

Bone Health

Created by Illinois Bone and Joint



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Welcome to Bone Health with IBJI!

This cookbook is designed with your bones and health in mind. With foods and recipes high in calcium, vitamin D and other important nutrients, this cookbook will help you build and maintain strong bones.

Enjoy!

IBJI Team

Spinach and Sweet Potato Egg Muffins

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
2. Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
5. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
6. Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
7. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size

One serving is equal to three egg cups.

Leftovers

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach

Use finely sliced kale or swiss chard instead.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 **tbsp** Extra Virgin Olive Oil
- 6 **cups** Baby Spinach
- 8 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

Berry & Greek Yogurt Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a high-speed blender and blend until very smooth.
2. Pour into a glass and serve immediately. Enjoy!

Notes

Ultra Creamy

Use milk instead of water.

Ingredients

1/2 cup Plain Greek Yogurt

1 tbsp Raw Honey

1 Banana (frozen)

1 cup Frozen Raspberries

1 tbsp Ground Flax Seed

1 cup Water

Mediterranean Scramble

5 ingredients · 10 minutes · 1 serving



Directions

1. Heat a skillet over medium heat and add the oil. Add the spinach and cook for 1 minute. Then add the eggs and sun dried tomatoes. Stir to mix and cook for another 1 to 2 minutes or until eggs are cooked through.
2. Divide mixture between plates. Serve with a piece of toast. Enjoy!

Notes

No Spinach

Use kale, arugula or collard greens.

Gluten-Free

Use gluten-free bread.

More Flavor

Add additional spices such as chili flakes, paprika, garlic, cumin, chili powder sea salt and/or black pepper.

Leftovers

Best enjoyed immediately.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **cup** Baby Spinach
- 2 Egg
- 1 **tbsp** Sun Dried Tomatoes (chopped)
- 1 **slice** Organic Bread (toasted)

Figs & Yogurt with Flax

4 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl, mix together yogurt and flax. Top with figs and drizzle syrup overtop. Enjoy!

Notes

No Greek Yogurt

Use any yogurt alternative or coconut cream.

No Maple Syrup

Use honey instead.

Leftovers

Refrigerate in an airtight container up to 5 days.

Ingredients

1/2 cup Plain Greek Yogurt

1 tbsp Ground Flax Seed

3 Fig (sliced)

1 tbsp Maple Syrup

Apple Dips

5 ingredients · 15 minutes · 2 servings



Directions

1. Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
2. Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
3. Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Notes

Kid-Friendly

Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Make it Sweeter

Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

No Coconut

Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

No Yogurt

Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.

Ingredients

- 1/2 cup** Plain Greek Yogurt
- 2 tbsps** Unsweetened Shredded Coconut
- 2 tbsps** Hemp Seeds
- 1/4 tsp** Cinnamon
- 1** Apple (sliced)

Sardine Salad with Peppers, Celery & Blueberries

5 ingredients · 10 minutes · 1 serving



Directions

1. Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

Notes

No Sardines

Use canned tuna instead.

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

3 ozs Sardines (packed in oil, drained)

2 tbsps Red Onion (minced)

2 stalks Celery (sliced into sticks)

1/2 Red Bell Pepper (stems and seeds removed, sliced)

1/2 cup Blueberries

Meal Prep Veggie Bowls

7 ingredients · 35 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
2. Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
3. Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
4. Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

Notes

Egg-Free

Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

No Avocado Oil

Use olive or coconut oil.

More Flavor

Add cayenne pepper, chili flakes or hot sauce.

Leftovers

Refrigerate in an airtight container for up to 4 days.

Serving Size

One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.

Ingredients

4 cups Broccoli (chopped into florets)

2 Sweet Potato (small, chopped into cubes)

1 tsp Avocado Oil

1/2 tsp Chili Powder

Sea Salt & Black Pepper (to taste)

2 cups Green Beans (trimmed)

6 Egg

Spinach Salad with Tuna & Egg

7 ingredients · 10 minutes · 2 servings



Directions

1. Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
2. In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
3. Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!

Notes

Leftovers

Refrigerate the salad and dressing in separate airtight containers for up to two days. If you're using the egg later, you may wish to cook it hard-boiled.

No Baby Spinach

Use arugula or mixed greens instead.

More Flavor

Mix mayonnaise with the tuna.

Additional Toppings

Add sliced avocado, cherry tomatoes or cucumber to the salad.

No Olives

Omit or use sun-dried tomatoes instead.

Ingredients

- 2 Egg
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **tbsp** Lemon Juice
- 5 **cups** Baby Spinach
- 1 **can** Tuna (flaked and drained)
- 1/2 **cup** Pitted Kalamata Olives
- 1/8 **tsp** Sea Salt

One Pan Paprika Tofu and Veggies

10 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 450°F (232°C) and line a baking sheet with foil.
2. In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2/3 of the avocado oil. Whisk until combined.
3. Add the sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
4. Add red onion, bell pepper and green beans to the same bowl and toss with remaining avocado oil. Transfer to a baking sheet and bake the tofu and veggies for 20 minutes.
5. Remove from the oven and divide onto plates. Adjust seasoning as needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

No Tofu

Use tempeh or chickpeas in the paprika mixture instead.

Ingredients

- 2 Garlic (cloves, minced)
- 1 **tbsp** Paprika
- 1 **tsp** Dried Thyme
- 1 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 3 **tbsps** Avocado Oil (divided)
- 15 **3/4 ozs** Tofu (firm, patted dry and cubed)
- 1 **cup** Red Onion (sliced)
- 1 Yellow Bell Pepper (roughly chopped)
- 4 **cups** Green Beans (trimmed and halved)

Open-Face Tuna Melt

9 ingredients · 10 minutes · 2 servings



Directions

1. Adjust oven rack to the top, closest to the broiler. Set oven to low broil.
2. In a bowl, combine tuna, celery, yogurt, apple cider vinegar, dijon, dill and garlic powder.
3. Scoop tuna mixture onto bread and spread evenly. Top with Swiss cheese.
4. Broil in oven for about 3 to 5 minutes, or until cheese is melted and slightly browned. Watch closely for burning and do not leave unattended.
5. Remove from oven and enjoy!

Notes

Loaded Tuna Melt

Add minced red onion, sliced tomato and avocado.

Vegan and Vegetarian

Use mashed chickpeas instead of tuna, avocado instead of yogurt and omit the cheese.

Ingredients

- 1 can Tuna (drained and flaked)
- 2 stalks Celery (thinly sliced)
- 1/2 cup Plain Greek Yogurt
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Fresh Dill
- 1 tsp Garlic Powder
- 1 1/3 ozs Swiss Cheese (sliced or shredded)
- 2 slices Organic Bread (or gluten-free)

Sardine Spread with Cucumbers

4 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
2. Serve alongside cucumber slices and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup.

More Flavor

Add black pepper or your choice of fresh or dried herbs.

No Cucumbers

Use bell pepper slices, carrot sticks, celery sticks or crackers instead.

Ingredients

- 3 ozs** Sardines (in oil, drained)
- 1 1/2 tbsps** Mayonnaise
- 2 1/2 tbsps** Apple Cider Vinegar
- 1/2** Cucumber (sliced)

Sardine & Avocado Endive Wraps

3 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
2. Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three endive-filled leaves.

Additional Toppings

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

Ingredients

6 ozs Sardines (packed in oil, drained)

1 Avocado (cubed)

1 head Endive (leaves separated)

Black Beans, Sweet Potato & Egg

6 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
2. Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
3. Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Cut up the avocado just before serving.

Make it Vegan

Omit the eggs, or use a tofu scramble.

No Avocado Oil

Use extra virgin olive oil or coconut oil.

Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 4 Egg (whisked)
- 1 1/2 cups Black Beans (cooked)
- 1 Avocado (sliced)