



A Special Edition Cookbook

of

*plant-based
recipes*

From Blue Zones Project® Hawaii



Aloha!

Blue Zones Project® is a community well-being initiative brought to Hawai'i through an innovative sponsorship with Hawaii Medical Service Association (HMSA) and Sharecare. By making small changes in our environment, our mission is to make healthier options more available in the places you work, live and play. The best place to start is at home, with your family! To begin, we created this simple recipe book for some "plant slant" recipes from our Blue Zones Project Demonstration Communities in Hawaii. For more information on eating healthier and setting up your home for well-being success, follow us on Facebook and Instagram @bzphawaii! Don't forget, "hara hachi bu" or eat till you're 80% full!

Here's to happy, healthy cooking!



EXPERIENCE BLUE ZONES PROJECT®

START CREATING A HEALTHIER, HAPPIER LIFE, TODAY.

Be a part of transforming well-being so the healthy choices become easy choices for you and your community.



FAMILY FIRST

Invest time with family & add up to 6 years to your life.



80% RULE

Eat mindfully & stop when 80% full.



MOVE NATURALLY

Find ways to move more! You'll burn calories without thinking about it.



RIGHT TRIBE

Surround yourself with people who support positive behaviors.

POWER 9®

Live longer by applying these principles from the people who have lived longest!

PLANT SLANT

Put less meat & more plants on your plate.

WINE @ FIVE

Enjoy a glass of wine with good friends each day.

PURPOSE

Wake up with purpose each day to add up to 7 years to your life.

DOWN SHIFT

Reverse disease by finding a stress relieving strategy that works for you.

BELONG

Belong to a faith-based community, & attend services 4 times a month to add 4-14 years to your lifespan.





salads + appetizers

From Blue Zones Project® Hawaii





From the kitchen of:
Blue Zones Project®

Gayle Yogi, Saladmasters

ABC Salad

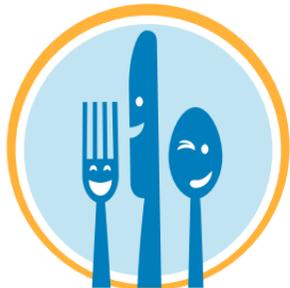
Ingredients:

- 1 large apple
- 1 medium beet
- 1 medium carrot
- Juice of half an orange
- Orange zest

Directions:

1. Julienne cut beets and carrots into small pieces for easy chewing
2. Julienne cut apple into large pieces
3. Juice and zest half an orange and pour over ABC salad. Enjoy!

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From the kitchen of:
Blue Zones Project®

Christine Barteluce

Aloha Friday Avocado Bean Dip

Ingredients:

15 oz black beans, rinsed and drained

14.5 oz petite tomato, diced

1-2 jalapeno, diced (Note: seeds and membrane holds the heat. You determine how hot you want it.)

2-3 stalks of green onion, chopped

2 avocados, cubed

1 cup frozen or fresh cooked corn

2 limes

1 lemon

2 stalks cilantro, chopped

¼ cup red onion, diced

Optional: ¼ cup bell pepper

Directions:

1. Add all ingredients into a bowl and mix.
2. Season to taste with: salt, pepper, ground cumin, garlic powder and chili powder
3. Serve with chips or cut up veggies.

Yields: 4-6 servings

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From the kitchen of:
Blue Zones Project®

Chef Wendy Acosta
Aloha Spiced Cacao

Aloha Spiced Cacao Chia Pudding

Ingredients:

- ½ cup milk (coconut, hemp, almond or soy)
- 2½ Tbsp chia seeds
- 1 Tbsp Aloha Spiced Cacao (original, mint, espresso, lavender, chili or pumpkin spice)

Directions:

- For blended/smooth version: Place all ingredients in blender and blend on high for 1-2 minutes or until completely smooth.
- For whole chia seed version: Blend milk and Aloha Spiced Cacao in a blender until smooth. Whisk in chia seeds.
- Serve at room temperature or pour mixture into a container and refrigerate for 4 hours or overnight to gel.

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From the kitchen of:
Blue Zones Project®
Chef Alyssa Moreau

Artichoke and White Bean Dip

Ingredients:

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|--|-------------------------------------|
| 1 cup artichoke hearts, drained | ½ tsp thyme leaves |
| 2 cups white beans, drained and rinsed | ⅛ tsp pepper |
| 2 scallions, chopped | ½ tsp salt or to taste |
| 1 garlic clove, minced | ¼ cup olives, chopped coarse |
| 2 Tbsp olive oil | Fresh parsley as garnish (optional) |
| | 1-2 Tbsp lemon juice |

Directions:

Combine half of the artichoke hearts with the rest of the ingredients and blend in a processor or blender until you obtain a medium-thick consistency. Chop the rest of the artichoke hearts and stir into the mixture. Garnish with olives and green onion if desired. This can also be used as a spread for toast, or a sauce over hot pasta as well as a dip for vegetables.

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From the kitchen of:
Blue Zones Project®

Aztec Corn Salad

Ingredients:

- 2 cups frozen corn, thawed
- 15 oz black beans, drained and rinsed
- ½ cup quinoa, cooked
- 3 Tbsp lime juice

Directions:

Combine corn, pre-cooked beans, and quinoa and chill or allow to cool at room temperature. Add lime juice before serving.

Chef's note: You can substitute three ears of fresh corn for the frozen.

Tip: Serve as a side dish or in a whole wheat wrap.

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From the kitchen of:
Blue Zones Project®

Douglas Paul
General Manager, Sodexo

Balsamic Vinaigrette

Ingredients:

- | | |
|-----------------------------------|------------------------------|
| 2 Tbsp honey | ¼ cup balsamic vinegar |
| 1 Tbsp Dijon mustard | ¾ cup extra virgin olive oil |
| ½ tsp fine table salt | |
| ½ tsp freshly ground black pepper | |
| 1 garlic clove, minced | |

Directions:

1. Combine all ingredients and whisk together or add to a blender and blend well.
2. Add salt and pepper to taste.
3. Serve with your favorite salad.

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From the kitchen of:
Blue Zones Project®

Annie's Diets

Black Bean & Corn Salad

Ingredients:

Corn	Chili powder (to taste)
Black beans	
Lime juice (to taste)	
Red onion, chopped	
Sea salt (to taste)	
Cilantro (optional)	

Directions:

Combine ingredients and enjoy!

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From the kitchen of:
Blue Zones Project®

Black Bean Spread

Ingredients:

2 (15 oz) cans black beans, rinsed and drained	1/4 tsp ground cumin
1/2 cup shallots	1/4 tsp chili powder
1/3 cup chopped cilantro	2 tbsp fresh lime juice
1 clove garlic, minced	1/2 tsp kosher salt
1 small jalapeño, seeded and diced	1/4 tsp black pepper

Directions:

Place all ingredients in a food processor or blender. Blend until smooth. Spread on your favorite sour dough bread or use as a dip for your favorite vegetables.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Coleslaw with Creamy Avocado Dressing

Ingredients:

2 avocados, pit removed
2 limes, juiced
2 Tbsp cider vinegar (optional)
1 tsp dijon mustard
1 Tbsp honey

½ tsp salt
¼ tsp cumin
2-3 Tbsp olive oil
¼ tsp ground black pepper
Pinch of cayenne
¼-½ cup freshly chopped cilantro

½ small purple cabbage, shredded
½ small green cabbage, shredded

Directions:

1. Place cabbage in bowl and set aside.
2. Place all ingredients besides the cabbage into a blender or in a bowl to blend with an immersion blender. Blend until well combined. Taste and adjust seasonings as necessary.

Yields: 4-6 servings

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From the kitchen of:
Blue Zones Project®

Rebecca Roberts, National
Kidney Foundation of Hawaii

Eggless Egg Salad

Ingredients:

12 ounces extra-firm tofu	¼ tsp mild curry powder
1 whole celery ribs, minced	¼ tsp garlic powder
1¼ Tbsp nutritional yeast	¼ tsp onion powder, ½ tsp black salt
1½ Tbsp Dijon mustard	2 Tbsp vegan mayo (fat-free)
2 Tbsp relish (dill/sweet pickle)	½ cup finely diced red pepper
½ tsp turmeric	1 medium carrot, finely diced

Directions:

If using firm tofu, press for at least 20 minutes. Give extra-firm tofu a good squeeze before starting. Crumble tofu into a large mixing bowl. Add remaining ingredients and stir until well combined. Let set for a few minutes (this allows the flavor to merge but also enhances the yellow coloring). Stir again. Taste, adjusting spices as necessary. Add black pepper to taste and serve.

Adapted from: <http://happyherbivore.com/recipe/eggless-salad/>

Yields: 6 servings

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
`Ai Love Nalo

Fresh Spring Rolls with Nut Butter Dip

Ingredients:

- 8 rice paper wraps
- 1/3-1/2 cup thai basil leaves, stripped off stem
- 1/3-1/2 cup mint leaves, stripped off stem
- 3 carrots, sliced lengthwise
- 1/2 head small red cabbage, sliced thin

Directions:

Wet rice paper until soft and easy to handle. Spread rice paper on flat surface and place cabbage, carrots and cucumber near one end. Place mint, basil and shrimp on top of the vegetables. Fold the spring roll like a burrito by folding the left and right side of the paper and then rolling it closed. Repeat with the rest of the rice paper. Serve with peanut dipping sauce.

Ginger Peanut Dipping Sauce:

1/4 cup organic peanut butter, 1/2 Tbsp tamari or soy sauce, 1 Tbsp sesame oil, 1 tsp raw honey or coconut sugar, 1 tsp freshly grated ginger.

Yields: 8 rolls

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From the kitchen of:
Blue Zones Project®

National Kidney Foundation
of Hawaii

Fresh Summer Rolls

Ingredients:

10 rice paper wrappers
5 large green leaves (kale, romaine, butter, etc.), shredded
1 large carrot, peeled and julienned
1 large cucumber, julienned
½ large red pepper, julienned
¼ purple cabbage, thinly chopped

Handful of fresh herbs (cilantro, mint, chives, basil)

Additional veggies of choice: avocado, beansprouts, and celery are great additions!

Optional: 1 ounce cooked rice noodles/rice vermicelli, tofu (or other protein)

Directions:

Prepare and chop ingredients. Prepare rice wrappers: Pour warm water into a large bowl or 9-inch square or round pan. Fully immerse one wrapper into the warm water for 15-20 seconds (or as directed on package). When wrapper is slightly softened, remove. Lay flat onto work surface (large plastic cutting board works well) and pat the wrapper slightly dry. Prepare summer rolls. Place small amount of lettuce, a few sticks of carrot, cucumber, red pepper, and a sprinkle of purple cabbage on the bottom third of the wrapper. Add a small amount of noodles (if using) and top with a bit of cilantro/basil/mint. If adding tofu or other protein, layer on top. Lie ingredients horizontally to prevent tearing of roll. Avoid over-stuffing. Pull up bottom of wrapper and roll over the filling. Use hands to tuck filling while rolling and folding in sides of wrapper. Serve with peanut sauce. Store in refrigerator up to 2 days in air tight container.

Yields: 10 rolls

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From the kitchen of:
Blue Zones Project®

Gayle Yogi
Saladmasters

Green Papaya & Mango Salad

Ingredients:

1 green papaya, peeled & cut in half (remove seeds)
1 green mango, peeled
1 medium cucumber, Julian cut
1 medium carrot, Julian cut
½ cup sliced green Beans

¼ cup peanuts (optional)
1 tsp of chopped garlic
1 pinch of red chili pepper (optional)
Dash of lime juice

Dressing:

- ½ cup olive oil
- ½ cup rice vinegar
- 1 tsp of agave
- Dash of black pepper
- Dash of salt

Directions:

1. Grate papaya and mango.
2. Julienne cut cucumber and carrot.
3. Slice green beans.
4. In a separate bowl, combine dressing ingredients.
5. Pour over salad, toss & enjoy!

Yields: 8-12 servings

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From the kitchen of:
Blue Zones Project®

Macy Khounkeo,
Olay's Thai Food

Green Papaya Salad

Ingredients:

1 clove garlic	5 cherry tomatoes
1 pinch of salt	6 green beans
2 chili peppers (optional)	1 medium green papaya
1½ Tbsp sugar or honey	2 Tbsp toasted peanuts (optional)
¾ lime, juiced	
1½ Tbsp fish sauce	

Directions:

1. Prepare dressing, in a mortar, pound garlic, salt, chili peppers, and sugar into a paste. Transfer to a medium mixing bowl and mix in lime juice and fish sauce.
2. Use mortar to lightly crush tomatoes and beans.
3. Peel and shred papaya, discarding seeds and inner membrane. Add to the mortar. Makes about 2 cups.
4. Add papaya, tomatoes and beans to the large mixing bowl. Lightly but thoroughly toss with dressing.
5. To serve, mound on a plate (if desired, line bowl with lettuce leaves beforehand). Sprinkle with peanuts.

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From the kitchen of:
Blue Zones Project®

Douglas Paul
General Manager, Sodexo

Honey Lemon Vinaigrette

Ingredients:

- 1 Tbsp + 1 tsp fresh lemon juice
- 1 tsp finely grated lemon zest
- 1 Tbsp organic honey
- 1 tsp chopped thyme
- ¼ cup extra virgin olive oil
- Salt and pepper to taste

Directions:

1. Combine all ingredients and whisk together or add to a blender and blend well.
2. Add salt and pepper to taste.
3. Serve with your favorite salad.

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From the kitchen of:
Blue Zones Project®

Italian Love Affair Potato Salad

Ingredients:

8 Yukon Gold Potatoes, diced
½ cup fresh herbs, chopped
(oregano, sage, thyme, parsley,
scallions, etc.)
½ cup green olives, diced
¼ cup red bell pepper, diced

¼ cup red onion, diced
1 clove garlic, pressed or finely
minced
1 cup Veganise
2 Tbsp extra virgin olive oil
2 Tbsp fresh lemon juice

1 Tbsp balsamic vinegar
Sea salt, black pepper, and cayenne
(optional) to taste

Directions:

1. Place peeled potatoes in a large stock pot, cover with cold water and a good pinch of sea salt. Bring to a boil and cook until potatoes are fork tender, about 16-20 minutes. Strain and let potatoes cool.
2. In a large mixing bowl whisk together Veganise, olive oil, lemon juice, vinegar, and garlic. Fold in the cooled and diced potatoes, herbs, olives, bell pepper, red onion, and season according to your taste with sea salt, black pepper, and cayenne pepper (optional). Garnish with a sprig of herbs.
3. There we go! Now we're in love. Serve room temperature or chilled.

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Yields: 8 servings



From the kitchen of:
Blue Zones Project®

Maui Tempeh Co.

Italian Tempeh Tots

Ingredients:

- 1 block of Adzuki Bean Tempeh
- Olive oil
- ½ tsp Italian seasoning
- ½ tsp pizza seasoning
- Salt & pepper to taste
- Marinara sauce

Directions:

1. Preheat oven to 250°F
2. Butterfly Tempeh. Cut into triangles.
3. Toss in olive oil and spices, salt and pepper.
4. Bake in oven for 18-20 minutes at 250°F.
5. Serve with your favorite marinara sauce.

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From the kitchen of:
Blue Zones Project®

Chef Alyssa Moreau

Kabocha Pumpkin Dip

Ingredients:

2 cups kabocha pumpkin, peeled, seeded and cubed ½ tsp salt
¼ cups onion, minced
1 clove garlic, minced
2 Tbsp almond butter*
2 Tbsp white miso

Directions:

Sauté onion and garlic until translucent and slightly browned. Add pumpkin cubes and add water to just cover the pan contents. Cover with lid and simmer for 10-15 minutes until pumpkin is soft. Drain, saving liquid on the side. Blend pumpkin-onion mixture, almond butter, miso and salt in a food processor until smooth. Add cooking liquid as necessary to create desired consistency (or you may transfer mixture into a bowl and use a stick blender). Adjust seasonings to taste. * Tahini or macadamia nut butter can be substituted.

Yields: 3 cups

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From the kitchen of:
Blue Zones Project®

Kale Rainbow Salad w/ Honey Mustard

Ingredients:

1 large bunch of kale, deboned,
chopped, massaged
½ head purple cabbage
1½ cups shredded carrots
1 cup shredded beets
¾ cup raw pumpkin seeds

1 cup peeled apple, diced OR 1 can of
garbanzo beans, drained

Dressing:

¼ cup dijon mustard
¼ cup local honey

¼ cup apple cider vinegar
¼ cup extra virgin olive oil
1 Tbsp of cold water
¼ tsp sea salt
¼ tsp onion powder

Directions:

1. In a large bowl, add the chopped kale and cabbage. Give it a good massage until wilted.
2. Fold in carrots, beets, apple, and top with pumpkin seeds. Toss and set aside.
3. Place all dressing ingredients in a blender and blend for 30 seconds.
4. When ready to serve, toss salad with 3 tablespoons of the dressing. Add more or less to your taste.

Voila! Eat your rainbow!

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Yields: 6 servings of salad and 1 cup of dressing (leftover dressing can be saved up to 5 days in the fridge)



From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
`Ai Love Nalo

Mango Jalapeno Salsa

Ingredients:

- 2 cups mango, diced
 - 1 cup avocado, diced
 - ¼ cup red onion, diced
 - ½ jalapeno, de-seeded and minced
 - ½ cup cilantro, minced
 - 2 limes, juiced
- Salt, to taste

Directions:

Mix all ingredients in a bowl. Salt to taste and serve alongside favorite dish.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
‘Ai Love Nalo

Mashed Cauli-potato

Ingredients:

- ½ head cauliflower
- 1 large russet potato (about 2 cups chopped)
- 4 cloves roasted garlic
- 2 Tbsp vegan butter
- Fresh chives, chopped

Directions:

Steam or boil cauliflower and potato until tender when pierced with a fork. Transfer cauliflower and potato to a bowl. Add roasted garlic and vegan butter, and mash until desired texture is achieved; an immersion blender or food processor can also be used. Garnish with fresh chives and serve.

Yields: 2-3 servings (can easily be doubled)

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From the kitchen of:
Blue Zones Project®

Jake Belmonte
UHMC Culinary Instructor

Mediterranean Hummus

Ingredients:

15 oz. garbanzo beans, canned,
drained
¼ cup macadamia nuts, chopped
2 Tbsp tahini paste
1½ tsp garlic, minced
2 Tbsp olive oil

1 lemon, juiced
1 tsp Italian parsley, chopped
Himalayan salt & white pepper, to
taste

Directions:

Combine all ingredients in a blender and blend well.
Add salt and pepper to taste.

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Find more recipes at hawaii.bluezonesproject.com



COOPERATIVE EXTENSION
UNIVERSITY OF HAWAII AT MĀNOA
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES



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GROW EAT THINK
GET
local



From the kitchen of:
Blue Zones Project®

Bobbi Misiti
BeFit Body & Mind

Mediterranean Quinoa

Ingredients:

1 cup uncooked quinoa

2 cups water

Salt to taste

2 cups spinach or (kale lightly sautéed)

1 sweet red pepper

1 small red onion, diced

1 cucumber, diced

1 cup cherry tomatoes, quartered

Kalamata olives, pitted and sliced

½-1 whole lemon

Extra virgin olive oil

1 Tbsp minced fresh basil

½ cup crumbled feta

Salt and fresh pepper, to taste

Directions:

- In a fine mesh strainer, rinse quinoa thoroughly.
- In a medium pot, add the quinoa, water, salt to taste and bring to a boil. Once the boiling, reduce heat to low and simmer until all the liquid is absorbed, about 15 minutes. Remove the quinoa from heat and cover with lid an additional 5 minutes. Use a fork to fluff quinoa and pour into a large mixing bowl. While the quinoa is hot, stir in spinach so it wilts.
- Place the red pepper on a rimmed baking sheet that has been lined with parchment paper. Roast the pepper in a pre-heated 450°F oven for about 20 minutes or until the skins are completely wrinkled and the pepper is charred, rotating the pepper every 5 minutes to cook evenly.
- Remove pepper from the oven and place in a brown paper bag, or cover with foil, paper towels, or a kitchen towel. Cool until you can handle, about 15 minutes, then remove the skin, seeds, and stems.
- Add the diced roasted red pepper, red onion, cucumber, tomatoes and olives to the quinoa, and top with freshly squeezed lemon juice.
- Drizzle olive oil over the quinoa, add basil, feta, salt and pepper to taste and toss well.

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From the kitchen of:
Blue Zones Project®

Chef Olelo pa`a Ogawa
Glow Hawaii

Miso Soup w/Ulu & Vegetables

Ingredients:

8 cups dashi (Japanese Konbu-Fish broth, low-sodium chicken broth or water)

1 Tbsp minced or grated fresh Hilo Ginger

1 cup julienne fresh daikon (turnip)
½ cup julienne carrots

1 cup julienne cabbage or won bok cabbage

1 Tbsp dried wakame

1½-2 cups cooked and firm ulu; cut into ½ inch dices

¼ cup miso paste

Chopped fresh green onion for garnish
diced tofu, fresh mizuna (Japanese mustard green or bok choy are optional garnishes)

Directions:

1. Place dashi, ginger, daikon, carrots and simmer for 15 minutes until vegetables are tender. Add the wakame and ulu; simmer for 5 minutes.
2. Place miso paste in a bowl and stir in ¼ cup soup broth with a small wire wipe or fork. Add a bit more broth. Add to soup and taste.

DO NOT BOIL THE SOUP, this will destroy the probiotics in the miso! Turn off the heat. When serving, place in a bowl and garnish with green onions or other optional garnishes.

Note: A large batch of this soothing soup can be made ahead of time and frozen.

Yields: 6 servings

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From the kitchen of:
Blue Zones Project®

Jake Belmonte
UHMC Culinary Instructor

Molokai Sweet Potato Hash

Ingredients:

- 2 cups sweet potato, peeled, cut into ½ inch pieces
- ¼ cup vegetable oil
- 2 large onions, cut into ½ inch pieces
- 3 Tbsp maple syrup or coconut syrup
- 2 tsp ground cinnamon
- Salt & pepper, to taste

Directions:

1. Scrub potatoes under running water.
2. Peel and dice into ½-inch cubes.
3. Parboil potatoes until cooked through, but not mushy.
4. Drain and set aside to cool slightly.
5. Heat vegetable oil in a large sauté pan. Sauté diced onions until golden brown.
6. Mix in sweet potatoes, maple syrup, and cinnamon. Toss to coat well.
7. Season with salt and pepper and serve.

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From the kitchen of:
Blue Zones Project®

National Kidney Foundation
of Hawaii

Peanut Sauce for Summer Rolls

Ingredients:

¼ cup creamy peanut butter
1 Tbsp hoisin sauce
2 tsp low sodium soy sauce
1 tsp minced garlic
1-2 Tbsp warm water, or more as
needed

Optional: 1 tsp chili garlic sauce or
Sriracha for spice

Directions:

1. Add everything to a medium bowl (except water) and whisk until smooth. Option to use a food processor for this step if preferred.
2. Add small amounts of warm water until desired thickness is reached.
3. Pour into a small serving bowl and set aside.

Serve with summer rolls. Store in refrigerator for 2-3 days in air tight container.

Yields: 4-5 ounces of sauce

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From the kitchen of:
Blue Zones Project®

Lisa Torres

Raw Pumpkin Cauliflower Aguachiles Rojo

Ingredients:

1 small jalapeno

4 red Fresno peppers

2-3 Habanero peppers

1 small bell pepper

½ cup red onion

2 Tbsp grapeseed or any light oil

2-4 Tbsp cilantro, finely chopped

Salt and pepper to taste

8 limes, juiced

1 small head cauliflower

1 small cucumber

½ cup fresh grated pumpkin

1 medium carrot

2-3 basil leaves

Directions:

1. Remove seeds from jalapeno, Fresno, habanero, and bell peppers and chop fine. Dice onion and mince cilantro.
2. In a medium bowl, combine lime juice, peppers, onions, cilantro, oil, salt and pepper and set aside.
3. Remove seeds from pumpkin.
4. Into a large bowl, grate pumpkin. Cut cauliflower into small dices, and thinly slice cucumber. Slice carrot with a vegetable peeler, and finely chop basil leaves.
5. To the pumpkin bowl, add cauliflower, cucumber, carrot, and basil and set aside.
6. Plate the pumpkin mixture on the bottom and layer with pepper mixture on top.
7. Serve with chips, tortillas, or as a salad.

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From the kitchen of:
Blue Zones Project®

Lisa Torres

Raw Pumpkin Seed Cheese

Ingredients:

2 cups raw sunflower seeds

1 cup raw pumpkin seeds

2 lemons, juiced

½ cup raw olive oil or grape seed oil

3-6 stalks green onions

½ Tbs raw salt or substitute ¼ Tbs salt
and ¼ Tbs nutritional yeast

Directions:

- Rinse seeds thoroughly. In a medium jar, soak sunflower and pumpkin seeds for 6-8 hours or overnight.
- Strain liquid from the seeds and pat dry with clean towels.
- In a food processor or blender, add seeds, lemon juice, oil, and green onions and process till very smooth. Add salt or combination of salt and nutritional yeast and pulse to mix in.
- Place into an airtight container and allow to set in the refrigerator for half an hour before serving.
- Serve with your favorite bread, crackers or veggies.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Red Curry Hummus

Ingredients:

1½ cups cooked chickpeas (about 2
15 oz. cans)
3-5 cloves garlic, roasted
2 Tbsp Tahini
⅓ cup canned coconut milk
1 Tbsp coconut sugar

2-4 Tbsp Thai red curry paste
(depending on spice preference)
1 lime, juiced (about 2 Tbsp,
more/less to taste)
A handful of Thai basil, roughly
chopped (optional but recommended)

Salt, to taste

Directions:

Blend all ingredients in a food processor. If consistency is too thick, add small amounts of water until desired consistency is reached. Add more curry paste if desired and salt to taste.

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From the kitchen of:
Blue Zones Project®

Chef Alyssa Moreau

Soba Noodle Salad Dressing

Ingredients:

½ cup low-fat mayonnaise*
2 tsp low-sodium soy sauce
1 tsp rice vinegar
1 tsp sesame oil
1 tsp honey

1 tsp fresh ginger, minced
¼ tsp Chile paste w/ garlic

Directions:

Blend all dressing ingredients together (can be made up to 2 days ahead and stored in the refrigerator). * You can substitute with veganaise or tahini.

Yields: 4-6 servings

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From the kitchen of:
Blue Zones Project®
Chef Alyssa Moreau

Soba Noodle Salad

Ingredients:

8-10 oz. Buckwheat soba noodles	1 cup cooked edamame
4 cups (12 oz) broccoli, cut into 1-inch florets	2 cloves garlic, minced
12 fresh shiitake mushrooms, sliced	1 tsp sesame oil
1 cup grated or julienned carrot (2 medium)	1 tsp low-sodium soy sauce
	1-2 tsp toasted sesame seeds for garnish (optional)

Directions:

Heat the sesame oil in a medium skillet and sauté the garlic and mushrooms until mushrooms are soft. Meanwhile, bring a large pot of water to boil. Cook noodles as directed on package. Four minutes before noodles are finished cooking, add the broccoli florets. One minute before they are done, add the carrots. Drain in a colander and rinse with cold water until the noodles and vegetables are cool to touch. Transfer to a mixing bowl. Add the cooked mushrooms, edamame and the dressing. Toss to coat. Transfer to a serving bowl and sprinkle with the sesame seeds.

Yields: 4-6 servings

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
ʻAi Love Nalo

Spiced Cranberry Sauce

Ingredients:

¾ cup orange juice

8 oz fresh cranberries

2-3 inch knob fresh ginger, grated

½ cinnamon stick or 1 tsp ground
cinnamon

¼ tsp allspice

Pinch ground cloves

2 Tbsp honey or other sweetener
(more or less depending on how
sweet you want it)

Orange zest

Optional: diced apples or raisins

Directions:

Combine orange juice, cranberries, fresh ginger, allspice and cloves in a medium saucepan. Simmer over medium heat. Once the cranberries start to burst, lower the heat and continue to cook until desired texture is achieved. Transfer to a bowl and stir in honey or other sweetener. Stir in orange zest. Cool before serving.

Yields: 2-3 servings (recipe can easily be doubled)

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From the kitchen of:
Blue Zones Project®
Chef Alyssa Moreau

Sun-dried Tomato Cashew Spread

Ingredients:

2 cups cashews (or blanched almonds)*if you soak a bit before hand, it will be easier to process
1 cup water
½ cup sun-dried tomatoes or red bell pepper

2-4 Tbsp cilantro, basil or green onion
1-2 garlic cloves, minced
1 lemon, juiced
cayenne or chili flakes
½ tsp salt

Directions:

Combine in a food processor and blend until smooth.
Use as filling for nori rolls: Nori, Avocado, Carrot, Cucumber, Collards or Lettuce.

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From the kitchen of:
Blue Zones Project®
Chef Alyssa Moreau

Sushi Flavored Barley Salad

Ingredients:

1 cup pearl barley
2 cups water
½ cup rice vinegar
2 Tbsp agave
1 Tbsp toasted sesame oil
2 green onions, thinly sliced

1 Tbsp shoyu, Braggs or Tamari
1 cup frozen peas, defrosted
1 cup fresh shiitake mushrooms,
sliced thin and sauté in sesame oil
½ cup carrots, peel and julienne

1 Tbsp furikake or toasted nori strips

Directions:

Rinse barley in a strainer. Bring water to a boil in a saucepan. Add barley, cover and simmer 30 minutes or until tender and most of the liquid is absorbed. Drain any excess liquid. While barley is cooking, sauté the shiitake and carrots in a bit of sesame oil and salt until they soften. Mix together vinegar, agave, sesame oil and Braggs; stir into cooled barley. Add peas, cooked shiitake, carrots and green onions and gently toss to mix ingredients. Just before serving, top with furikake or nori. Serve at room temperature.

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Yields: 4 servings



From the kitchen of:
Blue Zones Project®

Chef Alyssa Moreau

Sweet Potato Energy Balls

Ingredients:

¼ cup chopped dates

¼ cup cranberries

1 cup unsweetened coconut,
shredded

1 cup Okinawan sweet potato,
cooked

½ tsp minced fresh ginger or olena

¼ tsp salt

Directions:

Combine all ingredients in a food processor and pulse until combined. Roll into balls and chill.
Optional: Roll balls in shredded coconut.

Yields: 16 balls

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Sweet Potato Fries

Ingredients:

3 medium sweet potatoes (I like to mix purple Okinawan sweet potato, yellow Japanese sweet potato and orange sweet potato), cut into ¼-½ slices.

1-2 Tbsp of avocado oil, refined coconut oil, or olive oil
1-2 Tbsp fresh rosemary, finely chopped
2 tsp fresh thyme, de-stemmed

Salt and pepper, to taste *add after the fries are baked.

Directions:

Preheat oven 400°F. Line baking sheet with foil and grease. Optional: Soak sweet potatoes in cold water for 45-60 minutes. This helps to draw out the starch in the sweet potato. Drain and pat dry. Toss sweet potatoes, oil and other ingredients except for salt in a bowl. Arrange sweet potatoes on baking tray, being careful not to overcrowd them. Bake for 30-40 minutes, or until golden brown, flipping halfway. Season with salt to taste. Serve warm.

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From the kitchen of:
Blue Zones Project®
Chef Alyssa Moreau

Sweet Potato Wedges

Ingredients:

3-4 Okinawan sweet potatoes, cut into wedges (4-6 pieces per potato)
1 Tbsp oil (or oil spray) - coconut or olive
½ tsp salt

2 tsp seasoning of choice (i.e. Cumin, Cayenne, Curry, Paprika)

Directions:

Toss sweet potatoes in oil, salt and season. Then place on a (parchment) lined baking sheet. Bake at 350°F until cooked through about 35-40 minutes. Poke with sharp knife. Best when served warm and crispy.

Yields: 3-6 servings

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From the kitchen of:
Blue Zones Project®

Cyrus Howe
Blue Zones Project - Hawaii

Tasty Tofu Watercress Salad

Ingredients:

- | | |
|---|--|
| 1 bunch watercress | 2 tsp tablespoon freshly grated ginger |
| 1 10 oz. block extra firm tofu | ¼ cup soy sauce or tamari |
| 3 big local tomatoes, or 4 Roma tomatoes, or 1-2 packs current/grape tomatoes | 1 Tbsp sesame oil |
| 1 red onion | 1 tsp red chili flakes |

Directions:

Wash and rinse watercress then cut into 1½” pieces. Cut tofu into blocks according to your size preference. Cut tomatoes into large slices – if grape tomatoes, in half – if current tomatoes, leave whole. Thinly slice red onion. Place all ingredients into large mixing bowl. For dressing, combine ingredients into small mixing bowl and whisk until beautiful. Taste, and adjust as needed. Combine with salad and toss until evenly coated.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Tex-Mex Salad Avocado Dressing

Ingredients:

2 avocados pit removed	2 Tbsp olive oil
1 jalapeno, de-seeded (optional)	¼ tsp cumin
½ cup cilantro, roughly chopped (more or less to taste)	Salt and pepper to taste
2 limes, juiced	
1 Tbsp honey	

Directions:

Add all ingredients into a blender and process until smooth. Add either the leftover water from the steamed sweet potatoes or filtered water to thin until desired consistency is reached. Salt and pepper to taste. Personally, I love a thicker consistency for this salad.

For the salad: If using chopped kale, in a large bowl, sprinkle the kale with salt and "massage" the kale until it becomes soft and wilted. This makes the raw kale more palatable. You can also make this salad with mixed salad greens. To assemble the salad, toss quinoa/wild rice blend and sweet potatoes with your greens. The ratio for each ingredient is completely up to you! Top with sunflower or pumpkin seeds and serve alongside dressing.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Tex-Mex Salad

Ingredients:

1 cup quinoa or wild rice blend,
cooked

1 can organic non-gmo corn (frozen
can be used well)

1 can black beans

1 large organic red bell pepper

1-2 limes, juiced

sprinkle of sea salt

1 Tbsp high-heat oil

¼ medium red onion, diced

2 cloves garlic, minced

1 tsp smoked paprika

2 tsp cumin

2 medium sweet potatoes, cut into
small cubes

Directions:

For the quinoa: Mix all ingredients in a bowl. Set aside. For the sweet potatoes: Heat oil over medium heat and saute onions until lightly brown. Add garlic and saute until fragrant. Add sweet potatoes and spices, saute until potatoes are coated well. Add some water to the pan and cover to steam the potatoes. Lower the heat to avoid burning. Add more water as needed and stir occasionally. Once the sweet potatoes are cooked through, set aside.

Optional: if you have any leftover water, keep to add to the salad dressing later.

Note: you can also simply toss the sweet potatoes with oil and spices and roast in oven at 425°F for about 10-15 minutes.

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From the kitchen of:
Blue Zones Project®

Chef Kenji Lopez-Alt
SeriousEats.com

Tomato Soup

Ingredients:

½ cup extra-virgin olive oil, divided
2 cloves garlic, grated
1 small onion, finely sliced (1 cup)
1 tsp dried oregano
½ tsp red pepper flakes
2 slices bread torn into ½-inch piece

2 (28 oz) cans whole peeled tomatoes
Kosher salt and freshly ground black pepper
Minced chives, basil, or parsley as garnish

Toasted bread or grilled cheese for serving

Directions:

Heat 2 tablespoons olive oil in a large saucepan over medium high heat until shimmering. Add garlic, onions, oregano, and red pepper flakes. Cook, stirring frequently until onions are softened but not browned, about 4 minutes. Add bread and tomatoes. Mash with potato masher or whisk. Add 2 cups water. Bring to a boil over high heat, then reduce to a simmer. Cook for 5 minutes. Blend soup trickling in remaining olive oil. Season soup to taste. Ladle into individual serving bowls, top with minced herbs, drizzle with more olive oil, and serve with toast or grilled cheese.

Yields: 2.5 quarts, 4-6 servings

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From the kitchen of:
Blue Zones Project®

Maja Liotta
Lilikoi Creations Catering

Turbo Asian Chopped Salad w/Miso Ginger Dressing

Ingredients:

3 heads bok choy, chopped
1 head kale, stems removed, chopped
3 cups baby spinach
1 medium carrot, shredded
1 cup mung bean sprouts
1 cup finely shredded purple cabbage
1 naval orange or 1 can mandarin oranges
¼ cup toasted almond slices

¼ cup toasted black + white sesame seeds

Carrot Miso Ginger Dressing Ingredients:

¼ cup fresh squeezed orange juice
¼ cup oil
¼ cup rice vinegar
1 tsp honey
1 tsp mustard

1 tsp toasted sesame oil
1 tsp miso paste
1 tsp fresh grated ginger
1 garlic clove, minced
¼ sweet onion
1 medium sized carrot, peeled, chopped
½ cup cilantro, roughly chopped
1 small orange or clementine

Directions:

- In large bowl, combine the bok choy, kale, spinach, carrot, mung bean sprouts, purple cabbage.
- Toss the salad and set aside.
- Combine all dressing ingredients into a blender jar and blend until smooth.
- Gradually pour dressing over the salad, to taste. Lightly toss and top with almond slices and sesame seeds.

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From the kitchen of:
Blue Zones Project®

Chef Mark Noguchi
Pili Group LLC

Ulu Aipa`a

Ingredients:

2 unripe ulu (rested 24 hours after picking)
2-4 Tbsp Sesame oil
1 pc Hawaiian chili pepper, minced
2 cloves garlic, minced
2-3 Tbsp Hawaiian Sea Salt

4 Tbsp Smoked macadamia nuts
(optional)

Directions:

Peel ulu, cut into ¼'s, steam 30-45 minutes until tender. Gently pull apart into bite-sized pieces, and in a large bowl, toss with remaining ingredients. Serve warm.

Yields: 4-6 servings

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From the kitchen of:
Blue Zones Project®

Chef Kealoha Domingo

Ulu Poke

Ingredients:

1 whole steamed ulu, skinned,
cored, cubed (about 8 cups)
½ cup round onion, finely sliced;
reserve ⅓ cup for garnish
2 cups ogo, chopped; reserve ½ cup
for garnish

1½ cup green onion, finely sliced;
reserve ¼ cup for garnish
¾ cup sesame seed oil
3 Tbsp inamona (to taste); reserve 1
Tbsp for garnish
Salt to taste

Directions:

Combine cubed ulu, round onions, ogo, and green onions in a large mixing bowl. Add sesame seed oil and toss to coat evenly. Add inamona and salt to taste. Garnish with inamona, round onion, ogo, and green onion. Serve fresh.

Yields: About 8 cups

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From the kitchen of:
Blue Zones Project®

Jake Belmonte
UHMC Culinary Instructor

Ulu Power Bars

Ingredients:

2 cups breadfruit, cooked and diced	½ cup cranberries, chopped
1¼ cups macadamia nuts, finely minced	1 tsp fresh ginger, grated
½ cup dates, finely minced	⅛ tsp salt
1 cup unsweetened coconut, shredded	

Directions:

Scrub breadfruit under running water then bake breadfruit whole with skin at 350°F for 45-50 minutes, until skin is brown and soft. Chill in a refrigerator overnight. Peel breadfruit and dice small. Set aside. Process macadamia nuts and dates if food processor, until finely minced. In large bowl, mix together macadamia nuts and date mixture with coconut, cranberries, ginger, and salt. Mix well. Add breadfruit. Lightly oil the bottom of a baking sheet pan (9-½" X 13"). Pat down a ½ inch layer of breadfruit mixture on the pan. Cover with plastic wrap or parchment paper. Roll with rolling pin to pack. Cover the whole pan well with plastic wrap. Chill in a refrigerator until firm. Cut into rectangular bars and enjoy!

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From the kitchen of:
Blue Zones Project®

Chef Kealoha Domingo

Ulu Salad (No Mayo)

Ingredients:

1 whole steamed ulu, skinned,
cored, cubed (about 8 cups)
2 cups extra virgin coconut oil
2 tsp garlic, minced
1-2 tsp fine sea salt, to taste
1-2 tsp garlic salt, to taste

2 tsp apple cider vinegar or rice wine
vinegar
2 cups carrot, grated
2 cups green onion, finely sliced;
reserve ½ cup for garnish
Paprika for garnish

Directions:

Heat 4 cups ulu until steaming hot. Add extra virgin coconut oil, garlic, sea salt, garlic salt, and vinegar. Mash well or mix in food processor to form a paste. Add remaining ulu, carrot, and 1½ cups green onion. Combine well in salad bowl and chill. When chilled, serve scoops of salad garnished with a dash of paprika and remaining green onion.

Yields: 10 cups

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main dish

From Blue Zones Project® Hawaii





From the kitchen of:
Blue Zones Project®

Wendy Acosta
Aloha Spiced Cacao

Aloha Spiced Cacao Chili - Wailuku

Ingredients:

2 Tbsp coconut oil
2 medium onions, chopped
4 garlic cloves, minced
1 (15 oz) can tomato sauce
1 (15 oz) can kidney beans
2 cups vegetable broth

1 tsp dried oregano*
2 Tbsp chili powder*
2 Tbsp cumin*
3 Tbsp Aloha Spiced Cacao**
1 tsp salt
½ oz Bakers Chocolate

4-6 cups cooked lentils

*Spices may be substituted with ½ cup Maui 3C Creole Rub

**Use original, chili, espresso or pumpkin

Directions:

1. Heat oil in large pot over medium heat
2. Saute onions and cook until clear. Add the garlic and cook for one minute. Add tomato sauce, beans, and broth.
3. In a small bowl, mix the oregano, chili powder, cumin, Aloha Spiced Cacao and salt. Stir into the sauce.
4. Add bakers chocolate. Reduce heat and let simmer for an hour.
5. Stir in lentils until desired thickness.
6. Served over spiralized zucchini, chopped cabbage, rice, or pasta. Top with beans, avocado, olives, onions, or goat cheese.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

BBQ Tempeh Sloppy Joes

Ingredients:

1 tsp high-heat oil
½ medium onion, diced
2 garlic cloves, minced
1-2 tsp cumin
1 tsp paprika
1 tsp salt

½ tsp pepper, more or less to taste
1 can diced tomato, no salt added
2-3 Tbsp tomato paste (optional)
8 oz tempeh, crumbled
1 Tbsp blackstrap molasses
1 Tbsp apple cider vinegar

2 burger buns
Optional: add a tsp of tamari or
coconut aminos

Directions:

Heat oil over medium heat and sauté onions until lightly browned. Add garlic and sauté until fragrant. Add cumin, paprika, salt and pepper. Sauté until onion and garlic are coated. Add tempeh and sauté for a couple of minutes. Add diced tomato, tomato paste, molasses and apple cider vinegar. Mix until well coated. Optional but recommended: transfer mixture to a slow cooker and cook on low for 2-3 minutes longer, if desired. This allows the tempeh to really soak in the spices. If not, using slow cooker, cover pan and simmer for about 15-20 minutes, longer if desired. Turn off heat and allow to cool for about 5-10 minutes before serving. Serve on a bun with avocado, homemade coleslaw and a side of sweet potato fries.

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Yields: 2 servings *double recipe as needed.



From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Beet Pesto Pasta

Ingredients:

- | | |
|------------------------------------|-----------------------------|
| 2 medium beets, chopped | 1 tsp salt |
| ¼ medium onion, diced | ½ tsp pepper |
| 2 garlic cloves, minced | 2 servings brown rice pasta |
| 3 Tbsp lemon juice | |
| ½ cup basil leaves, loosely packed | |
| ¼ cup olive oil | |

Directions:

Roast or steam beets. To roast, preheat oven to 400°F and wrap beets in foil. Prick holes into the beets with a fork and roast until tender when pierced (about 35-40 minutes). Allow beets to cool before handling. Over medium heat, sauté onion and garlic in a pan until lightly browned. In a food processor, add beets, onion, garlic and rest of the ingredients. Blend until smooth or until desired consistency is reached. Combine pasta and pesto. Top with ingredients such as sunflower seeds or chopped fresh herb. Serve alongside salad.

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From the kitchen of:
Blue Zones Project®

Bob Meyer
Master Gardener

Bob's Pizza Garden Sauce

Ingredients:

2 Tbsp olive oil	2 Tbsp fresh oregano, chopped
1-2 cloves garlic, chopped	1 tsp salt
6-8 Roma tomatoes, chopped, seeded	½ tsp black pepper
4 oz tomato paste	1-2 tsp honey or sugar
2 Tbsp fresh basil, chopped	Optional: onion and green bell peppers, chopped

Directions:

1. In a medium pot over medium heat add olive oil and garlic. Add optional ingredients and cook for 1 minute.
2. Add chopped tomatoes, tomato paste, basil, oregano, salt, pepper and honey. Stir and bring to a simmer.
3. Reduce heat and cook until thickened for approximately 2 hours.
4. Carefully transfer the sauce to a blender one ladle at a time and blend until smooth.

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From the kitchen of:
Blue Zones Project®

Cyrus Howe
Blue Zones Project - Hawaii

Broccoli Soup

Ingredients:

- 2 heads broccoli
- 2 tsp Hawaiian sea salt
- 4 oz goat cheese (optional)

Directions:

Bring 3 quarts of water to a boil, season with 1 tsp salt. Cover pot with lid for quicker boil. Cut broccoli crown into golf ball sized florets. Cut stem into smaller, thumb-sized pieces. Add cut broccoli to boiling water replacing the lid to return water to a rapid boil. Remove the lid once boil returns to avoid overflow. Remove goat cheese from refrigerator and packaging. Dip your knife blade into the boiling water to heat, then cut goat's cheese into 1 oz poker chips and set aside for serving. Revel. Check broccoli after boiling for a total of 4 minutes. Turn off heat and use a slotted spoon transfer broccoli into blender or food processor. Using a ladle or mug, carefully add the broccoli stock to cover almost half the broccoli in the blender. Add remaining salt, cover and hold the top with towel firmly. Pulse, pause, pulse, then blitz until smooth. Taste the soup and add salt if desired. Serve with fresh cracked pepper, goat's cheese upon the surface, and a side of toasted sourdough.

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Yields: 3-4 servings; Cook time: less than 15 minutes

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From the kitchen of:
Blue Zones Project®

Buddha's Jewels (Tofu Meatballs)

Ingredients:

36 ounces firm tofu, mashed	1 ½ cups mushrooms, chopped
2 Tbsp peanut butter	¼ cup water chestnuts, diced
3 Tbsp Bragg's liquid aminos or low sodium shoyu	
8 scallions, chopped	
1 green pepper, diced	

Directions:

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Preheat oven to 375°F. In a large bowl mix all dumpling ingredients. Shape into 2 dozen 2-inch balls and place on a baking sheet that has been sprayed generously with non-stick cooking spray.

Bake at 375°F for 45 minutes or until golden and firm.

Can serve with rice and steamed veggies or as pupu with sweet chili sauce.

Yields: 4 generous servings (6 meatballs in a serving)



From the kitchen of:
Blue Zones Project®

Chef Alyssa Moreau

Cauliflower Fried Rice

Ingredients:

- | | |
|--|----------------------------|
| 1-2 Tbsp olive oil | ½ tsp turmeric |
| ½ cup carrots, thinly sliced | 3 Tbsp low sodium shoyu |
| 2 garlic cloves, minced | ¼ tsp pepper |
| ½ cup frozen peas, defrosted | ½ cup green onions, sliced |
| 3 cups raw cauliflower, grated (use a cheese grater or food processor) | |

Directions:

Heat olive oil in a large skillet, add carrots saute carrots and garlic on a medium/high heat, until carrots begin to soften, taking care not to burn garlic. Add in peas, and cauliflower and turmeric. Cook, stirring frequently for about 5-7 more minutes. Optional - add some scrambled tofu as an egg replacement.

Yields: 2-4 servings

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
`Ai Love Nalo

Green Bean Casserole Toppings

Ingredients:

½ cup non-dairy milk	½ cup flour (use gluten free for sensitive/allergies)
1 tsp apple cider vinegar	1 tsp paprika
½ medium yellow onion, sliced into thin half moons (mandoline works best)	½ tsp salt
½ cup raw cashews	½ tsp pepper
	Olive oil

Directions:

Stir non-dairy milk and apple cider vinegar in a small bowl. Soak onions in mixture for 15-30 minutes. Mix flour with paprika, salt and pepper in another small bowl. Remove onions from milk mixture and transfer to flour bowl. Toss to coat. Transfer onions to a lined baking sheet and spread evenly. Drizzle or spray with olive oil. Bake at 450°F until golden brown. Stir onions halfway through cooking time to make sure they crisp on both sides.

Cashew cream: ½ cup raw cashews, soaked for 4-6 hours or overnight. Leftover milk mixture from onions (or ½ cup non dairy milk)

After soaking, discard water and transfer cashews to blender. Blend with non-dairy milk or with remaining milk from onion mixture.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
ʻAi Love Nalo

Cheesy Green Bean Casserole

Ingredients:

3 cups green beans, chopped (12 oz bag)	¼ cup vegetable broth	Salt and pepper to taste
1 Tbsp oil	½ Tbsp lemon juice	
1 large shallot, minced	½ Tbsp tamari (optional)	
1 clove garlic, minced	¼ tsp nutmeg	
1½ cup mushrooms, sliced	¼ cup nutritional yeast	
	Cashew cream from toppings recipe	

Directions:

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Fill a large bowl with ice water. Bring a large pot of salted water to boil and boil green beans for about 2-4 minutes. Carefully transfer green beans to the ice water to cool. This process is known as “blanching.” Once cooled, drain water and set green beans aside. Heat oil in skillet over medium heat and add shallot. Sauté until fragrant and lightly browned. Add garlic and mushrooms. Sauté until mushrooms are soft. Pour in vegetable broth, lemon juice, and tamari. Stir in nutritional yeast and cashew cream. Your mixture should begin to thicken. To thicken more, add 1-2 Tbsp flour. Salt and pepper to taste. Stir in cooked green beans, mix well to coat. Transfer mixture to casserole dish, top with baked onions and bake at 350°F for 15-20 minutes. Serve warm.

Yields: 2-3 servings. Work in batches if doubling the recipe.



From the kitchen of:
Blue Zones Project®

Chickpea Tacos

Ingredients:

1 packet of taco seasoning
8 whole wheat taco shells
Lettuce, chopped
Tomato, diced
Assorted taco toppings

1 Tbsp tamari (Japanese soy sauce)
2 tsp lemon juice

Directions:

Preheat oven to 400°. Whisk tamari, juice, and taco seasoning together. Add rinsed chickpeas and toss until well coated. Spray baking sheet with oil. Place chickpeas on sheet and bake 20-25 minutes until crunchy. Assemble tacos with chickpeas, lettuce, tomatoes, and other toppings of your choice and enjoy.

Yields: 4-6 servings

Per serving: 215 calories, 2g. fat, 654 mg. sodium, 7g. fiber, 8% calories from fat.

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From the kitchen of:
Blue Zones Project®

Chef Alyssa Moreau

Chickpea Taro Sliders

Ingredients:

1 Tbsp light or olive oil
¼ cup red onion, minced
1 clove garlic, minced
2 tsp ginger, minced
1 cup cooked taro, mashed (or white or orange sweet potato)

1 large head Manoa, Butter or Green Leaf lettuce
2 cups garbanzo beans, mashed or processed well
¼ cup mochiko flour (if needed to help bind)

2 Tbsp cilantro, minced
2 Tbsp green onion, sliced thin
1 ear fresh corn, kernels cut off (or ½ cup frozen salt to taste)

Directions:

In a medium-large mixing bowl: Mash chickpeas with a potato masher or large fork. Add in taro/sweet potatoes and mash until chunky. Heat a small skillet and sauté onions, in some oil. After a few minutes add in the garlic. Sauté about 1 minute. Transfer to the mixing bowl and add in the mochiko flour – enough to create a firm texture. Then add in the cilantro, green onion, corn and salt. Mix well.

Form into small patties and either pan fry (both sides until crispy) or bake (350°F) on parchment lined sheet (turn half-way through) for 25 minutes. Serve in lettuce leaf cups with spicy sauce.

Sriracha Sauce: 3 Tbsp Ketchup, 2 tbsp mayonnaise, 1-2 tsp Sriracha Sauce, 1 tsp honey, 1 garlic clove, grated or pressed, 1 Tbsp rice vinegar, dash of salt and pepper. Mix altogether and adjust to taste.

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Yields: 4-6 servings

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 @bzpkoolaupoko

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From the kitchen of:
Blue Zones Project®
Chef Alyssa Moreau

Greens Shiitake Stir-fry

Ingredients:

1 Tbsp light oil, such as avocado,
light sesame
1 onion, sliced thin in half moons
1 clove garlic, minced
10 shiitake mushroom (2-3 cups),
stemmed and sliced

1 inch ginger, minced
1 bunch greens of choice (i.e. chard,
kale, collards, choy sum)
Sauce: ¼ cup cashew butter, 1 Tbsp
mirin, 2 Tbsp tamari, ¼ cup water

Directions:

Heat a medium to large skillet then add oil. Saute the onion until it begins to soften. Add in the garlic and ginger, shiitake mushrooms and cook 3-5 minutes or until the mushrooms begin to soften. Add in the prepped greens and cook until just wilted. Whisk sauce ingredients together and add to the stir-fry. Cook until thickened. Serve right away.

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From the kitchen of:
Blue Zones Project®

Ikarian Longevity Stew

Ingredients:

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|-----------------------------------|---|
| ½ pound black eyed peas | 1 large firm ripe tomato, finely chopped |
| ½ cup extra virgin olive oil | 2 tsp. tomato paste, diluted in ¼ cup water |
| 1 large red onion, finely chopped | 2 bay leaves |
| 2 garlic cloves, finely chopped | Salt to taste |
| 1 fennel bulb, finely chopped | |
| 1 bunch dill, finely chopped | |

Directions:

Rinse the black eyed peas. Heat ¼ cup olive oil over medium heat and cook the onion, garlic, and fennel stirring occasionally until soft, about 12 minutes. Add the black eyed peas and toss to coat in the oil. Add the tomato, tomato paste, and enough water to cover the beans by about an inch. Add the bay leaves. Bring to a boil, reduce heat and simmer for 40-60 minutes or until the black eyed peas are tender. You don't want stones and you don't want mush. You can also cook this ahead and reheat. Season with salt. Add the dill and stir. Remove, pour in remaining olive oil, and serve.

Yields: 3 servings

Per serving: 175 calories, 5 g. fat, 511 mg. sodium, 8 g. fiber, 5 g. protein

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From the kitchen of:
Blue Zones Project®

Carissa Holley, Blue Zones
Project - Central Maui

Just Chili'n

Ingredients:

1 block Tempeh, diced small
2 Tbsp olive oil
1 cup dried lentils, rinsed
1 dried bay leaf
1 large onion, chopped
1 medium zucchini, diced
2 bell peppers, diced

4 garlic gloves, minced
1 (15 oz) can diced tomato
1 (15 oz) can black beans, drained and rinsed
1 (15 oz) can kidney beans, drained and rinsed
1 (15 oz) can corn, drained

1 (6 oz) can tomato paste
3 Tbsp chili powder
2 Tbsp cumin
3 Tbsp cacao powder
Pinch of chili pepper flakes
1 tsp salt
½ tsp pepper

Directions:

1. Preheat oven to 250 degrees.
2. On a parchment-lined baking pan, toss tempeh with olive oil. Bake for 10 minutes or until lightly browned. Set aside to cool.
3. In a medium pot, combine lentils and 3 cups of water. Bring to a rolling boil then reduce heat and simmer for 15-20 minutes. Strain the lentils and reserve the bay leaf.
4. In a large (6-8 qt) slow cooker mix together the tempeh, lentils with bay leaf, onion, zucchini, bell peppers, garlic, diced tomato, beans, corn and tomato paste.
5. Gently fold in the oregano, chili powder, cumin, cacao powder, chili pepper flakes, salt and pepper.
6. Cook on low heat for 8 hours or on high for 4 hours.

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From the kitchen of:
Blue Zones Project®

Loma Linda Minestrone

Ingredients:

2 Tbsp olive oil	2 (15 oz.) cans beans, rinsed and drained (1 can garbanzo, 1 can cannellini or other)	1 Tbsp fresh thyme
½ medium red onion, chopped	1 tsp dried basil	
2 cups frozen mixed vegetables (peas/carrots/corn)	1 (15 oz.) can diced tomatoes, undrained	
4 cups vegetable broth		
¾ cup shell pasta		

Directions:

Heat the olive oil over medium heat in a large soup pot. Add the onion and sauté until onion is translucent (5-10 minutes). Add broth, beans, tomatoes, vegetables, shell pasta, basil and thyme. Bring soup to a boil, then cover and reduce heat to a simmer for about 20 minutes, until pasta is tender. Enjoy!

Yields: 10 servings

Per serving: 176 calories, 3 g. fat, 526 mg. sodium, 6 g. fiber, 7 g. protein

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From the kitchen of:
Blue Zones Project®

Maui Tempeh Co.

Maui Tempeh Coconut Curry

Ingredients:

- | | |
|----------------------------|---------------------------|
| 1 block Adzuki Bean Tempeh | 1 cup coconut milk |
| ½ Tbsp coconut oil | Favorite curry spices |
| 1 small onion, diced | 2 stalks cilantro, minced |
| 1 clove garlic, minced | Salt and pepper |
| 1 stalk celery, diced | |
| ½ bell pepper, diced | |

Directions:

1. Dice Tempeh into ½-inch cubes.
2. In a medium pot, sauté the Tempeh in coconut oil until golden brown.
3. Add onion, garlic, celery and bell pepper and cook till onions are soft and translucent. About ten minutes.
4. Add your favorite curry spices and coconut milk.
5. Add the cilantro just before turning off the heat. Salt and pepper to taste.

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 @bzipmaui

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From the kitchen of:
Blue Zones Project®

Maui Tempeh Co.

Maui Tempeh Poke

Ingredients:

- | | |
|-----------------------------|--|
| 1 block Adzuki Bean Tempeh | ⅓ cup wakame seaweed (soaked in water) |
| ½ Tbsp olive oil | ⅓ cup coconut aminos |
| ½ small onion, diced | 1 Tbsp apple cider vinegar |
| 3 stalks cilantro, minced | 1 Tbsp toasted sesame oil |
| 1 stalk green onion, minced | |
| 1 Tbs toasted sesame seeds | |

Directions:

1. Preheat oven to 250°F. Line a sheet pan with parchment.
2. Dice Tempeh into ¼ inch cubes and place on sheet pan.
3. Toss in olive oil and bake for 15-18 minutes until golden brown. Let Cool.
4. In a medium bowl, add tempeh, onion, cilantro and green onion. Drain wakame and add to bowl.
5. Toss in sesame seeds, coconut aminos, apple cider vinegar and sesame oil. Mix well and chill before serving.

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From the kitchen of:
Blue Zones Project®

Maui Tempeh Co.

Maui Tempeh Rojas Viegas

Ingredients:

1 block of Adzuki Bean Tempeh

1 Tbsp olive oil

½ onion

½ green bell pepper

8-12 Kalamata olives

1 Tbsp capers

1 tsp ground cumin

1 tsp black pepper

½ roasted red pepper

1 small diced tomato

1 clove garlic

¾ cup marinara sauce

Handful of chopped parsley

Handful of chopped cilantro

Salt to taste

Directions:

1. Slice Tempeh into thin strips.
2. In a large skillet, sauté Tempeh with olive oil on medium heat until browned.
3. Julienne onions and bell peppers and add them to the Tempeh. Continue to sauté until vegetables are translucent. Add sliced or whole Kalamata olives, capers, cumin, and black pepper and sauté for 2-3 minutes. Add roasted red pepper, diced tomato, and minced garlic and sauté for another minute.
4. Add marinara sauce, parsley, cilantro, and salt. Toss gently and simmer for one minute.
5. Serve with rice or on French bread.

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From the kitchen of:
Blue Zones Project®

Maui Tempeh Co.

Maui Tempeh Teriyaki Sliders

Ingredients:

- 1 block of Adzuki Bean Tempeh
- Slider buns, cut in half
- ½ cup prepared Teriyaki sauce
- 1 medium onion
- 2 Tbsp olive oil, reserved
- 1 small pineapple
- 1 small bunch cilantro

Directions:

1. Butterfly tempeh block and cut into 4 squares. Toast in the oven for 18-20 minutes at 250°F. Let toasted tempeh marinade in your favorite teriyaki sauce and set aside.
 2. Julienne onion. In a medium skillet, sauté onion in 1 Tbsp olive oil over med-high heat until browning starts. Keep skillet covered with a lid. Remove onions from pan when done and set aside.
 3. Skin pineapple and remove the core. Cut into slices. Roast, grill, or leave pineapple slices fresh.
 4. In the same medium skillet, sauté tempeh in remaining olive oil. Sear on each side, and add a little reserved teriyaki sauce.
 5. Toast the slider buns.
- Bun + tempeh + pineapple + caramelized onions + cilantro + bun = Maui Tempeh Teriyaki Slider!

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From the kitchen of:
Blue Zones Project®

Cyrus Howe
Blue Zones Project - Hawaii

Mushroom Manchego Melt

Ingredients:

2 slices sourdough bread
1 cup sliced Cremini mushrooms
½ cup grated Manchego cheese
¼ cup grated Pecorino Romano
1 clove minced/grated garlic
2 tsp Balsamic vinegar
1 Tbsp extra-virgin olive oil

(Optional) chopped spinach or fresh basil
(Optional) medium diced bell peppers +
onions
Salt and pepper to taste

Directions:

On the stove, heat two medium two pans with EVOO. In one pan, sauté the garlic until soft then add the mushrooms and a splash of Balsamic vinegar, salt and pepper to taste. In the other pan, lay two slices of sourdough bread to toast. When hot and crispy, flip one slice and add equal parts Manchego and Pecorino Romano. With tongs, transfer the mushroom sauté atop the cheesy bread, and add any extra cheese as desired. Place the other slice of bread with its adjacent friend and finally flip the sandwich to toast the last side. With a spatula, bring your melt to your cutting board and slice in half. Serve on its own or pair with seasonal vegetable soup or a classic tomato.

Yields: 1 sandwich

Brought to Hawaii by **HMSA**



From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Nourishing Tempeh Bowl

Ingredients:

2 servings brown rice	1 block Tempeh
2 Tbsp hijiki, rehydrated (any sea vegetable works)	Salt and pepper, to taste
1 cup sliced mushrooms	1 cup roasted vegetables (squash, sweet potato, roots)
½ bunch kale or spinach, roughly chopped (any greens would work)	½ avocado, sliced
	Kimchi or sauerkraut

Directions:

Slice Tempeh into ¼ inch slices and place in steamer basket. Steam for 20 minutes (this is an optional but recommended step. The steaming allows for the pores in the Tempeh to open up and soak up more flavor). Once Tempeh is steamed, combine all ingredients (except for oil) with the Tempeh in a shallow dish. Cover and let marinate in the refrigerator for at least 30 minutes the longer the better! Heat skillet over medium high heat and add oil. Pan fry Tempeh and cook each side until browned, about 3-4 minutes per side. Set aside. In the same skillet, add mushrooms and sauté until fragrant and lightly browned. Add greens and pour leftover marinade into pan. Sauté until lightly wilted. Assemble bowl. Arrange sautéed mushrooms and greens, Tempeh, avocado and kimchi over bed of brown rice.

Preheat oven to 400°F, Toss vegetables with oil, salt and pepper, Roast for 20-40 minutes, depending on vegetable.

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From the kitchen of:
Blue Zones Project®

Gayle Yogi
Saladmasters

Pancit

Ingredients:

- | | |
|--|---------------------------------|
| 1 package canton noodles | 2 stalk celery chopped |
| 1 package bihon noodles | 1 large carrot small Julian cut |
| 1 carton veggie broth (4 cup broth or 32 oz) | Green beans if desired |
| ¼ green cabbage | |
| ¼ red cabbage | |

Directions:

1. Boil broth and add noodles. Cook until noodles are tender.
2. Add in vegetables and cook for about 4 minutes.
3. Serve & enjoy!

Yields: 8-12 servings

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Pineapple Fried Rice

Ingredients:

½ onion, chopped	1½ Tbsp soy sauce
2-3 cloves garlic, minced	Crack pepper to taste
1 red chili, chopped	Jasmine/Brown Rice (preferably 1 day old)
½ cup diced carrots	Handful cashews or peanuts, toasted
1 cup green beans or broccoli, chopped	Handful raisins
1-1½ cup of pineapple, cut bite size	Cilantro for garnish

Directions:

1. Heat up pan with a little water or oil and saute onions until translucent. Add garlic, ginger, and chili.
2. Once they become fragrant and onions start to brown, add carrots and green beans. Saute until veggies are barely soft, then add pineapple, soy sauce, and black pepper. Saute until pineapple is lightly browned.
3. Add in rice, raisins, and cashews and stir to combine. Drizzle sesame oil and garnish with cilantro.
4. Scoop into pineapple or bowl and ENJOY!

Yields: 2-3 servings

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From the kitchen of:
Blue Zones Project®

Maui Tempeh Co.

Pulled "Pork" Tempeh

Ingredients:

- 1 block Adzuki Bean Tempeh
- ½ Tbsp olive oil
- ¼ cup of your Favorite BBQ Sauce

Directions:

1. Butterfly Tempeh block, then cut or shave into ½-inch strips.
2. In a large pan over medium heat, sauté the Tempeh in olive oil until golden brown.
3. Remove from pan and toss in BBQ sauce.

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From the kitchen of:
Blue Zones Project®

Chef Malu, Abundant Life
Natural Foods

Quick & Easy Tempeh

Ingredients:

- 1 (8 oz) package of Tempeh
- 3 large garlic cloves
- 1 piece ginger, approximately 1.5"
- ½ cup Coconut Aminos
- 1 Tbsp sunflower oil

Directions:

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Crush garlic cloves through a garlic press. Peel ginger and grate finely. Combine garlic, ginger, and Coconut Aminos in a flat baking dish. Slice Tempeh into strips and arrange into marinade (marinate refrigerated overnight or marinate at room temperature for an hour or so, turning occasionally. If the time does not allow, it can all be placed directly into a frying pan without marinating.).

Cooking Options:

Bake - Place marinated Tempeh onto a non-stick baking sheet or one that has been coated with oil. Bake for 12-15 minutes at 375 degrees. Flip the pieces over and bake for another 10 minutes.

Stove Top - Place Tempeh and marinade in a pan that has been coated with oil. Fry each side until it just starts to crisp. De-glaze pan with a little water.

Yields: 4 servings. Serve with rice and a side vegetable; use in sandwiches, wraps, or spring rolls, or serve as a breakfast "meat" along with eggs.

Find more recipes at hawaii.bluezonesproject.com

 @bzpbisland

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Roasted Garlic Alfredo

Ingredients:

1 head cauliflower, steamed
½ medium onion, diced
6 cloves roasted garlic* or minced
1 cup vegetable broth, more as needed
1/4 cup nutritional yeast

Juice from half a lemon (about 2 Tbsp)
Salt and pepper to taste
1/4 cup cashews, soaked overnight (optional, gives a slight creamier texture)
Pasta for serving

Directions:

Heat a little oil or water in a medium-sized pan over medium-high heat. Sauté onions until soft and lightly brown. If not roasting the garlic in the oven, add garlic and sauté until fragrant, about 30 seconds. Add onions and garlic along with the rest of the ingredients in blender. Blend until a smooth consistency is achieved. Add more vegetable broth if needed. Salt and pepper to taste. Serve immediately with pasta or keep mixture warm in a pan until serving. *You can easily roast garlic by throwing the cloves in an oven at 375°F until soft and lightly brown.

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From the kitchen of:
Blue Zones Project®

Chef Alyssa Moreau

Sesame Edamame Stir-fry

Ingredients:

- | | |
|-------------------------------------|---|
| 2 light oil –like avocado | 1 cup sliced mock chicken (i.e. Gardein* or firm tofu) |
| 1 Tbsp fresh ginger, minced | |
| 2 stalks lemongrass, peeled/crushed | 2 cups sliced bell peppers (or vegetable of choice: snow pea, mushroom, zucchini) |
| 2 garlic cloves, minced | |
| 1 cup cooked edamame | |

Directions:

Sauce: 2 Tbsp low sodium shoyu or Braggs, 1 Tbsp mirin (optional) 1 Tbsp agave or sweetener of choice, 1 Tbsp rice vinegar, 1 Tbsp dark sesame oil, ¼ tsp sambal chile paste (or to taste), 2 tsp cornstarch or arrowroot, ½ tsp salt (or to taste), 2 Tbsp cold water.

Stir-fry the ginger, lemongrass, garlic, veggie chicken and vegetables, until crisp tender and lightly browned. Add in the edamame. Combine sauce ingredients and pour over stir-fry. Cook a few minutes to infuse the flavors into the stir-fry. Make slurry with cornstarch, salt and water. Add green onions and add salt to taste. Top with sesame seeds and serve. Good over brown rice.

Yields: 3-4 servings

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From the kitchen of:
Blue Zones Project®

Sesame Noodles w/Bok Choi & Edamame

Ingredients:

- | | |
|---------------------------------|--|
| 8 oz buckwheat soba noodles | 1 Tbsp low-salt shoyu or low-salt Tamari |
| 1 large bunch bok choi (~1½ lb) | Carrots, red bell peppers, broccoli, and shiitake mushrooms (optional) |
| 1 cup edamame, no pod | |
| 1 Tbsp toasted sesame oil | |
| 1 Tbsp toasted sesame seeds | |

Directions:

1. Bring pot of water to a boil.
2. Slice or tear the bok choi leaves into bite size pieces. Place in a bowl and rinse well; drain in colander.
3. When water is boiling, add edamame and cook 3 minutes. Add in the soba noodles and bok choi. Make sure to submerge bok choi in water to cook evenly. Cook 5 minutes or until pasta is done. Bok choi should be tender and edamame soft.
4. Drain in a colander and rinse with cold water to cool down the noodles. Toss the bok choi with the sesame oil and low-salt shoyu.
6. Garnish with the toasted sesame seeds. Serve hot or room temperature.
7. Add in additional vegetables such as grated carrot, Sliced red bell peper or shitake mushrooms.

Yields: 4 servings

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Vegetable Coconut Curry

Ingredients:

1 Tbsp refined coconut oil or avocado oil
2-3 Tbsp curry powder or curry paste
½ medium yellow onion, diced
1 inch knob ginger, minced
2 cloves garlic, minced
1 small sweet potato, cubed
1 can coconut milk

1-2 cups vegetable broth, more if needed
1 medium zucchini, cubed
1-2 lemon grass stalks, lower portion only,
bruised with back of knife and minced
½ large eggplant, cubed
Handful of greens such as kale, spinach or
chard

Handful thai basil, roughly chopped
1 lime, juiced
1-2 Tbsp tamari or coconut aminos

Directions:

Heat oil in large saucepan over medium heat and toast spices until fragrant, about 1 minute. Add onions, ginger and garlic and saute until slightly brown, about 4-5 minutes. Add sweet potatoes and saute for an additional 5-7 minutes until they become slightly soft. Add zucchini and eggplants and saute everything for another 3-5 minutes. Add coconut milk and vegetable broth. Bring to a simmer and cook until vegetables are cooked through. Add zucchini and eggplants and allow to simmer until vegetables are soft, about 7-10 minutes. Add greens, basil, lime and stir. Turn off heat. Season with tamari and salt to taste. Add additional salt, if desired. Garnish with lime wedges, additional basil and cashew nuts. Serve with 4 servings of brown rice.

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From the kitchen of:
Blue Zones Project®

Gayle Yogi
Saladmasters

Vegetarian Lasagna

Ingredients:

1 package of lasagna noodles
2 jars of spaghetti sauce
½ butternut squash, peeled & chopped
¼-½ a pumpkin, chopped
1 whole zucchini, chopped

1 whole onion, chopped
6-7 large mushrooms, chopped
½ head of broccoli, chopped
1 bunch of spinach or kale
4 eggs
1 tub of cottage cheese

¼-½ cup of nutritional yeast (sprinkle liberally)
1 cup cheese (optional for topping)

Directions:

1. Beat eggs and mix with cottage cheese. Set aside.
2. Begin layering ingredients in a square pan in following order: sauce, squash, pumpkin, dry noodles, onion, mushrooms, broccoli, egg and cottage cheese mixture, yeast, noodles, spinach/kale, and more sauce. Repeat layers until pan is full. Top with cheese.
3. Bake at 350°F for 25 min if using Saladmaster. If not, bake covered for 1 hour in oven. Enjoy!

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From the kitchen of:
Blue Zones Project®

Chef Ken Weir

Veggie Luau Stew

Ingredients:

- 2 lbs luau leaves
- 2 pieces taro root
- 1 sweet potato
- 1 piece ulu (breadfruit)
- ¼-½ cup coconut milk
- Pinch of alaea salt
- 3-4 cloves finely chopped garlic

Directions:

Boil luau leaves for 45 minutes, strain. Cut taro, sweet potato, and ulu into 1 inch cubes. Steam for approximately 10 minutes. Mix all together and add alaea salt, garlic and coconut milk. Taste and adjust seasoning as needed.

Yields: 4-6 servings

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From the kitchen of:
Blue Zones Project®

Bobbi Misiti
BeFit Body & Mind

Veggie Puttanesca

Ingredients:

½ lb dried spaghetti
Kosher salt
6 Tbsp extra-virgin olive oil, divided
4 cloves garlic, thinly sliced or finely chopped
Large pinch red pepper flakes

¼ cup capers, drained and chopped
½ cup chopped pitted black olives
1 cup whole peeled tomatoes, roughly broken up by hand
Small handful minced fresh parsley leaves

Finely grated Pecorino Romano or Parmesan cheese, plus more for serving
Freshly ground black pepper

Directions:

- Place spaghetti in a large saucepan and cover with water.
- Meanwhile, in a medium skillet, combine 4 Tbs olive oil, garlic, anchovies, and red pepper flakes. Cook over medium heat until garlic is very lightly golden. Add capers, olives, tomatoes and stir to combine.
- Using tongs, transfer pasta to sauce. Alternatively, drain pasta through a colander, reserving 1 cup of the cooking water. Add drained pasta to sauce.
- Add a few tablespoons of pasta water to sauce and increase heat to bring pasta and sauce to a vigorous simmer. Cook, stirring and shaking the pan and adding more pasta water as necessary to keep sauce loose, until pasta is perfectly al dente, 1 to 2 minutes longer.
- Stir in remaining olive oil, parsley, and cheese. Season with pepper.
- Serve immediately with more grated cheese at the table.

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From the kitchen of:
Blue Zones Project®

Rebecca Roberts, National
Kidney Foundation of Hawaii

Zucchini Pesto Noodles

Ingredients:

4 small zucchini, ends trimmed
2 cups packed fresh basil leaves
2 cloves garlic
½ cup extra-virgin olive oil
2 tsp fresh lemon juice
⅓ cup pine nuts (orwalnuts)

1 Tbsp nutritional yeast
Kosher salt and freshly ground pepper
to taste
Cherry or grape tomatoes, optional

Directions:

Use a julienne peeler, mandoline, or spiralizer to slice the zucchini into noodles. Set aside. Combine the basil, garlic, and nuts in a food processor and pulse until coarsely chopped. Slowly add the olive oil in a constant stream while the food processor is on. Stop the machine and scrape down the sides of the food processor with a rubber spatula. Add the lemon juice and nutritional yeast. Pulse until blended. Season with salt and pepper. Combine the zucchini noodles and pesto. Toss until zucchini noodles are well coated. Top with tomatoes, if using. Serve at room temperature or chilled. Note-if you want to cook the zucchini noodles, you can. Just add the zucchini pesto noodles to a skillet and sauté them up over medium heat. It only takes a few minutes.

Yields: 4 servings

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desserts & more

From Blue Zones Project® Hawaii





From the kitchen of:
Blue Zones Project®

Cyrus Howe
Blue Zones Project - Hawaii

Asian Pear Punch

Ingredients:

3 large Asian pears (Korean pears are good)

2 liters club soda

2 cups cold water

2 tsp vanilla extract

2 tsp cinnamon

2 Tbsp raw local honey to taste

1 Tbsp raw ginger, peeled, and chopped

Raw cranberries (optional garnish)

Raspberries (optional garnish)

Citrus slices (optional garnish)

Directions:

Peel and cut the pears removing seeds and stem. Add pears, ginger, vanilla extract, cinnamon, honey, and water to blender and blend until smooth.

In your pitcher or punch bowl, add pear blend and club soda over lots of ice.

Stir until punch is evenly mixed.

Garnish with cranberries, raspberries, and/or citrus wheels.

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From the kitchen of:
Blue Zones Project®
Chef Alyssa Moreau

Banana Bliss Balls

Ingredients:

½ cup peanut butter
½ cup banana
½ cup raisins
2 Tbsp honey
½ tsp cinnamon

Pinch of salt
1 cup shredded coconut (or as needed
to bind)

Directions:

1. Combine all ingredients in a food processor or mixing bowl and stir until well combined.
2. Form into balls and chill.
3. Things you can add in: flax seeds, sesame seeds, chia seeds, or your favorite protein powder instead of some of the coconut.

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From the kitchen of:
Blue Zones Project®

National Kidney Foundation
of Hawaii

Berry Parfait

Ingredients:

8 whole graham crackers, coarsely
crumbled
2 cups vanilla/plain coconut Greek
yogurt
1 cup frozen raspberries
1 cup frozen blueberries

½ cup whipped cream/soy whipped
cream
1 cup granola
½ cup fresh strawberries

Directions:

1. Serve in 6-ounce glasses.
2. Layer in the following order: graham crackers, yogurt, raspberries, then graham crackers, yogurt, blueberries, graham crackers whipped cream, and strawberries for garnish.
3. Repeat for the other 5 glasses using equal amounts.
4. Chill for 30 minutes, then serve.

Yields: 6 servings; serving size = 1 cup; Calories: 238

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Black Bean Brownies

Ingredients:

1 ½ cup black beans - rinse well and
drain if out of a can

3 Tbsp cacao powder

½ cup oats, ground into a flour
(gluten-free if desired)*

¼ tsp salt

½ cup maple syrup

¼ cup coconut oil

2 tsp vanilla extract

½ tsp baking powder

½ cup dark chocolate chips (more if
desired)

Optional: top with coconut flakes or
cacao nibs

Directions:

Pre-heat oven to 350°F. Grease or line a muffin tin.** Blend everything but chocolate chunks in food processor. Pour evenly in tin and bake for 13-18 min.

*If you don't have a grinder for the oats, just use ½ cup quick cooking oats.

**You can make this in a baking dish as well, just note that cooking times will vary.

Brought to Hawaii by **HMSA**



From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Cacao Bliss Bites

Ingredients:

½ medium beet, peeled and
roughly chopped
4 dates, pitted
¼ cup oat flour (or you can grind
rolled oats)
¼ cup coconut flour

2 Tbsp cacao powder
½ tsp vanilla extract
pinch of salt

Directions:

Pulse beet chunks and dates in food processor into smaller pieces. Add rest of the ingredients and process until smooth. If the mixture is looking a little too dry, add a little water. Roll into balls and coat with your favorite toppings such as shredded coconut, cacao nibs or chocolate sauce. Place in refrigerator for at least 30 minutes to allow to firm.

Yields: Makes about 8 balls; recipe can easily be doubled

Brought to Hawaii by **HMSA**



From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
`Ai Love Nalo

Chai-spiced Tahini Milkshake

Ingredients:

2 frozen apple bananas (or one large banana)
1 cup non-dairy milk, more or less as needed
1-2 Tbsp tahini
1-2 Medjool dates, pitted

1 tsp chai spice
Pinch of salt

Optional: drop of vanilla extract, ice cubes

Directions:

Blend and enjoy!

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From the kitchen of:
Blue Zones Project®

Chocolate Avocado Mousse

Ingredients:

1 medium ripe avocado
½ cup coconut milk
1 apple banana
¼ cup cacao powder
2-3 Tbsp raw honey or maple syrup
pinch of salt

Toppings: macadamia nuts, cacao nibs, coconut flakes, fresh fruit.

Directions:

Blend all ingredients in a food processor. Top with desired toppings and serve.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Coconut Papaya Smoothie

Ingredients:

- 1 cup coconut milk
- ½ papaya, de-seeded
- 2 handfuls of greens (spinach, mixed greens etc)
- ½ inch knob ginger
- 1 Tbsp chia seeds

Directions:

Blend all ingredients in a blender. Add more liquid until desired consistency is reached.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Digest-ease Tea

Ingredients:

- 1 Tbsp lemon balm
- 2 tsp peppermint
- 1 tsp fennel seeds
- 2 tsp rose
- ½ Tbsp per 8 oz.

Directions:

1. Combine dry herbs in a glass container.
2. To make a cup of tea, use ½ Tbsp per 8 oz. boiling water. Steep for 5-10 minutes.

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From the kitchen of:
Blue Zones Project®

Rebecca Roberts, National
Kidney Foundation of Hawaii

Fro-Yo Berry Bites

Ingredients:

¼ C flaxseed meal	1 ½ cups strawberries and/or raspberries, chopped
2 Tbsp raw coconut sugar	6-cup muffin tin and liners
2 Tbsp coconut oil, melted	
¾ cup plain coconut Greek yogurt	
2 Tbsp honey (optional: stevia, liquid to taste)	

Directions:

Line a 6-cup muffin tin with silicone or parchment cupcake liners. In a small bowl, stir together flaxseed meal, coconut sugar, and coconut oil. Spoon a small amount into the bottom of each lined cup. In a medium bowl, mix together yogurt and honey, or stevia to sweeten. Spoon 2 Tbsp into each muffin cup, covering the crust. Top with freshly chopped berries. Freeze until firm, about 6 hours. To serve, remove from wrapper and enjoy!

Yields: 6 servings

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Herbal Coffee

Ingredients:

- | | |
|-------------------------------|--------------------------------|
| 1 Tbsp roasted chicory | 3 cups water |
| 1 Tbsp milk thistle seeds | ½ cup non-dairy milk of choice |
| 1 Tbsp roasted dandelion root | sweetener of choice |
| 1 Tbsp burdock root | |
| 1 Tbsp carob powder | |
| 1 tsp cinnamon (optional) | |

Directions:

Combine all ingredients except for milk and sweetener into a pot. Simmer over low heat for 15-20 minutes. Strain the water out and pour into a mug. Add your sweetener and milk, and stir. Store the rest of the coffee in the refrigerator (make sure it is cooled before storing).

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From the kitchen of:
Blue Zones Project®

Holiday Horchata

Ingredients:

- 1½ cups uncooked long-grain rice
- 2 cinnamon sticks
- 4 cups water, divided
- 1½ cups non-dairy milk
- 2 tsp vanilla extract
- 2 tsp ground cinnamon
- ⅓-½ cups raw local honey, to taste

Directions:

Blend rice in 2 cups water for about 2 minutes or until rice is roughly ground. Add the remaining water and blend again. Pour contents over cinnamon sticks in a pitcher or container with a fitted lid and place on your counter-top overnight (or for at least 8 hours). Option to strain and compost rice pulp and cinnamon sticks.

Stir in the milk, vanilla extract, ground cinnamon, and honey to taste. Chill until ready to serve. Stir well before serving and serve over ice.

Note: Brown rice can be used for a slightly nuttier flavor

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Homemade Creamy Nut Milk

Ingredients:

1 cup raw brazil nuts or macadamia nuts 2-4 dates, or other sweetener to taste
3-4 cups filtered water (more if you are using macadamia nuts)
1 tsp vanilla or 1 vanilla bean
pinch of sea salt

Directions:

1. Soak nuts for 2-4 hours. Rinse.
2. In a high speed blender, blend nuts and water. Sweeten to taste.
3. Strain through nut milk bag and store in airtight jar in refrigerator. Use for smoothies, cereal, tea and so much more!

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Homemade Nutella

Ingredients:

2 cups hazelnuts, soaked and dehydrated if possible	¼ tsp salt
1 Tbsp coconut oil	Pinch of espresso
¼ cup cacao powder	
¼ cup coconut milk	
¼ cup coconut sugar, more or less	

Directions:

Preheat oven to 325°F. Roast hazelnuts for about 10-15 minutes, making sure not to burn. Roast until skins are toasted. Remove from oven. Add nuts to a slightly damp clean kitchen towel and rub off skins. Some skins may not come off, but that's okay. Set aside to cool. Add cooled nuts and coconut oil into a food processor and process until smooth and creamy. You may need to stop and scrape down the sides a few times. Be patient, this may take some time. Add cacao powder, coconut milk, coconut sugar, salt and espresso. Blend until well combined. Store in glass jar and use as a spread for toast, as a dip for fruits or simply enjoy with a spoon!

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From the kitchen of:
Blue Zones Project®

Chef Nicholas Decoursey

No-Bake Key Lime Pie

Ingredients:

Crust: 1 cup almonds

¼ cup pitted dates

Pinch sea salt

1 tsp ground vanilla bean or extract
(optional)

Splash of water

Filling: 2 ripe avocados, pitted and
scooped out

½ cup honey or maple syrup

½ cup fresh lime juice of two large limes

1 tsp vanilla extract

¼ tsp sea salt

½ cup coconut oil

Lime zest for garnish

Directions:

Crust: add almonds, pitted dates, and sea salt to a food processor or blender. Process until ingredients are mixed and broken down well. They should stick together when you collect a small handful. Press crust ingredients evenly into the bottom of an oiled, 9-inch pan.

Filling: Put all filling ingredients into your blender and blend on high for 30-60 seconds until smooth. Pour filling over crust and use spatula to shape the top. Chill the pie in the freezer for 1 hour, then transfer to the fridge and let it set for 3 hours or overnight. Cut and serve.

Yields: 8 servings

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
‘Ai Love Nalo

Pumpkin Pie Parfait

Ingredients:

10 oz silken tofu
15 oz canned pumpkin or homemade
purée
¼ cup non dairy milk
½ cup maple syrup (more or less to
taste)
1 Tbsp cinnamon

1 inch knob ginger, grated
1 tsp allspice
¼ tsp clove

Coconut whip cream:
1 14 oz. can full-fat coconut milk,
refrigerated
1-2 Tbsp maple syrup (more or less to
taste)
¼ tsp vanilla extract (optional)

Directions:

Pumpkin pie mousse: Drain tofu and pat dry with paper towel. Combine all ingredients in a blender. Set aside.

Coconut whip cream: Be sure not to shake can of coconut milk after removing from the fridge. Scoop out thickened cream at the top of the can and place into large mixing bowl. Add maple syrup and vanilla extract. Whip coconut cream with hand mixer until light and fluffy. Set aside.

Assemble parfait: Scoop some pumpkin pie mousse into the bottom of a small glass. Top with coconut whip cream, then granola.

Repeat for another layer. Garnish with chopped pecans and sprinkle cinnamon. Store leftover whip cream and mousse in the fridge.

Yields: 4-6 servings

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
ʻAi Love Nalo

Pumpkin Spice Granola

Ingredients:

3 cups rolled oats (gluten-free if
need be)

1 cup chopped walnuts

¼ tsp salt

¾ cup pumpkin purée

¼-½ cup pepitas

½ cup coconut oil

1 Tbsp cinnamon

1 tsp grated fresh ginger

½ tsp nutmeg

⅓-½ cup maple syrup

Directions:

Mix oats, walnuts, pepitas and salt in a bowl. Warm pumpkin puree and coconut oil along with spices in a small sauce pan. Pour over oat mixture. Cover oats completely and spread evenly onto two baking sheets. Bake at 350°F for 20-25 minutes, stirring halfway through until golden brown. Cool completely before serving. use on top of smoothie bowls, eat as cereal or as a simple snack.

Yields: 4½ cups

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From the kitchen of:
Blue Zones Project®

National Kidney Foundation
of Hawaii

Quick Mini Chocolate Cheesecakes

Ingredients:

½ cup Tofutti or Ricotta cheese
12 chocolate wafer cookies
1 Tbsp 100% fruit jam (raspberry or cherry)
¼ cup carob or semisweet chocolate chips

Alternative for chocolate chips:

- 1 Tbsp unsweetened cocoa powder
- 2 tsp sugar
- 2 tsp butter/vegetable oil

Directions:

Combine melted chocolate mixture and Tofutti/ricotta cheese in a small bowl. Spoon a scant 1 Tbsp of the mixture on each chocolate wafer and top with ¼ tsp fruit jam.

Yields: 1 dozen mini cheesecakes

Serving Size: 1 cheesecake

Calories: 56

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From the kitchen of:
Blue Zones Project®

Lisa Torres

Raw No Bake Pumpkin Cookies

Ingredients:

2 cups gluten free oats
½ cup almond flour
½ cup your favorite protein powder
2 Tbsp sweetener
1 Tbsp cinnamon
1 tsp allspice

¼ cup nut butter
¼ cup brown rice syrup, maple syrup,
or agave
¼ cup mashed pumpkin
¼ cup mashed carrots
1 Tbsp dairy free milk of your choice

Chocolate dip of your choice
Coconut shavings

Directions:

1. In a blender or food processor, grind the oats to make a fine flour.
2. In a medium bowl, combine oat flour, almond flour, protein powder, sweetener of your choice, cinnamon, all spice, nut butter, syrup, pumpkin, carrots, and milk.
3. Roll into balls or shape into bars.
4. Top with melted chocolate dip and coconut shavings.

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From the kitchen of:
Blue Zones Project®

Maja Liotta
Lilikoi Creations Catering

Superfood Semi-Freddo w/Coconut Creme Anglaise

Ingredients:

SEMI-FREDDO

- 2 dates
- ½ lemon (skin on, pits removed)
- 2 cups of your favorite frozen fruits
- 1 Tbsp baobab powder
- 1 Tbsp tocotreinols
- ½ tsp himalayan salt

COCONUT CREME ANGLAISE

- ¼ cup sweetened condensed coconut milk
- ¼ cup coconut cream
- ¼ cup canned coconut
- 1 tsp almond, vanilla or coconut extract
- ½ tsp pink himalayan salt

- 2 drops therapeutic grade wild orange essential oil
- Grated orange zest & juice of 1 ripe orange or lilikoi

ADDITIONAL TOPPINGS

- Cacao nibs & shredded coconut

Directions:

- Combine all Semi-Freddo ingredients in a blender and blend until smooth.
- Remove Semi-Freddo mixture into freezable container.
- Into a freshly washed blender jar, blend the sweetened condensed milk, coconut cream, canned coconut, extract, Himalayan salt, orange essential oil, and grated zest until smooth.
- In a small bowl, assemble the semi-freddo, and top with a drizzle of coconut crème anglaise.
- Top with cacao nibs and shredded coconut.

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From the kitchen of:
Blue Zones Project®

Chef Malu
Abundant Life Natural Foods

Superfood Truffles

Ingredients:

1 part almond paste* - raw, organic 1 vanilla bean**
1 part coconut oil - unrefined,
organic
1 part honey
1½ parts maca powder
2 parts cacao powder

Directions:

Mix everything together. Roll into balls.

*The almond paste is the pulp that is left over when making almond milk.

**The vanilla bean can be added to the blending process when making vanilla almond milk.

Yields: Varies according to the size of balls and quantity of almond paste available

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From the kitchen of:
Blue Zones Project®

Sweetheart Smoothie Bowl

Ingredients:

1-2 packets pitaya or 1 whole pitaya
1 cup chopped frozen pineapple
1 large frozen banana
¾ cup coconut water or non-dairy
milk (more or less depending on
desired consistency)

Optional toppings: chia seeds,
coconut flakes, fresh fruit, cacao nibs,
goji berries, granola

Directions:

Blend all ingredients, adjust consistency and pour into bowl. Top with desired toppings. Serve as breakfast in bed!

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Tempeh Bowl Marinade & Sauce

Ingredients:

Marinade for Tempeh
2 Tbsp filtered water
1 Tbsp apple cider vinegar
1 Tbsp Tamari
1 tsp sesame oil
2 tsp grated ginger

8 oz Tempeh
1 Tbsp high heat oil (for pan-frying)

Drizzle miso tahini sauce and garnish with toppings such as sesame seeds, green onions or chili flakes.

Directions:

Miso Tahini Sauce

1-2 Tbsp miso, 2 tsp grated fresh ginger, 1/2 tsp honey or maple syrup, 2 Tbsp tahini, 1/4 cup water. More or less depending on consistency preference.

Combine all ingredients in a blender and blend until smooth. Transfer to small bowl and set aside.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
'Ai Love Nalo

Turmeric Latte or "Golden" Milk

Ingredients:

½-1 tsp dried turmeric, depending on preference (can substitute fresh turmeric)

½-1 tsp dried ginger, depending on preference (can substitute fresh ginger)

Sprinkle of black pepper

¼ cup coconut milk or other non-dairy milk

Honey or maple syrup to taste

Directions:

1. Heat spices and water over medium heat. Whisk and stir well. Bring to a simmer.
2. Once the spices are well mixed, add coconut milk and let simmer over low heat for about 2-3 minutes. Stir.
3. Turn off heat and strain through a fine-sieve mesh into a mug. Add sweetener, to taste. Serve warm.

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From the kitchen of:
Blue Zones Project®

Chef Maya Merrifield
`Ai Love Nalo

Vegan Mushroom Gravy

Ingredients:

1 Tbsp vegan butter	2-3 Tbsp flour
½ onion, diced	
3 cups mushrooms, sliced	
1½ tsp each rosemary, sage and thyme, minced	
2 cups vegetable broth	

Directions:

Heat butter in medium skillet over medium-high heat. Sauté onions until translucent. Add mushrooms and cook until tender and much of liquid they released is evaporated. Add herbs and cook for another minute. Add vegetable broth and whisk in flour. Lower heat and simmer until desired consistency is reached. Add more broth if it is too thick, add more flour if it is too thin. Transfer to serving bowl and serve with mashed cauli-potato.

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