

# MOBĒ® | Kitchen

Volume 1, Summer 2021





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Welcome and thank you for joining us. There's so much to love about summer, and the abundance of fresh fruit and vegetables might be best of all. To celebrate all the big, bright flavors of the season we put together our first-ever cookbook.

Inside these pages you'll find nine recipes from the MOBĒ Kitchen—everything you need for a nutritious meal from start to finish. As you dive in, we hope you feel inspired to cook something delicious and enjoy all that summer has to offer.

Here's to your health and happiness,  
Santo Sampino, RDN  
VP, Program Design and Development



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## Nutrition tip

Zucchini is full of vitamin C to support your immune system, and fiber for good digestive health.



## Bill's Grilled Zucchini Bruschetta

Bill is already a culinary expert and now, with the help of his MOBE Guide, is learning how to be a champion for his own health. To share his talents and gratitude, he created a MOBE bruschetta recipe that replaces crostini with zucchini—so it's healthier without sacrificing any flavor. Read more about Bill's story.



Prep time:  
**25 min.**



Cook time:  
**5 min.**



Total time:  
**30 min.**  
(+ 24 hrs. for  
vegetable pickling)



Serves:  
**8–10**  
(as an  
appetizer)

## Ingredients

- 3 medium plum tomatoes, diced
- 2 cloves garlic, minced
- ¼ cup + 1 teaspoon extra virgin olive oil, divided
- 3 tablespoons apple cider vinegar
- 8–10 fresh basil leaves, slivered, plus additional for garnish
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- 2 zucchinis, sliced in ¼" rounds
- ¼ white onion, finely diced

### For serving:

Flaky sea salt

## Instructions

1. Preheat grill to high heat. Clean and oil grates.
2. Place tomatoes in a medium bowl. Stir in garlic, ¼ cup olive oil, apple cider vinegar, basil, kosher salt, and black pepper. Let sit for at least 10–15 minutes.
3. Brush both sides of the zucchini slices with the remaining teaspoon of olive oil. Reduce grill heat to medium. Add zucchini and grill 1–2 minutes on each side. Remove and place onto a serving platter.
4. Top zucchini with bruschetta mixture, then diced onion. Sprinkle with flaky sea salt and garnish with additional basil, if desired. **Serve.**

## Recipe notes

- To create strips of basil for garnish, stack basil leaves, roll, and thinly slice.
- Summer squash can easily be substituted for zucchini.
- You can substitute plum tomatoes with cherry or grape tomatoes.

## Nutrition facts per serving

**Calories:** 70 / **Total Fat:** 6g (8% DV)  
**Saturated Fat:** 1g (5% DV) / **Trans Fat:** 0g  
**Cholesterol:** 0mg (0% DV) / **Sodium:** 55mg  
(2% DV) / **Total Carbohydrate:** 3g (1% DV)  
**Dietary Fiber:** 1g (4% DV) / **Total Sugars:** 2g  
**Added Sugar:** 0g (0% DV) / **Protein:** 1g  
**Vitamin D:** 0mcg (0% DV) / **Calcium:** 12mg (0% DV)  
**Iron:** 0mg (0% DV) / **Potassium:** 165mg (4% DV)







### Nutrition tip

These lettuce cups are rich in protein and provide a good source of fiber, calcium, iron, and potassium.

## Shortcut Chicken Shawarma Lettuce Cups

Shawarma is a Middle Eastern dish that involves meat, like lamb, goat, beef, turkey, or chicken, that's slow roasted for days before being thinly sliced. This shortcut version is packed with fresh flavors, veggies, and spice but can be ready in 40 minutes—as long as the vegetables are pickled 24 hours ahead of time. The pickled vegetables are easy to make, just be sure to plan ahead.



Prep time:  
**10 min.**



Cook time:  
**30 min.**



Total time:  
**40 min.**  
(+ 24 hrs. for vegetable pickling)



Serves:  
**6**

## Ingredients

### For the pickled vegetables:

- Pickle juice from one 24-ounce pickle jar—pickles can be kept in an airtight container
- 8 ounces baby carrots
- 1 English cucumber sliced into sticks—keep  $\frac{1}{3}$  for yogurt dressing
- $\frac{1}{2}$  cup thinly sliced red cabbage
- $\frac{1}{2}$  cup thinly sliced red onion

### For the chicken:

- $1\frac{1}{2}$  pound skinless chicken breast
- 1 teaspoon ground turmeric
- 1 teaspoon ground cardamom
- 1 teaspoon ground ginger
- 1 teaspoon ground pepper
- 1 teaspoon ground cloves
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon anise seeds
- $\frac{1}{8}$  teaspoon salt

### For the yogurt dressing:

- 8 ounces plain low-fat yogurt
- $\frac{1}{3}$  English cucumber, from above
- 1 tablespoon fresh lemon juice
- 3 tablespoons dill weed, plus more for garnish
- 1 clove garlic
- $\frac{1}{8}$  teaspoon salt

### For serving:

- 1 head bibb lettuce, about 8 ounces
- Dill sprigs, for garnish

## Instructions

1. Add pickle juice to a large resealable bag. Add carrots, cucumber, red cabbage, and red onion to the bag and seal. Lay flat in the refrigerator. Let marinate for 24 hours.
2. Preheat the oven to 400° F. Line a baking sheet with parchment or tinfoil. Spray lightly with cooking spray. Place chicken on a baking sheet and pat dry with a paper towel.
3. In a separate bowl, combine turmeric, cardamom, ginger, pepper, cloves, cinnamon, nutmeg, anise, and salt.
4. Coat all sides of the chicken with spice mixture. Bake for 30 minutes, or until the chicken reaches an internal temperature of 165° F, as measured with a meat thermometer in the thickest part of the chicken breast.
5. While chicken is baking, add yogurt, reserved cucumber, lemon juice, dill, garlic, and salt to a high-speed blender. Blend until smooth. Pour into a small bowl.
6. Once the chicken has cooled slightly, thinly slice on the diagonal.
7. To assemble lettuce cups, create a base for the lettuce cup using 2–3 leaves. Add chicken and pickled vegetables. Drizzle with yogurt dressing and garnish with dill. **Serve.**

## Nutrition facts per serving

**Calories:** 240 / **Total Fat:** 5g (6% DV)  
**Saturated Fat:** 1.5g (8% DV) / **Trans Fat:** 0g  
**Cholesterol:** 100mg (33% DV) / **Sodium:** 240mg (10% DV) / **Total Carbohydrate:** 10g (4% DV)  
**Dietary Fiber:** 3g (11% DV) / **Total Sugars:** 6g  
**Added Sugar:** 0g (0% DV) / **Protein:** 39g  
**Vitamin D:** 0mcg (0% DV) / **Calcium:** 132mg (10% DV)  
**Iron:** 3mg (15% DV) / **Potassium:** 679mg (15% DV)

**Allergen statement:** Contains milk.





## Plant Power Bowl with Lime Cilantro Vinaigrette

This stunning rainbow power bowl is packed with satisfying fiber, plant protein, and healthy fats, plus plenty of crunch and flavor. This bowl is a great lunch or dinner—to meal prep for weekday lunches make the power bowl without dressing, then divide it into five individual containers with lids.

Package the dressing separately in small spill-proof jars.



Prep time:  
10 min.



Total time:  
10 min.



Serves:  
4–6

## Ingredients

### For the vinaigrette:

- ¼ cup extra virgin olive oil
- 2 tablespoons fresh lime juice
- 3 tablespoons fresh cilantro leaves, finely chopped
- 1 tablespoon minced shallot
- 1 teaspoon country Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

### For the salad:

- 8 ounces baby spinach
- 8 ounces red cabbage, thinly sliced
- 6 ounces cherry tomatoes, halved
- 2 heads romaine lettuce, chopped
- 2 cups cooked quinoa
- 1 can (15.5 ounces) black beans, drained and rinsed
- 1 English cucumber, thinly sliced
- 2 yellow peppers, thinly sliced
- 1 avocado, thinly sliced
- ½ red onion, thinly sliced
- 2 tablespoons raw, shelled pumpkin seeds
- 2 teaspoons chia seeds

## Instructions

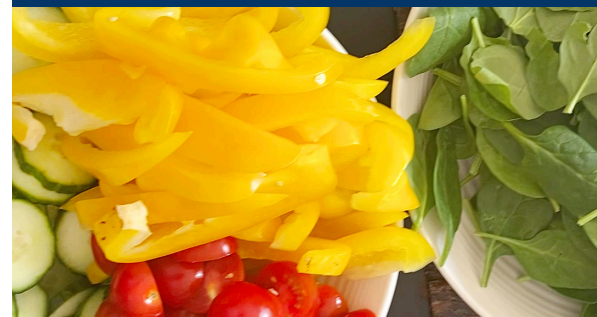
1. Combine olive oil, lime juice, cilantro, shallot, mustard, salt, and pepper. Whisk well to combine.
2. In a large flat bowl, toss the baby spinach and romaine together. Arrange cabbage, quinoa, black beans, cucumber, tomatoes, peppers, avocado, and red onion in alternating colors around the bowl. Sprinkle the pumpkin and chia seeds evenly across the top.
3. Lightly drizzle salad with dressing. Portion into individual bowls or plates and serve.
4. Refrigerate any remaining vinaigrette in a jar with a tight-fitting lid for up to five days.

## Recipe notes

- Prior to cooking quinoa, run it under cold running water to rinse off the saponin, a natural coating that can give it a bitter flavor.
- Feel free to swap the baby spinach for any baby greens you have on hand.
- To save time, you can use a store-bought herb vinaigrette. This will change the final nutrition facts.

## Nutrition facts per serving

**Calories:** 480 / **Total Fat:** 23g (30% DV)  
**Saturated Fat:** 4g (21% DV) / **Trans Fat:** 0g  
**Cholesterol:** 0mg (0% DV) / **Sodium:** 545mg (24% DV)  
**Total Carbohydrate:** 57g (20% DV)  
**Dietary Fiber:** 20g (71% DV) / **Total Sugars:** 7g  
**Added Sugar:** 0g (0% DV) / **Protein:** 17g  
**Vitamin D:** 0mcg (0% DV) / **Calcium:** 191mg (15% DV)  
**Iron:** 6mg (35% DV) / **Potassium:** 736mg (15% DV)







### Nutrition tip

Salmon is packed with healthy Omega-3 fats which are essential for brain and heart health.



## Grilled Salmon Spring Salad with Lemon Thyme Vinaigrette

This vibrant and springy grilled salmon salad is bursting with crunch and flavor—perfect for a satisfying lunch or dinner. This salad is a good source of fiber, protein, vitamin D, iron, and more. Serve with warm whole grain rolls or seedy crackers, if desired.



Prep time:  
5 min.



Cook time:  
10 min.



Total time:  
15 min.



Serves:  
4

### Ingredients

#### For the vinaigrette:

- ¼ cup + 2 tablespoons extra virgin olive oil, divided
- 2 tablespoons fresh lemon juice
- 1 shallot, minced
- 2 teaspoons fresh thyme leaves
- ½ teaspoon country Dijon mustard
- ½ teaspoon lemon zest
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

#### For the salad:

- 10 ounces spring mix lettuce
- 8 ounces thinly sliced red onion
- 1 fennel bulb, sliced
- 1 English cucumber, sliced

#### For the salmon:

- 24 ounces fresh wild salmon filet, skin on, cut into 4 equal portions
- ½ teaspoon salt
- ½ teaspoon ground black pepper

#### For serving:

- 1 teaspoon sliced chives
- 1 lemon, sliced into rounds

### Instructions

1. Preheat grill to high heat. Clean and oil grates.
2. Make the vinaigrette by combining olive oil, lemon juice, shallot, thyme, mustard, lemon zest, salt, and black pepper in a small bowl or jar. Whisk well. Salt to taste, if needed. Set aside 1 tablespoon for the salmon.
3. Toss the lettuce, fennel, cucumber, and red onion and divide between four plates or bowls.
4. Sprinkle salmon with salt and pepper and brush with reserved vinaigrette.
5. Reduce grill heat to medium high. Place salmon on grill, skin side down. Flip after about 6 minutes. Grill 2–3 more minutes, or until fish is opaque and flakes easily with a fork when inserted in the thickest part of the filet. If using a meat thermometer, fish should reach 140° F—the safe internal temperature is 145° F, but fish will continue cooking briefly once removed from the grill. The total cooking time for salmon will depend on the thickness of the filet. Remove salmon from the grill.
6. Remove salmon skin, if desired. Top salads with salmon and drizzle with vinaigrette.
7. Sprinkle salads with chives and serve with lemon slices. Refrigerate any remaining vinaigrette in a jar with a tight-fitting lid for up to five days.

### Nutrition facts per serving

**Calories:** 330 / **Total Fat:** 20g (26% DV)  
**Saturated Fat:** 3.5g (18% DV) / **Trans Fat:** 0g  
**Cholesterol:** 65mg (22% DV) / **Sodium:** 780mg (34% DV) / **Total Carbohydrate:** 14g (5% DV)  
**Dietary Fiber:** 3g (11% DV) / **Total Sugars:** 5g  
**Added Sugar:** 0g (0% DV) / **Protein:** 25g  
**Vitamin D:** 760IU (127% DV); / **Calcium:** 140mg (10% DV)  
**Iron:** 5mg (30% DV) / **Potassium:** 214mg (4% DV)

**Allergen statement:** Contains fish. If whole grain rolls or seedy crackers are served, contains wheat and possibly sesame.







# 10 tips for a better farmers' market trip.

Whether you're new to the market or have been hitting the stands for years, these tips can help you make the most of your visit.

Farmers' markets make the chore of shopping for groceries into an adventure. Plus, they promote eating seasonal, locally produced whole foods—a delicious and nutritious habit to adopt.

## 1. Gather info first.

Start online to find hours, schedules, and any special protocols. Most have an information booth where you can ask questions, find out about services, events, or locate restrooms and make change.

## 2. Arrive early...or late.

If you're one of the first to arrive, you have the pick of the crop—and avoid crowds. On the other hand, showing up toward the end means you may benefit from lower prices as vendors look to clear their stalls for the day.

## 3. Plan for the week ahead.

Being surrounded by gorgeous vegetables and locally raised meat can be overwhelming. Plan your meals in advance, just as you would when visiting the grocery store.

## 4. Leave room for living in the moment.

Allow yourself to indulge in fun new discoveries, exceptionally fine produce, or irresistible small-batch goodies. One of the most exciting things about the farmers' market is that it's not completely predictable.

## 5. Take a lap.

Many vendors carry similar items, so before you buy a pound of green beans at the first stall, take your time and walk the market to compare offerings. This can help you find the best quality and the best deals.

## 6. BYOB (Bring your own bags).

Come prepared with sturdy bags that are comfortable to carry, like canvas bags you can sling over the shoulder, backpacks, or even a small cart.

## 7. Chat it up.

One of the greatest things about shopping at a farmers' market is, well, farmers! You can ask any questions like what is this thing? Is it organic? What does this taste like? How should I prepare this? Be respectful of the fact that they're working, but also take advantage of their knowledge.

## 8. Like a good avocado, prices are usually firm.

Unlike a flea market or garage sale, the prices at farmers' markets are set and haggling isn't usually part of the picture.

## 9. Know the preferred payment method.

Cash used to be the way to go, but card payments are becoming more popular. Some farmers' markets even have tokens or special cards. Check out the website or information booth to find out the best way to pay.

## 10. Buy delicious, ripe, in-season food.

Look for brightly colored, unblemished produce. Wash all produce thoroughly just before you prepare it. When it comes to meat, seek out lean cuts with no additives. Savor and enjoy.







### Nutrition tip

Watermelon contains a health-promoting antioxidant called lycopene, which is found in other pink and red foods.



## Lemon Basil Shrimp on Watermelon Arugula Salad

This refreshing and satisfying salad will be a gorgeous addition to your table. The cool watermelon is a wonderful contrast to the warm lemon basil grilled shrimp. Great for lunch, as an appetizer, or light dinner, this salad is rich in protein, fiber, calcium, and iron. Serve with warm whole grain rolls, if desired.



Prep time:  
**20 min.**



Cook time:  
**10 min.**



Total time:  
**30 min.**



Serves:  
**4**

### Ingredients

#### For the vinaigrette:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 3 tablespoons chopped fresh basil
- 1 teaspoon country Dijon mustard
- ½ teaspoon lemon zest
- ⅛ teaspoon dried cayenne pepper, optional
- Kosher salt
- Ground black pepper

#### For the salad:

- 4 equal wedges of watermelon
- 5 ounces fresh arugula
- 1 cup thinly sliced red cabbage
- ¼ cup thinly sliced red onion

#### For the shrimp:

- 1 pound raw shrimp, shell removed and deveined, pat very dry
- ½ teaspoon extra virgin olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground black pepper

#### For serving:

2 tablespoons pine nuts

### Instructions

1. Preheat grill to high heat. Clean and oil grates.
2. Place watermelon wedges on a large serving plate.
3. In a large mixing bowl combine arugula, red cabbage, and red onion.
4. Make the vinaigrette by whisking together extra virgin olive oil, lemon juice, lemon zest, basil, mustard, and cayenne pepper. Salt and pepper to taste, if desired.
5. Add pine nuts to a medium dry skillet over medium heat. Toast just until fragrant and lightly browned. Remove from heat. Stay close, as pine nuts burn easily.
6. Brush both sides of shrimp with olive oil and season with salt and pepper. Add shrimp to the grill. Reduce heat to medium. Grill shrimp until they are just opaque, a few minutes on each side. Remove shrimp from heat and place into a medium shallow bowl.
7. Pour vinaigrette over shrimp. Toss. Let sit for five minutes.
8. Add shrimp with vinaigrette into the arugula salad. Toss to combine.
9. Pile the arugula salad atop the watermelon slices, making sure shrimp is equally divided. Garnish salad with pine nuts.
10. Serve with warm whole grain roll, if desired.

### Nutrition facts per serving

**Calories:** 380 / **Total Fat:** 14g (18% DV)  
**Saturated Fat:** 2g (10% DV) / **Trans Fat:** 0g  
**Cholesterol:** 170mg (57% DV) / **Sodium:** 440mg (19% DV) / **Total Carbohydrate:** 34g (12% DV)  
**Dietary Fiber:** 4g (14% DV) / **Total Sugars:** 25g  
**Added Sugar:** 7g (14% DV) / **Protein:** 22g  
**Vitamin D:** 0mcg (0% DV) / **Calcium:** 142mg (10% DV)  
**Iron:** 2mg (10% DV) / **Potassium:** 419mg (8% DV)

**Allergen statement:** Contains pine nuts and shellfish. If whole grain rolls are served, contains wheat.







### Nutrition tip

Cod is a great lean protein source and rich in vitamin B12, selenium, and other vitamins and minerals.



## Mediterranean Herbed Cod

This baked cod dish is hearty, comforting, and simple to prepare. The tomatoes and Mediterranean herbs add a savory and fresh flavor. You'll want to soak up every last drop so serve this dish with crusty whole grain bread or rolls.



Total time:  
~35 min.



Serves:  
4

## Ingredients

- 1½ pounds cod fillet, pat dry
- 16 ounces organic grape or cherry tomatoes, halved
- 1 clove garlic, minced
- 2 tablespoons extra virgin olive oil, divided
- 2 tablespoons Kalamata olives, pitted and chopped
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh thyme
- ½ tablespoon chopped fresh basil, plus more for garnish
- Kosher salt
- Ground black pepper

## Instructions

1. Preheat oven to 350° F.
2. Add 1 tablespoon olive oil to a medium sauté pan over medium heat. Add garlic, stirring frequently, until lightly browned, about 2 minutes. Add tomatoes and olives. Reduce heat to low and continue cooking until tomatoes have softened, about 5 minutes.
3. Remove from heat. Stir in fresh herbs. Add salt and pepper to taste, if desired.
4. Lightly oil a baking sheet or dish with the remaining tablespoon olive oil. Place cod in the center and top with the warm tomato and herb mixture.
5. Bake fish for approximately 15–20 minutes (cook time will vary depending on the thickness of your fish fillet). Check often, as thicker filets may require additional time. The fish will be opaque when cooked through and will flake easily with a fork when twisted in the thickest part of the fillet. The safe internal temperature is 145° F, when measured with a meat thermometer in the center of the thickest part of the fillet.
6. Remove from oven. Garnish with fresh basil leaves, if desired.
7. Serve with a green leafy salad and crusty whole grain bread or rolls.



## Nutrition facts per serving

**Calories:** 220 / **Total Fat:** 9g (12% DV)  
**Saturated Fat:** 1.5g (8% DV) / **Trans Fat:** 0g  
**Cholesterol:** 65mg (22% DV) / **Sodium:** 160mg (7% DV) / **Total Carbohydrate:** 10g (4% DV)  
**Dietary Fiber:** 2g (7% DV) / **Total Sugars:** 1g  
**Added Sugar:** 0g (0% DV) / **Protein:** 28g  
**Vitamin D:** 1mcg (6% DV) / **Calcium:** 31mg (2% DV)  
**Iron:** 1mg (6% DV) / **Potassium:** 297mg (6% DV)

**Allergen statement:** Contains fish.  
If whole grain bread is served, contains wheat.





### Nutrition tip

The pineapple juice in the marinade contains a digestive enzyme called bromelain, which has anti-inflammatory properties.

## Surf and Turf Kabobs

These kabobs are packed with nutritious flavor, crunch, and color. Plus, there's no easier way to get people to eat, and love, their veggies than by throwing them on the grill. Easily customizable for your guests, you can thread the kabobs four ways: surf and turf with veggies, turf with veggies, surf with veggies, or just veggies.



Prep time:  
**15 min.**  
(+ 25 min.  
marinate time)



Cook time:  
**7–10 min.**



Total time:  
**50 min.**



Serves:  
**6**

## Ingredients

### For the marinade:

- 8 ounces pineapple chunks, cut in half
- 1/3 cup low-sodium soy sauce
- 3 tablespoons Worcestershire sauce
- 2 tablespoons extra virgin olive oil
- 2 tablespoons chopped garlic
- 1 4-inch piece ginger root, peeled and minced
- 1 tablespoon balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon ground black pepper

### For the kabobs:

- 2 medium zucchinis, sliced in rounds
- 3 ears fresh corn, husked, sliced in rounds
- 8 ounces baby bella mushrooms, trimmed
- 1 medium red bell pepper, cut into squares
- 1 medium red onion, sliced in 1-inch pieces
- 1 pound raw top sirloin beef filet, cut in 1-inch cubes
- 18 raw large shrimp, shell removed and deveined
- Skewers, if using wooden skewers, soak in water for 30 minutes to prevent them from burning

### For serving (optional):

1/4 teaspoon ground cayenne pepper

## Instructions

1. In a large mixing bowl, combine all marinade ingredients. Mix well. Divide marinade evenly into two large resealable bags.
2. Add steak and shrimp to one resealable bag. Add veggies to the other resealable bag.
3. Let marinate for 20–25 minutes.
4. Preheat grill to high heat. Clean and oil grates.
5. Starting and ending with zucchini, thread veggies, shrimp, and steak onto the skewers evenly. Place prepared skewers onto a large baking tray for easy transport. Reserve marinade from the vegetable bag. Discard marinade from the meat and shrimp.
6. Place skewers onto the grill and reduce heat to medium high. Turn skewers after a few minutes to cook evenly. Brush skewers with reserved marinade. Grill until shrimp are opaque and cooked through, and steak reaches desired doneness—safe internal temperature for steak is 145° F, as measured with a meat thermometer in the center of the thickest part of the steak. Remove from grill and place onto a large serving platter.
7. Sprinkle skewers with cayenne pepper, if desired. **Serve.**

## Nutrition facts per serving

**Calories:** 275 / **Total Fat:** 7g (9% DV)  
**Saturated Fat:** 1.5g (8% DV) / **Trans Fat:** 0g  
**Cholesterol:** 80mg (27% DV) / **Sodium:** 510mg (22% DV) / **Total Carbohydrate:** 29g (11% DV)  
**Dietary Fiber:** 4g (14% DV) / **Total Sugars:** 12g  
**Added Sugar:** 0g (0% DV) / **Protein:** 26g  
**Vitamin D:** 0mcg (0% DV) / **Calcium:** 67mg (4% DV)  
**Iron:** 3mg (15% DV) / **Potassium:** 1291mg (26% DV)

**Allergen statement:** Contains shellfish (shrimp), fish, soy and wheat (from the soy sauce).



## Nutrition tip

Kombucha is rich in probiotics—a friendly bacteria that's beneficial for digestive health.



## Ingredients

### For the mocktail:

- 2 tablespoons frozen blueberries
- 1 teaspoon organic honey (optional)
- ½ cup ginger kombucha
- ¼ cup club soda, blueberry flavored or any flavor you prefer

### For garnish:

- 1 lime wedge

## Instructions

1. Add blueberries to a mortar. Muddle with the pestle until smashed.
2. Add smashed blueberries to a tall glass. Add ice, ginger kombucha, and honey if desired.
3. Top with club soda. Stir with a long spoon. Garnish with a lime wedge. **Serve.**

## Recipe notes

- No mortar and pestle? Let the blueberries thaw for a few minutes before adding to the glass and mashing with a spoon.
- Fresh blueberries can be replaced with frozen.

## Nutrition facts per serving

**Calories:** 45 / **Total Fat:** 0g (0% DV)  
**Saturated Fat:** 0g (0% DV) / **Trans Fat:** 0g  
**Cholesterol:** 0mg (0% DV) / **Sodium:** 10mg (0% DV)  
**Total Carbohydrate:** 11g (4% DV) / **Dietary Fiber:** 1g (4% DV) / **Total Sugars:** 9g / **Added Sugar:** 8g (16% DV) / **Protein:** 1g / **Vitamin D:** 0mcg (0% DV)  
**Calcium:** 11mg (0% DV) / **Iron:** 0mg (0% DV)  
**Potassium:** 17mg (0% DV)

## Blueberry Mule Mocktail

This vibrant, tart, and lightly sweetened mocktail is as refreshing as it is tasty. It's made with kombucha, a fizzy, fermented drink made with green or black tea, sugar, yeast, and bacteria. It's also only 45 calories per serving. This blueberry mule tastes best when enjoyed al fresco, so gather the ingredients, stir up a glass, and enjoy.



Prep time:  
**5 min.**



Total time:  
**5 min.**



Serves:  
**1**







### Nutrition tip

The orange and lemon juices do more than add flavor, they bring a punch of immune system-supporting vitamin C.



### Ingredients

- 8 ounces fresh blueberries, reserve a small amount for garnish
- 14 ounces sweetened condensed milk
- 1 ¼ cup frozen fat-free whipped topping
- ¼ cup fresh lemon juice, about 2 lemons
- ¼ cup fresh orange juice, about 1 orange
- 2 tablespoons orange zest, about 1 orange

### Instructions

1. Divide blueberries evenly into 10 small dessert cups.
2. Mix sweetened condensed coconut milk, whipped topping, lemon juice, and orange zest together in a large mixing bowl. Whisk well.
3. Whisk in orange juice. Pour or spoon the mousse equally over the blueberries.
4. Top each cup with a few reserved blueberries and a sprinkle of reserved orange zest.
5. Cover with plastic wrap and chill in refrigerator for 3 hours. **Serve.**

### Recipe notes

- Occasionally the sweetened condensed milk has larger bits of cane sugar in the cans, so whisk well upon adding to the other ingredients and break up any larger chunks of sugar with a fork.
- Sweetened condensed coconut milk is a dairy-free alternative for recipes using sweetened condensed milk.
- For a 100% non-dairy dessert, look for a plant-based frozen whipped topping.



## Blueberry-Orange Crème Mousse

This tart, sweet, and luscious dessert tastes just like a familiar childhood favorite—except it's made with real ingredients. Plus, we've amped up the nutrition and flavor by using fresh citrus juices and blueberries. Take a walk down memory lane with this creamy copycat.



Prep time:  
**10 min.**



Chill time:  
**3 hr.**



Total time:  
**3 hr. 10 min.**



Serves:  
**10**

### Nutrition facts per serving

**Calories:** 150 / **Total Fat:** 6g (6% DV)  
**Saturated Fat:** 2g (20% DV) / **Trans Fat:** 0g  
**Cholesterol:** 0mg (0% DV) / **Sodium:** 55mg (2% DV)  
**Total Carbohydrate:** 31g (13% DV)  
**Dietary Fiber:** 1g (4% DV) / **Total Sugars:** 27g  
**Added Sugar:** 22g (44% DV) / **Protein:** 3g  
**Vitamin D:** 0mcg (0% DV) / **Calcium:** 11mg (0% DV)  
**Iron:** 0mg (0% DV) / **Potassium:** 28mg (0% DV)

**Allergen statement:** Contains milk and tree nuts (coconut).



# Stock these 11 healthy eating essentials.

When it comes to eating healthier, how you cook can be just as important as what you cook.



“Developing a few key habits and routines that set you up for success can make healthy eating the default instead of a difficult chore,” explains MOBE Guide Tara. The right tools make all the difference in home cooking, making it easier and more enjoyable—so check your drawers and cabinets for these essential devices.

## Box grater

Grate ingredients to add bits of big flavor to every bite. Use it for richly flavored cheeses like Pecorino Romano or Parmesan or to zest citrus fruits for an extra pop of flavor.

## Salad spinner

It washes and dries greens, giving you salad-ready veggies in just minutes. The spinner basket also doubles as a strainer for washing fruits and veggies.

## Apple slicer

Eating an apple has never been easier. Dip them in 100% natural peanut butter or try them with a thin slice of cheddar.

## Collapsible steamer basket

The stainless-steel basket fits any saucepot. Fill the pot so the water is below the bottom of the steamer and pile in your favorite veggies. Bring to a boil and in minutes, you get gently and evenly cooked veggies.

## Ergonomic can opener

Canned, wholesome foods, like low-salt, low-sugar options, can be the backbone for many 15-minute meals. Choose one with the biggest handles to make it easier on your hands.

## Roasting sheet

Roasted veggies take on sweet, smoky, and delicious flavor—a.k.a. extra delicious. Any heavy-duty baking tray with an edge keeps chopped veggies from rolling. Try cauliflower, carrots, sweet potatoes, or broccoli tossed with a splash of olive oil and your favorite herbs.

## Chef's knife

If you can only get one kitchen knife, let this be the one. Most are 8–10 inches long and can chop tough cuts of meat but also slice through a delicate tomato.

## Garlic press

Fresh garlic is the heart of so many delicious dishes and international cuisines. A garlic press gives you minced garlic instantly ready for mixing or stir-frying.

## Kitchen shears

Kitchen shears can be used to trim fat from meat or snip the tips of green beans and snow peas. Use them to slice through steamed spinach or to make whole-grain spaghetti instantly more kid-friendly.

## Cutting boards

Consider getting at least three flexible plastic cutting boards—one for raw meat, one for bread and fruits, and one for pungent ingredients like garlic and onions.

## Parchment paper

While it's not quite a tool, once you discover how quickly it makes clean up, you won't want to go without it. Line a roasting pan, a baking sheet, or a cake pan and enjoy less mess.





## From chaos to control: Bill's MOBE story.



Meet Bill—a culinary professional with over 40 years of experience feeding hundreds of growing students every day. Although he was so good at nourishing others, Bill struggled to make his own health a priority.

### Time for a change.

With the stress and anxiety of a high-pressure job, Bill fell into a pattern of grabbing whatever food was convenient. After a while, the years of a poor diet and very low activity began to take their toll. Bill started going to the doctor every other week for health concerns but not finding any relief. He dealt with high sugar levels and blood pressure, blurry eyesight, and almost lost his right leg due to complications from type 2 diabetes.

Bill was desperate to control his life again but needed some guidance. Then he received a package from MOBE saying there was a MOBE Guide ready to talk to him. Right away Bill thought, “I have nothing to lose.”

### Enter MOBE Guide Brooke, Bill's biggest cheerleader.

Bill's MOBE Guide Brooke had a plan from the beginning: weekly phone calls, just for a half an hour or so. From the first conversation, they talked about what he wanted to improve in his life and how to set goals that would get him there. They talked about breathing, meditation, eating, stress, anxiety, and how to beat those anxious moments and stay successful.

“I get a lot of support from Brooke, and that's really kept me on track,” Bill explains. “It's made me want to achieve goals; it's kept me accountable—it's been amazing.”

The biggest takeaway Bill has learned from Brooke is how to eat mindfully, instead of mindlessly. He's more thoughtful of what and when he eats, taking the time to meal plan for the week ahead. He also now understands just how important his nutrition is to his overall health.

### A clearer future.

These days, Bill is getting ready for retirement, and he wants to enjoy it. With cleared vision, lower blood sugar levels, and better managed anxiety, he plans on being around for his kids and all their big life moments.

“Personal health has been my goal for so many years, and now I'm actually achieving it,” Bill says. “My Guide Brooke has absolutely turned my life around.”



### Watch Bill's video





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