

SLEEP & TMJ  
THERAPY'S  
TMD COOKBOOK!

## **CONTENTS:**

<b>SMOOTHIES AND BEVERAGES</b> .....	7
<b>Herbal Sleepy Time Tea</b> .....	8
<b>Vanilla Turmeric Orange Juice</b> .....	9
<b>Chocolate Almond Coconut Banana Smoothie</b> .....	10
<b>Swirled Fruit and Honey Smoothie</b> .....	11
<b>Lavender Lemonade with Lavender Essential Oil</b> .....	12
<b>Pumpkin Spice Smoothie</b> .....	13
<b>Watermelon Lemonade</b> .....	14
<b>Oatmeal Banana Peanut Butter Smoothie Recipe</b> .....	15
<b>Vanilla Turmeric Orange Juice</b> .....	16
<b>Tropical Glow Smoothie Bowl</b> .....	17
<b>Berry Banana Smoothie Bowl</b> .....	18
<b>BREAKFAST</b> .....	19
<b>Bananas Foster Oatmeal</b> .....	20
<b>Broccoli and Cheddar Crêpes</b> .....	21
<b>Sweet Potato Kale Frittata</b> .....	22
<b>Scrambled Eggs with Smoked Salmon</b> .....	23
<b>Cinnamon Bread with Whole Wheat Flour</b> .....	24
<b>Summer Fruit Breakfast Bake</b> .....	25
<b>Ham and Leek Quiche</b> .....	26
<b>Butternut Squash and Apple Hash with Sausage</b> .....	27
<b>Tropical Summer Coconut Oatmeal</b> .....	28
<b>Overnight Strawberry Ricotta Breakfast Strata</b> .....	29

<b>Apple Zucchini Bread</b> .....	30
<b>Coconut Blueberry Paleo Oatmeal</b> .....	31
<b>Mexican Egg Scramble</b> .....	32
<b>Pumpkin Chocolate Chip Muffins</b> .....	33
<b>SMALL PLATES / LUNCH</b> .....	34
<b>Avocado Blueberry Quinoa Salad</b> .....	35
<b>Vegan Veggie Pinwheels with Broccoli and Carrots</b> .....	36
<b>Vegan Ricotta Stuffed Tomatoes</b> .....	37
<b>Southwest Pasta Salad</b> .....	38
<b>Sweet Potato and Guac/Black Bean Boats</b> .....	39
<b>Beans and Greens with Lemon-Parmesan Polenta</b> .....	40
<b>Muhammara</b> .....	42
<b>Spiderweb Deviled Eggs (Halloween Recipe)</b> .....	43
<b>Curried Tomato Coconut Lentils with Gingery Yogurt</b> ...	44
<b>Italian Caprese Salad</b> .....	45
<b>Swedish Meatballs</b> .....	46
<b>White Bean and Tuna Salad with Basil Vinaigrette</b> .....	47
<b>Stuffed Potato Cakes</b> .....	48
<b>Crab Salad</b> .....	49
<b>Watermelon Feta Salad with Blueberries</b> .....	50
<b>Loaded Veggie Turkey Meatballs (Gluten Free)</b> .....	51
<b>Scallop Kabobs with Old Bay</b> .....	52
<b>Falafel and Tahini Sauce</b> .....	53
<b>Quinoa Veggie Burger</b> .....	54

<b>Southwest Bean Dip</b> .....	55
<b>5-Ingredient Strawberry Salsa</b> .....	56
<b>Vietnamese Chicken Meatballs</b> .....	57
<b>Honey Sriracha Glazed Meatballs</b> .....	58
<b>Shawarma Meatballs</b> .....	59
<b>Green Gazpacho with Vodka Shrimp</b> .....	60
<b>Meatloaf Muffins</b> .....	62
<b>Smoky Black Bean Cakes with Sweet Corn,</b> .....	63
<b>Avocado Salsa, and Arugula</b> .....	63
<b>New Orleans BBQ Shrimp and Grits Recipe</b> .....	64
<b>SOUPS</b> .....	65
<b>Homemade Tomato Soup</b> .....	66
<b>Instant Pot Chicken Mushroom Wild Soup</b> .....	67
<b>Minestrone Soup</b> .....	68
<b>Roasted Carrot, Sweet Potato and Ginger Soup</b> .....	69
<b>Vegan Spicy Thai Peanut Ramen</b> .....	70
<b>Bone Broth for Healthy Joints</b> .....	71
<b>Spring Minestrone</b> .....	72
<b>Coconut-Apple-Ginger Dal</b> .....	73
<b>Sweet Potato-Peanut Bisque</b> .....	74
<b>Cleansing Detox Soup</b> .....	75
<b>Roasted Butternut Squash Soup</b> .....	76
<b>Healthy Turkey Chili</b> .....	77
<b>Red Pepper Crab Soup</b> .....	78

<b>ENTRÉES</b> .....	79
<b>Creamy Parmesan Orecchiette with Butternut Squash and Broccolini</b> .....	80
<b>One Pot Greek Chicken with Lemon Rice</b> .....	81
<b>Curry-Poached Salmon with Peppers</b> .....	82
<b>Grilled Eggplant with Garlic-Cumin Vinaigrette, Feta and Herbs</b> .....	83
<b>Oven-Baked Corn and Tomato Risotto With Pancetta and Parmesan</b> .....	84
<b>Unstuffed Cabbage Casserole</b> .....	85
<b>Goulash</b> .....	86
<b>Stewed Peppers and Tomatoes with Eggs</b> .....	87
<b>Turkey &amp; Vegetables Skillet</b> .....	88
<b>Roasted Red Pepper Pasta – Creamy Vegan Alfredo</b> .....	89
<b>Green Chili Chicken Enchiladas</b> .....	90
<b>One Pan Italian Sausage Butternut Squash Gnocchi</b> .....	91
<b>Slow Cooker Chicken Potpie</b> .....	92
<b>Lemon-Ricotta Ravioli with Creamy Herbed Mushrooms</b> .....	93
<b>Penne All’Amatriciana</b> .....	95
<b>Old Bay Fish &amp; Veggie Foil Packets</b> .....	96
<b>Moussaka</b> .....	97
<b>Tomato-Basil Gnocchi</b> .....	98
<b>Grilled Salmon Burgers with Avocado Salsa</b> .....	99
<b>Meatloaf</b> .....	100
<b>Slow Cooker Beef Bourguignon</b> .....	101

<b>Chicken Potpie with Herb Crust .....</b>	<b>102</b>
<b>Vegan Lentil Spinach Curry with Coconut Rice.....</b>	<b>104</b>
<b>Pasta with Pumpkin Cream Garlic Sage Sauce.....</b>	<b>106</b>
<b>Maryland Crab Cakes with Quick Tartar Sauce.....</b>	<b>107</b>
<b>White Chicken Enchiladas with Green Chile Sour Cream Sauce .....</b>	<b>109</b>
<b>Pulled Pork Stuffed Sweet Potatoes Recipe.....</b>	<b>110</b>
<b>Zucchini Enchiladas.....</b>	<b>111</b>
<b>Kale Pesto Pasta.....</b>	<b>112</b>
<b>One Pan Gnocchi with Sundried Tomatoes and White Beans .....</b>	<b>113</b>
<b>Vegetable Risotto .....</b>	<b>114</b>
<b>DESSERTS.....</b>	<b>115</b>
<b>No Bake Cookie Recipe.....</b>	<b>116</b>
<b>Pumpkin Pie Pudding .....</b>	<b>117</b>
<b>Banana Peanut Butter Chia Seed Pudding.....</b>	<b>118</b>
<b>Pumpkin Pie Overnight Oats.....</b>	<b>119</b>
<b>Lemon Souffle Dessert .....</b>	<b>120</b>
<b>Grilled Summer Peaches with Cinnamon Sugar Butter .</b>	<b>121</b>
<b>Cookies &amp; Cream Truffles Easy Dessert.....</b>	<b>122</b>
<b>Pumpkin Whip.....</b>	<b>124</b>
<b>Anti-Inflammatory Blueberry Muffin Mug Cake.....</b>	<b>125</b>

## **SMOOTHIES AND BEVERAGES**



## Herbal Sleepy Time Tea

Struggling to get good shut-eye? If you've tried all the tricks for better sleep but still find yourself tossing and turning at night, it may be time to put the kettle on. Steep this homemade tea blend – comprised of classic relaxing herbs such as chamomile and valerian – and snuggle up with a mug. Before you know it, you'll be off to dreamland, getting the peaceful rest you need.

### Ingredients:

1 cup chamomile flowers

1 cup rooibos

1 cup spearmint leaves

1 cup loose valerian root

Water

Optional: ½ cup other herbs or dried flowers, such as lemongrass, lavender buds, rosehips and/or ginger root

### Directions:

In large bowl, combine all ingredients and stir well.

Pour loose tea mixture into a glass jar for storage.

Tea can be stored in a cool pantry for up to six months.

### French press method:

1. Add 2 Tbsp. loose tea to French press; pour 2 cups hot (just under boiling point) water over leaves.

2. Place lid on French press and let steep 5 minutes. After 5 minutes, press down lid. Serve.

### Tea strainer method:

1. Add 2 Tbsp. loose tea to strainer or tea ball; place in mug.

2. Pour 2 cups hot water into mug; let steep 5 minutes.

Courtesy of: Heather McClees



## Vanilla Turmeric Orange Juice

Serves: 2



### Ingredients:

3 oranges, peeled + quartered  
1 cup unsweetened almond milk  
1 tsp vanilla extract  
½ tsp cinnamon  
¼ tsp turmeric  
Pinch of pepper

### Directions:

Place all the ingredients in a blender.  
Blend until smooth, then pour into a glass and serve.

Courtesy of: Megan Olson

## **Chocolate Almond Coconut Banana Smoothie**

Serves: 2



### Ingredients:

- 2 bananas peeled, sliced, and frozen
- 2 5.3 ounce containers of Silk Dark Chocolate Coconut Almond Dairy-Free Yogurt Alternative
- 1 cup almond milk
- 1/4 cup rolled oats
- 1 tablespoon natural almond butter

### Instructions:

1. In a blender, combine bananas, yogurt alternative, almond milk, oats, and almond butter.
2. Blend until smooth and well-combined.

**TIPS:** To make the frozen bananas, just slice up the peeled bananas and toss them in a freezer bag. Then, just freeze until frozen. If you wish, top the smoothies with a little bit of sliced almonds and unsweetened toasted coconut chips.

## Swirled Fruit and Honey Smoothie

### Base Ingredients:

½ cup mango nectar  
3 cups frozen peaches  
3 cups frozen mango  
1 Tablespoon honey

### Directions:

To prepare the base, place mango nectar, peaches, mango, and honey into the mixing container in the order listed and secure lid.

Start machine, slowly increase speed to High.

Blend for 45 seconds, using the tamper if needed, to push the ingredients into the blades.

Divide among 6 serving glasses.

### Topping Ingredients:

¼ cup plus 2 Tablespoons almond milk  
1 cup Greek yogurt  
2 teaspoons flax meal  
1 Tablespoon honey  
1½ frozen bananas, peeled, halved

### Directions:

1. To prepare the topping, place almond milk, Greek yogurt, flax, honey, and bananas into the container in the order listed and secure lid.
2. Start machine, slowly increase to High.
3. Blend for 45 seconds.
4. Pour over the base mixture in the glasses. Swirl together before serving.



## Lavender Lemonade with Lavender Essential Oil



### Ingredients:

1 cup raw honey  
12 cups pure water  
1 drop lavender essential oil  
6 lemons, peeled and juiced  
Lavender sprigs or lemon wedges for garnish

### Directions:

Mix all ingredients together and chill. Add more water or raw honey if needed.

## Pumpkin Spice Smoothie

Serves: 1



### Ingredients:

- 1 frozen banana
- ½ cup plain or vanilla yogurt
- 1/2 cup pumpkin puree
- 1/2 cup unsweetened almond milk
- 1 tablespoon almond or pecan butter
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon\*\*
- pinch each of nutmeg, ginger & allspice\*\*

### Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. ENJOY! :)

Notes: Feel free to use pumpkin pie spice in place of the cinnamon, ginger and nutmeg.

Courtesy of: Ambitious Kitchen

## Watermelon Lemonade



### Ingredients:

½ medium-size watermelon (or enough to make 4 cups watermelon juice)  
4-5 large lemons (or enough to make 1 cup lemon juice)  
1 - 1½ cups granulated sugar  
4-6 cups water or sparkling water  
fresh mint

### Directions:

1. Scoop watermelon into a blender or food processor. Process until liquid.
2. Strain watermelon through a mesh strainer, reserving 4 cups of watermelon juice and discarding the watermelon flesh.
3. Pour the watermelon juice into a pitcher. Set aside.
4. Juice the lemons to equal 1 cup (use more if you prefer it really tart.)
5. Strain the lemon juice and add it to the pitcher.
6. Add in water.
7. Stir in sugar to sweeten to desired taste.
8. Serve immediately over ice and garnish with fresh mint leaves and lemon slices.

Notes: This drink separates as it sits. So, if you decide to serve it later, be sure to stir it up before serving.

## Oatmeal Banana Peanut Butter Smoothie Recipe

Serves: 1



### Ingredients:

- 1/2 cup Certified Gluten Free Oats
- 1 1/4 cups Unsweetened Coconut Milk
- 1 Banana, Sliced and frozen
- 1 tablespoon Raw Honey
- 2 tablespoons Peanut Butter Powder
- 1 teaspoon Pure Vanilla Extract

### Directions:

1. Add the gluten-free oats into your blender and blend until the oats become a fine powder.
2. Add the remaining ingredients to the blender and blend until completely smooth.
3. Add more liquid for a thinner smoothie.
4. Serve immediately.

## Vanilla Turmeric Orange Juice

Servings: 2



### Ingredients:

3 oranges, peeled + quartered  
1 cup unsweetened almond milk  
1 tsp vanilla extract  
½ tsp cinnamon  
¼ tsp turmeric  
Pinch of pepper

### Directions:

1. Place all the ingredients in a blender.
2. Blend until smooth, then pour into a glass and serve.

Courtesy of: Megan Olson

## Tropical Glow Smoothie Bowl



### Ingredients:

¾ cup coconut water

1 cup frozen mango chunks, plus more for topping

1 cup fresh baby spinach

2 small clementines, peeled and chopped (1 for smoothie, 1 for topping)

1/2 avocado

1 very large or 2 medium pitted medjool dates, chopped

½ inch piece of peeled fresh ginger, chopped

½ tsp matcha green tea powder (optional)

3 ice cubes

Berries and hemp seeds for topping

### Directions:

1. Add all ingredients to blender (minding portions saved for toppings) and blend on high until smoother, 1 -2 mins.
2. Pour into bowl.
3. Top with more mango, clementine, berries, and hemp seeds.

TIP: Use any fruit you wish!

## Berry Banana Smoothie Bowl



### Ingredients:

- 1/2 cup Almond Breeze Unsweetened Vanilla (or for extra creaminess use Almond Breeze Unsweetened Almond milk Cashew milk Blend Vanilla)
- 1 cup spinach
- 1 cup frozen mixed berries
- 1 frozen banana
- 1 thaw banana
- 1 kiwi

Toppings: Fresh berries, banana slices, kiwi, chia seeds, coconut

### Directions:

1. Add the almond milk, spinach, berries, and banana to the blender. Blend until smooth.
2. Pour into a bowl and top with desired toppings. I like to use fresh berries, banana slices, toasted coconut and chia seeds.
3. Eat with a spoon and enjoy!

# BREAKFAST



## Bananas Foster Oatmeal

Serves:4

### Ingredients:

2 cups water  
1-1/2 cups  
2% milk  
1/2 teaspoon salt  
2 cups old-fashioned oats  
1/2 cup butter, cubed  
1/2 cup packed brown sugar  
1/2 teaspoon ground cinnamon  
Dash ground ginger  
Dash ground nutmeg  
2 medium firm ripe bananas,  
sliced  
1/2 teaspoon vanilla extract  
1/2 teaspoon rum extract  
Optional toppings: cinnamon  
sugar, sliced ripe bananas and  
sweetened whipped cream



### Directions:

- 1.) In a large saucepan, bring water, milk and salt to a boil. Stir in oats; cook 5 minutes over medium heat, stirring occasionally.
- 2.) Cover and let stand.
- 3.) In a small heavy saucepan, melt butter over medium heat. Stir in brown sugar and spices; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes or until slightly thickened. Add bananas; cook gently stirring 1-2 minutes or until bananas are glazed and slightly softened.
- 4.) Remove from heat; stir in extracts. Stir banana mixture into oatmeal. Spoon oatmeal into serving bowls; add toppings of your choice.

Courtesy of: Taste of Home

## Broccoli and Cheddar Crêpes

Serves: 6

### Ingredients:

3 large eggs  
c. all-purpose flour  
3 c. reduced-fat (2%) milk  
4 tbsp. margarine or butter  
3/4 tsp. salt  
1/4 tsp. black pepper  
1 small Red Onion  
2 tbsp. cornstarch  
2 package frozen chopped broccoli  
1 package shredded sharp Cheddar cheese  
1/4 c. fresh parsley leaves



### Directions:

1. In blender, combine eggs, flour, 1 1/2 cups milk, 2 tablespoons margarine, and 1/2 teaspoon salt. Cover and blend until smooth, scraping down sides of blender occasionally. Transfer batter to medium bowl; cover and refrigerate at least 1 hour or overnight to allow flour to absorb liquid.
2. Lightly brush 10-inch nonstick skillet with some melted margarine and heat on medium 1 minute. With wire whisk, thoroughly mix batter to blend well. Pour scant 1/4 cup batter into skillet; tilt pan to coat bottom completely with batter. Cook crêpe until top is dry and set and underside is lightly browned, about 2 minutes.
3. With spatula, loosen edge of crêpe; turn over. Cook 30 seconds to 1 minute or until second side is browned. Slip crêpe onto waxed paper. Repeat with remaining batter, brushing pan lightly with margarine before cooking each crêpe and stacking crêpes between layers of waxed paper. You should have at least 12 crêpes.
4. Meanwhile, preheat oven to 400 degrees F. In 12-inch nonstick skillet, heat remaining tablespoon margarine on medium until hot. Add onion and cook 6 to 8 minutes or until tender and beginning to brown. In cup, stir together cornstarch and remaining 1 1/2 cups milk. Toss onion in skillet, add milk mixture, broccoli, 1/4 teaspoon salt, and 1/4 teaspoon coarsely ground black pepper. Heat to boiling; boil 1 minute. Remove skillet from heat; stir in 1 1/2 cups Cheddar.
5. Place crêpes on work surface; spread generous 1/4 cup broccoli mixture on half of each crêpe. Starting from side with broccoli, roll up crêpes and place, seam side down, in shallow 2-quart glass or ceramic baking dish. Sprinkle with remaining 1/2 cup Cheddar.
6. Bake about 15 minutes or until cheese melts and crêpes are heated through. Sprinkle with parsley.

Courtesy of: Women's Day Magazine

## Sweet Potato Kale Frittata

Serves: 4

### Ingredients:

- 6 large eggs
- 1 c. half-and-half
- 1 tsp. kosher salt
- 1/2 tsp. ground pepper
- 2 c. sweet potatoes
- 2 tbsp. olive oil
- 2 c. firmly packed chopped kale
- 1/2 small Red Onion
- 2 clove garlic
- 3 oz. goat cheese



### Directions:

1. Preheat oven to 350 degrees F.
2. Whisk together eggs and next 3 ingredients.
3. Sauté sweet potatoes in 1 tablespoon hot oil in a 10-inch ovenproof nonstick skillet over medium heat 8 to 10 minutes or until potatoes are tender and golden; remove and keep warm.
4. Sauté kale and next 2 ingredients in remaining 1 tablespoon oil 3 to 4 minutes or until kale is wilted and tender; stir in potatoes.
5. Pour egg mixture evenly over vegetables and cook 3 more minutes.
6. Sprinkle egg mixture with goat cheese.
7. Bake at 350 degrees F 10 to 14 minutes or until set.

Courtesy of: Women's Day Magazine

## Scrambled Eggs with Smoked Salmon

Serves: 2



### Ingredients:

4 eggs  
4 slices smoked salmon, chopped  
2 tbsp. coconut milk  
Fresh chives, finely chopped  
Cooking fat  
Sea salt and freshly ground black pepper

### Directions:

1. In a bowl, whisk the eggs, coconut milk, and fresh chives. Season to taste.
2. Melt some cooking fat in a skillet and add the eggs.
3. Scramble the eggs while cooking.
4. When the eggs start to settle add the smoked salmon and cook for 1 or 2 minutes.
5. Serve with more chives sprinkled on top.

Courtesy of: Paleo Leap

## Cinnamon Bread with Whole Wheat Flour

### Ingredients (wet):

- 2 large eggs
- 1 cup mashed bananas
- 3/4 cup sugar
- 1/3 cup oil
- 1/2 cup Greek yogurt

### Ingredients (dry):

- 1 3/4 cups whole wheat flour
- 1/4 cup cornstarch or more whole wheat flour
- 2 teaspoons cinnamon
- 1.5 teaspoons baking powder
- 1/4 teaspoon salt



### For the topping:

- 1/2 cup flour plain or whole wheat
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 cup butter

### Instructions:

1. Heat the oven to 360°F. Grease a 9×5 inch loaf tin.
2. Whisk together all wet ingredients in a large bowl.
3. Sprinkle flour, cornstarch (OR extra flour), cinnamon, baking powder and salt on top.
4. Gently fold in, do not overmix!
5. For the topping, place the flour, brown sugar and cinnamon in a medium bowl.
6. Rub in the butter with your fingertips until crumbs form.
7. Place the batter in the prepared loaf tin and evenly sprinkle with the crumb topping.
8. Bake for 55-60 minutes, or until a toothpick inserted comes out clean. Enjoy!

## Summer Fruit Breakfast Bake

Serves: 10-12

### Ingredients:

3 bananas sliced  
½ cup quinoa  
½ cup oats  
¼ cup brown sugar  
1 tsp cinnamon  
¼ tsp salt  
1 cup sliced peaches  
1 cup sliced strawberries  
2 cups milk  
2 eggs  
1 tsp vanilla extract  
½ cup coconut flakes or shreds



### Instructions:

1. Grease a 9x13 inch baking pan and place banana slices in the bottom of the pan.
2. In a separate bowl, combine quinoa, oats, brown sugar, cinnamon, and salt. Pour mixture over the bananas.
3. Arrange sliced peaches and strawberries over the oat mixture.
4. In a separate bowl, whisk together milk, eggs, and vanilla extract. Slowly pour mixture over the fruit.
5. Sprinkle with coconut flakes.
6. Bake at 375 degrees F for 1 hour, or until top is light brown and firm.
7. Serve warm or cold, topped with yogurt, fresh fruit, or powdered sugar.

## Ham and Leek Quiche

### Ingredients:

1 Cup + 2 Tablespoons Sour Cream  
1/2 Cup + 1 Tablespoon Heavy Cream  
3 Eggs  
1 1/2 Cup Minced Leeks (White and Light Green Only)  
1/4 Cup Minced White Onions  
3/4 Cup Diced ham  
Gruyere Cheese (At least a cup)  
Olive Oil  
Salt  
Pepper  
Nutmeg  
Pie Shell (Store Bought)  
Flour



### Instructions:

1. Preheat Oven to 350 °F.
2. Mince Leeks and Onions. Caramelize in pan at Medium-Low. Add Olive Oil. (While the leeks are caramelizing) In a bowl, mix the Sour Cream, Heavy Cream, and Eggs. Add Salt, Pepper, and a pinch of nutmeg.
3. When Leeks/Onions are done, take off heat and let them rest. Meanwhile, cut slice of ham into cubes and toss lightly in flour.
4. Add cup of Shredded Gruyere Cheese into bowl. Add all of the leek/onion into bowl. Mix lightly.
5. Pour contents of bowl onto pie shell (I used store bought) and sprinkle ham onto mix. Cover top with cheese.
6. Cook for 25-35 minutes or until top is golden and knife goes through clean.
7. Let quiche rest for around 15 minutes or until it cools to room temperature.

By: Tommy Brown (Dr. Brown's youngest son!)

## Butternut Squash and Apple Hash with Sausage

Serves: 4

### Ingredients:

- 1 Tbsp. coconut oil, divided
- 1 medium onion, diced
- 1 small butternut squash (1 ½ lbs.), peeled and cut into ¼-inch dice (about 3 cups)
- 1 medium apple, cored and diced
- 12 ounces ground turkey or chicken
- ½ tsp. dried sage
- ¼ tsp. dried thyme
- ¼ tsp. garlic powder
- ½ tsp. sea salt
- Pinch of nutmeg and/or red pepper flakes (optional)
- 3 cups kale, chard or spinach, washed and torn



### Instructions:

1. Combine ground turkey, sage, thyme, garlic powder, salt and nutmeg or red pepper flakes (if using) in small bowl. Stir with large spoon or use your hands to combine. Set aside.
2. Place a large skillet over medium-high heat. Add 2 tsp. coconut oil and heat just until oil starts to shimmer. Add onion and butternut squash. Sauté for 7-8 minutes, stirring occasionally.
3. Add 3 Tbsp. water and diced apple. Cook an additional 5 minutes, stirring occasionally.
4. Move vegetable mixture to one side of the pan. Add 1 tsp. coconut oil and turkey mixture. Allow turkey to cook a few minutes before breaking it up with a spatula or wooden spoon.
5. Continue to cook 5-6 minutes or until turkey is cooked through and no longer pink. Stir to combine vegetables and sausage.
6. Place kale/chard/spinach on top of hash and cover with a lid. 7.) Allow greens to wilt, about 1-2 minutes. Stir, season with additional salt and pepper and serve.

Courtesy of: THE REAL FOOD DIETITIANS

## Tropical Summer Coconut Oatmeal

Serves: 2

### Ingredients:

1 cup oats (gluten-free, if needed)  
1 cup coconut milk  
1 orange  
1 mango, diced  
1 banana, sliced

### Optional toppings:

shredded coconut  
extra coconut milk  
coconut or brown sugar



### Instructions:

1. Add the oats, coconut milk and 2-3 cups of water to a small pot over high heat. (See notes about water.) Bring the pot to a boil, stir, then reduce the heat to low and simmer for 15 minutes, or until the oats are soft.
2. While the coconut oatmeal is cooking, slice the top and the bottom off the orange. Place the orange on your cutting board and cut off the rind then slice it into circles.
3. Top the coconut oatmeal with the orange slices, mango, banana and any or all of the optional toppings.

Happy breakfast! Notes: The amount of water you add will depend on how thick or thin you like your oatmeal. The oatmeal in the pictures has had 2 cups of water added to it and is quite thick. If you're not sure, start with 2 cups and add more at the end of cooking if you would like it thinner.

## Overnight Strawberry Ricotta Breakfast Strata

### Ingredients:

1 TBS Unsalted Butter  
1 Loaf Brioche – cut into  
 $\frac{3}{4}$ ” cubes  
3 Cups Milk  
10 Large Eggs  
1 tsp Vanilla Extract  
1 tsp Orange Zest (about  
 $\frac{1}{2}$  an orange)  
1 Cup Ricotta Cheese  
1 (12 ounce) Jar Bonne  
Maman Strawberry  
Preserves  
Kosher Salt  
 $\frac{1}{3}$  Cup Sliced Almonds  
3 TBS Cream (can  
substitute whole milk or  
half-and-half)  
Optional Garnish: Fresh  
Mint Leaves, Slices of Strawberries, Powdered Sugar



### Instructions:

1. Grease an 8x11”, or 9x13” baking dish with butter. Place half of the bread cubes in the prepared baking dish, arranging them to cover the bottom of the dish. Set aside.
2. In a medium bowl, whisk together the milk, eggs, vanilla extract, orange zest and  $\frac{1}{4}$  teaspoon salt.
3. Slowly, and evenly, pour half of the egg-milk mixture (about 2  $\frac{1}{2}$  cups) over the bread in the baking dish. Spoon half ( $\frac{1}{2}$  cup) of the ricotta over the soaked bread, dolloping the ricotta by the spoonful evenly over the bread. Repeat with half ( $\frac{1}{2}$  cup) of the preserves. Arrange the remaining bread cubes evenly over top.
4. Slowly pour the remaining egg-milk mixture over the bread. Spoon the remaining ricotta and jam evenly over the top. For best results, cover the strata tightly with aluminum foil and refrigerate overnight.
5. Preheat the oven to 350 degrees F. If you have refrigerated the strata, remove it from the fridge and let the strata sit on the counter while the oven preheats to remove the chill. Uncover the strata, brush with cream and sprinkle the almonds on top.
6. Bake, UNCOVERED, for 55 minutes – 1 hour 15 minutes, or until the strata is puffed, browned and the center is set (it shouldn’t jiggle when shaken). Remove from oven and set aside to cool for 10 minutes before serving.
7. Garnish with fresh mint, strawberries and powdered sugar if using. Cut into squares and serve. Enjoy!

## Apple Zucchini Bread

Makes 1 (8 x 4") loaf

### Ingredients:

2 cups all-purpose unbleached flour  
1/2 Tablespoon baking soda  
1/4 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
2 large eggs  
3/4 cup light olive oil  
1 cup sugar  
1/2 cup packed light brown sugar  
1/2 Tablespoon vanilla extract  
1 cup shredded unpeeled zucchini  
1/2 cup shredded peeled apple  
Optional: 3/4 cup very finely chopped pecans or walnuts



### Directions:

1. Preheat oven to 350°F. Grease and flour a 8 x 4" loaf pan well; set aside (If you use a 9 x 5" loaf pan, your baking time will be a little less, and your loaf will not look quite as full, since it will be a little wider and longer).
2. In large bowl, combine flour, baking soda, salt, cinnamon, and nutmeg.
3. In medium bowl, beat eggs; add oil, sugars, and vanilla, blending well. Pour this mixture over dry ingredients and mix well. Stir in zucchini, apples, and pecans or walnuts, if using (batter will be thick). Spoon batter into your prepared 8 x 4" loaf pan.
4. Bake at 350°degrees for 55 to 60 minutes or until toothpick inserted near center comes out clean (if you use a 9 x 5" pan, your baking time may be more like 50 to 55 minutes).
5. Cool in pan for 15 minutes, then remove to a wire rack to cool completely.

Note: even though I greased and floured my loaf pan, I still had to loosen the edges of the loaf with a knife so it would come out easily.

Enjoy a slice of this bread for breakfast or an afternoon snack with some coffee, tea, or apple cider. It's great just as it is, but you could also spread some apple butter on your slices for more apple flavor!

## Coconut Blueberry Paleo Oatmeal

### Ingredients:

1 cup full fat organic coconut milk  
2 ripe bananas, sliced  
1/4 cup coconut butter or coconut manna  
1 tsp organic vanilla extract  
pinch sea salt  
1 TBSP grass fed gelatin  
1 cup fresh blueberries  
1 1/4 to 1 1/2 cup finely shredded coconut (depends how thick you like your oatmeal)



### Directions:

1. Place a medium pot on the stove on medium heat
2. Add the coconut milk, bananas, coconut butter, vanilla extract and salt to the pot. Bring to a boil.
3. Turn down the heat and simmer for 10 minutes, stirring every couple minutes to break up the banana pieces.
4. Add the gelatin and stir well to dissolve.
5. Add the blueberries and cook for another 2-3 minutes.
6. Remove from heat and add the shredded coconut until it reaches your desired thickness.
7. Let sit for approximately 5 minutes to allow the coconut to soften. Serve and enjoy!

### Optional additions:

1 tsp ground cinnamon  
1-2 TBSP nut or seed butter of choice

## Mexican Egg Scramble

### Ingredients:

8 eggs  
¼ c sour cream  
½ yellow onion, finely diced  
10 oz. Rotel tomatoes and green chilies, drained well  
1 ¼ cups black beans, drained and rinsed  
1 cup Monterey Jack cheese, shredded  
3 Green Onions, diced  
Salsa and sliced avocado (optional)



### Instructions:

1. Spray pan with non-stick olive oil spray.
2. Whisk the eggs and sour cream together vigorously until they are completely uniform in color. This allows them to cook evenly but also incorporates air into the eggs which makes the fluffy. Add them to the skillet immediately after whisking. Sprinkle the remaining ingredients over the eggs.
3. Leave the eggs untouched for about 45 seconds. As the eggs begin to set, use a silicone spatula and gently lift the eggs at the edge of the pan and fold them up.
4. The uncooked egg mixture will then be able to seep onto the pan, and those can now set.
5. Repeat by continuing to fold up the eggs that have lightly cooked. You don't want to overmix the eggs, only move them around as needed for them to cook and set. If they're cooking too fast, decrease the heat to low.
6. Once the eggs are cooked and no remaining sections are runny, remove them from the heat immediately, do not overcook them. We want them to remain light and fluffy!
7. Top with diced green onions, salsa, and avocado. Then serve and enjoy!

## Pumpkin Chocolate Chip Muffins

Serves: 24

### Ingredients:

- ½ c white sugar
- ½ c brown sugar
- ¼ c oil or apple sauce (both work well)
- 3 eggs
- ¼ c water
- 1 can pumpkin pure (15oz)
- 2 ¼ c flour
- 1 tsp baking soda
- 1 tsp baking powder
- ¼ tsp ground cloves
- 1 tsp cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1 c chocolate chips



### Directions:

1. Preheat oven to 400 degrees F
2. Line muffin tins (24)
3. Mix wet ingredients (sugar, oil, eggs, pumpkin)
4. In a separate bowl mix together dry
5. Mix dry in the wet by 3rds, use the water to thin out a bit
6. Fill cups 2/3 full
7. Bake for 20 to 25 minutes (insert knife after 20 mins and check for it to come out clean)

Courtesy of: Mia, Dr. Brown's Daughter!

## **SMALL PLATES / LUNCH**



## Avocado Blueberry Quinoa Salad

Servings: 6

### Ingredients:

1 cup Blueberries  
1/2 cup Cilantro  
1/3 cup Cilantro, packed leaves  
1 Cilantro  
1/2 Jalapeno  
1/2 cup Red onion  
1 cup Sweet corn  
2 tbsp Lime juice, fresh  
1 cup Quinoa  
1 Black pepper, Freshly ground  
1/8 tsp Salt  
1/4 cup Olive oil  
1/2 cup Pistachios  
1/2 cup Feta  
1 Firm but still ripe avocado,  
sliced or diced



### Directions:

1. First, make your quinoa. Add water and quinoa to a medium pot and place over high heat; bring mixture to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. After 15 minutes, remove pot from heat and fluff quinoa with a fork. Then cover and allow quinoa to sit in the pot for 10 minutes.
2. While the quinoa is cooking, make your cilantro lime dressing by adding the ingredients to a blender: cilantro, olive oil, lime juice, jalapeño half and salt and pepper. Blend until smooth. Set aside.
3. Once your quinoa is done, add it to a large bowl. Add in the avocado, blueberries, corn, red onion, feta, pistachios, and cilantro.
4. Pour dressing all over the quinoa salad and toss to combine. Garnish with extra cilantro, pistachios, feta and red onion if you'd like. Serve at room temp or cold. Salad with stay good for 3-5 days in the fridge. Serves 4-6. Nutrition info based on 6.

Courtesy of: Ambitious Kitchen

## Vegan Veggie Pinwheels with Broccoli and Carrots

Serves: 10

### Ingredients:

vegan cream cheese  
vegan mayonnaise  
fresh flat-leaf Italian parsley  
dried dill  
garlic powder  
onion powder  
sea salt  
ground black pepper  
fresh broccoli florets-  
chopped very fine  
carrots-chopped very fine  
vegan cheddar cheese  
8-inch flour tortillas



### Directions:

1. In a medium-size mixing bowl, add cream cheese, mayonnaise, parsley, dill, garlic powder, onion powder, sea salt, and ground black pepper.
2. Stir to combine and adjust seasoning, as needed, to taste.
3. Fold in the broccoli, carrots, and cheddar cheese. Stir until all ingredients are evenly distributed.
4. On a flat work surface, arrange tortillas in an even layer.
5. Spoon 1/4 of the mixture onto the tortillas. Use the back of your spoon to spread the mixture an even layer, covering the entire tortilla.
6. Starting at one end, slowly but tightly roll each tortilla.
7. Wrap each rolled tortilla in plastic wrap and set in the refrigerator. Allow to chill for at least 1 hour.
8. Remove from refrigerator, unwrap, and slice into 1-inch rounds. Serve chilled or room temperature.

Courtesy of: This Wife Cooks

## Vegan Ricotta Stuffed Tomatoes

Serves: 8

### Ingredients:

1 (14 ounce) block extra firm  
tofu, drained and pressed  
1/2 cup cashew pieces (I have  
used raw and roasted / salted)  
1/2 teaspoon sea salt  
1/2 teaspoon fresh cracked black  
pepper  
1 clove garlic, minced  
2 teaspoons fresh parsley, minced  
1 teaspoon dried onion flakes  
1/2 teaspoon dried chives  
fresh Roma tomatoes  
fresh basil leaves, chiffonaded



### Instructions:

1. Drain tofu. Using a tofu press or paper towels and something heavy, press tofu until most liquid is removed.
2. Add cashews to blender and blend almost completely to dust, mostly very small pieces. Be careful to watch and stop blending before the cashews turn to cashew butter.
3. Transfer pressed tofu to a large mixing bowl and mash with a fork to break into pieces. Add the cashew dust, salt, pepper, garlic, parsley, dried onion flakes and chives. Continue to mash tofu, combining all ingredients thoroughly, until the tofu has a crumbly ricotta consistency.
4. Slice Roma tomatoes in half lengthwise. Using a small spoon, scoop out the seeds to leave a tomato shell. Using that same spoon or a piping bag, fill each tomato half with the ricotta mixture.
5. Arrange on a serving tray and top with fresh chiffonaded basil.

Courtesy of: spabettie / Kristina Sloggett

## Southwest Pasta Salad

Serves: 6

### Ingredients:

2 cups dry rotini pasta  
2 ears corn - raw or cooked (or 1 1/2 cups frozen corn, thawed)  
15 ounce can black beans - rinsed (or 2 cups cooked black beans)  
1/4 cup minced green onion  
2 teaspoons garlic powder  
1 teaspoon cumin  
1/2 teaspoon coriander  
3/4 teaspoon mild chipotle chili powder  
1/4 cup lime juice - (2 limes will do the trick)  
3/4 cup your favorite salsa - homemade or store-bought is fine  
1 Haas avocado - diced (If you're making this in advance, don't chop the avocado until the day-of.)  
hot sauce - to taste, optional (depends on your salsa choice and how spicy you like your food)



### Instructions:

1. Prepare the pasta according to package directions and drain. While the water boils and the pasta cooks, prep the rest of the ingredients.
2. In a large serving or storage bowl, toss together the corn, beans, green onions, garlic, spices, lime juice, and salsa.
3. Add the cooked pasta to the corn and bean mixture, mixing well. If you're making this in advance, here is your stopping place. Cover and chill until you're ready to serve – up to overnight.
4. Just before serving, toss in the avocado. Taste and add hot sauce, if you want it a little spicier.

Courtesy of: Becky Striepe

## Sweet Potato and Guac/Black Bean Boats

### Ingredients:

2 medium sweet potatoes (about 9 ounces each)  
2 tablespoons melted virgin coconut or vegetable oil, divided  
1 teaspoon kosher salt, divided  
1/2 teaspoon cayenne pepper, divided  
1/2 teaspoon ground cumin, divided  
1 red onion, coarsely chopped  
2 garlic cloves, finely chopped, divided  
1 (15.5-ounce) can black beans, rinsed, drained  
3/4 cup vegetable broth  
1 ripe avocado  
3 tablespoons chopped cilantro, divided  
2 tablespoons fresh lime juice, divided  
2 cups baby spinach (about 2 ounces)  
1 ounce crumbled queso fresco (about 1/4 cup)



### Preparation:

1. Preheat oven to 450°F. Cut potatoes in half lengthwise. Toss with 1 Tbsp. oil, 1/2 tsp. salt, 1/4 tsp. cayenne, and 1/4 tsp. cumin on a rimmed baking sheet.
2. Arrange cut side up and roast until fork-tender, about 25 minutes.
3. Meanwhile, heat remaining 1 Tbsp. oil in a medium skillet over medium. Add onion and half of garlic and cook, stirring, until onion starts to release moisture and turns translucent, 2–3 minutes. Add beans, broth, 1/4 tsp. salt, and remaining 1/4 tsp. cayenne and 1/4 tsp. cumin and cook until liquid is reduced, and beans soften, about 10 minutes.
4. Meanwhile, mash avocado and remaining garlic in a medium bowl with a fork until smooth. Stir in 2 Tbsp. cilantro, 1 Tbsp. lime juice, and remaining 1/4 tsp. salt.
5. Add spinach and remaining 1 Tbsp. lime juice to bean mixture. Continue to cook until spinach wilts, about 30 seconds.
6. Using the back of a spoon, gently push down in center of potato halves to create a divot. Spoon bean mixture into potato halves, then top evenly with 2 Tbsp. avocado mixture, queso fresco, and remaining 1 Tbsp. cilantro.

## Single Serve Baked Ricotta

Serves: 5

### Ingredients:

Olive Oil Spray

15- ounce Part-skim ricotta

½ cup parmesan cheese

⅛ tsp basil

⅛ tsp garlic powder

Pinch of Salt and pepper

Optional top with marinara sauce  
smooth, not chunky

### Instructions:

- 1.) Preheat oven to 350 degrees F.
- 2.) Spray 5 ramekins with olive oil and place on a baking sheet.
- 3.) In a medium bowl combine ricotta cheese, parmesan cheese, basil, garlic powder, salt, and pepper.
- 4.) Stir ricotta mixture to fully combine.
- 5.) Place 1/4-1/2 cup of the ricotta mixture into the prepared ramekins.
- 6.) Top with 1 tablespoon of smooth marinara sauce.
- 7.) Bake for 20 minutes.
- 8.) Serve warm.



Courtesy of: Jennifer Pullman

## Beans and Greens with Lemon-Parmesan Polenta

(Vegetarian)

Serves: 4

### Ingredients:

1 lemon  
1 tbsp. olive oil  
1 large clove garlic, thinly sliced  
2 tsp. fresh thyme leaves  
Pinch red pepper flakes  
1 medium head escarole, trimmed and torn into pieces (about 16 cups)  
Kosher salt  
1 (15 oz) can low-sodium white beans, rinsed  
1 c. instant polenta  
1 tbsp. unsalted butter  
1/3 c. grated Parmesan, plus more for serving



### Directions:

1. Using a vegetable peeler, remove three wide strips of lemon zest; very thinly slice zest.
2. Heat oil in a large Dutch oven on medium. Add garlic, thyme, thinly sliced zest, and red pepper flakes and cook, stirring, until garlic is golden brown, about 2 minutes.
3. Add escarole, in 2 batches if necessary, and 1/2 teaspoon salt and cook, stirring occasionally, until escarole is beginning to wilt, about 3 minutes.
4. Reduce heat to medium-low, fold in beans, and cook until escarole is tender, and beans are heated through, 2 to 3 minutes more.
5. Meanwhile, cook polenta per package directions. Remove from heat and stir in butter and 1 tablespoon lemon juice, then fold in Parmesan and 1/4 teaspoon salt.
6. Serve escarole mixture over polenta with lemon wedges and extra Parmesan, if desired.

Courtesy of: Women's Day Magazine

## Muhammara

Serves: 8

### Ingredients:

2-3 roasted red peppers (store bought jarred peppers for convenience or see \*\*notes for roasting yourself)  
2/3 cup walnut pieces  
½ cup panko bread crumbs (choose gluten free if needed)  
¼ cup sun dried tomatoes  
½ teaspoon cumin  
1 teaspoon paprika  
¼ teaspoon aleppo pepper (optional)  
2 garlic cloves  
2 Tablespoons pomegranate molasses, found at Whole Foods, and in ethnic markets  
½ t salt more to taste  
up to a ½ c warm water to thin it out



### Instructions:

1. Place the panko in a skillet over medium heat and toast until slightly brown. Set aside.
2. Place walnuts in a skillet over medium heat and toast until slightly fragrant. Set aside.
3. Place peppers, sun dried tomatoes, all seasonings, and toasted panko breadcrumbs into your food processor. Process until it forms a thick paste. Thin as needed with warm water to reach a dippable consistency, probably 1 or 2 Tablespoons of water.
4. Add toasted walnuts to the food processor. Pulse a few times to incorporate the walnuts but be sure to leave a few chunks remaining.
5. Serve with pita and enjoy!

**\*\*Notes:** To roast your own red peppers: Preheat oven to 400. Cut and trim pepper (remove seeds, stem, and white membrane). Drizzle with olive oil and place on a baking sheet lined with parchment. Roast in the oven for 30-45 minutes, until charred. I like to flip the pieces over half way through.

Garnish: drizzle of olive oil & some fresh parsley.

## Spiderweb Deviled Eggs (Halloween Recipe)

Serves: 24



### Ingredients:

- 2 teaspoons black gel or paste food color
- 12 eggs
- 6 tablespoons chipotle mayonnaise
- 2 tablespoons finely chopped celery
- 2 tablespoons sweet pickle relish
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Chopped chives (garnish)
- Food grade gloves (to protect hands from food dye)

### Instructions:

1. In 5 quart Dutch oven or stock pot, combine 8 cups of water with black food color. Put eggs in a single layer, cover and bring to boil. Remove from heat and let stand for 15 minutes.
2. Using a slotted spoon, place eggs on paper towels. Place colored water in fridge to cool. Use the end of a wooden spoon to tap each egg in several places to slightly crack shell. The more places you crack, the more webbing the egg will have. Place eggs back into cooled colored water and let sit for 2 to 3 hours.
3. When done, peel eggs and cut lengthwise. Using a teaspoon, scoop out the egg yolks and set whites aside. Mash yolks with the remaining ingredients. Fill each egg white with yolk mixture.
4. Garnish with chives. Serve, or cover and refrigerate.

Courtesy of: TBSP Angela

## Curried Tomato Coconut Lentils with Gingery Yogurt

### Ingredients:

- 1 tbsp. olive oil
- 1 medium yellow onion, roughly chopped
- 2 tsp. curry powder
- 1 tsp. cumin seeds
- 1 c. dried lentils
- 1 14-oz. can diced tomatoes
- 1 13.5-oz. can coconut milk
- 1/4 tsp. red pepper flakes (optional)
- 1 c. whole milk yogurt
- 2 tsp. grated fresh ginger



### Directions:

1. Heat the oil in a large saucepan or Dutch oven on medium.
2. Add onion and cook, stirring occasionally, until tender (they should not brown), 5 to 7 minutes.
3. Stir in curry powder and cumin seeds and cook for 1 minute.
4. Stir in the lentils, then add 1/2 cup of water and the tomatoes (with their juices), coconut milk, red pepper flakes (if using), and 1 1/2 teaspoons salt.
5. Bring to a simmer, then cover and gently simmer, stirring occasionally, until the lentils are tender, 35 to 45 minutes, adding water if it starts to look dry.
6. While the lentils cook, in a small bowl, combine yogurt, ginger and pinch salt. Serve the lentils with a hefty dollop of the gingery yogurt. You could also serve this over rice or throw in some greens, such as spinach or arugula.

Courtesy of: Women's Day Magazine

## Italian Caprese Salad



### Ingredients:

Mozzarella – large portions of mozzarella are preferable to the small mozzarella balls because they have a better flavor.

Tomatoes– be sure your tomatoes are not overly ripe. You want them to be slightly firm with a copper red coloring.

Basil– rip your basil leaves gently, by hand, rather than cutting them with a knife.

Olive oil- lightly drizzled on top.

Salt and pepper– to taste

### Directions:

1. Slice a large ball of fresh mozzarella and a large tomato.
2. Sprinkle a little bit of salt on your tomato slices. This will help draw out the tomato juices.
3. Make your caprese salad by placing a layer of mozzarella on a plate. Top the mozzarella with a slice of tomato.
4. Pour a little bit of olive oil on the tomato (this serves as the caprese salad dressing).
5. Place a basil leaf on top and sprinkle a little salt and pepper.
6. Serve your caprese salad fresh!

## Swedish Meatballs

Serves: 6

### Ingredients:

2 tablespoons olive oil, divided  
1 onion, diced  
1 pound ground beef  
1 pound ground pork  
1/2 cup Panko\*  
2 large egg yolks  
1/4 teaspoon ground allspice  
1/4 teaspoon ground nutmeg  
Kosher salt and freshly ground black pepper, to taste  
For the gravy:  
1/4 cup unsalted butter  
1/3 cup all-purpose flour  
4 cups beef broth  
3/4 cup sour cream  
Kosher salt and freshly ground black pepper, to taste  
2 tablespoons chopped fresh parsley leaves



### Directions:

1. Heat 1 tablespoon olive oil in a large skillet over medium heat. Add onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes.
2. In a large bowl, combine ground beef, ground pork, Panko, egg yolks, allspice, nutmeg and cooked onion; season with salt and pepper, to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1 1/4-to-1 1/2-inch meatballs, forming about 24 meatballs.
3. Add remaining 1 tablespoon olive oil to the skillet. Add meatballs, in batches, and cook until all sides are browned, about 4-5 minutes. 4. Transfer to a paper towel-lined plate.
5. To make the gravy, melt butter in the skillet. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in beef broth and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in sour cream; season with salt and pepper, to taste.
6. Stir in meatballs and cook, stirring occasionally, until heated through and thickened, about 8-10 minutes.
7. Serve immediately, garnished with parsley, if desired.

## White Bean and Tuna Salad with Basil Vinaigrette

Serves: 4

### Ingredients:

Kosher salt  
Pepper  
12 oz.  
green beans, trimmed  
and halved  
1 small shallot, chopped  
1 c. lightly packed basil  
leaves  
3 tbsp. olive oil  
1 tbsp. red wine vinegar  
4 c. oak leaf lettuce or  
butter lettuce  
1 15-oz. can small  
white beans, rinsed  
2 5-oz. cans solid white  
tuna in water, drained  
4 soft- or hard-boiled  
eggs, halved



### Directions:

1. Bring a large pot of water to a boil.
2. Add 1 tablespoon salt, then green beans, and cook until just tender, 3 to 4 minutes.
3. Drain and rinse under cold water to cool.
4. Meanwhile, in a blender, puree shallot, basil, oil, vinegar, and 1/2 teaspoon each salt and pepper until smooth.
5. Transfer half of dressing to a large bowl and toss with green beans.
6. Fold in lettuce, white beans, and tuna and serve with remaining dressing and eggs.

Courtesy of: Women's Day Magazine

## Stuffed Potato Cakes

### Ingredients:

#### Dough:

1 kg floury potatoes  
80 g white rice flour (1/2 cup) \*see  
recipe notes  
50 g cornstarch (1/2 cup)  
salt, pepper, nutmeg (to taste)

#### Filling:

250 g mushrooms, sliced (about 3 cups)  
1/2 of a zucchini, diced  
1 onion, chopped  
1 bell pepper, diced  
2 cloves of garlic, minced  
salt & pepper to taste  
Oil for frying  
Vegan cheese to taste  
spice mix: 1 tsp Italian spice blend, 1 tsp onion powder, 1 tsp garlic powder, 1/2  
tsp cumin, 1/4 red pepper flakes



### Directions:

#### Dough:

1. Peel potatoes, cut into small pieces and cook in salted water for about 20 minutes.
2. Season with salt, pepper, and nutmeg and mash them with a potato masher. (Please do not use a food processor, otherwise, the mashed potatoes will be sticky).
3. Allow the mashed potatoes to cool, then add flour and cornstarch and mix well with a spoon or your hands.

#### Filling:

1. Chop the veggies, fry the onion in a pan with a little bit oil for about 3-4 minutes, add the mushrooms, garlic, and also the diced peppers and the zucchini. Sauté everything for a couple of minutes, season with salt, pepper, and the spice mix.
2. Split the dough into 8 parts (about 1/2 cup or 120 g each). Form into balls, make a well in the middle and add about one and a half tablespoons of the filling. You can also add some vegan cheese in addition. Carefully "seal" the balls with a little bit more dough and flatten them slightly to make them look like thick pancakes.
3. Heat approximately 2 tablespoons of oil in a pan and fry the potato cakes at medium heat until golden brown on both sides. They will be crunchy on the outside and soft on the inside. If you want them to be slightly crunchier, you can bake them additionally for about 20 minutes at 375 degrees Fahrenheit in the oven

## Crab Salad

Serves: 4



### Ingredients:

- 1 pound imitation crab meat
- 1 shallot minced (you can use red onion if you need)
- 1/2 cup mayonnaise
- 1/2 cup celery minced
- 1/2 teaspoon paprika
- 1/2 teaspoon dill
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon black pepper

### Directions:

1. In a large bowl add all the ingredients together gently, stirring until well coated.
2. Refrigerate for an hour before serving.

## Watermelon Feta Salad with Blueberries

Serves: 6



### Ingredients:

8 cups watermelon, cubed to 3/4 inch  
2 cups fresh blueberries, plus more if desired  
1 cup crumbled feta  
Mint and basil leaves, julienne or chopped

### Honey lime dressing:

Juice of 1 lime, fresh  
2 tablespoons extra virgin olive oil  
2 tablespoons honey  
Salt to taste

### Instructions:

1. Make the honey lime dressing: combine all honey lime dressing ingredients and mix vigorously until well combined. You can also add the ingredients to a mason jar and shake well to combine.
2. In a large serving bowl, combine cubed watermelon, blueberries, mint and basil to taste, and 3/4 cup crumbled feta. Toss with the honey lime dressing.
3. Top with the remaining 1/4 cup feta and garnish with more mint and basil leaves.
4. Serve immediately. Enjoy!

## Loaded Veggie Turkey Meatballs (Gluten Free)

Servings: 28-30 small meatballs

### Ingredients:

1 pound ground turkey  
1/2 cup lightly steamed  
broccoli florets, finely chopped  
1/2 cup kale, finely chopped  
(or any other green)  
1/2 cup carrots, finely chopped  
2 tbsp fresh cilantro, finely  
chopped  
1 egg, beaten  
2 tbsp butter or ghee, melted  
1 tablespoons coconut flour (or  
2-3 Tbsp of any other flour)  
1 tsp salt  
1/2 tsp garlic powder  
pepper, to taste



### Directions:

1. Preheat oven to 400' F. Line baking sheet with parchment paper OR place a cooling rack on top of baking sheet.  
Combine all meatball ingredients in a large bowl until well incorporated.
2. Roll into about 28-30 small meatballs ( I use a small cookie scoop to get uniform balls) and place onto prepared baking sheet.
3. Bake for 15-18 minutes, until baked through and slightly golden.

NOTES: Food processor is highly recommended to chop veggies to ideal texture.

Courtesy of: Savory Lotus

## Scallop Kabobs with Old Bay

Serves: 4



### Ingredients:

- 1/4 cup (1/2 stick butter melted)
- 1 1/2 teaspoons OLD BAY® Seasoning
- 1/2 teaspoon McCormick® Parsley Leaves (optional)
- 1 pound sea scallops

### Instructions:

1. Mix butter Old Bay and parsley in small bowl.
2. Thread scallops onto skewers.
3. Place skewers on foil-lined shallow baking pan.
4. Brush scallops with seasoned butter.
5. Broil 6 to 8 minutes or until scallops are opaque turning occasionally and brushing with seasoned butter.
6. Serve and enjoy!

## Falafel and Tahini Sauce

### Ingredients:

#### Falafel:

- 2 (14.5 oz.) cans chickpeas
- 1 c chopped red onion
- 4 cloves of garlic, chopped
- 1/2 c loosely packed cilantro
- 1/4 c loosely packed parsley
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp ground cumin
- 2 tsp ground coriander
- 1 1/2 tsp kosher salt
- 1 tsp baking soda

#### Tahini Sauce:

- 1/4 c tahini
- 2 tbsp lemon juice
- 2-3 tbsp of water
- salt and pepper to taste



### Instructions:

1. Combine the chickpeas, red onion, garlic, cilantro and parsley in a food processor. Process until broken down but still a little chunky.
2. Transfer the mixture to a bowl and add the remaining ingredients (through baking soda). Mix well.
3. Form the falafel mixture into patties (size that you can bite into unless you are going to crumble them)
4. Place the patties on a plate, then cover and refrigerate for at least 1 hour. Or, you can stick the patties in the freezer for 20-30 minutes.
5. Preheat the oven to 400. Remove falafel patties and space them out evenly on a baking pan sprayed with cooking spray.
6. Bake at 400 for 20 minutes, then flip carefully. If any of the patties fall apart a little, you can carefully use the spatula and your hand to smush them back together. They firm up by the time they are finished baking.
7. Bake another 10-15 minutes, until well browned and firm.
8. In the meantime, make the tahini sauce. Mix the tahini, lemon juice, 2 tablespoons of water and a dash of salt and pepper in a small bowl.
9. Add an additional tablespoon of water, if needed, to get it to a drizzling consistency. (It will depend on the thickness of your tahini.)
10. Once they are finished cooking and nicely browned, remove the falafel patties and let cool for a couple minutes on the pan.
11. Serve with the tahini sauce and enjoy!

## Quinoa Veggie Burger

Makes 6 Burgers

### Ingredients for Burgers:

1/3 cup olive oil  
4 cloves garlic, finely chopped  
1 small carrot, finely chopped  
1 small yellow onion, finely chopped  
1 rib celery, finely chopped  
2 cups baby arugula, blanched, shocked, finely chopped, and squeezed dry  
2 cups cooked quinoa  
1/2 cup breadcrumbs  
2 tbsp. oregano leaves, finely chopped  
1 (15-oz.) can great northern or cannellini beans, rinsed, drained and mashed  
1 egg  
Kosher salt and freshly ground black pepper, to taste



### Ingredients for Relish:

1/4 cup finely chopped parsley  
2 tbsp. fresh lemon juice  
1 tsp. ground cumin  
2 red bell peppers, roasted, stemmed, seeded, peeled, and finely chopped  
1/2 small yellow onion, minced  
6 hamburger buns, split and toasted

### Directions:

1. Heat 2 tbsp. oil in a 12" skillet over medium high heat.
2. Add garlic, carrot, onion, and celery, and cook, stirring, until soft, about 8 minutes.
3. Transfer to a bowl and add arugula, quinoa, breadcrumbs, oregano, egg, and mashed beans; season with salt and pepper and mix well to combine.
4. Divide mixture into six 5 1/2-oz. patties, about 4" wide x 1" thick; place on a plate and refrigerate for 20 minutes or until ready to use.
5. To make the relish, mix parsley, juice, cumin, peppers, onion, and salt and pepper in a bowl. Cover with plastic wrap and let sit 20 minutes to allow flavors to marry.
6. Heat 2 tbsp. oil in a 12" skillet over medium-high heat.
7. Add 3 burgers, and cook, flipping once, until toasted on each side and cooked through, about 6 minutes. Repeat with remaining oil and burgers. Divide burgers between toasted buns, top with relish and serve.

## Southwest Bean Dip



### Ingredients:

- 1 can drained pinto beans
- 1/3 c mild salsa
- ¼ c cilantro
- ½ c finely shredded Mexican cheese blend
- Jalapenos

### Directions:

1. In food processor pulse pinto beans, mild salsa, and cilantro, until some texture remains.
2. Pour into baking dish and stir in or top with Mexican cheese blend.
3. Bake in 350 degree oven until bubbling, 25 to 30 minutes.
4. Top with jalapenos
5. Enjoy!

## 5-Ingredient Strawberry Salsa

### Ingredients:

1 pint strawberries, hulled and finely diced  
1 jalapeno, stem and seeds removed, finely diced  
half of a small red onion, peeled and finely diced (about 1/2 cup)  
2/3 cup finely-chopped fresh cilantro, loosely-packed  
juice of 1 lime, about 2 tablespoons  
(pinch of salt and black pepper)



### Directions:

1. Toss all ingredients together until combined.
2. Season with extra salt and pepper, if needed.

**TIP:** If you would like a sweeter salsa, feel free to stir in a few teaspoons of warmed honey.

## Vietnamese Chicken Meatballs

### Ingredients:

1 lb ground chicken  
3 tbsp fish sauce  
1/2 small onion  
2 cloves garlic minced  
1 stalk lemongrass, finely chopped, tender white inside part only  
3-4 tbsp chopped cilantro  
1 tbsp chopped mint  
1 1/2 tbsp cornstarch  
1/2 tbsp kosher salt  
Few grinds of fresh black pepper  
1/4 c granulated sugar for rolling the meatballs  
Parchment paper



### Directions:

1. Mix the chicken with rest of the ingredients except for the sugar in a large bowl.
2. Mix together thoroughly but gently because if you overwork the meat, your meatballs will be tough.
3. Using slightly damp hands, roll the mixture into golf ball sized meatballs, put on a plate and let them sit in the fridge for half an hour or so.
4. Preheat the oven to 400F. Take the meatballs out of the fridge and line a baking sheet with parchment paper.
5. Roll each meatball lightly in the sugar and place on the parchment. Bake the meatballs in the center of the oven for 15 minutes. Give the pan a shake a few times to make sure you get even browning.
6. Your meatballs are finished!

TIP: You can make lettuce wraps, top them on rice and you can even add them into a Thai soup.

## Honey Sriracha Glazed Meatballs

Serves: 8

### Ingredients for the meatballs:

- 2 lb. lean ground turkey
- 1 cup whole wheat panko breadcrumbs
- 2 eggs
- ¼ cup green onions, chopped
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. black pepper

### Ingredients for the sauce:

- ¼ cup Sriracha
- 3 Tbsp reduced-sodium soy sauce
- 3 Tbsp rice vinegar
- 3 Tbsp honey
- 1 Tbsp grated fresh ginger
- 3 cloves garlic, minced
- ½ tsp. toasted sesame oil

### Instructions:

1. Preheat oven to 375 degrees F.
2. In a large bowl, mix together turkey, breadcrumbs, eggs, green onions, garlic powder and salt/pepper until well combined. Shape mixture into 1½-inch balls (roughly 40 balls) and place spaced apart on prepared baking sheets lightly sprayed with cooking spray.
3. Bake meatballs for 20 to 25 minutes, or until browned and cooked through.
4. While the meatballs are baking, combine all the ingredients for the sauce in a small saucepan and bring to a boil over medium heat, whisking continuously.
5. Reduce heat and simmer for 8 to 10 minutes (the sauce will start to thicken) then toss with the meatballs.
6. Serve immediately over brown rice and top with green onions and a few sesame seeds. Enjoy!



## Shawarma Meatballs

### Ingredients:

- ½ c Bulgur
- 1 1/4 c chicken stock
- 1 red onion
- 1 roma tomato
- 1 zucchini
- 1 tsp sumac
- 8 oz ground beef
- ¼ c panko breadcrumbs
- 1 TBSP middle eastern spice blend ( buy premade mix or make – recipe below)
- 2 teaspoons smoked paprika.
- 2 teaspoons ground cumin.
- 1 teaspoon freshly ground black pepper.
- 1 teaspoon ground coriander.
- 1/2 teaspoon ground cinnamon.
- 1/2 teaspoon ground nutmeg.
- 1/4 teaspoon ground cardamom.
- 1/4 teaspoon ground cloves.
- ¼ oz parsley
- 2 Tbsp sour cream



### Directions:

1. Wash and dry all produce. Heat broiler to high or oven to 500 degrees. Combine bulgur, 1 ¼ c of chicken stock, and a pinch of salt in a small pot. Bring to a boil, reduce to a simmer, and cover. Cook until tender, 12-15 mins. Remove from heat and keep covered.
2. Halve, peel, and cut onion into ½ in wedges. Quarter tomato through stem end.
3. Halve zucchini lengthwise and slice into 2-in wedges. Toss veggies on a baking sheet with a large drizzle of olive oil, sumac, salt, and pepper. Broil (or roast) until softened and slightly charred, 10-12 mins.
4. Lightly mix ground beef, panko, middle eastern spice blend, salt and pepper in a medium bowl to combine. Gentle pat into gold ball-sized meatballs with your hands.
5. Heat a large drizzle of olive oil in a medium pan over medium – high heat. Add meatballs and cook to desired doneness, 6-10 minutes, turning to brown all the sides.
6. Finely chop parsley. Fluff bulgur with a fork, season with salt and pepper, and stir in half the parsley.
7. Divide bulgur between plates. Top with veggies and meatballs. Dollop with sour cream and garnish with remaining parsley.

## Green Gazpacho with Vodka Shrimp



### Ingredients:

#### Gazpacho

Ice

4 tomatillos—husked, rinsed, and coarsely chopped

1 small ripe avocado—pitted, peeled, and coarsely chopped

1/4 English cucumber, peeled and coarsely chopped

1/2 cup coarsely chopped white onion

1/2 cup Mexican crema or Greek yogurt

A small handful of fresh cilantro or flat-leaf parsley

1 slice stale white bread, crust removed

1 small stalk celery with leafy top, coarsely chopped

1 large jalapeño chile, seeded and coarsely chopped

Juice of 1 lime (about 2 tbsp.)

1 tbsp. sherry vinegar

1 large clove garlic, crushed

A fat drizzle of EVOO, plus more for serving

Salt

### Ingredients Continued:

#### Shrimp

2 tbsp. olive oil

1 tbsp. butter

20 peeled and deveined large shrimp

Salt and pepper

1 tsp. each ground coriander, ground cumin, and granulated garlic

1/2 cup vodka

Juice of 1 lemon (about 1/4 cup)

2 sprigs fresh oregano, leaves stripped and finely chopped

2 tsp. fresh flat-leaf parsley, finely chopped

#### Directions:

1. For the gazpacho, in a large high-power blender or food processor, puree a small scoop of ice, about 1/2 cup water, the tomatillos, avocado, cucumber, onion, crema, cilantro, bread, celery, chile, lime juice, vinegar, garlic, a fat drizzle of EVOO, and a fat pinch of salt. Season the gazpacho with salt to taste. Thin with more water if it's too thick.

2. For the shrimp, in a large skillet, heat the olive oil, two turns of the pan, over medium-high. Add the butter. When it melts, add the shrimp; season with salt and pepper. Add the coriander, cumin, and granulated garlic. Cook until the shrimp are browned at the edges, about 2 minutes. Turn the shrimp over. Remove from heat.

3. Douse the shrimp with the vodka and lemon juice. Cook over medium-high heat until the liquid reduces to a sauce and the shrimp are opaque in the centers, about 2 minutes. Top with the herbs. Chop shrimp into small pieces so they are easier to chew.

4. Pour the gazpacho into chilled bowls or mugs. Drizzle with EVOO. Serve with the shrimp.

By: Rachael Ray

## Meatloaf Muffins

### Ingredients:

Ground chuck or turkey  
Onion  
Green pepper  
Eggs  
Breadcrumbs  
Worcestershire sauce  
Ketchup  
Salt and pepper

### Ingredients for the Sauce:

Brown Sugar  
Yellow Mustard  
Ketchup



### Directions:

1. Mix up the meatloaf as you normally would: meat, onion, pepper, egg, breadcrumbs, ketchup all in a large bowl.
2. Scoop mixture into muffin pans. My muffin pans are non-stick, but I still spray the pan and then slightly overfill each muffin cup.
3. Bake!
4. Remove and brush with sauce. Then bake a few more minutes before taking the meatloaf muffins out of the oven.

**TIP:** This meatloaf muffin recipe makes enough to freeze so you can have muffin pan meatloaf anytime. Just thaw and reheat. So easy! This makes about 18-24 meatloaf muffins!

## Smoky Black Bean Cakes with Sweet Corn, Avocado Salsa, and Arugula

### Ingredients:

- 1 can black beans
- 1 medium red onion
- 1 jalapeno pepper
- 1 ear of corn
- 1 roma tomato
- 1 avocado
- ¼ c panko breadcrumbs
- 2 oz arugula
- 4 Tbsp sour cream
- 1 tsp cumin
- 1 tsp cayenne
- 1 tsp balsamic vinegar
- 1 lime
- 1 Tbsp olive oil



### Instructions:

1. Drain and rinse the black beans. Halve, peel, and dice the onion. Shuck and cut the corn kernels off the cob. Core, seed, and dice the tomato. Halve the lime and cut one half into wedges. Mince the jalapeno, removing the ribs and seeds if you prefer less heat. Halve, pit, and cube the avocado. In a medium bowl, combine the avocado, ¼ tomato, ¼ of the onion, and up to half the jalapeno (to taste). Stir in a squeeze of lime and season with salt and pepper.
2. Heat a drizzle of olive oil in a large pan over medium heat. Add the remaining onion and jalapeno to the pan. Cook, tossing, for 2-3 mins, until softened. Add the corn, black beans, cumin, and remaining tomato to the pan. Add a pinch of cayenne pepper (if desired). Cook, tossing, for 4-6 minutes, until softened. Place the black bean mixture into a large bowl. Mash with a potato masher or fork until nearly smooth. Stir in ¾ of the panko and season with salt and pepper. Place the remaining panko into a small bowl. Form the black bean mixture into 2-in patties, pressing each side into the panko.
3. Wipe out the same large pan with a paper towel. Heat a drizzle of olive oil over medium heat. Once hot, add the black bean cakes to the pan. Cook 2-3 minutes per side, until golden brown. Season with salt and pepper.
4. In a medium bowl, toss the arugula with a drizzle of olive oil and balsamic vinegar. Season with salt and pepper. Serve the smoky black bean cakes on a bed of arugula. Top with avocado salsa and a dollop of sour cream. Serve with lime wedges for squeezing.

## New Orleans BBQ Shrimp and Grits Recipe

### Ingredients:

1/4 cup olive oil  
1/4 cup unsalted butter  
12 cloves garlic, smashed and peeled  
2 bay leaves  
4 sprigs fresh thyme  
3 tablespoons dry sherry  
1 tablespoon paprika  
1 teaspoon Worcestershire sauce  
1/2 teaspoon hot sauce  
1/2 teaspoon kosher salt  
1/4 cup diced tomatoes  
2 tablespoons heavy cream  
1 pound fresh or frozen large shrimp in shells  
2 cups cooked grits  
To garnish, diced green onions, diced bacon, and a lemon wedge



### Directions:

1. In a large cast-iron skillet, combine olive oil, butter, garlic, bay leaves, and thyme.
2. In a medium bowl, combine sherry, paprika, Worcestershire sauce, and kosher salt.
3. Add shrimp to bowl and toss to combine.
4. Add shrimp mixture to the hot skillet.
5. Add diced tomatoes and cook and stir shrimp for about 2 minutes then add in heavy cream and turn heat down to reduce and thicken sauce (but don't cook too long, don't overcook the shrimp).
6. Serve shrimp over cooked grits and garnish with diced green onions, crumbled bacon and a lemon wedge.

## SOUPS



## Homemade Tomato Soup

### Ingredients:

- 1 T olive oil
- 2 tsp dry basil
- 4 cloves garlic minced
- 1 tsp ground thyme
- 1 large shallot minced
- ¼ tsp paprika
- 1 stalk of celery chopped
- 28 oz crushed tomatoes
- ½ c chopped carrots
- 1 bay leaf
- Salt and pepper to taste
- 2 cups chicken broth
- 6 oz can of tomato paste
- 2 cups whole tomatoes (cherry, Roma, or what you have)



### Instructions:

1. Sauté garlic, shallot, celery, carrots, salt and pepper in the olive oil till soften, approximately 8-10 minutes in pot
2. Remove mixture from pot and place in a blender with 1 cup of chicken broth.
3. Blend until smooth
- Sauté tomato paste for 2 minutes and add blended mixture from step 2. Return mixture to pot
4. Add crushed tomatoes, basil, thyme, and paprika and simmer for 3- 5 minutes  
Add bay leaf
5. Blend whole tomatoes with remaining chicken broth in blender and pour into pot
6. Simmer for 25 – 30 minutes
7. Adjust thickness based on your preference
8. Serve with grilled cheese for dipping

(Courtesy of: Dr. Brown's Family!)

## Instant Pot Chicken Mushroom Wild Soup

Serves: 8

### Ingredients:

1 Tbsp butter  
1 medium onion, diced  
4 cups chicken broth (or 4 cups water +  
4 tsp Better than Bouillon Chicken  
Base)  
3 medium carrots, cut into ½ inch slices  
3 ribs of celery, cut into ½ inch slices  
8 ounces white button mushrooms,  
sliced or chopped  
1 tsp garlic powder  
1 ½ tsp salt  
½ tsp black pepper  
1 ½ tsp poultry seasoning  
½ tsp dried thyme  
1 cup uncooked wild rice  
2 pounds boneless, skinless chicken  
thighs (frozen is okay)  
4 Tbsp butter  
¼ cup flour  
1 cup half and half, whole milk or heavy cream  
Salt and pepper



### Instructions:

1. Turn your Instant Pot to the sauté setting. When the display says HOT add in the 1 Tbsp of butter and swirl it around. Once it is melted add in the onion and sauté for about 4 minutes.
2. Add in the chicken broth, carrots, celery, mushrooms, garlic powder, salt, pepper, poultry seasoning, thyme, wild rice, and chicken thighs.
3. Cover the pot and secure the lid. Make sure valve is set to sealing. Set the manual/pressure cook button to 30 minutes. When the time is up let the pot sit for 10 minutes and then move the valve to venting. Remove the lid.
4. In a medium bowl, melt the butter (I use my microwave for this part) and slowly whisk in the flour, a tablespoon at a time. Once it's smooth stir in the half and half and whisk until the mixture is smooth. Stir in a cup of the broth from the soup until it is smooth. 5.) Stir the whole mixture into the Instant Pot. Turn the pot to sauté. The soup will thicken fairly quickly.
6. Use tongs to place chicken on a cutting board. Cut it into pieces or shred it and return it back into the pot.
7. Salt and pepper the soup to taste and add in additional poultry seasoning, if needed. Ladle into bowls and serve.

## Minestrone Soup

Serves: 6

### Ingredients:

- 2 Tbsp. olive oil or avocado oil
- ½ large onion, diced
- 7 cloves garlic, peeled and minced
- 1 large celery rib, diced
- 1 medium carrot, peeled and diced
- 4 oz. mushrooms, sliced
- 1 tsp. dried oregano (such as Simply Organic)
- 1 tsp. dried basil (such as Simply Organic)
- ½ tsp. salt + more to taste
- ¼ tsp. black pepper + more to taste
- 1 small zucchini, diced
- 1 (28-ounce) can crushed tomatoes (such as Muir Glen)
- 3 cups water
- 1 (14-ounce) can red kidney beans, drained and rinsed (such as Eden Organic or Westbrae Naturals)
- 1 cup (about 4 ounces) dried gluten-free pasta of choice, cooked al dente
- ¼ cup fresh parsley, chopped (optional)
- Freshly grated parmesan cheese (optional)



### Instructions:

1. Heat olive oil in a large saucepan or Dutch oven over medium heat. Add onion and sauté for 5 minutes. Add garlic and cook an additional 30 seconds.
2. Add celery, carrot, mushrooms, oregano, basil and salt and pepper.
3. Reduce heat to low. Cover with a lid and cook 10 minutes, stirring occasionally.
4. Add zucchini, crushed tomatoes, water, and beans. Increase heat to medium-low. Cover and simmer an additional 15 minutes or until vegetables are tender.
5. While the soup is simmering, bring a pot of water to a boil. When water boils, add pasta and cook according to directions until pasta is al dente. Drain pasta and set aside until ready to add to soup.
6. Remove from heat, stir in chopped parsley. Taste and season with additional salt and pepper as needed. Stir cooked pasta into hot soup and allow to stand for a few minutes before serving.
7. Serve with grated parmesan, if desired.

\*For best results, stir cooked pasta into soup just before serving rather than adding it to the pot of soup to prevent pasta from becoming mushy.

## Roasted Carrot, Sweet Potato and Ginger Soup

### Ingredients:

- 1 large sweet potato
- 2 cups carrots
- 1 tbsp vegetable oil
- 1 onion
- 1 garlic clove
- 2 tbsp grated ginger
- 1 liter vegetable broth
- 1 pinch of cayenne salt  
& pepper to taste



### Instructions:

1. Preheat your oven to 400 degrees and line a pan with parchment paper.
2. Chop your sweet potatoes and carrots into medium sized cubes and place spread out of your pan. Bake for 20-25 minutes until tender.
3. Heat vegetable oil in a large pot on medium heat. Chop your onion and garlic and add to the pot, stirring constantly for 2-3 minutes. Add grated ginger, sweet potato, carrots and a pinch of cayenne and stir together.
4. Next add your vegetable broth and bring to a boil for 2 minutes. Reduce heat to low and let simmer for 30 minutes.
5. Transfer soup to a blender (or use a hand blender) and blend soup until smooth. Season with salt and pepper to taste.

## Vegan Spicy Thai Peanut Ramen

Servings: 6

### Ingredients:

- 2 tsp Olive oil
- 3 Cloves Garlic, chopped
- 1 tsp Ginger, grated
- 1 tsp Green curry paste
- 4 c Vegetable broth, divided
- 1 Can (13oz.-14oz.) Coconut milk, full fat
- 1/2 c Peanut butter, natural or organic
- 2 tsp Soy sauce
- 2 tsp Agave syrup
- Juice of 2 Limes
- 12 oz Ramen noodles



### Instructions:

1. In a large pot, heat the olive oil on medium high. Then add the chopped garlic and grated ginger. Saute, reducing heat as needed for a minute or 2 to cook the garlic.
2. Now, add the curry paste, and stir it into the garlic and ginger. Cook for another minute.
3. Then add 3 cups of veggie broth and the coconut milk. Stir to combine everything. Reduce heat to low and simmer.
4. Next, in a medium sized bowl, whisk together the remaining cup of broth and the peanut butter. I find this makes it easier to incorporate the peanut butter.
5. Now, add the peanut butter and broth to the pot and whisk to combine.
6. Then add the soy sauce, agave and lime juice. Simmer on low for 5-10 minutes to develop the flavors. Taste and adjust seasonings. Add a pinch of salt if needed or more lime juice or agave if needed.
7. Right before serving, add the ramen noodles into the pot. Simmer them, cooking according to package directions. They usually only take a minute or two.
8. Serve immediately as is, or add the optional toppings, veggies or tofu or whatever you want.

## Bone Broth for Healthy Joints

Makes: 10 cups

### Ingredients:

3 - 4 lbs. of bones (chicken bones chicken feet, beef marrow bones, whatever you have!)

2 medium carrots

2 medium celery stalks

1 medium white onion skin on

4 cloves garlic peeled

2 Tbsp apple cider vinegar

2 leaves bay

1/2 - 1 Tbsp Himalayan salt depends how salty you like your broth

10 - 12 cups water enough to cover the bones



### Instructions:

1. If using beef bones, preheat your oven to 400F.
2. Place the beef bones in a single layer on a baking sheet or roasting pan. Roast for 1 hour, flipping the bones over halfway through cooking time. (Skip this step if using chicken bones)
3. Chop the vegetables (don't bother peeling them) and place them, along with the bay leaves and apple cider vinegar, into the bottom of the slow cooker. Add the bones and fill the pot with water, making sure to cover the bones.
4. Set the slow cooker on low and cook for 18 - 36 hours.
5. Remove the larger pieces with a slotted spoon and place them in a strainer set over a large bowl to collect the excess broth. Then, strain the broth that's still in the slow cooker through a fine mesh sieve into the same large bowl. You can put this broth in the fridge to cool and allow the fat layer (tallow) to float to the top. Scrape off the tallow, if you like, and use it for cooking.
6. Spoon the broth into jars and place in the fridge for 5 days, or else freeze for future use.

## Spring Minestrone

### Ingredients:

- 1 tsp. coriander seeds
- 1 tsp. fennel seeds
- ½ tsp. black peppercorns
- ¼ cup extra-virgin olive oil
- 4 garlic cloves, thinly sliced
- 6 scallions, coarsely chopped
- ½ serrano chile, thinly sliced (optional)
- 2 2x1" strips lemon zest
- 2 large leeks, white and pale green parts only, tough outer layer removed, sliced into ½"-thick rounds
- 1 fennel, halved lengthwise, bulb and stalks thinly sliced, fronds coarsely chopped
- 1 15.5-oz. can cannellini beans, rinsed
- 5 oz. sugar snap peas, thinly sliced on a diagonal
- Kosher salt
- 2 cups baby spinach
- 1 cup shelled fresh English peas (from about 1 lb. pods) or frozen peas, thawed
- 1 Tbsp. white miso



### Directions:

1. Coarsely grind coriander seeds, fennel seeds, and peppercorns in spice mill or with mortar and pestle.
2. Cook oil, garlic, and ground spices in a large saucepan over medium heat, stirring often, until garlic is softened but not crisp, about 2 minutes.
3. Add scallions, chile (if using), and lemon zest and cook, stirring occasionally, until scallions are softened and almost completely charred, 5–7 minutes.
4. Pour 6 cups cold water into saucepan, increase heat to medium-high, and bring to a simmer.
5. Add leeks, fennel bulb and stalks, beans, and sugar snap peas (pan will look crowded, but vegetables will shrink as they cook).
6. Reduce heat to medium. Add a large pinch of salt and simmer, stirring occasionally, until leeks, fennel, and sugar snap peas are fork-tender, about 5 minutes.
7. Add spinach, English peas, and miso and cook, stirring, just until spinach is wilted, about 10 seconds; season with salt.

## Coconut-Apple-Ginger Dal



### Ingredients:

- 2 Tbsp virgin coconut oil
- ¼ tsp cayenne pepper
- ¼ tsp ground cumin
- ¼ tsp ground turmeric
- ½ large onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 3" piece ginger, peeled, finely chopped
- 1 large apple (unpeeled), grated with large holes
- 1.5 c red lentils
- 1 13.5-oz can coconut milk
- 2 Tbsp fresh lime juice
- Kosher salt, freshly ground pepper
- Plain yogurt, cilantro leaves, and toasted unsweetened coconut flakes (for serving)

### Directions:

1. Heat oil in a large pot over medium-high.
2. Cook cayenne, cumin, and turmeric, stirring, until fragrant, about 1 minute.
3. Add onion, garlic, and ginger and cook, stirring, until softened, about 3 minutes. Add apple and lentils and stir to coat.
4. Stir in coconut milk and 2.5 cups water and bring to a boil.
5. Reduce heat and simmer, stirring occasionally, until lentils are completely soft, and dal is thick, 20-25 mins.
6. Add lime juice and season with salt and pepper.
7. Divide dal among bowls and top with yogurt, cilantro, and coconut flakes; season with more pepper.

## Sweet Potato-Peanut Bisque

### Ingredients:

2 large sweet potatoes (10-12 ounces each)  
1 tablespoon canola oil  
1 small yellow onion, chopped  
1 large clove garlic, minced  
3 cups reduced-sodium tomato-vegetable juice blend or tomato juice  
1 4-ounce can diced green chiles, preferably hot, drained  
2 teaspoons minced fresh ginger  
1 teaspoon ground allspice  
1 15-ounce can vegetable broth  
½ cup smooth natural peanut butter  
Freshly ground pepper to taste  
Chopped fresh cilantro leaves for garnish



### Directions:

1. Prick sweet potatoes in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. Set aside to cool.
2. Meanwhile, heat oil in a large saucepan or Dutch oven over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in juice, green chiles, ginger and allspice. Adjust the heat so the mixture boils gently; cook for 10 minutes.
3. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the bisque with water, if desired. Season with pepper. Heat until hot. Garnish with cilantro, if desired.

TIP: Cover and refrigerate for up to 3 days. Thin with water before reheating, if desire.

## Cleansing Detox Soup

Serves: 6



### Ingredients:

- 1/4 cup water (or vegetable broth)
- 1/2 of a red onion, diced
- 2 cloves garlic, minced
- 3 celery stalks, diced
- 3 medium carrots, diced
- 1 small head of broccoli, florets
- 1 cup chopped tomatoes
- 1 tablespoon fresh ginger, peeled and minced
- 1 teaspoon turmeric (I used powdered)
- 1/4 teaspoon cinnamon
- 1/8 teaspoon cayenne pepper, or to taste (optional)
- fine-grain sea salt and black pepper, to taste
- 6 cups water (or 4 cups vegetable broth + 2 cups water)
- 2 cups kale, de-stemmed and torn in pieces
- 1 cup purple cabbage, chopped
- juice from 1/2 of a small lemon (or a whole lemon, depending how much lemon flavor you prefer)

### Directions:

1. In a large pot, add the water and turn on the heat to medium-high. After it's hot, add the onion and garlic. Sauté for 2 minutes, stirring occasionally. Add the celery, carrots, broccoli, tomatoes and fresh ginger. Stir and cook for 3 minutes, adding in extra water or broth as needed (another 1/4 cup). Stir in the turmeric, cinnamon, and cayenne pepper plus salt and pepper to taste.
2. Add in the water or vegetable broth and bring to a boil. Reduce heat and simmer for 10-15 minutes or until vegetables are soft. Add in the kale, cabbage and lemon juice near the last 2-3 minutes of simmering.
3. Enjoy!

## Roasted Butternut Squash Soup

Serves: 10 cups

### Ingredients:

- 1 large butternut squash
- 2 carrots
- 3 stalks of celery
- 1 large onion
- 5 cloves of garlic
- 6 sage leaves
- 6 sprigs of thyme
- 1 sprig of rosemary
- 1/4 teaspoon cayenne red pepper powder (or less, if you do not want a little kick)
- salt and pepper to taste
- 2 tablespoon olive oil
- 3 and 1/2 cups vegetable stock



### Instructions:

1. Preheat the oven to 350 F.
2. Peel, pit and chop the butternut squash into 1 inch squares. Add to a large roasting pan.
3. Chop the carrots, celery and onions in big chunks and add to the pan.
4. Peel the garlic and add cloves whole.
5. Add the herbs, red pepper powder, salt and pepper. Add olive oil and toss to coat.
6. Roast for 1 hour (or up to 1 hour and 15 minutes, if the veggies are not yet soft).
7. Once the vegetables and herbs are roasted, add to food processor with 1 cup of vegetable stock and puree. 8.) Remove the stems from the herbs before pureeing.
9. Pour mixture into a large saucepan. Add the remaining vegetable stock and stir well.
10. Simmer on low for 10 minutes and serve.

## Healthy Turkey Chili

Serves: 6 servings

### Ingredients:

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound lean ground turkey or chicken
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- Optional toppings: cheese, avocado, tortilla chips, cilantro, sour cream



### Instructions:

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and sauté for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
2. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. as necessary. Garnish with anything you'd like.

## Red Pepper Crab Soup

Serves: 5



### Ingredients:

- ¼ c onion, chopped
- 1 Tbsp olive oil
- 1 cup chicken broth
- 1 c half & half, with 1 Tbsp all-purpose flour
- 3 red bell peppers, roasted
- 2 lbs (900 g) crab meat, cooked
- 1 Tbsp lemon juice
- 1 pinch cayenne pepper
- ¼ tsp salt

### Directions:

1. Sauté onions in olive oil.
2. Place sautéed onion, broth, half and half with flour, red peppers, lemon juice, and cayenne pepper into a blender in the order listed and secure lid.
3. Turn machine on and slowly increase speed to High.
4. Blend for 6 minutes or until heavy steam escapes from the vented lid. Add salt.
5. Reduce speed and remove the lid plug. Drop crab meat through the lid plug opening. Stop machine and serve immediately.

TIP: For a non-dairy alternative, substitute soy milk for low fat or skim milk.

## ENTRÉES



## Creamy Parmesan Orecchiette with Butternut Squash and Broccolini

Serves: 8

### Ingredients for the sauce:

3 tablespoons butter  
2 cloves garlic  
1–2 teaspoons fresh thyme leaves,  
minced  
3 tablespoons flour  
1/2 cup white wine (optional)  
2–3 cups chicken or vegetable  
broth, or milk  
1/4 cup Parmesan cheese  
lemon juice to taste  
salt to taste

### Ingredients for the pasta:

16 ounces orecchiette (I used  
DeLallo whole wheat orecchiette)  
3 cups cubed butternut squash  
3 cups broccolini  
olive oil, salt, and pepper  
pumpkin seeds  
additional Parmesan cheese



### Instructions:

**SAUCE:** Melt the butter over medium heat. Add the garlic and thyme and saute until soft. Add the flour and whisk until smooth – let it cook for a few minutes to avoid a floury taste. Add the wine and whisk to incorporate. Add the broth or milk, 1/2 cup at a time, and whisk to incorporate. When thickened slightly, add more liquid. Finish with the Parmesan cheese, lemon juice, and salt to taste. Sauce should be smooth and light.

**VEGETABLES:** Place the veggies on two separate baking sheets. Drizzle with a little olive oil, salt, and pepper, and roast at 400 degrees for about 20-30 minutes, until tender but not falling apart.

**PASTA:** Cook the pasta according to package directions. Set aside.

**FINISH:** Toss everything together (sauce, pasta, vegetables, additional broth as needed to keep it loose) and top generously with pumpkin seeds and Parmesan cheese. Season with salt and pepper.

Courtesy of: Pinch of Yum

## One Pot Greek Chicken with Lemon Rice

### Ingredients:

#### Chicken and Marinade

5 chicken thighs, skin on, bone in (about 1 kg / 2 lb)

1 - 2 lemons, use the zest + 4 tbsp lemon juice

1 tbsp dried oregano

4 garlic cloves, minced

1/2 tsp salt

#### Rice

1 1/2 tbsp olive oil, separated

1 small onion, finely diced

1 cup / 180g long grain rice

3/4 cup / 185ml water

1 tbsp dried oregano

3/4 tsp salt

Black pepper

#### Garnish

Finely chopped parsley or oregano (optional)

Fresh lemon zest (highly recommended)

1 1/2 cups / 375 ml chicken broth / stock



### Instructions:

1. Combine the Chicken and Marinade ingredients in a ziplock bag and set aside for at least 20 minutes but preferably overnight.

#### To Cook

1. Preheat oven to 180C/350F.

2. Remove chicken from marinade but reserve the Marinade.

3. Heat 1/2 tbsp olive oil in a deep, heavy based skillet over medium high heat.

4. Place the chicken in the skillet, skin side down, and cook until golden brown, then turn and cook the other side until golden brown. Remove the chicken and set aside.

5. Pour off fat and wipe the pan with a scrunched up ball of paper towel (to remove black bits), then return to the stove.

6. Heat 1 tbsp olive oil in the skillet over medium high heat. Add the onion and sauté for a few minutes until translucent. Then add the remaining Rice ingredients and reserved Marinade.

7. Let the liquid come to a simmer and let it simmer for 30 seconds. Place the chicken on top then place a lid on the skillet. Bake in the oven for 35 minutes. Then remove the lid and bake for a further 10 minutes, or until all the liquid is absorbed and the rice is tender (so 45 minutes in total).

8. Remove from the oven and allow to rest for 5 to 10 minutes before serving, garnished with parsley or oregano and fresh lemon zest, if desired.

## Curry-Poached Salmon with Peppers

Serves: 4

### Ingredients:

- 1 tbsp. plus 1/2 cup coconut milk (do not shake can)
- 1 onion, thinly sliced
- 3 peppers (red, orange, yellow, or a combination), thinly sliced
- Kosher salt
- Pepper
- 2 tbsp. Thai red curry paste
- 4 4-oz skinless salmon fillets
- 1 bunch spinach, thick stems discarded



### Directions:

1. Heat a large pot on medium.
2. Scoop 1 tablespoon solid coconut milk into pot, then add onion, peppers, and a pinch each of salt and pepper. Cook, stirring often, until beginning to soften, about 5 minutes. Stir in curry paste and cook 1 minute.
3. Stir in remaining coconut milk and 1 cup water and bring to a boil, then reduce heat and simmer.
4. Season salmon with 1/4 teaspoon each salt and pepper, then nestle among vegetables.
5. Cover and poach until fish is opaque throughout, 8 to 10 minutes.
6. Transfer salmon to a plate. Add spinach to the pot and gently toss until beginning to wilt, about 1 minute.
7. Divide vegetables among plates. Top with salmon, then spoon cooking liquid over all.

Courtesy of: Women's Day Magazine

## Grilled Eggplant with Garlic-Cumin Vinaigrette, Feta and Herbs

Serves: 8

### Ingredients:

2 large eggplants, cut in uniform slices 3/4 inch thick  
2 tsp. salt  
2 T olive oil  
1/4 cup chopped fresh mint  
1/4 cup chopped fresh cilantro  
1/2 cup crumbled Feta

### Vinaigrette Ingredients:

1 tsp. garlic puree or finely minced garlic  
1/2 tsp. salt  
3 T fresh lemon juice  
2 T red onion, finely minced  
1/2 tsp. ground cumin  
Pinch Aleppo Pepper (or cayenne)  
1 tsp. Spike Seasoning (optional, but recommended; use any all-purpose seasoning if you don't have Spike)  
6 T extra-virgin olive oil



### Instructions:

- 1.) Cut both ends off the eggplants and cut into slices 3/4 inches thick.
- 2.) If you're salting the eggplant, lay it out on paper towels and sprinkle with salt. Let sit about 20 minutes, or until you see beads of water released. Then turn over, salt and let sit about 20 minutes.
- 3.) Start to preheat gas or charcoal barbecue grill to medium high.
- 4.) While eggplant sits, blend garlic, salt, lemon juice, and shallots or red onion into food processor. Let sit for 10 minutes then put mixture in small bowl, stir in ground cumin and aleppo or cayenne, spike seasoning, then whisk in olive oil.
- 5.) Finely chop herbs. Crumble Feta into a small bowl.
- 6.) Wipe the water away from the eggplant and put it on a baking sheet.
- 7.) Brush eggplant with olive oil on both sides.
- 8.) Grill eggplant slices.
- 9.) Remove eggplant from grill, drizzle with vinaigrette, and sprinkle with crumbled feta and herbs.

### Notes:

Grilled Eggplant doesn't have to be salted if you want to skip that step. Most of the salt is wiped off, so don't worry about it being too salty. Use any combination of fresh herbs that you prefer.

Courtesy of: Fine Cooking Magazine

## Oven-Baked Corn and Tomato Risotto With Pancetta and Parmesan

### Ingredients:

- ¾ c Arborio rice
- 2 oz pancetta
- 2 c chicken stock
- ¼ c parmesan cheese
- 4 oz grape tomatoes
- ½ can corn
- 1 yellow onion
- 1 clove garlic
- 1 lemon
- 1 Tbsp butter
- 2 tsp olive oil



### Instructions:

1. Prep and start the risotto: Wash and dry grape tomatoes. Preheat the oven to 425 degrees. Halve, peel, and dice the onion. Mince or grate the garlic. Drain the corn. Heat a drizzle of olive oil in a medium, tall-sided, oven-safe pan over medium heat. Add the onion and garlic. Cook, tossing, for 4-5 minutes, until softened. Season with salt and pepper. TIP: If you don't have an oven-safe pan, use foil and transfer to a covered baking dish before step 3 and return it to the pan in step 5.
2. Bake the risotto: Add the rice to the pan and toss for 1-2 minutes, until toasted. Add chicken stock and a large pinch of salt. Bring to a boil. Cover with foil and place in the oven for about 18 minutes, until the rice is al dente.
3. Roast the tomatoes: Meanwhile, zest and cut the lemon into wedges. Halve the tomatoes and toss on a foil-lined baking sheet with a drizzle of olive oil and a pinch of salt and pepper. Place in the oven for 10-12 minutes, until shriveled.
4. Cook the pancetta: Heat a medium pan over medium-high heat. Add the pancetta. Cook, tossing, for 3-4 minutes, until golden brown and crispy. Remove from the pan onto a paper-towel-lined plate.
5. Finish the risotto: When the rice is al dente, remove the pan from the oven and place on the stove over lower heat. Stir in up to ¾ c water, adding a little at a time, until a loose, creamy consistency is achieved. Stir in the parmesan cheese, 1 Tbsp butter, and half the can of corn. Season the risotto generously with salt and pepper. Stir until the cheese melts.
6. Top the risotto and serve: Sprinkle the tomatoes, pancetta, and lemon zest over the top. Serve the oven-baked corn and tomato risotto with a wedge of lemon for squeezing and enjoy!

## Unstuffed Cabbage Casserole

Serves: 6

### Ingredients:

2 pounds cabbage, roughly chopped  
1 pound ground beef  
1/4 cup water  
2 and tablespoons olive oil  
1 large onion, chopped  
4 cloves garlic  
2 tablespoons plus 1/2 cup tomato paste  
1/2 cup tomatoes, diced  
1 cup rice, washed and rinsed well  
1 and 1/2 teaspoon salt  
1 teaspoon black pepper  
1 teaspoon dried mint  
1 lemon, squeezed  
A handful of chopped parsley  
3/4 cup water  
1 teaspoon cayenne pepper



### Instructions:

1. Chop the cabbage roughly and blanch in boiling water, for about 5-10 minutes.
2. Heat a pan on medium heat and add ground beef with 1/4 cup water. Cook until it releases water, reduce the heat. Cook it stirring and pressing on the ground beef until there aren't any blocks left.
3. Cover the pan and cook until there is little water left.
4. Add olive oil, onion, garlic and cook stirring for 5-10 minutes.
5. Add in 2 tablespoons tomato paste and 1/2 cup chopped tomatoes. Stir well.
6. Add in rice and stir.
7. Season with salt, black pepper and dried mint.
8. Add in the chopped and blanched cabbage in the pan. Pour lemon juice over it.
9. Add chopped parsley on it, pour 3/4 cup water and cover the pan. Cook it over the lowest heat until water is absorbed, and rice is cooked, for 15-20 minutes.
10. Preheat oven to 350F (175C).
11. Add cayenne pepper and add 1/2 cup tomato paste into the pan, stir and transfer it to a casserole pan that is lightly brushed with oil.
12. Bake for 40 minutes.

## Goulash

Serves: 8-10

### Ingredients:

- 2 pounds ground beef
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- Two 15-oz. cans diced tomatoes (undrained)
- Two 15-oz. cans tomato sauce
- 3 cups water
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Italian seasoning
- 2 teaspoons seasoned salt
- 16-oz. box elbow macaroni



### Instructions:

1. In a Dutch oven or large saucepan, cook ground beef over medium heat until no longer pink.
2. Drain grease.
3. Add onion and garlic and cook for 3 minutes, or until soft and fragrant.
4. Add diced tomatoes, tomato sauce, water, Worcestershire sauce, Italian seasoning, seasoned salt and elbow macaroni to the pan.
5. Mix well and bring to a boil.
6. Reduce to medium-low heat, cover pan and simmer for 25-30 minutes or until pasta is cooked through.
7. Remove from heat and serve immediately!

## Stewed Peppers and Tomatoes with Eggs

### Ingredients:

2 tbsp.  
olive oil  
1 medium onion, chopped  
1 red bell pepper, quartered  
lengthwise, then sliced  
crosswise  
1 orange bell pepper, quartered  
lengthwise, then sliced  
crosswise  
kosher salt  
black pepper  
4 cloves garlic, finely chopped  
1 (28-oz.) can whole tomatoes  
8 large eggs  
Chopped cilantro, for serving  
Corn tortillas for dipping



### Directions:

1. Heat the oil in a large skillet, add the onion and cook, covered, for 4 minutes.
2. Add the peppers, season with 1/2 teaspoon each salt and pepper and cook, covered, stirring occasionally, until just tender, 6 to 8 minutes. Stir in the garlic and cook for 1 minute.
3. Crush the tomatoes with your hands and add to the skillet along with their juices. Bring to a boil, then reduce heat and simmer until the mixture has slightly thickened, about 5 minutes.
4. Make 8 small wells in the sauce and carefully crack an egg into each one. Cover and gently simmer for 6 minutes.
5. Uncover and cook until the whites are set and the yolks are cooked to desired doneness, 6 to 7 minutes for slightly runny yolks. Sprinkle with chopped cilantro, if desired, and serve with toast.
6. Warm corn tortillas in the microwave, wrapped in a damp paper towel, for 20 seconds.

Courtesy of: Women's Day Magazine

## Turkey & Vegetables Skillet

Serves: 4



### Ingredients:

- 1 medium onion, peeled and chopped
- 3 medium whole tomatoes, chopped
- 3 tbsps. tomato paste
- 2 tps. dried basil
- 2 tps. dried oregano
- 2 tps. garlic powder
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 2 medium zucchini, sliced into half moons
- 1 summer squash
- 12 oz lean ground turkey

### Instructions:

1. Spray non-stick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

## Roasted Red Pepper Pasta – Creamy Vegan Alfredo

Serves: 3 Sauce

### Ingredients:

2 red bell peppers  
1 small red onion  
4-5 small cloves of garlic  
1 cup (240 ml) unsweetened plant-based milk  
2 heaped tbsp (40 g) cashew butter  
4 tbsp nutritional yeast flakes  
1/2-2/3 tsp sea salt or to taste  
1 tsp paprika  
1/2 tsp smoked paprika  
1 tsp onion powder  
1 tsp oregano  
1/2 tbsp cornstarch to thicken  
Black pepper to taste  
Red pepper flakes to taste



### Other ingredients:

7 oz (200 g) of your favorite pasta regular or gluten-free  
Fresh herbs to garnish

### Instructions:

- 1.) Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius) and line a baking sheet with parchment paper.
- 2.) Slice the peppers into strips, quarter the onion, and peel the garlic cloves. Transfer the veggies onto the baking sheet (check the photos in the blog post above).
- 3.) You can drizzle some oil on top or roast the veggies without oil in the oven for about 15-20 minutes.
- 4.) At the same time cook your favorite pasta as per the instructions on the package.
- 5.) Meanwhile, measure the other ingredients.
- 6.) Add the roasted veggies with all other sauce ingredients to a blender (or food processor) and blend for a few minutes until super smooth and creamy.
- 7.) Pour the sauce into a skillet or pot and heat it up over medium heat. Let simmer for about a minute, add the pasta and stir with a spoon.
- 8.) Taste and adjust seasoning. Add more salt/black pepper/red pepper flakes to taste if needed. Garnish with fresh herbs and enjoy!

Recipe by: ElaVegan

## Green Chili Chicken Enchiladas

### Ingredients:

- 1 roasted chicken white breast meat, shredded
- 4 cups salsa verde separated
- 2 cup cooked white beans
- 1 cup corn kernels
- 4 oz can chopped green chilis
- 3 cups Pepper Jack cheese shredded, separated
- 8 wheat or corn tortillas medium size
- 1 cup Monterey Jack shredded
- Fresh cilantro chopped



### Instructions:

1. Preheat the oven to 350°F.
2. Spray the bottom of one 13"x9" or two 8x8" baking pans then add 1 cup of the salsa verde, shake pan to distribute on bottom.
3. Shred the chicken and place in a bowl. Add 1 cup of green salsa, beans, corn, green chiles and 2 cups Pepper Jack cheese. Mix thoroughly.
4. Place the chicken filling on the tortilla lengthwise and roll up, this filling should make about 8 (distributed evenly). Place each in pan on top of salsa verde.
5. Pour remaining sauce over the enchiladas and top with remaining 1 cup each Pepper Jack and Monterey jack cheeses. Bake for 30 minutes.
6. Remove and let cool slightly before serving.

## One Pan Italian Sausage Butternut Squash Gnocchi

Serves: 6

### Ingredients:

5 tablespoons Land O Lakes®  
Unsalted Butter  
1 pound ground sweet Italian  
turkey sausage  
1 small butternut squash - cut  
into 1/2-inch cubes  
1 small yellow onion — diced,  
about 1 cup  
3 cloves garlic — minced  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
1 teaspoon chopped sage  
1/4 teaspoon ground nutmeg  
1 1/2 to 2 cups low-sodium  
chicken broth  
1 pound potato gnocchi\*  
5 cups loosely packed baby  
spinach  
1/4 cup freshly grated Parmesan  
Pinch red pepper flakes



### Instructions:

1. Melt 1 tablespoon of Land O Lakes® Unsalted Butter in a very large skillet with a tight-fitting lid over medium high. Once the butter is melted, add the sausage. Cook, breaking apart the meat, until it is browned and cooked through, about 5 minutes. Transfer the sausage to a plate.
2. Reduce the skillet heat to medium. Add the remaining 4 tablespoons butter. Once melted, add the squash and onion. Cook, stirring occasionally, until the squash is tender and golden, about 8 to 10 minutes. Add the garlic, salt, pepper, rubbed sage (if using fresh sage, wait to add it until the end), and nutmeg. Continue cooking until the garlic is softened and fragrant, about 1 additional minute.
3. Add 1 1/2 cups chicken broth and gnocchi to the skillet. Increase the heat to medium high. Stir to coat the gnocchi, then cover the pan. Cook, covered, until the gnocchi is just tender, about 5 minutes. Uncover and stir in the sausage. Stir in the spinach a few handfuls at a time, allowing it to wilt. If you'd like a looser sauce, add a bit more chicken broth. Sprinkle with Parmesan and season to taste with additional salt, pepper, and red pepper flakes. Enjoy hot.

Recipe by: Erin Clarke

## Slow Cooker Chicken Potpie

### Ingredients:

1 pound boneless, skinless chicken thighs  
Salt and Pepper  
1 pound red potatoes, diced  
1 onion, diced  
2 carrots, peeled and diced  
2 stalks celery, diced  
2 bay leaves  
1 cup corn kernels  
1 cup frozen peas  
1 (16-ounce) tube refrigerated buttermilk biscuits  
2 tablespoons chopped fresh parsley leaves

### For the sauce:

3 tablespoons unsalted butter  
3 cloves garlic, minced  
1/2 cup all-purpose flour  
2 cups chicken stock  
1/2 teaspoon dried thyme  
1/4 teaspoon dried basil  
1/4 teaspoon dried oregano  
Pinch of paprika  
Kosher salt and freshly ground black pepper, to taste

### Directions:

1. To make the sauce, melt butter in a large saucepan. Add garlic and cook, stirring frequently, until fragrant, about 1 minute. Whisk in flour until lightly browned, about 1-2 minutes.
2. Gradually whisk in chicken stock, thyme, basil, oregano and paprika. Cook, whisking constantly, until the sauce has begun to thicken, about 5 minutes; season with salt and pepper, to taste.
3. Lightly coat the inside of a 6-qt slow cooker with nonstick spray.
4. Season chicken thighs with salt and pepper, to taste, and place into the slow cooker. Add potatoes, onion, carrots and celery. Stir in chicken stock mixture and bay leaves. Cover and cook on low heat for 3-4 hours or high for 1-2 hours. Add corn and peas during the last 30 minutes of cooking time.
5. Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices. Cover and keep warm for an additional 30 minutes.
6. Prepare biscuits according to package instructions. Serve chicken immediately topped with biscuits, garnished with parsley, if desired.



## Lemon-Ricotta Ravioli with Creamy Herbed Mushrooms

Serves: 8



### Ingredients for Ravioli:

1lb fresh ricotta

½ c freshly grated parmesan

2tsp finely grated lemon zest

½ c flat-leaf parsley, chopped

2 tbsp chopped chives

Salt and pepper

1 batch classic pasta dough (see below)

48 whole flat-leaf parsley leaves, all stems and hard bits removed

Mushrooms

2 tbsp olive oil

12 oz mixed mushrooms, quartered

2 cloves garlic, finely chopped

2 tsp fresh thyme leaves

1 tbsp Dijon mustard

¼ c dry white wine

½ c crème fraîche or sour cream

¼ c toasted walnuts, chopped

Chopped flat-leaf parsley, for serving

### Ingredients for Classic Pasta Dough:

3 cups all-purpose flour, plus more for dusting

4 large eggs

$\frac{3}{4}$  kosher salt

### Directions:

In a food processor, combine flour, eggs and salt and process until shaggy pebble consistency. The dough should be soft and come together when squeezed, but not be sticky. If it sticks, add extra Tbsp flour and pulse.

Turn dough out onto clean work surface, gather into ball and knead to make a smooth dough, 2 to 3 min. (Dough will be somewhat firm; it will soften slightly once refrigerated.) Cover tightly with plastic wrap and let rest in refrigerator at least 30 min.

Lightly flour large baking sheet. Cut dough into 4 pieces, transfer to prepared baking sheet and cover with plastic wrap.

For pasta sheets: Working with 1 piece of dough at a time, pat into an oval and lightly dish with flour. Using pasta roller on widest setting, run dough through machine. Fold dough into thirds, turn so one of the open sides goes into roller first and repeat three more times, until dough is smooth.

Reduce setting one notch, lightly push dough with flour and run through machine once. Repeat, reducing setting one notch each time you pass pasta through machine.

1. In medium bowl, combine ricotta, parmesan, lemon zest, chopped parsley, chives and  $\frac{1}{4}$  tsp each salt and pepper. Set filling aside.
2. Prepare pasta dough. Lightly flour large baking sheet. Working with 1 piece of dough at a time, roll into pasta sheet as directed (leave remaining portions covered while making each batch of ravioli).
3. Transfer pasta sheet to lightly floured work surface and top half of sheet with 12 whole parsley leaves, moistening slightly if necessary, to make them adhere. Fold over second half of sheet, gently pressing to adhere. Pass sheet through second thinnest setting on pasta machine. Place one end of rolled pasta over ravioli form, leaving half of sheet draping off end. Gently press dough down into mold.
4. Spoon in filling, about 2 tsp in each mold. Use a pastry brush and water to gently brush around each ravioli. Fold over other half of sheet to cover filling and gently press to seal. Run rolling pin firmly over top of ravioli mold to create ravioli shapes; carefully break into pieces. Transfer to prepared baking sheet. Repeat with remaining dough and filling.
5. Bring large pot of water to a boil; add 1 Tbsp salt. Cook ravioli to al dente, 6 to 8 min. Reserve  $\frac{1}{2}$  c pasta cooking water, then drain.
6. While water is coming to a boil, make sauce: Heat large skillet on medium-high. Add oil, mushrooms and  $\frac{1}{4}$  tsp salt and cook, tossing occasionally, until softened and starting to brown, 6 to 8 min. Add garlic and thyme and cook 1 min.
7. Stir in mustard, then add wine and cook, stirring, 30 sec. Remove from heat, stir in crème fraiche and season with pinch salt and  $\frac{1}{2}$  tsp pepper; thin with pasta cooking water if necessary. Spoon over ravioli and top with walnuts and parsley if desired.

## Penne All'Amatriciana

Serves: 4

### Ingredients:

Garlic peeled, 1 clove  
Yellow onion, 1 diced  
Chili pepper flakes, 1 tablespoon  
White wine, a splash  
Pancetta or bacon, ½ lb diced  
Cherry tomato sauce, 1 jar 23 oz  
Penne dried pasta, one pack 500 g  
Luke warm water, 2.5 c  
Sea Salt, 2 tablespoons  
Fresh basil, about 10 leaves  
Extra Virgin Olive Oil, 3 tablespoons  
Parmigiano Reggiano Cheese, 3 oz  
grated



### Directions:

1. Fill a large pot with water and bring to boil.
2. In the meantime, heat the pan and add one tablespoon extra-virgin olive oil (or other oil if preferred). On a medium to high heat add garlic, chili flakes and onion, stir and when it starts to brown add the splash of wine (or water).
3. Once the liquid evaporates add the pancetta, when it is cooked through add the cherry tomato sauce, add 1 large pinch of salt, lower the flame and let simmer.
4. At this point the water in the pot should be boiling, add the remaining sea salt to the water. Cook the pasta in the boiling water for the suggested time on box. Stir occasionally so that it does not stick. Drain pasta in a colander and then add the pasta directly to the pan with sauce and toss for a minute or so.
5. Serve with some torn fresh basil, a drizzle of extra virgin olive oil and grated parmigiano reggiano cheese.

## Old Bay Fish & Veggie Foil Packets

Serves: 4



### Ingredients:

- 1/2 cup (1 stick) unsalted butter, melted
- 1 tablespoon OLD BAY® Seasoning
- 2 large yellow squash, cut into 1/4-inch thick slices
- 2 large zucchini, cut into 1/4-inch thick slices
- 1 medium yellow onion, thinly sliced
- 4 tilapia fillets, (about 1 pound)
- 1 lemon, thinly sliced
- 4 sheets (12x12-inches each) heavy duty aluminum foil

### Directions:

1. Mix butter and OLD BAY in a small bowl. Set aside. Place squash, zucchini and onion in large bowl. Add 1/4 cup butter mixture; toss to coat well.
2. Divide vegetable mixture evenly into 4 portions and arrange in center of each sheet of foil. Place one tilapia fillet on top of each vegetable portion. Drizzle remaining butter mixture over tilapia fillets. Top each fillet with two lemon slices. Bring up sides of foil; double fold top and ends to tightly seal each packet.
3. Grill packets over medium-high heat 10 to 12 minutes or until fish flakes easily with fork, turning halfway through cooking. Sprinkle with additional OLD BAY before serving, if desired.

## Moussaka

Serves: 4

### Ingredients:

2 medium eggplants  
olive oil (as needed)  
1 lb lean ground beef (or ground lamb)  
2 medium onions, peeled and chopped  
2 tablespoons fresh minced garlic  
1 (8 ounce) can tomato sauce  
1 tsp dried oregano  
1 tsp fresh ground black pepper and salt  
Cheese Sauce:  
3 tablespoons butter  
1/2 teaspoon salt (I use seasoned salt)  
1/2 teaspoon fresh ground black pepper  
2 tablespoons flour  
1 cup half-and-half cream  
1 egg  
1/2 cup grated parmesan cheese



### Directions:

1. Grease a 9 x 9-inch baking pan (thicker casserole) / 13 x 9 pan (thinner casserole)
2. Peel the eggplants then slice 1/4-inch thick
3. Brush cookie sheet with olive oil.
4. Coat each side of sliced eggplant with olive oil then season slices with salt and freshly ground pepper.
5. Place the eggplant slices on cookie sheet; broil under the broiler until brown; turn and broil the other side, brushing with oil if needed; repeat with all eggplant slices.
6. In the bottom of the prepared baking dish arrange half of the eggplant slices.
7. In a large skillet, combine beef and onions; cook stirring until the beef is no longer pink and the onions are soft; drain fat.
8. Add in the garlic, tomato sauce, oregano, 1/2 tsp salt and black pepper to taste; pour mixture over eggplant slices.
9. Arrange the remaining eggplant slices over the beef mixture.

Directions for Cheese Sauce: Melt the butter in a saucepan, whisk in flour, 1/2 tsp salt and pepper to taste; gradually stir in half and half or milk, cook and stir over medium heat until thick and bubbly.

In a small bowl, beat egg; stir in some of the hot sauce, then add egg to sauce mixture, mix well; add in Parmesan cheese, and stir again.

Pour the cheese sauce over mixture in baking dish. Bake in a preheated 350 degree F oven for 45 minutes. Cut into squares.

## Tomato-Basil Gnocchi

Serves: 6

### Ingredients for Gnocchi:

- 1 lb fresh ricotta cheese
- 1 lg egg yolk
- 1 ¼ c all-purpose flour, plus more for rolling
- 2 Tbsp freshly grated parmesan, plus more for serving
- ½ c fresh basil, roughly chopped
- ¼ tsp ground nutmeg Kosher salt and pepper

### Ingredients for Sauce:

- 3 Tbsp olive oil
- 2 cloves garlic, sliced
- 3 anchovies
- 3 c cherry tomatoes, halved
- ¼ c fresh basil leaves, torn



### Directions:

1. In a large bowl, combine ricotta and egg yolk. Add 1 c flour, parmesan, basil, nutmeg and ¼ tsp each salt and pepper. Fold together to make a soft but not sticky dough; do not overmix. Add remaining ¼ c flour as needed.
2. Lightly flour large baking sheet. Divide ricotta mixture in 4. Working with 1 portion at a time with lightly floured hands, roll gnocchi into 1-in.-wide logs (about 8 in. long); transfer to prepared baking sheet and refrigerate, covered loosely with plastic wrap, 30 mins.
3. Meanwhile, make sauce: Heat large skillet on medium-low and cook oil, garlic and anchovies until anchovies start to dissolve and garlic starts to turn golden brown, 2 to 3 min. Stir in tomatoes and cook until tomatoes just start to break down, 3 to 4 min. Remove from heat and stir in pinch salt, ¼ tsp pepper and basil.
4. Cut gnocchi into 1-in pieces. Bring large pot of water to a boil; add 1 Tbsp salt. Add gnocchi and cook until all have risen to surface, 2-3 min., then cook 1 min. more. Using a large slotted spoon, transfer gnocchi to skillet with tomatoes, gently tossing to coat. Sprinkle with grated parmesan if desired.

## Grilled Salmon Burgers with Avocado Salsa

### Ingredients:

1 pound salmon fillet  
1/2 cup panko crumbs  
1 egg  
2 green onions chopped  
1/2 poblano pepper seeded and chopped  
1 tablespoon fresh lemon or lime juice  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Avocado Salsa  
1 large ripe avocado - peeled seeded and chopped  
1/2 poblano pepper seeded and chopped  
2 green onions chopped  
1 tablespoon fresh lemon or lime juice  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon salt



### Directions:

1. Skin and chop salmon fillet. Put in large bowl.
2. Add panko, poblano, egg, green onion, lemon or lime juice, salt and pepper.
3. Mix well.
4. Heat indoor grill pan or outdoor BBQ to medium high heat.
5. Cook for about 4 minutes on each side until cooked through.

### Avocado Salsa:

1. Combine all ingredients in medium bowl
2. Top burgers with salsa. Serve with or without bun.

## Meatloaf

Serves: 5

### Ingredients:

#### Meatloaf

2 lb ground beef  
4 slices of fresh bread food processed  
1/3 cup beef broth  
1 1/2 tbsp Worcestershire sauce  
2 eggs lightly beaten  
pinch ground thyme  
2 pinches dry parsley  
1 tbsp vegetable oil  
4 garlic cloves minced  
2 cups red onion diced  
salt for taste  
Brown Sugar Ketchup  
1/2 cup ketchup  
4-5 tbsp light brown sugar  
2 tsp pepper (optional)



### Instructions:

1. Preheat oven to 350 degrees Fahrenheit. Cover the entire top and sides of a baking sheet with heavy-duty aluminum foil.
2. Add the vegetable oil to a medium skillet over medium heat. Once the oil is hot enough add the onions and cook until softened about 6-8 minutes. A minute before the onions are done, add the garlic. Cook until fragrant (about 30 seconds). Remove the onions and garlic from the skillet and let it cool for about 5 minutes.
3. To a small bowl add the fresh breadcrumbs, eggs, Worcestershire sauce and beef broth. Mix gently. Let the breadcrumbs soak for 5 minutes.
4. Get a bowl big enough for the ground beef and breadcrumb mixture. Add the ground beef to the bowl with all the seasonings. Add the breadcrumb mixture, onions and garlic and gently mix.
5. Place the beef on the baking sheet lined with heavy-duty aluminum foil. Shape the beef into a loaf. Pour half of the brown sugar ketchup over the meatloaf. With the basting brush, brush the ketchup all over the top and side of the meatloaf.
6. Reserve half of the ketchup. You will add the rest of the ketchup once the meatloaf is done.
7. Place the meatloaf in the oven. Add another baking sheet on the lower shelf right underneath the meatloaf. Fill it with water to keep the meatloaf moist.
8. Bake for 45-55 minutes or until the temperature on your meat thermometer reads 165 degrees Fahrenheit. Add the rest of the ketchup and serve with mashed potatoes and vegetables.

## Slow Cooker Beef Bourguignon

### Ingredients:

5 slices bacon, finely chopped  
3 lbs. boneless beef chuck, cut to 1 inch cubes  
1 cup red cooking wine  
2 cups chicken broth  
½ cup tomato sauce  
¼ cup soy sauce  
¼ cup flour  
3 garlic cloves, finely chopped  
2 Tablespoons thyme, finely chopped  
5 Medium Carrots, sliced  
1 pound baby potatoes (I used tri color)  
8 ounce fresh mushrooms, sliced  
fresh chopped parsley for garnish



### Instructions:

1. In a large skillet cook bacon over medium high heat until crisp. Put bacon in slow cooker. Salt and pepper the beef and add to the skillet and sear on each side for 2-3 minutes. Transfer beef to the slow cooker.
2. Add the red wine to the skillet scraping down the brown bits on the side. Allow it to simmer and reduce and slowly add chicken broth, and tomato sauce, and soy sauce. Slowly whisk in the flour. Add the sauce to the slow cooker.
3. Add garlic, thyme, carrots, potatoes, and mushrooms to the slow cooker. Give it a good stir and cook on low until beef is tender for 8-10 hours or high for 6-8. Garnish with fresh parsley and serve with mashed potatoes if desired.

## Chicken Potpie with Herb Crust

Serves: 6



### Ingredients:

#### Crust

- 1 cup gluten free all-purpose flour blend
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried parsley
- 1/4 cup cold butter cut into pieces or coconut oil (coconut oil should be a consistency that is easy to scoop and not melted)
- 1 egg, divided
- 2-3 tablespoons ice cold water

#### Filling

- 1.5 cups potatoes, diced (peeling is optional)
- 2 medium or large carrots diced carrots
- 2 tablespoon olive oil, divided
- 1 pound boneless, skinless chicken breasts cut into 1 inch chunks
- 1/2 teaspoon salt + pepper, each
- 1 medium yellow or white onion, chopped
- 1 teaspoon dried thyme
- 1/2 teaspoon dried parsley
- 1 1/2 cup low sodium chicken broth
- 3 tablespoons gluten free all-purpose flour

## Instructions:

### Crust

- 1.) In a medium sized mixing bowl whisk together the gluten free flour blend with the salt and dried herbs.
- 2.) Cut in the butter with a pastry cutter or a fork until the dough is crumbly. If using coconut oil mix it in with a spoon or mixer. The dough should also be a little dry and crumbly.
3. Whisk the egg in a small cup or bowl. Pour three tablespoons of the whisked egg into the dough. Add the cold water 1 tablespoon at a time. Mix well between each addition of water. When the dough sticks together and forms a ball, you're done adding water. Wrap the dough up and place in the fridge while you prep the filling.

### Filling

1. Preheat oven to 400°F/205°C. Adjust rack so that it's in the middle of the oven.
2. Warm the olive oil in a large skillet or pan on a medium heat. When the oil is hot add the diced chicken cooking until the chicken is no longer pink on the outside, about 5 minutes. Sprinkle with salt & pepper while cooking.
3. Remove the chicken from the skillet/pan and place in a small bowl or plate.
4. Wipe down the pan you were just using and add another 1 tablespoon olive oil on a medium heat. When the oil is hot add the onion and fry for 2-3 minutes until the onions begin to soften and become translucent. Add the chopped potatoes and carrots to the pan. Cook for another 2-3 minutes before adding back the chicken and herbs. Stir everything together well.
5. In a mixing cup mix together the chicken broth and flour. Whisk until no lumps remain. Add the stock to the pan and stir everything together.
6. Transfer the contents of the skillet to a greased 2-quart baking dish 8 inch square or round dish or 7x11 inch rectangular). Set aside.
7. Roll out the dough on a floured baking paper surface. Rolling out of the paper will make it easier to transfer the rolled-out dough. Roll it out so that it's large enough to cover the top of the filling. Transfer the crust over the outside of the pie dish and use a fork to seal the edges. Poke a few holes in the top crust to allow steam to escape while baking.
8. Brush the remaining whisked egg over the top of the crust and then bake in the oven for 40-45 minutes until the crust is golden and the filling is bubbly. Let cool for at least 5 minutes before slicing and serving & enjoy!

TIPS: When using coconut oil expect the dough to crack in a few more places - you can always smooth it out together, but it will be slightly more difficult to roll it out. If you want a top & bottom pie crust just double the recipe for the crust and use one whole egg as opposed to just 3 tablespoons of whisked egg.

## Vegan Lentil Spinach Curry with Coconut Rice

### Ingredients:

For the coconut rice (might make a little extra):

2 & 1/4 c uncooked jasmine rice

1 & 1/4 c full-fat coconut milk

Water (see instructions)

Pinch salt

1 teaspoon grated ginger

1/4 teaspoon red pepper flakes

For the lentil spinach curry:

1.5 c uncooked dry green lentils

2 tsp olive oil

1/2 large red onion thinly sliced

1 tsp cumin seeds

3 cloves garlic minced

1 jalapeno seeded and chopped

1 inch ginger peeled and grated or minced

4 tsp garam masala

1/2 tsp salt

1/2 lime juiced

1 c diced tomatoes

1.5 tbsp coconut sugar or brown sugar

8 ounces fresh baby spinach

1/2 c plain, unsweetened non-dairy milk (will have 1/4 c leftover from rice. Mix with 1/4 c water for 1/2 c total) OR you can substitute 1/2 cup vegetable broth plus 2 extra tsp of olive oil.



For the coconut rice:

1. Rinse the rice well. Cook the rice with your usual method and amount of liquid, substituting the coconut milk for 1 and 1/4 cups of the water. Most rice packages will also include instructions. Do NOT make this with only the rice and coconut milk - you need to add water.

For the lentil spinach curry:

1. Add the lentils to a saucepan with enough water to cover them by 2 inches.
2. Bring to a boil, cook for 15 minutes. Drain the cooked lentils and set aside.
3. Warm the olive oil over medium heat in a deep skillet. Add the red onion and cook until softened, about 5 minutes.
4. Add cumin seeds and cook for about 1 minute.
5. Add the garlic, jalapeno, and ginger, stir, and cook for about 1 minute, or until the garlic and ginger are fragrant and slightly softened.
6. Add the garam masala and cook for thirty seconds.
7. Stir in the 1/2 tsp salt, lime juice, tomatoes, and coconut sugar, and reduce the heat. Cook for about 10 more minutes.
8. Chop spinach in processor and add milk until the spinach is finely chopped.
9. Once the lentils and tomatoes are finished cooking, mix them in with spinach.
10. Cook over medium-low heat, stirring occasionally, for about 7-10 minutes or until the spinach is softened and bright green.
11. Add more salt, pepper and lime juice to taste. Serve hot with a side of coconut rice.

## Pasta with Pumpkin Cream Garlic Sage Sauce

### Ingredients:

1lb dry pasta  
3 Tbsp butter  
3 Tbsp flour  
3 c milk  
1 c pumpkin puree  
3 ounces reduced fat cream cheese  
cut into chunks and at room temp  
1 Tbsp chopped fresh sage leaves  
½ tsp kosher salt  
½ tsp black pepper  
1/8 tsp ground cinnamon  
1/8 tsp ground nutmeg  
¼ ground cayenne pepper  
1/3 c grated Parmesan cheese for  
serving



### Directions:

1. Bring a large pot of salted water to a boil and cook the pasta to al dente. Reserve 1c of pasta water, drain pasta, and set aside.
2. Melt the butter in a large saucepan. Add the garlic and sauté for 1-3 mins. Add flour, then whisk constantly until it turns a golden color and smells nutty.
3. Slowly pour in the milk whisking constantly. Increase the heat to medium high, then let cook, stirring constantly, until the sauce bubbles and thickens, about 8-10 mins.
4. Remove the pan from the heat, then stir in the pumpkin, cream cheese, sage, salt, pepper, cinnamon, nutmeg, and cayenne.
5. Continue whisking until the cream cheese melts and sauce is smooth. Taste for seasoning.
6. Add the cooked pasta to the pan and toss to combine. Thinning with a bite of the reserved pasta water as needed.
7. Add parmesan and mix.
8. Garnish with sage.

## Maryland Crab Cakes with Quick Tartar Sauce

Serves: 6



### Ingredients for the Crab Cakes:

- 2 large eggs
- 2-1/2 tablespoons mayonnaise, best quality such as Hellmann's or Duke's
- 1-1/2 teaspoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Old Bay seasoning
- 1/4 teaspoon salt
- 1/4 cup finely diced celery, from one stalk
- 2 tablespoons finely chopped fresh parsley
- 1 pound lump crab meat (see note below)
- 1/2 cup panko
- Vegetable or canola oil, for cooking

### Ingredients for the Quick Tartar Sauce:

- 1 cup mayonnaise
- 1-1/2 tbsp sweet pickle relish
- 1 tsp Dijon mustard
- 1 tbsp minced red onion
- 1-2 tbsp

lemon juice, to taste  
Salt and freshly ground black pepper, to taste

Note: If you can only find jumbo lump crab meat, you may need to break the pieces up a bit. If the clumps are too large, the crab cakes won't hold together well.

Instruction for the Crab Cakes:

1. Line a baking sheet with aluminum foil.
2. Combine the eggs, mayonnaise, Dijon mustard, Worcestershire, Old Bay, salt, celery, and parsley in a large bowl and mix well.
3. Add the crab meat (be sure to check the meat for any hard and sharp cartilage) and panko; gently fold mixture together until just combined, being careful not to shred the crab meat.
4. Shape into 6 crab cakes (about ½ cup each) and place on prepared baking sheet.
5. Cover and refrigerate for at least 1 hour.
6. Preheat a large nonstick pan to medium heat and coat with canola oil. When oil is hot, place crab cakes in pan and cook until golden brown, about 3-5 minutes per side. Be careful as oil may splatter.
7. Serve immediately with tartar sauce or a squeeze of lemon.

Instructions for the Quick Tartar Sauce:

Mix all ingredients together in a small bowl. Cover and chill until ready to serve.

## White Chicken Enchiladas with Green Chile Sour Cream Sauce

### Ingredients:

8 soft taco size flour tortillas  
2 cups shredded Monterrey jack cheese, divided  
2 cups shredded cooked chicken  
3 tablespoons butter  
3 tablespoons flour  
2 cups chicken broth  
1 cup sour cream  
1 (4 oz) can diced green chiles  
Salt and pepper, to taste  
Chopped, fresh cilantro for garnish

### Instructions:

1. Preheat oven to 425 degrees. Spray a 9x13 inch baking dish with cooking spray; set aside.
2. Mix the chicken together with 1 cup of the cheese.
3. Distribute the chicken and cheese mixture evenly among the tortillas.
4. Roll up and place seam side down in the prepared pan.
5. In a large saucepan, melt the butter.
6. Add the flour; cook and stir for 1 minute.
7. Add the chicken broth, whisking until smooth. Continue cooking over medium heat until sauce is thick and bubbly.
8. Stir in the sour cream and diced green chiles.
9. Season with salt and pepper, to taste.
10. Pour the sauce in an even layer over the enchiladas. Sprinkle with remaining cheese.
11. Bake for 20 to 25 minutes or until golden and bubbly.
12. Sprinkle with cilantro just before serving.

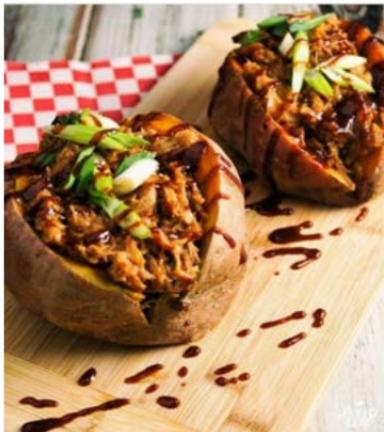


## Pulled Pork Stuffed Sweet Potatoes Recipe

Serves: 4

### Ingredients:

2 lbs. boneless pork loin  
4 large sweet potatoes, washed  
1 red onion, thinly sliced  
2 green onions, thinly sliced  
2 garlic cloves, minced  
½ cup beef stock  
1 tsp. chili powder  
1 tsp. paprika  
½ tsp. ground cumin  
¼ cup apple cider vinegar  
1 cup homemade BBQ sauce (plus extra for drizzling)  
Sea salt and freshly ground black pepper



### Pulled Pork Preparation:

1. In a small bowl, combine the chili powder, cumin, paprika, and salt and pepper to taste.
2. Rub the mixture evenly over the pork.
3. Place the onion, garlic, pork, and beef broth in a slow cooker.
4. Cover and cook on low for 8 hours.
5. Preheat your oven to 400 F.
6. Put the sweet potatoes in the oven and bake for 45 minutes, or until potatoes are tender.
7. Remove the meat from the slow cooker and place in a large bowl. Use a slotted spoon to remove the onion chunks and place in the same bowl as the pork. Using two forks, pull the meat apart.
8. Add the BBQ sauce and the apple cider vinegar to the slow-cooker and cook the sauce for another 30 minutes on low. Once the sauce is done, mix it with the pork.
9. Slit each sweet potato down the middle.
10. Fill each sweet potato with the pulled pork. Sprinkle with green onions, and drizzle with extra BBQ sauce to serve.

## Zucchini Enchiladas

Serves: 4

### Ingredients:

1 tbsp. extra-virgin olive oil  
1 large onion, chopped  
2 cloves garlic, minced  
2 tsp. ground cumin  
2 tsp. chili powder  
Kosher salt  
3 c. shredded rotisserie chicken  
1 1/3 c. red enchilada sauce, divided  
4 large zucchini, halved lengthwise  
1 c. shredded Monterey jack  
1 c. shredded cheddar  
Sour cream, for drizzling  
Fresh cilantro, for garnish



### Directions:

- 1.) Preheat oven to 350°. In a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, 5 minutes. Add garlic, cumin, and chili powder and season with salt. Cook until fragrant, about 1 minute. Add chicken and 1 cup of enchilada sauce and stir until coated.
- 2.) On a cutting board, use a Y-shaped vegetable peeler to peel thin slices of zucchini. Lay out 3 slices, slightly overlapping, and top with a spoonful of chicken mixture. Roll up and transfer to a baking dish.
- 3.) Repeat with remaining zucchini and chicken mixture.
- 4.) Spoon remaining cup enchilada sauce over zucchini enchiladas and top with both cheeses.
- 5.) Bake until cheese is melty and enchiladas are warmed through, 20 minutes.
- 6.) Top with sour cream and cilantro before serving.

Courtesy of: Delish

## Kale Pesto Pasta

Serves: 4

### Ingredients:

- 12 oz. whole-wheat linguine
- 1/2 c. basil leaves
- 1 c. flat-leaf parsley leaves
- 1 bunch kale (about 1 lb), ribs removed and leaves roughly chopped
- ¼ c. roasted unsalted almonds
- 2 cloves garlic, pressed
- 3 tbsp. olive oil
- 1 tbsp. lemon zest
- 2 tbsp. lemon juice
- Kosher salt
- Grated Parmesan and red pepper flakes, for serving



### Directions:

1. Bring a large pot of water to a boil. Add 2 tsp salt, then pasta, and cook per pkg. directions.
2. Make pesto: While pasta is in boiling water, place herbs in a small strainer and dip them into the water to wilt, then immediately transfer to a bowl of ice water.
3. Add kale to the boiling water and cook 1 minute. Scoop out with the strainer or tongs and transfer to bowl of ice water. Drain and squeeze out any excess liquid.
4. In a food processor, pulse almonds until chopped. Add garlic, oil, lemon zest and juice, and ½ tsp salt and pulse to combine. Add wilted herbs and kale and puree until smooth.
5. Reserve 1 cup cooking water, then drain pasta and return it to the pot. Add pesto and ½ cup cooking water and toss to coat, adding more cooking water as necessary.
6. Serve topped with Parmesan and red pepper flakes.

Courtesy of: Women's Day Magazine

## One Pan Gnocchi with Sundried Tomatoes and White Beans

Serves: 4

### Ingredients:

18 oz packaged gnocchi  
1-2 Tbsp olive oil  
Salt and pepper  
¼-1/2 tsp hot red pepper flakes  
2 c mushroom sliced  
1/3 c sundried tomatoes diced  
4 c loosely packed spinach  
19 oz white beans drained and rinsed  
Parmesan cheese to taste



### Instructions:

1. Heat oil in a medium pan over medium heat.
2. Add the gnocchi and separate them. Sprinkle with salt and pepper and red pepper flakes, and cook, stirring occasionally for 8-10 minutes, or until golden and slightly crispy.
3. Remove from pan.
4. Add the mushrooms and cook for 3 or so minutes until soft (add additional olive oil if needed).
5. Return the gnocchi to the pan and add the sundried tomatoes, spinach and white beans.
6. Stir until spinach is wilted and everything is heated through.
7. Add additional salt, pepper and red pepper flakes to taste.
8. Serve with freshly grated Parmesan cheese.

Courtesy of: Denise Bustard

## Vegetable Risotto

Serves: 4

### Ingredients:

300 g cherry-tomatoes  
2 red-peppers  
1 large courgette zucchini  
A generous pinch of salt and pepper  
1 tbsp olive-oil  
250 ml vegetable-stock  
1 large red-onion diced  
3 garlic cloves minced  
250 ml passata  
225 g risotto-rice  
1 tbsp balsamic-vinegar  
6 sun-dried tomatoes chopped  
A small bunch of fresh basil torn  
salt and pepper to taste  
1 tbsp olive-oil  
vegan parmesan or nooch to serve



### Instructions:

To roast the Veggies:

1. Preheat the oven to 350°F then add olive-oil into a roasting tin.
2. Chop the veggies into small-chunks & spread-out in the tin, then add pepper and salt prior to giving everything a shake to coat.
3. Then roast for half an hour.

To make the Risotto:

1. Add olive oil into a shallow casserole-dish or large-pan, on a low-medium-heat.
2. Sauté the onion for a couple of minutes before adding the minced garlic and cooking for a few minute.
3. Stir in the rice using the vinegar then stir for 30seconds, then to coating it from the oil.
4. Pour at the vegetable stock and passata, 1/2 cup at a time, alternating between both. Allow each amount to be absorbed by the rice before adding the next.
5. After 20 minutes, then add from the sundried-tomatoes along with veggies. Stir everything, then add more liquid if necessary and cook for 5minutes or til all is cooked through and the rice is finished.
6. Remove from the heat and stir in the basil, pepper and salt along with vegan-cheese (if using). Don't hesitate to stir in any excess dairy-free butter or oil in this stage to get an extra creamy-risotto.

Courtesy of: Wallflower Kitchen

## DESSERTS



## No Bake Cookie Recipe

Servings: 8

### Ingredients:

- 3/4 cup peanut butter
- 1 Tablespoon honey or maple syrup
- 1 teaspoon vanilla
- 1-3 Tablespoons chia seeds
- 3/4 cup old fashioned oats



### Directions:

1. Place peanut butter, honey and vanilla in a bowl and microwave for about 20 seconds. Then give it a good mix.
2. Add in oats, chia seeds and any other optional mix-in's and stir to combine.
3. Roll mixture into 8 balls and place on parchment paper lined baking sheet.
4. Press balls flat slightly, then place in fridge for at least an hour to set. Store breakfast cookies in an airtight container in fridge for up to 2 weeks.

Courtesy of: Jane from Baking-Ginger

## Pumpkin Pie Pudding

Serves: 3



### Ingredients:

- 2 cans coconut milk full fat (chilled)
- 1 can pumpkin puree
- 1 tsp vanilla extract
- 17 drops liquid stevia or sub 2 tbsp maple syrup
- 1 1/2 tsp pumpkin pie spice seasoning
- 1/2 tsp cinnamon

### Instructions:

1. Place 2 cans of coconut milk in the refrigerator until hardened. This will allow the thick milk to separate and stay at the top once chilled.
2. Remove chilled cans and scoop out the thickest part of the hardened coconut milk and transfer to a mixing bowl.
3. Add pumpkin puree to the mixing bowl with the hardened coconut milk. Whip together on medium speed with hand held mixer or Kitchen Aid mixer.
4. Slowly add in your spices, vanilla extract and stevia drops. (you can sub 2 tbsp of pure maple syrup for the drops).
5. Place mixture in the fridge until cooled. 30 minutes to 1 hour.
6. Top your pudding mixture with 1 tsp of cold coconut milk or coconut whipped cream and cinnamon!

P.S- This will usually last up to a week in the fridge.

Courtesy of Ashley McCrary

## Banana Peanut Butter Chia Seed Pudding

Serves: 6



### Ingredients:

- 2 very ripe bananas
- 1 1/2 c almond milk
- 1/2 c natural creamy peanut butter
- 3 tbsp chia seeds

### Instructions:

1. In a blender, puree the banana, milk and peanut butter.
2. Transfer the mixture to a medium bowl and stir in the chia seeds. Cover with plastic wrap and chill in the refrigerator for 4 hours or overnight.
3. Stir the mixture before serving.

TIP: This can be stored in an airtight container refrigerated for up to 1 week.

## Pumpkin Pie Overnight Oats

Serves: 3

### Ingredients:

1 cup old-fashioned rolled  
oats  
1 cup Kalona Supernatural  
Plain Kefir  
1/3 cup pumpkin puree  
2 Tbsp. chopped pecans  
1 1/2 Tbsp. pure maple syrup  
1 Tbsp. flax meal or chia  
seeds (or 1/2 Tbsp. of each)  
1 tsp. pumpkin pie spice  
1/2 tsp. pure vanilla extract  
Pinch of salt

For optional toppings:  
whipped topping, chopped  
pecans, pumpkin pie spice,  
maple syrup etc.



### Instructions:

1. In a bowl, whisk together all of the ingredients except for the toppings.
2. Divide among three jars or containers.
3. Seal and refrigerate for at least 4 hours or overnight.
4. Add toppings just before eating.

Courtesy of Stacie Hassing

## Lemon Souffle Dessert

### Ingredients:

Nonstick cooking spray  
6 tablespoons granulated sugar  
1/4 cup all-purpose flour  
2 teaspoons finely shredded lemon peel  
1/4 cup lemon juice  
1 tablespoon butter, melted  
2 egg yolks  
1 cup milk  
3 egg whites  
Powdered sugar



### Directions:

1. Preheat oven to 350 degrees F. Lightly coat a 1-quart soufflé dish with cooking spray; set aside. In a large bowl combine 2 tablespoons of the granulated sugar and the flour. Whisk in lemon peel, lemon juice, and melted butter until smooth. In a small bowl whisk together egg yolks and milk. Whisk egg yolk mixture into flour mixture just until combined; set aside.
2. In a medium bowl beat egg whites with an electric mixer on medium speed until soft peaks form (tips curl). Gradually add remaining 4 tablespoons granulated sugar, beating on high speed until stiff peaks form (tips stand straight). Stir a small amount of beaten egg whites into lemon mixture to lighten. Gently fold in remaining beaten egg whites (batter will be thin).
3. Pour batter into prepared soufflé dish. Place soufflé dish in a 13x9x2-inch baking pan. Place baking pan on an oven rack. Pour boiling water into baking pan around soufflé dish to a depth of 1 inch.
4. Bake about 40 minutes or until top springs back when lightly touched. Carefully remove soufflé dish from baking pan. Cool on a wire rack for 5 minutes. Sprinkle lightly with powdered sugar. Serve warm.

## Grilled Summer Peaches with Cinnamon Sugar Butter



### Ingredients:

- 1 stick unsalted butter, at room temperature
- 1 teaspoon cinnamon sugar
- 2 tablespoons granulated sugar
- Pinch salt
- 4 ripe peaches, halved and pitted Canola oil Mint leaves, for garnish (optional)

### Directions:

1. In a small bowl add the butter and stir until smooth.
2. Add the cinnamon sugar, granulated sugar and salt to the bowl and mix until combined.
3. Heat grill to high. Brush peaches with oil and grill until golden brown and just cooked through.
4. Top each with a few teaspoons of the cinnamon sugar-butter mix and garnish with mint leaves.

**Low sugar Eggnog Protein Shake**  
Serves:1



**Ingredients:**

- 1 Premier Protein Shake Vanilla
- 1 cup ice
- 1/2 tsp Rum extract
- 1/8 tsp Cinnamon
- 1/8 tsp Nutmeg

**Instructions:**

1. Combine vanilla protein shake and ice in a blender.
2. Add in rum extract and cinnamon.
3. Blend shake until smooth.
4. Sprinkle nutmeg on the top of your protein shake.
5. Enjoy!

Courtesy of: Jennifer Pullman

## Cookies & Cream Truffles Easy Dessert

### Ingredients:

36 chocolate sandwich cookies  
8 oz cream cheese, softened  
12 oz white chocolate, melted



### Directions:

1. In a food processor, finely crush the cookies, reserving about 2 tablespoons of the mixture for sprinkling on top of the truffles.
2. In a large bowl, combine cookie crumbs and cream cheese, stirring until evenly mixed.
3. Chill the mixture for about an hour or until the mixture can be rolled into a ball and hold its shape.
4. Roll ping pong-sized balls with the mixture.
5. Dip the truffles in the melted white chocolate and place on a baking tray lined with parchment paper.
6. Sprinkle some of the cookie crumbs on top of the chocolate-coated truffle before the chocolate hardens.
7. Repeat with the rest of the truffles, reheating the chocolate if necessary.
8. Enjoy!

## Pumpkin Whip



### Ingredients:

- 15 oz can of pureed pumpkin
- 1 c milk
- 1 pkg Jell-O Sugar Free Butterscotch pudding mix
- 1 tsp Pumpkin pie spice
- 8 oz container of Cool Whip

### Directions:

1. In a large bowl, using a hand mixer or wire whisk, whip pumpkin puree, milk, Jell-O pudding mix, and Pumpkin Pie Spice until smooth, 2 to 3 minutes.
2. Fold in about two-thirds container of Cool Whip. At this time, taste and see if you would like a little more pumpkin pie spice.
3. Chill 2 hours before serving in small 1/2 cup dishes with a squirt of whipped cream or some of the reserved Cool Whip.

## Anti-Inflammatory Blueberry Muffin Mug Cake



### Ingredients:

4 tbsp (30g) all-purpose flour  
1/4 tsp baking powder  
2 1/2 tsp sugar in the raw  
3 tbsp (45ml) almond milk  
1/2 tbsp (7.5ml) apple sauce  
1/4 tsp vanilla extract  
10 blueberries

### Directions:

1. Combine all ingredients except blueberries in an oversized microwave-safe mug. Mix with a small whisk until batter is smooth. Stir in blueberries (Make sure you stir these into the batter. If you leave them on top they might burst open onto your microwave).
2. Cook in microwave for about 1 minute. If cake is not done, heat an additional 15 seconds. Let cake cool a few minutes before eating. Cake is best consumed while still warm or within a few hours of it being cooked.