Take a Taste of...

Easy Recipes for Increased Longevity

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Welcome to this FREE "Take A Taste of" edition of my *Easy Recipes for Increased Longevity* cookbook!

Whether you downloaded this freebie after coming to my site to read a post you saw on social media, to listen to a podcast episode a friend told you about, or after stumbling on my recipe collection through a recipe search of your own, I'm glad you found me!

A little bit about me... Regan Jones, RDN, ACSM-CPT

Having worked in recipe development for more than 20 years, I've seen every type of recipe trend come... and go... and come and go again. It wasn't until I reached my mid-40s that I began to ignore what was "trendy" in food and instead, focus on fueling my body in a way that would support a strong and vibrant next 40+ years.

I'll be the first to acknowledge that there is certainly no shortage of recipes on the internet suitable for a healthy, longevity-focused lifestyle. But there IS a shortage of EASY recipes that don't require a ton of hard-to-find ingredients. That's why I developed Easy Recipes for Increased Longevity with the person in mind who wants to eat a longevity-focused lifestyle, but doesn't want to spend hours in the kitchen prepping food.

I hope you enjoy this sampling of the recipes contained in Easy Recipes for Increased Longevity. If you're interested in learning more about the full edition, you can find more information at thisunmillenniallife.com/cookbooks. Please be sure to tag me on social media when you prepare these recipes. I'd love to follow along on your journey toward developing a longevity lifestyle!

~Regan Jones, RDN, ACSM-CPT

Regan

Take a Taste of...

breakfasts

Overnight Oats

While grains are shunned by some so-called "health experts," the evidence is clear when it comes to their place in a longevity lifestyle. Areas of the world with the highest number of people who live to be age 100+ all have one thing in common -- they're rich in complex carbohydrates, including whole grains like the oats used in these overnight oats.

MAKES 1 SERVING

INGREDIENTS

- 1/2 cup old-fashioned oats
- 1 tablespoon chia seeds
- 1/4 cup dried apple chips
- 1/2 cup vanilla probiotic drink (such as kefir or drinkable yogurt)
- Garnish: fresh berries and additional kefir

DIRECTIONS

- Combine all ingredients in a small bowl; cover and refrigerate overnight.
- Garnish and serve cold.

Make-Ahead Kale & Feta Frittata

I especially like this frittata and the one that follows it for special occasion breakfasts or even a weekend brunch. It's true that eating eggs daily isn't the pattern most associated with longevity but enjoying them periodically is fine!

MAKES 4 TO 6 SERVINGS

INGREDIENTS

- 8 eggs, lightly beaten
- 3 cups fresh baby kale or spinach leaves
- 4 ounces crumbled feta cheese
- 2 tablespoons milk of choice
- 1 1/2 teaspoons dried dill
- 1/2 teaspoon Kosher salt
- 1 teaspoon olive oil

DIRECTIONS

- Combine first 6 ingredients (through Kosher salt) in a large zip-top bag and freeze until ready to prepare.
- When ready to prepare, thaw contents in bag.
- Preheat oven to 350 degrees F.
- Heat a small oven-proof skillet (I used cast iron) over medium heat; add olive oil.
- Pour content into pan and rearrange kale if needed. Do not stir. Cook on stove for 5 minutes.
- Place in oven and continue cooking 30 minutes or until set.

Take a Taste of...

main dishes

Tex-Mex Plant Bowl

Hardly a week goes by that I don't eat some variation of this plant bowl for lunch. Sometimes, I'll trade out the sweet potato with rice or cauliflower rice. I often trade in salsa for salsa verde. No matter the changes, though, it's always a tasty, satisfying lunch!

MAKES 1 SERVING

INGREDIENTS

- 2 teaspoons olive oil, divided
- 1 large red and yellow bell pepper, sliced
- 1 large sweet potato, cut into cubes
- 1 teaspoon taco seasoning, divided
- 1/2 teaspoon ground cumin
- Salt and Pepper
- 1/2 cup canned black beans, drained and rinsed
- 3 cherry tomatoes, cut in half
- Salsa

DIRECTIONS

- Preheat oven or air fryer to 400 degrees F.
- Toss together olive oil, bell peppers, sweet potato, taco seasoning, cumin, salt and pepper. Roast in oven or air fryer 15 minutes or until desired degree of doneness.
- Assemble in bowl with black beans, cherry tomatoes and salsa.

Loaded Asian Chopped Salad

Boring bags of plain salad used to be the only option in the produce aisle. But today, they're anything but! I grab a few different bagged salad kits each week because they make such simple lunches or easy additions to dinner. This is one of my favorites.

MAKES 2 SERVINGS

INGREDIENTS

- 1 Asian-inspired chopped salad kit (with dressing and toppings)
- 1 red bell pepper, chopped
- 1 mandarin orange, chopped
- 1 English cucumber, seeded and chopped
- 8 ounces baked tofu cubes
- 2 tablespoons sliced almonds

DIRECTIONS

- Toss together salad kit per instructions on bag, reserving a small amount of dressing for top of salad.
- Layer with remaining ingredients and reserved dressing.

Curried Chickpeas and Vegetables

MAKES 4-5 SERVINGS

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 medium onion or red onion, chopped
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 cup cooked, canned or frozen vegetables of choice (I've used cooked carrot and cauliflower, frozen sweet potato and canned green beans. All are yummy!)
- 1 can coconut milk
- 1/2 – 1 cup vegetable broth or water (depending on desired degree of thickness)
- 1 – 2 tablespoons curry powder (depending on taste preference)
- 1/2 teaspoon Kosher salt
- 2 tablespoons peanut butter
- Juice of half a lime
- Cooked rice
- Peanuts and fresh cilantro, optional

DIRECTIONS

- Heat oil in a large saucepan over medium-high heat; add onion, and sauté 5 minutes or until tender.
- Stir in chickpeas, tomatoes, and next 6 ingredients (through peanut butter). Cover, reduce heat, and simmer 15 minutes. Remove from heat; stir in lime juice.
- Serve over rice. Top with peanuts and cilantro, if desired.

Take a Taste of...

desserts

Healthy Whatchamacallit Bars

MAKES 9 SERVINGS

INGREDIENTS

- 1 cup peanut butter
- 1 cup crispy brown rice cereal
- 3 tablespoons maple syrup, divided
- 2 ounces unsweetened baking chocolate
- 1/2 cup dried apricots
- 1/4 cup pitted Medjool dates
- 1 cup toasted almonds

DIRECTIONS

- Coat an 8-x 8-inch baking dish with cooking spray.
- Warm peanut butter in a small bowl in microwave on HIGH in 15-second intervals until creamy and smooth; stir in cereal and 1 tablespoon maple syrup. Spread into prepared dish.
- Melt chocolate in a small bowl in microwave on HIGH in 30-second intervals until smooth; stir in remaining maple syrup; set aside.
- Pulse remaining ingredients in food processor until very finely chopped. Add melted chocolate to mixture in food processor. Pulse until combined.
- Spoon over peanut butter-cereal crust in dish and carefully spread to edges. Refrigerate until firm (at least 1 hour). Cut into bars. Store in refrigerator.

Thanks for letting me share these recipes with you. I hope you enjoyed them! If we aren't connected yet, let's connect online.
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