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Recipes for Mens' Health

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## Feta, Pepper & Olive Egg Muffins

12 servings

30 minutes

### Ingredients

- 8 Egg
- 1 tsp Oregano
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1/2 Green Bell Pepper (medium, diced)
- 1/2 Red Bell Pepper (medium, diced)
- 1/4 cup Pitted Kalamata Olives (chopped)
- 1/3 cup Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	65
Fat	4g
Carbs	1g
Fiber	0g
Protein	5g
Calcium	44mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a muffin tray or use a silicone muffin tray.
- 2 In a bowl, whisk the eggs. Stir in the oregano, garlic powder, salt, and pepper. Add the bell peppers, olives, and feta. Gently stir.
- 3 Divide the egg mixture into each muffin cup, filling about 3/4 of the way full. Bake for 15 to 18 minutes or until they are set and browned on the sides. Let them cool for about five minutes. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is one egg muffin.

**Dairy-Free:** Omit the feta cheese.

**Freezer Meal:** After the muffins have completely cooled, line a baking sheet with parchment paper and spread the muffins out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the oven or microwave.





## Overnight Bircher Muesli

4 servings

8 hours

### Ingredients

2 cups Oats (rolled)  
1/4 cup Unsweetened Shredded Coconut  
1/4 cup Sliced Almonds  
2 tbsps Ground Flax Seed  
1/4 cup Raisins  
1/4 cup Hemp Seeds  
1/2 tsp Cinnamon  
1 cup Unsweetened Almond Milk  
2 cups Unsweetened Coconut Yogurt  
1 Apple (medium, grated)

### Nutrition

Amount per serving	
Calories	430
Fat	21g
Carbs	53g
Fiber	10g
Protein	13g
Calcium	430mg

### Directions

- 1 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 2 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 3 Divide into bowls or jars in the morning, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Prep Ahead:** The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

**Likes it Sweet:** Serve with fresh berries and/or a drizzle of maple syrup or honey.

**More Protein:** Make with Greek yogurt instead of coconut yogurt.



## Turmeric Chicken with Brown Rice

3 servings

30 minutes

### Ingredients

- 1 cup Brown Rice (dry, uncooked)
- 454 grams Chicken Breast (skinless and boneless)
- 1 tbsp Avocado Oil
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	451
Fat	11g
Carbs	48g
Fiber	2g
Protein	39g
Calcium	15mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add garlic powder or cayenne pepper.

**More Fiber:** Add your favorite leafy greens, roasted broccoli or cauliflower.



## Harissa Paste

12 servings

35 minutes

### Ingredients

- 85 grams Dried Guajillo Chilis
- 113 grams Roasted Red Peppers
- 1 tbsp Tomato Paste
- 3 Garlic (clove)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Smoked Paprika
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Sea Salt
- 1 tbsp Lemon Juice

### Nutrition

Amount per serving	
Calories	16
Fat	1g
Carbs	1g
Fiber	0g
Protein	0g
Calcium	5mg

### Directions

- 1 Place the Guajillo chilis in a bowl and cover them with boiling water. Let sit for 30 minutes or until the chilis are tender and rehydrated. Drain and remove the seeds and stems.
- 2 Add the rehydrated chilis along with the remaining ingredients to a food processor. Process until smooth and adjust the seasoning to your taste.
- 3 Pour into an airtight jar or container. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one month.

**Serving Size:** One serving is equal to one tablespoon.

**More Flavor:** Add caraway seeds and cayenne pepper.

**Helpful Tip:** You can use the Harissa paste immediately, but it tastes best after sitting in the fridge for at least one day.





## Slow Cooker Bean & Quinoa Chili

4 servings

3 hours

### Ingredients

2 cups Mixed Beans (from the can, rinsed well)  
1 1/2 cups Diced Tomatoes (from the can with juices)  
1 1/2 cups Vegetable Broth  
1/2 cup Red Onion (finely chopped)  
1/3 cup Quinoa (dry)  
2 Garlic (large clove, minced)  
1 1/2 tbsps Tomato Paste  
1 1/2 tbsps Chili Powder  
2 1/4 tsps Cumin  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	216
Fat	2g
Carbs	39g
Fiber	9g
Protein	12g
Calcium	86mg

### Directions

- 1 Add all of the ingredients to the pot of a slow cooker and mix well to combine.  
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- 2 Cook on high for two and a half to three hours or on low for five to six hours.  
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- 3 Stir well and season with additional salt if needed. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately equal to 1 1/4 cups of chili.

**More Flavor:** Add other dried herbs and spices to taste, like coriander, oregano, red pepper flakes, cayenne pepper, and/or black pepper.

**Additional Toppings:** Lime wedges, cilantro, avocado, sour cream or yogurt, cheese, red pepper flakes, nutritional yeast, and/or tortilla chips.

**More Veggies:** Add corn kernels or bell pepper. Wilt in spinach or kale.

**No Mixed Beans:** Use any combination of black beans, chickpeas, kidney beans pinto beans, or black-eyed peas.