

Kurbo's International Vegetarian Cookbook



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Introduction

Kurbo is an international community of members who are transforming their lives one meal at a time. While we don't endorse any one specific diet, we feel that to serve you best, it is important to offer a comprehensive vegetarian cookbook that offers balanced and nutritious meals. With recipes from around the world, we hope you are inspired to try something new. As always, our recipes are designed to be simple and appealing to the entire family and satisfy even the pickiest eaters.

We know that meal planning can feel overwhelming and stressful, especially when you are trying to prepare a new dish while accommodating the variety of taste preferences in your family. This compilation of vegetarian recipes is designed to be simple to follow with easy-to-find ingredients. We believe strongly that healthy eating does not have to be time-consuming or complicated.

We also have your finicky eaters in mind. To get them excited about new and different foods, we suggest that you sit down together and have them choose a recipe they would like to try from each category. By including your family in the planning, shopping and preparing the meal, you are giving them the opportunity to feel invested and connected to their food choices. This technique works with picky eaters of ALL ages!

Most of all, we hope these recipes will give you the confidence to try new things and experiment with cooking as you continue to build your toolbox for healthy living.

In Health and Happiness,

Thea and Arielle

To all of our Kurbo coaches and families, thank you for inspiring us with all the work you do for our participants and yourselves each and every day.



Tips and Tricks

Cut back on the oil. Yes, good fats are an important part of a healthy diet. However, most recipes call for way too much oil. The Kurbo rule is: 1 tsp of oil used for a dish that serves 6 can be counted as a yellow light. We follow this rule as much as possible but note that salad dressings are tricky. To reduce oil in dressings, increase the vinegars and herbs and use smaller amounts of oil for more flavor and fewer red lights.

Change up the oil. Most of our recipes call for the old standbys like olive oil or canola oil, but if you are partial to another type of oil (or fat) like coconut oil or ghee, go for it! The same Kurbo rule for oil applies.

White or brown rice? Brown rice has more health benefits than white rice. But if your family is still refusing to try brown rice, white rice

is fine. Just be very mindful of portion size! One fist = 1 serving of rice.

Are you getting enough green lights? Adding a green light fruit or veggie to every meal and snack helps get the nutrients your body needs.

Be prepared. Planning ahead is an important behavior modification tool. Many of these dishes can be prepared in advance and used later ensuring that you have healthy options all week long.

Modify, modify, modify. These dishes can all be changed to fit what you and your family enjoy. We added some suggestions of good substitutes for challenging foods such as vegetables.

Make it fun! Get the whole family involved in meal preparation and getting to pick a meal for the week.

Plan your meals using the Kurbo Plate.



To learn more visit kurbo.com

Measure Your Portions By Hand






Food	1 Serving Size =	Measure	Explanation
Bread	1 slice		Open hand
Rice/Pasta	½ cup cooked		Fist
Cold Cereal	¾-1 cup		Fist
Pretzels/Chips	¼ cup		Cupped hand
Meat, poultry	3 oz		Size and thickness of palm
Cheese/ Peanut butter	2 Tablespoons		Base to tip of thumb

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Breakfast

Starting your day off with a nutritious and delicious meal is important for a healthy lifestyle. Keep it simple with these breakfast recipes that will keep your body and mind fueled until lunch.



Breakfast Smoothie Bowl

Recipe serves 1

Need a change? Try this slightly thicker (and more filling) version of a smoothie!

Ingredients

Fruit Puree:

- 1/2 small banana, frozen
- 1 cup frozen berries
- 1/2 cup nonfat milk or unsweetened almond milk

Toppings:

- Favorite fruit (berries, banana, pineapple, mango, lychee, etc.)
- Pomegranate seeds
- Slivered almonds
- Yellow light cereal (< 6g sugar, <3g fat and limit to one handful)



Directions

1. Blend all of the puree ingredients together in a blender.
2. Pour into a bowl.
3. Sprinkle with your choice of toppings.

Puree= 2 green lights

Toppings:

1 fist fruit= 1 green light

1 fist cereal= 1 yellow light

23 almonds= 1 yellow light

Veggie Tofu Scramble

Recipe serves 4

We are big fans of eggs here at Kurbo but sometimes you need to mix things up! Tofu is a great substitute for eggs when you're looking for a protein packed and flavorful breakfast.

Ingredients

- 8oz firm tofu, diced
- 2 cups kale
- 1 onion, chopped
- 1 cup mushrooms, chopped
- 1 bell pepper, chopped
- 1 teaspoon olive oil or cooking spray
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- Salt and pepper
- Salsa
- Light cheese



Directions

1. Drain tofu on a paper towel for 2 mins.
2. Over medium heat, add olive oil or cooking spray to a sauté pan.
3. Add onion, pepper and mushrooms. Lightly salt. Cook until soft.
4. Meanwhile, crumble tofu crumble with a fork. Add to pan with kale and mix.
5. Add spices and coat everything. Cook until everything is hot and well done.
6. Serve immediately. Top with salsa and light cheese if desired.

1 palm= 1 green light and
1 yellow light

Sweet Potato, Black Bean and Avocado Breakfast Wrap

Recipe serves 6

Breakfast wraps can be made the night before and make a great on-the-go breakfast. Add veggies like spinach and onions to this recipe to get more green lights in your day.



Ingredients

- 6 whole wheat tortillas
- 3 medium sweet potatoes
- 1- 15 oz can black beans, rinsed and drained
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- Dash of red pepper flakes, if desired
- 8 large egg whites
- 1 avocado, diced
- 1/2 cup light shredded jack cheese
- 1/3 cup red enchilada sauce

Directions

1. Cook sweet potatoes: Pierce sweet potatoes with fork. Microwave on high for 4-6 minutes or until cooked though. Remove skins, place in bowl and mash with a fork and set aside.
2. In a separate bowl, add black beans, cumin, chili powder and red pepper flakes if desired. Stir to combine then set aside.
3. In a separate bowl, beat egg whites together. Spray a skillet with nonstick cooking spray and place over medium-low heat. Add egg whites and cook. Once cooked, remove from heat. Add salt and pepper.
4. To assemble, divide and spread sweet potatoes on each tortilla. Add the bean mixture and eggs then wrap it all up!

1 wrap = 5 yellow lights
(Add veggies for more
green lights!)

Grilled Nut Butter and Banana Sandwich

Recipe serves 1

We all know that we want to stick to the healthiest kind of red lights such as the nut butter found in this quick breakfast.



Directions

1. Heat pan over medium heat, and coat with cooking spray.
2. Spread 1/2 tablespoon of nut butter onto one side of each slice of bread. Place banana slices onto the nut buttered side of one slice, top with the other slice of bread and press together firmly.
3. Cook sandwich until golden brown on each side, about 2 minutes per side.

Ingredients

- Cooking spray
- 1 tablespoon nut butter (light spread)
- 2 slices whole wheat bread (change out for rice cakes if desired)
- 1 banana, sliced

Use this recipe as a lunch option and add some green light veggies like carrots, celery with low-fat ranch to round out the meal.

one sandwich= 2 yellow lights,
1 green light, 1 red light

Mains

These recipes can be made for lunch or dinner. You can also make any of these dishes when you have free time over the weekend and keep them refrigerated for healthy meals all week.



Veggie Rice Bowl

Recipe serves 4

Sometimes simple is the most satisfying and this rice bowl is no exception.



1 serving = 2
yellow, 2
green

Great with a side of soup
and fruit salad!

Ingredients

- 2 cups cooked brown or white rice
- 1 can chickpeas, rinsed and drained
- 1 cup cabbage, thinly sliced
- 2 large carrots, shredded
- 1 large cucumber, sliced
- 1 onions, diced
- 2 avocado slices
- Optional: fresh herbs, chopped (cilantro, basil, parsley, mint)

Tahini dressing (makes enough for a lot of bowls!)

- 1/2 cup tahini
- 1 small Persian cucumber diced or 1/2 medium cucumber
- 1/4 cup water
- Juice of 1/2 lemon
- Salt and pepper to taste

Directions

1. Place one fist of rice in the bottom of the bowl. Arrange toppings around the bowl. Drizzle with dressing and enjoy!

Taco Salad Bowl

Recipe serves 4

Who doesn't love tacos? Instead of putting it in a taco shell, just eat it as a bowl!



Ingredients

- 1 head of lettuce, shredded
- 2 cups cooked brown or white rice
- 1 bell peppers, sliced
- 1 onions, sliced
- 1 can black beans, rinsed and drained if from can
- 1 cup pico de gallo
- ½ cup guacamole
- Optional: lime wedges and cilantro

Add a side of Spicy Corn on the Cob (page 22) to compliment this delicious bowl!

1 fist= 1 yellow light, 1 green light

Directions

1. Mix ingredients together in one large bowl.
2. Split into 4 servings and share!

Indian Spicy Rice Bowl

Recipe serves 6

With so many spices and flavors, this bowl is sure to brighten up your taste buds.

Ingredients for the Base

- 1 tablespoon olive oil
- 2 teaspoons curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon garam masala
- 1/2 teaspoon cinnamon
- 1/2 teaspoon coriander
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/8 teaspoon ground cardamom
- 2 small tomatoes, diced
- 1/2 cup canned, unsweetened reduced fat coconut milk
- 3/4 cup plain low fat yogurt
- 1 teaspoon honey
- 1 medium waxy potato, peeled and diced
- 1 cup frozen peas and carrot mix
- 1 cup chopped fresh green beans
- Brown or white rice
- Cabbage, thinly sliced

Ingredients for the Sauce

- 1 medium yellow onion, peeled and halved
- 3 cloves garlic, peeled
- 1 (1-inch) piece ginger root, roughly chopped
- 1 jalapeño pepper, stemmed and seeded
- 1/2 cup almonds

Directions

1. Put onion, garlic, ginger, jalapeño, and almonds in blender with 1/2 cup of water. Process until pureed.
2. Heat olive oil in a large sauté pan on medium heat. Place spices (curry powder through cardamom) in small bowl.
3. Carefully pour the pureed sauce mixture into the hot pan. Add pre-measured spices to pan and cook for 2 to 3 minutes, until fragrant.
4. Add tomato, coconut milk, yogurt, honey, potato, peas-and-carrots, and green beans. Stir well, cover the pan, and let simmer on medium heat for 10 minutes.
5. Uncover and cook for 5 to 10 minutes, until the potatoes are tender.
6. Place 1 scoop of brown rice and cabbage in a bowl. Top with potato mixture and serve.



1 fist of rice= 1 yellow light

1 fist of cabbage= 1 green light

1 fist of potato mixture= 1 yellow light and 1 green light

Moroccan Lentil Stew

Recipe serves 4

Try this international twist on lentils.

Ingredients

- 1 tsp olive oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 4-5 stalks celery, chopped
- 1/2 Tbsp ground cumin
- 2 tsp turmeric
- 1/2 tsp cinnamon
- 1/4 tsp cayenne pepper
- 15 oz. can chickpeas, rinsed and drained
- 28 oz. can diced tomatoes
- 4 carrots, chopped
- 1/2 lb. fresh or frozen cauliflower florets
- 2 zucchini, diced
- 6 cups vegetable broth
- 1 cup brown lentils
- 1 bay leaf

Directions

1. Sauté onion and garlic in a large pot with olive oil over medium heat until softened. Add celery and sauté for 2-3 minutes.
2. Add cumin, turmeric, cinnamon, and cayenne pepper. Stir the spices with the vegetables for 1-2 minutes.
3. Add the tomatoes (with juices), chickpeas, cauliflower florets, and zucchini.
4. Add vegetable broth and bay leaf, turn heat up to high, place a lid on the pot, bring to a boil. Add lentils. Stir and let it come back up to a boil, then turn the heat down to low. Let simmer on low, with the lid, for 30 minutes.
5. Remove bay leaf. Add salt if needed. Serve hot or keep in the fridge for the week. This dish freezes well in an airtight container.



1 fist = 1 yellow light and 1 green light

Dahl Curry with Yellow Lentils

Recipe serves 4

We turned this Indian dish into a recipe with less oil while keeping the rich flavors.

Ingredients

- 1 teaspoon olive oil, or cooking spray
- 1 large onion diced finely
- 1 Thai chili diced finely
- 4 garlic cloves minced
- 2 tablespoons ginger grated
- 1.5 cups yellow lentils
- 1 tbsp ground turmeric
- 2 teaspoons curry powder
- 1 tsp garam masala
- 3-4 cups low-sodium vegetable broth
- 1 can diced tomatoes
- juice of half a lime
- salt and black pepper
- cilantro to garnish
- lime wedges to garnish
- cooked brown or white rice

Directions

1. Heat olive oil in large pan.
2. Add onions, garlic, ginger and chilies and allow to sweat over medium heat.
3. Add lentils, spices, tomatoes, 2 cups of broth, dash of salt and pepper.
4. Bring to a simmer and reduce to low. Cook with a lid slightly open for 20 minutes. Stir frequently. If the lentils have absorbed the liquid add more broth. You want this thick but still have plenty of liquid.
5. Once the lentils are softened and done cooking, add lime juice and adjust the seasoning to taste. Serve over rice and garnish with cilantro if desired!



Recipe Note: Potency of the curry powder and turmeric can affect the flavor of curry. Fresher = more potent. Always start with a smaller amount and increase as you go.

Serve with a green salad or roasted cauliflower (p. 28) for a complete Kurbo meal.

1 fist of rice = 1 yellow light
1 fist of lentils = 1 yellow light

Lentil Burger on Lettuce

Recipe serves 6

Lentils are a great source of iron and turning them into a burger is a fun way to satisfy any kid's appetite.



Directions

1. Rinse lentils. In saucepan combine lentils, water, and $\frac{1}{2}$ tsp salt. Once at a boil, lower to a simmer, cover until lentils are softened, about 20 min. Drain and cool to room temperature. Blend lentils in food processor.
2. Sauté onion until translucent. Add mushrooms. Continue to sauté until moisture has evaporated. When mixture starts to stick to pan, remove from heat and cool to room temperature. Add salt and pepper to taste.
3. Place lentils in large bowl along with reserved mushroom mixture and remaining ingredients. Mix well.
4. Form 6 patties, $\frac{1}{2}$ inch thick. Place the patties a prepared pan and spray tops lightly with cooking spray. Broil for 2 minutes on each side or until top is slightly browned.

Ingredients

- 1 cup green or brown lentils cooked
- 2 cups of water
- 1 small onion, chopped (about $\frac{1}{2}$ cup)
- 3 cups mushrooms, cleaned and finely chopped
- Salt and pepper to taste
- 1 cup cooked brown rice
- $\frac{1}{2}$ cup grated part-skim milk mozzarella cheese
- 2 tsp minced fresh or dry thyme
- $\frac{1}{2}$ tsp salt
- $\frac{1}{8}$ tsp ground pepper
- 1 egg white, slightly beaten

Add a side salad or roasted brussels sprouts (p. 27)

1 lentil burger = 1 yellow light

Vegetarian Black Bean Chili

Recipe serves 4

Chili is a classic meal and the perfect vegetarian dish to make extra of and heat up for later.

Ingredients

- 1 tsp olive oil or cooking spray
- 2 cups chopped onions
- 1 2/3 cups coarsely chopped red bell peppers
- 6 garlic cloves, chopped
- 2 tablespoons chili powder
- 2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon cayenne pepper
- 3 15- to 16-ounce cans black beans, drained, 1/2 cup liquid reserved
- 1 16-ounce can tomato sauce
- Chopped fresh cilantro
- Chopped green onions
- Optional: Grated Monterey Jack cheese (red light warning), Light sour cream



Grilled veggies or a side salad are a perfect compliment to turn this into a meal.

1 fist of chili = 1 yellow light
1 thumb of cheese = 1 red light

Directions

1. Heat oil in heavy large pot over medium-high heat. Add onions, bell peppers, and garlic; sauté until onions soften.
2. Add chili powder, oregano, cumin, and cayenne; stir 2 minutes. Add beans, 1/2 cup reserved bean liquid, and tomato sauce. Bring chili to boil, stirring occasionally. Reduce heat to medium-low and simmer until flavors blend and chili thickens, stirring occasionally, about 15 minutes.
3. Season with salt and pepper. Top with chopped cilantro, green onions, sour cream, and grated cheese if desired.

Herbed Meatless Lasagna

Recipe serves 4

Mamma Mia! A vegetable and protein packed lasagna without the meat. The kids will be asking for more, we promise.



Directions

1. Preheat oven to 350°F. Coat 13x9-inch baking dish with cooking spray.
2. Combine tofu, basil, parsley, pine nuts, garlic, lemon juice, salt, and red pepper flakes in food processor; blend until smooth (similar to ricotta in texture). Mix spinach into the tofu mixture.
3. Put oil, zucchini and eggplant in large nonstick skillet. Sauté until just tender over medium-high heat.
4. Spread 3 Tbs. marinara sauce over bottom of prepared baking dish. Cover with layer of noodles, overlapping slightly. Spread half of tofu mixture. Add another layer of zucchini. Top with another layer of noodles, another layer remaining tofu and then the eggplant, and 1/2 cup sauce. Finish with another layer of noodles and remaining sauce.
5. Cover with foil, and bake 1 hour. Let rest 10 minutes before serving.

Ingredients

- 2 14-oz. packages firm tofu, well drained
- 1/2 cup chopped fresh basil
- 1/3 cup chopped fresh Italian parsley
- 1/3 cup pine nuts, toasted
- 2 cloves garlic, peeled
- 2 tbs. lemon juice
- 1 tsp. salt
- 1/2 tsp. red pepper flakes
- 1 box frozen spinach, cooked and drained
- 1 tsp. olive oil
- 2 medium-size zucchini, cut into 1/2-inch slices
- 1 medium eggplant, cut into 1/2 inch slices
- 5 cups marinara sauce
- 16 no-cook lasagna noodles (9 oz.)

You can swap out the veggies in this if you have others in your refrigerator.

1 palm = 1 yellow light,
1 green light

Summer Soba Noodles with Tofu

Recipe serves 2

Soba noodles are great for anyone who is gluten-free and the flavors of this dish were developed by a Kurbo coach who is also a healthy personal chef.

Ingredients

- 1/3 cup seasoned rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon Sriracha
- 1 cup carrots, sliced thin like matchsticks
- 1/2 cup edamame, cooked and cooled
- 1 cup (8oz) firm tofu, diced
- 1 cup cucumbers, sliced thin like matchsticks
- 1 cup mushrooms, sliced thin
- 8 oz buckwheat soba noodles or whole wheat spaghetti
- 1/2 cup cilantro, roughly chopped
- 3 scallions, thinly sliced
- 1 tablespoon black or white sesame seeds
- Salt & Pepper



Directions

1. Combine the first 3 ingredients in a bowl. Add a dash of salt and pepper.
2. Cook noodles according to package instructions. Drain and rinse noodles under cold water to stop them cooking further.
3. Add noodles, tofu and vegetables to bowl and combine with rice vinegar mixture. Sprinkle with sesame seeds.
4. Divide into 2 airtight containers and store in the refrigerator until ready to eat. Store up to 4 days.

1 fist = 1 yellow light,
1 green light

Asian Tofu Lettuce Cups

Recipe serves 6

Asian flavors, crunch, meaty tofu, and cool lettuce make this a mouthwatering and fun meal for kids of all ages.

Ingredients

Filling:

- 1 teaspoon olive oil or cooking spray
- 1 medium onion, chopped
- Zest of one lemon
- 1 garlic clove, minced
- 1 18oz. can water chestnuts, drained and chopped
- 1 lb extra firm tofu, crumbled
- 4 tablespoon soy sauce
- 2 teaspoon Sriracha
- 4 tablespoons hoisin sauce

Toppings:

- Shredded carrot, cucumber slices, green onion, fresh basil, lettuce



1 fist of tofu mixture = 1
yellow light

1 fist of veggie
toppings= 1 green light

Directions

1. In a skillet over medium high heat add the oil/spray. Add chopped onion, garlic and lemon zest. Stir until onions are softened and slightly browned.
2. Add tofu and water chestnuts. Cook until heated.
3. Add soy sauce, Sriracha, hoisin sauce and stir. Cook about another minute.
4. Prepare toppings and lettuce cups in serving bowls.
5. Transfer tofu mixture to a serving dish. Let everyone assemble their own lettuce cups. Refrigerate any leftover tofu and eat warm or cold.

Cauliflower Crust Pizza

Recipe serves 2

Who says pizza can't be healthy?



Directions

1. Line a rimmed baking sheet with parchment paper, and preheat oven to 425°F.
2. Place grated cauliflower in a large bowl and microwave for 7-8 minutes, or until soft. Remove from the microwave and let cool.
3. Mix in egg, one cup mozzarella, parmesan cheese, and salt and pepper. Pat into a 10-inch round on the prepared pan. Spray lightly with olive oil spray and bake for 10 to 15 minutes, or until golden.
4. Top pizza with the sauce, 1/4 cup mozzarella, grape tomatoes, garlic, and red pepper flakes. Bake in the oven until melted and bubbly, 10 minutes. Top with basil.

Ingredients

- Olive oil cooking spray
- 2 1/2 cups cauliflower, grated
- 1 large egg, lightly beaten
- 1 1/4 cups shredded part-skim mozzarella cheese
- 2 tablespoons grated parmesan cheese
- Salt and black pepper
- 1/4 cup tomato sauce
- 1 cup grape tomatoes, sliced in half
- 2 cloves garlic, sliced
- 1/4 teaspoon crushed red pepper flakes
- Fresh basil leaves, optional

1 palm = 1 yellow light,
1 green light

DIY Pita Bread Sandwich

Recipe serves 1

Mix and match so everyone in the family can have something they enjoy!

Ingredients

- Whole Wheat Pita Bread

Choose your fillings:

- Scrambled eggs
- Avocado
- Shredded carrot
- Spinach
- Tomatoes
- Sliced apples
- Strawberries
- Bananas
- Feta, goat or mozzarella cheese
- Pesto (see recipe on p. 43)
- 1 tablespoon nut butter



Kurbo's Combo Ideas:

1. Eggs, pesto, avocado
2. Sliced apples, goat or feta cheese, spinach
3. Nut butter, strawberries, bananas
4. Tomatoes, mozzarella, spinach (turn into a grilled cheese)

Directions

1. Cut pita bread in half and open to make a pocket
2. Stuff with whatever ingredients you want!

1 serving is 1/2 pita

1/2 pita = 1 yellow light

1 egg = 1 yellow light

1/5 avocado = 1 yellow light

1 thumb of light cheese = 1 yellow light

1 fist veggies = 1 green light

Sides

Add any of these quick, delicious sides to your favorite main dish or enjoy them as an afternoon snack!



Kimchi Roasted Brussels Sprouts

Recipe serves 4

Kimchi is not only flavorful and unexpected twist to your roasted brussels sprouts. It offers additional nutritional support to your gut, too.

Ingredients

- 1 lb brussels sprouts
- 1 cup Kimchi, chopped
- 1 teaspoon olive oil
- Salt and pepper

Directions

1. Preheat the oven to 425 and line a baking sheet with parchment paper.
2. Half the brussels sprouts. Toss in oil. Mix in the Kimchi. Sprinkle with salt and pepper.
3. Roast for about 20-30 min or until lightly browned.



1 fist = 1 green light

Make Your Own Kimchi

Ingredients

- 1 head Napa cabbage, cored + shredded (about 8 cups)
- 6 green onions, chopped
- 2 carrots, grated
- 1 daikon radish, grated
- 10 red radishes, grated
- 5 garlic cloves, minced
- 3 Tbsp grated ginger
- 2 Tbsp sea salt
- 3 Tbsp chili flakes or 1½ Tbsp chili powder

Directions

1. Prep all vegetables as directed and place in large bowl. Add salt and chili flakes.
2. Massage cabbage mix for 10 min. - set aside.
3. Massage for another 10 minutes, until cabbage is softened and a few tablespoons of water is released.
4. Divide mix between two 1 gallon mason jars.
5. Press kimchi mix down, helping get out any air bubbles and some of the liquid come to the top.
6. Seal jar loosely and place in warm spot. Let sit for 4-5 days. If foam starts to form, skim it off. After 4 days taste kimchi and decide if you want it to ferment longer.
7. Once ready, seal the jar and store in your fridge. Will keep for 2-3 months sealed.

Roasted Garlic Cauliflower

Recipe serves 4

Roasting can turn a dreaded vegetable into a new favorite.



Ingredients

- 24 ounces cauliflower florets
- 1 tsp olive oil or cooking spray
- 4 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- Optional: parmesan cheese and chopped parsley leaves

1 fist = 1 green light

Directions

1. Preheat oven to 450 degrees. Lightly oil a baking sheet.
2. Place cauliflower florets in a single layer on baking sheet. Add oil and garlic. Season with salt and pepper to taste. Gently toss to combine.
3. Place into oven and bake for 20-25 minutes, or until golden brown.
4. Serve sprinkled with Parmesan and parsley, if desired.

Other vegetables to try:

- Broccoli
- Zucchini
- Green beans
- Asparagus
- Mushrooms
- Carrots

Spicy Corn on the Cob

Recipe serves 6

A flavorful twist on a backyard BBQ classic.

Ingredients

- 1/4 cup low fat mayonnaise
- 1/4 cup low fat sour cream or Greek yogurt
- 1/2 cup finely crumbled Cotija or low fat feta cheese, plus more for serving
- 1/2 teaspoon ancho chili powder, plus more for serving
- 1 medium clove garlic, finely minced (about 1 teaspoon)
- 1/4 cup finely chopped cilantro leaves and tender stems
- 6 ears shucked corn
- 1 lime, cut into wedges

Directions

1. In a large mix the mayo, sour cream, cheese, chili powder, garlic, and cilantro together until well combined.
2. Preheat grill. Place the shucked corn on the grill and cook until charred in a few spots.
3. Take the corn off the grill and transfer to the bowl with the cheese mixture. Coat the corn.
4. Serve with extra cheese and lime wedges.



1/2 corn with creamy topping = 1 yellow light

Summer Rolls with Tofu and Soy Peanut Dipping Sauce

Recipe serves 5-10

These rolls are light and refreshing. You can find rice paper at your local grocery store in the international food aisle.

Directions

For the tofu:

1. Preheat oven to 450 degrees.
2. Cut tofu into ½ inch slices and arrange on an oil sprayed baking sheet.
3. Mix together the olive oil, soy sauce, and Sriracha. Spread half the sauce on the tofu.
4. Bake in oven for 10 minutes. Flip the tofu. Spread the remainder of the sauce. Bake for another 10 minutes or until crispy.
5. Remove from the oven and let cool. Cut into thin strips.

For the rolls:

1. Soak a single rice paper in a bowl of hot water for about 30 seconds (until soft).
2. Shake any excess water and lay on a plate.
3. Lay the vegetables and tofu in the center of the rice wrapper.
4. Roll up like a burrito. Dip in the sauce and enjoy!

For the sauce:

1. Place all the ingredients in food processor or blender. Mix until well combined.



Omit the peanut butter for a yellow light sauce. These rolls can be pre-made for an easy afternoon snack.

Ingredients

- ½ red pepper, julienned
- 1 large carrot, julienned
- ½ long cucumber, julienned
- 3 green onions, thinly sliced
- 1 cup purple cabbage, thinly sliced
- ½ mango, julienned
- 1 block of extra firm tofu
- ½ teaspoon olive oil
- 1 tablespoon soy sauce
- 3 tablespoons Sriracha
- 5-10 rice papers

Sauce Ingredients

- ½ cup soy sauce
- ¼ cup rice wine vinegar
- 1 teaspoon sesame oil
- 3 tablespoons peanut butter
- 2 tablespoons Sriracha

1 roll = 1 yellow, 1 green

1 thumb of sauce = 1 red light

Garlic and Rosemary Sweet Potato Fries

Recipe serves 2

Let's be honest, fries go with just about everything.

Ingredients

- 1 large sweet potato
- 1 tsp olive oil
- 1 tbsp fresh minced rosemary
- $\frac{1}{2}$ tsp kosher salt
- 1 tbsp minced garlic
- Fresh black pepper

Directions

1. Preheat the oven to 425 degrees.
2. Combine rosemary, garlic, salt and oil in large bowl.
3. Cut the sweet potato into “fry-like” strips and toss into the oil mixture until well coated.
4. Lay the fries out on a rimmed baking sheet being sure to leave room between fries.
5. Bake for 12 minutes, remove, flip and bake for another 12 minutes or until lightly browned. Sprinkle with a little salt and pepper.



1 fist = 1 yellow light

Spaghetti Squash

Recipe serves 2

Turn your favorite pasta dishes into a wonderfully delicious green light meal.



Directions

1. Preheat oven to 400 degrees and line a rimmed baking sheet with parchment paper.
2. Cut off the tip-top and bottom ends of the spaghetti squash. Divide in half long wise.
3. Scoop out the seeds and discard them. Drizzle the insides of each squash half with 1 teaspoon olive oil and sprinkle with salt and pepper. Place them cut-side down on baking sheet.
4. Bake for 40 to 60 minutes, until the cut sides are turning golden and the interiors are easily pierced through with a fork.
5. Once the squash is done baking, fluff the interiors with a fork to make the insides spaghetti-like. Serve as desired.

Ingredients

- 1 spaghetti squash
- 1 teaspoons extra-virgin olive oil
- Sprinkle of salt and pepper

STORAGE SUGGESTIONS

Baked spaghetti squash will keep well in the refrigerator, covered, for up to 5 days. Just reheat before serving.

1 fist = 1 green light

Our favorite simple ways to eat spaghetti squash:

- Marinara sauce and roasted broccoli
- Pesto and tomatoes
- Salsa, beans, onion, guacamole

Salads

Lighten up your meals with these nutritious and delicious salads. Mix and match with the dressings and ingredients to make it your own.



Herbed Quinoa Salad with Avocado

Recipe serves 2-4

Quinoa is one of the only plant sources that provides you with a complete protein. Quinoa is pretty plain until you jazz it up with flavor from herbs and spices. Enjoy this salad as a main or a side.

Ingredients

- 1 cup dry quinoa
- 1 bunch of parsley, chopped
- 1 bunch of mint, chopped
- 1 bunch of cilantro, chopped
- 2 cups of cherry tomatoes, halved
- 1 cup (7 stalks) of asparagus, cooked and chopped (steamed, microwaved or roasted)
- 1 Avocado, diced

Dressing

- Juice of ½ lemon
- Zest of one lemon
- 2 tablespoons soy sauce
- 1 tablespoon Olive Oil
- Salt and Pepper
- Optional: toasted pine nuts

Directions

1. Rinse quinoa. Transfer to a medium saucepan with 2 cups of water. Bring to a boil then reduce heat to low and simmer until water has been absorbed, about 15 - 20 minutes.
2. Whisk together olive oil, lemon juice, lemon zest, and soy sauce.
3. In a large bowl toss together quinoa, chopped herbs, tomatoes, asparagus and the sauce. Add avocado and dash of salt and pepper.
4. Add pine nuts if desired and serve immediately or store in the fridge for 5 days.



1 fist = 1 yellow light,
1 green light

1 thumb pine nuts =
1 red light

Traditional Greek Salad

Recipe serves 2-4

The fresh flavors of Greece without going on a plane can be created on your plate with this filling and colorful salad.

Ingredients

Dressing

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon red-wine vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Salad

- 2 ripe medium tomatoes, cut into ¾-inch dice
- 1½ cups diced cucumber (¾-inch)
- 1 cup diced green bell pepper (¾-inch)
- ⅓ cup thinly sliced red onion
- ¼ cup quartered pitted Kalamata olives
- ½ cup diced feta cheese (2½ ounces)



Directions

1. Whisk oil, lemon juice, vinegar, oregano, salt and pepper together in a large bowl. Add tomatoes, cucumber, bell pepper, onion, olives and feta. Toss to coat.

1 fist = 1 green light, 1 yellow light

Chopped Salad with Spicy Lime Dressing

Recipe serves 2-4

This light tasty salad features one of our favorite veggies: Jicama! If you are wary of the jicama, try it alone with your favorite dip. This might become your family's new favorite veggie!

Ingredients

Salad

- 2 1/2 cups chopped romaine lettuce
- 1 can- 15.5 oz black beans, rinsed + drained
- 3/4 cup chopped seeded tomato
- 3/4 cup chopped peeled jicama
- 3/4 cup fresh corn kernels, uncooked (or frozen or canned)
- 3/4 cup thinly sliced radishes
- 1 avocado, diced
- 1 red bell pepper, chopped
- 1/4 cup crumbled reduced-fat feta cheese

Spicy Lime Dressing

- 1/4 cup fresh lime juice
- 1 tablespoon olive oil
- 2 tbsp finely chopped fresh cilantro
- 1 garlic clove, peeled and minced
- 1 tsp chopped jalapeño pepper (use canned for less heat)
- 2 tablespoons hot sauce



Directions

1. Toss all salad ingredients in a large bowl. In separate bowl, mix dressing ingredients. Pour dressing over mixture and toss again. Season with salt and pepper to taste.

1 fist = 1 yellow
light, 1 green light

Warm Pesto Zucchini Noodle Salad

Recipe serves 2-4

“Zoodles” are a fun way to get more green lights into your child’s day and are fun for them to eat.



Ingredients

- 4 cups zucchini noodles
- Yellow light pesto (recipe on page 43)
- 1 onion, cut into ½ inch rounds
- 1 bell pepper, chopped
- 1 medium eggplant, cut into ½ inch rounds
- Olive oil spray
- 1 can rinsed and drained chickpeas
- Salt and pepper
- Optional: Goat or feta cheese

Directions

1. Preheat the oven to 450 degrees.
2. On prepared baking sheet, lay out the eggplant, peppers and onion in one layer. Salt and pepper the vegetables. Lightly oil the veggies with extra virgin olive oil.
3. Roast for about 10-15 minutes or until lightly browned. Let cool for a few minutes then chop.
4. In a large bowl, place zucchini noodles, roasted veggies, chickpeas and toss with pesto. Salt and pepper to taste.
5. In a sauté pan prepared with olive oil spray, place the zucchini mixture over medium high heat. Warm for a few minutes until heated then serve. If desired, top with goat or feta cheese.

1 fist = 1 green light, 1 yellow light

Corn Salad with Basil and Tomatoes

Recipe serves 2-4

This salad is full of flavor. Be careful of your portion size because corn is a starchier vegetable and needs to be consumed in moderation.



Ingredients

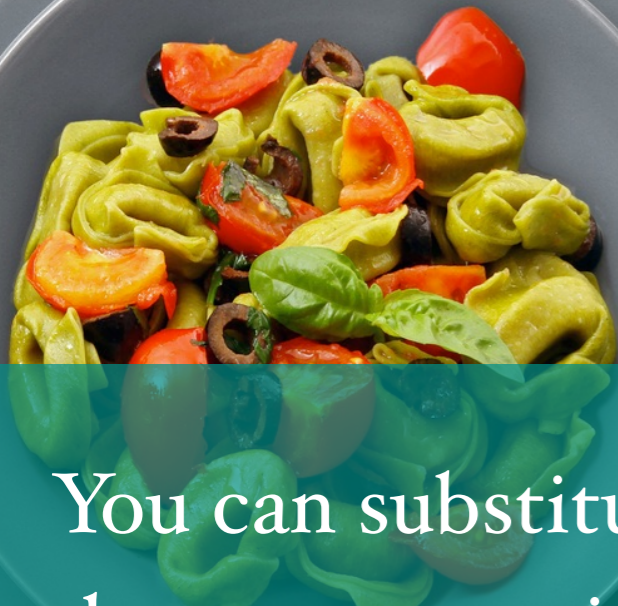
- 16 oz frozen corn kernels or 4 corn on the cob, steamed, kernels removed with a knife
- 3 tablespoons finely chopped shallots
- 1 cup of cherry tomatoes, cut in half
- 2 tablespoons finely chopped basil
- 1 tablespoon + 1 teaspoon olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon balsamic
- Salt and pepper to taste

Directions

1. Heat a heavy fry pan over medium heat. Add 1 teaspoon of olive oil and shallots. Cook briefly and then add corn. Sauté corn until all kernels are heated through and warm. Remove from heat.
2. Mix 1 tablespoon olive oil, 2 tablespoons red wine vinegar and balsamic together in a bowl.
3. Add tomatoes and basil to corn. Toss with the dressing. Serve warm or at room temperature.

1 fist = 1 yellow light

Pasta Dishes



You can substitute any of these pasta recipes with gluten free pasta, whole wheat pasta, zucchini noodles or spaghetti squash.

Mediterranean Pasta Salad

Recipe serves 2

This recipe was developed with health, flavor, and kids in mind. Let the kids help with the preparation and watch their eyes light up with each bite!

Ingredients

- 2 cups cooked whole wheat bow-tie pasta
- 1 can chickpeas, drained and rinsed
- 1 cup cherry tomatoes halved
- 1/2 red onion, sliced thin
- 1/2 English cucumber diced
- 1 red bell pepper, diced
- 1 cup arugula
- 1/4 cup low-fat feta
- 1 teaspoon olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon dried oregano or fresh basil
- Salt and pepper



Directions

1. Dressing: in bowl whisk together oil, red wine and balsamic vinegar, oregano, salt and pepper.
2. Put all other ingredients in a bowl. Mix well, stir in dressing, divide into 2 airtight containers and store in the refrigerator until ready to eat. Store up to 4 days.

1 fist = 1 yellow light,
1 green light

New York Times Summer Pasta with Zucchini, Ricotta and Basil

Recipe serves 4-6

We lightened up this recipe for you without losing any of the fresh summer flavor.



Directions

1. In a large skillet cook onions in 1 teaspoon olive oil until softened. Add zucchini, season generously with salt and pepper, and continue cooking, stirring occasionally until rather soft, about 10 minutes.
2. In a food processor, mix garlic, basil and a little salt into a rough paste. Stir in 3 tablespoons olive oil.
3. Boil pasta per package instructions - keep pasta al dente. Drain pasta, reserving 1 cup of cooking water.
4. Add cooked pasta to zucchini in skillet and turn heat to medium-high. Add 1/2 cup cooking water, then the ricotta, crushed red pepper and lemon zest, stirring to distribute. Cook for 1 minute more - mixture should look creamy. Add a little more pasta water if necessary. Add the basil paste and half the grated cheese and quickly stir to incorporate. Serve immediately.

Ingredients

- 1 teaspoon extra-virgin olive oil
- 1 small onion, finely diced
- 2 pounds zucchini, sliced into 1/4-inch-thick pieces (for larger zucchini, cut in half lengthwise before slicing)
- Salt and pepper
- 2 garlic cloves, minced, or 2 tablespoons chopped green garlic
- 1 ounce basil, about 2 cups loose leaves
- 1 pound ziti or other dry pasta
- 8 ounces low fat ricotta, about 1 cup
- Pinch of crushed red pepper
- Zest of 1 lemon
- 2 ounces grated Parmesan plus more for serving

1 fist = 1 yellow light,
1 green light

Summer Zucchini Noodle and Corn Salad with Balsamic Tofu

Recipe serves 4

This zoodle recipe has all the components of a balanced meal: green veggie, starchy veggie, and protein. Serve warm or cold.

Ingredients

For the salad:

- 1 teaspoon olive oil
- 2 ears of corn, shucked
- 3 cups of zucchini noodles
- Homemade balsamic tofu*, see below
- ¼ cup crumbled light feta (optional)

For the pesto:

- See recipe on page 41

*Balsamic tofu:

- 14oz extra firm tofu, drained and patted dry, cubed
- Balsamic vinegar, to drizzle

Directions

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Put cubed tofu in medium bowl. Drizzle with balsamic vinegar so all the tofu pieces are coated and there's roughly a teaspoon left in the bottom of the bowl. Lay the tofu out on the baking sheet. Bake for 25-35 minutes or until firm to your preference, flipping the tofu halfway through.
3. Heat a grill or grill pan to medium heat. Drizzle the corn with olive oil. Once grill is hot, add the corn and let cook about 3 minutes per side until charred and tender, about 12 minutes. Remove the kernels off the cob with a knife.
4. While the corn cooks, prepare the pesto. Add pesto to the bottom of a large serving bowl and add the zucchini noodles and tofu. Toss to combine well. Add the corn and feta (if using) and toss gently.



1 fist = 1 yellow light, 1 green light

Couscous with Tomatoes, Basil and Scallions

Recipe serves 4-6

Couscous is a grain from North Africa that makes for a great way to add whole grains to your day.

Ingredients

- 2 cups boiling water
- 2 cups dry whole wheat couscous
- 1 teaspoon salt
- 1 teaspoon olive oil
- 2 cups cherry tomatoes, sliced in half
- 1 cup chopped scallions
- ½ cup basil
- ¼ cup basil vinegar
- 2 teaspoon olive oil



Directions

1. In a large bowl, pour in dry couscous, salt and olive oil. Add two cups of boiling water over couscous. Give a quick stir and cover the bowl with lid. Let sit and steam for 7 minutes.
2. Meanwhile chop scallions, basil and tomatoes and set aside. Whisk together balsamic vinegar and 2 teaspoon olive oil. Take off the lid of the couscous, fluff up the couscous with fork. Add tomatoes, scallions and basil and drizzle balsamic vinegar dressing. Toss well.

1 fist = 1 yellow light

Sesame Noodles with Cilantro and Scallions

Recipe serves 4

Try this homemade Kurbo sesame noodle recipe instead of takeout.



Ingredients

For the Dressing:

- 1 tablespoon vegetable or canola oil
- 2 tablespoons sesame oil
- 3 tablespoons honey
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar

The Base:

- ½ cup chopped cilantro
- ½ cup thinly chopped green onions
- 2 tablespoons sesame seeds
- Pepper to taste
- 8 oz thin whole wheat spaghetti
- Salt for boiling the noodles

Green light additions (highly recommended!):

¼ cup carrots, ¼ cup red bell pepper, diced, ¼ cup cucumber, julienne, ¼ cup roasted peanuts, 1 cup baby spinach

Directions

1. Cook pasta according to package directions. Drain pasta, but do not rinse.
2. While pasta is cooking, heat honey, vegetable oil, sesame oil, soy sauce, vinegar and pepper (or red pepper) in saucepan.
3. Pour dressing all over pasta. Toss together and then add cilantro, scallions and sesame seeds. Cover and chill for a few hours
4. Add your green lights before serving to ensure crisp vegetables.

1 fist = 1 red light, 1
yellow light, 1 green
light

Dips & Sauces



These dips and sauces can bring some extra flavor to your dishes. All these tasty dips can be counted as 1 yellow light per 2 tablespoons or 2 thumbs.

Lentil Puree with Herbs

Lentils are a staple in South Asian cuisine and can be used for tons of different types of dishes including dips.

Ingredients

- 1 onion, chopped
- 1 cup lentils
- 1 teaspoon cumin
- Salt and pepper
- 1 cup cilantro leaves
- Juice of two limes
- 1 teaspoon olive oil
- 4 cups of water

Directions

1. In a medium saucepan combine the onion, lentils, cumin and water. Season with salt and pepper and bring to a boil.
2. Reduce to medium low heat and let simmer for about 25-30 minutes or until lentils are tender.
3. In a blender or food processor, puree the lentil mixture with the cilantro, lime juice and olive oil.
4. Once smooth, serve celery sticks, carrot sticks, or homemade whole wheat pita chips.



Herbed Yogurt

Flavor your plain yogurt and it turns right into a great veggie dip.

Ingredients

- 1 cup plain Greek yogurt
- 1 garlic clove
- 2 tablespoons chopped dill (fresh or dried)
- 2 tablespoons chopped chives
- 2 tablespoon chopped mint
- 1 tablespoon lemon juice
- 1 teaspoon vinegar (rice, wine, or sherry)
- ¼ teaspoon salt and ¼ teaspoon pepper

Directions

1. In a bowl whisk all the ingredients together. Taste and adjust seasonings as needed.



Yellow Light Pesto

This pesto is lighter than what you find in the stores. We use less oil and replace the the usual oil with lemon juice. This method makes for a flavorful and creamy pesto while keeping this a yellow light food.



Pesto is a versatile sauce that is good on almost everything! Try it on noodles, veggies, sandwiches, and wraps.

Ingredients

- 2 cups (or 2 4oz boxes) basil
- 2 tablespoons olive oil
- Juice of 1 lemon
- $\frac{1}{4}$ cup parmesan cheese, grated (optional)
- Salt and pepper

Directions

1. Place all the ingredients in a food processor or blender - mix until the mixture is smooth.
2. Use immediately or store in an airtight container for 1 week.

Homemade Yellow Light Ranch

Instead of buying from the store, make your own healthier version.

Ingredients

- 2 tablespoon dried parsley
- 1 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon fresh chives
- 1 cup non-fat plain Greek yogurt
- 1/3 cup buttermilk
- 2 teaspoon Dijon mustard
- 1 teaspoon lemon juice



Directions

1. Place the spices (dried parsley - fresh chives) into a food processor and pulse a few times, until the spices have been ground up a bit - scrape down the sides.
2. Place the remaining ingredients, Greek yogurt, buttermilk, Dijon, and lemon juice into the food processor and pulse until the ingredients have been fully incorporated.
3. Transfer into a sealable container (like a mason jar) and place in the fridge until you're ready to use it!

Roasted Pepper Dip

Use those left over peppers to make a great dip!

Ingredients

- 3 red peppers
- 2 garlic cloves
- 1/4 tablespoons of Greek yogurt
- 1 tablespoon dry basil
- Salt and pepper

Directions

1. Roast the whole pepper in a 500 degree oven for about 10 minutes or until blistered.
2. Let cool for a few minutes. Cut open and take the stem and seeds out.
3. In a food processor place the garlic, yogurt, basil, salt, and pepper. Puree until smooth.
4. Add the peppers and pulse until combined.



Middle Eastern Zucchini Dip

Zucchini is one of those vegetables that is great for dips, main dishes, and sides.



Ingredients

- 3 medium zucchini, diced
- 2 cloves garlic, chopped
- ½ cup low-fat or nonfat plain Greek yogurt
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh mint
- Salt to taste

Directions

1. Spray a large skillet with olive oil spray.
2. Over medium heat, add zucchini and garlic. Cook, stirring occasionally until softened, about 5 minutes.
3. Transfer the mixture to a food processor or blender; let cool for 5 minutes.
4. Add yogurt, lemon juice, mint, salt and pepper. Puree until smooth.

Desserts

Most of these are green and yellow light sweet treats - you might see some red lights like honey so keep an eye out and remember, red lights are okay in limited quantities.



Frozen Yogurt Covered Fruit

Use yogurt instead of chocolate and get a healthy bonus to your dessert.



Ingredients

- 1 ½ cups of plain fat-free yogurt
- 1/2 tsp. pure vanilla extract
- Berries, sliced banana, or pineapple chunks

Toppings (optional):

- Slivered almonds (equivalent to one yellow light)
- Crushed corn flakes or crispy rice cereal

Directions

1. In a medium bowl, add yogurt and vanilla and whisk until smooth.
2. Dip fruit in yogurt mixture and set on plate.
3. If adding toppings, sprinkle on top of the yogurt dipped fruit.
4. Freeze for 5 hours, or until frozen solid.

1 fist = 1 yellow light,
1 green light

Grilled Stone Fruit with Honey and Yogurt

Take any stone fruit you like and dessert-it-up with honey and yogurt on top!

Ingredients

- 1/4 cup fat free plain Greek yogurt
- 1/2 tsp cinnamon
- 2 large ripe peaches*, cut in half (pit removed)
- 1 tbsp honey
- Optional: slivered almonds



Directions

1. Combine yogurt and cinnamon.
2. Grill the peaches on low or indirect heat until soft, about 2-4 minutes on each side.
3. Drizzle with honey and serve each with 1/2 of the yogurt mixture.
4. If desired, top with slivered almonds.

*Can substitute peaches for any other stone fruit.

1 half peach with yogurt = 1 yellow light, 1 green light

Watermelon Slushy

This is a Kurbo All Star recipe favorited by kids all over the world.

Ingredients

- Half a watermelon
- Optional: ice cubes

Directions

1. Take your watermelon half and chop it into cubes. Set in a freezer for 1-2 hours.
2. Place watermelon cubes in blender and blend to desired amount *add crushed ice for an even cooler drink!*



1 fist = 1 green light

Pina Colada, Banana-Rama, Tropical Dream Smoothie

Use these recipes as building blocks - get creative with your own smoothie recipes by experimenting with flavor combinations.

Pina Colada

- 1/2 cup frozen pineapple
- 1/2 frozen banana
- 1/3 cup plain Greek yogurt
- Shredded coconut (optional red light topping)
- Nonfat milk or unsweetened almond milk, about 1 cup (add more to make a thinner consistency)



Banana-Rama

- 2 frozen bananas
- Cinnamon
- Almonds (23 = 1 yellow)
- Splash of vanilla extract
- Nonfat milk or unsweetened almond milk, about 1 cup (add more to make a thinner consistency)



Tropical Dream

- 1/2 frozen mango
- 1/2 cup frozen strawberries
- 1/2 frozen banana
- Fresh ginger, about 1 inch
- 1/3 cup plain Greek yogurt
- Vanilla extract, just a splash
- Nonfat milk or unsweetened almond milk, about 1 cup (add more to make a thinner consistency)



1 fist = 1 yellow, 1 green light

Get more green lights by using a base of spinach, celery, chard, cucumber or all of them!

Acknowledgments

Several of our recipes were adapted from the following websites and many were created right here at Kurbo. Special thanks to Coach Ann Marie for her culinary excellence and recipe development.

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ambitiouskitchen.com, allrecipes.com, girlandthekitchen.com, epicurious.com, vegetariantimes.com, popsugar.com, cleananddelicious.com, cookieandkate.com, inspiralized.com, weekofmenusprintrecipes, bonappetite.com, eatingwell.com, snapguide.com, cooking.nytimes.com

Meet The Authors



Thea Runyan MPH, Co-Founder, Chief of Coaching and Curriculum
Thea is the co-founder of Kurbo, the first mobile weight management program designed especially for children, teens and their parents. For 15 years, Thea served as the Lead Behavior Coach for the Pediatric Weight Control Program at Lucile Packard Children's Hospital at Stanford, where her expertise in this field helped thousands of families manage their weight and lead healthier lifestyles. Thea is a certified fitness instructor, yoga teacher, soccer coach, runner, and activist for healthy communities. Her proudest accomplishment is being a mom to three daughters.



Arielle Adelman, Master Health & Wellness Coach/Head of Coach Development
Arielle hires, manages, and trains coaches across the US and Singapore. Arielle builds new curriculum incorporating coaching core competencies, mindfulness tools, and the latest on behavior modification. In addition to helping people of all ages reach their health and wellness goals, she mentors Kurbo coaches to help them improve their technique and effectiveness with the people they coach. Arielle is a certified coach with the International Coaching Federation and is currently pursuing a PhD in mind-body medicine at Saybrook University with an emphasis in functional nutrition and hypnosis.