



**Comfort  
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# Spaghetti with Spinach Pesto and Feta Cheese

## INGREDIENTS

- 1 box of whole grain spaghetti (1 lb.)
- 1 package (10 oz.) frozen spinach thawed, well drained or 1 lb of fresh spinach
- 2 tablespoons olive oil
- 25 grams grated Parmesan cheese
- 2 tablespoons chopped parsley
- 2 cloves garlic (optional)
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 2 tablespoons butter (melted)
- 80 mL water
- Crumbled feta cheese for topping (as desired)

## STEPS

1. Prepare pesto mixture: In a blender combine spinach, oil, Parmesan cheese, garlic, parsley, salt and basil
2. Blend until finely chopped and then gradually pour in melted butter until blended
3. Cook pasta according to instructions on package
4. Toss pesto mixture with cooked pasta
5. Add crumbled feta cheese on top as desired

*Source: International Osteoporosis Foundation*



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# Salmon Burgers

## INGREDIENTS

- 1 can (420 grams) red or pink salmon
- 75 grams chopped red pepper
- 2 green onions, chopped
- 8 crackers, unsalted, crushed
- 2 teaspoons lemon juice
- 2 egg whites, whisked
- 2 tablespoons plain low-fat yogurt
- 1/4 teaspoon ground black pepper
- 4 wholegrain hamburger buns
- 2 tomatoes (sliced)
- 8 iceberg lettuce leaves

*Source: International Osteoporosis Foundation*

## STEPS

1. Pre heat oven to 400° F
2. Drain salmon; place in a medium mixing bowl and flake with a fork
3. In a separate mixing bowl add red peppers, green onions, crackers, lemon juice, yogurt and egg whites
4. Stir together ingredients in mixing bowl and shape into 4 patties
5. Line a large baking sheet with parchment paper (not foil) and lightly cover with olive oil
6. Place patties on baking sheet
7. Bake patties until golden brown (10 min. on each side)
8. Place salmon burgers in warmed buns with sliced tomatoes and lettuce or other toppings



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# Veggie Chili

## INGREDIENTS

- 2 large onions
- 1 green bell pepper
- 3 garlic cloves
- 2 fresh, diced jalapenos
- 2 tablespoons (30 mL) vegetable oil
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 can whole tomatoes
- 2 medium zucchinis
- 2 medium summer squash
- 1 can rinsed kidney beans
- 50 grams fresh cilantro (chopped)
- Salt and pepper to taste

*Source: International Osteoporosis Foundation*

## STEPS

1. In a large pot sauté onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes, stir often
2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper; continue cooking for another 3 minutes, stir occasionally
3. Add tomatoes, zucchini, squash, and bring mixture to a simmer
4. Simmer for 15 minutes, stirring occasionally
5. Add beans, continue to simmer for 5 more minutes
6. Top with cilantro if desired



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# Berry Crunch Yogurt Parfait

## INGREDIENTS

- 1/2 cup blueberries, fresh or frozen (thawed)
- 6 ounces yogurt, nonfat vanilla
- 1/3 cup granola
- 3 teaspoons pumpkin seeds

## STEPS

1. Wash blueberries if fresh or thaw if frozen
2. In a parfait glass, add a layer of each ingredient – 1/3 blueberries, 1/3 yogurt, 1/3 granola, 1/3 pumpkin seeds
3. Repeat with 2 more layers of each
4. Serve and enjoy

*Source: [EverydayHealth.com](https://www.everydayhealth.com)*