



PURE

Whole-Food & Plant-Based Support

Transition Recipes



Index

Recipe	Page #
Breakfast Recipes	10
Avocado Toast with Eggs	11
Banana Oat Blender Pancakes	13
Black Bean Sweet Potato Hash with Eggs	15
Blueberry Muffins	18
Carrot Cake Overnight Oats	21
English Eggs & Toast	24
Flax Waffles with Blackberry Compote	25
Hearty Rice Porridge	28
Overnight Raspberry Chia Oats	30
Pumpkin Chia Muffins	32
Scrambled Egg Black Bean Breakfast Burrito	35
Strawberry Overnight Oats	37
Sweet Potato Toast	39
Vanilla Chia Pudding	41
Lunch Recipes	43
Black Bean Soup	44
Brown Rice and Collards Bowl	47
Chard Artichoke Quesadilla	50

Index

Recipe	Page #
Chard Wrap with White Bean Hummus & Turkey	52
Chickpea Collard Wrap	55
Green Apple Turkey Pitas	57
Lentil Soup	58
Mushroom Soup	61
Pumpkin Soup	64
Quinoa Bowl with Snow Peas & Carrots	65
Turkey & Hummus Wrap	68
Veggie Nachos	70
Dinner Recipes	73
Artichoke Farrotto with Seared Scallops	74
Baked Salmon with Veggies	78
Baked Salmon with Wild Rice	79
Baked Zucchini Boats	81
Butternut Squash Stew	84
Chicken Black Bean Tacos	87
Chicken Brussels Sprouts & Mushroom Stir Fry	90
Farm Stand Stew with Grilled Shrimp	92

Index

Recipe	Page #
Garlic Shrimp & Broccoli	95
Ground Turkey Tacos	96
Israeli Couscous Shrimp Primavera	97
Mediterranean Tabbouleh Salad w/ Grilled Chicken	100
Navy Bean & Kale Soup	103
Oven Baked Halibut w/ Sweet Potato Fries	106
Pan Seared Halibut with White Beans & Gremolata	107
Pork Tenderloin with Broccoli Apple Cranberry Salad	109
Quinoa & Chard Stuffed Sweet Potatoes	110
Roasted Cauliflower & Honey Mustard Arctic Char	112
Salmon with Lentils	113
Shrimp & Asparagus Stir Fry	115
Spaghetti Squash Turkey Bowls	117
Spinach Pesto Pasta with Grilled Chicken	120
Sweet Potato Lettuce Cups	123
Tamari Salmon with Mushrooms & Snap Peas	125
Thai Zucchini Noodles	126

Index

Recipe	Page #
Turkey Stuffed Butternut Squash	129
Warm Wild Rice & Mushroom Salad	131
Zucchini Noodles with Walnut Pesto	133
Salad Recipes	136
Arugula Salad with Blueberries and Cherries	137
Arugula Salad with Orange and Fennel	139
Beet Salad with Pears and Red Onion	141
Broccoli Apple Cranberry Salad	143
Broccoli Beet Salad	145
Collards with Shaved Brussels & Apple	147
Vinaigrette	
Grapefruit Mint Salad	149
Kale Caesar Salad	151
Massaged Kale Salad with Cranberries & Pine	154
Nuts	
Massaged Kale Salad with Hard Boiled Eggs	156
Roasted Chickpea Salad	157
Roasted Chicken with Cauliflower and Kale	160
Salad	
Strawberry Jicama Salad	161

Index

Recipe	Page #
Strawberry Romaine Salad	163
Strawberry Spinach Salad with Grilled Chicken	165
Watermelon & Mint Salad with Lime Dressing	167
Smoothie Recipes	169
Apple Blueberry Kale Smoothie	170
Aussie Smoothie	172
Avo-Choco Smoothie	174
Blueberry Cherry Smoothie	176
Blueberry Lemon Cooler	178
Carrot Strawberry Orange Smoothie	180
Go-To Smoothie	182
Green Berry Smoothie	184
Immune Boosting Smoothie	186
Orange Razzmatazz Smoothie	188
Pineapple Kiwi Delight	190
Pineapple Slushy	192
Spinach Peach Mango Smoothie	194
Sunrise Smoothie	196
Sunshine Daydream Smoothie	198

Index

Recipe	Page #
The OG Smoothie	200
Snack Recipes	202
Almond Butter Power Bites	203
Almond Stuffed Dates	205
Ants on a Log	206
Baked Apples with Cinnamon & Walnuts	208
Baked Plum Crumble	210
Banana Sushi	212
Blueberry Chia Pudding	214
Buckwheat Crackers with Nut Butter	216
Cacao PB Bites	218
Chai Spiced Latte	220
Chocolate Covered Frozen Banana	222
Coconut Lemon Energy Bites	224
Dark Chocolate Covered Raspberries	226
Dark Chocolate Dipped Strawberries	228
Golden Milk Latte	230
Kale Chips	232
Kettle Corn	234
PB Cookie Dough Bites	236

Index

Recipe	Page #
Peach Granita	238
Popcorn with Nooch (nutritional yeast)	240
Power Bites	242
Raspberry Ice	244
Raspberry Sorbet	246
Roasted Spiced Cashews	248
Strawberry Nice Cream	250
Strawberry Sorbet	252
Sweet & Salty Popcorn	254
Vanana Chia Pudding	256
Watermelon Granita	258
Yogurt Covered Mango	259
Dressing & Dip Recipes	261
Green Goddess	262
Tzatziki	263

BREAKFAST RECIPES



Avocado Toast with Eggs

Serves: 1

Ingredients:

- 1 slice gluten free bread, well toasted
- 1/2 ripe avocado
- 1 egg
- Sea salt to taste
- Crushed red pepper to taste (optional, omit if no nightshades)

Instructions:

- Toast bread until dark (well toasted, not burned).
- Cook egg to your liking (poached, over easy, scrambled, etc.).
- Top toast with avocado, mash with fork.
- Put egg on top of avocado.
- Sprinkle with salt and crushed red pepper.



Banana Oat Blender Pancakes

Yield: 8-10 pancakes

Ingredients:

- 1 cup unsweetened plant milk
- 2 cups old fashioned oats
- 1 ripe banana
- 2 teaspoons vanilla extract
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon kosher salt

Instructions:

- Place all ingredients in blender. Puree until combined.
- Let the batter rest for about 5 minutes.
- Preheat nonstick pan/griddle.
- For each pancake, pour approximately 1/4 cup of batter onto the griddle/pan.
- Cook until the pancakes begin to bubble. Flip and cook on the other side until golden brown.
- Serve with toppings of your choice.

Optional toppings:

- Fresh fruit, seed/nut butter or pure maple syrup



Black Bean Sweet Potato Hash with Eggs

Serves: 2

Ingredients:

- 4 eggs
- 1 medium sweet potato, peeled and cut into 1/2 inch cubes
- 2 large cloves garlic, minced
- 1 jalapeño pepper, seeded and minced (optional / omit if no nightshades)
- 1 yellow onion, diced
- 1 orange or red sweet pepper (omit if no nightshades)
- 4 teaspoons ground cumin
- 1/2 teaspoon salt
- 3/4 cup water
- 1/2 cup fresh or frozen corn kernels
- 1 (15 oz.) can black beans, drained and rinsed
- 2 tablespoons chopped fresh cilantro
- Freshly ground pepper, to taste
- 4 Eggs

Instructions:

- Heat 3 tablespoons of water in a large cast-iron skillet or frying pan over medium-high heat.
- Add onions and sauté for 3 to 5 minutes, adding more water if it gets too dry.

Black Bean Sweet Potato Hash with Eggs Cont.

- Add sweet potato and cook, stirring, until it starts to brown in spots, 5 to 7 minutes.
- Stir in garlic, jalapeno, peppers, cumin and salt; sauté until fragrant, about 30 seconds.
- Add water and cook, scraping up any browned bits, until liquid is absorbed, 3 to 5 minutes.
- Stir in corn and black beans and cook until heated through.
- Stir in cilantro and season with salt and pepper.
- Scramble eggs in a small bowl.
- Push vegetable ingredients to one side of pan. Pour eggs into pan and cook until desired doneness.
- Serve with scrambled eggs over hash or stir to combine and serve.



Blueberry Muffins

Yield: 12 large muffins

Ingredients:

- 2 cups oat flour
- 1/4 cup ground flax
- 1/2 cup shredded coconut
- 2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup unsweetened plant milk
- 1 teaspoon apple cider vinegar
- 1/2 cup applesauce
- 1/2 cup mashed banana
- 1.5 - 2 cups fresh or frozen blueberries
- 1/2 cup chopped walnuts
- Muffin tin liners

Instructions:

- Preheat Oven to 350 degrees.
- In a small bowl combine milk and vinegar. Let sit for 10 minutes to make "buttermilk".
- In a large bowl combine flour, flax, coconut, baking powder, baking soda, salt, and cinnamon.
- Add wet ingredients to dry ingredients, mix until well combined.

Blueberry Muffins, Cont...

- Fold in blueberries and walnuts.
- Add liners to muffin pan. Divide batter equally into lined tins.
- Cook 30 minutes or until an inserted toothpick comes out clean.



Carrot Cake Overnight Oats

Serves: 2

Ingredients:

- 2 medjool dates, pits removed
- 1 large carrot, peeled
- 1 banana
- 1 cup unsweetened plant milk
- 3/4 cup old fashioned rolled oats
- 1 tablespoon chia/flax seeds
- 1/2 teaspoon cinnamon
- 1/4 teaspoon dried ginger
- 1/4 teaspoon nutmeg
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1/2 teaspoon almond extract (optional)
- 2 tablespoons chopped walnuts or pecans
- 1 tablespoon shredded coconut

Instructions:

- Grate 2 tablespoons of carrot and chop remaining. Set aside grated carrot.
- In a blender combine banana, dates, chopped carrot, and milk until blended.

Carrot Cake Overnight

Oats, Cont

- In a covered container combine oats, chia seeds, and spices with grated carrot.
- Add liquid to oats and shake/stir until oats are soaked.
- Let sit in fridge overnight and top with chopped walnuts or pecans and coconut flakes.

NOTE: Eat cold or reheat with a bit of extra plant milk in a saucepan.

English Eggs & Toast

Serves: 1

Ingredients:

- 1 slice gluten free bread, well toasted
- 2 eggs, prepared to your liking (scrambled, poached, over easy, etc.)
- Sliced tomato (omit if no nightshades)
- Salt and pepper to taste

Instructions:

- Toast bread.
- Top with egg and sliced tomato.
- Sprinkle with salt and pepper.



Flax Waffles with Blackberry Compote

Serves: 2

Ingredients:

- 1 cup gluten free baking flour
- 1 tablespoon flaxseed meal
- 2 teaspoons baking powder
- 1 tablespoon coconut sugar or maple syrup
- A pinch of salt
- 1 cup unsweetened plant milk
- 1/2 pint blackberries
- 1/2 teaspoon lemon zest
- 1 teaspoon vanilla extract
- 2-3 tablespoon maple syrup or coconut sugar

Instructions:

- Preheat waffle iron to your desired setting.
- In a large bowl, combine dry ingredients (flour, flaxseed, baking powder, sugar, salt).
- Pour milk in with dry ingredients and stir until just combined. Do not over stir!
- Pour (1/4 - 1/3 cup) batter on to waffle iron and cook until golden brown.

Flax Waffles with Blackberry Compote Cont.

- Add blackberries to a sauce pan with lemon zest, vanilla extract and maple syrup.
- Cook over medium low heat until bubbling.
- Serve over waffles immediately.



Hearty Rice Porridge

Serves: 2

Ingredients:

- 3 cups cooked brown rice
- 1 3/4 cups plain, unsweetened plant milk
- 3 tablespoons coconut sugar or maple syrup
- 2 tablespoons flaxseed meal
- 2 tablespoons raisins
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon nutmeg
- 1 pinch salt
- 1 teaspoon pure vanilla extract
- 2 tablespoons chopped cashews

Instructions:

- Add rice, milk and sweetener to a sauce pan over medium high heat.
- As rice starts to smooth out and the milk thickens, add the flax, raisins, and spices.
- Stir to combine and heat until desired consistency.
- Garnish with cashews and serve immediately.



Overnight Raspberry Chia Oats

Serves: 1

Ingredients:

- 1/2 cup oats
- 1 cup unsweetened plant milk
- 1/2 teaspoon vanilla extract
- 1 tablespoon chia seeds
- 1/2 cup raspberries

Instructions:

- Place oats, milk and vanilla into a covered container. Stir/shake until combined.
- In a small bowl, combine mashed raspberries and chia seeds.
- Place raspberry chia mixture on top of oats, cover and refrigerate overnight.
- Stir before serving.



Pumpkin Chia Muffins

Yield: 6 large muffins

Ingredients:

- 1 tablespoon flaxseed meal
- 1/2 cup canned pumpkin puree
- 6 tablespoons coconut sugar
- 1/2 teaspoon vanilla extract
- 1 teaspoon pumpkin spice
- 1/4 cup gluten free baking flour
- 1/2 cup brown rice flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons chia seeds

Instructions:

- Preheat oven to 350 degrees.
- Line 6 cups in a muffin pan with liners.
- Combine flaxseed meal with about 2 1/2 tablespoons of water in a small bowl. Stir well, and let rest for about 5 minutes.
- In a medium bowl, stir together pumpkin, coconut sugar, vanilla extract, and pumpkin spice.

Pumpkin Chia Muffins,Cont

- Next, stir in the flaxseed meal & water mixture.
- Sprinkle the flours, baking soda, salt and chia seeds on top. Mix very well.
- Divide the muffin mixture between 6 cups.
- Bake for 18-20 minutes, until a toothpick inserted comes out cleanly.
- Store any leftovers tightly covered on the counter for up to 2 days.



Scrambled Egg Black Bean Breakfast Burrito

Serves: 4

Ingredients:

- 4 eggs
- 1 (15.5 oz.) can black beans, drained and rinsed
- 1 tablespoon chives, chopped
- 2 gluten free tortillas
- Salt and pepper to taste
- Olive oil cooking spray
- Salsa, optional (omit if no nightshades).

Instructions:

- Preheat oven to 300 degrees.
- Wrap tortillas in foil and set in oven until ready to assemble burritos.
- In a medium bowl combine eggs and chives, whisk to combine.
- Pour eggs into a large nonstick pan. Using a rubber spatula, move eggs around until they begin to set. Add beans, continue to stir until heated through.
- Salt and pepper to taste.
- Divide equally between tortillas. Top with salsa, if using.
- Fold bottom half of tortilla to cover ingredients, fold sides in and roll remaining tortilla to create burrito.



Strawberry Overnight Oats

Serves: 1

Ingredients:

- 1/2 cup old fashioned oats
- 1/3 cup unsweetened plant milk
- 1/4 cup plain/vanilla non-dairy yogurt
- 1 tablespoon ground flax and/or chia seeds
- 1/2 teaspoon vanilla extract
- 1/2 cup mashed strawberries

Instructions:

- Place all ingredients except strawberries into a covered container. Stir/shake until combined. Place strawberries on top of mixture, cover and refrigerate overnight.
- Stir before serving.



Sweet Potato Toast

Serves: 2

Ingredients:

- 1 large sweet potato

Optional toppings:

- Nut butter and bananas or blueberries
- Avocado, mashed with sea salt

Instructions:

- Slice the sweet potato lengthwise into $\frac{1}{4}$ inch thick slices.
- Place the sweet potato slices in a toaster on high until cooked through. You may need to toast multiple times.
- Top with nut butter and banana slices/fresh berries, or mashed avocado with sea salt.



Vanilla Chia Pudding

Serves: 1

Ingredients:

- 3 tablespoons chia seeds
- 1 cup unsweetened plant milk
- 1/4 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 date (or 1 teaspoon maple syrup)

Instructions:

- Add all ingredients to blender and blend until smooth. Transfer to a covered container and chill overnight.

LUNCH RECIPES



Black Bean Soup

Serves: 4

Ingredients:

- 1 pound dried black beans
- 4 cups vegetable broth
- 2 cups water
- 3 cloves garlic, minced
- 2 yellow onions, diced
- 4 celery stalks, chopped
- 1 bunch cilantro, chopped
- 2 green onions, chopped
- 1.5 teaspoons cumin
- 1 teaspoon turmeric
- 2 limes: 1 juiced and the other cut into wedges

Instructions:

- Place beans in a large pot, cover with water, bring to a boil, cook for 2 minutes. Remove from heat and let sit for 1 hour. Alternately, beans can soak in a bowl of water overnight (rinse before using).
- In a large pot, sauté onions and celery over medium heat until translucent, about 5 minutes.
- Add garlic to pan. Cook for 1 minute.

Black Bean Soup Cont...

- Add beans, stock and water to pot. Bring to a boil, reduce heat and simmer for 1.5 hours.
- Add cumin, turmeric and lime juice. Stir. Cover and simmer another 30 minutes or until desired consistency.
- Serve with green onions and lime wedge.



Brown Rice and Collards Bowl

Serves: 2

Ingredients:

- 1 bunch of collard greens, stems removed, roughly chopped
- 2-3 tablespoons water
- 1 small onion, finely chopped
- 2 garlic cloves, diced
- Salt and pepper to taste
- 1/2 cup brown rice
- 1 tablespoon lightly toasted pine nuts
- 1/4 cup raisins
- 3/4 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1 teaspoon dried dill
- 1/2 lemon

Instructions:

- Cook brown rice to package directions. After rice is finished cooking, add raisins, stir and cover pot. Let rice sit until ready to assemble bowl.
- In a small pan, add pine nuts. Heat, stirring frequently until they start to brown. Be careful not to burn. Remove from heat and set aside.

Brown Rice and Collards Bowl Cont.

- In a large pan, heat 2-3 tablespoons of water. Add onion, cook for several minutes until translucent.
- Add garlic, cook until fragrant, about 1 minute. Add spices, stir to combine.
- Add collards, cook until wilted.
- Salt and pepper to taste.
- Combine rice and raisins with collards.
- Garnish with dill and squeezed lemon.



Chard Artichoke Quesadilla

Serves: 2

Ingredients:

- 1 1/4 cups unsweetened plant milk
- 3 tablespoons tapioca or arrowroot powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon fresh lemon juice
- 2 cups finely chopped chard
- 1 (14 oz.) jar artichoke hearts, drained and finely chopped
- Salt and pepper to taste
- 4 gluten free tortillas

Instructions:

- Combine milk, tapioca flour, onion powder, garlic powder, and lemon juice in a saucepan. Bring to a boil, reduce heat and simmer for 5-7 minutes, stirring frequently until sauce thickens to a spreadable consistency.
- Add chard and artichoke hearts to mixture. Season with salt and pepper to taste. Cook 2 more minutes until chard is wilted. Add 1-2 tablespoons water if sauce gets too thick.
- Spread mixture on one tortilla. Top with a second tortilla.
- Heat tortillas in a large pan over medium heat for several minutes.
- Cut into quarters and serve.



Chard Wrap with White Bean Hummus & Turkey

Serves: 2

Salad Ingredients:

- 2 leaves Swiss or rainbow chard
- A handful of shredded purple cabbage
- A handful of sprouts of any kind
- 1 lemon
- 4 ounces turkey, sliced
- Salt and pepper to taste

Hummus Ingredients:

- 1 (12 oz.) can cannellini beans
- 1/2 lemon, juiced
- 1/8 teaspoon ground cumin
- 1 clove garlic, minced
- 1/4 cup tahini paste
- 1/4 cup water
- Salt and pepper to taste

Hummus Instructions:

- Place all of the ingredients except water into a food processor or high powered blender.

Chard Wrap with White Bean Hummus & Turkey

Cont..

- Start on low and slowly pour the water into the mixture. You may have to stop and scrape the sides down a couple of times. Process until smooth.

Salad Instructions:

Add purple cabbage and sprouts to a small bowl. Right before assembling your wrap, toss with lemon juice, salt and pepper.

Wrap Instructions:

- Spread hummus on chard leaf.
- Divide the turkey and dressed vegetables between each chard leaf.
- Roll each chard leaf.

Recipe Credit: Amybeth Whissel, melamywellness.com



Chickpea Collard Wrap

Yield: 4

Ingredients:

- 1 (15 oz.) can chickpeas, drained and rinsed
- 1 medium stalk celery, diced
- 1/4 cup roasted red peppers, chopped (omit if no nightshades)
- 1 medium carrot, shredded
- 1 lemon, juiced
- 1/4 cup parsley (or cilantro)
- 1.25 tablespoons tahini
- Salt and pepper to taste
- 2 teaspoons paprika
- 1 avocado, sliced
- 4 collard leaves

Instructions:

- In a large bowl, mash chickpeas. Then add celery, roasted red peppers, carrots, lemon juice, parsley, tahini, salt, pepper and paprika. Stir until well combined.
- Divide mixture between 4 collard leaves. Top with sliced avocado.
- Fold the edges in, then roll the leaf like a burrito.

Green Apple Turkey Pitas

Serves: 2

Hummus Ingredients:

- 4 oz. sliced turkey breast
- 1/4 thinly sliced green apple
- 1 tablespoon honey mustard, divided
- 2 cups baby spinach
- 1 carrot, shredded
- 2 pitas, cut in half

Instructions:

- Spread honey mustard inside each pita, equally divide turkey, apple, spinach, and shredded carrot inside each pita.



Lentil Soup

Serves: 4

Ingredients:

- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 tablespoons tomato paste (omit if no nightshades)
- 2 medium carrots, diced
- 2 russet potatoes, diced (substitute with sweet potatoes or squash if no nightshades)
- 1/8 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder (omit if no nightshades)
- 1/2 teaspoon ground ginger
- 1/2 teaspoon turmeric
- A pinch of clove
- 1 bay leaf
- 4 cups vegetable stock
- 1 cup green lentils

Instructions:

- Heat 2-3 tablespoons of water in a sauté pan. Add onion and sauté until translucent. Add more water if pan gets too dry.

Lentil Soup Cont...

- Add garlic and stir until fragrant, about 1 minute.
- Add tomato paste, cook for 2 minutes.
- Add carrots and potatoes, cook 3-4 minutes. Again, add more water if pan gets too dry.
- Add remaining spices, stock and lentils, stir to combine.
- Turn heat up, bring to a simmer. Cook for 30 minutes, slightly covered or until lentils are tender.
- Remove bay leaf and serve.

Note: For pressure cooker, bring to pressure and cook for 15 minutes, then do a natural release. After ten minutes, manually release remaining pressure and open.



Mushroom Soup

Serves: 4

Ingredients:

- 1 large yellow onion, diced
- 10 oz. button mushrooms, sliced
- 10 oz. cremini mushrooms, sliced
- 10 stalks of fresh thyme, leaves removed
- 4 cups vegetable broth
- 1 tablespoon tapioca or arrowroot powder
- 2 cups unsweetened plant milk
- 1 dried bay leaf
- 1/2 teaspoon liquid aminos
- 1/2 teaspoon salt
- black pepper to taste

Instructions:

- In a large pot, over medium heat, add diced onions. Cook about 5 minutes, stirring occasionally.
- Add sliced mushrooms, cook 5 minutes, stirring occasionally.
- Add thyme, cook 10 more minutes.
- Add bay leaf, salt, liquid aminos. Stir to combine.
- Add tapioca powder – mix well. Add broth to pot.

Mushroom Soup Cont...

- Add plant milk. Stir to combine. Cook for at least 15 minutes, stirring occasionally.
- Add pepper and salt to taste.

Pumpkin Soup

Serves: 2

Ingredients:

- 1 (15 oz.) can of pumpkin
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 2 cups vegetable stock
- 1 cup coconut milk
- 2 tablespoons maple syrup
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Salt and pepper to taste

Instructions:

- In a medium saucepan heat 3 tablespoons of water. Add onion, sauté for 3 minutes. Add a bit more water if pan gets too dry.
- Add garlic, cook for one minute stirring often to avoid browning garlic.
- Add remaining ingredients, bring to a simmer.
- Use an emulsion blender to puree the soup and continue cooking for five more minutes.



Quinoa Bowl with Snow Peas and Carrots

Serves: 2

Ingredients:

- 1/4 pound sugar snap peas, stem removed
- 3/4 cups quinoa, rinsed and drained
- 1/8 cup water
- 1/2 tablespoon champagne vinegar
- 1/4 cup pistachios, chopped
- 1/4 cup dried cherries (or raisins/currants/cranberries)
- 1/4 cup minced chives
- 1 carrot, shredded
- Salt and pepper to taste

Instructions:

- In a small saucepan of boiling salted water, simmer snap peas about 1 minute. Drain, pat dry with a paper towel, then cut into 1-inch pieces.
- In the same small (dry) saucepan, toast quinoa on medium heat for 2 minutes, stirring constantly to prevent burning.
- Add 1 cup of water to quinoa and bring to a boil.
- Cover, reduce heat to medium-low and cook until water has evaporated and quinoa is tender, about 12-15 minutes. Uncover and fluff quinoa. Set aside to cool.

Quinoa Bowl with Snow Peas and Carrots Cont..

- In a small frying pan, add pistachios and cook for about 2 minutes until they start to brown. Set aside until ready to assemble salad.
- In a large bowl, whisk vinegar with water, salt and pepper to taste.
- Add quinoa, peas, pistachios, carrots, cherries, and chives to bowl with dressing. Stir to combine.



Turkey & Hummus Wrap

Yield: 4

Ingredients:

- 1 (15 oz.) can chickpeas, drained and rinsed
- 1/2 lemon, juiced
- 1/4 cup tahini
- 1 garlic clove
- 1/4 teaspoon paprika
- 1/4 teaspoon cumin
- 1/2 teaspoon salt
- Water (for consistency)
- 1 cup shredded purple cabbage
- 8 ounces turkey, sliced
- 4 pita, cut in half
- 4 cups arugula
- 1 cup shredded purple cabbage

Instructions:

- In a food processor or blender, combine chickpeas, lemon juice, tahini, garlic, paprika, cumin, and salt. Pulse until mixture is crumbly. Slowly add water until mixture is smooth. Taste and adjust seasonings as desired.
- To assemble: spread hummus inside pitas, divide arugula, cabbage, cucumber, and sliced turkey between pitas.



Veggie Nachos

Serves: 4

Nachos Ingredients:

- Corn chips (or make using corn tortillas)
- 1.5 cup cooked black beans
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder (omit if no nightshades)
- 1 teaspoon cumin
- Sea salt to taste

Guacamole:

- 1 ripe avocado
- 1/4 teaspoon salt
- 1 tablespoon lime juice
- 1/2 chopped tomato (optional, omit if no nightshades)
- 3 tablespoons cilantro, chopped

Optional Toppings:

- Salsa (omit if no nightshades)
- Jalapeños, thinly sliced

Veggie Nachos Cont...

Guacamole Instructions:

- Prepare guacamole by mashing avocado with salt and lime juice.
- Add chopped tomatoes and cilantro. Stir to combine.

Beans Instructions:

- In a medium pot add black beans, garlic powder, chili powder, cumin, and salt.
- Cook stirring often until heated through.

Nachos Instructions:

Arrange half of the chips on a large serving platter or individual plates, top with half of the beans, guacamole, salsa, and jalapenos. Repeat with the other half of the ingredients to make a second layer.

DINNER RECIPES



Artichoke Farrotto with Seared Scallops

Serves: 2

Ingredients for Farrotto:

- 1/2 cup farro (or use Arborio rice if gluten free and start at step #3)
- 1 cup boiling water
- 3-1/2 cups vegetable stock
- 1/2 cup onion, finely chopped
- 1 garlic clove, minced
- 1/4 cup dry white wine
- Salt and freshly ground pepper to taste
- 1/4 cup minced flat leaf parsley
- 1 tablespoons chopped fresh marjoram
- 1 cup artichoke hearts

Ingredients for Scallops:

- 6-8 fresh sea scallops
- salt and pepper

Artichoke Farrotto with Seared Scallops ... Cont

Instructions for Farrotto:

- Several hours or the day before you plan on serving the farrotto, place farro in a bowl and add 1 cup boiling water. Let sit for 3 hours, or refrigerate overnight.
- Drain farro and place in a food processor fitted with steel blade. Pulse 5 to 10 times. Scrape down sides of bowl and pulse again 5 to 10 times. Some, but not all of the farro should be broken. Scrape into a bowl.
- Put your stock or broth into a saucepan and bring it to a simmer on the stove, with a ladle nearby or in the pot. Make sure that it is well seasoned.
- Heat 2-4 tablespoons of water in a wide, heavy skillet or saucepan over medium heat. Add onion and cook gently until just tender, 3 to 5 minutes.
- Add garlic and cook, stirring, until fragrant, about 30 seconds.
- Add farro and stir over medium heat until grains dry out a bit and begin to crackle.
- Add wine and cook, stirring, until wine is no longer visible in pan.
- Stir in enough of the simmering stock or broth to just cover the farro. The stock should bubble slowly. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, not too fast and not too slowly, adding more stock when the farro is almost dry and stirring often, until mixture is creamy and farro is tender, about 25 minutes.

Artichoke Farrotto with Seared Scallops ...

Cont

- Taste, adjust salt, and add pepper.
- Add another ladleful or two of stock to the pan. Stir in the parsley, marjoram and artichokes, and remove from heat. The mixture should be creamy. Serve right away in wide soup bowls or on plates.

Instructions for Scallops:

- Pat scallops dry with a paper towel and season with salt and pepper.
- In a nonstick frying pan, heat 3-4 tablespoons of water or vegetable stock. Add scallops about one inch apart and cook for two minutes. Do not move them.
- Flip scallops and cook another 2-3 minutes or until the sides are opaque and there is a good sear on each side. They should be firm to the touch.
- Serve on top of farrotto.

Baked Salmon with Veggies

Serves: 4

Ingredients:

- 1 pound fresh green beans, cleaned and trimmed
- 1 pint. cherry tomatoes (omit if no nightshades)
- 1/2 red onion, thinly sliced
- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- Salt and pepper, to taste
- 4 thick salmon fillets, with or without skin
- 1 lemon, zest and juice
- 1 tablespoon fresh dill, chopped

Instructions:

- Preheat oven to 400F.
- In a large mixing bowl add green beans, tomatoes and onion. Toss with mustard, honey, salt and pepper.
- Place salmon in the middle of a parchment lined baking sheet. Squeeze the juice of 1/2 a lemon over the fillets, and season with salt, pepper and lemon zest.
- Place the vegetables around the salmon.
- Cook about 15 minutes or until salmon reaches desired doneness.
- Serve salmon with vegetables on the side.
- Garnish with fresh dill and a squeeze of lemon juice.

Baked Salmon with Wild Rice

Serves: 4

Ingredients:

- 4 skin on salmon filets
- 1 medium onion, peeled and chopped
- 2 cloves garlic, peeled and minced
- 3.5 cups low-sodium vegetable stock
- 1.5 cups wild rice
- 1 large sweet potato, peeled and diced small
- 1/2 cup fennel, thinly sliced
- 2 tablespoons almonds, chopped
- Salt and pepper to taste

Instructions:

- Preheat oven to 450 degrees.
- Place 2-4 tablespoons of water in a large pan over medium heat. Sauté onion and fennel for about 6 minutes. Continue adding water 1 to 2 tablespoons at a time to keep from sticking to the pan.
- Add garlic and cook 3 minutes more.
- Add the vegetable stock and rice, bring to a boil over high heat.
- Reduce the heat to medium and cook, covered, for 30 minutes.

Baked Salmon with Wild Rice Cont

- Add the sweet potato and cook for 15 minutes longer, or until the potatoes and rice are tender.
- Meanwhile, season salmon with salt and pepper.
- Bake until cooked through, about 12-15 minutes.
- Serve salmon over rice.
- Garnish with chopped almonds.



Baked Zucchini Boats

Yield: 8

Ingredients:

- 4 medium zucchini, cut in half, seeds scooped out
- 1 (15.5 oz.) can chickpeas, rinsed and drained
- 1 sweet potato
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- Salt and pepper to taste
- 1 tablespoon cilantro, chopped
- 1-2 tablespoons water

Instructions:

- Pre-heat oven to 425 degrees.
- Using a fork, pierce sweet potato, place in oven and cook 45 – 60 minutes, until tender.
- Cut zucchini in half, sprinkle with salt and pepper. Place the cut zucchinis on a baking pan cut-side-up. Add to oven with sweet potatoes after potatoes have cooked about 20 minutes.
- Meanwhile, heat water in a pan, add chickpeas and spices. Cook until heated through. Smash some of the chickpeas.

Baked Zucchini Boats

Cont..

- After sweet potatoes are done and cool enough to handle, scoop out middle, place in a bowl and mix in chickpeas.
- Salt and pepper to taste.
- Divide the sweet potato, chickpea mixture between the 8 hollowed-out zucchinis.
- Sprinkle with chopped cilantro.
- Serve warm.



Butternut Squash Stew

Serves: 4

Ingredients:

- 1 tablespoon water
- 1 white onion, chopped
- 6 cloves of garlic, crushed
- 2 teaspoons cumin
- 1/2 teaspoon cinnamon
- Sea salt and freshly ground black pepper, to taste
- 1 can (15 oz.) chickpeas, rinsed and drained
- 1 can (28 oz.) diced tomatoes (omit if no nightshades)
- 3 cups organic vegetable broth
- 1 pound butternut squash, diced large (about 4 cups)
- 1 cup green lentils, rinsed well
- 1 1/2 tsp red wine vinegar
- A few dashes of red pepper flakes
- 1/3 cup chopped cilantro

Instructions:

- Heat water in a medium pot over medium-high heat.
- Add the onion and cook until translucent.
- Add the garlic and cook one minute more.

Butternut Squash Stew

Cont..

- Add the spices, salt and pepper; cook for a few more minutes until spices are fragrant. Add more water if pan gets too dry.
- Add chickpeas, tomatoes, broth, butternut squash, lentils. Bring to a boil, then cover, reduce heat and simmer for 15-20 minutes or until butternut squash is tender and lentils are fully cooked.
- Stir in vinegar, red pepper flakes and cilantro.
- Taste and adjust seasonings as necessary.
- Garnish with extra cilantro and plant based yogurt, if desired.



Chicken Black Bean Tacos

Yield: 4

Beans Ingredients:

- 3 chicken breasts, cut into 1/2 inch strips
- 1 clove minced garlic
- 1 (14.5 oz.) cans black beans, drained and rinsed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 teaspoon chili powder (omit if no nightshades)
- Salt to taste
- 4 soft corn tortillas

Optional Toppings

- Sliced avocado
- Shredded lettuce
- Chopped tomato (omit if no nightshades)
- Minced red onion
- Lime wedges
- Hot Sauce (omit if no nightshades)
- Chopped cilantro

Chicken Black Bean Tacos

Cont..

Instructions:

- Preheat oven to 350 degrees. Wrap tortillas in foil and warm until ready to serve.
- Heat 2-4 tablespoons of water in a medium pot or skillet over medium heat.
- Add chicken, cook 5 minutes. Remove from pan and set aside.
- Add minced garlic, cook for 1 minute stirring frequently.
- Place beans, cumin, coriander, and chili powder in pot. Cook for 5 – 10 minutes until hot, stirring occasionally. Add water as needed if vegetables get too dry.
- Slightly mash some beans if desired.
- Taste and add salt as needed.
- Assemble the tacos with chicken strips, bean mixture and desired toppings.

Chicken Brussels Sprouts & Mushroom Stir Fry

Serves: 2

Ingredients:

- 2 chicken breasts, cut into 1-inch pieces
- 2 cups Brussels sprouts, sliced thin
- 2 cups button mushrooms, cleaned and sliced
- 3 cloves garlic, minced
- 1 teaspoon minced fresh ginger
- 1 tablespoon sesame seeds, for garnish
- 1-2 green onions, chopped, for garnish
- 1 bunch of Chinese rice noodles

For Sauce:

- 1/2 cup tamari
- 1/2 cup vegetable broth
- 1 tablespoon arrowroot powder
- 1 tablespoon honey/agave
- 1/4 cup cider vinegar
- 1 one-inch piece of ginger, peeled and grated/minced
- 2 garlic cloves, grated/minced

Chicken Brussels Sprouts & Mushroom Stir Fry Co.n.t

Instructions:

- Soak noodles in a large bowl of cold water for 30 minutes. Drain well.
- Whisk together all the ingredients for the sauce in a small bowl. Set aside.
- Heat 4 tablespoons water in a large wok or pan and heat over medium high heat.
- Add the chicken and cook 2-3 minutes.
- Add Brussels and mushrooms, cook 4-5 minutes or until tender. Add more water if pan gets too dry.
- Add garlic and ginger, cook for 1 minute, stirring often.
- Add sauce. Allow the sauce to thicken and bubble.
- Adjust seasonings as needed.
- Add noodles, mix well and heat through being careful not to cook too long to avoid them getting too mushy.
- Sprinkle with sesame seeds and green onions.



Farm Stand Stew with Grilled Shrimp

Serves: 2

Ingredients:

- 1 medium red onion, chopped
- 2 garlic cloves, minced
- 1 small zucchini, diced
- 2 cups cauliflower florets
- 2 cups green beans - chopped in 1" pieces
- 1 small fennel bulb, cut into 1" pieces
- 1 15.5 oz. can kidney beans
- 2 cups vegetable broth
- 3-4 tablespoons dry white wine
- 1 tablespoons tamari
- 1/2 teaspoon dried basil
- 1/2 teaspoon thyme
- 1 bay leaf
- 1 large tomato, chopped in 1" pieces (omit if no nightshades)
- 8 jumbo shrimp, peeled and deveined
- Salt and pepper to taste

Farm Stand Stew with Grilled Shrimp Cont.

- To a large sauce pan, heat 2-4 tablespoons of water.
- Sauté the onion for 3-5 minutes.
- Add garlic. Stir and cook for one more minute.
- Add all the vegetables, seasonings, beans, and stock. Bring to a simmer.
- Allow to cook for 25 minutes or until vegetables are tender.
- Remove bay leaf.
- Salt and pepper to taste.
- Add shrimp and cook another 5-6 minutes until shrimp appear pink and firm.
- Ladle stew into deep bowls making sure each person gets 3-4 shrimp.

Garlic Shrimp & Broccoli Over Rice

Ingredients:

- 1 pound shrimp, peeled and deveined
- 1 carrot, julienned
- 1 cup broccoli, cut into florets
- 6 cloves garlic, minced
- 1 lemon, juiced
- 1/3 cup parsley, chopped
- 3 tablespoons water
- Pinch of red chili flakes, optional (omit if no nightshades)
- 1/2 cup brown rice

Instructions:

- Cook rice according to package directions.
- Heat water in a large skillet over medium-high heat.
- Add carrot, broccoli, and red chili flakes (optional), stir fry 3 minutes. Add more water if pan gets too dry.
- Add garlic, cook 1 minute.
- Add shrimp, stir fry 3-5 minutes.
- Stir in lemon juice and parsley.
- Serve shrimp and vegetables over rice.

Ground Turkey Tacos

Yield: 4

Ingredients:

- 1 lb. ground turkey
- 1.5 teaspoon chili powder (omit if no nightshades)
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1/8 teaspoon cayenne (omit if no nightshades)
- 1/2 red cabbage, shredded
- 1 avocado, sliced
- 4 corn tortillas
- Salsa (omit if no nightshades)

Instructions:

- Preheat oven to 350 degrees. Wrap tortillas in foil. Set in oven to warm.
- In a frying pan, heat 2-3 tablespoons water. Add ground turkey and break apart. Allow it to cook for 5-7 minutes.
- Add spices, stir, then cook until heated through.
- Assemble tacos with turkey mixture. Garnish with red cabbage, avocado and salsa.



Israeli Couscous Shrimp Primavera

Serves: 2

Ingredients:

- 2-4 tablespoons water
- 1/3 cup chopped scallions (1 bunch, white and light-green parts)
- 1 1/2 cups dried Israeli couscous (sub short-cut gluten free past if gluten free)
- Salt and freshly ground black pepper to taste
- 1 3/4 cups vegetable broth, heated just to boiling, plus 2-4 tablespoons for sautéing
- Zest and juice of 1 lemon
- 1 bunch of asparagus, bottoms trimmed, cut into 1-inch pieces
- 1 cup frozen peas, defrosted
- 1 ounce radicchio, chopped in 1" pieces
- 1 pound shrimp, peeled and deveined (thaw, if frozen and pat dry)
- 2 tablespoons chopped fresh parsley

Instructions:

- Heat 2-4 tablespoons of water in a large pot over medium heat.

Israeli Couscous Shrimp Primavera Cont.

- Add the scallions; cook for 1 to 2 minutes, stirring frequently.
- Add the couscous and season with salt and pepper to taste; stir to combine.
- Add the hot broth, lemon zest and juice. Bring to a boil, add the asparagus, radicchio and peas, and cover. Cook for about 10 minutes, stirring occasionally until the liquid has been absorbed and the couscous is cooked through.
- While the couscous is cooking, heat 2-4 tablespoons of broth in a large sauté pan.
- Add the shrimp and season generously with salt and pepper. Cook until the shrimp are pink.
- Add the shrimp to the cooked couscous and vegetables and stir until combined.
- Sprinkle with chopped parsley.
- Serve immediately.



Mediterranean Tabbouleh Salad with Grilled Chicken

Serves: 2

Ingredients:

- 1/2 cup bulgur (or quinoa if gluten free)
- 1/2 cup boiling water
- Zest of one lemon
- 1-1/2 tablespoon lemon juice
- 1-1/2 tablespoon honey
- 2 teaspoons finely minced garlic
- 1/2 cup chopped flat leaf parsley
- 1/2 cup chopped mint leaves
- 1/4 cup sliced red onions
- 1-1/2 cups chopped tomatoes (omit if no nightshades)
- 3/4 cup chopped cucumbers
- Salt and pepper to taste
- 2 boneless, skinless chicken breasts

Instructions for Tabbouleh:

- Put bulgur into a bowl big enough to hold the finished salad. Add boiling water, stir, and set aside until all the water is absorbed. (At least 30 minutes but longer is better.) If gluten free, cook quinoa according to package directions.

Mediterranean Tabbouleh Salad with Grilled Chicken Cont..

- Zest one lemon and add to a small bowl.
- Squeeze lemon juice into bowl, until you have about 1.5 tablespoons.
- Add finely minced garlic, then whisk in honey.
- When bulgur has absorbed all the water, stir in this dressing and let marinate.
- Combine herbs and vegetables with bulgur and dressing.
- Season with salt and pepper and allow to sit so flavors can meld together.

Instructions for Chicken:

- Heat a grill pan or grill and season chicken with salt and pepper.
- In a grill pan (or on the grill) cook chicken breasts 5-7 minutes on each side until a meat thermometer registers 165 at the thickest part.
- Slice on a bias and serve with Tabbouleh.



Navy Bean and Kale Soup

Serves: 4

Ingredients:

- 1 yellow onion, diced
- 3 cloves garlic, minced
- 4 carrots, diced
- 2 celery stalks, diced
- 1/2 cup brown rice
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon smoked paprika
- 1 teaspoon fresh rosemary, finely chopped
- 4 cups vegetable broth
- 2 bay leaves
- 1 bunch kale, de-stemmed and roughly chopped
- 2 cups navy beans, soaked and cooked
- Salt and pepper to taste

Instructions:

- In a large pot, heat 2-3 tablespoons of water over medium heat, cook onions until translucent. Stir in minced garlic, carrots and celery. Cook until vegetables begin to soften.

Navy Bean and Kale Soup

Cont..

- Add oregano, rosemary, thyme and paprika. Cook for 1 minute stirring frequently.
- Add rice, broth and bay leaves. Bring to boil. Reduce heat to low, cover, and let simmer for 45 minutes or until rice is cooked.
- When rice is almost tender, stir in kale and navy beans and cook until kale is wilted and beans are hot.
- Remove bay leaves before serving.

Oven Baked Halibut with Sweet Potato Fries

Serves: 2

Ingredients:

- 2 (4-6 oz.) halibut fillets
- 2 sweet potatoes, cut into 1" rounds
- Salt and pepper
- 1 lemon, zested and then cut into wedges
- 1 tablespoon fresh parsley, chopped

Instructions:

- Heat oven to 400 degrees.
- Put sweet potatoes on a parchment lined baking sheet, add a pinch of salt, toss and place in the oven for approximately 20 minutes.
- Season fish with salt, pepper, and zest.
- After 20 minutes, toss the sweet potatoes and then move them to one side of the pan to make room for the fish. Set fish on the other side of the pan.
- Cook about 10 minutes, until fish is to desired doneness.
- Squeeze lemon juice over halibut and serve with sweet potatoes.
- Garnish with fresh parsley.

Pan Seared Halibut with White Beans & Gremolata

Serves: 4

Gremolata Ingredients:

- 2 tablespoons fresh parsley, chopped
- 1 teaspoon garlic, minced
- 1 teaspoon lemon zest
- Salt and pepper to taste

Beans Ingredients:

- 1/3 cup finely chopped onion
- 1/2 teaspoon salt and pepper
- 3 cloves garlic, minced
- 2 (14 oz.) cans cannellini beans, drained and rinsed
- 1 tablespoon rosemary, finely chopped
- 1 cup vegetable stock
- 2 tablespoons lemon juice
- 3/4 pound Campari/grape tomatoes, chopped (omit if no nightshades)

Fish Ingredients:

- 4 halibut fillets
- Salt and pepper

Pan Seared Halibut with White Beans & Gremolata

Cont..

Instructions:

- In a small bowl, stir together gremolata ingredients. Set aside.
- Add 2-4 tablespoons water to a sauce pan over medium heat.
- Add chopped onion and cook for 4 minutes.
- Continue adding water if pan gets too dry.
- Add minced garlic and cook for 1 minute.
- Stir in beans, fresh rosemary, stock, and lemon. Simmer for 3-4 minutes.
- Add chopped tomatoes, salt and pepper. Cook about 3 more minutes.
- Season fish with salt and pepper.
- Add 2-4 tablespoons of water to a large nonstick skillet over medium-high heat.
- Sear fish 3-4 minutes on each side.
- Serve fish over bean mixture and garnish with gremolata.
- Squeeze fresh lemon juice over fish.

Pork Tenderloin with Broccoli Apple Cranberry Salad

Serves: 2-3

Ingredients:

- 1 pork tenderloin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- Salt and pepper

Instructions:

- Heat oven to 425 degrees.
- Trim silver skin off tenderloin.
- Combine spices in a small bowl.
- Rub tenderloin with salt, pepper, and spices.
- Heat 2-4 tablespoons water in a stainless or cast iron skillet over medium-high heat.
- Add pork tenderloin.
- Cook approximately 10 minutes, searing each side.
- Transfer pan with tenderloin to oven and cook for about 20 minutes.
- Let meat rest for at least 5 minutes before slicing.

NOTE: Serve with salad from lunch.

Quinoa and Chard Stuffed Sweet Potatoes

Serves: 2

Ingredients:

- 2 medium sweet potatoes
- 1 cup quinoa
- 1 tablespoon finely diced shallots
- 3 tablespoons finely diced fennel
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 2 cups water (for quinoa), plus 4 tablespoons water (for sautéing)
- 1/2 teaspoon fine sea salt
- 2 cloves garlic, minced
- Pinch of red pepper flakes
- 1/4 cup dried cherries (or cranberries)
- 6 cups stemmed and chopped Swiss or rainbow chard
- Fresh-squeezed lemon juice

Instructions:

- Preheat oven to 400°F.
- Using a fork, prick holes in sweet potatoes. Roast for approximately 45 minutes.

Quinoa and Chard Stuffed Sweet Potatoes Con.t

- Put quinoa in a fine mesh sieve and rinse under cold running water.
- Heat 2 tablespoons of water in a saucepan over medium heat.
- Add the shallot and fennel. Sauté until soft, about 3 minutes.
- Stir in the cumin and coriander, then stir in the quinoa.
- Add 2 cups of water and 1/4 teaspoon of sea salt, cover, and bring to a boil, then lower the heat and simmer for 15-20 minutes, until the quinoa has absorbed all of the liquid. Remove from heat, and fluff with a fork.
- While the quinoa is cooking, heat 2 tablespoons of water in a large sauté pan over medium heat, add garlic, red pepper flakes, and cherries. Stir for 10 seconds, then add the chard and the remaining 1/4 teaspoon of salt. Sauté until the greens are tender, (about 3 minutes). Add more water if pan gets too dry.
- Remove from the heat and stir in a squeeze of lemon juice.
- Spoon the quinoa mixture into the sweet potatoes.
- Top each with a scoop of greens.

Roasted Cauliflower & Honey Mustard Arctic Char

Serves: 4

Ingredients:

- 2 tablespoons lemon
- 1 tablespoon honey
- 2 tablespoons wholegrain mustard
- 4 Arctic Char fillets, 5 ounces each
- 1 large head of cauliflower, cut into bite sized florets
- 1 teaspoon smoked paprika
- Salt and black pepper

Instructions:

- Preheat the oven to 400 degrees F.
- In a large bowl whisk together lemon juice, honey, and mustard.
- Add char to bowl. Gently toss to cover. Let sit for 10 minutes.
- Place char in the middle of a parchment lined baking sheet.
- In a separate large bowl, toss cauliflower florets with a small amount of water. Add paprika, salt and pepper. Toss.
- Place the cauliflower around the char and set in the oven to roast.
- Bake for about 20-25 minutes, until the cauliflower is fork tender.
- If char is done before the cauliflower, remove char and tent until vegetables are ready.

Salmon with Lentils

Serves: 4

Ingredients:

- 4 (5-6 oz.) salmon fillets
- 3/4 cup green lentils
- 1 cup yellow onion, chopped
- 1 teaspoon fresh thyme leaves
- 1 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 1 1/2 cups chopped celery (4 stalks)
- 1 1/2 cups chopped carrots (3 carrots)
- 1 1/2 cups chicken/vegetable stock
- 3 tablespoons tomato paste (omit if no nightshades)
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground cumin
- 2 tablespoons fresh squeezed lemon juice
- 3/4 cup raisins
- 4 cups arugula

Instructions:

- Preheat oven to 400 degrees.

Salmon with Lentils Cont...

- In a small bowl, cover the lentils with boiling water and rest for 30 minutes.
- Heat 2-4 tablespoons of water in a sauté pan over medium heat, add the onions, thyme, salt, and pepper. Cook until the onions are translucent. Continue adding more water if pan gets too dry.
- Add the garlic. Cook until fragrant.
- Strain the lentils.
- Add lentils, celery, carrots, stock, tomato paste, turmeric and cumin.
- Cover and simmer over low heat for 30 minutes, until the lentils are tender.
- Add lemon juice and salt and pepper to taste.
- Add raisins. Stir until raisins are warm.
- Season both sides of the salmon fillets with salt and pepper. Bake the salmon in the oven for about 12 minutes or to desired doneness.
- Plate arugula with lentils and salmon on top.

Shrimp & Asparagus Stir Fry

Serves: 3-4

Ingredients:

- 1 pound shrimp, peeled and deveined
- 1/4 onion, thinly sliced
- 1 bunch asparagus, trimmed and sliced diagonally in 1" pieces (ends cut off and discarded)
- 1 garlic clove, minced
- 2 medium carrots, sliced in matchsticks
- 1 medium zucchini, sliced into half circles
- 1 package buckwheat soba noodles, boiled and drained
- 1 tablespoon sesame seeds, toasted

Sauce Ingredients:

- 1/2 cup vegetable stock
- 1 teaspoon orange zest
- 1/4 cup orange juice
- 1 tablespoon tamari
- 1 tablespoon arrowroot powder
- 1 teaspoon ginger, minced
- 1 tablespoon honey or maple syrup

Shrimp & Asparagus Stir Fry Cont..

Instructions:

- Pinch of red pepper flakes (omit if no nightshades)
- Salt and pepper to taste
- In a small bowl, whisk together the sauce ingredients and set aside.
- Heat 2-4 tablespoons of water in a wok or large pan over medium-high heat.
- Cook the asparagus, onions, and carrots for several minutes until tender.
- Add the garlic and ginger, cook until fragrant.
- Add sauce. Cook for 5 minutes stirring often.
- Season the shrimp with salt and pepper.
- Add zucchini and shrimp, cook until shrimp turns pink.
- Add the noodles and cook until warmed through.
- Garnish with sesame seeds.
- Serve immediately.



Spaghetti Squash Turkey Bowls

Serves: 4

Ingredients:

- 1/2 yellow onion, chopped
- 2 garlic cloves, diced
- 1 1/2 teaspoons salt, more or less to taste
- 1/2 teaspoon black pepper
- 1 teaspoon dried parsley
- 1 1/2 cups vegetable broth
- 2 teaspoons tamari or liquid aminos
- 1/4 cup unsweetened plant milk
- 1/4 cup white wine
- 1 tablespoon arrow root powder
- 2 (8 oz.) packages cremini mushrooms, sliced
- 2 spaghetti squash, cut in half lengthwise
- 1 pound lean ground turkey

Instructions:

- Preheat oven to 375 degrees.
- Cut squash in half. Scoop out seeds. Place cut sides up in an oven safe dish.
- Cook 30 - 40 minutes, until squash easily separates when pulled with a fork.

Spaghetti Squash Turkey Bowls Cont.

- Add ground turkey and cook until brown, about 5 minutes.
- Add mushrooms, garlic, onions, and spices. Cook until onions start to soften. Stir regularly to prevent burning, adding water as needed to prevent pan from getting too dry.
- Slowly whisk in broth, tamari, milk, and white wine.
- Whisk in arrowroot powder. Simmer for about 8 minutes.
- Using a fork, scoop out squash strands.
- Serve turkey mixture over squash.



Spinach Pesto Pasta with Grilled Chicken

Serves: 2

Ingredients:

- 1/4 box gluten free linguine or spaghetti (or a spiralized vegetable like zucchini)
- 5 cups baby spinach
- 2 cups fresh basil
- 1/4 cup pistachios
- 2 tablespoons nutritional yeast “nooch”
- 1/2 lemon, juiced
- 1 teaspoon mellow white miso
- 2 garlic cloves
- 1/2 teaspoon salt
- 1/4 cup water
- 1 avocado, chopped
- 2 boneless, skinless chicken breasts

Instructions:

- Add the spinach, basil, pistachios, nutritional yeast, lemon juice, miso, garlic, and salt to a food processor or blender, and process until the ingredients are coarsely chopped.

Spinach Pesto Pasta with Grilled Chicken Cont.

- While the processor is still running, add water through the top opening. Process until mixed thoroughly.
- Season chicken with salt and pepper.
- On a grill pan (or on the grill) over medium-high heat, cook chicken for 5-7 minutes on each side.
- Meanwhile, cook pasta according to box directions (or spiralize vegetable noodles and sauté in a medium sized pan with 2 tablespoons of water for about 5 minutes, until tender and warm).
- Pour pesto over cooked noodles. Top with chopped avocado and sliced chicken.

Sweet Potato Lettuce Cps

Serves: 2

Taco Filling Ingredients:

- 2 tablespoons water
- 1 clove minced garlic
- 2 sweet potatoes, diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder (omit if no nightshades)
- Salt to taste
- Bibb lettuce, to use as taco shells

Optional Toppings

- Sliced avocado
- Chopped tomato (if no nightshades)
- Minced red onion
- Lime wedges
- Hot sauce/salsa (if no nightshades)
- Chopped cilantro

Instructions:

- Heat water in a large skillet over medium heat.

Sweet Potato Lettuce Cups

Cont..

- Add sweet potatoes and cook until tender, about 15 minutes, stirring occasionally. Add water as needed when the pot gets dry.
- Add minced garlic and spices, cook for about 1 minute stirring frequently.
- Add salt as needed.
- Continue cooking until sweet potatoes are fork tender.
- Assemble lettuce cups with potato mixture and desired toppings.

Tamari Salmon with Mushrooms and Snap Peas

Serves: 2

Ingredients:

- 2 (6 oz.) salmon fillets
- 3/4-pound fresh sugar snap peas
- 1/8 cup dry sherry
- 2 tablespoons tamari
- 1 tablespoon maple syrup/honey
- 1 Portobello mushroom, sliced
- Salt and pepper

Instructions:

- In a small bowl, whisk together sherry, tamari, and maple syrup.
- In a nonstick skillet, add 2 tablespoons of water over medium-high heat. Add mushrooms, sauté for 5 minutes or until tender.
- Add tamari mixture, reduce heat and cook until most of the liquid has evaporated. Place mushrooms in a small bowl and set aside.
- In the same pan, heat 2 tablespoons of water over medium-high heat. Add salmon filets and cook on each side approximately 3 minutes.
- Meanwhile, heat 2 tablespoons of water in second large skillet over medium-high heat. Add snap peas, salt and pepper to taste and toss for several minutes until tender.
- Plate salmon, spoon mushrooms over top, and snap peas on the side.



Thai Zucchini Noodles

Serves: 2

Ingredients:

- 1 large zucchini, spiralized or cut in ribbons
- 1/2 cup shredded red cabbage
- 10 sugar snap peas, trimmed and strings removed
- 1/2 cup jicama, grated or cut into matchsticks
- 1/2 red bell pepper, thinly sliced (omit if no nightshades)
- 1/2 cup shelled edamame, defrosted, rinsed and drained
- 1/2 cup fresh chopped cilantro
- 1/4 cup fresh chopped Thai basil (omit if you can't find it)
- Chopped peanuts
- 1/2 lime, cut into wedges for serving

Dressing Ingredients:

- 3.5 tablespoons smooth and creamy peanut butter
- 2 tablespoons apple cider vinegar
- 1/2 lime, juiced
- 1 tablespoon coconut sugar

Thai Zucchini Noodles

Cont..

Dressing Ingredients Continued:

- 1.5 tablespoon tamari
- 1 small garlic clove, grated or finely minced
- 1/2 teaspoon grated fresh ginger
- 1-2 teaspoons chili garlic sauce (omit if no nightshades)
- 1-2 tablespoons of hot water, to thin out (or more as needed for consistency)

Instructions:

- Make the zucchini noodles with a spiralizer, vegetable peeler or mandolin.
- Add the zucchini to a large bowl along with the cabbage, snap peas, carrots, bell pepper, edamame and half of the cilantro and basil.
- Whisk the dressing ingredients together until thoroughly combined.
- Pour dressing over the salad and toss to combine.
- Top with remaining herbs, chopped peanuts and serve with lime wedges.

Turkey Stuffed Butternut Squash

Serves: 2

Ingredients:

- 1 butternut squash, cut in half lengthwise and seeds removed
- 8 ounces fresh button mushrooms, sliced
- 1 small yellow onion, diced
- 1 clove garlic, chopped
- 1 pound ground turkey
- 1 teaspoon fresh sage, chopped
- 1/2 teaspoon nutmeg
- Salt and pepper to taste
- 1/4 teaspoon crushed red pepper flakes (omit if no nightshades)
- 1 bunch of kale, roughly chopped
- 1/3 cup dried cranberries

Instructions:

- Preheat the oven to 375 degrees.
- Sprinkle a pinch of salt and pepper on each squash half.
- Set the squash cut side down on a parchment lined baking dish.

Turkey Stuffed Butternut Squash Cont.

- Bake until squash is fork tender, about 30 minutes. Set aside to cool.
- Meanwhile, heat a large pot or skillet over medium heat. Add 2-4 tablespoons of water to the pan with mushrooms and sauté until the moisture releases from the mushrooms and the pan begins to dry.
- Remove the mushrooms and set aside.
- Add 2-4 more tablespoons of water to the same pan and saute the onions until they begin to look translucent.
- Add the garlic and cook until fragrant.
- Add the ground turkey, sage, nutmeg, salt, pepper and red pepper flakes. Cook until the turkey is browned.
- Return mushrooms to the pan. Add the kale and cranberries.
- Stir until kale begins to wilt.
- Add salt and pepper to taste.
- Once the butternut squash is cool enough to handle, remove most of the flesh from the skin. Place in a bowl and mash.
- Divide the mashed squash between the skins and top with ground turkey mixture.



Warm Wild Rice and Mushroom Salad

Serves: 2

Ingredients:

- 1 cup cooked wild rice, prepared to package directions
- 3 cups arugula
- 5 – 6 oz. cremini mushrooms, stems removed. Cut in half if large or leave whole if small.
- 2-3 tablespoons water
- 2 cloves garlic, crushed
- 1 lemon, cut in half
- Salt and pepper to taste

Instructions:

- Heat water over medium-high heat, in a large sauté pan.
- Add mushrooms, cook for about 10 minutes, stirring occasionally.
- Add garlic, cook about 1 minute.
- Season mushrooms and garlic liberally with salt and pepper.
- Add the cooked rice and warm through.
- Remove pan from heat and add arugula.
- Once arugula is wilted, add a squeeze of one lemon before serving.



Zucchini Noodles with Walnut Pesto

Serves: 2

Ingredients:

- 2 cloves garlic
- 3 cups kale, packed
- 3/4 cup toasted walnuts
- 1/4 cup nutritional yeast “nooch”
- 2 tablespoons lemon juice
- 1/4 teaspoon fine-grain sea salt
- 1/4 teaspoon ground pepper
- Red pepper flakes, optional (omit if no nightshades)
- 1/4 cup water
- 2 medium zucchini, spiralized (if you don’t have a spiralizer use a potato peeler to make ribbons)
- Handful of cherry tomatoes, cut in half (omit if no nightshades)

Instructions:

- Spiralize zucchini. Set aside.
- Make the pesto: In a food processor, add the peeled garlic cloves and process until the garlic is minced.
- Add the kale, walnuts, lemon juice, nutritional yeast, salt and pepper.

Zucchini Noodles with Walnut Pesto ...

Cont

- Turn on the food processor and drizzle in the water. Process until the pesto reaches your desired consistency, stopping to scrape down the sides as necessary.
- Taste and add more lemon, salt or pepper if necessary.
- Toss pesto with zucchini noodles & serve.

Note: zucchini noodles can be warmed in a pan with a little water, tossed for several minutes before adding pesto.

SALAD RECIPES



Arugula Salad with Blueberries and Cherries

Serves: 2

Salad Ingredients:

- 4 cups arugula
- 1/2 cup fresh blueberries
- 1/2 cup dried cherries
- 1/2 cup chopped almonds

Dressing Ingredients:

- 1 tablespoon lemon juice
- 1 tablespoon honey
- Salt and pepper to taste

Instructions:

- Put dressing ingredients in a large bowl and whisk to combine.
- Add arugula, blueberries and cherries to bowl with dressing. Toss to coat.
- Divide salad between two bowls.
- Top with chopped almonds and serve.



Arugula Salad with Orange and Fennel

Serves: 2

Ingredients:

- 1 orange, peeled and cut into segments
- 1/2 tablespoon white-wine vinegar
- 1/2 tablespoon Dijon mustard
- 1 beet, cooked (steamed or roasted), cut into bite sized pieces
- 1/2 fennel bulb, cored and very thinly sliced
- Coarse salt and ground pepper
- 4 cups baby arugula
- 1/4 cup chopped walnuts

Instructions:

- Working over a large bowl, cut out orange segments, then squeeze juice from membranes.
- To the same bowl add vinegar, mustard, salt and pepper. Whisk to combine.
- Add beets, fennel, arugula, and orange segments.
- Toss to combine.
- Top with chopped walnuts.



Beet Salad with Pears and Red Onion

Serves: 2

Ingredients:

- 2 cooked beets cut into large bite sized pieces (cooking directions below or buy pre cooked beets)
- 1 pear cut into 1/4 inch half moons
- 1 shredded carrot
- 1/8 cup thinly sliced red onion
- 4 cups mixed greens
- 1/2 cup chopped almonds
- 1.5 tablespoons balsamic vinegar
- Salt and pepper to taste

Instructions:

- Place steamer basket and 1/2" of water in a small/medium pot.
- Add beets and steam on medium/medium high heat until fork tender, about 20 minutes.
- Remove and let cool.
- Peel and cut the beets into large bite sized pieces.
- Place mixed greens into bowl. Add beets, pears, carrots, and onion. Toss with balsamic vinegar, salt, and pepper.
- Top with chopped almonds.



Broccoli Apple Cranberry Salad

Serves: 2

Salad Ingredients:

- 1 medium head of broccoli, shredded
- 2 apples, diced
- 1 cup seedless grapes, cut in half
- 1/4 cup green onions, thinly sliced
- 1/2 cup dried cranberries
- 1 cup walnuts, chopped
- 1 tablespoon chia seeds

Dressing Ingredients:

- 1 cup plain, non-dairy yogurt (coconut, almond or cashew)
- 1 tablespoon apple cider vinegar
- 2 tablespoons honey
- Salt and pepper to taste

Instructions:

- In a large bowl, whisk dressing ingredients together.
- Add salad ingredients.
- Toss to combine.



Broccoli Beet Salad

Serves: 2

Ingredients:

- 1 head of romaine, chopped
- 1 cup raw broccoli florets, cut into tiny pieces
- 1 cup cooked beets
- 1/4 cup water
- 2 tablespoons balsamic dressing
- 2 teaspoons honey/maple syrup
- 1 teaspoon dried fennel
- Salt and pepper to taste
- 2 tablespoons sunflower seeds

Instructions:

- In a medium bowl, combine romaine, broccoli and beets.
- In a small bowl whisk remaining ingredients to make dressing.
- Toss vegetables with dressing and garnish with sunflower seeds.



Collards with Shaved Brussels and Apple Vinaigrette

Serves: 2

Ingredients:

- 1 bunch collard greens, cut into bite sized pieces
- 12 ounces Brussels sprouts, shaved/thinly sliced
- 1/2 cup pecans, chopped
- 1 pinch sea salt

Dressing Ingredients:

- 1/4 cup apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 small shallot, grated
- 1/2 teaspoon Kosher salt
- Pepper to taste

Instructions:

- In a large bowl, combine collard greens and Brussels sprouts.
- To make dressing: in a medium bowl, whisk together apple cider vinegar, Dijon mustard, shallot, grated/chopped apple, salt, and pepper to taste.
- Toss greens and Brussels sprouts with apple vinaigrette.
- Top with chopped pecans.



Grapefruit & Mint Salad

Serves: 1

Ingredients:

- 1 grapefruit, peeled and cut into wedges, juice reserved
- Fresh mint, chopped
- 1 teaspoon honey

Instructions:

- In a medium bowl, add grapefruit wedges, juice, honey and mint.
- Stir to combine.



Kale Caesar Salad

Serves: 2

Salad Ingredients:

- 4 cups of kale, de-stemmed and cut into ribbons

Dressing Ingredients:

- 2 tablespoons Dijon mustard
- 2 tablespoons nutritional yeast flakes “nooch”
- 2 tablespoons almonds, soaked overnight and skins removed OR blanched and ground
- 3 garlic cloves, minced
- 1¼ cup water
- 2 tablespoons lemon juice
- 1¼ tablespoon tamari
- 1¼ teaspoon pepper

Crouton Ingredients:

- 2 slices gluten free bread
- 1/4 teaspoon oregano
- 1/4 teaspoon parsley
- 1/4 teaspoon nooch
- 1/8 teaspoon pepper

Kale Caesar Salad Cont...

Salad Instructions:

- In a medium bowl, make a paste from first four dressing ingredients.
- Add remaining dressing ingredients and whisk until combined.
- Add kale ribbons and toss to coat.
- Top with croutons.

Crouton Instructions:

- Heat oven to 375 degrees.
- Cube bread into 1 inch pieces.
- In medium bowl toss bread with spices.
- Dump onto a sheet tray and bake in oven for 5-7 minutes.



Massaged Kale Salad with Cranberries and Pine Nuts

Serves: 2

Ingredients:

- 1 bunch kale, stems removed, sliced thin
- 1 lemon, juiced
- 2 teaspoons honey
- Sea salt and ground black pepper to taste
- 1/4 cup dried cranberries
- 1/4 cup pine nuts

Instructions:

- In large serving bowl, add the kale, half of lemon juice, and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
- In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper.
- Toss kale with dressing, add dried cranberries and pine nuts.

Massaged Kale Salad with Hard Boiled Eggs

Serves: 2

Ingredients:

- 4 cups Lacinato kale, stem removed, cut or torn into bite sized pieces,
- 1 avocado
- 1 cup diced cucumber
- 1/2 cup artichoke hearts, rough chopped
- 1/4 cup pitted Kalamata olives, halved
- 1/4 cup sunflower seeds
- 1-2 tablespoons balsamic vinegar
- 2-3 hard boiled eggs, sliced

Instructions:

- Place eggs in a small pot and cover with cold water by 1 inch.
- Bring to a boil over medium-high heat, cover, and remove from heat and set aside 10 minutes.
- Drain eggs, run under cold water to cool. Peel and slice.
- In a large bowl, add the kale + 1/4 of the avocado and a pinch of kosher/sea salt.
- Massage for 2 minutes.
- Add remaining ingredients and toss to combine.



Roasted Chickpea Salad

Serves: 2

Chickpeas:

- 2 cups chickpeas, soaked and cooked
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 tablespoon paprika (omit if no nightshades)
- 1/2 teaspoon cayenne pepper (optional, omit if no nightshades)
- 1/4 teaspoon salt

Salad:

- 1/4 red onion, thinly sliced
- 1/2 cucumber, peeled, seeded and chopped
- 4 cups mixed greens
- 1 carrot, shredded
- 1 cup cherry tomatoes, cut in half (omit if no nightshades)
- 1 lemon
- Black pepper

Roasted Chickpea Salad, Cont

Instructions:

- Preheat oven to 400 degrees.
- Toss chickpeas with 2-3 tablespoons of water and spices.
- Spread chickpeas onto a parchment lined baking sheet and roast for about 20-25 minutes, until lightly browned but not hard. Toss half way through.
- In a large bowl, toss mixed greens, carrot, onion and cucumber with fresh squeezed lemon juice and pepper to taste.
- Top greens with roasted chickpeas.

Roasted Chicken with Cauliflower and Kale Salad

Serves: 2

Ingredients:

- 4 cups cauliflower, cut into bite sized pieces
- 4 cups kale, stems removed & cut into bite sized pieces
- 2 boneless, skinless chicken breasts
- 1 lemon, juiced
- Salt & pepper
- 1/2 cup dried cranberries

Instructions:

- Preheat oven to 350 degrees.
- Season chicken with salt, and pepper.
- On a parchment lined baking sheet, toss cauliflower with salt and pepper. Move cauliflower to one side of pan. Add chicken to the other side of pan and cook for about 20 minutes, tossing cauliflower halfway.
- Add kale to cauliflower (when you toss the cauliflower at the halfway point) and cook for approximately 10 minutes, until kale begins to wilt.
- Remove chicken and vegetables from oven.
- Let chicken rest for 5 minutes and then slice.
- Squeeze fresh lemon juice over veggies, sprinkle in dried cranberries and top with sliced chicken.



Strawberry Jicama Salad

Serves: 2

Ingredients:

- 4 cups baby spinach
- 1/2 small jicama, peeled & cut into matchsticks
- 1 cup strawberries, cut in half
- 1 kiwi, peeled & cut into 1/4" half moons
- 1/2 cucumber, peeled, diced and seeds removed
- 2 green onions, thinly sliced

Dressing Ingredients:

- 1 tablespoon honey or agave
- 2 tablespoons orange juice (fresh squeezed)
- 1 tablespoon apple cider vinegar
- 2 teaspoons Dijon mustard
- 1/2 teaspoon poppy seeds (optional)
- Salt and pepper to taste

Instructions:

- Combine dressing ingredients in a bowl. Whisk to combine.
- Place salad ingredients into bowl with dressing.
- Toss to combine.



Strawberry Romaine Salad

Serves: 2

Ingredients:

- 1 head of romaine, cut into bite sized pieces
- 1 cucumber, peeled, seeded and chopped
- 2 green onions, chopped
- 10 strawberries, hulled and sliced
- 2 tablespoons hemp seeds
- 20 almonds, chopped
- 4 tablespoons water
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

Instructions:

- In a large bowl, whisk water, balsamic vinegar, salt, and pepper to taste.
- Add romaine, cucumber, green onion, and strawberries. Toss to dress.
- Sprinkle almonds and hemp seeds over salad to serve.



Strawberry Spinach Salad with Grilled Chicken

Serves: 2

Ingredients:

- 4 cups baby spinach
- 6 strawberries, hulled and sliced
- 1/2 English cucumber, sliced
- 1 stalk of celery, chopped
- 1/4 cup pecans, chopped
- 1/2 lemon, juiced
- 1 tablespoon honey
- 2 boneless, skinless chicken breasts
- Salt and pepper to taste

Instructions:

- In a large bowl, combine the spinach, strawberries, cucumber, celery, and pecans. Set aside.
- Mix lemon juice and honey with a bit of salt and pepper.
- Salt and pepper chicken. On a grill pan (or on the grill) cook chicken breasts 5-7 minutes on each side until a meat thermometer registers 165 degrees at the thickest part.
- Drizzle desired amount of dressing over the salad, toss and serve with sliced grilled chicken over top.



Watermelon & Mint Salad with Lime Dressing

Serves: 2

Ingredients:

- 2 cups melon, cubed
- 1 lime, juiced and zested
- 4-5 mint leaves - about 1/4 oz., chopped
- 1 1/4 tablespoon maple syrup

Instructions:

- Mix lime juice, zest and sweetener. Drizzle over watermelon.
- Sprinkle chopped mint over the top and serve.

SMOOTHIE RECIPES



Apple Blueberry Kale Smoothie

Serves: 1

Ingredients:

- 1 green apple, chopped
- 1 cup baby kale
- 1 cup blueberries (fresh or frozen)
- 1 cup water
- Handful of ice, if desired

Instructions:

- Add all ingredients to blender and blend until smooth.



Aussie Smoothie

Serves: 1

Ingredients:

- 1 kiwi
- 1 cup grapes
- 1/2 cup pineapple
- 1 cup kale
- 1 tablespoon flax
- 1 cup water
- Handful of ice, if desired

Instructions:

- Place all the ingredients in a blender and blend until smooth.



Avo-Choco Smoothie

Serves: 1

Ingredients:

- 1 cup unsweetened plant milk
- 1/2 avocado
- 3-4 pitted Medjool dates
- 2 tablespoons cacao powder

Instructions:

- Add all ingredients to blender and blend until smooth.



Blueberry Cherry Smoothie

Serves: 2

Ingredients:

- 1 cup blueberries
- 1 cup cherries
- 3 tablespoons hemp hearts
- 1 cup water
- Handful of ice, if desired

Instructions:

- Add all ingredients to blender and blend until smooth.



Blueberry Lemon Cooler

Serves: 1

Ingredients:

- 1 cup blueberries
- 1 whole lemon, peeled
- 1/2 cup spinach
- 3-4 ice cubes

Instructions:

- Add all ingredients to blender and blend until smooth.



Carrot Strawberry & Orange Smoothie

Serves: 1

Ingredients:

- 2 carrots
- 1/2 cup strawberries
- 1 orange, peeled
- 1.5 cups water

Instructions:

- Add all ingredients to blender and blend until smooth.



The Go-To Smoothie

Serves: 2

Ingredients:

- 1 tart apple (ex: Granny Smith)
- 1 lemon
- 2 handfuls of spinach
- 1 stalk celery
- 1/2 banana
- 2 cups water

Instructions:

- Add all ingredients to blender and blend until smooth.



Green Berry Smoothie

Serves: 1

Ingredients:

- 1/2 cup raspberries
- 1/2 cup blackberries
- 1 handful kale
- 1/2 avocado
- 1/2 fresh squeezed lime juice
- Handful of ice, if desired

Instructions:

- Add all ingredients to blender and blend until smooth.



Immune Boosting Smoothie

Serves: 2

Ingredients:

- 2 oranges
- 1/2 lemon
- 1 grapefruit
- 1" piece of ginger
- 2 tablespoons maple syrup (optional)
- Handful of ice, if desired

Instructions:

- Add all ingredients to blender and blend until smooth.



Orange Razzmatazz

Serves: 1

Ingredients:

- 1 orange
- 1/2 cup raspberries
- 1" piece of ginger
- 1/2 cup water
- 2-3 ice cubes

Instructions:

- Add all ingredients to blender and blend until smooth.



Pineapple, Kiwi Delight

Serves: 1

Ingredients:

- 1/2 cup pineapple
- 1 whole, peeled kiwi
- 1/2 cup green grapes
- 1/2 head of romaine lettuce
- 1/2 cup filtered water
- Handful of ice, if desired

Instructions:

- Add all ingredients to blender and blend until smooth.



Pineapple Slushy

Serves: 1

Ingredients:

- 8 oz. pineapple, cut into wedges
- 1/2 cup unsweetened plant yogurt
- 1 tablespoon maple syrup/honey

Instructions:

- Add all ingredients to blender and blend until smooth.



Spinach, Peach & Mango Smoothie

Serves: 1

Ingredients:

- 2 cups spinach
- 1 cup mango
- 1 peach
- 1/2 teaspoon vanilla extract
- 1 cup coconut water
- Handful of ice, if desired

Instructions:

- Place all the ingredients in a blender and blend until smooth.



Sunrise Smoothie

Serves: 1

Ingredients:

- 1 orange
- 8 strawberries
- 1/2 cup pineapple
- 1 cup light coconut milk
- Handful of ice, if desired

Instructions:

- Place all the ingredients in a blender and blend until smooth.



Sunshine Daydream Smoothie

Serves: 1

Ingredients:

- 1 whole mango, peeled & cubed
- 1/2 papaya, peeled & cubed
- 1/4 lemon, cut (rind optional)
- 1 cup coconut water
- Handful of ice, if desired

Instructions:

- Add all ingredients to blender and blend until smooth.



The OG Smoothie

Serves: 1

Ingredients:

- 1 cup fresh/frozen mango
- 1 carrot, chopped
- 1 cup water or coconut water
- 1/2-inch piece ginger, peeled and chopped (optional)
- Handful of ice, if desired

Instructions:

- Add all ingredients to blender and blend until smooth.

SNACKS RECIPES



Almond Butter Power Bites

Yield: 6

Ingredients:

- 1/2 cup old fashioned oats
- 1/4 cup chopped dates
- 1/3 cup almond butter
- 2 teaspoons chia seeds
- 3 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon

Instructions:

- Place all ingredients in food processor and pulse until well combined, scraping sides as needed.
- Using hands, shape into balls and store in a covered container

Almond Stuffed Dates

Serves: 1

Ingredients:

- 4 Medjool dates, pitted
- 4 – 8 Almonds
- 1 tablespoon Chinese Five Spice (substitute with cinnamon if no nightshades)

Instructions:

- Stuff 1-2 almonds in each date, toss in a small bowl with Chinese Five Spice.



Celery with Almond Butter & Raisins (Ants on a Log)

Serves: 2

Ingredients:

- 2 stalks of celery, washed and dried
- 2 tablespoons almond butter (or any nut/seed butter)
- 2-3 teaspoons raisins

Instructions:

- Fill celery stalks with nut butter, top with raisins.



Baked Apples with Cinnamon & Walnuts

Serves: 2

Ingredients:

- 2 large baking apples, such as Honeycrisp
- 2 tablespoons maple syrup
- 1/2 teaspoon cinnamon
- 1/4 cup chopped walnuts

Instructions:

- Preheat the oven to 375 degrees.
- Wash and core apples, leaving enough of the core at the base of the apple to contain the filling.
- Combine syrup, cinnamon and chopped walnuts in a small bowl.
- Divide equal portions of the mixture between each apple to fill the core.
- Fill a baking dish with enough to cover the bottom.
- Place the apples upright in the dish. Bake until the apples are soft and the filling is browned, about 1 hour.



Baked Plum Crumble

Serves: 4

Ingredients:

- 6 plums, sliced in 1/2" pieces
- 1/2 cup oatmeal
- 1/2 cup gluten free flour
- 1/3 cup maple syrup
- 1/4 cup pecans
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- Pinch of salt

Instructions:

- Preheat oven to 350 degrees.
- Line baking dish with parchment paper.
- Slice the plums and put them in a small bowl.
- Sprinkle the plums with lemon juice and 1 tablespoon of the maple syrup.
- Mix the pecans, flour, remaining maple syrup, vanilla extract, oatmeal, salt and the cinnamon in a food processor and pulse a few times. Add a tablespoon (or more) of water for desired consistency.
- Spread the crumble over the plums. Bake for 20-25 minutes



Banana Sushi

Serves: 1

Ingredients:

- 1 banana
- 2 tablespoons cashew nut butter

Instructions:

- Slice banana in half, lengthwise
- Spread cashew butter on each flat side of the banana



Blueberry Chia Pudding

Serves: 1

Ingredients:

- 1/2 cup blueberries
- 2 tablespoons chia seeds
- 1/2 cup unsweetened plant milk
- 1 teaspoon maple syrup

Instructions:

- Add all ingredients to blender and blend until smooth.
- Refrigerate for at least 4 hours.



Buckwheat Crackers w/ Nut Butter

Yield: 60 crackers

Ingredients:

- 1.5 cups buckwheat flour (note: buckwheat is gluten free)
- 2 tablespoons flaxseeds
- 1/4 teaspoon baking powder
- 1 tablespoon fresh rosemary, finely chopped
- 1/2 teaspoon sea salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1 teaspoon honey
- 4 tablespoons water (plus or minus depending on consistency)
- Nut butter of choice

Instructions:

- Preheat oven to 350 degrees.
- Add all of the ingredients, except water, into a food processor and pulse until thoroughly combined.
- Add water, 1 tablespoon at a time, pulsing until it forms dough.
- Transfer dough to a parchment lined cookie sheet. Top dough with a second piece of parchment paper. Using a rolling pin, roll out dough to about 1/8th inch thick.
- Remove the top piece of parchment. Cut dough into cracker sized pieces.
- Bake for about 30 minutes or until golden brown. Watch carefully to avoid burning.
- Serve with nut butter.



Cacao PB Banana Bites

Yield: 18

Ingredients:

- 2 large bananas peeled and sliced into 3/4" pieces
- 3 tablespoons chunky peanut butter
- 2 tablespoons (vegan) dark chocolate chips
- 1 teaspoon raw cacao nibs
- 2 teaspoon roasted peanuts, chopped

Instructions:

- Line a large plate with parchment and place bananas on it. Carefully spread 1/2 teaspoon of peanut butter on each.
- Place in freezer for at least 30 minutes or until the banana firms up.
- In a small saucepan, gently melt the chocolate chips on low heat. Stir to combine and drizzle over each piece of banana.
- Immediately sprinkle with cacao nibs and chopped peanuts.
- Serve immediately and store leftovers in a container in the freezer. Partially thaw for a few minutes before serving.

Recipe adapted from: Angela Liddon



Chai Spiced Latte

Serves: 2

Ingredients:

- 1 cup water
- 1 cup unsweetened plant milk
- 1/2 teaspoon ground ginger
- 4 green cardamom pods, crushed
- 2 cinnamon sticks, broken in half
- 2 star anise, broken into pieces
- 4 whole cloves
- 4 black tea bags (or 2 heaping tablespoons loose leaf black tea)
- Dash of black pepper
- Maple syrup (optional)

Instructions:

- Place water, plant milk and spices in a small pot. Bring to a boil. Simmer for a few minutes and strain.
- Add maple syrup.
- Remove from heat and add tea bags. Cover and steep 3 to 5 minutes.



Chocolate Covered Frozen Banana

Serves: 2

Ingredients:

- 1 banana
- 3 tablespoons (vegan) dark chocolate chips

Instructions:

- Melt chocolate in a small glass bowl in the microwave, at 20 second intervals, stirring after each to prevent overheating. Melt until smooth.
- Cut bananas into 2" chunks.
- Add banana pieces to melted chocolate. Stir to combine.
- Place chocolate covered banana slices on parchment lined plate.
- Freeze for 1 hour.



Coconut Lemon Energy Bites

Yield: 15

Ingredients:

- 1.5 cups raw cashews
- 2 tablespoons chia seeds
- 1 cup shredded coconut
- Zest from 1 lemon
- 1/4 cup lemon juice
- 1 cup dates, pitted
- 2 tablespoons water
- 1 pinch of sea salt
- Optional: 1/4 teaspoon ground turmeric and/or ground ginger.

Instructions:

- Add all the ingredients to a food processor and pulse until combined.
- Roll into balls.
- Refrigerate before serving.



Dark Chocolate Covered Raspberries

Serves: 2

Ingredients:

- 1 pint raspberries, washed and dried very well
- 1/4 cup (vegan) dark chocolate chips, melted

Instructions:

- Melt chocolate in the microwave at 20 second intervals, stirring after each interval, until completely melted.
- Add raspberries to melted chocolate, stir to combine.



Dark Chocolate Dipped Strawberries

Serves: 1

Ingredients:

- 1/4 cup (vegan) dark chocolate chips
- 5-6 strawberries, washed and dried well

Instructions:

- Melt chocolate in the microwave at 20 second intervals, stirring after each interval, until completely melted.
- Dip strawberries into chocolate.
- Set chocolate covered strawberries on parchment lined plate.
- Refrigerate until ready to serve.



Golden Milk Latte

Serves: 1

Ingredients:

- 1 cup of unsweetened plant milk
- 1/4 to 1/2 teaspoon of organic turmeric powder
- Pinch of black pepper
- Large pinch of ginger, cinnamon and nutmeg (optional)
- Maple syrup, to taste (optional)

Instructions:

- Heat milk in a small pot.
- Add remaining ingredients and whisk well to combine.



Kale Chips

Serves: 2

Ingredients:

- 1 bunch of kale
- 1 teaspoon seasoning salt

Instructions:

- Preheat oven to 350 degrees.
- Line a baking sheet with parchment paper.
- Wash and destem kale. Thoroughly dry. Cut/tear into large pieces.
- In a large bowl, combine kale and seasoning salt. Toss well massaging a little bit to incorporate seasonings onto kale.
- Put kale on baking sheet and bake until the edges are brown but not burnt, about 10 to 15 minutes.



Kettle Corn

Serves: 2-4

Ingredients:

- 1/4 cup corn kernels
- 2 tablespoons maple syrup
- 1 teaspoon salt

Instructions:

- In a large (lidded) pot over medium high heat, add popcorn and cover with lid.
- When kernels begin to pop, shake continuously until kernels stop popping.
- Transfer to a large bowl. Toss with maple syrup and salt.



PB Cookie Dough Bites

Yield: 12

Ingredients:

- 1 1/2 cups old fashioned oats
- 1/4 cup peanut butter (or other nut/seed butter)
- 1/4 maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup shredded coconut
- 1/4 teaspoon sea salt
- 1/8 cup mini (vegan) dark chocolate chips

Instructions:

- In a food processor, combine oats, peanut butter, maple syrup, vanilla, coconut, and salt.
- Pour mixture into a bowl.
- Stir in chocolate chips.
- Roll dough into small balls.
- Refrigerate before serving.



Peach Granita

Serves: 2

Ingredients:

- 3 peaches, peeled and cut

Instructions:

- Puree peaches in blender or food processor.
- Freeze in lidded container for at least 1 hour.
- Enjoy when slushy.



Popcorn with Nooch

Serves: 2

Ingredients:

- 1/2 cup organic popcorn kernels
- 1/4 cup nutritional yeast, or more/less to taste
- Salt, to taste

Instructions:

- In a large (lidded) pot over medium high heat, add corn kernels. Cover.
- In a small bowl combine cinnamon, coconut sugar, and salt.
- When kernels begin to pop, shake continuously until kernels stop popping (about 3 minutes).
- Transfer to a large bowl. Toss with cinnamon, sugar and salt mixture.



Power Bites

Yield: 24

Ingredients:

- 3/4 cup almond butter
- 1/4 cup maple syrup
- Water, as needed
- 1 cup old fashioned oats
- 1 cup dried figs, diced

Instructions:

- Melt the first two ingredients on a low stove in a saucepan.
- Stir in oats and figs. Add water one tablespoon at a time if needed for consistency.
- Scoop in tablespoons onto a sheet tray lined with parchment or in a mini muffin tin.
- Refrigerate for at least an hour.
- Store in airtight container in refrigerator for up to 7 days or in the freezer for up to a month.



Raspberry Ice

Serves: 2

Ingredients:

- 1.5 cup raspberries
- 1/3 cup water
- 2 tablespoons maple syrup/honey

Instructions:

- Add all ingredients to blender and blend until smooth.
- Serve or freeze for later.



Raspberry Sorbet

Serves: 4

Ingredients:

- 16 oz. raspberries, washed
- 2 tablespoons maple syrup

Instructions:

- Freeze the raspberries for about an hour, or until they're very firm.
- Combine the frozen berries and sweetener in a food processor or powerful blender and process until smooth and creamy. Taste and add more sweetener if desired. Process after each addition.
- Enjoy soft, or transfer to a freezer safe container and let it firm up for about an hour.



Roasted Spiced Cashews

Serves: 4

Ingredients:

- 1 cup raw cashews
- 1-2 tablespoons maple syrup
- 1/2 tablespoon finely chopped fresh rosemary
- 1/2 tablespoon kosher salt
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon chili powder (omit if no nightshades)

Instructions:

- Preheat oven to 400 degrees.
- Line baking sheet with parchment paper.
- Spread raw cashews over baking sheet and bake 7-9 minutes until slightly golden.
- In a small bowl, combine maple syrup and spices.
- Add cashews. Stir to combine.
- Spread mixture on previously used baking sheet, cook for 5 more minutes.
- Cool on parchment lined baking sheet.



Strawberry Nice Cream

Serves: 2

Ingredients:

- 2 bananas, sliced and frozen
- 1 cup strawberries, sliced in half and frozen
- 2 tablespoons unsweetened plant milk
- 1 teaspoon vanilla extract

Instructions:

- Peel and chop your bananas. Freeze.
- Wash, hull and cut strawberries in half. Freeze.
- Put all ingredients in a high-powered blender, puree until smooth.
- Eat right away, or transfer to a container and freeze for an hour.



Strawberry Sorbet

Serves: 4

Ingredients:

- 16 oz. strawberries, hulled and cut in half
- 1-3 tablespoons maple syrup (depending on sweet preference)

Instructions:

- Freeze the strawberries for about an hour, or until they're very firm.
- Combine the frozen berries and sweetener in a food processor or powerful blender and process until smooth and creamy. Taste and add more sweetener if desired. Process after each addition.
- Enjoy soft, or transfer to a freezer safe container and let it firm up for about an hour.



Sweet & Salty Popcorn

Serves: 1

Ingredients:

- 4 tablespoons organic popcorn kernels
- 1/2 teaspoon cinnamon
- 2 teaspoons coconut sugar
- 1/2 teaspoon salt

Instructions:

- In a large (lidded) pot over medium high heat, add corn kernels. Cover.
- In a small bowl combine cinnamon, coconut sugar, and salt.
- When kernels begin to pop, shake continuously until kernels stop popping (about 3 minutes).
- Transfer to a large bowl. Toss with cinnamon, sugar and salt mixture.



Vanana Chia Pudding

Serves: 3-4

Ingredients:

- 2 ripe bananas
- 1 can coconut milk
- 1 teaspoon vanilla
- 1/4 cup chia seeds

Instructions:

- Add all ingredients to blender and blend until well combined and seeds are broken down.
- Put in a small covered container and refrigerate overnight.
- Serve with fresh banana slices on top.

Watermelon Granita

Serves: 2

Ingredients:

2 cups watermelon

Instructions:

- In a blender, puree watermelon and freeze for at least two hours.
- Eat when frozen and slushy.



Yogurt Covered Mango

Serves: 1

Ingredients:

- 1 mango, peeled and cut into bite sized pieces
- 6 oz. coconut yogurt (or any plant yogurt of choice)

Instructions:

- In a medium bowl, toss yogurt with mango.
- Place on parchment lined plate and freeze for at least 30 minutes.

Dressing & Dips

Green Goddess

Serves: 2

Ingredients:

- 1 avocado
- 1 lemon, juiced
- 1 clove garlic, grated
- 1/4 cup plain unsweetened nondairy yogurt
- 1 teaspoon liquid aminos
- 2 tablespoons green onions, minced
- 2 tablespoons fresh basil
- 1 teaspoon salt
- 1/2 teaspoon pepper

Instructions:

- Place all ingredients in a food processor or blender and puree until smooth.
- Add water to thin if needed.

Tzatziki

Serves: 2

Ingredients:

- 1 cucumber
- 1/2 cup unsweetened plain plant yogurt
- 1 clove garlic, minced
- 1 squeeze of fresh lemon juice
- 1/2 teaspoon fresh mint
- 1/4 teaspoon fresh dill
- Salt and pepper to taste

Instructions:

- Peel and grate cucumbers. Add a teaspoon of salt and let stand for about 10 or 15 minutes. Put the grated cucumbers in a clean dishcloth and squeeze the water out as much as possible.
- Place the yogurt in a bowl, add cucumber, garlic, lemon juice, black pepper to taste, mint and dill.