



PROSPECT MEDICAL
HOLDINGS, INC.

MOUTHWATERING HEALTHY RECIPES

HEALTHY RECIPES TO KEEP YOU HYDRATED

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SUPERFOODS SMOOTHIE BOWL

SERVES 1

INGREDIENTS

- 1 cup almond milk
- 1 tbsp flaxseed
- 1 tbsp chia seeds
- 1 Navel orange, chopped
- ¼ fennel bulb, chopped
- 2 cups spinach
- ¼ cup mint leaves
- 1 tbsp orange juice
- 1 scoop Pure Paleo Protein powder
- ½ avocado

Optional toppings

- Sliced almonds
- Pepitas
- Pomegranate seeds
- Shaved coconut
- Sunflower seeds



INSTRUCTIONS

1. Combine almond milk, flaxseed, chia seeds in blender and let soak for 10 minutes or more.
2. Add all remaining ingredients and blend until creamy smooth.
3. Divide between 2 bowls and top with: sliced almonds, pepitas or sunflower seeds, pomegranate seeds, coconut shavings or any other toppings of choice.



MEDITERRANEAN SALAD

SERVES 2

INGREDIENTS

- 6–8 cups fresh romaine lettuce
- 4 tbsp sliced kalamata olives
- 10 cherry tomatoes, halved
- ¼ cup red onions, sliced or chopped
- ½ green pepper, sliced or chopped
- ½ cucumber, sliced
- ½ cup artichokes (can use jarred marinated)
- ½ can chickpeas
- 1 small tin of sardines

*Dressing**

- ¼ cup olive oil
- 4 tbsp white balsamic vinegar (or white vinegar)
- *Can use Ken's Simply Greek Vinaigrette instead*

INSTRUCTIONS

1. Mix lettuce with all vegetable ingredients and drizzle with dressing.
2. Top with sardines and salt and pepper to taste.

PESTO SHRIMP WITH ZUCCHINI NOODLES

SERVES 3-4

INGREDIENTS

5 cups spiraled zucchini noodles

1 tbsp olive oil

1 lb large raw shrimp, deveined

½ tsp sea salt

2 cloves of fresh garlic, minced

1 tbsp olive oil

1 cup cherry tomatoes, halved

3 tbsp pine nuts (optional)

Pinch of sea salt

Pesto

1 large bunch of fresh basil leaves

1 clove of garlic

¼ cup olive oil

¼ tsp unrefined sea salt

1 tsp fresh lemon juice

¼ cup hemp seeds, pumpkin seeds, or pine nuts



INSTRUCTIONS

1. Place zucchini noodles in a large strainer in the sink and sprinkle with a bit of salt. Set aside.
2. Pesto Sauce: Add basil leaves and garlic into food processor and process until completely broken up. Add olive oil, salt, and lemon juice and continue to process until smooth. Add hemp seeds and pulse until desired consistency.
3. Heat 1 tbsp of olive oil in a large skillet. Sprinkle ½ tsp salt over shrimp. Sauté shrimp and minced garlic until cooked all the way through and shrimp are pink (about 3-6 minutes). Remove from pan and set aside.
4. Dry zucchini noodles on a paper towel and gently pat to completely absorb any extra moisture.
5. Heat remaining tbsp of olive oil in pan and sauté zucchini noodles for 2-4 minutes, until soft. Scrape the bottom of pan to loosen any browned bits, add the pesto sauce to mix and then add in the cooked shrimp.
6. Serve with cherry tomatoes and pine nuts on top. Enjoy!