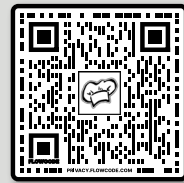




Fresh START

HEALTHY EATING CLASS



SCAN HERE
FOR MORE INFO

Shop Smarter | Choose Healthier | Eat Better

Learn how fresh, wholesome foods from Vince & Joe's can help you gain energy, operate at peak performance and improve your overall health. Vegetables, fruits, meats, seafood - since we eat our vitamins we need to realize what foods are best. Help your heart, your liver, your stomach and support your weight journey with knowing what to shop for and why.

Vince & Joe's and Henry Ford Macomb Hospital have teamed up for our 2025 Fresh Start Healthy Eating classes. Henry Ford's Nutritionist, Pat Jurek, will host classes at our Shelby Twp. location at 6pm on the second Thursday of each month.

Start Fresh In 2025

**HENRY
FORD
HEALTH**



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Fresh START

HEALTHY EATING CLASS

January RECIPES

Lentil & Butternut Squash Soup

Grilled Veggie Wrap with GUACAMOLE

Ingredients

- Olive Oil
- 1 Red Pepper
- 1 Yellow Pepper
- 1 Zucchini
- 1 Cob of Corn
- 1/4 Red Onion
- Salt & Pepper to taste
- Cilantro (chopped)
- 1 package carb smart tortillas (any flavor)

Directions

1. Cut all veggies into easily grilled size pieces.
2. Grill or roast veggies in oven at 400°F.
3. Remove corn from the cob
4. Julienne veggies and toss together with chopped cilantro.
5. Assemble wraps tucking the ends and mark briefly on the grill or in a hot pan.
6. Cut on a bias and serve with guacamole.

Ingredients

- 3 Tbsp. Olive oil
- 1 Large Onion (1 Cup)
- 1 Tbsp. Garlic (3 Cloves - minced)
- 1 tsp. Ginger
- 1/2 tsp. Turmeric
- 1 Tbsp. Cumin
- 1 Tbsp. Coriander
- 1 tsp. Curry Powder
- 1 Cup Celery (diced)
- 1 Cup Carrot (diced)
- 1.5 Cups Green Lentils
- 6 Cups Vegetable Broth
- 2 Cans Lite Coconut Milk (14 oz ea.)
- 1 Large Butternut Squash (diced)
- 2 tsp. Salt
- 1 Large Lime (1/4 Cup - juiced)
- 1/4 Cup Cilantro (chopped)

Directions

1. Sweat onions in oil until translucent, then add garlic until fragrant.
2. Add carrots and celery and sauté for one minute then add spices and lentils. Sauté all together toasting the spices and lentils with the veggies for another minute or two.
3. Add vegetable stock and lite coconut milk, bring to a boil.
4. Boil for 10 minutes then add butternut squash.
5. Once the lentils and squash are tender shut off the burner and add the fresh lime juice and cilantro.

Guacamole Dip

Ingredients

- 1 lb. of Avocados (2-3 avocados depending on size)
- 5 tsp. Tomatoes (diced small)
- 2 tsp. Red Onion (diced small)
- 1 tsp. Fresh Lime Juice
- 1 tsp. Fresh Lemon Juice
- Fresh cilantro chopped lightly to taste
- Salt & Pepper to taste

Directions

1. In a large bowl lightly mash fresh avocado pulp.
2. In the same bowl combine chopped cilantro, diced tomatoes, diced red onion, minced garlic, lime juice, lemon nice, kosher salt, black pepper, and cayenne.
3. Fold and mix guacamole carefully, trying not to mash too much.
4. Taste and adjust if needed.

Nutrition Facts

Guacamole

Nutrition Facts		Amount/Percent		Amount/Percent		% Daily Value*	
Total Fat 2g		3%		Total Carbohydrate 1g		0%	
Saturated Fat 0g		0%		Dietary Fiber 1g		4%	
Trans Fat 0g		0%		Total Sugars 0g		0%	
Cholesterol 0mg		0%		Includes 0g Added Sugars		0%	
Sodium 0mg		0%		Protein 0g		0%	
Vitamin D 0mcg		0%		Calcium 0mg		0%	
Potassium 94mg		2%		Iron 0mg		0%	
Calories per serving		25					

Lentil & Butternut Squash Soup

Nutrition Facts		Amount/Percent		Amount/Percent		% Daily Value*	
Total Fat 7g		14%		Total Carbohydrate 31g		11%	
Saturated Fat 4g		8%		Dietary Fiber 6g		21%	
Trans Fat 0g		0%		Total Sugars 5g		10%	
Cholesterol 0mg		0%		Includes 0g Added Sugars		0%	
Sodium 690mg		14%		Protein 8g		16%	
Vitamin D 0mcg		0%		Calcium 78mg		15%	
Potassium 470mg		10%		Iron 2.7mg		48%	
Calories per serving		210					

Grilled Veggie Wrap

Nutrition Facts		Amount/Percent		Amount/Percent		% Daily Value*	
Total Fat 1g		2%		Total Carbohydrate 21g		8%	
Saturated Fat 0g		0%		Dietary Fiber 5g		18%	
Trans Fat 0g		0%		Total Sugars 12g		24%	
Cholesterol 0mg		0%		Includes 0g Added Sugars		0%	
Sodium 15mg		0%		Protein 4g		8%	
Vitamin D 0mcg		0%		Calcium 26mg		5%	
Potassium 705mg		15%		Iron 1.08mg		20%	
Calories per serving		100					