



# RECIPES TO OPTIMIZE MENTAL WELLNESS

*Thyme*



## **BAKED SALMON**

Who says you can't have delicious fresh fish at home? This recipe is so easy to put together and tastes so good you will want it all the time! The best part is the cleanup; just throw out the foil when you are done. No messy pans to clean!



### **INGREDIENTS**

4 – 6oz	Salmon fillets
3 Tbsp	Olive oil
Dash	Pepper
3 medium	Tomatoes, chopped
3 medium	Shallots, chopped
2 Tbsp	Lemon juice
1 tsp	Thyme
1 tsp	Oregano

### **DIRECTIONS**

1. Preheat oven to 400 degrees. In medium bowl, combine olive oil, pepper, tomatoes, shallots, lemon juice, thyme, and oregano.
2. Place salmon fillet on sheet of foil, skin side down. Spoon the tomato mixture over the top of salmon and fold over foil to cover and seal completely.
3. Place foil packet on baking sheet. Repeat until all salmon fillets are individually wrapped and on baking sheet.
4. Place baking sheet in oven and bake until salmon is just cooked through, about 25 minutes.

## **BARLEY AND MUSHROOM SOUP**

This is a wonderful recipe to warm you up on a cool winter evening! This delicious soup is extra hearty and will keep you full and energized for hours. Make this in bulk to save money and have a nutritious meal on hand for a quick dinner on the go!



### **INGREDIENTS**

1 cup	Barley
1 Tbsp	Olive oil, extra virgin
1 large	Yellow onion, chopped
2 medium	Garlic cloves, minced
2 medium	Carrots, peeled and diced
2 medium	Celery stalks, diced
1 16oz pack	White mushrooms, sliced
3 15oz cans	Vegetable broth, low sodium
1 cup	Water
2 small	Bay leaves
2 Tbsp	Thyme, fresh

### **DIRECTIONS**

1. In large pan, bring 4 cups of water and barley to a boil. Reduce heat to medium low, cover, and simmer for 30-40 minutes.
2. Heat olive oil in large pot over medium heat. Add onion and garlic. Cook until translucent. Add carrots, celery, and mushrooms. Cook until tender, about 5 minutes.
3. Add vegetable broth, water, bay leaves, and fresh thyme. Simmer on medium low for about 10 minutes. Stir in cooked barley and continue to cook for 10-15 minutes.
4. Remove bay leaves before serving. Enjoy hot!



## **BARLEY VEGETABLE SOUP**

This recipe is so delicious and super easy to put together! It can be ready in under an hour and provide healthy meals throughout the week. This is a wonderful dish to try for an expert in the kitchen or someone that is just starting to cook!

### **INGREDIENTS**

1 Tbsp	Olive oil, extra virgin
1 cup	Celery, chopped
2 medium	Carrots, chopped
1 small	Onion
2 medium	Garlic cloves, minced
3 cups	Vegetable broth, low sodium
1 16oz can	Diced tomatoes
1 cup	Pearl barley
1/4 tsp	Oregano, dried
1/4 tsp	Thyme, dried
Dash	Pepper
1 cup	Spinach

### **DIRECTIONS**

1. In large pot, heat olive oil over medium heat. Add celery, carrots, onion, and garlic for 3-5 minutes.
2. Add vegetable broth, diced tomatoes, pearl barley, oregano, thyme, and pepper.
3. Cook for 35-40 minutes until ingredients are fork tender.
4. Add spinach and cook for 2-3 more minutes. Enjoy warm!





## GRILLED CHICKEN BREAST

Who doesn't love grilling out on a nice day? This recipe is delicious and could not be any easier to put together. Pair the chicken with some brown rice and asparagus and you have an incredible meal in no time!



### INGREDIENTS

4 medium	Chicken breasts, boneless, skinless, ½ inch thick
6 Tbsp	Olive oil, extra virgin
4 large	Garlic cloves, minced
1 tsp	Thyme, dried
1/2 tsp	Oregano, dried
1/2 tsp	Pepper
1 tsp	Lemon zest

### DIRECTIONS

1. In large sealable plastic bag, combine olive oil, garlic, thyme, oregano, pepper, and lemon zest.
2. Place chicken breasts in bag and gently shake to evenly coat with marinade. Seal plastic bag, place in bowl inside refrigerator, and let marinate 4-12 hours.
3. Spray grill grates with non-stick spray and preheat over medium high. Place chicken on grates and grill covered for 3-4 minutes per side or until cooked through.

## **HERB ROASTED POTATO AND ARUGULA SALAD**

This recipe is the perfect side dish for dinner or a wonderful idea for lunch! The combination of herbs with the fresh lemon juice make this dish really stand out. Simple to put together but tastes like you spent hours on it!



### **INGREDIENTS**

1 lb	Fingerling potatoes, halved
2 Tbsp	Olive oil, extra virgin
1 Tbsp	Parsley, chopped
1 Tbsp	Dill, chopped
1 tsp	Thyme, chopped
1 tsp	Rosemary, chopped
2 medium	Garlic cloves, minced
Dash	Pepper
3 cups	Arugula
1 medium	Lemon, juiced

### **DIRECTIONS**

1. Preheat oven to 400 degrees and toss halved potatoes with olive oil, fresh herbs, and pepper. Spread potatoes on baking sheet in one layer and bake for 15 minutes.
2. Sprinkle potatoes with garlic and toss. Place back in oven for 10 minutes or until edges are brown and crispy.
3. Place in bowl with arugula and toss to combine. Squeeze lemon juice over mixture, toss, and serve.

## MEDITERRANEAN LENTIL SALAD

If you have never tried lentils, here is your chance! This dish is packed with nutrients and fiber, and couldn't be any more delicious. You can have this meal put together in less than 30 minutes, and cleanup is simple. Give it a try tonight!



### INGREDIENTS

1 cup	Brown lentils, dry
1 cup	Carrots, diced
1 cup	Red onion, diced
2 large	Garlic cloves, minced
1 medium	Bay leaf
1/2 tsp	Thyme, dried
2 Tbsp	Lemon juice
1/2 cup	Celery, diced
1/4 cup	Parsley, fresh chopped
Dash	Pepper
1/4 cup	Olive oil, extra virgin

### DIRECTIONS

1. In large saucepan, combine lentils, carrots, red onion, garlic, bay leaf, and thyme. Cover with water by about 1 inch.
2. Bring to boil, reduce heat, and simmer uncovered for 15-18 minutes.
3. Drain lentils and vegetables and remove bay leaf. Add lemon juice, celery, parsley, pepper and olive oil.
4. Toss well to combine and serve at room temperature.



## **PORK TENDERLOIN**

A perfectly cooked pork tenderloin is a real treat! This recipe is super easy to put together and is ready in about a half of an hour. Pair this dish with mashed sweet potatoes or your favorite vegetable for dinner tonight!



### **INGREDIENTS**

1 tsp	Paprika
1 tsp	Cumin
1 tsp	Oregano
1 tsp	Garlic powder
1 tsp	Onion Powder
1 tsp	Thyme, dried
1 tsp	Pepper
1 ½ lb	Pork tenderloin
1 Tbsp	Olive Oil

### **DIRECTIONS**

1. Preheat oven to 450°.
2. In small bowl combine all spices. Stir mixture with a fork until well combined.
3. Sprinkle the spice mixture over both sides of pork tenderloin, and gently rub in until well adhered.
4. Heat olive oil over medium-high heat. Place pork tenderloin in pan and cook for 8-10 minutes, searing each side.
5. Transfer pork tenderloin to a roasting pan and bake for 20 additional minutes.

## MARINARA SAUCE

Jarred sauce doesn't hold a candle to the homemade version! This recipe is easy enough for a beginner, but tasty enough to make it feel like a pro's. Inexpensive and easy to find ingredients make this something that you can keep in the fridge at all times to enjoy!

### INGREDIENTS

1/2 cup	Extra virgin olive oil
1 large	Onion, fine chopped
2 medium	Garlic cloves
1 cup	Celery, fine chopped
1 cup	Carrots, fine chopped
1/2 tsp	Salt
1/2 tsp	Pepper
2 32-oz cans	Crushed tomatoes
1 tsp	Oregano, dried
1 tsp	Thyme, dried

### DIRECTIONS

1. In large pot heat olive oil over medium-high heat. Add onions and garlic and cook until translucent, about 10 minutes.
2. Add celery, carrots, salt, and pepper. Sauté until vegetables are soft, about 10 minutes.
3. Add crushed tomatoes, oregano, and thyme. Simmer uncovered over low heat for about 45 minutes or until thickened.



## PARMESAN ZUCCHINI AND CORN

Looking for a way to get more vegetables in your diet? Look no further! The combination of spices in this dish will have the whole house smelling good. Topped with fresh lime juice and cilantro, this is an excellent side dish for any meal!



### INGREDIENTS

2 Tbsp	Olive oil, extra virgin
2 medium	Garlic cloves, minced
4 medium	Zucchini, diced
1 cup	Corn kernels, frozen
1/4 tsp	Basil, dried
1/4 tsp	Oregano, dried
1/4 tsp	Thyme, dried
Dash	Pepper
1 medium	Lime, juiced
2 Tbsp	Cilantro, fresh chopped
2Tbsp	Parmesan cheese, fresh

### DIRECTIONS

1. Heat olive oil over medium high heat in large skillet. Add garlic and cook until fragrant, stirring frequently, about 1 minute.
2. Add zucchini, corn, basil, oregano, and thyme. Cook 3-4 minutes until tender, stirring occasionally.
3. Season with pepper and stir in lime juice and cilantro.
4. Sprinkle with Parmesan and serve warm.



## RATATOUILLE

This dish is as delicious as it is bright and colorful! It may have a funny name, but it has amazing flavor! Serve over a bed of brown rice or whole-wheat pasta for a wonderful meal. Everything cooks in one dish, so cleanup is a snap!



### INGREDIENTS

1 6oz can	Tomato paste
1/2 medium	Onion, chopped
1/4 cup	Garlic, minced
4 Tbsp	Olive oil, extra virgin
3/4 cup	Water
Dash	Pepper and salt, to taste
1 small	Eggplant, sliced thin
1 medium	Zucchini, sliced thin
1 medium	Yellow squash, sliced thin
1 medium	Red bell pepper, sliced thin
1 medium	Yellow bell pepper, sliced thin
1 tsp	Thyme, fresh

### DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Spread tomato paste across bottom of a 10x10 baking dish. Add onion, garlic, 1 Tbsp olive oil, and water until combined. Add a dash of pepper and salt.
3. Arrange vegetables in order of eggplant, zucchini, yellow squash, red bell pepper, and yellow bell pepper, starting at outside of dish and working towards the center. Overlap slightly to display colors.
4. Drizzle with remaining olive oil and sprinkle with thyme leaves.
5. Bake in oven until vegetables are tender, about 45 minutes

## RED BEANS AND RICE

Red beans and rice is a classic recipe for a reason! Give this slow cooker version a try and forget about any of the hassle. This dish is super easy to prepare and will provide you with several meals throughout the week. Enjoy this tonight!



### INGREDIENTS

2 15oz cans	Red beans, drained
1 cup	Red onion, chopped
1 cup	Bell pepper, chopped
1 cup	Celery, chopped
2 large	Garlic cloves, minced
2 tsp	Oregano
2 tsp	Thyme
2 tsp	Paprika
1/2 tsp	Cayenne pepper
1 cup	Brown rice, uncooked

### DIRECTIONS

1. Combine all ingredients except rice in slow cooker. Stir well to combine.
2. Cook on low heat for 4 to 5 hours.
3. Stir in uncooked brown rice and turn heat to high.
4. Cook for 2 hours or until rice is tender.
5. Enjoy hot!

## ROASTED BEETS WITH PISTACHIOS

Did you know that beets help with cardiovascular health, stamina, and endurance? Not only that, but they are delicious as well! Combined with apple cider vinegar and topped with pistachios, this recipe is a real treat!



### INGREDIENTS

1/2 lb	Yellow beets, trimmed
1/2 lb	Red beets, trimmed
1/3 cup	Apple cider vinegar
2 Tbsp	Olive oil, extra virgin
1/4 cup	Water
1 large	Shallot, chopped
1 tsp	Thyme, fresh chopped
1/4 cup	Pistachios, chopped

### DIRECTIONS

1. Preheat oven to 425 degrees. In baking dish, combine yellow beets, red beets, half of the apple cider vinegar, half of the olive oil, and water. Cover with foil and cook for 40-50 minutes or until tender.
2. Remove beets from oven and let cool slightly. Cut into 1/2 inch pieces.
3. In large bowl, combine beets, shallot, thyme, remaining apple cider vinegar, and remaining olive oil.
4. Add pistachios and enjoy!



## **ROASTED BUTTERNUT SQUASH**

Sometimes the simplest ingredients make the most delicious meals! The prep for this dish is so easy and it is inexpensive to put together. Enjoy the aroma in your home while the squash cooks in the oven!



### **INGREDIENTS**

1 medium	Butternut squash, 1-inch cubes
2 Tbsp	Olive oil, extra virgin
2 medium	Garlic cloves, minced
1 tsp	Thyme
1 tsp	Rosemary
1tsp	Sage
Dash	Pepper

### **DIRECTIONS**

1. Preheat oven to 400 degrees.
2. Cut butternut squash into 1-inch cubes and toss with olive oil. Add minced garlic.
3. Season with thyme, rosemary, sage, and dash of pepper.
4. Spread squash on a roasting pan in a single layer.
5. Roast for 25-30 minutes or until tender and lightly browned.

## ROASTED CHICKPEAS

So much flavor in this simple recipe! This is an excellent option for a healthy and easy snack to grab on the go. They keep well for a couple of days, but they probably won't last long!



### INGREDIENTS

1/4 cup	Salt
2 Tbsp	Cumin
1 1/2 Tbsp	Pepper
2 tsp	Oregano
1 Tbsp	Thyme
2 tsp	Paprika
1 1/2 tsp	Cayenne pepper
1/4 cup	Cilantro, chopped
1 15-oz can	Chickpeas, drained
1 Tbsp	Olive Oil

### DIRECTIONS

1. Preheat oven to 425 degrees
2. In small bowl, combine salt, cumin, pepper, oregano, thyme, paprika, cayenne pepper, and cilantro. Mix well. (Can be stored in airtight container)
3. Dry chickpeas completely on towel and place in large bowl. Mix olive oil, 2 Tbsp spice blend, and mix evenly to coat.
4. Place chickpeas on baking sheet in a single layer and bake for 25 minutes. Shake pan at 15 minutes to turn chickpeas.
5. Remove from oven, cool for several minutes, and enjoy!

## WHITE BEAN & ASPARAGUS SOUP

The ultimate bowl of comfort food, made with a decadent broth and loaded with an array of health-boosting spices and vegetables. It's great to make in bulk and have on hand for a quick hot meal.



### INGREDIENTS (serves 8)

1 cup	Canned cannellini beans
1/2	Diced onion
1 Tbsp	Olive oil
1 tsp	Minced garlic
3 qts	Vegetable stock
½ lb	Asparagus, cut on the diagonal into 1½-inch lengths
2 Tbsp	Minced flat-leaf parsley
1 Tbsp	Finely chopped mint
1 tsp	Finely chopped thyme
1 tsp	Finely chopped oregano
1 Tbsp	Fresh lemon juice
Dash	Freshly ground pepper and salt

### DIRECTIONS

1. In a large pot, sauté diced onions and minced garlic in olive oil until onions become translucent.
2. Add the stock and bring to a boil.
3. Add the asparagus pieces and beans and cook until the asparagus is crisp-tender, about 3 minutes.
4. Add chopped parsley, mint, thyme, oregano, and lemon juice.
5. Simmer until the vegetables are just tender. Season with salt and pepper.



# **Best Mashed Potatoes Ever!**

## **Ingredients**

- 2 pounds Yukon gold potatoes, peeled & cut into 2" chunks
- 4 garlic cloves, peeled and halved
- 1/2 cup low-fat sour cream
- 1/2 cup low sodium vegetable broth
- 2 tbsp butter
- Salt and pepper to taste
- Fresh herbs like thyme, chives for serving

## **Directions**

1. Bring a large pot of salted water to a boil. Place the diced potatoes and garlic inside the pot. Cook covered until the potatoes are tender, about 16-20 minutes.
2. Drain and return the potatoes and garlic to the pan. Add the sour cream, vegetable broth, and butter. Using a fork, masher, or electric beaters, mash the potatoes until smooth or until your desired consistency.
3. Season with salt and pepper to taste. Serve warm and top with fresh herbs

# **Coconut Chicken**

Serves 2

## Ingredients

- 1/4 cup coconut milk
- 1 sprig fresh thyme
- 1/2 garlic clove (diced)
- 1/4 teaspoon salt
- 2 boneless chicken breasts

## Directions

1. Place the buttermilk, thyme, garlic, and salt in a large bowl or shallow dish. Add chicken and turn to coat. Refrigerate at least 1 hour or overnight.
2. Drain chicken, discarding marinade. Grill, covered, over medium heat until a thermometer reads 165°, 5-7 minutes per side.
3. Serve with a side of whole grain (such as brown rice, farro, barley, quinoa) and 1-2 vegetables (such as broccoli, bell peppers, cauliflower. Eat with a dip/dressing)

# **Herb Butter Salmon with Asparagus**

## **Ingredients**

- 1 boneless, skinless salmon fillet
- Salt and pepper to taste
- 1/4 lb asparagus, trimmed ends
- 1/4 lemon, thinly sliced
- 2 tbsp grass-fed butter or ghee (room temperature)
- 1 tsp Italian seasoning
- 1 tsp minced garlic
- Fresh thyme for garnish

## **Directions**

1. Season salmon generously with salt and pepper on both sides. Arrange salmon fillet and the asparagus in the center of a sheet of foil. Slide lemon slices under the salmon and asparagus.
2. In a small bowl mix butter, Italian seasoning, and garlic. Pour the butter mixture over the salmon and asparagus.
3. Fold the foil tightly around the salmon and asparagus, being sure to seal the ends together tightly so the juices and butter don't run out while cooking.
4. Bake at 400F for 20 minutes, until asparagus is tender and salmon is flaky.
5. Drizzle fresh lemon juice over the top and serve immediately.

# **Honey Roasted Carrots**

Serves 4-6

## **Ingredients**

- 2 lbs carrots
- Salt and freshly ground black pepper
- 2 tbsp olive oil
- 1/2 tsp cumin
- 2 tbsp honey
- Fresh herbs like thyme, chopped
- Sesame and flax seeds or toasted nuts

## **Directions**

1. Preheat the oven to 425F. Line a baking sheet with parchment paper.
2. Cut the carrots in half lengthwise. Then cut them vertically into halves in long similar pieces.
3. Place the carrots into a large bowl. Add salt, pepper, cumin, olive oil, and honey and toss to coat.
4. Spread the carrots into a single layer into the prepared baking sheet and roast for about 25-30 minutes until tender.
5. Sprinkle chopped fresh herbs, sesame and flax seeds or toasted nuts. Serve while still warm.

# **Pan-seared Strip Steak**

## **Ingredients**

- 2 (12-ounce) lean, grass-fed New York strip steaks
- 1 tsp kosher salt
- 3/4 tsp black pepper
- 1 tbsp olive oil
- 2 tbsp butter
- 2 thyme sprigs
- 2 garlic cloves, crushed

## **Directions**

1. Let steaks stand 30 minutes at room temperature. Sprinkle salt and pepper evenly over steaks.
2. Heat a large cast-iron skillet over high heat. Add oil to pan; swirl to coat. Add steaks to pan; cook 3 minutes on each side or until browned.
3. Reduce heat to medium-low; add butter, thyme, and garlic to pan. Carefully grasp pan handle using an oven mitt or folded dish towel. Tilt pan toward you so butter pools; cook 1 1/2 minutes, basting steaks with butter constantly.
4. Remove steaks from pan; cover loosely with foil. Let stand 10 minutes. Reserve butter mixture.
5. Cut steak diagonally across grain into thin slices. Discard thyme and garlic; spoon reserved butter mixture over steak.

# **Sea Bass with Lemon Garlic Herb Sauce**

## **Ingredients**

- 4 tbsp butter, divided
- 4 tbsp extra-virgin olive oil
- 3 lbs sea bass, such as barramundi
- 1/2 cup all-purpose flour
- 2 tsp kosher salt
- 1 tsp black pepper
- 4 cloves garlic minced
- 1 cup chicken stock/broth
- 4 tbsp fresh lemon juice
- 1 tbsp fresh oregano roughly chopped
- 1 tbsp fresh thyme roughly chopped
- 1 tbsp fresh basil roughly chopped

## **Directions**

1. Pat the fish dry with a paper towel. In a shallow dish, mix together the flour, salt, and black pepper. Dredge each piece of fish in the flour mixture, coating the entire surface, and shake off any excess.
2. In a large skillet, preferably stainless steel or nonstick, melt 2 tbsp of the butter over medium-high heat and add 2 tbsp olive oil. Cook the fish in the skillet for 3-4 minutes on each side, until golden brown and fully cooked. Try not to move the fish too much, especially if you are using a pan that isn't nonstick, otherwise, the fish may be more likely to stick to the bottom and not get browned as nicely. Remove fish from the skillet to a plate.
3. Wash the skillet to deglaze, add vinegar to stir up any browned bits. Continue heating with vinegar to remove all the browned bits.
4. Add 2 tbsp butter to the skillet. Once it's melted, add the minced garlic and fresh herbs (oregano, thyme, and basil) to the skillet and sauté until fragrant, about 30 seconds. Add the chicken broth and bring to a simmer.
5. Turn off heat and stir in remaining butter and lemon juice. Taste and adjust seasoning if necessary. Serve sauce on top of fish.