like a shawl. Bake for about 10 minutes.

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