

Good Food for a Good Mood

Food has a strong influence on our mood. Think about a time when your food has influenced your mood? Maybe it was a positive experience when you had consistent meals throughout the day, and you felt pleasant and energetic? Or you couldn't eat all day and felt irritable and tired. Aiming to have food throughout the day that is nutrient-dense, contains plants, fibrous, and has lean proteins can aid in keep us in a stable mood. In recovery, healing our brain, hormones, and gut are keys to long-term success.



Crispy Oven-Baked Falafel

Made from chickpeas, this falafel dish is high in both protein and fiber. It'll keep you satiated and satisfy a desire for something crispy and crunchy. The key to a crispy falafel is to use dried chickpeas rather than canned.

Serves: 2-4

2 cups dried
(uncooked/
raw)
chickpeas
(soaked
according
to package
directions)
1 small red
onion
1 cup
packed fresh
parsley
8 cloves
garlic,
quartered
2 tsp fine sea
salt
1 tsp freshly
ground black
pepper
1 tsp ground
cumin
1/2 tsp
ground
cinnamon

With an oven rack in the middle position, preheat oven to 375 degrees Fahrenheit. Place parchment lined baking sheet in over to pre-heat.

In a food processor*, combine the soaked and drained chickpeas, onion, parsley, cilantro, garlic, salt, pepper, cumin, cinnamon, and the remaining 1 tablespoon of oil. Process until smooth, about 1 minute.

Using your hands, scoop out about 2 tablespoons of the mixture at a time. Shape the falafel into small patties, about 2 inches wide and 1/2 inch thick. Place each falafel on your hot pan and spray with oil.

Bake for 25 to 30 minutes, carefully flipping the falafels halfway through baking, until the falafels are deeply golden on both sides.

*If you do not have a food processor, make sure to use canned chickpeas and mash manually.



Beet & Chickpea Salad

During the dark winter months, this fresh beet salad brings out some bright and acidic flavors we enjoy in the summer months. Beets are high in a compound that helps with blood pressure and heart health! Be sure to wear gloves or your hands might be red for a bit...

Serves: 3-4

3 beets,
peeled and
grated
1 can
chickpea,
canned
1/2 cup
peanuts

Peel the raw beets, removing the stems if necessary, then shred the beets with a box grater. Place the beets in a bowl along with the chickpeas and nuts.

Mix up the dressing ingredients in another small bowl and stir to combine. Taste and adjust the salt and pepper to your liking.

Dressing

2 tbsp lime
juice
1 tsp chili
sauce
1/8 cup olive
oil
salt and
pepper

Add the dressing to the other bowl and mix up all the ingredients. Let it sit for about 5 minutes so that the flavors can soak into the vegetables and the beet juices can mingle with the dressing.



Cold Soba Noodles

Serves: 1-2

1-2 servings
soba noodles
(buckwheat
noodles)

Dipping Sauce

½ cup
chicken
stock
1.5 tsp low-
sodium soy
sauce

Garnishes

Green onion,
thinly sliced
White
sesame
seeds,
toasted
Tofu, cut into
cubes

Cook soba noodles according to package directions.

Mix up the dipping sauce ingredients in another small bowl and stir to combine. Add a few ice cubes to chill.

Prep additional garnishes.

When finished cooking, immediately run soba noodles under cold water until cooled. Serve with dipping sauce and garnishes.