



Flavor Enhancer Recipe Pack

This collection of recipes includes simple and delicious sauces, spice blends and marinades that will elevate a basic meal to restaurant quality in no time.



Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

The recipes in this e-book are available on my digital meal plans + 1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.

Now, let's get cooking!

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Recipes

SPICE BLENDS

Ranch Seasoning Mix

BBQ Seasoning Blend

Dukkah Seasoning Mix

SAUCES & DRESSINGS

Cilantro Lime Vinaigrette

Ginger Miso Lime Dressing

Maple Mustard Dressing

CONDIMENTS

Traditional Pesto

Cinderella Hummus

Tzatziki

NUTRIENT GUIDE

Per serving:

C calories

C carbohydrates

F total fat

P protein

S sodium

Ranch Seasoning Mix

Serves 6

Prep: 10 min.

Ingredients

- 2 tsp dill, dried
- 2 Tbs parsley, dried
- 1 Tbs chives, dried
- 2 tsp garlic, granulated
- 1 Tbs onion, dried flakes
- 1 tsp pepper, freshly ground
- 1 tsp salt

Directions

Make

1. Whisk together all ingredients. Store in a glass container with a lid in a cool dry place for up to 2 months.

Use It:

- To make ranch dressing: Add 1 tablespoon of this seasoning to 1/3 cup yogurt of choice + milk of choice to thin as desired. You can also use a combination of mayonnaise and yogurt.
- Use dressing to top grain bowls
- Drizzle over a baked potato for an easy side dish

Per serving:

- C** 7 calories
- C** 2g carbohydrates
- F** 0g total fat
- P** 0g protein
- S** 376mg sodium



BBQ Seasoning Blend

Serves 8

Prep: 5 mins

Ingredients

- 2 Tbs paprika (smoked if desired)
- 2 Tbs coconut sugar
- 2 tsp garlic powder
- 2 tsp chili powder
- 1 tsp onion powder
- 1 tsp salt
- 1/8 tsp cayenne pepper (optional)

Directions

Make

1. Add ingredients to glass mason jar fitted with lid - shake to combine and store in a cool, dry place.

Use It:

- Rub on chicken, fish, or vegetables before cooking.

Per serving:

- C** 15 calories
- C** 4g carbohydrates
- F** 0g total fat
- P** 0g protein
- S** 300mg sodium



Dukkah Seasoning Mix

Serves 12

Prep: 15 mins. | Total: 20 mins..

Ingredients

- 1/2 cup hazelnuts, raw
- 1/2 cup pistachios, raw, shelled
- 3 Tbs sesame seeds, raw
- 2 Tbs coriander seeds
- 1 tsp cumin seeds
- 1/2 tsp cardamom, ground
- 1 tsp salt

Per serving:

- C** 75 calories
- C** 3g carbohydrates
- F** 6.5g total fat
- P** 2g protein
- S** 188mg sodium

Directions

1. Preheat oven to 350° F and line baking sheet with parchment.
2. Spread hazelnuts and pistachios on a baking sheet and toast until fragrant and golden, about 5-7 minutes. Set aside to cool.
3. In a small non-stick skillet, toast the cumin and coriander seeds for about 2 minutes over medium-low heat until fragrant. Set aside separate from the nuts.
4. In the same skillet, toast sesame seeds until just golden, about 2 minutes. Set aside separate from nuts and other seeds.
5. Add cumin and coriander to a blender or food processor and process until they are broken into smaller pieces. Add hazelnuts and pistachios and pulse a few more times until crumbled. DO NOT over-process.
6. Stir in sesame seeds, cardamom, and salt.



Storage and How to Use It:

- Store in the refrigerator for up to 2 months.
- Use it on any protein before cooking (be sure to cook in the lower portion of the oven to prevent burning).
- Sprinkle on vegetables as-is.

Cilantro Lime Vinaigrette

Serves 4

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 4 Tbs olive oil
- 1 clove garlic, pressed
- 2 limes, juiced
- 1 cup cilantro, fresh, stems removed
- salt, to taste
- pepper, to taste

Per serving:

C	127 calories
C	2g carbohydrates
F	13g total fat
P	0g protein
S	2mg sodium

Directions

Make

1. Juice limes [you'll need 2 tablespoons of lime juice for every 4 tablespoons of oil.]
2. Add oil, garlic, lime juice, and cilantro to your food processor and pulse until creamy.
3. Season with salt and pepper to taste.
4. Use as a dressing for salads and vegetables or as a marinade.

Use It:

- Make a batch at the beginning of the week for salads. You might never buy bottled again!
- This also makes a great marinade for grilled chicken



Ginger Miso Lime Dressing

Serves 6

Prep: 10 mins

Ingredients

- 1 Tbs ginger, grated
- 1/3 cup tahini, creamy
- 1 tsp miso paste, yellow
- 1 Tbs tamari sauce
- 1 Tbs rice vinegar
- 1 lime, juiced
- 1 tsp sesame oil, toasted
- 3 Tbs water, warm

Per serving:

- C** 135 calories
- C** 4g carbohydrates
- F** 11.5g total fat
- P** 5g protein
- S** 200mg sodium

Directions

Make

1. Add all ingredients to a bowl or mason jar and whisk until combined.

Use It:

- Try it as a mayo replacement in chicken salad for a unique flavor
- Use it to massage kale for a quick green salad
- Drizzle over roasted carrots or other vegetables



Maple Mustard Dressing

Serves 10

Prep: 5 mins

Ingredients

- 2 lemons, juiced
- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 1/3 Tbs maple Syrup
- 1 1/3 Tbs mustard, dijon
- black pepper, to taste

Per serving:

- C** 114 calories
- C** 4g carbohydrates
- F** 11g total fat
- P** 0g protein
- S** 56mg sodium

Directions

1. Pour all ingredients into a medium bowl and whisk to combine. Alternatively, pour into a mason jar and seal, then shake vigorously to combine.

Use It:

- Spoon over baked salmon
- Drizzle over roasted broccoli or Brussels sprouts
- This is the perfect dressing for a fall salad with arugula, apples and squash



Traditional Pesto

Serves 3

Prep: 5 mins

Ingredients

- 1/2 lemon, juiced and zested
- 2 cup basil, packed
- 1/4 cup pine nuts
- 1 clove garlic, Chopped
- 2 Tbs parmesan cheese, grated
- 3 Tbs olive oil
- salt, to taste
- black pepper, to taste

Per serving:

- C** 206 calories
- C** 2g carbohydrates
- F** 20g total fat
- P** 6g protein
- S** 57mg sodium

Directions

Make

1. In a food processor, combine basil, pine nuts, garlic, lemon zest and juice, and parmesan cheese. Pulse to roughly combine.
2. With motor running, slowly pour in 3 tablespoons of olive oil. Process until mixture is smooth, about 10-15 seconds. You will likely need to stop and wipe the edges of the blender or food processor and then resume pureeing. Add more oil as desired.
3. Season with salt and pepper.

Use It:

- Simple swaps: try pumpkin or hemp seeds instead of pine nuts or nutritional yeast in place of cheese
- Toss this pesto with your favorite pasta or zucchini noodles
- Use on sandwiches for a pop of flavor



Cinderella Hummus (Pumpkin White Bean)

Serves 4

Prep: 5 mins. | Total: 20 mins.

Ingredients

- 1/2 lemon, Juiced and Zested
- 2 Tbs tahini
- 1 clove garlic, crushed
- 1 1/2 cup white beans, drained & rinsed
- 2 Tbs olive oil
- 1 1/2 cup pumpkin purée
- 1/2 tsp cayenne Pepper
- 1/2 tsp salt
- 1 tsp sage, fresh, chopped
- 1 red pepper, chopped
- 2 Tbs pumpkin seeds, toasted

Directions

1. Place lemon juice, lemon zest, tahini, garlic, white beans, olive oil, pumpkin puree, cayenne pepper, salt, and sage in a food processor. Pulse until smooth adding water to thin if necessary.
2. Transfer to a bowl and allow to sit for 15 minutes before garnishing with pumpkin seeds and serving.

Use It:

- This makes a great dip for raw vegetables and seedy crackers
- Spread it on a tortilla and fill with your favorite protein and vegetables for lunch

Per serving:

C	136 calories
C	17g carbohydrates
F	6g total fat
P	5g protein
S	317mg sodium



Tzatziki

Serves 4

Prep: 10 mins

Ingredients

- 2 cup plain Greek yogurt
- 1/2 lemon, juiced
- 1 1/2 Tbs dill, fresh, chopped
- 2 cloves garlic, minced
- 1/2 cucumber, grated
- salt, to taste
- pepper, to taste

Per serving:

- C** 96 calories
- C** 7g carbohydrates
- F** 2g total fat
- P** 12g protein
- S** 41mg sodium

Directions

1. Combine all the ingredients in a bowl.
2. Season to taste with salt and pepper.

Use It:

- Tzatziki is a staple in Mediterranean food. Use it to top pitas or grain bowls for a creamy cooling condiment.
- Spread it on lamb burgers for a fun twist.

