# HEALTHY, FIT AND NEVER QUIT!

Neguț Maya-Elena

# Vegan Recipes: Creamy Vegan Pasta



**Ingredients**

- **Creamy vegan pasta sauce**
- 2½ cups small shell pasta
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, chopped
- 5 cups broccoli florets, chopped stems, and leaves
- ¼ cup toasted pine nuts
- lemon wedges, for serving
- sea salt and freshly ground black pepper

# RAW CAULIFLOWER “FRIED” RICE RECIPE

INGREDIENTS

- Fried Rice
- 1 head of cauliflower
- 2 cups broccoli, chopped
- 3 green onion tops
- ¾ cup bell pepper, chopped
- ¼ cup edamame

- Sauce
- 3 Green onion bulbs (the white part, use green tops for rice)
- 2 tablespoons raw coconut aminos
- 1 lime
- ¼ cup cilantro
- 1 tablespoon sesame oil
- 1 tablespoon coconut sugar
- 1-2 garlic cloves, minced
- ½ teaspoon ginger

# Saucy Indian-Style Chicken & Vegetables

Ingredients

- 2 medium sweet potatoes, peeled and cut into 1-1/2-inch pieces
- 2 tablespoons water
- 2 medium sweet red peppers, cut into 1-inch pieces
- 3 cups fresh cauliflowerets
- 2 pounds boneless skinless chicken thighs, cubed
- 2 jars (15 ounces each) tikka masala curry sauce
- 3/4 teaspoon salt
- Minced fresh cilantro, optional
- Naan flatbreads, warmed

# Asparagus ‘n’ Shrimp with Angel Hair

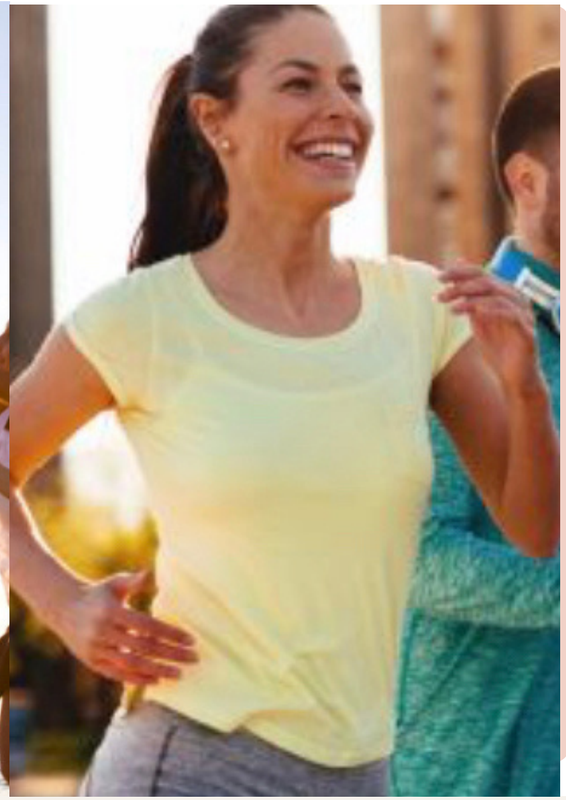


## Ingredients

- 3 ounces uncooked angel hair pasta
- 1/2 pound uncooked shrimp (16-20 per pound), peeled and deveined
- 1/4 teaspoon salt
- 1/8 teaspoon crushed red pepper flakes
- 2 tablespoons olive oil, divided
- 8 fresh asparagus spears, trimmed and cut into 2-inch pieces
- 1/2 cup sliced fresh mushrooms
- 1/4 cup chopped seeded tomato, peeled
- 4 garlic cloves, minced
- 2 teaspoons chopped green onion
- 1/2 cup white wine or chicken broth
- 1-1/2 teaspoons minced fresh basil
- 1-1/2 teaspoons minced fresh oregano
- 1-1/2 teaspoons minced fresh parsley
- 1-1/2 teaspoons minced fresh thyme
- 1/4 cup grated Parmesan cheese

# Physical activities for maintaining healty







# Thank You!

Do you have any questions for me before we go?