

# Strawberry Smoothies

This recipe works with any soft fruit such as peaches, blueberries or a combination of your favorite fruit flavors. Add a scoop of whey protein to add some extra sustenance.

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# Oven-Roasted Cod with Tomato Jam, Feta and Olives

This Greek-inspired dish is a simple and easy dinner solution for a busy weeknight but works well for entertaining too. Any firm-fleshed white fish will work here, including halibut, cod, or mahi-mahi. Make an extra batch of the tomato jam, which is terrific spread on bread or used as a dip.

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# Lemon-Barley Pilaf with Chicken and Thyme

Fluffy barley is combined with chicken, lemon and thyme flavors for a delicious, comforting healthy meal.

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# **Brown Rice Risotto with Butternut Squash and Kale**

Recipe from "Cooking Healthy with Dr. Li"

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## **Cooking Healthy with Dr. Li**

Video of hands-on cooking class filled with nutrition tips for healthy eating.