



**5 Under 5 Ingredients Recipes
(that take less than 20 minutes!)**



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Hey you...

Cooking really doesn't have to take all day or stress you out!

Here's a few examples for you that are perfect to enjoy any time...

Having a few shelf or frozen staples like:

- frozen berries, bananas and avocado
- quality protein powder
- dried berry powders
- fresh, canned, or frozen squash / pumpkin
- frozen, or canned wild fish
- whole grains
- fresh or dried herbs and spices
- garlic and onions
- quality extra virgin olive oil and vinegar

....are sure to keep you consistently creating healthy meals that nourish your physical and mental wellbeing!!

xo,

Cat



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Recipes

Mon



Pureed Pumpkin Hummus

Tue



Creamy Blueberry Kefir Smoothie

Wed



Halibut with Quinoa & Rapini

Thu



GO WITH THE FLOW: Sweet Potato Pancakes

Fri



Sweet Potato Toast with Smoked Salmon





Fruits

- 1 Avocado
- 1 1/2 tbsps Lemon Juice

Breakfast

- 2 cups Maple Syrup Or Yacon Syrup

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 3/4 tsp Sea Salt

Frozen

- 2 cups Frozen Blueberries

Vegetables

- 2 tbsps Fresh Dill
- 2 Garlic
- 1 bunch Rapini
- 3 Sweet Potato

Boxed & Canned

- 2 cups Chickpeas
- 1/2 cup Quinoa

Baking

- 1/2 cup Pureed Pumpkin

Bread, Fish, Meat & Cheese

- 4 Eggs
- 2 ozs Halibut Fillet
- 4 ozs Smoked Salmon

Condiments & Oils

- 1 tbsp Coconut Oil
- 1/3 cup Extra Virgin Olive Oil

Cold

- 1 tbsp Butter
- 4 Egg
- 1 cup Plain Kefir

Other

- 1/2 cup Vanilla Protein Powder
- 1 cup Water



Pureed Pumpkin Hummus

4 servings
10 minutes

Ingredients

1/2 cup Pureed Pumpkin
2 cups Chickpeas (cooked, drained and rinsed)
2 Garlic (clove)
1 1/2 tbsps Lemon Juice
1/4 cup Extra Virgin Olive Oil
1/2 tsp Sea Salt

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Make it Spicy: Add chili powder, cayenne pepper or chili flakes.

Extra Toppings: Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!



Creamy Blueberry Kefir Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Frozen Blueberries
- 1 cup Plain Kefir
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 cup Water

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, other berries, or unsweetened cacao nibs to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Halibut with Quinoa & Rapini

2 servings
20 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 ozs Halibut Fillet
- 2 tbsps Fresh Dill (chopped)
- 1/4 tsp Sea Salt (divided, to taste)
- 1 tbsp Butter
- 1 bunch Rapini (chopped)

Directions

- 1 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 2 Meanwhile, coat the halibut fillets in the dill and half the salt.
- 3 Heat the butter in a non-stick pan over medium heat. Place the trout flesh side down and cook for three minutes, then flip and cook for three to four minutes until cooked through. Remove and set aside.
- 4 In the same pan, add the rapini and cook until just wilted. Serve alongside the halibut and quinoa, and season with the remaining salt. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: One fillet is equal to 159 grams or 5.6 ounces.

Dairy-Free: Use vegan butter or your cooking oil of choice.

Additional Toppings: Add lemon juice, fresh herbs, salad greens, olives, capers, sliced red onions, or crumbled feta cheese.

No halibut: Use salmon instead.



GO WITH THE FLOW: Sweet Potato Pancakes

2 servings
20 minutes

Ingredients

2 Sweet Potato (small)
4 Egg (whisked)
1 tbsp Coconut Oil
1/2 tsp Cinnamon
2 cups Maple Syrup Or Yacon Syrup

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with coconut manna, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Sweet Potato Toast with Smoked Salmon

2 servings
10 minutes

Ingredients

- 1 Sweet Potato
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado
- 4 ozs Smoked Salmon
- 4 Eggs

Directions

- 1 Peel (optional) and slice sweet potato into 3/4 inch slices. Place in toaster slot and repeat toast cycle 4 or so times or until the outside is golden and inside is tender.
- 2 While sweet potatoes are toasting, poach eggs on low simmer for about 4 minutes, or until just done, in pan of water filled about 5 inches high. Remove from water and place on tea towel to dry. Keep warm.
- 3 Remove sweet potato toast when done, and spread with extra virgin olive oil. Top with salmon, avocado and poached eggs. Top with fresh dill, and chopped red onion.