

May 5, 2021

Cook and Learn

with Culinary Dietitian, Amanda Li



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Welcome!

I am so excited for you to join me in this upcoming Cook and Learn!

My hope for you, is that you will leave this session feeling empowered and equipped with the confidence and skills to prepare delicious meals for yourself to nourish your body, mind and soul.

Feel free to gather all the ingredients and equipment so you can cook alongside me! Otherwise, sit back, relax and watch me prepare 3 mouth-watering wholesome meals!

Thanks again for entrusting me in helping you make healthy eating the easier choice! See you online on May 5th @ 7-8PM.

Until then, relish every bite!

Amanda Li

Grocery Checklist

Pantry

- olive oil
- apple cider vinegar
- dried oregano
- salt
- pepper
- granola
- 1 can navy beans, drained and rinsed
- 1x300ml jar roasted red peppers
- 1 can flaked light tuna in water

Perishables

- 1 clove garlic
- 1 orange
- 2 stalks celery
- 1 small ripe avocado
- 2% vanilla Greek/Skyr yogurt
- mayonnaise / sour cream
- pickles/relish
- dijon mustard

Equipment Checklist

- chopping board
- knife
- blender
- microplane / zester
- 3 medium bowls
- 2 small bowls
- measuring spoon
- fork





Creamy Roasted Red Pepper Sauce

ingredients (serves 6)

- 300ml** jar roasted red peppers, drained
- ½ can** navy beans, drained and rinsed
- 1 clove** garlic, peeled (can be roasted garlic)
- 1 tbsp** apple cider vinegar or lemon juice
- 2 tbsp** olive oil
- 1 tsp** dried oregano
- ½ tsp** salt
- ½ tsp** black pepper

instructions

Place all the ingredients in a blender and puree until smooth.
Serve with veggies or pita wedges.



Orange Creamsicle Parfait



ingredients (serves 2)

- 1 cup** 2% M.F. vanilla Greek/Skyr yogurt
- 1 each** orange, zested
- 2 tbsp** freshly squeezed orange juice
- ½ cup** store-bought granola

instructions

Mix the yogurt, orange zest and juice together. Divide into 2 bowls and top with granola!



Amped Up Tuna Salad



ingredients (serves 2)

- ¼ cup** finely minced celery
- 2 tbsp** finely minced pickles/relish
- 1x170g** can light tuna in water, drained
- ½ can** navy beans, rinsed and drained
- 1 small** avocado, peeled and diced
- 1 tsp** apple cider vinegar
- 1 tbsp** mayonnaise/sour cream
- 1 tbsp** dijon mustard (smooth or grainy)
- pinch** black pepper/red pepper flakes

instructions

1. In a bowl, combine all the ingredients together. Using a fork stir until mixed.
2. Serve with lettuce wraps or over a bed of spring mix salad or in a whole wheat tortilla wrap.

