

# The Healthy Cook

## Mushroom Leek Fried Rice

 SERVES 4

- 1 large leek, white and pale green part only
- 2 Tbs. extra-virgin olive oil, divided
- ½ lb. brown mushrooms, chopped
- 1 Tbs. reduced-sodium soy sauce
- freshly ground black pepper
- 2 cups cooked brown rice or other whole grain
- 1 bunch scallions, chopped



1. Quarter the leek lengthwise, rinse it well, then thinly slice it.
2. In a large non-stick skillet, sauté the leek in 1 Tbs. of the oil over medium-low heat until tender and bright green, 2-3 minutes. Remove from the skillet.
3. Increase the heat to medium-high and sauté the mushrooms in the remaining 1 Tbs. of oil until golden brown, 3-5 minutes. Season with the soy sauce and pepper to taste.
4. Return the leek to the skillet, add the rice and scallions, and stir-fry until all ingredients are hot, 1-2 minutes.

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*Per serving (1 cup):* calories 210 | total fat 8 g | sat fat 1 g | carbs 31 g | fiber 3 g | protein 5 g | sodium 160 mg

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## Asparagus Salad

 SERVES 4

- 1 Tbs. extra-virgin olive oil
- 2 Tbs. mayonnaise
- 1 Tbs. fresh lemon juice
- ¼ tsp. kosher salt
- 6 cups leaf or butter lettuce
- ½ lb. raw asparagus, chopped
- 4 radishes, halved and sliced
- ¼ cup unsalted pistachios, chopped



1. In a large bowl, whisk together the oil, mayonnaise, lemon juice, and salt. Gently toss with the lettuce, asparagus, and radishes, and top with the pistachios.

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*Per serving (2 cups):* calories 140 | total fat 12 g | sat fat 1.5 g | carbs 7 g | fiber 3 g | protein 4 g | sodium 170 mg

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## Spanish Style Snap Peas

 SERVES 4

- 3 Tbs. extra-virgin olive oil
- 1 large carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 small onion, finely chopped
- ½ bell pepper, finely chopped
- 3 Tbs. tomato paste
- ¼ tsp. red pepper flakes
- ¼ tsp. dried oregano
- ¼ tsp. kosher salt
- 1 lb. snap peas, trimmed



1. In a large skillet, heat the oil over medium heat. Sauté the carrot, celery, onion, and bell pepper until lightly browned, 5-7 minutes.
2. Stir in the tomato paste, pepper flakes, oregano, and salt. Cook, stirring often, until the tomato paste starts to brown, 2-3 minutes.
3. Increase the heat to high and stir in ½ cup of water. Add the snap peas and cook until hot but still crisp, 1-2 minutes.

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*Per serving (1 cup):* calories 170 | total fat 11 g | sat fat 1.5 g | carbs 16 g | fiber 5 g | protein 4 g | sodium 150 mg