

High Fiber Recipes

[Kale Chips](#) – These were surprising! We enjoyed them, though we felt that the 1 tsp of salt was overkill and probably could have used half of that. We're looking forward to trying other flavors in the future! Kale is a super food and has a surprising amount of fiber! It's a veggie, for those not in the know.

[Black Bean and Tomato Quinoa](#) – We are new to quinoa. We'd heard of it, but never taken the time to try it. It went great with Tacos. Quinoa was available in packages in the rice aisle at the grocery store.

Winter Wheat Berry Salad with Northwest Vinagrette – Super delicious! One of my favorites. See the bottom of the post for recipes. Wheat berries were in the bulk food of the health foods section of my local Safeway.

[Zesty wheat Berry and Bean Chili](#) – This was super delish too. I was really surprised as I'm not a fan of adobo or chili for that matter. We replaced the black beans with a can of chili beans and a can of kidney beans.

[Beef & Barley Soup](#) – Another winner. We added extra veggies and extra barley. Barley was in the bulk food of the health foods section of my local Safeway.

[Oat Bran Bread](#) – This easy to make, 'easy to get ingredients' health bread was perfect for us. I did replace the flour with Bread flour. It's a recipe for a bread machine, so even better! Oat Bran was in the bulk food of the health foods section of my local Safeway, as well as in the baking aisle with the Red Mill brand bread baking stuff. Fred Meyer also had all of the Red Mill brand items (lots of good whole grain options prepackaged, including waffles!) in one of the health food aisles.

[No Bake Chocolate Peanut Butter Cookies](#) – These were a low sugar, decent fiber snack that Lee could turn too when his sweet tooth was screaming at him. They were really good! It's the second cookie on the page. I haven't tried the first one yet. I skipped the Chia seed, but it was available near the quinoa in the rice aisle at my local Safeway.

Turkey Breast – I also cooked up a turkey breast and then sliced it up for lunch meat since both Lee and Ashley are supposed to avoid cured and processed meats.

Winter Wheat Berry Salad

1 c cooked wheat berries

1/4 c toasted hazelnuts, roughly chopped (I could only find in the baking aisle)

1 tsp thyme leaves

1/4 c chopped parsley

1/4 c chopped celery

1/4 c unsweetened dried cherries, halved if large, rehydrated (in apple juice)

2 Tbsp Northwest vinaigrette (see recipe)

Salt and pepper to taste

Place wheat berries, hazelnuts, thyme, parsley, celery and cherries in a bowl and stir to mix. Stir in vinaigrette into wheat berry mixture and toss to coat ingredients. Add more seasoning if needed. Store at room temp or chilled.

Northwest Vinaigrette

1/4 c oil

1/4 c cider vinegar

1 tsp runny honey

1 tsp stoneground mustard

pinch of salt

black pepper

Shake to mix and store in the refrigerator for up to 1 week.